



PARENTAL NEWS BULLETIN

Issue 28 Monday 28th April 2025

HEADLINE NOTICES

Izaiah Smith, Swimming Tragedy

The school continues to support our students, parents and stakeholders as we come to terms with the tragic loss of Izaiah at the end of the Spring term. Support can continue to be accessed by reaching out to the specialist team via support@kingsdale.southwark.sch.uk

A moving letter to Kingsdale students and parents has been written by Izaiah's mother and his family and has been circulated separately. It can also be accessed via the school's website [here](#).

We thank all parents for their continued support of Izaiah's family and the school at this very difficult time.



Curriculum Coffee Mornings

This week the half-term cycle begins of 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 established, more general, monthly Parents' Forums.

The upcoming dates for this term's meetings are as follows:

Friday 2nd May 2025 Years Year 11
Friday 9th May 2025 Years 12 & 13
Friday 16th May 2025 Years 9 & 10
Friday 23rd May 2025 (Years 7 & 8)

Each event commences at 11.30am at the school in Conference Room 1 or 3 and finish at around 1.15pm. Parents who are interested in attending, must register in advance 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.

May Day Bank Holiday Closure 2025

An important reminder to all parents and carers that the school is closed for all students on **Monday 5th May 2025** for the May Day Bank Holiday.

The school will re-open on Tuesday 6th May at the usual times.

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

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

'He was numb with grief, but got no respite.' (in use)

'The river flows peacefully through the caesura of the valley.'

SCHOOL NEWS

Mobile Phone Policy Review

This term, we shall be reviewing the operation of the revised school's mobile phone policy which was introduced in September 2024. The purpose of this review is to consider stakeholder views regarding implementation and effectiveness, as well as to identify for any improvements or adjustments that may be required. Further details on how parents and students can contribute to this review process will be issued separately.



Further information regarding the implementation of the next phase of our policy roll out which will come into force from September 2026, i.e. a total on-site smart phone restriction for students in Years 7-11, will be issued separately later this term and will be discussed through the usual channels, including at Parents' Forum.

KFS Parents' Forum

The next Parents' Forum for parents of students in all year groups, takes place on **Friday 16th May**, starting at 5.30pm in the Upper School Library.

These are great opportunities to meet staff at the school and hear about exciting initiatives and projects taking place. We hope to see you there.



SCHOOL NEWS

Year 10s Win the Semi-Final of the Sustainable London: Southwark Competition 2025

Our Year 10s Semi-Finalist Winners of the Sustainable London: Southwark Champions Competition 2025 are

- Andrea Koleva
- Mathilda Dooley
- Bibi Bowen Saville
- Emily Plummer
- Ashni Woodfield
- Kelsie Rose-Hillman

This programme promotes STEM careers for underrepresented young people and demonstrates the compatibility of career success and environmental sustainability. This is an exceptional achievement and a testament to the dedication of these students' and their innovative thinking in addressing climate change issues.

Motivez, who run the programme, are committed to empowering young people to access entry-level STEM jobs and become changemakers. Since founding in 2015, they have directly supported over 13,000 young people through their grassroots and employability programmes.

Sessions and mentoring are delivered by relatable young professionals from leading companies such as Accenture, Google, PwC and Monzo. Their work has been supported by prominent figures from the Royal Family, as well as Sir Lewis Hamilton, Idris Elba OBE and Beyonce.

Our Year 10s pitched a carbon sustainable project to environmentalist leaders on a panel of judges which included Southwark Council members and Motivez leaders. Students presented in the prestigious Gustav Theatre at UCL on Thursday 3rd April. They won a lovely trophy and a few pounds each to spend as they like! They also get the opportunity to take part in invaluable work experience. Not to mention that they will be in the Grand Final early which takes place in July 2025 for which we wish them the best of luck! Well done to our amazing students!





LANGUAGES NEWS

Year 8 Visit to French Institute

On Tuesday 1st April 2025, 30 Year 8 students visited the French Institute to learn about WWII and resistance in France and watch the film “Au revoir les enfants” (Goodbye Children) by Louis Malle.

“This trip was very enjoyable and helped to learn about the film and learn more French and its history. Everyone was nice and the building itself was impressive and beautiful. Me and my friends enjoyed it a lot.”
Enkelmann Huey, Year 8



LANGUAGES NEWS cont.

French Student Exchange Reunion

As part of their visit to London, on Tuesday 25th March 2025, 45 French students visited their pen pal in Year 10 and spent the day with our Kingsdale students. In the morning, students were given a tour of the school, attended a music performance by the Music department and attended a language lesson.

