



PARENTAL NEWS BULLETIN

Issue 29 Monday 11th May 2026

HEADLINE NOTICES

Exam Period

As the A Level and GCSE seasons commence, we wish all our students the very best of luck! These students have studied hard so do your best. We believe in you, you can do this!



Curriculum Coffee Mornings

This week sees this half-term's last Coffee Morning for parents, which is 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 date for this week's meeting is:

Friday 15th May 2026 Years 7 & 8

The event starts at 11.30am (Conference Room 1) at the school. Year 7 & 8 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

Jack Petchey Speakers Trust



Well done to Freya Small, Year 10 who represented Kingsdale in the Jack Petchey Speakers Trust Speak Out Challenge regional final. She competed against 20 finalists out of 5,000 participants! She delivered her speech entitled "It's Time to let us Fly" with a confidence and conviction which evoked inspiration for all listeners. She finished in 3rd place which is

fantastic! We are incredibly proud of her achievement.

SAVE THE DATE!

You are invited to attend the

Art & Design Exhibition

Wednesday 8th July 2026

5pm - 8pm in the Atrium & Foyer Gallery

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

THEME OF THE WEEK

Comparisons are Odious

"The only person with whom you must compare yourself with is you in the past."

Sigmund Freud

WORD OF THE WEEK

Mandate

1. If a government or other elected body has a mandate to carry out a particular policy or task, they have the authority to carry it out as a result of winning an election or vote.
2. If someone is given a mandate to carry out a particular policy or task, they are given the official authority to do it.
3. You can refer to the fixed length of time that a country's leader or government remains in office as their mandate.

"The minister of Finance has the mandate to contract debts for the nation whenever needed"

"The new law mandates that all produce be sold on market day"



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

Kingsdale Dancers to Compete in Annual World Dance Championships

Year 7 student, Isabelle Prempeh, has been picked up by the National Newspaper, The Voice for her resilience and earning her spot in the Annual World Dance Championships in Los Angeles in July 2026.

Isabelle has battled illness all her life, spending long periods of time in hospital before starting at Kingsdale. However, she has not let this stop her from following her dream of being a dancer. Isabell is an amazing dancer who has been dancing and training with the Twiin Dance Company for the last 6 years.

The Voice, is now following Isabelle, along with Rahniyah Cato - Year 9, Phoebe Charalambous year 8 and Lillian Johns Whiddett Year 8, also Kingsdale students and the rest of their team on their journey to the state, where they will be competing in the junior Hip Hop Division against 25 other countries.

The school wishes all our students are taking part, the very best of luck in Los Angeles.

If you would like to support the students on their journey please following this [link](#) to their Go Fund Me page on the Twiin Dance Company World Of Dance website.



38
SICKLE CELL CAN'T
DONE THE DANCE

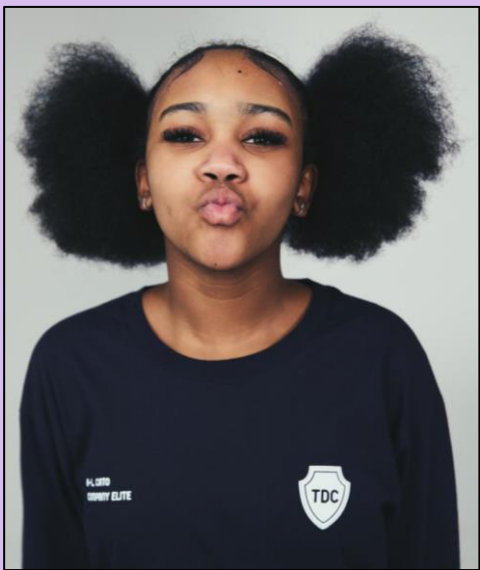
Isabelle Prempeh



Phoebe Charalambous Year 8



Lillian Johns Whiddett Year 8



Rahniyah Cato Year 9



Year 7 Music Scholars' Musical Trip

On the 21st April 2026, selected Year 7 Music Scholars were invited to a performance of 'Lifeline' a new musical production currently running at Southwark Playhouse. The show combined the story of Alexander Fleming – the discoverer of penicillin and a modern life tale of a doctor dealing with antibiotic resistance.

The cast was a combination of professional actors and amateur performers in the medical profession, with the show culminating with a with the medical professionals explaining their role in developing new antibiotic drugs.



