



PARENTAL NEWS BULLETIN

Issue 30 Monday 18th May 2026

HEADLINE NOTICES

Summer Half-Term Break
Monday 25th – Friday 29th May 2026

Please be reminded that school will be closed for the Summer half-term break from **Monday 25th May to Friday 29th May 2026**.

During half-term break, revision sessions are scheduled to take place for selected students in Years 11 & 13. Further details regarding the arrangements for holiday revision have been issued separately by the Year 11 & 13 pastoral teams.

Please email year11hol@kingsdale.southwark.sch.uk and year13hol@kingsdale.southwark.sch.uk with any queries.

We would like to wish you a restful break and look forward to seeing all students back to school on Monday 1st June 2026 at the usual times.

THEME OF THE WEEK

A Time for Reflection

'You do not have to be a certain way because of what has happened in the past. Every day is a new day. It is silly to think you cannot help being the way that you are. Of course, you can. You can change'

WORD OF THE WEEK

Equanimity

Calmness and composure, especially in a difficult situation.

"Despite facing many challenges at work, she managed to maintain her equanimity throughout."

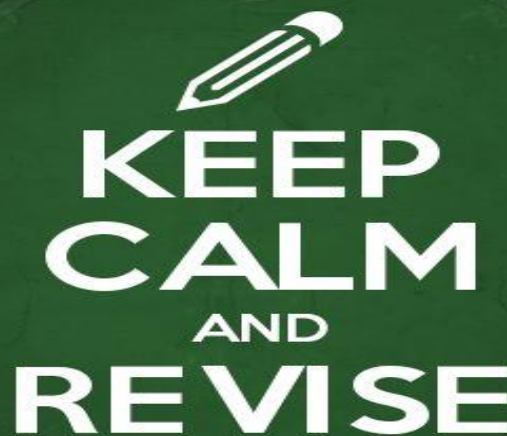
House Excellence Award



Ivy Hamilton, Year 10, has won the House Excellence Award. She was nominated by the English department.

Ivy has worked exceptionally hard in English this year, consistently demonstrating determination and intellectual curiosity in every aspect of her studies. She challenges herself thoughtfully when interpreting literary texts, showing a willingness to explore complex ideas and multiple

perspectives with maturity and insight. Her recent Macbeth analysis was excellent! She should be so proud of herself. Ivy approaches analysis with an open mind, embracing exposure to new concepts and interpretations, which has allowed her to develop increasingly perceptive and sophisticated responses. Well done, Ivy!



UPCOMING EXAM REVISION TIPS

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

SAVE THE DATE!

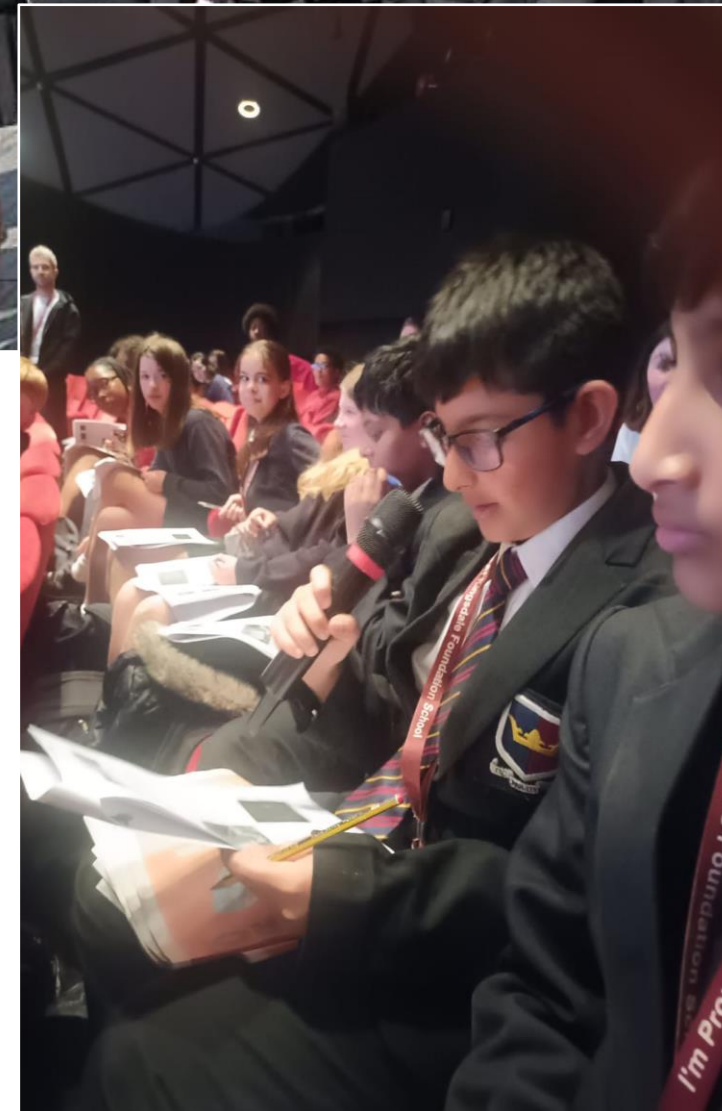
You are invited to attend the
Art & Design Exhibition

