

# Kendrick School - Weekly Update

## Friday 15<sup>th</sup> September 2023

### LETTER FROM MS KATTIRTZI, HEADTEACHER

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We have almost completed the first of our two-week cycle of lessons with students and staff settling into their new routines and timetables. It takes some time for all students to meet their new teachers and be introduced to the curriculum for the coming year. Across the school all students are embarking on a new element in their education. Year 7 students are being introduced to a range of subjects they have not studied before and being taught by specialists in these areas. In Year 8, students are being introduced to Latin, as well as beginning the study of a second modern foreign language. In Year 9, students begin studying science in separate subjects – Biology, Chemistry and Physics. Students in Years 10 begin their GCSE courses where an element of their choice has been made on which subjects they study. In Year 11, a discrete programme of Religious Studies, has been introduced. In Year 12 students begin their A Levels, following a three or four A Level pathway and in Year 13 students continue to study their A Levels, with some students having picked up the Extended Project Qualification (EPQ) part-way through Year 12. For every student across the school there is a rich, broad and varied curriculum for them to look forward to this year.

At different times of the year we will interact with parents to provide information and feedback relevant to that cohort. Last night we welcomed our Year 12 parents to an information evening presented by Mrs Hearn, Head of Sixth Form and Deputy Heads of Sixth Form, Mr Wilson and Mr Duncan. This was a most informative and pleasant evening for everyone as staff introduced parents to the new key stage in the education of their children. The step up from GCSEs to A Levels is a challenge, but we try very hard to make the transition as smooth as possible. As well as meeting the leadership team in the sixth form, parents were able to meet tutors and have a 25-minute session with them. We have a vertical tutoring structure in the sixth form and the presence of Year 13 students in the form helps the Year 12 students settle more easily. I look forward to meeting more parents at the next information evening on Thursday 21<sup>st</sup> September with Year 7 parents. The event will begin with a meet and mingle session hosted by Kendrick Parents' Society (KPS) for parents, staff, including tutors, to meet and get to know each other.

School life is so much more than studying vast numbers of subjects and gaining qualifications, education is also about the experiences, opportunities and interactions that everyone has every day. At Kendrick we endeavour to provide our students with exciting and interesting ideas to consider, new and innovative practice in areas of study, opportunities to hear speakers and contributors from all fields of knowledge and expertise and so much more. This term, we shall be welcoming guests, including a guest speaker Dr Elizabeth Cunningham, from the Institute of Physics. Dr Cunningham, whose interest and area of research is nuclear physics will be speaking to all students in Years 10 and 11, as well as the A Level Physics groups later this term. We have a long-standing relationship with the Institute of Physics <https://www.iop.org/#gref> which is the professional body and learned society for physics in the UK. It advocates strongly the need to attract and recruit more women in science, in particular physics. We are looking forward to Dr Cunningham's visit, please read this [profile](#) of her.

Given all the above, it is appropriate that I should mention the upcoming School Birthday which we will be celebrating in the week beginning 25<sup>th</sup> September, when the school will have been in existence for 146 years! One of the many quirky things about Kendrick is that we have a birthday, the purpose of which is to celebrate our school and more importantly girls' education. We will start the week on Monday 25<sup>th</sup> with a whole school assembly after which I will have the great pleasure of judging the annual birthday cake competition. All tutor groups have been asked to bake a cake on a specific theme for the birthday and whether they win or not, they are able to eat the cake at a birthday picnic lunch on the front lawn at second break. At the end of the week, on Friday 29<sup>th</sup> September, we invite former students and staff to visit our school, tour the site and peruse the archives, as well as enjoy some tea and cake and possibly sing the school song! It is a lovely occasion and this year we shall be welcoming a group of

former students who left Kendrick some years ago. Click [here](#) for some information about the birthday and how to get tickets for the event on Friday 29<sup>th</sup> September for former students.

Please continue to read the rest of this update for important information about a range of topics, including this week, vaping, online safety, teenage friendships and well-being activities.

Wishing everyone a pleasant 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 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 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 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 – VAPING AND CHILDREN

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Source: [Action for Children](#)

It is common for parents to worry about their children trying smoking, alcohol or drugs as they get older. However, in recent years, more young people have been using e-cigarettes, known as vaping. Children are trying vaping younger than ever, and the risks are less well known than with other substances.

If you think your child might be vaping or you're worried they might start, it's important to understand what it is and what the risks are so you can talk to them about it. Most children and young people do not vape or smoke on a regular basis over a long period of time, but they might try it. Keeping them informed about the risks, will help them to make healthy choices for themselves.

