

Kendrick School - Weekly Update

Friday 31st January 2025

LETTER FROM MS KATTIRTZI, HEADTEACHER

We started the week on Monday 27th January marking Holocaust Memorial Day, something we have been doing at Kendrick for many years. This year the date also marks the 80th anniversary of the liberation of the camp at Auschwitz. Our Sixth Form Holocaust Ambassadors, Joshika and Lucia, who visited Auschwitz last year as part of the Lesson from Auschwitz programme, joined me in the assembly and presented their 'lessons' to the school. The theme this year is **for a better future** something we all strive for. A link to the assembly is [here](#). Our assembly finished, as always, with a reminder of the [Kendrick Pledge](#) which was written after a visit I made to Auschwitz with two history students over 10 years ago. The lesson we brought to our community was to try to live and behave according to our pledge.

The assembly was followed on Wednesday with a visit from Angela Strach, a former teacher and Head of Drama at Kendrick. Angela, as a representative of an organisation called Generation to Generation, told the personal story of her father as a young man growing up in the 20s and 30s in Europe and the decisions he had to make to preserve his life once the Nazi regime took over parts of Europe and of course the tragedies that befell his family.

Assemblies are so important for gathering our community together as they promote a sense of belonging and shared values, so I was delighted with 8EG's assembly on Tuesday morning on topic of social media. Although this is a regular topic that we talk and discuss with students, it was good to hear the perspective and understanding that 8EG had on the theme. Acknowledging the advantages of social media, they also carefully and maturely considered the disadvantages and some mitigations we could all use to limit our screen time. Their assembly was followed by an event for the whole year group called People Like Me. This was a two-hour introductory workshop on skills and qualities that students can begin to identify in themselves to help them consider their future career path and choices. A keynote speaker introduced the workshop to them and suggested that life and one's pursuit of goals is not always a linear process, like a ladder that one may climb, one step at a time, instead she said it is more like a jungle gym where there may be changes and adaptations to how you pursue what you want to do. Referring to the book written by Tech Executive, Sheryl Sandberg, *Lean In*, the speaker encouraged students to look at their future as holding endless possibilities.

A great joy of life at Kendrick are the lessons that students have every day, taught by highly skilled and competent teachers. This week I had the pleasure of sitting in a couple of English lessons and observing the careful analysis and discussion of the texts students are studying at KS4. The quality of discussion was impressive, and I was particularly pleased with some conversations I had with a couple of students who, following the period of their mocks recently, said they were feeling confident about the next few months as they felt very supported by their teachers and staff. In the sixth form this week there was the deadline for all Year 13 UCAS applications, a process which whilst exciting is also hugely stressful and can continue to be so as students start to receive offers from their chosen universities. To help this period, members of the Curriculum and Current Affairs Team of Kendrick Student Leaders created a video called *Academic Rejection*, in which they have given guidance to their peers about what to do if you don't get the response they want from your favoured university. The peer-to-peer support students give to each other is another special quality of Kendrick students.

As we approach the end of January, it is good to look ahead to the next couple of months and I would like to particularly draw your attention to the **Careers Fair** that we will be holding on **Thursday 6th March** after school in the school Hall. **Design Your Future** is an event held every two years for students in Years 9-13. Employers from a variety of business and professions are invited to provide guidance and information to students about their world of work. It is always a lively and busy evening, and employers tell me that they love coming to the Kendrick Careers Fair because of the enthusiasm and interest shown by our students. We have a Directory of Employers that we have worked with in the past, please check if parents' own employers have been asked to attend and if they would like to represent their company or profession, please can they contact the company we are working with on this event, Learning to Work, at this email address. <https://www.learningtowork.org.uk/business/get-involved/>

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 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 **0808 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

HELP CHILDREN TO STAY SAFE ON CHAT APPS – END TO END ENCRYPTION

SOURCE [NSPCC](#)

Messaging and chat apps are a great way for a child to stay in touch with their friends and family but it's important both of you are comfortable with who they're talking to.

