

# PARENTAL NEWS BULLETIN

Issue 18 Monday 2<sup>nd</sup> February 2026

## HEADLINE NOTICES

### Mental Health & Well-Being Weekly Focus for Students: Active Well-Being

This week's mental health & well-being focus for students is **Active Well-Being**. We encourage all students to become more active this week by getting involved in a sports activity either inside or outside of school, getting off the bus a stop early or joining it a stop later to increase their daily steps or being more active during lunchtimes. Regular physical activity provides crucial physical, mental, and social benefits for young people, including stronger muscles/bones, enhanced cognitive function, better sleep, and reduced risk of chronic diseases. It boosts self-esteem, reduces anxiety, improves academic performance, and builds healthy habits that last into adulthood. For information on how we support student well-being at Kingsdale, please watch this space or contact Ms V. Turner via [vtr@kingsdale.southwark.sch.uk](mailto:vtr@kingsdale.southwark.sch.uk)



### House Excellence Award

Ryan Jones, Year 11, has won the House Excellence Award. He was nominated by the Maths Department. Ryan has shown exceptional ability and a strong work ethic in Maths. Ryan has continued to develop his skills to a high standard. He engages fully with all aspects of the subject, showing genuine dedication and regularly giving more

than is required, both during lessons and through his involvement beyond the classroom. His recent performance in the Intermediate Maths Challenge has been exceptional earning him a prestigious Gold certificate nationally. Well done Ryan!

### Kingsdale Valentine's Concert Thursday 26<sup>th</sup> February 2026

Our annual Valentine's concert returns at 6pm on Thursday 26<sup>th</sup> February, for an event in which students, staff, community members and alumni participate. This is an extra special concert this year as we will be joined by guests from the United States with whom we collaborated on our Jazz tour last year. The school ensembles currently due to perform at this will be: **Senior African Drumming, Senior Guitars, Folk Band, Senior Percussion & Senior Jazz ensemble**. We also have a number of spaces reserved for parent and community acts.

Please email [performarts@kingsdale.southwark.sch.uk](mailto:performarts@kingsdale.southwark.sch.uk) if you or anyone you know would like to join us to perform at this very special event.

## THEME OF THE WEEK

### A Matter of Attitude

'I visualised where I wanted to be, what kind of player I wanted to become.

I knew exactly where I wanted to go, and I focused on getting there.'

*Michael Jordan*

## WORD OF THE WEEK

### Amnesty

1. A decision by a government that allows political prisoners to go free.
2. A fixed period of time during which people are not punished for committing a particular crime.

- *Most political prisoners were freed under the terms of the amnesty.*
- *People who hand in illegal weapons will not be prosecuted during the amnesty.*

## SCHOOL NEWS

We will be back in the garden for our first parent & volunteer session of this year on **Saturday 7<sup>th</sup> February, 10.30am-12.30am.**

No experience necessary  
All welcome!  
Refreshments provided



## 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 6<sup>th</sup> 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](mailto:sca@kingsdale.southwark.sch.uk)





# Kingsdale Symphony Orchestra

Join students from around Southwark in a  
half-term orchestral course.

Sign up using the QR  
code below

Dates: Wednesday 18 February to Friday 20  
February

Times: 9:30am to 3:00pm Wed/Thurs  
2pm to 6pm Friday

Concert at 5:30pm on Friday 20 February





# Year 12 talent in Gold Arts Award

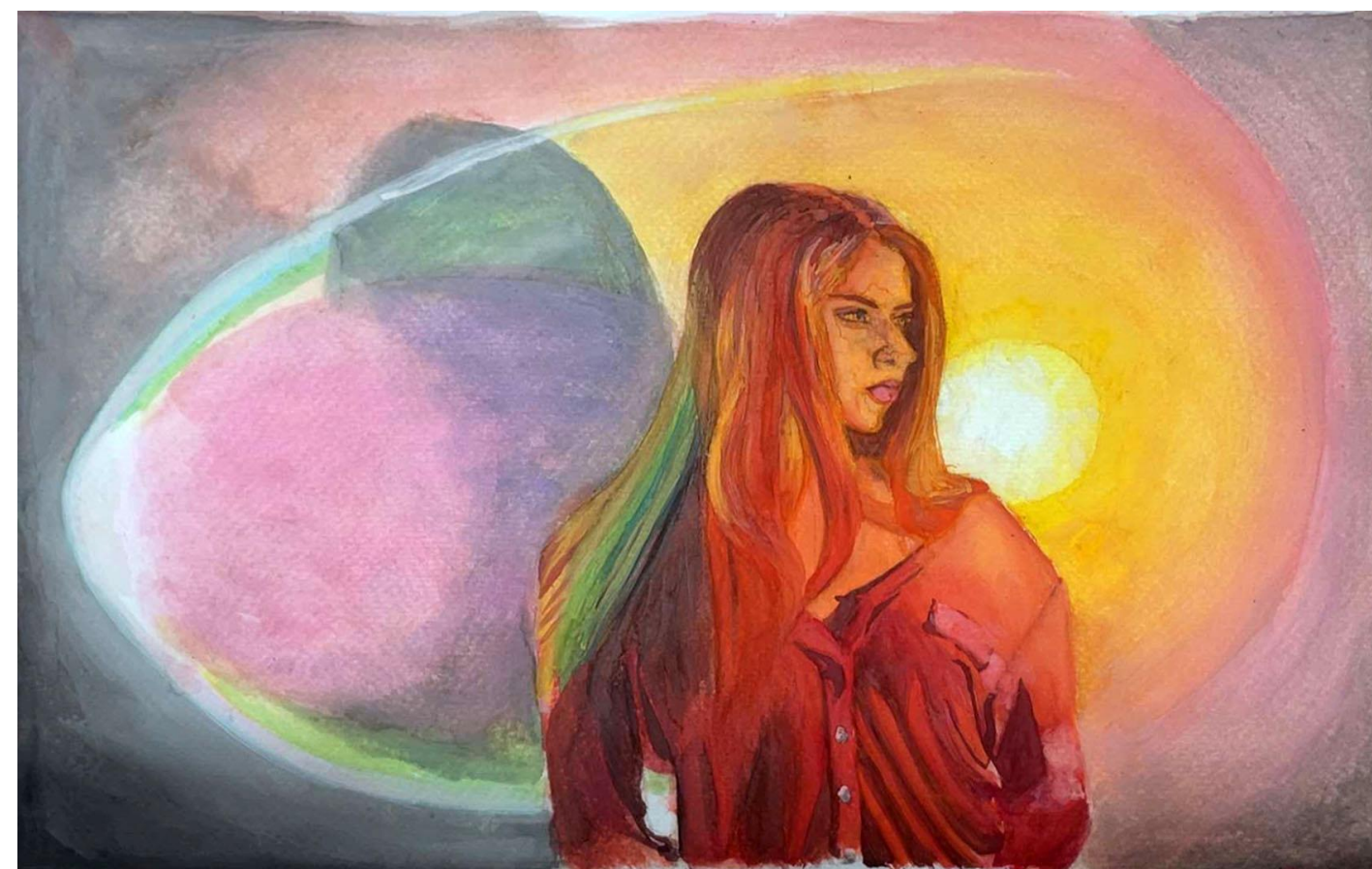
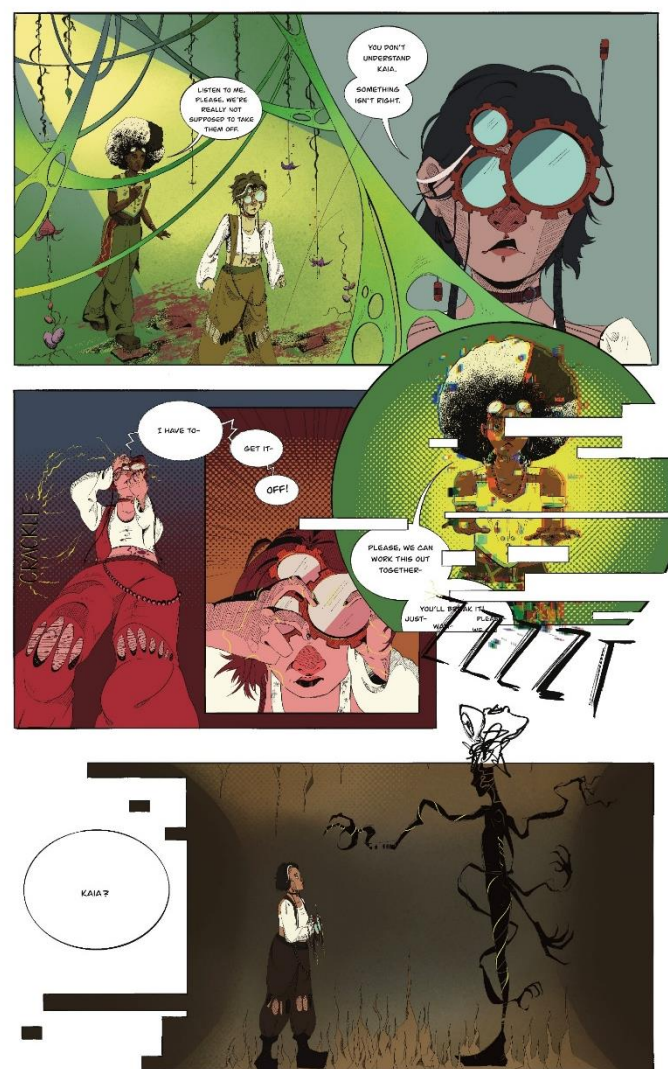
Year 12 students taking part in Gold Arts Award have recently reflected on their own existing art skills, and then explored new, unfamiliar art forms – some choosing to learn about animation, photography, or ceramics. They then created a new artwork inspired or influenced by the new experienced art form, extending their own art practice. Some organised their own workshops with creative professionals.

