

Kendrick School - Weekly Update

Friday 30th September 2022

LETTER FROM MS KATTIRTZI, HEADTEACHER

We have had an eventful week celebrating 145 years of Kendrick, 145 years of girls' education. We started the week with a whole school assembly with Years 7 and 8 in the Hall and the rest of the school partaking through a video link. As I always do, I spoke to the students about the history of our school which started in 1877 in Watlington Street with 46 students, then the move to London Road in 1927 with only a few of the buildings on the site, to our current position today where we have several buildings, over 850 students and a school that is expanding. We have a strong and significant history that we can be proud of reflecting past and present times and future developments. We have always been a school that strives to embrace change and development and reflecting on 145 years of history, I believe, we have done that. To mark the occasion, we had our usual cake competition, plus a new project where we have asked students to nominate 145 significant women who lived during the last 145 years and what contribution they have made to society. In addition, yesterday we had a whole school photograph, something we do every five years. By the time there is another whole school photo in five years' time, 2027, the school will be fully expanded with almost 1000 students! Some photos of the cakes, the photo, as well as an abridged version of the assembly can be found [HERE](#). You will notice that we also paid tribute to Her Majesty The Queen at the end of the assembly, a significant woman whose own life, 96 years, spanned much of Kendrick's.

Kendrick Parents' Society wish to celebrate with us by holding a virtual Birthday Quiz Night on Saturday 8th October at 6.00-7.00pm with birthday related questions. The money raised from the sale of and or donations will be put to buying birthday presents for each department. Please support us in this venture for our very special occasion. You can buy a family ticket for £10 or donate via this link

<https://www.trybooking.co.uk/BVZW>

We plan to continue celebrating Kendrick's 145 years by inviting former students to Kendrick on the afternoon of Friday 2nd December 2022, something we have not been able to do because of the pandemic. In 2017 when we celebrated 140 years we put on a very special occasion for 'old girls' which some of you might remember, a reminder of that occasion is [HERE](#). Many students returned to Kendrick that year and had a wonderful time reminiscing and remembering their time at school. Frequently we celebrate individual achievements of our students and many of them go on to be very successful in their life and careers after leaving Kendrick. It is appropriate, therefore, that this week I highlight again our superb results at GCSE and A Level for 2022, as well as the destinations of our Year 13 students. Please see the link [HERE](#).

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 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 **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.

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 – BACK TO SCHOOL ONLINE SAFETY GUIDES

Source: internetmatters.org

As children head back to school with new devices, elements of online learning and new challenges, it's important to give them the tools they need to make positive choices online. Internet Matters has a range of advice and guidance for how you can help your child make the most of their school year, including a [video from Dr Linda Papadopoulos](#) giving practical advice on how to help teens self-regulate their device use.

For more help and guidance from Internet Matters please click [here](#).

WELLBEING – UNSUPPORTED ONLINE, COMPUTER OR APP-BASED CBT

Source: [Anna Freud](#)

Cognitive behavioural therapy, or CBT for short, is a kind of talking therapy that mental health professionals use to address depression and anxiety. The aim of CBT is to help you deal with problems in a more positive way by breaking them down into smaller parts. It focuses on what's happening here and now, rather than past experiences.

But there are other ways you can access CBT – there are courses of [CBT online](#) which you can access without the support of a mental health professional, as well as [CBT apps](#) for your phone or tablet. Some of these you might try on your own, others are designed for young people to use with the support of a teacher or family member.

CALENDAR FOR TERM 1, 2022-23

Tuesday 4th October
Thursday 6th October
Sunday 9th October

Year 8 Welcome Evening, 6pm
Resources Governor Meeting, 4.30pm
MFL Trip Leaves (to Friday 14th October)

Wednesday 12th October	Year 13 Geography residential (to Sunday 16 th October)
Thursday 20th October	Upper School and Sixth Form Chamber Concert, 6.30pm
Friday 21st October	End of Term 1, 3.15pm

The school calendar for the academic year can be found [here](#)

For the Term Dates for 2022-23 please click [here](#)

NEWS, NOTICES AND EVENTS

FAMILY INFORMATION SERVICE/SEND LOCAL OFFER

If you are looking for impartial information, advice and guidance on any family matters you can contact the Reading Family Information Service at www.readingfis.org, email fis@reading.gov.uk or call 0118 937 3777 (option 2).

For matters relating to special educational needs, families can contact the Reading SEND Local Offer on the same telephone number, email: localoffer@reading.gov.uk or visit: www.readingsendlocaloffer.org.

READINGS SCHOOLS ECO-NEWSLETTER

The latest edition Reading's Schools Eco Newsletter includes articles about Reading Climate Festival, Global Schools Action Day, recommended eco topic books for EYFS, KS1, KS2 and KS3 and top tips for sustainable schools. You can read and [download the newsletter](#), produced in collaboration with the Reading Climate Action Network, from the BFFC website.

PARENTPAY REMINDERS

We would like to bring to your attention the following ParentPay items which are due for payment, please login to your ParentPay accounts for details.

- Year 9 Duke of Edinburgh Bronze Award
- Year 10 MFL French and German trip October 2022
- Year 10 and 11 GCSE Music Anthologies book purchase
- Year 11 12 and 13 Christmas Market Trip to Germany
- Year 12 A Level Maths Graphics Calculator
- Year 12 Wokingham Waterside Centre trip - Tuesday 4th October 2022
- Year 13 A Level Geography Residential Field Course October 2022
- Year 13 BMAT - medical school entry
- Year 13 Exams - Oxford/Cambridge/MAT

KENDRICK PARENTS' SOCIETY (KPS)

We are pleased to let you know that we are organising the following events:

- **Movie night for Year 7s on 14th October**, straight after school until 6pm
- **Quiz night** for the whole school on 8th October from 6 to 7pm
- **School wide an extravaganza event** on 3rd December (more details to follow)

We also have our **AGM scheduled on 17th October** and we are looking for new volunteers to join. All the positions are open to apply. If you have a financial background, we are eager to hear from you to fill in the Treasurer role on an urgent basis.

Please email KPSChair@kendrick.reading.sch.uk for any queries.