



# PARENTAL NEWS BULLETIN

Issue 22 Monday 4<sup>th</sup> March 2024

## HEADLINE NOTICES

### KFS mobile Phone Consultation

Following recent updates to government advice regarding the access and use of student mobile phones in schools, we are consulting our stakeholders on this contentious issue. Parents are able to share their views via a confidential online questionnaire which is available [here](#) until Friday 15<sup>th</sup> March 2024. Parents who wish to view the latest government advice can do so [here](#). Please direct any queries to Mr Harding, Deputy Headteacher, via [dhg@kingsdale.southwark.sch.uk](mailto:dhg@kingsdale.southwark.sch.uk)



### Curriculum Coffee Mornings



Our next scheduled parental Coffee Morning is due to take place for **Year 9 & 10** parents on **Friday 8<sup>th</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, Deputy Headteacher via [sca@kingsdale.southwark.sch.uk](mailto:sca@kingsdale.southwark.sch.uk)

### Year 8 Options

The time for Year 8 students to pick their options for Years 9, 10 and 11 has come! Year 8 Options Evening is taking place on **Wednesday 6<sup>th</sup> March from 5.45 - 7.30pm**. Year 8 parents should have received a letter from the school with a timed slot to attend for each tutor group. If you have any questions about the event please contact Ms Evans or Ms Markes via [options@kingsdale.southwark.sch.uk](mailto:options@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).

## THEME & WORD 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

### Legislation

A law or set of laws that have been passed by Parliament.

## WORLD BOOK DAY



**Thursday 7<sup>th</sup> March 2024**

*Students in year 7 & 8 may dress as favourite book character*

*Teacher story time in Pod during lunch*

*Celebratory activities in English lessons & tutor time*

### 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)

# SCHOOL NEWS



## Talking mental health with young people at secondary school



Some advice for parents and carers

Advice for Parents, Carers & Guardians:  
Talking Mental Health with Children  
at Secondary School

Please use the link below to access a leaflet developed by Anna Freud's child mental health experts. It features an introduction from Anna Freud's Chief Executive, Professor Peter Fonagy, providing simple advice and guidance to parents and carers about how to have conversations about their child's feelings as part of everyday conversation.

The teenage years are both exciting and challenging to parents and carers. It can be hard to know whether your child's feelings and behaviour are normal or becoming a problem.

You can access the leaflet [here](#).

Should you require further information regarding how to access mental health & well-being support at Kingsdale Foundation School please contact Ms V. Turner, Health & Well-being Lead at:  
[health&wellbeing@kingsdale.southwark.sch.uk](mailto:health&wellbeing@kingsdale.southwark.sch.uk)

### Recycling at Kingsdale

We now have blue recycling bins in every classroom and every office, and very soon we will have recycling bins in the Atrium. Students can now put all **paper and recyclable plastic** that they throw away, into recycling bin, so we can help tackle climate change, and help to save planet Earth, for future generations.



## 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.

ChildLine for 18s and under  
0800 1111

Youth Wellbeing Directory  
[youthwellbeing.co.uk](http://youthwellbeing.co.uk)

Anna Freud National Centre for  
Children and Families  
[www.annafreud.org](http://www.annafreud.org)

YoungMinds Parent Helpline  
0808 802 5544

NSPCC 0808 800 5000

The Mix [www.themix.org.uk](http://www.themix.org.uk)

MindEd for Families  
[www.minded.org.uk/families](http://www.minded.org.uk/families)





## 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**.



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



Year 10 students engaging in a visual analysis workshop

## Art & History Collaboration Year 10 Art and History Trip to National Portrait Gallery

Last Wednesday, 21<sup>st</sup> February, Ms Montero in Art and Ms Preston in History joined forces to take a group of Year 10 Art and History GCSE students to the National Portrait Gallery's Schools history conference on empire and migration. The aim of the day was to demonstrate the cross-curricular links between the subjects through engaging with the gallery's collection thematically and supplement students' understanding of the AQA History module on Migration, Empire and the People, Britain c.790-present. Students received outstanding talks from experts such as Hannah Cusworth, posing enquiries like 'What do portraits tell us about how empire touches individual lives?' before engaging with the portraits in the newly curated gallery rooms 'Empire and Resistance' and 'Migration'. Students also met Historian Tomiwa Owolade who has gifted a copy of his new book, *'This is Not America: Why Black Lives in Britain Matter'*, to our school library. Students also took part in a visual analysis workshop, delving deeper into crucial stories by getting close and personal with items in the collection like a wooden sculpture of Queen Victoria by an anonymous Yoruba carver in Nigeria from c.1880. The students were a credit to Kingsdale and we hope the themes of migration and empire were brought alive for them in a new way.



