

Kendrick School - Weekly Update

Friday 1st October 2021

WEEKLY LETTER FROM MS KATTIRTZI, HEADTEACHER

There are a number of super items on our website this week which reflect the many activities that students and staff have been involved in:

- **Period Positivity at Kendrick**, an important initiative led by Frau Mueller [HERE](#)
- **White House Tokens**, the announcement by the Kendrick Student Leaders about the house tokens they distribute [HERE](#)
- **The Bookbuzz initiative** sponsored by KPS which enables all new Year 7 students to have a book to inspire their reading [HERE](#)
- **Year 7 House Chess Club** where 52 enthusiastic Year 7 students attended and played matches between different houses [HERE](#).
- **Black History Month**, which starts today [HERE](#)
- **Clubs and societies** that will be running this year [HERE](#)
- **School Birthday**, a most special event for our school, celebrating how long our school has existed and the education it provides for its students. It was wonderful to be able to have our usual cake competition. Photos of the cakes, including the winning cake are [HERE](#)

These events and others show what else goes on in school alongside the formal curriculum at Kendrick and I am always very impressed and proud about what students can do and fit in to what is already a very busy school day. Thank you to you all and to the staff who support these activities.

As you know, we escalated our COVID safety measures this week. All staff and students were given PCR test kits to take home on Tuesday evening, results which are in the process of being received. Also, a team of school nurses came into school on Tuesday and administered the COVID vaccine to students in Years 8-11 and the flu vaccine (nasal spray) to students in Years 7-11. I believe there was over 80% take up of both inoculations. The number of COVID cases has dropped this week by almost a half and so we will reduce our daily reporting of cases to once per week. You can see today's figures in the next section of the Weekly Update. We will maintain our other COVID safe measures as before, including wearing of masks in corridors and when moving around the school.

I would like to finish by mentioning two favourite themes of mine: the **School Birthday** and **Black History Month**, both skilfully woven into the design and decoration of the winning School Birthday cake. The winning cake, made by a student in Year 12 had on it the famous quotation by Nelson Mandela about the importance of education which I mention frequently to students. In addition, there was a book with the title of a famous poem '**Still I Rise**' written by **Maya Angelou**, renowned black author, poet and activist. This poem is an uplifting poem for us to read any time as it is a poem about survival, self-esteem and confidence and an indomitable spirit; it is especially pertinent now that we should focus on Black History month. The first verse of the poem is below and a Youtube link to Maya Angelou performing her poem is [HERE](#)

Still I Rise by Maya Angelou

*You may write me down in history
With your bitter, twisted lies,
You may trod me in the very dirt
But still, like dust, I'll rise.*

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 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 – TEENAGE DEPRESSION

(Information taken from [Family Lives](#))

Spotting the signs and supporting teenagers through depression

If your teenager is showing signs of depression, you may find yourself wondering whether it's 'just a phase' or something more serious.

Key points:

- Try to give your child lots of reassurance by active listening and really hearing what they are saying to you
- Take things at their pace as they may not be ready to do everything all at once. It is all about taking tiny steps and making realistic plans
- Make an appointment with your GP as soon as you can so they can access help and a referral for counselling or therapy

Understanding depression

It is not uncommon for teenagers to feel low or withdrawn at times. They may have a lot going on all at once and just need time out. However, if they are feeling like this for a prolonged period of time, it may be that they have depression. This is a mood disorder which can make someone feel very low continuously.

What can cause depression

There are several reasons or situations that can cause depression. A young person might be struggling with issues in their lives such as [bullying](#), friendships issues, problems at home or at school. You may have noticed that they have been withdrawn or feeling increasingly anxious.

Spotting the signs

Depression can affect young people in different ways and not everyone who is feeling low, will have the same signs. Some of the signs you may be able to spot are:

- persistent sadness
- loss of interest in life
- tiredness or very low energy
- extreme moodiness, irritability and volatile behaviour
- giving up interests without finding any new ones
- showing a lack of interest in school and or a marked decline in schoolwork
- losing contact with friends or their social circle
- not washing or looking after themselves properly
- eating too much or too little
- issues with their sleeping
- risky behaviour, such as drug taking or alcohol consumption

Other triggers that could be an upset, could be splitting up with a partner, or not doing as well in something as they'd hoped. These events may not seem a big deal to you, but they may be major for your teenager. Try not to belittle what they're going through; try to see it from their perspective.

Supporting your teen

If your teenager starts sending out negative statements about themselves, give lots of positive messages back. Encourage healthy eating, regular exercise and new challenges and adventures. Try to do this with them so they do not feel alone. Take things at their pace as they may not be ready to do everything all at once. It is all about taking tiny steps and making realistic plans.

