



PARENTAL NEWS BULLETIN

Issue 15 Monday 12th January 2026

HEADLINE NOTICES

Supporting the National Year of Reading at Kingsdale Announcing the Launch of the KFS Year 7 Book Swap!

Please be informed that on **Wednesday 21st January 2026**, we shall be holding our first KFS Year 7 Book Swap as part of our programme to support the **National Year of Reading**. You can find more about the National Year of Reading, organised by the National Literacy Trust [here](https://www.national-literacy-trust.org/).

On this day, the KFS Book Swap will take place between 3.40pm & 4.10pm for Year 7 students in the Upper School Library (USL). As part of the important initiative, Year 7 students can attend and swap one of the available books to take home to read, free of charge. Students are encouraged to bring in a book from home that they have already read to swap with a new one that they would like to read from the available supply, although it is not necessary for students to do so to be able to borrow a book.

To support the KFS Book Swap, we are asking parents who may have appropriate books at home which have already been read by their child/ren to donate these to the school. Books should be in good condition, with no writing or annotation and be suitable for students aged 12-14/15. Book donations can be presented to the main School Office or handed in at the collection point in the Main School Entrance between 8.10 & 9.05am daily. We thank parents in advance for their support.

Watch this space for further information on how Kingsdale will be supporting the National Year of Reading across year groups throughout the remainder of 2026 and beyond. Should you have any suggestions for further initiatives related to reading at Kingsdale, please contact Mrs Chaudhary, Deputy Headteacher, via sca@kingsdale.southwark.sch.uk.

House Excellence Award

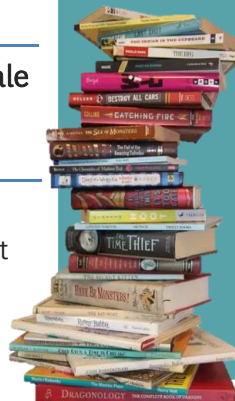


Daniel Bell, Year 13, has won the House Excellence Award. He was nominated by the Drama Department. Dan has been an incredibly hard-working and committed member of the Drama department – he is always thoughtful, kind, and ready to help wherever needed. He put huge amounts of time and energy into our recent productions, acting as Music Director for the Comedy Festival and Sound Technician on Amélie. His enthusiasm, reliability, creativity and problem-solving made an enormous difference to both shows, and we couldn't have done them without him. Well done Dan!

THEME OF THE WEEK

Respect

'To be well respected you must first be respectful to others.'



WORD OF THE WEEK

Confligate

'To catch or set on fire.'

'The dry grass can easily confligate in the scorching heat.'

SCHOOL NEWS

Parent Parking on Almeyn Park



Please be advised that Southwark Council have now implemented double yellow lines on the stretch of Almeyn Park directly opposite the school. **As such, no parking is permitted in this area.**

We would respectfully ask parents and guardians who drop-off or collect their child/ren to school by car, not to park or to wait on these lines in the interests of student safety or to park in a way which overlaps the driveways of local residents. We thank parents in advance for their co-operation in this matter and for supporting our focus on student safety and respect for local residents in and around the local area.

Parental Coffee Mornings

Our Coffee Mornings for parents are a great opportunity to meet staff and learn more about the curriculum for each year group.

The upcoming dates for this term's meetings are:

Friday 16th January 2026 Year 11

Friday 23rd January 2026 Years 12 & 13

Friday 30th January 2026 Years 9 & 10

Friday 6th February 2026 Years 7 & 8

The event starts at 11am in Conference Room 1

Any queries please contact Mrs Chaudhary, Acting Deputy Headteacher via

sca@kingsdale.southwark.sch.uk





Food Drive superstars!

December 2025 saw our Sixth Form students co-ordinate our famous annual Food Drive. Students manned the front and back gates in numbers each day, collecting over 800kg of food over the last 2 weeks of school! The food was donated to our long-term partner Lewisham Foodbank while the team also branched out to give our final few days of donations to the food pantry of St John the Evangelist Church in Upper Norwood. Both organisations were thrilled with our donations, noting how they were the biggest donations ever received from any school!!

A huge well done to the form groups 12EBW, 12EPR & 7JNE who were the biggest donor groups and a huge thank you to the student and parent community for all your amazing donations!

Roll on the next food drive in 2026!

LANGUAGES NEWS



GCHQ Christmas Challenge for Languages

A number of Year 10 Kingsdale students recently took part in the GCHQ Christmas Challenge; a national problem-solving activity designed by GCHQ's code-breakers, which was completed before the Christmas holidays.

The challenge, aimed at pupils aged 11–18, involved a range of puzzles and brainteasers that encouraged creative thinking, teamwork, and logical problem-solving. Students worked collaboratively, sharing ideas and different approaches to tackle the tasks.

We are delighted to report that the students thoroughly enjoyed the challenge and were highly engaged throughout. Many commented on how much they liked working together and tackling problems that required them to think differently.

Developing these skills is also highly beneficial for students' language learning, as they use similar abilities such as recognising patterns, interpreting meaning, thinking logically, and applying problem-solving strategies when learning new languages.

Chinese School Visit as Part of Kingsdale's International Student Buddy Programme Helpers needed!

After a successful visit last year in which Kingsdale welcomed a group of Chinese students to its premises, Kingsdale is due to welcome another group of Chinese international students this year from Monday 2nd February to Thursday 5th February 2026. **However, the help of Year 8 and Year 10 students is needed to make this visit a memorable success.**

If your child would like to act as a buddy to an international student who will be visiting our school, please have them fill in the following MS Form: [Chinese School Visit](#).

