Great Big Dance Off Competition - 15th January 2018
This was the yearly Great Big Dance Off for secondary schools at the Beck Theatre in Hayes Middlesex. The competition was a Regional Finals where 44 Dance Scholars and Gifted & Talented Kingsdale students took part. We were up against 50 other schools across London. Kingsdale’s Key Stage 3 Contemporary dance students came first! Our Key Stage 4, Hip Hop dance students missed out on first place by only 4 points so had to settle for second place. Key Stage 3 Hip Hop students were placed 5th and our Key Stage 4 Contemporary dance students placed 7th overall.

Both first and second place dance students will now represent London in the National Finals in the summer, where they will be up against schools from as far away as Scotland, Manchester, Liverpool and Ireland. Good luck to our students who continue to show off our great talent in Performing Arts at Kingsdale Foundation School.
A recent facial reconstruction of a 10,000 year-old skeleton called the "Cheddar Man" has revealed a man with bright blue eyes, slightly curly hair, and dark skin.

"It might surprise the public, but not ancient DNA geneticists," says Mark Thomas, a scientist at the University College London.

That’s because a new analysis of the ancient man’s DNA proves he’s genetically similar to other dark-skinned individuals from the Mesolithic era found in Spain, Hungary, and Luxemborg whose DNA has already been sequenced. The new revelation places the Cheddar Man among a group of hunter-gatherers that are thought to have migrated to Europe at the end of the last Ice Age some 11,000 years ago.

The Cheddar Man earned his name, not because of his fondness for cheese, which likely wasn’t cultivated until around 3,000 years later, but because he was found in Cheddar Gorge in Somerset, England (which is, incidentally, where cheddar cheese originates).

Thomas is part of a large team that worked with London’s Natural History Museum to reconstruct the Cheddar Man’s face. They started the reconstruction by taking measurements of the skull.

"He had a thick, heavy cranium and a relatively light jaw," says Thomas.

Researchers then sequenced the Cheddar Man’s entire genome. He’s the oldest British individual whose genes scientists have mapped. From the sequence, they learned skin colour, eye colour, and hair type.

Finally, to bring the Cheddar Man to life, experienced Dutch model makers Adrie and Alfons Kennis used 3D scans and printing to add the “flesh” to his reconstructed bones.
Young Chef of the Year 2018 Competition

We had five teams from Year 9 to 11 submit their recipes to the ‘Young Chef of the Year ‘ competition. The recipes will be given to the judge to select 8 teams among all the entries to go through to the semi-final. Fingers crossed our students will be shortlisted and we should hear the results after half-term.
'Past Stories, Future Voices': Dulwich Picture Gallery Project

Since September 2017, a group of 20 Key Stage 3 students from the Art Department have been taking part in the 'Past Stories, Future Voices' project. This is a year-long project that will celebrate the Bicentenary of Dulwich Picture Gallery’s opening to the public through collaboration with six local Primary and Secondary Schools. We have been working with four primary schools and one other secondary school. The Collection was left for the ‘inspection of the public’ and this project will enable school children to take ownership of that inheritance.

The project focuses on three heritage strands starting with architectural heritage and Dulwich Picture Gallery's historic building – a masterpiece of 19th century architecture designed by Sir John Soane that became a model for subsequent art galleries. The Grade II listed building opened to the public in 1817 and continues to inspire debate about the design and significance of public spaces for art.

The second focus is on cultural heritage and the Gallery's world-class Collection of Old Masters dating back to the 16th century, including works by Rubens, Rembrandt, Gainsborough, Van Dyck and Canaletto.

The third strand will focus on local history and heritage. The Gallery’s story and history are intimately connected with the story of the development of South East London, from the creation of the Chapel and Dulwich College on the Gallery’s site in 1619 to the arrival of the railways in the 19th Century and the bombing of the Gallery in the Blitz in 1944.

