

# Kendrick School - Weekly Update

## Friday 5<sup>th</sup> January 2024

### LETTER FROM MS KATTIRTZI, HEADTEACHER

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Welcome back to school! I hope everyone has had a restful and peaceful holiday and I wish you all a very happy New Year. We welcome two new members of staff to Kendrick this term: Mr Chow, Computing Teacher and Mrs Mohamed, Biology and Chemistry Technician.

Staff had an INSET Day on Tuesday 2nd January enabling us to complete several essential training modules. These included [Online Safety](#), following updates in the [Keeping Children Safe in Education](#) Updates on Filtering and Monitoring of students' online activity, updated information regarding the [Prevent Duty](#) we all have, GDPR reminders, as well as, areas of Health and Safety, all of which support us in managing and protecting our school community. We also worked on some of our Learning and Teaching initiatives, namely the Walkthru project which is based on the work of Tom Sherrington.

As always normal school life resumed quickly, and students were in lessons and engaged in their learning from period 1 on Wednesday. It was wonderful to see students after the break and I hope they feel rested and refreshed from the holiday. Year 11 students started their Mock examinations on Wednesday, and these will finish on Thursday 11<sup>th</sup> January. Mock examinations are always an intense and focused period for them, but as we know mocks are there and serve the purpose of identifying gaps in knowledge and understanding for students and teachers, and can be used positively to support learning and revision for the final exams in the summer.

On the afternoon of Wednesday 3<sup>rd</sup> January, we had a most pleasant and inspiring event when we welcomed back our former Year 13 students and their parents for the presentation of A Level certificates. This cohort of students joined Kendrick in September 2016, and as one of them reminded, just after the Brexit vote! During their time at Kendrick so many other major key events occurred including the school celebrating our 140<sup>th</sup> and 145<sup>th</sup> birthday in 2017 and 2022. They studied their GCSEs courses during the pandemic and were the second cohort of students who did not sit GCSEs in the summer of 2021, but were awarded Teacher Assessed Grades. Throughout their time with us they were a most enthusiastic, hardworking, and lively group of students who focused well on their studies and contributed enormously to school life. Their results at A Level were superb and the [university destinations](#) and courses they are studying are impressive. We are so very proud of them and wish them all the best for the future.

As part of the A Level Presentation ceremony, a former student gives a speech. This year the speaker and presenter of the certificates was Laura King, now Laura Stedman, who left Kendrick in 2011. After graduating from the University of Cambridge, Laura became a Civil Engineer and now lives and works in Cambridge. In her speech, Laura spoke about how she had to manage and merge herself into a very male dominated profession, where initially she felt she did not fit. However, by understanding and appreciating her own unique strengths and skills, Laura has successfully become part of this profession and is making a positive contribution in her work that is impacting on people's lives and communities; her uniqueness has made her very successful, admired and respected in her role. We were all inspired by what Laura said to us and the examples and guidance she gave.

So much is already being planned for the upcoming term, including House Drama in February, for which casting, and rehearsals are in progress. Music concerts, including Air Ambulance, the joint venture we have with Reading School students, is about to start rehearsals with the concert scheduled for Thursday 21<sup>st</sup> March at Kendrick School. Also, a trip to the Ashmolean Museum in Oxford for Art students is coming up, as well as field trips for our A Level Geographers. A Readathon Club has been set up and is being led by Mr Dilley, Head of English. Competitions, Olympiads, assemblies, are being prepared and many other activities are resuming for this term, including the

Refugee Club and Food Cupboard etc., all of which contribute to the varied and interesting extracurricular life of students at Kendrick. A trip that A Level German students took part in at the end of last term and very much enjoyed is detailed [here](#).

To end this week's Weekly Update, I will go back to Laura Stedman's concluding comments in the speech she gave the Year 13 students on Wednesday. In outlining her journey from Kendrick to university and to her current position as a Civil Engineer in the Water Industry, Laura suggested these 'take away' thoughts to the students as they embark on their journey, post Kendrick:

1. You have career superpowers! Find them, practise them, and perfect them.
2. There is a space for you in the world that only you can fill. You might not look like everyone else, but that is a good thing, not a hindrance.
3. Sometimes "life happens". That's okay, you can work around it.

With these thoughts in mind, I wish you all a pleasant 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.



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## SAFEGUARDING

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### 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 **0800 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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## PREVENT AND COUNTERING EXTREMISM IN YOUNG PEOPLE

The booklet accessible via this [link](#) has been produced by [educate.against.hate](#) in conjunction with HM Government to explain the important and relevance of **Prevent, Channel and Counter-Extremism** efforts to parents and carers of young people.

Any child could be susceptible to extremist narratives. There are some factors that may make some children more susceptible than others. Extremist groups tap into young people's insecurities and claim to offer answers and promise a sense of identity that young people often seek. As part of their recruitment strategy, extremist groups also work to undermine the authority of parents and guardians.

This guidance will help you:

- understand what Prevent is.
- understand what Channel is and the support available for young people who may be susceptible to radicalisation and extremism.
- understand key terminology and definitions relating to extremism and radicalisation.
- understand how to initiate and engage in difficult conversations with young people.
- identify potential indicators of radicalisation in young people.
- identify potential factors that may make some young people more susceptible to radicalisation.
- understand where to go for support if they feel a young person may be at risk of being drawn into radicalisation.

