

Kendrick School - Weekly Update

Friday 2nd February 2024

LETTER FROM MS KATTIRTZI, HEADTEACHER

I was in a lesson today when a teacher gave students a thoughtful quotation to consider. Said by Martin Luther King the words were '*you don't have to see the whole staircase, just take the first step*'. It was a great motivational thought that inspired the students in what they were doing and made me reflect on what we do every day in school. Working with young people is about motivating and encouraging them to reach their potential, often persuading them to think they can do something which they are worried or too scared to consider. Sometimes they want to see where they are going before taking that first step and sometimes they can trust the people around them to help them take that first step. This idea suggests that with belief in your ability and with the support of the people around you, one can eventually get to your destination. I expect in the context of Dr King's life's work, which was to eradicate discrimination and segregation in America in the 1960s, this was a powerful thought intended to provide people with hope and motivation that that one day they would reach their destination in the fight for Civil Rights. This motivational thought helped the Year 7 students in their lesson this morning, as did the quiet conversation I overheard between a teacher and a sixth form student this morning encouraging and advising the student to complete their work on time to meet a deadline. On Tuesday morning 10SA, in their assembly, gave advice to their fellow students about how to manage stress in their work, particularly when revising for tests and how to manage these regular occurrences without being overwhelmed. Every day at school our students are being encouraged, motivated, and supported to climb the '*staircase*' they may be facing, taking just one step at a time, and trusting in those around them.

Being the penultimate week of Term 3 means there is much going on at school that needs to get finished before we take a break at the end of next week. Rehearsals for House Drama next week are excitedly taking place with many students using all their free time to participate in this special event. Over 185 tickets have been sold and I believe there are just a few left if you have not yet secured a seat for the event next Thursday 8th February. Please go on to ParentPay to buy these. I have just seen the programmes that each of the houses has put together for their individual play which makes me very excited about what we are going to see next week. Well done and thank you to everyone involved in the event so far.

Today there is much excitement amongst Year 7 and 8 students in anticipation of a KPS hosted Disco this evening. In addition, this week Year 8 students enjoyed a morning with employers led by our careers' consultants Learning to Work, listening to a variety of employers under the heading *People Like me*. Examining skills and abilities they already have and can demonstrate in school, students considered how these skills and qualities can be developed in the workplace for the future. This event and others are part of the Careers Education that students receive at school. I am looking forward to speaking to Year 8 parents next week at the KPS hosted drop-in to see how life for them is progressing in school.

Some information has been sent to students and parents about *Time to Talk Day*, an initiative encouraging students to share a problem they may have, but cannot solve themselves, with a trusted adult. In addition, we are highlighting Internet Safety Day next week to raise awareness of online safety which we cannot underestimate the importance of with our students. Please read and discuss these topics and others with your children as we share such information with you. Below there is some useful information about deepfakes, a form of artificial intelligence that creates images of fake events and therefore misinformation.

Wishing everyone a pleasant 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.



SAFEGUARDING

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 **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 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.

DEEP FAKES

Deepfakes use a form of artificial intelligence called deep learning to make images of fake events, hence the name deepfake. Police forces have highlighted concerns raised by schools of children creating deepfakes in order to bully other students. 96% of deepfakes are found to be pornographic (with someone's face onto a pornographic video), deepfakes may also make politicians appear to say something they haven't. Such technology may influence what children perceive to be true online, the technology is likely to continue to improve making it very challenging to identify fake content online.

How to deal with the impacts of misinformation

If your child is active online, there's a good chance that they've come across misinformation. Give them the tools to effectively deal with it and get support.

Fact-check information together

If your child has fallen for false information, they might feel embarrassed. So, take the time to review the misinformation with them. Discuss what made them think it was real, and then show them the signs that it was false. Additionally, show them what you would do to check if the information was true. Doing this exercise together can help them critically assess information in the future.

Encourage them to fix their mistakes

If your child shared misinformation with others, encourage them to take ownership of that mistake. They could make a follow up post (if on social media) to say that what they shared was false. Additionally, they could share the correct information. It's important that they delete the misinformation where possible.

Offer support for their wellbeing

In severe cases such as scams or impacts on body image, children might need additional support. This could include talking with a counsellor or getting support from your child's school.

