



PARENTAL NEWS BULLETIN

Issue 29 Monday 5th May 2025

HEADLINE NOTICES



VE Day

Thursday 8th May 2025

Thursday 8th May 2025 marks the 80th anniversary of VE Day. VE Day, Victory in Europe Day, commemorates the surrender of German forces to

the Allied powers at the end of World War II.

The school will be commemorating this important anniversary throughout the day, including through the sharing of stories and memories from the families of students and staff led by the History department. Further details issued separately.

KFS Nominated for National TES Education Awards

We are delighted to announce that we have once again been nominated for a number of prestigious national TES education awards. Dubbed the 'Oscars of Education' these awards celebrate the best of educational achievement across the UK. This year, Kingsdale has been nominated in the following categories:

Inclusive School of the Year Award

Subject Lead of the Year Award (Secondary) – Short-listed Staff are Ms Jemina Gregson, Head of Art, Design & Technology and Mr William McWhirter, Head of Sport, Health & Recreation.

Results will be announced at a gala event in June 2025. Thank you to our students and parents for their ongoing support. Staff could not have secured these prestigious nominations without you.



Curriculum Coffee Mornings

This week, we continue with the invitational Coffee Mornings for parents, which are a great opportunity to meet staff and learn more about the curriculum for each year group. These sessions take place in addition to our established, more general, monthly Parents' Forums.

The remaining dates for this half-term's meetings are:

Friday 9th May 2025 - Years 12 & 13

Friday 16th May 2025 - Years 9 & 10

Friday 23rd May 2025 - 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

An act of speaking one's thoughts aloud when by oneself or regardless of any hearers, especially by a character in a play.

'His farewell to the worm was not unlike the soliloquy of a movie villain about to dispatch the hero.'

SCHOOL NEWS

UKMT Intermediate Maths Challenge

Congratulations to Penelope Frangos, Eli Milne, Ryan Jones, Ethel Butler, Louis Roderiguez, Nasir Martin-Akal, and Ivy Souster, all of whom achieved excellent results in the Intermediate Maths Challenge Follow-on Rounds.

A special mention to Sol De Glanville for achieving merit in the prestigious Maclaurin Olympiad. Well done KFS young mathematicians!



KFS Parents' Forum

A reminder that 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 events are great opportunities to meet staff at the school and hear about exciting initiatives and projects taking place.

We hope to see you there.



SPORTS NEWS



Year 8 Sports Spain Tour

During the Easter break, the PE department organised a Sports Tour for students in the Year 8 Football and Netball teams. As part of the tour, students competed in tournaments against other UK schools and participated in specialist training sessions.

A special congratulations goes to the Boys' Football team, who reached the final of their competition, narrowly missing out on the title. They also secured an impressive 3-1 win against a local Spanish district side.

This trip was a fantastic experience for all involved, both on and off the pitch.





A photo of the team celebrating the win. Skyler is just to the left of the trophy.

Skyler Cook & Japan Under-19s Qualify for Cricket World Cup!

Skyler Cook, Year 10, and the Japan Under-19s team have qualified for the next ICC Men's Under-19s World Cup, to be held in Zimbabwe and Namibia early next year (normally held in late January/early February).

Skyler took two catches and got two stumpings and a run-out. He also played key innings in two matches - a quick-fire 9 from 5 balls in one match, and a 30 not out that helped his team recover from 96-5 to 179.

They won all four regional qualifying matches against Papua New Guinea and Fiji by a convincing margin.

Congratulations Skyer! What an amazing achievement. We look forward to your updates on the upcoming matches.

SPORTS NEWS cont.

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

National and International Hockey Successes!

A huge well done to Albie Beech (Year 9) and Ciara Beech (Year 11) for their recent national and international successes in hockey over the past few weeks!



Ciara represented England Under-16s at their recent tournament in Spain. Ciara captained the team in their game against Spain and saved a fantastic 13 shuffles out of 15 in the tournament.



Albie, representing his club Wimbledon HC, successfully won the Under-14s England Hockey Club Championships.

Congratulations to both Albie and Ciara for their amazing achievements. We are very excited to see what the future holds for both of them!



