

# Kendrick School - Weekly Update

Friday 13<sup>th</sup> December 2024

## LETTER FROM MS KATTIRTZI, HEADTEACHER

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Today many students and staff are wearing Christmas jumpers as part of the [Save the Children Fund initiative](#) to raise funds for the charity's Christmas Appeal. We are asking parents for a donation of £2 and you can donate via your Parentpay account. Elsewhere our charity efforts continue to be strong with the sixth form organising more Fringe activities, today being the ever-popular lip synch challenge featuring staff groups. The proceeds raised from the Fringe events will go to [Berkshire's Women's Aid](#). We continue to support the Whitley Food Bank through donations that parents gave at the recent school events we have had, thank you. Closer to home parents have been supportive in contributing to KPS and the Christmas Wishlist which so far has raised £1350 towards the £4k target. The Wishlist closes on 19<sup>th</sup> January 2025 but please don't delay in giving your contribution, which you can do so here [WishList Project 2024](#). I am aware that it seems everyone is asking for money and donations, however, I feel that this is the time of year for giving and those who can should endeavour to do so. We know that not everyone is looking forward to a bright or cheery Christmas for whatever reason, so giving to the charities and communities who have financial and social need, whether this is locally nationally or internationally, will make a difference. Please make time to think of others as you make your preparations for this festive season.

Like all other schools, the last couple of weeks of term are super busy. We started the week with our Dance Enterprise Day, a day when all tutor groups in Years 7-11 work together to create a dance on a given theme. In just one day students rise to the challenge of choreographing, practising and deciding on costumes and props to perform their dance pieces on Performance Day which was Tuesday. I saw Year 8 perform their dances and watched the other winning dances on video on Wednesday. Such a wonderful event showcasing the creativity and teamwork of our students; well done to everyone. The winning forms were: 7AM, 8ED, 9BW, 10RR, and joint winners in Year 11 were 11CJD and 11CM. On Wednesday we had the Christmas Concert, another delightful event with students across the school, in small and larger groups, performing some beautiful pieces with the ever-favourite finale which is the whole of Year 7 singing a Christmas song, this year, *Underneath the Tree*. They will perform this again at the final assembly next Friday. Finally for this week, Year 10 Drama GCSE students are performing their prepared Panto to an audience of local primary schools who appear to be having a fun time.

On the website this week there are a couple of interesting and important articles, I would like you to read. Firstly, an exceptional learning opportunity that one of our Year 13 students, Samragee, has undertaken in America as an [Ambassador at the Honeywell Leadership Challenge Academy](#). Secondly an article on our [Widening Horizons initiative](#) which has just been launched for this year and will begin in January. Once again, we will work with students from neighbouring primary schools who will be invited to attend our Inspire Club and other initiatives which we know can help raise attainment and ambition for some local children.

Finally, I will end again with another poem from our Advent Poem of the day, which is about the '*mystery of nature and the miracle of life*', where the poet celebrates those "*moments / That are better than knowing something, / And sweeter*" and admits that "*I love this world, / But not for its answers.*" Enjoy this beautiful poem.

Snowy Night  
by Mary Oliver

Last night, an owl  
In the blue dark  
Tossed  
An indeterminate number  
Of carefully shaped sounds into  
The world, in which,  
A quarter of a mile away, I happened  
To be standing.

I couldn't tell  
Which one it was –  
The barred or the great-horned  
Ship of the air –  
It was that distant. But, anyway,  
Aren't there moments  
That are better than knowing something,  
And sweeter? Snow was falling,  
So much like stars  
Filling the dark trees  
That one could easily imagine  
Its reason for being was nothing more  
Than prettiness. I suppose  
If this were someone else's story  
They would have insisted on knowing  
Whatever is knowable – would have hurried  
Over the fields  
To name it – the owl, I mean.  
But it's mine, this poem of the night,  
And I just stood there, listening and holding out  
My hands to the soft glitter  
Falling through the air. I love this world,  
But not for its answers.  
And I wish good luck to the owl,  
Whatever its name –  
And I wish great welcome to the snow,  
Whatever its severe and comfortless  
And beautiful meaning.

Wishing everyone a peaceful weekend and with that I send to you all our delightful [musical Christmas card](#), designed this year by Joy in Year 12, with music prepared by our senior students.

Please continue to read the rest of the Weekly Update.

