



PARENTAL NEWS BULLETIN

Issue 25 Monday 24th March 2025

HEADLINE NOTICES



Easter Break

Please be reminded that the Spring term concludes on Friday 4th April 2025. Further details have been circulated separately.

The Summer Term 2025 will commence on Tuesday 22nd April 2025 for selected Year 11 students (invitation only) and on Wednesday 25th April 2025 for all other students at the usual times.

Parents can find full details regarding school and holiday dates for the 2024-25 & 2025-26 academic years on our website [here](#).

Ramadan Invitation

The month of Ramadan is upon us, a month of fasting in which many of our students, staff and parents will observe. We would like to wish Ramadan Mubarak to all and extend an invitation to participate in or observe the breaking of the fast together at school. This is a ritual undertaken by around **2,000,000,000 (2 billion)** muslims around the world!

The event is due to take place on Wednesday 26th March at approximately 6.15pm in the Prayer Room in the ILC.

We will provide the food for Iftar (the breaking of the fast) and all students, parents and staff are welcome to attend. This invitation is open for everyone in our Kingsdale community irrespective of religious beliefs or otherwise. If you would like to attend, for safeguarding purposes please RSVP at eyl@kingsdale.southwark.sch.uk and to allow us to arrange appropriate catering. This event has been a great success in previous years.



Green fingers and thumbs needed for Kingsdale Pond Dig!



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

If your child would like to take part, please encourage them to sign up by contacting Mr Hayward, Head of

Science at jhd@kingsdale.southwark.sch.uk

We look forward to seeing our young environmentalists in action!

THEME OF THE WEEK

Change

'God, give us the serenity to accept what cannot be changed; give us the courage to change what should be changed; give us the wisdom to distinguish one from the other.'

WORD OF THE WEEK

Manuscript

A book, document, or music written by hand rather than typed or printed.

'The manuscript of her novel was accepted by the publisher.'

SCHOOL NEWS

KFS Careers Fair 2025

We are very excited about the KFS Careers Fair which is taking place on Wednesday 2nd April 2025.

Letters and booklets have been issued separately and we would ask that parents encourage their child/ren in Years 9, 10 and 12 to think about any stalls they may wish to visit and any questions they may wish to ask our visitors. We want our students to have the opportunity to have meaningful conversations but that will depend on them being proactive and confident so forward planning is essential. On the day, Year 9s will be attending during Periods 3 or 4, Year 10s during Periods 1 or 2, and Year 12 during Periods 6 or 7. Additional details issued separately. If you have any queries please e-mail careers@kingsdale.southwark.sch.uk

Student Lost Property

Parents are reminded of the need to label of their child/ren's school items so we can return them if lost.

Please direct queries to

lostproperty@kingsdale.southwark.sch.uk



What a lovely view as a backdrop for the day's activities!

SCHOOL NEWS

International Women's Day 2025

Kingsdale Students Visit to the Girls' Human Rights Hub,
'Legally Empowered' Conference

Fourteen students from Kingsdale Foundation School took part in the Girls' Human Rights Hub 'Legally Empowered' event at Fieldfisher in Central London last week, in celebration of International Women's Day.

As part of the event, students grilled lawyers about their jobs and on the best way to achieve success in the law profession.

They also took part in an advocacy role-play to look at how best to support Girls' Human Rights globally.

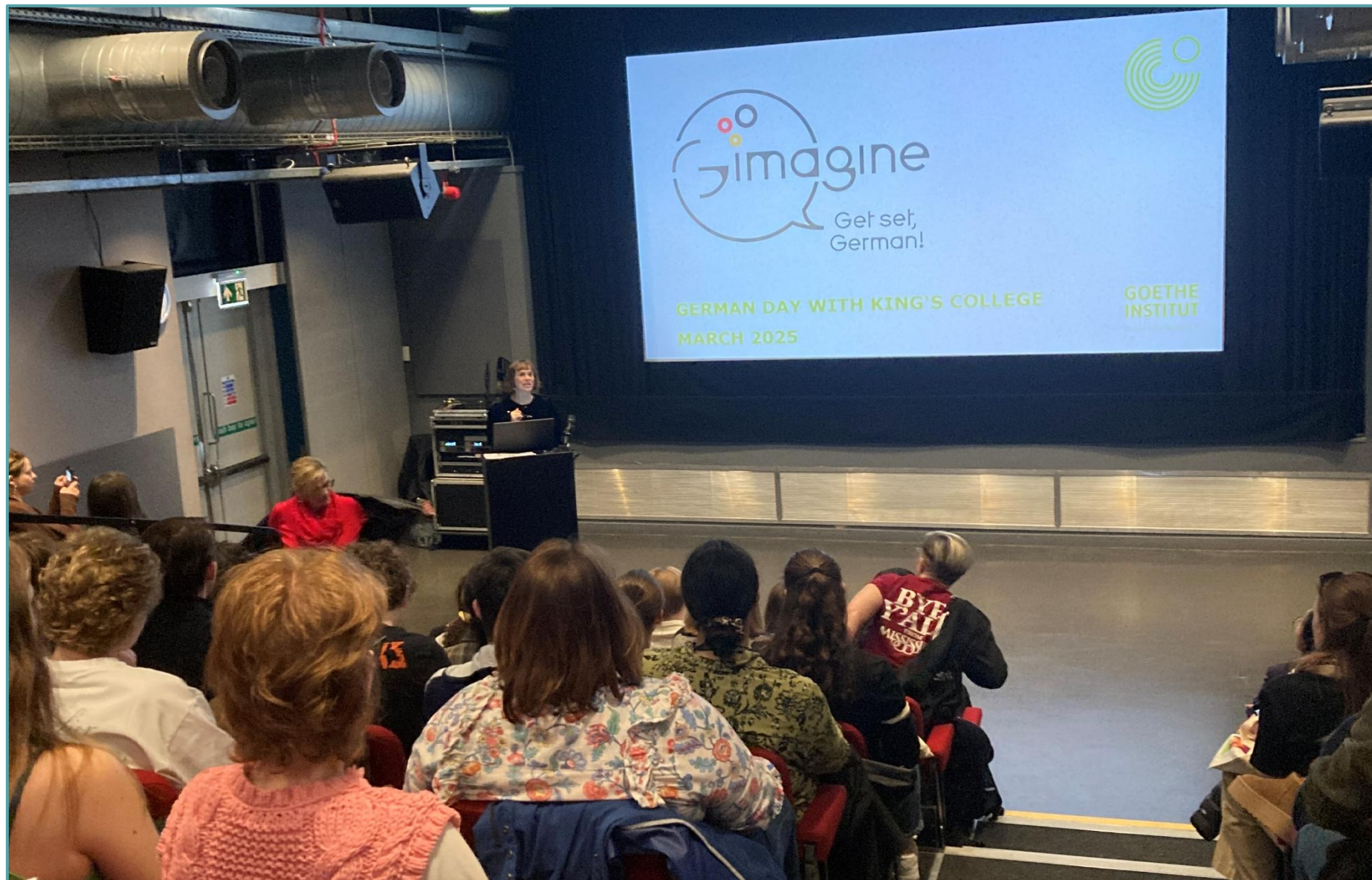
An informative and enjoyable day was had by all students.



