

### PARENTAL NEWS BULLETIN

Issue 34 Monday 19th June 2023

### HEADLINE NOTICES

### Thank a Tea cher\*

### National Thank a Teacher Day 2023

National Thank a Teacher Day on 21st June 2023 is a fantastic opportunity to show our appreciation for the wonderful school staff who go above and beyond to ensure our children receive the best education possible.

Kingsdale has dominated the competition over the previous 2 years and we are hoping with your help to make it a hat-trick of victories! The Thank a Teacher campaign recognises ALL staff working in UK schools and colleges; school leaders, teachers, teaching assistants and all support staff such as caretakers and cleaners. As part of this national initiative, we would like to invite you to nominate one or more thoroughly deserving members of staff at Kingsdale. who you feel has shown dedication, hard work and commitment beyond the call of duty over the past year. You can nominate anonymously if you wish. To nominate a member of staff, simply complete the online Thankyou Card form which can be located here. We will ensure that all e-cards are passed on to the relevant member of staff as part of the National Thank a Teacher Day celebrations. Thank you in advance for your nominations and for your continued support of Kingsdale staff.

### Open Days Academic Year 23-24

As always, the school extends a debt of gratitude to those parents who have supported and advocated for the school throughout the years. Prospective parents to the school tell us how much they value having the opportunity to hear the testimony of current parents and we welcome any parents who would be prepared to speak briefly (five minutes maximum) about their positive experiences of the school at one of our Open Days scheduled in the Autumn term. A full list of open event dates is outlined below. If you are willing and able to contribute to one of our Open Days below please email Mr Harding via <a href="mailto:dhg@kingsdale.southwark.sch.uk">dhg@kingsdale.southwark.sch.uk</a>

Wednesday 20<sup>th</sup> September 2023 9.30am - 8pm

Saturday 23rd September 2023

10am - 6pm

Wednesday 27th September 2023

9.30am - 8pm

Wednesday 4th October 2023

9.30am - 8pm

Saturday 7th October 2023

10am - 6pm

Wednesday 11th October 2023

9.30am - 8pm

Saturday 14th October 2023

10am - 6pm

### THEME & WORD OF THE WEEK

Actions Speak Louder than Words –

"The great aim of education is not knowledge but action."

**Aggregation** 

The formation of a number of things into a cluster.

### **SCHOOL NEWS**

Safer Routes to School - Use of Cycling Helmets

At Kingsdale, we actively encourage our students to cycle to school as part of our Healthy, Active Lifestyles and sustainable travel approaches. However, it is important the students have the correct safety equipment with them when cycling which includes high vis jackets, lights (in Winter months) and cycle helmets.

We would be grateful if parents could particularly encourage their child/ren to wear their helmet if they cycle and not to simply carry them with them! Please contact Mr Harding via

dhg@kingsdale.southwark.sch.uk for further information

### Curriculum Coffee Mornings

A reminder that the dates of this term's meetings are as follows:

Friday 30th June 2023

11am - 1pm, Year 10

Friday 7th July 2023

11am - 1pm, Year 12 & 13

Friday 14th July 2023

11am - 1pm, Year 9

Friday 21st July 2023

11am - 1pm, Years 7 & 8

Each event starts at 11am in
Conference Room 1 at the school. No
appointment is necessary. Please
contact Miss Dyer via
asrpa@kingsdale.southwark.sch.uk
with any queries.

KINGSDAL FOUNDATION SCHOOL



# THE KINGSDALE FAMILY INTERNATIONAL CULTURE DAY!

Kingsdale Foundation School is proud to present a unique and splendid festival of cultural diversity - The Kingsdale Family International Culture Day taking place on Sunday 23rd July 2023. This will be a vibrant school event themed around celebrating and embracing the rich and diverse cultures that exist within our wider school community. It is a school community event, the success of which will depend upon the generous and spirited participation of all, including parents. We invite you to get involved in contributing to this wonderful celebration and we look forward optimistically to your enthusiastic participation.

Please get in touch with Mrs Chaudhary via email Kfscultureday@kingsdale.southwark.sch.uk, preferably by 30th June 2023, if you can help with:

- · Donation of Food
- Donation of Raffle Prize
- Running a Cultural Stall to sell/ exhibit cultural artefacts and/or promote any skill/talent
- Run a Cultural Workshop in Art/ Craft/ Dance
- Sponsoring the Event

The funds that we raise through this event will be donated to the charity 'Mind' that provides support, advice and services for better mental health.



To see more of the brilliant Art, Textiles, Photography, Graphics and Textiles work by our students, as well as Art alumni, please follow us on Instagram **@kingsdaleart** - **@kingsdaledandt** - **@kingsdalefoodscience** (age restrictions apply)



### **SPORTS NEWS**

### National School Sports Week Monday 19th June to Friday 23rd June Challenges



This week there will be some exciting challenges to participate in at lunchtime (Astro) and in lessons to celebrate National School Sports Week with opportunities to win different prizes/awards.

### Lessons

National School Sports Week activities will be taking place throughout the week during lessons.



