

# PARENTAL NEWS BULLETIN

Issue 21 Monday 26<sup>th</sup> February 2024

## HEADLINE NOTICES



### Curriculum Coffee Mornings

Our next scheduled parental Coffee Morning is due to take place for **Year 12 & 13 parents** on **Friday 1<sup>st</sup> March between 11am & 1pm.**

These sessions are a great opportunity to meet staff and learn more about the curriculum for each year group. Parents who are interested in attending, must register via the link sent separately by email.

We hope to see you there. Any queries please contact Mrs Chaudhary, Acting Deputy Headteacher via [sca@kingsdale.southwark.sch.uk](mailto:sca@kingsdale.southwark.sch.uk)

### National Careers Week

It's National Careers week next week. KFS is celebrating this important aspect of the curriculum through a range of initiatives. For more information, please see Page 5 of this bulletin. You can also contact the Careers Team with any queries via [careers@kingsdale.southwark.sch.uk](mailto:careers@kingsdale.southwark.sch.uk)

### Attendance Matters!

As part of our ongoing focus on attendance and punctuality, all students regularly receive an overview of their attendance and punctuality via their school email. This information has also been sent to parents. Please encourage your child/ren to check their school emails regularly for updates, so they can keep track of their attendance and punctuality, as well as other important messages regarding school opportunities and operations. For any queries, please contact the Pastoral Assistant for your child's year group. You can find full email contact details in our Communication Directory which is available on our website [here](#).

Any technical queries relating to student email access should be directed to [askict@kingsdale.southwark.sch.uk](mailto:askict@kingsdale.southwark.sch.uk).

### House Excellence Awards

Congratulations go this week to **Felix Plant, Year 7, Falcon**, who has been nominated for the prestigious House Award for Excellence by the Geography Department. His Geography teacher wrote, "Students were tasked with creating a model of the structure of the earth and Felix made an excellent model out of beads, even detailing an exploding volcano too! His interest in Geography extends beyond the classroom, as he is always keen to share his wealth of geological knowledge on this topic with his peers, inspiring a deeper appreciation for Geography among our class!" Well done Felix!



## THEME & WORD OF THE WEEK

**'You are Known by the Company you Keep'**

'Surround yourself with people whom you aspire to be like. Interesting, energetic, good-hearted people. These characteristics will rub off.'

### Ornithology

A branch of zoology concerned with the study of birds.

## SCHOOL NEWS



### KFS Garden Morning

All members of the KFS community are invited to join in our planting morning in the school garden on **Saturday 2<sup>nd</sup> March 2024 from 10am to 1pm.** If your child has expressed a desire to participate in this activity and you are unable to accompany them, your permission is required for them to take part and attend the session. Please email Mr Lewis at [jls@kingsdale.southwark.sch.uk](mailto:jls@kingsdale.southwark.sch.uk) with consent for your child to attend.

### Student Lost Property

Parents are reminded of the need to label of their child/ren's school items so we can return them if lost. Please direct queries to [lostproperty@kingsdale.southwark.sch.uk](mailto:lostproperty@kingsdale.southwark.sch.uk)



## Tes Schools Awards 2023

Shortlisted

**Excellence in Creative Arts**

**Kingsdale Foundation School**

23 June 2023

Jon Severs, Editor Tes

Sponsors



White Rose  
**EDUCATION**

TRANQUILITI  
Listen. Support. Flourish.

# TES SCHOOL AWARDS 2024

We were delighted last year to be shortlisted for the prestigious **Tes Excellence in Creative Arts Award** after making a hasty submission and as such, we have decided to enter this category again this year to better reflect the incredible work that takes place in this area. As part of our application, we would like to submit testimonials from our parents and students.

If you would like to write a short testimonial, then we would really appreciate it. Any of the following subjects can be mentioned in the Creative Arts testimonials: Art (Fine Art, Textiles, Photography, Graphics), Music, Drama, Food Science, Design & Technology and Dance. Submit your testimonials to Mrs G Howell via [artd&t@kingsdale.southwark.sch.uk](mailto:artd&t@kingsdale.southwark.sch.uk)

We also plan to enter the **TES Inclusive School of the Year Award** and the **TES Secondary School of the Year Award**. Testimonials for the TES Inclusive School Award can be emailed to **Ms G. Smith** via [sendadmin@kingsdale.southwark.sch.uk](mailto:sendadmin@kingsdale.southwark.sch.uk)

Testimonials for the TES Secondary School of the Year Award can be emailed to Ms Dyer via [asrpa@kingsdale.southwark.sch.uk](mailto:asrpa@kingsdale.southwark.sch.uk)

Please note that the deadline for submission of testimonials for all categories is **Friday 8<sup>th</sup> March 2024**.



