

WEEKLY UPDATE – FRIDAY 22nd MAY 2026

Letter from Ms Kattirtzi, Headteacher

A busy week again, public exams for Years 11 and 13 continue, Year 10 exams this week and Year 12 after half term; a tense time for these students although from what I can see and is being reported to me, the processes are going well, students are responding appropriately and being supported. Well done to everyone. A little tip I came across last weekend that might help our students during their exams, is about the importance of food and diet during these periods of intense stress. Entitled *What to eat before an exam: Foods that can help focus and memory*, the article gives suggestions of food to eat to enhance the best state for learning. I am sure we can all benefit from these suggestions in our daily life. From the BBC Food website here is the [guidance](#).

Year 7 had a great day on Monday on the Wheelie Fun Challenge exercising their entrepreneurial skills and teamwork creating a model business. To an invited panel of judges, five groups pitched their idea for a business, with the one promoting an educational enterprise winning the competition. Well done to all the students, the staff and judges and to Mrs McManus, Careers Coordinator who organised the event.

Yesterday afternoon, our Year 8 students returned from a trip to a Bushcraft camp where they lived and experienced the outdoor life for a few days again developing their teamwork skills on a different level. Being in each other's company for 3 nights and 4 days away from home comforts, routines and their mobile phones, will have taxed their patience, resilience, as well teaching them some very important life skills. Thank you to the dedicated staff that were there with them on this residential trip.

Earlier in the week on Tuesday afternoon, we had another of our Widening Horizons familiarisation events for our Inspire Club students. This is where we invite parents and students from Years 4 and 5, who are receipt of pupil premium, from the local schools to help them in their work and preparation for secondary school. For those who wish to pursue our entrance test some guidance and preparation practice is offered. The event enables all children and families to visit a secondary school setting and so help with that important transition process when it comes. While the parents chatted to each other and to Kendrick staff, Dr Perry and Mrs Nicholson, the students were involved in a reading activity with Mr Foster and Rose-anna, a sixth form student and with Mrs McWaters they did a creative activity in the Textiles room. Parents mentioned to me how happy they are to be invited to Kendrick and what a warm welcome they always receive from us. These events are so important both for parents and their children because they inspire them in their future educational ambitions whether they find themselves at Kendrick in a couple of years' time or elsewhere. Several Year 9 students volunteered to support as well, and I understand that some of those students had experienced this process themselves a few years ago. See link to our Widening Horizons work on the website [here](#).

Last Saturday, our Year 9 Mock Trial teams presented themselves for the final of this year's mock trial competition. Although we agreed that our teams performed brilliantly, we did not come in the top two schools out of the 8 who were competing. It is difficult to know how the other teams performed as we can only see one case at a time. I know our students performed very well and learnt many skills of communication, cooperation, presenting and defending an argument, as well as the all-important teamwork. The opportunity of being in the Crown Courts in the first round and in the Magistrates Courts for the final round and meeting significant dignitaries of Berkshire, were experiences and learning they have gained from this process. Well done to them all and thank you to Ms Hyde who led the group and guided the students throughout the year.

I hope everyone has a good and restful Bank Holiday weekend and half term break.

Ms Christine Kattirtzi
Headteacher

School Notices

Foster Care Fortnight

Foster Care Fortnight is the UK's biggest awareness raising campaign for fostering. #FCF26 runs from Monday 11 May – Sunday 24 May and the theme this year is 'This is Fostering', celebrating and raising awareness of the different stories across the fostering community.

In Reading, there are more than 250 children and young people in care though not all are able to remain in Reading. Children in our community need safe, loving, local homes and Reading people are needed to provide them.

For more information please click on this link: [becoming a foster carer](#).

Reading Children's Festival 2026

This year's festival celebrates its 37th anniversary with three fun packed weeks of events and activities for children all over the borough. The festival kicked off on Saturday 9 May with Forbury Fiesta, but there are things to get involved in throughout the month.

From sport and music workshops to fun days with art and craft sessions, take your pick from the many exciting events taking place at venues across Reading.

[Check the full programme of the Children's Festival events 2026.](#)

Safeguarding

[Safeguarding at Kendrick School](#)

Warning of TikTok trend which can cause serious burns: A trend which involved placing squishy toys in a microwave is going viral on TikTok, but there are concerns around the potential for serious burns. Because of the silicone outer layer, children can't feel how hot it is inside, so when squeezed it then bursts and can cause damage.

The [NHS advises](#) to call 111 if your child has a burn or scald and you are not sure what to do. If they get a burn or scald that is very large or deep, is on the face, genitals or bottom, the NHS advises contacting your nearest A&E or to call 999.

RoSPA urges parents and carers to talk to children about the dangers of copying online trends and to reinforce that microwaves are not toys.

More information can be found [on the BBC's website](#).

Mental Health and Wellbeing

[Mental Health and Wellbeing at Kendrick School](#)

[Movement and Mental Health](#). *Source: Mental Health Foundation.* One of the most important things we can do to help protect our mental health is regular movement. Our bodies and our minds are connected. Looking after ourselves physically also helps us prevent problems with our mental health.

Movement is a great way to enhance our wellbeing. Even a short burst of 10 minutes' brisk walking can boost our mood and increase our mental alertness and energy. Movement helps us feel better about our bodies and improve self-esteem. It can also help reduce stress and anxiety and help us to sleep better.

If you'd like to get moving more, this guide will give you some ideas to get started as well as tips on how to get the best mental health benefits from the movement you're doing.

SEND

[Reading's SEND Local Offer](#). The SEND Local Offer is here to help you find information about local services, support, activities and events for children and young people aged 0 - 25 years who have special educational needs or disabilities (SEND).

School Fund

Please donate to our School Fund [here](#). You can make one-off payments through your ParentPay account or complete a [standing order form](#) for more regular payments. If you are a UK taxpayer, please ensure you also complete a [Gift Aid Form](#).

A school fund is maintained by voluntary contributions from the parents/carers of students. Its purpose is to provide an additional source of funding for the provision of facilities and educational resources for the benefit of students. We use our School Fund to support so many activities **in and out of** school that have now become essential to school life.

Canteen

The Spring/Summer menu can be found [here](#). **Please ensure that you regularly check your child's canteen balance on their ParentPay account and settle any 'overdrafts' quickly.** Overdrafts should only be issued on an exceptional basis and not as a regular occurrence.

[Latest News on our Website](#)

[School Calendar](#)

Week commencing 1st June 2026 – Week A

Public exams
Year 12 Exams

Monday 1 st June	Start of Term 6, 8.25am
Saturday 6 th June	KPS Pre-Loved Uniform Shop, 9am-11am

Student Careers and Work Experience

[Current Opportunities](#)

Vacancies

[Science Technicians](#). Full and part-time hours considered. Closing date for applications Monday 1st June 2026.

ParentPay and Evolve Reminders

[Latest Reminders for ParentPay and Evolve](#)

Kendrick Parents' Society (KPS)

[Weekly News – Friday 22nd May 2026](#)