

Kendrick School - Weekly Update

Friday 10th June 2022

LETTER FROM MS KATTIRTZI, HEADTEACHER

I hope that everyone has had a good half term and enjoyed some fun and celebration over the long Bank Holiday Jubilee weekend. At Kendrick we will mark the [Queen's Platinum Jubilee](#) later in the term on the afternoon of 8th July. Many of our competitions and projects are well under way.

We are half way through the **public examination season of GCSE and A Levels**. We have also had a series of Year 10 exams at the end of last term and Year 12 Year exams have taken place this week. As always, I am impressed and proud of our students who are making such efforts and showing great concentration and determination to demonstrate what they have learnt and are able to do after a prolonged period of study, particularly during the last two years of interruption to education. We cannot underestimate the huge pressure and stress examinations have on young people's lives and we must continue to support and encourage them at this time.

The **Kendrick Parents' Society Summer Raffle** was launched this week and it is with hope and anticipation that it will raise sufficient funds to purchase several new Smartboards for the classrooms. Please support the raffle and give generously to buy tickets or make a donation. As always, the KPS committee has worked hard to organise the raffle and source the numerous prizes. It will again be electronic and so very easy for people to buy tickets. Please see [this link](#) which I would like you to share with friends and family so that we can raise lots of money for our school this year. In four days, the raffle has raised £618. I hope by this time next week this figure will have quadrupled! So far, the form that has raised the most is 8ECA, well done to them!

The end of last term was filled with sorrow and sadness as we tried to comprehend the fact that one of our Year 7 students, Sahana, died. Although unwell, Sahana was undergoing treatment that we all thought would make her better, but sadly this was not to be and she died peacefully in hospital with her family by her side. The funeral took place during the holiday, and it was clear to those of us who were able to attend that Sahana was deeply loved by her family, friends and community. We will remember Sahana as a delightful child, who loved her school, enjoyed learning, wore her uniform with pride and brought happiness and joy to everyone's life. We will have a whole school assembly later in the term when we will remember and celebrate Sahana's life and her time at Kendrick. Our deep and sincere condolences are with Sahana's parents and family who have shown such strength and dignity during this very difficult time.

Wishing everyone a peaceful weekend.

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
YOUNGMINDS Crisis Messenger Text YM to 85258 Open 24/7	mind Call 0300 123 3393 9am - 6pm, Mon - Fri	YOUNGMINDS Parents Helpline Call 0808 802 5544 9:30am - 4pm, Mon - Fri
THE MIX Call 0808 808 4994 3pm - 12am, every day	SAMARITANS Call 116 123 Open 24/7	
childline CALL ON THE PHONE ANYTIME 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.

WELLBEING: COLOUR THERAPY

Source: [Anna Freud](#)

As a form of self-care, this could involve looking at or handling things in colours you find calming. Anecdotally, people believe that while red promotes anxiety, blue can have a soothing effect. Others say that pink reduces aggression. Because everyone is different, it's more important just to spend the time with the colours that you find uplifting, whether that's by noticing them in nature or looking at pictures online.



There are also colour therapists, who focus more specifically on the idea that, because light moves in waves of varying lengths, each colour has a different wavelength and therefore we sense them all individually.

Colour therapists believe that different colours in the spectrum can harmonise or rebalance the body's inner vibrations. A colour therapy session may look at ways certain colours are corresponding to aspects of your life, and invite you to talk about what that may mean.

What young people have told Anna Freud:

'It made me think about the colours around me and what I found negative and why, then try to focus on the more positive colours.'

'Find something in a colour that you love and train yourself to look at or think of it when you're feeling low.'

'I strongly find the colour orange to be very happy and calming, though this is only because I have a very specific orange object that I love and makes me extremely happy so I don't think this would work for me without such a strong connection to a particular colour.'

'Being surrounded by the colours that I find soothing helps me feel safe, secure and calm. I think it helps because everywhere I look I see my favourite things and favourite colours that remind me of nature.'

SAFEGUARDING – PERSONAL SAFETY

[The Suzy Lamplugh Trust](#) has the following advice on personal safety:

SAFETY ON THE STREET

PLAN AHEAD

- Before you go out, consider how you are going to get home, e.g. Can you travel home with a friend? What time does the last bus/train leave?
- Prepare for your day before you leave – consider what you might need.
- Update someone on your plans.
- Consider carrying a personal alarm.
- Plan your journey – google street view is particularly useful for identifying landmarks in an unknown area before you set off.

WHEN TRAVELLING ON FOOT

- Try to use well-lit, busy streets and use the route you know best.
- Plan your route before you set off.
- Avoid higher risk areas.
- If you think you are being followed, trust your instincts and take action. As confidently as you can, cross the road, turning to see who is behind you. If you are still being followed, keep moving. Head to a busy area and tell people what is happening. If necessary, call the police.

REMAIN AWARE

- Be aware when using cash point machines. If there are signs of tampering or people acting suspiciously, do not use it.
- Avoid chatting on your mobile phone or listening to music on your headphones, as this can distract you from your surroundings or any potential danger signs.
- Try not to keep all your valuables in one place. It's a good idea to keep valuables such as wallets in an inside pocket and separate small amount of cash or a bankcard from your main purse/wallet.
- Consider carrying a personal safety alarm, which can be used to shock and distract an attacker giving you vital seconds to get away.

