

# Kendrick School - Weekly Update

## Friday 12<sup>th</sup> November 2021

### WEEKLY LETTER FROM MS KATTIRTZI, HEADTEACHER

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Yesterday we had a whole school assembly for [Remembrance Day](#) when once again we acknowledged and remembered the sacrifices that members of the armed forces and civilians made in war over the last 100 years. This year is the centenary of the **Royal British Legion** and so special appreciation is being given to the work and support they have given to serving and ex- personnel; a lifeline to many who have been affected and traumatised by war. On Sunday it is the nation's day of Remembrance and I have been kindly invited by Reading School to attend their service and lay a wreath at the Kendrick War Memorial.

At Kendrick we promote kindness towards each other and I am pleased that we shall be acknowledging **World Kindness Day** tomorrow through a very thoughtful assembly that our **Student Welfare Committee** have put together for the whole school. Please see [here](#). Next week we shall be looking at ways that we promote kindness and minimise bullying as it is **National Anti- Bullying Week**. I hope we can all practise ways in which we can be kind to one another so that no one ever feels unwanted or alone in our community. The theme for Anti-Bullying Week is appropriately entitled **One Kind Word**. Further information will follow next week.

To demonstrate kindness and thinking of others we shall be supporting **Children in Need** next week, as we always do at this time of the year. Next **Wednesday 17<sup>th</sup> November** there will be an **Own Clothes Day** and we ask students/families to make a donation of £2 on line to the charity. The link to this is on Parentpay is [here](#).

Over the last few weeks, teachers have been preparing **reports** on all students and our **Profiling Day**, when reports are discussed with students and their tutors, is on Thursday 18<sup>th</sup> November. As before, this will be done remotely and we are asking students to stay at home (apart from Year 7) and get on with school work they have been set and log into their meeting with their tutor at an agreed time. This is a school day when students will be doing remote learning which of course they are familiar with from earlier in the year. These opportunities for students to reflect on their work and progress are very important to us and help us in supporting students in their learning. Parents will receive reports later in the term.

On Friday 19<sup>th</sup> November, we will be having our long-awaited **Grand Opening of the Horizons Building**. If you recall, Horizons, a building comprising nine classrooms, dining area and staff room, was completed in the summer of 2020. The building was part of our bid to the government to expand Kendrick School under the Selective Schools Expansion Fund (SSEF). Out of 39 schools who applied for this in the summer of 2018, we were one of 16 to be successful. The strategic intent behind our expansion is our **Widening Horizons programme** which is to encourage and promote students from local schools and disadvantaged backgrounds to come to Kendrick. We are now in our second year of the expansion which we believe is going well. To open the building, we have invited the **Right Honourable Theresa May, MP for Maidenhead**. Mrs May will be joining us next Friday 19<sup>th</sup> November to officially open the building, she will also be speaking to all students and staff at an assembly. The expansion of grammar schools was part of Mrs May's vision in her policy document **Schools for the Future** when she was Prime Minister between 2016-2019. In our initial application and at other times we have received support from Mrs May so it is appropriate that she should open the building for us.

I want to finish by sharing some thoughts that I have heard recently in school. In an **assembly that Ms Grice** gave to **Year 9** a couple of weeks ago she spoke to them about the importance of trying to have a positive mindset in our work and in our lives. She shared some research done by Harvard University with women which showed how a positive mindset can really help us in our life and prolong our life expectancy. As we go into the reports season, which can create anxiety for people, it might be helpful to consider these thoughts which Ms Grice said to Year 9:

*“Positive thinking actually means approaching life’s challenges with a positive outlook. It does not necessarily mean avoiding or ignoring the bad things; instead, it involves making the most of the potentially bad situations, trying to see the best in other people, and viewing yourself and your abilities in a positive light.....  
The people who succeed aren’t the ones who avoid failure; they are the ones who learn to respond to failure with optimism”*

Wishing everyone a very 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 **0800 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 – BULLYING**

**SOURCE:** [BullyingUK](#)

### **Signs to watch for if you think your child may be being bullied**

It can be every parent’s dread if they suspect their child is experiencing bullying. If your child has not opened up to you about this, but you have a gut feeling, you may be on the lookout for signs that your child is being bullied.

#### **Key points:**

- If you notice that your child is feeling withdrawn, isolated or other emotions that are not usual of your child, try to talk to them to find out what is going on for them
- Your child may be feeling very anxious about going to school or the teacher may be in touch with you that their schoolwork has changed, and this may be a potential sign of bullying

- It may not be bullying and there may be other changes that your child is struggling with so avoid coming to conclusions but investigate why they are feeling they way they are

Bullying affects lots of people and can happen anywhere. There is no legal definition of bullying. But it is usually defined as repeated behaviour which is intended to hurt someone either emotionally or physically and is often aimed at certain people because of their race, religion, gender or sexual orientation or any other aspect such as appearance or disability.

Some of the signs below might not be applicable and there could be other worries your child is facing, and they may display similar emotions or actions as listed below. Speak to your child if you are worried about them.

