

# Kendrick School - Weekly Update

Friday 14<sup>th</sup> March 2025

## LETTER FROM MS KATTIRTZI, HEADTEACHER

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Following on from last week, Teachers have had their consultations with Year 9 parents and the process of option choices for this cohort continues through the rest of this term. The clear message is that students at this stage cannot make a wrong choice, and the option choices they have available to them after the compulsory element in their package, should be subjects they enjoy and look forward to studying for another two years. The Design Your Future event has resonated with many students and parents and our focus now is securing work experience placements for our Year 12 students in June. As I have said before, if your work place is able to offer a placement to a Kendrick student in the week beginning 9th June, please get in touch with Mrs McManus our Careers Coordinator at [cmcmanus@kendrick.reading.sch.uk](mailto:cmcmanus@kendrick.reading.sch.uk). Finally the theme of International Women's Day is being followed through with students being asked to discuss in their form groups how they can *Accelerate Action* for a fairer world for women. The theme was addressed in 10RR's assembly on Thursday, when they focused on the question, "why are there more billionaire men" which they gave some carefully considered answers to, concluding that their education at Kendrick equips them to aspire and have ambition and provides them with endless possibilities. Thank you 10RR.

Successes for Kendrick students have mounted in the last couple of weeks. The Badminton team led by Ms Watkins and the PE Department has got to the National Finals having won the regional heat and will be playing in Milton Keynes on Saturday 29<sup>th</sup> March. Well done to these talented students and staff. The Mock Trial Team of Year 9 students embarked on the first round of the competition on Saturday and came first out of 10 schools taking them to the Regional and Final round which will be held again at the Crown Courts in Reading on Saturday 10<sup>th</sup> May. Thank you to Miss Heath for her guidance and support of the students getting them to this stage of the competition and very well done to the students. Finally, four students in Year 11 have been successful in their application to join the Arkwright Scholarship programme for budding physicists. Thanks to Mrs Siera and the Physics Department for their encouragement and support of this programme. Well done to all these students and thanks to the staff who have enabled these opportunities to be available to them. We wish them well in their future endeavours.

This week in school we had Community Day on Wednesday when members of the Community Committee of the KSL led the school in a celebration of culture, language, costume and food, with different groups sharing and showcasing their background cultures and practices. The day peaked in the Hall with some music and dancing and displays for students to celebrate their different backgrounds and origins. On Wednesday night we had the annual Air Ambulance concert, again organised by our students with students from Reading School. Well done to both schools for putting on such a polished event. All proceeds from the concert will go to Thames Valley Air Ambulance which relies on donations to support their work. It costs £10million per year to run the service and each helicopter mission costs £3700. I hope the money raised from Wednesday night's concert, ticket sales, raffle and donations help this charity to continue to do the vital work we all need them to do. I am very proud that our students feel that they want to contribute their skills and talents to this cause. The concert was amazing, and it was so wonderful to see the students from the two schools work collaboratively and creatively on this venture. There was visible joy and pleasure as each ensemble performed with a range of students from Year 7 to Year 13 plus some visiting musicians from other schools who took instrumental roles that could not be filled by the two schools. Sat with Mr Griffin from Reading School and parents and friends of the two schools, plus members of the Darrington family, it was a pleasure and honour to be at the concert. If you missed the concert and or wish to donate to Thames Valley Air Ambulance you can contribute here <https://www.tvairambulance.org.uk/> Well done to Kitty, Katie, Connie, Avaneesh and Joel, Year 12 students at Kendrick and Reading School who organised the event.

Finally, I have shared the very sad information with students and parents about the death of a former student at Kendrick School, Isabella Rose Fordham. Isabella Rose left Kendrick in the summer of 2024 and started university in the autumn. We are shocked and devastated by her death and have sent our deep and sincere condolences to her parents and family. We have opened a Book of Condolence, and I have been very touched by the many kind and thoughtful messages that students and staff are writing in the book which I know will be of great comfort to the parents of Isabella Rose.

Wishing everyone a peaceful weekend.

Ms Christine Kattirtzi  
Headteacher

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## KENDRICK SCHOOL'S SOCIAL MEDIA PLATFORMS

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Kendrick School has several social media platforms and sites. Please follow us to get the latest news and information about the school. The links are in the logos below.



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## SAFEGUARDING/WELLBEING

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### WORRIED ABOUT A CHILD?

If you have a concern about a child at Kendrick School, please email [studentwelfare@kendrick.reading.sch.uk](mailto:studentwelfare@kendrick.reading.sch.uk) or telephone 0118 9015859 and ask to speak to the Designated Safeguarding Leads, Mr Simmonds, or a Deputy Safeguarding Lead.