These helplines can offer support as well:

- [Childline](#)
- [Ditch the Label](#)
- [The Mix](#)

Help them report misleading or false content

The platforms or apps your child uses likely have policies on misleading content. Some policies are more robust than others and will take down such content while others require a little more thought.

If your child comes across misinformation or misleading content, they should report it. Show them how to do this or do it with them. Even if they aren't sure, the moderation team can assess the content to make the decision.

SUMMARY OF SAFEGUARDING INFORMATION

[Term 1 2023-24](#)

[Term 2 2023-24](#)



**National
Online
Safety®**

STAYING SAFE ONLINE

PERSUASIVE DESIGN ONLINE

For many companies who operate in the online space, attention and engagement are the holy grail. Social media sites in particular make deliberate creative choices to keep people scrolling, reading, watching and clicking. This phenomenon is known as 'persuasive design' and it's being employed in the vast majority of the digital world's most popular destinations.

A study by the charity 5Rights Foundation concluded that "...the brain's response to rewards and punishments can be leveraged through persuasive design to keep children online." To tie in with Safer Internet Day 2024, this #WakeUpWednesday guide can help to educate youngsters on the effects of persuasive design – and suggests ways to insulate themselves from its influence.

[Parents and Carers Guide to Persuasive Design Online](#)



MENTAL HEALTH AND WELLBEING

TALKING TO A YOUNG PERSON ABOUT THEIR MENTAL HEALTH AND WELLBEING

Time to Talk Day is an annual awareness day held at the beginning of February. It's a day for us all to start a conversation about mental health. Talking about mental health isn't easy. But a conversation has the power to change lives. Time to Talk Day is run by Mind and Rethink Mental Illness, in partnership with the Co-op.

Giving children and young people opportunities to open up is one of the biggest things that parents and carers can do to support their wellbeing. It can be easy to forget the simple power of sharing what we're going through and feeling heard. But even though you can't fix everything when your child is struggling, you can make them feel seen and understood – and this in itself can make them feel more able to cope.

Talking about how they are, how their day has been and what's on their mind as part of everyday family life shows your child that you're interested in them and want to listen. It also supports them to practise thinking and talking about their feelings, helping them to get to know themselves and what they need.

But talking isn't always easy. You might feel like you don't know where to start, when a 'good time' is, or how your young person will react. Or, you might be worried about making things worse or saying the wrong thing. If this is the case, try to remember that your child doesn't need you to always get it right - they just need to know you're there.

In the link below you can find lots of ideas, conversation starters and advice from Young Minds for making talking easier.

[Young Minds - How to talk to your child about mental health](#)

KENDRICK SCHOOL WELLBEING NEWSLETTER

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

POEM OF THE WEEK

False Start

by Mabel Dodge Luhan

Ask me no more of the full flower's speech,
Tell me no more of the ripe fruit's need,
For I am tired of trying to reach the fruit in the seed.

Leave me awhile, and I will recover
In darkness and night.
It was too soon for me to discover growth in the light.

Bear with my weakness, my failure, my pain,
Grant me this -- only this darkness I need.
I sicken from sunlight but give me the rain, for I am but seed.

Quote of the Week

"The beginning is always today." Mary Shelley

SPECIAL EDUCATIONAL NEEDS AND DISABILITIES (SEND)

PARENT/CARER AUTISM ONLINE WORKSHOPS FROM THE AUTISM TRAINING NETWORK

Whether your child is awaiting a diagnosis or has already been diagnosed, these workshops are a great opportunity to learn more about Autism & ask questions within a supportive group of other parents & carers.

- **Monday 5th February - An introduction to Autism**

An opportunity to explore what Autism is, the many strengths and the differences that make each child so wonderfully unique.

- **Monday 12th February - Communication**

Identifying what communication is and the different communication methods that may be helpful for Autistic children.

- **Monday 19th February - Sensory Processing**

Explaining the 8 sensory systems, how the environment can impact on a child with sensory processing differences/challenges and strategies to meet an individual's sensory needs.

- **Monday 26th February - Pathological Demand Avoidance**

A look into the interesting subject of PDA, how this may present and what is the best approach to take to avoid conflict.

Workshops will be held 7:30-8:30pm via Zoom

£25 per workshop for each family.

