



PARENTAL NEWS BULLETIN

Issue 27 Monday 27th April 2026

HEADLINE NOTICES

Curriculum Coffee Mornings



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

These sessions take place in addition to our renowned, more general, monthly Parents' Forums.

The dates for this term's meetings are:

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

House Excellence Award



Florin Laque, Year 9, has won the House Excellence Award. He was nominated by the Drama Department. Florin has demonstrated excellent drama design work throughout the course, consistently producing creative, thoughtful and highly detailed ideas that show a strong understanding of how design supports performance. His ability to translate concepts into visual and

practical outcomes is impressive and he approaches every task with care, imagination, and a clear sense of purpose. Florin is a genuinely kind and sensitive student who contributes positively to the classroom environment, and he is a pleasure to teach. Congratulations Florin!

SAVE THE DATE!

You are invited to attend the

Art & Design Exhibition

Wednesday 8th July 2026

5pm - 8pm in the Atrium & Foyer Gallery

Please come along and support our talented students in their final show!

THEME OF THE WEEK

Doing the right thing

"Twenty years from now you will be more disappointed by the things you didn't do than by the things you did...So explore. Dream. Discover.

Mark Twain

WORD OF THE WEEK

Caesura

(Pronounced as sezzurra)

A pause in a line of poetry, especially near the middle of a line.

"By using a caesura, the poet was able to highlight the significance of a specific word."



UPCOMING EXAM REVISION TIPS

- Make a realistic revision schedule
- Find a revision style that suits you
- Look at past exam papers
- Take regular short breaks
- Be patient and kind with yourself
- Practice good sleep hygiene
- Eat regularly – eat brain food!
- Reward yourself
- Do something physical
- Don't forget to ask for help!
- & most importantly – RELAX!



Art & Design Exhibition

Wednesday 8th July 2026

5pm – 8pm

SE21 8SQ



KINGSDALE
FOUNDATION SCHOOL



GEOGRAPHY NEWS

Year 10 Geography Field Trip to Eastbourne: Coastal Management in Action

Year 10 students recently visited Eastbourne for a coastal fieldwork trip focused on coastal management and how it has influenced the changing shape of the beach. During the visit, they explored a range of coastal defence strategies in action and considered how these have impacted both the landscape and local environment over time.

As part of their learning, students also had the opportunity to speak with local residents and visitors, gathering opinions on the effectiveness and importance of coastal management in the area. This helped them develop valuable fieldwork and data collection skills, including observation, questioning, and recording evidence in real-world settings.

The trip was both informative and enjoyable, giving students a chance to apply their classroom learning in the field—and they were fortunate enough to enjoy some sunny weather while they were there!

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?

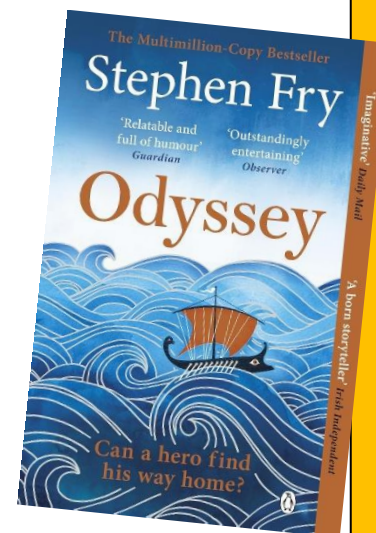
Have you yet to experience life in the ancient world but want to learn more?

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

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.

NATIONAL APPRENTICESHIP

We are also working with the National Careers Hub, who are following a new series of Spotlight Webinars, 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
Join us this National Apprenticeship Week to discuss 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/>

SCHOOL NEWS

Mental Health & Well-Being Weekly Focus for Students: Digital Well-being

This week's Mental Health & Well-Being Focus for students is Digital Well-Being.

For students this means focusing on balancing screen time, fostering critical thinking, and promoting positive, safe online habits. It emphasises self-regulation of digital habits, creating tech-free zones to improve sleep and focus, using apps to build healthy boundaries, and promoting mental health, mindfulness, and self-esteem through school-wide initiatives.

At Kingsdale Foundation School we offer an extensive whole school extra-curricular programme for students providing opportunities for students to engage in activities which facilitate time away from screens and opportunities for personal development.

