

# Kendrick School - Weekly Update

## Friday 25<sup>th</sup> October 2024

### LETTER FROM MS KATTIRTZI, HEADTEACHER

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As we come to the end of the first term of this academic year, I would like to thank staff and students for the tremendous work and efforts I have seen from everyone this term. As I said last week, it has been a long term and people are feeling tired and in need of a rest, so the break next week is something we are all looking forward to. I hope staff and students will be able to allow themselves some relaxation time to pursue activities of their choice that will rejuvenate and revitalise them. We return on the 4<sup>th</sup> November by which time the clocks will have changed so the prospect of shortened days and less sunshine can make us feel a little less enthusiastic about things. However, the calendar of events and activities is as busy as ever next term and students will be able to look forward to some exciting events that mark this time of the school year.

A couple of articles on our website that I would like to draw to your attention to including a reminder about the [school birthday reunion](#) that we have planned for 6<sup>th</sup> December between 3.30-5.30pm. If you know any former students or staff, please let them know about this event. It is always a lovely occasion when former students come back to visit their school. There is also an article about one of our Year 11 students, Olivia, a most talented harpist who has been given a place in the National Youth Orchestra. This is a prestigious honour which Olivia appreciates and acknowledges, please read her [article](#). Well done Olivia!

Please continue to read the rest of the Weekly Update for information, as well as helpful wellbeing and safeguarding guidance that may be of use to you or others you know. This time last year, I recall finishing the update with the hope that when we return from this holiday world events will be calmer and less worrying. Sadly, we continue to see and hear that the wars in the Middle East and Ukraine continue with very little prospect of change. Our hopes and prayers are with the people in these conflicted areas. The [Disasters Emergency Fund](#) continue to support people in war torn areas of the world and a donation to them might be something people would be happy to consider this holiday.

With very best wishes to you all, I hope that everyone has a pleasant and peaceful half term and Happy Diwali to those who will be celebrating the Festival of Lights next week.

**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/WELLBEING

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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 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](mailto:studentwelfare@kendrick.reading.sch.uk).**

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## SAFEGUARDING

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### STAYING SAFE ON HALLOWEEN

Source: [First Aid for Life](#)

Whether you love Halloween or loathe it, the occasion is growing in popularity. For many, Halloween is a spine-chilling spectacular and night of unlimited sweets. For others it is simply overwhelming and intimidating. Whether you favour the full-on horror-fest or will be locking your front door and switching the lights off, read on to find out how everyone can get the best out of the spookiest night in the calendar.

Most parents' worst worry at [Halloween](#) is simply that their child will eat too many sweets. However Halloween can also be a time of burns and falls, and sadly, [car accidents](#). In fact, data from America suggests that you are twice as likely for a car to hit you at Halloween than any other night of the year.

These top tips from **First Aid for Life** will ensure you keep you and your family safe at Halloween and the evening is memorable for all the right reasons.

#### **Pumpkin prep**

Encourage your child to design their pumpkin, but let an adult take charge of the carving to avoid accidents and slips with a sharp [knife](#).

#### **Costume Caution**

Masks can restrict a child's vision making it difficult for them to see hazards such as other people, obstacles, naked flames, cars and [bikes](#). Try non-toxic face paint instead. Ensure that you remove the facepaint before the child goes to bed.

Ensure costumes fit well and don't pose a trip hazard, such as a long dress. Footwear should be comfortable and secure. Avoid high heels or ill-fitting shoes. Make sure costumes aren't restrictive, but allow your child the full range of motion in case they fall or slip.

Be aware long capes can be stepped on by others and could choke the wearer. They can also dangle into naked flames and pose a major [fire](#) risk.

Fancy dress costumes are not subject to the usual flame-resistant regulations and many are extremely flammable. Be extremely careful to avoid naked flames and be aware of any floaty or dangling parts of the costume that could pose an additional fire hazard near lit candles.

If your child is carrying a prop such as a sword or axe, make sure it is rubber or soft plastic so it will bend if the child falls onto it.

## **Visibility**

Take a torch or flashlight. Most phones have a torch function. Ensure everyone's phone has sufficient charge. Opt for light coloured costumes or ones with fluorescent markings so your children (and you) are more visible in the dark.