### **Emotional signs of bullying**

- Isolating themselves and not talking to the family
- Feeling withdrawn and spending more time alone
- Changes in eating habits
- Changes in behaviour such as feeling more angrier than usual
- Avoiding social media
- Not seeing their friends after school or at weekends
- Anxiety and nervousness that wasn't displayed previously

### **Physical signs of bullying**

- Bruises, cuts and marks that cannot be explained
- Issues with their sleep
- Complaining of headaches or stomach aches
- Bedwetting

### **Changes at school**

- Suddenly doing less well at school
- Anxious about going to school and saying they are feeling unwell more than usual
- Items that are stolen that cannot be easily explained
- Missing money that could have been stolen
- Damaged possessions such as bags, uniforms, etc.
- Not taking part in after school clubs

There could be other reasons for these signs, so try to avoid jumping to conclusions and ask yourself the following questions. Is there anything else bothering my child? Have there been changes at home like a new baby, or divorce or separation?

If there has not been any other changes and you suspect bullying may be the cause of the distress and anxiety, it is important to try and act as early as you can. Please read our article on [how to talk to your child about bullying](#) for advice on doing this.

### **Further resources**

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](mailto:askus@familylives.org.uk) or call us on our helpline on 0808 800 2222 to speak to trained family support worker.

## WELLBEING – IDEAS AND SIMPLE WAYS TO BE KIND

SOURCE: [INSPIRE KINDESS BLOG](#)

Being kind doesn't need to look or be extravagant. Sometimes the simplest things make the most significant difference! Here are a few simple ideas and ways to be helpful on World Kindness Day in the workplace, at school, with your loved ones, or even while out running errands. Look for opportunities while you go through your day to infuse kindness into someone's day. It'll change their day and yours for the better!

- Smile when you walk by others
- Write positive messages on post-it notes and leave them for people to find
- Call a relative you haven't spoken to in a while
- Tidy up around your house
- Pick up rubbish you see on the ground outside and throw it in a bin
- Hold the door open for someone
- Chat with a stranger and ask them about their day
- Pay for a stranger's coffee or meal
- Compliment someone
- Send a positive or encouraging text to five people in your contacts
- Surprise someone with flowers
- Tell a family member or friend you love them
- Write a note on the receipt at a restaurant for your server
- Offer to help with someone's errands
- Give a surprise gift to someone you care about
- Send a kind card or note to a friend
- Surprise co-workers with home-baked cookies or treats
- Plant a tree
- Spend less time on your phone and more time with people you care about
- Organize a workplace giving campaign
- Offer a classmate help with homework
- Talk to someone new
- Practice gratitude
- Volunteer
- Give someone a hug

Get creative and make your list of kind acts for World Kindness Day!

## NEWS AND EVENTS - WHOLE SCHOOL

### LATERAL FLOW TESTS

Please can we remind all staff and students to take a LFT every Wednesday and Sunday.

### PROFILING DAY – THURSDAY 18<sup>TH</sup> NOVEMBER 2021

As part of our programme of assessment and reporting the students receive an interim profiling interview with their Form Tutor or Teaching and Learning Coordinator, which is then followed up by an interim report to parents. This year's session of profiling will take place on **Thursday 18th November 2021**.

- **Year 7 students** should come into school as normal. They will spend half of the day in a Study Skills Workshop. The other half of the day will be spent on a project and during this time they will have their profiling interview and complete their report statement. Year 7 parents will receive a separate email about this.
- **Year 8, 9, 10, 11, 12 and 13 students** will be at home all day and will have their interview remotely and spend the rest of the day on an activity set by the Teaching and Learning Coordinator.

Further details of the activities set and profiling interview times will be given to the students. The day should be treated as a normal full school day.

**Students in Years 8-13 will need to register remotely by 8.25am on Thursday 18th November 2021.** Instructions on how to do this will be sent to them in due course.

Students eligible for free school meals are welcome to come into school to have a meal and should speak to their tutor regarding arrangements for this.

Students who are due to be at home and would find a remote profiling interview difficult should speak to their form tutor to discuss arrangements

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## CALENDAR

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### Term 2

Monday 15 <sup>th</sup> November	Start of Anti-Bullying Week
Wednesday 17 <sup>th</sup> November	Own Clothes Day for Children in Need, suggested donation £2.00
Thursday 18 <sup>th</sup> November	Profiling Day
	Resources Governor Committee
Friday 19 <sup>th</sup> November	Official Opening of Horizons
Wednesday 24 <sup>th</sup> November	KPS Meeting
Thursday 25 <sup>th</sup> November	Year 13 Parents' Information (remote)
Tuesday 30 <sup>th</sup> November	Year 11 Parents' Consultation (remote)
Thursday 2 <sup>nd</sup> December	Performance and Review Governor Committee
Thursday 9 <sup>th</sup> December	Full Governing Body Meeting
	School Musical Production
Thursday 16 <sup>th</sup> December	Last day of Term 2

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## VACANCIES

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We currently have the following vacancies. Please click [here](#) for more information on the roles and an application form. We would be grateful if you could share these vacancies with family and friends.

**Attendance and Student Welfare Assistant.** 35 hours a week, Monday to Friday. **Closing date: Friday 26<sup>th</sup> November 2021**

**Invigilators:** Hours to suit the requirements of the examination season. **Please apply as soon as possible.**

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## KENDRICK PARENTS' SOCIETY (KPS)

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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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### **OWN CLOTHES DAY – WEDNESDAY 17<sup>TH</sup> NOVEMBER**

There will be an Own Clothes Day on Wed to raise money for Children in Need. Please wear bright primary colours and/or spotty clothing – suggested donation is £2.

ParentPay has set up for the school a 'Children In Need' donations page, please the link below.?

Parents can securely make donations via this link and also have the option to Gift Aid their donations.

<https://app.parentpay.com/ParentPayShop/Foc/Default.aspx?shopid=5766>