So far our students have taken part in a range of practical sessions as well as visiting important historical sites around the local area. In the up-coming months they are due to visit the Sir John Soane Museum and Cecil Sharp’s House.
Visit to The British Film Institute

On 31st January 2018 a selection of students taking A Level French attended the British Film Institute for a special day of film study accompanied by Mr Hood and Mr Bahmani. They participated in group discussions with members of other sixth form colleges and analysed a range of films from the French new wave to modern dramas.

They showed their skills in speaking and had a taste of what the university experience of language study would entail. Students in years 12 & 13 said they were inspired to discover more French language films and that the day had been a big success. Bravo à nos étudiants qui ont fait un très bon effort!
‘Sixth Form Careers - City Insight Walk’

On 24th January 2018, as part of the school’s Careers programme, a group of Year 12 students had the opportunity to visit the London offices of both Latham & Watkins and the Chartered Insurers Institute in order to explore their respective worlds of law and financial planning.

High amongst the towering spires of the City, pupils were first treated to a Questions and Answer session with some of Latham’s associates at their impressive offices, and then took part in a floor walk which gave students a glimpse of what a typical day’s work at one of the world’s largest full-service law firms entails. Thereafter, students were introduced to the world of financial planning at the CII - with dynamic activities providing the students with a unique introduction to the concepts of risk and investment. In particular, the financial acumen of the pupils was put to the test, as they were tasked with helping individuals to proficiently manage their money as part of an interactive simulation - some being more successful than others!

An excellent afternoon was had by all, with many of our sixth formers noting that they had discovered a great deal of interest in avenues of employment that they had not previously entertained.
Interactive Presentation for Student Ambassadors

The presentation took place on Wednesday 17th January from 4.15pm-5.30pm.

This informative and interactive presentation showed how students and parents can work together to use memory strategies and revision techniques in a range of different subject areas to raise attainment and increase self-esteem. This intervention helped to provide effective strategies and tools to support learning and reviewing work.

Representatives from English, Maths, Science, Humanities and Languages gave out their top tips for exams and revision.

Parent comments included:

'This was a fantastic session - thank you',

'Excellent presentation'

'Thank you - a very interesting and informative session.'

Year 8 'Christmas Carol' Trip

The English department was overjoyed to take 32 students to see ‘A Christmas Carol’ at the Old Vic on 16th January 2018. This festive feast gave our students a joyous, yet darkly psychoanalytical reading of Dickens’ classic involving lots of sprouts, snow and sausages being passed to Rhys Ifans by our students. Many of us got a mince pie and an orange – not to mention an ice cream at the interval... Ms Pocock and Ms Offord would like to praise our students on how beautifully they behaved and to pass on a compliment from the manager of Pret a Manger: “your students are so lovely”. Thanks Year 8!
Sixth Form Careers Talk Series – Accountancy

On Wednesday 10th January, a group of year 12 students were treated to a talk on accountancy from Ms Daphne Hemingway as part of the Sixth Form Careers Programme, who, outside of being a Kingsdale parent, works as a partner at a leading accountancy firm. Drawing on 30 years of experience in the field, Ms Hemingway gave a candid presentation on what is required to join the profession, exploring with students the diverse pathways that can lead to a career in accountancy. In inimitable fashion, Ms Hemingway’s talk also went some way toward subverting the typical paradigm of what it means to be an accountant, with her talk giving an insight into a profession that can offer excitement and personal fulfilment, alongside financial reward.

We also encourage our parent community to get involved in the series of Careers Talks at Kingsdale. In case you are a willing practitioner who is able to talk about your career, including what qualifications are required, the skills that are most valuable for success, as well as which aspects of the job are the most enjoyable, please do get in touch via email careers@kingsdale.southwark.sch.uk FAO Mrs Chaudhary. We will very much appreciate this!
Year 8 Students Artwork Published in The Week Junior

Here are some photos from one year 8 student who had her artwork published in ‘The Week Junior’ issue. She created an amazing collage and painting for a homework based on the Grenfell tower disaster. It is a beautiful piece.
Numeracy Challenge

If you ever happen to pass by the Maths Office during lunch time, you’re likely to encounter at least one gaggle of students excitedly discussing the week’s numeracy challenge. Students have had to use all of their ingenuity and numeracy skills to find the correct answer - from logical thinking to pattern spotting to measuring and drawing.

