



PARENTAL NEWS BULLETIN

Issue 29 Monday 8th May 2023

HEADLINE NOTICES



Passing of a Teaching Legend - Mrs Mary Graham

It is with heartfelt sadness and regret that we inform the school community that the musical giant, Mrs Mary Graham passed away peacefully over the Bank Holiday weekend surrounded by her beloved children and family.

A picture of Mary with her late husband, Barry Graham who worked at Kingsdale for 40 years.

Mrs Graham flourished at Kingsdale Foundation School for over half a century, during which time she shaped, organised and directed the musical education of thousands of young people at Kingsdale and beyond, as well as the careers of countless colleagues and Newly Qualified Teachers. She was the key architect in our pioneering state-school musical scholarship programme that grants free music lessons to students of all backgrounds and continues to set the standard to which others can only aspire. Mrs Graham was determined that every child should be given opportunities to develop the skills, knowledge and tools to enable them to excel in Music. It is a testament to her work that today, so many of her ex-students work professionally in the music industry or the field of music education.

A tribute to Mary from the school is due to be published in the South London Press and the Southwark News this week. Anyone who wishes to leave a personal message on the memorial section of the South London Press, is asked to forward it to asrpa@kingsdale.southwark.sch.uk.

Please be advised details of Mrs Graham's Memorial arrangements on Tuesday, 30 May 2023 and a special memorial fund giving page set up on her behalf will be provided on request.

**Early School Closure at 1.55 – 2.05pm
Wednesday 10th May 2023**

Please be reminded that in order to facilitate the Year 7 virtual Parents' Evening on Wednesday 10th May 2023, the school will close early between 1.55pm & 2.05pm for students in Years 7, 8 & 9 only. Students in Years 11, 12 & 13 will finish school at their normal times. Students in Year 10 will finish school at 3.45pm, i.e. there will be no tutor period for them on this day. The school transportation times will be adjusted on this day to reflect the amended school finish times for students in Years 7-9. Please accept our apologies for any inconvenience caused. Further details issued separately.

THEME & WORD OF THE WEEK

Doing the Right Thing -
'Twenty years from now you will be more disappointed by the things you didn't do than by the things you did...So explore. Dream. Discover.'

Moratorium

A temporary prohibition of an activity.

SCHOOL NEWS



**Kingsdale Art Department Nominated for
National Tes Award!**

We are proud to announce that Kingsdale Foundation School has been shortlisted for the TES Schools Award 2023. This award highlights the most outstanding individuals and institutions that the education sector has to offer. Our Art Department has been shortlisted for the Excellence in Creative Arts Award.
(More on Page 2)

**Sports Department Summer
Extra Curricular Programme**
The Sports Department Summer
Extra Curricular Programme has
been released.

Please click [here](#) or scan the
URL code below to access information.





Tes Schools Awards 2023 Shortlisted

Excellence in Creative Arts



Kingsdale Art Department Nominated for National Tes Award!

We are proud to announce that Kingsdale Foundation School's Art Department has been shortlisted for the Tes Schools Award 2023. This award highlights the most outstanding individuals and institutions that the education sector has to offer. Our Art Department has been shortlisted for the Excellence in Creative Arts Award. This is a remarkable achievement and a testament to the dedication and hard work of our staff, students and parents.

We would like to extend our heartfelt gratitude to everyone who has supported our school and contributed to our success. Your unwavering commitment to excellence has helped us to create a vibrant learning community where students can thrive and achieve their full potential.

We would especially like to thank those staff, students, and parents who provided testimonials and spoke so passionately about our Art Department. Your words have helped to showcase the amazing work that goes on at Kingsdale Foundation School and we are grateful for your support.

This recognition is a testament to the exceptional quality of education we provide and we are honoured to be in the running to receive this prestigious award. We look forward to continuing to inspire and challenge our students to reach new heights, and to promoting excellence in education for years to come. Once again, thank you for your ongoing support and for sharing in our pride and excitement about this wonderful news.

The Tes Schools Awards Winners will be announced on Friday 23rd June at a gala ceremony at London's Grosvenor Park Hotel. Watch this space for further news!

Tes editor and chief judge of the Tes Schools Awards Jon Severs said:

"With these awards we honour the education community, whom we have served for over 112 years. This year has seen some incredibly high quality entries. So every teacher and school who has been named in this shortlist should be very proud – it's a fantastic achievement."

"We are looking forward to showcasing, as we do every year, just how vital our education professionals are to every facet of this country. Teachers, leaders and support staff all play such an important role in schools: this is our chance to say thank you for all that they do."



About the Tes Schools Awards

The Tes Schools Awards, now in its 15th year, celebrates the extraordinary commitment, quality and innovation shown by teachers and support staff across the UK.

Tes invites nominations from teachers and teams within schools throughout the UK that are raising the standards of education and making a positive impact on the personal and academic success of students and the wider community.

Entry for nominations is free and open to all UK state and independent early years settings, primary schools and secondary schools.



Tes Schools Awards 2023 Shortlisted

Excellence in Creative Arts



PERFORMING ARTS NEWS

National Secondary School Dance Champions



Well done to the Kingsdale Dance Teams 2023, who were able to bring home winning trophies on Friday 28th April, at the MK Conference centre in Milton Keynes.

The day was an early start for Kingsdale who departed school at 6:15am. We arrived in plenty of time to scope out the venue and grab the best seats. The day started off with group discussions and team building exercises, which definitely took our students out of their comfort zone. This was followed by discussions on bullying & mental health, which the students found very useful and brought them all closer together. When the time came time for the dance competition, everyone cheered each other on!

Well done to our Key Stage 4 (Year 11) team who retained the title two years in a row as National Secondary School Dance Champions, coming 1st in the Street Dance and Contemporary categories. A big well done also goes to our Key Stage 3 students who placed 2nd in Street and Contemporary dance. To all students, parents & carers who continue to support Kingsdale dance, a big 'Thank You!'



SCHOOL NEWS cont.

