

Kendrick School - Weekly Update

Friday 20th December 2024

LETTER FROM MS KATTIRTZI, HEADTEACHER

At last, we have come to the end of term, and I know that everyone in the school community is ready for a break. Finishing this close to Christmas means we have more days after the festive period returning to school on the 6th January for staff, and 7th January for students.

Some lovely articles on the website this week for you to read.

- [Into the Woods](#)
- [Lord Lieutenant Cadet Appointment](#)
- [Hope Poetry Competition](#)

As always, we finished the term altogether in an assembly at the end of the day when we reflected on the term and the work and activities that students and staff have been part of. We listened to some music, including a fun piece from our Year 7 Choir who sang an upbeat song called *Under the Tree*. We also listened to the winning poem from National Poetry Competition, written by Faith on the theme of *Counting* and poems from the Winter Poetry competition featured above. We heard reports from several groups of students representing different areas of the school: the Kendrick Student Leaders with their round up of events, Sudiksha and her appointment as Cadet to the Lord Lieutenant, as well as reports from leaders of the Inspire Club and Refugee Club. We considered the themes of the Christmas Assembly prepared by Mr Hodge and watched by all students this week which is [here](#). Finally, I concluded the assembly with some moments of reflection considering this time of year and how it can be a time of fun, presents and parties for some, but it can also be a time of great sadness and loneliness for many people who may be on their own or without a loved one at this time. In the Christmas Assembly Mr Hodge asked us to think about the message of the Christmas story, of peace, love and joy. By focusing on the shepherds in the story, Mr Hodge asked us all to see and treat everyone with respect and kindness, regardless of their status or position in life because everyone is precious and has worth.

Finally, as I have in recent weeks, I will finish with another poem from our Poetry Advent Calendar, prepared by Mr Dilley. Again, using Mr Dilley's words:

'For O'Donohue, being "slow" is not just about resting and relaxing, but also about an inner state of mind which involves holding on to our integrity, hope and faith in the future. At the same time, the poem reminds us that this is not always easy, but in a way that seems reassuring rather than discouraging - ...the instruction in the second verse is qualified with "as best you can", and also the description of "your hesitant light". I hope you enjoy the tentative optimism for those "fresh pastures of promise" that this poem offers.

It is rather fitting that the final of word of this poem - and this sequence of poems - is "beginning", reminding us that every ending is also the beginning of something new.'

Enjoy reading the poem.

This is the time to be slow (from *Benedictus: A Book of Blessings*)
by John O'Donohue

This is the time to be slow,
Lie low to the wall
Until the bitter weather passes.

Try, as best you can, not to let
The wire brush of doubt

Scrape from your heart
All sense of yourself
And your hesitant light.

If you remain generous,
Time will come good;
And you will find your feet
Again on fresh pastures of promise,
Where the air will be kind
And blushed with beginning.

Thank you to everyone and wishing you all a peaceful and restful Christmas and holiday.

Please read the rest of the Weekly Update with more news and guidance for you over the holiday period.

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 the Designated Safeguarding Leads, Mr Simmonds, or a Deputy Safeguarding Lead.

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

AVENUES OF SUPPORT OVER THE CHRISTMAS HOLIDAY

The infographic is a purple grid with three columns: 'Under 25s', 'Over 25s', and 'Parents'. Each column lists support services with their contact details and hours. A yellow speech bubble at the bottom center says 'For more advice and information visit: [youngminds.org.uk/find-help](https://www.youngminds.org.uk/find-help)'.

Under 25s	Over 25s	Parents
YOUNGMINDS Crisis Messenger Text YM to 85258 Open 24/7	mind Call 0300 123 3393 9am - 6pm, Mon - Fri	YOUNGMINDS Parents Helpline Call 0808 802 5544 9:30am - 4pm, Mon - Fri
THE MIX Call 0808 808 4994 3pm - 12am, every day	SAMARITANS Call 116 123 Open 24/7	
childline Call 0800 1111 7:30am - 3:30am, every day		

If you are worried about a child or have safeguarding concern please contact the **NSPCC helpline** for support and advice for free - call on [0808 800 5000](tel:08088005000) 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**.

Shout – here for you 24/7 with [resources and tips](#) to support you when you are feeling anxious, low, stressed or overwhelmed.

The Mix – understanding Mental Health can be tricky but The Mix is there to make sure you don't have to do it alone. [The Mix Counselling service](#) offers short-term help with mental health and emotional wellbeing for anyone aged 25 and under.

Young Minds – can help you find the right support for you. From looking after your mental health to understanding medication, they are lots of [useful links](#) to all kinds of advice and guidance.

Mind – Mind understand mental health and wellbeing. They are there for you if you are finding things hard. They help everyone understand mental health problems, so no-one has to feel alone.

The Tellmi app - allows you to talk anonymously about difficult things with other people of a similar age or experience. Tellmi is anonymous so you can talk about virtually anything, and because every post and reply is checked by a human before it goes live, it is completely safe and you are guaranteed to only get supportive replies. When you register, remember to add your school portal. This will tell you about other things in school to support you. "I actually didn't realise how much better this app can make someone feel. I love being able to ask my own questions and just the experience of trying to help even one other person helps me to feel happier too". Tellmi is completely confidential. Download. Offload. Feel Better. Tellmi can be downloaded for free from [Google Play](#) and [Apple App Store](#). For more information visit www.tellmi.help

SAFETY OVER THE FESTIVE SEASON

The holiday season is a time for celebration, relaxation and spending well-earned time with loved ones. While this period will hopefully be calm, it's important that parents and carers acknowledge there are still things that can be done to make these weeks as safe as possible for the young people in our care.