To book your place... Email enquiries@theau1smtrainingnetwork.com

SPORT TOGETHER BERKSHIRE CIC - FESTIVAL OF INCLUSIVITY 16TH FEBRUARY 2024

Save the Date: 16th February 2024

A great day of activity, including: Football, Rugby, Cricket, Hockey, Art & Crafts, Sensory Room, and much more....

Bookings from January 2024 – Times to be advised.

sporttogetherberks@gmail.com

<https://sporttogetherberks.co.uk/>

Further information can be found here [Reading Directory | Sport Together Berkshire CIC - Festival of Inclusivity 16th February 2024](#)

[SEND Local Offer Newsletter Winter 2023](#)

SCHOOL CALENDAR FOR TERM 3, 2023-24

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
	Trustee 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

MEASLES OUTBREAK

You may have noticed the recent [BBC news coverage](#) on the increase in measles outbreaks. Measles is a highly infectious disease and can be very serious. Please check your child(ren) is up to date with their MMR vaccine by checking their personal child health record (the Red Book). If this doesn't help, you can speak to your GP to check

your child's immunisation history. If a child has not had the MMR vaccine or they have not had both doses, this can be done by booking an appointment with the GP.

You can find more information about measles and the MMR vaccination [on the gov.uk website](https://www.gov.uk).

NATIONAL STORYTELLING WEEK

This week is National Storytelling week (27 January – 4 February), an annual event celebrating the power of sharing stories and encouraging essential literacy development. [The National Literacy Trust](https://www.national-literacy-trust.org/) has a wealth of resources to support classroom and at-home activities and Reading residents are encouraged to make the most of [Reading libraries](#) to discover that next story.

WORK RELATED LEARNING AND CAREERS

A 'DAY IN THE LIFE' AT AWE

Wed 14 Feb | 10:00 - 15:00

A Taster Day Like No Other!

Are you in Year 12 – 13 wanting to get a taste of what it could be like to work with the UK's largest defence researching facility?

Then AWE would like to invite you to their head office in Aldermaston so you can experience life behind the scenes and get the juice from their current apprentices! With apprenticeship levels spanning from Level 2 – Level 6 Degree Apprenticeships there should be something of interest here for every aspiring apprentice!

Event Highlights:

- Intro to AWE, their apprenticeships & opportunities for young people
- Discover the juice behind the scenes by speaking with AWE's current apprentices about their journeys.
- Be prepared for your future apprenticeship applications by working in teams inside a mock assessment centre task.
- Ask any burning questions to the Early Talent team and have fun networking around the room!

Event Details: Wed 14 Feb | 10:00 – 15:00 at AWE Aldermaston Site | Reading

Register Here: <https://pathwayctm.com/event/a-day-in-the-life-awe/>

Spaces are limited so please register ASAP to avoid disappointment!

KPMG INSIGHT EVENING

- Thursday 22nd February, 5pm – 7:30pm
 - At the KPMG office in Reading
 - Open to all Y12 and Y13 students
 - Workshops, panel discussions and networking opportunities
 - Application Link: <https://www.surveymonkey.com/r/8TTDYZB>
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VACANCIES

We currently have the following vacancies. Please click on this [link](#) for more information and please forward to friends and family who may be interested.

Mathematics Teacher for September 2024 – *shortlisting taken place; interviews on Friday 2nd February*
Invigilators for the Summer 2024 exam season

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 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
KPS non uniform day – 19th January 2024
House Drama competition – 8th February 2024

Trips

Year 12 local Geography field trip – 12th January 2024
Year 11 Rural Villages Geography trip- 22nd January 2024
Year 8 Careers Event – 30th January 2024
GCSE and A level Art trip to Oxford – 5th February 2024
Year 12 and Year 13 Classics trip – 9th February 2024
Year 12 and Year 13 languages regional journalism challenge 26th February 2024
Year 11 Poetry live event at The Hexagon Reading – 29th February 2024
Year 12 Maths Inspiration at The Hexagon Reading- 14th March 2024
Year 8 Bushcraft- May 2024
Year 10 French and German trips - June 2024

KENDRICK PARENTS' SOCIETY (KPS)

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

KPS WISHLIST PROJECT UPDATE



The graphic features a photograph of the Kendrick School building on the left. To the right, a blue circular progress indicator shows '64%' completion. Below this, it states '£2,570 raised of £4,000 target by 84 supporters'. At the bottom, there are two buttons: a blue 'Give Now' button and a white 'Share' button.

