



PARENTAL NEWS BULLETIN

Issue 36 Monday 30th June 2025

HEADLINE NOTICES

**TES Award Subject Lead of the Year (Secondary)
Winner! Mr William McWhirter**



We would like to extend our congratulations to Mr William McWhirter (KFS Head of Sport, Health & Recreation) who on Friday 20th June 2025, was named Subject Lead of the Year (Secondary) across the UK at the prestigious TES Awards at Grosvenor House, Park Lane! This was also a very significant accolade for the formidable empire built up by Ms Vanessa Turner (KFS Director of Sport, Health & Recreation faculty) that provides such wonderful sporting provision for our students at Kingsdale.



We congratulate both the Learning Support Faculty (Inclusivity) and Ms Jemina Gregson for being short-listed for the finals in their categories. The competition at the awards was fierce, bringing together schools from both the state and independent sectors. We look forward to more exciting nominations and award winners from Kingsdale in the future!

School Mobile Phone Policy 2025-26

We have written to parents to remind them of the details of our mobile phone policy which will continue unchanged into the 2025-26 academic year. Please note that as previously advised, from September 2026, KFS will be a smartphone free school for students in Years 7-11. Further details have been issued separately.



We thank parents and students for their excellent support that ensured the introduction of this major policy change was such a great success!

THEME OF THE WEEK

Aspiration and Achievement

'God wants us to be victors, not victims; to grow, not grovel; to soar, not sink; to overcome, not be overwhelmed.'

WORD OF THE WEEK

Nefarious

Typically of an action or activity; wicked or criminal.

"One man employed his nefarious scheme to hack into people's computers and steal bank account information."

SCHOOL NEWS

House Excellence Award



Sabine Ryan, Year 8, has won the House Excellence Award. She was nominated by the Art department who write:

'Sabine is incredibly committed, kind-hearted and a highly creative artistic talent. She cares deeply about her fellow

classmates, is full of compassion, and shows great personal responsibility towards her education and personal growth.

Sabine is an absolute delight and joy to teach, and we are all super proud of her!"

**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 upcoming
Inter-House Sports Day Finals

MUSIC NEWS



Kingsdale Summer Concert @ Fairfield Halls

The Music Department are excited to announce that our annual Music Festival will this year be taking place in Fairfield Halls, Croydon.

We warmly encourage you to bring along friends and family to support our pupils performing in this professional venue.

The concert takes place on Friday 11th of July at 5.30pm and tickets are available here:

https://evolve.edufocus.co.uk/shop/shop_item_public.asp?site=kingsdalefoundationschoolvisits&estab=0&id=4731&guest=

Year 10 Function Band performing at Crystal Palace Park on Friday 4th July 2025

Six Year 10 pupils will be performing as the Kingsdale Function Band at the Crystal Palace Youth Concert on Friday 4th July. The band will be performing a set consisting mainly of Motown/soul covers.

The event starts at 5pm and finishes at 8.40pm and is free to attend.

To enter the park, attendees should use the gate at Anerley Hill, SE19 2GA. This community event is hosted by Festival Republic and is designed to showcase young performers from school and music groups from the local area. We warmly invite our school community to come and support our young musicians.

Tickets are available here: <https://www.universe.com/events/festival-republic-presents-crystal-palace-schools-concert-tickets-8CG5Z6>

CRYSTAL PALACE PARK TRUST

Festival REPUBLIC.
presents

**CRYSTAL PALACE
YOUTH CONCERT**

FRI 04 JULY 2025

Doors 16:30

Live music from 17:00

Show ends 20:40

Lewisham Choir

SELMH Brass Band

Kingsdale Foundation School

James Dixon Primary School

More to be announced

Showcasing young performers
from schools and music groups
around Crystal Palace Park

**FREE
ENTRY**

DRAMA NEWS

OPEN AUDITIONS

To find out more and to sign up to an audition click [here](#).

Auditions take place on **Monday 30th June, Tuesday 1st or Wednesday 2nd July 2025.**

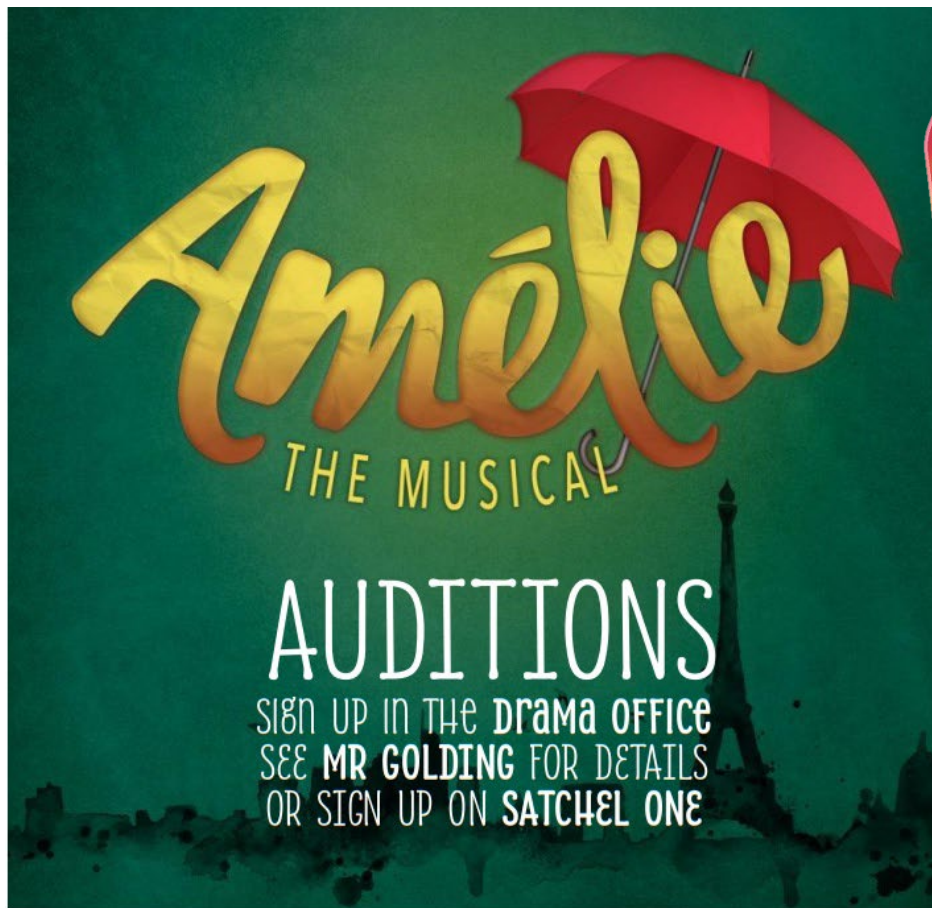
They will take place between 4 & 5.30pm in the Drama Studio. Collect the audition script from Mr Golding or the Drama Office.