Of course, it's not immediately obvious what can or should be done to stay safe over the festive season. This guide from the National College offers expert advice on the steps you can take to enjoy a less fraught winter break, safeguarding any youngsters who might be present for the celebrations.

[TOP 10 TIPS FOR PARENTS – SAFETY OVER THE FESTIVE SEASON](#)

MENTAL HEALTH AND WELLBEING

CHRISTMAS WELLBEING

Just because it's Christmas, it doesn't mean your mental health and wellbeing has to be put on hold. Click [here](#) for the Christmas Wellbeing Newsletter FOR some useful tips for looking after yourself over the festive period.

If you find Christmas a difficult time of year, [MIND](#) has some tips to help you cope.

If you are coping with grief at Christmas, [Cruse](#) gives advice and guidance on how to cope with how you are feeling.

For students, [Childline](#) offers information and support if you are feeling lonely, worried or stressed over the Christmas period.

MANAGING STRESS - ADVICE FROM THE WELLBEING AMBASSADORS

Our Wellbeing Ambassadors have produced some very informative information on managing stress which you can access via the links below.

[Studying with Less Stress](#)

[It's fine not to be fine](#)

[Exercise - the ultimate antidote to stress and anxiety](#)

KENDRICK SCHOOL WELLBEING NEWSLETTER

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

SCHOOL CALENDAR FOR TERM 3, 2024-25

Monday 6th January	Staff INSET Day, school closed for students
Tuesday 7th January	Start of Term 3, 8.25am Start of Year 11 Mocks
Thursday 9th January	Year 12 Geography Trip Sixth Form Spanish Trip
Saturday 11th January	KPS Pre-Loved Uniform Sale (see KPS update below)
Tuesday 14th January	Year 12 Parents' Consultations
Wednesday 15th January	KPS Meeting, 6pm to 7.15pm
Thursday 16th January	Trustees L&T Committee, 4,30pm–
Monday 20th January	Year 13 Mock German speaking exam GCSE / A Level Art & Textile trip
Tuesday 21st January	EPQ Exhibition KPS Year 7 Online drop in with Ms Kattirtzi, 5:30 – 6:30pm EPQ Presentations
Monday 27th January	Year 11 Rural Geography Trip Holocaust Memorial Day
Tuesday 28th January	Year 8 Careers Option Event 'People Like Me'
Wednesday 29th January	Year 10 Parents' Consultations
Thursday 30th January	Music from Around the World Workshop
Friday 31st January	Sixth Form Classics Trip
Monday 3rd February	Children's Mental Health Week Fairtrade Week
Wednesday 5th February	KPS Online Meeting, 6:00 – 7:30pm
Thursday 6th February	Time to Talk Day Year 12 & 13 French Trip Year 10 Hitler on Trial

Monday 10th February	KPS Year 8 & 9 Online drop in with Ms Kattirtzi, 5:30 – 6:30pm
Tuesday 11th February	Year 11 GCSE PE Practicals Safer Internet Day
Wednesday 12th February	Year 13 A Level PE Practicals
Thursday 13th February	Year 8 Parent Consultations Trustees P&R Committee, 4.30pm
Friday 14th February	House Drama End of Term 3

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 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 lshaw@kendrick.reading.sch.uk who will put your name forward.

NEWS, NOTICES, COMPETITIONS AND EVENTS

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 13th January 2025

Exam Invigilators. We are looking for Invigilators for the 2024/2-25 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)

LAUNCH OF YEAR 2024-25 WISH LIST PROJECT

We have had great response for this year Wish List Project so far. It has been heartwarming as we have seen real enthusiasm and generous donation. Currently we are at 54% - £2170 out of target £4000, within 10-12 days of launching which is a great achievement.



£2,170
raised of £4,000 target
by 79 supporters

**A MASSIVE
THANK
YOU**



Kendrick School : Wish List Project

As the festive season draws near, the Kendrick Parents Society (KPS) is thrilled to announce the return of the Wishlist Project, now in its second year! Last year's Wishlist was a huge success, allowing us to purchase many useful items that have greatly benefited our students. With your generous support, we aim to make this year even



Help us reach our £4,000 target!

Make a donation with **JustGiving**

We request your continued support and

link to the donation page is -

<https://www.justgiving.com/page/kendrick-wishlist2024>

Match Funding Opportunity: If your employer offers match funding, we'd love to hear from you! It's a fantastic way to double the impact of your donation. Kindly reach out to us via this email if you are interested - KPSChair@kendrick.reading.sch.uk

A SMALL TOKEN OF APPRECIATION FOR SCHOOL STAFF

On behalf of all parents and carers, KPS has presented gifts and treat to the school staff as a heartfelt gesture of gratitude. This small token is a way to show our appreciation for their hard work, dedication, and the care they provide to our children every day.

KENDRICK SCHOOL CHRISTMAS CONCERT

Once again we had fantastic Christmas Concert at the School on Wednesday, 11th December 2024, attended by well over 220 parents ad carers.

KPS volunteers provided refreshments which was popular and well received.

Thanks to staff and students for the event, and for parents and carers for supporting it, including generous donation for KPS Wish List and School Music fund.

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 performances during 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