

# Kendrick School - Weekly Update

## Friday 24<sup>th</sup> January 2025

### LETTER FROM MS KATTIRTZI, HEADTEACHER

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What a busy week it has been with so much going on at Kendrick and elsewhere in the world. Firstly, in the Sixth Form, it is the time of the year when Year 13 students showcase their work on their [Extended Qualification Project](#) (EPQ). At an exhibition and then at a scheduled presentation each student in Year 13 who has embarked on an EPQ has to present their work on a topic of their choice. The topic that a student may wish to study/research may be of anything that interests them, related or not, to their A Levels or future studies. It is an opportunity for students to take a topic about which they are curious and research it using under-graduate style research methods. They then must write a report and present this to their supervisor and fellow students. This year 46 students will have presented their EPQ project to staff and students. For those who do not know, the EPQ is an additional qualification, half an A Level, that complements a 3 or 4 A Level study programme. The topics have ranged in nature from very specific scientific investigations to broader social and political issues, historical and philosophical ideas. Part of the EPQ study requires students to reflect on what they have learnt in the process of their research and presentation and the study techniques and skills they have learnt and practised in the process, including time management, organisation, writing and research. My thanks to Mrs Rock, Mrs Hearn and the team of supervisors who work with the students on this impressive work. For some students this qualification will assist them in their university entrance and may be pivotal in securing their place at university.

Assemblies this week have had a safeguarding theme, and the assembly topic presented to KS3 and KS4 and next week to the 6<sup>th</sup> Form was on the theme of the [Prevent Duty](#). This is a responsibility that all schools and public institutions have as part of their safeguarding duties. The aim of Prevent is to stop people from becoming terrorists or supporting terrorism. Prevent also extends to supporting the rehabilitation and disengagement of those already involved in terrorism. The information was presented to students using definitions and animated videos to help them understand the concepts of radicalisation and extremism. Further conversations will happen in tutor time about these themes and others in their PSHCE lessons. As with all such topics, students are guided to speak to a trusted adult in school if they have questions or worries.

I have had a few meetings with some sixth form groups this week. Firstly, with the Kendrick Student Leaders who are planning their activities for the remaining weeks of their period in office. The Curriculum and Current Affairs (CCA) Committee plan to put together some videos on revision tips and advice on exam anxiety to support all the students taking public exams this summer. They also intend to continue their CCA Club that discusses current events, as well as plan activities for the upcoming International Women's Day in March. The Community Committee will begin to plan Comic Relief events for March and the Wellbeing Committee will look at the upcoming Mental Health Awareness Events, while House Leaders are working on House Drama in two weeks' time on Thursday 13<sup>th</sup> February. So much going on! Another group of Year 13 students who I have mentioned before when they were in Year 12, have been discussing with me their proposal to hold one final fund raiser focused on what they are calling an *International Humanity Initiative*. They wish to raise money for the world food programme of the United Nations which is working in Syria following the devastating political events at the end of last year.

Finally, I had a delightful meeting with 50 Year 7 parents at the KPS hosted drop-in session on Tuesday evening. Accompanied by Ms Heath, Assistant Pastoral Leader with responsibility for Year 7, we spoke with parents about life in Year 7 and some of the new processes and procedures our Year 7 are encountering and getting used to. As we all know, the transition from primary to secondary school is huge and the organisation and structure of the school day and the children's learning are very different. We are always so impressed by how quickly our Year 7 students adapt to life at Kendrick, however there were a few issues that parents raised that we shall follow up with students and tutors so that all children feel comfortable and know how things work in school. The next drop-in session is with Year 8 and 9 parents in two weeks' time on 6<sup>th</sup> February at 5.30-6.30pm.

Thinking of some of the global events that have marked this week, in particular, the peace that was finally agreed in the Middle East that has brought relief to people in that region and worldwide, I wish everyone a peaceful weekend.

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

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## SAFEGUARDING

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### UNDERSTANDING ONLINE GAMES SOURCE: [NSPCC](#)

Online games can be a great way for children and young people to keep busy and stay in touch with friends and family, but it's important that they play safely.

Things to consider if your child games online:

- age ratings of games they play
- messaging and contact functions on the games
- in-game purchases

- trolling, grieving and scams
- how to report problems
- where they can get further support.

Also, if you have more than one child in your home, be aware that games suitable for one child to play or watch, may not be suitable for another.

