



Southfields Academy Weekly Newsletter

Monday 21st September 2026



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

Year 8 News – Ms Watkinson

Welcome back, Year 8!

What a fantastic start to the academic year. The energy and focus across the entire year group during their first full week back has been truly outstanding. Staff across the academy - especially in Maths and English - have been sharing fantastic feedback about how quickly the students have settled into their learning. The numbers speak for themselves, as Year 8 have already racked up 1642 positives, averaging 15 per student.

A specific shout-out must go to our top 10 students, Zion 8HUH, Zoha 8HUH, Rimna 8HUH, Kazi 8HUH, Maisie Rae 8ONE, Carla 8ONE, Ameen 8ONE, Layla 8ONE, Ahmed 8ONE, Amelie 8SCH, Nabeel 8SCH and Clara 8SCH.

Extracurricular clubs have officially kicked off, and trial season for our sports teams is here!

Encourage your child to step up, get involved, and represent our school with pride this year.

PSHE in Aut1 – Ms Molloy

Personal, Social, Health & Economic Education (P.S.H.E.) at Southfields Academy aims to equip students with a sound understanding of risk with the knowledge and skills to make safe and informed decisions. This means we are providing our students with knowledge that will help develop their mental and physical health, financial acumen, personal relationships with others, self-esteem and resilience.

We also develop critical thinkers who can challenge and identify stereotyping, sexism, homophobia and injustice so that they understand key British values of equality and diversity. They will also learn about their responsibilities and rights and where to seek support if they need it.

This term the following year groups are learning about:

Year 7 - Developing knowledge, skills and attributes to effectively manage a successful school transition - *Friendships, road safety, respect, goal setting and peer pressure* are key topics we will explore this term.

Year 8 - Developing and maintaining friendships in a new situation - *being a good friend, positive relationship analysis, being safe online, unwanted sexualised behaviour and how to manage it and gender stereotypes* will be explored this term.

Year 9 - Developing empathy, compassion and strategies to access support - *attitudes to mental health, promoting emotional well-being, digital resilience and healthy and unhealthy coping strategies* are topics discussed and examined this term.

Year 10 - Developing empathy, compassion and strategies to access support - *understanding stress, challenging misconceptions of mental health, recognising mental ill health, influencers online and health implications. RE focus - How attitudes to family have changed over time*, are the topics examined and discussed this term.

Year 11 - Developing resilience and risk management skills - *sexual harassment, substance abuse, (nitrous oxide, ketamine and methanol), drug classification and implications, healthy lifestyles, tattoos, piercings and cosmetic surgery - things to consider. RE focus - Should people have the right to choose when they die?* These topics will be discussed and examined this term.



Thought for the Week

“Don’t watch the clock, do what it does. Keep Going.” – Sam Levenson

Dates for Your Diary

Thursday 24th September 2026 – Key Stage 4 Parent’s Workshop
Friday 25th September 2026 – Year 7 Enrichment Fair
Wednesday 30th September 2026 – Year 12 & 13 Meet the Tutor & C4C Parents’ Evening
Wednesday 30th September 2026 – Royal Navy Team Building Day
Thursday 1st October 2026 – Open Morning
Thursday 1st October 2026 – Royal Navy Teams Building Day
Tuesday 6th October 2026 – Open Morning
Thursday 8th October 2026 – Open Evening
Friday 9th October 2026 – INSET Day

Creative Writing – English Department

If you are new to the newsletter, every week the English Department publishes one of their favourite pieces of work, written by students at Southfields Academy. It is a real badge of honour and any student who has their work published should be very proud.

This week features a poem by Amelie Epitime (8SCH). Year 8 have been learning about utopias and dystopias in English lessons, and Amelie wrote a poem about her own utopia.

Imagine a world with great ease
Sprinkled with peace
Imagine a world with no fear
And echoing cheer
Imagine a world so nice, so bright

Imagine a world with
Freedom to be you
And do what you wanna do
Imagine a world with buzzing bees
And towering trees
Imagine a world so nice, so bright

Imagine a world with
Peace and quiet
And no more violence

Imagine a world so nice, so bright
You'll never wanna close your eyes

New Parent Webinars for Autumn and Beyond

SWLSTG's Education Wellbeing Service is offering lunchtime and evening parent/carer Webinars across the year to help support your child's wellbeing and mental health. You can sign up to any of their free webinars [here](#).

SWLSTG (aka, South West London and St George's Mental Health Trust) also have staff based in our school who can offer your child 1:1 support for a number of issues such as low mood, worries, and anxiety. You or your child can get in touch with Ms Nearn (tricia.nearn@southfieldsacademy.com), their Tutor, or Head-of-Year for more information or an application form.

Education Wellbeing Service Webinar

Mental Health During the Teenage Years

An introduction and Overview

A one-hour online webinar introducing and providing an overview of mental health and wellbeing in teenagers, with practical ideas for parents and carers.

The session will cover topics including:

- What is mental health and being a teenager in today's world
 - Supporting wellbeing during the teenage years – what research tells us
- Introducing a way of thinking about teenage wellbeing – the 'three areas' model
 - Responding to teenagers and communication tips
- Problem solving challenging situations and options for help

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

Education
Wellbeing
Service



DATE / TIME

Monday 21st September
12.30-1.30pm



Scan the
QR code
or
[click here](#)

LOCATION

Online – Hosted on Teams

Sign up to either event
for free on Eventbrite
by scanning the QR Code.

You can also check out
our other events by
[clicking here](#)

wellbeinginschoolsevents@swlstg.nhs.uk

DATE / TIME

Wednesday 30th September
7.00-8.00pm



Scan the
QR code
or
[click here](#)

Parent/Carer Webinars

Secondary Schedule 26/27

To view further event details and descriptions, and to book on to any of the webinars, please scan the QR Code or follow the link to our Eventbrite collection. [Click here](#)



Mental Health during the teenage years

Understanding and supporting teen sleep

Supporting your teen to cope with exams (Years 11-13)

Screen time, social media and gaming - what parents need to know

Conflict, communication and compromise - the teen years

Healthy habits in teenagers with Autism

Managing exam and assignment stress (Years 7-10)

We also provide free 1:1 early help support programmes for young people to support with anxiety or low mood. Speak to your school to find out more.

Southfields Academy



Open Events 2026

"Your school's performance places it among the very best nationally, and this is a significant achievement. The success reflects the dedication of your staff and the hard work of your pupils. It shows what can be achieved when ambition and commitment come together. Thank you for everything you do to give children the best possible opportunities to succeed."

The Rt. Hon. Bridget Phillipson MP, Secretary of State for Education
January 2026 in reference to our 2024/25 outcomes for disadvantaged students

Autumn Term 2026 Open Events

Thursday 1 st October	08:45-10:15
Tuesday 6 th October	08:45-10:15
Thursday 8th October	17:30-19:30
Tuesday 13 th October	08:45-10:15
Wednesday 14 th October	08:45-10:15
Thursday 15 th October	08:45-10:15
Tuesday 20 th October	08:45-10:15

At all other times, we welcome visits during the school day,
please email: sean.french@southfieldsacademy.com
or phone: 020 8875 2661