

Kendrick School - Weekly Update

Friday 13th May 2022

LETTER FROM MS KATTIRTZI, HEADTEACHER

I would like to begin this week's update showcasing the achievements of two of our students: they are [Anaya in Year 13 who is National Youth Champion in Table Tennis](#) and [Adhya in Year 12, who has just won the BBC Young Dancer of the Year 2022](#). Both of these students are outstanding in their respective fields of Table Tennis and Dance and have been acknowledged to be so by the recent awards they have been given. For both students, these achievements put them in an elite class of competitors and demonstrates their incredible talent and hard work. They deserve huge congratulations and our very best wishes for the future.

This week we have celebrated with **Year 11 and Year13** their last day in school before they embark on their public examination next week. Both cohorts have had assemblies where they have reflected on their years at Kendrick and reminisced about their times at school with their friends, teachers and staff. They have many weeks of exams to get through, but we all know they have worked hard, prepared well and should be able to do their best, which is all we ask of them.

Elsewhere in the school, we have been planning and making arrangements for our own school **celebrations to mark the Queen's Platinum Jubilee**. Leading up to the afternoon of celebrations on **Friday July 8th**, we will be having some amazing competitions, including a cake competition, themed dress day and a whole school project led by the History Department. This will engage everyone and help us all look back and critically analyse the developments that have marked the last 70 years. More details will be given to students and staff before the end of this term.

Kendrick Parents' Society has been preparing for the annual **Summer KPS Raffle** which will be launched in June. We hope that everyone will buy tickets or make donations to help us raise money for the school. Our target is to raise £8000 which will be used to buy two new screens and interactive boards for the classrooms. These cost £4k each. In addition, KPS has given us funds to replace the very old projector in the Hall which we are using regularly now that we are able to have large events and gatherings in the Hall. As always, I am most grateful to the fund-raising efforts of KPS. Another great initiative they have been involved in is the **upcycling of very old school uniform!** Please see the [link here](#).

Finally, it has been **Mental Health Awareness Week** this week and every day, students have received and engaged in discussions and activities highlighting and trying to understand the theme of **Loneliness**. Yesterday during second break students were able to do chalk drawings on the tarmac outside the main school and today biscuits and juice are being served in The Base, our student welfare area.

There is a lovely atmosphere in school today and it is a joy to be here!

Wishing everyone a great 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 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.

Under 25s	Over 25s	Parents
YOUNGMINDS Crisis Messenger Text YM to 85258 Open 24/7	mind for better mental health Call 0300 123 3393 9am - 6pm, Mon - Fri	YOUNGMINDS Parents Helpline Call 0800 802 5544 9:30am - 4pm, Mon - Fri
THE MIX Call 0800 808 4994 3pm - 12am, every day	SAMARITANS Call 116 123 Open 24/7	
childline Call 0800 1111 7:30am - 3:30am, every day	For more advice and information visit: youngminds.org.uk/find-help	

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.

Student Welfare Team at Kendrick School



Mrs Hackett



Mrs Shaw



Mrs Edwards (Sixth-form welfare)



Mrs Duncan



Mrs McManus

The Base (in Sidmouth basement) is a quiet space for students who would benefit from this. There is a relaxation area, art area and workstations available for your use. Please come to the General Office first to check there is space in The Base. The Student Welfare Committee (sixth-form students) run regular lunchtime activities in The Base - please see Daily Bulletin for details.

Contact: StudentWelfare@kendrick.reading.sch.uk

If you feel you need further support in school, please contact Mrs Hackett regarding appointments with our HoA Counsellors (Emma and Katie) and Dianne, the school nurse.

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.

WELLBEING: MENTAL HEALTH AWARENESS WEEK - LONELINESS



Finding Connections....with the world around us

Do things that we enjoy

There are many ways we can connect with the world around us, which may help us to feel less lonely.

Find people with similar interests to us

Joining a group, whether based on a hobby, faith, or a skill, can help us feel more connected to ourselves and others.

Social media can help us feel connected and be a great way to share interests but can sometimes make us feel lonely too. If this is the case, then take a break – unfollow or mute accounts that make you feel lonely or upset and follow accounts that empower you. (See the attached guide for more details about [loneliness online](#).)

Activity - What matters to us?