TRAVEL BY PUBLIC TRANSPORT

- Where possible wait in a well-lit, busy area.
- If you feel uneasy, move to another seat or carriage. If you feel threatened, make as much noise as possible to attract the attention of the driver or guard.
- If a bus is empty or it is after dark, it may be safer to stay on the lower deck and sit near the driver.
- On trains avoid compartments which have no access to corridors or other parts of the train. Try to sit with other people and avoid empty carriages.
- Don't be afraid of moving should someone's behaviour cause you concern.
- Trust your instinct.
- Call British transport police on 61016 to seek assistance or report incidents on the rail network

CYCLING

- Keep your bike in good working order. Repairs are best done at home rather than on the road.

- Consider wearing high visibility clothing
- Never cycle anywhere you would not be comfortable walking.

CALENDAR FOR TERM 6

Saturday 11th June	Second Hand Uniform Shop, 9am-11am
Tuesday 14th June	Year 10 Geography Trip
Thursday 16th June	Year 10 Geography Trip Learning & Teaching Committee, 4.30pm EPQ Launch
Friday 17th June	Year 12 Work Experience Day
Sunday 19th June	Biology Trip Leaving
Wednesday 22nd June	Year 7 Taster Day
Thursday 23rd June	Resources Governors, 4.30pm
Monday 27th June	Year 10 Work Experience Week Year 13 Book Return and Tea Party
Tuesday 28th June	Year 12 Induction Day
Thursday 30th June	INSET Day New Year 7 Information Evening
Monday 4th July	Futures Week and Creative Arts Festival Showcase
Wednesday 6th July	Wind and Brass Performer Series KPS Meeting, 6.30pm
Thursday 7th July	Full Governors Meeting, 4.30pm
Friday 8th July	Year 12 Insights Day Platinum Jubilee Celebrations KPS Raffle draw
Monday 11th July	Sports Day
Tuesday 12th July	Summer Concert
Friday 15th July	End of Term 6, 1.05pm

NEWS, NOTICES AND EVENTS

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.

WEBINAR FOR PARENTS ON COVID-19 VACCINATIONS

The DfE is partnering with the NHS and National Network of Parent Carer Forums to stage a webinar to help carers, guardians and parents decide what is best for their children in terms of COVID-19 vaccinations. The [webinar](#) will take place on Friday 10 June, 1.30-2.30pm.

INSET DAY

There is an INSET Day on **Thursday 30th June 2022** when the school will be closed to all students.

TWO PARENT GOVERNORS ELECTED

We received two nominations for the role of Parent Governor at Kendrick School. As there are two vacancies an election process is not required. Therefore, we are pleased to confirm that **Jagtar Dhadwal** and **Kavitha Hawaldar**, both with children in Year 7, are duly elected as Parent Governors. Their term of office is four years.

COMPETITIONS

THE QUEEN'S JUBILEE ART COMPETITION

The **Art Department** would like to invite you to enter **The Queen's Jubilee Art Competition**

We are calling all students to create a piece of work inspired by the Queen and/or the Platinum Jubilee. Please see the posters around school to help you with inspiration. Any media can be used, maximum size A3. Open to all year groups.

All entries will be displayed around the school leading up to our Jubilee Celebrations.

There will be winners for KS3, KS4 & KS5. An overall winner will be 'crowned' and announced on the Jubilee Celebration Day, and their work will be framed and displayed in the school.

Please submit your work (with your name and form on the back) to Mrs Souch or Miss Long by 1pm on **Friday 1st July**

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.

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.
- 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.

Governance Officer – 200 hours a year – for September 2022

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

KENDRICK PARENTS' SOCIETY (KPS)

KPS were delighted to launch their **Summer raffle** on Monday, 6th June soon after the half term. We have seen a great response from our patrons, parents and carers and staff and we have already raised over £600 in the first week of launching. We are very thankful to all those who have bought their raffle tickets or have donated towards this event. We are raising funds to fund 2 smart boards for the school that will cost us approx £8000. The draw is scheduled for the 2nd July.

We mentioned that the year group that raises the most will get a pizza lunch kindly sponsored by the school canteen; so far year 8EGC is on the lead raising £80 so far, so well done to all those who are connected with this year group. If you want your child to have the pleasure of winning this competition please use [this link](#) for your purchase or donation.

If the company that you work for can help with matched funding, please get in touch with the raffle team at raffle.kps@gmail.com or kpschair@kendrick.reading.sch.uk.

The **KPS second hand uniform shop will be open tomorrow** from 9 to 11am in the school conservatory (next to the library).

KPS is also excited to host a **disco party for Y7 to Y9 students** within the school main hall on the **6th July**. We are aware that there is a school event that day but the disco is scheduled to start only after 6:30 so this is all taken care of. We apologise for the confusion that many parents had earlier this week. We are looking for volunteers to help us run the disco event and if you can spare some time on the 6th July please do get in touch with kpschair@kendrick.reading.sch.uk or kpstreasurer@kendrick.reading.sch.uk.

KPS team