Talk to your child about who they're chatting to and how they know them. Remind them to be conscious of who they're sharing personal information with and not to share information with people they haven't met before. This includes information like their name, location, email, phone number and school name.

What are chat apps?

Chat apps allow the user to send messages, photos, videos and documents, as well as creating large group chats. Some apps allow users to message people they don't know, so your child could receive messages from people they don't know - most apps have settings to allow this to be changed so that they only receive messages from people they know. With your child, make sure these settings are in place and show them how to reject requests from people they don't know.

Even with friends, your child might see something that upsets them. Explore each app to see if there are reporting and blocking features. Show your child how to use these features and talk about situations when they might want to report or block.

What is end-to-end encryption?

You might have heard about end-to-end encryption, but do you know what it is, and what that means for your child? End-to-end encryption is where only you and the person or people you're communicating with can view the messages that have been sent.

The company who runs the messaging service or app can't view end-to-end encrypted messages, messages won't be remotely accessible by police or government when preventing crime, and they can't be seen by hackers. This means that the message privacy is more secure, but also means they can't be monitored for illegal activity.

One-on-one messages (between you and one other person) or group chat messages (you and multiple people) can be end-to-end encrypted. This can include written messages, photos, videos, voice messages, audio, documents and calls.

A lot of popular apps are automatically end-to-end encrypted, and some are not. What's most important is how safe your child is on each app, site and game they use, whether it's encrypted or not. This means talking to your child about what they're sharing, who they're talking to and how to stay safe.

MENTAL HEALTH AND WELLBEING

MENTAL HEALTH AND PARENTING SOURCE [NSPCC](#)

Managing stresses and illness alongside being a parent or carer is a complicated part of life for many.

If you're managing mental health issues you might find you have mood swings or struggle with keeping routines such as mealtimes, bedtimes and taking your children to school.

If you, or someone you know, is struggling, there are steps you can take.

Taking care of your mental health

If you have coping strategies that work well for you already, keep doing them. That might be using mindfulness techniques, taking five minutes for yourself, or talking to a friend.

Choosing one or a couple of things from the list below to focus on could give your mental health a boost.

- Maintaining good sleep might feel impossible, but [the NHS has tips and advice to help](#).
- Keep in touch with family and friends on the phone or try a video call. If you're struggling to find someone to talk to about what you're going through, [Mind has helplines](#) and you can speak to your GP to see what counselling provision might be available in your area. You can also [call or email our Helpline](#) with any parenting concerns or worries.
- Write down your feelings in a notepad. This can help you reflect, understand, and let go of emotions.
- Join a support group or network online. **"Talking to others who get it makes such a difference - you know you're not alone and you get to experience the light of something that feels very overwhelming when faced alone"** - Amy Wellings, Mum to a 3 year old boy
- Try to have some time for yourself, whether that's at home or by going for a walk. We have advice if you're [not sure if your child is old enough to stay home alone](#).

- Physical activity is really helpful for some people. You could try walking, going for a jog, swimming or doing an online class. If these don't suit you, you could try a gentler activity like gardening, sitting next to an open window to get some fresh air, or doing a crossword.
- We know eating well isn't easy or accessible to everyone. If you need help with getting essentials you can [contact your local food bank](#).
- Planning things to do by yourself or with your child can help create structure and a routine for the day. Try starting your day with a short list of 4 small, achievable things you'd like to do.
- If there's another adult in your house or older children, ask them to play an active part too.
- If finances are causing additional stress, [Money Saving Expert](#) has lots of information and [Citizens Advice](#) can offer help and support.

Where to find help

Other organisations providing support to children and families include:

- [Mind](#)
Information and support as well as helplines for people experiencing mental health problems and their friends and families.
- [Rethink Mental Illness](#)
Advice as well as services and support for people affected by mental illness and their friends and families.
- [Samaritans](#)
Round-the-clock confidential support to people going through a tough time.
- [SANE](#)
Emotional support to people affected by mental health problems and their families and friends.

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

For all our wellbeing information please click [here](#).

