PARENTAL NEWS BULLETIN

Issue 8 Monday 2nd November 2026

KINGSDALE FOUNDATION SCHOOL

HEADLINE NOTICES

Second Autumn Half Term
Monday 2nd November – Friday 18th December

We would like to welcome you back to the second Autumn half-term. We hope you all have had a restful break and are looking forward to another productive half-term.

Autumn Half-Term 1 Student Survey

Our Autumn half-term 1 online survey remains open for all students to complete until Tuesday 3rd November 2026. We highly value the feedback we receive from our students and so would ask parents to encourage their child(ren) to contribute their views via the survey before the deadline expires tomorrow.

All responses are anonymous and confidential. Further details including the survey link have been issued directly to parents as well as students via email.

Year 11 Exam Week – W/b Monday 2nd November

Year 11 student exam week commences on Monday 2nd November in preparation for GCSE external exams in 2027. All students should ensure they arrive promptly with all the necessary equipment. Remember to ensure students revise, get lots of rest and keep calm. Good Luck to all of them!

House Excellence Award



Isata, Year 9, has won the House Excellence Award. She was nominated by the English Department who would like to celebrate the wonderful progress that Isata is making in her English lessons. She consistently contributes thoughtful ideas to class discussions and been particularly engaged when exploring the rich and complex themes of post-colonial literature.

Her contributions not only demonstrate her own excellent understanding but also support and enrich the learning of those around her. She is always polite, proactive and ready to learn, and she brings a wonderfully positive attitude and a big smile to every lesson. Well done Isata!

THEME 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.'

Confucious

WORD OF THE WEEK

Reconnaissance

A preliminary survey to obtain information.

'Before selecting the landing site for the space craft, it was important to carry out appropriate *reconnaissance*.'



We are delighted to invite students and their families to the Kingsdale Reading Festival taking place on Saturday 21st November, from 12 noon – 2pm!

Join us for an exciting afternoon celebrating books and the joy of reading, featuring author talks, book signings, local booksellers, games and activities in the library. There will be plenty to explore for readers of all interests and abilities! The festival is for all students and their families are warmly welcomed.

Further details, including how to book your place through Evolve, will follow shortly.

Open Days for Sixth Form (Year 12) September 2027

Wednesday 4th & 25th November 2026
4.30pm - 7.30pm

You can access details for Year 12 September 2027 entry here.

For all queries regarding admissions to the Sixth Form, please contact the Sixth Form Office via email at sixthform@kingsdale.southwark.sch.uk



Languages News

Year 9 Spanish Drama Workshop

In late September, a representative from the Cervantes Institute came and delivered a Spanish Theatre Workshop with Year 9 students. Students were encouraged to explore staging. lighting, colour and emotions in Spanish and create short scenes together.

The students enjoyed participating and working together and learnt a lot throughout the process.

Student feedback:

"I found the workshop fun and educational. We got to participate in several drama themed activities which incorporated Spanish and gave everyone the chance to practice the language in a safe, supportive environment.

I most enjoyed the activity when we got to act out a scene written by a famous Spanish playwright and could choose our costumes and props. I would highly recommend this workshop to anyone interested in Spanish or drama. ¡Es increíble!"

Buster Martinez (Year 9)



