



PARENTAL NEWS BULLETIN

Issue 24 Monday 23rd March 2026

HEADLINE NOTICES

Easter Break

The Spring term at Kingsdale concludes on **Friday 27th March 2026**. Further details have been circulated separately.

We would like to take this opportunity to wish you a restful break in advance. The Summer Term 2026 will commence on Monday 13th April 2026 for selected Year 11/13 students (invitation only during the scheduled staff INSET day) and on **Tuesday 14th April 2026** for all other students at the usual times. Parents can find full details regarding school and holiday dates for the 2025-26 & 2026-27 academic years on our website [here](#).



House Excellence Award

Kasija Andrejic, Year 9, has won the House Excellence Award. She was nominated by the Science Department. Kasija has made excellent progress this year and her contributions in Science lessons have been superb.

Kasija is very hardworking and is developing those critical thinking skills to help make even more progress. Well done Kasija!



Cycle Marking/Registration Scheme Saturday 28th March at 11am Dulwich Wood Safer Neighbourhood Team

The Dulwich Wood Safer Neighbourhood Team will be holding a bike marking/registration event on Saturday 28th March at 11am outside Dulwich Sports Club.

Come along to:

- Get your bike security-marked and registered
- Receive crime-prevention advice
- Have a chat with your local policing team

Everyone is welcome!

THEME OF THE WEEK

Easter

'The highest act of love is the giving of the best gift, and if necessary, at the greatest cost, to the least deserving.'

WORD OF THE WEEK

Inadvertently

Without intention; accidentally

"She inadvertently deleted the important files before saving a backup, causing a minor crisis at work."

SCHOOL NEWS



HOUSE ASSEMBLIES

Celebrating International Women's Month

Thank you to all the Heads of House who with their students last week, helped to shed a light on just how far we have to go to achieve gender parity in society. As we strive in this direction, the assemblies highlighted the many inspirational women, who are breaking 'glass ceilings' on a global scale.



Indhu
Rubasingham

Artistic
Director of
the National
Theatre



Rachel Reeves

Chancellor
of the
Exchequer, UK
(The first ever
female
Chancellor)



Jakomba
Jabbie

Teen STEM
Activist,
The Gambia

MENINGITIS + SEPTICAEMIA

Meningitis
NOW

Meningitis is a serious condition where the protective layers around the brain and spinal cord become inflamed. Septicaemia is when the bacteria enter the bloodstream to cause blood poisoning. They can happen to anyone, so it's important to know the symptoms and risks.

Early symptoms, such as fever, vomiting, aches, muscle pain, cold hands and feet and headaches, can look similar to common illnesses like colds or flu. But someone with meningitis or septicaemia will usually become seriously ill in a matter of hours. That's why it's crucial to keep checking on anyone who is unwell.

MENINGITIS SYMPTOMS?

- fever
- a very bad headache (this alone is not a reason to get medical help)
- vomiting
- stiff neck
- dislike of bright lights
- rash (DO NOT wait for a rash to appear before seeking medical advice)
- confusion, delirium
- severe sleepiness, losing consciousness
- fits

SEPTICAEMIA SYMPTOMS?

- fever and shivering
- severe pains and aches in limbs and joints
- vomiting
- very cold hands and feet
- pale or blotchy skin
- rapid breathing
- diarrhoea and stomach cramps
- red or purple 'bruised' or blotchy rash on skin that does not fade under pressure - do the glass test. On dark skin, check paler areas of the skin, such as the palms of the hands, soles of the feet, inside the mouth (roof), and the eyelids
- difficulty walking or standing
- severe sleepiness, losing consciousness

If you become worried about yourself, your child, or a friend, particularly if symptoms are getting worse, seek medical help urgently.

EARLY TREATMENT CAN BE LIFE-SAVING.

ST IVES RESIDENTIAL | ART NEWS

Sixth Form Art, Textiles, Photography, Graphics and Enrichment Residential to St Ives, 28th February to 3rd March 2026

St Ives was a thrilling opportunity for members of our Sixth Form art student community to engage in a jam-packed trip catered towards exposing us to an array of galleries, experiences and fascinating sights.

