

# Kendrick School - Weekly Update

## Friday 1<sup>st</sup> March 2024

### LETTER FROM MS KATTIRTZI, HEADTEACHER

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It was lovely to meet and welcome Year 9 parents to school this week to speak to them about the next stage in their child's education. At Kendrick students embark on their GCSE courses in Year 10, except in science where the GCSE courses begin in Year 9. This is because we believe it is important to maintain the study of as many subjects as possible before students begin to 'drop' subjects they do not want to study further. Students study 11 GCSEs, six are compulsory (Mathematics, English Language, and Literature and all three sciences), another two must come from two specific groups, Humanities and Modern Foreign Languages, which leaves three options for their free choice. The challenge for many students is that there are so many courses available to them, narrowing their final choice to three can be difficult. Supported and guided by their teachers, family and friends, students usually make the right choices and generally look forward to a step change in their studies for the next key stage.

As well as speaking to parents about the education of their children and the exciting next steps they all have to look forward to, I always take the opportunity to mention issues I have on my mind. In the last few weeks there has been some discussions about mobile phone use in schools prompted by a guidance document the Department for Education published a couple of weeks' ago [Mobile Phones in Schools DfE Guidance Feb 2024](#). Most schools and professional associations responded by saying that there are more important issues to think about in school. I agree, however, the document and the discussions about the use of mobile phones and general internet access should never be far from our thoughts. Currently we are reviewing our Relationships and Behaviour Policy in which management of phones in school is addressed. As a reminder, at Kendrick phones may be brought into school, but cannot be used and must remain out of sight in students' lockers. Sometimes some departments may ask students to use their phones in lessons, but this is pre-planned. In the sixth form there is greater discretion for phone use. In the main, I think our mobile phone policy and practice is understood and adhered to. However, it does not stop us having to deal with issues that have arisen out of misuse of the internet, messaging within groups and the spreading of confidential information within and across year groups and even across schools. So, in my talk to Year 9 parents on Wednesday, I inevitably raised this topic. To all parents I would ask you to be alert and engaged in your child's phone use and screen time. Respecting their need for confidentiality and privacy, as well as their age and development, do try to embark on conversations about healthy phone use. There is a lot of information about [online safety](#) which we often share with you, but the importance of active conversations between [parents and their children](#) is necessary. I spoke about a lot more to parents, including how active and vibrant our school is and what a great place it is to learn and the super teachers and staff we have, but the importance of managing our students' activities and relationships, which can often affect their mental health must be something we should all maintain a watchful eye over.

The KPS Spring Raffle has been launched this week and again to the patient and understanding Year 9 parents and to all parents, I ask that you buy some raffle tickets and help us raise the £8k we need to improve the PE facilities on the front lawn. It would be great if the new and enthusiastic KPS Committee was overwhelmed with the response this year! We have a meeting and a Year 10 'drop-in' next week where I am sure we will be discussing the raffle and other plans for the year. The link to the raffle tickets is here and there is much more information below.

<https://www.trybooking.com/uk/DELI>

On the website this week, we have added more photos of House Drama, please have a look at these. [Kendrick School - House Drama 2024](#). Other planned events for this month are being prepared and will be reported to you in due course.

Please read the rest of the update for more very useful information,

Wishing everyone a good weekend,

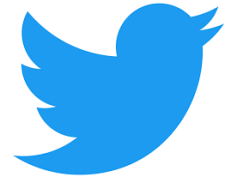
**Ms Christine Kattirtzi**  
**Headteacher**

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## KENDRICK SCHOOL'S SOCIAL MEDIA PLATFORMS

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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.



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## SAFEGUARDING

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### 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 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](mailto:studentwelfare@kendrick.reading.sch.uk).**

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## TALKING TO YOUR CHILD ABOUT ONLINE SEXUAL HARRASMENT

SOURCE: Children's Commissioner

Below is a letter from the Dame Rachel de Souza DBE about talking to your child about online sexual harassment and a link to a [Parents' Guide](#).

Since March 2020, thousands of young women have been sharing their experiences of sexual harassment through the 'Everyone's Invited' project. This is an online platform where girls - who are still mostly in school - have described growing up in a world where harassment, including sexualised comments, slut-shaming and the sharing of nude pictures, is part of their everyday lives. This harmful behaviour happens online and offline. I've seen this

first-hand during my time as a headteacher and I know how stressful and damaging it can be for children, especially girls.

Of course, boys can experience sexualised bullying too, and when they do it's often in the form of homophobic abuse, or through pressure to be more 'masculine'.

When I became Children's Commissioner for England I undertook the largest ever survey of children – The Big Ask – to understand children's lives. The findings of this survey gave me a lot of hope for this next generation, not least because of their incredible resilience. But children, especially girls, talked about their experiences of sexualised bullying and peer-on-peer abuse and were calling firmly for more support. Most children want that support to come from their parents or carers.

