

# Kendrick School - Weekly Update

## Friday 29<sup>th</sup> April 2022

### LETTER FROM MS KATTIRTZI, HEADTEACHER

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I hope everyone has had a restful holiday and a good break away from school.

We started the new term with Year 13 taking their second set of TAGs this week, which will now be followed by the public exams for GCSE and A Level starting the week of 16<sup>th</sup> May. The additional assessments have caused a huge amount of work and stress for both students and staff, however, I hope the benefits of these more formal assessments will help students feel more confident in the forthcoming final examinations.

This morning we had a whole school assembly when I introduced the new **Kendrick Student Leadership Team** to the school. It is the time of year when the new team takes over and begins to plan what they would like to do in the coming year. The students spoke confidently about their plans for the future. Some information about the new team can be found [here](#).

One of the first duties of the new team will be to be part of the **Open Day** events we have planned for this year. In a change from the past, we will not be holding one Open Day event, instead we have offered a series of days and times for prospective students and parents to visit Kendrick. Smaller groups of parents and students have been invited into school at specific times and will be given a tour by students and then receive information about the school from me, the KSL and some Year 7 students. We hope this approach will be less frenetic than our previous Open Day events, with minimum interruption to the school day and everyone's learning. For information about our Open Day series this year, please see link [here](#).

I mentioned at the end of last term that there are a number of awards available to students. The deadline for two of the awards, the [Trust Grants and the Kendrick School Music Bursary Award](#), is tomorrow on **30<sup>th</sup> April 2022**. Please have a look at the criteria for these awards and apply as soon as you can

A couple of news items on our website this week are:

- [A German Film event](#) attended by students of Kendrick and Reading School relevant to their A Level studies
- [CCF Adventurous Training Course](#) attended by one of our students, Cpl Esha

Wishing everyone an enjoyable weekend,

**Ms Christine Kattirtzi, Headteacher**

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# SAFEGUARDING/WELLBEING

## 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.

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 **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.

Under 25s	Over 25s	Parents
<b>YOUNGMINDS</b> Crisis Messenger Text YM to 85258 Open 24/7	<b>mind</b> for better mental health Call 0300 123 3393 9am - 6pm, Mon - Fri	<b>YOUNGMINDS</b>   Parents Helpline Call 0808 802 5544 9:30am - 4pm, Mon - Fri
<b>THE MIX</b> Call 0808 808 4994 3pm - 12am, every day	<b>SAMARITANS</b> Call 116 123 Open 24/7	
<b>childline</b> Available on the phone, by text, Call 0800 1111 7:30am - 3:30am, every day	For more advice and information visit: <a href="http://youngminds.org.uk/find-help">youngminds.org.uk/find-help</a>	

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](mailto:StudentWelfare@kendrick.reading.sch.uk)

If you feel you need further support in school, please contact Mrs Hackett regarding appointments with our Head 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](mailto:studentwelfare@kendrick.reading.sch.uk).

## WELLBEING: TIPS FOR IMPROVING YOUR MENTAL WELLBEING

There are lots of things we can try to take care of our wellbeing. MIND has tips to help you:

- Relax and reduce stress
- Find ways to learn and be creative
- Spend time in nature
- Connect with others
- Look after your physical health
- Try to get enough sleep

It is not always easy to start with caring for your wellbeing. You might find it helpful to:

- only try what feels comfortable
- give yourself time to figure out what works for you, going at your own pace
- take small steps. Pick one or two things that feel achievable at first, before moving on to try other ideas.

## WELLBEING: MAY IS NATIONAL WALKING MONTH

May is Living Streets' National Walking Month. This year, they are encouraging you to #Try20 - and walk for 20 minutes each day during May.

Walking is an easy and accessible way to improve physical and mental health and a 20-minute walk can reduce the risk of a number of preventable health conditions, including certain cancers, depression, heart disease and Type 2 diabetes.

By swapping a short drive for a short walk, you can also help reduce air pollution, congestion and road danger - whilst saving yourself some money and getting active in the process!

**[View Living Street's #Try20 tips](#)** or download and print your own #Try20 checklist to track your progress.

You could also make up your own and share them on social media using the hashtag!

