



PARENTAL NEWS BULLETIN

Issue 7 Monday 14th October 2024

HEADLINE NOTICES.

Kingsdale Careers Programme 2024-25 Volunteers Invited!

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

If you think you would be able to support us with any part of our Careers programme, including the lunchtime talks, the Careers Fair, or in any other capacity, please do contact us via the email careers@kingsdale.southwark.sch.uk which can also be used to contact us with any queries. We would like to thank those who have already signed up.

House Excellence Award



Bella Champion, Year 11, is the recipient of this week's House Award. In Geography, Bella has consistently maintained a positive attitude this year and has both excellent punctuality and attendance. Her focus in class is superb. In tutor time, Bella has made insightful contributions to PSHE work and is a generous funny and loyal member of the group. Bella is mindful, thoughtful

and brings a positive energy to the tutor sessions. Congratulations and keep up the hard work Bella!

KFS Sixth Form Open Events for 2025 Admission

Please be reminded that this week, we have on Wednesday 16th October, our second Sixth Form Open Event taking place for Year 11 students. Please note that these highly popular sessions must be booked in advance via our website [here](#) and will showcase the wonderful post-16 provision at the school. Please contact the Sixth Form Office with any queries via sixthform@kingsdale.southwark.sch.uk

THEME & WORD 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.'*

Esoteric

Intended for or likely to be understood by only a small number of people with a specialised knowledge.

SCHOOL NEWS

Chinese Exchange Visit

Following the successful visits from delegations of Chinese students in February and July last year, we will have a further group of students joining us in January 2025. The Languages Faculty is looking for 25 students in Years 8-10 to support with this initiative and to be buddies for the visiting students. This involves meeting them every morning, taking them to lessons, having lunch with them and dropping them off at the end of the school day. There will also be a welcome and farewell assembly for students involved. Our Kingsdale ambassadors who participated in this last year found it to be a very enriching experience.

If your child would like to take, they should to use their school email to contact Ms Evans via languages@kingsdale.southwark.sch.uk with a short explanation about why they would like to participate. If there are more students applying than there are places, then other factors such as number of achievement points, attendance and punctuality to school may be taken into consideration. Students who were buddies last year may sign up again, but priority will be given to students who have not taken part in the programme previously.

Sixth Form Open Days September 2025 Year 12 Entry

Wednesday 16th October 2024
1.30-6.30pm

Wednesday 6th November 2024
4.00-6.30pm

Wednesday 27th November 2024
4.00pm-6.30pm

BLACK
HISTORY
MONTH

KINGSDALE FOUNDATION SCHOOL

SCHOOL NEWS



Model United Nations Trip – October 2024

Last weekend saw students from Year 10 & 12 participate in the Model United Nations (MUN) Conference at Alleyn's School. This event sees students take on the role of the United Nations, participating in debates and committees that mirror those found at the real thing, including the Security Council.

Students were representing Japan, France and Spain. Subjects discussed included women's reproductive rights, health care in conflict zones plus managing a major world disaster when the internet is shut down! Students showed fantastic debating and negotiating skills to work on resolutions alongside students from schools across the South-east.

We look forward to future MUN events later in the term. If you would like to take part please email Mr Burke via jbu@kingsdale.southwark.sch.uk



CREST Award Mentoring Opportunity

This year, many of our Year 12 students are completing the Crest Science Award. This is a student-led research project, where students pick a topic or area to research including experiments on topics such as sound proofing technology and psychological studies.

We are looking for volunteer parental mentors with STEM backgrounds who are interested in potentially providing mentoring support to students during this academic year. This would be an opportunity to provide guidance on pointers to a student on their project either in person or online.

Please contact Mr Burke via email jbu@kingsdale.southwark.sch.uk if you would like to participate.

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Half Term Catch Up

Wednesday 23rd October

GWR - Photography in PS1
10:00 - 2:30

Monday 28th October

GHL - Textiles and Art in AR2
EGR - Graphics and Art in TE3
10:00 - 2:30

Tuesday 29th October

SRX - Graphics, Art & Textiles TE1
10:00 - 2:30

Wednesday 30th October

TKH - Design & Technology in TE2
ABY - Art, Textiles and Graphics in AR7
10:00 - 2:30



SCHOOL NEWS

What departments are doing to celebrate Black History Month

DT	Key Stage 3 Jumping Jacks have already designed and created postcards of their favourite black contemporary or historic role models.
ART	Year 7 are recreating artworks by Black artists and Year 8 are looking at the work of Yinka Ilori Year 8 Art scholars will be responding to the work of Althea McNish
HISTORY	Year 13 Assembly on the history of Black History Month Years 7, 8 & 9 Kingdom of Axum, the Benin Empire and the struggle for racial justice in Britain. An essay competition on this year's Black History Month theme on 'reclaiming narratives'
GEOGRAPHY	Year 7 A focus on famous Black geographers Year 8 A study of the History of Africa Year 9 Learning about Windrush Year 10 A focus on famous Black geographers Years 12-13 Looking at famous Black academics
LANGUAGES	LATIN AND CLASSICS Exploring Hadrian's Wall's Black Roman soldiers Life in Roman Britain Learning about Britain's first Black person in the Roman era of Septimus Severus: The African Roman Emperor that shaped Roman Britain. FRENCH Year 7 Understanding significant black historical figures. Year 8 Content: Les vacances dans le monde francophone noir / Enrichment: La colonisation/La décolonisation Year 9 Let's talk about Black powerful figures (Christiane Taubira) Year 10 Let's talk about Black powerful figures. Year 11 Civil rights in Canada: Viola Desmond KS5 La société diverse (Year 13), la diversité de la musique francophone (Year 12) GERMAN Year 7 Famous Black German-speaking figures Year 8 The Black Lives Matter Movement in Germany Year 9 Talking about powerful/famous black figures. Year 10 Being Black in Germany – Kevin John Edusei Year 11 Celebrating Black Inventors Year 12 Diversity in Germanophone music Year 13 Significant Black Germanophone political figures (focus on Namibia) SPANISH KS3 The Afro-Colombia Secret Code KS4 SALMA PARALLUELO Y ANA PELETEIRO KS5 Black History Month in Spain (Racismo en España)
MUSIC	Year 7 Learning a traditional South African song Year 8 West African Drumming Extra-curricular – Workshop with a Black music producer
RE	The church in Ethiopia - Black Saints display - Nanny of the Maroons - Black Theology & empowerment.
SCIENCE	KS3 to KS5 - Discovery, Recognition and acknowledged of the black scientists and their contributions
MATHS	The Maths department will present a motivational quote for the month and each week an influential Black mathematician, both from the past and modern day, will be highlighted. The Maths department hopes this our approach will inspire our students by showcasing the incredible contributions of these individuals to mathematics, demonstrating that excellence and creativity come from all backgrounds. By integrating these stories into our lessons, we hope to foster a sense of curiosity, inclusion, and the belief that everyone can make a significant impact in the world of mathematics.