Over 200 prizes have been awarded since September to students of all years from 7 to 11. Our current Numeracy Challenge Champion is Emma Peppas in year 7, who has answered correctly 9 times! Congratulations to all who have taken part.

“Carmen Bird and Edith Mewis, year 8 students, working hard to solve this week’s numeracy challenge.”
Girls Football Success.

The 2017/18 football season has the potential to make history here at Kingsdale. The Under 16s have secured their place in the Inner London Cup semi-final which will be played after the Spring half term. They intend to finish their school careers as London Champions! Our Under 14s girls football team made it to the third round of the Inner London Cup before coming across a very well organised Stoke Newington side. Their focus will now be on winning a regional tournament in the next few weeks. Our Under 13s girls football team have battled their way through 6 Rounds of the English Schools Cup which leaves them down to the final 8 in the country. They have drawn an away game in Round 7 facing Kesgrave High School in Ipswich. If they approach this game with the same attitude as all the others we will progress further in this competition. The Under 12s team are currently waiting for their quarter final match against Mossbourne Academy which will take place after half term. In addition to this they remain in the English Schools Cup and are currently in the third round we predict our Under 12s team will have a great footballing career ahead of them. We would like to say a massive congratulations to all involved in the above success and we look forward to benefiting from their continued commitment and accomplishments.
Year 9 Athletics

After 3 weeks Competition Year 9 Indoor Athletics, across Southwark Schools a massive well done to our Year 9 boys for coming first and taking the trophy home. The focus will now be on starting training for the English Schools’ Athletic Association Track and Field Cup Competition in May and to taking the trophy home for all Year groups.

Rugby updates

Shown below are the results from our Year 7 Rugby teams for this academic year to date.

Played 7 Won 4 Lost 3
1st Won - Harris Academy South Norwood 25-20
1st Won - Southborough School 20-10
2nd Lost - The Cedars School 10-35
1st Lost - Saint Cecilia’s Wandsworth CoE School 5-20
1st Won - Hollyfield School 25-20
1st Won – Hayes 35-5 Wednesday 17th January
2nd Lost – St Joseph’s College 10-25 Friday 26th January

It is great to see so many Year 7 students attending training and playing in matches this half term and last term. I am sure the squad will have a strong finish to the year in the last few games they have to play.
Best Wishes to Year 11 Students Taking Mock Examinations after the Half Term.

This is the time when all the hard work that students put into their learning will set them up to achieve improved outcomes and prepare them for their final exams next term.

It is never too late to revise!
Check out the tips and advice in this newsletter.
Learning and Revising

<table>
<thead>
<tr>
<th>Learning to learn</th>
<th>When to start Revising</th>
</tr>
</thead>
<tbody>
<tr>
<td>You have been learning all of your life.</td>
<td>It is not all work, work, work - of course, you can enjoy life and revise at the same time.</td>
</tr>
<tr>
<td>Some practical reminders on what to do:</td>
<td></td>
</tr>
<tr>
<td>• Do take advantage of the study skills sessions being held</td>
<td>Revision does need determination and planning.</td>
</tr>
<tr>
<td>• Do make sure that you get all you can from each lesson. It makes sense to ask if you don’t understand.</td>
<td>You need to keep refreshing your memory about what you have learnt. If you spread the workload over time you:</td>
</tr>
<tr>
<td>• Do make sure you understand new concepts - if in doubt ask. Never leave something you don’t understand in the hope that it will sort itself out. That will not happen!</td>
<td>• Are likely to achieve more.</td>
</tr>
<tr>
<td>• Do go over your day’s work at home. You know that homework helps you to learn your class work.</td>
<td>• Will be under a lot less pressure and can enjoy your work.</td>
</tr>
<tr>
<td>• Do develop ways of memorising information. Write notes or read out aloud - this helps concentration. Keep doing this until you can remember all the information easily.</td>
<td>• Are less likely to experience stress and strain.</td>
</tr>
<tr>
<td>A Planning tip</td>
<td>• Will have more time to relax, keep fit and enjoy life.</td>
</tr>
</tbody>
</table>

You should begin revising for examinations between 6-8 weeks before the exam.

