

Student Newsletter No 9
St Andrew the Apostle
Greek Orthodox School



Ever to Excel



Dear Students, Parents & Carers,

In light of the recent easing of some lockdown restrictions, I am hoping by now you have had a chance to adapt to the current changes to our everyday life. I feel that I am still getting my head around the cancellation of the summer exams and the premature end of Year 11! It is something we never could have anticipated.

As a community, we await further news from the Government and advice on social distancing measures. So far, we have not received detailed guidance of what is expected of secondary schools

regarding a return to school for students in Year 10 and 12. We know that this will involve some face to face contact with teachers to support students with their study before the summer break. Sessions will take a very different form to allow for smaller groups and social distancing. It is likely that any face to face time may be in smaller blocks of time and there will also be a need to eliminate social time altogether. We will not follow a typical school day. All of this of course, will be conditional on the spread of the virus nationally and the government advice nearer the time. We are planning for all eventualities and will update you as soon as we can, when we have had the appropriate guidance and risk assessments have been completed.

Finally, next week is half term. School will not be open for any of our students and teachers will not be setting any work over the course of the half-term period unless there is pre-agreed ongoing themed work for Year 10 or Year 12 that has been issued by departments. School will reopen on Monday 1st June for the students of key workers and any other students invited to come in.

I would also like to take this opportunity to wish Ms Harris all the very best as she leaves us at the end of this term to take up a new position. I would also like to thank her for all her hard work and contribution to the school in the two years that she has been with us. She will be missed and I know that she will be a tremendous asset to her new school. Please see her message in this newsletter.

I wish you all the very best and sincerely hope that you continue to remain safe.

God Bless.

Michael Vassiliou

Headteacher – Acting

St Andrew the Apostle – Thoughts for the Week



Bible Readings and Prayers for this time:

Psalm 62

Find rest, O my soul, in God alone;
 My hope comes from him. He alone is
 my rock and my salvation;
 He is my fortress, I will not be shaken.
 My salvation and my honour depend
 on God;
 He is my mighty rock, my refuge.
 Trust in him at all times, O people;
 Pour out your hearts to him, for God is
 our refuge.

A Prayer

O Lord, You who steadied the hand of Peter as he began to sink on the stormy sea, if you are with me, no one is against me. Grant to me the shield of faith and the mighty armour of the Holy Spirit to protect me and guide me to do your will. The future I put into your hands, O Lord, and I follow you to a life in Christ.
 Amen

Theme for the Week – Week beginning 18th May

Theme of the week	Key Dates/Events	Bible Quotation	Inspirational Quotation	Questions to consider
Honesty: The value of being open about mental health.	18 th May – Mental Health Awareness Week	“Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.” – Isaiah 41: 10	“A child's mental health is just as important as their physical health and deserves the same quality of support.” – Kate Middleton	What does mental health mean? What contributes to our mental health? What actions can or should we take to help improve this?

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

Lockdown Summer UK

Liven up your household with this Lockdown playlist. With some smooth chilled vibes and upbeat songs, get your dancing shoes on and get in the summer sprit with this bouncing Lockdown Summer UK playlist on Spotify!

<https://open.spotify.com/playlist/275Wn62VGG78vuUz8QC7Ch>



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 and customise your own quick and supper easy Oreo Balls / Oreo Truffles!! All you need is three ingredients!

<https://www.cookingclassy.com/oreo-truffles-two-ways/>



Message from Ms Harris

I never expected to be moving schools in the middle of a pandemic and it's prevented me from being able to say a proper goodbye to the hundreds of students I have taught over nearly two years at St Andrew the Apostle. I will remember you all very fondly and will really miss you. Being a form tutor to 8C and then 9S has been my absolute favourite part: it's a form group full to the brim of very funny and smart young people who have so much potential to change the world for the better. I will genuinely miss every single one of you. I've also loved working with the Equality Group and seeing young people become more confident in who they are. Please remember that people can only put you down if you let them – if you're proud of who you are, no one can stop you (though this is much easier said than done and takes loads of practice!). I wish all the students and staff at St Andrew the best for the future.

Ms. Harris



Gardening at Home



During the hot, sunny weather we are having recently, why not try and grow some fruit and vegetables! In the links below, there will be a step by step guide on tips and ways to grow some plants at home. It's okay if you don't have an outdoor garden, you could create an indoor garden and use what you have grown to create some delicious and healthy dishes.

<https://www.youtube.com/watch?v=WDfe9fRvs04>

<https://www.youtube.com/watch?v=zAZH62XgAJ0> – indoor gardening

Draw On My Back Challenge

Spending more time at home, means more time for being creative, so have you tried the latest arty lockdown challenge - 'draw on my back'?

Don't worry it doesn't actually involve having something drawn directly onto your back! It's simple: Get someone to draw on a piece of paper attached to your back. You then have to feel the movement of their pen, and try to copy them on your own piece of paper. If you're really in sync you'll hopefully end up with similar pictures...but it's often even funnier when they're completely different. Why not check it out?



<https://www.bbc.co.uk/newsround/52680418>

House of Parliament Virtual Tour



The Houses of Parliament may have closed early for Easter amid increasing lockdown restrictions, but that doesn't mean you can't get up close and personal to the London landmark - even from self-isolation on your sofa.

