



PARENTAL NEWS BULLETIN

Issue 18 Monday 27th January 2025

HEADLINE NOTICES

Call for Volunteer Representatives for KFS Careers Fair on 2nd April 2025!

We are pleased to announce that our flagship careers event will be taking place on 2nd April 2025. We were very fortunate to have many parents and carers volunteer to take part and help make it a huge success last year. We are once again asking parents and carers for their help! Details have been emailed to parents and carers, and if you can help out please complete the form [here](#). Please email careers@kingsdale.southwark.sch.uk with any queries.



Curriculum Coffee Mornings

Our next scheduled parental Coffee morning is due to take place for Year 9 & 10 parents on Friday 31st January between 11.30 & 1.15pm. These events are a great opportunity to meet staff and learn more about the curriculum for each year group.

Parents who are interested in attending, must register via the link sent separately by email. We hope to see you there. Please contact Mrs Chaudhary, Deputy Headteacher via sca@kingsdale.southwark.sch.uk with any queries.



Apprenticeship Week at Kingsdale 10th - 14th February 2025

Please note we will be celebrating Apprenticeship Week at Kingsdale from Monday 10th - 14th February 2025. We are pleased to offer a range of talks for students to attend throughout the week. Please see Page 9 for more details.

To sign up please click [here](#). Please contact Ms Maxwell via eml@kingsdale.southwark.sch.uk with any queries.

THEME OF THE WEEK Achievement and Success

'Draw a distinction between achievement and success. Achievement is the knowledge that you have studied and worked hard and done the best that is in you. Success is being praised by others. That is nice but not as important or satisfying. Always aim for achievement and forget about success.'

WORD OF THE WEEK Covenant

An agreement or to agree by lease, deed, or other legal contract.

'The community had a covenant to keep the park clean and tidy.'

SCHOOL NEWS

**Safer
Internet
Day 2025** | **Tuesday
11 February**

Coordinated by the UK Safer Internet Centre

saferinternetday.org.uk

Safer Internet Day 2025 - Coming soon!
Watch this space to see how Kingsdale will be celebrating this day, with a week of activities planned during lessons, assemblies and also tutor time. The theme of this year's event will be **"Too good to be true? Protecting yourself and others from scams online"**.

Clothing Donations Appeal Please see Page 5 for details

Please note that donations can be left at the front reception desk. Donations should be placed in a paper bag or cardboard box, no plastic bags. Thank you in advance.

HISTORY NEWS



Year 11s visit Berlin

The History Department recently returned from a trip to Berlin with Year 11 History students. We spent three days exploring the many historically significant sites the city has to offer, from the Reichstag to Checkpoint Charlie, the Olympic Stadium and the DDR Museum. The students were fantastic and braved the cold weather to see so many places mentioned in our studies of German history and the Cold War.

Perhaps most moving of all, especially as we approach this year's Holocaust Memorial Day, were our visits to the Sachsenhausen concentration camp and Memorial to the Murdered Jews of Europe.

We hope to offer a similar trip to our current Year 10s.



Scholars outside the Sir Alexander Fleming Building on Imperial College Campus

MATHS NEWS

Imperial College London

Mathematics Master Classes at Imperial College London

Year 7 Maths Scholars attended their first Spring session at Imperial College last week.

The day is divided into two parts; the morning session is curriculum based learning and the afternoon session is a STEM project activity.

Morning session topic: Percentages

Afternoon session topic: Robotic design and programming rockets

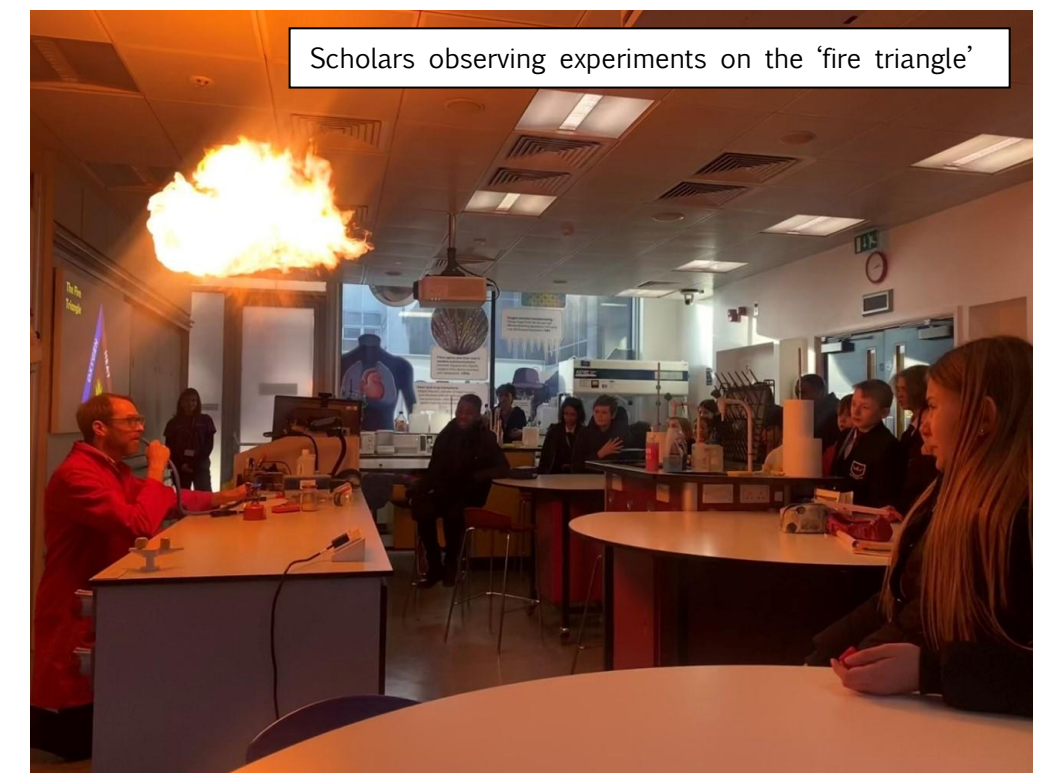
The students had a great day and were impeccable Kingsdale representatives.



Scholars building rockets



Scholars firing rockets on the lawn outside the Faculty of Engineering



Scholars observing experiments on the 'fire triangle'



GEOGRAPHY NEWS

Year 7 Geography Students Dig Deep into the Earth's Layers!

This week, our Year 7 Geography students showcased their creativity and understanding by crafting detailed models representing the Earth's structure. Many of these models were not only educational but also edible, with incredible cakes illustrating the crust, mantle, outer core, and inner core in delicious detail!

The effort and imagination displayed by our students were inspiring, and their hard work made learning about the planet's layers both fun and memorable. A huge well done to all involved!



Get Rid of and Donate is a charity that are proud to be the first award winners of Lambeth Council's winners of the Climate Change Award 2024. They want to extend their work to more secondary schools in Southwark & Lambeth. The Kingsdale community can help them.

Parents can donate and drop off items to the school at Main Reception, for the notice of Mr Lewis and/or Ms Dalrymple.

Get Rid of and Donate collects unwanted clothes (**not school uniform – send this to KFS Uniform Bank**), shoes, small kitchen and household textiles, bedding, curtains, personal cosmetics, musical instruments electrical/ gadgets, IT equipment, toys, books, garden equipment etc.

We want to support the reduction of risk of any contamination or viruses and as such, all items **MUST BE** in good condition and clean.

