



PARENTAL NEWS BULLETIN

Issue 21 Monday 2nd March 2026

HEADLINE NOTICES



The annual Holy month of Ramadan is upon us, a month of fasting in which many of our students, staff and parents will be observing. We would like to wish Ramadan Mubarak to all stakeholders and extend an invitation to break fast together at school.

The event is scheduled to begin on Wednesday the 11th of March from approximately 5.45pm (sunset). We will provide the food for Iftar (the breaking of the fast) and all students, parents and staff are welcome to attend. This invitation is open for everyone in our Kingsdale community.

Please RSVP eyl@kingsdale.southwark.sch.uk to confirm your attendance by the 5th March 2026 so as to allow ample time for catering to plan accordingly.



House Excellence Award

Dante Sini, Year 10, has won the House Excellence Award. He was nominated by the Geography team. We have been really impressed with Dante this year. He has made huge improvements in his focus and his effort has been terrific. This is reflected in his progress in Geography. Keep up the good work Dante!

National Year of Reading 2026

Kingsdale's exciting Book Swap initiative will be continuing to roll out over the Spring and Summer terms 2026. We are committed to the core belief that regular and varied reading remains central to supporting students' achievement, critical thinking and wider well-being.

The next Year 7 & 8 Book Swap event will take place on **Thursday 19th March 2026** in the Lower School Library (LSL) after school at 3.40pm for Year 7 students and 4.10pm for Year 8 students.

Students are encouraged to bring in a book from home during tutor time to exchange, although borrowing remains open to all students regardless of whether they bring a book to swap. Please encourage your child to participate in this event.

For more information please see Page 4.

THEME OF THE WEEK

International Women's Week

"If civilisation is to survive, we must cultivate the science of human relationships - the ability of all people of all kinds to live together in the same world, at peace."

Eleanor Roosevelt

WORD OF THE WEEK

Ornithology

The scientific study of birds.'

"The ornithology class went on a bird-watching excursion."

SCHOOL NEWS

LGBTQIA+ – History Month Science and Innovation

It is LGBTQIA* History Month at Kingsdale Foundation School and the 2026 theme is Science and Innovation. This theme recognises the important role that LGBTQIA+ people have played in creating equality and representation in the fields of science, innovation and technology. Kingsdale Foundation School prides itself on being an inclusive school and welcomes acceptance and inclusion of various peoples amongst its student and staff body as well as the local community.

There will be History Month assemblies for all year groups as well as weekly Pride lunch-clubs where students are welcome to bring any questions, they might have regarding LGBTQI* related issues (for details talks to Mr Tilly or Frau Koch).

World Book Day 2026

Thursday 5th March!

Students in year 7 and 8 are encouraged to dress up as their favourite book character for this important day. There will be a number of activities taking place to celebrate, such as library scavenger hunts, quizzes and spelling bees.

We hope the day is a fun, inclusive event for all!



National Careers Week 2026

We are proud to announce that this week sees the start of National Careers Week during which, we will have a range of exciting and engaging activities taking place which are aimed at further informing our students about the many career pathways and choices they can pursue. In subject lessons, tutor time, PSHE and assemblies, all students will have the opportunity to explore with their teachers, the different career pathways linked to each subject area; also, to discuss the skills they need to acquire to be successful in specific sectors.

Resources have been made available to colleagues to use with their students throughout the week, and in addition, we also want to get you, our parents, carers and guardians involved. We have included in this communication, details of the National Careers Week Programme for parents, carers and guardians, links to webinars you can access online. For more information, please see the attached National Careers Week leaflet or visit [National Careers Week](#)

Some additional Careers resources via the homework portal, Satchel One will follow later in March, these will be from [Unifrog](#), which all students, parents, carers and guardians have access.

Forthcoming Career Talks & Events in March include:

Tuesday 3 rd March	Year 9 – Mock Interviews Year 8 Assembly – Apprenticeships	1 - 1.45pm 3.40 - 4.10pm
Wednesday 4 th March	Year 8 & 10 – Interior Design Year 11 – BTEC/Vocational Workshop – Construction Skills Year 9, 12 & 13 – Advertising Year 8 – Options Evening	12 - 1pm 12 - 2pm 12.50 - 1.50pm 5.30 - 7.30pm
Thursday 5 th March	Year 12 & 13 Assembly – Q&A session 'Doing a Nuclear Engineering Degree Apprenticeship' (Alumni) Year 7 – So, You Want to be a Lawyer	8.40 - 9am 12.40 - 1.10pm

If you would like your child to attend any of the above career talks, please mail: careers@kingsdale.southwark.sch.uk

National Careers Week Online Webinars

- Design a more sustainably engineered future – Institution of Mechanical Engineers Monday 2nd March 4.30-5.15pm
- From sketch to screen: The Power of Concept Art Monday 2nd March 4.30-5.15pm
- Interactive Business Taster: How do companies balance profits with social responsibility? – Tuesday 3rd March 4.30-5.15pm
- Humanities taster: studying culture, technology and society today Wednesday 4th March 4-4.45pm
- Shaping the future: inspiring women in STEM Thursday 5th March 4.30-5.15pm

To join any of the above mentioned Webinars CLICK here to [Access 'upcoming events' on Unifrog](#)

Please encourage your child to ask as many questions as possible about their future career pathways and to participate fully in this week's programme during National Careers Week.