Inspiring Figures at Kingsdale

Please find below a selection of events that occurred or will be taking place at the school this week for Black History Month.

Thursday 10th October

9 am – 11 am

Errol Reid AKA DJ Paleface

Former Kingsdale Pupil



Born in south London, 1980, Errol's journey into music started early as his father was a keyboardist for musical bands such as Osibisa & Steel Pulse. Studied piano, saxophone and clarinet from age 8 until 15-16 and was constantly on Cubase. This was the preparation he needed for his musical career. Since leaving Kingsdale, Errol has gone onto compose for various library companies and many other

programs, songwriting for various artists including Kyla, Drake and Princess Nyah, successfully creating and running record label Northern Line Records alongside Palestone Publishing limited and Palestone Property Limited.

Friday 18th October

9 – 11 am

George Imafidon

Former Kingsdale Pupil



George Imafidon MBE is an award winning humanitarian engineer, public speaker, and social impact leader from Peckham, South London.

George's passion for sustainability and innovation is expansive. Named Young Engineer of the Year in 2022, he is CEO of Motivez, an organisation dedicated to supporting

young people from underrepresented backgrounds to access opportunities, particularly within science, technology, engineering and mathematics (STEM).

George is also a Race Engineer with Team X44, Sir Lewis Hamilton's electric race team, as well as a board member at The Hamilton Commission. He serves as a board member at the Co-op Foundation and active alumni of The Amos Bursary where he helped raised £1 million for the charity to expand their support for young people.

African-Caribbean Food Taster Day

On this day we shall be serving a selection of African-Caribbean food to students at the school, free of charge.

Further details issued separately.



DRAMA NEWS

As part of our celebrations of Black History Month we are once again running a school wide August Wilson Competition.

If you would like to attend, alongside family and friends of the finalists then please email Mr Golding at qgg@kingsdale.southwark.sch.uk

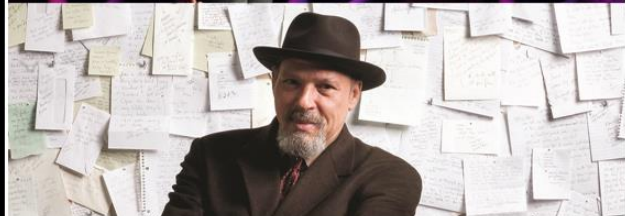
"I'm trying to take culture and put it onstage, demonstrate it is capable of sustaining you. My plays are about love, honour, duty, betrayal - things humans have written about since the beginning of time."

August Wilson



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 17th October @ 6.00-8.00PM

Featuring inspirational special guests from the world of theatre.

GEOGRAPHY NEWS

Year 7

Jessica Nabongo – a Geography Superhero



BLACK AND GREAT

"I'm a
geography
nerd!"

LO:

To explain the actions of an influential geographer

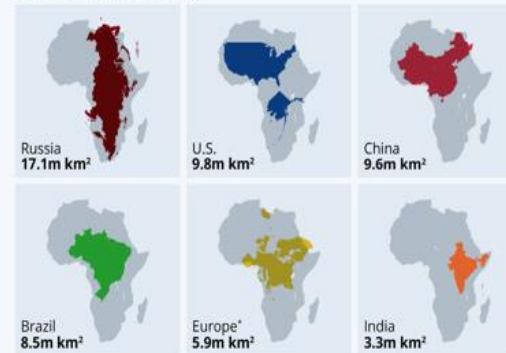
Year 8

How can we avoid telling a single story of Africa?

The True Size of Africa

Comparison of Africa's land area to selected countries/regions

African continent 30.4m km²



* excluding Russia.
Sources: CIA, World Population Review, Visual Capitalist



LO:

To explain the diversity of African landscapes, cultures and economies, through myth-busting common misconceptions

BLACK AND GREAT

Year 9

How has the Windrush Generation contributed to UK society?



BLACK AND GREAT

LO:

To explain the positive contributions to UK society made by immigration as shown by the Windrush Generation

Year 10

How influential is Vanessa Nakate?



BLACK AND GREAT

LO:

To explore the work of influential activist Vanessa Nakate

Year 11-13: Black Geographers

Supporting the next generation of Black geographers and geoscientists

OUR STORY

It all started with a tweet.

From here, Francisca created the name 'Black Geographers' and started looking into the reasons why the number of black people in Geography is low.

She created an [Instagram](#) and [Twitter](#) for BG and started following various Geography-based accounts in the hope of finding other black geographers and creating a community for black geographers to network and connect.

