



# PARENTAL NEWS BULLETIN

Issue 33 Monday 9<sup>th</sup> June 2025

## HEADLINE NOTICES

**National Thank a Teacher Day**  
Wednesday 18<sup>th</sup> June 2025

National Thank a Teacher Day on 18<sup>th</sup> June 2025 is a fantastic opportunity to show appreciation for the wonderful school staff who go above and beyond to ensure our children receive the best education

possible. **Kingsdale has dominated the competition over the previous 3 years and we are hoping with your help that this will continue!**

The Thank a Teacher campaign recognises **ALL** staff working in UK schools and colleges; school leaders, teachers, teaching assistants and all support staff such as caretakers and cleaners. As part of this national initiative, we would like to invite you to nominate one or more thoroughly deserving members of staff at Kingsdale who you feel has shown dedication, hard work and commitment beyond the call of duty over the past year. You can nominate anonymously if you wish. To nominate a member of staff, simply complete the online Thankyou Card form which can be located [here](#).

We will ensure that all e-cards are passed on to the relevant member of staff as part of the National Thank a Teacher Day celebrations.

Thank you in advance for your nominations and for your continued support of Kingsdale staff.

## Curriculum Coffee Mornings



Our schedule of Coffee Mornings for parents are listed below.

They are a great opportunity to meet staff and learn more about the curriculum for each year groups.

The upcoming dates for this term's meetings are:

Friday 27<sup>th</sup> June 2025 Year 12

Friday 4<sup>th</sup> July 2025 Years 9 & 10

Friday 11<sup>th</sup> July 2025 Years 7 & 8

On Friday 18<sup>th</sup> July 2025, there will be a special end of key stage coffee morning for parents of students in Years 11 and 13. Further details issued separately. Each event starts at 11.30am (Conference Room 1) at the school. Parents who are interested in attending, must register via the link sent separately by email.

We hope to see you there. Should you have any queries, please contact Mrs Chaudhary, Deputy Headteacher via [sca@kingsdale.southwark.sch.uk](mailto:sca@kingsdale.southwark.sch.uk).

**THEME OF THE WEEK**  
Actions Speak Louder than Words –  
‘The great aim of education is not knowledge, but action.’

**WORD OF THE WEEK**  
Petrichor

A pleasant smell that frequently accompanies the first rain after a long period of warm, dry weather.

## PRIDE MONTH



**June is Pride Month!** Further details regarding our programme to celebrate this event have been issued separately.

## SCHOOL NEWS

### House Excellence Award



Evan Bardino, Year 8, has won the House Excellence Award. He was nominated by the Drama department who write:

“Evan is having an excellent year in Drama. His work is consistently committed, creative, hilarious and

imaginative. His ability to improvise and develop a wide range of characters has made him a standout in the class. He contributes thoughtful and analytical insights during class discussions and is a generous supporter of his peers' work. We're excited to see where his performance skills will take him.”  
Well done, Evan!

### Kingsdale Foundation School's Inter-House Sports Day Heats & Finals Event 2025

Thursday 24<sup>th</sup> July 2025

Crystal Palace National Sports Centre.

For more details of our forthcoming Inter-House Sports Day Finals event, go to Page 9



# The Kingsdale Family International Culture Day 2025



## Kingsdale Culture Day Raffle Prizes Needed!

We need your help with Raffle Prizes  
for the Culture Day on 20<sup>th</sup> July 2025!

We are still collecting raffle prizes so in case you  
are able to donate anything at all – big or small,  
items or experiences – it would be much  
appreciated, please contact us urgently  
via [kfscultureday@kingsdale.southwark.sch.uk](mailto:kfscultureday@kingsdale.southwark.sch.uk).

Raffle prize donations can also be submitted at  
the school's main Reception FAO Mrs Chaudhary  
or e-mail Ms Markes

on [dms@kingsdale.southwark.sch.uk](mailto:dms@kingsdale.southwark.sch.uk)

All donations are most gratefully received!



We are delighted to invite you and your family to our school's annual festival of cultural diversity, **The Kingsdale Family International Culture Day**, taking place on **Sunday 20<sup>th</sup> July 2025** from 12 noon onwards. This is a unique and vibrant event themed around celebrating and embracing the rich and diverse cultures that exist within our wider school community.

The day will include a wide range of cultural activities, interactive stalls and talent shows and you will experience a brilliant display of:

- Music, Dance & Theatre
- Multicultural Cuisine
- Artefacts Exhibition and Sales
- Fun activities for Children, including Bouncy Castle and Game Stalls
- Interactive Performing and Creative Arts Workshops
- Cultural Attire & Photobooth

This is our distinctive school community event each Summer and its success depends upon the generous and spirited participation of all, including parents. We invite you to get involved in contributing to this splendid event and look forward optimistically to your enthusiastic participation. Last year, we had a brilliant range international cultural representation from over 35 countries including the UK, Japan, Mexico, China, Vietnam, Turkey, Spain, Germany, Australia, India, Mauritius, Ghana, Jamaica.

It would be wonderful if you are able to get involved by running or contributing to multicultural food stalls, cultural stalls, game stall, music and dance performance(s), display of cultural artefacts for exhibition and/or sales or donating raffle prizes for the event.

If you would like to help, please fill in the online participation form via the link [here](#) or contact us via the email: [kfscultureday@kingsdale.southwark.sch.uk](mailto:kfscultureday@kingsdale.southwark.sch.uk).

This is a charity event and all funds that we raise through this celebration will be donated to 'Mind', a charity organisation that provides support, advice and services for better mental health. Tickets for the event will be available from 1<sup>st</sup> July 2024. **Entry to the event will be free of charge.** Tickets will indicate the total number of visitors attending the event. Further confirmed details regarding ticketing will be issued separately.

We really hope you can make it and look forward to receiving your support in organising this extraordinary event.





## Our New Pond is Here!

We're delighted to share news that, thanks to the energy and teamwork of our brilliant Key Stage 3 volunteers, the new school pond has now been dug and filled! With support from Froglife and some fantastic parent volunteers, the team worked hard at the end of last term to shape the pond and introduce its first aquatic plants.

As well as being a valuable resource for the school, the pond forms part of the London Blue Chain, a Froglife-led initiative to create and restore 100 freshwater habitats across southeast London. This project aims to support amphibians, reptiles, and other wildlife while connecting local communities with nature through hands-on conservation and learning opportunities.

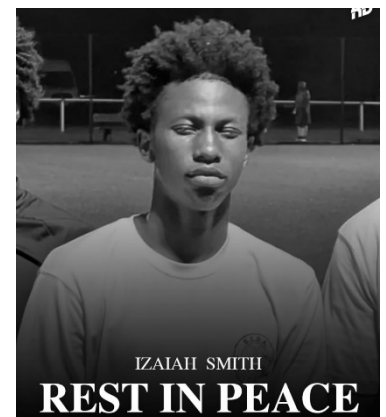
We'd like to extend a huge thank you to everyone who gave their time, energy and enthusiasm to help bring this project to life. The pond marks an exciting step forward in developing our outdoor learning space, and we're already looking forward to the opportunities it will offer for hands-on science, ecology and creative learning in the months ahead.

Watch this space; there's more to come!



## In Loving Memory of Izaiah Smith

Izaiah Smith was a cherished member of the Food Science Department. Among the many recipes he learned, brownies and cinnamon rolls were his favourites. In honour of Izaiah, the department's staff and students prepared his favourite dishes to share with friends and family during the refreshments following Izaiah's funeral which took place on Tuesday 27<sup>th</sup> May 2025. Rest in peace Izaiah.



## Exciting International Women's Cricket Match

There is an exciting opportunity this half term for **Year 7, 8, 9 and 10 girls only** who are interested in watching a women's international cricket match.