## SSLP Art Talk Event David Hepher



On Thursday 8<sup>th</sup> February, students attended a Southwark Schools' Learning Partnership (SSLP) Art Talk event at Dulwich College with artist David Hepher.

A group of Key Stage 4 and 5 students attended this inspirational talk and even met the artist! A great time was had by all.

from the 1st of February  
Every Thursday

## Knit & Crochet Club

Room TE3

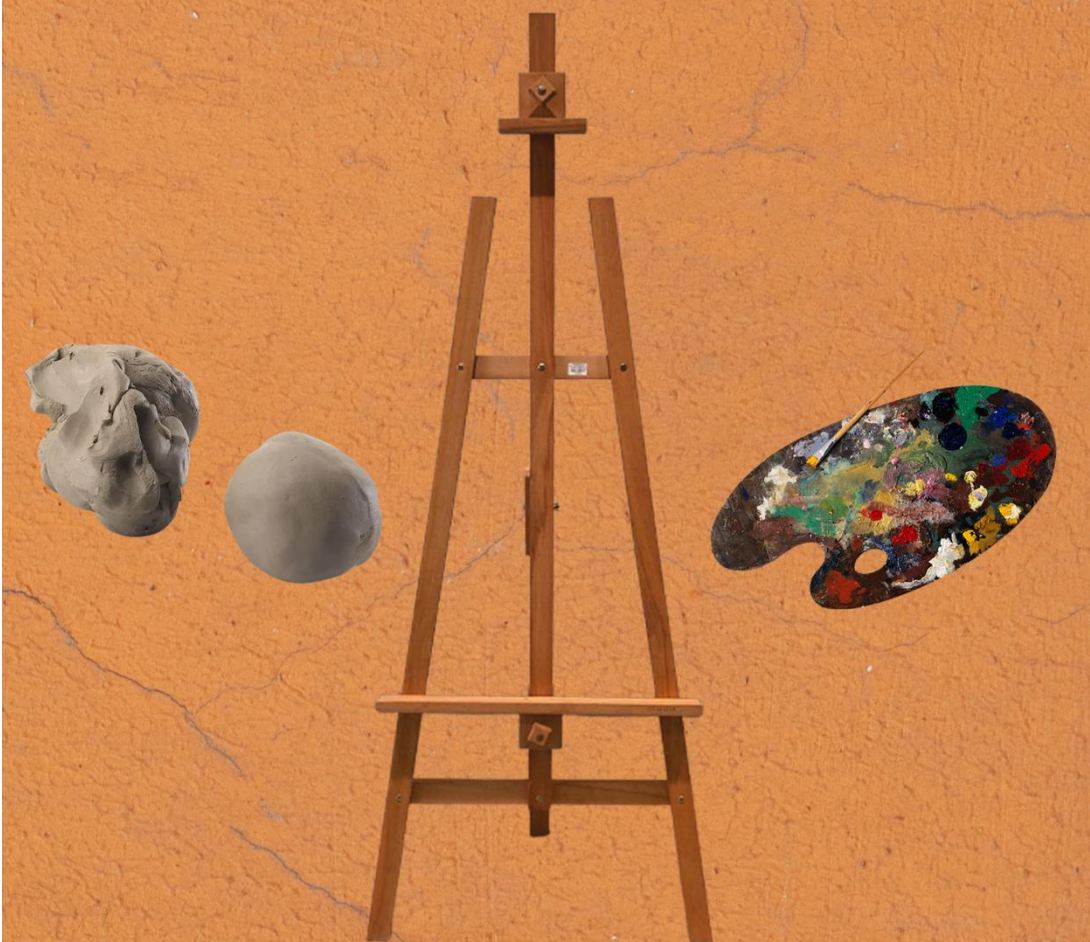
Ms Lusty & Ms Gardiner  
artd&t@kingsdale.southwark.sch.uk

Year 7 and 8 students,  
all abilities welcome!  
Work on a project or learn  
something new...