Former Student Joins EASTENDERS

We're delighted to share that former student Pierre Moullier will be appearing on *EastEnders* this summer, taking on the role of Oscar Branning. This follows a series of impressive performances in theatre and marks another exciting step in Pierre's professional acting career.

EastEnders Executive Producer Ben Wadey commented: *"I'm very excited to bring Oscar Branning back to Walford... We're delighted to welcome Pierre as he takes on the role and can't wait for viewers to see him bring Oscar to life."* Pierre's episodes are due to air next month – we look forward to tuning in!



Based on the film *Amélie*

About the show

Amélie is an extraordinary young woman who lives quietly in the world but loudly in her mind. She secretly improvises small but surprising acts of kindness that bring joy and mayhem. But when a chance at love comes her way, Amélie realises that to find happiness she'll have to risk everything and say what's in her heart. This show is about the power of imagination.

Auditions: July **Rehearsals:** July / Sept-December

Show: December 2025

This is an ensemble musical with lots of opportunities for performers in years 7-13.

HUMANITIES NEWS



Model United Nations Debate

Last Saturday saw Year 10 and 12 students participate in their final Model United Nations (MUN) of the year at Godolphin & Latymer School in Hammersmith.

Kingsdale represented Turkey & Brazil across a wide variety of committees including the Security Council and Human Rights. The students gave a fantastic account of themselves against some of the leading MUN schools in the UK. It was a day of varied and interesting debate on subjects including nuclear disarmament, supporting refugees and even the global plastic surgery industry. It was also great for our Turkey delegation to be recognised as best participants in the General Assembly at the end of the day. A huge well done to all participants: Aminah Bisette, Reuben Mars, Jannez Nwabueze, Raresh Croitoru, Stephen Leopold, Cato Barry, Harris Dickie, Imogen Stacul, Antonina Kopec and Oscar Roberts. A particular well done too to Seth Rogers and Conor Cavanagh, two veteran MUN participants, who stepped up to chair committees for the first time, hopefully they can do so again at a Kingsdale conference next year!

CAREERS NEWS

Careers Talk – Overseas Disaster Relief & Development



We were treated this week to a fascinating talk about responses to overseas disaster and the situation in the international development sector last week. Adrian Ouvry, who works for the Foreign, Commonwealth & Development Office but has also had seniors posts in NGOs, gave a fascinating talk about the range of global disasters

which the UK government or NGOs might respond to, and what the bottom line is for a successful response. Although he noted the current very difficult situation for the sector with huge decreases in funding, he made it clear that it's an incredibly rewarding and important career. Thank you to Adrian for giving his insights.



A huge thank you to all of our parents and community members who have supported Kingsdale's careers talks and the Careers Fair this year – we've had over 25 talks representing an incredible range of impressive career and we had upwards of 70 volunteers come to our careers fair. It has been inspiring seeing the passion people have for their jobs and their desire to this on to the next generation and support their choices. Thank you – we will be looking for more volunteers next year!

The Kingsdale Family International Culture Day 2025



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.

