



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

Year 8 News – Mr Munro

I hope this newsletter finds you well. It's been a busy and productive period for our Year 8 students, and I'd like to share some of their recent successes and upcoming events.

Year 8 Journalism Project

Thirty Year 8 students have been actively participating in a journalism project, organised by Ms. Sulliman. This initiative involves a close collaboration with the BBC, providing our students with invaluable opportunities to experience the world of journalism first hand.

Since the project's inception, the group has engaged in multiple workshops with Josie Verghese, an experienced professional from the BBC. These sessions focused on understanding what constitutes a news story and how to report it effectively. Following these workshops, selected students adopted various journalistic roles, successfully interviewing, photographing, and writing a news article about a recent Inclusive Sports Event at the school, which featured GB National hockey player Tess Howard. We are thrilled to report that their article has since been shared on Tess Howard's social media, and a professional journalist who also covered the event has provided very positive feedback. We are incredibly proud of their dedication and achievements.

Year 8 Athletics Success at Wandsworth Championships

Our Year 8 students demonstrated exceptional dedication and talent at the recent Wandsworth Athletics Championships. Every student who participated gave their utmost, representing themselves and the school with pride. It was particularly encouraging to witness their strong camaraderie and support for their teammates throughout the event.

Huge congratulations are extended to Yousuf, who achieved first place in the shot put, securing a coveted spot in the London Championships. Special mentions also go to Lurdes, Fola, and Mirwais, who all reached the finals of their respective events. This success has significantly boosted interest in athletics within the year group, generating considerable excitement for the upcoming Sports Day.

Year 8 Air Pollution Group

Year 8 has been involved in an important Air Pollution project, working in partnership with MP Smarter Travel. A select group of student ambassadors participated in workshops to analyse the air quality around the academy. Their findings were subsequently shared with the entire year group during a comprehensive assembly. The ambassador group's next focus will be to investigate air quality outside the academy, specifically around idling cars. We commend their commitment to this vital environmental initiative.





Thought for the Week

"The greatest glory in living lies not in never falling, but in rising every time we fall."
- Nelson Mandela



Year 8 continued...

Important Dates: IEAP Day & Annual Assessments

Please make a note of the following important dates:

Our final IEAP Day for Year 8 this academic year will be held on Wednesday, June 18th. This day will be dedicated to reflecting on their time in Year 8 and setting academic goals for the next academic year. Please be aware that students will only be in school for approximately 40 minutes on this day. Kindly ensure you are aware of this when making travel arrangements for your child.

Between Monday, June 30th, and Friday, July 11th, Year 8 students will be participating in their annual core subject exams. This will be the first opportunity in over a year for students to sit exams in a formal examination setting. From our observations, Year 8 students have worked incredibly hard this year, and these exams provide an excellent opportunity for them to demonstrate their knowledge and skills. We encourage you to discuss these exams with your child; they will have been informed of the specific dates, times, and topics to aid their revision. Please ensure they are revising diligently and have the correct equipment for their assessments. These exam results will be used to inform set placements for the next academic year, so performing their best is highly recommended.

Year 8 Sports Day & End-of-Year Trips

Monday, July 14th, marks Southfields Academy's KS3 Sports Day. Year 8 students, alongside Year 7 and 9, will travel to Wimbledon Park Athletics Track to participate in and support their tutor groups and year groups in a variety of athletic events. This is always a highly anticipated and enjoyable day for all students. Students will be required to wear their full PE kit, and we recommend bringing a warm jacket or jumper in case of cooler weather.

To celebrate their hard work and achievements throughout the year, Year 8 will be attending their annual reward trips. Different tutor groups will be visiting various locations, including Go Ape, Flip Out or the cinema. Please look out for consent letters that will be sent home with your child. These forms will require your signature and details of any medical conditions. Returning these forms promptly is crucial for the smooth organisation and execution of the trips. Your co-operation in this matter is greatly appreciated.

As always, should you wish to discuss any of the above items directly, please do not hesitate to contact me via email at gary.munro@southfieldsacademy.com

Year 11 Exams... and shirt signing! – Ms Marshall

The last few exams are taking place and, as is tradition for Year 11 students, students took part in a shirt signing activity to mark the end of the year. Who knew that many of the students were budding fashion designers! The shirt designs were beautiful and personalised, the messages were humorous and encouraging and the atmosphere was celebratory - fitting to mark this important transition point.

