



PARENTAL NEWS BULLETIN

Issue 5 Monday 30th September 2024

HEADLINE NOTICES

Kingsdale Careers Programme 2024-25 Volunteers Needed!

We remain very proud of the careers opportunities we provide to our students at Kingsdale and the fact that a large number of the exciting talks and opportunities offered, come from parental volunteers. As such, we need your help to support our careers programme for 2024-25! The mainstay of this programme is the lunchtime talks which last under one hour and are aimed at a range of year groups. These will most often happen on a Tuesday but we can be flexible depending on parent schedules. As part of this provision, we shall also be hosting our annual Careers Fair on Wednesday 2nd April 2025. The Careers Fair last July was a fantastic event at which an impressive group of parents came to meet students and share information about their chosen professions and careers.

If you think you would be able to support us with any of our Careers programme, including the lunchtime talks, the Careers Fair, or in any other capacity, please do complete this online [form](#). If you have any questions please get in touch with the careers team via careers@kingsdale.southwark.sch.uk



House Excellence Award

Huge congratulations go to this week's nominee for the House Excellence Award, Ivy Souster in Year 11. Ivy was nominated by the Music Department for performing excellently on the piano during Open Day evenings, sometimes at very short notice.

Ivy is very reliable! She has produced superb work in GCSE music lessons, and she has shown great insight in analysis, using her wider listening knowledge to inform her opinions. Ivy is enthusiastic about any styles of music she studies, and she composes music with great attention to detail and knowledge of harmony. Well done Ivy!

Open Days Academic Year 2024-25

We welcome any parents who would be prepared to speak briefly (five minutes maximum) about their positive experiences of the school at one of our Open Days scheduled to take place throughout the Autumn term. A full list of open day event dates is available on our website [here](#) and is displayed above. If you are willing and able to contribute to one of our Open Days please email Mr Harding, Deputy Headteacher, via dhg@kingsdale.southwark.sch.uk

THEME & WORD OF THE WEEK

We Are All Teachers of Each Other
– 'By example we teach and by example we learn; so, set a good example.'

Validation

Recognition or affirmation that a person or their feelings or opinions are valid or worthwhile.

SCHOOL NEWS

Year 6 Open Days and Evenings Fort September 2025 Year 7 Entry

Wednesday 2nd October 2024

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

Saturday 5th October 2024

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

Wednesday 9th October 2024

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

Saturday 12th October 2024

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

***Please Note** the deadline for booking scholarship assessments online or submitting a hard copy Supplementary Form is **Monday 7th October 2024**. More information about admissions is available on our website [here](#).

Sixth Form Open Days

Wednesday 16th October 2024

1.30pm-6.30pm

Wednesday 6th November 2024

4.00pm-6.30pm

Wednesday 27th November 2024

4.00pm-6.30pm

Year 7 Settling In Evening

A reminder that the Year 7 Settling In Evening will take place on Thursday 3rd October 2024 starting in the main Atrium. Further details have been issued separately. Please contact your child's tutor with any specific queries.

Year 13 Trip to Italy

Thirty students from Year 13 travelled to Italy to visit Florence and Rome in September, experiencing the art, history, and literature of these highly significant cities.

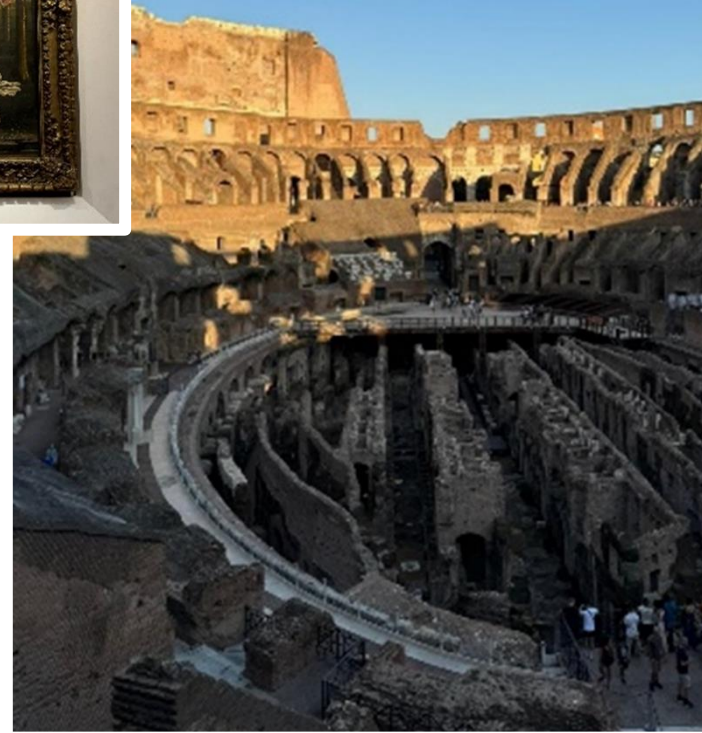
The trip began in Florence, the cradle of the Renaissance, where the echoes of the Medici family, who ruled Florence for much of the Renaissance period, are still felt in every corner of the city. Florence is home to the Uffizi Gallery, one of the most important art museums in the world. One of the highlights of the gallery is Botticelli's "The Birth of Venus," a painting that encapsulates the humanist ideals of the Renaissance.



Students then strolled the streets, stopping by the former home of the poet Elizabeth Barrett Browning. Browning, an important figure in both English and Italian literary history, lived in Florence with her husband, the poet Robert Browning, from 1847 until her death in 1861.

After Florence, the trip moved to Rome, a city steeped in ancient history. At the Colosseum, one of the most iconic landmarks in the world, students witnessed the vast arena where gladiators once fought, gaining insight into the lives of the Romans and the brutal spectacles that entertained them. The trip also included a visit to the Keats-Shelley Memorial House, located near the Spanish Steps. This small museum is dedicated to the Romantic poets John Keats and Percy Bysshe Shelley, both of whom had deep connections to Italy. Keats spent the last few months of his life in Rome, where he died of tuberculosis in 1821. It was truly a Trip of a Lifetime for our students.

ENGLISH NEWS





SSLP Art History Futures Conference

at the Dulwich Picture Gallery

Last week, we visited Dulwich Picture Gallery for the Art History Futures Conference after looking around the Yoshida Printmaking exhibition in the gallery.

We heard from Dulwich Picture Gallery's assistant curator and had a workshop on writing Art History personal statements which was very useful. Then we watched a panel discussion of a range of students and professionals exploring their career paths and their interest in Art History before hearing a final speech from the Education Co-ordinator at the National Gallery.

These talks were really interesting and helped me think about the careers and opportunities in Art History.

