

Kendrick School - Weekly Update

Friday 20th September 2024

LETTER FROM MS KATTIRTZI, HEADTEACHER

I would like to begin by featuring a couple of items on the website this week regarding students' activities and achievements. Firstly, [Shivani in Year 12](#) and the success she has had in the All-England Dance Festival recently. Also, an event from last term which seems a long time ago now about the [Mock Election](#) we had in school on the 4th July, the same day as the National Election. Both in and outside of school many of our students take part in so many activities to further enhance their personal development. At this time of the year, we review and revise our extracurricular activities – clubs and societies that are run in school- and shortly I will be sending everyone the updated list for 2024-25. Already I have had requests from a couple of students who wish to organise and lead a new club which is great! Unfortunately, one of the extracurricular activities/initiatives we had in school will no longer be running this year and that is the Duke of Edinburgh Award. I am most grateful to Mr Crowther for leading the DofE award for the last two years and giving students the opportunity to gain a Bronze and Silver Award, something that has not been available to students at Kendrick for a very long time, in fact I cannot remember whether Kendrick has ever offered the DofE before Mr Crowther volunteered to do so in September 2022. I am sure some parents and students are feeling disappointed about this; however, I need to remind everyone that teachers and staff are not obliged to run clubs and societies in school and only do so on a voluntarily basis and in their own time. For this I am most grateful to them. For the Duke of Edinburgh Award there are many local centres that offer the award <https://www.dofe.org/>

It was a pleasure to meet Year 7 parents and carers on Tuesday evening at the Information Evening, their first official event as Kendrick parents. There is always an element of excitement at the prospect of new beginnings, but also a slight level of anxiety of not knowing exactly what is to come which is all part of the transition to a new school, in particular to secondary school. On Tuesday evening, we spoke to parents about how the school supports and cares for students at Kendrick and that this feature is as important to us as their academic success and progress. I spoke in detail about the support networks available to students and the safeguarding arrangements there are in school and the key personnel as well as my expectations of students. Miss Hyde, Head of Key Stage and Ms Heath, Assistant Pastoral Leader of KS3, explained the routines and workloads we have for our students in Year 7, the processes and procedures and of course managing social media which is often a real concern for all parents. We emphasised working in partnership to achieve the best outcomes for our students.

A responsibility that all staff have in school is the safeguarding of our students which I explained to 7 parents this week and would like to remind all parents. Firstly, the key members of staff who lead in this area are: Mr Simmonds, Deputy Head is the Designated Lead Officer (DSL) for safeguarding in school. Mrs Hearn, Assistant Headteacher and Head of Sixth Form, Mme Hulley Head of Key Stage 4, Miss Hyde Head of Keys Stage 3, plus Mrs Hackett and Mrs Shaw who are all Deputy Designated officers (DDSL). We also have a Safeguarding Trustees and they are Ms Julia Drury and Ms Lindsey Reece-Smith. If there are any matters of concern that students or parents have, they must contact school to speak to anyone of these staff. In the more detailed section of the weekly update and on our website, there is always a lot of information about keeping students safe, including details of agencies and bodies that can be contacted to provide support. Some of the key themes that have become a priority for schools this year are detailed in the updated Keeping Children Safe in Education document (KCSIE) which can be found [HERE](#). Staff have been informed of all these developments in the safeguarding training we had at the start of the term and have also read and understood our Child Protection and Safeguarding Policy which is [here](#).

In addition, I would like to remind parents of our SEND arrangements and Coordinator. Ms Le Croisette is one of our Assistant Headteachers and the SEND Coordinator. Students who reach the threshold of SEND arrangements have a SEND passport which all staff are aware of and outlines their special needs and requirements. Sometimes students may come to Kendrick with their special educational need known, sometimes these emerge as they go through the

school. In any case we want to be responsive and supportive to the special and individual needs of these children. For reference and contact Ms Le Croisette's email address is yleciosstte@kendrick.reading.sch.uk

I am excited about the school birthday celebrations next week and I am aware that at least one Year 8 form is very keen to produce the best cake in their year! Kendrick continues to thrive as it celebrates its 147th year as an outstanding school in girls' education. I don't think we should ever forget this and that will be the focus of my assembly on Monday to the whole school. There will also be some contributions from members of the Kendrick Student Leaders about what Kendrick means to them as well as a poem specially written for the occasion. The lighter side of the event is the cake baking which I am assuming will be happening this weekend amongst the designated cake bakers! I hope students have got their plans organised within their forms to bake a cake for the competition on Monday which they need to bring to the Horizons canteen by 8.25am. The whole school assembly, picnic lunch, eating their cake and gathering as a whole community is a highlight of our calendar at this time of the year. The reunion of former students and staff this year will be on Friday 6th December 2024. We will send more information about this nearer the time.

