



PARENTAL NEWS BULLETIN

Issue 11 Monday 1st December 2025

HEADLINE NOTICES

School Closure Wednesday 10th December 2025 Year 11 Parents' Evening

Please be informed that in order to facilitate the Year 11 Parents Evening on Wednesday 10th December 2025, the school will close early between 12.55pm & 1.05pm for students in Years 7, 8 & 9 only. Students in Years 11 & 12 will finish school at their normal times. Year 10 students will finish at 3.45pm, i.e. there will be no tutor period on this day. The school transportation times will be adjusted on this day to reflect the amended school finish times for students in Years 7-9. Please accept our apologies for any inconvenience caused. Should parents of students in Years 7-9 wish their child(ren) to remain at school on this day, this will be accommodated. Please contact a Head of Learning for your child should this be the case.



House Excellence Award

Sanchez Headley, Year 7, has won the House Excellence Award. He was nominated by the RE department. Sanchez is a wonderfully curious student, keen to explore the beliefs of others. He is enthusiastic and thoughtful in debate, engaging with both his peers and teachers when sharing his opinion, and learning from those that conflict with his.

As well as demonstrating a wide range of knowledge beyond the curriculum, Sanchez clearly has a developed sense of empathy, that makes him an asset to any classroom. Well done Sanchez!

Performing Arts News

The Musical Amelie

Performances from 8th - 13th December

Ticket Prices:

Adults £7 / Children £3

For tickets available from the Drama Office or email Mr Golding at ogg@kingsdale.southwark.sch.uk

Special thanks to Ruby Fox (Year 9) for her amazing Amelie poster design!

For more information go to Page 2.

THEME OF THE WEEK

Advent

The Old Testament frequently makes references to the coming of a messiah – a messenger from God. Many of the readings of Advent speak of a time when there will be peace and an end to suffering. This is what most of us would really hope for if we thought hard about the world as it is now.

WORD OF THE WEEK

Kindle

- to cause a fire to start burning by lighting paper, wood, etc.
- to cause strong feelings or ideas in someone.

1. 'We used twigs to kindle a fire on our camping trip.'
2. 'Shakespeare has helped kindle the imagination of many generations.'

SCHOOL NEWS



UKMT Senior Maths Kangaroo Challenge

Congratulations to all participants of this year's Senior Kangaroo Maths challenge!

Your hard work, persistence, and problem-solving spirit truly shone through. We're especially proud of the remarkable performances by Jay Kayum (Year 12) and John Toohey (Year 13), whose outstanding results stood out within an already impressive challenge. All participants will receive a qualification certificate.

John Toohey, Year 13

Silver Certificate - Best in School

Jay Kayum, Year 12

Silver Certificate - Best in Year

Alice Finegan, Year 13

Bronze Certificate

Seth Rogers, Year 13

Bronze Certificate

Well done to everyone for participating in the competition and striving for excellence!

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

ORIGINAL POSTER DESIGN BY
RUBY FOX

CREDITS

BOOK CRAIG LUCAS

MUSIC DANIEL MESS

LYRICS NATHAN TYSEN
AND DANIEL MESS

BASED ON THE FILM
AMELIE

SIXTH FORM NEWS



Year 13 English Literature Students Visit the National Theatre

Last week, our Year 13 English Literature students enjoyed an inspiring visit to the National Theatre to watch a dynamic production of *Hamlet*. The performance offered a fresh and imaginative interpretation of Shakespeare's tragedy, giving students the chance to see on stage the complex themes and characters they have been exploring in class.

The production's inventive staging and powerful performances sparked thoughtful discussion among students, who were eager to connect what they saw with their A Level studies. The trip proved not only academically enriching but also a memorable cultural experience, reminding students of the enduring relevance of Shakespeare's work.