Kingsdale students comments

I really enjoyed my pen pal visiting. She was really nice and I enjoyed being able to advance my French skills and help her with her English. I found the activities we did really fun as it allowed me to engage with other students during the sports. I made lots of new friends and exchanged numbers/social media to keep in touch. Overall, I found the day really enjoyable and found the French students very warm and kind.

Flo Ewen, Year 10



For me, the pen pal visit went very well, and I had a lot of fun talking to and interacting with the French students. Not only was it fun but I think it was also very useful getting to talk to them and learn about how things are in France and how to say things. I spent time with my pen pal and he taught me how to say certain things in French and vice versa. I think the day was very productive and also lots of fun.

Isaac Fulford, Year 10

When the pen pals came to our school, it was very fun and nice to meet my pen pal. It was nice and interesting to converse with them in lesson. At first, it was difficult and nerve wracking but we both managed to form sentences in the target language. When I met my pen pal at lunch, I really enjoyed it and it was good to learn about her and her life in France. We quickly became friends. As a group of French and English students, we played games and that was really fun. Then, the sport activities in the afternoon were extremely fun and I enjoyed played football with the French pen pals.

Overall, it was a very fun and educational day and a very good thing organised by the languages department.

Evie Meredith, Year 10



Artwork by Margaux Glipa
A Level Textiles



Art & Design Exhibition

Wednesday 9th July 2025

5pm – 8pm



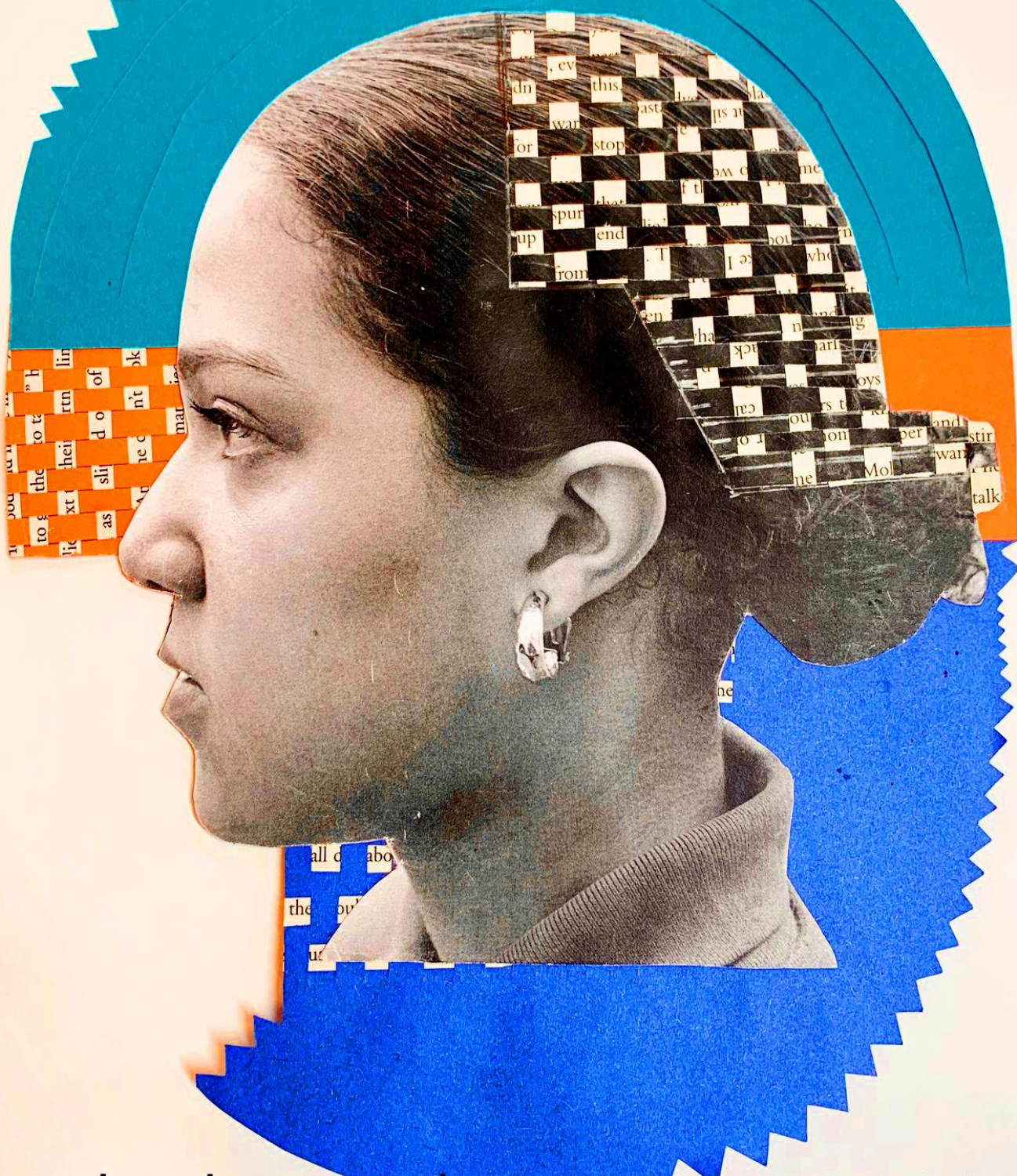
KINGSDALE
FOUNDATION SCHOOL

SE21 8SQ



KINGSDALE
FOUNDATION SCHOOL

Silver Arts Award Year 9 Exhibition



Save the date: 11th June 2025, 4-6.30pm
at Kingswood Arts Seeley Drive, SE21 8QN

England Hockey State School Championships!

On Friday 28th March, the Under-14s Boys' Hockey team travelled to the Nottingham Hockey Centre to participate in the annual England Hockey State School Championships.

The teams' first game was against Queen Elizabeth High School, coming out 4-0 winners. The second game in the group stage was against Queen Elizabeth Grammar School where another great performance saw the team convincingly win 3-0. The final group game was against Hinchingsbrooke School where 2 early goals confirmed the team would finish top of the table and progress into the quarter-finals.

The teams next game was against The de Ferrers School where some great set piece play saw them win 3-0. In the semi-finals, the team had their hardest test so far against Silverdale School, which finished 1-1 meaning the game went to penalty shuffles. Some great saves from goalkeeper Jack Whitehead saw the team progress to the final.

The final would see the team come up against a familiar opponent in Grey Court School from Teddington. After a tight and nervy first part of the game, two quick goals meant the team won the whole competition!

Kingsdale Foundation School are officially the number one state school for boys' hockey in the country, which is an amazing achievement by everyone involved!

