



PARENTAL NEWS BULLETIN

Issue 10 Monday 24th November 2025

HEADLINE NOTICES

Sixth Form Careers Fair

Last Friday saw the entire Year 12 cohort attend the What Uni Fair at Kensington Olympia. This is an annual trip where students were able to speak to a variety of employers and universities, including Cambridge and Bath as well as companies as varied as Coca Cola and BDO. The fair also included volunteering organisations and charities such as the Sutton Trust who were promoting their programmes. Students were also able to have 1:1 careers appointments and attend a variety of workshops about higher education and beyond. Students found it a very informative experience.



House Excellence Award



Ryan Navarette, Year 11, has won the House Excellence Award. He was nominated by the Geography department.

We have chosen Ryan for the House Award in recognition of his consistently exemplary approach to Geography. Ryan is always organised and punctual, and he continues to work with great determination to achieve a strong final grade at the end of Year 11. Well done Ryan!

Performing Arts News KFS Comedy Festival 2025

Thursday 27th & Friday 28th November

For tickets (*age restrictions apply*) please email rmo@kingsdale.southwark.sch.uk

The Musical Amelie

Performances from 8th - 13th December

For tickets email ogg@kingsdale.southwark.sch.uk

Special thanks to Ruby Fox for her amazing Amelie poster design!

THEME OF THE WEEK

Achieving is Believing

'The thing about performance, even if it's only an illusion, is that it is a celebration of the fact we do contain within ourselves infinite possibilities.'

WORD OF THE WEEK

Percentile

One of the points into which a large range of numbers, results, etc. is divided to make 100 groups of the same size.

'Alex scored in the 95th percentile on the math test.'

SCHOOL NEWS

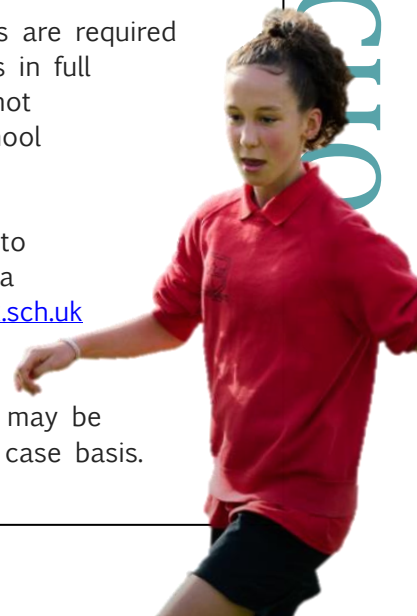
Kingsdale PE Kit Expectations

With the recent drop in temperatures students are advised to attend PE lessons with appropriate clothing. It is recommended that students attend outside PE lesson in plain black jogging bottoms and school polo shirt and sweat-shirt, (red for Years 7, 8 & 9 and navy blue for Years 10 & 11). Students may also wear skins/base layers under their school PE kit if they are in school PE colours red or black for Years 7, 8 & 9 and navy blue or black for Years 10 & 11.

During periods of adverse weather students may also attend with gloves and hats for walking to and from the playing fields. However, please be advised that they might not always be permitted to wear these items during the PE lesson depending upon the activity.

In all instances students are required to attend all PE lessons in full school PE kit and are not permitted to attend school in non-uniform items.

Please do not hesitate to contact Ms V. Turner via pe@kingsdale.southwark.sch.uk should you wish to discuss options for subsidised PE kit which may be available on a case by case basis.



KINGSDALE PERFORMING ARTS PRESENTS

PLAYS LIVE MUSIC STAND UP

COMEDY FESTIVAL 2025

KINGSDALE DRAMA STUDIO

SHOWS:

HERE WE GO

AI GUY

PUBLIC APOLOGIES

PEEP SHOW

THE CROCODILE

CATHERINE TATE
SHOW

ROSE ANDREWS

WONDERLAND

COMEDIANS

SUCH BRAVE GIRLS

THURSDAY 27TH
NOV 6PM

FRIDAY 28TH
NOV 6PM

COMPERE:

Pearl

£5 ADULTS

£3 STUDENTS.

TICKETS AVAILABLE FROM THE DRAMA BLOCK
RMO@KINGSDALE.SOUTHWARK.SCH.UK

15+ Age Restriction
Applies for Tickets

Sovereign Arts Prize

We are delighted to announce that three of our students have been shortlisted for the prestigious Sovereign Arts Prize this year.

The Sovereign Art Foundation Students Prizes are annual awards that celebrate the importance of art in the education system and recognise the quality of artworks produced by secondary-school students across the world.

