

PARENTAL NEWS BULLETIN

Issue 6 Monday 9th October 2023

HEADLINE NOTICES

Transport Update: School Street Operations

Please be advised that Bowen Drive, Seeley Drive and Lyall Avenue located to the rear of the school site, will shortly become operational as designated School Streets. This means that at certain times of the school day in the morning and afternoon, cars will be prohibited from entering the area around Dulwich Wood Primary School; **cars that do will receive a penalty notice**. The exact date the scheme commences, along with hours of operation will be shared shortly with Kingsdale parents. Please contact Mr Harding, Acting Deputy Headteacher via dhg@kingsdale.southwark.sch.uk should you have any queries in the meantime.

On a related note, we would remind all parents who drop their child/ren to school via car not to do so in the area in front of the main school site on Alleyn Park (zigzag lines). Such behaviour can cause an obstruction on the highway and could be dangerous for cyclists & pedestrians as well as attracting a parking fine. Thank you for your cooperation in anticipation.

House Award for Excellence



This week we congratulate Ayanna Ricketts, Year 12 (Dove), who got the prestigious award for her continued dedication to her studies and extremely positive attitude. In addition, she has demonstrated a strong commitment to her school. Well done Ayanna!

Curriculum Coffee Morning – Year 9

This week sees the next of our scheduled popular optional Coffee Mornings due to take place for Year 9 parents on **Friday 13th October between 11am & 1pm**.

These sessions are a great opportunity to meet staff and learn more about the curriculum for each year group. Parents who are interested in attending, must register via the link sent separately by email. We hope to see you there.

Please be reminded that the final session of the half-term on Friday 20th October 2023 will be Year 7 & 8 parents. Please contact Mrs Chaudhary, Acting Deputy Headteacher, via sca@kingsdale.southwark.sch.uk with any queries.

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.”

Unequivocally
In a way that leaves no doubt.

SCHOOL NEWS

Black History Month Q & A session
Thursday 12th October

On Thursday 12th October, we will be welcoming two of our ex-students, **CEO of Mentivity, Mr Sayce Holmes-Lewis** and **CEO of Mizermillionent, Shane Derozarion** for a Q & A session on their journey since leaving Kingsdale Foundation School. Questions such as ‘How they got to be CEO’s of their own companies and did being black make it harder to progress in the industry they are in?’ will be explored. The event will be live streamed for parents and teachers. If you are interested in joining please log on [here](#).



Year 11 Q & A Session

Starts at 10am (until 11am)

Year 10 Q&A session

Pod starts at 11:05am (until 12:05pm)

School Flu Vaccinations

Please be advised that students in **Years 10 – 11** are now scheduled to have their Flu vaccinations at school on **Tuesday 10th October 2023**.

KINGSDALE FOUNDATION SCHOOL

World Mental Health Day

World Mental Health Day on 10th October 2023



It's a day to raise awareness of mental health problems.

World Mental Health Day is about raising awareness of mental health and driving positive change for everyone. Every year World Mental Health Day is celebrated on the 10th October. The theme for 2023, set by the World Foundation of Mental Health, is 'Mental health is a universal human right'.

During the week tutors will be discussing related topics with students to help spread awareness of this important issue. Students will be made aware of the wealth of support available within the school and the many external agencies in place to provide advice and support outside of school. The following links provide useful information for parents on how to help young people facing mental health issues:

Support for parents, carers & guardians: Young Minds

<https://www.youngminds.org.uk/parent/>

Support for parents, carers & guardians: NSCPP

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/>

Advice on how to support a young person if you're worried about their mental health: NHS

<https://www.england.nhs.uk/blog/advice-for-parents-guardians-and-carers-on-how-to-support-a-child-or-young-person-if-youre-concerned-about-their-mental-health/>

Celebrating Inclusivity: Kingsdale School Embraces Islamic Jummah Prayers

At the heart of Kingsdale School lies a commitment to celebrate and support the diverse tapestry of faiths and beliefs represented by our student body. Embodying this spirit of inclusivity, Kingsdale is proud to facilitate Jummah prayers **every Friday, taking place from 1 to 1.30 pm during Period 5.**

This initiative underscores the school's dedication to not only academic excellence but also the nurturing of spiritual well-being. It reflects the institution's belief in fostering an environment where every student, regardless of their faith, feels valued and respected.

Students keen to participate in the Jummah prayers are kindly requested to approach their Heads of Learning to obtain a weekly permission slip. While this time of prayer offers spiritual reflection and growth, Kingsdale remains an academic institution at its core. As such, students are reminded of their responsibility to catch up on any classwork missed during this period.

Kingsdale School continues to shine as a beacon of inclusivity and mutual respect, embracing the diverse beliefs that enrich its community. This is a further accolade to celebrating every student's unique journey of faith and understanding!

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.



BLACK HISTORY MONTH LIBRARY CHALLENGE: READ MORE BLACK WRITERS!



**Read a book or poem by a black writer
and send a review to
library@kingsdale.southwark.sch.uk by
November 15th to be in with a chance of
winning book vouchers and certificates!
See our library displays for options!**

BLACK HISTORY MONTH 2023



HUMANITIES NEWS – BLACK HISTORY MONTH

What is the Humanities faculty doing to celebrate Black History Month?

All Key Stage 3 students will be studying a black history enquiry throughout the month:

- **Year 7** Why did Christianity remain the religion of the Axumites?
- **Year 8** How did civilisation flourish in Benin?
- **Year 9** How have black people struggled against racial injustice in Britain in the 20th century?

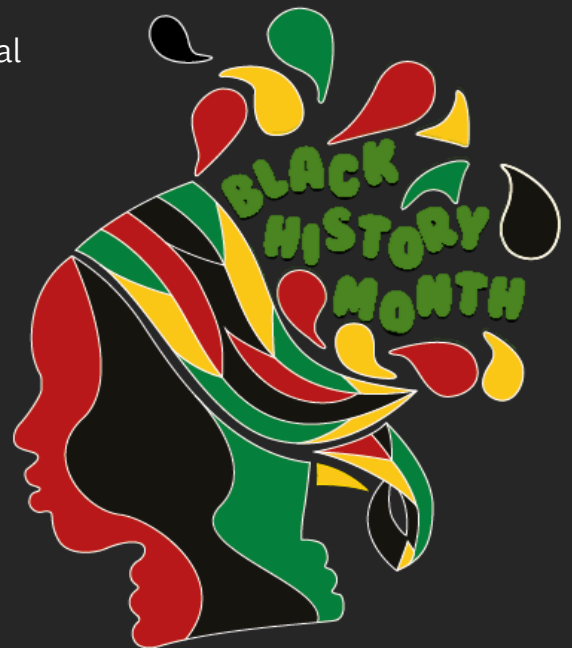
- Windrush 75 Tannoy – this year also coincides with the Windrush's 75-year commemoration.

The History department will be providing a list of individuals/groups from the Windrush generation to be read out during the morning's tannoy.

- The UK BHM's theme this year is 'Saluting our Sisters', which focuses on the overlooked stories of black women who have contributed to society.

We are running an open competition for all students to submit a piece of work under this theme; it could be an essay, a poster, a song, a poem, a pamphlet etc. More information will be given in lessons and tutor time.

- There will be BHM assemblies run by year 12 History students.
- Big History Club on 17th October will be focusing on 'Saluting our Sisters', focusing on the often lesser heralded (and indeed often not named) contributions of black women.



