

# Kendrick School - Weekly Update

Friday 15<sup>th</sup> July 2022

## LETTER FROM MS KATTIRTZI, HEADTEACHER

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I will begin this final Weekly Update of the year highlighting the news items on our website which have happened in the last few weeks. Please take time to read them.

- [Student Leadership Conference](#) attended by members of our Kendrick Students Leadership Team.
- [Jubilee afternoon celebrations](#)
- Year 12 Student, Daisy, wins [Scientific Essay Competition](#)
- [Space Society 's Astro Blog](#)
- [Sports Day Review and photos](#)
- [Wind and Brass Performer Series](#)
- [Poetry Pentathlon](#)

As always, we finished this day, the last day of the academic year, together in a whole school assembly. I reflected on the year we have had; we heard from our House Captains who gave a Sports Day report including announcing the house winners of the Sports Day Cup and Shields and we heard from our Kendrick Student Leaders about some of the things they have been doing since they were appointed in April. We then expressed our thanks to all the people in the school that have worked so hard to make it a successful year. We also said goodbye to students who have left us: Years 11 and 13 and some students who are moving to other schools in September. We said goodbye to the staff that are leaving and thanked them for their contribution to our school. Staff leaving this year are Dr Dimmick in Biology, Mr Cocker in Languages, Mrs Sall in English, Mme Cervera, Head of French and Spanish, and Mr Redmond, member of our caretaking team. We wished them well in their future plans.

In my overview of the year, I said that this year has been a bit more normal than before, but we still had to deal with uncertainty, particularly around public exams for Year 11 and 13 students, implementing the contingency arrangements should the exams have been cancelled. We also had to deal with, at various times of the year, flare ups of covid as we are seeing now, taking staff and students away from school. There have been compromises we have made, but overall, we have endeavoured to create a more normal and active school life for everyone. It was wonderful this week, despite the heat, to have our Sports Day and Summer Concert, live and in their appropriate locations.

I encouraged everyone to reflect on how the year has been for them; what has gone well, what has not gone so well and what each of us can do to change the things we are not happy with towards a more positive outcome. As I have done before, I drew inspiration from poetry; poems written by our own Kendrick poets, who as I mentioned to you last week, published their second anthology, on the theme of **Reflections**. Last week I quoted from the introduction of the anthology, this week, I would like to end this last Weekly Update of the year with a poem aptly called *How to write a reflection*.

### ***How to write a reflection***

First, choose a surface  
that will tell you the truth.

Water and glass both do, so choose

a window or the bottom of a well,

a mirror-shield, the collapse of a table,  
the dust-cloud as it fell. Next,

find something to hold up to it.  
Something with a bit of you caught in it  
works best. Perhaps an evening in August,

the years gone by, apologetic mangoes,  
the shine of your too-wide eyes. A meteor shower  
in Greece gleams in my chipped teeth.

Then trace the angel of incidence. Look down  
at your feet as you walk the angle  
of radiance, the nameless path

into a past that never happened, except  
in your bones. Chase the cygnets  
drifting away downstream, and then

look up. Speak to the mountain man, he will  
answer your question. Where have you arrived,  
traveller, what words have you found?

*The Editorial Team*

With my sincere thanks to everyone at Kendrick, our students, staff, parents and governors, for another very successful year for Kendrick. Thank you for your support and encouragement in all we do at school.

I wish you all a very happy summer and hope everyone makes time to rest, relax and reflect and stay safe and well.

Best wishes

**Ms Christine Kattirtzi, Headteacher**

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## **SAFEGUARDING/WELLBEING**

### **WORRIED ABOUT A CHILD?**

If you have a concern about a child at Kendrick School, please email [studentwelfare@kendrick.reading.sch.uk](mailto:studentwelfare@kendrick.reading.sch.uk) or telephone 0118 9015859.

