

PARENTAL NEWS BULLETIN

Issue 19 Monday 5th February 2024

HEADLINE NOTICES

Spring Half-Term Break Monday 12th February – Friday 16th February

Please be reminded that school will be closed for the Spring half-term break from **Monday 12th February to Friday 16th February 2024**. During the half-term break, revision sessions will take place for students in Years 11 & 13 as part of our intervention programme. This includes Monday 12th & Tuesday 13th February which have been designated as compulsory attendance days for Year 11 students. Further details regarding the arrangements for holiday revision and assessment weeks have been issued separately by the Year 11 & 13 pastoral teams.

Please email year11hol@kingsdale.southwark.sch.uk and year13hol@kingsdale.southwark.sch.uk with any queries. We would like to wish you a restful break and look forward to seeing all students on **Monday 19th February 2024** at the usual times.

House Award for Excellence



Many congratulations this week to **Tolly Reed, Year 9, Falcon** who has been nominated for the prestigious House Award for Excellence by the Citizenship Department.

His Citizenship teacher wrote...

"Tolly is an exceptional citizenship student who brings his knowledge to class in order to discuss and debate

current governmental topics that have arisen in the previous year in Parliament. He is an avid reader and researcher, bringing knowledge of how history has impacted citizenship and the forming of the UK government today. I encourage Tolly to continue to explore historical texts as well as research into current news events surrounding the UK parliament."

Well done Tolly and Congratulations again!

Curriculum Coffee Mornings



We would like to thank all parents who have recently attended one of our weekly Curriculum Coffee Mornings. Our next scheduled parental Coffee Morning is on Friday 23rd February 2024 and is for Year 11 parents. We hope to see you there.

Should you have any queries, please contact Mrs Chaudhary, Acting Deputy Headteacher via sca@kingsdale.southwark.sch.uk

THEME & WORD 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.'

Apprenticeship

A paid job which offers hands-on work experience alongside off-the-job training & education.



Safer Internet Day

Safer Internet Day – This Week!

This Tuesday 6th February is Safer Internet Day. This presents another opportunity for us to review the use of the new technologies, new devices, and the internet. What are benefits and the pitfalls? This is a national day allowing us to raise greater awareness through discussions, lesson and tutor debates, and assemblies across the school. Throughout this week, there will be lots of different ways your child can engage in this big conversation, delivered by the different faculties.

If you want to find out more about Safer Internet Day 2024 for parents and carers, please click [HERE](#).

Kingsdale Valentine's Concert February 22nd 6pm @ in the POD

A reminder for all members of our parental or wider school community to please contact the school if you have a talent to share and perform in our annual Valentine's Concert.

If interested please email performarts@kingsdale.southwark.sch.uk

MUSIC NEWS & UPCOMING EVENTS



Music Winter Concert

On Thursday 25th January 2024, over 200 pupils performed in our annual Winter Concert in the POD.

The students performed in front of a full house that consisted of their peers, families, and members of the Kingsdale community. 24 different instrumental and vocal ensembles presented music of a high calibre and wide stylistic variety.

Particular highlights included the debut of Mr J. Lewis's Junior Percussion Ensemble and the debut of Ms K. Mazhude's Gospel Choir.

Rounding off the evening was a scintillating set by the award-winning Barry Graham Big Band, conducted by Mr H. Brown.

We look forward to welcoming all in the Kingsdale community to our Valentine's concert on the evening of Thursday the 22nd of February, once again in the POD.



Kingsdale Music Department

Valentine's Concert

Thursday 22nd February

6PM in the POD

Refreshments will be available

*If you would like to get involved, please email
performarts@kingsdale.southwark.sch.uk*

PERFORMING ARTS NEWS



'Great Big Dance-Off'

Regional Secondary Schools Finals

The After School Dance Troupe will be taking part in the Great Big Dance-Off Regional Secondary Schools Finals on Tuesday 6th February 2024 at The Beck Theatre in Hayes Middlesex.

Our students will be up against 16 other secondary schools in London and for some of our dancers in Key Stage 3, this will be their first dance competition.

The schools that win or are placed in the top 3 will have the opportunity to compete in the National Secondary Dance Finals in July. Kingsdale have won this competition twice already - so no pressure!

We wish all our students the best of luck. But more importantly, hope they will enjoy the experience and shine like the stars they are.

