Kendrick School - Weekly Update Friday 4th April 2025

LETTER FROM MS KATTIRTZI, HEADTEACHER

I will start the Weekly Update this week with an abundance of articles on the website featuring some of the activities and achievements that have taken place in school this term. Please take time to read them.

- Maths Inspiration
- Chess Report
- Careers Fair
- Readathon Club Completes 'Great Expectations'
- Poetry by Heart Competition 2025

As it is the last day of term, we started our day, as we always do, with a whole school assembly. It is the assembly which rounds off the year of office for our Kendrick Student Leaders and the House year. The student leaders gave their report outlining all that they have done over last year. As well as the many activities they have led and organised across all the committees and house, they also thanked their peers and teachers and staff and graciously spoke about their role in the team and how much they appreciated and enjoyed this special honour they have had. It was lovely to hear these sincere words of gratitude from the students, as well as see the level of maturity they and their fellow students have reached which will assist them in doing the great things they hope to do in the future and in their life beyond Kendrick.

Also, in the assembly we listened to some beautiful music including the Mass Choir and Chamber Choir who sang the catchy and up-beat song, *Another Day of Sun*, from the film La La Land, a percussion ensemble - a drum piece played by the newly organised group of percussionists led by Katie in Year 12, and some beautiful piano pieces played by Vanessa, Jodi and Natalie. These pieces featured in the Spring Concert earlier in the week and were extremely impressive along with other solo pieces performed by our Year 13 students, who have, over the years of being at Kendrick, dedicated much time and effort to music and performance. Thank you to them all.

Another important part of our assembly was hearing a creative writing piece written by Faith in Year 11 and a poem read by heart by Tasnim. Both pieces have been entered into national competitions. Below is Faith's piece in which she has written an updated version of the Porter's speech, a character in Shakespeare's play, Macbeth. In the play, the Porter delivers a comic monologue in which he pretends that he is guarding the gates of hell and describes some of the people who he thinks deserve a place in hell. Students were set the challenge of making a list of habits that might annoy a modern teenage audience, and Faith's speech was the winner, meaning that her words have been performed on stage at the Globe for the entire run of this production. Her jokes about social media, fake activists and AI cheats have had audiences roaring with laughter, and she was even mentioned in a Guardian review, which you can read here. The link to this article will be shared with you next term.

[Knocking]

Knock, knock! Who's there? Ah, here's the 'Snap-streak hero', losing sleep over his 300-day streak but couldn't be bothered to show up to school on time. "Send a blank screen! Quick!" they yell, as if the apocalypse is coming. Mate, come on in. There's no streaks in hell - just flames.

[Knocking]

Knock, knock! Who's next? Oh, it's the 'fake activist', shouting about saving the planet on TikTok while holding a £7 iced latte in a cup the size of a water cooler. "Earth first," he preaches—but you were spotted at the fast-fashion sale last week, weren't you? Come in, greenwasher! It's hot enough in here to melt your hashtags.

[Knocking]

Knock, knock! Who's this? Ah, it's the teacher's pet turned cheat, bragging about their perfect grades—until we found the AI essay generator open on their laptop. Swore they did it all "on their own," didn't they? Well, come on in, cheater; hell's got no shortcuts, and no bots to bail you out.

[Knocking]

Still knocking? What is this, a queue for the new iPhone? Fine! Come in—the Snap addicts, the hypocrites, the cheaters, the influencers with more filters than friends. You've scrolled, swiped, and faked your way here.

And now? Welcome to hell. Don't worry—you'll still get notifications. They just say "LOL, you're doomed."

We also said goodbye to a few members of staff that are leaving us this term: Ms Maitland, English Teacher and Second in Department and Mr Crowther Chemistry Teacher, we wished them well for their future. We finished the assembly with some quiet reflection on this term and all that we have done together and the gratitude we have for being part of our school community. I spoke of the importance of this season for people of faith and the religious festivals and occasions that have been and are to come.

With these thoughts in mind, I wish you all a happy and restful holiday.

Please read further in the Weekly Update.

Ms Christine Kattirtzi Headteacher

KENDRICK SCHOOL'S SOCIAL MEDIA PLATFORMS

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

WORRIED ABOUT A CHILD?