Year 11 parents / carers would have received communication regarding the Year 11 Leavers' Ceremony and students should collect their student and guest ticket from the General office. The event takes place on Thursday, 26th June, with a 4.15pm welcome reception. We are all looking forward to seeing the students in their finest clothes!





2020 - 2025



Science Club - Mr Abdirahman

Last week, we got *stuck in* with oobleck, exploring non-Newtonian fluids that act like both solids and liquids—science has never been so messy!

This week, we're building spaghetti towers using marshmallows and dry spaghetti. It's an *unstable* challenge in engineering, balance, and teamwork. How tall can you go?



Podcasting - by Nathaniel A in Year 8

As part of Wandsworth's London Borough of Culture celebrations, we were fortunate to host a special event for all of Y8 at Southfields Academy today, all about podcasting. With Audrey Tinline, journalist for the BBC and Financial Times, our English Class worked together to develop interview questions alongside our teacher, Ms Sulliman.

Today's event centred around the media industry and specifically, podcasting. It featured an inspiring panel: Leanne Alie, host of the Coiled podcast; Sandy Warr, presenter at LBC and lecturer at City University, London; and Carrie Wooten, co-founder of the Global Media and Entertainment Talent Manifesto, who also hosted the event.

I had the amazing opportunity to go on stage with three other students from my English class and interview Leanne and Sandy. At first, I'll be honest—I was nervous about speaking in front of my entire year group. But once we got started, I eased into it. At the end of the assembly, we were able to record our own podcast with Audrey, who is going to edit it for us and bring to our next English lesson.

Talking to them today was a fantastic experience that really made me reflect on my future. It opened my eyes to the many paths available in media and communications, and encouraged me to think about the skills I want to develop going forward!



Sora – Ms Sulliman

We've seen borrowing figures soar this year in our school library, so to keep our students reading- we've signed up for FREE E-BOOKS & AUDIOBOOKS via an app called 'Sora'.

The guide gives you the steps you need to download the app and access a huge range. Once downloaded, please make sure that once your child has clicked on 'Add Library' from the menu to add the 'Better Libraries Digital Consortium'. This will give them full access to browse an extensive library.

The libraries include a range of fiction and non-fiction, including revision guides!

If you have any questions on how to use the app, please email sabrina.sulliman@southfieldsacademy.com

Getting started with Sora



With Sora, you can get free ebooks and audiobooks from your school.

1

Install the Sora app from the Apple App Store or Google Play Store, or go to soraapp.com.

2

In Sora, find your school (or enter your school's setup code), then sign in.

3

Southfields Academy's set up code is: **carnegies**

Browse the **Explore** tab and borrow a book. Your book will open so you can start reading right away.

4

Close the book and go to your **Shelf** to see all your books (including assignments). From there, you can:

- Tap **Open Book** or **Open Audiobook** to read or listen to the book.
- Tap **Options** to renew or return the book, get to your notes and highlights, and more.

Your child will also find this guide on the Library's Google Classroom!

Build a Better Relationship with your Teen

Adapted by Tricia Nearn from an [article](#) in ADDitude Magazine by Brendan Mahan, M.Ed., M.S.

Teenagers are complicated, unpredictable, and wonderful. A walking contradiction!

Your relationship with your teen may change, including increased intensity and tension as you attempt to help them navigate towards adulthood.

To protect and strengthen your relationship, begin by understanding their true needs. Taking the time to see the world through their eyes can help to fortify your bonds, improve communication, and build a sense of safety and approval, even when their behaviour is the most challenging.



1. When your Teen wants to connect, say yes!

If you want to feel connected and bonded with your teen, don't brush off their bids for connection. Perhaps that means taking a walk, kicking a ball, shopping together, cooking or watching their favourite program or sport side by side. If you're busy and can't say yes, be sure to agree a time in the future instead.

Sometimes our kids feel vulnerable when reaching out for connection. Remember that they are in a developmental stage when they are seeking and testing their independence *and* your approval. This kind of conflict is normal, and may look like them asking you to do something they know you don't like, or asking in a way that invites you to say no. Recognise that, and say yes as much as you can.

