

# Kendrick School - Weekly Update

## Friday 1<sup>st</sup> July 2022

### LETTER FROM MS KATTIRTZI, HEADTEACHER

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In today's Weekly Update I will focus on the assembly we had this morning to remember and celebrate the life of our student, Sahana who died recently. All other events and news items will be carried forward to next week.

We started our day today with a whole school assembly to celebrate and remember the life of our student Sahana who sadly died on 25<sup>th</sup> May 2022 aged 12 years and seven months. A presentation and tributes by her friends in Year 7 and our Kendrick Student Leader, Annie were given in the presence of her mum, dad and other family members. It was a sad occasion, and many staff and students were very upset as we reflected on the life of Sahana and, in particular, her short time at Kendrick. In all the messages and photographs that were presented, it was clear that Sahana was a special and unique child, musical and clever, but more importantly a most kind, considerate and selfless person, who loved her school, her family and friends and the life she had. I finished the assembly with the following reflection.

*We are glad that Sahana was a student at our school. We know that Sahana's time here was too short and there were many things she did not have the opportunity to do. We know that she had big dreams and ambitions, she had great skills and talents; she would have been an amazing person. We grieve her loss but we celebrate her life and the time she had with us at Kendrick. We will remember Sahana as a special and unique individual; it was a privilege to know her and have in our community.*

The rest of the assembly and the presentation made by the students can be found [here](#)

**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](mailto: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
<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> ONLINE, ON THE PHONE, BY TEXT Call 0800 1111 7:30am - 3:30am, every day	For more advice and information visit: <a href="http://youngminds.org.uk/find-help">youngminds.org.uk/find-help</a>	

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).**

### Student Welfare Team at Kendrick School



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

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

## WELLBEING: RELAXATION TECHNIQUES

Source: [Anna Freud](#)

There are lots of different kinds of relaxation techniques that you can try out. Lots of people find these helpful particularly when they are feeling overwhelmed, stressed or anxious. Relaxation techniques are also often recommended in a lot of therapies.

A few different types of relaxation techniques are:

- Slowing down your breathing
- Progressive Muscle Relaxation
- Guided Visualisation
- Repeating Mantras to yourself (e.g I can handle whatever comes my way)

*'Relaxation is a big one I use when I notice my thoughts speeding up...I try to just go with it and see what happens, not being too bothered about the small things or if I feel self-conscious.'*

There are a range of relaxation apps which you may wish to try which you can find including the free NHS Chill Panda app.

In this video, Dr. Rina Bajaj gives some simple advice on relaxation techniques that you might wish to try.

What young people have told us:

*'The days can easily become busy and potentially be overwhelming, so having a few minutes in your day just to be aware of your breathing and become fully relaxed can calm the mind completely.'*

*'Relaxation techniques don't need to take long and consume a lot of your day, but can still really impact how you're feeling.'*

*'This activity has helped my well-being as it keeps me calm and relieves stress.'*

*'I think it helped because it helped me be more mindful of my breath and take some time for myself.'*

*'I would say that more people should try relaxation techniques as it is relaxing and makes you feel calm.'*

## 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

## WELLBEING: ACTIVITIES IN THE BASE

The new Sixth Form Student Welfare Committee have now started the Friday lunchtime activities in The Base. The first activity will be puzzles and board games. Please join in for some friendly faces and chat – you can go along with a friend or two or on your own (no big groups of friends please).

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## SAFEGUARDING – WATER SAFETY

The recent hot weather has encouraged young people to cool off in water. Unsuitable rivers and quarries hide dangers below, not taking into account the hazards of freezing cold water and currents.

Teenagers especially are drawn in by peers and a keenness for risky behaviours.

Royal Life Saving Society UK (RLSS UK)

<https://www.rlss.org.uk/pages/category/drowning-prevention-week-campaign>

Canal and River Trust - Summer water safety

<https://canalrivertrust.org.uk/enjoy-the-waterways/safety-on-our-waterways/summer-water-safety>

Water Safety at the beach

<https://www.rlss.org.uk/water-safety-at-the-beach>

RNLI – Float to Live

<https://rnli.org/pages/ppc/beach-safety/beach-safe-float>

Colin the Coastguard

<https://colinthe coastguard.com/> (suitable for younger students)

National Water Safety Signs – do you know what these mean?

