

Kendrick School - Weekly Update

Friday 28th April 2023

LETTER FROM MS KATTIRTZI, HEADTEACHER

Our Open Day events took place this week when Year 5 children and parents came to visit our school, interact with student guides and hear some talks from me and students explaining to them what it is like at Kendrick and the kind of school that we are. Over 800 children and their families visited us over five sessions and the comments we have received so far are that they appreciated and enjoyed their visit. As well as telling them about what we do here, what we learn, our buildings and facilities, I always convey the important message that I want to give to all children and, of course, girls in particular, that their education matters. We know that up to 1000 children will apply for our test this September but only 128 will be given a place, so I say to them strongly and emphatically, if you do not get into Kendrick, it doesn't mean you are a failure, you can go on to succeed in another school if you demonstrate determination and passion and have ambitions and dreams. The students who spoke with me on the stage gave some super speeches portraying their school as a friendly, happy environment which was great to listen to. Thank you the staff who organised the events with minimum disruption to the to the rest of the school.

Today we welcome our governors to school for our annual Governor Day Strategy Day when we will examine strategic themes about the school and its future. The day will be divided into through parts with the first focusing on Learning and Teaching, then a review of our strategic intent as set out in the Kendrick School Development Plan. A local Headteacher will speak to us and about his vision of SEND education in Reading and how this may impact on other schools in Reading, and in the afternoon, we will be discussing governor roles, engagement and training. Last year when we had this event, the DfE was in the process of publishing a White Paper on schools which had some very specific plans for schools for the future, in particular the desire that all schools should be in Multi Academy Trust by 2030. This document has since been rescinded and there seems to be a bit of a vacuum in government planning and thinking at the moment. Our discussions on our Governor Strategy Day are intended to help us be prepared for some of the intentions the government may have on the future of schools. As I said last year, my strategic intent for our school is and has always been that Kendrick remains a sustainable school, that it continues to be an outstanding school and a beacon of girls' education; it retains its unique and special ethos that nurtures and values everyone in its community. Also, that we remain a school that is outward looking, collaboratively and relevant in our community encouraging greater local participation and access to our school. Our expansion programme which started in 2020 and will be going into its fourth year this September is evidence of that intent.

Some news items on the website for you to view include this week:

- [Royal Institution Mathematics Masterclass](#)
- [Delaney Chess Challenge](#)
- [Science Welcomes a Visitor](#)

I would like to end this week's Weekly Update by quoting some of the words spoken by two of our Year 7 students who spoke at the last of the five Open Day sessions yesterday. Ayeisha and Anaya's message to the Year 5 children and their families was encouragement and support:

'With any new journey comes uncertainty and hesitation. You may feel nervous, overwhelmed or intimidated. You may question your abilities, your choices or your place, but know this you are not alone. Every student in this school has gone through what you are going through.... So, embrace this new chapter with curiosity, enthusiasm and an open mind. Believe in your potential, your talents and your dreams. Take risks, make mistakes, and learn from them.' Life lessons for us all.

Wishing a everyone a pleasant and restful Bank Holiday weekend.

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/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 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 well-being support in school please visit the Student Welfare Team in the General Office or Sixth Form Office or email studentwelfare@kendrick.reading.sch.uk.

SAFEGUARDING – GOING OUT OR STAYING HOME ALONE

As your child gets older, it's likely they'll want a bit more independence or want to explore alone during the holidays and weekends. But are they ready to stay home or go out alone?

Is it legal to leave a child home alone?

A child who isn't old enough or who doesn't feel comfortable should never be left home alone. If this is the case, it's best to look into childcare options that might work for your family. Read the NSPCC advice via this [link](#). There's no legal age a child can be left home alone, but it's against the law to leave a child alone if it puts them at risk¹. Every child matures differently, so it would be almost impossible to have a "one size fits all" law.

QUIZ – Is my child ready to be home or out alone?

