



PARENTAL NEWS BULLETIN

Issue 8 Monday 4th November 2024

HEADLINE NOTICES

Second Autumn Half-Term Monday 4th November – Friday 20th December

A reminder that the second Autumn half-term will commence for all students on Monday 4th November 2024 at the normal times. We wish students and families a restful half-term break. Year 11 & 13 revision sessions will run throughout the holiday. Further details have been issued separately.

Monday 4th November - Year 11 Exam Week

Year 11 students and parents are reminded that mock exam week commences on Monday 4th November 2024. All students should ensure they arrive promptly with all the necessary equipment. Remember to revise, get lots of rest and keep calm. Good Luck to all of you!

Kingsdale Careers Talks 2024-2025

We are pleased to announce details of our first-wave of careers talks for the 2024-25 academic year which are aimed at students in Years 8-10 and Years 12 & 13. Further details have been issued separately and an outline of the sessions is provided below. **To sign up, students should complete the Microsoft Form available [here](#).**

FILM/DOCUMENTARY MAKING

Years 12 & 13 - 13 November 2024 at 12.55pm

VOLUNTARY AND COMMUNITY SECTOR (CHARITIES)

Years 9, 12 & 13- 19 November 2024 at 1.10pm

CLINICAL PSYCHOLOGY

Years 12 & 13 - November (date TBC) at 12.55pm

MEDICINE (GP)

Years 12 & 13- 2 December 2024 at 12.55pm

ENGINEERING

Years 8 & 10- 3 December 2024 at 12.15pm

MUSEUM SECTOR

Years 8 & 10- 10 December 2024 at 12.15pm

BUSINESS: VODAPHONE CUSTOMER SUCCESS MANAGER

Years 9, 12 & 13- 28 January 2025 at 1.10pm

MEDICINE

Years 8 & 10 - 21 January 2025 at 12.15pm

Later in the year, we plan to offer talks on the following careers amongst others: economics; journalism; theatre hair & make-up; humanitarian & development aid; law; architecture; neuroscience; and information about apprenticeships. Further details of these sessions will be shared nearer the time.

THEME & WORD OF THE WEEK

The Art of Politeness – 'The master said, a young's person duty is to behave well to parents at home and to elders outside, to be cautious in giving promises and punctual in keeping them, to have kindly feelings towards everyone, but to seek the intimacy of the good. If, when all that is done, they have any energy to spare, then let them study the art of politeness.'

Confucius

Reconnaissance

A preliminary survey to obtain information.

SCHOOL NEWS

KFS Sixth Form Open Day Events for 2025 Admission

Please be reminded that Sixth Form Open Day Events are taking place for Year 11 students as follow:

Wednesday 6th November 2024

4pm - 6.30pm

Wednesday 27th November 2024

4pm - 6.30pm

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 us with any queries via sixthform@kingsdale.southwark.sch.uk

Kingsdale Careers Programme 2024-25 Volunteers Invited!

We still need your help to support our careers programme for 2024-25!

If you think you would be able to support us with any of our Careers programme, including the lunchtime talks, the Careers Fair, or in any other capacity, please contact us via the email below.

careers@kingsdale.southwark.sch.uk



Sienna Arif-Knight (Mallory Towers) Q&A

As part of our Black History Month events, we had the pleasure of hosting a Q&A session with ex-Kingsdale student, Sienna Arif-Knight who is also known for her role in Mallory Towers. The session was run with our Year 9 drama and Year 12 A Level students who thoroughly enjoyed the event and found it very insightful.

We would like to thank Sienna for her time and look forward to seeing her acting career continue to flourish.



SCHOOL NEWS



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 focussed topics such as sound proofing technology and psychological studies.

We are looking for mentors in STEM fields 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 jbu@kingsdale.southwark.sch.uk if you would like to participate.

ART & DT NEWS

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

MUSIC CONCERTS

The Music department is delighted to announce the dates for this year's Scholars' Concerts, where all Kingsdale musicians are invited to perform either as soloists or in small groups. Family and friends in the Kingsdale Community are warmly invited to attend these outstanding free events.