4.10 - 5.00 pm

## New Art Clubs

### KS3 Monday After School Club Year 7, 8 & 9 All Welcome



Develop New Skills & Explore a Range of  
Exciting Fine Art Mediums

AR1 3:45- 4:45pm



# LANGUAGES NEWS



## Visit from Chinese Exchange Students

Kingsdale welcomed 25 visiting students from China from 5<sup>th</sup> – 9<sup>th</sup> February. The visiting students were buddied up with Kingsdale students and spent the week experiencing Kingsdale's broad curricular and extra-curricular provision. In addition to normal lessons, the visit included baking traditional British dishes, an international table tennis competition and a farewell assembly with impressive performances from both our students and the visiting students.



Kingsdale is a partner of the Global School Alliance and Mr Harding, Deputy Headteacher, was presented with a certificate of thanks from John Rolfe OBE in recognition of the work we are doing to further develop international links.



## Cours d'Art – Years 8 & 9

On Wednesday 21<sup>st</sup> February, selected students in Year 8 and 9 attended Le Cours d'Art, a play completely performed in French by native speakers, in the POD which was run by the company Onatti. The play was a huge success with many students commenting on how great and engaging they found it.

Loic Buckle and Monaghan Cece, Year 8, were invited to share the stage and engage with the actors during the play.

Students were also given the opportunity to ask questions to the performers at the end of the play with lots of interesting questions being asked by our students.



# National Careers Week

4<sup>th</sup> March – 9<sup>th</sup> March 2024

# NCW

## CAREERS

### National Careers Week

It's National Careers Week next week. Kingsdale Foundation School is celebrating this important aspect of the curriculum through a range of initiatives as outlined below. Further details have been circulated separately.

### Careers Education Lessons in Tutor Time

A range of careers education resources, in line with the careers education Curriculum Map for the Spring Term, will be delivered by Form Tutors throughout next week in tutor time.

### Careers Education through Subject Curriculum

All subjects will continue to integrate the focus on future pathways within the schemes of work and make explicit careers links with the subject topics that are being taught in lessons.

### National Apprenticeship Show

Selected students from Years 11, 12 and 13 will be visiting the National Apprenticeship Show on **Tuesday 27<sup>th</sup> February 2024**.



### University Visit

Year 12 students will visit the University of Oxford on Thursday 29<sup>th</sup> February 2024. Further details have been shared by the Sixth Form team.

### Careers Talk on Photography

A talk on Careers in Photography will be led by Mr Anthony Lam, from Kingston University early next month. The talk is open to all interested students in Years 9, 10 and 12 and will take place on Wednesday 6<sup>th</sup> March 2024. Students who are interested in attending this talk are required to book a place via their Heads of Learning as soon as possible.

### Year 8 Options Evening

Year 8 parents and students will be attending Options Evening on Wednesday 6<sup>th</sup> March 2024 where they will learn more about the subjects and their importance in future careers pathways.

### Careers Assemblies

These will include talks by external visitors (The Student Body) throughout the National Careers Week and the focus will be on Apprenticeship routes to future pathways for Years 10, 11 & 12.

### Oxbridge Aspire Programme

A visit from Kingsdale ex-student (Amelia Mitchell) has been organised to address our interested Year 10 students who may like an introduction to life at Oxbridge (Oxford and Cambridge Universities) so they may start considering this higher education option early on in their careers journey. This talk will take place on **Wednesday 27<sup>th</sup> March 2024**.

If you have any further suggestions or queries on Kingsdale Careers Programme, please contact Mrs Chaudhary and the Careers Team via [careers@kingsdale.southwark.sch.uk](mailto:careers@kingsdale.southwark.sch.uk)



# SPORTS NEWS

## Year 7 Football Qualifier Day ESFA Cup Kingsdale v Glyn School

On Tuesday 20<sup>th</sup> February, the Year 7 Football B team travelled to face Glyn School in the Quarter Final of the ESFA National Cup. The team got off to a great start scoring two first-half goals leading to a win for Kingsdale. The team now progresses to the Semi-Final where they will face either Ivy Bridge College or Northampton School for Boys.

