



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

## Chemistry Olympiad – Ms Westwood

Huge congratulations to these Year 13 students: Abel Birhanu, Aleksandar Bakardzhiev and Shayne Mohammed, who achieved bronze and gold certificates in the Chemistry Olympiad competition.

The gold certificate is a Southfields Academy record!



## Creative Writing – English Department

*Year 8 are continuing to study Romeo and Juliet this term. Here's a brilliant (and very melodramatic) monologue by Baileigh Mitchell (8CRO), which highlights Romeo's heartbreak over his first "love", Rosaline.*

O my heart; it feels like my heart has been shattered into a million pieces and then obliterated into dust so small that the eye can't see. O my beautiful rose with glistening dew drops that lay softly on your petals, my rare diamond shining rainbows through my delicate heart. My gorgeous Rosaline, my angel sent from heaven, why did you have to break my heart? O brawling love, O loving hate!

Not only have I been buried with the dirt of rejection, I am also buried with the dishonour to my family name by the low life mutts of the Capulet family. I feel like I've been bitten in the arm by a venomous red and black snake, the poison sinking deep in my bloodstream slowly killing my veins and shrivelling up my heart. O it's just like mother used to say: "intense desires can lead to intense heartbreak." But yet I was too blinded by lust to realise the unbearable truth called reality.

I will never love again or seek it again. I shall die a lonely, unholy, worthless death buried with no one and live with nothing to look forward to. O why does the world have to be so sad and cruel?

Baileigh "Romeo" Mitchell



## Thought for the Week

“Do not go where the path may lead, go instead where there is no path and leave a trail.” —  
Ralph Waldo Emerson



### Year 8 PSHE - supporting Period Education – Ms Molloy

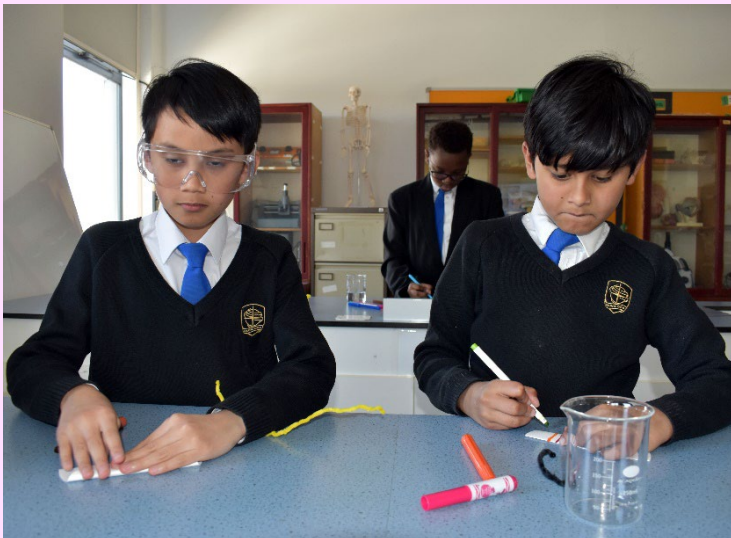
This term all our Year 8 students in PSHE will be taught about menstruation to support their understanding and self-management. Each girl in Yr8 will also receive a period starter pack; each pack contains a, "first tampon kit", alongside a pack of menstruation pads and one pair of period underwear the girls can pick according to their size preference.

This packs should empower and support our girls when at school and are designed to be something they can keep in their bags and in the case of the period pants, used again and again.

### Science Club – Mr Abdirahman

This week, we got creative with chromatography art! By separating colours in ink, we made science bleed into art—literally.

Next week, we're reaching for the skies as we try to recreate the Northern Lights in a jar. Get ready for a glowing good time!



## Year 10 News – Mr Samuels and Ms Hussein

As we head into the final part of the school year, it's a busy and important time for Year 10. With GCSEs on the horizon, this term is crucial for building strong foundations for Year 11.

### Mock Exam Success and Upcoming Mocks

We're pleased to share that many students did very well in the recent mock exams, with those listed below achieving at least a grade 5 in all subjects. This is a fantastic achievement and shows great potential.

Surname	Forename	Tutor Group
ZULIC	Amar	10ATY
ROLLS	Daisy	10BZI
ANWAR	Muhammad	10ATY
COMETTI	Isadora	10NYR
ANTILLI	Louis	10NYR
AL-CHOLBEC	Amin	10WWD
PATEL	Kavya	10NYR
YEBOAH	Nana-Osei	10GLH
ARSHAD	Sara	10ATY
MELLOR	Izel	10BZI
MILLER	Pelham	10BZI
WILLIAMS-PRICE	Sahara	10SMH
GARCIA GONZALEZ	Fabian	10ATY
ARSHAD	Rumaisa	10NYR
GODDEN	Alfie	10CSG

That said, our goal remains for all students to secure at least a grade 4 across every subject. This is achievable—but only with consistent effort from now on.

