

Kendrick School - Weekly Update

Friday 29th September 2023

LETTER FROM MS KATTIRTZI, HEADTEACHER

We started our week in a celebratory way marking the 146th year of Kendrick School, otherwise known as the School Birthday! Following our traditional format of a cake competition, all the tutor groups baked a cake for the competition. As always, I had the great privilege of judging the cakes and this year I was helped by Mrs Rock and Ms Nolte. It was difficult to decide the winners as all the cakes were so well made, creative and looked delicious! Winners have been informed and will receive a card and some tokens from me.

As I have said many times, the school birthday is an opportunity to celebrate our school and the girls' education it has provided to so many girls and young women. At the assembly on Monday morning, I spoke to the students about the history of our school which started in 1877 in Watlington Street with 46 students, then moved to London Road in 1927 with only a few of the buildings on the site. Today, 146 years later we have many more buildings and facilities, over 900 students, over 100 staff and a school that is expanding and is [outstanding](#). We have a strong and significant history that we can be proud of which we daily reinforce by the work and achievements of our students and staff and the ambitious and aspirations they all have. We have always embraced new opportunities and enhanced our inherent strengths, and we will continue to do so because this is what we do at Kendrick and is our clear purpose. Some photographs of the cakes baked can be found [here](#). The cake that won the competition was made by 6SJ and depicts our school jumper which is such an iconic and unique symbol of our school. This afternoon at a small tea party we will welcome former students who would like to return to their school and remember their time here. They will have a tour of the school site, view some of our archive material and hear updates about the school since they left.

This weekend marks the beginning of October, and I would like to highlight the work of our History Department and Mrs Mosely, one of our history teachers, who has put together a month-long series of activities to mark Black History Month which always takes place in October. The theme for this year is **Saluting our Sisters** which completely resonates with everything we do at Kendrick, especially during this week as we celebrate our birthday and girls' education. The themes focus on black women whose contributions have been ignored, whose ideas appropriated by others and whose voices have been silenced. The main headings that will be considered are:

- **Sheroes Among Us** highlighting contemporary black women who are breaking barriers and shattering stereotypes in their respective fields
- **Pioneering Voices** featuring black women who have used their voices to speak out against injustice, with quotes from their speeches or writings
- **Innovators and Entrepreneurs** showcasing black women who have made significant strides in business and entrepreneurship
- **Breaking Barriers** featuring black women who have broken down barriers in sports, entertainment, politics and other fields
- **Women Who Move Mountains** celebrating black women who have made significant contributions to science, technology, engineering and mathematics (STEM) fields
- **Women Who Lead** showcasing black women who have made significant contributions to leadership and governance.

Every day, students will focus on a theme through links shared with them in the Daily Bulletin and will be able to research, learn and discuss the contributions and achievements of these women. Please see the link to this work which is on the [History page](#) of our website.

Finally, at our assembly on Monday, as a reflection at the end of the assembly, I read a short and simple poem to the students which I feel is appropriate to share with you this week.

LET NO-ONE STEAL YOUR DREAMS

Let no-one steal your dreams

Let no-one tear apart

The burning of ambition

That fires the drive inside your heart

Let no-one steal your dreams

Let no-one tell you that you can't

Let no-one hold you back

Let no-one tell you that you won't

Set your sights and keep them fixed

Set your sights on high

Let no-one steal your dreams

Your only limit is the sky

Let no-one steal your dreams

Follow your heart Follow your soul

For only when you follow them

Will you feel truly whole

Set your sights and keep them fixed

Set your sights on high

Let no-one steal your dreams

Your only limit is the sky

Have a good weekend and please read beyond this section of the Weekly Update which includes safeguarding and wellbeing guidance.

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/WELLBEING

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 **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 please visit the **Student Welfare Team in the General Office or Sixth Form Office** or email studentwelfare@kendrick.reading.sch.uk.

SAFEGUARDING – DANGERS OF VAPING

They've helped thousands of people successfully quit smoking; in laboratory tests, they've been found to be up to 95% less harmful than cigarettes; and they've been hailed as "a game changer for public health" by one independent review. So why exactly are vapes and e-cigarettes still regarded by many experts as controversial and potentially dangerous?

In terms of young people, the issue is availability. Vapes (containing nicotine) aren't supposed to be sold to under 18s: a fact at odds with the rising number of school-age users and the products' colourful packaging and child-friendly flavours. This National Online Safety guide summarises what trusted adults need to know about the potential dangers of vaping for young people.

