



PARENTAL NEWS BULLETIN

Issue 15 Monday 6th January 2025

HEADLINE NOTICES

First Spring Term 2025
Friday 3rd January – Friday 14th February



Happy New Year 2025!

We would like to welcome all students & families back to the first Spring half-term. We hope our students have had a restful break and are looking forward to an exciting and productive new year.

House Excellence Award

Evie Galbraith, Year 9, has been nominated for the House Excellence Award by the English department. 'Evie is consistently dedicated to her learning. We appreciate her relentlessly positive approach to lessons and her warm demeanor towards her teacher and peers.

Thank you Evie for your eager involvement in class discussions.' Well done Evie!



Room Changes – Check your Timetables!

Students are reminded that there have been some movements in the rooms that certain classes are in this half-term.

New timetables have been printed for students but they should please also check our online platforms, e.g. SatchelOne/Go4Schools for their current timetables and note any changes.



Considerate Parking and Road Use

We would like to thank our parents who drive and park with consideration for our local community when visiting the school or dropping/collecting students. Can we please request that parents take particular care not to park over the driveways of the surrounding houses or park with their engines running.

We would like to remind parents that the path running up the side of the school into the Little Bornes residential area is private access and should not be used by students who are dropped in the surrounding area. Thank you in advance for your co-operation.

THEME OF THE WEEK

The New Year

'The month of January takes its name from the Roman God Janus. He was a God who guarded gateways. He had two faces, which enabled him to look both forward and backwards.

The beginning of the New Year provides us with an opportunity to do the same – to look back and review the time we have had, and to look forward to our future.'

WORD OF THE WEEK

Vivacious

'Sarah played the part of Gloria, and her *vivacious* personality suited the part admirably.'

SCHOOL NEWS

Year 7s' Enjoying Christmas Jumper Day and Christmas Lunch on Monday 16th December 2024!



Cracking jokes from Christmas lunch

Q: Why did the music teacher need a ladder?

A: To reach the high note.

WINTER MUSIC CONCERTS

Please be reminded that last of the Winter Concerts will take place on

Thursday 23rd January

Steel Pans: All groups

All students perform at 5pm

For any enquiries please email:

musiclessons@kingsdale.southwark.sch.

SCHOOL NEWS

Year 7 Carol Service at St Stephen's Church

On Thursday 15th December the Kingsdale Gospel Choir performed at St Stephen's Church Dulwich alongside the Dulwich Choral Society, in a carol service in aid of St Christopher's Hospice.

Led by ex-student Kuziva and with a band of Kingsdale students supporting them, the choir performed to great acclaim from the congregation with excellent feedback from the event organisers!



Year 7 Carol Service at St Stephen's

The Year 7s attended the Carol service, sung beautifully, listened to readings and blessings. The Church was filled with festive cheer and reflection at this special time.



Performing Arts



We are thrilled to share the incredible success of our recent school production of *Les Misérables*, which saw six performances and over 100 students actively involved in bringing this timeless musical to life. From the talented performers on stage to the dedicated students in the orchestra, backstage crew, lighting design, sound design, and set design – every aspect of the show was a testament to the creativity, hard work, and collaboration of our students.

This year, we took the bold step of modernising *Les Misérables*, connecting its themes to the world we live in today. The production reflected the ongoing struggles for justice, equality, and human dignity, making the piece even more relevant to our community.

Les Misérables is a story of resilience, compassion, and the power of hope in the face of adversity. The themes explored in the show resonate with students, teaching valuable lessons about empathy, social responsibility, and perseverance. The experience of being part of a production of this scale helps students develop essential life skills, including teamwork, time management, and confidence, all while being part of something greater than themselves.

We are incredibly proud of all our students for their dedication and passion, and we are grateful to the teachers, staff, and parents who supported the production. The positive impact this show has had on our students will last long after the final curtain.

Thank you to everyone who was part of this unforgettable experience!

Photographs courtesy of Jan Enkelmann.

Do you hear the people sing?





Art History & Public Speaking At The Courtauld Gallery

Student Recollection

“Recently, we had the incredible opportunity to learn art history and public speaking at the Courtauld gallery. Our hosts took us through the gallery and gave examples on how to view art with different lenses and we found out about different careers through the people who worked there. At the end of the day, we gave our own 5-minute talk on a painting of our choice, with members of the public listening! Despite it being pretty terrifying I feel as though I've learned a lot and gained so much more confidence and understanding about what I can do in the future, and there was something really special about standing in front of the real painting as I spoke about it. This was enlightening and lots of fun. I am really thankful for the experience!”