Isaac wins Men's Regional G3 Tournament

Congratulations to Isaac Forde, Year 10, who won a Men's Regional Tour G3 Tennis tournament at Bromley Tennis Centre last week defeating an 18-year-old opponent!



Kingsdale Swimmers Compete at London Summer Swimming Championships



The Kingsdale swimmers achieved tough qualifying standards to compete successfully in the London Summer Championships which took place over the last two weekends, with a total of 9 medal wins and significant improvements in times!

Our students achieved as follows:

Sofia Stoyanova swam 7 events and achieved 7 medals: 50, 100 and 200 Backstroke, 50 and 100 Freestyle (all Silver), as well as 50 Fly and 200 IM (Bronze).

Eddie Evans competed in the 200, 400, 800 and 1500 Freestyle, the 100 and 200 Backstroke and the 200 Breaststroke, achieving a Bronze in the 1500 Freestyle and 5th place in the 800.

Ethel Butler competed in the 400 Freestyle, 100 and 200 Fly 50, 100 & 200 Backstroke and 400 IM, achieving a Silver medal in the 200 Fly and 4th place in the 400 IM.

Cian Richardson swam in the 50 Backstroke and achieved a Personal best.

We would like to wish all of the students who competed a big congratulations on their achievements.

Watch this space for more future swimming news later in the term.

EURO SPACE CENTER BELGIUM 2023

EURO SPACE CENTER

SCIENCE NEWS



On Friday 31st March, 79 of our students from Years 9 & 10 spent the weekend at the Euro Space Center in Belgium. Against the odds, we narrowly avoided the problems at Dover and endured the rough channel to make it into mainland Europe.

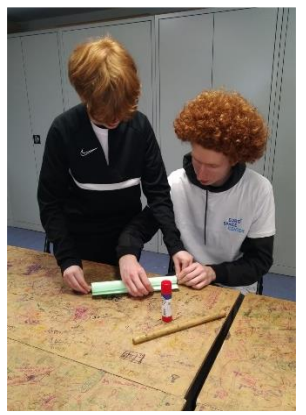
At Euro Space we were able to experience some activities astronauts must face whilst training for space travel, such as the rotor, multi-axis chair and the rotating chair.



HISTORICAL SPACE TOUR



MISSION CONTROL



ROCKET BUILDING WORKSHOP & LAUNCH



During students' free time from space activities, they were able to visit a chocolate factory where they had a hands-on tutorial of chocolate making.

On Saturday evening students were able to have a torch lit tour of a castle. At the end of the visit, students created their own model rockets and launched them 20-30 metres in the air, although a few of them ended up in trees.



EXPERIMENTS

Students also experienced what it would be like to be part of mission control where they took part in a simulation to launch a rocket to orbit the Earth and ensure that there was a successful take-off and landing. Students took part in different experiments, 'walked' on the moon and Mars and learnt about the history of space exploration.



MULTI-AXIS CHAIR



SPACE ROTOR

MOON WALK



P&J CHOCOLATE FACTORY WORKSHOP



CASTLE NIGHT TOUR



Energy Quest Workshop



On Monday 27th March, 60 Year 8 students took part in the Energy Quest Workshop hosted by Engineering UK. This hands-on experience allowed students to carry out experiments which showed how engineering can be applied to everyday situations such as creating a DIY phone charger and purifying water without the aid of heat. This allowed our students to push themselves to creatively find solutions. The workshop also addressed potential careers in engineering and STEM.



Interactive one-day programme to showcase careers within Healthcare Science



Year 7 Visit the Science Museum

Last week saw one more successful trip by our Year 7 students to the Science Museum. On this occasion the two groups visiting the museum also had the opportunity to interact with a technician in the David Sainsbury Gallery. This was a hands-on exhibit that brought to life a wide variety of workplaces, from a blockbuster film set to a pharmaceutical lab, allowing our students to experience the hidden yet vital careers of technicians.

Technicians play a fundamental but often unseen role in our everyday lives. Visiting this gallery our students discovered stories from technicians working behind the scenes to save lives, make energy greener, provide entertainment and create everyday items we couldn't imagine life without. We will continue our trips to the Science Museum to give the opportunity to all of Year 7 to enjoy the experience.

Moreover, some of these students will also soon have the opportunity to visit St George's University London, in a unique opportunity to meet Healthcare Science professionals working within London NHS Trust. More details to follow here shortly!



SSLP Photography Competition



The [Photography Competition](#) is **open** to **all staff and students** at all SSLP schools. Anyone interested in being notified about winners and each new round in the competition should [register now](#).

The fifth round is **Reflections and Perspectives** and can be [entered here](#).

This is the fifth and final round of the [SSLP Photography Competition 2023](#), this month we are looking for pictures that play around with the real world. You might respond to the word 'reflection' by capturing a mirrored image or by showing someone in a state of reflection; or perhaps you'll be inspired by the word 'perspectives' and show something from an unusual angle or create an illusion by lining up things near and far. If you're very clever perhaps your image will respond to both words! We look forward to seeing what you create.

Use your imagination, camera settings and, if you wish, editing software to create an image that responds to **Reflections and Perspectives**.

Recommended picture size is 800×600 pixels. Files are limited to 3MB

Deadline for this round Friday 31st May



Monthly Spatula Issue

Our super talented Year 9 students from the production team of the KFS monthly 'Spatula Comic' will be selling copies of the second edition at the: Artists' Open House at Kingsdale on Saturday 13th May, 11am – 6pm. (cash only please). More details on the Open House event can be found below.

KIM BAPTISTE
07967 326 463

YVONNE WILCOX
07836 702 812

PUB IN THE PARK

DULWICH PARK | 9 - 11 JUNE 2023

pubintheparkuk.com

Tickets To Be Won!

The Art department are running a competition for the upcoming event 'Pub in the Park' 9-11th June 2023 in Dulwich Park.

