

Kendrick School - Weekly Update

Friday 15th March 2024

LETTER FROM MS KATTIRTZI, HEADTEACHER

The highlight of my week was when I was invited to present the prizes to the winners of the Holocaust Poetry competition, an annual event that follows Holocaust Memorial Day in January. There were several entries to the competition with four winners. The winners were able to read their poems to the assembled group in the library impressing us all in their delivery and content. Critiqued by Mr Dilley and Mrs Moseley the winning poems were analysed for their strength and impact and the poets and their poems were certainly worthy winners of this important competition. Well done to Lara- Maria in Year 8, Faith in Year 10 and Trisha and Inakshi in the 6th Form who wrote an epistle style poem. In due course I will share these poems with you. Another creative writing highlight from last week was the short story publication the [Winter Writings Anthology](#) led and organised by the Creative Writing Society and supported by Ms Fieldsend. The stories written by students from Year 7 to Year 11 captured the theme of winter in a variety of settings; another incredible read and example of the creative talents of many of our students.

Other noteworthy activities that have taken place in and outside of school have included some important work focusing on our Modern Foreign Languages with a [Business Language Challenge](#), a joint event with Reading School. For Years 9 and 10 a [Language Theatre Event](#) visited Kendrick and performed French and German plays to the students. From last week, information and displays can now be shared with you including [World Book Day](#) and [International Women's Day](#) and [Displays](#) highlighting our own inspirational women.

To mark Mental Health Week a few weeks ago, the Wellbeing Committee of Kendrick Student Leaders made a podcast for parents on the theme My Voice Matters and I would very much like parents to watch this [video](#) which endeavours to give guidance on how to talk and listen to our children from our own senior students in school. Today is [World Sleep Day](#) and we have shared a lot of resources about tips to aid better sleep, please see in the next section of the Weekly Update.

There are several religious festivals and observance now which members of our school community are involved in and may be fasting or partaking in some religious activities and celebrations. These include [Lent and Easter](#), [Ramadan](#) and [Sikh New Year](#) and later in April the Jewish Passover. Our multi faith community at Kendrick is one of our great strengths and joy demonstrating that we can live and work in harmony in our school.

It is [Comic Relief Red Nose Day](#) today and students and staff are being 'funny for money'! Fancy Dress as well as teacher/ student activities have been taking place all week organised by the Community Committee of KSL and culminating in today's Fashion Show. Students and some staff have come into school dressed in something beginning with R or C, a fun day for a good cause.

Finally, charity starts at home, so they say, and I once again I would like ask parents, friends and family to support the Kendrick Parents' Society Spring Raffle. Information on prizes has been sent to you this week to encourage you to buy tickets or donate to the raffle. I do hope you can support our fund-raising initiative. Since last week 176 families have bought tickets and we have now raised £3,105, which is double the amount since last week, thank you. Please can we have one last push to double the money again this weekend and next week so that we can reach our target of £8k. There is further information below from KPS and you can buy tickets here, <https://www.trybooking.com/uk/DELI> it is so easy- please buy some tickets!

Wishing everyone a pleasant 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

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 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 wellbeing support in school, students can visit the Student Welfare Team in the General Office or Sixth Form Office or email studentwelfare@kendrick.reading.sch.uk.

TEENS AND RISKY BEHAVIOUR

SOURCE: [FAMILY LIVES](#)

Having a teen in the family can be tough, they're not a child anymore and they're also not quite an adult. They may go through lots of different experiences and helping them make positive and informed choices is important.



Key Points:

- Listen and talk openly to your teen about the risks and challenges they will come up against, this can help reduce the risks that they face in their day-to-day life
- Give them practical ways to help them stay safe so they don't have to learn through their mistakes
- Let them know that you understand that the pressures teens face can be difficult

Please click on the links below for more information from Family Lives.

- [Helping them make informed choices](#)
- [Relationships and intimacy](#)
- [Talking about alcohol or drugs](#)
- [Smoking or vaping](#)
- [Driving](#)
- [Tips to keep your teen safe](#)

SUMMARY OF SAFEGUARDING INFORMATION

[Term 1 2023-24](#)

[Term 2 2023-24](#)

[Term 3 2023-24](#)



**National
Online
Safety**[®]

STAYING SAFE ONLINE

TOP TIPS FOR SETTING BOUNDARIES AROUND GAMING

Behind video-sharing platforms (like YouTube) and streaming TV shows and movies, gaming is the third most popular online activity for children in the UK. In fact, according to recent data from Ofcom, an overwhelming 89% of children aged 3 to 17 play video games. Of those, more than one in five (22%) talk to other players online who they don't know outside the game.