Here are the final pieces made by them.

## Dora Errington

This is a comic I made with the idea of bringing together all the skills I've learned over the past few weeks. I started by conceptualising the plot, then designed the panel composition, sketched, inked and coloured the art of each panel, finally adding details like overlays, motion lines and the Procreate 'glitch effect'. My main struggle with the process was just getting everything done in time, encountering a few issues with perspective and consistency along the way.

Overall, I really enjoyed the experience, and it encouraged me to think about how I approach colour, which I can apply to my main art medium: watercolour.



## Daria Solowczuk

This is my piece which is an A4 watercolour self-portrait from a photo I had taken earlier. I combined a familiar skill (painting) with a new one (photography), which I decided to learn and develop as a part of my 'extending an arts skill' part of Gold Arts Award.

It was difficult as I wanted to explore lighting in relation to the subject, and here, it is shining on my hair, face and shirt in contrast to the studio backdrop. The light sources from the photo are coloured lamps as well as another white studio light which had two colour gels on them. When combined, it created a highly stylised ombre effect.

I loved exploring colour and lighting in both my photographic and painting work.

## Vidas Lukas

As part of learning a new art form for Arts Award, I chose to explore cosplay. My main practice is photography and fine art, so I wanted to challenge myself by working with props and textiles. Inspired by my passion for the P4persmp, I created cosplays of two characters: clandy and c!ethan.

I researched official character art and community cosplays to identify key details and design elements. For clandy, a carpenter character, I learned to use foam clay for the first time to build an axe prop. I added lore-based details including a chain necklace, a brown bear (Koda), and golden scars made from temporary tattoo strips. I also altered the red top by refining the sleeves and shortening it, creating a layered fabric effect on the back using a sewing machine. For c!ethan, a greenwitch, farmer and fisherman, I designed my own version of his rotten spell book, adding textured "skulk" to the cover using paper towels and PVA glue. I built a firefly jar from a recycled bottle with lights inside, added plant-like foam clay textures, and painted it. I also created EVA foam shoulder armour, which required extensive research and trial and error to pattern correctly. Along with the axe, this became one of the pieces I am most proud of. Additional details included a beaded necklace, a compass, a leaf, and a moss-textured scarf attached to my belts.

To honour the characters, I included shared symbolic details such as a handmade goat horn and miniature weapons: a small axe for clandy and a moss-covered dagger for c!ethan. I also enjoyed creating their nametags and experimenting with face paint. Overall, I was deeply passionate about this project. Wearing the cosplays at Megacon London was an incredible experience – I met other fans, connected with the community, and shared my work with the creators of the P4persmp. Meeting them and showing my cosplays was the highlight of the project.



## Charlotte Slanickova

I created three clay heads to extend an art skill in Gold Arts Award. The clay heads were sculpted from memory and imagination. The process involved me starting by making ceramics like pinch pots, slab pots and coil pots to learn some new hand building techniques. The strongest part of the piece is how they all fit together as a series and have similarities.

I loved working with clay I found it relaxing and creating the heads meant I had to problem solve as sometimes the features did not harmonise.



