Kendrick School - Weekly Update Thursday 28th March 2024

LETTER FROM MS KATTIRTZI, HEADTEACHER

New on the website this week are the following articles:

<u>Chemistry Olympiad</u> <u>Chess Report</u> <u>Year 11 Poetry Live event</u> <u>Biology Olympiad</u> <u>Neuro Diversity Week Activities</u> Outreach Kindness Workshop

The Lower School Chamber Concert this week was a delight. Students in Years 7-9 played pieces of their choice which were wonderful to listen to. We were impressed by the potential and talent of junior musicians at Kendrick which continues to astound us. I know we will see many of these musicians again at concerts and events in the coming years. Thank you to Mrs Cooper and Mrs Rohweder who organised the concert and of course the students themselves.

I would like to thank all parents and staff who bought raffle tickets for the Kendrick Parents' Society Raffle over the last four weeks. In a last-minute surge at the end of last week, the grand total rose to £7350 which is amazing! Thank you so much to everyone who bought tickets and of course thank you to KPS for their efforts and time organising the event. The PE facilities on the front lawn are almost complete and students across the school will be able to do High Jump, Long Jump and Shot next term as part of their Athletics programme in school.

Finally, we have come to the end of Term 4 and as we do at Kendrick, we started the day with an assembly when the whole school gathered in the Sports Hall. We heard reports from the Kendrick Student Leadership Team summing up what they have done over the last year as student leaders of the school. They reflected on the year and spoke of the privilege and honour it is to hold such a position in the school and how they have enjoyed the experience. We also received house reports from the House Captains, who outlined the huge number of events there have been this year as well as the numerous competitions students have been able to take part in. Mr Simmonds summed up and acknowledged the enormous contribution that our House System makes to the community of the school enabling students from across the years to connect with each other. He then announced the winner of the House Cup, which this year is Palmer House, well done to Palmer! We reflected on the season and the significance this time of year is to so many people. To complement everything that was said in the assembly, we listened to a quintet of harpists, Olivia, Holly, Catherine, Alice and Anne, play some beautiful music, both during and at the end of the assembly. I asked students to reflect on this term, what had gone well, what could they do to make things better in the future. I also asked them to acknowledge and thank the people around them that make our school such a pleasant place to be. In turn, I want to thank our whole school community: thank you to our wonderful students, our dedicated staff, our supportive parents and committed Trustees, I appreciate everyone's support and encouragement in all we do at Kendrick.

Wishing everyone a peaceful and restful holiday,

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 <u>studentwelfare@kendrick.reading.sch.uk</u> 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.

<u>CAMHS Resources</u> - 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 <u>studentwelfare@kendrick.reading.sch.uk</u>.

AVENUES OF SUPPORT OVER THE EASTER HOLIDAYS



In an emergency call 999, or non-emergency call 101



National STAYING SAFE ONLINE

While scrolling online, you'll almost inevitably have come across posts or links with headlines like "You Won't Believe

These 10 Crazy Facts about ...". Such lurid language – and the often-dubious nature of the content it promotes - has become something of a running joke on the internet. Yet while these articles are often laughed at by communities online, they can have an insidious side. Clickbait, as it's known, can frequently function as part of a trap: intended to draw users in for the sake of advertising revenue or, in worse cases, masking an attempting to collect their personal information. This #WakeUpWednesday guide explores the various risks of clickbait and offers some top tips for evading the pitfalls of this controversial marketing technique.

WHAT PARENTS AND CARERS NEED TO KNOW ABOUT CLICKBAIT

https://www.kendrick.reading.sch.uk/page/?title=Top+tips+for+Setting+Boundaries+around+Gaming&pid=421&acti on=saved

MENTAL HEALTH AND WELLBEING

AVENUES OF SUPPORT OVER THE EASTER HOLIDAYS

Please find below the Avenues of Support for the Easter holidays. Remember, no-one should ever feel alone and help is available by connecting with others.