Historian Hannah Cusworth frames the day with thought-provoking enquiry questions about empire and its impact

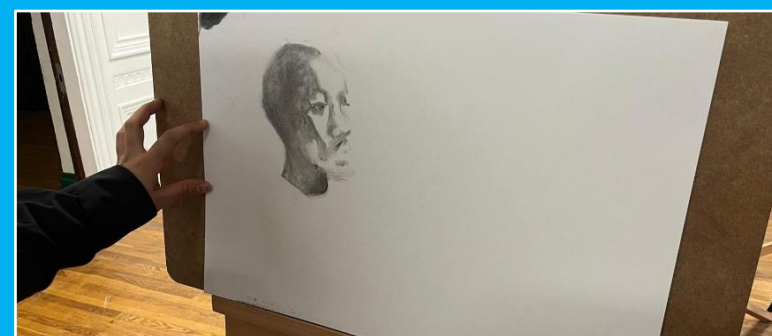


Historian Tomiwa Owolade speaks about his new book



Iris Heorton (Year 10) and her group respond to a photograph portrait

One of the exhibits students responded to: A Yoruba carving of Queen Victoria, Nigeria c.1880, indigenous artist



## Sixth Form Life Drawing

City & Guilds of London Art School's 'Tutors into Schools' are working with our students over a 5-week programme.

Two artists will tutor the students in life drawing, working from a clothed model. This programme is taking place within the Sixth Form Enrichment Outreach on Wednesday afternoons. City & Guilds (CGLAS) not only offered us this programme for free, but they have also donated all materials used in the workshop and 25 easels to keep in the Art Department. This is so kind and we are extremely grateful!

Kofi Perry has delivered the first session at our art base at the Kingswood Arts Centre.

The 20 participating Year 12 Art, Textiles, Photography and Graphics students thoroughly enjoyed this session and learnt how to create a portrait using a traditional 19<sup>th</sup> Century method; they learnt how to break down a face into light and dark, as well as shapes, giving them a blueprint to carry out future portraits.

We will keep you updated about the following sessions and share more photos with you. Please direct any queries to [artd&t@kingsdale.southwark.sch.uk](mailto:artd&t@kingsdale.southwark.sch.uk)



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

## Year 8 Options Taster Sessions

Photography - Monday 11th March  
PS1 4:10 - 5:00 pm

Food Science - Tuesday 12th March  
FS1 4.10 - 5.00pm

Fine Art - Wednesday 13th March  
AR4 4.10 - 5.00pm

Resistant Materials - Thursday 14th March  
TE2 4.10 - 5.00pm

Textiles - Monday 18th March  
AR7 4.10 - 5.00pm

Graphics - Tuesday 19th March  
TE3 4.10 - 5.00pm

from the 1st of February  
Every Thursday

## Knit & Crochet Club

Room TE3

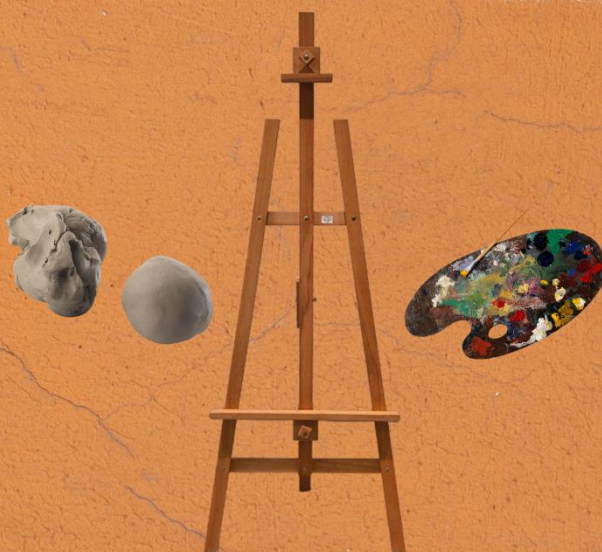
Ms Lusty & Ms Gardiner  
[artd&t@kingsdale.southwark.sch.uk](mailto:artd&t@kingsdale.southwark.sch.uk)

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

4.10 - 5.00 pm

## 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

# National Careers Week

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

# NCW



## National Careers Week

It's National Careers Week this 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 the 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.