If you're worried about any child or young person and you are contacting us out of hours (before 8am and after 4pm and at weekends and holidays), you can contact the NSPCC helpline for support and advice for free - call us on **0800 800 5000** or **contact NSPCC online**. Children can contact **Childline** any time to get support themselves. **In an emergency please call 999 or for a non-emergency call 101.**

We have created a library of resources for parents, carers and students including support avenues which you can find on our website via this [link](#). We add to these on a regular basis.

[CAMHS Resources](#) - This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being.

**For well-being support in school please visit the Student Welfare Team in the General Office or Sixth Form Office or email [studentwelfare@kendrick.reading.sch.uk](mailto:studentwelfare@kendrick.reading.sch.uk).**

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## SAFEGUARDING

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**WHAT PARENTS AND CARERS NEED TO KNOW ABOUT ROBLOX** Whilst they can be a great way for friends to socialise, online games like Roblox that allow multiplayer gameplay with strangers are always fraught with a variety of dangers that can expose children to inappropriate or harmful content. Roblox enables people to play anonymously, which can often be something that attracts people to misuse the game and potentially put young people at risk of harm.

In addition to interacting with random strangers across the world, other factors such as in-game purchases and potential scams can also pose a financial risk. It's important that parents and educators remain aware of the risks associated with this popular title and how it can be used safely. This guide – also available in podcast format – offers

parents and educators expert advice on what can be done to ensure that young people have a safe and enjoyable experience with Roblox.

## [PARENT /CARER GUIDE TO ROBLOX](#)

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## TIPS TO HELP CHILDREN/YOUNG PEOPLE TO STAY SAFE ON SOCIAL MEDIA – LOCATION SETTINGS SOURCE NSPCC

It can be helpful to remind children that they shouldn't share location information:

- on their posts
- on public forums and chats
- on videos
- with people they don't know.

Consider reviewing the location settings on their favourite app or game and talk to them about what they're sharing online.

It might be appropriate for your child to share their location with a trusted adult or friend. For example, if they're travelling home alone or arranging to meet a group of friends outside school, then it can be a good way to help keep them safe.

Remember that if children share their location publicly, it could be seen by someone they don't know.

This can increase the risk of cyberbullying, stalking or unwanted contact (from friends or others) or becoming a target.

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**YOUNG VOICES DIGITAL GOODIE BAG** Young Voices has been working with the Reading Community Safety Partnership since 2023, when it launched its version of the Reading Community Safety and Serious Violence Strategy. Since this time, the project has been involved in many events, including leading the first summit on online safety, and now convening work with senior leaders to explore safety in the public realm.

Below are several videos that have been created with Young Voices, involving the talents of starting Point and its young people.

- [The effects of sharing online](#)
- [Young Voices – What adults need to KNOW about online safety](#)
- [Young Voices – What adults need to ASK about online safety](#)

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## MENTAL HEALTH AND WELLBEING

**THE IMPORTANCE OF GOOD SLEEP** The theme for **World Sleep Day on Friday 14<sup>th</sup> March** is **Make Sleep Health a Priority**. The scientific evidence is clear: your sleep is essential to health and wellbeing. Good sleep promotes wellness and resilience while poor sleep negatively impacts almost all aspects of your body and mind. Your sleep is just as important as nutrition and exercise!

### [THE TEEN SLEEP HUB](#)

The one stop shop for all you need to know about sleep!

If you're looking for advice on how to sleep better, would like tips on tweaking your routine or help to understand the science behind your sleep patterns, you'll find it all [here](#).



The Teen Sleep Hub has been funded by the National Lottery Community Fund and Coronavirus Mental Health Response Fund (administered by the charity, Mind, in partnership with the Mental Health Consortia) who understand how important sleep is for good mental health.

## Why doesn't my teen sleep?

There is a great deal of emphasis on teaching teens about healthy eating and exercise but not enough on the importance of a good night's sleep. Sleep problems can be a very serious issue and lack of sleep has been linked to obesity, depression and impaired learning.

If you're having trouble getting your teenager out of bed in a morning, then there are several practical hints and tips that may help. Talking over worries may well help to put them into perspective.

- **Emphasise the importance of sleep** and that it improves memory and performance. Teens need at least eight hours' sleep on school nights.
- **Encourage regular exercise** – 20 minutes three times a week will help.
- **Suggest they drink less caffeine** (in cola and energy drinks as well as tea and coffee). Too much caffeine stops them falling asleep and prevents deep sleep.
- **Point out that eating too much or too little close to bedtime** – an over full or empty stomach – may prevent sleep onset, or cause discomfort throughout the night.
- **Try and get your teen into a good bed routine** – suggest that doing the same things in the same order before going to sleep can help.
- **Eliminate electronic devices from the bedroom.** If this isn't possible, try to zone areas of the room for work, leisure and sleep.
- **Ensure a good sleep environment** – a room that is dark, cool, quiet, safe and comfortable.
- **Make sure your teenager has a comfortable bed.** It may be time to get a new one – and encourage him or her to choose it themselves.