For more information on online games, including what are online games, how are online games played, why young people game, and the risks of online gaming and how you can mitigate the risks, please click below.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-games/>

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## IS SNAPCHAT SAFE FOR MY CHILD? SOURCE [NSPCC](#)

**What is Snapchat?** Snapchat is a popular messaging app that allows you to send images and videos to other users. These are known as ‘Snaps’. One of Snapchat’s unique selling points is that messages are normally only available for a short period of time and can only be viewed once.



**What age-rating is Snapchat?** The platform is rated 13+.

**How does Snapchat work?** The platform mainly operates as a messaging app where users can communicate with each other using videos and images. However, there are also other features available including private chat, games, and voice notes. You can also create short videos that can be posted to a public feed.

### Tips to help keep your child safe on Snapchat

- 1. Make sure they sign up with the correct age** Set up your child’s Snapchat account together to make sure they sign up with correct age. This will automatically enable settings that help to limit unwanted contact from adults and access to certain features.
- 2. Talk to them about how to feel good on social media** Children and young people can face lots of different pressures online. Use Childline’s advice about [How to feel good on social media](#) to help give them the tools to manage their wellbeing online.
- 3. Set rules around friends** Before your child starts using the app, talk to them about who they can be friends with on the app. Tell them to come to you if they receive a friend request from someone they don’t know.
- 4. Know where to report** There is a chance that your child could come across inappropriate or upsetting content on Snapchat. If this happens, you should report it to the platform. To report a Snap or a story, press and hold on it, then select ‘Report Snap’.
- 5. Talk about what is ok / not ok to share** Ensure that your child knows what personal and private information is, and what is, and is not, appropriate to share online.
- 6. Explore the safety features** Click [here](#) for 10 safety features that are available, like privacy settings and ‘Snapchat Family Centre’.

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## MENTAL HEALTH AND WELLBEING

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### SELF CARE – PROBLEM SOLVING SOURCE ANNA FREUD

If you’re worried about something, sometimes it becomes much less frightening if you can break that thing down into smaller, more manageable pieces. One way to do that is to start by listing all the possible outcomes, even the bad ones. For example, if you’re feeling worried because you don’t understand a subject or know how to prepare for the exam, you could write down these potential outcomes:

- Don't revise for the exam
- Try to figure out the work alone
- Ask a teacher or friend for help

The second step would be to list the pros and cons of each solution:

**Not revising**

- **Pros:** no need to do anything
- **Cons:** might fail the exam

**Figuring it out alone:**

- **Pros:** can start right away
- **Cons:** might be too difficult or make things worse

**Ask a teacher or friend for help:**

- **Pros:** someone to explain it, so a better chance of passing
- **Cons:** waiting for when they can help

The third step would be to choose the most practical solution. In this example, it looks like the last option has the best chances of success.

Once you've decided on a solution or a combination of the solutions, the fourth step is making a plan to carry it out – could you text or call your friend now? Could you ask your teacher for help when you next see them at school? Perhaps it would help to write yourself a reminder to do that.

The fifth step would involve recording your progress, reviewing your plans, and feeling good about your efforts. If you've put a plan in place, such as asking a teacher to help you study, it might help you to feel less worried about the exam, because you know that you will have more support and resources available to you soon. These steps are based around BBC Health's ['structured problem solving' worksheet](#), which you can use as a template:

In the video via this [link](#), Cyra Neave, Senior Clinician for Anna Freud's Schools Outreach team, provides a structure for you to start problem solving.

**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**

<b>Monday 27<sup>th</sup> January</b>	Year 11 Rural Geography Trip Holocaust Memorial Day
<b>Tuesday 28<sup>th</sup> January</b>	Year 8 Careers Option Event 'People Like Me'
<b>Wednesday 29<sup>th</sup> January</b>	Year 10 Parents' Consultations
<b>Thursday 30<sup>th</sup> January</b>	Music from Around the World Workshop
<b>Friday 31<sup>st</sup> January</b>	Sixth Form Classics Trip
<b>Monday 3<sup>rd</sup> February</b>	Children's Mental Health Week

<b>Wednesday 5<sup>th</sup> February</b>	Fairtrade Week
<b>Thursday 6<sup>th</sup> February</b>	KPS Online Meeting, 6:00 – 7:30pm 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
<b>Monday 10<sup>th</sup> February</b>	Year 11 GCSE PE Practicals
<b>Tuesday 11<sup>th</sup> February</b>	Safer Internet Day Year 13 A Level PE Practicals
<b>Wednesday 12<sup>th</sup> February</b>	Year 8 Parent Consultations
<b>Thursday 13<sup>th</sup> February</b>	Trustees P&R Committee, 4.30pm House Drama
<b>Friday 14<sup>th</sup> February</b>	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.


