

# Kendrick School - Weekly Update

Friday 7<sup>th</sup> March 2025

## LETTER FROM MS KATTIRTZI, HEADTEACHER

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To mark [International Women's Day](#) tomorrow, we had a whole school assembly this morning taken by members of the Kendrick Student Leaders and other Year 13 students. On the theme of *Accelerate Action*, the students spoke about the history of the women's movement, women's rights, as well as what more women need to do to achieve parity with men. Elsewhere in the school, there are displays and discussions taking place and at lunch time in the hall there were a range of activities organised to promote and raise awareness of women's actions and development. These included making rosettes in the colours of the suffragettes – white, purple and green, a word search, identifying women that inspire students, listing as many inspiring women as you can in a minute! Inakshi got 25, I managed 20!

This week I introduced the racial literacy training to all students which they will embark on in the coming weeks. The presentation they were shown contained a short video clip to explain the scope of the work and background to it. A video version for parents will be sent to you in a separate email communication which I hope will help you understand what we are doing in school and perhaps start some conversations at home with your children.

A Kendrick Parents' Society hosted drop-in with Year 10 and 11 parents with me and Mme Hulley took place on Tuesday evening. Thank you to the parents who joined us on the chat. At this stage students are established in their GCSE courses, with Year 11 getting closer to their summer exams. We talked about the importance of students finding balance in their studies and that we all need to support and encourage them during this time. Some parents asked about the courses the students are studying. Here is a [link](#) to all the GCSE course, boards and specifications that students in Years 10 and 11 have embarked on. On Wednesday evening we welcomed Year 9 parents to the Options talk led by Dr Perry, Assistant Head, who introduced the options process to the parents and Miss Hyde, Head of Key Stage 3, who spoke about school life and her observations of the year group as well as the general development of students, both pastoral and academic at this time. The evening was very well attended and parents showed, once again, how engaged they are in their child's education.

Finally, yesterday evening we hosted our career event called *Design Your Future* where around 35 employers visited the school to showcase their company and or profession for students to find out about. It was a busy and chatty event with so many students getting very excited about their future prospects and all the possibilities and opportunities there are available to them in these different workplaces and employment sectors. The exhibitors were all very impressed with the maturity, intelligence and politeness of the students and how very interested they were in the knowledge and information the employers had to share with them. It was wonderful to see parents with their children, as well as parents who were part of the companies represented and former students also working for these companies. The evening was enhanced by members of KPS attending and providing refreshments, including delicious samosas! Thank you to KPS. Also please add any more funds you can to the Own Clothes event last week, as the laser printer we are trying to buy just needs a bit more funding! See below in the KPS update.

On the website this week, is an article on the [Geography Innovation Challenge](#) that our students took part in last term at Reading School and won!

Wishing everyone a good 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 add 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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### WATCHING AND BROWSING ONLINE SOURCE [Internet Matters](#)

Children love streaming videos and browsing the web—it's a fun way to learn and relax. But it's important to guide them to safe, age-appropriate content.

This guide from Internet Matters will help you support children to agree to digital boundaries, make smart choices, and building healthy online habits.

[Internet Matters – Parents' Guide to Watching and Browing Online](#)

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### YOUNG VOICES DIGITAL GOODIE BAG

Young Voices has been working with the Reading Community Safety Partnership since 2023, when it launched its version of the Reading Community Safety and Serious Violence Strategy. Since this time, the project has been

involved in many events, including leading the first summit on online safety, and now convening work with senior leaders to explore safety in the public realm.

Below are several videos that have been created with Young Voices, involving the talents of starting Point and its young people.