By Nancy Edwards, Year 12



Monday

Art Breakfast Club
AR2 GHL
07:45 - 08:30

Fly High Club (Year 10)
FS1 SGL
16:15 - 17:15

Camera Club (KS3)
PS1 GWR
15:45 - 16:45

Textiles Club (Year 7/8)
AR7 ABY
15:45 - 17:00

D&T Catch Up (Year 9/10/11)
TE2 & TE3 TKH
15:45 - 17:15

Graphics Catch Up (KS4/5)
TE3 EGR
16:00 - 17:00

Tuesday

Art Breakfast Club
AR2 GHL
07:45 - 08:30

Year 8 Art Scholars (by invitation only)
AR7 ABY
16:10 - 17:00

Year 7 Art Scholars (by invitation only, after October half term)
AR4 MMR
15:45 - 16:45

Young Designers (Year 7)
LVN AR6
11:00 - 11:55

Textiles and Art Catch Up (Year 9-13)
AR2 GHL
15:45 - 17:00

Silver Arts Award (Year 8-10)
AR3 GWR
16:10 - 17:00

Photography Catch Up (KS4/5)
PS1 JGO
15:45 - 17:00

Bronze Arts Award (Year 7)
AR1 LFY
15:45 - 16:45

Art and Graphics Catch up (KS4)
TE1 SRX
15:45 - 17:00

Digital Explorers (KS3)
TE3 EGR
16:00 - 17:00

Young Makers (Year 8)
TE2 TKH
16:10 - 17:10

Love of Food Club (Year 7/8)
FS2 SLG/KHS
15:50 - 17:30

Thursday

Art Breakfast Club
AR2 GHL
07:45 - 08:30

Art, Graphics & Textiles Catch Up (Year 9-13)
AR7 ABY
15:45 - 17:00

Art Catch Up (KS4/5)
AR4 MMR
15:45 - 16:30

FS NEA Workshop (Year 11)
SLG FS1
15:50 - 16:50

Photography Catch Up (KS4)
PS1 GWR
15:45 - 17:00

Art Catch Up (All Years)
AR1 LFY
15:45 - 17:00

6Rs Club (Year 9/10)
TE2 TKH
16:10 - 17:10

Friday

Art Breakfast Club
AR2 GHL
07:45 - 08:30

Art Catch Up Lunchtime Club (Year 8/9/10)
AR5 RPK
12:00 - 12:50

Finish it Friday Club (All years)
AR2 GHL
15:45 - 17:00

Fly High Club (Year 9)
FS1 SLG
16:15 - 17:15

**Art, Design & Technology
Faculty
Clubs 2024-25**

TATTOOS & TEXTILES

Learn to create tattoo inspired t-shirt designs and print them!

Tuesday after school in SC1 (3.45-5.00pm) all years - everyone welcome

Thursday after school in SC1 (3.45-5.00pm) all years - Year 7 & 8 **boys only**

With Mr Gray



The Year 7 Art Scholarship selection process for the academic 2024-25-year intake will be taking place shortly after the October half-term break.

Over the next couple of weeks all Year 7 students will have sat a practical Art exam during their Art lessons. Any student who believes they might be at, or near the expected standard for an Art Scholarship, is invited to bring in a portfolio of artwork. The portfolio might consist of drawings, paintings, photography, textiles 3D work (photos only) and digital work. A maximum of twenty pieces of work can be submitted and the work should have been produced in the past two years.

If a student wishes to be considered for a scholarship which focuses on photography, then we would expect to see a portfolio of at least 20 images, presented with annotation to explain how they shot the images and what the ideas behind the images were. This portfolio can be presented digitally and should be emailed to the class teacher.

Your child should give their clearly named portfolio to their Art teacher during the first week back after half-term (W/b Monday 4th November) and no later than Friday 18th November 2024.

Please ensure that your child collects their portfolio from their Art teacher during their art lesson W/b Monday 18th November 2024. For more information, please watch a supporting video, which will explain the process in more depth and shows you some examples of what we are looking for. This year we are only offering Scholarships rather than Gifted and Talented places, which are referred to in the video. You can access the video [here](#).

All the work produced so far in Art lessons and for Art home-work, along with the Art exam and the portfolio, will be used to identify potential Art/Textiles/Photography/Graphics Scholars.

Parents will be notified by letter by 25th November, if their child has been selected for the Art Scholarship programme. If your child has been selected, they will be invited to attend one of our Art, Textiles, Graphics and Photography Scholarship clubs.

The first Year 7 Scholars' Club will take place on Tuesday 26th November 2024 in room AR4 between 3.45 & 4.45pm.

Attendance to these clubs is not compulsory, but students who regularly attend, will be given priority to participate in other Art related activities and workshops.

If students are not successful, there are other clubs that are offered within the Art Department, that any student regardless of ability can participate in. Further details regarding all Art clubs has been issued separately. Please address any queries to artd&t@kingsdale.southwark.sch.uk



PERFORMING ARTS NEWS



After School Dance

After school dance classes have restarted at Kingsdale. Students are coming fully prepared to learn, make new friends and start their 'Journey of Dance' at Kingsdale.

Amazing opportunities have already started coming in with the first Contemporary & Street Dance Workshop external invitation, available for students in Years 7 to 11. Places for this opportunity are limited and more information is available from Room DS1 or by emailing Ms McGregor via nmr@kingsdale.southwark.sch.uk

Contemporary Dance Classes

Every Tuesday after school in DS1

Street Dance Classes

Every Thursday after school in DS1

SPORTS NEWS

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



Under-13s ESFA Elite Football Kingsdale v Marshalls Park Academy

Last Friday saw the Year 8 Under-13s Elite Football team travel to Romford to face Marshalls Park Academy in Round 1 of the English Schools Football Association (ESFA) Elite Cup.

The boys came out 5-0 winners in what was an excellent team performance. The team now progress to the next round of the cup. Well done boys!

Final Score:

Kingsdale **5-0** Marshall Park Academy

Player of the Match:

Jeremiah Swatson who scored two goals from defence.



Jacob in the Westminster Mile

Jacob Hood, Year 8, ran the Westminster Mile on Saturday 21st September. This is a huge event with waves of family races taking place through the day. Jacob ran with his scout troop, the 15th Lambeth, along with lots of other Scouts from across London.

Jacob finished 1st in the Scout wave, 2nd overall in his age category and was the 12th male overall out of over 1700 taking part, with a time of 05:48. Well done Jacob!

Year 7 Horse Riding Sessions



Horse Riding is now available for Year 7 students. Sessions will take place every Wednesday. Students are allocated two sessions over a two-week period. There have been over 200+ sign ups already, so we ask that you please bear with us as we try to ensure all applicants get a turn on this exciting provision. Parents and carers will receive an email to notify them when their child's session will take place. Happy trotting!