SCHOOL NEWS



Target Oxbridge

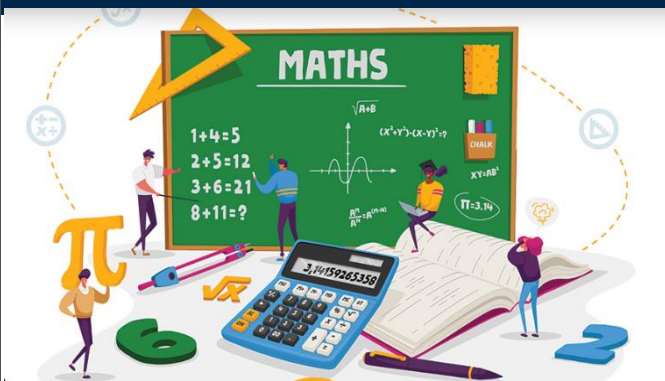
'Target Oxbridge' is a free programme that aims to help Black African and Caribbean students and students of mixed race with Black African and Caribbean heritage increase their chances of getting into the Universities of Oxford or Cambridge (known collectively as Oxbridge). Since launching in 2012,

Target Oxbridge has helped over 400 students to secure Oxbridge offers. The programme is open to UK-based students in Year 10. The students accepted onto the programme will be predicted at least three GCSEs at Grade 7, or will have the potential to achieve these grades but be in need of additional motivation and inspiration.

The application deadline is 11.59pm on Sunday 25th February 2024. Students can apply any time before this deadline. Apply [here](#). More information can be found [here](#). You can also contact Ms Ateka Tarajia via ata@kingsdale.southwark.sch.uk

MATHS NEWS

Our New Quick Maths Magazine for Year 11



Quick Maths Magazine for Key Stage 4 Students

We are happy to announce that issues of Quick Maths are now available to download for students in Year 10 and Year 11.

These issues of Quick Maths for Key Stage 4 students cover important topics such as revision and potential future careers. Students will have the chance to read about other young people's experiences beyond GCSE and share their tips and tricks on how to navigate post-16 Maths.

Please do share the link with your children and we hope they will find the articles interesting and helpful. Please click [here](#) to download.

SCHOOL NEWS



March - LGBT History Month

Throughout March, the LGBTQIA+ Team will be presenting assemblies in support of LGBT History month. The 2024 theme celebrates LGBT+ peoples' contribution to the field of Medicine and Healthcare both historically and today.

We want to showcase the amazing work of LGBT+ staff across the NHS and in other healthcare settings, in providing healthcare, especially during the pandemic. Whilst still shining a light on the history of the LGBT+ community's experience of receiving healthcare which has been extremely complicated leaving LGBT+ people still facing health inequalities even today.

At a time when the LGBT+ community is experiencing a rise in hate crime and hate instances we also encourage you to look 'Under the Scope' and listen to LGBT+ peoples' lived experiences from LGBT+ people.

SCHOOL NEWS



Student Meditation & Mindfulness Sessions

The Kingsdale Health & Well-Being team are pleased to announce the launch of our Meditation and Mindfulness sessions for students.

Students throughout the school are very welcome to attend sessions during the times allocated for their year groups shared to the right of this notice. Sessions will take place weekly during tutor periods and will be led by Mr M. Doiley, a member of our SEN team and a highly experienced and published author in this area.

To register your child's interest in attending these sessions or for further details please contact Ms V Turner via email at health&wellbeing@kingsdale.southwark.sch.uk

Kingsdale Foundation School Meditation & Mindfulness Sessions for Students

Year 7	Tuesday 8.40 – 9.00 Gym 2
Year 8 & 9	Tuesday 15.50 – 16.10 MS1
Year 10	Wednesday 15.50 – 16.10 Music School Performance area
Year 11	Wednesday 8.40 – 9.00 Gym 2
Sixth Form	Friday 8.40 – 9.00 Gym 2

DRAMA CLUB

We would like to welcome new members, particularly those who were unable to attend in the autumn term.

YEAR 7 & 8 DRAMA CLUB

- Runs **18th January to 7th March 2023** (excluding holidays)
- **Thursdays 4-4.40pm** in DR1 (Drama Block)
- This is an **inclusive** club where everyone is welcome to meet new friends, play games and explore different types of drama. No auditions are required.
- To sign up and complete online consent please see <http://tinyurl.com/KFSDramaEx>
- For more information contact **Mr Golding:** <mailto:QGG@kingsdale.southwark.sch.uk>



DankeSchön

FINDING LANGUAGES DIFFICULT?

