

Kendrick School - Weekly Update

Friday 6th December 2024

LETTER FROM MS KATTIRTZI, HEADTEACHER

We have had a focus on safeguarding this week with all students across the school receiving assemblies given by their Head of Key Stage on the theme 'Critical Thinking when Online'. Understanding and appreciating that the online world is part of everyone's life, including our young people, the assemblies sought to suggest to students that they should be more critically aware of what they see or read online before they are influenced or persuaded to follow. The assemblies mentioned other increasingly common issues of online activity, including the practice of *catfishing*, where someone tries to be someone else, the role of being a *bystander*, that is someone who allows is aware of distasteful content online and does not remove themselves or report such content. Plus, the issue of *banter* and the way many people can excuse inappropriate behaviour as being only *banter*. I encourage parents to engage in such discussions with their children to better understand the interaction our young people have with the online world. These themes will be picked up in further discussions with tutors. In addition, this week we had our annual safeguarding audit with our consultant company, who over a day of interviews with students, staff and our safeguarding Trustee, thoroughly reviewed our safeguarding practices and procedures at Kendrick.

On Tuesday afternoon we had a delightful occasion celebrating our Year 12 students and their GCSE successes. At a ceremony to which parents and students were invited, the students received their GCSE certificates. The Guests of Honour who distributed the certificates were two students from last year's Year 13, Ruthika and Riya. As is the tradition, Ruthika and Riya spoke to the students about their experiences and gave them some sensible pieces of advice:

- Trust the process
- It's ok to not know what you want to do in the future – use your time to explore your options
- Progress is not linear – sometimes things go well, sometimes not so well
- Embrace all the opportunities available to you – get involved in clubs societies
- Make memories
- Quote from Mr Duncan, Deputy Head of Sixth Form: 'No one can predict the bounce of a rugby ball, you just learn how to react to it'.

To make this occasion even more special, I am now able to officially announce [national data](#) the government published yesterday about the nation's GCSE results. Progress 8 is a statistical model that measures actual GCSE grades against expected grades based on prior attainment at Key Stage 2. This measure places Kendrick joint 53rd and in the top 1% of all secondary schools. The score of +1.07 indicates that on average each GCSE grade achieved at Kendrick was 1.07 grades higher than would be expected had the students made nationally average progress from KS2 to GCSE. We congratulated our students on their outstanding achievements.

The presentation of A Level certificates is on 17th December when we look forward to welcoming our parents and students from last year's Year 13.

Elsewhere the school is gearing up to the festive season. It is Fringe Fortnight, a two-week programme of activities run by sixth form students. The Toys and Teens initiative to bring in toys and presents for communities in the Reading area is underway. Plans are in place for our Dance Enterprise Day on Monday with winning dances and Tutor Groups performing on Tuesday and on Wednesday 11th December is the Christmas concert. So much going on!

The Kendrick Parents' Society this week discussed the launching of the now annual Christmas Wishlist, an initiative where they ask parents to donate monies to buy items Heads of Departments have identified that will assist staff in their teaching or in other areas in the school. A Wishlist of multiple items has been compiled and will distributed to parents by KPS. I do hope parents will engage in this project to help buy these items which will benefit all students in their learning and day to day life at school.

Finally, to remind us of the season of Advent, which is upon us, Mr Dilley, Head of English, has been posting a poem every day for us to read to start our day. The beautiful poems Mr Dilley has chosen to share with us, provide a moment of reflection and solace and certainly help me start my day better. Thank you, Mr Dilley for your time and effort in doing this. Today's poem is below. In the words of Mr Dilley: *In today's poem, the African American poet Robert Hayden describes both the destructive force of winter storms and the resilience of trees which "thrive" even in their brokenness, before ending with an expression of faith in endurance that is moving in its simplicity.*

Ice Storm
by Robert Hayden

Unable to sleep, or pray, I stand
by the window looking out
at moonstruck trees a December storm
has bowed with ice.