If you have a concern about a child at Kendrick School, please email 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 0808 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 <u>link</u>. We add to these on a regular basis.

<u>CAMHS Resources</u> - 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.

SAFEGUARDING

AVENUES OF SUPPORT FOR THE HOLIDAYS



<u>Shout</u> – here for you 24/7 with <u>resources and tips</u> to support you when you are feeling anxious, low, stressed or overwhelmed.

<u>The Mix</u> – understanding Mental Health can be trick but The Mix is there to make sure you don't have to do it alone. <u>The Mix Counselling service</u> offers short-term help with mental health and emotional wellbeing for anyone aged 25 and under.

<u>Young Minds</u> – can help you find the right support for you. From looking after your mental health to understanding medication, they are lots of useful links to all kins of advice and guidance.

Mind – Mind understand mental health and wellbeing. They are there for you if you are finding things hard. They help everyone understand mental health problems, so no-one has to feel alone.

The **Tellmi app** - allows you to talk anonymously about difficult things with other people of a similar age or experience. Tellmi is anonymous so you can talk about virtually anything, and because every post and reply is checked by a human before it goes live, it is completely safe and you are guaranteed to only get supportive replies. When you register, remember to add your school portal. This will tell you about other things in school to support you. "I actually didn't realise how much better this app can make someone feel. I love being able to ask my own questions and just the experience of trying to help even one other person helps me to feel happier too".

Tellmi is completely confidential. Download. Offload. Feel Better.

MENTAL HEALTH AND WELLBEING

HOW TO HELP A CHILD THAT FEELS LONELY Loneliness is a difficult feeling for anyone, so it's not surprising that children can really struggle when they feel lonely. By learning more about loneliness, you can work with your child to help them.

What does loneliness mean? Loneliness is defined by The Campaign to End Loneliness as:

'a subjective, unwelcome feeling of lack or loss of companionship. It happens when there is a mismatch between the quantity and quality of the social relationships that we have, and those that we want'.

While loneliness can be caused by being physically alone, being alone doesn't necessarily lead to feeling lonely.

Sometimes children can feel lonely even if they're often with other people. They might be feeling this way if they don't feel properly seen or understood.

Loneliness can look and feel different for everyone, but if you're worried about your child, it's good to talk to them about what they might be feeling and experiencing.

My child has said they feel lonely. What should I do? If your child tells you they feel lonely, it's important to listen carefully to them. You could repeat back what they've said to you, to check you've understood them.

Reassure them that loneliness can be a temporary feeling, and that you're here to support them. Let them know that anybody can feel lonely at times, and you can work together to help them find ways to feel less lonely.

You could help them practice social interactions through role play or encourage them to join groups or clubs that they're interested in or excited about.

You could share <u>Childline's page on loneliness</u> with them if they want advice or to learn more about the support that's available.

Why does my child feel lonely? There are lots of reasons a child might feel lonely. Thinking about the reasons why your child might be struggling with these feelings could help you understand the best support you can give them.

Some common reasons for loneliness include:

- Feeling like they need more friends or to feel closer to the friends they have.
- Not having as many chances to socialise and see friends as they'd like.
- Wanting a closer relationship with family or their community.
- Problems with self-esteem, meaning they might not feel confident about making and keeping friends.
- Struggling with a physical or mental health problem.
- Life changes, such as moving house, changing schools or parents or carers separating, meaning it's more difficult to see their usual support network.

What can I do to help my child feel less lonely?

You could try making an action plan with them. This could look like:

Communicating openly Try to talk and listen to your child regularly and without judgement, acknowledging and validating their feelings as much as possible.

Understanding the cause Work together to figure out why your child is feeling lonely.

Encouraging socialising You could help your child practice social interactions through role playing. And you might see if there are any clubs or groups your child might be interested in joining.

Building their confidence When you notice your child is making progress or putting in effort, it's important to acknowledge this and praise them, even if the steps they're taking are small.

Creating a supportive environment Spending regular, quality time with your child will help them feel supported by you. You can also encourage them to express themselves and their feelings in a way that's safe and that they enjoy.

How often should I check in with my child? Loneliness isn't something that will feel resolved in one conversation, or by doing your action plan just once.

By having regular chats and check-ins with your child, they'll have more chances to talk to you about how they're feeling and if their loneliness is feeling better or worse.

