

Kendrick School - Weekly Update

Friday 18th October 2024

LETTER FROM MS KATTIRTZI, HEADTEACHER

The Upper School Chamber Concert this week was once again a wonderful treat. GCSE and A Level students prepared, organised and delivered a concert of high quality and skill. So many students gave performances with their chosen instrument – piano, violin, drums, clarinet, trumpet, flute, classical guitar and voice and all of them thrilled a small, but special audience of friends and families. As the music teachers, Mrs Cooper and Mrs Rohweder, told me, this is the concert they most enjoy as they can sit back and be part of the audience and enjoy the music and appreciate what the students are able to do on their own. Well done to all the students involved. The musical talent and passion we have at Kendrick will be followed up in a few weeks' time with the staging of the musical *Into the Woods* which students and staff have been rehearsing for the last few months. There will be three performances of the show: Wednesday 20th, Thursday 21st and Friday 23rd November, tickets will be on sale next term. In December there will be the Christmas Concert and looking ahead to 2025, a group of Year 12 students have been to see me to confirm that we will once again hold the Air Ambulance Concert on March 12th a co-produced and organised concert with students from both Kendrick and Reading School. This concert is dedicated to raising money for the Thames Valley Air Ambulance service. Much to look forward to!

I had a meeting with the Kendrick Student Leaders yesterday who gave me a round-up of all the events and activities they have led and organised so far this term. Their enthusiasm is impressive and each committee – Curriculum and Current Affairs, Community, Wellbeing, plus the house Leaders - have each done so much to enhance the everyday life of students and the community spirit at Kendrick. From Debating club, accumulating food supplies for the Whitley Food Cupboard, acts of kindness and support for students who need a helping hand, and just being visible and introducing themselves to the younger students, they have done so well to demonstrate their positions in the school and role model what they do as student leaders to create such a positive school community. Thank you and well done to them. More widely, all our Year 13 students are working so hard on their A Levels at the moment whilst at the same time completing UCAS applications or nervously awaiting offers from applications they have made. This is such a tense and difficult time for them trying to balance so many expectations they have of themselves. For them in particular, the end of term break is eagerly awaited.

As we approach the end of Term 1, it is fair to say that the school has settled into a good rhythm of work, as well as plenty of other activities that students are involved in that develop their personal development. Staff and students seem familiar and used to the day to day, week to week demands and expectations of school life. This week assemblies were given to all students across the school on safeguarding and keeping safe. Mr Simmonds, Designated Safeguarding Lead and Mrs Hearn, Deputy Safeguarding Lead and I, outlined the structures we have in place to ensure the safeguarding, safety, security of our community. Mrs Hearn spoke to the students about times when we may feel a bit low and what we need to do if such feelings persist. She outlined the numerous trusted groups of adults in school that students can speak to, but also mentioned that parents are also the other important adults in children's lives. This time of the year can often be a time when some of those feelings come to the surface as people become more tired, overwhelmed by the work they have to do and the expectations they feel people have of them. The fact that this is the longest term in the school year makes such feelings completely understandable. The shorter days, colder weather marks the change of seasons which for some people can also cause anxiety and concern. The message to the students is always that they should try to talk to someone and that they will be listened to. As we approach half term, I would also like to ask parents to do some check-ins with their children, just to see that they are feeling comfortable with life at school and elsewhere. I am sure for many families this is a regular conversation they are having with their children. With the holiday break coming up at the end of next week talking and or planning some nice fun things to do with family and or friends might help brighten things up for everyone.

As always, please continue to read the rest of the Weekly Update for more information about wellbeing and self-care, as well as notification and details of important events coming up next term.

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

POSITIVELY ONLINE – DISCOVER SIX TOP TIPS TO SUPPORT YOUR CHILD'S ONLINE WELLBEING

NSPCC believe that going online should be a positive experience for all children. But the internet can be a difficult place for them to navigate. It can be hard to know the real from the fake, how to avoid seeing negative content, or what to do if a mistake is made.

That's why NSPCC HAS launched their positive online habits – six top tips to help your child feel good about how they use the internet. They can help you start a conversation with your family about online wellbeing. So you can all feel informed, confident and happy during your time online.

To read this more click [here](#).



**National
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STAYING SAFE ONLINE

TIKTOK

TikTok is a video-sharing social media app which lets people create, view and download looping 15-second clips. Typically, these are videos of users lip-syncing and dancing to popular songs or soundbites (often for comic purposes), enhanced with filters, effects and text. Designed with young people in mind, TikTok skyrocketed in popularity in 2019 and has featured near the top of download charts ever since. It now has around 1 billion active users worldwide.

In the guide, you'll find tips on a number of potential risks such as age-inappropriate content, addiction and in-app spending.

Internet Matters also has TikTok guidance for parents via this [link](#).

[WHAT PARENTS AND CARERS NEED TO KNOW ABOUT TIKTOK](#)

MENTAL HEALTH AND WELLBEING

SELF-CARE: SPENDING TIME WITH SUPPORTIVE PEOPLE We all need people in our lives we can turn to when we're struggling, whether for a deep discussion or just a chat. It can take the pressure off of needing to seem 'okay' just for a little bit because you know you can trust them. This could be a friend, family member, teacher or mentor- it doesn't matter as long as you feel safe and able to be real with them. Sometimes we just need a listening ear or a shoulder to cry on, other times advice can be really helpful.