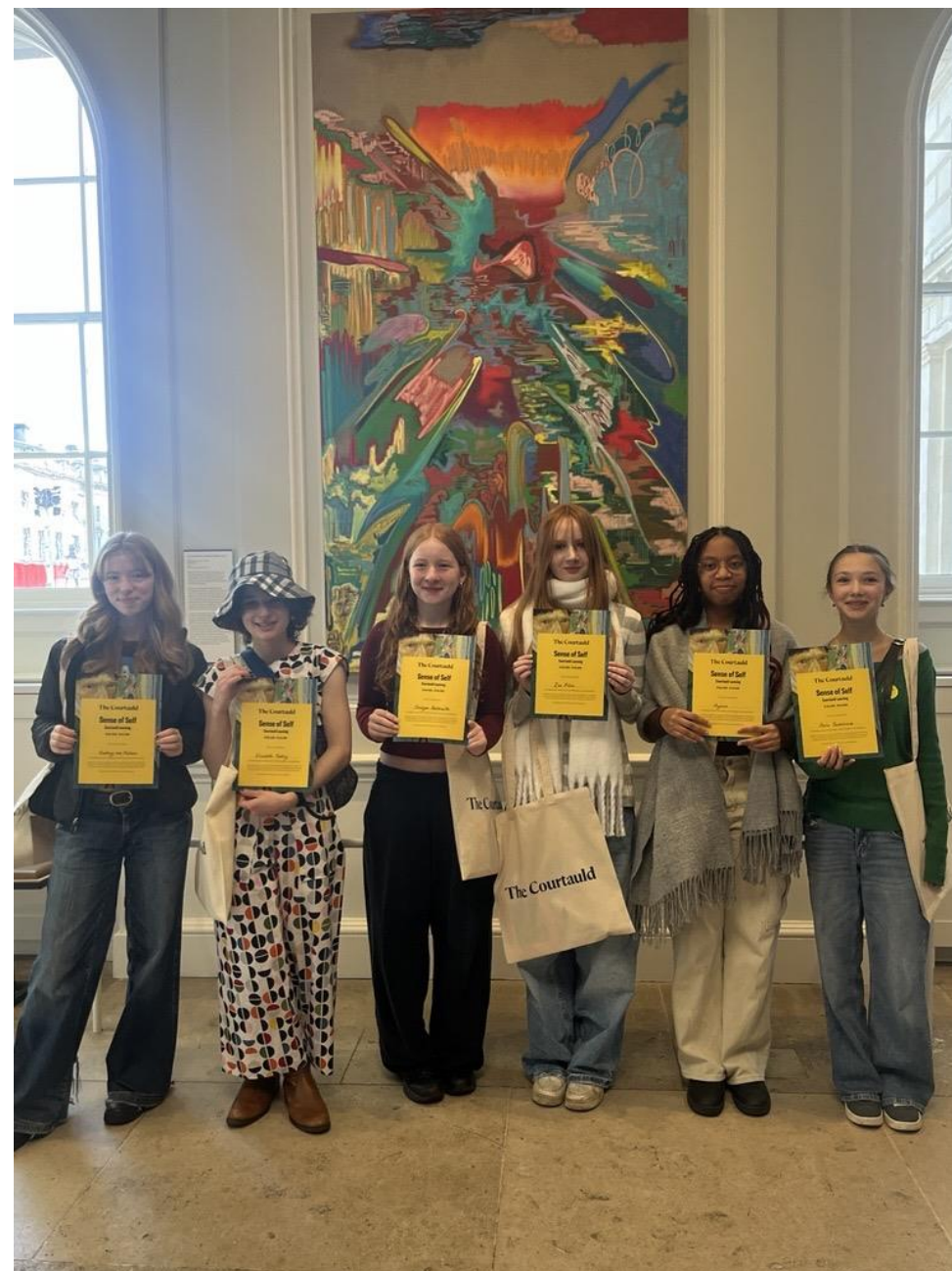
Please support our students for voting for your favourite entry to give them a chance of winning a prize.

Follow the link below:

<https://www.sovereignartfoundation.com/sp-london/>



Clockwise from top left: Ethel Butler '*Streets*', Alec Hunter '*Self Portrait*' and Adriana Iznaga Kanerva '*Walking*'.



The Courtauld



Sense of Self Online Exhibition

On Saturday 1st November 2025 we had a very special morning at the Courtauld celebrating the opening of the new exhibition, 'Sense of Self'.

The exhibition is in conjunction with artist Rachel Jones' new commission inspired by Vincent Van Gogh's 'Self-Portrait with Bandaged Ear'. Schools and Art groups across the country were invited to make work in response to both artworks and our students whose work was selected to be on display received certificates and special guided tours this morning. The exhibition is at the Courtauld until 15th February 2026, but also online with all of our students' work presented on the Courtauld website, accessed by the link below. This was a wonderful project and staff and students enjoyed collaborating with the Courtauld education team to create the work. A big thank you to the Courtauld for the opportunity - and the goodie bags!



Kingsdale Foundation School

<https://courtauld.ac.uk/take-part/schools/sense-of-self-online-exhibition>

KINGSDALE FOUNDATION SCHOOL
PERFORMING ARTS FACULTY PRESENT



THE MUSICAL *Amélie*

HOW **ONE** LIFE CAN CHANGE **MANY**

TICKETS

£7 ADULTS

£3 CHILDREN

MONDAY 8 DECEMBER 6.30PM

TUESDAY 9 DECEMBER 6.30PM

THURSDAY 11 DECEMBER 6.30PM

FRIDAY 12 DECEMBER 6.30PM

SATURDAY 13 DECEMBER 10.00AM

SATURDAY 13 DECEMBER 1.00PM

TICKETS AVAILABLE FROM THE DRAMA OFFICE OR EMAIL MR GOLDING OGG@KINGSDALE.SOUTHWARK.SCH.UK

CREDITS

BOOK CRAIG LUCAS

MUSIC DANIEL MESS

LYRICS NATHAN TYSEN

AND DANIEL MESS

BASED ON THE FILM

AMELIE

ORIGINAL POSTER DESIGN BY

RUBY FOX



ENRICHMENT NEWS

Bar Mock Trial Competition Year 12 Enrichment Students Shine at Inner Temple

The long-awaited day finally arrived for our Year 12 enrichment students as they travelled to the prestigious Inner Temple to take part in this year's Bar Mock Trial competition. This historic venue, one of the four Inns of Court, provided an inspiring backdrop for what proved to be an unforgettable experience.

