



PARENTAL NEWS BULLETIN

Issue 34 Monday 16th June 2025

HEADLINE NOTICES

Call for Parents to Participate in National Thank a Teacher Day on 18th June 2025



National Thank a Teacher Day on 18th 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 27th June 2025 Year 12

Friday 4th July 2025 Years 9 & 10

Friday 11th July 2025 Years 7 & 8

On Friday 18th 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

THEME OF THE WEEK

Ambition

'Keep away from people who try to belittle your ambitions. Small people always do that, but the great make you feel that you, too, can become great.'

WORD OF THE WEEK

Truism

A statement that is obviously true and says nothing new or interesting

"Regular study breaks can help improve productivity; it is a truism."

PRIDE MONTH

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

SCHOOL NEWS

House Excellence Award



Joshua Addo, Year 10, has won the House Excellence Award. He was nominated by the Humanities department. 'We have nominated Josh for his excellent commitment to

History and Geography. He is hard working, modest, committed, and very engaged with the learning." Well done Josh and keep up the hard work!

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

Thursday 24th July 2025

Crystal Palace National Sports Centre.

For more details of our forthcoming Inter-House Sports Day Finals event, go to Page 7 of this bulletin.

South East London Music Hub

Certificate of recognition

Kingsdale Foundation School

**is proud to be a Southwark Lead
Secondary School for Music.**

In recognition of a commitment to providing high-quality music education for all children and young people, and championing professional development for schools and teachers in their locality.

2025-2026

Signed by Gordon Maguire
Head of Southwark Music



Supported using public funding by



**ARTS COUNCIL
ENGLAND**

SCHOOL NEWS

**Kingsdale is Southwark's Lead
School for Secondary Music
2025-2026!**

Kingsdale's Music department is excited to announce that we have been selected as Southwark's Lead Secondary School for Music for the 2025-26 academic year.

Kingsdale has a well-deserved reputation as a leader in music education. With over 30 ensembles for all skill levels and an innovative scholarship programme that involves over a significant number of students,

Kingsdale provides access to high-quality instrumental tuition for all backgrounds. GCSE and A-Level music thrives, with many students progressing on to further study and into the industry.'

Watch this space for more updates!

Exciting International Women's Cricket Match

There is an exciting opportunity this half-term for Year 7, 8, 9 and 10 girls 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, taking place on Wednesday 25th June in the afternoon.

If your child is interested in attending, please ask them see Mr McWhirter (only himself) in the D10 PE Office or contact him via pe@kingsdale.southwark.sch.uk If demand is greater than the number of available tickets, names will be randomly drawn. Students will then be notified if they are attending by receiving a letter from Mr McWhirter of the event.

Any questions please email: pe@kingsdale.southwark.sch.uk or see Mr McWhirter in the D10 PE Office.



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 20th 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.

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

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 20th 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.

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 1st 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.

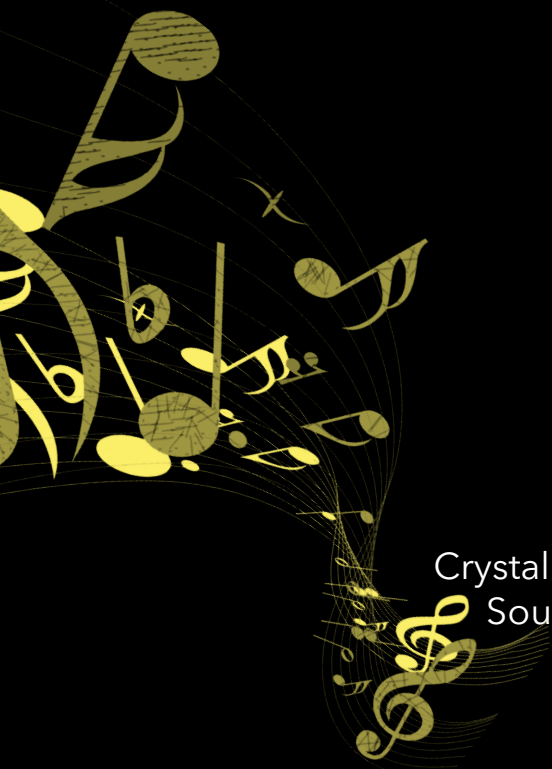
We really hope you can make it and look forward to receiving your support in organising this extraordinary event.