- [The effects of sharing online](#)
- [Young Voices – What adults need to KNOW about online safety](#)
- [Young Voices – What adults need to ASK about online safety](#)

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## MENTAL HEALTH AND WELLBEING

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**THE IMPORTANCE OF GOOD SLEEP** The theme for **World Sleep Day on Friday 14<sup>th</sup> March** is **Make Sleep Health a Priority**. The scientific evidence is clear: your sleep is essential to health and wellbeing. Good sleep promotes wellness and resilience while poor sleep negatively impacts almost all aspects of your body and mind. Your sleep is just as important as nutrition and exercise!

### HOW TO FALL ASLEEP FASTER AND SLEEP BETTER [SOURCE NHS UK](#)

#### **Have good sleep routine (sleep hygiene)**

Having a regular routine helps to improve sleep. It's sometimes called sleep hygiene. A good sleep routine should include having a set time to start winding down – and a way to relax is important too. Going to bed and getting up at fixed times is another good sleep habit. Ideally, a sleep routine should be the same every day, including weekends.



#### **Relax, unwind and try meditation to help you sleep**

Remember, your sleep routine starts before you get into bed, so build in time every evening to relax. Avoid electronic devices at least an hour before bed, as mobiles, tablets and computers all throw out blue light that stops sleep. Reading, listening to soft music or a podcast, or sleep meditation can all help if you have trouble sleeping.

Try some guided meditation for sleep, like our Beditation relaxation video, or [read about how meditation can help with sleep](#).

#### **Try mindfulness for sleep**

Anxiety, worry and stress can affect how well we sleep. Luckily, there are things you can do daily to help manage your worries, like talking to someone you trust or writing in a notebook about your concerns. If you often lie awake worrying, set aside time before bed to make a to-do list for the next day – this can be a good way to put your mind at rest. Using techniques like reframing unhelpful thoughts might also help, which we cover in our [self-help CBT techniques](#) section along with other tips.

#### **Create the right sleep environment**

It's generally easier to drop off when it's quiet, dark and cool – although the right sleep environment is personal, so try different things and see what works for you. Silence is golden when it comes to sleep for many of us, so wearing earplugs, putting your phone on silent (or out of the room entirely) can keep things quiet. Good curtains or blinds can help to keep a room dark and avoid unwanted lights by keeping clocks out of view and phones facing down. Make sure your room is the right temperature for you and well ventilated, as a cool room is usually better to sleep in than a hot or stuffy one. Some people also find it helps to play music for sleep, such as ambient sounds like rainfall, gentle music or white noise.

#### **Do not force sleep**

If you're lying awake unable to sleep, do not try to force it. If you're tired and enjoying the feeling of resting, then sleep may naturally take over. But if you cannot sleep, get up and sit in a comfy place and do something relaxing, like reading a book or listening to quiet music. Only go back to bed when you feel sleepier.

## Improve sleep through diet and exercise

A good diet and regular physical exercise can help us to relax and get better sleep. And the opposite is also true: an unhealthy diet and lack of exercise can stop us from sleeping well. Avoid eating large meals close to bedtime. Try to also ditch the bedtime caffeine (like coffee), alcohol or nicotine if you can, because these are stimulants that make us more alert. Stimulants are a common cause of [sleep problems](#). The general advice is to avoid stimulants 1 to 2 hours before bed. Try it and see if things improve. Regular exercise helps with sleep, but avoid anything too energetic in the 90 minutes before bedtime if you find it stops you from sleeping. Find out more about the benefits of [being active for your mental health](#).

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## MENTAL HEALTH COFFEE MORNINGS IN READING SCHOOLS

Come and learn about mental health in a relaxed and informal setting. Understand how mental health might affect your child and learn practical tools to help you support your child through any mental health difficulties they may experience, whether short or long-term. These informal coffee mornings are run by Amanda Mavunga,

Reading MHST CAMHS Senior Clinician at BFFC. Amanda will deliver a presentation followed by an opportunity to ask questions. You can attend any session, even if your child does not attend the hosting school.

