

Student Newsletter No 7
St Andrew the Apostle
Greek Orthodox School



Dear Students/Parents/Carers,

As we complete another week of distance learning, I want to thank you our students and our staff for your hard work over this period. Heads of Year have been tracking learning and all have said how pleased they are with the vast majority of students' efforts. It looks like in the week ahead, we will be given a little more information as to the future reopening of schools and we are busy modelling different alternatives depending on what is announced. It will more than likely be some sort of phased return for

certain year groups. When we know more we will pass on this information, but rest assured that we will do everything that we can to try and ensure that there is a smooth transition back into school.

While the nationwide lock-down and social distancing policies continue, parents and carers may be interested in the advice and guidance published in our weekly newsletter as well as the school's website and Twitter stream.

Finally, to all our parents if your child is ill or otherwise unable to complete distant learning tasks set, please do let us know so that class teachers and the relevant pastoral staff are aware. Thank you.

As we come to the end of another week of Lockdown, I thought it would be nice to finish with a reflection. This poem was written in 1869 by Kathleen O' Mara but reprinted in 1919 during the Spanish Flu Pandemic. Like then, may we all experience a time of healing.

Stay safe and be kind.

**'And People Stayed Home' –
Kathleen O'Meara.
Written 1869**

And people stayed home
And read books and listened
And rested and exercised
And made art and played
And learned new ways of being
And stopped
And listened deeper
Someone meditated
Someone prayed
Someone danced
Someone met their shadow
And people began to think differently
And people healed

And in the absence of people who lived in ignorant ways
Dangerous, meaningless and heartless,
Even the earth began to heal
And when the danger ended
And people found each other
Grieved for the dead people
And they made new choices
And dreamed of new visions
And created new ways of life
And healed the earth completely
Just as they were healed themselves.

Take care and have a good weekend,
Michael Vassiliou, Headteacher – Acting

Obituary - In Loving Memory of St Andrew the Apostle School's Chair of Governors Yiannis Pareas



It is with great sadness that we announce the death, recently, of Yiannis Pareas. Although healthy and strong, he was another victim of Covid 19.

An architect by profession, he was also an artist, potter, sculptor and classicist. In recent years he was learning to play the piano which he took passionately to, as he did to everything. He believed passionately in the re-unification of Cyprus and the human rights of Cypriots. In recent years, his greatest passion outside his family and Cyprus has been his role in the creation and success of Britain's first maintained Greek Orthodox secondary school, St Andrew the Apostle Greek Orthodox School in Barnet.

St Andrew would simply not exist without Yiannis's vision and drive. He personally approached the Russell Education Trust and the Church to convince them that the Free Schools legislation could be used to open the first maintained Greek Orthodox secondary school in Britain. Yiannis led the group which, back in 2011/12, fought so hard to establish the school. Many of us involved in that period, including community members, the Archdiocese, local MPs, senior officials and at least two Ministers of State for Education, felt that we had been propelled along by the sheer strength of Yiannis's Christian faith and his belief in the project. When St Andrew finally opened in 2013, he was the natural choice to be

the founding Chair of Governors; a post he held until his death last week. He was delighted that the school was so popular with the local community and was judged 'Outstanding' by Ofsted. The school's exceptional GCSE exam results were also for him a source of real pride. His tireless efforts were further rewarded recently with final confirmation of a permanent site for the school and funding from the Department for Education for a state of the art school building.

Born in Limassol Cyprus in 1949, as a child he lived 3 years of his life in Nigeria with his parents. He came to London in 1968 to study architecture and stayed to build up a successful career in his field. He has a huge family and an enormous number of friends old and new in Cyprus who all remember him for his multi-faceted interests, sense of humour and smiling face. He married his wife Marina in 1988, and was a devoted husband and father.

Yiannis was a kind and considerate man with perfect manners. He charmed those around him into sharing his passions and beliefs. He took his role as Chair of Governors at St Andrew particularly seriously and visited the school often, taking a very keen interest in the quality of provision for all students. He was determined that, in addition to the usual curriculum, St Andrew's students should have the opportunity to develop an understanding of what Greece, both modern and classical, has contributed to our civilisation. Yiannis played a full part in ensuring that the ethos of St Andrew was grounded in the Greek Orthodox faith; and that the Church and its priests played an integrated role in the life of the school. His sense of social responsibility and desire to put students' best interests first were at the heart of all he did; his involvement blessed the school and community in myriad ways. His Eminence Archbishop Nikitas said "It was with great sadness and shock that I was informed of the untimely passing of Yiannis. This is a great loss not only for the school but the community at large; when we lose people of such stature, the world becomes a poorer place. May God rest his soul and we pray for his family that they are able to remain strong".

