



# Southfields Academy Weekly Newsletter

## Monday 20<sup>th</sup> October 2025



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

### Beaumont Hotel Visit – Ms Hodgson

On Monday 13<sup>th</sup> October, our Year 13 Travel and Tourism students visited the beautiful 5★ Beaumont Hotel in Mayfair. They heard from staff across departments including HR, Food & Beverage, the Executive Chef, Finance, Hotel Coordination, and Sales & Marketing.

Students left feeling motivated and excited about future careers in hospitality — we can't wait to visit again next year!



### Dates for Your Diary

Monday 20<sup>th</sup> October 2025 – Open Morning  
Tuesday 21<sup>st</sup> October 2025 – Open Morning  
Tuesday 21<sup>st</sup> October 2025 – Careers Fair  
Thursday 23<sup>rd</sup> October 2025 – INSET Day  
Friday 24<sup>th</sup> October 2025 – INSET Day  
Friday 24<sup>th</sup> October 2025 – Students Break for Half Term  
Monday 3<sup>rd</sup> November 2025 – Students resume



## Thought for the Week

'Three things in human life are important: the first is to be kind; the second is to be kind; and the third is to be kind.' Henry James

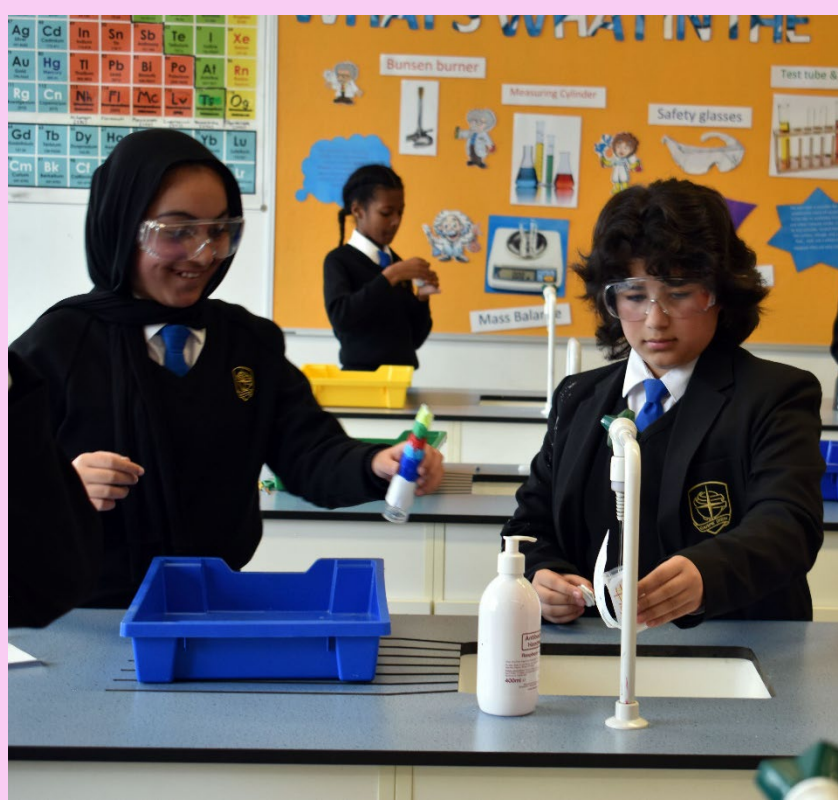


### Science Club – Ms Omar

This week's edition of science club quite literally took flight with our latest experiment - making mini rockets!

Using small canisters, water and effervescent tablets our budding scientists set out to prepare their own rockets after designing them into various shapes. After sealing their rocket fuel inside, everyone stepped back, watched and cheered their rockets launching into the air, making a loud pop. We even had some rockets hitting the ceiling!

As the rockets touched down and the cheers settled, one thing is for sure, science club is on a roll! Next week's challenge? Let's just say we are not done with pushing the limits to what science has to offer.



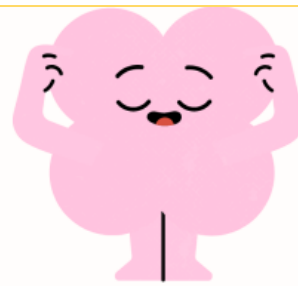
## Mental Health Research Opportunity

Are you the parent or guardian of a child aged 10-13 years old? Would they like to get involved in mental health research?

We recently partnered with Imperial College London on research around mental health in children. They are looking for children to join a Children's Advisory Group to help with the next phase of their mental health research, to guide researchers, and to keep the work rooted in what matters to children.

The group will meet three times between Nov 25 and Jan 26, with the first meeting on 1 Nov in Paddington. The participants will be reimbursed for travel (one kid and one parent), and kids will get a small shopping voucher for helping out.

