

Kendrick School - Weekly Update

Friday 1st December 2023

LETTER FROM MS KATTIRTZI, HEADTEACHER

It has been a fun end to the week with the Community Committee of the Kendrick Student Leaders (KSL) finishing Fringe Week with the staff student lip sync battle, enjoyed by hundreds of students in the Sports Hall. The three teams: staff, KSL, and School Council each performed to huge cheers, but it was the KSL who in the end received the loudest and longest applause! Well done to all the participants and the Community Committee for providing a bit of light entertainment for our school community and at the same time raising money for the Royal Berkshire Hospital (RBH).

I have spoken many times about [Kendrick's Mental Health and Wellbeing Strategy](#) and this week I would like to share some of the activities and information our [Student Wellbeing Ambassadors](#) have done on the this term's theme of [Friendship](#). The newsletter and presentations give lots of advice and tips on how to have and manage healthy friendships, including having good communication, setting boundaries, having quality time with your friend or friends, being supportive and always being honest, respectful, and kind. Thank you to the Wellbeing Ambassadors, Miss Hyde, Mrs Hackett and Mrs Emberson- Powney who have been working with the students on this initiative.

Unsurprisingly Kendrick is leading the way in Christmas preparations! The library is decorated, as always, so that when you enter you realise Christmas is all around you! Also, the school has received its two Christmas trees from a kind supporter with one already installed in Reception. The Christmas pantos prepared by Year 10 Drama students are being rehearsed and we have invited, as we have done for many years, local primary schools to come and see them. On the more serious side of Christmas, today is the start of Advent and for Christians everywhere this is the beginning of the period of four weeks leading up to Christmas. Services and candles of Hope, Peace, Joy, and Love are lit in churches on each Sunday before Christmas to symbolise the meaning of this season. As always, we will have a short video recording made by Mr Hodge and the Christian Union outlining the Christmas story and reminding us of what it is Christians celebrate at Christmas. Within the Christmas message is the desire to be kind, generous and thoughtful at this time of the year and at Kendrick we do that by making gifts for children who will not receive generous presents this Christmas, continuing to support our food drive and donations to the Whitley Food Cupboard, Toys and Games Drive for RBH and many other small but significant gestures. I am sure that many people in their own way are doing so much to support and be kind to others in this season.

I continue to meet with a group of senior students to discuss developments in Israel and Gaza and although we were relieved last week that a ceasefire had been agreed and many hostages released, the news today is that fighting has resumed. Our concern throughout has been the humanitarian impact this is having on the civilian populations who are caught up in this conflict. We have agreed that in the last week of term we would like our school community to raise money to support humanitarian charities who are able provide medical help and essential food supplies to the people of Gaza and those who have lost their homes and families. The charity [Oxfam](#), amongst many charities, is raising funds for the victims of the conflict and calling for a ceasefire in the region.

To finish this week, I would like to mention a lovely event that took place on Wednesday afternoon which was the GCSE Presentation when the GCSE students of 2023 received their certificates in the presence of their parents. Former Year 13 students, Maria and Manuela, who will be receiving their A Level certificates in January, were our Guests of Honour. Maria and Manuela gave an inspiring speech to the students in which they imparted their seven 'pearls of wisdom' from their seven years' experience at Kendrick. As students closest to the experience of the students their advice was honest, fun, as well as serious and sensible.

They concluded by saying:

Sixth Form can definitely be challenging, but if you follow these seven pieces of advice, look after yourself, value your friendship, don't panic if you don't know what you want to do, keep everything in perspective, prioritise the most important things, get involved and finally dream big, it may help make sixth form a little less stressful and hopefully very enjoyable!

Super advice for our students and for all of us in our daily endeavours.

Wishing everyone a peaceful weekend.

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

SUMMARY OF SAFEGUARDING INFORMATION

[Term 1 2023-24](#)

CYBER-BULLYING

SOURCE: [Family Lives](#)

Cyberbullying is any form of bullying which takes place online or through smartphones and tablets. [Social networking sites](#), messaging apps, gaming sites and chat rooms such as Facebook, Xbox Live, Instagram, YouTube, Snapchat and other chat rooms can be great fun and a positive experience. But what do you do when things go wrong?

- Anyone who makes threats to you on the internet could be committing a criminal offence. It's against the law in the UK to use the phone system, which includes the internet, to cause alarm or distress
- Keep safe by using unusual passwords. Use a combination of letters, lowercase, uppercase, symbols and numbers
- You can also report bullying to an organisation called Report Harmful Content online and they can help to get things taken down

Types of cyberbullying

There are many ways of bullying someone online and for some it can take shape in more ways than one. Some of the types of cyber bullying are:

Harassment - This is the act of sending offensive, rude, and insulting messages and being abusive. Nasty or humiliating comments on posts, photos and videos on social media sites, chat rooms and gaming sites.

Denigration – This is when someone may send information about another person that is fake, damaging and untrue. Sharing photos of someone for the purpose to ridicule, spreading fake rumours and gossip. The photos can also be altered for the purpose of bullying.

Flaming – This is when someone is purposely using extreme and offensive language and getting into online arguments and fights. They do this to cause reactions and enjoy the fact it causes someone to get distressed.

Impersonation – This is when someone will hack into someone's email or social networking account and use the person's online identity to send or post vicious or embarrassing material to/about others. They may also create fake accounts to cause hurt and humiliation.

Outing and Trickery – This is when someone may share personal information about another or trick someone into revealing secrets and forward it to others. They may also do this with private images and videos too.

Cyber Stalking – This is the act of repeatedly sending messages that include threats of harm, harassment, intimidating messages, or engaging in other online activities that make a person afraid for his or her safety. The actions may be illegal too depending on what they are doing.

