



PARENTAL NEWS BULLETIN

Issue 6 Monday 13th October 2025

HEADLINE NOTICES

KFS Live Public Transport Travel Times Information



1	S	BECKENHAM JUNCTION	9min
2	O	ORPINGTON	9min
3	L	LONDON VICTORIA	11min
4	V	VICTORIA	12min



We are delighted to advise students and parents that we have installed a live information sign in the main school Atrium which provides students with updated local bus and travel details to help them plan their journeys home. This installation is part of our ongoing roll out of the new KFS mobile phone policy which will see the prohibition of smart phones in Years 7-11 by September 2026. An additional sign will be installed this week by the Pupil Support Office with information relating to other local transport routes. Watch this space for further updates!



House Excellence Award

Cosmo Atlee in Year 9 has been nominated for a House Excellence Award by the Drama department. Cosmo is an exceptionally talented performer with an incredible work ethic. In the drama department we have watched him grow and develop into an imaginative, dynamic, sensitive and engaged young actor. His approach to the upcoming monologue competition

has been outstanding, and his character work has depth and subtlety. His written work is equally insightful and committed, and overall Cosmo is a delight to work with. Well done Cosmo!

Kingsdale Sixth Form Open Days

Open events for our outstanding Sixth Form continue on the following dates:

Sixth Form Open Days

- 1.30pm - 6.30pm Wednesday 15th October 2025
- 4.30pm - 7pm Wednesday 5th November 2025
- 4.30pm - 7pm Wednesday 26th November 2025

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

**BLACK
HISTORY
MONTH**

THEME OF THE WEEK

Success or Failure

'My will shall shape the future. Whether I fail or succeed shall be no one's doing but my own. I am the force; I can clear any obstacle before me, or I can be lost in the maze. My choice; my responsibility; win or lose, only I hold the key to my destiny.'

WORD OF THE WEEK

Esoteric

very unusual and understood or liked by only a small number of people, especially those with special knowledge:

"He has an esoteric collection of old toys and games."

SCHOOL NEWS

Love Your Doorstep Community Patrol

West Dulwich Community Patrol

Let's get ahead and stop street crime before it starts! We're excited to share that our community patrol scheme, in conjunction with Love Your Doorstep (LYDS) continues this term. We are continuing our patrols and are looking for parental volunteers from the KFS community.

What is a community patrol?

LYDS say the best volunteers are those who work from home, part time or are semi-retired and want to do something positive for their community.

- Patrols are weekdays from around 3:30-5pm.
- A patrol is a group of 2-4 volunteers, who are visible, say hi and intervene if necessary by being friendly.

If you'd like to volunteer to help make our area safer, we'd love to hear from you via the sign-up link [here](#).

If you can't spare the time, please do help by spreading the word with your local contacts. Thank you for your support. We can make a real difference to our community by working together!

KINGSDALE FOUNDATION SCHOOL

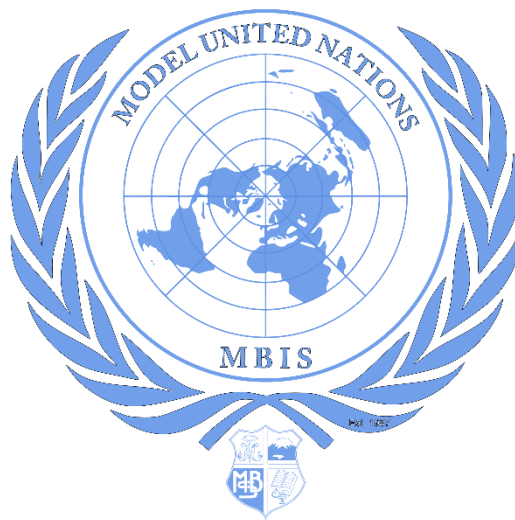


MUSIC NEWS

Kingsdale students perform at special concert in aid of Music Education Charity – Music Masters

We are delighted to report that 3 Kingsdale students, Stella, Year 7 - Cellist, Anna Lea, Year 10 - Cellist and Libi, Year 13 – Violinist, performed with leading musicians, the Kanneh-Mason family, and award-winning author Michael Morpurgo. Sheku Kanneh-Mason MBE is a British cellist who won the 2016 BBC Young Musician award. He was the first black musician to win the competition since its launch in 1978.

Libi, Anna Lea and Stella were 3 of only 5 school-aged students invited to perform in this special concert in aid of Music Education Charity – Music Masters, a programme that a number of young Kingsdale musicians have benefitted from. Well done to them!



MUN NEWS

Kingsdale at Model United Nations (MUN)

Last weekend saw Kingsdale take part in our first Model United Nations of the year at Alleyn's School. Students participated in a variety of committees covering topics ranging from the 'no nuclear' option to proxy wars in the Middle East and transgender rights.

Kingsdale students represented China, Japan and Mexico on these committees, acquitting themselves well. Cato Barry, Stephen Leopold & Reuben Mars all received commendations for their work on their committees. A huge well done to our new Year 12 students who were participating for the first time.

We are looking forward to a variety of MUN opportunities throughout the rest of the year.