<https://www.justgiving.com/campaign/kps-wishlist-project> - click on the main photo to explore detailed Wishlist from each department

What a turnaround in the last 1 week! There is a significant increase in donors (150%) and contribution (80%). We are at **64% of our target**.

Thanks a lot for your support. We've got until February 4th to reach our goal so your continued support is much appreciated.

KPS DISCO FOR YEAR 7 AND YEAR 8 UPDATE – DISCO NIGHT IS ALMOST UPON US!!!

We are all excited about the Disco night (February 2nd Friday) and here are a few details for the event:

- **Entrance** will be via **the East Street Entrance**. There will be volunteers and signs to guide you. Please make sure you sign your child in before you leave.
- **The drop off time** is between **6:00-6:30pm**. Please don't be late!
- There is **no parking** available onsite. Please do not stop your car in front of the school as there are double yellow lines and you will cause a traffic jam.
- **All parents are welcome to stay for parents meet and mingle**. If doing so you will probably need to park for more than 2 hours. Nearby street parking is limited to 2 hours. Please use Queens Road or Oracle car parks
- There will be **snacks, drinks, chocolates, cakes and glow sticks** available to buy. Please give your children some money ££ to spend. **No card payment is available in kids area.**
- Water and squash will be available for free in the disco area.
- **In the parents' meet and mingle area**, we will have similar snacks and drinks along with tea and coffee. We will be able to accept cards in this area.

Please note disco and meet and mingle areas are separate. Parents will not be able to pay for their children, so please ensure children have cash, ideally coins.

Disco ends at 8:00pm. No child will be allowed to leave without their parent or named adult.

Children will come out to **the tennis court area** where they will be signed off after they identify their parent or adult.

Any queries, contact Shree at KPSTreasurer@kendrick.reading.sch.uk.

DROP-IN SESSIONS WITH MS KATTIRTZI, HEADTEACHER

Next Drop-In Session

Year Group: Year 8

Date: Tuesday 6th February

Time: 5:30 pm to 6:30 pm

Google meeting link: To join the video meeting, click this link:

<https://meet.google.com/usv-wnrt-ynn> Otherwise, to join by phone, dial +1 724-257-1608 and enter this PIN: 887 720 908#

The protocols for the sessions will be explained before the meeting starts. Please take advantage of this opportunity.

The dates for other year groups are as follows:

Year 9: Tuesday 20th February

Year 10: Tuesday 5th March

Year 11: Tuesday 19th March
6th Form: Tuesday 16th April

Successfully concluded drop-in sessions:

Year 7: Tuesday 23rd January

KPS OWN CLOTHES DAY UPDATE

We had great participation in **KPS's Own Clothes Day** on **Friday, January 19th!**

Big thanks to the contributors, we have raised £686 towards Chromebooks for the school.

The Parent Pay link will remain open until **end of term**, and it's an opportunity for those who did not get chance to donate £2.

UPCOMING KPS MEETING

You are warmly invited to attend the upcoming Kendrick Parents' Society (KPS) meeting

Date: Monday, February 5th 2024

Time: 6:00 p.m. to 7:15 p.m.

Meeting Link: <https://meet.google.com/dcf-jwvq-tff>

Join by Phone: Dial +1 720-439-7294 **PIN:** 237 553 987#

JOIN KPS

Since KPS operates as a registered charity, we invite you to become a part of our community by joining us. Connecting with your daughter's school through KPS is a simple process.

Please take a moment to complete our [online membership form](#) making your involvement seamless and effortless. Your participation is highly valued, and we look forward to welcoming you to the KPS family.

KPS FACEBOOK CLOSED GROUP

KPS runs a closed Facebook group where we provide details of upcoming events and other important information.

To join this group, search for the "**Kendrick Parents' Society**" group (<https://www.facebook.com/groups/1514675551882470/>) and ask to join – **once we have confirmed that you are a member of the KPS, we will approve your request.**

KPS Team