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

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



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



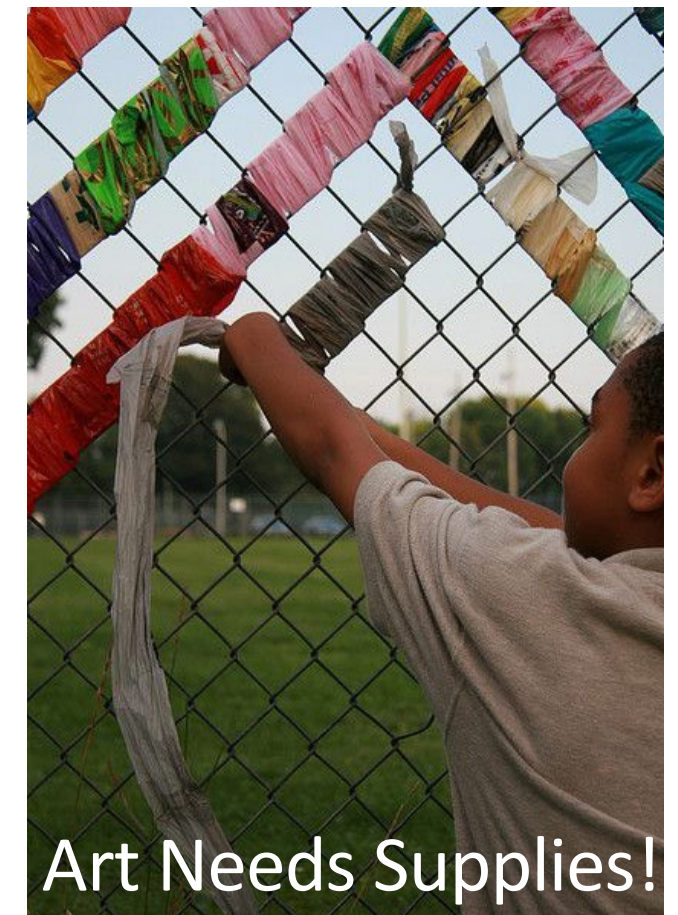
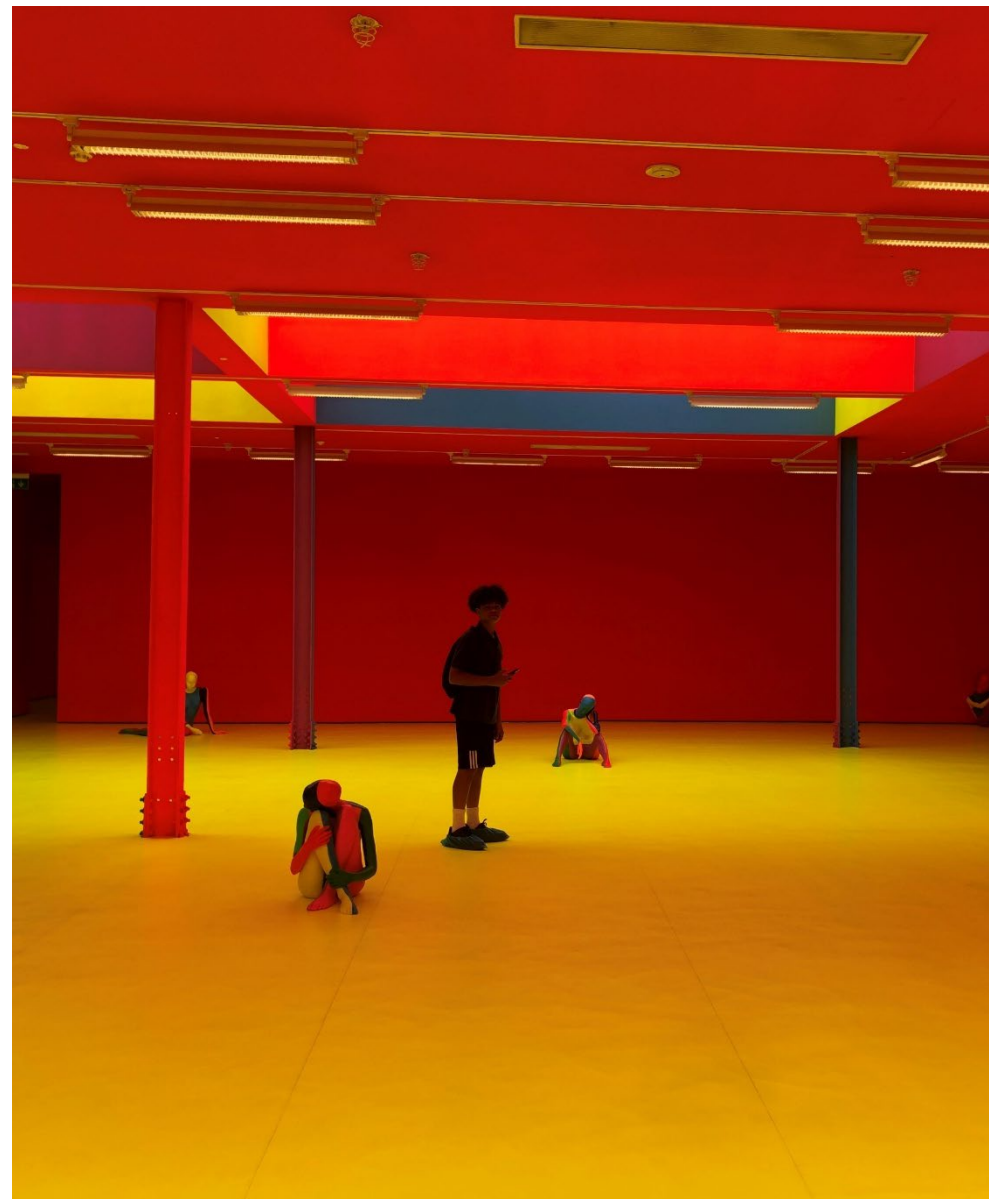
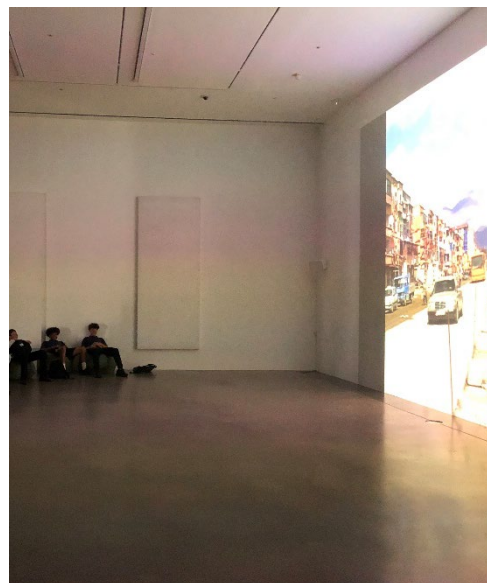
KINGSDALE
FOUNDATION SCHOOL

SE21 8SQ

Year 10 Graphics Trip Gallery Hopping

Year 10 Graphics students visited a range of galleries around central London and Soho last week. First stop was the National Portrait Gallery where they took photos and drew from paintings in the handmade zine sketchbooks.

