



PARENTAL NEWS BULLETIN

Issue 5 Monday 6th October 2025

HEADLINE NOTICES

Kingsdale Open Days

Our final Open Days for Year 7 2026 Entry will be taking place this week as follows:

Wednesday 8th October 2025

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

Saturday 11th October 2025

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

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

Sixth Form Open Days for September 2026 Year 12 Entry

1.30pm - 6.30pm Wednesday 15th October 2025

4.30pm - 7pm Wednesday 5th November 2025

4.30pm - 7pm Wednesday 26th November 2025

You can access further details regarding our Sixth Form open events for Year 12 September 2026 entry [here](#). For all queries regarding admissions to the Sixth Form, please contact the Sixth Form Office via email at sixthform@kingsdale.southwark.sch.uk or 0208 655 9723.

Kingsdale Careers Programme 2025-2026

Thank you so much to everyone who has so far volunteered to help with our careers provision this year. A reminder that if you think you can help, particularly with our Careers Fair on 14th January 2025, the sign-up link is [here](#). If you have any questions, please get in touch with Ms Markes via careers@kingsdale.southwark.sch.uk



House Excellence Award

Abbie O'Connell, Year 11, has won the House Excellence Award. She was nominated by the Humanities department. Abbie is an intelligent and charismatic student. She has made excellent progress in Sociology and has been consistently maintaining a high standard of behaviour and effort in class this year. She has shown genuine interest in social issues and kept up a mature approach that will pay dividends in exam season. Well done Abbie!

**BLACK
HISTORY
MONTH**

THEME OF THE WEEK Freedom

'Freedom is not the right to do as you please; it is the liberty to do as you ought. Enjoy your freedom but not at the expense of others.'
Martin Luther King

WORD OF THE WEEK Unequivocally

In a way that is total, or expressed very clearly with no doubt.

'He said the allegations against him were absolutely and unequivocally untrue.'

SCHOOL NEWS

Careers Survey

We have asked all of our students to complete a short survey about their career aspirations, where they gain support, and how well informed they feel about different aspects of careers. This will help us improve and monitor our careers provision at Kingsdale.



The link to the survey is [here](#) – please encourage your children to complete it if they haven't yet. The deadline for completion is Friday 17th October 2025.

Lost Property

Please could all parents ensure that all students' personal belongings are clearly marked with their names?

Every day we receive a large number of unlabeled belongings to the Lost Property Office which we are unable to return to students. Contact lostproperty@kingsdale.southwark.sch.uk for more information.



The Royal
Geographical
Society
in partnership with
the Financial Times
is running its
annual School
Essay Competition.

Royal Geographical Society School Essay Competition Years 12 + 13

**'What are the
implications for different
countries of international
trade policies in the
contemporary world?'**

The judges are looking for:

- A clear essay or ArcGIS StoryMap that is well-evidence and reaches a clear conclusion.
- Submissions must not exceed 1,000 words (including title and references).
- Referenced sources of information and data including the Financial Times.

Submissions must be your own work and relevant to the question and guidance.

Includes lots of examples in your essay:

- China is well position to weather Trumps's trade war
- UK and India rush to secure trade deal after Trump tariffs
- Donald Trump's China trade war a 'boon' for Brazil but sends US farmers reeling.

See <https://www.rgs.org/schools/competitions/school-essay-competition> for full competition detail and information about how to access articles on FT.com. For help and support see your Geography teacher.

Entries to Ms Brewer at BBR@kingsdale.southwark.sch.uk by 8am, Wednesday 29 October 2025

CAREERS NEWS



Year 10 Trip To Pembroke College, Cambridge

Last week 10 students from Year 10 were treated to a fantastic day at Pembroke College, Cambridge. Students were really impressed by the wealth of academic opportunities on offer, the beautiful surroundings, and how friendly the students were.

The Year 10s were a real credit to the school, asking intelligent questions and showing real confidence and engagement. We hope this has inspired them to aim even higher for their next steps!

