

# Kendrick School - Weekly Update

## Friday 16<sup>th</sup> July 2021

### WEEKLY LETTER FROM MS KATTIRTZI, HEADTEACHER

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A letter has been sent to parents and students about the arrangements for next term when we return to school in September. Please read the letter which is also [HERE](#) so that everyone knows what they need to do for our safe return to school in September. The guidance suggests that everyone continues to do lateral flow tests (LFT) over the summer, including the day before we return to school. When students return to school on 6<sup>th</sup> September, two LFT will need to be done in school, one before lessons begin and one later in the week. We will contact parents and students again by 3<sup>rd</sup> September to confirm these arrangements. Thank you to everyone for their support in managing the Covid times this last year. As a school we have been able to minimise absence of students and staff and have kept everything going so well and this is due to everyone's careful and safe approach to managing the virus. Thank you.

Even in this last week of term so much has happened. Year 7 and 8 had a fantastic Sports Day on Monday, once the rain stopped and the sun came out. Students have won competitions: Sejal in Year 12 won a writing competition and £1k for the Library. Arushi in Year 9 won a [Maths Olympiad competition](#). The [Kendrick Poets' Society](#) launched its first collection of poems written by Kendrick poets and we had a delightful ceremony on Wednesday when the poets read their poems to an invited group. Also our [Anthology of Ideas and Reflections](#) has been put together and is on the website to read. The [Eco group](#) assembled and we gave out certificates and prizes to all the Eco Warriors who achieved the most Eco challenges through the Ecospot initiative. They also published their Earth Week articles on the website. Nimrah in Year 11 cut her long hair and donated it to the Princess Trust, the charity that makes wigs for children undergoing cancer treatment. Lollipop sticks with kind messages were distributed amongst students, an initiative led by School Council. Then throughout the week, the **Kendrick Student Leaders** have encouraged all students to write messages of thanks to all staff at Kendrick to show their appreciation for everything that has been done for them by the staff. In addition, they hand wrote and delivered a card to every single member of staff in the school; a most kind and generous gesture which I know will be appreciated by all staff. Finally the [online Harp Concert](#) and [Summer Showcase](#) events were posted to everyone this week and to top it all another generous donation from a parent has meant that we have exceeded our £7k target to buy the lights for the Hall! I don't think there is a community quite like ours anywhere in the world! We should all feel very proud and privileged to be part of it.

The last day of the year will end today, as always, with our whole school assembly, once again conducted remotely, but this year the students will be in their form rooms and not at home. In the assembly I will speak to students and staff about our extraordinary year, the high and lows we have been through the moments of collective joy and the moments of collective grief or sadness. I will ask people to look forward with optimism, not allow themselves to be victims of the pandemic, but be the agents of change and embrace the change and innovation that is emerging from the experiences we have all been through. Of course this is not easy for everyone which is why our strong community can provide the encouragement to sustain us all.

In the assembly we will also thank and say goodbye to leaving staff and give our thanks to each other and acknowledge what each and everyone one of us has done to create our strong and resilient community; something we must be proud of and continue to work at to maintain.

I will also ask members of our Poets' Society to read some of their poems. The one below is the Forward to the anthology and one that I think suits the end of this term. It has been written by Abi in Year 12.

*After a summer of silence, a task:*

*Inspire. We sipped the watermelon juice  
of 'a new world' and felt the sour apple pop  
in the corner of our cheek. Our eyes brightened.*

*Thoughts untethered. We wrote about  
diving and driving smoking cigars, or  
barding flights and pink fairy lights,  
the grinning sea and the brimming camp,  
mutations of marble and variations of virus  
going into the woods and out of your mind,  
trading your name in return for rain  
filling the wastepaper bin with photograph tatters and setting it  
burning.*

*Then came the trial by water.*

*Molten orange iron, shocked  
Into smooth, sharp metal, shaken  
And resettled -  
a sifting pan of gold.*

*It began with a summer of silence.*

*It ends with loud, blue sky.*

I wish everyone a happy and restful holiday and thank you all again for your support and encouragement this year. Keep well and safe.

**Ms Christine Kattirtzi, Headteacher**

# SAFEGUARDING/WELLBEING

## WORRIED ABOUT A CHILD?

If you're worried about a child or young person during the summer holidays you can contact the NSPCC helpline for support and advice for free - call them 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.

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.

## SAFEGUARDING – Keeping Safe in the Summer Holidays

### NSPCC RESOURCES

The summer holidays are a time when children are often given more freedom at home, either online or meeting friends in the neighbourhood; or they may be attending new holiday childcare provider or staying with family and friends. The NSPCC offers a range of information and advice to help you keep your child safe when they are not with you, as well as guidance on how to talk to them about keeping themselves safe and understanding what is right and what is wrong.

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/>

## WATER SAFETY

It is perfectly natural to want to cool off when it's hot. 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.

With limited swimming over the last year, it is important to know how to stay safe in or alongside water.

