

# Kendrick School - Weekly Update

Friday 26<sup>th</sup> April 2024

## LETTER FROM MS KATTIRTZI, HEADTEACHER

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On Tuesday and Wednesday of this week we had our Open Days for prospective parents and Year 5 students for entry to our school in September 2025. Over 800 children and their families visited us over eight sessions and the comments we have received so far show that people appreciated and enjoyed their visit. The visitors were guided round the school by students in Years 9 and 10 who confidently accompanied our guests and talked about their life at Kendrick. The tours were followed by talks given by me, the Kendrick Student Leaders and Year 7 Wellbeing Ambassadors. I started my talk by welcoming everyone to Kendrick and then suggested to them why they might be here. I said it is probably because Kendrick has a local and national reputation of being a great school, has fantastic exam results, is a girls' school and is considered an outstanding school, as judged by Ofsted in November 2022. Then I said there is a lot more to us than that and outlined below are some of the reasons, I believe, Kendrick is an outstanding school which I would like to share with you today:

1. Learning – we are focused on learning and love learning. Students are curious, they ask questions, they are focused and ambitious. Staff are expert in their field, hardworking, love what they do, work well with the students and together we have a common purpose.
2. Relationships – there are very good and supportive relationships between us built on the values outlined in the [Kendrick Pledge](#) of kindness, respect, fairness, tolerance and understanding.
3. [Safeguarding](#) and [wellbeing](#) – our commitment and priority to keep students safe and well so that they can grow and thrive.
4. The Kendrick Community which embraces all the above and is an inclusive, diverse, fun and vibrant community with numerous clubs and activities that go on every day.

In addition to what I said, the students gave their view of Kendrick as a place where they are happy to be part of and which provides them with opportunities for academic, as well as personal growth. I ended by reinforcing the importance of girls' education and that if some of those students do not get into Kendrick, they must never give up on their ambitions and dreams to have a good education, as only then will they have the opportunities and choices for the future that will help them have a better and more secure life, because education matters to us all.

Today we welcome our trustees to school for our annual Trustee Strategy Day when we will examine strategic themes about the school and its future. This year we shall be focusing on elements of the Kendrick School Development Plan, in particular the future and the opportunities and challenges there may be. There is an election that is not too far off and the change in political direction this may bring will need to be examined and understood including, how it will impact Kendrick. We will again discuss the reviews we have had across the curriculum and departments and celebrate the great practice and achievements of our staff and students. We will review our SEND provision and the developments we have made in this area and plans for the future. Finally, we will review our most recent strategic ambition, the expansion of the school which reaches its last stage this September and the corresponding Widening Horizons initiative which has run alongside the expansion and has seen greater social mobility and participation that our outreach work has achieved regarding students attending Kendrick. There will be opportunity for discussion and challenge as we work with our trustees to take our school to the next stage of its development. The trustees enjoyed having lunch with the students in the dining room in Horizons.

While this week has been full of longer term thinking and planning, there is much to look forward to next week. In the upcoming weeks, Miss Hyde will be delivering a set of online webinars focused on students and their usage of social media. These webinars are to inform and educate parents on current trends and topics for students who use social media, covering the advantages and disadvantages of apps that students can have access to and showcasing ways to help monitor and demonstrate healthy relationships between students and their mobile phones. As the

usage of social media and mobile phones become more accessible, it is important to try and stay up to date on what our students have access to and keeping alert to ensure we are continually supporting them through the ever-changing internet. For **KS3**, this will be presented on the **1/5/24 from 5:30-6:30PM** using the following link: <https://meet.google.com/ctv-vju-nbz> and for **KS4+** on 8<sup>th</sup> May 2024 (link will be sent closer to the time).

Next week our **Spring Concert** will be taking place on **Tuesday 30<sup>th</sup> April** which will feature some of our larger-scale ensembles and some chamber groups. It will also showcase some of our Year 13 students as soloists accompanied by our senior ensembles and promises to be a great concert you shouldn't miss!