Year 8 Cricket State Schools League Kingsdale v Bishop Thomas Grant School

The Year 8 Cricket team Played Bishop Thomas Grant School on Wednesday 30th April 2025 in the State Schools' League.

Kingsdale lost the toss and was put into bat first. Kingsdale made a massive score of 187 for 2 off 20 overs, Captain Jonathan Koder. hitting 50 runs not out, Ruben Walker hitting 40 run out and Harry Wilkie hitting 30 not out, with Chester Cunningham chipping in with 12 runs.

On Bishop Thomas Grant's turn to bat, Kingsdale bowled them all out for 20. Wickets coming from Jonathan Koder, Harry Wilkie, George Turner, Ruben Walker and Chester Cunningham.

A massive well done to the whole team for a fantastic effort in achieving a big score and in bowling and fielding so well.



William, Thomas, Lucian & Hector



Malaika, Celia Y, Seren, Sofia & Esther

LONDON MINI MARATHON 2025

Sunday 27th April saw the annual London Marathon runners take over the streets of London. Several Kingsdale students took part in the mini marathon representing their boroughs which took place on the preceding Saturday 26th April.

Well done to the following students who ran in various categories:

William Weyham, Year 11 (Under-17s) *Southwark*

Thomas Weyham, Year 8 (Under-13s) *Southwark*

Lucian Williams, Year 7 (Under 13s) *Southwark*

Hector Day, Year 8 (Under-13s) *Southwark*

Jacob Hood, Year 8 (Under-13s) *Lambeth*

Thomas Hood, Year 11 (Under-17s) *Lambeth*

Celia A, Year 10 (Under-16s) *Lewisham*

Celia Yeatman, Year 10 (Under-16s) *Lewisham*

Malaika Trim, Year 7 (Under-13s) *Croydon*

Seren Yeatman, Year 8 (Under-13s) *Lewisham*

Sofia Mendes, Year 9 (Under-16s) *Lambeth*

Esther Yeatman, Year 8 (Under-13s) *Lewisham*

What a fantastic race and achievement!

SPORTS NEWS cont.



Jacob & Thomas



Celia A & Celia Y,

MATHS NEWS

Maths Master Classes at Imperial College London

Some of our Year 8 Maths scholars attended their session at Imperial College last week for an exciting day of maths-based learning.

The day was divided into two parts, with the morning session comprising curriculum-based learning and the afternoon session a STEM project activity.

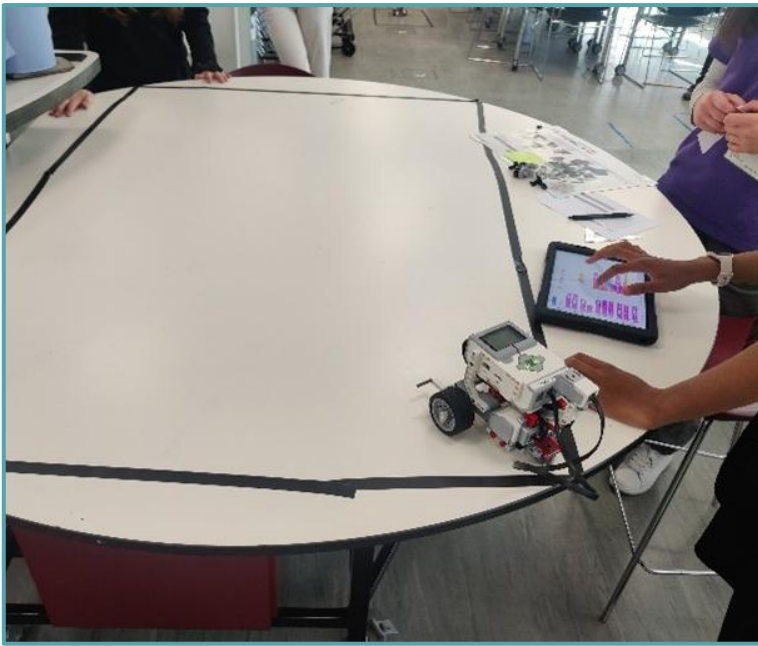
Morning Session:

Geometry and Topology

Afternoon Session:

Robotics

A fun day out was had by all participants.



