



PARENTAL NEWS BULLETIN

Issue 28 Monday 4th May 2026

HEADLINE NOTICES

May Day Bank Holiday

The school is closed on **Monday 4th May for the May Day Bank Holiday**. The school will re-open on Tuesday 5th May at the usual times.

UK Maths Challenge Kangaroo Round for Top Achievers



United Kingdom
Mathematics Trust

Congratulations to all participants of this year's Maths Challenge Kangaroo Follow Up Round! Your hard work, persistence, and problem-solving spirit truly shone through.

We're especially proud of the remarkable performances by Ismail Francis and Ptolemy Reed, whose

outstanding results stood out among an already impressive challenge result.

All participants will receive a qualification certificate.

Well done to everyone for participating in the competition and striving for excellence!

Lisa Chantry, Year 9 – Bronze Certificate

Arhan Dodhya, Year 9 – Qualification

Ismail Francis, Year 9 – Silver Certificate, Best in School

Hannah Souster, Year 10 – Qualification

Lucian Brooks, Year 11 – Silver Certificate

Ryan Jones, Year 11 – Bronze Certificate

Ptolemy Reed, Year 11 – Silver Certificate, Best in School



Curriculum Coffee Mornings

This half-term's cycle of Coffee Mornings for parents continue. These are a great chance 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 remaining dates for this term's meetings are:

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

THEME OF THE WEEK CHOICES

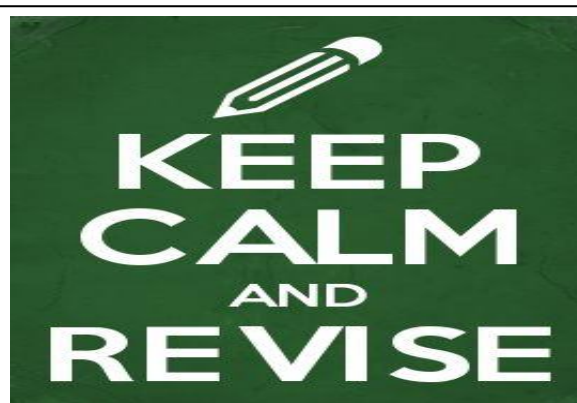
"There are always two choices, two paths to take. One is easy and its only reward is that it's easy."

WORD OF THE WEEK

Soliloquy

A speech in a play that the character speaks to himself or herself or to the people watching rather than to the other characters.

"The actress's soliloquy let the audience hear the character's inner thoughts right before the climax" shows how soliloquies reveal internal feelings."



- 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!

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!



Art & Design Exhibition

Wednesday 8th July 2026

5pm – 8pm

SE21 8SQ



KINGSDALE
FOUNDATION SCHOOL

PERFORMING ARTS NEWS



Regional Dance Finals in Milton Keynes

On Thursday 23rd April 2026, after a very early start, 6am! - the Kingsdale Dance Teams made their way to Milton Keynes for the Secondary School Regional Finals.

Kingsdale's dancers came fully prepared for the United Dance Organisation Competition. We had 5 teams competing and we are pleased to announce that all of them were placed within the top 3 in their categories.

We have now qualified to the regional finals which will take place in July 2026. We are so proud of all the students that took part. A big well done to all!

Year 7 Street Team placed 1st
Year 8 Street Team placed 2nd
Year 10 placed 1st
Year 7 Contemporary placed 3rd
Year 8 contemporary placed 1st
We also had a great success with 8 soloist dancers taking part in the Freestyle Solo Competition.
We had 3 winners and 2 3rd places!

MUSIC NEWS



Barry Graham Big Band at the National Concert Band Festival

On Saturday the 11th April 2026, the Barry Graham Big Band set off at 5.30am to perform in the National Concert Band Festival – National Showcase at the Royal Northern College of Music. This is the 3rd year in a row our young musicians have been invited to perform at this prestigious event after receiving the highest possible award at the regional festival in November 2025.

With a programme that was highly praised by the adjudicators, the band performed exceptionally well – especially considering the very early start and 5 hours spent in the minibus! We are delighted to announce that not only did the band achieve the highest possible 'Platinum Award' (for the 3rd year running), they were also awarded the Associated Board of the Royal Schools of Music Award for the best section – awarded to our trumpet section and the Studio Music Award for the best programme.

