



PARENTAL NEWS BULLETIN

Issue 2 Monday 15th September 2025

HEADLINE NOTICES.

Kingsdale Open Days 2025

Our Year 6 Open Days (held on Wednesdays and Saturdays through September/October) showcase Kingsdale to prospective parents, including the opportunity to hear the testimony of existing families. If you would be willing to speak at a forthcoming event (dates are included in this Parental News Bulletin below) about your positive experiences of the school, please contact Mr Harding via dhtpa@kingsdale.southwark.sch.uk with details as to which Open Days you may be in a position to contribute. **More information on Open Days can be found below on Page 2.**



House Excellence Award

C. J. Goodwin, Year 10, has won House Excellence Award. He was nominated by the Drama department. CJ has had a tremendous start to the drama year. He has been kind, supportive, and funny and has brought great energy and enthusiasm to the classroom. This week he has responded brilliantly to feedback on his drama work. Keep up the great work CJ!

School Mobile Phone Policy 2025-2026

We have written to parents to remind them of the details of our mobile phone policy which will continue unchanged into the 2025-26 academic year.

Please note that as previously advised, from September 2026, KFS will be a smartphone free school for all students in Years 7-11. At this time, students in Years 7 & 8 may not be in possession of a smart phone device whilst on the school site.

Further details have been issued separately. We thank parents and students for their excellent support that ensured the introduction of this major policy change from September 2024 has been such a great success to date.



THEME OF THE WEEK

A Positive Approach to Life

"If you think you can, you can. And if you think you can't, you're right."

WORD OF THE WEEK

Sagacious

Having or showing keen mental discernment and good judgement; wise or shrewd.

"She sought the advice of a sagacious elder before making a decision."

SCHOOL NEWS

Kingsdale Careers Programme 2025-26

We are very proud of the careers opportunities that we provide our students at Kingsdale, with many of the exciting talks and opportunities that take place coming from parental volunteers. So, we need your help to support our careers programme for 2025-26!

The mainstay of our careers programme are our lunchtime talks, which usually last 45mins - 1 hour and are aimed at a range of year groups. These will most likely happen on a Wednesday this year but we can be flexible. We will also be hosting our Careers Fair on Wednesday 25th March 2026.

If you think you would be able to support us with any aspect of our Careers programme, including lunchtime talks, the Careers Fair, or in any other capacity, please fill out [this form](#).

If you have any questions please get in touch with Ms Markes on careers@kingsdale.southwark.sch.uk

Year 7 Parents' Forum

A reminder that we hold our in-person and blended online Parents' Forums normally every third Friday of the month.

This Friday 19th September, we shall be holding a special Parents' Forum for new Year 7 parents in the Sports Hall and online, starting at 5.30pm.

We hope to see you there!

KINGSDALE OPEN DAYS



Open Days for Year 7 Entry September 2026

Our scheduled Open Days for the September 2026 Year 7 entry take place in September and October 2025. Appointments are available for booking from [here](#).

Open Days and Evenings

Wednesday 17th September 2025

9.30am-11.30am, 1.30-3.30pm & 5.30-8pm

Saturday 20th September 2025

10am-12 noon, 1-3pm & 4-6pm

Wednesday 24th September 2025

9.30am-11.30am, 1.30-3.30pm & 5.30-8pm

Wednesday 1st October 2025

9.30am-11.30am, 1.30-3.30pm & 5.30-8pm

Saturday 4th October 2025

10am-12 noon, 1-3pm & 4-6pm

Wednesday 8th October 2025

9.30am-11.30am, 1.30-3.30pm & 5.30-8pm

Saturday 11th October 2025

10am-12 noon, 1-3pm & 4-6pm

Open Days for Sixth Form (Year 12) September 2026

You can access details regarding our Sixth Form open events for Year 12 September 2026 entry [here](#).

For all queries regarding admissions to the Sixth Form, please contact the Sixth Form Office via email at sixthform@kingsdale.southwark.sch.uk or telephone 0208 655 9723.

* Please Note the Deadline for Booking Year 7 Scholarship Assessments Online or Submitting a Supplementary Form is 6th October 2025

ART AND DESIGN CLUBS, CATCH-UP AND SCHOLARS 2025-2026

MONDAY

All years

Breakfast Club
8.00 to 8.30am
RPK AR5

Year 7 and 8

Love of Food Club
3.45 to 5.15pm
SLG/AAH FS2

Year 7 and 8

Camera Club
3.45 to 4.45pm
GWR PS1

Year 8

Young Makers Club
4.10 to 5.10pm
TKH TE2

Year 9-11

GCSE Art and Graphics Club
3.45 to 5.00pm
SRX TE1

Year 9-13

Textiles Catch Up Club
3.45 to 5.00pm
ABY AR7

TUESDAY

All years

Breakfast Club
8.00 to 8.30am
RPK AR5

Year 11

NEA Workshop
3.45 to 5.00pm
SLG/AAH FS1

Year 9-13

Textiles/Art/Graphics Catch Up
3.45 to 5.30pm
GHL AR2

Year 9-11

GCSE Art and Graphics Club
3.45 to 5.00pm
SRX TE1

Year 9-13

Photography Catch Up
3.45 to 5.30pm
GWR PS1

Year 9-13

Art Catch Up
3.45 to 5.00pm
LFY AR1

WEDNESDAY

Year 9 and 10 (D&T and Graphics only)