Maple and mountain ash bend
under its glassy weight,
their cracked branches falling upon
the frozen snow.

The trees themselves, as in winters past,
will survive their burdening,
broken thrive. And am I less to You,
my God, than they?

Wishing everyone a peaceful weekend. Please continue to read the helpful information in the rest of the Weekly Update.

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

SAFEGUARDING AWARENESS FOR PARENTS & CARERS - ENGLAND FOOTBALL LEARNING

Safeguarding is about creating safe environments and preventing children from experiencing harm or abuse. Its core mission is comprised of the measures institutions take to protect young people and children. Football is by far the most popular sport in the country, particularly among teenagers and children. England Football's learning faculty has designed a short safeguarding course for parents. The course is designed to help parents make an informed choice, about the footballing infrastructure in which children are enrolled. The course explains the vital role of safeguarding within the sporting sphere. If you are interested in this e-seminar, please follow the link below:

<https://learn.englishfootball.com/courses/safeguarding/safeguarding-awareness-for-parents-and-carers>

STAYING SAFE ONLINE

ROBLOX SOURCE [Internet Matters](#)

Roblox has been a major hit with children worldwide, even though it is an odd-looking and often confusing game. For parents at least.

Like Minecraft before it, its attraction to youngsters is partly because mum and dad don't get it. That makes it all the more exciting but can also lead to fears over its safety. After all, much of Roblox is played online.

There are many Roblox rumours, fake scare stories, and incorrect advice rife on social media and even in newspapers that demonise the game. However, children can play it safely and enjoyably with little supervision and understanding.

That's why Internet Matters put together a quick guide to help you understand what makes Roblox so popular and how to ensure your kids don't get any nasty surprises.

What is Roblox?

Roblox is an online game creator system where the majority of the content is created by "amateur" game creators in Roblox studio. These game makers are able to create and publish games to the community using simple tools. And that means they can try ideas that wouldn't get funded for a commercial release.

These games can then be played by children worldwide, often online together, through a phone or tablet application or a web browser.

Games like Prison Escape, Work in a Pizza Place, Shark Attack or Disaster Survival offer a playful way to experience adult-like scenarios in quick competitive rounds played socially.

Roblox games reflect the sort of imaginative play you often find in the playground. One child has an idea about a game to play, others join him or her and the rules slowly change as the group decides how to have fun together. Creators can quickly update and adjust their games with Roblox studio to match the demands of the huge playing community.

This ever-changing and expanding library of games is a big part of why so many are playing Roblox. Combine this with the millions of other players to compete against in challenges and you have the perfect recipe for youngsters to enjoy.

As with any online game, there are some dangers to be aware of, though, which you can find out via the link below.

[PARENT GUIDE TO ROBLOX](#)

KEEPING YOUR KIDS SAFE ONLINE – 4TH, 11TH AND 18TH DECEMBER

Free webinar for parents and carers – Thames Valley Police

Hints and tips to secure your family online, covering

Gaming

Social media

Email

Book your space through Eventbrite [here](#).

MENTAL HEALTH AND WELLBEING

SELF CARE TIPS FOR THE CHRISTMAS SEASON SOURCE [HEADSPACE](#)

Throughout the season, we might try using one or all of these tips to practice self-care during the holidays:

Find short periods of time to sit quietly. Sometimes self-care can be as simple as taking a few minutes to stop, sit, and breathe. Whether we're able to find a free 3 minutes or 30 minutes to take a break, it can make a world of difference for our well-being.

Tap into a sense of play. Throughout the holidays, it can be easy to get wrapped up in all the logistics the season requires, constantly ticking things off to-do lists. Before we know it, the holidays have become less of a celebration and more of a long chore.

To bring more fun back into this season, we might carve out time to do something that we really enjoy.

Maybe that means watching nostalgic Christmas movies or revelling in the daily surprise of an advent calendar. Whatever it is, making these elements a priority can help to bring balance to the stressful moments.