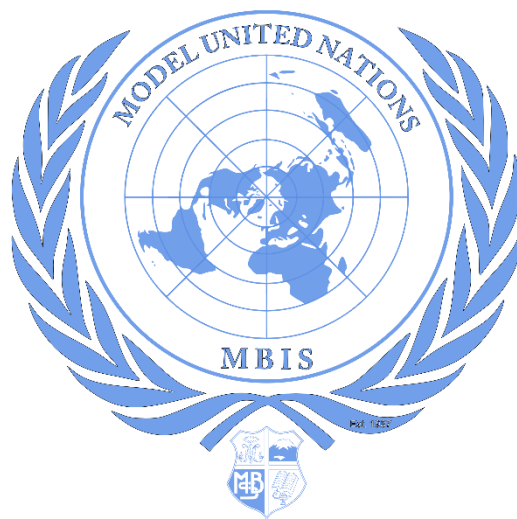
Our students proudly placed 4th overall among a strong field of schools from across London.

Since September, the group has shown exceptional dedication. They rehearsed their roles multiple times, committed themselves to extensive reading and legal research, and benefited greatly from the guidance of two practising barristers who generously volunteered their time to mentor them.

Throughout the day, the team demonstrated not only their technical skill but also their teamwork and resilience. They supported each other at every stage, delivering compelling arguments and showing impressive courtroom presence.

We are incredibly proud of their hard work, determination and achievements. Congratulations to our Year 12 Mock Trial team on a fantastic result!





MUN NEWS

Kingsdale at Dulwich College Model United Nations (MUN)

Last week saw Year 11 & 12 students participate in this half term's evening MUN conference at nearby Dulwich College. Students took on a variety of different topics, including rebuilding the infrastructure in Gaza, the immigration policies of Donald Trump and nuclear weapons falling into the hands of non-state actors.

It was particularly pleasing to see first time MUN students be so confident in their committees, and we look forward to the first ever Kingsdale MUN in January 2026.

CAREER NEWS

Careers Talks this Half-Term

Following our careers survey and feedback from students, we have a number of exciting careers events coming up this half-term:

Date	Time	Years	Talk
Monday 24 th November	Period 4 12.10-12.50	8, 10	Medicine: Talk from a GP
Monday 1 st December	Period 4 12.00-12.45	13, 10	Criminal and Social Justice Sector
Tuesday 9 th December	Period 1 1.00-1.45pm	9, 12, 13	Diplomacy and Development

All talks will take place in CR1 unless indicated otherwise.

To express interest in any of these talks, students should use the link here: [Careers Talk sign-up 2025-26 – Fill in form](#)

For any careers-related queries please contact:
careers@kingsdale.southwark.sch.uk



Careers Talk:
Careers in Law with Martha Holmes

Last week, students were treated to a really interesting and informative talk from barrister Martha Holmes. Martha spoke about how to get into careers in the law, and then the differences between being a solicitor and being a barrister. Students heard about the pros and cons of being a barrister, and some of the interesting cases Martha has done during her impressive career. At the end students even got to try on Martha's wig and gown! Thank you to Martha for giving up her time.

Careers Talk: Careers in Medicine
Monday 24th January
Period 4 12 noon-12.45pm in CR1



On Monday 24th January 2026, Dr Deen Mirza is coming to talk about careers in medicine. Dr Mirza is a GP and will talk about how to get into medicine, the pros and cons of the career, and the different specialisms available. To register your child's interest, please sign up using the link [Careers Talk sign-up 2025-26 – Fill in form](#) or they can ask Ms Markes for more information.

We shall see students in CR1 on Monday 24th November at the start of Period 4 – lunchtime. They should not forget to bring their lunch!

SCHOOL NEWS

Have we forgotten the devastation in Jamaica 🇯🇲

Get Rid of and Donate needs the community help to support the people of Jamaica

We need the community help!

Wanted items Ambient Food

Rice, flour, sugar, cooking oil, tin fish (tuna, mackerel, sardine) baked beans, sweetcorn, instant noodles, baby food, formula, baby nappies, baby wipes, feminine products, toothpaste/toothbrush, waterproof clothing, wellington boots, tarpaulin, touches

Drop off at everyday
between 10:00 am – 5:00 pm

St Faith's Community Centre
Red Post Hill
London SE24 9JQ

SCHOOL NEWS

Love Your Doorstep Community Patrol

West Dulwich Community Patrol

Let's get ahead and stop street crime before it starts! We're excited to share that our community patrol scheme, in conjunction with Love Your Doorstep (LYDS) continues this term. We are continuing our patrols and are looking for parental volunteers from the KFS community.

What is a community patrol?

LYDS say the best volunteers are those who work from home, part time or are semi retired and want to do something positive for their community.

- Patrols are weekdays from around 3:30 5pm.
- A patrol is a group of 2-4 volunteers, who are visible, say hi and intervene if necessary by being friendly.

If you'd like to volunteer to help make our area safer, we'd love to hear from you via the sign-up link [here](#). If you can't spare the time, please do help by spreading the word with your local contacts.

Thank you for your support. We can make a real difference to our community by working together!



YEAR 10 MUN CLUB

A great new Year 10 MUN Club on Tuesday during Period 4.

Come along and join us in HU4.

We look forward to seeing you then!