Art & Design Exhibition

Wednesday 8th July 2026

5pm – 8pm

SE21 8SQ



KINGSDALE
FOUNDATION SCHOOL

CAREERS NEWS

THE GATSBY BENCHMARK

A clear framework for how our careers provision works



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

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

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

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



NATIONAL APPRENTICESHIP

We are also working with the National Careers Hub, who are following a new series of Spotlight Webinars, offering pupils and students direct insight into apprenticeship pathways across a wide range of sectors.

Each session includes employer insight, application tips, and apprentice voices.



These sessions are particularly valuable for:

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

Upcoming AIM Spotlight sessions:

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

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

Time for Change: Make it an apprenticeship
Join us this National Apprenticeship Week to discuss the importance of level 2 and 3 apprenticeships. [Click here](#)

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

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

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

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

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

SCHOOL NEWS

Mental Health & Well-Being Weekly Focus for Students: Positive Relationships and Connections

This week's Mental Health & Well-Being Focus for students is Positive Relationships and Connections. This involves fostering a sense of belonging, safety, and mutual respect among peers and staff, which directly improves mental health and academic outcomes. Key themes include trust, effective communication, and emotional support to counteract stress and encourage a positive school culture.

Core Components of Positive Relationships

- Belonging & Safety: Ensuring students feel safe, seen, heard, and valued is crucial for their well-being, especially during transitions to secondary school.
- Healthy Boundaries: Teaching students about consent and personal space while encouraging them to express feelings.
- Empathy and Kindness: Promoting inclusive behaviour and treating others with respect.

Strategies for Building Connections

- Mentorship and Checking In: Using the [2x10 strategy](#)—two minutes a day for 10 consecutive days—to build rapport with students.
- Strengths-Based Approach: Acknowledging and affirming student strengths and talents.
- Collaborative Learning: Utilising group work, board games, or arts to foster social and emotional skills.
- Active Listening: Allowing students to express thoughts and feelings while listening to their views.

Activities for Secondary Students

- Two Truths & a Lie: A quick, engaging icebreaker to help students know each other and their teachers.
- Role-Playing Scenarios: Practicing navigating peer pressure and boundary setting.
- Community Projects: Engaging in volunteer work to build empathy.
- Extracurricular Engagement: Encouraging staff to attend student activities, such as sports or music performances, to show support.

Key Resources

- [Mental Health Foundation's School Pack](#): Focusing on self-worth and healthy friendships.
- [Thrive Approach](#): Nurturing a sense of belonging and safe, supportive learning environments.

By investing in these relationships, educators can help teenagers develop a positive self-image and a supportive, healthy environment.

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



ALL ABILITIES WELCOME!

Ballet Club

MONDAYS AFTER SCHOOL

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

YEAR 7 - 3:40-4:20PM

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

DS1 (DANCE STUDIO)

EMAIL [LHK@KINGSDALE.SOUTHWARK.SCH.UK](mailto:lhk@kingsdale.southwark.sch.uk) OR
SPEAK TO MISS HEYBROCK FOR MORE INFO!

Ballet Club

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

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

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

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

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

Are you a Percy Jackson or a Stephen Fry fan?

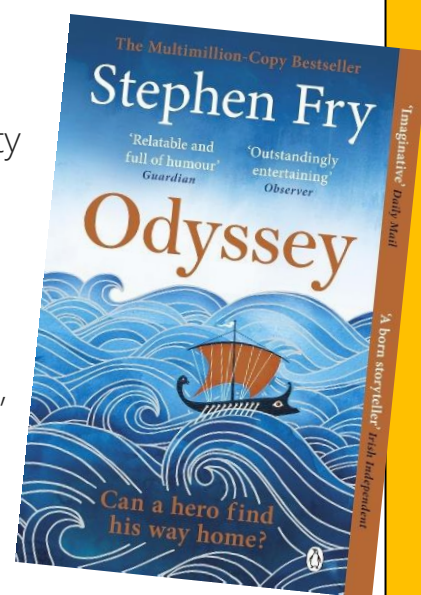
Have you yet to experience life in the ancient world but want to learn more?!



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

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

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



What to expect:

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

When: Tuesdays 12.10 pm

Where: Lower School Library

Who: All Year 8 students welcome

If you want to find out more about the club please contact:
Miss Evans or Mr Bowring in the Languages Department.