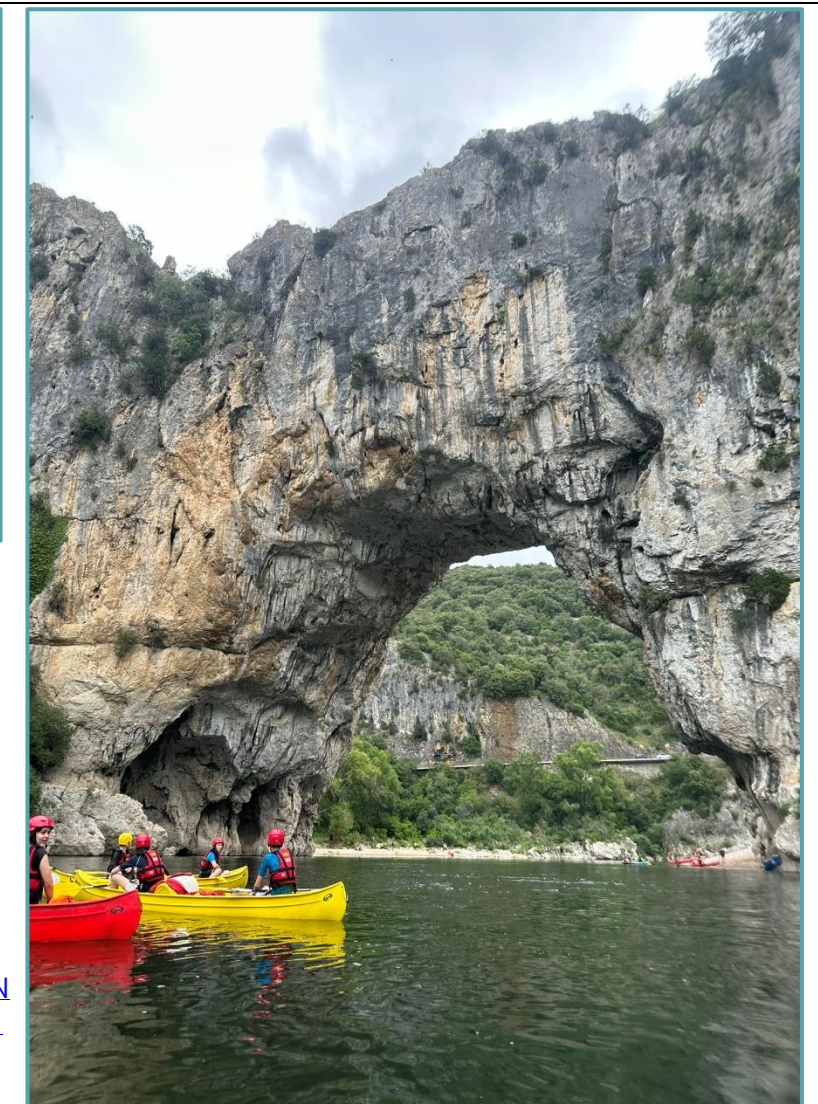


PGL Trip

The PE Department are pleased to announce we are running our annual PGL Adrenaline Adventure Trip in June 2025. We will be travelling to **Domaine de Segries, Ardèche** between Sunday 29th and Friday 4th July 2025 for students in Year 8 and 9.

If you would like to enter your child into the ballot for a place on the trip, please scan the QR code and complete the Form.

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PE Department Extra-Curricular Sports Activities Timetable - Autumn Term 2024-25

Activity	Time	Venue	Staff
Monday			
Fitness – Boys and Girls Year 8 and 10	12:00-12:45pm	Fitness Suite	Mr Roberts
Hockey – Mixed – Year 8&10	12:00-12:45pm	Astro	Mr Pizzey
Basketball – Mixed – Year 9	12:55-1:40pm	Sports Hall	Mr Hall
Rugby – Girls – All Years	3:45-5:15pm	Playing Fields	Ms McErlain
Football – Boys – Year 11	3:45-5:15pm	Astro	Mr Price & Mr Pizzey
Tuesday			
Table Tennis – Mixed – Y8, 9 & 10	8:10-8:50am	GM1	Mr Price
Football – Boys – Year 9	8:00-8:50am	Astro	Mr Foster
Dance – Mixed – Technique – Year 8 and 10	12:00-12:45pm	Dance Studio	Ms McGregor
Fitness – Boys and Girls Year 9	12:55-1:40pm	Fitness Suite	Mr Lord
Dance – Mixed – Technique – Year 9	12:55-1:40pm	Dance Studio	Ms McGregor
Cycling – Mixed – All Years - TBC	3:00-5:00pm	Herne Hill Velodrome	Mr Johnstone
Basketball – Girls – Year 7 & 8	3:45-5:00pm	Sports Hall	Mr Worsley & Mr Roberts
Football – Girls – Year 10 and 11	4:10-5:15pm	Astro/Playing Fields	Mr Dash
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 10	8:00-8:50am	Astro	Mr Foster, Mr Johnstone
Horse Riding – Mixed- Year 7	10:45-12:15pm	Dulwich Stables	Ms McGregor
Sports Scholars – Mixed – Year 7 and 11	11:05-11:50am	Sports Hall	Mr Fitchett, Mr Price & Mr Lord
Hockey – Mixed – Year 7	11:05-11:50am	Astro	Mr Pizzey
Table Tennis – Mixed – Year 7 and 11	11:05-11:50am	Gym 1	Mr Bash
Fitness – Boys and Girls Year 11	11:05-11:50am	Fitness Suite	Mr McWhirter
Horse Riding – Mixed- Year 7	12:45-2:15pm	Dulwich Stables	Ms McGregor
Football – Mixed – Sixth Form	1:50-3:40pm	Playing Fields	Mr Price
Rugby – Mixed Sixth Form	1:50-3:40pm	Playing Fields	Mr Worsley
Beach Volleyball – Mixed Sixth Form	1:50-3:40pm	Crystal Palace	Mr Pizzey
Table Tennis – Mixed – Sixth Form	1:50-2:45pm	GM1	Mr Dash
Fitness – Mixed – Sixth Form	2:50-3:40pm	Fitness Suite	Mr Dash
Rugby – Boys – Year 7	3:45-4:45pm	Playing Fields	Mr Worsley
Rugby – Boys – Year 8&9	4:10-5:15pm	Playing Fields	Mr Roberts & Mr Lord
Archery – Mixed – Year 7	4:00-4:45pm	Gym 2	Mr Pizzey
Archery – Mixed – Year 8	4:45-5:30pm	Gym 2	Mr Pizzey
Netball – Girls – Year 7	3:45-4:40pm	Sports Hall	Ms McErlain & Mr Smith
Netball – Girls – Year 9&11	4:40-5:30pm	Sports Hall	Ms McErlain & Mrs Sinclair
Football – Girls – Year 8&9	4:10-5:15pm	Astro	Mr Dash & Mr Jones
Thursday			
Football – Boys – Year 8	8:00-8:50am	Astro	Mr Johnstone
Netball – Girls – Year 8&10	12:00-12:45pm	Sports Hall	Mrs Sinclair, Mr Foster & Ms McErlain
Sports Scholars – Mixed – Year 8&10	12:00-12:45pm	Astro	Mr Worsley, Mr Jones & Mr Fitchett
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	Mr Jones & Mr Foster
Basketball – Mixed – Year 10 and 11	3:45-5:00pm	Sports Hall	Mr Fitchett & Mr Hall
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
Recreational Football – Boys – Year 7	11:05-11:50am	Astro	Mr Dash & Mr Price
Fitness – Boys and Girls Year 7	11:05-11:50am	Fitness Suite	Mr Lord
Sports Scholars – Mixed – Year 9	12:55-1:40pm	Sports Hall	Mr Price & Mr Hall
Hockey – Mixed – Year 9	12:55-1:40pm	Astro	Ms Marshall & Ms McErlain
Swimming – Mixed – Year 7	11:15-1:45pm	Crystal Palace	Mr Jones
Football – Boys – Year 7 A and B Squad	3:45-5:00pm	Astro	Mr Dash, Mr Foster & Mr Price

Kingsdale Foundation School Extra-Curricular Sports Clubs

The Sports Faculty at Kingsdale Foundation School are delighted to welcome our students to school after the Summer break. Our Extra-Curricular Sports Programme for the Autumn term commenced from Monday 9th September and is open for bookings. Please be advised that all of our clubs are free. However, students are required to submit a completed parental consent form before attending sessions held before or after school. Please be aware that students are not required to have parental consent to attend any of our published lunchtime clubs.