ITEMS SHOULD BE DONATED IN BAGS FOR LIFE OR BOXES - NO PLASTIC OR WASTE BIN DISPOSAL BAGS

Get Rid of and Donate **DO NOT ACCEPT** the following items:

1. **Used Baby Items** - baby bottles, steamers, teething rings, bowls & cutlery, potties, baby baths, changing mats, baby underwear & socks, baby bedding, sleeping suits, baby/Children bike or car seats
2. **Old/damaged/stained bed sheets & pillowcases or duvets** - (will collect only if in good condition)
3. **Damaged Kitchen/houseware** - any broken or items with missing items, porcelain ornaments, framed pictures, ceramic cups, and drinking glasses.
4. **Commercial Publications** - magazines, newspapers, season wrapping paper, trees or decorations
5. **Specific Plastic Items** - plastic bags, clothes hangers, food containers, bottles or plates
6. **Animal Items** - cat litter trays, baskets, housing, play toys, dog cages (only new items accepted)
7. **Out of Date Food**
8. **Certain Furniture** - furniture made of MDF, dismantled furniture
9. **Damaged/Faulty Appliances/Electronics** - items that are faulty, damaged or not working.



Get Rid of and Donate rescues unwanted items – preloved good quality clothes, shoes, household/textiles, books, toys, tech/electrical, furniture, musical equipment/music/cd/DVDs and more recycling giving back to those in need.

Join our campaign to help those in need, making an impact and support GROAD's global green agenda in local communities.

Something that you no longer want can still be used by someone else giving a 2nd or 3rd life span!

Donations benefit the beneficiaries of the project refugees, asylum seekers, vulnerable families and the homeless.

The UK creates 26 million tons of waste, of which 14 million ton end up in landfill sites. *Landfill is the second most used waste treatment in the UK in 2018 with 23.6% of waste sent to landfill. We all have contributed to this in some way.

The alternatives are the three R's - Reduce, Reuse and Recycle!



 @Getridofit
 @getridofitansdonate
 @groadonate_cic
 @groadonate_cic

Join us in our mission to others help and Get Rid of and Donate.

07944 102 112

info@getridofit-donate.com
 www.getridofit-donate.com

ART & DT NEWS

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



ARTiculation

On Tuesday 14th January, Nancy Edwards (Year 12) took part in the London heat of the prestigious ARTiculation competition at the Dulwich Picture Gallery. She gave an incredible talk about the work of performance artist Andrea Fraser. Despite a fantastic delivery, Nancy didn't win the heat on this occasion, however this is the wonderful feedback from judges Benji Kandler and Shahidha Bari.

It was a pleasure to listen to Nancy's original approach to the prize and present such a cogent and distinct narrative style on Fraser's Museum Highlights: A Gallery Tour. Her ability to consider Fraser's practice in relation to the wider feminist art historical canon was considered diligent, giving both the judges and the audience a delightful exploration of a practice we would otherwise be unfamiliar with.

Huge congratulations to Nancy and she is now part of the ARTiculation Alumni Network.

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



Jack Galloway Studio Visit
On Wednesday 15th January, 15 of our amazing Gold and Silver Arts Award students had the opportunity to visit the Peckham studio of West End costume designer, Jack Galloway. As part of their qualification, this trip enabled students to research into an art practitioner and careers. Jack spoke passionately about the many roles and responsibilities within theatre and the processes and decisions of making a costume for the stage. The students were able to look around, chat to Jack and his team, and even try on costumes from The Lion King and Tina The Musical.

For more photos, you can see our art Instagram [@kingsdaleart](#) (age restrictions apply).



**COLLECTIVISM
EXHIBITION
2024**
13.12.24

**13.12 FRI
17:00-11:00PM
MKII, HACKNEY
71-73 POWERSCROFT
ROAD
E5 0PT**

**++
RE WORKED
CLOTHING POP UPS
TOOTH GRILLS/GEMS/
CAPS
and FUNKY JUNGLE/
BREAKBEAT & HOUSE
SETS**

**ILLUSTRATION ART
FILM and
PHOTOGRAPHY
DESIGN
GRAPHIC DESIGN
FASHION DESIGN
INSTALLATION ART
AUDIOGRAPHY**

**505+
EXHIBITION
COLLECTIVISM**



Art Alumni Maia Hallett recently was selected to show her A level work at an exhibition in Hackney. She is currently at Edinburgh University studying for her BA in Fine Art.



Year 8 Boys' Rugby Kingsdale v Southborough High School

Southborough started strong, attacking Kingsdale and relentlessly applying pressure through well-structured attacks, but Kingsdale held strong defending for their lives and pushing them back. Kingsdale with a try saving tackle, caused Southborough to knock the ball on. We won our scrum with a dominant push and Jaiden Afranie Wilson picked the ball up from the base of the scrum and broke away to score our first try. Kingsdale kicked-off after scoring, applying pressure in defence with no escape for Southborough. An excellent turnover by Chester Cunningham led to Finn Jarvis scoring in the corner. However, Southborough replied with an excellent try making it 10-5. In the last play of first half, Kingsdale scored again through Jaiden Afranie Wilson.

The second-half kicked off starting very much the same as the first, with Southborough on the front foot, but they managed to break through and score. However, after that the flood gates opened for Kingsdale, with the team scoring 5 tries on the bounce through Rafferty Hurrell, Brendan Smith, Ezra Patterson and Jaiden Afranie Wilson. A dominant second half ended the game 40-10 for Kingsdale with a huge win!!

Final score: Kingsdale **40-10** Southborough High School

Tries scorers: Finn Jarvis, Rafferty Hurrell, Brendan Smith, Ezra Patterson and Jaiden Afranie Wilson

Man of the Match: Cameron Cornwall



Under-16s Boys' Hockey National Cup Kingsdale v Kingston Grammar School

On Tuesday 14th January, Kingsdale's Under-16s Boys' Hockey team travelled to Kingston Grammar School for their England Hockey National Cup Game.

This was the first time the school has entered this tournament which sees the best teams in the country compete in a knockout competition. Kingsdale dominated the early parts of the game, with some great build up play throughout the pitch. Kingsdale's fast start was rewarded with a short corner which was saved well by the opposition goalkeeper. The score remained 0-0 going into the second half, with both sides having good opportunities to take the lead. However, the game finished 0-0 with penalty shuffles to decide who would progress into the next round. With both teams missing two each after the first five, it went down to sudden death with Kingston winning 4-3 on shuffles.

The team performed extremely well and should be very proud. They will now play either Wellington College or Cranmore School in the Plate in the next few weeks.

Final score:
Kingsdale **4-3** Kingston Grammar School

SPORTS NEWS

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

British Gymnastics Tumbling Champs!

Huge congratulations go to Leeya Tarrant (Year 11) and Ruben Chiles (Year 10) for their amazing performances at the British Gymnastics Tumbling Championships.

Leeya placed in the Top 3 in the 15/16 age group and secured a place in the Elite Programme for the British Gymnastics Tumbling Squad 2025. Ruben placed 1st in the 13/14 age group.

Congratulations!

Kingsdale wishes them both all the best we are super proud of these Elite Gymnasts.



Under-12s Girls Football ESFA National Cup Kingsdale v Sydenham High School

Our Year 7 Girls' Football team recently progressed to the last-16 of the ESFA U12s National Cup with a 4-1 victory over local rivals, Sydenham High School. The girls have made a fantastic start to their football careers at Kingsdale, and they are improving every game. The team will travel to Woodlands School in Basildon for a place in the quarterfinals. Good luck girls!

