

# Kendrick School - Weekly Update

Friday 17<sup>th</sup> May 2024

## LETTER FROM MS KATTIRTZI, HEADTEACHER

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We are getting glimpses of summer at last, and it is wonderful to see students enjoying their break times outside, particularly on the front lawn where they can sit, eat, chat, or run around in the sunshine. Today on the front lawn at second break was the Wellbeing Festival organised by our Student Welfare Team, Kendrick Wellbeing Committee, and our Wellbeing Ambassadors. Students were asked to wear a green accessory to complement their uniform as a symbol and support of mental health. Messages have been sent to staff and students every day this week highlighting [Mental Health Awareness Week](#) and the theme this year is *'Movement: Moving more for our mental health'*. To support the theme, [daily emails](#) have been sent to everyone about easy forms of movement that can aid mental health, for example, physical exercise, dance, sport, yoga and having fun.

Maintaining a good mental health is not easy and we know that issues in life can be very difficult and cause great stress and anxiety. Any number of suggested activities may not necessarily help someone who may be dealing with sorrow, difficult relationships, difficult home life, family break up, economic hardship or any other challenge. One area that we see can be a cause of anxiety for young people is keeping up good relationships and communications with parents. This time last year when we highlighted Mental Health Awareness Week, we invited a speaker from the Charlie Waller Trust, <https://charliewaller.org/> who talked about communication skills that parents and their children should try to work at. The presenter, Jenny Langley spoke about a range of well researched and evidence based practical communication skills to assist parents maintain strong connections with their children whatever their mood. She spoke about issues of low self-esteem and anxiety which young people face and which increase at times, for example, when exams are in progress. Jenny presented several exercises and techniques that parents can use to encourage greater empathy and understanding of some of the complex feelings that young people may have. She emphasised that these techniques are not quick fixes that will miraculously improve relationships, but are ways in which, with patience and careful understanding, they can be used to support young people. The presentations were recorded and include numerous slides and links to further information.

First video <https://vimeo.com/795538583> Password: CWTJL2023!

Second video [Kenrick CWT parent session on Vimeo](#) Password: CWTJL180523

The message about maintaining good communication between us all is something that was emphasised in the webinars on social media that were offered to parents of students across the school, KS3 two weeks ago and KS4 and 5 last night. My colleagues, Mrs Hearn, Head of Sixth Form and Miss Hyde, Assistant Pastoral Leader, spoke about the different apps. available and in use amongst young people, the potential dangers of some of these, but also the advantages and uses of online activity. These will be sent to you in due course.

As it is the summer term, lots of outdoor activities are taking place across the school. Students in 10 were on Duke of Edinburgh expeditions last weekend, thank you to the staff that accompanied them. Next week Year 8 students will be going on the Bushcraft activity trip, learning, and practising life skills in an outdoor environment. In PE, the curriculum has moved to the summer sports and activities, and it has been wonderful to see students on the front lawn these last few weeks practising athletics activities made possible by the funding of KPS to create a long jump, shot put and high jump area. Students will still be able to experience a proper athletics setting next week when students in Years 7 and 9 have a morning at Palmer Park Athletics Stadium, which will provide them with a great PE experience, as well as prepare them for our school Sports Day in July, which always takes place at Palmer Park.

On the website this week are reports and articles on following topics:

[School Archives](#)

[Earth Day](#)

[Community Music, Churchend](#)

[Student Publication, Medisphere](#)

[Badminton](#)

Finally, our successful Mock Trial Team assemble again at Reading Crown Courts tomorrow for the final part of the competition. We wish them well for this last round.

Please read further into the update for important and useful information.

Wishing everyone a sunny weekend.

Kind regards

**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 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](mailto:studentwelfare@kendrick.reading.sch.uk).**

## KNIFE CRIME AWARENESS WEEK

Next week is Knife Crime Awareness Week (20-26 May). The week-long campaign aims to shed light on the detrimental effects of knife crime. More information on the week, along with training sessions, workshops and resources provided by the Ben Kinsella Trust, [can be found online](#).



## SUMMARY OF SAFEGUARDING INFORMATION

[Term 1 2023-24](#)

[Term 2 2023-24](#)

[Term 3 2023-24](#)



**National  
Online  
Safety®**

## STAYING SAFE ONLINE

### HELLDIVERS 2

Within the last few months, Helldivers 2 has propelled to immense popularity in the gaming community, with players of all ages enjoying its frenetic combat, humorous presentation, and challenging gameplay. Whether they're cooperating with friends or competing with strangers, the game has attracted many young players despite its higher age rating.

