

Kendrick School - Weekly Update

Friday 25th November 2022

LETTER FROM MS KATTIRTZI, HEADTEACHER

Unbelievably we are in the last week of November and school is very busy with staff and students making plans and preparations for the activities that take place at the end of this term.

Last week all students received a profiling meeting with their tutors in which they discussed and reflected on their work and progress so far this year. For all students, these occasions provide them with an opportunity to pause and reflect on how they are doing in their studies and take time to note what their teachers are saying and begin to put plans and strategies in place to continue their work and progress. As I have said before, this is a most valuable time for everyone and I hope the students feel that their learning, and their personal development is being monitored and the meetings enable them to receive feedback and discuss how their school life is progressing for them. The report data on which these discussions are based will be sent to parents before the end of this term.

Preparations for end of term events continues and we are looking forward to the super concert we have at the end of this term. We have decided to call it a Winter Concert this year in line with our Spring and Summer concerts but of course, it is the concert which marks the end of this term and the holiday to celebrate Christmas. It is also a special concert as it always features the debut performance of Year 7 in a mass choir, which is a joy to behold. Letters and information have been sent to parents and more details for performers will follow. I hope that parents support us in this very important event on the school calendar.

I want to again highlight the **Kendrick Celebrates** event being organised by the Kendrick Parents' Society on Saturday 3rd December. We are of course celebrating Kendrick's 145 Birthday and I am so grateful to KPS for making this such a significant event for us to enjoy. Over 100 tickets have been sold already, so if you have not bought your tickets yet, then please do so. Students will be performing a range of musical items. Details are [here](#).

Coupled with the KPS event is the [Kendrick School reunion of former students and staff](#) which is on Friday 2nd December at 2.00pm-4.30pm.

Fresh on the website this week is an article about the [Climate Change Conference](#) attended by our Year 12 students a couple of weeks ago, an annual event in collaboration with other secondary schools organised by the Inter-Climate Network. Students had to represent different countries and try to negotiate policies and plans to address climate change. Please read the article to learn more about this important initiative which sits alongside the global climate conference that has taken place in Egypt.

These activities complement the work done by our very active Eco Group which you can find out more about what they do [here](#) including the recent [Powerpoint presentation](#) they made for all students to educate everyone about the Global COP27 Conference in Egypt.

As always, please read further into the update for the very valuable and useful information that follows.

With best wishes for the 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 **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.

SAFEGUARDING – COUNTY LINES

Do you know **exactly** where your child is in the evenings and at weekends? Do you know **every** friend they have? Very few parents of teenagers will be able to answer 'yes' to both of those questions.

Schools and local authorities are growing increasingly concerned about the impact of County Lines on the young people in our area. This is a particular method of drug dealing which involves the exploitation of children and young people.

You probably think this isn't relevant to your child. But it could be.

Reading is one of five cities where County Lines is known to be particularly active. It involves a network of very manipulative individuals who have tried and tested ways of coercing boys (usually) into drug dealing, putting them at risk of both criminal exploitation and violence. They do this by giving them phones, clothes, trainers, money and buying them food. They are made to feel special, respected and it gives them kudos all of which can be very seductive to a teenage boy. Girls also get pulled in and are often subject to sexual violence and



Children are being exploited by gangs involved in drug crime. Know the signs to spot.

County lines gangs use children and vulnerable people to courier drugs and money. A young person who is involved in county lines activity might exhibit some of these signs:

 <p>Persistently going missing from school or home, or being found out-of-area</p>	 <p>Unexplained acquisition of money, clothes or mobile phones</p>	 <p>excessive receipt of texts or phone calls</p>	 <p>Relationships with controlling, older individuals or gang association</p>	 <p>Leaving home or care without explanation</p>
 <p>Suspicion of self-harm, physical assault or unexplained injuries</p>	 <p>Parental concerns</p>	 <p>Significant decline in school performance</p>	 <p>Significant changes in emotional well-being</p>	

If you see something that doesn't feel right, or looks suspicious, concerning a child or young person you should report it to us online or call us on 101, or 999 in an emergency. Alternatively, you can contact Crimestoppers anonymously on 0800 555 111.

   

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exploitation. We know that this is happening in our community and you need to be aware that it could be happening to your child.

There are a variety of tell-tale signs but the most obvious are when a child has money, clothes, 'phones but can't explain where they came from. They are likely to return home late, stay out all night or go missing for short periods. They might go to areas away from home to meet up with people you do not know.

If you have any concerns about your child or someone else's, please contact school or the local police for advice. Together we need to support our children.

For more information on County Lines, please click on the links below:

[Children's Society – What is County Lines?](#)

[National Crime Agency – County Lines](#)

[NPSCC – Protecting Children from County Lines](#)

MENTAL HEALTH AND WELLBEING – RELAXATION TECHNIQUES

Source: [Anna Freud](#)

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.