From the massive scale and immersion of the Eden Project on our first day, to the thrill of re-energising and socialising in the communal areas in and around our rooms, the turn of the weather did not stop our venture into the midst of Barbara Hepworth's Gallery and St Ives Tate in which we set down to sketch and photograph what was around us.

Many delighted in traditional Cornish pasties for lunch, with the calm backdrop of the sea beside us. The pottery workshop was a personal favourite, however other notable activities included the mark making workshop, a tour guide around the Sculpture Gardens and two more art galleries to explore. The pizza and movie night was great fun, as well as the dinner at Country Skittles where we competed in bowling races.

Overall, this trip was a lovely blend of nature walks, fun group activities and lots of inspiration for our art projects

By Vida Lukas, Year 12 Art Head Prefect



For more photos, see our Instagram [@kingsdaleart](#)



Springer Middle School visits Kingsdale

At the end of February, Kingsdale Foundation School was visited by Springer Middle School from Wilmington, USA.

Last year as part of the music department tour to the USA, Springer hosted us for a day in their school, making music and meeting their students in their successful and thriving music programme. This year Springer came to London and we were able to return the favour by hosting them. Our music students partnered up with theirs to give them a taste of a UK school day in the morning, followed by a workshop with one of our amazing jazz teachers Matt Carter.

We enjoyed a quintessential British lunch of fish and chips and their incredible jazz band performed at our Valentine's Concert in the evening with a strong contingent of American parents having made the journey over to support their children!

It was a truly special day, cementing international ties between students, staff and families and we look forward to continued partnership with Springer and other schools in the Wilmington area.

Southwark Music Service at Kingsdale

Over the February half-term holiday Kingsdale Music Department hosted a holiday orchestra course for both Kingsdale students and students across Southwark Schools. As the lead secondary school for the Southwark Music Service, the Kingsdale Symphony Orchestra courses are one of the ways in which we are developing the music offer for Southwark students. Over three days, students across a range of ages and abilities challenged themselves to practice and perform two pieces – Beethoven's 5th Symphony (1st Movement) and a suite of orchestral pieces from Leonard Bernstein's musical West Side Story. Culminating in a final performance for parents on the Friday of half-term. Congratulations to all performers and supporters for an inspiring way to spend your half term!

MUSIC NEWS



CAREERS NEWS

We have a number of talks coming up. Students who wish to attend, can express an interest, can use [this link](#).

Date	Time	Years	Talk
Tuesday 28 th April	TBC	All Years	Data Centres
Friday 1 st May	Period 4 12.10-12.50pm	8 & 10	Nursing
Tuesday 12 th May	4.15-5.00 pm (after school)	All Years	Archaeology
Spring – date TBC	TBC	All Years	Video Publishing & Media

YEAR 8 TASTER SESSIONS

SUBJECT	DATE	TIME	LOCATION
Dance	24/03/2026	After School - sign up via satchel	Dance Studio
PE	25/03/2026	During Year 8 PE lessons Period 6	POD
Music	26/03/2026	After School - sign up via satchel	MS1
Psychology	TBC after Easter		
Sociology	TBC after Easter		
Creative Media	TBC after Easter		



Work Experience Help

Our Year 12's will soon be looking for work experience opportunities. All placements are 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 Mr Burke at jbu@kingsdale.southwark.sch.uk

Insight into University is a virtual experience that helps students explore STEM degrees, apprenticeships, and related careers. It offers access to university life, STEM projects from top UK universities and global companies, first-year lectures, and live sessions with academics, admissions tutors, apprentices, employers, and current students.



"I absolutely loved the course. It has helped me discover my true passion, and love which I hope to pursue in the future."

Course topics

- Hear from STEM professionals at top UK companies, from early-career apprentices to senior leaders and recruiters, about their journeys, inspirations, and projects.
- Join live Q&A sessions with STEM professionals, admissions officers, students, and professors in a supportive environment.
- Get expert advice on university applications, interviews, admissions tests, student finance, and support services.
- Take part in hands-on STEM activities like bridge building, making ice cream at the chemical level, and flight experiments.

100%

of students increased their awareness of STEM opportunities available to them

92%

of students felt the skills and knowledge gained from the course would have a positive impact on their future studies or career.

