

Kendrick School - Weekly Update

Friday 19th April 2024

LETTER FROM MS KATTIRTZI, HEADTEACHER

Welcome back to Term 5, I hope everyone has had a restful spring break and feels refreshed for the term ahead.

It has been a busy start to the term with AS Mock exams for Sixth Form students on Monday. In addition, we returned to some significant adjustments to our premises in main school. Over the holiday almost all the doors, including fire doors of the main school block, were changed and upgraded to make them appropriately compliant with the requirements of fire regulations. This was a huge project which cost almost £300k and was financed by a bid we applied for to the government called Capital Improvement Fund (CIF). We have been successful in our applications for such funding over the last few years, but this project has been super quick in securing and implementing. I am always very pleased and encouraged when we can make such improvements to the condition and fabric of the school. The Cedars project was the previous successful CIF bid we made which resulted in new windows and a roof of that building costing around £370k.

Today we started the day with a whole school assembly at which I introduced the new Kendrick School Leaders 2024-25 to the school. This is a most important time in our school year when one team of student leaders takes over from the previous team. This year the team is made up 18 students, three students in each of the three committees and three students in each of the three Houses. They presented themselves to the school and spoke a little about their plans for the year ahead. They showed confidence and a real desire to support their school and fellow students in the plans they have for the coming year. You will hear more about them and from them in due course.

The Kendrick Student Leaders will begin their term of office by representing the school at our Open Day sessions next week. The Open Days now occur in the school day when groups of parents and students are given a tour by students and then receive information about the school from me, the Kendrick Student Leaders and some Year 7 students. Information about our Open Day series this year can be found [here](#).

A few news items on the website this week about activities done last term are below. Please read and enjoy the pursuits and successes of many of our students.

- [Lower School Concert](#)
- [Air Ambulance Charity Concert](#)
- [Mock Trial](#)
- [Berkshire Young Singer 2024](#)

I would like to end this week's Weekly Update with the thoughts and reflection I made this morning to students and staff at the assembly.

In the spirit of renewal and new beginnings, let us all once again commit to the values of our school, to the responsibilities, and roles we have that make our school the caring and supportive community it is. What we have at Kendrick is not shared by everyone in the world, so let us also think about people whose lives are not as safe and secure as our own, who at this moment in time, can't look forward to a future with hope or opportunity as we can, but instead are living in fear and uncertainty. Finally, let us all make a promise to ourselves that we will try to do and be the best we can this year.

Wishing everyone a peaceful 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

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 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.

SOCIAL MEDIA – FIND OUT HOW TO KEEP CHILDREN SAFE ON SOCIAL MEDIA

SOURCE: NSPCC

Children and young people use many different social media apps and sites. The most popular are Facebook and Instagram, with many others such as Snapchat, TikTok and Twitter.

There are lots of benefits to social networking. Children can stay connected to friends and family. They can also learn many different things, from make-up or gaming tutorials to making slime, or how to create their own videos.

Like most things, there can be negatives too. For children and young people there are risks that you should be aware of, to help keep your child safe on social media.

For information on how to keep your child or young person safe on social media please click [here](#).

SUMMARY OF SAFEGUARDING INFORMATION

[Term 1 2023-24](#)

[Term 2 2023-24](#)

[Term 3 2023-24](#)



**National
Online
Safety®**

STAYING SAFE ONLINE

SOCIAL MEDIA AND MENTAL HEALTH

This online safety guide focuses on social media and mental health. It highlights a number of tips such as how to hide content, setting daily limits and discussing what children have seen online.

[SOCIAL MEDIA AND MENTAL HEALTH](#)

MENTAL HEALTH AND WELLBEING

STRESS AWARENESS MONTH



April is **Stress Awareness Month** and the theme this year is '**Little by Little, A Little Becomes A Lot**'. This is the idea that small consistent actions each day contribute to overall wellbeing as a cumulative effect.

Please click on the links below for some useful resources for managing stress.