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## NEWS, NOTICES, COMPETITIONS AND EVENTS

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### MESSAGE FROM THE SCHOOL NURSING TEAM

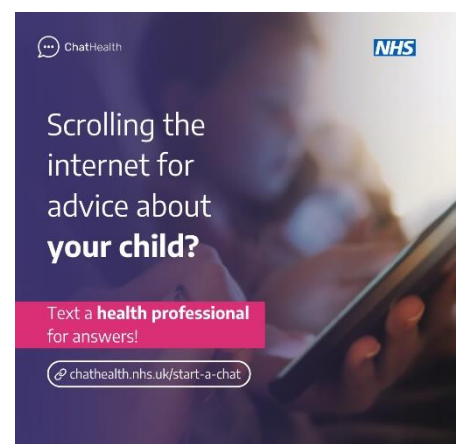
It's tough watching your child struggle. Whether it's settling back into school, health worries, or simply dark days making everything harder - help is here!

 Text our health professionals for confidential advice to support your child.

Text us at 07312 263194

Find help near you

 [chathealth.nhs.uk/start-a-chat](https://chathealth.nhs.uk/start-a-chat)




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### WHITLEY FOOD BANK – DONATIONS NEEDED

Thank you to the whole school community for the food bank collection we made in November/December. Sarah, and the families she supports through the Whitley Food Cupboard, were so grateful and we received a massive thank you card created by some of the students at Whitley Park Primary and Nursery School which has been on display in school

We raised money by raffling a life size cardboard cutout of Harry Styles to the students and a Christmas food hamper to staff, which is brilliant. The money we raise supports families in many ways including buying essential cooking equipment that they might need whilst in temporary accommodation, stock of the most essential items, food vouchers and meals in school whilst a child is waiting to register onto Free School Meals.

This term's donation window is now open and below are some key items that are needed: *Pasta and pasta sauces, cooking oil, noodles like pot noodles etc, toilet rolls, washing up liquid, cleaning products, washing detergent, sanitary products, shampoo and shower gel etc, cereal, cereal bars, Part baked rolls are also useful.*

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**ARRANGEMENTS FOR INCLEMENT WEATHER** In the case of inclement weather (such as snow), parents and carers will be sent an email by 7am to outline the arrangements for the school day. The website will also be updated. **If you do not receive an email, and the website is not updated, the school is open as normal.**

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**STUDENTS LEAVING SCHOOL FOR PRE-ARRANGEMENT APPOINTMENTS** If for any reason your child needs to leave school during the school day, for a medical appointment for example, they will need to be collected from Reception by a parent/carer. For safeguarding reasons, they will not be allowed to leave school unaccompanied. We also request written notification of such appointments via School Gateway or email to [admin@kendrick.reading.sch.uk](mailto:admin@kendrick.reading.sch.uk) in advance of such circumstances. Thank you.

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## **CAREERS GUIDANCE AND EVENTS**

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*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

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### **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.
- Learn more about our programme and how it's designed to help apprentices thrive.

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### **UNIVERSITY OF HERTFORDSHIRE ONLINE EVENTS**

Tuesday 28 January, 16:30 – Sport Taster Lecture: Learning Musculoskeletal Anatomy for Sports Courses

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**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.

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## 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 10<sup>th</sup> February 2025

**Time:** 17:30 - 18:30

**Location:** Online

Register via the link [here](#).

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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 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 28<sup>th</sup> 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 27<sup>th</sup> January 2025.

[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](mailto: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.*

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## PARENTPAY AND EVOLVE REMINDERS

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*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 – 12<sup>th</sup> 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)

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# **KENDRICK PARENTS' SOCIETY (KPS)**

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## **DROP-IN SESSIONS WITH MS KATTIRTZI**

**We had our first drop-in session for year 7 on Tuesday 21st January** with Ms. Kattirtzi and Ms Heath. It was well attended and seen good interaction. Thanks for **the attendees, and to Ms Kattirtzi and Ms Heath** for taking time and addressing queries in detail and enthusiastically.

**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**