The purpose of the buddy programme is to ensure that visiting students feel welcome, safe, and included during their time in school. Buddies play a key part in helping visitors understand our routines, making new friends, and enjoy their experience in the UK. Successful candidates will be notified and provided with further instructions after the selection procedure. Should you have any questions, have your child please come to the Languages Office and ask for Frau Koch or email languages@kingsdale.southwark.sch.uk



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



The Kingsdale Careers Fair – Wednesday 14th January 2026

It's finally the week of the Kingsdale Careers Fair and we are very excited to welcome students in Years 9, 10 and 12 to this fantastic event. Parents of relevant year groups have been emailed with details and students will have been given a booklet detailing who will be at the careers fair so they can arrive prepared. Any queries should be directed to careers@kingsdale.southwark.sch.uk. Thank you so much to all of the parents who are helping out on the day.

Spring & Summer Term Careers Talks

We have a wide range of talks coming up in the coming months. To express interest for your child, please use [this link](#).

Date	Time	Years	Talk
Tuesday 3 rd February	Period 5 1-1.45pm	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	4.15-5pm (after school)	All Years	Archaeology
Spring – date TBC			Video Publishing & Media

Year 7 & 8 Annual Southwark Indoor Athletics Competition

Last term, our Year 7 and 8 athletes took on the Annual Southwark Indoor Athletics Competition at Sacred Heart School — and what a performance it was!

The Year 8 girls delivered a strong and determined display, finishing an impressive 3rd place out of 9 schools. Not to be outdone, the Year 8 boys battled fiercely throughout the competition, securing an outstanding 2nd place out of 8 schools, missing the top spot by just one single point

The excitement continued with our Year 7 teams. The Year 7 girls showed great resilience and teamwork to claim 3rd place overall out of 10 schools. Stealing the spotlight, however, were the Year 7 boys, who dominated every track event on the day, storming to 1st place overall and qualifying for the London Youth Games later this term.

An incredible effort from all athletes involved — determination, teamwork, and school pride on full display.

Well done to everyone below who competed!

Year 8 Team

Sonya Kargbo, Amelia Gerdauskyte, Tiana Lewis-Jackson, Yla Briel Dash, ismae Mclean-Afriyie, Malaika Trim, Jacob Leslie, Jacob Wright-Van Heeswijk, Sky Scannell, Andres Valencia-Pinnock, Yabai Abdoul, Otis Atlee, Frank Rigby & Ira Lee.

Year 7 Team

Koto O'Sullivan, Sophie May Rowe, Isabelle Prempeh, Elianna Dodua, Lena Aldridge, Leayah Aikens, Evie Atanda, Olivia Odukwe, Emile Challenger, Maurico Nathan-Pepple, Malachi Francis Ikechukwu, Owen Freestone, Kobe Champion, David Burton, Thomas Wilkie, Ollie Griffiths, Micah Martin, Jadon McKenzie & Sam Mashford.

SPORTS NEWS

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



Surrey XC Championship

Well done to the following runners who took part in the Surrey XC Championship on Sunday 4th January 2026.

Elliott Preskett (Year 8)

4th in the Under-13s Boys

Owen Freestone (Year 7)

24th in the Under-13 Boys

Theo Hough (Year 8)

38th in the Under-13s Boys

Lenard Stoyanov (Year 8)

73rd in the Under-13s Boys

Jacob Hood (Year 9)

32nd in the Under-15s Boys

Ernesto Kelly (Year 11)

24th in the Under-17s Boys

PE Department Extra-Curricular Sports Activities Timetable - Spring Term 2025-26

Sports Clubs Spring Term 2026

The Sports Faculty at Kingsdale Foundation School are delighted to remind parents that our Extra Curricular Sports Programme for the Spring term 2026 has now launched. Please be advised that students will be required to submit a completed parental consent form before attending sessions held before or after school. However, students are not required to have parental consent to attend any of our published lunchtime clubs. Please find attached our programme of extra-curricular clubs for the Spring term. If you have already signed your child up for a club that has been running since the Autumn term and is on the same day and at the same time for the Spring Term then you do not need to complete the form again.

If your child wishes to attend any of our published sports clubs, please follow the link below, where you will be able to access further information and a consent form for your child's chosen sports club(s). Please be advised that all students are required to wear full school PE kit when attending any of our extra-curricular clubs.

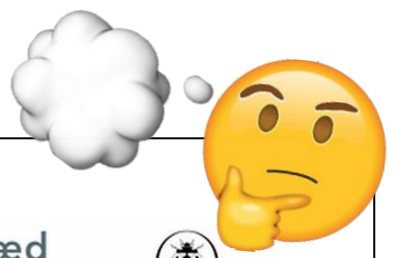
KFS Extra-Curricular Sports Online Booking Form

Please be informed that all students attending our extra-curricular clubs and representing the school at sporting events are expected to be excellent sports ambassadors for the school and are therefore required to adhere to and sign our Sporting Code of Conduct which can be accessed by following the link [KFS Extra-Curricular Sports Online Booking Form](#). Please be assured that all students are welcome to attend our clubs whether for recreational or competitive enjoyment and we very much look forward to welcoming you to what is sure to be another year of sporting excellence at Kingsdale Foundation School.