The risk of contact from strangers is just one of the reasons that many parents are concerned about their child's gaming: increased screen time, inappropriate content and in-game spending also figure among the most frequent fears. Agreeing on some rules around your child's gaming activities can certainly help, and this guide has some useful tips for establishing these boundaries.

[TOP TIPS FOR SETTING BOUNDARIES AROUND GAMING](#)



MENTAL HEALTH AND WELLBEING

WORLD SLEEP DAY

SOURCE: [TEEN SLEEP HUB](#)



Today is World Sleep Day! All this week students have been sent information from the [Teen Sleep Hub](#) on the importance of good sleep which you can find on our [website](#).

You might like to watch this short [video](#) with your child on 5 tips to fall asleep fast.

Why doesn't my teen sleep? There is a great deal of emphasis on teaching teens about healthy eating and exercise but not enough on the importance of a good night's sleep. Sleep problems can be a very serious issue and lack of sleep has been linked to obesity, depression and impaired learning.

If you're having trouble getting your teenager out of bed in a morning, then there are several practical hints and tips that may help. Talking over worries may well help to put them into perspective.

The Top Tips

Here is a little information to help you understand your teen's sleep and how you can help.

- Emphasise the importance of sleep and that it improves memory and performance. Teens need at least eight hours' sleep on school nights.
- Encourage regular exercise – 20 minutes three times a week will help.
- Suggest they drink less caffeine (in cola and energy drinks as well as tea and coffee). Too much caffeine stops them falling asleep and prevents deep sleep.
- Point out that eating too much or too little close to bedtime – an over full or empty stomach – may prevent sleep onset, or cause discomfort throughout the night.
- Try and get your teen into a good bed routine – suggest that doing the same things in the same order before going to sleep can help.
- Avoid using electronic devices (TVs, gaming machines and more importantly, tablets and smartphones) in the hour before bedtime. Blue light emitting from these gadgets stimulates the brain and may inhibit melatonin production – the hormone you need to sleep.

- Eliminate electronic devices from the bedroom. If this isn't possible, try to zone areas of the room for work, leisure and sleep.
- Ensure a good sleep environment – a room that is dark, cool, quiet, safe and comfortable.
- Make sure your teenager has a comfortable bed. It may be time to get a new one – and encourage him or her to choose it themselves.

Remember, habits learned in adolescence often become lifetime habits – so make sure good sleep habits are learned early.

Click [here](#) for the Teen Sleep Hub advice sheet for parents and carers.

KENDRICK SCHOOL WELLBEING NEWSLETTER

For all our **Wellbeing Newsletters** please click [here](#).

THOUGHT OF THE WEEK

“Whatever you're meant to do, do it now. The conditions are always impossible.” - Doris Lessing

POEM OF THE WEEK

Yupik Wisdom

by Paul Berg

A Yupik Elder asked me once of an illness he had found
Affecting all the Gussuck folk that he had been around.
“Why do they chase the dollar so? What is this strange disease?
Whatever are they striving for? What does it take to please?”
I answered that I did not know the causes nor the cure.
But Affluenza is the name and it's an ill for sure.
He looked at me with wisdom's eye and shared his culture's lore.
“Money's like fish, when you run out, go out and catch some more.”
He paused and added with a smile, “Too much can lead to strife,
Money's like fish, you have too much—it spoils, stinks up your life.”



SPECIAL EDUCATIONAL NEEDS AND DISABILITIES (SEND)

SPRING SEND LOCAL OFFER NEWSLETTER

The spring edition of the new look [SEND Local Offer newsletter](#) is here and is packed with information, including blogs, news items, updates and more.

TRANSITION TO ADULTHOOD ‘PERSPECTIVES’ – 22ND MARCH 2024

The programme includes showing short films coproduced by young people and presentations delivered by experts by lived experience and professionals on the following themes:

1. [Education](#)
2. [Health](#)
3. [Life as a young person](#)
4. [Relationships](#)
5. [The future & work](#)
6. [Complex Transitions](#)

Confirmed speakers so far:

Key Note Speaker Conor Eldred –Earl – Expert by Lived Experience, Roxanna Glennon, Nick Hindley, Paul Harden, Daley Cross, Maurice George

During the lunch break there will be market stalls and other opportunities to network. To find out more please go to <https://www.bucksoxonberksw.icb.nhs.uk/your-health/transition-to-adulthood/> QR code below



To register your attendance please use the link [here](#).