**Final Score:** Kingsdale 2-1 Glyn School

**Goal Scorers:** Trae Toro-Mcguigan (1) & Ezra Persson (1)

**Player of the Match:** Ezra Persson for an exceptional performance

## CYCLE CONFIDENT

We are excited to be working with our partner Cycle Confident, to offer **Year 7 students Level 3 Cycle Training from Monday 4<sup>th</sup> to Friday 8<sup>th</sup> March**. Please note there are only 30 spaces on this course. Please click on this link [Course Details & Booking](#) below for more information about the course and to provide consent for your child to participate. For more detailed information about this training click [here](#).

Should you prefer a paper copy of the Cycle Confident consent form, you can download one [here](#). These must be handed to instructors on the first day of training.



### Year 8 Swimming

Sign-ups for Swimming for students in Year 8 are now open. Please complete the following Microsoft Form via the link below. A member of the PE Department will be in touch to confirm the dates for your child's sessions.

<https://forms.office.com/Pages/ResponsePage.aspx?id=MXLFN SSR3kSVFlxpQFISZkm bFOvdwOZNoB6S4iA 9TDIURVUyT0FMMk9 DMEZKQzQ2TU5GTF pSWlo2Wi4u>



### Under-15s Indoor Surrey Cup Cricket News

Well done to the Under-15 Boys' Indoor Cricket team who successfully won their Surrey Cup group on Wednesday 20<sup>th</sup> February at The Bank of England Sports Ground. An opening victory against Ibstock Place School was followed up by another convincing victory over Alleyn's School. In their last group game against Bolingbroke Academy, the team came through to win by 3 wickets. The team will now go into the next round and into the finals of the Surrey Indoor Cup. Well done to all involved!

**Team:** Niall Basini Rogers, Tom Canadas, Archie Whitehead, Bram Corden, Curtis Gibson (Captain), Skyler Cook & Rudy McWilliams

### Under-13 Boys' London County Hockey

On Thursday 21<sup>st</sup> February, the Under-13 Boys' Hockey team travelled to Alleyn's School for their London County Competition. Starting the tournament with a 0-0 draw against Thomas' School Clapham was followed up by an agonising last minute 2-1 defeat to Langley Park School. However, victories against St Dunstan's and Alleyn's meant the team finished 2<sup>nd</sup> in their group and progressed to the Semi-Finals to play St Dunstan's. Despite a great battle, the team lost 2-0 and then went into the 3<sup>rd</sup>/4<sup>th</sup> Play-Offs and a rematch against Thomas' School Clapham. Despite a valiant effort from all involved, the team just came up short, narrowly losing 1-0. The team grew in confidence and played some great hockey throughout the day and were unlucky not to progress to the next round.

**Team:** Albie Beech (Captain), Christopher Campos, Jack Whitehead, Dominic Rooks, Arlo Milton, Gabriel Osborn, Tom Beaugie and Rufus Lewis.

# 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 are encouraging our community to look 'Under the Scope' and listen to LGBT+ peoples' lived experiences from LGBT+ people.

## Bracelet Club

Come along on Wednesday  
Year 7 lunch in FL8 for  
bracelet making and other  
craft with Ms Lovelock-  
Lilley.

Bring along anything that you would like to make: origami, colouring, other craft activities. We will supply the bracelet making materials.

# Big History Club!

For Key Stage 3 and 4 in HU6  
Every other Tuesday from 4.15pm to 5.00pm

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.

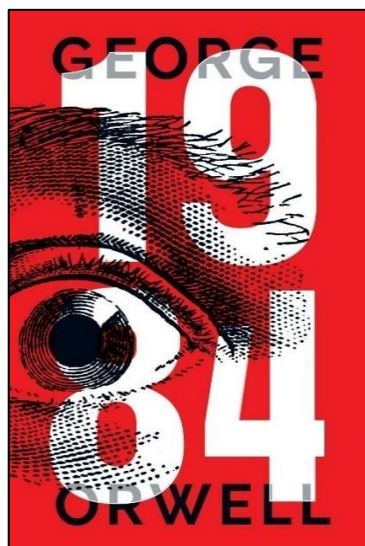
In our next session on **Tuesday 27<sup>th</sup> February** we will be  
marking LGBTQ+ History month by asking

**What can trans identities reveal about how  
modern society understands gender?**

With Ms Taylor

Bring along any knowledge you already have,  
and ideas for future sessions.