Margot Oliver and Zhen-Zhu Dunster present to the conference



KFS students Interviewing a young lawyer from Fieldfisher



German A Level Students Visit the Goethe Institute with King's College London (KCL)

Sixth Form students studying German at Kingsdale had the pleasure of attending the 'Special German Day' at the Goethe Institute on Thursday the 20th of March 2025 for a day full of activities and workshops related to German A Level topics.

With the sun was shining beautifully, the students arrived in the morning to start the day with a talk on modern German history with Katrin Schreiter and Áine McMurtry, providing a general historic context to topics such as labour migration, the National Socialist Underground and institutional and legal blind-spots of the post-war period. After a pleasant lunch break, students watched the film 'Es brennt' by director Erol Afşin (which has only been shown so far at the Munich Film Festival) which made a deep impact on all students and the teachers present and provoked a lively debate about the role of the German justice system and the problems it (unintentionally) creates.

The day was finished off with a last workshop by Lizzie Stewart and Áine McMurtry linking the film to A Level specific exam skills and analysing the combination of visual and audio effects of the film on the audience. All in all, it was a delightful day for the students to improve their German skills outside of the classroom and get a healthy dose of cultural capital about the German-speaking world.



LANGUAGES NEWS



ENGLISH NEWS

Jekyll and Hyde – Live on stage!

A group of Year 10 English students recently embarked on an exciting school trip to the New Wimbledon Theatre to watch a live production of *Jekyll and Hyde*. This thrilling adaptation of Robert Louis Stevenson's classic novella brought the eerie tale to life with captivating performances, atmospheric lighting, and creative stage design. Fascinated by the chilling atmosphere, gripped by the intensity of the performances, and squirming as Hyde's twisted form melted back into Jekyll, the students were completely enthralled from start to finish.

What will your next performance be?



MATHS NEWS

Maths Feast Challenge 2025

Congratulations go to the seven Year 10 students who represented Kingsdale Foundation School at the Maths Feast Challenge which was held at Notting Hill & Ealing High School on 10th March 2025.

Maths Feast is a fun educational challenge for Year 10 students which tests problem-solving and teamwork skills. Teams of students from a range of schools across London test their maths skills with an 'all-you-can-eat' feast of problems!

There are several rounds in the challenge, each requiring different skills and strategies for success.

Holly, Oscar and Raffaella all enjoyed taking part in the challenge and Holly said "I enjoyed all the rounds and particularly enjoyed the bath problems; I was astonished to find out that the total amount of water drunk in your lifetime would fill 300 baths - though I have yet to fact-check this!"



SPORTS NEWS



Year 7 Football – Inner London Cup Kingsdale v London Nautical School

Congratulations to the Year 7 Boys' Football Team who beat London Nautical in the Inner London Cup Semi-finals last week.

It was a great game played at speed from start to finish with a superb team effort by all the boys within minutes of getting on the pitch.

A special mention to Ethan Hunte, who came on in the second-half, changing the game with his tackles and skillful runs to set up 2 goals.

Well done to all the team who now will be coming up against Fulham Boys School in the Final!

Final Score: Kingsdale 3-0 London Nautical

Goals Scored: Kobe Mukoro (2) and Rico Jones (1)

Player of the Match: Ethan Hunte



Under-16s Boys South London Rugby

Congratulations to the Under-16 Boys' Rugby team for progressing to the South London finals. We played Elmgreen school first beating them 50 points to nil. Some excellent individual moments of attack with Rufus Boddy scoring a hat trick and Bramwell Corden beating numerous defenders to score a brilliant try and setting up others to score.

The final game was against Southborough School, with KFS beating them 10 points to 7. A great try was scored by Cal Williamson knocking several defenders back before touching down. Well done all the boys for their excellent performance and progress to the final!