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## **SAFEGUARDING – BULLYING AND CYBERBULLYING**

[Source: NSPCC](#)

Bullying is behaviour that hurts someone else. It includes name calling, hitting, pushing, spreading rumours, threatening or undermining someone.

It can happen anywhere – at school, at home or online. It's usually repeated over a long period of time and can hurt a child both physically and emotionally.

Cyberbullying is bullying that takes place online. Unlike bullying offline, online bullying can follow the child wherever they go, via social networks, gaming and mobile phone.

For more information from the NSPCC, please click on the links below:

[Types of bullying](#)

[Types of cyberbullying](#)

[Signs of bullying](#)

[Effects of bullying](#)

[Who is at risk](#)

[Support for parents and carers](#)

[Prevent bullying](#)

[If your child has bullied someone](#)

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## **CALENDAR FOR TERM 5**

Saturday 30 <sup>th</sup> April	Second hand uniform shop 9am – 11am
Monday 2 <sup>nd</sup> May	Bank holiday – school closed for student and staff
Tuesday 3 <sup>rd</sup> May	Year 7 Parents' Consultation
Wednesday 4 <sup>th</sup> May	Open Day sessions (entry into Year 7 in September 2023)
Thursday 5 <sup>th</sup> May	Open Day sessions (entry into Year 7 in September 2023) L&T Governors meeting, 4.30pm Lower School Chamber Concert, 6.30pm
Friday 6 <sup>th</sup> May	Open Day sessions (entry into Year 7 in September 2023)
Monday 9 <sup>th</sup> May	Open Day sessions (entry into Year 7 in September 2023) KPS Committee meeting, 6pm to 7.30pm
Tuesday 10 <sup>th</sup> May	Open Day sessions (entry into Year 7 in September 2023)
Thursday 12 <sup>th</sup> May	Resources Governor meeting, 4.30pm

Friday 13 <sup>th</sup> May	Year 13 Celebration Day
Monday 16 <sup>th</sup> May	Year 11 Celebration Day
Friday 20 <sup>th</sup> May	GCSE Exams Start
Monday 23 <sup>rd</sup> May	Start of Year 10 exams
Tuesday 24 <sup>th</sup> May	Year 7 Bushcraft residential (to Thursday 26 <sup>th</sup> May)
Thursday 26 <sup>th</sup> May	Year 7 Enterprise Day
Friday 27 <sup>th</sup> May	P&R Governor meeting, 4.30pm
	Last day of Term 5, 3.15pm

## NEWS, NOTICES AND EVENTS

### STAND FOR ELECTION TO READING YOUTH COUNCIL

*A message from the Chair of Reading Youth Council, Amandeep Mavi (a member of our KSLT).*

I am writing to you on behalf of the Reading Youth Council to allow your students to apply to be part of the council. Your school may or may not have attended our conference on 1 April where we first launched the application process. The form is open to those between the ages 11-18 and requires students to write a short manifesto for why they wish to join. If your school did not come to the conference, this is the perfect opportunity for them to apply and tell us what they would like to do if they get elected.

There is no cap on the number of applicants that can apply from your school and so we encourage the form (link below) to be circulated to all students. The deadline for applications is 10 May, so applicants do still have a bit of time to work on their manifesto paragraphs. This opportunity is very valuable and we hope to see as many students apply as possible.

Visit the [Reading Youth Council](#) webpage for more information and the application form. Please note the deadline for applications has been extended to 10 May.

### LOWER SCHOOL CHAMBER CONCERT – THURSDAY 5<sup>TH</sup> MAY

The Lower School Chamber Concert will be taking place next week, Thursday 5<sup>th</sup> May at 6.30pm. It is a free event and we welcome students from all year groups (and their families) to come along. Please encourage your friends to come and support our students in Y7-9.

### PARENTWISE

The government, in collaboration with several charities and other organisations, has recently launched the **ParentWise** website. The site provides help and advice to parents and carers of children and young people and includes links to various resources and providers relating to issues including bullying, alcohol/drug abuse and knife crime. You can find the website at: <https://parentwise.campaign.gov.uk/> and Grassrootz. Parents need to re-register every new holiday period, even if they have used the scheme previously. You can find all the details of the HAF programme on the BFFC website.

