



PARENTAL NEWS BULLETIN

Issue 26 Monday 20th April 2026

HEADLINE NOTICES

Curriculum Coffee Mornings

This half-term sees our next cycle of invitational Coffee Mornings for parents, which are a great opportunity to meet staff and learn more about the curriculum for each year group.

These sessions are scheduled to take place in addition to our well-renowned, more general, monthly Parents' Forums. The upcoming dates for this term's Coffee Mornings are:

Friday 24th April 2026 Years 11

Friday 1st May 2026 Years 12 & 13

Friday 8th May 2026 Years 9 & 10

Friday 15th May 2026 Years 7 & 8

Each event starts at 11.30am (Conference Room 1) at the school. Parents who are interested in attending, must register via the link sent separately by email.

We hope to see you there. Should you have any queries, please contact Mrs Chaudhary, Deputy Headteacher via sca@kingsdale.southwark.sch.uk

Help Our Amazing Year 9s Raise Money for Chron's Disease!

We are very proud to announce that four of our Year 9 students - Harry Wilkie, Ellie Jong, Reuben Nightingale-Slade and Ethan Lopez Woods - have organised a charity walk. On 13th June, they will be walking for 12 hours in the South Downs, 26 miles - roughly the distance of a marathon. They are raising money in support of their Chron's and Colitis UK.

If you would like to support them in this admirable cause please follow this [link](#) below which will take you to their GoFundMe page. We wish them well. Please look out for updates.

Lost Property

Please could parents ensure that all students' personal belongings are clearly marked with their names.

Every day we receive a large number of unlabelled belongings in the Lost Property Office which we are unable to return to students, resulting in extra expense for parents and unnecessary waste. Please direct all queries to

lostproperty@kingsdale.southwark.sch.uk

THEME OF THE WEEK

Truth, Liberty, and Tranquillity

"The way of peace is the way of truth...truthfulness is even more important than peacefulness. Indeed, lying is the mother of violence. A truthful person cannot remain violent for long."

WORD OF THE WEEK

Enjambment

(in verse) the continuation of a sentence without a pause beyond the end of a line, couplet, or stanza:

"The poet used enjambment to carry the thought from one line to the next, creating a seamless flow that mirrored the natural rhythm of speech."

SCHOOL NEWS

National Year of Reading MFL & Classics Initiative

This Summer term, the Languages Department will promote a love of reading through a structured four-week programme. Students will explore literary texts in different languages, with each week focusing on a new language. Lessons will include teacher-led video book reviews in the target language, guided reading of extracts, and differentiated comprehension activities.

Pupils will also learn about authors from a range of language-speaking countries and engage with English texts that explore different cultures and traditions. At Key Stage 3, students will read simple, familiar stories in other languages to build confidence and enjoyment.

As part of the programme, students will complete a book review in the target language. Support will be provided via sentence starters on Satchel One. One winner per year group will be selected, with prizes awarded and selected entries shared in assembly.

In addition, the Year 8 Classics Book Club will run weekly on Tuesdays during Period 4 in the Lower School Library. Led by Year 12 students, the club will focus on classical literature and discussion, promoting independent reading and leadership.

Watch this space for more exciting updates throughout the term and contact languages@kingsdale.southwark.sch.uk with any queries.



EDIBLES

Small Bite, Big Consequences

What are they?

Edibles look like snacks or drinks but they are drugs.

They can look like and smell like cakes, sweets or chocolate but they contain cannabis, (THC) tetrahydrocannabinol and may contain other harmful chemicals too. They're sometimes called gummies or bites.

It's important to know they are drugs and carry the same consequences.

How can I spot edibles?

Edibles don't have the same look or smell as cannabis. They are advertised on social media and can be easier to distribute than other types of drugs as they look like normal food products.

Their packaging can be very similar to genuine branded products.

Look closely for wording about THC or cannabis.



What are the risks?

They are unregulated so their effects are unpredictable.

One edible could be the same strength as a joint, or more, and can contain other dangerous or illegal substances too.

Edibles look like regular snacks so could be ingested by younger children or pets by mistake.

It can take 1-3 hours for the drug to take effect, so it's easy to overdose if the initial amount isn't felt to be taking effect.

Possessing or supplying (selling or giving to others for free) edibles is illegal in the UK because cannabis is a Class B drug this can result in a criminal record or prison sentence.



Advice & Guidance

- **Have open conversations with your children so they understand the risks and know how to access support.**
- **Seek medical advice by calling 111 or 999** if you're concerned about overdose.
- If you're worried about your child using substances, **contact CGL Southwark to get free confidential support about alcohol and drugs** for young people, parents & carers.
 - Phone: **020 3404 7699**
 - Email: **Southwark.YoungPeople@cgl.org.uk**
- For confidential information and advice about drug use, please visit: **www.drugsand.me**



LANGUAGES NEWS



Year 10 Spanish- Málaga Trip

A group of 23, Year 10 Spanish students have recently returned from a wonderful week in Málaga, where they enjoyed an immersive blend of language learning, cultural discovery and Spanish hospitality. From 23rd–27th March, they stayed with welcoming host families who gave them a real taste of everyday life in Andalusia. Each morning they attended three hours of Spanish lessons at the Instituto Cervantes, building confidence through lively activities and plenty of real-world practice.