Care for the body. While caring for the mind is a great start to self-care, caring for the body is an equally important part of the equation. During the holidays, preserving our physical health may look like having healthy [sleep hygiene](#) or [practicing mindful eating](#) to better navigate all the indulging associated with the season. It can also look like taking time to schedule a daily walk, a habit that [studies show](#) can help reduce anxiety, depression, social withdrawal, and a negative mood, while also boosting self-esteem.

Make room for all types of feelings. There tends to be an underlying pressure during the holidays to feel perpetually happy and festive. While some people may feel truly blissful during this time, [64% of people](#) say they experience a case of the holiday blues at some point throughout the season. It's common for this time of year to bring up feelings of sadness, stress, anxiety, grief, and loneliness.

Should these emotions arise, we might sit with them as an act of self-care. While this can admittedly be uncomfortable, we can use meditation to navigate these feelings in a way that may help us feel much better in the end.

Meditation offers us a chance to step away from the thinking mind and instead focus on the breath, rather than our thoughts and emotions. This anchors us to the present moment and calms the mind. In stepping back from all our storylines and ruminations, we are better able to observe what's going on in our mind; the more we observe, the more we realize we don't have to get caught up in all the mental noise we self-create. As we learn how to acknowledge thoughts and feelings that arise during meditation, we learn to give them less weight and meaning, so we start to release them — allowing us to move forward and form a clearer, calmer, more contented space.

Practice letting go of expectations. Sometimes, the best, biggest act of holiday self-care we can give ourselves is simply to work on letting go of the standards and expectations we so often set for ourselves at this time of year — fixed ideas created in the mind that might not match how life actually plays out. This is something else we get to observe when meditating.

When we sit with the mind, we are sitting with the present moment; we are sitting with life as it unfolds, without guarantee. We are, in fact, training the mind to be okay with uncertainty. Ultimately, we come to a place where we lessen our grip on seeking to control outcomes, and so we let go of any ideals or expectations that can often trip us up, or lead to sadness and frustration.

KENDRICK SCHOOL WELLBEING NEWSLETTER

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

SCHOOL CALENDAR FOR TERM 2, 2024-25

Monday 9th December	Start of Fringe Fortnight
	Dance Enterprise Day
Tuesday 10th December	Dance Performance Day
	Year 13 Parents' Consultations
Wednesday 11th December	Christmas Concert, 6.30pm
Thursday 12th December	Full Trustee Body Meeting, 4.30pm
Friday 13th December	Christmas Jumper Day
Tuesday 17th December	Year 13 Presentation Event
Thursday 18th December	Christmas dinner day in the canteen
Friday 20th December	End of Term 2, 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](#)

CAREERS GUIDANCE AND EVENTS

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

FREE ONLINE KING'S COLLEGE LONDON MEDICINE AND DENTISTRY LECTURE SERIES - now open! [application form](#) for students who are interested in becoming a **doctor** or **dentist**.

Applications will close on Friday 10th January.

Lectures include;

- Medical and dental specialties: cardiology, oral surgery, renal transplant, and many more!
- Q&A's each week with current medical and dental students.
- Support with the application process: UCAT, personal statements, and interviews.
- Q&A with admissions colleagues in the school of medicine at KCL, UCL, St George's, Queen Mary, Brunel, and Imperial. [students should follow this link](#).

For students studying at a **state selective** school, they must meet one of our **widening participation criteria**. For full details, please see the application form.

GET INTO MEDICINE CONFERENCE:

Sunday 8th December from 9:30am - 3:30pm

Saturday 14th December from 9:30am - 3:30pm

Register here for FREE: <https://airtable.com/appgXnyzN5ZD9lwk6/shry7MZYtt3MGPjvO>

VIRTUAL BUSINESS & ACCOUNTING EVENT TAKING PLACE WITH KPMG on Monday 9th December 5pm – 6pm.

This is an opportunity to hear from one of the largest accounting and professional services firms in the world. During the event they will hear about the consulting, audit and tax degree apprenticeship options, work experience and in-person events at their offices.