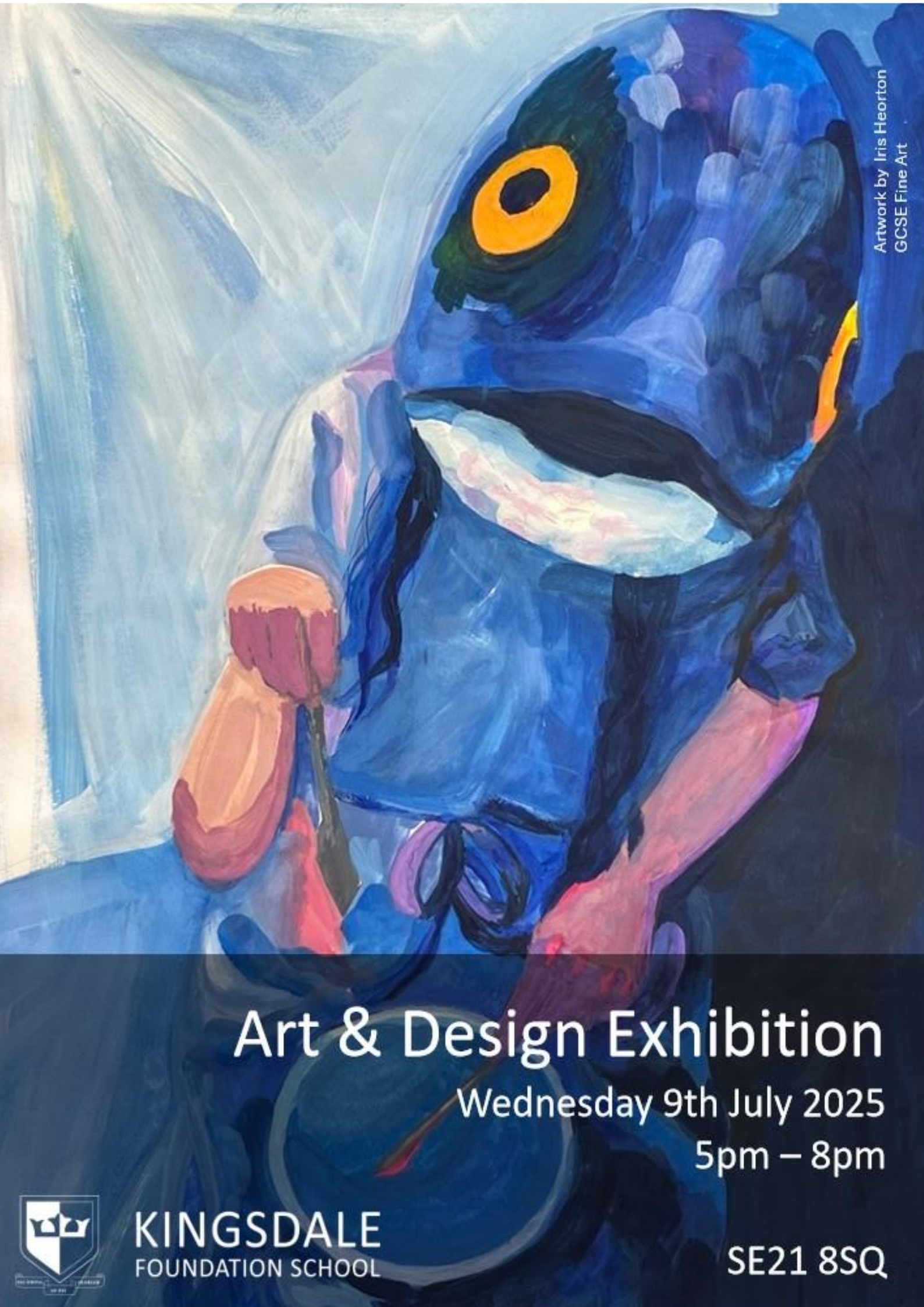
Programming robots to stay within the black square



Exploring 3D regular shapes (Platonic solids)



Did you know it is possible to cut a bagel into two interlocking rings?