The afternoons were filled with memorable experiences. Students explored the impressive Nerja Caves, wandered the beautiful, whitewashed streets of Frigiliana, and took part in a hands-on paella-cooking session that quickly became a favourite. They also spent time discovering Málaga's historic centre and its striking Alcazaba, visited the Pompidou Museum, enjoying a relaxed dinner at the marina, and rounded off the week with beach volleyball under the sun.

At the end of the trip, we gathered feedback from the group, who spoke enthusiastically about living with host families, the Spanish lessons, and the chance to experience such a vibrant region first-hand.

We hope you enjoy reading some of the student's lovely comments of the trip:

"I loved how independent we got to feel in a whole other country. It made me feel so grown up"
Esira Hall

"I loved how everyone was social and by the end, we were all friends"
Shakyrá McKittly

"Exploring the little village near Nerja was amazing"
Matthew Slaymaker

"I loved paella and sunbathing"
Daiki Vernon





The Great Big Dance Off Year 7 Street Dance & Year 8 Contemporary

On Tuesday 14th April, Kingsdale's Year 7 street dance team, and Year 8 contemporary team competed in The Great Big Dance Off Regional Secondary Schools Competition, at the world Famous Cadogan Hall in Chelsea.

This was an amazing opportunity for our Year 7s especially as they had only been training together for 4 + months to come together and work as a team. The Year 8s have been solidly working together for well over 15 months and competing with great results.

Kingsdale arrived in plenty of time to gain access to the main stage and rehearse before the competition.

Kingsdale students waited at the stage door before the competition started and were the first school to be seated. All the students sat and listened to the house keeping rules. The Year 7s were scheduled to compete in the first half, number 6 on the schedule list. The students then changed into costumes and waited to be called. They were all very excited - some nervous. As the music started the crowd erupted, they were not expecting Kingsdale students to come onto the stage with so much confidence, and they literally owned the stage. The round of applause they got, brought a smile to our faces.

The interval took 20min, which left our year 8s excited to hit the stage. Not long to wait for our Year 8s.

Now because of the rules Kingsdale could only enter two groups into the GBDO competition even though we have 5 teams across Key Stages 3 and 4. We had no choice but to move our Year 8 group into the Key stage 4 competition, but our students did amazingly well; they oozed confidence, and did not miss a beat.

All the schools applauded each other and gave encouragement when needed. This definitely put all the dancers at ease. The atmosphere throughout the day/evening was electric.

Waiting for the results felt like forever, the runners up at Key Stage 3 by only 1 point were Kingsdale! The roar from the Year 7s and 8s was deafening, Next up, Key Stage 4 results - our Year 8 team were fantastic, they placed 7th out of 19 Key Stage 4 schools, which was a fantastic achievement

Kingsdale's Year 7 team have automatically qualified for The Great Big Dance Off National Secondary School Finals on 30th June 2026 at Cheltenham Town Hall.

A huge 'Well Done' to both teams who did exceptionally well.

On Thursday 23rd April 2026, 60+ dance students from all year groups will be heading to Milton Keynes for the UDOIT Secondary Schools Regional Dance Finals. The day will be filled with Dance workshops and Solo Competitions.

We wish all the dancers good luck!

PERFORMING ARTS NEWS

Ballet Assembly

On Thursday 16th April, Ms Maxine Bunting, Head of Widening Participation and Access at the Central School Of Ballet, hosted an assembly on:

- 'Into Dance' — A fun and informative assembly designed as a first introduction to the world of Ballet for Secondary schools
- Dance costumes for the students to look at feel how heavy some of the costumes are to wear.
- Ballet shoes (point shoes) students were able to try on if they wished
- Students were also shown different pathways into accessing free/subsidised dance workshops if they live or are educated in Southwark.
- Subsidised Dance performance shows at selected theatres

We would like to thank Ms Bunting for taking the time coming into Kingsdale and having in-depth conversations with our dancers. We are looking forward to attending Central School Of Ballet for our Tour and Dance Workshop and a Q&A session in June 2026.

NATIONAL APPRENTICESHIP

We are working with the National Careers Hub, who are following a new series of Spotlight Webinars are offering pupils and students direct insight into apprenticeship pathways across a wide range of sectors. Each session includes employer insight, application tips, and apprentice voices.



These sessions are particularly valuable for:

- Broadening awareness of technical and apprenticeship pathways
- Giving students practical insight into vacancies, applications and real apprentice experiences

Upcoming AIM Spotlight sessions:

- Frontier Innovation – Green Sector – 13th May 2026 [Register here](#)
- Creative Industries – 16th June 2026 [Register here](#)

National Apprenticeship Week Parent and Carer Webinar:
Understanding apprenticeships [Click here](#)

Time for Change: Make it an Apprenticeship
Learn about the importance of
Level 2 and 3 apprenticeships. [Click here](#)

National: IBM, Apprenticeship and Post-School Internship Application
Masterclass [Click here](#)

Below are also some useful links both students and parents interested in finding out more about Apprenticeships.