If you start later than this you can still succeed, but it will be more difficult because you will have less time to revise - this means harder work and less time to enjoy yourself.
How to deal with exam stress

Exam stress, like most stress, mainly comes down to feeling out of control. Do I know enough? What questions will come up? What if I do badly? This triggers reactions from feeling irritable to being unable to eat or sleep properly, feeling tearful or even panicky. Here are some tips on how to deal with exam stress.

1. Be prepared
Make sure you know what you are supposed to have learnt and that you have all your notes, books and essays to hand. Do you know what format the exam takes and how the marks are allocated? If not, ask your teacher and/or study the marking scheme, which is often on the exam board’s website. This can be particularly important with A level and GCSE stress, when there are so many exams, all structured in different ways.

2. Make a plan
Working out how much time you have to revise. Plan how you can use it best by making a timetable is a key factor in how to deal with exam stress. Another technique recommended by all time management experts is taking what feels like an overwhelming task and breaking it down into manageable chunks. Perhaps you need to spend more time on some subjects than others? Vary the timetable so you don’t get bored. You can always update the plan, if necessary, as you go along.

3. Know when and where you work best
Work when you are most alert. We all have slightly different body clocks - are you a night owl or a dawn lark? Everyone has different revision styles - maybe you like to sit at a tidy library desk or under the duvet with your laptop. Wherever you feel calm and in control is the best place for dealing with exam stress.

Useful revision Websites

BBC Bitesize
Learning resources for children, parents and teachers: find videos and audio clips by level, subject and topic.

SAM Learning
Raise your exam results and improve your chance to build a career that you always wanted. http://www.samlearning.com

GCSE Revision
Tutorials, tips and advice on GCSE English, French, German, ICT, maths and physics coursework and exams for students, parents and teachers. http://www.gcse.com

Get Revising
Get involved and start learning with over 1 million students. Discover over 180,000 study resources. http://www.getrevising.co.uk

Childline exams stress

Coping with academic work & exams
4. Take a break
Psychologists suggest that we can only concentrate properly for about 45 minutes at any given time, while neuroscientists tell us that the longer we try to focus on one thing, the less our brains are able to deal with it effectively. Take breaks to stay refreshed. Instead of cramming in more revision or, indeed, stressing over how to deal with exam stress, the best thing might simply be to do something completely different.

5. Eat Well
Keeping your blood sugar levels steady so that you don’t have energy dips during the day and can sleep well at night is a vital way of dealing with exam stress. Avoid lots of processed, sugary foods like cereal, biscuits, sweets and chocolate. Lean protein like chicken, salmon or egg, plenty of veg and carbs that release their energy slowly like wholegrain bread, rice and pasta will keep energy levels steady. Chickpeas and lentils are great for vegetarians, since they contain both protein and slow energy release carbs.

6. Drink well
Staying hydrated with lots of water, low calorie sodas or herbal teas is key to feeling alert. Juices or sugary drinks can make you feel jittery and mess up your energy levels. Caffeinated tea and coffee can perk you up, but don’t drink too much of you will feel jittery or have problems sleeping. Bear in mind that colas, energy and sports drinks may all contain a lot of sugar and caffeine.

7. Get exercise
This is probably one of the best ways of dealing with exam stress. Anything from walking the dog to going for a swim, run or bike ride helps reduce physical tension that can lead to aches and pains, and release natural feel-good brain chemicals. If you cant get motivated, rope in friends - its much harder to make excuses.

8. Avoid stimulants
Like caffeine, lots of cigarettes, alcohol and drugs can give you the impression that you are somehow dealing with exam stress. But they can all leave you craving for more and, in excess, will either slow or bring you down or over stimulate you.

