

Kendrick School - Weekly Update

Friday 3rd March 2023

LETTER FROM MS KATTIRTZI, HEADTEACHER

'Your students are a credit to you! They are polite, enthused and engaged'. This was one of the many comments made to me last night from exhibitors at the **Design Your Future** careers event we held for students and parents in Years 9-12. It is an event that we have held every two years since 2013, the last time being in November 2019, but since then it has been absent from our calendar because of the pandemic. We are delighted that we have been able to do this again for our students this year. My sincere thanks to Mrs Rock our Work-Related Learning Coordinator for managing and delivering such an exciting and useful event.

Once again there is a buzz in the school with so many activities going on and being planned. To mark **World Book Day** yesterday there have been two competitions – Extreme Reading Competition and Who owns this book pile? To add colour and interest, students and staff have dressed up in their favourite book characters for the day. I am sure we will see some super photos in due course. A book related competition which one of our Year 7 students entered and won, came as a welcome part of the celebration World Book Day. Please see Roberta's entry to the National Non-Fiction Writing Competition [here](#). Also, our Librarians have been creating new displays with a Michelle Obama being featured this month on the *Lead, Inspire* board and a new display to mark International Women's Day next Wednesday based on the theme **Embrace Equity** has been put up. Conversations about this theme will be led by our Kendrick Student Leaders next week. Please see [here](#) to view our library displays. Many thanks to our Librarians, Mrs Cavaciuti and Mrs Williamson for their boundless enthusiasm in promoting all things related to books and reading!

Another area of enthusiasm in our school is our Eco Group and the discussions they are having at the moment. They have asked me to highlight what they have been doing this week promoting recycling at Kendrick, which they say, is not hard! There are many ways we can recycle and their presentation gives lots of information and details for how everyone can be better informed and active with recycling. Please look at their presentation [here](#). We have also been talking about a food drive initiative this week and supporting the Whitley Community Food Cupboard. Again, our Kendrick Student Leaders and School Council are leading collections to the Food Cupboard every 2nd and 5th week of the term. A message was sent to everyone yesterday from Mr Simmonds with dates and the collection point for next week's food drive.

I would like to inform you of an initiative we have decided to undertake to help us, and the country, more widely understand the issues of mental health and wellbeing of young people. We have agreed to take part in the **OxWell Mental Health and Well Being Survey**, devised by Oxford University to gather information about students' feelings and needs. This survey requires permission from parents, after which students in all year groups will take a 30-minute survey online, sometime in the next couple of weeks. Students will be given contextual information about the survey and its purpose and how their views will be used before they do it and, at all times, students have the right to pass by anything they read or choose not to answer any question that is uncomfortable or difficult for them. We shall be sending you detailed information about this on Monday.

Finally, I will end this week by reminding everyone of the Kendrick Parents' Society Spring Raffle which was launched on Monday. So far £570 has been raised which we are pleased about, but of course this is a long way off our target of £8k. Please may I ask everyone to try to purchase some tickets this weekend and/or make a donation. As I mentioned to Year 9 Parents at the GCSE Options Evening this week, everyone's contribution and participation in the KPS raffle will help us buy the things that will aid students' learning and life at school. Please, please support the raffle.

Please continue to read the full Weekly Update below.

Wishing everyone a good 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.



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 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 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.

SAFEGUARDING – SAFER INTERNET BROADCASTING

(Source: [UK Safer Internet Centre](#))

In the modern world many children and adults are seeing live streaming as a valid way of generating low start up income. The rise of YouTube, Twitch, Instagram, and other platforms have opened up ways of making money that didn't exist before. Now users are able to get opinions, views, and advice across to people all over the world, simply from your computer or laptop. There is no minimum age to these kinds of activities. And people that make a success of YouTube can be as young as primary age. However, this opens up opportunities for those who prey on these channels of under aged people. They encourage them and ultimately try to gain their trust. The Safer Internet Centre

has produced a page dedicated to mitigating harm for those engaging in these online activities. To find out more please follow the link [here](#).