Work Experience Help

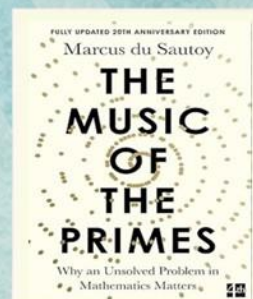
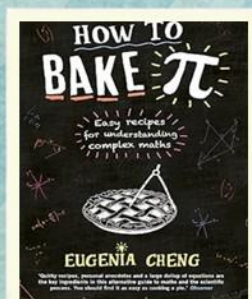
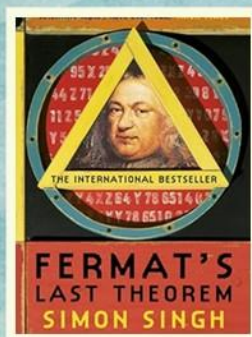
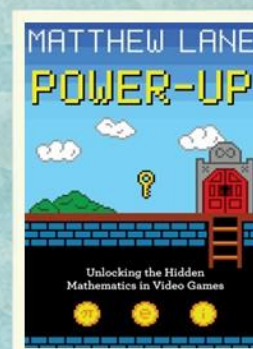
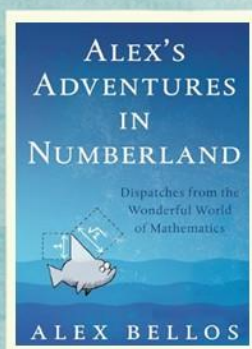
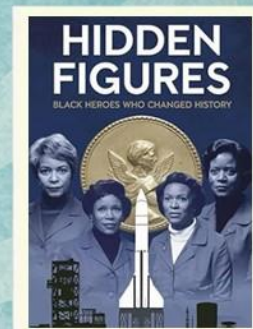
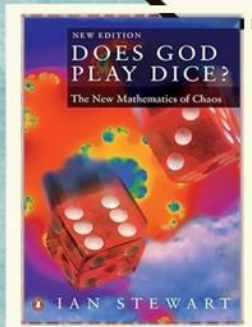
As shown by the careers fair, the Kingsdale parents are our best asset in terms of giving access, insight and opportunity to our students. Our Year 12's will soon be looking for work experience opportunities.

All placements are appreciated, as while many of our students have networks through family and friends, not all do so any help is appreciated to ensure all students have work experience arranged, a boost for both their personal horizons and their UCAS/Apprenticeships applications.

If you or your employer would be interested in hosting a Kingsdale student, please contact Mr Burke at jbu@kingsdale.southwark.sch.uk

**GO
ALL
1N.**

National Year of Reading 2026



*Deliciously
Good Reads!*

**Join our maths
reading challenge!**

Take part in maths-themed reading this half term through weekly articles, treasure hunts, and recommended books. You'll also have the chance to create posters, podcasts, or summaries to share your ideas. Points, prizes, and celebrations will recognise everyone's participation and enthusiasm along the way. Check Satchel One and listen out for the tannoy announcements for daily updates.

Chinese School Visit to Kingsdale A resounding success!

Kingsdale welcomed a group of Chinese international students from Monday 2nd to Thursday 5th February 2026. Kingsdale students from Years 8 & 10 helped their Chinese buddies to get a taste of outstanding education at Kingsdale as well facilitating them to enjoy their experience in being abroad in the UK. A big shout out and thank you to all Kingsdale students helping to make this experience a resounding success for our Chinese visitors.

Lastly, also a big danke schon to the music department, especially Mr. Williams and Ms. Marshall for providing the Chinese students and staff with a percussion and drumming session that was thoroughly enjoyed by everyone.

Kingsdale is looking forward to repeating this success again in the future.



Part of the National Year of Reading 2026



Parent Engagement

We would also like to continue inviting families to donate suitable books to support this initiative. Donations can be handed in at the Main School Office or at the collection point in the Main School Entrance between 8.10 and 9.05am daily. Your contributions help us maintain a varied and engaging selection of texts for students to enjoy.

We continue to ask that all students carry a reading book in their bag at all times, as this supports a range of reading activities across the school day.

As part of our commitment to involving the whole school community, we are inviting parents and students to recommend books they feel would be valuable further additions to our libraries. Please use the link [here](#) to share your suggestions and join us in shaping a diverse and exciting reading collection.

Book Recommendations

We have been sharing book weekly recommendations with students via the school's morning tannoy system. We have sent a list of recommended books to parents.

Reading Clubs

We are also pleased to announce two new initiatives launching in Spring Term 2026:

Peer Reading:

Selected Year 7 students are taking part in 1:1 reading sessions with trained Year 11 mentors, supporting confidence, fluency and enjoyment of reading.

Book Clubs:

A weekly lunchtime club led by our librarian, where students share recommendations, discuss books, and explore new authors in a relaxed and supportive setting. If your child is interested, please contact the English faculty via english@kingsdale.southwark.sch.uk

Author Events

Looking ahead, we are excited to share that a series of author events is planned for March, giving students the chance to hear directly from writers about their work and the importance of reading. Further details will follow shortly.

When?	What?	Year Group?
Tuesday 3 rd March	Angie Thomas assembly and Q&A on ' <i>The Hate U Give</i> '	Year 10
Tuesday 3 rd March	Angie Thomas assembly and Q&A on ' <i>Nic Blake</i> '	Year 7

Go All In

The theme of the National Year of Reading is Go All In, reconnecting reading with the things that already inspire us – from playlists and football matches to films, science, art, food and family time. It's reading that fits how we live, not the other way around.

Integrating with this theme, we are launching Go All In Reading Quest this year. Each subject is allocated a half term to promote reading activities in their subject.

Maths faculty will take the lead in Spring Term 2 and we will inform you in due course on all the different activities on offer for students.

Use of Libraries

All students are encouraged to visit the library, explore the new collection, and borrow books regularly. Upper School Library and Lower School Library are both accessible to students before school (8am onwards), after school (until 5pm) and during lunch times.

Thank you once again for your continued support of our reading initiatives. I look forward to sharing further developments in March 2026, as the National Year of Reading progresses and we celebrate World Book Day this week on Thursday 5th March 2026 at Kingsdale Foundation School.



Turandot at the Royal Opera House

Musicians in Years 7 & 12 enjoyed a trip to the Royal Opera House to see 'Turandot' in the week before half-term.

The opera by Puccini is about a princess who challenges suitors to answer riddles, with death being the penalty if they get things wrong. One brave challenger emerges, answering her riddles and winning the contest for her hand in marriage. He tells her that he will not force her to marry him if she can complete one single challenge – learn his name. The princess orders the kingdom not to sleep until his name is discovered (hence the famous aria *Nessun Dorma*; None Shall Sleep).