Key focus areas for supporting digital wellbeing include:

- **Balancing Screen Time:** Promoting "digital breaks" (stretching, walking) and using tools like [Flora](#) to help with concentration
- **Creating Tech-Free Zones:** Encouraging screen-free areas such as bedrooms and dining tables to boost focus and reduce disruptions, particularly during homework
- **Critical Thinking and Online Safety:** Educating students to evaluate information critically, recognize harmful content, understand reporting mechanisms, and manage their digital identity
- **Mental Health Impact:** Educating on how social media impacts emotions and addressing challenges like FOMO (fear of missing out) or cyberbullying

Practical Strategies for Students

- **"Five-a-Day" for Digital Wellbeing:** Encouraging a balanced, healthy relationship with technology
- **Encourage Self-Regulation:** Teaching students to turn off notifications, use "do not disturb" modes, and analyse their own screen time data
- **Positive Offline Activities:** Actively promoting alternatives such as reading, drawing, playing music, or engaging in physical activities
- **Safe Spaces:** Creating opportunities for students to discuss online experiences and concerns with teachers or peers

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



ALL ABILITIES WELCOME!

Ballet Club

MONDAYS AFTER SCHOOL

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

YEAR 7 - 3:40-4:20PM

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

DS1 (DANCE STUDIO)

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

Ballet Club

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

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

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



Year 9 Girls' South London Cup Kingsdale v Graveney

Congratulations to the Year 9 Girls' Football team who have won the South London Cup! They retained their trophy with a 7-0 victory over Graveney School. It was a fantastic performance from the team, with the highlight of the final coming from Ruby Trim with an outstanding strike from 30-yards out which set the team on course to win the trophy.

The team will look to reach their second final of the season in a few weeks' time as they travel to Stoke Newington in the Inner London Cup semi-final. Well done ladies!

Final Score: Kingsdale 7-0 Graveney



Year 11 Girls' Inner London Cup Final Kingsdale v Cardinal Pole

Well done to the Year 11 Girls' Football team who have reached the Inner London Cup final. They travelled across the Thames to comfortably beat Cardinal Pole 3-0. They will be looking to lift a trophy in their final game for Kingsdale as they face Graveney School.

Final Score: Kingsdale 3-0 Cardinal Pole **Goal Scorers:** Sofia Jex (1), Nancy Frost (1) and Olivia Briggs (1) *KFS disclaimer. Please be advised Match reports produced and presented by student reporters.*

SPORTS NEWS



Year 8 Rosslyn Park Rugby 7s

Before the Easter break the Year 8 Boys' Rugby team took part in the prestigious Rosslyn Park Rugby 7s tournament.

This was a tough day out in terms of results for the boys, but heart and determination shone none the less. Each game they played extremely well and put in a great performance every-time. The boys should be extremely proud of themselves.

Boys' JNR NBA Kingsdale v Harris Crystal Palace

The first game of the JNR NBA season for the boys, started with an away trip to Harris Crystal Palace who were unbeaten. Unfortunately, we couldn't get the better of them losing 51-44. However, this was an extremely close match with some excellent performances from the boys involved. They should be extremely proud of their first game of the season.





GCSE PE Practical External Moderation 2026

A huge congratulations to our Year 11 GCSE PE cohort who have now completed their practical performance assessments covering an impressive variety of 38 different sporting activities between them. All students who participated in the external moderation process conducted themselves in an exemplary manner and showcased the usual high standard of sporting performances associated with sport at Kingsdale.

The PE department would like to wish all Year 11 students the very best of luck as this Summer's exam season fast approaches.

SPORTS NEWS

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

Under 7 Boys' Football Semi-Finals South London Cup Kingsdale v Norwood School

Kingsdale faced Norwood School in the semi-final of the South London Cup. Kingsdale set the tone for the game scoring 3 early goals playing scintillating football. The first half finished 4-2 to Kingsdale. Norwood scored straight into the second half making it 4-3. Kingsdale went back to playing their game and ran out the winners. Well done boys!

