

# Kendrick School - Weekly Update

Friday 19<sup>th</sup> January 2024

## LETTER FROM MS KATTIRTZI, HEADTEACHER

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It is the time of the year when our Year 13 students showcase their work in an exhibition and presentation before submitting a piece of work for their Extend Qualification Project (EPQ). The EPQ is an additional qualification, half an A Level, that complements their 3 or 4 A Level study programme. It is a chance for students to take a topic that interests them and to research it using under-graduate style research methods, write a report and present this to their supervisor and fellow students. This week 34 students have presented their EPQ project to staff and students. The topics have ranged in nature from very specific scientific investigations to broader social and political issues, historical and philosophical ideas. I was able to attend two of the presentations this week, one entitled 'What have Einstein's theories ever done for us?' and the other 'To what extent is the Easterlin Paradox true?'. Both were not only interesting in content and the questions posed, but both students spoke confidently, knowledgeably and with the maturity of an advanced level student ready to take on the next stage in their education. Part of the EPQ study requires students to reflect on what they have learnt in the process of their research and presentation, and both students spoke about the study techniques they have learnt, time management skills they have improved, as well as the opportunity to research a topic of interest to them personally. Many thanks to Mrs Rock, our EPQ Coordinator and her team of supervisors who lead and manage this work and of course the students for the impressive work they have done. For some students this qualification will assist them in their university entrance and may be pivotal in securing their place at university next year.

Assemblies are up and running again and this week a super well researched and presented assembly was given by 8JP about the advantages and disadvantages of video games. With clarity and understanding the students demonstrated in their slides and in role play the positives of playing video games, but also how too much time spent on such games can have a detrimental effect on relations with family and friends and can lead to compulsive behaviour. Interestingly a few Year 13 students chose questions related to online gaming and its implications on social behaviour and crime for their EPQ projects. No doubt some of the Year 8 students will be advancing their enquiries of such important social questions when they get to their A Level studies in a few years' time.

At the same time as our students across the school have been discussing such issues, a group of staff including a trustee (governor) had a meeting last night on Online Safety. Chaired by Mr Simmonds, Deputy Head and Designated Safeguarding Lead, this group has been given the remit to examine and discuss online safety measures and guidance we need to be aware of regarding the online safety of our students. This was a key element in the revised Keeping Children Safe in Education document in September 2023 and is a responsibility all schools have and must fulfil. Examining both [policy](#) and practice, the group will review what is taught in the curriculum and in PSHCE, what guidance we are giving our students, learning from such events like Safer Internet Day, identifying the latest fads and also supporting parents to navigate this complex area with guidance and information.

Finally, a group of students spent the day at a chemistry laboratory at Oxford University as part of competition in which they were set some interesting challenges and met some inspiring scientists. Please read the article [here](#).

Please continue to read the rest of the update for further useful and relevant information, particularly on online safety and also some updates from the Kendrick Parents' Society.

Wishing everyone a good 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 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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## TALKING TO CHILDREN/YOUNG PEOPLE ABOUT BEING SAFE ONLINE

SOURCE: NSPCC

Many of us see our online lives and offline lives as different. But for children growing up with technology and the internet, there isn't a difference – online life and offline life is just life.

Technology can move at an extraordinarily fast pace. So it can be difficult to know how to start talking to your child about what they're doing online, who they might be speaking to or discussing the potential risks and issues.

### Starting the conversation

Talking regularly with your child can help keep them safe online. Making it part of daily conversation, like you would about their day at school, will help your child feel relaxed. It also means when they do have any worries, they're more likely to come and speak to you.

But it's easy to become overwhelmed with the different technology, the language that children use, the huge number of games and apps which are available and the potential risks.

## Age-appropriate conversations

Considering your children's age and ability will help you decide how to speak to them.

### For under-11s

- Resources like [Talk PANTS will help](#)
- Make sure you're using language they can understand.
- If you suspect [grooming](#) or [exploitation](#), you can [report this directly to CEOP](#).

### For older children and teenagers

Their needs and behaviour will be changing and they may find talking to you about difficult topics embarrassing. They will still look to you for support, so it's worth continuing to check in with them regularly, even if there's nothing they want to talk about.

There are some tips in the NSPCC [Positive Parenting guide](#) and on their page on [talking about difficult topics](#).

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## SUMMARY OF SAFEGUARDING INFORMATION

[Term 1 2023-24](#)

[Term 2 2023-24](#)



**National  
Online  
Safety®**

## STAYING SAFE ONLINE

### SMARTPHONES

According to Ofcom, 69% of under-18s use a smartphone as their main method of going online. Additionally, 49% of children use them for online gaming – putting smartphones only behind consoles (59%) as the device of choice for playing games on. Most people won't require such statistical evidence, however, to acknowledge the huge importance of phones to young people.

Given that Santa's recent visit is likely to have bestowed smartphones on an even greater number of young people, it's a particularly opportune moment to ensure that children are able to use their handsets responsibly – and, above all, safely. From passcodes to parental controls, and from screen time to scams, this #WakeUpWednesday guide has the essential advice.

