

# Kendrick School - Weekly Update

## Friday 26<sup>th</sup> February 2021

### WEEKLY LETTER FROM MS KATTIRTZI, HEADTEACHER

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It is my great pleasure to be writing to you this week on my official return to my role and responsibilities as Headteacher of Kendrick School. I would like to thank you all for the kindness and best wishes I have received from you during my absence which has helped me in my recovery and restoration to normal life. The experiences I have had over the last few months and the people I have had met have made me reassess what is important in life and realise that one's health and wellbeing must always be prioritised. Over the next few months I am sure I will share with you some of the thoughts and experiences I had, the countless people I encountered whose acts of kindness and generosity, in one way or another, helped me on my journey to recovery.

In my absence, as you know, Mr Simmonds became the Acting Headteacher of the school, which happened at short notice and with little time to prepare. Working with the Senior Leadership Team, Mr Simmonds led the school impressively through the most difficult and challenging of times. As you will have come to realise, Mr Simmonds is a most talented and able individual and as Acting Headteacher he demonstrated to us all what an outstanding leader he is too. With huge courage and determination Mr Simmonds led the school efficiently and effectively giving students the opportunity to learn and thrive even in restricted circumstances. I am most grateful to Mr Simmonds, the Senior Leadership Team, and all the staff of our school who worked together and stepped up to the challenges that presented themselves last September. Students, parents and governors were also a key factor in the success of the last few months and I know Mr Simmonds' clear and detailed messages to you helped you feel safe and have trust in everything that was being done at school.

We are all delighted to be welcoming back our students in the Week beginning 8<sup>th</sup> March. The school is a very quiet place without the vibrant noise and enthusiasm of students. In line with the DfE guidance we need to conduct lateral flow tests of all students before they are allowed to return to their classrooms. The tests are not mandatory but they are strongly recommended for the safety of everyone. The details and timetable of how we intend to bring back the students will have been sent to you today but can also be found [HERE](#). I am aware that some students and their parents may be a little hesitant about having the test done which is understandable. However, everyone's safety and the progress of reducing the restrictions is dependent on us all being tested and knowing whether we are carrying the virus or not. If you haven't responded to our questionnaire on this matter, regarding consent for your child to have the test, then please do so and if you are worried and want some advice contact us at [admin@kendrick.reading.sch.uk](mailto:admin@kendrick.reading.sch.uk), as soon as possible.

I know that there is anxiety and worry about returning to school after such a long period of absence. This is natural and normal for everyone, but I would like to reassure students and parents that the school is still a safe place. Preparations are underway to welcome everyone back and conduct the testing safely. I am sure we will all very quickly establish new routines and resume school life again. It will be wonderful to be able to interact with each other, face to face, albeit with masks on, and it will not be long before we will feel that we have never been away! We must remember that since the last time everyone was in school, there has been a national rollout of the vaccine which should make us feel more confident about venturing out of our homes. By the time we are all back at school, more than 20 million people will have been vaccinated. As someone who had Covid last December, I cannot wait to have my vaccine so that I can feel that I have some immunity for myself and others. I would urge parents or family members who may be a little hesitant about the vaccine, for any reason, they should talk to their GP to reassure

themselves that it is safe and the right thing to do. The more people that are vaccinated, the safer it will be for everyone.

You will also have heard in the news that Ofqual has published the information and guidance on the teacher assessed grades for this summer's GCSEs and A Levels. There is a lot to read and understand, as well as plan how we will manage the process at Kendrick. We will communicate to students and parents in Years 11 and 13 in due course. There is anxiety regarding this issue for students, but I would like to reassure you that we will do all we can to make the process manageable and fair to all students and in line with the guidance. You may have seen on the BBC news yesterday, link [here](#), an education item in which one of our Student Leaders, Angelica, joined the discussion about how students are feeling at the moment about the prospect of teacher assessed grades. As you can see, Angelica articulated young people's views very well, explaining the understandable anxiety there is particularly for A Level students and achieving grades for university entrance, but she also showed a great level of trust in her teachers and school that we would do the right thing for all our students. Mr Simmonds will lead on this work and will be communicating directly with students and parents.

Reading Mr Simmonds' Weekly Updates was always a highlight of the week for me when I was away and made me feel connected to school. What struck me every week were the numerous activities that managed to go on even in those restricted times; so many the clubs, events, competitions, etc. that took place. The fun and enjoyment that students showed in what they could do seemed to keep spirits up and made people become more aware of the value of friendship in their everyday lives. Over half term such activities have continued and there is a wonderful news item about the activities of our Team Cascade, a group of 6<sup>th</sup> Formers, Mridhula, Arzina, and Ananya who presented their engineering project to Executives at Rolls Royce. I am told that the people at Rolls Royce were so impressed by the students' presentation, they said it was as good as the work their own engineers could do! The article is [HERE](#): Next week I will be able to inform you of the winners of the Holocaust Memorial Day Poetry competition following a judging meeting I am having today with Miss Akcay and Mrs Cavaciuti to decide the winner. We received almost 30 entries to the competition so judging will be very difficult.

When I was absent from school, what I could see more clearly and from a distance is that our community of staff and students is strong and resilient. With the support and kindness of each other, everyone has been doing their best to keep the Kendrick community spirit alive so that school can still be a happy and safe place for everyone. To you all I would like to say well done and thank you.

Wishing you all a lovely 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 5pm), 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.

## ON MY MIND – ANNA FREUD CENTRE

On My Mind aims to empower young people to make informed choices about their mental health and well being. The pages via the link below have been co-produced by young people to help other young people.

