

# Kendrick School - Weekly Update

Friday 5<sup>th</sup> May 2023

## LETTER FROM MS KATTIRTZI, HEADTEACHER

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The bunting is up, preparations are in place and students and staff are set to have an enjoyable 'Garden Party' during our lunch break today for the occasion of the King's Coronation tomorrow! We will send photos and reports in due course of the celebrations and the lovely regal outfits and garden party clothes I have seen worn today. My thanks to the dedicated team of staff who have put together such fun activities for everyone to take part in. Please look at the display of the [Coronation of King Charles III](#) to mark the occasion.

Items on our website for you to read and appreciate this week are:

- [Young Economist of the Year](#) won by a Year 12 students, Rowena
- [Biology Olympiad Achievements](#)
- [Physics Olympiad Award](#)
- [Careers Quiz Winner](#)
- [Science Welcomes a visitor/former student!](#)

It is also Deaf Awareness Week and one of our students, Ananya, prepared a Powerpoint presentation for students that was shown in tutor time this week. A competent signer, Ananya also displayed some finger spelling in a video clip for students to have a go themselves. A display in the library highlighting Deaf Awareness Week is [here](#).

Last week I spoke about our governor day when almost the entire governing body was in school working with the SLT to discuss strategic planning and developments for the school. A few of them started the day attending an assembly taken by the new Kendrick Leaders who spoke about their plans for the coming year, and we were all impressed by the thought and seriousness they demonstrated in the roles they have and what they would like to do. Please read the details of their plans [here](#). Other governors attended a meeting of School Council

The discussions we had with the governors covered current good practice in our school as recognised in the recent inspection, in particular: a presentation on some on learning and teaching plans we are working on, SEND provision, safeguarding arrangements and the Wellbeing Strategy. We also took some time to discuss our Kendrick School Development Plan an annually reviewed document which sets out both our short and longer-term plans. We focused on the strategic drivers and how these inform our strategic objectives. We debated whether the impact of covid is still relevant in our planning for the future and the educational provision for our students, both academically and pastorally; we agreed that it still does affect our planning and resources. We also welcomed a local Headteacher who spoke to us about their school, a Special School, and the plans they have for the increasing need and provision of SEND education in Reading. Altogether we had a very valuable and productive day.

Wishing everyone another long and celebratory 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 – SELF HARM

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Our Wellbeing theme this term is **Building Confidence and Self Esteem**. Many children who self-harm suffer from low confidence and self-esteem. Below is a resource from the [NSPCC on Self-Harm](#).

### Why do teenagers and children self-harm?

The reasons children and teenagers can self-harm are often complicated and will be different for every child or young person. Sometimes a child or teenager may not know the reasons they self-harm.

For many young people, self-harm can feel like a way to cope with difficult feelings or to release tension. The physical pain of hurting themselves can feel like a distraction from the emotional pain they're struggling with.

Some difficult experiences or emotions can make self-harm more likely in children:

- experiencing depression, anxiety or eating problems

- having low self-esteem or feeling like they're not good enough
- being bullied or feeling alone
- experiencing emotional, physical or sexual abuse, or neglect
- grieving or having problems with family relationships
- feeling angry, numb or like they don't have control over their lives.

### **Signs of self-harm in children and teenagers**

It can be hard to recognise the signs of self-harm in children and teenagers, but as a parent it's important to trust your instincts if you're worried something's wrong.

Signs to look out for can include:

- covering up, for example by wearing long sleeves a lot of the time, especially in summer
- unexplained bruises, cuts, burns or bite-marks on their body
- blood stains on clothing, or finding tissues with blood in their room
- becoming withdrawn and spending a lot of time alone in their room
- avoiding friends and family and being at home
- feeling down, low self-esteem or blaming themselves for things
- outbursts of anger, or risky behaviour like drinking or taking drugs.

### **Supporting a child who self-harms**

#### **Offer them emotional support**

- Finding out that your child's been hurting themselves can be really hard to accept and it's natural to feel anxious or upset. Some parents might also blame themselves or feel powerless to help. But if you can, it's really important to try and stay calm and remember there are things you can do to support your child.
- Focus on showing them that you're there whenever they choose to talk. Remember they may prefer to talk over text or WhatsApp rather than in person. If they do feel ready to talk, try to just listen and not ask too many questions about why they've been self-harming, so it doesn't seem like you're judging them.
- Let them know that you care about them and that you want to help them find healthier ways to cope with difficult or upsetting feelings they're having. But that's it's okay for them to be honest with you about what they're going through.