Exclusion – This is when others intentionally leave someone out of a group such as group messages, online apps, gaming sites and other online engagement.

Bullying by spreading rumours and gossip

The worst thing about social networking sites and messaging apps is that anything nasty posted about you can be seen by lots of people and these posts can go viral and be shared by so many people within minutes. The most vicious gossip and rumours are often spread by people who were once your friends so it's important to consider whether you trust someone before you do share your very personal information. Posting false and malicious things about people on the internet can be classed as harassment.

Threatening behaviour

Anyone who makes threats to you on the internet could be committing a criminal offence. It's against the law in the UK to use the phone system, which includes the internet, to cause alarm or distress. It could also be against the [1997 Harassment Act](#). If threats are made against you then it's essential you confide in someone you trust so that they can make a complaint to the police. Take a screenshot for evidence.

When comments get abusive

Social media is a great way of sharing things with your friends and having fun. But if things turn nasty you can block people and you save abusive conversations as evidence. As tempting as it is to retaliate, it is best not to do so. Read our advice on [bullying on social networks](#) to find out how to remove comments, report abuse and get help from the social media providers.

Inappropriate images

It's easy to save any pictures of anyone on any site and upload them to the internet. Make sure that you have the person's permission to take a picture and if you want to use it online, they are happy with you to share it. Be wary of tagging and hashtags as this will send the picture out to a wider audience than you may have originally intended. Don't upset people and then upload their pictures for other people to have a laugh. That could be harassment. Don't digitally alter pictures of people either because what you think is funny may be offensive to other people. Don't let anyone take pictures of you that might embarrass you.

Tips and advice

If you post abuse about anyone online or if you send threats, you can be traced by the police without any difficulty. Every time you visit a website or make a posting, your internet service provider has an electronic note of your activity.

Keep safe by using unusual passwords. Use a combination of letters, lowercase, uppercase, symbols and numbers. Don't use any part of your name or email address and don't use your birth date either because that's easy for people who know you to guess. Don't let anyone see you signing in and if they do, change the password as soon as you can. Make sure that you turn your locations settings off and set your account to private.

If you are using a public computer such as one in a library, computer shop, or even a shared family computer, be sure to sign out of any web service you are using before leaving the computer so that you can protect your privacy. Think twice before you post anything online because once it's out there you can't take it back. It is easy for any comments or posts you make online to be taken out of context and these could be damaging to you in the long term. Read more about [digital footprints](#) and how this can affect your life both online and offline.

Further resources from Family Lives

It may help to chat to other parents on the Family Lives [forums](#) to find out how they are dealing with this issue within their family life. You can also talk to Family Lives online via their [live chat service](#), email them at askus@familylives.org.uk or call them on their helpline on 0808 800 2222 to speak to trained family support worker. You can also report bullying to an organisation called [Report Harmful Content](#) online and they can help to get things taken down.



**National
Online
Safety®**

STAYING SAFE ONLINE

WHAT PARENTS AND CARERS NEED TO KNOW ABOUT
HOW TO COMBAT ONLINE BULLYING

This online safety guide focuses on combatting online bullying. It highlights a number of tips such as playing online games with your child, talking about your child's online life and being prepared to listen without showing any judgement or criticism.

WHAT PARENTS AND CARERS NEED TO KNOW ABOUT HOW TO COMBAT ONLINE BULLYING

MENTAL HEALTH AND WELLBEING

TIPS FOR DEALING WITH SEASONAL AFFECTIVE DISORDER (SAD)

Source: [Young Minds](#)

Seasonal Affective Disorder (SAD) is a type of depression that comes and goes in a seasonal pattern.

Although seasonal affective disorder is very common, it's not something you hear talked about enough. It is similar to [depression](#), except it comes and goes in a seasonal pattern, with the symptoms usually being mainly present

during the winter. These symptoms include low mood, a lack of energy, a loss of pleasure in activities you would normally enjoy, and feelings of irritability.

In this blog, a young person shares their experiences with SAD and what helps them.

These strategies include:

- going for walks
- journaling
- creating a routine

The blog also signposts to a number of sources of support for young people having difficulties with their mental health.

Click [here](#) to access the blog.

For more information for parents on SAD click [here](#).

For more information for students on SAD click [here](#).



ADVENT ACTS OF KINDNESS

Fri 01: Offer your seat to someone on the bus/train.

Sat 02: Donate an item to a food bank.

KENDRICK SCHOOL WELLBEING NEWSLETTER

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

POEM OF THE WEEK

Winter Trees

by William Carlos Williams

All the complicated details
of the attiring and
the disattiring are completed!
A liquid moon
moves gently among
the long branches.
Thus having prepared their buds
against a sure winter
the wise trees
stand sleeping in the cold.



QUOTE OF THE WEEK

“There is always light. If only we’re brave enough to see it. If only we’re brave enough to be it.” — Amanda Gorman

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 2, 2023-24

Thursday 7 th December	FGB, 4.30pm
Friday 8 th December	Christmas Jumper Day Year 12 Climate Conference
Thursday 14 th December	School Canteen Christmas Lunch
Friday 15 th 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

HEALTH BUS

The Health Bus will be at Tesco Portman Road on Friday 15 December from 9.30-11.30am. Parents need to complete a form to be able to access this clinic and it is appointment only. If they are having any difficulties, they can contact westschoolimms@berkshire.nhs.uk.

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

A level Maths calculator

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

Royal Berkshire Culture Day – 22nd November 2023

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

KENDRICK PARENTS' SOCIETY (KPS)

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