

PARENTAL NEWS BULLETIN

Issue 32 Monday 10th June 2019

HEADLINE NOTICES

Careers Fair at Kingsdale Wednesday 3rd July 2019

On Wednesday 3rd July we shall be hosting our annual Careers Fair at Kingsdale Foundation School for Year 10 & 12 students. This exciting event will include a short presentation on career stories by a range of professionals, followed by brief small group meetings with representatives of various professions in the afternoon to help our students explore different individual career options. We would like to extend the invitation to participate in this year's careers' fair to our professional parent cohort. Parents who would like to promote a career choice at one or both of the two careers' sessions on 3rd July, are asked to please contact Mrs Chaudhary via email careers@kingsdale.southwark.sch.uk



Kingsdale Under-13 Boys' Rugby Team are U-13s South London Champions!

Congratulations to the Under-13s Boys' Rugby Team who were crowned the U-13s South London Boys Champions 2018-2019 after beating Bishop Thomas Grant School 20-0 in the final on Friday 24th May. Tries came from Harry Welfare, Thomas Lewin, Alexander Rushton and Dylan Pope-Dodd. The boys were simply exceptional turning the ball over a number of times at the breakdown; making lots of hard tackles and constructing some fantastic team tries. Prior to reaching the finals the boys played league games against opposition notably Harris Academy Beckenham and Carshalton Boys Sports College winning all 5 of their league games. They scored a total of 223 points and conceded only 40 points. They also played some tough friendly matches against Hayes and Hollyfield School winning both of them. The previous year (2017-2018) the boys finished 3rd in the finals so it is a huge improvement by them to be crowned champions. The school & department are very proud of their achievements this year and for their success. Well done boys!



THEME & WORD OF THE WEEK

A Time for Reflection

'You do not have to be a certain way because of what has happened in the past. Every day is a new day. It is silly to think you cannot help being the way that you are. Of course you can. You can change.'

Cryptic

'Having a meaning that is mysterious or obscure'



Book of the Week

Recommended by teachers, librarians, pupils and parents

Book Title: The House with Chicken Legs

Author: Sophie Anderson

Age: 12+

Why students should read it:

All 12-year-old Marinka wants is a friend. A real friend. Not like her house with chicken legs. Sure, the house can play games like tag and hide-and-seek, but Marinka longs for a human companion. Someone she can talk to and share secrets with.

But that's tough when your grandmother is a Yaga, a guardian who guides the dead into the afterlife. It's even harder when you live in a house that wanders all over the world... carrying you with it. Even worse, Marinka is being trained to be a Yaga; that means no school, no parties - and no playmates that stick around for more than a day. So when Marinka stumbles across the chance to make a real friend, she breaks all the rules... with devastating consequences. Her beloved grandmother mysteriously disappears and it's up to Marinka to find her - even if it means making a dangerous journey to the afterlife.

With a mix of whimsy, humour, and adventure, this debut novel will wrap itself around your heart and never let go.

Email us your recommendations via library@kingsdale.southwark.sch.uk



SCHOOL NEWS cont.

Foyle Young Poets of the Year Award 2019

The Poetry Society & Foyle Young Poets of the Year Award 2019 are looking for talented poets. The entry is free and the deadline is **31st July 2019**. Kingsdale students are encouraged to send their poems on any theme, length and style to their English teacher or librarians for submission.

Winners will have their poems published by the Poetry Society and receive amazing prizes!

For full details visit: <https://foyleyoungpoets.org/>



Kingsdale Healthy Eating Week 10th -14th June 2019

From Monday 10th June, we shall be celebrating Healthy Eating Week at Kingsdale, with a student focus on healthy eating, physical activity, and a celebration of all-round healthy living!

To coincide with this initiative, we shall also be introducing a revised menu in the school canteen. Please see the sample menus for both breakfasts and lunches below. Feedback on the new menus is welcomed and can be sent for the attention of Ms D Taylor via email info@kingsdale.southwark.sch.uk



Kingsdale's New Healthy Breakfast Meal Menu

A Heathy Breakfast Every Day!				
Choice 1	Choice 2	Choice 3	Choice 4	Choice 5
Natural Yogurt serves with a variety of fresh fruits	High fibre, low sugar cereal served with a range of dried fruits	Mix and Match Yogurt, cereal and fresh fruits	Scrambled eggs on brown toast	Fresh fruit juice (not from concentrate)

NB: It is possible that due to factors beyond Kingsdale's control, meals may be subject to change.



Kingsdale's New International, Healthy Eating Main Meal Menu

	Week 1	Week 2	Week 3	Week 4
Monday	Chilli Con Carne with Rice and Tortilla Chips 	Vegetable Nasi Goreng MEAT FREE MONDAY!	Vegetable Special Fried Rice MEAT FREE MONDAY!	Oriental Vegetable Noodles MEAT FREE MONDAY!
Tuesday	Chicken Teriyaki and Vegetable Noodles 	Korean Chicken and Vegetable Noodles 	Sticky Chicken and Vegetable Noodles 	Spaghetti Bolognese, Cheese and Garlic Bread
Wednesday	Thai Rice Chicken Curry with Rice and Prawn Crackers 	Sri Lankan Chicken Curry with Sweet Potatoes 	Jollof Rice and Chicken 	Chicken Yagine with Cous Cous
Thursday	Lamb and Vegetable Hot Pot 	Minced Beef and Vegetable Pie with New Potatoes 	Malaysian Beef Curry 	Jamaican Lamb Curry and Rice
Friday	Southern Fried Chicken Fillets with Chips, Sides and Sauces 	Fish Goujons and Sweet Potatoe Chips with Sides and Sauces 	Spicy Chicken Goujons, Sweet Potatoe Chips with Sides and Sauces 	Quarter Pounder, Fries, Sides and Sauces

NB: It is possible that due to factors beyond Kingsdale's control, meals may be subject to change.