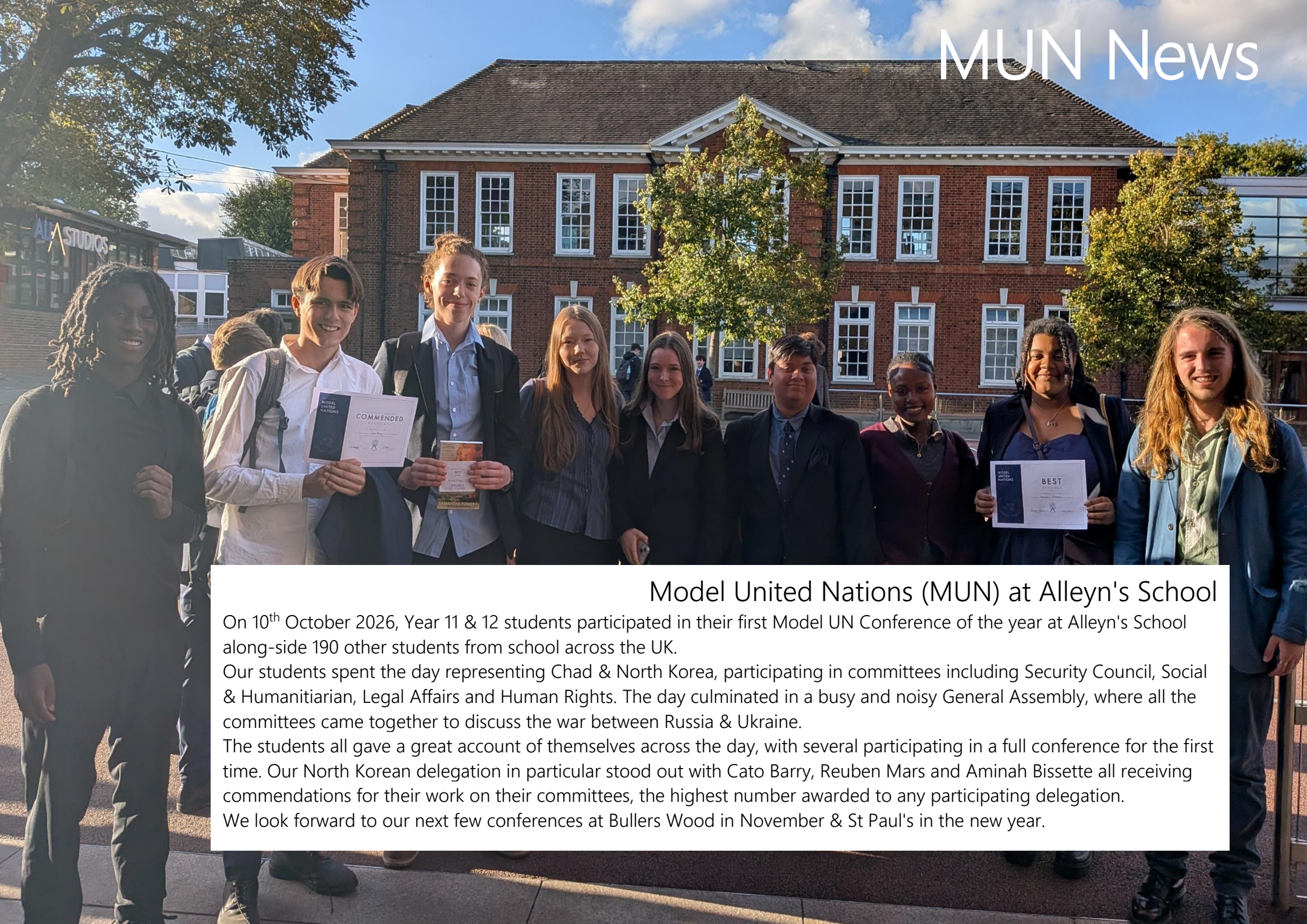








MUN News



Model United Nations (MUN) at Alleyn's School

On 10th October 2026, Year 11 & 12 students participated in their first Model UN Conference of the year at Alleyn's School along-side 190 other students from school across the UK.

Our students spent the day representing Chad & North Korea, participating in committees including Security Council, Social & Humanitiarian, Legal Affairs and Human Rights. The day culminated in a busy and noisy General Assembly, where all the committees came together to discuss the war between Russia & Ukraine.

The students all gave a great account of themselves across the day, with several participating in a full conference for the first time. Our North Korean delegation in particular stood out with Cato Barry, Reuben Mars and Aminah Bissette all receiving commendations for their work on their committees, the highest number awarded to any participating delegation.

We look forward to our next few conferences at Bullers Wood in November & St Paul's in the new year.

A LEVEL DRAMA
SCHOLARS PRESENT

COMEDY FESTIVAL

2026

PLAYS
MUSIC
COMEDY

NOVEMBER 2026

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

SPORTS NEWS



Under-12s Boys' Rugby - Kingsdale v St Celias School

The Kingsdale Year 7 Boy's Rugby team have made a promising start this season. The boys played their first rugby fixture before the half-term break, showing great enthusiasm, determination and teamwork throughout. Although the result didn't go our way, the boys put in a fantastic effort and demonstrated plenty of promise for the future. It was a valuable learning experience for the team, with lots of positives to take forward into their next fixture. Keep working hard, building confidence and enjoying your rugby. Well done to everyone involved!



Year 9 Elite Boys' Football

Kingsdale v Orion Edan Park

Congratulations to the Year 9 Boys' Elite Football team who convincingly beat Orion Edan Park School.

What a fantastic game!

Well done boys!

Final score:
Kingsdale 17-1 Orion Edan Park

Goals scorers:
Harrison (2), Jacob L (2), Sky (2), Sonny (1), Jacob W (1), Kobe (2), Kamau (2), Tristan (1), Luther (1), Jayden (1), Jamie (1) and Rico (1).



SCHOOL CLUBS

Model United Nations (MUN)

Building confidence, communication and global awareness through debate and diplomacy

WHAT IS MUN?

Model United Nations is an educational simulation of the real United Nations. Students step into the role of diplomats and act out how international decision-making actually works.

OUR MUN PROGRAMME

Year 11 MUN Club – led by Mr Boyd, coaches students on debate fundamentals and public speaking.



Kingsdale MUN conference

SKILLS DEVELOPED

- Public speaking
- Research
- Writing
- Negotiation
- Teamwork
- Confidence

Where we went

- St Paul's MUN
- Alleyn's MUN
- Dulwich College MUN
- LIMUN
- GODMUN

Every Tuesday P3 (lunchtime) in IT2!

English Department Clubs 2026–27

Free for every student, Years 7–13 — just turn up to a session that suits your year group!

Lunchtime Clubs

Bring your lunch & a book

Year 7 · Book Club
Wed P3, 11.20–11.50 • LSL
• Ms Nasi / Ms Smith

Year 7 · Creative Writing
Thu P3, 11.20–11.50 • LSL
• Ms Oduye

Year 8 · Book/Scrabble Club
Mon P4, 12.15–12.45 • LSL
• Ms James / Ms Ferguson

Year 9 · Book Club
Wed P5, 1.10–1.40 • USL
• Ms Casey / Ms Lane

Year 10 · Book Club
Mon P4, 12.15–12.45 • USL
• Ms Walker / Ms Parker

Year 10 · Creative Writing
Wed P4, 12.15–12.45 • USL
• Mr Harper / Ms Burrows

After School Clubs

Lights, camera, argument!