It is the ECB select XI vs India T20 at the Beckenham County Ground on **Wednesday 25<sup>th</sup> June** in the afternoon.

If your child is interested in attending, please ask them to see Mr McWhirter in the D10 PE Office to register interest. If there is an increased demand for the event names will be randomly drawn from those who wish to go. Students will then be notified if they are attending by receiving a letter from Mr McWhirter about the event.

Any questions, please email [pe@kingsdale.southwark.sch.uk](mailto:pe@kingsdale.southwark.sch.uk) or students can see Mr McWhirter in the D10 PE Office.

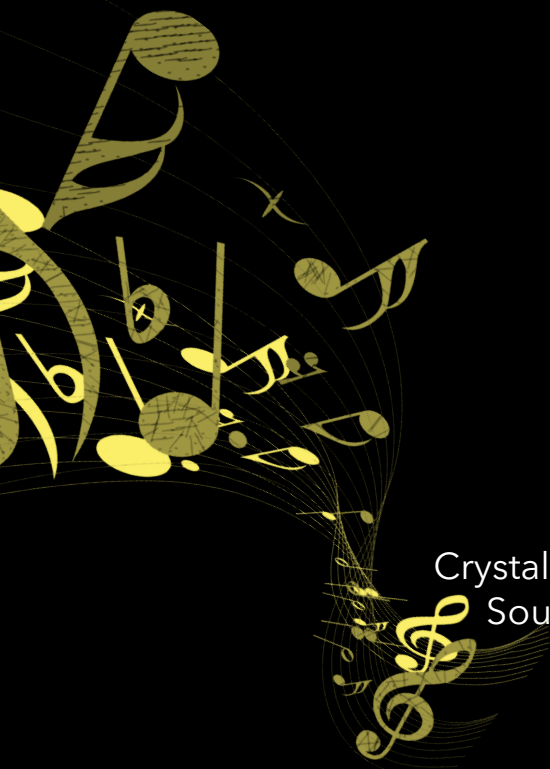


# Summer Festival 2025

Kingsdale Performing Arts Faculty are delighted to announce our Event Series for the Kingsdale Summer Festival 2025.

Please note the dates and times below, with further details following via Evolve notifications and further notifications from the Music Department and Ensemble Directors. Information regarding attendance and ticketing will be provided closer to each event. Consent and visit details for external events will be sent via our Evolve trips platform.

Any queries please email [performarts@kingsdale.southwark.sch.uk](mailto:performarts@kingsdale.southwark.sch.uk)



## Friday 27<sup>th</sup> June 2025

Kingsdale Percussion Festival 6pm @ Kingsdale Atrium

*Rehearsal 4pm-5.30pm*

Ensembles involved, Junior Percussion, Mr Lewis' Percussion Ensemble, Senior Percussion, Steel Pans & African Drumming Ensemble

## Wednesday 2<sup>nd</sup> July 2025

Dance Recital Evening 6pm @ Kingsdale Drama Theatre

Ensemble involved: Year 10 Function Band (Mr Williams) + Soloists

## Friday 4<sup>th</sup> July 2025

Crystal Palace Schools Festival 6pm @ Crystal Palace Park Arena (Festival Republic)

Sound Check 2pm; Ensemble involved: Year 10 Function Band (Mr Williams)

## Wednesday 9<sup>th</sup> July 2025

Kingsdale Art and Design Exhibition 5pm @ Kingsdale Atrium

Ensembles involved: Harp Ensemble, Senior Jazz Ensemble (Mr Glasser), Junior Electric Guitars + Soloists

Friday 11<sup>th</sup> of July - School-O-Rama Steel Pan Festival 11am-3pm - Trevor Bailey Sports Ground SE21 7HA

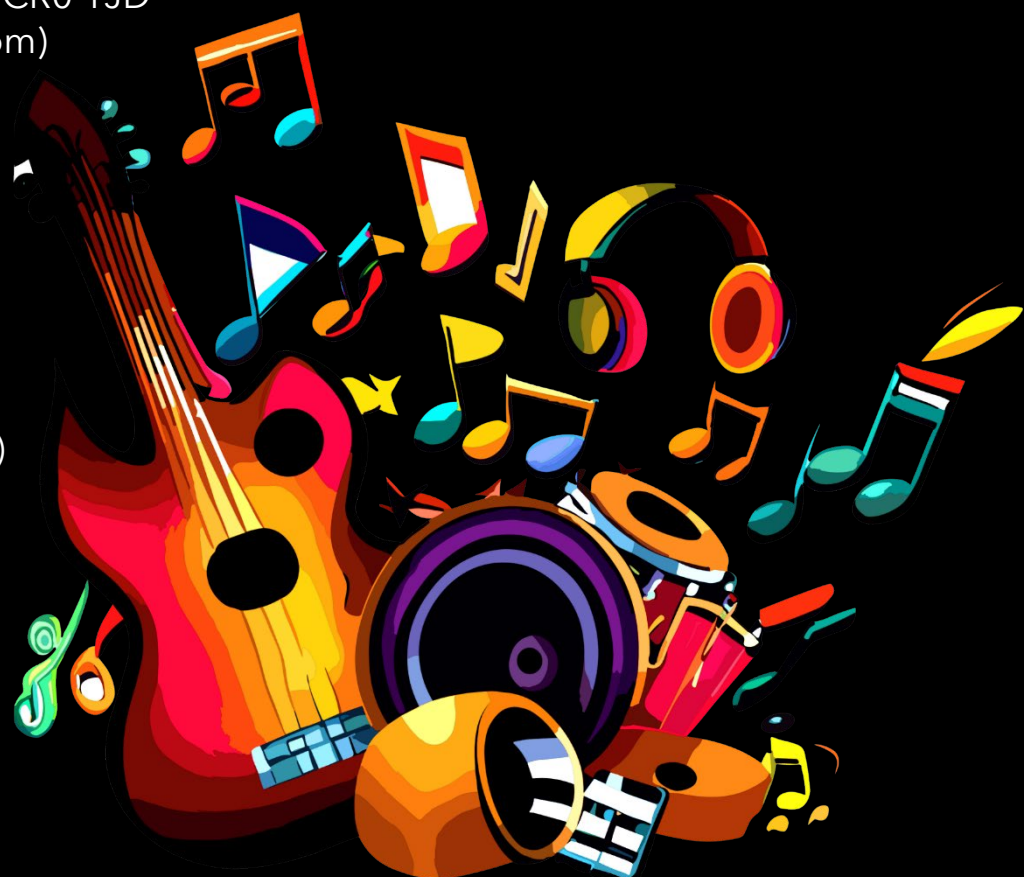
*Ensembles involved: Senior Steel Pans + student audience of steel pan players.*

## Friday 11<sup>th</sup> July 2025

Kingsdale Schools Concert 5pm @ Fairfield Halls, Croydon, CR0 1JD

(Rehearsal 11am - 2pm, Primary School Workshop 2pm)

Barry Graham Big Band (Mr Brown)  
Clarinet Ensemble (Ms Ryall)  
Junior Woodwind (Mr Lockrane)  
Chamber Choir (Ms Hatton)  
Senior Flute (Ms Gittins)  
Senior Wind (Ms Cawley)  
Junior Guitar (Mr Tonks)  
Sweet Recorder Consort (Ms Rhodes and Ms Dean)  
Trad Band (Mr Mckenna)  
Musical Theatre Choir (Ms Burke and Ms Vaughan)  
Cello Ensemble (Ms Mackrell)  
Orchestra (Ms Melvin)  
Junior Strings (Ms Melvin)  
Brass Ensemble (Mr Smith)  
Gospel Choir (Kuziva and Neto)  
Balkan Ensemble (Mr Melovski)



## Sunday 20<sup>th</sup> July 2025

Kingsdale International Family Culture Day 12pm @ Kingsdale Atrium

Ensembles involved: All Steel Pan Groups, Trad band, Salsa band, Junior Jazz Ensemble, Balkan Ensemble + other acts TBC

We look forward to welcoming you to the performances and joining in celebrating the accomplishments of our young performers.