We then visited Sadie Coles, Hauser and Wirth and Stephen Freidman Galleries



Art Needs Supplies!

The Art department needs your help. We are taking part in the Big Draw Competition this year and we are planning to create a giant collaborative woven installation on Culture Day. We need:

- fabrics from around the world
- Plastic bags
- Threads, wool, string

Please give donations to reception in a bag or box labelled 'Art department'

Deadline Friday 11th July 2025

THANK YOU

SPORTS NEWS

Ed Evans Secures Place in National Team At French Open Water Championships!



Inter-House Sports Day Final 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.**

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 [here](#).

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 **Mrs V Turner** via: pe@kingsdale.southwark.sch.uk.



We are very proud to announce that Ed Evans, Year 11 (*far right in picture*) had a successful trip to Loch Ken last weekend at the Scottish National Open Water Championships.

Ed won the National Junior Title for the 5km race and the National Junior and Senior Title for the 10km race. Ed also won golds in the 800m and 1500m at London Championships!

His combined times means he has now met the selection criteria for the Scottish Junior team and will compete for Scotland in international events in 2026 and go on their training camp programme. Later in the summer he will compete in the British championships in 200/400/800/1500 pool and 7.5km open water.

At the end of September, Ed will also swim in the French open water championships (French Cup) in 5km and 10km near Paris. We wish him all the best and look forward to hearing about his future successes! Well done Ed!

Year 7 & 8 Free Swimming Lessons Available This Summer

In response to the alarming statistic that one in three children leave primary school unable to swim, Southwark Council has launched a new initiative to provide free swimming lessons for children between **9 and 12 years old** who cannot swim. Starting this summer, over 240 free spots will be offered to children in the borough.

The lessons will be held at Peckham Leisure Centre and The Castle Leisure Centre, consisting of a five-day course with each session lasting 30 minutes per day over five consecutive days.

Please use the link below to access further information on how to access these sessions.

Southwark Council to offer hundreds of free swimming lessons for children this summer | Southwark Council
southwark.gov.uk



Under-13s Girls' Surrey Cricket Starburst Tournament

Our Under-13s Girls recently took part in another Surrey Cricket Starburst Tournament for softball cricket, competing against 12 other schools. This was a fantastic opportunity for the team to develop their skills and gain valuable match experience. It was especially exciting as it was the first fixture for many of our Year 7 players. While we placed 11th overall, the girls thoroughly enjoyed the tournament and demonstrated excellent sportsmanship. We're proud of their effort and look forward to seeing their progress in future fixtures!



Sports Scholars - Gifted and Talented Boxing Sessions Mondays 11.15am to 1.45pm

Interested year 7, 8 and 9 students please email PE@kingsdale.southwark.sch.uk.
Places are limited.



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.

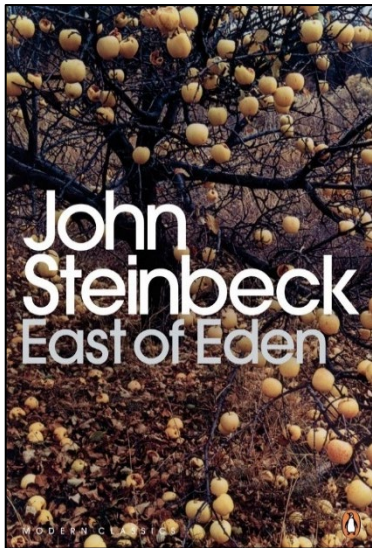
There is no specific module with the 2nd edition.

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:



Teacher Recommendation



Mr Cannicott recommends
East of Eden
by John Steinbeck

Set in the rich farmland of the Salinas Valley, California, this powerful, often brutal novel, follows the intertwined destinies of two families - the Trasks and the Hamiltons - whose generations hopelessly re-enact

the fall of Adam and Eve and the poisonous rivalry of Cain and Abel.

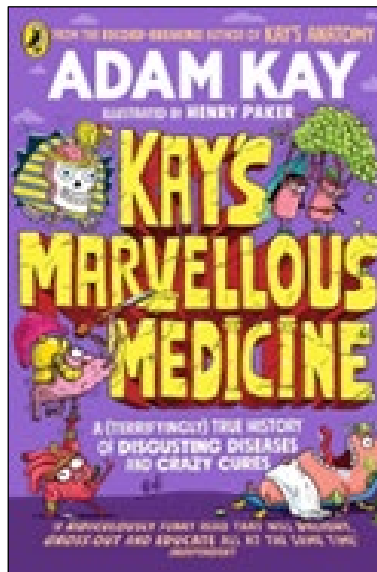
Here Steinbeck created some of his most memorable characters and explored his most enduring themes: the mystery of identity; the inexplicability of love, and the murderous consequences of love's absence.

Mr Cannicott liked 'the exploration of morality' and found the 'family drama really engaging'.

Best suited for students in Key Stage 4 & above.

Reading Recommendations

Student Recommendation



Mia Talbot, Year 8, recommends
Kay's Marvellous Medicine
by Adam Kay

The olden days were pretty fun if you liked wearing chainmail or chopping people's heads off. But there was one TINY LITTLE problem back then . . . doctors didn't have the slightest clue about how our bodies worked.

It's time to delve into history and get some

answers to some big questions, like:

- Why did patients gargle with wee?
- How did a doctor save people's lives using a washing machine, a can of beans and some old sausages?
- What was the great stink?

Mia thinks that 'Kay's writing is hilarious and engaging' and she 'loved Parker's illustrations!'