For any enquiries please email: musiclessons@kingsdale.southwark.sch.uk



Monday 11th November

Piano 1: *Mr Yada & Mrs Black's Music Scholars*
Juniors 5pm & Seniors 6.30pm

Tuesday 12th November

Drum Kit and Percussion Scholars: *Drum Kit, Tuned Percussion & Orchestral Percussion Scholars*
Juniors 5pm & Seniors 6pm

Wednesday 13th November

Lower Strings: *Cello, Double Bass and Harp Scholars*
All Students at 5pm

Tuesday 19th November

Guitar 1: *Mr Burnett, Mr Glasser & Mr Somervell's Guitar & Bass Scholars*
Juniors 5pm & Seniors 6pm

Wednesday 20th November

Upper Strings Scholars: *Violin and Viola Scholars*
Juniors 5pm & Seniors 6.30pm

Friday 22nd November

Guitar 2: *Mr Melovski, Mr Tonks & Mr Johnson's Scholars*
Juniors 5pm & Seniors 6.30pm

Wednesday 27th November

Singers 1: *Ms Vaughan, Mrs Burke & Ms Heard's Scholars*
Juniors 5pm & Seniors 6.30pm

Friday 29th November

Singers 2: *Ms Bastick-Vines & Mr Lloyd-Smith's Scholars*
Juniors 5pm & Seniors 6pm

Monday 2nd December

Brass: *Trumpet, Trombone, French Horn, Tenor Horn, Baritone & Tuba Scholars*
Juniors 5pm & Seniors 6pm

Tuesday 3rd December

Woodwind: *Clarinet, Saxophone, Flute, Oboe, Bassoon, Recorder Scholars*
Juniors 5pm & Seniors 6pm

Thursday 5th December

Jazz Piano: *Mr. Glasser & Mr. Carter's Scholars*
All Students at 5pm

Friday 6th December

Piano 2: *Ms. De Geer & Ms. Qiu's Scholars*
Juniors 5pm & Seniors 6.30pm

Thursday 23rd January

Steel Pans: *All groups*
All Students at 5pm



ARTiculation

half-term a group of Year 12 Art students attended the ARTiculation Discovery Day at the National Army Museum. The aim of this trip was to introduce students to the ARTiculation Prize, discovering what this prestigious Art competition is all about. The participants toured the collection and researched into archive material to start compiling presentations supported by the gallery staff. They then participated in group interviews and public speaking exercises. Our students had a great time as well as gaining valuable analytical and speaking skills.



Royal Academy Workshop

On Friday 11th October, a selected group of Year 8 students visited the Royal Academy to take part in a workshop in conjunction with the current Michael Craig-Martin exhibition. Students created drawings with tape on acetate which they then developed into larger scale work on the walls.

This is a wonderful exhibition, and tickets are free to under 16s, so well worth a visit over half term! See the RA website for information www.royalacademy.org.uk/





On Friday 11th October, our Year 12 Photographers took part in a photography workshop at Bell House in Dulwich.

The Southwark Schools' Learning Partnership organised this opportunity, where our students worked in natural light as well as in a studio setting. They also tried pinhole photography using tin cans!



ELISABETH LECOURT

Artist Elisabeth Lecourt gave our Year 10 Textiles students a wonderful workshop after school on Thursday 3rd October. She brought in some beautiful maps and the students created work in response to her 'Robes Geographiques'. Thank you to Elisabeth for such an inspiring session as part of their current 'Journeys' project.



TATTOOS & TEXTILES

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

Tuesday after school in SC7 (3.45-5.00pm) all years - everyone welcome

Thursday after school in SC7 (3.45-5.00pm) – 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
www.cityandguildsartschool.ac.uk 020 7735 2306

SPORTS NEWS

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

Girls' Football Round Up

It's been a fantastic start to the year for girls' football at Kingsdale. We've had some brilliant performances and results in the first half-term to set up what should be a successful year for the sides.