GEOGRAPHY NEWS

GCSE Geography Field Trip to Stratford, East London



As part of the GCSE Geography course, students are required to complete two days of fieldwork. The first day explores the physical landscape of the UK and the second day investigates the human landscape. Students completed the first day of field work in Eastbourne, East Sussex. To fulfil the requirement for the second day of field work, students attended a day trip to Stratford, East London to compare differences in quality of life. In the morning, students visited Carpenters Estate. They undertook surveys about the quality of the environment, completed field sketch's and conducted car surveys. In the afternoon, students visited the Olympic Village to compare and contrast their data sets. Students learned and practised key geographical skills required for their exams in Summer 2024. A huge well done to students in Year 11 for their excellent conduct and their polite approach to members of the public during their field study.



SCIENCE NEWS

Science Club



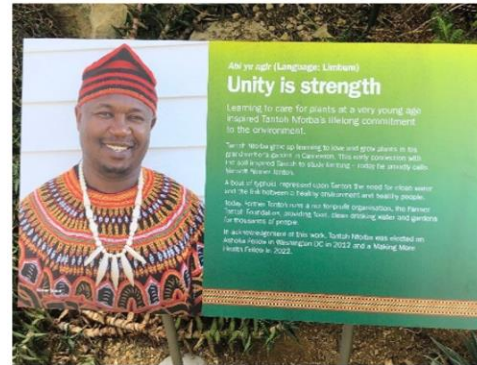
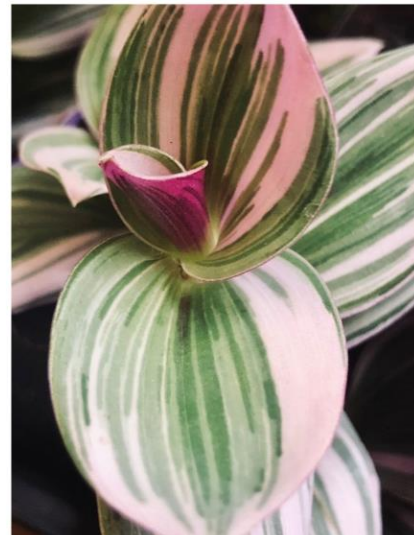
In the weekly Science club, pupils have used light microscopes to view their own cells. Well equipped with goggles, lab coats and gloves, pupils extracted samples from the inside of their cheeks to obtain squamous epithelial cells. We prepared the microscope slides by staining the extracted cells with a blue dye so that their nuclei were visible and adjusted the light microscope to get a fine image. Plenty of eukaryotic cells with large nuclei were seen as well as some cells with no nucleus, that could be the prokaryotic bacteria living in the mouth. Pupils then produced beautiful drawings of their own cells - this activity consolidated a key concept of the curriculum and allowed them to transpose information gained in lessons to their own body. See our advert later on in this edition for more details!



Silver Arts Award

Vida Lukas, Year 10, recently went to the Kew Gardens Orchid exhibit as a part of her Silver Arts Award, to 'Review arts events'. Through this section of her qualification, Vida is showing that she has learned about this art form, how to review an arts experience and how to share her review with others.

MY TRIP TO THE KEW GARDENS EXHIBITION



Recently I took the time to go to the Kew Gardens' Orchid exhibition. This exhibition featured a wonderful display of both exotic plants and intriguing artworks. The event was meant to portray the essence of Cameroon and its biodiversity by presenting a set of breathtaking horticultural displays and even sculptures made from carefully placed, thriving plants. The exhibition began at the entrance to the Princess of Wales Conservatory, leading the spectators onto a path that winded around, within the stunning building. I found the flowering animal statues showcased to be especially captivating as the animals (ranging from birds and hippos to monkeys swinging from the ceiling) were carefully woven with an array of vibrant flowers to create dashing results. In particular, the main masterpiece of the exhibit, featured a majestic lion surrounded by giant waterlilies and orchids which was magnificent to behold. To get to the exhibition itself, visitors were able to take a leisurely stroll through the grounds until finally arriving to the Princess of Wales Conservatory for an allocated time slot. There was a incredibly large amount of people who had arrived to see this famous event however it was all very organised.

At the start of the exhibit, I found many displays of photography taken by an artist who portrayed life in Cameroon. I think this was a very useful part of the exhibition as it allowed people to see actual images of the place the exhibit was based on.

There were many boards and notices placed around the trail, from which I learnt about some of the culture of Cameroon and found out that this was the "first time Kew's Orchid festival" had celebrated "an African nation".

After some further research, I found out that Henck Röling played a large role in creating the breathtaking animal installations which were displayed around the conservatory. Henck Röling is a Dutch artist who moved to London and now works as a freelance events florist. I believe this event was supposed to cast a more cheerful mood after the winter season, and I am glad I had the opportunity to experience it first hand; in conclusion, I believe that the Orchid exhibition at Kew Gardens has helped widen my viewpoint on the seemingly endless possibilities within art and the different materials I could use to portray my ideas to others.

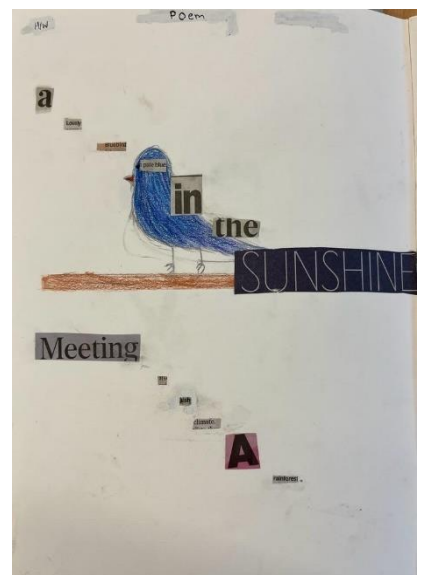
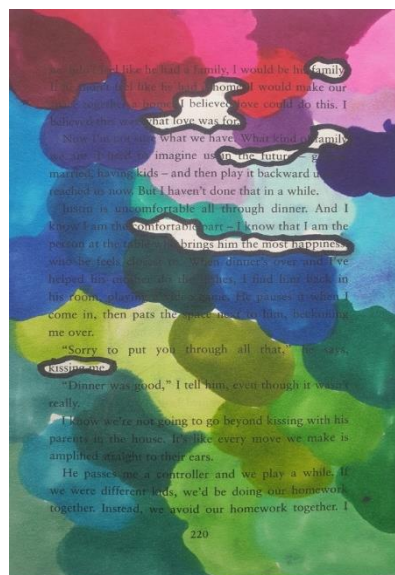
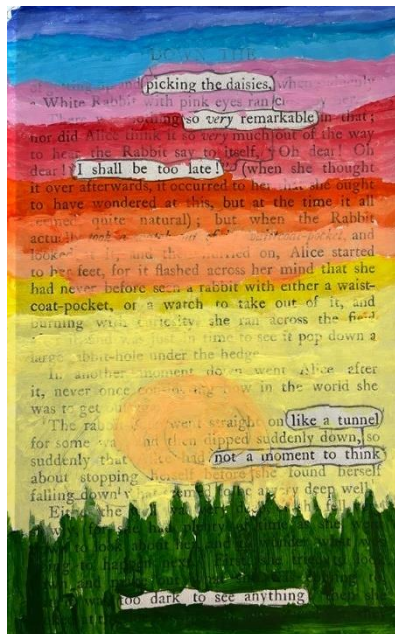
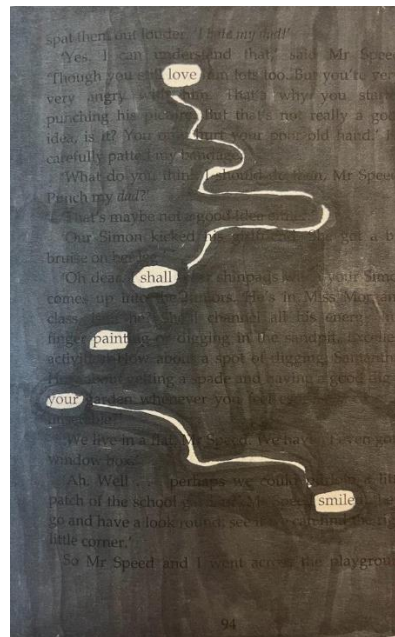
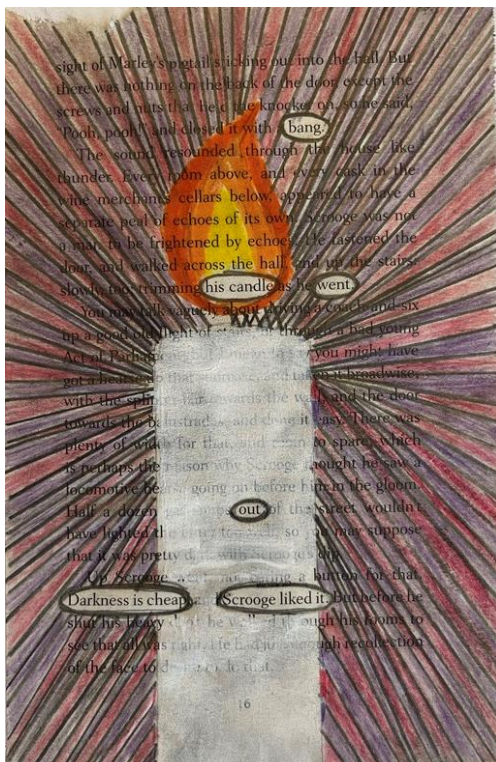
I would definitely recommend going for a trip to Kew Gardens as they hold many wonderful displays and events all throughout the year. Overall, I am looking forward to the return of the Orchid Exhibition in 2024!