You might agree on a regular time to sit down and talk, free from distractions, where your child knows they can talk openly about loneliness or anything else on their mind. Make sure they know they can come to you anytime they need to talk.

What if things seem to be getting worse, not better? If you're worried that your child's loneliness is getting worse, it's important to speak to teachers, community leaders, or others who know your child well. They could give a different perspective or other suggestions to help. Encourage your child to visit our Student Welfare Team, talk to their tutor or a Student Wellbeing Ambassador.

You can also reach out to healthcare professionals for more support, which could be in-person or online. And NSPCC's befriending service, <u>Building Connections</u>, is also here to help children and young people struggling with loneliness.

If you think your child might also be experiencing anxiety or depression, we got lots of advice which may be able to help. And they can also contact Childline for support.

SUPPORT FOR THE EXAM SEASON Looking after your wellbeing is always important but especially so during the busy exam season. We have gathered a few useful guides on our website for students with tips for keeping calm, some ideas for self-care and also guidance for parents on how to support their child.

Please remember that school is here to help you, talk to your teachers or contact the Student Welfare Team, studentwelfare@kendrick.reading.sch.uk, for support.

WELLBEING SUPPORT FOR THE EXAM SEASON

KENDRICK SCHOOL WELLBEING

For all our wellbeing information please click <u>here</u>.

SCHOOL CALENDAR FOR TERM 5, 2024-25

Tuesday 22nd April Start of Term 5, 8.25am

Launch of the KPS raffle

Wednesday 23rd April Year 7 Parents' Consultation
Thursday 24th April MFL Trip Information evening

UCAS Discovery Trip Year 12

Friday 25th April Year 8/9 KPS Disco, 6.30pm to 8pm Saturday 26th April Pre-Loved Uniform Shop, 9am-11am

Monday 28th April Start of Exam Season Tuesday 29th April Open Day Sessions

KPS 6th Form Online Drop-In Sessions 5.30pm-6.30pm

Wednesday 30th April Open Day Sessions
Thursday 1st May Junior Maths Challenge

Lower School Chamber Concert Trustee L&T Committee, 4.30pm

Monday 5th May Bank Holiday

Thursday 8th May Year 11 Study Leave begins

Trustee Resources Committee, 4.30pm

Monday 11th May

Mental Health Awareness Week

Tuesday 12th May

Year 13 Study Leave begins

Wednesday 14th May KPS Meeting, 6pm-7.15pm (online)

Friday 16th May Start of Year 10 Exams Saturday 17th May KPS Raffle Closes

Monday 19th May Year 8 Bushcraft depart

Thursday 22nd May Trustee P&R Committee, 4.30pm

Friday 23rd May Curriculum Day

End of Term 5, 3.15pm

Monday 2nd June Start of Term 6. 8.25am

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

SPECIAL EDUCATIONAL NEEDS (SEND) NEWS

SPRING SEND LOCAL OFFER

NEWSLETTER The <u>spring edition of the new look SEND Local Offer Newsletter 2025</u> is now available. It's packed with lots of information including:

- Blog Lara Patel, Executive Director Children's Services
- Blog Carly Price, Strategic Lead for SEND Brighter Futures for Children
- News items, what's on/events available throughout the Easter holidays
- Early years updates from the sector
- What's on, events and workshops
- Preparing for adulthood updates for 16– 25-year-olds
- Short breaks, support services and much more...

Remember, this newsletter is just a snapshot of the wealth of information found on the www.readingsendlocaloffer.org.

Easter Timetable all sessions delivered live online via zoom £24 each 90 minutes long book online at facefamilyadvice.co.uk	
Facing Defiance	7 April 7pm
Anxiety Based School Avoidance	8 April 10am
Understanding Anger	8 April 7PM
Anxiety Explained	14 APR 10am
Cannabis & Ketamine Awareness	14 APR 7pm
What is ACT	15 April 10am
Introduction to OCD	15 April 7pm
Supporting Healthy Sleep	22 April 10am
Understanding the Teenage Brain	22 April 7pm
FREE Responding to Angry Behaviour	24 April 7pm
Improving Family Communication	28 April 10am
Autism Improving Communication	28 April 7pm
Understanding Addictive Behaviour	29 April 10am
Supporting a Child with ADHD	29 April 7pm
Anxiety Based School Avoidance	6 May 7pm

NEWS, NOTICES, COMPETITIONS AND EVENTS

SCHOOL LIBRARY BOOKS A number of manga titles are missing from the shelves in our Library, and they do not appear to have been checked out on the Oliver Library System.