Congratulations to Mr Harry Brown Jr and all of the students. Massive thanks to those supporters who braved the journey to Manchester to cheer us on!





London International Model United Nations (MUN) Conference

Last Saturday saw Kingsdale take part in the London International MUN conference for the first time.

15 students from Years 12 & 10 attended the 3-day conference, organised by Kings College London's MUN Society at Bush House in central London. It was an enlightening experience with students participating in committees such as the UN Security Council and UN Women, while some Year 12s also took part in a Historical negotiation which saw them replay the Good Friday Agreement from 1997.

All students did amazingly well, especially as the majority were attending their first or second conference.

A particular well done to Arlo Milton (Human Rights), Jess Gavin Elias (Security Council) and Max Stuvén (Historical), who won awards or received commendations for their work over the weekend.



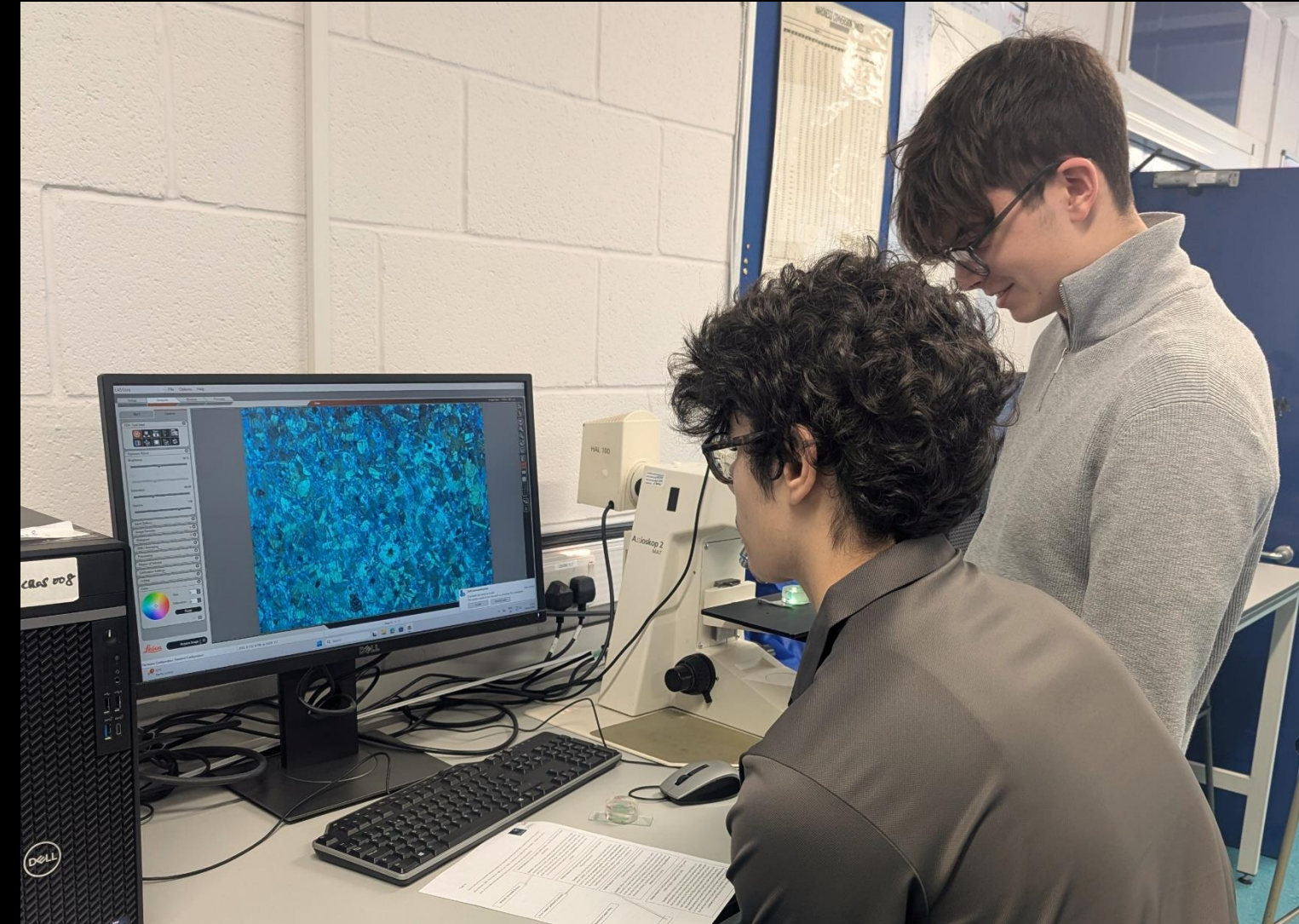
St Anne's & Pembroke College trips

As part of our ongoing Oxbridge programme, Year 12 students have had opportunities to visit Cambridge & Oxford universities in the past month.

