



Southfields Academy Weekly Newsletter

End of Summer Term July 2024



Ethos statement: We believe that through individual commitment, self-discipline, integrity and respect for others, we inspire everyone to learn.

Year 9 Graduation - Ms Hussain

What an amazing celebration it was to mark the end of Key Stage 3 with our incredible Year 9 students! The day was filled with joy, pride, and a sense of accomplishment as we acknowledged their hard work and growth over the past few years. Everyone looked absolutely stunning, adding a special touch to this memorable occasion.

We extend our heartfelt thanks to all the parents/carers who joined us to celebrate. Your support and presence made this day even more special for our students.

As we look ahead to September, we are excited for our students to embark on the journey of Key Stage 4 and begin preparing for their GCSEs. Mr. Samuels and I are immensely proud of the progress they have made and are confident in the greater things they will achieve in the years ahead. Their future successes will undoubtedly reflect the dedication and effort they have shown so far.

Mr. Samuels and I wish everyone a fantastic summer break. Enjoy your well-deserved rest, and we look forward to seeing you all in September!





Thought for the Week

As much as talent counts, effort counts twice. — Angela Duckworth





KS 3 Sports Day – Mr Sia

The annual Sports Day was a huge success, showcasing some exceptional athletic prowess and the unwavering school spirit of our students. Held under mostly favourable weather conditions, the event provided a platform for students to compete and cheer each other on in a vibrant display of sportsmanship.

Students competed fiercely in a range of disciplines. The roar of the crowd reached a peak during the 100m sprint races, as athletes pushed their limits to secure victory. The field events, including long jump, high jump, and discus, witnessed exceptional performances, displaying the students' dedication and talent.

Beyond the competitive spirit, Sports Day fostered a sense of togetherness and unity among the students. The relay races were particularly thrilling, as teams worked together. The cheers and applause echoed throughout the ground, creating an electric atmosphere that motivated the students.

A new introduction this year was the tug-of-war event, which included two male and two female participants from each tutor group and proved to be very popular and competitive.

The day concluded with the eagerly awaited staff events. The winners of the staff 100m sprints were Ms Gittins and Mr Saysell.

Then followed the prize giving and the champions were awarded trophies. The overall Sports Day trophy was clinched by:

Year 7 - 7TAB

Year 8 - 8CRT

Year 9 - 9LOW

Sports Day will leave a lasting impression on the students and the entire school community. It serves as a reminder of the importance of physical fitness, teamwork, and healthy competition. We extend our congratulations to all the students and look forward to another thrilling Sports Day next year.





Sports Day continued.....



Duke of Edinburgh Award – Dr Stackhouse

Our bronze and silver groups joined forces on our Duke of Edinburgh expedition this week. The bronze group were doing their qualifying expedition and the silver their practice. They showed all their camp craft and the bronze managed 35 km over two days and the silver 50 km over three.

This was also the first time the silver group had camped for two nights! On both days they managed to navigate alone between checkpoints and while a couple of groups got a little lost they used their map reading skills to quickly get back on track.

They have returned tired and muddy but we're very proud of them! Now on to the bronze group finishing their volunteering, skills, and physical and the silver going on their qualifying expedition in September.

Dr Stackhouse, Ms Fox, Mr Saysall, and Ms Hoy



London Youth Games – Ms Humphries

On 12th of June, a group of students were selected to represent Wandsworth at the London Youth Games Para Athletics event.

Safa Hussein (7WOD) won a gold medal in girls long jump.

Faisal Khan (8BEN) won a gold medal in boys 100m and a bronze medal in boys shotput.

Cora Whyte (8CRT) won a gold medal in girls 100m and a gold medal in girls shotput.

I would like to congratulate the students on their terrific achievements and thank them for their exemplary behaviour at the event; their success has contributed to Wandsworth winning the London Youth Games 2024 Para Cup. Well done!



Putt in the Park, Wandsworth Trip – Ms Molloy

On Wednesday my Year 7 class had a great trip. Wandsworth Park is so beautiful and the sun was shining, so it was a wonderful day out.

All of the students worked well in their groups playing mini golf and the ice cream at the end was happily received. The picnic was lovely and a class game of rounders, organised by Harlem, was played by the whole class and was enjoyed by all.



IG Mask Project – Mr Mellor

In their penultimate week, the remaining IG students have been creating masks. They learnt a bit about the different reasons why people around the world wear masks and about how long humans have been using masks as part of their religious or cultural ceremonies. They then learnt how to create their own mask and were tasked with finding a mask online that they could use as a template. Once they had chosen a style, they began to create their own masks using papier-mâché. They then covered the papier-mâché with plaster of Paris bandages that the students dipped in water and then laid onto their masks.