DATE/TIME	SUBJECT	SCHOOL
8 May 2025, 1-3pm	Managing behaviour	Park Lane Primary School
12 May 2025, 9.15-11.15am	Autism and anxiety	Whitley Park Primary and Nursery School
<b>Half term</b>		
16 June 2025, 1-3pm	Self harm	Whitley Park Primary and Nursery School
19 June 2025, 1-3pm	Phobias	Caversham Park Primary School
26 June 2025, 9.15-11.15am	Transition	Park Lane Primary School
4 July 2025, 9.15-11.15am	Understanding Berkshire CAMHS and neurodiversity service processes	Churchend Primary Academy
9 July 2025, 1-3pm	Transition	Caversham Park Primary School
14 July 2025, 1-3pm	Support with growing up, mood and hormone changes	Park Lane Primary School

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## KENDRICK SCHOOL WELLBEING

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

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## SCHOOL CALENDAR FOR TERM 4, 2024-25

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<b>Monday 10<sup>th</sup> March</b>	Kendrick Student Leaders (KSL) voting opens (students only)
<b>Tuesday 11<sup>th</sup> March</b>	Year 9 Parents' Consultation
<b>Wednesday 12<sup>th</sup> March</b>	Community Day Air Ambulance Concert Year 11 German trip to Reading University
<b>Thursday 13<sup>th</sup> March</b>	Year 13 Leavers photo
<b>Friday 14<sup>th</sup> March</b>	KSL Voting closes
<b>Tuesday 18<sup>th</sup> March</b>	Year 12 Maths trip to The Hexagon
<b>Wednesday 19<sup>th</sup> March</b>	Year 12 Geography Coasts trip
<b>Thursday 20<sup>th</sup> March</b>	A Level Music Performances
<b>Friday 21<sup>st</sup> March</b>	KPS Disco for Year 8 & 9
<b>Tuesday 25<sup>th</sup> March</b>	Profiling Day
<b>Wednesday 26<sup>th</sup> March</b>	A Level Biology trip to Oxford

**Friday 28<sup>th</sup> March**

Trustee Day

Year 11 English trip to London - The Shakespeare Globe

**Tuesday 1<sup>st</sup> April**

Spring Concert

KPS Sixth Form Online Drop In with Ms Kattirtzi

**Wednesday 2<sup>nd</sup> April**

Year 13 Celebration Day

**Thursday 3<sup>rd</sup> April**

Year 11 Celebration Day

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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**COMMUNITY DAY – WEDNESDAY 12TH MARCH 2025** We are excited to announce our KSL Community Day on Wednesday 12th March. This is a day designed to celebrate different cultures, backgrounds and traditions.

First and foremost this is a day to appreciate and learn something new about the world around us. We want everyone to feel included. At first break we will be doing chalk and rangoli drawings where we will be sharing greetings in multiple languages. Then we will have a cultural exhibition at lunch to educate ourselves about unique aspects of different cultures for example festivals, arts and ornaments.

We would like to give people the opportunity to wear clothes from any culture they'd like to learn about or explore. We will be providing ideas for people so that this event is accessible to all. We will also include diverse music, food (with no nuts as we have a no nut policy in school) and henna stalls. If a student has any concerns or would like chat about what they could wear please feel free to contact us. This initiative supports and complements the school's work on racial literacy training which Ms Kattirtzi has been talking to students about this week.

*The KSL Community Committee*

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**STEP UP TO SOCIAL WORK – APPLICATIONS NOW OPEN** Applications are now open for the 2026 step up to social work programme – an intensive, 14-month, full-time programme with a focus on child and family social work. If you want to become a social worker but do not have a degree in social work, you can train through this programme. Full details can be found on [the gov.uk website](https://www.gov.uk).

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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.*

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### [ALL YEAR GROUPS] NUMBERS THAT MATTER - A CAREER AS AN ACTUARY

**Thursday 13th March (After School, 3:45–4:45pm) at Reading School**

Nicholas Lax (OR 1995-2000), an actuary at Pacific Life Re, has worked across the UK, France and Germany, using maths and data to make critical financial predictions in the global insurance industry.

