



PARENTAL NEWS BULLETIN

Issue 23 Monday 10th March 2025

HEADLINE NOTICES

TES School Awards 2025 Submissions deadline is now closed

The TES School Awards submissions date has now closed. We would like to thank all parents, guardians and carers who have taken the time to submit testimonials in support of our applications – we could not succeed without your support.

We will notify you in due course if we progress to the next stage in any category.

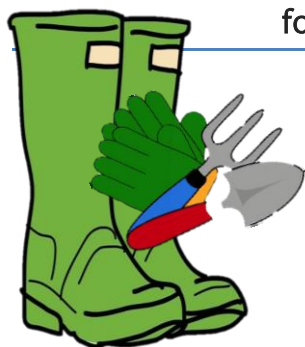


House Excellence Award

Nee-Ayiku in Year 9, has won the House Excellence Award, having been nominated by the Drama department. They write "Nee-Ayiku is an absolute joy to work with. He is positive, committed, kind and thoughtful. In the Drama room, he leads by example; his performance

skills have developed consistently since last year and his insightful ability to analyse and evaluate scene work is excellent. He goes over and above and we are incredibly proud of him. Keep up the good work Nee-Ayiku!

Green fingers and thumbs needed for Kingsdale Pond Dig!



A reminder that in order to bring the Kingsdale pond vision to life, we need enthusiastic student volunteers to help with the initial dig on the afternoon of **3rd April**. This is a wonderful chance for students to be part of something lasting — creating a space that will benefit the whole school for

years to come. If your child would like to take part, please encourage them to sign up by contacting Mr Hayward, Head of Science at jhd@kingsdale.southwark.sch.uk. We look forward to seeing our young environmentalists

Careers Fair 2nd April 2025!

A reminder that our flagship careers event is due to be take place on 2nd April 2025 for Years 9, 10 & 12.

Details have been emailed to parents and carers.

If you have any queries please e-mail careers@kingsdale.southwark.sch.uk

THEME OF THE WEEK LENT

'Christians believe that life is like a journey. Lent is a time to stop, look at ourselves and make a new start.'

WORD OF THE WEEK Serendipity

The occurrence and development of events by chance in a happy or beneficial way.

'The lottery is something one wins by serendipity not by design.'

SCHOOL NEWS



Ramadan Observance:

Prayers during Ramadan and Jumah

For those who observe Ramadan, Kingsdale wishes you a blessed month. Kingsdale supports students observing Ramadan and are happy to encourage them to use the Prayer Room for Friday Jumah during this special time. Missing class for observance of prayers (Monday – Thursday) during Ramadan has not been the tradition at Kingsdale.

Students in Years 7, 8, 10 and 11 who wish to pray their Jumah (Friday/Ramadan) prayer during their Period 5 lesson need to obtain an individualised Prayer Pass from

Mr Lewis. This can be acquired by parents/carers confirming permission to be out of class for ablution and prayer prior to returning to class from 12.50 – 13.25. Students will be issued with a Prayer Pass confirming permission and enabling them to go to the prayer room. Students are required to catch up with any work missed. If there are any questions, please do not hesitate to get in contact with Mr Lewis at jls@kingsdale.southwark.sch.uk



SIXTH FORM NEWS

Year 13 Economics Students Excel in Exclusive Workshop with EconplusDal

Our Year 13 Economics students had an incredible opportunity to take part in an intensive two-day workshop on Friday and Saturday, led by EconplusDal - a highly experienced Economics teacher and Head of Economics, renowned for helping students achieve top grades (A and A*).

During the workshop, students gained valuable insights into exam strategies, refined their understanding of core content, and learned practical application techniques to secure the highest marks in their exams. The sessions were designed to boost confidence and equip students with the skills needed to tackle complex exam questions with precision.

EconplusDal was highly impressed with the students' depth of knowledge and enthusiasm for the subject. He commended their engagement and active participation, noting that their dedication to mastering Economics was truly commendable.

For more information on EconplusDal's work and resources, visit www.econplusdal.com. Well done to our Year 13 students for making the most of this fantastic opportunity!



(ESAA) National Cross Country Championships



Huge Congratulations to the Junior Girls and Intermediate Girls Cross Country team who competed at the (ESAA) National Cross Country Championships on Saturday.

The championships bring together the best athletes in each of the 46 Counties in England to compete for the honour of being the best in the country. Our students were Celia Yeatman, Celia Allen, Esther Yeatman, Seren Yeatman, Poppy Clapperton, Lily Sophia Mikalsen and Malaika Trim.



Kingsdale Foundation School came 18th in the Junior Girls competition and Celia Yeatman came 43nd in the Intermediate National Championships.

Well, done to all the girls who took part in both county and national championships!

SPORTS NEWS

KFS disclaimer. Please be advised Match reports produced and presented by student reporters.

Basketball Scholarship Trip

Our trip to watch London Lions vs. Manchester on February 26th was a fantastic experience! The game was thrilling, with the Lions winning 78-73, and our students cheered enthusiastically throughout. Their behaviour was excellent, and it was great to see them enjoying professional basketball up close.

A huge thank you for your support in making this trip possible! We look forward to more exciting events in the future'



Under-14s Rugby Surrey Vase 7s Tournament

Congratulations to the U-14s Boys' Rugby Sevens Team for reaching the quarter finals of the Surrey Vase 7s Tournament last week. This was a great achievement, with them playing against several grammar and private schools. In the group stages the boys beat Cranmore four tries to two and Box Hill six tries to two. We drew against Whitgift three tries, with two conversions a piece. Unfortunately, we lost to Gordons School three tries to nil. In the quarter finals we played St John's Leatherhead and were leading 12 points to 5 at half-time but St John's Leatherhead bounced back after half-time winning 6 tries to two.

Well done to Jimmy Roberts, Cordell Ouvry, Daniel Sharp, Red Treverton, Leonardo Tang, Filippo Rama, Lenny Kane Pereira and Jaiden Afranie Wilson.

