

# Kendrick School - Weekly Update

Friday 23<sup>rd</sup> May 2025

## LETTER FROM MS KATTIRTZI, HEADTEACHER

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Thank you to everyone who has responded to our KPS raffle appeal. As of 3.00pm today we have sold over 1328 raffle tickets and with donations have raised £6455 (after fees) which is 81% of our target figure. Although not every family has engaged in the fund raising (41% have), I am hoping a last push today before the raffle closes at midnight tonight will get us close to the £8k target. If you have still not bought your ticket but intend to, the link is [here](#) and the draw will be held between 2-3.00pm tomorrow. Thank you!

A busy week again, public exams for Years 11 and 13 continue, Year 10 exams have taken place this week and Year 12 exams follow next term, a tense time for these students. What I see and is being reported to me is that the processes are going well, and students are responding to what is being asked of them. Well done to all the students and to their teachers and staff, families and friends that are supporting them through this period.

Year 7 had a great day yesterday with Mrs McManus and Mrs Rock on the Wheelie Fun Challenge exercising their entrepreneurial skills and teamwork creating a model for a business. Most impressive were the names each group used for their business idea which were so inventive and fun making their market messaging clear and obvious.

Yesterday afternoon, our Year 8 students returned from a trip to a Bushcraft camp where they experienced the outdoor life for a few days, again developing their teamwork skills on a different level. Being in each other's company for three nights and four days away from home comforts, routines and their mobile phones, will have exercised their patience, resilience, as well teaching them some very important life skills. Thank you to the dedicated staff that accompanied them on this residential trip.

Below are links to news items from last term highlighting some of our Widening Horizons' activities.

[Primary School Netball Tournament](#)

[Widening Horizons – April 2025 Workshops](#)

I hope everyone has a good and restful Bank Holiday weekend and week ahead. Whether it is spent away or at home, I hope everyone can enjoy some rest and relaxation time doing activities you don't often have time to do. An interesting programme I listened to last weekend and recommend is the latest episode of Desert Island Discs, a Radio 4 programme. Last Sunday it featured Professor Dame Ijeoma Uchegbu, a most inspirational woman and scientist who is leading some cutting-edge science and medical innovations, do listen to it if you have some time. <https://www.bbc.co.uk/sounds/play/m002ccjz>

Wishing everyone a good weekend and week ahead. Please read further into the Weekly Update for important information and safeguarding updates.

**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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### AVENUES OF SUPPORT FOR THE HOLIDAYS

[Shout](#) – here for you 24/7 with [resources and tips](#) to support you when you are feeling anxious, low, stressed or overwhelmed.

[The Mix](#) – understanding Mental Health can be tricky but The Mix is there to make sure you don't have to do it alone. [The Mix Counselling service](#) offers short-term help with mental health and emotional wellbeing for anyone aged 25 and under.

[Young Minds](#) – 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 kinds 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.

Tellmi can be downloaded for free from [Google Play](#) and [Apple App Store](#). For more information visit [www.tellmi.help](http://www.tellmi.help)

Under 25s	Over 25s	Parents
<b>YOUNGMINDS</b> Crisis Messenger Text YM to 85258 Open 24/7	<b>mind</b> Call 0300 123 3393 9am - 6pm, Mon - Fri	<b>YOUNGMINDS</b> Parents Helpline Call 0808 802 5544 9:30am - 4pm, Mon - Fri
<b>THE MIX</b> Call 0808 808 4994 3pm - 12am, every day	<b>SAMARITANS</b> Call 116 123 Open 24/7	
<b>childline</b> ONLINE, ON THE PHONE, ANYTIME Call 0800 1111 7:30am - 3:30am, every day	For more advice and information visit: <a href="http://youngminds.org.uk/find-help">youngminds.org.uk/find-help</a>	

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## MENTAL HEALTH AND WELLBEING

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**EXAM STRESS – REPORT FROM NSPCC** Between 1 April 2024–31 March 2025, Childline delivered 1,647 counselling sessions where the young person mentioned exam/revision stress, an average of 137 counselling sessions per month.

NSPCC monthly counselling sessions about exam/revision stress peaked in May 2024 with 359 counselling sessions, which is over two and half times higher than the monthly average.

Where age was known, half (50%) of counselling sessions were with young people aged 12–15, around two fifths (39%) were aged 16–18, while 11% were aged 11 and under.