[Conservation Ecology](#)

[Ecological skills Toolkit](#)

[Conservation Career Resources](#)

[MSc Courses](#)

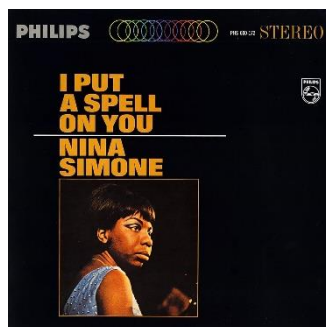
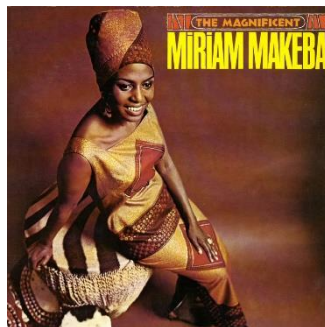
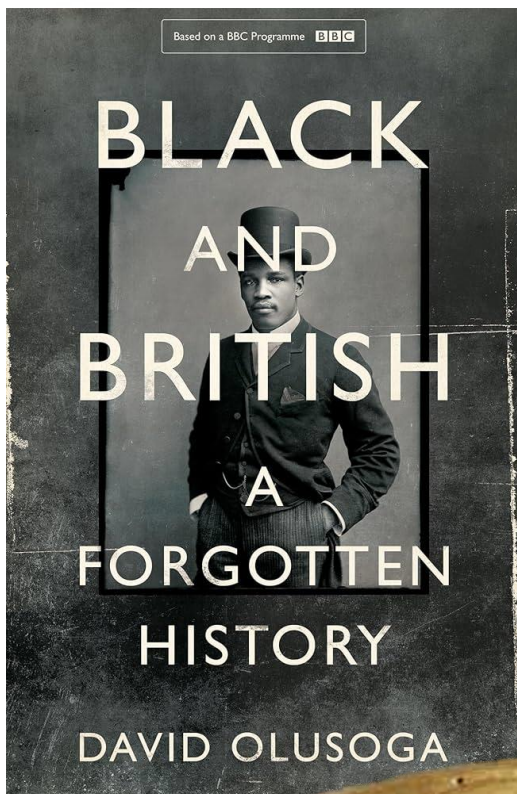
[Publishing Guide](#)



HISTORY NEWS



RECLAIMING NARRATIVES



October is Black History Month, and this year's theme is *Reclaiming Narratives*.

To reclaim a narrative is to elevate stories which have been overlooked in History, and to address and correct misconceptions or misunderstandings.

Join the History department in celebrating BHM this year by researching and submitting an essay embracing the theme of *Reclaiming Narratives*.

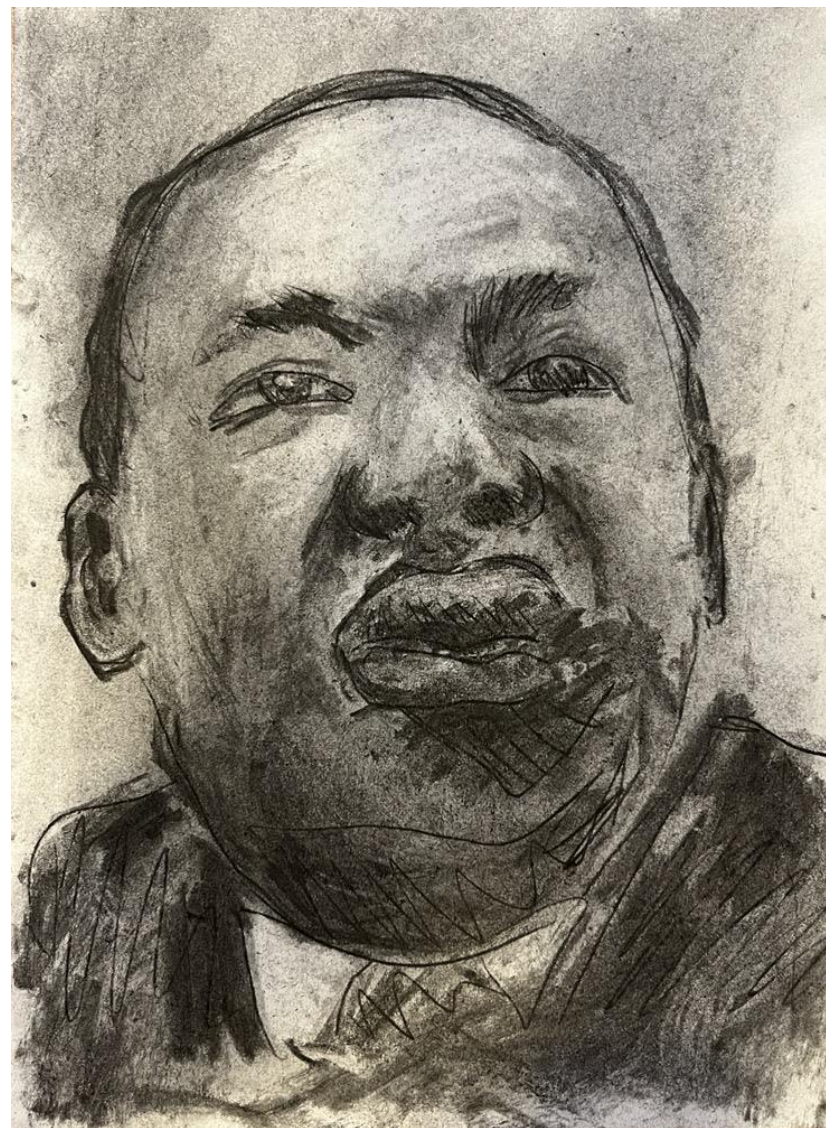
Need some inspiration?

You could produce a piece of written work delving into...

- Black presence in Medieval or Early Modern Britain
- The contribution of black musicians in the 20th Century to modern music
- Historical civilisations and Kingdoms of Africa, such as Mali, Mapungubwe or Kush

See www.blackhistorymonth.org.uk for more information, and email your essays to Mr Attar at GAR@Kingsdale.southwark.sch.uk by **18th October 2024**.

