



PARENTAL NEWS BULLETIN

Issue 24 Monday 20th March 2017

HEADLINE NOTICES

Year 12 UCAS Applications

On Thursday 23rd March there will be an UCAS Information Evening at 6.30pm in the Upper School Library for Year 12 parents at Kingsdale. This will provide parents with advice and guidance about the university application process, as well as key information such as dates and deadlines. More information about the process can also be found at www.ucas.com



Sports Scholars



On Thursday 23rd March, Kingsdale Sports Scholars have a wonderful opportunity to take part in a special American Football Workshop being held at the Kingsdale MD Sports Fields from 9am until 11.35am. Please contact Mr

Hodgkinson at pe@kingsdale.southwark.sch.uk for more information.

Student Questionnaires

Please be reminded that our latest student questionnaire is available at <https://www.surveymonkey.co.uk/r/CKHLV98> Please encourage your child to complete the survey so that we can use their feedback to improve our school.

Year 7 Summer Trip Notice

Information forms have been sent to parents of Year 7 students due to attend this trip in the Summer. Please complete and return these to the school by the **31st March 2017**. A reminder that the Parents' Meeting will be held on **25th April at 6pm** at the school. Please note that any outstanding monies must be paid by **Friday 31st March**. Contact Mr Willis for more information.



Easter Revision Sessions for Year 11

Details of the revision sessions running at school over the Easter break have now been issued. Parents are asked to please encourage their children to attend these sessions and Saturday School classes. More information is available from the Year 11 tutors.

THEME OF THE WEEK

Acts of Kindness

'You must give time to your fellow men even if it's a little thing, do something for others – something for which you get no pay but the privilege of doing it.'

SCHOOL NEWS

Year 11 Spanish Revision Trip

The Spanish department is running a Year 11 revision trip to Wilderhope Manor, a Grade 1 listed Elizabethan manor in the heart of the Shropshire countryside. This will be a fantastic opportunity for Spanish GCSE students to revise in a beautiful setting. Students will depart by coach at lunch time on Friday 21st April and return in the evening on Sunday 23rd April 2017.



Please note that there are a few places remaining at the time of writing. Parents can contact Mr Eccles-Williams via languages@kingsdale.southwark.sch.uk for further information.

SATURDAY 25th March 2017
 10.00-12.00 English/Maths Saturday School
 10.00-12.00 Team Up - Working with TARGETED Year 11 Students - SCA, MSA
 12.00-13.30 GCSE ECDL IT Practice Sessions - JFN, ACS
 12.00-15.00 Saturday School for Non-Core Subjects
 13.30-15.00: GCSE ECDL IT External Examinations - JFN, ACS

SUNDAY 26th March 2017
 10.00-13.00 GCSE ECDL IT Practice Sessions - ACS
 12.00-13.00 GCSE ECDL IT External Examinations - ACS

SCHOOL NEWS cont.

Published Poets in the English Department

Following on from last week's exciting creative news on Mr Hutchinson's Year 10 English class published book of poetry, we have included one of the poems.

Guilty Contemplations & Sad Existentialism: A Collection of Poems for the Blind is available on Amazon, and in the school store.

https://www.amazon.co.uk/s/ref=nb_sb_noss_1/255-1022755-6547034?url=search-alias%3Daps&field-keywords=guilty+contemplations



I Want and I Want and I Want

I long for the days when things will change
When the grass will turn gold
And the pain goes away

And I dream of the times when my eyes will shine bright
Like the glitter on my cheeks
In the dim morning light

And I wait for the days when I'm no longer ashamed
Of the red on my skin
And the size of my frame.

By Aria Brassard, Year 10

How Kingsdale Encourages Students to be Healthy

As a Healthy School, we take our role to engage our students to live an active and healthy lifestyle very seriously. This week we shall be issuing a useful and comprehensive summary for students and parents, which will provide further information on how we do this. In the meantime, any queries about this important aspect of our work can be directed to Mrs Turner via pe@kingsdale.southwark.sch.uk



2017-2018 Term Date Consultation Outcome

Thank you to all parents who contributed to this consultation. Please be advised that we shall be providing further information on the outcome of the consultation and the confirmed 2017-2018 term dates shortly.

WORD OF THE WEEK

Serendipity

Pronounced: sɛr(ə)n'dɪpɪti/

Definition: The occurrence and development of events by chance in a happy or beneficial way.

'It was merely serendipity that led the officer to the culprit.'

Year 8 Art Taster Sessions

Last week the Art department ran a series of taster sessions to help the students with their GCSE options. The sessions were hugely successful and the students created some excellent work!