DRAMA NEWS

**BLACK
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MONTH**

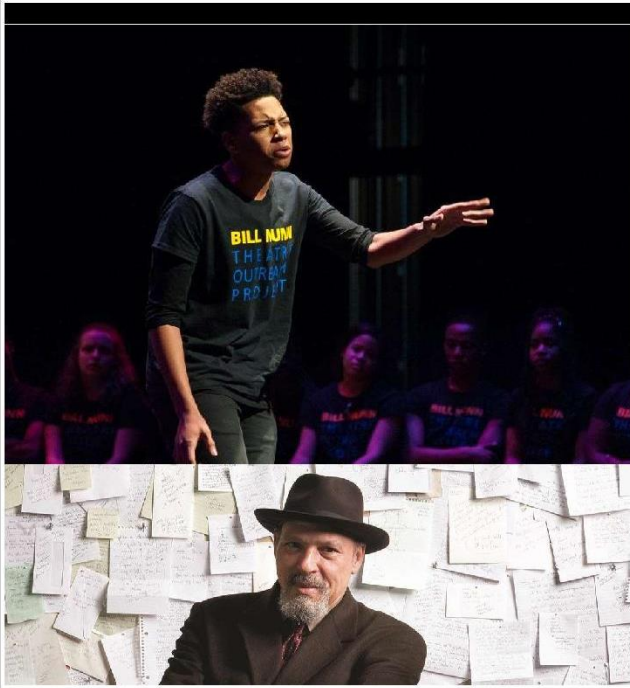


KINGSDALE
FOUNDATION SCHOOL

DRAMA PRODUCTIONS

GRAND FINAL

August Wilson **MONOLOGUE
COMPETITION**



Selected from over 1000 performances across years 7, 8, 9 and 10. Finalists will perform their monologues in front of a live audience.

Join us as we celebrate **Black History Month** with the work of America's greatest playwright.

Drama Studio | Kingsdale Foundation School | Free entry

Thursday 16th October @ 6.00-8.00PM

WATCH PLAYS ONLINE FOR FREE NATIONAL THEATRE COLLECTION

OVER 30 PRODUCTIONS. FOR KS3 WE WOULD RECOMMEND

Antony and Cleopatra	Shakespeare, William
As You Like It	Shakespeare, William
Ballet Shoes	Streetfeild, Noel; Adapted by Feaver, Kendall
Hamlet	Shakespeare, William, adapted by Christian, Jude
Hex	Ronder, Tanya
I Want My Hat Back	Klassen, Jon, adapted by Joel Horwood
Jack Absolute Flies Again	Bean, Richard and Chris, Oliver
Jane Eyre	Brontë, Charlotte
Macbeth	in a new version by Justin Audibert and the Company
Much Ado About Nothing	Shakespeare, William
The Winter's Tale	in a new version for young audiences by Justin Audibert
Treasure Island	Lavery, Bryony; Stevenson, Robert Louis



PLAYS WE WATCH IN CLASS (YEARS 7-8):

Barber Shop Chronicles	Ellams, Inua
One Man, Two Guvvners	Bean, Richard (after Carlo Goldoni)
Peter Pan	Barrie, J. M.

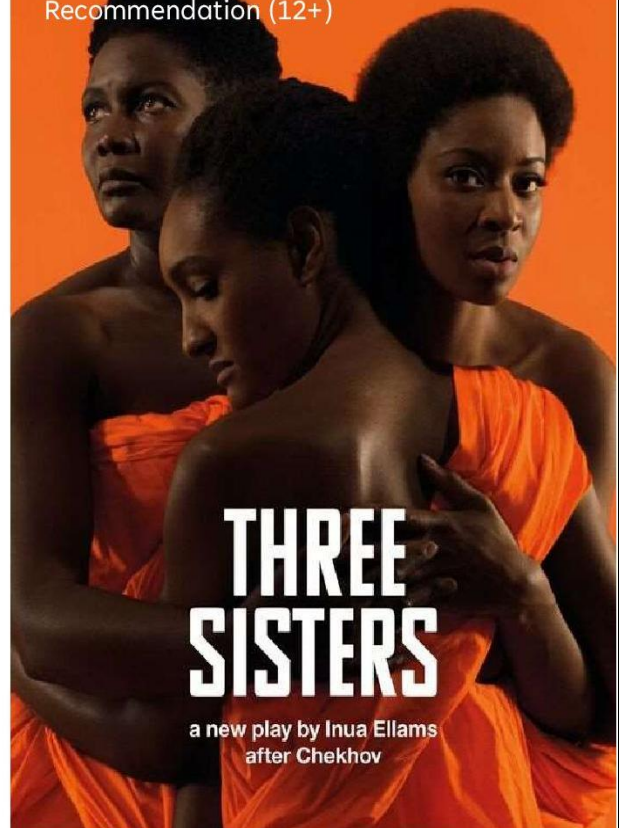
LOG IN DETAILS

<https://www.dramaonlinelibrary.com/national-theatre-collection-3>

Log in **BFDJMW**

Password **RZEWZX**

Celebrating Black History Month
Recommendation (12+)



THREE SISTERS

a new play by Inua Ellams
after Chekhov



SCHOOL NEWS

Planting Joy at Kingsdale:

A Family Day of Gardening and Nature

Arlen Hewitt, Year 7, really enjoyed taking part in the gardening sessions at Kingsdale!

"I went with my mum to Kingsdale last weekend and had an amazing time helping make a garden for nature! It was Saturday, the 4th of October and the weekend had just begun. We had some experience, as we do woodland conservation and helping in my granny's garden. Despite this, it generally doesn't matter a lot how much experience you have, as gardening is for everyone!"

We dug up grass and soil, where we planted young seedlings of many different types of plants. To do this digging, our group used spades, forks and trowels. We scattered rocks on the soil to mark where the plants should go. We also had biscuits and drinks!

We had lots of fun doing gardening at the school and met lots of brand-new people whilst planting new life into Kingsdale!



All parents/carers and students interested in volunteering to help with the garden project are welcome to join!

The gardening sessions take place on a Saturday, once a month, 10.30am – 12.30pm. Parents/carers will receive a text message reminder in the week before each one.

Thanks in advance for helping to develop this wonderful space.