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



Friday 27th 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 2nd July 2025

Dance Recital Evening 6pm @ Kingsdale Drama Theatre

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

Friday 4th 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 9th July 2025

Kingsdale Art and Design Exhibition 5pm @ Kingsdale Atrium

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

Friday 11th 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 11th 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 20th 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.

Artwork by Millie Worral
A Level Textiles

Art & Design Exhibition

Wednesday 9th July 2025

5pm – 8pm



KINGSDALE
FOUNDATION SCHOOL

SE21 8SQ

Olga Prinku - Bronze Award

By Hazel Heorton

FACT! - She grew up in the republic of Moldova



Olga Prinku weaves dried plants into hoops. This is called botanical embroidery.

As part of the Bronze Arts Award, students are required to share what they have learnt about an artist.

Hazel has responded to an embroidered textile artist to create her own botanical inspired embroidery.

Quick Activity

Inspired by Olga, you can make an Embroidery piece or if you have flowers on you, you could make something that looks like her work.

STEP 1:

Get fabric and cut into a circle.

STEP 2:

Draw faint outlines that resemble flowers or plants.

STEP 3:

Embroider the shapes you have just drawn with different colours to make it pop (at this point you may add real flowers or plants as well).

STEP 4:

Glue round the edge of the circle and stick an edge of some kind (hot glue works well). You could use wood or card or basically anything.

My response





SPORTS NEWS

Extra-Curricular Tennis

Girls and boys recreational Short Tennis sessions have now started 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 stating your child's name, year group and form group for them to attend the session.

Inter-House Sports Day Heats & Finals Event 2025

A reminder that the Inter-House Sports Day Finals event this year will take place on **Thursday 24th July 2025** at **Crystal Palace National Sports Centre**.

The first round of heats for students in Years 7, 8, 9 & 10 will commence on Monday 16th June – please see Sports Fixtures on page 19 for more details. 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 24th July** in a variety of track and field events.

Year Group	Meeting location	Inter House Sports Day Heats Link for Registering for Events
Year 7 Girls Monday 23 rd June 12.50pm – 3:40pm Year 7 Boys Wednesday 2 nd July 12pm – 3.40pm	Meeting point: Running Track	Year 7 Link to Attend Heats Event https://forms.office.com/Pages/ResponsePage.aspx?id=MXLFNSSR3kSVFlxpQFISZg2-L_Hcg6hCqQkG0dpfYpRUMTRRTEFKU1A0SDNPV1JCR0QxRihMTEhHNI4u
Year 8 Boys Wednesday 18 th June 9am – 12pm Year 8 Girls Wednesday 18 th June 12.50pm – 4.10pm	Meeting point: Running Track	Year 8 Link to Attend Heats Event https://forms.office.com/Pages/ResponsePage.aspx?id=MXLFNSSR3kSVFlxpQFISZg2-L_Hcg6hCqQkG0dpfYpRURU82WE5ZSVIaUziIWMzc5NkhTS0ZERIdaVC4u
Year 9 Girls and Boys Friday 27 th June 9am – 12.50pm	Meeting point: Running Track	Year 9 Link to Attend Heats Event https://forms.office.com/Pages/ResponsePage.aspx?id=MXLFNSSR3kSVFlxpQFISZg2-L_Hcg6hCqQkG0dpfYpRUQIJTTIWRjM5WFM2Wk1DNUU0RKVBQ05LSy4u
Year 10 Girls and Boys Monday 16 th June 12.50pm to 4.10pm	Meeting point: Running Track	Year 10 Link to Attend Heats Event https://forms.office.com/Pages/ResponsePage.aspx?id=MXLFNSSR3kSVFlxpQFISZg2-L_Hcg6hCqQkG0dpfYpRUNEIxtzBXQ1A1QIZaTTNRR083SIVaWEZCNS4u
Spectators Inter-House Sports Day Finals Event 24th July 2024		Inter-House Finals Event, 24th July 2025 Spectators Link to Register Attendance https://forms.office.com/e/AGPVqdZziH

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 I ask that you register your interest using the spectator's link above. All spectator bookings should be made no later than **Friday 18th 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 24th July 2025. For further information please contact **Ms V. Turner** via: pe@kingsdale.southwark.sch.uk

Congratulations to our Year 8 & Year 9 Girls football teams who have won their respective South London Cups over the past week!