**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.



# 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 will be adding 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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### CRIMINAL EXPLOITATION AND COUNTY LINES, SERIOUS VIOLENCE AND GANGS

source: [Gov.uk](#)

Children and young people at risk of serious violence or involved with gangs, county lines and criminal exploitation need help and support. They might be involved in violence, be pressured into doing things like stealing, carrying drugs or weapons or be abused, exploited and put into dangerous situations. Criminal exploitation can take place in person or online.

- [NSPCC's 'Criminal exploitation and gangs'](#) - if you have concerns that your child is being criminally exploited, involved in gangs or county lines, as well as more information on what these terms mean - phone 0800 800 500 or email [help@nspcc.org.uk](mailto:help@nspcc.org.uk)
- [Children's Society resources on criminal exploitation and county lines](#) - for parents who are concerned their child may be being criminally exploited or involved in county lines
- [Parent Info](#) - information for parents about [knife crime and gang involvement](#)

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## STAYING SAFE ONLINE

### GAMING

SOURCE [Childline](#)

Lots of people enjoy playing games, and there are different games for everyone. But there are lots of things that might stop your game being fun, like:

- [being bullied](#) or hurt
- not feeling [able to stop](#)
- competing too much with other people
- getting in trouble with your parents or carers for playing games too much.

5 ways to keep gaming fun:

1. Block, report and mute people who troll or bully you in games
2. Take short breaks if you're gaming for a long time
3. Don't share [personal information](#) with people in games
4. Avoid in-game purchases like loot boxes
5. Check the age rating of any games you play

If you're not enjoying gaming, there are lots of things you can do. Click here to find out more from [Childline](#).

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## ADVICE FOR PARENTS - SETTING UP DEVICES SAFELY

Many children will receive new devices for Christmas, and indeed, some will receive their very first smart phone. It's important to take the time to ensure these devices are set up safely.

Internet Matters have provided a number of useful guides to support parents with device set-up, including on key devices such as Amazon Echo, Apple and Android phones, Fitbit's and Amazon Fire. These guides can be found [here](#). Support for games consoles and gaming platforms such as Discord and Twitch TV have also been provided. These can be found [here](#).

Many young people will use their Christmas break to load their phones up with new apps, and it is important to support your child to ensure relevant privacy and security settings are built in, Internet Matters have provided set-up guides [here](#).

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## KEEPING YOUR KIDS SAFE ONLINE – 18<sup>TH</sup> DECEMBER

### Free webinar for parents and carers – Thames Valley Police

Hints and tips to secure your family online, covering

Gaming

Social media

Email

Book your space through Eventbrite [here](#).

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## MENTAL HEALTH AND WELLBEING

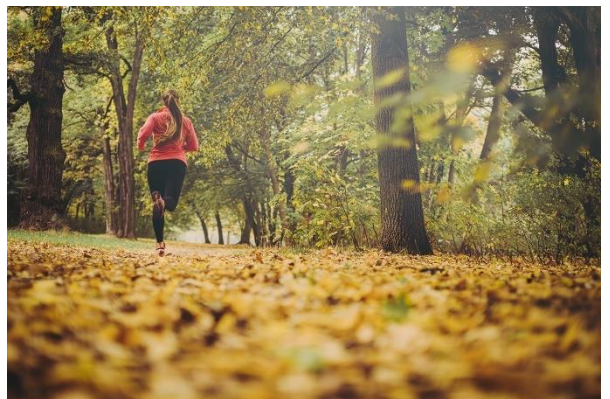
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### LOOKING AFTER YOUR MENTAL HEALTH THROUGH THE WINTER SOURCE [Met Office](#)

The winter months can be difficult for many of us and our mental health.

With dropping temperatures and shorter days, we might feel the need to sleep for longer, notice a change in our appetite, or find it difficult to do things we normally enjoy.

As we continue through winter, we have some information from mental health charity, [Mind](#) on how to spot the signs that the winter might be impacting your mental health, as well as suggestions for support and self-help.



**What self-care can I try?** If you feel your mood is low during the winter, there are some things you can try to help you feel better. These are just suggestions, and they may not always work for you. Different things work for different people at different times.

**1. Make the most of natural light** Some of us find it helps to spend time in natural light, for example going for walks, spending time in parks or gardens, or simply sitting near a window.

**2. Plan ahead for the winter** If you can, try and do some essential tasks ahead of the winter. For example, try to make meals in advance and freeze them if you know you find this difficult sometimes during the winter.

Try and plan times to relax, particularly if winter can be a busy time for you. It is okay if you need to re-arrange plans or take time for yourself if you feel you need to.

Mind have information on [relaxation](#) and [managing stress](#) that might also help with planning ahead.

