

# Kendrick School - Weekly Update

Friday 8<sup>th</sup> March 2024

## LETTER FROM MS KATTIRTZI, HEADTEACHER

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Yesterday was World Book Day and today is International Women's Day (IWD), both occasions celebrated at Kendrick. I often mention how much reading and writing, creative writing and poetry occurs at Kendrick with numerous opportunities for writing in the form of competitions, submitting articles to magazines or anthologies etc., so World Book Day sits very comfortably at Kendrick. The librarians, as always, have created a fantastic display which complements the displays I told you about recently regarding selected books for each age group. A new initiative I discussed on Wednesday evening at the Kendrick Parents' Society (KPS) committee meeting was to set up a Wishlist, in conjunction with the library, for parents to buy books for the library so that popular books can be read by many students at the same time. The committee was very keen to support this, as it is an extension of the successful Wishlist initiative they launched at Christmas which raised almost £4k. Please look out for the launch of this simple and easy way to contribute to Kendrick and support the reading and writing of our students, essential skills across subjects.

Contributing to Kendrick is something we all do every day, in fact our motto, *lead, inspire and make a difference* is about contributing/making a difference to ourselves, each other and our school, and I thank our staff, students and parents who do support Kendrick in all that we do every single day. Therefore, it was a little disappointing when we discussed the stats about the Kendrick Parents' Society (KPS) Spring raffle at the KPS committee meeting on Wednesday evening. Just over 80 people have bought tickets so far, many of them staff members, out of a possible 903 parents and families. Past raffles tell us that ticket sales will pick up in the final two weeks, but to save me and KPS the worry that our raffle this year will not amount to much, please may I ask that you buy some raffle tickets today/this weekend. The deadline to buy tickets is Saturday March 23<sup>rd</sup> and the draw is on Sunday March 24<sup>th</sup>. As we said, we would like to raise £8k to create some additional PE facilities on the front lawn. This will enable us to have more athletics provision on site which will save the cost of coaches to take students to Palmer Park on a weekly basis. Please make that contribution and difference to our school. I am also asking students to remind parents/relatives/friends to buy tickets. Please use the link here. <https://www.trybooking.com/uk/DELI>

On the website I would like to draw your attention to the publication of the third issue of [Asteria](#), the journal that some of our sixth formers have put together with students from Reading School. A most worthwhile read. Also, another publication has been produced by the Creative Writing Society, a collection of short stories written by students from across the school. I will come back to the booklet in another update after I have read the stories!

I want to finish on something that always inspires and motivates me and that is the promotion of women, which is what [IWD](#) is all about. The theme this year is **Inspire Inclusion** and at Kendrick we have chosen to focus on women in our lives who we know who have influenced us. Some amazing stories and photos have been shared by students and staff about their relatives - mothers, sisters, aunts, grandmothers- women that have had a positive and inspiring impact on their lives. A display, which we will share with you in due course, is being put up to show these amazing women and what an influence they have had and still have. I know that my own mother was my chief advocate in all I have done in my life, from supporting me with my family and children growing up, albeit from a distance, as well as in my career; her support and guidance helped me be the person I am today. So, let's celebrate these women today and of course again on Mothering Sunday. I have asked that conversations about key women in our lives take place in registration this morning, as well as presentations that students have prepared for IWD. To add to my joy on this subject, 8PS presented an assembly on Tuesday on The Suffragettes, the movement which aimed to achieve votes

for women in the early twentieth century. These women were pioneers and helped establish voting rights for all women paving the way for many of the rights and freedoms women have today.

Wishing everyone a very good weekend and hoping people will reflect on the women in their lives and try to appreciate them just a little bit more.

**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 **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 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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## UNDERSTANDING CHAT ROOMS

SOURCE: [FAMILY LIVES](#)

### What are teen chat rooms?

Outside of social media chat functions like Facebook messenger, Instagram, Snapchat and WhatsApp there are a number of teen chat rooms that are easily accessible through a simple



Google search. In these 'rooms' your teen can pick an alias for themselves or create an avatar (an icon or image representing that person) and begin communicating with strangers in a matter of minutes.

It can be exciting and informative to communicate with different people online. You may learn about other cultures and about people from different walks of life, but it is important for your teen to remember that they are speaking with strangers.

While it is not unusual for teens to make many online friends whom they don't know in real life (IRL), e.g. online gaming groups known as 'clans', shared interest groups through blogging sites such as Tumblr or Reddit, or even online study groups through learning platforms such as Coursera or Edx, the most important thing is that your teen stays safe whilst online.