Final score: Kingsdale 4-1 Sydenham High School

Goals scorers: Zadi Butler (2), Wren Costerton (1) and Ruby Trim (1)



Year 8 Football – South London Cup Kingsdale v Norwood School

Last week, the Year 8 Football team kicked off the new term in style with an impressive 7-1 victory over Norwood School in the South London Cup. The team delivered a strong performance and progress to the next round.

Final score: Kingsdale **7-1** Norwood School

Player of the Match: Kavarley Grant, 5 goals

Year 8 Football – South London Cup Kingsdale v Woolwich Polytechnic

Last week saw the Under 13 A team beat Woolwich Polytechnic school 8-1 in the London cup, an excellent performance from the Year 8 team.

Final score: Kingsdale **8-1** Woolwich Polytechnic

Player of the Match: Madjid Diop



CAREER NEWS



Apprenticeship Week at Kingsdale 10th-14th February 2025

Pursuing a Career in Mechanics and Engineering through Go-Ahead Apprenticeship:

- Monday 10th February 11am for Years 7 and 11 in CR1
- Monday 10th February 12pm for Years 8 and 10 in CR1
- Monday 10th February 1pm for Years 9, 12 and 13 in CR1

Introducing Red Carnation Hotels Visit Kingsdale school:

- Tuesday 11th February 12pm and aimed at Years 8 and 10 in CR1

Anyone Can Be an Engineer: How to Start Your Engineering Career:

- Tuesday 11th February 11am Years 7 and 11 in CR1

Inspiring the Future of Apprenticeships in Investment Banking:

- Wednesday 12th February 11am Years 7, 11, 12 and 13 in CR1

Acing Apprenticeship Applications – How to Find and Apply for Apprenticeships:

- Friday 13th February 11am Years 7, 11, 12 and 13 in CR1

Assembly to Year 12 Students from Ex-Kingsdale Students on Degree Apprenticeships:

- Thursday 27th February Year 12 and selected Year 11 students

Drop in with Ex-Kingsdale Students on Degree Apprenticeships:

- Thursday 27th February 11am Year 11, 12 and 13 in nCR1

Students can click [here](#) to sign up for the sessions listed above.

Below are some useful links for students and parents regarding the range of apprenticeship options available and tips on how to apply. Students will also be exploring this in tutor time during Apprenticeship Week.

<https://www.apprenticeships.gov.uk/apprenticeships>
<https://www.amazingapprenticeships.com/zones/student/>
<https://www.amazingapprenticeships.com/zones/parent/>



Interested in hearing from ex-Kingsdale students about their careers in the world of business?

Come to 6CR on Tuesday 28th January at 1pm (aimed at Years 9, 12 & 13).

On Tuesday 28th January, we have a talk from two ex-Kingsdale students, Oscar Mills and Carlin Peton, who are talking about their careers post-Kingsdale. This promises to be a really interesting talk which should be inspiring for anyone considering their post-school options.

They've both started careers in business, Oscar at Vodafone and Carlin in energy investment banking.

This is aimed at students in Years 9 and 12-13 – students should please come along if they are interested in careers in business, banking, or just want to find out how Kingsdale students have got on in the world of work.

The talk will take place at 1pm in 6CR, which is upstairs in the Sixth Form building. Please bring your lunch.

Students who are interested in this talk or any others, can sign up [here](#).

Careers Talks 2025

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

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

Careers Talks Programme

Business: Vodafone Customer Success Manager;

Energy Investment Banking (ex-students)

Years 9, 12 & 13

28th January 2025 at 1pm

Apprenticeships: Red Carnation Hotels

Years 8 & 10

11th February 2025 at 12 noon

Neuroscience

Years 8 & 10

4th March 2025 at 12 noon

Data Centres

Years 9, 12 & 13

11th March 2025 at 1pm

Medicine Information Session

Year 12

12th March 2025 during enrichment

Architecture

Years 8 & 10

18th March 2025 at 12 noon

Business and Entrepreneurship

Years 8 & 10

29th April 2025 at 12 noon

Law Information Session

Year 12

7th May 2025 during enrichment

Charity Sector: Amnesty International

(focus on data)

Years 8 & 10

13th May 2025 at 12 noon

Wigs & Hair (National Theatre)

Years 9 & 12

20th May 2025 at 1pm

Health Economics

Years 9 & 12

6th June 2025 at 1pm

Humanitarian & Development Aid

Years 8 & 10

24th June 2025 at 12 noon

Kingsdale Careers Programme 2024-25 Volunteers Invited!

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

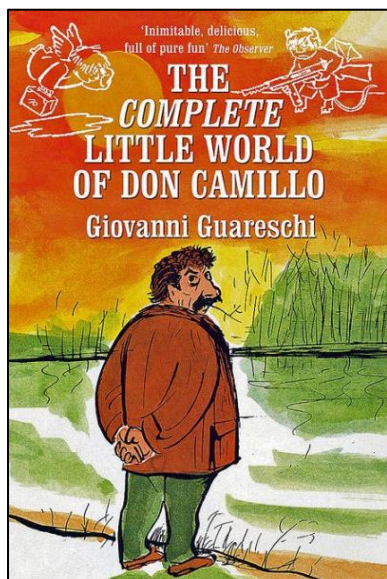
If you think you would be able to support us with any of our Careers programme, including the lunchtime talks, the Careers Fair, or in any other capacity, please contact us via the email below.

careers@kingsdale.southwark.sch.uk

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

Details of these will be sent nearer the time.

Teacher Recommendation



Ms Smith recommends *The Little World of Don Camillo* by Giovanni Guareschi.

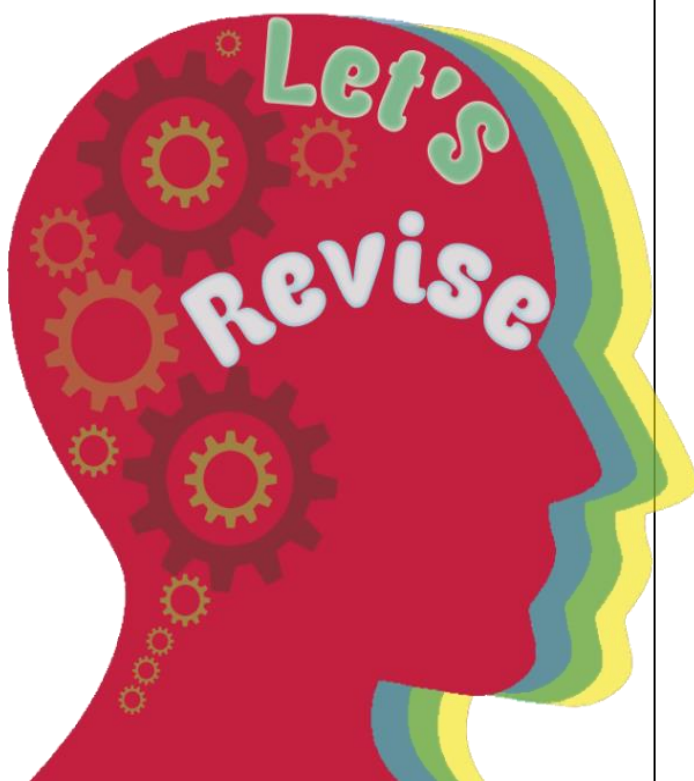
In Don Camillo's Little World, where the Cold War is fought on the very doorstep of life, the hot-headed Catholic priest and the equally pugnacious Communist mayor, Peppone, confront one another in

riotous and often hilarious manner.