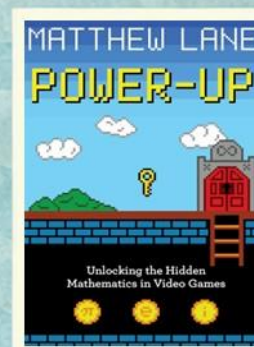
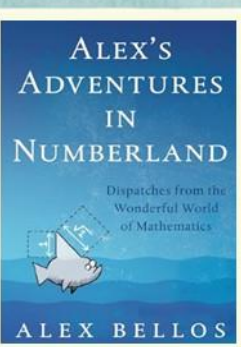
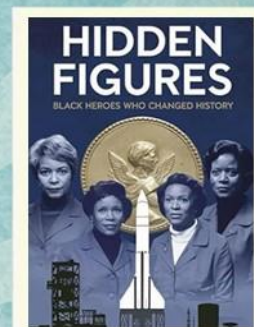
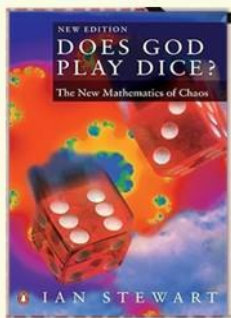
<https://www.apprenticeships.gov.uk/apprentices>

<https://www.amazingapprenticeships.com/zones/student/>

<https://www.amazingapprenticeships.com/zones/parent/>

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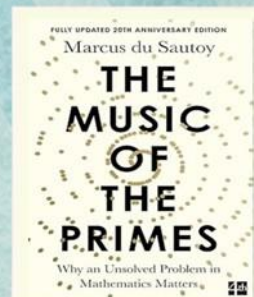
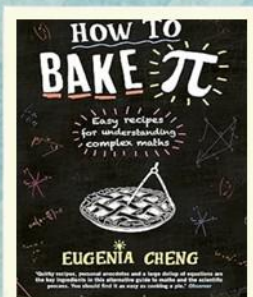
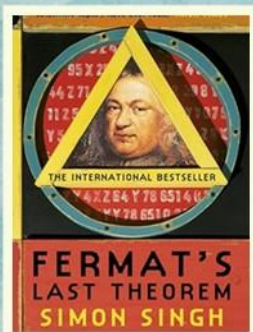
National Year of Reading 2026



*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.

The Languages faculty will take the lead in Summer Term 1 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. Watch this space for further details.

Year 8 Classics Book Club – Step into the Ancient World!

Do you enjoy myths, battles, heroes, love stories and epic adventures?

Are you a Percy Jackson or a Stephen Fry fan?

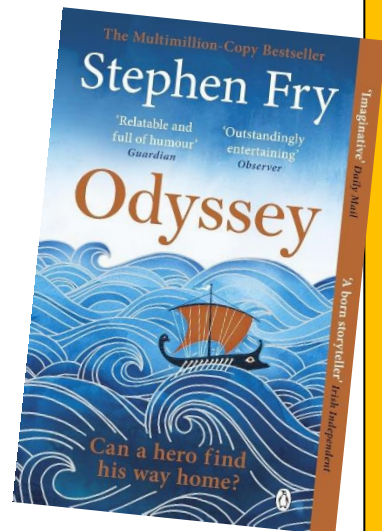
Have you yet to experience life in the ancient world but want to learn more?!



Then join our **Year 8 Classics Book Club** and travel back in time to the fascinating worlds of **Ancient Greece and Rome!**

From powerful gods and legendary heroes to fierce gladiators and mighty emperors, we'll explore some of the greatest stories ever told.

Whether you're new to Classics or already hooked on Greek mythology, this club is the perfect place to discover, discuss and debate.



What to expect:

-  Exciting reads inspired by Greek myths and Roman history
-  Fun group discussions and debates
-  Creative activities like storytelling, quizzes, and mini-dramas
-  A chance to learn about ancient culture, beliefs, and daily life

When: Tuesdays 12.10 pm

Where: Lower School Library (LSL)

Who: All Year 8 students welcome

If you want to find out more about the club please contact:
Miss Evans or Mr Bowring in the Languages Department via
languages@kingsdale.southwark.sch.uk

SCHOOL NEWS

Mental Health & Well-Being Weekly Focus for Students: Time Management & Stress

This week's Mental Health & Well-Being Focus for students is Time Management & Stress which includes breaking down tasks to avoid feeling overwhelmed and focusing on "balancing your mind to master your time". Ideas for achieving this include focusing on practical organisation tools and mindfulness practices to reduce academic pressure. Key activities include teaching 4-7-8 breathing, creating study schedules, identifying "stressors," and practicing gratitude.

Related themes and activities

Time Audit & Goal Setting

- **Theme:** Identifying where time goes.
- **Activity:** Have students keep a log of their daily activities, then identify 1–2 "timewasters" to reduce.

Stress Less Techniques

- **Theme:** Recognising stress and managing it.
- **Activity:** Teach the 4-7-8 breathing technique (inhale 4, hold 7, exhale 8) and create a "Worry Tree" activity to differentiate between solvable and unsolvable worries.