Final Scores:

Kingsdale **4-0** Queen Elizabeth High School
Kingsdale **3-0** Queen Elizabeth Grammar School
Kingsdale **2-0** Hinchingsbrooke School

Quarter Finals

Kingsdale **3-0** The de Ferrers School

Semi Finals

Kingsdale **1-1** Silverdale School (win on penalties to Kingsdale)

Finals

Kingsdale **2-0** Grey Court School

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



SPORTS NEWS



Year 8 Boys' Cricket Kingsdale v Ibstock Place School

The Year 8 Boys' Cricket team played their first Cricket Match of the new season on Thursday 24th April against Ibstock Place School At Barn Elms, Barns.

Jonathan Koder Captain won the toss and put Ibstock Place School into bat first. Ibstock Place made 79 off 19 overs, with wickets coming from Ruben Walker, Ciaran Cavanagh and Captain, Jonathan Koder. Kingsdale hit an impressive 82-for 2 off just 12 overs, Ruben Walker. Jonathan Koder, Chester Cunningham and Harry Wilkie sharing the runs.

Special mention goes to three Year 7 Boys, Hamish Roberts, (Wicket Keeper) for stumping 3 Ibstock Place players out; Aneurin O'Shea Butcher, who made a couple of excellent catches and Jackson Small, who bowled extremely well and kept the other teams score down.

Well done to all the boys and congratulations on your 1st Win of the cricket season.

Final Score: Kingsdale **82-79** Ibstock Place School



JNR NBA Quarter-Final Kingsdale v Ark Putney Academy

After an impressive display in the group stages, Kingsdale found themselves on a winning streak, reaching the quarter-finals of the JNR NBA. Kingsdale were facing Ark Putney Academy who finished above them in previous group stages - we knew we had a big challenge on our hands. However, that did not affect the team as they took an early lead in the first quarter winning it 11-7. The lead continued to grow to 19-13 in the second quarter. At half-time KFS knew they had the game for the taking. The team were on top in every aspect and Ark Putney could not get a foot hold in the game. The third quarter started and Kingsdale came out firing, pushing their lead to 31-21. The last quarter saw KFS in a good place but the players had to remain fully focused. Ark Putney came out the blocks firing and racking up a few baskets but KFS managed to sure up their defence and caught the opposition on the counter multiple times.

The final whistle blew to an astounding final score of the game 40-33. A huge win for Kingsdale, with the team now advancing to the semi-finals.

Final Score: Kingsdale **40-33** Ark Putney Academy



Careers Insight Day

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

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

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

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



London Museum Careers Insight Day

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

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

Refreshments, lunch and goody bags will be provided.

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

Friday 2nd May

Alternatively, click [here](#).

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

Pictured are Kingsdale pupils who took part last year.

