

# Kendrick School - Weekly Update

## Friday 23<sup>rd</sup> February 2024

### LETTER FROM MS KATTIRTZI, HEADTEACHER

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I hope everyone enjoyed a pleasant holiday last week and managed to have some rest and relaxation ready to embark on the second half of the academic year. Our Year 13 students have been taking mock examinations this week, always a tense time for them, but essential so that they can experience and practise work in the examination room environment in preparation for the summer. The learning from these exams will inform them and their teachers about what they need to do and work on in their studies in the last few months of their A Level courses. With many students receiving university offers, the motivation to get to where they want to in the future is encouraging in these last few months. We wish them well.

On the website this week there are a few articles featuring events that I have mentioned before including: [Winter Poetry Competition](#) and winners Mia in Year 7 and Usmi in Year 10 need to be congratulated, the [Year 11 Geography Field Trip](#), [House Drama](#) and a new article this term about Akshaya, a student in Year 10, who has qualified for the finals of the [Berkshire Singer of the Year Competition](#). Well done to all the students involved in these activities.

There are lots more activities to look forward to this term. On Friday 8<sup>th</sup> March it is [International Women's Day 2024](#) which this year's theme is [#InspireInclusion](#). As I have mentioned before, this year our focus is on women we know who have inspired us, for example, our mothers, grandmothers, aunts, sisters, people who have been or are role models in our lives. Several students and some staff have sent in photos and information about a person they wish to nominate, and it has been wonderful reading these profiles of women our students and staff appreciate and acknowledge as having had a great influence on their life. I look forward to sharing these with you in due course.

The Kendrick Society (KPS) Spring Raffle is being launched next week and our fund-raising focus this year is to raise £8k to improve athletics facilities for our students in KS3 and 4. As always, a lot of preparation and work has gone into planning this event and I really hope parents will respond to this opportunity to support the school. Hosted by KPS this week was another Drop-in with me for parents of Year 9. Altogether 22 parents joined the call and amongst other things, there was some discussion about the options process that our Year 9 students will be embarking on next week. The Options Evening for parents is next Wednesday 28/2, with a Parent Consultation event following a couple of weeks later. This is a key time for Year 9 students who will begin to make some decisions about subjects they want to study at GCSE. The curriculum choices for all students at Kendrick does not allow for bad or wrong choice to be made, so parents should be encouraged that whatever subjects their child chooses at GCSE they will have an excellent foundation for future qualifications and career plans. There was a question around the return to face-to-face parent/teacher consultations. My response to this question was that I do not see this format returning for the foreseeable future for very many good reasons. Besides the difficulties of getting to Kendrick in the afternoons/early evening, parking and general environmental factors, the gathering of so many people in one space where appointments never stick to the timings, where people's special needs (students, staff, and parents) require special adjustments and many other factors, plus the impact of such live events on teachers' workload mean that the arguments for live parent/teacher consultations are diminishing. We have information events for all cohorts across the school where parents are invited into school and meet teachers and we also are very responsive to email, phone and face to face communications with parents as required and necessary.

Other extra-curricular events this term include fund raising for Comic Relief activities in the week of 11<sup>th</sup> March and then on Thursday 21<sup>st</sup> March it is the annual Air Ambulance Concert which once again will be held at Kendrick. Details will be sent to everyone next week and tickets will be on sale on ParentPay soon. If you wish to donate to the Thames Valley Air Ambulance in advance of the concert the link is here. <https://www.tvairambulance.org.uk/>

Finally, I have now spoken to all students across the school about the [Bursaries and Grants](#). Two out of the three grants are available to students from Year 7 -13, and I encourage everyone to read the details in the link. The deadline for applications is Friday 10<sup>th</sup> May 2024. These grants are available to students every year.

Please read the rest of the update for more very useful information.

Wishing everyone a pleasant weekend.

**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 **0800 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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## YOUNG PEOPLE AND SELF HARM

Source: [NSPCC](#)

If a young person in your life is self-harming it can be distressing and confusing. It may be difficult to start a conversation with them.

They might be doing it because they don't have the words to explain what they're experiencing. But it's important you know that you can support them. There are resources and advice for children and young people on [Childline](#).

## Why do teenagers and children self-harm?

The reasons children and teenagers self-harm will be different for everyone. They might not be able to name any one reason they're self-harming.