MENTAL HEALTH AND WELLBEING – EAT, SLEEP, BREATHE

Our wellbeing theme this term is "Eat, Sleep, Breathe" and we will be sending students, parents and carers, and staff information throughout the term on why eating well, getting good sleep and relaxation is so important to good mental health and wellbeing.

WALKING

(SOURCE: [Anna Freud](#))

There's lots of different types of walking, and most often we do it to get ourselves somewhere we need to go, such as to work or school or to an appointment of some kind. This means that walking can often be a hurried means to an end, more so than a mindful or peaceful act.

Taking some time to walk, just for the sake of walking, and without thinking too much about where you're going or why, can be an act of self-care. If you go alone, it's a type of walking that is just for you and time spent only on yourself – although it's important to make sure you're safe, too. Letting someone know that you're going on a walk will reassure others that you are not lost or missing. Walking with friends or people you are close to you can help as well, as it gives you a space to talk that doesn't feel too claustrophobic or pressured.

Some apps and websites can help with walking. Click here for a [10 minute walking meditation](#) which is one of many you can find online.



Six steps to mindful walking

1. Pick a regular time in the day when you can practice mindful walking. It may be on the way to school or college or on a break whilst at work.
2. Find a quiet place to walk. It may be a park, a series of corridors or even just to the end of the road and back.
3. Walk at a natural, comfortable pace for you and try to maintain good posture with your head held high.
4. Pay attention to your breath and how you're moving. Breathe in gently and breathe out any stress or anxiety
5. Try to focus on each step and remain present in the moment. If your mind wanders, gently return your focus by repeating 'left, right' as you walk or count up to ten repeatedly.
6. Try to build a small walk in to your daily routine but don't beat yourself up if you miss a day or don't feel up to it.

SCHOOL CALENDAR FOR TERM 4, 2022-23

Wednesday 8th March	International Women's Day
Thursday 9th March	L&T Governors meeting, 4.30pm
Saturday 11th March	UK Space Design competition
Sunday 12th March	UK Space Design competition
Monday 13th March	Comic Relief Week
Tuesday 14th March	Year 10 Parents' Consultations
Thursday 16th March	Resources Governors meeting, 4.30pm
Friday 17th March	Year 12 Geography Coasts trip
Tuesday 21st March	Profiling Day
Thursday 23rd March	Year 9 Parents' Consultation KPS Spring Raffle draw
Friday 24th March	Air Ambulance concert, 6.30pm, school hall
Thursday 30th March	End of Term 4, 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

OXWELL SURVEY

As part of our mental health and wellbeing strategy, Kendrick School has signed up to take part in the OxWell Student Survey which aims to understand health and wellbeing in young people and help schools to support their students' mental wellbeing. All students in Years 7-13 will be invited to take part and the survey will be completed in school. On Monday we will send parents and carers an information sheet and give you the opportunity to contact us to opt-out your child from taking part. For more information on the OxWell Student Survey please click [here](#).

INTERNATIONAL WOMEN'S DAY 2023 - WEDNESDAY 8TH MARCH

Wednesday 8th of March is International Women's Day. The Kendrick Student Leadership Team invites students to come along to the library at lunchtime on Wednesday and make colourful ribbon rosettes with your favourite feminist facts/quotes on them to be displayed in the library and the display board outside of Reception.

Calling all creative minds, we would like students to also draw portraits of famous pioneers for our new display board outside of reception. Please submit your portraits by Friday 10th March for a chance to be featured on our International Women's Day board.

MESSAGE FROM CATERLINK (CANTEEN PROVIDER)

Due to extreme shortages & unviable costs certain fresh fruit and vegetable products will not be available from a number of our fruit and vegetable suppliers from 1st March.

These shortages are expected to only last 2 weeks, this is not a long-term issue however we need to act accordingly.