LONDON MUSEUM



Supported using public funding by
ARTS COUNCIL ENGLAND

Calling all Year 13s interested in a career in the Museum Sector!

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

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

LONDON COLLECTION BURSARY

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

What is it?



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

The bursary provides one student with:

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

Who is it for?



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

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

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

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

To be eligible you should:

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

How do I apply?

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



OR

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

Applications close on **30 April 2025**.



LONDON MUSEUM



CAREERS AT LONDON MUSEUM

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



CORE SERVICES

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

- Human Resources
- Finance • IT • Facilities



COLLECTIONS

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

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



DEVELOPMENT

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

- Fundraising
- Event management
- Project and office management



LEARNING & ENGAGEMENT

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

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



CUSTOMER FACING

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

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



TASTER ROLES

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

- Volunteering
- Student Placements
- Work Experience



COMMUNICATIONS

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

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



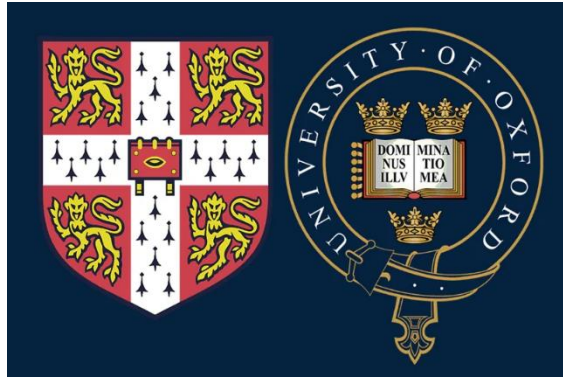
NEW MUSEUM

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

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



Year 12 Oxbridge Programme Launch Tuesday lunchtimes, 6CR



Any Year 12s interested in applying to Oxford and Cambridge are strongly encouraged to attend our Oxbridge support programme. This will run mostly during Tuesday lunchtimes in 6CR. During these sessions we'll go over the process of applying, think about what makes a good application, and work on personal statements, assessment preparation, and interview technique. Come along on Tuesday with your lunch!



Entrepreneurship and Business Talk for Years 8 and 10, Students at 12 noon on Tuesday 29th April in CR1

Interested in starting your own business? Curious about what it means to be an entrepreneur? Come to this careers talk on 29th April! Gizelle Renee is an entrepreneur who has built many businesses from fashion brands to gyms to wellness brands to hospitality events and retreats. She's coming to talk to us about what it means to set up your own business and give us a taste of her personal experiences.

It should be a fantastic event for anyone interested – Students in Years 8 and 10 please come to **CR1** on Tuesday 29th April at midday, bring your lunch. To register your interest sign up [here](#).

Journalism Careers Round Table for Year 12 on Wednesday 30th April in 6A1 12.30-1.45pm

This is a really exciting opportunity for students in Year 12 interested in careers in journalism, or indeed in politics, society, tech, or culture. Ros Wynne-Jones (columnist and social justice/features executive at The Mirror), Adam Satariano (Technology correspondent at the New York Times), and Robbie Collin (Film critic at the Daily Telegraph) are coming in to talk about their experiences and answer any questions.



Students will need to leave 20 minutes early from their Period 4 lesson to be on time for the session. To sign up please use this link [here](#). (Bring your lunch)

CAREER NEWS

Careers Talks 2025

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

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

Careers Talks Programme

Business and Entrepreneurship

Years 8 & 10

29th April 2025 at 12 noon

Journalism Information Session

Years 12

30th April 2025 during enrichment

Law Information Session

Year 12

7th May 2025 during enrichment

Charity Sector: Amnesty International

Years 8 & 10

13th May 2025 at 12 noon

Wigs & Hair (National Theatre)

Years 9 & 12

20th May 2025 at 1pm

Health Economics

Years 9 & 12

6th June 2025 at 1pm

Humanitarian & Development Aid

Years 8 & 10

24th June 2025 at 12 noon

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

What

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

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

Who?

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

When?

Beginning 5 March until 9 July 2025.

Where?

Online via Teams.

Links

Students can sign up to Beyond the Classroom now and anytime up to 8 July by completing our [Registration Form](#). Register at any point before 9th July 2025.

St Anne's Super-Curricular Club

What

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

Who?

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

When?

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

Where?

Online

Links Please sign up via the [booking form](#)



VE DAY

The 8th May 2025 will mark 80 years since VE (Victory in Europe Day), heralding the end of the Second World War later that year.

To mark this significant occasion, the History department are collecting family wartime histories from the Kingsdale community, which we will present in a display.

If you have any stories of your family's experiences of the Second World War, about conflict, life on the Home Front or VE Day celebrations, we want to hear from you.

