

# Kendrick School - Weekly Update

## Friday 25<sup>th</sup> March 2022

### LETTER FROM MS KATTIRTZI, HEADTEACHER

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I mentioned **Comic Relief** last week and the activities the students were involved in, which as I said felt like we were in pre-covid times with such fun and enjoyment being shared amongst staff and students. Some photos of the competitions from the week can be found [here](#). The theme of good causes continued this week with the start of **Fair-Trade Week** organised by students in Year 11, which began with a Fairtrade cake competition. A few select entries were submitted that tasted delicious and lived up to the Fair-Trade standard in their design, decoration and the ingredients used to bake them. Also this week, another edition of the **Gazette** was produced and can be read [here](#). Thank you again to Arya and her editorial team for their work and efforts in producing such an interesting news review. There has also been some future planning of events with **Kendrick Parents' Society** at their committee meeting on Wednesday when it was agreed that some of the activities that we have been unable to do in the last two years because of the pandemic will now take place in the next couple of terms. These include **Film Night for Year 7 and 8 on 29<sup>th</sup> April** and a **Disco for students in Years 7-10** jointly run by Kendrick Parents' Society and Reading School parents in a new combined collaborative initiative across both schools. The discos are scheduled for the end of the school year to coincide with our Jubilee celebrations that we have planned in July.

An important annual event taking place today is a strategy meeting of our governing body. Every year we have a **Governor Day** when governors spend a day in school visiting lessons and discussing with the Senior Leadership Team matters of strategic importance for the future growth and development of the school. Several topics will be discussed, including how the school conducts its self-review processes, and the evidence we have to demonstrate that we are an outstanding school, the collaboration and potential partnership opportunities we have and wish to develop with other schools, including our Widening Horizons programme and the current and future expansion of the school. The discussions we have on these days begin to set a direction of travel that the school intends to take over the next 5 years and therefore of great importance to everyone. We know that the government intends to publish a White Paper on education shortly, which will outline its policy and proposals for future legislation. The little information we have of the contents of the White Paper are that it will contain details on how literacy standards in schools must improve and how all schools will need to begin to work more closely with other schools in what is being described as *families of schools*. Our discussions on our Governor Strategy Day are intended to help us prepare for some of the intentions the government may have on the future of schools. My strategic intent for our school is and has always been that Kendrick remains a sustainable school, that it is an outstanding school and a beacon of girls' education, and it retains its unique and special ethos that nurtures and values everyone in its community. In addition, that we remain a school that is outward looking, collaboratively and relevant in our community, encouraging and supporting greater local participation and access to our school.

Finally, this morning, students in Year 11 will remember a fellow student, Manasvini who died suddenly and unexpectedly three years ago. She will be remembered as the small little girl with a big heart who was happy and made others happy in her very short life. The poem below will be read and there will be some quiet reflection time.

It's okay to miss you,

It's okay to cry.

Just know I'll never forget you.

This isn't a permanent goodbye.

Sometimes I sit and wonder  
If you are standing by my side,  
Giving me the courage  
To carry on with pride.

I'll hold onto our memories,  
Until this life is done.  
In my heart is where I'll store them,  
Where we can be as one."

By Samantha Hann

With thoughts of loved ones in our mind, I wish everyone a 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](mailto: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](mailto:studentwelfare@kendrick.reading.sch.uk).**

## WELLBEING: HOW TO COPE WITH SLEEP PROBLEMS

SOURCE: [MIND](#)

There's a close relationship between sleep and mental health. Living with a mental health problem can affect how well you sleep, and poor sleep can have a negative impact on your mental health.

### Student Welfare Team at Kendrick School



Mrs Hackett



Mrs Shaw



Ms Edwards  
(Sixth-form welfare)



Mrs Duncan



Mrs McManus

**The Base** (in Sidmouth basement) is a quiet space for students who would benefit from this. There is a relaxation area, art area and workstations available for your use. Please come to the General Office first to check there is space in The Base. The Student Welfare Committee (sixth-form students) run regular lunchtime activities in The Base – please see Daily Bulletin for details.

**Contact:** [StudentWelfare@kendrick.reading.sch.uk](mailto:StudentWelfare@kendrick.reading.sch.uk)

If you feel you need further support in school, please contact Mrs Hackett regarding appointments with our No.5 Counsellors (Emma and Katie) and Dianne, the school nurse.

***"Poor sleep leads to worrying. Worrying leads to poor sleep. Worrying about sleep is like your mind trying to fight itself. That's a horrible place to be."***

If you're having problems sleeping, you might:

- be more likely to feel anxious, depressed or suicidal
- be more likely to have psychotic episodes – poor sleep can trigger mania, psychosis or paranoia, or make existing symptoms worse
- feel lonely or isolated – for example, if you don't have the energy to see people or they don't seem to understand
- struggle to concentrate, or make plans and decisions
- feel irritable or not have energy to do things
- have problems with day to day life – for example, at work or with family and friends
- be more affected by other health problems, including mental health problems.

