

Kendrick School - Weekly Update

Friday 12th May 2023

LETTER FROM MS KATTIRTZI, HEADTEACHER

Yesterday evening we had the second of our series of **Mental Health and Wellbeing Seminars** (first in February) led by the Mental Health trainer, **Jenny Langley of the [Charlie Waller Trust](#)**. Hugely experienced and knowledgeable, Jenny 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 particular times, for example, when exams are in progress. Jenny presented a number of 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 presentation was recorded and includes numerous slides and links to further information. You can access the recording [here](#) (password: CWTJL180523) and slides [here](#). We hope to invite Jenny or one of her colleagues back in the autumn term to deliver another session on a theme relevant to our students.

I hope parents and students can see the development of our school's Mental Health and Wellbeing strategy and approach which is to create an environment that understands the mental health needs of our students and addresses them through structures, staffing, lessons and conversations. We believe this approach is essential to the good and healthy functioning of our school. The **Student Wellbeing Committee** is working with staff to develop and train **Wellbeing Ambassadors in Years 7-11** who will be able to provide peer to peer support to students in their cohort supporting the staff **Student Welfare Team** of trained and experienced individuals. Along with the Safeguarding team of highly experienced staff, we have strength in the school to support all our students. This week, we have raised awareness of mental health in our school by enjoying some fun activities, including chalk paintings outside, a Just Dance session in the Sports Hall, a newly painted mural of affirmations in The Base and today people are wearing the colour green; gestures and symbols to mark Mental Health Awareness Week. My sincere thanks to everyone involved in the planning and delivery of the events this week.

Articles on our website this week:

- [House Reading competition](#) – won by Sidmouth who collectively read 575 books!
- [Asteria magazine Issue 2](#) – a joint publication between Kendrick and Reading School, a most erudite collection of essays on a variety of themes and issues affecting our world today. Well done to the students who have researched and written the articles. Please take time to read the magazine.

To end, I would like to go back to Jenny Langley's presentation and suggest a piece of advice that we can consider when reflecting on our conversations with our children, particularly when things are not going quite as we would like. Jenny suggests we should always try to be **curious not furious** in our discussions, and with regard to listening to our children, Jenny says a good rule of thumb is to use our ears and mouth in the proportion that we have; twice as much listening to talking. Good advice, I think.

Have a good 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/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 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 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.

SAFEGUARDING – NSPCC GUIDE TO POSITIVE PARENTING

Balancing the various demands parents have to cope with isn't easy and all parents can come under pressure or stress from time to time. This guide shares practical advice and tips for positive parenting techniques that work well for children - from babies to teenagers. These techniques encourage better behaviour and help parents find out what works for them and their child. **CLICK [HERE](#) TO ACCESS THE RESOURCE.**

MENTAL HEALTH & WELLBEING – MENTAL HEALTH AWARENESS WEEK

This week was Mental Health Awareness Week and the theme this year is '**anxiety**'. We have shared a number of resources with students this week and the KSL Wellbeing Committee has run some fun activities for students including Just Dance, chalk drawing and painting positive messages in the Base.

Today we invited students and staff to wear something green to raise awareness of mental health and wellbeing. We are not collecting money for this but ask that you please consider donating money to the [Mental Health Foundation](#) via this [link](#).

YoungMinds has information for parents and carers on **supporting your child with anxiety** which you can access [here](#).

Click [here](#) for a collection of Apps, recommended by CAMHS, that are designed to support young people, adults and families with their mental health and well-being. Some of these do need a paid subscription to use them while others have been made freely available during the Covid situation.

We also held the second of our mental health and wellbeing webinars this week. Jenny Langley spoke to parents and staff about how to communicate with your child whatever their mood, and to boost their self-confidence. This was a really excellent session, with some very helpful tips and advice on communicating with young people. You can access the webinar here (recorded up to the question and answer session): [Kenrick CWT parent session on Vimeo](#). Password: CWTJL180523. The slides for the session can be accessed [here](#).

MENTAL HEALTH AND WELLBEING – COPING WITH EXAM STRESS

We are now in exam season and there are a number of resources available to help students deal with exam stress and also for parents and carers to help their child during this time. Some of these are below, and there is also information available on our [website](#).