For further details please contact Ms V. Turner, Director of Sport, Health & Recreation via pe@kingsdale.southwark.sch.uk

Activity	Time	Venue	Staff
Monday			
Football – Boys – Year 10	8:00-8:50am	Astro	Mr Hall & Mr Foster
Recreational Football – Boys – Year 7	11:05-11:50am	Astro	Mr Price & Mr Foster
Table Tennis – Mixed – Year 7	11:05-11:50am	Gym 1	Mr Hutchinson
Swimming – Mixed – Year 7	11:15-1:45pm	Crystal Palace	Ms Jaymes
Recreational Football – Boys – Year 8	12:00-12:45pm	Astro	Mr Dash
Netball – Girls – Year 8&10	12:00-12:45pm	Sports Hall	Mr Foster
Recreational Football – Boys – Year 9	12:55-1:40pm	Astro	Mr Price
Fitness – Boys and Girls Year 9	12:55-1:40pm	Fitness Suite	Mr Dash
Football – Boys – Year 8	4:15-5:15pm	Astro/Playing Fields	Mr Price
Basketball – Boys – Year 9, 10 & 11	4:15-5:15pm	Sports Hall	Mr Hall
Rugby – Girls – All Years	3:45-4:45pm	Playing Fields/Astro	Mr McWhirter
Tuesday			
Basketball – Girls – Year 8, 9, 10 & 11	8:00-8:50am	Sports Hall	Mr Roberts
Table Tennis – Mixed – Year 9	8:10-8:50am	GM1	Mr Price
Rugby – Boys – Year 8&9	8:00-8:50am	Astro	Mr Lord
Football – Boys – Year 7 A and B Squad	11:05-11:50am	Astro	Mr Fitchett
Basketball – Girls – Year 7	11:05-11:50am	Sports Hall	Ms McManus
Table Tennis – Boys and Girls - Year 8 and 10	12:00-12:45pm	Gym 1	Mr Roberts
Fitness – Boys and Girls - Year 8 and 10	12:00-12:45pm	Fitness Suite	Mr Lord
Sports Scholars – Mixed – Year 8 and 10	12:00-12:45pm	Astro	Mr Johnstone
Dance – Mixed – Technique – Year 8 and 10	12:00-12:45pm	Dance Studio	Ms McGregor
Dance – Mixed – Technique – Year 9	12:55-1:40pm	Dance Studio	Ms McGregor/Ms Dookey
Cycling – Mixed – All Years	3:00-5:00pm	Herne Hill Velodrome	Ms McGregor
Badminton – Mixed – Year 8,9, 10 & 11	4:15-5:15pm	Sports Hall	Ms Jaymes
Football – Boys – Year 11	3:45-5:00pm	Astro/Playing Fields	Mr Foster
Football – Girls – Year 10 and 11	4:10-5:15pm	Astro/Playing Fields	Ms Jaymes
Dance – Mixed – Contemporary – Year 7 and 11	3:45-5:00pm	Dance Studio	Ms Dookey
Dance – Mixed – Contemporary – Year 8, 9 and 10	4:15-5:15pm	Dance Studio	Ms Dookey
Wednesday			
Football – Boys – Year 9	8:00-8:50am	Astro	Mr Johnstone
Netball – Girls – Year 11	8:00-8:50am	Sports Hall	Mr Foster
Horse Riding – Mixed- Year 7	10:45-12:15pm	Dulwich Stables	Ms McGregor
Horse Riding – Mixed- Year 7	12:45-2:15pm	Dulwich Stables	Ms McGregor
Sports Scholars – Mixed – Year 9	12:55-1:40pm	Sports Hall	Mr Foster
Football – Mixed – Sixth Form	1:50-3:40pm	Playing Fields	Mr Price & Mr Dash
Rugby – Mixed - Sixth Form	1:50-3:40pm	Playing Fields	Mr McWhirter
Rugby – Boys – Year 7	3:45-5pm	Playing Fields	Mr Roberts
Football – Girls – Year 8&9	4:10-5:15pm	Astro	Mrs Sinclair & Mr Foster
Thursday			
Hockey – Mixed – Year 8,9,10 & 11	8:00-8:50am	Astro	Mr Dash & Mr Jones
Sports Scholars – Mixed - Year 7 and 11	11:05-11:50am	Astro, Gym 2	
Badminton – Mixed – Year 7	11:05-11:50am	Sports Hall	Ms Jaymes & Ms Marshall
Fitness – Boys and Girls Year 7 and 11	11:05-11:50am	Fitness Suite	Mr Price & Mr Fitchett
Hockey – Mixed – Year 7	11:05-11:50am	Astro	Mr Dash
Dance – Street Dance – Mixed – Year 7 and 11	3:45-5:00pm	Dance Studio	Ms McGregor
Dance – Street Dance – Mixed – Year 8, 9 and 10	4:15- 5:15pm	Dance Studio	Ms Jaymes
Football – Girls – Year 7	3:45-5:00pm	Astro	Ms McGregor/Ms Dookey
Friday			
			Ms McGregor/Ms Dookey





Big History Club!

For Key Stage 3 and 4 in HU6
Every other Tuesday from 4.15 to 4.45pm

Do you want to dive into the past?
Is there something we don't cover at school that
you would like to learn about?

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

In our next session on **Tuesday 13th January**
we will be asking

Why have we forgotten Æthelflæd?