Final Score:
Kingsdale **9-4** Norwood

Goal scorers:
Alex Joseph's (4),
Makai Sutherland (3),
Elijah Osbourne (1)
and JoJo O'Rourke (1)

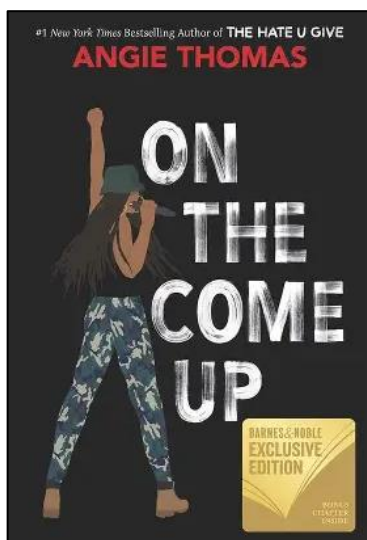


National Year of Reading 2026

We are proudly supporting the National Year of Reading 2026 and the theme of 'Go All In.' Watch this space for more information regarding the exciting programme of initiatives we have planned to support this important focus. As a 'Do Now' activity, we ask all parents to ensure that their children have a reading book in their school bag every day which they can obtain from the school libraries.



National
Year of
Reading
2026



Student Recommendation

Lily Miles-Beagle,
Year 9 recommends
On the Come Up
by Angie Thomas

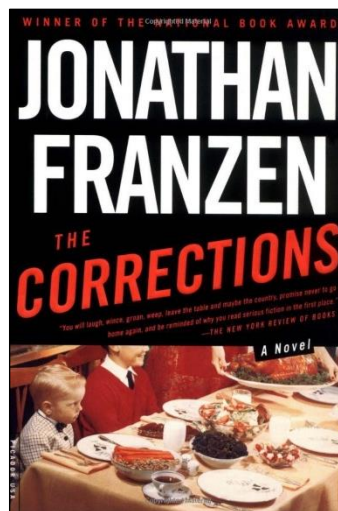
Bri wants to be one of the greatest rappers of all time. As the daughter of an underground hip hop legend who died right before he hit big, Bri's got massive shoes to fill. But when her first song goes viral for

all the wrong reasons, Bri finds herself at the centre of controversy and portrayed by the media as more menace than MC. And with an eviction notice staring her family down, Bri no longer just wants to make it – she must. Even if it means becoming the very thing the public has made her out to be.

Lily read this on the back of the recent Angie Thomas visit to Kingsdale, has recently finished it and adored the main character and her 'crazy life'.

Some dark themes. Best suited for students in Year 9 and over.

Reading Recommendations



Teacher Recommendation
Mr Sissons recommends
The Corrections
by Jonathan Franzen

The Lamberts – Enid, Alfred and their three grown-up children – are a troubled family living in a troubled age. After fifty years as a wife and mother, Enid is ready to have some fun, but her husband Alfred is losing his mind to Parkinson's. As his condition worsens, and the

Lamberts are forced to face the long-buried secrets and failures that haunt them, Enid sets her heart on gathering everyone together for one last family Christmas.

Mr Sissons has found the naturalism of the writing really engaging, as well as the reflection of the power structures of American society in the dynamics of the family.

Tricky language and some graphic scenes. Suitable for A-Level students only.

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



National
Autistic
Society | Lambeth
Branch



Understanding The Strengths And Difficulties Of ADHD: A Guide For Parents



STARTING A TASK – BEING PREPARED

Before your child starts a task or activity, it is important they STOP and THINK. Encourage them to think about what they are going to need to do the task before they start. They can plan out what they are going to need alongside what they are going to do.

STARTING A TASK – DISTRACTORS

Some children with ADHD find it hard to STOP and THINK because they find it difficult to avoid responding to distractors. Often this may feel automatic to your child. This automatic response to a distractor can end up meaning they bypass the STOP and THINK process because they are focusing on something else that is not task related. A key part of starting a task effectively is identifying what may act as a potential distractor(s).

Think about:

- Is it a sensory issue such as being distracted by sounds nearby?
- Does the distraction reflect something else in the room?

BODY SCAN

Sometimes there can be so much happening, it's difficult for your child to know how they are feeling or what they are finding distracting. Your child can be encouraged to try 'scanning' themselves or what is around them. This can make it easier to know how they are feeling or what they are seeing, hearing and smelling.