A good starting point is thinking about the things that really matter to you in life. These may include:

- spending time with friends and family.
- learning something new about a topic you are interested in.
- spending time in nature.
- following your favourite sports team.
- raising money for charity.

Why not make your own list of things that matter to you?



Show gratitude to ourselves and other

Gratitude means feeling thankful for all the different things and experiences we have in our lives. It doesn't have to be big things – the little things matter! Try keeping a gratitude diary – noting 3 good things that happen each day, these can serve as a reminder of the positive things in our lives.

It includes being **kind to ourselves and others**. For some **Kindness Stories** please visit the link below.

<https://timeforkindness.co.uk/category/kindness-stories/>

For all the information that was shared with students this week please click [here](#).

SAFEGUARDING – WHAT PARENTS NEED TO KNOW ABOUT GROUP CHATS

Source: National Online Safety

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

In the guide which you can find via this [link](#), you'll find tips on a number of potential risks such as bullying, inappropriate content and unknown members.

CALENDAR FOR TERM 5

Monday 16 th May	GCSE Exams Start
Friday 20 th May	Start of Year 10 exams
Monday 23 rd May	Year 7 Bushcraft residential (to Thursday 26 th May)
Tuesday 24 th May	Year 7 Enterprise Day
Thursday 26 th May	P&R Governor meeting, 4.30pm
Friday 27 th May	Last day of Term 5, 3.15pm

NEWS, NOTICES AND EVENTS

INSET Day

There is an INSET Day on Thursday 30th June 2022 when the school will be closed to all students.

Two Parent Governor Vacancies

We have vacancies for two Parent Governors to join us in Term 6. Information on nominations and the election process will be sent to you next week.

COVID Update

Vaccinations

The School Nursing Team has informed us that vaccinations will not be carried out at school. If your child has had only one vaccination, you will need to book an appointment at a Vaccination Centre through the NHS website.

COVID Symptoms – latest government advice

Children and young people with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to attend their education setting.

Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people, where they can. They can go back to school, college or childcare, and resume normal activities when they no longer have a high temperature and they are well enough to attend.

It is not recommended that children and young people are tested for COVID-19 unless directed to by a health professional.

If a child or young person has a positive COVID-19 test result they should try to stay at home and avoid contact with other people for 3 days after the day they took the test, if they can. After 3 days, if they feel well and do not have a high temperature, the risk of passing the infection on to others is much lower. This is because children and young people tend to be infectious to other people for less time than adults.

COMPETITIONS

Reader's Digest 100-Word-Story Competition 2022

Reader's Digest has been a trusted household name for over 100 years, and to celebrate our 100th anniversary we've relaunched our much-loved 100-word-story competition, and we encourage you to put pen to paper and be creative.

Our 100-word-story competition is a chance for students to show the world their story-telling talents. The shortlist will be displayed on the Reader's Digest website to be judged by the public, with the winning entries published in the September 2022 issue of the Reader's Digest magazine.

The winner in the 12 – 18 year old category will receive a £200 book voucher or an 8GB Kindle Paperwhite plus a £100 book voucher for their school, and the runner-up will receive a £100 book voucher.

To enter, see Ms Fieldsend or go to the Reader's Digest website and click on the Inspire tab.

ENTER BY 20th MAY 2022

Essay Competition – COP26 and the future..

Open to students in Years 9,10 & 11

Conference of the Parties more commonly known as "COP" is an annual global climate summit organised by the United Nations (UN) where world leaders from almost every country come together to discuss and tackle climate issues on a global scale to protect our planet and its people. The most recent summit, **COP 26**, was held in Glasgow in 2021. To create a greener and more resilient future for all, COP continues to work closely with businesses, civil society groups, schools and changemakers across the globe. As a young changemaker, we would like you to help contribute to this change. Choose a climate issue you would like to tackle in your country (new or existing issues), set a reduction target, a completion timeframe and in your own words, tell us how you would go about tackling this issue in your country.

Original ideas are encouraged! Essays should be a maximum of 500 words (use of pictures is encouraged). A £75 Amazon voucher will be awarded to 1st place, £25 for 2nd. **Closing date for entries is 27th May 2022.** Please e-mail entries to: tvmgessaycompetition@outlook.com or see Ms Fieldsend.