Suitable for all age 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 tkp@kingsdale.southwark.sch.uk

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

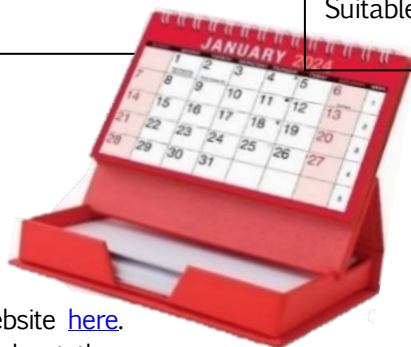
SUMMER TERM 2025

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.



Supporting Children with ASD at home

We would like to offer support and guidance to parents on how to best support their children at home. The advice below was put together by colleagues in Community Family Psychology, Neurodevelopmental Team, and Children's Occupational Therapy. Proprioception, also referred to as kinaesthesia, is the sense of self-movement, force, and body position. It is sometimes described as the "sixth sense". Proprioception is mediated by proprioceptors, mechanosensory neurons located within muscles, tendons, and joints. Some children with ASD may experience varying differences related to this sense. Your child might have difficulty understanding where their body is in relation to other objects, thus appearing clumsy, knocking things over, dropping items or misjudging personal space and potentially standing too close to others.

Occupational Therapy: Regulating Sensory Activities

1. Walking

This is a very regulating activity as it provides rhythmical and predictable sensory inputs. Try to walk at the same pace and aim to walk for over 30 minutes. Walking up hills and/or wearing a backpack with bottles of water in will increase the resistance which will provide stronger regulating proprioceptive inputs.

2. Local parks and outdoor gyms

Hanging from monkey bars provide strong regulating proprioceptive inputs which quickly has a calming effect. Swings are regulating as they provide rhythmical and predictable linear vestibular and proprioceptive inputs. Encourage your child to swing themselves as much as possible as this will increase the calming proprioceptive inputs and help reduce the stimulating effect of the vestibular inputs. Use roundabouts with caution as these provide strong rotational vestibular inputs which could quickly cause over stimulation. Spin the roundabout 10 times then stop it and ask your child to look at you and count to ten and repeat. Older children can use outdoor gym equipment, outdoor gyms provide strong regulating proprioceptive inputs.

3. Trampoline

These provide strong vestibular input which can cause rapid overstimulation. You can increase the regulating proprioceptive inputs by standing /sitting on the edge of the trampoline as will increase the amount of effort your child uses to bounce. This should reduce the stimulating effects of the vestibular inputs. You could also reduce the possibility of overstimulation by controlling the amount of bouncing by counting the number of bounces to 20 then say stop. Ask your child to stand still like a soldier and look at you while you count to 10 and repeat.

4. Den building

Use blankets, throws, cushions etc to build as these create a regulating environment and reduce the amount of sensory input your child has to process. You could have a picnic in the den with crunchy and crisp foods which are regulating. Or play regulating games like colouring.

5. Obstacle Courses

These provide great regulating sensory experiences. Encourage your child to carry/punch objects to make the obstacle course. Try to include things that will allow your child to crawl and have different body positions.

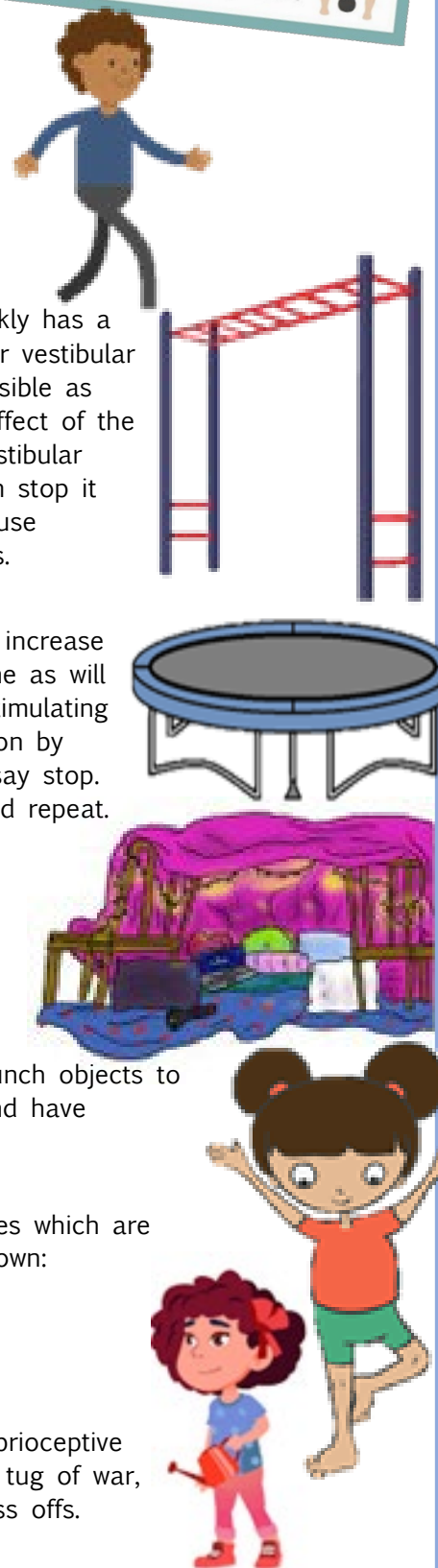
6. Cosmic Kids Yoga

There are lots of fun and child friendly You Tube clips that include simple yoga poses which are regulating and you and your child could do them together. To slow YouTube clips down:

1. Open the video in You Tube.
2. Click the three dots in right hand corner or settings icon on the bottom right.
3. Select 'playback speed' to 0.5x or less.

7. Heavy Work Activities

Any activities that involve pulling, pushing, carry heavy objects provide regulating proprioceptive inputs. Some ideas include gardening activities – digging and pushing a wheelbarrow, tug of war, cycling, helping with housework, row row your boat song, door pull up bars, wall press offs.



