

Kendrick School - Weekly Update

Friday 10th May 2024

LETTER FROM MS KATTIRTZI, HEADTEACHER

There are so many reports to share with you this week related to several great activities and achievements that have taken place in school recently. Firstly, there is the report about the [Spring Concert](#) at the end of last term, as well as some super [photos](#) of the individual performers singing or playing their instruments.

In addition, from the Music Department, we have a report on an [opera workshop](#) that took place at the start of term which provided music students with a super opportunity to work with professionals on an opera; an experience they may not have had before, which seems to have been greatly enjoyed.

Our Eco Group has been very active celebrating [Earth Day](#) making badges during a break time yesterday and at the same time having some super plans for later in the term, including making and decorating recycled bird feeders to improve biodiversity around the school, as well as an initiative they did last year and was most successful, which was plant parenting. There are always such interesting and unique ideas that come out of this group. This week we have also been highlighting [Deaf Awareness Week](#) with a display in the library, and next week our focus will be on Mental Health Awareness with many activities planned, including a Mental Health Festival next Friday. Also, as I mentioned last week, there will be the second in a series of webinars next on Wednesday 15th May, delivered by both Miss Hyde and Mrs Hearn which will focus on KS4 and KS5 students and exploring and their usage of social media.

These webinars are to inform and educate parents/carers on current trends and topics for students who use social media, covering the advantages and disadvantages of apps that students can have access to. There will also be some examples of ways to help monitor and demonstrate healthy relationships between students and their mobile phones. The google meet for this webinar is here: <https://meet.google.com/rnv-ryyw-fbt>

These dedicated weeks are so important to everyone in our community as they highlight topics and raise awareness of issues that provide us all with a greater understanding and tolerance of the theme that is getting the attention. These occasions also give a voice to students outside of the curriculum and academic setting which can boost confidence and understanding of others and provide personal growth.

Finally, it is my great pleasure to introduce to everyone the [Kendrick School - Kendrick Student Leaders 2024-25](#) They have been in post since the start of the term and been involved in many activities as student leaders of the school, including Open Day, Trustee Day, running and hosting events in the school and establishing themselves as a team and a force in school.

Wishing everyone a good weekend.

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

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 a Designated Safeguarding Officer.

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 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 wellbeing support in school, students can visit the Student Welfare Team in the General Office or Sixth Form Office or email studentwelfare@kendrick.reading.sch.uk.

TEENAGE ROAD SAFETY

Unfortunately, we have had another report of some students taking risks when crossing the London Road. The students ran across the road in front of the traffic when the pedestrian lights were red, nearly causing an accident. Please can you reinforce the importance of road safety to your child. Below is some useful information for parents on how to help your teenager stay safe.

Help protect your child

You could talk to your child and reinforce road safety messages to help keep them safe:

- stress the need to concentrate and be careful at all times
- warn of the dangers of distractions - personal stereos, texting, phoning or even chatting to friends while walking are big distractions
- talk about the dangers of traffic
- point out people who are endangering themselves
- stress that your child should never lose concentration and follow others blindly into dangerous situations



Cycling

It is a good idea to:

- buy and encourage your teenager to wear a cycle helmet, and something fluorescent and reflective to improve their visibility
- encourage your child never to take lifts on the back of a friend's bike
- ask your child never to listen to music while they are cycling
- make sure your child knows that cyclists must obey all traffic signs and traffic light signals

Bus safety

Your teenagers probably take the bus to school and back all the time, maybe even every day. In fact, they're probably so used to it, they do it without paying much attention. But not paying attention could cost them their lives. It only takes a moment's lapse of concentration to cause death or serious injury.

So your children should always expect the unexpected and never take risks going to and from the bus or crossing roads nearby. You should remind them:

- just because they're not small children does not mean they should not use The Green Cross Code
- just because their friends are chatting doesn't mean it's safe for them
- most school bus related collisions happen to pupils before they get to or after they leave the bus

Reinforce their skills

Talking to your teenager often about road safety will keep it fresh in their minds. You could ask your child where the risks for example hidden entrances are on their route, or play games guessing what speed cars are travelling. You could also talk about the routes your child takes regularly, and ask questions about what is on the route to see if they take notice of their environment.

Peace of mind

For your peace of mind, have routines that you can both stick to. You could try discussing the following points and finding an answer for each of them:

- What will they do if they miss the last bus home?
- Do they have a mobile (fully charged), a phone card, money or know how to reverse the charges if they need you?
- What should your teenager do if they have to stay behind at school?

SUMMARY OF SAFEGUARDING INFORMATION

[Term 1 2023-24](#)

[Term 2 2023-24](#)

[Term 3 2023-24](#)



**National
Online
Safety®**

STAYING SAFE ONLINE

ROBLOX

This online safety guide focuses on Roblox. It highlights a number of risks such as online daters, in-app purchases and contact with strangers.