CALENDAR FOR TERM 2, 2022-23

Tuesday 29th November	Year 11 Parents' Consultation Presentation of the GCSE Certificates, 2.15pm
Wednesday 30th November	KPS Meeting, 6pm, online
Thursday 1st December	German Christmas Market Trip departs (returns on 3/12) P&R Governors Meeting, 4.30pm
Friday 2nd December	Former Student Reunion Event
Monday 5th December	Food Drive Week
Thursday 8th December	Full Governing Body (FGB) Meeting, 4.30pm Winter Concert, 6.30pm
Friday 9th December	Christmas Jumper Day (or hat or socks!) to raise money for Daisy's Dream
Monday 12th December	Opera Trip for KS4 and 5

Friday 16th December	End of Term 2, 1.05pm
Tuesday 3rd January	Inset Day
Wednesday 4th January	Start of Term 3, 8.25am

The school calendar for the academic year can be found [here](#). For the Term Dates for 2022-23 and 2023-24 please click [here](#)

NEWS, NOTICES AND EVENTS

KENDRICK SCHOOL – 2024 ADMISSION POLICIES – CONSULTATION

Kendrick School has made some changes to its admission policies for 2024 entry and, in line with admission guidelines, are now consulting on these policies.

The key changes can be found on our [website](#).

The consultation must last for a minimum of 6 weeks and will commence on **Monday 7th November 2022**. All comments regarding the proposed changes or any aspect of the Admissions Policies, should be sent to admissions@kendrick.reading.sch.uk or by completing the online form via this [link](#) by **9am on Tuesday 3rd January 2023**.

The full policies with all changes highlighted in yellow can be accessed from our website via this [link](#).

In addition, Kendrick School will be using GL Assessment as the test provider for 2024 entry. This is for information purposes only, and not part of the consultation process.

CHRISTMAS HAF REGISTRATION OPEN

Parents of children eligible for pupil premium free school meal can now register for the Christmas Holiday Activities and Food (HAF) scheme. Providers taking part in the programme include Reading Rock Academy, Next Thing Education and Sport in Mind.

BFFC co-ordinates the HAF scheme on behalf of Reading Borough Council, with funding from the DfE. Registration is open via the BFFC website at: <https://brighterfuturesforchildren.org/for-parents-carers/schools/haf/>

GOV.UK COST OF LIVING SUPPORT

Find out what support is available to help with the cost of living. This includes income and disability benefits, bills and allowances, childcare, housing and travel.

Click [here](#) for more information.

VACANCIES

We have the following vacancies at Kendrick School. Please click on the links for more information on the roles and how to apply and please share with friends and family.

[Head of Music and Drama](#) to cover a maternity leave – at least 0.8FTE. Job share will be considered. For end of February 2023 to at least December 2023. Closing date for applications Thursday 15th December 2022.

[Exam Invigilators](#) – for December 2022 and onwards

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 7, 8 and 9 Food and technology contributions
Year 10 and 11 Art and Textiles contributions
Year 7 Study Skills Workshop – 17th November 2022
2022 Biology Week: Design a Biology Tote Bag
Year 9 Duke of Edinburgh Bronze Award
Year 10 and 11 GCSE Music Anthologies book purchase
Year 10 and Year 11 GCSE English set texts
Year 12 and Year 13 A-Level English set texts

October trips

Year 12 Wokingham Waterside Centre trip 4th October 2022.
Year 10 MFL French and German trips 9th to 14th October 2022
Year 13 A Level Geography Residential Field Course 12th to 16th October 2022
Year 12 Biology Brain Afternoon 20th October 2022

December trips

Year 11 12 13 Christmas Market trip to Germany 1st to 4th December 2022

2023 trips

Year 12 A level Biology Dale Fort residential trip.

KENDRICK PARENTS' SOCIETY (KPS)

KENDRICK CELEBRATES!

I would like to mention the celebration event that KPS is organising for all families on **Saturday 3rd December** between 5-8.30pm. The occasion is to celebrate Kendrick's 145th birthday and raise **funds to provide for the wish list given by each department** - the wish lists comprises of subject text books for each department, Gold subscription for UCAS Progression report, books for library, whiteboards, gelli printing plates for textile department, MDF for architect drawers for Art department, school trip for music department, big TESLA bulb for Chemistry department, and much more... KPS has sight of that list and if you want to know what's in it please email KPS.

Thanks to all the parents and students who have already reached out to help with volunteering and performing on the day. There are still spaces left for stalls and KPS will also appreciate any form of donation and sponsorship for this event.

Please look at the poster for more information and bring your family and friends to the event [HERE](#).

Regards
Shikha Pathak
Vice-Chair, Kendrick Parents' Society