Languages Homework club

Need some help with your French/Spanish/German/ Latin homework?

Need a quiet space to do some revision?

Need some help with preparing for a test?

Come along to the Languages Homework Club! Learn and develop your language skills!

merci

Carpe diem!

TUESDAY 15.45-16.45 IN LA4

SCHOOL NEWS

Friday Islamic Prayer Time (Jumu'ah)

Congregational prayer time on a Friday is a very special moment. So as to facilitate good order (and health and safety requirements) during this time, it will be necessary for participants to have a Prayer Pass. This will make it clear who is to be present and who is not.

Prayer passes will cover the time period 12.50 – 13.25 on a Friday throughout the year and will include Ramadan. In Kingsdale there is no tradition of being released from class at any other time of the day or week for devotions.

Prayer passes will be named and must be produced when asked by any member of staff and shown to the class teacher on a request to leave class at the relevant time. To this end please request a letter from Mr Muhammad, Mr Dabo, Ms Yurdakul or Ms Benmeriam and complete the slip requesting a 'Prayer Pass'. Return the slip to Mr Lewis who will then pass on the information to all Heads of Learning where a record will be kept. The PE changing rooms in the LLC Building will be open for wudu/ablutions from 12.50 – 13.00. Prayer and Khutbah (sermon) will be from 13.00 – 13.25 led by a Kingsdale School Imam. Students must return to class by 13.30 at the latest.

YEAR 10 RS MOCK 2 & FINALS May - June 2024

Is your ship together?



PIRATE RE, ALL WELCOME
Revision Every Wednesday
4.15 – 5.15pm in HU7
BE THERE, HA, HAAAA...

CALENDAR 2023-24



SPRING TERM 2024

First Spring Half-Term

Thursday 4th January – Friday 9th February

Half-Term Holiday

Monday 12th February – Friday 16th February

Second Spring Half-Term

Monday 19th February – Thursday 28th March

SUMMER TERM 2024

First Summer Half-Term

Monday 15th April – Friday 24th May

INSET DAY

School closed to students except Year 11
Monday 15th April

Mayday Bank Holiday

Monday 6th May

Half Term Holiday

Monday 27th May – Friday 31st May

Second Summer Half Term

Monday 3rd June – Thursday 25th July

INSET DAY

School closed to students except by invitation
Thursday 25th July

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

Confirmed dates for the 2024-25 academic year are available to view on our website [here](#).

SPORTS NEWS



Under-12s Southwark 9s Rugby League Kingsdale v Beacon College

Kingsdale vs Beacon College was the first game of two. KFS started the game well attacking and putting pressure on Beacon's defence. Finally, they cracked conceding a try. That was the start of the flood gates opening leading to 3 more tries in the first-half, ending 22-0 to Kingsdale. In the second-half, KFS continued to attack, leading to three more tries, pushing our lead to 40-0. Beacon started to push KFS back, defending their own line. A missed tackle led to Beacon's first try making the score 40-4. In the last play of the game, KFS scored with a victorious final score, 46-4.

Final Score: Kingsdale **46-4** Beacon College
Tries scored by: Finlay Jarvis (2), Jaiden (3), Howie (1), and Harry Davis (2).

Kingsdale v Borough School

This was the game everyone was waiting for as both teams had won their first game; a real 'Clash of the Titans'. Jaiden Afranie-Wilson opened the game, scoring for KFS, but Borough responded straight away with a try. Harry Davis scored from our own half pushing KFS back in the lead. However, 2 more tries from Borough put us behind. A loose ball jumped on by Harry Davis led to another try. Once again, the flood gates opened KFS managed to score 4 tries in a row. It was a win for KFS! Well done boys!

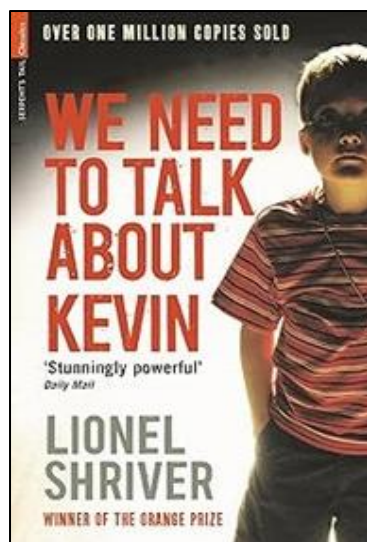
Final Score: Kingsdale **44-24** Borough School
Tries scored by: Jaiden Afranie-Wilson (3), Rueben Nightingale-Slade (2) and Harry Davies (2).



