

Kendrick School - Weekly Update

Friday 22nd March 2024

LETTER FROM MS KATTIRTZI, HEADTEACHER

A love of music was at the heart of last night's Air Ambulance Charity Concert, a collaborative student event between Kendrick and Reading School led and organised by Ananya, a Year 12 student at Kendrick and fellow musicians at Reading School, Avaneesh and Joshua. The music repertoire was as usual varied and fun, from serious classical ensembles to more popular and well-known pieces, all of which showed the combined talents of the students across the two schools. This concert has been taking place for over a decade and year on year the senior musicians of the two schools organise the event managing the challenges of rehearsals that can only take place out of school time and in one of the schools. We were reminded that the idea for this concert came about when a Reading School student, Toby, was knocked off his bike in July 2011. Toby was then airlifted to the John Radcliffe Hospital in Oxford by the Air Ambulance Service who saved his life. The following term, Toby's sister Alicia, a Kendrick student came to see me with a proposal to do a concert to raise money for the Air Ambulance so that she could say thank you to the charity for saving her brother's life. From then on there has been an Air Ambulance concert at Kendrick or Reading School every year, raising thousands of pounds for the charity. Once again well done to all the musicians across the two schools for this outstanding commitment and effort.

To add to the above we are able to highlight a couple more musical activities on the website this week: Vedha's [Guitar Masterclass](#) and another [charity music event](#) run by Ananya and other sixth formers at the Royal Berkshire Hospital last week. Next week on Tuesday 26th March at 6.30pm in the school hall, we have our own Lower School Chamber Concert, a collection of individual, as well as, ensemble items by students in Year 7-9. Please come and support the students, some of whom may be performing for the first time.

Subject focused, today we are co-leading and hosting a History Revision Conference with Bulmershe School and Little Heath School for Year 13 students on their A Level Russian History topic. Mr Curran, Head of History, with his colleagues from the two schools have organised this most useful and well-timed conference for the students, which I am sure will help them in their upcoming exams. Next week we have another subject specific event taking place in school for physics students in Years 10-13. As part of the very close relationship, we have with the Institute of Physics, where Mrs Conlon is a Fellow of the Institute of Physics, a guest speaker, Dr Elizabeth Cunningham, a prominent nuclear physicist, will be speaking to our students about her work and what it is like being a woman in what is still a male dominated field. In addition, on the website there is the report of the [Falcon 2 Challenge project](#) that several of our physics students were involved in earlier in the year.

Elsewhere at Kendrick activities continue and I have been particularly pleased with the focus we have given this week to [Neurodiversity Week](#), a national campaign to raise awareness and understand and include people who are neuro diverse. An excellent presentation was put together by staff and students and emailed to all students on Wednesday. Trying to understand people's neuro-diverse characteristics helps everyone feel more understood and accepted in society and values everyone's contribution to the whole community. As well as the presentation, an excellent display of books, resources and photos of neuro diverse celebrities is being highlighted for interest and information in the library. A [super activity](#) at second break yesterday in The Base included many students coming together to make badges supporting Neurodiversity Week.

This is the last time I will be asking parents who have not yet bought raffle tickets to buy some before the deadline tomorrow, Saturday 23rd at midnight. We have slightly increased sales to £5470 as of this morning with 299 people (including staff) partaking in the raffle. Thank you to everyone who has bought tickets. The groundwork for the additional PE facilities has started so that the front lawn and will be ready for students to begin an Athletics programme next term.

Please read further in the Weekly Update for some very useful information on supporting students as they prepare for their exams, as well as other updates and information

Wishing everyone a very good weekend.

KENDRICK SCHOOL'S SOCIAL MEDIA PLATFORMS

Kendrick School has several social media platforms and sites. Please follow us to get the latest news and information about the school. The links are in the logos below.



SAFEGUARDING

WORRIED ABOUT A CHILD?

If you have a concern about a child at Kendrick School, please email studentwelfare@kendrick.reading.sch.uk or telephone 0118 9015859 and ask to speak to a Designated Safeguarding Officer.

If you're worried about any child or young person and you are contacting us out of hours (before 8am and after 4pm and at weekends and holidays), you can contact the NSPCC helpline for support and advice for free - call us on **0800 800 5000** or **contact NSPCC online**. Children can contact **Childline** any time to get support themselves. **In an emergency please call 999 or for a non-emergency call 101.**

We have created a library of resources for parents, carers and students including support avenues which you can find on our website via this [link](#). We will be adding to these on a regular basis.

[CAMHS Resources](#) - This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being.

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

ADVICE IF YOU ARE WORRIED IF YOUR TEEN IS AT RISK OF EXTREMISM OR RADICALISATION

SOURCE: [FAMILY LIVES](#)

With concerns about home-grown terrorism or becoming drawn to an extreme group, it is not surprising that a growing number of families may be worried that their children or relatives might be drawn into extremism.