Deciding when it's safe for your child to be left home, or go out on their own can be difficult. There are so many things to think about – including whether your child feels comfortable and ready. This [quiz](#) is designed to help reduce that worry, by helping you make the right decision for you and your child.

What age can a child be left home alone?

Learning to be independent is an important part of growing up. Between work, appointments and other family commitments – every parent will have to leave their child home alone at some point so it's good to have a plan in place. Every child is different so build up their independence at their pace – and check in with them to make sure they feel safe.

Keep talking to your child. Whether they're 12 years old or almost 18 years old, there might be reasons that they don't feel safe in the house alone. Just because your child is older doesn't necessarily mean they're ready to look after themselves or know what to do in an emergency. It can help to go over the ground rules and remind them how to stay safe at home.

Remember – you should never leave a child home alone if they don't feel ready, or if you don't feel they're ready. Sometimes it's just better to leave them with someone – particularly if they're nervous or have complex needs.

For more information on how to keep your child safe home alone please click [here](#).

MENTAL HEALTH AND WELLBEING – BUILDING CONFIDENCE AND SELF-ESTEEM

Our wellbeing theme for Term 5 is **Building Confidence and Self Esteem**.

Self-esteem is how you think and feel about yourself. Being confident means being comfortable with how you look and how you feel. And it means feeling good about yourself, your abilities and your thoughts.

Building your confidence and self-esteem can take time and practice. And what helps you now may not be the same thing as what helps in the future. But there's lots of things you can do to improve the way you feel about yourself and your abilities.

It might feel like a big step to make changes. Start by trying a couple of new things each week, until you find what works for you. Go at your own pace and don't put too much pressure on yourself – small changes can make a big difference.

One way is to be kind to yourself.

- Recognise and challenge your unkind thoughts. Try to do this by talking to yourself as you would to a good friend. You could ask yourself: 'How might someone else see this?', 'Is there anything that suggests this might not happen?', or 'What would I say to a friend who was thinking this?' Answering these questions may help you to think more rationally and calmly.
- Remember it's okay to make mistakes. It's also important to forgive yourself when you do make a mistake.
- Avoid comparing yourself to others. For example, try to remember that the pictures people share on social media have been carefully chosen or filtered. And they often don't show what people's actual lives are like.
- Repeat positive statements to yourself. For example, you could say 'I am enough' or 'I am worth it' to yourself in the mirror every morning.

These things might not always feel easy, but they can be powerful ways to help change how you think and feel about yourself.

Over the next few weeks, we will share tips and avenues of support to help build confidence and self-esteem. We will also be holding the second in our **Mental Health and Wellbeing webinars** with Jenny Langley, from the Charlie Waller Trust. The session will be about **how to communicate with your child whatever their mood, and to boost their self-esteem & confidence**. More details to follow.

SCHOOL CALENDAR FOR TERM 5, 2022-23

Monday 1st May	Bank Holiday – school closed to students and staff
Tuesday 2nd May	Strike Day – Y7-9 at home; Y10-13 in school
Wednesday 3rd May	Year 7 Parent Consultations
Thursday 4th May	Learning & Teaching Governor Committee, 4.30pm
Friday 5th May	Coronation Garden Party
Monday 8th May	Coronation Bank Holiday – school closed to students and staff
Wednesday 10th May	KPS Meeting online at 6pm
Thursday 11th May	Year 13 Celebration Day Resources Governor Committee, 4.30pm
Friday 12th May	Year 11 Celebration Day
Monday 15th May	Start of external exams Start of Mental Health Awareness Week
Friday 19th May	Start of Year 10 exams
Monday 22nd May	Year 8 Buscraft Trip departs
Thursday 25th May	Performance & Review Committee, 4.30pm
Friday 26th May	End of Term 5, 3.25pm

The school calendar for the academic year can be found [here](#). For the Term Dates for 2022-23 and 2023-24 please click [here](#)

NEWS, NOTICES, COMPETITIONS AND EVENTS

DEAF AWARENESS WEEK – 1ST TO 7TH MAY 2023

This year's Deaf Awareness Week will run from 1st to 7th May 2023 and the theme is Access to Communication.

