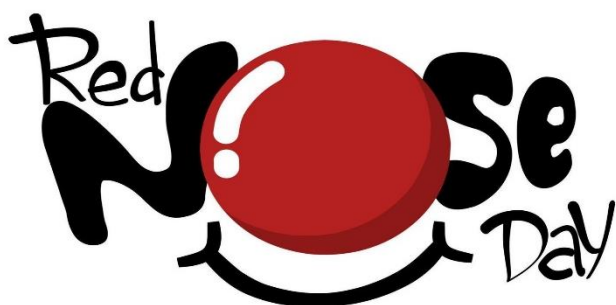




PARENTAL NEWS BULLETIN

Issue 22 Monday 16th March 2026

HEADLINE NOTICES



Friday 20th March 2026

Friday 20th March 2026 is **National RED NOSE DAY** and at Kingsdale, we want to do our best, to raise as much money as possible for the **COMIC RELIEF** cause.

On National Red Nose Day, we are asking Kingsdale pupils to wear an item of **red clothing** with their **School uniform** to raise awareness of the **COMIC RELIEF** campaign.

The item of red clothing could be any of the following:

- Red scarf
- Red shoe laces
- Red Socks
- Red ribbons

Subject to affordability, each pupil who wears a red item will be asked to make a **contribution of £1** to go towards the **COMIC RELIEF**

campaign fund. More information about Comic Relief can be found on their website at www.comicrelief.com/rednoseday.

Be a Lawyer - Careers News

So, You Want To Be A Lawyer? was the careers talk delivered to our Year 7 students during last week's **National Careers Week**. We applaud Year 7 for their contributions to and engagement in the session. accordingly. Watch this space for details of future exciting careers talks at KFS!



THEME OF THE WEEK

Freedom

'Freedom is not the right to do as you please; it is the liberty to do as you ought. Enjoy your freedom but not at the expense of others.'

Martin Luther King

WORD OF THE WEEK

Laissez-faire

(A French Economics Term)

- The policy of leaving things to take their own course, without interfering
- Abstention by governments from interfering in the workings of the free market

"In the season that followed the pandemic year the approach was laissez-faire."

SCHOOL NEWS



Neurodiversity

Celebration Week 2026

This week is Neurodiversity Celebration Week 2026 which runs from **16-20th March 2026**, providing a global opportunity for secondary schools to

challenge stereotypes and celebrate the strengths of neurodivergent students. Throughout the week we will be continuing to promote acceptance and understanding of ADHD, autism, dyslexia and more, focusing on the talents of neurodivergent individuals rather than just challenge and will use the week to further develop our existing equitable, inclusive culture within the school environment.

The week is an opportunity to move beyond "awareness" toward meaningful inclusion. Further details issued separately.

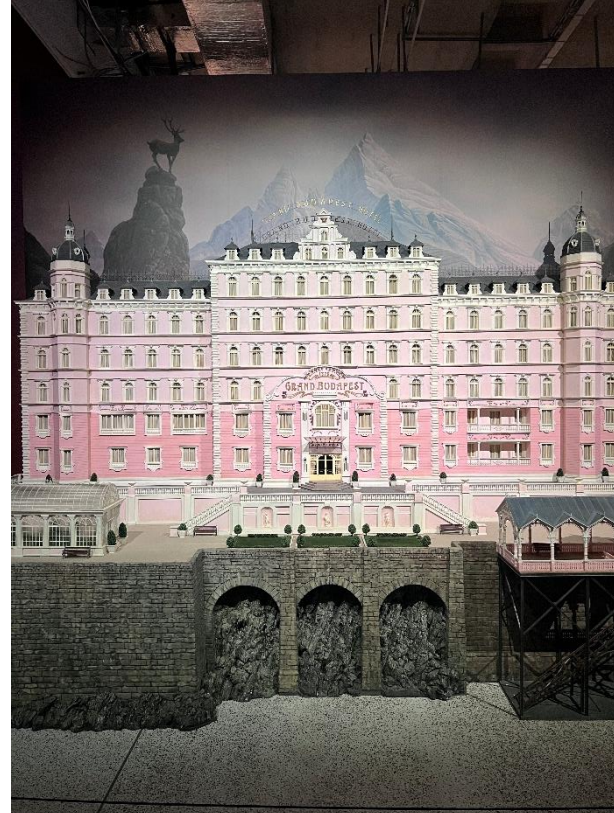
National Year of Reading 2026

A reminder that the next Year 7 & 8 Book Swap event will take place on **Thursday 19th March 2026** in the Lower School Library (LSL) after school

3.40pm for Year 7 students

4.10pm for Year 8 students

Students are encouraged to bring in a book from home during tutor time to exchange.



Our Year 12 Sixth Form students recently enjoyed a fantastic educational visit to The Design Museum to explore the Wes Anderson Exhibition, led by Mr Harper and Mr Hutchinson.

The exhibition provided a rich and immersive insight into Anderson's distinctive filmmaking style. Students were able to closely examine original stop-motion animation figurines, detailed costumes, carefully constructed props, and materials spanning his extensive back catalogue of films. The opportunity to view short films and production artefacts up close allowed students to deepen their understanding of visual composition, colour, symmetry, and the meticulous craft behind Anderson's work.

Following the exhibition, students applied what they had observed by creating their own short films, experimenting with framing, mise-en-scene, and visual storytelling techniques influenced by Anderson's style.

It was a highly successful trip that encouraged our Year 12 Filmmakers, and our students represented the school exceptionally well throughout.