Years 8–10 · Film Club
Mon, 4.15–4.45 • EN2
• Mr Couling / Ms Buckenham

Years 8–10 · Debating Club
Wed, 4.15–4.45 • EN5
• Ms Santana / Ms Weisselberg

Sixth Form Clinics

Exam-ready & grade-focused

A Level Literature Essay Support
Wed, 3.45–4.30 • 6A1
• Ms Munslow

Film Studies Creative Clinic
Thu, 3.45–4.15 • 6M3
• Mr Hutchinson

Homework Support

One-to-one help to catch up & thrive

Year 7 · English Homework Support
Tue, 3.45–4.15 • IT3
• Ms Lewis / Mr Cannicott

Year 11 · English Intervention
3.45–4.15 (day tbc) • USL
• Ms Benmeriam / Ms Charles-Clark

Years 8, 9, 10 · Homework Support
Tue, 4.15–4.45 • IT3
• Mr Drysdale & Mr Tracey

Years 8, 9, 10 · Homework Support
Thu, 4.15–4.45 • IT3
• Mr Roberts & Mr Read

Questions?
whr@kingsdale.southwark.sch.uk

Kingsdale Foundation School • English Department • Talk to your child today about which club is right for them

A new Drama Club run by Ms Wood



Wednesday P3
11:20-11:45

We will be doing lots of Games, Improvisation and Script work

How to sign up – just turn up!!

Find our more/Register your intrest by emailing me:
AWD@KIngsdale.Southwark.sch.uk

Literacy News

AUTUMN TERM 2026 READING CHALLENGE

COSY AUTUMN LITERATURE

Choose any book that suits the autumn theme.

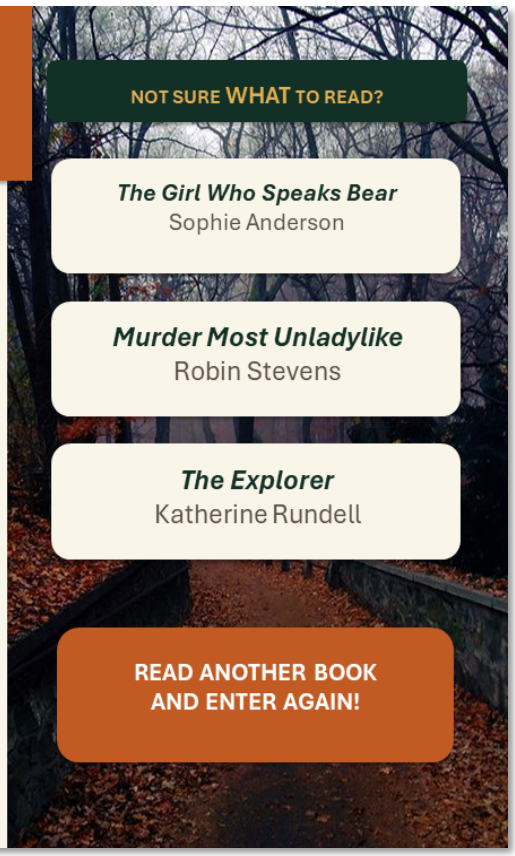
HOW TO TAKE PART

1. **READ** a mystery, magical adventure, friendship story or classic.
2. **WRITE** a short handwritten review when you finish the book.
3. **ENTER** at the English Office or email your review to the address below.

rrd@kingsdale.southwark.sch.uk

BOOK TOKEN + ACHIEVEMENT POINTS FOR EVERY ENTRY

DEADLINE: FRIDAY 11 DECEMBER 2026



Reading Recommendations

Teacher Recommendation



Mr Tracey recommends *Shades of Black* by Kimba

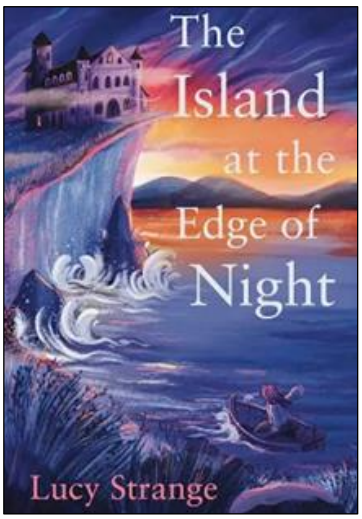
A boy born in fire. A heart rebuilt from ash. A dream fighting for air.

Kem Brown has spent his whole life outrunning shadows - streets that swallow boys, dreams that die young, and a brother whose life experiences weigh heavier than a ton of fear. Cinematic and raw, tender and thunderous, this coming-of-age tale follows one boy's fight to break generational gravity, outrun the darkness calling his name, and step into the light he was never supposed to reach.

Mr Tracey particularly appreciated the book's exploration of black identity, and the way it encourages readers to reflect on questions of culture, belonging and self-expression.

Suitable for all students from Year 7 and older!

Student Recommendation



Amira in Year 7 recommends *The Island at the Edge of Night* by Lucy Strange for Black History Month.

When Faye is sent away to a mysterious school on a remote island, she quickly realises that something isn't right. The school is full of strange rules, unsettling secrets and adults who seem determined to keep the children in the dark. As Faye begins to investigate, she discovers that the island is hiding something extraordinary.

