

# Kendrick School - Weekly Update

Friday 13<sup>th</sup> June 2025

## LETTER FROM MS KATTIRTZI, HEADTEACHER

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Although a relatively quiet week with only Year 7, 8 and 9 students in school, I know that our Year 10 students have enjoyed the Language trips that they are taking part in this week in Germany and France. Having received regular reports from staff accompanying the trips, I am assured that all has gone well and that the students have had a great time being together, exploring these countries to help improve their language skills and knowledge of people and culture, as well as having a great time being with their friends. These experiences are so important in the life and education of children as they create the memories that all of us have and remember in adulthood and look back on with great fondness. For some students they may also help them decide what they want to do for their future, even where they might like to live and work. At the same time, Year 12 students have been on Work Experience this week, a huge logistical exercise that we have undertaken with our consultants Learning to Work which has placed over 140 students in a place of work this week. As with Year 10, I hope the experiences that they have had this week will help them in thinking about what they want to do in the future, including showing them the different working environments that exist and where they see themselves and feel most comfortable with.

Elsewhere we have been showing our strengths in other subject areas and once again I will mention Music where we have been identified as being a Leading School for Music by the Berkshire Music Trust. Please see link [here](#). My thanks to Mrs Cooper, Head of Music and the Music Department for what they have done and continue to do to make music so vibrant and such an important part of school life. As I mentioned last week there are some key events in July where we will be showcasing music again, as well as the creative arts, which will feature at the Creative Arts Festival on 30<sup>th</sup> June. Please see the calendar of events in the Weekly Update for more information. We have also shared the musical talent we have at Kendrick with some of our local schools and recently Mr Hodge, Head of Science, with some Year 12 students, led a percussion workshop at Kendrick for children from some local primary schools. You can see from the photograph in the [link](#) how much fun they all had playing bongo drums, which they did so enthusiastically!

A visit to The Globe last term was another wonderful opportunity and experience for Year 10 GCSE Drama students. Please read the article [here](#).

We were all shocked yesterday to hear the news of a plane crash in India and I am relieved that no one has informed us of being directly or indirectly affected by the crash. I am sure this weekend communities all over the country and the world, will be thinking of the victims whose lives were prematurely cut short yesterday. Our thoughts and prayers are with those families who have lost a loved one by this tragic event.

Wishing everyone a peaceful 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/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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**STAYING SAFE AROUND WATER** SOURCE: Canals and River Trust As the weather gets warmer, many young people make their way to the rivers or canals to spend time with friends. However, it is very important that all young people know how to stay safe near water. The following information is provided by the Canal and River Trust.

Being a strong swimmer may not save you if you fall into cold water. Knowing how to behave can save lives.

### Learn the Water Safety Code

- Stop & Think
- Stay Together
- Call 999
- Float

**Unseen dangers** From the safety of a canal bank, water can look extremely inviting. But every year young people get into trouble as a result of dangers they cannot see.

- Low water temperatures can cause the body to go into cold water shock and can claim your life in minutes, even if you are a strong swimmer.
- It's difficult to estimate the depth of the water. It may be much deeper or shallower than expected and cause serious harm if jumping in.
- There are often no suitable places to get out of the water due to steep slimy banks.
- The ground shelves away very steeply so you can quickly become out of your depth.
- There is no way of knowing what lies beneath.
- Reeds and other plant life can get tangled around your limbs and keep you in the water
- Mud makes it difficult to walk even if you can stand up.
- Litter and waste such as pipes, shopping trolleys, sharp metal or broken bottles can trap your feet as well as cause injury.
- There may be underwater machinery to help operate the locks, for example sluices.

- Swimming in open water can expose you to serious disease such as Leptospirosis (Weil's disease).
- There may be hidden currents. Flowing water can be especially dangerous and when the locks are in operation the water flows extremely fast.

**Knowing what to do if you get into danger in the water** Low water temperatures cause the body to go into cold water shock and even hypothermia.

**Know how to fight cold water shock** If you were to fall into cold water, you are likely to be confused and frightened and your natural instinct will be to fight the water – to swim hard. But the cold water will make you gasp uncontrollably, your heart will beat really fast, you'll lose energy quickly and breathe in lots of water, and eventually your muscles will become paralysed. You need to fight your instincts.

**Float to live - be a starfish** If you float on your back you can keep your airways clear, control your breathing and allow the cold water shock to pass. Then you can call out for help, and you will have a much better chance of surviving.

### Knowing what to do if someone else gets into danger

Never get into the water, even if you are a strong swimmer. Instead:

- Stay calm. Always think before you act.
- There may be other people around, so shout for help as loudly as you can.
- Dial 999 and ask for the Fire & Rescue Service. Explain your location clearly – use road names, bridge numbers and describe any landmarks. Use What3words if you can.
- Keep an eye on the person, keep talking to them and stay near them. Encourage them to float on their back in a star shape.
- If you can, throw a safety line or rope to them. Otherwise lie down to make yourself more stable and use a tree branch, stick or an item of clothing to reach out to them.
- If your dog goes into the water, don't jump in after it. Instead, encourage it to swim to the edge.