In this talk, Nick will share his journey from studying Maths to leading research and development in reinsurance, offering valuable insights into the actuarial profession and its real-world impact. He will explore how analytical skills translate into global career opportunities and the importance of adaptability in a rapidly evolving industry. Register here: [Inspire Lecture: Numbers That Matter - A Career as an Actuary | Events | Reading School Alumni Society](#)

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### [YEAR 10 OR ABOVE] THE QUEST FOR THE WORLD'S HIGHEST MAGNETIC FIELD

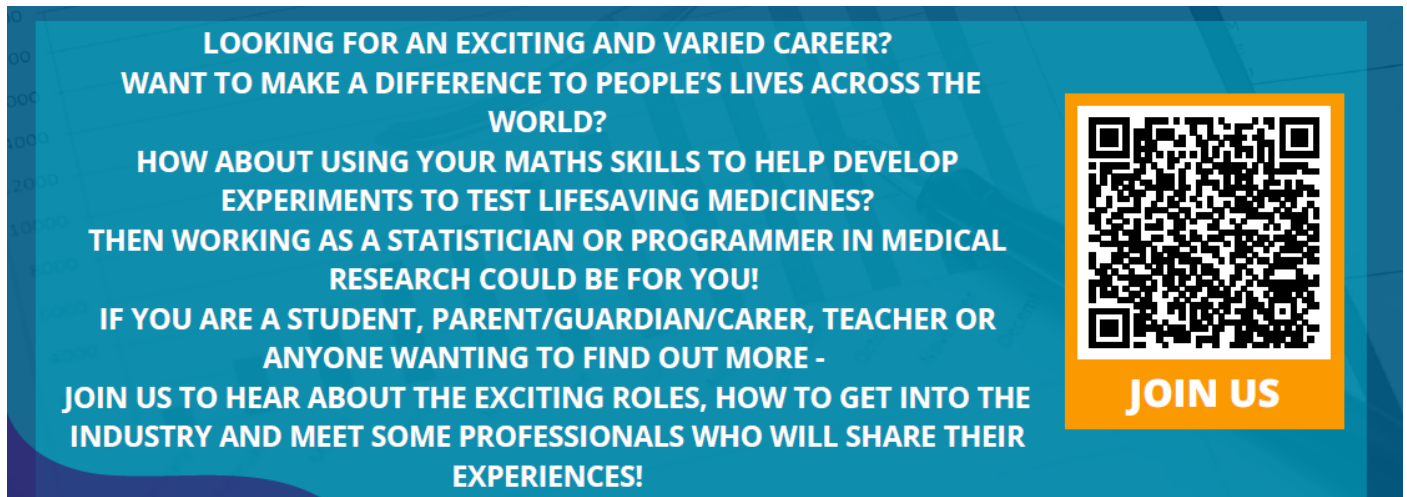
## Tuesday 18th March (After School, 3:45–4:45pm)

Dr James Ellison (ETH Zurich) will showcase cutting-edge research into compact HTS magnets and their potential applications in energy storage, battery research and carbon capture. He will also share insights into his journey from Cambridge to ETH Zurich, exploring how advancements in magnet technology could shape the future of science and sustainability. Register here: [Inspire Lecture: The quest for the world's highest magnetic field | Events | Reading School Alumni Society](#)

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## MATHS MEETS MEDICINE – EXPLORING CAREERS IN THE PHARMACEUTICAL INDUSTRY

11<sup>th</sup> March, 5pm to 7pm



LOOKING FOR AN EXCITING AND VARIED CAREER?  
WANT TO MAKE A DIFFERENCE TO PEOPLE'S LIVES ACROSS THE  
WORLD?  
HOW ABOUT USING YOUR MATHS SKILLS TO HELP DEVELOP  
EXPERIMENTS TO TEST LIFESAVING MEDICINES?  
THEN WORKING AS A STATISTICIAN OR PROGRAMMER IN MEDICAL  
RESEARCH COULD BE FOR YOU!  
IF YOU ARE A STUDENT, PARENT/GUARDIAN/CARER, TEACHER OR  
ANYONE WANTING TO FIND OUT MORE -  
JOIN US TO HEAR ABOUT THE EXCITING ROLES, HOW TO GET INTO THE  
INDUSTRY AND MEET SOME PROFESSIONALS WHO WILL SHARE THEIR  
EXPERIENCES!