### Royal Life Saving Society UK (RLSS UK)

<https://www.rlss.org.uk/pages/category/schools-community-groups>

### 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>

## No5 Counselling @ Kendrick School

### Additional Support for Young People

#### Outside of School Hours

Under 25s	Over 25s	Parents
<b>YOUNGMINDS</b> Crisis Messenger Text YM to 85258 Open 24/7	<b>mind</b> Call 0300 123 3393 9am - 6pm, Mon - Fri	<b>YOUNGMINDS</b> Parents Helpline Call 0808 802 5544 9:30am - 4pm, Mon - Fri
<b>THE MIX</b> Call 0808 808 4994 3pm - 12am, every day	<b>SAMARITANS</b> Call 116 123 Open 24/7	
<b>childline</b> 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>	

## FREE APPS TO IMPROVE MENTAL HEALTH

With highest ratings by [orchacoe.uk](https://www.orchacoe.uk) (Independent App Assessor)

- Smiling Mind - Totally Free Targeted Mindfulness Sessions For Adults & Young People
- Breathe - Breathing Timer
- Clear Fear - Helping Young People Cope With Anxiety
- CalmHarm - Non triggering alternative activities to self-harm for Young People
- Distract - Suicide & Self Harm Prevention

## MORE SPECIFIC RESOURCES

Take a look at the "Useful Links" page of the No5 website

<https://no5.org.uk/mental-health-resources/useful-links/>

## Derbyshire Fire & Rescue

<http://www.derbys-fire.gov.uk/keeping-safe/keeping-safe-outdoors/water-safety-code/>

## RNLI – Float to Live

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

## RNLI – Activity sheets and posters

<https://rnli.org/youth-education/education-resources/activity-sheets-and-posters>

## Colin the Coastguard

<https://colinthecoastguard.com/>

## 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)

Don't be the one who watched their mate drown this summer

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

## Open Water Education Network

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

## 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's 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>

## Sun Safety

<http://www.bbc.co.uk/programmes/articles/YDD2fTqHVfWJbV5qkHPL7D/sun-safety>

## Tips for Staying Safe in the Sun (CBeebies)

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

## WELLBEING – Happy Healthy Holiday

For tips and ideas for a happy healthy holiday, please read our Happy Healthy Holiday booklet produced by our PHSCE Coordinator, Mrs Lace, via the link below.

<https://www.kendrick.reading.sch.uk/attachments/download.asp?file=613&type=pdf>

## WELLBEING – Weekly Wellbeing Guides from Inside Out

INSIDE OUT has created their final [Wellbeing Guide](#) of the school year which we are delighted to share with you.

Inside you'll find fun, happiness-boosting activities for children (and families) to do this summer ... or check out past issues of the Guide on their [website](#) for lots more inspiration.

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## NEWS AND EVENTS - WHOLE SCHOOL

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### MUSIC@KENDRICK

As we draw near to the end of another momentous year, we wanted to celebrate all things creative at Kendrick and invited students and staff to send in items of music, drama, dance, poetry, art and textiles work. We were overwhelmed by the response and thus put together this 'Summer Showcase' which illustrates the wide variety of talents at our school.

This video is under 40 minutes and can be appreciated over a cup of tea and a slice of cake at your leisure. We hope you enjoy it and have a lovely summer.

<https://www.kendrick.reading.sch.uk/news/?pid=6&nid=4&storyid=304>

**Kendrick School Music Department**

### LATERAL FLOW TESTS (LFT)

We encourage all students and staff to take a Lateral Flow Test on a Wednesday and Sunday throughout the summer holiday and report the results through Gov.uk via this [link](#).

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## VACANCIES

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We have the following vacancies at Kendrick School. Please click on this [link](#) for more information and please pass to friends and family that you think would be interested.

Senior Technical Engineer/Technician for September 2021 – full time but hours flexible for the right candidate

Food and Textile Technicians – 2 roles – 15 hours per week

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## CALENDAR

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Tuesday 10 <sup>th</sup> August	A Level Results Day
Thursday 12 <sup>th</sup> August	GCSE Results Day
Wednesday 1 <sup>st</sup> September	INSET Day
Thursday 2 <sup>nd</sup> September	INSET Day
Friday 3 <sup>rd</sup> September	Department Day
Monday 6 <sup>th</sup> September	Start of Term 1, 2021-22, 8.25am – for all students

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## KENDRICK PARENTS' SOCIETY (KPS)

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Please click [here](#) for the latest KPS newsletter.

### KPS SHOPPING LINKS

#### AmazonSmile donations

We encourage you to continue your purchases at [smile.amazon.co.uk](https://smile.amazon.co.uk), (not [www.amazon.co.uk](https://www.amazon.co.uk) or the mobile app) These are helping us generate AmazonSmile donations for our school. Amazon donates 0.5% of the net purchase price (excluding VAT, returns and shipping fees) of your eligible AmazonSmile purchases.

### **Easy Fundraising Charity**

KPS has also signed up to other easy ways of raising funds for the school especially when you are shopping online - **easyfundraising charity site** : <https://www.easyfundraising.org.uk/causes/kendrickschoolreading/> . Please continue to use these links and let's all together contribute to something that our daughters can benefit from.

### **TheGivingMachine**

Another opportunity for you to raise more donations and funds for the School when you shop online. Go to this site and give for free: Here is the link: <https://www.thegivingmachine.co.uk/>

### **GAYL**

Give As You Live (GAYL) is one way with which you can help KPS receive additional funds with no cost to you! Please use this link <https://www.giveasyoulive.com/join/kendrick> and help us raise additional funds.

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## **NEWS, ARTICLES AND EVENTS – STUDENTS**

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### **YEAR 7 - SUMMER READING CHALLENGE**

The annual Summer Reading Challenge has been launched in all Reading Libraries this week. Children aged four to 11 years are being encouraged to sign up to read six books this summer as part of the Wild World Heroes environmental-themed challenge. Children can [join in online on the RBC website](#). They can also join in the fun on the official [Summer Reading Challenge](#) website.

Reading Libraries has announced longer opening hours and the return of browsing at all their branches following the easing of coronavirus restrictions. You can find more details in [this RBC press release](#).