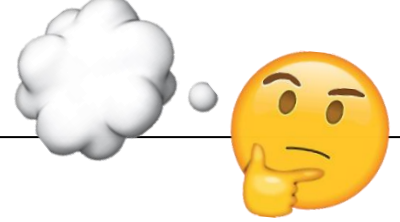
If your child wishes to attend any of our sports clubs, please follow the link below where you will be able to access further information and a consent form for your child's chosen sports club(s). When booking please note those activities that have limited numbers per session and where arrangements for allocating students to sessions varies from that of many of our other clubs. All students attending our clubs must do so in full school PE kit which they are permitted to wear to school in addition to those days when they have timetabled PE lessons.

Please be advised that those students attending in non-school uniform PE kit will not be allowed to participate. All students are invited to attend our clubs, and we very much look forward to celebrating the achievements and successes of our students during this academic year.

LINK to school website Extra-Curricular Sports page

<https://forms.office.com/Pages/ResponsePage.aspx?id=MXLFNSSR3kSVFlxpQFISZi1Q1rWvAatFg4t0UruzeTNUQUpLTFdQM1ZHVUw1MEJLRTlyTDhNRUIWOC4u>

Please do not hesitate to contact Ms Turner at pe@kingsdale.southwark.sch.uk should you require any further information regarding our extensive sports programme.



Big History Club!

For Key Stage 3 and 4 in HU6
Every other Tuesday from 4.15 to 5.00pm

Do you want to dive into the past?
Is there something we don't cover at school that
you would like to learn about?

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

Our fabulous Year 10s will be leading our
next session on **Tuesday 1st October** about
The History of Area 51 and conspiracy theories

Bring along any ideas for people, events or items from
history you want to know more about!



Science News

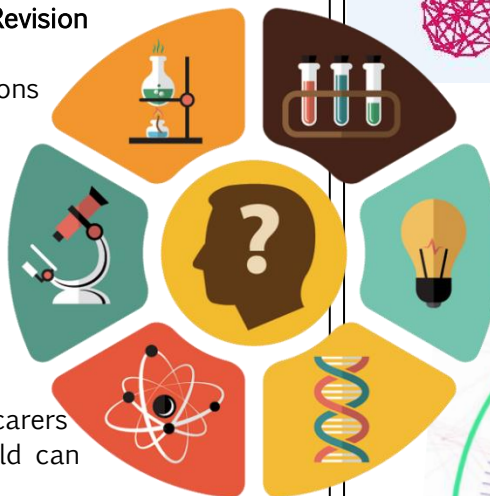
**Science Saturday School Revision
have Started!**

Please note that these sessions
will be available to Year 11
students EVERY SATURDAY
and started last Saturday.

These sessions will be
ONLINE via MS TEAMS
between 1 and 2pm.

Information has been sent
directly to Year 11 parents/carers
with details on how your child can
access the sessions.

All Year 11 students are welcome to attend.



CENTURY

New Science Platform Century

Century is the new online homework
platform that we have started using
in Science.



Students have all been given their logins and
parents/guardians will receive their logins within
the next few weeks to allow you to view tasks
and progress.

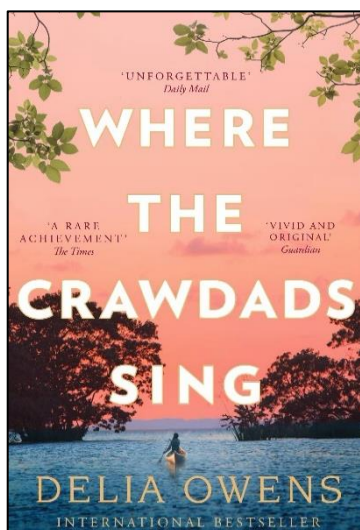
Please email Science@kingdale.southwark.sch.uk
should you have any questions.

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.





Student Recommendation
Wren Costerton recommends *Where the Crawdads Sing* by Delia Owens.

For years, rumours of the "Marsh Girl" have haunted Barkley Cove, a quiet town on the North Carolina coast.

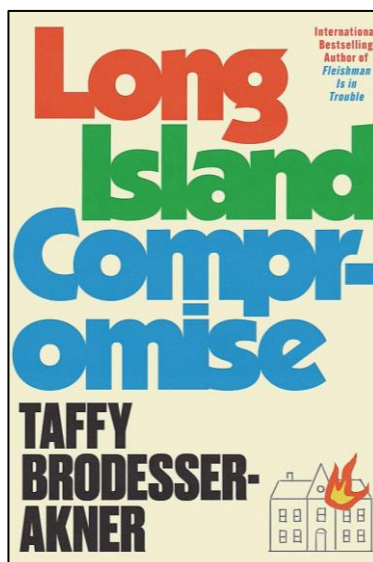
So, in late 1969, when handsome Chase Andrews is found dead, the locals immediately suspect Kya Clark, the so-called Marsh Girl. But Kya is not what they say. Sensitive and intelligent, she has survived for years alone in the marsh that she calls home, finding friends in the gulls and lessons in the sand.

Then the time comes when she yearns to be loved. When two young men from town become intrigued by her wild beauty, Kya opens herself to a new life - until the unthinkable happens.

Wren adored the themes and descriptions in this fantastic page-turner!

Some older themes so best suited for Year 9 students and over!

Reading Recommendations



Teacher Recommendation
Long Island Compromise by Taffie Brodesser-Akner.

In 1980, a wealthy businessman named Carl Fletcher is kidnapped from his driveway in the nicest part of the nicest part of Long Island. He is held for ransom and then returned to his family. Miraculously, Carl, his wife and his three kids are left to move on with their lives, and resume their prized places in the ongoing saga of the American dream.

But nearly forty years later, when Carl's mother dies, the trauma that has been bubbling beneath the Fletchers' lives all this time surfaces at last. It becomes apparent that Carl has been quietly pursuing closure to the kidnapping for all these years, and his wife and children must face that the money that they believed bought them safety was actually never capable of doing any such thing.

Ms Munslow enjoyed the frank depiction of 'utterly shameless, self-serving villains!'

Best suited for students in Key Stage 4 and over!