Action for Children have published a page on the matter – please follow the link [here](#) to find out more.

You may also like to read the BBC article 'How dangerous is vaping – and why the concern over young vapers' [here](#).

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**National  
Online  
Safety**

## STAYING SAFE ONLINE

### TOP TIPS FOR SETTING BOUNDARIES AROUND GAMING

Behind video-sharing platforms (like YouTube) and streaming TV shows and movies, gaming is the third most popular online activity for children in the UK. In fact, according to recent data from Ofcom, an overwhelming 89% of children aged 3 to 17 play video games. Of those, more than one in five (22%) talk to other players online who they don't know outside the game.

The risk of contact from strangers is just one of the reasons that many parents are concerned about their child's gaming: increased screen time, inappropriate content and in-game spending also figure among the most frequent fears. Agreeing on some rules around your child's gaming activities can certainly help, and the National Online Safety guide has some useful tips for establishing these boundaries.

Click [here](#) to access the guide.

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## MENTAL HEALTH AND WELLBEING – FRIENDSHIPS

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Our Wellbeing theme for Terms 1 and 2 is **Friendships**. Our Wellbeing Ambassadors will be putting together presentations to share with their forms and our Student Wellbeing Committee is enjoying putting together their first podcast, supported by Miss Hyde. We will also be holding a webinar for parents and carer in Term 2 on the topic of Friendships. More details will be sent to you in due course.

In the meantime, you may find the article below from [Confident Teens](#) useful.

### Teenage friendship issues? 4 Tips for Parents to Empower Girls

Strong, healthy, fun friendships are such a blessing in life. Friends who know us better than we know ourselves. Friends we can count on. Friends that we share life's rich experiences with. BUT the reality for many teenagers is the very opposite of this. Teen years so often involve varying degrees of teenage friendship issues.

The inherent competitiveness that can (unfortunately) exist amongst many teen girls – exam grades, appearance, social media likes, sports performance – can significantly disrupt friendships.

We all know how friendships play a significant role in shaping our teens' experiences. It's all part of growing up. The difficulties around teenage friendship issues can affect girls deeply, as well as impacting classmates and families. The tension and difficulties inevitably affect school life too and can impact girls' progress at school.

It's important to support our children through these times and help them navigate the sometimes complex world of teenage friendship issues.

First things first, keep the lines of communication open. Be that person your child can turn to when she needs someone to listen or seek advice. Create a safe space where they feel comfortable sharing their thoughts and experiences with you. Remember, we've all been teenagers once, and we know how intense friendship dynamics can get. It's a time when emotions run high, and the smallest things can feel like a big deal.

Letting your child know that it's normal to face difficulties in friendships during this stage of life is key.

### **1. Encourage girls to value themselves as individuals.**

All our relationships start with the one we have with ourselves. It's crucial we value who we are as individuals, and all the unique qualities we have. Encourage your child to recognise their unique qualities and embrace their own uniqueness. When they reach out to you for support regarding their teenage friendship issues, encourage and support them to see their own worth and qualities, building their feelings of self-belief. This will lead to a more positive outlook on her friendships.

### **2. Understanding we can't control other people.**

One crucial lesson in navigating teenage friendship issues is understanding that we can't control other people. Help your child grasp this concept and focus on becoming aware of, and then managing, their own thoughts and behaviour. By shifting the focus inward, they can develop a healthier approach to relationships.

As a parent, you can guide them by encouraging self-reflection and helping her understand the impact of their reactions and actions in their friendships.

### **3. Recognise and address unhealthy behaviours.**

Teenage friendship issues often involve unhealthy behaviours. It's important for your child to recognise that they have choices in their relationships and understand the difference between healthy and unhealthy behaviour. Encourage them to pay attention to how she feels about herself when they are with a particular person. If their answer is negative, it's a clear sign of unhealthy behaviour.

A helpful question to ask teens to guide them to start to recognise healthy or unhealthy behaviour in relationships is: "How do you feel about yourself when you're with this person?"

If the answer is negative, then that's a strong signal to that what they are experiencing is unhealthy behaviour. And then they have a choice of what to do next.

### **4. Supporting teens to build their confidence improves teenage friendship issues.**

When girls feel more confident in themselves, it helps to reduce teenage friendship issues. When girls value themselves through embracing their own uniqueness and all the wonderful qualities they possess, they come from a position of strength.

Added to this, encouraging girls to become aware of and develop their own inner dialogue - "self-talk" - is key. Asking girls whether what they say to themselves they would say to their best friend is a useful way to bring awareness to their self-talk.

