



PARENTAL NEWS BULLETIN

Issue 13 Monday 15th December 2025

HEADLINE NOTICES

KFS Christmas & New Year 2025 – 2026 Holiday



We would like to take this opportunity to thank you for all your support this term and to wish all families an enjoyable festive season. We look forward to welcoming our students back to school in the 2026 New Year. The school will close on Friday 19th December 2025. Further information circulated separately. The New Year (Spring Term 2026) commences on Monday 5th January 2026 for selected students only. The school will re-open for all students on Tuesday 6th January 2026 at the usual times. Further details regarding these arrangements have been circulated to parents separately. You can find full details regarding school and holiday dates for the 2025-26 academic year on our website [here](#).



House Excellence Award

Chloe Milton, Year 13, has won the House Excellence Award. She was nominated by the PE Department. Chloe achieved excellent marks in her mock exams in October 2025.

Her determination in and outside of the classroom is evident. She is a role model to other students in her year group and to those in the younger years.

She is always willing to help the department, and we appreciate all her efforts. Well done, Chloe!

KFS Careers Fair 2026

Please note the KFS Careers Fair is due to take place for students in Years 9, 10 and 12 on **Wednesday 14th January 2026**. This is a fantastic event for students and parents of the relevant year groups have been emailed with more details. Any queries should be directed to careers@kingsdale.southwark.sch.uk. Thank you so much to all of the parents who have volunteered to help out on the day.

THEME OF THE WEEK

Christmas

'Somehow, not only for Christmas, but all the long year through, the joy that you give to others, is the joy that comes back to you.'

Christmas Gift Suggestions from Kingsdale Foundation School

To your enemy, forgiveness

To an opponent, tolerance

To a friend, your heart

To a customer, service

To all, charity

To everyone, a good example

To yourself, respect.

WORD OF THE WEEK

Conjecture

'An opinion or conclusion formed on the basis of incomplete information.'

'Because the scientist had only conjecture to back up his untested theory, he doubted if the university would offer him any research funds.'

KFS Christmas Jumper Day

Please note that Monday 15th

December is Christmas

Jumper Day where

students and staff will

be able to wear their

Christmas jumpers to get

into the holiday spirit. In return, non-

exempt students are asked to contribute £1

to the House Charities or to donate 1kg of

non-perishable food to the Sixth Form Food Drive.



Student Non-Uniform Day

Friday 19th December will be a non-uniform day for students. Non-exempt students will be requested to donate £1 cash for this privilege at the morning gates and all donations will go to

MATHS NEWS

Maths Master Classes at Imperial College London

Our Year 7 Maths scholars attended their first session at Imperial College last week. The day was divided in to two parts with the morning session focusing on curriculum-based learning and the afternoon session enabling student to complete a STEM project activity.