Items that are affected are: Fresh tomatoes, cucumber, leaves & lettuce, brown & white onions, aubergines & fresh peppers.

As many of you will have seen in your local supermarket, fresh produce is scarce now with empty shelves for certain products in many of the major retailers.

This time of year is normally challenging for most growers, but this year particularly so. The droughts of last summer led to poor planting conditions. The mild autumn and more recently a significant reduction in temperatures (frosts, snow, sunlight) across the UK and Europe has led to major reduction in yields, size and an increase in quality issues across a number of products. Some growers are seeing 30-40% reductions in usable yield.

VACANCIES

We have the following vacancies at Kendrick School. Please click on the links for more information on the roles and how to apply and please share with friends and family.

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. Please read the information on our Safer Recruitment procedures [here](#).

[Head of Physics for September 2023](#). Full time. Closing date for applications 9am Monday 27th February 2023

[Geography Teacher](#). Full time for September 2023. Closing date for applications Tuesday 14th March 2023.

Part-time [Music Teacher](#) to cover a maternity leave – for end of February 2023 or September 2023 to December 2023. Applications will be dealt with on receipt.

[Exam Invigilators](#) – for the 2023 exam season

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. Please could you check your child's account and ensure that any overdrafts are paid. Thank you.

Year 10 and Year 11 GCSE English set texts

Year 12 and Year 13 A-Level English set texts

Year 7, 8 and 9 Food and technology contributions

Year 10 and 11 Art and Textiles contributions

Year 9 Duke of Edinburgh Bronze Award

Year 10 and 11 GCSE Music Anthologies book purchase

Year 8 Careers Event - Tuesday 31st January 2023

KPS department birthday gift - celebrating Kendrick's 145th year

Trips

Year 11 Rural Villages Geography Field Trip -23rd January 2023

Year 11 GCSE English poetry live event at the Reading Hexagon -25th January 2023

Year 12 Geography Field Trip to Support Shaping Places Diverse Places Unit- 13th January 2023

GCSE and A level Art visit to Tate galleries Thursday- 2nd February 2023

Year 11 History visit to The Corn Exchange Theatre Newbury -28th February 2023

Year 12 and Year 13 Classics and Latin students' trip -6th March 2023

Geography Field Trip to Hengistbury Head and Hurst Castle Spit - 17th March 2023

YEAR 8 Bushcraft Residential - May 2023

Year 12 French and History trip- June 2023

Year 12 A level Biology Dale Fort residential trip -June 2023

KENDRICK PARENTS' SOCIETY (KPS)

SPRING RAFFLE

We are delighted to launch the Kendrick Parents' Society 2023 Spring Raffle. You can buy your tickets and/or donate using the following link: [KPS Spring Raffle Booking](#)

This year our target is to raise **£8,000** from the Spring Raffle, which will be used to fund Chromebooks, outdoor benches and items suggested by the students.

We are very grateful to all the businesses and parents who have supported our raffle by kindly donating generous prizes. A full list of prizes is attached.

The raffle is launched today, on the 27th of February, and closes on the 25th of March with an online draw planned for 26th of March. The link to attend the virtual draw will be shared with parents and carers nearer the time.

As in previous years, the form that raises the most money from ticket sales and donations (on average per student), will be rewarded with a non-uniform day and pizza lunch.

We will provide a weekly update to the students so they can see how much their form has raised. We thank you in advance for your generous support for our biggest annual fundraising event.

DROP-IN MEETING

Year 10 Drop-in Meeting is on 7th March. **Link is** <https://meet.google.com/ngk-vkpp-ecw>

KPS COMMITTEE MEETING

The next KPS committee meeting is scheduled on Monday, 27th February 2023. This will be an online session from 6pm to 7:30pm. The Skype Link to join the meeting is: <https://join.skype.com/tWZRbtAA4Mrd> (In case of issues copy-paste the link in Internet browser and join WITHOUT signing in to Skype app)