**KINGSDALE**  
FOUNDATION SCHOOL

Silver Arts Award  
Year 9 Exhibition



11th June 2025, 4-6:30pm  
at Kingswood Arts Seeley Drive, SE21 8QN



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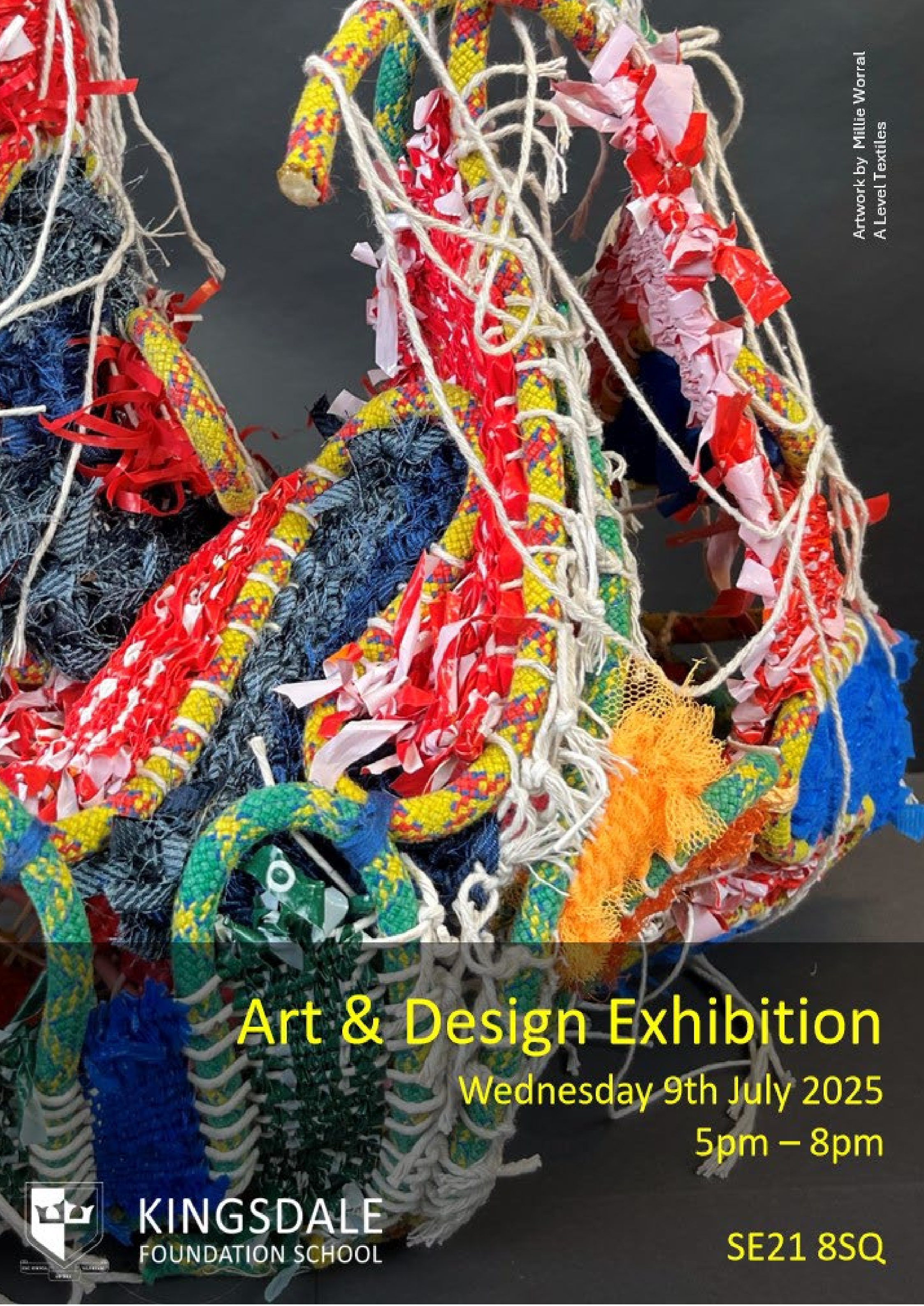
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Artwork by Millie Worral  
A Level Textiles

# Art & Design Exhibition

Wednesday 9th July 2025

5pm – 8pm



**KINGSDALE**  
FOUNDATION SCHOOL

**SE21 8SQ**



# MODERN

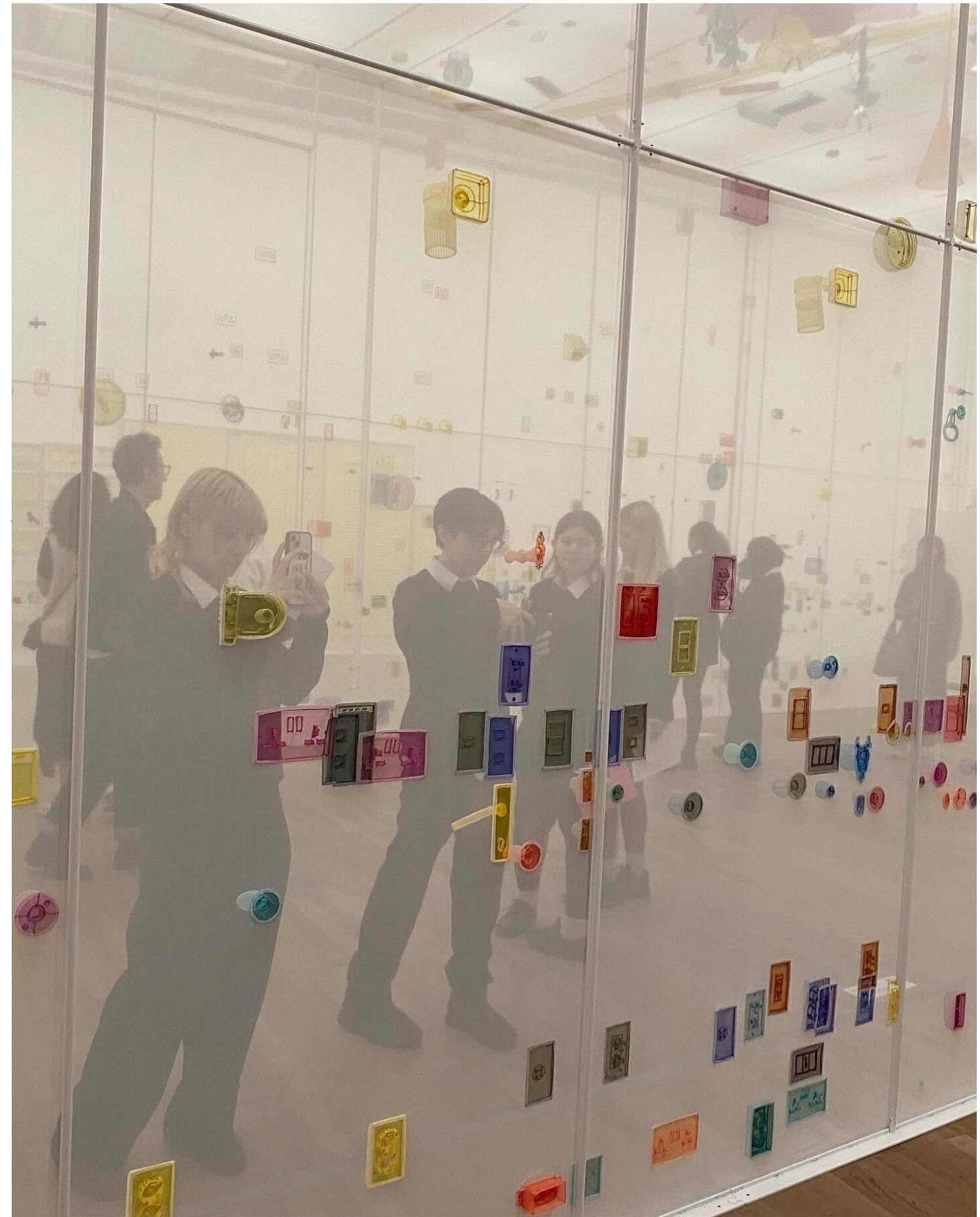
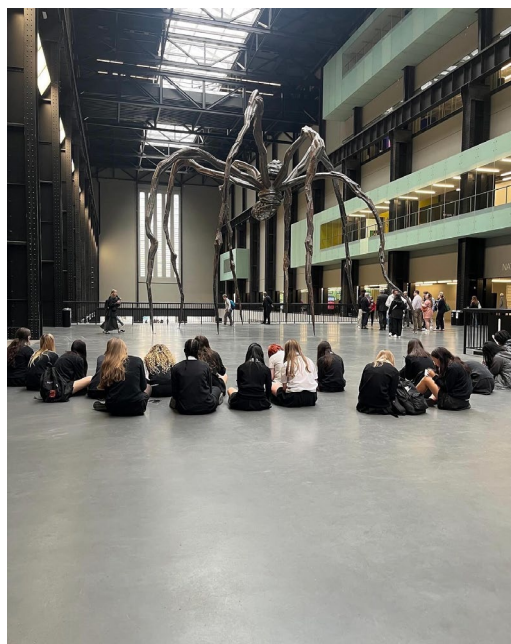
## Dop Ho Suh Visit