Morning session: **Base Number Systems**

Afternoon session: **Rockets**



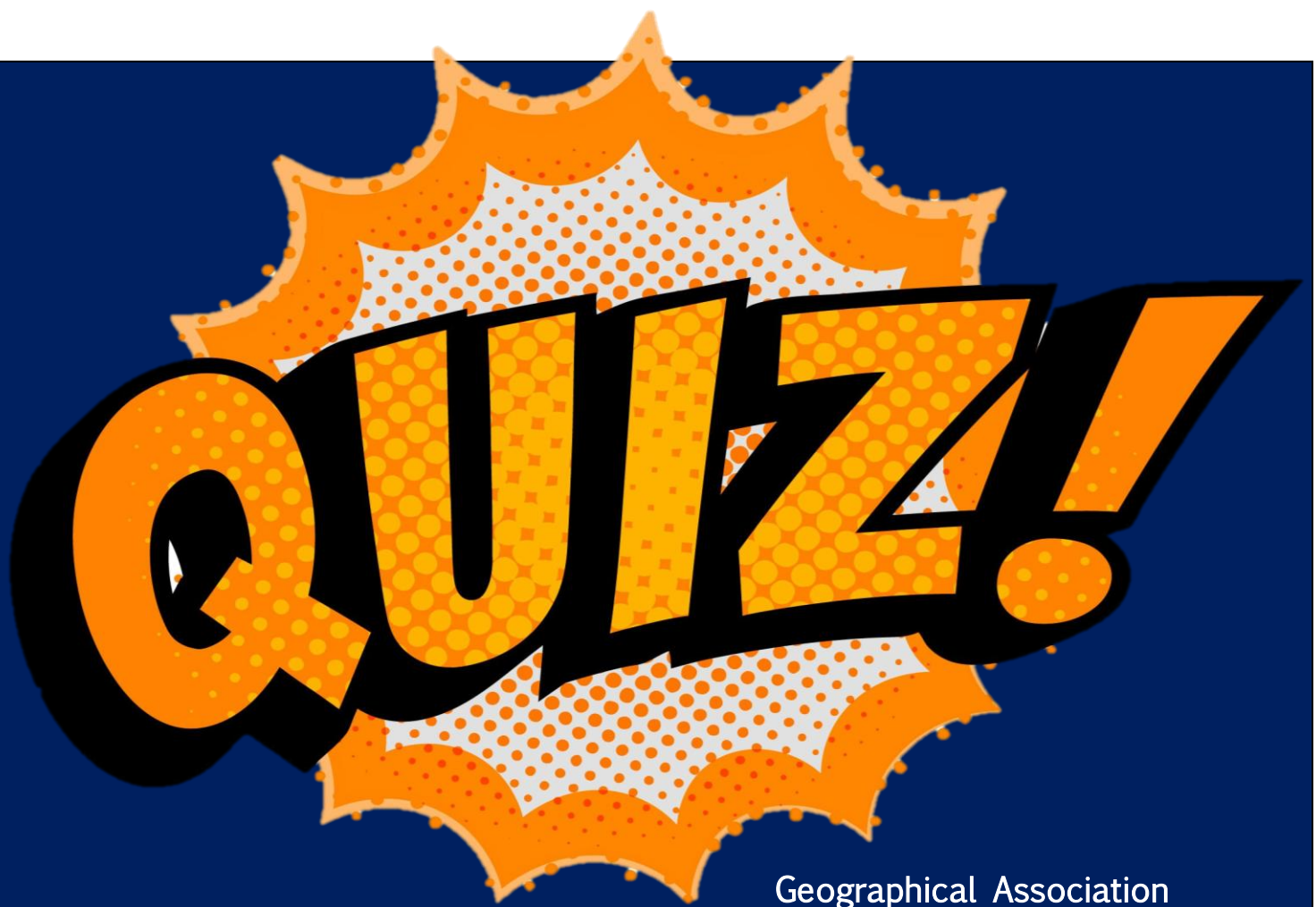
Students watching an experiment



Students with their homemade rockets on the fire triangle



Students' homemade rockets



Geographical Association World Wise Quiz

Are you in Year 7, 8, 9 or 10 and enjoy taking part in quizzes?

Do you also have a great memory for geographical facts, place names, capitals, country outlines, famous buildings etc?

Then email Ms Shah, Head of Geography, as she is looking for several teams of 3 to enter the Geographical Association's 2025 World Wise Quiz, playing online against other schools from South and East London and beyond!

The quiz will take place on Wednesday 28th January 2026 between 4-5.30pm at Kingsdale Foundation School.

Please express your interest by Friday 9th January 2026. Don't forget to include your full name, and tutor group:

knh@kingsdale.southwark.sch.uk



Geographical Association

CAREER NEWS

Careers Talk: Careers in Diplomacy & Development

We were so fascinated to hear from Zoe Wildig, who came to give a talk about her career in development and the Foreign Office recently. Zoe has spent many years in countries in East Africa, particularly Ethiopia and Kenya, and she gave a really interesting flavour of how varied and interesting a job in the Foreign Office can be. Students were really interested to hear Zoe's take on the recent changes to aid and development budgets and how geopolitics can influence government policies.

Thank you so much to Zoe for giving her time to come and talk to us!



KFS Careers Talks Coming Up in Spring 2026

Students can express an interest via [this link](#).

Date	Time	Years	Talk
Tuesday 3 rd February	Period 5 1.00-1.45pm	9, 12, 13	Advertising
Wednesday 4 th March	Period 4 12.10-12.45pm	8, 10	Interior design
Wednesday 18 th March	TBC	TBC	Metropolitan police
Tuesday 28 th April	TBC	TBC	Data centres
Friday 1 st May	Period 4 12.10-12.50pm	8, 10	Nursing
Tuesday 12 th May	4.15-5.00 (after school)	All Years	Archaeology
Spring – date TBC			Video publishing & media

Should parents be willing to offer a Careers Talk to our students, please contact Ms Markes, via careers@kingsdale.southwark.sch.uk

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 next 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.





Under-16s Boys' Rugby Team
Kingsdale v Dulwich College

Huge congratulations to the Under-16s Boys' Rugby team for their dominant performance against Dulwich College on Tuesday 2nd December, winning 45 points to 26.