## Careers Talk on Photography

A talk on Careers in Photography will be led by Mr Anthony Lam, from Kingston University. 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 their 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

## Under-13s Junior Basketball NBA

On Thursday 22<sup>nd</sup> February, Kingsdale participated in their final two games of their group, being two wins away from sealing a clean sweep of their Junior NBA group. The first game was against Prendergast Ladywell School which was a very competitive game, but Kingsdale were too strong, finishing the game 35-19 to Kingsdale. This put us in good stead for the next game, which was against Norwood School, another very competitive game, but Kingsdale's power showed winning the game 40-27. With the final two wins in the bag this meant Kingsdale were unbeaten in their Junior NBA group stage and now progress into the next stage. A huge well done to all students involved in excellent performances throughout the group stage.

### Final scores:

Kingsdale 35-19 Prendergast Ladywell School

Kingsdale 40-27 Norwood School

**Team:** Max Lacey, Dylan Ameen, Louis Campbell, Jeremy Orungbeja, Rico Riley, Daniel Sharp, Shea Scantlebury, Sennai Mehari-Crawford & Abdullah Anwe

## CYCLE CONFIDENT

We are excited to be working with our partner Cycle Confident, to offer **Year 7 and 8 students Level 3 Cycle Training from Monday 11<sup>th</sup> to Friday 15<sup>th</sup> March**. Please note there are only 30 spaces on this course. Please click on this link [Course Details & Booking](#) 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=MXLFNSSR3kSVFlxpQFISZkmBFOvdwOZNoB6S4iA9TDIURVUyT0FMMk9DMEZKQzQ2TU5GTFpSWlo2Wi4u>



## Under-15s Boys' Football B team ESFA News

Huge congratulations go to the Under-15 Boys' B team who made it to their second consecutive English Schools' Football Association National Cup Final after defeating Weydon School in their semi-final on penalties. In a repeat of last year's semi-final, Kingsdale took an early 1-0 lead thanks to a well taken goal by Izaiah Smith. Halfway through the second half, a freak shot from Weydon's striker beat our goalkeeper to equalise. Extra-time and still no breakthrough meant the game went to a penalty shootout. Two fantastic saves from Niall Basini Rogers meant that Nkhai Gbemre-Mclean had the opportunity to win the game and he slotted his penalty into the bottom left corner to the delight of the rest of the team. We are extremely proud of the team and how they have fought to get to another national final, fingers crossed the team can go one better this year in the final!

**Final scores:** Kingsdale 2-1 Weydon School

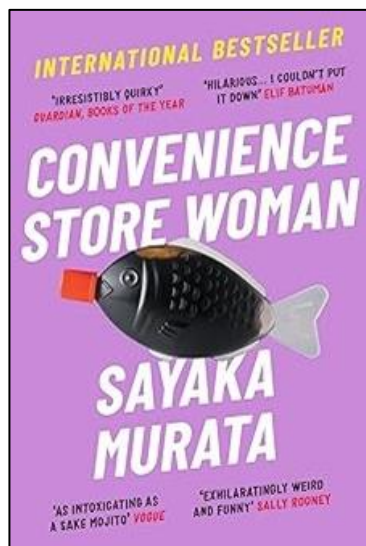
**Goal scorers:** Izaiah Smith & Nkhai Gbemre-Mclean



## Under-14s Boys' Hockey London County Cup Finals

The Under-14 Boys' Hockey team have continued their unbeaten season after playing 7 matches in three days last week, starting on Monday 26<sup>th</sup> February 2024 in the London County Cup Finals at Old Loughtonian HC. Three draws in their group games against Bancroft, Forest School and Dulwich College meant the team unfortunately finished 3<sup>rd</sup> in their group and then played Highgate in the 5/6<sup>th</sup> playoff. This game also finished in a draw meaning both teams shared 5<sup>th</sup> place overall. The team then played a friendly against Trinity School, Croydon on Tuesday, drawing 3-3 with some great team goals. On Thursday, the team travelled to St Dunstan's College and played some brilliant hockey, walking away 2-0 winners. The team will now take a break from 11-a-side games and focus on the State School Championships after Easter.