Talking to our children about this issue can be hard. Parents tell me they sometimes feel uncomfortable, not just because of the sexualised nature of the topic, but also because their children know more about technology than they do. For mums, dads and carers who grew up without smart phones, this whole world can feel bewildering.

But children want to talk to their parents and carers about this. We know this because they've told us. And that's what is at the heart of this guidance.

We brought together a group of 16–21 year-olds and asked them to tell us what they think parents should know, and what they should say to their children when talking about sexualised bullying and the pressures of growing up online. We asked them to think back to when they were a bit younger and tell us what their parents and carers did and said that was helpful...and what wasn't.

This guidance is based on the voices of young people giving adults their tips on how to tackle this subject.

I also convened a steering group of the leading organisations working in this area and listened to their expertise. We'll signpost to their excellent work for those who want more information, but this guide serves as a starter kit – an entry point for parents and carers who want to talk to their children but need a bit of support to understand the issues and to start a conversation.

The overriding message you'll see from our focus group is **talk early, talk often**. You might be surprised how early our young people felt parents need to start the conversation. But children want an age-appropriate conversation that evolves over time in line with their growing maturity.

My advice to parents and carers is to **create the culture before the crisis**. Children have told us they want their mums and dads to create a safe, judgment-free space for them to talk about these issues. It's better to do that before you hit a problem rather than trying to create that mood while you're dealing with one.

It takes a lot of bravery for a child to share their experiences of abuse or harassment. Parents and carers are telling me they want to match that bravery in getting to grips with these issues. Things that might feel uncomfortable to begin with, will feel less so over time. Parents and carers need to grasp the nettle as they support their children navigating this complex part of growing up. Our children have told us it's what they want. This guide will help you get there.

[PARENTS GUIDE: TALKING TO YOUR CHILD ABOUT ONLINE SEXUAL HARRASMENT](#)

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## SUMMARY OF SAFEGUARDING INFORMATION

[Term 1 2023-24](#)

[Term 2 2023-24](#)

[Term 3 2023-24](#)



## STAYING SAFE ONLINE

### TOP TIPS FOR SUPPORTING A CHILD WHO IS EXPERIENCING BULLYING

Bullying has long been a pervasive issue in schools – and, being realistic, it's regrettably a problem which is always likely to exist to a certain extent. There are still plenty of steps we can take as trusted adults, however, to lend support, comfort and reassurance to children who are going through this deeply upsetting experience.

Such a highly emotive topic can be a difficult one to talk about with children – but honest, open communication nevertheless remains vital to young victims' wellbeing. It's important to be aware, then, of effective ways to broach and explore the subject. This #WakeUpWednesday guide has expert advice on effective ways to support children who are being bullied.

[Top Tips for Supporting a Child who is Experiencing Bullying](#)



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## MENTAL HEALTH AND WELLBEING

### BUILDING RESILIENCE

[SOURCE: FAMILY LIVES](#)

Helping our children build resilience and confidence is one of the most important gifts we can give them. We all understand how life can bring you many challenges throughout and how important it is on how we manage this. Resilience is being able to manage stress, challenges, trauma or adversity that life brings and bounce back from it. When children and teens are resilient, they are going to be more confident, curious and adaptable to the world around them.

[Download this infographic on building resilience and emotional health in children](#)

### TOP TIPS

- Help them build positive relationships with their friends and other adults
- Help them learn to be independent in their actions and thoughts
- Encourage them to understand, express and manage their emotions
- Help them build their confidence by taking on challenges and allow them to learn from it even if they do not manage to complete the challenges

For more information and tips on building resilience in your child or young person please click [here](#).

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### KENDRICK SCHOOL WELLBEING NEWSLETTER

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

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### THOUGHT OF THE WEEK

"The only thing necessary for the triumph of evil is for good men to do nothing." - *Edmund Burke*

### POEM OF THE WEEK

## Ella: Of Infinite Possibilities

by Jacqueline Seewald

Wide-eyed in wonder,  
Ella beholds the world.  
"How old are you? "  
her grandfather asks.  
She holds up five fingers.  
Ella traces her grandfather's mosaic of wrinkles,  
touching his face with those same five fingers.  
Seeing tears form in her dark, dark eyes,  
he asks: "Why so sad? "  
"Because you are shrinking."  
"But I am not sad, " Grandfather replies.  
"Why not? "  
"Because you are growing."



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## SPECIAL EDUCATIONAL NEEDS AND DISABILITIES (SEND)

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### TRANSITION TO ADULTHOOD 'PERSPECTIVES'

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.**



[Reading Directory | You're invited to Transition To Adulthood: 'Perspectives' March 22, 2024](#)

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### RFF's Annual SEND conference: children's social care



**Tuesday 5th March 9:30-14:30: The Pavilion, 143-145  
Oxford Rd, Reading, RG1 7UY**

For parents and carers of children with additional needs and  
service providers.