In the first half, Daniel Sharp scored two excellent solo tries piercing through gaps left by the Dulwich College defenders. Donnie Heritage also powerfully broke through tackles and over the line to score. The second half saw a much-improved defensive display and discipline from the whole team. Further tries were scored by Daniel Sharp, Donnie Heritage and Levi Howard-Fairclough. Well done all the boys.

Final score: Kingsdale 45--26 Dulwich College

Tries: Daniel Sharp (4), Donnie Heritage (2) and Levi Howard Fairclough (1)

Conversions: Jimmy Roberts (5)

Well done to all the boys on a great result!



SPORTS NEWS

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

Year 7 Sports Scholars Australian Rules Football

On Monday 8th December 2025, the PE department ran an Australian Rules Football session for some of our interested Year 7 sports scholars. Two coaches came down to facilitate the session. The children loved learning new skills such as the hand pass, ball bounce and drop punt kicking.

It was great to see a new sport introduced to our sports scholars.



Finals of the English Schools Cross Country National Cup

A huge congratulations to our Junior Boys' Cross Country team consisting of Emery Aldridge, Albert Preskett, Sammy Welch, Pietro Kelly, Theo Hough and Lucas Bovel, who made the journey to Rugby on Saturday 6th December having qualified for the finals of the English Schools Cross Country National Cup.

The boys put in outstanding performances with the team being **placed fourth nationally** overall and Emery putting in a very impressive performance achieving an individual **placing of 3rd nationally**.

This was an exceptional achievement with the boys qualifying and competing against the top teams and athletes within their age group in the country.



Our congratulations go out to the team for their hard work and commitment to their training and we very much look forward to following their achievements in the future.

Year 11 Girls' Football – ESFA National Cup Kingsdale v Latymer Upper School

Congratulations to the Year 11 Girls' Football team who have progressed into the 5th Round of the English Schools' Football Association (ESFA) National Cup.

It was an outstanding performance from the girls who dominated possession and comfortably won the game 8-0 against Latymer Upper School. The highlight of the game came from Dolly Wallis who scored an outstanding solo goal, picking up the ball inside her own box, travelling 80-yards with the ball up the pitch to slot the ball beyond the goalkeeper.

The team will look to finish the year on a high as they face St Dunstan's College shortly in the Inner London Cup.

Final score: Kingsdale **8-0** Latymer Upper School

Goal scorers: Bea Hewson (2), Dolly Wallis (1), Caliyah Byfield (2) and Sofia Jex (3).

Player of the Match: Bea Hewson

Well done to all the girls! Great match!