Year 7 Girls

Our Year 7 squad have made an exceptional start to their football career at Kingsdale. The side have won both of their games in the Inner London Cup & ESFA National Cup, scoring 25 goals and conceding none across both games. We can't wait to see what the future holds for these talented girls!



Year 8 Girls

The Year 8 squad have had a slow start to the school year with only one game being played, which was a 7-2 victory over Putney High School where Manuela Penafiel Rodriguez bagged four goals. In the last week of the half-term, the side will travel to Holland Park School where they hope to continue their fine start to the season. After half-term, they will be joining forces with our Year 9 squad as they face Prendergast Ladywell School in the 2nd Round of the Inner London Cup on Tuesday 12th November which promises to be a fantastic game.



Year 9 Girls

It was a disappointing start to the season as the Year 9 team crashed out of the ESFA National Cup against Bullers Wood with a depleted side. But the girls have bounced back brilliantly and we looking forward to lots of success in the remaining fixtures of the season.



Year 10 Girls

The side have made a flying start to the year with two superb performances in the ESFA National Cup against Hayes School and Darrick Wood School. Strong performances from Ryhona Mundle and Bea Hewson have proved to be too hot to handle for the opposition's defenders!

Year 11 Girls

Our Year 11 squad got their football season up and running in early September with a 7-1 victory against Haberdasher's Hatcham College before finishing the half-term with two tough games. On Tuesday, there were scenes of jubilation as Fiona Ebert scored a last-minute winner to beat Thomas Tallis in the Inner London Cup before travelling to Oaks Park High School to hopefully book their place in the next round of the ESFA National Cup. Let's hope the team can bring home some silverware before they begin their GCSE revision!



ESAA Cross Country

Selected students went along to the ESAA Cross Country to represent Kingsdale Foundation School on Friday 11th October. We had a very successful day with our Junior Boys team securing 1st Place, Junior Girls team attaining 2nd Place and our Intermediate Girls team achieving 1st Place.

Special mentions go to; Emery Aldridge 2nd in Junior Boys, Ernesto Kelly 2nd in Intermediate Boys, Ester Yeatman 4th in Junior Girls, Celia Yeatman 1st in Intermediate Girls and Sofia Mendes 3rd in Intermediate Girls. Well done to all!

JUNIOR BOYS

Jacob Hood (5th)
Thomas Weyham (6th)
Elliot Albert Preskett (14th)
Louis Jones (20th)
Hector Day (30th)

INTERMEDIATE BOYS

Ernesto Kelly (2nd)
Eloit Peacock (15th)
Mateo Mathers (28th)

JUNIOR GIRLS

Ester Yeatman (4th)
Lisa Chantry (5th)
Poppy Clapperton (10th)
Lily Sophia Saggionmo Mikalsen (22nd)
Isata Bah (57th)

INTERMEDIATE GIRLS

Celia Yeatman (1st)
Sofia Mendes (3rd)
Summer Mackay (20th)



Wren Costerton at British Taekwondo National Sparring Championship

Wren Costerton, Year 7, recently competed in the British Taekwondo National Sparring Championship, winning a SF Bronze medal.

Wren fought well, dominating the fight. Well done!

A turning kick (roundhouse).



A spinning hook kick sequence.



PGL Trip

The PE Department are pleased to announce we are running our annual PGL Adrenaline Adventure Trip in June 2025. We will be travelling to **Domaine de Segries, Ardèche** between **Sunday 29th June 2025 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 scan the QR code and complete the Form.

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



Under 16s Boys A-Team English Schools' Cup Kingsdale v St Thomas the Apostle

Well done to our Under-16s boys' Football team, the holders of the English Schools Cup, for beating St Thomas the Apostle School last week.

It was a fast paced, tough game from start to finish with a strong opponent. Kingsdale knew they had to battle hard.

With the score 0-0 at half-time, after some encouragement, the boys flew out in the 2nd half, scoring 3 quick goals.