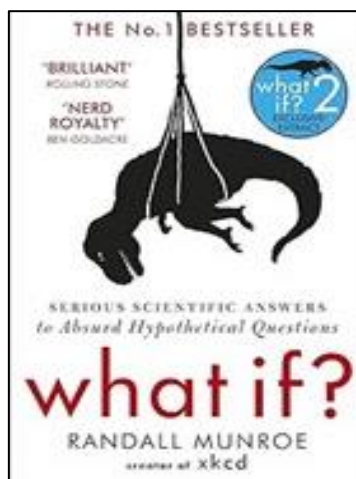


**Teacher Recommendation**  
Mr Lewis in Religious Education recommends **1984** by George Orwell.

*"The Party told you to reject the evidence of your eyes and ears. It was their final, most essential command."*  
Winston Smith toes the Party line,

rewriting history to satisfy the demands of the Ministry of Truth. With each lie he writes, Winston grows to hate the Party that seeks power for its own sake and persecutes those who dare to commit 'thoughtcrimes'. But as he starts to think for himself, Winston can't escape the fact that Big Brother is always watching... A startling and haunting novel, *1984* creates an imaginary world that is completely convincing from start to finish. No one can deny the novel's hold on the imaginations of whole generations, or the power of its admonitions - a power that seems to grow, not lessen, with the passage of time. Mr Lewis thinks this book is perennially relevant to society and politics; essential reading for anyone interested in how politics and power works. Suitable for all interested students in Key Stage 3 and over!

## Reading Recommendations



**Student Recommendation**  
James Bansback in Year 8 recommends **What if?** by Randall Munroe

From the creator of the wildly popular xkcd.com, comes hilarious and informative answers to important questions you probably never thought to ask.

Millions visit xkcd.com each week to read Randall Munroe's iconic webcomic. Fans ask him a lot of strange questions: How fast can you hit a speed bump, driving and live? When (if ever) did the sun go down on the British Empire? When will Facebook contain more profiles of dead people than living? How many humans would a T Rex rampaging through New York need to eat a day?

In pursuit of answers, Munroe runs computer simulations, pores over stacks of declassified military research memos, solves differential equations and consults nuclear reactor operators. His responses are masterpieces of clarity and hilarity, complemented by comics. They often predict the complete annihilation of humankind, or at least a really big explosion. James enjoyed the 'weird randomness' of this fun yet fascinating book! Suitable for students in Key Stage 3 as well as older!

### UPPER SCHOOL LIBRARY (USL) & LOWER SCHOOL LIBRARY (LSL) AFTER-SCHOOL SCHEDULE

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

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



# 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 SEND 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](mailto:health&wellbeing@kingsdale.southwark.sch.uk)

## Kingsdale Foundation School Meditation & Mindfulness Sessions for Students

|                      |  |
|----------------------|--|
| Year 7               | Tuesday 8.40 – 9am<br>Gym 2                                |
| Year 8 & 9           | Tuesday 15.50 – 16.10pm<br>MS1                             |
| Year 10              | Wednesday 15.50 – 16.10pm<br>Music School Performance area |
| Year 11              | Wednesday 8.40 – 9am<br>Gym 2                              |
| 6 <sup>th</sup> Form | Friday 8.40 – 9am<br>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 **18<sup>th</sup> January to 7<sup>th</sup> March 2023** (excluding holidays)
- **Thursdays 4.00-4.40pm** 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>



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!



**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 students being released from class at any other time of the day or week for devotions outside of the month of Ramadan.