### Lunchtime Schedule

Day	Year Group	Activities	
Tuesday	Year 10	Cross Bar Challenge	
	12 noon to 12.50pm	Netball Shot Timed Challenge	
Wednesday	Year 7	Cross Bar Challenge	
	11.05 to 11.55am	Netball Shot Timed Challenge	
Thursday	Year 8	Cross Bar Challenge	
	12 noon to 12.50pm	Netball Shot Timed Challenge	
Friday	Year 9	Cross Bar Challenge	
	12.55 to 1.45pm	Netball Shot Timed Challenge	



### Kingsdale Foundation School's Inter-House Sports Day Finals Event - 21st July 2023

As with previous years parents, carers, and guardians are warmly invited to attend this exciting event showcasing the talents of your children and our up-and-coming top athletes. Should you wish to attend our Sports Day, we ask that you register your interest using the email address below. All spectator bookings should be made no later than Wednesday 19<sup>th</sup> July so that adequate provision can be made at the venue. Please be advised that further details regarding the timings for the day including individual event times will be made available in due course. We very much look forward to seeing you all on the 21<sup>st</sup> July 2023. For further information please contact Ms V. Turner at:

pe@kingsdale.southwark.sch.uk

**Student Links to register for Sports Day Heats** 

### Year 7 Sports Day Heats Registration Form:

Please click <u>here</u> for the Year 7 student online registration form for the heats.

### Year 8 Sports Day Heats Registration Form:

Please click  $\underline{\text{here}}$  for the Year 8 student online registration form for the heats

### Year 9 Sports Day Heats Registration Form:

Please click <u>here</u> for the Year 9 student online registration form for the heats.

### Year 10 Sports Day Heats Registration Form:

Please click here for the Year 10 student online registration form for the heats.

STUDENTS! DON'T FORGET TO FILL IN YOUR REGISTRATION FORM AS SOON AS POSSIBLE USING THE LINKS ABOVE!!



The Middle School is delighted to announce that we will be running a reward trip to a theme park at the end of this academic year for those pupils who have consistently behaved well throughout the year. Parents of pupils who qualify will be receiving a letter soon with further details.

### 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

### 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.

Want to make a

# DIFFERENCE?

**Become a Youth Parliament Member and be the voice of young people** 

Stand as a candidate for the Southwark Youth Parliament if you're aged 14 to 19\*, live in Southwark and want to make a real difference. You'll be able to influence decisions that affect young people and make sure your generation's voice is heard.

Find out what's involved and the key dates, apply online and register for the open evening on 15 June at 4.30pm.

onehubsouthwark.co.uk/ southwark-youth-parliament

Applications close on 30 June 2023. Elections take place online during week beginning 25 September 2023.



SOUTHWARK YOUTH PARLIAMENT



\* If you have special needs you can be a member up until the age of 25.

# SOUTHWARK YOUTH PARLIAMENT

Be part of Southwark Youth Parliament.
Stand as a candidate and represent
your school or local area.
Applications close at midnight 30<sup>th</sup> June 2023
Elections will take place online from
25<sup>th</sup> to 29<sup>th</sup> September 2023.

Introducing the Southwark Youth Parliament (SYP), the voice of Southwark young people. Formally Southwark Youth Council (SYC), this elected group of young people aged 14 to 19 is back bigger and better, with even more opportunities for youth empowerment and leadership.

SYP support the Council's engagement with young people and work on developing exciting and empowering ways of addressing issues that matter most to the young people of Southwark.

For the first time, we are seeking to elect a Southwark Youth Leader, a Cabinet and members comprised of two Southwark young people from all Southwark secondary schools and academies as well as our communities. We will be seeking to engage with your school very soon and hope get some time in the calendar to present this opportunity to your students as well as offer support and resources to those who would like to stand.

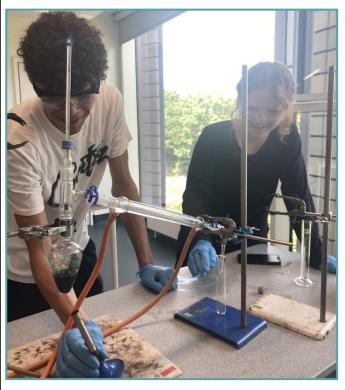
To find out more please contact, Youth Engagement Lead: Jessica.kouadio@southwark.gov.uk or youth.parliament@southwark.gov.uk



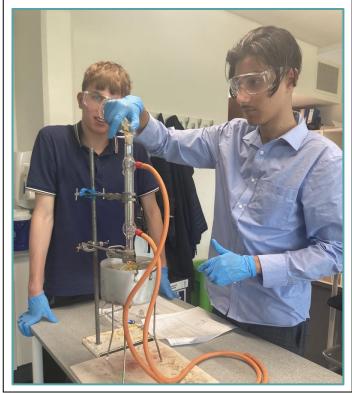
### **SCIENCE NEWS**

### Dulwich College A Level Workshop Year 12 Chemistry Students

Students in Year 12 Chemistry went to Dulwich College on 12<sup>th</sup> June to undertake advanced organic chemistry work led by Mr Dass & Ms Hill from the Kingsdale Science team. Our students rose to the occasion, taking advantage of the small groupings and novel settings. It was an enjoyable day. We return in one week to further develop students' skills



Students display their soon to be finished product.



### HOUSE COMPETITIONS

Pride Month



Pride Month takes place every year in June and is a celebration designed to recognise the influence of the LGBTQ+ community. Celebrating diversity and people's right to live how they choose without discrimination; Pride Month promotes positivity and equal rights for all.