If you want to improve your [deaf awareness](#) have a look at some of the deaf awareness videos and hear from colleagues across the National Deaf Children's Society and deaf young people themselves and learn how to improve your deaf awareness

STRIKE ACTION – TUESDAY 2ND MAY 2023

Members of the National Education Union (NEU), one of the trade unions representing the teaching profession, will take strike action on **Thursday 27th April and Tuesday 2nd May 2023**.

The arrangements for both days will be the same as the previous strike days, as follows:

- If your child is in **Years 10-13** they should **attend school** as normal on both days.
- If your child is in **Years 7-9** they should **stay at home** but will be asked to remotely register at 8.25am on both days, attend online classes if these are available and/or complete work that will be set for them. If you are a critical worker, your child may attend school, however, we must be informed of this by

emailing admin@kendrick.reading.sch.uk **as soon as possible** so arrangements can be made. As for Profiling Days, vulnerable students are also able to attend school and our Student Welfare Team (SWT) will make contact with the parents of those students as appropriate. Students in receipt on free school meals will receive a voucher as before.

BURSARIES AND GRANTS

The deadline for applying for one our bursaries or grants is Friday 19th May 2023. For more information on each bursary or grant please click [here](#).

SCHOOL NURSING TEAM NEWSLETTERS

Please click on the links below for the 'A Dose of Health and Wellbeing' newsletters from the Berkshire Healthcare School Nursing Team.

[Students](#)

[Parents](#)

VACANCIES

We have the following vacancies at Kendrick School. Please click on the links for more information on the roles and how to apply and please share with friends and family.

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. Please read the information on our Safer Recruitment procedures [here](#).

[German Teacher](#) to cover a maternity leave for September 2023. Full Time.

[Computing and Maths Teacher](#) for September 2023. Full time. Would also consider two part time roles – 0.5 Computing; 0.5 Mathematics.

Part-time [Music Teacher](#) to cover a maternity leave – for end of February 2023 or September 2023 to December 2023. Applications will be dealt with on receipt.

PARENTPAY REMINDERS

We would like to bring to your attention the following ParentPay items which are due for payment, please login to your ParentPay accounts for details. Please could you check your child's account and ensure that any overdrafts are paid. Thank you.

Year 10 and Year 11 GCSE English set texts
Year 12 and Year 13 A-Level English set texts
Year 7, 8 and 9 Food and technology contributions
Year 10 and 11 Art and Textiles contributions
Year 9 Duke of Edinburgh Bronze Award
Year 9 and Year 10 French Play - 7th March 2023
Year 9 and Year 10 German Play – 25th April 2023
Year 10 and 11 GCSE Music Anthologies book purchase
KPS department birthday gift - celebrating Kendrick's 145th year
The Poets' Society Anthology - £3 per copy

Trips

GCSE and A level Art visit to Tate galleries Thursday- 2nd February 2023
Year 11 History visit to The Corn Exchange Theatre Newbury -28th February 2023
Geography Field Trip to Hengistbury Head and Hurst Castle Spit - 20th March 2023
Year 12 and Year 13 Classics and Latin students trip – 6th March 2023
Year 12 UCAS Discovery trip – 20th April 2023
Year 8 Bushcraft Residential - May 2023
Year 12 French and History trip - June 2023.

KENDRICK PARENTS' SOCIETY (KPS)

KPS MEETING – WEDNESDAY 10TH MAY 2023

You are all invited to attend the next KPS (Kendrick Parents' Society) meeting on Wednesday 10th May scheduled between 6:00 p.m. and 7:30 p.m.

Skype Meeting Link for Meeting: <https://join.skype.com/GByK9Aice0qn>

(In case of issues copy-paste the link in Internet browser and join WITHOUT signing in to Skype app)

We look forward to seeing you on 10th May.

KPS Team