[Smartphone Safety Tips for Young People](#)



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## MENTAL HEALTH AND WELLBEING

### TIPS FOR LOOKING AFTER YOUR MENTAL HEALTH ON SOCIAL MEDIA

We spend a lot of time on social media. It can help us connect with friends, share our lives and interests, stay up-to-date with what's happening in the world and get support.

But our experience of social media isn't always positive. Misinformation, peer pressure, content that is distressing and unrealistic representations of others' lives can all take a toll on our self-esteem and lead to feelings of anxiety.

It can also be easy to get absorbed in a spiral of content that fuels negative thoughts and has a big impact on our mood.

Spending too much time on social media and viewing things that aren't helpful or which make us feel upset or anxious can disrupt our sleeping patterns and can take us away from the things we enjoy doing away from our phones.

It's all about balance and staying aware of our feelings.

Click [here](#) for Shout's top tips for looking after your mental health when using social media.

**If you're feeling anxious or overwhelmed, text SHOUT to 85258 to start a conversation with a trained volunteer. They're here for you 24/7.**

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## KENDRICK SCHOOL WELLBEING NEWSLETTER

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

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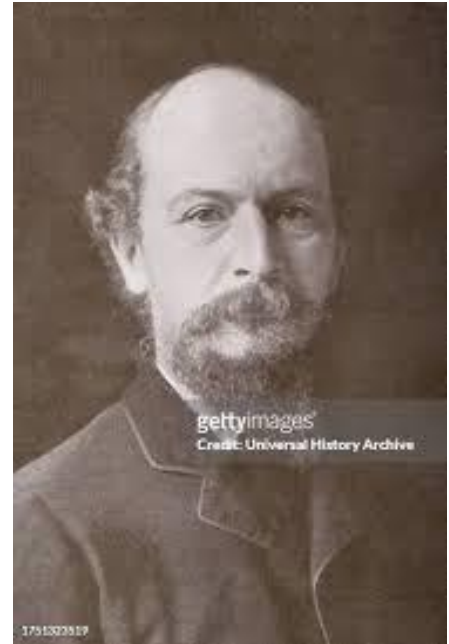
### POEM OF THE WEEK

#### Poem of the Week:

##### **A New Century**

*by Algernon Charles Swinburne*

An age too great for thought of ours to scan,  
A wave upon the sleepless sea of time  
That sinks and sleeps for ever, ere the chime  
Pass that salutes with blessing, not with ban,  
The dark year dead, the bright year born for man,  
Dies: all its days that watched man cower and climb,  
Frail as the foam, and as the sun sublime,  
Sleep sound as they that slept ere these began.  
Our mother earth, whose ages none may tell,  
Puts on no change: time bids not her wax pale  
Or kindle, quenched or quickened, when the knell  
Sounds, and we cry across the veering gale  
Farewell, and midnight answers us, Farewell;  
Hail, and the heaven of morning answers, Hail.



### QUOTE OF THE WEEK

“You can have it all. Just not all at once.” - Oprah Winfrey

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## SPECIAL EDUCATIONAL NEEDS AND DISABILITIES (SEND)

### PARENT/CARER AUTISM ONLINE WORKSHOPS FROM THE AUTISM TRAINING NETWORK

Whether your child is awaiting a diagnosis or has already been diagnosed, these workshops are a great opportunity to learn more about Autism & ask questions within a supportive group of other parents & carers.

- **Monday 5th February - An introduction to Autism**

An opportunity to explore what Autism is, the many strengths and the differences that make each child so wonderfully unique.

- **Monday 12th February - Communication**

Identifying what communication is and the different communication methods that may be helpful for Autistic children.

- **Monday 19th February - Sensory Processing**

Explaining the 8 sensory systems, how the environment can impact on a child with sensory processing differences/challenges and strategies to meet an individual's sensory needs.

- **Monday 26th February - Pathological Demand Avoidance**

A look into the interesting subject of PDA, how this may present and what is the best approach to take to avoid conflict.

**Workshops will be held 7:30-8:30pm via Zoom**

£25 per workshop for each family.

To book your place...Email enquiries@theau1smtrainingnetwork.com

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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 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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### PERSONAL CARE ASSISTANT (INFORMATION FROM READING BOROUGH COUNCIL)

Do you have a few hours free per week and would like to work in a paid role as a PA? (Personal Care Assistant)

People who need social care support can source this either through agency carers or through PAs. Reading Borough Council is trying to increase the use of PAs in Reading as this is a really personalised and flexible way of receiving support.

A PA is employed by an individual employer to assist them with their care and support needs; PAs support people with a specific need to live independently and lead their best possible life. It is not a care role in the traditional sense; the role is hugely varied and can include support with:

- preparing meals
- going shopping
- going out and about
- household chores such as washing, cooking and cleaning
- dressing and personal hygiene
- medical appointments and administration of medication.

Experience in care is not essential as training will be given. Online learning and classroom training are available.

The pay starts at £12 per hour (£15.24 for self-employed PAs) depending on the role.