Competition

Please create an A2 poster design showcasing all there is to do at Pub in the Park. Please maintain the 'Pub in the Park' brand look and feel while also creating an original and creative poster. Our brand guideline colours are HEX CODE: #EA5971 and HEX CODE: #F5B8C7. Please use these in some way in the poster. The winner will be judged by the team at Pub in the Park, and the winner will get a complimentary family ticket for them and their family to enjoy the event.

Please submit entries to srx@kingsdale.southwark.sch.uk by Friday 12th May.

Dulwich Festival Artists' Open House

Kingsdale Foundation School
ALLEYN PARK SE21 8SQ

Ceramics; fine art; illustration; photography; prints; sculpture; textiles

A selection of Fine Art, Textiles, Photography, Ceramics and Graphic Design will be on display in the purpose-built gallery, along with postcards, prints and artworks for sale, (cash only).

www.kingsdalefoundationschool.org.uk / Instagram: @kingsdaleart



DULWICH FESTIVAL ARTISTS' OPEN HOUSE

We are excited to be taking part in this year's Dulwich Festival and will be opening up our gallery doors for the Artists' Open House. Please come along and join us on May 13th from 11am - 6pm to see the artwork on display. There will also be work to buy by our Art teachers and brilliant Art alumni. For more information about the festival, please visit dulwichfestival.co.uk

LANGUAGES NEWS



Save The Date!

Thinking About Classics Webinar

The Languages department is excited to confirm that on 23rd May we will be hosting a webinar with the classicist Natalie Haynes. The event is being organised through the Southwark Schools' Learning Partnership (SSLP).

Natalie is a respected broadcaster, writer and comedian, making regular appearances on TV and radio. She is particularly well known for her regular Radio 4 programme and podcast *Natalia Haynes Stands up for the Classics* and she is the author of several books about the ancient world, including *Stone Blind* and *A Thousand Ships*.

A panel of Year 10 and Year 12 Kingsdale students will introduce the webinar and then interview Natalie. All Kingsdale students, parents, carers and guardians are welcome to attend what we are sure will be a fun and fascinating talk on Ancient Greece and Rome. The event will be held on Zoom from 4.30 – 6.00pm, with further details to follow. Additional information can also be obtained from the Languages department.

KEY DATES 2022-23



Friday 26th May

End of First Summer Half-Term

Monday 29th May – Friday 2nd June

Half-Term Break

Monday 5th June – Tuesday 25th July

Start of Second Summer Half-Term

Tuesday 25th July

Inset Day School Closed to all students
Except by invitation

For further information contact the Attendance Office:
info@kingsdale.southwark.sch.uk
or call 0208 655 9727

SPORTS NEWS

Under-13s Boys' Rugby
Kingsdale v Southborough High School



Well done to the Under-13s Boys' Rugby team for another fantastic season. The boys unfortunately didn't get the result they wanted against Southborough School in the final but played courageously scoring some good tries towards the end of each half. We are looking forward to next season already!

Final Score: Kingsdale 15-40 Southborough High

DEBATE CLUB NEWS

Following on the successful Debate Mate programme this year, we will shortly be resuming our weekly debate clubs this term for Years 7-9 alongside our Year 10 club. These clubs are fantastic opportunities for students to build confidence and will give them a chance to practise debate skills and compete in our House Debating competition later this term, alongside preparation for future competitions and Model United Nations (MUN) conferences.

These clubs are open to all students to attend.

Year 7 Wednesdays

15.45-16.30 - LSL Mr Bakare

Year 8 Wednesdays

12.00-12.50 – IT5 – Ms Willett

Year 9 Mondays After School – 16.10-17.10

MA2 – Mr Burke (JBU) – After the bank
Holidays

Year 10 Fridays

12.00 – 12.50 – HU4 Ms.Sherratt

Please contact the relevant teacher via email or visit the Humanities/English Office with any queries.



SCIENCE NEWS

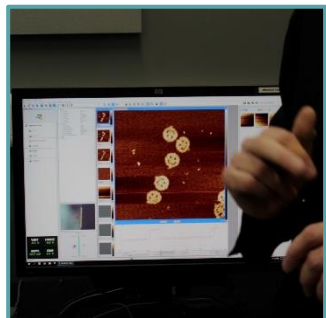
Science Trip to the University of Leeds

Three Year 10 pupils Leila McCarthy, John Toohey and Simon Belous under the auspices of IRIS, visited the University of Leeds on 28th April 2023 to present their recent research on DNA Origami, at the prestigious Bragg Centre for Materials Research.



Mr Dass of the Science department accompanied the pupils. The learners confidently took to the stage first and presented alongside several other schools. This exciting day also consisted of a lecture on current themes in Materials Science and they had a tour of some of the most up-to-date atomic force microscopes. They learned about the facility's work with a plethora of scientific disciplines.

The opportunity to see real-life applications of the DNA work proved both inspiring and memorable. They will send work to be analysed at the facility later in the year. A great time was had by all of the students who attended.



MATHS NEWS

The Year 7 Maths Scholarship Trip To Frankfurt

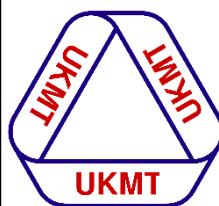


This year's trip to Frankfurt for Year 7 Maths Scholars was very successful. Students enjoyed all the excursions and hopefully added a lot of portable knowledge about the city but also about the practical use of mathematics in the real world.



The Year 8 Maths Scholarship Trip to Frankfurt is now in its final preparations phase. The trip will be taking place from Monday 15th to Friday 19th May 2023. A short report will be issued to parents and students shortly. We are very much looking forward to another exciting educational trip.

UK Junior Maths Challenge 2023



Recently, we had 110 students who participated in this year's UK Junior Maths Challenge, which is a new record beating the previous record held of 62 in 2019.

The results should be out in about 4 weeks' time.

Fingers crossed for a great result for Kingsdale!



MATHS NEWS

Maths Scholarship Programme 2022-23

The Wednesday Maths scholarship sessions for Years 7 & 8 have now resumed. The Year 9 scholarship sessions will continue as usual **every Friday between 13.10 & 13.40 in Rooms AR3 & AR4**. Students are requested to check their respective Scholarship Microsoft Teams pages for the most up-to-date information.