Before everything went crazy, the UK's political HQ created its own 360° virtual tour, so you can follow in the footsteps of Churchill, Thatcher, Blair and Corbyn and mosey around the House of Commons, the House of Lords and all the spaces in between!

<https://www.timeout.com/london/news/the-houses-of-parliament-has-its-own-360-degree-virtual-tour-032720>

Safeguarding

If you 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.

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.



Paper Straw Tulip Craft

Browse and find cool prints that you can craft at home; or give as a gift to family and friends. Create cool flowers and other things that may interest you... maybe even your own protective face mask!

In the link below, this this fun straw tulip paper craft. Print your own tulip pattern and use it to make this simple and pretty sprint paper craft!

<https://www.youtube.com/watch?v=-iLOZm1J82A>



Finchley Foodbank

We'd be grateful if you could remind families that during these difficult times Finchley Food Bank remains open for clients on Saturdays 12:30 – 2.00pm from the hall behind St Mary's, 279 High Road, East Finchley N2 8HG. We operate on a trust and dignified basis, so no voucher or referral are required. New clients are always welcome. Good social distancing measures are in place. If anyone has needs outside these times, they can contact us at finchleyfoodbank@gmail.com or Facebook message.

To support Finchley Foodbank with donations of food, or financially, the easiest way is to search for Finchley Foodbank on Facebook, where details of current needs are updated every Monday.

Quick Homemade Doughnuts

With this quick and easy recipe, make homemade mini doughnuts in just 20 minutes! Why not create your own glaze, toppings and share it with your friends and cheer them up!

<https://akispetretzikis.com/en/categories/glyka/grhgora-donuts>



Online Session Delivery

Sessions starting next week (week commencing 25th May) and will continue until July 2020, there will be a range of sessions for young people aged 7+ from Arts & Crafts and Quiz Nights to Music Production and Dance.

All the sessions are FREE and all you will need to do is apply via www.barnetyouth.uk

Please note that there are 10 places per session, so book early to avoid disappointment.

TV: Noughts + Crosses



Based on the novel by Malorie Blackman, this BBC series explores themes like racism and prejudice through the prism of a young couple's relationship. Stormzy is also in this, playing a newspaper editor. It is available for three months on iPlayer.

The book is written from two different perspectives - Callum's and Sephy's (Persephone) - and their experiences of their entwined but very different worlds with the segregation, similar to the [Jim Crow Laws](#), continues to operate to keep the crosses (dark-skinned people) in control of the noughts (lighter-skinned people). . The chapters alternate, with even chapters being Callum's and odd ones Sephy's.

There are five books in the series: Noughts and Crosses, Knife Edge, Checkmate, Double Cross and Crossfire.

<https://www.bbc.co.uk/iplayer/episodes/p082w992/noughts-crosses>

Banksy Celebrates Superhero Health Workers

Banksy has struck again! Take a look at the artwork he has left in the UK and see what the community had to say for his beautiful contribution to show his appreciation.

See the note Banksy left for the healthcare workers that have been fighting so hard for our country and our communities.

<https://www.theguardian.com/artanddesign/2020/may/06/banksy-artwork-superhero-nurse-nhs-coronavirus-covid-19-southampton-general-hospital>



Fun and Easy Activities - The Woodland Trust

With schools closed, we've pulled together some simple, nature-based activities you can enjoy together at home or in your garden.

Research shows that connecting with nature can help our mental health, as well as being interesting and fun. If you have access to outside space, no matter how small, you could try some of these!



<https://www.woodlandtrust.org.uk/blog/2020/03/kids-nature-activities-self-isolation>

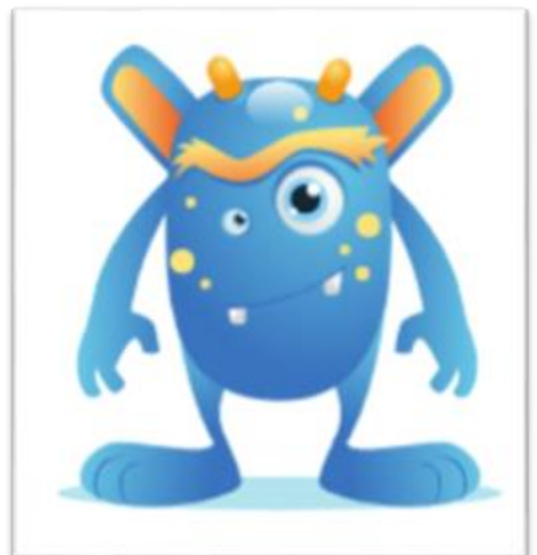
Learn about Coding or Statistics

Try this kid friendly coding and statistic site, with different levels so you can choose how tricky you want the activities to be.

Coding and statistics are two extremely useful things to understand in our world today. They link to computing, natural sciences, social sciences, technology and more – as well as Maths, of course.

Try it out for yourself and see if coding is something you could be interested in. Find about how things are created on the World Wide Web and expand your knowledge!

<http://crunchzilla.com>



Radio: Great Lives (BBC Radio 4)

Suitable for older students, in each 30-minute episode a guest and expert examine the life of someone they consider “great.” There are 489 episodes available online for free which are incredibly varied – from novelists and artists to revolutionaries and sportspeople. It’s great for dipping into topics that you find interesting and may be relevant to your studies.



<https://www.bbc.co.uk/programmes/b006qxs/episodes/player?page=2>

Student Work