This atmospheric adventure combines mystery, friendship and a touch of the supernatural. With its eerie setting and unexpected twists, it's a story that keeps readers guessing right until the end.

Amira loved the creepy atmosphere and the way the mystery gradually unfolds.

Perfect for Year 7–9 readers!

NATIONAL YEAR OF READING 2026

National Year of Reading
Autumn 2

"A reader lives a thousand lives before he dies.
The man who never reads lives only one."

We are delighted to support the National Year of Reading 2026, launched by the Department for Education in collaboration with the National Literacy Trust.

At Kingsdale, our ambition is to build a strong culture of reading in which every young person sees themselves as a reader. Reading is fundamental to success across the curriculum, but its value extends far beyond the classroom. It develops knowledge, vocabulary, imagination and confidence, while opening up different perspectives, experiences and worlds.

The National Year of Reading encourages everyone to "Go All In", with the message "If you're into it, read into it." This reflects the approach we want to take at Kingsdale. Whether a young person is interested in music, sport, gaming, drama, film, fashion, science, baking or something entirely different, there is something for them to read and discover.

National Year of Reading
Department of English

Throughout the year, different subject areas will lead our whole-school reading initiatives.
This half-term, English is leading the programme.

English Takes Over: National Year of Reading!

For the next seven weeks, the English Department will be celebrating the National Year of Reading with exciting activities and weekly reading challenges!

Look out for teachers wearing their 'Ask Me What I'm Reading' T-shirts and encourage your child to ask them about their favourite books and current reads.

We are also looking forward to our Kingsdale Reading Festival on Saturday 21st November, 12–2pm, featuring author talks, booksellers and fun reading activities for students and families. Further details about signing up will follow.

This Week's Reading Challenge:

Read for just 15 minutes every day! It could be a novel, comic, magazine, graphic novel or anything else your child enjoys. The aim is simple: to make reading a daily pleasure.

What are you reading?



Library News

We recognise that students have different starting points and that some require additional support to become confident readers. Year 7 students are receiving a Library Induction, and paired reading will provide additional encouragement for reluctant readers in Year 7.

Book Clubs are taking place in the library as well.
Year 7 Book Club is on Wednesday lunch times in the LSL
Year 8 is on Thursday lunch time in the LSL

Our library is open before school, at lunchtime and after school, giving students opportunities to read, discuss books and borrow or return them. We also want our library to reflect what young people genuinely want to read.

Students can recommend new books by speaking to their English teacher or emailing English@kingsdale.southwark.sch.uk.

Reading Book Expectation

We ask that every student brings a reading book to school each day. Building a reading habit does not have to mean reading for hours. Regular reading, little and often, can help make reading a natural part of everyday life.

How parents and carers can help

Families are essential partners in developing positive reading habits. You can support at home by:

- encouraging your child to read regularly and ensuring they bring a book to school each day
- talking to them about what they are reading and asking for their opinions
- helping them find reading linked to their interests, whether that is a novel, biography, magazine, graphic novel, play, article or non-fiction book
- visiting libraries and bookshops together where possible
- encouraging participation in our reading challenges, competitions and clubs
- modelling reading at home. Young people seeing adults read sends a powerful message that reading is something we value throughout our lives.

Our aim is not simply to ask students to read more, but to help them want to read more. We hope the National Year of Reading will help us create an even stronger community of curious, confident and enthusiastic readers.

NATIONAL YEAR OF READING 2026

GO ALL IN. National Year of Reading 2026

Author Visit
KIMBA





On Monday 12th October, Kingsdale hosted freestyle rapper and spoken word poet Kimba who gave a poetry writing workshop to selected Year 7 students and an assembly to the year group about Black History.

It was a fun yet thought-provoking event in which Year 7s participated fully and loudly!

Mental Health & Well-Being Weekly Focus for Students:
Sleep Habits, Fatigue and Physical Self-Care



This week's mental health and well-being theme for students focuses on sleep habits, fatigue, and physical self-care. Poor sleep habits and fatigue are among the most significant yet overlooked barriers to mental health and academic success in secondary school students. During adolescence, biological shifts naturally delay a teenager's internal clock by about two hours, making them naturally prone to staying up later.

When combined with early school starts, heavy study loads, and screen time, it creates a perfect storm for chronic fatigue, emotional instability, and reduced concentration.
Structuring a school curriculum or wellbeing theme around these areas requires an emphasis on practical "sleep literacy" and manageable, physical self-care.

Core Concepts to Teach Students Include: Sleep Habits & Literacy

Understanding that sleep is active brain development, not just "downtime' The link between deep/REM sleep and processing stress.

How screens block melatonin production.

Introduce the "Digital Sunset" challenge—encouraging students to turn off screens 60 minutes before bed

Structuring a school curriculum or wellbeing theme around these areas requires an emphasis on practical "sleep literacy" and manageable, physical self-care.

Managing Fatigue

Recognizing signs of exhaustion (irritability, brain fog, somatic headaches).

Dangers of over-relying on caffeine to mask sleep deficits.

Teach "Brain Breaks" during tutor time short stretches or progressive muscle relaxation to reset daytime fatigue.