Year 8 South London Cup Kingsdale v The Charter School, North Dulwich

It was our Year 8 side who were first to claim their trophy with an excellent 9-2 victory over The Charter School North Dulwich last week. Despite a slow start and going a goal down, the girls didn't let this dampen their spirits as they fought their way back into the game to show their superior quality to win. This caps off an excellent season for the squad who have only lost one game all season! Well done girls, we're extremely proud of you!

Final Score: Kingsdale 9-2 Charter School, North Dulwich

Player of the Match – Lisa Chantry

Under-13 Girls' Team: Lisa Chantry, Poppy Clapperton, Marni Patterson, Sophia Smith, Iris Rumming, Poppy Greeves, Mon Mondayarlana Westaway, Manuela Penafiel Rodriguez, Ella Marsden, Carla De Los Santos Tormo, Violet Martin & Ceres Marquez.



Year 9 Girls' South London Cup Kingsdale v The Norwood School

The Year 9 side followed our Year 8's victory by edging out a 13-goal thriller, beating The Norwood School 7-6. It was one of the highest scoring finals there has been in South London Cup history. It was yet another slow start in a final, conceding the first goal, but the girls were quick to bounce back and got themselves back into the game by regaining the lead with two excellent goals from Imarn Nugent. The girls managed to hold onto the lead for the rest of the game as they held off a valiant comeback from The Norwood School. The girls will look to try and claim a second cup later this month as they continue their journey in the Inner London Cup.

Final Score: Kingsdale 7-6 Norwood

Player of the Match: Ella Abayomi.

Under-14s Girls' Team: Ella Abayomi, Martha Beattie, Lisa Chantry, Poppy Clapperton, Nancy Frost, Poppy Greeves, Cecilia Hollowell, Sofia Jex, Clemence Kennedy, Imarn Nugent, Betsy Trupp, Dorothy Wallis & Marlena Westaway.

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





NHS CAREERS UNTAPPED:

Resources available

A collection of London NHS organisations and NHS England are delighted to share NHS Careers Untapped which is a series of podcasts, videos and recorded webinars showcasing some of the lesser-known jobs and professions in healthcare.

The Careers Untapped programme is aimed at young people aged from 13-19 and careers advisors, who want to find out more about careers in the NHS. The programme supports schools and careers advisors with achieving the Gatsby Benchmarks.

We are delighted that the resources from the programme are now available on the Healthcare Horizons website. To access [please register](#) for an account for free.

The following editions are available for you to access:

NHS Careers Untapped 1st Edition: This self-paced module includes short videos and podcasts and is a great way to learn about some of the lesser known careers in healthcare.

Once the full module is completed, viewers will receive a certificate of participation.

NHS Careers Untapped 2nd Edition: This is a larger catalogue of lesser known careers in the NHS, with podcasts and pre-recorded webinars covering 50 key roles in healthcare.

There is no specific module with the 2nd edition.

Here are some of the exciting roles covered: Clinical Associate Psychologist / Peer Support Worker / Pharmacy Technician / Operating Department Practitioner / Digital Learning Manager / Therapeutic Radiographer

To access the Careers Untapped Resources please [CLICK HERE](#) or scan the QR code to the right:



SCHOOL NEWS



Big History Club!

For Key Stage 3 and 4 in HU5
Every other Tuesday from 4.15 to 5pm

Do you want to dive into the past?

Is there something we don't cover at school that you would like to learn about?

In Big History Club we use history and fiction books, films, art, music and more to **enquire into diverse World Histories** from ancient times to modern day.

In our next session, on **Tuesday 17th June** we will be helping Mr Attar and the History Department to plan and create the **History Department's Culture Day Stall**

Bring along any questions you have about this topic, or ideas for people, events or items from history you want to know more about in future sessions!