#### **Focus on what's causing the self-harm**

- Remember self-harm is often caused by an underlying problem, like depression or anxiety, or being bullied. It can be more helpful to focus on helping them with what's causing their feelings rather than on the self-harm itself.
- You can help them to get support for a mental health problem, such as by talking to their GP, someone at their school or to Childline. It can also help to ask their GP about a referral to Child and adolescent mental health services (CAMHS).
- Sometimes hiding or taking away something a child is using to self-harm can lead to them finding other ways to hurt themselves. You could try asking your child what would be most helpful for them and ask them to tell you when they feel they want to hurt themselves.
- Sometimes, it might be possible to come to an agreement where your child tells you when they've hurt themselves. It's important to make sure any injuries or cuts are cleaned and properly taken care of. Any serious injuries should be treated right away in a hospital.

#### **Encourage them to find healthy ways to cope**

Instead of simply asking a child to stop self-harming, it can be helpful to suggest something they could do instead to cope with difficult feelings.

Some things young people who've spoken to us have found helpful are:

- paint, draw or scribble in red ink
- hold an ice cube in your hand until it melts
- write down your negative feelings then rip the paper up
- wear an elastic band on your wrist and snap it every time you feel the urge to self-harm
- listen to music
- punching or screaming into a pillow
- talk to friends or family
- take a bath or shower
- exercise
- watch your favourite funny film.

Childline also has many more [self-harm coping techniques](#) for children and young people. The [wall of expression game](#) can also be a helpful way for young people to deal with difficult feelings.

### Help them to build their confidence

- Many children who self-harm suffer from low self-esteem or confidence. You can help by reminding them about the things they do well or help them to learn something new together, like playing guitar or making crafts.
- You could write a list of all the things that make you proud of your child and that make them special, and giving it to them. Try to focus on things about their personality rather than things like their academic achievements.
- Childline also has advice for children and young people on [building their confidence and self-esteem](#).

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## MENTAL HEALTH AND WELLBEING – 'HOW TO COMMUNICATE WITH YOUR CHILD WHATEVER THEIR MOOD' WEBINAR

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We are delighted to confirm that we are holding a second webinar with Jenny Langley, from the Charlie Waller Trust, on **Thursday 18th May 2023, 6.00pm to 8.00pm**.

The session is titled '**How to communicate with your child whatever their mood, and how to boost their self-esteem and confidence**' and is linked to our wellbeing theme this term, **Building Confidence and Self-Esteem**.

The Charlie Waller Trust has been working alongside Dr John Coleman who is a leading expert in the field of teenage brain development. Jenny Langley is one of their lead trainers in this area.

In this session, Jenny will introduce us to an array of well researched and evidence based practical communication skills so that we can maintain strong connections with our teenagers whatever their mood. We know that teenagers have times when their self esteem can be very low, they can be worrying more and more about fitting in and how they look, and these feelings can be particularly difficult when there is the added pressure of exam season looming. The session will include some very visual exercises that help us to understand the difference between normal everyday anxiety and low mood, and when things become overwhelming. These exercises can also help us to empathise with some of the challenges our youngsters are facing, and understand why simply telling teenagers what to do is generally met with a grunt, a blank face or perhaps even a slammed door.

Tickets are free and available on Eventbrite via the link below. The webinar will be held on Zoom and you will be sent a link to the event by 2pm on Thursday 18th May. This event is for Kendrick school parents, carers, students and staff only.

<https://www.eventbrite.co.uk/e/630852395497>

We hope that many of you will be able to attend the session.