Shout – here for you 24/7 with resources and tips to support you when you are feeling anxious, low, stressed or overwhelmed.

The Mix – understanding Mental Health can be trick but The Mix is there to make sure you don't have to do it alone. The Mix Counselling service offers short-term help with mental health and emotional wellbeing for anyone aged 25 and under.

Young Minds – can help you find the right support for you. From looking after your mental health to understanding medication, they are lots of useful links to all kins of advice and guidance.

Mind – Mind understand mental health and wellbeing. They are there for you if you are finding things hard. They help everyone understand mental health problems, so no-one has to feel alone.

The **Tellmi app** - allows you to talk anonymously about difficult things with other people of a similar age or experience. Tellmi is anonymous so you can talk about virtually anything, and because every post and reply is checked by a human before it goes live, it is completely safe and you are guaranteed to only get supportive replies. When you register, remember to add your school portal. This will tell you about other things in school to support you. "I actually didn't realise how much better this app can make someone feel. I love being able to ask my own questions and just the experience of trying to help even one other person helps me to feel happier too".

Tellmi is completely confidential. Download. Offload. Feel Better.

Tellmi can be downloaded for free from Google Play and Apple App Store.

SELF-CARE - REVISION SOURCE: ANNA FREUD

If you're stressed with exams, revision can be a form of self-care, because it can make you feel more in control of your exam stress or anxiety, and make you feel better prepared to get the grade that you are hoping for.

It's important that revision is balanced with other activities, so that your mind doesn't become too over-worked. A good way of achieving this balance is by making a revision timetable, and allocating yourself time



for treats or breaks regularly. You could also start a study group with some friends, so that you have people to talk to or keep your spirits up if you feel worn out. That is also a great way to pool your resources and help each other out, for example, your friend may be able to help you with a subject you struggle with, or vice versa.

<u>The Student Room</u> is the UK's largest online community for students with lots of free advice and guidance, including revision guides, advice on making flashcards or mindmaps and a range of top-tips from students themselves including the videos links below about how to cope with exams and revising.

How to cope with exam stress (from the Student Room)

Dr Sheila Redfern gives advice on managing stress at important moments

KENDRICK SCHOOL WELLBEING NEWSLETTER

For all our Wellbeing Newsletters please click here.

THOUGHT OF THE WEEK

"I am no longer accepting the things I cannot change. I am changing the things I cannot accept." - Angela Davis

POEM OF THE WEEK

Happiness by Raymond Carver

So early it's still almost dark out. I'm near the window with coffee. and the usual early morning stuff that passes for thought. When I see the boy and his friend walking up the road to deliver the newspaper. They wear caps and sweaters, and one boy has a bag over his shoulder. They are so happy they aren't saying anything, these boys. I think if they could, they would take each other's arm. It's early in the morning, and they are doing this thing together. They come on, slowly. The sky is taking on light,



though the moon still hangs pale over the water.
Such beauty that for a minute
death and ambition, even love,
doesn't enter into this.
Happiness. It comes on
unexpectedly. And goes beyond, really,
any early morning talk about it.

SPECIAL EDUCATIONAL NEEDS AND DISABILITIES (SEND)

SPRING SEND LOCAL OFFER NEWSLETTER

The spring edition of the new look <u>SEND Local Offer newsletter</u> is here and is packed with information, including blogs, news items, updates and more.

SEND SHORT BREAKS EASTER HOLIDAY SESSIONS - READING PLAY Reading Play welcomes you to The Ranger Station as your <u>SEND</u> 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 <u>Reading Directory | SEND Short Breaks Easter</u> <u>Holiday Sessions</u>

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 <u>sendanceclub@hotmail.com</u> 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 <u>Reading Directory | SEND Short Breaks -Chance to Dance Stars CIC - Dance</u> and <u>Multi Activity Program</u>

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). <u>Reading Directory | SEND Easter Holidays 2024 - Short Breaks - Holiday Clubs</u>

