



Southfields Academy Weekly Newsletter

Monday 20th July 2026



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

KS 3 Sports Day 2026 – Mr Sia

The final week of the school year saw the return of our much-anticipated KS3 Sports Day, with over 400 students taking part in a fantastic celebration of athletics, teamwork and school spirit.

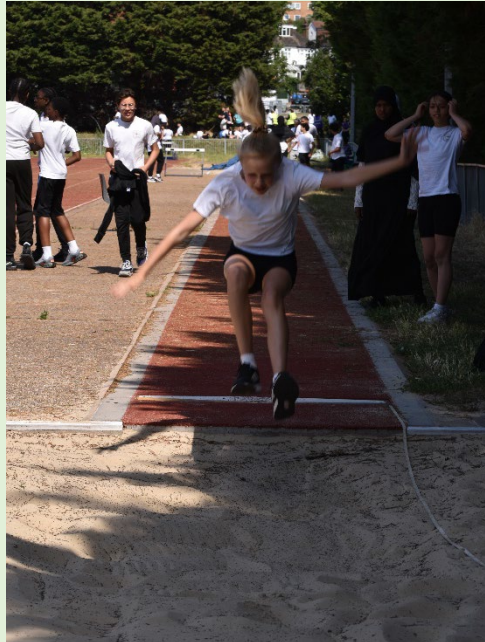
Students competed in a wide range of track and field events, from the 100m sprint to the exciting new mixed-gender 4 × 100m relay, mimicking the world athletics relay events and proved to be one of the highlights of the day. Having spent the summer term developing their skills during PE lessons and after-school clubs, the students' dedication and commitment shone through, with several school records being broken.

The day concluded in entertaining fashion with two 75m staff races. Victory in the women's race went to Ms Toffolo, whose recent London Marathon training clearly paid dividends, while Mr Harris once again demonstrated his speed by claiming the men's title and continuing his dominance on the track in recent years.

Most importantly, congratulations go to the overall year group champions:

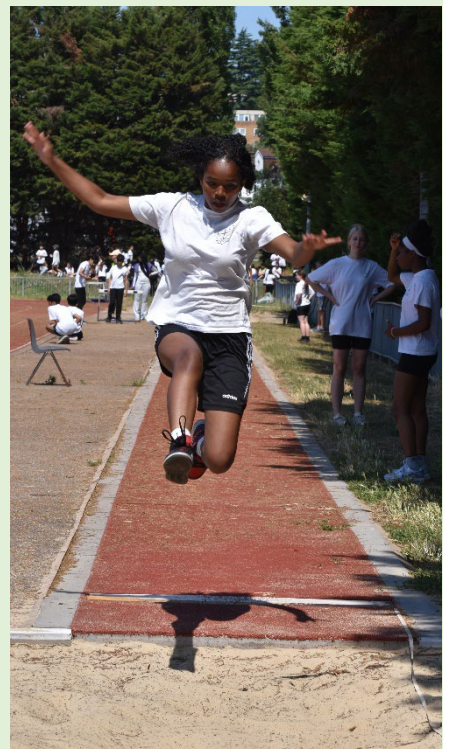
- Year 7: OMR
- Year 8: HAD
- Year 9: HAY

A huge thank you to all of the students and staff who helped make the day such a memorable success. We look forward to another fantastic Sports Day next year!





That some achieve great success, is proof to all that others can achieve it as well.
Abraham Lincoln



Enterprise Day 2026

On Friday 10th July, the Year 9 students hosted their very own Enterprise Day fair. The students worked in small groups to design their stalls, create a price list and organise their stock. Examples of stalls they ran include a spin and win, pop the balloon, glitter tattoo making, cupcake decorating, Jenga and sponge the teacher! Local primary school students and Academy staff visited and had a wonderful time playing the games and winning prizes. We also had a visit from the children at Aspire nursery who really enjoyed themselves!

Well done to the Year 9 students, who were fantastic, enthusiastic, welcoming and demonstrated their outstanding enterprise skills! The individual team winner was "Sponge the Teacher" and the winning tutor group was Mrs Swann. Congratulations!





Phonics Intervention – Ms Sulliman

Please see article, published in *Teach Secondary* where Ms Sulliman describes how impactful our phonics intervention has been for those who participate.