Finally, I would like to end with a tremendous success story for our students who competed on Saturday at Milton Keynes in the English National Schools Badminton Championships. Key Stage 3 students Meghan, Mudra, Nikita and Emily and Key Stage 4 students Avani, Roma, Simone and Druva were the national winners of the championships! Congratulations and well done to them and to the PE Department, Ms Watkins, Mrs Hearn, Mrs Lace and Miss Woods for their contributions and efforts in their success. A glimpse of the competition in its last few minutes and the winning point for KS4 is [here](#).

Enjoy and have a great 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

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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 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 **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 [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](mailto:studentwelfare@kendrick.reading.sch.uk).**

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## KENDRICK SCHOOL SOCIAL MEDIA WEBINAR

In the upcoming weeks, Miss Hyde will be delivering a set of online webinars focused on students 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 and showcasing ways to help monitor and demonstrate healthy relationships between students and their mobile phones. As the usage of social media and mobile phones become more accessible, it is useful to try and stay up to date on what our students have access to and keeping alert to ensure we are continually supporting them through the ever-changing internet.

For **KS3 (Years 7-9)**, this will be held on **1<sup>st</sup> May 2024 from 5:30-6:30PM** using the following link:

<https://meet.google.com/ctv-vjju-nbz>

For **KS4+ (Year 10-13)** it will be held on **8<sup>th</sup> May 2024**. (link will be sent closer to the time).

These webinars are for parents/carers of students at Kendrick School only.

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## TALKING TO YOUNG PEOPLE ABOUT DRUGS

SOURCE: PARENTLINE

### It's important to talk about drugs.

Most teens come into contact with drugs in some form or another at some point in their life. If they do decide to take them - and the majority of teens don't - there are many possible reasons why. For some, it might be a case of rebellion, or a need to fit in; others might use them as a way to relax, get high, and lose their inhibitions; or it could even be as simple as curiosity - a chance to experiment with different drugs and see what it's like.

Young people who can talk openly with their parents are less likely to try drugs than those without this relationship, and they will wait until they are older before deciding whether to experiment with drugs. In addition, families that have experienced drug or alcohol misuse say that being well-informed about substances and their effects would have helped them to either minimise problems caused by drugs, or to identify them at an earlier stage.

Callum Jacobs from FRANK says: "Being able to talk to your children is key to preventing and limiting the potential problems caused by drug misuse, yet many parents feel unable to tackle this subject, partly because they feel ill-informed and afraid that their child will know more about drugs than they do. However, this is too important an issue to be swept under the carpet - every parent needs to find out the facts about drugs so that they can feel confident enough to talk to their children."

For tips on talking to your child/young person about drugs, and for more resources, please click [here](#).

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## SUMMARY OF SAFEGUARDING INFORMATION

[Term 1 2023-24](#)

[Term 2 2023-24](#)

[Term 3 2023-24](#)

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**National  
Online  
Safety**<sup>®</sup>

## STAYING SAFE ONLINE

### SHOPPING PLATFORMS

Quality merchandise. Fair prices What's not to love? The possibility of bagging a bargain and the ability to sell your own unwanted items have made online marketplaces like Vinted and Depop into an attractive option for anyone looking to save money or make a little extra cash for themselves in these challenging economic times.



Unfortunately, however, these services (and numerous others like them) can still be misused by scammers, so it pays to remain vigilant for the risks associated with shopping apps. Fortunately, this week's #WakeUpWednesday guide is on hand with some helpful pointers to protect young people (and yourself) from potential exploitation while doing business with others online.

## [GUIDE TO SHOPPING PLATFORMS](#)

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# MENTAL HEALTH AND WELLBEING

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## SELF-CARE – WRITING THINGS DOWN

SOURCE: ANNA FREUD



Writing things down, by using a journal or a diary, can help you to defuse a situation that you have kept inside you. For some people, they use journals as a way of sharing difficult feels, expressing words that they would not be able to say out loud. Others use journals to track their mental health, highlighting the good days and the bad so that they learn more about themselves and their mental health.

Sometimes people use paper journals, or others use blogs or their social media to let it out. There are many websites that can give you advice on how to journal including the [University of Rochester](#). The blog [Journaling for Mindfulness](#) also

includes over 40 prompts to help you start journaling.