- <https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>
- <https://www.mind.org.uk/for-young-people/feelings-and-experiences/exam-stress/>
- <https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/>
- <https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>
- <https://weheartcbt.com/self-help> (particularly 'Calming Techniques' and 'Breathing Techniques').

SCHOOL CALENDAR FOR TERM 5, 2022-23

Monday 22nd May

Year 8 Bushcraft Trip departs

Thursday 25th May

Performance & Review Committee, 4.30pm

Friday 26th May

Curriculum Day, school closed to all students other than those in Years 10-13 who have exams.

End of Term 5

The school calendar for the academic year can be found [here](#). For the Term Dates for 2022-23 and 2023-24 please click [here](#)

NEWS, NOTICES, COMPETITIONS AND EVENTS

CURRICULUM DAY – FRIDAY 26TH MAY 2023

Friday 26th May 2023 is a Curriculum Day for staff, and the school is closed to all students other than those in Years 10,11, 12 and 13 who have exams.

WHITLEY FOOD CUPBOARD

Thank you so much for your response to our collection this week for the Whitley Community Food Cupboard. With the help of a few students Mr Simmonds will be making a delivery to them today it will make a massive difference.

A few of parents have asked if you could give money directly instead of bringing in items and we are very pleased to let you know that we now have the facility to donate through our Parent Pay system. Any money collected will be passed directly to the Food Cupboard and they can use it to buy targeted items, food vouchers and special requests such as correct nappy sizes.

We collect in the second and fifth week of each term and we are trying to make this into a 'little and often' habit forming activity in order to give the Food Cupboard support all year round.

Sarah from the Food Cupboard has confirmed that the items currently in need are 'toiletries including ladies' sanitary products, cooking oil, cereal, snacks for lunchboxes, toilet paper, washing powder and fabric softener are some things that are really helpful. I have a couple of families in bed and breakfast where they only have a microwave and kettle so maybe 'pot noodle' type things'.

Thank you very much for your support of this very important, and very local, initiative.

NUMBER 5 – NATIONAL LOTTERY'S 'PEOPLE'S PROJECT'

We have been informed that No5 Young People have been nominated as a contender for the National Lottery's "People's Project". There will be a public vote, with the successful charity receiving a significant amount of funding. More information on No5 is available [here](#).

As you may be aware, Kendrick School and No5 have a longstanding relationship, having worked together for 20 years. The support the team offer to many students through counselling is a huge benefit to our school, and it would be great if people could vote.

Voting is currently open and will close on 26th May.

The link for voting is here: www.thepeoplesprojects.org.uk/how-to-vote

READING BUSES: INFORMATION ON AGE VERIFICATION FOR MOBILE TICKETS

Age Verification

Currently all customers aged 18 and under can buy and use our Boost tickets (our name for child tickets). Boost tickets are priced up to a third off from adult tickets, giving a significant discount and making buses more affordable for younger customers.

School children will need to be verified from 1 June to buy discounted Boost tickets on our app

From 1 June 2023, any customer using Boost tickets (aged 18 & under) on our mobile apps will need to verify their account before being able to activate and use Boost tickets. This will be done by either verifying their age or, for College and University students, educational status. This will apply to all Boost tickets holders, from ages 5 to 18 (or eligible students). This is to help ensure that only those people who are eligible for Boost discounts can use these tickets. The verification process will apply to all Boost tickets plus the Reading All-Bus Young Person's tickets too. Please note, the system to be able to verify will not be live until the 1 June. There will be no change to how you or your child buys tickets on bus from the driver or smartcards from our website.

How does it work?

We will use a customer's submitted ID to check that they are eligible for Boost. If they don't already have an account, they will need to create one on our app. If they are 18 or under, they only have to complete the verification process once – if they are a student, they will have to reverify each academic year. Once verified, they will be able to buy

and use Boost tickets without the need to carry their ID. There will be two ways to be verified – pre-verify by submitting your information before buying a ticket (only applicable after 1 June), or buy a ticket and then verify yourself to activate it. Both ways of verification can take up to 48 hours although normally you should be verified within a few hours.