Prioritisation & Flow

- **Theme:** Finding focus.
- **Activity:** Teach the Pomodoro technique (25-minute work/5-minute break) or explore "flow" activities to improve focus.

Active Wellbeing (Moving More)

- **Theme:** Physical activity for mental health.
- **Activity:** Implement "Brain Breaks" (quick movement games) between classes to reduce sedentary stress.

Connection & Reflection

- **Theme:** Building support networks.
- **Activity:** Peer-led wellness circles or writing a thank-you note to someone in school to foster community.

Key Resources

Exam Stress Advice for Parents:

Tips for helping children manage revision schedules and creating a comfortable study space

Mental Health Foundation:

Offers advice to students on taking breaks, being kind to themselves, and identifying anxiety triggers.

[10-minute NHS stress busters](#)

[Mind's advice for exam stress](#)

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

THIS WEEK - THE HARRY POTTER SERIES



HARRY POTTER

Midday Matinee
@The Pod
Lunchtimes

The story centers on Harry Potter, who attends Hogwarts School of Witchcraft and Wizardry and discovers his destiny is tied to the dark wizard Lord Voldemort. Across the films Harry, along with Hermione Granger and Ron Weasley, evolves from a wide-eyed student into a courageous hero. Each installment deepens the stakes, blending mystery, adventure, and emotional storytelling as the wizarding

Praised for its iconic score, detailed set design, and faithful yet cinematic adaptation of the source material, the film series became a cultural phenomenon. Its success not only defined a generation of moviegoers but also expanded into spin-offs, theme parks, and stage productions, securing its place as one of the most influential and beloved film franchises of all time.



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!



On Wednesday 18th March 2026, Kingsdale students participated in the Herne Hill Velodrome Schools Championship 2026 competing against several other local schools. It was a fantastic day filled with determination, teamwork, and impressive performances from all involved.

We are incredibly proud to announce that our school finished **2nd overall** in the competition, an outstanding achievement!

Our Under-14 Boys (Ren Baty, Barney Higgins and Hector Lewis) and Under-16 Boys' (Sam Pickering, Colin Benezet Minns and Christopher Campos) teams both achieved 1st place in their respective age categories and our Under-12 Girls secured 3rd place (Valerie Wang and Issy Hill) in their respective age category.

A special mention goes out to one of our students, Valerie Wang, who was awarded the “Most Resilient” title. After an unfortunate fall at the very start of her race, she showed remarkable determination by getting back on her bike and going on to finish 2nd in the race. Well, done to all students who participated and represented the school so brilliantly.

OUR TEAMS

Under-14s Girls – Team 1

Grace Aderibigbe
Kouther Cooper

Under-12s Girls – Team 1

Valerie Wang
Issy Hill

Under-14s Boys – Team 1

Ren Baty
Barney Higgins
Hector Lewis

Under-14s Boys – Team 2

Finlay Sedgwick
Dlyan Archer
Finn Jones

Under-16s Boys – Team 1

Sam Pickering
Colin Benezet Minns
Christopher Campos

Under-16s Boys – Team 2

Kofi Baffoe
Oscar Chambers
Cassius Cooper

Cycling Velodrome Championship 2026



SPORTS NEWS

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

Year 8 Boys’ Semi-Finals South London Cup Kingsdale v Graveney

Congratulations to the Year 8 Boys’ Football team on getting through to another final, beating Graveney School in the South London Cup Semi Final on Wednesday 15th April 2026.

At half-time, the score was even at 2-2 with goals. However, in the 2nd half, Kingsdale stepped up the work rate, passing the ball around the Graveney players scoring 5 more goals to win convincingly!

Well done to the players involved so far this football season. Good luck to all those who will be involved in the finals.

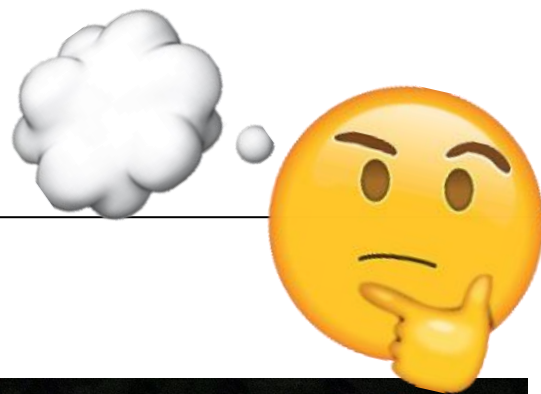
Final Score: Kingsdale 7-2 Graveney

Goal scorers: Kamau Virtue (1), Rico Jones (1). Luther Mbewe (2) and Kobe Mukoro (3)

Player of the Match: Kobe Mukoro.



SCHOOL NEWS



Big History Club!

For Key Stage 3 and 4 in HU6

Sixth Formers Welcome!

Every other Tuesday from 4.15 to 5pm

Do you want to dive into the past?

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

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

In our next session on **Tuesday 21st April** we will be marking St George's Day by asking

Who was the *Real* St George?

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!



