

Kendrick School - Weekly Update

Friday 14th May 2021

WEEKLY LETTER FROM MS KATTIRTZI, HEADTEACHER

The much anticipated announcement from the Prime Minister on Monday confirmed that Stage 3 of the Roadmap out of the lockdown will take place as planned from Monday 17th May. For schools the guidance says that masks no longer need to be worn in classrooms, but must still be worn in corridors and where social distancing is not possible. I wrote to parents and students yesterday to inform you of this development. However, I would like to emphasise that as a school we proceed out of the lockdown with caution and care. There are still many staff and students who wish to continue to wear their masks at all times and we are very happy to support this at least for the next two weeks. For information the government guidance is here <https://www.gov.uk/government/publications/face-coverings-in-education>

Today students across the school watched an assembly organised by the Curriculum and Current Affairs Committee of the Kendrick Students Leaders on the COVID situation in India. To complement the assembly and raise money for COVID victims there is a **themed Own Clothes Day on Thursday 20th May**, as I mentioned last week. Information and details will be sent to the students and everyone is asked to make a donation of £2 which they are able to bring into school as cash and will be collected by members of the KSL. We hope we can raise lots of money for the charities that are doing such important and vital work in this area. I am aware that many families in school have relatives in India who have died of corona virus and our deep condolences go to them. A whole school effort to raise money will demonstrate our support and perhaps give some comfort to the families.

At the **Kendrick Parents' Society Committee meeting** on Monday night, the key topic of discussion was preparations for the **KPS Summer Raffle**. Once again the raffle will be on-line and the KPS raffle organisers have worked very hard to put the event together, including sourcing prizes that will encourage people to buy tickets. The raffle will be launched on **Monday 7th June and will be drawn on Saturday 26th June**. Form groups will be asked to put together hampers of goodies for prizes and everyone is asked if they are able to donate any prizes to the raffle to encourage sales. One super prize sourced by a member of staff yesterday is a voucher for a dinner at the French Horn in Sonning, a restaurant in a most beautiful location on the Thames. It is hoped that the raffle might raise up to £7k which we would like to spend on renewing and extending the lighting in the Hall in preparation and anticipation of being able to put on our wonderful live performances like House Music, House Drama and concerts in the next academic year. If parents wish to make donations of prizes, please contact KPS KPSChair@kendrick.reading.sch.uk

Some super displays have gone up around school recently and can be found in the gallery section on our [website](#). One display related to **Mental Health Awareness Week** highlights the theme for this year which is how people have been positively affected by connecting with nature and how this has helped improve people's mental health and wellbeing. The article explains how many people found solace and comfort during the period of lockdowns by being able to connect with nature and how continued connection with nature can help maintain a positive effect on our mental health. In my garden, I know that I have taken a much keener interest this year in the birds that come and feed on our birdfeeder. Sometimes I find myself looking up the birds to try to identify what type of bird is on the feeder; it can be quite a relaxing distraction from doing other less interesting things. Others I know have reconnected with their gardens and prepared them better than ever before for the summer months, many people continue to take daily walks or other forms of exercise and relaxing activities. We must never underestimate the importance and attention we must all try to give to our mental health and wellbeing. Research shows that such outdoor activities can help us all keep a good work life balance and ease stress in our lives. More information about

this year's Mental Health Week Awareness Week and the theme of connecting with nature can be found here: <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>. Please read the Weekly Update for more mental health and well-being resources.

This time last year when it was Mental Health Awareness Week, I finished my weekly update with a poem from one of my anthologies. In a week when the desperate COVID situation in India continues, the possibility of new variants of COVID disrupting the path out of lockdown is being widely discussed and the continued escalation of violence and killings in Israel and Gaza, it seems that some quiet reflection may be helpful for us all. A re-read of the poem below is a start.

The Peace of Wild Things

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and children's lives may be,
I go and lie down where the drake
rests in his beauty on the water, and the great heron feeds.
I come into peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.

Wendell Berry

Wishing everyone a peaceful 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 5pm), 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.

MENTAL HEALTH AWARENESS WEEK

This week has been Mental Health Awareness Week and the theme this year is 'Nature'.

Please click [here](#) for a booklet prepared by the Peer Education Project (Mental Health Foundation) for parents/carers on why nature is good for our mental health and top tips for connecting with nature.

For more information on the Mental Health Awareness Week please click on the link below:

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

CHILDREN'S MENTAL HEALTH

Recognising the signs that a child may be struggling with their mental health can be really hard. The NSPCC has got advice to help you support children who may be experiencing depression, anxiety, suicidal feelings or self-harm. Please click on the link below.

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

NEWS AND EVENTS - WHOLE SCHOOL

NEWS ON OUR WEBSITE AND SOCIAL MEDIA

[Literary Celebrations](#)

CALENDAR

Thursday 20 th May	Themed Own Clothes Day in aid of COVID victims
Friday 21 st May	End of assessments for Years 11 and 13
	Governors Strategy Meeting
Thursday 27 th May	Governor P&R Committee, 4.30pm
Friday 28 th May	Curriculum Day, only Year 10 students in school
	Last day of Term 5, 3.15pm

KENDRICK SCHOOL LEADERS UPDATE

Curriculum and Current Affairs

The Curriculum and Current Affairs committee plan to introduce affecting topics to the whole school through short current affairs assemblies once a term. This term we have centred our assembly around the current India COVID Crisis, as well as the disproportionate effect of this pandemic on low-income countries, and we want to encourage you all to look into this issue further as well as donating anything you can, especially in anticipation of the Community committee's Own Clothes Day fundraiser. We are also currently working with Dr Perry to revamp the mentoring system and make it more student-centred through directly offering Year 11 students the opportunity to ask for a mentor as well as facilitating the option for more group mentoring; our plans for this will be coming soon.