By Evie Brookes, Year 12



Well done to our Sixth Form participants (Freya Sakeld & Nancy Edwards) for their Articulation Prize 2025 internal school heat which took place at the end of the Autumn term. The Articulation Prize is a prestigious public speaking competition where young people give a 10-minute presentation on an artwork, artifact or architecture of their choice, covering skills of research and public delivery.

Freya gave a passionate talk about Lee Krasner's collage 'Bald Eagle' and Nancy's talk was an intriguing presentation on Andrea Fraser's 'A Gallery Talk'. Our adjudicators had a tough time deciding between our amazing students, but eventually decided on Nancy's approach.

Nancy will go on to compete at regional level at the Dulwich Picture Gallery in January. Well done!

ART & DT NEWS

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



New Curators Careers Talk



On Friday 6th December 2024, we were lucky to be visited by a fantastic group of current students on the New Curators post-graduate course.

They gave an inspiring talk to our year 12 & 13 cohort about their route into curation, what curation is and why it is important.

The students worked in small groups to curate their own mini shows with old artwork which sparked some interesting discussion.

Thanks for coming @newcurators!



LANGUAGES NEWS



Careers in Languages Event at St. Dunstan's College

On Tuesday 3rd December 2024, some selected Year 12 and Year 13 students attended the Careers in Languages Event at St Dunstan's College with Ms Delli.

This event was of great relevance to the students as this visit provided them with the opportunity to explore possible career paths using their language skills.

Many great speakers and stand holders from the Foreign Office, the UN and linguists from an array of career paths took part in the event. In addition, at the end of the event our pupils had the opportunity to interact with the speakers and ask relevant questions.

Our linguists found the experience useful and entertaining!



CAREER NEWS



Trinity College Oxford - Beyond the Classroom Online Academic Enrichment Programme Returns in 2025!

What? This online after-school academic enrichment programme is back for 2025 and will feature a new series of mini lectures, 'Oxpire' taster sessions, academic skills talks and advice about preparing for university study and submitting a competitive application to university and the University of Oxford. A certificate of participation from Trinity College, Oxford, will be issued for those attending 7 or more sessions! Plus there is an extension programme for students in Year 12 considering applying to study one of the 19 subjects Trinity College admits for study at the University of Oxford. The Extension Programme includes a free one night, two day residential taking place at Trinity College on the 10-11th April 2025, a mini tutorial in a chosen subject area, access to the library, free time for revision and private study to explore the subject in more detail and meet other participants on the programme. Throughout the year, students are also supported with suggested reading and other materials, take online mini tutorials and will receive additional support with their Oxford application.

Who? Any state school student in Years 7 to 12 interested in exploring learning across a broad range of themes and cross subject beyond the classroom and/or applying to Oxford.

When? Beginning 5th March until 9th July 2025

Where? Online via Teams

Links:

Students can sign up to Beyond the Classroom now and anytime up to 8th July by completing the [Registration Form](#). The Year 12 deadline for applying for this extension programme is 5th March. **Please follow this link to see what other opportunities Oxford have on offer:** <https://www.ox.ac.uk/admissions/undergraduate/increasing-access/events-calendar>

Careers Talk – Careers in Medicine for Years 8 & 10 Tuesday 14th January, CR1, Period 4 (12pm)

We've all been to the doctor or into hospital, but have you ever thought about the day-to-day experiences of the people who care for you? Medicine is a varied and vital profession which combines challenge and reward like few other jobs. If your child would like to find more about how to get into medicine and the types of day-to-day experiences people in the medical profession have, they should come to this careers talk on Tuesday 14th January.



Students should come to **CR1 at the start of Period 4 with their lunch**. If they would like to get a school lunch slightly early, they should come to the Humanities office during PM registration on Monday 13th January to get a slip. To sign up, students should please fill out this form [here](#), or e-mail Ms Markes.

Careers Talks 2025

We still have a range of careers talks coming up this year – details below
Please do sign up [here](#) if interested.

Any student who has signed up will receive an e-mail and should note that the talk is during their lunchtime so they should bring a packed lunch or can get a slip to be released 10 minutes early from their lesson.