ENGLISH DEPARTMENT CLUBS

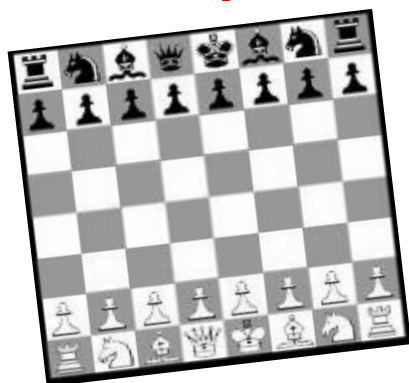
	What's On?	Where and when?	Teacher?
Monday	KS3 Film Club Year 8 Book Club	Upper School Library (USL) 4.15-5.00pm USL, Period 4 (Year 8 lunch)	Mr Harper Ms Bowles
Tuesday	KS3 Creative Writing Club	Period 3, EN6 (Year 7 Lunch)	Ms Bowles
Wednesday	Year 7 Book Club	LSL, 4.15-4.45pm	Ms Parke
Thursday	KS4 Creative Writing Club Year 8 Debate Club	USL, 4.15-4.45pm USL, Period 4 (Year 9 Lunch)	Mr George
Friday	LGBTQIA+ Club	DR1, Period 3	Ms Bowles

CHESS AND BRIDGE CLUB



Monday's 4.10pm*

Room MA6



***Year 7's and 11 start at 3.45pm**

Play: Learn to play, watch, solve puzzles & make new friends

For more information please email:

Mr Denyer - sdr@kingsdale.southwark.sch.uk

or Mr Pritchard - lpd@kingsdale.southwark.sch.uk

CALENDAR 2024-25



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

Should you have any suggestions for additions to our website, please contact Mr Karp, via email 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 2024

First Autumn Half-Term

Tuesday 3rd September – Friday 18th October

Half Term Holiday

Monday 21st October – Friday 1st November

Second Autumn Half-Term

Monday 4th November – Friday 20th December

SPRING TERM 2025

Friday 3rd January INSET DAY

School closed to students except those in Year 11

First Spring Half-Term

Friday 3rd January – Friday 14th February

Half-Term Holiday

Monday 17th February – Friday 21st February

Second Spring Half-Term

Monday 24th February – Friday 4th April

SUMMER TERM 2025

First Summer Half-Term

Tuesday 22nd April – Friday 23rd May

Tuesday 22nd April INSET DAY

School closed to students except those in Year 11

Mayday Bank Holiday

Monday 5th May 2025

Half-Term Holiday

Monday 26th May – Friday 30th May

Second Summer Half Term

Monday 2nd June – Friday 25th July

Friday 25th July INSET DAY

School closed to students except by invitation

SEND FACULTY NEWS

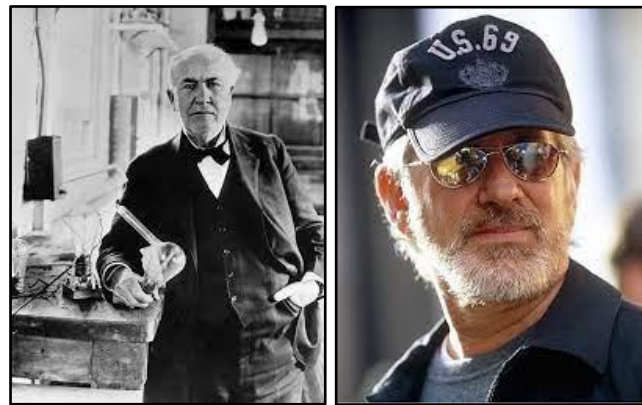


October is Dyslexia Awareness Month

Many students and staff in our school community have dyslexia.

While dyslexia can make reading more difficult, with the right instruction, almost all individuals with dyslexia can learn to read. Many people with dyslexia have gone on to accomplish great things.

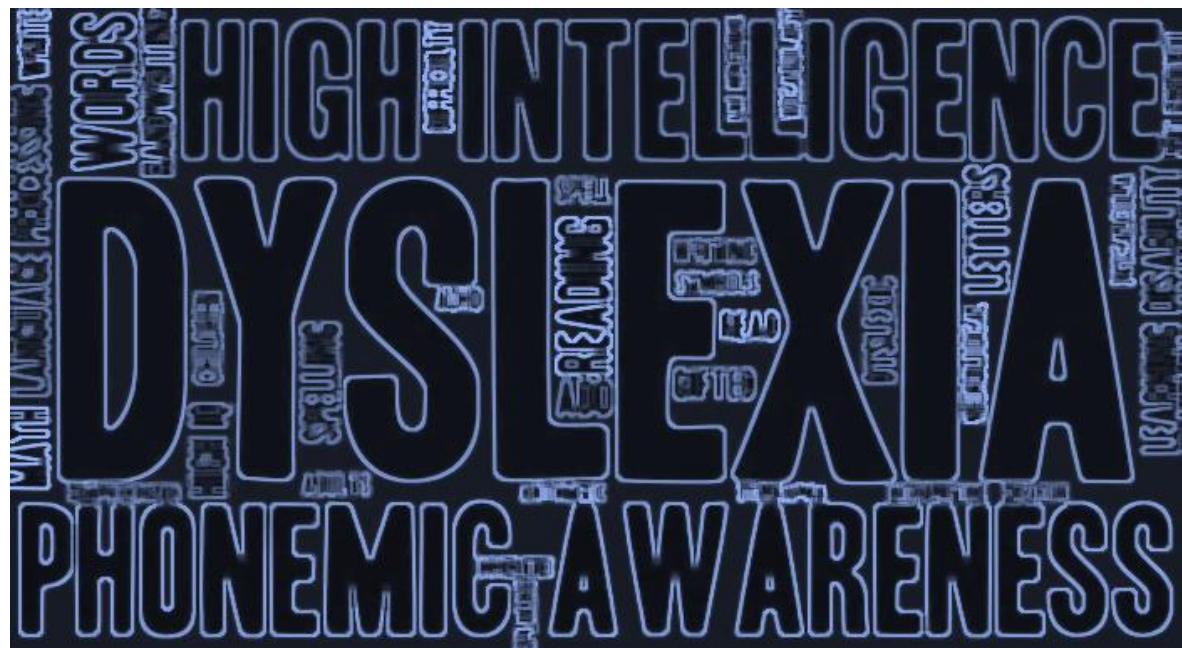
Among the many dyslexia success stories are **Thomas Edison, Stephen Spielberg, F. Scott Fitzgerald and Charles Schwab.**



Dyslexia is a neurological condition caused by a different wiring of the brain.

There is no cure for dyslexia and individuals with this condition must learn coping strategies. Research indicates that dyslexia has no relationship to intelligence.

Individuals with dyslexia are neither more nor less intelligent than the general population. But some say the way individuals with dyslexia think can actually be an asset in achieving success.



How to help a child with dyslexia at home

There are many things you can do to support your child with dyslexia at home.

Read together

Read with your child every day. The activity will promote closeness and bonding, which will support your child's ability to learn over time. This shared experience in learning encourages development and growth in tandem with improved reading skills.

Focus on sight words

Sight words are words that are frequently used in writing and books. They're called sight words because recognising them on sight is essential for developing reading skills. Examples include: Is, been, the, are, could

For children with dyslexia, sight words can be difficult to recognise. But since the words appear so often, it's important for them to learn these words.

Repeat, repeat, repeat

Repeating and reviewing skills can help a child with dyslexia. This is often done in the form of repeated reading.