Year 7 Maths Scholarship Program SCHEDULE SUMMER TERM 2023

TIME: 15.50 – 16.35

DATE	YEAR GROUP	TEACHER	ROOM
19 TH APRIL 2023	YEAR 7A, 7B, 7C & 7D	UKJMC: REVISION MRS TERZIU, MS LIMA MR PRIOR & MR CHOY	MA1, MA2 & MA6
26 TH APRIL 2023	YEAR 7A, 7B, 7C & 7D	UK JUNIOR MATHS CHALLENGE 2023	SPORTS HALL
3 RD MAY 2023	YEAR 7A & 7B	Session 4 <i>Estimate area of a circle 2</i> MRS TERZIU & MS LIMA	MA1 & MA6
10 TH MAY 2023	Year 7 Parents' Evening Early school closure		
17 TH MAY 2023	YEAR 7C & 7D	Session 4 <i>Estimate area of a circle 2</i> MR PRIOR & MR CHOY	MA1 & MA2
24 TH MAY 2023	7A & 7B	Session 5 <i>The "Proper" formula</i> MRS TERZIU & MS LIMA	MA1 & MA6
Summer HALF TERM BREAK			
7 TH JUNE 2023	YEAR 7C & 7D	Session 5 <i>The "Proper" formula</i> MR PRIOR & MR CHOY	MA1 & MA2
14 TH JUNE 2023	Year 9 Parents' Evening Early school closure	Year 9 Parents' Evening Early school closure	Year 9 Parents' Evening Early school closure
21 ST JUNE 2023	YEAR 7A & 7B	Session 6 <i>Fraction of a circle 1</i> MRS TERZIU & SS LIMA	MA1 & MA6
28 TH JUNE 2023	YEAR 7C & 7D	Session 6 <i>Fraction of a circle 1</i> MR PRIOR & MR CHOY	MA1 & MA2
5 TH JULY 2023	YEAR 7A & 7B	Session 7 <i>Fraction of a circle 2</i> MRS TERZIU & MS LIMA	MA1 & MA6
12 TH JULY 2023	YEAR 7C & 7D	Session 7 <i>Fraction of a circle 2</i> MR PRIOR & MR CHOY	MA1 & MA2

MATHS NEWS cont.

Year 8 Maths Scholarship Program SCHEDULE SUMMER TERM 2023 TIME: 16.20 – 17.05

DATE	YEAR GROUP	TEACHER	ROOM
19 TH APRIL 2023	YEAR 8A, 8B, 8C & 8D	MS BURNEY, MR DIEDRICK MS MILES, MR JAMES	MA6 & MA8
26 TH APRIL 2023	YEAR 8A, 8B, 8C & 8D	UK JUNIOR MATHS CHALLENGE 2023	SPORTS HALL
3 RD MAY 2023	YEAR 8A & 8B	<u>Session 4</u> <i>Estimate area of a circle 2</i> MR DIEDRICK, MS BURNEY	MA2 & MA8
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28 TH JUNE 2023	YEAR 8C & 8D	<u>Session 6</u> <i>Fraction of a circle 1</i> MS MILES, MR JAMES	MA6 & MA8
5 TH JULY 2023	YEAR 8A & 8B	<u>Session 7</u> <i>Fraction of a circle 2</i> MR DIEDRICK, MS BURNEY	MA2 & MA8
12 TH JULY 2023	YEAR 8C & 8D	<u>Session 7</u> <i>Fraction of a circle 2</i> MS MILES, MR JAMES	MA6 & MA8

Please contact Mr Otieno via email if you have any enquiries regarding the programmes above
maths@kingsdale.southwark.sch.uk

SCHOOL NEWS

Safe Travel to School

At school, we have shared the key messages about keeping safe with the students. Some of the key messages are outlined below:

“LOOK UP LOOK OUT”

- **BE AWARE** of your surroundings.
 - **BE AWARE** when using your mobile phone.
 - Know your route home.
 - Keep to busy roads.
 - Try to be with other people.
 - If someone tries to stop you keep walking.
 - **SHOUT** for help and make **NOISE**.
 - If anything happens speak to a trusted adult as soon as you can.
 - **RUN HIDE TELL**.
 - There is no right or wrong response as each situation is different but remember that **YOUR SAFETY IS PARAMOUNT**.
- Only **YOU** can assess the risk.
- Possessions are replaceable, but **you are not**.

Your child must contact the Police immediately on 999 if they are concerned about their safety or if they are the victim of a mugging/attempted mugging.

Students and Parents should also inform the school so that we can offer pastoral support and liaise with our Safer Schools Officer – PC Crampton.

Please contact Mr Harding via dhg@kingsdale.southwark.sch.uk with any queries.



SCHOOL NEWS

Kingsdale is a Safe Space

We would like to take this opportunity to once again remind students and their families of our two confidential emails which are operational both during and outside of school hours.

This provision is available for any member of our school community wishing to seek advice, discuss any matters relating to mental health & well-being or report an incident or concern confidentially via email.

We appreciate that students, parents, carers or guardians may wish to speak to someone outside of school hours or may wish to disclose an incident or concern confidentially or anonymously.

Our two confidential emails are:

health&wellbeing@kingsdale.southwark.sch.uk
tellsomeone@kingsdale.southwark.sch.uk

Please contact **Ms V Turner** for further information regarding this provision or any matters relating to mental health & well-being at Kingsdale School.



SEND FACULTY NEWS

Help Your Child Beat Exam Stress: NHS Guidance

Tests and exams can be a challenging part of school life for children and young people and their parents or carers. But there are ways to ease the stress.



Watch for signs of stress. Children and young people who are stressed may:

- worry a lot
- feel tense
- have headaches and stomach pains
- not sleep well
- be irritable
- lose interest in food or eat more than normal
- not enjoy activities they previously enjoyed
- be negative and have a low mood
- feel hopeless about the future

Having someone to talk to about their work can help. Support from a parent, tutor or study buddy can help young people share their worries and keep things in perspective. Encourage your child to talk to a member of school staff who they feel is supportive. If you think your child is not coping, it may also be helpful for you to talk to their teachers.