Well done to all of the Year 8 students who attended the Art, Textiles and Photography taster sessions last week!

6th Form Careers Speakers

On Wednesday 8th March staff from Barclays Lifeskills came in to work with 6th Formers to develop their job/university application skills. Topics covered included interview technique, routes into different kinds of work, university life and much more.

On Wednesday 15th March, a guest speaker, Mr Andrew Butler, a Barrister from Tanfield Chambers, ran a session with Years 12 and 13. Some guests from Years 10 and 11 also joined the session which covered daily life for lawyers, applying for Law School, becoming a lawyer and looking at particular cases. It was an excellent session and the students spent a long time afterwards asking useful and interesting questions.



Mr Butler

SPORTS FIXTURES

Monday 20th March 2017

- Year 7 & 8 Girls' Football Tournament at Alleyn's School 12 noon until 4pm. Leave school at 11.30am – return to school at 4.30pm approx: **Ms McNamara/Mr Foster**
- Year 9 Boys' Football Away Game against Evelyn Grace School at Burgess Park. Leave school at 1pm – return to school at 4.45pm approx. 2pm Kick off: **Mr Dash**

Tuesday 21st March 2017

- Year 7 Boys' Rugby Festival at St. Joseph's School, Surrey. Leaving school at 9am - return to school at 5pm approx. 10.30am start till 4pm: **Mr Willis/Mr Price**
- Year 8 Boys' Football Home Game against Platanos College. 2.30pm Kick off – finish at 4.45pm approx: **Mr Foster/Mr Dash**

Wednesday 22nd March 2017

- Year 8 & 9 Girls' Football Tournament at Burgess Park. Leave school at 9.45am – return to school at 3pm approx. 10.30am until 2pm: **Ms McNamara/Mr Foster**

Thursday 23rd March 2017

- Year 8 Boys' Rugby Away Game against Bishop Thomas Grant. Leaving school 1.40pm – return to school at 4.30pm approx. 2.30pm kick off: **Ms Ashton /Mr Price**
- Sports Scholar American Football Workshop in the Fields - 9am until 11.30am. Back to school by lunch-time: **Mr Hodgkinson**
- Year 7 Girls' Netball Away game against Charter East School. Leaving school at 2.30pm – return to school 4.30pm approx. 3pm start: **Mr Taylor/Mr Foster**

Friday 24th March 2017

- Year 8 Girls' Football Home Game against Charter North Dulwich School. 3.30pm Kick off: **Ms McNamara/Mr Foster**

Remember that all fixtures are available to view on <http://www.kingsdaleschoolsports.org.uk>

Emergency Contact Number: 07852 336724

Diary Dates

The full School Calendar can be viewed at www.kingsdalefoundationschool.org.uk

Friday 24th March

Dulwich Jazz Festival at JAGS 7pm

For further information please contact Mrs Graham

Friday 31st March

End of Spring Term

Monday 19th April

Start of First Summer Half Term



RED NOSE DAY House News

Is coming soon!

FRIDAY 24th March

This week Mr Gavin is looking at the UK.

How you helped Hannah

Hannah started to feel isolated and overwhelmed immediately after the birth of her son, Noah. Her anxiety soon turned into panic attacks. She started to question if she was a good enough mother and compared herself to other parents.

"I felt very isolated and hugely overwhelmed by being a new mum. It made me question how capable I was to look after my son. It affected the relationship I had with my family."

Hannah, 31, went to see her GP who diagnosed her with post-natal depression and prescribed her anti-depressants. However Hannah started to develop health anxieties around taking them. She discovered Bluebell Care Trust online, a charity that provides support and one-to-one outreach to mums and dads who experience pre or post-natal depression.

"It's invaluable to be able to meet with a mum and tell her honestly that you do understand how she's feeling but, more importantly, be able to say that I've been in that place once and you do get better."

Hannah is now a Bluebell Buddy – a peer-to-peer support worker. She carries out home visits and says being able to tell mothers she understands what they're going through, and reassure them that they will get better, is vital to helping parents regain control of their lives. Cash raised through Red Nose Day is helping to fund maternal mental health projects, such as Bluebell Care Trust. Based in Bristol; the

charity supports mums, dads and their families dealing with depression related to pregnancy and birth. It offers support groups and one-to-one mentoring and will also soon establish a drop-in centre in Bristol city centre.

If you have been affected by maternal mental health issues and would like more information on support and services please visit the **Maternal Mental Health Alliance** - maternalmentalhealthalliance.org