### **What causes problems with sleep?**

The things that affect our sleep differ for everyone. They can include:

- stresses or worries – for example, issues with money, housing or work
- problems with where you sleep – for example, if you sleep somewhere uncomfortable or you're easily disturbed
- health conditions relating to sleep, also known as sleep disorders
- being a parent or carer
- taking medication, including starting or coming off medication
- recreational drugs and alcohol
- working at night or being a shift worker
- current or past trauma
- mental and physical health problems, many of which can affect your sleep.

For more information on sleep problems and mental health and tips to improve your sleep please click [here](#).

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## **WELLBEING: FRIDAY LUNCHTIME ACTIVITIES IN THE BASE RUN BY THE STUDENT WELFARE COMMITTEE (SIXTH FORM STUDENTS)**

- 1st April- Origami
  - 8th April- Colouring in
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## **SAFEGUARDING – DOMESTIC ABUSE**

Domestic abuse is any type of controlling, bullying, threatening or violent behaviour between people in a relationship. It can seriously harm children and young people and witnessing domestic abuse is child abuse. It's important to remember domestic abuse:

- can happen inside and outside the home
- can happen over the phone, on the internet and on social networking sites
- can happen in any relationship and can continue even after the relationship has ended
- both men and women can be abused or abusers

Domestic abuse can be emotional, physical, sexual, financial or psychological, such as:

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- kicking, hitting, punching or cutting
- rape (including in a relationship)
- controlling someone's finances by withholding money or stopping someone earning
- controlling behaviour, like telling someone where they can go and what they can wear
- not letting someone leave the house
- reading emails, text messages or letters
- threatening to kill someone or harm them
- threatening to another family member or pet.

For more information from the NPSCC on signs of domestic abuse, the effects of domestic abuse and support for parents, children and young people, please click [here](#).

## BERKSHIRE WOMEN'S AID (BWA) LAUNCHES NEW PROGRAMMES FOR CHILDREN AND YOUNG PEOPLE

Berkshire Women's Aid (BWA) has launched two new programmes in the Reading area for children and young people affected by domestic abuse.

Expect Respect works with children aged 5-17 who have experienced domestic abuse, delivering age appropriate activities that are designed to be fun and engaging.

Domestic Abuse Recovery Together (DART) works with children aged 7-14 and their mother with the focus being on enhancing the mother/child relationship and helping them overcome the adverse effects of abuse.

BWA has also launched a new programme for perpetrators of domestic abuse called Aim for Change.

You can [find details of these courses](#) on the BWA website.

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## CALENDAR

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Monday 28 <sup>th</sup> March	Profiling Day, remote
Tuesday 29 <sup>th</sup> March	Spring Concert – tickets now available on ParentPay
Thursday 31 <sup>st</sup> March	Year 9 Parents' Consultation, remote
Friday 1 <sup>st</sup> April	Air Ambulance concert at Reading School
Friday 8 <sup>th</sup> April	End of Term 4, 3.15pm
Monday 25 <sup>th</sup> April	Start of Term 5, 8.25am

### PROFILING DAY – MONDAY 28TH MARCH 2022

Please note that the school will be closed to students on **Monday 28<sup>th</sup> March** for **Profiling Day**. Students will have an appointment with their tutor and be set work, or be expected to catch up on work, at home. This day should be treated as a normal school day that is happening at home.

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## NEWS, NOTICES AND EVENTS

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### ARTICLES ON OUR WEBSITE

[Harry Potter Book Night Celebration 2022](#)

[German Play 'Horoskop'](#)

[Comic Relief 2022](#)

## KENDRICK SCHOOL OPEN EVENTS FOR STUDENTS IN YEAR 5

Our Open Events for entry into Year 7 in September 2023 will be on **Wednesday 4th, Thursday 5th, Friday 6th, Monday 9th and Tuesday 10th May**. The sessions will take place in either the morning or afternoon and will last approximately 1½ hours. There will be a tour of the school with our students, and a talk by the Headteacher, Ms Kattirtzi and our Student Leader Team. You will also be able to find out more about the admission process.

**BOOKING IS ESSENTIAL.** Car parking is not available on the school site. TICKETS ARE AVAILABLE [HERE](#) FROM MONDAY 7TH MARCH AT 9AM.

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## AIR AMBULANCE CONCERT – FRIDAY 1<sup>ST</sup> APRIL 2022

The Air Ambulance concert is on Friday 1st April at 7pm at Reading School, and the ticket link is [here](#). Please click [here](#) for a flyer for the event.

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## ENGLISH AND CLASSICS COLLABORATIVE CREATIVE WRITING COMPETITION – CLOSING DATE FOR ENTRES 28<sup>TH</sup> MARCH 2022

The English and Classics Departments are collaborating on an exciting creative writing competition where students are invited to write a creative piece (no more than 400 words) from the perspective of a classical figure. Some options of creative writing may include, but not be limited to, poetry and short stories.