Try to involve your child as much as possible.



Please [click here](#) for more information and advice from the NHS on the following:

1. **Make sure your child eats well:** A balanced diet is vital for your child's health and can help them feel well during exam periods.
2. **Help your child get enough sleep:** Good sleep improves thinking and concentration. Most teenagers need 8 to 10 hours' sleep a night.
3. **Be flexible during exams:** Be flexible around exam time. When your child is revising all day, do not worry about household jobs left undone or untidy bedrooms.
4. **Help them study:** Make sure your child has somewhere comfortable to study. Ask them how you can support them with their revision.
5. **Talk about exam nerves:** Remind your child that it's normal to feel anxious. Nervousness is a natural reaction to exams. The key is to put these nerves to positive use.
6. **Encourage exercise during exams:** Exercise can help boost energy levels, clear the mind and relieve stress. It does not matter what it is – walking, cycling, swimming, football and dancing are all effective.
7. **Do not add to the pressure:** Support group Childline says many children who contact them feel that most pressure at exam time comes from their family.
8. **Make time for treats:** With your child, think about rewards for doing revision and getting through each exam.
9. **When to get help:** Some young people feel much better when exams are over, but that's not the case for all young people.



Where research transforms
education and society.

IOE – FACULTY OF EDUCATION AND SOCIETY

Opportunity to be Involved in RSE Study for Young People with Learning Disabilities

The Institute of Education at University College London are inviting those who fit the criteria below to take part in a study looking at the importance of outcomes for young people with learning disabilities when engaging with Relationships and Sex Education.

The study's authors are looking for:

- Parents/carers of students with learning disability (also known as intellectual disability) aged 5-25 years living in England.
- Teachers/school staff members involved in Relationships and Sex Education delivery to students with learning disability in England.
- Researchers working in the field of education/sexuality of people with learning disability.
- Policy makers/people working in third sector organisations in England who support people with learning disability.

The online survey will ask those who take part to rate the importance of Relationships and Sex Education (RSE) outcomes for students with learning disability to help determine what are the most important outcomes to assess after RSE teaching. The questions in the survey were developed following interviews with students with learning disability, parents, teachers, researchers, and policy makers.

If you are considering taking part there is an information sheet detailing the key facts and data protocols: [LINK HERE](#)

Link to take part here: [LINK](#).



In crisis? Need support?



24
hours a day
7
days a week

Text AFC to 85258

Text the free, anonymous crisis textline

All texts are answered by trained volunteers,
with support from experienced clinical specialists

The Kingsdale Experts

At Kingsdale we are so lucky to have many experts working with us at the school in the Learning Support Faculty and we would like to introduce these experts to you and the roles that they have in the school.

- **Stephen Hack:** Speech and Language Therapist (SALT)
- **Val Burnage:** Emotional Literacy Support Assistant (ELSA)
- **Peter Bowers:** Educational Psychologist (EP)
- **Rachael Hlomador:** Autism Specialist
- **Matthew Wicks:** Autism Specialist
- **Emma Wilkins:** Well-being Coach
- **Holly Robertson:** Art Psychotherapist
- **Dr Rachel Ward:** SpLD (specific learning difficulty) Specialist Teacher
- **Janet Koike:** SpLD (specific learning difficulty) Specialist Teacher
- **Aretha Moore:** School Counsellor
- **Everton Augustus:** School Counsellor
- **Tanya Wray:** Lead School Mentor
- **Jeavon Moo Young:** School Mentor
- **Daniela Dookey:** School Mentor
- **Geoffrey Leslie:** School Mentor

In addition, we may have specialists come into school to deliver training to staff and students. This will be published to you in this newsletter.

Student Suggestion Boxes

To promote our well-established and highly effective Student Voice programme, there are suggestion boxes, which are located outside of the Attendance Office in the Main Atrium and The Office of The Headteacher at the bottom of the Green Stairs.

Please encourage your child to use this facility to make suggestions about how we can continue to improve our provision.





Free Lecture On Key Topics In The Field Of Child And Adolescent Mental Health 11th May 2023. 2:00pm

The Association for Child and Adolescent Mental Health ([ACAMH](#)) have a free webinar showcasing five 10-minute lectures from leading academics, practitioners, and researchers on key topics in the field of child and adolescent mental health.

Sign up here: [Link](#)

The programme for the session is:

- 14.00** Professor Henrik Larsson – Welcome
- 14.05** Professor Thalia Eley ‘Anxiety genetics. what do we know and how might that help?’
- 14.15** Dr. Lucy A. Livingston ‘Depression in autism and ADHD. What do we know?’
- 14.25** Dr. Polly Waite ‘The treatment of anxiety disorders in adolescents’
- 14.35** Dr. Pablo Vidal-Ribas ‘Developmental Origins of Suicide Mortality’
- 14.45** Dr. Aja Murray ‘Exploring mechanisms linking ADHD symptoms to co-occurring mental health issues’
- 14.55** Q&A with the panel
- 15.20** Professor Henrik Larsson – Closes

Self-Care for Parents and Carers 10 Ways to Help Manage and Encourage Self-care

1. Give yourself permission.
2. Being kind to yourself.
3. Make a to-do list.
4. Ask for help.
5. Maintaining energy levels.
6. The importance of sleep.
7. Check in with friends.
8. It's okay to say 'no'.
9. Time away from social media.
10. Remember your passions.



ACAMH About the talks

Professor Mark Bellis

Will discuss the current understanding of ACEs and the growing awareness in multiple sectors and agencies that the issues they see in people's lives, whether health, education, social or criminal justice related, are often rooted in the same childhood adversities, and resulting toxic stress responses. He will discuss the need to develop preventative approaches.

Dr. Jessie Baldwin

Will discuss what we know (and don't know) about the extent to which ACEs cause mental health problems. This will involve considering the challenges to causal inference posed by observational research on ACEs, before reviewing quasi-experimental evidence on the effects of ACEs on mental health.