Ms Jackson Hall and Mr Attar
manning last year's stall!

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 tkp@kingsdale.southwark.sch.uk

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

SUMMER TERM 2025

Second Summer Half Term

Monday 2nd June – Friday 25th July

Friday 25th July INSET DAY

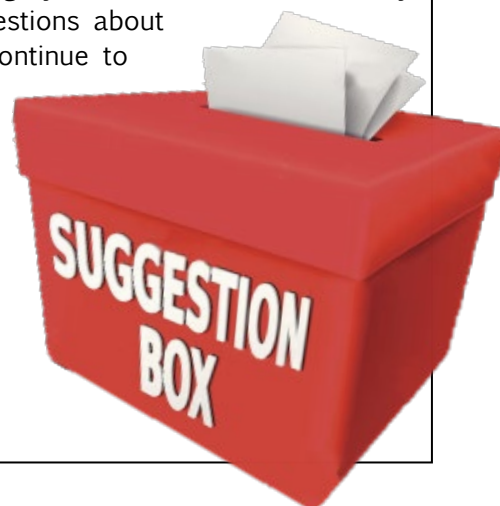
School closed to students except by invitation



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.



SEND FACULTY NEWS

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.

Lambeth Parent Forum Sit & Talk Morning

Date: Wednesday, 25th June

Time: 10.00am - 12.30pm

Location: 336 Brixton Road,
London SW9 7AA More info:

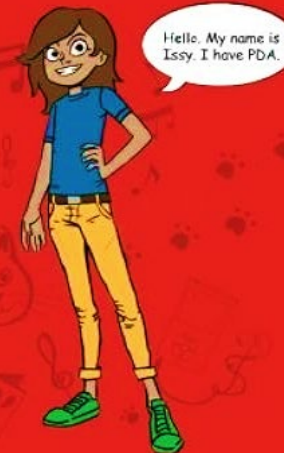
<https://www.lambeth.gov.uk/family-information-directory/11710-lambeth-parent-forum-sit-talk-mornings>

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

Refreshments provided

Can I tell you about Pathological Demand Avoidance syndrome?

A guide for friends, family and professionals



RUTH FIDLER and PHIL CHRISTIE
FOREWORD BY JUDITH GOULD
Illustrated by Jonathon Powell

Author: Ruth Fidler and Phil Christie,

Illustrated by Jonathon Powell

Publisher: Jessica Kingsley Publishers

ISBN: 978 1 84905 513 0

Price: £9.99

Reviewed by: Martin Edmonds,
SENCo

Book review:

CAN I TELL YOU ABOUT PATHOLOGICAL DEMAND AVOIDANCE SYNDROME?
A GUIDE FOR FRIENDS, FAMILY AND PROFESSIONALS

This book introduces us to Issy, an 11-year-old girl who tells readers about the anxiety she experiences around everyday situations and demands. This slim volume of 56 pages is delightfully illustrated throughout by Jonathon Powell. These are engaging, and rather endearing illustrations, and will undoubtedly help make the book more accessible to many school-age readers.

The book's second section is entitled 'How other people can help' and briefly outlines some approaches which may be supportive. Whilst there are few fresh insights here, these suggestions remain valuable strategies, and it is useful to have them outlined in one place.

The strength of this book lies in the first section, and Issy's story may be of help to some children struggling with these issues and could help them to gain a better understanding of the difficulties they are experiencing.

Parents Helpline and Webchat

YOUNG Mi MINDS

Youngminds offer three different services to parents and carers who are concerned about their child's mental health, up to the age of 25.

If you need urgent help, we also have information that can support you:
[Urgent help information](#)

Parents Helpline and Webchat (please click on the links)

1. [Parents Helpline](#)
2. [Parents Webchat and Email service](#)
3. [Using our Parents Helpline services](#)

turn 2US

Financial support and guidance: turn2us

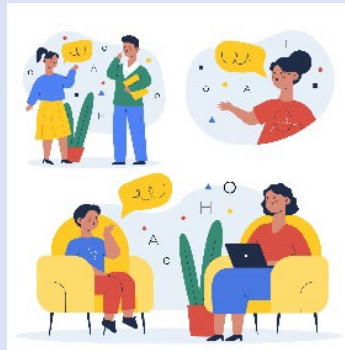
turn2us wants everyone in the UK to have financial security so they can thrive.