In Celebration of National Poetry Day

On Thursday 5th October, our Year 7 students were involved in making fantastic book alteration homework inspired by artist Tom Phillips.

For more examples, please follow our Instagram **@kingsdaleart** (age restrictions apply)



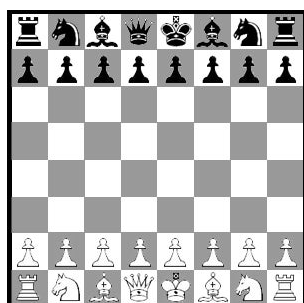
CHESS CLUB



Thursday's 4.10pm

Room MA5

(Years 7 and 11 can 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

Mr James ijs@kingsdale.southwark.sch.uk

EXTRA CURRICULAR CLUB NEWS

Food Science Year 7 and 8

Love of Food Club

Tuesday 15:45 to 17:00 in FS2

Autumn Term 2023

19-09-2023 Dutch Apple Cake

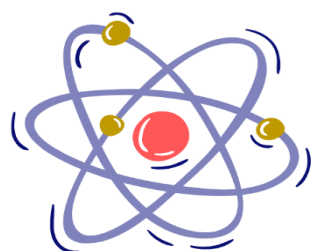
26-09-2023 Cheese Twists

03-10-2023 Lemon Drizzle Traybake

10-10-2023 Black History Month Celebration

17-10-2023 Spooky Halloween Mummies

**Please sign up on FS1 every Tuesday
for the following week's session to
secure your place**



Science Club

Remember our **Science Club** for Year 7 & 8,
every Wednesday after school, starting at **3:45pm** in SC8.

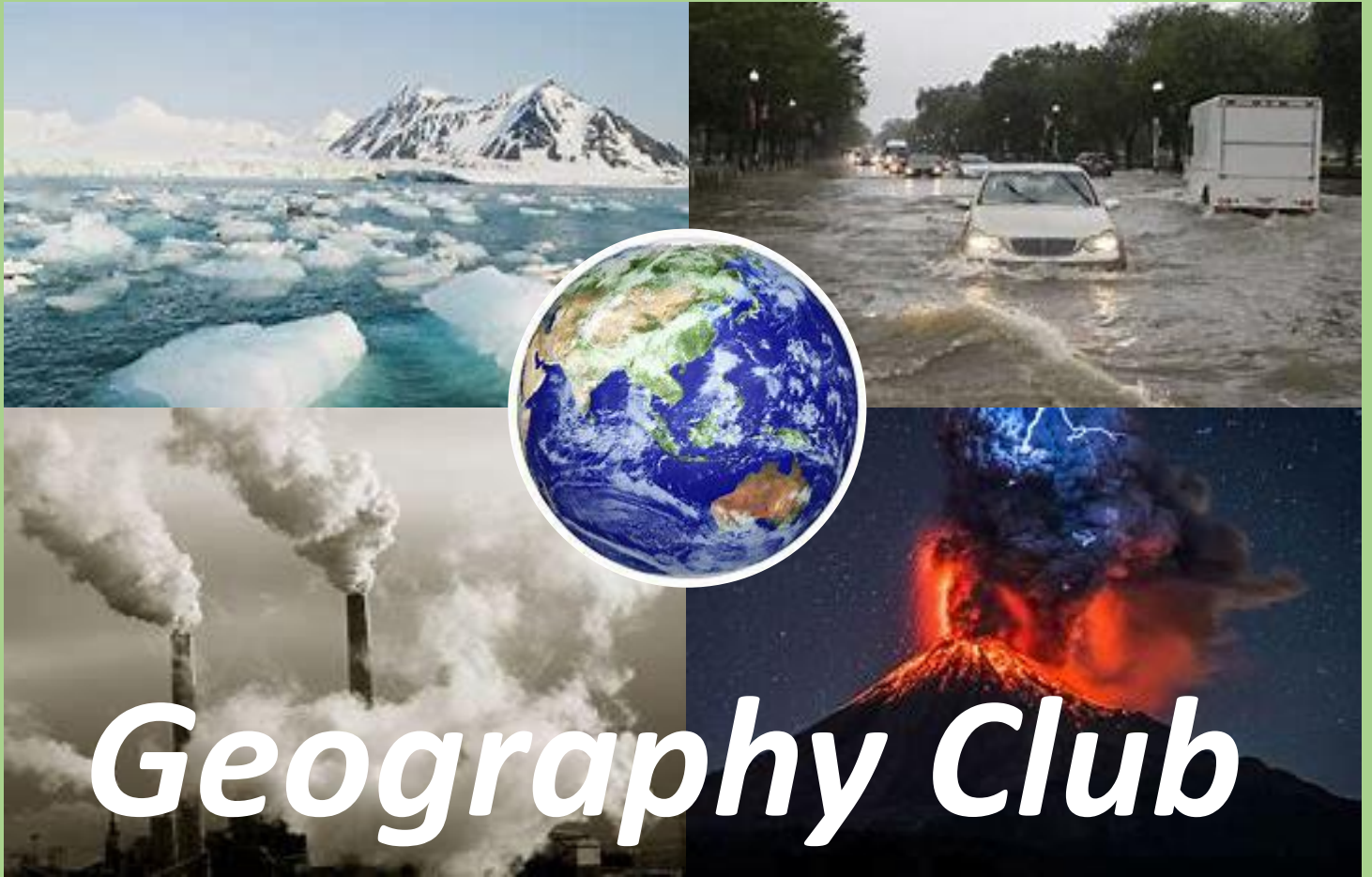
Everyone is welcome.