National Autistic Society coffee mornings



Guest speakers **Jenni** and **Martha** from **AuDHDacious Humans** tell us about their **Make and Create Club** a safe, welcoming, educational space for neurodivergent families whose children aren't school shaped. They will also share their own experiences of taking their neurodivergent children out of school and educating them at home.

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

For parents & carers of autistic children on:

Friday 1st May

9:30am

Carnegie Library Hub

Herne Hill, SE24 0AG

And the first Friday of every month
FREE of charge

Open to parents/carers of autistic people of all ages in Lambeth & neighbouring boroughs



Lambeth Branch





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](#)

Annual Health Checks

Annual health checks are provided by GP's and are an important way to ensure health needs are understood and met. They are already required for those with a learning disability from the age of 14 and are a free service (not to be confused with NHS Health Checks).

As part of the NHS Long Term Plan the introduction of a specific health check for people with autism will be piloted and if successful, will be rolled out more widely.

How can a child, or young person access an Annual Health Check?

GP surgeries often invite children and young people who are on their learning disability registers. A learning disability register is a list of people with a learning disability who use the GP surgery, which helps doctors to make adjustments to the care they provide.

If a child or young person thinks they have a learning disability, they can request to be put on a learning disability register; they do not need to be diagnosed with a learning disability to be included on it.

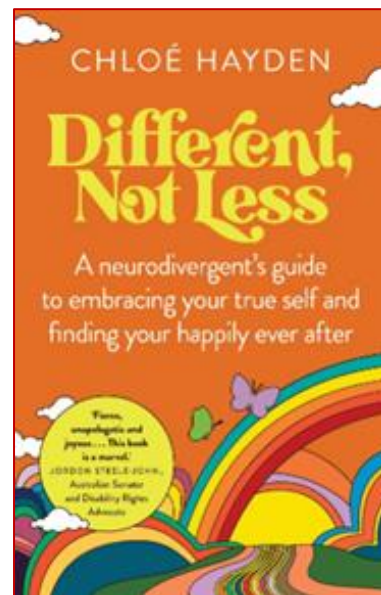
A child, or young person does not have to be ill to have an annual health check and they should be encouraged to identify problems early before they become serious.

If a GP surgery will not provide an annual check, a child or young person (or parent/carer) should be directed to their local community learning disability team for advice.

What happens in an Annual Health Check?

During the health check, the GP or practice nurse will:

- Carry out a physical check-up, including height, weight, heart rate, blood pressure and take blood and urine samples.
- Talk to the child or young person about staying well and if they need any help with this.
- Ask about things that are more common with learning disabilities, such as epilepsy, constipation or problems with swallowing.
- Talk about any medicines the child or young person is taking.
- Check on other health problems such as asthma or diabetes, to see how they are going.
- Check to see if the child or young person has any other health appointments, such as physiotherapy or speech therapy.
- Ask if family and/or carers are getting the support they need.
- Help make sure that things go well when the child or young person moves to adult services at the age of 18.



Book review:

Different Not Less by Chloe Hayden

Chloe Hayden is an award-winning actor and disability advocate, motivational speaker and social media influencer. As a child, she moved between ten schools in eight years and was eventually diagnosed with autism and ADHD.

Chloe's parents nicknamed her 'our quirky little genius' and 'our princess

and the pea child', as she was 'spellbound' by books, but struggled with sensory issues, such as clothing, food textures and social interaction.

This is an intensely personal book that details the many ways in which the author struggled to make sense of the world around her and how retreating to the toilets or the back of the library was often the only way she was able to cope with school.

Chloe Hayden provides insights into ways that focusing on her strengths, passions and her 'eye sparkles' have enabled her to build a successful international career, while acknowledging that she has developed a range of strategies that help her to manage potential difficulties.

The book also includes a guide to support resources and detailed chapter references.

NHS

The child or young person will also be asked for permission to share information with other services that provide their care.

The GP or practice nurse will also provide health information, such as advice on healthy eating, exercise, contraception or stopping smoking. All aspects of the health check are voluntary.

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)