Remember, habits learned in adolescence often become lifetime habits – so make sure good sleep habits are learned early.

You can download the Parents' Information Booklet [here](#).

<https://teensleephub.org.uk/>

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## MENTAL HEALTH COFFEE MORNINGS IN READING SCHOOLS

Come and learn about mental health in a relaxed and informal setting. Understand how mental health might affect your child and learn practical tools to help you support your child through any mental health difficulties they may experience, whether short or long-term. These informal coffee mornings are run by Amanda Mavunga,

Reading MHST CAMHS Senior Clinician at BfFC. Amanda will deliver a presentation followed by an opportunity to ask questions. You can attend any session, even if your child does not attend the hosting school.

DATE/TIME	SUBJECT	SCHOOL
8 May 2025, 1-3pm	Managing behaviour	Park Lane Primary School
12 May 2025, 9.15-11.15am	Autism and anxiety	Whitley Park Primary and Nursery School
Half term		
16 June 2025, 1-3pm	Self harm	Whitley Park Primary and Nursery School
19 June 2025, 1-3pm	Phobias	Caversham Park Primary School
26 June 2025, 9.15-11.15am	Transition	Park Lane Primary School
4 July 2025, 9.15-11.15am	Understanding Berkshire CAMHS and neurodiversity service processes	Churchend Primary Academy
9 July 2025, 1-3pm	Transition	Caversham Park Primary School
14 July 2025, 1-3pm	Support with growing up, mood and hormone changes	Park Lane Primary School

## KENDRICK SCHOOL WELLBEING

For all our wellbeing information please click [here](#).

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## SCHOOL CALENDAR FOR TERM 4, 2024-25

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<b>Tuesday 18<sup>th</sup> March</b>	Year 12 Maths trip to The Hexagon
<b>Wednesday 19<sup>th</sup> March</b>	Year 12 Geography Coasts trip
<b>Thursday 20<sup>th</sup> March</b>	A Level Music Performances
<b>Friday 21<sup>st</sup> March</b>	KPS Disco for Year 8 & 9
<b>Tuesday 25<sup>th</sup> March</b>	Profiling Day
<b>Wednesday 26<sup>th</sup> March</b>	A Level Biology trip to Oxford
<b>Friday 28<sup>th</sup> March</b>	Trustee Day
	Year 11 English trip to London - The Shakespeare Globe
<b>Tuesday 1<sup>st</sup> April</b>	Spring Concert
	KPS Sixth Form Online Drop In with Ms Kattirtzi
<b>Wednesday 2<sup>nd</sup> April</b>	Year 13 Celebration Day
<b>Thursday 3<sup>rd</sup> April</b>	Year 11 Celebration Day

Term dates for 2024/25 and 2025/26 can be found [here](#). Please check these carefully before booking holidays and trips.

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## NEWS, NOTICES, COMPETITIONS AND EVENTS

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**WHITLEY FOOD BANK** The Food Bank is collecting again for two weeks in the run up to Easter. Usual items are being requested and maybe some Easter themed treats? Please remember that donations through ParentPay are also greatly appreciated.

Earlier this term we were able to donate a cheque for £500 with money raised from a raffling a Christmas hamper and a cardboard Harry Styles as well as donations made through Parentpay.

The Whitley Food Cupboard and the community it supports regularly express their heartfelt thanks through Sarah Rooke, who runs the Food Cupboard, and we are very pleased that we have been able to give sustained support for over two years now. Thank you for your support.

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**STEP UP TO SOCIAL WORK – APPLICATIONS NOW OPEN** Applications are now open for the 2026 step up to social work programme – an intensive, 14-month, full-time programme with a focus on child and family social work. If you want to become a social worker but do not have a degree in social work, you can train through this programme. Full details can be found on [the gov.uk website](https://www.gov.uk).

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## CAREERS GUIDANCE AND EVENTS

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*Please note that whilst we are happy to share these opportunities with you, we are unable to endorse or recommend them.*

### [YEAR 10 OR ABOVE] THE QUEST FOR THE WORLD'S HIGHEST MAGNETIC FIELD

**Tuesday 18th March (After School, 3:45–4:45pm)**

Dr James Ellison (ETH Zurich) will showcase cutting-edge research into compact HTS magnets and their potential applications in energy storage, battery research and carbon capture. He will also share insights into his journey from Cambridge to ETH Zurich, exploring how advancements in magnet technology could shape the future of science and sustainability. Register here: [Inspire Lecture: The quest for the world's highest magnetic field | Events | Reading School Alumni Society](#)

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**UNIVERSITY OF BRISTOL'S DESTINATIONS CONFERENCE 2025** for students from **Asian and Black backgrounds**.