2. What makes your teen feel loved?

Knowing what makes your child feel loved is the key to a strong relationship. Everyone has a different 'love language'. You may feel loved when someone offers an 'act of service' such as helping with the household chores or making you a cup of tea. Others might feel loved when they get a cuddle, spend quality time with their loved ones, or hear encouraging words.

If you and your teen have different 'love languages' you may miss each other's attempts to connect. Figure out what makes them tick. Try the free quiz on the [5 Love Languages](#) website to discover the ways you both feel and express love.

3. Give your teen some space.

As teens develop, so does their need for privacy. This can be very challenging, especially when parents are used to their kids sharing the details of their lives openly. You might even feel rejected as they retreat into a more secretive phase. However, this bid for autonomy and independence is not about you, and it is a critical and normal part of their development.

Respecting their privacy shows that you trust them; Being intrusive or overprotective risks undermining their self-confidence, effectiveness, and autonomy.

Children need privacy to develop critical skills, such as problem-solving. So let them handle smaller problems - the missing assignment or failed test, the friendship wobble - on their own. If they get something wrong or need your help, they are more likely to ask if you have a strong connection and a history of respecting their privacy. When should you be concerned? Look for the extremes. For example, if your child rarely leaves their room or becomes completely detached from the family. Talk openly about these things before assuming there's a problem.

4. Be the back-up plan.

Most teens don't want their parents to be (or even seem like!) their primary social outlet. But that doesn't mean they don't want to spend any time with you at all. Be okay with being their back-up plan when activities with their friends fall through, or when they simply aren't invited. This is when parental support is especially valuable, even if they seem resentful. Don't take it personally. More likely than not, it would have more to do with the disappointment of cancelled plans than spending time with parents.

5. Tame strong emotions - theirs and yours.

Even if you are doing your best to respect your teen's need for time alone or time with their friends, frustration, conflict, and emotional explosions happen. This is why it's important to talk with teens about ways to manage their emotions, and to manage our own emotions as well. Strategies like exercise, planned breaks, and clear expectations can really help.

Talking regularly about their needs and challenges can help everyone handle the strong emotions that come up in adolescence and reduce household conflict. A deep breath or two can't go wrong either.

6. Lean into family traditions - old and new.

Whether it's regular family meals, visiting relatives, or rituals around holiday celebrations, make a point of explaining the origin of your family traditions and why they matter. This can help your teen feel connected to their history and values of their family, and increase connection.

Likewise, creating new traditions or taking on projects together can create memories and even build skills. For example get the whole family involved in spring cleaning the house, help an elderly neighbour with their garden, or do some DIY together.

Need help?

Our local NHS Education Wellbeing Service offers various parent webinars throughout the year - keep an eye on this weekly newsletter. You can also reach out to Jemma Hughes, Southfield Academy's Parent Liaison, or Tricia Nearn, our Mental Health Lead and teenage brain development specialist.

Creative Writing - English Department

Our penultimate entry for Wimbledon Bookfest was a poem by Ronnie Winter-Dobson (8FRH); students were asked to write about a "legend", and Ronnie has written a lovely poem about his dad.

The Legend

My Dad is known to be a Legend.
As he wakes up before the sun,
To face the day and get things done.
With steady hands, he builds my dreams,
Life's not as easy as it seems.
His quiet strength, his steady voice,
Reminds me that I have a choice.
To stand proud and face our fears,
To chase hope through all the years.
If I try doing his job, it would be hard.
He is the dad of my dreams, my bodyguard.
Through all he's given and all he's planned,
He shows me what it's like to be a man.
The Man, The Myth, The Legend stands,
Forever in my heart as a true Man.

Dates for Your Diary

Wednesday 18th June 2025 – IEAP Day
Tuesday 24th June 2025 – Year 13 Prom
Thursday 26th June 2025 – Year 11 Leavers Celebration
Friday 27th June 2025 – INSET Day
Tuesday 1st July 2025 – Year 6 Induction Day
Thursday 10th July 2025 – Year 12 Level 3 Parents' Evening
Friday 11th July 2025 – Year 12 Careers Day
Friday 11th July 2025 – Year 9 Enterprise Day
Monday 14th July 2025 – Key Stage 3 Sports Day
Monday 14th July 2025 – Year 10 Work Experience Debrief