



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

Year 11 Leavers' Ceremony – Ms Marshall

A great time was had by all, at the Year 11 Leavers' Ceremony on Thursday evening. The outfits were beautiful, the performances from Melody and Agynes were heartfelt and fitting, and the awards were deserving. It was a pleasure to host the event, alongside the tutor teams and Ms Gavin (Deputy Head of Year), to celebrate and reward the students upon completion of their exams. I want to thank them for their support this year!

We now officially bid farewell to this cohort of amazing students who've had to face a number of challenges from their Year 6 transition point - the year of COVID! But it has been a pleasure to see so many of them flourish and face these challenges head on. We now look forward to the August results day, which I am sure will be a moment of pride and celebration for them all.







Year 10 News – Ms Hussain

Year 10

It's hard to believe there are only **three weeks to go** until the end of the school year. With mock exams, work experience, and end-of-year preparations underway, it's been a busy and important term.

On the **3rd June 2025**, students took part in a **Citizenship trip to the Houses of Parliament**. This was a fantastic opportunity to see British democracy in action. As part of the visit, students engaged in a **workshop exploring how Parliament works**, the role of MPs, and how citizens can get involved in the democratic process. A highlight of the day was the chance to **meet local MP Fleur Anderson (Labour – Putney, Roehampton & Southfields)**, who answered questions and shared insights into her role and responsibilities.

Shout Out

A **massive shout out to Trinity** for consistently showing **exemplary manners** every single day. Whether it's a cheerful "good morning" or a friendly smile in the corridor, Trinity stands out for being **polite, respectful, and warm-hearted**. His positivity and kindness set a fantastic example for others - Well Done!

Key Dates:

- **23rd June – 4th July:** Mock Exams - A key chance to check progress ahead of Year 11 and GCSEs. Students are encouraged to revise consistently and ask for help where needed.
- **7th – 11th July:** Work Experience - An opportunity for students to gain first-hand insight into the world of work, build confidence, and explore possible career interests.
- **14th July:** WEX Debrief/Achievement Assembly - A chance to reflect on work experience placements, celebrate achievements, and close the year on a positive note.



Thought for the Week

"Resilience is knowing that you are the only one that has the power and the responsibility to pick yourself up." - Mary Holloway



Creative Writing – English Department

For this week's entry, Year 7 have been practising their descriptive, autobiographical writing in English lessons this term. Well done to Fabi Veiga Barbosa (7HAD) and Maliha Memon (7DBY) for their excellent description of their favourite food: Oreo fudge!

As you enter the shops, the bedazzled sky blue packaging shines brightly in the display. The tantalising feel of breaking into the delicacy of the chocolate makes you feel like you're taking a bite into heaven. This milky, fudgy Oreo chocolate will make you feel extraordinary and make your taste buds smile. The sapphire packaging sends a rush of excitement through your body. It's the smell of fresh dessert as the gentle scent of Oreo fills your nostrils. It puts a smile on your face. Turns your frown upside down. Could you ever be sad with this in your hand?

Could you ever resist this?

STEM Challenge Day – Mr Clarke

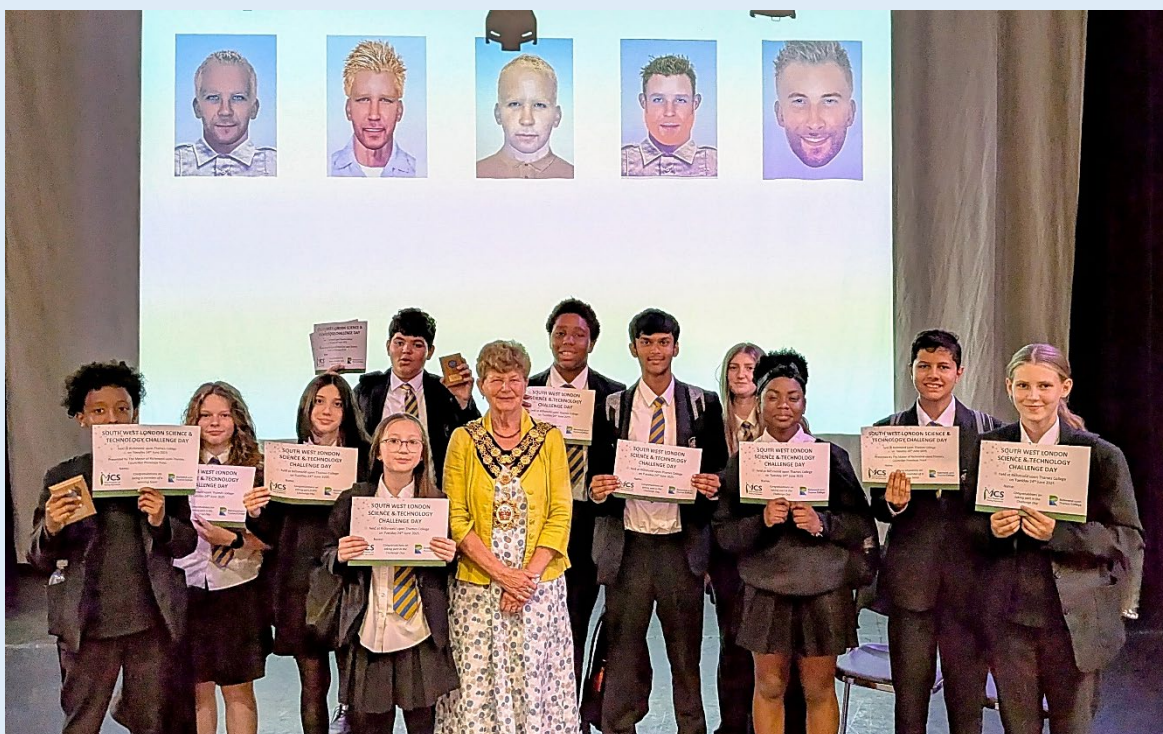
This week, a group of 12 Year 8 students had the opportunity to participate in STEM Challenge Day at Richmond upon Thames College. Throughout the day, Southfields students completed three Science and Technology based challenges. First, they completed a robotics challenge, programming a Lego Mindstorm EV3 robot to navigate around a course.