Guest speakers to be announced.

An opportunity to find out more about children's social care and  
ask questions!

To book, please email [kira@readingfamiliesforum.co.uk](mailto:kira@readingfamiliesforum.co.uk)

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## SCHOOL CALENDAR FOR TERM 4, 2023-24

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<b>Monday 4<sup>th</sup> March</b>	Fair Trade Week
<b>Tuesday 5<sup>th</sup> March</b>	Year 9 Parent Consultation
	Year 10 KPS Drop-in with Ms Kattirtzi
<b>Thursday 7<sup>th</sup> March</b>	Trustee Learning & Teaching Committee, 4.30pm
<b>Friday 8<sup>th</sup> March</b>	International Women's Day
<b>Monday 11<sup>th</sup> March</b>	Comic Relief Week
<b>Wednesday 13<sup>th</sup> March</b>	Year 12 Geography Coasts Trip
<b>Thursday 14<sup>th</sup> March</b>	Year 10 Parent Consultation
	Trustee Resources Committee, 4.30pm
	Year 12 Maths Show at the Hexagon
<b>Friday 15<sup>th</sup> March</b>	World Sleep Day
<b>Tuesday 19<sup>th</sup> March</b>	Year 11 KPS Drop-in with Ms Kattirtzi
<b>Wednesday 20<sup>th</sup> March</b>	Profiling Day
<b>Thursday 21<sup>st</sup> March</b>	Air Ambulance Concert, 6.30pm
<b>Friday 22<sup>nd</sup> March</b>	Year 9 KPS Disco
<b>Monday 25<sup>th</sup> March</b>	Neuro-Diversity Awareness Week
<b>Tuesday 26<sup>th</sup> March</b>	Lower Chamber Concert, 6.30pm
<b>Thursday 28<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 2023-24 and 2024-25 please click [here](#)

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## NEWS, NOTICES, COMPETITIONS AND EVENTS

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### CANTEEN – MEXICAN DAY! TUESDAY 5TH MARCH

\*chicken fajita with Mexican spicy rice

\*quorn fajita with Mexican spicy rice



\*loaded nachos with beef mince £2.50

\*chicken burrito with Mexican spicy rice £2.50

All week in the Canteen! Pie week in the café!

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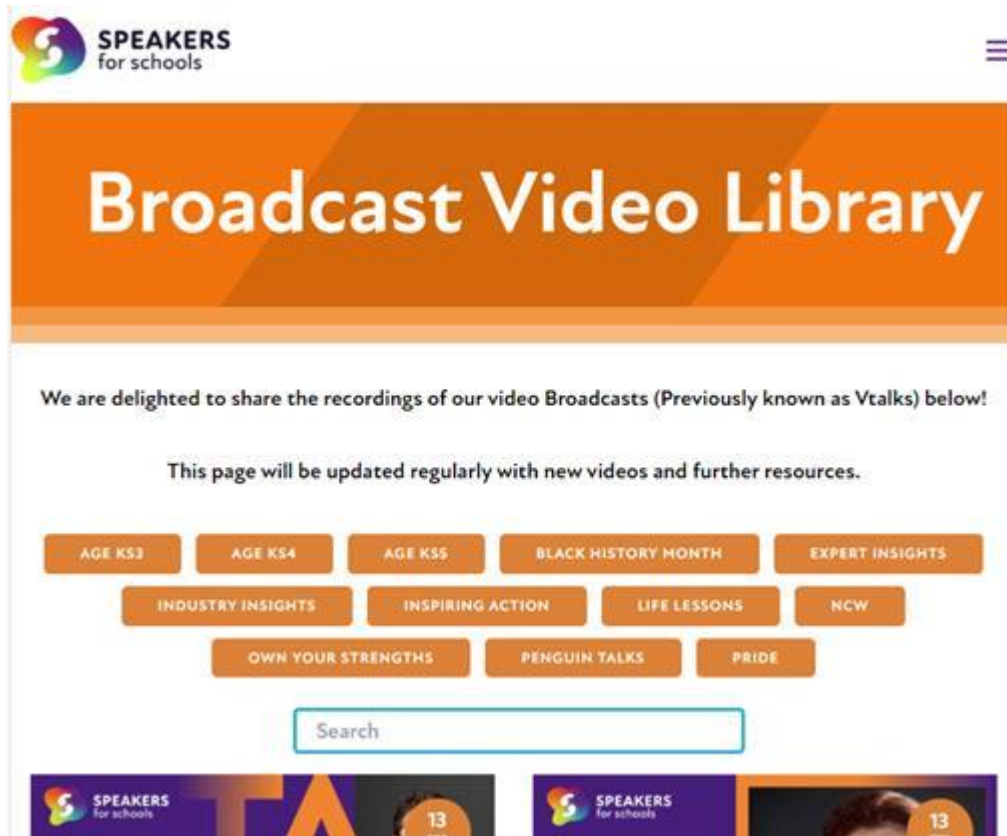
## WORK RELATED LEARNING