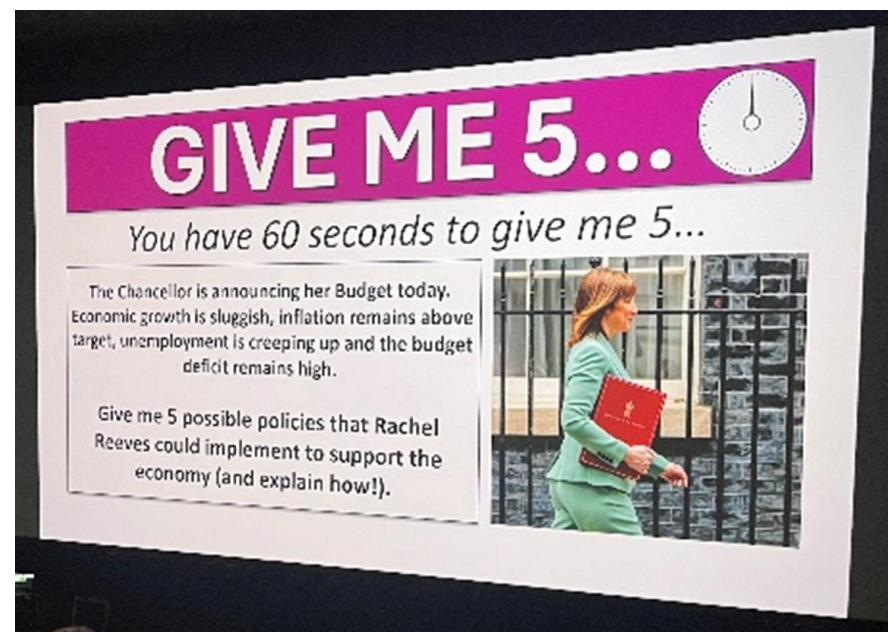
Year 13 Economics Students Attend Strong Foundations Workshop

Our A Level Economics students recently took part in the Strong Foundations workshop delivered by Tutor2U at the Vue Cinema at Westfield, Shepherd's Bush. The event was designed to strengthen students' understanding of key concepts and develop the essential exam skills needed for success in their final A Level examinations this Summer.

Coinciding with the announcement of the new budget on the same day, the workshop could not have been better timed, offering students the opportunity to link their learning directly to real-time economic events.

Throughout the day, students engaged in a series of interactive activities and challenges, revisiting important topics from Year 12 and applying their knowledge to exam-style questions. We were also delighted that several of our students won prizes for their contributions during the session. Several of them correctly answered the bonus questions set by the examiners and received Tutor2U merchandise as a reward for their enthusiasm and quick thinking.

We are confident that the skills gained will support our students as they prepare for the final stretch of their Economics course.



MATHS NEWS

Maths Master Classes at Imperial College London

Year 8 Maths Scholars attended their session at Imperial College last week. The day is divided in to two parts with a morning session focusing on curriculum based learning and an afternoon session focused on completion of a STEM project activity.

Morning session: Indices and Roots

Afternoon session: Robotics



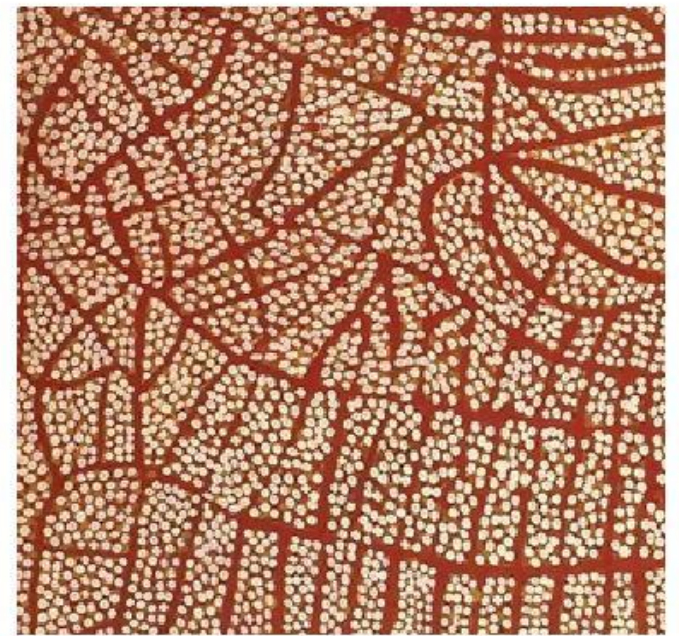
Year 8 Maths Scholars assembling their robots.