Our second round of mock exams will run from **23rd June to 4th July**. These are an important opportunity to measure progress and identify areas for improvement. Students should be revising regularly and asking for help when needed. Please encourage them to treat these exams seriously as preparation for Year 11.

### Homework and Revision

Success in exams is closely linked to homework and independent study. Students with low homework completion often fall behind in exams. Please continue to support and monitor your child's homework and revision where possible.

### Work Experience – 7th to 13th July

We're excited for students to take part in work experience this July—a valuable chance to gain real-world insight, build confidence, and explore future career interests. Many students have already secured placements, but those who haven't should continue searching and bring any leads to their meeting with the careers advisor. If you have any questions or concerns about work experience, please don't hesitate to contact us.

### Virtues Focus: Generosity and Justice

This half term, students are exploring the virtues of **generosity** and **justice** through assemblies and tutor time. These themes support both personal development and a strong school community.

### Key Dates

- **18th June** – IEAP Day
- **23rd June – 4th July** – Mock Exams
- **7th – 13th July** – Work Experience

Thank you for your continued support. With strong partnerships between school and home, we can ensure every student finishes Year 10 with confidence and momentum heading into Year 11.

## Project Power Workshop – Ms Lenton

We're thrilled to share the fantastic success of our recent "Project Power" strength training workshop held for our students in Years 9 through 13 by Oner Active. This inspiring and empowering event aimed to introduce our girls to the benefits of strength training in a supportive and engaging environment.

We were delighted Project Power visited our school, they delivered an exceptional workshop focused on building confidence and knowledge around physical strength, nutrition and fitness. The session was designed to be both educational and practical, providing our students with valuable insights into proper form and technique.

Adding to the excitement, Oner Active generously gifted all participating students and accompanying staff with a fantastic kit, including high-quality leggings, a t-shirt, and a sports bra.

Well done to all girls that took part on the day, you were brilliant.





## Inclusive Sportswear and Talksport

The 'Inclusive Sportswear' founder is Team GB Olympian, Tess Howard. Over the last few years, Tess has led the successful campaign for international hockey to change their clothing regulations to allow choice of shorts and skirts in the same team - where previously only skirts could be worn. This hard-fought change is the culmination of her academic paper on the effects of gendered sports uniforms and her own discomfort as an elite athlete wearing sexualised gendered kit.

Tess is determined the movement not stop at hockey or just in the UK, and is on a mission to educate, advocate and inspire a movement in inclusive sports kit policies based on choice and comfort.

On Wednesday, Inclusive Sportswear, in conjunction with the National Lottery and BBC breakfast came to visit and lead a hockey session at Southfields Academy. The students arrived bright and early before the academy day and although none of them had played hockey before they all took to the game brilliantly.

The students tried on Tess's GB kit and had a very informative question session with her and answered questions for Talksport in relation to school sportswear and the barriers this may cause.

The students had a great time and behaved and played beautifully! Well done.



## SPOTLIGHT:



### Using study leave effectively (Years 12-13)

Study leave can be both positive and negative. On the one hand, students have time away from the classroom to focus exclusively on their studies, but on the other hand they've got less routine and potentially more distractions! With this in mind, we've recommended 9 effective tips on how parents can help their teen make the most out of study leave. Copy the link and share our article with them.

#### [The Parents' Guide to making the most of study leave](https://www.theparentsguideto.co.uk/post/how-to-help-your-teen-make-the-most-out-of-study-leave?mc_cid=88e89f0d23&mc_eid=d729f1e051)

[https://www.theparentsguideto.co.uk/post/how-to-help-your-teen-make-the-most-out-of-study-leave?mc\\_cid=88e89f0d23&mc\\_eid=d729f1e051](https://www.theparentsguideto.co.uk/post/how-to-help-your-teen-make-the-most-out-of-study-leave?mc_cid=88e89f0d23&mc_eid=d729f1e051)

## Education Wellbeing Service Webinar

### Supporting Your Teenager With Emotional Difficulties and Self-Harm

Being a teenager can be difficult to navigate, with lots of change and emotional ups and downs.

Parents and carers can have key roles in supporting their teenagers through this by understanding emotional regulation, and how to facilitate healthy responses to difficult or testing situations.