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 RE 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



## Second Spring Half-Term

Monday 19<sup>th</sup> February – Thursday 28<sup>th</sup> March  
 Please note that Thursday 28<sup>th</sup> March will be a half-day for students

## SUMMER TERM 2024

### First Summer Half-Term

Monday 15<sup>th</sup> April – Friday 24<sup>th</sup> May

### INSET DAY

School closed to students except Year 11  
 Monday 15<sup>th</sup> April

### Mayday Bank Holiday

Monday 6<sup>th</sup> May

### Half Term Holiday

Monday 27<sup>th</sup> May – Friday 31<sup>st</sup> May

### Second Summer Half Term

Monday 3<sup>rd</sup> June – Thursday 25<sup>th</sup> July

### INSET DAY

*School closed to students except by invitation*  
 Thursday 25<sup>th</sup> 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](mailto:tkp@kingsdale.southwark.sch.uk)

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

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





## 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 (31<sup>st</sup> Oct 2023).
- 1a. All 275 newly enrolled participants for the Bronze Award should 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 30<sup>th</sup> April and 14<sup>th</sup> 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 30<sup>th</sup> November 2023 offering them the chance to pay for the new award by 4<sup>th</sup> 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 should 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 8<sup>th</sup> January with welcome packs sent to the school's designated 1<sup>st</sup> 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 30<sup>th</sup> 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 we will reimburse you.
  - If you haven't paid but still wish your child to start an award, the cut-off date to email Mr Dennington was the same as for everyone else, 31<sup>st</sup> Oct 2023 for Bronze and 4<sup>th</sup> 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](mailto:sdn@kingsdale.southwark.sch.uk)

## Supporting Your Child with Reading-The Teenage Years

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

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

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



## How to Help Your Child with Exam Stress

Brighton and Hove Schools Mental Health Service are hosting a workshop online. This workshop is aimed at parents/carers who would like to learn more about supporting their child with anxiety and stress around exams. This workshop is aimed at parents and carers of children who are completing exams.

We will look at what anxiety is exactly, where it comes from, and what keeps children feeling anxious. We aim to help you get a better understanding of your child's anxiety by looking at how your children feel, think, and respond to triggers or situations that make them feel anxious. We will then introduce strategies that can help, both in the short term, such as breathing and distraction techniques, as well as longer-term strategies including helping your child face their fears and build up their confidence through supportive conversations.



This workshop will be held online via Teams and the link will be sent to you the week before. Click [HERE](#) to sign up

## SEND FACULTY NEWS



### Understanding Young Minds: Free Self-harm Training

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

#### About the Understanding Young Minds course

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

Thousands of children and young people in the UK are thought to be impacted by self-harm each year. Spotting the signs can be difficult, and approaching the subject with your children can be an uncomfortable experience. This online course, 'Talking to your children about emotional resilience and self-harm', has been designed to provide you with a basic awareness of the subject to help you approach your children with confidence about the issue.

This course comes with a downloadable certificate.

Register here: [CLICK](#)



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 29<sup>th</sup> February - Study Skills**

