

# Kendrick School - Weekly Update

Friday 3<sup>rd</sup> December 2021

## WEEKLY LETTER FROM MS KATTIRTZI, HEADTEACHER

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Thank you for everyone's cooperation in supporting the new government guidelines on face covering and masks and for continuing to take a Lateral Flow Test twice a week. The new Omicron variant of the Covid 19 virus does not recognise holidays and plans that we may all have for the Christmas period, so it is vitally important that we adhere to the new guidelines to keep ourselves and our communities safe and well. The other important safety duty that government is expecting all schools to carry out is **Lateral Flow Tests** on all students before they return to school and the classroom in January. This is a repeat of what we needed to do in September in order to reduce the spread of infections. To avoid losing any more curriculum time for all students in the school, we will be conducting these tests on all students on **Tuesday 4<sup>th</sup> January** when each cohort will be required to come to school for no more than one hour to have a LTF test before starting term on Wednesday 5<sup>th</sup> January. An email was sent yesterday to all parents and next week specific information regarding times that cohorts are expected in school will be sent to everyone. Again, thank you in advance for your cooperation and understanding in these matters.

Next week all parents, students, staff and governors will be receiving a **questionnaire** to seek everyone's knowledge and understanding on the issue **sexual abuse and harassment** which Ofsted highlighted earlier in the year. I have mentioned this report a few times, most recently two weeks ago and informed everyone of some of the things we have been doing in school to raise awareness of this issue and support students. I would appreciate that when you receive the questionnaire you respond so that we can gauge people's knowledge levels on this very important matter. The questionnaire will be accompanied by relevant policies, including the Safeguarding Policy, Relationships and Sex Policy and the PSHCE policy, all of which are on the website but need to be highlighted again with students and parents. Again, I thank you in advance for your cooperation on this very important matter of safeguarding.

As always there are some lovely news items on the website this week.

- Languages for Wellness
- Remembrance Day
- Kendrick prepares for the festive season!

Next week is our much-anticipated production of **Legally Blonde**. Please come and support this event, the first live event we have been able to put on since the beginning of 2020! Tickets can be bought [here](#) Please support our staff and students whose hard work and efforts have been amazing.

Finally, this week we acknowledged and congratulated our Year 12 students on their GCSE achievements by presenting them with their certificates. No one can deny that these students demonstrated such resilience and patience through their GCSE courses and completely deserve the outstanding results they achieved. The certificates were presented to them by former student and **Kendrick Student Leader, Angelica**, who is now at university studying Chemistry. In her speech to the students, Angelica gave them a few pieces of advice which she called the three Cs:

**Cherish** special moments in your life

**Care** for your mental health and well being

**Choose** activities and goals that will uplift and fulfil you

**Cheer** each other on – offer help and guidance to your friends

With these helpful thoughts in mind, I wish 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 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](mailto:studentwelfare@kendrick.reading.sch.uk).**

## **SAFEGUARDING – ONLINE CONTACT AND STAYING SAFE**

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

Video streaming and chatting on line can be really exciting, but do you know how to protect your child from adult content and contact?

### **What might they encounter?**

Chatting and meeting new people on the internet can be fun and appealing for children. There are lots of online apps and communities that can be educational and supportive for them, however there are opportunities online for adults to contact children.

No matter how young your child is, if they are using a device that has the internet- it is important to talk to them about people who contact them online.

We understand that you can't always be there with them, although if they are 11 and under we would always recommend that their device is used in a public space, making it all the more important that your child knows that they can come to you if someone online says or does something that makes them uncomfortable, worried or upset.

### **Sexualised chat and images**

It is a criminal offence for an adult to send a sexual message to a child or incite them to perform sexual acts. This could include;

- An adult exposing themselves on webcam

- Engaging a child in chat about sexual acts and fantasies
- Telling a child to watch pornographic images/videos
- Telling a child to perform a sexual act or expose themselves

“Children have told us that they send out friend requests to increase their friend count, and are worried that if they have talked to people they don't know and something goes wrong or upsets them, their parent or carer will over react and take their technology away from them.”