Final Score: Kingsdale **26-0** Cranmore

Tries: Daniel Sharp (2), Jimmy Roberts (1), Jaiden Afranie Wilson (1)

Conversions: Jimmy Roberts (3)

Final score: Kingsdale **0-17** Gordons

Final score: Kingsdale **19-19** Whitgift

Tries: Jimmy Roberts (2), Leonardo Tang (1) **Conversions:** Jimmy Roberts (2)

Kingsdale 38 vs Box Hill 12

Tries: Cordell Ouvry (2), Jimmy Roberts (1), Red Treverton (1), Leonardo Tang (1), Filippo Rama (1)

Conversions: Cordel Ouvry (2), Jimmy Roberts (2)

Quarter Finals

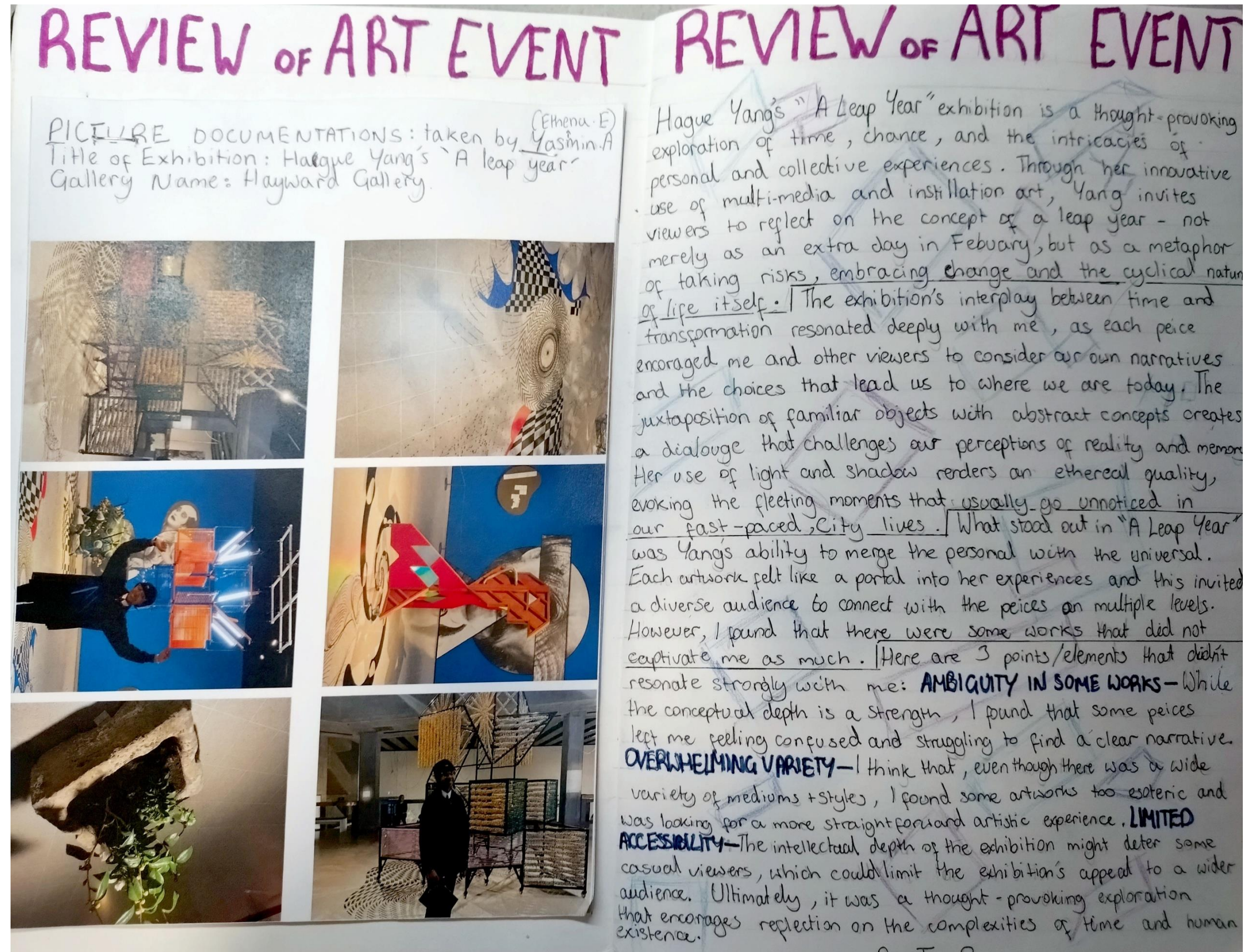
Final score: Kingsdale **12-40** St John's Leatherhead

Tries: Jimmy Roberts (1), Jaiden Afranie Wilson (1)

Conversions: Jimmy Roberts (1)