Year 7 Netball Tournament

Well done to the Year 7 Netball team for winning 3 games out of 5 for the Netball Tournament on Wednesday 31st January.

The team: Sophia Liard, Ella Gamester, Ella Marsden, Anna Holness, Kiki Harrison, Violet Martin, Evie Nicholls, Eleanor Saldanha, Polly Lyon and Esther Yeatman.

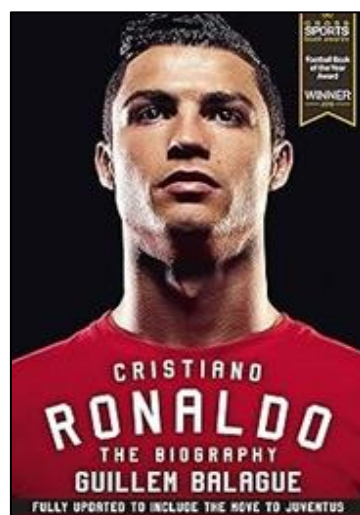


Teacher Recommendation
Film and English teacher Mr Hutchinson recommends *We Need to Talk About Kevin* by Lionel Shriver

Eva never really wanted to be a mother; certainly not the mother of a boy named Kevin who murdered seven

of his fellow high school students, a cafeteria worker and a teacher who had tried to befriend him. Now, two years after her son's horrific rampage, Eva comes to terms with her role as Kevin's mother in a series of startlingly direct correspondences with her absent husband Franklyn about their son's upbringing. Fearing that her own shortcomings may have shaped what her son has become, she confesses to a deep, long-standing ambivalence about motherhood. How much is her fault? Mr Hutchinson found this book's commentary on modern society thought-provoking and poignant, and the book's plot keeps you gripped right till the end. Some dark themes. Best suited for Year 10 students and older!

Reading Recommendations



Student Recommendation
Jason Idogun, Year 8 recommends *Ronaldo* by Guillem Balague

Cristiano Ronaldo is one of the greatest footballers of all time; a dream he pursued from the age of just twelve when he left his humble origins in Madeira behind. It wasn't long

before he had the biggest clubs in Europe knocking on his door, but it was Manchester United who won the race for his signature. Under the tutelage of Sir Alex Ferguson, Ronaldo developed into the complete footballer and athlete, winning three league titles and a Champions League along the way. He then became the biggest galáctico of them all when he transferred to Real Madrid for a record-breaking fee. Unprecedented success in the Champions League and a record-equalling five Ballons d'Or followed, before his sensational move to Juventus in the summer of 2018. Jason says, 'If you want to know what makes Ronaldo tick, then grab this book straight away.' It was insightful and well written and Jason would recommend it to any sports' fan. Suitable for students in Key Stage 3 as well as older!!

UPPER SCHOOL LIBRARY & LOWER SCHOOL LIBRARY AFTER-SCHOOL SCHEDULE

MONDAY	LGBTQ+ Club With Mrs Bowles and Ms Dobson	USL TIME: 4.15-5pm
TUESDAY	Year 7-9 Homework Club With Mr Gunathilaka, Ms Dobson & a TA	USL TIME: 4.15-5pm
WEDNESDAY	Creative Writing Club With Ms Dobson Book Club With Mr Read	USL TIME: 4.15-5pm USL TIME: 4.15-5pm
THURSDAY	Year 10 and 11 Homework Club With Mr Gunathilaka, Ms Dobson & a TA	USL TIME: 4.15-5pm
FRIDAY	Board Games Club With Mr Gunathilaka and Ms Dobson	USL TIME: 4.15-5pm

(Book Club and Year 7-9 Homework Club will later be moved to the LSL)



Duke of Edinburgh's Award Update

BRONZE AWARD

1. Students who are in Years 9 - 13 and are not yet enrolled on the scheme are welcome to join the Bronze Duke of Edinburgh Award next academic year as the original deadline has expired (31st Oct 2023).
- 1a. All 275 newly enrolled participants for the Bronze Award will have now:
 - Been added to the Bronze DofE MS Teams site where all information about how to start/current events etc. is posted both in the 'chat section' and the 'files section'. Please look here for help and advice.
 - All parents have access to the above information (deadlines and requirements to be sent out separately re the expedition in 2024) on the school intranet site under the Duke of Edinburgh's Award section.
 - Please remember the KEY cut off dates of 30th April and 14th July 2024. See details on the above sites.
 - Please check ALL parental emails for your child's DofE Welcome Pack. All 275 Bronze awards were purchased on Thursday/Friday 9th/10th November 2023. A link was sent from the award to the email address of the person who received the link to pay for the award.