<https://drive.google.com/file/d/1HTB4KypwCLzhlgKfZWfHwdetYsNMj-cl/view?usp=sharing>

If you have any questions regarding literacy based interventions, or supporting your child with at home with reading, you can contact Ms Sulliman at Sabrina.sulliman@southfieldsacademy.com

Dates for Your Diary – Start Dates for September

Year 7	Wednesday 2nd September 2026 8.15am until 12.00pm	Information regarding starting arrangements for Year 7 students has been communicated to their parents separately. Year 7 students will have a full school day for the remainder of this week.
Year 12	Wednesday 2nd September 2026 12.45pm until 3.00pm	All students starting in Year 12 will have an orientation afternoon starting at 12.45pm . After this orientation activity Year 12 students are not due to start term until Monday 7 th September as outlined below.
Year 8	Thursday 3rd September 2026 8.15am until 12.15pm	The new school year begins for this year group. Students should arrive as normal at 8-8.15am , in full school uniform and they will finish at 12.15pm on this day.
Year 9	Thursday 3rd September 2026 11.15am until 3.00pm	The new school year begins for this year group. Students should arrive at 11.15am , in full school uniform and they will finish at 3.00pm on this day.
Year 10 & Year 11	Friday 4th September 2026 Years 7, 8 & 9 – all day	The new school year begins for these year groups. Students should arrive at 8-8.15am ready for a normal school day ending at 3.00pm.
Year 12, Year 13 and International Group	Monday 7th September 2026 All Year groups full day	The new school year begins for these year groups. Students should arrive at 8-8.15am ready for a normal school day.

The Millionaire's Principal's Lunch Celebrates Record-Breaking Readers – Ms Sulliman

On Tuesday, we celebrated our incredible KS3 readers at **The Millionaire's Principal's Lunch**, recognising students who have achieved the impressive milestone of reading over one million words this year.

This year's event welcomed a **record number of students**, highlighting the growing enthusiasm for reading across KS3. An especially remarkable achievement came from one student who has read **over 4 million words** this academic year – an outstanding accomplishment that demonstrates exceptional dedication and a genuine love of reading. Ms Valin hosted, providing lunch and her own recommendations to our students. We were also joined by Ms S. Gray, who shared her own recommendations and took the time to speak to each student about the book they'd enjoyed reading the most this year.

As part of the celebration, our Millionaire Readers shared their top book recommendations for the summer:

- **Sara:** *Game Over Girl* – a thrilling read with a fantastic ending.
- **Safa:** *The Murder Most Unladylike Mysteries* series – an engaging historical mystery series that helps you learn about the past.
- **Lorik:** *1984* – thought-provoking, with many parallels to the real world.
- **Blossom:** *Shatter Me* series – an engaging and captivating series.
- **Meg:** *The Inheritance Games* – full of intrigue with an interesting writing style.
- **Oliver:** *Diary of a Wimpy Kid* – a charming and humorous classic.
- **Oscar:** *The Hunger Games* – an exciting, engaging story with a gripping plot.
- **Devin:** *Tyger* – blends history with fantasy in a unique and imaginative way.
- **Andon:** *Animal Farm* – an interesting read that encourages discussion and analysis.
- **Sareena:** *Mondays Are Murder* – packed with brilliant plot twists.
- **Inaaya:** Books by **Lynn Painter** and **Ali Hazelwood** – perfect for readers who enjoy romance.
- **Zofia:** *Better Than the Movies* – a sweet, feel-good read.

A special guest, was our school librarian, Ms Litwin-Roberts who shared *The Wind in the Willows* as a perfect escape into a timeless classic.

Congratulations to all of our Millionaire Readers for their fantastic achievements.

We hope these recommendations inspire everyone to discover a new favourite book over the summer holidays!

Year 7

Meg	1,973,217
Oliver	1,339,414

Year 8

Tawhid	1,093,651
Oscar	1,065,417

Year 9

Blossom	4,149,046
Zofia	3,946,795
Safa	2,827,172
Sareena	1,654,092
Andon	1,349,987
Devin	1,329,706
Mnahel	1,291,687
Lorik	1,137,468
Inaaya	1,091,955
Sara	1,014,104





The Battle of Hastings – Mr Hillman

History and ADT joined forces at the end of term to lead 7OMR through the Battle of Hastings! Period 1 the class joined Mr Smith in the workshop where they designed and built their own swords, shields, tabards and a host of other spectacular weaponry, there was a strong desire amongst one element to build unicorns, however the presence of unicorns at the Battle of Hastings remains historically uncertain so it was thought best to not include them.

At the start of period 2 7 OMR left the workshop behind and travelled to the Black Box where they were given their parts, playing either the stalwart Saxons desperately holding their shield-wall together, or the invading Normans intent on nothing less than total conquest. A special mention must be made to Zayn and Rimna who took on the roles of Harold Godwinson and William the Conqueror with great fervour. After a few run-throughs the battle was taken outside and a final performance saw the Normans victorious, Harold falling with an arrow in his eye (the historical equivalent of losing on penalties).