SPORTS NEWS



Year 11 Boys' Football Team are ESFA Cup Final Winners!

A huge congratulations to the Year 11 Boys' Football B Team, who have been crowned national champions for the fourth time and have now won the ESFA National Cup in three consecutive years. They secured an impressive 4–0 victory over Thomas Telford School at the Bet365 Stadium in Stoke on Friday.

It was an outstanding team performance!

This is an unprecedented achievement, and the team will undoubtedly go down as one of the most successful in the school's history.

Final score: Kingsdale 4-0 Thomas Telford School

Goal scorers: Morgan Stacul (1), Zach Fullerton (1), Sebastian Prado (1) and Seth Brown (1).

Player of the Match: Sebastian Prado was deservedly named.





Year 10 & 11 Girls' Inner London Cup

Final winners

Congratulations to the Year 10/11 Girls' Football Team who beat Graveney School 7-1 in the Inner London Cup on Wednesday 29th April 2026 at Burgess Park.

What a great way to finish the Football season and just before the Year 11 Exams! Well done!

Final Score: Kingsdale 7-1 Graveney School

Goal scorers: Bea Hewson (1), Cecilla Hollowell (1), Sofia Jex (1), Zoe Solomons (1) and Caliyah Byfield (3)

Player of the Match: Caliyah Byfield - Captain.

A special mention goes out to Caliyah Byfield who signed for Millwall Lionesses at the start of this season and has also been top Goal Scorer for Kingsdale. We wish her all the best!

SPORTS NEWS

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



Under-15s Girls' Cricket Sisters in Sport Round 1

Kingsdale v City of London for Girls

It was an excellent first round for the Under-15s Girls' Cricket team who won by 2 runs meaning they scored 250 runs and the opposition scored 248 runs. Well done to all and good luck in Round 2!

Team sheet:

Sophie Benghiat

Stella Capodicasa

Anaiya Queiros

Freya Small

Evelyn Hough

Poppy Clapperton

Sophia Smith

Isla Summerfield

Islah Bakht-Arkell

National Year of Reading 2026

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

**GO
ALL
IN.**

**National
Year of
Reading
2026**



Student Recommendation
Hugo Johnstone,
Year 7 recommends
Scythe
by Neal Shusterman

In the not-too-distant future, humans have cured hunger, disease, war, crime – even death. Now scythes are the only ones

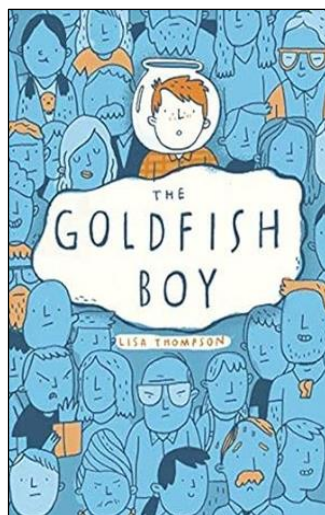
who can end a life – and they are commanded to do so to keep the size of the population under control.

Citra and Rowan are both chosen to be apprentices to a scythe – something neither of them wants. Forced together, they must perfect the skill of taking a life, competing against each other for just one scythe position. But then it becomes clear that the winning apprentice's first task will be to kill the loser . . .

Hugo found this novel to be both exciting and gruesome!

Suitable for all students i.e. Year 7 and up!

Reading Recommendations



Teacher Recommendation
Mr Zah recommends
Goldfish Boy
by Lisa Thompson

Twelve-year-old Matthew is trapped in his bedroom by crippling OCD, spending most of his time staring out of his window as the inhabitants of Chestnut Close go about their business.

Until the day he is the last person to see his next door neighbour's toddler, Teddy, before he goes missing.

Matthew must turn detective and unravel the mystery of Teddy's disappearance - with the help of a brilliant cast of supporting characters.

Mr Zha found this depiction of OCD interesting and sympathetic!

Suitable for all students i.e. Year 7 and up!

CALENDAR 2025-26

You can also find lots of other useful sources of information on the school website [here](#).

This includes further details about the operation of the school, including Term Dates, Assessment and Uniform.