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The screenshot shows the 'Upcoming Broadcasts' page. At the top left is the 'SPEAKERS for schools' logo. The main heading is 'Upcoming Broadcasts' in large white text on an orange background. Below this, a paragraph of text reads: 'Speakers for Schools is excited to present its weekly broadcast schedule! This schedule will be updated regularly and talks will be targeted to different age groups are accessible via signing up using the registration from links below. registration closes at 12pm the day before the broadcast date - links are then sent out by email that afternoon.'

[Upcoming Broadcasts: Engaging School Events & Talks \(speakersforschools.org\)](https://speakersforschools.org)



The screenshot shows the 'Broadcast Video Library' page. At the top left is the 'SPEAKERS for schools' logo. The main heading is 'Broadcast Video Library' in large white text on an orange background. Below this, a paragraph of text reads: 'We are delighted to share the recordings of our video Broadcasts (Previously known as Vtalks) below! This page will be updated regularly with new videos and further resources.'

Below the text is a grid of orange buttons with the following labels: AGE KS3, AGE KS4, AGE KS5, BLACK HISTORY MONTH, EXPERT INSIGHTS, INDUSTRY INSIGHTS, INSPIRING ACTION, LIFE LESSONS, NCW, OWN YOUR STRENGTHS, PENGUIN TALKS, PRIDE.

Below the buttons is a search bar with the text 'Search' inside.

At the bottom of the page, there are two small video thumbnails. The first one has the 'SPEAKERS for schools' logo and the text 'TA' and '13'. The second one has the 'SPEAKERS for schools' logo and the text '13'.

[Inspirational Talks Library: Speakers & Video Broadcasts \(speakersforschools.org\)](https://speakersforschools.org)

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## VACANCIES

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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.*

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## PARENTPAY REMINDERS

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*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

### Trips

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

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## KENDRICK PARENTS' SOCIETY (KPS)

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

### KPS SPRING RAFFLE

Now the much-awaited **Year 2024 KPS Spring Raffle** event is **live**. It was launched on **February 26, 2024** and 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.

This year target is to raise **£8,000** to fund **enhanced PE facilities** which will support the Athletics curriculum that is taught in the summer term.

You can buy your tickets and/or donate using the following link: <https://www.trybooking.com/uk/DELI>

Please contact by emailing [kpsraffle@kendrick.reading.sch.uk](mailto:kpsraffle@kendrick.reading.sch.uk) if you are able to donate a prize or arrange matched funding.

We appreciate your generous support for this biggest annual fundraising event.



## DROP-IN SESSIONS WITH MS. KATTIRTZI, HEADTEACHER

### Next Drop-In Session

**Year Group:** Year 10

**Date:** Tuesday 5<sup>th</sup> March

**Time:** 5:30 pm to 6:30 pm

**Google meeting link:** To join the video meeting, click this link:

<https://meet.google.com/obq-yrcc-biy> Otherwise, to join by phone, dial: (US) +1 515-808-2066 PIN: 789 277 605#

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

The dates for remaining year groups are as follows:

**Year 11:** Tuesday 19th March

**6th Form:** Tuesday 16th April

## KPS MEETING

**Next meeting** is planned for **Wednesday, 6th March** between **6:00 pm and 7:15 pm** and you are all invited.

**Google meeting link:** To join the video meeting, click this link: [meet.google.com/rvz-duif-dgo](https://meet.google.com/rvz-duif-dgo). Otherwise, to join by phone, dial (US) +1 307-461-9130 PIN: 912 843 749#

*(In case of issues copy-paste the above link in Internet browser and join WITHOUT signing in to Google meet)*

We look forward to seeing you all.

## KPS DISCO UPDATE

**Year 9 Disco** event for students of both Reading and Kendrick Schools is scheduled for **Friday, 22nd March**. The poster and ticket link will be shared by end of this week. Keep an eye out for further communications.

Any queries, contact Shree at [KPSTreasurer@kendrick.reading.sch.uk](mailto:KPSTreasurer@kendrick.reading.sch.uk).

## PRE-LOVED UNIFORM SHOP

The pre-loved uniform shop was open last weekend. We saw a steady stream of customers and sold items worth £114 in total. Thanks to those who utilised the opportunity and contributed to the fund raising. In addition, KPS would like to take this opportunity to **thank the donors** for their support.

## 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 daughter'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**