With best wishes for the weekend,

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 **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.

SAFEGUARDING

STAY TRUE TO YOU Free online information session - keeping young people safe from violence and knife crime - the Stay True to You campaign - **6.30pm - 8.30pm Wednesday 25 September.**

Parents, carers and those in the community can join a free online information session on how we to support the safety of young people, keeping them away from knife crime and violence.

Delivered online by The Ben Kinsella Trust, the leading national anti-knife crime and violence education charity, each session is led by an experienced trainer, explores the risks that drive violence - from online harm, exploitation, gangs and drugs, the signs and symptoms to look out for and how to create the space and time to have those difficult conversations with young people.

The Stay True to You booklet with advice and guidance on how to help young people stay safe from conflict and violence can be found [here](#).

UNDERSTANDING CHAT ROOMS *Source: [Family Lives](#)*

As a parent or carer it's important to understand how your teen communicates with others online. It can be difficult to know what technology is out there as new apps and functions pop up daily and young people seem to know how it works inside and out very quickly.

What are teen chat rooms? Outside of social media chat functions like Facebook messenger, Instagram, Snapchat and WhatsApp there are a number of teen chat rooms that are easily accessible through a simple Google search. In these 'rooms' your teen can pick an alias for themselves or create an avatar (an icon or image representing that person) and begin communicating with strangers in a matter of minutes.

It can be exciting and informative to communicate with different people online. You may learn about other cultures and about people from different walks of life, but it is important for your teen to remember that they are speaking with strangers.

While it is not unusual for teens to make many online friends whom they don't know in real life (IRL), e.g. online gaming groups known as 'clans', shared interest groups through blogging sites such as Tumblr or Reddit, or even online study groups through learning platforms such as Coursera or Edx, the most important thing is that your teen stays safe whilst online.

Webcams Whilst in chat rooms your teen may be asked to turn their webcam on. This is not advised even if your teen knows the person in real life. There have been numerous incidents of teens having their image captured and used maliciously. Webcams can also be hacked into and turned on without your teen's knowledge so it is important that they turn their webcams off properly, perhaps even by covering the lens when the webcam is not in use.

Unfortunately, the anonymity the internet offers can lead people to forget social boundaries. Your teen may be harassed by other users to 'flash' parts of their body at the camera or do something inappropriate. Talk to your teen about standing up to peer pressure and to never do anything they feel uncomfortable with. It is important that they remember they can just turn their computer off and walk away at any point they like.

Personal information Inform your teen of the importance of maintaining their privacy whilst in chat rooms. This means not giving out their phone number, email address or home address. Even telling someone the name of their town, their school or where they sometimes hang out may be enough to identify them. Ask them not to give out their other social media profiles out either to ensure privacy. Your teen should also consider that the person they are

communicating with may not be who they say they are. For instance, a seventeen year old may think they're speaking with someone their own age, but they could easily be speaking to someone twice their age.

Meetups No matter how much youR teen feels they know about someone, it is never advised that they meet up with anyone they talk to in a chat room in real life. Even if the meetup is planned in a public place and with a group of people, this can still be risky. Explain the dangers of not knowing who that person is and how vulnerable they would be if they were to meet up with them.

If your teen feels uncomfortable whilst chatting or if a person is pressuring them to turn their webcam on or give personal information, they can do a number of things.

- They can block the person, or leave that specific chat room.
- They can logout, choose another alias, and log back in.
- They can report the person to the moderators, also known as 'mods'. Moderators are people who manage chat rooms who can ban users if they break the rules.