Course requirements and registering your interest

This course is open to all students aged 16+ who have a genuine interest in STEM subjects and is suitable for all abilities. To apply, please visit our website [here](#).



Here at [The Engineering Development Trust](#) we are excited to let you know that APPLICATIONS ARE NOW OPEN for our hugely popular [2026 Summer Virtual into University course](#).

This unique course is for students in Years 11-13 and can be completed flexibly over the summer (approx. 30 hours of study).

The course will allow students to explore STEM studies at TOP UNIVERSITIES, including degree apprenticeships, and the career opportunities that that these subjects lead to. It will provide access to information on student life, STEM projects and activities set up leading UK universities and global STEM companies, first year undergraduate lectures, live interactive sessions with academic, admission tutors, employers, and current students.

Upon completion students will gain a [Silver Industrial Cadets Award](#) Inspired by its Patron, His Majesty, King Charles III, Industrial Cadets is a nationally recognised award which students can use as evidence of their experience and to support future applications and careers journeys.

EDT WEBINARS

We would also like to take this opportunity to invite you to join our Insight into EDT Webinar that is taking place next week. This webinar will tell you more about Industrial Cadets, what activities we have planned for Easter and the Summer holidays and how we can help your school and students with STEM activities this academic year.

Book your place here:

Topic: Insight into EDT – Opportunities for Schools & Students

When: Wednesday 18th March at 4-5pm

Registration Link : [Click here](#)

Next month we are also running a webinar where [Parents/Guardians](#) will be able to find out about all of the upcoming opportunities for their children.

To book:

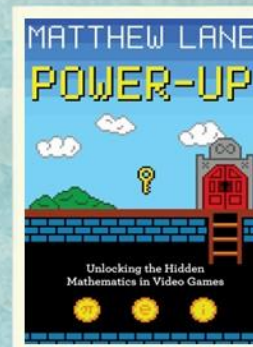
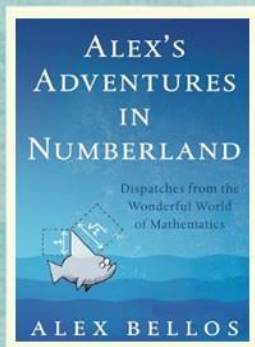
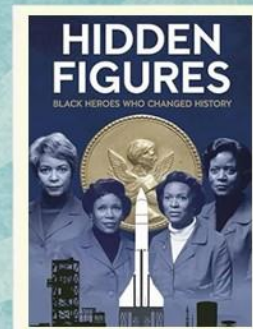
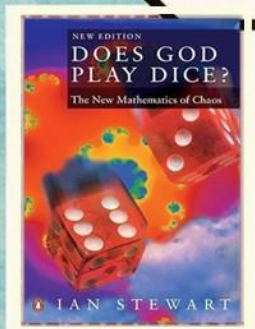
Topic: Discover EDT exclusively for Parents & Guardians

When: Thursday 16th April at 4-5pm

Registration Link : [Click here](#)

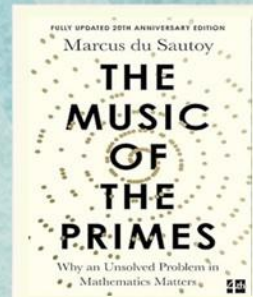
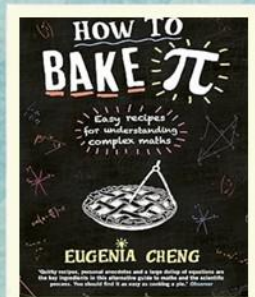
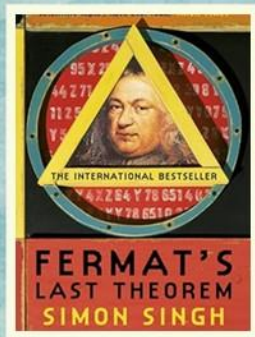
**GO
ALL
1N.**

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 April 2026, as the National Year of Reading progresses.



