

Kendrick School - Weekly Update

Friday 6th October 2023

LETTER FROM MS KATTIRTZI, HEADTEACHER

Every week brings with it special events that the whole school can take part in. Black History month has continued and every day students have been able to focus on a significant black woman and their achievements under the theme 'Saluting our Sisters', as well as research other associated links and information. Yesterday was National Poetry Day, the theme here was **Refuge** and led by the English Department, some students had a focused poetry lesson, reading and studying poems based on the theme. I was able to be in one of these lessons with Year 9 students and Mr Dilley, Head of English. The students read two poems, one called Home, by a poet called Warsan Shire and one called The Interview by Nicola Davies, I was so impressed by the way the students quickly and intelligently analysed the poems dissecting every line and word finding meaning and understanding of the poets' intent which resulted in deep thinking and rich discussions. In addition, there has been a poetry competition organised by the English Department asking people to write a Haiku poem - a poem that has 17 syllables across three lines. I am excited to read the entries.

Elsewhere in the school House Mario Kart and House Football competitions have been taking place with considerable excitement amongst students in KS3. Yesterday we celebrated World Teacher Day (extended to include all staff) with our Kendrick Leaders Community Committee sending an email to all staff to thank them for what they do for them every day at school. Sometimes it may seem to parents that there isn't enough going on in school, that more clubs are needed or activities or trips. Please may I reassure everyone that there is a lot going on in school, all of the time. A lot of activities are led by sixth formers or senior students guided by teachers, and that is great as it provides the older students the opportunity to lead and work with younger students in a supported environment. It also enables them to practise leadership skills, which we know they will use in their future careers and professions.

On the academic front, Year 13 parents will be very aware of the UCAS process that is going on in school. Led by Mr Wilson, Deputy Head of Sixth Form, this intense and focused activity is taking place as students plan the next big step in their education. Last week at our Governor Learning and Teaching Committee meeting, we carefully analysed and celebrated Kendrick's GCSE and A Level results 2023. In addition, governors received a report on the destinations of last year's cohort of Year 13 students, showing the universities and courses they went on to. As you can see if you on our [website](#), there is an impressive and wide-ranging number of courses and destinations they have pursued. Once again, I congratulate them and their teachers and staff who have supported, guided and worked very hard with them through this process.

The series of assemblies on safeguarding and related information has also got underway. At the Information Evenings we have had with parents of Years 7, 8, 10, and 12 this term, I talked about the safeguarding responsibilities all of the staff have in school with regard to students' welfare and wellbeing. Similar information and talks are happening with students. Yesterday KS4 students had an assembly on [Safeguarding](#), what this means and the support that there is in school in the event of there being a safeguarding concern about any one of them. Earlier in the week KS3 students had an assembly from Mr Hill on Cyber Safety and keeping safe online, themes that we constantly talk about in school and encourage you to also have those conversations at home with your children. There is a wealth of information about safeguarding, online safety, health and mental wellbeing on our website and in the Weekly Update every week. Please look at these resources, not only to reassure you that Kendrick takes these issues very seriously, but also to provide you with support as you navigate your life with your family in what can often be challenging times.

To finish, I will again leave you with a poem. This poem was in this week's '*Of the Week*' sheet. Under the theme of *Refuge* in this year's National Poetry Day, this poem is called Mercy by Rudy Francisco.

*She asks me to kill the spider.
Instead, I get the most
peaceful weapons I can find.*

*I take a cup and a napkin.
I catch the spider, put it outside
and allow it to walk away.*

*If I am ever caught in the wrong place
at the wrong time, just being alive
and not bothering anyone,*

*I hope I am greeted
with the same kind
of mercy.*

Wishing everyone a happy weekend. please read further on in the update.

Ms Christine Kattirtzi, Headteacher

KENDRICK SCHOOL'S SOCIAL MEDIA PLATFORMS

Kendrick School has several social media platforms and sites. Please follow us to get the latest news and information about the school. The links are in the logos below.



