



Southfields Academy Weekly Newsletter

Week Commencing Monday 7th October 2024



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

Year 10 Update – Mr Samuels & Ms Hussain

Year 10 students have made an incredible start to the year, settling into their new subjects with enthusiasm and determination. They have shown great maturity in adapting to the demands of their GCSE options, and we are proud of the hard work they have put in so far.

We recently held a Parents' Workshop, which provided a fantastic opportunity to learn more about the GCSE curriculum and how to best support your child's learning at home. Thank you to all the parents who attended – we hope you found it helpful and informative. For those who were unable to attend, all the information can be accessed using the following link:

Year 10 Parents' Workshop 2024:

<https://parents.southfieldsacademy.com/page/?title=Year+10+Parents%27+Workshop+2024&pid=1281>

Wall of Fame

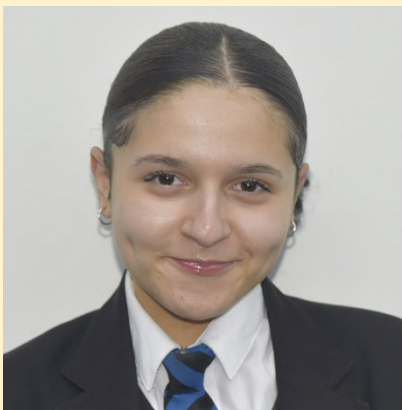
Each week in assembly, we celebrate some of our top students. Below are the names of students who have had a tremendous start to the year:

- Khalid Mahamed (10CSG)
- Chloe Freakley-Creaser (10GRH)
- Aimee Baxter (10ATY)
- Hanan Hassan (10GRH)
- Starr Reid (10NYR)
- Rosie Jones (10WWD)
- Dahmani Da'Costa (10WWD)
- Shanita Nalugwa
- Carali Braham (10NYR)
- Laneymay Cox (10ATY)

A huge congratulations to these students for their outstanding start to Year 10! Keep up the fantastic work!

Special Head of Year Mention

An extra special mention goes to Adriana Cardoso (10NYR) for an exceptional start to the year. Adriana has shown great focus on her exams and maintained a positive attitude towards her studies. Well done, Adriana!



Total Positives as a Year Group: 3919

We look forward to continuing to work with you as we support your child in reaching their full potential in their GCSEs.



Thought for the Week

“Be kind, for everyone you meet is fighting a battle you know nothing about.” — Wendy Mass

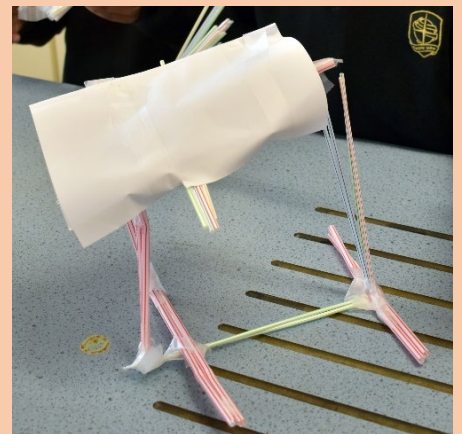
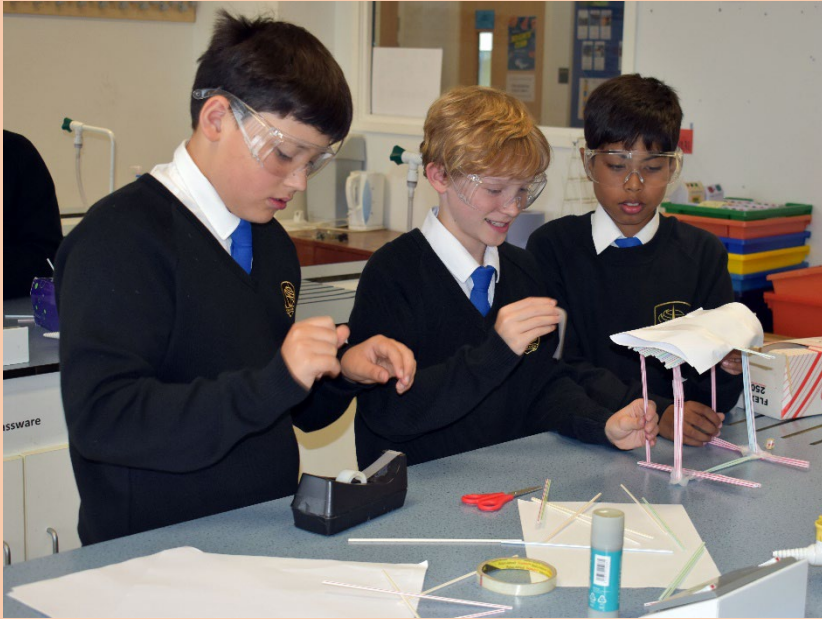


Science Club – Mr Abdirahim

Looking for a fun, hands-on way to explore the world of science? Join our Science Club!