Finally, they decorated their masks using paint and fine markers.

The IG students enjoyed the project and were really proud of their creations. Their work will go on display in all of the IG classrooms. We hope next year's cohort of IG Year 10s enjoy their project as much as this year's group did.



Clip n' Climb – Ms Swann

7SWN and 7RCD ended the year by playing some games in the park, having pizza and then going to Clip n' Climb.

The students were brilliantly behaved and worked together so nicely when they were climbing.

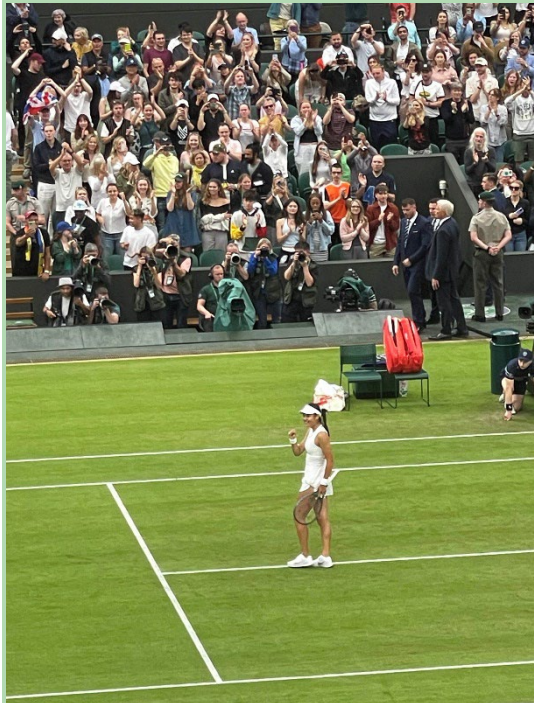


Wimbledon 2024 – Miss Lenton

Miss Lenton and Miss Lanning took 8 lucky students to Wimbledon on Wednesday 3rd July. It was our first time attending Wimbledon and it was an unforgettable day. We were extremely lucky to have tickets for court 1.

We not only saw the amazing British tennis player Emma Raducanu, we were also lucky enough to see the winner of Wimbledon 2024 play, Carlos Alcaraz. Both students and teachers were amazed by the atmosphere, the students were particularly impressed with how fast the players serves were, some reaching 130mph.

Well done to all students who attended, you have all worked hard this year in PE and extra-curricular clubs. It was an amazing day out and we hope to go back next year.



Ninja Warrior Park – Miss Lenton

Miss Lenton organised a reward trip for the 14 students who completed 3 or more Southfields Girls stamp cards. These students worked hard to attend PE extra-curricular clubs and collect stamps to win prizes and attend a reward trip.

On Tuesday 16th July we went to the Ninja Warrior Park in Guilford. Miss Lenton, Miss Nilsson and the girls took on a range of obstacle courses and inflatables including the famous Ninja Warrior wall. It was an amazing but very tiring day out. The feedback from the students was that it was the best trip they had been on.

Well done to all 14 girls who completed 3 or more stamp cards, a special shoutout to Siuzanna in Year 7 who continuously attended PE clubs and completed an amazing 8 stamp cards this academic year. We hope to see more girls attending clubs next year, collecting stamps and attending the reward trip in the summer term.



Dates for Your Diary

Monday 2nd September 2024 – Staff resume
 Wednesday 4th September 2024 – Year 7 Start Term
 Wednesday 4th September 2024 – Year 12 interviews
 Thursday 5th September – All Year Groups Start Term
 Thursday 19th September 2024 – Year 7 Meet the Tutor Evening
 Thursday 26th September 2024 – Year 10 Parents' Workshop

The new term in September will resume as follows:

Year 7	Wednesday 4th September	8.00-8.15am Arrive in school, entry via astro-pitch through the park. 12.10pm Students dismissed through the back gate back into the park to make their way home.
	Thursday 5th September	Full school day.
Years 8 - 11	Thursday 5th September	Students return for a full school day.
Year 12	Friday 6th September Monday 9th September	Orientation 8.45am – 12.00pm followed by Induction and then lessons commence.
Year 13	Monday 9th September	Full school day.
International Group	Monday 9th September	Full school day.

