



PARENTAL NEWS BULLETIN

Issue 3 Monday 22nd September 2025

HEADLINE NOTICES

Kingsdale Careers Programme 2025-2026

We are very proud of our Careers opportunities at Kingsdale, and a lot of the exciting talks and opportunities come from parental volunteers. So, we need your help to support our Careers programme for 2025-26! The mainstay of our Careers programme are our lunchtime talks, which usually last 45 mins - 1 hour and are aimed at a range of year groups. These will usually happen on a Wednesday but we can be flexible. We will also be hosting our Careers Fair which will now take place on Wednesday 14th January.

If you think you would be able to support us with any aspect of our Careers programme, e.g lunchtime talks, the Careers Fair, or in any other capacity, please complete the form [here](#). Please get in touch with Ms Markes on careers@kingsdale.southwark.sch.uk if you have any questions.

Kingsdale Open Days 2025

Open Days (held on Wednesdays and Saturdays throughout September/October) play a vital role in sustaining the popularity of the school. They showcase Kingsdale to prospective parents, including the opportunity to hear the testimony of existing families. If you would be willing to speak at a forthcoming event (dates are included in this News Bulletin below) about your experience of the school, please contact Mr Harding via dhtpa@kingsdale.southwark.sch.uk with details as to which Open Days you may be able to attend.

More information on Open Days can be found on Page 8.

School Uniform

Further details about our school uniform, including our PE kit, can be accessed [here](#). You can also access our online shop [here](#).

We also encourage parents to use our sustainable Uniform Bank which contains many items of pre-worn clothing to help supplement student uniform requirements.

Opening times are 3.45-4.45pm each Monday, Wednesday and Friday.

Please contact Mr Lewis via jls@kingsdale.southwark.sch.uk

THEME OF THE WEEK

Respect

'To be well respected you must first be respectful to others.'

WORD OF THE WEEK

Fastidious

1. Very attentive to and concerned about accuracy and detail.
2. Very concerned about matters of cleanliness.

- *I'm very fastidious about citing my sources in my essays.*
- *Constantly licking themselves, cats are fastidious creatures.*

SCHOOL NEWS

Roald Dahl Day Competition Winner:
Leo Sordello-Savale



This year, we celebrated Roald Dahl Day on Saturday 13th September 2025 – a special occasion dedicated to one of the world's most beloved children's authors, famous for his imaginative characters and unforgettable stories.

To mark the day, we invited students to dress as their favourite Roald Dahl character. A special congratulations goes to Leo Sordello-Savale (7RLH) in Eagle House, who submitted his entry dressed as *Fantastic Mr Fox*. Thank you, Leo, for your efforts – and well done on being crowned this year's competition winner!



CULTURE DAY



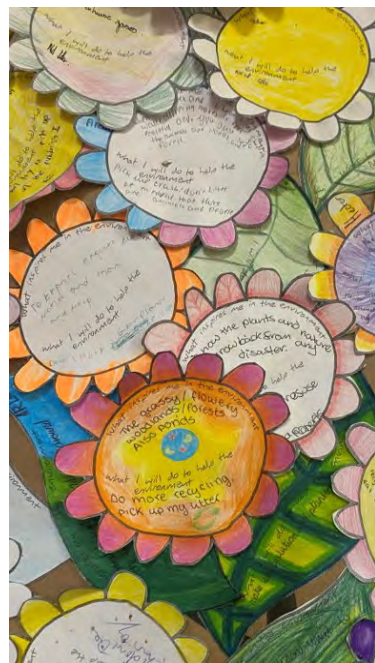
The Kingsdale Family International Culture Day 2025

On Sunday 20th July 2025, the school's annual cultural festival 'The Kingsdale Family International Culture Day' was a celebration of the wonderful cultural diversity in our community with a splendid display of art, music, dance, drama, food, crafts, cultural and interactive activities and brilliant talents from across the world. It summed up the school's vision of **'Respect and Inclusivity'** where every child's identity is embraced and celebrated in a safe, happy and nurturing space. The initiative is dedicated to producing self-confident, responsible and articulate young people who care for and respect themselves and one another. Kingsdale's Family International Culture Day epitomises inclusivity and celebration of multiculturalism.

Once again, this year community members participated in this event with their wider families and friends representing a myriad of diverse backgrounds to celebrate and enjoy art, craft, music, dance, food, cultural games and entertainment from all over the world. A wide range of international cultures were represented (Japan, China, Spain, India, Jamaica, France, Germany, Denmark, Poland, Ghana, Nigeria, Mexico, Turkey, Ireland, Australia, New Zealand, Trinidad and Tobago, Pakistan, Morocco, Sri Lanka, Albania, Portugal and many others) and it was a vibrant, scintillating and colourful event with all participants proudly representing their cultural heritage and identity. It fostered the values of respect and cohesion in the community. People and their cultural vibrance join to produce an outstanding day. As one parent says, "this should be a staple in the school calendar". The initiative not only put enrichment, cultural capital and the creative and performing arts at the heart of our broad and balanced curriculum, it also encouraged a sense of leadership and entrepreneurship among students. Students came together as Culture Day Committee members to plan, promote and lead on various activities like any future entrepreneurs. Thank you to our parent community who gave their time and energy in volunteering on the day. Thanks to our entire staff who contributed to make the day a brilliant and creative success. The local businesses and neighbours in Dulwich joined and soaked the beauty in diversity. Once again, thank you!

Together we raised funds for charity, worth approximately £5,000, which will be donated to Mind – a charity for mental health and well-being. We are already planning next year's event which is due to take place on Sunday 19th July 2026. We hope to see you there!