**Thursday 7<sup>th</sup> March - Managing Maths**

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

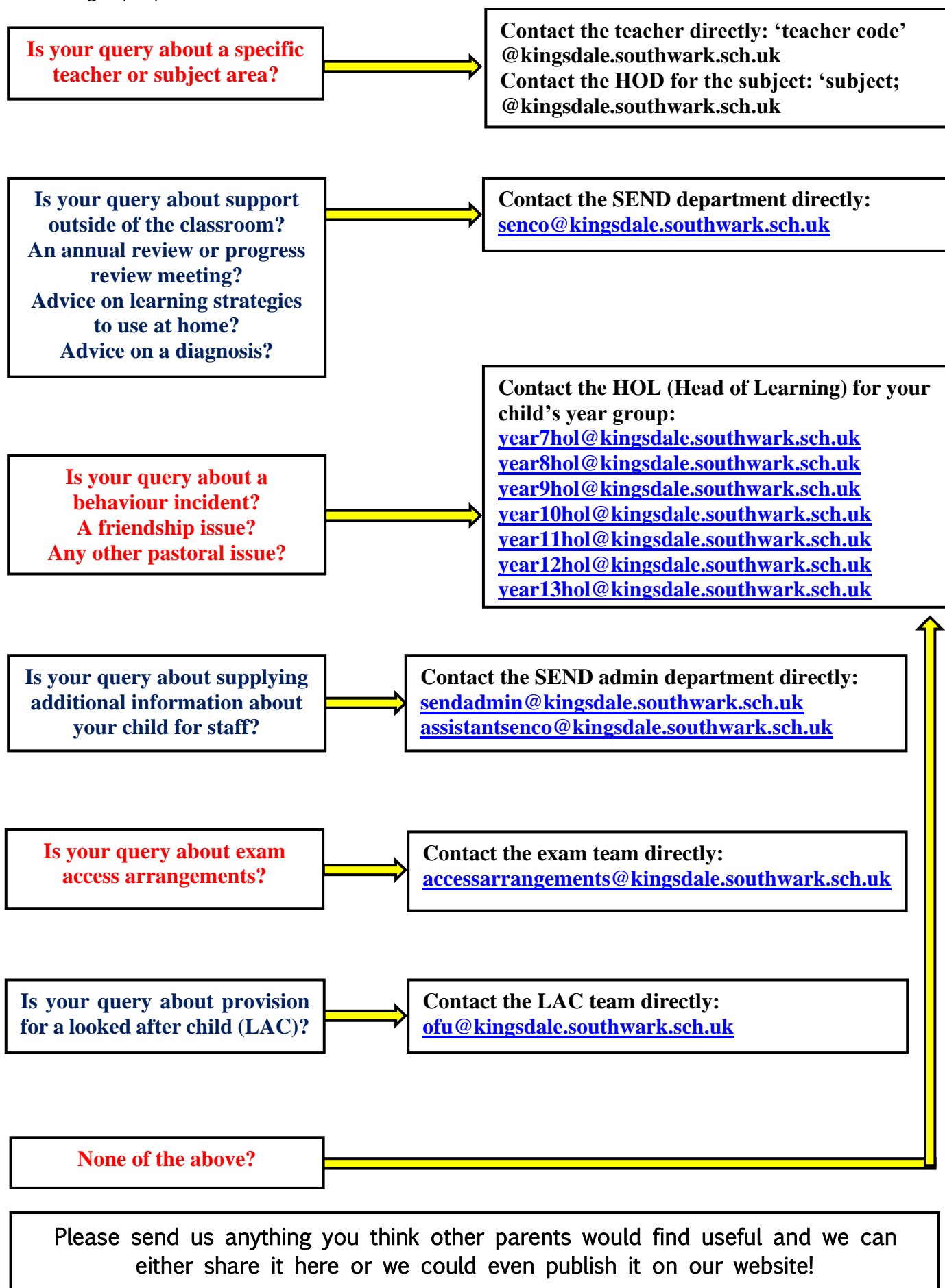
Please park on College Road where there is unrestricted parking. Bell House can be reached by the P4 bus route (Dulwich Picture Gallery Stop) or the P13 bus route (Dulwich College stop) and the nearest train stations are West Dulwich or North Dulwich. Contact the KFS SEND Team for more information via [senco@kingsdale.southwark.sch.uk](mailto:senco@kingsdale.southwark.sch.uk)



## 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.



## The School Shop

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



## Lost Property

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

In many cases, these items are unlabelled, making it very hard for them to be quickly and successfully reunited with their owners!

Please can we ask parents to label all items of their children's property at school, including water bottles, blazers and coats. Lost property queries can be directed to [lostproperty@kingsdale.southwark.school.uk](mailto:lostproperty@kingsdale.southwark.school.uk)

## 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](mailto: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](mailto: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](https://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](mailto: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](mailto:health&wellbeing@kingsdale.southwark.sch.uk)

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

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



# HOUSE COMPETITIONS

World Wildlife Day is celebrated annually on the 3<sup>rd</sup> March in support of animals and plants across the world. The event was proposed by Thailand and was proclaimed by the United Nations General Assembly during its 68<sup>th</sup> meeting.

The event also aims to recognise the important role of the Convention on International Trade In Endangered Species of Wild Fauna and Flora (CITES) in ensuring that international trade does not threaten the survival of species!

In 2024, World Wildlife Day falls on the 50th anniversary of the formation of CITES.

The organisation centres itself around partnerships that help to ensure sustainability and preservation of species. Working with local and international authorities including the UN, private sectors, non-governmental organisations and more, CITES have established partnerships across the world that work together to conserve the ecosystem.