But when Don Camillo unburdens himself in the village church, a voice from the cross above the high altar responds and his conversations with *Il Cristo* begins. We watch and listen, as with fascinating insights and gentle humour the prejudices of the stubborn priest are undermined, a resolution to conflict emerges, and the situation is transformed to the benefit of the community.

Ms Smith adored this amusing depiction of post-war religiosity.

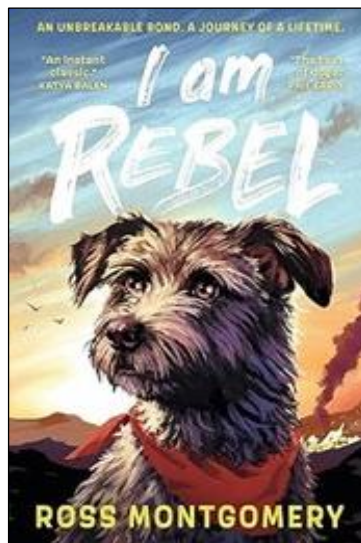
A dense, complex text; best suited for students in Key Stage 4.



Reading Recommendations

SUBMIT HAND-WRITTEN BOOK REVIEWS TO
ENG. DEPT,
WIN BOOK TOKENS AND OTHER PRIZES!

Student Recommendation



Evan Price in Year 8 recommends *I Am Rebel* by Ross Montgomery.

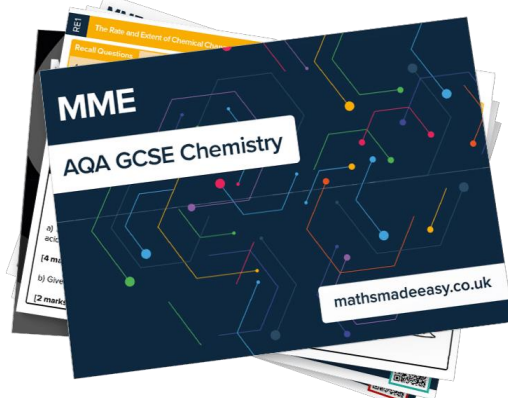
Rebel is a good dog, and he loves his simple, perfect life on the farm with his owner Tom – until one day the war comes too close... Now Tom is determined to join the rebellion to defeat the king's men. But Rebel knows war is dangerous, and he will

stop at nothing to save the human he loves. Rebel *must* bring Tom home before it's too late.

Evan loved the portrayal of an animal's mindset and found the plot extremely gripping.

Suitable for all age groups!

SCIENCE REVISION



Science Revision Resources & Tools For Year 11

- Mobile Apps (specific to AQA) - visit the App store (iOs) or Google store for Android
- Websites, [ContinuityOak](#), [Maths & Physics Tutor](#), [Freesciencelessons](#)
- AQA science website (past papers)
- Revision guides, CGP, Flashcards & Kerboodle (online)
- AQA GCSE website for Science Triple and combined (past papers & mark schemes)

SCHOOL NEWS



Big History Club!

For Key Stage 3 and 4 in HU6
Every other Tuesday from 4.15pm to 5pm

Do you want to dive into the past?

Is there something we don't cover at school that you would like to learn about?

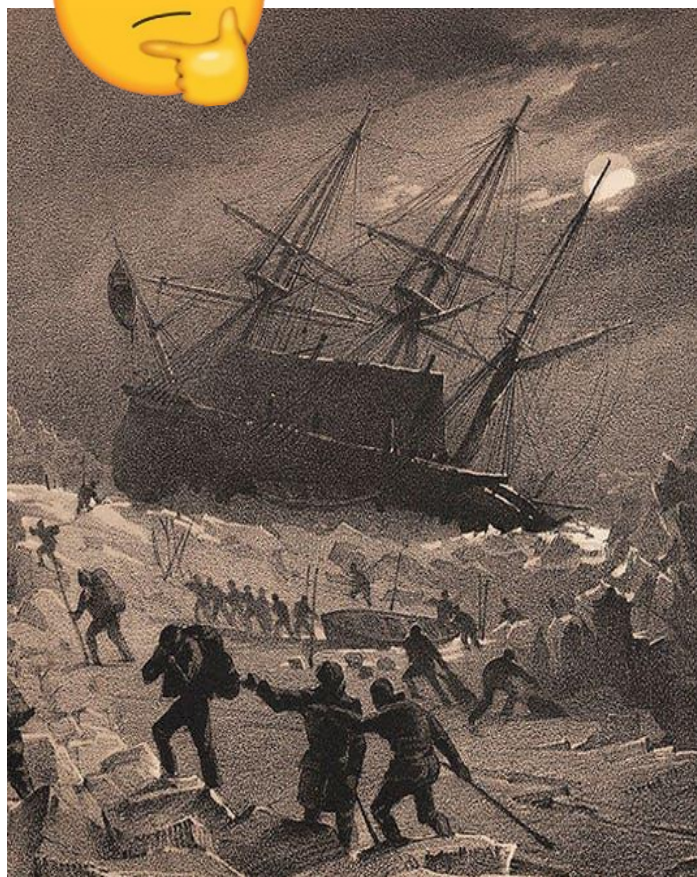
In Big History Club we use history and fiction books, films, art, music and more to **enquire into diverse World Histories** from ancient times to modern day.

Join us on **Tuesday 28th January**, when we will investigate

'What on earth happened to HMS Terror and Erebus'

with **Ms Preston**

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



SPRING TERM 2025

First Spring Half-Term

Friday 3rd January – Friday 14th February

Half-Term Holiday

Monday 17th February – Friday 21st February

Second Spring Half-Term

Monday 24th February – Friday 4th April

SUMMER TERM 2025

First Summer Half-Term

Tuesday 22nd April – Friday 23rd May

Tuesday 22nd April INSET DAY

School closed to students except those in Year 11

Mayday Bank Holiday

Monday 5th May 2025

Half-Term Holiday

Monday 26th May – Friday 30th May

Second Summer Half Term

Monday 2nd June – Friday 25th July

Friday 25th July INSET DAY

School closed to students except by invitation



CALENDAR 2024-25

You can also find lots of other useful sources of information on the school website [here](#). This includes further details about the operation of the school, including Term Dates, Assessment and Uniform.

Should you have any suggestions for additions to our website, please contact Mr Karp, via email tkp@kingsdale.southwark.sch.uk

For further information on term & holiday dates, please contact the Attendance Team via attendance@kingsdale.southwark.sch.uk



Understanding Young Minds: Free Self-harm Training

This free course handles the subject of teenage self-harm and parental ways to support your children, in a sensitive and informational way.



About the Understanding Young Minds course

Virtual College and SelfharmUK have created a free online course designed to help parents talk about the issue of self-harm with their children.

Thousands of children and young people in the UK are thought to be impacted by self-harm each year. Spotting the signs can be difficult, and approaching the subject with your children can be an uncomfortable experience.

This online course, 'Talking to your children about emotional resilience and self-harm', has been designed to provide you with a basic awareness of the subject to help you approach your children with confidence about the issue.