Pride Month helps raise awareness of issues facing the LGBTQ+ community and provides an opportunity to celebrate the culture of inclusivity, with parades, street parties, community events and more. Designed to help educate people, Pride Month events are attended by millions of people worldwide.



#### STUDENT TASK:

Create a poster to raise awareness of Pride Month.

#### STUDENT HOUSE ACTIVITY:

Submit poster to the House Team: <a href="housesystem@kingsdale.southwark.sch.uk">housesystem@kingsdale.southwark.sch.uk</a> . Ensure entry is accompanied by student full name, tutor group and House.

### **CAREERS NEWS**



### Parent Sessions at Oxford University

To support potential applicants, Oxford University are inviting parents and carers of Year 12 students to two online events, the details of which are shared below.

### St Anne's College, Oxford

Parents and carers are invited to an online session aimed to help support a young person through university applications. There are two sessions, both lasting about an hour, with time at the end for Questions & Answers.

### Wednesday 5<sup>th</sup> July at 6pm Parent Guide to University Applications

This is aimed at those who have less knowledge of the university process. It will guide them through how it all works, when things need to be done, and how best to support.

https://www.eventbrite.co.uk/e/649180685907

### Tuesday 11<sup>th</sup> July at 6pm Parent Guide to Oxford Applications

This is aimed at helping parents and carers support a student through the slightly more complex process involved in making an Oxford (or Cambridge) application.

https://www.eventbrite.co.uk/e/648004778737

All parents are very welcome to attend!
Please register ahead via the links above.
Please contact the Sixth Form team at Kingsdale with any queries or for further information via ata@kingsdale.southwark.sch.uk



### 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 <a href="lostproperty@kingsdale.southwark.school.uk">lostproperty@kingsdale.southwark.school.uk</a>



### Refugee Refugee Week 2023: Compassion

### FREE

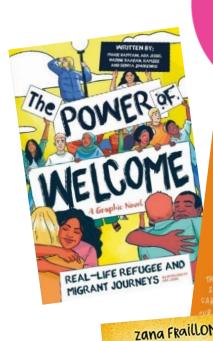
bookmark with every Refugee Week display book issued during June! (USL)

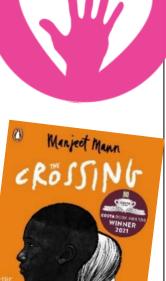
### **Fiction and Poetry**

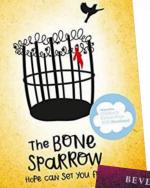
- A.M. Dassu, Fight Back
- A.M. Dassu, **Boy, Everywhere**
- Beverly Naidoo, The Other Side of Truth
- Zana Fraillon, **The Bone Sprarrow**
- Zana Fraillon, *The Ones That Disappeared*
- Elizabeth Laird, Welcome to Nowhere
- Elizabeth Laird. A Little Piece of Ground
- Sita Brahmachari, *Red Leaves*
- Jill Paton Walsh, Fireweed
- Victoria Williamson, *The Fox Girl and the White Gazelle*
- Alan Gratz, Refugee
- Manjeet Mann, The Crossing
- Michael Rosen, On the Move, Poems about Migration
- Frank Cottrell Boyce, The Unforgotten Coat
- Shaun Tan, The Arrival
- Ele Fountain, Boy 87
- Benjamin Zephaniah, *Refugee Boy*
- Omar Mohamed and Victoria Jamieson, When Stars Are Scattered
- Dan Smith, **Nisha's War**

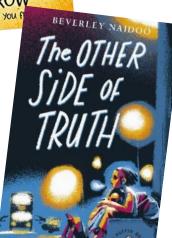
#### **Non-Fiction**

- Marie Bamyani, Ada Jusic, Nadine Kaadan, Ramzee and Sonya Zhurenko, *The Power of Welcome*
- Dave Dalton, People on the Move, Economic Migrants
- Dave Dalton, People on the Move, Environmental Migrants
- Dave Dalton, People on the Move, Refugees and Asylum Seekers.
- (Interviews by) Angela Neustatter and Helen Elliott) It Happened to me: Refugee
- (Interviews by) Amy de Leal, Real Life Stories: Living as a Refugee
- (Introduction by) Beverly Naidoo, *Making it Home: Real life stories from children* forced to flee









To see more of the brilliant Art, Textiles, Photography, Graphics and Textiles work by our students, as well as Art alumni, please follow us on Instagram @kingsdaleart - @kingsdaledandt - @kingsdalefoodscience (age restrictions apply)







Year 7 Create Equality Trees Our Year 7 students have worked collaboratively to create a series of 'Equality Trees' made up of illustrations and slogans promoting equality based on the UK Equality Act (2010). Our students used colours, text and symbolism inspired by the works of Keith Haring, Laci Jordan, Nina Chanel Abney and Wednesday Holmes. Our 'Equality Trees' are positioned pride of place in the school Atrium and will remain as a permanent message of positivity and inclusion regardless of age, disability, gender, marriage, maternity, race, religion, sex, or sexual orientation.