CAD/CAM Club
4.10 to 5.10pm
TKH/EGR TE1

THURSDAY

Year 7

Textiles Club
3.45 to 5.00pm
TFN AR6

Year 7 and 8

Graffiti Club
4.10 to 5.00pm
EGR/LGY TE3

Year 7

Bronze Arts Award Club
3.45 to 4.45pm
LFY AR1

Year 9-13

Art, Photography Catch Up
3.45 to 5.00pm
JGO PS1/AR3

Year 9-13

Art Catch Up
3.45 to 5.00pm
MMR AR4

Year 10

Fly High Club
4.10 to 5.30pm
SLG/AAH FS1

Year 11

D&T Catch Up
3.45 to 5.00pm
TKH TE2

FRIDAY

Year 9

Fly High Club
4.10 to 5.00pm
SLG/AAH FS1

Year 9-13

'Finish it Friday Club'
3.45 to 5.30pm
GHL AR2

Scholars Club (by invitation only)

Year 7

TUESDAY
3.45 to 4.30pm
MMR AR4
(Starts 26th November 2026)

Year 8

TUESDAY
4.10 to 5.00pm
ABY AR7

PE Department Extra-Curricular Sports Activities Timetable - Autumn Term 2025-26

Sports Clubs Autumn Term 2025

The Sports Faculty at Kingsdale Foundation School are delighted to announce that our Extra-Curricular Sports Programme for the Autumn term 2025 has now launched. Please be advised that students will be required to submit a completed parental consent form before attending sessions held before or after school. However, students are not required to have parental consent to attend any of our published lunchtime clubs. Please find attached our programme of extra-curricular clubs for the Autumn term.

If your child wishes to attend any of our published sports clubs, please follow the link below, where you will be able to access further information and a consent form for your child's chosen sports club(s). Please be advised that all students are required to wear full school PE kit when attending any of our extra-curricular clubs.

KFS Extra-Curricular Sports Online Booking Form

Please be informed that all students attending our extra-curricular clubs and representing the school at sporting events are expected to be excellent sports ambassadors for the school and are therefore required to adhere to and sign our Sporting Code of Conduct which can be accessed by following the link [here](#).

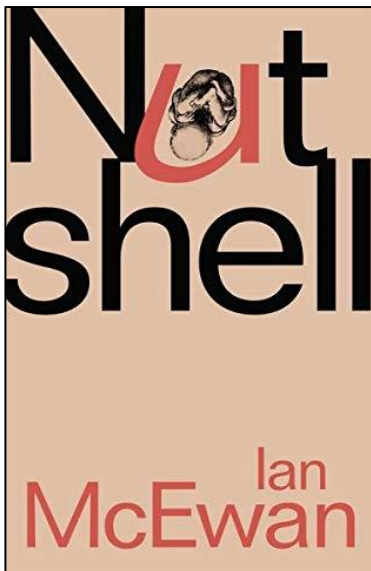
Please be assured that all students are welcome to attend our clubs whether for recreational or competitive enjoyment and we very much look forward to welcoming you to what is sure to be another year of sporting excellence at Kingsdale Foundation School.

For further details please contact Ms V. Turner, Director of Sport, Health & Recreation via pe@kingsdale.southwark.sch.uk