In our first session of the year, we built bridges using all sorts of materials and put them to the test—some soared, others crumbled, but everyone had a blast!

Whether you're a future Scientist or just curious about how things work, there's something for everyone. Plus, with a potential science trip at the end of the year, you'll want to "bridge" the gap between now and the adventure that awaits!



Dates for Your Diary

- Tuesday 8th October 2024 – Open morning
- Thursday 10th October 2024 – Open Evening
- Friday 11th October 2024 – INSET Day, No Students on Site.
- Tuesday 15th October 2024 – Open morning.
- Tuesday 22nd October 2024 – Open Morning
- Wednesday 23rd October 2024 – Open Morning
- Thursday 24th October 2024 – Open Morning
- Monday 28th October 2024 – Half Term
- Monday 4th November 2024 – Academy resumes
- Wednesday 6th November 2024 – Year 11 Parents' Evening

Year 7 Spanish Assembly – Ms Terrington

This week, a fantastic group of Year 7s showed off their skills in assembly by performing a tongue twister in Spanish! This was a great moment to celebrate how far all of our new students have developed their language skills in just four weeks of lessons.

All of our MFL teachers are extremely proud of how hard the Year 7s are working - the dedication that these students showed by attending practices in breaks and learning their lines is a great example of the impressive effort levels and conscientiousness of this year group. Well done, Year 7!



Crochet Club – Ms Hoy

The Crochet Club is off to a fantastic start this year, with new members joining every week! This week, students focused on learning the basics, including chain stitching and single crochet. We're excited to keep building on these skills as we prepare to begin our individual projects. It's shaping up to be a creative and fun year!

Crochet Club - Thursday Break 2 - Room A131.



Year 10 English Language News – Mr Peck

On Tuesday 15th October, all students in Year 10 will sit a full AQA English Language Paper 1 mock exam in the Aspire sports hall, replicating the conditions of a real GCSE exam.

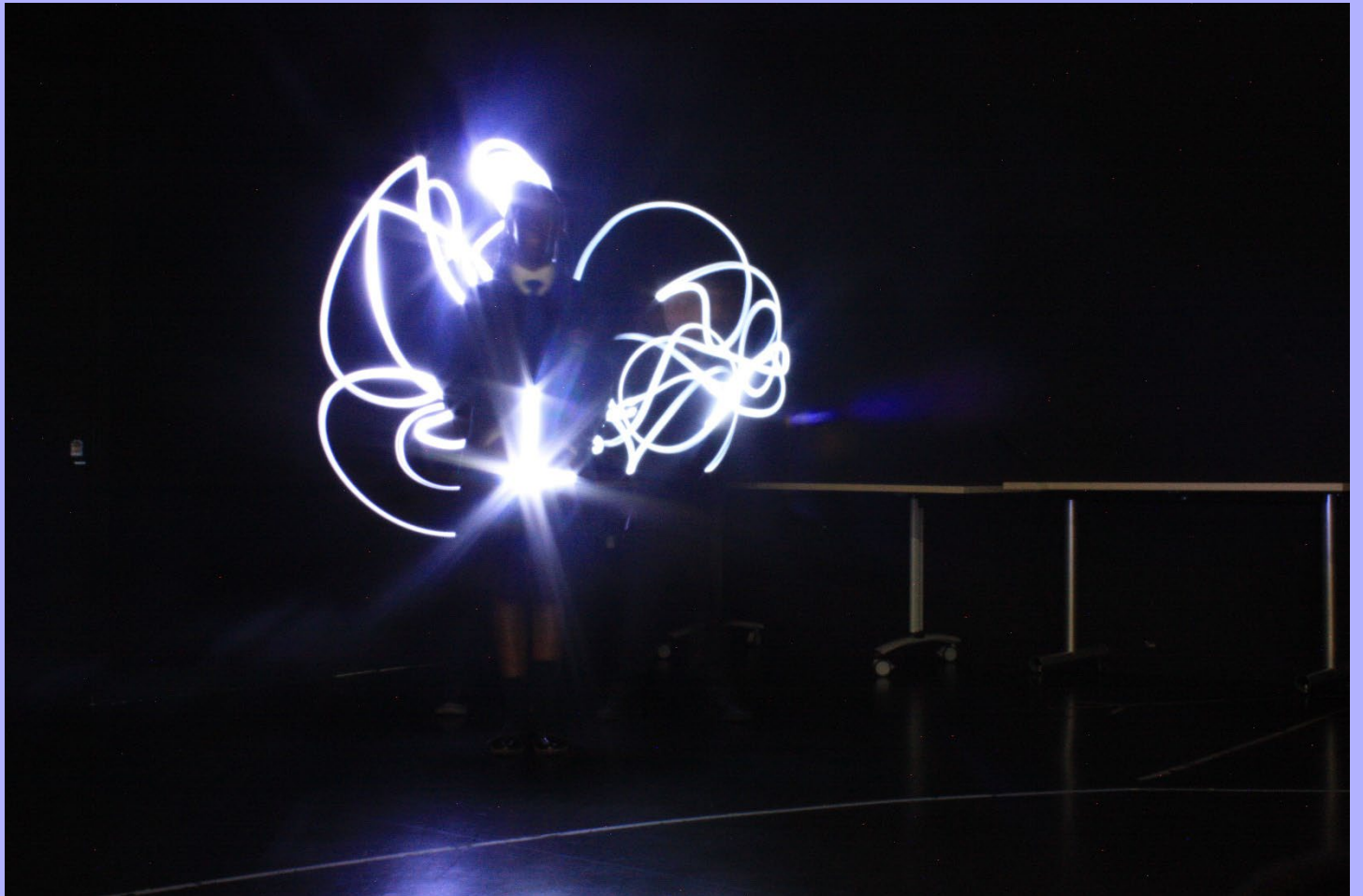
The exam will start immediately after Break 2, in Period 5, and will last one hour and 45 minutes which means that students will finish later than normal on this day. Please note that the exam could go on until 4pm depending on the exact time that it starts and whether or not your child is entitled to extra time.