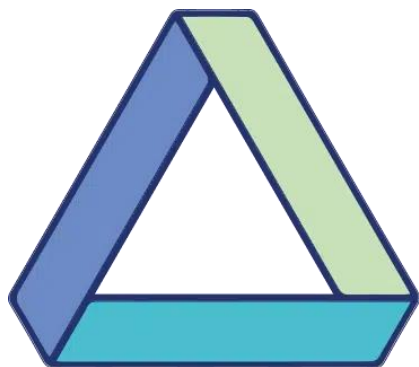


LIBRARY NEWS

Don't forget to join us for some exciting extra-curricular clubs in the library. No need to sign up – just turn up!

LIBRARY EXTRA-CURRICULAR CLUBS

Day/Time	Activity	Location
Wednesday Period 3	Year 7 Creative Writing Club	LSL
Wednesday Period 4	Year 8 Creative Writing Club	USL
Thursday Period 4	Year 8 Debate Club	USL
Friday Period 5	Year 12 Book Club	USL



MATHS NEWS

UKMT Maths Olympiad and Competition for Girls



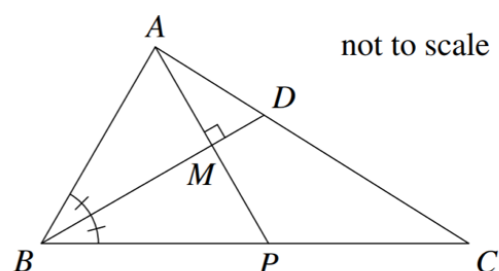
We are proud to announce that a group of our Year 11 pupils were selected to take part in the *UKMT Maths Olympiad and Competition for Girls*, a highly challenging national competition designed to stretch our talented young mathematicians and inspire even more young women to pursue the STEM field.

The Olympiad required participants to tackle a series of demanding, proof-based problems that test both creativity and depth of understanding. Our girls approached the challenge with enthusiasm, determination, and impressive problem-solving skills. Their commitment to mathematics and willingness to engage with such a rigorous competition is commendable, and we look forward to celebrating their results with them.

Sample question

This question requires full written solutions.

The diagram shows triangle ABC with side lengths $AB = 85$, $BC = 160$ and $CA = 103$ units. The bisector of angle ABC intersects the side AC at point D . The line through A perpendicular to BD intersects BD at M and BC at P .



- Prove that M is the midpoint of AP . [2 marks]
- Find the length of PC , justifying your answer. [1 mark]
- The line through A perpendicular to the bisector of angle ACB intersects it at N . Find the length of MN . [7 marks]

ART AND DESIGN CLUBS, KEEPING UP/GET AHEAD AND SCHOLARS

MONDAY

All years

Breakfast Club
8.00 to 8.30am
Mrs Smiley AR5

Year 7 and 8

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

Year 7 and 8

Camera Club
3.45 to 4.45pm
Ms Wallner PS1

Year 8

Young Makers Club
4.10 to 5.10pm
Ms Koch TE2

Year 9-11

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

Year 9-13

Textiles/Art/Graphics Keeping Up/Get Ahead
3.45 to 5.30pm
Mrs Brocklesby AR7

TUESDAY

All years

Breakfast Club
8.00 to 8.30am
Mrs Smiley AR5

Year 11

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

Year 9-13

Textiles/Art/Graphics Keeping Up/Get Ahead
3.45 to 5.30pm
Mrs Howell AR2

Year 9-11

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

Year 9-13

Photography Keeping Up/Get Ahead
3.45 to 5.30pm
Ms Wallner PS1

Year 9-13

Art Keeping Up/Get Ahead
3.45 to 5.00pm
Ms Farley AR1

WEDNESDAY

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

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

2025
2026

THURSDAY

Year 7

Textiles Club
3.45 to 5.00pm
Ms Fearn AR6

Year 7 and 8

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

Year 7

Bronze Arts Award Club
3.45 to 4.45pm
Ms Farley AR1

Year 9-13

Art, Photography Keeping Up/Get Ahead
3.45 to 5.00pm
Ms Gregson PS1/AR3

Year 9-13

Art Keeping Up/Get Ahead
3.45 to 5.00pm
Ms Montero AR4

Year 10

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

Year 11

D&T Keeping Up/Get Ahead
3.45 to 5.00pm
Ms Koch TE2

FRIDAY

Year 9

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

Year 9-13

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

Scholars Club (by invitation only)

Year 7

TUESDAY
3.45 to 4.30pm
Ms Montero AR4
(Starts 25th November 2026)

Year 8

TUESDAY
4.10 to 5.00pm
Mrs Brocklesby AR7

Toran Mathiesen has Left Kingsdale for Manchester
On behalf of our current Year 11 cohort, we would like to wish Toran Mathiesen the very best in his future academic prospects in Manchester and with his footballing endeavours in the Manchester City Academy.

