

Kendrick School - Weekly Update

Friday 10th November 2023

LETTER FROM MS KATTIRTZI, HEADTEACHER

It has been a busy week, particularly for our Year 11 students who on Tuesday had a Post 16 Careers Conference at school and last night attended our Sixth Form Open Day event. As well as a one-to-one interview with a careers officer, Year 11 students are beginning to make plans for their studies after GCSE. Most of our Year 11 students stay at Kendrick to study A Levels, and they are joined by up to 50 students from other schools in our local area. The event last night was very well attended and prospective parents and students were able to visit subject areas and speak to teachers to find out about the courses we offer at A Level. Our Sixth Form students were present and guided families around the school and answered questions that people had. Talks by me, Mrs Hearn, Head of Sixth Form, and members of the Kendrick Student Leadership Team complemented the tours and provided a rounded picture of the sixth form life at Kendrick. Kendrick School Year 11 students have been given information on how to submit their subject choices for Year 12 and the timescales involved. The Sixth Form prospectus and further information can be found [here](#). The application form is for external applicants only.

This morning we had a whole school assembly, to mark Remembrance Day which is tomorrow, Saturday 11th November. As always, I spoke to the students about Remembrance Day and the work of the Royal British Legion who support serving and former service men and women of the British Armed Forces. I also talked about conflicts and how they arise, including the conflicts that we are seeing and hearing about every day in Middle East and Ukraine. Students in the 6th Form, Medha, Nethra, Lekhana and Sneha, members of the Curriculum and Current Affairs Committee, spoke about the theme of this year's Remembrance Day, which is **Service** and the service that people have given during times of war and conflict. They spoke and explained the symbols of Remembrance, the red poppy, but also other poppies that can be worn - purple, black, and white poppies and what these poppies represent. It can be difficult for young people to understand and appreciate the issues that relate to war and the personal, social, economic, and political consequences of conflict. Here are some [links](#) to help talk to your child about war and conflict.

To finish the assembly, I spent a few moments reflecting on how our own everyday actions and behaviours should try to be kind, peaceful, tolerant, and understanding and how we must always endeavour to resolve conflicts that we have in our lives. I suggested that at Kendrick there are things we can do as a community to promote and uphold peace in our lives. We can remember those who have died in war, we can reflect and consider that war is an argument/disagreement on a major scale that has not been resolved. We can look at what unresolved conflicts and arguments we have with each other and how we can try to resolve these peacefully and amicably. We can be the person that tries to keep the peace in disagreements and tries to find common ground. We can 'call out' people when they are being mean or unkind to others. We can recognise and appreciate the warmth and kindness of others and be welcoming to people who join our community. We can support the charities and organisations that work in countries where war exists.

To start and end the assembly we heard some beautiful piano music, played by Ursula in Year 12 and Yan and Isabelle in Year 10. At 11.00am, our community stopped for two minutes' silence and to listen to Olwen in Year 13 play The Last Post.

There is a lot of information and links in the Weekly Update about being kind to each other and to oneself in preparation for Anti-Bullying Week next week. Students in Years 7-11 also received assemblies on Anti-Bullying this week.

With these thoughts in mind, I wish you all a peaceful weekend. For people celebrating Diwali on Sunday, I wish you well as you celebrate the beautiful Festival of Lights with your family.

Ms Christine Kattirtzi
Headteacher

KENDRICK SCHOOL'S SOCIAL MEDIA PLATFORMS

Kendrick School has several social media platforms and sites. Please follow us to get the latest news and information about the school. The links are in the logos below.



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 and ask to speak to a Designated Safeguarding Officer.

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 wellbeing 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

SUMMARY OF SAFEGUARDING INFORMATION

[Term 1 2023-24](#)

ANTI-BULLYING WEEK – 'MAKE A NOISE ABOUT BULLYING'

Anti-Bullying Week 2023 is coordinated in England, Wales and Northern Ireland by the Anti-Bullying Alliance. This year it has the theme '**Make A Noise About Bullying**' and will take place from Monday 13th to Friday 17th November.

The Anti-Bullying Alliance call to action is:

*"Too often, we are silent when we see bullying take place, silent about the hurt bullying causes, and silent when we hear bullying dismissed as 'just banter'.
It doesn't have to be this way.*

Of course, we won't like everyone and we don't always agree, but we can choose respect and unity.

This Anti-Bullying Week let's come together to have discussions about what bullying means to us, how banter can turn into something more hurtful, and what we can do to stop bullying. Together, we can make a difference and take a stand against bullying.

From the playground to Parliament, and from our phones to our homes, let's make a noise about bullying".

The Anti-Bullying Alliance's Parents and Carers pack can be found [HERE](#).



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WHAT PARENTS AND CARERS NEED TO KNOW ABOUT MICROTRANSACTIONS

Microtransactions figure in the business model of many game and app developers, allowing them to bring in ongoing revenue as users continue to pay for extra features and content; even software that's initially free to download can be monetised in this way. It's a system which has featured in many of younger gamers' perennial favourite franchises, from Fortnite to FIFA.

As well as encouraging regular spending, however, microtransactions – especially the increasingly common use of loot boxes – have also been scrutinised for what many argue is a resemblance to gambling, with the potential to foster addictive behaviours. This guide tells parents and carers what they need to know about microtransactions.

