

Kendrick School - Weekly Update

Friday 23rd September 2021

WEEKLY LETTER FROM MS KATTIRTZI, HEADTEACHER

It is important that we maintain good neighbourly relations with the residents that live near our school. Unfortunately, I have received another complaint from residents in East Street about the number of cars that park on East Street and the corner of East Street and South Street to drop off their children in the mornings and pick up in the afternoon. Besides being an irritation to our neighbours, the practice of parking for dropping off at school is dangerous. Please may I ask the few parents that use these roads as a drop off spot, to park much further away from our school entrance and leave their child to walk to school on their own. For students with mobility issues, separate arrangements are made for them.

As you know from the daily updates we have been sending this week, **Covid infections** have increased amongst the student population. We are responding appropriately to keep people safe. Students have been asked to wear masks when going around school and in lessons. We will maintain this measure and other Covid safe measures until we feel it is prudent to relax them and infection rates stabilise. Parents and students have been informed this week of the date when vaccines will be administered to all students aged **12-15 years, which is 28th September**. Consent forms were sent to parents on Tuesday.

Today students in the Sixth Form received an assembly on **e-safety**, and other students in the school are receiving e-safety talks from their Tutors and in their Computing lessons. We raised this topic with our new Year 7 parents at the Information Evening held earlier in the week. Whilst we recognise the use students have of their mobile devices, which in the main is healthy and informative, misuse is often an issue and a cause of friendship problems, anxiety and bullying. We want to encourage healthy and responsible attitudes to students' use of social media and would suggest that mature conversations between parents and students take place at home so that appropriate and age-related ground rules and expectations can be established, particularly in the junior years.

Staff this week have been reading and confirming a raft of policies about the safety of students and systems in school and as always, we have committed to our **email protocol** in which we ask everyone: staff, students and parents to confine correspondence with each other to business hours which is between 7.00am -6.00pm. You can of course write your email any time, but delay sending it or keep it in your draft box until the morning. This helps everyone to have a break from work when they are at home and helps to foster a greater work life balance and sense of wellbeing. Obviously if there is an emergency, please let us know at the earliest opportunity.

Students' **mental health and wellbeing** are very important priorities for us and I have spoken about this issue often. I hope all parents know that we have support systems in school for students including the **Student Welfare Team, Counsellors and the School Nurse** that work with students who experience emotional difficulties and require support. As I have said before, pressures on students at all stages can be a challenge and need to be addressed, which we do through our PSHCE programmes, policies and practices and support systems. We continually review what we do to keep students' wellbeing and stress

manageable and healthy. This week, an interesting report was published by the Children's Commissioner, **Dame Rachel D'Souza**, following a nationwide survey she initiated of young people's feelings and attitudes in March this year. The survey was entitled **The Big Ask** and the report published is appropriately named **The Big answer**. Overall, the report provides a very positive view of young people's attitudes and their responses to the difficulties of the last year; in fact, it is a testament of the strength and resilience of children and young people. In her preface to the report, Dame Rachel D'Souza writes:

We asked big questions. We wanted to hear their hopes, their fears, their dreams, their lockdown stories, plans for tomorrow. We did not know what to expect. The results are clear, ... this is not a cynical generation... it is striking how often the data reveals that children's priorities across all age groups – age, gender, ethnicity, - are the same. A generation of children with a common voice...If we are to learn one thing from this report, it should be as follows. This is not a 'snowflake generation'. It is a heroic generation.

The link to the report is here https://www.childrenscommissioner.gov.uk/wp-content/uploads/2021/09/the_big_ask_the_big_answer_09_2021.pdf

Next week we have our **School Birthday** to look forward to which will be marked by a whole school assembly on Monday 27th September, conducted remotely. As always there will be a cake competition with each form making an entry to the competition on a given theme. At lunchtime, I hope students will gather together outside and eat their lunch and cake together and celebrate **Kendrick's 144 years!** In previous years this would have been followed by a reunion and celebration with former students, but as last year, we feel we need to keep visitors to the school to a minimum so will postpone this gathering until next 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 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 5pm), 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 – 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.