7 OMR have been an absolute joy to teach in history this year and I look forward to seeing their continued growth across Key Stage 3, well done!



Key Stage 3 Graduation – Mr Munro

As another school year wraps up, we are thrilled to celebrate a huge milestone for our community: Year 9 Graduation!

This moment highlights the incredible achievements, progress, and personal growth of our students as they close the chapter on Key Stage 3 and prepare to embark on Key Stage 4.

We are celebrating students for academic excellence, exceptional effort, and positive contributions. These awards reflect true resilience and strength of character. Traits that will serve them incredibly well in the years to come as they learn to recognise and build upon their potential.

Special mentions to our tutor, Deputy Head of Year and Head of Year awards:

09TAB	TAB	Harry VARNIS
	TAB	Ismael BASSAID
09CRO	CRO	Henrique SOARES SILVA
	CRO	Andon PETROV
09TOO	TOO	Charles PIERZGALSKI
	TOO	Devin PATEL
09RCD	RCD	Archie HARTE
	RCD	Diana NAUMENKO
09SWN	SWN	Sareena SHAHBAZ
	SWN	Mohammed XASRAW
09HAY	HAY	Maria ELOYZA GOMES MACIEL
	HAY	Amal ELMI
Ms Hussain	OHN	Hajop RAJAKUMAR
	OHN	Blossom MILLER
Mr Munro	MNO	Ayissi RAJAONARIVELO
	MNO	Shayanah SASHEIKUMAR
	MNO	Mnahel AKRAM
	MNO	Antonia NEACSU

A massive thank you to our parents, carers, and staff for your unwavering support this year. Together, as a community, we are supporting every single student and allowing them to thrive as they step up to this new part of their journey...Key Stage 4.

To our amazing Year 9 students: enjoy a brilliant summer break!

Rest up, recharge, and come back ready to tackle Year 10 with confidence, like we all know you can! We cannot wait to see what you achieve next!









Creative Writing – English Department

For the final newsletter of the academic year, the English Department entry comes from two of our young writers: Amirah-Lee Bell-Mckay (07AAD) and Clara Leech (07OMR). In this exercise, the Year 7s were asked to ruminate on childhood memories. Both of these pieces exhibit the descriptive and imaginative writing we're so proud of in our students!

Childhood Thoughts

Amirah-lee Bell-Mckay

When I was younger I was always curious. I still am. Days of the week made no sense to me. How did it start? When did it start? I think it's odd that as humans, we try to give ourselves routine. The first five days are usually known for work and school. But why five? Why not two, three, four or even ten? Because if you really think about it, there is no limit. It is possible, very possible, to have more than seven days a week. It may feel weird for a small period of time, but no one can tell you otherwise that it is not seven days a week because how can you be so sure? You can't, no matter how hard you try. Who invented the days of the week? It's an odd but interesting question to ask, a question that always swirls in my mind.

My Shop Disaster

Clara Leech

There was this one shop I used to go to when I was younger. To me, it was glorious. Sweets and snacks in one corner and crisps and carbs in the other. Without it, I'd have to walk 30 minutes to the other nearest shop. For a corner shop, it sure had a lot: sweet strawberry strips and bright, blue gum. It was a kid's dream. Sweet and sour everywhere I went. But this dreamland had one dreadful drawback: the owner.

Nobody knew his name, nobody really ever needed to ask, but he was a nightmare. He was lazy and treated me with contempt. He was a short, old, wrinkly man with a monstrous moustache on his upper lip. He was unbearably unhygienic. He would let his beard grow and allow crumbs to rest there. You could tell he never washed it. Usually, crumbs from bread and bagels and all sorts would end up on his beard. His hair was greasy and brown, but you could easily see his grey roots from his horrible hair-dyeing skills. An unbearable stench would roam throughout the shop while he was inside.

He allowed himself to wear the same clothes day after day and sometimes even weeks without washing them once. He very obviously didn't care about the shop or its condition, with many items being out of date and still on the shelves. He only cared for the money. The shop was only small. Nobody knew how it became as decayed and decrepit as it had, but it had.

He would always take advantage of the customers he was serving, especially the very old or very young. He'd take advantage and overcharge them. Most people never noticed, but I did. He was aggressive when you caught him out in a lie, or even when you did nothing! He would yell "Is that it?" or "Do you really need all that?" when you bought too little or too much.



End of Term Newsletters:

Please click to access the [34th Edition](#) and [35th Edition](#) of the **Southfields Academy Newsletter**.