15 students attended a taster day at Pembroke College, Cambridge where they were introduced to the university and took part in an academic taster session. 25 students had a similar experience with our partner college at Oxford St Anne's, where they were given tips on their personal statement as well as having a tour of the college and a trip to nearby Brasenose. Two enlightening academic sessions on materials science and biochemistry also took place, with students getting to see cutting edge research and take part in lab practicals. It was also really wonderful to be joined by former Kingsdale students Ben & Rosa to speak to students and show them round their colleges.

Our final trip of the year next week will see our humanities students go to Oxford, where they will visit Regents College, which is a specialist humanities institution.

SIXTH FORM NEWS_{cont.}



Construction Youth Trust Partnership

The school is excited to have developed a new partnership with the Construction Youth Trust (CYT) this year. CYT is a charity that specifically looks to engage students with opportunities within the construction industry, specifically in roles such as engineering, surveying and project management.

15 Year 12 students are now completing a 15-session programme with the trust, which includes access to amazing work placements with companies such as Morgan Sindall and Mace Construction. Some students have already completed a 3-day work experience placement with the former, which saw them complete a project on the new Crystal Palace Sports Centre development.

Last week also saw professionals from MACE and Wates attend the school for a speed mentoring session. The long-term aim of the programme is to help students access degree apprenticeship placements with these partners in the next year.



CAREER NEWS

THE GATSBY BENCHMARK

A clear framework for how our careers provision works



What are the Gatsby Benchmarks and why are they so important?

The Gatsby Benchmarks are eight internationally recognised standards for high-quality careers guidance in England, designed to ensure that all young people have access to equitable information, experiences, and support to make informed career decisions.

In summary, the Gatsby Benchmarks 2026 continue to define world-class careers guidance, with updated guidance ensuring inclusivity, meaningful experiences, and data-driven support for all young people in education and training settings

For more information see the following link [Gatsby Benchmarks](#).



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: Promoting Positive Body Image and Self-Esteem

This week's Mental Health & Well-Being Focus for students is Promoting Positive Body Image and Self-Esteem which involves focusing on body functionality over appearance, challenging media-driven beauty standards, and fostering a supportive, inclusive culture. Key strategies include teaching critical media literacy, addressing social media's impact, celebrating diversity, and nurturing self-worth through character rather than looks.

Key Themes and Activities for Schools

- **Media and Social Media Literacy:** Educate students about image editing, filters, and unrealistic portrayals in media to reduce harmful comparisons
- **Body Functionality (Body Neutrality):** Shift focus from "how a body looks" to "what a body can do," highlighting strength, health, and functionality over aesthetic appearance
- **Celebrating Diversity:** Ensure school materials, posters, and discussions represent a wide range of body shapes, sizes, abilities, and ethnicities
- **Developing Self-Esteem:** Encourage students to identify personal strengths, skills, and positive traits unrelated to appearance
- **Supportive Environment:** Staff are encouraged to use body-confident language, avoiding comments on weight or appearance, and to promote an inclusive school culture
- **Physical Education & Nutrition:** Focus PE on enjoyment and mental health benefits rather than appearance and discuss food in terms of nutrition and energy rather than "good" vs. "bad"

Resources for Supporting Students

- **Mentally Healthy Schools:** Offers resources on how body image impacts mental health, including anxiety and low self-esteem
- **Be Real Campaign:** Provides a, Body Confidence Campaign Toolkit for Schools
- **Mental Health Foundation:** Provides a downloadable school pack on body image
- **Dove Self-Esteem Project:** Offers educational tools for parents and educator
- **Stem4 Worth Warrior App:** An app designed to help young people overcome negative body image and low self-worth

Practical Tips for Teens

Practice Self-Care: Focus on health, nutritious food, sleep, and physical activity
Positive Self-Talk: Challenge negative thoughts and focus on liking personal attributes
Filter Social Media: Curate social media feeds to follow positive accounts that do not promote unrealistic body standards

Please contact Ms 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 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?