Wednesday 8th July 2026

5pm – 8pm in the Atrium & Foyer Gallery

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

LANGUAGE NEWS



Year 7 French BFI Trip

On Thursday 7th May 2026, 27 Year 7 French students had a trip to the BFI, where an experience of cinematic pedagogy awaited them. In the morning we watched three French short-films, interspersed with exercises and chances to reflect on the themes.

In the afternoon we were treated to a viewing of *Le Petit Nicolas : Qu'est-ce qu'on attend pour être heureux ?* -- a 2022 animation film telling the beautiful story of how two talented friends, René Goscinny and Jean-Jacques Sempé, came to create a much-beloved comic-strip character.

To cap a wonderful day, the students were excellent company, participants and ambassadors for the school. Beaucoup de motifs d'être heureux!



Year 7 – Record Success in National Ovid Competition

In February this year, Year 7 Latin students took part in the annual nationwide Ovid Competition organised by the Cambridge University Schools Classics Project. This year's competition attracted a record 26 schools and challenged students to listen to a famous Greek myth retold by the Roman poet Ovid, before creating their own personal interpretation of it.

Kingsdale achieved outstanding success, with three students reaching the finals in their respective categories.

Performance Category

Leo Sordello-Savale produced the winning entry with his impressive rap, *Echo and Narcissus*, which combines a strong beat with clever and engaging lyrics. Leo's inspiring performance can be seen approximately three minutes into the results presentation linked below.

Creative Writing Category

Helena Bosanquet was awarded second place for her wonderful poem, *The Price of Creation*, involving the myth of Uranus, Gaia, and their children, the Titans. Helena's award appears around seven minutes into the presentation and was judged by none other than children's author Caroline Lawrence, best known for her series *The Roman Mysteries*.

The Price of Creation

Earth and sky were lovers first,
Twisted in each other's arms,
Their love so deep they were blind to all,
Drowning in their own desire.

Children were stowed in crevices,
No room to grow or thrive,
Until the day their son took a stand,
Raised a crescent blade - and cleaved.

Their godly screams tore through the air,
As they were ripped apart,
But their children danced,
Finally free to move and stretch at last.

And so they became the ones we know,
Earth bountiful,
Sky beautiful,
But both still yearning for the love they had lost.

Years later,
They reach for each other still,
Rain is them reaching out,
As is fog,
As is the line where sky meets land.

And thus is the price of creation:
Love lost and just out of reach.

LANGUAGE NEWS cont.



Animation Category

Gabriel Megitt was also named runner-up for his highly skilled retelling of the myth of Daedalus and Icarus. Created using Lego and Stop Motion Studio, the animation is action packed and demonstrates a strong appreciation of ancient Minoan architecture. Gabriel's impressive work can be seen approximately nine minutes into the presentation.

One of our outstanding entries: Here Pandora lies by Emma Steedman



Results presentation: [Ovid Competition Results Presentation](https://classictales.co.uk/ovid-competition)

Congratulations to our winner, runners-up, and all the students who entered this highly competitive and challenging national competition.