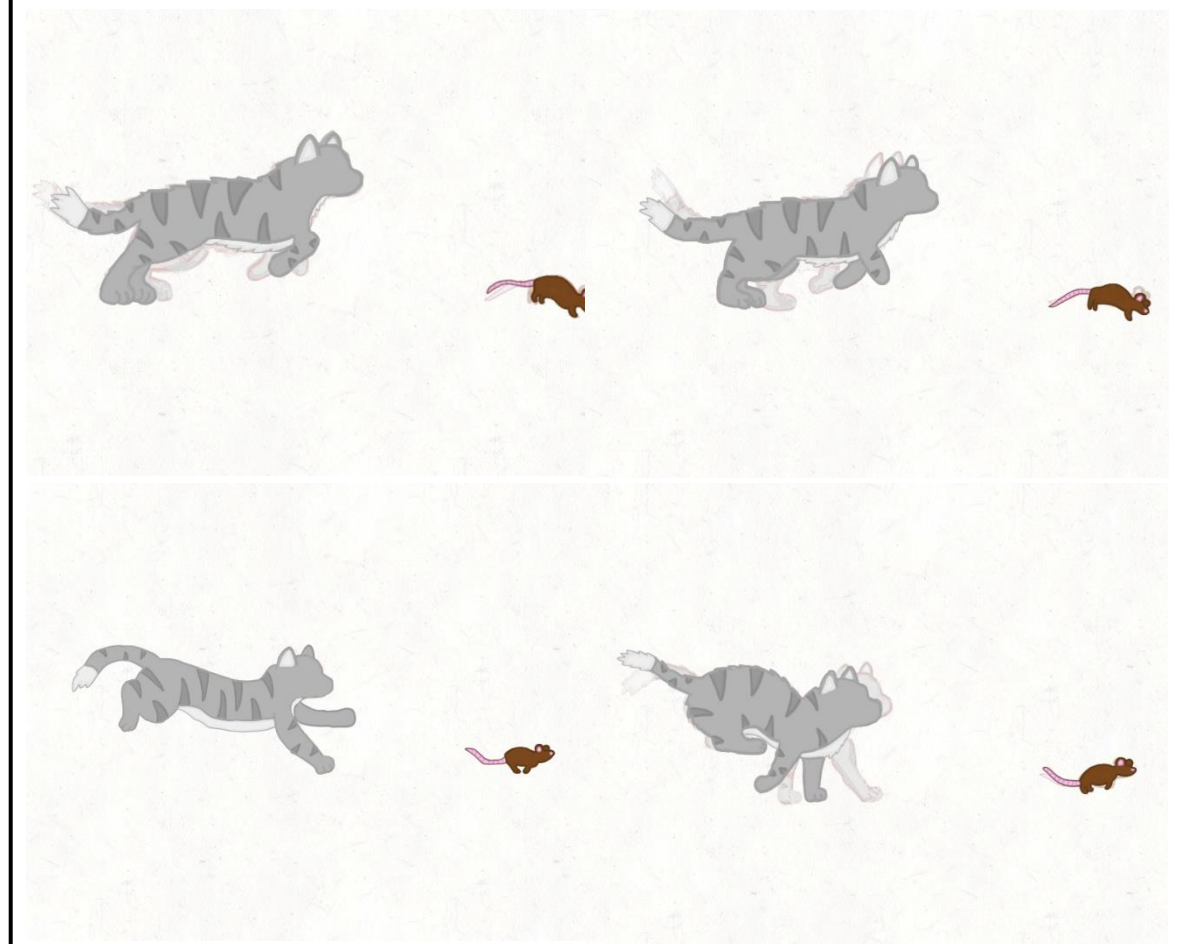
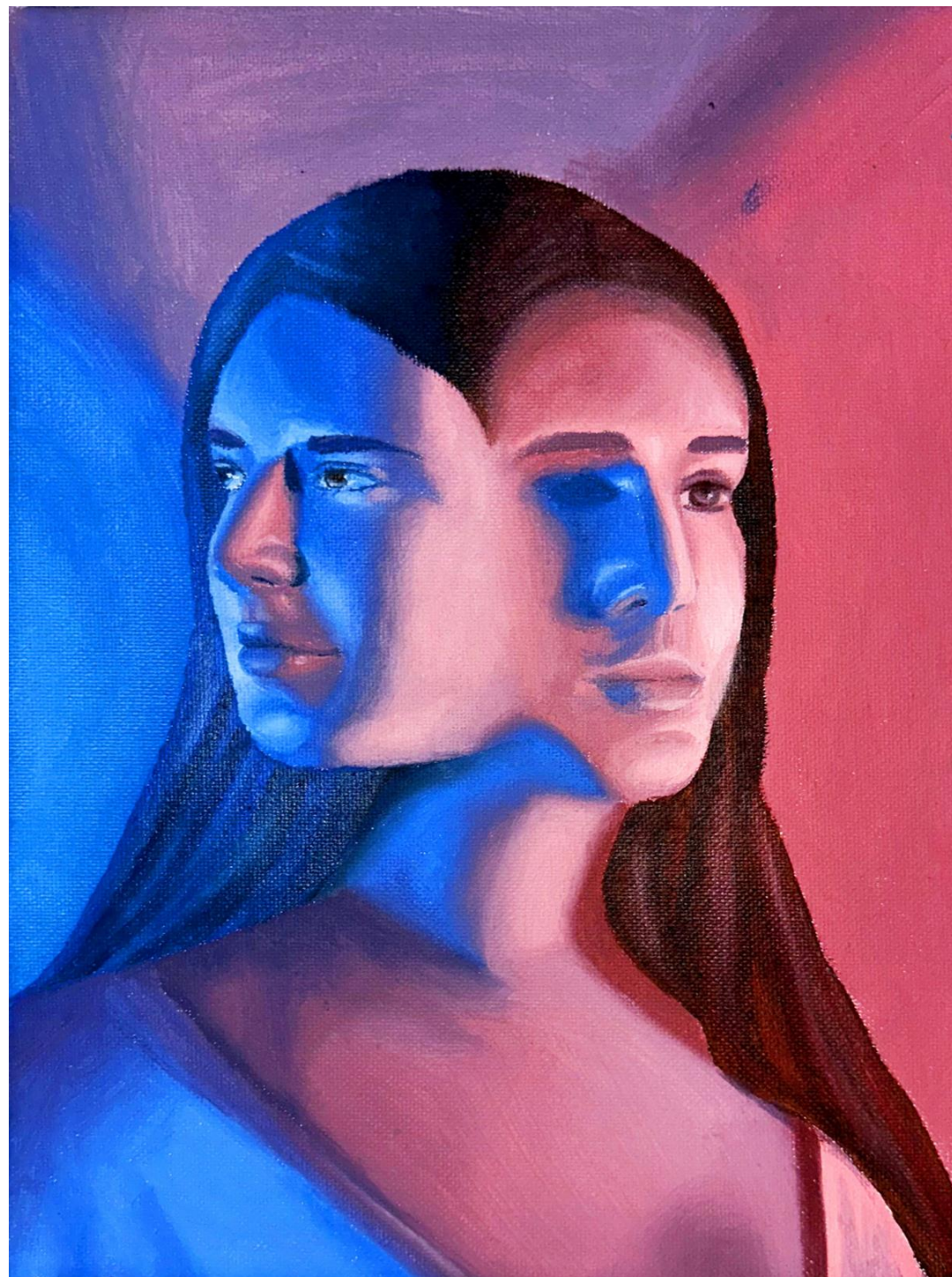
## Lyra Toop

This is my painting, which I created for my project in Gold Arts Award. The painting is based off photography that I did as photography is the skill I am learning, and I used oil paints to create the piece as they are my preferred medium.