KINGSDALE INTERNATIONAL DAY





KINGSDALE INTERNATIONAL DAY



INTER-HOUSE SPORTS DAY 2025

The Sports Department and House Team are pleased to announce the results of our Inter-House Sports Day Finals Event which took place on the last day of the Summer term at Crystal Palace National Sports Centre. As always, the event marked the end of yet another year of sporting excellence at Kingsdale School celebrating the outstanding talents of our track and field athletes. Cheered on by students, staff, and visitors our finalists put in impressive performances striving to win all important points for their House. Huge congratulations go out to all who participated in the event not only on the Final's Day but also during the heats events that took place for each year group where our finalists were selected.



The scores are now ratified and our **Inter-House Sports Day champions 2024/25 is Albatross House** with an impressive 260 points closely followed by Dove with 252 points, Swift with 212, Eagle with 176 and Falcon 148.

We would like to extend our thanks and appreciation for the support of all those who attended the event and very much look forward to this year's event later in the summer term where the Houses once again battle it out for Gold. We would also like to thank our event photographer Esira Hall, Year 10.

For further details regarding sport at Kingsdale School please contact Ms V Turner, Director of Sport via pe@kingsdale.southwark.sch.uk

LANGUAGES NEWS

Spanish Workshops

On Thursday 18th September, students took part in a Spanish Football Workshop and a Spanish Theatre Workshop. The students thoroughly enjoyed the sessions.

'The Spanish football workshop was all about Spanish sports and how football is important in Spanish culture. We played lots of fun games including verdadero o falso (true or false) and match the English words to their Spanish translation. We also learnt lots of new Spanish words to do with football and sports.

My favourite part of the workshop was when we watched a video of Jude Bellingham trying to speak Spanish as he kept saying lots of random things in Spanish and it was very funny! Overall, I would definitely recommend the workshop to other people as it is very interesting and enjoyable.'

George Turner (Year 9)

'It was a super fun and inclusive way to practice and learn Spanish vocabulary, through many different activities like games and acting out stories. My favourite part was performing a short play because it gave me more confidence for speaking in Spanish.

I had so much fun learning alongside my friends and I would definitely do it again if given the opportunity.'

Trixie Higgs (Year 9)



KINGSDALE OPEN DAYS



Open Days for Year 7 Entry September 2026

Our scheduled Open Days for September 2026 Year 7 entry will take place in September and October 2025. Appointments will be available for booking from September 2025 [here](#).

Open Days and Evenings

Wednesday 24th September 2025

9.30am-11.30am, 1.30-3.30pm & 5.30pm-8pm

Wednesday 1st October 2025

9.30am-11.30am, 1.30-3.30pm & 5.30pm-8pm

Saturday 4th October 2025

10am-12 noon, 1-3pm & 4-6pm

Wednesday 8th October 2025

9.30am-11.30am, 1.30-3.30pm & 5.30pm-8pm

Saturday 11th October 2025

10am-12 noon, 1-3pm & 4-6pm

Open Days for Sixth Form (Year 12) September 2026

You can access details regarding our Sixth Form Open Day events shown below for Year 12 September 2026 entry [here](#).

For all queries regarding admissions to the Sixth Form, please contact the Sixth Form Office via email at sixthform@kingsdale.southwark.sch.uk or telephone 0208 655 9723.

- *4.30 - 7.30pm Wednesday 24th September 2025*
- *1.30 - 6.30pm Wednesday 15th October 2025*
- *4.30 - 7pm Wednesday 5th November 2025*
- *4.30 - 7pm Wednesday 26th November 2025*

* Please Note the Deadline for Booking Year 7 Scholarship Assessments Online or Submitting a Supplementary Form is 6th October 2025



Huge congratulations to our first-ever Gold Arts Award winners at Kingsdale! Our five trailblazers have truly gone above and beyond - mastering new art skills, gaining real-world experience alongside professional practitioners, visiting artist studios, and diving deep into art issues through their own research essays. They didn't stop there... they also fundraised for their leadership projects AND ran inspiring creative workshops with a local primary school, sharing their passion for the arts with the next generation.

Well done to these pioneering young creatives - you've set the standard high!



Also, huge congratulations to our amazing Silver Arts Award winners who officially received their certificates last week! Over the past year, they've achieved so much, from curating and running our Year 9 Art Exhibition at Kingswood, to writing insightful reports on arts experiences, meeting with professional artists, and pushing their own creative practice to new levels.

Their dedication, leadership, and creativity have been incredible to see, and this qualification is a real testament to their hard work and passion for the arts.

ART AND DESIGN CLUBS, CATCH-UP AND SCHOLARS 2025-2026

MONDAY

All years

Breakfast Club
8.00 to 8.30am
Mrs Smiley AR5

Year 7 and 8

Love of Food Club
3.45 to 5.15pm
Ms Leung/Ms Asongafeh FS2

Year 7 and 8

Camera Club
3.45 to 4.45pm
Ms Wallner PS1

Year 8

Young Makers Club
4.10 to 5.10pm
Ms Koch TE2

Year 9-11

GCSE Art and Graphics Club
3.45 to 5.00pm
Ms Rix TE1

Year 9-13

Textiles Catch Up Club
3.45 to 5.00pm
Mrs Brocklesby AR7

TUESDAY

All years

Breakfast Club
8.00 to 8.30am
Mrs Smiley AR5

Year 11

NEA Workshop
3.45 to 5.00pm
Ms Leung/Ms Asongafeh FS1

Year 9-13

Textiles/Art/Graphics Catch Up
3.45 to 5.30pm
Mrs Howell AR2

Year 9-11

GCSE Art and Graphics Club
3.45 to 5.00pm
Ms Rix TE1

Year 9-13

Photography Catch Up
3.45 to 5.30pm
Ms Wallner PS1

Year 9-13

Art Catch Up
3.45 to 5.00pm
Ms Farley AR1

WEDNESDAY

Year 9 and 10 (D&T and Graphics only)