Sometimes I get myself into such a tangled mess in my brain that I just need someone to talk it out with. I don't need an expert just someone to listen. There's a teacher at my school who is really good to go to.

If you're not sure who to go to that you trust or can't think of anyone in your life at the moment why not contact your local [voluntary centre](#). They often have lots of knowledge around local charities and there are lots of organisations out there that exist specifically to provide young people with mentors and people they can talk to.

In this [video](#), Dr. Roslyn Law gives some advice about how being around supportive friends and family or other trusted individuals can help you if you're feeling low or anxious or struggling with poor mental health.

KENDRICK SCHOOL WELLBEING NEWSLETTER

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

SCHOOL CALENDAR FOR TERM 1, 2024-25

Thursday 24th October

Sixth Form French/History trip to Paris

Friday 25th October

End of Term 1, 3.15pm

The school calendar for the academic year can be found [here](#). For the Term Dates for 2024-25 please click [here](#)

CAREERS GUIDANCE AND EVENTS

YEAR 13 INTERVIEW CONFIDENCE WORKSHOP - THURSDAY 7TH NOVEMBER

As part of Kendrick School's commitment to delivering high-quality Careers Education Information, Advice and Guidance, we are delivering an 'Interview Confidence Workshop' to all our Year 13s.

Date: Thursday 7th November: Periods 1-3 (morning)

There is no cost to you for this event.

The day has been planned for students to hear from two industry sectors who will provide up to date information on Assessment Centre Interviews and Professional Interview techniques. The third session will be an interactive small-group interview-practice session, supported by around 26 under-graduate, graduate and apprenticeship student-leaders. The student leaders' courses will be closely matched to the aspirations of our current cohort of students.

This event is applicable to all our students, whether they are:

- Applying for a degree course that requires an interview.
- Applying for an apprenticeship.
- Applying for a vacation-internship.
- Applying for a competitive work-placement for a university 'Sandwich Course' (Year Out in Industry).
- Paid and/or voluntary work (professional or casual).

This is a compulsory event for all year 13 students.

KENDRICK SIXTH FORM - OPEN EVENT

YEAR 11 PARENTS/CARERS AND STUDENTS

We would like to remind you about some significant events for Year 11. Our annual **Post 16 Conference** will take place on **Tuesday 12th November**. This event will take place throughout the day, students will receive information about post-16 choices and expectations of the universities and industry. Students will also hear about the subjects available at Kendrick School and life in Kendrick's Sixth Form.

The **Sixth Form Open Evening** will take place on Thursday 14th November and will allow students and parents a chance to speak with departments about their potential A-level choices. The event will take place between **4pm and 5.30pm** and this session will be for Kendrick students and their parents only. The subject areas will be open between 4pm and 5pm and there will be a talk in the Hall at 5pm from Ms Kattirtzi, Headteacher, Mrs Hearn, Assistant Head and Head of Sixth Form and some current Kendrick Sixth Form students. **Tickets are not needed for this event.**

Students should meet with their parents outside of school and re-enter and register for the event via the East Street entrance. The subject areas will close promptly at 5pm in order for the talk to start on time, so please allow plenty of time to visit all the subjects your child is interested in. Each student can have up to two adults with them, however, unless there are exceptional circumstances (for example, a single parent), for health and safety and capacity reasons, we ask that younger siblings do not attend this event.

Y11 Parents' Consultation will be held online on **Thursday 5th December**. The timings of all of these events have been deliberately organised so that we can support both the students and parents/carers in the decisions to be made about options post-16. In **December 2024**, the students will be asked to indicate subject preferences and from these, option lines will be drawn up and presented to the students at the end of **January 2025**. Students will be expected to confirm whether they will stay on at Kendrick to attend the Sixth Form in **March 2025**.

EXTERNAL APPLICANTS

Kendrick School welcomes new students into its Sixth Form. Prospective entrants into Year 12 for September 2025 are invited to attend our Sixth Form Open Evening on Thursday 14th November 2024.

Session 2: 5.00pm to 6.30pm for external Year 11 students and their parents. The first hour is a tour of the school and a chance to visit the subject departments. The session will finish with a talk from the Headteacher, Head of Sixth Form and current Sixth Form students. No tickets are required for Session 1. Kendrick students must wear their school uniform. Entry for Session 2 is by ticket only and are available on our [website](#) from Eventbrite.

Before booking tickets please read the Frequently Asked Questions [here](#).

Please note that whilst we are happy to share the following opportunities with you, we are unable to endorse or recommend them.