[http://www.cheshirefire.gov.uk/Assets/watersafety\\_signs.pdf](http://www.cheshirefire.gov.uk/Assets/watersafety_signs.pdf)

Reservoir safety (United Utilities)

<https://www.unitedutilities.com/help-and-support/about-us/recreation-sites/reservoir-safety/>

Open Water Education Network

<https://owen7.org.uk/water-safety-tips>

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## CALENDAR FOR TERM 6

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<b>Monday 4<sup>th</sup> July</b>	Futures Week and Creative Arts Festival Showcase
<b>Wednesday 6<sup>th</sup> July</b>	Wind and Brass Performer Series
	KPS Meeting, 6.30pm
<b>Thursday 7<sup>th</sup> July</b>	Full Governors Meeting, 4.30pm
	Profiling Day
<b>Friday 8<sup>th</sup> July</b>	Year 12 Insights Day
	Platinum Jubilee Celebrations
	KPS Raffle draw
<b>Monday 11<sup>th</sup> July</b>	Sports Day
<b>Tuesday 12<sup>th</sup> July</b>	Summer Concert
<b>Friday 15<sup>th</sup> July</b>	End of Term 6, 1.05pm

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## PROFILING DAY – THURSDAY 7<sup>TH</sup> JULY

Profiling Day is on Thursday 7<sup>th</sup> July. All students in Years 7-10 will be at home that day, but should treat it as a normal school day, and will have a remote profiling meeting with their tutor. Year 12 have been told the arrangements for the day.

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## NEWS, NOTICES AND EVENTS

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### KENDRICK CREATIVE ARTS FEST

Next week brings our first ever Kendrick Creative Arts Festival! We will be celebrating Art, Dance, Drama, Music and poetry with events almost every day. Keep checking the daily bulletin and notices around school for more details. Monday starts with a 'have a go' session at lunch on a number of instruments in the Hall and 3 short Drama plays written and performed by our talented students. Students can come along and get involved – it's completely free!

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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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### BE PART OF READING'S FUTURE - TIME CAPSULE PROJECT TAKING PLACE AT STATION HILL

The company behind the Station Hill development, Lincoln MGT, together with local arts and culture charity, Jelly, is hosting a free pottery workshop on **Saturday 2 July, 10am to 2pm**. The workshop will take place at The Tin, Station Hill, Reading, RG1 1NF.

Children can join local artists and a historian from Reading Museum to create a clay object inspired by pictures of architectural objects found on the Station Hill site and across the town. The completed sculptures will then be included in a time capsule that will be buried next year under Station Hill's new pocket park beside Reading Station. You can find [more details here](#)..

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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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### ORGAN AND CHORAL SCHOLARSHIPS AT CHRISTCHURCH READING

The Joint Organ and Choral scholarships have been done by a number of previous and existing students, all of which have gone on/are going on to do great things with the skills they've learned.

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There are five scholarships which are available from the beginning of the academic year 2022/23. To request further information about music at Christ Church, to apply or to arrange an informal discussion please contact the Director of Music, Jamie Hudson: [music.ccreading@gmail.com](mailto:music.ccreading@gmail.com)

For more information please click [here](#).

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## THE RABBLE THEATRE GROUP

The Rabble Theatre group are running summer workshops for students of different ages and they also offer those on low incomes a free place. For more information please click [here](#).

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## VOLUNTEERS WANTED FOR SUMMER READING CHALLENGE

Reading Borough Libraries are looking for young people aged 14-18 who can encourage children to take part in this year's Summer Reading Challenge, Gadgeteers. Tasks will include talking with, and listening to, children aged 4-12 about the books they have been reading and suggesting other books to read, helping children and families understand the reading challenge and assisting library staff with events and craft activities. For more information and to apply visit: [Volunteering for our summer reading challenge - Reading Borough Council](#). Closing date for applications is 21 July. Further information is available from Suzan Davis at Reading Libraries on 0118 937 3449 or email [suzan.davis@reading.gov.uk](mailto:suzan.davis@reading.gov.uk).

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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.

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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

## 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

## KENDRICK PARENTS' SOCIETY (KPS)

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### Summer raffle:

A huge thank you to all the parents who have contributed! As a result, we have so far raised £3045. However, we are still short of our target amount of £8000. We would strongly appeal to all the parents/ carers to buy tickets or donate. The funds raised from the raffle will be used for buying the smart boards for the school to be used across all year groups. So, hurry! and buy your tickets now. Remember there are many amazing prizes to be won!

You can buy your tickets and/or donate using the following link:

<https://www.trybooking.co.uk/BRFA>

### School Disco:

The school disco is the last KPS event for this academic year. The event is for Year 7- Year 9 students and will be held on 6<sup>th</sup> July from 7pm. We are thrilled to see the excitement among the students. So far, 120 tickets have been sold. We have limited spaces available, so buy your tickets as soon as possible. The link to buy the disco tickets is below:

<https://kendrick-parents-society.sumup.link/product/kps-2022-disco-ticket>

### KPS Committee