Toran is well loved by the entire Kingsdale community and will be missed very much! We wish him all the best!



SPORTS NEWS

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



Year 7 Gymnastics

This term, Ms McErlain's Year 7 students have been taking part in a gymnastics unit where they worked in pairs to explore movement, balance and creativity. Pupils focused on using different levels, counterbalance and body shapes, before combining their ideas to choreograph their own short routines. They showed great teamwork and problem-solving as they developed and refined a series of balances and transitions, with some fantastic performances to finish the unit.

Well done!



T1 Rugby Festival at Battersea Power Station

On Thursday 25th September, a group of 11 Year 7 and 8 girls took part in a T1 Rugby Festival at Battersea Power Station. The students had a fantastic time developing their skills and learning the rules of the game.

T1 rugby has recently been introduced in schools as a safe and inclusive way for pupils to experience rugby, focusing on teamwork, passing, and movement, without the physical contact element. It provides a fun and accessible entry point into the sport, with the option to progress to full contact rugby in the future if they wish.

The girls thoroughly enjoyed the festival and are now excited for the season ahead!



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

Sports Clubs Autumn Term 2025

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

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

KFS Extra-Curricular Sports Online Booking Form

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

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

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



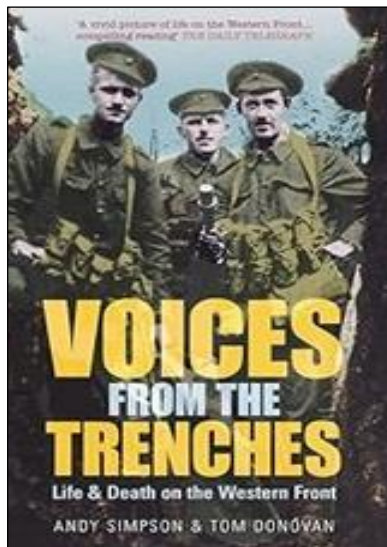
Activity	Time	Venue	Staff
Monday			
Football – Boys – Year 10	8:00-8:50am	Astro	Mr Hall & Mr Foster
Football – Boys – Year 11	11:05-11:50am	Astro	Mr Foster
Swimming – Mixed – Year 7	11:15-1:45pm	Crystal Palace	Mr Jones
Recreational Football – Boys – Year 8	12:00-12:45pm	Astro	Mr Dash
Netball – Girls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

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

Reading Recommendations

Student Recommendation

Teacher Recommendation

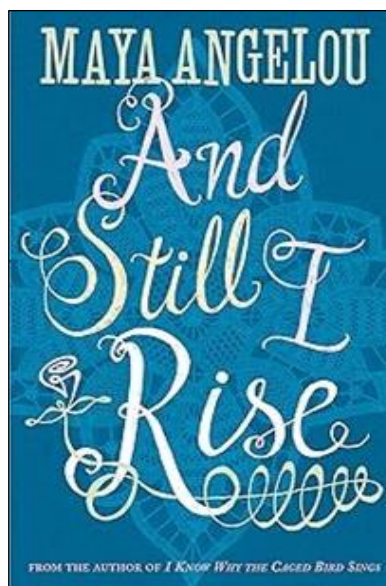


Monsieur Hutchinson recommends
Voices from the Trenches
 by Andy Simpson

A treasure-trove of previously unpublished letters and first-hand accounts from British 'tommies' of life and death in the trenches during the First World War.