Students moved the robot by coding a sequence of steps and actions.

Ted Rowe, Year 8, went to the Tate Modern as a part of his Bronze Arts Award to 'Review arts events' component. Through this section of his qualification, Ted is showing that he has learned about the art form, how to review an arts experience and how to share his review with others.

EMILY KAM KNGWARRAY



Fun Fact:

In 2018, Qantas unveiled a Dreamliner aircraft covered in artwork inspired by Emily Kam Kngwarray's paintings. The design was created in collaboration with the Aboriginal artist's community and the Warlukurlangu Artists Centre.

- The pattern is based on her famous painting "Yam Dreaming", which shows the tracks, roots and seed patterns of the yam plant she was spiritually connected to.
- Over 5,000 individual dots were painted onto the aircraft.
- It took a team of painters over 10 days to complete the design.
- Qantas created this livery to celebrate Indigenous Australian art and culture, flying Emily's stories across the world.

Why it's cool:

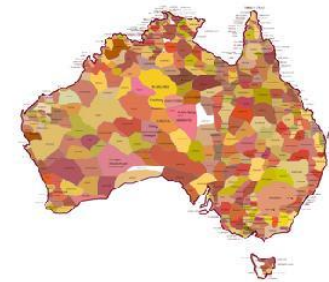
This plane literally turns her Country, her Dreaming and her patterns into something that travels globally – a perfect symbol of spreading culture and stories.

EXHIBITION REVIEW TATE MODERN

Emily Kam Kngwarray

This autumn I visited the Emily Kam Kngwarray exhibition at Tate Modern. The show felt immersive from the moment I entered and I could hear Aboriginal language being sung in the background. It was a brilliant way to begin because it immediately showed how deeply her art is connected to her Country and culture.

One thing that really surprised me was that Kngwarray didn't start painting on canvas until she was in her seventies, yet she produced an enormous amount of work in just eight years. The scale of the exhibition is impressive and shows how her style developed – from her early batik textiles to bold, sweeping acrylic paintings.



Seeing all the works together made me understand how connected Kngwarray was to her homeland and how deeply she cared about her culture. After the first room, the exhibition led to spaces highlighting aspects of her Alhalker culture and life. The layout flowed naturally, beginning with earth-based dye and batik works and leading onto her later acrylic paintings. One space introduced ideas like

Dreaming, tracks, and the important plants and animals from her Anmatyerr homeland, which helped me understand that her patterns aren't random but connected to stories and everyday life in the desert. The next room was filled with the huge batik textiles hanging from the ceiling. You could move through them, taking a closer look at the natural patterns and the earthy palette of warm reds, yellows and browns made the room feel sunlit. Even though she used different techniques over the years, her work often features expressive lines, repeated mark-making and a natural desert palette. What stood out to me most was that her paintings don't look like traditional landscapes, yet they still feel connected to nature. Up close, the dots appear as small, abstract circles of different colours, but when I stepped back, the whole surface began to resemble an aerial – or perhaps spirit's-eye – view of scattered seeds, winding pathways and cracked dry ground.



Many of her paintings reflect the growth, roots, and patterns of the yam plant, showing how deeply her art is tied to her land and her Dreaming stories.



I left the exhibition with a much clearer understanding of Emily Kam Kngwarray's work – how strongly it connects to her land, culture and identity—and how her art is both abstract and deeply organic. The prominent display of such an extensive collection at Tate Modern felt celebratory and I really enjoyed how the exhibition was arranged, guiding me through her journey as an artist and showed how abstract art can express real places, stories and feelings. I left with a deeper appreciation of her style and plenty of ideas I want to try in my own artwork.