Careers Talks Programme

Medicine

Years 8 & 10

14th January 2025 at 12 noon (*date changed*)

Business: Vodafone Customer Success Manager; Energy Investment Banking (ex-students)

Years 9, 12 & 13

28th January 2025 at 1pm

Apprenticeships: Red Carnation Hotels

Years 8 & 10

11th February 2025 at 12 noon

Neuroscience

Years 8 & 10

4th March 2025 at 12 noon

Data Centres

Years 9, 12 & 13

11th March 2025 at 1pm

Medicine Information Session

Year 12

12th March 2025 during enrichment

Architecture

Years 8 & 10

18th March 2025 at 12 noon

Law Information Session

Year 12

7th May 2025 during enrichment

Charity Sector: Amnesty International (*focus on data*)

Year Groups TBC

13th May 2025

Health Economics

Year Groups TBC

6th June 2025

Humanitarian & Development Aid

Year Groups TBC

24th June 2025



Later in the year, we plan to offer talks on the following careers amongst others: economics, journalism; theatre hair & make-up, humanitarian & development aid, law, architecture, neuroscience; and information about apprenticeships.

Details of these will be sent nearer the time.

Kingsdale Careers Programme 2024-25 Volunteers Invited!

Parents! We still need your help to support our careers programme for 2024-25!

If you think you would be able to support us with any of our careers programme, including the lunchtime talks, the Careers Fair, or in any other capacity, please contact us via the email below.

careers@kingsdale.southwark.sch.uk



**Year 7 Boys' Football Inner London Cup Winners!
Kingsdale v Haberdashers' Aske's Hatcham College**

Congratulations to the Year 7 Boys' Football team who beat Haberdashers' Aske's Hatcham College, 10 – 1, in the Inner London Cup and Final game of 2024, on Tuesday 17th December.

Well done to all involved within the Year 7 Football Squad. It has been a great year so far. Keep up the hard work and we are looking forward to 2025.

Final score: Kingsdale A-Team **10-1** Haberdashers' Aske's Hatcham College

Goal Scorers: Oscar Keneyinboh (2), Sky Scannell (2), Ira Lee (1), Harrison Abayomi (2) and Rico Jones (3)

Player of the Match: Rico Jones

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



Geographical Association World Wise Quiz

Are you in Years 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!

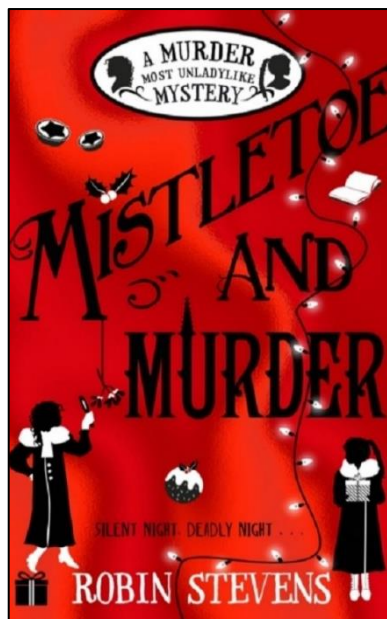
Please express your interest by Friday 10th January 2025.

Don't forget to include your full name, and tutor group:

knh@kingsdale.southwark.sch.uk



**Geographical
Association**



Student Recommendation
Etty Phillips in Year 7 heartily recommends *Mistletoe and Murder* by Robin Stevens.

It's Christmas and the snow is falling in Cambridge, where the detective duo Daisy Wells and Hazel Wong are spending the festive period.

But Hazel's hopes of relaxing amongst the beautiful spires, cosy libraries and inviting tea-rooms are dashed by the danger lurking in the dark stairwells of Maudlin College.

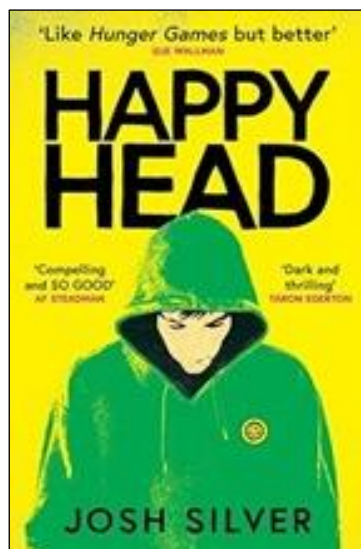
Two days before Christmas, there is a terrible accident.