LIBRARY NEWS

Carnegie Book Club

If you're in Year 7 and love reading, join Ms Redfern and Ms Walker for the Carnegie Medal Book Club! The club allows students the opportunity to read, discuss and review the books shortlisted for the 2025 [Carnegie Medal for writing](#), so it will be a great chance for students to read some of the best titles in teen fiction! We will be meeting every Wednesday during period 3 (Year 7 lunch) in the Lower School Library.



SPORTS NEWS

KFS disclaimer. Please be advised Match reports produced and presented by student reporters.



**Under-13s Girls' Touch Rugby
Kingsdale v JAGS**

Our Under-13 Girls' Touch Rugby team played JAGS on Monday 17th November.

It was a great display of new skills they have learned over the season so far and really good team work. The score was kept at a draw until the final few minutes so it was a really good game to watch.

The girls are looking forward to the rest of their season.



**Under-13s Girls' T1 Touch Rugby Showcase
England Rugby at Old Alleynians**

On Thursday, 6th December, our Under-13s Girls' Touch Rugby team had the fantastic opportunity to attend a T1 Rugby Showcase hosted by England Rugby at Old Alleynians.

The day was packed with excitement as the girls rotated through a carousel of skill sessions led by Saracens Rugby. They learned plenty of new techniques and embraced every challenge with enthusiasm—the smiles never left their faces!

We were also thrilled to be joined by two players from the England Red Roses team, which made the experience even more memorable.



**Under-13s Girls' Netball Sisters in Sport Competition
Kingsdale v Queens College**

On Tuesday, 18th November, our Under-13s Netball team competed in their second round of the Sisters in Sport tournament against Queens College. Well done to the entire team for their effort and sportsmanship!

Player of the Match: Huge congratulations to **Kitty Beaugie**, who was named by Queens College. Her outstanding leadership on the court truly earned her this recognition.



**Sports Scholars at Wembley
England v Serbia World Cup Qualifier**

Last Thursday a number of our sports scholars enjoyed an evening trip to Wembley to watch England play Serbia in a World Cup Qualifier. It was a very enjoyable game and great experience for the students! England won 2 nil!



Girls' Cricket Taster Session

On Tuesday 18th November, our girls enjoyed an exciting cricket taster day during their PE lessons. The sessions were led by MCC (Marylebone Cricket Club), who introduced students to key cricket skills such as batting, fielding, and bowling. The aim of the event was to give the girls a fun introduction to the sport and encourage more participation in cricket.



SPORTS NEWS cont.



Sixth Form Girls Hockey
Kingsdale v St Dunstan's College

What a great start to the match for Kingsdale! St Dunstan's had the majority of the possession and were in our attacking half but they were unable to convert to a goal! Some great play by Celia on the right half running down the line and excellent saves by goal keeper, Ciara throughout.

The team continued with their strong and confident attitude into the second half and managed to get a great goal from Amelie kicking the ball against the post and crossing the line making it 1-1! Excellent play by the team!

Final Score: Kingsdale 1-1 St Dunstan's **Goal scorer:** Amelie Taplin

Players of the Match: Flo Ewen and Amelie Taplin

Team: Amelie Taplin, Ciara Beech, Jess Rennison, Edie Beech, Lilee Heaton, Chloe Milton, Wanda Rataj, Celia Allen, Flo Ewen, Martha Ackroyd-Todd and Lily Hathaway



Under-13s Boys' South London Rugby League

The Kingsdale Under-13s Boys' Rugby team delivered a series of determined performances in the South London League recently. The squad recorded impressive wins against St Joseph's College and Carshalton, showcasing excellent teamwork, resilience, and attacking flair. Despite falling short in hard-fought matches against Langley and John Fisher, the boys continued to demonstrate strong effort and progress throughout the competition. Their commitment, work rate, and improvements across all fixtures were evident and deserve real praise.

Overall, it was a positive campaign for the Under-13s, who can be proud of their performances and the growth they showed as a team.



Under-14s Boys' Rugby Team Crowned
South London League Champions!

Congratulations to our Under-14 Boys' Rugby team, who delivered a series of outstanding performances to be crowned champions of the South London League! Throughout the competition, the team showcased exceptional skill, discipline, and teamwork, securing impressive victories against St Joseph's College, Langley, Carshalton, Bacon's College, and John Fisher.

Each match highlighted the squad's growth and determination, with strong defensive organisation and powerful attacking play proving too much for their opponents. The boys demonstrated consistency and resilience across all fixtures, earning well-deserved praise for their attitude and commitment.

Their success now sees them progress to the **National Schools Competition – the London Festival**, where they will represent the school on a larger stage.

A huge well done to the entire squad and coaching team — and best of luck as they continue their journey in the national competition!



Big History Club!

For Key Stage 3 and 4 in HU6
Every other Tuesday from 4.15 to 5pm

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 25th November**
Ms Taylor will be leading a session asking
What can the Koh-I-Noor diamond tell us about power?

Bring along any ideas for people, events or items from
history you want to know more about!



Join the Student AI Think Tank Have your say on the future of learning!

Kingsdale is launching a **Student AI Think Tank**: A group where
students from **Years 7 to 13** come together to explore how artificial
intelligence is shaping education and school life.