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

Royal Geographical Society School Essay Competition Years 12 + 13

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

The judges are looking for:

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

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

Includes lots of examples in your essay:

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

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

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

SCHOOL NEWS



Join the Student AI Think Tank Have your say on the future of learning!

Kingsdale is launching a **Student AI Think Tank**: A group where students from **Years 7 to 13** come together to explore how artificial intelligence is shaping education and school life.

We'll meet **once every half term** to:

- Share ideas about how AI can help students and teachers
- Discuss opportunities and challenges
- Represent the voice of students on the future of learning

Interested? Email AIThinkTank@students.kingsdale.southwark.sch.uk to find out more and get involved.

Your ideas. Your future. Your voice.

CAREER NEWS

Careers Survey

We have asked all of our students to complete a short survey about their career aspirations, where they gain support, and how well informed they feel about different aspects of careers. This will help us improve and monitor our careers provision at Kingsdale. The link to the survey is [here](#) – please encourage your children to complete it if they haven't yet.



Kingsdale Careers Programme 2025-2026

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

LIBRARY NEWS

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

LIBRARY EXTRA-CURRICULAR CLUBS

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

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

MONDAY

All years

Breakfast Club

8.00 to 8.30am

Mrs Smiley AR5

Year 7 and 8

Love of Food Club

3.45 to 5.15pm

Ms Leung/Ms Asongafeh FS2

Year 7 and 8

Camera Club

3.45 to 4.45pm

Ms Wallner PS1

Year 8

Young Makers Club

4.10 to 5.10pm

Ms Koch TE2

Year 9-11

GCSE Art and Graphics Club

3.45 to 5.00pm

Ms Rix TE1

Year 9-13

Textiles/Art/Graphics Keeping Up/Get Ahead

3.45 to 5.30pm

Mrs Brocklesby AR7

TUESDAY

All years

Breakfast Club

8.00 to 8.30am

Mrs Smiley AR5

Year 11

NEA Workshop

3.45 to 5.00pm

Ms Leung/Ms Asongafeh FS1

Year 9-13

Textiles/Art/Graphics Keeping Up/Get Ahead

3.45 to 5.30pm

Mrs Howell AR2

Year 9-11

GCSE Art and Graphics Club

3.45 to 5.00pm

Ms Rix TE1

Year 9-13

Photography Keeping Up/Get Ahead

3.45 to 5.30pm

Ms Wallner PS1

Year 9-13

Art Keeping Up/Get Ahead

3.45 to 5.00pm

Ms Farley AR1

WEDNESDAY

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

CAD/CAM Club

4.10 to 5.10pm

Ms Koch/Ms Gardiner TE1

2025
2026

THURSDAY

Year 7

Textiles Club

3.45 to 5.00pm

Ms Fearn AR6

Year 7 and 8

Graffiti Club

4.10 to 5.00pm

Ms Gardiner/Mr Gray TE3

Year 7

Bronze Arts Award Club

3.45 to 4.45pm

Ms Farley AR1

Year 9-13

Art, Photography Keeping Up/Get Ahead

3.45 to 5.00pm

Ms Gregson PS1/AR3

Year 9-13

Art Keeping Up/Get Ahead

3.45 to 5.00pm

Ms Montero AR4

Year 10

Fly High Club

4.10 to 5.30pm

Ms Leung/Ms Asongafeh FS1

Year 11

D&T Keeping Up/Get Ahead

3.45 to 5.00pm

Ms Koch TE2

FRIDAY

Year 9

Fly High Club

4.10 to 5.00pm

Ms Leung/Ms Asongafeh FS1

Year 9-13

'Finish it Friday Club'

3.45 to 5.30pm

Mrs Howell AR2

Scholars Club (by invitation only)

Year 7

TUESDAY

3.45 to 4.30pm

Ms Montero AR4

(Starts 25th November 2026)

Year 8

TUESDAY

4.10 to 5.00pm

Mrs Brocklesby AR7

SPORTS NEWS

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

Wren Costerton at the British Taekwondo National Sparring Championship 2025

Wren Costerton, Year 7, competed in her third British Taekwondo National Championships at the weekend, winning a gold medal & becoming a British Cadet Champion

She had a tough semi final against a much taller fighter, using her strength and experience to control the match and take the win. In her final she outclassed her opponent, demonstrating excellent kicking technique to win by point gaps in two straight rounds.

She now hopes to begin fighting in the Advanced category and developing with Team GB coaches. Well done Wren!



Under-14 Boys' Rugby Kingsdale v Graveney

On Wednesday 8th October Kingsdale overpowered

Graveney school in a commanding **68-7** Victory.

Kingsdale produced a dominant performance to secure a comprehensive win over Graveney, show-casing exceptional quality in both attack and defence throughout the match.

From the opening whistle, Kingsdale set the tone with relentless pressure and precise execution. Their defensive structure kept Graveney pinned in their own half, while their attacking play was fluid, fast, and clinical.

Kingsdale's cohesion, work rate, and flair were on full display, and even when Graveney managed a consolation try, Kingsdale maintained their composure and control.

The scoreline reflected not only their dominance but also the impressive depth and skill within the squad.

Final Score: Kingsdale **68-7** Graveney

Tries: Robbie Heritage (5), Isaac Timbrell (1), Brendan Smith (1), Ruben Walker (2), Spencer Fay (1), and Zac Kiwanuka (1)



Under-13s Boys' Inner London Cup Kingsdale v John Roan School

Congratulations to the Year 8 Boys' football team for beating John Roan School last week with 6 goals from Rico Jones, 3 from Ira Lee and a spread from the rest of the team.