*'I enjoy reflecting but often jump too quickly from one thought to another. Writing things down helped me to arrange my thoughts, and now I can go back and reflect on those thoughts.'*

*'I got what I needed to get out of my system.'*

*'Definitely try this, even if it is just a scribble it is a way of just releasing your emotions.'*

*'Don't feel that you have to write loads. At the same time don't think anything isn't worth noting, just write.'*

*'It helps me when reflecting whether I was overreacting or not.'*

*'It's good to let it off your chest when you have no one to talk to.'*

*'My best advice would be to just pick up a pen and start writing. Don't think about anything specifically just let your thoughts pour out onto the page. No one needs to see it, it can just be a mess of words but it helps a lot to just get it out of your head and sort out how you are feeling.'*

*'It did, I got to express myself in a way I don't think I could have out loud. I realised how little I knew about my real self and I might still be learning but I'm glad I am.'*

*'I feel renewed every time I finish writing and the fact I can reflect on it just makes it more bearable.'*

*'I was able to get everything off my chest and out of my mind! I love free flow writing, its always a surprise when you read it back!'*

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## KENDRICK SCHOOL WELLBEING NEWSLETTER

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

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### THOUGHT OF THE WEEK

“In the spring, I have counted 136 different kinds of weather inside of 24 hours.” **Mark Twain**

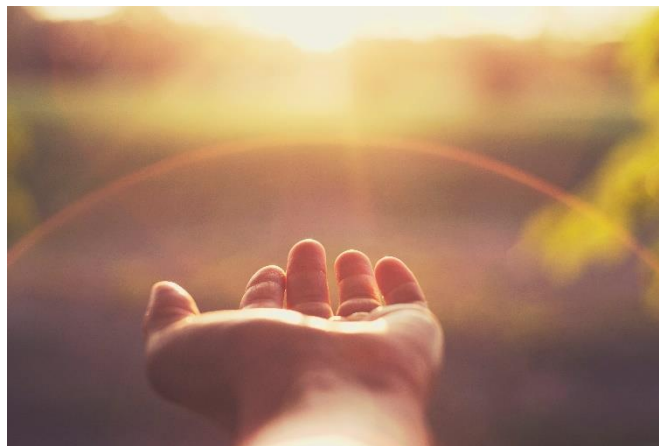
### POEM OF THE WEEK

#### ***Morning Light***

I sit there under the stars that glow,  
Pondering, wondering, wandering  
The sky weighs down on my mind,  
As heavy as marble, but not as low,  
as the thoughts that swirl around my head,  
Dark as obsidian, chaotic as the storm,  
That hit me, oh so long ago,

I close my eyes,  
Remembering a happier time,  
Where every thought didn't sting,  
Every breath didn't have me racked with pain,  
My eyes didn't prick.  
And only one thing comes to mind,  
A person,  
A lifeboat in a raging sea,  
I remember the feeling when she walked into a room,  
Warm as the sun above, kind everlastingly.

That warm feeling rushes into me,  
And as my eyelids open,  
I smile as she walks towards me,  
And vanishes, her laugh on the breeze.  
I wonder if she is with me,  
The sun starts to rise,  
And I rise with it.  
It's warm, not as warm as her though,  
She was my morning light.  
She still is



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## SPECIAL EDUCATIONAL NEEDS AND DISABILITIES (SEND)

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### SPRING SEND LOCAL OFFER NEWSLETTER

The spring edition of the new look [SEND Local Offer newsletter](#) is here and is packed with information, including blogs, news items, updates and more.

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## SCHOOL CALENDAR FOR TERM 5, 2023-24

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**Tuesday 23<sup>rd</sup> April**  
**Wednesday 24<sup>th</sup> April**  
**Thursday 25<sup>th</sup> April**

Open Day sessions  
Open Day sessions  
Junior Maths Challenge (Year 7 and Year 8)