Physical Self-Care

Tuning into what the body physically needs (e.g., movement when jittery, rest when weary). Viewing self-care as an invitation to recharge, not a chore. Encourage pupils fill out their own Anna Freud Self-Care Matrix

Micro-Activities for Daily Routines

Mental wellness shouldn't just be an abstract assembly topic; it can be integrated into the existing school day:
Worry Dumping: Teach students to keep a journal by their bed to write down lingering thoughts before sleep, clearing cognitive clutter that fuels insomnia.
The 5-Minute Stretch: Introduce standard physical self-care prompts, like stretching after long periods of desk sitting or taking brief outdoor walks during lunch.
Audio Resources: Provide students with multimedia tools like the BBC Bitesize Study Support platform, which hosts the *World of Wellbeing* videos and podcasts specifically tackling teenage sleep, anxiety, and exercise habits.

If a student is experiencing severe isolation, bullying, or distress related to their social environment please contact a member of the pastoral or safeguarding team. Please contact Ms V. Turner via mentalhealth&wellbeing@kingsdale.southwark.sch.uk for further information on how to access our mental health and well-being provision.

SEND FOCUS: Supporting Your Child with Reading at Home

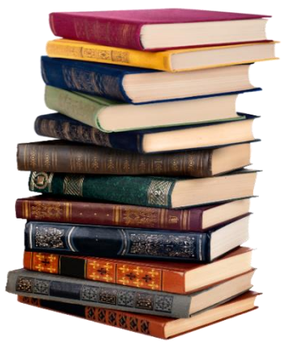
Reading can be challenging for some children, particularly those with dyslexia, processing difficulties or other additional learning needs. However, small, positive experiences with reading at home can make a real difference to confidence, fluency and enjoyment.



HERE ARE FIVE SIMPLE WAYS TO SUPPORT YOUR CHILD

- **Read little and often:** Just 10–15 minutes a day can help. Short, regular sessions are often more effective than longer periods of reading.
- **Let them choose:** Reading doesn't always mean novels! Comics, graphic novels, magazines, football reports and audiobooks can all help develop an interest in stories and language.
- **Read together:** Take turns reading aloud or try reading the same passage together. Hearing a fluent reader can help children develop confidence and recognise unfamiliar words.
- **Talk about what they read:** Ask simple questions such as "What surprised you?" or "What do you think will happen next?" This develops comprehension without making reading feel like a test.
- **Celebrate effort, not speed:** Avoid putting pressure on your child to read quickly or correcting every mistake.
  Praise their perseverance and focus on making reading an enjoyable experience. Children who struggle with reading may find it particularly tiring, especially after a full school day. Keeping reading sessions relaxed, accessible and enjoyable is key.





At Kingsdale, we support developing readers through targeted interventions, including Little Wandle, our Dyslexia Club and access to high-interest, accessible books such as those published by Barrington Stoke.

As we celebrate the National Year of Reading, our message to families is simple: every child can develop a love of reading when they find the right book, the right support and the confidence to keep trying.



SEND Family Activities in South London

There are some great SEND-friendly and neurodiversity-inclusive activities taking place locally over the coming weeks. Here are a few that families may want to explore.

Active Lambeth SEND Sessions

Inclusive swimming, quieter gym sessions and sensory-friendly activities are available across Lambeth leisure centres, including Brixton, Herne Hill, Streatham and West Norwood.
Find sessions here

Southwark SEND Activities

Southwark's Local Offer has a searchable directory of SEND-friendly activities, clubs and events. You can filter by age, location and whether activities are free.
Explore activities here

South London Gallery – Family Space

Free, relaxed creative sessions where families can drop in and take part at their own pace. Sessions run on the last Saturday of each month, 11am–1pm, from September to November.
Find out more here

Lambeth SEND Activities

Lambeth Council also maintains a directory of local leisure activities specifically for children and young people with SEND.
Explore the directory here

SEND Local Offer

Information and Local Offers

The Learning Support department would like to remind you that you can find lots of useful information in our SEND Policy and Report which can be found here under the 'SEND Policies & Report'

You can find out information regarding your local SEND offer here:

- Southwark
- Lambeth
- Lewisham
- Croydon
- Bromley
- Wandsworth
- Merton



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!

CAREER NEWS

Careers Education, Information, Advice and Guidance

At Kingsdale, we are proud to offer an extensive careers education programme that supports students in preparing for their future pathways and careers.

Our aim is to ensure every student is equipped with the knowledge, skills and confidence to make informed decisions about their next steps.



Careers Education and Future Pathways

In the first Autumn half-term, all students in Years 7-9 and Year 11 have taken part in whole-cohort encounters with post-16 education providers as part of our Careers Education, Information, Advice and Guidance (CEIAG) programme. Students have had the opportunity to hear directly from South Bank Colleges and St Francis Xavier Sixth Form College, learning about the wide range of pathways available after Year 11.

These sessions have introduced students to vocational qualifications, apprenticeships, T Levels and sixth form colleges, helping them to understand the many exciting opportunities available beyond traditional school sixth forms. Providing this exposure early in students' secondary school journey enables them to make more informed decisions about their future aspirations and career pathways. Year 10 students will take part in similar provider encounters during Autumn half-term 2.