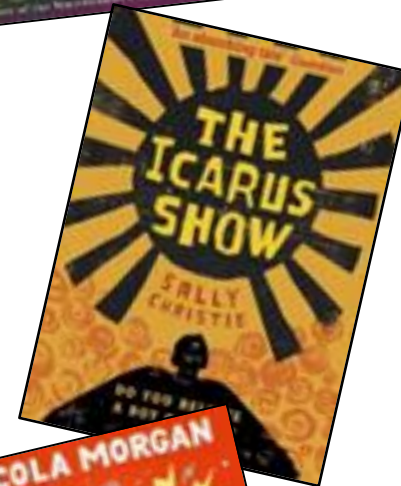
This course will help you to

- Know what self-harm is and why young people may do it.
- Know what makes young people vulnerable to self-harming behaviour.
- Understand on what ways you can support a young person who is self-harming.

This course comes with a downloadable certificate.

Register here: [CLICK](#)

Supporting Your Child With Reading - The Teenage Years



As your child moves into secondary school, reading can be seen by them more as work than fun, and teenagers may stop reading for pleasure or stop reading at all. Here is some advice to support your teenager through these years:

- **Young Adult (YA) novels** tackle the edgy issues teenagers struggle with, from romantic longing to peer pressure to grief and trouble at home or school. Teenagers will gravitate toward relatable subject matter whether they are personally grappling with these issues or are seeking vicarious thrills.
- **Merge movies with books.** Hollywood is turning to teen literature for ideas more than ever. Offer your teenager the print version to read before or after a big film comes out and discuss with them the similarities and the differences between the two. Which was better? The book or movie? Why?
- **Graphic novels**, once dismissed as comic books, are now recognised as literature. These books may be the key to getting some teenagers hooked on books and are available in a wide range of genres, from adventure and fantasy to historical fiction, memoir, and biography, so certainly, there is a graphic novel out there to suit your teenager's taste.
- **Encourage your teenager with appropriate adult-level books.** Find non-fiction titles on subjects your teen's curious about, such as climate change, race, political corruption, or true crime. Check adult non-fiction bestseller lists to see what is going viral.
- **Try some poetry.** Novels in verse and performance poetry are an increasingly popular trend. Poems are easy to read as they have all that white space on the page. The spare and lyrical approach to poetry can pack a punch.
- **Let your teenager get an audiobook** to listen to on the way to school or on long drives. They can download audiobooks to their smartphones to not risk looking uncool because they will be under headphones or have their earbuds in.
- **Model reading at home**, where your teenager can see you. Express your interest and enjoyment and talk about what you are reading. Always take a book with you when you go to the beach or waiting in a long queue. Demonstrate to your teenager that reading is a pleasure and not a chore.
- **Keep reading material around.** Children who grow up with heaps of books around them tend to read more. Fill the bathroom, car, dining table (wherever there is a captive audience) with comic books, graphic novels, and magazines geared to their interests. There is nothing wrong with "micro-reading."

"So please, oh please, we beg, we pray, go throw your TV set away, and in its place, you can install a lovely bookshelf on the wall."

Roald Dahl

Bell House: Supporting the Dyslexic Learner All Six Sessions Special Offer

This six-week course has been designed to help you understand how you can best support a child at home and at school.

Children with dyslexia may learn differently from you. We will cover how to recognise different learning profiles, multi-sensory learning, age-appropriate reading matter and tools, note taking, mindmapping, making numeracy more visual and how to gather evidence that a child needs help and support.

Tina Hunter is a highly experienced specialist teacher and assessor with over 20 years of experience in the field of further education. She has worked both in the UK and abroad, gaining valuable insight into a variety of educational systems and practices. Tina has worked with students across primary, secondary, and further education levels, allowing her to develop a comprehensive understanding of the diverse needs of learners at different stages of their academic journey.

Click [HERE](#) to find out more

Click [HERE](#) to book



COURSE DATES

Thursdays: 30th January, 6th, 13th, 27th February and 6th, 13th March 2025.

This booking page is for the whole six sessions for a special price of £100.

If you prefer to book specific dates for £20 per session please navigate away and book for the dates you would like to choose.

Week 1 - Thursday 30th January 2024

Signs and Symptoms of Dyslexia and Exam Arrangements.

This session will look at the signs and symptoms of dyslexia, the different types of reports and how to get a diagnosis. It will discuss how reports can be used to apply for exam arrangements and Disabled Student Allowance (DSA). The session will cover what access arrangements are available, evidence needed and the best arrangements for different profiles.

Week 2 - Thursday 6th February 2024

Memory Mastery

Dyslexia is a learning difference that affects the way individuals process and retain information, often resulting in challenges with memory. This session will explore strategies and techniques for supporting memory in dyslexic learners, including interventions, such as mnemonics, graphic organisers, and multi-sensory approaches that can be personalised for learners to use in a variety of situations.

Week 3 - Thursday 13th February 2024

Supporting Reluctant Readers and Writers

Dyslexia is commonly associated with difficulties affecting reading and writing. This session will cover decoding words, active reading techniques and different reading styles for different tasks. In addition, useful resources and assistive technology demonstrated.

We will look at multi-sensory strategies to support spelling, including how to create resources at home and in the classroom. In addition, planning techniques and templates to scaffold writing tasks. Plus, assistive technology to support writing and proofreading.

Week 4 - Thursday 27th February 2024

Assistive Technology and AI

Assistive technology can play an important role in supporting dyslexic learners. This session will cover a range of topics, including the different types of assistive technology and free software available to help overcome any difficulties associated with reading, writing and language processing.

Week 5 - Thursday 6th March 2024

Study Skills and Revision

This session will focus on practical strategies and tools to help students develop their study skills and revision techniques. The session will cover organisation skills, managing workload, using course specification for revision topics and developing effective study habits for achieving academic success.

Week 6 - Thursday 13th March 2024

Managing Maths

Around 60% of people with dyslexia are thought to have maths learning difficulties and many people have maths anxiety. This session will look at the challenges that dyslexic learners face when it comes to processing mathematical information and offer practical tips to support their learning. It will cover multi-sensory strategies to support retrieval of maths facts, as well as, developing a better understanding of mathematical concepts. Useful resources and games will be demonstrated to aid the completion of maths tasks at home and in the classroom.

SEND FACULTY NEWS cont.



Using Microsoft 365 to support your child with SEND

All students at Kingsdale have access to Microsoft 365 with their school email address and password.

If you are not sure how to access this at home or are having any trouble please email

askict@kingsdale.southwark.sch.uk

This is a fantastic tool for students to use to support them. Please see examples with links below to more information and some short videos of all the ways students can use the assistive technology built into Microsoft 365.

Vision

Need a larger screen? A brighter screen? A narrator to read text? Find out about accessibility tools and features for people who are blind, colour blind, or have low vision. [Click here](#) for more information.

Hearing

For those who are hard of hearing, have hearing loss, or have deafness, our specialized features can provide solutions including closed captioning, mono sound, and live call transcription. [Click here](#) for more information.

Neurodiversity

Innovative tools such as dictation and Windows Hello sign-in can make the digital world more accessible for those who live with dyslexia, seizures, autism, or other cognitive differences. [Click here](#) for more information.