Artwork by Iris Heorton
GCSE Fine Art

Art & Design Exhibition

Wednesday 9th July 2025

5pm – 8pm



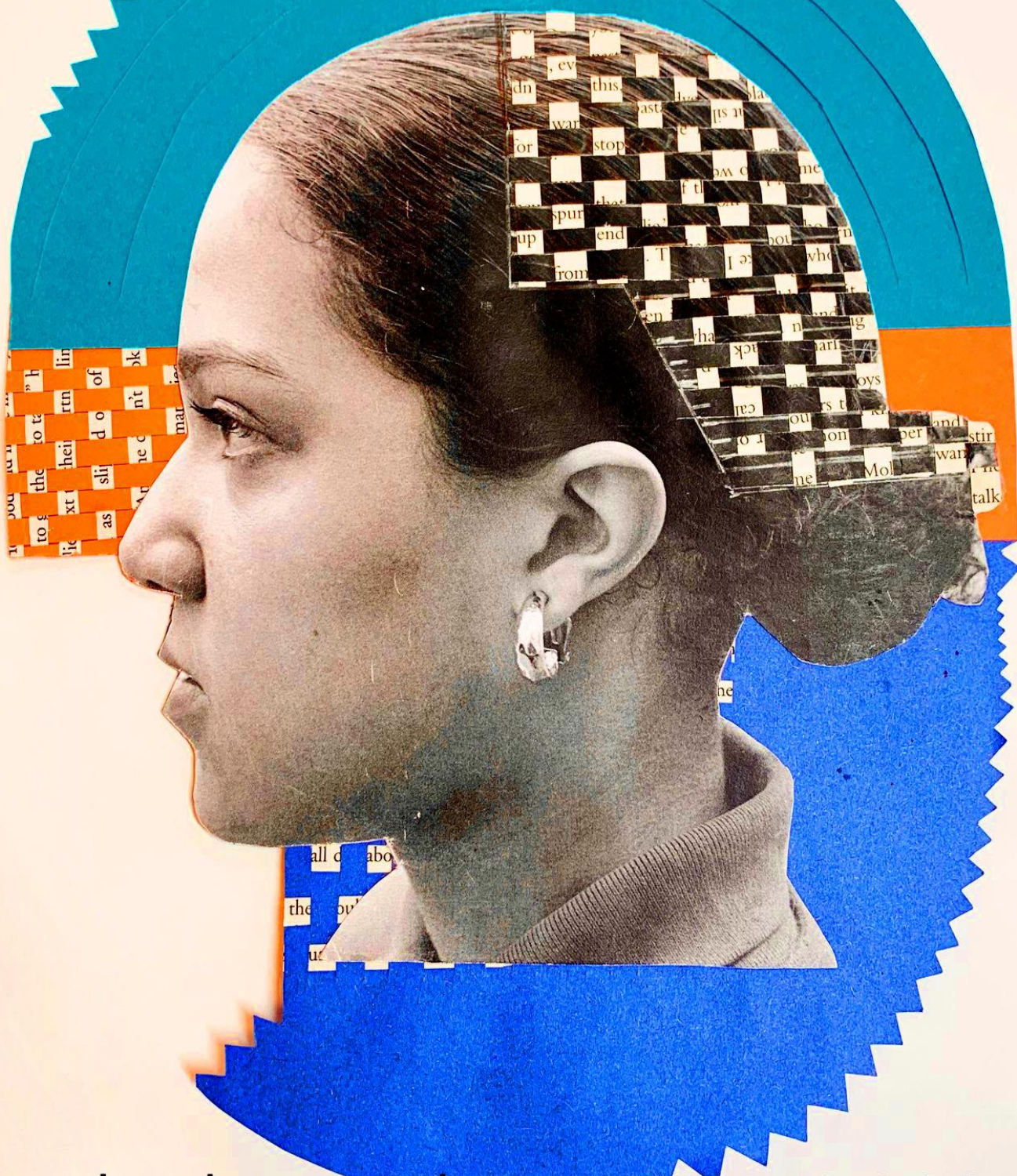
KINGSDALE
FOUNDATION SCHOOL

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



Year 12 Trip to House of Lords

Last week, Year 12 students, Long Do, Gaia Felice and Ajaaz Ajmal attended the House of Lords in Cholmondeley Room, where they were given a 4-course meal with the starter, main course, sweet and coffee.