# Reading Recommendations



**Teacher Recommendation**  
Ms Lovelock-Lilley recommends *Convenience Store Woman* by Sayaka Murata.

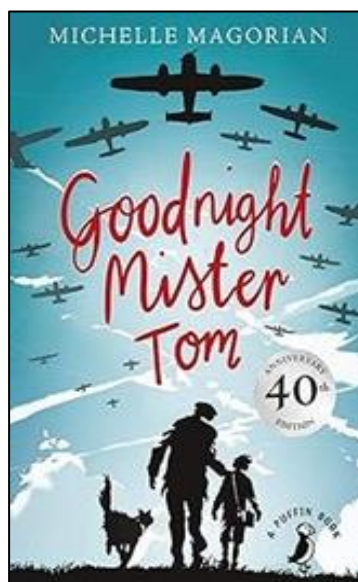
Meet Keiko. She's 36 years old, has never had a boyfriend, and she's been working in the same supermarket for eighteen years.

Keiko's family wishes she'd get a proper job. Her friends wonder why she won't get married. But Keiko knows what makes her happy, and she's not going to let anyone come between her and her convenience store...

A cult hit around the world, *Convenience Store Woman* is both a feminist rallying cry and a must-read oddball comedy.

Ms Lovelock-Lilley found this to be a mesmerizing immersion in a foreign culture and felt she learned a lot in the process.

Best suited for students in Key Stage 4 and over.



**Student Recommendation**  
Neria Onafowokan in Year 7 recommends *Goodnight Mister Tom* by Michelle Magorian.

Britain, 1940. With World War Two raging all around, young children are being sent from their homes in the city to the countryside for safety.

When eight-year-old Willie Beech first arrives on Tom Oakley's doorstep, neither are quite sure what to make of each other. Brought up in terrible poverty, Willie is terribly shy and totally unprepared for village life - but the gruff-but-gentle 'Mister Tom' quickly takes him under his wing. Neither he nor Willie could ever have predicted the journey they will go on together - nor the unbreakable bond that will be formed. Neria thought the book was 'heart-warming and fun' and revealed a lot about life during World War Two.

Suitable for all students - Year 7 and up!

## 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 continuation 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 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.

# 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](#).

## 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...**





## 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 9<sup>th</sup>/10<sup>th</sup> 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)

## Dealing with exam stress



### How do I help my child deal with exam stress?

Exams can feel overwhelming for children and young people. It may be tricky to know how to support them through this difficult period. As a parent or carer, there are things you can do to help them manage feelings of stress.

#### Spot the signs of stress

Common signs that your child is experiencing stress include:

- Upset stomach.
- Headaches.
- Disturbed sleep.
- Loss of appetite.
- Being irritable.
- Low mood.

#### Understand the source of stress

Messages of stress and pressure can come from many places. It might be something a teacher has said, or a well-meaning comment from relatives or friends. News and social media can also play a part. Your child might struggle to cope with feelings of pressure because of these things.

#### Take time to speak to and observe your child. It can help to:

Ask them how they feel and what's making them feel that way.

Share any concerns you have for how they are – tell them what you've noticed.

Find ways to empathise – reflect on what pressure feels like, or ask how they're looking after themselves.

Don't feel you have to find solutions straight away. Making sure your child knows that you are listening and there to offer support can be a good start.

#### Help them manage their workload

Prioritise breaks and time away from work. This improves mental wellbeing and helps your child focus and learn.

#### Encourage healthy habits

The amount of sleep your child gets makes a difference to their mental health and ability to learn. If your child isn't sleeping well, see if there are any changes they could make to their bedtime routine to help them relax. This could include a bubble bath, reading, meditation or a walk. Make sure they get regular food and drink breaks, and help them find ways to exercise.

#### Take a positive attitude

Stay positive. Remind your child of their strengths and qualities. Let them know you are proud of the efforts they have made, whatever the outcome of exams.

**Get extra support** If you're worried about your child, contact your GP to explore extra support.

- [The Mix](#) offers a helpline, advice and a forum for under-25s.
- [Shout text](#) service offers support to anyone who's struggling. Text 85258.
- [Childline](#) has a helpline, chat and email service. Call 0800 1111.
- [Kooth app](#) has an online community, articles, 1:1 chat and journal feature.

