

Kendrick School - Weekly Update

Friday 15th December 2023

LETTER FROM MS KATTIRTZI, HEADTEACHER

So much has been crammed into this last week of term which has made it a most exciting and exhilarating end to the year. Articles on our website give a glimpse of some of the activities that have taken place, but by no means all that has happened in these last few weeks. Please take time to read and take in the Kendrick community at its best. Here are some of the many presentations that have been made and distributed to students and staff:

- [Eco presentation](#)
- [Young Foyles Competition](#)
- [Poetry Workshops with Claire Dyer](#)
- [‘Why I love Science’ by Neha](#)
- [Chess at Kendrick](#)
- [Christmas Poster competition and Jessica’s winning entry](#)
- [Wellbeing Ambassadors newsletter on Friendship](#)
- [KPS Wishlist](#)

As always, we finished the term altogether in an assembly at the end of the day when we reflected on the term and the work and activities that students and staff have been part of. We listened to some lovely music, including our Year 7 students singing a beautiful song called *Light Will Lead Me Home* which you can listen to [here](#). We also listened to the two winning poems from the in-house National Poetry Competition, written by Evie and Eleanor on the theme of Refuge, which you can read again [here](#).

We heard reports from several groups of students representing different areas of the school: the Kendrick Student Leaders with their round up of events, CCF – RAF Section, Wellbeing Ambassadors, Leaders of the Inspire Club, and fund raisers, including the senior students who organised cake bakes and doughnut sales and raised money for Oxfam relief agencies in Gaza. We considered the themes of the Christmas Assembly prepared by Mr Hodge and watched by all students this week which is [here](#). Finally, we remembered and paid tribute to Mrs Perry, Headteacher of Caversham Primary School who died earlier this year. We acknowledged the dedicated and passionate educationalist and teacher she was and the influence she had on children in Reading. I concluded the assembly with some moments of reflection considering this time of year and how it can be a time of fun, presents and parties for some, but it can also be a time of great sadness and loneliness for many people who may be without a loved one at this time. In the Christmas Assembly Mr Hodge had prepared this year, he asked us to think of others and give them a helping hand where we can. He said that we all have the potential to be someone’s ‘rescue plan’ if we choose to and suggested trying to help people who might benefit from some conversation, company and kindness to get them through this festive period.

Thank you to everyone and wishing you all a peaceful and restful Christmas and holiday.

Please read the rest of the Weekly Update with more news and guidance for you over the holiday period.

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, students can visit the Student Welfare Team in the General Office or Sixth Form Office or email studentwelfare@kendrick.reading.sch.uk.

SAFEGUARDING

AVENUES OF SUPPORT OVER THE CHRISTMAS HOLIDAY

Under 25s	Over 25s	Parents
YOUNGMINDS Crisis Messenger Text YM to 85258 Open 24/7	mind for better mental health Call 0300 123 3393 9am - 6pm, Mon - Fri	YOUNGMINDS Parents Helpline Call 0808 802 5544 9:30am - 4pm, Mon - Fri
THE MIX Call 0808 808 4994 3pm - 12am, every day	SAMARITANS Call 116 123 Open 24/7	
childline ONLINE, ON THE PHONE, ANYTIME Call 0800 1111 7:30am - 3:30am, every day	For more advice and information visit: youngminds.org.uk/find-help	

If you are worried about a child or have safeguarding concern please contact the **NSPCC helpline** for support and advice for free - call 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**.

There is also a wealth of information on our [Safeguarding pages](#) and [Mental Health and Wellbeing pages](#) on our website.

SUMMARY OF SAFEGUARDING INFORMATION

[Term 1 2023-24](#)

[Term 2 2023-24](#)



**National
Online
Safety®**

STAYING SAFE ONLINE

TOP TIPS FOR CHILDREN AND YOUNG PEOPLE TO ENJOY A
TECH FREE CHRISTMAS

This #WakeUpWednesday guide has a collection of useful tips to help coax your children away from their screens this Christmas.