Next, they undertook the role of a doctor diagnosing a patient, considering their medical history, taking vital signs, examining x-rays and listening to breathing.

Finally, having witnessed a simulated crime, each team used E-FIT facial recognition software to create a computer image of the thief. As the simulated criminal, yours truly was none too happy with the unflattering E-FITs...

A Southfields team of Lorik Miftari and Ayman Hassan were winners of the robotics challenge, and had the privilege of being presented with their awards by the Mayor of Richmond, Councillor Penny Frost - pictured. Lorik exclaimed that Councillor Frost was a "celeb" and made sure to get her autograph - perhaps we shall see it on Ebay soon.

A massive well done to all Southfields students involved - they were excellent ambassadors for the academy and really made us proud.





Jacinda Ardern Interview – Ms Hess

On Monday 16th June, our school was honoured to take part in a very special event at the Wimbledon BookFest at Wimbledon High School, where former New Zealand Prime Minister Jacinda Ardern was “in conversation”. Ms. Ardern was visiting the UK to launch her book, ***A Different Kind of Power***, and we were delighted to be one of only 21 schools—and among 500 students—invited to this unique occasion. This was the only school event she attended during her UK visit, making it all the more special for our students.

Before the event, students were invited to submit questions, hoping to be selected for a student panel to interview Ms. Ardern. We are incredibly proud that Saffron, Year 12 student, was chosen to join the panel and ask a thoughtful question:

What can leaders do to make sure Deaf and disabled people are truly included, not just mentioned?

Saffron is part of the HIU unit as she is deaf and this is what she said:

“I want to be on the panel to represent the Deaf community and pursue my dream of becoming a journalist. Interviewing Jacinda Ardern is a rare opportunity to ask meaningful questions and show that diverse voices, like mine, deserve a place in important conversations.”

During the discussion, Ms. Ardern spoke openly about her time as Prime Minister, highlighting how she always made a point to listen to people’s concerns. She shared interesting facts, such as New Zealand recognising sign language as one of its official languages—a reflection of their inclusive values. She also spoke about how her experiences in a diverse society shaped her approach to government and her commitment to including minority groups—such as Māori and Pasifika communities—in decision-making.

Mental health was a key topic, with Ms. Ardern honestly discussing imposter syndrome and how feelings of self-doubt don’t simply disappear, even for someone in her position. She also reflected on the challenges faced by young people today, contrasting her childhood—when information was found in books—with the current era of information overload, encouraging students to “be curious without being cynical.”

It was a truly inspiring experience for everyone involved, and we are so grateful as well as hopeful for the future, to Ms. Ardern for sharing her stories and wisdom with our school community.

Science Club - Diffusion

At science club this week the students explored diffusion using Skittles. Skittles are coated in food colouring and sugar. When you pour water over the Skittles, the coloured coating dissolves, spreading through the water. The colour and sugar dissolve into the water and then diffuse through it, making the water the colour of the sweet.

The students tried the experiment twice, once with cold water and once with hot water, and timed the results to see which worked quicker. It was surprising that in most cases the timings seemed almost identical!



Dates for Your Diary

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
Monday 14th July 2025 – Key Stage 3 Sports Day
Monday 14th July 2025 – Year 10 Work Experience Debrief
Tuesday 15th July 2025 – Year 9 Enterprise Day
Thursday 17th July 2025 – Year 9 Graduation Ceremony

Year 10 Geography & Travel and Tourism Trip – Goring-by-Sea – Sumaya Abdi (10ATY)

Our Year 10 trip to Goring-by-Sea was part of our Geography and Travel & Tourism course. It was surprisingly hot and sunny which made working on the beach much more enjoyable (though tiring!).

We did beach profiling using ranging poles, tape measures, and clinometers to measure the slope of the beach. After that we measured rock size and shape at different points along the shore to study erosion and longshore drift. Some rocks were sharp, others rounded it all depended on how far they were from the sea.

It was a fun and active day, and being out in the sun with our class made it a lot more memorable than a normal school day!



Why are some adolescent friendships so toxic?

