

Kendrick School - Weekly Update

Friday 12th May 2023

LETTER FROM MS KATTIRTZI, HEADTEACHER

Assemblies are always an opportunity for students and staff to speak to forms and year groups on a current topic of interest in school or in the outside world. We have a regular and inclusive programme of assemblies which may be teacher or student led, providing students the opportunity to lead an assembly in which the whole tutor group participates. It is always a joy to attend one of these and hear what students have to say. This week I attended a **Year 8 assembly, 8JP**, who chose to look at our Kendrick Pledge and how they see it applies to everyday situations, in the media and in history. They particularly emphasised the importance of kindness which they said requires such small things, but which can make a big impact - a friendly smile, holding the door open for someone, listening, paying someone a compliment; small things that matter. Yesterday at the **Upper School assembly 10RR** gave an assembly on the theme of AI, a most interesting, carefully researched (using AI) and confidently delivered presentation to Years 10 and 11. These opportunities enable our students to work together developing teamwork skills and presenting themes to their peers that interest and affect them.

On the website this week are some articles of interest:

- [Coronation report and photos from our event last week](#)
- [Reflections in Ramadan](#) – Poetry Competition
- [Anaya's 2nd win at the Junior Nationals](#) – sporting success of a former student

At our termly **Kendrick Parents' Society Committee** meeting this week, we discussed our fund-raising efforts this year and again we were very pleased with the money raised in the Spring raffle. Of the £8k raised, half of the money, £4k was dedicated to being spent on IT equipment and we have already ordered 21 new Chrome books for students' use which will be placed in the library and other locations in school. We also discussed the prospect of organising another event before the end of the academic year and following a good response to a questionnaire sent by the Chair of KPS last week, it was agreed that a **Kendrick Summer Event** will be organised. The date of the event is **Saturday 1st July from 11.00am to 3.00pm**. The KPS committee will be in touch with the numerous parents and students who said they would like to volunteer to help organise this event. Thank you in advance to everyone for the continued enthusiasm for fund raising for Kendrick!

Yesterday and today, we are celebrating with **Year 11 and Year 13** their last couple of days in school before they embark on their public examinations next week. Both cohorts have had assemblies where they have reflected on their years at Kendrick and reminisced about their time at school with their friends, teachers and staff. They have many weeks of exams to get through, but we all know they have worked hard, prepared well and should be able to do their best, which is all we ask of them. There is lovely atmosphere in the school assisted by the arrival of an ice cream van at second break which many students enjoy!

Finally, it is [Mental Health Awareness Week](#) next week and there is a programme of events every day which students will be able to engage in. On the theme of **Anxiety**, activities coordinated by the KSL Community Committee will take place, such as a virtual assembly on the theme, chalk drawings, Just Dance event and on Friday 19th May, students may add an item of green clothing or accessory to their uniform for that day. I am sure everyone will join in the spirit of the week which is so important for everyone to understand and embrace. Our programme of developing and training Wellbeing Ambassadors is under way, this is a group of dedicated students across the school who will be able to support the work we do on this very important life issue. Also, next week on Thursday 18th May at 6.00pm there is an online Wellbeing presentation delivered by the Charlie Waller Trust, the second we have been able to arrange for parents, students and staff on the theme of **'How to communicate with your child whatever**

their mood". Tickets are available [here](#). More information about our mental health initiatives for next week can be found in the weekly update below.

Wishing everyone a great 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 – KEEPING YOUR CHILD'S ONLINE ACCOUNTS SAFE

Children are more vulnerable to cyber-attacks because of their trusting nature. Help them learn the ins and outs of their security by working together to set up secure accounts.

Learn about two-factor authentication (sometimes called multi-factor authentication or two-step verification). Then, help your child set strong passwords with 3 top tips.

For an Interactive guide to creating secure accounts from Internet Matters click [here](#).

MENTAL HEALTH AND WELLBEING – MENTAL HEALTH AWARENESS WEEK

Next week is Mental Health Awareness Week and the theme this year is **'anxiety'**.

Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem.

Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food.