On Thursday 22<sup>nd</sup> May, our Year 10 and 12 Textiles students visited the Tate Modern to view the new Do Ho Suh, 'Walk The House' exhibition. The exhibition, featuring incredible textile installations and artworks of architecture from Suh's life, explores the concept of is home a place, a feeling, or an idea.

Students also explored the public galleries, taking time to do lots of drawing and take photographs for their GCSE and A Level coursework.

Another highlight was seeing Louise Bourgeois' 'Maman' spider towering over the Turbine Hall. It was a really productive and inspiring day - well done to the students for excellent conduct and showing such enthusiasm!

For more photos, please visit our Instagram [@kingsdaleart](#) (age restrictions apply)







# SPORTS NEWS

## ESFA NATIONAL CHAMPIONS

Year 10 English Schools FA National Cup Final  
Kingsdale v Thomas Telford School

On Thursday 22<sup>nd</sup> May 2025, Kingsdale Foundation School's Year 10 Boys (U15B) team competed in the English Schools' FA National Cup Final, taking on Thomas Telford School at West Bromwich Albion. Kingsdale delivered a brilliant all-round performance, coming away with a 2-0 victory to lift the national trophy. On the day, 100 student supporters travelled up to cheer on the team, creating an incredible atmosphere. **This victory marks a truly historic achievement for Kingsdale, as the team were crowned ESFA National B Team Champions for the third consecutive year — an unprecedented accomplishment for the team and the school.** The result is a testament to the team's hard work, discipline, and determination throughout the season. Congratulations to the players, coaches, and everyone involved in what was a truly unforgettable day.,

A special mention to the players involved:  
Josh Daniels, Joseph Ayora Vanegas, Levi Howard Fairclough, Zach Ratcliffe, Caden Baskerville, Morgan Stacul, Sebastian Prado, Zac Fullerton, Daniel Damah, Chigozie Chukwu, Christopher Lambo, Charlie Saines, Darrion Dixon, TJ Casey, Archie Baker, Dan Whitlock and Alex Wold.

**Final Score:** Kingsdale 2 – 0 Thomas Telford School  
**Goal scorers:** Joseph Ayora Vanegas and Darrion Dixon  
**Player of the Match:** Sebastian Prado

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





Kingsdale Foundation School's Inter-House Sports Day Heats & Finals Event 2025

It is with great pleasure that the Department of Sport, Health & Recreation announce details of our forthcoming Inter-House Sports Day Finals event which will take place later this term. This is always an exciting celebratory event showcasing the exceptional talent of students throughout the school which this year will take place on Thursday 24<sup>th</sup> July 2025 at Crystal Palace National Sports Centre.

In the lead up to this event, students in Years 7, 8, 9 & 10 will shortly be invited to participate in heats, run separately for each year group. These events will take place during the school day where our finalists will be selected to represent their House at our main Finals Day Event on the 24<sup>th</sup> July in a variety of track and field events.

| Year Group                                                                                                                        | Meeting location                | Inter House Sports Day Heats<br>Link for Registering for Events                                                                                                                                                                                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------|---------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Year 7 Girls<br>Monday 23 <sup>rd</sup> June<br>12.50 – 3:40pm<br>Year 7 Boys<br>Wednesday 2 <sup>nd</sup> July<br>12 – 3.40pm    | Meeting point:<br>Running Track | Year 7 Link to Attend Heats Event<br><a href="https://forms.office.com/Pages/ResponsePage.aspx?id=MXLFNSSR3kSVFlxpQFISZg2-L_Hcg6hCqQkG0dpfYpRUMTRRTEFKU1A0SDNPV1JCR0QxRihMTEhHNI4u">https://forms.office.com/Pages/ResponsePage.aspx?id=MXLFNSSR3kSVFlxpQFISZg2-L_Hcg6hCqQkG0dpfYpRUMTRRTEFKU1A0SDNPV1JCR0QxRihMTEhHNI4u</a>  |
| Year 8 Boys<br>Wednesday 18 <sup>th</sup> June<br>9am – 12pm<br>Year 8 Girls<br>Wednesday 18 <sup>th</sup> June<br>12.50 – 4.10pm | Meeting point:<br>Running Track | Year 8 Link to Attend Heats Event<br><a href="https://forms.office.com/Pages/ResponsePage.aspx?id=MXLFNSSR3kSVFlxpQFISZg2-L_Hcg6hCqQkG0dpfYpRURU82WE5ZSVIaUziWMzc5NkhTS0ZERIdaVC4u">https://forms.office.com/Pages/ResponsePage.aspx?id=MXLFNSSR3kSVFlxpQFISZg2-L_Hcg6hCqQkG0dpfYpRURU82WE5ZSVIaUziWMzc5NkhTS0ZERIdaVC4u</a>  |
| Year 9 Girls and Boys<br>Friday 27 <sup>th</sup> June<br>9am – 12.50pm                                                            | Meeting point:<br>Running Track | Year 9 Link to Attend Heats Event<br><a href="https://forms.office.com/Pages/ResponsePage.aspx?id=MXLFNSSR3kSVFlxpQFISZg2-L_Hcg6hCqQkG0dpfYpRUQIJTTIWRjM5WFM2Wk1DNUU0RkVBQ05LSy4u">https://forms.office.com/Pages/ResponsePage.aspx?id=MXLFNSSR3kSVFlxpQFISZg2-L_Hcg6hCqQkG0dpfYpRUQIJTTIWRjM5WFM2Wk1DNUU0RkVBQ05LSy4u</a>    |
| Year 10 Girls and Boys<br>Monday 16 <sup>th</sup> June<br>12.50 to 4.10pm                                                         | Meeting point:<br>Running Track | Year 10 Link to Attend Heats Event<br><a href="https://forms.office.com/Pages/ResponsePage.aspx?id=MXLFNSSR3kSVFlxpQFISZg2-L_Hcg6hCqQkG0dpfYpRUNEIXTzBXQ1A1QIZaTTNRR083SIVaWEZCNS4u">https://forms.office.com/Pages/ResponsePage.aspx?id=MXLFNSSR3kSVFlxpQFISZg2-L_Hcg6hCqQkG0dpfYpRUNEIXTzBXQ1A1QIZaTTNRR083SIVaWEZCNS4u</a> |
| Spectators<br>Inter-House<br>Sports Day Finals Event<br>24 <sup>th</sup> July 2024                                                |                                 | Inter-House Finals Event, 24 <sup>th</sup> July 2025<br>Spectators Link to Register Attendance<br><a href="https://forms.office.com/e/AGPVqdZziH">https://forms.office.com/e/AGPVqdZziH</a>                                                                                                                                   |

Our first heats event will start with Year 10 on the afternoon of Monday 16<sup>th</sup> June. All students are welcome to attend their year groups allocated event and can register their attendance and the events they wish to participate in by using the link below for their year groups allocated event. Please be advised that all participating students must attend in full school PE kit.