Cinema screenings for students with ASD

There are now various cinemas which provide SEN-friendly film screenings where families, as well as their friends and carers, can enjoy a film in an environment that's designed for people with ASD

The national cinema chains which regularly offer autism-friendly screenings include Odeon, Vue, Cineworld and Showcase. To find a SEN-friendly screening for these cinema chains, we recommend visiting their websites to see if there are any on offer and getting in touch with them directly if you have any specific questions that aren't covered on their website.

- [Cineworld](#)
- [Odeon](#)
- [Vue](#)

What's different about film screenings suitable for young people who have ASD?

During the film, low lights are left on inside the auditorium and the film soundtrack is quieter than it would be in a regular film screening. Another difference is that there are no trailers screened before the main film at AFS screenings.

These screenings also don't restrict the audience from moving around, making a noise or taking a break in the middle of the film screening if they need or want to. Other cinema companies which offer SEN-friendly film screenings include Picturehouse and Empire.

Some websites for further information around proprioceptive regulatory strategies and activities include:

- <https://www.understood.org/en/learning-thinking-differences/child-learning-disabilities/sensoryprocessing/issues/heavy-work-activities>
- <https://lemonlimeadventures.com/100-sensory-activities/>
- <https://www.andnextcomesl.com/2015/06/heavy-work-activities-for-kids.html>

SEND FACULTY NEWS

Supporting Your Dyslexic Child: July Tips for Parents

July can be a valuable month for families of children with dyslexia—a chance to build on school-year momentum and explore resources before the summer break. For parents in South London, here are local events and ways to strengthen your child's reading and resilience this July.



Bell House Dyslexia Advice Surgeries - Dulwich

On 12 July 2025, Bell House (27 College Road, SE21 7BG) is hosting a family-focused drop-in session for advice and guidance on dyslexia and literacy challenges.

You can speak one-to-one with specialists from Dyslexia London, receive personalised support, and explore strategies for the summer ahead: www.bellhouse.co.uk

Online Virtual Get-Together for Families

The British Dyslexia Association is holding another Families Virtual Get-Together on **15 July 2025**, offering a supportive online space to connect, share ideas, and gain practical tips from other parents of dyslexic children. www.bdadyslexia.org.uk

Julia's Thrive Dyslexia Workshops Wallington

Thrive Dyslexia hosts parent workshops in July—check their website or Facebook group for details. These sessions offer strategies and resources tailored to supporting learners at home. www.dyslexiasouthlondon.com



What should I do if I am worried about my child's mental health, or that of a child that I care for, and I think it's getting serious?

Make time to listen to them: Create a calm safe space where they can communicate how they are feeling without judgement.

Try to understand the problems and provide reassurance that you have heard them and are there to help. The problems could be something you are not aware of or don't notice at first, such as:

- relationship problems with friends and family
- being bullied
- experience of traumatic events such as abuse
- self-harm or suicide by someone close to them
- low self-esteem.



Or it might be something more noticeable, such as:

- a recent death of a friend or family member
- worries about schoolwork, exams or exam results
- worries about employment opportunities
- coping with a chronic illness or disability
- substance misuse problems
- coping with pre-existing mental health problems such as anxiety, depression and eating disorders.

Take time to talk to the child or young person you care for: This is particularly key in relation to children and young people, who may feel overwhelmed by a changing situation which isn't being clearly explained in a way they can understand. Some children and young people may find it easier to talk while doing something together such as playing in the park, going for a walk, painting or other activities.

Keep an eye on the child or young person you care for: Look out for symptoms that your child's mental health may be deteriorating, including symptoms of anxiety and low mood or worrying changes in behaviour. Seek specialist health advice and support and increase vigilance, including checking if they are accessing websites about self-harm, suicide or pro-eating disorders.

Help the child or young person you care for do positive activities which means they aren't isolating themselves: Positive activities including exercise and safe contact with family and friends can provide a distraction from negative thoughts and may help them open up about their feelings.

Provide structure and routine (including for sleep): Many children and young people may experience difficulties with their sleep. Providing structure through the development of daily and weekly timetables, including bedtime routines, can be helpful in providing some predictability for children and young people in this unsettled time.

Support children and young people with a disability: Children and young people with a disability, including people with a learning disability, autistic people and people with attention deficit hyperactivity disorder, may find the impact of coronavirus particularly difficult to manage. It is important to explain change and manage any anxiety and distress they may be experiencing. Seek immediate advice if they are already in contact with specialist health and social care services or contact your GP. The National Autistic Society have helpful advice on their website on how to deal with this uncertain time with the coronavirus.

Seek specialist advice and support quickly if you think the child or young person you care for is having suicidal thoughts or are self-harming: It is important that you do not ignore these symptoms and that you speak to a GP or crisis mental health helpline urgently to get the right help and support (more information is available below) – or contact some of the services detailed below. If there is a threat to life, call 999.

Finally, as a parent or carer, look after your own mental health too: This will help you to best support yourself and those you care about. Remember to talk to your family and friends about how you are feeling, and seek help for yourself from the NHS and other support services if it's all getting too much. It's okay not to feel okay.

YOUNG MiNDS

Parents Helpline and Webchat

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](#)

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](#)

turn 2US

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



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

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](#)).