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## SCHOOL CALENDAR FOR TERM 5, 2022-23

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| <b>Monday 8<sup>th</sup> May</b>     | Coronation Bank Holiday – school closed to students and staff    |
| <b>Wednesday 10<sup>th</sup> May</b> | KPS Meeting online at 6pm  |
| <b>Thursday 11<sup>th</sup> May</b>  | Year 13 Celebration Day<br>Resources Governor Committee, 4.30pm  |
| <b>Friday 12<sup>th</sup> May</b>    | Year 11 Celebration Day  |
| <b>Monday 15<sup>th</sup> May</b>    | Start of external exams<br>Start of Mental Health Awareness Week |
| <b>Friday 19<sup>th</sup> May</b>    | Start of Year 10 exams   |
| <b>Monday 22<sup>nd</sup> May</b>    | Year 8 Bushcraft Trip departs                                    |
| <b>Thursday 25<sup>th</sup> May</b>  | Performance & Review Committee, 4.30pm                           |
| <b>Friday 26<sup>th</sup> May</b>    | End of Term 5, 3.25pm  |

The school calendar for the academic year can be found [here](#). For the Term Dates for 2022-23 and 2023-24 please click [here](#)

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## NEWS, NOTICES, COMPETITIONS AND EVENTS

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### BURSARIES AND GRANTS

The deadline for applying for one of our bursaries or grants is Friday 19<sup>th</sup> May 2023. For more information on each bursary or grant please click [here](#).

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### FIVE DINNERS

We have been made aware of a free resource called Five Dinners, with access to meals plans and shopping lists. “No more stress deciding what’s for dinner, enjoy cooking easy, cost effective family meals. Join today and get **FREE lifetime membership!**” If you are interested in signing up, please click [here](#) for more information. Please note that this resource is not endorsed by Kendrick School, we are just passing the information onto you.

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## VACANCIES

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We have the following vacancies at Kendrick School. Please click on the links for more information on the roles and how to apply and please share with friends and family.

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. Please read the information on our Safer Recruitment procedures [here](#).

[German Teacher](#) to cover a maternity leave for September 2023. Full Time.

[Computing and Maths Teacher](#) for September 2023. Full time. Would also consider two part time roles – 0.5 Computing; 0.5 Mathematics.

Part-time [Music Teacher](#) to cover a maternity leave – for end of February 2023 or September 2023 to December 2023. Applications will be dealt with on receipt.

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## PARENTPAY REMINDERS

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We would like to bring to your attention the following ParentPay items which are due for payment, please login to your ParentPay accounts for details. Please could you check your child's account and ensure that any overdrafts are paid. Thank you.

Year 10 and Year 11 GCSE English set texts  
Year 12 and Year 13 A-Level English set texts  
Year 7, 8 and 9 Food and technology contributions  
Year 10 and 11 Art and Textiles contributions  
Year 9 Duke of Edinburgh Bronze Award  
Year 9 and Year 10 French Play -7th March 2023  
Year 9 and Year 10 German Play – 25<sup>th</sup> April 2023  
Year 10 and 11 GCSE Music Anthologies book purchase  
KPS department birthday gift - celebrating Kendrick's 145th year

### **Trips**

Geography Field Trip to Hengistbury Head and Hurst Castle Spit - 20th March 2023  
Year 12 and Year 13 Classics and Latin students trip – 6<sup>th</sup> March 2023  
Year 12 UCAS Discovery trip – 20<sup>th</sup> April 2023  
Year 8 Bushcraft Residential - May 2023  
Year 12 French and History trip - June 2023.  
Year 12 A level Biology: Dale Fort centre residential trip – June 2023

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## KENDRICK PARENTS' SOCIETY (KPS)

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### **KPS MEETING – WEDNESDAY 10<sup>TH</sup> MAY 2023**

You are all invited to attend the next KPS (Kendrick Parents' Society) meeting on Wednesday 10th May scheduled between 6:00 p.m. and 7:30 p.m.

Skype Meeting Link for Meeting: <https://join.skype.com/GByK9Aice0gn>

*(In case of issues copy-paste the link in Internet browser and join WITHOUT signing in to Skype app)*

We look forward to seeing you on 10th May.

### **KENDRICK SUMMER EVENT - YOUR ANSWERS TO 3 QUESTIONS WILL MAKE A DIFFERENCE!**

It has been really long since we had an informal gathering at school during summer time. Kendrick Parents' Society needs your help in making a decision to organise an event that will bring the entire school community to network together and have some fun too!

Your opinion is important to us so please answer these 3 questions in this [google form](#). If you can't click the link above , cut and paste this <https://forms.gle/BncdobDLNoSX3tFr5> in your browser to access it .

We thank you and are grateful to you for your time.

**KPS Committee**