Up until the age of 16, most students in England study GCSEs. After that, options become much more varied. [Apprenticeships](#), [T levels](#) and the [IB](#) are among the choices available - but the most popular options are [A-levels](#) and [BTECs](#). [In this article](#), you can take a closer look at each.

Summer holidays are the perfect time to investigate careers, subjects, jobs, pastimes that might interest you in the future – these tools might help?

[SACU Cloud Tool](#) can match A-Levels to degree subjects
[National Careers Services Skillsfinder](#); [Red Bull Wingfinder](#); [Panjango Online](#) or the [Buzz Quiz](#)

Enjoy your Summer Break everyone!

Education Wellbeing Service Webinar

SUPPORTING YOUR TEEN'S TRANSITION TO COLLEGE - PARENT / CARER WEBINAR

Moving from secondary school to college involves lots of different changes for adolescents, including travelling new routes, becoming familiar with new environments and teachers, making new friends, and learning new subjects. This workshop aims to discuss these common worries and provide strategies to help you support your teen through the transition.

This workshop is for the parents and carers of teens that are going to one of our colleges: Merton, Carshalton, Wandsworth, Kingston, Croydon and Richmond.

DATE / TIME

Monday 6th July 1.00-2.00 pm

Wednesday 26th August 6.00-7.00 pm

LOCATION

Online - Hosted on Teams

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

Education
Wellbeing
Service



Sign up to this event for free on Eventbrite by scanning the QR Code or following the link below:



[Click here to book](#)

wellbeinginschoolsevents@swlstg.nhs.uk

SATURDAY 8TH AUGUST
2026 12-6pm

THE RIVERSIDE RADIO ROADSHOW IN SPRINGFIELD PARK

12-2PM

RIVERSIDE READS

Local Childrens
Authors readings,
interviews &
FREE BOOKS for kids

2-4PM

SPORTS TAKEOVER

Try out fun sports
activities with
local clubs &
organisations

4-6PM

LIVE MUSIC ON THE PARK

Track of the Week
Artists **Live on Stage**
Local Bands,
Singer- songwriters
& more

BE A RADIO PRESENTER FOR THE DAY IN OUR POP UP STUDIO

Did you not have your teenage vaccines at school?

**Visit a catch-up clinic to make sure
you are fully protected**

Tuesday 21st July

10:00 – 14:00

St Johns Therapy Centre, SW11 1SW

Friday 21st August

10:00 – 14:00

Wandsworth Town Hall, SW18 2PU



**Scan the QR code or call
020 3903 3374 to book an
appointment or for more
information**

Wandsworth Education Wellbeing Service Self-Care Summer Newsletter

Wandsworth Education Wellbeing Service work in schools to support children, young people and their families with their emotional wellbeing, offering 1-2-1 support, groups and workshops. This is our summer newsletter which provides information on activities & wellbeing events you can try over the summer.

Relationships & Connection:

Spending time with friends, family, pets and our community helps boost our wellbeing.

Emotional Wellbeing Support

Take a look at page 2 for self-care plans and mental health support helplines and websites.

Keeping active

Keeping active improves our mood. Find something that works for you whether it's walking, dancing, online classes or sports.

Creativity:

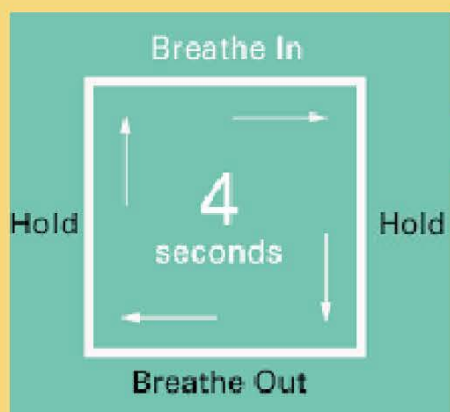
Finding ways to be creative helps you express yourself and be more present. Try drawing, writing or making music!

Relaxation

See below some relaxation strategies to try this summer. Click [here](#) for other relaxation ideas.

Fun and Entertainment

Look at page 3-4 for lots of free/low cost and FUN activities in Wandsworth!



**Take a deep breath.
Look around you and name:**

5 Things you can see



3 Things you can hear



Things you can feel



4

2 Things you can smell



1 Thing you can taste





Creating a self-care plan

Self-care is the little things we do to look after our wellbeing and to keep ourselves feeling good!

There are many aspects to self-care:

Physical



Emotional



Social



Practical



Anna Freud have created a self-care plan booklet for young people to fill out. Click [here](#) to access it.