If your child is engaged in sexualised contact they might react in many different ways from excitement to distress, but they may also feel guilty. It can be helpful for your child to know who to talk to if something does go wrong, and it can help to suggest taking a break from an app for a period of time. This can help them learn from what happened, rather than banning them from the internet all together.

### **Why might a child engage in sexual chat or talk to adults online?**

It is never a child's fault if they have been engaged in sexual chat by an adult, however it might seem difficult have happened.

It is important not to blame your child if this does happen , but also to try and understand what sort of things could influence a child's behaviour.

**Developmental stage:** Children's brains are still developing so it is hard for them to distinguish between fantasy and reality. When they are online they feel invisible and more confident to engage in behaviour that they would not do in 'real life'. They need support from adults to make good decisions and use the internet safely.

**Sexual exploration:** It's natural for children to start exploring their sexual feelings, and talking to people online can feel exciting. Adults can exploit this natural curiosity by talking about sex and introducing new things that might be inappropriate. Direct your child to age appropriate information about sex and relationships at [Childline](#) or [Brook](#).

**Fear:** Adults can pressure, intimidate and coerce children into doing things that they are not ready for. Therefore it is important that a child knows that they are not to blame and that reporting to CEOP or in the app can help protect them and others in the future.

### **How to protect children from inappropriate contact**

**Look out for your child moving to new platforms to chat.** Offenders sometimes encourage young people to move from a public forum, to a game, or more private chat apps or sites. Here, they are able to have private conversations that are likely to be less moderated. It's always a good idea to remind your child to be wary of people who want them to chat privately. Have conversations with your child about the new apps they are using and who they may be talking to. You can also find information on [parental controls](#) to help you to [keep track of the apps](#) your child may be installing and ways you can keep them safe.

**Use webcam and devices in public spaces.** As young people develop, they often seek more privacy and autonomy in both their online and offline world. However, it's important to consider whether your child is developmentally ready to be left unsupervised whilst gaming or chatting. In particular, younger children can struggle to identify risks they may face whilst online and require supervision to learn these skills. Encourage young people to use their [devices in spaces where some level of supervision](#) is possible, for example, a family room or living room.

**Encourage your child to identify safe and trusted adults.** In their offline world, children are often taught to do as they are told and follow adult instruction. From teachers to parents, most young people are socialised to accept adults authority. Some offenders rely on this acceptance and use young people's trust in adults to harm them. Help your child to identify adults that are there to help them from ones who they do not know. Encourage their digital literacy by helping them to identify sources on the internet that they can trust and places they should be more cautious. Reinforce the idea that on the internet, adults should not be giving young people instructions or telling them what to do. Young people should ask someone they trust if they are unsure. Visit [Thinkuknow](#) for information on how to help develop your child's digital resilience.

**Make sure your child knows where to go for support.** Children can sometimes feel partly to blame if something goes wrong online. Remind your child that they can always speak to an adult they trust if they are worried no matter what may have happened. Take time to know [how to report on social media sites and apps](#) to prevent offenders continuing to harm.

## WELLBEING – EMOTIONAL WELLBEING SUPPORT PARENT CARER WORKSHOPS (BFfC)

**Brighter Futures for Children** are offering a range of workshop and training modules for parents and carers.

They can provide a wide variety of written and on-line resources for school staff, families and young people. These are available on request and via their website [www.brighterfuturesforchildren.org](http://www.brighterfuturesforchildren.org) and social media. The Family information service also provides support and signposting for families. [www.readingfis.org](http://www.readingfis.org)

**Monday 6<sup>th</sup> December**, Dr Yasmin Bador Educational Psychologists and Ian D’Souza, Primary Mental Health Worker, will be delivering a workshop on **Parent Wellbeing and Resilience**

- It starts at 12 – 1:30 on Teams
- Its free to attend and open to any parent
- The aim is to
  - Give a brief introduction into developing a compassionate mindset
  - Highlight the importance of being compassionate to yourself
  - Explore how we can be more compassionate towards ourselves and those around us
  - Think about ways of using compassion when parenting.