Email your stories and any accompanying photographs to:
Ms Preston at
APN@kingsdale.southwark.sch.uk
by Friday 2nd May 2025.

Thank you in advance for any contributions.



Big History Club!

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

Do you want to dive into the past?
Is there something we don't cover at school that
you would like to learn about?

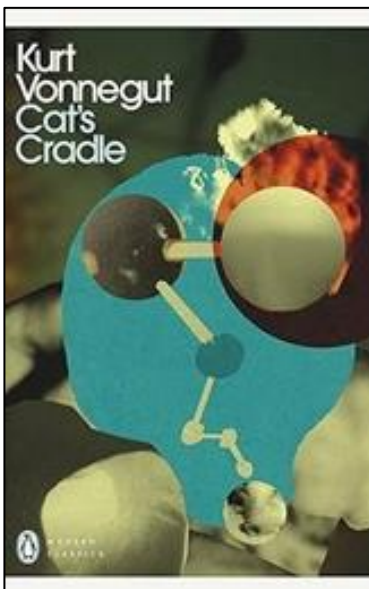
In Big History Club we use history and fiction books,
films, art, music and more to **enquire into diverse
World Histories** from ancient times to modern day.

In our next session on, **Tuesday 29th April** we will be
asking, **What can we learn from the treasure trove
of the River Thames?** with Ms Preston.

Bring along any ideas for people, events or items from
history you want to know more about!



Teacher Recommendation



Mr Hutchinson recommends *Cat's Cradle* by Kurt Vonnegut

Dr Felix Hoenikker, one of the founding 'fathers' of the atomic bomb, has left a deadly legacy to humanity. For he is the inventor of *ice-nine*, a lethal chemical capable of freezing the entire planet.

Writer Jonah's search for his whereabouts leads him to Hoenikker's three eccentric children, to an island republic in the Caribbean where the absurd religion of Boknonism is practised, to love and to insanity.

Told with deadpan humour and bitter irony, Kurt Vonnegut's cult tale of global destruction is a frightening and funny satire on the end of the world and the madness of mankind.

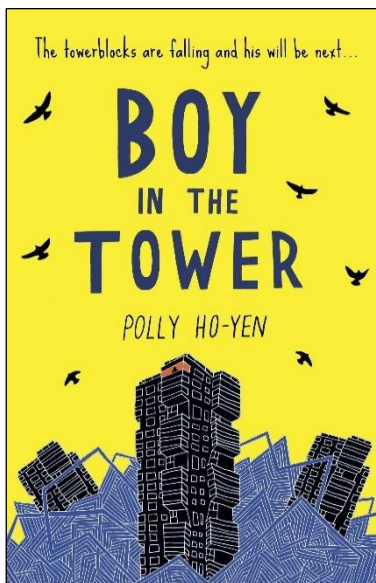
Mr Hutchinson adored this 'witty yet moving' take on issues that stay very relevant today.

Some mature themes; best suited for students in Year 9 and above!

Reading Recommendations

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

Student Recommendation



Year 7 Mya Tulloch recommends *Boy in The Tower* by Polly Ho-Yen

Ade loves living at the top of a tower block. From his window, he feels like he can see the whole world stretching out beneath him.

His mum doesn't really like looking outside - but it's going outside that she hates.

She prefers to sleep all day inside their tower, where it's safe.

Except it isn't any more. Strange plants have started to take over and tower blocks are falling down around them. Now Ade and his mum are trapped and there's no way out.

Mya loved the 'really tense' story and the relationship between Ade and his mum.

Suitable for all students in Year 7 and over!

CALENDAR 2024-25



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

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

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

SUMMER TERM 2025

First Summer Half-Term

Tuesday 22nd April – Friday 23rd May

Mayday Bank Holiday

Monday 5th May 2025

Half-Term Holiday

Monday 26th May – Friday 30th May

Second Summer Half Term

Monday 2nd June – Friday 25th July

Friday 25th July INSET DAY

School closed to students except by invitation

Science Intervention Programme Preparation for GCSE & A Level Exams!

Science Support Sessions

We invite all students to take advantage of our **Science Support Sessions!**

These sessions are becoming increasingly popular, providing an excellent opportunity for students to deepen their understanding of scientific concepts with the help of experienced scientists.

Who is it for?

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

Why attend?

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

SCIENCE NEWS

**Year 11 – Intervention programme
Tutor Time Triple Physics Sessions in the
Lab S11 from 24th April 2025 until
2nd May.**

The Science Department is running **support sessions for Triple Science Physics students** starting in Lab S11 during tutor time.