They offer support to those of us facing financial shocks and together they challenge the systems and perceptions that cause financial insecurity. Turn2us is governed by a board of trustees and run by Turn2us management. They have been fighting UK poverty since 1897

Use the Benefits Calculator or Grants Search to find out what help you can get: click [here](#)

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

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



Madeleine Inkin, clinical child psychotherapist

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

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

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."

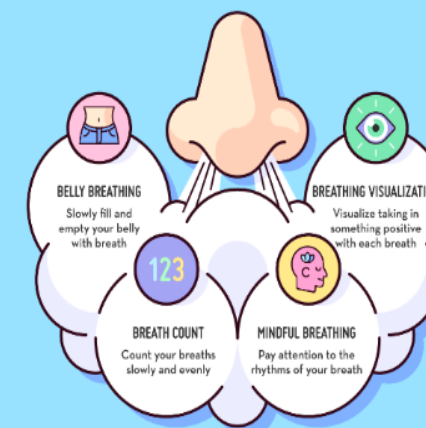
Karen Collins, Lead Science Associate for PiXL

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.



Ben West, mental health campaigner

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

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



Murray Morrison, revision expert and founder of Tassomai

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

"The ostrich is that student who, at the mere mention of their exams – or their revision – buries their head in the sand. They could be quite obvious in this behaviour – "I don't want to talk about it" – or it might be subtler, finding an excuse to get out of the room and avoid the topic.

Waste no time in confronting this behaviour and making a plan together, because the very act of avoidance means that the revision work will pile up and the stress will increase."



SEND FACULTY NEWS 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](#)).