More information about the competition can be found at: <https://classictales.co.uk/ovid-competition>



MATHS NEWS

UKMT JUNIOR MATHS RESULTS

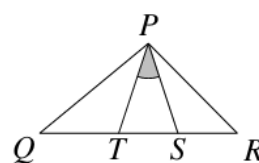
Congratulations to our Year 7 and 8 students who achieved outstanding scores in the recent Junior Maths Challenge, a national competition arranged by the UK Mathematics Trust. The Junior Mathematics Challenge is an annual competition designed to provide students with opportunities to apply their problem-solving skills in solving a range of questions, such as:

Sample question

. In the triangle QPR , $\angle QPR = 100^\circ$, $QP = QS$ and $RP = RT$.

What is the size of $\angle TPS$?

- A 30° B 35° C 40° D 45°
E it depends on the size of $\angle RQP$.



Over 60% of our candidates achieved top results!

Further, congratulations to Agha Fobiwe who scored the highest score in school. Several students have also been invited to participate in the Kangaroo follow-on rounds. Students with Bronze, Silver and Gold certificates can be found below.

All participants receive a participation certificate.

Well done young mathematicians!

Year	First Name	Last Name	Certificate
7	Ojas	Adhikari	Silver
7	Kristina	Afanasyeva	Gold
7	Ari	Amusin	Silver
7	AJ	Anderson	Bronze
7	Arthur	Barnes	Bronze
7	Charlie	Barnes	Bronze
7	Mila	Browne	Gold
7	Arthur	Campagna	Bronze
7	Ben	Chan	Bronze
7	Daniel	De Ponce	Bronze
7	Emil	Drinkwater	Gold
7	Edith	Drury	Silver
7	Elliot	Evans	Bronze
7	Kate	Farrer	Silver
7	Ollie	Griffiths	Silver
7	Maya	Guerrero Candler	Bronze
7	Hazael	Henok	Bronze
7	Lali	Hepburn Rama	Silver
7	Monty	Lewis	Silver
7	Oliver	Martinez-Diaz	Silver
7	Sam	Mashford Thomasson	Gold
7	Zach	Matthews	Silver
7	Astrid	Maytum	Bronze
7	Gabrielle	McClymont	Silver
7	Gabriel	Megitt	Silver
7	Ethan	Milne	Gold
7	Hashim	Mirza	Silver
7	Ethan	Nhan	Silver
7	Sophie-May	Rowe	Bronze
7	Dylan	Samanovski	Bronze
7	Apollo	Sofra Pennington	Silver
7	Jude	Thornby	Silver
7	Nathan	Tsegkave	Bronze
7	Valerie	Wang	Bronze
7	Alex	Webber	Silver
7	Arik	Weinmann Smith	Silver
7	Forrest	Yamaguchi-Crawley	Silver
7	Howan	Yu	Silver
7	May Sofia	Zarrouk	Silver

Year	First Name	Last Name	Certificate
8	Femi	Alabi	Silver
8	Elliott	Albert-Preskett	Gold
8	Amani	Amma	Silver
8	Dylan	Archer	Silver
8	Otis	Atlee	Silver
8	Ibrahim	Barrie	Silver
8	Zena	Barry	Bronze
8	Barnaby	Batchelor	Silver
8	Rachel	Benghiat	Bronze
8	Edward	Botting	Bronze
8	Annabelle	Burton	Silver
8	Neila	Carbonnier	Gold
8	Austin	Chen	Gold
8	Meredith	Clough	Bronze
8	Ossian	Collin	Bronze
8	Kouther	Cooper	Bronze
8	Raya	Daianska	Gold
8	Eliisa	de Tro Goff	Bronze
8	Alex	Deckard	Gold
8	Agha	Fobiwe	Gold
8	Jack	Houghton - Jones	Silver
8	Vivienne	Humphrey	Bronze
8	Harvey	Hunter	Bronze
8	Diya	Jayaseelan	Bronze
8	Marcell	Kiss	Bronze
8	Anoushka	Kotecha	Gold
8	Hector	MacEwan	Silver
8	Kah Lay	Mak	Silver
8	Jimmy	McCulloch	Gold
8	Lily Sophia	Mikalsen	Bronze
8	Wilfred	Moon	Gold
8	Titus	Nawrocki	Silver
8	Hal	Nzerem-bennett	Gold
8	Chidubem	Obi	Gold
8	Ikenna	Obi	Gold
8	Hanna	Pajak wilinska	Silver
8	Lauren	Petrov	Bronze
8	Trang	Phung	Bronze
8	Agnes	Picca	Bronze
8	Kayla	Popa	Bronze
8	Ted	Rowe	Silver
8	Ava	Rugeroni	Bronze
8	Cara	Salvoni	Silver
8	Aziz	Sam	Silver
8	Iago	Silva Gutierrez	Bronze
8	Laszlo	Sragner	Silver
8	Jekabs	Sustko	Silver
8	Luke	Tamayao	Gold
8	Laureona	Tang	Bronze
8	Varniga	Virupan	Gold
8	Lara	Vukicevic	Silver
8	Lucian	Williams	Silver
8	Kira	Yapparova	Silver