“We had very interesting speeches including one entitled ‘3D Printing: Engineering for the Future’ from the CEO of Meta, Douglas Brion and Professor the Lord Mair on the synergy of all engineering disciplines (electrical, software, mechanical, aerospace etc.) resulting in the creation of the 3D printer. They talked about the design freedom which allows us to create innovative designs for mass production or unique parts for use cases such as healthcare where the human anatomy between individuals are different, so creating replicas to help doctors before operations which can help to decrease human error. We all asked questions as decisions are made every day in this location, so this is the perfect opportunity for us young people for our voices to be heard.

Overall, this was an amazing experience, and I am incredibly grateful for the opportunity.”

Long Do Year 12

Careers Talk Coming Up: Amnesty International – Data & Insight Tuesday 13th May at 12 noon in CR3 for students in Years 8 and 10.

**AMNESTY
INTERNATIONAL**



On Tuesday 13th May, Ben Smith is coming in to talk to students in Years 8 and 10 about his experiences of working in the Charity sector. Ben currently works for Amnesty International, which is the world’s leading human rights organisation, campaigning against injustice and inequality everywhere. He currently works in ‘data & insight’ but has had a range of roles in different charities including Greenpeace. Come along if you’re interested in exploring the charity sector or you’re keen on computer science and data analysis – it should be a fascinating insight.

The talk will take place in CR3 at midday for students in Years 8 and 10 – bring your lunch. Sign up [here](#).

Year 12 Journalism Discussion

Last week, Year 12 were treated to a really fascinating and inspiring talk from three eminent journalists – Ros Wynne-Jones, Adam Satariano and Robbie Collin. All three have had impressive and varied careers and work in quite different types of journalism now but offered their experiences and thoughts about the sector. It was clear to students that journalism is an exciting, fulfilling but also very competitive field which is changing a lot but more important now than ever. Thank you so much to Ros, Robbie and Adam for giving up their time to talk to us.



Entrepreneurship Talk

Students in Years 8 and 10 heard from Gizelle Renee last week about her impressive career as an entrepreneur. Gizelle talked passionately about the opportunities and experiences which being an entrepreneur opens up, as well as the fact that you have to give your heart and soul to it to make it work! Students came away with new ideas about how best to pursue entrepreneurial ideas as well as a clear sense of the type of personality who it best suits. Thank you to Gizelle for giving up her time to talk to us.

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

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 1.00pm

Health Economics

Years 9 & 12

6th June 2025 at 1pm

Humanitarian & Development Aid

Years 8 & 10

24th June 2025 at 12 noon

Calling All Parents/Carers!

If you would like to offer a talk to student about your area of work/profession, please contact Ms Markes, via careers@kingsdale.southwark.sch.uk

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

Teacher Recommendation



Mr George recommends
On the Calculation of Volume
by Solvej Balle

Every morning Tara Selter wakes up to the 18th of November. She no longer expects to wake up to the 19th of November, and she no longer remembers the 17th of November as if it were yesterday.

She comes to know the shape of the day like the back of her hand - the grey morning light in her Paris hotel; the moment a blackbird breaks into song; her husband's surprise at seeing her return home unannounced. But for everyone around her, this day is lived for the first and only time. They do not remember the other 18th of November, and they do not believe her when she tries to explain.

Mr George loved this 'thought-provoking nod to Groundhog Day'

Best suited for students in Key Stage 4 and over.

Reading Recommendations

Student Recommendation



Andrea Koleva, Year ?, recommends
Homelander: The Legend of Drizzt
By R.A. Salvatore

As the third son of Mother Malice and weaponmaster Zaknafein, Drizzt Do'Urden must be sacrificed to Lolth, the evil Spider Queen, per the traditions of their matriarchal drow society. But with the unexpected death of his older brother, young Drizzt is

Spare - though still at the mercy of his abusive sisters.

As Drizzt grows older, and proves himself to be a formidable warrior at Melee-Magthere Academy, he realizes his idea of good and evil does not match up with those of his fellow drow, who show only cruelty to the other races of the Underdark . . .

Can Drizzt stay true to himself in a such an unforgiving, unprincipled world?

Andrea loved the brilliant characters and the 'heartbreaking plot twist'.

Best suited for students in Year 9 and older.