Autumn Term 2024 Open Events

Thursday 3 rd October	09:00-10:15
Tuesday 8 th October	09:00-10:15
Thursday 10th October	17:30-19:30
Tuesday 15 th October	09:00-10:15
Tuesday 22 nd October	09:00-10:15
Wednesday 23 rd October	09:00-10:15
Thursday 24 th October	09:00-10:15

At all other times, we welcome visits during the school day, please email: sean.french@southfieldsacademy.com or phone: 020 8875 2661



Wandsworth Young People's Self-care Summer Newsletter 2024



NHS
South West London and
St George's Mental Health
NHS Trust



**Are you OK
Wandsworth?**

Wandsworth Education Wellbeing Service work in schools to support young people with their emotional wellbeing, offering 1-2-1 support, groups and workshops. This is our summer newsletter which provides information on activities and wellbeing events that you can try over the summer.

Relationships & Connection

Spending time with friends, family, pets and our community helps to boost our wellbeing.



Creativity



Finding ways to be creative helps you express yourself and be more present. Try drawing, writing or making music!

Keeping active!

Keeping active improves our mood. Find something that works for you, whether it's walking, dancing, online classes or sports.



Emotional Wellbeing Support



Take a look at **page 2** for self-care plans and mental health support helplines and websites.

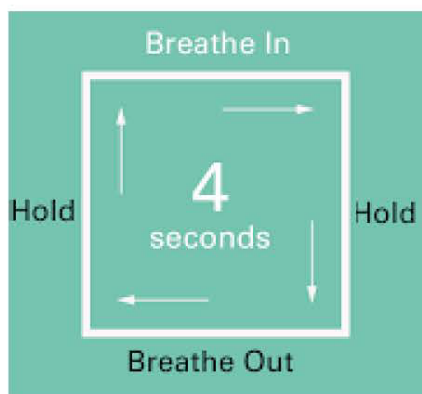
Relaxation

See below some relaxation strategies to try this summer. Click [here](#) for other relaxation ideas.



Fun and entertainment

Take a look at **page 3** for lots of free/lost cost and FUN activities in Wandsworth!



Take a deep breath. Look around you and name:

5 Things you can see



3 Things you can hear



4 Things you can feel



2 Things you can smell



1 Thing you can taste





Wandsworth Young People's Self-care Summer Newsletter 2024



Creating a self-care plan

Self-care is the **little things** we do to **look after our wellbeing** and to keep ourselves **feeling good!**

There are many aspects to self-care:

Physical



Emotional



Social



Practical



Anna Freud have created a self-care plan booklet for young people to fill out. Click [here](#) to access it.

Mental Health Helplines for young people:

If you are concerned about your mental health over the summer, you can contact the below services:

- ❁ **South West London 24/7 Mental Health Support Line** on 0800 028 8000
- ❁ **Childline:** Call 0800 1111 (available 24/7)
- ❁ **Hopeline UK (Papyrus):** Call 0800 068 41 41, text 07860 039967 or email pat@papyrus-uk.org (available 24/7)
- ❁ **Samaritans:** Call 116 123 or email jo@samaritans.org (available 24/7)
- ❁ **Shout:** Text SHOUT to 85258 (available 24/7)
- ❁ **The Mix:** Call 0808 808 4994 (available 4pm to 11pm, Monday to Friday) or text THEMIX to 85258 (available 24/7)
- ❁

For emergencies, please call 999 or visit your local A&E



**Wandsworth Young People's
Self-care
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South West London and
St George's Mental Health
NHS Trust



**Are you OK
Wandsworth?**

Wandsworth Connected Summer Holiday Activity and Food Offer – 29th July – 30th August 2024

This summer there are **over 40 free** activity camps available for children across Wandsworth borough, including **2 specialist SEND** provisions.

Activities include **Climbing, Art & Crafts, Dance, Skating & Scooting, Day Trips, Cooking, Boxing & Football, Music & Drama, Beauty, Swimming, BMX** and much more!

***** Eligible for young people in receipt of free school meals.
From school years reception to Year 11 *****

More information [here](#) or email
wandsworthHAF@wandsworth.gov.uk



Kimber Skate Park are open every day from 12-6pm over the summer holidays with free skateboard/BMX coaching sessions.

Keep up to date with their events and activities by following them on Facebook or Instagram (search: Kimber Skatepark and BMX track).



**Wandsworth Young People's
Self-care
Summer Newsletter 2024**



**Are you OK
Wandsworth?**

Wandsworth Education Wellbeing Service work in schools to support young people with their emotional wellbeing.

This summer we are running a series of free workshops for parents of students in secondary schools in Wandsworth borough.

The workshops available are:

Social Media & Gaming: What Parents Need To Know

Wednesday July 31st 7.00pm or

Thursday August 1st 12.30pm

A Toolkit to Tackle Fears and Worries when Starting Secondary School

Tuesday August 20th 12.30pm or

Wednesday August 21st 7.30pm

For more information or to register please scan the QR code