As the holders of this great cup, we are so proud of all the players involved. Good luck for the rest of the season

Final Score: Kingsdale **15-0** John Roan School



Under-15s Girls' Netball Sisters in Sport Competition Kingsdale v St Benedict's School

Our Under-15s Girls' team played their second netball match of the Sisters in Sport Competition last week. It was a very tough match against St Benedict's who were a strong side. Unfortunately, we did not win but we move onto the next game with more experience and team cohesion.

Well done to all the team for a great effort!

Players of the Match: Rebecca Esayas and Stella Capodicasa
Well deserved.

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

Sports Clubs Autumn Term 2025

Please be advised that students will be required to submit a completed parental consent form before attending sessions held before or after school, however are not required to have parental consent to attend any of our published lunchtime clubs. Please find attached our programme of extra-curricular clubs for the autumn term.

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

KFS Extra-Curricular Sports Online Booking Form

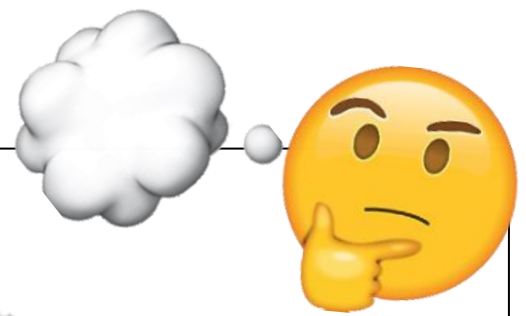
Please be informed that all students attending our extra-curricular clubs and representing the school at sporting events are expected to be excellent sports ambassadors for the school and are therefore required to adhere to and sign our Sporting Code of Conduct which can be accessed by following the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

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

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

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





Big History Club!

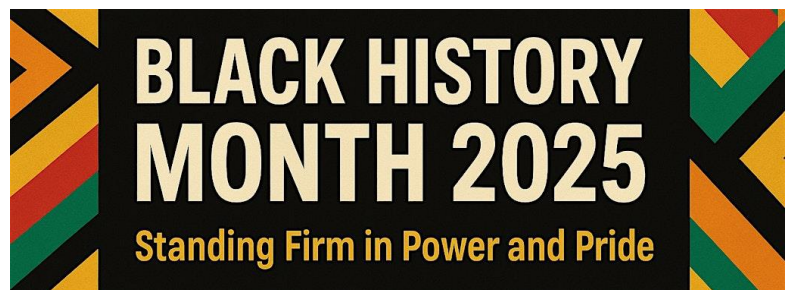
For Key Stage 3 and 4 in HU6
Every other Tuesday from 4.15pm to 5pm

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

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

In our session on **Tuesday 14th October**
we will be asking: **Nanny, Sally, Sanité:**
How did women resist enslavement in the
Caribbean?

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



CALENDAR 2025-26



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

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

tkp@kingsdale.southwark.sch.uk

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

AUTUMN TERM 2025

First Autumn Half-Term

Tuesday 2nd September – Friday 17th October

Half Term Holiday

Monday 20th October – Friday 31st October

Second Autumn Half-Term

Monday 3rd November – Friday 19th December

SPRING TERM 2026

Friday 5th January INSET DAY

School closed to students except those in Year 11

First Spring Half-Term

Monday 5th January – Friday 13th February

Half-Term Holiday

Monday 16th February – Friday 20th February

Second Spring Half-Term

Monday 23rd February – Friday 27th March

SUMMER TERM 2026

First Summer Half-Term

Monday 13th April – Friday 22nd May

Monday 13th April INSET DAY

School closed to students except those in Year 11

Mayday Bank Holiday

Monday 4th May 2025

Half-Term Holiday

Monday 25th May – Friday 29th May

Second Summer Half Term

Monday 1st June – Friday 24th July

Friday 24th July INSET DAY

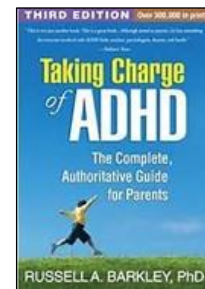
School closed to students except by invitation

Top Book Recommendations for Parents of ADHD Teens (Ages 11–18)

Parenting a teenager with ADHD can be both rewarding and exhausting. Between school pressures, emotional ups and downs, and the growing desire for independence, many parents find themselves searching for reliable, compassionate advice. Books can be a lifeline, helping parents understand the ADHD brain, develop practical strategies, and find calm in the chaos.

Understanding ADHD in the Teenage Years

Adolescence is a challenging time for any young person, but for teens with ADHD, it can be particularly complex. Hormones, changing routines, and increasing academic demands can magnify ADHD traits such as impulsivity, forgetfulness, and emotional reactivity. The best resources balance scientific understanding with empathy.



1. *Taking Charge of ADHD* by Dr. Russell A. Barkley

Often considered the definitive guide for parents, Barkley’s book explains the neurological roots of ADHD and offers clear, practical steps for managing everyday challenges. It covers everything from discipline to communication and long-term planning.

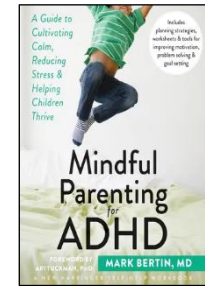
Best for: Parents who want a comprehensive, research-backed overview and step-by-step strategies.



2. *8 Keys to Parenting Children with ADHD* by Cindy Goldrich

This accessible guide breaks down eight practical principles — from setting clear boundaries to improving emotional connection. The tone is supportive and realistic, making it easy to dip into when you’re short on time.

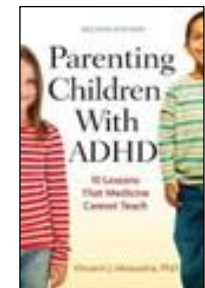
Best for: Parents who prefer bite-sized, actionable advice over heavy theory.