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

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



SUMMER TERM 2026

Half-Term Holiday

Monday 25th May – Friday 29th May

Second Summer Half Term

Monday 1st June – Friday 24th July

Friday 24th July INSET DAY

School closed to students except by invitation

2026/27 Term Holiday dates now published [here](#)

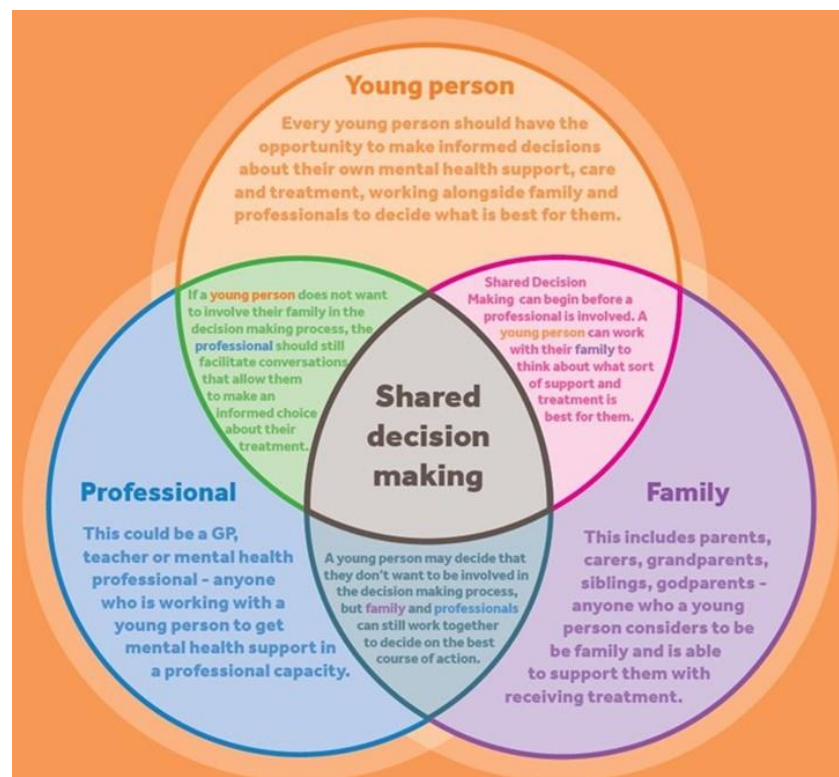


Shared Decision Making

What is shared decision making?

Shared decision making (SDM) is a collaborative process where a young person works together with their family and professionals and or a service provider to make an informed decision about the treatment or care option that is best for them.

For shared decision making to take place, information, evidence, options, and preferences should be exchanged and discussed. All voices should be respected, and concerns shared within a safe space.



Why is it important?

Shared decision making is recognised as a person-centred approach to improving health care quality. It ensures young people, and their families get a voice and decisions are made with the young person's best interest at heart.

Studies show that involving service users in Child and Adolescent Mental Health Services (CAMHS) care and treatment decisions is associated with improved health outcomes and higher satisfaction with services.

[Click here for more: tips for parents and carers](#)



New guide to helps teenagers navigate their ADHD
The ADHD Foundation in conjunction with NHS London CAMHS have produced 'A Teenager's Guide to ADHD', a guide and workbook for teenagers living with ADHD.

The guide includes tips for wellbeing, managing school, studying, friendships and more. At this time of year when many young people are preparing for their examinations or looking ahead to transitions between schools and colleges, this will be useful to share with those young people. Link to PDF guide: [Here](#)

SEND FACULTY NEWS

SEND Local Offer

Information and Local Offers

The Learning Support department would like to remind you that you can find lots of useful information in our SEND Policy and Report which can be found [here](#) under the 'SEND Policies & Report'

You can find out information regarding your local SEND offer here:

- [Southwark](#)
- [Lambeth](#)
- [Lewisham](#)
- [Croydon](#)
- [Bromley](#)
- [Wandsworth](#)
- [Merton](#)



Consider PANS or PANDAS

PANS (Paediatric Acute-onset Neuropsychiatric Syndrome)

PANDAS (Paediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections)