SIXTH FORM NEWS | FILM NEWS





SCIENCE NEWS

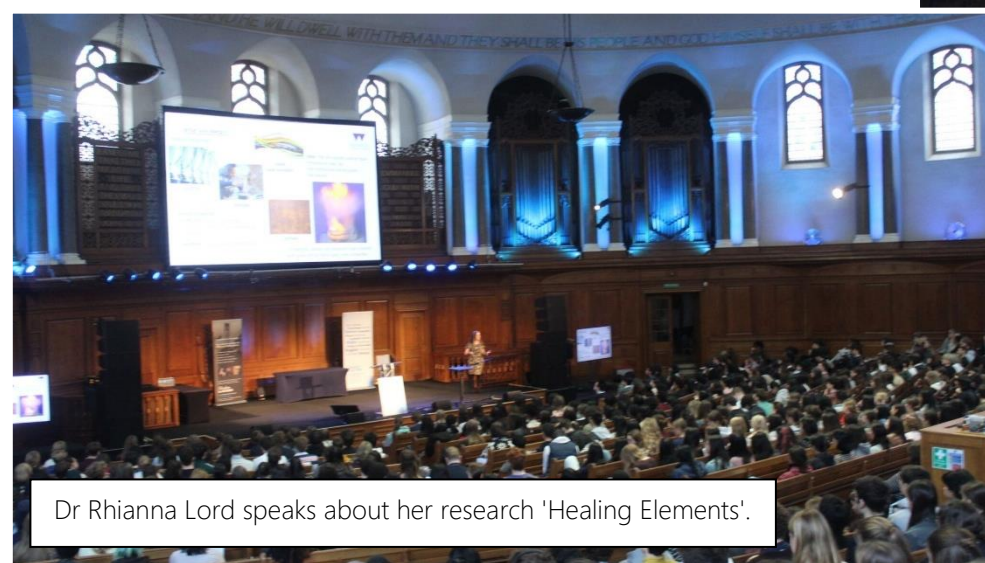
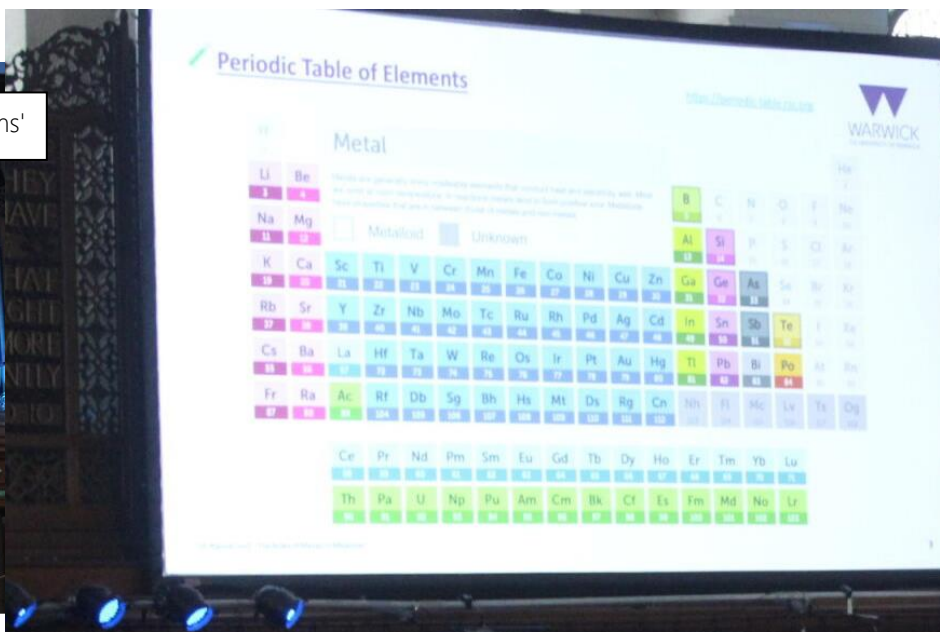
Chemistry in Action: March 10th, 2026
at the Emmanuel Centre, London

On the 10th of March 2026, our Year 12 Chemistry students attended a series of exciting lectures about applied chemistry. The lectures ranged from the evolving field of medicinal applications of nuclear isotopic waste, through healing elements, to the exciting world we all experience, of scents and odours.

They were led by inspirational and dynamic researcher/writers - Dr Stephen Belding, Dr Rhianna Lord, Dr Kathryn Harkup, Gavin Jenkin and the effluent Tim Gregory, with examination tips by Peter Hoare. Students were enthralled, enthused and challenged to think across disciplines. The underlying theme of the day was how diverse the scientific community is, and how modern research requires multidisciplinary teams. In a lecture hall of 1,000 students from around the UK, our students felt part of the scientific community.

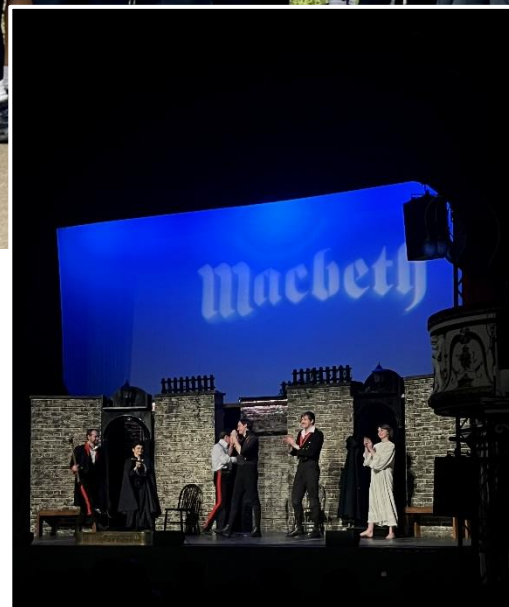
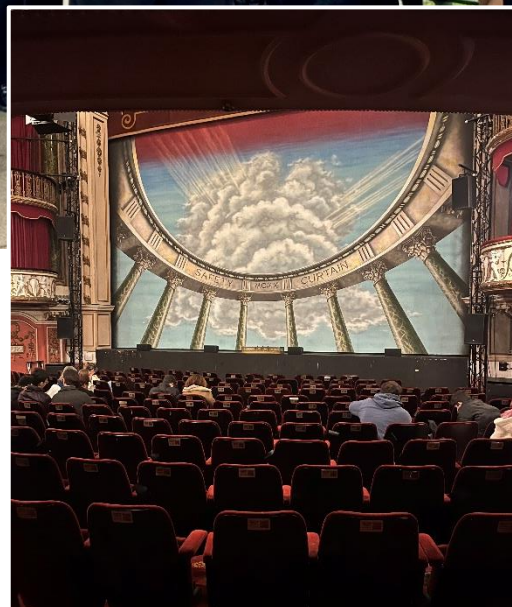


Dr Tim Gregory starts off the day: 'the afterlife of atoms'



Dr Rhianna Lord speaks about her research 'Healing Elements'.





Year 10 Trip To The New Wimbledon Theatre - 3rd March

Select students from year 10 recently enjoyed an exciting trip to the New Wimbledon Theatre to watch a live performance of *Macbeth* by William Shakespeare. The visit gave students a fantastic opportunity to experience one of Shakespeare's most famous tragedies performed on stage. Watching the play live helped students to better understand the plot and the key events of the story. Seeing the action unfold in front of them made it easier to follow *Macbeth*'s journey from a brave soldier to a tragic character whose ambition leads to his downfall.

SCHOOL NEWS

Cambridge Trip

On 27 February 2026, selected students attended the Undergraduate Conference in German Studies at Trinity Hall. We are delighted to report that the students found the experience both enjoyable and intellectually stimulating.

During the afternoon, students attended a range of academic sessions linked to the conference theme, 'Borders and Boundaries'. The learners participated in the Language Learning and AI Workshop, led by Marcus Tomalin, and attended Undergraduate Panel 1, where four undergraduates delivered short presentations connected to the theme.