– Ms Nearn



As the mental health lead at Southfields Academy, one of the most common reasons that students drop by for a chat is friendship issues. For many kids, it's a bit of a shock as adolescence takes hold and friendships become much more complicated.

At home, your child may be empathetic and kind, but at school these qualities can get waylaid by their desire to fit in with their peers.

At this stage, friendships are often seen as a hierarchy. Kids become highly conscious of their status and the power that comes with it. They know exactly where they fit in the pecking order - who is above and who is below them. What they have yet to learn is that friendships that depend on a hierarchy are unhealthy.

“True friendship is a flat playing field. Everyone gets to play their position and has equal value and worth on the field.” Kristina Morgan, Clinical Psychologist

As the teenage brain develops, interpersonal skills expand and values become clearer. Only then do young people understand that friendship isn't about status. In the meantime, guide them towards finding healthy, supportive friendships that are reciprocal. Help them learn that it is better to find the group where they fit, than to try to fit in with an unhealthy group.

If your child is feeling not good enough or unsafe, it is time to re-evaluate their friendships.

Are parents part of the problem?

As a parent, be aware of your input and investment in your child's friendships. Are you encouraging them to stay in a friendship that isn't good for them because you want them to “be nice”? Or perhaps their popularity is valued.

When we encourage kids to stay with friends who don't show them authentic respect and affection, we are setting them up for equally unhealthy adult relationships. We never want their sense of duty to override their instincts. Instead, teach your kids to trust their gut. If a friendship feels bad, they should walk away. Your child can be kind *and* still have relationship boundaries.

What stops kids from changing groups?

Sometimes kids don't want to leave a friendship group because they fear “social suicide.” For example, if they were unkind to others who weren't in their group, they may worry about being rejected by students outside the toxic group. Or they may just fear being alone. Other times the toxic group may interfere with members leaving by confronting them and accusing them of being disloyal or mean.

And finally, some kids simply lack the skills to join new social circles and initiate new friendships. Building friendships does not come naturally to all kids, and takes practice and courage. The upside of practicing new skills is gaining better relationships along with budding confidence and self-worth.

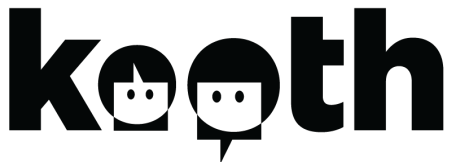
Encouragement you can give to your child for dealing with toxic friendships:

- You deserve friends who treat you with kindness and respect.
- You deserve to be around people who make you feel good about yourself.
- Friendships change just like we do. Changing friendship groups is healthy.
- Be open to new friends outside of school.
- There doesn't have to be a fight to leave a toxic friendship, and you don't have to wait for something bad to happen before leaving.
- You don't have to “break up” angrily. Say what you're doing and drift away (e.g., “I'm studying in the library at break” or “I have family plans this weekend.”)
- When you leave a friendship or group, feelings will probably be hurt. Be kind and empathetic but not at the expense of your decision. If group members act vengefully, they have proven they are not real friends.
- Any drama caused by leaving a friendship group will not last forever.

If your child needs some support navigating through their friendships, I am available to talk everyday in room B160.

This is an edited version of **Leaving time: When and how should kids leave friendship groups?** by [Linda Stade](#)

How Kooth Can Support Students During the Summer Holidays



Kooth is a website offering free and anonymous mental health support to young people. As summer holidays approach, many parents are aware that the weeks off school can be some of the most challenging times for some young people without the scaffolding and support that they rely on during term time, such as having access to a safe space, designated staff, and even their friends.

To help you help your child to cope, Kooth are offering free 30-minute online webinars for parents about Kooth and how it can be accessed for mental health support during the summer holidays.

Kooth Parent Webinar: How Kooth Can Support Students During the Summer Holidays

When: Monday 7th July, Tuesday 8th, Thursday 10th and Friday 11th July

Time: 6:00pm–6:30pm (each evening)

Where/Fee: Online and Free

Sign up here: [Here](#)

https://docs.google.com/forms/d/e/1FAIpQLSfl3I7Jpr9eMpl6zxtAtCZzNXQ9Yyu-aZyHdVmhwvwrX_OsRg/viewform

The poster for Wandsworth Family Pride features a central illustration of diverse hands holding rainbow hearts. The text is arranged in a grid-like fashion, listing the event name, date, time, and a schedule of performers. The background is a soft pink with decorative heart icons.

Wandsworth Family Pride
SATURDAY 28 JUNE
11am - 5pm

HOSTED BY MOIRA LESS DJ SET FROM SOUNDS QUEER

HOMOPARODY 11:15 - 12:00	LONDON GAY BIG BAND 14:45 - 15:20
TRANS VOICES 12:25 - 12:55	FREE2B 15:25 - 15:40
BOLLYQUEER 13:20 - 13:50	THE BITTEN PEACH 15:50 - 16:30
MOIRA LESS 14:10 - 14:25	DJ SET - SOUNDS QUEER 16:30 - 17:00

FEATURING: DRAG STORY HOUR, FACE PAINTING, FUNFAIR RIDES AND FREE2B'S 10K FOR 10K FUNDRAISING WALK