Yiannis leaves behind his wife Marina and his daughters Alik, Stella and Anna-Maria as well as the members of his wider family, friends and many acquaintances both in the Greek Cypriot and the wider community of north London and the community in Cyprus.

Given the current national emergency, it is unlikely that anyone other than immediate family will be permitted to attend the funeral. But it is the families and St Andrew's intention to hold a celebration of his life as soon as it is practicably possible.

Karen Lynch - Chair of the Russell Education Trust

Michael Vassiliou - Headteacher of St Andrew the Apostle Greek Orthodox School

St Andrew the Apostle - Thoughts for the Week

Bible Readings and Prayers for this time:



Psalm 42

I say to God my Rock,
 “Why have you forgotten me?
 Why must I go about mourning,
 oppressed by the enemy?”
 My bones suffer mortal agony
 as my foes taunt me,
 saying to me all day long,
 “Where is your God?”
 Why, my soul, are you downcast?
 Why so disturbed within me?
 Put your hope in God,
 for I will yet praise him,
 my Saviour and my God.

A Prayer

Father God

You are fully trustworthy. You are All-Powerful. You are Able. You are Lord over every situation no matter how difficult it may seem. You are Healer and will never waste the grief we carry today. You will use all things for good in some way. Anything is possible with you. Nothing is too difficult for you.

We pray for those who grieve today. We ask for your comfort to surround those who weep. We pray for the peace of your presence to cover our minds and thoughts, as you remind us, the enemy can never steal us out of your hands. He never has the final say over our lives. We are kept safe in your presence forever.

Amen

Theme for the Week – Week Beginning 4th May

Theme of the week	Key Dates/Events	Bible Quotation	Inspirational Quotation	Questions to consider
Respect: The value of honouring those who fight for the freedom of others.	8 th May – VE Day	“Blessed are the peacemakers for they shall be called the children of God.” – Matthew 5:9	“I have nothing to offer but blood, toil, tears and sweat.” – Winston Churchill	Do you know anyone who has fought in war? Why is their sacrifice so great? How should we honour those who have done this?

The Literacy Shed

The elderly man has an old suitcase filled with the old man's memories - small shoes, war medals, a silk handkerchief, gold ring, b/w wedding photograph, etc.

You could always play this video with the IWB turned off so you can only hear the music... Why not create a 'photo diary' of memories – you can use stills from the animation or draw your own photos. Write captions in character to go with each picture.



It is an ideal film for inspiring a story using flashbacks and flash-forwards. Can you describe the setting and action and then change the place and time using text signposts?

We have resources and added some classifications to the films such as KS1, KS2, KS2+ and KS3, these are guidelines only, so it is for all years!

<https://www.literacyshed.com/piano.html>

Free Audio Books

For as long as schools audible closed, are open. Right now, kids everywhere can instantly stream an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids.



https://stories.audible.com/start-listen?pf_rd_p=9f8048ea-2406-4b85-9c7a-9b824e792bd1&pf_rd_r=C77XYC1YK64BMC20ZGNJ&ref=a_hp_c2_banner_img_0

Music of the Week

Quattro - John Digweed

The combination of downtempo, emotional beats glowing with an idyllic wave-esque feel with contrast of occasional, ominous nightfall ambience allows this to boldly stand-out: despite the different approach to all the discs, Quattro progresses smoothly and delightfully from one disc to the other.

Click and listen to his amazing album and many more released tracks!