Try to give your child lots of reassurance by [active listening](#) and really hearing what they are saying to you. Talking is important too but again, allow them to take this at their pace. Sometimes planting the seed that you've noticed they're not happy and are ready to talk when they are can set the ball rolling. If your teen is particularly unresponsive, try [communicating](#) on their terms through a text, letting them know you are with them every step of the way.

Most importantly, listen to your instincts. Parents are the experts in their own children and if they are concerned something is not right then they generally know best.

Getting help

Make an appointment with your GP as soon as you can so they can access help and a referral for counselling or therapy. If they are at school or college, let them know so they can provide your child with support too. Getting your teen some help to manage their depression and feelings is a positive step, so they have strategies if and when they feel overwhelmed.

Further resources

It may help to speak to an organisation called [Young Minds](#) as they can give you lots of guidance on next steps and help that is available to your teen. [MIND](#) has lots of helpful information for families on teen depression too. It may help to chat to other parents on our [forums](#) to find out how they are dealing with this issue within their family life. You can also talk to us online via our [live chat service](#), email us at askus@familylives.org.uk or call us on our helpline on 0808 800 2222 to speak to trained family support worker.

WELLBEING – SELF-CARE: BOOKS AND READING

Reading (or bibliotherapy) has been a source of comfort for lots of people for a long time. Here's how some people use it to help when they are struggling with their emotions:

- Go back to a book you've read before that was particularly good or felt really comforting
- Read a Fantasy or Science Fiction book to completely escape from your mind for a bit
- Find a self-help or psychology book on a topic you're particularly struggling with at the moment

There's times in my life when the library has felt like a really safe place for me. Somewhere I can go to just to explore and look at what books I find without having to pay or anyone judging me. It's just somewhere quiet I can go to where no one cares about what I look like or what's going on at home. Everyone is there for their own reasons...


Why not try visiting your local library and asking where the self-help or the young people's section is. See what you find and spend time just browsing and finding something that interests you. Click on the following links to find your nearest library in [England and Wales](#), [Northern Ireland](#) or [Scotland](#).

Our friends over at [Reading Well](#) have also worked with public libraries to create a list of the best books to support wellbeing. You can browse their [full booklist](#) or check out books specifically for young people in [primary](#) or [secondary schools](#). All books should be available to borrow from your local library. For more details you can read their blog written for [World Book Day 2020](#).


In this [video](#), renown children's author, Jacqueline Wilson, describes how books and reading helped her mental wellbeing growing up.

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.


**Student Welfare Team at
Kendrick School**




Mrs Hackett



Mrs Shaw



Ms Lawlor



Ms Edwards

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

NEWS AND EVENTS - WHOLE SCHOOL

SCHOOL PHOTOGRAPHS

Please order your child's school photograph through Tempest and not Kendrick School. Thank you.

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.

WEEKLY COVID UPDATE

Confirmed PCR cases:

	Mon 27/9	Tues 28/9	Wed 29/9	Thurs 30/9	Fri 1/10
Year 7	3	3	2	2	3
Year 8	13	15	12	13	13
Year 9	3	3	4	3	2
Year 10	17	13	8	6	4
Year 11	0	1	1	1	1
Year 12	0	0	0	0	0
Year 13	8	8	8	4	4
Total	44	43	35	29	27

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

Tuesday 5 th October	Year 8 Information Evening, 5pm to 6pm (live but remote)
Thursday 7 th October	Resources Governor Meeting, 4.30pm
Friday 8 th October	#HelloYellowDay. Own Clothes Day. Wear something yellow for World Mental Health Day
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 is working on the event structure for this term and would like to invite parents to join this planning team. You will not be expected to run the event but only be a part of the ideation team. If you would like to join us, please email kpschair@kendrick.reading.sch.uk.

We have provided links to join the KPS whatsapp group for New 7, 12 and Y10 parents. Please read our newsletter for more details.

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

BLACK HISTORY MONTH – MUSIC

Of course, we recognise that Black History Month is just a starting point for recognising and celebrating people of colour. In Music, we have recommended daily listening pieces from the website '*I Can Compose*', where we can listen to the works of extraordinary Black composers; some of whom may be familiar, others may not. This list is not exhaustive. We hope that these pieces of music (see attachment) can be a springboard to expand your musical knowledge and repertoire of inspiring composers and perhaps add new discoveries to your existing collections and playlists.

[Black History Month - Composers Calendar](#)