<b>Friday 26<sup>th</sup> April</b>	Trustee Day
<b>Tuesday 30<sup>th</sup> April</b>	Spring Concert, 6.30pm
<b>Thursday 2<sup>nd</sup> May</b>	Year 13 Celebration Day
	Trustee L&T Committee, 4.30pm
<b>Friday 3<sup>rd</sup> May</b>	Year 11 Celebration Day
<b>Monday 6<sup>th</sup> May</b>	Bank Holiday
	Start of Deaf Awareness Week
<b>Thursday 9<sup>th</sup> May</b>	Trustee Resources Committee, 4.30pm
	Start of Public Exams
<b>Monday 13<sup>th</sup> May</b>	Mental Health Awareness Week
<b>Friday 17<sup>th</sup> May</b>	Wellbeing Festival
	Year 10 Exams start
<b>Monday 20<sup>th</sup> May</b>	Year 7 Bushcraft (to Thursday 23 <sup>rd</sup> May)
<b>Thursday 23<sup>rd</sup> May</b>	Trustee P&R Committee, 4.30pm
<b>Friday 24<sup>th</sup> May</b>	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](#)

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## NEWS, NOTICES, COMPETITIONS AND EVENTS

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### KENDRICK SCHOOL SPRING CONCERT

For some, this will be their first concert at Kendrick, and for some, it will be their last. Our Spring Concert is a shorter concert featuring most of our larger-scale ensembles and some chamber groups. It will also showcase some of our Year 13 students as soloists accompanied by our senior ensembles and promises to be a concert you shouldn't miss! If that wasn't enough, our wonderful KPS will be back with their tasty treats too!

Tickets are £5 on Parent Pay and all of the money raised goes straight back into the department to purchase much-needed instruments and equipment, as well as new music to continue participating in concerts like these. Please come along to support our students, take some time out from a busy working day, and enjoy the wonderful musicality our community has to offer.

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### 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](#).

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### EDUCATION AND SUPPORT FOR WOMEN FROM MINORITY ETHNIC COMMUNITIES

Reading Community Learning Centre is an independent charity which provides education and support for women from minority ethnic communities who may be unable to access mainstream services because of the educational, social or cultural barriers they face. We are currently recruiting for:

- A qualified female ESOL tutor with at least 1 year's teaching experience to teach ESOL to ethnic minority migrant, refugee and asylum-seeking women with English as a second language. This is a paid role.
- An experienced, friendly, empathetic, and motivated woman with a good understanding of minority ethnic community issues to work in Reading, as an outreach worker. We are looking for applicants to work on a 1-year contract (14 hrs per week) who can fluently speak in a second language preferably in one of the following: Arabic, Chinese, Bengali, Nepali, Hindi/ Urdu or Pashto or Tigrinya. This is a paid role.

- A female Chair for our Board of Trustees, to chair meetings, provide crucial support to the very experienced Centre Manager, and serve as a spokesperson for our charity. This is a voluntary role.

For an application pack, please email Aisha Malik at [aishamalik@rclc.org.uk](mailto:aishamalik@rclc.org.uk) or go to [rclc.org.uk/news](http://rclc.org.uk/news) for more information.

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## VACANCIES

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We currently have vacancies for a **Chemistry Teacher to cover a maternity leave**. Please click on this [link](#) for more information and please forward to friends and family who may be interested.

*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.*

### 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 29<sup>th</sup> April 2024  
Spring Concert 30<sup>th</sup> April 2024  
Music Opera Workshop 18<sup>th</sup> April 2024

### Trips

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

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## KENDRICK PARENTS' SOCIETY (KPS)

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

### KPS YEAR 9 DISCO – SUCCESSFULLY CONCLUDED

We had a **fantastic Year 9 Disco night** last **Friday 19th April**. The students enjoyed the opportunity to socialise and

dance with their Kendrick friends and students from Reading School. We have received positive feedback and are pleased to have arranged another successful event for the students.

Thanks to **volunteers - parents and teachers** for their time and effort, without which we could not have arranged such an event. Feel free to provide any feedback via email [KPSChair@kendrick.reading.sch.uk](mailto:KPSChair@kendrick.reading.sch.uk)

## UPCOMING KPS MEETING

Next KPS meeting is taking place on **Wednesday 8<sup>th</sup> of May 2024** from **6pm to 7:15pm**. We will be sharing further details and the agenda for the meeting soon and mark your calendar in the meantime.

## 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**