9. Sleep well
Tossing and turning the night before an exam is understandable, and our bodies are able to cope with lack of sleep for a day or so. Worrying about not being able to nod off only makes matters worse but there are many things you can do to help. A hot bath and having somewhere dedicated just to sleep (and not to watch TV, go on a computer, phone or tablet) will help you switch off. If you really cant go to sleep, do something repetitive like a jigsaw or read a book.
Revision Tips

- Get organised.
- Plan your revision giving a fair time to all subjects.
- Find a space that you can revise in peace.
- Put your phone away.
- Make sure that you have all the revision books that you need.
- Look for the revision techniques that suit you.
- You might benefit from making notes; using flash cards, spider diagrams, pictures.
- Revise in small chunks, no more than 40 minutes with a 10 minute break in between.
- Start revision as early as you can, you should start months before not the night before!
- Unlike many schools Kingsdale offers 100s of revision and catch up sessions, take advantage of them.
- If you are struggling then talk to someone.
- Use the GCSE Pod.

Good Luck!!
### Scheduling
1. Do the revision! Allocate time and dates for your revision and stick to it - Eastenders can wait!
2. Little and Often. An hour a night allows your brain to process and archive the information for long term retrieval - cramming it in the last minute does not.
3. The minimum your should be doing is 5 hours a week per subject, now it should be increasing.
4. Ramp it up. As you approach the exam you should allocate more time to it!

### Accountability
1. Work Smart - Don’t do hours of ‘reading’ when one hour of synthesis or practice would work better.
2. Target Weakness - Find out which areas you struggle with, those you don’t like doing, those you avoid. Then spend most of your time on these because if you’re struggling it means you need more time.
3. Be Honest with Yourself - Mark all your own work harshly. Do not let yourself get away with anything!
4. This is your qualification, earned by you. If your teacher hasn’t helped then it’s your responsibility to skill yourself up.

### Practice
1. Attempt every past paper and past paper question.
2. Check each answer and mark it harshly.
3. Make notes on what you got wrong and write out the correct answer.
4. Come back to the questions and try steps 1 - 3 at least four times.

### Synthesis
1. Take, Check and Summarise notes on each and every topic.
2. Rewrite the notes to be more concise.
3. Turn the notes into ‘cheat sheets’ on index cards or sticky notes.
4. Test your knowledge using the ‘cheat sheets’.

### Revision Skills from lessonhacker.com
Using images from thenounproject.com

### Peers
1. Don’t fool yourself - if the person you’re working with knows more than you then make sure they are not answering every question for you.
2. Peer Marking - Both work on a past paper question and mark each other’s work being as harsh as possible. Follow the practice rules.
3. Hot Seat Topics - Find out what topic the other person sucks at and ask them questions about it constantly. Get them to do the same for you.

### What can we do?
As Parents you can do a huge amount to help your child prepare for the examination, even if you know nothing about computers!
1. Help Enforce the plan - Assist the student in constructing a realistic revision timetable that they can stick to, and then hold them accountable to sticking to it.
2. Make the Student evidence their work - get them to show you the sizeable chunk of work they have produced for revision to ensure they are using the time effectively.
3. Become an Examiner - Non Specialist teachers often mark exam papers based solely on the mark scheme, by doing this for your child you can force them to be more accurate in their answers.
Flower Word Search

O T R H F S Y R T A S J H
L A I W Q G X P J W T L C
K R A M P Y D E E M I K J
D O T S A X S S E S L R A I
F L I D R R T I Y O S H W
L F U K N P I J A M R H Z
A V G R E T M G I D N C S
D N A A O U J N O I H S W
A Z P R R V E D Z L R A B
H P M I S R R G G Q D A P
I U A F R E W O L F N U S
L K S L Q Z L G Y S R J M
A H I H W P A I T T S B X

DAHILA
DAISY
FLORA
JASMINE

LILY
MARIGOLD
ROSE
SAMPAGUITA

SUNFLOWER
SWEETPEA
Number Sudoku
**Uniform Rules**

All Kingsdale students: year 7-11 are required to wear full uniform.