<https://www.surveymonkey.com/r/29X225X>

GET INTO DENTISTRY CONFERENCE: Sunday 12th January 2025 from 9:30am - 3:30pm

Register here for FREE: <https://airtable.com/appgXnyzN5ZD9lwk6/shrBuiR7SBACc19kE>

ORACLE WOMEN IN LEADERSHIP AND TECHNOLOGY | VIRTUAL WORK EXPERIENCE | 17-19 February | 10am-3pm | Age 16-19 | [Young people apply here by 30/01/25](#)

Are you looking to explore career paths and gain real insights into the tech world? Oracle is the 3rd biggest software company in the world with over 160,000 employees across 75 different countries. This unique experience is tailored to help you explore your future career options in tech—whether you've thought about it before or are just curious. Discover diverse roles in areas like marketing, design, social impact, and engineering—there's so much more behind the scenes of a tech company than you might think. Our programme is delivered by Oracle interns from prestigious universities, many not much older than you! They've built a program that addresses what they wish they'd known at your age. You'll walk away with an experience you can talk about on your CV and through interactive workshops, we'll equip you with the skills to talk about it well. This experience is designed for anyone interested in exploring diverse career paths—no technology background required! Just bring your curiosity and an open mind, and we'll take care of the rest.

PWC EXPERIENCE DAY – Thursday 16th January. [PwC](#), is running an Insight Experience day in their Reading office, for female students in Year 12 and 13 who are **on track for AAB** and have an interest in finance careers - taking place on **Thursday 16th January between 10am - 3pm.**

The event will involve presentations and experiences from staff and apprentices, with the aim of raising awareness of careers in finance and accounting. PwC will be hosting a panel with their current apprentices to inspire and inform students about their best next steps, delivering a Dragon's Den style challenge which will prepare students for any application process as well as providing career tips and an office tour.

If you are interested please email ishaw@kendrick.reading.sch.uk who will put your name forward.

NEWS, NOTICES, COMPETITIONS AND EVENTS

ARTIFICIAL INTELLIGENCE (AI): FRIEND OR FOE?

This event is organised by students from The Abbey and Reading School; The event is beneficial for all students, parents, and teachers

Register for free: <https://localevents.theiet.org/register.php?event=18705c>

Speaker: Dr. Mona Ashok

Date/Time: Tuesday 10th December 2024 @ 6:00 PM

Venue: Room 108 Whiteknights Campus The Henley Business School,
University of Reading Whiteknights Campus, READING, RG6 6UD

Details: *"The event will explore AI's impact on younger generations, highlighting both positive and negative effects. AI tools like ChatGPT assist students with essay outlines, coding, and sourcing, yet they may also hinder learning if used to generate answers directly. AI-driven social media influences young children, with even 4 and 5-year-olds navigating online platforms easily. The speaker will discuss how these technologies shape education, learning habits, and digital literacy from an early age"*

Plan

18:00 - Doors open with light refreshments available.
18:30 – Introduction (Kimuthu Sumanasena, The Abbey School)
18:35 - Presentation commences.
19:25 – Vote of thanks (Adi Ashok, Reading School)
19:30 – Session closes

KENDRICK SCHOOL CHRISTMAS CONCERT - WEDNESDAY 11th DECEMBER 2024 AT 6.30pm

Our Christmas Concert will feature seasonal songs from Chamber Choir, Christmas favourites from Harp Ensemble and Brass and Saxophone Ensemble, as well as a range of instrumental pieces from Flute Choir, Jazz Band and Symphony Orchestra. This concert sees our Year 7 students singing as a year-group choir, as well as our newly formed Carnatic Vocal Ensemble, all within a shortened concert, which we expect will finish at approximately 7.45pm.

Please note that refreshments, including mince pies and our famous samosas, will be available from KPS before the concert.

Please may we remind you that no parking is available on the school site unless you have a disability. If this is the case, then please contact Reception.