SCHOOL CALENDAR FOR TERM 3, 2024-25

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

Friday 14th February

House Drama
End of Term 3

Term dates for 2024/25 and 2025/26 can be found [here](#). Please check these carefully before booking holidays and trips.

NEWS, NOTICES, COMPETITIONS AND EVENTS

DESIGN YOUR FUTURE CAREERS EVENT – DATE FOR YOUR DIARY

For parents and students in Years 9 and above – Thursday 6th March 2025, 4pm to 7pm.

Design Your Future is an event held every two years for students in KS4 and KS5, Years 9-13. Employers from a variety of business and professions are invited to provide guidance and information to students about their world of work. It is always a lively and busy evening, and employers love coming to the Kendrick Careers Fair because of the enthusiasm and interest shown by our students. We have a Directory of Employers that we have worked with in the past, please check if parents' own employers have been asked to attend and if they would like to represent their company or profession, please can they contact the company we are working with on this event, Learning to Work, at this email address. <https://www.learningtowork.org.uk/business/get-involved/>

HOLOCAUST MEMORIAL DAY 2025 POETRY COMPETITION

This Holocaust Memorial Day, we all have an opportunity to act for a better future. A time where people are not suffering prejudice or persecution because of their faith, ethnicity or other characteristic.

Activity: **Write a poem highlighting the theme for this year 'For A Better Future'**

Further information can be found at: <https://www.hmd.org.uk/>

Please submit to the library either by hand or via email: library@kendrick.reading.sch.uk

Deadline: **Monday 3rd March 2025, 17:00**

DROPPING OFF AND PICKING UP YOUR CHILD FROM SCHOOL

Once again, please can we remind you that there is **no stopping or parking in East Street** to drop off or collect your child from school. This includes no parking or waiting for your child in the private parking for the flats opposite the school or in the private car park with the iron railings. The signs clearly state that these areas are **private parking only** and there is the risk of being **clamped or fined** if you park there. We have had some very upset and angry residents coming into school complaining that their access is being blocked on a daily basis. There will be staff patrolling the area next week and you will be moved on so please find somewhere safe and legal to drop and pick up your child.

Also **please do not stop in the hatched markings outside the London Road entrance** in order to drop off your child. Hatched markings are cross-hatched or diagonally striped road markings used to indicate areas where **parking or stopping is prohibited**. This entrance is used by staff and emergency services and blocking the gates is not acceptable under any circumstance.

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.

ONLINE INSIGHT INTO NHS CAREERS SESSIONS These are tailored for school and college students, parents, carers, career leads/teachers, and even career changers.

Please find the details below:

Midwifery Insight Session

Date: Thursday, 6th February

Time: 5:00 PM - 6:00 PM

Allied Health Professions Insight Event (Including Podiatry)

Date: Monday, 10th February

Time: 5:00 PM - 6:00 PM

SOLICITOR APPRENTICES Osborne Clarke are looking for Solicitor Apprentices to join in Reading in September 2025. Solicitor Apprenticeships offer the opportunity to study an undergraduate law degree and train as a Solicitor whilst earning a salary, without the cost associated with going to university.

Find out more at our open evening for students and parents/carers:

On Monday 10 February From 5.30pm until 7pm At Osborne Clarke, No. 3 Forbury Place, Forbury Road, Reading, RG1 3JH

To secure your place sign up here - <https://osborneclarke.app.candidates.io/event/8b24dc43-cd7a-491a-8f30-4025059aa21f>

Additional information can be found online at <https://www.osborneclarke.com/solicitor-apprenticeship/>

WARNER BROS. DISCOVERY WEBINAR Warner Bros. Discovery's Early Talent Team is hosting a virtual event - Championing Apprenticeships - on **Tuesday 11th February at 6:00PM GMT** in support of National Apprenticeship Week.

[REGISTER YOUR INTEREST](#)

What to Expect:

- Hear from current apprentices as they share their personal journeys and experiences.
- Discover the exciting projects they've worked on and how these have equipped them with invaluable #SkillsforLife.
- Celebrate their achievements and gain insight into the impact of our apprenticeship programme.