Get into Medicine Conference:

Saturday 26th October, 9:30am - 3:30pm

Sunday 27th October, 9:30am - 3:30pm

Register here: <https://airtable.com/appgXnyzN5ZD9lwk6/shry7MZYtt3MGPivO>

The next Get Into Dentistry Conference is:

- Sunday 10th November, 9:30am - 3:30pm

<https://airtable.com/appgXnyzN5ZD9lwk6/shrBuiR7SBACc19kE>

These conferences offer tailored advice for medicine and dentistry, covering a range of crucial topics:

- Tactically choosing universities
- Personal statements
- UCAT
- Medical & Dental school interview skills
- Medical Leadership Programmes
- Awards Programmes
- Extracurricular activities
- Work experience
- Building a CV
- Applying for scholarships

Apprenticeship roles in business and STEM with Thales (Global technology and Engineering company) - roles open soon, to register interest and be notified when roles open, click [here](#)

Deloitte Women in Industry Insight Evening, Reading Office Wednesday 23rd October 6-7.30pm

- Hear about the journeys of women in the business and how they have been successful
- Learn about a professional services career at Deloitte, including an insight into our different service lines.
- Hear from our recruitment team on our Insight and Apprenticeship programmes.
- Find out about our application process and get top hints and tips.

The event will be particularly useful for students in years 12 and 13 who are considering insight days and Apprenticeships, as we have now opened our applications for a September 2025 start [sign up here](#), spaces limited.

NEWS, NOTICES, COMPETITIONS AND EVENTS

DR BIKE SESSIONS Free maintenance bike checks with Dr Bike are being held across Reading over the next few days. Bring your bike along and the team will check and tune it up, undertake free minor repairs and diagnose more complex issues. They are also happy to provide general advice on cycling and route planning in the area.

- Whitley Wood Community Centre – Friday 18 October
- Hexham Road Community Centre – Wednesday 23 October

(All from 3.30-5.30pm)

VACANCIES

We have the following vacancies at Kendrick School. More information on each of the roles can be found on our website [here](#). Please pass on this information to family and friends.

School Administrator and Student Welfare Assistant – 28 hours a week, Monday to Thursday, 8am to 3.30pm.
INTERVIEWING ON TUESDAY 22ND OCTOBER.

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.

We would like to bring to your attention the following ParentPay items, please login to your ParentPay accounts for details. Thank you for your continued support.

PARENTPAY REMINDERS

School Fund Donation

Whitley Community Food Cupboard – cash donations

A level Maths graphical calculator

GCSE Music Edexcel Music Anthology

Trips

Year 12 Wokingham Waterside Centre September 2024

Year 12 and Year 13 French and History trip October 2024

Year 10 and Year 11 GCSE Drama trip to Oxford November 2024

Year 12 and Year 13 MFL students' language event November 2024

KENDRICK PARENTS' SOCIETY (KPS)

UPCOMING KPS COMMITTEE MEETING AND ANNUAL GENERAL MEETING (AGM) 2024

Please mark your calendars for our next meeting, which also includes this year AGM. This is a in person meeting and would encourage everyone to come along for the meeting to meet the KPS team and hopefully becoming a part of the team!

AGM Date: Wednesday 6th November 2024

Timing: 6pm to 7.30pm

Location: Kendrick School main hall

We will be sharing further details and the agenda for the meeting nearer the time.

JOINING THE KPS COMMITTEE As part of the AGM, we will have an opportunity to induct new members to the KPS Committee. If you are interested in getting involved in the school community, please email us at KPSChair@kendrick.reading.sch.uk to express your interest or ask any questions.

There are multiple different roles available within the committee, and you can view all the job descriptions on the KPS section of the school's website or email for more information. However, if you have unique talents or ideas to bring to the table, we are more than happy to welcome new and creative contributions to the committee!

KPS section of the School's website link is here:

<https://www.kendrick.reading.sch.uk/page/?title=Kendrick+Parents%27+Society+%28KPS%29&pid=15>

YEAR 7 MOVIE NIGHT Last Friday, i.e. 11th October 2024 we had a very successful Year 7 Movie Night. The students had wonderful time with their friends and it was heart-warming to receive appreciative feedback from parents and carers. Would like to thank the students, parents and carers for supporting the event.

We would also like to thank the staff, parent volunteers and KPS members in making this event another success.

UPPER SCHOOL AND SITH FORM CHAMBER CONCERT KPS and volunteers team supported the concert held on Wednesday, 16th October 2024 at the school with refreshments. It went well and KPS is happy to get involved in such initiatives from the school and the students.

VOLUNTEERING OPPORTUNITIES AT KPS Are you looking to get more involved in our school community? Please see below on how to get involved. Your involvement is greatly appreciated!



Refreshment Helpers Does your child participate in music or drama performances at the school? We need volunteers to help serve refreshments during these events. This is a great way to be part of the school activities and support our students.

Please note, your help is needed only when your child is performing. To join our team of Refreshment Helpers, please join the WhatsApp group using this link: [Refreshment Helpers Group](#)

Pre-loved Uniform Shop Volunteers Are you available on Saturday mornings? We're looking for volunteers to help run our pre-loved uniform shop. This initiative not only helps raise funds for the school but also supports environmental sustainability by reusing uniforms. It's a fantastic way to provide great value to parents while ensuring students have access to quality uniforms at reduced prices

Join our team by clicking on this WhatsApp group link: [Uniform Shop Volunteers Group](#)

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