This stylish production and controversial story about royal love was really well received by all the students in attendance, with world-class performances from the orchestra, soloists and chorus.



NATIONAL APPRENTICESHIP WEEK

9-15 February 2026

#NAW2026



We are also working with the National Careers Hub, who are following a new series of Spotlight Webinars, offering pupils and students direct insight into apprenticeship pathways across a wide range of sectors. Each session includes employer insight, application tips, and apprentice voices.

These sessions are particularly valuable for:

- Broadening awareness of technical and apprenticeship pathways
- Giving students practical insight into vacancies, applications and real apprentice experiences

Upcoming AIM Spotlight sessions:

- Public Service – 3rd March 2026 [Register here](#)
- Frontier Innovation & Tech – 17th March 2026 [Register here](#)
- Experience Economy & Hospitality – 31st March 2026 [Register here](#)
- Frontier Innovation – Green Sector – 13th May 2026 [Register here](#)
- Creative Industries – 16th June 2026 [Register here](#)

National Apprenticeship Week.

Please see details of events that took place as part of National Apprenticeship Week. If you were unable to attend any of the sessions then recordings are available via the links below.

National Apprenticeship Week Parent and Carer webinar: Understanding apprenticeships [Click here](#)

Time for Change: Make it an apprenticeship
Join us this National Apprenticeship Week to discuss the importance of level 2 and 3 apprenticeships. [Click here](#)

National: IBM, Apprenticeship and Post-School Internship Application Masterclass [Click here](#)

Below are also some useful links both students and parents interested in finding out more about Apprenticeships.

<https://www.apprenticeships.gov.uk/apprentices>

<https://www.amazingapprenticeships.com/zones/student/>

<https://www.amazingapprenticeships.com/zones/parent/>

SCHOOL NEWS

Mental Health & Well-Being Weekly Focus for Students: Mindfulness & Calm

The schools Mental Health & Well-Being focus for this week is 'Mindfulness & Calm'. Mindfulness and calm techniques offer significant benefits to us all by improving focus, reducing anxiety, and boosting emotional regulation during high-stress situations. Regular practice enhances academic/workplace performance, fosters resilience against challenges, improves sleep quality, and strengthens social skills by encouraging thoughtful responses over impulsive reactions.

This week we are encouraging all members of our school community to take some time out of each day to focus on this important area by practicing some techniques or exercises, (examples of which can be found below), and in doing so enjoy the benefits of practicing 'Mindfulness & Calm'.

Key Benefits of Mindfulness for Students:

Improved Academic Focus and Performance:

Mindfulness trains the brain to minimise distractions, leading to better concentration in class, improved study habits, and higher performance during exams.

Reduced Stress and Anxiety:

Students learn to manage pressures from exams, social situations, and future uncertainties by using techniques that calm the nervous system.

Enhanced Emotional Regulation:

Students become better at identifying and managing emotions, reducing impulsive behaviours, and increasing empathy, which leads to fewer conflicts and better relationships with peers and teachers.

Greater Resilience:

Mindfulness fosters a mindset of curiosity and acceptance, helping students bounce back more easily from setbacks, such as poor grades or social challenges.

Better Sleep and Well-being:

By reducing "racing thoughts" before bed, mindfulness practices improve sleep quality, which is crucial for cognitive function and overall mental health.

Increased Self-Confidence:

Students who can manage their thoughts and emotions effectively often report feeling more confident, secure, and in control of their lives.

Common Techniques for maintaining "Mindfulness & Calm":

Box Breathing: Inhaling, holding, exhaling, and holding again for four counts each.

Body Scans: Gently focusing attention on different parts of the body to release tension.

Mindful Walking/Listening: Intentionally focusing on the sensations of walking or the sounds in the environment.

Top Mindfulness Exercises:

5-4-3-2-1 Sensory Grounding:

Students identify 5 things they see, 4 they can touch, 3 they hear, 2 they smell, and 1 they taste to reduce anxiety.

Finger Tracing/Breathing Board:

Trace the outline of the hand with the opposite pointer finger, inhaling while moving up a finger and exhaling while moving down.

STOP Technique:

A quick, 4-step practice: Stop what you are doing, Take a breath, Observe your thoughts/body, and Proceed.

Progressive Muscle Relaxation:

Students tense a specific muscle group (e.g., shoulders, hands) while inhaling, hold for a few seconds, and release completely while exhaling.

Mindful Breathing (Breath Surfing):

Focus on the natural rhythm of breathing—noticing the chest rise and fall—and return attention to the breath if the mind wanders.

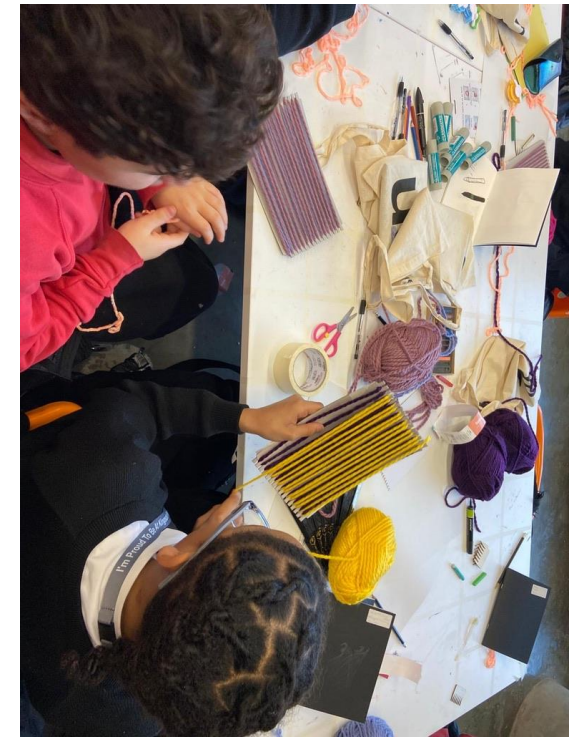
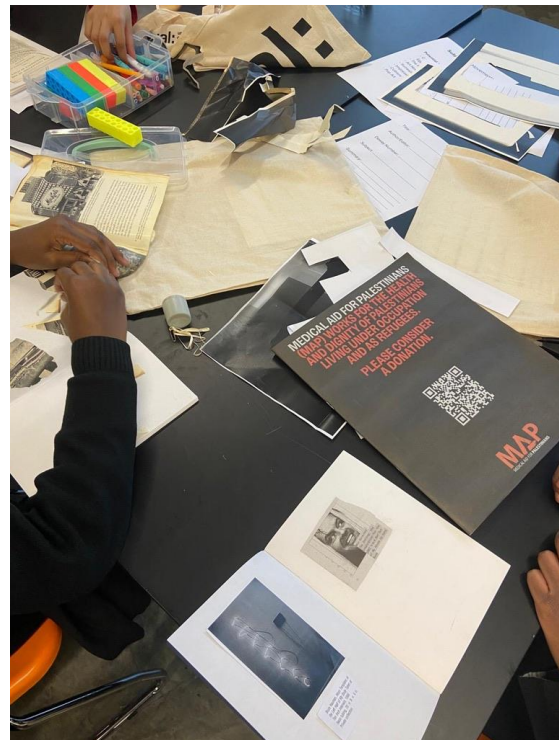
Heartbeat Exercise:

After light exercise (jumping jacks), students sit quietly to feel their heart rate and notice how it calms down.

Please contact Ms V. Turner via

mentalhealth&wellbeing@kingsdale.southwark.sch.uk

for further information on our mental health & well-being offer for students.



On Wednesday 11th February a selected group of Year 8 Art students visited Camberwell College of Art for a careers open day. Students took part in interactive workshops to learn about future opportunities in the arts. We are always grateful to UAL for such amazing opportunities.

Art and Technology Taster Sessions 4pm-4.45pm

All welcome to come along for a practical taster session in the following subjects:

- Food Science Monday 9th March in FS1
- Fine Art Tuesday 10th March in AR1
- Design & Technology Wednesday 11th March in TE2
- Graphics Monday 16th March in TE1
- Photography Tuesday 17th March in PS1
- Textiles Thursday 19th March in AR7



Invitation

Year 8

Taster Lesson – Hands-on Workshop

Date: Monday, 9th March 2026

Time: 4:15 – 5:30

Room: FS2

Register your interest with Ms Leung/Miss Asongafeh on or
before Wednesday, 4th March 2026



Under-16s Boys' Notts Hockey Open Championship Kingsdale v Forest School

On a Friday afternoon after school had finished for the Spring half-term break, the Under-16s Boys took on Forest School. It was a tough game for both teams. However, within the first 10-15 minutes KFS opened the scoring making it 1-0 with the goal coming from Ryan Jones. The ball moved up and down the pitch between both teams with chances open to both teams but with either unable to score.

Ryan Jones then made it a second, followed by a Forest attack in a one on one situation in which the KFS goalkeeper Daniel Coggins, saved us from a goal being scored. Forest then managed to score a goal, making it 2-1. There were so many chance again by both teams but excellent saves by Daniel Coggins in goal ensured the score didn't move. In the last few minutes Forest had an excellent opportunity to score and level the play but Daniel in goal again made a brilliant save to keep us in the lead.

Final score: Kingsdale 2-1 Forest School

Team sheet: Frank Whitehead, Albie Beech, Rufus Lewis, Daniel Coggins, Ryan Jones, Jake Milton, Cas Sarshar, Morgan Stacul, Tolly Reed, Tom Beaugie, Danny Jones and Archie Baker



Under-13s Girls' Hockey Kingsdale v Streatham and Clapham High School

In this friendly round robin tournament against Streatham and Clapham, it was an excellent atmosphere for all. Friendly games always allow us to try out new tactics ready for future matches. Some excellent play – well done girls!

Player of the Match: Lily Sophia for her excellent passes throughout.

Team sheet: Amelie Rae, Rosa Ackroyd Todd, Georgia Baker, Zena Barry, Martha Hill, Lily Sophia Mikalsen and Lucy Gibson

Under-15s Hockey Boys' Friendly Kingsdale v St Dunstan's College

Very early in the game, it was close between both teams, with the ball moving over the pitch going towards both goals. Dominic Rooks got on the scoresheet first for us, making it 1-0 to KFS. A little while later, St Dunstan's managed to level the scoreline. They then managed to double their score making it 2-1. In the second-half, St Dunstan's had a good attack making it 3-1. However, our goalkeeper Jack Whitehead made a great save. St Dunstan's however managed to score another 2 goals during the game, making it 4-1. A good game and well played by both teams.

Final score: Kingsdale 1-4 St Dunstan's College

Team sheet: Albie Beech, Rufus Lewis, Dominic Rooks, Jack Whitehead, Tom Beaugie, Arlo Milton, Harry Wilkie, Frank Whitehead, Dylan Christmas, Danny Jones, Sebi Schwab and Eashan Satkunam

Under-13s Girls' London Hockey Competition

The Under-13's Girls' team travelled to JAGs for their first major competition of the year last week. In our first game against the hosts, it was very tough as they had all the possession in the first-half, resulting in a number of goals. However, they did not score any from their short corners, which was very positive for our team. In the second-half, we 'woke up' and managed to keep them from scoring any more goals.

In our second game against Broomwood School, it was an excellent game with both teams having equal possession with us sometimes having more and we managed to score 2 goals making us win the game.

In the final game of the tournament, we played against Croydon High, who were a very tough opponent. Throughout the game it was flowing nicely between both teams, with both having good opportunities to score. Croydon managed to take the lead, but with the last 2 minutes to spare they got another, making it 2-0. KFS did manage to keep them at bay right until those last 2 minutes of the game. Excellent to all that played and debutant Lucy Gibson, who played brilliantly in her first game.

