

Kendrick School - Weekly Update

Friday 19th March 2021

WEEKLY LETTER FROM MS KATTIRTZI, HEADTEACHER

It is almost one year since the Prime Minister announced a national lockdown, schools closed, examinations were cancelled and we were told to stay at home and not go out except for essential journeys. As we get to this milestone in the pandemic, there has been considerable reflection and looking back on the year, with people beginning to assess and share how it has been for them, their family and friends. For most people the year has been very difficult and, at times, it has been a very bleak picture indeed. At the same time a lot of people are starting to reflect and reassess their life and deciding to make changes. For children and parents it has been a challenging time. Where families get on well and there is the means to live well, experiences have been good, but we know this is not been the experience of everyone. It is well documented that one of the biggest effects of this last year has been on young people's mental health. Last week I had a meeting with our school counsellor, Emma, and asked her what she feels has been the impact of the last year on young people. She identified four key themes:

1. Dealing with loss
2. An uncertain future
3. Who am I now?
4. Sensory overload in the here and now

To read more about Emma's thoughts and reflections, as well as other articles she has written on sleep, please see link [here](#). You will notice that our counselling support is organised through No5 Counselling Services, a Reading based organisation with whom we have worked for more than 20 years.

You have been receiving a lot of information from us this week. Firstly on the **Lateral Flow Tests** which are now coming to an end in school. Students have been given test kits to take home so that they can test themselves at home. Please remember that both a negative and a positive result must be recorded on the government's **Test and Trace website and reported to Kendrick School**. You have also been sent information about **Profiling Day on Monday 22nd March** which we organised early in January in order to have an opportunity to speak to students about their progress and how their learning has been over the last few months. We have also continued our discussions and plans about the GCSE and A Level assessments and more information will be given to students and parents before the end of term.

Please look at the two latest news items on the website celebrating the success of students in the [Chemistry Olympiad](#) and [Mathematics Challenge](#) this year. Thank you to our Subject Leaders, Ms Le Croisette (Mathematics) and Dr Joshi (Chemistry) and their colleagues for supporting and encouraging the students in these competitions.

I would like to mention the tragic case of **Sarah Everard**, the young woman who was murdered on her way home from a friend's house a few weeks ago. The shock and outrage at what happened has rightly raised questions about women's safety and brought attention to the debate about how women go about their daily lives. A number of schools are reporting concerned parents asking them what is being done to keep students safe. In fact, this week I was asked this question by a Year 8 parent on the KPS drop-in we had on Tuesday evening. I hope that everyone in the school community knows that at Kendrick we prioritise the safety of our students above all else. Considerable time is spent in PSHCE and with tutors, in assemblies and in talks with outside speakers, discussing issues of personal safety at all levels. However, I do not think that this is the real debate at the moment; the debate is about violence against women and the freedom women need and demand to be able to go about their daily lives without fear. Our focus should not be around constraining the freedoms of women, but respecting that they should and must be able to do what they

want and not be constantly looking over their shoulder to see if they are safe. The national debate that the Sarah Everard tragedy has started should make us question the society we live in and galvanize our collective responsibility to make it safer for everyone. I am sure many students across the school are having conversations about these very important issues and I am happy to facilitate these further if students want to speak to me about their thoughts.

You may have read in the local press the news item about a school caretaker in Reading who saved the life of a young woman who fell into the Thames. I am proud to say that the caretaker in question is one of our staff at Kendrick School. When I spoke to Gradley earlier in the week he was very modest and almost a little shy to speak about what he did. He did say that the training he had in his earlier life, both as a life saver, as well as, an Air Cadet had equipped him with the knowledge of what he needed to do to save a life. Well-done Gradley, you truly are a local hero. You can read the story [here](#).