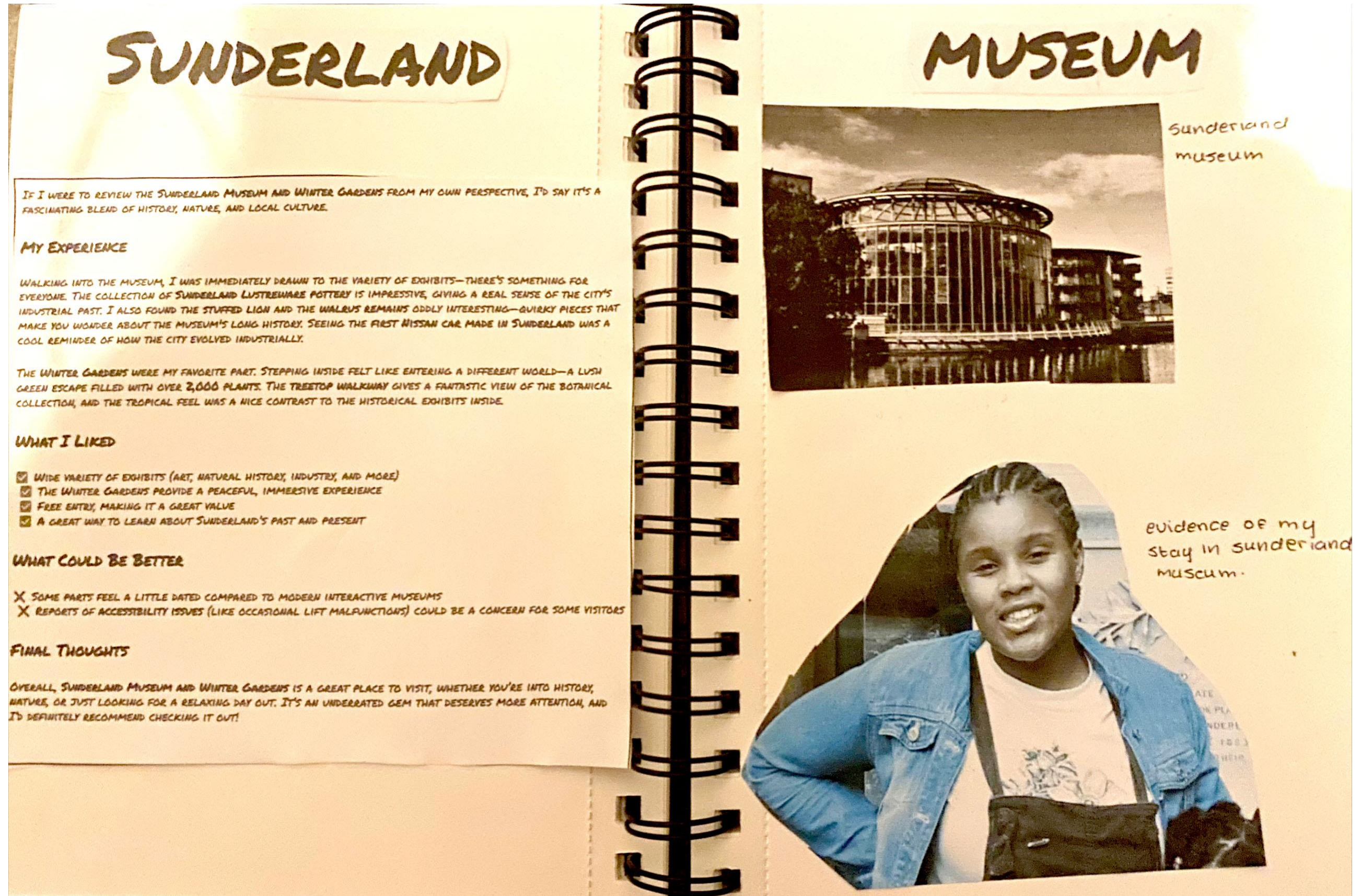
Silver Arts Award

As a part of their Silver Arts Award qualification, students are sharing a review of an arts event they have recently attended.



Yasmin Ansine-Harrison
Year 8

Silver Arts Award



Blessing Fateye
Year 8

CAREER NEWS

Calling All Year 13s Interested in a Career in the Museum Sector!

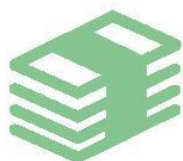
The London Museum have a fantastic bursary available to Year 13 students which will provide £1000 per year of your undergraduate study and the opportunity for two-month summer placements at the London Museum.

Further details are below but if you're at all interested in careers in the museum or heritage sectors, this is for you. For further details please contact Mrs Wiggam or Ms Markes.

LONDON COLLECTION BURSARY

Paid summer student placement and annual £1,000 bursary at London Museum

What is it?



Our London Collection Bursary is designed to open up roles related to collections in museums to people who may not have considered a career in the museum and heritage sector.

The bursary provides one student with:

- An annual £1000 bursary for the duration of your undergraduate studies
- A two-month paid summer placement working within one or more departments of the museum, for each year of your undergraduate studies.



CAREERS AT LONDON MUSEUM

This infographic illustrates the areas of work and types of roles we have at London Museum. We hope it will help people in their early career, those looking to change career or move into the sector to get a better understanding of possible career paths they might choose.



CORE SERVICES

Roles in this area perform key business functions and are found across the majority of organisations meaning that experience and skills are highly transferrable

- Human Resources
- Finance • IT • Facilities



COLLECTIONS

Collections based roles work closely with the museum's collection in relation to storage, documentation, movement, story-telling, conservation and display

- Curators • Conservators
- Librarians • Archivists
- Graphic designers
- Gallery technicians
- Registrars • Audience leads
- Exhibition managers

Who is it for?



We would particularly like to support those who may have faced additional barriers throughout their time in education. We will prioritise applicants who have:

- ✓ Been eligible for free school meals (anytime during the last six years)
- ✓ Experience of care

We also particularly welcome applications from the following groups, because we know they're underrepresented in the museum and heritage workforce:

- ✓ Applicants who identify as Black, Asian or ethnically diverse
- ✓ Disabled applicants
- ✓ Applicants who identify as male or non-binary

To be eligible you should:

- ✓ Have studied your post-16 qualifications at a school or college in London
- ✓ Be planning to begin studying at a higher education institution in autumn 2025
- ✓ Be intending to study a subject which you feel is relevant to the work of a museum
- ✓ Have an interest in learning more about working in museums



CUSTOMER FACING

Roles in this area interact and communicate directly with our visitors and clients and play a pivotal role in the experiences they have at the museum

- Hosts • Catering • Retail
- Visitor experience managers
- Hospitality • Security
- AV technicians • Call centre
- Photographers • Picture library



DEVELOPMENT

Roles in this area raise funds that are essential for the museum. This includes fundraising (from people or organisations), thanking supporters, and managing a range of operational functions such as events,

- Fundraising
- Event management
- Project and office management

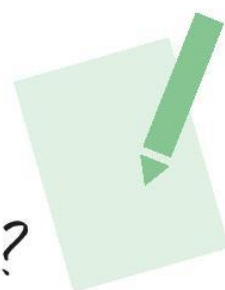


LEARNING & ENGAGEMENT

Roles in this area involve running programmes for schools, families and communities across London and beyond

- Schools • Families • Early years
- Community engagement
- Audience research & evaluation
- Online learning

How do I apply?



You can submit an application using our online form at londonmuseum.org.uk/london-collection-bursary



OR

email earlycareers@londonmuseum.org.uk and we'll send you a link.

Applications close on 30 April 2025.



TASTER ROLES

These are the different ways you can gain experience and insight into what we do at the museum

- Volunteering
- Student Placements
- Work Experience



COMMUNICATIONS

Roles in this area raise awareness of the museum and drive visits through the proactive promotion of the museum's activities

- Public relations
- Marketing • Social media
- Brand • CRM



NEW MUSEUM

Roles in this area drive forward the planning and creation of our new museum in West Smithfield. Although a number of departments across the museum feed into new museum work, the new museum team are instrumental in coordinating and mobilising this monumental project

- Project and programme management
- Curation and display
- Architectural and exhibition design and build
- Audience insight and engagement
- Creative programming and partnerships
- Organisational transformation



Trinity College Beyond the Classroom Online Academic Enrichment Programme - Back in 2025!

What Is It?

Trinity's online after-school academic enrichment programme is back for 2025 and will feature a new series of mini lectures, Oxplore taster sessions, academic skills talks and advice about preparing for university study and submitting a competitive application to university and the University of Oxford specifically.

A certificate of participation from Trinity College, Oxford, for those attending 7 or more sessions, will be provided!

Who Can Participate?

Any state school student in Years 7 to 12 interested in exploring learning across a broad range of themes and cross subject beyond the classroom and/or applying to Oxford.

