

# Kendrick School - Weekly Update

## Friday 1<sup>st</sup> April 2022

### LETTER FROM MS KATTIRTZI, HEADTEACHER

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Earlier in the week we had the first of our live concerts since December 2019. The Spring Concert lived up to expectation and tradition and featured many of our familiar musicians, as well as a number of students who joined the school since then and are now part of the music community at Kendrick. It was wonderful to see soloists, bands and ensembles play together performing a variety of pieces, from classical to modern. Thank you and well done to all the students and thanks to Mrs Cooper and Mrs Rohweder, as well as the other peripatetic music teachers who performed and supported the event. A link to the event and photos is [here](#).

Other articles on our website this week highlighting events that have taken place in school are:

- [Alex, a Year 13 student who is an is part of the England U18 Women Rugby Squad](#).
- [Jess, a Year 8 student and her win in the Lego League](#)
- [German Play 'Horoskop'](#): a play watched by Years 9 and 10 which boosted students' confidence in their language understanding.
- [UCAS Discovery Exhibition](#): a trip undertaken by Year 12 students to introduce them to the world of university choices and applications which they will be embarking on later in the year. LINK
- [Student Run Second Hand Uniform Shop](#): an initiative run by students which raised £51 last week. It will be open again on Monday 4th April LINK
- [Inspiring Women](#): our Inspiring Women board has been updated and this month features Nazanin Zaghari Ratcliffe, who was released from prison on 16th March after being detained for five years
- [Year 10 Maths Feast](#): two teams of four Year 10 students took part in the Year 10 Maths Faest – a fun educational challenge for students which tests problem-solving and teamwork skills.

The last of the **KPS parent drop-ins** took place last night with Sixth Form parents. Around 25 parents joined the call and as always it was a pleasure to speak to parents in this informal and convenient setting. Areas of interest for Sixth Form parents were understandably the UCAS process which Year 12 students are about to embark on (see link to trip above) and Year 13 students are nearing the end of, confirming university choices. For those families for whom this process is happening for the first time, and in a post pandemic situation, there are some difficulties accessing relevant work experience, which is worrying, but unfortunately a feature of the times. Parents and students must be reassured that Kendrick's UCAS process is extremely well organised and managed and students are supported on a one-to-one basis throughout the application process. There was also some discussion on remote parent consultation meetings with a question about whether we would go back to doing these live. The general impression I get from parents is that the system works well except when there are technical hitches. In those situations, please follow up with your child's teachers, but in the main people were very happy with the remote meetings. From the school point of view, they work very well, and enable teachers to give every parent and student their full allocation of time in a quiet and confidential setting.

KPS also encouraged us all to use [Amazon Smile](#) in our online purchases which is such an easy way to raise money for the school.

The government's [White Paper on Education](#) that I mentioned last week was published on Monday and its main themes included:

- An excellent teacher for every child
- Delivering High Standards of curriculum, behaviour and attendance
- Targeted support for every child who needs it
- A stronger and fairer school system.

At Kendrick, we will examine the details of these recommendations and how they apply to our school. Further discussion will take place at governor meetings and in school.

As you may have heard, from today, Friday April 1<sup>st</sup>, there are changes to Covid testing and isolation and new advice is in place. Please see this [link](#) and further information in the full Weekly Update.

Finally, tomorrow evening is the start Ramadan, an important month in the Islamic calendar, when Muslims everywhere begin a month of fasting, prayer and reflection on their spiritual life and journey. A number of our students will be fasting during the next four weeks, which means they will not be eating or drinking in the hours of daylight. The month ends on the evening of Sunday 1<sup>st</sup> May.

**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: APRIL IS STRESS AWARENESS MONTH


Source: [Stress Management Society](#)

The theme this year for Stress Awareness Month is Community. We are all individuals, and we each have a unique set of skills, knowledge and experiences. However, we are not meant to exist


### Student Welfare Team at Kendrick School




Mrs Hackett




Mrs Shaw



Ms Edwards  
(Sixth-form welfare)



Mrs Duncan



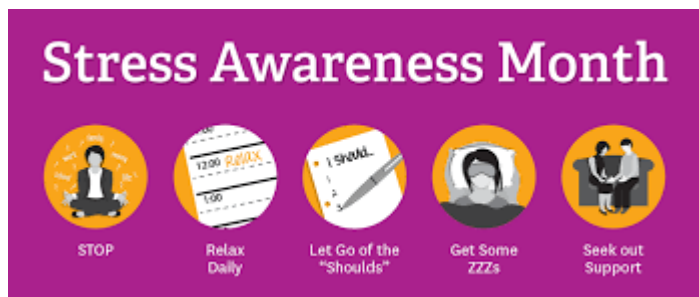
Mrs McManus

**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.

in isolation or feel alone. Instead, we need to share our talents with others in a way that will bring value to our communities. This is very much a reciprocal relationship as we will benefit from opportunities to grow and develop by learning from others too. It's a bit like a car. The engine doesn't work without a battery, oil and fuel, any more than the battery, oil and fuel can make the car move without the engine. Each is an essential component of the whole. And it's the same for us, we are all part of something much larger, and we need the support of our communities if we are to live a happy and fulfilled life.