Finally it is **Comic Relief Day** today and our Student Leadership Team has requested that an **Own Clothes Day** be organised as an appropriate way to raise awareness, as well as funds for this excellent charity. The theme of Comic Relief is that **fun is power** which can help make lasting changes to people's lives. I hope we can all embrace this theme, do some good, as well as have fun. Students and families are asked to donate £2 or more on line at the Comic Relief link [here](#).

Wishing everyone a good weekend.

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 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 5pm), 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.

PERSONAL SAFETY ADVICE

The Suzy Lamplugh Trust's mission is to reduce the risk of violence and aggression through campaigning, education and support. There is lots of advice on personal safety on their website. Please see the link below.

<https://www.suzylamplugh.org/Pages/Category/personal-safety-advice>

KEEPING CHILDREN SAFE AWAY FROM HOME

The NSPCC has useful help and advice to keep children safe away from home, such as at school, work, sports, clubs and other activities. Please see the link below:

<https://www.nspcc.org.uk/keeping-children-safe/away-from-home/>

MIND – CORONAVIRUS AND YOUR MENTAL HEALTH

MIND's information hub provides advice on how to support your mental wellbeing during this period. This includes practical advice on coping with staying at home, tips for employers on supporting yourself and your team, and updates on how the new coronavirus laws could affect your rights. If you're a young person struggling at this time, MIND has also got some information for you.

<https://www.mind.org.uk/information-support/coronavirus/>

NEWS AND EVENTS - WHOLE SCHOOL

NEWS ON OUR WEBSITE AND SOCIAL MEDIA

[Chemistry Olympiad 2021](#)

LATERAL FLOW TESTING (LFT) AT HOME

Please click on this [link](#) for instructions on how you should report LFT results to [Kendrick School](#). This is a very quick and simple method using a system called MedicalTracker. You also need to report the result to [NHS Test and Trace](#).

All Kendrick School students have now been given home test kits. We would like them to take their tests on Sunday and Wednesday evenings. **The first test should be on Sunday 21st March 2021 and will continue on Wednesdays and Sundays until further notice, including throughout the Easter holidays.**

Tests are free of charge. In the first instance, students will receive 2 boxes of tests each containing 3 tests kits and a leaflet on how to take the test and report the results. Both positive and negative results must be reported to both [NHS Test and Trace](#) and Kendrick School. You will be sent information on how to report the results to Kendrick School by the end of this week.

Taking part in testing is voluntary and all students will be able to attend school whether they take part in testing or not. **However, I am strongly encouraging all students to take part.** Testing at home will allow \$Forename\$ and other students to attend school as safely as possible.

Please contact Mrs Gill Brunsdon (gbrunsdon@kendrick.reading.sch.uk) our COVID Testing Coordinator, or admin@kendrick.reading.sch.uk if you have any questions or concerns about home testing.

Please read the information below carefully. Thank you for your support.

TAKING THE TEST

Students should take the test, twice a week, on a Wednesday and Sunday. The first test should be done on Sunday 21st March 2021. **We will give students a leaflet with instructions on how to do the test with the kit and we recommend watching this very useful [video](#).**

There is no need to keep used test equipment after the test result has been reported. You can put it in your normal bin (household waste).

This does not replace symptomatic testing. If you have symptoms, you should self-isolate immediately, book a [PCR test](#) and follow [national guidelines](#).

AFTER THE TEST

POSITIVE RESULT

If your child tests **positive you, your household, any support bubbles you are part of** should self-isolate immediately in line with NHS Test and Trace guidance for 10 days.

You need to report your result to both [NHS Test and Trace](#) and [Kendrick School](#).

You then need to [order a confirmatory PCR test](#).

NEGATIVE RESULT

Negative results should be reported to both [NHS Test & Trace](#) and [Kendrick School](#).

A negative result does not guarantee that you are not carrying the virus. So, your child should continue to follow social distancing, and other measures to reduce transmission such as wearing a face mask and regularly washing their hands and observing social distancing.

VOID RESULT

If the result of the test is **unclear (void)** your child should do another test.