[Top Tips for Managing Stress and Preventing Burnout](#)

[Managing Stress and Anxiety Booklet - Tips for Students and Apprentices](#)

[Small Actions to Make Big Changes](#)

[The Butterfly Effect - Little by Little By Little Becomes a Lot](#)

[Little by Little Journal](#)

[One Day at a Time: Daily Wellness Challenge](#)

[Childline - Coping with Stress](#)

SELF-CARE – RELAXATION TECHNIQUES

SOURCE: ANNA FREUD

There are lots of different kinds of relaxation techniques that you can try out. Lots of people find these helpful particularly when they are feeling overwhelmed, stressed or anxious. Relaxation techniques are also often recommended in a lot of therapies.

A few different types of relaxation techniques are:

- Slowing down your breathing
- Progressive Muscle Relaxation
- Guided Visualisation
- Repeating Mantras to yourself (e.g I can handle whatever comes my way)

'Relaxation is a big one I use when I notice my thoughts speeding up...I try to just go with it and see what happens, not being too bothered about the small things or if I feel self-conscious.'



There are a range of [relaxation apps](#) which you may wish to try which you can find including the free [NHS Chill Panda](#) app.

In this [video](#), Dr. Rina Bajaj gives some simple advice on relaxation techniques that you might wish to try.

KENDRICK SCHOOL WELLBEING NEWSLETTER

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

THOUGHT OF THE WEEK

“If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome.” **Anne Bradstreet**

POEM OF THE WEEK

The Trees by Philip Larkin



The trees are coming into leaf
Like something almost being said;
The recent buds relax and spread,
Their greenness is a kind of grief.

Is it that they are born again
And we grow old? No, they die too.
Their yearly trick of looking new
Is written down in rings of grain.

Yet still the unresting castles thresh
In fullgrown thickness every May.
Last year is dead, they seem to say,
Begin afresh, afresh, afresh.

SPECIAL EDUCATIONAL NEEDS AND DISABILITIES (SEND)

SPRING SEND LOCAL OFFER NEWSLETTER

The spring edition of the new look [SEND Local Offer newsletter](#) is here and is packed with information, including blogs, news items, updates and more.

NEWS FROM THE ADULT DYSLEXIA CENTRE: AN ONLINE COURSE FOR PARENTS, CARERS AND TEACHERS OF CHILDREN WITH DYSLEXIA

The popular online Understanding Dyslexia course will be running from **Wednesday April 24th until May 22nd 2024. Evenings at 7.30pm – 9pm.**

All 5 sessions delivered by experienced professionals. Delivered online, sessions are lively and interactive. Places are limited to facilitate participation and discussion. This course is for anyone who supports a dyslexic child in their learning. Dyscalculia is also covered.

24th April - Understanding your child with dyslexia

1 May - Spelling strategies and handwriting

8 May - Reading strategies and phonics

15 May - Maths and dyslexia - Dyscalculia

22 May - How to get help in school

Register your interest by email to courses@adc.org.uk. The fee is £100 for the 5 sessions.

SCHOOL CALENDAR FOR TERM 5, 2023-24

Tuesday 23rd April	Open Day sessions
Wednesday 24th April	Open Day sessions
Thursday 25th April	Junior Maths Challenge (Year 7 and Year 8)
Friday 26th April	Trustee Day
Tuesday 30th April	Spring Concert, 6.30pm
Thursday 2nd May	Year 13 Celebration Day
	Trustee L&T Committee, 4.30pm
Friday 3rd May	Year 11 Celebration Day
Monday 6th May	Bank Holiday
	Start of Deaf Awareness Week
Thursday 9th May	Trustee Resources Committee, 4.30pm
	Start of Public Exams
Monday 13th May	Mental Health Awareness Week
Friday 17th May	Wellbeing Games
	Year 10 Exams start
Monday 20th May	Year 7 Bushcraft (to Thursday 23 rd May)
Thursday 23rd May	Trustee P&R Committee, 4.30pm
Friday 24th May	End of Term 5, 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](#)

NEWS, NOTICES, COMPETITIONS AND EVENTS

GRAND CLOTHES SWAP

If you had missed out on the Grand Clothes Swap the previous term, this is the **Clearance Sale!** The sale will be in the Main Hall, on **Monday 22nd April, and Friday 26th April**. The prices have dropped, from 50p earlier, to just **15-20p**, now! Look forward to seeing you there - don't forget to bring change!