[12 Top Tips for Children and Young People to enjoy a Tech-Free Christmas](#)

MENTAL HEALTH AND WELLBEING

CHRISTMAS WELLBEING

Just because it's Christmas, it doesn't mean your mental health and wellbeing has to be put on hold. A blogger on Young Minds has some useful tips for looking after yourself over the festive period.

Click [here](#) for the Christmas Wellbeing Newsletter.

TELLMI – MESSAGE FROM TELLMI CO-CEO



One of the best ways for a young person to manage their wellbeing is to share how they are feeling. We are delighted to be partnering with your school to share our expertise and provide additional support for students. Your child can add their school when they register their account. [Here](#) is a short video to explain how it works. Tellmi can be downloaded from [Google Play](#) and [Apple App Store](#).

[Tellmi](#) is a multi-award winning, age-banded, peer support app that the NHS deems safe for people as young as 11. The app has been independently evaluated by the Evidence Based Practice Unit at University College London and is evidenced to improve mental health in young people. Users can anonymously post about anything that is worrying them and receive supportive replies from other people of a similar age. All posts and replies are checked by trained moderators and are published within 30 minutes. High-risk posts are redirected to the in-house counselling team for immediate support.

Tellmi features a comprehensive support directory with over 600 resources and educational resources and users can access 24/7 crisis support in two clicks. Both the feed and directory can be filtered by topic, eg 'exams', 'friends', 'autism' which makes it easy for young people to join relevant conversations and access appropriate support.

"I actually didn't realise how much better this app can make someone feel. I love being able to ask my own questions and just the experience of trying to help even one other person helps me to feel happier too" –Tellmi User

For more information about how we keep your child safe, our approach to confidentiality, or any other question please visit <https://www.tellmi.help/safeguarding>

Kerstyn Comley
Co-CEO

ADVENT ACTS OF KINDNESS

Fri 15: Contact someone you have been in touch with recently and see how they are.

Sat 16: Email or write to a former teacher who made a difference in your life.

Sun 17: Put out food for the birds in your garden, especially in winter when the ground is frozen.

Mon 18: Make a surprise breakfast/lunch/dinner for a family member.

Tues 19: Smile at strangers and wish them a good day.

Wed 20: Spend time with an elderly family member.

Thurs 21: Offer to help someone put up their Christmas decorations.

Fri 22: <https://www.postpals.co.uk/>

Sign up to Post Pals and write a letter to a child who's ill in hospital.

Sat 23: Donate something to a charity shop.

Sun 24: Hand your family members each a list of things you love about them.

Mon 25: Wish everyone a happy festive season!



KENDRICK SCHOOL WELLBEING NEWSLETTER

For all our **Wellbeing Newsletters** please click [here](#).

POEM OF THE WEEK

A Winter Ride

by Amy Lowell

Who shall declare the joy of the running!
Who shall tell of the pleasures of flight!
Springing and spurning the tufts of wild heather,
Sweeping, wide-winged, through the blue dome of light.
Everything mortal has moments immortal,
Swift and God-gifted, immeasurably bright.

So with the stretch of the white road before me,
Shining snow crystals rainbowed by the sun,
Fields that are white, stained with long, cool, blue shadows,
Strong with the strength of my horse as we run.
Joy in the touch of the wind and the sunlight!
Joy! With the vigorous earth I am one.



QUOTE OF THE WEEK

“Rivers know this: There is no hurry. We shall get there some day.” — A.A. Milne

SPECIAL EDUCATIONAL NEEDS (SEND)

The Breaks for Carers of Disabled Children Regulations 2011 requires Local Authorities to provide a range of short breaks for families with disabled children (age 0-18yrs). In Reading this is provided by Brighter Futures for Children (BFfC). Short breaks form part of a continuum of services, which support disabled children and their families. Short breaks are provided to give:

- Children and young people with a disability enjoyable experiences away from their primary carers, thereby contributing to their personal and social development and reducing social isolation;
- Parents, carers and families a necessary and valuable break from caring responsibilities.