One of my favourite moments was seeing footage of Emily Kam Kngwarray drawing directly into the red sand with her hands. I learned that this type of mark-making is part of awelye, traditional Anmatyerr women's practices where stories are shared through song, painted designs and gestures in the sand. Realising that the same movements and patterns appear in her canvases helped me understand that her art isn't just about copying what the land looks like – it's about expressing how it feels.



CAREER NEWS

Careers Talks

We have an exciting suite of careers talks coming up after Christmas– see below for details. Students who are keen to take part should complete [this form](#) to register their interest or e-mail careers@kingsdale.southwark.sch.uk . We will update with specific details when sessions are confirmed. We are also hoping to line up talks from professionals in civil engineering, IT, occupational therapy, and TV & film.

Date	Time	Years	Talk
Monday 1 st December	Period 4 12-12.45pm	13, 10	Criminal And Social Justice Sector
Tuesday 9 th December	Period 1 1-1.45pm	9, 12, 13	Diplomacy And Development
Tuesday 3 rd February	Period 5 1-1.45pm	9, 12, 13	Criminal And Social Justice Sector
Wednesday 4 th March	Period 4 12.10-12.45pm	8, 10	Diplomacy And Development
Wednesday 18 th March	TBC	TBC	Advertising
Tuesday 28 th April	TBC	TBC	Interior Design
Friday 1 st May	Period 4 12.10-12.50pm	8, 10	Metropolitan Police
Tuesday 2 nd May	4.15-5.00pm (after school)	All Years	Data Centres
Spring – date TBC			Video Publishing & Media

All talks will take place in CR1 unless indicated otherwise.

Students can express an interest in any of these talks, by using 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 Medicine



Last week, we were lucky to host Dr Deen Mirza for a careers talk about careers in medicine this week. Dr Mirza talked eloquently about his fascinating career, and made it clear to students the huge variety of options available for doctors once they're qualified. Dr Mirza gave helpful tips about what might make someone stand out in a medical application, making it clear that there are incredibly high expectations so students should try to make sure they continue doing what they enjoy as well as putting time into their applications. A huge thank you to Dr Mirza for this informative and enlightening talk.



Careers Talks Coming Up



Careers/Policy Talk: Policing and Crime

Monday 1st December between 12-12.45pm in CR1

On Monday 1st December, Melissa Asare is coming to talk to students about her career in the Criminal and Social Justice sector. She works in the Mayor's Office for Policing and Crime, currently in business planning and performance management but previously in disproportionality in the use of police powers such as stop and search. Melissa will be giving her perspectives on the sector and particularly the state of policing in London – it should be a fascinating talk. Students should bring their lunch and come ready to ask questions! To register interest, students can let their Sociology teacher know or complete the form [here](#).



Careers Talk: Careers in Diplomacy and Development

Tuesday 9th December

Period 5 - 1-1.45pm in CR1 – Years 9, 12 and 13

On Tuesday 9th December we're excited to be welcoming Zoe Wildig to talk about her career in diplomacy and development. Zoe has worked for the foreign office, the UN, and various NGOs on issues such as human rights, peace building, and royal visits. Most recently, she worked as Political Counsellor, British High Commission Nairobi, Kenya and prior to that, 7 years at British Embassy in Addis Ababa, leading UK political and conflict work in Ethiopia. We're really excited to hear what Zoe has to say about a career in diplomacy and development and hear her views about the current situation.

Students who are keen are invited to come to CR1 at 1pm on Tuesday 9th December with their lunch! Students can sign up [here](#) to register interest.

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 runs on Tuesdays 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.