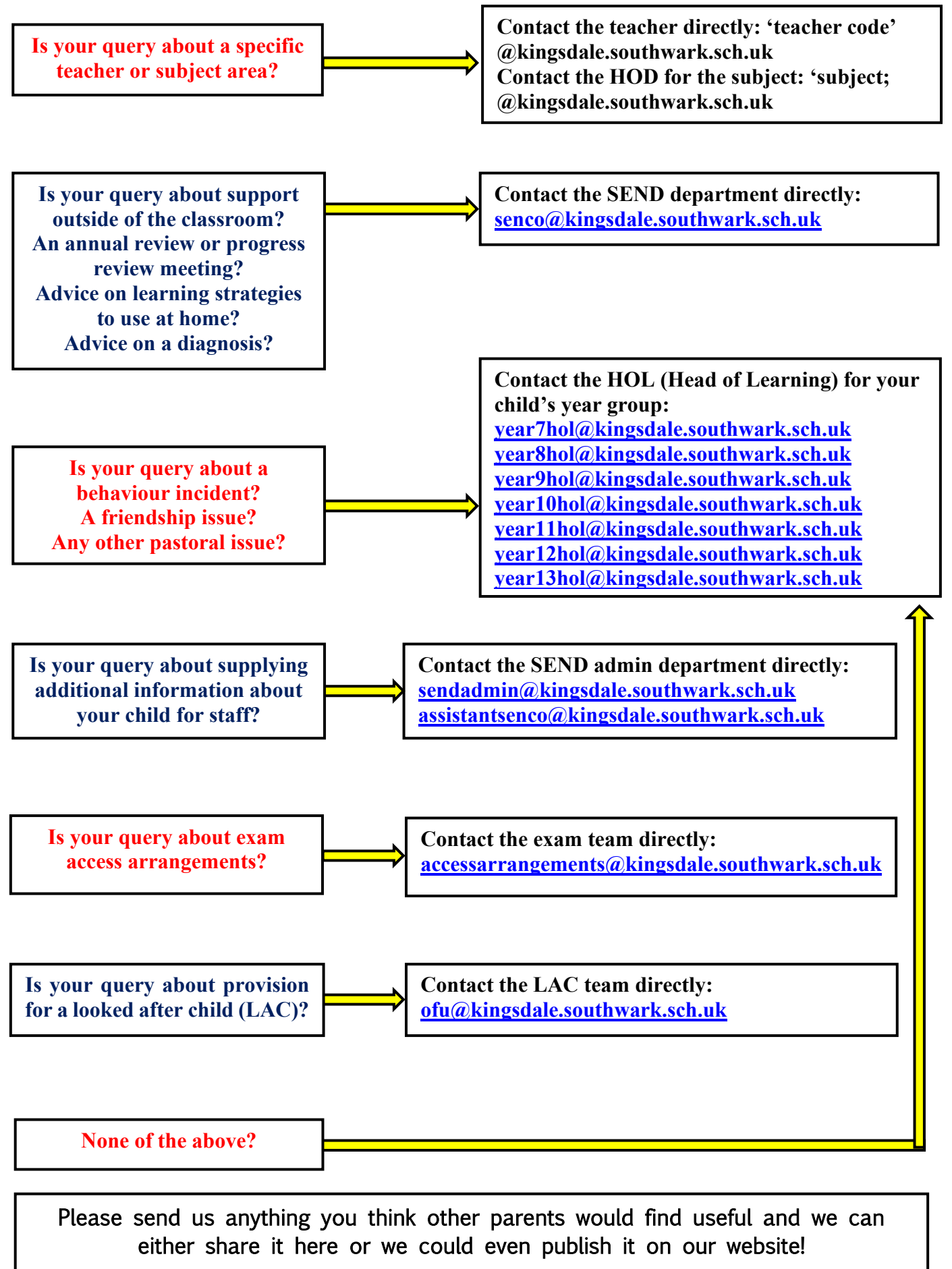
• How to get a carer's assessment

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

Free Workshops for Parents and Carers

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

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

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



We'll cover:

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



For further information contact:

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

SCAN ME



Talking to your child about

SHARING IMAGES ONLINE

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

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

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



What can you do to keep your child safe online?

S

Set clear boundaries.

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

T

Talk with your child and be supportive.

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

E

Educate everyone in the family.

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

E

Evolve with the internet.

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

R

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



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



FOR SUPPORT AND ADVICE, PLEASE VISIT:



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



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



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



A safe space for teenagers worried about sexual behaviour

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



shorespace.org.uk

Why Shore?

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

SCHOOL NEWS

KFS Uniform Bank

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

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

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



The School Shop

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



Lost Property

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

In many cases, these items are unlabelled, making it very hard for them to be quickly and successfully reunited with their owners!

Please can we ask parents to label all items of their children's property at school, including water bottles, blazers and coats.

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

Kingsdale is a Safe Space

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

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

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

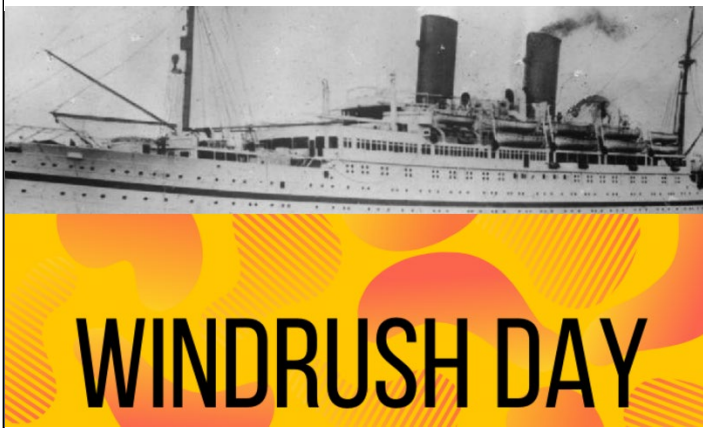
Our two confidential emails are:

health&wellbeing@kingsdale.southwark.sch.uk

tellsomeone@kingsdale.southwark.sch.uk

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

HOUSE COMPETITIONS



First officially recognised as a day of celebration in 2017, Windrush Day takes place on 22nd June to mark the anniversary of the arrival of HMT Empire Windrush on 22 June 1948.

According to records, the ship was carrying 1,027 passengers, 802 of whom gave their last country of residence as somewhere in the Caribbean; additional documented countries of residence are India, Pakistan, Kenya and South Africa.