SILVER AWARD

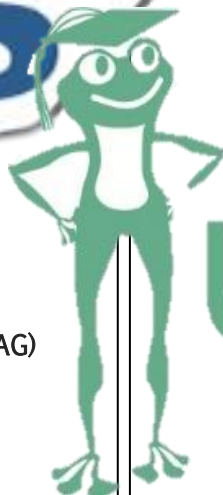
2. Students who have completed their Bronze Award and who are considering joining the Silver Award programme will have received a direct email from Mr Dennington before 30th November 2023 offering them the chance to pay for the new award by 4th Jan 2024. This date was for potential new students to join and not for those who have already paid and joined the Silver Award.
- 2a. All Silver Award students will have now:
 - Been added to the Silver DofE Award Team, where, as usual, all information / deadlines etc. are written.
 - Had their Silver Awards purchased in the week of 8th January with welcome packs sent to the school's designated 1st contact email account. Therefore, please ensure that you check all parental emails for your child's DofE Welcome Pack in that week.
 - All parents have access to the above information (deadlines and requirements to be sent out separately re the expedition in 2024) on the school intranet site under Duke of Edinburgh Award section.
 - Please remember the key criteria in order to be invited out on expedition are that your child must have completed their Bronze Award fully and uploaded a good assessor report for at least one of their activities by 30th April 2024. All 3 activities that they intend to engage in should have been written up fully on their DofE platform.

PUPIL PREMIUM

3. Years 9 to 13 – any level of the award.
 - If you have already paid – then I will reimburse you.
 - If you haven't paid but still wish your child to start an award, the cut-off date to email me was the same as for everyone else, 31st Oct 2023 for Bronze and 4th Jan 2024 for Silver.
 - If you have missed those dates, you can always choose to join in the next academic year.

Should you have any queries about any aspect of the DofE programme at Kingsdale, please contact Mr Dennington via sdn@kingsdale.southwark.sch.uk

CAREERS



unifrog

UNIFROG for Careers Education Information Advice and Guidance (CEIAG)

Kingsdale offers the online careers tool called **Unifrog** to all our students in the Lower School (Years 7 & 8), Middle School (Years 9 & 8), Upper School (Year 11) and Senior School (Years 12 & 13). Unifrog brings into one place, every undergraduate university course, apprenticeship and college course in the UK. Additional opportunities include School Leaver Programmes and details on every college at Oxford and Cambridge. This makes it easy for students to compare and choose the best university courses, apprenticeships or further education courses for them. They can also explore exciting opportunities further afield by looking at English taught undergraduate programmes available in Europe and the USA. In addition, the platform helps students successfully apply for these opportunities by assisting them in the writing of their personal statements, applications and CVs, as well as guiding them through the process.

How to Get Started on Unifrog?

Students access the platform by accessing www.unifrog.org using their school email address and password; they can do so from any computer, tablet or smartphone.

We would encourage parents to use the platform with your child, so they can support them through the process of deciding their next steps. **In the case that students do not receive login emails or do not remember their password, they can visit www.unifrog.org/sign-in and click on 'Reset password/Resend Welcome Email'. This will trigger a reset password email on their school email account and allow them to create a password to log in.**

We have also set up a parent login so that you can use Unifrog as if you were a student yourself, allowing you to support your child throughout the process.

The sign-up code you need is: FOSQPARENTS and you can sign up here: www.unifrog.org/code.

The Unifrog platform is designed to support learners in making the most informed decisions about their futures and has a range of tools that are suitable for all year groups.

Each student has their own personal account that provides a wide range of information related to their interests and aspirations. Key features of the platform include:

- Exploring Pathways – personality quizzes, career and subject profiles and webinars
- Recording – self-reflection about extra-curricular activities and key employability skills
- Opportunities – search tools showing live vacancies/courses/placements for apprenticeships, universities (in the UK and abroad), FE, virtual work experience and more
- Applications – tools to help students build applications for a range of pathways (e.g., CVs, Personal Statements, Common App Essays)

We encourage all our students to read about the different careers that they find interesting on Unifrog. Careers tasks are set during the year using Unifrog.