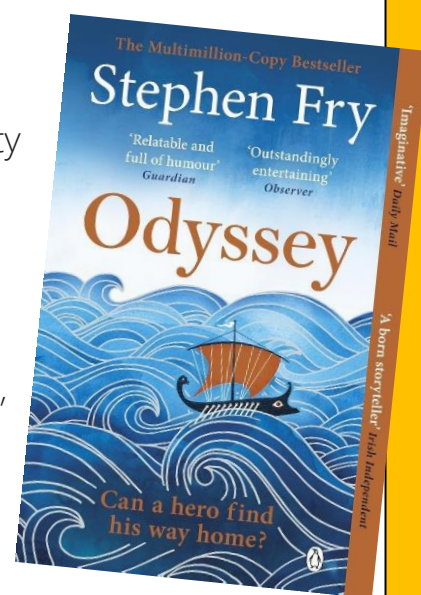
Have you yet to experience life in the ancient world but want to learn more?!



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.



Hector Day, Year 9 (Under-16s), Southwark
Elliot Albert-Preskett, Year 8 (Under-14s), Southwark
Lucian Williams, Year 8 (under-14s), Southwark



Jacob Hood, Year 9 (Under-16s), Lambeth
Thomas Hood, Year 12 (Under-18s), Lambeth



William Weyham, Year 12 (Under-18s), Southwark
Thomas Weyham, Year 9 (Under-14s), Southwark
Mary Weyham, Year 7 (Under-12s), Southwark

SPORTS NEWS

Mini Marathon Championships 2026

Well done to our Kingsdale runners who took part in the London Mini Marathon championships, representing their boroughs completing the 2.6k on Saturday 25th April 2026.

Jacob Hood, Year 9, celebrated finishing 1st for his borough and 31st in London in the Under-16s Boys.

What an amazing achievement for all our runners - we are very proud of them!

JNR NBA Boys' Basketball Kingsdale v Whitgift

Kingsdale JNR NBA Boys' Basketball vs Whitgift

The Kingsdale JNR NBA basketball team faced Whitgift in a closely contested first match. It was a tight affair throughout, with Kingsdale competing strongly in every quarter but narrowly falling behind each time.

Despite their efforts and determination, Kingsdale were unable to take control of the game, with Whitgift eventually securing a 32–24 victory.

A competitive performance from the team, showing resilience and promise across all four quarters.

Kingsdale JNR NBA Basketball vs Whitgift – Second Game

In the second fixture against Whitgift, Kingsdale produced a much-improved performance, starting the game extremely strongly. The team impressed on both ends of the court, winning the opening three quarters through solid defence and effective attacking play. Heading into the final quarter, Kingsdale held a narrow 40–35 lead, putting them in a strong position. However, Whitgift found another gear in the closing stages, mounting a late comeback to edge the game 51–47.

Despite the result, it was a fantastic performance from Kingsdale, showing great progress, intensity, and teamwork throughout the game.



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

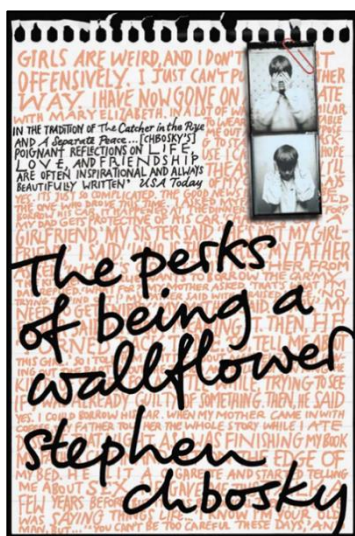
National Year of Reading 2026

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

Reading Recommendations



Teacher Recommendation
Mr Hutchinson recommends
The Perks of Being a Wallflower
by Steven Chbosky.