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

Æthelflæd
England's Forgotten
Founder



Tom Holland



A Ladybird Expert Book

GCSE Literature Catch Up Sessions

Wednesdays 3.45 – 4.30pm in USL
**Year 10s & Year 11s welcome. Please let your teacher
know if you would like to attend.**
**The sessions will focus on poetry but there will also be
time to ask for help with other texts.**

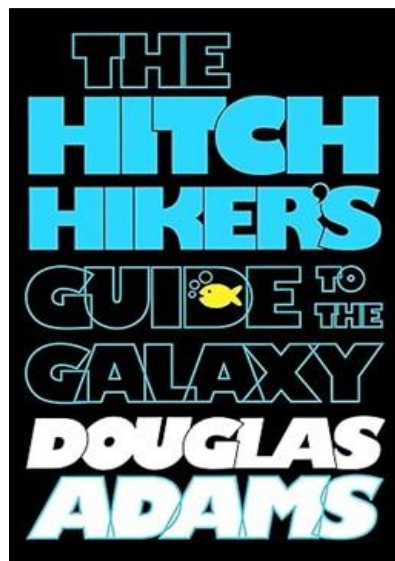
POEM 1	POEM 2	DATE
Half Caste	No Problem Catrin	7 th January
Catrin	Cousin Kate	14 th January
Belfast Confetti	War Photographer	21 st January
A Poison Tree	The Man He Killed	28 th January
The Destruction of Sennacherib	Extract from The Prelude	4 th February

National Year of Reading 2026

We are proudly supporting the National Year of Reading 2026 and the theme of 'Go All In.' Watch this space for more information regarding the exciting programme of initiatives we have planned to support this important focus. As a 'Do Now' activity, we ask all parents to ensure that their children have a reading book in their school bag every day which they can obtain from the school libraries.



National
Year of
Reading
2026



Student Recommendation
Atlas Baker, Year 8 recommends *A Hitchhiker's Guide to the Galaxy* by Douglas Adams
One Thursday lunchtime the Earth gets unexpectedly demolished to make way for a new hyperspace bypass.

It's the final straw for Arthur Dent, who has already had his house bulldozed that morning. But for Arthur, that is only the beginning . . . In the seconds before global obliteration, Arthur is plucked from the planet by his friend Ford Prefect – and together the pair venture out across the galaxy on the craziest, strangest road trip of all time!

Totally hilarious, *The Hitchhiker's Guide to the Galaxy* has been a radio show, TV show, stage play, comic book and film, and is and a work of utter comic genius from Douglas Adams. Atlas really liked this funny book written by the peerless Douglas Adams!

Some tricky vocabulary at times, but suitable for all students from Year 7 and over.

Reading Recommendations



Teacher Recommendation
Ms Weisselberg heartily recommends *Hamnet*

by Maggie O'Farrell

On a summer's day in 1596, a young girl in Stratford-upon-Avon takes to her bed with a sudden fever. Her twin brother, Hamnet, searches everywhere for help. Why is nobody at home? Their mother, Agnes, is over a mile away, in the

garden where she grows medicinal herbs. Their father is working in London. Neither parent knows that Hamnet will not survive the week.

Hamnet tells the powerful story of Agnes and Will, and of the son whose life has been all but forgotten, but who inspired one of the greatest plays ever written.

Ms Weisselberg adored the plot and the engaging characters of this fascinating take on Shakespeare's life. Suitable for students in Year 9 and over!

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



SPRING TERM 2026

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

A NEW YEAR

Supporting Our Young People Through Anxiety

As we begin a new year, many families are reflecting on hopes, goals, and fresh starts. For parents of students experiencing anxiety, this season can bring mixed emotions. Alongside optimism, they may also be worried about academic pressure, social challenges, exams, or changes in routine.

Anxiety in adolescents is increasingly common, and it is important to remember that you are not alone and neither is your child. Anxiety is not a sign of weakness or failure. It is a natural response to stress, uncertainty, and high expectations. For young people, whose brains and identities are still developing, these feelings can sometimes feel overwhelming.

Small, consistent support at home can make a meaningful difference. Open conversations, reassurance that feelings are valid, and a focus on effort rather than perfection can help reduce pressure. Encouraging healthy routines such as sleep, regular meals, movement, and time away from screens also supports emotional wellbeing.

At Kingsdale, we remain committed to supporting students' mental health alongside their academic progress. Please do not hesitate to reach out if you have concerns or would like guidance on available supports. Working together, we can help students build resilience, confidence, and the skills they need to manage anxiety both now and in the future.

This new year does not have to be about fixing everything. Sometimes progress simply means understanding, patience, and taking one small step at a time.

Helpful Support and Information

- NHS Anxiety in Children and Young People
<https://www.nhs.uk/mental-health/children-and-young-adults/>
- YoungMinds support for parents and carers
<https://www.youngminds.org.uk/parent/>
- Mind information on anxiety and coping strategies
<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic/>
- Childline for young people who may prefer to speak to someone confidentially <https://www.childline.org.uk/>
- Kooth online mental wellbeing support for young people
<https://www.kooth.com/>

SEND FACULTY NEWS

Practical Ways Parents Can Support an Anxious Teen

- Keep communication open and calm. Let your child know they can talk without fear of judgement or immediate solutions.
- Normalise anxiety by acknowledging feelings and reminding them that anxiety is common and manageable.
- Focus on progress rather than grades, especially during exam periods or transitions.
- Help establish predictable routines for sleep, meals, homework, and downtime.
- Encourage balance, including exercise, hobbies, and social connection, even in small amounts.
- Seek support early if anxiety is affecting attendance, sleep, mood, or daily functioning.



