

Kendrick School - Weekly Update

Friday 24th November 2023

LETTER FROM MS KATTIRTZI, HEADTEACHER

I would like to begin this week speaking about our [Widening Horizons](#) strategic initiative and in particular an [article](#) on our website about an event that happened last week at school. For parents who are not aware of this, Kendrick School applied for a Department of Education bid called Selective Schools Expansion Fund in 2018. We were successful in this bid and were able to expand the school in September 2020. In addition, we received the capital funding to build the Horizons building, a block of nine classroom and dining area. The expanded cohort is now in Year 10 and next year, Years 7-11 will be fully expanded making Kendrick a four-form entry school of 128 students per year group. Part of the bid required us to work out a Fair Access Protocol Process (FAPP) which committed us to working with more diverse socio-economic areas of Reading to encourage students and families from these areas to think about coming to Kendrick School. We have established good links with local primary schools and through them we encourage local children to participate in our Widening Horizons programme. The programme for 2023-24 started last week when we invited families and children from Years 3-6 to an after-school event. At the event my colleagues and I spoke about the programme and what we do to work with children to raise aspiration for their future. From now on through to next summer, these children will be encouraged to join our Inspire Club, an online club on Tuesday after school. We also publish and distribute an [Inspire Bulletin](#) every week which contains great ideas to challenge children with interesting and fun activities. Please take time to read and explore these links.

It has been quite a busy week in school with Kendrick Student Leaders organising and leading some activities for Fringe Fortnight. This week we have had Chalk Drawing, Cultural Day and today Human Hungry Hippos event! Next week there will be busking around the school, Teacher vs Students Quiz, and on Friday a finale event and ever popular, Lip Sync Battle! Money raised through these events is being given to the Royal Berkshire Hospital. Thank you to everyone for their organisation and participation.

I would also like to mention the Eco Group and their relentless activities to highlight the climate crises and what we can do in our own way to make a difference. Please read their recent updates and initiative – [cut your carbon](#). In addition, the Eco Warriors, members of the Eco Committee, will be presenting assemblies to the whole school over the next two weeks. Thank you again to those dedicated students and Mrs Kaur for this essential initiative we have in school.

To end, the news this morning brings some small but welcome relief to the situation in the Middle East as the pause in fighting in the region has been agreed so that the release of hostages can begin. The news that lorries containing medical supplies, fuel, and food to parts of the region in this temporary pause in fighting is welcome. I mentioned last week the group of senior students who have been meeting with me to discuss the situation and to decide on a way in which Kendrick can make a small gesture of compassion to the victims, particularly children, in this conflict. Our discussions continue and we hope that before the end of term we can decide on some fund-raising activity that we can do. I am aware of students and their families who have lost loved ones in the conflict and whose families currently live in fear. Also, onlookers from whatever view or perspective, seeing and hearing of the events, continue to feel helpless in what they can do. Once again we have identified some resources for our students and families, this time from the [Young Minds](#) organisation, in particular, support for young people trying to understand and manage the [current conflict](#)

Wishing everyone a peaceful weekend.

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.



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

SUMMARY OF SAFEGUARDING INFORMATION

[Term 1 2023-24](#)

BULLYING

If somebody repeatedly hurts you, or verbally abuses you, that's bullying.

Specific types of bullying include:

- **homophobic** bullying based on your sexual orientation
- **racist** bullying because of your skin colour or ethnicity
- **religious** bullying because of your beliefs or faith.
- **sizeist** bullying referring to your body size
- **sexist** bullying focusing on you being of the opposite sex
- **cyberbullying** targeting you online, often anonymously
- bullying because you are different

Bullying can be a one-off or it can go on for a long time. And bullying can happen to anyone.

Talking to someone about being bullied

Ignoring bullying won't make it go away. You need to tell someone about what is happening.

If the bullying is happening at school

Talk to your parents or carers and your teacher. Your teacher may have no idea that you are being bullied, and the school will have an anti-bullying policy to tackle it.

If you feel you can't speak to your teacher, maybe a friend can do it for you. You can also speak to a school counsellor, welfare officer or nurse.

In extreme cases, if bullying is interfering with your education it may be possible for you to change schools if it doesn't stop once you have reported it.

If the bullying is happening outside school

Talk to your parents or carers, close relatives such as grandparents, aunts and uncles, or even your friends' parents. Youth workers and leaders may be able to help too.

If the bullying is happening online

Tell a trusted adult – your parents or carers, or a teacher. You can report abusive posts on social media platforms. Find out how to do this with [Childline's](#) instructions. You can also report abuse to [CEOP \(Child Exploitation and Online Protection Centre\)](#).

Keep reporting the bullying until it stops. It may not stop the first time you tell your parents or teacher and they try to stop it. If the bullying continues, tell them again. Don't put up with it. No one deserves to be bullied.

For tips on bullying from other young people visit the YoungMinds website [here](#).



**National
Online
Safety®**

STAYING SAFE ONLINE

TIPS FOR SAFER ONLINE SHOPPING ON BLACK FRIDAY AND CYBER MONDAY

This online safety guide has tips on navigating Black Friday and Cyber Monday; two of the year's busiest days for online shopping and, regrettably, for cybercrime.