Mental Health Helplines for young people:

Over the summer, you can contact the below services:

If you're a child, young person, or a parent/carer worried about a young person's mental health, call the **South London Partnership CAMHS (Child and Adolescent Mental Health Services) Crisis Line** on 0203 228 5980. The line is open every day from 9am to 11pm. You can also get support Via **whatsapp by contacting the SWL NHS Mental Health Urgent Support Number**: 0303 330 151

Off The Record Free, confidential counselling for young people age 11-25 who live in Croydon, Merton and Sutton. Call free on 0800 980 7475, open Mon-Fri from 3-6pm.

Kooth Online counselling for young people age 11-25 living in Wandsworth

Childline Call 0800 1111 (available 24/7).

Hopeline UK (Papyrus) Call 0800 068 41 41, text 07860 039967 or email pat@papyrus-uk.org (available 24/7).

Samaritans Call 116 123 or online chat via the website.

Shout Text SHOUT to 85258 (available 24/7).

For emergencies, please call 999 or visit your local A&E

Wandsworth Holiday Activities

 **Swimming & Tooting Bec Lido** - Check local leisure centre websites for swimming sessions at Balham, Putney, Latchmere and Tooting Leisure Centres. Young people can also enjoy outdoor swimming at Tooting Bec Lido. Free and discounted swimming options are available for eligible residents.

 **Young & Creative Wandsworth** - Opportunities for young people aged 13-25 to take part in arts, performance, journalism, broadcasting, creative projects and cultural events across the borough.

 **Youth Clubs & Youth Activities** - Wandsworth Youth Services offer youth clubs, holiday activities, Duke of Edinburgh opportunities, sports, skills development programmes and support for young people aged 11-19 (up to 25 with disabilities).

Free sports facilities (check if booking is required)

Parkrun

- Tooting Common Parkrun - 5km every Saturday morning.
- Wandsworth Common Parkrun - Weekly 5km community run+walk.

Skate Parks

- Battersea Park Skate Park
- King George's Park Skate Facilities
- Local skate and wheeled sports areas across the borough.

Outdoor Gyms

- Free outdoor gym equipment in parks across Wandsworth: Battersea Park, King George's Park, Tooting Common and Wandsworth Common.

Tennis Courts

- A variety of free and paid tennis courts are available across Wandsworth parks and open spaces.

Explore Wandsworth's Green Spaces

- Battersea Park
- Wandsworth Common
- Tooting Common
- King George's Park
- Wimbledon Park

Perfect for walking, cycling, outdoor games, picnics and meeting friends over the summer holidays.



YOU'RE NOT ALONE

SUPPORT IS HERE FOR YOU

THIS SUMMER

Whatever you're going through,
you don't have to face it alone.
Support is just a text or click away.

GET SUPPORT

shout
85258

Text **SHOUT** to 85258

Free, confidential 24/7
text support for any
mental health challenge.



24/7

kooth

Visit **kooth.com**

Free, safe and anonymous
online support. Chat with
counsellors, join forums
and get support.



MONDAY – FRIDAY: 12PM – 10PM
WEEKENDS & BANK HOLIDAYS: 6PM – 10PM



**SPEAK TO
SOMEONE
YOU TRUST**

Reach out to someone
you trust – a friend,
family member or a
trusted adult in your life.
You don't have to go
through it alone.



ANY TIME

MORE SUPPORT OPTIONS

SAMARITANS

116 123

Call free any time,
24/7 if you need
someone to listen.

24/7

PAPYRUS
PREVENTION OF
YOUNG SUICIDE

0800 068 41 41

Confidential support
and advice for young
people under 35.

9AM – MIDNIGHT
EVERY DAY

CHILDLINE

0800 1111

Free, confidential
support for anyone
under 19.

24/7

NHS 111

111

For urgent mental
health advice and
support.

24/7

QUICK STRATEGIES THAT CAN HELP



BREATHE

Take slow,
deep breaths.
In for 4,
out for 4.



LISTEN

Put on your
favourite song
or playlist.



WRITE

Get your
thoughts out
on paper.



MOVE

Go for a walk,
stretch or do
something
active.



CONNECT

Message or call
someone who
makes you
feel good.



TAKE A BREAK

Step away from
screens and do
something that
helps you relax.



CREATE & ENJOY

Do something
creative or fun
that makes you
feel good.



**IT'S OKAY TO
ASK FOR HELP.**
You're stronger
than you think.



**YOUR FEELINGS
MATTER.**
This feeling
won't last forever.



**YOU ARE
IMPORTANT.**
Take things one
step at a time.