We trust this is simply an oversight by one or more students in the rush to attend lessons or head home. If this is indeed the case, we would greatly appreciate it if these books could be returned to the blue box on the library returns desk as soon as possible. Please could you ask your child to check whether they have these books. Thank you.

READING SEA CADETS



CAREERS GUIDANCE AND EVENTS

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

If you are successful in gaining a place to an opportunity and it is in school time, you **must** request absence from Mrs Hearn. If granted you should then ensure you notify <u>attendance@kendrick.reading.sch.uk</u>, your form tutors and the teachers of the lessons you are missing.

KPMG VIRTUAL EXPERIENCE DAY: MONDAY 14TH APRIL 10-3PM (IN THE HOLIDAYS) Learn

about KPMG's early career pathways. Take part in interactive sessions and real-world business case studies. Gain insights into careers in professional services. Hear from current apprentices and senior professionals about their experiences at KPMG

https://www.surveymonkey.com/r/KPMG-Virtual

EASTER STEM WORK EXPERIENCE WITH SPECTRIS PLC WEDNESDAY, 16TH OF APRIL FROM

9AM - 3PM Are you interested in pursuing a career in engineering, science, or anything to do with STEM? Would you like to gain some rare and invaluable work experience with multiple global FTSE companies? If so, we have the perfect opportunity for you!

We are excited to announce that on Wednesday, 16th of April from 9am - 3pm, we will be hosting a virtual work experience day with Spectris, Malvern Panalytical, HBK and Servomex! Spectris are a FTSE company and own all the other science and engineering-based companies mentioned above. Collectively they operate in over 30 countries, employ over 7,500 people globally, and have generated a revenue of over a billion pounds as of 2024! Each of the companies Spectris owns specialises in a very specific areas of science and engineering and during this work experience day you will get the opportunity to take part in workshops and network with each of their companies.

Participating in an event such as this will not only allow you to learn more about industry, but it will also give you a unique opportunity to gain valuable experience that will be beneficial for adding value to your CV and LinkedIn profile. This will show employers (including Spectris) that you are proactive and looking to develop your skillset before entering the workplace, which can help you to be recognised as an ambitious and motivated individual as well as allowing you to stand out from other students.

Please sign up for this incredible opportunity, by using the registration link below. After the event you will receive a certificate that you can use on your CV's and any job applications that you make.

Registration Link: https://www.surveymonkey.com/r/Spectris-Easter

INTERNATIONAL LAW FIRM UNDERGRADUATE BURSARY PROGRAMME If you are in Year 13 and hold an offer to study law at a UK university, you could be eligible to apply for Sidley's Undergraduate Bursary programme!

As part of our commitment to increasing diversity at Sidley and within the legal profession, we are proud to introduce our bursary programme to support talented law students from less advantaged backgrounds.

What the bursary offers:

- ✓ Financial support throughout your undergraduate law degree
- ✓ Guaranteed work experience at Sidley
- ✓ Mentoring opportunities from legal professionals
- ✓ A chance to focus on your studies without financial concerns

Applications will open on 24 March 2025 and will close on 17 May 2025

EASTER STEM WORK EXPERIENCE WITH SPECTRIS PLC

Wednesday, 16th of April from 9am - 3pm

Registration Link: https://www.surveymonkey.com/r/Spectris-Easter

CLINICAL TRIAL SPECIALIST APPRENTICE

<u>5 yr Degree Apprenticeship (BSc BioScience) in United Kingdom-Europe - GBR-Farnborough-1-Pinehurst, - Syneos</u>
<u>Health</u>

The program is a 5-year commitment, with 80% on-the-job work and learning, and 20% distance learning for a BSc in Applied Bioscience with the University of Kent. During the 5 years, the successful applicants will cycle through the Clinical departments here at Syneos Health, gaining invaluable working experience in all facets of Clinical

Research. Please note, this is office, not lab-based work. The position will be office based in our Farnborough offices 4 days a week, with 1 day distance learning from home. Eligibility Criteria: Must hold 5 GSCE's - grades 9-4 (Including Maths and English Language) Be predicted a minimum of 80 UCAS points Ideally be studying for a Biology A level or Health related B-Tech, but Chem or Maths also considered Be eligible to work within the UK. Be able to be office based in Farnborough 4 days per week Able to start in September 2025. Opportunity to not only enter the highly competitive Clinical Research industry, but to be paid a competitive salary with benefits and have all tuition fees covered too.