Angie Thomas Author Visit and Book Signing

This week, students in Year 7 and 10 had the privilege of a visit from acclaimed author of *The Hate U Give*, Angie Thomas. Angie gave a presentation to year 7 and an 'in-conversation' interview in front of Year 10 students.

She then signed books for many enthusiastic fans in the Lower School Library afterwards!



SCHOOL NEWS

Mental Health & Well-Being Weekly Focus for Students: Self-Awareness & Personal Growth

This week's Mental Health & Well-Being Focus for students is 'Self-Awareness and Personal Growth'.

For student's self-awareness is the foundation of **emotional resilience** and personal growth, enabling them to navigate academic pressure and social transitions with confidence. By understanding their own emotions and triggers, they can move from impulsive reactions to informed, intentional choices.

Core Benefits of Self-Awareness

- **Resilience:** Building a foundation of self-awareness helps teenagers "bounce back" from setbacks by helping them understand that challenges are manageable.
- **Emotional Regulation:** Recognising the physical signs of stress (like a racing heart or clenched hands) allows students to use calming strategies before becoming overwhelmed.
- **Improved Relationships:** Understanding one's own impact on others fosters empathy and better communication, leading to stronger social connections.
- **Academic Performance:** Students who can manage their emotions and stress levels typically show better focus, memory, and problem-solving skills.

Practical Activities for Personal Growth

Schools & students can use these structured activities to foster self-discovery & wellbeing:

- **Mindfulness & Meditation:** Brief sessions (even 3–5 minutes) of deep breathing or guided imagery help students centre themselves and reduce anxiety.
- **Journaling:** Keeping a private journal allows students to process complex emotions, identify recurring patterns in their behaviour, and track personal achievements.
- **Vision Boards:** Creating a visual map of hopes, dreams, and personal values helps students align their daily actions with long-term aspirations.
- **Strengths Spotting:** Identifying top character strengths through assessments or "petal exercises" (writing positive traits on paper petals) builds authentic self-esteem.
- **Rational Self-Talk:** Learning to challenge negative thoughts with constructive alternatives empowers them to maintain a balanced mindset during challenges.

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.





ALL ABILITIES WELCOME!

Ballet Club

MONDAYS AFTER SCHOOL

Year 7 sessions passes will be provided to leave P7 5 mins early

YEAR 7 - 3:40-4:20PM

YEAR 8/9/10 - 4:20-5:10PM

DS1 (DANCE STUDIO)

EMAIL LHK@KINGSDALE.SOUTHWARK.SCH.UK OR
SPEAK TO MISS HEYBROCK FOR MORE INFO!

Ballet Club

Classes are a blend of barre work, technique and choreography, with an opportunity to perform in the dance showcase at the end of the year. Never done ballet before but want to try it? Did ballet when you were little but haven't done it for years? No problem! Whether you're a beginner or just love ballet, all abilities are welcome.

Please email lhk@kingsdale.southwark.sch.uk to express interest and find out more information.

If any year 11s are interested in assisting with Ballet Club, please also email!

SPORTS NEWS



Athletics News - ESAA Championships

Congratulations to Jacob Hood, Year 9 (Junior Boys) and William Weyham, Year 12 (Senior Boys) who represented London at the English Schools' Athletics Championships (ESAA) championships on 14th March at Sefton Park, Liverpool. Well done boys!

Congratulations to the Under-13s Girls' Football team who progressed into the quarter-finals of the Sisters N Sport National Cup after an incredible victory against Alleyn's. Kingsdale started strong and quickly took the lead with goals from Wren Costerton and Ruby Trim. Alleyn's got a goal back, but Ruby Gall grabbed her first goal of the game as we led 3-1 at half-time. It was a nervy second half as the defence stood firm but two excellent goals in the last 5 minutes took the game to extra time. The girls showed tremendous resilience and character to find their route to victory with Ruby Gall scoring two goals to complete her hatrick. Alleyn's scored a fourth goal with the last kick of the game but Kingsdale held on for the win! Well done girls!

Final Score: Kingsdale 5-4 Alleyn's
Goal Scorers: Wren Costerton (1), Ruby Trim (1) and Ruby Gall (3)
Player(s) of The Match: Ruby Gall & Nell Clements.