In addition, students took part in a guided College Tour of Trinity Hall, gaining valuable insight into college life and facilities. They were then able to choose between the Literature Interpretation Workshop led by Charlotte Lee, Head of German, and Undergraduate Panel 2, which featured further student presentations on 'Borders and Boundaries'.

The afternoon concluded with a Careers Panel, offering valuable insight into future pathways related to language study.

Overall, the trip was a highly enriching experience, providing students with meaningful academic engagement and valuable insight into the study of German at university level.



CAREERS NEWS

Careers Talks Coming Up

We have a wide range of talks coming up in the coming months.

To express interest please use [this link](#).

Date	Time	Years	Talk
Wednesday 18 th March	Period 5 CR1	7, 9, 10, 12 & 13	Metropolitan Police
Tuesday 28 th April	TBC	TBC	Data centres
Friday 1 st May	Period 4 12.10-12.50pm	8, 10	Nursing
Tuesday 12 th May	4.15-5.00pm (after school)	All Years	Archaeology
Spring – date TBC			Video publishing & media

Careers with Metropolitan Police

We have also arranged a careers talk on Careers in Metropolitan Police taking place on **Wednesday 18th March 2026** (Period 5 in CR1). The talk is open to students in Years 7, 9, 10 and Sixth Form. If you are interested, please contact your Head of Learning to book a space latest by **Monday 16th March 2026**.

You may also book by contacting the careers team via careers@kingsdale.southwark.sch.uk

Work Experience Help

As shown by the recent Careers Fair, the Kingsdale parents are our best asset in terms of giving access, insight and opportunity to our students.

Our Year 12s will soon be looking for work experience opportunities.

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

If you or your employer would be interested in hosting a Kingsdale student, please contact

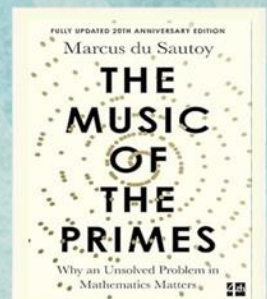
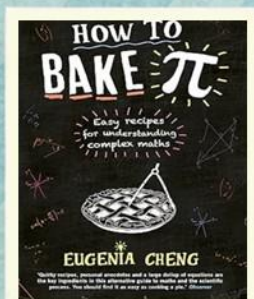
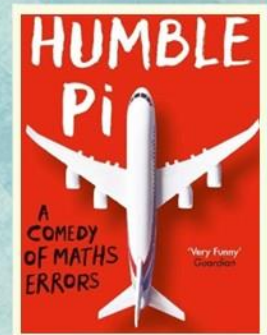
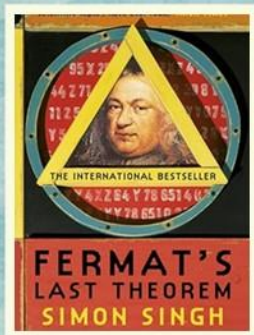
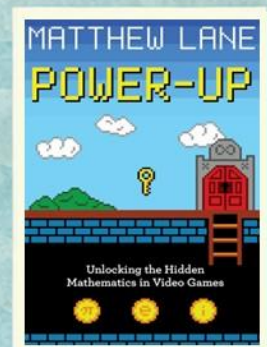
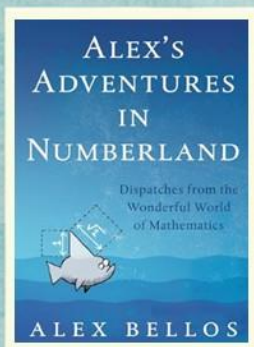
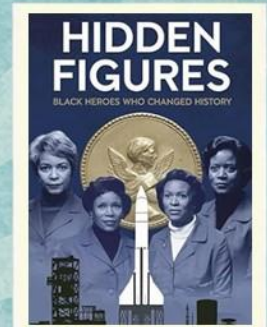
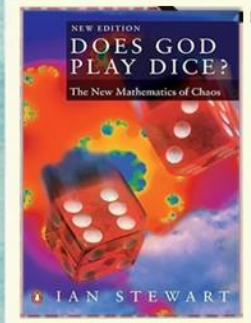
YEAR 8 TASTER SESSIONS

SUBJECT	DATE	TIME	LOCATION
Drama	16/03/2026	After School - sign up via Satchel One	DR1
Graphics	16/03/2026	After School	TE1
Classical Civilisation	17/03/2026	Period 4	MA5
Photography	17/03/2026	After School	PS1
PE	17/03/2026	During Year 8 PE lessons Period 1	DR1
PE	17/03/2026	During Year 8 PE lessons Period.6	POD
Economics	19/03/2026	Period 4	FL1
Textiles	19/03/2026	After School	AR7
Computer Science	20/04/2026	Period 4	BS1
Business Studies	20/04/2026	Period 4	BS2
Dance	24/03/2026	After School - sign up via Satchel One	Dance Studio
PE	25/03/2026	During Year 8 PE lessons Period 6	POD
Music	26/03/2026	After School - sign up via satchel One	MS1
Psychology TBC after Easter			
Sociology TBC after Easter			
Creative Media TBC after Easter			



**GO
ALL
1N.**

National Year of Reading 2026



***Deliciously
Good Reads!***

**Join our maths
reading challenge!**

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

Part of the National Year of Reading 2026



Parent Engagement

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

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

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

Book Recommendations

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

Reading Clubs

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

Peer Reading:

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

Book Clubs:

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

Go All In

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

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

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

Use of Libraries

All students are encouraged to visit the library, explore the new collection, and borrow books regularly.

The Upper School Library and Lower School Library are both accessible to students before school (8am onwards), after school (until 5pm) and during lunch times.

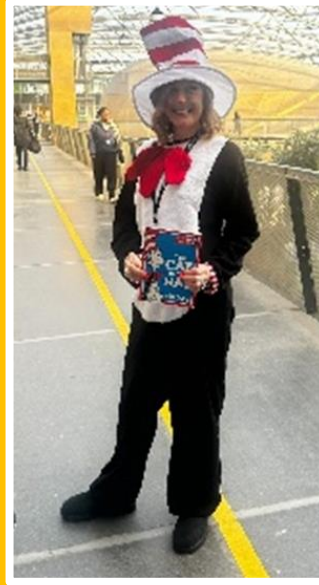


Thank you once again for your continued support of our reading initiatives. We look forward to sharing further developments in March 2026, as the National Year of Reading progresses.



World Book Day 2026

This year's World Book Day celebration was another great success. Staff and students' outfits were a joy and provided many conversations about reading. Students enjoyed a host of activities, with the scavenger hunt in the Lower School Library proving a particular success. Thanks to everyone who made it an enjoyable day.