We'll meet **once every half term** to:

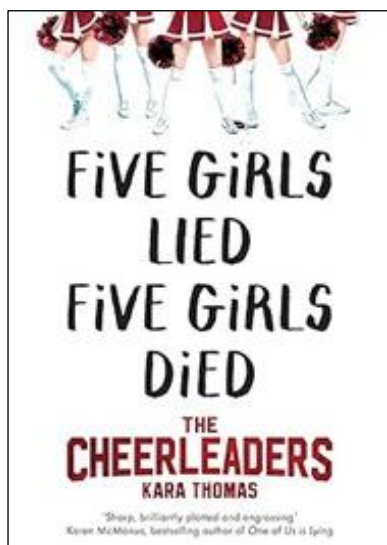
- Share ideas about how AI can help students and teachers
- Discuss opportunities and challenges
- Represent the voice of students on the future of learning

Interested? Email AIThinkTank@students.kingsdale.southwark.sch.uk
to find out more and get involved.

Your ideas. Your future. Your voice.

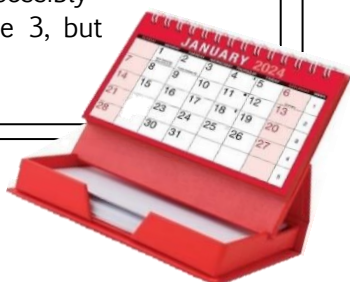
Reading Recommendations

Student Recommendation



Year 8's Oliwia Cofalska recommends *Five Girls Lied, Five Girls Died: The Cheerleaders* by Kara Thomas. There are no more cheerleaders in the town of Sunnybrook. First there was the car accident: two girls dead after hitting a tree on a rainy night. Then the

murders happened: two girls were killed by the man next door. The police shot him, so no one will ever know why he did it. Monica's sister was the last cheerleader to die. After her suicide, Sunnybrook High disbanded the cheer squad. No one wanted to be reminded of the girls they'd lost. That was five years ago. Now the faculty and students at Sunnybrook High want to remember the lost cheerleaders. But for Monica, it's not that easy. After she discovers the letters in her stepdad's desk, unearths an ancient phone, and meets a strange new friend at school, Monica can't just move on. Oliwia really enjoyed this intriguing plot and the fantastic characters. Some dark themes in this murder mystery – but it's accessibly written. Suitable for Key Stage 3, but parental discretion advised.



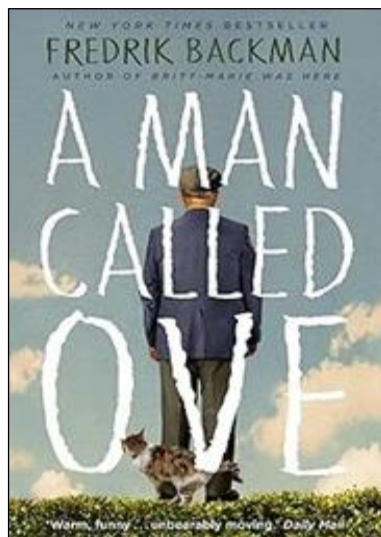
CALENDAR 2025-26

You can also find lots of other useful sources of information on the school website [here](#). This includes further details about the operation of the school, including Term Dates, Assessment and Uniform.

Should you have any suggestions for additions to our website, please contact Mr Karp, via email tkp@kingsdale.southwark.sch.uk

For further information on term & holiday dates, please contact the Attendance Team at attendance@kingsdale.southwark.sch.uk

Teacher Recommendation



Ms Wyness recommends *A Man Called Ove* by Fredrick Backman.

Ove is almost certainly the grumpiest man you will ever meet. He thinks himself surrounded by idiots - joggers, neighbours who can't reverse a trailer properly and shop assistants who talk in code. But isn't it rare, these days, to find such old-fashioned clarity of belief

and deed? Such unswerving conviction about what the world should be, and a lifelong dedication to making it just so?

In the end, you will see, there is something about Ove that is quite irresistible . . .

Ms Wyness adored this rather dark yet heartwarming tale. It's also a very good Netflix film!

Best suited for students in Key Stage 4 and above.

AUTUMN TERM 2025

Monday 3rd November – Friday 19th December

SPRING TERM 2026

Monday 5th January INSET DAY

School closed to students except those in Year 11

First Spring Half-Term

Monday 5th January – Friday 13th February

Half-Term Holiday

Monday 16th February – Friday 20th February

Second Spring Half-Term

Monday 23rd February – Friday 27th March

SUMMER TERM 2026

First Summer Half-Term

Monday 13th April – Friday 22nd May

Monday 13th April INSET DAY

School closed to students except those in Year 11

Mayday Bank Holiday

Monday 4th May 2025

Half-Term Holiday

Monday 25th May – Friday 29th May

Second Summer Half Term

Monday 1st June – Friday 24th July

Friday 24th July INSET DAY

School closed to students except by invitation

SEND FACULTY NEWS

Supporting Children with Dyslexia: Simple Ways to Build Reading Confidence at Home

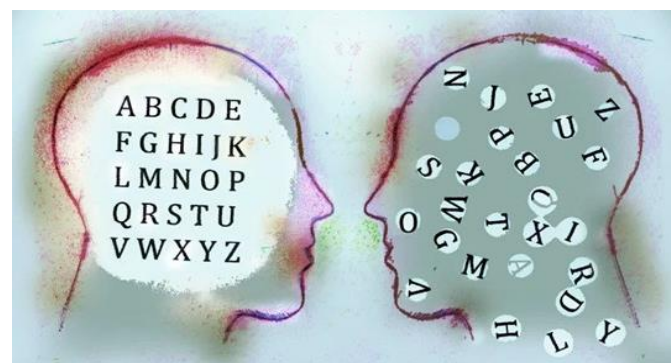
Supporting a child with dyslexia can feel challenging at times, but small, regular activities at home can make a big difference. Reading should feel calm, positive and pressure-free. Here are some simple ways to help your child build confidence and enjoyment.