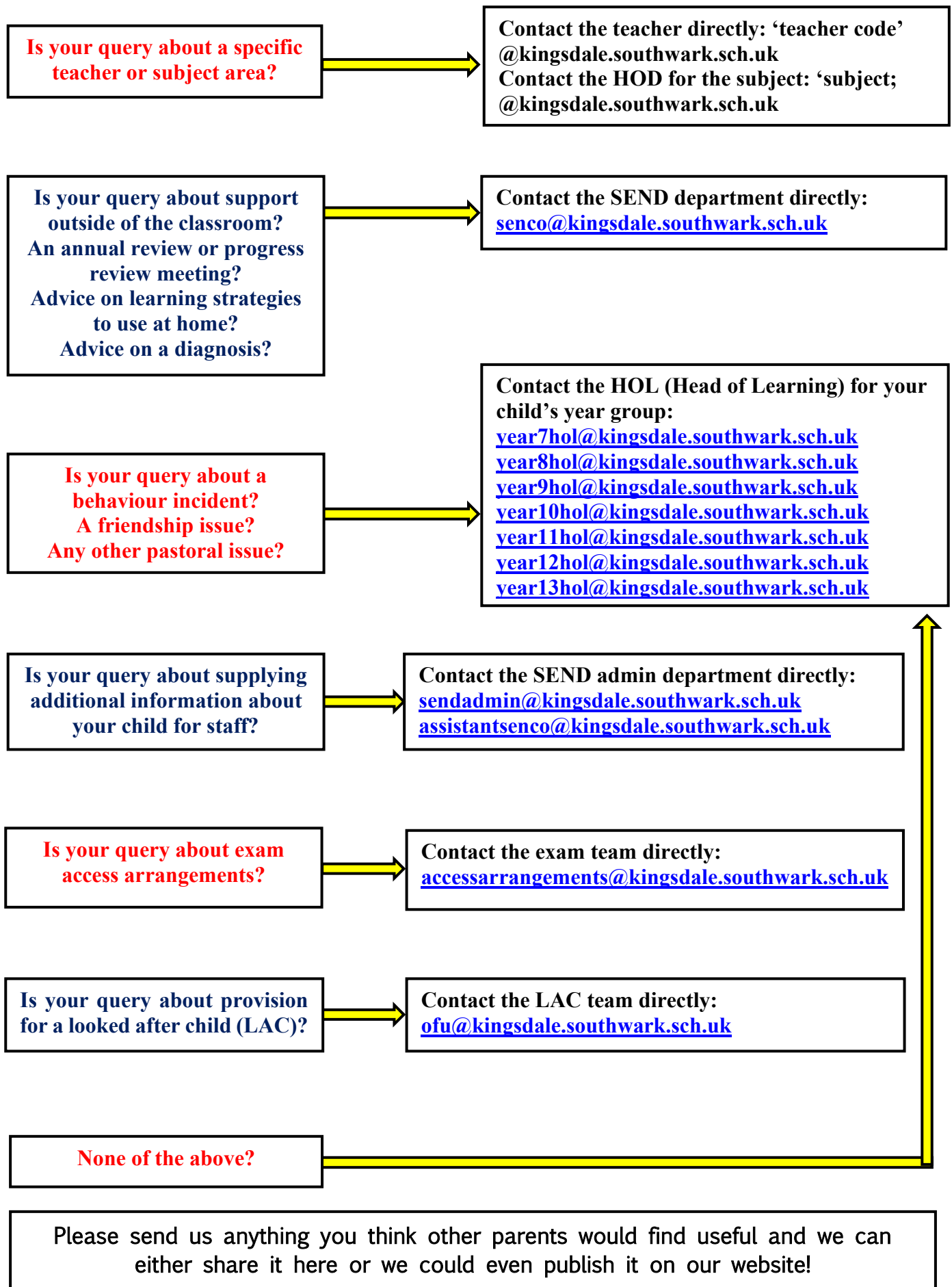
Southwark's Youth Offer and Local Offer list social opportunities that are free or low-cost and tailored to young people with SEND aged secondary school and post-16:

- **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.

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.



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.

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

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 COMPETITIONS



Kingsdale Cooking Challenge: Stop Food Waste

Compass Group US introduced Stop Food Waste Day in 2017 before going global in 2018.

The group are committed to tackling food waste and they are working towards halving food waste by 2030.

Did you know...

- 33% of all food produced globally is lost or wasted every year
- 45% of root crops, fruit and vegetables produced globally is lost or wasted per year
- 25% of the food wasted globally could feed all 795 million undernourished people in the world
- 8% of all greenhouse gas emissions are due to food loss and waste

STUDENT TASK: Create your own dish from left-over food. Send us a picture and a short description of how you made your dish and what you made your dish from. Don't forget permission from your parents or carers and have appropriate supervision in the kitchen.

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



take the
**EARTH DAY
PLEDGE**

Earth Day

Earth Pledge Day

Earth Day is an annual event dedicated to raising awareness and inspiring action to tackle the various environmental challenges facing our planet. Earth Day is held on 22nd April each year. Earth day is also a time to celebrate those who have done a lot to help the environment.

Over 193 countries celebrate Earth Day around the globe, with more people getting involved every year. In many places, Earth Day forms part of Earth Week, which is a longer period of climate awareness that includes activities and campaigns.

STUDENT TASK:

Write an Earth Day pledge in each of the digits on the hand below. Each pledge should be linked to a way that you could live sustainably. For example, you would like to try and recycle more, litter pick in your local area, buy second-hand clothing, reduce your food waste or save electricity by turning off lights and appliances at home when they are not needed.



HOW TO ENTER:

Be sure to share your pledge with the House Team: housesystem@kingsdale.southwark.sch.uk Ensure your entry is accompanied by your full name, tutor group and House.

St George's Day



Although it is not a national holiday, St George's Day is celebrated on 23rd April each year. It's a great celebration to learn about some of England's customs and traditions, and also to think about knights and castles and dragons.



Who was St George?

St George (famous for slaying the dragon) is the patron saint of England. He was a Roman soldier who protested against the Roman torture of Christians, and was killed for his beliefs.

Red Roses

Wearing a red rose in your buttonhole or on your lapel was tradition on St George's Day.

STUDENT TASK: Design your own rose to represent St George's Day.