### SPRING OPPORTUNITIES WITH ELEVATE

The latest apprenticeship and job opportunities from Elevate careers service can now be found on their page on the BFFC website, along with post-16 SEND opportunities. You can find the details at:

<https://brighterfuturesforchildren.org/young-peoples-zone/careers-service-for-young-people/>.

## SECOND HAND UNIFORM SHOP

There are two regular opportunities to shop for second hand uniform, the first Saturday of each term 9-11am in the Conservatory (for parents/carers and students) and Monday week A, second break in the Servery (for students).

Students can see the available stock and price list on Sharepoint in the Second Hand Uniform folder.

So, if you need any uniform items, please come to the shop on Saturday 30/4 or on Monday 2/5.

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## TWO EXCITING WRITING COMPETITIONS – NOTE DEADLINES IN MAY!

### 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](mailto:tvmgessaycompetition@outlook.com) or see Ms Fieldsend.

Competition run by Institute of Chemical Engineers, Thames Valley Group

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## PARENTPAY REMINDERS

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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 - If paying by instalments, an instalment of £100 was due on Friday 18<sup>th</sup> March. The final instalment of £99 is due on Friday 15<sup>th</sup> April.
- Year 8 'People Like Me' CEIAG event held on Wednesday 16<sup>th</sup> February.
- Year 12 A Level Biology Residential Field Course at Dale Fort Field Centre. If paying by instalments, the final instalment of £80 was due on Monday 21<sup>st</sup> March.
- Year 7, 8 and 9 food and textiles contributions.
- Year 10 and Year 11 Art Textiles GCSE contributions.
- Year 12 Geography Field Trip To Hengistbury Head and Hurst Castle Spit: 4th March 2022
- Year 9 and Year 10 German and French plays: 14th March and 29th March 2022

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## VACANCIES

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

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

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## KENDRICK PARENTS' SOCIETY (KPS)

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### DISCO NIGHT

We are planning a Disco for students of Years 7- 10. The discos are planned to be held at the end of the school term and will coincide with the Jubilee celebrations. We are looking for collaboration with Reading School to have a combined disco. Please contact us if you would like to volunteer for any of these events. We look forward to maximum participation from you to make these events successful and raise funds for school.

### KPS SUMMER RAFFLE

The summer raffle has been one of KPS's major fund raising initiative. We are so excited to announce the launch of summer raffle on **6th June 2022**. The raffle will run for four weeks and the draw will take place around 3<sup>rd</sup> July. Please mark your calendars for the day. We seek your support and help in finding the sponsors for the raffle gifts to make it a successful event. We will also be having gift hampers for the raffle prizes. If you wish to donate any gift items, please reach us at [raffle.kps@gmail.com](mailto:raffle.kps@gmail.com) or [kpschair@kendrick.reading.sch.uk](mailto:kpschair@kendrick.reading.sch.uk). The money raised from the raffle will be used to fund the smart boards in the school.

### UNIFORM DONATIONS

If you have any good quality second-hand uniform, please ask your child to put it in the donations box, in the **lost property cupboard, next to ICT1**.

### NEW FUNDRAISING INITIATIVE - EASY2NAME LABELS

Looking for ways to improve our school for our students is always a priority. One of our efforts to do this is through our partnership with Easy2name, a name labelling company. They allow us to raise funds through their fundraising scheme for our school, and ultimately, our students.

Easy2name have labels and tags for everything, such as clothing, sports equipment, accessories, household items and stationery, helping prevent items ending up in Lost Property.

When you put an order through at [www.easy2name.com](http://www.easy2name.com), please state our school when it gives you an option, and we'll earn 20% cashback of your entire order than we can use to directly improve our school. Just select our unique code at the checkout **FR-KENDRKPAS-76**.

## **KPS SHOPPING LINKS**

### **AmazonSmile donations**

We encourage you to continue your purchases at [smile.amazon.co.uk](http://smile.amazon.co.uk), (not [www.amazon.co.uk](http://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 us all together contribute to something that our children 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.