Many girls have a grumpy, critical inner voice, and by evolving this being supportive and compassionate self-talk can really make a difference to how they feel about themselves, and so build their confidence.

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## **KENDRICK SCHOOL WELLBEING NEWSLETTER**

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

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## **WELLBEING ACTIVITIES**

### **SPORT IN MIND – FREE AFTER SCHOOL ACTIVITIES**

Sport in Mind has launched its autumn timetable of after school activities for young people this week. Young people are invited or can be referred to join the sessions to encourage them get active to improve their mental wellbeing, in a relaxed, supportive and friendly environment. Details can be found on the [Sport in Mind](#) website. Young people can be signed up using this [participants form](#).

**Teen Writing Group**  
AT WOKINGHAM LIBRARY

JOIN IGNITING WRITING,  
WOKINGHAM LIBRARY'S TEEN CREATIVE WRITING CLUB

FACE TO FACE SESSIONS EVERY SATURDAY  
(EXCEPT SCHOOL HOLIDAYS)

SESSION FOR YEAR 6-8 9.45AM TO 11.15AM  
SESSION FOR YEAR 9-13 11.45AM TO 1.15PM

THE SESSIONS ARE FREE AND OPEN TO ALL  
YEAR 6 TO YEAR 13 STUDENTS

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SESSIONS WILL INCLUDE:  
- FUN WRITING ACTIVITIES  
- USEFUL WRITING TIPS  
- GROUP DISCUSSIONS ON STORY IDEAS

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ALL SESSIONS NEED TO BE BOOKED IN ADVANCE  
TO SIGN UP FOR SESSIONS, VISIT THE EVENTS PAGE ON OUR  
WEBSITE: [HTTPS://WWW.WOKINGHAM.GOV.UK/LIBRARIES](https://www.wokingham.gov.uk/libraries)

  

 WOODLEY UNITED FC  
**U12's Girls Development Team**

*Come and Play Football*

YEAR 7 IN SEPTEMBER? FRIENDLY AND INCLUSIVE  
NEW TO THE GAME OR LOOKING FOR A NEW TEAM? MAKE NEW FRIENDS  
INSPIRED BY THE LIONESSES? FUN, GAME BASED TRAINING  
PLAY MATCHES  
PATHWAY TO ADULT GAME

**Come and join our brand new U12 Girls Development Team**

Whether new to the game, or looking for a new team, Woodley United FC are taking on players of all abilities to give everyone who wants to play football the opportunity to do so.

Contact:  
Clare on 07554 517853  
Gavin on 07879 812957

 

## SCHOOL CALENDAR FOR TERM 1, 2023-24

Saturday 16 <sup>th</sup> September	Admission testing for entry into Year 7 in September 2024
Thursday 21 <sup>st</sup> September	Year 7 Welcome Evening, 6pm (in school)
Monday 25 <sup>th</sup> September	Kendrick School Birthday
Tuesday 26 <sup>th</sup> September	Bronze DofE Awards, 5pm
	Year 10 Welcome Evening, 6pm (in school)
Thursday 28 <sup>th</sup> September	Governor L&T Committee, 4.30pm
Friday 29 <sup>th</sup> September	Former Students' School Birthday celebrations
Tuesday 3 <sup>rd</sup> October	Year 8 Welcome Evening, 6pm (in school)
Thursday 5 <sup>th</sup> October	Governor Resources Committee, 4.30pm
Friday 6 <sup>th</sup> October	Year 7 Movie Night, 3.30pm
Wednesday 11 <sup>th</sup> October	Upper School and Sixth Form Chamber Concert
	Year 13 Slapton Residential (until 15th September)
Thursday 12 <sup>th</sup> October	Governor P&R Committee, 4.30pm
Monday 16 <sup>th</sup> October	Biology Week
Wednesday 18 <sup>th</sup> October	Oxford/Cambridge Tests (to Friday 20 <sup>th</sup> September)
Friday 20 <sup>th</sup> October	End of Term 1, 3.25pm
The school calendar for the academic year can be found <a href="#">here</a> . For the Term Dates for 2023-24 please click <a href="#">here</a>	



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# NEWS, NOTICES, COMPETITIONS AND EVENTS

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## BEAT THE STREET IN WEST READING

The Beat the Street initiative returns to West Reading from Wednesday 20 September. The activity challenges children to see how far they can walk, cycle, run, scoot and wheel in six weeks. There are opportunities to earn points for their teams and to win prizes. The free project is all about getting physically active, spending time with family and friends and enjoying the great outdoors. We support the scheme as part of our [Move More](#) campaign to encourage children to be more active. Find out more about Beat the Street at: <https://www.beatthestreet.me/westreading/>.