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 and ask to speak to a Designated Safeguarding Officer.

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 **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.

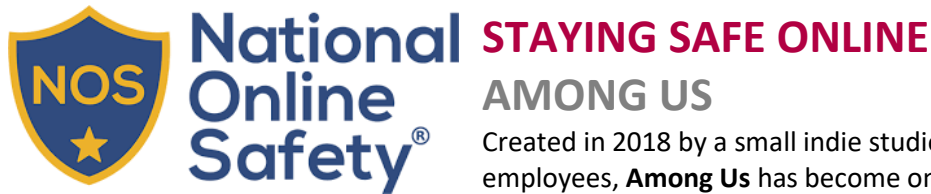
[CAMHS Resources](#) - This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being.

For wellbeing support in school please visit the Student Welfare Team in the General Office or Sixth Form Office or email studentwelfare@kendrick.reading.sch.uk.

SAFEGUARDING – ONLINE SAFETY QUIZ

Does your child know how to stay safe online? Test their knowledge with the NSPCC online quiz.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/quiz/>



Created in 2018 by a small indie studio that (at the time) had only four employees, **Among Us** has become one of the gaming world's biggest breakout hits of recent years. In 2020, for example, it was the world's most-downloaded mobile game. Its simplicity helped Among Us to resonate with younger players in particular: the game's second largest audience slice is the 13–18 age bracket.

While the 7+ age rating, emphasis on teamwork and cartoonish, colourful graphics all suit a young fan-base, the game does carry more serious risks than betrayal by a team-mate or an untimely on-screen demise – with in-game purchases and possible contact from strangers. The guide below lists the hazards that trusted adults should bear in mind.

[WHAT PARENTS AND CARERS NEED TO KNOW ABOUT AMONG US](#)

MENTAL HEALTH AND WELLBEING – WORLD MENTAL HEALTH DAY: TUESDAY 10TH OCTOBER 2023



World Mental Health Day is on **Tuesday 10th October**. The theme this year is '*Mental Health is a universal human right*'.

No.5 is a charity in Reading, offering free, confidential counselling and mental health support for young people aged 11-25 who live work or study in the RG postcode. Their vision is '*a world that does not stigmatise young people's mental health and accepts it as a normal part of human development*'. This year No.5 are inviting everyone to come together on World Mental Health Day and be part of the first

#BePurpleDay to raise funds for young people's mental health.

We invite our students and staff to wear something **purple** on World Mental Health Day, to show everyone that their mental health matters and they are not alone. Students should wear their uniform as normal but can wear a purple accessory, such as a hairband, headscarf, or socks, for example. We are not collecting money for this from the students but encourage parents and carers to please donate to No.5 through their JustGiving page via this link:

<https://www.justgiving.com/campaign/no5-world-mental-health-day-2023>.



KENDRICK SCHOOL WELLBEING NEWSLETTER

For all our **Wellbeing Newsletters** please click [here](#).

WELLBEING ACTIVITIES

TEEN WRITING GROUP

Teen Writing Group
 AT WOKINGHAM LIBRARY

JOIN IGNITING WRITING,
 WOKINGHAM LIBRARY'S TEEN CREATIVE WRITING CLUB

FACE TO FACE SESSIONS EVERY SATURDAY
 (EXCEPT SCHOOL HOLIDAYS)

SESSION FOR YEAR 6-8 9.45AM TO 11.15AM
 SESSION FOR YEAR 9-13 11.45AM TO 1.15PM

THE SESSIONS ARE FREE AND OPEN TO ALL
 YEAR 6 TO YEAR 13 STUDENTS

SESSIONS WILL INCLUDE:
 - FUN WRITING ACTIVITIES
 - USEFUL WRITING TIPS
 - GROUP DISCUSSIONS ON STORY IDEAS

ALL SESSIONS NEED TO BE BOOKED IN ADVANCE
 TO SIGN UP FOR SESSIONS, VISIT THE EVENTS PAGE ON OUR
 WEBSITE: [HTTPS://WWW.WOKINGHAM.GOV.UK/LIBRARIES](https://www.wokingham.gov.uk/libraries)