### **RSPCA** Young Photographers Award

Love animals? Enjoy taking photographs? Then you're in the right place. Our amazing competition is open to anyone aged 18 or under. Help us create a kinder world for animals by sharing your inspiring images. It doesn't matter whether you're an experienced photographer or a keen beginner, you've entered before or you're not sure where to start. Here at the RSPCA, we think animal photography should be for everyone.

Why? Because taking pictures of animals makes us notice how they live and their unique personalities. Looking through the lens of a camera or mobile phone helps us spot incredible wildlife. It can encourage us to see our pets in a whole new light.

Perhaps most importantly, sharing your beautiful photos of animals and the natural world helps others to appreciate them more too.

For more info about prizes, categories, and to enter: https://young.rspca.org.uk/ypa/about

Deadline: 15 August 2023



To see more of the brilliant Art, Textiles, Photography, Graphics and Textiles work by our students, as well as Art alumni, please follow us on Instagram **@kingsdaleart** - **@kingsdaledandt** - **@kingsdalefoodscience** (age restrictions apply)





## NATIONAL GALLERY

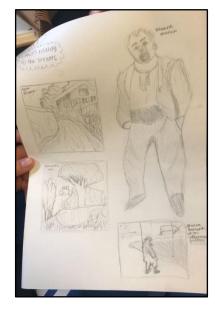
Thirty Year 9 students were invited to attend the exhibition "After Impressionism" on Wednesday 7<sup>th</sup> June 2023 at The National Gallery; this was a wonderful opportunity as the gallery kindly offered thirty free tickets to our school.

This visit was designed to support critical thinking and writing skills. The session focused on responding to other artists' works, an important assessment objective in Art GCSE.

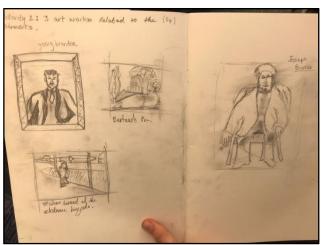
Students were encouraged to respond to their favourite artworks from nearly a hundred works by artists ranging from Klimt and Munch, Matisse and Picasso to Mondrian and Kandinsky

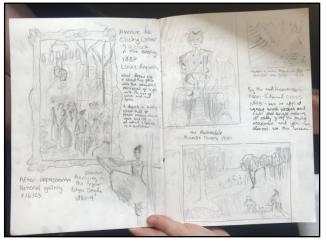
complemented by a selection of sculpture by artists including Rodin and Camille Claudel. The exhibition followed the creation of a new, modern art, free of convention, taking in Expressionism, Cubism and Abstraction.

The participating students thoroughly enjoyed this visit, and they created excellent responses. Well done to our Year 9 for their impeccable behaviour and excellent performance!









To see more of the brilliant Art, Textiles, Photography, Graphics and Textiles work by our students, as well as Art alumni, please follow us on Instagram **@kingsdaleart**- **@kingsdaledandt** - **@kingsdalefoodscience** 

(age restrictions apply)









### Year 7 & 8 Art Scholars' Bake Sale

Well done to our Year 7 & 8 Art Scholars who worked so hard last week to bake and sell cakes to raise money to support an additional Art trip to Brighton next Wednesday.

They raised a fantastic £386.36.

Thank you to everyone who supported them! Also, a huge thank you to Kingsdale Food Science team for helping out.

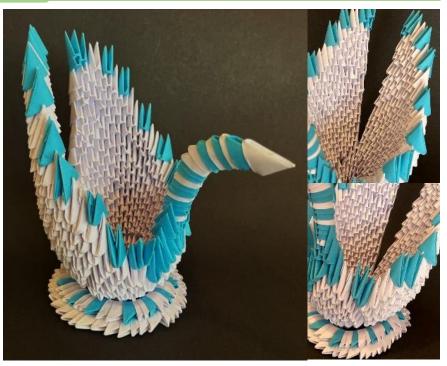
More photos can be found on our Instagram **@kingsdalefoodscience** and **@kingsdaleart** (age restrictions apply)

### Muzukhir's Spectacular Swan

We wanted to share this incredible origami swan that was created by Year 7 student, Muzakkir Mirza.

The swan is made of 600 folded pieces of paper and took him 3 days to make!

Well done Muzakkir and thank you for giving us this beautiful piece, it will be displayed in our green gallery!



### **SPORTS NEWS**

James Wilson represents England Ice Hockey



Massive congratulations to James Wilson in Year 8 who travelled to Scotland last month to represent the England Ice Hockey team in a series against Scotland. James played in all four games with the overall score in the series finishing 2-2.

The PE Department are looking forward to what the future holds in James' ice hockey career!

Sports Scholars at Beckenham Cricket Club



On Tuesday 13<sup>th</sup> June there was an opportunity for interested Sports Scholars to watch Kent vs Jersey at Beckenham Cricket Club. The students had a great day out watching two cricket games, plenty of runs, catches and wickets.



Big History Club!

For Key Stage 3 and 4 in HU3 Every other Tuesday from 4.15pm to 4.45pm

Do you want to dive into the past?

Is there something we don't cover at school that you would like to learn about?

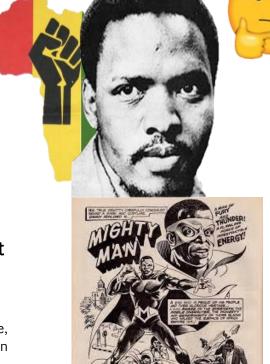
In Big History Club we use history and fiction books, films, art, music and more to **enquire into diverse World Histories** from ancient times to modern day.