1. Keep Reading Relaxed And Enjoyable

Choose books your child genuinely wants to read. Enjoyment builds motivation, and motivation helps progress. Try reading together, taking turns or reading aloud while they follow the words.

2. Use Audio Alongside Print

Audiobooks and text-to-speech tools are excellent resources. Listening while looking at the words supports understanding and confidence without causing strain.



3. Break Words Down Together

If your child gets stuck, help them break the word into smaller parts. This supports the sound-by-sound approach that many children with dyslexia find helpful. Praise their effort every time.

4. Support With Visuals And Technology

Coloured overlays, reading rulers or adjusting screen settings can reduce visual stress. Dyslexia-friendly fonts or larger text on tablets can also make reading more comfortable.

5. Re-Read Familiar Books

Reading familiar stories builds fluency and strengthens word recognition. If your child enjoys returning to the same book, encourage it.



6. Celebrate Progress, Not Perfection

Small achievements matter, such as reading an extra page or trying a new word. Regular positive reinforcement builds self-confidence and resilience.

7. Keep Communication Open

Share home experiences with school so support remains consistent. Working together helps your child feel understood and supported in every setting.

Support for You & Your Child with SEND



Optional Paid Training

Using Visuals to Support Communication – £30

Practical ideas for using pictures, symbols and visual supports at home.

- Booking Link: (see Evelina London website)
- Available as anytime eLearning

Language Development in Bilingual Children – £30

Guidance for families raising children in more than one language.

- Booking Link: (see Evelina London website)
- Available as anytime eLearning

Supporting Children with Restricted Feeding – £30

Strategies for children who struggle with eating a range of foods.

- Booking Link: (see Evelina London website)
- Available as anytime eLearning

Lego Therapy

£45 (local) / £20 (out of borough)

A fun, structured approach to developing communication and social skills.

- Booking Email: gstt.contacts@nhs.net
- Wednesday 4th June 2026, 3:30–5:00pm

Accredited Talking Mats

£20 (local) / £45 (out of borough)

Learn how this visual communication tool can support children to express their views.

- Booking Link: (see Evelina London website)
- Wednesday 10th June 2026, 9:30–12:30
- Wednesday 1st July 2026, 9:30–12:30

FREE Training for Parents & Carers

Free Speech & Language Training for Parents & Carers

We are delighted to share that Evelina London's Speech & Language Therapy Service is offering a range of FREE online training sessions designed to help you support your child's communication, learning and confidence at home. These sessions are ideal for any parent or carer who would like practical, easy-to-use strategies.

Alongside the free sessions, there are also optional paid eLearning courses if you would like to explore specific areas in more depth.

Makaton Taster Sessions – FREE

A great introduction to using simple signs and symbols to support communication.

- Booking Email: gst-tr.contacts@nhs.net
- Monday 3rd November 2025, 3:30–5:00pm
- Tuesday 6th January 2026, 10:30am–12:00pm
- Wednesday 4th March 2026, 1:30–3:00pm

DLD Together – FREE (7-week course)

A supportive programme for families of children with Developmental Language Disorder.

- Booking Email: gstt.contacts@nhs.net
- Termly courses – dates available on request

What Do SLTs Do in Schools? – FREE eLearning

Learn more about how Speech & Language Therapists support children in education.

- Access Email: gstt.contacts@nhs.net
- Available anytime

School Starters (Transition) – FREE eLearning

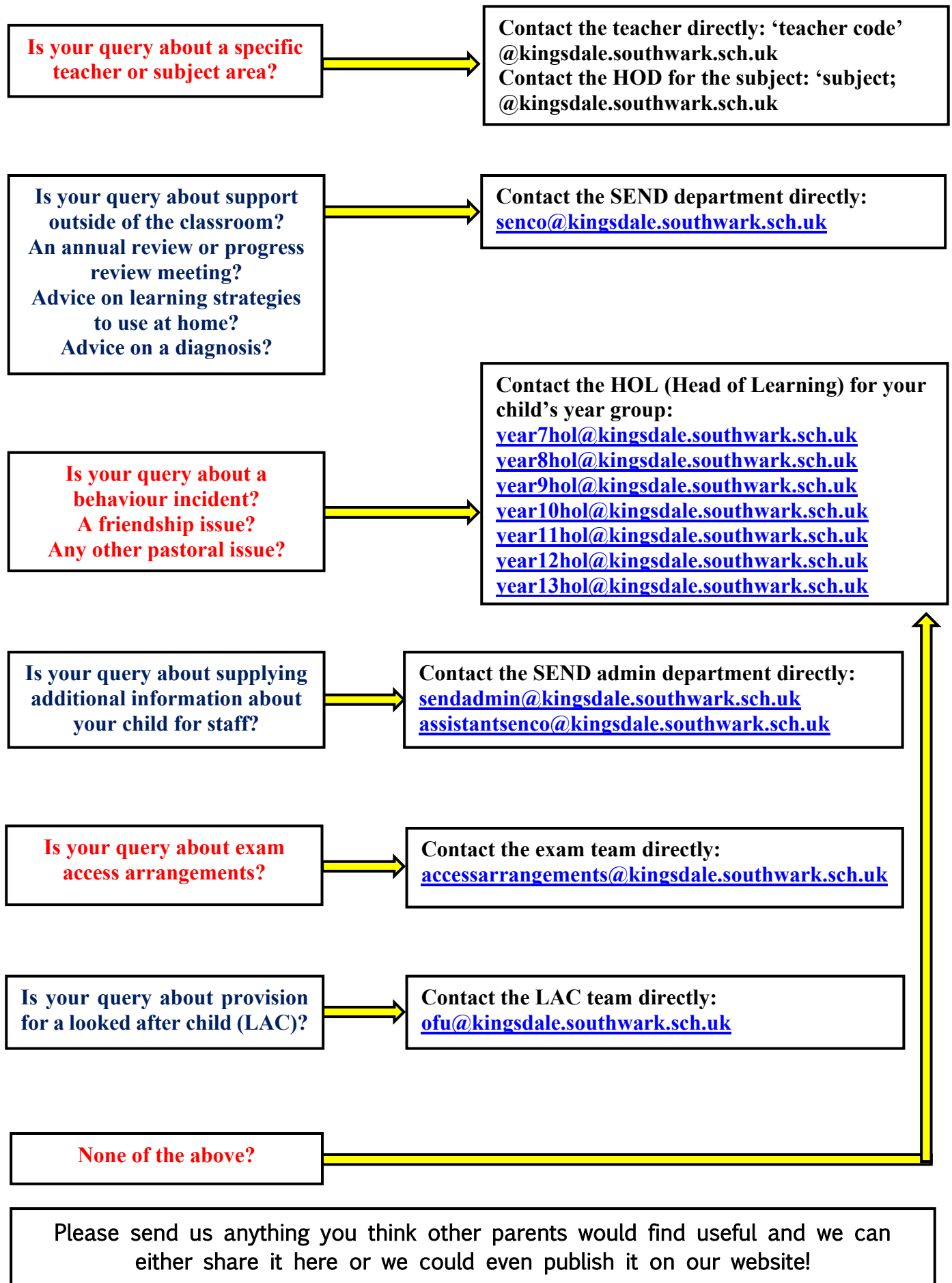
Helpful guidance for supporting communication skills as children begin school.