SCHOOL NEWS

Mental Health & Well-Being Weekly Focus for Students: Managing Workload & Boundaries

This week's "Mental Health & Well-Being Focus" for students is "Managing Workload & Boundaries". Effective workload planning is a cornerstone of student mental health and wellbeing, helping to prevent burnout, anxiety, and the "vicious cycle" of declining academic performance. Managing a student's workload requires balancing academic demands with self-care, social life, and physical health.

The effective management of workload is important to all students but especially to those in Years 11 and 13 as they draw closer to sitting their external exams. Implementing strategies such as revision timetables which clearly schedule in time for revision alongside guilt free time away from studies can be key in ensuring quality revision takes place without the risk of burnout.

Core Strategies for Workload Planning

- **Time Blocking:** Dedicate specific hours to coursework and self-care/social time.
- **Creating Routines:** Establish set sleeping patterns and morning routines to reduce decision fatigue and provide a sense of stability.
- **Wellbeing Action Plans (WAPs):** Use personal guides like an [Individual Wellbeing Action Plan](#) to outline proactive steps for staying well while working or studying.
- **Peer Collaboration:** Use structured group work and peer review to share the mental load and build a sense of belonging.
www.studentminds.org.uk

Key Drivers of Wellbeing for Students

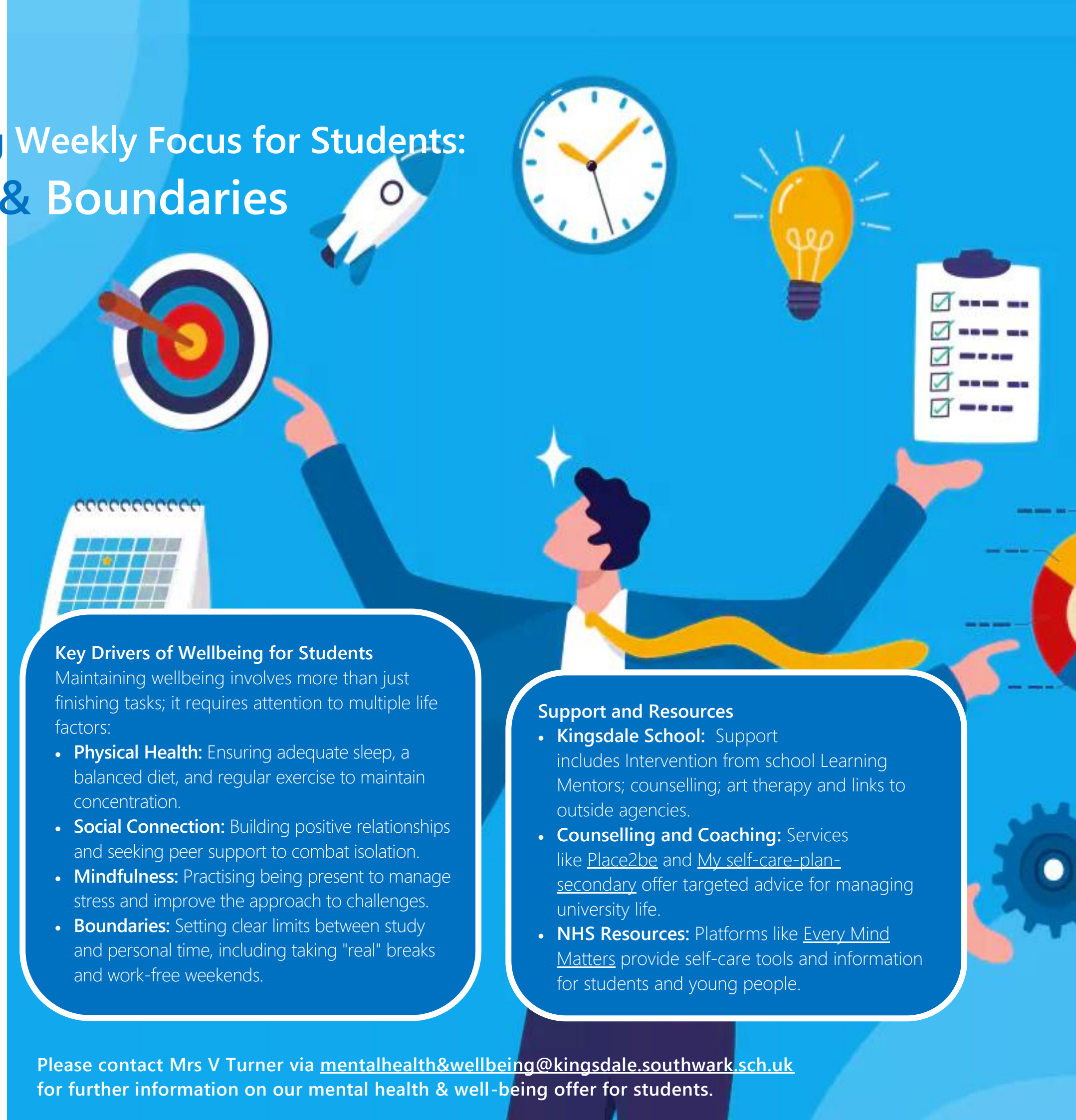
Maintaining wellbeing involves more than just finishing tasks; it requires attention to multiple life factors:

- **Physical Health:** Ensuring adequate sleep, a balanced diet, and regular exercise to maintain concentration.
- **Social Connection:** Building positive relationships and seeking peer support to combat isolation.
- **Mindfulness:** Practising being present to manage stress and improve the approach to challenges.
- **Boundaries:** Setting clear limits between study and personal time, including taking "real" breaks and work-free weekends.

Support and Resources

- **Kingsdale School:** Support includes Intervention from school Learning Mentors; counselling; art therapy and links to outside agencies.
- **Counselling and Coaching:** Services like [Place2be](#) and [My self-care-plan-secondary](#) offer targeted advice for managing university life.
- **NHS Resources:** Platforms like [Every Mind Matters](#) provide self-care tools and information for students and young people.

Please contact Mrs V Turner via mentalhealth&wellbeing@kingsdale.southwark.sch.uk for further information on our mental health & well-being offer for students.



London Boroughs Cross Country Championships

On Tuesday afternoon last week, 8 Kingsdale students were selected to represent Southwark in the London Boroughs Cross-Country event. They headed to Avery Hill Park to compete against students from Lambeth, Greenwich, Islington, and Wandsworth.

It was a really successful day for our students and for Southwark! Emery Aldridge and Elliot Albert-Preskett finished 1st & 2nd in their Year 8 Boys' race whilst Malaika Trim, Lily Sophia Mikalsen, Pietro Kelly, Theo Hough also collected medals for Team Southwark as they won the team competition! Well done to everyone involved.

Kingsdale Runners

Elliott Albert-Preskett, Emery Aldridge, Lucas Bovell, Owen Freestone, Theo Hough, Pietro Kelly, Lily Sophia Mikalsen, Malaika Trim.