The Captain, Hugo Collins set up 2 goals for Kayode Peterkin and scoring a penalty himself.

Well done boys keep the good work!

Final score: Kingsdale 3-0. STAC

Goals scored: Kayode Peterkin (2) and Hugo Collins (1)

Players of the Match: Kayode Peterkin and Hugo Collins.



Under-13s Surrey School's Rugby Festival Thursday 10th October 2024

Kingsdale v Dunottar School

Game one was a close contest between two very strong teams. KFS took a while to get into their stride but once they did, they were extremely dominant and finished the game with a victory. Well done boys!

Final score: Kingsdale 10-0 Dunottar

Tries scored: Ruben Walker and Brendan Smith

Kingsdale v Reigate Grammar School

KFS played some excellent rugby and with an extremely dominant display throughout to win the match.

Final score: Kingsdale 25-0 Reigate Grammar School

Tries scored: Jaiden Afranie-Wilson (2) and Ruben Walker (3)

Kingsdale v Richard Challoner School

This was the game of the afternoon! Richard Challoner took an early lead with two tries making it 10-0. KFS pulled one back through Jaiden Afranie-Wilson making it 10-5 coming into half time. Richard Challoner scored again at beginning of second-half making it 15-5. KFS managed to find a second gear scoring 3 tries back-to-back by Jaiden Afranie-Wilson and Finley Jarvis to win!

Final score: Kingsdale 20-15 Richard Challoner

Tries scored: Jaiden Afranie-Wilson (2) and Finley Jarvis.

Kingsdale v Emmanuel

KFS took an early lead with Jaiden-Afranie-Wilson making it 5-0. However, Emmanuel turned it up another level scoring 7 tries to finish the game with a win for Emmanuel.

However, with 3 out of 4 wins for KFS it was a successful day overall!

SPORTS NEWS



ENGLISH DEPARTMENT CLUBS

	What's On?	Where and when?	Teacher?
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

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 have started using in Science.



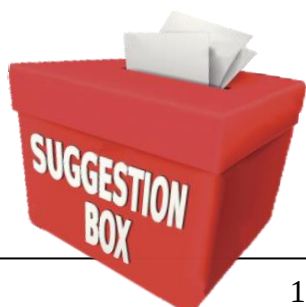
Students have all been given their logins and parents/guardians will receive their logins within the next few weeks to allow you to view tasks and progress.

Please email: Science@kingdale.southwark.sch.uk
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.

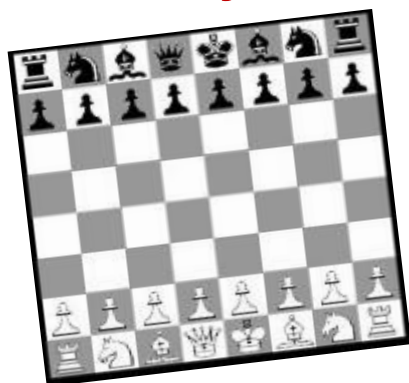


CHESS AND BRIDGE CLUB



Monday's 4.10pm

Room MA6



Year 7s 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



Understanding the Strengths and Difficulties of ADHD: A guide for parents

Starting a task – being prepared

Before your child starts a task or activity, it is important they STOP and THINK. Encourage them to think about what they are going to need to do the task before they start. They can plan out what they are going to need alongside what they are going to do.

Starting a task – distractors

Some children with ADHD find it hard to STOP and THINK because they find it difficult to avoid responding to distractors. Often this may feel automatic to your child. This automatic response to a distractor can end up meaning they bypass the STOP and THINK process because they are focusing on something else that is not task related. A key part of starting a task effectively is identifying what may act as a potential distractor(s).

Think about:

- Is it a sensory issue such as being distracted by sounds nearby?
- Does the distraction reflect something else in the room?

Body Scan

Sometimes there can be so much happening, it's difficult for your child to know how they are feeling or what they are finding distracting. Your child can be encouraged to try 'scanning' themselves or what is around them. This can make it easier to know how they are feeling or what they are seeing, hearing and smelling.