Add reflective tape to the front and back of dark outfits, so your children can be clearly seen by motorists and cyclists. Or wear glowing wristbands or necklaces. Increase your visibility by putting your sweets in a white plastic bag or white pillowcase.

## **Sweet safety**

Be aware that the sweets may not be the freshest or most hygienic. Discard anything unwrapped or even slightly unwrapped. Do check any sweets or drinks before you let your child consume them. Don't eat anything homemade unless you are confident you know who made it.

If your child has a nut allergy screen all the sweets yourself. You can't guarantee the homeowner will have remembered to do this. If your child has a nut allergy encourage them to speak up about it.

Remember that hard sweets, popcorn, chewing gum can be a choking risk to excited children. Don't let your child run with sweets in their mouths. Lollies have been known to go right through the child's hard palate if they fall on them.

## **Halloween Don'ts**

The paradox of Halloween is that it breaks all the usual parenting guidance and turns 'Stranger Danger' rules on their head. This is the night we encourage children to accept sweets from people they don't know and to open the door to strangers.

Remind children they shouldn't go with anyone they don't know. They shouldn't get into anyone's car they don't know. And they should never enter a stranger's house.

## **For older children going out together**

Make sure they stick in a group of at least three. Ensure they have your contact number and each other's contact number so they can call you in an emergency and can regroup if they become separated.

Work out a short and safe route with them. Ask them to stick to it. Agree a designated meet-up or return time. Set the alarm on their phone to remind them or make sure they have a watch.

Remind them about road safety as when they are in an excited group they can often cross roads without concentrating. Inspect their sweets and drinks on their return before they consume anything.

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# STAYING SAFE ONLINE

## BALANCING SCREEN WITH OTHER ACTIVITIES IN THE HOLIDAYS

Source: [Internet Matters](#)

### What did you do during the holidays?

Children are spending more time online learning, socialising, playing games, creating and publishing in ways that we could not possibly have imagined when we were children ourselves.

### Impact of the digital world

Much has been written about the impact that the digital world which, broadly speaking, is either quite negative and focuses on the risks children face online or is more positive and focuses on the educational, school related benefits for children online. But when it comes to the holidays parents often feel that they are being a 'bad' parent if they have let their children have too much 'screen time'.

### How is too much screen time?

A sensible balance of 'screen time' and other activities is important but this will vary from family to family and from child to child according to their individual needs, interests and family circumstances and whether it is unsupervised time alone or as a shared activity.

Recent [research from the LSE](#) has shown that it is not about the quantity of 'screen time' that should be concerning parents but the quality of how that time is spent. Just as the school holidays enable families to spend time exploring new places and doing new things together, rather than just imposing a set limit on how long children are online, good parenting is about talking to children, taking an interest in and understanding what they are doing online and sharing some of the online activities with them.

### Making screen time count

Rather than being anti-social, lonely and isolating, screens can be social, connecting and creative. Playing games together, looking up new places to visit or finding out 'what's on' in your area are great ways to share screen time in a positive way and making a digital scrapbook of holiday photographs, mementos and links to places visited means your family can also have a lovely record of the holidays to treasure.

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## MENTAL HEALTH AND WELLBEING

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**SELF-CARE: SPENDING TIME OUTSIDE** If you're anxious or feeling low, it can be really easy to slowly spend more and more time indoors and at home. We've all been there! Some people find the simple act of forcing yourself to get out of the house, whether to a café to people watch or to the park for a walk, can be a good way to change up your mental state by changing the environment you're in.

If this is something you really struggle with and it feels like a big step, why not just try to get to the end of your road or give yourself a set amount of time, such as 5 minutes, to stay outside? It may feel tricky, but you may also find that once you've made that first step of getting out the house, the time goes by without too much effort.

*I spend so much time worrying what I'll do when out of the house, what I'll think about and what I'll say if there's someone with me. It can get to the point I have panic attacks and dread it. But usually once I'm actually out those things aren't a problem and it helps me take my mind off of things.*

In this [video](#), Kim and Live share how being outside helps them as a family.