[WHAT PARENTS AND CARERS NEED TO KNOW ABOUT ROBLOX](#)

MENTAL HEALTH AND WELLBEING

MENTAL HEALTH AWARENESS WEEK – MOVEMENT – MOVING MORE FOR OUR MENTAL HEALTH

Next week is Mental Health Awareness Week and the theme this year is “**Movement – Moving more for our mental health**”.

One of the most important things you can do to help protect your mental health is regular movement. Moving more can increase your energy, reduce stress and anxiety, and boost your self-esteem. Below are some tips from the [Bright Horizons](#) on **how to encourage your teen to move more**.

7 tips to help you encourage your teenager to get active

When your child is little, they seem to be a never-ending source of energy - bouncing off the walls, running instead of walking, and always wanting to be on the go. Now that the teenage years have hit, you might find yourself wondering where your bouncing tot went. For many teens, the lure of the couch, the phone, the tablet, or gaming device makes for a far more attractive afternoon than going out for a bike ride with friends or family.

While it's completely normal for teens to want their own space and to chill out after a long day at school, those who aren't active are at risk of developing unhealthy lifestyle habits. Motivating your teen to adopt a daily exercise routine can help build a foundation of well-being that will stretch into adulthood.

Here are 7 tips to help you encourage your teenager to get active...

1. Build it Up Over Time

You need to walk before you can run, right? Well, the same is true for encouraging a usually sedentary child to exercise. Don't go in all guns blazing and demand they start running a 10K every week. Instead, build up their physical activity over time.

Small acts of activity that are easily repeatable and buildable are the way to help create healthy habits. If your teen's first experience of physical activity is too full-on, it might deter them from doing it again. Start with something easy and achievable. Just 10 or 15 minutes a day, whether it's a walk to the shops, a jog around the block, a game of tennis, or a kick about in the garden. Over time, increase the length of time of the activity and before you know it, they'll have the confidence and the stamina to exercise for longer.

2. Be a Good Role Model

You might not think it, but your teen is still influenced by your behaviour. Set a good example for your sedentary teen by keeping up with your own exercise routine. Not only that, show them how much you enjoy it (without being too in their face). The more they see you enjoying it, the more likely they'll be to join you, without having to nag. Whether it's Joe Wicks on YouTube, a dance class, or a casual run, you can start encouraging your teen to get active with you with a simple "Fancy joining me at the gym today?" or "I'm going to a new dance class if you'd like to come too?" Ask with zero pressure and ask frequently. This laid-back approach could encourage them to eventually join in.

3. Make it Fun

One of the reasons your teen might be less inclined to exercise is because they don't see it as fun. Certainly not as much fun as making endless TikToks, that is. But this doesn't have to be the case. There are so many fun ways to work in an hour of physical activity during the day.

You could even create a weekly challenge where they complete an hour of any kind of exercise a day and at the end of the week, they get a reward. Get the whole family to join in and compete against each other or work together (a family football tournament or evening walk after dinner are simple and fun ideas) and enjoy some special family time.

4. Help Them Find Something They Enjoy

Exercise isn't all about going for a run or hitting the gym.

If the thought of these fills your teen with dread, then have a chat about the kind of thing they would actually enjoy doing. While some teens might enjoy joining a sports team with their friends, others aren't as athletically inclined, and that's absolutely fine!

Any physical activity counts as exercise, and there are so many ways they can exercise and have fun at the same time. The more they enjoy the activity, the more likely they will be to stick with it in the long run. Create a list with them of all the things they like (or might like), whether it's swimming, dancing, yoga, rock climbing, skateboarding, netball, walking, etc, and have a look for local classes that they could join.

5. Involve Their Friends

Sometimes the idea of going to an exercise class or launching into a new physical activity can be daunting. Especially if they're doing it alone. Ask your teen to speak to their close friends and see if they want to join them - everything is better with company after all. It's also a great excuse to spend more time with their friends, without it involving a screen.

6. Don't Force Them Out of the House

If your teen prefers to be at home and doesn't enjoy group activities, then encourage them to get active at home. You don't need to go out to stay active and there are so many amazing apps and videos on YouTube that can get them moving without having to go out. From HIIT programmes and online yoga to beginner weight training and dance sessions, there is a huge variety available - a lot for free and accessible at their fingertips.

Working out online also allows them to switch things up and try a variety of different activities, allowing them to move at their own pace and try new things when they feel like it.

