

# Kendrick School - Weekly Update

## Friday 15<sup>th</sup> October 2021

### WEEKLY LETTER FROM MS KATTIRTZI, HEADTEACHER

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We continue to receive complaints from residents who live near the school about parking and dropping students off on East Street. May I politely ask again that parents use other roads to drop their children off and not do so on East Street, which causes a hazard for our students and a nuisance to the people who live and work along East Street.

As part of our PSHCE programme, yesterday students in Years 10-13 watched a performance called **Unacceptable** on the theme of **sexism, sexual harassment and sexual violence** against women and girls. Whilst the theme of sexism is one that is frequently raised in school, the play attempted to show how everyday banter, or everyday sexism, often seen as harmless and acceptable, leads to more 'unacceptable' behaviours, which can be defined as sexual harassment and sexual violence. Using the setting of a group of friends discussing their views and comments on life, views that often go unchallenged, the play tried to convey that innocent comments can in fact have a much deeper impact reinforcing stereotypes about people, in particular women and their role and relationships with men. In the second half of the play, the use of scenarios to explain examples of sexual harassment and violence against women and girls were very powerful in demonstrating the need for all of us to examine our own views and prejudices in these areas and to consider how we can modify and change or challenge comments which superficially appear harmless, but in reality create fear and an imbalance in relationships between people. I am sure the discussions will continue formally and informally amongst students. Next week the Kendrick Student Leaders will give their view of these issues and the play.

Black History month continues and the **Kendrick Student Leaders of the Curriculum and Current Affairs Committee** have launched a poster competition on the theme of a significant black woman in history, who have made an impact during their life and times. There is also a focus on Black composers which the Music Department is highlighting.

The Art department is doing some super work on the Afghan Artist, Shamsia Hassani, a contemporary street artist. Shamsia Hassani uses her art to represent current issues and themes through her photography and street art. Her work clearly expresses the feelings and emotions of pain and loss experienced by Afghan people. Please view the information and examples of her work [here](#).

Next week, the **Kendrick Parents' Society AGM takes place on Monday 18<sup>th</sup> at 6.00pm in the school hall**. This will be the first time that the committee has met face to face for many months. We will be hearing a report by Gayatri Hariharan, Chair of KPS about the activities of KPS this year, their fund raising, as well as plans for the future. The officials of the committee will be elected and confirmed for the coming year and will once again set out their ambitious plans, not only to raise money for the school, but also to help integrate and connect parents and students in our community. The money raised by KPS is vital to the school and complements donations that parents make through our School Fund. I believe that there may be some confusion amongst parents about the voluntary funding streams that come into school, which I will speak more about next term.

We are approaching the half term break and I know that students and staff and have worked extremely hard so far this term. We have a four-day week, next week finishing on Thursday 21<sup>st</sup> October, which gives us a slightly extended half term holiday. I do hope that staff and students will allow themselves some quality down time to relax and restore themselves, as well as also reflect on the excellent work they have done so far this academic year.

Wishing everyone a good weekend.

Ms Christine Kattirtzi, Headteacher

## SAFEGUARDING/WELLBEING

### 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.

If you're worried about a child or young person and you are contacting us out of hours (before 8am and after 4pm and at weekends), 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.

## SAFEGUARDING/WELLBEING – SELF-ESTEEM

Source: [YoungMinds](#)

Self-esteem is how a person feels about themselves. Most children will have dips in self-esteem as they go through different stages or challenges in life, and there are different pressures that may affect them - including social media, bullying, exams, family problems and abuse.

Things like starting a new school, moving house or going through changes in the family can also affect a child's confidence - but with support from parents and other adults they can usually get through this.

Children and young people with high self-esteem often:

- have a positive image of themselves
- are confident
- can make friends easily and are not anxious with new people
- can play in groups or on their own
- will try and solve problems on their own, but will ask for help if they need to
- can be proud of their achievements
- can admit mistakes and learn from them
- will try new things and adapt to change

Children and young people with low self-esteem often:

- have a negative image of themselves - they might feel bad, ugly, unlikeable or stupid
- lack confidence
- find it hard to make and keep friendships, and may feel victimised by others
- feel lonely and isolated
- tend to avoid new things and find change hard
- can't deal well with failure.
- tend to put themselves down and might say things like "I'm stupid" or "I can't do that"
- are not proud of what they achieve and always think they could have done better.

- are constantly comparing themselves to their peers in a negative way

For support and advice with helping your child with their self-esteem, please click [here](#).

## WELLBEING – SIX WAYS TO BOOST YOUR SELF-ESTEEM

Source: [YoungMinds](#)

Self-esteem and how you feel about yourself is something that can constantly go up and down, but there are things you can do to help. Below are top tips for boosting your self-esteem. For more information on each one please click on this [link](#).

1. Do something you love
2. Keep a diary of the positives
3. Unfollow accounts that make you feel bad about yourself
4. Exercise – when you want to
5. Set mini goals
6. Compliment others

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).