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

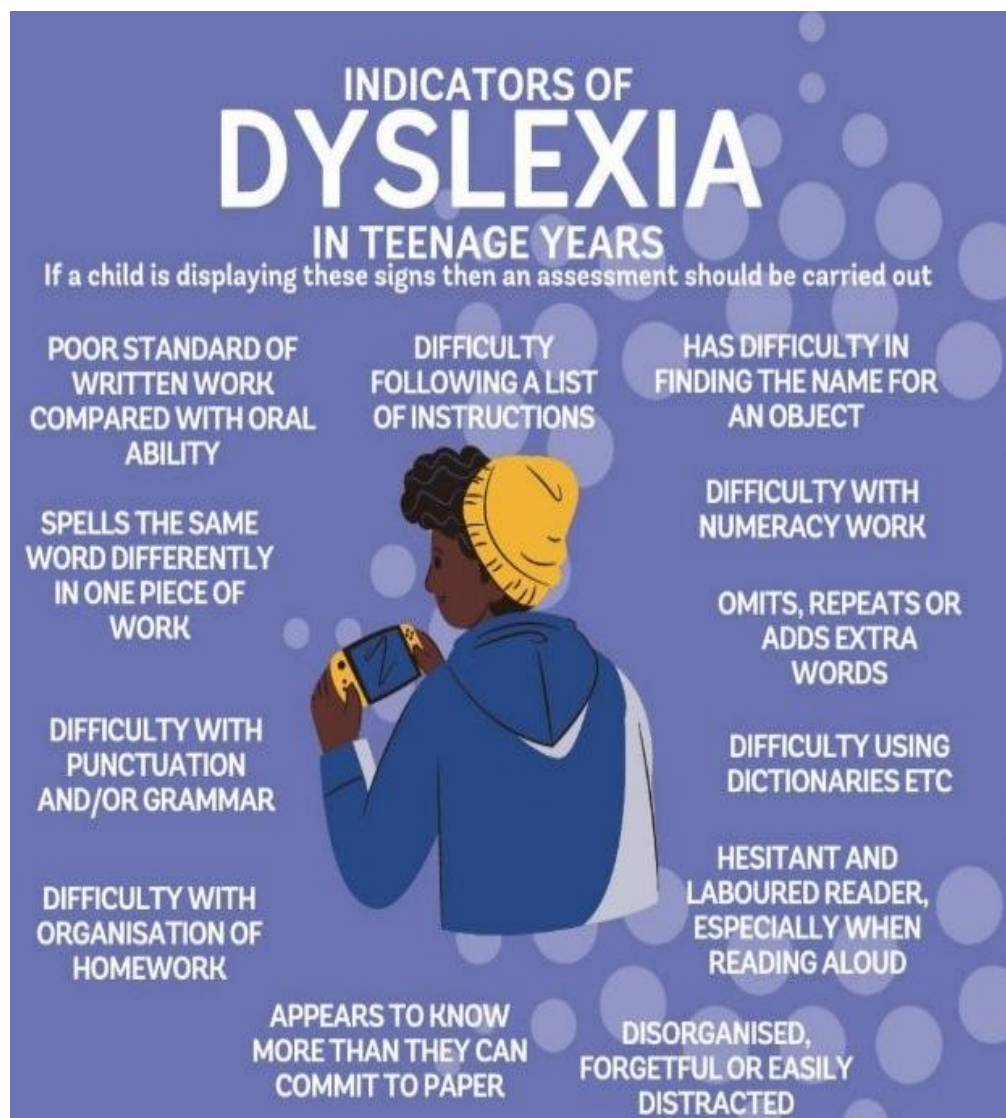
Second Summer Half Term

Monday 1st June – Friday 24th July

Friday 24th July INSET DAY

School closed to students except by invitation

Supporting Your Child With Dyslexia at Home



1. Build a Supportive Home Environment

- Encourage regular reading in any form your child enjoys. This might include graphic novels, paired audiobooks, subtitles on programmes or short online articles. The aim is to build confidence and comfort with language rather than to achieve perfect accuracy.
- Celebrate your child's strengths. Many dyslexic students are creative, curious and strong problem-solvers. Positive reinforcement helps them feel capable and motivated.
- Give clear, brief instructions. Breaking tasks into smaller steps and checking understanding calmly can make schoolwork feel more manageable.

2. Make Use of Helpful Tools

- Technology can be a powerful support. Text to speech software, speech recognition tools and coloured screen overlays can help with reading and writing. Many apps designed for organisation, planning and spelling can also make a real difference.
- Offer alternatives to handwritten work when appropriate. Typing, voice notes or mind maps can help your child show what they know without the pressure of spelling everything correctly.

3. Establish Supportive Study Habits

- Create a calm, tidy study space with minimal distractions. Short study sessions with regular breaks often work better than long stretches that feel overwhelming.
- Help your child develop routines for homework. Using planners, phone reminders or simple checklists can build independence and reduce stress.
- Encourage them to talk through ideas before writing. Many students with dyslexia express themselves verbally with greater ease, and this can help them organise their thoughts.

The most powerful support you can offer is patience, encouragement and the reassurance that dyslexia does not limit your child's potential. With consistent home routines and the right tools, young people with dyslexia can thrive academically and emotionally.

SEND FACULTY NEWS cont.

Supporting Teenagers Who Struggle With Homework at Home

As children become teenagers, schoolwork often becomes more complex, more demanding and more independent. For young people who have learning difficulties, diagnosed or suspected, this change can feel especially challenging. Many parents notice their teenager becoming frustrated, anxious or avoidant when homework is mentioned. It can be difficult to know how to help without causing more stress.

Understanding Why Homework Can Feel Difficult

Homework can be tough for many reasons. A teenager may be bright and capable but still struggle because of their brain processes information. Learning difficulties such as dyslexia, ADHD, autism, dyspraxia or processing can make certain types of tasks feel slower or more difficult.

Common challenges include:

- Difficulty understanding instructions
- Trouble getting started on a task
- Problems with organising ideas or materials
- Feeling overwhelmed by long or multi step assignments
- Fatigue after a full school day
- Worry about getting things wrong

Recognising these difficulties is an important first step. It helps parents respond with empathy rather than assuming their child is simply avoiding the work.

Creating a Supportive Homework Environment

A calm and predictable home set up can make homework feel less daunting.

Provide a quiet workspace

Choose an area that feels safe and free from distractions. Some teenagers prefer a separate desk while others feel more comfortable working at the kitchen table.

Agree a routine

Setting a regular homework time can reduce arguments. Some teenagers work best after a short break and snack. Others prefer to start as soon as they get home.

Use visual aids

Planners, checklists and simple time plans can help teenagers who struggle to organise tasks in their head. Breaking work into small steps often reduces stress.