As can be expected from an online game – especially one rated 18+ – there are several inherent online safety risks posed to children and young people who play Helldivers 2; from the content of the game itself to the dangers of interacting with strangers online. This guide highlights the most prominent hazards of Helldivers 2 and provides you with top tips for keeping its younger players safe.

**WHAT PARENTS AND CARERS NEED TO KNOW ABOUT [HELLDIVERS 2](#)**

## MENTAL HEALTH AND WELLBEING

### MENTAL HEALTH AWARENESS WEEK – MOVEMENT: MOVING MORE FOR YOUR MENTAL HEALTH

All this week we have shared tips with students on how they can get moving to help improve their mental health. If you would like to read this tips please click [here](#).

However you choose to get moving, the best option is usually the one we enjoy the most.

As we get older, we sometimes forget that movement can be fun! Instead of thinking of exercise as a chore, remember how at primary school you found joy in movement. Fun and laughter alongside movement will increase your motivation and the psychological benefits. Our Wellbeing Festival today was a good example of how traditional games and activities can bring us lots of fun and happiness. We hope those of you that joined in the fun had a great time.



Play games like tag with family or friends, break up watching television or scrolling through your phone, with a bit of fun movement to give everyone an energy boost, or go for a picnic in the park and a game of rounders.

There are also online games and apps that can get you out and about – try the treasure hunt game Geocaching or maybe Pokémon Go.

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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

The Moment, *by Margaret Atwood*

The moment when, after many years  
of hard work and a long voyage  
you stand in the centre of your room,  
house, half-acre, square mile, island, country,  
knowing at last how you got there,  
and say, I own this,

is the same moment when the trees unloose  
their soft arms from around you,  
the birds take back their language,  
the cliffs fissure and collapse,  
the air moves back from you like a wave  
and you can't breathe.

No, they whisper. You own nothing.  
You were a visitor, time after time  
climbing the hill, planting the flag, proclaiming.  
We never belonged to you.  
You never found us.  
It was always the other way round.



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## SCHOOL CALENDAR FOR TERM 5, 2023-24

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<b>Monday 20<sup>th</sup> May</b>	Public Exams continue Year 10 exams continued Year 8 Bushcraft (to Thursday 23 <sup>rd</sup> May)
<b>Thursday 23<sup>rd</sup> May</b>	Trustee P&R Committee, 4.30pm End of Term 5 for students, 3.15pm
<b>Friday 24<sup>th</sup> May</b>	Curriculum Day (see information below)

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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## CURRICULUM DAY

The school will be closed on **Friday 24<sup>th</sup> May 2024** for annual curriculum planning, to all students in **Years 7, 8 and 9**. Students do not need to register online, and no work will be set.

- Students in Year 10 will be in school according to their exam schedule.
- Students in Year 12 will be on study leave (more communication will follow on this)
- Students in Year 11 and Year 13 will continue with their public exams.

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## READING CHILDREN'S FESTIVAL 2024

The 35th annual Reading Children's Festival takes place from Saturday 11 May – Sunday 2 June, with three weeks of events and activities for children all over the borough. The activities begin with Forbury Fiesta from 11am on Saturday 11 May, continuing with sport and music workshops, as well as arts and crafts sessions throughout the festival at venues across Reading. The full programme of events will be available soon [on RBC's website](#).

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## VACANCIES

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We currently have vacancies for the following roles:

[School Caretaker](#) for August 2024. Full time. 37 hours a week. 10am – 6pm. Closing date for applications – 9am Tuesday 4<sup>th</sup> June.

[Art and Technology Technician](#). Term time only. 30 hours a week. Closing date for applications – 9am Tuesday 4<sup>th</sup> June.

*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

Creative Writing Anthologies – Plain or signed copies

The Poets: Society Anthology – launch on 29<sup>th</sup> April 2024

Spring Concert 30<sup>th</sup> April 2024

Music Opera Workshop 18<sup>th</sup> April 2024

Year 7 The Wheelie Fun Business Challenge – 23<sup>rd</sup> May 2024

## **Trips**

Year 12 Geography Field trip – 13<sup>th</sup> March 2024

Year 12 UCAS discovery trip – 17<sup>th</sup> April 2024

Year 8 Bushcraft- May 2024

Year 10 French and German trips - June 2024

Year 10 Geography field trips 3<sup>rd</sup> and 4<sup>th</sup> June 2024 ~

Year 12 Biology field trip 12<sup>th</sup> June 2024

Year 12 Career interest destination trip and CV feedback June 2024

Year 7 Swaminarayan Hindu Temple trip 11<sup>th</sup> July 2024

Geography A level residential course at Slapton Ley October 2024

Year 12/13 French and History trip October 2024

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## **KENDRICK PARENTS' SOCIETY (KPS)**

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

### **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**