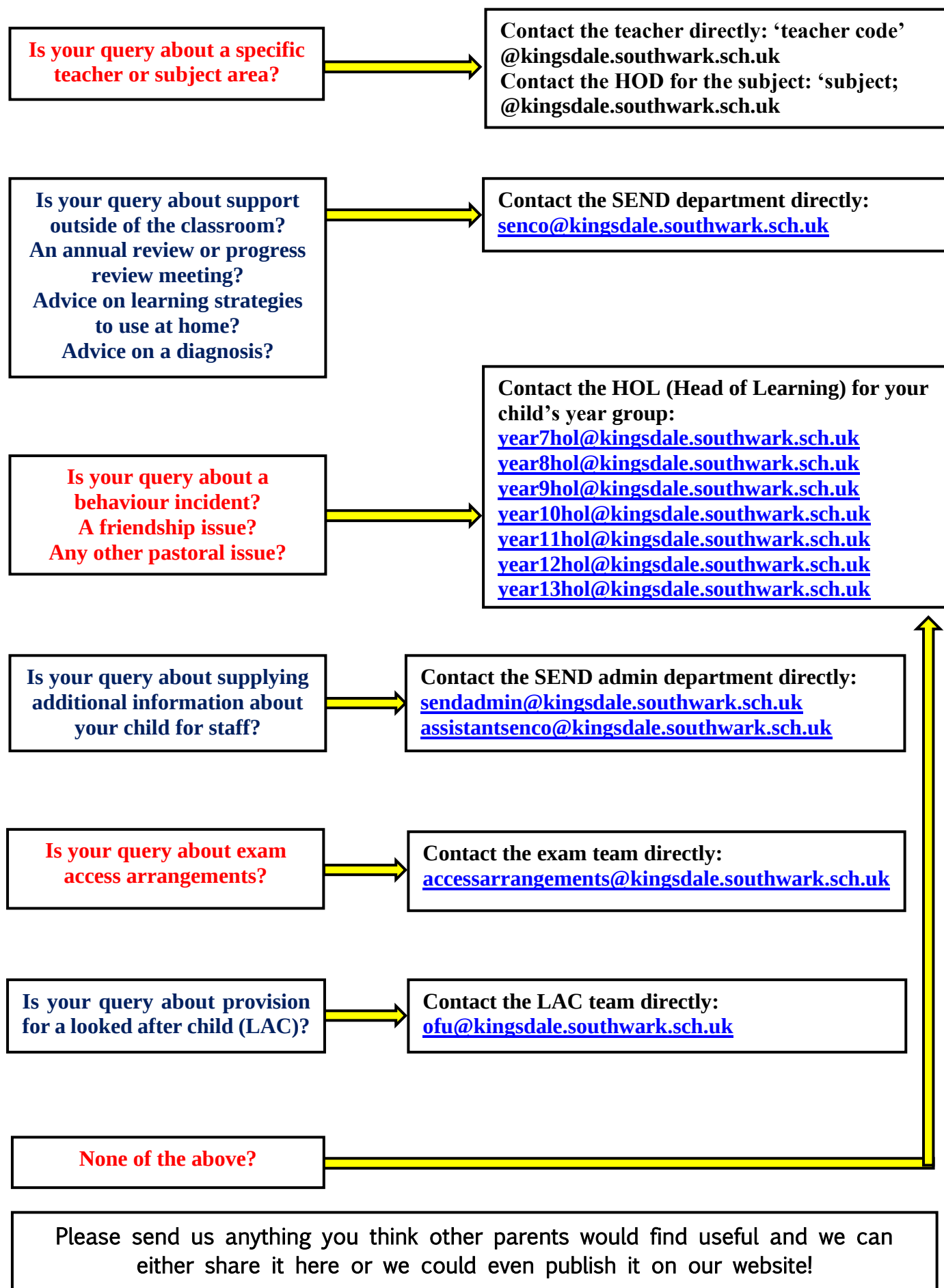
Reading and concentration

Learn more about assistive technologies for people living with issues such as bipolar disorder, anxiety, PTSD, depression, or ADHD. Our products can help with distraction, reading, and concentration. [Click here](#) for more information.

This video shows how to use the 5 most common accessibility features: [5 Accessibility Features in Microsoft 365](#)

Communication Flowchart: SEND

At Kingsdale we would like our communication to be as effective as possible. Please see the flowchart below to help us support your child effectively and get the information needed to the right people.



The School Shop

A reminder that our School Shop is now open during the school day to enable students to purchase a range of useful items that they might need. This includes stationary and uniform items; all of which can be purchased using their school fob. The School Shop is located in the main Atrium nearest to the green stairs.



Lost Property

We are still receiving a large number of items that have been mislaid or lost by students.

In many cases, these items are unlabelled, making it very hard for them to be quickly and successfully reunited with their owners! Please can we ask parents to label all items of their children's property at school, including water bottles, blazers and coats.

Lost property queries can be directed to lostproperty@kingsdale.southwark.school.uk

Ways we communicate with Parents and students



We communicate with students & parents via:

Student & Parent Email

Please ensure we have your correct email and mobile phone contact details. Students should also be regularly accessing their student email accounts.

MS Teams

Used to share schoolwork, assignments and files.

Twitter/Website

You can find us at @kingsdalefs. Our website at: www.kingsdalefoundationschool.org.uk

SatchelOne (previously SMHW)

Used to share homework details and other school news via the Notice Board feature with students and parents. Login [here](#).

MyEd app

Downloaded for free at:

<https://www.myedschoolapp.com/>

This app provides a range of useful info for parents.

SCHOOL NEWS



KFS Uniform Bank

Our uniform is a key part of our identity and as such we are able to help parents and carers in providing quality uniform items. Sadly, the cost of living is still rising and some families are finding it a challenge to cover all bases in bringing up a family. There is also the negative environmental impact in design and disposal within the clothing industry to consider. Kingsdale community families can acquire cleaned and sanitised pre-worn uniform blazers (Belmont Dry Cleaners in Croxted Road have been most generous with their time and costing in this matter) and other items, dependent on availability, at a much, reduced rate.

The Uniform Bank will also be open between 3.45pm and 4.45pm each Monday, Wednesday and Friday. Please, always check for availability of items prior to making a purchase. This is a rolling programme that continues throughout the entire academic year and as such we are always looking for donations. Please leave washed and folded clothes at the main Reception area. Items of uniform will be available at other times of the year depending on supply. If you would like to help in any way please make yourself known to the team.

If you have any queries, do not hesitate to contact: Mr Lewis at jls@kingsdale.southwark.sch.uk



If you are worried someone's drinking or drug use is affecting your child, we're here to help.



We help children and young people to cope with difficult family situations and feel stronger in themselves.

You can speak to us on 0203 404 7699
or email Southwark.YoungPeople@cgl.org.uk

Free Workshops for Parents and Carers

Do you want more guidance on how to talk to your children, teens and young people about vaping, alcohol or drugs? Do you want to be informed on the current themes and trends we come across working with young people in the borough?

Substances are more accessible today than ever before. For parents, carers or anyone responsible for children and young people, it can feel overwhelming and difficult to know how to respond.

We're offering FREE online workshops for parents and carers in Southwark, to give advice and guidance to help you navigate this quickly changing landscape.



We'll cover:

- Current trends amongst young people
- Strategies for talking to young people about substances in an open and supportive way
- Practical advice on how to keep your children safe from the dangers of substance misuse



For further information contact:

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

SCAN ME



Talking to your child about

SHARING IMAGES ONLINE

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

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

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



What can you do to keep your child safe online?

S

Set clear boundaries.

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

T

Talk with your child and be supportive.

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

E

Educate everyone in the family.

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

E

Evolve with the internet.