When Is It?

Beginning 5th March until 9th July 2025.

Where Is It?

Online via Teams.

Students can sign up to Beyond the Classroom now and anytime up to 8th July by completing the [Registration Form](#). They can register at any point before 9th July.

St Anne's Super-Curricular Club

What?

St Anne's Super-curricular Club is a series of online academic taster sessions aimed at Year 12 students who want to broaden their academic interests and gain insight into university-level research and undergraduate-style teaching. Each taster session will be one hour long and will introduce students to our researchers' work, and what this subject area might be like to study at Undergraduate level.

Who?

Year 12 UK state school students who would like to get a taste of their subject at this level and learn from an Oxford University academic.

When

16:00-17:00 from 20th March to 22nd May.

Where

Online

For more details and to sign up, students can access this [booking form](#).



Neuroscience Careers talk

Years 8, 10 and sixth formers were treated to a fascinating careers talk by Professor Caswell Barry last week, who is a Neuroscientist working at UCL. Professor Barry demonstrated the breadth of developments in the field and blew everyone's minds with his demonstrations of how we can now read people's minds and use AI to help people control robotic limbs. Students were enthused about the wealth of options in the field and many left determined to pursue it through further study.

Careers Talk 11 March

The Data Boom and a Career in the Data Centre Industry

Interested in how the world really works? Want to find out what's behind all of the things we do online? Data Centres are an essential part of our daily infrastructure but not much is known about them. Come and join ex-Kingsdale student Ashley and his colleagues to find out a bit about what Data Centres are, what jobs are available, and how you can get involved.

1pm in 6CR (upstairs in the main Sixth Form block), on Tuesday 11th March. Students who wish to sign up should please fill out this form [here](#).



CAREER NEWS

Careers Talks 2025

A reminder that as well as Apprenticeship week, we have a range of careers talks coming up this year – details below. Students should sign up [here](#) if they are interested.

Any student who has signed up will receive an e-mail and should note that the talk is during their lunch time so they should bring a packed lunch, or can get a slip to be released 10 minutes early from their lesson.

Careers Talks Programme

Data Centres

Years 9, 12 & 13
11th March 2025 at 1pm

Medicine Information Session

Year 12
12th March 2025 during enrichment

Architecture

Years 8 & 10
18th March 2025 at 12 noon

Business and Entrepreneurship

Years 8 & 10
29th April 2025 at 12.00 noon

Law Information Session

Year 12
7th May 2025 during enrichment

Charity Sector: Amnesty International

Years 8 & 10
13th May 2025 at 12 noon

Wigs & Hair (National Theatre)

Years 9 & 12
20th May 2025 at 1.00pm

Health Economics

Years 9 & 12
6th June 2025 at 1pm

Humanitarian & Development Aid

Years 8 & 10
24th June 2025 at 12 noon



Science Intervention Programme

Science Support Sessions

We invite all students to take advantage of our **Science Support Sessions**! These sessions are becoming increasingly popular, providing an excellent opportunity for students to deepen their understanding of scientific concepts with the help of experienced scientists.

Who are they for?

- Year 11 and Year 13 students who need support in understanding key scientific concepts
- Any student looking for extra guidance in Science subjects

Why attend?

- They are a great opportunity to clarify doubts and strengthen subject knowledge
- They are a welcoming and supportive environment for learning



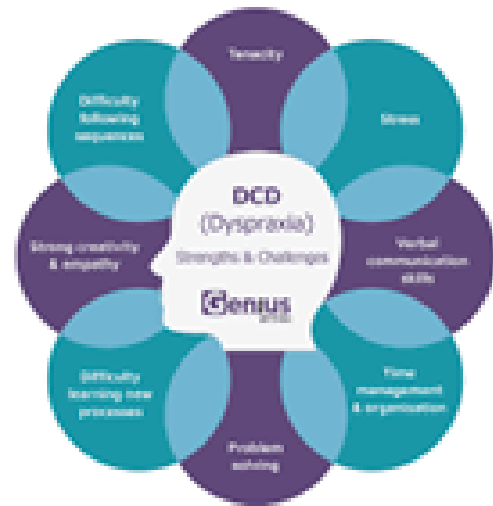
Year 11 – Intervention programme

Date	Combined Science Intervention Programme of Study Every Tuesday			Separate Science (Triple Science) Intervention Programme of Study Every Wednesday	Saturday Sessions
	Biology	Chemistry	Physics	Chemistry Sessions/ Physics	
Day/ Time	Tuesday 3.45 to 4.45pm	Tuesday 3.45 to 4.45pm	Tuesday 3.45 to 4.45pm	Wednesday 3.45 – 4.45pm	Saturday Open for all
Room Number	SC – Small Tutoring sessions SC2/SC3/SC4	Small Tutoring sessions SC8/SC10/SC11	Small Tutoring sessions SC1/SC6/SC7	S11	Online

A Level Intervention Programme

Date	Year 13 Intervention Programme		
	Biology Wednesday / Thursday	Chemistry Wednesday	Physics Monday, Tuesday and Wednesday
Day/ Time	Wednesday (6M2) and Thursday 3.45 to 4.45pm	Every Wednesday 3.45 to 4.45pm	Every Monday, Tuesday, and Wednesday 3.45 to 4.45pm
Room Number	SC10	Tutoring sessions	Small Tutoring sessions SL1

Supporting Your Child with Dyspraxia



Raising a child with dyspraxia, a condition affecting motor skill development, can be a challenging journey. Dyspraxia, also known as Developmental Coordination Disorder (DCD), impacts a child's ability to perform tasks requiring coordination, such as writing, tying shoes, or participating in sports. However, with the right strategies and support, you can help your child overcome many of these challenges, build their self-confidence, and foster a sense of independence. Below are some practical tips for parents, along with helpful visual aids and resources to guide your journey.

1. Encourage Physical Activity

Engaging your child in physical activities that promote motor skills development is crucial. Activities like swimming, gymnastics, or martial arts help improve coordination, strength, and balance. These exercises don't just build muscle; they also help your child feel more confident in their physical abilities. Aim to make physical activity fun and part of the routine, so your child looks forward to it.

2. Create a Structured Routine

Children with dyspraxia thrive in structured environments. A consistent daily routine can help your child anticipate what's next, reducing anxiety and increasing their sense of control. Break tasks into manageable steps and use visual schedules or charts to help your child keep track of what they need to do. This could include visual reminders of the morning routine, school tasks, or household chores.