Activity	Time	Venue	Staff
Monday			
Football – Boys – Year 10	8:00-8:50am	Astro	Mr Hall & Mr Foster
Football – Boys – Year 11	11:05-11:50am	Astro	Mr Foster
Swimming – Mixed – Year 7	11:15-1:45pm	Crystal Palace	Mr Jones
Recreational Football – Boys – Year 8	12:00-12:45pm	Astro	Mr Dash
Netball – Girls – Year 8&10	12:00-12:45pm	Sports Hall	Ms McErlain & Mr Foster
Recreational Football – Boys – Year 9	12:55-1:40pm	Astro	Mr Price
Football – Boys – Year 8	4:15-5:15pm	Astro/Playing Fields	Mr Price
Basketball – Boys – Year 9, 10 & 11	4:15-5:15pm	Sports Hall	Mr Hall & Mr Dash
Rugby – Girls – All Years	3:45-5:15pm	Playing Fields/Astro	Ms McErlain
Tuesday			
Basketball – Girls – Year 8, 9, 10 & 11	8:00-8:50am	Sports Hall	Mr Roberts
Table Tennis – Mixed – Year 9	8:10-8:50am	GM1	Mr Price
Rugby – Boys – Year 8&9	8:00-8:50am	Astro	Mr Lord
Football – Boys – Year 7 A and B Squad	11:05-11:50am	Astro	Mr Fitchett & Mr Dash
Basketball – Girls – Year 7	11:05-11:50am	Sports Hall	Ms McManus
Table Tennis – Boys and Girls - Year 8 and 10	12:00-12:45pm	Gym 1	Mr Roberts
Fitness – Boys and Girls - Year 8 and 10	12:00-12:45pm	Fitness Suite	Mr Lord
Sports Scholars – Mixed – Year 8&10	12:00-12:45pm	Astro	Mr Johnstone
Dance – Mixed – Technique – Year 8 and 10	12:00-12:45pm	Dance Studio	Ms McGregor
Dance – Mixed – Technique – Year 9	12:55-1:40pm	Dance Studio	Ms McGregor/Ms Dookey
Cycling – Mixed – All Years	3:00-5:00pm	Herne Hill Velodrome	Ms McManus
Recreational Football – Boys – Year 7	3:45-5:00pm	Astro/Playing Fields	Mr Price & Mr Dash
Football – Girls – Year 10 and 11	4:10-5:15pm	Astro/Playing Fields	Mr Jones
Dance – Mixed – Contemporary – Year 7 and 11	3:45-5:00pm	Dance Studio	Ms Dookey
Dance – Mixed – Contemporary – Year 8, 9 and 10	4:15-5:15pm	Dance Studio	Ms Dookey
Wednesday			
Football – Boys – Year 9	8:00-8:50am	Astro	Mr Johnstone
Fitness – Boys and Girls Year 9 and 11	8:00-8:50am	Fitness Suite	Mr Samuel
Netball – Girls – Year 11	8:00-8:50am	Sports Hall	Mr Foster
Horse Riding – Mixed- Year 7	10:45-12:15pm	Dulwich Stables	Ms McGregor
Horse Riding – Mixed- Year 7	12:45-2:15pm	Dulwich Stables	Ms McGregor
Sports Scholars – Mixed – Year 9	12:55-1:40pm	Sports Hall	Ms McErlain & Mr Foster
Fitness, Rock Climbing and Volleyball – Mixed – Sixth Form	1:50-3:40pm	Crystal Palace	Mr Dash
Football – Mixed – Sixth Form	1:50-3:40pm	Playing Fields	Mr Price
Rugby – Mixed - Sixth Form	1:50-3:40pm	Playing Fields	Mr McWhirter
Rugby – Boys – Year 7	3:45-5pm	Playing Fields	Mr Roberts
Netball – Girls – Year 7	3:45-4:40pm	Sports Hall	Ms McErlain & Mr Foster
Netball – Girls – Year 9	4:30-5:30pm	Sports Hall	Ms McErlain & Mr Foster
Football – Girls – Year 8&9	4:10-5:15pm	Astro	Mr Dash & Mr Jones
Thursday			
Hockey – Mixed – Year 8,9,10 & 11	8:00-8:50am	Astro	Ms Jaymes & Ms Marshall
Sports Scholars – Mixed - Year 7 and 11	11:05-11:50am	Sports Hall, Gym 2	Mr Price & Mr Fitchett
Table Tennis – Mixed – Year 7 and 11	11:05-11:50am	Gym 1	Mr Dash
Fitness – Boys and Girls Year 7	11:05-11:50am	Fitness Suite	Ms McManus
Hockey – Mixed – Year 7	11:05-11:50am	Astro	Mr McWhirter & Ms Jaymes
Dance – Street Dance – Mixed – Year 7 and 11	3:45-5:00pm	Dance Studio	Ms McGregor/Ms Dookey
Dance – Street Dance – Mixed – Year 8, 9 and 10	4:15- 5:15pm	Dance Studio	Ms McGregor/Ms Dookey
Football – Girls – Year 7	3:45-5:00pm	Astro	Ms McManus & MS Jaymes
Friday			
Basketball – Boys – Year 7 & 8	7:45-8:50am	Sports Hall	Mr Lord
Rugby – Boys – Year 10&11	8:00-8:50am	Astro	Mr McWhirter



Teacher Recommendation



Mr Read recommends *Nutshell* by Ian McEwan.

Trudy has betrayed her husband, John. She's still in the marital home - a dilapidated, priceless London townhouse - but not with John. Instead, she's with his brother, the profoundly banal Claude, and the two of them have a plan.

But there is a witness to their plot: the inquisitive, nine-month-old resident of Trudy's womb.

Mr Read found the unique narrative perspective really funny and interesting.

Mr Hutchinson adored this 'witty yet moving' take on issues that stay very relevant today.

Some mature themes; best suited for students in Year 11 and older!

School Marking Code & Quality Assurance

Parents are reminded that detailed information exists on our school website [here](#) regarding the way that students are assessed at Kingsdale, through the marking of classwork and assessments. Our approaches are also discussed throughout the year at scheduled Parents' Evenings and through curriculum information evenings (*details issued separately*).

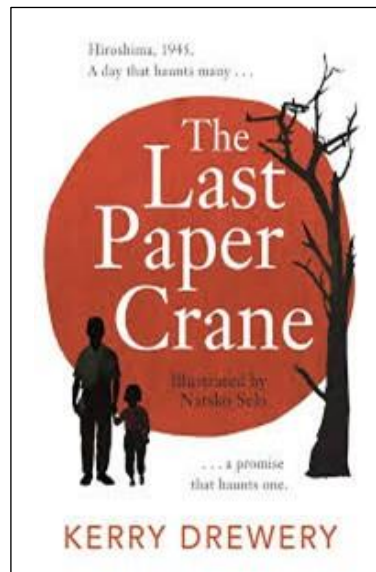
Should you have any queries about the marking of your child's work at the school, or have any specific concerns about the frequency of marking in any subject for your child, please use our dedicated reporting email checkmychildsmarking@kingsdale.southwark.sch.uk



Reading Recommendations

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

Student Recommendation



Year 8's Oliwia Cofalaska recommends *The Last Paper Crane* by Kerry Drewery.

A Japanese teenager, Mizuki, is worried about her grandfather. He tells Mizuki that he has never recovered from some thing that happened in his past ... gently Mizuki persuades him to tell her what it is.

We are taken to 1945, Hiroshima, and Mizuki's

grandfather as a teenage boy at home with his friend Hiro. Moments later the horrific nuclear bomb is dropped on Hiroshima. The blinding flash, the harrowing search for family and the devastation both human and physical is searingly told as the two teenage boys search for and find Keiko, Hiro's five-year-old sister. But then Mizuki's grandfather has no option but to leave Keiko in a safe place while he goes for help... and then Keiko is lost. Despite a desperate hunt in the immediate aftermath, where he leaves origami folded paper cranes with his address on everywhere a survivor could be, Keiko remains lost..