Art & Design Exhibition

Wednesday 8th July 2026
5pm – 8pm

SE21 8SQ



KINGSDALE
FOUNDATION SCHOOL

CAREER NEWS

THE GATSBY BENCHMARK

A clear framework for how our careers provision works



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

The Gatsby Benchmarks are eight internationally 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:

- 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/>

Mental Health & Well-Being Weekly Focus for Students: Hope, Purpose and Future Plans

This week's Mental Health & Well-Being Focus for students is Hope, Purpose, and Future Plans all of which form a powerful triad that acts as a psychological buffer against stress. In secondary schools, these concepts elevate a student's self-esteem, build resilience in the face of adversity, and directly correlate with lower rates of anxiety and depression. Research highlights exactly how these elements interact to support teenage mental health:

1. Hope (The Engine)

Hope in adolescence is a cognitive process rather than just a passive emotion. It consists of two main elements:

- **Agency:** The internal motivation and belief that one can achieve their goals
- **Pathways:** The ability to plan practical routes to attain those goals
- **The Impact:** Empirical research demonstrates that secondary school students with high hope levels exhibit greater life satisfaction and better adaptation to school environments. When students learn to challenge negative thoughts and focus on what they can control, their psychological resilience increases

2. Purpose (The Anchor)

Having a sense of purpose answers the adolescent question of "why."

- **Self-Determination:** When students take on responsibilities (like peer mentoring or school leadership), they transition from passive learners to active agents in their own lives. This sense of ownership wards off feelings of worthlessness and meaninglessness
- **The Impact:** Purpose gives meaning to daily academic struggles. It anchors students when they face social or academic hurdles, reducing emotional distress and behavioural issues

3. Future Plans (The Map)

Secondary education is heavily dominated by looming transitions, making future planning critical for well-being

- **Life Readiness:** Having a tangible plan, whether it involves higher education, vocational training, or career paths, reduces the anxiety associated with the unknown
- **The Impact:** Conversely, an absence of a future trajectory (sometimes referred to as despair or feeling "Not in Education, Employment, or Training") is a major risk factor for psychological distress. Building clear, step-by-step pathways to their aspirations keeps students engaged and motivated

FUTURE

Supporting Students in Practice

To cultivate these traits, UK educational frameworks advocate for a "whole-school" approach. Schools can integrate these pillars into the curriculum through:

- **PSHE (Personal, Social, Health and Economic) education:** Dedicated sessions for goal setting, emotional regulation, and resilience training
- **Pastoral and Careers Guidance:** Pairing students with mentors or advisors to build realistic future plans, preventing the overwhelm of transitional stages

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?

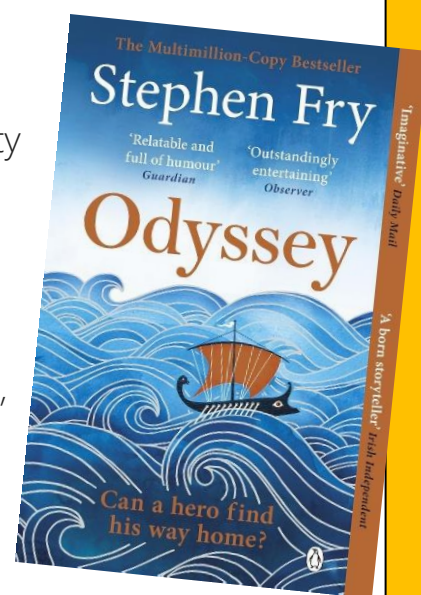
Have you yet to experience life in the ancient world but want to learn more?!