HOUSE ACTIVITY:

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

HOUSE COMPETITION – COOKING CHALLENGE

Easter Cooking Challenge contribution by **Beth Perrett, Year 7**

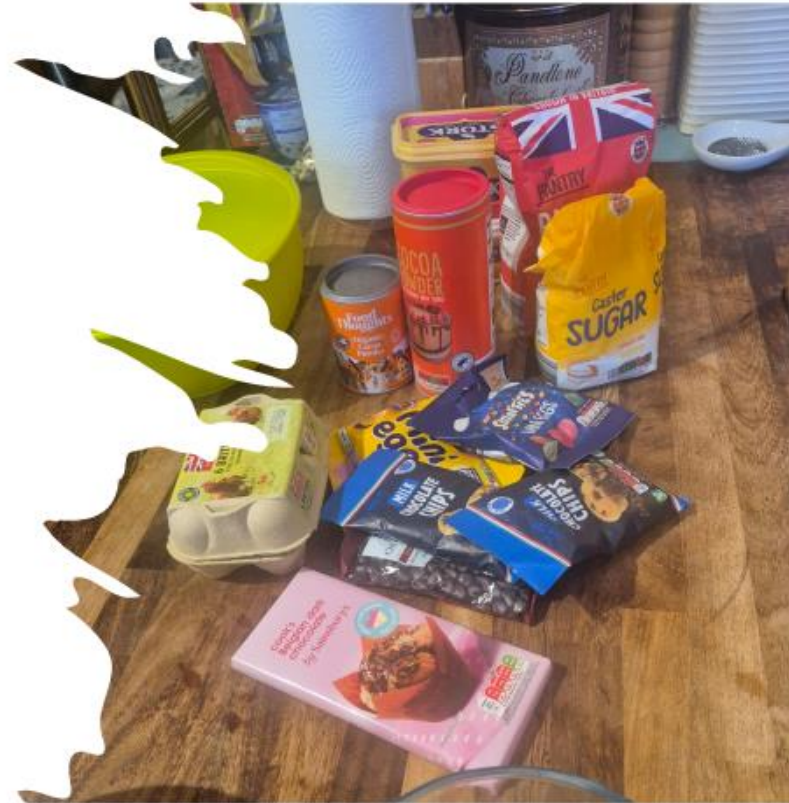
Mini Egg Brownie

- **Ingredients**

- 200g/7oz unsalted **butter**, cubed
- 200g/7oz **dark chocolate**, roughly chopped
- 3 free-range **eggs**
- 250g/9oz **caster sugar**
- 100g/3½oz **plain flour**
- 50g/1¾oz **cocoa powder**
- 240g/8½oz mini eggs, about half of them roughly chopped
- pinch **salt**

- **Method**

- Heat the oven to 180C/160C Fan and line a 20cm/8in square baking tin with parchment paper.
- Put the butter and chocolate into a heat-proof bowl and melt either in short bursts in the microwave or suspended over a pan of simmering water (do not let the bottom of the bowl touch the water). Leave to cool slightly to room temperature.
- Put the eggs and caster sugar into a large bowl (or the bowl of a stand mixer) and whisk using an electric whisk until light, pale and fluffy. While whisking, gradually pour in the chocolate mixture until combined.
- Fold in the flour, cocoa powder, the chopped mini eggs and a pinch of salt.
- Pour the brownie batter into the tin and spread out to make an even layer. Dot over the remaining mini eggs (you may want to roughly crack some of these for the look).
- Bake for 25 minutes, or until cracked slightly on top and there is a little wobble in the middle. Leave to cool completely in the tin before slicing an





LIKEE (formerly known as LIKE) is a free video creation and editing app similar to TikTok. It has a global community of over 200 million users who can create any type of video, add their own special effects and then upload and share them with the world. The app is largely used to create short music videos which users can star in and edit anyway they want using the "Magic Video Maker." Users share their videos on the platform as well as having the option to share across other social media outlets such as Facebook and Instagram. Due to the suggestive content that is available on the app, it has a recommended age of 16+, although the app store rate it as 17+.



What parents need to know about

LIKEE



ALL VIDEOS ARE PUBLIC



All user profiles on LIKEE are public which means that every video that is uploaded can be viewed by anyone. This is a privacy setting which can't be changed. In addition, on creating an account, anybody who views your child's video can also download, save and share them, albeit this is a feature which can be turned off. Nonetheless, this places your child's privacy at risk given they can't control who is viewing their videos and potentially sharing them elsewhere.

SEXUAL PREDATORS AND BULLYING

Once a video has been uploaded and shared on LIKEE, anybody can comment on it. There have been reports of sexually suggestive comments made towards children, opening the door to potential child grooming and/or child sexual exploitation risks. Similarly, children may be vulnerable to derogatory or abusive language which could escalate into harassment or bullying.



ACCESS TO INAPPROPRIATE CONTENT

In a Facebook post from April 2019, LIKEE admitted to banning over 400 accounts during a 6 day period due to matters relating to harassment, fraud, pornographic material, violence, gambling and terrorism. There are no safe search features on the app which means there is a chance your child could potentially watch mature or inappropriate content with relative ease.