Oliwia adored the sympathetic characters of this intense story!

Some difficult themes; perhaps best suited for students in Year 9 and over – or younger students with strong stomachs!

Big History Club!

For Key Stage 3 and 4 Students

Takes Place in Room HU6 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 26th**
September we will be meeting to introduce
ourselves and discuss what we'll be investigating
this year (and consuming biscuits).

Bring along any ideas for people, events
or items from history you want to know
more about!



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
via attendance@kingsdale.southwark.sch.uk

AUTUMN TERM 2025

First Autumn Half-Term

Tuesday 2nd September – Friday 17th October

Half Term Holiday

Monday 20th October – Friday 31st October

Second Autumn Half-Term

Monday 3rd November – Friday 19th December

SPRING TERM 2026

Friday 5th January INSET DAY

School closed to students except those in Year 11

First Spring Half-Term

Monday 5th January – Friday 13th February

Half-Term Holiday

Monday 16th February – Friday 20th February

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

Building Confidence and Independence: Supporting Your Child with SEND in Secondary School

The move to secondary school is a big step for any young person, and for those with Special Educational Needs and Disabilities (SEND) it can feel especially daunting. As parents, you play a vital role in helping your child build the confidence and independence they need to thrive.

1. Encourage small steps

Independence grows gradually. Start with everyday tasks your child can practise at home—organising their bag, setting an alarm, or preparing a simple snack. Each success, no matter how small, boosts confidence.

2. Practise the journey together

If your child is travelling to school independently, rehearse the route. Travel together at the same time of day, talk through what to do if things don't go to plan, and encourage them to use their brickphone or a note card with key numbers if they need reassurance.

3. Build routines

Consistency reduces anxiety. Work with your child to establish a clear morning and evening routine. Using visual timetables or checklists can help them feel in control and less reliant on others.

4. Encourage self-advocacy

Help your child practise how to ask for help—from teachers, peers, or staff. Role-play scenarios at home so they feel more comfortable speaking up in school.

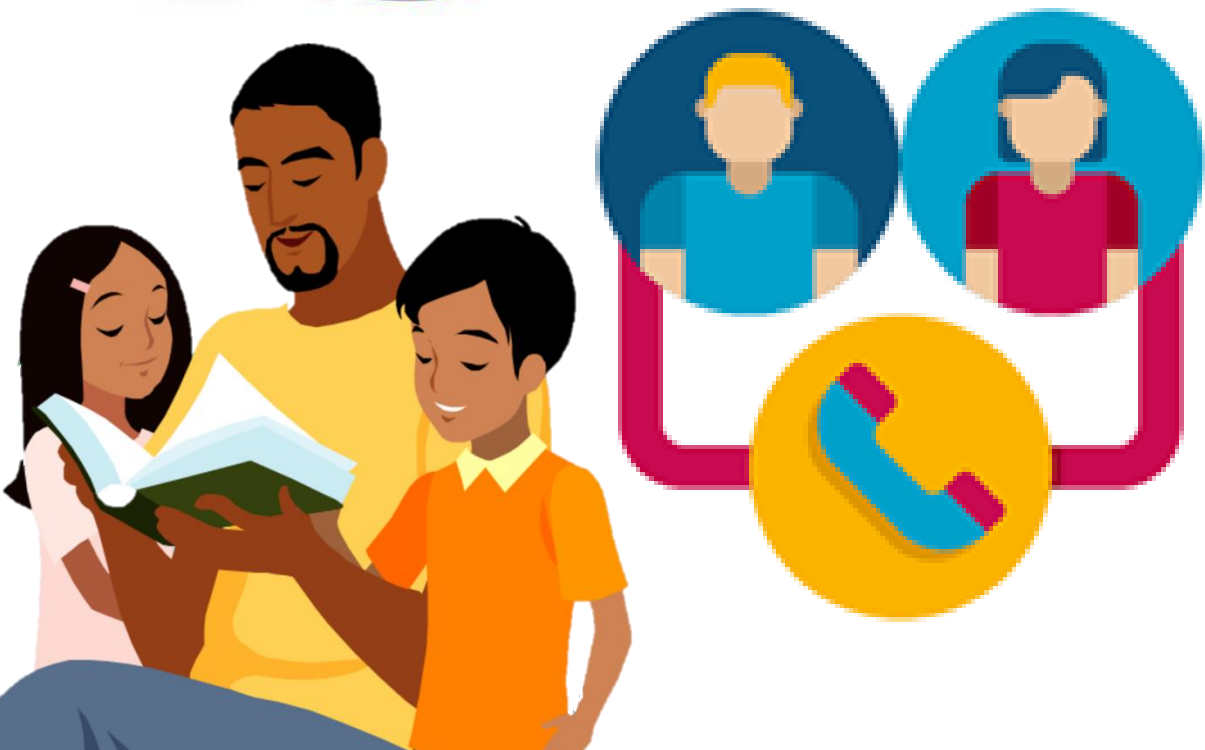
5. Celebrate effort, not just outcomes

Acknowledge the courage it takes to try something new. Praise their efforts to solve problems or attempt tasks independently, even if things don't go perfectly.

6. Partner with the school

Stay in touch with your child's form tutor. Sharing strategies that work at home can help staff support your child's independence in the classroom.

Secondary school is about learning, both academically and personally. With gentle encouragement, clear routines, and consistent support, your child can develop the resilience and independence they need to flourish.