Some of the key themes that young people shared with Childline on this topic included:

- Putting pressure on themselves to do well
- Feeling pressure from parents and family members
- Struggling to balance revision and other parts of life like friends and hobbies
- Losing sleep over revision, exams and the idea of failing

- Feeling conflicted between knowing breaks can help with revision and stress, but feeling guilty for taking breaks
- Comparison to friends in how well they're doing in class/mock exams and how much revision they're doing
- Not having motivation to revise because it is hard and being convinced that they will fail regardless
- Feeling hopeless about the future if they don't do well in exams.

For advice from NSPCC for students on dealing with exam stress and information for parents and carers on supporting their child through the exam period, please click [here](#).

Kendrick School has also 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](mailto:studentwelfare@kendrick.reading.sch.uk), for support.

#### [WELLBEING SUPPORT FOR THE EXAM SEASON](#)

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## KENDRICK SCHOOL WELLBEING

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

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## SCHOOL CALENDAR FOR TERM 6, 2024-25

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<b>Monday 2<sup>nd</sup> June</b>	Start of Term 6, 8.25am Public exams continue Year 12 exams
<b>Saturday 7<sup>th</sup> June</b>	KPS Pre-Loved Uniform Shop
<b>Monday 9<sup>th</sup> June</b>	Year 10 MFL Trip departs
<b>Thursday 12<sup>th</sup> June</b>	Trustees L&T Committee, 4.30pm
<b>Tuesday 17<sup>th</sup> June</b>	Biology Trip to Sutton Courtneay
<b>Thursday 19<sup>th</sup> June</b>	Trustees Resources Committee, 4.30pm
<b>Friday 20<sup>th</sup> June</b>	Year 10 Geography Rivers Trip
<b>Monday 23<sup>rd</sup> June</b>	Year 10 Geography Rivers Trip Year 13 Farewell Tea Party
<b>Wednesday 25<sup>th</sup> June</b>	New Year 7 Induction Day
<b>Thursday 26<sup>th</sup> June</b>	Sixth Form Induction Day New Year 7 Parents' Information Evening
<b>Monday 30<sup>th</sup> June</b>	Creative Arts Week
<b>Tuesday 1<sup>st</sup> July</b>	Summer Concert, 6.30pm
<b>Thursday 3<sup>rd</sup> July</b>	Performer Series, 4pm to 6pm Creative Arts Festival Showcase Full Trustees Meeting, 4.30pm
<b>Friday 4<sup>th</sup> July</b>	INSET Day
<b>Monday 7<sup>th</sup> July</b>	Futures Week
<b>Tuesday 8<sup>th</sup> July</b>	Year 12 Insights Day
<b>Wednesday 9<sup>th</sup> July</b>	Profiling Day
<b>Thursday 10<sup>th</sup> July</b>	UCAS Parents' Information Evening Years 7-10 Moving Up Day
<b>Friday 11<sup>th</sup> July</b>	Black Heritage Showcase – lunchtime
<b>Wednesday 16<sup>th</sup> July</b>	Year 7 Hindu Temple trip
<b>Thursday 17<sup>th</sup> July</b>	End of Term 6, 3.15pm
<b>Friday 18<sup>th</sup> July</b>	Staff Day
<b>Thursday 24<sup>th</sup> July</b>	New Year 7 Summer School
<b>Friday 24<sup>th</sup> July</b>	New Year 7 Summer School Widening Horizons (am)

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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## SPECIAL EDUCATIONAL NEEDS (SEND) NEWS

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**SPRING SEND LOCAL OFFER NEWSLETTER** The [spring edition of the new look SEND Local Offer Newsletter 2025](#) 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](http://www.readingsendlocaloffer.org).

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## NEWS, NOTICES, COMPETITIONS AND EVENTS

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**YOUNG VOICES** Young Voices is a group of young people from across Reading who come together to discuss and share issues that matter to us. They also work with decision makers across Reading to help the voices and experience of young people to be heard and influence the decisions they make. By participating in different social action projects, you will be awarded AQA Unit Award Certificates.

They are always looking for more people to join Young Voices! Find out more express your interest via <https://no5.org.uk/outreach/young-voices/>

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**THOUGHT OF THE WEEK** 'On a day when the wind is perfect, the sail just needs to open and the world is full of beauty. Today is such a day.' - Rumi

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### **WORD OF THE WEEK: Journey** (Noun)

**Definition:** A journey is the act of travelling from one place to another, often implying a process of growth, change, or development along the way.