This is an important exam as it will be the first time the students experience sitting a full GCSE mock paper in English and the grades they achieve will be used in their first school report of this academic year. Over the next two weeks, students will be set revision tasks and resources on Google Classroom for homework to help them prepare for the exam, and I would appreciate your support in encouraging your child to complete these tasks as if they were preparing for a real GCSE exam.

Photography Club – Ms Darby

I was pleased to kick off the first photography club photoshoot of the school year! To escape the rain, we looked at going inside and doing some light drawing. We started by looking at how a camera works by letting in light through the shutter, and how settings on a digital camera can be changed to allow for a 'slow shutter speed'.

This slow shutter speed blurs motion, and allows us to create some amazing photography drawings. Using a dark room and torches, we were able to move the lights and create a trail of light. They came out amazing, and we quickly realised how difficult it is to draw using light!



A reminder that these clubs are all available to students – please encourage them to attend ones they like or try something new!

EXTRA CURRICULAR / STUDY SUPPORT – Autumn Term 2024

Day	Subject	Support/activity	Venue	Teacher	Year information	
Monday	PE	Dance	Dance Studio	Ms Lanning	Break 2	
	PE	Basketball (Years 7 – 9)	Sports hall	Mr Sia	Years 7 - 9	
	PE	Strength and Conditioning	Fitness Suite	Mr Saysell	Years 9 - 13	
	PE	Dance	Dance studio	Ms Lanning	Years 7 - 9	
	PE	Netball	Courts	Ms Lenton/ Westwood	Years 7 - 10	
	PE	Football (Year 9)	Astro	Mr West	Year 9	
	PE	Football (Year 10)	Astro	Mr Boyce	Year 10	
	4 – 5.30pm	PE	Football (Year 11)	Astro	Mr West	Year 11
		PE	Muay Thai	Activity studio	Mr Hillman/Robertson	All Years
	3.55-4.45pm	PE	Brazilian Jiu-Jitsu	Activity studio	Mr Hillman	KS 4 & 5
4.30-6pm	PE	AFC Foundation – 6 th Form	Astro	AFC Coaches	Selected	
	Science	Science Club	Labs	Mr Abdirahman	Years 7 & 8 (Break 2)	
Tuesday	PE	Trampolining	Activity Studio	Ms Lanning	Years 7 - 10	
	PE	Pickleball	Sports hall	Ms Nearn	Years 7 - 10	
	PE	Basketball	Sports hall	Mr Sia	Years 10-11 Break 2	
	PE	Strength and conditioning	Fitness suite	Ms Lenton	Girls only	
	4.30-6pm	PE	AFC Foundation – 6 th Form	Astro	AFC Coaches	Selected
		ADT	Art club	B155	Ms Wu	KS 3 students
		ADT	Photography club	B156	Ms Darby	KS 3 students
		English	Fantasy Forum	D278	Mr Carmo	Years 7 - 11 (Break 1)
		Wellbeing	Board & card games Club	D180	Ms Nearn	Years 7 - 9 (Break 2)
	Wednesday	PE	Pickleball	Sports hall	Ms Nearn	Break 2
PE		Badminton	Sports hall	Mr Sia	All Years	
PE		Year 11 GCSE Booster	D080	Ms Nilsson	Year 11	
PE		Movement to music	Dance studio	Ms Hodgson	Invitation only	
ADT		Homework club	B147	Mr Smith	KS 3 students	
		Coding	Coding club	D183	Ms Gittens	KS 3 students
		PSHE	Drop in for a Chat / support	D388	Ms Molloy	All Years (Break 1)
Thursday		PE	Basketball	Sports hall	Ms Nilsson	Break 2
	PE	Strength & Conditioning	Fitness suite	Ms Fox / Naylor	Years 9 - 13	
	PE	Muay Thai	Activity Studio	Mr Robertson	Years 10 - 11	
	PE	Volleyball	Sports hall	Mr Boyce	All Years	
	ADT	Cooking	Catering suite	Ms Jaffa	Starts after half term	
		Crochet club	Crochet club	A131	Ms Hoy	All Years
		English	Reading Titans (Break 1)	D284	Mr Sawbridge	Year 7
		History	Warhammer	A123	Mr Hillman	All Years
		PSHE	Social Science research club	D385	Ms Hine / Ms Hill	KS 5 students
		Wellbeing	Board & card games club	D180	Ms Nearn	Years 7 - 9 (Break 2)
Friday	PE	Futsal (girls only)	Sports hall	Ms Lenton	Break 2	
	PE	Football (Year 7)	Astro	Mr Robertson	Year 7	
	PE	Football (Year 8)	Astro	Mr Munro	Year 8	
	PE	Booster (GCSE)	D080	Mr Sia	Year 11	
		Pride	Pride Club	A131	Ms Hoy	All Years (Break 2)