SEND FACULTY NEWS

Lambeth Parent Forum



Lambeth Parent Forum are a group of parents and carers of children and young people with additional needs and disabilities aged 0 to 25 in the London Borough of Lambeth. We work with local authorities education, social care, health and other providers. Membership of Lambeth Parent Forum is free and we do not ask anything of you unless you want to become involved in Forum activities and consultations. We are funded by a grant from the DfE and are currently supported by Contact in Lambeth. We are part of The National Network of Parent Carer Forums (NNPCF). To sign up please: [Click here](#)

Inclusive and SEND-Friendly Events Family Workshops for Children with SEND

- **When:** Saturday, 20 September 2025, with sessions at 10:30 am-12:30 pm and 2:00 pm-4:00 pm
- **Where:** Autograph Gallery, London
- **What:** Inclusive art workshops led by artists Amy Leung and Ophir Yaron, welcoming children with complex needs. Enjoy sculpture, drawing, and hands-on creative play in a welcoming, step-free space.
- **Find out more here:** [Autograph](#)

Depot Open Days at LT Museum

- **When:** 18-21 September 2025
- **Where:** London Transport Museum Depot – behind-the-scenes galleries
- **What:** A fantastic chance to explore storage, archives, and vintage exhibits in smaller groups. Great for families looking for a quieter, exploratory museum experience.
- **Find out more here:** [Eventbrite+15ltmuseum.co.uk+15Tower Hamlets+15](#)



SEND FACULTY NEWS cont.

Welcome from the Learning Support Faculty!

The Learning Support Faculty would like to welcome everyone back to the school and we hope everyone has enjoyed their time so far.

We would like to introduce our fantastic team to you and let you know a little bit about what we do.

- **Director of English and Learning Support:** Miss G Smith
- **SENCO:** Ms S Jarada
- **Assistant SENCO:** Ms M Thorn
- **SEND Consultant:** Ms L Dadkhah
- **SEND Consultant:** Ms C Francis-Finch

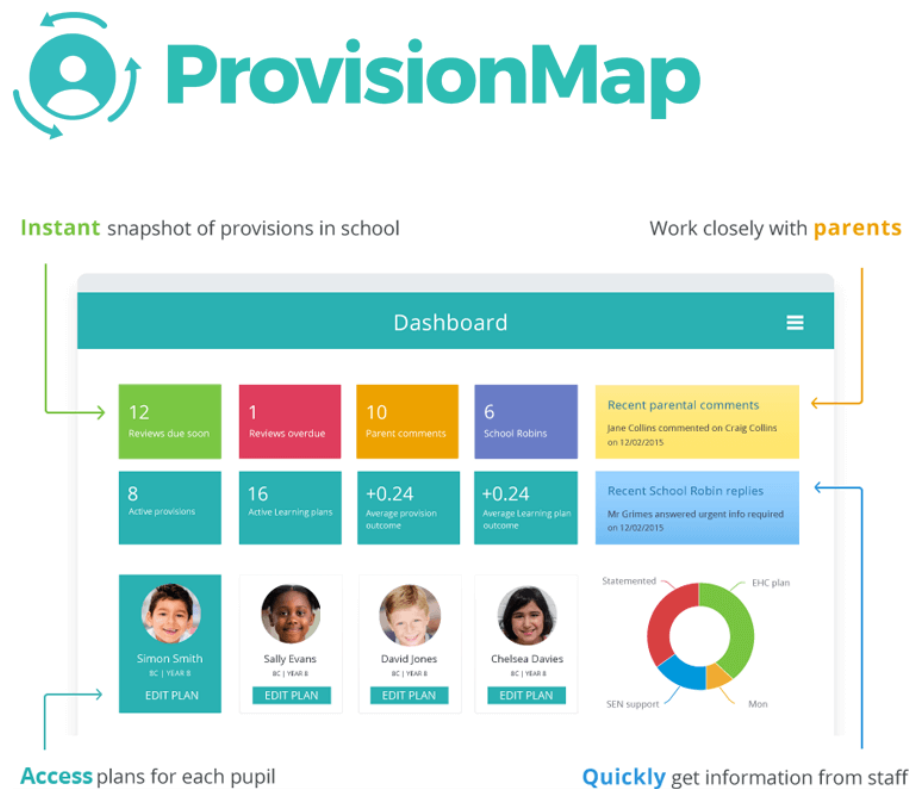
The Waves of Intervention model are used at Kingsdale Foundation School, with a particular focus on Wave 1: Quality First Teaching. Our staff are given regular CPD opportunities by specialists within the Learning Support Faculty, from external agencies and within faculties and pastoral teams. Students who require additional support may be allocated a Teaching Assistant (TA) to supplement the teaching and input they receive. Students who require access arrangements for examinations are assessed in line with JCQ guidance.