CAD/CAM Club
4.10 to 5.10pm
Ms Koch/Ms Gardiner TE1

THURSDAY

Year 7

Textiles Club
3.45 to 5.00pm
Ms Fearn AR6

Year 7 and 8

Graffiti Club
4.10 to 5.00pm
Ms Gardiner/Mr Gray TE3

Year 7

Bronze Arts Award Club
3.45 to 4.45pm
Ms Farley AR1

Year 9-13

Art, Photography Catch Up
3.45 to 5.00pm
Ms Gregson PS1/AR3

Year 9-13

Art Catch Up
3.45 to 5.00pm
Ms Montero AR4

Year 10

Fly High Club
4.10 to 5.30pm
Ms Leung/Ms Asongafeh FS1

Year 11

D&T Catch Up
3.45 to 5.00pm
Ms Koch TE2

FRIDAY

Year 9

Fly High Club
4.10 to 5.00pm
Ms Leung/Ms Asongafeh FS1

Year 9-13

'Finish it Friday Club'
3.45 to 5.30pm
Mrs Howell AR2

Scholars Club (by invitation only)

Year 7

TUESDAY
3.45 to 4.30pm
Ms Montero AR4
(Starts 26th November 2026)

Year 8

TUESDAY
4.10 to 5.00pm
Mrs Brocklesby AR7

Under-15s Girls' 'Sisters in Sport' Netball

Kingsdale v JAGS

Our Under-15s Girls' Netball team played their first match of the season for the 'Sisters in Sport' campaign.

Unfortunately, they were up against a very good Alleyn's team, losing 37-7.

However, the girls were really positive afterward and used it as an opportunity to develop their own game.

We look forward to Round 2.

Final Score:
Kingsdale 6-2 JAGS



Year 8 Boys Football Kingsdale v BTG

Congratulations to the Year 8 Boys' Football B-Team who beat Bishop Thomas Grant's A-Team on Thursday 11th September. This was a great score for the boys on their return to their first match of the new Season.

Keep up the hard work and watch this Space.

Final score:
Kingsdale 6-2 BTG
Goal scorers: Dorian Blaz (1), Nico Rojas Masing (1), Zackai Ayton (1) and Andres Valencia-Pinnock (3)
Player of the Match:
Andres Valencia-Pinnock



SPORTS NEWS

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



Year 7 Horse Riding

We are very pleased to announce that the Horse Riding After School Clubs have now started for Year 7s.

Every student who has signed up will get the opportunity to participate. We ask that you bear with us as we have had a record number of applications this year. Students are being offered a slot on a first come first served basis. However, please rest assured that everyone who has already signed up will be given the opportunity to participate.

PE Department Extra-Curricular Sports Activities Timetable - Autumn Term 2025-26

Sports Clubs Autumn Term 2025

The Sports Faculty at Kingsdale Foundation School are delighted to announce that our Extra-Curricular Sports Programme for the Autumn term 2025 has now launched. Please be advised that students will be required to submit a completed parental consent form before attending sessions held before or after school. However, students are not required to have parental consent to attend any of our published lunchtime clubs. Please find attached our programme of extra-curricular clubs for the Autumn term.

If your child wishes to attend any of our published sports clubs, please follow the link below, where you will be able to access further information and a consent form for your child's chosen sports club(s). Please be advised that all students are required to wear full school PE kit when attending any of our extra-curricular clubs.

KFS Extra-Curricular Sports Online Booking Form

Please be informed that all students attending our extra-curricular clubs and representing the school at sporting events are expected to be excellent sports ambassadors for the school and are therefore required to adhere to and sign our Sporting Code of Conduct which can be accessed by following the link [here](#).

Please be assured that all students are welcome to attend our clubs whether for recreational or competitive enjoyment and we very much look forward to welcoming you to what is sure to be another year of sporting excellence at Kingsdale Foundation School.

For further details please contact Ms V. Turner, Director of Sport, Health & Recreation via pe@kingsdale.southwark.sch.uk