This is the story of the men who held the front line in France and Flanders. It is a graphic account of a strange and seemingly unending style of life and death in all their facets. It is a unique approach, an anthology interwoven with a continuous commentary so that the reader is always kept aware of the context of the writing. The balanced and un-emotive approach cannot, however, fail to leave the reader deeply moved. Mr Hutchinson found the soldiers' stories occasionally funny, often absurd and always moving.

Best suited for students in Year 9 and older.



Mariam Balde, Year 8, is enjoying the poetry of Maya Angelou.

Still I Rise
 by Maya Angelou

Maya Angelou's poetry - lyrical and dramatic, exuberant and playful - speaks of love, longing, partings; of Saturday night partying, and the smells and sounds of Southern cities; of freedom and shattered dreams.

Mariam celebrated National Poetry Day and the start of Black History Month by reading the poem aloud on the Tannoy - and she did a brilliant job.

Suitable for all year groups!

CALENDAR 2025-26



You can also find lots of other useful sources of information on the school website [here](#). This includes further details about the operation of the school, including Term Dates, Assessment and Uniform.

Should you have any suggestions for additions to our website, please contact Mr Karp, via email tkp@kingsdale.southwark.sch.uk

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

AUTUMN TERM 2025

First Autumn Half-Term

Tuesday 2nd September - Friday 17th October

Half Term Holiday

Monday 20th October - Friday 31st October

Second Autumn Half-Term

Monday 3rd November - Friday 19th December

SPRING TERM 2026

Friday 5th January INSET DAY

School closed to students except those in Year 11

First Spring Half-Term

Monday 5th January - Friday 13th February

Half-Term Holiday

Monday 16th February - Friday 20th February

Second Spring Half-Term

Monday 23rd February - Friday 27th March

SUMMER TERM 2026

First Summer Half-Term

Monday 13th April - Friday 22nd May

Monday 13th April INSET DAY

School closed to students except those in Year 11

Mayday Bank Holiday

Monday 4th May 2025

Half-Term Holiday

Monday 25th May - Friday 29th May

Second Summer Half Term

Monday 1st June - Friday 24th July

Friday 24th July INSET DAY

School closed to students except by invitation



October is Dyslexia Awareness Month:

Understanding and Celebrating Different Learners

October marks Dyslexia Awareness Month – a chance to raise awareness, break down myths, and celebrate the strengths of students with dyslexia. Around 1 in 5 people are thought to be dyslexic, and many go on to be innovative thinkers, artists, scientists, and entrepreneurs. Dyslexia is not a reflection of intelligence – it simply means the brain processes written language differently.

By learning more about dyslexia, we can create an environment where all students feel understood and supported.

Here are some ways to get involved this month:

Read and Listen Together

Explore dyslexia-friendly books or audiobooks. Many publishers now offer books printed with clearer fonts and layouts designed for dyslexic readers. Good choices for teens include *A Kind of Spark* by Elle McNicoll or *Percy Jackson and the Lightning Thief* by Rick Riordan (available as audiobooks too!).

Strengths and Skills Board

Encourage your teenager to make a collage, vision board, or digital graphic showing their talents and ambitions. This can be a powerful reminder that dyslexia is just one part of who they are.



Learn the Science

Watch a short documentary or podcast episode about how the dyslexic brain works – BBC Bitesize has great resources. Discuss together how different thinking styles are valuable in school, work, and life.

Creative Expression

Give space for writing, music, drama, or digital storytelling where ideas take centre stage over spelling or grammar. Teens might enjoy using speech-to-text software to let their thoughts flow freely.

Show Your Support

Wear red for Dyslexia Awareness, share a fact about dyslexia on social media, or have a conversation with your teen about how to support classmates with different learning needs.

By celebrating Dyslexia Awareness Month, we can help every student – dyslexic or not – feel proud of their strengths and empowered to learn in their own way.



Did you know that as many as 1 in 10 people have some form of dyslexia?

Dyslexia is a common learning difference that affects the way the brain processes written and spoken language. It is not related to intelligence, in fact, many people with dyslexia are highly creative problem-solvers and deep thinkers.