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

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

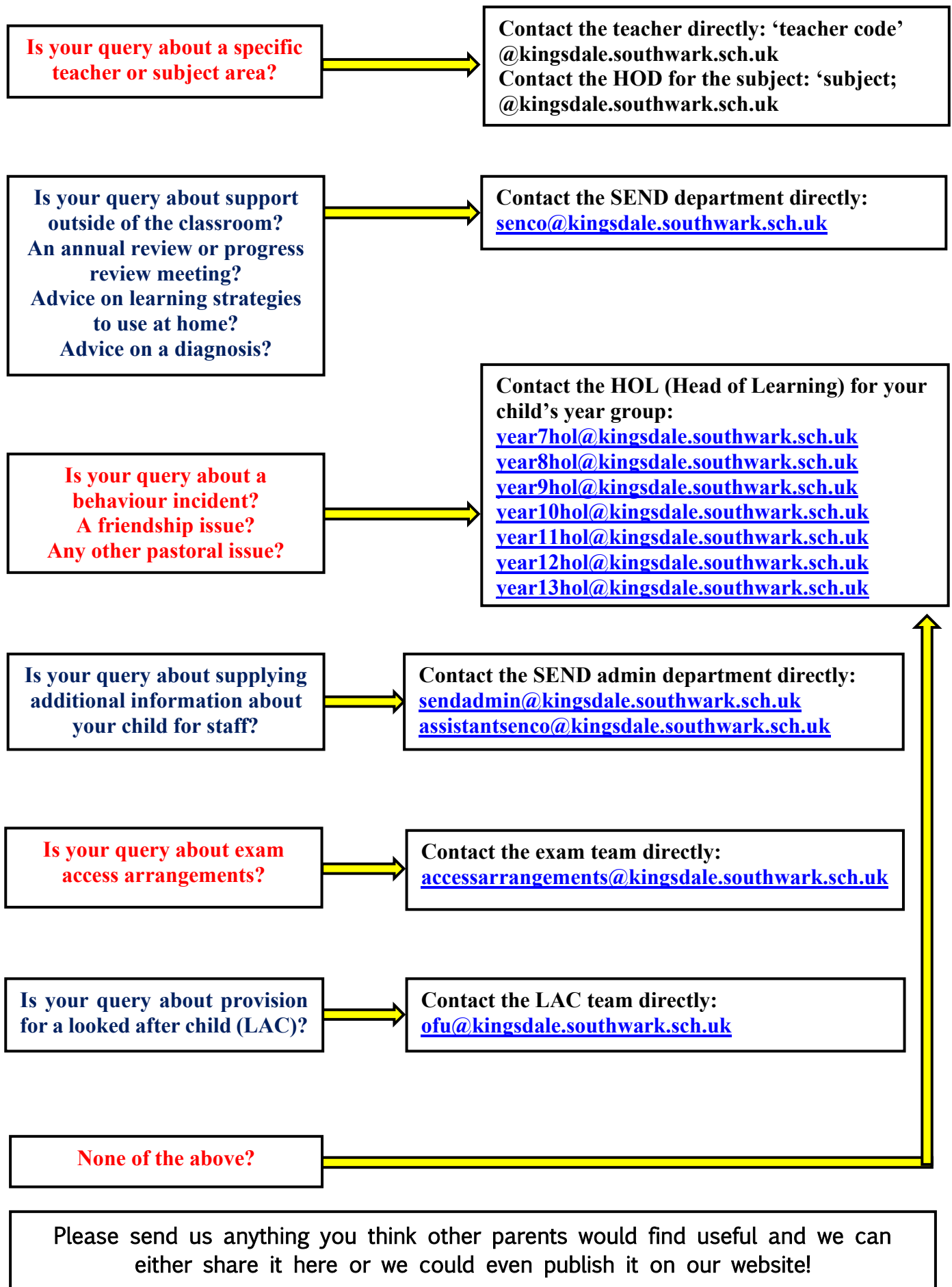
Every child is different and some children may also have other conditions and/or be neurodivergent. If you notice lots of changes occurring in a child following an infection, then consider PANS or PANDAS. While recognition and early diagnosis is key, these conditions can only be diagnosed by a medical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

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



Communication Flowchart: SEND

At Kingsdale we would like our communication to be as effective as possible. Please see the flowchart below to help us support your child effectively and get the information needed to the right people.



MENINGITIS + SEPTICAEMIA

Meningitis
now

Meningitis is a serious condition where the protective layers around the brain and spinal cord become inflamed. Septicaemia is when the bacteria enter the bloodstream to cause blood poisoning. They can happen to anyone, so it's important to know the symptoms and risks.