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

Education  
Wellbeing  
Service

#### DATE / TIME

Tuesday 13th May, 7.30-8.30 pm  
Thursday 15th May, 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](#)



wellbeinginschoolsevents@swlstg.nhs.uk

## EXTRA CURRICULAR / STUDY SUPPORT – Summer Term 2025

Day	Subject	Support/activity	Venue	Teacher	Year information
<b>Monday</b>	PE	Dance	Dance Studio	Ms Lanning	Years 7 – 9
	PE	Strength and Conditioning	Fitness Suite	Mr Sia	Years 9 - 13
	PE	BTEC Booster	D080	Ms Lenton	Year 10 BTEC students
<b>4.30-6pm</b>	PE	Cricket	Astro	Mr Boyce & Mr Saysell	All Years
	Geography	Geography Club	A132	Ms Meah	All years (Break 2)
	Music	GCSE and Band club	Music dept	Mr Q	Break 2
	Science	Science Club	Labs	Mr Abdirahim	Years 7 & 8 (Break 2)
<b>Tuesday</b>	PE	Project Power Workshop	Dance Studio	Ms Lenton	Girls only
	PE	Softball	Sports hall	Ms Nearn	Years 7 - 10
	PE	Year 12 / 13 Booster	D080	Ms Nilsson	Year 12 & 13
<b>4.30-6pm</b>	PE	AFC Foundation – 6 <sup>th</sup> Form	Astro	AFC Coaches	Selected
	ADT	Photography club	B156	Ms Darby	KS 3 students (Break 2)
	English	Fantasy Forum	D278	Mr Carmo	Years 7 - 11 (Break 1)
	Music	GCSE and Band club	Music dept	Mr Q / Mr Pinder	Break 1 & Break 2
	Science	Engineering club	A301	Ms Croissant	Years 9 – 13 (Break 2)
	Wellbeing	Board & card games Club	D184	Ms Nearn	Years 7 - 9 (Break 2)
<b>Wednesday</b>	PE	Cricket	Astro	Mr Sia	All Years
	PE	Rounders	Astro	Ms Lanning & Nilsson	All Years
	PE	Volleyball	Sports Hall	Mr Boyce	All Years
	PE	Indoor Rowing	Fitness Suite	Ms Maunder	Year 10 students
	PE	Summer Social Netball	Courts	Ms Lenton	All Years
	ADT	Art club	B155	Ms Preston	KS 3 students (Break 2)
	Coding	Coding club	D183	Ms Gittins	KS 3 students
	PSHE	Drop in for a Chat / support	D388	Ms Molloy	All Years (Break 1)
<b>Thursday</b>	PE	Tennis	Courts	Ms Fox & Ms Naylor	16 – sign up
	PE	Football (6 <sup>th</sup> Form)	Astro	Mr Markland	6 <sup>th</sup> Form students
	Coding	Coding Club	D183	Ms Gittins	Year 10 students
	Crochet club	Crochet club	A131	Ms Hoy	All Years (Break 1)
	Drama	Drama	B025	Mr Hurst	All Years
	English	Reading Titans (Break 1)	D284	Mr Sawbridge	Year 7
	History	Warhammer	A123	Mr Hillman	All Years
	Music	GCSE and Band club	Music dept	Mr Pinder	Break 2
	Pride Club	Pride Club	C278	Ms Saiker	6 <sup>th</sup> Form (Break 1)
	PSHE	Social Science research club	D385	Ms Hine / Ms Hill	KS 5 students
	Science	Gardening club	A301	Ms Croissant	All years (Break 2)
	Wellbeing	Board & card games club	D184	Ms Nearn	Years 7 - 9 (Break 2)
	<b>Friday</b>	PE	Social Football	Astro	Mr Munro
PE		Indoor rowing (Year 9)	Fitness suite	Ms Maunder	Year 9
PE		Dance booster	Dance studio	Ms Lanning / Mr Sia	Yr 10 & Year 11 GCSE
PE		Booster (GCSE)	D080	Mr Sia	Year 11
Pride		Pride Club	A131	Ms Hoy	KS 3 & 4 (Break 2)

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

ART – GCSE – open door policy on a Thursday.

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.

### Dates for Your Diary

Monday 5<sup>th</sup> May 2025 – May Bank Holiday

Wednesday 7<sup>th</sup> May 2025 – Year 12 Level 3 C4C Parents' Evening

Friday 23<sup>rd</sup> May 2025 – Academy Breaks for Half Term Holidays

Monday 2<sup>nd</sup> June 2025 – Academy Resumes

Wednesday 18<sup>th</sup> June 2025 – IEAP Day

Thursday 26<sup>th</sup> June 2025 – Year 11 Leavers Celebration

Friday 27<sup>th</sup> June 2025 – INSET Day

Tuesday 1<sup>st</sup> July 2025 – Year 6 Induction Day

All parents and students are very welcome – please come to support the Academy drama students!

**National  
Theatre**

**CONNECTIONS  
2025**

**Southfields Academy**  
presents

**NO REGRETS**

**By Gary McNair**

**Thursday 8 May**

**SOUTHWARK PLAYHOUSE**

**7:45pm**

**Tickets £5 available from**

**<https://southwarkplayhouse.co.uk/productions/national-theatre-connections-2025/>**

