

# Kendrick School - Weekly Update

Friday 8<sup>th</sup> December 2023

## LETTER FROM MS KATTIRTZI, HEADTEACHER

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Last week I mentioned how school is getting ready for Christmas and how the library is leading the way! The creative talents of our librarians, Mrs Cavaciuti and Mrs Williamson know no limits and this year's decorations, which have a reading theme and clever use of words, can be found here [Kendrick School - Christmas is Coming!](#) Today students and staff are wearing Christmas jumpers as part of the Save the Children Fund initiative and parents are asked to pay £2 on [Parentpay](#) for the fun of students swapping their school jumper and wearing a Christmas jumper. This season, as it always does, is making many of our students think about others who are in difficult situations in this country and elsewhere and encouraging them to fund raise for good causes. Next week there will be some more cake sales to raise funds for others in need and in desperate situations. The humanitarian response that I have been talking about for many weeks with some students will continue and their fund raising will be directed to these charities, for example, [Oxfam](#).

It seems that as we get closer to the festive period, many of us begin to embark on the excesses that this season seems to encourage, which makes a message from our Kendrick Eco Warriors timely. There has been a lot of activity this week led by the Eco Committee promoting initiatives and awareness to make us all more informed and active about climate issues at school and at home. As a school we are endeavouring to achieve Eco school recognition, an award which requires us to demonstrate our eco credentials. Through activities and focused [assemblies](#) this week, the Eco Warriors have presented some challenges and steps that we can all take towards becoming an Eco School. Working with an organisation called Hubba, the Eco Warriors have decided to focus on the management of waste which we all agree is a national issue and one that also challenges us in school. A speaker from the organisation will be visiting Kendrick on Thursday to help work with us to navigate this challenge. No doubt there will be some reporting of this in the New Year. My thanks to the Eco Warriors and Mrs Kaur for all the work they are doing on this initiative.

Kendrick Parents' Society (KPS) met this week, and, under the leadership of the new committee, an exciting initiative was agreed. Taking advantage of the festive season, KPS would like to ask all parents to extend their festive generosity to Kendrick to help buy a Wishlist of 'presents' for individual departments/areas of the school. We are speedily compiling lists of items in the region of £200-£250 which KPS will share with parents. Please support KPS in this initiative which after all is an opportunity to buy your child a present for them to use or benefit from in school. KPS will be emailing you shortly with more details.

In case you may be thinking that all that is going on at school now is Christmas related, this afternoon I observed a Year 7 Art lesson with Mrs Souch. The students were working on their [Hundertwasser](#) drawings and carefully practising their observational skills in drawing. They then undertook some peer assessment making constructive and useful comments of each other's work. With a demonstration and the guidance of their teacher Mrs Souch they continued to work on their own drawings of excerpts of Hundertwasser drawings, one of which is interestingly titled Who Ate All My Houses. Despite this being a Friday afternoon in the penultimate week of term, the concentration and application of students and their teacher was calm and focused. Students told me how much they enjoyed their Art lessons and how much art technique and skill they have learnt since September. I look forward to their continued development and progress.

Staying with the Art Department, and to end this week's update, I am delighted to present to you Kendrick's [Christmas card for 2023](#). Designed by an Art student in Year 9 it celebrates the festive season beautifully. Thank you to Aimee for the super design and to the 6<sup>th</sup> Form student singers whose beautiful voices provide the musical accompaniment to the card.

Please continue to read the rest Weekly Update for the very useful and helpful information it contains.

Wishing everyone a peaceful weekend.

**Ms Christine Kattirtzi, Headteacher**

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## **KENDRICK SCHOOL'S SOCIAL MEDIA PLATFORMS**

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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.



### **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 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, students can 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).**

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## **SAFEGUARDING**

### **SUMMARY OF SAFEGUARDING INFORMATION**

[Term 1 2023-24](#)

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### **VIRTUAL REALITY (VR) SAFETY ADVICE**

SOURCE: [NSPCC](#)

Last year NSPCC published new straightforward advice for families on how to keep children safe when using virtual reality including utilising the device's safety features and supervising children's use as they navigate both the virtual risks and physical space around them.

Counsellors at Childline have also heard from young people with experiences of virtual reality and who are increasingly aware of the isolating nature of the headsets and the ease at which predators can take advantage of the anonymity this unregulated online platform offers.

Please read the advice and information in full [here](#).

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In 2019, media titan Disney launched its own streaming platform, intending to challenge the likes of Netflix and Amazon Prime. Giving (often exclusive) access to shows and movies – such as the legendary studio’s animated classics and the revered Star Wars back catalogue – Disney+ has been a colossal success, proving popular with viewers of all ages.

Despite Disney’s reputation for wholesome, child-friendly content, however, there’s far more material available on their platform – some of which is aimed exclusively at adults. This could easily fly under the radar, given the company’s general image. This guide has useful tips to help your family sit back, relax and enjoy what Disney+ has to offer.