Helping Without Taking Over

Teenagers value independence, even when they find learning difficult. The aim is to guide rather than control.

Read instructions together

Many young people struggle with understanding what a task is asking for. Reading instructions aloud and checking understanding can prevent confusion later.

Chunk the work

Large assignments are easier when they are divided into short steps. Offer help with planning how to approach each part, then allow your child to complete it in manageable pieces.

Use time limits

Short periods of focused work, followed by a break, are often more effective than long sessions. This approach works very well for teenagers who find concentration difficult.



CHECKLIST



Support for You & Your Child with SEND



Evelina London

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.

Information and Local Offers

The Learning Support department would like to remind you that you can find lots of useful information in our SEND Policy and Report which can be found here: <https://kingsdalefoundationschool.org.uk/information/statutory/> under the 'SEND Policies & Report' tab.

You can also find out information regarding your local SEND offer here:

- Southwark: <https://localoffer.southwark.gov.uk/>
- Lambeth: <https://www.lambeth.gov.uk/lambeths-send-local-offer>
- Lewisham: <https://lewisham.gov.uk/myservices/children-and-young-people-service/local-offer>
- Croydon: <https://www.croydon.gov.uk/children-young-people-and-families/special-educational-needs-and-disability-support/local-offer-special-education-and-disability-support-directory>
- Bromley: <https://www.bromley.gov.uk/special-educational-needs-disability-send-local-offer>
- Wandsworth: <https://fis.wandsworth.gov.uk/kb5/wandsworth/fsd/localoffer.page;jsessionid=E8917B191BB385C792E73B8A458458B2?newfamilychannel=2>
- Merton: <https://directories.merton.gov.uk/kb5/merton/directory/localoffer.page?localofferchannel=0>

OXYGEN

ACTIVEPLAY

The SEN Peaceful Play sessions offer a gentle, welcoming environment for children and adults with Special Educational Needs (SEN). With reduced numbers and a quieter atmosphere, the park is made exclusively available to individuals with special educational needs and disabilities.

These dedicated sessions allow jumpers to access the same facilities that are available during our Open Play sessions and are the perfect way to explore our facilities and enjoy Activeplay, at your own pace and in a comfortable setting.

- Reduced capacity
- Lower lighting & noise levels
- Staff experienced with SEND needs
- Great for movement and regulation

Best for: Teens who enjoy body movement, bouncing, vestibular input, and a structured but fun environment.

Find out more here: <https://oxygenactiveplay.co.uk/activity/peaceful-play/>

SEND FACULTY NEWS cont.



Teen Life Parent/Carer Programme Lambeth and Southwark

6 week programme for parents and carers of autistic young people aged 10 to 16

2 parents/carers for each young person
Plus a professional to support you if required (e.g. staff member from school)
Only 6-8 families per group
This programme is for families with Southwark/Lambeth GP only

The 6-session programme covers:

- Understanding autism
- Understanding autistic identity
- Stress and anxiety/understanding behaviour
- Health and wellbeing
- Puberty
- Education/planning for the future