Alongside these experiences, students have also participated in careers lessons in Form Time through resources from Unifrog, relevant and appropriate themes:

- Year 7: Who Am I? and Exploring Possibilities – My Dream Jobs
- Year 8: What Are My Interests? and Job Applications – Superhero CVs
- Year 9: What Are My Skills? and What Comes After School? – Understanding Main Learning Pathways
- Year 10: Reflecting on My Career Journey and Exploring Employer Profiles
- Year 11: What are my employability Skills
- Year 12: Preparing for a personal guidance 1:1 session
- Year 13: Self-Employed and Working Freelance



At Kingsdale, careers awareness and guidance begins from Year 7, ensuring all students are equipped to navigate the increasingly diverse range of education, training and employment opportunities available to them.

Parents are encouraged to support these conversations at home by creating a Unifrog Parent Account via https://www.unifrog.org/parent, providing access to valuable information about future pathways and career options.

We aim to collect regular feedback from our stakeholders on careers provision. Parents are requested to kindly complete their feedback on the careers provision at Kingsdale Foundation School here.

Oxbridge Interview Support



As we approach Oxbridge interview season, we are looking for parents with experience of Oxford or Cambridge who may be able to provide interview practice support.

If you attended Oxford or Cambridge or have experience of the Oxbridge interview process we would love your help to mock interview our applicants.

Individuals with experience in the following areas in particular would be really appreciated:

Biochemistry, Chemistry, Bio Medical Science, PPE, Social Political Sciences, Philosophy, History, Maths, History of Art, Engineering and English.

Please email Mr Burke - jbu@kingsdale.southwark.sch.uk if you think you may be able to help.



Medicine Society Support Call Out

As part of our offer to Sixth Form students, we run a Medical Society who are keen to hear from medical professionals who can tell our students about their own careers and roles within the sector. This could be doctors in different specialisms, but also other medical professionals such as nurses & physios.

In addition to this, we would love to hear from any doctors or dentists who would be able to do a mock interview with our medicine and dentistry applicants.

Please email Mr Burke - jbu@kingsdale.southwark.sch.uk if you think you may be able to help.

CAREER NEWS

Careers Education, Information, Advice and Guidance

At Kingsdale, we are proud to offer an extensive careers education programme that supports students in preparing for their future pathways and careers.

Our aim is to ensure every student is equipped with the knowledge, skills and confidence to make informed decisions about their next steps.



Careers in Languages Event at St Dunstan's College

On Thursday 8 October 2026, selected Year 12 and 13 students attended the Careers in Languages Event at St Dunstan's College. The event provided valuable insight into the wide range of career opportunities available to linguists, highlighting the importance of language skills across a variety of professional fields.

Students heard from representatives and speakers from prestigious organisations, including the Foreign Office, the United Nations and GCHQ, who shared insights into careers in which languages play an important role. They also had the opportunity to participate in taster sessions in Japanese, Ancient Greek, Italian, Mandarin and Linguistics, allowing them to explore new areas of interest and broaden their linguistic knowledge.



In addition, students met representatives from universities, including King's College London, Queen Mary University of London and Aston University, to learn more about studying languages at degree level and the opportunities available in higher education.

The event concluded with an opportunity for students to engage directly with the speakers, ask questions and gain further insight into potential career pathways.

Overall, the experience was both informative and enjoyable, encouraging our linguists to consider the many exciting possibilities that language learning can offer for their future studies and careers.



Careers in Languages

We'd love to hear from you!

We are organising a Careers in Languages event for our students and would love to hear from parents and carers who use a language, or multiple languages, as part of their career.

We are looking for volunteers to join a panel and share their experiences with students — including how they use languages in their work, how languages have supported their career journey, and why language skills are valuable in the workplace.

Whether you work in business, finance, law, healthcare, education, travel, technology, international relations, the arts or another field, we would love to hear from you!

This is a wonderful opportunity to inspire our students and help them understand the many exciting ways that languages can open doors in the world of work.

If you would be interested in taking part, please contact Ms Delli at ddi@kingsdale.southwark.sch.uk by Monday 2nd November 2026.

Thank you for helping us inspire the next generation of linguists!

CAREER NEWS

Careers Education, Information, Advice and Guidance

At Kingsdale, we are proud to offer an extensive careers education programme that supports students in preparing for their future pathways and careers.

Our aim is to ensure every student is equipped with the knowledge, skills and confidence to make informed decisions about their next steps.

Personalised Careers Guidance Programme

As part of this programme, personalised 1:1 careers guidance interviews have started for our current Year 12 and 11 students and continue throughout the Autumn and Spring terms.

Each session will be led by our Independent Careers Advisor, Ms Ethney McCulloch, and will result in an Individual Careers Plan. These guidance interviews provide students with the opportunity to discuss their interests, strengths, aspirations, suitable courses, post-16 application processes and current labour market information to help them make informed decisions about their future.

Please contact our Year 11 & 12 pastoral teams in case you have any relevant queries on this offer.