If you are a young person who is self-harming, [Childline](#) can help you. You can contact them by visiting their [website](#) or by phoning 0800 1111 anytime.

If you want to support a child who is self-harming, or you suspect is self-harming please click on the link below for more information.

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/self-harm/>

Student Welfare Team at Kendrick School



The Base (in Sidmouth basement) is staffed by one of the Student Welfare Team during break and lunchtimes. This is a quiet space for students who would benefit from this. There is a relaxation area, art area and work stations available for your use. Please come to the General Office first to check there is space in The Base.

Contact: StudentWelfare@kendrick.reading.sch.uk

WELLBEING – COPING WITH LIFE

Sometimes life gets tough and it can be difficult to cope with how we are feeling. But remember, you are not alone. Read the Young Minds advice from other young people who have been there, and find out where you can get help. 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.

<https://www.youngminds.org.uk/young-person/coping-with-life/>

NEWS AND EVENTS - WHOLE SCHOOL

REPORTING A STUDENT ABSENCE

The quickest and easiest way to report a student absence is by using School Gateway. If you have not yet signed up to School Gateway please follow the instructions which you can find, along with a parent support guide, the link below.

<https://www.kendrick.reading.sch.uk/page/?title=Communication&pid=13>

You can no longer report an absence via the Student Unwell Telephone line or by ParentMail.

LATERAL FLOW TESTS (LFT)

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

Monday 27 th September	School Birthday, activities taking place in school
Tuesday 28 th September	Year 10 Information Evening, 6pm to 7pm (live but remote)
Thursday 30 th September	Learning & Teaching Governor Meeting, 4.30pm
Tuesday 5 th October	Year 8 Information Evening, 6pm to 7pm (live but remote)
Thursday 7 th October	Resources Governor Meeting, 4.30pm
Thursday 14 th October	Performance and Review Governor Meeting, 4.30pm
Thursday 21 st October	Upper School and Sixth Form Chamber Concert (online)
Friday 22 nd October	School closed to staff and students in celebration of the Queen's Platinum Jubilee

VACANCIES

We have a vacancy for a full-time **Teacher of Computer Science** to join us in **January 2022**. For more information on the role please visit our website via this [link](#). Please forward this information to friends and family so they can also share with their friends and family. Thank you.

KENDRICK PARENTS' SOCIETY (KPS)

Kendrick Parents Society has organised new parent induction meetings for all new parents who have joined the school. This happens every Tuesday, Wednesday and Fridays from 8.30 to 9.30. We have had 3 sessions so far. We have a session tonight as well. Here is the link to tonight's meeting:

Topic: KPS Parent Induction Meeting

Time: **Friday, Sep 24, 2021 08:30 PM London**

Join Zoom Meeting

<https://us02web.zoom.us/j/2963158886>

We would appreciate it if you can email kpsmembersec1@gmail.com or kpsmembershipsecretary2@gmail.com to let us know if you will attend today's meeting and future meetings too.

We are still working on the event structure for this term and will give you more details in the coming days. If you would like to join us in this event planning, please email kpschair@kendrick.reading.sch.uk.

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, (not 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.

NEWS AND EVENTS - STUDENTS

SCHOOL BIRTHDAY

Whole School Assembly – remote

Please don't forget to bring in your form cakes and leave in Horizons dining area before morning registration.

First Break - Form cakes will be judged during the morning and displayed for everyone to view in the Horizons dining area.

Second break - Cakes will need to be collected by form captains and vice captains from H1 before 12.30pm and taken to the front lawn. Please eat lunch and then gather on the front lawn at 12.30 – all those buying food from the canteen may do so from the start of break. Form Tutors will provide a suitable knife to cut the cake and share with the tutor group. Please remember to bring a plastic bag or something similar to sit on as the grass may be damp as well as paper napkins for the cake.