Each session is 2 ½ hours

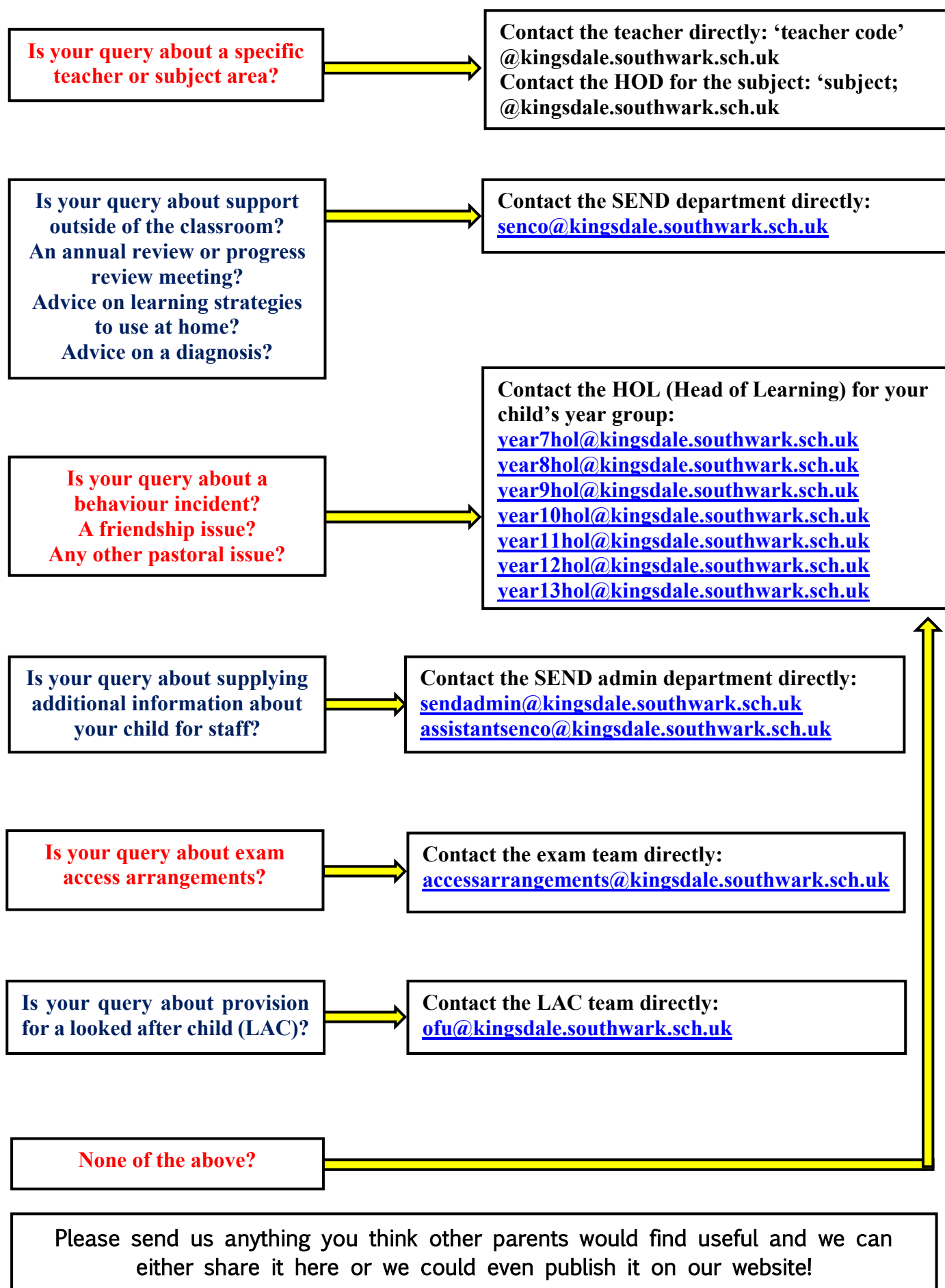
All families will receive a free accompanying workbook for the programme. Voluntary donations welcome

How to book: Email gst-tr.contacts@nhs.net
Include **your name** and **phone number**
Your child's name / date of birth



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.





Young
People
Southwark

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

Change Grow Live Registered Office: 3rd Floor, Tower Point, 44 North Road, Brighton BN1 1YR. Registered Charity Number 1079327 (England and Wales) and SC039961 (Scotland). Company Registration Number 7361208 (England and Wales).



Drug and
Alcohol Service
Southwark



Young
People
Southwark

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

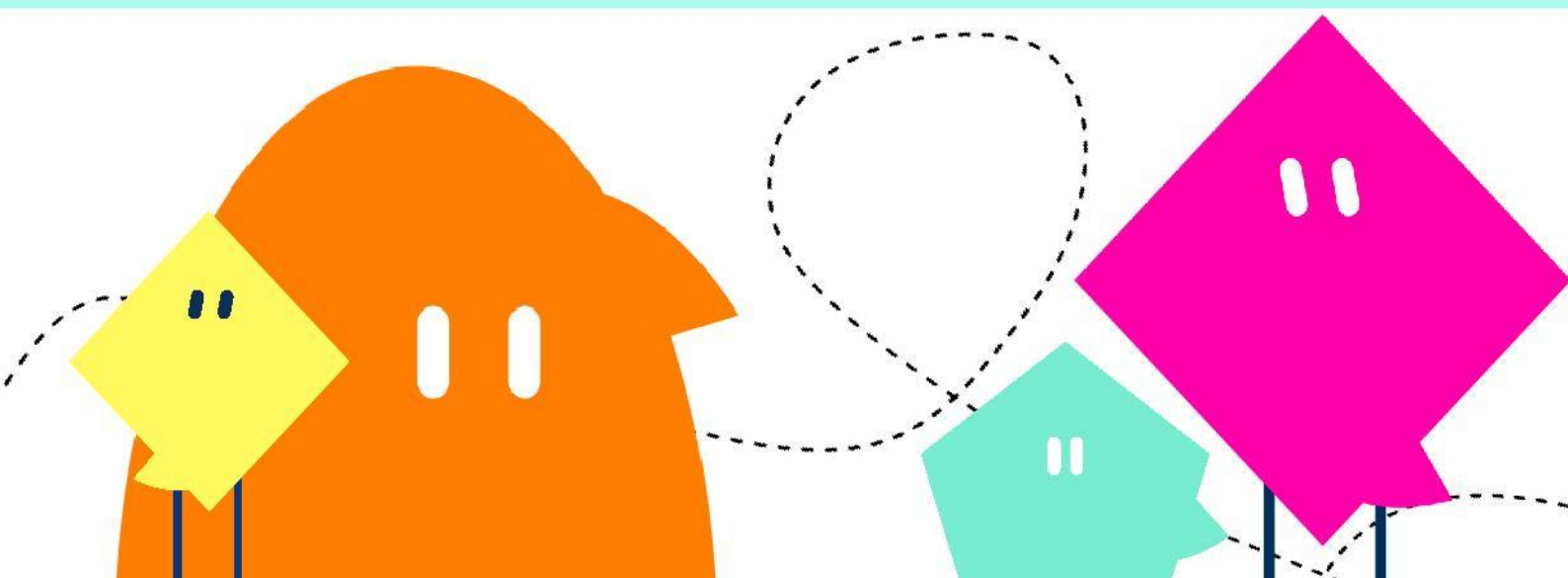
ParentZone – Resources for parents/children to help keep kids safe online.