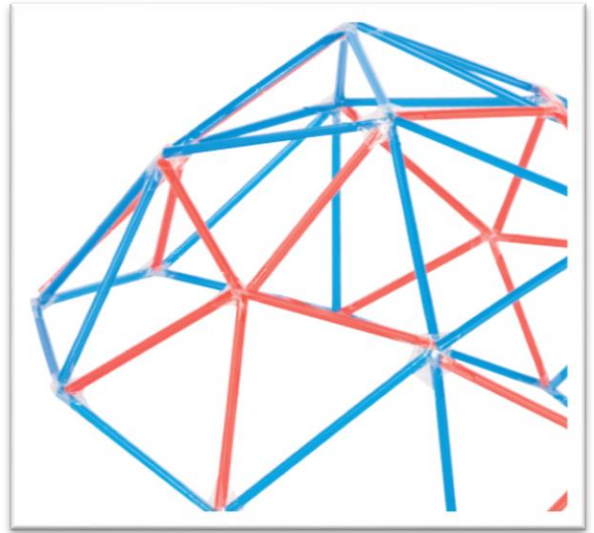
https://open.spotify.com/album/2oykg5uH0PtAV3Pzl2isXE?si=e-hAOynTCSV2PoJ1_tI6A

Science Museum Group - Build a Dome at Home

Many structures are built around frameworks made of straight, rigid pieces of wood or metal, called members, connected together. Forces generated in the members support the structure.

In this activity, drinking straws are used as members, to make a self-supporting dome.

Try this out and make your own structure and make it as tall as you want.



<https://learning.sciencemuseumgroup.org.uk/resources/build-a-dome/>

National History Museum - How to Make a T. Rex Origami Dinosaur

Follow this easy image step by step guide and make a T. Rex Origami dinosaur.

We have provided PDFs of the patterned paper featured in the images for you to print and cut out, but you can also use plain paper and decorate it at the end.

<https://www.nhm.ac.uk/discover/origami-tyrannosaurus-rex-dinosaur.html>



Science Museum Group - Total Darkness Game

When the power goes out, it's time for action in our brand new game.

Venture into the dark, explore different locations and meet new characters – creating your own unique adventure as you play!

Use your science skills to get the power back on and see if you can discover the real reason behind the sudden darkness covering the whole town. This game puts you in control, it's your choices and decisions that will guide you through the story to discover the cause.



Will you solve the mystery before it's too late?

<https://learning.sciencemuseumgroup.org.uk/resources/total-darkness/>

The Coronavirus Newscast

Everyday BBC correspondents bring you the latest on the virus updates.

Every day, Adam Fleming, Laura Kuenssberg, Fergus Walsh and Chris Mason bring you the latest on the coronavirus pandemic.

Catch up with over 200+ episodes of virus news and updates, and as Scotland considers introducing social bubbles, the stars of the TikTok house tell us what it's like to live in one. Football legend, John Barnes and Radio 1 legend, Chris Stark discuss when the football season should return.

<https://www.bbc.co.uk/sounds/series/p05299nl>



Fake News

There's no doubt the amount of fake news has risen massively over the last few weeks, particularly regarding Covid-19. Some of this is down to terrible journalistic reporting (headline attention grabbing) but if there is one thing that is true about online, the more extreme the more it is shared, usually through fear or outrage by well-meaning people.

It's important that children, young people and adults know how to think critically about what they are seeing, so the basics would be things such as:

- Is the source credible?
- Has anybody else reported?
- Is any research cited and linked?
- Does it make clear opinion or fact?

But it isn't always easy to determine fact from assumption, opinion and plain mistruths, so it's important to know where to look if you're unsure. We have linked 3 websites below which dispel many of the common myths and lies. If you are remote learning with your students you could use a topical example from one of these sites and ask the students to determine whether something is fake or not, and how they came to this conclusion.

That's Nonsense (our favourite) - click [HERE](#)

Hoax-Slayer - click [HERE](#)

Snopes - click [HERE](#)

Following on from the above, there's a great article on ThatsNonsense detailing how 3 people had their Facebook accounts compromised. All three are good, common examples of how easy it is to trick people.

Click [HERE](#) to see the article.

London Transport Museum - Activities at Home



Even though Museum doors may currently be closed, London transport museum are committed to sharing with you fun transport-themed activities you can continue to enjoy at home. Over the course of the next few weeks, they will share with you exciting crafts, quizzes and games to play during your down time, as well as STEM-inspired videos, downloadable learning resources and helpful guides which you can use while you and your family are working and studying from home.

Try your hand at some of our poster-themed family activities! They have three for you to try out - designing your own poster, colouring in some old posters from our collection and putting back together the tiger collage.

Make sure to keep checking back here each week for new updates.