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

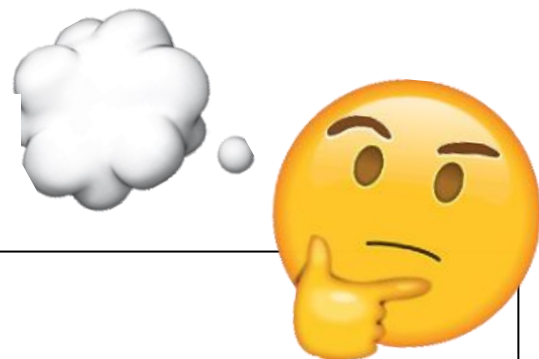
When: Tuesdays 12.10 pm

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.

SCHOOL NEWS



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 session on **Tuesday 19th May** we will be
visited by archaeologist, **Sadie Watson**,
to learn all about the ancient world and
its relevance for us today with Ms Preston

Bring along any knowledge you already have,
and ideas for future sessions



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

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](#)

5 ways to support your child's mental health throughout their GCSEs

Exam season can be stressful for parents too, especially if you have a child with SEND. See the top tips from the experts below.



Madeleine Inkin

Clinical Child Psychotherapist

"Adults use the prefrontal cortex to make decisions and choices, while teenagers will mostly use their 'gut reaction' – the emotional centre, the 'amygdala', which is located further back in the brain and develops before the prefrontal cortex.

This explains why teenagers experience mood swings; they tend to react quickly from the emotional part of their brain and don't run their reactions through the more rational frontal cortex," says Madeleine. "Their growing brains are being completely rewired, completely re-written. And they don't stop developing at 19 – they keep developing and changing well into their mid-twenties." Madeleine's advice is to "try to keep these developmental changes in mind as you watch them grow and learn over this period. Make sure they have some downtime to explore and connect with the world around them, and to simply relax every so often too."

Karen Collins

Lead Science Associate for PiXL

After spending many years with students at her school, Karen is aware that "right before assessments many students will be showing physical signs of stress as their fight or flight response kicks in with their adrenaline – their hands might shake, their heart might be beating faster – which is why I think it is really useful to have sessions where you explain these responses to students and help them understand the biology behind it.

"By understanding what is happening in your body, you are better equipped to take yourself through some logistical steps or techniques to regain control and be able to focus on the assessment. Learning breathing exercises, meditating and practising yoga can all help to calm these nerves and there are loads of YouTube videos students can watch and learn from,"



Ben West

Mental Health Campaigner

"My biggest piece of advice would be to act early. Don't brush anything under the carpet, don't wait for things to seem 'more serious', address issues when you notice them. Look, I'm not a parent and I know it must be hard to have these kinds of conversations, but we have to intercept before things get the chance to deteriorate. This might involve some uncomfortable conversations, but it can quite literally save lives."

Ben stresses that "people don't compare mental health to their physical health enough – if you were concerned for your child's physical health you would be straight down to your GP asking for a check up and making sure everything was ok. You wouldn't leave an infection to 'clear up by itself', you would act, and the same has to go for mental health."



Murray Morrison

Revision Expert and Founder of Tassomai

Murray has worked with thousands of students preparing for exams and can spot the tell-tale signs of exam-stressed children, the most concerning, he says, is the one he's nicknamed 'The Ostrich'.

"The ostrich is that student who, at the mere mention of their exams – or their revision – buries their head in the sand.

They could be quite obvious in this behaviour – "I don't want to talk about it" – or it might be subtler, finding an excuse to get out of the room and avoid the topic. Waste no time in confronting this behaviour and making a plan together, because the very act of avoidance means that the revision work will pile up and the stress will increase."



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](#)