# 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.

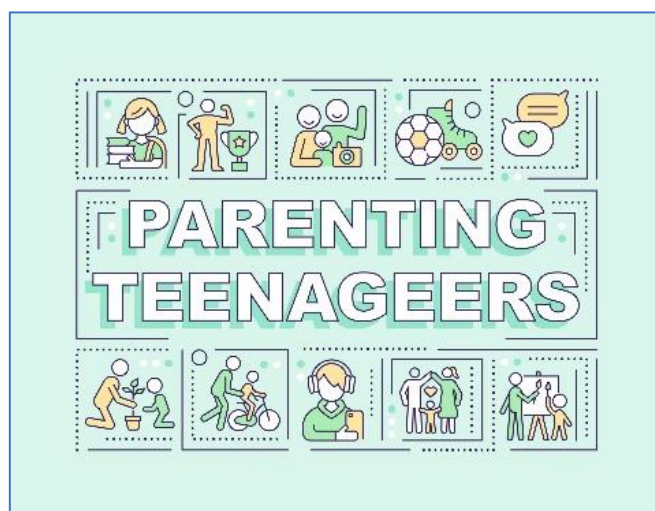
Thousands of children and young people in the UK are thought to be impacted by self-harm each year. Spotting the signs can be difficult, and approaching the subject with your children can be an uncomfortable experience. This online course, 'Talking to your children about emotional resilience and self-harm', 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](#)



## Parent Club Parenting Teens: Survival Tips -Free workshop online



By The Children's Trust Parent Club

**Tuesday March 19<sup>th</sup> at 4pm ONLINE: 1 hour**

Please register here: <https://bit.ly/3UEIS6X>

Presenter: Maria De Andrade

### Who is it for?

Parents or caregivers interested in promoting healthy relationships, supporting appropriate independence and boundaries for their pre-teens and teenagers, ages 11-18.

### What is covered?

In this workshop, parents are introduced to the five core tips for parenting teens with confidence and success. These are:

- Getting to know your teen
- Managing parent stress
- Building your relationship with your teen
- Setting clear expectations
- Giving consequences that fit

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



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

**Thursday 7<sup>th</sup> March 2024 - Managing Maths**

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

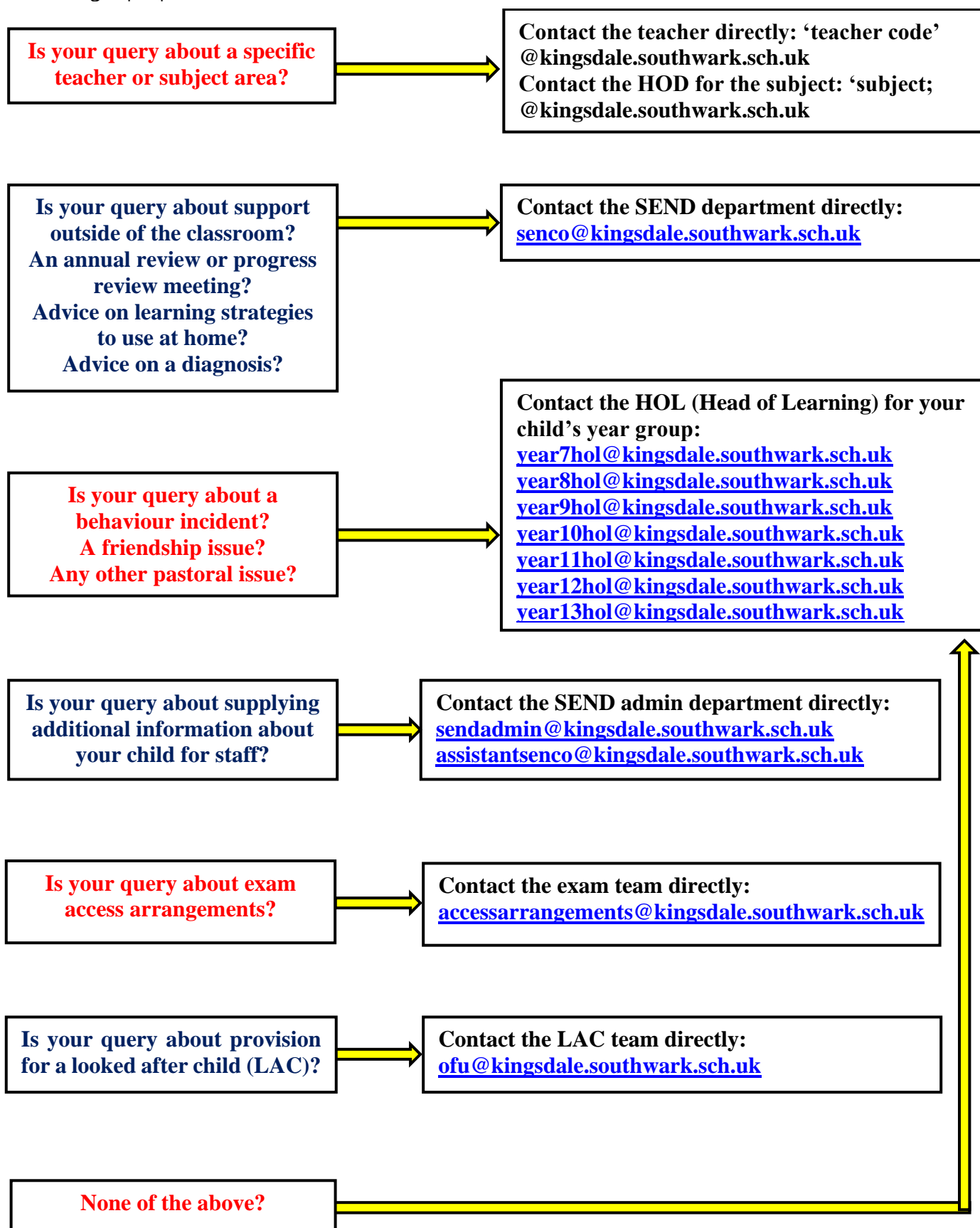
Please park on College Road where there is unrestricted parking. Bell House can be reached by the P4 bus route (Dulwich Picture Gallery Stop) or the P13 bus route (Dulwich College stop) and the nearest train stations are West Dulwich or North Dulwich. Contact the KFS SEND Team for more information via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