At least, it appears to be an accident - until the Detective Society look a little closer and realise a murder has taken place.

Etty loved this latest novel in the *Murder Most Unladylike* series because of the 'twists and turns of the intriguing plot!'

Suitable for all secondary age groups.

Reading Recommendations



Teacher Recommendation
Ms Lewis recommends *Happy Head* by Josh Silver.

When Seb is offered a place on a radical retreat designed to solve the national crisis of teenage unhappiness, he is determined to change how people see him and make his parents proud.

But as he finds himself drawn to the enigmatic Finn, Seb starts to question the true nature of the challenges they must undergo.

The deeper into the programme the boys get, the more disturbing the assessments become, until it's clear there may be no escape...

Ms Lewis loved the depiction of the protagonist and the shocking but believable dystopian conventions!

Best suited for students in Year 9 and above.

CALENDAR 2024-25



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 via attendance@kingsdale.southwark.sch.uk

SPRING TERM 2025

Friday 3rd January INSET DAY

School closed to students except those in Year 11 undertaking re-mock examinations

First Spring Half-Term

Friday 3rd January – Friday 14th February

Half-Term Holiday

Monday 17th February – Friday 21st February

Second Spring Half-Term

Monday 24th February – Friday 4th April

SUMMER TERM 2025

First Summer Half-Term

Tuesday 22nd April – Friday 23rd May

Tuesday 22nd April INSET DAY

School closed to students except those in Year 11

Mayday Bank Holiday

Monday 5th May 2025

Half-Term Holiday

Monday 26th May – Friday 30th May

Second Summer Half Term

Monday 2nd June – Friday 25th July

Friday 25th July INSET DAY

School closed to students except by invitation



Southwark Independent Voice

Empowering Families - Creating Brighter Futures

Southwark Independent Voice (SIV) was created in 2019 by a group of Southwark parent volunteers of children/young people with SEND aged 0-25. Having previously struggled to access services and support they decided to come together to improve the pathway and outcomes for families of children/young people aged 0-25 with SEND in Southwark.

They actively participate in co-production with the Local Authority (Southwark Council), Clinical Commissioning Group (CCG), the NHS and other partners. Their aim is to ensure positive and productive outcomes for children and young people aged 0-25 with special educational needs and learning disabilities (SEND).

They aim to keep parents up to date on events, news and consultations that are relevant to families of SEND (0-25) through their website, email, events, newsletters and social media.

Click [here](#) for the website where you can sign up for more information.

SEND FACULTY NEWS

National Autistic Society coffee mornings



Our guest speaker this month:

Viv Dawes autistic advocate, consultant, trainer and author of many books including *Supporting Children & Young People through autistic burnout* presents **Understanding Your Neurodivergent Child/Teen** and within this will be discussing general advice, autistic burnout and PDA.

For parents & carers of autistic children on:

Friday 10th January
9:30am
Carnegie Library
Herne Hill, SE24 0AG

And the first Friday of every month
FREE of charge
Open to parents/carers of autistic people
of all ages in Lambeth & neighbouring
boroughs



CELEBRATING NEURODIVERSITY IN OUR SCHOOL COMMUNITY

We know that being neurodiverse is a SUPER power, but does everyone? We are asking our staff, students and parents to share with us what it is like to be neurodiverse or to have neurodiverse people in your family and why it is amazing! We will then share this with the school community. This could be a short video clip or a short piece of writing with or without images. If this is something you or your child would be interested in participating in then please contact me directly here: gsh@kingsdale.southwark.sch.uk