How to do the Body Scan: Ask them to close their eyes so that they can start the body scan. Start by thinking about your toes. What can you feel? Move up your body stopping at your legs, tummy, arms, chest and head to think about what you can feel. Is anything uncomfortable? Now listen to what is happening around you. What can you hear? Is anything distracting you?



What is it?

International Stress Awareness Week (ISAW) in 2024 will take place from Monday, November 4th to Friday, November 8th. The week's theme is "Campaigning to reduce stress and improve wellbeing".

Highlights include:

- **Stress Awareness Day:** On Wednesday, November 6th, the day will feature the fifth Global Online Stress & Wellbeing Summit. The summit will include five sessions with expert speakers and the announcement of the winners of the inaugural Stress Management Awards.
- **50th anniversary:** ISAW is celebrating its 50th anniversary in 2024.

The goal of ISAW is to raise awareness of stress, its impact on mental and physical health, and the importance of stress management. The week also aims to create a supportive environment for discussing stress-related challenges and fostering mental well-being.



International Stress Awareness Week Monday 4th November to Friday 8th November

Stress management for young people and teens

1. Sleep well. Sleep is essential for physical and emotional well-being.
2. Exercise. Physical activity is an essential stress reliever for people of all ages.
3. Talk it out.
4. Make time for fun—and quiet.
5. Get outside.
6. Write about it.
7. Learn mindfulness.

ASD: Girls

A Quick Guide To Supporting Girls With ASD

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

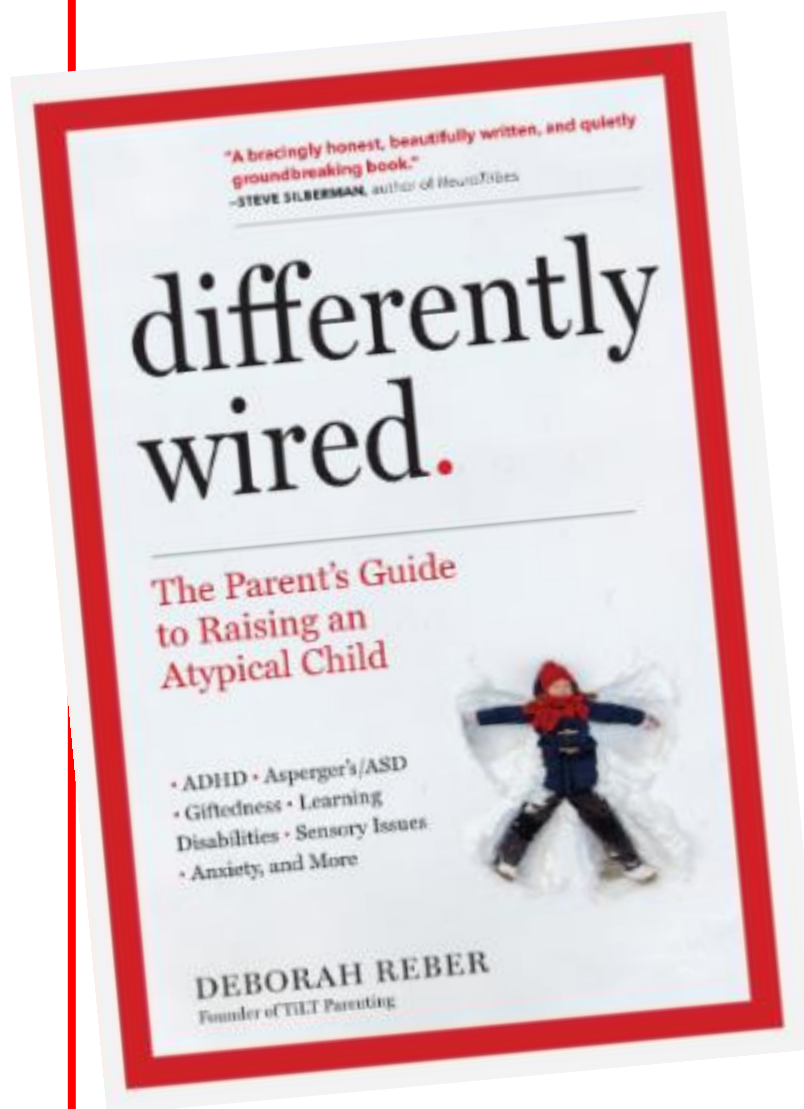
EMOTIONAL

- 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.