## **Webcams**

Whilst in chat rooms your teen may be asked to turn their webcam on. This is not advised even if your teen knows the person in real life. There have been numerous incidents of teens having their image captured and used maliciously. Webcams can also be hacked into and turned on without your teen's knowledge so it is important that they turn their webcams off properly, perhaps even by covering the lens when the webcam is not in use.

Unfortunately, the anonymity the internet offers can lead people to forget social boundaries. Your teen may be harassed by other users to 'flash' parts of their body at the camera or do something inappropriate. Talk to your teen about standing up to peer pressure and to never do anything they feel uncomfortable with. It is important that they remember they can just turn their computer off and walk away at any point they like.

## **Personal information**

Inform your teen of the importance of maintaining their privacy whilst in chat rooms. This means not giving out their phone number, email address or home address. Even telling someone the name of their town, their school or where they sometimes hang out may be enough to identify them. Ask them not to give out their other social media profiles out either to ensure privacy. Your teen should also consider that the person they are communicating with may not be who they say they are. For instance, a seventeen year old may think they're speaking with someone their own age, but they could easily be speaking to someone twice their age.

## **Meetups**

No matter how much your teen feels they know about someone, it is never advised that they meet up with anyone they talk to in a chat room in real life. Even if the meetup is planned in a public place and with a group of people, this can still be risky. Explain the dangers of not knowing who that person is and how vulnerable they would be if they were to meet up with them.

If your teen feels uncomfortable whilst chatting or if a person is pressuring them to turn their webcam on or give personal information, they can do a number of things.

- They can block the person, or leave that specific chat room.
- They can logout, choose another alias, and log back in.
- They can report the person to the moderators, also known as 'mods'. Moderators are people who manage chat rooms who can ban users if they break the rules.

Encourage your teen to always talk to you if they are concerned about anything they have seen or been asked to do online. Let them know that you can help them and they won't be in trouble as it is important for them to confide in you if anything troubles them online.

## **Further resources**

If your teen have seen something in a chat room that has made them feel unsafe, you can report this to an organisation called Report Harmful Content online and they can help to get things taken down. It may help to chat to other parents on these forums to find out how they are dealing with this issue within their family life. You can also

talk to FamilyLives online via their [live chat service](#), email them at [askus@familylives.org.uk](mailto:askus@familylives.org.uk) or call them on their helpline on 0808 800 2222 to speak to trained family support worker.

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## SUMMARY OF SAFEGUARDING INFORMATION

[Term 1 2023-24](#)

[Term 2 2023-24](#)

[Term 3 2023-24](#)



**National  
Online  
Safety**

## STAYING SAFE ONLINE

WHAT PARENTS AND CARERS NEED TO KNOW  
ABOUT TEKKEN 8

Since they were first played in arcades on oversized machines, fighting games have found their way not only into our homes via consoles and PCs, but also – in the case of franchises like Street Fighter and Mortal Kombat – into the pop culture elite, with merchandise and movie adaptations. The most recent entrant to the arena is Tekken 8, which recently launched to critical acclaim.

With a cast of colourful combatants, Tekken offers an adrenalin hit of fast-paced fisticuffs and slick presentation. As with any fighting game, however, Tekken's competitive nature and focus on violence may not be ideal for the younger element of its user-base. Our #WakeUpWednesday guide has some top tips for allowing fans of virtual martial arts to enjoy the action more safely.

[WHAT PARENTS AND CARERS NEED TO KNOW ABOUT TEKKEN 8](#)



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## MENTAL HEALTH AND WELLBEING

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### INTERNATIONAL WOMENS' DAY – OUR HEALTH IS OUR WEALTH

[SOURCE: IWD](#)

**Our health is our wealth and it's never too late to focus on our wellbeing**

**Rebel Wilson** took part in the exclusive *100 Women* interview with the BBC to reflect on what it means to be the "funny, fat girl", why she went on a "year of health" during the pandemic and decided to speak openly about her fertility struggles.

It's a great conversation with Rebel Wilson, watched by almost 2 million people which you can watch [here](#).

#### **Importance of women's health and wellbeing**

Many leaders have reinforced the importance of women's health and wellbeing.

Here are six important and inspiring quotes from women leaders to remind us about the importance of our health and wellbeing.