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

## The School Shop

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



## Lost Property

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

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

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



## International Women's Day

International Women's Day is celebrated annually on March 8<sup>th</sup> to commemorate the cultural, political, and socioeconomic achievements of women. It is also a focal point in the women's rights movement, bringing attention to issues such as gender equality, reproductive rights, and violence against women.

### STUDENT TASK:

Choose one activity from the list below:

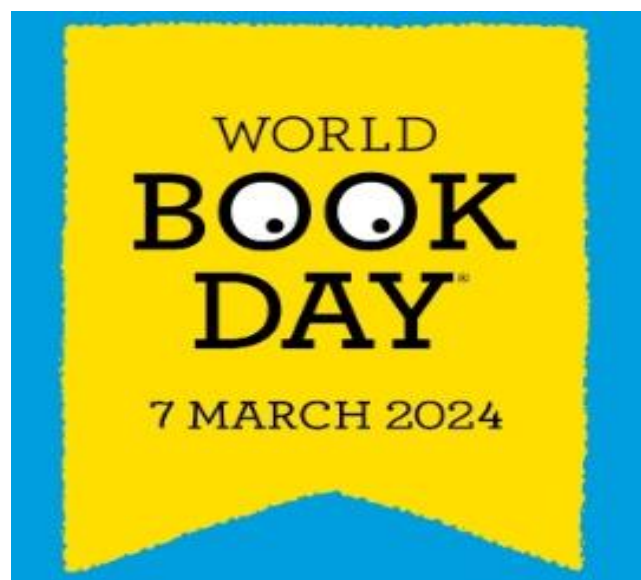
1. Choose an inspirational woman from the present day or the past. Write an acrostic poem about them using the letters of their name.
2. Use recycled objects or materials to create a collage portrait of an inspirational girl or woman from the present day or the past.
3. Create a comic strip with at least 10 cells that features a girl or woman as the main character. Tell the story of how the character overcomes adversity.



**HOW TO ENTER:** Please share your completed activity with the House Team:

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

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



## World Book Day Bookmark Challenge

World Book Day changes lives through a love of books and shared reading. The mission is to promote reading for pleasure, offering every child and young person the opportunity to have a book of their own.

Spending just 10 minutes a day reading and sharing stories with children can make a crucial difference to their future success and its fun for all involved.

That's why World Book Day continues to encourage children and young people to read for pleasure through its work with authors, illustrators, publishers, bookshops and libraries.

Source: <https://www.worldbookday.com/about-us/about-world-book-day/>

### STUDENT TASK:

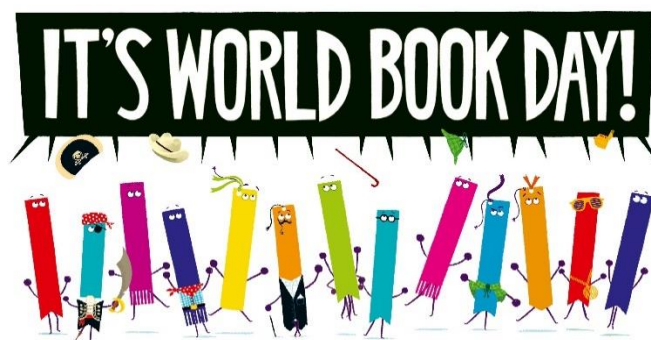
Make a bookmark to celebrate World Book Day. The most creative bookmark will win valuable points for your house.

