

Kendrick School - Weekly Update

Friday 13th October 2023

LETTER FROM MS KATTIRTZI, HEADTEACHER

It is difficult to comprehend the events that have taken place over the last week in the Middle East with the tragic loss of over 2000 lives and wreckage to communities. Once again, the situation in this very troubled part of the world has erupted and as bystanders we watch with fear and anxiety about what may continue to unfold. Students at Kendrick have compassion and concern for others and guided by our own [Kendrick Pledge](#), they wish to do what they can to support people, in particular children, in these desperate times. I have given permission for some sixth form students to raise money for the victims of the situation in the Middle East through the charities [British Red Cross](#) and [Medecins Sans Frontieres](#). There are many humanitarian efforts across the country and the world, as well as individuals, who at this moment are trying to help the victims of this war, so our small contribution will be part of a much greater endeavour. I am sure families have been moved by what they have seen and heard online and on TV these last few days and are doing what they can to understand and explain to their children why this situation is happening. The grief and despair we hear and see in the reporting on all sides compels us to make a small effort to help our fellow human beings. There is some guidance below and later in the Weekly Update to help parents discuss these issues with their children.

[Support to explain the difficult concepts associated with current events – news delivery designed for children and young people and provided by Newsround](#)

[Presentation on Talking to Children about War and Conflict](#)

[Advice for children and young people if they are upset by the news – provided by Newsround](#)

The Upper School Chamber Concert this week was 90 minutes of pure joy! GCSE and A Level students prepared, organised and delivered a concert of high quality and skill. 16 students gave performances of their chosen instrument – Harp, Piano, violin, Drums and Voice and entertained a small, but special audience of friends and families. Of course, this is what students of music do but we must remember that our music students have had a compromised start to their studies this term because of the building works in the Cedars building. Students and staff have been able to return to Cedars in the last week as repair work has ceased until the half term break when an intensive programme of works will resume to complete the project. Again, I would like to thank the staff, Mrs Rohweder, Miss Hyde, Mr Hayes and students for their patience and understanding over these last couple of months. Because of the difficulties with the Cedars project, ensemble practices have been limited so far this term and so we will be unable to put on a Christmas Concert for parents this year. However, Mrs Rohweder assures me there will be some musical activities practised in lessons, including Year 7 singing and some other musical items, which will be performed at the final whole school assembly on the last day of Term 2, 15th December. There are music events being planned for the new year, including a proposal from a group of sixth form students to put on another Air Ambulance concert jointly with Reading School musicians, in Term 4.

On our website this week are some articles which I am sure you would like to read:

- [Haiku Poetry, entries from the competition held last week as part of National Poetry Day](#)
- [Commendation for an Economics Essay by one of our Sixth Form students](#)
- [Inspiring Women of the month, the amazing Tina Turner who died earlier in this year](#)

To finish, I would like to leave you with some powerful words written by a Kendrick student in Year 8 and shared with me this morning by colleagues in the English Department. It is the start of a poem, entitled Refuge, the theme of National Poetry Day. Although the subject matter it refers to is not the situation in the Middle East, the first line expresses so powerfully how the people in that region must be feeling this weekend.

Refuge; I seek safety from the dangers I face, the worry of what may occur tomorrow consumes me from the inside outwards- swallowing my hope and joy into the deep void of its being.

Wishing everyone a peaceful 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 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 – KEEPING YOUR CHILD SAFE IN SPORT

Source: [Child Protection in Sport Unit](#)

Parents and carers play a big role in encouraging children to take part in sport or physical activity, which is important if we want our children to live healthy and active lifestyles.

Why are parents so important to sport? This [short video](#) highlights the important role that parents play in their child's sporting life.

For more information on being a great sports parent, and how to keep your child safe in sport, please click [here](#).



The concept of influencers is hardly a new one. Through newspapers columns and TV sports, we've long been accustomed to hearing informed opinion from, say, Martin Lewis on money, Nigella Lawson on food or Mark Kermode on cinema. How the digital revolution has changed the game, however, is by providing a plethora of platforms from which literally anyone can have their say.

