

# Kendrick School - Weekly Update

## Friday 28<sup>th</sup> February 2025

### LETTER FROM MS KATTIRTZI, HEADTEACHER

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I hope everyone enjoyed a pleasant half term and managed to have some rest and relaxation ready to embark on the second half of the academic year.

We started the week with Year 13 taking their mock examinations, an important time that marks the very near completion of their A Levels courses. I don't think we can underestimate the pressure and stress on students who are taking public exams, both in Year 11 and Year 13. These exams matter a lot to them and for Year 13 may determine their future plans. Talking to several Year 11 students recently and prospective Sixth Form students this week, I am aware of the way they are all looking positively to the future, but at the same time trying to manage the anxiety they feel as this intense period of revision and exams approaches. As the adults in their lives, we must collectively support and encourage our students in everything they are doing now and in the next few months. I am sure parents are talking with their children about how they are managing the stress and workload and adjusting routines in their family life.

The Kendrick Careers Fair, *Design your Future*, is taking place next week on Thursday 6<sup>th</sup> March, 4.30pm-7.00pm in the school hall. Between 30-40 employers will be attending who will be able to talk to students about their professions and the companies or organisations they represent. There is a whole range of careers represented, and I hope students and parents from Years 9-13 will come along and engage with these employers. We have room for more employers to join us, and if your company wishes to attend to represent a profession or employment sector, we are happy for you to contact us. Please email our Careers Coordinator, Mrs McManus [cmcmanus@kendrick.reading.sch.uk](mailto:cmcmanus@kendrick.reading.sch.uk) Kendrick Parents' Society has kindly offered to provide refreshments for the evening so if parents are coming straight from work there will be some hot drinks and samosas to eat.

Ever active with fund raising for Kendrick, we had an Own Clothes Day this week to raise funds for KPS. The focus of this fund raiser was to buy a laser cut engraving printer for the Technology Department, a piece of equipment that the students and staff would love to have and would enhance their creative work in this subject area. The cost of the printer is around £3k, a bit more than the money raised for the Own Clothes Day, so if you have paid your minimum contribution of £2 for the Own Clothes Day, perhaps you could stretch that to £5. Looking ahead, the annual KPS raffle is scheduled to be launched at the end of April with the draw in May. This year the focus of the funds will be on raising money to buy equipment to enhance our sound and lighting in the hall and in the Drama Studio. Those of us who were fortunate enough to come to House Drama earlier in the month and the production of *Into the Woods* last autumn, will know that money spent in this area would enhance the creative talents of our students.

On the website are a couple of articles of student achievements and activities. Well done to our KS3 students involved in the [UKMT Team Maths Challenge](#). We have also had some success at Badminton competitions this week, which we will hear more about in due course. You can also read about our recent Widening Horizons workshops [here](#).

Finally, back in January on the Staff Inset Day, I mentioned that staff undertook some racial literacy training. This work is now being extended to the student body. Over the next few weeks all students will undertake racial literacy training as part of our school inclusion and diversity strategy. The purpose of this training is to learn and know more about different ethnic groups and their experiences. The first module in the training begins with the experiences of the Black Heritage community, followed next year by South Asian experiences, then Chinese. Further modules are being planned. The organisation we are working with in this work is [Hemisphere Education](#) and in the next couple of weeks, I will send parents an information video about the training we have all had so far.

As many people will know today is the start of Ramadan, the holiest month in Islam, a period marked by fasting, prayer and charity when Muslims abstain from food and drink from dawn to dusk. To our Muslim students and families, I wish you, Ramadan Mubarek.

Please continue to read the very useful articles and information below.

Best wishes for the 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 **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 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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### THE DISTURBING RISE OF KETAMINE ABUSE AMONG YOUNG PEOPLE SOURCE [BBC News](#)

On BBC News is an article on the worrying rise of ketamine abuse among young people, some as young as 11 years old, which you can read [here](#).

## **Ketamine: What parents need to know**

Ketamine, a powerful horse tranquilizer and anaesthetic, is an increasingly popular recreational drug of choice for teenagers, according to the latest government crime survey for England and Wales.

The proportion of 16 to 24-year-olds using the drug [rose in 2017-2018 from 1.2 percent to 3.1 percent](#), the highest figure since records began in 2006-2007.

### **What should parents know about the drug?**

Ketamine is an illegal, Class B drug. Possession carries a five- year prison sentence. Dealing carries a 14 year sentence.

No one should take the drug. However, you may not be able to stop your children coming into contact with it. Being informed could help them make the right decisions if they do.

Wendy Teasdill's 18-year-old daughter, Eleanor, [died after taking ketamine at a festival](#). She offers some advice to parents and carers below:

#### **1. Don't assume your child won't take ketamine**

"Don't rule out your own young person because any of them can take it.

"The attitude of 'my child wouldn't do that' is unfortunately blinkered, misguided, and self-delusional.

"Unfortunately I was very deluded. I never thought my daughter would take ketamine, and she did."

#### **2. Accessing ketamine is easier than you think**

"It's important to know that children are not necessarily going to be going to dodgy dealers hanging outside the school gates.

"They can all get access to these things through their phones, through the dark net. Or it could be through a friend of a friend. It's normalised.

"It's not something which to them seems different, it's actually quite normal and a lot of people are doing it.

"That's been the horrifying revelation to me, actually. I didn't know anything about this before."

#### **3. Ketamine and alcohol don't mix**

"I think it's important for it to be widely known that alcohol and ketamine do not mix.

"That's how Eleanor died. I'm sure she was particularly sensitive and it was particularly strong ketamine, unadulterated.

"But she only had enough beer, had she been driving, to be just a little bit over the limit."

#### **4. Ketamine has no visible signs**

"It used to be if you wanted to know if your child was smoking pot in their bedroom, you'd look for bloodshot eyes, you would be able to smell it.