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

R

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



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



FOR SUPPORT AND ADVICE, PLEASE VISIT:



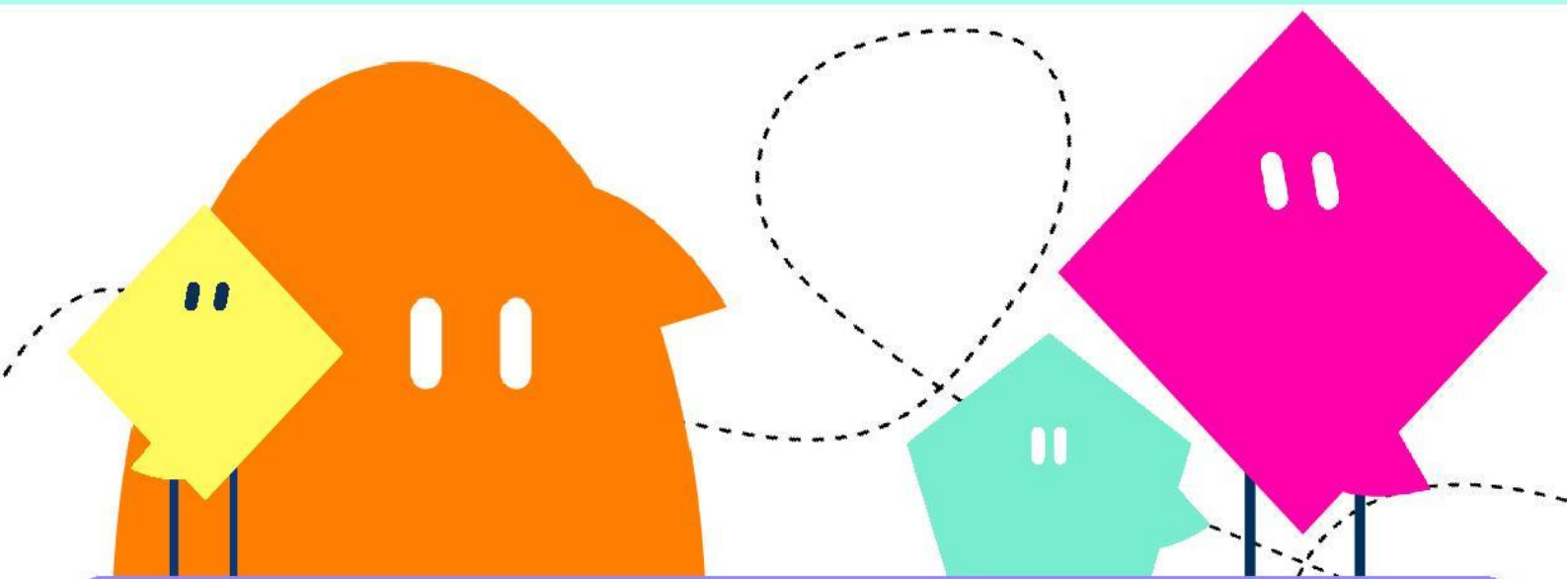
ParentZone – Resources for parents/children to help keep kids safe online.



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



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



A safe space for teenagers worried about sexual behaviour

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



shorespace.org.uk

Why Shore?

- It is one of the only resources of its kind in the world, designed specifically for young people with concerns about sexual behaviour
- It has reliable information to get anonymous help if they or a friend has acted harmfully online

SCHOOL NEWS

Safe Travel to School

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

“LOOK UP LOOK OUT”

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

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

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

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



Kingsdale is a Safe Space

We would like to take this opportunity to once again remind students and their families of our two confidential emails which are operational both during and outside of school hours.

This provision is available for any member of our school community wishing to seek advice, discuss any matters relating to mental health & well-being or report an incident or concern confidentially via email.

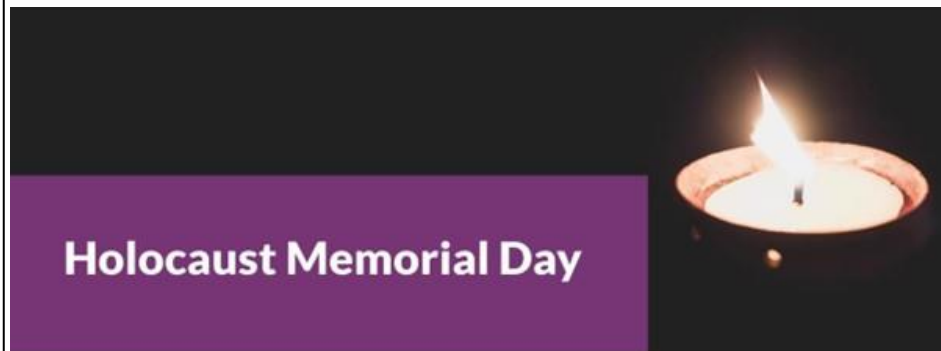
We appreciate that students, parents, carers or guardians may wish to speak to someone outside of school hours or may wish to disclose an incident or concern confidentially or anonymously.

Our two confidential emails are:

health&wellbeing@kingsdale.southwark.sch.uk
tellsomeone@kingsdale.southwark.sch.uk

Please contact **Ms V Turner** for further information regarding this provision or any matters relating to mental health & well-being at Kingsdale School.

Holocaust Memorial Day



#HolocaustMemorialDay / 27 January

Holocaust Memorial Day is marked each year on the 27th of January. It aims to remember the genocide of millions of Jewish people and other groups of people who were killed by the Nazis during the Second World War. Holocaust Memorial Day also acknowledges the genocide in Cambodia, Rwanda, Bosnia and Darfur.

The 27th of January is the date that the concentration camp Auschwitz-Birkenau was liberated, therefore is a symbolic date for Holocaust Memorial Day as it reflects the hope that dark times do come to an end. Each year a different theme is chosen as a way to honour the day. The theme of Holocaust Memorial Day 2025 is 'For a Better Future'.



How You Can Mark Holocaust Memorial Day

You can mark Holocaust Memorial Day by:

- Watching the Holocaust Memorial Day Ceremony, which will be available online;
- Spreading awareness of injustice;
- Holding a moment of reflection;
- Finding out about heroes of the Holocaust.

HOUSE COMPETITIONS



National Storytelling Week 2025

"Storytelling can be found enriching lives everywhere. The sharing between teller and listener empowers, feeding the imagination from one generation to the next."
Society for Storytelling



Once upon a time, storytelling was a way to pass the time. Now, it's an excellent way to entertain and teach each other new ideas.

This is why National Storytelling Week is celebrated by people of all ages who read the likes of folktales, fairy tales, love stories and more. Storytelling is a powerful tool that allows us to share stories that inspire and teach others.

STUDENT TASK: The House Team encourage you to write your own stories and share them with us. Making up your own stories is an important part of National Storytelling Week!

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



Happy Chinese New Year 2025

According to the Chinese calendar, the year you were born might determine your personality. That's because each year is represented by an animal, called a Chinese zodiac sign, and legend has it that people born under that sign have similar traits to the animal.

Chinese New Year 2025 will begin on 29th January 2025 and will last until 12th February, with the beginning of the year of the Snake. The snake represents qualities like grace, intelligence, and intuition.

At Chinese New Year, it's tradition to give the gift of a bright, beautiful red envelope to your friends and family But not just any old envelope. These are filled with money - and symbolise **good wishes and luck for the new year ahead**.

STUDENT HOUSE ACTIVITY: Design your own envelope which represents the Year of the Snake. Submit your entry: housesystem@kingsdale.southwark.sch.uk Ensure your entry is accompanied by your **full name, tutor group and House**.