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 - <u>Reading Directory | SEND</u> <u>Short Breaks (all ability activities & overnight breaks)</u>

SCHOOL CALENDAR FOR TERM 5, 2023-24

Monday 15 th April	Start of Term 5, 8.25am
	Start of AS Mock Exams
Tuesday 16 th April	KPS Drop-In with Ms Kattirtzi – Sixth Form
Wednesday 17 th April	Year 7 Parents' Consultation
Friday 19 th April	KPS Disco – Year 9
Tuesday 23 rd April	Open Day sessions
Wednesday 24 th April	Open Day sessions
Thursday 25 th April	Junior Maths Challenge (Year 7 and Year 8)
Friday 26 th April	Trustee Day
Tuesday 30 th April	Spring Concert, 6.30pm
Thursday 2 nd May	Year 13 Celebration Day
	Trustee L&T Committee, 4.30pm
Friday 3 rd May	Year 11 Celebration Day
Monday 6 th May	Bank Holiday
	Start of Deaf Awareness Week
Thursday 9 th May	Trustee Resources Committee, 4.30pm
	Start of Public Exams
Monday 13 th May	Mental Health Awareness Week
Friday 17 th May	Wellbeing Games
	Year 10 Exams start
Monday 20 th May	Year 7 Bushcraft (to Thursday 23 rd May)
Thursday 23 rd May	Trustee P&R Committee, 4.30pm
Friday 24 th May	End of Term 5, 3.15pm
The school calendar for the a	cademic year can be found <u>here.</u> For the Term Dates for 2023-24 and 2024-
25 please click <u>here</u>	

NEWS, NOTICES, COMPETITIONS AND EVENTS

BIKEABILITY COURSES

Bikeability courses are available during the Easter holidays throughout Reading, Wokingham and Bracknell Forest. These holiday courses are for parents to book via Avanti's website and are subsidised by the council. Full details can be found on <u>Avanti's website</u>. If you have any queries, please contact <u>info@avanticycling.co.uk</u>.

PARENT CARER AND COMMUNITY ACCEPTABLE BEHAVIOUR EXPECTATIONS MESSAGE FROM BRIAN GRADY, DIRECTOR OF EDUCATION, BFfC

I am writing to you to confirm the expectations regarding parent carer and community acceptable behaviour, and arrangements to support schools regarding these expected behaviours in our town.

Reading Borough Council, Reading Primary Heads Association, Reading Secondary and College Leaders and Brighter Futures for Children are unwavering in our support for all school staff and leadership teams working tirelessly in our educational institutions.

We understand that working in the field of education comes with its own set of challenges, particularly when it involves interactions with parents and communities. It is with great concern that we address the issue of an increasing number of incidents of unacceptable behaviour towards educational institutions and educators from some individuals in our Reading community. As advocates for a safe and conducive learning environment, we want to make it unequivocally clear that we do not condone nor accept any form of unacceptable behaviour from parents or members of the community towards school staff.

Every member of our school teams deserves to work in an environment free from hostility, intimidation, or disrespect. We recognise the importance of fostering positive relationships between schools, parents, and the community. However, it is imperative that these relationships are built upon mutual respect, understanding, and cooperation.

To this end, we stand firmly in support of our staff and leadership teams in all schools in Reading. We are committed to fostering a culture of respect, collaboration, and open communication within our schools and communities.

Reading Borough Council has agreed expectations of community and parent carer behaviour which we collectively see as the basis for respectful, open communication. A copy of these expectations can be found <u>HERE</u>.

By working together, we can create a positive and nurturing environment where every child has the opportunity to thrive academically, socially, and emotionally. Our dedication to the greater good of all children in Reading unites us in purpose and strengthens our resolve to overcome challenges.

Our collective commitment is to foster a harmonious and respectful environment for the benefit of all children in Reading. We stand united in our resolve to ensure that unacceptable behaviour, in any form, will not be tolerated within our schools or communities.