At our school, we are committed to supporting students with dyslexia and ensuring they have the tools they need to succeed. This month, we encourage parents and caregivers to learn more about dyslexia, talk openly about learning differences, and celebrate the strengths of students who think and learn in unique ways. You can support your child, and all learners, by fostering a growth mindset, encouraging reading at home (in any form, including audiobooks), and staying connected with teachers about learning needs.

For more information and resources, visit International Dyslexia Association (<https://dyslexiaida.org/>) or contact our Learning Support team. Together, we can build a more inclusive learning environment where every student can thrive.



Free & Low-Cost Resources for Parents of Children with Dyslexia

Southwark Local Offer – Dyslexia / Literacy Information Pack
Download the free “dyslexia / literacy difficulties” information pack via Southwark’s Local Offer website.

[Southwark Literacy Difficulties / Dyslexia Info Pack Southwark Local Offer](#)

Southwark SpLD Advice & Information Pack (2024-25)

This PDF includes guidance, recommendations, and strategies for schools and families around specific learning difficulties.

[Southwark SpLD Advice & Information Pack \(PDF\)](#)
education.southwark.gov.uk

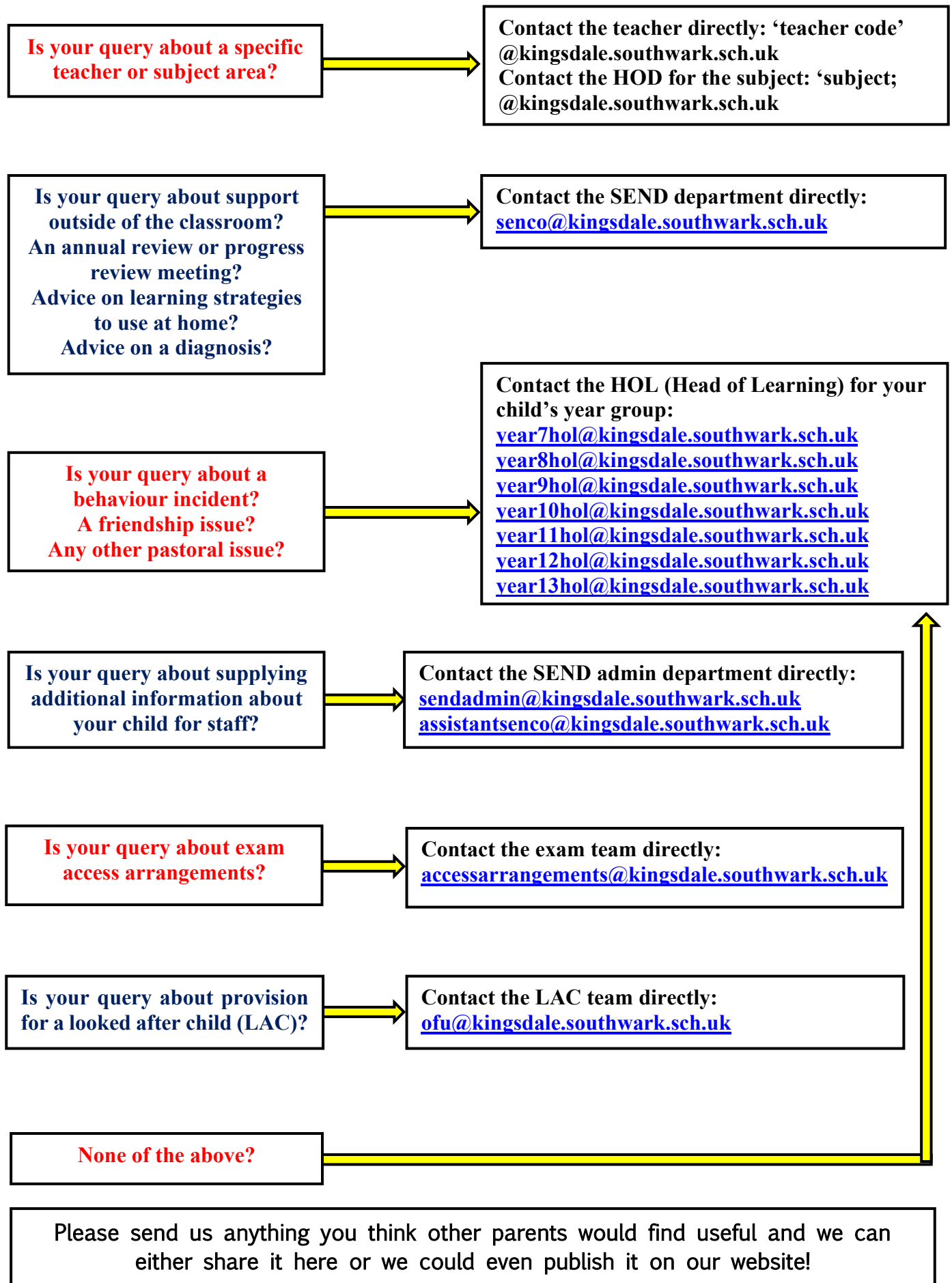
Southwark Disability Hub (KeyRing)