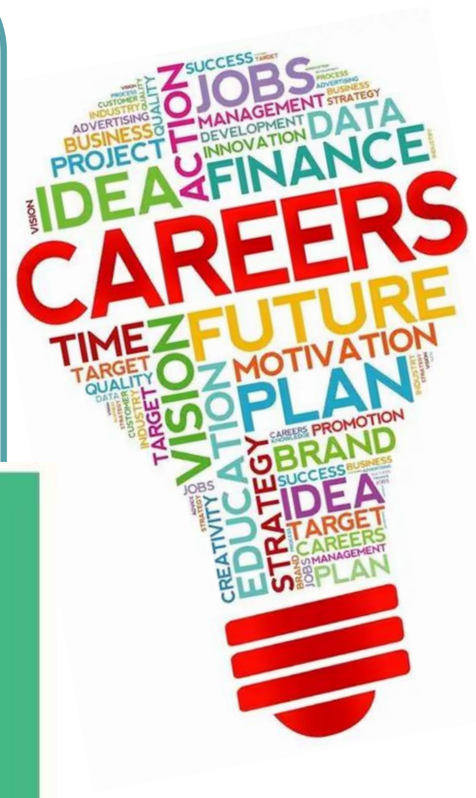


Unifrog for Labor Market Information and Future Pathways Guidance

Kingsdale uses Unifrog as its online careers platform, bringing together up-to-date information and resources on careers, further education, apprenticeships, universities and the world of work.

Students can access Unifrog using their Kingsdale school email address and password at www.unifrog.org. Labour Market Information describes the real-world jobs market, including salary trends, weekly working hours, and future job demand. Please encourage your child to use Unifrog to explore live career and regional employment data.

This is available in the subjects library/ careers library sections on Unifrog. Parents and carers can also create a parent account using their own email address to support their child in exploring future pathways. Please log-in via www.unifrog.org/parent



Post-16 Options

Students may wish to consider a range of post-16 progression routes, including: School Sixth Forms, Sixth Form Colleges, Further Education Colleges, T Levels, Vocational Qualifications, Apprenticeships.

For impartial information on post-16 pathways, we recommend the National Careers Service website: https://nationalcareers.service.gov.uk

Apprenticeships are an increasingly popular route, enabling young people to earn while they learn and gain valuable industry experience. In order to receive monthly guidance, information and opportunities on apprenticeships, parents may sign up here.

Assemblies on technical and vocational pathways have been booked for this half term. We will update the parents on this programme as it progresses this half term.

Careers Information on School Website

In addition, information about our Careers Programme, Careers Policy and useful careers resources can be found on the school website here.

Supporting Our Careers Programme

We are always keen to hear from parents and carers who would be willing to support our careers education programme through careers talks or sharing insights from their profession with students across all year groups.

If you are interested in supporting the school in this way, please contact the Careers Team via careers@kingsdale.southwark.sch.uk.

Change Grow Live | Young People Southwark

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



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

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

Change Grow Live Registered Office: 3rd Floor, Tower Point, 44 North Road, Brighton BN1 1YR. Registered Charity Number 1079327 (England and Wales) and SC039861 (Scotland). Company Registration Number 3861209 (England and Wales).

Change Grow Live | Drug and Alcohol Service Southwark | Change Grow Live | Young People Southwark

Free Workshops for Parents and Carers

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

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

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



We'll cover:

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



For further information contact:

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

SCAN ME

Talking to your child about

SHARING IMAGES ONLINE

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

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

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



What can you do to keep your child safe online?

S

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

T

Talk with your child and be supportive.
Listen to what they already know so you can start a conversation about what normal use is.

E

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

E

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

R

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

⚠

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

ⓘ

FOR SUPPORT AND ADVICE, PLEASE VISIT:

parentzone

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

CEOP 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.org

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

KFS Uniform Bank

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

The Uniform Bank will also be open between 3.45pm and 4.45pm each Monday, Wednesday and Friday. Please, always check for availability of items prior to making a purchase. This is a rolling programme that continues throughout the entire academic year and as such we are always looking for donations. Please leave washed and folded clothes at the main Reception area. Items of uniform will be available at other times of the year depending on supply. If you would like to help in any way please make yourself known to the team. If you have any queries, do not hesitate to contact: Mr Lewis at jls@kingsdale.southwark.sch.uk

The School Shop

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

Lost Property

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

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





Kingsdale is a Safe Space

We would like to take this opportunity to once again remind students and their families of our two confidential emails which are operational both during and outside of school hours.
This provision is available for any member of our school community wishing to seek advice, discuss any matters relating to mental health & well-being or report an incident or concern confidentially via email.

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

Our two confidential emails are:
health&wellbeing@kingsdale.southwark.sch.uk
tellsomeone@kingsdale.southwark.sch.uk
Please contact Ms V Turner for further information regarding this provision or any matters relating to mental health & well-being at Kingsdale School.

Is My Child Eligible for Free School Meals?

Your child may qualify for free school meals if you receive certain benefits. Any parent or carer in England can check here, even if your child's school isn't signed up. It's free to use (run by LGfL, an education charity) and you'll get an instant result checked securely against government records.

Qualifying benefits include

- Universal Credit
- Income-related Employment and Support Allowance
- The guaranteed element of Pension Credit
- Support under Part VI of the Immigration and Asylum Act 1999
- Child Tax Credit (if not receiving Working Tax Credit)
- Working Tax Credit run-on

Conditions apply to some benefits – the quickest way to find out is to run a check.

New from September 2026

Free school meals are expanding to **every child in a household that receives Universal Credit**.

You don't need to wait until then to find out if you're eligible. Run a check now and you'll see if your child will be eligible from September.

IF ELIGIBLE

Your child gets a free, nutritious lunch every school day.

Save around £500 per child, per year on the cost of school lunches.