### HOUSE ACTIVITY:

Submit your bookmark to the House Team:

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

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





# Top Tips for Supporting Children Who Are EXPERIENCING BULLYING

In a DfE survey, 36% of parents said that their child had been bullied in the past year, while 29% of secondary school headteachers reported bullying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying – so it's important that parents, carers and educators know how to talk to children about bullying.

## 1. WATCH FOR BEHAVIOURAL CHANGES

Children who are experiencing bullying may become quiet, withdrawn, or anxious; however, they may also act on the pain and anger that they're feeling. A shift in attitude towards their existing friends (or not mentioning them any more at all) or alluding to new friendships which seem notably different could also be warning signs. It's important to be alert to such changes and talk to your child about them if they occur.

## 2. THINK THINGS THROUGH

Before acting, ask yourself if this is the right time and place to address concerns about bullying. Might your worries trigger strong feelings – perhaps from your own experiences – that could discourage your child from opening up to you? You could try discussing what you've noticed with another trusted adult who knows your child well.

## 3. BE OPEN AND UNDERSTANDING

Try to outline to your child the changes that you've noticed in their body language, appearance, behaviour, or tone of voice – and do so without sounding judgemental. Help them to describe what they're feeling – be it anger, sadness, fear or something else – as accurately as possible. If they say they're "angry", do they mean "enraged" or "frustrated"? This will help them to understand how they're feeling and why.

## 4. LET THEM SPEAK FREELY

Use open questions and a welcoming tone to encourage your child to talk. Listen closely and summarise what they've said at appropriate points (ideally without interrupting) to demonstrate that you're understanding clearly. Bullying may have undermined your child's sense of control, and they may fear that you'll judge them, overreact or impose consequences – so this conversation can reassure them being honest with you was the right decision.

## 5. CALL A TIME OUT

A conversation about bullying could leave both you and your child feeling distressed. It's important to recognise this and pause at suitable moments to calm down. Take deep breaths, enjoy a hot drink or even have a cathartic cry. This can reinforce trust, while also helping you both feel that you have control over the situation and the emotions that you're feeling.

## 6. STAY INFORMED

Make sure you know your child's school's definition of, response to and relevant contacts for bullying. This information should be in their anti-bullying policy, which ought to be available on the school's website. Class teachers or form tutors are usually the first point of contact, though there may be dedicated support teams or key workers to help your child, depending on the specific situation.

## 7. PREP YOUR CHILD FOR THE RESPONSE

Schools' responses to bullying vary depending on whether they're resolving disagreements and arguments, or addressing unintended verbal or physical harm and so on. It's important to work out with your child whether any harm was intentional, how much control they had over the situation and how often such incidents have occurred. Reporting concerns accurately will get the best outcome for your child more quickly.

## 8. SUMMARISE YOUR CHILD'S EXPERIENCE

When you contact the school, make sure you've precisely described what your child experienced: what happened; when; where; and who was involved. This will help the school to investigate further, identifying any witnesses, as well as those who were directly involved. It can also help the school to know how your child is feeling and how they'd like the matter to be resolved.

## 9. LIAISE WITH THE SCHOOL

Any school has a duty to ensure that the members of its community feel safe and included. It's important for children to learn their role in this. The school must determine how best to restore these feelings of safety and respect. It's often best for schools to keep parents and carers informed of any action taken – and for families to avoid taking matters into their own hands.

## 10. CHECK IN FREQUENTLY

Once the issue has been resolved and the bullying behaviour has stopped, your child may still feel anxious and might find it difficult to rebuild relationships or develop new ones. Parents, carers and the school should all keep an eye on how the child is feeling and acting over the following months. Any relevant information should be shared, so that further support can be planned if necessary.

## Meet Our Expert

Bob Basley is the Director of Anti-Bullying Quality Mark-UK, which challenges and supports schools to develop sustainable whole-school approaches to prevent bullying, including working with parents and carers. More than 80 schools in England and Wales currently hold the quality mark.