SEND Local Offer

Information and Local Offers

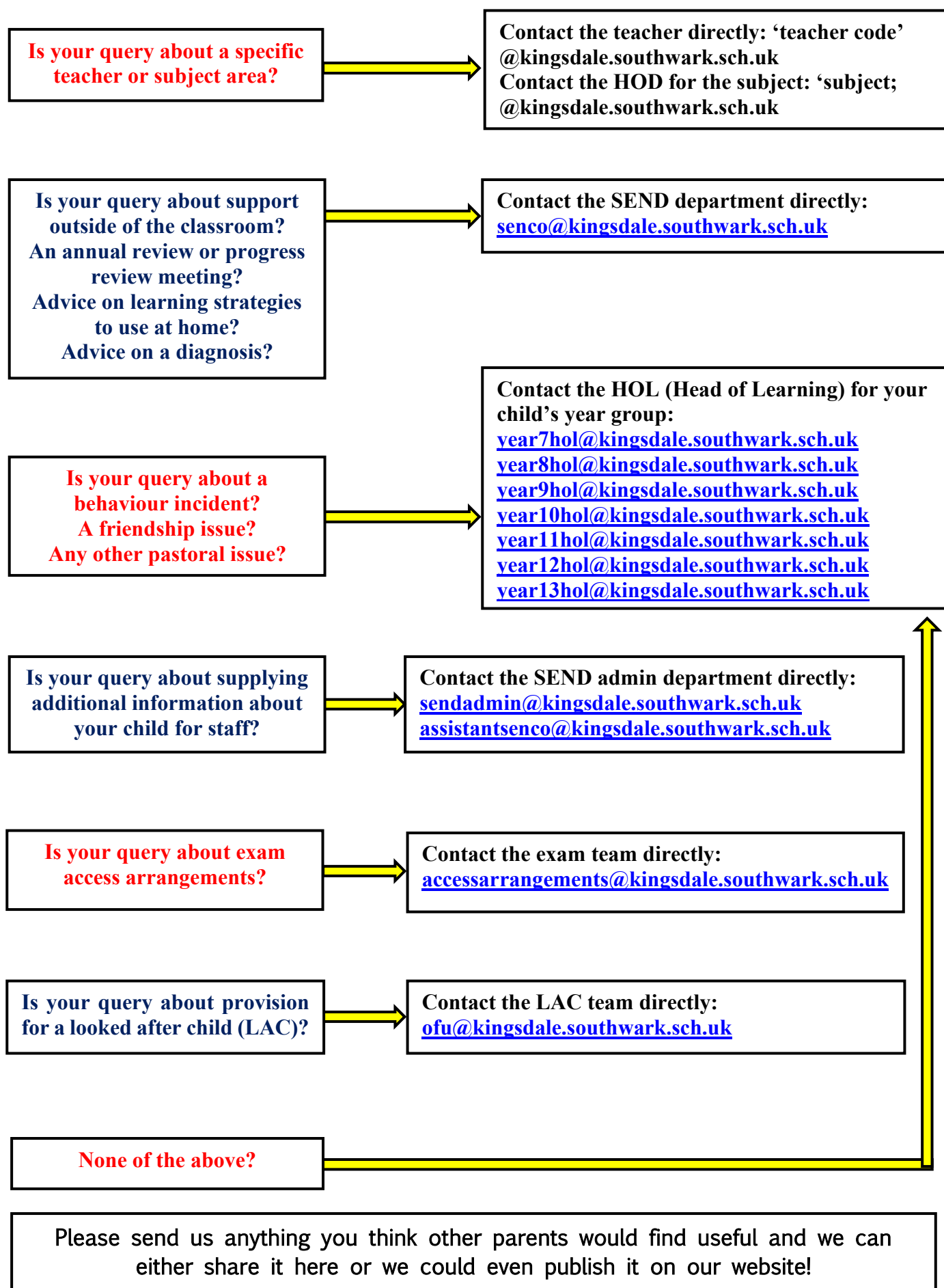
The Learning Support department would like to remind you that you can find lots of useful information in our SEND Policy and Report which can be found here: <https://kingsdalefoundationschool.org.uk/information/statutory/> under the 'SEND Policies & Report' tab.