JOIN US

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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.

[Chemistry Teacher](#) for September 2025. Deadline for applications 9am Monday 24th March 2025

[Science Teacher for Terms 5&6](#). 0.5 FTE. Short term contract. Deadline for applications 9am Monday 24th March 2025

[Physics Teacher](#) for September 2025 to cover a maternity leave for a year. Deadline for applications 9am Monday 24th March 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 7<sup>th</sup> March 2025.

*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 10 and 11 GCSE English set text contributions  
Year 12 and 13 A level English set text contributions  
Year 10 2025 MFL trip to France or Germany instalments  
KPS Own Clothes Day – 27<sup>th</sup> February 2025

### EVOLVEPAY

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

Year 12 and Year 13 French BFI visit – February 2025  
Year 13 Spanish BFI visit – February 2025  
Year 11 English Macbeth trip – March 2025  
Year 8 Bushcraft -May 2025  
Year 12 Hengistbury Head – March 2025  
Year 12 Work Experience June 2025

### EVOLVESHOP

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

GCSE Drama set text (The Crucible, Arthur Miller)  
Year 9 and Year 10 French and German plays  
Air Ambulance Concert- Wednesday 12<sup>th</sup> March 2025

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## KENDRICK PARENTS' SOCIETY (KPS)

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### KPS REFRESHMENTS @ CAREER FAIR

The Career Fair was a fantastic evening, full of energy and excitement, with students and parents keen to gather information from different companies. It was great to see so many curious faces, eager to learn and explore career options.

As a small gesture of appreciation, KPS offered free tea and coffee to company representatives. We also sold refreshments, including delicious samosas, to attendees. Thanks to everyone's support, we raised £345 (after expenses)—a great contribution towards future KPS activities.

A big thank you to everyone who helped (the Volunteers and KPS Team). Your support made the event even more special!

### KPS OWN CLOTHES DAY – THANK YOU!

A big thank you to all the students and parents for supporting KPS Own Clothes Day! Now we raised over £1000, and this wouldn't have been possible with your help! Funds raised will go towards purchasing a laser engraving/cutting machine for the Technology Department (which is around £3000), helping to enhance students' learning experiences. If you haven't had a chance to contribute yet, the ParentPay link is open until Monday, so there's still time to support this great cause!

### PRE-LOVED UNIFORM SHOP

We had a very quiet morning on 1<sup>st</sup> of March and made sales of £44. Our next opening will be on **Saturday 26<sup>th</sup> April 2024, 9am - 11am in the Conservatory**. Please note that donation point has been moved to the outside of library.

## DROP-IN SESSIONS

The session for Year 10 and Year 11 was held on Tuesday 4th March with Ms Kattirtzi and Mme Hulley. Few parents took advantage of this opportunity. The sessions questions were mostly around the GCSE options, how to prepare for the exams, internships, job experiences, etc.

Year Group: 6<sup>th</sup> form (Year 12 and Year 13) with Ms Kattirtzi and Mrs Hearn

Date: Tuesday 1<sup>st</sup> April

Time: 5:30 pm to 6:30 pm

Google meeting link: please follow the link provided in the email from school (meeting links will be circulated nearer the date)

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.

## VOLUNTEERING OPPORTUNITIES AT KPS

### KPS Events and Refreshments Volunteers

As you are aware, we run many events and 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