<https://www.annafreud.org/on-my-mind/>

## OMEGLE – LIVE VIDEO CHAT WEBSITE

The BBC published the article below on 18<sup>th</sup> February regarding Omegle – the live video chat website which links up random people for virtual video and text chats. It claims to be moderated but has a reputation for unpredictable and shocking content.

*Warning: this story contains disturbing adult themes. This link has not been included in the student update but we please ask that you review the information and use your discretion on whether you share this with your child when discussing these issues. it is very important that you talk to your child about the dangers of this website.*

<https://www.bbc.co.uk/news/technology-56085499>

For the Thinkuknow guide for parents/carers on Omegle click on the link below:

<https://www.thinkuknow.co.uk/globalassets/omegle-parents-guide.pdf>

## GUIDANCE FOR PARENTS AND CARERS ON SAFEGUARDING CHILDREN IN OUT-OF-SCHOOL SETTINGS (DfE)

In October 2020, the government published guidance intended to help parents and carers choose a safer out-of-school setting for their child, including:

- community activities
- after-school clubs
- supplementary schools
- tuition

- music lessons
- sports training

Find the guidance here: <https://www.gov.uk/government/publications/guidance-for-parents-and-carers-on-safeguarding-children-in-out-of-school-settings>

## NEWS AND EVENTS - WHOLE SCHOOL

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### NEWS ON OUR WEBSITE AND SOCIAL MEDIA

[Angela Strach's Family's Story](#)

[Team Cascade – Impress Rolls Royce](#)

### RETURN TO SCHOOL – WEEK COMMENCING MONDAY 8<sup>TH</sup> MARCH

Please see the emails that have been sent to parents/carers of each year group giving details of the return to school week commencing Monday 8<sup>th</sup> March.

The COVID arrangements within school are the same as before lock-down, however, students must now wear masks in lessons and when moving around the school. We are not aware of any students who are medically exempt from wearing masks, but please contact [admin@kendrick.reading.sch.uk](mailto:admin@kendrick.reading.sch.uk) if you believe your child fits into this category.

The canteen will be open as normal unless stated in the email sent to you.

<b>Year 7</b>	<b>Wednesday 10<sup>th</sup> March</b>	between 8am and 8.20am
<b>Year 8</b>	<b>Monday 8<sup>th</sup> March</b>	between 8am and 8.20am
<b>Year 9</b>	<b>Thursday 11<sup>th</sup> March</b>	between 8am and 8.20am
<b>Year 10</b>	<b>Wednesday 10<sup>th</sup> March</b>	between 12.15pm and 12.30pm
<b>Year 11</b>	<b>Monday 8<sup>th</sup> March</b>	between 12.15pm and 12.30pm
<b>Year 12</b>	<b>Tuesday 9<sup>th</sup> March</b>	see email for time of arrival
<b>Year 13</b>	<b>Tuesday 9<sup>th</sup> March</b>	see email for time of arrival

### KENDRICK PARENTS' SOCIETY (KPS)

Please click [here](#) for the latest KPS newsletter.

### KPS SHOPPING LINKS

#### AmazonSmile donations

We encourage you to continue your purchases at [smile.amazon.co.uk](https://smile.amazon.co.uk), (not [www.amazon.co.uk](https://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's all together contribute to something that our daughters 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.

## CHARTWELLS

Please click [here](#) for Chartwells' (school meal provider) latest newsletter which is regarding the safe return to school and school meals from 8<sup>th</sup> March.

# NEWS, ARTICLES AND EVENTS - STUDENTS

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## HOW TO BE A BETTER HUMAN

Over the holidays, Mrs Cooper came across this interesting TED article on 'How to Be a Better Human' about the seven different types of rest we need (see the whole article here: <https://ideas.ted.com/the-7-types-of-rest-that-every-person-needs/>):

1. **Physical rest:** Passive physical rest includes sleeping and napping, while active physical rest means restorative activities such as yoga, stretching and massage therapy that help improve the body's circulation and flexibility.
2. **Mental rest:** Schedule short breaks to occur every 1-2 hours throughout your school day; these breaks can remind you to slow down. You might also keep a notepad by the bed to jot down any nagging thoughts that would keep you awake.
3. **Sensory rest:** Bright lights, computer screens, background noise and multiple conversations — whether they're in an office or on Google Meets — can cause our senses to feel overwhelmed. This can be countered by doing something as simple as closing your eyes for a minute in the middle of the day, as well as by intentionally unplugging from electronics at the end of every day.
4. **Creative rest:** Creative rest reawakens the awe and wonder inside each of us. Allowing yourself to take in the beauty of the outdoors — even if it's at a local park or in your garden if you have one — provides you with creative rest. But creative rest isn't simply about appreciating nature; it also includes enjoying the arts. Turn your workspace into a place of inspiration by displaying images of places you love and works of art that speak to you.
5. **Emotional rest:** Emotional rest also requires the courage to be authentic. An emotionally rested person can answer the question "How are you today?" with a truthful "I'm not okay" — and then go on to share some hard things that otherwise go unsaid.
6. **Social rest:** Surround yourself with positive and supportive people. Even if your interactions have to occur virtually, you can choose to engage more fully in them by turning on your camera and focusing on who you're speaking to.
7. **Spiritual rest, which is the ability to connect beyond the physical and mental and feel a deep sense of belonging, love, acceptance and purpose.** To receive this, engage in something greater than yourself and add meditation, community involvement and/or prayer to your daily routine.

Now that you've read this, think about how much of these types of rest you are getting and how you could go about improving your rest and sleep over the coming weeks.