

# Kendrick School - Weekly Update

## Friday 10<sup>th</sup> March 2023

### LETTER FROM MS KATTIRTZI, HEADTEACHER

---

A couple of items to read from the website this week are reports that students have written following trips or events they have been part of recently. A group of students from Years 9-11, accompanied by Ms Fieldsend, visited the Abbey School for [Write on Festival](#) and GCSE History students attended an intriguing event, [Year 11 at The Doctors Show](#), an exam workshop.

Up and coming items for the next few weeks will be reports on World Book Day, International Women's Day and for next week Comic Relief. It sometimes feels that there is just too much going on in school! For me this reflects the enthusiasm and energy that students have to pursue so many interests and activities helping to make Kendrick such a vibrant community. As well as these causes and issues, there is still always a focus on very high level academic extracurricular activities that some students enjoy. Once again, several students have been encouraged and have taken part in Mathematics and Chemistry Olympiads achieving some particularly outstanding awards in both these subject specific competitions. News items and photos of these will be shared in due course.

I am always struck by how several Kendrick students want to do something for others, sometimes in our locality like the Food Bank supplies that were delivered to the Whitley Food Cupboard earlier in the week, or regularly attending and supporting children at our Refugee Club once a week or working with our Inspire Club for primary school students. These students give effortlessly of their time to help others. On an international level I saw the same last year when students responded to the outbreak of war in Ukraine and are still very concerned and keen to do what they can to support the victims of this war. In the last two weeks a couple of students in Year 11, Khadija and Moloni, and students from our Muslim Society, as well as members of staff have seen or emailed me to ask how we can do something to support the victims of the Turkey and Syrian earthquakes. I have discussed some ideas with the student groups, and I can see that as a school there is more that we can do. I will continue my conversations with students and staff to this end.

I must end with the **KPS Spring Raffle** and thank parents who have bought tickets. So far **£2670** has been raised which is good but well off the target of £8k. There is still time to buy tickets or donate. Please look at the wonderful prizes on offer and please buy some tickets! I hope that this time next week I can inform you that we are very close to our target! The link for tickets or to donate is here <https://www.trybooking.co.uk/CCQI>

Please continue to read the full Weekly Update below.

Wishing everyone a good 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/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 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 well-being support in school please visit 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).**

---

## SAFEGUARDING – ONLINE PROTECTION FOR THE HOME

---

*Source: Internet Watch Foundation*

1 in 4 teenagers receives unwanted sexual messages online. Does your home have an open door to child sexual abusers?

Increasingly, young people are being contacted in their own homes on online platforms and apps and asked for sexual pictures and videos, while their parents and carers are totally unaware.

There is a significant rise in children being groomed and coerced online by abusers into sexual activities often in their own bedrooms and bathrooms. Those abusers record this content via webcams or livestreaming services and share it across their networks online. This type of child sexual abuse is now the predominant type of sexual abuse imagery found on the internet.

This is happening now, and it can happen to anyone's child. But you can do something about it; you can help prevent it happening to your child.

## WHAT CAN PARENTS AND CARERS DO?



**TALK** to your child about online sexual abuse. Start the conversation – and listen to their concerns.

[Start talking](#)

**AGREE** ground rules about the way you use technology as a family.

[Agree rules](#)

**LEARN** about the platforms and apps your child loves. Take an interest in their online life.

[Find out more](#)

**KNOW** how to use tools, apps and settings that can help to keep your child safe online.

[Use settings](#)

For more information on each of the above please click on this link: <https://talk.iwf.org.uk/>

## MENTAL HEALTH AND WELLBEING – EAT, SLEEP, BREATHE

Our wellbeing theme this term is "Eat, Sleep, Breathe" and we will be sending students, parents and carers, and staff information throughout the term on why eating well, getting good sleep and relaxation is so important to good mental health and wellbeing.

### Brilliant Breakfasts!

Source: NHS

Breakfast is a very important meal. You've probably heard that before, but want to know why? After going 10 - 12 hours overnight without food, your energy reserves are low. Your body and brain now need fuel!

Breakfast keeps you going until lunchtime. This helps you do better at school. It also stops you feeling hungry mid-morning. This is the danger zone when you might be tempted to eat crisps or chocolate at break time!

### How will you 'break the fast' of the night?

Here are some healthy brekkie ideas to kick-start your day:

- Pick porridge, muesli, wheat or bran cereals with semi-skimmed milk. Try to avoid cereals with added sugar and fat.
- Boil an egg and have it with wholemeal bread soldiers.
- Try wholemeal toast with peanut butter, jam or Marmite.
- Go for it with grilled tomato on toast.



- Launch your day with a lean grilled bacon sandwich.
- Make fab fruit smoothies with plain low fat yoghurt or semi-skimmed milk.
- Jazz up low-fat yoghurt by adding sliced fruit.
- Blast off with a bagel with low fat cream cheese.