For many young people, the physical pain is a distraction from the emotional pain they're struggling with.

Some experiences or emotions can make self-harm more likely in children, including:

- experiencing depression, anxiety or eating problems
- having low self-esteem or feeling like they're not good enough
- being bullied or feeling alone
- experiencing emotional, physical or sexual abuse or neglect
- grieving or having issues with family relationships
- feeling angry, numb or like they don't control their lives.

## Signs of self-harm in children and teenagers

It can be hard to recognise the signs of self-harm in children and teenagers, but as a parent or carer it's important to trust your instincts if you're worried something's wrong.

Signs to look out for can include:

- covering up, for example by wearing long sleeves a lot of the time, especially in summer
- unexplained bruises, cuts, burns or bite-marks on their body
- blood stains on clothing, or finding tissues with blood in their room
- becoming withdrawn and spending a lot of time alone in their room
- avoiding friends and family and being at home
- feeling down, low self-esteem or blaming themselves for things
- outbursts of anger, or risky behaviour like drinking or taking drugs.

## How to support a child who self-harms

### Offer them emotional support

Finding out that your child's self-harmed can be hard to accept, and it's natural to feel anxious or upset. Some parents and carers might blame themselves or feel powerless to help. But you can try:

- showing them you're there whenever and however they choose to talk. They may prefer to message you about it rather than speak directly
- listening and not asking too many questions about why they've self-harmed, which may make them feel judged
- letting them know that you care about them and want to help them find healthier ways to cope
- reassuring them it's OK to be honest with you about what they're going through.

### Focus on what's causing the self-harm

- Remember, an underlying problem often causes self-harm. It can be more helpful to focus on what's causing their feelings rather than on the self-harm itself.
- You can talk to their GP, someone at their school or the NSPCC Helpline. It can also help to ask their GP about a referral to Child and Adolescent Mental Health Services (CAMHS).
- Hiding or taking away something a child is using to self-harm can lead to them finding other ways to hurt themselves. You could try asking your child what would be most helpful for them. Let them know they can tell you when they feel they want to hurt themselves.
- Any serious injuries should be treated right away in a hospital.

### Encourage them to find healthy ways to cope

Suggesting something your child could do to cope with difficult feelings can be helpful. Young people who've spoken to us have found it helpful to:

- paint, draw or scribble in red ink
- hold an ice cube in their hand until it melts
- write down their negative feelings, then rip the paper up
- listen to music
- punch or scream into a pillow
- talk to friends or family
- take a bath or shower
- exercise
- watch their favourite funny film.

Childline has many [self-harm coping techniques](#) for children and young people. The [wall of expression game](#) can also be a helpful way for young people to deal with difficult feelings.

### Help them to build their confidence

Many children who self-harm suffer from low self-esteem or confidence. You can help by:

- Reminding them about the things they do well
- Learning something new together, like playing guitar or making crafts.
- Writing a list of all the things that make you proud of your child and giving it to them. Try to focus on things about their personality rather than things like their academic achievements or sporting abilities.

Childline also has advice for children and young people on [building their confidence and self-esteem](#).

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## SUMMARY OF SAFEGUARDING INFORMATION

[Term 1 2023-24](#)

[Term 2 2023-24](#)



**National  
Online  
Safety®**

## STAYING SAFE ONLINE

WHAT PARENTS AND CARERS NEED TO KNOW  
ABOUT ARTIFICIAL INTELLIGENCE SOLUTIONS

Artificial intelligence is increasingly becoming a part of modern life and, for all intents and purposes, isn't something we can shy away from. The explosion of ChatGPT, for instance, has brought this kind of technology into a more purposeful context, with millions now using the language model to help solve problems, write computer code or even complete their homework.

So how do artificial intelligence solutions work exactly? What kind of risks do they bring? Will they eventually negate the need for certain job roles, particularly in the creative industries? Our #WakeUpWednesday guide this week explains what AI solutions are and suggests ways parents and carers can support children to use the technology with an open mind. In the guide you'll find tips on a number of potential risks such as inaccurate information, reinforcing stereotypes and what impact the technology might have on children's creativity and problem-solving skills.