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## KENDRICK SCHOOL WELLBEING NEWSLETTER

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

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## SCHOOL CALENDAR FOR TERM 2, 2024-25

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<b>Monday 4<sup>th</sup> November</b>	Start of Term 2, 8.25am (Week A)
<b>Wednesday 6<sup>th</sup> November</b>	KPS AGM, 6pm to 7.30pm
<b>Thursday 7<sup>th</sup> November</b>	Trustees Performance & Review Committee, 4.30pm
<b>Saturday 9<sup>th</sup> November</b>	KPS Pre-Loved Uniform Shop, 9am – 11am
<b>Monday 11<sup>th</sup> November</b>	Anti-Bullying Week
<b>Thursday 14<sup>th</sup> November</b>	Sixth Form Open Event
<b>Tuesday 19<sup>th</sup> November</b>	Widening Horizons Information Evening, 4pm
<b>Wednesday 20<sup>th</sup> November</b>	Into the Woods performance
<b>Thursday 21<sup>st</sup> November</b>	Into the Woods performance
<b>Friday 22<sup>nd</sup> November</b>	Into the Woods performance
<b>Thursday 28<sup>th</sup> November</b>	Profiling Day Year 7 Study Skills Trustees Resources Committee, 4.30pm
<b>Tuesday 3<sup>rd</sup> December</b>	GCSE Presentation Event
<b>Wednesday 4<sup>th</sup> December</b>	KPS Meeting, 6pm
<b>Thursday 5<sup>th</sup> December</b>	Year 11 Parents' Consultation
<b>Friday 6<sup>th</sup> December</b>	Former Students and Staff Reunion event, 3.45pm
<b>Monday 9<sup>th</sup> December</b>	Start of Fringe Fortnight Dance Enterprise Day
<b>Tuesday 10<sup>th</sup> December</b>	Dance Performance Day Year 13 Parents' Consultations
<b>Wednesday 11<sup>th</sup> December</b>	Christmas Concert, 6.30pm
<b>Thursday 12<sup>th</sup> December</b>	Full Trustee Body Meeting, 4.30pm
<b>Friday 13<sup>th</sup> December</b>	Christmas Jumper Day
<b>Tuesday 17<sup>th</sup> December</b>	Year 13 Presentation Event
<b>Friday 20<sup>th</sup> December</b>	End of Term 3, 3.15pm

The school calendar for the academic year can be found [here](#). For the Term Dates for 2024-25 and 2025-26 please click [here](#)

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## CAREERS GUIDANCE AND EVENTS

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### 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.

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## 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 12<sup>th</sup> 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 14<sup>th</sup> 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 5<sup>th</sup> 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](#).

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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/shry7MZYtt3MGPjvO>

## Young Professionals Reading Conference - October Half-term Work Experience Day

We are excited to invite you to the Young Professionals Reading Conference on **Wednesday 30th October 2024** from **10am - 1pm, or 1:30pm - 5pm**, at **Reading Town Hall**, for an exclusive opportunity designed to give you direct access to the UK's top employers and set you on the path to success. There are 2 time slots you can choose to join us at.

Now is your chance to take advantage of this exceptional opportunity to build your future and take a decisive step toward your dream career.

At this year's conference, you'll have the opportunity to build your network and connect with senior professionals, apprentices, and graduates from leading companies such as Grant Thornton, EY, KPMG, Charles Russell Speechlys, Amazon, Clifford Chance, The RAF, Wates, The University of Law and many more.

At the event you will take part in workshops led by huge companies, develop your commercial awareness and skill all whilst networking with huge companies.

### Why You Should Attend:

- Gain real-world skills through interactive workshops that prepare you for the expectations of top employers.
- Connect with leading companies across multiple sectors actively looking for new talent.
- Explore career paths like degree apprenticeships and graduate schemes, with insider advice on how to succeed.
- Seize direct opportunities for work experience, apprenticeships, and even job offers from employers you'll meet.

You'll receive a certificate of attendance 7 working days after this event, which we encourage you to add to your LinkedIn profile and your CV.