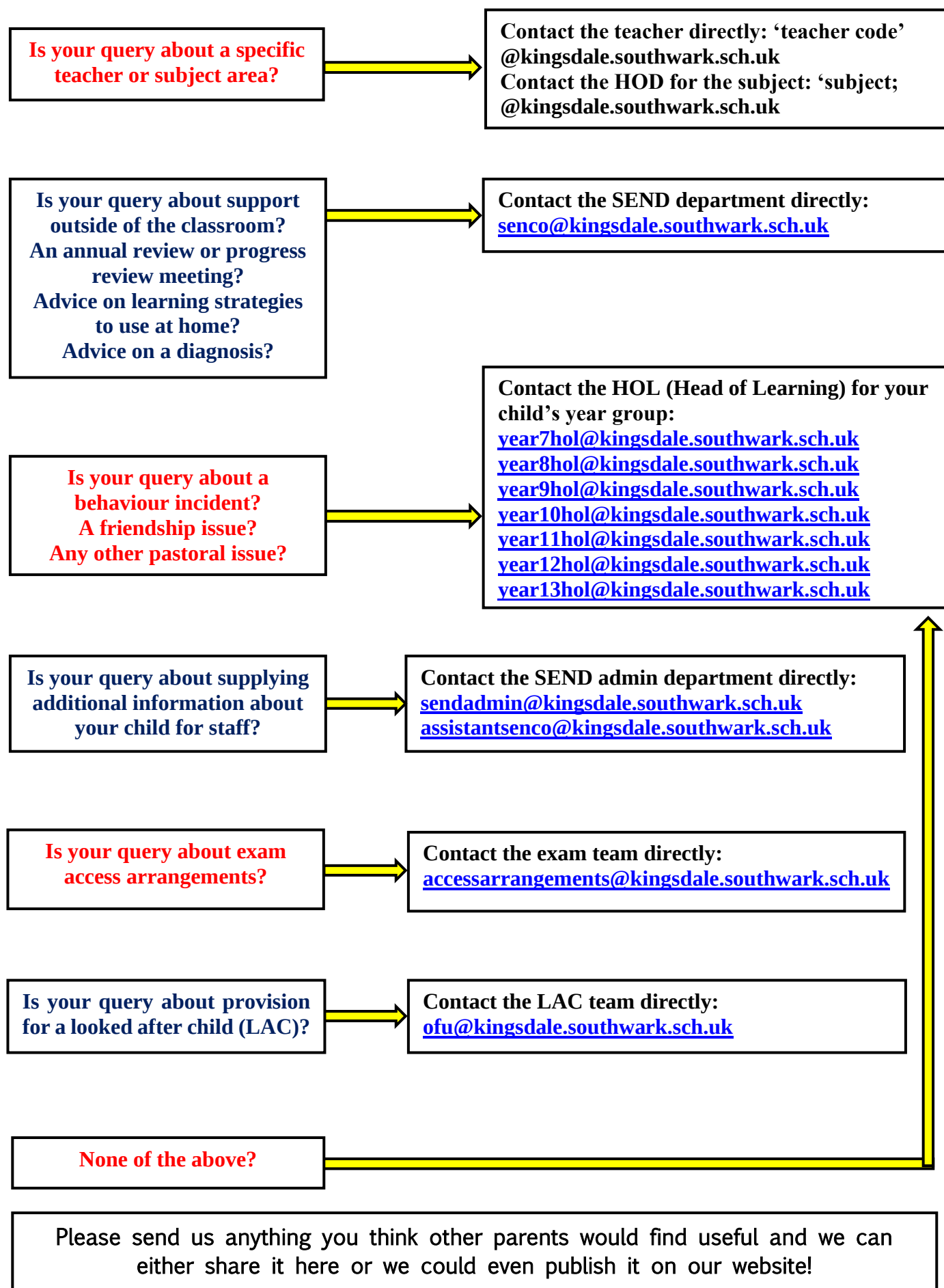
I HAVE A COOL
SUPERPOWER
IT'S CALLED



NEURODIVERSITY
WHAT'S YOURS?

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.



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

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.

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



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 – 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

Safe Travel to School

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

“LOOK UP LOOK OUT”

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

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

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

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



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 COMPETITIONS

David Domoney's Houseplant Week



Indoor gardening has been growing in popularity in recent years. Not only do they make our homes look great, but they also have health benefits. Helping to lift our moods during the darker nights of winter and improving the air we breathe are just a couple of the benefits of having houseplants in your life.

Students are asked to please send us a picture of a houseplant to celebrate the best of indoor gardening. It could be anything from:

Venus Flytrap

A flowering plant best known for its carnivorous eating habits.

Dracaena Marginata

The dragon tree that has elegant long, thin leaves with red edges.

Orchids

A widespread group of flowering plants with blooms that are often colourful and fragrant.