Yours sincerely,

Brian Grady Director of Education Brighter Futures for Children

HOUSEHOLD SUPPORT FUND FINAL VOUCHERS

Reading households in receipt of pupil premium free school meals, and care leavers, who recently received a cost-ofliving voucher from the Council worth £115 as part of this year's Household Support Fund scheme, must cash this at a Post Office before 15 April. After this date the voucher will expire and will not be useable.

VACANCIES

We currently have vacancies for a **Head of Geography**, a **Business and Economics Teacher** and a **Chemistry Teacher to cover a maternity leave.** Please click on this <u>link</u> 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, 11, 12 and 13 English set texts 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

The KPS Spring Raffle is concluded now with a virtual draw on **Sunday 24**th **March.** Congratulations to all the winners, the majority of the prizes have been distributed via the students. We also **congratulate 7MH** - the form that raised the most money - who can look forward to an own clothes day and pizza lunch on the 19th of April.

On behalf of **KPS**, we would like to thank parents, carers, staff, KPS members and donors for the support extended.

We raised an **incredible £7350** from the Spring Raffle. Once the match funding and gift aid amounts have been added, **our goal of £8000** will be reached. This will be used to enhance the outdoor PE athletics facilities at the school, which is a worthy cause. We will keep you informed on how the work is progressing.

Please contact KPS by emailing **kpsraffle@kendrick.reading.sch.uk** for any queries or additional information.

Spring Raffle 2024 Winners List

Prize	Description	TryBooking Ticket	Ticket Name
1	Photography voucher for Venture Studios, Voucher value £245	369360-4886243	Preeti Singh
2	Photography voucher for Venture Studios, Voucher value £245	369360-4895380	Amanda Emberson-Powney
3	Voucher for a game of golf for four people at The Club at Mapledurham	369360-4850410	Puneet Tyagi
4	Set of five desk-tidy pots by Ella O Ceramics	369360-4839345	Gareth Sylvester-Bradley
5	Photoshoot experience at The Artful Dog Studio	369360-4830084	Nikhil Kasliwal
6	45 minute personal training session with Kirsty Fit 4 Life	369360-4857046	Harji Sachania
7	Adventure golf for up to five persons at Wokingham Family Golf	369360-4898631	Carmen Marcos-Garcia
8	Voucher for one month of free Martial arts training with Matt Fiddes	369360-4833336	N Uchendu
9	Voucher for one month of free dance training with Matt Fiddes	369360-4853610	Divakar Mehta
10	Voucher for 30 min back massage at The Pamper Beautique	369360-4742024	Chen Yan
11	Reflexology treatment at Caversham Reflexology	369360-4770076	Nicola Spillane
12	Ifly indoor skydiving	369360-4876612	Faith Ramsay
13	Set of prints of Kendrick School	369360-4849106	Piers Leigh-Pollitt
14	Voucher for a group lesson at Hall Place Equestrian Centre	369360-4891822	Winner has been notified
15	Pamper hamper	369360-4796974	Santosh Gurung
16	Pamper hamper	369360-4770081	Nicola Spillane
17	Hair hamper	369360-4786106	Satish Kopparty
18	Hair hamper	369360-4897101	Winner has been notified
19	One-month membership of group session in Hatha yoga	369360-4900499	Lamiya Lokat
20	Private 1on1 session of 1 hr of Hatha yoga at Satyam Yoga studio	369360-4900437	Lucy Ring
21	Family Intro Climbing at Parthian Climbing Reading	369360-4896230	Mihai Ionescu
22	1on1 Yoga session with Yogami	369360-4811284	Deepa Chandra Shekaran
23	1on1 Yoga session with Yogami	369360-4857950	Lina Zhao
24	Entrance tickets to Cotswold Wildlife Park & Gardens	369360-4820849	Melani Schroeter
25	A-Puzzle-A-Day donated by TimeTrap	369360-4813287	Andrew Green
26	Professor Pooch's Adventure donated by TimeTrap	369360-4899239	Pauline Phillips
27	Free MOT voucher at Lower Earley MOT	369360-4900656	Pamela Haynes
28	Electric Toothbrush donated by Bean Oak Dental Care	369360-4817812	Andrew Billing
29	Bag with gifts from The Homebirds	369360-4798917	Winner has been notified
30	£25 voucher Kindly donated by M&S Reading	369360-4896233	Mihai lonescu
31	£20 voucher for Fourbears Books	369360-4884850	Winner has been notified
32	£30 meal voucher for King Wok	369360-4840191	Pawan Pathak
33	£50 John Lewis voucher donated by Nicholas Estate Agents in Caversham	369360-4813285	Andrew Green
34	Books donated by Waterstones Reading	369360-4884618	Longzhen Li
35 41	£15 voucher for the Entertainer Toyshop Decorative wall pieces	369360-4898869 369360-4849626	Deepak Behll Honesty Sumner
42	Six cupcakes with choice of topping	369360-4898923	Ramesha Vaderahalli
43	Six cupcakes with choice of topping	369360-4897445	Neha Krishnaraj
44	Six cupcakes with choice of topping	369360-4774722	Maureen Chuah
45	Six cupcakes with choice of topping	369360-4768633	Teresa Haynes
46	Six cupcakes with choice of topping	369360-4820847	Melani Schroeter
47	Sound Therapy session	369360-4881778	Winner has been notified
48	Sound Therapy session	369360-4886243	Preeti Singh
49	Framed digital composite photo	369360-4799964	Laura Povoledo
50	Two complimentary skate tickets to the Ozone ice rink	369360-4869049	Meenal Joshi
51	30 minute mindful meditation session	369360-4872715	Alison Evans
52	30 minute mindful meditation session	369360-4776251	Joanna Lavelle
53	£15 voucher for Vel Restaurant	369360-4821672	Kabina Gurung
54	£15 voucher for Vel Restaurant	369360-4880488	Andrew Meakin
55	£15 voucher for Vel Restaurant	369360-4893666	Subha Ram
56	£15 voucher for Vel Restaurant	369360-4768624	Winner has been notified
57	£15 voucher for Vel Restaurant	369360-4840443	Sarojini Narenthiran
58	Admission ticket to Windsor Castle for up to two adults and three children		Cathy McDonnell
59	Pack of greeting cards	369360-4777340	Binu Srivastava
60	Pack of greeting cards	369360-4786113	Satish Kopparty