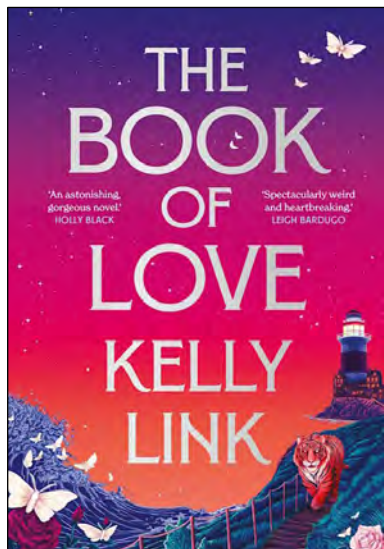
Activity	Time	Venue	Staff
Monday			
Football – Boys – Year 10	8:00-8:50am	Astro	Mr Hall & Mr Foster
Football – Boys – Year 11	11:05-11:50am	Astro	Mr Foster
Swimming – Mixed – Year 7	11:15-1:45pm	Crystal Palace	Mr Jones
Recreational Football – Boys – Year 8	12:00-12:45pm	Astro	Mr Dash
Netball – Girls – Year 8&10	12:00-12:45pm	Sports Hall	Ms McErlain & Mr Foster
Recreational Football – Boys – Year 9	12:55-1:40pm	Astro	Mr Price
Football – Boys – Year 8	4:15-5:15pm	Astro/Playing Fields	Mr Price
Basketball – Boys – Year 9, 10 & 11	4:15-5:15pm	Sports Hall	Mr Hall & Mr Dash
Rugby – Girls – All Years	3:45-5:15pm	Playing Fields/Astro	Ms McErlain
Tuesday			
Basketball – Girls – Year 8, 9, 10 & 11	8:00-8:50am	Sports Hall	Mr Roberts
Table Tennis – Mixed – Year 9	8:10-8:50am	GM1	Mr Price
Rugby – Boys – Year 8&9	8:00-8:50am	Astro	Mr Lord
Football – Boys – Year 7 A and B Squad	11:05-11:50am	Astro	Mr Fitchett & Mr Dash
Basketball – Girls – Year 7	11:05-11:50am	Sports Hall	Ms McManus
Table Tennis – Boys and Girls - Year 8 and 10	12:00-12:45pm	Gym 1	Mr Roberts
Fitness – Boys and Girls - Year 8 and 10	12:00-12:45pm	Fitness Suite	Mr Lord
Sports Scholars – Mixed – Year 8&10	12:00-12:45pm	Astro	Mr Johnstone
Dance – Mixed – Technique – Year 8 and 10	12:00-12:45pm	Dance Studio	Ms McGregor
Dance – Mixed – Technique – Year 9	12:55-1:40pm	Dance Studio	Ms McGregor/Ms Dookey
Cycling – Mixed – All Years	3:00-5:00pm	Herne Hill Velodrome	Ms McManus
Recreational Football – Boys – Year 7	3:45-5:00pm	Astro/Playing Fields	Mr Price & Mr Dash
Football – Girls – Year 10 and 11	4:10-5:15pm	Astro/Playing Fields	Mr Jones
Dance – Mixed – Contemporary – Year 7 and 11	3:45-5:00pm	Dance Studio	Ms Dookey
Dance – Mixed – Contemporary – Year 8, 9 and 10	4:15-5:15pm	Dance Studio	Ms Dookey
Wednesday			
Football – Boys – Year 9	8:00-8:50am	Astro	Mr Johnstone
Fitness – Boys and Girls Year 9 and 11	8:00-8:50am	Fitness Suite	Mr Samuel
Netball – Girls – Year 11	8:00-8:50am	Sports Hall	Mr Foster
Horse Riding – Mixed- Year 7	10:45-12:15pm	Dulwich Stables	Ms McGregor
Horse Riding – Mixed- Year 7	12:45-2:15pm	Dulwich Stables	Ms McGregor
Sports Scholars – Mixed – Year 9	12:55-1:40pm	Sports Hall	Ms McErlain & Mr Foster
Fitness, Rock Climbing and Volleyball – Mixed – Sixth Form	1:50-3:40pm	Crystal Palace	Mr Dash
Football – Mixed – Sixth Form	1:50-3:40pm	Playing Fields	Mr Price
Rugby – Mixed - Sixth Form	1:50-3:40pm	Playing Fields	Mr McWhirter
Rugby – Boys – Year 7	3:45-5pm	Playing Fields	Mr Roberts
Netball – Girls – Year 7	3:45-4:40pm	Sports Hall	Ms McErlain & Mr Foster
Netball – Girls – Year 9	4:30-5:30pm	Sports Hall	Ms McErlain & Mr Foster
Football – Girls – Year 8&9	4:10-5:15pm	Astro	Mr Dash & Mr Jones
Thursday			
Hockey – Mixed – Year 8,9,10 & 11	8:00-8:50am	Astro	Ms Jaymes & Ms Marshall
Sports Scholars – Mixed - Year 7 and 11	11:05-11:50am	Sports Hall, Gym 2	Mr Price & Mr Fitchett
Table Tennis – Mixed – Year 7 and 11	11:05-11:50am	Gym 1	Mr Dash
Fitness – Boys and Girls Year 7	11:05-11:50am	Fitness Suite	Ms McManus
Hockey – Mixed – Year 7	11:05-11:50am	Astro	Mr McWhirter & Ms Jaymes
Dance – Street Dance – Mixed – Year 7 and 11	3:45-5:00pm	Dance Studio	Ms McGregor/Ms Dookey
Dance – Street Dance – Mixed – Year 8, 9 and 10	4:15- 5:15pm	Dance Studio	Ms McGregor/Ms Dookey
Football – Girls – Year 7	3:45-5:00pm	Astro	Ms McManus & MS Jaymes
Friday			
Basketball – Boys – Year 7 & 8	7:45-8:50am	Sports Hall	Mr Lord
Rugby – Boys – Year 10&11	8:00-8:50am	Astro	Mr McWhirter



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

Reading Recommendations

Teacher Recommendation



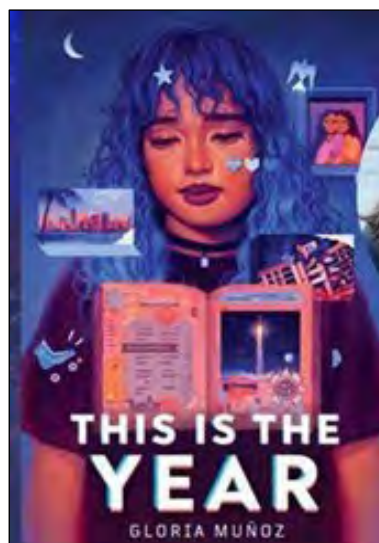
Ella Lyle in Year 8 recommends
The Book Of Love
By Kelly Link

Three high schoolers - Laura, Daniel, and Mo vanish and are presumed dead, only to reappear a year later. They return bearing strange magical abilities, caught between life and

something otherworldly. To truly live again, they must compete in a mystical contest—but only two of them can remain among the living. As they uncover what happened to them, they're tested by sacrifice, identity, and what it means to choose who you are.

Ella found the three protagonists really interesting and relatable – particularly Laura!
Best suited for students in Year 8 and older!

Student Recommendation Teacher Recommendation



Ms Parke recommends
This is the Year
by Gloria Munoz

Set in a post-apocalyptic Florida, the novel follows a young protagonist navigating both environmental collapse and social injustice. As marine pollution and exploitative labour practices erode the world around her, she tries to survive while

confronting grief, displacement, and what it means to keep hope alive in a world falling apart.