Some of the fun activities you can do on the Science club:

- Square bubbles
- Swabbing cheek cells
- Density columns
- Making cheese
- Imploding cans
- Slime
- Making a compass
- Spaghetti and marshmallows structures
- Volcanos

Contact science@kingsale.southwark.sch.uk
for more details.





Geography Club

*The world is not in your books and maps, it's out there.”
~ Gandalf to Bilbo in The Hobbit:
An Unexpected Journey*

Day

Once a fortnight at Tuesday lunchtimes.

Time

11.05-11.55am (Students can bring their lunch along too!)

Location: Room IT1

About the Club

Geography Club will empower students to explore the world and related current issues beyond lessons.

Come along and watch documentaries, play games, discuss and debate current geographical topics and eat snacks!

Open to all Year 7s - see Miss Darvill or Miss Booth for more information or email

humanities@kingsdale.southwark.sch.uk See you there!

Art, Design and Technology Faculty Clubs 2023-24

Monday

Silver Arts Award

PS1 Ms Wallner

16:10 – 17:00

Bronze Arts Award

AR1 Ms Wilkinson

15:45 – 16:45

Fly High Club – Year 9

FS1 Ms Leung & FS2 Miss

Hinds

16:15 – 17:15

Young Makers

TE2 Ms Koch

16:10 – 17:10

Tuesday

Year 8 Art Scholars (by invitation only)

AR7 – Ms Brocklesby

16:10 – 17:00

Year 7 Art Scholars (by invitation only, after October half term).

AR4 – Ms Montero

16:10 – 17:10

Year 9-13 Catch Up

AR2 Mrs Howell

15:40 – 17:00

Art Catch Up

AR5 Ms Wallner

16:10 – 17:00

KS4/5 Photography Catch Up

PS1 Ms Gregson

15:45 – 17:00

Love of Food Club

FS2 Ms Leung & Ms Hinds

15:45 – 17:15

Digital Explorers

TE3 Ms Gardiner

16:10 – 17:00

D&T Catch Up year 9/10/11

TE2 Ms Koch

15:45 – 17:15

Thursday

Arts Year 7 Art & Textiles Club

AR5 Mrs Howell

11:00 – 12:00

Art & Textiles Catch Up

Ms Brocklesby AR7

15:40 – 17:00

Graphics Catch Up

TE3 Ms Gardiner

16:10 – 17:00

Camera Club

PS1 Ms Wallner

15:40/16:10 – 17:00

Young Designers

AR6 Ms Virgin

11:00 – 11:45

Fly High Club – Year 10

FS1 Ms Leung & FS2 Ms Hinds

16:15 – 17:15

Friday

Finish it Friday Club

AR2 Mrs Howell

15:40 – 17:00

NEAs Workshop

Ms Leung & Ms Hinds

16:15 – 17:15

The Art, Design and Technology Department weekly clubs have now started except for the Year 7 Art Scholars' Club which begins after the Autumn half-term break.

The Year 8 Art Scholars' Club is by invitation only. There is no need to register for a place, your child just needs to arrive at the starting time published in the invitation letter.

MUSIC EXTRA CURRICULAR CLUBS

Department Name	Name of Activity	What year group is it suitable for?	Location	What time will your activity start?	What time will your activity end?	Name(s) of the staff member(s) running this activity	Frequency of the club
Music	GCSE Music Composition Catch-Up	Year 11	MS2	8:30:00 AM	9:00:00 AM	Mr Williams	Monday's & Thursday's
Music	GCSE Music Unfamiliar Listening & Dictation	Year 11	MS4	8:30:00 AM	9:00:00 AM	Mr Williams	Tuesday's
Music	GCSE Music Set Work Revision	Year 11	MS4	8:30:00 AM	9:00:00 AM	Mr Williams	Friday's
Music	Music Theory & Aural Skills	Year 7, Year 8, Year 9, Year 10, Year 11	MS3	8:30:00 AM	9:00:00 AM	Mr Lewis	Every weekday (Mon – Fri) Pupil's only need to attend once week on whichever day suits them best
Music	Orchestra	Year 7, Year 8, Year 9, Year 10, Year 11, Year 12, Year 13	Performance Hall	3:45:00 AM	4:30:00 AM	Ms Melvin	Wednesday
Music	Barry Graham Big Band	Year 7, Year 8, Year 9, Year 10, Year 11, Year 12, Year 13	Performance Hall	3:45:00 AM	4:30:00 AM	Mr Brown	Monday
Music	Chamber Choir	Year 7, Year 8, Year 9, Year 10, Year 11, Year 12, Year 13	Performance Hall	11:30:00 AM	12:00:00 PM	Izzy Hatton	Monday
Music	Clarinet Ensemble	Year 7, Year 8, Year 9, Year 10, Year 11, Year 12, Year 13	Performance Hall	12:00:00 PM	12:45:00 PM	Heather Ryall	Monday
Music	Junior Woodwind	Year 7, Year 8, Year 9, Year 10, Year 11, Year 12, Year 13	Performance Hall	12:00:00 PM	12:45:00 PM	Gareth Lockrane	Tuesday
Music	Senior Percussion	Year 7, Year 8, Year 9, Year 10, Year 11, Year 12, Year 13	Performance Hall	3:45:00 PM	4:30:00 PM	Nuno Brito	Tuesday
Music	Wind Ensemble	Year 7, Year 8, Year 9, Year 10, Year 11, Year 12, Year 13	Performance Hall	3:45:00 PM	4:30:00 PM	Alyson Cawley	Tuesday
Music	Electric Guitar Ensemble	Year 7, Year 8, Year 9, Year 10, Year 11, Year 12, Year 13	Performance Hall	3:45:00 PM	4:30:00 PM	Lee Burnett	Tuesday



MATHS NEWS

Maths Scholarship Programme 2023-2024 Notice Update

The schedule for the Autumn term Year 7 & 8 Scholarship sessions is as shown below.

The list of the groups has been posted on the year 7 & 8 respective Microsoft teams' page.