These breaks can include day, evening, overnight and weekend activities and can take place in the child's own home, the home of an approved carer, a residential or community setting. [What is a Short Break explained.](#)

They can last just a few hours to a few days, and occasionally longer, depending on the type of provision and the needs of the child and their families.

For the SEND Short Breaks Christmas Holidays 2023 programme please click [here](#).

SCHOOL CALENDAR FOR TERM 3, 2023-24

Tuesday 2 nd January	INSET day for staff
Wednesday 3 rd January	Start of Term 2, 2023-24, 8.25am
	Presentation of the A Level Certificates, 4pm
Thursday 4 th January	Start of Year 11 mocks (until Friday 11 th January)
Friday 12 th January	Year 12 Geography Trip
Monday 15 th January	EPQ Exhibition
Tuesday 16 th January	EPQ Presentations (until Friday 19 th January)
Thursday 18 th January	Governor Learning & Teaching Committee, 4.30pm
Friday 19 th January	KPS Non-Uniform Day
Monday 22 nd January	Year 11 Geography Trip
Tuesday 23 rd January	Year 12 Parent Consultation
Thursday 1 st February	Governor Resources Committee, 4.30pm
Friday 2 nd February	Year 7&8 KPS Disco
Monday 5 th February	Children's Mental Health Week
	GCSE and A Level Art Trip
Tuesday 6 th February	Safer Internet Day
Wednesday 7 th February	Year 8 Parent Consultations
Thursday 8 th February	House Drama
	Governor P&R Committee, 4.30pm
Friday 9 th February	End of Term 3, 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

NEW CHILDCARE OFFER APPLICATIONS

Applications for the first wave of [free childcare](#) for working parents will open on Tuesday 2 January 2024.

Eligible working parents of two-year-olds will be able to register to access 15 hours free childcare per week from April 2024. The recommended time to register is between mid-January and the end of February.

CHRISTMAS ACTIVITIES IN READING

Family Information Service (FIS) has created a **Christmas activities page** on its website. The page will be updated regularly and features a wealth of information on events and activities happening in Reading over the festive period.

VACANCIES

We have no vacancies at the current time but will be advertising for Invigilators very soon.

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.

School Fund Donation

Whitley Community Food Cupboard – cash donations

Year 7 Profiling Day- Thursday 16th November 2023

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

Year 10 GCSE Drama- set text: The Crucible by Arthur Miller

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 Silver Award 2024

Year 10, Year 11, Year 12 and Year 13 English set texts

Year 7, 8 and 9 Food and Technology voluntary contributions

Year 10 and Year 11 Art and Textiles voluntary contributions

Year 10, 11, 12 and 13 English set texts

Trips

Year 12 Wokingham Waterside Centre trip

Year 10 French and German trips - June 2024

The Legacy of East Germany in film, Southbank, London, 29th November 2023.

Wicked performance at Apollo Victoria Theatre – 22nd November 2023

Wicked performance at Apollo Victoria Theatre – 29th November 2023

Year 11 Poetry live event at The Hexagon Reading – 29th February 2024

Year 11 Rural Villages Geography trip- 22nd January 2024

Year 12 local Geography field trip – 12th January 2024

GCSE and A level Art trip to Oxford – 5th February 2024

KENDRICK PARENTS' SOCIETY (KPS)

For the latest KPS newsletter please click [here](#).

Wishlist Project

This festive season, Kendrick Parents Society (KPS) is launching a special initiative to bring joy and generosity to our school, directly benefiting students and enhancing their school experience.

Please see the wishlist [here](#) and if you wish to contribute to one or more items, please email us at KPSChair@kendrick.reading.sch.uk. Your support is highly appreciated and we will send you the link to the Justgiving page which is under construction at the moment. Thank you for your continued support.

Pre-loved uniform shop

The shop will be open in the new year **Saturday 6th January 2024, 9am - 11am in the Conservatory**. There is some parking available in the Cedars car park. If you have a uniform, PE kit or lab coats to donate, your donation can be left either at Reception or the students can leave it in a collection box by the Servery. We wish you all a very Happy Festive season!