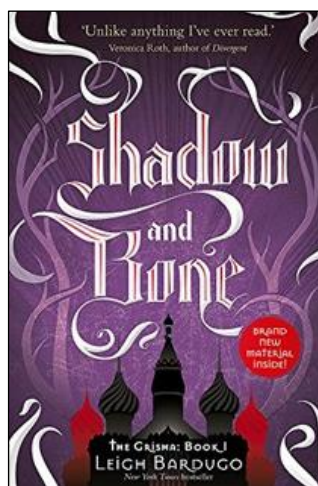
The Perks of Being a Wallflower by Stephen Chbosky is narrated by Charlie, the titular 'wallflower', in a series of letters that he writes to a stranger, beginning

the night before he starts his freshman year of high school in 1991.

These letters catalogue Charlie's attempts to "participate", as he wanders wide eyed through a series of house parties and Rocky Horror Picture Show productions with his new, older friends. Along the way, Chbosky intelligently explores stock YA themes such as mental health, substance abuse and sexuality, whilst simultaneously reminding the reader about how exciting it is to be young and idealistic.

Mr Hutchinson enjoyed the emotional truth about adolescent behaviour at senior school (he read it when a high schooler himself).

Best suited for students in Year 10 and older!



Student Recommendation
Aiden McCulloch, Year 8 recommends
Shadow and Bone
by Leigh Bardugo.

Soldier. Summoner. Saint. Orphaned and expendable, Alina Starkov is a soldier who knows she may not survive her first trek across the Shadow Fold—a swath of unnatural darkness crawling with monsters.

But when her regiment is attacked, Alina unleashes dormant magic not even she knew she possessed. Now Alina will enter a lavish world of royalty and intrigue as she trains with the Grisha, her country's magical military elite - and falls under the spell of their notorious leader, the Darkling. He believes Alina can summon a force capable of destroying the Shadow Fold and reuniting their war-ravaged country, but only if she can master her untamed gift.

As the threat to the kingdom mounts and Alina unlocks the secrets of her past, she will make a dangerous discovery that could threaten all she loves and the very future of a nation.

Aiden found the protagonist really fun and interesting and enjoyed the 'twisty' plot!

Suitable for all students - Year 7 and up!

Big History Club!

For Key Stage 3 and 4 in HU6 - Sixth Formers Also 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 5th May** we will be asking **How did Julius Caesar shape the Roman World?** with Mr Waring

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!





The Power of Different

At Kingsdale we are keen to ensure that students with SEND know the positives and opportunities they have as well as the challenges they may face.

Neurodiversity is increasingly becoming recognised as a 'superpower' in workplaces and as parents and educators we should do our best to encourage the students in our care to recognise this as they look to their futures.

We wanted to share some quotations and statistics from experts that show the positive changes in attitudes and opinions.

Although people with autism look like other people physically, we are in fact very different . . . We are more like travellers from the distant, distant past. And if, by our being here, we could help the people of the world remember what truly matters for the Earth, that might give us quiet pleasure.'

Naoki Higashida, *The Reason I Jump*

'What would happen if the autism gene was eliminated from the gene pool? You would have a bunch of people standing around in a cave, chatting and socializing and not getting anything done.'

Dr. Temple Grandin

*Negative words carry negative vibration.
Positive words carry positive vibration.
What do you want your child to reflect back to you, the label of disordered or the label of gifted in a new way?*
Suzy Miller, *Awesomism*

'What has become increasingly obvious over the past year is that a lot of the old ways of doing things need to adapt to a future where technology will dominate. This opens up lots of opportunities, especially for those who think differently. Recent news has highlighted that forward thinking employers are actively seeking neurodiverse, dyslexic talent, because of the unique skills they can offer.'

Nick Posford | CEO of the British Dyslexia Association | bdadyslexia.org.uk

'Sometimes it is the people no one can imagine anything of who do the things no one can imagine.'
Alan Turing,
creator of the first computer used to break codes during WWII.

"At the British Dyslexia Association, we often try and get the message to people that true inclusivity is better for everyone. The more the world understands the power of different thinking, the more we design education and work to welcome the full range of neurodiversity, such as dyslexia, the better it is for us all. A better future won't just be built by including people with dyslexia, it will be built by them. From architecture to technology, the creative arts to entrepreneurialism, dyslexic minds are leading the way. Everyone who thinks differently should be given the support they need so their talent can shine. We will all benefit."