3. Use Visual Aids

Incorporating visual aids into your child's daily activities can be a game changer. Visual cues such as charts, diagrams, and color-coded systems can help children with dyspraxia process information more easily. Whether it's a visual schedule for daily tasks or pictures showing the steps to complete an activity, these tools can provide a helpful guide that your child can refer to throughout the day.

4. Provide Clear Instructions

When giving instructions, break them down into simple, easy-to-follow steps. Children with dyspraxia may struggle to process complex directions, so keeping things clear and concise is key. You might also consider demonstrating a task or guiding your child through it slowly, offering praise for each step they complete.



5. Promote Social Skills Development

Social skills can often be a challenge for children with dyspraxia, especially if they struggle with coordination in physical games or social situations. Encourage your child to interact with their peers in supportive environments. Structured group activities or team sports designed for children with coordination difficulties can help improve social skills in a less stressful setting.

6. Be Patient and Supportive

Patience is essential when raising a child with dyspraxia. Understand that learning new skills will take time, and that your child may experience frustration along the way. Celebrate small victories, whether it's successfully completing a task or simply trying something new. Positive reinforcement can go a long way in building your child's confidence.



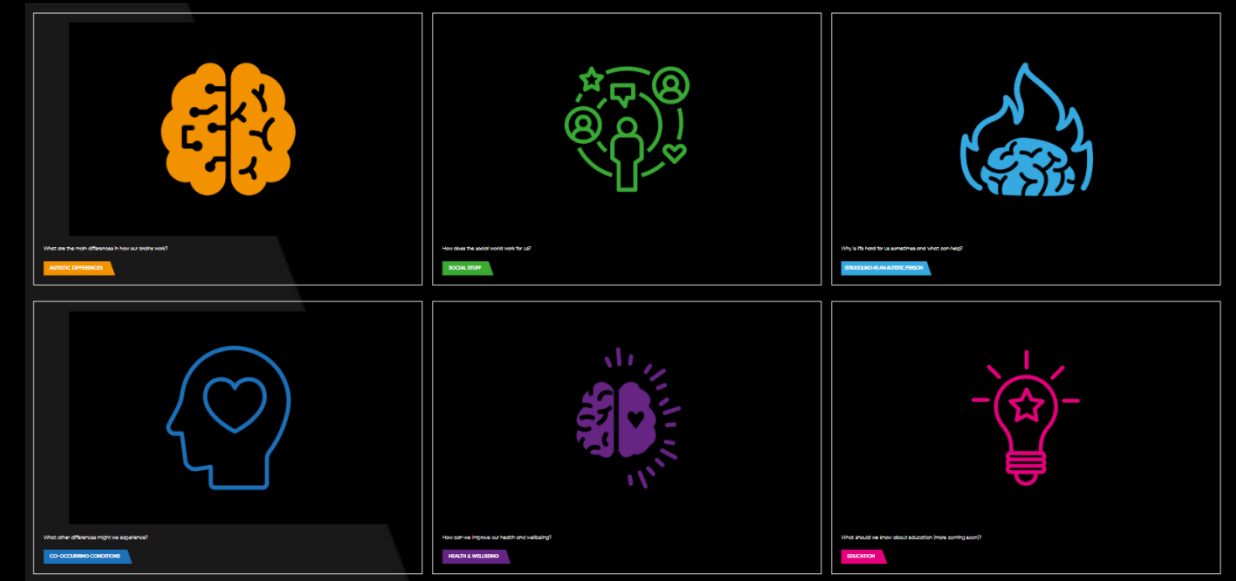
Additional Resources

For further guidance and insights into raising a child with dyspraxia, consider visiting the following websites: [Dyspraxia Kids](#) and [Additude Magazine](#). These resources offer detailed articles, expert advice, and real-world experiences from other parents navigating similar challenges.



Website aimed at explaining autism for autistic young people

Despite the understanding of neurodivergence increasing and the number of diagnoses rising, Information on autism and what it means to be autistic for young people recently diagnosed can be difficult to find. To help address this, the charity Spectrum Gaming has developed a website, Autism Understood (<https://bit.ly/3DAxRJ3>).



The site aims to support young people to better understand themselves and to provide a place where reputable information about autism can be found. The website was co-created with young people and adults with autism from the field of research, education, and experts with lived experience. Spectrum Gaming has three aims: developing friendships, improving self-acceptance, and increasing advocacy. The website will help young people to build an understanding of the areas that they may need support in, and why, framed in a positive way and written with a level of true understanding.



Cygnnet Autism Programme

- **Provider:** Southwark's Autism Support Team
- **Description:** A 6-week course aimed at parents and carers of children aged 5-18 with autism. The program focuses on understanding autism, communication strategies, sensory issues, and behaviour management.
- **Details:** Weekly 2.5-hour sessions.
- **Eligibility:** Parents and carers in Southwark with children aged 5-18 diagnosed with autism.
- **Contact:** For upcoming sessions and registration, visit the [Southwark Local Offer website](#). Or click [HERE](#) to register

LOCAL OFFER

THE LONDON BOROUGH OF SOUTHWARK



Bell House: Supporting the Dyslexic Learner All Six Sessions Special Offer

This six-week course has been designed to help you understand how you can best support a child at home and at school.

Children with dyslexia may learn differently from you. We will cover how to recognise different learning profiles, multi-sensory learning, age-appropriate reading matter and tools, note taking, mindmapping, making numeracy more visual and how to gather evidence that a child needs help and support.

Tina Hunter is a highly experienced specialist teacher and assessor with over 20 years of experience in the field of further education. She has worked both in the UK and abroad, gaining valuable insight into a variety of educational systems and practices. Tina has worked with students across primary, secondary, and further education levels, allowing her to develop a comprehensive understanding of the diverse needs of learners at different stages of their academic journey.

Click [HERE](#) to find out more.

Click [HERE](#) to book.

COURSE DATES Thursdays: 13th March 2025

This booking page is for the whole six sessions for a special price of £100.
If you prefer to book specific dates for £20 per session please navigate away and book for the dates you would like to choose.

Week 6 - Thursday 13th March 2025 - Managing Maths

Around 60% of people with dyslexia are thought to have maths learning difficulties and many people have maths anxiety. This session will look at the challenges that dyslexic learners face when it comes to processing mathematical information and offer practical tips to support their learning. It will cover multi-sensory strategies to support retrieval of maths facts, as well as, developing a better understanding of mathematical concepts.

Useful resources and games will be demonstrated to aid the completion of maths tasks at home and in the classroom.