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>

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**

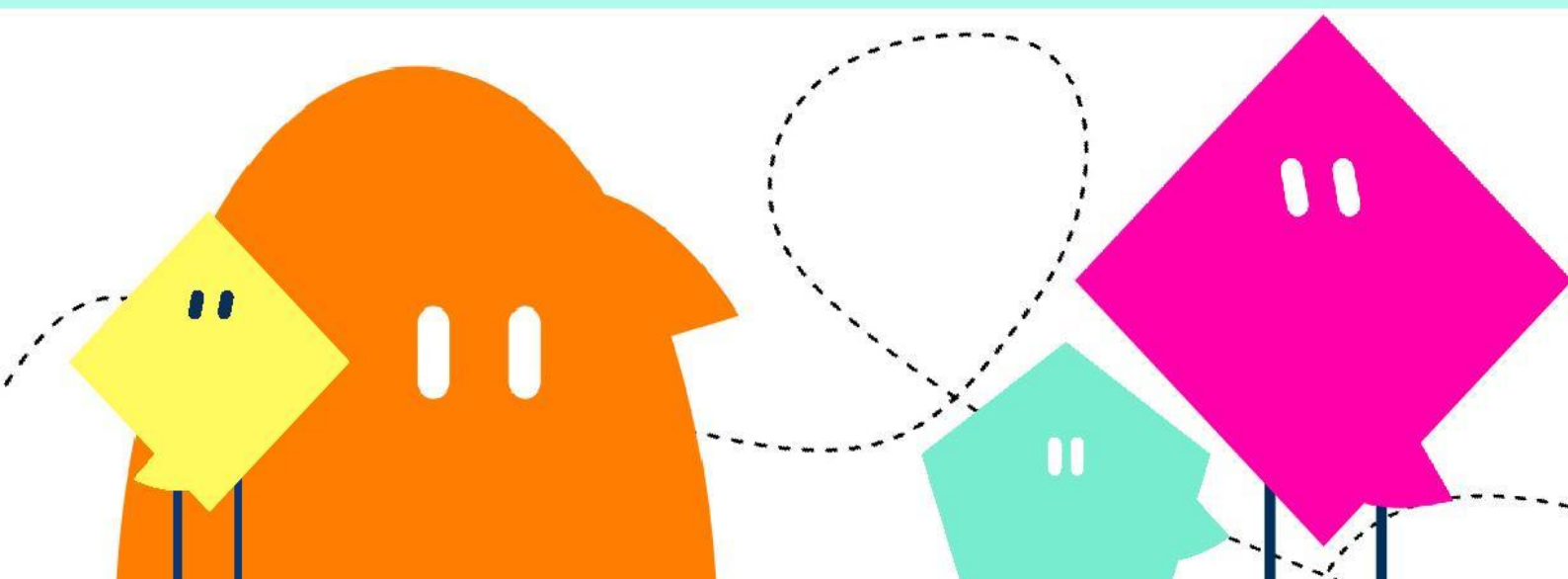
ParentZone – Resources for parents/children to help keep kids safe online.



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



Kingsdale Cooking Challenge Veganuary

It's the start of the new year which means a very important event has come around – Veganuary! It's a time when lots of people challenge themselves to try to eat a plant-based diet throughout the month of January.

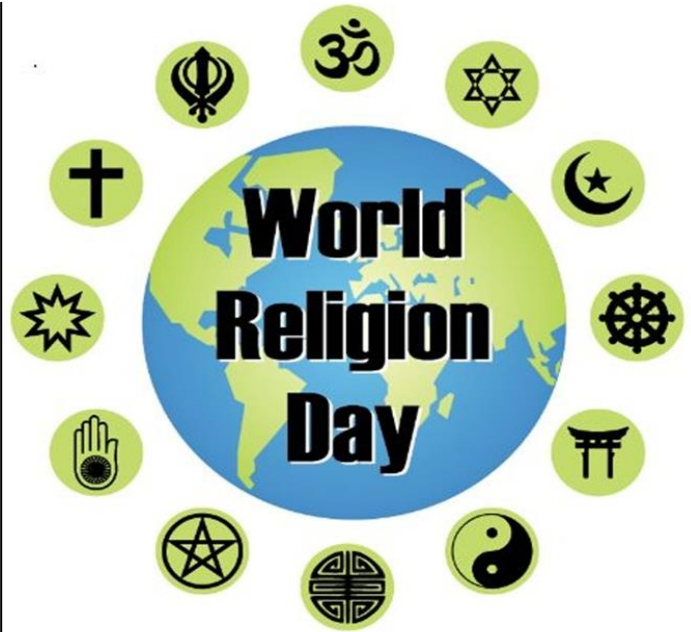
The House Team would like students to unlock their culinary skills by stepping up to the **Vegan Cooking Challenge**. Students can use a recipe from the internet or invent their own. Please send us a picture and a short description of how you made your dish. The best-looking dishes will win valuable points for your house.

***Don't forget to get permission from your parents or carers and have appropriate supervision in the kitchen.**



STUDENT HOUSE ACTIVITY:

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



World Religion Day is observed annually on the third Sunday of January. In 2026, it will be celebrated on 18th January. The day aims to foster understanding and peace among religions by encouraging people to learn about different faiths and their followers.

The observance was initiated by members of the Bahá'í faith, which emphasises the shared characteristics of all religions and advocates for their equal respect. Bahá'ís believe in the existence of one God, known by various names across different religions. They also uphold the principle of equality, asserting that all humans are born equal and entitled to the same rights, regardless of their faith.

For centuries, religious groups have often been in conflict, overlooking their shared values. World Religion Day encourages peaceful dialogue and mutual understanding to build harmony among diverse faiths.

STUDENT TASK:

Symbols are used to raise awareness about charities, events, and services like recycling and hospitals. Design your own symbol to promote World Religion Day and raise awareness of working together to make the world a better place.