Neurodiversity in the workplace:

- Hewlett Packard Enterprise conducted a program that showed that the neurodiverse teams are 30% more productive than the others
- Research from a 2018 Deloitte report found that companies with inclusive cultures were six times more likely to be innovative and agile
- A report by JPMorgan Chase found that professionals in its Autism at Work initiative made fewer errors and were 90% to 140% more productive than neurotypical employees
- Organizations that provide mentors to professionals with a disability reported a 16% increase in profitability, 18% in productivity, and 12% in customer loyalty (<https://mydisabilityjobs.com/statistics/neurodiversity-in-the-workplace/>)

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](#)



Consider PANS or PANDAS

PANS (Paediatric Acute-onset Neuropsychiatric Syndrome)

PANDAS (Paediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections)

PANS and PANDAS are post infectious autoimmune and/or neuroinflammatory medical conditions that affect both physical and mental health.

They are often recognised by the sudden appearance of several unexplained changes

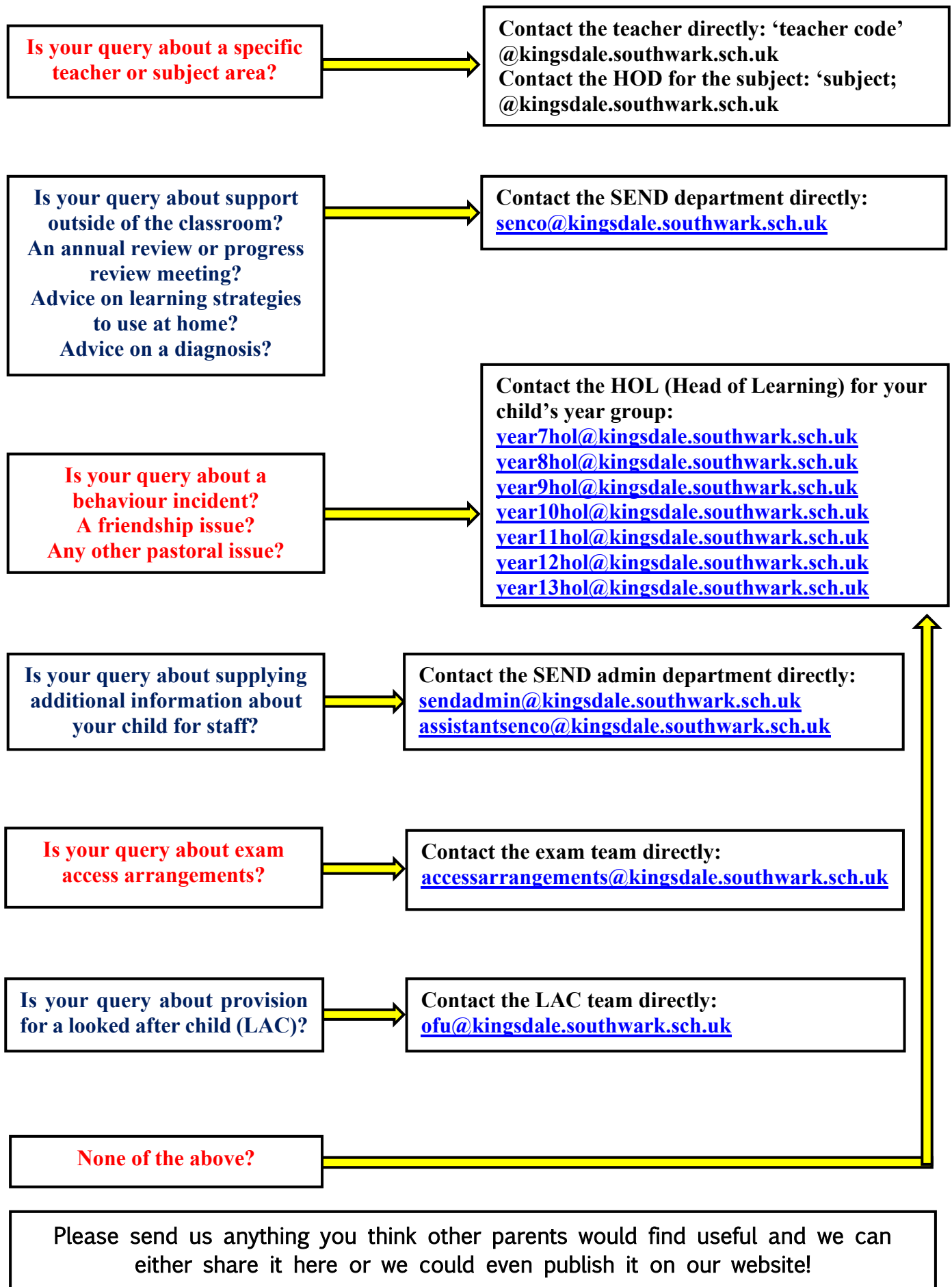
Every child is different and some children may also have other conditions and/or be neurodivergent. If you notice lots of changes occurring in a child following an infection, then consider PANS or PANDAS. While recognition and early diagnosis is key, these conditions can only be diagnosed by a medical professional. For more information, visit our website.