The process involved learning how to use a camera and take a photo, and then editing it by learning to use Photoshop, and finally painting it.

My favourite part was experimenting with lighting and camera settings in order to get the photo I wanted.

It is meant to evoke ideas of identity and change, and I really enjoyed creating it as I love experimenting with colour.



## Maia Couvert Mackay

These are some stills from my animation of a cat chasing a mouse that I created for the Gold Arts Award. I have never tried animation before, so I had to develop my skills and get used to the app by animating very simple scenes such as a flower growing or a plane flying before.

Eventually, I got to the level where I could animate two things moving simultaneously on loop - where the movement looked smooth.

For this animation, I sketched out the outline of the animals in each frame and once I was happy with the movement, I added in colour and more details.

Overall, I really enjoyed the process and think that it turned out really well.

## GCSE ART, TEXTILES, GRAPHICS & PHOTOGRAPHY

To support the launch of the Year 11 Art, Textiles, Graphics and Photography GCSE exam, we are offering the opportunity for students to participate in these one-off drop-in workshops. Students just need to bring their exam sketchbooks and lots of enthusiasm!

### Year 11 Workshops 3.45pm-4.45pm

**Tuesday 20th January - Drawing with Stitch**  
AR2 - Mrs Howell

**Wednesday 21st January - Cyanotype**  
PS1 - Ms Wallner

**Thursday 22nd January - Heat Transfer Printing**  
AR7- Mrs Brocklesby

**Tuesday 27th January - Relief Mono Printing**  
TE1 - Ms Rix

**Tuesday 3rd February - Plaster Casting**  
AR1 - Miss Farley

**Thursday 5th February - Abstract Painting**  
AR4 - Ms Montero

## Young Artists' Summer Show 2026

We are encouraging students to submit artwork to the Royal Academy Student Summer Show. The school is registered for applications and students can speak to their Art teacher for support.

**RA** Royal Academy of Arts

**The Young Artists' Summer Show is a free, open submission exhibition for young artists aged 4–18 living and studying in the UK.**

Students can submit one artwork for consideration which will be judged by a panel of artists and arts professionals. Selected artworks will be displayed at the Royal Academy of Arts either onsite or online. The RA will award prizes for inspiring artworks.

### How to enter

From 5 January 2026, teachers will be able to register their school. Next, teachers and parents/guardians can submit artworks via the RA website until 4 March 2026.

### Important dates

**5 January – 4 March 2026**

Registration and submission open

**May 2026**

Judging

**14 July 2026**

Online exhibition opens

**14 July – 30 August 2026**

Display at the RA open

**Sign up and find out more**

roy.ac/youngartists

@royalacademyarts

Made possible by Robin Hambro



### Under-14s Boys' Rugby National Rugby League London Round Kingsdale v Dorothy Stringer

Well done to the Under-14s Boys' Rugby team for finishing 2nd in the National Rugby League London round. The boys fought hard in the final against Dorothy Stringer School but unfortunately lost to a stronger team. Zac Kiwanuka scored two excellent tries from the team collectively making several line breaks. At the end, the boys showed much heart with Ezra Persson scoring the final try of the game.

The boys should be very proud of their performance. Well done!

**Final score:** Kingsdale 16-36 Dorothy Stringer

**Tries:** Zac Kiwanuka (2) and Ezra Persson (1)

**Conversation:** Harry Davis (2)

### Under-16s Boys' Rugby Kingsdale v Rutlish School

Congratulations to the Under-16s Boys' Rugby team for their brilliant comeback win against Rutlish School. The boys were 21 points to 5 down at half time. At the start of the 2nd half they bounced back well and dominated the breakdown keeping possession for much of the half. Man of the match goes to Alex Wold for his several line breaks and scoring one of the tries of the season and his career to date beating several players starting with the ball in his own half. Well done all.

**Final score:** Kingsdale 36-26 Rutlish School

**Tries:** Daniel Sharp (3), Donnie Heritage (2), Daniel (3), Alex Wold (1)

**Conversions:** Jimmy Roberts (3)

# SPORTS NEWS

## Skyler at Under 19 Cricket World Cup

Well done to Skylar Cook, Year 11, who represented Japan alongside his team, in the Under-19s Cricket World Cup in Namibia. He played against the West Indies, Australia and Tanzania, and made 30 runs with the bat against Ireland.

As a team, Japan put in their best performances ever against the big teams - scoring 184 against Sri Lanka, 201 against Australia and 247 against Ireland - smashing their previous best of 133 against New Zealand a couple of years ago. They came tantalisingly close to beating Ireland, which would have put them through to the second round, but Ireland got over the line with two overs to spare.

Japan then faced Tanzania in one of the 13-16th place play-off matches and beat them easily to secure their first ever win at a World Cup.

Well done Skylar and team!



## Year 8 Boys Elite Team Football English Schools Cup Kingsdale v Dover Grammar School for Boys

Congratulations to the Year 8 Boys Elite Football Team who beat Dover Grammar School for Boys on penalties in the Quarter Final of the English Schools Cup on Thursday 22<sup>nd</sup> January.

After being 1-0 down for what felt like forever, on a soggy, muddy pitch, Jacob Leslie pulled one back for Kingsdale sending the game into Extra Time. Although Kingsdale playing the better football in Extra Time, neither team managed to score, forcing the game into the dreaded Penalties, but resulting in a win for our boys!

**Final score:** Kingsdale 5-4 Dover Grammar

**Goal Scorers - Penalties:** Luther Mbewe (1), Kamau Virtue (1), Jamie Hilyer (1), Keano Chambers (1) and Tristan Fullerton (1) with the winning Penalty.

**Player of the Match:** Jamie Hilyer for his outstanding performance all over the pitch.

This is the first Kingsdale team to Reach the Semi Final of the Elite ESFA. Well done to all the Squad involved so far this season.



# PERFORMING ARTS NEWS

## DANCE WORKSHOPS

### Laban Dance Workshop

On Tuesday 27<sup>th</sup> January 2026, selected students attended the Laban Dance and Music Conservatoire for an amazing Dance workshop.

Our students were put through their paces with the high energy and non-stop moves by the very talented, choreographer, Bizmark.

He was very impressed with our students, who as always, carried themselves impeccably.

Well done to all those that took part. A fun time was had by all!



### African and Caribbean Fusion Workshop

On Wednesday 28<sup>th</sup> January 2026, 30 students were selected from Years 7 & 8 to participate in an African and Caribbean fusion workshop, with the Irie Dance Company.

Our students got to take part in an Afro warm up and then were fortunate observe Irie perform some of their professional dance pieces.

The Kingsdale students were invited to share some of the choreography dance steps they have been learning in after school Dance on a Thursday.

Our students had the opportunity to take part in a Q&A session with students in are presently in training with Irie.