HOW TO DO THE BODY SCAN

Ask them to close their eyes so that they can start the body scan. Start by thinking about your toes. What can you feel? Move up your body stopping at your legs, tummy, arms, chest and head to think about what you can feel. Is anything uncomfortable? Now listen to what is happening around you. What can you hear? Is anything distracting you?

SEND FACULTY NEWS



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.

Help and Support for Parents

Disability Living Allowance (DLA): DLA is often the first benefit which parents claim – it's not means tested and is paid every month. There are two elements to DLA, care and mobility, so consider whether you will need to apply for which element or both, for instance.

For more information on DLA, visit [Citizens Advice](#).

Direct Payments: Direct Payments for disabled children were introduced in 2000 and are becoming more popular among families. They aim to give you and your child more flexibility and control about the support services you need, for example, money can be given for you to pay for a personal assistant for your child, for a childcare place, for an activity club for children with SEND.

Other Benefits:

There are a wide range of other benefits you can claim for, such as:

- Carers Allowance
- Child Tax Credit
- Parental Leave
- Other grants – e.g. fares to hospital

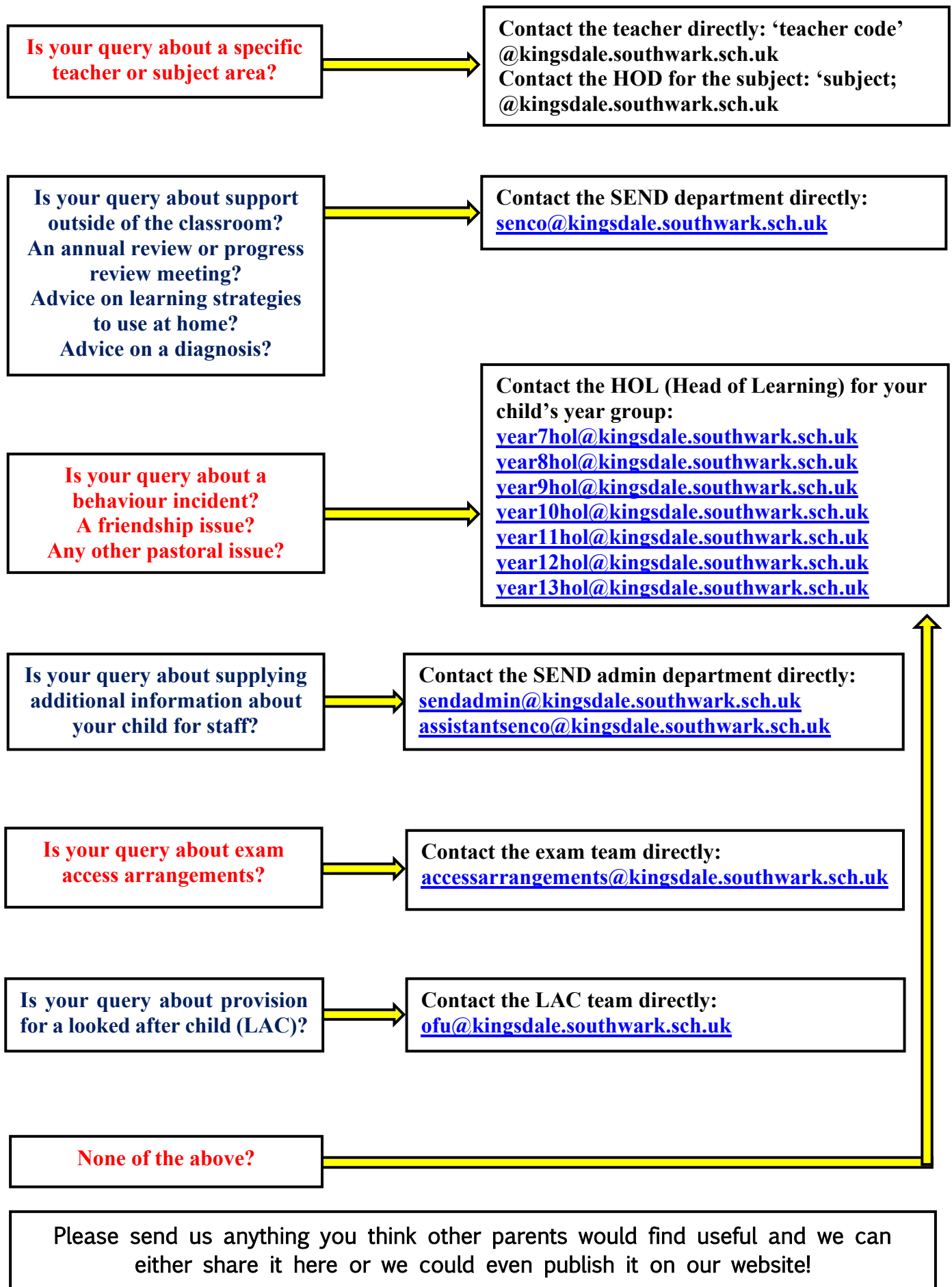
Ask your SENDIAS team who to contact and about eligibility criteria:

[Southwark SENDIAS](#)



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.



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**



HOUSE COMPETITIONS



National Gardening Week Curiosity in the Garden

For 2026, National Gardening Week celebrates the joy of curiosity in the garden. From the gentle movement of fresh leaves to the early return of pollinators, every space holds small details waiting to be discovered. Curiosity invites us to slow down, explore more closely and appreciate the subtle rhythms of the natural world that are often overlooked.

Whether tending a windowsill display or a larger outdoor garden, a curious approach can lead to richer experiences and a deeper understanding of how things grow. By observing, experimenting, and asking questions, gardeners of all levels can strengthen their connection to the spaces they nurture and enjoy more rewarding moments outdoors.



STUDENT HOUSE ACTIVITY

We'd love students to take part by sharing their favourite plants found in and around their homes. This could be anything from a houseplant on a windowsill to flowers in the garden, herbs in a pot, or even plants spotted in local green spaces with the House Team: housesystem@kingsdale.southwark.sch.uk Ensure your entry is accompanied by your full name, tutor group and House.



National Pet Month – April 2026

National Pet Month aims to promote responsible pet ownership and make people aware of the benefits of pets for people, and people for pets. It also raises awareness of the role, value and contribution to society of working companion animals. This month helps people learn about how to look after pets properly.

Did you know...

- More than half of the adults in the UK own a pet
- There is an estimated population of 10.9 million pet cats
- 24% of the UK population have a dog



Learn along with a sentence about the benefits of pets for people.

STUDENT HOUSE ACTIVITY

Submit your image to 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 KIK

WHAT ARE THE RISKS?

Kik is a free messaging app – much like WhatsApp, although it does feature some extra functionality. It's aimed at younger people aged 13 upwards, though the formal information from Kik themselves states that users between 13 and 18 must get their parent or guardian's permission. It's currently used by over 300 million people, though only around 15 million of them use it on a monthly basis.

EASY PROFILES

Unlike some other messaging apps, Kik doesn't require users to link it to their phone number. It's more like an old-school chat room, where you sign up with a username. This offers younger people more anonymity, as they needn't enter any sensitive information. However, it also increases the risk of people being able to remain anonymous behind a username. While you must be at least 13 to use Kik, anyone can set up an email address and sign up, meaning younger users could easily skirt the rules.

OPEN USE

Because children and teens can find new friends through Kik, based on having similar interests, this can open them up to almost anyone making contact in the app. Predators, for example, could stalk groups on topics which generally appeal to a younger audience (such as anime or gaming) and befriend younger users. It could also lead to antagonism in public groups, where users interact with large numbers of different people who they may not know offline.

PREDATORS

Because Kik is so simple to use and only requires an email address, which can be set up in seconds, this can make it easy for predators and bullies to prey on younger people. Anonymity can lead to users lying about their age, interests or their geographical location. It's not difficult for some youngsters to be lured by the potential new friends Kik may give them, only to discover their 'friends' aren't who they say they are.

SECURITY

Kik may be safer when it comes to your personal information, but it doesn't offer many options for deterring those who infringe the app's rules. Of course, you can block a user should they seem fake or make you feel uncomfortable – and reporting is an option – but the simplicity with which a new account can be set up means that an individual who's been reported can create a new username, locate their target again and begin the harassment anew.

BOTS

Bots operate on Kik much like any other platform. They are specially programmed software designed to imitate real speech, which is only growing more sophisticated with the advent of AI. These bots can be used in myriad ways – including promoting adult material such as pornography or selling products and services that would be deemed inappropriate for younger users.