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](mailto:studentwelfare@kendrick.reading.sch.uk).**

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## WELLBEING: SELF CARE SUMMER

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Source: [Anna Freud](#)

<b>WEEK 1</b> <b>RELATIONSHIPS AND CONNECTIONS</b>	Spending time with trusted people, like friends and family, is important for your wellbeing. Whether it's a listening ear, shoulder to cry on or advice, we all need someone we can turn to. <a href="#">Resource</a>
<b>WEEK 2</b> <b>PLAY AND ENTERTAINMENT</b>	Playing might not seem important for your wellbeing but it can help you explore your thoughts and emotions, escape from reality or simply to relax and have fun. <a href="#">Resource</a>
<b>WEEK 3</b> <b>RELAXATION</b>	We can often find ourselves being busy with plans but remember it's okay to pause, take time for yourself, relax and recharge. <a href="#">Resource</a>
<b>WEEK 4</b> <b>PHYSICAL ACTIVITY</b>	Keeping active can positively impact your mood and wellbeing, and you can do it your way, whether it's dancing, sports, going to the gym or simply going for a walk. <a href="#">Resource</a>
<b>WEEK 5</b> <b>CREATIVITY</b>	Finding ways to be creative can be an opportunity to express yourself and focus on the present moment. This could be through acting, cooking, drawing, writing or making music. <a href="#">Resource</a>
<b>WEEK 6</b> <b>EMOTIONAL HEALTH</b>	Practicing self-kindness is not always easy but being your own best-friend, however this might look, is important when looking after your mental health and wellbeing. <a href="#">Resource</a>

Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It's a way that we can look after our own mental health and wellbeing.

Everyone's approach to self-care will look different. What works for you might not work for others. There are lots of different self-care strategies so you can try out different ones until you find something that works for you.

This resource walks young people through a series of steps, helping them create a detailed self-care plan that works for them.

The plan helps young people identify activities that they can use to support their mental health. It's adaptable on a weekly or monthly basis, so that it can fit differing schedules or priorities.

The suggested activities in the plan are split into different categories, including:

- physical activities
- emotional activities
- social activities
- practical activities

The resource was co-written by Anna Freud Centre experts and young people, who shared ideas on self-care strategies that work for them.

[Download the self-care plan](#) or use the flipbook via this [link](#).

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## SAFEGUARDING – SUN SAFETY

The Teenage Cancer Trust found that nearly two-thirds (61%) of young people aged 13-24 have avoided using sunscreen in order to get a better tan. As the weather gets hotter in the UK, we need to be more knowledgeable about keeping safe in the sun than ever before.

The damage done to young skin can lead to skin cancer developing in later life, so it is vital to help young people protect themselves in the sun.

Teenage Cancer Trust Resources

<https://www.teenagecancertrust.org/support-us/spread-word/shunburn-stay-safe-sun>

Tips for Staying Safe in the Sun (CBeebies)

<https://www.bbc.co.uk/cbeebies/watch/sun-safety-for-kids>

## SAFEGUARDING – SIGNPOSTS TO SUPPORT OVER THE SUMMER HOLIDAYS

Under 25s	Over 25s	Parents
<b>YOUNGMINDS</b> Crisis Messenger Text YM to 85258 Open 24/7	<b>mind</b> for better mental health Call 0300 123 3393 9am - 6pm, Mon - Fri	<b>YOUNGMINDS</b> Parents Helpline Call 0800 802 5544 9:30am - 4pm, Mon - Fri
<b>THE MIX</b> Call 0800 808 4994 3pm - 12am, every day	<b>SAMARITANS</b> Call 116 123 Open 24/7	
<b>childline</b> <small>ONLINE, ON THE PHONE, ANYTIME</small> Call 0800 1111 7:30am - 3:30am, every day	For more advice and information visit: <a href="https://youngminds.org.uk/find-help">youngminds.org.uk/find-help</a>	

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## CALENDAR FOR TERM 1, 2022-23

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Thursday 18 <sup>th</sup> August	A Level Results day
Thursday 25 <sup>th</sup> August	GCSE Results day
Thursday 1 <sup>st</sup> September	INSET DAY
Friday 2 <sup>nd</sup> September	INSET DAY
Monday 5 <sup>th</sup> September	Start of Term 1, 8.25am
Thursday 8 <sup>th</sup> September	Photographs for Years 7, 10 and 12
Tuesday 13 <sup>th</sup> September	Year 12 Welcome Evening, 6pm
Saturday 17 <sup>th</sup> September	Admission Test Day for September 2023 Entry
Tuesday 20 <sup>th</sup> September	Year 7 Welcome Evening, 6pm
Tuesday 27 <sup>th</sup> September	Year 10 Welcome Evening, 6pm
Thursday 29 <sup>th</sup> September	L&T Governor Meeting, 4.30pm
Tuesday 4 <sup>th</sup> October	Year 8 Welcome Evening, 6pm
Thursday 6 <sup>th</sup> October	Resources Governor Meeting, 4.30pm
Sunday 9 <sup>th</sup> October	MFL Trip Leaves (to Friday 14 <sup>th</sup> October)
Wednesday 12 <sup>th</sup> October	Year 13 Geography residential (to Sunday 16 <sup>th</sup> October)
Thursday 20 <sup>th</sup> October	Upper School and Sixth Form Chamber Concert, 6.30pm
Friday 21 <sup>st</sup> October	End of Term 1, 3.15pm