Professor David Finkelhor

He will present on the issue of screening for ACEs – the challenges and opportunities. He will review the variety of screening tools that have developed for ACEs and will discuss the pros and cons of health screening in general. He argues that screening tools should be accurate including a threshold for referral. There should be available, evidence-based treatments for identified cases that there should be minimal or tolerable negative side effects and the benefits should outweigh the costs.

Professor Andrea Danese and Dr. Alan Meehan

Will present recent research on individual risk prediction from ACEs screening, revisiting data from the original Adverse Experiences Study as well as data from the E-Risk Longitudinal Twin Study and the Dunedin Multidisciplinary Health and Development Study to test the ability of the retrospectively reported adverse childhood experience score to discriminate between adults with and without a range of common health risk factors and disease conditions. Screening based on the adverse childhood experience score did not accurately identify those individuals at high risk of health problems. This can lead to both allocation of unnecessary interventions and lack of provision of necessary support. The presentation will also explore novel approaches that can improve predictions.

Professor Judith Cohen

Will present an updated review of Trauma Focused- Cognitive Behavioural Therapy (TF-CBT), developed by Judith Cohen with Anthony P. Mannarino and Esther Deblinger. It is the most supported treatment for the impact of trauma in children and includes components to address traumatic grief in children. The approach aims to develop a trauma- narrative of traumatic experiences, as a way of making them 'memories' rather than re-living them. The evidence shows that the TF-CBT reduces traumatic symptoms and helped to reduce associated symptoms of anxiety and depression. Judith will give 1) a brief description of TF-CBT, 2) update on current TF-CBT research, and 3) recent TF-CBT applications.

Dr. Fiona Turner and Gary Kainth

Will be presenting the BeST trial, which is a randomised controlled trial for abused and neglected Children under 5 who are placed in foster care. The trial, running in Glasgow and London, compares an Infant Mental Health approach with social work 'services as usual' on the outcomes of child mental health and time to permanent placement. With each approach offering a different lens to assessing cases of maltreatment, the research will have an important influence on the way decisions are made when young people are identified who have experienced significant adversity. Running alongside the trial is qualitative process evaluation of the context in which the services are embedded, which is shedding important light on the factors that affect decision-making in early life adversities.

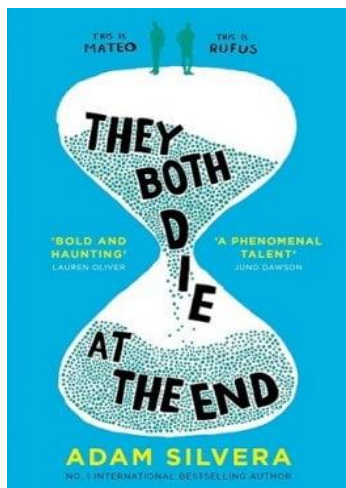
Dr Kirsten Asmussen

Will be presenting and updating findings from the reviews of 'Adverse Childhood Experiences' and 'Improving the lives of vulnerable children'. In the ACEs review she commended the enthusiasm for tackling ACEs –e.g. the introduction of Trauma Informed Care, but felt there was a need to create comprehensive public health strategies in local communities on the basis of what works to improve the outcomes for children. This requires effective leadership, strong professional workforces, and strong services. In the ACEs review 33 interventions representing 10 intervention models with robust evidence were identified preventing ACEs, reducing the health-harming behaviours associated with ACEs, or reducing ACE-related trauma.

Joanne Hopkins

She will be presenting developments in the whole school approach to ACEs awareness and trauma informed practice in Wales in educational settings. Comprehensive ACE awareness and trauma informed practice training programs increase staff understanding of the impact of ACEs and their impact and how to help children build resilience. The training has been delivered to primary and secondary schools throughout the country, preschool settings, parents group and the approach taken forward with education colleges and universities, with a view to the whole education sector in Wales being ACEs aware and trauma informed.

LGBTQ+ BOOK REVIEW COMPETITION WINNERS



Anonymous They Both Die At The End

This book had been recommended to me by a friend of mine and although at first, I was a bit unsure about this book, I found that Adam Silvera, the author of many other famous LGBTQ+ books, such as "History Is

All You Left Me" - has managed to write yet another heart-wrenching story... but the title already gives the ending away!

Spoiler: they do both die in the end! And yet, although the two main characters know that there is no way for them to make it out alive, the journey they go on within their last 24 hours is more than what some achieve in their lifetimes.

This book is a heartbreaker and although I never cry for books, this one had me in tears! I love this book so much, and I really think that everyone, who has a chance to, should read it.

Suitable for ages 14/15+.

Francesca Fitzgerald,
Year 8

The Black Flamingo

So it was written in poetry fashion and its main character is a mixed race, gay boy called Michael who is figuring out who he is and his sexuality.

It is written in an autobiographical way but isn't too boring and heavy because it doesn't include every little feature of his life.



The way the poems are written are beautiful and rhythmic and really draws you in. It is an amazing story about embracing your uniqueness, finding your feet and not being afraid to stand out, because the black flamingos stand out from all the others, but they are the most beautiful ones of all.

Suitable for students aged 14/15+

Ways we communicate with Parents and students



We communicate with students & parents via:

Student & Parent Email

Please ensure we have your correct email and mobile phone contact details.

Students should also be regularly accessing their student email accounts.

MS Teams

Used to share schoolwork, assignments and files.

Twitter/Website

You can find us at @kingsdalefs. Our website at:

www.kingsdalefoundationschool.org.uk

Satchel One (Also known as ShowMyHomework)

Used to share homework details and other school news via the Notice Board feature with students and parents.

