

Kendrick School - Weekly Update

Friday 14th October 2022

LETTER FROM MS KATTIRTZI, HEADTEACHER

We started the week marking World Mental Health Day. Students and staff were invited to wear something yellow (socks, headscarf, hairband) to raise awareness through #HelloYellow 2022 supported by [Young Minds](#). The theme this year was 'Make mental health and wellbeing for all a global priority', an ambition we all whole heartedly support at Kendrick. Today the Student Welfare Committee of the Kendrick Student Leaders is hosting a *cookies and chat* session in The Base for students to join.

Our birthday celebrations continue as we get closer to identifying 145 significant women who lived during the period 1877-2022. Some super suggestions are being sent in of women whose activities and achievements have had an impact on our times. We intend to make a permanent display of these nominations and quotations in the library. Also, in the library is a new display of the Lionesses on our *Lead Inspire* board please see [here](#). I would also like to mention that we have confirmed the date of our reunion of former students which will be on **Friday 2nd December** when we hope several past students of Kendrick will come to school to celebrate their educational experiences and reconnect with their school and friends. If people know of former students, please pass on this information. More details will follow in due course. Also please do not forget to purchase your whole school photo, a wonderful keepsake of this occasion.

I attended an assembly for Year 9 this week on the theme of Choices. Mrs White, Assistant Head of Key Stage 3 explained to the students that the idea of choices is something that characterises this year for Year 9 students. The most obvious choices Year 9 must make later in the year are to do with their GCSE subject choice, but more than that, Mrs White talked about choices students make every day in their life. They choose to work hard, to be engaged in what they do, to be kind and caring towards each other, to be passionate about what they do, to be thoughtful and safe when they are online and messaging their friends, and to get on with each other. These are all healthy choices that we encourage them to consider every day. At the same time students in Year 13 have been making some very significant choices about their future. The UCAS application process is coming up to our internal deadline and I know many Year 13 students have been working on their choice of subject to study and university to apply to for their future studies, whilst teachers have been checking applications and writing references. This is a most intense time for these students, and I know they will all breathe a sigh of relief when this stage of the process finishes next week.

Next week, the Kendrick Parents' Society AGM takes place on Monday 17th October at 6.00pm. The meeting will be remote and [this is the zoom link](#) for joining the meeting. We will have a report from Gayatri Hariharan, Chair of KPS about the activities of KPS this year, their fund raising, as well as their future plans. The officials of the committee will be elected and confirmed for the coming year, and they will once again set out their ambitious plans, not only to raise money for the school, but also to help integrate and connect parents and students in our community. The money raised by KPS is vital to the school and complements donations that parents make through our School Fund. I believe that there may be some confusion amongst parents about the voluntary funding streams that come into school, which I will speak more about next term.

Finally, I would like to thank parents who have taken on board my message from last week and are not dropping off and picking up their children outside school. We are having conversations with our neighbours to try to maintain the good relations we seek to have with people in our local community.

Term dates for 2023-2024 were sent to parents this week. These can be found [here](#).

Next week is the last week of Term 1 and it is appropriate that we have a musical event, the Chamber Concert which will take place in the Hall on Thursday 20th October at 6.30pm. Please come along and support the students and Music Department.

Wishing everyone a restful 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 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 **0800 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 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.

MENTAL HEALTH AND WELLBEING – SUPPORTING YOUR FRIENDS WITH THEIR MENTAL HEALTH

Source: [Anna Freud](#)

1 in 10 young people will go through periods of feeling emotionally unwell during any given year, but what do you do when this is your friend or relative?

We understand it can be hard to know what to do when someone you care about is going through a rough patch, so Anna Freud have put together some tips and advice, with the help of Common Room and young people from mental health support group Hearts & Minds.

This [link](#) will give you some information on how to talk to someone you're worried about, how to look after yourself during this time and how to seek help from an adult if you become seriously worried. In each section, you can read quotations that come directly from young people who have experience coping with similar situations. You can view the tips on the images or by using the drop-down below each image if you're low on data. You can also download a free pdf version of the tips [here](#).

SAFEGUARDING – PERSONAL SAFETY

Source: [Victim Support](#)

When you're out and about, it's important to take some sensible precautions to stay safe.

- Make travel plans in advance and let your family or friends know when and where you're going.
- Stick to busy, well-lit areas and keep close to a group if you feel unsafe.
- Book a licensed cab in advance or hail a black cab (Hackney Carriage) from the street. Only black cabs can be hailed from the street so don't try to hail a minicab without booking it in advance – and never accept a lift from a stranger.
- Think about carrying a personal safety alarm with you when you're out.
- Stay alert and aware of your surroundings – don't wear your headphones when you're out alone.
- Don't keep all your valuables in one place. Try to keep them in different pockets or areas of your bag.
- If you feel worried or threatened on public transport, contact the guard or the British Transport Police.

For more advice and tips on staying safe:

- Create a free account on My Support Space – an online resource from Victim Support which includes interactive guides related to personal safety
- Visit the Suzy Lamplugh Trust website.