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 NEWS

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.

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

Who are they 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.

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 4.45pm	Tuesday 3.45 to 4.45pm	Tuesday 3.45 to 4.45pm	Wednesday 3.45 – 4.45pm	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 4.45pm	Every Wednesday 3.45 to 4.45pm	Every Monday, Tuesday, and Wednesday 3.45 to 4.45pm
Room Number	SC10	Tutoring sessions	Small Tutoring sessions SL1

SEND FACULTY NEWS



Supporting Friendships for Young People with SEND

Building and maintaining friendships is a vital part of adolescence, yet for secondary school students with Special Educational Needs and Disabilities (SEND), this can present unique challenges.

As parents and carers, there are several ways you can support your children in developing meaningful social connections.

1. Talk Openly About Friendship

Help your child understand what a healthy friendship looks like. Discuss qualities like kindness, respect, and shared interests. Role-playing different social situations at home can also boost their confidence in interacting with peers.

2. Focus on Shared Interests

Encourage your child to join clubs or activities that align with their interests—be it art, music, sports, or gaming. These settings provide natural opportunities for friendships to flourish.

3. Arrange Safe Social Opportunities

Organise smaller, structured meetups with one or two peers. Such gatherings can be less overwhelming and allow your child to build connections in a relaxed environment.

4. Collaborate with School

Engage with your child's teachers or the SEND team about their social development. School staff can facilitate peer buddy systems, support group activities, and guide social interactions during the school day.

5. Be Patient and Positive

Friendships take time to develop. Celebrate small milestones—like greeting a classmate or participating in a group activity—and maintain open communication with your child about their feelings and experiences.



Local Support in Southwark

Southwark offers various resources to assist families of children with SEND:

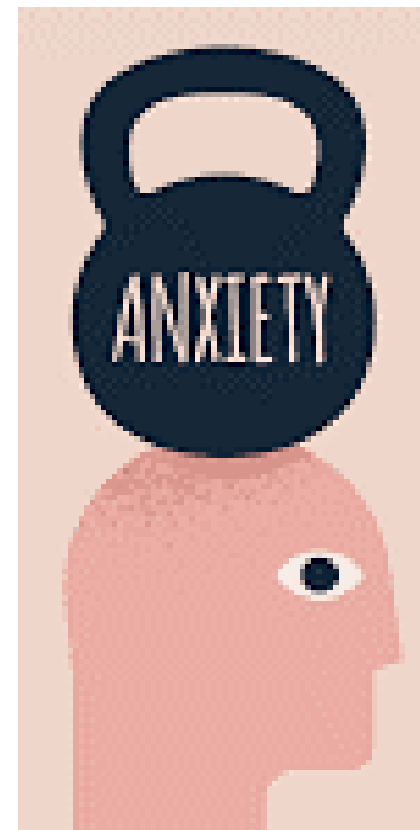
- **Southwark Independent Voice (SIV):** A parent-led organization offering resources and support groups for families of children with SEND. southwarkiv.co.uk
- **Contact a Family – Southwark:** Provides information, advice, and support to families with disabled children, including opportunities to connect with other parents. selmind.org.uk/selmind.org.uk
- **Connect with Other Parents:** Southwark Council lists platforms and groups where parents can meet others in similar situations, fostering a supportive community. Southwark CouncilSouthwark Council

How can I help my child get back to school?

If your child has school anxiety or is refusing to go to school, it can be a worrying time for you as a parent. It's likely you will want to get them back to school as soon as possible and get back to your normal routine. The most important thing is to make sure your child feels supported through their anxiety, then you can build on a plan to get back to school.

Remember that your child is probably struggling with feeling anxious. Talk about what's worrying them, making sure you listen to what they say.

Try to help your child lessen their anxious feelings rather than fight against them.



- Try to spot their triggers. See if you can think of strategies that can support your child when they face things that make them resistant to school.
- Avoid arguing to get them into school and look at the underlying issue instead. This shows you are on their side, working towards the same goal.
- Use positive praise and reward with your child and make sure you notice any efforts they're making.
- Help your child practise breathing exercises and calming techniques. This can help them build the confidence they need to return to school.
- Be consistent with your approach. Make sure that you give your strategies time to work.
- Ensure that the morning routine stays the same, even if your child isn't going to school. Get them to wake up at the same time and eat breakfast. Where possible, make the mornings feel normal.
- Set home-learning tasks. Put limits on gaming and TV time, and avoid giving them 'fun' food and treats. This can encourage your child to stay home more often.