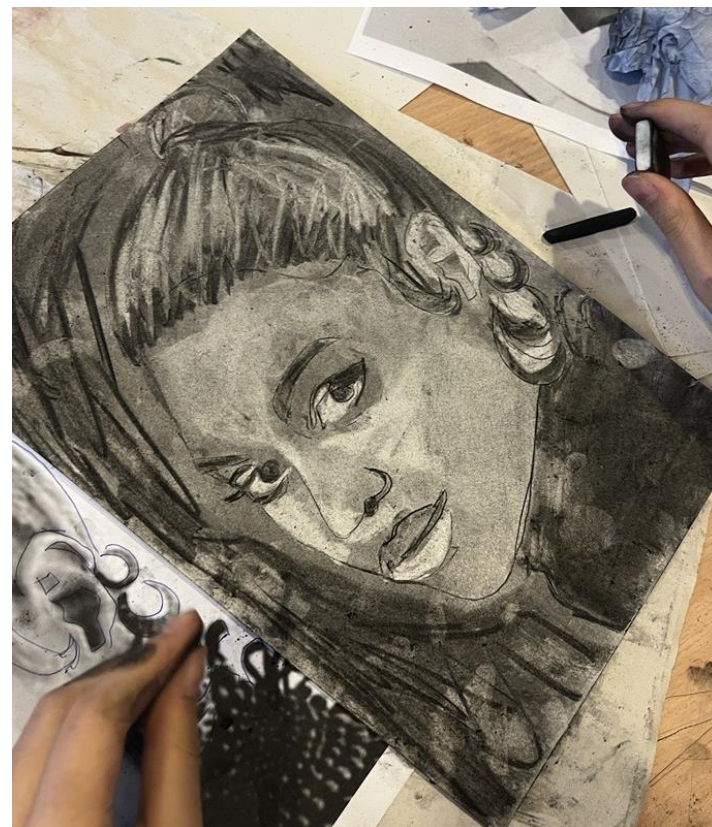




BLACK HISTORY MONTH

To celebrate Black History Month, 'Reclaiming Narratives', our Year 8 Scholars have created these brilliant charcoal drawings of some game changers, trailblazers and icons of Black history. The process was inspired by Frank Auerbach's charcoal heads series, through the process of erasing and adding charcoal to create tone.

For more drawings, see our Instagram [@kingsdaleart](#) (age restrictions apply)



Monday

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

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

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

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

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

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

Tuesday

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

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

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

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

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

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

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

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

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

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

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

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

Thursday

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

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

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

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

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

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

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

Friday

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

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

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

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

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

TATTOOS & TEXTILES

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

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

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

With Mr Gray



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

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

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

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

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

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

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

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

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

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



City&Guilds
of London
Art School

**NATIONAL
SATURDAY
CLUB**



APPLY TO JOIN OUR NATIONAL SATURDAY CLUB

Scan the QR Code to find
out more about our **free**
Saturday Club for 13-16s
and apply for 2024/25



We are most grateful to those donors whose generous support has made this project possible: City & Guilds Foundation, Fishmongers' Company

Location: City & Guilds of London Art School, 124 Kennington Park Road, London SE11 4DJ
Charity Registration no. 1144708 | Company no. 7817519
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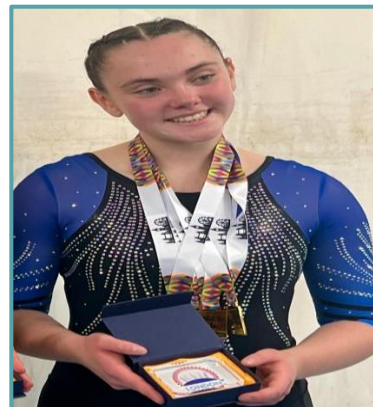


PGL Trip 2025

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

If you would like to enter your child into the ballot for a place on the trip, please use the link below to complete the form.

<https://forms.office.com/Pages/ResponsePage.aspx?id=MXLFNSR3kSVFlxpQFISZkmbFOvdwOZNoB6S4iA9TDIUNVIJNVhXSzJDOTVVMVJNMjhDNjdKNFBCVy4u>



Hannah wins Gold at British Gymnastics!

Huge congratulations to Hannah Roy, Year 11, who competed in the British Gymnastics Regional Challenge Cup Competition (Bronze Level) on 29th September.

Hannah, who is a Kingsdale Sports Scholar, came first all-round in her age category, winning two Gold medals on beam and bars, and two Silver medals, on floor and vault.

Hannah's success has gained her a place in the squad representing the London Region for the National Challenge Cup Finals taking place in November. Well done Hannah!

*

Year 7 English Schools' Cup Football Kingsdale v Trinity School

A massive well done to the Year 7 Boys' Football A team who beat Trinity School of Croydon in the English Schools Cup on Wednesday 9th October.

Final score: Kingsdale 7-1 Trinity School

Goals scored: Kobe Mukoro (2), Sonny Turner (1), Oscar Keneyinboh (1) and Rico Jones (3)

Player of the Match: Rico Jones



SPORTS NEWS

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

Under-13s Rugby League Schools Competition Tuesday 8th October 2024

Kingsdale v Langley Boys' School

The first game on the day saw Kingsdale coming up against Langley. Kingsdale took an early lead through Jaiden Afranie-Wilson bustling his way through. However, Langley managed to reply early through a breakaway try from halfway levelling the scores. A very physical game between two very good teams and no one could get the upper hand with each team defending extremely well. Half-time came and the game was level with all to play for in the second half. The second half kicked off, continuing very much the same as the first, extremely close. Jaiden Afranie-Wilson went over again for a second, but it was deemed as a knock-on. This led to Langley then scoring two back-to-back tries. However, Kingsdale replied through Jaiden again but just missed out. A good game nonetheless.

Final score: Kingsdale 2-3 Langley Boys

Tries scored: Jaiden Afranie-Wilson (2)

Kingsdale v John Fisher

The second game of the day saw Kingsdale v John Fisher. Jaiden Afranie-Wilson opened the scoring for Kingsdale giving us a 1 try lead. However, John Fisher replied right away levelling the scores. Kingsdale were attacking well, putting John Fisher under immense pressure which led to Harvey White crossing the line to gain back the lead. John Fisher started to grow into the game and scored two quick tries pushing themselves in front. Kingsdale did not give up and ended up scoring again to make the game extremely close, but the boys just ran out of steam with John Fisher scoring right at the end. An extremely close game.