- Access Email: gstt.contacts@nhs.net
- Available anytime

If you have any questions or would like help choosing the right course for you, please speak to a member of our school team, we are always happy to support.

Communication Flowchart: SEND

At Kingsdale we would like our communication to be as effective as possible. Please see the flowchart below to help us support your child effectively and get the information needed to the right people.



If you are worried someone's drinking or drug use is affecting your child, we're here to help.



We help children and young people to cope with difficult family situations and feel stronger in themselves.

You can speak to us on 0203 404 7699
or email Southwark.YoungPeople@cgl.org.uk

Free Workshops for Parents and Carers

Do you want more guidance on how to talk to your children, teens and young people about vaping, alcohol or drugs? Do you want to be informed on the current themes and trends we come across working with young people in the borough?

Substances are more accessible today than ever before. For parents, carers or anyone responsible for children and young people, it can feel overwhelming and difficult to know how to respond.

We're offering FREE online workshops for parents and carers in Southwark, to give advice and guidance to help you navigate this quickly changing landscape.



We'll cover:

- Current trends amongst young people
- Strategies for talking to young people about substances in an open and supportive way
- Practical advice on how to keep your children safe from the dangers of substance misuse



For further information contact:

- Email: Southwark.YoungPeople@cgl.org.uk or scan the QR code for a direct link to the eventbrite page.
- You can call us on: **020 3404 7699**

SCAN ME



Talking to your child about

SHARING IMAGES ONLINE

For children and young people, socialising online is part of normal life. Chatting online and sending messages, photos and videos can be a good way of strengthening friendships. Sometimes, however, they can misjudge boundaries and may not realise the impact of their actions.

They can also be manipulated or pressured by others into sending inappropriate content, such as nude or semi-nude images. These can be sent for reasons including humour, shock-value, revenge or exploring bodies and relationships. Once images are shared, they can't be retrieved, leaving them vulnerable in many ways.

Having conversations with your child at an early age about what is and isn't ok to create and share can help keep them safe.



What can you do to keep your child safe online?

S

Set clear boundaries.

Agree with your child what they can do online and their access to certain apps/websites.

T

Talk with your child and be supportive.

Listen to what they already know so you can start a conversation about what normal use is.

E

Educate everyone in the family.

Make sure all family members know what isn't appropriate and how to stay safe online.

E

Evolve with the internet.

Keep up to date with technology used by your child and their features such as smartphones, VR headsets etc.

R

Research, review and regulate the apps and websites your child uses. This will allow you to decide whether they should use them and how to keep them safe online.



Prosecutions of children are very rare but there can be legal consequences to sharing nude or semi-nude imagery of a child (photos, cartoons or other picture formats), even if the person doing so is a child. If you think your child has shared an inappropriate image, speak to an advisor at the Child Exploitation and Online Protection Command (CEOP). Details below.



FOR SUPPORT AND ADVICE, PLEASE VISIT:

 **parentzone**

ParentZone – Resources for parents/children to help keep kids safe online.



Education from
the National
Crime Agency

CEOP Education from the National Crime Agency – Advice, information and resources to use with your child to help keep them safer from online child sexual abuse.



Internet Matters – Comprehensive resources and expert guidance to help parents/carers keep their children safe online.



A safe space for teenagers worried about sexual behaviour

Our new website for young people with concerns about their own or someone else's sexual thoughts and behaviour.



shorespace.org.uk

Why Shore?