DROP-IN SESSIONS WITH MS. KATTIRTZI, HEADTEACHER

Upcoming and final drop-in session for this year is with 6th form, and joining details are as follow:

Year Group: 6th Form Date: Tuesday 16th April Time: 5:30 pm to 6:30 pm Google Meet joining info: Video call link: <u>https://meet.google.com/xzv-hior-fuj</u> or dial: (US) +1 260-488-0822 PIN: 244 493 194#

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

We appreciate **parents**, **carers** and **students** taking this opportunity **in large numbers** to interact with the Head Teacher.

KPS DISCO UPDATE

It's finally happening! Year 9 disco poster and ticket links have been published. Tickets can be booked here - https://www.trybooking.com/uk/events/landing/56577

We have seen **enthusiastic early bookings** so please book to avoid any disappointments. It will be a fabulous night.

Volunteers: We are also looking for Volunteers to assist in managing the event. You can reach out to <u>KPSTreasurer@kendrick.reading.sch.uk</u> or <u>KPSChair@kendrick.reading.sch.uk</u>

to express your interest and get more details.

The event was rescheduled due to various reasons, so our sincere apologies for any inconvenience caused.



PRE-LOVED UNIFORM SHOP

The pre-loved uniform store opens from 9 am to 11 am on the first Saturday of every half term, conveniently located in the Conservatory next to the school library.

Parking is usually available in the Cedars car park along London Road, just past the dentist near the traffic light.

Our next shop opening is on Saturday, 20th April 2024, from 9 am to 11 am in the Conservatory.

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

KPS Team