Please register by Friday 15 March as spaces are limited.

SEND SHORT BREAKS EASTER HOLIDAY SESSIONS - READING PLAY Reading Play welcomes you to The Ranger Station as your [SEND](#) half term provider, we will be holding two sessions on the 9th and 11th April 2024. Each short break day will consist of 2 sessions, unique activity themes for each session like seasonal arts and crafts where young people can take home their work and crafts. Young people will all have access to mini golf, climbing tree, low ropes, archery and more. Each session is 2.5 hours with 8 spaces per session.

Further information and how to book a place can be found here [Reading Directory | SEND Short Breaks Easter Holiday Sessions](#)

SEND SHORT BREAKS -CHANCE TO DANCE STARS CIC - DANCE AND MULTI ACTIVITY

PROGRAM Short breaks are available for Reading children aged 5 years to 18 years old. We cater for children 5 years to 25 years at all our activities. (discounted short breaks not available for 19-25yrs). Chance to Dance Stars CIC will provide group activities for children & young people with disabilities to have new experiences with sport and dance, to have fun and to build upon social and physical needs. *Note* Cost - £20 per day for anyone outside of Reading.

Reading Residents - Session are partial funded by Brighter Futures for Children. You receive a 50% discount only paying £10 per day. Don't forget to enter your discount code: EQN344. Proof of residence will be required in booking. If your child requires 1:1 you must contact Vicky before booking on sendanceclub@hotmail.com or 07736343570

Time 10am till 2pm (sometimes we have to run 9am till 1pm) - Location – Reading. Activities can vary week by week. We will always ask for your feedback.

Sports, dance, drama, singing, arts and crafts, table top games, zumba kids, generation pound, yoga, gymnastics, sensory and messy play.

Further information can be found here [Reading Directory | SEND Short Breaks -Chance to Dance Stars CIC - Dance and Multi Activity Program](#)

SEND EASTER HOLIDAYS 2024 - SHORT BREAKS - HOLIDAY CLUBS - MAKE SENSE THEATRE

Make/Sense Theatre will be running our ever popular Easter holiday clubs once again this April!

Our different sessions cater for young people aged 4-25+ and are designed in a way to ensure that we are fully inclusive, giving all young people with SEN the opportunity to attend. We will be running our Primary Sensory, Secondary Sensory and MLD groups over the first week of the Easter holidays (Tuesday 2nd April - Friday 5th April). [Reading Directory | SEND Easter Holidays 2024 - Short Breaks - Holiday Clubs](#)

SEND EASTER HOLIDAYS 2024 - SHORT BREAKS – READING FC will be offering short breaks – awaiting information from Reading FC. Please check the SEND Local Offer later this week - [Reading Directory | SEND Short Breaks \(all ability activities & overnight breaks\)](#)

SCHOOL CALENDAR FOR TERM 4, 2023-24

Tuesday 19th March	Year 11 KPS Drop-in with Ms Kattirtzi
Wednesday 20th March	Profiling Day – please see the emails that have been sent to you
Thursday 21st March	Air Ambulance Concert, 6.30pm
Friday 22nd March	Year 9 KPS Disco
Monday 25th March	Neuro-Diversity Awareness Week
Tuesday 26th March	Lower Chamber Concert, 6.30pm
Thursday 28th March	End of Term 4, 3.15pm

The school calendar for the academic year can be found [here](#). For the Term Dates for 2023-24 and 2024-25 please click [here](#)

NEWS, NOTICES, COMPETITIONS AND EVENTS

THE GRAND CLOTHES SWAP

We are excited to tell you, on behalf of the Eco Committee, that from the 18th March, the Eco Committee is hosting **The Grand Clothes Swap**, an opportunity for all students and staff to donate and buy! From the week commencing 11th March, you can donate clothing and accessories by the library, and write your name on the sheet to ensure you have donated - this will count later as if you donate once, you can buy one piece of clothing/accessory for **FREE!**



The Grand Clothes Swap is in:

- **The Hall** on Monday and Tuesday
- **The Gym** on Wednesday, Thursday and Friday.

But before donating, please ensure:

- Clothes and accessories are **NOT** ripped or dirty, and must be washed and clean.

And if you miss out on that chance, there is a **Clearance Sale** from the week commencing Monday 25th March, until Friday!

We look forward to seeing you there - don't forget to bring change!