Here are the links mentioned in the assembly:

- Mutual Aid India - https://mutualaidindia.com/?utm_source=gdoc
An informal list curated by volunteers of individual, local fundraisers you can support
- Feeding India by Zomato and Delhivery - <https://www.feedingindia.org/>

Feeding India, the non-profit arm of one of the country's largest tech start-ups Zomato, is collaborating with logistics company Delhivery to source oxygen concentrators and related supplies.

- Give India - the site has many fundraisers you can support <https://covid.giveindia.org/>
- Ketto - the site has many fundraisers including
 - Helping Hands- <https://www.ketto.org/fundraiser/to-provide-ration-to-poor-familiesdaily-wage-earners-affected-by-lockdown?payment=form> The organisation is helping daily wage workers in Mumbai and rural Maharashtra who have lost their jobs and are now experiencing the amplified effects of this crisis.
 - Doctors For You - <https://www.ketto.org/fundraiser/sauceepigamiaandfriends> They run Covid care centres and assist partner hospitals in getting medical supplies
 - Mission Oxygen - <https://www.ketto.org/fundraiser/mission-oxygen-helping-hospitals-to-save-lives>

Student Welfare

In the past two weeks the Student Welfare committee has been planning how to use social media positively, by using interactive stories and posts to encourage positive mental health. We are hoping to add a self-care section into the weekly bulletin, where we will suggest small things everyone can aim for in the upcoming week to help keep ourselves mentally, socially, and physically healthy. We are also working with the Staff Student Welfare team in organising how to showcase the new mental health Base in Sidmouth, and information about this will be going up around the school. We are looking forward to working with new Year 12s on their induction day after half term, and helping everyone across the school in the coming year!

Community

The Community committee has begun to organise a fundraiser for the Covid-19 crisis in India. This will mainly involve an Own Clothes Day on Thursday 20th May. We encourage everyone to take part in this with the theme of wearing colours of the flag of India or ethnic wear, and donating £2 via Parentpay. We encourage everyone to take an extra step to personally donate and recommend doing this by the platform GiveIndia, which we are also using to donate the money we raise on the day. Recently, we have also asked for the opinions of students on the specific local charity in Reading that we will support for the upcoming year. External organisations such as Launchpad and No5 Young People's Counselling Service were popular. It would be very helpful for finalising our decision if as many people can send in their suggestions via the Kendrick Instagram account or email:

15mtamang@kendrick.reading.sch.uk

House

Over the last two weeks the House committee has had meetings with Mr Duncan and staff members to discuss upcoming plans. With **Sports Day** going ahead this year, without the field events, the committee has put forward some ideas for fun alternative events that will get everybody involved! We have discussed and begun to organise the House Musical which we are hoping to run remotely.

We have also launched our **House Drawing** competition and more information has been sent out via email. If there are any questions please ask one of the members of the House Committee.

Finally, we want to wish Palmer house a big well done for winning the house cup. We hope that everybody in all houses who contributed and participated in events will also continue to do so this year - perhaps Cedars or Sidmouth could take the top spot!

KENDRICK SCHOOL ECO COMMITTEE UPDATE

In our most recent Eco meeting, we discussed the launch of EcoSpot and finalised the 4 challenges it'd have. These are having meat-free meals, shorter showers, recycling and saving electricity. Some videos giving more information on the app have also been sent out. We also decided that we should aim to complete 1500 challenges as a school (around 1 challenge completed by every student per week).

KENDRICK PARENTS' SOCIETY (KPS)

Please click [here](#) for the latest KPS newsletter.

KPS SHOPPING LINKS

AmazonSmile donations

We encourage you to continue your purchases at smile.amazon.co.uk, (not 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's all together contribute to something that our daughters 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.

NEWS, ARTICLES AND EVENTS – STUDENTS

MENTAL HEALTH AWARENESS WEEK - NATURE

This week has been Mental Health Awareness Week and the theme this year is 'Nature'.

Please clicke [here](#) for a booklet prepared by the Peer Education Project (Mental Health Foundation) for students on why nature is good for our mental health and top tips for connecting with nature.

ON MY MIND

'On My Mind' aims to empower young people to make informed choices about their mental health and wellbeing. The pages you will find via the link below have been co-produced by young people to help other young people.

<https://www.annafreud.org/on-my-mind/>

DO YOU NEED HELP RIGHT NOW?

The AFC Crisis Messenger text service is a free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope. The service is staffed by trained volunteers who will work with you to take your next steps towards feeling better.

They can help with issues such as anxiety, worry, panic attacks, bullying and depression and are here to talk at any time of day or night.

If you need support, you can text **AFC** to **85258**.

They know that finding the right support is important, especially if you need someone to talk to right now. They aim to connect every texter to a trained volunteer promptly to provide crisis help. They will listen to you and help you think more clearly, enabling you to know that you can take the next step to feeling better.

This service is provided by Mental Health Innovations and Crisis Text Line branded as SHOUT. You can read the MHI privacy policy and terms of service [here](#).

For details of other organisations offering support, please click on the [Urgent Help](#) page or search for support services near you using the [Youth Wellbeing Directory](#).