**Example:** 'As students return for Term 6, they prepare to embark on the next chapter of the school year with new opportunities and exciting challenges ahead.'

**Etymology:** The word 'journey' originates from the Old French term 'jornee', which means 'a day's travel'. This, in turn, comes from the Latin 'diurnus', meaning 'daily'. Over time, the term has evolved to encompass not just the physical act of travelling, but also the metaphorical journeys we undertake in life, reflecting personal growth and transformation.



## 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.

**SIXTH FORM:** 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 [attendance@kendrick.reading.sch.uk](mailto:attendance@kendrick.reading.sch.uk), your form tutors and the teachers of the lessons you are missing.

## VACANCIES

We have the current vacancies at Kendrick School:

[History Teacher with Religious Studies \(RS\)](#) to cover a maternity leave – September 2025. **Closing date extended to 9am Monday 2<sup>nd</sup> June 2025.** Interviews to take place **Wednesday 4<sup>th</sup> June.**

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  
Sponsored run and sponsored swim fundraiser

### EVOLVEPAY

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

Year 12 UCAS Discovery Day – April 2025  
The Crucible – The Globe Theatre – April 2025  
GCSE Drama trip to The Globe – May 2025  
Year 7 Wheelie Fun Challenge – May 2025  
A – Level Biology – Sutton Courtenay – June 2025  
Year 10 Geography Amersham visit – June 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)

## KENDRICK PARENTS' SOCIETY (KPS)

### KPS SPRING RAFFLE

We are into last 2 days of Spring Raffle and so far, we have reached 79% of the target (£6300 of £8000).

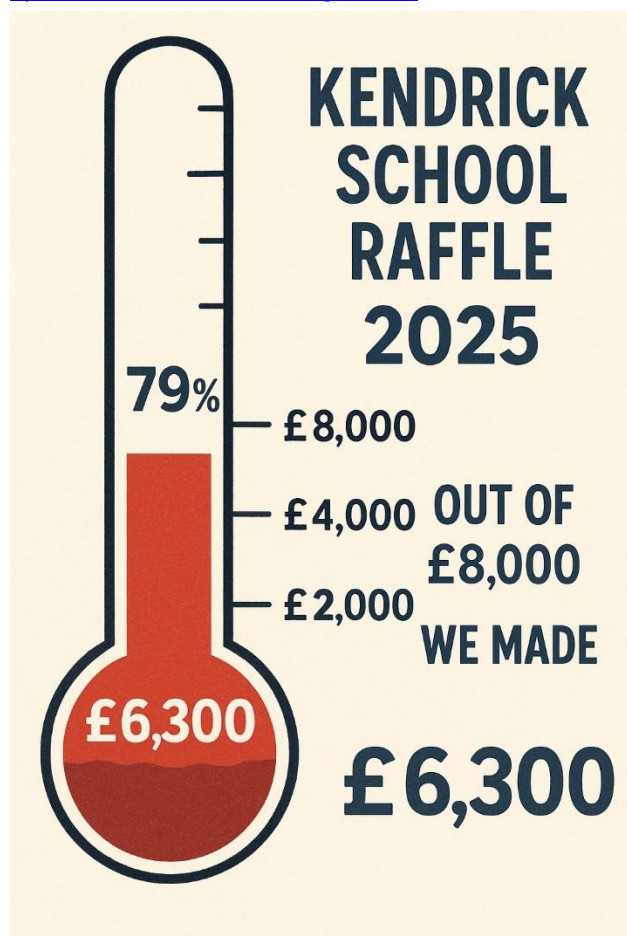
Every ticket you buy isn't just a chance to win something amazing – it's a chance to support the Music Department for the benefit of our students.

Kindly support the initiative to achieve the target either buying tickets or donating here -

<https://www.trybooking.com/uk/events/landing/83533?>

Thanks for those of you who have bought tickets and/or donated, your involvement and help is much appreciated.

If someone can **support corporate match funding**, please contact us -[kpsraffle@kendrick.reading.sch.uk](mailto:kpsraffle@kendrick.reading.sch.uk) or [kpschair@kendrick.reading.sch.uk](mailto:kpschair@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 [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**