May unlock additional Pupil Premium funding for your school – supporting things like tutoring, trips and clubs.

Your child's school is notified automatically if they use the checker, or simply share your email receipt with them as proof of eligibility.

KINGSDALE HOUSE COMPETITIONS



BLACK HISTORY MONTH COMPETITION

Over the last two weeks, we have shared with you, local heroes who are positively impacting their communities. The image below consists of some familiar faces.



How many men and women do you recognise?

Student Task: Send the House team an email with your answer to housesystem@kingsdale.southwark.sch.uk with your full name and tutor group.

WINNERS will gain valuable points for their House and a certificate. Good Luck!

Bonfire, Guys and Fireworks



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 gun-powder 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.

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!

Fireworks

We would like to remind all parents and students that under no circumstances are fireworks of any description allowed on or around the school site, including on the way to and from school. Sanctions for the breaking of this rule are severe and may result in a recommendation for permanent exclusion from Kingsdale Foundation School as outlined in our offensive weapons policy!



KINGSDALE SCHOOL TERM DATES

CALENDAR 2026-27



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 2026
Second Autumn Half-Term
Monday 2nd November – Friday 18th December

SPRING TERM 2027
First Spring Half-Term
Monday 4th January – Friday 12th February

Monday 4 January INSET DAY
School closed to students except those in Year 11 by invitation

Half-Term Holiday
Monday 15th February – Friday 19th February

Second Spring Half-Term
Monday 22nd February – Friday 25th March

SUMMER TERM 2027
First Summer Half-Term
Monday 12th April – Friday 28th May

Monday 12th April INSET DAY
School closed to students except those in Year 11
Mayday Bank Holiday
Monday 3rd May 2025

Half-Term Holiday
Monday 31st May – Friday 4th June

Second Summer Half Term
Monday 7th June – Friday 23rd July

Friday 26th July INSET DAY
School closed to students except by invitation

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one topic of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech - related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?

47% of parents said they thought their children spent too much time in front of screens

What parents need to know about SCREEN ADDICTION



HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.

National Online Safety®

Top Tips for Parents



LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their Outdoor activities to show your support.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

STATISTICS

- **52%** of children aged **3-4** go online for nearly **9hrs** a week
- **82%** of children aged **5-7** go online for nearly **9.5hrs** a week
- **93%** of children aged **8-11** go online for nearly **13.5hrs** a week
- **99%** of children aged **12-15** go online for nearly **20.5hrs** a week

Children and Parents: Media Use and Attitudes Report 2018

SOURCES:
https://www.independent.co.uk, Children and Parents: Media Use and Attitudes Report 2018: https://www.ofcom.org.uk, http://uk.businessinsider.com/how-app-developers-keep-us-addicted-to-our-smartphones, Journal of Youth Studies: https://www.mirror.co.uk/tech/one-five-kids-losing-sleep-9653986, University of Leeds: https://medhealth.leeds.ac.uk/news/article/1296/lack_of_sleep_damaging_for_children

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 12.06.19

SPORTS FIXTURES

Monday 2nd November 2026

- Under-13s Boys' Rugby Away Match v St Cecilia's Church of England School at Barn Elms, Richmond. Leave school at 1pm. Start 2.30pm. Return at 5pm approx.: Mr Lord/Mr Price

Tuesday 3rd November 2026

- Under-13s Boys' Football Home Match v St Martins School (Brentford) Leave school at 1.50pm. Start 2.30pm. Return at 4.30pm approx.: Mr Fitchett
- Under-12s Boys' Football Away Match v Sacred Heart School. Leave school at 1pm. Start 2.30pm. Return at 5pm approx.: Mr Owen

Wednesday 4th November 2026

- Under-12s Boys' Football Home Match v St Dunstan's College, Leave school at 1.50pm. Start 2.30pm. Return at 4pm approx.: Mr Owen

Thursday 5th November 2026

- Under-14s Girls' Football Home Match v St Cecilia's Church of England School. Leave school at 1.50pm. Start 2.30pm. Return at 4.30pm approx.: Mr Jones
- Under-15s Boys' Rugby Home Match v St Cecilia's Church of England School. Leave school at 1.30pm. Start 2.30pm. Return at 5pm approx.: Mr Lord/Mr Price

Friday 6th November 2026

- No planned fixtures/events

Please note that fixtures maybe postponed or rearranged due to weather conditions.
All fixtures can be viewed via the link below:
http://www.kingsdaleschoolsports.org.uk

HOUSE NEWS

Online Safety Corner

For this week's Online Safety focus we are looking at 'What Parents & Educators Need to Know about Screen Addiction.

Remember to keep an open dialogue with your child about their activities online.

The House Leader Board 2026-27

Week ending
16th October 2026

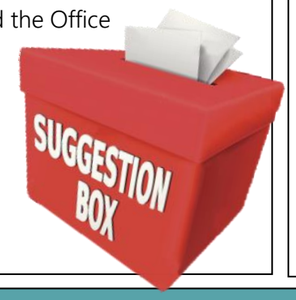
Follow each week to see progress of each House

1st Place – Falcon 27,375 points
2nd Place – Albatross 27,351 points
3rd Place – Eagle 27,146 points
4th Place – Swift 26,911 points
5th Place – Dove 26,718 points

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.



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.