Online, you will find hordes of people holding forth on a number of topics: gaming, beauty, travel, fashion, fitness... virtually anything you can think of. What qualifies them as 'experts', however? Is it safe for young people to consume the oceans of content they generate? This guide brings you the essential information on the influencer phenomenon.

[WHAT PARENTS AND CARERS NEED TO KNOW ABOUT INFLUENCERS](#)

MENTAL HEALTH AND WELLBEING

SPEAKING TO A CHILD OR YOUNG PERSON ABOUT WAR AND CONFLICT

[Support to explain the difficult concepts associated with current events – news delivery designed for children and young people and provided by Newsround](#)

[Advice for children and young people if they are upset by the news – provided by Newsround](#)

[Presentation on Talking to Children about War and Conflict](#)

Source: [Place2Be](#)

When war or conflict is in the news, it can cause feelings such as fear, sadness and anxiety for children, young people and adults. [Place2Be's](#) Educational Psychologists share their advice on how to talk to children and young people about war and conflict, and support them if they're struggling with the news.

As teachers, parents and carers, it is impossible to protect children from frightening and confusing world events, such as war and conflict. We can, however:

- Create a sense of safety at home and school
- Find ways to cope together with uncertainty
- Be hopeful for peace and safety for all
- Be compassionate
- Look after our own wellbeing and seek support as we support others

When talking to children and young people about war, it is important to take into account their age, stage of development and whether they have special educational needs, additional support needs or other needs that may make them more vulnerable.

Here are some things you may find helpful:

- Try to find out what your children already know about the situation, and how they found out about it. Reinforce the importance of getting their news from a reputable source, such as the BBC. You could look at reliable news sources together.
- Encourage young people to access a range of media content that they normally enjoy. This will help guard against overexposure to news and 'doom-scrolling'.

- Children may be exposed to explicit images that can trigger fear responses. Let them know that you are open to talking about what they have seen or heard.
- Be open to talking with children about the war, but say that you may not have all the answers. If you are unsure, say that you don't know. Acknowledge uncertainty and validate the feelings that arise from uncertainty. For example, *"It sounds like you are unsure and are worried about what could happen next"*.
- Young children may not talk directly about war, but their fears might come out in play. You can join their play to help them explore their feelings.
- Ask children about their feelings about the war. For example, they may feel worried, frightened, angry or confused or a whole range of other emotions. Listen to their feelings and acknowledge them as valid, rather than minimising them.
- At the same time, reassure your child that parents and carers at home, and teachers at school, are there to keep them safe and that many people around the world are working hard to try to resolve the conflict.
- Encourage children to think about the things they can be more certain about and influence, and to look after their own wellbeing. For example, they can still play, learn, be with their friends, listen to music, play sport etc.
- Children with existing mental health needs and/or SEND/ASN may need some extra support. **This resource from Phoenix Education Consultancy may be useful.**
- Children who have family and friends in war-torn countries may feel particularly upset. Children from all communities will need compassion, support and to feel safe. You may need to monitor how people in school (and beyond) are responding to classmates, colleagues and families from the communities most directly affected.
- Be aware of children and families who are refugees and have fled conflict, as recent events may be particularly poignant for them.
- If children want to help, encourage their concern and compassion. This might include raising funds, campaigning for peace, posting messages of hope etc.
- Children who have members of their families in the armed forces are likely to fear for the safety of their loved ones. Be mindful that these children may need additional space, time and support. **Further information and resources are available from Little Troopers.**

WORLD MENTAL HEALTH DAY – TUESDAY 10TH OCTOBER 2023

Tuesday 10th October was World Mental Health Day, an annual initiative to raise awareness of mental health and to drive positive change for everyone's mental health. We invited students and staff to wear something purple as part of No.5's first **#BePurpleDay** to show everyone that their mental health matters and they are not alone.