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



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



A safe space for teenagers worried about sexual behaviour

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



shospace.org.uk

Why Shore?

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

SCHOOL NEWS

Safe Travel to School

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

“LOOK UP LOOK OUT”

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

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

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

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



Kingsdale is a Safe Space

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

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

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

Our two confidential emails are:

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

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

HOUSE COMPETITIONS



On 5th November, people remember the plot to blow up the Houses of Parliament by celebrating ‘Bonfire Night’. All over Britain there are firework displays and bonfires with models of Guy Fawkes, which are burned on the fire. The Guy is made of old clothes and the clothes are filled with newspaper. The fireworks are a reminder of the gunpowder that Guy Fawkes hid in the cellar of Parliament. Some people have a small bonfire in their garden on 5th November, while in main towns and cities there are big bonfires and firework displays. The biggest firework display is the Edenbridge Display in Kent. Edenbridge also has the biggest Guy: a nine-metre ‘celebrity’ model is burned there every year. Last year the celebrity Guy was Wayne Rooney wearing Shrek-style ears and a football shirt.

STUDENT TASK:
Write a poem telling the story of Bonfire Night.

HOW TO ENTER:
Submit your entry to housesystem@kingsdale.southwark.sch.uk. Ensure your entry is accompanied by your **full name** and **tutor group**.

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



Bonfire Night Word Search

Celebrate bonfire night by finding the list of words associated with it.