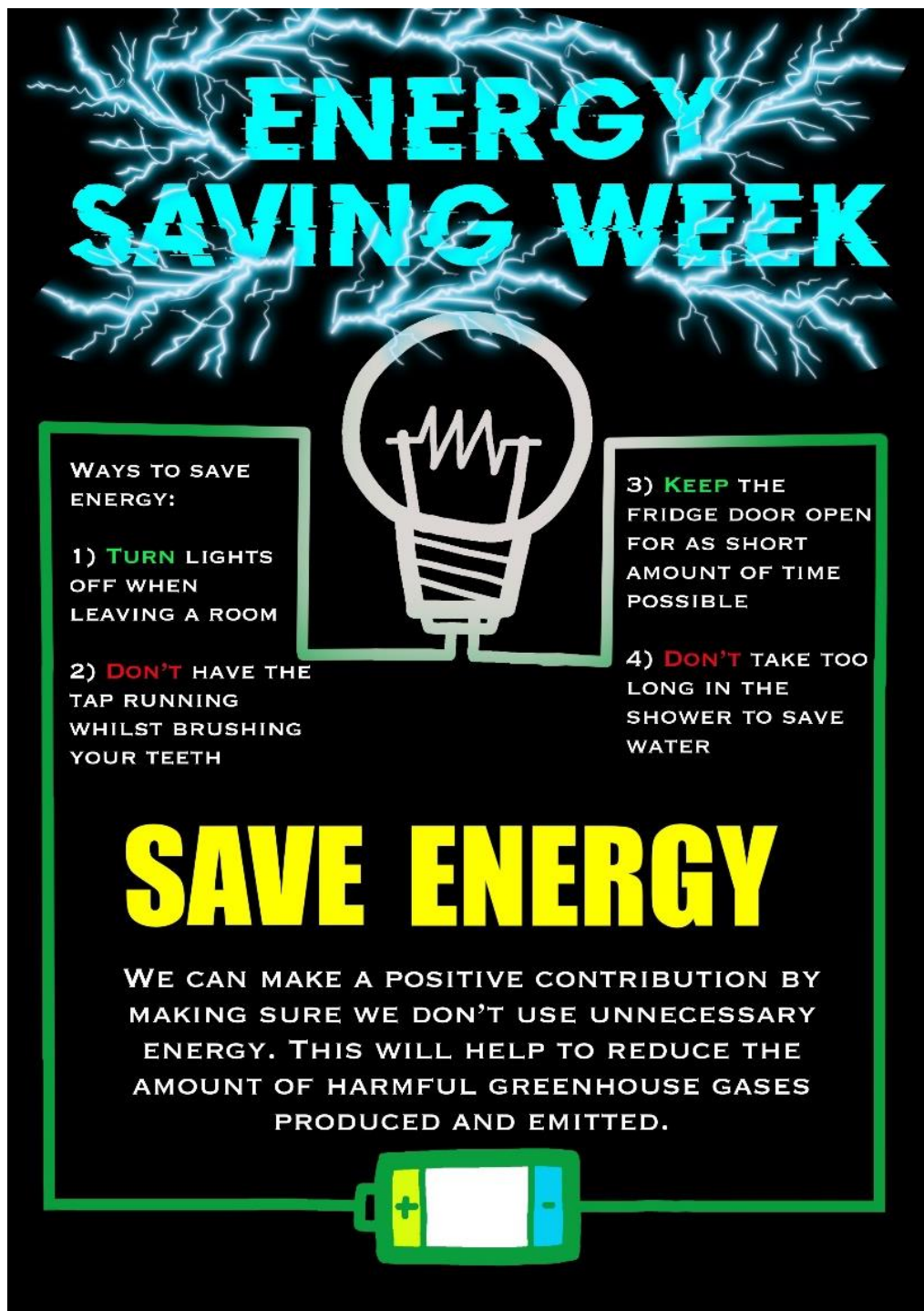


HOUSE COMPETITIONS cont.



Eagle House Students Lead the Charge for Energy Saving Week!

Our talented students at Eagle House have been hard at work designing creative and informative posters to celebrate Energy Saving Week. Their artwork aims to inspire our community to adopt energy-saving habits and reduce fuel costs. Through vibrant visuals and powerful messages, Cassius' poster highlight simple yet impactful ways we can all contribute to a greener future.



Well done to
Cassius Cooper
(Year 9)

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them *aren't*. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday®

The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>

SPORTS FIXTURES



HOUSE NEWS

Online Safety Corner

For this week's Online Safety focus, we are looking at everything Parents/Carers need to know about 'Health & Fitness Apps'. Get a greater insight here.

Please read! Remember to keep an open dialogue with your child about their activities online. **See page 22 above.**

Monday 27th January 2025

- Under-13s Boys' Football B Team Away Match v Beth's Grammar School. Leave school at 1pm. Start 2.30pm. Return at 5.15pm approx.: **Mr Johnstone/Mr Foster**
- Under-15s Girls' Football Away Match at Burgess Park against St Paul's Academy. Leave school at 2.45pm. Start 3.30pm. Return at 5.30pm approx.: **Mr Jones**

Tuesday 28th January 2025

- Under-14s Girls' Football Away Match at Burgess Park against Bishop Thomas Grant School. Leave school at 1.50pm. Start 3pm. Return at 5.30pm approx.: **Mr Dash**

Wednesday 29th January 2025

- Under-15s Boys' Rugby Away Match at Brigstock Road against St Cecilia's CoE School. Leave school at 1pm. Start 2.30pm. Return at 5.15pm approx.: **Mr McWhirter/Mr Jones (Parent)**
- Under-12s Boys' Rugby Home Match at the MD Fields against Graveney School. Leave school at 1.50pm. Start 2.30pm. Return at 4pm approx.: **Mr Worsley**
- Under-12s Girls' Football Away Match at Woodlands School Essex. Leave school at 11.30am. Start 1pm. Return at 5pm approx.: **Mr Jones/Mr Price**

Thursday 30th January 2025

- Under-13s Boys' Handball Away Competition v Carshalton Boys' School. Leave school at 11am. Start 12 noon. Return at 4.30pm approx.: **Mr Roberts/Mr Foster**
- Under-15s Mixed Volleyball Away Match v Bishop Thomas Grant School. Leave school at 2.50pm. Start 3.30pm. Return at 5.30pm approx.: **Mr Fitchett/Mr Price**

Friday 31st January 2025

- Under-13s Boys' Football Away Match v Whitgift School. Leave school at 1.30pm. Start 2.30pm. Return at 5pm approx.: **Mr Johnstone/Mr Foster**
- Under-14s Boys' Hockey London Schools Away Competition Venue TBC. Leave school at 7.45am. Start 10am. Return at 4pm approx.: **Mr Pizzey/Mr Price**

Please note that fixtures may be rearranged due to waterlogged or frozen pitches.

Extra Fixtures may be organised at short notice.

All fixtures can be viewed via the link below:

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

The House Leader Board 2024-25

Week ending
24th January 2025

- 1st Place – Dove 54,198 points
- 2nd Place – Swift 52,963 points
- 3rd Place – Falcon 50,739 points
- 4th Place – Albatross 50,541 points
- 5th Place – Eagle 50,200 points



Surely Eagle and Albatross don't want to be bringing up the rear!

Student Suggestion Boxes

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

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



Kingsdale Foundation School, Alleyn Park, Dulwich, London, SE21 8SQ

Web: www.kingsdalefoundationschool.org.uk Tel: 0208 670 7575 (To report student absence use Option 2)