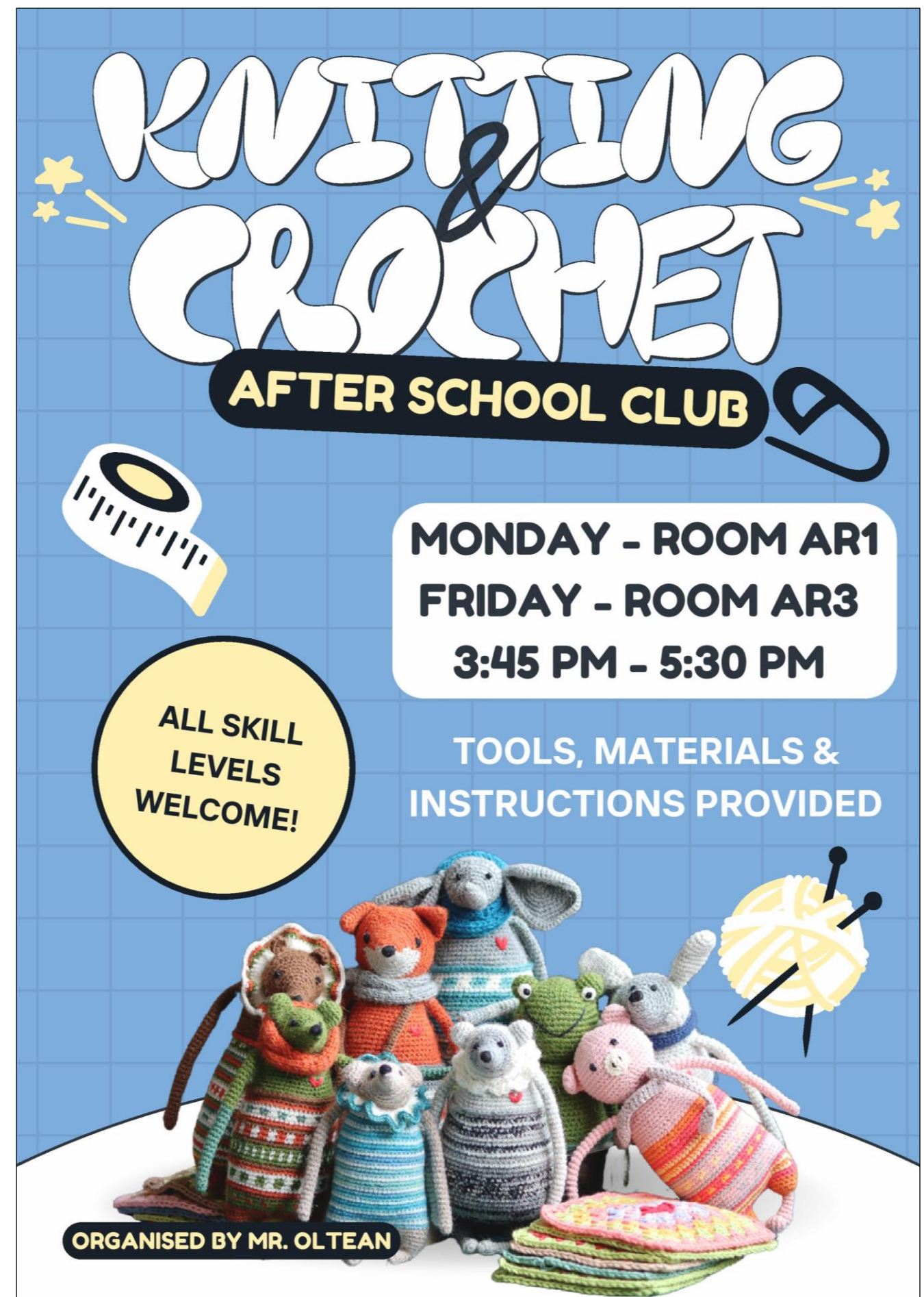
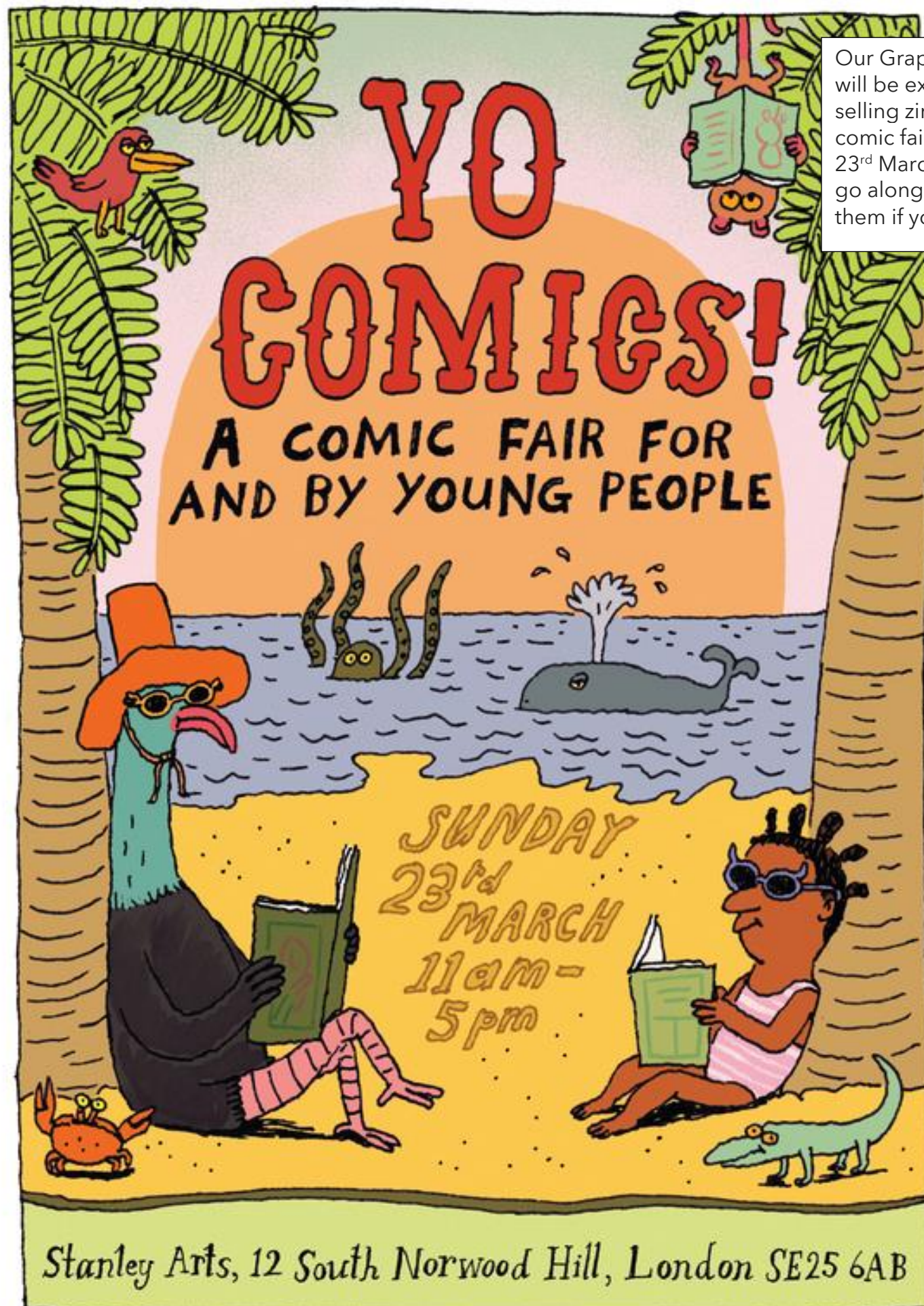
Final Score: Kingsdale 50-0 Elmgreen