## WELLBEING - FRIDAYS IN THE BASE (SIDMOUTH)

The **Student Welfare Committee** (Sixth formers) will be running events on Friday lunchtimes for anyone who would like to see a friendly face and would appreciate a quiet place to go during lunchtime. The programme is as follows:

**15th October:** Making positivity posters

**21st October:** (this is a Thursday as we are not in school on the Friday): Halloween biscuit decorating

## THE LETTER ABOUT TEENAGEHOOD THAT EVERYONE NEEDS TO READ

In 2015, Gretchen Schmelzer wrote the powerful letter '[The Letter Your Teenager Can't Write You](#)'. This incredibly eye-opening and moving letter is a must read no matter who you are – whether that be a young person, parent, or teacher.

Gretchen explores the emotions and reasons behind the tumultuous times and the multiple fights many young people have with their care giver/s in the hopes of making both young people and parents feel less alone during the turmoil of teenagehood.

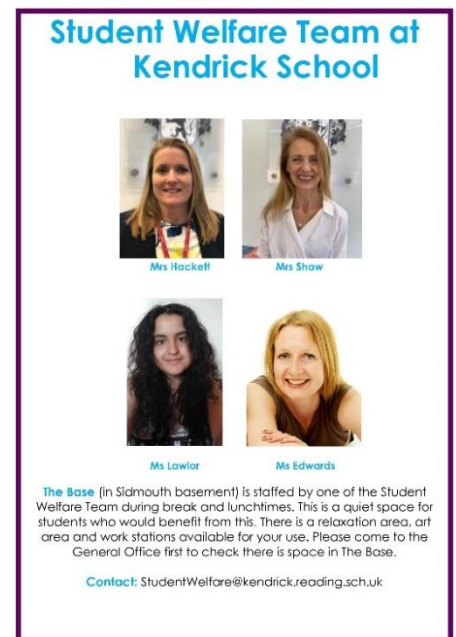
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## NEWS AND EVENTS - WHOLE SCHOOL

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### #HELLOYELLOW

Last Friday students were asked to wear something yellow, a small gesture to celebrate the **little things** we can do to look after ourselves and support each other.



This was to celebrate **#HelloYellow** Day an initiative of charity **YoungMinds** to acknowledge that young people have experienced difficult times through the pandemic, but through support and kindness of everyone, they can be made to feel better and help others feel better too.

Various activities took place in the lead up to this day - little things that we can do to support our, and each other's mental health such as:

- Breathing activities
- Grounding Techniques
- Thinking about focussing on the positives
- Identifying our (and each other's) strengths

Students were encouraged to complete a five-step **Kindness Challenge**:

1. Say something kind to a teacher
2. Smile at a friend
3. Remind someone of a nice thing they did for you
4. Ask someone if they need help
5. Make someone laugh

A contribution of £2 for the YoungMinds charity is requested to support this event. A link to donate is [here](#).

For photos of the day please click [here](#).

## DROPPING OFF AND PICKING UP IN EAST STREET

We are continuing to receive a number of complaints from residents and businesses in East Street regarding parents stopping or parking in East Street to drop off and pick up their child. **We are asking you very politely not to stop or park anywhere in East Street, including the private drive opposite the school.** You may think that you, as an individual, are not blocking someone's access but the culmination of other parents doing the same creates a build-up of cars which results in the road becoming congested and a hazard for everyone concerned. Please park away from the school, legally and safely, and your child can walk from there.

## BRINGING FORGOTTEN ITEMS TO SCHOOL FOR YOUR CHILD

Please can we remind you that if you are bringing a forgotten item to your child during the school day, you must bring the item to Reception and not ask your child to meet you at the gates to collect it. This is for safeguarding and safety reasons. This also applies to students in the Sixth Form. Please note, as above, you cannot stop or park in East Street to do this. The easiest way to resolve this is to ensure your child has everything for the school day with them when they leave home in the morning.

## WEEKLY COVID UPDATE

**Confirmed PCR cases (running totals):**

	Mon 11/10	Tues 12/10	Wed 13/10	Thurs 14/10	Fri 15/10
Year 7	0	0	0	0	1
Year 8	4	4	2	1	1
Year 9	4	5	4	4	3
Year 10	0	0	0	0	0

Year 11	2	3	3	3	2
Year 12	2	1	1	1	1
Year 13	0	1	2	3	3
<b>Total</b>	<b>12</b>	<b>14</b>	<b>12</b>	<b>12</b>	<b>11</b>

Thank you for using School Gateway to report an absence. Please note that while the absences are processed on the day they are received, there is a time lag in School Gateway being updated, so the absence may still show as 'unexplained' for a short time.

We encourage all students and staff to take a Lateral Flow Test on a Wednesday and Sunday every week and report the results through Medical Tracker via this [link](#) and Gov.uk via this [link](#).