**"Communities and countries and ultimately the world are only as strong as the health of their women."**

Michelle Obama

**"It is health that is real wealth and not pieces of gold and silver."**

Mahatma Gandhi

**"A woman's health is her capital."**

Harriet Beecher Stowe

**“Women’s health needs to be front and centre – it often isn’t, but it needs to be.”**

Cynthia Nixon

**“I’m interested in women’s health because I’m a woman. I’d be a darn fool not to be on my own side.”**

Maya Angelou

**"Happiness is the highest form of health."**

Dalai Lama

### **Making good health your mantra**

Are you looking after your health enough? Can you be doing more to ensure longevity of life? Just remember, today is the first day of the rest of your life.

You can read more Women’s Health articles [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**

**“You cannot change what you are, only what you do.” - Philip Pullman**

### **POEM OF THE WEEK**

#### **you are in the habit**

*by Rupi Kaur*

you are in the habit  
of co-depending  
on people to  
make up for what  
you think you lack  
who tricked you  
into believing  
another person  
was meant to complete you  
when the most they can do is complement



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## **SPECIAL EDUCATIONAL NEEDS AND DISABILITIES (SEND)**

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### **TRANSITION TO ADULTHOOD ‘PERSPECTIVES’ – 22<sup>ND</sup> 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.**



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

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**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](#)

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## **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](mailto: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](#)

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## **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 \(all ability activities & overnight breaks\)](#)

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## SCHOOL CALENDAR FOR TERM 4, 2023-24

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<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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### COMIC RELIEF 2024

Comic Relief is the week beginning March 11th and we would love for as many people to show up and help us raise money!

Wristbands can be purchased for £2.50 for entry all events, and can be bought through Parentpay or card readers at the events, or individual entry fees can be paid at the door.

Here is the list of events happening and prices:

**Monday 11th March** - Kendrick vs Reading Boys Volleyball match (Afterschool in the Sports Hall, 3.45pm to 4.30pm)  
The Reading boys will be in skorts! 50p entry

**Tuesday 12th March** - Teacher Taskmaster (Main Hall at lunch at 12.30pm) Watch the teachers compete against each other to win it all! 50p entry

**Wednesday 13th March** - Teachers vs KSL Dodgeball match (Sports hall at lunch at 12.30pm) £1 entry

**Friday 15<sup>th</sup> March** - C&R dress up day, Fashion show and Music video screening (lunchtime in the Sports hall at 12.30pm). Come in dressed up as something beginning with C or R! Each class will pick a winner for the best costume



for the fashion show at lunch, where we will also have a screening of the whole school music video. £2 to dress up, free entry to Sports Hall.

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## 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!

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## SPOTLIGHT UK – DISCOUNTED FAMILY DAY PASSES TO BEALE PARK AND LIVING RAINFOREST

In order to make it more affordable for families to create positive memories, Spotlight UK are offering discounted family day passes to the Living Rainforest, Thatcham, and Beale Park, Pangbourne between April and November. £3 per person on first come, first served basis. This is an exclusive offer for Spotlight UK. Bookings must be made by emailing [activities@spotlightuk.org](mailto:activities@spotlightuk.org). This offer is open to all families.

[www.spotlightuk.org](http://www.spotlightuk.org). Reg Charity 1129258

*This initiative is not affiliated with Kendrick School.*

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## 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.*

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## 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

## 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

We are into the 2<sup>nd</sup> week of the **KPS Spring Raffle** event and good to see your support. So far **84** people have bought tickets with **£1545** raised.

As you know, the target is **£8,000** for funding **enhanced PE facilities**.

Students would benefit greatly from this since they would not have to travel to Palmer Park for the 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](mailto:kpsraffle@kendrick.reading.sch.uk) if you are able to donate a prize or arrange matched funding.

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

This week on Tuesday 5<sup>th</sup> March we had a Year 10 drop-in session and it was very well attended. Thanks to the parents and Ms. Kattirtzi for spending valuable time and engaging in interesting discussions.

#### Next Drop-In Session

**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 MEETING

This week the KPS Committee meeting took place on **Wednesday, 6th March** between **6:00 pm and 7:15 pm**. Thank you to all the parents and Carers who were able to join the meeting.

Next meeting is scheduled for **Wednesday 8th of May**.

## KPS DISCO UPDATE

We have a new date for **Year 9 Disco**, which had to be rescheduled to accommodate a request from parents. The new date is **Thursday, 18<sup>th</sup> April**. The disco will be **for students of both Reading and Kendrick Schools**. The poster and ticket link will be shared shortly for you to book.

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