



Southfields Academy Weekly Newsletter

Monday 22nd December 2025



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

Southfields Academy Students are WINNERS! – Ms Shah

We are proud to announce that 5 of our Year 12 Students achieved the outstanding accolade of winning a Dragon's Den Challenge which took place at City St George's School of Health & Medical Sciences Tooting Campus on Wednesday 10th December 2025.

Our stars are:

Mariam Abbas, Qasim Ahmed, Amelia Arzomand, Bilal Mahamud and Ray Schemm.

This was the first ever Dragon's Den event, which took place in conjunction with the Clinical Pharmacology department lead by Professor Iain Greenwood, at City St George's.

Each team was given a prescription drug to present the case for the NHS to invest in. Southfields Academy argued for Semaglutide - Ozempic (Diabetes/Obesity) drug. They had only 1 hour to research and prepare their presentation collaboratively and deliver a 5 minute presentation with 2 minutes of tough questions from the Dragons!

The team worked exceptionally well together under the guidance of two student Ambassadors who are currently completing their degrees at City St George's. This was an unbelievable real life experience they will never forget.

The Year 12 winning team represented our Academy so eloquently and passionately. The judges' feedback was that all schools performed brilliantly but SA was the best for 3 main reasons:

1. Great use of data to support their argument
2. Great use of chemistry and science
3. Clear explanation of formulations

The other participating schools from our area were: Ashcroft Academy, Harris Academy Battersea, Harris Academy Merton and Graveney School.

It just shows what our students can achieve, even under pressure!





Thought for the Week

Nothing can dim the light that shines from within. – Maya Angelou



Christmas Jumper Day 2025 – Ms Sulliman

Southfields Academy has **raised a fantastic £359** for the Dons Local Action Group (DLAG) through this year's Christmas Jumper Day, setting a new fundraising record.

This achievement marks the highest total raised since the academy began collating donations for the cause nearly 10 years ago, making it a truly special milestone. A huge thank you to all staff who took part and contributed so generously – your support continues to make a real difference.

The JustGiving page is still live, and any further donations are very welcome:

👉 <https://www.justgiving.com/page/southfieldsxmasjumper>

All funds raised will continue to support DLAG's vital work across our local communities of Kingston, Merton and Wandsworth, including:

- Providing food parcels to families in need
- Supplying household furniture and essential goods
- Donating laptops through the *Keep Kids Connected* campaign to children who are unable to access online learning

Thank you once again to everyone who helped make this year's Christmas Jumper Day such a success and for supporting those in our local area.



Dates for Your Diary

Monday 5th January 2026 – Academy resumes
 Thursday 15th January 2026 – Year 13 & Year 12 L2 Parents' Evening
 Thursday 22nd January 2026 – International Group Parents' Evening
 Thursday 22nd January 2026 – IEAP Day 2
 Friday 30th January 2026 – INSET Day



Southfields Book Hype – Year 7 Free Book Giveaway

As part of our **Southfields Book Hype**, all students in **Year 7** were delighted to receive a **free book** to keep and enjoy. Each book was carefully **matched to the student's reading level**, and our school librarian personally **wrote each student's name inside the front cover**, making every copy truly their own.

We hope students enjoy the **winter break** curled up with their **brand-new book**, discovering new stories and developing a love of reading.

We are also excited to announce that **Year 7 Book Clubs** will begin on **Wednesday, 14th January, during second break**. All students are warmly encouraged to attend and share their thoughts on their new reads.

The following titles were gifted as part of the initiative, and **all books are also available in the school library**:

1. *Toxic & The Shadowhall Academy*
2. *The Girl Who Couldn't Lie & Lunar*
3. *Fallout & Reek*
4. *Finding My Voice & Stitch Head*
5. *Impossible Creatures & Safiyyah's War*
6. *The Nine Night Mystery & Hercules*
7. *Goosebumps & Wilderness*
8. *The Edge of the Silver Sea & The Boy Who Beat the Gods*
9. *I Am Rebel & The Double Life of Ted Amos*
10. *Frankie's World & I Survived the Nazi Invasion*

Happy reading, Year 7 – we look forward to seeing you at book club in January!





Jiu-jitsu Competition 2025 – Mr Hillman

Monday saw Southfields Academy's first Brazilian jiu-jitsu tournament. Students have been practising since September with a core group of Year 10 and International Group boys coming most weeks. They put their skills to the test in a round robin competition where all fought each other. There were some incredibly close matches, with Cody beating Mohammed by 8 points to 7 and Jakub beating Mohamed by the same score, scoring in the last few seconds to take the win. Mateusz ground out a late points victory against Cody and Mohamed managed to outscore Mateusz with some excellent technique.

Everything was very even, however Jakub rose to the top, winning all his matches including two by submission. A special shout out must go to Cody who was giving up a lot of weight to the other competitors but demonstrated some very accomplished, technical jiu-jitsu to push the others hard, his half-guard was especially strong. It's been a pleasure to see the boys develop and I'm excited to see where they can go next.