Ms Parke was sadly moved by the plight of the main character but ultimately uplifted by the story's message.

Some mature content; best suited for Year 9 and older!

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 via attendance@kingsdale.southwark.sch.uk

AUTUMN TERM 2025

First Autumn Half-Term

Tuesday 2nd September – Friday 17th October

Half Term Holiday

Monday 20th October – Friday 31st October

Second Autumn Half-Term

Monday 3rd November – Friday 19th December

SPRING TERM 2026

Friday 5th January INSET DAY

School closed to students except those in Year 11

First Spring Half-Term

Monday 5th January – Friday 13th February

Half-Term Holiday

Monday 16th February – Friday 20th February

Second Spring Half-Term

Monday 23rd February – Friday 27th March

SUMMER TERM 2026

First Summer Half-Term

Monday 13th April – Friday 22nd May

Monday 13th April INSET DAY

School closed to students except those in Year 11

Mayday Bank Holiday

Monday 4th May 2025

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

Supporting Children's Mental Health: Two Online Events This September

Parents and carers can join two short, research-informed Zoom sessions focused on understanding and supporting children's emotional wellbeing. If you can't attend live, book in advance to get 90-day access to the recording and slides.



**The Association
for Child and Adolescent
Mental Health**

□ The Amal Group – Addressing Adversity, Stress & Trauma

- **When:** Tuesday 23rd September 2025, 17:00–18:30
- **Where:** Live webinar (Zoom)
- **What you'll get:** Practical insights into how adversity, stress and trauma affect children's mental health, plus supportive, evidence-based approaches for families.
- **Book:** <https://www.acamh.org/event/amal-group/>

□ The Early Path to Social Anxiety: Temperament, Attention & Emotion

- **When:** Thursday 25th September 2025, 17:00–18:30
- **Where:** Live webinar (Zoom)
- **What you'll get:** How early temperament and attention patterns shape social anxiety, and where the best intervention opportunities are for children and young people.
- **Book:** <https://www.acamh.org/event/social-anxiety/>

You must book before the start time; tickets aren't available once the webinar begins. Recordings and slides are available for 90 days to all registered delegates.



Upcoming Webinar: Helping Your Child with Spelling – Free Tips & Tools

- **What:** *Spotlight: Top Tips for Supporting the Development of Spelling Skills*
- **When:** **Monday 6th October 2025, 6:00 PM-7:00 PM**
- **Where:** Online, via [Helen Arkell Dyslexia Charity](https://www.helenarkell.org/)
- **Cost:** Free – this event is held to celebrate Dyslexia Awareness Week.

Why This Might Be Helpful to You & Your Child

Spelling is one of the areas many children with dyslexia find particularly challenging. Difficulties in spelling don't just affect writing – they can impact confidence, self-esteem, academic achievement, and willingness to participate. Often, errors persist even when reading improves, unless there is explicit support.

This webinar will help you understand:

- Why spelling is especially hard for dyslexic learners – what cognitive, linguistic or processing issues can make it difficult.
- The kinds of errors children with dyslexia tend to make. For example: omission of letters, phonetic approximations, letter reversals, difficulties with irregular word patterns.
- How weak spelling can have “knock-on” effects: frustration, avoiding writing tasks, reduced participation, anxiety about school work.
- Practical tips you can use at home: ways to support spelling development, strategies to practise, tools and resources (including something new that Helen Arkell will introduce).

How to Join & What to Prepare

- The event is free, but you will need to [register](#) in advance.
- It's online, so make sure you have a good internet connection and a quiet space to join.
- It's suitable for parents and carers, and also for education professionals – you'll get shared value even if you're not sure whether your child has dyslexia yet.
- During the webinar, it might be helpful to have a notebook, a list of spellings your child finds tricky, or examples of errors you want to talk about. That way you can apply tips directly.

Parenting Courses and Support Groups



Mindful Parenting and Mental Health Support

- **YoungMinds Parents Helpline:** Provides confidential advice and resources for parents concerned about their child's mental health.
- **Mindful Parenting Courses:** Focus on reducing parental stress, improving parent-teen relationships, and fostering emotional intelligence in young people.
- **The Anna Freud Centre:** Offers resources and training for parents of teenagers struggling with emotional difficulties.

More information: youngminds.org.uk | annafreud.org

Place2Be Parenting Support

Place2Be, in partnership with local schools and councils, offers an online **Parenting Smart** course aimed at supporting parents of secondary school-aged children.

The course covers:

- Managing teenage emotions and behaviour...
- Setting clear boundaries while maintaining a positive relationship.
- Encouraging emotional well-being and resilience.

More information: place2be.org.uk



Lambeth Parenting Groups

Lambeth Council and local organisations offer parenting programs tailored to support families with older children:

- **Being a Parent – Teen Edition:** A program designed for parents of children aged 11-16, focusing on positive communication, emotional regulation, and strengthening the parent-teen relationship.
- **Triple P (Positive Parenting Program):** Provides practical strategies to help parents manage challenging behaviour, support their child's mental well-being, and encourage positive development.

More information: leaplambeth.org.uk

South London and Maudsley NHS Foundation Trust (SLaM) Support Services

SLaM offers various mental health and emotional well-being services for young people and their families. Programs include:

- **CAMHS (Child and Adolescent Mental Health Services):** Provides professional assessments, therapy, and support for adolescents struggling with emotional and behavioural difficulties.
- **Empowering Parents Empowering Communities (EPEC) – Adolescent Focus:** A peer-led initiative offering parents strategies to handle teenage challenges, such as conflict resolution and emotional resilience.

More information: slam.nhs.uk

SEND FACULTY NEWS cont.

Welcome from the Learning Support Faculty!

The Learning Support Faculty would like to welcome everyone back to the school and we hope everyone has enjoyed their time so far.

We would like to introduce our fantastic team to you and let you know a little bit about what we do.