Under-14s Girls' Hockey Tournament

The tournament started well with strong possession going 50/50 between both teams in the first match against Grey Court. The girls had plenty of opportunities throughout the game but could not convert even with a short corner awarded and lost. In our second game, against Colfe's Blue team, we won 1-0 with a goal from Zena Barry. We narrowly lost in the third game against West London Free School. Despite Zena once again scoring a fantastic reverse hit, the other team scored the winning goal. The last game was a very tough game for us, losing to Francis Holland School. The girls played well however with great teamwork.

Match 1: Kingsdale **0-3** Grey Court School

Match 2: Kingsdale **1-0** Colfe's (Blue Team)
Goal scorers: Zena Barry (1)

Match 3: Kingsdale **1-2** West London Free School
Goal Scorer: Zena Barry (1)

Match 4: Kingsdale **2-1** Colfe's (Yellow Team)

Match 5: Kingsdale **4-0** Francis Holland School

Team: Amelie Rae, Matilda Cotton, Juliet Beatty, Ava Rugeroni, Zena Barry, Rosa Ackroyd Todd, Georgia Baker and Martha Hill

SPORTS NEWS

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

Under-12s Girls' Football Inner London Cup Kingsdale v Prendergast Ladywell School

Congratulations to the Year 7s who have progressed to the Third Round of the Inner London Cup which was played on Monday 17th of November. The girls had an excellent performance and played great football.

Final score:

Kingsdale **6-0** Prendergast Ladywell School

Goal scorers:

Ruby Gall (3), Ever Ludlow-Round (1), Ruby Patterson (1) and Myla Howell (1)

Player of the Match: Ruby Gall for scoring 3 great goals.



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.



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

AUTUMN TERM 2025

Second Autumn Half-Term

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

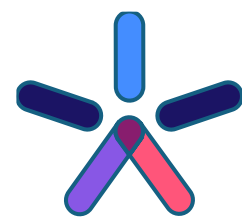
Second Summer Half Term

Monday 1st June – Friday 24th July

Friday 24th July INSET DAY

School closed to students except by invitation

SEND FACULTY NEWS



COUNCIL FOR DISABLED CHILDREN

SEND Regional Engagement Events

Department for Education / Council for Disabled Children

- **What:** A series of DfE SEND reform engagement events where parents/carers, schools and professionals can feed into upcoming SEND reforms.
- **When:** Series running 2–11 December 2025, with specific dates for regions (South West, online, East Midlands, East of England, South East) and London date “TBC” during the same window. councilfordisabledchildren.org.uk+1
- **Format:** Mix of online and in-person sessions (all during the day, 10:00–12:00).
- **Who for:** Parents, carers, school staff, SEND professionals – very relevant for secondary-age families because it’s about the future of the SEND system.

Check out more here: <https://councilfordisabledchildren.org.uk/work-us/events-training/events-training-calendar/send-regional-engagement-events-department>

twinkl PARENTS | TeachMeet

Supporting Your Child with SEND During the Festive Period with Twinkl

Twinkl Parent Webinar

- **What:** Free webinar on managing routines, sensory overload, anxiety and meltdowns over Christmas, using SEND-friendly resources (visual schedules, sensory activities, etc.).
- **When:** Tuesday 2 December 2025 (online). [Twinkl](https://www.twinkl.com/parents/teachmeet)
- **Who for:** Parents of children with SEND of any age – very applicable to secondary-age young people who struggle with routine changes.

Book Now

Tuesday 2nd December 10:00

Support for You & Your Child with SEND



**Evelina
London**

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

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)