Early symptoms, such as fever, vomiting, aches, muscle pain, cold hands and feet and headaches, can look similar to common illnesses like colds or flu. But someone with meningitis or septicaemia will usually become seriously ill in a matter of hours. That's why it's crucial to keep checking on anyone who is unwell.

MENINGITIS SYMPTOMS?

- fever
- a very bad headache (this alone is not a reason to get medical help)
- vomiting
- stiff neck
- dislike of bright lights
- rash (DO NOT wait for a rash to appear before seeking medical advice)
- confusion, delirium
- severe sleepiness, losing consciousness
- fits

SEPTICAEMIA SYMPTOMS?

- fever and shivering
- severe pains and aches in limbs and joints
- vomiting
- very cold hands and feet
- pale or blotchy skin
- rapid breathing
- diarrhoea and stomach cramps
- red or purple 'bruised' or blotchy rash on skin that does not fade under pressure - do the glass test. On dark skin, check paler areas of the skin, such as the palms of the hands, soles of the feet, inside the mouth (roof), and the eyelids
- difficulty walking or standing
- severe sleepiness, losing consciousness

If you become worried about yourself, your child, or a friend, particularly if symptoms are getting worse, seek medical help urgently.

EARLY TREATMENT CAN BE LIFE-SAVING.

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



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

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

Free Workshops for Parents and Carers

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

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

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



We'll cover:

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



For further information contact:

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

SCAN ME



Talking to your child about

SHARING IMAGES ONLINE

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

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

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



What can you do to keep your child safe online?

S

Set clear boundaries.

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

T

Talk with your child and be supportive.

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

E

Educate everyone in the family.

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

E

Evolve with the internet.

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

R

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



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



FOR SUPPORT AND ADVICE, PLEASE VISIT:



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



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



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



A safe space for teenagers worried about sexual behaviour

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



shorespace.org.uk

Why Shore?

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

SCHOOL NEWS

KFS Uniform Bank

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

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

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



The School Shop

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



Lost Property

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

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

Lost property queries can be directed to lostproperty@kingsdale.southwark.school.uk

Kingsdale is a Safe Space

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

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

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

Our two confidential emails are:

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

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



EDIBLES

Small Bite, Big Consequences

What are they?

Edibles look like snacks or drinks but they are drugs.

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

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

How can I spot edibles?

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

Their packaging can be very similar to genuine branded products.

Look closely for wording about THC or cannabis.



What are the risks?

They are unregulated so their effects are unpredictable.

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

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

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

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



Advice & Guidance

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



HOUSE COMPETITIONS



This week is Mental Health Awareness Week, and this year's theme is **action** - because while awareness is important, real change happens when we take action to support our mental health and each other. We've come a long way in talking about mental health, but there's still more we can do to look after ourselves and prevent problems before they grow.

School life can sometimes feel overwhelming, so take small, positive steps - check in with yourself, talk to someone you trust, stay active, and make time for things you enjoy. Just as importantly, look out for others too. A simple conversation or act of kindness can make a real difference. Remember, you're not alone - there is always someone ready to listen and support you.

Simple actions you can take this week:

- Talk to someone you trust about how you're feeling
- Check in on a friend - ask "Are you okay?"
- Take a short break from screens and get some fresh air
- Make sure you're getting enough sleep
- Do something you enjoy, like drawing, music, or sport
- Be kind to yourself - don't put too much pressure on having a "perfect" day
- Reach out to a teacher or staff member if you need support

Small actions can add up to make a big difference - for you and for others.

STUDENT HOUSE ACTIVITY:

Complete **one small mental health action** during the week

- **Include** - A short sentence explaining your action (e.g. "My action was...")
- **Optional:** a photo or short reflection (*if appropriate*)

Share your entry with the House Team:

housesystem@kingsdale.southwark.sch.uk

Ensure your entry is accompanied by your **full name, tutor group and House**.

National Pet Month: Celebrating Our Furry Friends

As part of National Pet Month, **Emma Steedman, Year 7 from Albatross House** shared some fantastic images of her pet hamster, along with a thoughtful reflection on the importance of pets in our lives.

Emma highlighted how having a pet can play a meaningful role in everyday life, helping to build important skills and create lasting bonds.