If your child is experiencing COVID symptoms, please take them for a PCR test at drive in or walk in centre. If your child has been in contact with someone who has tested positive for COVID please also take them for a PCR test. Please do not send your child to school if they are unwell.

## CALENDAR

### Term 1

Thursday 21 <sup>st</sup> October	Upper School and Sixth Form Chamber Concert (online) End of Term 1, 2022-22
Friday 22 <sup>nd</sup> October	School closed to staff and students in celebration of the Queen's Platinum Jubilee
Monday 1 <sup>st</sup> November	Start of Term 2, 8.25am

## VACANCIES

We will shortly be advertising for a Biology Technician. Please keep an eye on our website and the weekly update for more information on the role.

## KENDRICK PARENTS' SOCIETY (KPS)

The Kendrick Parent's Society Annual General Meeting (**KPS AGM**) is **planned to be held on Monday 18th October 2021 from 6pm to 7:30pm**. It is an excellent opportunity to be a part of the core KPS committee as all 13 posts will open up for yearly elections during the AGM. Please send your interests to either of the following email addresses: [kpschair@kendrick.reading.sch.uk](mailto:kpschair@kendrick.reading.sch.uk) or [kpssecretary@kendrick.reading.sch.uk](mailto:kpssecretary@kendrick.reading.sch.uk).

It's an excellent opportunity for you to be involved with your child's school life. If there is more than one interest/nomination for any role, it is possible to appoint more than one person in that role. All the job descriptions are listed under the KPS site of our school internet page.

We invite all the parents and carers to this meeting and this will be held in the school main hall with an option to join online as well. More details to follow in our newsletter on Monday.

KPS Team

Please click [here](#) for the latest KPS newsletter.

## KPS SHOPPING LINKS

### AmazonSmile donations

We encourage you to continue your purchases at [smile.amazon.co.uk](https://smile.amazon.co.uk), (not [www.amazon.co.uk](https://www.amazon.co.uk) or the mobile app) These are helping us generate AmazonSmile donations for our school. Amazon donates 0.5% of the net purchase price (excluding VAT, returns and shipping fees) of your eligible AmazonSmile purchases.

### Easy Fundraising Charity

KPS has also signed up to other easy ways of raising funds for the school especially when you are shopping online - **easyfundraising charity site** : <https://www.easyfundraising.org.uk/causes/kendrickschoolreading/> . Please continue to use these links and let us all together contribute to something that our children can benefit from.

### TheGivingMachine

Another opportunity for you to raise more donations and funds for the School when you shop online. Go to this site and give for free: Here is the link: <https://www.thegivingmachine.co.uk/>

### GAYL

Give As You Live (GAYL) is one way with which you can help KPS receive additional funds with no cost to you! Please use this link <https://www.giveasyoulive.com/join/kendrick> and help us raise additional funds.

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## NEWS AND EVENTS - STUDENTS

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### BLACK HISTORY MONTH POSTER COMPETITION

The **Curriculum and Current Affairs Committee** are running a poster competition for Black History Month! Make a poster about a significant black woman in history, detailing who she is/was, why she is renowned and how she has contributed to history. The winner will receive KSL white house tokens and a chocolate hamper and all of the posters will be displayed around the school next week and during the start of next term. The deadline is 12pm on Tuesday 19th October. Email your entry to a member of the Curriculum Committee or if done by hand leave it on Mrs. Wheeler's shelf and put your name and form on the back. We look forward to seeing your entries and learning more about inspiring black women in history!

Emails are 15siyer, 15zyoung, 15rbeattyduarte or 15dangra @[kendrick.reading.sch.uk](mailto:kendrick.reading.sch.uk)

### WRITING COMPETITIONS

#### For all students – The Young Walter Scott Prize

#### NOTE THE DEADLINE FOR THIS COMPETITION – IN TWO WEEKS ONLY!

Are you aged between 11 and 19? Do you love writing and history? Then The Young Walter Scott Prize, the UK's only creative writing prize specifically for budding writers of historical fiction, is waiting to hear from you.

Enter a story of between 800 and 2000 words, set any time before you were born, and you could be our 2021 Winner, receiving a £500 travel grant, tickets to one of the UK's best book festivals to meet published authors, and the opportunity to see your own work in print.

We must receive your entry by **1<sup>st</sup> November 2021**. But remember, we love all forms of fiction – prose, poetry, drama, fictional letters or reportage – so let your imagination be your time machine.

To find out more, go to <https://www.walterscottprize.co.uk/young-walter-scott-prize/> or see Ms Fieldsend

**For students aged 16 – 18 - The Christopher Tower Poetry Competition 2022**

This competition is for 16 – 18 year olds. Write a poem of up to 48 lines on the theme of 'Dream'. £5000 prize fund, plus summer school places. Closing date – 2<sup>nd</sup> March 2022. Find out more at [www.chch.ox.ac.uk/Towerpoetry-enter](http://www.chch.ox.ac.uk/Towerpoetry-enter), or see Ms Fieldsend