MEET PWC: READING COMMUNITY INSIGHT EVENING

Date: Tuesday 06 May | Time: 17:30 – 19:00 | Venue: 3 Forbury Place, 23 Forbury Road Reading, Berkshire RG1 3JH

For students near Reading considering a future in accountancy. This event is perfect for all students Years 10-13, parents, and teachers in the community eager to discover how PwC is shaping industries and supporting career growth for ambitious students. Join them for an inspiring session hosted by PwC, a global leader in professional services. Discover the Flying Start Accountancy Apprenticeship Programme and how it can fast-track a career in accountancy.

For more information visit the webpage: Meet PwC: Reading Community Insight Evening - Pathway CT

OXFORD SOMALI ACCESS CONFERENCE Wednesday 21st May 2025, for Somalis in Year 12 https://forms.gle/M4BUxRyzzRCgg1oL7

VACANCIES

At the present time we have no vacancies at Kendrick School.

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.

PARENTPAY AND EVOLVE REMINDERS

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

EVOLVEPAY

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

Year 11 Rural Villages Geography field trip - January 2025

Year 8 Bushcraft -May 2025

Year 12 Hengistbury Head - March 2025

Year 12 Work Experience - June 2025

Year 12 UCAS Discovery Day – April 2025

GCSE Drama trip to The Globe – May 2025

A – Level Biology – Sutton Courtenay – 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 8 Careers Event – January 2025
Year 9 and Year 10 French and German plays
Spring Concert – 1st April 2025

KENDRICK PARENTS' SOCIETY (KPS)

YEAR 7 DISCO – CONDUCTED SUCCESSFULLY Yesterday we had a very successful disco event for Year 7. Thanks for the students, parents, staff and volunteers who contributed immensely to make this event wonderful and real joy.

YEAR 8 &9 DISCO - UPCOMING

The date for the disco for Year 8&9 for both Kendrick and Reading Boys students is set – here are the details:

Date: Friday 25th April 2025

Time: 6:30 pm – 8:00 pm (Gates open at

6:00 pm)

Venue: Kendrick School, Main Hall

Ticket Price: £8 (includes water & squash)

Drop-off & Pick-up: East Street Entrance

Parking: Parking is not available onsite so

find nearby places

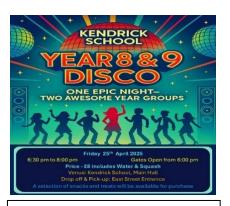
Parents Meet and Mingle: In Conservatory,

during the event

Snacks & treats available for purchase. Cash and cards are accepted at both the disco and the parents meet and mingle.

Looking forward to an evening full of fun and dancing! Do not wait until the last minute to buy your tickets as they are

limited so it's first come first serve basis.



Link to the tickets -

https://www.trybooking.com/uk/ERFH

Call For Volunteers:

We invite parents to join us as a volunteer to support the invite.

Contact

KPSTreasurer@kendrick.readin g.sch.uk

or KPSChair@kendrick.reading
.sch.uk to express your interest

DROP-IN SESSIONS WITH MS KATTIRTZI

The final drop-in sessions is for 6th Form with Ms Kattirtzi and Mrs Hearn, originally planned for Tuesday 1st April, is now on Tuesday 29th April between 5:30 pm to 6:30 pm. The meeting link will be shared prior to the event. Apologies for any inconvenience caused.

KPS SPRING RAFFLE

Preparations are now underway for this year Spring Raffle and we want to make it a huge success. This year, fund raising will be to support Music Department enhancements, which will benefit students directly.

We need your support in getting some more amazing prizes and if anyone can and/or know others who can donate something – big or small – it would be really helpful. You can email kpsraffle@kendrick.reading.sch.uk or kpsraffle@kendrick.reading.sch.uk.

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 <u>online membership form</u> 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