Jiu-jitsu runs every Monday in the activities studio from 3 – 4 and is open to all KS4 and 5 students.



Year 12 Cooking – Ms Marshall

On Friday, 12th December, 12RND/SIA took part in an extended cooking session. The students were ambitious with their menu, in a bid to showcase their culinary skills. The students worked collaboratively and demonstrated excellent communication, team work and skill.

On their three-course menu was:

- starters: garlic bread and bruschetta
- main: creamy tomato pasta
- dessert: vanilla cupcakes and chocolate brownies

Ms Goodden, Ms Valin and Ms Golinska paid the students a visit and were complimentary about their dishes. The cooking session was part of the revised L2 pastoral programme, designed to support students to develop essential life skills alongside their studies.





READY, STEM, GO!

Her, Me & ADHD returns this January with our 4-week Science, Technology, Engineering & Maths (STEM) Programme:

- Take part in fun, experimental and investigative workshops each week
- Meet other girls with ADHD
- Join a welcoming and supportive community
- Get hands on with STEM

Starting: 21st January 2026

Time: 4:30PM - 6:30PM, every Wednesday

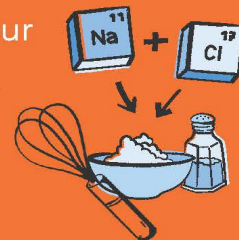
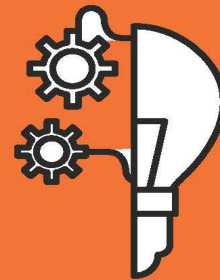
Location: Henry Prince Clubroom, SW18 4UN

** Fees apply - £5 per session - Limited spaces.*

(Light refreshments provided)

Register your interest now!

<https://forms.office.com/r/eVBqFavPrU>



HER, ME & ADHD

For Wandsworth residents & children attending Wandsworth Secondary schools only. Year 7 & Year 8 girls with a diagnosis of ADHD, or on the pathway to assessment.

Instagram icon @HERMEADHD

Missed your flu vaccine?

**Live or attend school in the borough of
Wandsworth? Aged 4 – 16?**

Come down to a flu catch-up clinic and
protect yourself!

Saturday 20 December
10:00 – 15:00
Balham Library Hall, SW12 8QY

Thursday 8 January
15:30 – 17:30
Wandsworth Town Hall, SW18 2PU

**Call 020 3903 3374 or scan
the QR code for more
information or to book an
appointment**



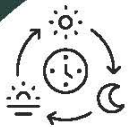
TIPS TO MANAGE WELLBEING OVER THE WINTER BREAK

Although often a joyful time of year, we know that the winter holiday period can be a tough and challenging time for more people than you'd think. There's a change in the routine, and more unstructured time that can feel difficult and overwhelming to manage. You may also feel pressured to feel or present yourself a certain way during this time. We have therefore created this guide to support you to stay well.



Gaming (but not too much!)

Lots of people enjoy gaming and it's fine to include it in your day but it's easy to find yourself playing too much, especially when you don't have so much to do. This can lead to feeling disconnected from friends and family and your mood dropping.



Keeping a routine

Getting enough sleep is important for our mental health and catching up on some sleep over the holidays is part of switching off and recharging. It might be tempting to stay up late and/or sleep in longer but shifting your usual routine too much can have a negative impact on our mood. If possible, try to maintain a routine where you get up in the morning and go to bed at around the same time each day.



Socialise

If talking about your feelings is hard for you, just spending time with others can be really helpful. Social contact is so important for our mental health. Spend some time doing activities with family members or friends i.e. playing a game, learning a new skill together, or watching a film. Speak to friends and family members over Facetime, Snapchat or Whatsapp.

Exercise

Staying active can help both our physical and mental health. You could go for a walk or run outside or do some exercise at home like yoga or HIIT

Cooking

With more time spent at home, there is more time to help in the kitchen and make some tasty Christmas treats! There are hundreds of recipes online and many 'how to cook' videos on YouTube



Get creative!

Keeping your mind and hands occupied may help you to focus attention away from any worries or anxieties you are feeling. There are loads of activities to suit everyone - you can be creative - cooking/baking, art, music, dance, active-sports, going for walks with friends or calmer- reading, journaling and relaxing.



'Acts of kindness

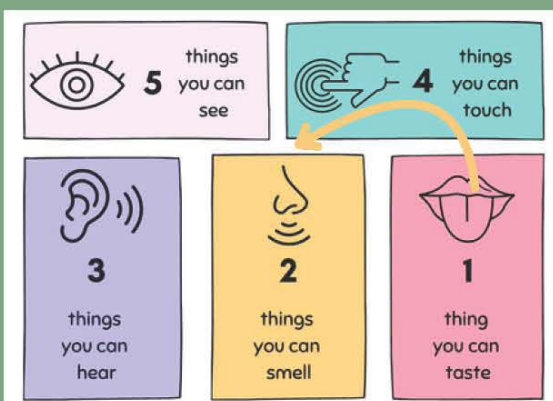
When we're kind to each other, it can help the world feel like a happier place.