SPORTS NEWS

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



Under-18s Boys' Rugby Surrey 7s Tournament

Huge congratulations to the Under-18s Boys' Rugby 7s team for finishing 12th out of 28 schools in their last Surrey 7s tournament at Old Reigatians RFC. They finished above some well renowned Rugby playing schools, such as, Emmanuel, Cranmore and RGS Guildford. The team showed great determination and creativity in a tough group finishing 2nd out of 4th. The boys advanced to the plate knockout quarter finals where they unfortunately lost to a highly regarded Hampton School Boys' 7s team. For some of the boys this was their last time representing the school at Rugby and they can hold their heads high!

Final Score: Kingsdale 5-5 Woking College Draw
Try Scorer: Rufus Boddy (1)

Final Score: Kingsdale 5-22 City of Freemans Lost
Try Scorer: Rufus Boddy (1)

Final Score: Kingsdale 35-26 Emanuel Win
Try Scorers: Charlie Gaukrodger (2), Caleb Carpenter (1), Thomas Paterson (1) and Theo Lightly (1)
Drop kick conversions: Charlie Gaukrodger (5)

Plate Quarter Final

Final Score: Kingsdale 12 - 34 Hampton School Boys
Try Scorers: Charlie Gaukrodger (1) and penalty try

SPORTS NEWS

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

London Hockey Mixed Tournament South London Cup

Kingsdale v Walworth Academy

Congratulations to the Under-13s Boys' Football A team for their convincing win the quarter final of the south London cup beating Walworth Academy 9-2.

Man of the match goes to Ira Lee for his dominant performance in the centre of midfield. Scoring a 30-yard rocket into the top corner. Well done to all the boys!

Final Score:

Kingsdale **9-2** Walworth Academy

Goal scores: Rico Jones (2), Ira Lee (2), Kobe Mukoro (2), Kamau Virtue (1), Jacob Wright-Van Heeswijk (1) and Jacob Leslie (1)

Man of the Match: Ira Lee



Under 13 Girls Touch Rugby Kingsdale v JAGS

The Kingsdale Under 13 girls played their first ever touch rugby fixture against JAGS in an exciting and encouraging match. Although the girls were narrowly defeated **4 tries to 1**, the performance showed plenty of promise for the future. Throughout the game, the team demonstrated excellent teamwork and a fantastic work ethic. In attack, they produced some well-worked plays with strong support and impressive lines of running that created several opportunities. Defensively, the girls remained organised and worked hard for each other, showing determination and resilience across the pitch. Despite the result, it was a very positive first outing for the team and a great foundation to build on for future fixtures.

Under-14s Boys' Rugby Surrey 7's

The Kingsdale Under-14 Boys' put in a determined set of performances at the Surrey 7s Tournament last week, facing a number of strong schools and showing great resilience throughout the day.

Their opening match against Tiffin School was a very close encounter, with both sides playing some excellent rugby. Jaiden Afranie-Wilson scored for Kingsdale, but a last-play try from Tiffin saw Kingsdale narrowly lose 10-5.

Final Score: Kingsdale **5-10** Tiffin School

Try Scorer: Jaiden Afranie-Wilson (1)

The second game was against a strong Downsendside. Despite a spirited effort, Kingsdale fell 20-5, with Zac Kiwanuka scoring an excellent individual try.

Final Score: Kingsdale **5-20** Downsendside

Try Scorer: Zac Kiwanuka (1)

Next came arguably the toughest opponents of the day, Whitgift. Kingsdale battled hard and showed great determination but were defeated 28-10.

Final Score: Kingsdale **0-28** Whitgift School

Try Scorers: Jaiden Afranie-Wilson (1) and Isaac Timbrell

In the following match against Surrey School, Kingsdale edged a thrilling contest, winning 20-19 in a very tight game. Jaiden Afranie-Wilson scored twice, while Isaac Timbrell also crossed the line.

Final Score: Kingsdale **20-19** Surrey School

Try Scorers: Jaiden Afranie-Wilson (2) and Isaac Timbrell

The final game of the day saw Kingsdale finish strongly with a convincing 20-0 victory over Richard Challoner. Spencer Fay scored once, while Zac Kiwanuka completed an impressive hat-trick.

Final Score: Kingsdale **20-0** Richard Challoner

Try Scorers: Spencer Fay (1) and Zac Kiwanuka (3)

Under-13s Boys' Rugby Surrey 7's

The Kingsdale Under-13s Boys' took part in the Surrey 7s Tournament, producing a number of competitive performances across the day.

Kingsdale began the tournament in dominant fashion against Hinchley Wood, delivering an excellent all-round display to secure a convincing 25-0 victory. Tries were scored by Hamish Roberts, Kobi Abayomi-Adeola, Danny Jones, and Yabai Abdoul, who crossed twice.

Final Score: Kingsdale **25-0** Hinchley Wood

Try Scorers: Hamish Roberts (1), Kobi Abayomi-Adeola (1), Danny Jones (1), and Yabai Abdoul (2)

The second match was against Royal Alexandra, where Kingsdale battled hard but were defeated 20-5. Kobi Abayomi-Adeola scored Kingsdale's try in a tough contest.

Final Score: Kingsdale **5-20** Royal Alexandra

Try Scorers: Kobi Abayomi-Adeola (1)

Next up was Richard Challoner in a very close encounter. Kingsdale pushed hard throughout the game but narrowly lost 15-10.

Final Score: Kingsdale **10-15** Richard Challoner

Try Scorer: Kobi Abayomi-Adeola (2)

In their final match against George Abbot, Kingsdale continued to show determination but fell 25-10.

Final Score: Kingsdale **10-25** George Abbot

Try Scorers: Dylan Archer (1) and Dylan Archer (1)

In the later matches, the team showed great effort, resilience, and attacking intent, gaining valuable experience against strong opposition.

SCHOOL NEWS



Big History Club!

For Key Stage 3 and 4 in HU6

Sixth Formers Welcome!

Every other Tuesday from 4.15 to 5pm

Do you want to dive into the past?

Is there something we don't cover at school that you would like to learn about?

In Big History Club we use history and fiction books, films, art, music and more to **enquire into diverse World Histories** from ancient times to modern day.

In our next session on **Tuesday 17th March**

we will asking **Why was**

Empress Matilda denied the throne?

with Ms Preston

Bring along any questions you have about this topic, or ideas for people, events or items from history you want to know more about in future sessions!



