

# Kendrick School - Weekly Update

## Friday 8<sup>th</sup> October 2021

### WEEKLY LETTER FROM MS KATTIRTZI, HEADTEACHER

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Today is **#HelloYellow Day** an event supported by the 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. Students have been asked to wear something yellow today, a small gesture to celebrate the little things we can do to look after ourselves and support each other. There is also a suggested five-step **#HelloYellow Challenge** where people are being encouraged to:

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

I am sure everyone can have a go at this challenge. A contribution of £2 for the YoungMinds charity is requested to support this event. A link to donate is [here](#). There are a number of displays and posters around the school highlighting mental health. For more information on #HelloYellow please click [here](#).

We have had four **Information Meetings** with parents so far this term, two live events in the Hall for Year 12 and Year 7, and two remote sessions for Year 10 and 8 parents. It was great to see people face to face and also very good to talk to people remotely and convey the same messages, but perhaps in a more comfortable setting for parents. These meetings are important to us as they enable us to give parents a glimpse of school life and pass on updates and guidance that we feel is relevant for the specific cohorts. It was very pleasing to receive such overwhelming thanks from Year 8 parents this week who have been the cohort of parents who have not yet visited Kendrick. We are planning a guided tour of the school for them in a couple of weeks' time. With the support of KPS I will again hold some remote drop-ins with parents in all year groups starting next term; an opportunity for a more informal chat with parents. Dates and times will be sent in due course.

At the **Learning and Teaching Governors** meeting last week, Mr Simmonds, Deputy Headteacher, presented an excellent analysis of this summer's results to the governors. These were the Teacher Assessed Grades, TAGS, given by teachers based on the evidence of work done by students. We are very proud of the achievements of the students at GCSE and A Level and the exceptional work of the teachers in teaching, marking and grading. The headline results are below and the impressive destinations and courses pursued by Year 13 students are [here](#).

- At A Level 92% of grades awarded were at A\* to B.
- At GCSE 85% grades awarded were at grades 8 & 9.

Also confirmed this week are our term dates for 2022-2023, which you can find [here](#).

I would like to finish by mentioning a famous female politician who I believe has made a huge impact on European and Global politics, **Angela Merkel**, former Chancellor of Germany for 16 years. She is unique in holding such a position in her country, but also in the interactions she has had with world leaders, which puts her in a category of one of the most influential politicians in the 21<sup>st</sup> Century. I am looking forward to having a more in-depth discussion with the German Department, Frau Mueller and Frau Hellwig, and perhaps some A Level German students, who I am sure have discussed Angela Merkel in their lessons. Angela Merkel is featured this month on the **Lead, Inspire and Make a Difference** board in the library. The display can be found [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](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 – EATING PROBLEMS**

Source: [YoungMinds](#)

### **Our relationship with food can change - and that's okay**

Children's attitudes to eating are affected by a range of factors including the attitudes and behaviours of parents and peers towards food, nutrition and body image, trauma, stress, and bullying. Appetites may change at different ages and this is normal; some eat a lot or eat anything, others are more particular. Younger children often refuse to eat certain foods and teenagers may try 'fad diets'. Most of us have tried out different eating habits or diets at some time in our lives, whether to lose or put on weight or to improve our health, and this is not necessarily a cause for concern.

Problems can start to emerge when a child or young person feels under pressure. They may lose their appetite; or they may turn to food for comfort and eat even when they are not hungry; their worries about food may be related to their size or body shape, or can be more about their emotions and self-esteem.

### **When does it become a problem?**

Young people's problems with food can begin as a coping strategy for times when they are bored, anxious, angry, lonely, ashamed or sad. Food becomes a problem when it is used to help cope with painful situations or feelings, or

to relieve stress, perhaps without even realising it. Children can fear getting fat and may perceive their body shape differently than those around them. It is useful to know that an eating problem is usually symptomatic and suggests there is an underlying problem that needs to be identified, understood and treated.

Young people with eating disorders often consider them to be a solution rather than a problem, making identification and treatment more difficult. They tend to have extreme concerns and sense of self-worth in terms of body shape and weight. If you're worried about your child there are things you can do to help. Please click on this [link](#) for advice and support.