- It is one of the only resources of its kind in the world, designed specifically for young people with concerns about sexual behaviour
- It has reliable information to get anonymous help if they or a friend has acted harmfully online

SCHOOL NEWS

KFS Uniform Bank

Our uniform is a key part of our identity and as such we are able to help parents and carers in providing quality uniform items. Sadly, the cost of living is still rising and some families are finding it a challenge to cover all bases in bringing up a family. There is also the negative environmental impact in design and disposal within the clothing industry to consider. Kingsdale community families can acquire cleaned and sanitised pre-worn uniform blazers (Belmont Dry Cleaners in Croxted Road have been most generous with their time and costing in this matter) and other items, dependent on availability, at a much, reduced rate.

The Uniform Bank will also be open between 3.45pm and 4.45pm each Monday, Wednesday and Friday. Please, always check for availability of items prior to making a purchase. This is a rolling programme that continues throughout the entire academic year and as such we are always looking for donations. Please leave washed and folded clothes at the main Reception area. Items of uniform will be available at other times of the year depending on supply. If you would like to help in any way please make yourself known to the team.

If you have any queries, do not hesitate to contact: Mr Lewis at jls@kingsdale.southwark.sch.uk



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. The School Shop is located in the main Atrium nearest to the green stairs.



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

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.

HOUSE COMPETITION



The UK has a long-loved tradition of enjoying tea and cake, and National Cake Day has quickly become a highlight for families and cake fans alike.

What Is National Cake Day?

National Cake Day, marked each year on 26th November, is a cheerful celebration of all things cake. It's a chance for families to savour favourite flavours, try something new, and admire the creativity of bakers across the country. From a classic Victoria sponge to a decadent chocolate cake, this day gives everyone the perfect excuse for a little indulgence.

Why Do We Celebrate It in the UK?

Cakes have been a part of British life for generations, from afternoon tea to birthdays and big family moments. National Cake Day helps keep these traditions alive and offers a lovely opportunity to shine a spotlight on local bakers and small businesses. It celebrates the artistry, passion, and community spirit that go into every slice.

Join the Kingsdale Cooking Challenge!

Students are invited to bake a cake! Send us a picture and a short description of how you made your cake. The best-looking cake will win valuable points for your house. Don't forget permission from your parents or carers and have appropriate supervision in the kitchen.



HOW TO ENTER: Email the House Team: housesystem@kingsdale.southwark.sch.uk
Ensure your entry is accompanied by your full name, tutor group and House.

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

WHAT ARE THE RISKS?

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>

SPORTS FIXTURES

Monday 24th November 2025

- Under-14s Girls' Hockey Tournament at St Dunstan's College. Leave school at 8.30am. Start 9.30am. Return at 2.30pm approx.: **Ms Jaymes**
- Under-13s & 16s Girls' Touch Rugby Tournament Streatham and Clapham High School. Leave school at 1.50pm. Start 3pm. Return at 6pm approx.: **Ms McErlain Plus 1**
- Under-16s Boys' Basketball Away Match v Prendergast Ladywell School. Leave school at 3.30pm. Start 4.15pm. Return at 6.15pm approx.: **Mr Hall/Mr Dash**
- Under-13s Girls' Hockey Away Match v St Dunstan's College. Leave school at 3.30pm. Start 4.30pm. Return at 6.45pm approx.: **Ms Jaymes**

Tuesday 25th November 2025

- Under-14s Boys' Football Away Match at Burgess Park against The City of London Academy. Leave school at 1.50pm. Start 2.30pm. Return at 5pm approx.: **Mr Johnstone/Mr Price**

Wednesday 26th November 2025

- Under-12s Boys' Rugby League Tournament at Streatham and Croydon RFC. Leave school at 1pm. Start 2pm. Return at 4.45pm approx.: **Mr Roberts/Mr Price**
- Under-13s Girls' & Boys' Indoor Athletic at Sacred Heart School Camberwell. Leave school at 3pm. Start 4.15pm. Return at 6pm approx.: **Mr Dash**

Thursday 27th November 2025

- Under-13s Boys' Football Home Match v The Norwood School. Leave school at 1pm. Start 2pm. Return at 4.30pm approx.: **Mr Price**
- Under-14s Girls' Football Home Match v St Dunstan's College. Leave school at 1.50pm. Start 2.30pm. Return at 4.45pm approx.: **Mr Jones**

Friday 28th November 2025

- Under-15s Girls' Indoor Cricket Tournament at Alleyn's School. Leave school at 12.45pm. Start 1.30pm. Return at 5pm approx.: **Ms Jaymes**
- Under-16s Girls' Netball Away Match v Sydenham High School. Leave school at 3.30pm. Start 4pm. Return at 6pm approx.: **Ms McErlain**
- Under-13s Boys' Rugby Home Match v Graveney School. Leave school at 1.50pm. Start 2.30pm. Return at 4.30pm approx.: **Mr Lord**

Please note that fixtures maybe postponed or rearranged due to weather conditions.

All fixtures can be viewed via the link below:

<http://www.kingsdaleschoolsports.org.uk>

HOUSE NEWS

Online Safety Corner

For this week's Online Safety focus we are looking at ways to 'What Parents & Educators Need to Know about Health & Fitness Apps'. Get a greater insight here. Please read! Remember to keep an open dialogue with your child about their activities online. See Page 21 above.

The House Leader Board 2025-26

Week ending
21st November 2025

- 1st Place – Swift 36,375 points
- 2nd Place – Dove 36,144 points
- 3rd Place – Albatross 35,511 points
- 4th Place – Falcon 35,311 points
- 5th Place – Eagle 35,219 points



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 [here](#).

MyEd app

Downloaded for free at:

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

This app provides a range of useful info for parents.