We truly believe that this all inspiring Unifrog online career tool will offer your child an excellent insight into exploring every possible area in the world of work. This will assist us in keeping the commitment we have to providing students with outstanding careers guidance; equally tailored support when choosing their next steps after school.

For more information, please contact our careers team at careers@kingsdale.southwark.sch.uk

Where to go for support as a carer

As a carer looking after a disabled or seriously ill family member, or friend, with additional support needs, having access to helpful resources and organisations can make a big difference.

contact *For families with disabled children*

Contact

Contact is a support charity for families with disabled children, helping parents and carers to feel confident and informed on the challenges of raising a disabled child. They provide guidance and advice on topics such as benefits, education, health and social care services. Contact also offer a free listening ear service ([click here](#)), providing one-to-one telephone appointments with a family support adviser. This is for parent carers looking for a listening ear, reassurance and practical and emotional support.

Call 0808 808 3555 (Monday to Friday, 9:30am to 5:00pm) or visit the Contact website ([Click here](#)).



Carers Trust

Carers Trust is a charity that works for, and supports, all carers in the UK. They provide services for anyone who cares for a family member, or friend, who is ill, frail, disabled or has a mental health condition.

Visit the Carers Trust website ([click here](#)).



How to get a carer's assessment

If you're a carer you can request an assessment from your local adult social care team. This might recommend extra support for you, including respite, help with taxi fares or gym memberships to relieve stress. During the assessment, the team may also signpost you to local support groups.

In England, you can find out more about carers' assessments and find your local adult social care service on the NHS website ([click here](#)). In Scotland, Wales and Northern Ireland, find out how to get an assessment in your home country on the Carers UK Website ([click here](#)).

Supported Internships: Mencap

Mencap's supported internships support people aged 16-24 with a learning disability, to make the transition from education into work.

What is a supported internship?

On a Mencap supported internship, young people with learning disabilities learn about the world of work and gain work experience with lots of amazing employers, in lots of different kinds of roles.

The programme lasts for one academic year and the aim is for learners to secure a paid job outcome at the end of this time.



Who can do a supported internship?

To join a supported internship your child needs to:

- be aged 16 to 24
- have an Education, Health & Care Plan (EHCP)
- want to find a job.

There are no qualification requirements.

Click here to find out more: [HERE](#)

SEND FACULTY NEWS



Video Highlights 'How The World Looks' For Visually Impaired Children

Thomas Pocklington Trust has announced the launch of 'What do we see? How the world looks to vision-impaired children'.

Created for professionals who work with vision-impaired children and their families, the video simulates five common sight conditions in an educational setting: Nystagmus, Retinitis Pigmentosa, Cataracts, Retinopathy of Prematurity and Optic Atrophy.

It aims to raise awareness and understanding of each condition, how it affects a young person and tips to support them.

To access the video, visit: [HERE](#)

Kingsdale Foundation School Learning Support Faculty are working in partnership with Bell House to offer you some discounted workshops aimed at equipping you with knowledge and strategies to support your child at home.

The sessions will be run by Dyslexia Specialist Teacher, Tina Hunter. Discounted places are available for Kingsdale Parents.

Supporting the Dyslexic Learner: diagnosis & access — Bell House

Thursday 25th January - Getting a Diagnosis & Access Arrangements

Thursday 1st February - Memory Mastery

Thursday 8th February - Supporting Reluctant Reading

Thursday 22nd February - Supporting Writing Skills

Thursday 29th February - Study Skills

Thursday 7th March - Managing Maths



The training can accommodate a maximum of 40 people each session.