ART & DT NEWS

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*)

Art and Technology Taster Sessions 4.15pm-5pm

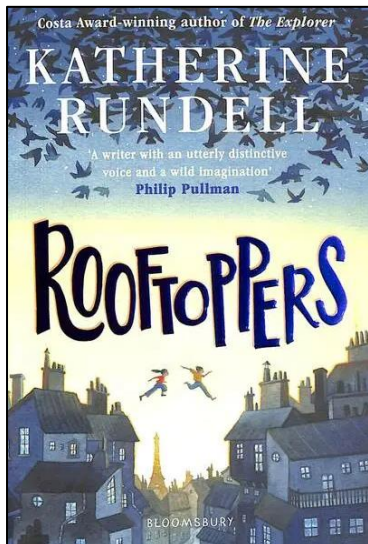
All Year 8 students are welcome to come along for a practical taster session in the following subjects:

- Food Science - Monday 9th March in FS2 (4.15pm-5.30pm)
- Fine Art - Tuesday 10th March in AR1
- Design & Technology - Wednesday 11th March in TE2
- Graphics - Monday 16th March in TE1
- Photography - Tuesday 17th March in PS1
- Textiles - Thursday 19th March in AR7

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

Reading Recommendations

Student Recommendation



Lauren Petrov recommends *Rooftoppers* by Katherine Rundell

Everyone thinks that Sophie is an orphan. Found floating in a cello case and swaddled in a Beethoven score, she is the only recorded female survivor of a shipwreck on the English Channel.

But Sophie remembers seeing her mother wave for help...

Charles, a fellow survivor and an eccentric scholar, finds Sophie and brings her home to his London bachelor flat. Raised in a quirky home filled with music, words and love (though questionable diet), Sophie grows into a free-spirited tomboy with a taste for Shakespeare and the unshakeable belief that anything is possible. And you should never ignore a possible.

Lauren was gripped by this emotional story! Suitable for age 14+.

CALENDAR 2025-26

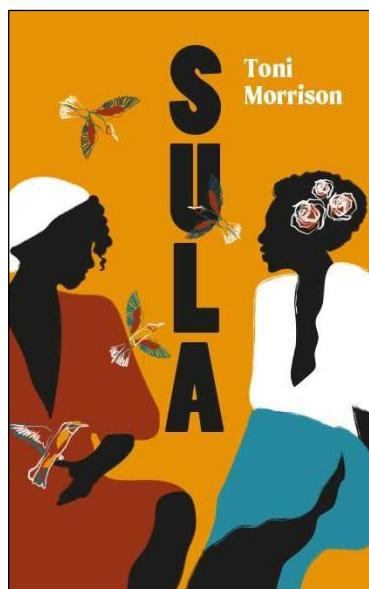
You can also find lots of other useful sources of information on the school website [here](#). This includes further details about the operation of the school, including Term Dates, Assessment and Uniform.

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

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



Teacher Recommendation



Ms Weisselberg recommends *Sula* by Toni Morrison

Ten years later Sula returns and no one, least of all Nel, trusts her. Sula is a story of fear – the fear that traps us, justifying itself through perpetual myth and legend.

Cast as a witch by the people who resent her strength, Sula is a

woman of uncompromising power, a wayward force who challenges the smallness of a world that tries to hold her down.

Ms Weisselberg enjoyed this dark, fascinating tale and the surprisingly beautiful language.

Dark themes; best suited for A Level students.

SPRING TERM 2026

Second Spring Half-Term

Monday 23rd February – Friday 27th March

SUMMER TERM 2026

First Summer Half-Term

Monday 13th April – Friday 22nd May

Monday 13th April INSET DAY

School closed to students except those in Year 11

Mayday Bank Holiday

Monday 4th May 2025

Half-Term Holiday

Monday 25th May – Friday 29th May

Second Summer Half Term

Monday 1st June – Friday 24th July

Friday 24th July INSET DAY

School closed to students except by invitation

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

Easter Activities for Children with SEND

The Easter holidays can be a wonderful opportunity to spend meaningful time together, but they can also feel challenging if your child thrives on routine or finds busy environments overwhelming. The key is to plan predictable, low-pressure activities that match your child's interests and sensory needs.

1. Visit SEND-Friendly Attractions and Quiet Sessions

Many museums, cinemas, and attractions now offer relaxed or autism-friendly sessions, which include lower noise levels, softer lighting, and flexible movement.

Ideas to try:

- Attend a relaxed cinema screening
- Visit museums during quieter hours
- Look for sensory-friendly Easter events

Helpful resources:

- Autism-friendly [cinema listings](#)
- National Autistic Society "[Things to do](#)"
- Inclusive attractions via the [National Trust](#)

Tip: Check ahead for quiet rooms, accessibility information, and peak times before visiting.

2. Try Nature-Based Activities

Being outdoors can help reduce stress, improve mood, and provide a break from screens. Nature activities are often flexible and less socially demanding, which suits many SEND teenagers.

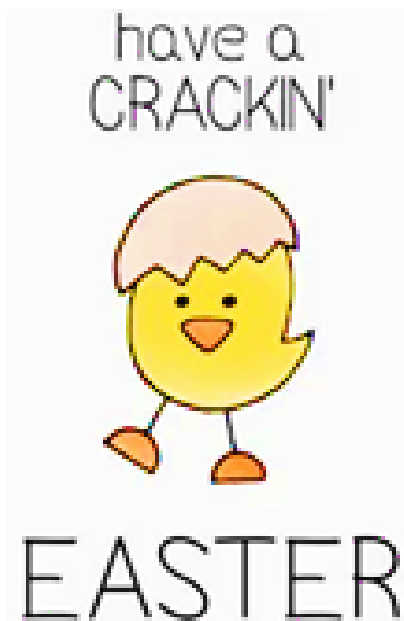
Ideas:

- Easter-themed nature scavenger hunt
- Photography walk (take pictures of spring flowers, birds, or interesting textures)
- Build a simple den or shelter in the woods
- Try geocaching (a real-world treasure hunt using GPS)

Helpful links:

- [Family outdoor ideas](#)
- [Geocaching UK](#)

Tip: Create a simple visual checklist of what to find or photograph to add structure.



3. Create Low-Pressure Easter Crafts

Craft activities can be calming and allow teenagers to work independently while still feeling productive.

Ideas:

- Design and decorate Easter eggs
- Bake and decorate Easter biscuits
- Make spring-themed art using recycled materials
- Create personalised Easter cards

Useful activity guides:

- [BBC Good Food Easter baking](#)
- [Easy craft ideas](#)

Tip: Some teens with SEND prefer clear step-by-step instructions. Printing a visual guide can help reduce frustration.

Tip: Break tasks into small steps and celebrate progress rather than perfection.

4. Use Easter to Practise Life Skills

The holidays can be a great opportunity to build independence and confidence in everyday tasks.

Activities to try:

- Cooking a simple Easter meal together
- Planning a family outing using maps or travel apps
- Budgeting for Easter treats at the supermarket
- Organising their room or personal space

5. Keep Some Routine

While holidays are meant to be relaxing, many SEND children feel safer with predictable structure.