Final scores: Kingsdale 0-4 JAGs

Kingsdale 2-0 Broomwood School

Kingsdale 0-2 Croydon High School

Team sheet: Amelie Rae, Rosa Ackroyd Todd, Georgia Baker, Zena Barry, Martha Hill, Lily Sophia Mikalsen and Lucy Gibson

Under-13s Boys' Friendly Hockey Match Kingsdale v St Dunstan's College

In a pre-season warm up game for boys first competition coming up, we had a friendly against St Dunstan's. We started as a very close game, however it quickly changed with St Dunstan's becoming the stronger side, scoring 4 before we managed to get close to their goal and Danny Jones scored making it 4-1. St Dunstan's were still too strong and managed to add another couple of goals to their tally, making it 7-1. However, excellent goalkeeping by Torston Nicholls stopped a lot more shots that could have been goals!

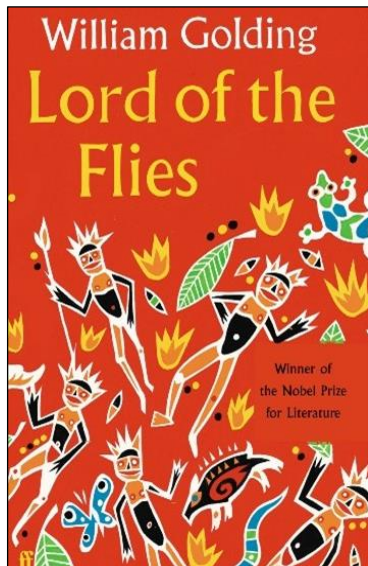
Final score: Kingsdale 1-7 St Dunstan's College

Team sheet: Danny Jones, Gus Griffiths, Torston Nicholls, Hector MacEwan, Luke Tamayao, Dylan Archer, Arlo Calderbank and Cameron Cornwall

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

Reading Recommendations

Student Recommendation



Ryan Hart-Vickers in Year 9 recommends *Lord of the Flies* by William Golding

Only survivors are a group of schoolboys. By day, they discover fantastic wildlife and dazzling beaches, learning to survive; at night, they are haunted by nightmares of a primitive beast.

Orphaned by society, it isn't long before their innocent childhood games devolve into a savage, murderous hunt ...

Ryan really enjoyed imagining himself on the island and wondering how he'd behave!

Suitable for all year groups – though the vocabulary is advanced!

Also available as a new series on BBC iPlayer.

CALENDAR 2025-26

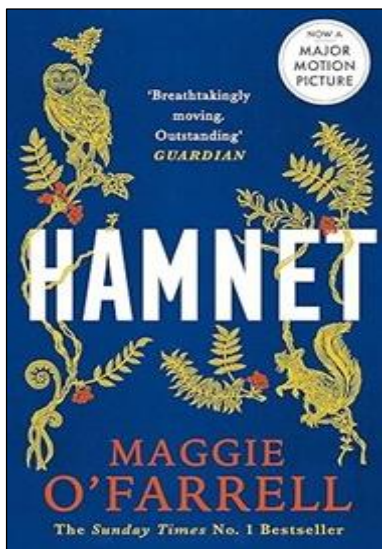


You can also find lots of other useful sources of information on the school website [here](#). This includes further details about the operation of the school, including Term Dates, Assessment and Uniform.

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

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

Teacher Recommendation



Ms Parke recommends *Hamnet* by Maggie O'Farrell.

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

Their mother, Agnes, is over a mile away, in the

garden where she grows medicinal herbs. Their father is working in London.

Neither parent knows that Hamnet will not survive the week.

Hamnet tells the powerful story of Agnes and Will, and of the son whose life has been all but forgotten, but who inspired one of the greatest plays ever written. Ms Parke adored this emotive, gender-subverting masterpiece.

Some dark themes; best suited for Year 9 students and older!

SPRING TERM 2026

Second Spring Half-Term

Monday 23rd February – Friday 27th March

SUMMER TERM 2026

First Summer Half-Term

Monday 13th April – Friday 22nd May

Monday 13th April INSET DAY

School closed to students except those in Year 11

Mayday Bank Holiday

Monday 4th May 2025

Half-Term Holiday

Monday 25th May – Friday 29th May

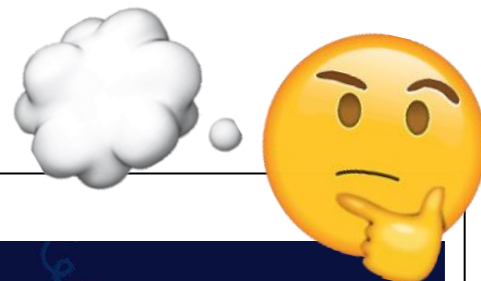
Second Summer Half Term

Monday 1st June – Friday 24th July

Friday 24th July INSET DAY

School closed to students except by invitation

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



Big History Club!

For Key Stage 3 and 4 in HU6

Sixth Formers Welcome!

Every other Tuesday from 4.15 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.

In our next session on **Tuesday 3rd March** we will be marking careers week with Mr Attar, asking

**Where in the world can
History take me?**

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!



National Autistic Society coffee mornings



For parents & carers of autistic children on:

Friday 6th March

9:30am

Carnegie Library Hub

Herne Hill, SE24 0AG

And the first Friday of every month

FREE of charge

Open to parents/carers of autistic people of all ages in Lambeth & neighbouring boroughs

Our topic this month: **Autism & ADHD**

Guest speaker **Leah Caine** explores the characteristics of having both autism and ADHD together. Leah will speak both from a personal perspective, having both autism and ADHD herself, and also from her professional expertise having provided specialist care for children with a multitude of complex disabilities and SEND diagnoses.



Supporting Your Child with Dyspraxia at Home

It's estimated that around **6%** of the population have dyspraxia

Dyspraxia, also known as Developmental Coordination Disorder (DCD), affects movement, coordination, organisation and sometimes speech. Children and young people with dyspraxia can be bright, creative and capable, but may find everyday tasks more tiring and frustrating than their peers. Understanding how to support your child at home can make a real difference to their confidence and independence.