CALENDAR FOR TERM 1, 2022-23

Thursday 20th October

Upper School and Sixth Form Chamber Concert, 6.30pm

Friday 21st October

End of Term 1, 3.15pm

The school calendar for the academic year can be found [here](#). For the Term Dates for 2022-23 and 2023-24 please click [here](#)

NEWS, NOTICES AND EVENTS

INCIDENT AT READING TRAIN SESSION

We have been informed by a member of the public that a man was approaching school students at Reading train station for money. This incident has been reported to station staff.

Please remind your child about personal safety (see Safeguarding information above) and, as much as possible, they should travel with friends to and from school.

ACTING AND PUBLIC SPEAKING CLASSES

Please note that RABBLE Theatre is an independent organisation and not affiliated to Kendrick School in any way

Award winning theatre company RABBLE Theatre are running LAMDA public speaking and acting classes at Kendrick school on a Tuesday. 4-5pm and 5-6pm. LAMDA stands for the London Academy of Music and Dramatic Art and is

one of the oldest arts examining bodies in the country. Students can take examinations in acting, musical theatre, public speaking, verse and prose and many more subjects.

External club providers RABBLE Theatre will be holding a trial for Year 7's on Tuesday 18th October. If you would like your child to trial the class please e-mail admin@rabblelamda.com with their full name and your emergency contact details. RABBLE will then send you the terms and conditions and all the details you need for the trial. Places will be given out on a first come first served basis. All teachers are fully training professional actors, directors and arts facilitators with enhanced DBS's.

4-5pm public speaking

5-6pm Acting

Fees are £11.50 per 1 hour lesson

TIPS FOR A SUSTAINABLE HALLOWEEN

A great initiative which is being shared around school next week. Please see the information on our [website](#).

SPECIAL UNITED OCTOBER SESSION

A new project for young people with autism and learning disabilities who are struggling to cope with their mental health will be discussed at the next meeting of Special United. The Reading SEND Local Offer team will also be attending as usual. The session is at The Avenue School on 18 October, 5.30-7.30pm. It is open to Reading young people who have SEND and their siblings. Email fran.morgan.rff@gmail.com for details.

OCTOBER HALF-TERM SHORT BREAKS

The programme of subsidised short breaks available for children and young people with SEND has been published:

- [Make/Sense Theatre](#)
 - [SEND Play Course](#) – Reading Football Club Community Trust
 - [Multi-sports Camps](#) – Reading Football Club Community Trust
 - [Reading Play at Prospect Park](#)
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PARENTPAY REMINDERS

We would like to bring to your attention the following ParentPay items which are due for payment, please login to your ParentPay accounts for details.

- Year 9 Duke of Edinburgh Bronze Award
- Year 10 and 11 GCSE Music Anthologies book purchase
- Year 12 A Level Maths Graphics Calculator
- Year 10 and Year 11 GCSE English set texts
- Year 12 and Year 13 A-Level English set texts

October trips

- Year 12 Wokingham Waterside Centre trip 4th October 2022.
- Year 10 MFL French and German trips 9th to 14th October 2022
- Year 13 A Level Geography Residential Field Course 12th to 16th October 2022
- Year 12 Biology Brain Afternoon 20th October 2022

KENDRICK PARENTS' SOCIETY (KPS)

AGM Monday 17th October 2022

The KPS AGM is scheduled to take place on 17th October 2022 when a new committee will take over. If you are interested in joining the KPS committee, we would love to hear from you. Please note we follow a job share model so that tasks can be divided and shared between volunteers. Kindly email KPSChair@kendrick.reading.sch.uk for your interest in any of the positions:

- Vice/Co-Chair
- Co-Treasurer
- Co-Secretary
- Membership Co-Secretary
- Class Rep Parent Coordinator
- Raffle coordinators
- Event coordinators
- Promotion and donations coordinator (Fundraising Coordinator/ Sponsorship Coordinator)
- Preloved/ Second hand uniform coordinator
- Communication & Engagement Lead (Marketing lead)

Kendrick Parents' Society
Meeting Agenda
Monday 17th October 2021, 6pm – 7.30pm

Zoom link for the meeting is

<https://us02web.zoom.us/j/87180744419?pwd=dnVGSkgxK0tVbmlLeHNXM3hVSEJRZz09>

#	<i>Agenda Item</i>	<i>Timings</i>
1	Login & Networking	5:50 - 6:00
2	Introductions & apologies	6:00 - 6:10
3	Acceptance & Queries of previous meeting minutes - Nell	6:10 - 6:15
4	Annual General Meeting 2022 - 2023 <ul style="list-style-type: none">• Address by the chair – Gayatri• Address by Headteacher• Appointment of New Committee 2021-22 – All• Thanking retiring committee members – Gayatri	6:15 – 7:00
5	KPS Events	7:00 – 7:20
6	AOB	7:20 - 7:30

Next meeting – Wednesday 30th November

Preloved / Second Hand Uniform Shop

The second-hand uniform shop will be open the first Saturday of each term between 9am and 11am. The shop is located in the Conservatory, next to the Library. If you have any queries about the shop opening please email: thaynes@kendrick.reading.sch.uk.

We are pleased to announce that the **student led second hand uniform shop** will open again on Mondays, week A, second break in the Servery. The first opening will be on Monday 17th October, when students are welcome to come and shop, cash payment only.