If your child finds the idea of going back to school too much, you can break down the challenge into smaller parts and build up to it. This is particularly helpful for neurodivergent children. Instead of going from the morning routine to travelling to school without going in, you can add in some stages. For example, if your child usually catches the bus to school, you could try the following:

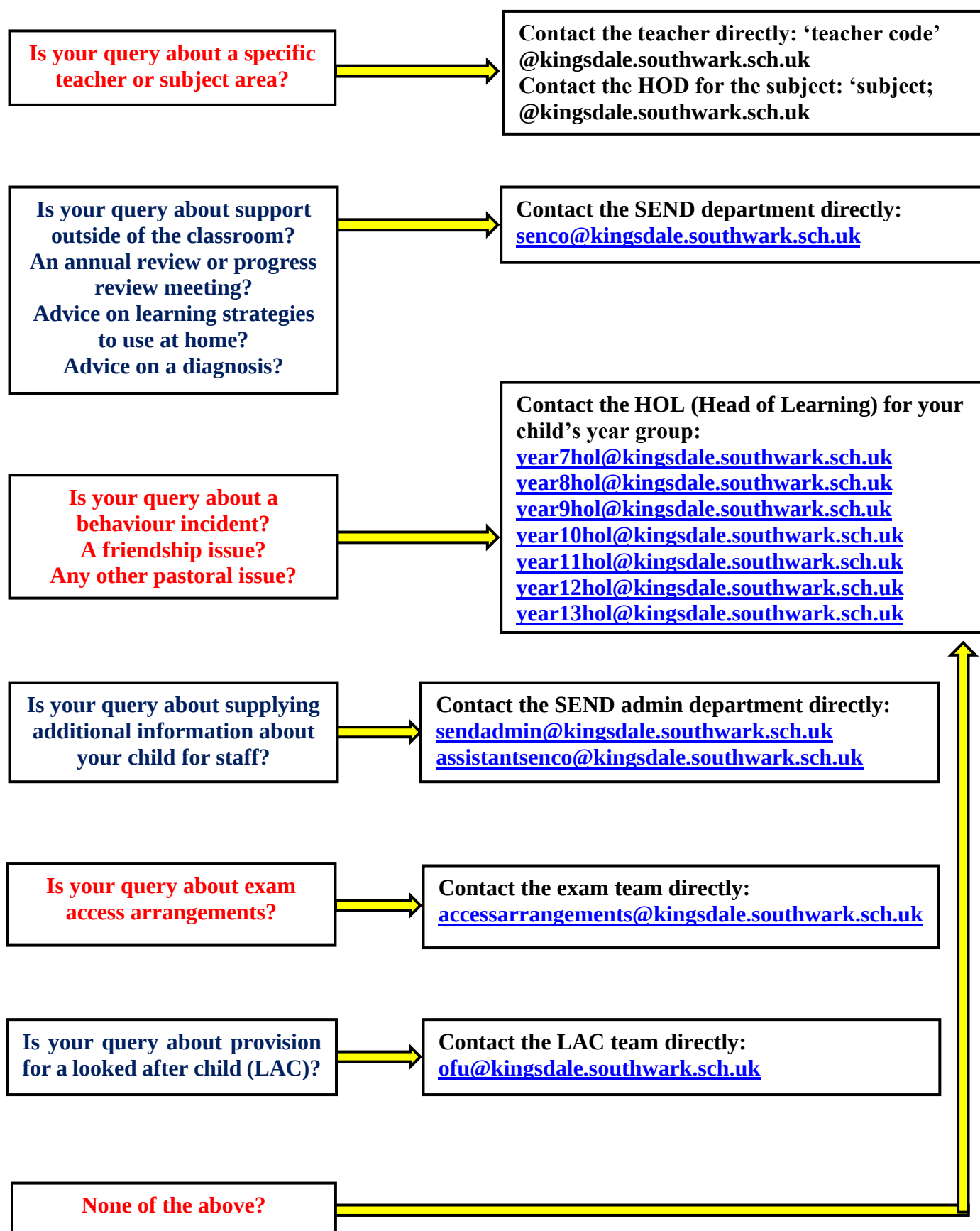
- Go to the bus stop but don't get on the bus.
- Get on the bus with a trusted adult or friend for one or two stops.
- Get on the bus and travel all the way to school with a trusted adult or friend.
- Get on the bus and travel to school while on the phone to a trusted adult or friend.
- Get on the bus and travel to school while listening to music.