If you think your child might like to take part, the researchers would love to hear from you. Please contact Erin ([e.walker1@imperial.ac.uk](mailto:e.walker1@imperial.ac.uk)) for questions and to find out more.

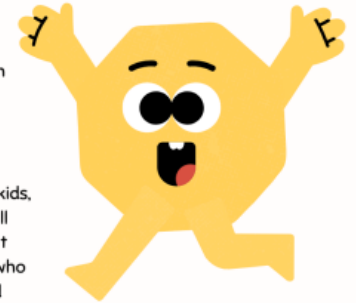


**CHILDREN WANTED  
TO HELP WITH  
MENTAL HEALTH  
RESEARCH**



We need **kids aged 10 - 13 years old** to help us with some research we're doing with Imperial College London.

Kids will meet researchers to discuss our research plans, how to make sure the research matters to kids, and help get the findings back to other kids. We will meet three times between November - January. It could be a fun and rewarding experience for kids who are curious, have an interest in mental health, and want to help other kids.



**INTERESTED?**

For info contact:

Erin Walker

[e.walker1@imperial.ac.uk](mailto:e.walker1@imperial.ac.uk)



**IMPERIAL**  
Institute of Global Health Innovation

**Mental Health  
Innovations**

## Year 9 London Cup Victory – Mr Munro

Congratulations to the Year 9 Football Team who secured a dominant 6-2 win against Southborough High School in the first round of the London Cup.

The entire squad was outstanding, demonstrating such commitment that they shared the Player of the Match award.

Well done to goal scorers Marley (2), Tyler (2), Remi, and Yousuf! Onto the next round!



## Creative Writing – English Department

*For this week's entry, it's a horror story by Angelia Ivanova (10CRT), but from the ghost's perspective. Well done to Angelia in Year 10 for producing this skilled and creative piece of work.*

It was once again night - finally. The entire family were peacefully asleep in their own bedrooms. I sat on their opulent, vintage sofa as I stared through the polished window and admired the full moon. It was an arduous day of hiding in the creaky cabinet but finally I had time to explore the new house.

After walking in various rooms in the grand house, I felt slight envy. Envy from the family's strong connection. Envy from their stunning property. I wanted their life. I wanted it desperately. I looked at the different pictures of them, hung up on the wall, each one sentimental. I turned to the mirror beside me and glared at my reflection - shadowy and translucent - as I reminisced about my old life as a human. Then I looked back at the photos. There was one that snatched my attention. It was vivid and joyful, at a park with a soft cover on the fresh, crisp grass. The family sat on the cover, next to a wooden basket filled with baked goods, smiling towards the camera. They looked so divine; I could taste it through the picture. Looking at the picture in awe reminded me of something: now was the golden chance to eat food.

I gently stepped on the chestnut, wooden floor, avoiding any sound until I reached the kitchen. As I slowly opened the fridge, I felt blinded by the dim light revealing all of the food: so many options sitting in front of me! What called me the loudest was the extravagant sandwich. Looking at the fresh baguette - soft with a crispy outer layer, filled with several tasty toppings - assured me that this was the best option. As I took the knife to slice it, something I saw was about to change everything. The little girl witnessed me.

Her jaw dropped, followed by a piercing scream and looks of desperation in her innocent blue eyes. She continued screaming as other noises approached. It was the rest of her family. The rest of the children began screaming too; it was like a harmonised singing group, only it irritated my ears. When the father saw me, he wasn't angry nor scared. At first it was difficult to read his shifting facial expressions yet I knew he was flummoxed. I stood there in front of them - all of us slightly trembling. The knife slowly slipped out of my shaking hand - turning and wobbling in the air as it dreamily fell. Everyone stared and silence replaced the relentless screams until the knife gently thudded on the ceramic kitchen floor. Words were urging to come out of my mouth but they couldn't; if only the family knew, I didn't want to hurt them.

I missed being a human who was once loved.

Besides the father, stood a tall wooden broom which he lifted up with sudden confidence. Then he took heavy steps, charging towards me with anger that fuelled him. His eyebrows sharpened and he pointed the broom towards me whilst rapidly approaching me.

"Come on Dad, get the ghost!" the children roared. If I had a heart, it would thud faster than a marching band; it didn't. Faster than ever, I began running with my foggy, white legs towards the exit. I zoomed past everything one last time and managed to escape the furious family.

Sometimes I think to myself: ghosts might not be the problem.



### Work Experience Help:

Our Year 12 students have their **Work Experience Week 2026** in **February: 9<sup>th</sup> – 13<sup>th</sup> Feb 2026** and are urgently looking for placements. Please let the [Careers Team](#) know if you have any connections who might be able to provide placements (ideally for the 5 days).