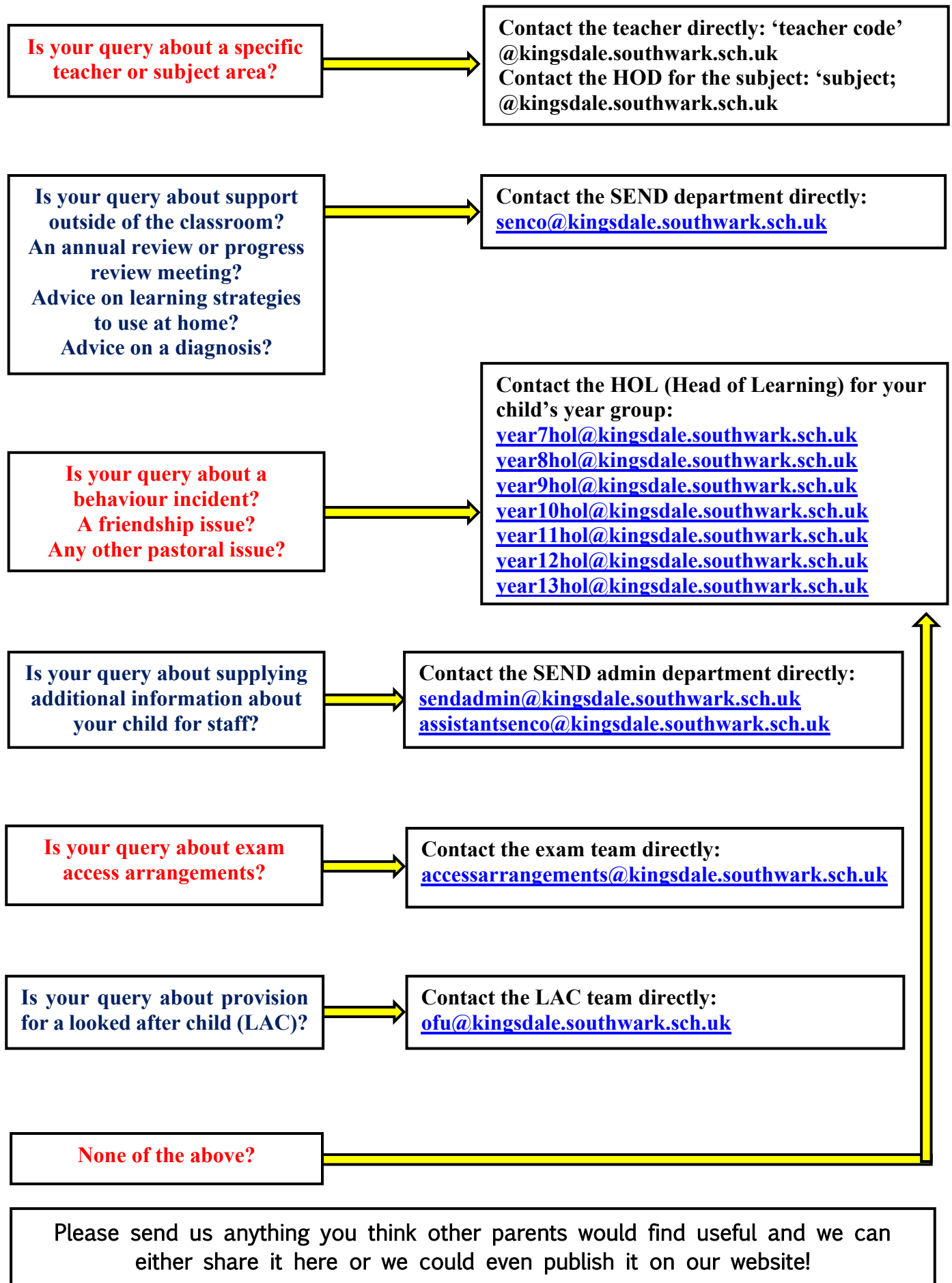
Learn how this visual communication tool can support children to express their views.

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

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.