Kingsdale student feedback was extremely positive. They thoroughly enjoyed the day and were buzzing from the amazing experience.

A huge thank you to the Royal Academy of Dance in conjunction with the Step into Dance programme for inviting us.



# 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 announce that our Extra Curricular Sports Programme for the Spring term 2026 is now underway. 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](mailto: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 |                          |
| Football – Girls – Year 10 and 11               | 4:10-5:15pm   | Astro/Playing Fields |                          |
| Dance – Mixed – Contemporary – Year 7 and 11    | 3:45-5:00pm   | Dance Studio         | Mr Foster                |
| Dance – Mixed – Contemporary – Year 8, 9 and 10 | 4:15-5:15pm   | Dance Studio         | Ms Jaymes                |
| Wednesday                                       |               |                      |                          |
| Football – Boys – Year 9                        | 8:00-8:50am   | Astro                | Ms Dookey                |
| Netball – Girls – Year 11                       | 8:00-8:50am   | Sports Hall          |                          |
| Horse Riding – Mixed- Year 7                    | 10:45-12:15pm | Dulwich Stables      | Mr Johnstone             |
| Horse Riding – Mixed- Year 7                    | 12:45-2:15pm  | Dulwich Stables      | Mr Foster                |
| Sports Scholars – Mixed – Year 9                | 12:55-1:40pm  | Sports Hall          | Ms McGregor              |
| Football – Mixed – Sixth Form                   | 1:50-3:40pm   | Playing Fields       | Ms McGregor              |
| Rugby – Mixed - Sixth Form                      | 1:50-3:40pm   | Playing Fields       | Mr Foster                |
| Rugby – Boys – Year 7                           | 3:45-5pm      | Playing Fields       | Mr Price & Mr Dash       |
| Football – Girls – Year 8&9                     | 4:10-5:15pm   | Astro                | Mr McWhirter             |
| Thursday                                        |               |                      |                          |
| Hockey – Mixed – Year 8,9,10 & 11               | 8:00-8:50am   | Astro                | Mrs Sinclair & Mr Foster |
| Sports Scholars – Mixed - Year 7 and 11         | 11:05-11:50am | Astro, Gym 2         | Mrs Sinclair & Mr Foster |
| Badminton – Mixed – Year 7                      | 11:05-11:50am | Sports Hall          | Mr Dash & Mr Jones       |
| Fitness – Boys and Girls Year 7 and 11          | 11:05-11:50am | Fitness Suite        | Various                  |
| Hockey – Mixed – Year 7                         | 11:05-11:50am | Astro                | Ms Jaymes & Ms Marshall  |
| Dance – Street Dance – Mixed – Year 7 and 11    | 3:45-5:00pm   | Dance Studio         | Mr Price & Mr Fitchett   |
| Dance – Street Dance – Mixed – Year 8, 9 and 10 | 4:15- 5:15pm  | Dance Studio         | Mr Dash                  |
| Football – Girls – Year 7                       | 3:45-5:00pm   | Astro                | Ms McGregor              |
| Friday                                          |               |                      |                          |
| Basketball – Boys – Year 7 & 8                  | 7:45-8:50am   | Sports Hall          | Ms McGregor/Ms Dookey    |
| Rugby – Boys – Year 10&11                       | 8:00-8:50am   | Astro                | Ms McGregor/Ms Dookey    |
| Netball – Girls – Year 7                        | 3:40-4:45pm   | Sports Hall          | Ms McManus               |
| Netball – Girls – Year 9                        | 3:45-5:00pm   | Sports Hall          | Mr McWhirter             |



# CAREER NEWS

## Careers Talks Coming Up

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

| Date                             | Time                          | Years      | Talk                     |
|----------------------------------|-------------------------------|------------|--------------------------|
| Tuesday 3 <sup>rd</sup> February | Period 5<br>1-1.45pm          | 9, 12 & 13 | Advertising              |
| Wednesday 4 <sup>th</sup> March  | Period 4<br>12.10-12.45pm     | 8 & 10     | Interior Design          |
| Wednesday 18 <sup>th</sup> March | TBC                           | TBC        | Metropolitan Police      |
| Tuesday 28 <sup>th</sup> April   | TBC                           | TBC        | Data Centres             |
| Friday 1 <sup>st</sup> May       | Period 4<br>12.10-12.50pm     | 8 & 10     | Nursing                  |
| Tuesday 12 <sup>th</sup> May     | 4.15-5.00pm<br>(after school) | All Years  | Archaeology              |
| Spring – date TBC                | TBC                           | TBC        | Video Publishing & Media |

## GCSE Literature Catch Up Sessions

**Wednesdays 3.45 – 4.30pm in USL**  
**Year 10s and 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 <sup>th</sup> January  |
| Catrin                         | Cousin Kate              | 14 <sup>th</sup> January |
| Belfast Confetti               | War Photographer         | 21 <sup>st</sup> January |
| A Poison Tree                  | The Man He Killed        | 28 <sup>th</sup> January |
| The Destruction of Sennacherib | Extract from The Prelude | 4 <sup>th</sup> February |

# LIBRARY NEWS



## National Year of Reading 2026

### 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.

## 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.



## 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](mailto:tkp@kingsdale.southwark.sch.uk)

For further information on term & holiday dates, please contact the Attendance Team at [attendance@kingsdale.southwark.sch.uk](mailto:attendance@kingsdale.southwark.sch.uk)

### SPRING TERM 2026

#### First Spring Half-Term

Monday 5<sup>th</sup> January – Friday 13<sup>th</sup> February

#### Half-Term Holiday

Monday 16<sup>th</sup> February – Friday 20<sup>th</sup> February

#### Second Spring Half-Term

Monday 23<sup>rd</sup> February – Friday 27<sup>th</sup> March

### SUMMER TERM 2026

#### First Summer Half-Term

Monday 13<sup>th</sup> April – Friday 22<sup>nd</sup> May

Monday 13<sup>th</sup> April INSET DAY

*School closed to students except those in Year 11*

#### Mayday Bank Holiday

Monday 4<sup>th</sup> May 2025

#### Half-Term Holiday

Monday 25<sup>th</sup> May – Friday 29<sup>th</sup> May

#### Second Summer Half Term

Monday 1<sup>st</sup> June – Friday 24<sup>th</sup> July

Friday 24<sup>th</sup> July INSET DAY

*School closed to students except by invitation*

2026/27 Term Holiday dates now published [here!](#)

# Supporting your Child in South London: A Guide for Parents/Carers

The secondary school years can be both exciting and challenging for young people and their parents. From academic pressure and friendship issues to emotional wellbeing and behavioural challenges, it's normal to need support.

Thankfully, across South London, there are many free or low-cost services available to help families navigate these moments.