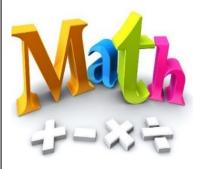
In our session on **Tuesday 20<sup>th</sup> June** we will be asking:

How far was the Black Consciousness Movement a revolution in South African identity?

with Mr Easter.

Bring along any questions you have, and more ideas for people, events or items from history you want to know more about in future sessions!





### **MATHS NEWS**

The Wednesday Mathematics scholarship sessions for Year 7 & 8 students continue this half-term.

The Year 9 Scholarship sessions also continue as usual **every Friday 13.10 – 13.40 in Rooms AR3 & AR4**.

Students are requested to check their respective Scholarship Microsoft Teams pages for up-to-date information.

### Year 7 Maths Scholarship Program SCHEDULE SUMMER TERM 2023

TIME: 15.50 - 16.35

DATE	YEAR GROUP	TEACHER	ROOM
21 <sup>ST</sup> JUNE 2023	YEAR 7A & 7B	Session 6 Fraction of a circle 1 MRS TERZIU & MS LIMA	MA1 & MA6
28 <sup>™</sup> JUNE 2023	YEAR 7C & 7D	Session 6 Fraction of a circle 1 MR. PRIOR & MR. CHOY	MA1 & MA2
5 <sup>™</sup> JULY 2023	YEAR 7A & 7B	Session 7 Fraction of a circle 2 MRS TERZIU & MS LIMA	MA1 & MA6
12 <sup>™</sup> JULY 2023	YEAR 7C & 7D	Session 7 Fraction of a circle 2 MR PRIOR & MR CHOY	MA1 & MA2

### Year 8 Maths Scholarship Program SCHEDULE SUMMER TERM 2023

TIME: 16.20 - 17.05

DATE	YEAR GROUP	TEACHER	ROOM
21 <sup>ST</sup> JUNE 2023	YEAR 8A & 8B	Session 6 Fraction of a circle 1 MR DIEDRICK, MS BURNEY	MA2 & MA8
28 <sup>™</sup> JUNE 2023	YEAR 8C & 8D	Session 6 Fraction of a circle 1 MS MILES, MR JAMES	MA6 & MA8
5 <sup>™</sup> JULY 2023	YEAR 8A & 8B	Session 7 Fraction of a circle 2 MR. DIEDRICK, MS BURNEY	MA2 & MA8
12 <sup>™</sup> JULY 2023	YEAR 8C & 8D	Session 7 Fraction of a circle 2 MS MILES, MR JAMES	MA6 & MA8

### **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 <a href="mailto:dhg@kingsdale.southwark.sch.uk">dhg@kingsdale.southwark.sch.uk</a> 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.

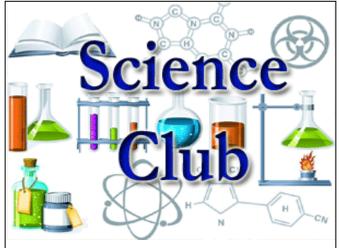
This provision is available for any member of our school community wishing to seek advice, discuss any matters relating to mental health & well-being or report an incident or concern confidentially via email.

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.



Students from Year 7 & 8 enjoy the Science club every week each Wednesday after school, starting at 3.45pm in SC8. Everyone is welcome, they just need to pop in.

Some of the activities they have already enjoyed include:

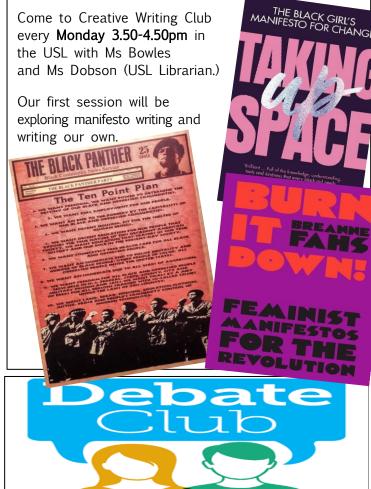
- Square bubbles
- Using microscopes
- · Swabbing cheek cells
- · Density columns
- Making cheese
- Imploding cans
- Slim
- Making a compass
- · Spaghetti and marshmallows structures
- Volcanos
- Parachutes
- DNA origami
- Chromatography butterflies



There are many more activities coming up, all hands on for fun and learning the science behind this fun. **JOIN US!** 

### Creative Writing Club: Manifestos

What is a manifesto? What kinds of people write manifestos? How can I make my voice heard?



Following on the successful Debate Mate programme this year, we will be resuming our weekly debate clubs this term for Years 7, 8 & 9 students in company with our Year 10 club. These clubs are fantastic for students to build confidence and will give them an opportunity 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.

Year 10 Fridays 12.00-12.50 - HU4 Ms Sherratt

For all debate queries please contact: jbu@kingsdale.southwark.sch.uk

### **SEND FACULTY NEWS**

### Family Fund

### Helping disabled children

### Managing Finances: Checking Your Benefits Online

Knowing what benefits you may be entitled to claim can be confusing. This new online workshop will take you through how to use the Turn2Us benefits calculator, step-by-step. We'll also show you how to use your government gateway account to apply for benefits online. During this friendly and informal trainer-led session a case study will be used to show you how to use the online calculator and all the information you'll need.