STUDENT HOUSE ACTIVITY:

Submit your image to the House Team:

housesystem@kingsdale.southwark.sch.uk

Ensure your entry is accompanied by your **full name, tutor group and House.**

House Science Quiz Week - The Periodic Table Word Search

Find the words relating to the periodic table in the grid below. They can be found horizontally, vertically and diagonally.

K S X r r o v l s o t o p e s t s l u o
l n o b l e g a s e s w m d v l a a r a
z d a d q s s d x t u n o q a y l u w t
o y t l i v q j b g q i n t r u k p m o
j y o h r u e x p c r x e v b v a n e m
q n m w e g m n m e e m q y a s l m n i
w k i c a d w h p e n z i n p z i v d c
g i c z c i h s y o t t g q l k m e e w
x m m v t s a u n d n a z p y n e q l e
z g a t i p l n m e r t l s o o t t e i
i e s w v l o r l g z o v s v n a g e g
t d s b i a g e u w l m x q y f l x v h
q i z o t c e a n d e i t i r c s p k t
b s i o y e n c i r s c u o d v t u j c
i w v w c m s t x c b n a n q e c d v s
w q t k a e i i y j y u w g e x a t p m
r c k e f n w v u l h m r n y c v u a z
y m t y r t n e g a a b f g l i o k z e
k e d p q n e z f l l e v k w r k b o q
z y x n f e t e y k j r l a g t e y v f

Periodic Table Code Breaker

Use a periodic table to fill in the blanks to reveal a message.

1.

Atomic number		2	13	19	13	53		73		16		75	53	7		8	92	15	8	10
Symbol	T					ME		L		A				GR						

Message: _____

2.

Atomic number		8	92	15	34	23		7	27	7	73	53	7	16	90		1	13	118		7	16
Symbol	GR					E									E				E			

Message: _____

3.

Atomic number		88	7	14	22	8	7		73		16	18		16	1	53	7	39		60	1	18	
Symbol	T							ME		L			E						A				D

Message: _____

4.

Atomic number	102	5		31	16	99	18		92	7	75	89	22	23	
Symbol			LE				E							E	

Message: _____

House Science Quiz Week

alkali metals

atomic mass

atomic number

atomic weight

displacement

group

halogens

ion

isotopes

Mendeleev

metals

noble gases

non-metals

period

reactivity

sodium hydroxide

unreactive

10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerning how common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Insley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>



@wake_up_weds



/www.thenationalcollege



@wake.up.wednesday



@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 18.12.2024

SPORTS FIXTURES



HOUSE NEWS

Online Safety Corner

For this week's Online Safety focus, we are looking at everything Parents/Carers need to know about 'Safety on Social Media'. Get a greater insight here.

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

The House Leader Board 2024-25

Week ending
20th December 2024

- 1st Place – Dove 46,386 points
- 2nd Place – Swift 45,324 points
- 3rd Place – Falcon 43,629 points
- 4th Place – Albatross 43,292 points
- 5th Place – Eagle 42,929 points



What does 2025 have in store for the House Race?

Student Suggestion Boxes

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

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



Remember!

You can access the school's Extra Curricular Sports page via clicking the following link here.

Please do not hesitate to contact Ms Turner at pe@kingsdale.southwark.sch.uk should you require any further information regarding the KFS sports programme.

Monday 6th January 2025

- No planned fixtures/events

Tuesday 7th January 2025

- Under-15s Boys' Football Away Match v Forest Hill Boys' School. Leave school at 1pm. Start 2pm. Return at 5pm approx.: **Mr Foster**
- Under-13 Boys' Football Home Match v The Norwood School. Leave school at 1.50pm. Start 2.30pm. Return at 4pm approx.: **Mr Johnstone**

Wednesday 8th January 2025

- Under-14 Boys' Football Away Match v Riddlesdown Collegiate School. Leave school at 1pm. Start 2.30pm. Return at 5pm approx.: **Mr Foster**

Thursday 9th January 2025

- Under-15 Boys' Football B Team Away Match v Ravenswood School. Leave school at 1pm. Start 2.30pm. Return at 5pm approx.: **Mr Foster**

Friday 10th January 2025

- Under-15 Girls' Indoor Cricket Tournament at Alleyn's School. Times TBC: **Mr Pizzey**

***Please note Fixtures/Events may be cancelled due to wet pitches.**

Extra Fixtures may be organised at short notice.

All fixtures can be viewed via the link below:

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