Parenting Courses and Support Groups

YOUNGMINDS

Mindful Parenting and Mental Health Support

- **YoungMinds Parents Helpline:** Provides confidential advice and resources for parents concerned about their child's mental health.
 - **Mindful Parenting Courses:** Focus on reducing parental stress, improving parent-teen relationships, and fostering emotional intelligence in young people.
 - **The Anna Freud Centre:** Offers resources and training for parents of teenagers struggling with emotional difficulties.
- More information: [youngminds.org.uk](#) | [annafreud.org](#)

Place2Be Parenting Support

Place2Be, in partnership with local schools and councils, offers an online **Parenting Smart** course aimed at supporting parents of secondary school-aged children.

The course covers:

- Managing teenage emotions and behaviour.
- Setting clear boundaries while maintaining a positive relationship.
- Encouraging emotional well-being and resilience.

More information: [place2be.org.uk](#)



Lambeth Parenting Groups

Lambeth Council and local organisations offer parenting programs tailored to support families with older children:

- **Being a Parent – Teen Edition:** A program designed for parents of children aged 11-16, focusing on positive communication, emotional regulation, and strengthening the parent-teen relationship.
- **Triple P (Positive Parenting Program):** Provides practical strategies to help parents manage challenging behaviour, support their child's mental well-being, and encourage positive development.

More information: [leaplambeth.org.uk](#)

South London and Maudsley NHS Foundation Trust (SLaM) Support Services

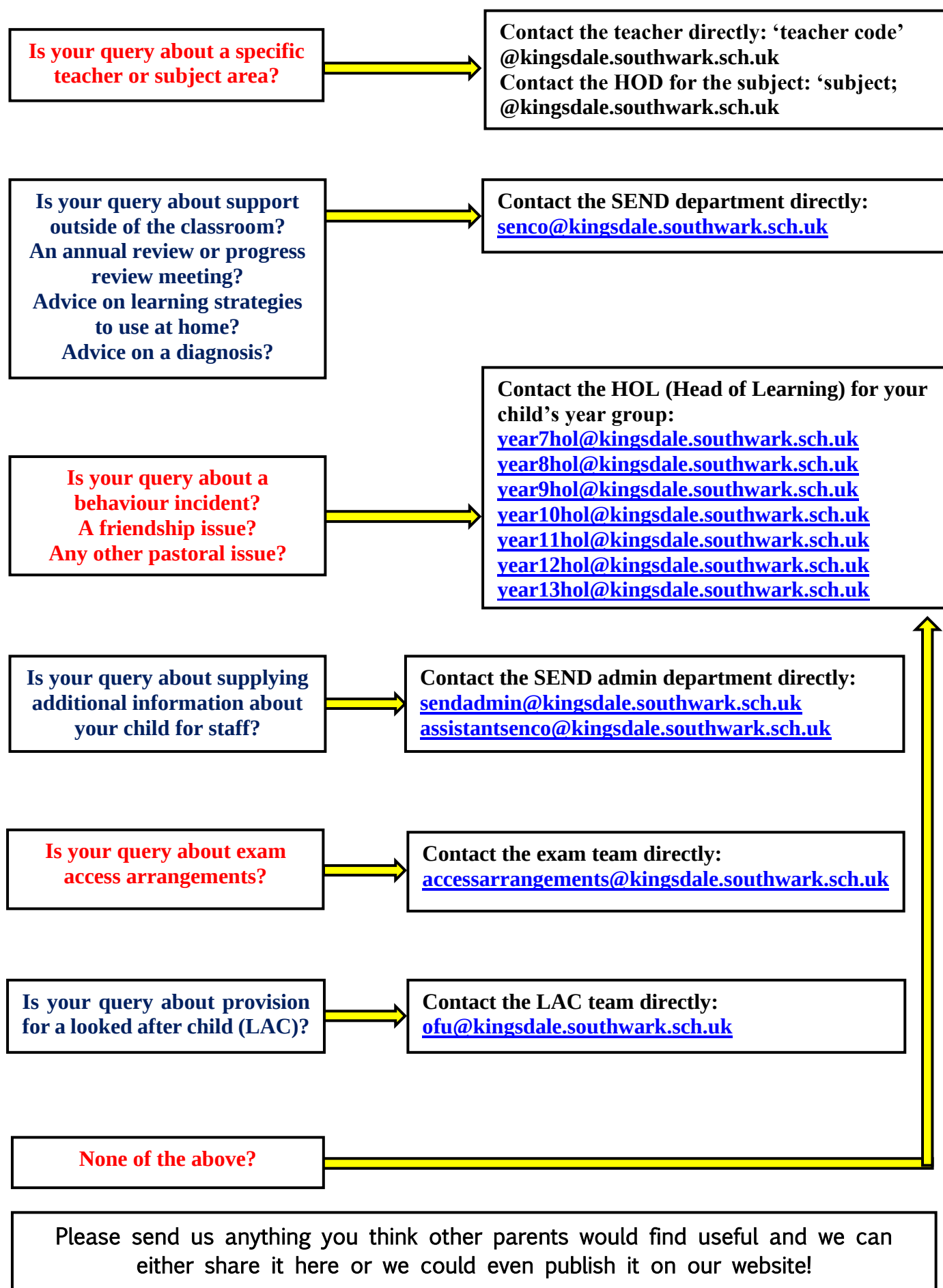
SLaM offers various mental health and emotional well-being services for young people and their families. Programs include:

- **CAMHS (Child and Adolescent Mental Health Services):** Provides professional assessments, therapy, and support for adolescents struggling with emotional and behavioural difficulties.
- **Empowering Parents Empowering Communities (EPEC) – Adolescent Focus:** A peer-led initiative offering parents strategies to handle teenage challenges, such as conflict resolution and emotional resilience.

More information: [slam.nhs.uk](#)

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.





SET THE STAGE

Turn your passion into a role in a film crew



JOIN THE CREW

We're looking for 15-17 year olds who are passionate about make-up, costume design, storytelling, audio-visual and production to join our Set The Stage film crew.

Got what it takes? There are two ways you can apply:

1. Submit a video via direct messaging to EE on either TikTok or Instagram including the word 'STAGE'
2. Tag EE in a post with your entry, including the word 'STAGE' in the tag

The video should be no longer than 90 seconds and creatively show why you want to join. If you're artistic, you could show us your skills with a makeup brush. Or maybe, you're more into storytelling – make something come alive through words!