SUBMISSION:

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

A parent's guide to INTERNET CONTROLS



National
Online
Safety®



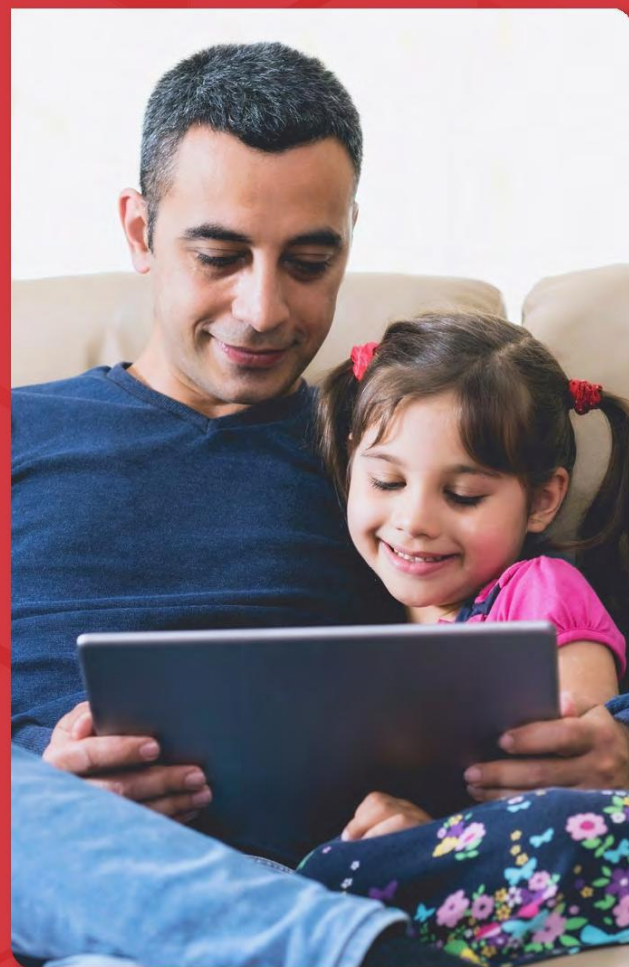
A parent's guide to INTERNET CONTROLS

The internet is full of harmful content, which is why web filtering is such an important tool for any family. When running properly it helps to protect your children from the bad things on the internet, regardless of whether they're trying to access that type of content on purpose or it happens by accident.

While parental controls are generally lumped together as one, there are three main ways of providing them: via your Internet Service Provider (ISP), via a router or via software that you install. Each has its own benefits and downsides, and the best solution is often to use a combination of techniques to catch everything and prevent a child from bypassing your protection. In this brochure, we'll look at each type to see which ones are best for you.

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.



ROUTER FILTERING CONTROLS

Most routers provide internet filtering. The most basic models just let you type in a website that's blocked, which doesn't provide a very practical way of locking down your internet connection. However, many new routers and wireless mesh systems are upping their game when it comes to parental controls. They are providing more advanced controls, and that's what we're looking at here.

Although usually provided free, some manufacturers have a monthly charge for more advanced features. For example, with the Netgear Orbi System, you get basic filtering for free, but more advanced controls are available on a monthly subscription.

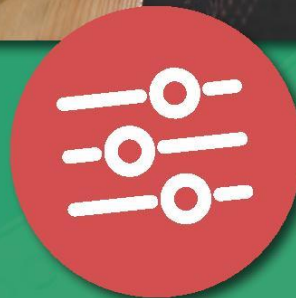
Using router controls, you can create profiles for each person in your home, assigning devices to each person. A child, for example, could have a profile that associates their laptop, phone and games console to them.

Filtering controls let you set which types of websites each profile can access, with more restrictive blocking for very young children, less stringent blocking for teenagers and unfettered access for adults.

In addition, profiles often let you set both when a profile can access the internet and for how long. You can even pause internet connection for a profile, blocking internet access temporarily for a child. As controls are applied for all devices, it means that a child can't swap to a different device to carry on using the internet.

The main downsides are twofold. First, protection doesn't work outside of your home, so a child has unrestricted internet access on other networks. Secondly, they can't control which apps your child can use, so you can't lock down applications and games so easily.

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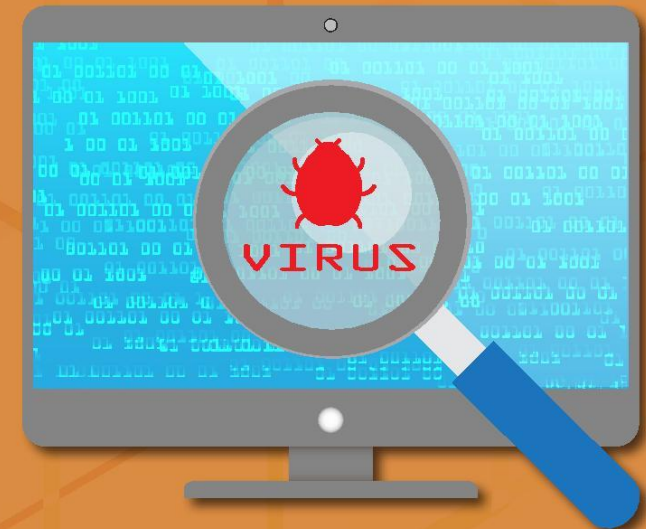


PARENTAL SOFTWARE CONTROLS

Traditional parental control software is typically available as part of an anti-virus suite, although dedicated applications are also available. The software has to be installed on a child's devices, with most supporting Windows, Mac, iPhone (iOS) and Android. Control is typically via the web, letting you set the types of websites that a child can visit, and how long they're allowed to use devices for.

Parental control software has two main advantages over the other methods. First, it can be used to monitor and restrict which apps are being used, in addition to filtering websites. Secondly, the software continues to work no matter where the child is, so they can't bypass protection by connecting to a different wireless network, for example.