Under-16 Boys' ESFA National Cup Semi-Final Kingsdale v Millfield School

Congratulations to the Year 11 Under-16s Football B team, who have reached yet another ESFA National Cup Final after defeating Millfield School in the semi-final on Wednesday. It is an excellent achievement for the boys, who will now face either Thomas Telford School or Wright Robinson College in the final.

Final Score: Kingsdale 1-0 Millfield School

Player of the Match: Josh Daniel, who made several crucial saves in goal to help secure the victory.



Year 9 Boys' South London Cup Kingsdale v Walworth Academy

Congratulations to the Year 9 Boys' Football team, who progressed to the South London Cup Final after beating Walworth Academy on penalties in the semi-final last week. The match finished 3-3 after extra time before being decided from the penalty spot. The team now progress to the final for the third year.

Goals Scorers: Brendan Smith (1), Trae Toro-Mcguigan (1) and Isaac Varela (1).

Kingsdale Under-14s Impress at Rugby 7s Tournament

The Kingsdale Under-14s delivered an exciting and competitive performance at the UR7s Tournament last week, showcasing skill, resilience, and attacking flair throughout the day.

Kingsdale opened their campaign with a thrilling 24-21 victory over Thorpe Hall School in a closely contested match. Tries came from Zac Kiwanuka, Brendan Smith, and Jaiden Afranie-Wilson, while Harry Davis added three crucial conversions.

The second fixture against Bohunt School Wokingham was another tight encounter. Kingsdale led 19-17 going into the final play, but Bohunt managed to score in the corner to snatch a narrow 22-19 win. Tries were scored by Jaiden Afranie-Wilson and Isaac Timbrell.

Kingsdale responded in style in their final group game, producing a dominant 45-7 victory over All Hallows. Tries were shared across the team with Ruben Walker, Jaiden Afranie-Wilson, Robbie Heritage, Harry Davis, and Isaac Timbrell all crossing the line in an impressive attacking display.

Progressing to the semi-finals, Kingsdale faced St Joseph's College in another competitive match. Trailing 14-12 at half-time, Kingsdale continued to battle but were unable to close the gap, with St Joseph's extending their lead to win 21-12. Tries were scored by Isaac Timbrell and Jaiden Afranie-Wilson.

Overall, it was a strong tournament performance, with Kingsdale demonstrating great teamwork, determination, and attacking quality against tough opposition.

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



Come and join the Strategy Games Club at lunch times!

1. Have NO 'save or pause' buttons - unlike modern PC games. Whatever happens, happens - the 'dice' decide.
2. Eat and Game at the same time in either SN:1 or 2.
3. Monday to Thursday - your lunchtime.
 - You don't have to attend every lunchtime - choose days that are convenient to you.
 - Adventure as a group or individually.
4. Types of games that we play - we have over 10 different options, but, the usual are:
 - Dungeons and Dragons.
 - Traveller RPG (similar to Star Wars).
 - Call of Cthulhu (Horror based themes/investigations) - various era's:
 - 1920's-30's.
 - 700 A.D - Anglo Saxon Britain.
 - Runequest 6 & 7 Ed.
5. TRY an ON LINE game for free:
 - Type in on line: [RQ - SoloQuest - The Battle of Dangerford](#)

The Battle of Dangerford is a free, interactive [solo adventure](#) from the RuneQuest Starter Set, designed to teach the rules of the -based fantasy RPG. Players control Vasana, a Sartarite warrior defending a key ford against the Lunar Empire, using choices, skill checks, and combat to determine the battle's outcome.

Email Mr Dennington at:
(sdn@kingsdale.southwark.sch.uk)
if you are interested - or just turn up.

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



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](#)

CELEBRATING NEURODIVERSITY

Celebrating Neurodiversity at Home: A Guide for Parents

Neurodiversity Celebration Week was a wonderful opportunity to recognise and celebrate the unique ways people think, learn, and experience the world.

Rather than focusing on challenges, Neurodiversity Celebration Week encouraged us to recognise the strengths, talents, creativity, and perspectives that neurodivergent individuals bring to our families, schools, and communities.