Please note, no personal information will be required or asked for during the workshop.

The session is held online, via Zoom and lasts about an hour. It's free to attend for all families raising a disabled or seriously ill child.

Our next Checking your benefits Wednesday 12 July at 6pm.

Date: 12<sup>th</sup> July 2023
Time: 6.00pm to 7.00pm

Location: Online via Zoom

"I was really happy with how the session was run, there were ample opportunities to ask questions and it was a relaxed environment."

Sign up for the course here: SIGN UP

### Gingerbread

### Single parents, equal families

### Single Parent Support: Well-being Workshop

Gingerbread is a charity who provide information to help single parents support themselves and their family. They campaign and influence policy to reduce stigma against single parents and make services more accessible to all families – whatever their shape or size. They provide FREE workshops that are the perfect opportunity to meet other single parents, discover tools to manage stress, aid relaxation and improve your mental wellbeing.

All their workshops are delivered online at times that fit in around busy family life. You can book a place below or if you have any questions, please email lynne.baulch@gingerbread.org.uk

### **Upcoming Two-Hour Workshops**

The free two-hour workshops will run on the dates below. If you would like to sign-up, please click on the relevant link. If a link isn't available, that means they haven't released spaces for that workshop so please check back nearer the time.

Gingerbread helpline: 0808 802 0925

### JUNE

• Wednesday 21st 12-2pm

### 5 ways to support your child's mental health throughout their GCSEs

Exam season can be stressful for parents too, especially if you have a child with SEND. See the top tips from the experts below.

### 1. Madeleine Inkin, clinical child psychotherapist

"Adults use the prefrontal cortex to make decisions and choices, while teenagers will mostly use their 'gut reaction' – the emotional centre, the 'amygdala', which is located further back in the brain and develops before the prefrontal cortex. This explains why teenagers experience mood swings; they tend to react quickly from the emotional part of their brain and don't run their reactions through the more rational frontal cortex," says Madeleine.

"Their growing brains are being completely rewired, completely re-written. And they don't stop developing at 19 – they keep developing and changing well into their mid-twenties." Madeleine's advice is to "try to keep these developmental changes in mind as you watch them grow and learn over this period. Make sure they have some downtime to explore and connect with the world around them, and to simply relax every so often too is a healthy discipline and helps to ease their fears, they are often sparked into sharing their thoughts."

### 2. Ben West, mental health campaigner

"My biggest piece of advice would be to act early. Don't brush anything under the carpet, don't wait for things to seem 'more serious', address issues when you notice them. Look, I'm not a parent and I know it must be hard to have these kinds of conversations, but we have to intercept before things get the chance to deteriorate. This might involve some uncomfortable conversations, but it can quite literally save lives."

Ben stresses that "people don't compare mental health to their physical health enough – if you were concerned for your child's physical health you would be straight down to your GP asking for a check up and making sure everything was ok. You wouldn't leave an infection to 'clear up by itself', you would act, and the same has to go for mental health."

### 3. Sam Clark, teacher, writer and founder of the Resilience for Kids

"Developing an environment where children feel confident to talk openly is the absolute foundation for building resilience. To encourage this, we need to make it clear that life is no fairy tale, and that everybody faces challenges every day. The recognition of this belief will make children much more likely to speak out," says Sam.

He continues, "having adults model openness is important too. It might seem strange to share your fears and hopes with your children but this will further encourage that open dialogue. Providing the knowledge (the why) can be a gamechanger for some. The moment children realise that expressing themselves is a healthy discipline and helps to ease their fears, they are often sparked into sharing their thoughts."

### 4. Karen Collins, Lead Science Associate for PiXL

After spending many years with students at her school, Karen is aware that "right before assessments many students will be showing physical signs of stress as their fight or flight response kicks in with their adrenaline – their hands might shake, their heart might be beating faster – which is why I think it is really useful to have sessions where you explain these responses to students and help them understand the biology behind it.

"By understanding what is happening in your body, you are better equipped to take yourself through some logistical steps or techniques to regain control and be able to focus on the assessment. Learning breathing exercises, meditating and practising yoga can all help to calm these nerves and there are loads of YouTube videos students can watch and learn from,"

### 5. Murray Morrison, revision expert and founder of Tassomai

Murray has worked with thousands of students preparing for exams and can spot the tell-tale signs of exam-stressed children, the most concerning, he says, is the one he's nicknamed 'The Ostrich'. "The ostrich is that student who, at the mere mention of their exams – or their revision – buries their head in the sand. They could be quite obvious in this behaviour – "I don't want to talk about it" – or it might be subtler, finding an excuse to get out of the room and avoid the topic.

Waste no time in confronting this behaviour and making a plan together, because the very act of avoidance means that the revision work will pile up and the stress will increase."

### Where To Go For Support As A Carer

As a carer looking after a disabled or seriously ill family member, or friend, with additional support needs, having access to helpful resources and organisations can make a big difference.