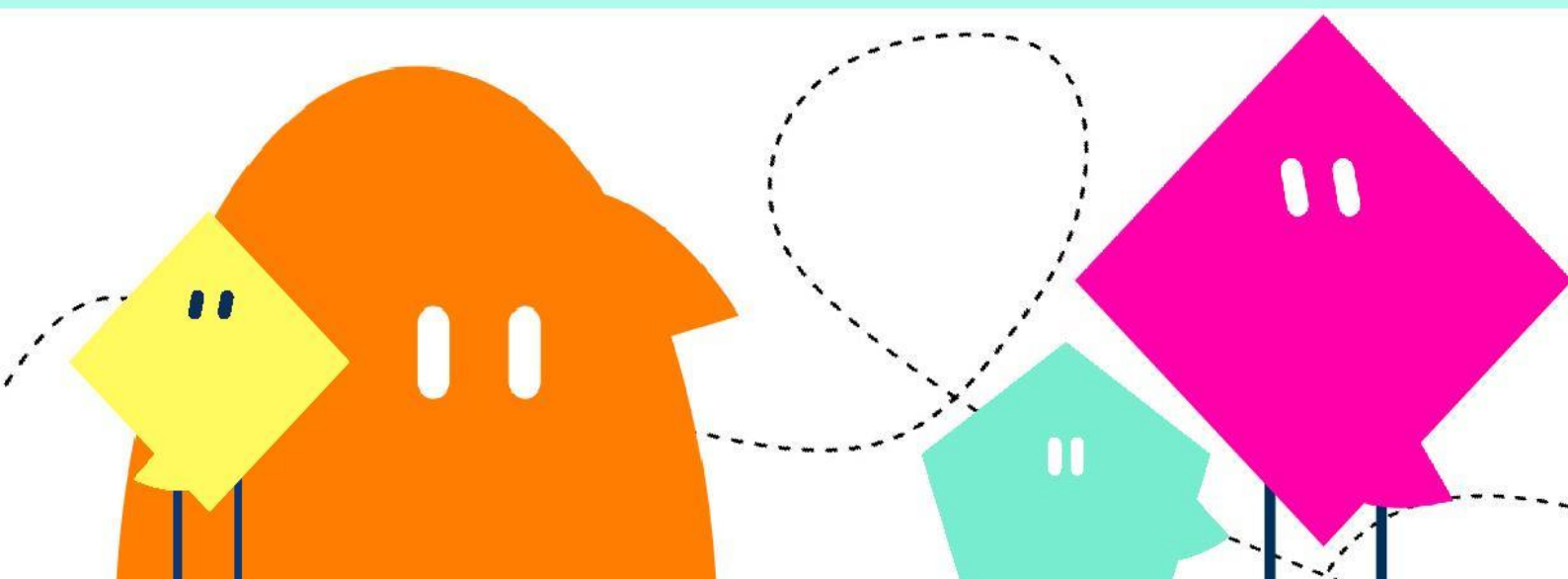


Education from
the National
Crime Agency

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



International VOLUNTEER DAY

What is International Volunteers Day 2025?

International Volunteers Day (IVD) is an annual event dedicated to recognising and celebrating the incredible efforts of volunteers and volunteer organisations worldwide. It's a time to inspire more people to get involved in volunteer activities and highlight how volunteering helps create a better, more inclusive world.

When is International Volunteers Day 2025?

IVD is observed globally on December 5th each year. This special day is an opportunity to honour the achievements of volunteers and reflect on the positive impact of volunteerism in our communities and beyond.

Get Involved!

Many students at Kingsdale Foundation School are already making a difference by volunteering their time for various activities and local community projects. We'd love to hear about how you have volunteered this year!



Share Your Story – Student Task

Write a short entry or send us a picture showcasing your volunteer efforts. Let's celebrate the difference you're making in the world! Submit your entry to: housesystem@kingsdale.southwark.sch.uk. Ensure your entry is accompanied by your full name, tutor group and House.

Illumination Street Week 2025



Illumination Street, held during the first week of December is a campaign that celebrates the passion, flair, and effort that people around Britain invest in lighting up their homes for Christmas. They aim to inspire both adults and children to use their imagination with their front gardens and homes during the festive holidays.



STUDENT TASK: Send a photograph of your decorations in your front garden. Remember to keep your door number and address anonymous.

HOUSE ACTIVITY:

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



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech - related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?