Year 7 Maths Scholarship Programme

SCHEDULE AUTUMN TERM 2023

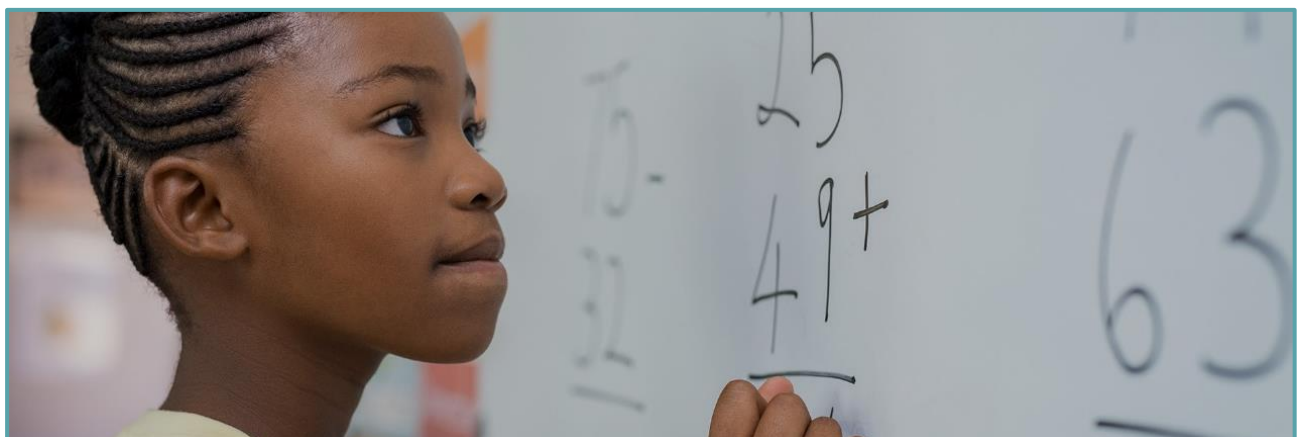
TIME: 15:50 – 16:35

DATE	YEAR GROUP	TEACHER	ROOM
11 th OCTOBER 2023	YEAR 7C & YEAR 7D	Session 1: <i>What is Mathematics?</i> Ms Davis & Ms Lima Martins	AR5
18 th OCTOBER 2023	YEAR 7A & YEAR 7B	Session 2: <i>Estimate the value of Pi</i> Mrs Deva & Mr Diedrick	AR4
AUTUMN HALF TERM BREAK			
8 th NOVEMBER 2023	YEAR 7C & YEAR 7D	Session 2: <i>Estimate the value of Pi</i> Ms Davis & Ms Lima Martins	AR5
15 th NOVEMBER 2023	YEAR 7A & YEAR 7B	Session 3: <i>Estimate the Area of a circle 1</i> Mrs Deva & Mr Diedrick	AR4
22 nd NOVEMBER 2023	YEAR 7C & YEAR 7D	Session 3: <i>Estimate the Area of a circle 1</i> Ms Davis & Ms Lima Martins	AR5
29 th NOVEMBER 2023	YEAR 7A & YEAR 7B	Session 4: <i>Estimate the Area of a circle 2</i> Mrs Deva & Mr Diedrick	AR4
6 th DECEMBER 2023	YEAR 7C & YEAR 7D	Session 4: <i>Estimate the Area of a circle 2</i> Ms Davis & Ms Lima Martins	AR5
13 th DECEMBER 2023	Year 11 Parent's Evening		Online
20 th DECEMBER 2023	YEAR 7A & YEAR 7B	Session 5: "Proper" formula for area of a circle Mrs Deva & Mr Diedrick	AR4

MATHS NEWS cont.

Year 8 Mathematics Scholarship Programme SCHEDULE AUTUMN TERM 2023 TIME: 16.20 – 17.05

DATE	YEAR GROUP	TEACHER	ROOM
11 th OCTOBER 2023	YEAR 8C & YEAR 8D	Session 1 <i>Types of Triangles</i> Mr Prior & Ms Burney	MA4
18 th OCTOBER 2023	YEAR 8A & YEAR 8B	Session 2 <i>Exploring triangles</i> Mrs Terziu & Ms Cherepanova	MA3
AUTUMN HALF TERM BREAK			
8 th NOVEMBER 2023	YEAR 8C & YEAR 8D	Session 2 <i>Exploring triangles</i> Mr Prior & Ms Burney	MA4
15 th NOVEMBER 2023	YEAR 8A & YEAR 8B	Session 3 <i>Construct triangles 1</i> Mrs Terziu & Ms Cherepanova	MA3
22 nd NOVEMBER 2023	YEAR 8C & YEAR 8D	Session 3 <i>Construct triangles 1</i> Mr Prior & Ms Burney	MA4
29 th NOVEMBER 2023	NO SESSION Year 8 Exam week		
06 th DECEMBER 2023	YEAR 8A & YEAR 8B	Session 4 <i>Construct triangles 2</i> Mrs Terziu & Ms Cherepanova	MA3
13 th DECEMBER 2023	Year 11 Parent's evening		Online
20 th DECEMBER 2023	YEAR 8C & YEAR 8D	Session 4 <i>Construct triangles 2</i> Mr Prior & Ms Burney	MA4





Advanced Mathematics Support Programme®

Year 13 students are invited to join the problem-solving classes that AMSP are running this year.

The classes will run on Saturdays and will be a mixture of online and face-to-face sessions, as detailed below.

Date	Time	Venue
14-10-2023	10.00 – 11.30	Online
21-10-2023	10.00 – 11.30	Online
4-11-2023	10.00 – 11.30	Online
11-11-2023	10.00 – 11.30	Online
18-11-2023	09.30 – 13.15	Westminster City School, 55 Palace Street, London, SW1E 5HJ

The classes are aimed at students in Year 13 who are taking A Level Maths. They are not suitable preparation for any of the university entrance exams and we will be offering STEP 2 & 3 classes later in the year.

Students applying need to commit to attending all sessions, and any unexpected non-attendance will be followed up with both teachers and emergency contacts as part of our duty of care.

[For further details and to apply please click here.](#)

Problem solving classes are also on offer for Year 12, which will start in the New Year and we shall send you further details in due course.

Please contact the team with any queries via email maths@kingsdale.southwark.sch.uk

CALENDER 2023-24

AUTUMN TERM 2023

First Autumn Half-Term

Thursday 31st August – Friday 20th October

Autumn Half-Term Holiday

Monday 23rd October – Friday 3rd November

Second Autumn Half-Term

Monday 6th November – Thursday 21st December

SPRING TERM 2024

First Spring Half-Term

Thursday 4th January – Friday 9th February

INSET DAY

School closed to students except Year 11
Thursday 4th January

Half-Term Holiday

Monday 12th February – Friday 16th February

Second Spring Half-Term

Monday 19th February – Thursday 28th March

SUMMER TERM 2024

First Summer Half-Term

Monday 15th April – Friday 24th May

INSET DAY

School closed to students except Year 11
Monday 15th April

Mayday Bank Holiday

Monday 6th May

Half Term Holiday

Monday 27th May – Friday 31st May

Second Summer Half Term

Monday 3rd June – Thursday 25th July

INSET DAY

School closed to students except by invitation
Thursday 25th July

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

Reading Recommendations



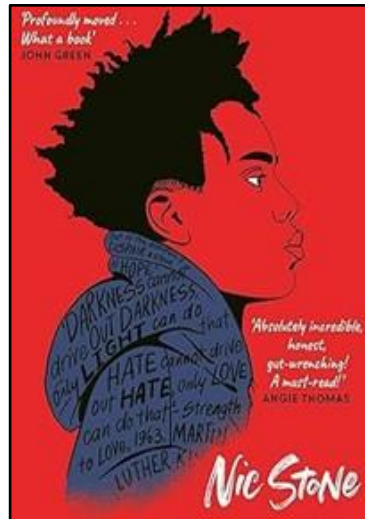
Teacher Recommendation
Ms Lewis recommends
YellowFace
by Rebecca F. Kuang

Athena Liu is a literary darling and June Hayward is literally nobody. When Athena dies in a freak accident, June steals her

unpublished manuscript and publishes it as her own under the ambiguous name Juniper Song. But as evidence threatens June's stolen success, she will discover exactly how far she will go to keep what she thinks she deserves.

Ms Lewis was shocked and awed by the terrific 'page-turner'.

Suitable for Year 9 students and over.



Student Recommendation

A shy but wonderfully well-read student who wishes to remain nameless, recommends
Dear Martin
By Nic Stone

Justyce McAllister is top of his class and set for an elite Ivy League college – but none of that matters to the police officer

who just put him in handcuffs. And despite leaving his rough neighbourhood behind, he can't escape the scorn of his former peers or the ridicule of his new classmates. Justyce looks to the teachings of Dr Martin Luther King Jr. for answers. But do they hold up anymore? He starts a journal to Dr King to find out.