As with previous years, parents, carers, and guardians are warmly invited to attend this exciting event showcasing the talents of your children and our up-and-coming top athletes. Should you wish to attend this event please may we ask that you register your interest using the spectator's link above. All spectator bookings should be made no later than Friday 18<sup>th</sup> July so that adequate provision can be made at the venue. Please be advised that further details regarding the timings for the day including individual event times and details of live streaming will be made available in due course.

We very much look forward to seeing you on the 24<sup>th</sup> July 2025. For further information please contact Ms V. Turner via: [pe@kingsdale.southwark.sch.uk](mailto:pe@kingsdale.southwark.sch.uk)

Year 8 Boys' Cricket  
Kingsdale v The Norwood School

Congratulations to the Year 8 Boys' Cricket team who on Tuesday 3<sup>rd</sup> June, beat The Norwood School in a reduced overs game of 12 per team due to the rain. Kingsdale made an Impressive 97 for 4 with Jonathan Koder (Captain) hitting 40 not out and Harry Davies hitting 20. Norwood was bowled all out for 38.  
Wickets from: Ruben Walker, Jonathan Koder, Harry Davis, Ciran Cavanagh, Hector Day and George Turner  
Player of the Match: Jonathan Koder

Kingsdale v Graveney School

On Wednesday, Kingsdale won the toss against Graveney and selected to bat first, hitting 124 for 8 off 20 overs. Jackson Small (Year 7) hitting a steady 22, Hector Day who opened the batting with Jackson, hitting 20, Ciran Cunningham, Hamish Roberts, Chester Cunningham and Evelyn Hough all chipping in with the runs. Then it was Graveney School's turn to bat and Kingsdale bowled them all out for 48 off 13.3 overs.  
Wickets from: Jamie Hilyer (Year 7), Aneurin O'Shea Butcher (Year 7) and Jonathan Koder (Year 8)



Both Games were part of the Surrey League for State Schools. Kingsdale are top going into June!

Extra-Curricular Tennis  
Starting Monday 9<sup>th</sup> June

We are pleased to announce that Girls and Boys recreational short Tennis will be taking place this half term at the following times on the Track/Astro.

Year 7 - Girls and Boys  
Wednesdays - 11.05 to 11.50am.  
No permission required. Just turn up on time.

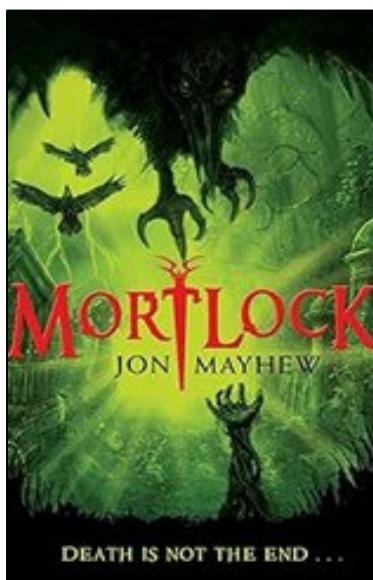
Year 8, 9 and 10 - Girls and Boys  
Thursdays - 4.15 – 5.00pm.  
Please email [PE@kingsdale.southwark.sch.uk](mailto:PE@kingsdale.southwark.sch.uk) stating your child's name, year group and form group to attend the session

Sessions will be starting week beginning Monday 9<sup>th</sup> June 2025.





## Teacher Recommendation



Mr Drysdale recommends *Mortlock* by Jon Mayhew

Mr Drysdale enjoyed how the 'spooky horror' was intertwined with the naturalistic setting of Victorian London.

The sister is a knife thrower in a magician's stage act, the brother is an undertaker's assistant.

Neither orphan knows of the other's existence. Until, that is, three terrible Aunts descend on the girl's house and imprison her guardian, the Great Cardamom. His dying act is to pass the girl a note with clues to the secret he has carried to his grave.

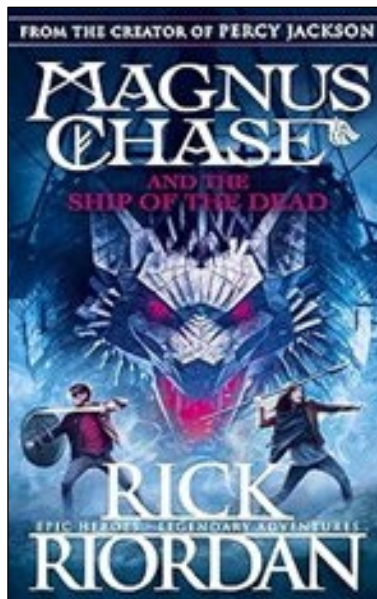
Cardamom was one of three explorers on an expedition to locate the legendary Amarant, a plant with power over life and death. Now, pursued by flesh-eating crow-like ghuls, brother and sister must decode the message and save themselves from its sinister legacy.

Suitable for all students i.e. in Year 7 and upwards!

## Reading Recommendations

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

### Student Recommendation



Year 9's Miranda Rhodes recommends *Magnus Chase and the Ship of the Dead* by Rick Riordan

Loki the trickster god is free from his chains. Now he's readying *Naglfar*, the Ship of the Dead, armed with a host of giants and zombies, to sail against the Norse gods and begin the final battle of Ragnarok.

It's up to Magnus Chase and his friends to stop Loki's plans. Along the way, they will face angry sea gods, hostile giants, and an evil fire-breathing dragon. But Magnus's biggest challenge will be facing his own inner demons...

Miranda felt that this book was worthy of 4 stars out of 5, found it very 'engaging' but warns potential readers of its 'end-of-the-world' feel!

Some dark themes, but suitable for most students in all year groups.