### The 30 Day Challenge






The Stress Management Society is encouraging you to pick one action each for your Physical, Mental and Emotional Wellbeing to carry out every day.

It takes 30 days to turn actions into habits, which is why this is a month-long programme. The 30-day challenge will maximise your chances of turning useful knowledge and techniques into positive behavioural change.

Click [here](#) to gain the access to their free resources specifically created for the month of April. You can download the 30 Day Challenge, a Daily De-Stressing Planner, a Stress Guide, 7 Steps Achievement Plan, useful infographics on stress and much more!

## WELLBEING: ACTION FOR HAPPINESS: APRIL CALENDAR

Active April 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today	3 Listen to your body and be grateful for what it can do
4 Eat healthy and natural food today and drink lots of water	5 Turn a regular activity into a playful game today	6 Do a body-scan meditation and really notice how your body feels	7 Get natural light early in the day. Dim the lights in the evening	8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise	10 Have a day free from TV or screens and get moving instead	
11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside	13 Make sleep a priority and go to bed in good time	14 Relax your body & mind with yoga, tai chi or meditation	15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things	17 Be active outside. Dig up weeds or plant some seeds	
18 Try a new online exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often	20 Focus on 'eating a rainbow' of multi-coloured vegetables today	21 Regularly pause to stretch and breathe during the day	22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour	24 Get active in nature. Feed the birds or go wildlife-spotting	
25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes	27 Find a fun exercise to do while waiting for the kettle to boil	28 Meet a friend outside for a walk and a chat	29 Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle or stretch today		

ACTION FOR HAPPINESS

Happier · Kinder · Together



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

- 8th April- Colouring in
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### SAFEGUARDING – NEGLECT

**Neglect** is the ongoing failure to meet a child's basic needs and the most common form of child abuse. A child might be left hungry or dirty, or without proper clothing, shelter, supervision or health care. This can put children and young people in danger. And it can also have long term effects on their physical and mental wellbeing.

Every child deserves to be loved, cared for and protected. But 1 in 10 children have experienced neglect<sup>1</sup>. That's why we've got advice on the types and signs of neglect and what you can do if you're worried about a child.

#### Types of neglect

Neglect can be a lot of different things, which can make it hard to spot. But broadly speaking, there are 4 types of neglect.

- **Physical neglect**  
A child's basic needs, such as food, clothing or shelter, are not met or they aren't properly supervised or kept safe.
- **Educational neglect**  
A parent doesn't ensure their child is given an education.
- **Emotional neglect**  
A child doesn't get the nurture and stimulation they need. This could be through ignoring, humiliating, intimidating or isolating them.
- **Medical neglect**  
A child isn't given proper health care. This includes dental care and refusing or ignoring medical recommendations

Please click on the information below for more information:

[Signs of neglect](#)

[If a child reveals abuse](#)

[Effects of neglect](#)

[Who is at risk?](#)

[Support for parents, children and young people](#)

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## CALENDAR

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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

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# NEWS, NOTICES AND EVENTS

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## LIVING WITH COVID

[Living with Covid: the end of routine testing in schools, colleges and childcare settings - The Education Hub \(blog.gov.uk\)](https://www.blog.gov.uk)

The updated guidance from the DfE is as follows:

- adults with the symptoms of a respiratory infection, and who have a high temperature or feel unwell, should try to stay at home and avoid contact with other people until they feel well enough to resume normal activities and they no longer have a high temperature
- children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people. They can go back to school, college or childcare when they no longer have a high temperature, and they are well enough to attend
- adults with a positive COVID-19 test result should try to stay at home and avoid contact with other people for 5 days, which is when they are most infectious. For children and young people aged 18 and under, the advice will be 3 days

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## 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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## READING UNIVERSITY OPEN DAY – AIR QUALITY IN SCHOOLS

The University of Reading is holding an open day about air quality in schools for parents, students and teachers this Saturday (April 2). Visitors will be able to find out more about air pollution, monitoring methods and the university's work with schools in Reading and London. The open day is taking place in the Russell Building, Whiteknights Campus, 11am-1.30pm.

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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](https://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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## BBC PROGRAMME ON CHILD TRACKING APPS

The BBC is making a short film about child tracking apps and is looking for families who use or intend to use them to be involved. The key question the film is addressing is if tracking apps are a good way to keep children safe or an invasion of privacy. Any parent interested in taking part can email the programme researcher at:

[silva.chege@bbc.co.uk](mailto:silva.chege@bbc.co.uk).

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## PARENTPAY REMINDERS

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*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. The final instalment of £99 is due on Friday 15<sup>th</sup> April.
  - 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

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## KENDRICK PARENTS' SOCIETY (KPS)

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### 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**.

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## 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.