**3. Talk to someone** It can be hard to reach out when you're not feeling well, but it might help to share how you're feeling. Talking to someone who understands us and listens to us can be beneficial to our mood. You could try talking to:

- Someone close to you that you feel comfortable with
- A helpline or a befriending service
- A peer support service
- A professional, such as a GP or therapist.

Mind has more information about talking to someone about your mental health on [their website](#).

**4. Look after your physical health** Looking after your physical health can make a difference to how you feel emotionally.

If you can, try and do some regular physical activity during the winter. Physical activity can be very effective in lifting mood and increasing energy levels. It doesn't have to be anything too strenuous. It could be yoga or walking, or even activities like housework or gardening. Eating well, getting enough Vitamin D, getting a good [sleep](#) and looking after your hygiene can also all be helpful for your mood during the winter.

Mind has more information on [looking after your wellbeing](#) on their website.

**What is seasonal affective disorder (SAD)?** [Seasonal affective disorder \(SAD\)](#) is a form of depression that people experience at particular times of the year, most commonly during winter.

Most of us are affected by seasons changing in some way, and it's normal to feel a bit sluggish during the winter. However, for some of us the effect on our mood and energy level can be much greater, often impacting day to day life. If we already experience symptoms of depression at other times of the year, these could be made worse by SAD.

Some of us might find we can use self-care strategies to help manage our SAD, and some of us might find extra support helpful. If you find that your SAD symptoms are starting to have a significant impact on your day-to-day life, you might find it helpful to talk to your GP. They will be able to give you further information and discuss treatment options with you.

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## KENDRICK SCHOOL WELLBEING NEWSLETTER

For all our **Wellbeing Newsletters** please click [here](#).

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## SCHOOL CALENDAR FOR TERM 2, 2024-25

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<b>Tuesday 17<sup>th</sup> December</b>	Year 13 Presentation Event
<b>Thursday 18<sup>th</sup> December</b>	Christmas dinner day in the canteen
<b>Friday 20<sup>th</sup> December</b>	End of Term 2, 3.15pm Library closes at 3.15pm

The school calendar for the academic year can be found [here](#). For the Term Dates for 2024-25 and 2025-26 please click [here](#)

**IMPORTANT: Please note that the Library will close at 3.15pm on Friday 20<sup>th</sup> December.**

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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.*

### FREE ONLINE KING'S COLLEGE LONDON MEDICINE AND DENTISTRY LECTURE SERIES

- now open! [application form](#) for students who are interested in becoming a **doctor** or **dentist**.

Applications will close on Friday 10<sup>th</sup> January.

Lectures include:

- Medical and dental specialties: cardiology, oral surgery, renal transplant, and many more!
- Q&A's each week with current medical and dental students.
- Support with the application process: UCAT, personal statements, and interviews.
- Q&A with admissions colleagues in the school of medicine at KCL, UCL, St George's, Queen Mary, Brunel, and Imperial. [students should follow this link](#).

For students studying at a **state selective** school, they must meet one of our **widening participation criteria**. For full details, please see the application form.

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### GET INTO DENTISTRY CONFERENCE: Sunday 12th January 2025 from 9:30am - 3:30pm

Register here for FREE: <https://airtable.com/appgXnyzN5ZD9lw6/shrBuiR7SBAC19kE>

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### ORACLE WOMEN IN LEADERSHIP AND TECHNOLOGY | VIRTUAL WORK

**EXPERIENCE | 17-19 February | 10am-3pm | Age 16-19 | [Young people apply here by 30/01/25](#)**

Are you looking to explore career paths and gain real insights into the tech world? Oracle is the 3rd biggest software company in the world with over 160,000 employees across 75 different countries. This unique experience is tailored to help you explore your future career options in tech—whether you've thought about it before or are just curious. Discover diverse roles in areas like marketing, design, social impact, and engineering—there's so much more behind the scenes of a tech company than you might think. Our programme is delivered by Oracle interns from prestigious universities, many not much older than you! They've built a program that addresses what they wish they'd known at your age. You'll walk away with an experience you can talk about on your CV and through interactive workshops, we'll equip you with the skills to talk about it well. This experience is designed for anyone interested in exploring diverse career paths—no technology background required! Just bring your curiosity and an open mind, and we'll take care of the rest.

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**PWC EXPERIENCE DAY – Thursday 16<sup>th</sup> January.** [PwC](#), is running an Insight Experience day in their Reading office, for female students in Year 12 and 13 who are **on track for AAB** and have an interest in finance careers - taking place on **Thursday 16th January between 10am - 3pm**.