A community hub offering information, support and connections to local services in Southwark.

Email: disabilityhub@keyring.org | Tel: 020 3457 7580 [KeyRing](#)

Communication Flowchart: SEND

At Kingsdale we would like our communication to be as effective as possible. Please see the flowchart below to help us support your child effectively and get the information needed to the right people.



If you are worried someone's drinking or drug use is affecting your child, we're here to help.



We help children and young people to cope with difficult family situations and feel stronger in themselves.

You can speak to us on 0203 404 7699
or email Southwark.YoungPeople@cgl.org.uk

Free Workshops for Parents and Carers

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

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

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



We'll cover:

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



For further information contact:

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

SCAN ME



Talking to your child about

SHARING IMAGES ONLINE

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

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

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



What can you do to keep your child safe online?

S

Set clear boundaries.

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

T

Talk with your child and be supportive.

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

E

Educate everyone in the family.

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

E

Evolve with the internet.

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

R

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



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



FOR SUPPORT AND ADVICE, PLEASE VISIT:

 **parentzone**

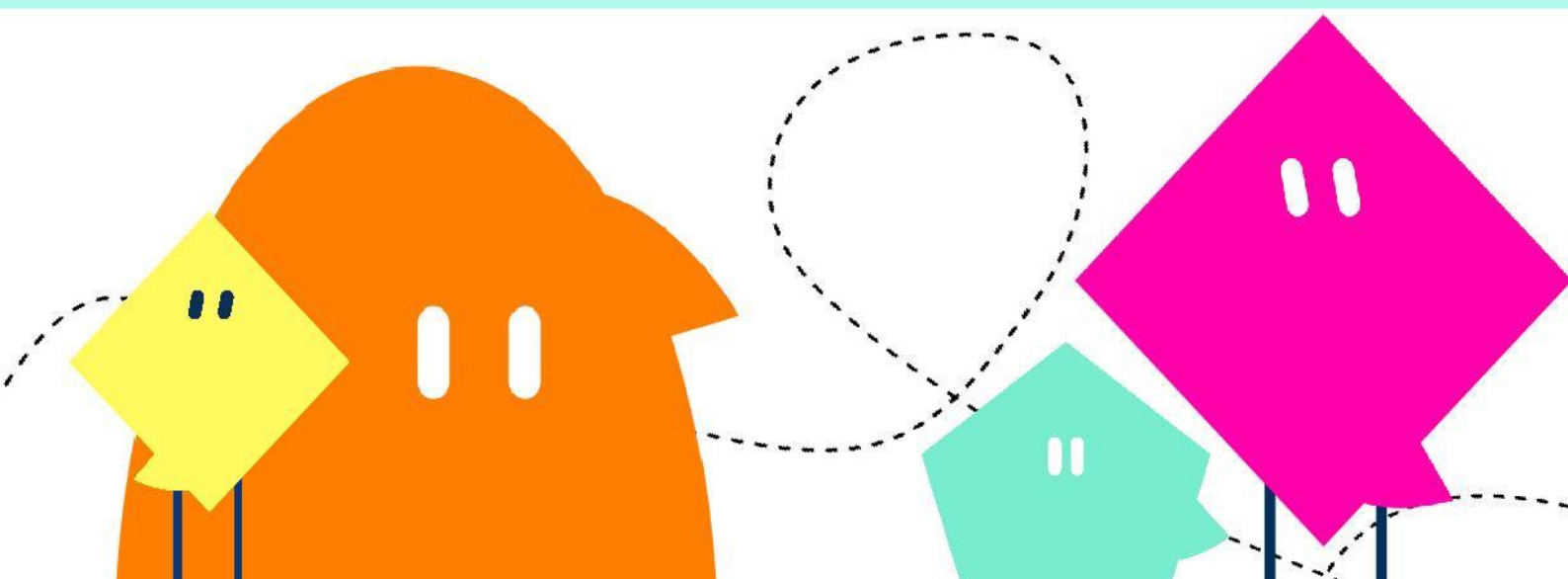
ParentZone – Resources for parents/children to help keep kids safe online.