Sam Clark,

Teacher, writer and founder of the *Resilience for Kids*

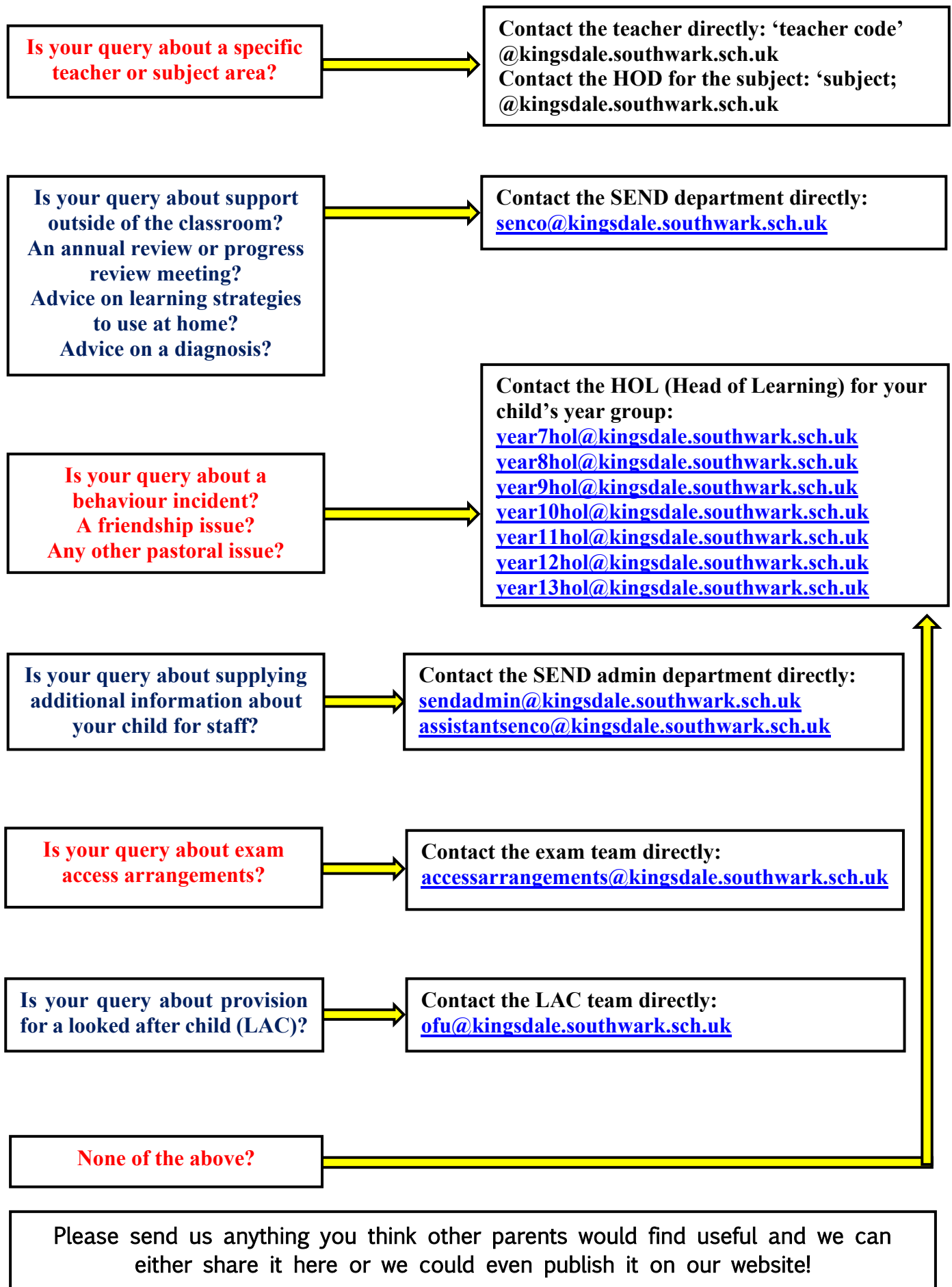
"Developing an environment where children feel confident to talk openly is the absolute foundation for building resilience. To encourage this, we need to make it clear that life is no fairy tale, and that everybody faces challenges every day.

The recognition of this belief will make children much more likely to speak out," says Sam.

He continues, "having adults model openness is important too. It might seem strange to share your fears and hopes with your children but this will further encourage that open dialogue. Providing the knowledge (the why) can be a gamechanger for some. The moment children realise that expressing themselves is a healthy discipline and helps to ease their fears, they are often sparked into sharing their thoughts."

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**



A silhouette of a person sitting in a lotus position, meditating, against a warm, golden sunset background. The person is facing away from the camera, with their hands resting on their knees in a mudra. The sun is low on the horizon, creating a bright glow and long shadows. The overall mood is peaceful and contemplative.

World Meditation Day 2026
World Meditation Day is held every year on Thursday 21st May 2026. It aims to raise awareness of meditation and the benefits it can bring to our wellbeing. We are all invited to meditate on World Meditation Day and make meditation part of our routine.