Competition run by Institute of Chemical Engineers, Thames Valley Group

Global Poetry Competition

Earth Warriors has teamed up with Earth Day to launch a poetry competition for school pupils to celebrate their love of their planet. Prizes are on offer in the age categories of 3-7, 8-11 and 12-16. Find full competition guidelines and download a teachers' pack from the [Earth Warriors](#) website. Deadline for entries is 31 May.

PARENTPAY REMINDERS

We would like to bring to your attention the following ParentPay items which are due for payment. Please see your ParentPay accounts for details. We appreciate your continued support.

- Year 8 Bushcraft residential trip 23rd May.
 - Year 12 A level German - purchase of the book "Der Besuch der alten Dame"
 - Year 12 A Level Biology Residential Field Course at Dale Fort Field Centre.
 - Year 7, 8 and 9 food and textiles contributions.
 - Year 10 and Year 11 Art Textiles GCSE contributions.
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VACANCIES

Kendrick School currently has the following vacancies. Please click on this [link](#) for more information.

Inclusion/SENDCo – part time, flexible role – for September 2022

Physics Teacher – part time or full time considered. ECT's encouraged to apply – for September 2022

KENDRICK PARENTS' SOCIETY (KPS)

KPS Film night

The KPS Film night held on 29th April for Y7 and Y8 saw a great turnout. We were happy to arrange for the students their first fun event of the year. The students had lot of fun and thoroughly enjoyed the movie with their friends. We wish to thank each one of you for the help and support you have given us to facilitate a fun filled event for Y7 and Y8 students.

A special mention of **Julia, Shannon, Sally, Lynne and Fiona** for all the support you gave us with the pre-event organising. You listened to the feedback, acted on it promptly, promoted the event widely, put up posters, sent out the information to students and parents... a massive thank you for all of this. Knowing that we have such a committed and dedicated team with us makes us really comfortable and gives us great motivation to do more!! We also want to mention our sincere gratitude to **Iklim** for the technical support on the day.

A huge recognition and applause to **Madame Hully, Mrs Glaister, Ms Buckley, Ms Haynes and Ms Rohweder** for all the time and care they provided on the day at the event and the school concert. What an inspiration you are for all

of us!! Last but not the least, we express our appreciation and gratitude to the parents, **Teresa, Dipti, Jackie, Vipula, Nell, Raghavendra and Urvashi** who volunteered to help us to make the Film night truly memorable one.

Second hand Uniform shop

Our next uniform shop opening is Saturday, 11th June, 9-11am in the Conservatory. The KPS will also sell uniforms to the new year 7 students at their Welcome Evening on Thursday, 30th June.

The student led shop is open for students every Monday, week A, during second break at the Servery. The students are able to see a list of the available stock and the price list on Sharepoint.

Thank you for donating good quality uniform and sports kit to be sold in the Second Hand Uniform Shop. The students can leave the donations in the donations box in the lost property cupboard. Thank you in advance for your donations. If you have any queries, please contact Teresa Haynes at thaynes@kendrick.reading.sch.uk.

Upcycling Competition

The KPS and the school Eco Council have held an upcycling competition with several fantastic entries. Later this week, there will be an article on the school website showing what the students and members of staff have created.

Summer raffle 2022

We are delighted to introduce you to KPS 2022 Summer Raffle. The annual raffle is our major fundraiser where we aim to offer not only some great prizes, but also to generate sufficient funds to provide equipment for the school that will result in a significant benefit for all our students and staff on a daily basis. This year we aim to raise at least £8,000 from the Summer Raffle. This will be used to fund new Smart Boards across all year groups.

We are very grateful to all the businesses and parents who have previously supported our fundraising by kindly donating generous prizes, volunteering their time or arranging matched funding. Kendrick parents/ carers have an excellent record of supporting the school and we hope that once again we can rely on your support.

Please contact us by emailing raffle.kps@gmail.com if you are able to donate a prize or arrange matched funding. The raffle will launch on 6th June and close on 1st July with an online draw planned for 2nd July. A full list of prizes and details on how to buy raffle tickets or donate will be shared in a letter sent out on the day of the launch. Thank you for your continued support and help in ensuring that we have another successful raffle this year.

Not a KPS member yet?

Would you like to join the charity your daughter's school is linked with? It is a great way to interact and know other parents, help the school in various initiatives and projects and help in raising funds.

Here is the link to the [online membership form](#) that will give you details on what the membership provides, class rep system and many other useful details. Once you have become a KPS member, you are welcome to join the KPS Facebook and Committee too.