### Event Details:

**Date:** Wednesday 30th October 2024

**Time Slots:** 10am - 1pm or 1:30pm - 5pm (pick your slot during sign up)

**Location:** Reading Town Hall

Spots are limited and filling fast, so act now to secure your place and take the first step toward your future success before it's too late:

**Apply here:** <https://www.surveymonkey.com/r/YP-Reading>

We look forward to welcoming you to this exciting event! If you have any questions, please feel free to get in touch.

Dan Miller, Founder and CEO - Young Professionals

### The next Get Into Dentistry Conference is:

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

<https://airtable.com/appgXnyzN5ZD9lwk6/shrBuiR7SBAC19kE>

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

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## NEWS, NOTICES, COMPETITIONS AND EVENTS

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### INCREASE IN SCHOOL MEAL PRICE

Please note, that from Monday 4th November the price of a meal (main course plus dessert) is increasing to £2.78.

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**FOSTERING FILM LAUNCHES** A powerful new film made with input from more than 100 councils released this week, emphasising the impact that fostering can have on everyone involved. 'Everything', which is now available to view on YouTube, is the seventh film produced by a growing partnership of local authorities and children's trusts to promote fostering, with participants from Reading and Essex to Lancashire and Devon. The message to take away is that what you do with your life could forever change someone else's – encouraging people to foster in order to make that change. You can read more about the film on [BFFC's website](#) and watch it for yourself on [YouTube](#).

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**NATIONAL ADOPTION WEEK** This week is National Adoption Week (21-27 October) and focuses on the journey that anyone adopting or being adopted goes through. This week, Adopt Thames Valley has been sharing the experiences of adopted adults and adopters, while highlighting the importance of support from social workers, through a [fantastic new video](#). The compilation shares clips of both adopted adults and adopters discussing their journey and the positives they've experienced. [Adopt Thames Valley's website](#) includes more information on the process, eligibility and more

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**HALF TERM AT HEXHAM COMMUNITY CENTRE** Hexham Community Centre is hosting a range of exciting half term activities for children of all ages. Be sure to share with the families you work with or maybe take your own family along for the fun.

- **Wednesday 30 October, 1-3pm** - Autumnal arts and crafts (including making paper lanterns), toddler zone with activities and sensory play and two short story reading sessions – aimed at families with under 5s and primary aged children. An optional lantern walk will be held at 2pm and a quiet cafe will also run from 1-3pm in a separate room. Materials and refreshments will be provided and it is free to attend. [Book online](#).
- **Thursday 31 October, 11am-1pm** – Computer and coffee group for adults. Chromebooks are available for use in the session or feel free to bring your own.
- **Friday 1 November, 2.30-4pm** – Halloween pumpkin carving and decorating, plus arts and crafts. Refreshments will be provided and it is free to attend. All ages welcome.

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## VACANCIES

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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.



**Invigilators.** We will be starting the recruitment process for Exam Invigilators after half term. If you think you may be interested in this role, then please email [exams@kendrick.reading.sch.uk](mailto:exams@kendrick.reading.sch.uk) for more information.

*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.*

## VANCANCIES AT READING SCHOOL

[Teacher of Computer Science](#) – starting January 2025.

[Sous Chef](#) (full-time, term time only plus 1 week) – deadline for applications Sunday 3 November.

[FSCE Customer Services Manager](#) (full-time, term time only plus 2 weeks) – deadline for applications Sunday 10 November.

[Sixth Form and Boarding Administrator](#) (full-time, term time only plus 3 weeks) – deadline for applications Sunday 10 November.

[Peripatetic Music Teacher: Violin](#) – deadline for applications Sunday 3 November.

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## PARENTPAY REMINDERS

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School Fund Donation

Whitley Community Food Cupboard – cash donations

A level Maths graphical calculator

### **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

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## KENDRICK PARENTS' SOCIETY (KPS)

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### **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](mailto: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>

## PRE-LOVED UNIFORM SHOP



Next pre-loved uniform store **opens on Saturday 9<sup>th</sup> Nov from 9 am to 11 am**, conveniently located in the Conservatory next to the school library.

Parking is usually available in the Cedars car park along London Road, just past the dentist near the traffic light.

Parents and carers are welcome to utilise the opportunity.

**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