DELOITTE READING OFFICE – INSIGHT EVENT **Tuesday 11th February 5-7.30pm** for those interested in a career in Business and Accounting. Workshops, network, gain understanding - <https://www.surveymonkey.com/r/Deloitte-Reading-Feb>

FREETH'S LAW FIRM VIRTUAL INSIGHT EVENT **WEDNESDAY 12TH FEBRUARY 5-6PM**
<https://www.surveymonkey.com/r/Freeths-virtual>

HM TREASURY virtual insight event for apprenticeship careers in Business, Finance, Policy, Economics, HR, Management. Also covers GES DAP, degree in Econ whilst working in government (Government Economics Service Degree Apprenticeship Programme)

Wednesday 12th February 2025

5-6pm

Register here:

<https://www.surveymonkey.com/r/HMTreasury-Insight>

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.

STUDY IN THE NORTH: WEBINAR AND LIVE Q&A

Universities of Sunderland, Newcastle, Lancaster and Sheffield talk through the benefits and opportunities that come from studying in the North of England. You can also ask your questions to a selection of current students!

When: Monday 10th February 2025

Time: 17:30 - 18:30

Location: Online

Register via the link [here](#).

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.

[Geography Teacher with Business and/or Economics](#). To join us in September 2025. Deadline for applications 9am Tuesday 28th January 2025.

[Governance Officer](#). To join in April 2025. 200 hours over the academic year. To be worked flexibly in school and at home although applicants must be able to attend pre-arranged meetings which take place after school, remotely or face to face. Deadline for applications 9am Monday 27th 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 AND EVOLVE 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.

PARENTPAY

School fund Donation
Whitley Community Food Cupboard – cash donations
Year 7 Profiling Day – November 2024
Year 10 and 11 GCSE English set text contributions
Year 12 and 13 A level English set text contributions
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 trip to France or Germany instalments

EVOLVEPAY

Payment can be made via trip payment emails or a myEVOLVE account if you have set this up.

Year 11 Geography Rural villages trip – January 2025
GCSE and A Level Art trip to London – January 2025
A Level Classics Trip to Warwick University – January 2025
Year 12 and Year 13 French BFI visit – February 2025
Year 13 Spanish BFI visit – February 2025
Year 11 English Macbeth trip – March 2025

EVOLVESHOP

Purchase can be made via payment links or a myEVOLVE account if you have set this up

GCSE Science revision guides/bundles
GCSE Drama set text (The Crucible, Arthur Miller)

KENDRICK PARENTS' SOCIETY (KPS)

UPCOMING KPS COMMITTEE MEETING

Next KPS meeting is taking place on **Tuesday, 4th February 2025** from **6pm to 7:15pm**.

Google meeting link: To join the video meeting, click this link: <https://meet.google.com/phm-pibb-jrd> Otherwise, to join by phone, dial: (US) +1 414-439-0817 PIN: 399777853

(In case of issues, copy-paste the above link in Internet browser and join WITHOUT signing in to Google meet)

We look forward to seeing you all.

DROP-IN SESSIONS WITH MS KATTIRTZI

Next session is a combined one for **Years 8 and 9** with Ms Kattirtzi and Miss Hyde, and details are noted below:

Year Group: Years 8 & 9

Date: Thursday 6th February

Time: 5:30 pm to 6:30 pm

Google meeting link: To join the video meeting, click this link: <https://meet.google.com/hjp-xemp-kbe> Or dial: (US) +1 904-580-9692 PIN: 340 530 448#

The protocols for the sessions will be explained before the meeting starts.

We look forward to meeting with everyone. Please take advantage of this opportunity.

The dates for other year groups are as follows, meeting links will be circulated nearer the date:

Year 10 and Year 11 : Tuesday 4th March with Ms Kattirtzi and Mme Hulley

6th Form: Tuesday 1st April with Ms Kattirtzi and Mrs Hearn

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