47%
of parents
said they thought their
children spent too much
time in front of screens



What parents need to know about SCREEN ADDICTION



HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes' explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



**National
Online
Safety®**



Top Tips for Parents



LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their Outdoor activities to show your support.

STATISTICS

52% of children aged **3-4**
go online for nearly **9hrs** a week

82% of children aged **5-7**
go online for nearly **9.5hrs** a week

93% of children aged **8-11**
go online for nearly **13.5hrs** a week

99% of children aged **12-15**
go online for nearly **20.5hrs** a week

Children and Parents: Media Use and Attitudes Report 2018

SPORTS FIXTURES



HOUSE NEWS

Monday 1st December 2025

- Under-14s Boys' Rugby League London Finals at Stanwell. Leave school at 12noon. Start 2pm. Return at 6.45pm approx.: **Mr Lord/Mr Price**
- Under-15s Girls' Hockey Tournament at Latymer Upper School. Leave school at 8am. Start 9.30am. Return at 5pm approx.: **Ms Jaymes/Mr Foster**
- Under-16s Boys' Basketball Away Match v Globe Academy. Leave school at 2.30pm. Start 3pm. Return at 5.30pm approx.: **Mr Hall**

Tuesday 2nd December 2025

- Under-13s Boys' Elite Football Away Match at Burgess Park against St John's Prep & Senior School, Enfield. Leave school at 1.50pm. Start 2.30pm. Return at 5pm approx.: **Mr Price**
- Under-14s Girls' Football Away Match v Sydenham High School. Leave school at 1.50pm. Start 2.30pm. Return at 4.30pm approx.: **Mr Jones**
- Under-14s Boys' Basketball Away Match v Ravenswood Boys School. Leave school at 1pm. Start 2pm. Return at 4.30pm approx.: **Mr Hall/Mr Dash**
- Under-16s Boys' B Team Rugby Friendly Away Match v Dulwich College. Leave school at 1pm. Start 2pm. Return at 4pm approx.: **Mr McWhirter**

Wednesday 3rd December 2025

- Under-15s Boys' Football Away Match v Skinners Academy School. Leave school at 12.30pm. Start 2pm. Return at 5.30pm approx.: **Mr Hall**
- Under-13s Girls' Football Away Match v Ibstock Place. Leave school at 12.45pm. Start 2pm. Return at 5.15pm approx.: **Mr Jones/Mr Price**
- Under-16s Girls' Netball Away Match v Sydenham High School. Leave school at 2pm. Start 2.30pm. Return at 5pm approx.: **Ms McErlain**
- Under-12s Girls'/Boys' Indoor Athletics at Sacred Heart School. Leave school at 3pm. Start 4.15pm. Return at 6pm approx.: **Mr Dash**

Thursday 4th December 2025

- Under-15s Girls' Football Away Match against Queens College London. Leave school at 12.30pm. Start 2pm. Return at 5.30pm approx.: **Mr Jones/Mr Price**
- Under-13s Girls' Hockey Away Match vThe Godolphin & Latymer School. Leave school at 1pm. Start 3pm. Return at 6.45pm approx.: **Ms Jaymes**

Friday 5th December 2025

- Under-14s Girls' Basketball Away Match v Globe Academy. Leave school at 2pm. Start 3pm. Return at 5pm approx.: **Mr Roberts/Mr Dash**

Fixtures may be cancelled due to weather conditions. More info available on:
<http://www.kingsdaleschoolsports.org.uk>



Online Safety Corner

For this week's Online Safety focus we are looking at ways to 'What Parents & Educators Need to Know about Screen Addiction'.

Please read! Remember to keep an open dialogue with your child about their activities online. See Page 18 above.

The House Leader Board 2025-26

Week ending
28th November 2025

- 1st Place – Swift 39,982 points
- 2nd Place – Dove 39,827 points
- 3rd Place – Albatross 39,082 points
- 4th Place – Falcon 38,931 points
- 5th Place – Eagle 38,772 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.