Kindness boosts our feelings of confidence and happiness, and can make us feel more in control. Think of different things you can do, that will showcase your kindness. Acts of kindness can encourage others to be kind too.

Having mindful moments

Being mindful means being aware of what is going on around you and how you are feeling. When we notice ourselves feeling anxious or worried about something, we can practice some skills that will allow us to relax and be present in the moment. Here are some ideas:

54321 technique



5 colours



Notice five things around you that are yellow/ blue/ green etc.

Local activities in the area.

Scan QR code for the different activities available.



TOOTING MARKET CHRISTMAS POP-UP

1ST/8TH/15TH/22ND DECEMBER
GIFTS ★ LIVE MUSIC ★ FOOD ★ DRINK



Tooting Hub Youth club at The Melrose Centre

Ages: 8 - 16

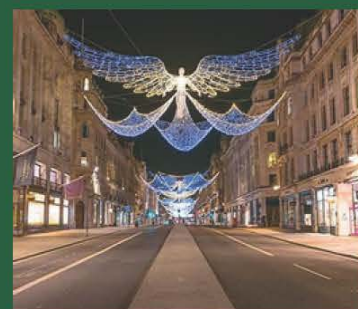
- meet friends
- use the IT suite and music studio
- play sports
- learn a martial art
- get involved in dance and drama activities
- take part in art and craft workshops
- learn life skills, including cooking

You can just "drop-in" to the centre during opening times

Please visit the Education Wellbeing Service You Tube channel.



Day out to see the Christmas lights: (i.e Central London. Battersea Power Station).



TIPS TO MANAGE WELLBEING OVER THE WINTER BREAK

Talk to someone



It can be good to talk about your feelings, so think about who you can turn to. It could be someone in your family, a friend, or a helpline that can talk to you about how you might be feeling. Kooth offers free online support too.



kooth

www.kooth.com
kooth_uk

Visit the Education Wellbeing Service YouTube channel



Monitor your social media usage

Social media can keep your anxiety high for many reasons. Try to have a limit on how much you check on social media. Remove or unfollow accounts that you notice make you feel worse.



12 days of Doing Good this December!

If you are looking for meaningful ways to help others, and to help spread some goodwill across Wandsworth this Christmas visit:



Crisis Numbers

24/7 Mental Health Crisis Line 0800 028 8000
(CAMHS) Crisis Line 0203 228 5980
(Mon-Fri 5pm-11pm) (Sat-Sun and bank hol 9am-11pm)

NHS 111 - urgent mental health helpline

You can contact NHS 111 any time to access support for your health. To get urgent mental health support, [call 111](https://111.nhs.uk) and select option 2.

Visit the [NHS 111 England](https://111.nhs.uk) and [NHS 111 Wales](https://111.nhs.uk) websites to learn more, including other ways to get support.

Here are some support services that you can access during this time

SLP CAMHS Crisis Helpline

SLP CAMHS Crisis Line

Urgent mental health support for children and young people in South London

0203 228 5980

Opening hours: 9am – 11pm
365 days a year



Young Minds

Offers tailored information, advice and support to parents and carers who are concerned about their child or young person's mental health. You can speak to us over the phone, or chat to us online. You can use our Helpline service ([0808 802 5544](tel:08088025544).) if you are the parent or main carer of a child or young person aged 25 or under. Our service is available across the UK. It is free and confidential.

childline
ONLINE, ON THE PHONE, ANYTIME

Advice and support for parents and carers. For more information please visit the Childline Website by [clicking here](#) or Call 0800 1111

Domestic abuse and Violence Against Women and Girls (VAWG) support services

Refuge - Independent Domestic Abuse Advocacy (IDVA) provide free, confidential, non-judgmental and independent support and advice to anyone aged 16 and over who is experiencing domestic abuse.

Call 0203 8793544 (Monday to Friday, 9am to 5pm) or email Richmondwandsworth@refuge.org.uk.

[Wandsworth One Stop Shop is a drop-in service](#) for domestic abuse survivors. You can access discrete non-judgmental support, free advice and information from agencies concerning domestic abuse, stalking and sexual violence. No appointment necessary.

Available in two locations:

Battersea

- When: Every Monday (excluding bank holidays) Time: 10am to 12 noon
- Location: St. Mark's, Battersea Rise, SW11 1EJ (entrance on Boutflower Road)

Roehampton

- When: Every Wednesday Time: 10am to 12.30pm
- Location: 166 Roehampton Lane, Roehampton, SW15 4HR

Hestia refuge accommodation service

If you are looking for a refuge space, **[call 0808 169 9975](tel:08081699975)** or email Hestia at **refuge.space@hestia.org.uk**.

Lines are open Monday to Friday, 10am to 4pm.