She shared: *"Having a pet is a key part of everyday life, teaching many skills along the way. Every single day you spend together maintains a tight bond, no matter which pet you have, filled with love and joy—something we could all use more of!"*

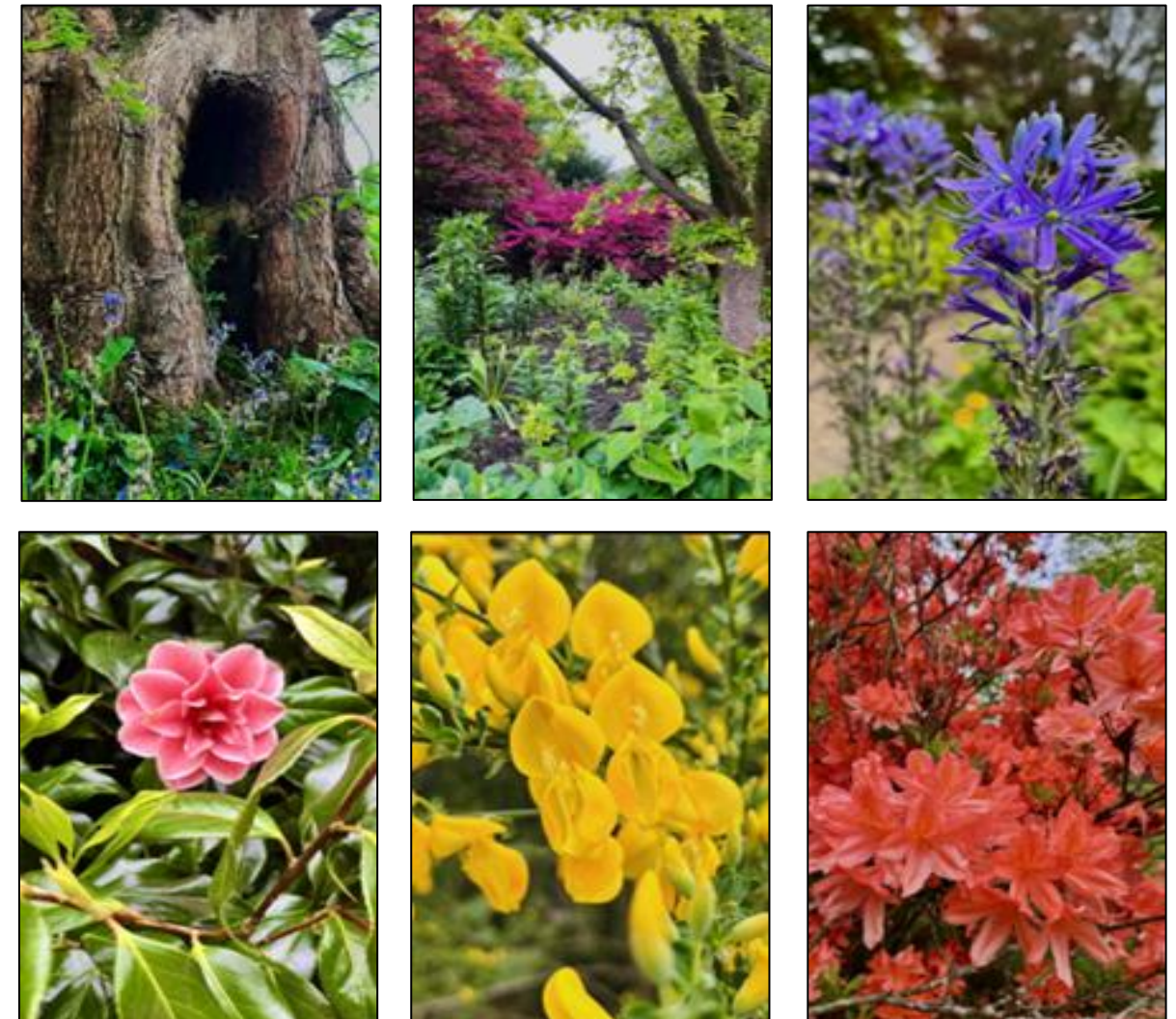


Thank you, Emma, for your wonderful contribution and for reminding us of the happiness and companionship that pets bring.