Practical Ways to Support at Home

1 Break Tasks into Small Steps

Large tasks can feel overwhelming. Break them down: Instead of: "Go get ready for school." Try:

1. Put on your shirt
2. Put on trousers
3. Brush teeth
4. Pack reading book

2 Build Routines (Consistency Reduces Stress)

Predictable routines help children feel secure and reduce cognitive load.

- Keep school bags packed in the same place
- Lay out clothes the night before
- Use visual timetables for mornings or homework time
- Keep PE kit permanently in a set drawer

3 Support Fine Motor Skills (Without Pressure)

Make practice fun and low-stress:

- Lego or construction toys
- Baking (stirring, measuring, pouring)
- Playdough squeezing and rolling
- Using tweezers or chopsticks for small objects

If handwriting is difficult:

- Encourage typing where possible (*especially in secondary school*)
- Use pencil grips if recommended
- Allow extra time, rushing increases frustration

4 Encourage Physical Confidence

Children with dyspraxia may avoid sports due to embarrassment or fear of failure. Try:

- Swimming (less competitive, full-body movement)
- Martial arts (structured repetition builds coordination)
- Cycling with gradual practice
- Practising ball skills at home in a relaxed setting
- Pack the school bag together in the evening
- Use timers for homework chunks (*e.g. 20-minute blocks*)

HOW TO HELP A CHILD WITH DYSLEXIA AT HOME



5 Help with Organisation (Especially in Secondary School)

Older children may struggle with:

- Remembering homework
- Packing the right books
- Managing time
- Planning revision

Support strategies:

- Use a planner app or visual homework board
- Colour-code subjects
- Pack the school bag together in the evening
- Use timers for homework chunks (*e.g. 20-minute blocks*)

6 Protect Self-Esteem

Many children with dyspraxia experience:

- Feeling "behind" peers
- Anxiety
- Low confidence
- Avoidance of new activities

What helps:

- Praise effort, not outcomes
- Celebrate strengths (creativity, empathy, humour, problem-solving)
- Avoid comparing siblings
- Acknowledge how hard they are trying



SEND FACULTY NEWS

SEND Local Offer

Information and Local Offers

The Learning Support department would like to remind you that you can find lots of useful information in our SEND Policy and Report which can be found [here](#) under the 'SEND Policies & Report'

You can also find out information regarding your local SEND offer here:

- [Southwark](#)
- [Lambeth](#)
- [Lewisham](#)
- [Croydon](#)
- [Bromley](#)
- [Wandsworth](#)
- [Merton](#)



Social Groups & Activities for Secondary Ages (16–25)

Southwark's Youth Offer and Local Offer list social opportunities that are free or low-cost and tailored to young people with SEND aged secondary school and post-16:

- **Angels SEND Social Club (Ages 16–25)**
Weekly social club with arts, music, gaming, drama, sport and creative activities, great for building confidence and friendships after school or at weekends.
- **Coding & Computing Club (16–25)**
Fun social tech club where young people can meet peers, learn new skills and expand confidence in a welcoming environment.
- **Toucan Gigs & Trips Club (16–25)**
Social outings, such as football matches, gallery visits and gigs, ideal for older secondary students and post-16 young people who want to be active and meet others.

Click on this [Link](#) for more information.



REGISTER TO ATTEND

EHCP POST-16 SCHOOL TRANSITION



For SOUTHWARK young people,
parents & carers

Are you a young person with an EHCP due to start a new post-16 educational setting in September 2026?
YES!

Do you have concerns about the setting named in your young person's EHCP (Education, Health and Care Plan)?
YES!



FOR SOUTHWARK YOUNG PEOPLE, PARENTS & CARERS WITH AN **EHCP** STARTING A **POST-16** EDUCATIONAL SETTING IN **SEPTEMBER 2026**

SESSION DATE

ONLINE

Thursday 16th April 2026
12:30pm - 2:00pm
Microsoft teams

This sessions will provide you with impartial advice, including how to make an appeal to SENDIST (the Special Educational Needs and Disability Tribunal)

CONTACT

For more information contact the SIAS Team

✉ sias@southwark.gov.uk

☎ 020 7525 3104

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.

Is your query about a specific teacher or subject area?

Contact the teacher directly: 'teacher code' @kingsdale.southwark.sch.uk
Contact the HOD for the subject: 'subject; @kingsdale.southwark.sch.uk

Is your query about support outside of the classroom?
An annual review or progress review meeting?
Advice on learning strategies to use at home?
Advice on a diagnosis?

Contact the SEND department directly:
senco@kingsdale.southwark.sch.uk

Is your query about a behaviour incident?
A friendship issue?
Any other pastoral issue?

Contact the HOL (Head of Learning) for your child's year group:
year7hol@kingsdale.southwark.sch.uk
year8hol@kingsdale.southwark.sch.uk
year9hol@kingsdale.southwark.sch.uk
year10hol@kingsdale.southwark.sch.uk
year11hol@kingsdale.southwark.sch.uk
year12hol@kingsdale.southwark.sch.uk
year13hol@kingsdale.southwark.sch.uk

Is your query about supplying additional information about your child for staff?

Contact the SEND admin department directly:
sendadmin@kingsdale.southwark.sch.uk
assistantenco@kingsdale.southwark.sch.uk

Is your query about exam access arrangements?

Contact the exam team directly:
accessarrangements@kingsdale.southwark.sch.uk

Is your query about provision for a looked after child (LAC)?

Contact the LAC team directly:
ofu@kingsdale.southwark.sch.uk

None of the above?

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!

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



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

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

Free Workshops for Parents and Carers

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

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

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



We'll cover:

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



For further information contact:

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

SCAN ME



Talking to your child about

SHARING IMAGES ONLINE

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

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

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



What can you do to keep your child safe online?

S

Set clear boundaries.

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

T

Talk with your child and be supportive.

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

E

Educate everyone in the family.

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

E

Evolve with the internet.

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

R

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



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



FOR SUPPORT AND ADVICE, PLEASE VISIT:



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



Education from
the National
Crime Agency

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



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



A safe space for teenagers worried about sexual behaviour

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



shorespace.org.uk

Why Shore?