Tries: Levi Howard Fairclough (2), Rufus Boddy (3), Luke Evans-Talavera (1), Cal Williamson (1) and Bramwell Corden (1)

Conversions: Bramwell Corden (5)

Final Score: Kingsdale 10-7 Southborough

Tries: Rufus Boddy (1), Cal Williamson (1)



Year 7 Ceramic Plates



These are ceramic plates made by Ms Montero's Year 7 after-school Scholarship club, working in collaboration with Patrizia Moschetti from City & Guilds.

Well done Year 7 - they look great!

The Umbria Ceramics inspired these plates: a collection of hand-painted ceramics inspired by the famous colours of Umbria, located in the centre of Italy, a wonderful landscape thanks to the vastness of its fields in bloom.



Easter Catch Up

10.00am-2.30pm

Wednesday 9th April

D&T with Ms Koch in TE2

Graphics with Ms Gardiner in TE3

Thursday 10th April

Art, Graphics & Textiles

With Mrs Brocklesby in AR7

Art & Photography with Ms Gregson in PS1/AR3

D&T with Ms Koch in TE2

Graphics with Ms Rix in TE1

Friday 11th April

D&T with Ms Koch in TE2

Wednesday 16th April

Photography with Ms Wallner in PS1



Careers Insight Day

London Museum is excited to run a **Careers Insight Day** during May half term. This event will showcase the different jobs in a museum, helping you explore all the exciting opportunities available in this sector.

Come along to take part in workshops, see behind the scenes, get hands-on with our objects and speak to staff about their roles.

When: **Wednesday 28 May 2025, 10am – 4pm**
Where: **London Museum Spaces, 150 London Wall, EC2Y 5HN**

To apply, please complete the form using the link below by **2 May 2025**.



London Museum Careers Insight Day

This event is open to students in Years 10-13 living in one of the London boroughs and will be a day of workshops and tours held onsite at the (closed to the public) London Wall site, showcasing the range of careers available within a museum and giving students the opportunity to talk to staff from all departments about their roles and career journeys.

There will be interactive workshops with a chance to try out real-life work tasks (such as reconstructing pottery, writing a PR release), tours of the back of house spaces (such as the Conservation and Technicians' labs), and a marketplace event where students can practise their networking skills.

Refreshments, lunch and goody bags will be provided.

Please use the QR code link for the application form which must be completed by:

Friday 2nd May

Alternatively, click [here](#).

The museum are particularly keen to reach those students who may not have considered a career in heritage, or who are from groups who are under-represented in the museum workforce, including those from Black, Asian or ethnically diverse backgrounds, disabled applicants, or those eligible for free school meals.

Pictured are Kingsdale pupils who took part last year.

LONDON MUSEUM



Supported using public funding by
ARTS COUNCIL ENGLAND

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

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

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

LONDON COLLECTION BURSARY

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

What is it?



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

The bursary provides one student with:

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

Who is it for?



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

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

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

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

To be eligible you should:

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

How do I apply?



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



OR

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

Applications close on **30 April 2025**.



LONDON MUSEUM



CAREERS AT LONDON MUSEUM

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



CORE SERVICES

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

- Human Resources
- Finance • IT • Facilities



COLLECTIONS

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

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



DEVELOPMENT

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

- Fundraising
- Event management
- Project and office management



LEARNING & ENGAGEMENT

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

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



CUSTOMER FACING

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

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



TASTER ROLES

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

- Volunteering
- Student Placements
- Work Experience



COMMUNICATIONS

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

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



NEW MUSEUM

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

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



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

What Is It?

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

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

Who Can Participate?

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

When Is It?

Beginning 5th March until 9th July 2025.

Where Is It?

Online via Teams.

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

St Anne's Super-Curricular Club

What?

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

Who?

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

When

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

Where

Online

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

CAREER NEWS



Careers Talk – Architecture Tuesday 18th March 2025

We were treated to a really interesting talk last week from architect, Helena Rivera.

Helena gave us a thoroughly engaging and comprehensive overview of what Architecture involves in terms of studying it and pursuing it as a career. We learnt about the range of options open to Architecture graduates, as well as some of the misconceptions involved when people think about Architecture as a career.

Thanks are extended to Helena for coming and talking us through such an important and interesting career.



National Careers Week 2025

Thank you to all our students, parents/carers and guardians that contributed to the engaging conversations around the many career pathways during National Careers Week.