Family Fun Swim at Coral Reef, Bracknell
£4 child & £8 adult



Tuesday 30th April
6-8pm
Nine Mile Ride, Bracknell RG12 7JQ

THIS IS AN EXCLUSIVE BOOKING FOR SPOTLIGHT UK
Bookings must be made in advance to
danielh@spotlightuk.org
www.spotlightuk.org Reg Charity 1129258

SPOTLIGHT UK

CORAL REEF OPPORTUNITY

Spotlight UK started in April 2009. They started out to provide low cost activities to help increase confidence and self esteem to children and young people across Basingstoke. However this vision quickly grew and they were able to provide emotional and practical support as well as enjoyable and fun activities to hundreds of children and young people across the area every year.

VACANCIES

We currently have vacancies for a **Chemistry Teacher to cover a maternity leave**. 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.

PARENTPAY REMINDERS

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 29th April 2024
Spring Concert 30th April 2024
Music Opera Workshop 18th April 2024

Trips

GCSE and A level Art trip to Oxford – 5th February 2024
Year 12 and Year 13 Classics trip – 9th February 2024
Year 10 Hitler on trial exam workshop – 29th February 2024
Year 12 Geography Field trip – 13th March 2024
Year 12 UCAS discovery trip – 17th April 2024
Year 8 Bushcraft- May 2024
Year 10 French and German trips - June 2024
Year 10 Geography field trips 3rd and 4th June 2024
Year 12 Biology field trip 12th June 2024

KENDRICK PARENTS' SOCIETY (KPS)

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

KPS SPRING RAFFLE

The KPS Spring Raffle event was successfully completed prior to Easter break and the winners have received their prizes. **7MH** - the form that raised the most money – have an **own clothes day and pizza** lunch today.

The PE Facilities enhancement work has been completed now and details will be published in the upcoming KPS newsletter. Please contact KPS by emailing kpsraffle@kendrick.reading.sch.uk for any queries or additional information.

DROP-IN SESSIONS WITH MS. KATTIRTZI, HEADTEACHER

We have now concluded all drop-in sessions for this year, the last one was for **6th form** on **Tuesday 16th April**.

We appreciate **parents, carers and students** taking this opportunity in **large numbers** to interact with the Head Teacher. And **special thanks to Mr. Kattirtzi** for taking out time to support the sessions.

We believe that these sessions are important ways to connect parents/carers and students with the school, and seek any feedback and suggestions for future considerations via email KPSChair@kendrick.reading.sch.uk

KPS DISCO UPDATE

We are all excited about **today's Disco night** and here are a few details for the event:

Entrance will be via **the East Street Entrance**. There will be volunteers and signs to guide you. Please make sure you sign your child in before you leave.

The drop off time is between **6:00-6:30pm**. Please don't be late!

There is **no parking** available onsite. Please do not stop your car in front of the school as there are double yellow lines and you will cause a traffic jam.

All parents are welcome to stay for parents meet and mingle. If doing so you will probably need to park for more than 2 hours. Nearby street parking is limited to 2 hours. Please use Queens Road or Oracle car parks.

There will be **snacks, drinks, chocolates, cakes and glow sticks** available to buy. Please give your children some money ££ to spend.

No card payment is available in children's area.

Water and squash will be available for free in the disco area.

In the parents' meet and mingle area, we will have similar snacks and drinks along with tea and coffee. We will be able to accept cards in this area.

Please note disco and meet and mingle areas are separate. Parents will not be able to pay for their children, so please ensure children have cash, ideally coins.

Disco ends at 8:00pm. No child will be allowed to leave without their parent or named adult.

Children will come out to **the tennis court area** where they will be able to identify their parent or adult. Parents keep to the rear of the court.

Looking forward to seeing you all.

Any queries, contact KPSTreasurer@kendrick.reading.sch.uk or KPSChair@kendrick.reading.sch.uk

PRE-LOVED UNIFORM SHOP

The pre-loved uniform store opens from **9 am to 11 am on the first Saturday of every half term**, conveniently located in the Conservatory next to the school library.

Parking is usually available in the Cedars car park along London Road, just past the dentist near the traffic light.

Our next shop opening is on **Saturday, 20th April 2024, from 9 am to 11 am** in the Conservatory.



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