Key Points:

- If you come across online material promoting terrorism, extremism or radicalisation, you can anonymously report this to the Home Office
- There are many options to explore if you are concerned about a loved one, including from having an informal conversation to intervention from the authorities
- Open up dialogue with your teen without being judgmental but trying to find out what is behind the worrying behaviour. Young people often want to explore issues and if they can do this with you then this is positive

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

- [What are the warning signs?](#)
- [What is extremism?](#)
- [What is radicalisation?](#)
- [What is terrorism?](#)
- [What if my child joins an extremist group?](#)
- [What should I do if I am worried?](#)
- [As a parent - what are some of the practical things I can do?](#)

KNIFE CRIME AWARENESS WORKSHOPS

The Ben Kinsella Trust is hosting two workshops for parents/carers on knife crime awareness later this month. The free online sessions will focus on topics such as the influence of social media, the signs and stages of exploitation and how we can prevent young people being affected by knife crime as parents, carers and as a community. The two sessions are:

- Monday 25 March, 10 – 11.30am
- Wednesday 27 March, 7 – 8.30pm

More information on the workshops as well as how to book can be found on the [Ben Kinsella Trust website](#).

SUMMARY OF SAFEGUARDING INFORMATION

[Term 1 2023-24](#)

[Term 2 2023-24](#)

[Term 3 2023-24](#)



“Inappropriate” means different things to different people.

What’s acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various way – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they’re exposed to age-inappropriate content. In the guide, you’ll find tips on a number of potential risks such as social media, gaming and adverts.

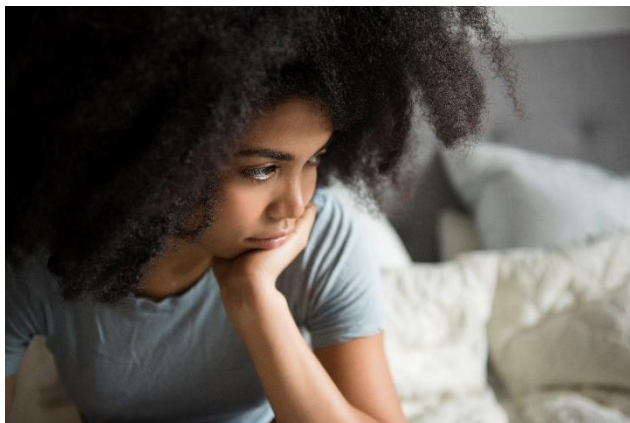
[WHAT PARENTS AND CARERS NEED TO KNOW ABOUT AGE-INAPPROPRIATE CONTENT](#)

MENTAL HEALTH AND WELLBEING

HELP YOUR CHILD BEAT EXAM STRESS

SOURCE: NHS

Tests and exams can be a challenging part of school life for children and young people and their parents or carers. But there are ways to ease the stress.



Watch for signs of stress

Children and young people who are stressed may:

- worry a lot
- feel tense
- have headaches and stomach pains
- not sleep well
- be irritable
- lose interest in food or eat more than normal
- not enjoy activities they previously enjoyed
- be negative and have a low mood
- feel hopeless about the future

Having someone to talk to about their work can help. Support from a parent, tutor or study buddy can help young people share their worries and keep things in perspective. Encourage your child to talk to a member of school staff who they feel is supportive. If you think your child is not coping, it may also be helpful for you to talk to their teachers. Try to involve your child as much as possible.

Make sure your child eats well

A balanced diet is vital for your child's health, and can help them feel well during exam periods. Some parents find high-fat, high-sugar and high-caffeine foods and drinks, such as energy drinks, cola, sweets, chocolate, burgers and chips, make their children hyperactive, irritable and moody. Where possible, involve your child in shopping for food and encourage them to choose some healthy snacks.

Read more about [eating a balanced diet](#).

Help your child get enough sleep

Good sleep improves thinking and concentration. Most teenagers need 8 to 10 hours' sleep a night. Allow half an hour or so for your child to wind down between studying, watching TV or using a computer and going to bed, to help them get a good night's sleep. Cramming all night before an exam is usually a bad idea. Sleep will benefit your child far more than a few hours of panicky last-minute study.

Be flexible during exams

Be flexible around exam time. When your child is revising all day, do not worry about household jobs left undone or untidy bedrooms. Staying calm yourself can help. Remember, exams do not last forever.

[The Family Lives website has more information about coping with exam stress](#)

[Health for Teens also has information and advice about how to prepare for exams and deal with exam stress](#)

Help them study

Make sure your child has somewhere comfortable to study. Ask them how you can support them with their revision. Help them come up with practical ideas that will help them revise, such as drawing up a revision schedule or getting hold of past papers for practice. To motivate your child, encourage them to think about their goals in life and see how their revision and exams are related to them.

Talk about exam nerves

Remind your child that it's normal to feel anxious. Nervousness is a natural reaction to exams. The key is to put these nerves to positive use. If anxiety is getting in the way rather than helping, encourage your child to practise the activities they'll be doing on the day of the exam. This will help it feel less scary. For example, this may involve doing practice papers under exam conditions or seeing the exam hall beforehand.