Final score: Kingsdale 3-4 John Fisher

Tries scored: Jaiden Afranie-Wilson (2) and Harvey White (1)

Under-15s Boys' Rugby Kingsdale v Dulwich College

Congratulations to the Under-15s Boys' Rugby team for drawing 26-26 against Dulwich College last week. Several excellent attacking plays in the first half came, with break-away tries scored by Joseph Ayora Vanegas and Daniel Sharp, all meaning that we took the lead. Dulwich fought back well in the second half, leading until the last play of the game when Donny Heritage broke through two attempted tackles on the attacking 10 metre line and running 40 metres to score under the posts. Calum Johnson was consistent from the boot, making all of his conversions. Well done to all the boys!

Final score: Kingsdale 26-26 Dulwich College

Tries scored: Joseph Ayora Vanegas (1), Daniel Sharp (1), Levi Howard Fairclough (1) and Donny Heritage (1).

Conversions scored: Calum Johnson (3)



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

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

Kingsdale Foundation School Extra-Curricular Sports Clubs

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

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

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

LINK to school website Extra-Curricular Sports page

<https://forms.office.com/Pages/ResponsePage.aspx?id=MXLFNSSR3kSVFlxpQFISZi1Q1rWvAatFg4t0UruzeTNUQUplTFdQM1ZHvUw1MEJLRTlyTDhNRUIWOC4u>

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

Big History Club!

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

Our fabulous Year 10s will be leading our
next session on **Tuesday 15th October** about
The Life of Farrokh Bulsara

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



SCIENCE NEWS

**Science Saturday School Revision
Have Started!**

Please note that these sessions
will be available to Year 11
students EVERY SATURDAY
and have now started.
The sessions will be
delivered ONLINE via
MS TEAMS
between 1pm and 2pm.

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

All Year 11 students are welcome to attend.



CENTURY

New Science Platform Century

Century is the new online homework
platform that we are now using in
Science.



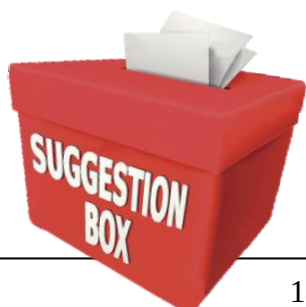
Students have all been given their logins and
parents/guardians will receive their logins within
the next few weeks to allow you to view tasks
and progress.

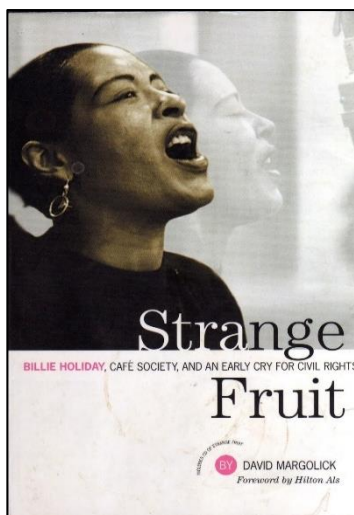
Please email: Science@kingdale.southwark.sch.uk
If you have any questions.

Student Suggestion Boxes

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

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





Student Recommendation

Ivy Forbes Adam in Year 13 recommends *Strange Fruit: Billie Holiday, Café Society And An Early Cry For Civil Rights* by David Margolick. Billie Holiday's signature tune, 'Strange Fruit', with its graphic and heart-wrenching portrayal of a lynching in the

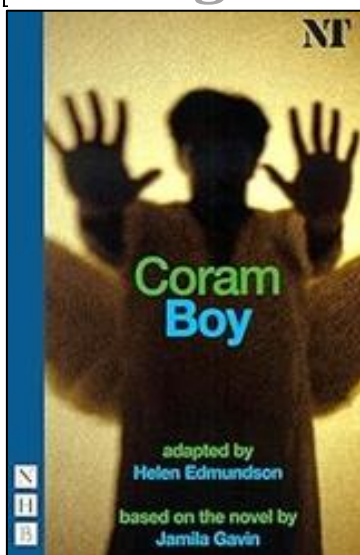
South, brought home the evils of racism as well as being an inspiring mark of resistance.

In 1939, its performance sparked controversy (and sometimes violence) wherever Billie Holiday went. Margolick chronicles its effect on those who experienced it first-hand: musicians, artists, journalists, intellectuals, students, budding activists, even the waitresses and bartenders who worked the clubs.

Ivy was really engrossed by this powerful account of how art and history intertwine.

Some heavy content and sophisticated language; best suited for students in upper Key Stage 4 and older.

Reading Recommendations



Teacher Recommendation

Mr Read recommends *Coram Boy* by Jamilla Gavin.

In 18th-century Gloucestershire, the evil Otis Gardner preys on unmarried mothers, promising to take their babies (and their money) to Thomas Coram's hospital for foundling children. Instead, he buries the babies and pockets the loot.

But Otis's downfall is set in train when his son Meshak falls in love with a young girl, Melissa, and rescues the unwanted son she has had with a disgraced aristocrat. The child is brought up in Coram's hospital, and proves to have inherited the startling musical gifts of his father - gifts that ultimately bring about his father's redemption and a heartbreaking family reunion. While there are undoubtedly some dark themes, Mr Read found this story to be 'extremely moving'.

Best suited for students in Year 9 and over!