Does the Personal Care Assistant role interest you? If you'd like to find out more, please email Reading Borough Council's friendly PA Team: [pa.register@reading.gov.uk](mailto:pa.register@reading.gov.uk)

You could also look at [Personal Assistants - Reading Borough Council](#)

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## WORK RELATED LEARNING AND CAREERS

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### CAREERS AND BCA PRODUCTION ARTS COURSES

Berkshire College of Agriculture (BCA) is proud to offer a wide range of subjects across multiple disciplines, so there is something for everyone after GCSEs. As well as the many agricultural, equine and other land-based courses BCA offers, some may not know that there are also options for those looking for a creative course. Production Arts could be the perfect subject to study for those looking to get into the creative industries, including aspects of set and costume construction and design, prop making and stage management. More information on this online course, as well as other creative arts courses including Media, Art & Design and Performance Arts can be found on the [BCA website](#).

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## VACANCIES

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We currently have the following vacancies. Please click on this [link](#) for more information and please forward to friends and family who may be interested.

English Teacher for September 2024

Mathematics Teacher for September 2024

*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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**Reading School** has the following current vacancies. If you know anyone who might be interested, please do pass on the details to them.

[Head of Operations and Projects](#) – further information can be found [here](#).

[Student Support Assistant](#) – further information can be found [here](#).

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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 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  
KPS non uniform day – 19<sup>th</sup> January 2024  
House Drama competition – 8<sup>th</sup> February 2024

### Trips

Year 12 local Geography field trip – 12<sup>th</sup> January 2024  
Year 11 Rural Villages Geography trip- 22<sup>nd</sup> January 2024  
GCSE and A level Art trip to Oxford – 5<sup>th</sup> February 2024  
Year 11 Poetry live event at The Hexagon Reading – 29<sup>th</sup> February 2024  
Year 12 Maths Inspiration at The Hexagon Reading- 14<sup>th</sup> March 2024  
Year 10 French and German trips - June 2024

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## KENDRICK PARENTS' SOCIETY (KPS)

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

### KPS WishList Project Update



The graphic features a background image of a school building with a red facade and a glass entrance. On the left is the KPS crest, which includes a shield with a lion and a stork. The text 'Wish List Project' is written in a large, red, cursive font across the middle. On the right, there is a blue circular progress indicator showing '35%' in white. Below this, the text reads '£1,415 raised of £4,000 target by 31 supporters'. At the bottom right, there are two buttons: a blue 'Give Now' button and a white 'Share' button with a grey border.

A huge thank you to the **31 supporters** who generously donated to the KPS Wishlist. We've raised **£1415 (i.e. 35% of our goal)** thanks to your generosity and support.

We would like to request each and every parent's help in reaching our **target of £4000**. **Your participation, no matter the size, can make a significant difference.**



Additionally, we kindly ask parents to check with their employers regarding match funding opportunities. Many companies offer this benefit, and it could effectively double your contribution, further taking us towards our goal. Every little bit helps, and your efforts in this regard could make a substantial impact.

### **Drop-in Sessions with Ms. Kattirtzi, Headteacher**

This week, we are hosting our first 'Drop-In Sessions with Ms Kattirtzi' for parents of year 7 students. This is a great opportunity for parents to have an informal chat with Ms Kattirtzi about school life.

**Year Group:** Year 7

**Date:** Tuesday 23rd January

**Time:** 5:30 pm to 6:30 pm

**Google meeting link:** To join the video meeting, click this link: <https://meet.google.com/uzv-dkxp-pou>. Otherwise, to join by phone, dial +1 724-257-1608 and enter this PIN: 542 450 281#

The protocols for the sessions will be explained before the meeting starts.

We look forward to meeting with everyone on Tuesday. Please take advantage of this opportunity.

The dates for other year groups are as follows:

**Year 8:** Tuesday 6th February

**Year 9:** Tuesday 20th February

**Year 10:** Tuesday 5th March

**Year 11:** Tuesday 19th March

**6th Form:** Tuesday 16th April

### **KPS Disco for Year 7 and Year 8 Update**

We are glad to announce that we have received a tremendous response, and most of the tickets have already been booked. However, we have decided to make additional tickets available due to the high demand. **The ticketing link will be reopened at 8:00 PM on Friday, 19th January.**

We kindly suggest that you mark your calendars and book your tickets as soon as possible to avoid any disappointment.

For more details, please click on the below link to see the disco poster and booking options.

[KPS Disco Tickets, Kendrick School | TryBooking United Kingdom](#)

### **Join KPS**

Since KPS operates as a registered charity, we invite you to become a part of our community by joining us. Connecting with your daughter's school through KPS is a simple process.

Please take a moment to complete our [online membership form](#) making your involvement seamless and effortless. Your participation is highly valued, and we look forward to welcoming you to the KPS family.

### **KPS Facebook Closed Group**

KPS runs a closed Facebook group where we provide details of upcoming events and other important information. To join this group, search for the “**Kendrick Parents’ Society**” group (<https://www.facebook.com/groups/1514675551882470/>) and ask to join – **once we have confirmed that you are a member of the KPS, we will approve your request.**

### **KPS Team**