Apply through Instagram

Apply through TikTok

BAFTA COMPETITION FOR 15-17 YEAR OLDS

ABOUT BAFTA

BAFTA, the British Academy of Film and Television Arts, is a world-leading independent arts charity. In addition to the awards ceremonies, BAFTA offers a year-round international programme with learning events and initiatives. These events give access to the world's most inspiring talent through workshops, masterclasses, lectures, scholarships and mentoring.

For more information please go to:
<https://eelearnsmart.co.uk/partners/bafta/>



Applications will close on March 21st 2025. Each applicant will be shared the T&Cs alongside an application form to apply. Entrants will submit their application forms, which will be reviewed by Young Film Academy. The teens will be judged on their relevant skills, ability to deal with a long shoot, resilience to adversity and teamwork, alongside their passion and enthusiasm. The final 16 will be selected and contacted in May with the shoot production happening over 7-10 days in the summer. The competition will be supported by our partner Samsung UK.

Get Rid of and Donate is a charity that are proud to be the first award winners of Lambeth Council's winners of the Climate Change Award 2024. They want to extend their work to more secondary schools in Southwark & Lambeth. The Kingsdale community can help them.

Parents can donate and drop off to the school at Main Reception, for the notice of Mr Lewis and/or Ms Dalrymple.

Get Rid of and Donate collects unwanted clothes (**not school uniform – send this to KFS Uniform Bank**), shoes, small kitchen and household textiles, bedding, curtains, personal cosmetics, musical instruments electrical/ gadgets, IT equipment, toys, books, garden equipment etc.

We want to support the reduction of risk of any contamination or viruses and as such, all items **MUST BE** in good condition and clean.

ITEMS SHOULD BE DONATED IN BAGS FOR LIFE OR BOXES - NO PLASTIC OR WASTE BIN DISPOSAL BAGS

Get Rid of and Donate **DO NOT ACCEPT** the following items:

1. **Used Baby Items** - baby bottles, steamers, teething rings, bowls & cutlery, potties, baby baths, changing mats, baby underwear & socks, baby bedding, sleeping suits, baby/Children bike or car seats
2. **Old/damaged/stained bed sheets & pillowcases or duvets** - (will collect only if in good condition)
3. **Damaged Kitchen/houseware** - any broken or items with missing items, porcelain ornaments, framed pictures, ceramic cups, and drinking glasses.
4. **Commercial Publications** - magazines, newspapers, season wrapping paper, trees or decorations
5. **Specific Plastic Items** - plastic bags, clothes hangers, food containers, bottles or plates
6. **Animal Items** - cat litter trays, baskets, housing, play toys, dog cages (only new items accepted)
7. **Out of Date Food**
8. **Certain Furniture** - furniture made of MDF, dismantled furniture
9. **Damaged/Faulty Appliances/Electronics** - items that are faulty, damaged or not working.



Get Rid of and Donate rescues unwanted items – preloved good quality clothes, shoes, household/textiles, books, toys, tech/electrical, furniture, musical equipment/music/cd/DVDs and more recycling giving back to those in need.

Join our campaign to help those in need, making an impact and support GROAD's global green agenda in local communities.

Something that you no longer want can still be used by someone else giving a 2nd or 3rd life span!

Donations benefit the beneficiaries of the project refugees, asylum seekers, vulnerable families and the homeless.

The UK creates 26 million tons of waste, of which 14 million ton end up in landfill sites. *Landfill is the second most used waste treatment in the UK in 2018 with 23.6% of waste sent to landfill. We all have contributed to this in some way.

The alternatives are the three R's - Reduce, Reuse and Recycle! 

 @Getridofit
 @getridofitanddonate
 @groadonate_cic
 @groadonate_cic

Join us in our mission to others help and Get Rid of and Donate.

07944 102 112

info@getridofit-donate.com
 www.getridofit-donate.com

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

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.

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



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



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

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

Free Workshops for Parents and Carers

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

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

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



We'll cover:

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



For further information contact:

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

SCAN ME



Talking to your child about

SHARING IMAGES ONLINE

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

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

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



What can you do to keep your child safe online?

S

Set clear boundaries.

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

T

Talk with your child and be supportive.

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

E

Educate everyone in the family.

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

E

Evolve with the internet.

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

R

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



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



FOR SUPPORT AND ADVICE, PLEASE VISIT:



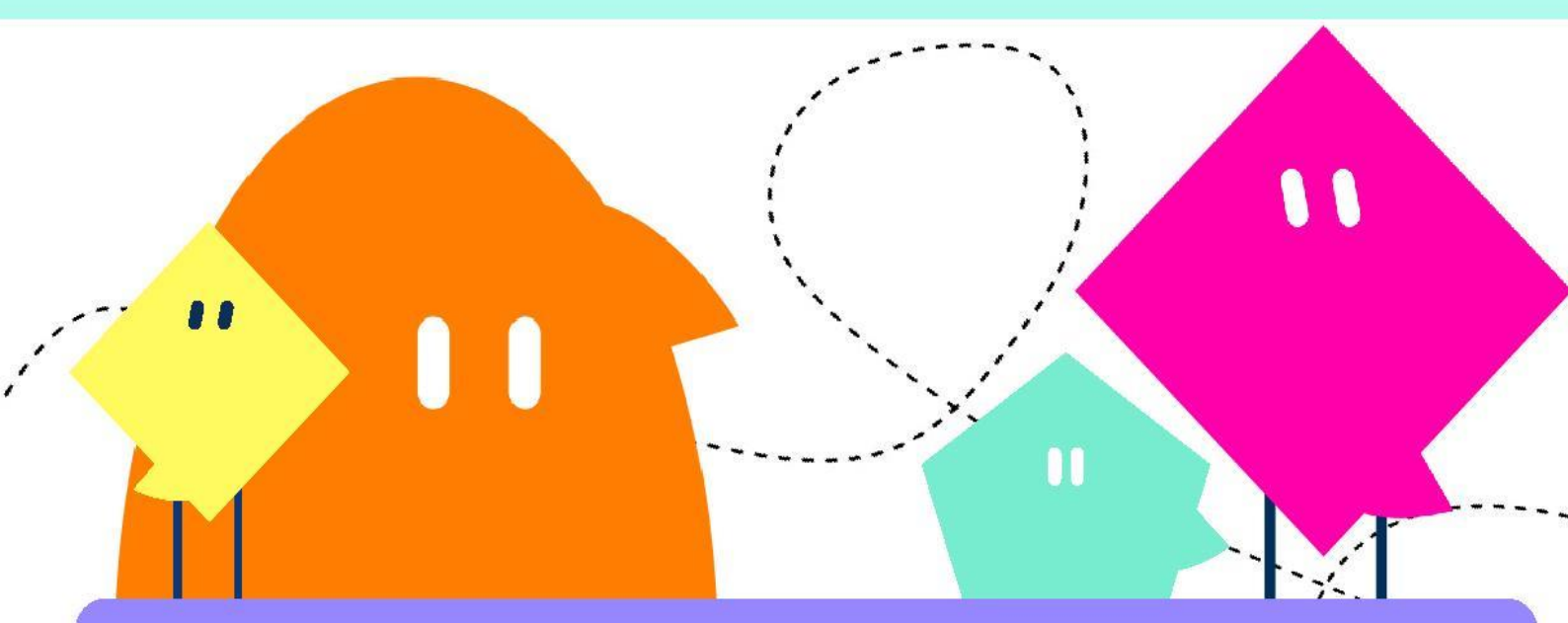
ParentZone – Resources for parents/children to help keep kids safe online.