## Mental Health & Emotional Wellbeing Support

- **Child and Adolescent Mental Health Services (CAMHS)**  
NHS services for children and young people struggling with emotional or mental health issues in boroughs including Croydon, Lambeth, Lewisham, and Southwark.  
📞 NHS South London & Maudsley CAMHS:  
<https://slam.nhs.uk/children-and-young-people>
- **Place2Be** (Charity supporting schools, parents & pupils)  
Place2Be offers counselling support within schools, resources for parents, and helpful tips on youth wellbeing. 📞 <https://www.place2be.org.uk/>
- **YoungMinds** (mental health advice for parents & young people)  
Helpful guides on mental health, how to talk to your child, and accessing support like CAMHS.  
📞 <https://www.youngminds.org.uk/>
- **The Mix** (support for under-25s)  
Offers online advice, peer support, helpline and free counselling resources.  
📞 <https://www.themix.org.uk/>
- **Off The Record Youth Counselling**  
Charity providing free counselling for 14-25-year-olds in Croydon, Merton and Sutton.  
📞 <https://www.talkofftherecord.org/>

## Urgent or Crisis Support

If you believe your child is at immediate risk or in crisis:

- Contact your GP
- Call NHS 111 (urgent health advice)
- Visit Accident & Emergency (A&E)
- Use child-specific services like Childline

## 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.

## Support for Parents & Families

- **Family Action** (FamilyLine)  
Free emotional support for families on parenting, relationships, conflict, and stress.  
📞 <https://family-action.org.uk/find-a-local-service/>
- **Local borough parenting programmes**  
Council-run parenting courses can offer practical strategies. Your local borough website can point you toward current programmes.

# SEND FACULTY NEWS

## National Autistic Society Coffee Morning Friday 6<sup>th</sup> February 2026 at 9.30am

Join us at Carnegie Library Hub for a free relaxed coffee morning with regular guest speakers. This is an opportunity for parents & carers of autistic people to meet other parents of autistic people over coffee and biscuits.

Each month a guest speaker will chat about a different autism related topic such as advice on the EHCP process, speech & language therapy, SEN services in the local area, transitioning young adults to the workplace, support with mental health, etc.

No diagnosis necessary.

Find out what's going on in the world of autism in Lambeth and our plans for 2026.

This month we will be joined by neurodiversity consultant Simon Airey who will share a fresh perspective on supporting our autistic children/adults. As an autistic person himself, Simon moves past the clinical labels so instead of focusing on what's 'wrong,' we'll discuss how to lean into your child's natural strengths and set up a home environment that cuts down on daily friction.

Parents/carers can book their place via eventbrite [here](#).



## SEND Local Offer

## Information and Local Offers

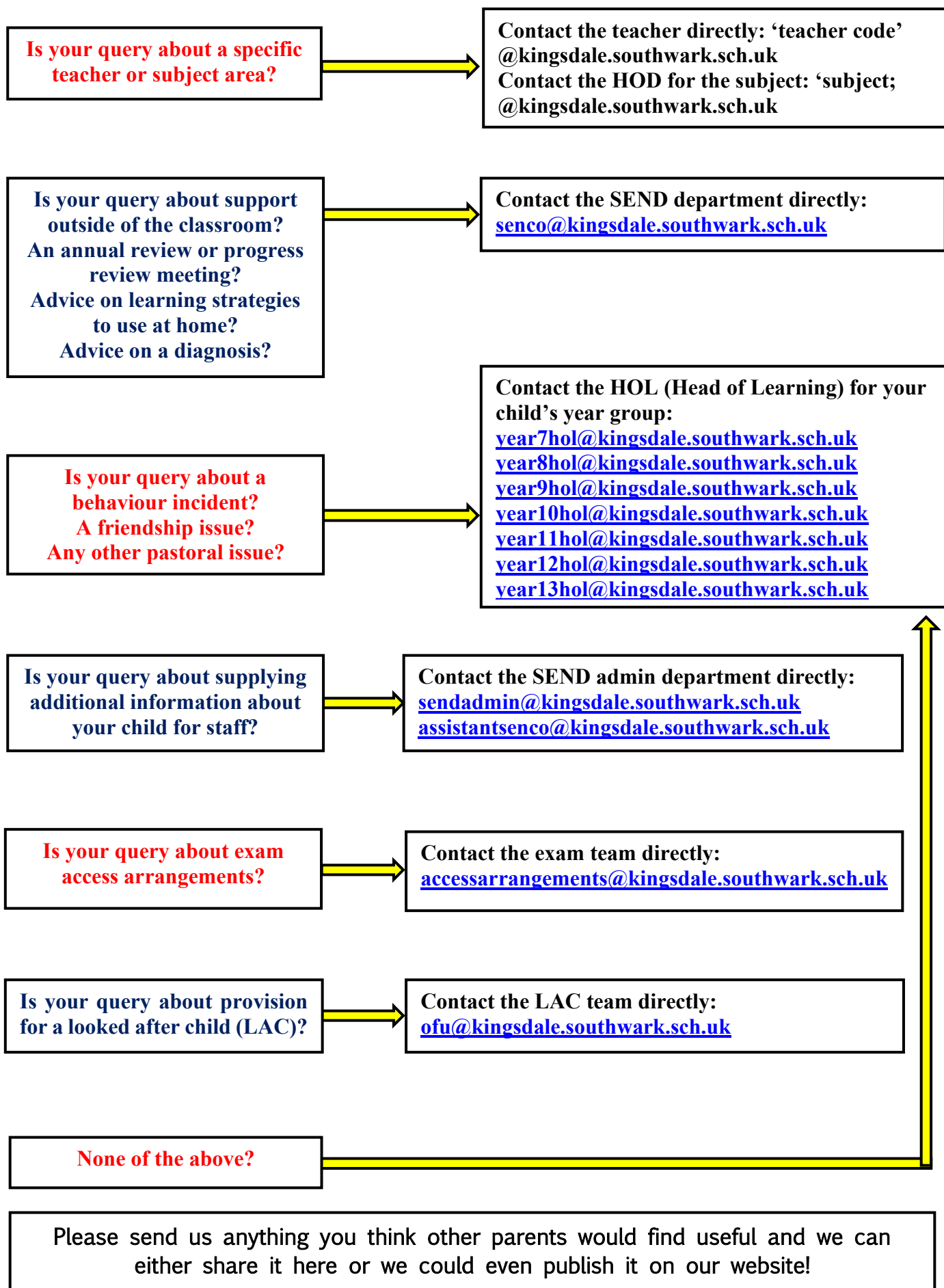
The Learning Support department would like to remind you that you can find lots of useful information in our SEND Policy and Report which can be found here:  
<https://kingsdalefoundationschool.org.uk/information/statutory/> under the 'SEND Policies & Report' tab.