Anxiety is one of the most common mental health problems we can face. In a recent **mental health survey carried out around stress, anxiety and hopelessness over personal finances**, a quarter of adults said they felt so anxious that it stopped them from doing the things they want to do some or all of the time. Six in ten adults feel this way, at least some of the time. On a positive note, anxiety can be made easier to manage.

The Kendrick Student Leaders Wellbeing Committee has arranged a number of activities next to raise the awareness of anxiety including an assembly, chalk drawing, Just Dance, painting in the Base, and wearing something green on Friday.

For more information on Mental Health Awareness Week please click [here](#).

MENTAL HEALTH AND WELLBEING – 'HOW TO COMMUNICATE WITH YOUR CHILD WHATEVER THEIR MOOD' WEBINAR

We are delighted to confirm that we are holding a second webinar with Jenny Langley, from the Charlie Waller Trust, on **Thursday 18th May 2023, 6.00pm to 8.00pm**.

The session is titled **'How to communicate with your child whatever their mood, and how to boost their self-esteem and confidence'** and is linked to our wellbeing theme this term, **Building Confidence and Self-Esteem**.

The Charlie Waller Trust has been working alongside Dr John Coleman who is a leading expert in the field of teenage brain development. Jenny Langley is one of their lead trainers in this area.

In this session, Jenny will introduce us to an array of well researched and evidence based practical communication skills so that we can maintain strong connections with our teenagers whatever their mood. We know that teenagers have times when their self esteem can be very low, they can be worrying more and more about fitting in and how they look, and these feelings can be particularly difficult when there is the added pressure of exam season looming. The session will include some very visual exercises that help us to understand the difference between normal everyday anxiety and low mood, and when things become overwhelming. These exercises can also help us to empathise with some of the challenges our youngsters are facing, and understand why simply telling teenagers what to do is generally met with a grunt, a blank face or perhaps even a slammed door.

Tickets are free and available on Eventbrite via the link below. The webinar will be held on Zoom and you will be sent a link to the event by 2pm on Thursday 18th May. This event is for Kendrick school parents, carers, students and staff only.

<https://www.eventbrite.co.uk/e/630852395497>

We hope that many of you will be able to attend the session.

SCHOOL CALENDAR FOR TERM 5, 2022-23

Monday 15th May	Start of public exams
	Mental Health Awareness Week
Friday 19th May	Start of Year 10 exams
Monday 22nd May	Year 8 Bushcraft Trip departs
Thursday 25th May	Performance & Review Committee, 4.30pm
Friday 26th May	End of Term 5, 3.15pm

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

WHITLEY CARNIVAL

As part of the Whitley Carnival, there are seven **FREE** community workshops which are running after school, during half term and at weekends in venues around Whitley. These are suitable for all the family, and should be lots of fun (and will also include free drinks and snacks!) It's a great free activity for children and teens to get involved with - they can make their own costumes or contribute towards a carnival giant.

More info here: <https://whitleycarnival.co.uk/workshops/>

For those who can't attend workshops in person, we also have a great printable at-home make which is really simple and lots of fun: <https://whitleycarnival.co.uk/wp-content/uploads/2023/04/Whitley-Carnival-fox-make.pdf>

For more information visit [Whitley Carnival](#)

READING UNIVERSITY COMMUNITY FESTIVAL

A new free family-friendly event is being held by the University of Reading this Saturday (13 May), 10am-3.30pm. The Community Festival at Whiteknights Campus will feature live music, theatre and performance, street food and activities for children and adults. Families need to register to attend. Find out more about the [Community Festival](#) on the university's website.

KENDRICK SCHOOL BURSARIES AND GRANTS

The deadline for applying for one of our bursaries or grants is Friday 19th May 2023. For more information on each bursary or grant please click [here](#).

VACANCIES

We have the following vacancies at Kendrick School. Please click on the links for more information on the roles and how to apply and please share with friends and family.

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. Please read the information on our Safer Recruitment procedures [here](#).

[Computing and Maths Teacher](#) for September 2023. Full time. Would also consider two part time roles – 0.5 Computing; 0.5 Mathematics.

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

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**