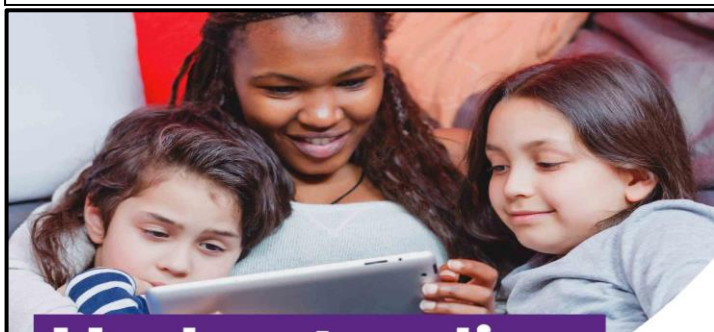
Students should submit work via the online submission option.

MyEd app

Downloaded for free at:

<https://www.myedschoolapp.com/>

This app provides a range of useful info for parents.



Understanding the digital world isn't always easy

Parent Zone Local is here to help. You can find information, advice and events to help your family feel **safer**, more **confident** and **in control** online.

Find out more
parentzone.org.uk/pzlocal



parentzone LOCAL

Department
for Culture
Media & Sport

SCHOOL NEWS cont.

School Marking Code & Quality Assurance

Parents are reminded that detailed information exists on our school website [here](#), regarding the way that students are assessed at Kingsdale, through the marking of classwork and assessments. Our approaches are also discussed throughout the year at scheduled Parents' Evenings and through curriculum information evenings (*details issued separately*).

Should you have any queries about the marking of your child's work at the school, or have any specific concerns about the frequency of marking in any subject for your child, please use our dedicated reporting email

checkmychildsmarking@kingsdale.southwark.sch.uk



Student Voice – Student Online Surveys

At KFS, we take the student voice very seriously. As such we routinely canvas our young people via confidential online surveys on a range of topics regarding their experiences at the school. The indicative schedule for such surveys for each academic year is below but will be supplemented by additional surveys as required: Autumn Term: Safeguarding & Extra-Curricular Provision Spring Term: Safeguarding, Assessment & Curriculum Provision Summer Term: Safeguarding, Scholarships & School Support Services. Please note each term, students are also required to rate and review the teaching they have received in each timetabled lesson as part of our quality assurance processes. Further details issued separately.

Lost Property

We are still receiving a large number of items that have been mislaid or lost by students. In many cases, these items are unlabelled, making it very hard for them to be quickly and successfully reunited with their owners!

Please can we ask parents to label all items of their children's property at school, including water bottles, blazers and coats.

Lost property queries can be directed to lostproperty@kingsdale.southwark.school.uk

Calling all Budding Student Journalists!

Kingsdale students have started their own school newspaper and are inviting fellow students to get involved! If you're passionate about current affairs and would like to write reviews and news reports for the Kingsdale Telegraph, please get in touch!

Click image to open the latest edition!



Students should post their illustrations, reviews and articles (maximum 80 words for reviews and 100 words for articles) in the school newspaper contributions box, situated in the main office. Please include your full name and tutor group. Alternatively, they can email the team via

kingsdaletelegraph@kingsdale.southwark.sch.uk



SCHOOL NEWS

KFS Uniform Bank

We have many items of clothing to help supplement your uniform requirements (subject to availability).

Please note we do not stock ties or individual badges.

Prices:

Blazer £6, Sweatshirt/Jumper £4
Skirt/Trousers £3 and all shirts £2

Payment:

Please use appropriate combination of donation boxes (£6/4/3/2) on Parent Pay. Screen shot or download receipt. Come along at opening times to select items from the Uniform Bank.

Open: 3.45 – 4.45pm Mon/Wed/Fri
Staff: Mr Lewis and Ms Dalrymple

The School Shop

A reminder that our School Shop is now open during the school day to enable students to purchase a range of useful items that they might need. This includes stationary and uniform items; all of which can be purchased using their school fob.

HOUSE COMPETITIONS

World Fairtrade Day



World Fair Trade Day is a global celebration held each year on the second Saturday of May. It's an opportunity to envision a world where trade helps support small-scale farmers, producers, and their families, cultivating healthy and sustainable communities around the world.

Climate change is making crops like coffee, bananas and chocolate harder to grow. However, more people choosing Fairtrade means extra income, power and support for those communities.

Source: <https://www.fairtrade.org.uk/get-involved/current-campaigns/fairtrade-fortnight/>



STUDENT TASK:

Make a dish using as many Fairtrade ingredients as possible. Send us a picture and a short description of how you made your dish. The most creative dish will win valuable points for your house.

Don't forget to get permission from your parents or carers and have appropriate supervision in the kitchen.

HOUSE ACTIVITY:

Submit your picture and recipe to the House Team: housesystem@kingsdale.southwark.sch.uk
Ensure your entry is accompanied by your full name, tutor group and House.

FAIR TRADE DAY



Coronation of King Charles III and Camilla



Millions of people across the UK and beyond celebrated the coronation of King Charles III at the weekend, in a symbolic ceremony combining a religious service and pageantry.

It was held at Westminster Abbey on Saturday 6th May and the King, who was crowned along with Camilla, the Queen Consort, are the 40th reigning monarchs crowned there since 1066.



STUDENT TASK:

Send the House Team images demonstrating how you celebrated the Coronation. Whether it was a street party, royal feast or crown decoration, share it with us!

HOUSE ACTIVITY:

Submit your picture to the House Team: housesystem@kingsdale.southwark.sch.uk
Ensure your entry is accompanied by your full name, tutor group and House.



10 top tips for safely using SMARTWATCHES

Kids love gadgets, and smartwatches – available to buy from as little as £20 online – make a tempting gift. As with any type of mobile technology, though, smartwatches can pose risks to children unless they're used safely. Receiving unwanted calls, cyber-stalking and distracting a young person when they're crossing the road are all known risks associated with smartwatches. However, these devices can bring plenty of benefits for children and parents alike – so let's examine the pros and cons of smartwatches.

AVOID CHEAP OPTIONS

A quick search online yields a torrent of cheap smartwatches for kids, costing as little as £20. It's wise to avoid this bargain basement tech: it tends to deliver a poor experience with inferior battery life, and it's hard to have faith in the software's safety. There have been cases of smartwatches being hacked to track or contact children; stick to known brands who have a reputation to protect.