- **Director of English and Learning Support:** Miss G Smith
- **SENCO:** Ms S Jarada
- **Assistant SENCO:** Ms M Thorn
- **SEND Consultant:** Ms L Dadkhah
- **SEND Consultant:** Ms C Francis-Finch

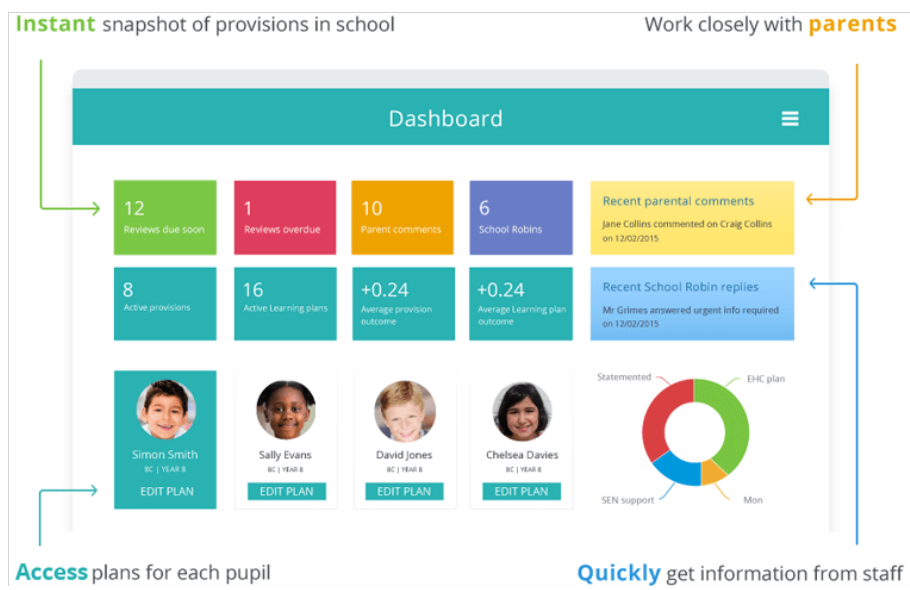
The Waves of Intervention model are used at Kingsdale Foundation School, with a particular focus on Wave 1: Quality First Teaching. Our staff are given regular CPD opportunities by specialists within the Learning Support Faculty, from external agencies and within faculties and pastoral teams. Students who require additional support may be allocated a Teaching Assistant (TA) to supplement the teaching and input they receive. Students who require access arrangements for examinations are assessed in line with JCQ guidance.

The Learning Support Centre (LSC) is a therapeutic intervention provided to allow students experiencing anxiety to be referred for a period of time. This is a quiet space for students to work and be supported by teachers and TAs. Students have access to learning mentors, counsellors, and an art psychotherapist through a referral procedure in line with their needs. The SEND provision in lessons is monitored through the quality assurance of teaching and learning procedures

Edukey

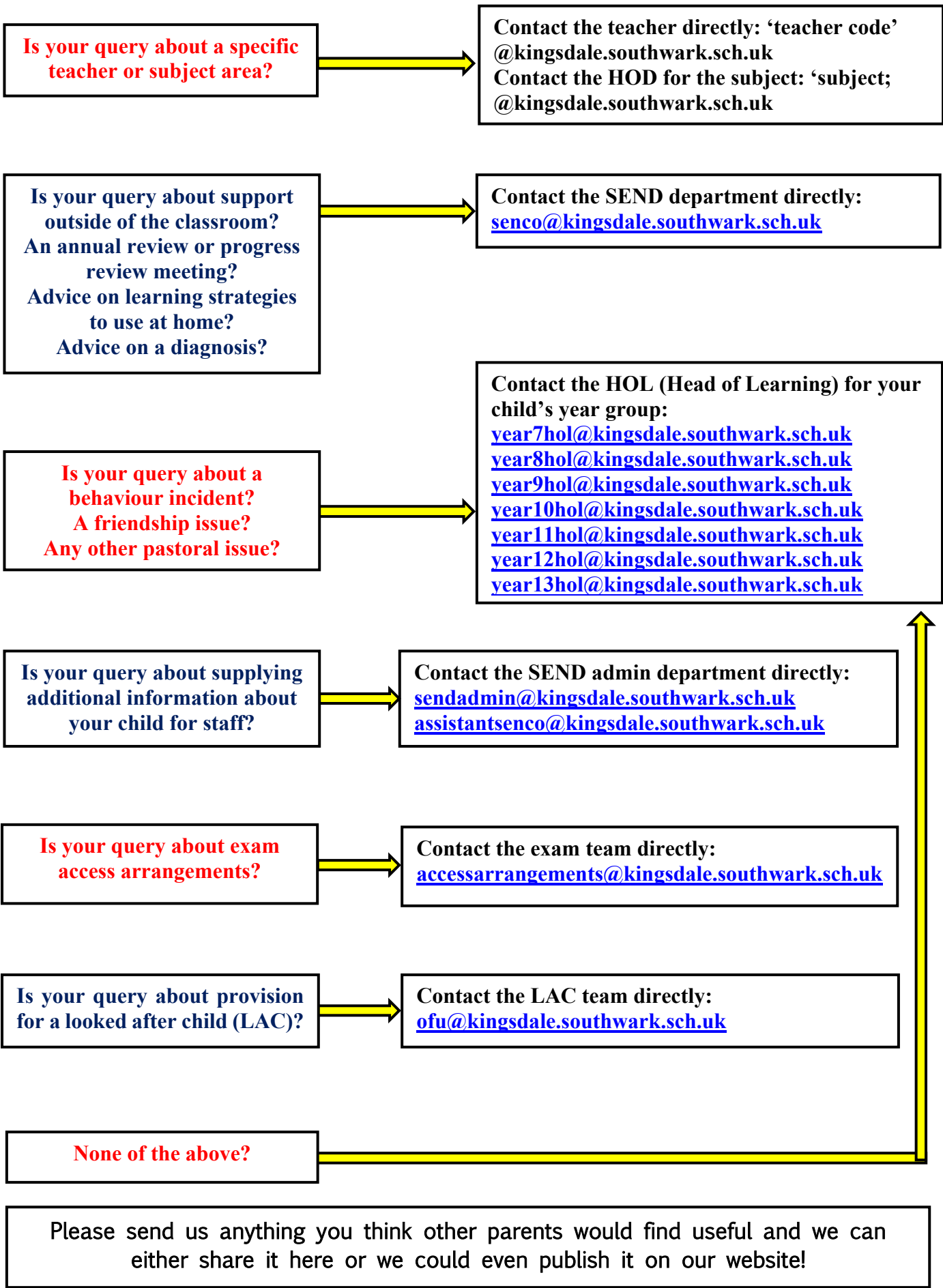
As part of the school's focus on Quality First Teaching we have a programme called Edukey. Edukey is a fantastic piece of software for ensuring staff can plan and deliver their lessons effectively for all students. All provision plans for students are uploaded so information is accessible to all staff, including documentation, provision plans, meeting logs and a tool to be able to communicate quickly and easily with the teachers of said pupil.