Continue to explore your passion and what you enjoy most. What are you good at? What do you find easy to do?

These are important questions when it comes to exploring and securing the best career for YOU?

Just in case your child missed Samsung's Live Lesson on Wednesday, they can catch up by watching [here](#).

Careers Talks 2025

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

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

Careers Talks Programme

Business and Entrepreneurship
Years 8 & 10
29th April 2025 at 12 noon

Law Information Session
Year 12
7th May 2025 during enrichment

Charity Sector: Amnesty International
Years 8 & 10
13th May 2025 at 12 noon

Wigs & Hair (National Theatre)
Years 9 & 12
20th May 2025 at 1pm

Health Economics
Years 9 & 12
6th June 2025 at 1pm

Humanitarian & Development Aid
Years 8 & 10
24th June 2025 at 12 noon

HISTORY NEWS



Big History Club!

For Key Stage 3 and 4 Students in HU6
Every other Tuesday from
4.15 to 5pm

Do you want to dive into the past?

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

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

Join us on **Tuesday 25th March**
when we will be asking

**'What can the Diggers tell us about
Protest across Time?'**
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!



PERFORMING ARTS NEWS

**ALL ABILITIES
WELCOME!**

DRAMA CLUB YEAR 7 & 8

THURSDAYS 3:50PM – 4:30PM

DR1

SPACES LIMITED

COLLECT A LETTER FROM MS HEYBROCK IN THE DRAMA OFFICE

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

Teacher Recommendation



Mr Read recommends *The Last Temptation of Christ* by Nikos Kazantzakis

Kazantzakis's classic novel, blacklisted by the Vatican, filmed by Scorsese, has been labelled heretical, blasphemous, and a masterpiece.

Kazantzakis's Jesus is gloriously divine, yet earthy and human, as he travels

among peasants and is tempted by their comfortable life.

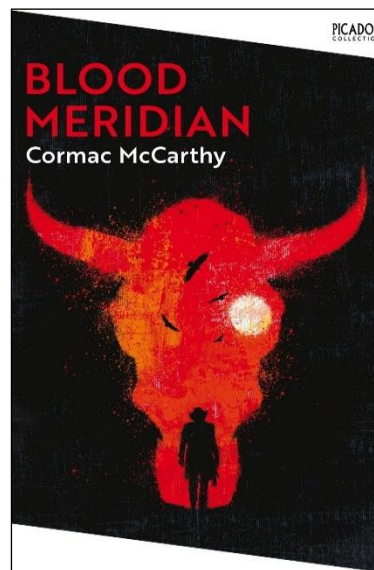
The lives of Josphe and Mary, Mary Magdalene, Judas and the disciples are originally – and perhaps heretically – conceived, as their inner conflict between flesh and spirit plays out amid the classic gospel stories.

Mr Read loved this book; making the life of Jesus feel new and insightful seemed a 'stunning feat' to him.

Some advanced themes and ideas; best suited for Year 10 students and over.

Reading Recommendations

Student Recommendation



Year 11's Luca Harvey cautiously recommends *Blood Meridian* by Cormac McCarthy

Through the hostile landscape of the Texas-Mexico border wanders the Kid, a fourteen-year-old Tennessean who is quickly swept up in the relentless tide of blood.

A group known as the Glanton gang hunt Indigenous Americans,

collecting scalps as their bloody trophies. At the centre of this violence stands Judge Holden: a massive, hairless man, mysterious if not supernatural, erudite and cold-blooded. He is singularly extreme in his sadistic violence. But the apparent chaos is not without order – the Glanton gang, too, are stalked as prey.

This was Luca's first interaction with 'a more mature book', and he enjoyed the challenging language and grown-up themes.

Some dark themes; best suited for Year 11/Key Stage 5 students.

CALENDAR 2024-25

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

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

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



SPRING TERM 2025

Second Spring Half-Term

Monday 24th February – Friday 4th April

SUMMER TERM 2025

First Summer Half-Term

Tuesday 22nd April – Friday 23rd May

Tuesday 22nd April INSET DAY

School closed to students except those in Year 11 by invitation

Mayday Bank Holiday

Monday 5th May 2025

Half-Term Holiday

Monday 26th May – Friday 30th May

Second Summer Half Term

Monday 2nd June – Friday 25th July

Friday 25th July INSET DAY

School closed to students except by invitation

Science Intervention Programme

Parent Bulletin – Science Support Sessions

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

Who is it for?

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

Why attend?

- A great opportunity to clarify doubts and strengthen subject knowledge.
- A welcoming and supportive environment for learning.

Science Revise & Review Sessions for Year 8 & 9

Need a bit of extra support with science? Want to go over tricky topics or get in some solid revision time?

Our *Science Revise & Review* sessions are running **Every Thursday after school, 4.15–5pm in EN1.**

These sessions are a great chance for students to consolidate their learning, ask questions, and sharpen their understanding in a focused but supportive environment. Whether they're preparing for upcoming assessments or just want to build confidence, all students are welcome to attend. No sign-up required—just turn up ready to learn!

Year 11 – Intervention Programme

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

A Level Intervention Programme

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

SEND FACULTY NEWS

Celebrating Neurodiversity at Home

Neurodiversity is what makes the world a richer, more vibrant place! If your child is autistic, has ADHD, dyslexia, dyspraxia, or any other neurodivergent profile, celebrating their strengths at home can boost confidence and create a positive family environment.

Here are some fun and engaging ways to embrace neurodiversity.

1. Create a "Super Strengths" Board 🎨🧑

Neurodivergent children often have incredible strengths! Whether it's hyperfocus, creativity, problem-solving, or thinking outside the box, celebrate these by making a "Super Strengths" board. Get some colourful paper, stickers, and markers to create a visual reminder of their amazing abilities!