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



**Christmas
JUMPER DAY**



Kingsdale will celebrate Christmas Jumper day on **Monday 15th December 2025**. On this day millions of people up and down the country will come together – at their workplace, school or with friends – to make the world better with a sweater.

The first Christmas Jumper Day took place on December 14th, 2012. It had been proposed by 'Save the Children' as a way to highlight the plight of millions of children worldwide who are living in poverty. It got the endorsement of numerous celebrities and ran under the slogan, 'make the world better with a sweater'.

STUDENT TASK: We're inviting students to send in photos of themselves wearing their Christmas jumpers - even better if they're smiling alongside their friends!

HOUSE ACTIVITY:

These photos will be used to help us celebrate the season in our upcoming school newsletter and displays. If you're happy for your child to take part, please send their picture to the House Team: housesystem@kingsdale.southwark.sch.uk Ensure the entry is accompanied by your **full name, tutor group and House**.

Is your tree the best dressed in Kingsdale?



This year we are looking for the best dressed Christmas tree, complete with your decorations and Christmas tree lights. If you do not have a Christmas tree, you can draw your own and decorate it.



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

Prizes will be awarded to outstanding entries. We look forward to seeing your work!

Thanks to the internet, there are now many ways for your children to watch TV, both the old fashioned way on a big screen and via the internet with on-demand programming. Restricting and controlling what your kids can watch is harder than ever, but with our help you can make TV safer for your kids and limit the amount that they can watch.

How to manage what your children WATCH ON TV

TRADITIONAL TV

Traditional TV covers programmes broadcast directly to your TV without having to use the internet. This is the standard way that most of us watch television programmes.

BROADCAST TV

Free-to-air broadcast television is delivered via an aerial or satellite to your TV directly or through a PVR that also handles recordings. Most modern TVs and PVRs sold in the last few years will have parental controls, which restrict the content available, requiring a PIN for unsuitable programmes. The exact settings vary by manufacturer, so check your TV or PVRs manual for full details. Parental locks work by checking the rating of a programme as it's broadcast. If a show is unrated or has an incorrect rating, some content may not be blocked.

SKY TV

The version of Sky that you have defines the options available to you. If you have a Sky+ HD box, you'll need to press the Services button and select Parental Control & PIN. From here, you can turn on the Family Setting, which gives you the option to remove Adult Channels and content, and requires a PIN to be entered to buy anything or for pre-watershed playback. More granular control allows you to block specific channels, either completely or only after 8pm, requiring a PIN to watch. You can also block programmes based on ratings, although this feature only works for programmes with correct ratings, so some shows may slip through. Sky Q owners have the more powerful Kids Safe Mode, which locks the system to show only kid-safe material. This includes locking the list of viewable channels and filtering recordings to only those suitable for children. Kids Safe Mode can be enabled either on the main box or on the Sky Q Mini boxes that you might have elsewhere in your home.

INTERNET TV

There are plenty of ways to watch TV online, whether that's via the likes of iPlayer or with streaming video services, such as Netflix and Amazon Prime Instant video. Here, we'll show you how to control each.

AMAZON PRIME VIDEO

Amazon Prime Video has Parental Controls available in the Settings section of the Prime Video website. The settings let you set the age range of content that can be watched without entering a PIN: U, PG, 12, 15 and 18. Settings apply to all devices (bar the Xbox 360, Wii U and Fire TV, which have their own settings), but you can opt-out devices of your choosing in the settings.