Our Christmas concert tends to sell out quickly and tickets will be going on sale from 28th November. We therefore urge you to order them as soon as possible through ParentPay in order to avoid disappointment. Ticket price suggested donation: £5.00. In the first instance, tickets will be restricted to five per family. We politely ask for you not to leave ticket requests or queries until the day of the concert.

If you would like tickets for the Christmas Concert on Wednesday 11th December, please complete the order on ParentPay. Please provide your name at the table by the entrance to the Hall on the night of the performance.

Information about concerts and events in 2025 will be in your programme and sent out at the beginning of next year.

We look forward to seeing many of you at the concert.

TEEN POSITIVE PARENTING PROGRAMME (run by Brighter Futures for Children)

Tuesday 14th January – Tuesday 18th March 2025

Fairview Community Centre, 90B Great Knollys Street, Reading RG1 7HL

- Is your child 11-19 years old?
- Do you want to support your child when they show distressing behaviour?
- Do you want to help your teenager make positive choices?

Join our evidence based flexible parents programme. The group aims to strengthen your relationship with your teenager, promote your teen's development and equip you to help them recognise and avoid risky situations.

The programme is delivered in nine two-hour weekly group sessions on Tuesdays, term time only.

To enquire or book your place, please contact parenting.reading@brighterfuturesforchildren.org or call 0118 9374858.

VACANCIES

We have the following vacancies at Kendrick School. More information on each of the roles can be found by clicking on the roles below. Please pass on this information to family and friends.

[Attendance Officer and Student Welfare Assistant](#). To join us in January 2025. 35 hours a week. Monday to Friday. 8am to 3.30pm. Deadline for applications 9am Monday 16th December 2024.

[Caretaker](#). To join us in January 2025. 10am to 6pm Monday to Friday. Deadline for applications Monday 2nd December 2024. *Interviewing on Monday 9th December.*

[Exam Invigilators](#). We are looking for Invigilators for the 2024/25 exam season. If you are interested in this role, then please visit our [website](#) or email exams@kendrick.reading.sch.uk for an informal chat. Please note that Year 11 parents would not be able to invigilate GCSEs and Year 13 parents would not be able to invigilate A Levels.

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.

PARENTPAY REMINDERS

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.

School fund Donation

Whitley Community Food Cupboard – cash donations

A level Maths graphical calculator

Kendrick School Christmas Concert 2024- tickets £5

Year 7 Profiling Day – November 2024

Year 10 and 11 GCSE set text contributions

Year 12 and 13 A level set text contributions

Trips

Year 12 Wokingham Waterside Centre September 2024

Year 12 and Year 13 French and History trip October 2024

A level Geography Slapton – October 2024

A Level Sociology in Action conference – November 2024

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

The Legacy of East Germany in film – 12th December 2024

Year 10 2025 MFL France or Germany deposit

KENDRICK PARENTS' SOCIETY (KPS)

KPS COMMITTEE MEETING This week we had KPS meeting on **Wednesday, 4th December 2024** from **6pm to 7:15pm**. Thanks to those attended and minutes will be circulated shortly. We discussed activities supported post last meeting and upcoming events.

LAUNCH OF YEAR 2025 WISH LIST PROJECT **Wish List Project** for this festive season, i.e. Dec is being setup to bring joy and generosity to our school, directly benefiting students and enhancing their school experience.

We now have the wish list from the school and site is expected to be setup this weekend. We request your full support to make this success.

PRE-LOVED UNIFORM SHOP Next pre-loved uniform store **opens on Saturday 11th January 2024, 9am - 11am in the Conservatory**, 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.

If you have 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.



VOLUNTEERING OPPORTUNITIES AT KPS

KPS Events and Refreshments Volunteers

As you are aware, we run many events and also support school activities like music or drama the year. We need volunteers to help these events even if for few hours. To join our team of enthusiastic and dedicated volunteers, please join the WhatsApp group using this link: [KPS Events and Refreshment Volunteers](#)

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: [Kendrick 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