

Kendrick School - Weekly Update

Friday 18th February 2022

LETTER FROM MS KATTIRTZI, HEADTEACHER

As everyone knows, we took the decision early this morning to close the school because of the excessive winds and Red Alert status placed on the south east, including Reading. Thank you to everyone for responding to this decision and quickly settling to working from home. Once today's work is done, I do hope that students and staff will take time to rest over the half term and to relax and refresh themselves with whatever activities they can do to give some relief from the busy life of school. This includes students in Years 13 and 11 who have TAG assessments after half term; they too should take a break from their work for a few days.

In my conversations with parents through the drop-ins arranged by KPS, including the conversations I had with Year 10 parents this week, the overwhelming question or concern is: are our students getting a good enrichment programme and are lots of activities going on in school? My answer to everyone, is, of course, yes. Activities in breaks, lunch times and after school are happening and being run by staff and or students. There is something for everyone, including sitting in the library quietly reading a book. Last night we had our amazing **House Drama**. Everyone who was there, including all the participants, back and front of house helpers, House Captains and Leaders and staff, will know that it was outstanding! Messages from parents are coming in to say how impressed they were by the event; the creativity, collaboration and teamwork that we could see and the pure joy and excitement of a competitive event in which everyone is happy to share and accept the decision, regardless of who is the winner, was wonderful to behold! I am so very proud of our students for being able to put on such a high-quality event and to our staff for supporting them. It is important for parents to note that all extracurricular activities, including house events, are done voluntarily by teachers and staff in the breaks they have from their teaching or their other roles. I hope that all parents appreciate the extraordinary efforts the staff make to provide these exceptional experiences for our students.

Looking ahead, there is more to come next term, including:

- A readathon to raise money for a children's charity
- World Book Day
- An English and Latin Writing competition
- International Women's Day on 8th March with theme being 'Break the bias'
- A visiting speaker and former teacher at Kendrick, Mrs Angela Strach, who is the daughter of a Holocaust Survivor, on 10th March
- Comic Relief Day on 18th March with many fun activities being planned by School Council and the Kendrick Student Leaders
- KPS planned events, including the possibility of Film Nights for Years 7 and 8
- Another edition of the Gazette

These are just a few things that we all have to look forward to next term and will appear as news items on the website once they have happened.

As well as all the wonderful extracurricular activities that have taken place, I want to note the incredible academic work that has taken place this term. Our students have continued to work very hard on their studies since we returned to school in January. The exam classes, Year 11, 12 and 13, have the extra pressure of their final exams in the summer and whether they will or will not take place, as well as the revision and work they have done and are

doing for their TAGs. It seems increasingly more likely, if not definite, that the summer public examinations will take place and we are all planning and working towards that eventuality. However, uncertainty is a cause of stress and after the last two years, we all feel slightly less certain about so many things. Once again, I want to thank students and parents for the support you have given us this last term. As I have often said, we have been fortunate to have had low infection rates at Kendrick and so have managed to maintain a regular school life. Next term, if the government lifts all restrictions, we will continue to proceed carefully to maintain everyone's safety.

Although we are finishing this term not quite as we had expected or planned, I would like to thank everyone again for their work and efforts this term. On behalf of parents and students, I would like to thank the staff for all they have done to keep the school running, for the support and help they have given to each other when colleagues have been unwell and for being such a constant presence, enabling us to keep the school open and functioning so well this term.

Wishing everyone a very pleasant and restful half term, please stay well and safe.

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 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 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**.

WELLBEING – SUPPORT DURING THE HOLIDAYS

Please remember that during the holidays there is lots of local support available if you or a friend need it. The '[Little Blue Book of Sunshine](#)' contains some really useful information about keeping mentally healthy and includes some helpful resources if you do need support.

For Online support and counselling you may also like to look at Kooth: an online youth counselling service – a free service which provides support for emotional health and wellbeing from a professional team of qualified counsellors, visit www.kooth.com

WELLBEING – LOOKING AFTER YOUR MENTAL HEALTH

Source: [NSPCC](#)

Being a parent can be challenging in everyday situations. Now, more than ever, taking care of your mental health is important. Staying at home more or having to work during a difficult situation can put different pressures on everyone. And if you're struggling, it's okay to reach out for support from friends, families and organisations that are here to help.

Changes to our mental health can sometimes affect children and their well-being. They may pick up on your anxiety or low mood. This doesn't mean you should hide or minimise your feelings. You can try to explain them using phrases like, "It's ok to get big feelings, everyone gets big feelings but it's still the grown up's job to look after the

children" or "If grown-up's get big feelings it's not your fault - we can ask other grown-ups for help with our feelings."

When things are different to what we're used to and everyone is going through a big change, it's important to give children reassurance and support. Looking after your own mental health is vital to their well-being so don't be afraid to try new things together or feel worried about doing something for yourself to take care of your own well-being. And reach out if you need help. The NSPCC helpline counsellors are here, whatever your worry. You can call them on [0808 800 5000](tel:08088005000) or email help@nspcc.org.uk

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.

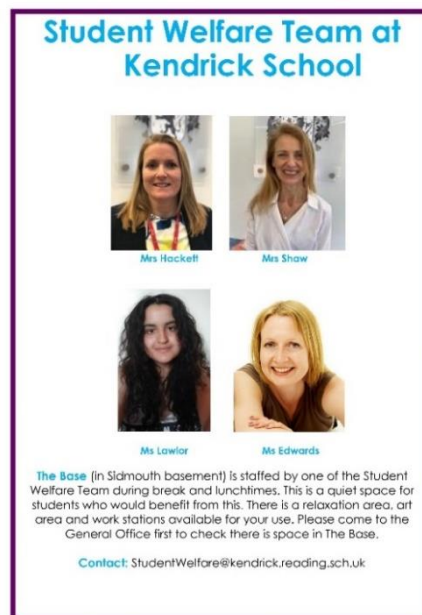
[CAMHS Resources](#) - This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being.