3. *Mindful Parenting for ADHD* by Mark Bertin

Parenting a neurodivergent teen can be stressful. This book blends mindfulness techniques with ADHD science, teaching parents to manage their own emotions and stay calm during difficult moments.

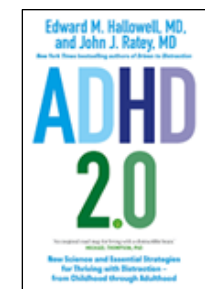
Best for: Parents who feel burned out, anxious, or reactive — and want to bring more balance to family life.



4. *Parenting Children with ADHD: 10 Lessons That Medicine Cannot Teach*

A refreshing perspective that goes beyond medication, exploring emotional intelligence, resilience, and relationship building.

Best for: Parents who want to understand ADHD beyond the medical model and focus on strengths.



5. *ADHD 2.0* by Dr. Edward Hallowell & Dr. John Ratey

From two pioneers in ADHD research, this book offers an optimistic take on living with ADHD, reframing it as a brain difference that comes with creativity, energy, and drive when properly supported.

Best for: Parents who want to focus on potential and strengths rather than deficits.

No single book will solve every challenge, but the right combination of knowledge and compassion can make a world of difference. These authors remind us that parenting an ADHD teen isn’t about “fixing” your child, but about understanding their unique brain, helping them thrive, and rediscovering joy in the process.



Dugdale Arts Centre *SENDSational Wellbeing Events*

The Dugdale Arts Centre (in Enfield) is running **SENDSational Wellbeing Events** on 25th October and 29th November.

[Dugdale Arts Centre](#)

These are “Family Fun Morning” sessions with a more relaxed, inclusive format.

It may suit older children depending on the programming that day. It’s worth checking their schedule to see if there are workshops or sessions aimed at teens.

What to Expect:

- Calm, inclusive environment
- Engaging activities tailored for a range of needs
- Well-being Stalls and activities
- Opportunities to connect with local SEND-friendly consultants
- Cafe and chill-out areas for all.



Quiet Sessions

Madame Tussauds offers Quiet Sessions on selected dates, with lowered sound, static lighting, and reduced sensory stimuli. Book here: [madametussauds.com](#)

Your star-studded experience

Get red-carpet-ready for Quiet Sessions at Madame Tussauds London. Come face-to-face with over 150 incredibly lifelike figures of your favourite famous faces across 8 different immersive zones.

Party with pop princess Ariana Grande, pose next to Dwayne ‘The Rock Johnson’ and go beyond the gates at Buckingham Palace to say hi to our Royal Family and much more.

During our Quiet Sessions, we have made adjustments such as reducing the music volume throughout the attraction, with lighting reduced to a static mode and other sound effects to a minimum where possible.

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



Southwark Local Offer – Dyslexia / Literacy Information Pack

Download the free “dyslexia / literacy difficulties” information pack via Southwark’s Local Offer website.

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

Southwark SpLD Advice & Information Pack (2024-25)

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

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

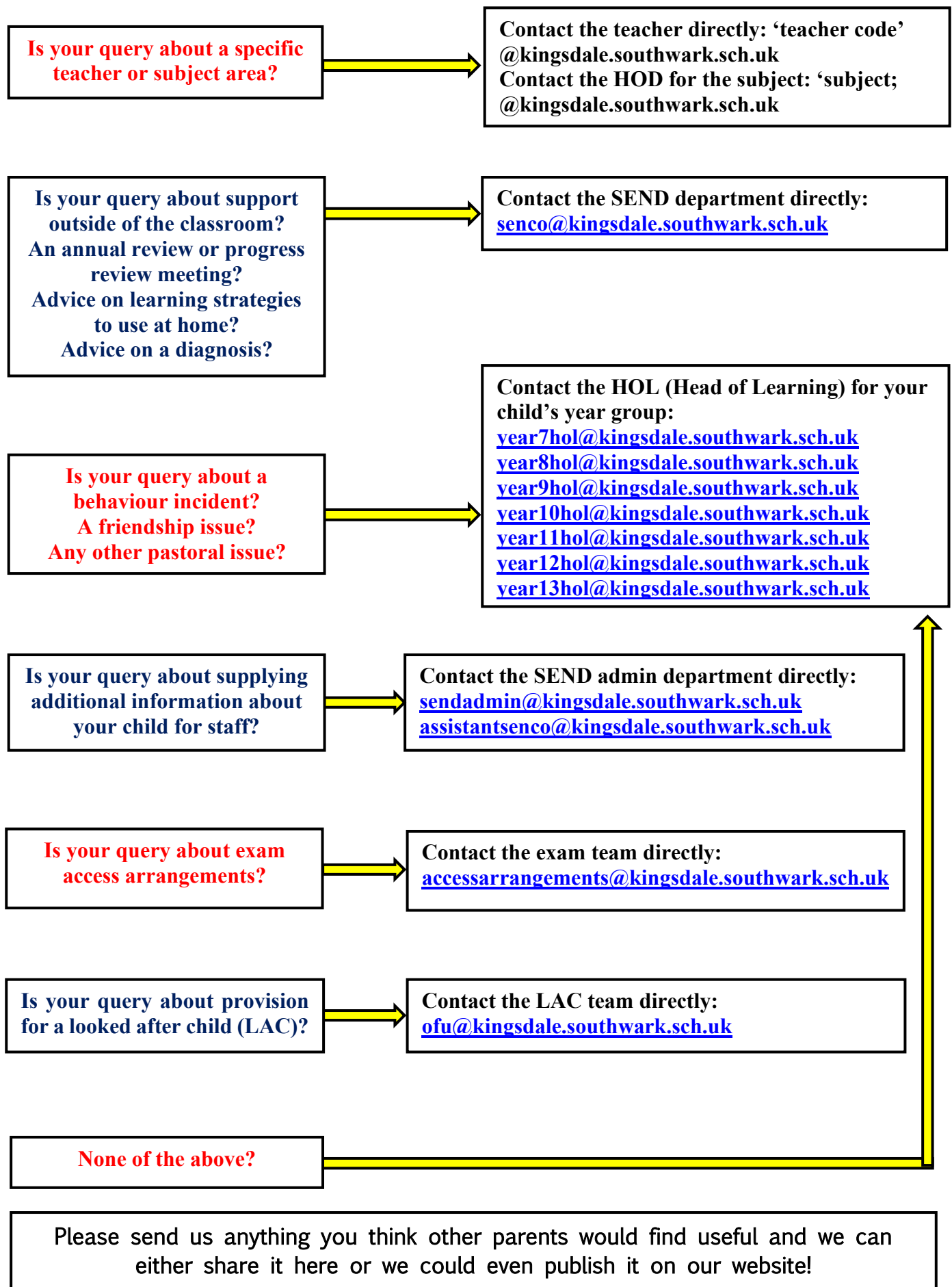
Southwark Disability Hub (KeyRing)

