



Southfields Academy Weekly Newsletter

Week Commencing Monday 14th October 2024



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

Open Evening – Thank You

The Academy held its annual Open Evening on Thursday 10th October. The Academy was buzzing with staff and students displaying everything the Academy has to offer, to a crowd of parents and prospective students.

Our students were informative, enthusiastic and polite; and a credit to the Academy. Many thanks to all our student helpers who volunteered to come back after school, a job well done!

The Academy still has a number of open mornings for any parent / prospective student who would like to see the school in operation; all the information is available on our website.

We had a record number of parents / carers visiting and here are a few of the comments received on our feedback forms:

“Amazing tour guides, very impressive school.”

“It has always been my first choice.”

“All questions were answered and the answers were reassuring!”

“The building and facilities are amazing, offering students such great opportunities.”

“It seems a very happy school!”

“The music and drama were very lively and interactive.”

“Friendly staff and a community feeling.”

“I loved the smile on all the students’ faces, facilities and support!”

McMillian Bake Sale – Ms Jaffer

On Wednesday the 9th of October we held our annual charity bake sale for McMillian Cancer Support. The Yr 10 Hospitality and Catering students made some chocolate brownies for the event and we had amazing bakes from our members of staff, from Viennese whirls, millionaire shortbread to a very popular chocolate cake and lemon cake.

Thank you to Ms Felbinger, Mr Smith and Ms Gibson for their incredible contributions!

We sold out very quickly and made just under £80 so thank you to everyone who bought some baked goods and to the staff for being so generous with their money!





Thought for the Week

“You cannot do a kindness too soon, for you never know how soon it will be too late.” —
Ralph Waldo Emerson



Science Club - Mr Abdirahim

This week, we embarked on a titanic challenge—making boats and testing their strength by seeing just how much weight they could carry before they sank! Thankfully, unlike a certain infamous ship, we didn't have any unexpected icebergs. Our young engineers rose to the occasion, designing some truly seaworthy vessels!

Next week, we'll be diving deep into the world of chemistry —don't miss it, it's sure to be an explosive experience (not literally, we hope!).



Dates for Your Diary

- 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

What is good mental health? – Ms Nearn



This week we celebrated World Mental Health Day on October 10th. It seems that there is a lot of information out there about what poor mental health is, but not much about what good mental health is. So what is it?

The four elements of good mental health are:

- The ability to feel, express, and manage a range of positive and negative emotions;
- The ability to learn;
- The ability to form and maintain positive relationships;
- The ability to cope with and manage change and uncertainty.

Adolescents, by design, are developing rapidly in all four of these areas. They may grapple with one category or another, but that struggle is often part of the process of growing up. Once young people understand that good mental health has nothing to do with the absence of challenging emotions, they tend to stop labelling every difficulty as a problem that needs solving. Instead, they learn to “go with the flow” of their emotions, knowing that the vast majority of them come and go with no effort at all.

As adults, this is something that you can model for your kids and talk to them about when they are having a tough time. You can remind them that, like the weather, we don’t choose our feelings and we don’t control them, and they are constantly changing.

If you have questions about mental health, check out the [Good Thinking](#) website. It is full of resources, guidance and ideas for supporting good mental health for the whole family. You can also download our “Mental Health and Emotional Wellbeing Butterflies” booklet using the QR code below.