M	W	Z	H	R	M	A	C	Y	T	M	E	J	I	D	B	A	U	L	D	I	S	P	L	A	Y	L	N	A	U
Z	I	C	Y	B	O	L	Z	M	O	S	U	G	S	Q	C	E	T	S	Q	M	B	T	S	N	B	F	Y	Q	K
P	Y	R	O	T	E	C	H	N	I	C	S	Y	V	H	E	R	O	N	M	C	E	G	S	P	F	I	O	Q	Z
T	R	L	J	Z	M	M	R	G	N	X	V	Z	J	P	A	R	L	I	A	M	E	N	T	Y	H	R	M	L	D
U	F	U	F	K	G	C	T	V	F	L	P	T	O	Q	T	X	X	A	E	H	U	P	E	J	D	E	I	Z	G
E	M	O	Y	V	T	E	R	O	C	K	E	T	J	V	C	F	U	U	L	L	N	U	T	W	U	C	U	I	C
B	M	I	H	T	L	M	G	N	O	W	T	B	W	Z	S	P	I	U	V	W	U	W	H	I	C	R	F	V	V
A	Q	C	A	T	H	O	L	I	C	I	U	G	K	E	T	S	E	Q	P	I	O	C	H	X	Z	A	V	N	J
E	Y	W	I	O	K	V	E	T	S	I	J	U	H	B	F	U	G	M	R	Y	H	L	L	G	T	C	F	C	K
D	A	Z	L	P	K	R	R	J	E	J	Y	N	D	P	Q	C	M	N	O	M	L	E	O	V	G	K	A	B	U
Y	O	K	T	J	U	V	K	M	S	T	Q	P	N	D	M	O	T	Q	T	A	R	C	N	S	O	E	L	N	M
E	P	Z	R	R	Y	Z	F	E	C	E	J	O	I	B	G	I	I	B	E	T	Y	Q	O	H	U	R	D	I	E
G	W	K	E	Y	N	E	G	U	Y	F	A	W	K	E	S	J	Q	O	S	R	A	Q	O	B	F	I	S	P	H
T	I	I	A	F	H	G	H	N	C	Y	K	D	A	O	I	W	L	V	T	O	D	R	X	O	U	L	L	Z	M
O	P	V	S	G	R	I	M	R	E	A	P	E	R	D	L	E	Z	C	A	A	R	M	J	N	T	D	Y	C	E
F	M	T	O	K	Y	Q	O	D	A	C	Y	R	B	X	K	L	Q	A	N	D	C	U	P	F	A	B	Z	Z	R
F	F	D	N	Q	A	J	H	E	N	G	T	E	P	N	Z	O	E	H	T	T	F	Q	J	I	K	T	H	K	X
E	D	K	F	I	I	J	X	K	E	I	S	E	Y	U	P	H	T	H	O	M	C	S	A	R	F	R	M	Q	K
E	V	U	H	O	U	S	E	O	F	L	O	R	D	S	U	Z	R	Q	F	Z	S	H	O	E	L	T	S	H	I
A	F	O	C	Y	C	E	E	R	C	X	O	Z	X	X	I	T	Z	W	A	F	Z	D	U	S	M	C	O	I	N
P	W	Z	X	C	W	N	Y	X	X	W	E	L	I	Z	A	B	E	T	H	S	T	U	A	R	T	K	I	Y	G
P	G	T	B	I	Y	L	X	S	L	N	G	M	E	P	K	B	J	B	D	K	A	I	A	R	K	O	C	M	J
L	K	M	C	A	P	W	F	I	R	E	W	O	R	K	S	P	T	U	H	J	K	Q	Q	W	V	R	Q	M	A
E	S	J	S	J	F	J	Z	X	W	J	T	U	X	I	K	X	T	R	Z	H	S	W	A	Q	I	T	V	V	M
V	T	A	C	M	R	Q	F	U	T	Q	P	U	M	J	J	J	F	T	I	N	C	G	L	F	J	V	J	U	E
Q	P	Z	P	R	Y	C	F	E	C	E	V	U	I	B	A	N	G	E	R	S	Y	Q	O	P	U	E	D	I	S
E	W	K	X	Y	N	H	N	X	O	I	E	T	V	I	M	P	L	R	T	R	A	Q	O	L	F	A	S	P	H
O	I	I	V	F	H	G	H	N	C	Y	K	D	A	O	I	W	L	V	M	O	U	L	R	O	X	T	S	Z	M
K	P	V	V	R	Q	I	O	L	N	X	V	U	B	D	L	E	Z	C	V	A	R	M	J	T	T	D	Y	C	E
N	M	T	R	O	B	E	R	T	C	A	T	E	S	B	Y	L	Q	A	H	D	C	S	E	I	C	I	T	Z	R

1. Fireworks

2. Guy Fawkes

3. Bonfire

4. Bangers

5. Firecracker

6. Toffee apple

7. Pyrotechnics

8. Display

9. Gunpowder

10. Rocket
11. Robert Catesby

12. King James

13. Protestant

14. Catholic

15. Plot

16. House of Lords

17. Treason

18. Parliament

19. Elizabeth Stuart

What Parents & Educators Need to Know about

TIKTOK

AGE RESTRICTION
13+

(certain features are restricted to over-18s only)

WHAT ARE THE RISKS?

TikTok is a free-to-use social media platform that lets people watch and share short videos of up to ten minutes in length. Its memes, trends, and celebrity cameos have made it enormously popular with an estimated 1 billion users worldwide – but its algorithm that surfaces videos based on users' activity can make the app seriously addictive.

AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users that someone follows, "For You" is a collection based on their previously watched content. Most videos on a child's "For You" feed will probably be light-hearted and amusing, but it could potentially show something unsuitable. What's worse, if they engage with this content, more will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the volume of uploads means that they aren't manually monitored.

18

CENSORED

DAINGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal, or even deadly acts. One extreme example was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

CONTACT WITH STRANGERS

With over 1.5 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over 16s (or young people using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app; it also suggests their videos to others and enables anyone to download or comment on them.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards to other users for videos they've created, retaining their monetary value. Coin bundles range from £9.99 to an eye-watering £99. TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.