<table>
<thead>
<tr>
<th>Blazer</th>
<th>Black, of a traditional design with school badge</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skirt</td>
<td>Standard plain black box pleat, elastic waist, school skirt worn at a length no shorter than 8cm above the knee (credit card). For those students who wish to wear a school skirt, plain black tights should be worn during the autumn term, recommended a minimum of 60 denier, with the option of wearing plain white or black summer socks, ankle socks, during the spring and summer terms. Skirts only to be worn at the discretion of the school.</td>
</tr>
<tr>
<td>Trousers</td>
<td>Plain black standard style school trousers for both girls and boys. Jeans, chinos, leggings, jeggings or similar are not permitted</td>
</tr>
<tr>
<td>Pullover</td>
<td>Plain black wool knit with ‘V’ neck</td>
</tr>
<tr>
<td>Cardigan</td>
<td><strong>ROUND NECK SWEAT SHIRTS AND HOODED TOPS ARE NOT ALLOWED</strong></td>
</tr>
<tr>
<td>School Tie</td>
<td>Kingsdale School tie, with the house colour’s as appropriate, worn at a length displaying a minimum of 7 single stripes.</td>
</tr>
<tr>
<td>Blouse/</td>
<td>White with collar suitable for a tie</td>
</tr>
<tr>
<td>Shirt</td>
<td></td>
</tr>
<tr>
<td>PE Kit</td>
<td>Black shorts/joggers, plain red polo shirt (KS3) Plain navy blue polo shirt (KS4). Polo shirts and PE sweatshirts are available from the school shop.</td>
</tr>
<tr>
<td></td>
<td>Black football/hockey socks, black games skirt optional for girls</td>
</tr>
<tr>
<td>Shoes</td>
<td>Plain black of a type suitable for school</td>
</tr>
<tr>
<td></td>
<td><strong>TRAINERS ARE NOT ALLOWED</strong></td>
</tr>
<tr>
<td>Overcoats</td>
<td>An outdoor coat of a dark colour. No slogans. Denim is not allowed. Most uniform items can be bought in any clothing store. Ties (£5) and badges (£3) are available from the school.</td>
</tr>
<tr>
<td></td>
<td><strong>COATS MUST NOT BE WORN INSIDE OF SCHOOL BUILDINGS UNLESS AUTHORISED TO DO SO BECAUSE OF COLD WEATHER.</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Baseball caps/hoods must not be worn or carried on school premises. Such caps/hoods will be confiscated for an indefinite period to be determined by the Head of Upper/Lower School.</strong></td>
</tr>
</tbody>
</table>

**The following items are not allowed:**

*Personal stereos, MP3 players, mobile phones, pagers and electronic games are not allowed at any time on the school site and will be confiscated for an indefinite period or can be collected by Parents or Carers by prior appointment.*

Being in possession of unauthorised electronic equipment increases the chance of becoming a victim of crime. The school is not obliged to conduct a separate investigation concerning theft of unauthorised items. We will report it and support a police investigation.

**Please note:**

Only hairstyles of a moderate design are permitted. The judgment of the Head of Upper/Lower School will be final.

Jewellery – one small pair of earrings (girls only) and a single small earring/ear stud (boys only) may be worn. Excess jewellery will be confiscated for an indefinite period of time or must be collected by Parent/Carer by prior appointment.

*Aerosol sprays (including deodorants) are not permitted.*

*Felt tipped markers and/or colouring sticks are not permitted.*

*Dangerous implements/tools, including scissors are not permitted.*
Walkway Rules

- No running on the walkways
- Walk quickly and quietly between lessons
- Keep to the left at all times
- Do not eat/drink on the walkways
- Do not drop litter on the walkways
- Remember the No Touching Policy

Be mindful of your own Health and Safety and that of others at all times

Date of return to school is Monday 19th February 2018