ENGLISH DEPARTMENT CLUBS

Monday	Key Stage 3 Film Club Year 8 Book Club	Upper School Library 4.15 - 5pm Upper School Library Period 4 (Year 8 lunch)	Mr Harper Ms Bowles
Tuesday	Key Stage 3 Creative Writing Club	Period 3, Room EN6 (Year 7 Lunch)	Ms Bowles
Wednesday	Year 7 Book Club	Lower School Library 4.15 - 4.45pm	Ms Parke
Thursday	KS4 Creative Writing Club Year 8 Debate Club	Upper School Library 4.15 - 4.45pm Upper School Library Period 4 (Year 9 Lunch)	Mr George
Friday	LGBTQIA+ Club	Room DR1, Period 3	Ms Bowles
Monday	Key Stage 3 Film Club Year 8 Book Club	Upper School Library 4.15 - 5pm Upper School Library Period 4 (Year 8 lunch)	Mr Harper Ms Bowles

CHESS AND BRIDGE CLUB



Monday's 4.10pm

Room MA6



Year 7's and 11 start at 3.45pm

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

For more information please email:

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

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

CALENDAR 2024-25



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

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

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

AUTUMN TERM 2024

First Autumn Half-Term

Tuesday 3rd September – Friday 18th October

Half Term Holiday

Monday 21st October – Friday 1st November

Second Autumn Half-Term

Monday 4th November – Friday 20th December

SPRING TERM 2025

Friday 3rd January INSET DAY

School closed to students except those in Year 11

First Spring Half-Term

Friday 3rd January – Friday 14th February

Half-Term Holiday

Monday 17th February – Friday 21st February

Second Spring Half-Term

Monday 24th February – Friday 4th April

SUMMER TERM 2025

First Summer Half-Term

Tuesday 22nd April – Friday 23rd May

Tuesday 22nd April INSET DAY

School closed to students except those in Year 11

Mayday Bank Holiday

Monday 5th May 2025

Half-Term Holiday

Monday 26th May – Friday 30th May

Second Summer Half Term

Monday 2nd June – Friday 25th July

Friday 25th July INSET DAY

School closed to students except by invitation



SEND FACULTY NEWS

Parent View: Raising girls with Autistic Spectrum Condition (ASC) and why it is different

Carrie Grant, mother of three girls with ASC, singer, vocal coach and TV presenter

Like most parents with girls on the spectrum, particularly the high functioning end, we've had the usual comments, 'Are you sure she is autistic? She makes eye contact?' and 'But she seems normal.'

What my girls carry is an overwhelming level of unseen anxiety. Their daily minefield of worries takes up a large portion of their headspace, and the concentration required to keep everything hidden takes up anything that is left! With all capacity used up, they are prevented from listening properly or learning effectively.

What can you do to help to lower this anxiety? Recognising it goes a long way! Becoming aware of the things that heighten anxiety like homework or the threat of detention. Autistic girls hate getting it wrong – they want to be seen as smart and popular.

My teenager wears make-up has her skirt rolled over and is obsessed with social media, just like her friends... except that often she does not understand the nuances of teenage girls' conversation. Boys can trade information, swap opinions, but girls talk about feelings, finish each other's sentences and seem to have unwritten rules about how to fit in.

What you can do to help these amazing (but often hidden) girls is to look beyond the exterior and understand that they are often feeling like isolated misfits who will never be like the other girls around them.

Boys with ASC possibly feel the same unless they go down the emo/geek route, which is often also a girl route – more isolated, more lonely.

A friend, and mother of a boy with ASC, describes her son as desperate to be sociable, a truth-seeker with a fearless sense of justice, super perceptive about people but lacking conversational understanding. He and my daughter share similar challenges – the acute, sky-high anxiety with circular impacts on sleep, explosive outbursts, and meltdowns. My friend's son manages his comprehension difficulties and others' code-speak, jokes and lack of logic through compulsive cross-checking and questioning. The consequences of his need to visualise, understand and predict unfamiliar situations minutely are extreme tiredness, anxiety and depression.

ASD: Girls

A Quick Guide To Supporting Girls With Autism Spectrum Disorder

by Jo Egerton and Barry Carpenter, with the ASD and Girls Forum, National Association of Head Teachers.

'There is a real issue of inequality in autism research; many studies explicitly exclude women and girls (because they expect low numbers), so we continue to base our knowledge of autism on findings from men and boys.'

Francesca Happé, Professor of Cognitive Neuroscience and Director of the MRC Social, Genetic and Developmental Psychiatry Centre at the Institute of Psychiatry, Psychology and Neuroscience, King's College London



Autism spectrum conditions (ASC) are neurodevelopmental, meaning that the brain and central nervous system develop and function atypically. The American Psychiatric Association (APA 2013) diagnostic term is 'autism spectrum disorder' (ASD).

However, the umbrella term, ASC, is considered by many to be less stigmatising as it embraces not only impairments, but strengths as well. A diagnosis of ASD is based on core behaviours appearing in early development (usually before three years of age).

ASD prevalence is approximately 1 in 100 (National Autistic Society 2013). There is a very pronounced gender difference – the ratio of females to males is typically reported as 1:4. However, this is an average figure.

Among intellectually able individuals with ASD, the ratio of girls to boys is significantly lower – approximately 1:10 – whereas for groups with ASD and moderate to severe learning disabilities, the ratio rises to approximately 1:2 (Dworzynski et al. 2012).

How to support girls with ASD: Possible characteristics

SOCIAL

- Mirror behaviour
- Affect different personalities and may not have a strong sense of identity
- Be socially immature and vulnerable
- Try to impose scripted, controlling play on peers

HOW YOU CAN SUPPORT

- Select family members/friends to model behaviours
- Use video, role play, social scripts to show how to respond appropriately
- Provide structured activities for social time
- Encourage and model reciprocity