Click here for the [guide](#) on our website.

What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping from 7.7% in 2022 to 11.9% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

- NICOTINE ADDICTION**
Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, mood and increase the likelihood of substance addiction or an injury.
- POTENTIAL TOXICITY**
Many vape liquids have been found to contain "heavy" metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.
- UNCLEAR LONG-TERM CONSEQUENCES**
The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.
- ATTRACTIVE PACKAGING**
The packaging of many disposable vapes is very appealing to young people, frequently mimicking the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vapes are often depicted positively on social media in which can lead young people to develop favourable views of vaping and overlook the possible harms.
- ENVIRONMENTAL EFFECTS**
In the UK alone, around 5 million disposable vapes go to landfill every week, due to such significant numbers of these products not being recycled. Their components – lithium battery and a chemical liquid – pose a toxic risk to the environment, the extraction and wildlife. Vapes are also predominantly made of plastic and metal, materials that, of course, do not naturally decompose.

WHAT IS VAPING?
Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be disposable (once the liquid or battery runs out, the vape is thrown away) or rechargeable (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS
A proportion of young people tend to view vapes as harmless, mostly because of the products' appearance and the perception that "vaping is cool" on social media. Even strengthened on these terms, in many instances, young people don't fully appreciate the concept of addiction: that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

WIDER HEALTH CONCERNS
Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because of the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNREGULATED VAPING PRODUCTS
The number of retailers willing to sell vapes to under 18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

SCARCE INFORMATION
The lack of information about the ingredients and potentially harmful chemicals in vapes is troubling. Some vape fluids (unregulated in the UK) contain traces of fruit, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

VAGUE INGREDIENTS LISTS
Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. The ingredients aren't identified on the packaging, instead listing under the umbrella terms "natural and artificial flavourings". Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert
Run by the Cotswoldshire and Peterborough Healthy Schools Service Commissioning, Cotswoldshire County Council and Peterborough City Council, Catch Your Breath is a school-based project aimed at young people. Its goal is to build positive, confidence-boosting relationships and secondary schools in discouraging smoking and vaping behaviours.

Source: <https://www.bbc.com/health/ash-2023>

www.thenationalcollege.co.uk @thenatcollege /thenationalcollege

HEALTHY SCHOOLS COMMISSIONING & PROMOTION The National College

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 28.08.2023



**National
Online
Safety®**

STAYING SAFE ONLINE

YOUTUBE

YouTube is a video-sharing social media platform that allows billions of people around the world to watch, share and upload their own videos with a vast range of content – including sport, entertainment, education and lots more. It's a superb space for people to consume content that they're interested in. As a result, this astronomically popular platform has had a huge social impact: influencing online culture on a global scale and creating new celebrities.

In this guide from National Online Safety, you'll find tips on avoiding potential risks such as connecting with strangers, inappropriate content and high visibility.

WHAT PARENTS AND CARERS NEED TO KNOW ABOUT YOUTUBE

MENTAL HEALTH AND WELLBEING – FRIENDSHIPS

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. For all the information that we have shared so far on the theme of Friendship please click [here](#).

GUIDE TO FRIENDSHIPS

This [Kidscape Guide to Friendships](#) helps you understand friendships. Friendships are vital for our health and happiness. Friends are there in the good times and the tough times. They help us work through our problems and make us smile. Friends can come in all shapes and sizes, with different backgrounds and experiences. While it can feel easier to make friends with people who are like us, people who are different to us can teach us new things and ways of seeing the world. Friends make us happy but there are times when they also make us angry or sad. For example, there may be times when we find it hard to make friends, or a friend lets us down. This is all part of being human!

KENDRICK SCHOOL WELLBEING NEWSLETTER

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

WELLBEING ACTIVITIES

TEEN WRITING GROUP

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

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

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

WOODLEY UNITED FC
U12's Girls
Development Team

Come and Play Football

YEAR 7 IN SEPTEMBER

NEW TO THE GAME OR
LOOKING FOR A NEW TEAM?

INSPIRED BY THE LIONESSES?