[Parents and Carers Guide to Artificial Intelligence Solutions](#)



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# MENTAL HEALTH AND WELLBEING

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## THE YOUNG MINDS PARENTS AND CARERS' GUIDE TO LOOKING AFTER YOURSELF

Parenting isn't always easy. Although it's often amazing and rewarding to watch your children grow up, and to help them learn to be independent, it can also be really hard work. Here are our tips for looking after your child while also looking after yourself.

If you think your child is unhappy or you are worried about their behaviour, it's easy to be hard on yourself and think you aren't doing a good job. But you aren't alone.

Click [here](#) for Young Minds' tips for any parent who is worried about their child, or their own parenting skills.

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## KENDRICK SCHOOL WELLBEING NEWSLETTER

For all our **Wellbeing Newsletters** please click [here](#).

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## THOUGHT OF THE WEEK

"Tell me, what is it you plan to do with your one wild and precious life?" Mary Oliver

## POEM OF THE WEEK

### False Start

*by Mabel Dodge Luhan*

Ask me no more of the full flower's speech,  
Tell me no more of the ripe fruit's need,  
For I am tired of trying to reach the fruit in the seed.

Leave me awhile, and I will recover  
In darkness and night.  
It was too soon for me to discover growth in the light.

Bear with my weakness, my failure, my pain,  
Grant me this -- only this darkness I need.  
I sicken from sunlight but give me the rain, for I am but seed.

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# SPECIAL EDUCATIONAL NEEDS AND DISABILITIES (SEND)

**UNDERSTANDING AUTISM & ANXIETY WORKSHOP – 27/02/2024 9.30 - 12.00pm.**

**FREE ONLINE SESSION VIA MS TEAMS. FOR PARENTS/CARERS OF READING PUPILS AGES 6 -16.**

A 2.5 hour workshop targeted towards parents/carers of children with a diagnosis of autism or those who may be awaiting a diagnosis. It looks at common drivers for anxiety in those with autism, especially in relation to coping with uncertainty and not knowing what might happen. The workshop gives parents a chance to share their experiences and to learn strategies and approaches to manage anxious feelings. **To book or for more information email [Wilma.Williams@brighterfuturesforchildren.org](mailto:Wilma.Williams@brighterfuturesforchildren.org)**

### PLEASE NOTE:

This is an interactive workshop and whilst we encourage attendees to participate in discussions this is of course optional. There will

however be an expectation that cameras are on during the workshop and just to make you aware at the beginning we would like you to introduce yourself to the group and your child, giving a brief idea of what you would like to gain from the course.

To book or for more information email [Wilma.Williams@brighterfuturesforchildren.org](mailto:Wilma.Williams@brighterfuturesforchildren.org).

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## PARENT/CARER AUTISM ONLINE WORKSHOPS FROM THE AUTISM TRAINING NETWORK

Whether your child is awaiting a diagnosis or has already been diagnosed, these workshops are a great opportunity to learn more about Autism & ask questions within a supportive group of other parents & carers.

### Monday 26th February - Pathological Demand Avoidance

A look into the interesting subject of PDA, how this may present and what is the best approach to take to avoid conflict.

Workshops will be held 7:30-8:30pm via Zoom

£25 per workshop for each family.

To book your place...Email [enquiries@theau1smtrainingnetwork.com](mailto:enquiries@theau1smtrainingnetwork.com)

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### RFF's Annual SEND conference: children's social care



Tuesday 5th March 9:30-14:30: The Pavilion, 143-145  
Oxford Rd, Reading, RG1 7UY

For parents and carers of children with additional needs and service providers.

Guest speakers to be announced.

An opportunity to find out more about children's social care and ask questions!

To book, please email [kira@readingfamiliesforum.co.uk](mailto:kira@readingfamiliesforum.co.uk)

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## SCHOOL CALENDAR FOR TERM 4, 2023-24

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Monday 26<sup>th</sup> February