According to LD Online, repeated reading is a technique for children who have difficulty reading. It involves reading the same passage multiple times to improve reading fluency.

In a 2016 study, repeated reading increased reading fluency in children with reading disabilities. Similarly, a 2021 study found that repeated reading with music has a positive effect.

Create a nurturing space to study

Providing a comfortable, supportive, and nonjudgmental atmosphere is most helpful for learning, especially for children with learning disorders. This includes those who have dyslexia.

For parents and caregivers, this also involves practicing patience, as all children learn at their own pace. In doing so, you'll create an environment that allows your child to learn in a way that works best for them.

Create a calendar to help them track progress or tasks

Visual tools, such as a calendar, are an excellent option for tracking a child's progress and tasks. This can help put both improvements and challenges into context. It can ultimately help them engage with their own learning.

When small learning achievements are visually expressed on a calendar, it can provide encouragement and celebration.

Similarly, when difficulties are presented visually, it can help a child better understand what they need to work on.

Make sure they get enough sleep

Sleep is a vital [factor] for healthy development and learning. However, children with dyslexia are at a higher risk for sleep disorders. Examples include sleep latency or sleep apnea.

This may be done by:

- establishing a sleep schedule
- creating an ideal environment for sleep
- limiting social media and electronics before bed
- developing a sleep routine

The ideal amount of sleep depends on the child's age. Children between 5 and 13 years old should get 9 to 12 hours of sleep every 24 hours. Teenagers between 13 and 18 years old need at least 8 to 10 hours of sleep.



Praise their success and effort

Reading difficulties caused by dyslexia can negatively affect a child's confidence. For example, a child's sense of not measuring up to their peers [and being able] to perform as expected can be discouraging. On the other hand, encouragement and praise can have a positive effect on your child's learning. So instead of focusing on their struggles, call out their successes and effort whenever possible. Celebrate their achievements, no matter how small.

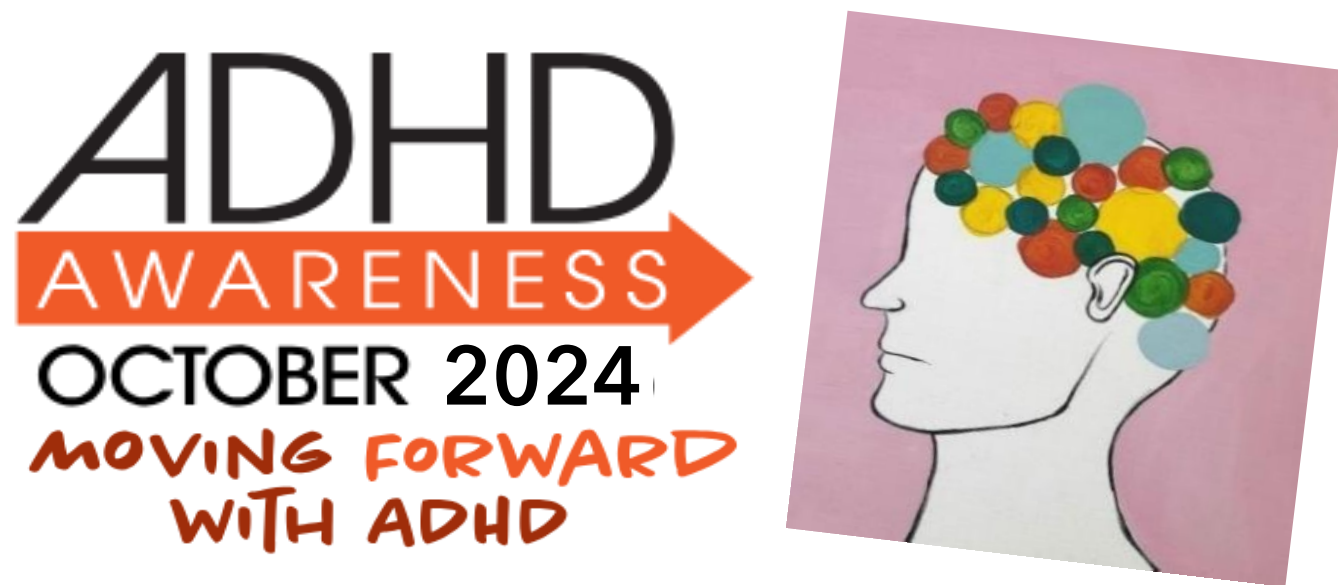
By highlighting positive aspects, you can encourage your child to keep moving forward. This will also boost your child's confidence in their own learning.



A mnemonic device is a technique that helps you remember a piece of information. It's also called a memory aid. Examples include:

- spelling words in the form of songs
- letter or word imagery (like a letter "d" that looks like a dog)
- acronyms
- rhymes

According to a 2017 research review, mnemonic devices can enhance memory in children with dyslexia. It can also improve problem-solving skills and reasoning. Using mnemonic devices at home can help enhance their learning progress.



ADHD Awareness Month: October

ADHD is one of the most common mental health conditions affecting children and adults. But it is often misunderstood. ADHD Awareness Month's goal is to correct these misunderstandings and highlight the shared experiences of the ADHD community.

We would like to share some MYTHS and FACTS to raise awareness.

MYTH: People with ADHD just can't concentrate

FACT: Individuals with ADHD can concentrate when they are interested in or intrigued by what they are doing.

MYTH: ADHD is over diagnosed

FACT: The rates with which ADHD is diagnosed vary so much primarily due to diagnostic criteria and measurement methods used.

MYTH: Only boys have ADHD

FACT: Boys are diagnosed two to three times as often as girls, but about 4.2% of girls have received a diagnosis of ADHD at some point in their life (and that's not none!).

MYTH: ADHD medication is addictive

FACT: The therapeutic use of stimulant medications for ADHD prevents addiction.

MYTH: ADHD is caused by bad parenting

FACT: Parents do not cause ADHD. The disorder comes from the accumulation of many environmental and genetic risk factors. Brain-imaging studies show that differences in brain structure and wiring cause problems with attention, impulse control, and motivation.

MYTH: ADHD is just an excuse for laziness

FACT: ADHD is really a problem with the chemical dynamics of the brain and it's not under voluntary control.

MYTH: All children grow out of ADHD

FACT: Significant symptoms and impairments persist in 50-86% of people with ADHD.