Time: 8:35am – 9:00am

Days: Every day until 2nd May

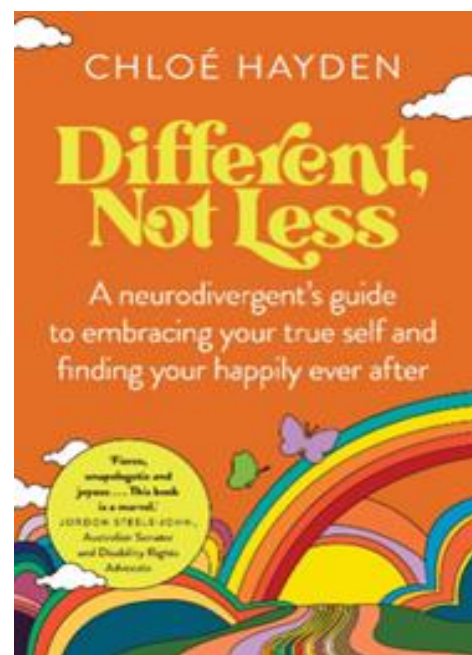
Arrival Deadline: Doors will close **promptly at 8:45 am** to avoid any disruption to the session.

Year 11 – Intervention Programme

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

A level Intervention Programme

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



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.

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.

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.



Financial Support for Parents

We understand that supporting a child with SEND can present unique challenges, particularly regarding financial assistance.

To help, we've compiled a list of resources and organisations in Lambeth and Southwark that offer financial support and guidance.

Financial Support Organisations

- **Family Fund:** Provides grants to families on low incomes raising disabled or seriously ill children and young people. Grants can assist with essential items such as washing machines, computers, and family breaks.



- **Turn2us:** A national charity offering a free, confidential service to help people access welfare benefits, grants, and other financial support.



Allowance (DLA), Personal Independence Payment (PIP), Blue Badge applications, and assistance with grants and benefits for families with children with additional needs.

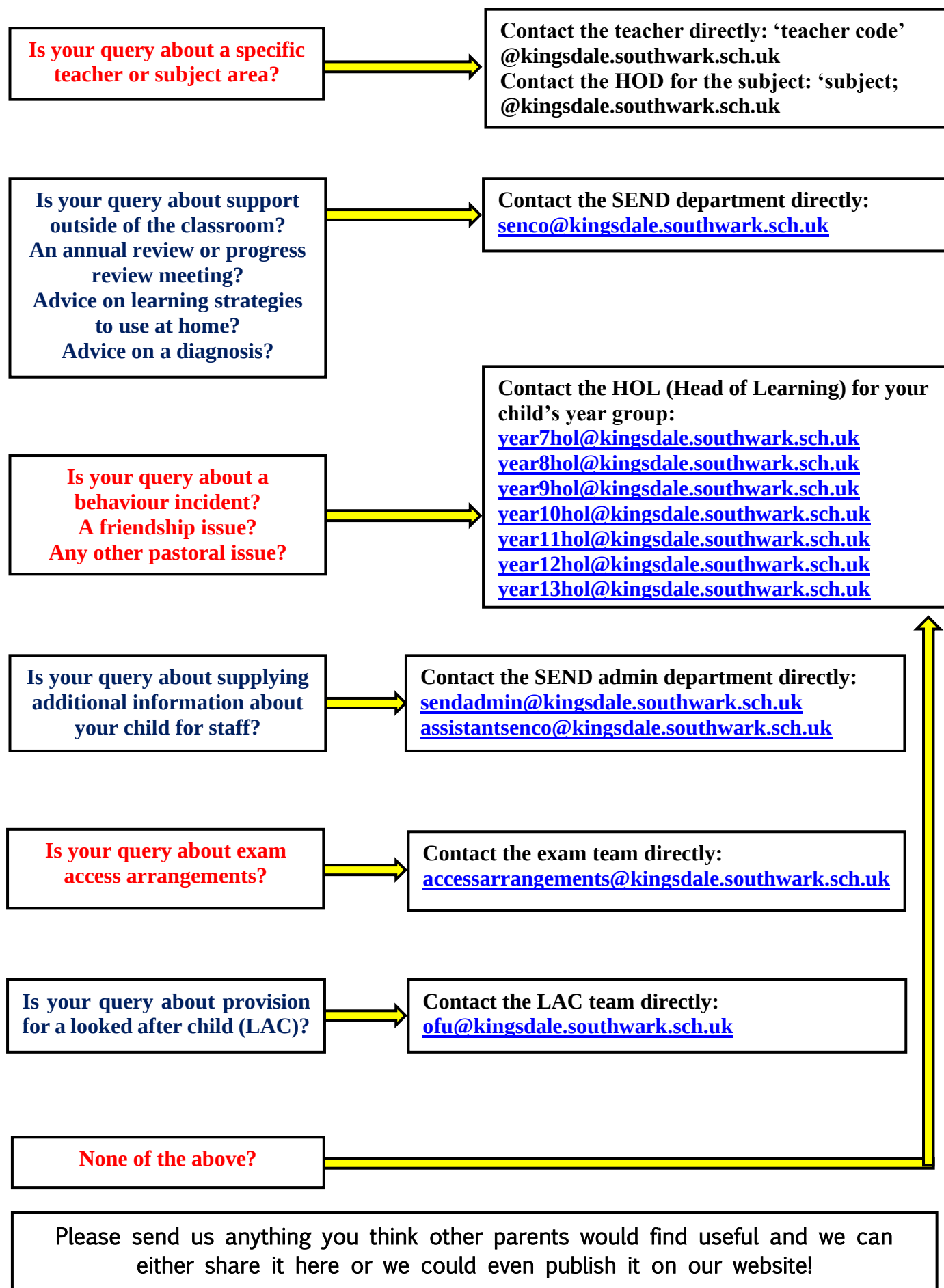
Additional Support:

- **ParentLine:** A confidential text messaging service for parents and carers of school-aged children in Lambeth and Southwark. You can text a school nurse at 07520 631 130 for advice on your child's health-related issues.

We hope these resources provide valuable support. If you have any questions or require further assistance, please don't hesitate to contact the SEND team.

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.





Young
People
Southwark

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



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

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

Change Grow Live Registered Office: 3rd Floor, Tower Point, 44 North Road, Brighton BN1 1YR. Registered Charity Number 1079327 (England and Wales) and SC039861 (Scotland). Company Registration Number 3861209 (England and Wales).



Drug and
Alcohol Service
Southwark



Young
People
Southwark

Free Workshops for Parents and Carers

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

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

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



We'll cover:

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



For further information contact:

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

SCAN ME



Talking to your child about

SHARING IMAGES ONLINE

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

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

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



What can you do to keep your child safe online?

S

Set clear boundaries.

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

T

Talk with your child and be supportive.

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

E

Educate everyone in the family.

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

E

Evolve with the internet.

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

R

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



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



FOR SUPPORT AND ADVICE, PLEASE VISIT:



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



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



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



A safe space for teenagers worried about sexual behaviour

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



shorespace.org.uk

Why Shore?

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

SCHOOL NEWS

Safe Travel to School

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

“LOOK UP LOOK OUT”

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

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

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

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



Kingsdale is a Safe Space

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

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

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

Our two confidential emails are:

health&wellbeing@kingsdale.southwark.sch.uk
tellsomeone@kingsdale.southwark.sch.uk

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

The School Shop

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



Lost Property

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

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

Ways we communicate with Parents and students



We communicate with students & parents via:

Student & Parent Email

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

MS Teams

Used to share schoolwork, assignments and files.

Twitter/Website

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

SatchelOne (previously SMHW)

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

MyEd app

Downloaded for free at:

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

This app provides a range of useful info for parents.

SCHOOL NEWS



KFS Uniform Bank

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

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

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



HOUSE COMPETITIONS



Kingsdale Cooking Challenge Stop Food Waste Day

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



STOP FOOD WASTE DAY

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.

National Gardening Week New and Beginner Gardeners



National Gardening Week 2025 is held between 28th April-4th May 2025 and is run by the Royal Horticultural Society (RHS) to raise awareness of gardening and horticulture, and to encourage more people to take part in the healthy and productive outdoor activity of gardening.

The theme for National Gardening Week in 2025 is new and beginner gardeners. Creating your first outdoor garden or starting out as an indoor 'plant parent' can be a daunting experience. So, the RHS are supporting new and curious gardeners as they start their growing journey.



HOUSE ACTIVITY: Share your top tips and myths throughout the rest of the week about the wonderful world of gardening with 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 MAKING FRIENDS ONLINE

In today's digital world, it's increasingly common for children to form friendships with people they've never met in person. While online connections can offer children a sense of belonging, they also carry significant risks. Around 19% of children aged 10 to 15 in England and Wales have chatted online with someone they've never met face to face. This guide offers expert advice for parents and educators on helping children navigate online friendships safely.

WHAT ARE THE RISKS?

ONLINE GROOMING THREATS

Predators can use games, chat apps or social media platforms to build relationships with children and gain their trust. This may quickly develop into grooming or exploitation. Between April 2017 and March 2023, UK police recorded nearly 34,000 online grooming offences – an 82% increase in just five years.

EXPOSURE TO INAPPROPRIATE CONTENT

Children may encounter distressing or explicit material while interacting with online contacts – especially via TikTok, Instagram or Snapchat. This is evidenced in a survey by the Children's Commissioner for England, which found that 45% of children aged 8 to 17 had seen content online that made them feel uncomfortable, worried or upset.