## CALENDAR 2024-25

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

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

Should you have any suggestions for additions to our website, please contact Mr Karp, via email [t kp@kingsdale.southwark.sch.uk](mailto:t kp@kingsdale.southwark.sch.uk)

For further information on term & holiday dates, please contact the Attendance Team via [attendance@kingsdale.southwark.sch.uk](mailto:attendance@kingsdale.southwark.sch.uk)



### SUMMER TERM 2025

#### Second Summer Half Term

Monday 2<sup>nd</sup> June – Friday 25<sup>th</sup> July

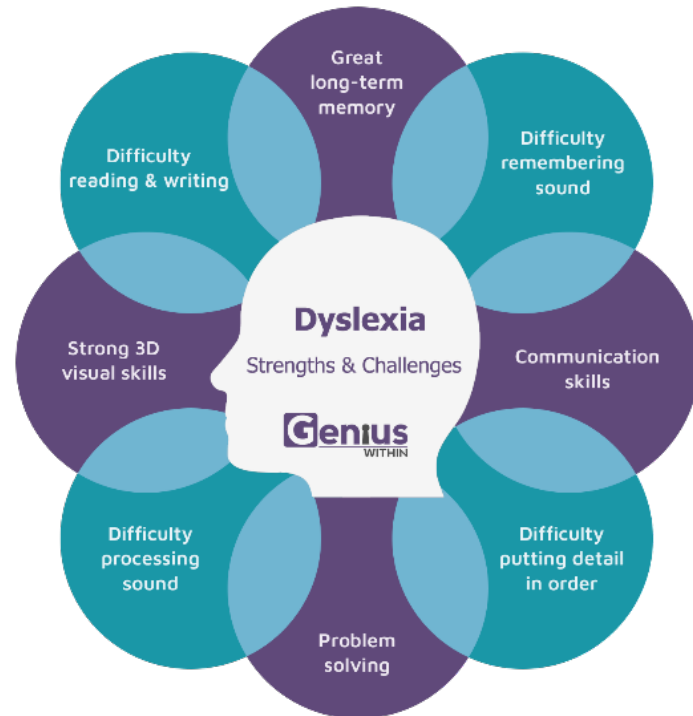
Friday 25<sup>th</sup> July INSET DAY

*School closed to students except by invitation*



# SEND FACULTY NEWS

## Dyslexia Support



At Kingsdale we are incredibly lucky to have two Dyslexia specialists working with us to support our students. Every Thursday there is a Dyslexia club in CR7 from 3.45pm. Here students can explore touch typing, organising their work and get support with homework amongst other things. Students can also be tested for EAA (Exam access arrangements) from the end of Year 9. For more information about this please contact [ldh@kingsdale.southwark.sch.uk](mailto:ldh@kingsdale.southwark.sch.uk).

As we have a number of dyslexic students in our school across year groups, we also operate a whole school approach to dyslexia. All staff are given CPD training on teaching dyslexic students effectively with the most recent training session on 'Marking for Dyslexia'. Staff are given information and guidance about all the needs of the students they teach via Edukey.

## How you can help your child at home

As a parent, you might be unsure about the best way to help your child.

- **Read to your child**  
This will improve their vocabulary and listening skills and will also encourage their interest in books.
- **Share reading**  
Both read some of the book and then discuss what's happening, or what might happen.
- **Overlearning**  
You may get bored of reading your child's favourite book over and over, but repetition will reinforce their understanding and means they'll become familiar with the text.
- **Silent reading**  
Children also need the chance to read alone to encourage their independence and fluency.
- **Make reading fun**  
Reading should be a pleasure, not a chore. Use books about subjects your child is interested in, and make sure that reading takes place in a relaxed and comfortable environment.  
  
Parents also play a significant role in improving their child's confidence, so it's important to encourage and support your child as they learn.
- **Technology for children**  
Many children with dyslexia feel more comfortable working with a computer than an exercise book. This may be because a computer uses a visual environment that better suits their method of learning and working.  
  
Word processing programmes can also be useful because they have a spellchecker and an autocorrect facility that can highlight mistakes in your child's writing.  
  
Most web browsers and word processing software also have text-to-speech functions, where the computer reads the text as it appears on the screen.  
  
Speech recognition software can also be used to translate what a person is saying into written text.  
  
This software can be useful for children with dyslexia because their verbal skills are often better than their writing.

## Support for Parents of Children with SEND in Southwark & Lambeth - June 2025



Supporting a child with Special Educational Needs & Disabilities (SEND) can be both rewarding and challenging. This June, there are several, local events and resources in Southwark and Lambeth designed to assist and connect families like yours.

### Southwark Events and Support "While You Wait" Online Workshop

**Date:** Tuesday, 10th June 2025

**Time:** 3:30 PM - 5:00 PM

**Location:** Online

Register via Eventbrite:

<https://www.eventbrite.co.uk/e/while-you-wait-workshop-for-parents-of-primary-school-children-tickets-1309831444109?aff=erelexpmlt>

This virtual workshop offers guidance for parents awaiting assessments or support services for their children.

### Lambeth Parent Forum Sit & Talk Morning

**Date:** Wednesday, 25th June

**Time:** 10.00am - 12.30pm

**Location:** 336 Brixton Road, London SW9 7AA **More info:** <https://www.lambeth.gov.uk/family-information-directory/11710-lambeth-parent-forum-sit-talk-mornings>

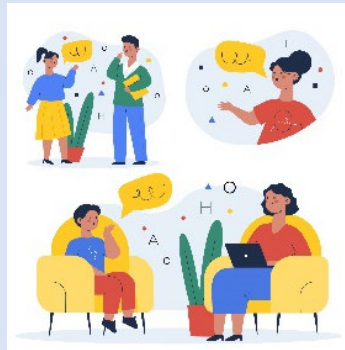
A welcoming space for parents and carers to share experiences, access information, and build a supportive community.

*Refreshments provided*



## 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."

### 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."



### 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."

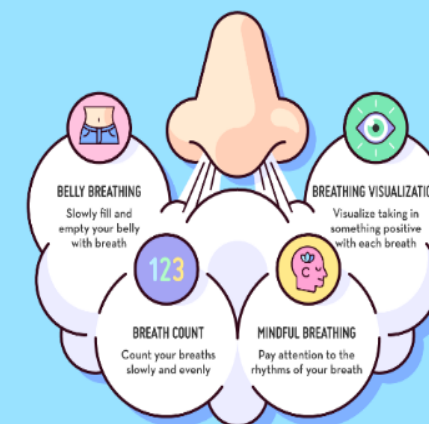
### Karen Collins, Lead Science Associate for PiXL

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,"

### FOR STRESS RELIEF, JUST TAKE A DEEP BREATH.

Start the week calm with four deep breathing techniques.



### 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 cont.

## Where to go for support as a carer

As a carer looking after a disabled or seriously ill family member, or friend, with additional support needs, having access to helpful resources and organisations can make a big difference.

**contact** *For families with disabled children*

Contact is a support charity for families with disabled children, helping parents and carers to feel confident and informed on the challenges of raising a disabled child. They provide guidance and advice on topics such as benefits, education, health and social care services. Contact also offer a free listening ear service ([click here](#)), providing one-to-one telephone appointments with a family support adviser. This is for parent carers looking for a listening ear, reassurance and practical and emotional support. Call 0808 808 3555 (Monday to Friday, 9:30am to 5:00pm) or visit the Contact website ([Click here](#)).



Carers Trust is a charity that works for, and supports, all carers in the UK. They provide services for anyone who cares for a family member, or friend, who is ill, frail, disabled or has a mental health condition. Visit the Carers Trust website ([click here](#)).