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## NEWS, NOTICES AND EVENTS

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### SUMMER HOLIDAY ACTIVITIES FOR FAMILIES

Reading Family Information Service has created a [Summer Holiday Activities 2022](#) page on its website. The page includes links and details of holiday clubs, the Holiday Activity and Food (HAF) programme, sports, drama, music and art courses, Reading Children's Centres and much, much more that's happening in Reading. The information will be regularly updated with events running through the summer. A page of [General Holiday Activities](#) is also on the website.

Summer holiday short breaks for children and young people with special educational needs and/or disabilities can be found at: [SEND Short Breaks \(all ability activities & overnight breaks\) | Reading Services Guide](#)

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### NATIONAL CAREERS SERVICE EXAM RESULT SUPPORT FOR PARENTS

The National Careers Service will be running a series of webinars for parents/carers of young people who are expecting their exam results in August. You will be able to learn more about how to support your child with advice about choices and careers, including useful information sources, advice for results day and a Q&A with a panel of experts. The [webinars schedule](#) is available now.

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### SUMMER HAF SCHEME REGISTRATION OPEN

Registration is now open for the Holiday Activities and Food (HAF) scheme for the summer holidays. The programme provides a wide range of holiday camps, and lunches, for children and young people who are normally eligible for pupil premium free school meals. You can read a [press release about the summer HAF](#) which we published this week. Parents can register on the BFFC website at: <https://brighterfuturesforchildren.org/for-parents-carers/schools/haf/>.

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## COMPETITIONS

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### YOUNG WRITER COMPETITIONS

Goldsmiths' Young Writer competitions are open for registration; The [Young Anthropologist](#) is an essay competition for those interested in issues of identity and culture and the [Young Writer](#) is a 1,000-word short fiction competition for creative writers and storytellers. The winner of each competition will win £1,000, with prizes for runners-up and shortlisted entries.

The closing date for submissions is **Monday 1st August** and all entrants need to register beforehand.

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### HISTORICAL FICTION CREATIVE WRITING COMPETITION – THE YOUNG WALTER SCOTT PRIZE

Are *you* a storyteller? Could you tell a story [set](#) in a time before you were born? Could you tell that story in 2000 words or fewer?

Enter a story of between 800 and 2000 words, set any time before you were born, and you could be one of the 2022 winners. We embrace all forms of fiction – prose, poetry, drama, fictional letters or reportage – but we must receive your entry by **31st October 2022**.

Winners receive: £5000 travel grant, publication of your work in an anthology, and invitation to the Borders Book festival in Scotland.

There's lots of inspiration from published writers and previous winners on our website and social channels, and full details of how to enter, here: [ywsp.co.uk](http://ywsp.co.uk)

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## PARENTPAY REMINDERS

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We would like to bring to your attention the following ParentPay items which are due for payment. Please see your ParentPay accounts for details. We appreciate your continued support.

- Year 12 A level German - "Der Besuch der alten Dame" book purchase
  - Year 12 A Level Biology Residential Field Course at Dale Fort Field Centre.
  - Year 7, 8 and 9 food and textiles contributions.
  - Year 10 GCSE Geography field trip 14th and 16th June 2022
  - Year 10 and Year 11 Art Textiles GCSE contributions.
  - Year 12: The Career-Interest Destination Trip and CV feedback
  - Year 10 (MFL) French and German residential trips
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## VACANCIES

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Kendrick School currently has the following vacancies. Please click on this [link](#) for more information.

**School Admin and Student Welfare Assistant** – 14 hours a week – Thursday and Friday – for September 2022

**Governance Officer** – 200 hours a year – for September 2022

**Inclusion/SENDCo** – part time, flexible role – for September 2022

We will shortly be advertising for a Caretaker and also an Arts, Technology and Music Technician. Details will be on our website before the end of term.

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# KENDRICK PARENTS' SOCIETY (KPS)

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Please read the KPS newsletter [here](#).