

# Kendrick School - Weekly Update

## Friday 27<sup>th</sup> September 2024

### LETTER FROM MS KATTIRTZI, HEADTEACHER

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I must say we are all quite fed up with the rain this last week which has meant that many students have not got into school on time because of floods and traffic on the way to school, compounded by the road works around Reading. This more extreme feature of our climate is likely to become a more regular occurrence and road works a permanent feature too, so I want to ask parents and students to look at the times that they are leaving home and build in an element of contingency so that students get to school on time. Being on time means being in their form rooms at 8.25am, the start of registration, so that they can access the planned activities for that time before they start their lessons for the day. These activities include assemblies, student presentations, tutor/student discussions, reading and reflection time, signing of homework diaries and being ready for the school day.

We have had a few events this week. On Wednesday evening the Kendrick Parents' Society (KPS) convened their first committee meeting of the year with 41 parents attending online. We were thrilled to welcome so many parents at the meeting and the Chair and Vice Chair were able to share with everyone the exciting programme of events for this year, starting with the Year 7 Film night in a couple of weeks' time. I say this often, but must say again, I am so grateful to the KPS for their fund-raising efforts, as well as how they endeavour to provide support for parents and an opportunity to get to know each other through networks and events so that parents can also enjoy being connected to Kendrick. And, of course, they raise much needed funds for the school which are used to enhance resources and facilities for the students. The Christmas Wish List tradition of raising money for departments was discussed and more information will be shared with parents in due course. On Thursday, we met Year 10 parents at the Information Evening for this cohort now they are in KS4. Although much of school life remains the same for students in Year 10, Mme Hulley and Frau Hellwig, Head of Key Stage and Assistant Pastoral Leader respectively, spoke about expectations they have of the students and the theme they are working on as a cohort this year. In addition, parents received a presentation on the careers work students in Year 10 can expect this year from our new Careers Coordinator Mrs McManus. Although the turnout of parents was unusually low because of the rain and travel problems, those parents that came last night expressed their gratitude to the staff for all that is being done for their children in school. The presentation that was given will be sent to parents of Year 10.

Despite the rain on Monday morning we were still able to start the week with our school Birthday Assembly marking 147 years of Kendrick School. As I have said many times, the school birthday is an opportunity to celebrate our school and the education it has provided to so many girls and young women over 147 years. At the assembly, I spoke about the history of our school, the grant given by John Kendrick, a Reading clothier in the 17<sup>th</sup> Century, to provide education and employment for girls which resulted in a school being set up in 1877 in Watlington Street, half a mile from our present location. We have a strong and powerful history that we are proud of, which is daily reinforced by the work and achievements of our students and staff and the ambitious and aspirations they all have.

At the assembly this year, members of the Kendrick Student Leaders, Sudiksha, Dora and Vimbai, spoke passionately about what their school means to them, and Ananya played a beautiful version of Happy Birthday and the school song, Floreat Kendricka on the piano as the students entered and left the Hall. Following our traditional format of a cake competition, all the tutor groups had baked a cake for the competition which Mrs Rock, and Ms Nolte and I judged. This year we felt compelled to award two of the entries as overall winners of the competition because it was too difficult to choose just one! As you can see from the link to the [article](#) and [photographs](#), there were so many great cakes to choose from, most of which fulfilled the brief of relating to a theme and providing a list of the ingredients and allergens. Unable to go outside for a picnic lunch, students' spirit for the occasion was not dampened as they stayed indoors to celebrate the birthday and eat cake!

A lovely feature of this year's birthday assembly was a poem that was written by Joy, a Year 12 student and read at the assembly which I feel evokes the spirit of our celebrations.

Which resurrected motionless bricks  
Into conception.

They were laid, one by one -  
Until idea became reality  
And building became school.

Life was breathed in -  
Jostling students eager to learn  
So school became community.

Years strutted on -  
Still the school continued growing  
Like rings of a tree

Newer ones embracing  
Old traditions, yet  
Forging the extraordinary

Branches stemming from boughs  
Knowledge flowed  
And grew and came to fruition.

We are the blossoming  
Supported by root and trunk and branch  
Revelling in the sunlight -

Of many years to come.

Wishing everyone a pleasant 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

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### HOW TO PROTECT YOUR CHILD PHOTOS SOURCE: NSPCC

If you decide to share photos of your children online, taking some simple steps can help to keep them safe and limit the risk of them being seen by people who might misuse them. You'll be helping to ensure that your children's back-to-school moments are shared with the right people.

#### FOUR WAYS TO KEEP YOUR CHILDREN'S IMAGES SAFE

Here are four things to consider before taking or posting images or video.



#### 1) Check and use your social media settings

Before you do anything, get savvy about social media settings, especially your privacy options.