"Those clues aren't there [with ketamine]. They can take it and be done with it in quite a short space of time.

"You can't smell it, there's nothing to show. There are no visible signs."

#### **5. Keep talking to your child**

"Not in the way of 'don't do drugs kids', 'say no', which of course are very valid messages, but it doesn't really work with young people. If you say 'don't do something' they are like 'bring it on, let's do it, let's try it out'.

"Don't talk to them as if they are stupid, talk to them with information or ask them questions.

"Let them take the lead, let them think for themselves. Interact but don't ignore."

Further advice for parents from Professor Celia Morgan, Professor of Psychopharmacology at the University of Exeter can be found [here](#).

Information about Ketamine from Talk to Frank can be found [here](#)

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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!

Below are some top tips from the [TeenSleepHub](#) on how you can help your teen with their sleep.



- **Emphasise the importance of sleep** and that it improves memory and performance. Teens need at least eight hours' sleep on school nights.
- **Encourage regular exercise** – 20 minutes three times a week will help.
- **Suggest they drink less caffeine** (in cola and energy drinks as well as tea and coffee). Too much caffeine stops them falling asleep and prevents deep sleep.
- **Point out that eating too much or too little close to bedtime** – an over full or empty stomach – may prevent sleep onset, or cause discomfort throughout the night.
- **Try and get your teen into a good bed routine** – suggest that doing the same things in the same order before going to sleep can help.
- **Eliminate electronic devices from the bedroom.** If this isn't possible, try to zone areas of the room for work, leisure and sleep.
- **Ensure a good sleep environment** – a room that is dark, cool, quiet, safe and comfortable.
- **Make sure your teenager has a comfortable bed.** It may be time to get a new one – and encourage him or her to choose it themselves.

Remember, habits learned in adolescence often become lifetime habits – so make sure good sleep habits are learned early.

## 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

## 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>Saturday 1<sup>st</sup> March</b>	KPS Pre-Loved Uniform Sale (see KPS news below)
<b>Tuesday 4<sup>th</sup> March</b>	KPS Online Drop In with Ms Kattirtzi and Miss Hyde (see KPS news below)
<b>Wednesday 5<sup>th</sup> March</b>	Sixth Form Computing trip to Bletchley Park Year 9 Options Evening
<b>Thursday 6<sup>th</sup> March</b>	World Book Day Design Your Future Careers Event at Kendrick School
<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>	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
<b>Friday 28<sup>th</sup> March</b>	Trustee Day Year 11 English trip to London - The Shakespeare Globe
<b>Tuesday 1<sup>st</sup> April</b>	Spring Concert KPS Sixth Form Online Drop In with Ms Kattirtzi
<b>Wednesday 2<sup>nd</sup> April</b>	Year 13 Celebration Day
<b>Thursday 3<sup>rd</sup> April</b>	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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**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](mailto:library@kendrick.reading.sch.uk)

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

## DESIGN YOUR FUTURE CAREERS EVENT

**Kendrick School**

in conjunction with  
**Learning to Work**

**DESIGN YOUR FUTURE**

An exciting opportunity for students and their parents to meet and talk to professionals from a wide range of career paths

**WHEN**  
**Thursday 6th March 2025**  
**4.30pm to 7.00pm**

**WHERE**  
**Kendrick School Hall**

**BESPOKE CAREERS EVENT EXCLUSIVELY FOR KENDRICK STUDENTS AND THEIR PARENTS IN YEARS 9 AND ABOVE**

Learn about specific sectors, job roles and career paths

Discover post-16 options

Explore work experience opportunities

Hear insights from high-profile local employers

Investigate career entry pathways, including qualifications, degrees, and apprenticeships

*We look forward to seeing you there!*

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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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**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.

[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 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  
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

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## KENDRICK PARENTS' SOCIETY (KPS)

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### KPS OWN CLOTHES DAY – THANK YOU!

A big thank you to all the students and parents for supporting **KPS Own Clothes Day!** It was fantastic to see everyone getting involved, and the lovely weather made it even more enjoyable.

Funds raised will go towards purchasing a **laser engraving/cutting machine** for the Technology Department, helping to enhance students' learning experiences.

If you haven't had a chance to contribute yet, the **ParentPay link is open until next Wednesday**, so there's still time to support this great cause!

## PRE-LOVED UNIFORM SHOP

Our next opening will be on **Saturday 1<sup>st</sup> March 2025, 9am - 11am in the Conservatory**.

Please note that donation point has been moved to the outside of library.

## DROP-IN SESSIONS WITH MS KATTIRTZI

Next session is for Year 10 and Year 11: Tuesday 4th March with Ms Kattirtzi and Mme Hulley

Year Group: Years 10 & 11

Date: Tuesday 4th March

Time: 5:30 pm to 6:30 pm

Google meeting link: To join the video meeting please use the link sent in an email to you.

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:

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

## URGENT REQUEST – MORE COMPANIES NEEDED FOR KENDRICK CAREERS FAIR NEXT THURSDAY!

We need your help! The **Kendrick Careers Fair next week** is a fantastic opportunity for our **Years 9-13 students**, and while there are many companies confirmed, as requested by Ms Kattirtzi, we would love a few more to make it even more impactful. Could you or your company participate? If so, please **volunteer** and help inspire our students!

Could you or your company participate? If so, please **volunteer** and help inspire our students!

**Rachael Burt** – [r.burt@learningtowork.org.uk](mailto:r.burt@learningtowork.org.uk)

**Candace McManus** – [cmcmanus@kendrick.reading.sch.uk](mailto:cmcmanus@kendrick.reading.sch.uk)

Please consider getting involved or passing this on to anyone who might be able to help. **Your support can make a real difference!**

## 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**