Encourage your teen to always talk to you if they are concerned about anything they have seen or been asked to do online. Let them know that you can help them and they won't be in trouble as it is important for them to confide in you if anything troubles them online.

If your teen have seen something in a chat room that has made them feel unsafe, you can report this to an organisation called [Report Harmful Content](#) online and they can help to get things taken down.



National **STAYING SAFE ONLINE** Online Safety®

FINAL FANTASY XIV

Massively multiplayer online role playing games – or 'MMORPGs' – are a highly popular subgenre, allowing people from all over the world to exist within the same fantasy realm, joining each other on quests or testing their skills against each other. One such title in this genre is Final Fantasy XIV, which released back in 2010 and – despite its initial failure – saw a surge of popularity in later years.

As with any online game, there are plenty of risks associated with Final Fantasy XIV – and it's vital for parents and educators to understand these safety concerns, in case any children in their care wish to enjoy this title. This free guide offers expert insight into the potential hazards of playing Final Fantasy XIV and lets you know how best to safeguard any young fans of the game.

[WHAT PARENTS AND EDUCATORS NEED TO KNOW ABOUT FINAL FANTASY XIV](#)

MENTAL HEALTH AND WELLBEING

SELF-CARE: LISTENING TO YOUR BODY It is easy to think about our physical health as being separate to our mental health but in reality they are very much connected and one can impact the other. So, just as you might need to give your body a rest if you have a cold or injure yourself, if you are stressed, anxious or feeling down it can sometimes present as physical symptoms including loss of energy, tension or aches in the body, stomach problems, difficulties concentrating and sleep problems.

Sometimes, it can be really hard to know if how you are feeling is caused by a physical ailment or by psychological distress so we would always recommend that you speak to your GP and let them know how you are feeling, both physically and mentally. You might find it hard to speak about how you're feeling, so you could always write down what you'd like to share beforehand or take a trusted friend or family member who is aware of how you're feeling, who can speak on your behalf if you don't feel able or comfortable discussing how you're feeling. Your GP can then assess whether your symptoms may be due to your mental health and offer advice or suggest a referral if needed.

You may find the following self-care strategies helpful depending on your physical symptoms:

[Avoiding certain foods](#) has advice on how a healthy, balanced diet can affect your body and mood.

[Being outside](#), [physical exercise](#), including [dancing](#) or [walking](#), may help your energy levels even if its just dancing in your room to your favourite music.

[Meditation](#), [mindfulness](#) and [relaxation techniques](#) may help centre yourself and reduce stress and anxiety.

[Writing things down](#), [organising your day](#) and [setting realistic goals](#) may help your concentration and prioritise your week so that you can manage your energy levels.

And finally, don't underestimate the importance of [sleep](#) and trying to maintain a good sleep routine.

KENDRICK SCHOOL WELLBEING NEWSLETTER

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

SCHOOL CALENDAR FOR TERM 1, 2024-25

Monday 23rd September

School Birthday

Thursday 26th September

Year 10 Welcome Evening, 6pm

Wednesday 2nd October

Year 13 Slapton residential (to Sunday 6th)

Thursday 3rd October

Trustees L&T Committee, 4.30pm

Thursday 10th October

World Mental Health Day

Trustees Resources Committee, 4.30pm

Wednesday 16th October

Upper School Chamber Concert

Thursday 24th October

Sixth Form French/History trip to Paris

Friday 25th October

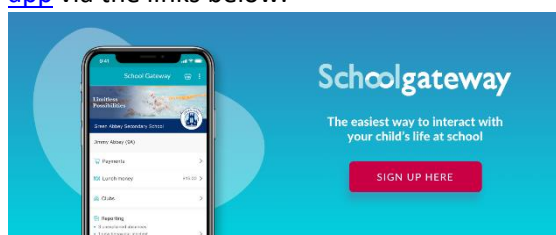
End of Term 1, 3.15pm

The school calendar for the academic year can be found [here](#). For the Term Dates for 2024-25 please click [here](#)

NEWS, NOTICES, COMPETITIONS AND EVENTS

DROPPING OFF STUDENTS AT SCHOOL We are still receiving regular reports of students being dropped off by car on East Street and parents parking dangerously and inconsiderately in East Street, South Street and Kendrick Road. As well as resulting in slow moving traffic, this causes issues for local residents and businesses who are having their access affected, and results in students running across the road which is very dangerous. Please be considerate at all times and find a safe and legal place to drop off and pick up your child from school.

