

Kendrick School - Weekly Update

Friday 21st January 2022

LETTER FROM MS KATTIRTZI, HEADTEACHER

Yesterday I sent you an update on the **new government guidelines** that the prime minister announced regarding the easing of covid restrictions. The wearing of face coverings is no longer required in classrooms and as of the 27th January they are not required in communal places. At Kendrick, I am happy for students and staff to continue to wear masks if they wish to, as I am sure for many people a change in behaviour and norms can take a little time to get used to. Other measures remain in place and should be adhered to, including twice weekly lateral flow testing. The absence rates at Kendrick of staff and students remain low which I hope will continue, so I urge everyone to be proportionate in their response to the relaxation of the rules that the government suggested this week. Our students are scheduled to have their covid vaccine next month which should give them an extra layer of protection from the infection, more information on this will follow. The full government guidance can be found [here](#).

I would like to celebrate the achievement of a Year 13 student, Abi, who has had an article published in the magazine 'emag', which is published by the English and Media Centre, and aimed towards A Level and undergraduate English student. This is a significant achievement and Abi's article, on Hamlet's first soliloquy, is highly sophisticated, sensitive, and lucid. The website article is [here](#).

Further cause for celebration this week has been the very impressive and varied **Extended Project Qualification** (EPQ) presentations which 40 Year 13 students did. The week started with an exhibition of all the presentations in the Hall where students gave a very brief synopsis of their project, which was followed by individual student presentations. I was able to attend a few presentations on topics that ranged in nature from the moral, economic and social impact of fast fashion, the Nuremburg Trials and their significance in legal precedents, the moral dilemma faced by doctors of treating people with self-inflicted medical issues; all fascinating topics of research and discussion. For many students, their university offers may be supported by this qualification as the EPQ enables students to demonstrate their ability to research a topic of their choice independently. Thank you to the team of EPQ staff led by Mrs Rock and of course the students for the work they have done.

I have also been impressed by the number and variety of assemblies that students have received recently and that are planned for the next few weeks. **The Kendrick Student Leaders** (KSL) have made it their aim this year to provide assemblies for students to inform them on world events. The **Current Affairs Committee** has completed an assembly on Afghanistan, which will be followed by an assembly on Vaccine Equality. The **Student Welfare Committee** has chosen to do assemblies on the various values within the **Kendrick Pledge**, having looked at the theme of **Kindness** last term, they have prepared an assembly on **Tolerance** to be followed later in the term with an assembly on **Respect**. This week Mrs Cooper gave an assembly to Year 11, on Learning from Failure, a much more upbeat assembly than the title suggests, where Mrs Cooper congratulated the students on the Teacher Assessed tests they have just completed and asked them what they had learnt from the experience about themselves. She suggested that the mistakes or errors they may have made in their assessments need to be seen as positive learning experiences and not as failures, something we are all too often guilty of doing.

In anticipation of work we will be looking at next week, please look at this article on the website about [Holocaust Memorial Day](#), which is next Thursday 27th January.

Wishing 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 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.

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 – FIVE STEPS TO HELP WITH CHILDREN’S WELLBEING

Source: BBC

In a society where children are feeling more under pressure than ever, helping children with their emotional wellbeing is a concern for many parents and teachers alike. But how can we help?

Clinical psychologist and special guest for BBC Teach's [The Growth Mindset and Wellbeing Lesson](#), Dr Hazel Harrison, has put together five easy steps to promote children's wellbeing - as well as our own.

Step 1. "Be yourself"

Helping children to recognise their character strengths is a great way to build their confidence and appreciate the uniqueness they bring to the world.

By shifting the focus from the things they can't do to what they can, you emphasise the positive aspects of their character.

Character strengths aren't dependent on an outcome or a particular achievement; they're the core virtues that make us who we are.

Encourage children to notice and appreciate their own strengths, and those of others too.

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

Step 2: "Be grateful"

It can be easy to feel other people's lives are better than our own, especially when we're bombarded with perfect images on social media. We can get stuck thinking others are more beautiful, have more money and fun, or simply 'have more'.

And children are just as susceptible as adults to this comparison trap. So how can we help them (and ourselves)?

One idea is to bring attention to what's working well in your/their life by developing gratitude skills. To develop these skills, you can use techniques such as starting a gratitude jar, writing a gratitude journal or having a gratitude conversation.

Step 3: "Be mindful"

Our minds can be very busy, getting pulled into thinking about the past or worrying about the future. Finding ways to focus on what's happening in the present moment is another way to build your child's wellbeing.

There are different ways to help children develop their mindfulness skills, which will probably work best if you join in too (especially if there are younger children involved).

A way in which you can help develop these skills is drawing for 10 minutes. Set a timer for 10 minutes and challenge the children to draw something they can see.

This activity isn't about what the drawing looks like, it's about whether they are able to focus on the activity and bring their attention back when it wanders.

Step 4: "Be kind"

Kindness is a win-win for wellbeing.

The research shows us that when we're kind to others, we not only boost each recipient's wellbeing; it tends to have the same effect on our own sense of wellness too.

Being kind can help us connect with others, and our relationships play a crucial role in our mental health and wellbeing in the long term.

There are hundreds of ways children and adults can show kindness every day. And it can be fun to sometimes turn these acts into larger events, to really emphasise their importance and value.

Step 5: "Be resilient"

Being resilient means bouncing back when you encounter challenges, set backs or failures.