Our anonymous student loved this action-packed but thought-provoking book and loved the brave protagonist.

This book is perfect for Black History Month and is suitable for all students i.e. Key Stage 3 and over.

MATHS NEWS

Sparx Maths

This year, Hegarty Maths has been upgraded to Sparx, which will be used to set homework tasks for Mathematics lessons.

To register, students will need to go to the Sparx site [here](#). Once there, type in the school's name 'Kingsdale Foundation School' followed by their personal details. They will then be prompted to set their own password.

The user interface is very similar to Hegarty Maths, but the work set will be more adequate for each individual student's needs.

Should you have any queries, please contact maths@kingsdale.southwark.sch.uk

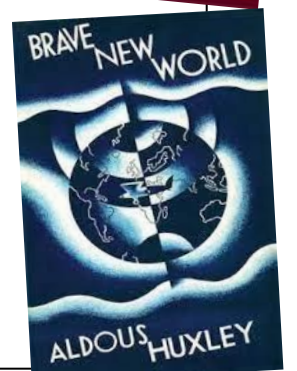
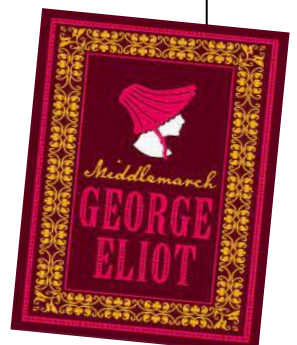
ENGLISH NEWS

Student Reading Recommendations

We hope the start of term hasn't been too busy and you have had some time to read!

A reminder that we would like students to share with us what they like to read, their favourite book, something they have recently read or something that would be helpful for a particular subject or topic.

To help us share recommendations and inspire others to pick up the books suggested, please complete the form here and we may share in the newsletter for everyone to enjoy: [Student Book Recommendations: 2023_2024](#)



SPORTS NEWS



Unwavering Spirit: Kingsdale Under-14s Make Waves at Dulwich Tournament!

Electricity was tangible in the air as Kingsdale's Under-14s Basketball Teams took to the court at the esteemed Dulwich College Invitational Tournament last week; melting pot of emerging talent and spirited competition. With each bounce of the ball, our team unwaveringly held their ground, showcasing a splendid performance that led them to the adrenaline-pumping 3rd and 4th place playoff.

Leading the charge, our Year 9 Captain, Billy Whitby, exemplified true leadership, steering his team with both foresight and courage. His counterpart, Camarri Getten, painted the court with intricate dribbling patterns, weaving through challenges with grace. In the midst, Josh Daniel became an unyielding pillar under the basket, securing crucial rebounds and providing the team with indispensable possessions. Adjacent, Shiloh Chambers, whilst captaining the 2nd team, shone a light on his tactical brilliance, carving spaces and strategies that enhanced the team's output. The finale saw Jahmai Williams spring to life, his skills blossoming to become a vital cog in the team's wheel during the defining moments. Nayan Sesay, too, marked his territory from the very first match, laying down a marker of what was to come with his impeccable gameplay.

Our Year 8 team members, each a crucial spoke in the wheel, brought their A-game with audacity and flair. Rico Riley, the dynamo off the bench, brought a sturdy presence that bolstered our defence and offence alike. The ever-improving Shea Scantlebury mesmerised all with his elevated gameplay, while Abdullah Answer became an impenetrable shield in defence, staunchly protecting our basket. Meanwhile Dylan Ameen, showcased a stellar performance, weaving through the tournament with both skill and grace.



The court witnessed Max Lacey's harmonious blend of spirited teamwork and sleek dribbling, while Daniel Sharp fortified our defenses with robust might. Louis Campbell wove through the court, embodying the pass-and-move mantra, and Sennai Mehari-Crawford delivered pinpoint passes and crafted strategic screens that disrupted our opponents deftly. The fresh energies from our Year 7 players added a vibrant touch to our ensemble. Luca Rose, despite being on such a formidable stage, debuted with a performance that belied his years, while Jawel Mounsamy's interventions as a strategic substitute proved vital, altering the game's tide with astuteness. From the opening whistle to the climactic final moments, the Kingsdale Under-14s displayed not just their physical prowess but an undying spirit and a collective responsibility towards each play, every point scored, and defended. Their journey through the tournament was not merely a display of basketball proficiency but a testament to their camaraderie, dedication, and the boundless potential that lies ahead. Here's to celebrating their journey, and here's to many more successes in the future!

Congratulations, Team Kingsdale!

Kingsdale's Spirited Sprint Towards 'Kings of The Courts'!



The Kingsdale Beach Volleyball team, illuminated by the early sun at Crystal Palace National Sports Centre, reflects on a season brilliantly peppered with growth, commitment, and soaring achievements. A symphony of spikes, serves, and saves has echoed through the season, marking our territory on the sandy courts as not just participants but formidable contenders. Facing 7am starts with unyielding commitment, our numbers have impressively swelled week after week, each athlete contributing to a pulsating and uplifting environment where skills and camaraderie have blossomed in tandem. As we navigate towards the season's build up, the upcoming 'Kings of The Courts' pairs tournament against Charter School, North Dulwich, we are looking forward to an electrifying finale to our journey. It's not just a competition but a celebration of a season embroidered with relentless efforts, unity, and splendid achievements. Parents are free to come to cheer and watch our students on Wednesday 18th October from 7 to 9am at Crystal Palace National Sports Centre. Here's to our players, coaches, and supporters, who've been the essence of this remarkable journey. May the final weeks be a spectacle of our spirit, and may our legacy inspire future athletes to dive fearlessly into their pursuits. Onward to the court, Kingsdale!

SPORTS NEWS cont.



Year 10 Boys' Football News

Welcome back to the Year 10 Boys' Football teams with great numbers turning up for Tuesday's training sessions.

Kingsdale B Team v Glyn School Friday 29th September 2023

On 29th September, the Year 10 Boys' B Team, who reached the final of the English Schools' Cup last year, played Glyn School.

The boys carried on their form from last year, winning 11-0. Goals came from all over the field, including 2 each from our strikers Noah Munroe and Ernie Summers. Well done to all players!

Final Score: Kingsdale 11-0 Glyn School
Player of the Match: Hamilton Dawes

Kingsdale A/B Team v Trinity Academy Tuesday 3rd October 2023

The Year 10 A/B Football team Played Trinity Academy in the Inner London Cup last week, and again did not disappoint!

Final Score: Kingsdale 11-2 Trinity Academy
Goals scored: Captain Hugo Collins (1), Micah Coward (2), Ernie Summers (1), Kayode Peterkin (1), Hamilton Dawes (1), Nathaniel Flemming (1), Jonathan Haftom (1) and Raihaan Anderson (3)

Player of the Match: Raihaan Anderson



Under-14s Boys' Rugby
Kingsdale v Dulwich College C Team

SPORTS NEWS cont.



Congratulations to the Under-14s Boys' Rugby team for their excellent victory against Dulwich College last week, winning 31 points to 12. Several excellent line breaks by Joseph Ayora resulted in him scoring two tries. Levi Howard Fairclough showed excellent defence turning the ball over several times. In attack he scored two well-worked Kingsdale tries. Harvey Tomlinson finished off a powerful pick-and-go by the forwards diving for the try line. Man of the Match went to Donny Heritage for his powerful running beating several defenders, very nearly scoring a wonderful solo try. He also showed how important he is to the team at set pieces throwing the ball in well at the lineout and hooking the ball back in the scrum. Well done to all the boys.