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

Safe Travel to School

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

“LOOK UP LOOK OUT”

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

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

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

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



Kingsdale is a Safe Space

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

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

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

Our two confidential emails are:

health&wellbeing@kingsdale.southwark.sch.uk
tellsomeone@kingsdale.southwark.sch.uk

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

HOUSE COMPETITIONS

Kingsdale Cooking Challenge: Ramadan 2025



What is Ramadan?

Ramadan is the ninth month of the Islamic calendar, observed by Muslims around the world. Since the Islamic calendar follows the lunar cycle, the dates of Ramadan change each year. In 2025, Ramadan in the UK began on the evening of **Friday 28th February or Saturday 1st March 9** (the fasting began the following day as in Islam the night comes before the day the same as in Judaism), and is expected to end on or around **Sunday 30th March 2025** depending on the prescribed physical sighting of the new moon by appointed trustworthy members of the community. Different Islamic communities follow the first sighting of the new moon in associated communities across different parts of the world, which is why not all Muslims start and finish Ramadan at the same time.

How is Ramadan celebrated?

During Ramadan, most Muslims are required to fast from dawn to sunset as an act of devotion and self-discipline. Fasting is a way to strengthen faith, practice self-control, and develop empathy for those less fortunate. However, children, pregnant women, the elderly, those who are unwell, and travellers are not required to fast. It is customary to have two main meals during Ramadan:

- **Suhoor** – A pre-dawn meal before the fast begins.
- **Iftar** – The meal at sunset, often shared with family and friends as a moment of celebration and togetherness.



Join the Kingsdale Cooking Challenge!

We know that many in our Kingsdale community will be observing Ramadan, and we would love for you to share your experiences with us! You can:

- Send in photos of your Ramadan celebrations.
- Share your favourite recipes.
- Capture a special moment with your family during iftar.

HOW TO ENTER:

Students can email the House Team: housesystem@kingsdale.southwark.sch.uk Ensure your entry is accompanied by your full name, tutor group and House.

SPORTS FIXTURES

Monday 10th March 2025

- Under-15s Boys' Rugby 7s Festival at Haverstone Valley Road. Leave school at 8am. Start 10am. Return at 5pm approx.: **Mr McWhirter**
- Under-14s Boys' Hockey Tournament at King's College. Leave school at 8.15am. Start 9.30am. Return at 4pm approx.: **Mr Pizzey/Mr Price**

Tuesday 11th March 2025

- Under-13s Boys' Rugby 7s Festival at Trinity School. Leave school at 8.30am. Start 10am. Return at 4pm approx.: **Mr Lord**
- Under-12s/13s Girls' & Boys' Selected Cross Country Runners for The London Borough Championships Representing Southwark at Avery Hill. Leave school at 10.45am. Start 12.30pm. Return at 4.15pm approx.: **Mr Jones/Mr Price**

Wednesday 12th March 2025

- Under-15 Boys' Hockey Tournament Venue TBC. Leave school at 8.15am. Start 10am. Return at 4pm approx.: **Mr Pizzey/Mr Price**
- Under-12s Boys' Rugby 7s Festival at Wimbledon College. Leave school at 8am. Start 10am. Return at 4pm approx.: **Mr Worsley**
- Under-16s Mixed Dance Competition at Irie Dance Company. Leave school at 8am. Start 9-9.30am. Return by 3.30pm approx.: **Ms McGregor**
- Under-16s Boys' Basketball Away Match v Haberdashers Aske's Hatcham College. Leave school at 3pm. Start 4pm. Return at 5.30pm approx.: **Mr Hall**

Thursday 13th March 2025

- Under-16s Boys' Football Away Match v Cedars Upper School, Layton Buzzard. Leave school at 10.30am. Start 1pm Return at 6pm approx.: **Mr Pizzey/Mr Price.**
- Under-14s Boys' Rugby Away Match v Graveney School. Leave school at 3pm. Start 4pm. Return at 5.30pm approx.: **Mr Roberts**

Friday 14th March 2025

- Under-12s & 13s Basketball Away Match v The Norwood School. Leaving School 2.50pm. Start 3.30pm. Return at 5.30pm approx.: **Mr Lord**
- Under-13s Girls' Handball Away Match against Harris City Academy Crystal Palace. Leave School at 1pm Start 2pm Returning back to School Approx 4pm: **Mr Roberts**

Please note that fixtures maybe postponed or rearranged due to waterlogged or frozen pitches.

Extra Fixtures may be organised at short notice.

All fixtures can be viewed via the link below:

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



HOUSE NEWS

Online Safety Corner

Look out for the weekly Online Safety focus in next week's issue

Please read! Remember to keep an open dialogue with your child about their activities online.



The House Leader Board 2024-25

Week ending
7th March 2025

- 1st Place – Dove 68,759 points
- 2nd Place – Swift 67,260 points
- 3rd Place – Falcon 65,177 points
- 4th Place – Albatross 64,523 points
- 5th Place – Eagle 64,390 points



There is a long way to go to the end of the year and a lot can still change!

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.



IMPORTANT NOTICE

Junior NBA Waivers Year 7 & 8

All students who attends the Year 7 & 8 Boys Basketball club must ensure that their parents/carers complete the waiver for Junior NBA via this [link](#).

**Our cohort competition is called:
LONDON SOUTH – YEAR 8 – CO-ED or
LONDON SOUTH YEAR 7 - CO-ED.**

It is vital this is completed to enable the team to progress into the play-off phase of this year's competition as well as our participation in next year's competition. Thank you in advance!