PRIVACY AND DATA RISKS

Children and young people often overshare personal details – such as where they live or go to school – without understanding the consequences. In fact, 4.4% of 10 to 15-year-olds in the UK have met up in real life with someone they'd only spoken to online.

COMPROMISED PERSONAL SAFETY

Meeting an online 'friend' in real life risks placing a child in serious danger. From abduction to coercion, the consequences can be devastating. Reports of children being harmed after such meetings are becoming increasingly common in the UK, highlighting the need for safeguarding intervention.

PSYCHOLOGICAL DISTRESS

Online harm – such as cyberbullying, grooming or exposure to disturbing content – can lead to long-term emotional issues, including anxiety, depression and PTSD. 'Sextortion' gangs, who threaten to release sexual information about a person unless they pay them money, have reportedly targeted children as young as 11, leaving them traumatised and ashamed.

LONG-TERM REPERCUSSIONS

Children exposed to harmful online relationships early on may develop unhealthy beliefs about relationships, consent, or self-worth. In a recent case, a 26-year-old posed as a girl on Snapchat to befriend children aged 10 to 16, manipulating them into sexual activity and causing profound emotional distress. One 12-year-old tragically died by suicide, highlighting the long-term psychological harm online friendships with strangers can cause.

26 FRIENDS ONLINE NOW

Advice for Parents & Educators

TEACH SAFE ONLINE HABITS

Help children understand how to use privacy settings, protect their personal information, spot fake profiles, and report anything suspicious or concerning, like pressure tactics. Encourage them to think critically about what they share – and whom they're talking to.

KEEP CONVERSATIONS OPEN

Let children know they can talk to you about their online life. Avoid reacting with anger or judgement, as this may prevent them from opening up in the future. A child who feels listened to is more likely to disclose problems before they escalate.

ENCOURAGE REAL-WORLD CONNECTIONS

Support children in building friendships through school, clubs, hobbies and activities in the real world. Strong offline relationships help reduce children's reliance on online platforms for social interaction, and can help them develop resilience and social confidence.

USE PARENTAL CONTROLS

Parental control settings on devices, games and apps can help manage screen time, filter out inappropriate content, and monitor activity. While no system is perfect, they provide a valuable layer of protection as children explore digital spaces.

Meet Our Expert

Gabriella Russo is a safeguarding consultant with over 30 years' experience in supporting children, families, and adults across education, local authority, and mental health settings – both in the UK (including at Parliamentary level) and internationally.



The National College

SPORTS FIXTURES

Monday 28th April 2025

- Under-14s Boys' Rugby Away Finals at The Stoop, Twickenham. Leave school at 9am. Start 11am. Return at 6pm approx.: **Mr Roberts**
- Under-13s & 15s Boys' Tennis Away Matches v Dulwich College. Leave school at 3.30pm. Start 4pm. Return at 5.45pm approx.: **Mr McWhirter**

Tuesday 29th April 2025

- Under-13s Girls' Football Away Match at Burgess Park against The Charter School, North Dulwich. Leave school at 1.30pm. Start 2.30pm. Return at 4.45pm approx.: **Mr Dash**

Wednesday 30th April 2025

- Under-13s Boys' Cricket Home Match v Bishop Thomas Grant School. Leave school at 1.30pm. Start 2pm. Return at 6pm approx.: **Mr Price**
- Under-13s Boys' Football South London Cup Final Away Match at Burgess Park against London Nautical School. Leave school at 2.00pm. Start 3.00pm. Return at 4.45pm approx.: **Mr Johnstone/Mr Foster**

Thursday 1st May 2025

- No planned fixtures or events

Friday 2nd May 2025

- Under-12s Boys' Football Cup Final Away Match at Long Lane JFC Kidbrooke against Fulham Boys School. Leave school at 12.30pm Start 2pm. Return at 5.30pm approx.: **Mr Price/Mr Dash**

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

All fixtures can be viewed via the link below:

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

HOUSE NEWS

Online Safety Corner

For this week's Online Safety focus we are looking at 'What Parents & Educators Need to Know about 'Making Friends Online'. Get a greater insight here.

Please read! Remember to keep an open dialogue with your child about their activities online. **See page 21 above.**

The House Leader Board 2024-25

Week ending
25th April 2025

- 1st Place – Dove 85,467 points
- 2nd Place – Swift 83,345 points
- 3rd Place – Falcon 81,272 points
- 4th Place – Eagle 80,297 points
- 5th Place – Albatross 80,007 points

There is still time for Albatross to win but they must get a move on!

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.