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

SCAN ME



Talking to your child about

# SHARING IMAGES ONLINE

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

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

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



## What can you do to keep your child safe online?

S

### **Set clear boundaries.**

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

T

### **Talk with your child and be supportive.**

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

E

### **Educate everyone in the family.**

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

E

### **Evolve with the internet.**

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

R

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



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



### **FOR SUPPORT AND ADVICE, PLEASE VISIT:**

 **parentzone**

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

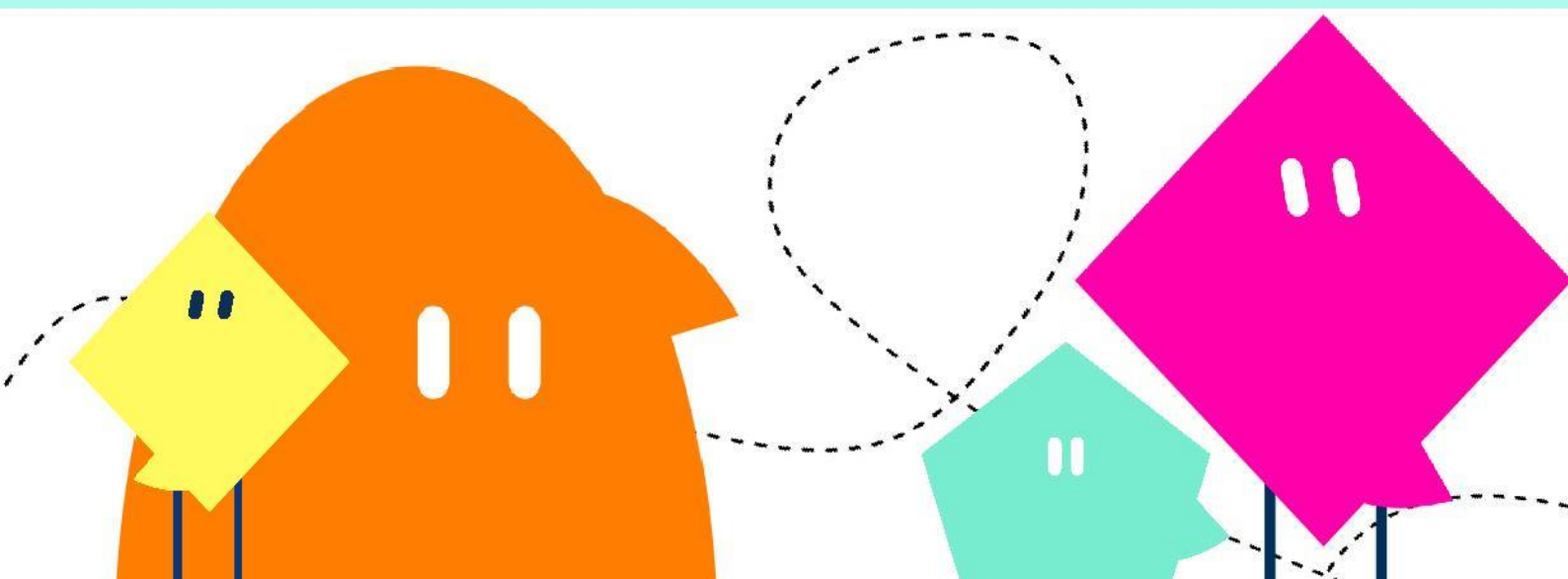


Education from  
the National  
Crime Agency

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



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



## A safe space for teenagers worried about sexual behaviour

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



[shorespace.org.uk](https://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](mailto: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](mailto: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](mailto:health&wellbeing@kingsdale.southwark.sch.uk)  
[tellsomeone@kingsdale.southwark.sch.uk](mailto: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

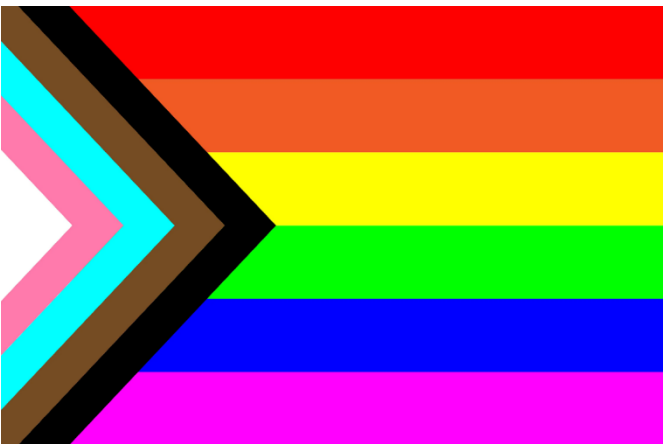
## LGBTQ+ HISTORY MONTH



### LGBTQ+ History Month

February is LGBTQ+ History Month, which is a time to promote the history and celebrate the lives of lesbian, gay, bisexual, and transgender people. The + is an inclusive symbol to mean 'and others' to include people of all identities.

For some people, having their sexual or gender identity celebrated or accepted hasn't always been easy and being gay in the UK was once illegal. For many people it's still very difficult to talk openly about their sexuality because of fear of what people might say or think. However, due to changes in laws and attitudes, life has become much easier for the LGBT+ community - although in some places there is still work to be done.



**STUDENT TASK:** Create a piece of original artwork on the theme of: LGBTQ+ History Month.

### HOW TO ENTER:

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



### Kingsdale Cooking Challenge: World Nutella Day

World Nutella® Day was established on February 5th, 2007, by Sara Rosso, an American blogger. She thought Nutella® deserved a worldwide celebration day, and all Nutella® lovers agreed! They began celebrating Nutella® by sharing pictures, ideas, inspiration, and recipes on social media. The story doesn't end there: in 2015, Sara transferred World Nutella® Day to Ferrero (the makers of Nutella®), so that it could live on and grow for years to come. Since then, every year Nutella search for some one who shares Sara's love to inspire the fan celebration on World Nutella® Day.

**STUDENT TASK:** Make a dessert out of Nutella. Send us a picture and a short description of how you made your dessert. The most creative dessert will win valuable points for your house.

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



Submit your picture and recipe to the House Team:

[housesystem@kingsdale.southwark.sch.uk](mailto:housesystem@kingsdale.southwark.sch.uk)

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

# PARENTING GAMERS



Moving from policing to parenting your gaming kids: how to engage and guide

With concerns about escalating screen-time, the impact of violence, unexpected costs and interloping strangers it can be tempting to lock down video games to limit their negative impact. While some sensible boundaries are helpful, they are only a short term solution for how we guide children towards gaming health. Like other areas of childhood, parents and carers can have a powerful steering presence by engaging and participating in the video games their children play. This not only reduces risks because they are aware of the kinds of activities, interactions and costs involved but makes video games a part of family life. Along with building dens, climbing trees, cooking and family walks, playing games with children enables parents to guide the quality of content being played. This may start with sharing the games children are currently playing, understanding why they love it and celebrating successes. But with a little research, this can grow into suggesting other games to play and higher ambitions for what kids get out of playing long-standing favourites.