VACANCIES

We currently have vacancies for a **Head of Geography** and a **Business and Economics Teacher**. Please click on this [link](#) for more information and please forward to friends and family who may be interested.

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.

PARENTPAY REMINDERS

We would like to bring to your attention the following ParentPay items, please login to your ParentPay accounts for details.

School Fund Donation

Whitley Community Food Cupboard – cash donations
Year 10 GCSE Drama- set text: The Crucible by Arthur Miller
Year 9 and Year 10 French Play – March 2024
Year 9 and Year 10 German Play – March 2024
Year 9 Duke of Edinburgh Bronze Award 2024
Year 10 Duke of Edinburgh Silver Award 2024
Year 10, Year 11, Year 12 and Year 13 English set texts
Year 7, 8 and 9 Food and Technology voluntary contributions
Year 10 and Year 11 Art and Textiles voluntary contributions
Year 10, 11, 12 and 13 English set texts
Comic Relief 2024
Air Ambulance Concert – 21st March 2024
Creative Writing Anthologies – Plain or signed copies
The Poets; Society Anthology – launch on 29th April 2024

Trips

Year 12 local Geography field trip – 12th January 2024
Year 11 Rural Villages Geography trip- 22nd January 2024
Year 8 Careers Event – 30th January 2024
GCSE and A level Art trip to Oxford – 5th February 2024
Year 12 and Year 13 Classics trip – 9th February 2024
Year 10 Hitler on trial exam workshop – 29th February 2024
Year 12 Geography Field trip – 13th March 2024
Year 8 Bushcraft- May 2024
Year 10 French and German trips - June 2024

KENDRICK PARENTS' SOCIETY (KPS)

For the latest KPS newsletter please click [here](#).

KPS SPRING RAFFLE

We have seen an increased support in the last few days for the **KPS Spring Raffle** event and a big thank you for the same. As of this morning, **£3105 raised** with the participation of **176** people.

We are at **39%** of the target **£8,000** which will be to fund **students' enhanced PE facilities**. We appeal for generous support from you all and link to the tickets is here: <https://www.trybooking.com/uk/DELI>

Entries will be accepted **until March 23**. The lucky winners will be drawn on the following day and the link to attend the virtual draw will be shared nearer the time.

Please contact by emailing kpsraffle@kendrick.reading.sch.uk if you are able to donate a prize or arrange matched funding.

DROP-IN SESSIONS WITH MS. KATTIRTZI, HEADTEACHER

Year Group: Year 11

Date: Tuesday 19th March

Time: 5:30 pm to 6:30 pm

Google meeting link: To join the video meeting, click this link: <https://meet.google.com/xrq-emiw-xpy> Otherwise, to join by phone, dial: (US) +1 262-468-7156 PIN: 542 781 271#

The protocols for the sessions will be explained before the meeting starts. Please take advantage of this opportunity.

The last drop-in session would be for the **6th Form**. It will take place on **Tuesday, April 16th**.

KPS DISCO UPDATE

Year 9 Disco preparations are underway. The ticket link will be released this weekend so be ready to book your tickets.

Any queries, contact Shree at

KPSTreasurer@kendrick.reading.sch.uk

JOIN KPS

Since KPS operates as a registered charity, we invite you to become a part of our community by joining us. Connecting with your child's school through KPS is a simple process.

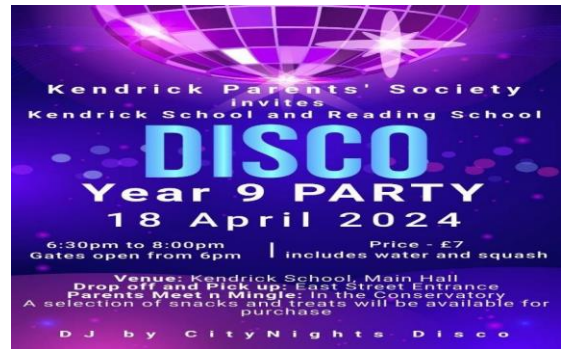
Please take a moment to complete our [online membership form](#) making your involvement seamless and effortless. Your participation is highly valued, and we look forward to welcoming you to the KPS family.

KPS FACEBOOK CLOSED GROUP

KPS runs a closed Facebook group where we provide details of upcoming events and other important information.

To join this group, search for the "**Kendrick Parents' Society**" group

(<https://www.facebook.com/groups/1514675551882470/>) and ask to join – **once we have confirmed that you are a member of the KPS, we will approve your request.**



KPS Team