Final score: Kingsdale **31-12** Dulwich College

Tries: Levi Howard Fairclough (2), Joseph Ayora Vanegas (2), Harvey Tomlinson (1)

Conversions: Levi Howard Fairclough (2), Ryan Jones (1)

Man Of The Match: Donny Heritage

1st XV Boys Rugby

Kingsdale v Langley Park

Commiserations go to the 1st XV Boys' Rugby team for their narrow defeat against a very good Langley Park School last week, losing 27 points to 20. For 65 minutes, Kingsdale were leading the match, but Langley kicked a penalty and scored a fortunate try in the last 5 minutes to secure their win.

Our first try was scored by Albert Gardiner gathering the ball 5 metres out from an excellent collective Kingsdale press in defence that forced a Langley handling error on the 22. The second try was the result of several pick-and-goes from the pack with Matthew Barr going over the line. The final try was similar to the first try we scored with Joe Simmonds gathering the ball and touching it down over the try line. Mr Worsley and Mr McWhirter are very proud of the boys and how well they played in the match.

Final Score: Kingsdale **20-27** Langley Park School

Tries: Joe Simmonds, Matthew Barr, Albert Gardiner

Conversions: Joe Simmonds (1)

Penalties: Joe Simmonds (1)



Under-15s A Netball Team



The Under-15s Netball A team have had a busy couple of weeks, playing two netball fixtures.

Kingsdale v Harris Academy, Wimbledon

The first game against Harris Wimbledon was the team's first game of the season and included some new members who performed fantastically. It was a competitive game, with Kingsdale coming away with the win 16-12.

Final score: Kingsdale **16-12** Harris, Wimbledon

Kingsdale v Charter School, North Dulwich

The team then came up against local rivals Charter, in an end-to-end game with some great sportsmanship from both teams. In the last two quarters, Kingsdale ran away with the win of 25-18 with some brilliant goals from Amelie Bunten. This win puts them through to the next round of the Sisters in Sport Competition.

Final score: Kingsdale **25-18** Charter, North Dulwich

Players of the Match: Jasmine McCarthy and Summer Bailey.

Congratulations to the team on a great start to the season!

ESFA Boys' Football Competition

Kingsdale v St. Thomas the Apostle (STAC)

Kingsdale started the game very slowly last week, as they eased their way into the game. STAC started with most of the possession of the ball. Kingsdale's defence was solid and the boys kept up the attack. The third goal came from a corner set up to Chigolie Chukwu who scored from the edge of the box. STAC scored a late goal but it was little consolation as Kingsdale had a good win against a South London rival. The boys are now through to the second round of the English Schools PlayStation Cup

Final score: Kingsdale **4-1** STAC

Goal scored: Kyle Grant (1) Nathan Sessay (1), Jai Akinenwa (1) and Chigolie Chukwu (1)

SPORTS NEWS cont.



Extra-Curricular Sports Clubs Sign-Up Process for 2023-24

To book your child a place on the Sports Club(s) of their choice, please complete the Autumn term extra-curricular sports clubs online form (QR code).

On the form please select your child's year group from the list given which will give you access to all the clubs available for their year group.

Please be advised that in most cases, submission of your form will confirm your child's place.

However, please be aware that for activities such as Cycling, Swimming and Horse Riding, places are limited for each session.

To ensure that all students have an opportunity to attend these activities, sessions will be allocated to students in blocks during the course of the academic year. The teacher(s) in charge of these clubs will notify you via email/phone call when your child's place becomes available.

For all queries, please contact

pe@kingsdale.southwark.sch.uk . Alternatively, students can book a place on a sports club in person by going to the main PE Office in the Sports Hall or speaking with to their PE teacher

The sports department will be running a Cycle Confidence Course at the school. Any parents or guardians who are interested in their child taking part in this course, will need to sign up in the New Year. More information will be sent out in due course.



Please note that this course is free of charge, however, your child will need a working bike (they will be checked on the day), a helmet and suitable clothing.

The course will run from 9am to 3pm on the following days:

Monday 11th March 2024

Tuesday 12th March 2024

Wednesday 13th March 2024

Thursday 14th March 2024

Friday 15th March 2024

Contact pe@kingsdale.southwark.sch.uk for more

SEND FACULTY NEWS



Dyslexia Assist

By Parents for Parents : By Children for Children

Dyslexia Assist for parents.

Dyslexia Assist is a small charity started by parents with dyslexic children to share information, tips, ideas and experiences. They aim to help you help your child. You can't 'cure' dyslexia but there are plenty of websites and learning programmes that will take your money and claim they can. Even when your child's difficulties are recognised, it can be hard to get the support he/she needs throughout education. You can best help children by finding the right support for them and building on their strengths to tackle their difficulties.

Hopefully, Dyslexia Assist will help you hang on in there, as things gets easier.

Website here: [CLICK](#)

ADHD

AWARENESS **MOVING FORWARD WITH ADHD**

OCTOBER 2023

ADHD: Support for Parents

Please find listed below some groups, forums and websites to support parents and children with ADHD.

- **Southwark ADHD:** Parent/Carer Support Group: Website Facebook <https://www.facebook.com/profile.php?id=100009587374961>
- **Lambeth ADHD:** Parents/Carers support group meets at Effra Early Year's Centre, 35 Effra Parade, Brixton SW2 1PL. For further details and to join the mailing list, please email: lambethadhd@hotmail.co.uk
- **YoungSibs:** UK-wide online support service for siblings under 18 who have a brother or sister who is disabled or has special educational needs or a serious long-term condition including ADHD <https://www.sibs.org.uk/youngsibs/>
- **Contact:** Provides support, information and advice for families with children with disabilities or other conditions including ADHD. Also runs family workshops and activities. Free online chat service available. 0808 808 3555 helpline@contact.org.uk

ADDISS (The National Attention Deficit Disorder Information and Support Service) provides information, moderated online forums and local support groups. 020 8952 2800 info@addiss.co.uk



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.

Use mnemonic devices

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.

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. **Replacement lanyards are now available in stock!**



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

Calling all Budding Student Journalists!

Kingsdale students have started their own school newspaper and are inviting fellow students to get involved!

If you're passionate about current affairs and would like to write reviews and news reports for the Kingsdale Telegraph, please get in touch!

Click image to open the latest edition!



Students should post their illustrations, reviews and articles (maximum 80 words for reviews and 100 words for articles) in the school newspaper contributions box, situated in the main office. Please include your full name and tutor group. Alternatively, they can email the team via kingsdaletelegraph@kingsdale.southwark.sch.uk

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



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.



Ways we communicate with Parents and students



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.

HOUSE COMPETITIONS

BLACK HISTORY MONTH 2023



A Celebration of Black People and Their Achievements

October is Black History Month in the UK; an event that has been celebrated nationwide for more than 30 years.

The month was originally founded to recognise the contributions that people of African and Caribbean backgrounds have made to the UK over many generations.

Now, Black History Month has expanded to include the history of not just African and Caribbean people but black people in general.



STUDENT TASK:

Create a piece of original artwork on the theme of: **"A celebration of inspirational black people and their achievements."**

HOW TO ENTER:

Submit your entry to the House Team:

housesystem@kingsdale.southwark.sch.uk

Ensure student entries are accompanied by their full name, tutor group and House.

Prizes will be awarded to outstanding entries.

We look forward to seeing our students' work!

Kingsdale Cooking Challenge: National Porridge Week



As Autumn begins and the weather takes a chilly turn, a warming bowl of porridge is the perfect start to your day. Fuel10K are celebrating National Porridge Week which takes place between 10th & 16th October.