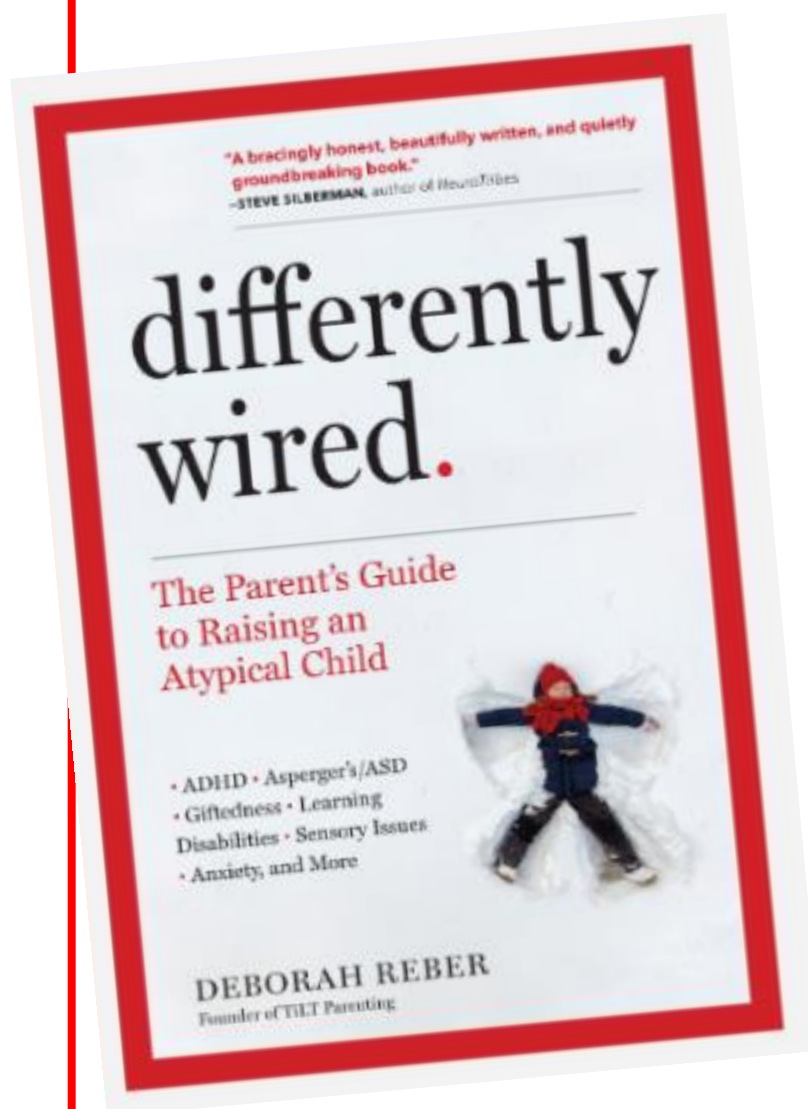
EMOTIONAL

- Need to feel that someone 'gets' them
- Camouflage emotions or mask symptoms at school
- Be exhausted from the pressure of constant social imitation/mirroring
- Experience anxiety more intensely than others
- Shut down or cry over small things due to sensory/emotional overload
- Hate injustice

HOW YOU CAN SUPPORT

- Use social stories and factual evidence to explain fears
- Where appropriate, confirm that their reaction or feeling is 'normal'
- Tell them it will be ok and allow them space to regulate





What is Tilt Parenting?

More than 20 percent of today's children are in some way neurodivergent, or what Tilt founder Debbie Reber calls, "differently wired." Tilt Parenting works to change the way neurodivergences in children — ADHD, learning disabilities, autism, giftedness, processing challenges, twice-exceptionality, and more — are perceived and experienced so these exceptional children, and the parents raising them, can thrive in their schools, their families, and in their lives.

The Podcast: a podcast about learning disabilities, parenting differently wired / neurodivergent children, and more

With more than 400 episodes and 7 million downloads, the Tilt Parenting Podcast is a top podcast about learning disabilities, special education, ADHD, autism, giftedness, twice-exceptionality, and more. The weekly show features transformational interviews and conversations with authors, parenting experts, educators, and other parents, as well as insightful conversations between Debbie and her differently wired child, all aimed at supporting parents raising differently wired kids.

Click here to access and find out more: [HERE](#)

ROADMAP FOR PARENTING A DIFFERENTLY WIRED CHILD



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.

Is your query about a specific teacher or subject area?

Contact the teacher directly: 'teacher code' @kingsdale.southwark.sch.uk
Contact the HOD for the subject: 'subject; @kingsdale.southwark.sch.uk

Is your query about support outside of the classroom?
An annual review or progress review meeting?
Advice on learning strategies to use at home?
Advice on a diagnosis?

Contact the SEND department directly: senco@kingsdale.southwark.sch.uk

Is your query about a behaviour incident?
A friendship issue?
Any other pastoral issue?

Contact the HOL (Head of Learning) for your child's year group:
year7hol@kingsdale.southwark.sch.uk
year8hol@kingsdale.southwark.sch.uk
year9hol@kingsdale.southwark.sch.uk
year10hol@kingsdale.southwark.sch.uk
year11hol@kingsdale.southwark.sch.uk
year12hol@kingsdale.southwark.sch.uk
year13hol@kingsdale.southwark.sch.uk

Is your query about supplying additional information about your child for staff?

Contact the SEND admin department directly: sendadmin@kingsdale.southwark.sch.uk
assistantsenco@kingsdale.southwark.sch.uk

Is your query about exam access arrangements?

Contact the exam team directly: accessarrangements@kingsdale.southwark.sch.uk

Is your query about provision for a looked after child (LAC)?

Contact the LAC team directly: ofu@kingsdale.southwark.sch.uk

None of the above?

Please send us anything you think other parents would find useful and we can either share it here or we could even publish it on our website!

The School Shop

A reminder that our School Shop is now open during the school day to enable students to purchase a range of useful items that they might need. This includes stationary and uniform items; all of which can be purchased using their school fob. The School Shop is located in the main Atrium nearest to the green stairs.



Lost Property

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

In many cases, these items are unlabelled, making it very hard for them to be quickly and successfully reunited with their owners! Please can we ask parents to label all items of their children's property at school, including water bottles, blazers and coats. Lost property queries can be directed to lostproperty@kingsdale.southwark.school.uk

Ways we communicate with Parents and students



We communicate with students & parents via:

Student & Parent Email

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

MS Teams

Used to share schoolwork, assignments and files.

Twitter/Website

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

SatchelOne (previously SMHW)

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

MyEd app

Downloaded for free at: <https://www.myedschoolapp.com/>
This app provides a range of useful info for parents.

SCHOOL NEWS



KFS Uniform Bank

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

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

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



Talking to your child about

SHARING IMAGES ONLINE

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

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

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



What can you do to keep your child safe online?