## WELLBEING – HOW TO MAKE A SELF-SOOTHE BOX

Source: [YoungMinds](#)

We struggle with how we are feeling sometimes and it's normal to have ups and downs. This year might have felt a little more down than up. There are so many little things we can do to look after ourselves and support each other's mental health. Creating a self-soothe box is a little thing you can do to make a BIG difference to your mental health..


### What is a Self-Soothe Box?

A self-soothe box is a box you can make that contains things that ground you, make you feel more relaxed and reduce symptoms of panic, anxiety or low mood. If you find yourself feeling anxious, stressed out, or down, you can turn to your self-soothe box to help manage your feelings.

For three simple steps to start and for ideas for filling your self-soothe box, please click [here](#).

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).

### Student Welfare Team at Kendrick School



**Mrs Hackell**      **Mrs Shaw**

**Ms Lawlor**      **Ms Edwards**

The Base (in Siamouth 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](mailto:StudentWelfare@kendrick.reading.sch.uk)

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## NEWS AND EVENTS - WHOLE SCHOOL

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### FREE BIKE CHECKS WITH DR BIKE

The My Journey Team at Wokingham Borough Council are offering free bike checks at Woodford Park on Thursday 4, 11, 18 and 25 November and Thursday 2<sup>nd</sup> and 9<sup>th</sup> December 2021. For more information please click [here](#). You must book a slot to drop off your bike with Dr Bike.

### 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 (running totals):

	Mon 4/10	Tues 5/10	Wed 6/10	Thurs 7/10	Fri 8/10
Year 7	2	2	2	1	1
Year 8	17	13	11	9	10
Year 9	5	6	5	6	7
Year 10	1	1	1	1	1
Year 11	5	4	4	4	4
Year 12	0	0	0	1	1
Year 13	0	0	0	0	0
<b>Total</b>	<b>30</b>	<b>26</b>	<b>23</b>	<b>22</b>	<b>24</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.

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## CALENDAR

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### Term 1

Thursday 14<sup>th</sup> October

Performance and Review Governor Meeting, 4.30pm

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

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## VACANCIES

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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.

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## KENDRICK PARENTS' SOCIETY (KPS)

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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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### WORLD SPACE WEEK

For World Space Week this week, the Physics department are running a colouring competition, based on the theme of the planet Mars. Choose one (or more) of these images, print it out and fill in the gaps, and submit it to me or your Science teacher by the Friday after half term, 5<sup>th</sup> November. If you cannot print it yourself, come to the Physics prep room and collect one of the sheets, already printed.

[https://astrobiology.nasa.gov/uploads/filer\\_public/0e/69/0e69b297-30b0-4577-bf8c-454b93ebcc69/perseverance\\_drawyourinstrument.pdf](https://astrobiology.nasa.gov/uploads/filer_public/0e/69/0e69b297-30b0-4577-bf8c-454b93ebcc69/perseverance_drawyourinstrument.pdf)

[https://astrobiology.nasa.gov/uploads/filer\\_public/b9/f2/b9f2e924-793e-4f89-a08d-3f91527a7809/perseverance\\_cleanroom.pdf](https://astrobiology.nasa.gov/uploads/filer_public/b9/f2/b9f2e924-793e-4f89-a08d-3f91527a7809/perseverance_cleanroom.pdf)

[https://astrobiology.nasa.gov/uploads/filer\\_public/6e/71/6e71884d-a471-4a74-8400-37891bf8707a/perseverance\\_jezero.pdf](https://astrobiology.nasa.gov/uploads/filer_public/6e/71/6e71884d-a471-4a74-8400-37891bf8707a/perseverance_jezero.pdf)

[https://astrobiology.nasa.gov/uploads/filer\\_public/9f/f0/9ff06c07-970d-4d26-bf16-0dd0b501b8d6/perseverance\\_skycrane.pdf](https://astrobiology.nasa.gov/uploads/filer_public/9f/f0/9ff06c07-970d-4d26-bf16-0dd0b501b8d6/perseverance_skycrane.pdf)

[https://astrobiology.nasa.gov/uploads/filer\\_public/29/d0/29d04a55-f6f7-4079-bbb3-65725cf7eafb/perseverance\\_ingenuity.pdf](https://astrobiology.nasa.gov/uploads/filer_public/29/d0/29d04a55-f6f7-4079-bbb3-65725cf7eafb/perseverance_ingenuity.pdf)

The prizes will be house points, and possibly something Mars related!