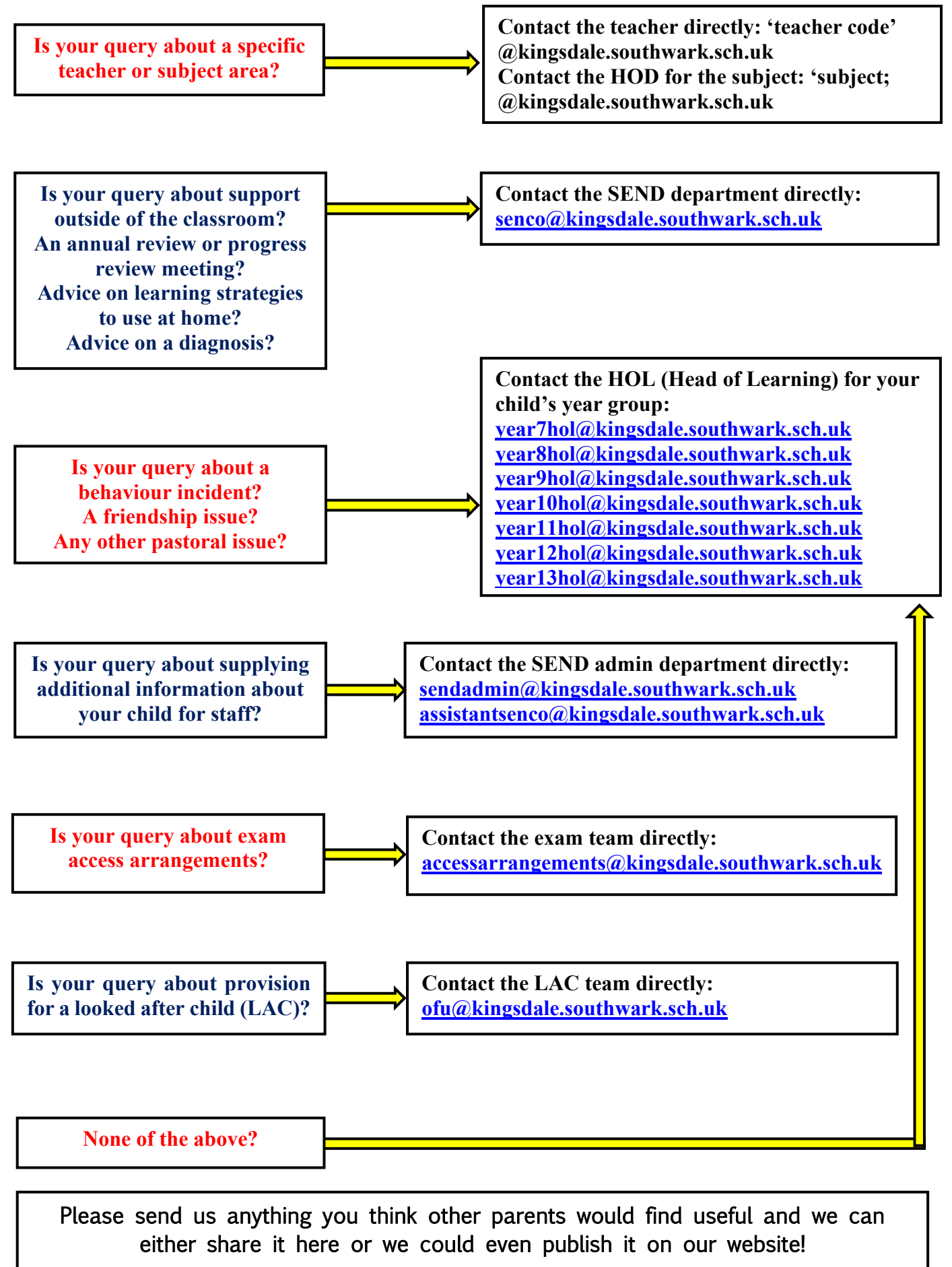
• How to get a carer's assessment

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 COMPETITION

Inter-House Sports Day Mascot Competition



Inter-House Sports Day is taking place on Thursday 24th July 2025. Now is your chance to represent your House and bring home the trophy!

STUDENT ACTIVITY: Create a Mascot to represent your House.

HOW TO ENTER:

Share your Mascot with the House Team:
housesystem@kingsdale.southwark.sch.uk
Ensure your entry is accompanied by your full name, tutor group and House.



What Is International Joke Day?

Why did the student bring a ladder to school? Because they wanted to go to high school! That's right - it's time to dust off your favourite one-liners. International Joke Day 2025 is a celebration of joy, laughter, and the humour that brightens our daily lives. Laughter truly is the best medicine - and a universal language that brings people together. Whether it's a witty pun, a classic knock-knock joke, or a hilarious story, sharing a laugh has a unique way of lifting our mood and strengthening our connections with others.

When Is International Joke Day 2025?

Save the date! International Joke Day 2025 falls on Tuesday 1st July 2025. It's the perfect way to kick off the second half of the year - with plenty of laughs and light-hearted fun. Take the opportunity to share your favourite jokes with friends, family, and even strangers to bring smiles and brighten someone's day.

What Is the Theme for International Joke Day 2025?

The theme for International Joke Day 2025 is *"Laughter Unites Us."* This year's focus highlights how humour has the power to connect people across different cultures, experiences, and backgrounds. In a time when division often takes centre stage, a shared laugh can remind us of our common humanity and the simple joy of connection. The theme invites everyone to embrace everyday humour and spread laughter and positivity wherever they go.

STUDENT HOUSE ACTIVITY: Share your favourite joke with the House Team. We will collect your contributions and create a Kingsdale joke book.

HOW TO ENTER: Email your entry to 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 NINTENDO SWITCH 2

Nintendo launched its Switch 2 games console in early June 2025 – its first new console in eight years. While it builds on the original's success by remaining compatible with certain existing games, it also adds powerful hardware and new features like GameChat and a USB-C camera. As more children look to upgrade, it's important to understand how this new console might affect their play and safety.