National  
Online  
Safety®

## A New Media For Everyone

Video games are a new kind of media. Because they are new we don't entirely understand their potential yet. They've become hugely popular and commercially successful as blockbuster entertainment for children and teenagers. However, like books, films and music, the real range of video games on offer is much broader than this.

There are games about every topic you could imagine, and aimed at a wide range of ages and perspectives. Whether it's sharing a family's heartbreaking story in *That Dragon, Cancer*, stepping into the shoes of a Syrian migrant in *Bury Me, My Love*, or taking the hand of your child and soaring over the clouds in *Sky: Children of Light*, games take us places in unique ways. It's no surprise, then, that Newzoo figures show that in 2018 40% of men and 32% of women play games. And Entertainment Software Association (ESA) data showed that the average age for US gamers is 34 for women and 32 for men.

If you want to turbocharge your care of a child who loves playing video games, the best thing to do is to find games you want to play yourself. This can sound like strange advice until we consider how hard it would be caring for a child who loves books without reading ourselves or guiding a child who loves music without sharing our favourite songs.

## Video Game Diet

Gaining an understanding of what video games are, what they are like to play and the different experiences on offer, enables you to encourage a varied gaming diet. Similar to how we don't worry about plate-time but what's on the plate, we can differentiate between different types of screen experience.

Playing *Fortnite* offers exuberant excitement and connection to friends. Playing *Mario Kart* connects us to the players sitting next to us. *Roblox* can be a place for children to play at having a job or surviving a storm. *Minecraft* can be a tranquil escape from a busy day at school. *Alto's Adventure* can be a way to calm anxiety or jangling nerves.

Parents and carers can expand these experiences. *Kingdoms Two Crowns*, *Reigns* and *Life is Strange* teach players to trust their instincts in game-worlds built to encourage risk and hunch taking. *Florence*, *Abzu*, *Journey* and *Brothers Tale of Two Sons* are a gentle way for children to learn about their own emotional responses to challenging situations as well as appreciating how people experiencing them first hand may feel. *Eco* and *One Hour, One Life* encourage the altruism of building something that other players benefit from.

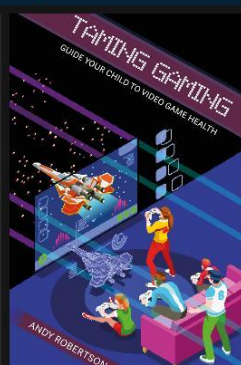
## Creators Not Consumers

Ambition for their future means parents and carers support activities where children are excelling. While this is familiar territory when a child is brilliant at an instrument or learning a foreign language, it's easy to miss the need for our enthusiasm when it comes to video games. Along with the general connection and good feelings that come from a parent or carer celebrating success in an activity that a child enjoys comes the imperative that they could go further than they realise themselves. The rise in competitive video games can sound peculiar but requires great skill, draws large audiences and comes with high prize money for professional players. Beyond this, parents can guide children towards other careers in video games which need diverse creative, technical and social skills. A simple and effective way to do this is to encourage children to create as well as consume games. This can start as simple customisation of the games that allow you to design maps and characters. Then there are games like *Mario Maker* on Wii U, 3DS and Switch where you can design and share levels for other players. *Dreams* on the PlayStation 4 takes this further with an accessible game creator that's also really powerful.

## Finding Games You Want Children To Play

Parenting rather than policing video games equips children to build good habits and a healthy relationship with digital media for when they leave home and parents aren't around to enforce the rules. One challenge can be finding the kinds of games you want your children to play. There are good resources to help you with this. Many of the examples here come from my upcoming *Taming Gaming* book: <https://unbound.com/books/taming-gaming/>. There are also websites that provide video game suggestions like *AskAboutGames* <https://www.askaboutgames.com>. Also, there are good Twitter accounts that help, like *Wholesome Games* (@\_wholesomegames) and *Non-Violent Game Of The Day* (@NVGOTD).

You can also use the VSC Rating Board (<https://videostandards.org.uk/RatingBoard/>) website and PEGI app to search for games of different ratings.



## Meet our expert

Andy Robertson is a parent of three children and journalist who writes for national newspapers and broadcast television. His *Taming Gaming* book helps parents guide children to healthy play.

# SPORTS FIXTURES

# HOUSE NEWS

## Monday 2<sup>nd</sup> February 2026

- Under-12s Boys' Hockey Away Match v St Dunstan's Collage. Leave school at 3.15pm. Start 4.30pm. Return at 6pm approx.: **Ms Jaymes/Mr Price**
- Under-13s Girls' Touch Rugby Home Match (School Astro) v Coloma School. Start 3.45pm. Finish 4.45pm approx.: **Mr McWhirter**
- Under-15s Boys' Football (A Team) Away Match v JFS School. Leave school at 12 noon. Start 2pm. Return at 6pm approx.: **Mr Hall/Mr Foster**

## Tuesday 3<sup>rd</sup> February 2026

- Under-14s Boys' Hockey Home Match at Dulwich Common against Royal Russell and Dulwich College. Times TBC: **Ms Jaymes**
- Under-13s Boys' Football B Team Home Match at Burgess Park v Thomas Bennett Community College of Crawley. Leave school at 11am. Start 12pm. Return at 3.30pm approx.: **Mr Price**

## Wednesday 4<sup>th</sup> February 2026

- Under 12s-18s Girls' and Boys' London Schools Cross-Country Competition at Wormwood Scrubs Park, West London. Leave school at 10am. Start 11.30am. Return at 4pm approx: **Mr Jones/Mrs Sinclair & Mr Price**

## Thursday 5<sup>th</sup> February 2026

- Under-12s Girls' Football Away Match v Haberdashers Askes, Knights Academy. Leave school at 1pm. Start 2pm. Return at 4.45pm approx.: **Ms McManus**
- Under-16s Boys' Hockey Away Match v Reigate Grammar School. Leave school at 12 noon. Start 2pm. Return at 5pm approx.: **Ms Jaymes/Mr Price**

## Friday 6<sup>th</sup> February 2026

- Under-12s Boys' Football Away Match v St Matthew Academy. Leave school at 12.30pm. Start 2pm. Return at 5pm approx.: **Mr Fitchett**
- Under-16s Boys' Rugby Away Match v Graveney School. Leave school at 1pm. Start 2.30pm. Return at 5pm approx.: **Mr McWhirter**

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 'Online Gaming: Moving from Policing to Parenting.' Get a greater insight here.

Please read! Remember to keep an open dialogue with your child about their activities online. See Page 21 above.

## The House Leader Board 2025-26

### Week ending

30<sup>th</sup> January 2026

- 1st Place – Swift 68,517 points
- 2nd Place – Dove 68,235 points
- 3rd Place – Falcon 67,448 points
- 4th Place – Albatross 66,985 points
- 5th Place – Eagle 66,939 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](http://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.