At home, families play a key role in helping children feel proud of who they are. Here are some simple ways parents can celebrate neurodiversity together beyond the celebration week.

1. Talk About Different Ways of Thinking

Children benefit from understanding that everyone's brain works differently.

You might say:

- "Some people learn best by listening, others by moving or seeing things."
- "Our differences make the world more interesting."

These conversations help children understand that neurodiversity is normal and valuable, not something to hide.

Tip: Share examples of famous neurodivergent people who have used their unique thinking to achieve amazing things.

2. Celebrate Your Child's Strengths

Every child has strengths. Neurodivergent children often show particular talents such as creativity, problem-solving, empathy, or deep focus on interests.

You can celebrate by:

- Creating a "strengths board" where children add things they are proud of
- Letting them teach the family about their favourite interest or hobby
- Praising effort and creativity rather than just results

Focusing on strengths builds confidence and self-belief.

3. Encourage Self-Expression

Many neurodivergent children express themselves best through creativity. Try activities like:

- Drawing or painting how their brain works
- Building something with LEGO or craft materials
- Writing stories or comics about unique characters

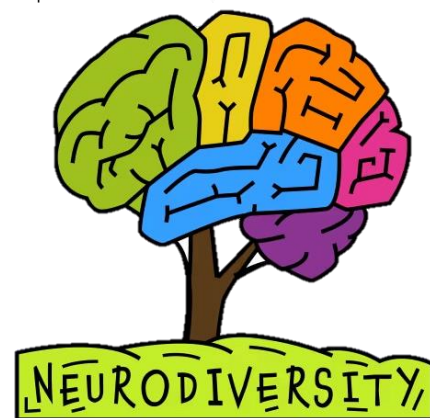
Creative expression helps children share their feelings and ideas in a safe way.

4. Celebrate Differences in the Family

One of the best ways to support children is to model acceptance. As a family you might:

- Talk about what each person finds easy or tricky
- Celebrate different talents in siblings and parents
- Remind children that being different is something to be proud of

When children see differences respected at home, they learn to respect themselves and others.



Post-Diagnosis Autism Workshop for Parents and Carers

Parents of autistic children can attend a Post-Diagnosis Autism Workshop for Parents and Carers, designed to provide guidance and practical support following a child's autism diagnosis. The workshop is part of a wider programme of Neurodiversity Celebration events aimed at helping families better understand autism and other neurodivergent profiles.

Event details

Date: 26 March 2026

Time: 9:30am – 11:30am

Location: Cantium House, Wallington, Surrey

For parents and carers of autistic children or those recently diagnosed. The session is organised by the Cognus Autism Support team, who run training and workshops for families across South London. **Find out more [here](#)**

What the workshop covers

The session is designed to help parents feel more confident supporting their child after diagnosis. Topics include:

- Understanding autism and neurodiversity
- Supporting communication and emotional wellbeing
- Understanding the role of a child's special interests
- Practical sensory regulation strategies
- Opportunities to ask questions and share experiences with other parents

Families will also have the chance to learn about local support services and resources available to autistic children and young people.

Why workshops like this are helpful

Receiving an autism diagnosis can bring many questions for families. Parent workshops provide a supportive environment where parents can:

- learn practical strategies to support their child
- understand behaviours linked to sensory or communication needs
- connect with other families with similar experiences.

These sessions aim to build confidence and help families feel better prepared to support their child at home and in school.

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 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.



Education from
the National
Crime Agency

CEOP Education from the National Crime Agency – Advice, information and resources to use with your child to help keep them safer from online child sexual abuse.



Internet Matters – Comprehensive resources and expert guidance to help parents/carers keep their children safe online.



A safe space for teenagers worried about sexual behaviour

Our new website for young people with concerns about their own or someone else's sexual thoughts and behaviour.



shorespace.org.uk

Why Shore?

- It is one of the only resources of its kind in the world, designed specifically for young people with concerns about sexual behaviour
- It has reliable information to get anonymous help if they or a friend has acted harmfully online

SCHOOL NEWS

KFS Uniform Bank

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

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

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



The School Shop

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



Lost Property

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

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

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

Kingsdale is a Safe Space

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

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

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

Our two confidential emails are:

health&wellbeing@kingsdale.southwark.sch.uk

tellsomeone@kingsdale.southwark.sch.uk

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

HOUSE COMPETITION



Kingsdale Cooking Challenge: Easter Cooking Challenge

Easter is a Christian festival which marks the Christian belief in the resurrection of Jesus Christ.