To book contact Wilma, [Wilma.Williams@brighterfuturesforchildren.org](mailto:Wilma.Williams@brighterfuturesforchildren.org) – please provide contact name and number when booking a place.

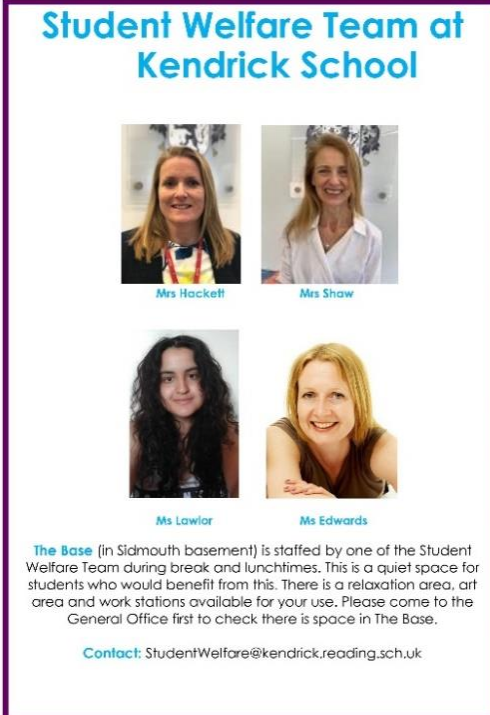
**There are more workshops available during 2022 – please visit the SEND Local Offer to find out more - [Emotional Wellbeing Support Parent Carer Workshops \(BFfC\)](#)**

## WELLBEING – SELF-CARE: LISTENING TO MUSIC


**SOURCE:** [Anna Freud](#)


A lot of young people Anna Freud spoke to said listening to music helped them manage their feelings in several different ways:


- Listening to music you know you enjoy to help improve your mood
- Listening to music really loudly to release built up tension/anger
- Listening to music similar to the emotion you’re feeling to release pent up emotions
- Listening to music that is the opposite to what your feeling e.g Calming music when you are feeling anxious to help soothe yourself




**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](mailto:StudentWelfare@kendrick.reading.sch.uk)

*I love movie soundtracks*

Have you tried listening to the Spotify mood playlists? They've got one for all different emotions as well as 'focus' and 'chill' for if you are working and relaxing.

Some of the Centre's staff have put together a playlist of music that lifts their spirits which you can listen to by clicking [here](#).

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## NEWS, NOTICES AND EVENTS - WHOLE SCHOOL

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### KENDRICK SCHOOL PRODUCTION OF LEGALLY BLOND



Join us for an exhilarating night of live musical entertainment with our whole school production of *Legally Blonde the Musical*. With a 19-piece band, and a combined cast and crew of more than 120 people, this promises to be an event you will remember forever!

Refreshments will be served in the servery by KPS before the show and during the interval and programmes can be bought on the door. Hall doors open at 6.10pm and the performance starts at 6.30pm.

Please note that there is some mild language used in the production and that it is not suitable for anyone under the age of 11, so bear that in mind when booking.

Tickets will be sold via Parent Pay on a first-come, first-served basis, with a maximum of five per household initially. Tickets will be numbered and we will keep parties next to each other wherever possible. If you know of others who may be interested in attending but are not on Parent Pay, please ask them to email [Finance@kendrick.reading.sch.uk](mailto:Finance@kendrick.reading.sch.uk). There is a limit of 200 tickets per night, so get yours before it's too late!