For well-being support in school please vi-sit the Student Welfare Team in the General Office or Sixth Form Office or email studentwelfare@kendrick.reading.sch.uk.

WELLBEING: CHILDREN'S MENTAL HEALTH WEEK - TIPS ON BUILDING RESILIENCE

SOURCE: The Children's Trust

1. **Have something to look forward to** – make a plan with your children for the weekend.
2. **Stay connected** – your children may need help to keep in touch with their friends and extended family.
3. **Filter your information intake** – remember that young people with phones/ tablets may also feel bombarded by news and need help with this.
4. **Have a check-in regularly with how everyone in the family is feeling.** It's a great habit to develop and can help give your children the vocabulary they need to discuss how they feel.
5. **Think of something you are grateful for each day** – make it a habit at dinner or bedtime.
6. **Try something new/creative.** If you fancy something musical there is something online for all ages and you don't need lots of instruments! Look at [Jessie's Fund](#), [Mini Chilterns](#), ['Beat goes on' body percussion](#), [Chrome Music Lab](#), [Beatboxing tutorials](#) and/or [Singing Hands/Out of the Ark Music](#) for songs with Makaton signing.



SAFEGUARDING – SAFER INTERNET DAY 2022

Tuesday 8th February 2022 was Safer Internet Day and the theme this year is 'All fun and games? Exploring respect and relationships online'.

From gaming and chat, to streaming and video, young people are shaping the interactive entertainment spaces they are a part of. Safer Internet Day 2022 celebrates young people's role in creating a safer internet, whether that is whilst gaming and creating content, or interacting with their friends and peers.

For all the information, advice and resources sent to parents and carers and students please click [here](#).

NEWS, NOTICES AND EVENTS

COVID UPDATE

The COVID cases within the school are as follows:

	Mon 31/1	Tues 1/2	Thurs 3/2	Mon 7/2	Fri 11/2	Thurs 17/2
Year 7	18	17	16	13	8	3
Year 8	1	2	1	1	0	0
Year 9	3	2	1	0	0	0
Year 10	5	6	5	2	4	4
Year 11	4	3	3	2	1	0
Year 12	5	6	4	5	4	0
Year 13	4	2	2	2	3	1
Total	40	38	32	25	20	8

FREE VIRTUAL CAREERS EVENT (FOR YEARS 9-12)



Part of Kendrick's 'Design Your Future' initiative...

Kendrick School

FREE Virtual Careers Event

Thursday 3rd March 2022, 4pm to 5:30pm

Virtual careers event exclusively for Kendrick students in Years 9 to 12

An opportunity not to be missed

Find out about post-16 options

Hear about careers from high-profile local employers

Learn about specific industries. Could they be right for you?

Bespoke event, tailor-made for Reading, will be delivered live via the hopin.com online platform. Parents and carers are welcome to attend with their child(ren).

To register for this free event please visit <https://hopin.com/events/spotlight-on-reading-2022-virtual-careers-event>

Event Schedule

15mins **Pathways Presentation** delivered by the company Learning to Work

Learn about the different pathways available post-16

15mins **Q&A Panel with local business volunteers**

Find out more by asking questions about businesses, apprentices and training providers

45mins **Industry spotlights with local employers**

The main event is an insightful opportunity to discover a specific industry first-hand from a local expert who can share their real-life experience and give their perspective. You may choose 2 spotlights to attend.

15mins **Final presentation**

A recap and summary of the event with top tips on how to prepare yourself and access further information & resources

A busy evening that will inform and inspire

Brought to you by  Learning to Work

Spotlight on Reading 2022

PARENTPAY REMINDERS

- **Year 8 Bushcraft trip** deposit of £100 to be paid by Friday 18th February.
- **A Level Biology Residential Field Course** at Dale Fort Field Centre. If paying by instalments, the fourth instalment of £85 is due by the start of the next term Monday 28th February.
- **Year 7, 8 and 9 food and textiles contributions and Year 10 and Year 11 Art Textiles GCSE contributions.** The suggested contribution per year group is detailed in ParentPay, we appreciate your continued support.

KENDRICK PARENTS' SOCIETY (KPS)

Second Hand Uniform Shop

The second-hand uniform shop will be open the first Saturday of each term between 9am and 11am. The next opening will be on Saturday 5th March.

The shop is located in the Conservatory, next to the Library.

If there are spaces available you will be able to park in the Cedars car park (so you don't have to pay for parking).

If you have any good quality second-hand uniform please put it in the donations box, in the lost property cupboard, next to ICT1.

New fundraising initiative - Easy2name labels

Looking for ways to improve our school for our pupils is always a priority. One of our efforts to do this is through our partnership with Easy2name, a name labelling company. They allow us to raise funds through their fundraising scheme for our school, and ultimately, our students.

Easy2name have labels and tags for everything, such as clothing, sports equipment, accessories, household items and stationery, helping prevent items ending up in Lost Property.

When you put an order through at www.easy2name.com, please state our school when it gives you an option, and **we'll earn 20% cashback** of your entire order than we can use to directly improve our school. Just select our unique code at the checkout **FR-KENDRKPAS-76**

KPS SHOPPING LINKS

AmazonSmile donations

We encourage you to continue your purchases at smile.amazon.co.uk, (not 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.