WOODLEY UNITED FC – U12'S GIRLS

WOODLEY UNITED FC
U12's Girls
 Development Team

Come and Play Football

YEAR 7 IN SEPTEMBER? FRIENDLY AND INCLUSIVE
 NEW TO THE GAME OR? MAKE NEW FRIENDS
 LOOKING FOR A NEW TEAM? FUN, GAME BASED TRAINING
 INSPIRED BY THE LIONESSES? PLAY MATCHES
 PATHWAY TO ADULT GAME

**Come and join our brand new
 U12 Girls Development Team**

Whether new to the game,
 or looking for a new team,
 Woodley United FC are
 taking on players of all
 abilities to give everyone
 who wants to play football,
 the opportunity to do so.

Contact:
 Clare on 07954 517853
 Gavin on 07879 812957

ACTION FOR HAPPINESS – OPTIMISTIC OCTOBER

Optimistic October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you	4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better	7 Look for the good in people around you today
8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished recently	11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation
15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the days ahead	19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you
22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently	25 You can't do everything! What are your three priorities right now?	26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?
29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month				

ACTION FOR HAPPINESS **Happier · Kinder · Together**

SCHOOL CALENDAR FOR TERM 1, 2023-24

Tuesday 10 th October	World Mental Health Day – wear a purple accessory
Wednesday 11 th October	Upper School and Sixth Form Chamber Concert Year 13 Slapton Residential (until 15 th September)
Thursday 12 th October	Governor P&R Committee, 4.30pm
Monday 16 th October	Biology Week
Wednesday 18 th October	Oxford/Cambridge Tests (to Friday 20 th October)
Friday 20 th October	End of Term 1, 3.15pm

The school calendar for the academic year can be found [here](#). For the Term Dates for 2023-24 and 2024-25 please click [here](#)

NEWS, NOTICES, COMPETITIONS AND EVENTS

HOUSEHOLD SUPPORT FUND APPLICATIONS OPEN

Reading residents on low incomes who may be struggling with the cost of living can now apply for financial aid from RBC's Household Support Fund. Priority will be given to low-income households who are at higher risk of falling into crisis. Successful applicants will receive an initial payment of £125, although this is subject to change depending on demand.

Householders can apply for support on the council's website at: <https://www.reading.gov.uk/housing/money-matters/household-support-fund/>

RECYCLE WEEK 16th-22nd OCTOBER

The theme of this year's Recycle Week is The Big Recycling Hunt which focuses on 'missed capture' or those items that can be recycled but are often missed in the home. There is a fun [Family Challenge](#) to encourage parents and children to learn about recycling together.



LEGO DISCOVER DAY AT READING CENTRAL LIBRARY

Reading Central Library is holding a LEGO Discovery Day for 8-11 year olds on Saturday 7 October. There will be three 60-minute sessions involving a LEGO education trainer and each participating child will receive a free LEGO duck. Spaces are limited and must be booked in advance. Sessions are free but there is a 50p booking fee per participant. Booking opens soon at: [LEGO Discovery Day | What's On Reading \(whatsonreading.com\)](#).

SPECIAL EDUCATIONAL NEEDS (SEND) NEWS AND UPDATES

YOUNGMINDS – PARENTS SHARE THEIR EXPERIENCE OF AUTISM, MENTAL HEALTH AND IDENTITY

When things are feeling tough or confusing, it can sometimes help to hear from others going through similar things. If you're supporting your autistic child or young person with their mental wellbeing, these parent blogs centred around [autism and mental health](#) are a great source of solidarity and advice.