<https://www.ltmuseum.co.uk/learning/activities>

Your Mental Health is Important

It can be really difficult being isolated from friends, if you need someone to speak to for good advice, try our friends at www.kooth.com for someone to talk to in these anxious times.



Safeguarding

If you have are worried about your safety or wellbeing during the school closure, please ask your parents to email inclusion@standrewtheapostle.org.uk to see if the school can help. They should also contact the local authority (council) who will often be more able to help when school is closed.

Offer to Cook Something for your Parents

It's going to be a difficult and stressful time for families over the next few months - aim to do something nice around the house once a day. Maybe offer to cook a meal once a week to reduce the stress on your family. Record this in your daily planner.

We'll have provided an easy to follow recipe card with each newsletter- take a photo of what you've created and email it to admin@standrewtheapostle.org.uk and we will share what you've made.



Click on the link below to try make Loukoumades (Greek Honey Soaked Doughnuts)

<http://allrecipes.co.uk/recipe/9585/loukoumades--greek-honey-soaked-doughnuts-.aspx>

Shreds - Murder in the Dock

The UK's biggest-ever police corruption trial. 'Shreds: Murder in the dock' reveals the untold 30-year story of one of the most notorious miscarriages of justice in British legal history. It is mainly told through the voices of the surviving members of the 'Cardiff Five' – the men originally charged and some of whom were later convicted of the murder of 20-year-old Lynette White in Cardiff's docklands on St Valentine's Day 1988.

They explore the original two trials – at the time the longest in British criminal history – right through to the fascinating conclusion of the mystery surrounding the brutal murder of Lynette

White which culminated in the UK's biggest-ever police corruption trial. The back drop is the enduring fall-out on the innocent lives of those involved and the devastating impact on a community once known around the world for its diversity and tolerance, the legendary Tiger Bay.



<https://www.bbc.co.uk/programmes/p071cll5>

International School Award



The health, economic and educational impacts of COVID-19 are touching us all across the UK one way or another. Yet alongside the effects of the coronavirus on families everywhere, there has also been a burst of innovation happening in schools around the world as classes are taken online. We are here to support you, in whatever way we can, to keep you connected to the world of international education. Our [International School Award](#) has extended the qualifying period for this year's accreditations to two years to allow you more time to prepare.

This shared experience, of taking live learning online across the globe, means we can be as connected to schools and students thousands of miles away as we are to those in our local community. Taking part in just one international activity in your school makes you eligible to apply for the [International School Award](#). We are as committed as ever to helping you bring the world into your classroom and are here to support and celebrate the work you do.

Language Assistant

Despite lockdown across most of Europe, French language assistant Mathilde Forgerit has chosen to continue working for the Western Isles Council in North West Scotland, where, before lockdown, she was teaching face-to-face and virtually to learners in one of the remotest areas in the country.

Our language assistants are native speakers of French, Spanish, German, Italian, Mandarin Chinese and Irish, coming from 14 partner countries across the world. Click on the link and apply for a language assistant!

https://www.britishcouncil.org/school-resources/employ-language-assistant/why?utm_source=sprint&utm_medium=email&utm_campaign=closres&utm_content=teacher

More Free Resources



Connecting Classrooms through Global Learning

Understanding the big issues that shape our world has never been more important. Explore our free resources on global learning.

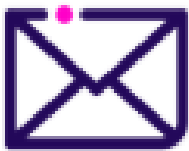
https://connecting-classrooms.britishcouncil.org/resources?utm_source=sprint&utm_medium=email&utm_campaign=closres&utm_content=teacher



Around the World

A collection of activities and projects linked to countries and cultures around the world. Great for use in the classroom or at home.

https://www.britishcouncil.org/school-resources/around-world?utm_source=sprint&utm_medium=email&utm_campaign=closres&utm_content=teacher



Newsletter sign up

Bring the world into your classroom. Be the first to hear about free resources, training and grant funding for schools.

https://www.britishcouncil.org/school-resources/newsletter?utm_source=sprint&utm_medium=email&utm_campaign=closres&utm_content=teacher

Students Work

We have seen some great work being produced by students while we are all working and home and really proud of the work that has been produced. Antonio has written a very evocative poem about the virus and we can all agree with and want to share with you all. Well done Antonio.

Antonio C