SCHOOL GATEWAY AND REPORTING A STUDENT ABSENCE Please download the [School Gateway app](#) via the links below.



[Apple iPhone users, download the app here: \[schoolgateway.co.uk/iosdownload\]\(https://schoolgateway.co.uk/iosdownload\)](#)

[Android phone users, download the app here: \[schoolgateway.co.uk/androiddownload\]\(https://schoolgateway.co.uk/androiddownload\)](#)

All school related communication, newsletters, reports, timetables, attendance figures, and school reports go through School Gateway – it is the central hub of information for our parents – so to stay up to date with what’s going on at school make sure you download the app for free. This app is also where you will report any absences. If you cannot use the School Gateway App, please email admin@kendrick.reading.sch.uk

Please report an absence before **9am**. If your child is absent from school, and we have not been informed, we will send a message via School Gateway. We will ask you to contact the school to give the reason for their absence. If we do not receive a response enquiry will be made to ascertain the students’ safety, and the absence will be recorded as unauthorised. The Attendance Team monitor the attendance and punctuality of all students, and will work with any students, and parents, to offer any support needed to ensure students achieve their full potential by being in school every day on time. Cases of persistent absence and lateness will be escalated as appropriate.

Planned Medical Appointments If your child needs to miss school for a medical appointment, please send a message via School Gateway, giving as much notice as you can. These absences will always be authorised. Please note that students must be collected from school by a responsible adult for appointments that take place during school hours.

Participating in Drama, Music, Sport, events We are happy to support students participating in drama, music, sport etc. out of school and if your child needs time off for any of these reasons please email admin@kendrick.reading.sch.uk in advance, explaining the reasons, for the Headteacher to consider.

Holiday in Term Time In line with Department for Education guidance, headteachers may not grant any leave of absence during term-time, unless there are exceptional circumstances. Parents/carers have a legal duty to ensure that their child attends school regularly. Please be aware that if you take your child out of school for an unauthorised holiday during term time, you may be issued with a Fixed Penalty Notice. Please read the leaflet below from Brighter Futures for Children. Please email your request, including the date of the first absence to the date of the last absence, together with an explanation as to why this holiday has to be taken in term-time, to admin@kendrick.reading.sch.uk

Please do not contact Form Tutors, Heads of Year or individual staff members about absences of any description.

VACANCIES

We have the following vacancies at Kendrick School. More information on each of the roles can be found on our website [here](#). Please pass on this information to family and friends.

English Teacher to cover a maternity leave (for November 2024)

Caretaker (for as soon as possible), full time

School Administrator and Student Welfare Assistant – 28 hours a week, Monday to Thursday, 8am to 3.30pm

Library Resource Coordinator – 22 ½ hours a week, alternate weeks - 8am to 12.30pm; 12.30pm to 5pm.

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)

Warm Welcome to Everyone KPS Committee welcomes all parents and students including new Year 7s and Year 12s to another exciting and memorable year with Kendrick. We hope your initial few days with Kendrick has

been eventful and we wish you good luck for the year. KPS newsletter with details of planned events and activities will be sent to you next week.

New Official KPS Whatsapp Groups KPS do manage official Whatsapp groups for parents to communicate with all of you apart from the email channel. Expect an email from our Class Rep Coordinator, Pauline Phillips with details shortly and please do join the groups. This way we will be able to communicate with you faster and can reach every parent when a comms needs to be circulated.

Upcoming KPS Committee Meeting We would be having first KPS Committee meeting in the next few days and specific details of date, time and agenda will be circulated next week.



Volunteering Opportunities at KPS Are you looking to get more involved in our school community? Please see below on how to get involved. Your involvement is greatly appreciated!

Refreshment Helpers

Does your child participate in music or drama performances at the school? We need volunteers to help serve refreshments during these events. This is a great way to be part of the school activities and support our students.

Please note, your help is needed only when your child is performing. To join our team of Refreshment Helpers, please join the WhatsApp group using this link: [Refreshment Helpers Group](#)

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: [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