For many Christians, Easter is a celebration of the triumph of life over death, and a very important time of the year. Many non-Christians also have a holiday at this time, so it is a popular time to travel or spend with friends and family. We see lots of symbols of new life at Easter, especially eggs, chicks, flowers and rabbits. These symbols go back to ancient pagan traditions which celebrated fertility, rebirth and new growth after the long, winter months.

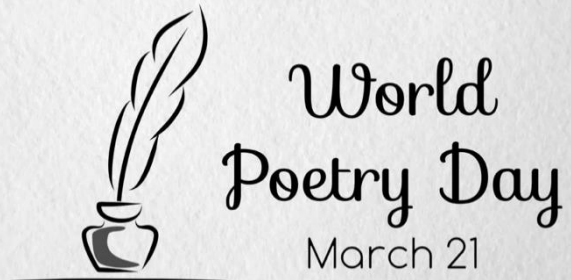
To celebrate the Easter Holidays, we are inviting all students to take part in our Easter Cooking Challenge at home! This is a fun opportunity for families to cook together and for students to show off their creativity in the kitchen.

STUDENT TASK: Create an Easter-themed dish or bake at home. It could be something sweet or savoury, such as:

- Easter cupcakes or biscuits
- A decorated Easter cake
- Hot cross buns
- Chocolate nest cakes
- An Easter-inspired breakfast or snack

***Remember to get permission to use the kitchen and to ensure appropriate supervision.**

HOW TO ENTER: Email the House Team: housesystem@kingsdale.southwark.sch.uk
Ensure your entry is accompanied by your full name, tutor group and House.



Held every year on 21 March, World Poetry Day celebrates one of humanity's most treasured forms of cultural and linguistic expression and identity. Practiced throughout history – in every culture and on every continent – poetry speaks to our common humanity and our shared values, transforming the simplest of poems into a powerful catalyst for dialogue and peace.

Source: <https://www.unesco.org/en/days/poetry>



STUDENT TASK:

We're inviting you to write a poem about your favourite person. Who do you idolise? Is it your mum or dad? Your best friend? Your brother or sister? Perhaps there is a famous person, from a sports or film star to an author or musician, that you admire and aspire to be like. Why are they your favourite person and why do they inspire you?

Grab your pen and get writing! From haikus and rhymes to acrostics and everything in-between, we welcome your poem in any style and format celebrating your poetry idol.

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

What Parents & Carers Need to Know about BEREAL

BeReal is the latest trending social media app. The concept is that people see others in their authentic day-to-day lives, sharing candid photos without editing or applying filters. Each day at a random time, users are simultaneously notified to take a picture of what they're doing at that exact moment. The two-minute window to submit an image means there's no time to select a particularly glamorous or exciting activity. BeReal shares two pictures: a selfie, and an image of the immediate surroundings. Users can only view and react to their friends' photos once they upload their own.

AGE RATING

13+

from the App Store & Google Play

WHAT ARE THE RISKS?

CONTINUOUS NOTIFICATIONS

Like any social media app, BeReal's developers want users to be on it regularly and scrolling for long periods. BeReal only sends one notification to post a picture each day, but there are other alerts for events such as mentions, comments, friend requests and reactions to your photo. This can cause young users to feel pressure to open the app and respond, distracting them from other activities.

CONNECTING WITH STRANGERS

When someone signs up to BeReal, it highlights anyone in their phone's contacts list who already has the app – so users can connect with friends, or invite others from their contacts. The 'Discovery' feed, meanwhile, shows posts from strangers and gives users the option to add them as friends, too. This means your child could potentially connect with – and communicate with – a stranger.

PUBLIC SHARING

As well as sharing posts with friends in the moment, the app also allows posts to be shared publicly and public content to be viewed. Before a user can see this public content, they must post their own photo first. Unfortunately, there currently seems to be a lack of moderation on the content that's being uploaded, so a young user could be exposed to posts which aren't suitable for their age.