[TIPS FOR SAFER ONLINE SHOPPING ON BLACK FRIDAY AND CYBER MONDAY](#)

MENTAL HEALTH AND WELLBEING

WHAT TO DO IF CONFLICT IN THE MIDDLE EAST IS AFFECTING YOUR MENTAL HEALTH

Source: [YoungMinds](#)

What's happening in Palestine and Israel is devastating. Our thoughts are with young people who are experiencing pain, grief and anger as each day unfolds.

How you support yourself is extremely personal, and self-care advice like "go for a walk" might feel trivial right now. Whatever you're feeling, we want you to know that you're not alone, and however you want to support yourself or your community is valid.

If you've been affected by what's happening or what you've seen in the news, here are some things to keep in mind when the world feels especially heavy.

You are allowed to have feelings

Young people have told us they feel confused, angry, scared, hopeless, enraged, motivated and alone. These are very normal and human reactions to the terrible things that are happening.

No one should tell you how to feel right now. You may be deeply connected to what's happening, or you may feel grief and anger in solidarity. All your feelings are valid.

Your feelings may show up in unexpected ways

You might not feel “emotional” but you may feel it in your body. A tight chest, a pounding heart, feeling shaky, a racing mind. You may feel completely blank or numb to everything. You may find that you are tired, get annoyed easily, or just don’t want to be around people. Be gentle with yourself and check in with your body.

You do not have to go through this alone

If you’re feeling overwhelmed, it’s important to acknowledge your feelings and speak to someone you trust, whether that’s a friend, family member, faith leader, teacher or helpline. Know that you are not alone and there are people who care deeply about you

The news and social media

For some young people it’s not as simple as taking a break from the news. You may need to keep in contact with family members or friends who have been directly impacted. You may need your phone to feel safe.

Taking breaks from social media might feel needed to protect your mental health and shield yourself from harm. This may shift and change from day to day. Think about what role the news and social media is playing for you right now, how it is making you feel and if it is helpful.

Look after yourself in your own way

This might look like connecting to the food, the music and the spirituality of your culture. It might be reaching out to a friend who is in pain. It might be asking for help. It might be speaking up or taking action. It might be making space for joy and love. Don’t let others tell you you’re not responding in the ‘correct way’.

Know that hate has no place in the world, ever

No matter what is happening in the world, there is never an acceptable excuse for hate speech or acts of racism, Islamophobia and antisemitism. Hate cannot thrive if we reach out and connect to each other. We stand by you in solidarity. And we want you to know that support is available.

How to report a hate crime

A hate crime is when someone is targeted, bullied or abused because of their identity. If you’ve been the victim of a hate crime, or you’ve seen it happen to someone else, you can report the incident and find support through [Stop Hate UK](#). Remember, no hate crime is too big or too small to report. You deserve to feel proud of who you are and you deserve to feel safe.

“Hate cannot thrive if we reach out and connect to each other”

For more information and support from YoungMinds, please click on the links below:

[Racism and mental health](#)

[Bullying](#)

[Social Media](#)

KENDRICK SCHOOL WELLBEING NEWSLETTER

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

POEM OF THE WEEK

Geometry

by Rita Dove

I prove a theorem and the house expands:
the windows jerk free to hover near the ceiling,
the ceiling floats away with a sigh.

As the walls clear themselves of everything
but transparency, the scent of carnations
leaves with them. I am out in the open

And above the windows have hinged into butterflies,
sunlight glinting where they've intersected.
They are going to some point true and unproven.



QUOTE OF THE WEEK

"You mustn't confuse a single failure with a final defeat." - F. Scott Fitzgerald

SPECIAL EDUCATIONAL NEEDS (SEND)

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](#).

SCHOOL CALENDAR FOR TERM 2, 2023-24

Monday 27 th November	Dance Enterprise Day
Wednesday 29 th November	Presentation of the GCSE Certificates
Thursday 30 th September	Year 13 Parent Consultation
	Governor P&R Committee, 4.30pm
Thursday 7 th December	FGB, 4.30pm
Friday 8 th December	Christmas Jumper Day
	Year 12 Climate Conference
Wednesday 13 th December	School Canteen Christmas Lunch
Friday 15 th 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](#)

NEWS, NOTICES, COMPETITIONS AND EVENTS

FRINGE FORTNIGHT

WEEK 2 – EVENTS AT SECOND BREAK

Tuesday 28th November - Busking - around the school

Wednesday 29th November - "Are you smarter than a Kendrick Kid?" - Teacher vs Students Quiz - Sports Hall

Friday 1st December - Lip Sync Battle - Sports Hall

VACANCIES

We have the following vacancies. Please click on the links below for details of the roles and how to apply. Please share this information with family and friends.

[Biology and Chemistry Technician for Term 4 \(22½ hours a week\)](#)

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.

PARENTPAY REMINDERS

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

A level Maths calculator

Year 7 Profiling Day- Thursday 16th November 2023

Year 10 and Year 11 A performance of a Christmas Carol- 6th 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

Royal Berkshire Culture Day – 22nd November 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, 29th November 2023.

Wicked performance at Apollo Victoria Theatre – 22nd November 2023

Wicked performance at Apollo Victoria Theatre – 29th November 2023

Year 11 Poetry live event at The Hexagon Reading – 29th February 2024

KENDRICK PARENTS' SOCIETY (KPS)

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