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## TEEN PPP – POSITIVE PARENTING PROGRAMME

The flyer for the Teen PPP Positive Parenting Programme features a photograph of a family (a man, two girls, and a woman) smiling. In the top right corner of the photo is a logo for 'Brighter Futures for Children'. Below the photo, the text reads 'Teen PPP Positive parenting programme' with a star icon. The flyer provides the following details:

- 📅 Thursday 14 September - Thursday 16 November 2023
- 🕒 9.30-11.30am
- 📍 Berkshire Record Office, 9 Coley Avenue, Reading RG1 6AF

Three bullet points with star icons ask:

- ★ Is your child aged 11-14 years old?
- ★ Do you want to support your child when they show distressing behaviour?
- ★ Do you want to help your teenager make positive choices?

Join our evidence-based flexible parenting programme. The group aims to strengthen your relationship with your teenager, promote your teen's development and equip you to help them recognise and avoid risky situations. The programme is delivered in nine two-hour group sessions held weekly on Thursdays, term-time only.

To enquire or book your place, please contact: [parenting\\_reading@brighterfuturesforchildren.org](mailto:parenting_reading@brighterfuturesforchildren.org) or call 07812 462799

The Triple P logo is located in the bottom right corner of the flyer, featuring the text 'Triple P' and 'Positive Parenting Programme'.

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## SEND - READING FAMILIES' FORUM EVENT – SATURDAY 16<sup>TH</sup> SEPTEMBER

An Information and fun day is being held by Reading Families' Forum at The Avenue School, in Tilehurst, on 16 September, 2.30-5pm. There will be lots of information and advice for families of children with additional needs aged 0-18 as well as entertainment for the children. Coffee and refreshments will also be on offer. Find more details and book a place at: <https://www.readingfamiliesforum.co.uk/events>.

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## SEND - ME2 CLUBS

**Include Me** is a club for young people with additional needs, and their siblings, aged 8-25 who want to raise awareness, meet new friends, build self-confidence and have fun. The next meeting is Tuesday 12 September, 5.30-6.50pm. For more information, visit: [Reading Directory | Include Me2 - New Club for Young People with Additional Needs aged 8-25 years](#).

**Me2 Teen Club** is a new group for teenagers, aged 13-19, with additional needs. The group meets monthly and choose activities and help with planning and fundraising. The next session is Wednesday 27 September, 6-7.20pm. Visit: [Reading Directory | Me2 TeenWeRD Short Break Club - for teenagers with additional needs](#) for details.

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## SEND - ROYAL PHILHARMONIC RELAXED CONCERT

The Royal Philharmonic Orchestra will be presenting a relaxed concert at The Hexagon on 23 October. The event is specially designed for people who may find traditional concerts challenging to attend, including adults and children

with learning disabilities, movement disorders, sensory impairments, autistic spectrum disorder, dementia and other neurological conditions, or those with young children or babies. Tickets are £12 adults, £10 children. More details on the [What's On Reading](#) website and the attached flyer.

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## VACANCIES

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We have a vacancy for a **Biology Teacher for 0.8-full time** to join us in January 2025 to cover a maternity leave. More information will be posted on our website next week.

*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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## KENDRICK PARENTS' SOCIETY (KPS)

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### KPS AGM

Our Annual General Meeting is planned on the **1st November from 6pm to 8pm**. We will appoint a new body of parents who will work as a committee to achieve the objectives of KPS. There are statutory roles to be filled and we are looking for parents to join the committee. Here are the roles:

- Chairperson
- Secretary
- Co-treasurer
- Membership Secretary

If you are willing to be connected to the school and feel committed and dedicated to make a difference to you and the school, then please email at [KPSChair@Kendrick.reading.sch.uk](mailto:KPSChair@Kendrick.reading.sch.uk).

### Y7 MOVIE TIME

We invite the Y7 students to an after school movie time screening in school on **Friday 6th October from 3:30pm to 6pm**. Students can bring in their onesies and a sleeping bag to watch the movie with their friends and other classmates. Students get a complimentary bag of popcorn and a drink when they purchase a ticket and they can buy more refreshments on the day. In order to achieve this, we are looking for parent volunteers to get together and make it happen. Please email at [KPSChair@Kendrick.reading.sch.uk](mailto:KPSChair@Kendrick.reading.sch.uk) if you can help, otherwise we may not be able to pursue this plan. More details to follow.

KPS volunteers will be serving the new Y7 parents/carers at the welcome evening next Thursday, if you would like to join KPS, please fill this [online membership form](#).

### KPS TEAM