### Newsletter:

The 3<sup>rd</sup> edition of the [Southfields Academy Careers Newsletter](#) is now available here: Creative Careers – Film & TV, Model-making, Fine Art, Computing; Green Careers – Global Sustainability Development

### Southfields Academy Careers Fair:

**Tuesday, 21st October 2025** – 50 organisations – employers, universities, colleges, & careers support

## Sixth Form News

### Sixth Form Success: From Wall Street to Wimbledon!

It's been a whirlwind couple of weeks in the Sixth Form, showing that learning certainly doesn't just happen in the classroom! Our students are demonstrating incredible focus as they balance their studies with planning for life after school. What a great, busy term it has been!

### Careers and Industry Insights

Our students have had some fantastic opportunities to connect with industry leaders:

- **Future Financiers:** Our Year 13s hosted experts from 20/20 Investment, who delivered an insightful talk on the vast career opportunities available in the competitive world of finance.
- **Hospitality Heroes:** The Year 13 Travel and Tourism students enjoyed an exciting trip where they spent the day exploring the operational side of a major hotel, giving them invaluable, real-world insight into careers in the hospitality sector.
- **Banking Buzz:** Our Year 12 cohort benefited from a well-attended and highly informative careers talk from HSBC bank. This session provided clarity on the varied paths available within the banking sector.

### Looking Ahead: Trips and Targets

The momentum isn't slowing down! We have two major educational trips coming up next term:

1. **London Olympia: What Uni? What Career?** This event will give Year 12 students the chance to explore universities and career paths under one roof.
2. **Oxford University Visit:** A highly anticipated trip to Oxford University will allow our students to experience life on campus and learn more about applying to one of the world's leading institutions.

### Focus on the Finish Line

With UCAS applications nearing completion and mock exams rapidly approaching, the Sixth Form is buzzing with focused revision. We are incredibly proud of the mature and determined approach our students are taking during this demanding time.

### Student Leadership:

#### Open Events:

We were overwhelmed by the number of KS5 students who volunteered to support the Academy's Open Evening last week! Whilst the event was predominantly for prospective Year 7 students, we also had some prospective Year 12 students visit. In both cases, having the endorsement of KS5 students not only showcased the Academy in a positive light, but reflected the pride and commitment the students had for the Academy.

#### Peer Mentors:

We are in the recruitment stages of sifting through applications for KS5 students to be peer mentors for Year 7 and 8 students. 42 KS5 students have applied, all having given very strong reasons for wanting to apply as well as suggesting ways they will be able to support the younger students. A series of short training sessions will take place for students, before we match them up with their younger students. We hope to get the mentoring sessions underway a few weeks after we return from the half term break.

#### Trips/ Visits:

On Wednesday 24th September, twenty Year 12 students attended a padel taster session run by the Talent Foundry in Tower Hill. Students enjoyed the unique experience of being taught a new sport by an elite padel coach with the Tower of London and Tower Bridge offering a historic backdrop to the court!

On Wednesday 22nd October, our Year 12 Honours Group have been invited to visit Jesus College, University of Oxford. Students will gain invaluable insight into life at one of the world's leading universities. They will be given a tour of the city as well as attending mock lectures and interview question seminars.

### Careers:

On Tuesday, 21st October all Year 12 students will visit the on-site Careers Fair. This is their invaluable opportunity to speak with a vast array of course providers and employers. The event enables students to explore the options for courses beyond Southfields Academy. Some visiting colleges/ post-16 providers offer unique courses such as floristry and beauty; and for those aspiring/ preparing for university, the event enables them to explore the range of courses and entry requirements. The visiting employers will give students a unique insight into the world of work, the qualifications and experience required, and the career paths possible.

Sixth Form students have gained insight from a range of guest speakers in assemblies this half term, including Investment 20/20 - who spoke about careers, work experience and apprenticeships in the finance and investment industries - and the Early Careers Foundation who launched their mentoring scheme. Over one hundred of our Year 12s have since signed up to work with a professional mentor from a career of interest to them throughout their two years in the Sixth Form.



### Chess club update – Mr Spencer

A reminder that chess club runs every week in A227 on Monday 3:00-3:45 with Mr Spencer. It's great to see boys and girls from all years from Year 7 to Year 13 turning up regularly (see photo).

The Annual Southfields Academy chess championship will be on IEAP day – Thursday 13<sup>th</sup> November 2025 so come along to help prepare. All standards welcome.



## CNN Live Global Broadcast – Ms Sulliman

Following a trip to CNN last summer, on 16th October 2025 a small group Y9s headed back to CNN International, London to participate in a live global broadcast!