No.5 Young People recognise that it's hard, especially as a young person, to know what support we may need for our mental health and to know what support is available, so they have created a signposting website made by young people for young people. [Looking for Direction](#) will ask the child or young person to complete a short questionnaire to help provide them with tailored results based on what they say, their age and their location.

We did not collect money from the students on Tuesday but encourage parents and carers to please donate to No.5 through their JustGiving page via this link: <https://www.justgiving.com/campaign/no5-world-mental-health-day-2023>.

KENDRICK SCHOOL WELLBEING NEWSLETTER

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

SCHOOL CALENDAR FOR TERM 1, 2023-24

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 and 2024-25 please click [here](#)

NEWS, NOTICES, COMPETITIONS AND EVENTS



NO STOPPING IN EAST STREET

Please can we remind all parents and carers that there is **no stopping or parking on East Street at any time**. We have had a number of complaints from our own parents and members of the public, about parking on the pavement in East Street to drop off students, resulting in pedestrians, including our students, having to walk on the road which is very dangerous. We are working with the Local Authority to install no stopping signs and red lines on East Street because of the issues that a few parents are creating. Thank you to those parents and carers who park away from the school in a safe place to drop off their child.

HOUSEHOLD SUPPORT FUND APPLICATIONS OPEN

Reading residents on low incomes who may be struggling with the cost of living can now apply for financial aid from RBC's Household Support Fund. Priority will be given to low-income households who are at higher risk of falling into crisis. Successful applicants will receive an initial payment of £125, although this is subject to change depending on demand.

Householders can apply for support on the council's website at: <https://www.reading.gov.uk/housing/money-matters/household-support-fund/>

RECYCLE WEEK 16th-22nd 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.



SPECIAL EDUCATIONAL NEEDS (SEND) NEWS AND UPDATES

UNIVERSITY OF READING – WELLBEING HUB LAUNCH: 9TH NOVEMBER 2023

Date: 9th November, 2023

Time: 19:00 – 21:00 (in person)/19:00 – 20:15 (online)

Location: Palmer Building, G10 lecture theatre, Whiteknights Campus, or online

Please join us for the launch of the new Centre for Autism Wellbeing Hub at the University of Reading. The aim of Hub is to support autistic young people and their families to lead their best lives. By focusing on autistic thriving, we hope to create an inclusive community where, through meaningful collaboration, autistic young people, their families, and supporting professionals can explore what is important to autistic people in terms of living a good life.

During this hybrid (in person and online) event, we will give a detailed overview of the project and set out how the autism community can be involved in shaping its future direction. It will include talks from:

- **Professor Robert Van de Noort**, Vice-Chancellor of the University of Reading
- **Professor Carmel Houston-Price**, Head of the School of Psychology and Clinical Language Sciences
- **Sarah O'Brien**, autistic advocate, academic, published author and University of Reading alumnus
- **Dr Fiona Knott** and **Dr Jo Billington**, Wellbeing Hub project leads

For those attending in person, after the talks there will be refreshments and the chance to review the latest autism-related research from members of the School of Psychology and Clinical Language Sciences.

OCTOBER HALF-TERM SEND SHORT BREAKS

The short breaks for children and young people with special educational needs and/or disabilities in Reading this October half-term are now available. The details of the programme, funded by BFFC, are on the Reading SEND Local Offer and include:

- [Reading Play, Ranger Station](#)
 - [Multi-Sport Camps with Reading FC Community Trust](#)
 - [Play Camp for 5-7 year olds with Reading FC Community Trust](#)
 - [Make/Sense Theatre](#)
 - [Chance to Dance Stars CIC – Dance and Multi Activity Programme](#)
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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 (BFFC) 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 and a part-time **Computer Teacher** to join us in January 2024. Please click on the links below for details of the roles and how to apply. Please share this information with family and friends.

[School Caretaker for November 2023](#)

[Computer Teacher for January 2024 \(0.3FTE\)](#)

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 and 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.