2. Sensory-Friendly Movie Nights 🎬🏠

London's bustling cinemas can sometimes be overwhelming, so why not create a sensory-friendly movie night at home? Dim the lights, grab some weighted blankets, and pick a film that suits your child's comfort level. Add noise-cancelling headphones if needed for an extra cozy experience!

3. London Adventures with a Neurodivergent Twist! 🚆🗺️

Plan an outing that caters to your child's interests and sensory preferences. The Science Museum has quiet times, Kew Gardens offers calming nature walks, and the Southbank Centre has creative workshops. Make a 'sensory map' of places they love so you can revisit their favourites!

4. Neurodivergent Role Models & Book Club 📖🌟

Introduce your teen to famous neurodivergent figures like Greta Thunberg, Temple Grandin, or Alan Turing. Start a book club featuring stories by or about neurodivergent people and discuss their achievements over a cup of hot chocolate.

5. DIY Sensory Space ✨🌈

Every neurodivergent child needs a safe space to unwind. Work together to create a sensory-friendly corner with fidget toys, soft lighting, and favourite textures. Let your child take the lead on what helps them feel most at ease!

Final Thought 💡❤️

Celebrating neurodiversity at home is about embracing what makes your child unique and creating an environment where they can thrive. By focusing on strengths, interests, and well-being, you'll be supporting them in the best possible way! How do you celebrate neurodiversity at home? Share your ideas and let's keep the conversation going! 🗨️😊 sendadmin@kingsdale.southwark.sch.uk



Activities to help soothe your child when they're worried or anxious

If your child feels worried or anxious, you can help them to learn some techniques to feel calmer and more in control.

Try some of the methods below.

Practise them over time with your child when they need a bit of extra help.

Be available to talk to your child about their worries and how calming activities can help.



Breathe in 'threes': 30-second activity

This breathing exercise helps quieten anxious thoughts. Practise it together with your child, and talk about when it might be useful to breathe like this.

- Breathe in slowly for the count of three
- Hold your breath for the count of three.
- Breathe out slowly for the count of three.

Your child can repeat this as many times as they like until they feel calmer.



Recognise what's going well: two-minute activity

When we worry, we often imagine all the bad things that might happen. This exercise helps your child stay present by remembering safe or comforting thoughts.

Ask your child to name or write down:

- One thing that's going well for them right now.
- Two people they can count on for a warm hug or kind word.
- Three things they're looking forward to.

The circle of control: five-minute activity

Practising the circle of control can help limit which thoughts become worries.

Ask your child to draw a circle on a piece of paper.

Inside the circle, write down

"Things I can control". For example:

- What I wear.
- What I choose to read or watch online.
- Washing my hair and keeping healthy

Outside the circle, get your child to write

"Things I can't control." For example:

- The weather.
- What other people post online.
- How my friends or family feel.





Spring 2025 Newsletter

FACE delivers online support via zoom for parents across the UK
Talks are 90 minutes long, £24 each - Book Online at facefamilyadvice.co.uk



Schools can now buy a
FACE School Annual Membership
which means **ALL** parents and **ALL** staff
get unlimited **FREE** access to **ALL** 16 parent talks

Thursday
24th April
19:00 - 20:00
FREE



Responding to Angry Behaviour
What can we do in the moment?

Tuesday
18th March
10:00 - 11:30
£24



Anxiety Explained
Anxiety, especially in our young is rising.
This session explains what it is, why it happens and how you can help.

Tuesday
3rd April
10:00 - 11:30
£24



Supporting a Child with ADHD
Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday
3rd April
19:00 - 20:30
£24



Improving Family Communication
How to reduce the shouting and arguing and start the talking.

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk



LOCAL OFFER

THE LONDON BOROUGH OF SOUTHWARK

Cygnets Autism Programme

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

Parenting Courses and Support Groups

YOUNG MINDS

Mindful Parenting and Mental Health Support

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

Place2Be Parenting Support

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

The course covers:

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

More information: place2be.org.uk



Lambeth Parenting Groups

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

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

More information: leaplambeth.org.uk

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

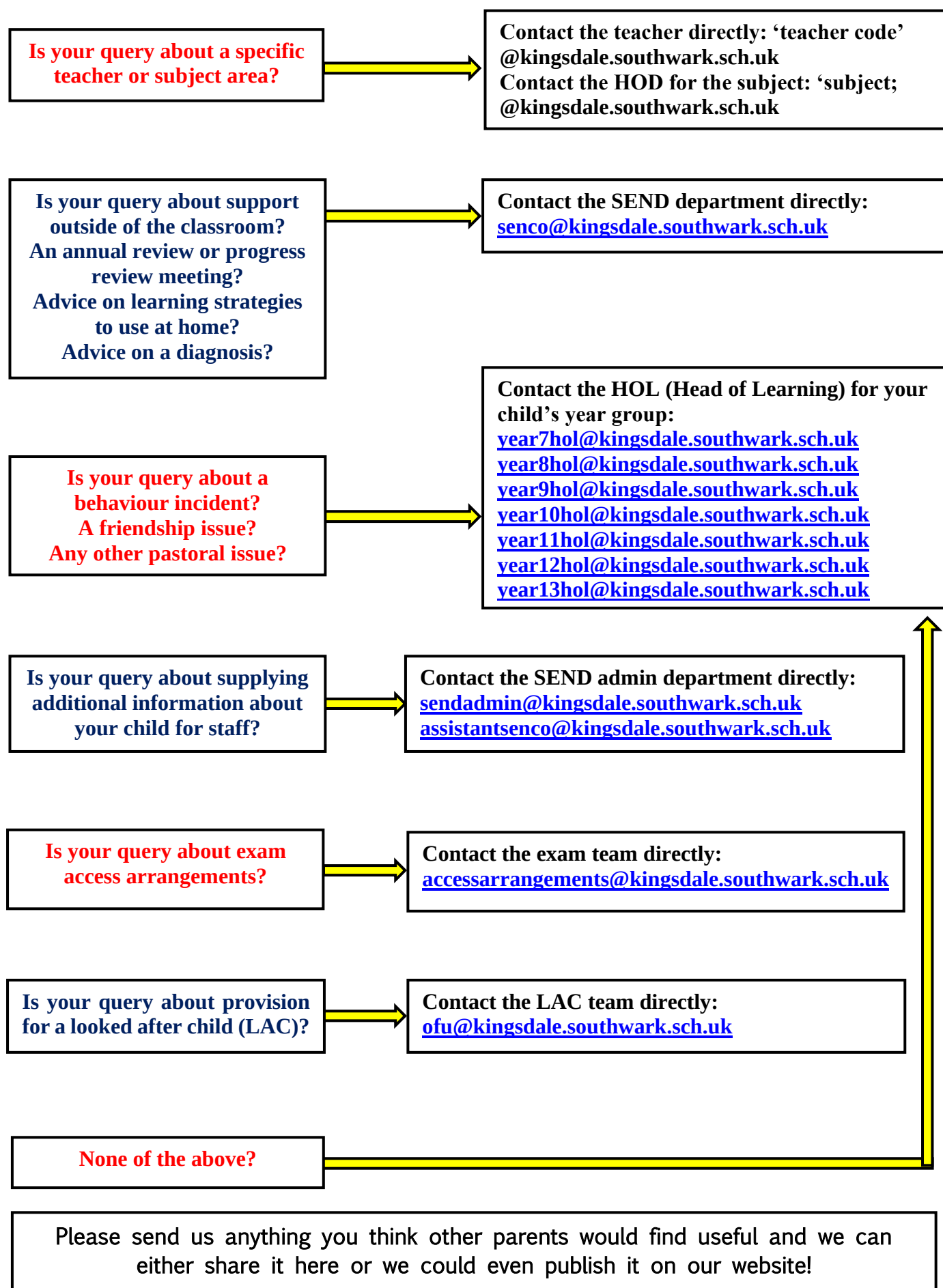
SLaM offers various mental health and emotional well-being services for young people and their families. Programs include:

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

More information: slam.nhs.uk

Communication Flowchart: SEND

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



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

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

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

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

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

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

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



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

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

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

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

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

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

 @Getridofit
 @getridofitanddonate
 @groadonate_cic
 @groadonate_cic

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

07944 102 112

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

The School Shop

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



Lost Property

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

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

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

Ways we communicate with Parents and students



We communicate with students & parents via:

Student & Parent Email

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

MS Teams

Used to share schoolwork, assignments and files.

Twitter/Website

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

SatchelOne (previously SMHW)

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

MyEd app

Downloaded for free at:

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

This app provides a range of useful info for parents.

SCHOOL NEWS



KFS Uniform Bank

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

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

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



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



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

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

Free Workshops for Parents and Carers

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

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

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



We'll cover:

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



For further information contact:

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

SCAN ME



Talking to your child about

SHARING IMAGES ONLINE

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

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

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



What can you do to keep your child safe online?

S

Set clear boundaries.

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

T

Talk with your child and be supportive.

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

E

Educate everyone in the family.

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

E

Evolve with the internet.

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

R

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



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



FOR SUPPORT AND ADVICE, PLEASE VISIT:



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



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



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



A safe space for teenagers worried about sexual behaviour

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



shorespace.org.uk

Why Shore?

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

SCHOOL NEWS

Safe Travel to School

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

“LOOK UP LOOK OUT”

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

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

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

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



Kingsdale is a Safe Space

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

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

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

Our two confidential emails are:

health&wellbeing@kingsdale.southwark.sch.uk

tellsomeone@kingsdale.southwark.sch.uk

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

HOUSE COMPETITIONS

Kingsdale Cooking Challenge: Mother's Day Bake



The modern Mother's Day, also known as Mothering Sunday, is an annual event which honours mothers and mother figures. Mother figures may include grandmas, aunties, sisters, carers or guardians. Show some love this Mother's Day with home-baked treats galore.

Source: <https://www.twinkl.co.uk/event/mothers-day-uk-2023>



STUDENT TASK: Bake a cake, biscuits, pie or tart to make this day special. Send us a picture and a short description of how you made your sweet treat. The most creative dish will win valuable points for your house.

Don't forget permission from your parents or carers and have appropriate supervision in the kitchen.

HOUSE ACTIVITY:

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



Kingsdale Cooking Challenge: Ramadan 2025

What is Ramadan?

Ramadan is the ninth month of the Islamic calendar, observed by Muslims around the world. Since the Islamic calendar follows the lunar cycle, the dates of Ramadan change each year.

How is Ramadan celebrated?

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

It is customary to have two main meals during Ramadan:

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



Join the Kingsdale Cooking Challenge!

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

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

HOW TO ENTER: Email the House Team:

housesystem@kingsdale.southwark.sch.uk

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

What Parents & Educators Need to Know about STREAMERS

Livestreaming has become a big part of the entertainment people consume, and what began as a series of gamers sharing their screens has grown into a huge industry packed with personalities - and potential risks for your children. With over 2.5 million people watching Twitch, the most popular streaming service, at any one time, it's important to remain aware of the risks associated with streamers.

WHAT ARE THE RISKS?

INAPPROPRIATE CONTENT



Some gaming streamers will stick to family-friendly titles, but others will play more violent games that tend to be more popular. Non-gaming streamers could, in theory, discuss just about anything, and some streamers will often stream in revealing outfits.

NEGATIVE INFLUENCES



While things have improved, streamers are often paid by companies to promote products, and this isn't always stated explicitly. While it's unlikely these goods will be harmful to your child, some streamers and influencers have engaged (knowingly or not) in scams in the past.