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



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



A safe space for teenagers worried about sexual behaviour

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



shorespace.org.uk

Why Shore?

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

SCHOOL NEWS

KFS Uniform Bank

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

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

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



The School Shop

A reminder that our School Shop is now open during the school day to enable students to purchase a range of useful items that they might need.

This includes stationary and uniform items; all of which can be purchased using their school fob. The School Shop is located in the main Atrium nearest to the green stairs.



Lost Property

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

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

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

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

Kingsdale is a Safe Space

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

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

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

Our two confidential emails are:
health&wellbeing@kingsdale.southwark.sch.uk
tellsomeone@kingsdale.southwark.sch.uk

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



HOUSE COMPETITIONS

Sourdough September Winner



Congratulations to Kate Ferrer, Year 7!

We are delighted to announce that Kate Ferrer, Year 7, has been crowned the winner of this year's KFS Sourdough September competition.

The challenge encouraged students to bake their own sourdough and inspire others to try making genuine sourdough at home.

Kate impressed the judges not only with the quality of her beautifully baked loaf, but also with her creativity - engraving the Kingsdale crest into her design.



A wonderful achievement that showcases both her baking skills and her pride in the school community. We are incredibly proud of Kate's contribution to **Eagle House**, and we look forward to seeing her continued success!



House Lanyards

This week we are running a student House competition to see which students can track down the most staff members belonging to their House. Every teacher is wearing a lanyard showing their House - your challenge is to identify as many of these staff as possible. Don't be shy: knock on office doors, ask around, and make sure you learn their names!



HOW TO ENTER: The deadline is Friday 10th October. Please email your completed lists to your Head of House or send them directly to housesystem@kingsdale.southwark.sch.uk. Ensure your entry is accompanied by your **full name, tutor group and house**.

Good luck! and may the best House win!



KINGSDALE COOKING CHALLENGE

World Porridge Day



As Autumn begins and the weather takes a chilly turn, a warming bowl of porridge is the perfect start to your day. In Malawi, Zambia and Zimbabwe, Mary's Meals serves children steaming mugs of vitamin-enriched porridge, helping them to learn and grow. That's why World Porridge Day is celebrated on 10th October every year –porridge has the power to change lives.

Mary's Meals provides one good meal every school day for hungry children living in 16 of the world's poorest countries. The promise of these meals attracts children to the classroom, where they can gain an education and grow up well-nourished and well-educated to become the men and women who will lift their communities out of poverty.

Why a nutritious breakfast/not skipping is important?

Breakfast's role is really in its name; it's the meal to break the natural fast that occurs overnight. A nutritious breakfast will affect how you feel for the rest of the day, fuelling up in the morning will help balance cravings and leave you satisfied.

What would you say to someone who says porridge is boring/old fashioned/bland breakfast?

The days of bland, watery porridge are well and truly over. Porridge is now a huge viral trend, with an infinite number of recipe possibilities. Porridge is the perfect base to get creative and improve the diversity of your diet by mixing up your toppings. Healthy eating has never been so fun!

STUDENT TASK: Share your own customised bowl of porridge. Send us a picture and a short description of your customised bowl of porridge. The best-looking porridge will win valuable points for your house.

Don't forget to get permission from your parents or carers and have appropriate supervision in the kitchen.