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## SUMMARY OF SAFEGUARDING INFORMATION

[Term 1 2023-24](#)

[Term 2 2023-24](#)

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**National  
Online  
Safety®**

## STAYING SAFE ONLINE

### TOP TIPS FOR MANAGING SCREEN TIME

From using them for communication, work, shopping and entertainment, devices such as smartphones, laptops and the rest are now deeply ingrained into modern society. Small wonder, then, that young people – who've grown

up surrounded by such gadgets – can sometimes struggle to put them down, switch them off or keep themselves occupied without them.





While limiting our screen time may require a great deal of restraint, the effort can be rewarded with significant benefits to our physical and mental health. This #WakeUpWednesday guide has simple tips for helping to manage the amount of screen time in your household – encouraging the whole family to spend more quality time together and live in the moment.

[Top Tips for Managing Screen Time](#)

# MENTAL HEALTH AND WELLBEING

## ACTION FOR HAPPINESS – HAPPIER JANUARY

Happier January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe
7 Learn something new and share it with others	8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice
14 Eat healthy food which really nourishes you today	15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge
21 Try out something new to get out of your comfort zone	22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside
28 Ask other people about things they've enjoyed recently	29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future	  		

ACTION FOR HAPPINESS

Happier · Kinder · Together

### KENDRICK SCHOOL WELLBEING NEWSLETTER

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

### POEM OF THE WEEK

#### Kumulipo

by Queen Lili'uokalani - Hawaiian creation chant

At the time that turned the heat of the earth,  
 At the time when the heavens turned and changed,  
 At the time when the light of the sun was subdued  
 To cause light to break forth,  
 At the time of the night of Makalii (winter)  
 Then began the slime which established the earth,  
 The source of deepest darkness.  
 Of the depth of darkness, of the depth of darkness,  
 Of the darkness of the sun, in the depth of night,  
 It is night,  
 So was night born



## QUOTE OF THE WEEK

“In the midst of winter, I found there was, within me, an invincible summer. And that makes me happy. For it says that no matter how hard the world pushes against me, within me, there’s something stronger – something better, pushing right back.” - Albert Camus

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## SPECIAL EDUCATIONAL NEEDS AND DISABILITIES (SEND)

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### SPORT TOGETHER BERKSHIRE CIC - FESTIVAL OF INCLUSIVITY 16TH FEBRUARY 2024

**Save the Date: 16th February 2024**

A great day of activity, including:

- Football
- Rugby
- Cricket
- Hockey
- Art & Crafts
- Sensory Room
- And much More....

**Bookings from January 2024 – Times to be advised.**

[sporttogetherberks@gmail.com](mailto:sporttogetherberks@gmail.com)

<https://sporttogetherberks.co.uk/>

Further information can be found here [Reading Directory | Sport Together Berkshire CIC - Festival of Inclusivity 16th February 2024](#)

[SEND Local Offer Newsletter Winter 2023](#)

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## SCHOOL CALENDAR FOR TERM 3, 2023-24

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Monday 8 <sup>th</sup> January	Year 11 Mocks continue
Friday 12 <sup>th</sup> January	Year 12 Geography Trip
Monday 15 <sup>th</sup> January	EPQ Exhibition
Tuesday 16 <sup>th</sup> January	EPQ Presentations (until Friday 19 <sup>th</sup> January)
Thursday 18 <sup>th</sup> January	Trustee Learning & Teaching Committee, 4.30pm
Friday 19 <sup>th</sup> January	KPS Non-Uniform Day
Monday 22 <sup>nd</sup> January	Year 11 Geography Trip
Tuesday 23 <sup>rd</sup> January	Year 12 Parent Consultation
Thursday 1 <sup>st</sup> February	Trustee Resources Committee, 4.30pm
Friday 2 <sup>nd</sup> February	Year 7&8 KPS Disco
Monday 5 <sup>th</sup> February	Children’s Mental Health Week
	GCSE and A Level Art Trip
Tuesday 6 <sup>th</sup> February	Safer Internet Day
Wednesday 7 <sup>th</sup> February	Year 8 Parent Consultations

Thursday 8<sup>th</sup> February

House Drama

Trustee P&R Committee, 4.30pm

Friday 9<sup>th</sup> February

End of Term 3, 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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## VACANCIES

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We have no vacancies at the current time but will be advertising for an English Teacher, Mathematics Teacher and 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

### 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

GCSE and A level Art trip to Oxford – 5<sup>th</sup> February 2024

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# KENDRICK PARENTS' SOCIETY (KPS)

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

## PRE-LOVED UNIFORM SHOP

The shop will be open in the new year **Saturday 6th January 2024, 9am - 11am in the Conservatory**. There is some parking available in the Cedars car park. If you have a uniform, PE kit or lab coats to donate, your donation can be left either at Reception or the students can leave it in a collection box by the Servery. We wish you all a very Happy Festive season!

## KPS MEETING – WEDNESDAY 10TH JANUARY

You are all invited to attend the next KPS (Kendrick Parents' Society) meeting on Wednesday, 10th January 2024 scheduled between 6:00 p.m. and 7:15 p.m. Attached you will find the meeting agenda.

If you have any item to add to the agenda on the upcoming KPS Meeting, please email [kpssecretary@kendrick.reading.sch.uk](mailto:kpssecretary@kendrick.reading.sch.uk)

To join the video meeting, click this link: <https://meet.google.com/vvq-bjkg-vzk>

Otherwise, to join by phone, dial +1 724-257-1608 and enter this PIN: 422 815 782#

*(In case of issues copy-paste the above link in Internet browser and join WITHOUT signing in to Skype app)*

We look forward to seeing you on 10th January 2024.

***KPS Committee***