FINANCIAL HARM

Streamers will often have donation buttons on their screens for users to submit money. What can start as small amounts can quickly spiral as streamers engage with paying viewers more often, potentially leading to financial issues.

UNREALISTIC EXPECTATIONS



Influencers often showcase how glamorous their lives are, making some users feel as though they are lesser. However, it's important to stress that, in many ways, this is an act, or at the very least, not common. Logan Paul, who has been successful as a streamer and influencer, has a Pokemon card worth \$5 million, but this is atypical of anyone working in the medium.

MISINFORMATION



Streamers are, in many ways, just like us - and they can get things wrong or reel off an opinion without having thought about it. Some can simply say awful things to get a rise out of viewers or to sway them to their side of a hot topic.

ADDICTION AND SCREEN TIME



If your child is watching a lot of a particular streamer, it can be just as damaging to their social life as playing too many video games.

Advice for Parents & Educators

EXPLAIN HOW STREAMING WORKS

For a younger viewer, being a streamer or influencer seems aspirational, but it involves a lot of work and no small degree of good fortune. Streamers are often managed and unable to speak freely due to sponsors, and influencers are just that - influencing young minds, for better or for worse.

DO NOT LOG PAYMENT INFORMATION

Streamers can reward donations with additional content, on-camera "shout outs" and more. If you're unsure about who or what your child is watching, consider avoiding linking payment information. This is especially notable with Twitch, which is owned by Amazon and therefore has some crossover.

CHECK OUT STREAMING PLATFORMS

While Twitch was the de facto streaming service for years, YouTube has gained popularity, too. Then there are Kick and Rumble, which have grown in popularity with moves for big-name streamers - despite many being dogged by controversy.

SET SCREEN TIME LIMITS

You can set screentime limits for mobile apps on iOS and Google, but with other platforms like a PC it may be more difficult to keep tabs. Consider checking in regularly to ensure your children aren't watching content they shouldn't be.

Meet Our Expert

Lloyd Coombes is the Games Editor of the Daily Star, and has been working in the gaming and tech industry for five years. A regular visitor to the App Store to try out new tools, he's also a parent and therefore understands the importance of online safety. He's also a tech and fitness writer and has been published at sites including IGN, TechRadar, and plenty more.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/streamers>

SPORTS FIXTURES

Monday 24th March 2025

- Under-14s Boys' Basketball Away Match v Bishop Thomas Grant School. Leave school at 2.50pm. Start 3.30pm. Return at 5.30pm approx.: **Mr Hall**
- Mixed Under-16s Volleyball Away Match v Harris Academy, Clapham. Leave school at 2.50pm. Start 3.30pm. Return at 5.30pm approx.: **Mr Fitchett/Mr Price**
- Under-18s Girls' Hockey Away Match v James Allen's Girls' School. Leave school at 3.40pm. Start 4.30pm. Return at 6pm approx.: **Mr Pizzey**

Tuesday 25th March 2025

- Mixed Under-16s Dance Workshop at the Irie Company. Leave school at 9am. Start 10am. Return at 4pm approx.: **Ms McGregor/Ms Dookey**
- Under-14s Boys' Rugby 7s Tournament at Roslyn Park. Leave school at 7.30am. Start 10am. Return at 6.30pm approx.: **Mr Roberts/Mr Foster**
- Under-16s Boys' Basketball Away Match v Bishop Thomas Grant School. Leave school at 2.50pm. Start 3.30pm. Return at 5.30pm approx.: **Mr Hall**

Wednesday 26th March 2025

- Under-16s Boys' Rugby 7s Tournament at Roslyn Park. Leave school at 7.30am. Start 10am. Return at 6.30pm approx.: **Mr McWhirter/Mr Jones (Parent)**
- Mixed Under-16s Dance Competition at Milton Keynes. Leave school at 7am. Start at 10am approx. Return at 7pm approx.: **Ms McGregor/Ms Dookey**

Thursday 27th March 2025

- Under-12s Girls' Football Away Match against Graveney School. Leave school at 1.30pm. Start 2.30pm. Return at 4.30pm approx.: **Mr Jones/Mr Dash**

Friday 28th March 2025

- Under-14s Boys' England Hockey Tournament at Nottingham. Leave school at 6.30am. Start 10am. Return at 7.30pm approx.: **Mr Pizzey/Mr Price**
- Under-13s Boys' Rugby 7s Tournament at Roslyn Park. Leave school at 7.30am. Start 10am. Return at 6.30pm approx.: **Mr Lord/Mr Worsley**
- Under-14s Boys' Football Away Match v Fulham Boys School at Barn Elms. Leave school at 1pm. Start 2pm. Return at 5.30pm approx.: **Mr Foster**

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

All fixtures can be viewed via the link below:

<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 Streamers'. Get a greater insight here.

Please read! Remember to keep an open dialogue with your child about their activities online. **See page 23 above.**

The House Leader Board 2024-25

Week ending

21st March 2025

- 1st Place** – Dove 73,392 points
- 2nd Place** – Swift 71,626 points
- 3rd Place** – Falcon 69,562 points
- 4th Place** – Eagle 68,694 points
- 5th Place** – Albatross 68,624 points

Who will win the race at the end of the academic year?



Ramadan Observance:

Prayers during Ramadan and Jumah

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

Students in Years 7, 8, 10 and 11 who wish to pray their Jumah (Friday/Ramadan) prayer during their Period 5 lesson need to obtain an individualised Prayer Pass from Mr Lewis. This can be acquired by parents/carers confirming permission to be out of class for ablution and prayer prior to returning to class from 12.50 – 13.25. Students will be issued with a Prayer Pass confirming permission and enabling them to go to the prayer room. Students are expected to catch up with any work missed.

If there are any questions, please do not hesitate to get in contact with Mr Lewis at jls@kingsdale.southwark.sch.uk