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

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

Communication Flowchart: SEND

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



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



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

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

Free Workshops for Parents and Carers

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

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

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



We'll cover:

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



For further information contact:

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

SCAN ME



Talking to your child about

SHARING IMAGES ONLINE

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

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

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



What can you do to keep your child safe online?

S

Set clear boundaries.

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

T

Talk with your child and be supportive.

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

E

Educate everyone in the family.

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

E

Evolve with the internet.

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

R

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



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



FOR SUPPORT AND ADVICE, PLEASE VISIT:

 **parentzone**

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

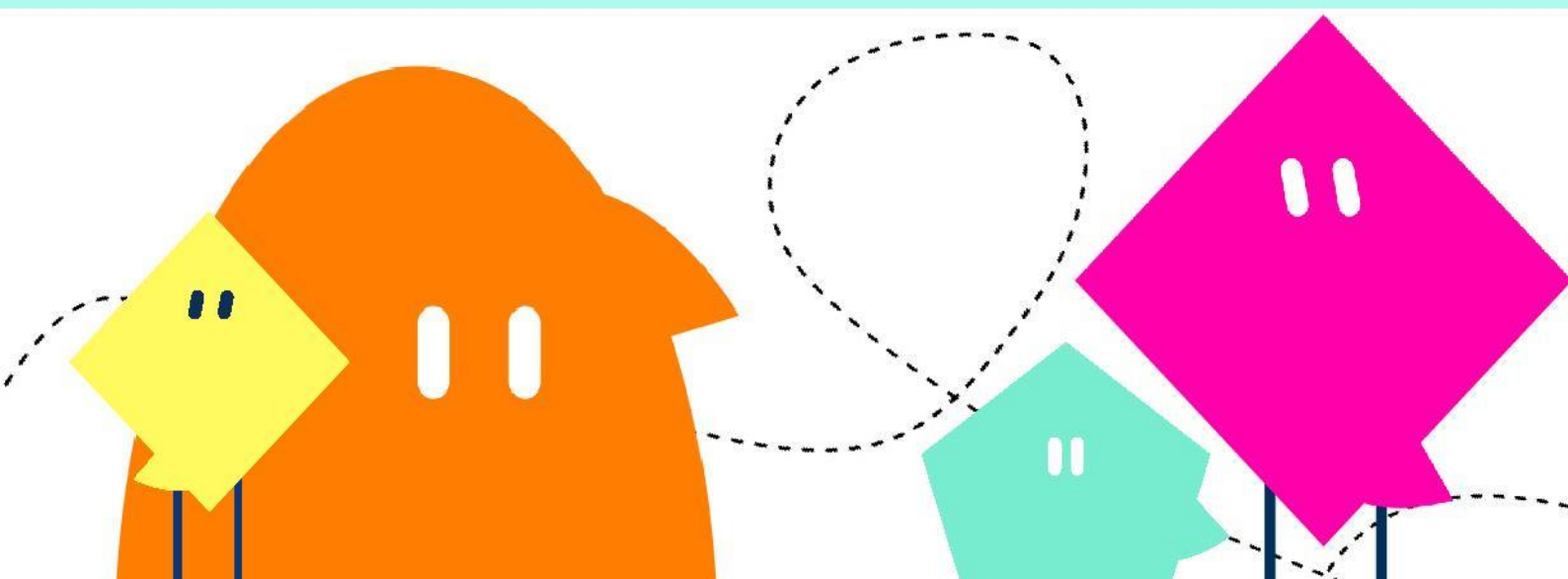


Education from
the National
Crime Agency

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



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



A safe space for teenagers worried about sexual behaviour

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



shorespace.org.uk

Why Shore?

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

SCHOOL NEWS

KFS Uniform Bank

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

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

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



The School Shop

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

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



Lost Property

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

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

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

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

Kingsdale is a Safe Space

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

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

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

Our two confidential emails are:

health&wellbeing@kingsdale.southwark.sch.uk
tellsomeone@kingsdale.southwark.sch.uk

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



Kingsdale Cooking Challenge: National Baking Week



National Baking Week is a joyful celebration of the tradition of baking and the creativity that comes with making delicious homemade treats. This year, National Baking Week will take place from 14th-20th October 2025, providing a wonderful opportunity for families and baking enthusiasts to embrace the kitchen and share the fun with others.