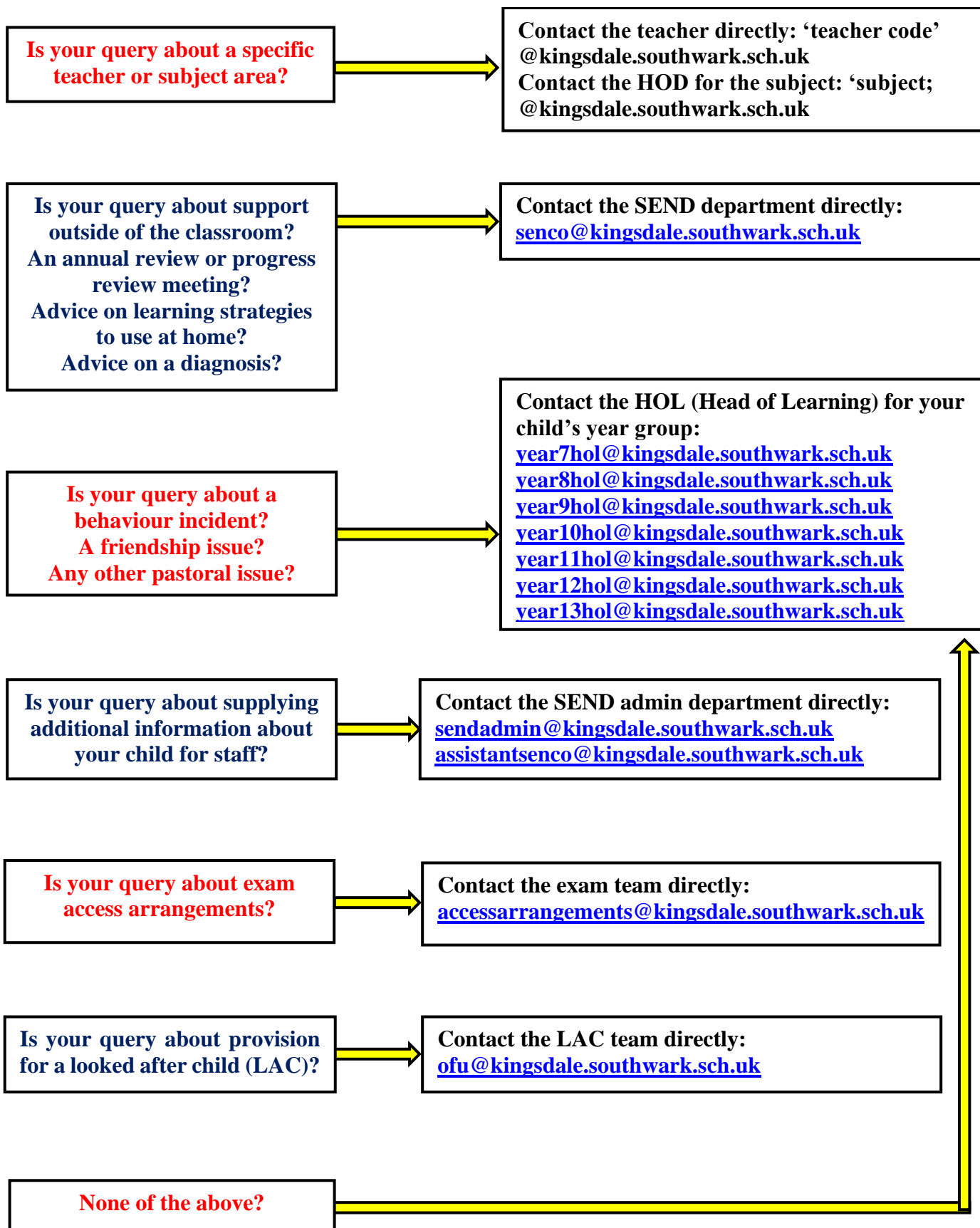
Please park on College Road where there is unrestricted parking. Bell House can be reached by the P4 bus route (Dulwich Picture Gallery Stop) or the P13 bus route (Dulwich College stop) and the nearest train stations are West Dulwich or North Dulwich.

SEND FACULTY NEWS

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.



Please send us anything you think other parents would find useful and we can either share it here or we could even publish it on our website!

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

Calling all Budding Student Journalists!

Kingsdale students have started their own school newspaper and are inviting fellow students to get involved!

If you're passionate about current affairs and would like to write reviews and news reports for the Kingsdale Telegraph, please get in touch!



Click image to open the latest edition!

Students should post their illustrations, reviews and articles (maximum 80 words for reviews and 100 words for articles) in the school newspaper contributions box, situated in the main office. Please include your full name and tutor group. Alternatively, they can email the team via kingsdaletelegraph@kingsdale.southwark.sch.uk

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





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.



shospace.org.uk

Why Shore?

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

SCHOOL NEWS

Safe Travel to School

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

“LOOK UP LOOK OUT”

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

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

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

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



Kingsdale is a Safe Space

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

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

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

Our two confidential emails are:

health&wellbeing@kingsdale.southwark.sch.uk

tellsomeone@kingsdale.southwark.sch.uk

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

HOUSE COMPETITIONS

Kingsdale Cooking Challenge
World Nutella Day



World Nutella® Day was established on the 5th February 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 someone who shares Sara's love to inspire the fan celebration on World Nutella® Day.