We all go through times when we struggle, so building our resilience is crucial to helping us cope.

One way to build resilience in children is to help them develop a growth mindset. This relates to the belief that our abilities and intelligence can develop with practice, feedback and effort.

Children with a growth mindset are more likely to try again when they fail at something, and also to attempt to learn how they can improve.

For Growth Mindset and Wellbeing resources from the BBCK click [here](#)

SAFEGUARDING – ASK THE AWKWARD

SOURCE: [THINKUKNOW](#)

Being online is an important part of how young people 'do' relationships. Young people are using online spaces for their social and romantic lives. They told us that they would like their parents and carers to talk with them more about this. We know that these topics aren't always easy to talk about, so #AskTheAwkward has been created to help you to explore online relationships with your secondary aged children, making these conversations part of everyday life.

A parent and carers introduction to Asking The Awkward

Unsure where to start? Our introduction to Asking The Awkward helps you to prepare for regular conversations with your child about online relationships and related topics. It also offers advice on how to keep conversations positive and what to do if your child tells you something that worries you.

[Download A parent and carers introduction to Asking The Awkward here.](#)

#AskTheAwkward help sheets

The #AskTheAwkward films explore lots of topics. To help you get talking, we've picked out the key topics from each film and created help sheets with what you need to know, suggested conversation starters and links to further information.

[Download the #AskTheAwkward help sheets here.](#)

CALENDAR

Thursday 27 th January	Year 12 Parent Consultation Evening
Thursday 3 rd February	Resources Governors, 4.30pm
Tuesday 8 th February	Year 8 Parent Consultation Evening
Thursday 10 th February	P&R Governors, 4.30pm
Monday 14 th February	KPS Meeting, 6pm
Thursday 17 th February	House Drama Performance, 6.30pm
Friday 18 th February	End of Term 3, 3.15pm



NEWS, NOTICES AND EVENTS

CHANGES TO COVID GUIDANCE

This week, the Prime Minister announced that all Plan B measures will be removed in England, with a full return to Plan A by Thursday 27 January.

In education and childcare settings, this means:

- From Thursday 20 January, face coverings are no longer recommended in classrooms and teaching spaces for staff, and pupils and students in year 7 and above. They were introduced in classrooms at the start of the spring term as a temporary measure.
- From Thursday 27 January, face coverings are no longer recommended in communal areas for staff, and pupils and students in year 7 and above.

We will proceed cautiously at Kendrick School and I am happy for students and staff to continue wearing face masks if they wish. We will still be ventilating classrooms as much as possible and continuing with the enhanced cleaning regime and twice weekly LFTs.

The full government guidance for schools can be found [here](#). The updated risk assessment can be found [here](#).

HOUSE DRAMA IS BACK!

Thursday 17th February, 6.30pm, Main Hall

On Thursday 17th February, students from all three houses across Years 7-13 will be taking part in our biannual House Drama production. For those of you that haven't experienced this before, house captains, vice captains and sixth form writers and directors come together to write a 20-25-minute piece based on a given theme. They are in charge of all aspects of their piece, from writing and casting to the performing and technical elements, all with minimal help from teachers. It culminates with Cedars, Palmer and Sidmouth performing to an audience and guest adjudicator who will mark them on a set of agreed criteria. After a short break, the guest adjudicator will deliver the results to the cast, crew and audience.

This year's theme is based upon myths and legends but modernising them for today's audience. Rehearsals are now underway and there are three exciting perspectives to view. We do hope you will get involved in supporting this wonderful event, and the students who put it together, by coming along to the event later this term. Tickets will be free but we will be collecting donations at the end, so please do bring some money with you if you can.

More information to follow soon.

Catherine Cooper
Head of Drama and Music

VACANCIES

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 Assistants – Job share opportunity – 35 hours to be shared across the week - core hours 8am-3.30pm, term time only - closing date Friday 4th February 2022

Food Technician – 16 hours a week – term time only - closing date 27th January 2022

English Teacher for September 2022 – full time – closing date 2nd February 2022

KENDRICK PARENTS' SOCIETY (KPS)

SECOND HAND UNIFORM

Donations

KPS is looking for donations of good quality second hand uniform and sports kit. The donations can be left in the donations box in the lost property cupboard. Thank you in advance for your donations.

Second hand uniform shop opening

The second hand uniform shop will open on Saturday 29th January between 9am and 11am.

We are going to have 30 min shopping slots with a limited number of customers per slot. If you are planning to shop for second hand uniform you will need to email thaynes@kendrick.reading.sch.uk to book a slot (indicating if you have any time preference).

You will receive an email confirming your slot. There will be free parking available for those attending the shop.

Please see below for the price list.

Second hand uniform shop price list	
School uniform	
Sweatshirt (<i>Kendrick red jumper</i>)	£ 5
Blouse	£ 1
Grey bermuda shorts	£ 5
Grey pleated skirt	£ 5
Black straight leg trousers	£ 5
Sportswear	
Polo shirt	£ 5
PE skort	£ 2 with old logo £ 5 with new logo
Midlayer (<i>long sleeved top</i>)	£ 10
Sports socks	£ 1
Cycling shorts	£ 4
Trackpants	£ 3 with old logo £ 8 with new logo
Baselayer leggings	£ 8
Baselayer top	£ 8
Cedars t-shirt	£ 2
Palmer t-shirt	£ 2
Sidmouth t-shirt	£ 2
Swimming hat	£ 1
Other	
Lab coat	£5

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.