MYTH: Everyone has a little ADHD

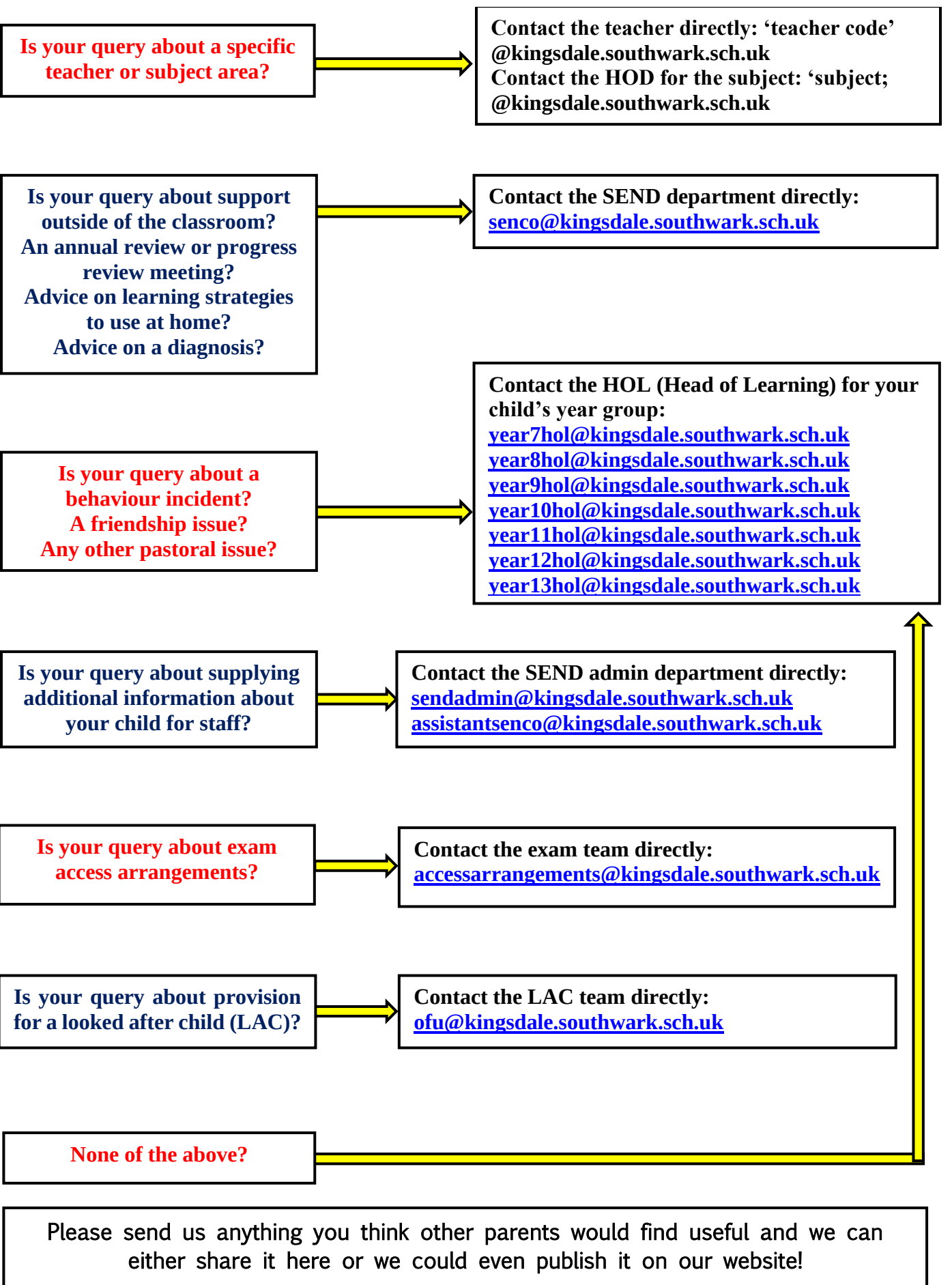
FACT: Everyone does not have a physical difference in their brain.

MYTH: Children with ADHD just need more discipline

FACT: Discipline and relationship problems are the consequences of ADHD behaviour problems in the children, not the cause.

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.



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

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.

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



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.



shospace.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

Safe Travel to School

At school, we have shared the key messages about keeping safe with the students. Some of the key messages are outlined below:

“LOOK UP LOOK OUT”

- **BE AWARE** of your surroundings.
- **BE AWARE** when using your mobile phone.
- Know your route home.
- Keep to busy roads.
- Try to be with other people.
- If someone tries to stop you keep walking.
- **SHOUT** for help and make NOISE.
- If anything happens speak to a trusted adult as soon as you can.
- **RUN HIDE TELL**.
- There is no right or wrong response as each situation is different but remember that **YOUR SAFETY IS PARAMOUNT**. Only **YOU** can assess the risk.
- Possessions are replaceable, but **you are not**.

Your child must contact the Police immediately on 999 if they are concerned about their safety or if they are the victim of a mugging/attempted mugging.

Students and Parents should also inform the school so that we can offer pastoral support and liaise with our Safer Schools Officer – PC Crampton.

Please contact Mr Harding via dhg@kingsdale.southwark.sch.uk with any queries.



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.

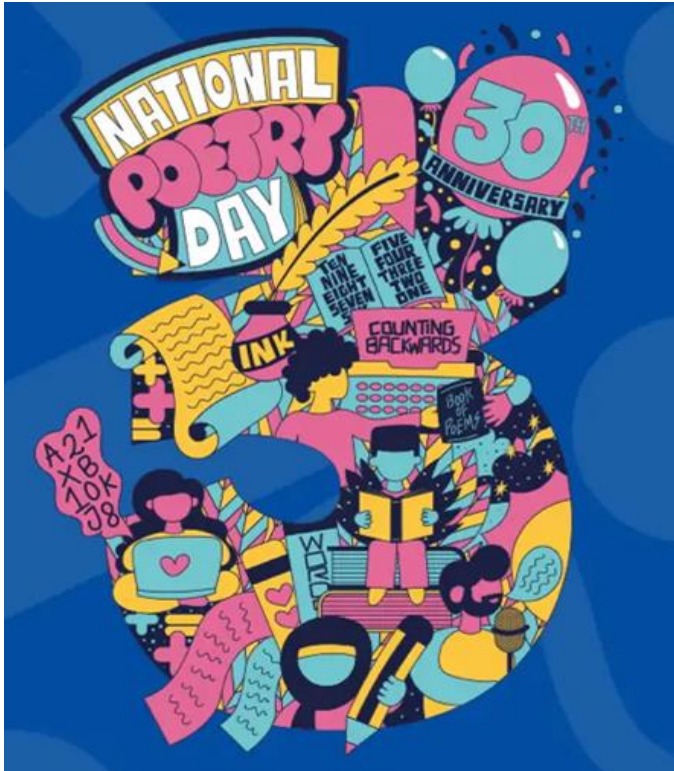
Our two confidential emails are:

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

National Poetry Day



National Poetry Day is a yearly event celebrated across the UK to honour poetry. It aims to inspire people to explore and enjoy poetry, encouraging everyone to read, write, and share poems.

The day highlights poetry's significance and the impact it has on society. While some may feel that poetry is not for them—perhaps thinking it's old-fashioned or difficult to understand—National Poetry Day helps to dispel these myths. It opens up conversations about both classic and modern poetry, focusing on how poems make us feel. The goal is to help everyone discover poems they enjoy reading.

Use this day as an opportunity to introduce children to poetry in all its forms. Whether it's beloved classics like Maya Angelou's *"Still I Rise"*, or modern styles like spoken word, there's a type of poetry for everyone!

STUDENT TASK: There are so many ways to make poetry. Pen to paper, voice notes, with images or music or movement. Anything goes! Create your own poem to be published in the next issue of the Parental News Bulletin.