---

## SCHOOL CALENDAR FOR TERM 4, 2022-23

---

<b>Monday 13<sup>th</sup> March</b>	Comic Relief Week
<b>Tuesday 14<sup>th</sup> March</b>	Year 10 Parents' Consultations
<b>Wednesday 15<sup>th</sup> March</b>	Strike Day. Years 7-9 at home; year 10-13 in school as normal
<b>Thursday 16<sup>th</sup> March</b>	Strike Day. Years 7-9 at home; year 10-13 in school as normal Resources Governors meeting, 4.30pm
<b>Tuesday 21<sup>st</sup> March</b>	Profiling Day – Years 7,8,11, 13 and 13 at home; Year 9 and 10 in school as normal
<b>Thursday 23<sup>rd</sup> March</b>	Year 9 Parents' Consultation KPS Spring Raffle draw
<b>Friday 24<sup>th</sup> March</b>	Air Ambulance concert, 6.30pm, school hall
<b>Saturday 25<sup>th</sup> March</b>	KPS Spring Raffle closes at midnight
<b>Sunday 26<sup>th</sup> March</b>	KPS virtual raffle draw, 4-5pm
<b>Thursday 30<sup>th</sup> March</b>	End of Term 4, 3.15pm

The school calendar for the academic year can be found [here](#). For the Term Dates for 2022-23 and 2023-24 please click [here](#)

---

## NEWS, NOTICES AND EVENTS

---

### ATTENDANCE

As the next holiday period is approaching, please can we remind you that students should not be taking time off school either side of the holidays for travel abroad/holidays. Missed school days impact on students' learning and can cause added stress as the student has to catch up what they have missed, alongside other school work. In line with Brighter Futures for Children guidance, we make referrals for unauthorised absence, for consideration of the issue of a fine. Thank you for working with us to support good attendance at school.

---

### SEND SHORT BREAKS – EASTER HOLIDAYS 2023

The programme for the SEND Short Breaks funded by BFFC over the Easter holidays has been published and sessions are now available to book:

- [Make/Sense Theatre](#)
- [Multi-Sport Camp](#) run by RFC Community Trust (8-18 years)
- [Easter Play Camp](#) (5-7 years)
- [Easter Holiday Sessions – Reading Play](#) – Ranger Stations
- [Chance To Dance Stars CIC](#) – Dance and Multi Activity

---

### OXWELL SURVEY

As part of our mental health and wellbeing strategy, Kendrick School has signed up to take part in the OxWell Student Survey which aims to understand health and wellbeing in young people and help schools to support their students' mental wellbeing. All students in Years 7-13 will be invited to take part and the survey will be completed in school. For more information on the OxWell Student Survey please click [here](#).

---

## VACANCIES

---

We have the following vacancies at Kendrick School. Please click on the links for more information on the roles and how to apply and please share with friends and family.

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. Please read the information on our Safer Recruitment procedures [here](#).

[Geography Teacher](#). Full time for September 2023. Closing date for applications Tuesday 14<sup>th</sup> March 2023.

Part-time [Music Teacher](#) to cover a maternity leave – for end of February 2023 or September 2023 to December 2023. Applications will be dealt with on receipt.

[Exam Invigilators](#) – for the 2023 exam season

---

## PARENTPAY REMINDERS

---

*We would like to bring to your attention the following ParentPay items which are due for payment, please login to your ParentPay accounts for details. Please could you check your child's account and ensure that any overdrafts are paid. Thank you.*

Year 10 and Year 11 GCSE English set texts

Year 12 and Year 13 A-Level English set texts

Year 7, 8 and 9 Food and technology contributions

Year 10 and 11 Art and Textiles contributions

Year 9 Duke of Edinburgh Bronze Award

Year 10 and 11 GCSE Music Anthologies book purchase

Year 8 Careers Event - Tuesday 31st January 2023

KPS department birthday gift - celebrating Kendrick's 145th year

Air Ambulance Concert –Friday 24th March 2023 (adult tickets £10/children tickets £5)

Please purchase Event 1: Comic Relief - purchase of wrist band minimum £3 donation OR Event 2: Comic Relief -

Dress up day only, £2 donation

### Trips

GCSE and A level Art visit to Tate galleries Thursday- 2nd February 2023

Year 11 History visit to The Corn Exchange Theatre Newbury -28th February 2023

Geography Field Trip to Hengistbury Head and Hurst Castle Spit - 20th March 2023

Year 8 Bushcraft Residential - May 2023

Year 12 French and History trip- June 2023

Year 12 and Year 13 Classics and Latin students trip – 6th March 2023

---

## KENDRICK PARENTS' SOCIETY (KPS)

---

### SPRING RAFFLE

Subsequent to our newsletter on Tuesday, we saw a great spike in raising funds and we are so delighted to see the engagement across all the year groups. The **raffle has raised £2670** with a total of 139 people having bought their tickets. See below a breakdown by year groups and forms. *There is a very close tie between some forms and only you as parents/carers can make the students win!!* Please buy your tickets/donate using the ticket

link <https://www.trybooking.co.uk/CCQL>.

Share it with your friends and family too :-)

Year	Form Groups	Funds raised so far
7	7ABM	£235.00
	7MAH	£230.00
	7HES	£135.00
	7WWM	£135.00
8	8SA	£140.00
	8JK	£65.00
	8JP	£55.00
	8EG	£50.00
9	9EGC	£225.00
	9ED	£137.50
	9SAH	£135.00
	9PB	£90.00
10	10RR	£95.00
	10BH	£65.00
	10CJD	£30.00
	10MM	£10.00
11	11PS	£135.00
	11FL	£100.00
	11LW	£42.50
	11PN	£25.00
6th form	6NW	£145.00
	6JAC	£60.00
	6JF	£55.00
	6BK	£50.00
	6RO	£35.00
	6YLC	£35.00
	6PK	£30.00
	6JCR	£30.00
6ER	£15.00	

## 6TH FORM PARENTS/CARERS CATCH-UP WITH MS KATTIRTZI

**6th Form parents/carers - Catch-up with Ms Kattirtzi**

**Tuesday, 14 March · 5:00 – 6:00pm**

Google Meet joining info

Video call link: <https://meet.google.com/msi-ijfh-upt>

KPS Team