FRIENDLY AND INCLUSIVE

MAKE NEW FRIENDS

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
Garvin on 07879 812957

SCHOOL CALENDAR FOR TERM 1, 2023-24

Friday 29 th September	Former Students' School Birthday celebrations, 3.30pm
Tuesday 3 rd October	Year 8 Welcome Evening, 6pm (in school)
Thursday 5 th October	Governor Resources Committee, 4.30pm
Friday 6 th October	Year 7 Movie Night, 3.30pm
Wednesday 11 th October	Upper School and Sixth Form Chamber Concert
	Year 13 Slapton Residential (until 15 th September)
Thursday 12 th October	Governor P&R Committee, 4.30pm
Monday 16 th October	Biology Week
Wednesday 18 th October	Oxford/Cambridge Tests (to Friday 20 th October)
Friday 20 th October	End of Term 1, 3.15pm

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

NEWS, NOTICES, COMPETITIONS AND EVENTS

CHILDREN'S COMMISSIONER - THE BIG AMBITION

The Big Ambition, is a new campaign, launched by the Children's Commissioner, to hear directly from children, young people, and parents across the country about what they need to make their lives better.

As we approach the General Election, now is a crucial moment to take children and young people's voices to policymakers, Government, and decision makers, to make sure they are heard on matter such as schools, communities, family life, and the wider world. There are also questions on what children and young people want for their future, their hopes, dreams, and aspirations.

This survey is for all children and young people aged 6-18 and for parents/carers who can complete the survey on behalf of children aged 0-5. This will ensure we hear from early years settings. Adults can also assist children who are unable to complete the survey independently.

The survey can be completed here: www.childrenscommissioner.gov.uk/thebigambition

RECYCLE WEEK 16-22 OCTOBER

The theme of this year's Recycle Week is The Big Recycling Hunt which focuses on 'missed capture' or those items that can be recycled but are often missed in the home.

There is a fun [Family Challenge](#) to encourage parents and children to learn about recycling together.



LEGO DISCOVER DAY AT READING CENTRAL LIBRARY

Reading Central Library is holding a LEGO Discovery Day for 8-11 year olds on Saturday 7 October. There will be three 60-minute sessions involving a LEGO education trainer and each participating child will receive a free LEGO duck. Spaces are limited and must be booked in advance. Sessions are free but there is a 50p booking fee per participant. Booking opens soon at: [LEGO Discovery Day | What's On Reading \(whatsonreading.com\)](http://LEGO Discovery Day | What's On Reading (whatsonreading.com)).

SPECIAL EDUCATIONAL NEEDS (SEND) NEWS AND UPDATES

UPDATED SHORT BREAKS EASY READ GUIDES

Two guides about short breaks for Reading children with special educational needs and/or disabilities have recently been updated and are now available to download from the SEND Local Offer. The guides were produced by BfC in collaboration with partners including Reading Families' Forum. They are:

- [Short Breaks – an easy read guide for parent carers in Reading](#)
- [BfC Short Breaks Statement – easy read version for young people](#)

SEND GUIDE FOR PARENTS/CARERS

A quick and easy guide for parent carers of children and young people with special educational needs and/or disabilities (SEND). Updated by Brighter Futures for Children (BfC) August 2023.

This guide has been put together with parent carers, in partnership with other services, to help families access information on local SEND services for children, young people with additional needs.

Please find attached the updated guide here - [Reading Directory | SEND Guide for Parent Carers](#)

[SEND Local Offer Newsletter - Summer 2023](#)

VACANCIES

We have a vacancy for a full time **School Caretaker** to join us in November 2023. Please click on the link below for details of the role and how to apply. Please share this information with family and friends.

[School Caretaker for November 2023](#)

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.

KENDRICK PARENTS' SOCIETY (KPS)

KPS AGM

Our Annual General Meeting is on **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.

Y7 MOVIE TIME

We invite the Y7 students to an after school movie time screening within school on **6th Oct 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. Here is the [ticket link](https://www.trybooking.co.uk/CSGB) to buy your ticket - <https://www.trybooking.co.uk/CSGB>.



YEAR 7
MOVIE NIGHT
FRIDAY 6TH OCTOBER AT 3:30PM - 6PM

THE GREATEST SHOWMAN

ADMISSION £5 INCLUDES SNACK AND A DRINK

ADDITIONAL SNACKS AND DRINKS CAN BE PURCHASED WITH CASH

BRING A COMFY CLOTH MOVIE

The poster features two anthropomorphic characters: a popcorn bucket and a red cup with a straw, both with faces and limbs. Below the characters is a red banner with the movie title. At the bottom, there is a QR code and a small image of a tablet displaying the event details.

KPS TEAM