✉ info@panspandasuk.org 🌐 www.panspandasuk.org
Charity Number: England - 1178484 | Scotland - SC053206



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



What is Deaf Awareness Week?

Deaf Awareness Week is an annual event raising awareness about deafness and celebrating British deaf culture, community, and history.

When is Deaf Awareness Week?

Deaf Awareness Week runs from 4th to 10th May 2026.

Why is Deaf Awareness Week important?

In the UK, around half of deaf children are born deaf. The other half are born hearing and become deaf as they get older.

Some signs of childhood deafness – like not responding when called, or preferring to play alone – can be mistaken for conditions like autism. Other signs of deafness – like not following instructions or getting frustrated easily – might be mistaken for being naughty!

The earlier a child is identified as deaf, the earlier they can be supported – whether that's through getting hearing aids, learning sign language, or having some extra help at school.

Supporting the National Year of Reading

In line with the National Year of Reading, we encourage families to explore this informative article, which explains how hearing loss can occur and ways it may be prevented. Click [here](#) for more information.

Understanding the causes of hearing loss and how to protect hearing is an important step in supporting children's communication, learning, and overall wellbeing.



Kingsdale Cooking Challenge: World Fairtrade Day

World Fair Trade Day is a global celebration held each year on the second Saturday of May. It's an opportunity to envision a world where trade

helps support small-scale farmers, producers, and their families, cultivating healthy and sustainable communities around the world.

Climate change is making crops like coffee, bananas, chocolate harder to grow. However, more people choosing Fairtrade means extra income, power and support for those communities.

STUDENT TASK: Make a dish using as many Fairtrade ingredients as possible. Send us a picture and a short description of how you made your dish. The most creative dish will win valuable points for your house.

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



HOUSE ACTIVITY:

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

10 Top Tips for Respect Online: INSPIRING CHILDREN TO BUILD A BETTER DIGITAL WORLD

Our ability to communicate with anyone in the world, at any time, via the Internet has grown at breakneck speed. For teachers and parents, it can feel impossible to keep up. Worrying about our young people is understandable, and not unjustified: in 2020, for example, one in five 10- to 15-year-olds experienced bullying online. Our tips highlight ways that adults can support young people's positive online behaviours: by adopting and following 'netiquette', we can show them how to avoid getting into difficulty as they learn to negotiate the continually evolving digital landscape.

WHAT IS NETIQUETTE?

Just like etiquette is a set of rules which guides and governs our interactions with others in everyday life, netiquette – etiquette on the net – is the framework which helps inform how we communicate with people online. The rules of engagement often aren't the same as a face-to-face meeting, so it's important that we can accurately 'read' situations in the digital world and know how to act appropriately.

1 ACCEPT DIFFERENT RULES

A lot of our interaction with others is helped by non-verbal signals like body language and facial expressions. Online, of course, many of these clues are missing. Talk to your child about why this makes misunderstandings more likely to occur in the digital world and why keeping in mind that online communication is a very different process can help to prevent difficulties from arising.

2 PRESS 'PAUSE'

It's so easy to do things quickly online that most people (adults included) habitually send or respond to messages without considering the consequences. Pushing 'the pause button' buys a young person some time while they ponder the golden rule: "Would I still say this if the other person was right front of me?" You could practise this with your child on some made-up tricky situations.

3 THE INTERNET IS ADDICTIVE

Apps and sites use sophisticated algorithms and clever marketing to keep us engaged, while notifications to our devices are designed to draw us back in. It's no wonder that people continually return to the digital world, sometimes spending long periods of time there. You and your child could trial turning off notifications on certain apps and instead agree a time to check for updates manually.