The National College

Source: [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/788040/survey\\_of\\_pupils\\_and\\_their\\_parents\\_or\\_carers-wave\\_5.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/788040/survey_of_pupils_and_their_parents_or_carers-wave_5.pdf)  
<https://www.oed.org/education/tails/tails2018tables.htm> | [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/621070/health\\_behaviour\\_in\\_school\\_age\\_children\\_cyberbullying.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/621070/health_behaviour_in_school_age_children_cyberbullying.pdf)



# SPORTS FIXTURES

# HOUSE NEWS

## Monday 4<sup>th</sup> March 2024

- Girls'/Boys' Year 7s Cycling Confident Course on site. Start 9am. Finish 3pm approx.: **Southwark Instructors/Mr Price** (Sessions take place each day Monday - Friday)
- Boys' Under-12s Hockey Team Away Game against St. Dunstan's College. Leaving school at 3pm. Start 4pm. Return at 6pm approx.: **Mr Pizzey**
- Boys' Under-14s Surrey Rugby 7s Tournament at Caterham RFC. Leave school at 8.30am. Start 10am. Return at 5pm approx.: **Mr McWhirter**

## Tuesday 5<sup>th</sup> March 2024

- Boys' Under-15s Football A Team Away Game against Riddlesdown School. Leave school at 1.15pm. Start 2.15pm. Return at 5.30pm approx.: **Mr Price**
- Girls' Under-13s Football B Team Away Game against The Elm Green School. Leave school at 2.30pm. Start 3pm. Return at 4.45pm approx.: **Ms Findlay/Mr Dash**

## Wednesday 6<sup>th</sup> March 2024

- Boys' Under-18s Rugby 7s Tournament at Reigate. Leave school at 8am. Start 10am. Return at 5pm approx.: **Mr McWhirter/Mr Worsley**
- Boys' Under-13s Surrey Rugby 7s Tournament at Trinity School. Leave school at 8.30am. Start 9.45am. Return at 5pm approx.: **Mr Roberts/Mr Price**
- Boys' Under-13s Hockey Team Away Game against St Dunstan's. Leave school at 3.15pm. Start 4.30pm. Return at 6pm approx.: **Mr Pizzey**
- Girls' Under-16s Netball Team Away Game against Sydenham Girls School. Leave school at 3.45pm. Start 4.15pm. Return at 6pm approx.: **Ms Thomas**
- Girls' Under-12s Football Tournament Away Game at The City of London School. Leave school at 9am. Start 10am. Return at 3pm approx.: **Mr Dash**

## Thursday 7<sup>th</sup> March 2024

- Boys' Under-14s Football Team Away Match at Selhurst Arena against Haberdashers Aske's Academy. Leave school at 1.45pm. Start 2.30pm. Return at 4.30pm approx.: **Mr Foster**
- Girls'/Boys' Mixed Under-18s Rugby 7s Tournament Away Game at Richmond Athletic Club. Leave school at 9am. Start 11am. Return at 5.30pm approx.: **Mr Worsley/Mr Price**

## Friday 8<sup>th</sup> March 2024

- Boys' Under-12s Surrey Rugby 7s Tournament Away Game at Wimbledon College. Leave school at 8.45am. Start 10am. Return at 5pm approx.: **Mr Lord/Mr Price**
- Girls' Under-15s Handball Tournament Away Game Harris Academy Crystal Palace. Leave school at 1.45pm. Start 2.30pm. Return at 7pm approx.: **Ms McErlain**
- Girls' Under-13s Football A Team Away Game against Alleyn's School. Leave school at 1.15pm. Start 2pm. Return at 4pm approx.: **Mr Dash**

\*Please note Fixtures/Events may be cancelled due to wet or frozen pitches. Extra Fixtures may be organised at short notice.

All fixtures can be viewed here:

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



## Online Safety Corner

For this week's Online Safety focus, we are looking at everything parents/carers need to know about 'Supporting Children who are experiencing bullying'. 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 2024

Many of our students this week will be having numerous conversations in lessons, tutor time and assemblies about the many 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](#). Here is a list of some emerging industries which your child may be involved in joining in future years.

- Renewable Energy
- Space Exploration & Technology
- Biotechnology & Healthcare Innovation
- Artificial Intelligence (AI) & Machine Learning
- Cybersecurity
- Virtual & Augmented Reality (VR/AR):
- 5G Technology
- E-commerce & Last-Mile Delivery
- Clean Meat & Plant-Based Alternatives
- Advanced Manufacturing & Automation.

## The House Leader Board 2023-24

### Week ending 1<sup>st</sup> March 2024

1<sup>st</sup> Place – Swift 37,593 Points

2<sup>nd</sup> Place – Dove 37,075 Points

3<sup>rd</sup> Place – Falcon 35,549 Points

4<sup>th</sup> Place – Albatross 33,573 Points

5<sup>th</sup> Place – Eagle 32,180 Points

It is a competitive race as Swift have risen to the top of the leaderboard. Can Swift be overtaken?