The Learning Support Centre (LSC) is a therapeutic intervention provided to allow students experiencing anxiety to be referred for a period of time. This is a quiet space for students to work and be supported by teachers and TAs. Students have access to learning mentors, counsellors, and an art psychotherapist through a referral procedure in line with their needs. The SEND provision in lessons is monitored through the quality assurance of teaching and learning procedures

Edukey

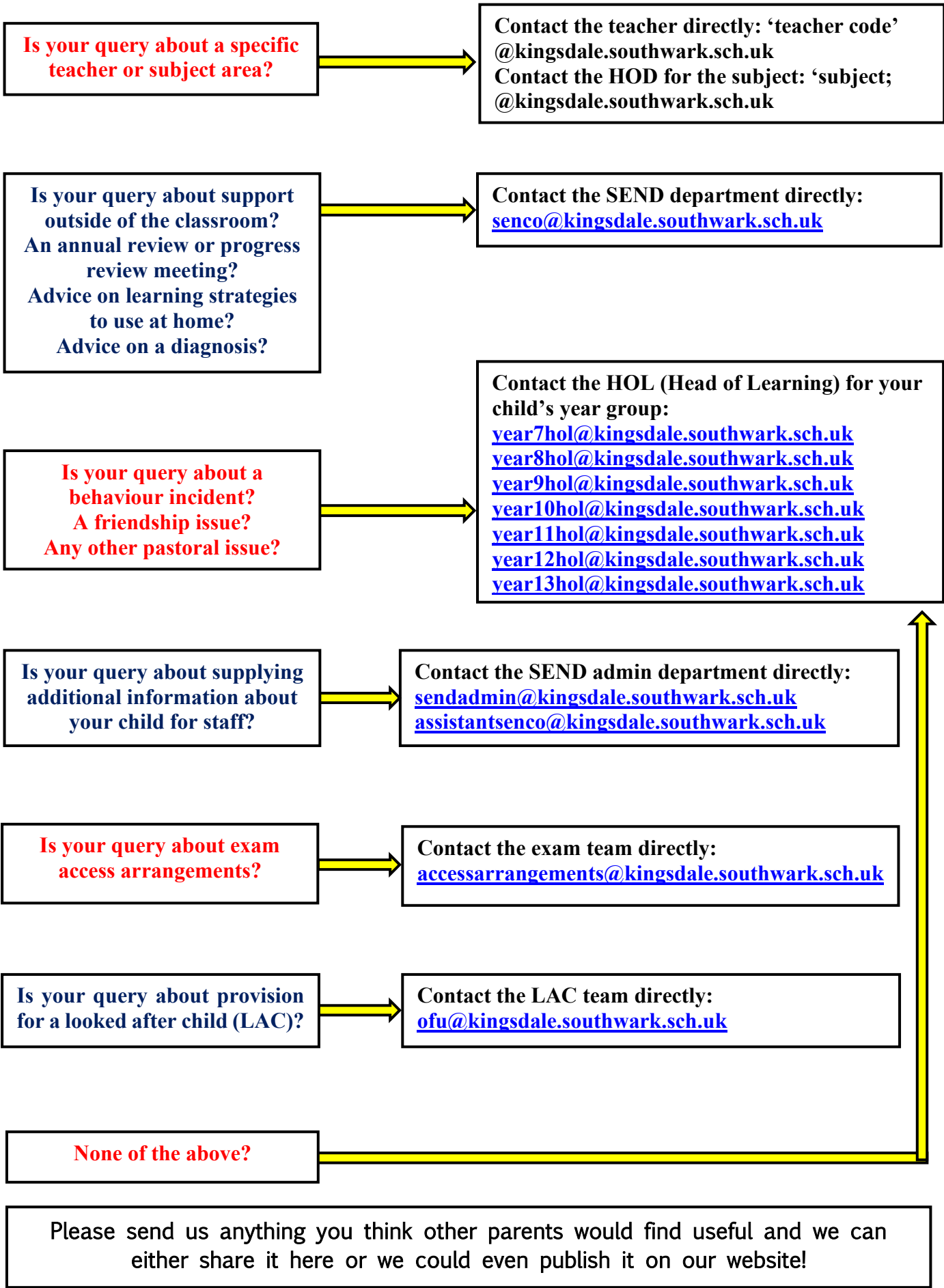
As part of the school's focus on Quality First Teaching we have a programme called Edukey. Edukey is a fantastic piece of software for ensuring staff can plan and deliver their lessons effectively for all students. All provision plans for students are uploaded so information is accessible to all staff, including documentation, provision plans, meeting logs and a tool to be able to communicate quickly and easily with the teachers of said pupil.

This also means all staff can be proactive in seeking information relating to each and every pupil's needs.



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.