4 BEWARE THE DARK SIDE

Getting a hurtful or unhelpful comment on social media or in a group chat can make the recipient feel publicly shamed. That's painful for anyone – but especially for a young person whose status in a group is integral to their sense of identity. Encourage your child to think about the best and safest way to send a message: for example, doing it as a private message rather than a public post.

5 HARMFUL INTERACTIONS

Unfortunately, it's very easy to send a hurtful message or to spread gossip and rumours online. We all know this happens regularly. Not having to deal with actually seeing the other person's distress usually doesn't help people to make a positive decision in the moment. It's important that trusted adults help children to visualise the potential consequences and have empathy for others.

6 APPRECIATE DIFFERENCES

We're all built differently; some people are simply more emotionally sensitive than others. Young people can be particularly affected by negative online communication, such as group shaming. Even a single message (which might seem trivial at face value) can cause deep anguish. Trusted adults should be prepared to be patient and listen to any difficulties their child might have had online.

7 ACCENTUATED ANXIETY

Young people's online lives create a lot of anxiety. Messages go into a 'black hole' until someone responds, there are more reasons to compare ourselves negatively, and social media can make us feel like we're missing out. Encourage activities such as sports and hobbies to balance this out, and remember that merely blocking out thoughts (by gaming, for instance) isn't the same as relaxation.

8 PRO-SOCIAL BEHAVIOUR

A huge positive for the Internet is how it helps people to feel connected and makes being kind and helpful easy to spread. When young people get involved in pro-social behaviours online, it creates a positive feedback loop which makes them feel good. Show your child examples of when you've done or said something positive online, and praise and encourage them when they do the same.

9 BE A GOOD ROLE MODEL

One of the best things we can do as trusted adults is to role model positive online behaviour. Just letting your child see that you know when it's time to put your phone away and do something more productive can set a strong example. Some families set aside particular times of the week (such as mealtimes or a family walk) where digital devices aren't allowed and conversation takes precedence.

10 SHOW COMPASSION

Mistakes can feel much bigger online, because they're so public. If a young person does or says something regrettable on the Internet, it's important to support them to forgive themselves, learn any lessons and move forward positively. Even as adults, we can often stumble when learning how things work in the fast-moving digital world, so it's important to have compassion for ourselves, too.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the mediums.



Source: <https://www.gov.uk/people/population-and-community/criminal-justice/bullying/online-bullying/england-and-wales/year-ending-march-2020>
<https://trueonlinepublishing.com/psychology/black-holes.html> | https://www.researchgate.net/publication/345443_The_online_distinction_effect



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Online
Safety®
#WakeUpWednesday

SPORTS FIXTURES

Monday 4th May 2026

- Bank Holiday

Tuesday 5th May 2026

- Under 12s-15s Girls' & Boys' Dance Workshop at the Brit School. Leave School at 10am. Start 10.45am. Return at 3pm approx.:n
Ms McGregor/Ms Dookey

Wednesday 6th May 2026

- Under-15s Girls' Softball Cricket Home Match at Mary Datchelor Playing Fields v City of London Girls' School. Leave School at 1.30pm. Start 2pm. Return at 4.15pm approx.:
Ms Jaymes

Thursday 7th May 2026

- Under 12s-15s Girls' & Boys' Southwark Schools Track and Field Athletics Competition at Croydon Arena. Leave School at 8.30am. Start 9.30am. Return at 5pm approx.: **Ms Sinclair/Mr Jones**

Friday 8th May 2026

- No planned fixtures/events

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

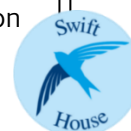
<http://www.kingsdaleschoolsports.org.uk>

HOUSE NEWS

Online Safety Corner

For this week's Online Safety focus we are looking at 'Top Tips for Respect Online: Inspiring Digital Citizenship'.

Remember to keep an open dialogue with your child about their activities online. See page 22 above for more information.



The House Leader Board 2025-26

Week ending
1st May 2026

- 1st Place – Swift 97,995 points
- 2nd Place – Dove 97,654 points
- 3rd Place – Albatross 96,891 points
- 4th Place – Falcon 96,518 points
- 5th Place – Eagle 95,099 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.



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.