[👁️ Mandy shares her journey towards autism and mental health support for her son](#)

[👁️ Suzy reflects on her son's experience as a Black autistic young person and shares tips for supporting your child](#)

UNIVERSITY OF READING – WELLBEING HUB LAUNCH: 9TH NOVEMBER 2023

Date: 9th November, 2023

Time: 19:00 – 21:00 (in person)/19:00 – 20:15 (online)

Location: Palmer Building, G10 lecture theatre, Whiteknights Campus, or online

Please join us for the launch of the new Centre for Autism Wellbeing Hub at the University of Reading. The aim of Hub is to support autistic young people and their families to lead their best lives. By focusing on autistic thriving, we hope to create an inclusive community where, through meaningful collaboration, autistic young people, their families, and supporting professionals can explore what is important to autistic people in terms of living a good life.

During this hybrid (in person and online) event, we will give a detailed overview of the project and set out how the autism community can be involved in shaping its future direction. It will include talks from:

- **Professor Robert Van de Noort**, Vice-Chancellor of the University of Reading
- **Professor Carmel Houston-Price**, Head of the School of Psychology and Clinical Language Sciences
- **Sarah O'Brien**, autistic advocate, academic, published author and University of Reading alumnus
- **Dr Fiona Knott** and **Dr Jo Billington**, Wellbeing Hub project leads

For those attending in person, after the talks there will be refreshments and the chance to review the latest autism-related research from members of the School of Psychology and Clinical Language Sciences.

OCTOBER HALF-TERM SEND SHORT BREAKS

The short breaks for children and young people with special educational needs and/or disabilities in Reading this October half-term are now available. The details of the programme, funded by BfFC, are on the Reading SEND Local Offer and include:

- [Reading Play, Ranger Station](#)
- [Multi-Sport Camps with Reading FC Community Trust](#)
- [Play Camp for 5-7 year olds with Reading FC Community Trust](#)
- [Make/Sense Theatre](#)
- [Chance to Dance Stars CIC – Dance and Multi Activity Programme](#)

SEND GUIDE FOR PARENTS/CARERS

A quick and easy guide for parent carers of children and young people with special educational needs and/or disabilities (SEND). Updated by Brighter Futures for Children (BfFC) August 2023.

This guide has been put together with parent carers, in partnership with other services, to help families access information on local SEND services for children, young people with additional needs.

Please find attached the updated guide here - [Reading Directory | SEND Guide for Parent Carers](#)

[SEND Local Offer Newsletter - Summer 2023](#)

VACANCIES

We have a vacancy for a full time **School Caretaker** to join us in November 2023 and a part-time Computer Teacher to join us in January 2024. Please click on the links below for details of the roles and how to apply. Please share this information with family and friends.

[School Caretaker for November 2023](#)

[Computer Teacher for January 2024 \(0.3FTE\)](#)

Kendrick School is committed to safeguarding and promoting the welfare of young people and expects all staff and volunteers to share this commitment. Any successful applicant will be required to undertake an Enhanced Disclosure check by the Disclosure & Barring Service. Kendrick School is an Equal Opportunity employer.

KENDRICK PARENTS' SOCIETY (KPS)

KPS AGM

Our Annual General Meeting is on **1st November from 6pm to 8pm**. We will appoint a new body of parents who will work as a committee to achieve the objectives of KPS. There are statutory roles to be filled and we are looking for parents to join the committee. Here are the roles:

- Chairperson
- Secretary
- Co-treasurer
- Membership Secretary

If you are willing to be connected to the school and feel committed and dedicated to make a difference to you and the school, then please email at KPSChair@Kendrick.reading.sch.uk.

Y7 MOVIE TIME

We invite the Y7 students to an after school movie time screening within school on **6th Oct from 3:30pm to 6pm**. Students can bring in their onesies and a sleeping bag to watch the movie with their friends and other classmates. Students get a complimentary bag of popcorn and a drink when they purchase a ticket and they can buy more refreshments on the day. Here is the [ticket link](#) to buy your ticket - <https://www.trybooking.co.uk/CSGB>.



KPS TEAM