## WHAT PARENTS AND CARERS NEED TO KNOW ABOUT DISNEY+

## MENTAL HEALTH AND WELLBEING

### WINTER WELLBEING PLAN

Source: [Charlie Waller Trust](#)

#### **Let there be light – and cosiness!**

Going out in the cold might seem unappealing, but getting some natural light can be invigorating and really help your mood. So try to get outside, especially at midday and on brighter days. When you’re indoors, sit near windows whenever you can to make the most of natural light.



You could also make friends with cold, dark days. Having a positive mindset about winter can help you experience it differently. See it as a time to do more things like reading, relaxing, keeping warm and cosy – a time to recharge your batteries before spring arrives.

#### **Healthy comfort**

We all crave comfort, particularly over winter, and it can be tempting to reach for things that feel good in the moment, like a hot, sticky pudding or processed food high in fat, sugar and salt. However, these may not help in the long term, so find other options that are just as pleasurable but without the downsides, like reading, doing puzzles, baking something healthier or taking a walk with a friend.

#### **Plan something pleasurable – and also have some ‘me time’**

Make a point of looking forward to things that you enjoy or are excited about or arranging something to look forward to.

Think of people you want to see, a film you want to watch, a weekend with friends or something else you’ll enjoy. If possible, make a plan and put the date in your diary so you’ve got something to look forward to.

Don’t completely fill up your diary though so there’s no time for you! Try and schedule some ‘me-time’: whether it’s booking leave from work, shutting the bathroom door for a bath away from the kids or getting out for a run alone – find something that works for you and make it happen.

#### **Boost your energy and your mood**

When the days are darker and you can’t socialise outdoors in the sunshine, try replacing this with another energy-boosting activity. It could be taking up an exercise class, a hobby that you might enjoy.

Keeping physically active can be very effective in lifting your mood and increasing energy levels. It doesn’t have to be anything particularly strenuous – listen to your body and pick a form of movement that works for you – whether that’s doing the housework, a brisk walk around the park or even a few slow stretches while sitting down to get your blood flowing.



## Celebrate the good stuff

Try to notice the good things in your life when you're feeling down, however small. It could be the sunshine in the morning, the appearance of the first green leaf, a warm cup of tea or a great book you're enjoying. On days when this feels hard to do, just pick one thing you're grateful for. You could write your thoughts down each day in a journal so that you can look back on it when you're feeling low.

## Keep connected

Don't let gloomy days drain you of your motivation to go out and see friends and family. We're social creatures and spending time with friends and loved ones can really help to boost your mood. If you feel you're lacking positive relationships, try volunteering or joining a class or group to meet new people.

Stay connected – keep in touch with friends, family and work colleagues in whatever way works for you – a phone call, video-chat, letter or text message. If you're invited to a social event, see if you can try to make the effort to go, even if only for a little bit.



## Take a break from gadgets

We've all relied on technology more than ever over the last couple of years but it's important to give yourself some time away from your screens and gadgets too, especially when it comes to social media. While social media can help provide a sense of community and connection, studies have suggested a link between heavy use and increased risk of depression, anxiety and loneliness, especially among young people.

## Eat well



A healthy diet will boost your mood and give you more energy. Balance your craving for carbohydrates, such as pasta and potatoes, with plenty of fresh fruit and vegetables.

If you struggle to eat, that's okay and you're not alone. See if you can create a simple routine and ask for help if you need it.

## Stay interested

Keeping your mind active with a new interest can ward off the winter blues. It could be anything – singing, joining a gym or getting creative

and painting or playing an instrument – the important thing is that you have something to look forward to and concentrate on.

## And finally, a bonus tip... Look forward to spring!

Know that spring will return – as it does without fail every year – with the promise of warmer, longer, sunnier days. So hang on in there: it's only just around the corner!

## Winter wellbeing daily checklist

Doing some of these activities each day can really help your wellbeing in the winter months. Why not try doing at least three every day and ticking them off as you go?

Get some exercise – even if it's just walking up and downstairs three times in a row!

- ✓ Get some natural light – either by going outdoors or sitting near a window
- ✓ Write down one thing you're grateful for
- ✓ Plan something to look forward to
- ✓ Take a break from your devices
- ✓ Eat some green veg
- ✓ Say hello to a friend, family member or someone in your local community



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## ADVENT ACTS OF KINDNESS



**Fri 08:** Know parents who could use a night out? Offer to babysit for free.

**Sat 09:** Run an errand for a family member who is busy.

**Sun 10:** Help an elderly neighbour with some household or gardening chores.

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## KENDRICK SCHOOL WELLBEING NEWSLETTER

For all our **Wellbeing Newsletters**, including the latest edition on [Loneliness and Banter](#), please click [here](#).

