

St Andrew the Apostle School Weekly Newsletter



Be kind to one another, forgiving one another, as God forgave you. Ephesians 4:32

19 April 2024

Sixth Form News

Year 13 are weeks away from starting their A level exams and are working incredibly hard to secure their first-choice university offers. On Thursday, Elevate Education held a workshop to help them think about the most effective revision skills and techniques for managing time pressure and stress. The coordinator was excellent at helping them reflect on what they had achieved so far, and his energy and sense of humour gave them a much-needed boost.

Ms Bicarregui | Head of Sixth Form



Sporting Alumni – Vivienne Lia

Having made her debut for Arsenal Women's senior team in the Conti Cup Quarter Final in February, recent STA alumna Vivienne Lia was part of the Arsenal squad who triumphed 1-0 against Chelsea in extra time in the recent Conti Cup final. Aged just 17, Vivienne is already making a name for herself in the women's game with her skill and athleticism and commentators have already suggested that she could be a very bright prospect for the England team in years to come.



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It's been a typically action-packed first week back.

Message from the Headteacher

Fresh from attending intervention sessions in school last week, Year 11 and 13 have hit the ground running with public examinations imminent.

Deacon Gregory from St Mary's Wood Green visited us on Tuesday and delivered an excellent presentation on managing anxiety from a prayerful Christian perspective. Both Yr 10, who have internal exams starting soon, and of course Year 11, very much enjoyed the practical advice on offer, as well as discovering that Deacon Gregory is named after the famous Byzantine theologian Gregory Palamas! Both Year 10, who have internal exams starting soon, and of course Year 11, very much enjoyed the practical advice on offer, as well as discovering that Deacon Gregory is named after the famous Byzantine theologian Gregory Palamas!

Year 13 had an excellent session on exam revision with Elevate Education, which proved highly productive.

It was wonderful to see Vivienne Lia, our recent footballing alumna, collect a Conti Cup winner's medal at the end of March. Vivienne burst into the Arsenal Women's senior team as recently as February and her progress has been nothing short of remarkable. An England call up can't be far off now!

On Tuesday evening I greatly enjoyed meeting Nikos Christodoulides, the President of Cyprus, and His Eminence, Archbishop Nikitas, as the guest of the Greek Cypriot Brotherhood, who were celebrating their 90th anniversary. The Chair of our Local Governing Board, Mary Karaolis OBE, and her family were very gracious hosts and it was wonderful to hear about the work the Brotherhood has done over the past, to help Greek Cypriot families to settle successfully in the UK, and more recently to campaign for the reunification of Cyprus in line with the UN resolution.

The new school building is proceeding at a rapid pace, with the piling for the main school building now almost completed.

If you know of friends or family members who are not happy with their allocated school choice for September please let them know about us - we are conducting tours again and we would be delighted to show them around.

Philip Hills

Exam Stress, Workload and Spirituality

Deacon Gregory explaining how to use prayer and healthy spiritual relationships to manage exam stress and workload, which can be found [here](#).



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90th Anniversary of the Greek Cypriot Brotherhood Celebrations

Right: our Head teacher Dr Hills with His Excellency Mr Nikos Christodoulides, President of Cyprus.

Below: His Eminence Archbishop Nikitas, Dr Hills, Mrs Mary Karaolis OBE, Chair of our Local Governing Board and Archdeacon George, School Governor.



Faith



Saint Mary of Egypt, Sunday 21 April

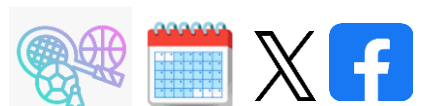
On this day we honour the memory of our Venerable Mother Mary of Egypt, who is celebrated on the 1st of April. As the Horologion says: "It was also established for today, as we approach the end of Holy Lent, to arouse the idle and sinful towards repentance, having as an example the celebrated Saint."

Venerable Mary the Egyptian, together with Venerable Pelagia, Venerable Moses the Ethiopian, the sacred Augustine and others, are living examples of the power of repentance. People who were immersed in the mire of sin up to their necks, who later attained the purity of Angels! How great is the power of the Grace of God: let us not despair, no matter how much we have immersed ourselves in sin. We are able once again to become thoroughly made clean, just as we were after our Baptism. All we have to do is repent!

Our Church chants today:

"Having escaped the gloom of sin, O blest Mary, and shining brightly with the light of repentance, thou didst present thy heart to Christ, O glorious one, bringing Him His Holy and all-immaculate Mother as a greatly merciful and most bold intercessor. Hence, thou hast found the pardon of thy sins and with the Angels rejoicest for evermore."

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Root word of the week

Dia: (Greek = across/through/completely)

Diaspora (scattering of peoples across the world)



Diaphanous (allowing light through)

Diametrically (completely in opposition)



Talking Teens
Parent Group

Information
for parents
and carers



Supporting Children and Young People's
Wellbeing and Mental Health Service

Click here to read the latest Easter edition:



Seeking the views of Young People on your Parks and Open Spaces

We would love to hear from young people (11-18) who live, study, visit or work in Barnet. Responses will inform the new Parks and Open Spaces Strategy. The survey is open until 20 May and respondents can enter into a prize draw to win 1 of 5 £20 Love2Shop Vouchers.

The survey can be found [here](#) and more information about the strategy and other engagement is [here](#).

Emily Keenan
Principal Consultant
CFP Landscape & Heritage

Child and Family Early Help Girls & Boys Group

Please see the [attached flyer](#) for the Child and Family Early Help Girls Group. Please see flyer here for the [Boy's Group](#).

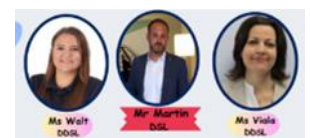
Makeda Hypolite
Advanced Practitioner - East/Central
Child and Family Early Help 0-19

Exams are often a source of stress for young people. This blog explains how parents can help their children cope with exam pressure and achieve their potential, while also protecting their mental health.

[Parents' Guide To Supporting Children At Exam Time](#)

Safeguarding

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