

Kendrick School - Weekly Update

Friday 8th July 2022

LETTER FROM MS KATTIRTZI, HEADTEACHER

School has been buzzing with activity all week. The **Kendrick Creative Arts Festival**, included some amazing activities for students to join in with from dancing, pottery, a poetry pentathlon and an outstanding **Wind and Brass Performer Series** on Wednesday after school. Today our festival finishes with our long-awaited **Jubilee celebrations** which will be held on the front lawn in an extended lunch break. Last week as a prequel to the Creative Arts Festival we had our **Poets' Society** anthology launch, the second of this prestigious occasion at Kendrick. Publishing poems on the theme of *Reflections*, the Poets' Society held an event celebrating poetry and reading the poems that students had written for the anthology.

I often hear people say that Kendrick is all about science and maths, and of course it is true that these subjects feature prominently in our school, however, I also want people to know that the Creative Arts, Humanities, PE and Languages also feature strongly at Kendrick. We are very proud to promote these subjects in our school and students are encouraged to study them. In my view an outstanding education is a rounded, broad and balanced education where there is room for all subjects and interests, and this week demonstrates that students enjoy and take part in all elements of a varied curriculum.

As we approach the end of the school year, it is a time for reflection on endings and beginnings. Over the last couple of weeks, we have said goodbye to our Year 13 students and their parents, welcomed our new Year 7 students and parents and invited our new 6th Form into school. All these occasions are great milestones in people's lives that need to be appropriately acknowledged and reflected upon. Last week's assembly for Sahana was one such occasion when as a school we needed to acknowledge loss in our community. Next week we will be saying our goodbyes to some staff and students who will be leaving us this term and in September we will be welcoming new staff and students as they begin their life with us.

An important person that few people may know, but who is key to the working and functioning of our school, is **Jan Nowecki, Chair of the Governing Body**. Jan has been associated with Kendrick as a governor since 2002 when her daughter joined Kendrick. Jan retires this year from the governing body, and it is appropriate that as a school we recognise the vast and important contribution she has made to Kendrick. Jan has been a most loyal and committed governor of the school, and has given generously of her time, energy and expertise to the growth and development of Kendrick. On behalf of all of us, I would like to thank Jan and wish her well in her future plans.

I would like to finish this week's Weekly Update quoting an extract from the Reflections Anthology which was also the introduction given by Miss Akcay's at the anthology launch last week.

Language is powerful, and poetry is the most refined form of language. It is the form of writing that most encapsulates meaning, thought and emotion, often in the most piercing yet delightful way. Our theme this year was reflections, which was inspired by thousands of years of reflecting that human beings have done over a wide range of issues. It is important in these rapidly changing times that writers and thinkers reflect on concepts such as morality, the nature of happiness, responsibility, meaning and loss. Our poets have taken these ideas and many others and created a collection that explores literal and metaphorical reflections.

We are indeed in rapidly changing times and there is much to reflect on this weekend.

Best wishes

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 4pm and at weekends and holidays), 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.

Under 25s	Over 25s	Parents
 Text YM to 85258 Open 24/7	 Call 0300 123 3393 9am - 6pm, Mon - Fri	 Call 0800 802 5544 9:30am - 4pm, Mon - Fri
 Call 0800 808 4994 3pm - 12am, every day	 Call 116 123 Open 24/7	
 Call 0800 1111 7:30am - 3:30am, every day	For more advice and information visit: youngminds.org.uk/find-help	

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.

Student Welfare Team at Kendrick School



Mrs Hackett



Mrs Shaw



Mrs Duncan



Mrs McManus

The Base (in Sidmouth basement) is a quiet space for students who would benefit from this. There is a relaxation area, art area and workstations available for your use. Please come to the General Office first to check there is space in The Base. The Student Welfare Committee (sixth-form students) run regular lunchtime activities in The Base - please see Daily Bulletin for details.

Contact: StudentWelfare@kendrick.reading.sch.uk

If you feel you need further support in school, please contact Mrs Hackett regarding appointments with our Counsellors from No5 Counselling Services (Emma and Katie) and the School Nurse, Dianne.

WELLBEING: ACCEPTANCE

Source: [Anna Freud](#)

Acceptance is a word that is used in lots of different contexts. It can be the act of deciding to live with or manage a long-term situation. It can be acknowledging and coming to terms with certain feelings or events. It is often something that comes with time and rarely happens overnight.