On this day we recognise and thank all those who arrived on Empire Windrush (known as the Windrush Generation), and their descendants, for the enormous contributions they have made to Britain during its recovery from the Second World War and have continued to make ever since.



STUDENT TASK: Imagine you are one of the passengers arriving in Britain for the first time. Write/design a postcard. How would it have felt? What would have been different to home? What would you tell your family back at home?

HOUSE ACTIVITY:

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



What is World Music Day?

World Music Day, also known as La Fête de la Musique, celebrates music in all its forms and the importance of music in people's lives. More than 120 countries celebrate World Music Day. Celebrations see a variety of free public concerts and events being held across over 700 cities, in the streets, parks, museums and other public spaces. Here, musicians gather to play their instruments and perform for large crowds.

When is World Music Day?

It is celebrated annually on the **21st of June**, during the Summer solstice.

What are the benefits of listening to music?

Whether it's listening to music through a speaker, at a live concert or playing an instrument, music is a wonderful creative outlet for people to enjoy. It has many positive effects on **health and wellbeing** as when we listen to our favourite songs, we are overwhelmed with joy and happy memories. Listening to music has also been proven to improve our sleep and lower stress levels.



STUDENT HOUSE ACTIVITY: Make your very own instruments using a range of everyday objects. Share your instrument with the House Team:
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.

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 for more.



#WakeUpWednesday®

The National College

SPORTS FIXTURES

Monday 16th June 2025

- Under-15s Boys' Tennis Away Match v Dulwich College. Leave school at 1.30pm. Start 2pm. Return at 4.30pm approx.: **Mr McWhirter**
- Year 10 Girls'/Boys' Sports Day Heats at Mary Datchelor Playing Fields. Start 1pm. Finish 4pm. **Ms Turner/PE Staff**

Tuesday 17th June 2025

- Under-14s Boys' Cricket Away Match v John Fisher School. Leave school at 12.50pm. Start 1.30pm. Return at 6pm approx.: **Mr Roberts/Mr Foster**
- Selected Year 7 & 8 Girls'/Boys' at London Schools Athletics (Representing Southwark) at Mile End Stadium. Leave school at 8.15am. Start 9.30am. Return at 5.30pm approx.: **Mr Jones/Mr Price**
- Under-12s/13s/15s Boys' Tennis Matches at Dulwich College. Leave school at 3.30pm. Start 4pm. Return at 6pm approx.: **Mr McWhirter/Mr Fitchett**
- 16 selected students at Young Performing Arts Workshop at the Brits School. Leave school at 1pm. Start 2pm. Return at 5pm approx.: **Ms McGregor**

Wednesday 18th June 2025

- Year 8 Boys' Sports Day Heats at Mary Datchelor Playing Fields. 9am Start. 12 noon Finish: **Ms Turner/PE Staff**
- Year 8 Girls Sports Day Heats at Mary Datchelor Playing Fields. 1pm Start. 4pm Finish: **Ms Turner/PE Staff**
- Under-13s Boys' Cricket Away Match against Robert Clack School, East London. Leave school at 12.15pm. Start 1.45pm. Return at 6.30pm approx.: **Mr Price**

Thursday 19th June 2025

- No planned fixtures/events

Friday 20th June 2025

- Under-13s Girls' Softball Cricket Festival at Kingston Grammar School. Leave school at 8am. Start 9.30am. Return at 4.30pm approx.: **Ms McErlain/Mr Price**
- Under-13s Boys' JNR NBA Basketball Finals Day at UEL Sports East London. Leave school at 8am. Start 9.30am-10am. Return at 4pm approx.: **Mr Dash**

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>



HOUSE NEWS

Online Safety Corner

For this week's Online Safety focus we are looking at 'What Parents & Educators Need to Know about Generative AI Safety'. Get a greater insight here.

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

The House Leader Board 2024-25

Week ending
13th June 2025

1st Place – Dove 97,896 points

2nd Place – Swift 95,592 points

3rd Place – Falcon 93,237 points

4th Place – Albatross 92,004 points

5th Place – Eagle 91,998 points

Time is running but to catch Dove. However, it can still be done!



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.