How to verify yourself

If you have an account, you can buy and then try to activate a ticket (after 1 June) or select the pre-verification link. (if you don't have an account on our app, you will need to create one to buy tickets)

1. Start the verification process
2. Upload a selfie, or a head and shoulders shot from your photo library. This must be a clear face picture without anything obscuring the face (phone filters, shades, hair over the face etc – if the picture is not clear enough, you may have your application rejected and need to start again)
3. An email will be sent to your email address explaining the accepted forms of ID and how to upload.
4. Choose which ID you will be using from a dropdown list
5. Upload a photo of your chosen ID which can be a driving licence, passport, birth certificate, PASS accredited card or valid student/university identification card. Your chosen ID should match the one you chose from the dropdown list.
6. Sit back and wait – verification can take 24-48 hours but is usually more like a couple of hours.

Parents can do this process for their children but each child will need to be verified on their own account. You cannot verify a child on an adult account.

The types of ID we accept for this process are:

- Passport
- Birth Certificate
- Driving licence (if applicable)
- PASS accredited cards such as Citizencard
- College or University ID (for a year's verification)

If you do not have any of the above ID for your child, please email our customer services team. We use your photo to verify your ID and show it on your ticket so the driver can verify it is you. You won't be able to change your photo after it's been verified.

Parents and guardians and gifting tickets

If you are an adult who is buying a Boost ticket for a child so you can “gift” it, you will still be able to do this in the same way as current. However, the young person whose account you have gifted it to will need to verify their account before they can activate the ticket. You will not be able to use your account to activate Boost tickets for your child.

Existing Boost tickets

If you have any Boost tickets bought before 1 June, these will still be able to be used without verification, however, we urge you to ensure that your child is verified as soon as possible after 1 June as every Boost or Young Person ticket in our apps will require a verified account to allow them to be used.

VACANCIES

Currently we do not have any vacancies at Kendrick School.

PARENTPAY REMINDERS

We would like to bring to your attention the following ParentPay items which are due for payment, please login to your ParentPay accounts for details. Please could you check your child's account and ensure that any overdrafts are paid. Thank you.

Year 10 and Year 11 GCSE English set texts
Year 12 and Year 13 A-Level English set texts
Year 7, 8 and 9 Food and technology contributions
Year 10 and 11 Art and Textiles contributions
Year 9 Duke of Edinburgh Bronze Award
Year 9 and Year 10 French Play -7th March 2023
Year 9 and Year 10 German Play – 25th April 2023
Year 10 and 11 GCSE Music Anthologies book purchase
KPS department birthday gift - celebrating Kendrick's 145th year
Coach trips to Palmer Stadium: Athletics Season – Term 5 2023
Whitley Community Food Cupboard – cash donations

Trips

Geography Field Trip to Hengistbury Head and Hurst Castle Spit - 20th March 2023
Year 12 and Year 13 Classics and Latin students' trip – 6th March 2023
Year 12 UCAS Discovery trip – 20th April 2023
Year 8 Bushcraft Residential - May 2023
Year 12 French and History trip - June 2023
Year 12 A level Biology: Dale Fort centre residential trip – June 2023
Year 10 work experience insight programme 28th June 2023
Year 12 work experience insight programme 16th June 2023

KENDRICK PARENTS' SOCIETY (KPS)

KENDRICK SUMMER EVENT

We wish to send our gratitude and thanks to every parent and student who responded to our survey that was sent last Friday to all parents and students on Monday.

We had an overwhelming response, 160 so far, from both the categories but the clear winners are the students and a massive number of them have expressed an interest in the summer event. 97% of the survey respondents want the event to take place so we are pleased to let you know that we are pursuing our plans. Please mark your calendar with the **date of the event - 1st July from 11 to 3pm** in the school grounds. We will share more details via various channels.

Also, many of the parents and students have expressed their eagerness to help. We will write back to them once we firm up with a framework of events and have some clarity on the type of tasks.

We wish you a wonderful weekend. **KPS Team**