S

Set clear boundaries.

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

T

Talk with your child and be supportive.

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

E

Educate everyone in the family.

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

E

Evolve with the internet.

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

R

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



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



FOR SUPPORT AND ADVICE, PLEASE VISIT:



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



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

Safe Travel to School

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

“LOOK UP LOOK OUT”

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

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

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

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



Kingsdale is a Safe Space

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

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

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

Our two confidential emails are:

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

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

HOUSE COMPETITIONS



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 housesystem@kingsdale.southwark.sch.uk.

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

Prizes will be awarded to outstanding entries. We look forward to seeing your work!

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 to 20th October 2024**, 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 permission from your parents or carers and have appropriate supervision in the kitchen.

HOUSE ACTIVITY:

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



10 Ways You Can SHARE KINDNESS ONLINE

Last year, around one in five young people aged 10–15 in England and Wales admitted experiencing online bullying: most commonly being insulted or sworn at, or having hurtful messages sent about them. To someone who's being bullied, the world can seem like a bleak, negative place – but just one kind word can be a ray of hope: a turning point that brightens their day and refreshes their perspective. That's why 'One Kind Word' is the theme of Anti-Bullying Week 2021. We're supporting this year's event by bringing you ten top tips for beating online bullying by replacing it with kindness.

1 PRAISE WHERE IT'S DUE

Sometimes a friend or relative might post online about something they're proud to have achieved: maybe an exam they've passed, a new skill they've learned or a task they've completed. Celebrate their hard work and determination by being kind enough to praise them for it publicly.

2 REACH OUT

It's not always easy to tell what kind of mood someone is in just from what they post online. Simply dropping somebody a message to say 'hi', to ask if they're OK or to tell them that you're thinking of them could totally make their day.

3 RECOMMEND FUN THINGS

If there's something you enjoy doing online – perhaps you play a particular game, or you've found a really cool site – share it with someone you think will enjoy it. Even recommending a film or TV show you think they'll like can bring a little happiness to someone who really needs it.

4 OFFER TO HELP

Sometimes you might see a friend or family member posting a question online or asking for help with something they can't do themselves. Don't just ignore it – if you can help, get in touch. Something that's difficult for them might be no trouble for you!

5 POST POSITIVELY

Lots of people seem to go online purely to complain about things or be negative. Just because you're communicating online (and not face to face) doesn't mean you can't be positive, though! Post about things that make you happy and that you're thankful for. It could brighten someone else's day.

6 SHOW YOUR APPRECIATION

If somebody that you know has done something positive or shown kindness themselves, go online and thank them with a message or a post. Expressing your gratitude costs nothing and showing someone that you appreciate them will really make them feel good.

7 BE UNDERSTANDING

Showing empathy towards others is an act of online kindness which often gets overlooked. If you notice that someone you know is upset, drop them a message. Sometimes people just need someone else to listen to them and understand their situation.

8 SHARE INSPIRATIONAL POSTS

When you see something online that inspires you or makes you feel happy, share it with people you know. A spot-on quotation, a beautiful photo or an uplifting video can lift someone's spirits and help them to feel better about life.

9 THINK BEFORE COMMENTING

Thinking before we act can be just as important as acting in the first place. Taking a second to consider what you're saying in advance could stop you from posting something negative, hurtful or offensive – even if you don't mean to. It's better to post positively or not post at all.

10 LIKE, LOVE AND ENGAGE

If somebody posts something that you like on social media, don't just scroll past – take the time to like it, love it or leave an appreciative comment! Reacting positively to other people's posts might seem like a small gesture but could mean a lot to them.

Meet Our Expert

Carly Page is an experienced technology journalist with more than 10 years of experience in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



SPORTS FIXTURES

Monday 14th October 2024

- Under-15s Girls' Football Away Match against Darrick Wood School. Leave school at 2pm. Start 3.30pm. Return at 6pm approx.: **Mr Jones/Mr Price**

Tuesday 15th October 2024

- Under-12s Boys' Rugby Home Match against Graveney School. Leave school at 1.50pm. Start 2.30pm. Return at 3.45pm approx.: **Mr Worsley**
- Under-16s Girls' Football Away Match against Thomas Tallis School. Leave school at 2pm. Start 3pm. Return at 6pm approx.: **Mr Dash**

Wednesday 16th October 2024

- Under-15s Boys' Rugby League Tournament at Bridgestock Road. Leave school at 12.30pm. Start 1.30pm. Return at 5.30pm approx.: **Mr McWhirter/Mr Jones (Parent)**

Thursday 17th October 2024

- Under-13s Girls' Football Away Match against Holland Park School. Leave school at 1pm. Start 3.30pm. Return at 6pm approx.: **Mr Jones**
- Under-16 Boys' A Team Football Away Match against St Thomas The Apostle at Pynners Sports Ground. Leave school at 1.45pm. Start 2.30pm. Return at 5.30pm approx.: **Mr Price**

Friday 18th October 2024

- No planned fixtures/events

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

Extra Fixtures may be organised at short notice.
All fixtures can be viewed on the our online platform accessed below:

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



The House Leader Board 2024-25

Week ending 11th October 2024

- 1st Place – Dove 20,919 points
- 2nd Place – Swift 19,967 points
- 3rd Place – Albatross 19,206 points
- 4th Place – Falcon 18,596 points
- 5th Place – Eagle 15,591 points

Falcon and Eagle are separated by only 5 points.
Will the leaderboard start to change?

HOUSE NEWS

Online Safety Corner

For this week's Online Safety focus, we are looking at everything Parents/Carers need to know about '10 Ways to share Kindness Online'.

PLEASE READ!! Remember to keep an open dialogue with your child about their activities online. See page 24 above.

House Captain



YOUR HOUSE NEEDS

YOU!

Would you relish the challenge of becoming a House Captain?

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

Then you could be ready to be a House Captain!

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

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

Email your paragraph:

housesystem@kingsdale.southwark.sch.uk

Include your full name, House, and tutor group.