The idea is to increase your child's confidence and decrease how much support they have at each stage. After some time, they should feel comfortable with that part of the process. Then you can look at working towards the next goal.

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.



Please send us anything you think other parents would find useful and we can either share it here or we could even publish it on our website!



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

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



World Fair Trade Day is a global celebration held each year on the second Saturday of May (10th May 2025). 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 permission from your parents or carers and have appropriate supervision in the kitchen.

HOUSE ACTIVITY:

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

10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerning how common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Inaley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>

SPORTS FIXTURES

Tuesday 6th May 2025

- Under-15s Girls'/Boys' Tennis Matches and Under-12s & 13s Boys' Tennis Matches v Alleyn's School. Leave school at 1.15pm. Start 2pm. Return at 5.15pm approx.: **Mr McWhirter/Mr Fitchett**
- Under-16s Mixed Dance London Finals at Kings Road Chelsea. Leave school at 11am. Start 12 noon. Return at 5.30pm approx.: **Ms McGregor/Ms Dookey**
- Under-16s (Year 10 & 11) Girls' Football Away Match (Venue TBC) v St Mary Magdalene Academy. Leave school at 12.30pm. Start 2pm. Return at 5.45pm approx.: **Mr Jones/Mr Dash**

Wednesday 7th May 2025

- Under-12s Boys' Basketball Away Match v St Thomas the Apostle School. Leave school at 2.30pm. Start 3.15pm. Return at 5.30pm approx.: **Mr Lord/Mr Dash**
- Under-13s Girls' Tennis Away Matches v Alleyn's School. Leave school at 12 noon. Start 1pm. Returning at 4pm approx.: **Ms McErlain**

Thursday 8th May 2025

- Under-13s Boys' Rugby Tournament at Haberdashers Aske's Hatcham College. Leave school at 1.50pm. Start 3pm. Return at 6pm approx.: **Mr Lord/Mr Price**
- Under-12s to 15s Girls' & Boys' Southwark Schools' Athletics Competition at Croydon Arena. Leave school at 8.30am. Start 10am. Return at 5pm approx.: **Mr Jones/Ms McGregor/Mr Foster**

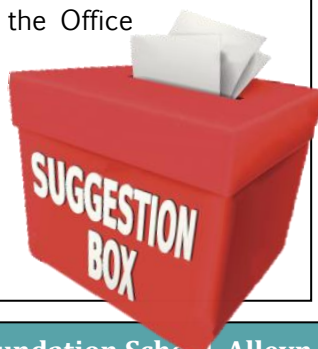
Friday 9th May 2025

- No planned fixtures/events

**Please note that fixtures maybe postponed or rearranged due to weather conditions.
All fixtures can be viewed via the link below:**

Student Suggestion Boxes

To promote our well-established and highly effective Student Voice programme, there are suggestion boxes, which are located outside of the Attendance Office in the Main Atrium and the Office of The Headteacher at the bottom of the Green Stairs. Please encourage your child to use this facility to make suggestions about how we can continue to improve our provision.



HOUSE NEWS

Online Safety Corner

For this week's Online Safety focus we are looking at **Top Tips for Staying Safe on Social Media**. Get a greater insight here.

Please read! Remember to keep an open dialogue with your child about their activities online. **See page 18 above.**

The House Leader Board 2024-25

**Week ending
2nd May 2025**

- 1st Place** – Dove 87,544 points
- 2nd Place** – Swift 85,526 points
- 3rd Place** – Falcon 83,297 points
- 4th Place** – Eagle 82,318 points
- 5th Place** – Albatross 82,056 points

There is still time for even Albatross House to win but they need start closing the gap!



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.