It's important to remember that acceptance doesn't mean 'resigning yourself' to a situation; for example, if someone is treating you badly or harming you then you don't have to get used to that or learn to live with it. Instead, you might find it more useful to try acceptance if you know you will be affected by a mental or physical health condition for a long time, and you want to focus on finding a way of life that works alongside it and helps you to manage your symptoms. In many ways, [spoon theory](#) helps with this, because it is about recognising that you can only take on so much, that your energy and ability might vary day to day, and that it's important to be kind to yourself and manage your time in a way that reflects that.

Acceptance can also help you to overcome past difficulties. For example, by acknowledging that you had or have certain experiences and feelings that have affected you, you can work on showing yourself compassion for having

survived and coped with them. You may also hear acceptance spoken about as one of the five 'stages of grief'. Grief can be caused by bereavement, or even just the loss of a part of yourself, routine or way of life you used to enjoy. Either way, it takes time and patience to reach acceptance and you shouldn't ever feel like there's anything wrong with you if you struggle along the way. You can find some tips on acceptance [online](#).

'I think it helped because it showed that you can express yourself without feeling targeted. It shows that you can be who you want to even if there are people who think its wrong. Sometimes the people who are encouraging you are the actual people who are standing on your cape'

'It's a wonderful thing to accept yourself as you are. I've finally learned to accept myself and I feel alot happier being me and not trying to follow the crowd.'

'I think it helped because I was always used to comparing myself and not accepting myself but learning acceptance helped me.'

'Yes, this activity helped with my mental wellbeing because I feel happier and I am learning to accept things that come in life.'

WELLBEING: JUMP BACK UP JULY!

We can't change what happens, but we can choose our response. Happiness isn't about everything going well - it's about responding constructively, even in difficult times.

Jump Back Up July! Below are daily actions to help you find ways to bounce back.

Jump Back Up July 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 Take a small step to help overcome a problem or worry	2 Adopt a growth mindset. Change "I can't" into "I can't...yet"	3 Be willing to ask for help when you need it
4 Find something to look forward to today	5 Get the basics right: eat well, exercise and go to bed on time	6 Pause, breathe and feel your feet firmly on the ground	7 Shift your mood by doing something you really enjoy	8 Avoid saying "must" or "should" to yourself today	9 Put a problem in perspective by seeing the bigger picture	10 Reach out to someone you trust and share your feelings with them	
11 Look for something positive in a difficult situation	12 Write your worries down and save them for a specific 'worry time'	13 Challenge negative thoughts. Find an alternative interpretation	14 Get outside and move to help clear your head	15 Set yourself an achievable goal and take the first step	16 Find fun ways to distract yourself from unhelpful thoughts	17 Use one of your strengths to overcome a challenge today	
18 Let go of the small stuff and focus on the things that matter	19 If you can't change it, change the way you think about it	20 When things go wrong, pause and be kind to yourself	21 Identify what helped you get through a tough time in your life	22 Find 3 things you feel hopeful about and write them down	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong	
25 Notice when you are feeling judgmental and be kind instead	26 Catch yourself over-reacting and take a deep breath	27 Write down 3 things you're grateful for (even if today was hard)	28 Think about what you can learn from a recent problem	29 Be a realistic optimist. Focus on what could go right	30 Reach out to a friend, family member or colleague for support	31 Remember we all struggle at times - it's part of being human	

ACTION FOR HAPPINESS

Happier · Kinder · Together

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>

CALENDAR FOR TERM 6

Monday 11th July	Sports Day
Tuesday 12th July	Summer Concert
Friday 15th July	End of Term 6, 1.05pm

SPORTS DAY – MONDAY 11TH JULY

As the weather forecast for Monday is for a hot day, Sports Day will now take place in the morning when it is cooler.

Therefore, students will be back in time for second break and the canteen will be open as normal. Students will still need snacks and drinks for the morning and will be wearing their PE kit the whole day.

Please ensure your child has suncream, a hat and plenty of water. Students may also like to bring a umbrella to use as shade.

Lessons for Periods 4 and 5 will take place as normal.

NEWS, NOTICES AND EVENTS

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](#)

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.

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/>.

COMPETITIONS

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.

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

PARENTPAY REMINDERS

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.
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- 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

VACANCIES

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.

KENDRICK PARENTS' SOCIETY (KPS)

Thank you to everyone who participated in the Kendrick Parents' Society Summer Raffle over the last few weeks. I am pleased to say that the total amount raised from the raffle was **£6485.65** of which £432 were donations. We hope to get some matched funding of up to £700 as two parents work for Vodaphone which will enable us to almost reach our target.

However, if anyone missed the raffle and the chance to buy tickets or make a donation, you can still do so by donating to KPS directly. Please see bank details below. It would be wonderful if we could have a few more donations that could comfortably take us over £8k so that we can purchase the two smartboards we need.

Kendrick Parents Society
Account number 04713564
Sort code 30 96 96