They can make all the difference to whether your child's images are protected, or not. Each social media platform has different settings you can adjust.

The first thing to be aware of is the status of your account. Generally, if your account is private, then only your followers can see any images you post. However, they could still choose to reshare that image with others.

If your account is public, then images can be seen by a much wider audience than just your followers.

Beyond this, it's worth taking a deeper dive into your privacy settings. In Facebook, for example, you can choose which audience sees which post and change who can add you as a friend.

Some things you share on social channels will always be public, regardless of your settings – this can include profile photos.

It's also a good idea to regularly check through your friends and followers and remove anyone you don't recognise or aren't comfortable with. You should also be able to restrict what some of your followers can see.

The National Cyber Security Centre has a [useful page on how to use social media](#). Our [own page on social media](#) has helpful advice as well.

## 2) Don't post information that identifies the school

It's a good idea to ensure there's nothing in the photograph, video or post that identifies the school your children attend. That means:

- ensuring school logos or school signs are not visible (take the photo carefully or blur identifying words logos if you have the software skills – some apps allow you to add an emoji over any identifying features)
- nothing in the text (including hashtags) that gives away school name or location.

## 3) Ensure your children are happy with what you're doing

Images of your children that you post online now can affect their wellbeing now and well into the future. It's well worth making sure that your child is happy both with the image and with what you're planning to do with it.

It's also a great way to role model good behaviours for sharing images of others online.

## 4) Check with parents or carers before photographing other children

You might want to take a group photo or video of your child and their friends as they go back to school. But it's important first to consider the privacy of other children and their parents' wishes. Check with the parents or carers first before you take a photo. Ask as well if they're ok with you posting it online, if that's your plan.

Other parents might say no, and it's important to respect that. They may not want photos of their children to be taken and/or shared for a number of important and valid reasons.



**National  
Online  
Safety®**

## STAYING SAFE ONLINE

### SMARTPHONE SAFETY TIPS

According to Ofcom, 69% of under-18s use a smartphone as their main method of going online. Additionally, 49% of children use them for online gaming – putting smartphones only behind consoles (59%) as the device of

choice for playing games on. Most people won't require such statistical evidence, however, to acknowledge the huge importance of phones to young people. For the #WakeUpWednesday Smartphone Safety Tips please click on the link below.

[SMARTPHONE SAFETY TIPS](#)

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## MENTAL HEALTH AND WELLBEING

**SELF-CARE: RELAXATION TECHNIQUES** There are lots of different kinds of relaxation techniques that you can try out. Lots of people find these helpful particularly when they are feeling overwhelmed, stressed or anxious. Relaxation techniques are also often recommended in a lot of therapies.

A few different types of relaxation techniques are:

- Slowing down your breathing
- Progressive muscle relaxation
- Guided visualisation
- Repeating Mantras to yourself (e.g I can handle whatever comes my way)

*'Relaxation is a big one I use when I notice my thoughts speeding up...I try to just go with it and see what happens, not being too bothered about the small things or if I feel self-conscious.'*

There are a range of [relaxation apps](#) which you may wish to try which you can find including the free [NHS Chill Panda](#) app.



In this [video](#), Dr. Rina Bajaj gives some simple advice on relaxation techniques that you might wish to try.

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## KENDRICK SCHOOL WELLBEING NEWSLETTER

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

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## SCHOOL CALENDAR FOR TERM 1, 2024-25

<b>Wednesday 2<sup>nd</sup> October</b>	Year 13 Slapton residential (to Sunday 6 <sup>th</sup> )
<b>Thursday 3<sup>rd</sup> October</b>	Trustees L&T Committee, 4.30pm
<b>Thursday 10<sup>th</sup> October</b>	World Mental Health Day
	Trustees Resources Committee, 4.30pm
<b>Wednesday 16<sup>th</sup> October</b>	Upper School Chamber Concert
<b>Thursday 24<sup>th</sup> October</b>	Sixth Form French/History trip to Paris
<b>Friday 25<sup>th</sup> October</b>	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](#)

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## NEWS, NOTICES, COMPETITIONS AND EVENTS

**HELPING OUR CHILDREN STAY SAFE - PARENTS & CARERS** There will be another 2 hour online Ben Kinsella Trust workshop parent session in October. This is for all parents, carers and anyone who supports young people.

October 15th 6:30 - 8:30pm

<https://benkinsellatrust.beaconforms.com/form/ce05d04b>

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**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.

Also, please do not pull into the hatchings outside the staff gates on the London Road. This is a no parking and stopping area and causes delays and disruption for staff coming into the school. It is also used by the emergency services if they need to come into the school.

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## VACANCIES

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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.

**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.

SHORTLISTING TAKING PLACE

*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.*