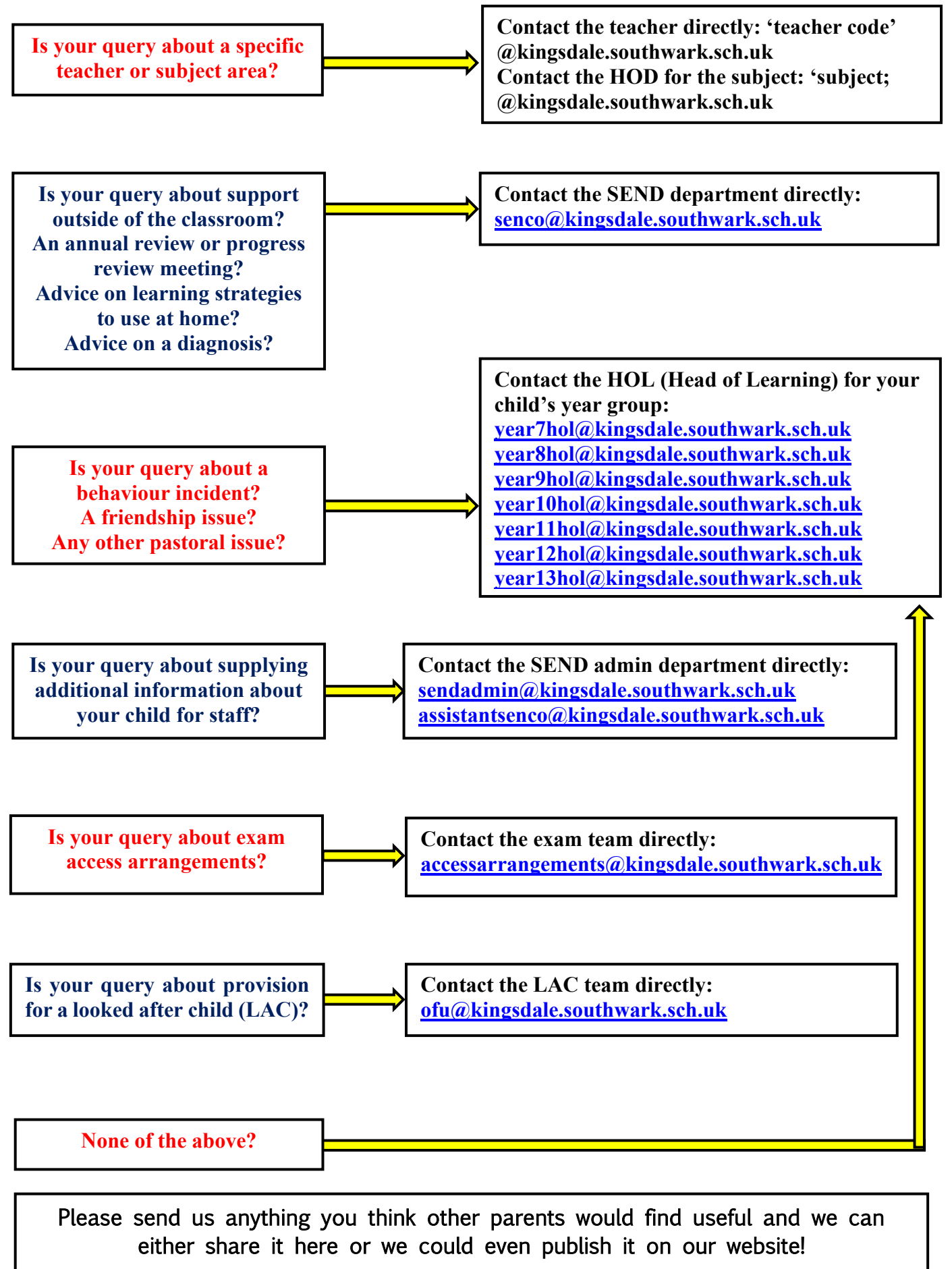
### • How to get a carer's assessment

If you're a carer you can request an assessment from your local adult social care team. This might recommend extra support for you, including respite, help with taxi fares or gym memberships to relieve stress. During the assessment, the team may also signpost you to local support groups.

In England, you can find out more about carers' assessments and find your local adult social care service on the NHS website ([click here](#)). In Scotland, Wales and Northern Ireland, find out how to get an assessment in your home country on the Carers UK Website ([click here](#)).

### 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](mailto: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](mailto: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.

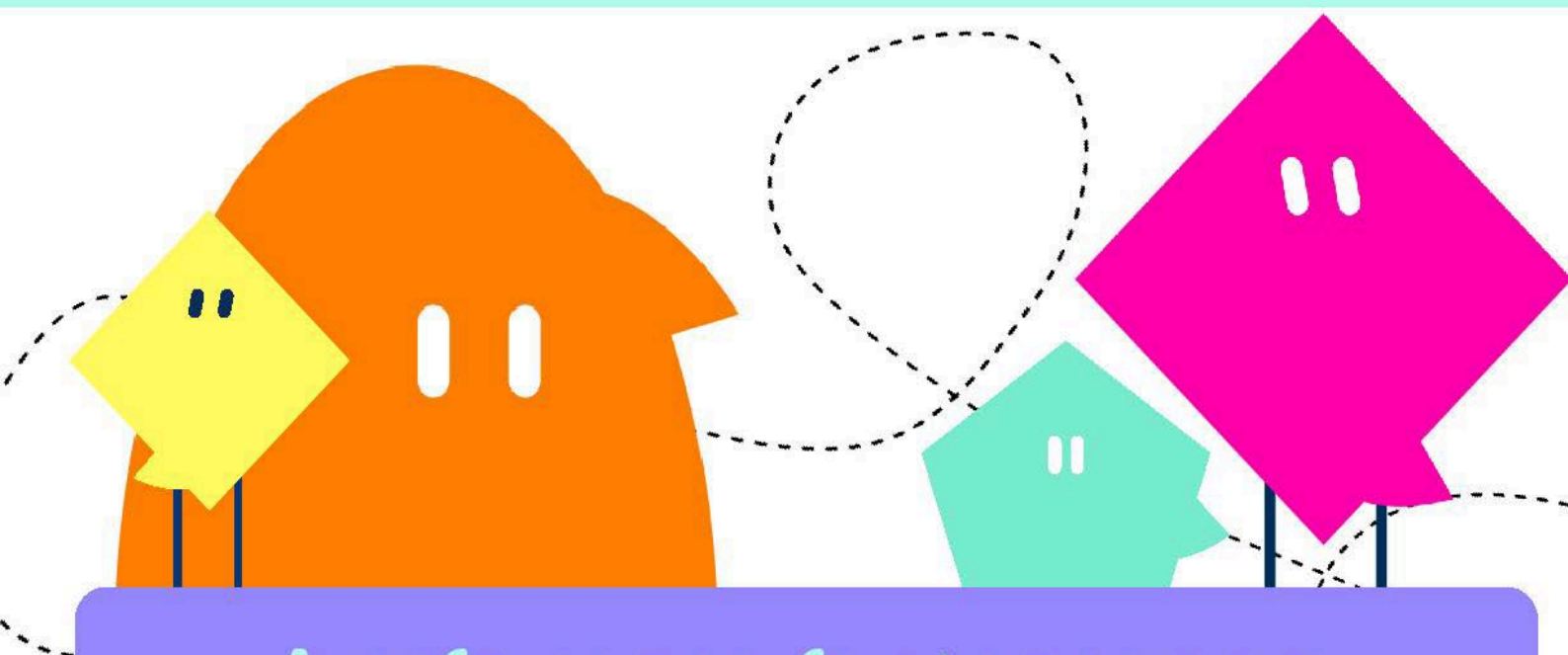


**CEOP Education from the National Crime Agency** – Advice, information and resources to use with your child to help keep them safer from online child sexual abuse.



**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](https://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](mailto: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](mailto: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](mailto:health&wellbeing@kingsdale.southwark.sch.uk)

[tellsomeone@kingsdale.southwark.sch.uk](mailto: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



**Bike Week – 9<sup>th</sup> -15<sup>th</sup> June 2024**

## Be a #BikeHero this Bike Week

Together we can build a happier, healthier and greener world through cycling – and you don't need to wear a cape to do it!

Being a #BikeHero helps to:



### Save the planet

Reduce emissions, increase air quality and protect nature



### Save money

Cycling is one of the most cost-effective ways to get around



### Save stress levels

Get outside for fresh air, freedom and a great work-out for your mind and body

Bike Week is the UK's biggest awareness-raising moment of the year for cycling and a chance to celebrate. It's a time to remind ourselves of all the positives that riding a bike can bring, both to our own health and wellbeing, as well as the wider impacts on our communities and the planet.