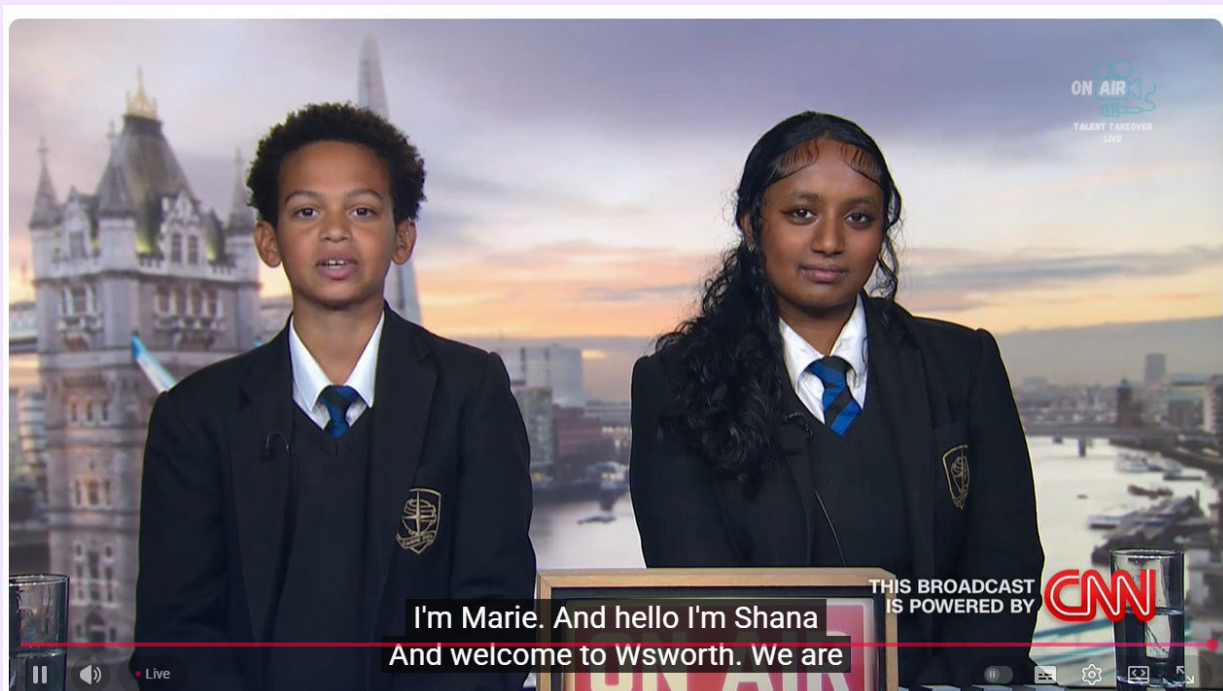
Safa, Marley and Shayanah joined students from universities, primary and secondary schools from around the globe in a live international stream which started in Australia and wrapped up in LA, USA - dropping in at 17 locations!

The aim was to connect students with their peers as they enter this global media industry and for industry to be able to spot the best up and coming international talent!

Marley and Shayanah (directed by Safa) delivered several links to segments, all which showcased how Wandsworth schools have celebrated being a part of the London Borough of Culture and the Welcome to Wandsworth initiatives.

When young people from Albermarle Primary School hosted, their linked segment included showcasing the event we hosted last year around podcasting.

Thank you to @CNN @welcometowandsworth and @mediatalentmanifesto for the opportunity!



## CNN Pictures Continued....



### Food Bank Donation KS3 – Ms Gbolonyo

As we come towards the end of our Autumn term 1 theme 'kindness', KS3 tutor reps are leading their year groups to think about our wider community beyond Southfields Academy. We will be donating non-perishable food to St Michael's food bank at the end of this term.

Parents/carers are welcome to donate as well. Year 7, 8 and 9 students have been asked to bring 1 item or as many items as they would like to donate. All donations can be left in A221. The final donation date will be Tuesday 21st October 2025.



# Emotionally Based School Non-Attendance (EBSNA) and the Role of Digital Mental Health Support

For some students, getting to school is a battle. For parents of kids who don't want to go to school, it can be frustrating, upsetting and very disruptive to family life.

Kooth is a part of Wandsworth's mental health strategy for young people. They provide a free and confidential online community, including live chats with counsellors, for 11-22 year olds.

Learn more about how Kooth can support your child at their **free parent webinar on October 23rd**. They will discuss EBSNA and the role of digital mental health support.

Learn more about Kooth by watching this short [video](#), or sign up for their webinar [here](#).

Need support for yourself? Kooth has a partner platform for adults called [Qwell](#). It's also free and anonymous, and does not require a referral.

And finally, did you know that you can self-refer for NHS-funded individual and group talking therapies in the boroughs of Wandsworth, Kingston, Merton, Sutton and Richmond without going through your GP? Visit the Southwest London and St George's Trust website to access all services: <https://swlstg.nhs.uk/talking-therapies>



**Free, safe and anonymous  
mental health support  
whenever you need it.**



-  Chat with our team of friendly practitioners
-  Helpful articles
-  Self-help tools and activities
-  Support from the Kooth community

Visit **kooth.com** to find out more