7. Be Realistic

The teenage years are hectic and full-on, so it's important to be mindful of your teen's schedule. They won't want to sacrifice everything in order to exercise, and with schoolwork, socialising, and downtime, they shouldn't have to. Exercising can be done at any time, so have a talk about where it can fit into their schedule, so they don't miss out on anything. If they're a morning bird or a night owl, think about when they could slot in their 30 to 60 minutes of activity a day so it works for them.

KENDRICK SCHOOL WELLBEING NEWSLETTER

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

THOUGHT OF THE WEEK

"It is spring again. The earth is like a child that knows poems by heart." - *Rainer Maria Rilke*

POEM OF THE WEEK

Awakening of Nature by Lily (Year 7)



SPECIAL EDUCATIONAL NEEDS AND DISABILITIES (SEND)

SPECIAL UNITED MAY EVENT

The next Special United evening is on Wednesday 15 May from 6-8pm at Churchend Primary Academy, Usk Road, Tilehurst, RG30 4HP. Maggie Buckley, Special Educational Needs and Disabilities (SEND) Team Manager at BFFC, will be joining the group to listen to the employment opportunities young people with additional needs want to see available, such as supported internships, apprenticeships and work experience. £10 Amazon vouchers will also be given out to all young people who take part, along with a free KFC takeaway! Special United evenings are open to any Reading young person who has special educational needs and/or disabilities (SEND) aged 8-25, and their siblings.

To book for May's event, email lisaharry14@aol.com no later than Tuesday 14 May.

SCHOOL CALENDAR FOR TERM 5, 2023-24

Monday 13th May	Public Exams continue
Wednesday 15th May	Mental Health Awareness Week
Friday 17th May	Year 10 and above Social Media Webinar, 5.30pm
Monday 20th May	Wellbeing Festival
Thursday 23rd May	Year 10 Exams start
Friday 24th May	Year 8 Bushcraft (to Thursday 23 rd May)
	Trustee P&R Committee, 4.30pm
	End of Term 5, 3.15pm

The school calendar for the academic year can be found [here](#). For the Term Dates for 2023-24 and 2024-25 please click [here](#)

NEWS, NOTICES, COMPETITIONS AND EVENTS

READING CHILDREN'S FESTIVAL 2024

The 35th annual Reading Children's Festival takes place from Saturday 11 May – Sunday 2 June, with three weeks of events and activities for children all over the borough. The activities begin with Forbury Fiesta from 11am on Saturday 11 May, continuing with sport and music workshops, as well as arts and crafts sessions throughout the festival at venues across Reading. The full programme of events will be available soon [on RBC's website](#).

VACANCIES

We currently have vacancies for the following roles:

[School Caretaker](#) for August 2024. Full time. 37 hours a week. 10am – 6pm. Closing date for applications – 9am Tuesday 4th June.

[Art and Technology Technician](#). Term time only. 30 hours a week. Closing date for applications – 9am Tuesday 4th 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.

Reading School has a number of vacancies. Click here for more information: <https://www.reading-school.co.uk/vacancies>

PARENTPAY REMINDERS

We would like to bring to your attention the following ParentPay items, please login to your ParentPay accounts for details.

School Fund Donation
Whitley Community Food Cupboard – cash donations
Year 10 GCSE Drama- set text: The Crucible by Arthur Miller
Year 9 and Year 10 French Play – March 2024
Year 9 and Year 10 German Play – March 2024
Year 9 Duke of Edinburgh Bronze Award 2024

Year 10 Duke of Edinburgh Silver Award 2024
Year 10, Year 11, Year 12 and Year 13 English set texts
Year 7, 8 and 9 Food and Technology voluntary contributions
Year 10 and Year 11 Art and Textiles voluntary contributions
Year 10, 11, 12 and 13 English set texts
Creative Writing Anthologies – Plain or signed copies
The Poets; Society Anthology – launch on 29th April 2024
Spring Concert 30th April 2024
Music Opera Workshop 18th April 2024

Trips

Year 12 Geography Field trip – 13th March 2024
Year 12 UCAS discovery trip – 17th April 2024
Year 8 Bushcraft- May 2024
Year 10 French and German trips - June 2024
Year 10 Geography field trips 3rd and 4th June 2024
Year 12 Biology field trip 12th June 2024
Geography A level residential course at Slapton Ley October 2024

KENDRICK PARENTS' SOCIETY (KPS)

For the latest KPS newsletter please click [here](#).

UPCOMING KPS MEETING

We have KPS meeting next week, on **Thursday 16th of May 2024** from **6pm to 7:15pm**. We look forward to seeing you all.

Google meeting link: To join the video meeting, click this link: <https://meet.google.com/xrf-yss0-vhf>. Otherwise, to join by phone, dial +1 706-750-8030 and enter this PIN: 227 573 041#

(In case of issues copy-paste the above link in Internet browser and join WITHOUT signing in to Google meet)

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 child'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