This also means all staff can be proactive in seeking information relating to each and every pupil's needs.



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.



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**

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.

HOUSE COMPETITIONS



EUROPEAN DAY OF
LANGUAGES

September 26th

European Day of Languages 2025

The European Day of Languages is celebrated every year on 26th September. The European Day of Languages was first officially celebrated in 2002 following the success of the European Year of Languages in 2001. The day is organised jointly by the European Union and the Council of Europe.

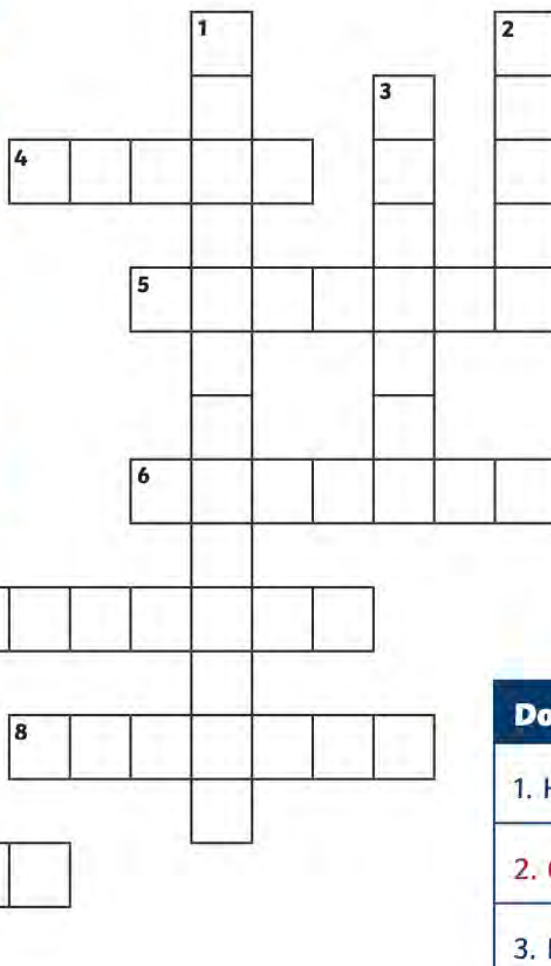
Europe is lucky to enjoy a rich diversity of language and cultures with 200 European languages, 24 Official EU languages and it is estimated around 60 regional or minority languages.

STUDENT HOUSE ACTIVITY: Submit your answers to this crossword to the House Team: housesystem@kingsdale.southwark.sch.uk Ensure your entry is accompanied by your **full name, tutor group and House.**

Can you solve this crossword puzzle? Look carefully at the clues, which show 'Hello!' in different languages and the country's flag. Write the countries in the boxes in the crossword grid.

Tip: The numbers in brackets show you how many letters you need.

Across	
4. ¡Hola! (5)	
5. Hallo! (7)	
6. Hei! (7)	
7. Olá! (8)	
8. Tere (7)	
9. Bonjour ! (6)	



Down	
1. Hello! (13)	
2. Ciao! (5)	
3. Bună! (7)	
7. Cześć! (6)	

¡Hola!

Cześć!

Hallo!

Bună!



Kingsdale Cooking Challenge Fairtrade Fortnight

Fairtrade Fortnight 2025 is taking place 22nd September-5th October 2025. Over these fourteen days they are asking each of you to **Do it Fair.**

Fairtrade Fortnight are celebrating the difference we can all make when we choose Fairtrade and campaign as part of a UK-wide movement calling for a fairer system behind the things we consume every day. Fairer pay. Fairer treatment. Fairer futures. That's Fairtrade. It's not just a label – it's a movement. So, whatever you do, and however you do it: **Do it Fair.**



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.**



National Doodle Day 2025

What is Doodle Day?

Every year in September, this year, on 26th September 2025, a selection of famous faces from the worlds of art, sport and entertainment picks up their pens, paints and pencils to create one off doodles to support people affected by epilepsy. These doodles are auctioned off to the highest bidder following a week's long eBay auction.

By doodling, this ensures that the 600,000 people living with epilepsy have access to specialist advice, quality healthcare and can live free of stigma, prejudice, and discrimination.



STUDENT TASK: Create your own doodle that captures your summer holidays.

HOW TO ENTER: Submit your entry to housesystem@kingsdale.southwark.sch.uk Ensure your entry is accompanied by your **full name, tutor group and House.**

Prizes will be awarded to outstanding entries. We look forward to seeing your work!