Help your child face their fears and see these activities through, rather than avoiding them. Encourage them to think about what they know and the time they've already put into studying to help them feel more confident.

Encourage exercise during exams

Exercise can help boost energy levels, clear the mind and relieve stress. It does not matter what it is – walking, cycling, swimming, football and dancing are all effective. Activities that involve other people can be particularly helpful.

Read more about the [physical activity guidelines for children and young people](#).

Do not add to the pressure

Support group Childline says many children who contact them feel that most pressure at exam time comes from their family. Listen to your child, give them support and avoid criticism.

Before they go in for a test or exam, be reassuring and positive. Let them know that failing is not the end of the world. If things do not go well they may be able to take the exam again.

After each exam, encourage your child to talk it through with you. Discuss the parts that went well rather than focusing on the questions they found difficult. Then move on and focus on the next test, rather than dwelling on things that cannot be changed.

[See Childline's advice on exam stress and pressure](#)

Make time for treats

With your child, think about rewards for doing revision and getting through each exam. Rewards do not need to be big or expensive. They can include simple things like making their favourite meal or watching TV.

When the exams are over, help your child celebrate by organising an end-of-exams treat.

When to get help

Some young people feel much better when exams are over, but that's not the case for all young people. Get help if your child's anxiety or low mood is severe, persists and interferes with their everyday life. Seeing a GP is a good place to start.

Read more about [anxiety in children](#).

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 [SEND Local Offer newsletter](#) 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 [SEND](#) half term provider, we will be holding two sessions on the 9th and 11th April 2024. Each short break day will consist of 2 sessions, unique activity themes for each session like seasonal arts and crafts where young people can take home their work and crafts. Young people will all have access to mini golf, climbing tree, low ropes, archery and more. Each session is 2.5 hours with 8 spaces per session.

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

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

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

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

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

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

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

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

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

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

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

SCHOOL CALENDAR FOR TERM 4, 2023-24

Tuesday 26th March	Lower Chamber Concert, 6.30pm
Thursday 28th March	End of Term 4, 3.15pm

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

NEWS, NOTICES, COMPETITIONS AND EVENTS

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 [Avanti's website](#). If you have any queries, please contact info@avanticycling.co.uk.

VACANCIES

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

Kendrick School is committed to safeguarding and promoting the welfare of young people and expects all staff and volunteers to share this commitment. Any successful applicant will be required to undertake an Enhanced Disclosure check by the Disclosure & Barring Service. Kendrick School is an Equal Opportunity employer.

PARENTPAY REMINDERS

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

School Fund Donation
Whitley Community Food Cupboard – cash donations
Year 10 GCSE Drama- set text: The Crucible by Arthur Miller
Year 9 and Year 10 French Play – March 2024
Year 9 and Year 10 German Play – March 2024
Year 9 Duke of Edinburgh Bronze Award 2024
Year 10 Duke of Edinburgh Silver Award 2024

Year 10, Year 11, Year 12 and Year 13 English set texts
Year 7, 8 and 9 Food and Technology voluntary contributions
Year 10 and Year 11 Art and Textiles voluntary contributions
Year 10, 11, 12 and 13 English set texts
Creative Writing Anthologies – Plain or signed copies
The Poets; Society Anthology – launch on 29th April 2024

Trips

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

KENDRICK PARENTS' SOCIETY (KPS)

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

KPS SPRING RAFFLE

We are into the last **2 days** of the **Spring Raffle**. So far **299** people have bought tickets worth **£5470**. Whilst we truly appreciate the supporters, we are hoping that the majority of the Kendrick community will support our fundraising efforts.

We **really need your attention and support** for **one final push** to achieve the target of **£8000**. We have parents and carers of **900+ students** so **circa 600** are yet to buy tickets. Even a **small amount of £5 from each** would take us to the target.

The money raised will be used to enhance PE facilities for students and we appreciate the solidarity with the PE department.

We appeal for generous support from you all and link to the tickets is here: <https://www.trybooking.com/uk/DELI>

The **deadline for purchasing tickets** is midnight on **Saturday 23rd March**.

The **virtual draw** will be on **Sunday 24th March from 4-5pm** which you are very warmly invited to attend. To join the video meeting, click this link: <https://meet.google.com/oyk-reeb-qrq>

DROP-IN SESSIONS WITH MS. KATTIRTZI, HEADTEACHER

This week we had a Year **11** drop-in session on **Tuesday 19th March**. Thanks to both Ms Kattirtzi and parents for participation and discussion.

Next and Last Drop-In Session

Year Group: 6th Form

Date: Tuesday 16th April

Time: 5:30 pm to 6:30 pm

Google Meet joining info: Video call link: <https://meet.google.com/xzv-hior-fuj> 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.

KPS DISCO UPDATE

Unfortunately, we had to reschedule the year 9 disco date again due to an event in the school but it has been finalised now. More details in the poster and link will be released in a day or two to book tickets.

Any queries, contact Shree at KPSTreasurer@kendrick.reading.sch.uk

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 [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