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### POEM OF THE WEEK

#### **This is the time to be slow**

*by John O'Donohue*

This is the time to be slow,  
Lie low to the wall  
Until the bitter weather passes.

Try, as best you can, not to let  
The wire brush of doubt  
Scrape from your heart  
All sense of yourself  
And your hesitant light.

If you remain generous,  
Time will come good;  
And you will find your feet  
Again on fresh pastures of promise,  
Where the air will be kind  
And blushed with beginning.



### QUOTE OF THE WEEK

“Optimism is a huge asset. We can always use more of it. But optimism isn’t a belief that things will automatically get better; it’s a conviction that we can make things better.” — Melinda French Gates

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## SPECIAL EDUCATIONAL NEEDS (SEND)

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The Breaks for Carers of Disabled Children Regulations 2011 requires Local Authorities to provide a range of short breaks for families with disabled children (age 0-18yrs). In Reading this is provided by Brighter Futures for Children (BFFC). Short breaks form part of a continuum of services, which support disabled children and their families.

Short breaks are provided to give:

- Children and young people with a disability enjoyable experiences away from their primary carers, thereby contributing to their personal and social development and reducing social isolation;
- Parents, carers and families a necessary and valuable break from caring responsibilities.

These breaks can include day, evening, overnight and weekend activities and can take place in the child's own home, the home of an approved carer, a residential or community setting. [What is a Short Break explained.](#)

They can last just a few hours to a few days, and occasionally longer, depending on the type of provision and the needs of the child and their families.

For the SEND Short Breaks Christmas Holidays 2023 programme please click [here](#).

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## SCHOOL CALENDAR FOR TERM 2, 2023-24

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Thursday 14 <sup>th</sup> December	School Canteen Christmas Lunch
Friday 15 <sup>th</sup> December	End of Term 2, 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](#)

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## NEWS, NOTICES, COMPETITIONS AND EVENTS

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### NEW CHILDCARE OFFER APPLICATIONS

Applications for the first wave of [free childcare](#) for working parents will open on Tuesday 2 January 2024.

Eligible working parents of two-year-olds will be able to register to access 15 hours free childcare per week from April 2024. The recommended time to register is between mid-January and the end of February.

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### HEALTH BUS

The Health Bus will be at Tesco Portman Road on Friday 15 December from 9.30-11.30am. Parents need to complete a form to be able to access this clinic and it is appointment only. If they are having any difficulties, they can contact [westschoolimms@berkshire.nhs.uk](mailto:westschoolimms@berkshire.nhs.uk).

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### CHRISTMAS ACTIVITIES IN READING

Family Information Service (FIS) has created a [Christmas activities page](#) on its website. The page will be updated regularly and features a wealth of information on events and activities happening in Reading over the festive period.

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## VACANCIES

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We have no vacancies at the current time but will be advertising for Invigilators very soon.

*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.*

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## PARENTPAY REMINDERS

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*We would like to bring to your attention the following ParentPay items, please login to your ParentPay accounts for details.*

School Fund Donation  
Whitley Community Food Cupboard – cash donations

Year 7 Profiling Day- Thursday 16<sup>th</sup> November 2023  
Year 10 and Year 11 A performance of a Christmas Carol- 6<sup>th</sup> November 2023  
Year 10 GCSE Drama- set text: The Crucible by Arthur Miller  
Year 9 and Year 10 French Play – March 2024  
Year 9 and Year 10 German Play – March 2024  
Year 9 Duke of Edinburgh Bronze Award 2024  
Year 10 Duke of Edinburgh Silver Award 2024  
Year 10, Year 11, Year 12 and Year 13 English set texts  
Year 7, 8 and 9 Food and Technology voluntary contributions  
Year 10 and Year 11 Art and Textiles voluntary contributions  
Year 10, 11, 12 and 13 English set texts  
Royal Berkshire Culture Day – 22<sup>nd</sup> November 2023  
Save the Children Christmas Jumper Day -Friday 8<sup>th</sup> December 2023

## **Trips**

Year 12 Wokingham Waterside Centre trip  
Year 10 French and German trips - June 2024  
The Legacy of East Germany in film, Southbank, London, 29<sup>th</sup> November 2023.  
Wicked performance at Apollo Victoria Theatre – 22<sup>nd</sup> November 2023  
Wicked performance at Apollo Victoria Theatre – 29<sup>th</sup> November 2023  
Year 11 Poetry live event at The Hexagon Reading – 29<sup>th</sup> February 2024  
Year 11 Rural Villages Geography trip- 22<sup>nd</sup> January 2024  
Year 12 local Geography field trip – 12<sup>th</sup> January 2024

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## **KENDRICK PARENTS' SOCIETY (KPS)**

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For the latest KPS newsletter please click [here](#).