WHAT ARE THE RISKS?

EASIER TO ACCESS MATURE CONTENT

18
CENSORED

Despite Nintendo's reputation for family-friendly titles, mature games like *Cyberpunk 2077* and *Hiltman* have been released onto the platform. With the Switch 2's improved performance, developers will be able to port even more mature-rated games. These may appeal to children due to their popularity, but they contain content that is highly unsuitable for young audiences.

IN-APP & GAME STORE PURCHASES

The Nintendo eShop enables purchases with just a few taps. If payment details are saved and PIN protection is disabled, children may unknowingly make costly purchases – including game add-ons, cosmetic items or entire new releases – without parental approval.

UNRESTRICTED ONLINE PLAY IN SOME GAMES

While GameChat is one feature, Switch 2 also connects to the broader Nintendo Switch Online service. Many free-to-play titles like *Fortnite* or *Splatoon 4* allow voice or text chat with strangers unless chat settings are adjusted, meaning children could encounter inappropriate language or unwanted contact.

GAMECHAT & REAL-TIME VOICE COMMUNICATION

GameChat enables live chatting with up to 12 people, even across different games, with optional video and screen-sharing. Though children under 16 are restricted to chatting only with approved friends, the sheer interactivity could raise privacy concerns or create pressure to remain online longer.

CAMERA COMPATIBILITY & PRIVACY CONCERNS

The optional USB-C camera supports video calling and facial overlays in games; however, this also raises the risk of cyberbullying or the unwanted sharing of personal images. The camera can be disabled, removed or covered, and parental controls are essential to manage how and when it is used.

POWERFUL PULL OF FAMILIAR CHARACTERS

Nintendo's mascot, Mario – along with Pikachu, Donkey Kong and others – remains hugely appealing to younger audiences, especially after the success of the recent film, *'The Super Mario Bros. Movie'* (2023). These beloved icons are central to Nintendo's branding and often feature in merchandising, adverts and in-game promotions, creating strong emotional attachments in children and a sense of urgency to keep up with their peers.

Advice for Parents & Educators

CHECK RATINGS & USE PARENTAL CONTROLS

Every Switch and Switch 2 game comes with a PEGI age rating. Before buying one, ensure the content matches your child's age. Use the Nintendo Parental Controls app to monitor gameplay, set screen-time limits and manage friend requests.

REMOVE OR RESTRICT PAYMENT METHODS

Avoid accidental spending by unlinking credit cards from the device. Instead, consider adding funds via prepaid eShop cards or requiring a PIN for purchases. Some banking apps can also be set to approve transactions manually.

REVIEW FRIEND LISTS AND CHAT PERMISSIONS

Child profiles are restricted to chatting with approved friends only, but it's good practice to regularly check their friend list and communication settings. Use the Parental Controls app to switch off voice or video chat if necessary.

ENCOURAGE OPEN CONVERSATIONS

Teach children how to block, report and capture any behaviour or content that makes them uncomfortable. The console's built-in tools allow them to create screenshots and video clips, which can aid in reporting any issues. Keeping an open dialogue helps children feel supported and safe.

Meet Our Expert

Lloyd Coombes is the Games Editor of *Daily Star* and has been working in the gaming and tech industry for five years. A regular visitor to the App Store to try out new tools, he's also a parent and understands the importance of online safety. He's also a tech and fitness writer and has been published on sites including *IGN*, *TechRadar*, and plenty more.



#WakeUpWednesday®

The National College®

SPORTS FIXTURES

Sunday 29th June 2025

- PGL Sports Trip departs Kingsdale: Information issued separately to participants

Monday 30th June 2025

- Under-13s Boys' Cricket Home Match v Acland Burghley School. Leave school at 12.30pm. Start 1pm. Return at 5pm approx.: **Mr Price**
- Selected students to attend Starburst Surrey County Cricket Day at The Kia Oval Home of Surrey Cricket. Leave school at 9am. Start 10am. Return at 4pm approx.: **Mr McWhirter/Ms Powell/Mr Hall**

Tuesday 1st July 2025

- 16 Selected students to attend Young Performing Arts Workshop at the Brits School. Leave school at 11am. Start 11.45am. Return at 3pm approx.: **Ms McGregor**
- Key Stage 3 Dancers Performing at The Royal Academy of Dance Chelsea. Leave school at 4pm. Start 6pm. Return at 10.30pm approx.: **Ms McGregor**

Wednesday 2nd July 2025

- Year 7 Boys' Sports Day Heats at Mary Datchelor Playing Fields. Start 12 noon. Finish 3.40pm: **Mr McWhirter/PE Staff**

Thursday 3rd July 2025

- Under-13s & 15s Girls' Softball Cricket Regional Finals at Sidcup Cricket Club. Leave school at 8am. Start 10am. Return at 5pm approx.: **Ms McErlain/Mr Price/ Mr Dash**

Friday 4th July 2025

- Mixed Under-16s Dance Students at London Youth Games Finals at the Copper Box, East London. Leave school at 9am. Start 10.30am. Return at 5.30pm approx.: **Ms McGregor/ Ms Dookey**
- 'Mop-up' Sports Day Heats at Mary Datchelor Playing Fields. 12 noon Start. Finish 3.40pm: **Mr McWhirter/PE Staff**

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 'Switch Nintendo 2'. Get a greater insight here.

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

The House Leader Board 2024-25

Week ending
27th June 2025

- 1st Place – Dove 102,353 points
- 2nd Place – Swift 99,796 points
- 3rd Place – Falcon 97,581 points
- 4th Place – Albatross 96,493 points
- 5th Place – Eagle 96,194 points



Dove are surging towards the winning line but can still be caught especially with the point available at Sports Day!

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.