Here are some fun ways to get involved:

- **Bake Something New:** Challenge yourself with a new recipe or try a baking technique you've never attempted.
- **Host a Baking Party:** Invite friends and family to join you in baking and sharing your delicious creations.
- **Share Your Baking Tips:** Inspire others by sharing your best baking advice on social media or with your community.
- **Support Local Bakeries:** Visit and appreciate the work of your local bakeries and pastry shops.
- **Donate Baked Goods:** Spread the joy by donating baked treats to local charities, schools, or community events.

STUDENT TASK: If you decide to try out any of the activities above, send us a picture and a short description of what you did.

Don't forget to get permission from your parents or carers and arrange 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.**



HOUSE COMPETITIONS



Cycle to School Week 2025 - Get Pedal Ready!

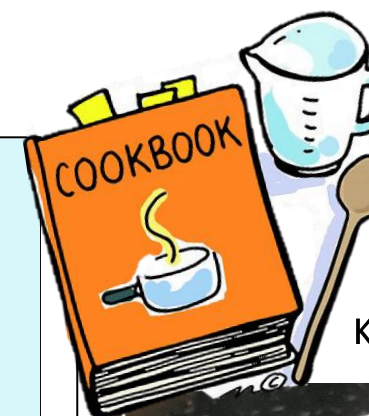
Cycle to School Week is back! From Monday 13th - Friday 17th October 2025, we're encouraging students and families to swap the car ride for a bike ride and discover the joy of cycling to school.

Cycling isn't just a fun and healthy way to travel - it also helps reduce pollution, eases traffic around the school gates and saves money. Plus, it's a great way to start the day feeling energised and ready to learn!

We'd love to hear from our keen cyclists! If your child is cycling to school during Cycle to School Week, they can share their stories and photos with us - let's celebrate our school's cycling stars together!

HOW TO ENTER:

Be sure to share your stories and photos with the House Team:
housesystem@kingsdale.southwark.sch.uk
Ensure your entry is accompanied by your **full name, tutor group and House.**



Kingsdale Cooking Challenge



World Porridge Day 10th October 2025

The days of bland, watery porridge are officially over! To celebrate World Porridge Day, our students took part in an inter-house porridge competition, showcasing their creativity in the kitchen.

Arlen Hewitt, Year 7, from Eagle House impressed the judges with his deliciously sweet - yet sugar-free - creation. His porridge gained its natural sweetness from blended banana, topped with crisp apple slices and juicy raisins. A sprinkling of seeds added the final healthy touch, proving that breakfast can be both nutritious and full of flavour.

Well done, Arlen, for inspiring us all to rethink our morning porridge!





Online Grooming is when someone befriends and builds an emotional relationship with a child and communicates with them through the internet with the intent to commit a sexual offence. This type of victimisation can take place across any platform; from social media and messaging apps to online gaming and live streaming. Often it involves young people being tricked, forced or pressured into doing something they wouldn't normally do (coercion) and often the groomer's goal is to meet the victim in a controlled setting to sexually or physically abuse them. In some cases children may be abducted or have long-lasting psychological damage.



What parents need to know about

ONLINE GROOMING



CHILDREN ARE MOST VULNERABLE

Unsurprisingly children are often most at risk as they are easy to target and unlikely to question the person who is engaging in conversation with them. Groomers will use psychological tricks and methods to try and isolate them from their families and friends and will often choose to target more vulnerable children who may be easier to manipulate. Predators will stalk apps and websites that are popular with young people and will use a 'scattergun' approach to find victims, contacting hundreds online to increase their chances of success.



LIVE STREAMING CONCERNS

Predators may use live video to target children in real-time using tricks, dares or built-in gifts to manipulate them. Grooming often takes the form of a game where children receive 'likes' or even money for performing sexual acts. Social media channels, such as YouTube, Facebook, Instagram and Snapchat, all have live streaming capabilities, but there are many apps which children can use to live stream, including Omegle, Live.me, BIGO Live, YouNow and many more.



ANYONE CAN BE A PREDATOR

The internet has made the ability to interact with strangers online easy. Many sites and apps are reliant on individual users entering their own information when signing up. However individuals can remain anonymous if they choose to enter inaccurate information and many online predator cases are due to groomers using impersonation techniques. However, often the greater threat comes from adults who 'hide in plain sight', choosing to befriend young children without hiding their real identity.



CAN BE DIFFICULT TO DETECT

Unfortunately, most children find the 'grooming' process (before any meeting) an enjoyable one as the predator will compliment, encourage, and flatter them to gain their trust, friendship and curiosity - 'a wolf in sheep's clothing' scenario. This often means children fail to disclose or report what is happening. If the groomer is also previously known to the child, their family and their friends, then this can make detection even harder.



FROM OPEN TO CLOSED MESSAGING

Online predators may contact their victims using any number of ways including social media, forums, chat rooms, gaming communities or live streaming apps. Sometimes there is little need to develop a 'friendship / rapport stage', as the victim has already shared personal information online and is communicating openly with others. Children may also be prepared to add other online users they don't know so well to gain 'online credibility' through increasing their friends list. Predators will often seize this opportunity to slowly build a relationship and then move their conversation with the child to a more secure and private area, such as through direct messaging.

EMOTIONAL ATTACHMENTS

Online predators will use emotive language and aim to form close, trusted bonds with their victims through showering them with compliments and making them feel good about themselves. Often victims will refer to them as their 'boyfriends' or 'girlfriends' and it can be difficult to convince some young people that they have been groomed, often leading to lasting psychological effects.