## MENTAL HEALTH AND WELLBEING

**SELF CARE – WALKING** There's lots of different types of walking, and most often we do it to get ourselves somewhere we need to go, such as to work or school or to an appointment of some kind. This means that walking can often be a hurried means to an end, more so than a mindful or peaceful act.

Taking some time to walk, just for the sake of walking, and without thinking too much about where you're going or why, can be an act of self-care. If you go alone, it's a type of walking that is just for you and time spent only on yourself – although it's important to make sure you're safe, too. Letting someone know that you're going on a walk will reassure others that you are not lost or missing. Walking with friends or people you are close to you can help as well, as it gives you a space to talk that doesn't feel too claustrophobic or pressured.

**Six steps to mindful walking**

1. Pick a regular time in the day when you can practice mindful walking. It may be on the way to school or college or on a break whilst at work.
2. Find a quiet place to walk. It may be a park, a series of corridors or even just to the end of the road and back.
3. Walk at a natural, comfortable pace for you and try to maintain good posture with your head held high.
4. Pay attention to your breath and how you're moving. Breathe in gently and breathe out any stress or anxiety.
5. Try to focus on each step and remain present in the moment. If your mind wanders, gently return your focus by repeating 'left, right' as you walk or count up to ten repeatedly.
6. Try to build a small walk in to your daily routine but don't beat yourself up if you miss a day or don't feel up to it.



Some apps and websites can help with walking. This [10 minute walking meditation](#) is just one of many you can find online.

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**WELLBEING SUPPORT FOR THE EXAM SEASON** Kendrick School has 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>Tuesday 17<sup>th</sup> June</b>	Biology Trip to Sutton Courtenay
<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.

# SPECIAL EDUCATIONAL NEEDS (SEND) NEWS

## Promoting and supporting autistic students' mental health in mainstream secondary schools in England



**Hello!** My name is Şeyda Çetintaş.



I am a doctoral student at University College London.

I want to hear from young people aged 11-16 with a diagnosis of autism and enrolled in mainstream secondary schools in England.

What are your experiences of **school mental health awareness** and **school mental health support**?



Child Development and Learning Difficulties Lab

### What is involved?

- 1 Introductory online meeting session with parent and young person to share interview schedule and pre-interview task.
- 2 Online meeting with young person to discuss their photos, drawings, notes or poems to express their ideas about wellbeing at school.

### For parents → How can you take part?

[Click here](#) or scan the QR code below to access the expression of interest form.

**Want to know more?** Scan QR code to access the online questionnaire along with the information letter, or email Şeyda at [seyda.cetintas.21@ucl.ac.uk](mailto:seyda.cetintas.21@ucl.ac.uk)



## NEWS, NOTICES, COMPETITIONS AND EVENTS

### THOUGHT OF THE WEEK ‘

*Caminante, no hay camino, se hace camino al andar.*

‘Traveler, there is no path, the path must be forged as you walk.’ — Antonio Machado

### WORD OF THE WEEK: **Experience** (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

## BUILDING RESILIENCE WORKSHOP



Does your child find it difficult to bounce back from daily challenges?

### DO THEY:

- rely on others to solve problems for them?
- have difficulty handling setbacks in positive ways?
- give up easily when things don’t go to plan?



**This workshop offers practical strategies to help you build your child’s resilience**

### WORKSHOP DATES:

- Tuesday 1 July, 9.30-11.30am
- Wednesday 9 July, 4.30-6pm
- Monday 14 July, 12-1.30pm

SCAN THE QR CODE TO BOOK



[www.brighterfuturesforchildren.org/MHST](http://www.brighterfuturesforchildren.org/MHST)

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.

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## VACANCIES

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We have no vacancies at the current time.

*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 AND EVOLVE 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.*

### 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  
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  
Year 7 Hindu Temple trip – July 2025  
Year 13 – Geography Slapton residential – October 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  
German set text  
Summer Concert July 2025

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## KENDRICK PARENTS' SOCIETY (KPS)

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### UPCOMING KPS COMMITTEE MEETING

The next KPS meeting is taking place on Tuesday, 17<sup>th</sup> Jun 2025 from 6pm to 7:15pm. Meeting details will be sent shortly and we look forward to seeing you all.

### KPS SUMMER FAIR

The highly anticipated event in the KPS calendar, the Summer Fair, preparation under way and the date for this year is Saturday 12th July 2025. Details will be circulated in the coming days and for now, please block your calendars.

## **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**