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

SCHOOL NEWS

KFS Uniform Bank

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

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

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



The School Shop

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



Lost Property

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

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

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

Kingsdale is a Safe Space

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

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

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

Our two confidential emails are:

health&wellbeing@kingsdale.southwark.sch.uk

tellsomeone@kingsdale.southwark.sch.uk

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

HOUSE COMPETITION



Kingsdale Cooking Challenge: Pie Week

One of the most delicious weeks of the year — British Pie Week — falls in the first week of March. Pies have been in existence since about 2000 B.C. and have been loved by the British since the 12th century. Jus-Rol, a British pastry-rolling company, invented this week in 2007, and it has been celebrated annually since then.

TASK: Make your own pie - use a pie recipe from the internet or invent your own. Send us a picture and a short description of how you made your pie. The best-looking pies will win valuable points for your house.

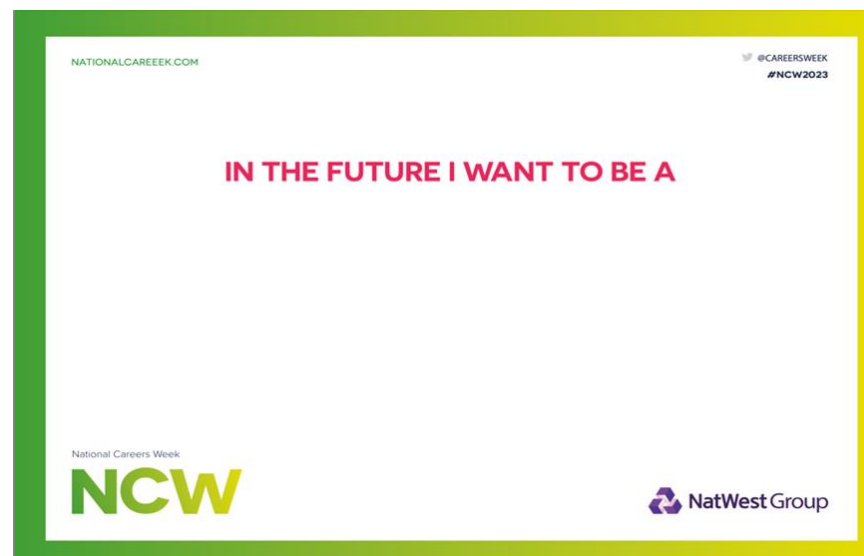
Don't forget permission from your parents or carers and have appropriate supervision in the kitchen.



STUDENT HOUSE ACTIVITY:

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

National Careers Week



We are excited to be recognising National Careers Week (NCW) from 2nd - 7th March 2026. National Careers Week is a nationwide initiative dedicated to supporting young people as they explore future education, training and employment opportunities.

National Careers Week aims to:

- Raise awareness of the wide range of career pathways available
- Provide up-to-date information about local and national labour market trends
- Help students understand the link between their learning and future careers
- Develop essential employability skills such as communication, teamwork and problem-solving

Throughout the week, students will take part in a variety of activities designed to broaden their horizons and inspire ambition. These may include career-focused lessons, employer talks, workshops, assemblies, and access to online resources. The week provides a valuable opportunity for students to reflect on their strengths, interests and aspirations.

STUDENT TASK: Draw a frame like the image above. Illustrate the career that you would like to pursue and your inspiration behind this career choice.

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



World Wildlife Day

World Wildlife Day is celebrated annually on 3rd March and provides an opportunity for people around the world to recognise the importance of protecting wildlife and biodiversity. The day was established by the United Nations to raise awareness of the world's wild animals and plants and to highlight the urgent need to tackle wildlife crime, habitat loss and climate change.

In the United Kingdom, World Wildlife Day encourages schools, communities and families to learn more about native species and the simple actions we can all take to protect them. From hedgehogs and red squirrels to coastal seabirds and marine life, the UK is home to a rich variety of wildlife that depends on healthy habitats to survive.

The day focuses on:

- The importance of biodiversity and balanced ecosystems
- The impact of human activity on wildlife populations
- Conservation efforts locally and globally
- Encouraging sustainable choices in everyday life

Word search

Can you find these endangered species?

S	N	O	W	L	E	O	P	A	R	D	C	A	L	C
P	G	D	Z	V	F	T	I	G	E	R	Q	T	I	H
Q	O	P	L	N	B	N	S	X	Z	A	R	T	B	I
S	O	D	R	F	N	A	R	W	H	A	L	X	A	M
Z	R	G	H	O	C	Q	E	R	P	O	J	I	X	P
N	A	V	F	U	N	H	R	T	D	B	P	D	K	A
W	N	O	T	H	F	G	K	N	O	T	R	U	W	N
E	G	C	V	J	G	Z	H	O	R	T	U	G	A	Z
D	U	P	S	L	O	T	H	O	J	E	D	O	T	E
Z	T	O	G	W	R	I	Y	B	R	V	K	N	V	E
J	A	R	D	K	I	F	T	B	Y	N	K	G	I	Y
Z	N	H	N	U	L	K	H	V	R	E	F	Y	K	L
C	Q	Y	K	P	A	N	G	O	L	I	N	P	T	J
B	W	A	T	D	L	P	M	G	I	Y	S	B	J	F
R	H	I	N	O	C	E	R	O	S	U	L	P	K	Q

Tiger **Snow Leopard** **Pangolin**
Narwhal **Rhinoceros** **Orangutan**
Sloth **Prong Horn** **Dugong**

HOW TO ENTER:

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

What Schools Need to Know about THE ONLINE SAFETY ACT

The Online Safety Act was passed into UK law in October 2023, with the aim of establishing major new layers of protection for children when they're online. The government has pledged "a zero-tolerance approach to protecting children from online harm" – and the act certainly includes more powerful legislation which should help to safeguard young people in the digital world. Our guide summarises the key points for schools –

WHAT THE ACT WILL DO

HARMFUL CONTENT

Social media sites must rapidly remove illegal and/or harmful content such as bullying or harassing comments; pornography; and content that supports extremist activity or encourages or depicts violence, suicide, self harm or eating disorders. If they fail to do so, they can be fined up to 10% of their global revenue while their executives may even face jail time.