ADDICTIVE NATURE

Like all social networking platforms, TikTok can be addictive. Recent figures show that young people are investing increasing amounts of time on it. In 2024, UK children have spent an average of 127 minutes per day on TikTok – twice as much as in 2020 – according to parental controls company Qustodio. This compulsive usage can interfere with children's sleep patterns – leading to irritability –

MISINFORMATION AND RADICALISATION

Although the short-form videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but with Ofcom reporting that nearly a third of children aged 12-15 use TikTok as a news source, you should be wary of extremist material.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then turn on Restricted mode (reducing the chances of a child seeing inappropriate content), set screen time limits, and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.

MAKE ACCOUNTS PRIVATE

Although under-18s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers, and they won't be able to exchange messages with people who aren't on their friends list.

LIMIT IN-APP SPENDING

If a child is using an iPhone or Android device to access TikTok, you can alter their settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure that they understand not to share any identifying personal information, and to talk to a trusted adult if they're exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become more social media savvy.

READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework, or skipping meals.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of *Wired*, *TechRadar*, *Tom's Guide*, *The Evening Standard* and *The New Statesman*.



#WakeUpWednesday®

The National College®

SPORTS FIXTURES

HOUSE NEWS

Monday 4th November 2024

- No planned fixtures/events

Tuesday 5th November 2024

- Under-16s Boys' Indoor Hockey Tournament at Trinity School, Croydon. Leave school at 12 noon. Start 2pm. Return at 6pm approx.: **Mr Pizzey/Mr Price**
- Under-13s Boys' Jnr NBA Basketball Competition at Bishop Thomas Grant School. Leave school at 2.45pm. Start 3.30pm. Return at 6pm approx.: **Mr Lord**

Wednesday 6th November 2024

- Under-12s Boys' Rugby League Tournament at Brigstock Road. Leave school at 12 noon. Start 1pm. Return at 4.30pm approx: **Mr Worsley**

Thursday 7th November 2024

- Under-13s Boys' Football A-Team Home Game against St Mary Magdalene Academy. Leave school at 1.45pm. Start 2.30pm. Return at 4.30pm approx.: **Mr Johnstone**

Friday 8th November 2024

- Under-12s Boys' B-Team Football Away Game against Rutlish School, Sutton. Leave school at 1pm. Start 2.30pm. Return at 5pm approx.: **Mr Dash/Mr Price**

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

Extra Fixtures may be organised at short notice.

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

Remember!

You can access the school's Extra-Curricular Sports page via clicking the following link [here](#).

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



Online Safety Corner

For this week's Online Safety focus, we are looking at everything Parents/Carers need to know about 'TikTok'. Get a greater insight here.

Please read! Remember to keep an open dialogue with your child about their activities online. **See page 21 above.**

Fireworks Season - Beware!

Firework season can be great fun for children and families through attendance at organised displays. However, fireworks can be dangerous if used irresponsibly.

Please take a moment to discuss the dangers of fireworks with your child and the importance of personal safety.

Please remember that it is illegal for anyone under the age of 18 to buy fireworks.

Fireworks are deemed offensive weapons by the school and students in breach may be subject to permanent exclusion under the terms of our Offensive Weapons Policy!



The House Leader Board 2024-25

Week ending
18th October 2024

- 1st Place – Dove 23,434 points
- 2nd Place – Swift 22,290 points
- 3rd Place – Albatross 21,443 points
- 4th Place – Falcon 20,980 points
- 5th Place – Eagle 20,976 points



Only 4 points separate Falcon and Eagle! Which House will win the race and which House will be awarded the wooden spoon?!

Kingsdale Foundation School, Alleyn Park, Dulwich, London, SE21 8SQ

Web: www.kingsdalefoundationschool.org.uk Tel: 0208 670 7575 (To report student absence use Option 2)