Source: <https://www.nutella.com/us/en/world-nutella-day>



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.

STUDENT HOUSE ACTIVITY:

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



Children's Mental Health Awareness Week 2024

Children's Mental Health Awareness Week takes place from 5-11 February 2024. This year's theme is 'My Voice Matters'. My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves. When we feel empowered, this can have a positive impact on our wellbeing. Children and young people who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem.



STUDENT TASK: What's Your News?

Develop your own newsletter where you have shared information about your views/what's important to you. The format can include drawings, text, and audio to make it inclusive. Share your voice and thoughts in a way that is meaningful for you.

HOW TO ENTER:

Share your newsletter with the House Team: housesystem@kingsdale.southwark.sch.uk Ensure your entry is accompanied by your full name, tutor group and House.

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College



National Online Safety®

#WakeUpWednesday

SPORTS FIXTURES

Monday 5th February 2024

- Girls Under-13s Football B team Away Game against Linfield College. Leave school at 1pm. Start 2.30pm. Return at 6pm approx.: **Mr Dash**
- Girls Under-18s Football Away Game at Selhurst Arena against Shenfield High School. Leave school at 1pm. Start 2pm. Return at 4.45pm approx.: **Ms McErlain/Mr Price**
- Girls Under-13s/14s Netball Away Game against Trinity Academy, Brixton. Leave school at 1pm. Start 2pm. Return at 5pm approx.: **Ms Findlay/Ms Thomas**
- Girls Under-13s A & B Teams Hockey Match Away Game against Wimbledon High School. Leave school at 3pm. Start 4.30pm. Return at 6.30pm approx.: **Mr Pizzey**

Tuesday 6th February 2024

- Mixed Under-16s 'Great Big Dance Off' (National Cup) at Hayes Middlesex. Leave school at 7.30am. Start 11am. Return at 6pm approx.: **Mrs McGregor/Ms Dookey**
- Girls Under-16s Rugby 7s Tournament at Reigate Grammar School. Leave school at 9.30am. Start 11.45am. Return at 5.30pm approx.: **Ms McErlain/Mr Price**

Wednesday 7th February 2024

- Girls & Boys Under-12-18s Cross Country Championships at Wormwood Scrubs Park, W12. Leave school at 9am. Start 11am. Return at 4.45pm approx.: **Mrs Sinclair/Ms McErlain/Mr Price**
- Boys Under-12s Rugby Home Game against Southborough High School. Leave school at 1.45pm. Start 2.30pm. Return at 4pm approx.: **Mr Lord**
- Sports Scholars' Basketball Trip to the Copper Box Olympic Park. Leave school at 4pm. Return at 10.30pm approx.: **Mr McWhirter/Mr Johnstone/Mr Lord/Mrs McGregor**

Thursday 8th February 2024

- Girls Under-12s Indoor Athletics Competition London Youth Games, Osterley Sports Centre. Leave school at 9am. Start 11am. Return at 3.30pm approx.: **Mrs Sinclair/Mr Foster**
- Boys Under-14s Hockey County Finals, East London. Leave school at 9am. Start 10.30am. Return at 3pm approx.: **Mr Pizzey/Mr Price**

Friday 9th February 2024

- Boys Under-15s Football A Team Away Game at Selhurst Arena against Hall Mead School. Leave school at 1pm. Start 2pm. Return at 5pm approx.: **Mr Price**
- Girls Under-14s Football Away Game against Cardinal Pole School. Leave school at 1pm. Start 2.15pm. Return at 5.30pm approx.: **Mr Dash**

***Please note Fixtures/Events may be cancelled due to wet or frozen pitches
Extra Fixtures may be organised at short notice.
<http://www.kingsdaleschoolsports.org.uk>**



HOUSE NEWS

Online Safety Corner

For this week's Online Safety focus, we are looking at everything Parents/Carers need to know about 'Persuasive Design Online'. This looks at the potential negative impact it has on behaviour. This is a networking and dating app aimed at teenagers. Get a greater insight here. **PLEASE READ!!** Remember to keep an open dialogue with your child about their activities online. See page 16.



The House Leader Board 2023-24

Week ending 2nd February 2024

1st Place – Dove 31,897 Points

2nd Place – Swift 31,470 Points

3rd Place – Falcon 30,167 Points

4th Place – Albatross 28,590 Points

5th Place – Eagle 27,202 Points

It is very close at the top as Dove return to the front of the Leaderboard.
The race is truly on!

Communication with Parents & students



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.