YOU NEED TO REPORT EACH TEST RESULT

The result of each test needs to be reported using the NHS Test & Trace self-report website: <https://www.gov.uk/report-covid19-result>.

You will also need to tell Kendrick School the result of each test. . You will be sent information on how to report the results to Kendrick School by the end of this week.

If you or anyone in your household gets symptoms of the virus you should follow [national guidelines on self-isolation and testing](#).

FOR MORE INFORMATION AND FREQUENTLY ASKED QUESTIONS AND ANSWERS (FAQS) PLEASE VISIT OUR WEBSITE VIA THIS [LINK](#).

BERKSHIRE MAESTROS NEWSLETTER

Please click [here](#) for a link to the latest Berkshire Maestros newsletter. The new Berkshire Maestros website is now live at www.berkshiremaestros.org.uk – read the newsletter to find out more about this, special offers for instrument lessons and more.

SPRING CONCERT – TUESDAY 30TH MARCH

At this time of year, we would be normally preparing for our Spring Concert in which some of our Y13 students would have the opportunity to perform a movement from a concerto with our Symphony Orchestra and all of our small and large ensembles would perform to a packed audience. At a similar time, students from both Kendrick School and Reading School would be working towards putting together a student-led concert in aid of Thames Valley Air Ambulance, as they have done for a number of years now. Sadly, those plans have had to be put on hold until things are safer for us all, but we still wanted to share our musicality with everyone.

This year, on Tuesday 30th March, we will be publishing another virtual concert and we want as many people to get involved as they can! The theme for this year's concert is all about positivity and helping others; this could be as simple

as singing an uplifting song, writing or reading a poem that conveys a positive message for others or playing a piece that may put a smile on someone else's face. As part of this concert, we are looking to raise money for both the Music Department and Thames Valley Air Ambulance and will be sharing the donations equally between the two. Donations can be made via Parent Pay.

If you would like to get involved, please send your video entries (or audio if this is not possible) to cocooper@kendrick.reading.sch.uk by **Friday 26th March** at the very latest, stating your name, the piece you are playing and who composed/wrote it. Entries can be from any year group or staff member, and if you want to get your family involved too, we welcome that. We look forward to receiving your entries soon.

Kendrick School Music Department

KENDRICK PARENTS' SOCIETY (KPS)

Year 9 Drop-in sessions with Ms Kattirtzi

The KPS invite all Year 9 parents/carers and students to the drop in session with Ms Kattirtzi on Tuesday, **23rd March, Tuesday from 6 to 7pm**. You don't have to be a KPS member to join this. Please find the link below to join the meeting

Join Zoom Meeting

<https://us02web.zoom.us/j/2963158886>

KPS

Quiz

KPS invites you a family quiz on **Saturday, the 27th March from 6 to 7pm**. This is a fundraising event and we are raising this to have another water fountain/dispenser for our students. The ticket price is only £5. Please buy your tickets using [this link](#). For further information please email KPSChair@kendrick.reading.sch.uk.

Please click [here](#) for the latest KPS newsletter.

The KPS Committee

KPS SHOPPING LINKS

AmazonSmile donations

We encourage you to continue your purchases at smile.amazon.co.uk, (not 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's all together contribute to something that our daughters 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.

NEWS, ARTICLES AND EVENTS – STUDENTS

HOUSE READING COMPETITION

If you have been reading for the House Reading Competition **NOW** is the time to contact your house captains & vice captains with the number of books you have read.

The **DEADLINE** for submitting book number is **NEXT FRIDAY** (26th March).

Years 7-9 to Vice Captains & Years 10-13 & staff to House Captains.

	Palmer	Sidmouth	Cedars
House Captain	Georgia Burgess	Ndego Adoh	Zainab Oubihi
Vice House Captain	Becky Spurgeon	Daisy Morgan	Mary Weir

Thank you, we look forward to announcing the winner soon.