**Wednesday 19<sup>th</sup> March 2025 17:00 – 18:30 online**, free for students in **Year 12** [sign up here](#).

The event will be online, with current students, societies and staff in attendance to offer an insight into the lived experiences of Students of Colour at the University of Bristol. **Free train travel** to [June Open Days](#) to attendees of The Destinations Conference. Terms and conditions apply.

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## VACANCIES

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We have the following vacancies at Kendrick School. More information on each of the roles can be found by clicking on the roles below. Please pass on this information to family and friends.

[Chemistry Teacher](#) for September 2025. Deadline for applications 9am Monday 24th March 2025

[Science Teacher for Terms 5&6](#). 0.5 FTE. Short term contract. Deadline for applications 9am Monday 24th March 2025

[Physics Teacher](#) for September 2025 to cover a maternity leave for a year. Deadline for applications 9am Monday 24th March 2025

[Governance Officer](#). To join in April 2025. 200 hours over the academic year. To be worked flexibly in school and at home although applicants must be able to attend pre-arranged meetings which take place after school, remotely or face to face. Deadline for applications 9am Monday 7<sup>th</sup> March 2025.

*Kendrick School is committed to safeguarding and promoting the welfare of young people and expects all staff and volunteers to share this commitment. Any successful applicant will be required to undertake an Enhanced Disclosure check by the Disclosure & Barring Service. Kendrick School is an Equal Opportunity employer.*

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## PARENTPAY AND EVOLVE REMINDERS

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*We would like to bring to your attention the following ParentPay items, please login to your ParentPay accounts for details. Thank you for your continued support.*

### PARENTPAY

School fund Donation

Whitley Community Food Cupboard – cash donations

Year 10 and 11 GCSE English set text contributions

Year 12 and 13 A level English set text contributions

Year 10 2025 MFL trip to France or Germany instalments

KPS Own Clothes Day – 27<sup>th</sup> February 2025

### EVOLVEPAY

*Payment can be made via trip payment emails or a myEVOLVE account if you have set this up.*

Year 12 and Year 13 French BFI visit – February 2025

Year 13 Spanish BFI visit – February 2025

Year 11 English Macbeth trip – March 2025

Year 8 Bushcraft -May 2025

Year 12 Hengistbury Head – March 2025

Year 12 Work Experience June 2025

## EVOLVESHOP

*Purchase can be made via payment links or a myEVOLVE account if you have set this up*

GCSE Drama set text (The Crucible, Arthur Miller)

Year 9 and Year 10 French and German plays

Air Ambulance Concert- Wednesday 12<sup>th</sup> March 2025

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## KENDRICK PARENTS' SOCIETY (KPS)

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### PRE-LOVED UNIFORM SHOP

Our next opening will be on **Saturday 26<sup>th</sup> April 2025, 9am - 11am in the Conservatory**. Please note that donation point has been moved to the outside of library.

### DROP-IN SESSIONS

Year Group: 6<sup>th</sup> form (Year 12 and Year 13) with Ms Kattirtzi and Mrs Hearn

Date: Tuesday 1<sup>st</sup> April

Time: 5:30 pm to 6:30 pm

Google meeting link: please follow the link provided in the email from school (meeting links will be circulated nearer the date)

The protocols for the sessions will be explained before the meeting starts. We look forward to meeting with everyone. Please take advantage of this opportunity.

### VOLUNTEERING OPPORTUNITIES AT KPS

#### KPS Events and Refreshments Volunteers

As you are aware, we run many events and support school activities like music or drama performances during the year. We need volunteers to help these events even if for few hours. To join our team of enthusiastic and dedicated volunteers, please join the WhatsApp group using this link: [KPS Events and Refreshment Volunteers](#)

#### Pre-loved Uniform Shop Volunteers

Are you available on Saturday mornings? We're looking for volunteers to help run our pre-loved uniform shop. This initiative not only helps raise funds for the school but also supports environmental sustainability by reusing uniforms. It's a fantastic way to provide great value to parents while ensuring students have access to quality uniforms at reduced prices. Join our team by clicking on this WhatsApp group link: [Kendrick Uniform Shop Volunteers Group](#)

**JOIN KPS** Since KPS operates as a registered charity, we invite you to become a part of our community by joining us. Connecting with your daughter's school through KPS is a simple process.

Please take a moment to complete our [online membership form](#) making your involvement seamless and effortless. Your participation is highly valued, and we look forward to welcoming you to the KPS family.

**KPS FACEBOOK CLOSED GROUP** KPS runs a closed Facebook group where we provide details of upcoming events and other important information. To join this group, search for the "**Kendrick Parents' Society**" group (<https://www.facebook.com/groups/1514675551882470/>) and ask to join – **once we have confirmed that you are a member of the KPS, we will approve your request.**

KPS Team