Love coffee and cake? Love riding your bike? Cycling UK encourage you to celebrate the joy of cycling by hosting a Big Bike Brunch. This year marks 102 years of Bike Week, and what better way to celebrate the joy of cycling than with a ride followed by a well-earned brunch? Across the UK, people just like you will be hosting Big Bike Brunches – riding together, sharing good food and making memories.

**STUDENT TASK:** Inspire others to get on their bikes and stop for brunch by sending the House Team a picture of your bike ride or brunch after a cycle.

**HOUSE ACTIVITY:** Submit your image to the House Team: [housesystem@kingsdale.southwark.sch.uk](mailto:housesystem@kingsdale.southwark.sch.uk)  
Ensure your entry is accompanied by your full name, tutor group and House.



## Kingsdale Cooking Challenge: Eid Ul-Adha

### When is Eid ul-Adha in 2025?

Eid ul-Adha is a public holiday in Muslim countries. In 2025, Eid ul-Adha will begin on the evening of Friday 6<sup>th</sup> June and end on the evening of Tuesday 10<sup>th</sup> June.

### What is the story of Eid ul-Adha?

Eid ul-Adha celebrates the time when Ibrahim had a dream which he believed was a message from Allah asking him to sacrifice his son Isma'il as an act of obedience to God.

The devil tempted Ibrahim by saying he should disobey Allah and spare his son. As Ibrahim was about to kill his son, Allah stopped him and gave him a lamb to sacrifice instead.

### How is Eid ul-Adha celebrated?

In some countries, Muslims sacrifice a sheep or goat (in Britain the animal is killed at a slaughter house). The meat is shared equally between family, friends and the poor.

Eid usually starts with Muslims going to the Mosque for prayers. They dress in their best clothes and thank Allah for all the blessings they have received. It is a time when they visit family and friends. Muslims will also give money to charity so that poor people can celebrate too.

### Join the Kingsdale Cooking Challenge!

We know that many in our Kingsdale community will be observing Eid ul-Adha, and we would love for you to share your experiences with us! You can:

- Send in photos of your celebrations.
- Share your favourite recipes.
- Capture a special moment with your family during Eid ul-Adha.

### HOW TO ENTER: Email the House Team:

[housesystem@kingsdale.southwark.sch.uk](mailto:housesystem@kingsdale.southwark.sch.uk)

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



# What Parents & Educators Need to Know about VIOLENT CONTENT ONLINE

Around 70% of teenagers say they've seen real-life violence on social media in the past year – often from as young as primary school age. Just 6% actively seek it out; most encounter it through group chats or social media algorithms. From fights and pranks to hate speech and graphic media, exposure to violent content online is more widespread – and more harmful – than many adults realise.

## WHAT ARE THE RISKS?

### MENTAL HEALTH AND TRAUMA

Children and young people report feelings of anxiety, guilt, shame or fear after seeing violent content. For some, these effects may be short term, but for those with existing vulnerabilities or past trauma, the impact can be more severe. Many also feel pressured to 'laugh off' violent content to fit in with friends, even when they find it distressing.

### BEHAVIOUR CHANGES

Exposure to online violence can lead to fear and avoidance behaviours – such as skipping school or staying indoors. When children see weapons used in videos, it can heighten their perception that the world is unsafe and, in rare cases, increase the likelihood they'll consider carrying a weapon themselves, such as a knife for protection.

### ESCALATION AND PARTICIPATION

Violent videos often go viral quickly. What begins as an online argument can spill into real-world fights – which are sometimes filmed and shared to gain views or status. Some children even admit to sharing or creating violent content themselves to gain attention or boost their reputation.

### DESENSITISATION

Older teens may become numb to violent content after years of exposure, admitting they're unlikely to report it. Younger children also tend not to report it – usually because they don't believe anything will be done or because they're afraid of being labelled a 'snitch' by their peers.

### HARMFUL IDEOLOGIES

Violent content online may overlap with racist, misogynistic or otherwise extremist ideas. These messages can dehumanise others or glorify violence as a way to gain power, popularity or notoriety. Over time, this can normalise dangerous behaviours and attitudes among impressionable viewers.

### DISPROPORTIONATE IMPACT

Not all children are affected equally. Those who are excluded from school, marginalised, disabled or neurodivergent are often more vulnerable to the effects of online violence. It's essential to consider wider context – including home life and access to safe spaces – when thinking about potential harm.

## Advice for Parents & Educators

### CREATE SUPPORTIVE SPACES

Many children feel adults are too busy or won't understand their experiences online. Take time to build trust through non-judgemental conversations about what they're seeing. If they don't want to speak to you directly, gently signpost towards trusted services they can turn to for support.

### KNOW WHAT'S ILLEGAL

Some violent content is simply upsetting, while other examples may be criminal or a safeguarding matter that needs reporting. Help children understand the difference by staying informed about online laws and social media reporting procedures. A useful resource is [reportharmfulcontent.com](https://reportharmfulcontent.com).

### AVOID HARSH RESTRICTIONS

Fear of punishment is a major reason young people stay silent about violent content. Try not to overreact or threaten to take away devices. Instead, reassure children that they can speak openly and that asking for help won't get them into trouble.

### UNDERSTAND TECH AND TRAUMA

Older children may already know how to block accounts or avoid triggering content. Help younger or more vulnerable children learn these tools and encourage habits that reduce exposure. Just as importantly, teach techniques that help them process distress – building resilience and emotional literacy for both online and offline life.

### Meet Our Expert

Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading UK expert in digital safety, media law, and young people. Her PhD investigates children's understandings of risk online. She works with schools, businesses, and universities to provide award-winning education on the criminal, legal, and ethical considerations for the digital age. Visit [onlinemedialawuk.com](https://onlinemedialawuk.com) for more.



#WakeUpWednesday®

The National College



# SPORTS FIXTURES

## Monday 9<sup>th</sup> June 2025

- Under-15s Boys' Cricket Away Match v Wilson's School. Leave school at 1pm. Start 2pm. Return at 5.45pm approx.: **Mr Pizzey/Mr Price**

## Tuesday 10<sup>th</sup> June 2025

- 16 selected students at Young Performing Arts Workshop at the Brits School. Leave school at 11am. Start 11.45am. Return at 3pm approx.: **Ms McGregor**
- Under-15s Girls' Football Final Away Match v The Norwood School at Burgess Park. Leave school at 1.15pm. Start 2.30pm. Return at 4.30pm approx.: **Mr Jones**

## Wednesday 11<sup>th</sup> June 2025

- Under-15s Girls' Softball Ball Cricket Quarter Finals Away Match v Sutton High School. Leave school at 1pm. Start 2.30pm. Return at 5.30pm approx.: **Ms McLain/Mr Price**
- Under-14s Boys' Cricket Away Match v Riddlesdown Collegiate. Leave school at 12.30pm. Start 1.45pm. Return at 5.30pm approx.: **Mr Roberts/Mr Foster**

## Thursday 12<sup>th</sup> June 2025

- Selected students from across Performing Arts at a workshop at Lain Theatre Arts. Leave school at 7.45am. Start 8.30am. Return at 5.30pm approx.: **Ms McGregor**

## Friday 13<sup>th</sup> June 2025

- No planned fixtures/events.

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

All fixtures can be viewed via the link below:

<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 Violent Content Online'. Get a greater insight here.

**Please read!** Remember to keep an open dialogue with your child about their activities online. **See page 19 above.**

## The House Leader Board 2024-25

Week ending  
6<sup>th</sup> June 2025

1st Place – Dove 94,758 points

2nd Place – Swift 92,595 points

3rd Place – Falcon 90,267 points

4th Place – Eagle 89,128 points

5th Place – Albatross 89,090 points

Dove are pulling away at the top. Can they be stopped?



## 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](http://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.