Miss Akcay and Mr Duncan will judge it based on the following:

- how creatively they have used literary techniques and language to craft an effective and powerful piece of writing (Miss Akcay will judge these elements).
- how imaginatively they have created the character, narrative voice, or point of view of their chosen figure (Mr Duncan will judge these elements).

Please send all entries to Miss Akcay and Mr Duncan by 28<sup>th</sup> March 2022. There is no limit to the number of entries you want to submit. The winners will be announced in the final week of term 4. We are looking forward to reading your pieces! Good luck!

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## EASTER HOLIDAY ACTIVITIES

Reading Family Information Service has created an Easter holiday activities page on their website. You can find information about holiday clubs, theatre performances, activities and much more on the [Easter 2022 webpage](#). Information on childcare options throughout the Easter break can be found at: [readingfis.org/childcare](http://readingfis.org/childcare).

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## HOLIDAY ACTIVITIES & FOOD SCHEME

The Holiday Activities & Food (HAF) scheme is being run by BfFC on behalf of RBC during the forthcoming Easter break. The HAF programme provides activities and lunch for children eligible for pupil premium free school meals across Reading. Activities this Easter are provided by providers including Food 4 Families, Reading FC, Sport in Mind and Grassrootz. Parents need to re-register every new holiday period, even if they have used the scheme previously. You can [find all the details of the HAF programme](#) on the BfFC website.

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## MUSEUMS LAUNCH SESSIONS FOR NEURODIVERSE VISITORS

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Reading Museum and The Museum of English Rural Life (MERL) have launched Museums, My Way for neurodiverse visitors of all ages. The sessions, developed with Autism Berkshire, provide a safe environment to explore the museums when they are usually closed to the public or are less busy. Admission is free and you can find out more and book online.

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## PARENTPAY REMINDERS

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Tickets for the **Spring Concert: Tuesday 29<sup>th</sup> March 2022** (£5 per ticket) are available for purchase on ParentPay. Please retain your ParentPay email receipt and show this on the door to gain entry to the concert.

We would like to bring to your attention the following ParentPay items which are due for payment. Please see your ParentPay accounts for details. We appreciate your continued support.

- Year 8 Bushcraft residential trip - If paying by instalments, an instalment of £100 was due on Friday 18<sup>th</sup> March.
- Year 8 'People Like Me' CEIAG event held on Wednesday 16<sup>th</sup> February.
- Year 12 A Level Biology Residential Field Course at Dale Fort Field Centre. If paying by instalments, the final instalment of £80 was due on Monday 21<sup>st</sup> March.
- Year 7, 8 and 9 food and textiles contributions.
- Year 10 and Year 11 Art Textiles GCSE contributions.
- Year 12 Geography Field Trip To Hengistbury Head and Hurst Castle Spit: 4th March 2022
- Year 9 and Year 10 German and French plays: 14th March and 29th March 2022

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## VACANCIES

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**Kendrick School** currently has the following vacancies. Please click on this [link](#) for more information on each of the roles:

**Head of French** – full time – for September 2022

**Physics Teacher** - up to 8.FTE or full time for an ECT – for September 2022

**Mathematics Teacher** – full time – for September 2022

**Admissions and Outreach Assistant** – 15 hours a week, Monday to Friday 1pm to 3pm for April 2022

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## KENDRICK PARENTS' SOCIETY (KPS)

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### DROP-IN SESSIONS WITH MS KATTIRTZI

We are happy to see that parents are actively participating in the virtual meeting sessions with Ms Kattirtzi. The latest drop-in session was held on 3rd March for Y11. During the session, the parents expressed their anxiety about the TAGs and the time available for their revision along with the regular lessons. Ms Kattirtzi assured them of full support and guidance from the school. It surely was very reassuring for the parents.

**Our next drop-in session is for Sixth Form parents/carers on 31<sup>st</sup> March 2022 from 5:30pm.**

Topic: Sixth Form catch up with Ms Kattirtzi

Time: 31<sup>st</sup> March 2022 5:30pm

Join Zoom Meeting

<https://us02web.zoom.us/j/2963158886>

## KPS SUMMER RAFFLE

The summer raffle has been one of KPS's major fund raising initiative. We are so excited to announce the launch of summer raffle on **6th June 2022**. The raffle will run for four weeks and the draw will take place around 3<sup>rd</sup> July. Please mark your calendars for the day. We seek your support and help in finding the sponsors for the raffle gifts to make it a successful event. We will also be having gift hampers for the raffle prizes. If you wish to donate any gift items, please reach us at [raffle.kps@gmail.com](mailto:raffle.kps@gmail.com) or [kpschair@kendrick.reading.sch.uk](mailto:kpschair@kendrick.reading.sch.uk). The money raised from the raffle will be used to fund the smart boards in the school.

## UNIFORM DONATIONS

If you have any good quality second-hand uniform, please ask your child to 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 students 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](http://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](http://smile.amazon.co.uk), (not [www.amazon.co.uk](http://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.