- Adults = £8/pp
- Concessions (students/65+) = £5/pp

Performance dates: Thursday 9<sup>th</sup> December and Friday 10<sup>th</sup> December 2021

To ensure our covid-19 safety precautions are at their best, we would like to request that those attending complete a LFT the night before they attend the performance. Should you have any symptoms, please stay at home as per government guidance. We also ask that everyone who is able to wear a mask does so during the performance. Although this is optional, it would be preferred. Hygiene stations will be situated at the entrance to the Hall, by the servery and the toilet areas and there will be good ventilation in the Hall throughout the event.

We look forward to seeing you there!

*Legally Blonde Cast and Crew*

### CANTEEN **CHRISTMAS LUNCH** – WEDNESDAY 15<sup>TH</sup> DECEMBER

Students should order their Christmas lunch with their form tutor before 8<sup>th</sup> December and parents should ensure there is sufficient credit on ParentPay by this date when payment will be taken. Cost of meal is £2.40 to include either Traditional Turkey dinner or Vegetarian Wellington and dessert (FSM apply)

### CHRISTMAS JUMPER DAY – FRIDAY 10TH DECEMBER

Show some festive cheer by wearing a Christmas jumper and donate £2 to Save the Children, helping children see the magic in the world again. Please don't buy a new Christmas jumper – you can re-vamp an old jumper, swap with

a friend or look in a local charity shop. The Eco Committee are also running a sustainable jumper and bauble exchange scheme – you can bring your jumpers and decorations to the Cover Office on Monday 6<sup>th</sup> December. The exchange will take place in Palmer Library on Thursday 9<sup>th</sup> December at 2<sup>nd</sup> Break.

## RETURN TO SCHOOL COVID TESTING – TUESDAY 4TH JANUARY 2022

In line with government guidance, all secondary school students must undertake one COVID test on-site at the start of Term 3 followed by one LFD self-test at home 3-4 days after their on-site test.

This testing will take place at Kendrick School on **Tuesday 4<sup>th</sup> January 2022**, which is the day before Term 3 starts on Wednesday 5<sup>th</sup> January 2022. Each year group will be allocated an hour slot between 8.30am and 3.30pm and students will only need to be in school for that hour. The exact timings and further information will be communicated to you next week. Students will then be given a test which they should take at home on Friday 7<sup>th</sup> January.

All students should continue taking regular Lateral Flow Tests (LFT) throughout the Christmas holidays.

Term 3 will then commence as normal on **Wednesday 5<sup>th</sup> January 2022 at 8.25am**. All students are to be expected to be back at school on that day and be able to attend the testing on Tuesday 4<sup>th</sup> January. Therefore, if parents/carers are taking trips overseas during the Christmas period, it is important that any quarantine periods in force are taken into account when travelling.

## LATERAL FLOW TESTS

Please could we remind you that students should be testing twice weekly for COVID and that you should report results on both the NHS website and Medical Tracker.

Students can collect new testing kits from one of three areas in school -

Main School - Servery area  
Horizons - Eating area  
Sixth form Block - Outside the Library.

The testing kits we have been supplied with are slightly different and require a slightly different process. A user guide will be included in the packs.

Thank you very much for your continued cooperation with this.

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## CALENDAR

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### **Term 2**

Thursday 9 <sup>th</sup> December	Full Governing Body Meeting, 4.30pm Legally Blonde, 6.30pm
Friday 10 <sup>th</sup> December	Christmas Jumper Day Legally Blonde, 6.30pm
Wednesday 15 <sup>th</sup> December	Canteen Christmas lunch, tickets on sale from 8 <sup>th</sup> December, £2.40. Vegetarian option available
Thursday 16 <sup>th</sup> December	Last day of Term 2, 1.05pm

### **Term 3**

Tuesday 4 <sup>th</sup> January	COVID testing in school for all students
Wednesday 5 <sup>th</sup> January	Start of Term 3, 8.25am

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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: extended to 9am Monday 6<sup>th</sup> December 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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### Year 7 drop-in sessions with Ms Kattirtzi

KPS is organising these sessions again this year and the first session is for the new Y7 parents/carers. This will be held on 8th Dec from 6 to 7pm. Please follow our newsletter for more details.

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.