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**

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

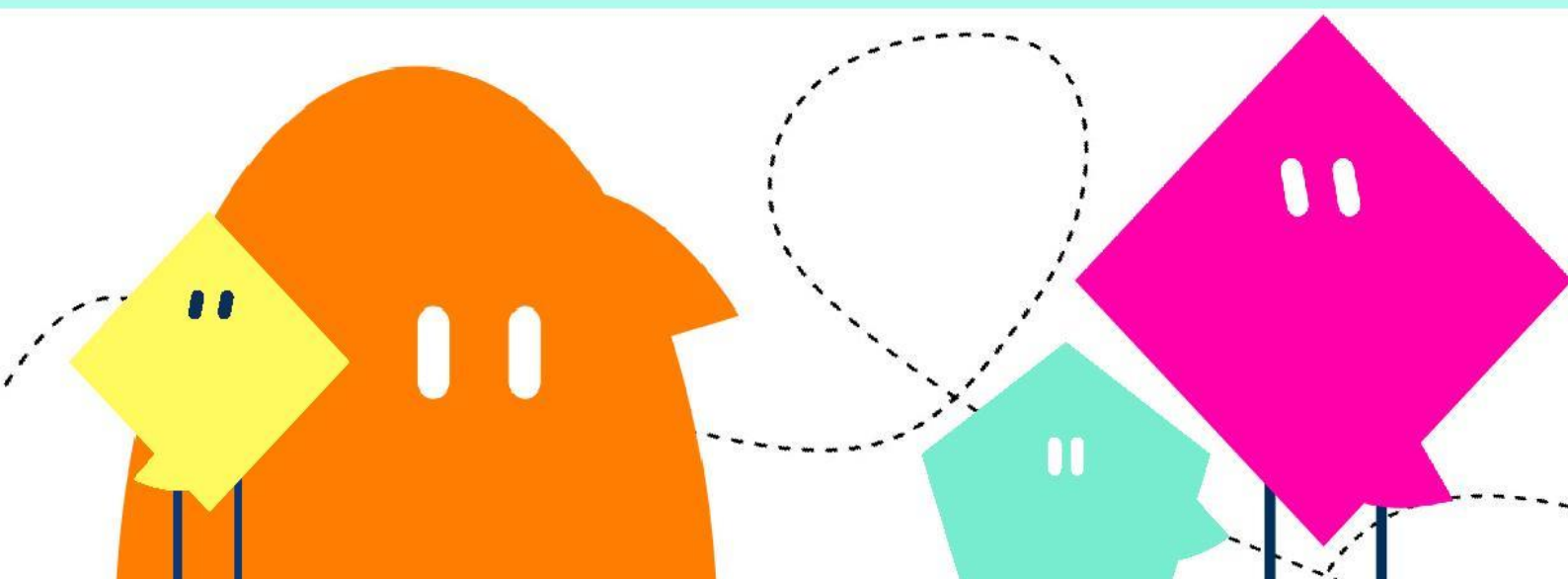


Education from
the National
Crime Agency

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.

**YOUTH MENTAL
HEALTH DAY™**
19th September

What is #YMHD?

Youth Mental Health Day (YMHD) encourages understanding and discussion of mental health in young people, enabling them to live happy and healthy lives all year round. Each year, the day aims to get young people, and those who support them, talking about how to improve mental health.

stem4, a charity that supports young people to build positive mental health, is proud to be the founder of Youth Mental Health Day in the UK, which started in 2020. It is celebrated this year on Friday 19th September 2025.

TASK: Check in on your friends on this day and for the remainder of the year by asking specific questions:

1. What has this week been like for you?
2. How are you managing everything that's on your plate?
3. What's the good news of the week and the bad news of the week?



HOUSE COMPETITIONS



Kingsdale Cooking Challenge Sourdough September

The ninth month is when the Real Bread Campaign helps you to discover that: Life's sweeter with sourdough!

The aims of #SourdoughSeptember are to:

- Share the delicious delights of genuine sourdough
- Encourage more people to bake genuine sourdough
- Celebrate the small, independent bakeries that bake genuine sourdough

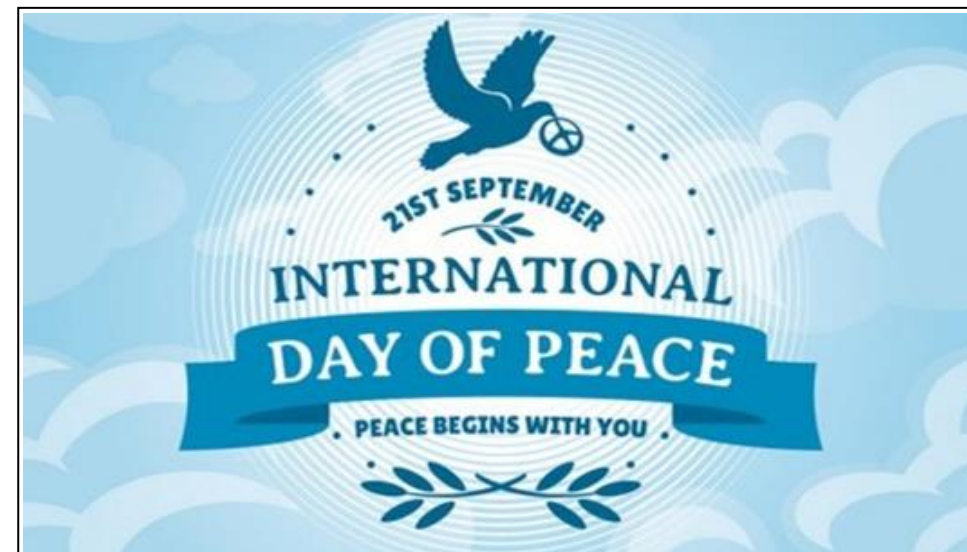


STUDENT TASK: Bake your own sourdough – include the recipe and pictures of the sourdough.

HOW TO ENTER: Submit your entry to housesystem@kingsdale.southwark.sch.uk.

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

Prizes will be awarded to outstanding entries.
We look forward to seeing your work!



Each year the International Day of Peace (IDP) is observed around the world on 21st September. The UN General Assembly has declared this as a day devoted to strengthening the ideals of peace, through observing 24 hours of non-violence and cease-fire. Never has our world needed peace more.



This year's theme is Actions for Peace: Our Ambition for the #GlobalGoals. It is a call to action that recognises our individual and collective responsibility to foster peace. Fostering peace contributes to the realization of the Sustainable Development Goals (SDGs) and achieving the Sustainable Development Goals will create a culture of peace for all.

STUDENT ACTIVITY

Create a poster featuring statements in support of respectful relationships, such as "Be proud of who you are", "There are no outsiders in our school" and "There's no place for homophobia/biphobia/transphobia in our school".

HOW TO ENTER

Create a "Peace Pledge" for Kingsdale, expressing your values and your commitment to taking action to build peace going forward. Share your pledge with the House Team: housesystem@kingsdale.southwark.sch.uk
Ensure your entry is accompanied by your **full name, House and tutor group**.