You might:

- Keep consistent sleep and wake times
- Plan one main activity each day
- Use a simple visual holiday timetable



SEND FACULTY NEWS

SEND Local Offer

Information and Local Offers

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

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

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



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

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

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

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



REGISTER TO ATTEND

EHCP POST-16 SCHOOL TRANSITION



For SOUTHWARK young people,
parents & carers

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

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



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

SESSION DATE

ONLINE

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

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

CONTACT

For more information contact the SIAS Team

✉ sias@southwark.gov.uk

☎ 020 7525 3104

Communication Flowchart: SEND

At Kingsdale we would like our communication to be as effective as possible. Please see the flowchart below to help us support your child effectively and get the information needed to the right people.

Is your query about a specific teacher or subject area?

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

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

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

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

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

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

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

Is your query about exam access arrangements?

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

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

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

None of the above?

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



Young
People
Southwark

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

Change Grow Live Registered Office: 3rd Floor, Tower Point, 44 North Road, Brighton BN1 1YR. Registered Charity Number 1079327 (England and Wales)



Drug and
Alcohol Service
Southwark



Young
People
Southwark

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

KFS Uniform Bank

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

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

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



The School Shop

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



Lost Property

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

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

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

Kingsdale is a Safe Space

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

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

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

Our two confidential emails are:

health&wellbeing@kingsdale.southwark.sch.uk

tellsomeone@kingsdale.southwark.sch.uk

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

HOUSE COMPETITION



Kingsdale Cooking Challenge: Celebrating Pie Week

To celebrate British Pie Week, one of our talented pupils, Patrick Ayre, Year 7, rolled up his sleeves and got creative in the kitchen.

Patrick baked a delicious homemade pie filled with roast chicken, ham, carrots, leeks, peas and gravy, topped with golden puff pastry. To add a clever finishing touch, he decorated the top with π (pi) on a pie. The pie looked fantastic and certainly sounded tasty. Patrick's effort and creativity have earned him valuable points for his house, contributing to the ongoing house competition. Congratulations, Patrick, on a brilliant effort and a great way to celebrate British Pie Week!



The International Day of Happiness is an annual celebration aimed at helping people around the world to realise the importance of happiness in their lives. It's a chance for everyone to take steps to make themselves and others happier, to reflect on what makes them happy, and explore new ways to be happy. It takes place every year on the 20th of March.

In 2011, the UN General Assembly adopted a [resolution](#) which recognised happiness as a "fundamental human goal" and called for "a more inclusive, equitable and balanced approach to economic growth that promotes the happiness and well-being of all peoples".

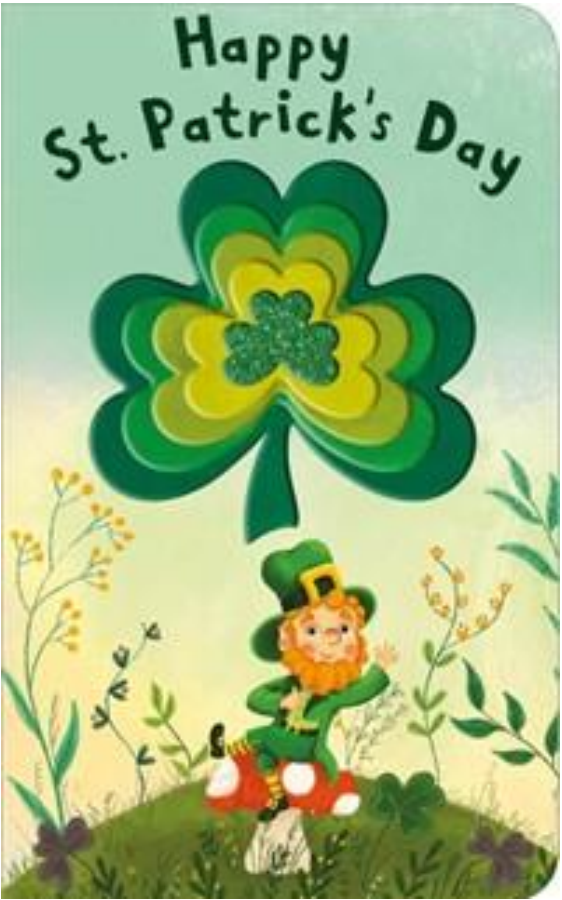
Caring and Sharing: This year's theme reminds us that lasting happiness comes from caring for each other, feeling connected and being part of something bigger.



STUDENT TASK: Create your own Happiness Wall. Complete this statement: 'I will share happiness by...' This could be done on sticky notes or through another medium.

HOUSE ACTIVITY:

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



St Patrick's Day Limerick Challenge

To celebrate St Patrick's Day, students are invited to take part in a fun creative writing activity by composing their own limerick.

A limerick is a short, humorous poem made up of **five lines**. It has a distinctive rhythm and a simple rhyme pattern: **AABBA**.

This means that the **first, second and fifth lines** rhyme with each other, while the **third and fourth lines** form a shorter rhyming pair. Limericks are often playful, silly, and full of imagination, making them perfect for a festive celebration.

STUDENT TASK: Write Your Own St Patrick's Day Limerick
Students are encouraged to write a limerick inspired by Ireland, St Patrick's Day, or anything green and lucky! Think about themes such as leprechauns, shamrocks, rainbows, pots of gold, or mischievous adventures.

- Steps to follow:**
1. Write a five-line poem.
 2. Use the **AABBA rhyme pattern**.
 3. Make lines **1, 2 and 5 longer**, and lines **3 and 4 shorter**.
 4. Try to make it **funny, surprising, or clever**.

Example:
There once was a leprechaun small,
Who hid pots of gold by a wall.
When someone came near,
He vanished from here,
With a giggle that echoed through all!

SUBMISSION:
Submit your limericks to earn **house points** and celebrate the spirit of St Patrick's Day through creativity and humour. We look forward to reading lots of brilliant and imaginative poems!



What parents need to know about

GRAND THEFT AUTO (GTA)

grand theft auto

Grand Theft Auto is an action-adventure video game series where players control criminals and wreak havoc in order to complete missions and progress through the game. During the early stages of the game, it solely focuses on completing missions to go up a level. However, as the game grew more popular the makers of GTA decided to introduce a narrative to each edition of the game. The aim of this was to increase user engagement, making gamers believe that they were not just playing as the character, but they became the character. Grand Theft Auto is accessible on a number of devices including: PlayStation and Xbox, desktop computers, PSP, Nintendo DS, and Mobile.