Safety Tips for Parents & Carers



IT'S GOOD TO TALK

It's unlikely that you can stop your child using the internet, nor can you constantly monitor their online activities, but you can talk to your child on a regular basis about what they do online. By talking openly with them about online relationships, they can quickly ascertain the kind of behaviour which is appropriate or inappropriate. Ask them whether they have any online friends or if they play online games with people they haven't met. This could then open up conversations about the subject of grooming.



CHECK PRIVACY SETTINGS

In order to give your child a safer online experience, it is important to check privacy settings or parental controls on the networks, devices, apps, and websites they use. Disable location sharing if you can. If you use location-sharing apps to check where your child is, remember that these could always be used by strangers to follow your child without their knowledge. Ensure that you check options so that location information is never shared with anyone except those they have permission to share with.



MONITOR SOCIAL MEDIA & LIVE-STREAMING USE

It's important to be aware of what your child is sharing on social media and with whom. Create your own profile and become 'friends' with them or follow them so that you can monitor their activity. Similarly, always check on them if they are live streaming and implement privacy controls. Choose a generic screen name and profile picture that hides their identity. You may also feel more comfortable being present each time they live stream.



STICK TO 'TRUE FRIENDS'

Make it clear to your child that they should not accept friend requests from people they don't know and to verify friend requests with people who they do know. Encourage them to only interact and engage with 'true friends' i.e. those friends who don't ask personal questions such as close family and friends. Remind them to never agree to chat privately with a stranger or someone they don't really know and to never divulge personal information, such as mobile phone numbers, addresses, passwords or the name of their school.



DISCUSS HEALTHY RELATIONSHIPS

Talk to your child about what a healthy relationship looks like and how to detect someone who might not be who they claim to be. Explain that groomers will pay your child compliments and engage in conversations about personal information, such as hobbies and relationships. They may admire how well they play an online game or how they look in a photo. Groomers will also try and isolate a child from people close to them, such as parents and friends, in order to make their relationship feel special and unique.

BE SUPPORTIVE

Show your child that you will support them and make sure they understand they can come to you with any concerns they may have. They need to know they can talk to you if someone does something they are uncomfortable with, whether that is inappropriate comments, images, requests or sexual comments.



Meet our expert

Jonathan Taylor is an online safety expert and former Covert Internet Investigator for the Metropolitan Police. He is a specialist in online grooming and exploitation and has worked extensively with both UK and international schools in delivering training and guidance around the latest online dangers, social media apps and platforms.



LOOK OUT FOR WARNING SIGNS

Child safety experts have identified key grooming patterns and advise parents to look out for:

- Secretive online behaviour.
- Late night internet or smartphone usage.
- Meeting new friends in unusual places.
- Becoming clingy, develop sleeping or eating problems or even bedwetting.
- Lack of interest in extra-curricular activities.
- Having new items, such as clothes or phones, unexplainably.
- Seem withdrawn, anxious, depressed or aggressive.
- Having older boyfriends or girlfriends.



SPORTS FIXTURES

Monday 13th October 2025

- Under-14s Boys' Rugby (Friendly) Away Match v Dulwich College. Leave school at 1.50pm. Start 2.30pm. Return at 5pm approx.: **Mr Lord**

Tuesday 14th October 2025

- Under-14s Girls' Football Away Match v Trinity School, Lewisham. Leave school at 12.50pm. Start 1.30pm. Return at 4.45pm approx.: **Mr Jones/Mr Price**

Wednesday 15th October 2025

- Under-16s Boys' Football B Team Away Match Haberdashers' Hatcham College. Leave school at 2.15pm. Start 3.30pm. Return at 6pm approx.: **Mr Dash**
- Under-12s Girls' Football A Team Away Match a v Langley Park for Girls school. Leave school at 2.30pm. Start 3.30pm. Return at 5.15pm approx.: **Ms McManus/Ms Jaymes**
- Under-14s Girls' Netball Match Home (Sports Hall) v Colfe's School. Start 4.15pm. Finish 5.30pm: **Ms McErlain**

Thursday 16th October 2025

- Under-14s Boys' Football A Team Away Match at Hackney Marshes against Cardinal Pole Catholic School. Leave school at 1.30pm. Start 3pm. Return at 6pm approx.: **Mr Dash**
- Under-14s Girls' Football A Team Away Match v Harris Academy, Falconwood. Leave school at 12.45pm. Start 2.15pm. Return at 5.45pm approx.: **Mr Jones**
- Year 6 Cricket Scholarship Assessment (Sports-Hall). Start 4pm. Finish at 5pm approx.: **Mr Roberts/Mr Price**

Friday 17th October 2025

- No planned fixtures/events

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

All fixtures can be viewed via the link below:
<http://www.kingsdaleschoolsports.org.uk>

Student Suggestion Boxes

To promote our well-established and highly effective Student Voice programme, there are suggestion boxes, which are located outside of the Main Office in the Main Atrium and the bottom of the Green Stairs. Please encourage your child to use this facility to make suggestions about how we can continue to improve our provision.



HOUSE NEWS

Online Safety Corner

For this week's Online Safety focus we are looking at ways to 'What Parents & Educators Need to Know about Online Grooming.' Get a greater insight here. **Please read!** Remember to keep an open dialogue with your child about their activities online. **See Page 19 above.**

The House Leader Board 2025-26

Week ending
10th October 2025

- 1st Place – Swift 21,539 points
- 2nd Place – Dove 21,355 points
- 3rd Place – Eagle 20,810 points
- 4th Place – Albatross 20,773 points
- 5th Place – Falcon 20,702 points



Ways we communicate with Parents and students

We communicate with students & parents via:

Student & Parent Email

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

MS Teams

Used to share schoolwork, assignments and files.

Twitter/Website

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

SatchelOne (previously SMHW)

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

MyEd app

Downloaded for free at:

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

This app provides a range of useful info for parents.