What Parents & Educators Need to Know about MAKING FRIENDS ONLINE

In today's digital world, it's increasingly common for children to form friendships with people they've never met in person. While online connections can offer children a sense of belonging, they also carry significant risks. Around 19% of children aged 10 to 15 in England and Wales have chatted online with someone they've never met face to face. This guide offers expert advice for parents and educators on helping children navigate online friendships safely.

WHAT ARE THE RISKS?

ONLINE GROOMING THREATS

Predators can use games, chat apps or social media platforms to build relationships with children and gain their trust. This may quickly develop into grooming or exploitation. Between April 2017 and March 2023, UK police recorded nearly 34,000 online grooming offences – an 82% increase in just five years.

EXPOSURE TO INAPPROPRIATE CONTENT

Children may encounter distressing or explicit material while interacting with online contacts – especially via TikTok, Instagram or Snapchat. This is evidenced in a survey by the Children's Commissioner for England, which found that 45% of children aged 8 to 17 had seen content online that made them feel uncomfortable, worried or upset.

PRIVACY AND DATA RISKS

Children and young people often overshare personal details – such as where they live or go to school – without understanding the consequences. In fact, 4.4% of 10 to 15-year-olds in the UK have met up in real life with someone they'd only spoken to online.

COMPROMISED PERSONAL SAFETY

Meeting an online 'friend' in real life risks placing a child in serious danger. From abduction to coercion, the consequences can be devastating. Reports of children being harmed after such meetings are becoming increasingly common in the UK, highlighting the need for safeguarding intervention.

PSYCHOLOGICAL DISTRESS

Online harm – such as cyberbullying, grooming or exposure to disturbing content – can lead to long-term emotional issues, including anxiety, depression and PTSD. 'Sextortion' gangs, who threaten to release sexual information about a person unless they pay them money, have reportedly targeted children as young as 11, leaving them traumatised and ashamed.

LONG-TERM REPERCUSSIONS

Children exposed to harmful online relationships early on may develop unhealthy beliefs about relationships, consent, or self-worth. In a recent case, a 26-year-old posed as a girl on Snapchat to befriend children aged 10 to 16, manipulating them into sexual activity and causing profound emotional distress. One 12-year-old tragically died by suicide, highlighting the long-term psychological harm online friendships with strangers can cause.

26 FRIENDS ONLINE NOW

Advice for Parents & Educators

TEACH SAFE ONLINE HABITS

Help children understand how to use privacy settings, protect their personal information, spot fake profiles, and report anything suspicious or concerning, like pressure tactics. Encourage them to think critically about what they share – and whom they're talking to.

KEEP CONVERSATIONS OPEN

Let children know they can talk to you about their online life. Avoid reacting with anger or judgement, as this may prevent them from opening up in the future. A child who feels listened to is more likely to disclose problems before they escalate.

ENCOURAGE REAL-WORLD CONNECTIONS

Support children in building friendships through school, clubs, hobbies and activities in the real world. Strong offline relationships help reduce children's reliance on online platforms for social interaction, and can help them develop resilience and social confidence.

USE PARENTAL CONTROLS

Parental control settings on devices, games and apps can help manage screen time, filter out inappropriate content, and monitor activity. While no system is perfect, they provide a valuable layer of protection as children explore digital spaces.

Meet Our Expert

Gabriella Russo is a safeguarding consultant with over 30 years' experience in supporting children, families, and adults across education, local authority, and mental health settings – both in the UK (including at Parliamentary level) and internationally.



The National College

SPORTS FIXTURES

Monday 15th September 2025

- No planned fixtures/events

Tuesday 16th September 2025

- No planned fixtures/events

Wednesday 17th September 2025

- Under-18s Boys' Rugby Home Match v Etham College. Leave school at 1pm. Start 2.15pm. Return at 5pm approx.: **Mr McWhirter**
- Under-14s Girls' Football Match (Venue TBC) v Langley Park School for Girls. Leave school at 2.30pm. Start 3.30pm. Return at 5.30pm approx.: **Mr Jones**
- Under-18s Girls' Netball (Sports Hall) Home Match v St Benedict's School. Start 3pm. Finish at 4.30pm approx.: **Ms Mcerlain**

Thursday 18th September 2025

- Under-13s Boys' Football Away Match v Dulwich College (Main Astro). Leave school at 3.30pm. Start 4.15pm. Return at 5.45pm approx.: **Mr Price**
- Under-12s Girls' Netball (Sports Hall) Home Match v City of London School for Girls. Start 4.30pm. Finish at 5.45pm approx.: **Ms Mcerlain**

Friday 19th September 2025

- No planned fixtures/events

Please note that fixtures maybe postponed or rearranged due to weather conditions.

All fixtures can be viewed via the link below:
<http://www.kingsdaleschoolsports.org.uk>

Student Suggestion Boxes

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

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



HOUSE NEWS

Online Safety Corner

For this week's Online Safety focus we are looking at ways to 'What Parents & Educators Need to Know about Making Friends Online.' Get a greater insight here. **Please read!** Remember to keep an open dialogue with your child about their activities online. **See Page 14 above.**

The House Leader Board 2025-26

Week ending
12th September 2025

- 1st Place – Dove 5,050 points
- 2nd Place – Falcon 4,854 points
- 3rd Place – Swift 4,818 points
- 4th Place – Albatross 4,764 points
- 5th Place – Eagle 4,687 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.