EASY FOR MINORS TO SET-UP

Despite the recommended age limit of 16, there are no verification measures in place to help restrict access. Setting up a profile is extremely easy and all that is required is access to a mobile phone. This is a concern for young children who have limited knowledge of how to stay safe online.



PRIVATE MESSAGING



As well as being able to comment publicly, LIKEE also allows users to private message one another. This again opens the door for strangers to contact your child online and build a relationship, this time without being seen. There have been reported cases of sexual grooming and children receiving requests to send inappropriate images via direct message.

DESIGNS TO INCREASE APP USAGE

The more your child engages with the app, the more 'Exp.' they can earn. This in turn can help them achieve higher levels and unlock Privileges to enhance their videos. Similarly, the Leaderboard feature within the app rewards users that receive the most likes every day, again encouraging children to produce more content. Both of these features could contribute towards increased screen time for your child.

Lv.24
Lv.62
Lv.88

ABILITY TO STREAM VIDEOS LIVE

Once a user has achieved a certain level, LIKEE grants them access to stream their videos live with viewers able to engage and post comments as the video is running. This means your child could receive harmful or upsetting comments during a live recording with no filter, as well as viewing other users live streams, which may contain inappropriate or disturbing content.



IN-APP PURCHASES



LIKEE also has a Wallet feature in which users can earn beans during their own live streams. They can also purchase diamonds directly from the app for anything between 99p and £99.99, with one tap and one confirmation screen, potentially costing the bill payer a lot of money.

Top Tips For Parents

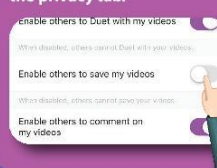
1 DISABLE OR RESTRICT PRIVATE MESSAGING

The ability to private message one another on LIKEE means that your child could receive messages or media from complete strangers and potentially engage in conversations with people they don't know. In the privacy settings, this feature can be disabled or set to just friends allowing a degree of control over who can privately contact your child.



2 DISABLE ABILITY FOR OTHERS TO SAVE YOUR VIDEOS

Saving and sharing your child's videos to their own device means that anyone could upload and share those videos whenever and wherever they like, without your permission. You can disable this feature in your child's profile settings via the privacy tab.



3 TURN OFF COMMENTS IN PRIVACY SETTINGS

The public nature of LIKEE means that anybody can comment on your child's videos. Whilst many users may be positive and supportive of what your child is doing online, others may be critical or quite nasty. If you are worried about other users and what they may say, you can completely disable comments within the app's privacy settings.



4 BLOCK USERS WHO HARASS, BULLY AND OFFEND

If you are concerned about your child being harassed, bullied or receiving persistent offensive comments from specific users, you can 'block' these individuals. This can be done on the offenders user profile page. Once blocked, the ability to comment on your child's video or private message will be removed although videos will still remain visible.



5 TALK TO YOUR CHILD ABOUT ONLINE DANGERS

Talking to your child about staying safe online will help them stay alert to any potential dangers and give them a more enjoyable experience. Learning how to report inappropriate content and discussing this with your child may ensure they recognise anything malicious and become more vigilant whilst using the app. Similarly, discussing what is acceptable and setting limits on what can and can't be posted online may help to ensure your child avoids any unwanted pitfalls.

6 STICK TO THE RECOMMENDED AGE LIMIT

LIKEE suggest that the recommended age limit for the app is 16+. Reviews of the app suggest that users may post mature or sexually provocative material which isn't tightly regulated and could be accessed or accidentally viewed by your child. Ensuring you adhere to the age limit and encouraging your child to be open about what they're viewing will help you keep an eye on what content your child is coming across on the app.

Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



SPORTS FIXTURES

Monday 20th April 2026

- No planned fixtures/events

Tuesday 21st April 2026

- Under-13s Boys' Basketball Away Match v Harris City Academy, Crystal Palace. Leave School at 1.30pm. Start 2.30pm. Return at 5pm approx.: **Mr Lord**

Wednesday 22nd April 2026

- Under-12s Boys' Football Home Match v The Norwood School. Leave school at 2.55pm. Start 3.30pm. Return at 4.45pm approx.: **Mr Johnstone**

Thursday 23rd April 2026

- Under-12s and Under-16s Mixed Regional Dance Competition at MKCC Milton Keynes. Leave School at 6.30am. Start 10am. Return at 7pm approx.: **Ms McGregor/Ms Dookey**
- Under-15s Girls' Football Away Match at Burgess Park v Alleyn's School. Leave school at 1pm. Start 2pm. Return at 5.15pm approx.: **Mr Jones/Mr Price**

Friday 24th April 2026

- Under-15s Girls' Soft ball Cricket (Nationals) Away Match v City of London Girls School, WC1. Leave school at 1pm. Start 2.30pm. Return at 5.45pm approx.: **Ms Jaymes/Mr Price**

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 Likee.' 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 2025-26

Week ending
17th March 2026

- 1st Place – Swift 90,289 points
- 2nd Place – Dove 90,013 points
- 3rd Place – Albatross 91,050 points
- 4th Place – Falcon 90,993 points
- 5th Place – Eagle 89,930 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.