The Library is Open Mon-Fri. 7.30 – 3.30pm.

HSC - Homework Support: Every day break 1 and period 6 on Tuesday, Wednesday and Thursday.

International Group Homework club – Tuesday, Wednesday and Thursday P6.

Sociology – Individual drop in and break time revision sessions when required – Years 12 & 13.

No students should be on site unsupervised



World Mental Health Day – Ms Nearn

October 10th is World Mental Health Day! It was first celebrated in 1992 at the initiative of the World Federation for Mental Health. At Southfields Academy we believe that mental health is a normal part of overall health. You could say they are two halves of the same coin.

Unfortunately, stigma continues to be a problem for people young and old experiencing poor mental health. As a school, we work hard to bust that stigma by normalising talking about mental health, and by offering many different paths for getting support.

Students are encouraged to talk to any adult they like and trust. Once a concern has been shared, they may then be invited in for a chat with our pastoral staff to see if they might benefit from support by one of our visiting professionals.

If you have questions about mental health support at Southfields Academy, get in touch with Mental Health Lead Tricia Nearn (tricia.nearn@southfieldsacademy.com) to learn more or even to flag a concern.



On October 10th staff will be wearing yellow as part of YoungMinds “Hello Yellow” campaign. Join us and show children and young people they’re not alone with their mental health.

We stand brighter, together.

Wear yellow this World Mental Health Day, 10th October, and donate to YoungMinds to support young people's mental health.

#HelloYellow

M&S | YOUNGMINDS

YoungMinds, registered Charity in England (2015888) and Scotland (SC055703)

Education Wellbeing Service Webinar

“I Wish I Looked Like Them” Helping Teens Navigate Body Image Issues

Body image issues are increasingly a challenge for many teenagers and young people.

This workshop talks about our current understanding of body image issues, ideas for supporting your teen and resources for you and your teen.



Education
Wellbeing
Service

DATE / TIME

Monday 14th October 7.30-8.30 pm

Friday 18th October 12:30-1:30 pm

LOCATION

Online - Hosted on Teams

Sign up to this event for free on Eventbrite (and check out our others!) by scanning the QR Code or following the link below:

[CLICK HERE](#) to book



<https://www.eventbrite.com/cc/secondarycollege-parents-wellbeing-workshops-725989?utm-source=cp&utm-term=odclsxcollection&utm-campaign=social&utm-medium=discovery&utm-content=creatorshare>

Volunteers Needed for NEURO-HYP Study



What is the study about?

We would like to find out more about a hormone called ‘oxytocin’. We already know that this hormone is important, affecting how you remember things & learn and how you make friends & interact with your family.

Who do we need?

Participants who...

- Are aged between 6 and 18 years old
- Are fluent in English
- Have no known neurobehavioural conditions

What does it involve?

- Two visits to King’s College Hospital
- Completing questionnaires and assessments to measure behaviour and cognition
- Giving samples of blood and spit to measure the hormone Oxytocin
- Participants will receive £50 compensation for participating.

➔ Email: neuro-hyp@kcl.ac.uk

➔ Tel: 02032293431

KING'S
College
LONDON

King's College Hospital **NHS**
NHS Foundation Trust