All Meals, Tuesday to Thursday, will have a version where the meat is supplemented for Quorn, making it a suitable alternative for vegetarians

SPORTS FIXTURES

Monday 10th June 2019

- Year 9 Boys' Football South London Cup Semi-Final Away Match against St Thomas The Apostle School at Burgess Park. Leave school at 1pm. Return at 5.30pm approx. **Event 2pm - 4pm: Mr Price**
- Year 8 Girls' Cricket Away Game against Sydenham Girls' School. Leave school at 3.15pm. Return at 5.30pm approx. **4pm start: Ms Cave/Mr Foster**

Tuesday 11th June 2019

- Surrey Girls' Cricket Coach working with Year 10 GCSE Girls on Astro. **Period 1: Ms Walker**
- Year 7 & 8 Girls' and Boys' Junior London Athletics Championships at Mile End Stadium. Leave school at 8.30pm. Return at 5.45pm approx. **Event 9.30pm until 4pm: Mr Price/Ms Ceesay**
- Year 7 Girls' Cricket Home Game against Blackheath School. **2pm start. Finish 4.30pm approx: Ms Thomas**

Wednesday 12th June 2019

- Year 8 Boys' Cricket Cup Home Game against Graveney School. **1pm start. Finish 3.30pm approx: Mr Price/Mr Attenborough-Warren**

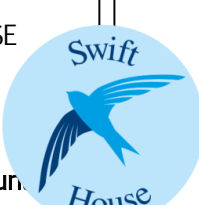
Thursday 13th June 2019

- Surrey Girls' Cricket Coach working with Year 10 GCSE Girls on Astro. **Period 2: Ms Walker**
- Year 9 Boys' Cricket Home Game against Riddlesdown School. **2pm start. Finish 4pm approx: Mr Price/Mr Willis**

Friday 14th June 2019

- Surrey Girls' Cricket Coach working with Year 9 GCSE Girls on Astro. **Period 1: Ms Walker**
- Year 7 & 8 Girls' & Boys' Swimming Gala at Glassmill Leisure Centre, Lewisham. Leave school at 11.30am. Return at 4.30pm approx. **Event 12.30pm until 3.30pm: Mr Price**
- Year 10 Boys' Cricket Cup Away Game against Ernest Bevin. Leave school at 12.15pm. Return at 5.30pm approx. **1pm start: Mr Price/Mr Morse**

Emergency Contact Number: 07852 337724



HOUSE NEWS



THE DUKE OF EDINBURGH'S AWARD

The Duke of Edinburgh Award Expedition (Bronze) Summer 2019

IMPORTANT NOTIFICATION FOR BRONZE PARTICIPANTS (Year 11)

As previously circulated, the Qualifying Bronze Expedition secured for Year 11 will be immediately after their GCSE exams at the end of this month.

The available dates for participating students are as follows and they will only need to attend ONE of these weekend dates since the Practice Expedition will consist of a long day's walk around Richmond Park. This will be scheduled before the dates below and more details will follow shortly:

Saturday 29th June – Sunday 30th June 2019
(24 places only)

Saturday 6th July – Sunday 7th July 2019
(24 places only)

Letters will be sent to all participants by email & post. Alternatively, students can collect a letter and further details of costings from the House Office (top of the Red Stairs). Please contact Mr Fatodu for further details via email ofu@kingsdale.southwark.sch.uk

Swimming Success for Kingsdale

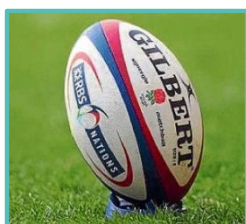
Kingsdale Swimming Squad represented state schools within Southwark at the Dulwich Swimming Championships on Thursday 23rd May. Students took part in their two strongest events competing against some national standard swimmers from Dulwich College and Dulwich Prep. There were some fantastic performances from the students of which 3 really stood out. Congratulations to Luca Bardot (Year 9) & Lucius Theophilus (Year 7) who won bronze medals in their respective breaststroke events, and also to Louis Dupin (Year 7) who competed extremely well in a very competitive front crawl final. Congratulations to all the boys involved who represented the school with pride and were extremely respectful to their opponents.



SPORTS NEWS

Kingsdale Girls' Year 7 Rugby team win Inner London Cup!

Well done to our Year 7 girls who won the Inner London Cup, beating St Mary Magdalene 7-0! The girls showed put on an excellent display and they are now the best team in London, that's North, South, East and West!!



Player of the match went to Lola Singer-Nosworthy and goals from Freya, Iris and Kalliopi sealed the win. The girls were privileged to play at Arsenal Academy and they enjoyed it thoroughly. Well done to all!

Kingsdale Foundation School, Alleyn Park, Dulwich, London, SE21 8SQ

Web: www.kingsdalefoundationschool.org.uk Tel: 0208 670 7575 (To report student absence use Option 2)