What is Meditation?

Meditation is the word used for sitting still and quietly, focusing on us and our minds to help us find calm. It is all about focusing our attention and clearing our busy minds. There are many forms of meditation. They aim to reduce our feelings of distraction and help us to focus on what is happening now, in the present moment.

Regular meditation can help our minds by easing anxiety; lowering stress levels; helping us to feel in control; calming worries; helping us to stay focused; breathing deeply which helps us to feel calm; and supporting better sleep.

1. Set Up Your Space (5 minutes):

2. Get Comfortable (2 minutes):

3. Focus on Your Breathing (3 minutes):

4. Reflect (5 minutes):

Spend a few moments thinking about how you feel after the meditation. Consider writing down your thoughts in a journal. Did you feel more relaxed? What did you visualise in your garden?



A generation ago, 70% of children walked to school – now it's less than half. So, Walk to School Week was started to encourage more children to get out of the car and walk to school.

- Walking to school is a brilliant way to get active and healthy - without even realising you are exercising
- It is also a great opportunity to learn those vital road safety skills and make sure you're alert and ready to learn at the start of a new day
- You will see your friends and be able to chat to them on the way into school - or even make new friends with the kids the meet on the way
- It will also help to reduce congestion especially around schools, reduce pollution and give you some exercise

STUDENT TASK: As part of Walk to School Week, we are encouraging students to make use of the pedometer feature on their phones or smart devices to help track how much they are walking each day. This is a great opportunity to become more aware of your daily activity levels and support healthy habits through walking to and from school where possible. We encourage families to join in and see how many steps can be achieved across the week!

Class:

[illegible]

To find out how many miles you walked, multiply the number of steps by 0.0005

Submit your tracker to the House Team:

housesystem@kingsdale.southwark.sch.uk Ensure your entry is accompanied by your **full name, tutor group and House.**

HOUSE COMPETITION – COOKING CHALLENGE

A huge thank you to **Beth Perrett, Year 7**, in Swift House for baking an amazing Fairtrade cake to celebrate World Fair Trade Day! Beth has kindly shared the ingredients and recipe below so that others can enjoy making it too. We really appreciate your wonderful contribution and, more importantly, your support for Fairtrade producers around the world. By choosing Fairtrade ingredients, you are helping people earn extra income, gain greater power over their futures, and support communities and producers globally. Thank you, Beth, for helping to make a difference - one delicious slice at a time!

Fairtrade Cardamon cake ingredients from Waitrose

• Ingredients

- 190g unsalted butter, 190g caster sugar, 10 cardamom pods seeds crushed, 3 large eggs, 190g plain flour, 1tsp baking powder, 1/4 tsp salt, 25ml soured cream, 1tsp vanilla essence.

• Method

- Cream butter, sugar, and cardamom. Add eggs, then mix in dry ingredients followed by soured cream/vanilla.

• Baking

- Bake at 170C/325 for roughly 45–60 minutes in a 8.5 by 17.5 loaf tin



What Parents & Educators Need to Know about INSTAGRAM

AGE RESTRICTION
13+

WHAT ARE THE RISKS?

ADDICTIVE DESIGN

Instagram is designed to encourage prolonged engagement through endless scrolling, personalised recommendations, and social feedback such as 'likes' and comments. Young people may feel pressure to constantly check updates in case they miss out. Even with new regulatory duties, children can still lose track of time, affecting sleep, homework, and real-world relationships.

SCHEDULED AND DIRECT MESSAGES

Instagram allows users to schedule direct messages. While convenient, this can result in messages arriving late at night or early in the morning, disrupting sleep and increasing anxiety. Although UK regulation requires stronger protections against stranger contact, risks remain if children accept unknown followers or move conversations across platforms.

LIVESTREAMING AND PUBLIC EXPOSURE

'Going Live' enables real-time interaction with followers. If an account is public, broadcasts can potentially be viewed more widely, increasing exposure. Although under-16s face tighter restrictions and may require parental permission to use live features, livestreaming still carries risks, including inappropriate comments, pressure to perform, and unwanted contact.