EASY LOCATION

BeReal's default setting is to share the exact location of where a post was sent from. Given that images are usually shared within the two-minute window, anyone your child is friends with on the app will know exactly where they are (or at least, where they were two minutes earlier). As we've noted, this could include strangers who are intending to use this geographical information for malicious purposes.

VISIBLE PERSONAL DATA

As with any other form of social media, it's important that your child doesn't share too much personal information on their profile. BeReal allows for a photo, full name, approximate location and a short bio. It's safest to make sure that your child's profile doesn't display anything which could identify where they go to school or exactly where they live.

REPUTATIONAL DAMAGE

What your child says and does online – their digital footprint – shapes the way that other people see them. It's essential that young people understand that when they post something online, they are giving the app in question the right to do whatever they wish with that image or content, including sharing it elsewhere. This form of permission is explicitly referenced in BeReal's terms of use.

Advice for Parents & Carers

LIMIT NOTIFICATIONS

BeReal offers the option to turn off individual types of notification. Doing this will significantly reduce the number of times your child is tempted to open the app by incoming comments, uploads, friend requests and so on. Ironically, it will allow them to actually 'be real' by being present in the moment and their current environment as opposed to being engrossed on social media.

STOP AND THINK

BeReal's goal is for users to be authentic with friends, removing the pressure of that flawless photo or perfectly worded post. It's still vital, though, that children stop and think rather than uploading something risky just to meet the two-minute deadline. Point out to them what kind of information strangers could extract from an image: school crests, street names or local landmarks, for example.

KEEP IT AMONG FRIENDS

Remind your child why adding strangers to their contacts isn't a good idea, and advise them to decline any friend requests from people they don't know in real life. If something your child sees on BeReal makes them feel uncomfortable, they can report it by clicking on the three dots in the top right. The reporting tool allows them to state the reason that they're flagging up the post.

CREATE A SAFE PROFILE

Remind your child to use an avatar as their profile pic (as opposed to a photo of themselves) and use a nickname or just their first name, not their full name. Any information they add to their bio (which is optional) should be kept vague, and personal details should remain private. It's also worth turning off the geolocation feature either through the device's settings or in BeReal itself.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Sources: <https://be.real/en/privacy/> | <https://be.real/en/terms/>
<https://be.real/en/national-safety-faq/#BeReal-English-2a3c5804f88045043ed0a40b04de892a> | <https://www.common Sense media.org/app-reviews/be-real>



National Online Safety®

#WakeUpWednesday



www.nationalonlinesafety.com



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/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 05.10.2022

SPORTS FIXTURES

Monday 23rd March 2026

- No planned fixtures/events

Tuesday 24th March 2026

- Under-14s Boys' Rugby 7s Tournament at Rosslyn Park. Leave school at 7.45am. Start 9am. Return at 5.30pm approx.: **Mr Lord**
- Under-14s Girls' Football Away Game v Alleyn's School. Leave school at 10am. Start 11am. Return at 1.45pm approx.: **Mr Jones**

Wednesday 25th March 2026

- Under-16s Boys' Rugby 7s Tournament at Rosslyn Park. Leave school at 7.45am. Start 9am. Return at 5.30pm approx.: **Mr McWhirter**

Thursday 26th March 2026

- Under-14s Boys' Hockey State School Championships in Nottingham. Leave school at 6am. Start 10am. Return at 10pm approx.: **Ms Jaymes**

Friday 27th March 2026

- Under-13s Boys Rugby 7s Tournament at Rosslyn Park. Leave school at 7.45am. Start 9am. Return at 5.30pm approx.: **Mr Lord**

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

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

Student Suggestion Boxes

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

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



HOUSE NEWS

Online Safety Corner

For this week's Online Safety focus we are looking at 'What Parents & Educators Need to Know about BeReal.' 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
20th March 2026

- 1st Place – Swift 84,165 points
- 2nd Place – Dove 83,951 points
- 3rd Place – Falcon 83,244 points
- 4th Place – Albatross 83,092 points
- 5th Place – Eagle 82,325 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.