It's the perfect time to focus on the benefits of porridge, share recipe inspiration and, most importantly, enjoy a delicious bowl for breakfast!

Why a nutritious breakfast/not skipping breakfast is so 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, fueling up in the morning will help balance cravings later and leave you more 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 parents or carers and have appropriate supervision in the kitchen.

Students should submit their picture and recipe to the House Team via the following email:

housesystem@kingsdale.southwark.sch.uk Please ensure all entries are accompanied by students' full name, tutor group and House.



HOUSE COMPETITIONS cont.

BLACK HISTORY MONTH SCIENTIST TRAIL

STUDENT TASK: Use the clues below to guess the name of each scientist.

HOW TO ENTER:

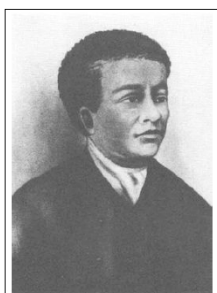
Submit your answers to the House Team:

housesystem@kingsdale.southwark.sch.uk

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

Prizes will be awarded to students who receive full marks!

Who am I?



I was born in Maryland but my family was from England.

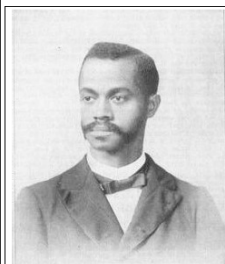
I was born a free man.

My grandmother taught me how to read using a bible.

I took part in the building of Washington D.C.

I was a brilliant mathematician and an astronomer - **My name is** _____?

Who am I?



I was born in Ohio and my parents were freed slaves.

When I was a child, I was fascinated by nature, especially insects.

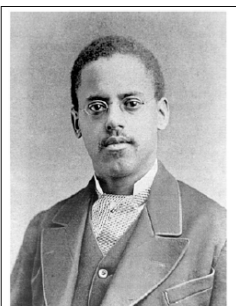
I went to college, where I was the only black man and eventually I received my Ph.D.

I taught at university level and high school.

My research was the first to prove that insects can hear.

I was a dedicated Entomologist - **My name is** _____?

Who am I?



I lied to get into the Navy at age 16.

I worked as an office boy in a Patents office and learnt how to do technical drawings by spying on my bosses.

I worked on the technical drawings of the telephone for Alexander Graham Bell.

My main invention was the manufacturing process for carbon filaments for **LIGHT BULBS**

I was a prolific and creative inventor and brilliant technical draftsman
My name is _____

Who am I?



I went to grammar school until I was 15. I then studied Mechanical Engineering in Scotland.

I could not get a job as an engineer because I was black so I became a fireman.

I was a man of many inventions. The **lubricating cup** for trains, a **portable ironing board** and a **lawn sprinkler** are amongst my 57 patents.

I have entered the English language - **My name is** _____

Who am I?



I was one of 11 children born to Sydney and Elizabeth.

I ran my own sewing machine repair shop in Cleveland

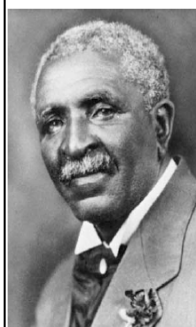
I invented a chemical hair straightener.

I invented a gas mask that went on to save thousands of lives in the First World War and then went on to be used by Fire and Police Departments

The thing that I am most famous for however is patenting the first automatic traffic signal.

My inventions saved lives - **My name is** _____

Who am I?



I was called the plant doctor when I was a child.

I tried to get into college for years but was not accepted because of my colour.

I was 30 when I finally got in and I studied plants (botany), chemistry, animals (zoology) and insects (entomology).

I developed over 300 products that could be made from peanuts. I also developed 118 products from sweet potatoes, including flour, vinegar, rubber, and glue.

I am the King of Peanut Butter - **My name is** _____

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



National
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#WakeUpWednesday

1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

Are you sure?

3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



Sources of Information and Support

Your GP

Young Minds <https://youngminds.org.uk/v>

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>

<https://www.themix.org.uk/mental-health>

www.nationalonlinesafety.com

Twitter - @natonlinesafety

Facebook - /NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 05.02.2020

SPORTS FIXTURES

HOUSE NEWS

Monday 9th October

- Under-15s Boys' A Team Football ESFA Home Game against St Thomas The Apostle. Leave school at 2.50pm. 4pm Start. Return at 6pm approx.: **Mr Price**
- Under-16s Boys' Basketball Tournament at Dulwich College. Leave school at 1.30pm. 2pm Start. Return at 5.30pm approx.: **Mr McWhirter**
- Under-12s Girls' Football Home Game against Kingston Grammar. Leave school at 3.30pm. 4.15pm Start. Return at 5.15pm approx.: **Mr Dash**

Tuesday 10th October

- Under-15s Girls' Netball (Sports Hall) Home Game against Harris, Clapham. 3.45pm Start. Finish at 5pm approx.: **Ms Findlay**
- Under-13s Boys' Rugby Tournament at Streatham and Croydon RFC. Leave school at 1.30pm. 2.30pm Start. Return at 5.30pm approx.: **Mr Roberts**

Wednesday 11th October

- Under-14s Rugby Boys' Tournament at Streatham and Croydon RFC. Leave school at 1.30pm. 2.30pm Start. Return at 5.30pm approx.: **Mr McWhirter**
- Under-14s Boys' Basketball Tournament at Charter School, North Dulwich. Leave school at 12.45pm. 1.30pm Start. Return at 4.30pm approx.: **Mr Price**
- Under-14s Girls' Football Away Game against Stationers Crownwoods. Leave school at 2.45pm. 4pm Start. Return at 5.45pm approx.: **Mr Dash/ Mr Price**

Thursday 12th October

- Under-16s Boys' Football ESFA Away Game against Dagenham Park School. Leave school at 1.30pm. 3pm Start. Return at 6.30pm approx.: **Mr Price**
- Under-14s Boys' Hockey Away Game against Dulwich College. Leave school at 3.45pm. 4.15pm Start. Return at 5.30pm approx.: **Mr Pizzey**

Friday 13th October

- Under-12s Boys' B Team Football Away Game against St Dunstan's College. Leave school at 1.45pm. 2.30pm Start. Return at 4.45pm approx.: **Mr Johnson/Mr Foster**

*Please note some extra Fixtures may be organised at short notice.

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



Online Safety Corner

For this week's Online Safety focus, we are supporting Childrens Mental Health' with some useful conversation starters.

PLEASE READ!! Remember to keep an open dialogue with your child about their activities online. See page 25.

House Assemblies - Thank You Celebrating Black History Month

A big 'Thank You' to all the students who participated in their House Assembly last week and embraced the theme of Black History Month 2023.

Across all Houses students listened to a range of individuals of African American/ African-Caribbean heritage who have made a significant contribution to society at all levels. We will share more information next week. All House Assemblies will be uploaded to the respective MS Teams area online.



THE DUKE OF EDINBURGH'S AWARD



If your child is in Year 9 or Year 10 and wishes to register for the DofE Award at Kingsdale, there will be information posted in next week's parental bulletin. In the meantime, please visit the [DofE Award website](#).

The House Leader Board 2023-24

Week ending 6th October 2023

1st Place – Dove **8,707** Points

2nd Place – Swift **8,545** Points

3rd Place – Falcon **8,067** Points

4th Place – Albatross **7,728** Points

5th Place – Eagle **7,108** Points

DOVE have kept the lead this week for the second time in a row in the top spot. Swift has stayed in 2nd place. It is still early in the race. Can any other House catch them?