VIDEO

As with other apps, video messaging is possible with Kik. Users can chat one-on-one or in a group of up to six people. Of course, even if a child is chatting to their friends, there are certain risks that you need to be aware of, such as sharing personal information or people besides their friends being in the chat. Moreover, the sheer accessibility of Kik means that they could also end up chatting to anyone – and seeing or hearing something that's not intended for children or is similarly inappropriate.

Advice for Parents & Educators

DON'T GIVE OUT PRIVATE INFORMATION

Educate children on the risks of giving out private information and take time to set up their Kik account for them. If they're showing interest in the app, go through the various elements with them, even helping them select a username that they don't use elsewhere (you don't want them using their Xbox gamertag on Kik, for example). Try to prevent them from giving out their phone number or location to anyone. Never use any part of their real name in a username, as this is something everyone will be able to view.

LEARN THE SYSTEM

Use Kik's website to learn where the blocking and reporting features can be found. You'll also find guides on their site for teachers and law enforcement which can help educate you on any finer details you might need to know. Encourage the child to think about what is and isn't appropriate to see, depending on their age, and remind them often that you're there to help should things get out of hand.

KNOW WHEN TO STOP

Kik can be very attractive to users, especially as there's always someone to talk to or a conversation to be had. Try to limit time on the app as much as possible. Children may not want to avoid using it if that's how they keep in touch with friends, but you can advise them that spending all their time online can limit conversation and can isolate them from other friends in the 'real' world. It's also helpful to speak to them about when to end a conversation if it's getting overwhelming or problematic.

STRANGER DANGER

If a child is educated on the risks of talking to strangers, they'll be able to use Kik responsibly. Any danger they might put themselves in can be reduced if they know what signs to look out for. Suggest some signs for young ones to keep an eye out for and teach them to ignore and block users who might seem disingenuous – and to always tell a trusted adult if this happens.

Meet Our Expert

Daniel Lipscombe is a writer who specialises in technology, video gaming, virtual reality, augmented reality and Web3. With articles published by the likes of PC Gamer, Kotaku, Pocket Gamer, VG247 and Eurogamer, among others, Daniel has been an avid tech enthusiast for more than three decades and estimates that he has reviewed more than 50 products over the past year.



#WakeUpWednesday®

The National College

SPORTS FIXTURES

Monday 27th April 2026

- Under-13s Boys' Basketball Away Match v Whitgift School. Leave school at 3pm. Start from 4.15pm. Return at 6.45pm approx.: **Mr Lord/Mr Dash**

Tuesday 28th April 2026

- Under-12s to 15s Mixed Girls' & Boys' Dance Showcase at The Grey Coat Hospital School. Leave school at 12 noon. Start 1pm. Return at 8pm approx.: **Ms McGregor/Ms Dookey**
- Under-15s Boys' Cricket Away Match v City of London School. Leave school at 12.30pm. Start 1.30pm. Return at 6pm approx.: **Mr Roberts/Mr Price**

Wednesday 29th April 2026

- Under-13s Boys' Cricket Away Match v Dulwich College. Leave school at 1pm. Start 2pm. Return at 5.30pm approx.: **Mr Johnstone /Mr Price**

Thursday 30th April 2026

- Under-13s Girls' Football Away Match against Lingfield College. Leave school at 12 noon. Start 2pm. Return at 6pm approx.: **Mr Jones**
- Selected Year 10 Girls' & Boys' Production/ Workshop at the Brit School. Leave school at 9am. Start 10.15am. Return at 4pm approx.: **Ms McGregor**

*Friday 1st May 2026

- Under-16s Boys' Football B Team English School Cup Final v Thomas Telford at Bet 365 Stadium Stoke City FC. Leave school at 8am. Start 5.30pm. Return at 11.30pm approx.: **Mr Foster/Mr Johnstone/Mr Hall**

Please note that fixtures may be 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 Kik.' Get a greater insight here. Please read!

Remember to keep an open dialogue with your child about their activities online. See page 19 above.

The House Leader Board 2025-26

Week ending
24th April 2026

- 1st Place – Swift 95,387 points
- 2nd Place – Dove 94,949 points
- 3rd Place – Falcon 94,151 points
- 4th Place – Albatross 93,895 points
- 5th Place – Eagle 92,682 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.