KPS Raffle Launch

Wednesday 28<sup>th</sup> February

Year 9 Option Event, 6pm

Thursday 29<sup>th</sup> February

Hitler on Trial Trip – Year 10

Poetry Live Trip – Year 11

Monday 4<sup>th</sup> March

Free Trade Week

Tuesday 5<sup>th</sup> March

Year 9 Parent Consultation

Year 10 KPS Drop-in with Ms Kattirtzi

Thursday 7<sup>th</sup> March

Trustee Learning & Teaching Committee, 4.30pm

<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
<b>Tuesday 19<sup>th</sup> March</b>	Year 12 Maths Show at the Hexagon
<b>Wednesday 20<sup>th</sup> March</b>	Year 11 KPS Drop-in with Ms Kattirtzi
<b>Thursday 21<sup>st</sup> March</b>	Profiling Day
<b>Friday 22<sup>nd</sup> March</b>	Air Ambulance Concert, 6.30pm
<b>Monday 25<sup>th</sup> March</b>	Year 9 KPS Disco
<b>Tuesday 26<sup>th</sup> March</b>	Neuro-Diversity Awareness Week
<b>Thursday 28<sup>th</sup> March</b>	Lower Chamber Concert, 6.30pm
	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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### SCHOOL TRANSPORT POLICY CONSULTATION

BFFC is seeking families' views on [proposed changes to its school transport policy](#). The consultation is open until Sunday 17 March 2024 and is related to the following proposals:

- That free transport entitlement for pupils attending Maiden Erlegh Chiltern Edge School is removed
- That travel assistance entitlement for eligible pupils is clarified and means an offer of a bus pass or school bus at a pickup point, with an expectation for active travel as part of a child's healthy development
- That the policy clarifies the exceptional circumstances required to access any exceptional additional support in addition to travel assistance
- That the policy clarifies that parents are liable for costs incurred by Brighter Futures for Children on behalf of Reading Borough Council if children did not access travel assistance provided
- That the policy clarifies that students are not entitled to travel assistance post-16 except in appropriately-evidenced, exceptional circumstances.

A copy of the [proposed new policy and a summary of changes](#) can be found on the BFFC website, along with a [short series of consultation questions](#).

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### DFE GET INTO TEACHING EVENT

The University of Reading is hosting a [DfE Get into Teaching event](#) on Thursday 29 February from 5-8pm. Held at the University of Reading (RG1 5AQ), guests will have the opportunity to meet teaching providers from across the south east of England and have one to one conversations or attend information presentations.

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## VACANCIES

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We do not have currently have any vacancies but will be advertising for a TLS – Geography and a Business Teacher next week. 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

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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  
KPS non uniform day – 19<sup>th</sup> January 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 11 Poetry live event at The Hexagon Reading – 29<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 12 Maths Inspiration at The Hexagon Reading- 14<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 DISCO UPDATE

**Year 7 & 8 Disco** – We had a successful event on February 2nd. The students enjoyed themselves, and we had excellent support from parents and volunteers.

**Year 9 Disco** – This event, **for students of both Reading and Kendrick Schools**, is scheduled for Friday, 22nd March. Poster and ticket link will be shared by end of next week.

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

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

We have concluded **Year 7, 8 and 9 sessions** so far, with good attendance and participation. Many thanks to all parents, carers and Ms. Kattirtzi.

### Next Drop-In Session

**Year Group:** Year 10

**Date:** Tuesday 5<sup>th</sup> March

**Time:** 5:30 pm to 6:30 pm



**Google meeting link:** To join the video meeting, click this link:

<https://meet.google.com/obq-yrcc-biy> Otherwise, to join by phone, dial: (US) +1 515-808-2066 PIN: 789 277 605#

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

The dates for other year groups are as follows:

**Year 11:** Tuesday 19th March

**6th Form:** Tuesday 16th April

## PRE-LOVED UNIFORM SHOP

The pre-loved uniform shop will be open **this Saturday, 24 February, from 9-11 am** in the Conservatory (next to the library at school). Parking is normally available in the Cedars car park, which is along London Road, just after the Dentist Surgery by the traffic lights. Items on sale are uniform, PE kit, books, drinks bottles, coats and bags.

If you have any donations of uniform or sports kit you can drop them off at Reception or the students can leave items in the donation box by the servery.

## SPRING RAFFLE

The Spring Raffle event will be **launched soon! The raffle begins on February 26, 2024, and entries will be accepted until March 23.** The lucky winners will be drawn on the following day. Stay tuned for more details. Please take every effort to participate!

Please contact us 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.

## KPS OWN CLOTHES DAY UPDATE

As part of the Own Clothes Day held on Friday, January 19, a total of **£708** was raised, **toward Chromebooks!** A big thank you for all the donations.

## KPS MEETING

**Next meeting** is planned for **Wednesday, 6th March** and details will be circulated nearer the date.

## 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**