What Parents & Educators Need to Know about

SNAP STREAK

97

WHAT ARE THE RISKS?

SNAPCHAT

AGE RESTRICTION
13+

With over 900 million active monthly users and billions of 'Snaps' sent each month, Snapchat is a popular messaging app among children and young people. It allows users to share fun, spontaneous pictures and videos with friends and family while using playful filters. One of Snapchat's unique features is that pictures, videos and messages are only viewable for a short period of time.

ARTIFICIAL INTELLIGENCE

Snapchat's use of artificial intelligence (AI) includes features like the 'My AI' chatbot and AI-powered filters, offering interactive experiences that can be fun but also pose risks. These tools may share unfiltered or inaccurate responses, promote unrealistic beauty standards, and collect personal data. Advanced filters and deepfake-style lenses can distort reality, potentially leading to manipulation, impersonation, or inappropriate content.

SCREEN ADDICTION

Snapchat boosts user engagement and daily use with features like streaks (daily Snapchat exchanges between you and a friend). When a streak's been going for a few days, users will see a 📧 emoji. The number alongside it shows the number of days, but if users miss a day and break the streak, the only way to restore it is to pay. This encourages daily use habits, and frequent notifications can keep users returning to the app even more often.

SEXTORTION

Because Snapchat's disappearing messages feature may foster a sense of safety, users may become targets of sextortion. For example, a predator may pressure someone into sending nude images, then somehow capture those images to threaten and intimidate the victim. This might involve claiming they will share the images with friends or family unless money is paid.

SNAPCHAT+

Snapchat+ is the platform's premium subscription service, offering early access to new and exclusive features. In June 2025, Snapchat introduced a new tier called Lens+, giving subscribers access to hundreds of lenses and AR experiences for playing, creating, and sharing Snaps. These paid features may encourage young users to spend money to access exclusive content, increasing the risk of overspending or feeling pressured to make in-app purchases.

ACCESSIBILITY

Snapchat is now accessible from a web browser, meaning children can use it on a laptop or tablet without downloading the app. This can make activity harder to monitor, reduce the effectiveness of parental controls, and increase the risk of unsupervised communication or exposure to inappropriate content.

INAPPROPRIATE CONTENT

Some content on Snapchat isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's disappearing messages feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

Advice for Parents & Educators

ACCESS THE SNAPCHAT FAMILY SAFETY HUB

Created with guidance from Common Sense Media, Snapchat has developed a Family Safety Hub that explains how the app works and how to use its in-app protections for teens. It's recommended that you review this guidance before allowing a child to download Snapchat. Remember, the app is only intended for children aged 13 and over.

BLOCK AND REPORT

If a stranger connects with a child on Snapchat and makes them feel uncomfortable by pressuring them to send or receive unwanted or inappropriate images, the child can tap the three dots on that person's profile to report or block them. There are options to state why they're reporting that user, with a tailored reporting section under the 'Nudity and Sexual Content' category. In this category, there's the option to report somebody for threatening to leak sexually explicit images, or 'nudes'.

ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

USE PRIVACY SETTINGS TOGETHER

Sit down with the children in your care and explore Snapchat's privacy settings as a shared activity. You can help them adjust who can contact them, view their stories, or see their location on Snap Map. It's a good opportunity to explain why some settings are safer than others, reinforcing their understanding of online boundaries. Encourage them to regularly review these settings, especially after app updates or changes in their friendship groups.

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

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/snapchat>

X @wake_up_weds

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@ @wake.up.wednesday

@ @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.09.2025

SPORTS FIXTURES

Monday 22nd September 2025

- Under-16s Girls' Netball Home (Sports Hall) Match v Colfe's School. Start 4pm. Finish at 5.30pm approx.: **Ms McErlain**
- Under-15s Boys' Rugby Away Match v Carshalton Boys Sports College at Streatham and Croydon RFC. Leave school at 1.50pm. Start 3pm. Return at 5.30pm approx.: **Mr McWhirter**

Tuesday 23rd September 2025

- Under-13 Elite Football Home Match v Wilson's School. Leave school at 1.50pm. Start 2.30pm. Return at 4.30pm approx.: **Mr Price**

Wednesday 24th September 2025

- No planned fixtures/events

Thursday 25th September 2025

- Under-13s Girls' Football (Burgess Park) Home Match v Haberdashers' Aske's Academy. Leave school at 1.30pm. Start 2.30pm. Return at 5pm approx.: **Mr Jones**
- Under-13s Girls' Non-Contact Rugby Festival Away at Battersea Power Station. Leave school at 12 noon. Start 1pm. Return at 4.30pm approx.: **Ms McErlain**

Friday 26th September 2025

- Under-14s Girls' Netball Away Match v James Allen's Girls School. Leave school at 1.50pm. Start 2.30pm. Return at 4.30pm approx.: **Mr Foster**
- Under-13s Boys' B-Team Football Away Match v Dulwich College. Leave school at 3.30pm. Start 4.15pm. Return at 6pm approx.: **Mr Price**

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

All fixtures can be viewed via the link below:
<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 ways to 'What Parents & Educators Need to Know about Snapchat.' Get a greater insight here.

Please read! Remember to keep an open dialogue with your child about their activities online. **See Page 20 above.**

The House Leader Board 2025-26

Week Ending

19th September 2025

- 1st Place – Dove 8,806 points
- 2nd Place – Swift 8,607 points
- 3rd Place – Albatross 8,557 points
- 4th Place – Falcon 8,508 points
- 5th Place – Eagle 8,344 points



Ways we communicate with Parents and students

We communicate with students & parents via:

Student & Parent Email

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

MS Teams

Used to share schoolwork, assignments and files.

Twitter/Website

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

SatchelOne (previously SMHW)

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

MyEd app

Downloaded for free at:

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

This app provides a range of useful info for parents.