ANIMAL CRUELTY

Content featuring cruelty to animals is now prohibited, even if it originates from abroad (where the law may be different). Again, it is the platform's responsibility to remove this.

MORE TRANSPARENCY

Sites must be transparent about the hazards that any children using them could encounter – by publishing risk assessments for their platforms, for instance.

HOSTING MISLEADING ADVERTS

Scams and fraudulent adverts must be blocked or removed, or the hosting companies are liable to be fined.

NON-CONSENSUAL SHARING

It's now easier to convict online abusers or people who share intimate images without consent, while legislation on the criminality of deepfakes has been clarified. The new laws also relate to any individuals who even threaten to share such images. This should help to protect women and girls in particular online.

REPORTING AND FILTERING

Sites should have easy reporting mechanisms for children (or their parents and carers) to flag up problems quickly. They must also provide options to filter out unwanted content.

AGE-RESTRICTED MATERIAL

Sites must prevent children from accessing age-inappropriate material. This includes enforcing age limits and implementing robust age verification.

What this means for you

The act has some specific implications for schools: it's essential that leaders understand the new legislation's scope and limitations. The act is certainly a positive step, but as artificial intelligence and other advances in tech continue to produce new challenges, schools will still need to remain extremely vigilant.

KNOW WHERE TO GET HELP

Look out for the Code of Conduct that Ofcom is creating in response to the Online Safety Act. Note that the new legislation doesn't mean an instant change: many of its elements will only come into force at the end of 2023. An Ofcom consultation on 'protecting people from illegal harms online' will be running until February 2024.

REMEMBER THE ESSENTIALS

Remain mindful of your organisation's own online activities: the legal duty for schools to maintain appropriate software monitoring and filtering, for example, will not change.

WATCH FOR FUTURE DEVELOPMENTS

There are some issues on which the legislation remains less clear for now: whether it's possible for Ofcom to scan encrypted private messages (such as on WhatsApp) has yet to be resolved, for instance – making this an area where, for the moment, young people have less legal protection.

UNDERSTAND AND EXPLAIN

Staff should learn how to raise concerns with tech companies whose platforms contain anything upsetting or unpleasant. Students also need to be made aware of the newly strengthened laws relating to cyber-bullying, sexting or posting inappropriate content. Young people do make mistakes online – so the clearer their understanding of the possible consequences, the better.

ENGAGE WITH PARENTS

Schools should also explain to parents and carers the new possibilities that the Online Safety Act affords them in terms of protecting their children. Many parents may have previously felt that there was little they could do about changing online platforms' content; they now have a far greater level of support when complaining about a company or the behaviour of an individual.

Meet Our Expert

Luke Ramsden is Senior Deputy Headmaster and Director of Safeguarding for the St Benedict's family of schools. He is a regular speaker at conferences and writes in the TES (among other journals) on school leadership, pastoral care and safeguarding. In 2022, he was named Pastoral Leader of the Year at the National Awards for Pastoral Care in Education.



NOS National Online Safety®
#WakeUpWednesday

1/3

SPORTS FIXTURES

Monday 2nd March 2026

- Under-14s Boys' Rugby Surrey Schools 7s Tournament @ Old Caterhamians. Leave school at 8am. Start 9am. Return at 5pm approx.: **Mr Lord/Mr Dash**
- Under-13s Boys' Hockey Tournament @ St Dunstan's College. Leave school at 8am. Start 9am. Return at 1pm approx.: **Ms Jaymes**

Tuesday 3rd March 2026

- Under-12s Boys' Rugby Surrey Schools 7s Tournament @ Wimbledon College. Leaving School 8am. Start 9am. Returning at 5.30pm approx.: **Mr Roberts**
- Under-13s Boys' Football Elite ESFA Semi Finals Away Match v Torquay Academy. Leave school at 6am. Start 2pm. Return at 11pm approx.: **Mr Dash/Ms McGregor**

Wednesday 4th March 2026

- Under-14 Girls' Football Away Match v The City of London Academy. Leave school at 12.30pm. Start 2pm. Return at 5.30pm approx.: **Mr Jones**

Thursday 5th March 2026

- Under-13s Boys' Rugby Surrey Schools 7s Tournament @ Trinity. Leave school at 8am. Start 9am. Return at 4.10pm approx.: **Mr Lord/Mr Dash**
- Under-15s Girls' Hockey Away Match v James Allen's Girls' School. Leave school at 1.45pm. Start 2.30pm. Return at 5pm approx.: **Miss Jaymes**

Friday 6th March 2026

- Under-14s Boys' Hockey State School London Tournament @ Southgate Hockey Club. Leave school at 8am. Start 10am. Return at 6pm approx.: **Ms Jaymes**
- Under-14s Boys' Football Away Match v Walworth Academy. Leave school at 1pm. Start 2pm. Return at 5pm approx.: **Mr Johnstone**

Please note that fixtures maybe postponed or rearranged due to weather conditions.
<http://www.kingsdaleschoolsports.org.uk>

HOUSE NEWS

Online Safety Corner

For this week's Online Safety focus we are looking at 'What Parents & Educators Need to Know about The Online Safety Act.' Get a greater insight here.

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

The House Leader Board 2025-26

Week ending

27th February 2026

- 1st Place – Swift 76,708 points
- 2nd Place – Dove 76,587 points
- 3rd Place – Falcon 75,727 points
- 4th Place – Albatross 75,343 points
- 5th Place – Eagle 75,215 points



Ways we communicate with Parents and students

We communicate with students & parents via:

Student & Parent Email

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

MS Teams

Used to share schoolwork, assignments and files.

Twitter/Website

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

SatchelOne (previously SMHW)

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

MyEd app

Downloaded for free at:

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

This app provides a range of useful info for parents.