[WHAT PARENTS AND CARERS NEED TO KNOW ABOUT MICROTRANSACTIONS](#)

MENTAL HEALTH AND WELLBEING

WORLD KINDNESS DAY – MONDAY 13TH NOVEMBER

Source: [InspireKindness.com](#)

World Kindness Day 2023 is a global observance dedicated to promoting and celebrating acts of kindness. This day serves as a reminder of the positive impact that kindness can have on individuals, communities, and the world at large. It encourages people to perform intentional acts of kindness and foster a culture of compassion and generosity.

WHAT IS KINDNESS?

Kindness can mean different things to different people. The meaning is in how YOU choose to show it. Be it through empathy, acceptance, kind gestures, thoughtfulness, the possibilities are entirely up to you. Kindness might look like being helpful or showing empathy. It may mean doing nice things without expecting nice things in return.

Kindness goes beyond merely being nice. Think about it - would you prefer people to describe you to be "kind" or "nice?" There can be a lack of sincerity in just being nice; there is often a perception of doing the minimum. Whereas, being kind is doing intentional, voluntary acts of kindness. Not only when it's easy to be kind, but when it's hard to be. Here are a few ideas to remember kindness in your life and inspire others as well.

BE KIND TO YOURSELF.

It's in our nature to learn by watching others, which is why it is so important to be kind to yourself and show kindness to those around you. People, and kids especially, can learn kindness just by seeing what you do!

PRACTICE, PRACTICE, PRACTICE.

One of the best ways to teach kindness to others is by being intentional about it! Volunteer, give compliments, donate to charity, hold the door for someone; there are so many ways to be an example of kindness. What better way to teach kindness than to show it?

SAY THANK YOU.

People are continually learning right and wrong through associative learning. When you see someone being kind or notice it from a family member or friend, make sure to tell them you appreciate what they did. Positive reinforcement helps people want to do more good deeds and reminds people to act with intention.

You can also have a look at the Mental Health Foundation [Kindness Matters Guide](#) for more benefits of being kind.

There are scientifically proven benefits to being kind as shown in this short video [The Science of Kindness](#).

This video from [Safer Internet Day 2016](#) is a good reminder of being kind online.



KENDRICK SCHOOL WELLBEING NEWSLETTER

For all our **Wellbeing Newsletters**, including the latest edition on [Loneliness](#), please click [here](#).

POEM OF THE WEEK

The Peace of Wild Things

by Wendell Berry

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.
I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.



QUOTE OF THE WEEK

"It is quite obvious that the human race has made a queer mess of life on this planet. But as a people we probably harbour seeds of goodness that have lain for a long time waiting to sprout when the conditions are right." - E.B. White

SCHOOL CALENDAR FOR TERM 2, 2023-24

Monday 12 th November	Start of Anti-Bullying Week
	World Kindness Day
Thursday 16 th November	Profiling Day
Monday 20 th November	Start of Fringe Fortnight
Thursday 23 rd November	Year 11 Parents' Consultation
Monday 27 th November	Dance Enterprise Day
Wednesday 29 th November	Presentation of the GCSE Certificates
Thursday 30 th September	Year 13 Parent Consultation
	Governor P&R Committee, 4.30pm
Thursday 7 th December	FGB, 4.30pm

Friday 8th December Christmas Jumper Day
Year 12 Climate Conference
Wednesday 13th December School Canteen Christmas Lunch
Friday 15th December End of Term 2, 3.15pm

The school calendar for the academic year can be found [here](#). For the Term Dates for 2023-24 and 2024-25 please click [here](#)

NEWS, NOTICES, COMPETITIONS AND EVENTS

CHRISTMAS SHOEBOX APPEAL

How are your tutor group's plans coming along...? School collection day is Monday 13th November. Thanks so much for your help, everyone!

VACANCIES

We have the following vacancies. Please click on the links below for details of the roles and how to apply. Please share this information with family and friends.

[Computer Teacher for January 2024 \(0.3FTE\)](#)

[Biology and Chemistry Technician for Term 4 \(22½ hours a week\)](#)

Kendrick School is committed to safeguarding and promoting the welfare of young people and expects all staff and volunteers to share this commitment. Any successful applicant will be required to undertake an Enhanced Disclosure check by the Disclosure & Barring Service. Kendrick School is an Equal Opportunity employer.

PARENTPAY REMINDERS

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

KPS department birthday gift - celebrating Kendrick's 145th year

School Fund Donation

Coach trips to Palmer Stadium: Athletics Season – Term 5 2023

Whitley Community Food Cupboard – cash donations

A level Maths calculator

Year 10 and Year 11 A performance of a Christmas Carol- 6th November 2023

Year 9 and Year 10 French Play – March 2024

Year 9 and Year 10 German Play – March 2024

Year 9 Duke of Edinburgh Bronze Award – 2024

Year 10 Duke of Edinburgh Bronze Award – 2024

Trips

Year 12 Wokingham Waterside Centre trip

Year 10 French and German trips - June 2024

Year 9 Duke of Edinburgh Bronze Award – 2024

Year 10 Duke of Edinburgh Bronze Award – 2024