National Gardening Week: Student Contributions

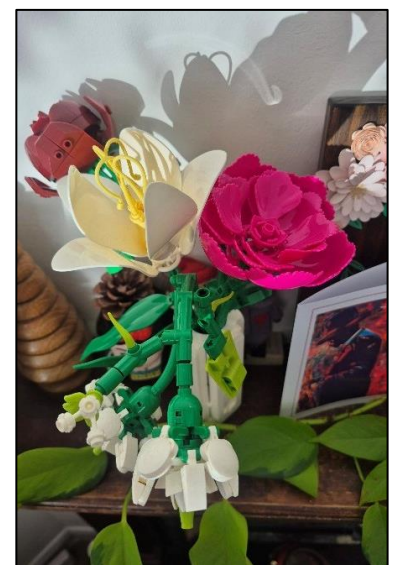
To celebrate National Gardening Week, which took place from 27th April to 3rd May 2026, we were delighted to receive some wonderful student contributions.

Emma Jane Steedman, Year 7, from Albatross House shared photographs of her favourite plants from around her home. The images captured a beautiful range of plants and showed excellent attention to detail and creativity behind the camera.



Beth Perrett, Year 7, from Swift House also impressed us with her handmade flowers - bright, thoughtful creations that will last far beyond the week itself.

Thank you to both students for your brilliant contributions and for helping us celebrate the joy of gardening and creativity.



What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.



SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

GAMING

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

STREAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

ADVERTS

Online adverts frequently include age-inappropriate content: usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history: so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.

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Advice for Parents & Carers

TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.

CAN WE HAVE A CHAT?

CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake – but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.

BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.

GET SPECIALIST HELP

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.

Meet Our Expert

Cayley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.



National Online Safety®

#WakeUpWednesday

Sources: <https://www.education.gov.au/documents/about/programs/bullying-prevention/online-safety/age-inappropriate-content> | <https://www.nos.gov.uk/education/training-professionals/professional-learning-program-teachers/inappropriate-content-factsheet/> | <https://www.revealingreality.co.uk/wp-content/uploads/2021/04/childrens-media-lives-year-7.pdf>



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.12.2021

SPORTS FIXTURES

Monday 11th May 2026

- Under-13s & 15s Boys' Tennis Away Matches v Dulwich College. Leave School at 3.30pm. Start 4pm. Return at 6pm approx.

Tuesday 12th May 2026

- Under-14s Boys Cricket Away Match v Westminster School. Leave School at 12.30pm. Start 2pm. Return at 6pm approx.: **Mr Price**
- Under-14s Girls' Football Away Match v Stoke Newington School. Leave School at 1pm. Start 2.30pm. Return at 5.30pm approx.: **Mr Jones**
- Under-15s Girls' Tennis Away Match v Royal Russell School. Leave School at 2pm. Start 3pm. Return at 5.30pm approx.

Wednesday 13th May 2026

- Under-12s Girls' 7-a-Side Football Tournament at Bacon's College. Leave School at 9am. Start 10am. Return at 3pm approx.: **Ms McManus/ Mr Dash**
- Under-12s Boys' Rugby League Away Match v St Joseph's College. Leave School at 1.30pm. Start 2.30pm. Return at 4pm approx.: **Mr Roberts**
- Under-13s Girls' Softball Cricket Tournament at Streatham & Marlborough Cricket Club Leave School at 9am. Registration 9.30am. Return at 2.30pm approx.: **Ms Jaymes**

Thursday 14th May 2026

- Under 12s-15s Girls' & Boys' Track and Field Cup Athletics at Croydon Arena. Leave School at 8am. Registration 9.30am. Return at 5pm approx.: **Ms Sinclair/Mr Jones/Mr Foster**

Friday 15th May 2026

- No planned fixtures/events
- Please note that fixtures maybe postponed or rearranged due to weather conditions.**

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

Student Suggestion Boxes

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



HOUSE NEWS

Online Safety Corner

For this week's Online Safety focus we are looking at 'What Parents & Educators Need to Know about Age-Inappropriate Content.' 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 2025-26

Week ending
8th May 2026

- 1st Place – Swift 100,675 points
- 2nd Place – Dove 100,423 points
- 3rd Place – Albatross 99,728 points
- 4th Place – Falcon 99,029 points
- 5th Place – Eagle 97,532 points



It looks to be a close race! What will happen next?

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.