The downside is that the level of support is more restrictive and some devices, such as games consoles, won't be supported.



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ISP FILTERING CONTROLS

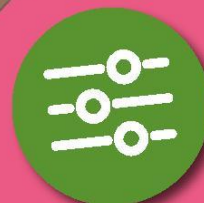
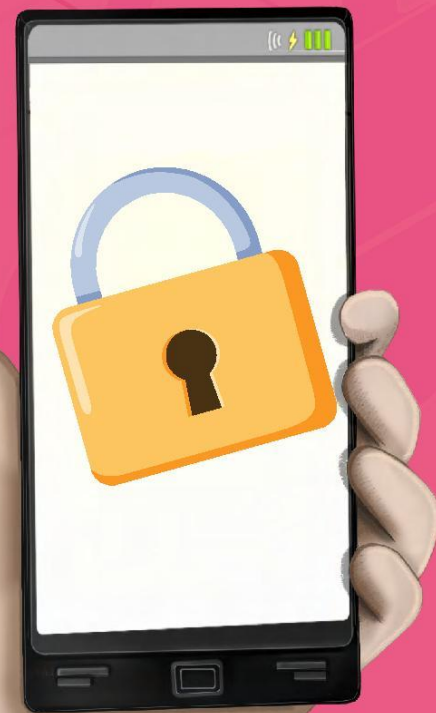
Your ISP will have its own filtering controls that you turn on for your entire internet connection. They're provided free of charge and provide a simple, baseline level of protection. The main benefit of these controls is that they don't require any software to be installed and will work on any device connected to the internet from a laptop to a games console.

The main issues come from the fact that the controls are simplistic. First, as controls apply to every device equally, everyone in your home gets the same level of filtering regardless of whether they're five-years-old or an adult. Secondly, ISP filters can't block specific applications, such as a game. Thirdly, ISP filters only work while you're at home; if a child takes their laptop or tablet elsewhere, there's no active filtering (note that BT's controls also work if you're signed into BT Wi-Fi).

Typically, ISP parental controls can be temporarily turned off (or run on a schedule) to allow adults access to other content. However, while the controls are turned off, the entire network is open, enabling a child to access anything they like.

It's worth mentioning the parental controls that mobile networks provide. These can be turned on to filter all web traffic from a child's smartphone when they're using the mobile network. The downside is that the controls aren't in force when a child connects to a wireless network, so you'll want to look into additional controls.

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WHICH TYPE IS THE BEST?



In truth, the best form of protection is to use multiple layers of protection. Parental control software is a great option for monitoring and controlling what a child can see and do on their computer, tablet or phone, and gives protection outside of your home. It's worth supplementing this control. If your router has advanced parental controls, then use this to control internet access on all of a child's devices, even those that don't support your software. ISP filtering should be used as a last resort, as it restricts what everyone can do, even you.

That said, make sure that your child's phone has internet filtering turned on so that your child remains protected even if they use mobile data.



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SPORTS FIXTURES

Monday 12th January 2026

- Under-16s Girls' Basketball Away Match v Harris Academy, Crystal Palace. Leave school at 3.15pm. Start 4.15pm. Return at 6pm approx.: **Mr Roberts/Mr Dash**
- Under-18s Girls' Hockey Away Match v James Alleyns Girls School. Leave school at 3.30pm. Start 3.30pm. Return at 6pm approx.: **Ms Jaymes**

Tuesday 13th January 2026

- Under-15s Girls' Football Away Match at Burgess Park against Surbiton High School. Leave school at 1pm. Start 2.15pm. Return at 5pm approx.: **Mr Jones/Mr Price**
- Under-16s Boys' Away Basketball Match v Globe Academy. Leave school at 1pm. Start 2.30pm. Return at 6pm approx.: **Mr Hall/Mr Dash**

Wednesday 14th January 2026

- JNR NBA Basketball Clinic/Workshop at UEL Sports Dock, E16 for 30 Selected Year 7 & 8 Students. Leave school at 1pm. Start 2.15pm. Return at 4.45pm approx.: **Mr McWhirter/Mr Price**

Thursday 15th January 2026

- Under-14s Girls' Football Away Match at Burgess Park against Shenfield School. Leave school at 1pm. Start 2pm. Return at 5.15pm approx.: **Mr Jones/Mr Price**
- Under-14s Girls' Basketball Away Match v St Michaels Catholic School. Leave school at 2pm. Start 3.15pm. Return at 5.30pm approx.: **Mr Roberts/Mr Dash**

Friday 16th January 2026

- Under-16s' Boys Football Away Match v Stoke Newington School. Leave school at 1pm. Start 2.30pm. Return at 6pm approx.: **Mr Foster**

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

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

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Extra-Curricular Sports Clubs
Spring Term 2025/2026



HOUSE NEWS

Online Safety Corner

For this week's Online Safety focus we are looking at 'What Parents and Educators Need to Know About Internet Controls.' Get a greater insight here.

Please read! Remember to keep an open dialogue with your child about their activities online. **See Page 17 above.**

The House Leader Board 2025-26

Week ending
9th January 2026

- 1st Place – Swift 59,786 points
- 2nd Place – Dove 59,627 points
- 3rd Place – Falcon 59,088 points
- 4th Place – Eagle 58,383 points
- 5th Place – Albatross 58,221 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.