## 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**  
**Narwhal**  
**Sloth**

**Snow Leopard**  
**Rhinoceros**  
**Prong Horn**

**Pangolin**  
**Orangutan**  
**Dugong**

### HOUSE ACTIVITY:

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



# 10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

## 1. DESIGNATE A TRUSTED ADULT



It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

## 2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

## 3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

## 4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

## 5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

## 6. USE SUITABLE LITERATURE



There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

## 7. TRY SENSORY RESOURCES



An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

## 8. NURTURE INDEPENDENCE



If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

## 9. MODEL GENUINE FEELINGS



Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

## 10. FORMULATE A PLAN



As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

## Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday®

The National College®



# SPORTS FIXTURES



## Monday 26<sup>th</sup> February 2024

- Boys' Under-14s Hockey Finals at Old Loughtonians Hockey Club Essex. Leave School at 7.30am. Start 10am. Return at 4pm approx.: **Mr Pizzey/Mr Price**
- Boys' Under-13s Football Away Game against St Mary Magdalene Academy. Leave School at 1.45pm. Start 3pm. Return at 6pm approx.: **Mr Foster**
- Boys' Under-12s Rugby Home Game (MD Playing Fields) against Southborough High School. Leave School at 1.45pm. Start 2.30pm. Finish at 4.15pm approx.: **Mr Lord**



## Tuesday 27<sup>th</sup> February 2024

- Boys' Under-14s Football Away Game at Selhurst Arena v Brampton Manor School. Leave School at 12.45pm. Start 1.30pm. Return at 3.30pm approx.: **Mr Foster**
- Girls' Under-13s Football B Team Away Game against Winston Churchill, C of E School. Leave School at 12.30pm. Start 2.30pm. Return at 6pm approx.: **Mr Dash**
- Boys' Under-14s Hockey Away Game against Trinity School. Leave School at 3pm. Start 4pm. Return at 6pm approx.: **Mr Pizzey/Mr Price**
- Boys' Under-13s Basketball Away Game against The Norwood School. Leave School at 3pm. Start 3.30pm. Return at 5pm approx.: **Mr Lord**



## Wednesday 28<sup>th</sup> February 2024

- Boys' Under-16s Rugby Tournament Away Game at Reigate. Leave School at 7.30am. Start 9.30am. Return at 5pm approx.: **Mr Worsley/Mr Price**
- Boys' Under-14s Rugby Away Game against St Caelia's C of E School. Leave School at 1.45pm. Start 3pm. Return at 5pm approx.: **Mr McWhirter**
- Boys Key Stage 4 Badminton County Tournament at Southend High School, Essex. 2pm start. Further details provided separately.



## Thursday 29<sup>th</sup> February 2024

- Boys' Under-14s Hockey Away Match against St Dunstan's College. Leave School at 3pm. Start 3.45pm. Return at 6pm approx.: **Mr Pizzey/Mr Price**

## Friday 1<sup>st</sup> March 2024

- Boys' Under-16s Rugby 7s Tournament at Dunnottar School. Leave School at 8am. Start 10am. Return at 5pm approx.: **Mr Worsley/Mr Price**
- Girls' Under-13s Indoor Cricket Tournament at Alleyn's School. Leave School at 9am. Start 9.45am. Return at 2pm approx.: **Mr Pizzey**

\*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 'Supporting Children with Self-Regulation'. Get a greater insight here.

**PLEASE READ!!** Remember to keep an open dialogue with your child about their activities online. See page 18.

## National Careers Week 4<sup>th</sup> – 9<sup>th</sup> March

Next week our students will be having numerous conversations in lessons, tutor time and assemblies about the career pathways that are linked to the different subject areas of their learning. To help your child further engage in the wealth of professional roles that exist and are emerging for the future taskforce, you can find out more [HERE](#).



## The House Leader Board 2023-24

### Week ending 23<sup>rd</sup> February 2024

- 1st Place – Dove 35,899 Points
- 2nd Place – Swift 35,428 Points
- 3rd Place – Falcon 33,935 Points
- 4th Place – Albatross 32,037 Points
- 5th Place – Eagle 30,673 Points

Dove return to the top of the Leader Board in a close race but can they stay there?

## 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](http://www.kingsdalefoundationschool.org.uk)

### SatchelOne (previously SMHW)

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

### MyEd app

Downloaded for free at:

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

This app provides a range of useful info for parents.