For example, you may not want to have any restrictions on your iPad, which only you use. PINs can also be used to block purchases.

NETFLIX

Netflix lets you create profiles for everyone in your house. On the Netflix home screen, if you select Manage Profiles, you can change each one to show different content, defined by age group. Children should be encouraged to use their profiles only, particularly as there's no way to PIN protect adult profiles. However, you can PIN-protect content globally, so if a child does use your profile, they're blocked from watching inappropriate content. Go to Netflix, select Account from the drop-down menu by your name and select Parental Controls. You'll be prompted to enter a PIN, but then can select which content is PIN protected by age range: Toddlers, Older Children, Teens and Adults. You can also PIN protect specific programmes by typing their name in, which could be handy if you feel a programme is unsuitable or a child has been watching it too much.

ON-DEMAND PLAYERS

If your children are watching content from on-demand services, such as BBC iPlayer or All 4, you can turn on parental controls for each via the main websites. Controls work across all devices signed into your account. Controls vary by platform. With BBC iPlayer, the parental lock requires a PIN for anything marked as requiring Guidance by the BBC. ITV Hub parental controls let you PIN protect for content with a G-rating (a guidance rating). For All 4, you can choose to protect programmes rated 16+ or 18+. If you use My5, you can set up a PIN to protect against anyone watching G-rated content. For UKTV Play, you can add a PIN to restrict content selecting one of two levels: all content that's rated 15+ or all content that's rated 18+.

HOW CAN PARENTS MANAGE THEIR CHILDREN'S TV TIME?

Particularly with on-demand content, it can be hard to restrict how much viewing time a child has. However, you can restrict internet time with parental control software, restricting how much time a child can spend online, whether they're using the internet or watching TV shows. Parental control software will generally only work on laptops, computer, tablets and phones. However, if you have parental control software that runs on the router, you can manage other devices, such as a child's smart TV and games console, and restrict time usage on these, too.

Meet our expert

This guide has been written by David Ludlow. David has been a technology journalist for more than 20 years, covering everything from internet security to the latest computing trends and the smart home. A father of two (a nine-year-old and a six-year-old), he's had to control and manage how his children access online services and use apps.



You may also be interested in our smart home devices guide!

SPORTS FIXTURES

HOUSE NEWS

Monday 15th December 2025

- Under-16s Boys' Rugby Away Match at Streatham & Croydon RFU v Graveney School (Friendly). Leave school at 12.15pm. Start 1.30pm. Return at 4.30pm approx.: **Mr McWhirter**

Tuesday 16th December 2025

- Under-14s Boys' Football Away Match v George Green School. Leave school at 12.30pm. Start 2.30pm. Return at 6pm approx.: **Mr Johnstone/Mr Foster**
- Under-14s Girls' Football Away Match at Burgess Park v Sanders School. Leave school at 1.30pm. Start 2.30pm. Return at 4.30pm approx.: **Mr Jones/Mr Price**
- Under-16s Girls' Basketball Away Match v Harris City Academy, Crystal Palace. Leave school at 3pm. Start 4pm. Return at 6.30pm approx.: **Mr Roberts/Mr Dash**

Wednesday 17th December 2025

- Under-13s Boys' Football A Team Away Match v Bishop Ramsey School, Ruislip. Leave school at 11.30am. Start 1.30pm. Return at 6pm approx.: **Mr Price**
- Under-14s Boys' Football B Team Away Match v Leigh Stationers Academy. Leave school at 1.30pm. Start 2.30pm. Return at 5pm approx.: **Mr Johnstone/Mr Foster**

Thursday 18th December 2025

- Under-15s Boys Football Away Match v Skinners Academy. Leave school at 12 noon. Start 2pm. Return at 6pm approx.: **Mr Hall/Mr Foster**
- Under-13s Girls Football Away Match v Bacon's College. Leave school at 1.30pm. Start 2.30pm. Return at 5pm approx.: **Mr Jones/Mr Price**

Friday 19th December 2025

- No Planned Fixtures/Events

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

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



Online Safety Corner

For this week's Online Safety focus we are looking at 'How to Manage What Your Children Watch on TV.' Get a greater insight here.

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
12th December 2025

- 1st Place – Swift 50,698 points
- 2nd Place – Dove 50,460 points
- 3rd Place – Falcon 50,039 points
- 4th Place – Albatross 49,585 points
- 5th Place – Eagle 49,566 points

Which House is going to top the tables for the Autumn term 2025?



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.