The event will involve presentations and experiences from staff and apprentices, with the aim of raising awareness of careers in finance and accounting. PwC will be hosting a panel with their current apprentices to inspire and inform students about their best next steps, delivering a Dragon's Den style challenge which will prepare students for any application process as well as providing career tips and an office tour.

If you are interested please email [lshaw@kendrick.reading.sch.uk](mailto:lshaw@kendrick.reading.sch.uk) who will put your name forward.



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## NEWS, NOTICES, COMPETITIONS AND EVENTS

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### TEEN POSITIVE PARENTING PROGRAMME (run by Brighter Futures for Children)

Tuesday 14<sup>th</sup> January – Tuesday 18<sup>th</sup> March 2025

Fairview Community Centre, 90B Great Knollys Street, Reading RG1 7HL

- Is your child 11-19 years old?
- Do you want to support your child when they show distressing behaviour?
- Do you want to help your teenager make positive choices?

Join our evidence based flexible parents programme. The group aims to strengthen your relationship with your teenager, promote your teen's development and equip you to help them recognise and avoid risky situations.

The programme is delivered in nine two-hour weekly group sessions on Tuesdays, term time only.

To enquire or book your place, please contact [parenting.reading@brighterfuturesforchildren.org](mailto:parenting.reading@brighterfuturesforchildren.org) or call 0118 9374858.

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### FACE FAMILY ADVICE

*Please be aware that there is a cost involved with the following. This service is not endorsed by Kendrick School.*

face2face is an opportunity for you to improve your communication with your teenager.

You will be guided through private one hour online workshop sessions, that will help both of you recognise what may have been going wrong between you, in terms of the way you speak and listen to each other.

Communication is a two-way street and usually, between parents and teens, errors are being made on both sides. Small adjustments and increased awareness can make huge improvements in our relationship with our children. This is not therapy, it is skills practice.

For more information please visit the website [here](#).



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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.

[Attendance Officer and Student Welfare Assistant](#). To join us in January 2025. 35 hours a week. Monday to Friday. 8am to 3.30pm. Deadline for applications 9am Monday 16<sup>th</sup> December 2024.

[Exam Invigilators](#). We are looking for Invigilators for the 2024/25 exam season. If you are interested in this role, then please visit our [website](#) or email [exams@kendrick.reading.sch.uk](mailto:exams@kendrick.reading.sch.uk) for an informal chat. Please note that Year 11 parents would not be able to invigilate GCSEs and Year 13 parents would not be able to invigilate A Levels.

*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 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.*

School fund Donation  
Whitley Community Food Cupboard – cash donations  
A level Maths graphical calculator  
Kendrick School Christmas Concert 2024- tickets £5  
Year 7 Profiling Day – November 2024  
Year 10 and 11 GCSE set text contributions  
Year 12 and 13 A level set text contributions

### **Trips**

Year 12 Wokingham Waterside Centre September 2024  
Year 12 and Year 13 French and History trip October 2024  
A level Geography Slapton – October 2024  
A Level Sociology in Action conference – November 2024  
Year 10 and Year 11 GCSE Drama trip to Oxford November 2024  
The Legacy of East Germany in film – 12<sup>th</sup> December 2024  
Year 10 2025 MFL France or Germany deposit

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## KENDRICK PARENTS' SOCIETY (KPS)

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**KPS COMMITTEE MEETING** This week we had KPS meeting on **Wednesday, 4<sup>th</sup> December 2024** from **6pm to 7:15pm**. Thanks to those attended and minutes will be circulated shortly. We discussed activities supported post last meeting and upcoming events.

**LAUNCH OF YEAR 2025 WISH LIST PROJECT** **Wish List Project** for this festive season, i.e. Dec is being setup to bring joy and generosity to our school, directly benefiting students and enhancing their school experience.

We now have the wish list from the school and site is expected to be setup this weekend. We request your full support to make this success.



**PRE-LOVED UNIFORM SHOP** Next pre-loved uniform store **opens on Saturday 11th January 2024, 9am - 11am in the Conservatory**, conveniently located in the Conservatory next to the school library.



**Parking is usually available in the Cedars car park** along London Road, just past the dentist near the traffic light.

Parents and carers are welcome to utilise the opportunity.

If you have uniform, PE kit or lab coats to donate, your donation can be left either at Reception or the students can leave it in a collection box by the Servery.

## **VOLUNTEERING OPPORTUNITIES AT KPS**

### **KPS Events and Refreshments Volunteers**

As you are aware, we run many events and also 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**