#### Contact

Contact is a support charity for families with disabled children, helping parents and carers to feel confident and informed on the challenges of raising a disabled child. They provide guidance and advice on topics such as benefits, education, health and social care services. Contact also offer a free listening ear service (click here), providing one-to-one telephone appointments with a family support adviser. This is for parent carers looking for a listening ear, reassurance and practical and emotional support. Call 0808 808 3555 (Monday to Friday, 9:30am to 5:00pm) or visit the Contact website (Click here).



### Carers Trust

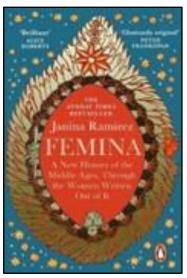
Carers Trust is a charity that works for, and supports, all carers in the UK. They provide services for anyone who cares for a family member, or friend, who is ill, frail, disabled or has a mental health condition. Visit the Carers Trust website (click here).



### • How to get a carer's assessment

If you're a carer you can request an assessment from your local adult social care team. This might recommend extra support for you, including respite, help with taxi fares or gym memberships to relieve stress. During the assessment, the team may also signpost you to local support groups.

In England, you can find out more about carers' assessments and find your local adult social care service on the NHS website (click here). In Scotland, Wales and Northern Ireland, find out how to get an assessment in your home country on the Carers UK Website (click here).



Teacher
Recommendation
Ms Smith heartily
recommends
Femima
by Janina Ramirez.

The Middle Ages are seen as a bloodthirsty time of Vikings, Saints and Kings: a patriarchal society that oppressed and excluded women. But by digging a little deeper into the truth, drawing on evidence

from all disciplines, we can see that the 'dark' ages were anything but. BBC historian Janina Ramirez has uncovered countless influential women's names struck out of historical records, with the word 'Femina' annotated beside them.

By weaving a vivid and evocative picture of the lives of the women who influenced their society, we discover not just why these remarkable individuals were removed from our collective memories but also how many other misconceptions underpin our historical narratives.

Ms Smith found tonnes of surprising facts in this thought-provoking, memorable book. Suitable for students aged 13 and over.

# 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

### SatchelOne (previously SMHW)

Used to share homework details and other school news via the Notice Board feature with students and parents. Login <u>here</u>.

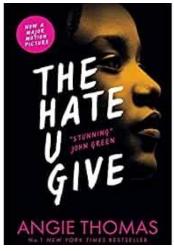
### MyEd app

Downloaded for free at:

https://www.myedschoolapp.com/

This app provides a range of useful info for parents.

### **Reading Recommendations**



Student
Recommendation
Miriam Sesay in Year
7 recommends
The Hate U Give
By Angie Thomas

Sixteen-year-old Starr lives in two worlds: the poor neighbor-hood where she was born and raised and her posh high school in the suburbs.

The uneasy balance between them is shattered when Starr is the only witness to the fatal shooting of her unarmed best friend, Khalil, by a police officer. Now what Starr says could destroy her community. It could also get her killed. Inspired by the Black Lives Matter movement, this is a powerful and gripping Young Adult (YA) fiction novel about one girl's struggle for justice.

Miriam loved this book because it provides a dramatic perspective on an important social issue.

Some dark themes, but still suitable for students in KS3 and over.

### 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

### **HOUSE COMPETITIONS**





Refugee Week is the world's largest arts & culture festival celebrating the contributions, creativity and resilience of refugees and people seeking sanctuary. It was founded in 1998 in the UK and held every year around World Refugee Day on the 20th June. Through a programme of arts, cultural, sports and educational events alongside media and creative campaigns, Refugee Week enables people from different backgrounds to connect beyond labels, as well as encouraging understanding of why people are displaced, and the challenges they face when seeking safety.

Sharing food with others is a powerful symbol of love, care, and connection. Food is perhaps the most powerful way to nurture relationships and to share cultures or traditions. Every Refugee Week people come together over food, share recipes, teach each other dishes and of course, sit down to share meals. The House Team would like you to participate:

### Ideas:

- Host a meal sharing dishes from different cultures, at home or as part of a Refugee Week event.
- Share or swap favourite recipes from home and have a go at making a new dish!
- Make a new recipe for Kingsdale's cookbook.

#### STUDENT TASK:

Submit your meal/recipe to the House Team: <a href="mailto:housesystem@kingsdale.southwark.sch.uk">housesystem@kingsdale.southwark.sch.uk</a>
Ensure your entry is accompanied by your full name, tutor group and House.



### What is World Music Day?

World Music Day, also known as La Fête de la Musique, celebrates music in all its forms and the importance of music in people's lives. More than 120 countries celebrate World Music Day. Celebrations see a variety of free public concerts and events being held across over 700 cities, in the streets, parks, museums and other public spaces. Here, musicians gather to play their instruments and perform for large crowds.

### When is World Music Day?

It is celebrated annually on the **21st of June**, during the summer solstice.

What are the benefits of listening to music? Whether it's listening to music through a speaker, at a live concert or playing an

instrument, music is a wonderful creative outlet for people to enjoy. It has many positive effects on **health and well-being** as when we listen to our favourite songs, we are overwhelmed with joy and happy memories. Listening to music has also been proven to improve our sleep and lower stress levels.



#### STUDENT TASK:

Make your very own instruments using a range of everyday objects.

### **HOUSE ACTIVITY:**

Share your instrument with the House Team: housesystem@kingsdale.southwark.sch.uk
Ensure your entry is accompanied by your full name, tutor group and House.