CONTROL CALLING

Many smartwatches have the facility to make or take calls. As with a phone, you may want to restrict who your child can call – or be called by. On Apple Watches, you can select trusted contacts who are allowed to ring your child, while other watches' controls vary hugely. Some need to connect to a linked phone for calls, so you may be able to block unknown contacts via that device instead.

BEWARE HIDDEN COSTS

For a smartwatch to allow calls independently (that is, without being connected to a phone via Bluetooth), it will need its own mobile data plan. This might take the form of a tiny SIM card that you slot into the watch – or an eSIM, where the physical card is replaced by software settings. Either way, this will incur an additional monthly cost that you'll need to factor into any buying decision.

ENABLE FAMILY SHARING

Apple Watches aren't cheap, but they do offer superb safety features – allowing parents to control calls, messages and emails on the device, as well as a location tracking system that can send alerts if kids wander beyond pre-set boundaries. Their SOS function enables children to contact emergency services instantly if they're in trouble, which simultaneously also alerts parents and carers.

MAKE THEM COOL FOR SCHOOL

Some schools have banned smartwatches, as pupils have been using them as substitute phones. If your child's school does permit them, some devices can be set to prevent distractions in class. For example, Apple's Schooltime feature turns their watches into ordinary time-keeping devices during school hours. The display changes in this mode, showing teachers that it isn't being used for other purposes.

TRACK ITS LOCATION

Both Apple and Android devices have apps which allow you to track a smartwatch's location. They can also initiate an audio alert – avoiding those cushion-hurling panics when a treasured device can't be found at home. If you're planning to track your child's location via their watch, make them aware of that in advance. You could even make it a condition of them getting the watch in the first place.

THINK 'SAFETY FIRST'

Smartwatches are often worth hundreds of pounds, which can make young people wearing one a target for thieves. Advise your child to keep the watch hidden in public (when possible) and not to resist if muggers demand their watch. If you manage to track a stolen device, pass that information to the police: location data isn't always accurate, so you could end up wrongly accusing someone.

STORE MEDICAL INFO

Devices including the Samsung Galaxy Watch and Apple Watch can store the owner's medical details (such as their blood group and any pre-existing medical conditions), potentially giving emergency services access to vital information in a crisis. These devices also have 'hard fall' detection, which sends a text message to selected contacts along with a map showing the wearer's location.

USE THEM AS MOTIVATION

If you're worried your child's spending too much time slumped on the sofa staring at screens, smartwatches are great fitness trackers and can be a powerful incentive to get moving. Some devices will alert the wearer if they've been inactive for a long time and encourage them to do some exercise. Many watches record the user's daily step count and measure other health metrics.

BE MINDFUL OF BEDTIME

Many smartwatches offer sleep tracking, which some (usually older) children use to justify wearing them to bed. However, that also presents a temptation to message friends or check social media late at night, even if their phone is downstairs. Unless there's a valid reason not to, you could encourage your child to remove the watch in the evenings and ensure the charger stays in a different room.

Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the *Sunday Times*, *Wired*, *PC Pro* and *Computeractive*. He's appeared regularly as a technology pundit on television and radio, including on BBC Newsnight, Radio 5 Live and the ITV News at Ten. He has two children and writes regularly about internet safety issues.



NOS National Online Safety®
#WakeUpWednesday

SPORTS FIXTURES

Monday 8th May

- No planned fixtures

Tuesday 9th May

- Under-12 Boys' Cricket Away Game against City of London School.. Leave school at 1pm. 2pm Start. Return at 5pm approx.: **Mr Roberts/Mr Warren**
- Under-15s Boys' Tennis Away Game against Trinity School, Croydon. Leave school at 1pm. 2pm Start. Return at 5pm approx.: **Mr McWhirter**

Wednesday 10th May

- Under-13s & 15s Girls' and Under-13s Boys' Tennis Away Game against Alleyn's School. Leave school 2pm. 2.30pm Start. Return at 5pm approx.: **Ms Findlay (Girls) & Mr Hall (Boys)**
- Under-16s Mixed Girls'/Boys' Volleyball Away Game against Elm Green School. Leave school at 3pm. 3.30pm Start. Return at 5.30pm approx.: **Mr Sliti**

Thursday 11th May

- Year 7, 8, 9, 10 Mixed Girls'/Boys' Southwark Schools' Athletics Championships at Croydon Arena. Leave school at 8.30am. 10am Start. Return at 4.45pm approx.: **Mrs Sinclair**

Friday 12th May

- Under-13s Girls' Football Home Game against Graveney School. Leave school at 2.30pm. 3pm Start. Return at 5pm approx.: **Mr Dash**
- Under 12s/13s Girls'/Boys' English Schools' Athletics Track & Field Event at Croydon Arena. Leave school at 8.30am. 10am Start. Return at 5pm approx.: **Miss Findlay/Mr Sliti**

View all fixtures here:
<http://www.kingsdaleschoolsports.org.uk>



HOUSE NEWS

Online Safety Corner

For this week's Online Safety focus, we have included some important points for parents and carers to know about 'Smartwatches.'

Remember to keep an open dialogue with your child about their activities online.
(See Page 19 above)



The Coronation of King Charles III

A huge thank you to those who took part in the Coronation (House) Challenges in last week's publication.

Throughout last week, Kingsdale celebrated this historic event in subject lessons, tutor time, Citizenship and Assemblies via a range of activities. If you want a brief outline and summary of what the Coronation was all about, please click [here](#)

Let the House Team know what you, either as a family or in your local community did to celebrate the Coronation at housesystem@kingsdale.southwark.sch.uk



The House Leader Board 2022-23

Week ending 5th May 2023

- 1st Place – Swift 31,764 Points
- 2nd Place – Dove 28,431 Points
- 3rd Place – Albatross 25,937 Points
- 4th Place – Falcon 25,586 Points
- 5th Place – Eagle 22,930 Points

Swift are leading the race and continue to pull further away!
 Can any other House catch them?

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)