Top Tips for Parents

THE RISK - PLAYING WITH STRANGERS

When buying GTA V you automatically have access to Grand Theft Auto Online, a version of the game that allows players to play online. They can play alone, invite players to a game, or be involved in public 'sessions' where people will be picked at random to play. When you first load into a game you are automatically placed into an open lobby, meaning you play with random people. The 'social club' is GTA's very own social platform where users can bet money, share in-game photographs (which users can like and comment on), and even message other users directly.

What parents can do

To prevent your child playing with strangers on the game, you can change the settings to ensure they only play with their approved friends list. Upon signing up to the 'social club', it automatically sets a player's visibility settings to 'everyone', meaning their name and profile information is made public. Parents can alter this by changing the visibility settings to 'only me'.

WARNING!

Due to the nature of the game and the age restrictions, GTA includes content that is inappropriate for anyone under the age of 18, including sex, nudity, violence, profane language, and substance abuse. These are the main components that make up the game - you have to do certain things and witness certain things in order to move on in the game. Exposing your child to this type of content could affect their morals and understanding of right and wrong. Additionally, your child could become desensitised to similar situations, reinforcing the fact they would find it hard to differentiate between right/wrong and good/bad.

THE RISK - ONLINE HACKERS

Hackers can make money by helping users cheat in the game. They can do a number of inappropriate things, including killing people, stealing weapons, spawning money into the game, and even raping other characters. Spawning money tends to be a gamer's most popular choice, being able to buy \$100,000,000,000 (of in-game currency) for as little as five US dollars.

What parents can do

Actively monitor your child's online activity. These websites are very easy to find, meaning children and young people can easily navigate their way to these websites and pay for hackers. Not only is this an illegal activity, but you have the risk of giving your personal information to someone who may misuse it.

THE RISK - ADDICTION

Addiction is a risk with any game. Game developers use persuasive design techniques to force users to invest their time, and often money, in a game. Within GTA, your character is able to progress through the game for completing missions within a certain time frame, encouraging children to keep returning to the game. Gaming addiction is now a recognised health condition and the side effects are concerning, including sleep deprivation, decreased attention span and erratic emotional behaviour.

What parents can do

There are a number of things you can do if you are concerned about your child's screen time, including setting time limits within the home, especially during meal times and before bedtime. Talk to your child and ask why they are spending so much time on the game, and encourage healthy alternatives such as outdoor activities and spending quality time with friends and family.

THE RISK - LIVE CHAT

When playing GTA online, players have the option to use a microphone to broadcast their voice live to other players involved in the 'session'. These live voice chats are not moderated, meaning anything could be said, including inappropriate language, as well as verbal forms of bullying.

What parents can do

Talk openly with your child about not giving away personal information. Also remind them that conversations can be recorded, which could damage their online reputation. Depending on the device/platform, there will be ways to mute conversations. Make yourself aware of the device's/platform's individual settings and ensure that your child knows how to block and report.

THE RISK - MICROTRANSACTIONS

By completing missions and partaking in certain activities you earn in-game currency. This allows you to buy things such as prostitutes, vehicles, weapons, ammo, new outfits, cars, apartments and more. However, the items that are available to buy often have a high price that require a lot of game time, meaning the items are pretty unrealistic to buy.

What parents can do

If you do not want your child to make payments, ensure your card is not associated with their account. If you are happy for your child to make payments in the game, but want to limit spending, we suggest purchasing a pre-paid gift card for your child. These can be purchased in specific amounts which will allow you to limit how much your child spends and removes the need for a credit or debit card to be used with their account.

SOURCES:

<https://www.imdb.com/title/tt2103188/parentalguide>
<https://www.telegraph.co.uk/gaming/news/grand-theft-auto-v-has-made-money-film-history/>
<http://www.techaddiction.ca/addiction-to-video-games.html>



**National
Online
Safety**

A whole school community approach to online safety
www.nationalonlinesafety.com

Email us at hello@nationalonlinesafety.com or call us on 0800 368 8061

SPORTS FIXTURES

Monday 16th March 2026

- Under-16s Boys' Rugby Away Game v Graveney School. Leave school at 1.30pm. Start 2.30pm. Return at 5pm approx.: **Mr McWhirter/Minibus**
- Under-18s Girls' Hockey Away Game v James Allen's Girls' School. Leave school at 3.40pm. Start 4.30pm. Return at 6pm approx.: **Mr Johnstone**
- Under-16s Boys' Hockey Notts Open Championship Quarter Final Away Game v Claremont Senior School. Leave school at 12.30pm. Start 3pm. Return at 7pm approx.: **Ms Jaymes**

Tuesday 17th March 2026

- Under-15s Girls' and Boys' Southwark Table Tennis Tournament at Charter School, Bermondsey. Leave school at 9am. Start 10am. Return at 1pm approx.: **Mr Dash**
- Under-18s Boys' Football Away Game v St Thomas the Apostle School & Sixth College. Leave school at 2.15pm. Start 3.15pm Return at 5.30pm approx.: **Mr Dash**

Wednesday 18th March 2026

- Under-16s to Under-12s Girls' and Boys' State Schools Cycling Championships at Herne Hill Velodrome. Leave school at 11am. Start 12 noon. Finish 5.30pm approx.: All students leaving from the Herne Hill Velodrome. **Ms McManus**

Thursday 19th March 2026

- Under-13s Boys' Basketball Away Game v Harris Academy Crystal Palace. Leave school at 3pm. Start 4pm. Return at 6.15pm approx.: **Mr Lord**
- Under-14s Girls' Football Away Game v Haberdashers' Hatcham College. Leave school at 1pm. Start 2pm. Return at 4.30pm approx.: **Mr Jones**
- Under-14s Girls' and Boys' Volleyball Away Game v Haberdashers' Hatcham College. Leave school at 12.30pm. Start 1.30pm. Returning at 5pm approx.: **Mr Fitchett**

Friday 20th March 2026

- Under-12s Boys' Football Away against Elmgreen School. Leave school at 2pm. Start 3pm. Return at 5pm approx.: **Mr Fitchett**

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

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



HOUSE NEWS

Online Safety Corner

For this week's Online Safety focus we are looking at 'What Parents & Educators Need to Know about Grand Theft Auto.' Get a greater insight here. Please read! Remember to keep an open dialogue with your child about their activities online. See Page 20 above.

The House Leader Board 2025-26

Week ending
13th March 2026

- 1st Place – Swift 81,061 points
- 2nd Place – Dove 80,939 points
- 3rd Place – Falcon 80,227 points
- 4th Place – Albatross 79,800 points
- 5th Place – Eagle 79,428 points



Ways we communicate with Parents and students

We communicate with students & parents via:

Student & Parent Email

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

MS Teams

Used to share schoolwork, assignments and files.

Twitter/Website

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

SatchelOne (previously SMHW)

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

MyEd app

Downloaded for free at:

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

This app provides a range of useful info for parents.