## What Parents & Carers Need to Know about

obtained funds into and out of their bank account on behalf of criminals (often without even realising that's the kind of activity they've become embroiled in), and usually being allowed to keep a certain amount for themselves. It's essentially a digital form of money laundering. This guide highlights some of the risks associated with money muling, and provides parents and carers with useful tips to help safeguard young people against becoming ensuared by this growing online hazard.

### WHAT ARE THE RISKS?

### LEGAL REPERCUSSIONS

### ONLINE RECRUITMENT

OSC4R

### POSSIBLE EXPLOITATION



### Advice for Parents & Carers

#### EDUCATE AND COMMUNICATE

Talk to your child about the risks and consequences of money muling, emphasising the importance of making informed decisions and seeking guidance if they need it. Create an open, non-judgmental space which encourages them to share their concerns and experiences, ensuring the feel comfortable getting help if they suspect they nhave become involved in money muling.

#### MONITOR ONLINE ACTIVITIES

### TALK ABOUT MONEY

### STAY INFORMED

Criminals' methods and approaches to recruiting young people as money mules frequently evolve to reflect the online landscape. Try to stay aware of criminals' current tactics and make time to regularly check out resources provided by schools, law enforcement and financial organisations. The Don't Be Fooled Campaign (at www.moneymules.co.uk) has plenty of useful information and advice.

### Meet Our Expert



### **REPORT YOUR SUSPICIONS**

If you have reason to believe that your child, one of their friends, or someone they know has been recruited into a money muling operation, seek support and then report your suspicions. For your own safety, please don't attempt to directly confront anyone you suspect of organising money muling. Instead, contact Crimestoppers anonymously on 0800 555 111.





f /NationalOnlineSafety





### **SPORTS FIXTURES**

### Monday 19th June

• Under-14s Boys' Football Inner London Cup Semi-Final Away Game against City Academy. Leave school at 1.30pm. 3pm Start. Return at 6pm approx.: Mr Price

 Under-15s Girls' Football Away Game against Wycombe High School. Leave school at 12.30pm.
 2pm Start. Return at 6.30pm approx.: Mr Dash

### Tuesday 20th June

Under-12 & 15s Mixed Sports Scholars Trip to Lee
 Valley Hockey GB against Germany. Leave school at 8am. Return at 6pm approx.: Miss Cave/Mr Pizzey/Ms Thomas

 Under-15s Mixed Dance Festival at Selhurst Performing Arts. Leave school at 12 noon. 1pm Start. Return at 4pm approx.: Ms McGregor/ Ms Dookey

### Wednesday 21st June

 Under-16s Mixed Volleyball Away Match at Ark Putney. Leave school at 1.30pm. 2.30pm Start. Return at 6pm approx.: Mr Sliti/Mr Foster

### Thursday 22<sup>nd</sup> June

- Under-14s Mixed Touch Rugby Tournament Finals at Sixways Stadium NR Birmingham. Leave school at 7am. 10am Start. Return at 7.30pm approx.:
   Mr Worsley/Mr Price
- Under-15s Girls' Softball Cricket Tournament at Wallingham, Surrey. Leave school at 8.30am. 10am Start. Return at 4.30pm approx.: Ms Thomas/Mr Foster

#### Friday 23<sup>rd</sup> June

- Under-13s Girls' Softball Cricket Tournament at Wallingham Surrey. Leave school at 8.30am. 10am Start. Return at 4.30pm approx.: Ms Cave/Mr Price
- Year 9 Sports Day Heats at the Fields 10am until 12.50pm. Ms Turner/PE Staff

Please note some extra Fixtures may be reorganised at short notice.

Fixtures may be cancelled due to rain (Cricket)

### The House Leader Board 2022-23

Week ending 19<sup>th</sup> June 2023
1st Place - Swift 36,615 Points
2nd Place - Dove 32,843 Points
3rd Place - Albatross 29,908 Points
4th Place - Falcon 29,414 Points
5th Place - Eagle 26,394 Points

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



### **HOUSE NEWS**

Eagle

House

House

ybatroge

Falcon

House

Swift

Hous

Online Safety Corner

For this week's Online Safety focus, we have included an important focus. It's called MONEY-MULING. This audacious app can gain access to your savings by using your children to do so. PLEASE READ!! Remember to keep an open dialogue with your child about their activities online. (See page above)



Jack Petchey Award Winners 2022-23 - Congratulations!

We want to congratulate all our students this year that continue to push the boundaries on their own persnal development and explore the things that they really enjoy. However, special congratulations go to the students highlighted below who are this year's Jack Petchey Award Winners.

Each winner will receive a cash prize of £275 which they can spend on any area of their choice at school. Historically, students have spent their sum of money on resources in a specific department. Another student funded a trip for classmates to the trampoline park!

Nakida Brown, Year 7 (Dove)

Darren John, Year 7 (Swift)

Rochelle Salil-Cherry, Year 8 (Dove)

Beatrix Bianco, Year 8 (Swift)

Amelia Orungbeja, Year 9 (Swift)

Aurelia Savini Gonzalez, Year 10 (Swift)

Isaac Forde Year 10 (Eagle)

Ella Bunten, Year 11 (Dove)

Benji Casey, Year 11 (Albatross)

Certificates will be awarded to the above winners at the end of the Summer term.