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



Kingsdale Cooking Challenge: National Vegetarian Week

Our wildlife is under threat due to climate change, with some of the UK's most recognisable and well-loved species at risk of extinction. Eating veggie is one of the simplest things we can all do to reduce our own carbon emissions.

National Vegetarian Week runs from 1st to 7th October 2024 and is an annual event to educate people about the benefits

of a meat-free diet. During National Vegetarian Week people are encouraged to try going meat-free for a week, with vibrant and exciting vegetarian recipes being promoted and shared.



Did you know...

- 1.3 billion people could be fed by the grain that is currently being fed to livestock for meat production.
- It only takes 25 gallons of water to produce 1 pound of wheat, but 2500 gallons to produce 1 pound of meat.

STUDENT TASK: Make your own vegetarian meal. Send us a picture and a short description of how you made your vegetarian meal. The best-looking meals will win valuable points for your house. Don't forget permission from your parents or carers and have appropriate supervision in the kitchen.

HOUSE ACTIVITY:

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

What Parents & Educators Need to Know about FINAL FANTASY XIV

AGE RESTRICTION
PEGI 16

WHAT ARE THE RISKS?

ALWAYS ONLINE

Final Fantasy XIV is an MMORPG, which stands for Massively Multiplayer Online Role-Playing Game. Much like World of Warcraft, players create a character in a chosen class and level up by completing quests to gain power and items. The game requires a constant internet connection, whether you're playing on PC, Mac, PlayStation or Xbox, and there's no option to play offline.

REGULAR EXPANSIONS

As with similar titles in the genre, players can purchase expansions to unlock additional content for the game. Those without the expansions will be locked out of certain new quests and activities, meaning that young people who play regularly will potentially have the next release earmarked on their calendar, ready to buy it as soon as possible.

IN-GAME PURCHASES & SUBSCRIPTION FEE

Users need to pay £8.99 per month to play Final Fantasy XIV, but there is a free trial. If someone stops paying, they'll lose access to their character (although they'll be able to pick up the payments again and resume where they left off). If a player forgets to cancel their payments, however, those subscription fees will continue rolling on automatically.

FREE TRIAL

VOICE & TEXT CHAT

Final Fantasy XIV lets players send chat messages in-game or speak to each other over voice chat. On the one hand, that provides plenty of choice for how those enjoying the game can interact with their fellow fans. On the other hand, however, it's easier than in many games to receive unprompted messages from a stranger, with whom you constantly share your play space.

VIOLENCE

While Final Fantasy XIV has a fairly light tone throughout some of its quests, many involve killing enemies and sometimes even wild animals. The violence isn't especially strong – more comparable to a cartoon or anime style – but the act alone may make some children feel uncomfortable, if they're not yet able to separate fictional harm from the real kind.

POTENTIAL FOR ADDICTION

As with World of Warcraft, there's an element of addiction to Final Fantasy XIV. The gameplay loop can be quite engrossing, as minutes turn into hours and hours into days while playing alone or with friends. This can potentially lead to missing real-life events, a lack of interest in any activities not related to the game and procrastination around responsibilities like schoolwork.

Advice for Parents & Educators

MANAGE PLAYTIME

Playtime limits are a great way to counter the addictive qualities of games like Final Fantasy XIV. They allow you discuss why it's still important to enjoy things outside of gaming while still letting a child enjoy playing online with their friends when it makes sense to do so. It's all well and good to have fun with a game, so long as they're able to step away and reconnect with the real world.

MAKE USE OF THE FREE TRIAL

The Final Fantasy XIV free trial is a generous one, with no limits on how long someone can play until their character hits level 70. That's easily dozens of hours for a child to go through the game, complete quests, and see if they enjoy it before purchasing expansions or subscribing to a membership. They may well move on to something else before you need to spend so much as a penny.

PLAY TOGETHER

The free trial makes it extremely easy to jump into Final Fantasy XIV and play alongside a child, provided they're old enough. Not only does that help you ensure that settings are adjusted for their privacy and safety, but it may also end up becoming a bonding experience for you both and any other family members that want to try it out.

REMEMBER, IT'S A PEGI 16

Despite its often-relaxing nature, Final Fantasy XIV carries a PEGI 16 rating for violence and drugs (although the latter is due to a character smoking a pipe on occasion). There's minimal blood, but characters can attack enemies (and other players) with weapons and spells. Take a look at some gameplay videos to see if the content is appropriate for a younger player.

Meet Our Expert

Lloyd Coombes is the Editor-in-Chief of GGRecon, and has been working in the gaming and tech industry for five years. A longtime fan of online games, he's also a parent, and therefore understands the importance of online safety. Writing mainly about tech and fitness, his work has previously been published at sites including IGN, TechRadar and plenty more.



The
National
College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/final-fantasy-14>

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 18.09.2024

SPORTS FIXTURES

Monday 30th September 2024

- Under-12 Girls' Football Away Match against Thomas Tallis School. Leave school at 2.30pm. Start 3.30pm. Return at 5.45pm approx.: **Mr Jones/Mr Foster**

Tuesday 1st October 2024

- Under-16s Boys' Football B Team Home Match against Glenthorne High School. Leave school at 2.45pm. Start 3.30pm. Return at 5.45pm approx.: **Mr Pizzey/Mr Price**

Wednesday 2nd October 2024

- No planned fixtures/events

Thursday 3rd October 2024

- Under-15s Boys' Rugby Away Match against Dulwich College B Team. Leave school at 1.45pm. Start 2.30pm. Return at 4pm approx.: **Mr McWhirter/Mr R. Jones (Parent)**
- Under-14s Boys' B-Team Football Away Match against Carshalton Boys' Sports College. Leave school at 2.15pm. Start 3.30pm. Return at 6pm approx.: **Mr Foster**

Friday 4th October 2024

- No planned fixtures/events

**Please note Fixtures/Events may be cancelled due to wet pitches.*

Extra Fixtures may be organised at short notice.

View all fixtures via

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

The House Leader Board 2024-25

Week ending 27th September 2024

- 1st Place – Dove 14,278 points
- 2nd Place – Swift 13,676 points
- 3rd Place – Albatross 13,075 points
- 4th Place – Eagle 12,651 points
- 5th Place – Falcon 12,622 points

Dove are building a healthy lead at this early stage but there is plenty of time to catch them!



HOUSE NEWS

Online Safety Corner

For this week's Online Safety focus, we are looking at everything Parents/Carers need to know about 'Final Fantasy XIV'. This is a very popular video game. Get a greater insight here.

PLEASE READ!! Remember to keep an open dialogue with your child about their activities online. **See page 19.**

Student House Captains



**YOUR
HOUSE
NEEDS**

YOU!

Would you relish the challenge of becoming a House Captain?

- Are you an organiser and communicator?
- Are you a good team player?
- Do you have lots of creative ideas?

Then you could be ready to be a House Captain!

STUDENT TASK: Write a paragraph to explain why you want to be a House Captain.

The House System remains integral to promoting the *Spiritual, Moral, Social and Cultural development* for all our students across the school.

Email your paragraph:

housesystem@kingsdale.southwark.sch.uk

Include your full name, House, and tutor group.