THREADS AND PUBLIC CONVERSATIONS

'Threads' is Instagram's linked, text-based platform, where posts can appear within the Instagram environment. It encourages participation in public conversations that may involve strangers. While parental controls may carry across, children can still encounter misinformation, hostile exchanges, or inappropriate content, particularly in trending or viral discussions.

META AI AND BLURRED BOUNDARIES

Instagram includes Meta AI chat features, allowing users to ask questions and receive responses. Young people may access inaccurate or unsuitable information, or begin to treat AI as a trusted companion. Although platforms are expected to reduce harmful outputs under UK law, AI systems can still provide misleading information and are not a substitute for real relationships.

EXCLUSION AND SOCIAL PRESSURE

Instagram centres around visibility and social approval. Not being tagged, receiving fewer likes, or being excluded from group chats can deeply affect a young person's sense of belonging. Even with the regulatory changes limiting harmful content and stranger messaging, peer comparison and online social hierarchies continue to impact young people's self-esteem and emotional wellbeing.

Advice for Parents & Educators

USE TEEN ACCOUNT PROTECTIONS

Ensure children sign up with their real age. Instagram's 'Teen Accounts' provide default private profiles for under-16s, restrict who can message them, and apply stronger content controls. Review messaging settings, nudity protection features, and live permissions together. Remember that safeguards are helpful but not foolproof, and regular review is essential.

TALK ABOUT THE LAW AND SAFETY

Discuss how the Online Safety Act is designed to protect children, while explaining that no system removes all risk. Help young people understand why age verification, private accounts, and restricted messaging matter. Encourage them to question content, report concerns, and recognise that platforms have legal duties but families and schools still play a key role.

SET HEALTHY BOUNDARIES

Use Instagram's activity dashboard and built-in time management tools to agree daily limits. Consider device-free times, particularly before bed, to protect sleep. Scheduled messages and constant notifications can interrupt rest, so explore notification controls together and encourage balanced offline activities to reduce dependency.

KEEP COMMUNICATION OPEN

Create an environment where children feel comfortable discussing what they see or experience online. Talk about influencers, filters, AI chatbots, and online friendships – without judgement. Reinforce that AI tools are not real friends and that privacy matters. A calm, ongoing dialogue is far more effective than reacting only when problems arise.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator, and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government, comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday®

The National College

SPORTS FIXTURES

Monday 18th May 2026

- Under-14s Boys' South London Cup Football Final v Graveney School. Leave school at 1pm. Start 2.30pm. Return at 5.30pm approx.:

Mr Johnstone

- Under-13s Girls' Tag Rugby Away Match v James Allen's Girls School. Leave school at 3.15pm. Start 4pm. Return at 5.30pm approx.: **Mr Lord**

Tuesday 19th May 2026

- Under-15s Boys' Cricket Away Match v Bancroft School. Leave school at 12.45pm. Start 2pm. Return at 6pm approx.: **Mr Roberts/Mr Price**

Wednesday 20th May 2026

- Under-15s Girls' Softball Cricket Festival at Streatham & Marlborough CC. Leave school at 9am. Start 9.45am. Return at 2.30pm approx.:

Ms Jaymes

- Under-13s Girls' Football Tournament at Bacon's College. Leave school at 9am. Start 10am. Return at 3pm approx.: **Mr Jones**
- Under-13s Boys' Emerging Schools Rugby League Competition. Leave school at 1.30pm. Start 2.45pm. Return at 6pm approx.: **Mr Lord/Mr Price**

Thursday 21st May 2026

- Under-12s Boys' Football Final at Burgess Park against Bishop Thomas Grant School. Leave school at 2pm. Start 3pm. Return at 5pm approx.: **Mr Fitchett/Mr Price**

Friday 22nd May 2026

- Under-13s Boys' Elite English Schools Cup Final at The Bet 365 Stadium Home of Stoke City FC against Nottinghamshire Academy School. Leave school by Coach at 8am. Start 3.30pm. Return at 10pm approx.: **Ms Turner/Mr Price/Mr Jones /Mr Dash**

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 Instagram.' 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
15th May 2026

- 1st Place – Swift 103,479 points
- 2nd Place – Dove 103,389 points
- 3rd Place – Albatross 102,624 points
- 4th Place – Falcon 101,763 points
- 5th Place – Eagle 100,374 points



It looks like it's going to be a close race this year!

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.