HOUSE ACTIVITY:

Submit your picture and recipe to the House Team:

housesystem@kingsdale.southwark.sch.uk.

Ensure your entry is accompanied by your

full name, tutor group and house.



National Curry Week

The very first National Curry Week took place in October 1998 and was founded by the late Peter Grove. Peter was a prominent journalist who had fallen in love with curry. His vision was to drive awareness and appreciation of the burgeoning Indian restaurant industry, whilst also raising funds for charity. National Curry Week takes place from the 6th to 12th October 2025.



STUDENT TASK: Make your own curry. Send us a picture and a short description of how you made your curry. The best-looking curry will win valuable points for your house.

Don't forget to get permission from your parents or carers and have appropriate supervision in the kitchen.

HOUSE ACTIVITY:

Submit your picture and recipe to the House Team:

housesystem@kingsdale.southwark.sch.uk.

Ensure your entry is accompanied by your

full name, tutor group and house.

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so entrails young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK – and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Aziz is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: <https://www.bbc.com/news/technology-63204606>
<https://proudsocial.com/insights/social-media-algorithms/>

NOS National Online Safety®
 #WakeUpWednesday

SPORTS FIXTURES

Monday 6th October 2025

- Under-15s Boys' Football B Team Away Match v Leigh Stationers Academy. Leave school at 2pm. Start 3.30pm. Return at 6pm approx.:

Mr Foster

- Under-14s Boys' Football A Team Home Match v City of London School. Leave school at 2.15pm. Start 3pm. Return at 5pm approx.:

Mr Johnstone

Tuesday 7th October 2025

- Under-15s Girls' Football A Team Away Match v Riddlesdown Collegiate. Leave school at 2pm. Start 3.30pm. Return at 6pm approx.:

Mr Jones/Mr Price

- Under-15s Girls' Netball Away Match v St Benedict's School. Leave school at 1.50pm. Start 3pm. Return at 6pm approx.:

Ms McErlain/Mr Foster

Wednesday 8th October 2025

- Under-13s Boys' Football Home Match v The John Roan School. Leave school at 2pm. Start 3pm. Return at 5pm approx.:
- Under-14s Boys' Rugby Home Match v Graveney School. Leave school at 2pm. Start 3pm. Return at 5pm approx.:

Mr Lord

Thursday 9th October 2025

- No planned fixtures/events

Friday 10th October 2025

- Under 12s-18s Girls' & Boys' ESSA Cross Country Competition Away at Colfe's School. Leave at school 12 noon. Start 1.30pm. Return at 5.30pm approx.:

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

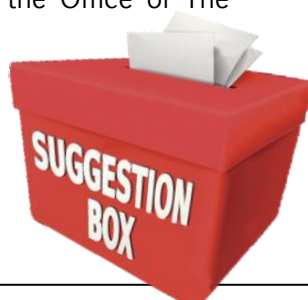
All fixtures can be viewed via the link below:

<http://www.kingsdaleschoolsports.org.uk>

Student Suggestion Boxes

To promote our well-established and highly effective Student Voice programme, there are suggestion boxes, which are located outside of the Attendance Office in the Main Atrium and the Office of The Headteacher at the bottom of the Green Stairs.

Please encourage your child to use this facility to make suggestions about how we can continue to improve our provision.



HOUSE NEWS

Online Safety Corner

For this week's Online Safety focus we are looking at ways to 'What Parents & Educators Need to Know Social Media & Mental Health.' Get a greater insight here. **Please read!** Remember to keep an open dialogue with your child about their activities online. **See Page 16 above**

The House Leader Board 2025-26

Week ending
3rd October 2025

- 1st Place – Swift 16,982 points
- 2nd Place – Dove 16,883 points
- 3rd Place – Falcon 16,484 points
- 4th Place – Albatross 16,424 points
- 5th Place – Eagle 16,293 points



Ways we communicate with Parents and students

We communicate with students & parents via:

Student & Parent Email

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

MS Teams

Used to share schoolwork, assignments and files.

Twitter/Website

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

SatchelOne (previously SMHW)

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

MyEd app

Downloaded for free at:

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

This app provides a range of useful info for parents.

