

Student Newsletter No 10

St Andrew the Apostle
Greek Orthodox School



Ever to Excel



Dear Students, Parents and Carers,

I hope that you all had a good break over the half term week and that this newsletter finds you and your family in good health.

You may have listened to the Prime Minister's briefing over the Bank Holiday weekend which made reference to Year 10 and Year 12 students beginning to return to schools for "some face to face support" to supplement online learning from Monday 15th June. Following the government's announcement for a phased wider opening of secondary

schools from 15th June, we have been working on plans to reopen St Andrew the Apostle School to students in Years 10 and 12 for some face to face lessons.

The Department for Education then published its guidance for secondary schools on Bank Holiday Monday. The guidance specifies that no more than 25% of a year group should be in school on any one day. Beyond that, it allows secondary schools to make arrangements that will suit their setting to provide face to face support for students. Schools are asked to impose sensible social distancing and enhanced hygiene measures, adhering to the guidance previously published by the DfE on 'Implementing protective measures in education and childcare settings.' Schools are asked to group students sensibly to reduce the risk of transmission across the cohort, but the secondary specific guidance acknowledges that "some mixing (of students) may be unavoidable to provide pupils with face-to-face support from subject teachers."

I want to assure you that our priority will be to ensure that we are keeping our community (staff and students alike) safe, whilst providing the best "face to face support" we can for our Year 10 and 12 students. To this end, at St Andrew the Apostle we have decided that students in Year 10 and 12 will return from 15th June for some face to face teaching in school across their GCSE and A' Level subjects.

Lessons will be designed to support students' online learning. Appropriate safety measures will be in place, including small class sizes and distanced desks in classrooms and reminders for students to maintain a 2 metre distance from each other and from staff. Enhanced hygiene measures will be in place, along clear procedures for dealing with any illness on site. We are preparing a 'Home-School Agreement' and an addendum to our behaviour policy which will set out safety measures and our expectations of student conduct to ensure everyone's safety on site. The agreement will clearly state that no student should attend site if they are exhibiting any of the symptoms of COVID-19. We know that as parents and students, you will work with us on these measures to ensure the safety of our community.

We are conscious that school will look and feel different for students; indeed, it will be different. We are very mindful of the need to support students' transition to school and please be assured that we will be welcoming you back with smiles and encouragement, alongside reminders to wash hands regularly and keep to a safe distance.

I would like to reassure you that should you wish to keep your children at home this term, the school respects your wish to do so and that there will be no sanctions. However, children must work on tasks at home if they do not come to school.

I know that for many of you this will not be the news that you were either expecting or wishing to hear, especially as we know nothing yet about other year groups returning to school. We will obviously await further guidance and I will of course inform you as soon as I know more. In the meantime, all other year groups will continue to be supported remotely via the VLE with their lessons and learning.

Finally, I know that we are all aware of the government's further relaxation of the lock-down rules especially where meeting up to six people outside of your home is concerned but please remember to exercise caution and keep safe.

With my best wishes,

God Bless.

Michael Vassiliou

Headteacher

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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 my God, who love me so faithfully, bless each step I take this day. May my mind be full of your truth and my mouth boldly speak your praises. Enable me to stand as a light in my school. Keep me from the temptation of peer pressure that would lead me in a direction contrary to your will. Allow me to live a godly life balanced with grace and compassion, both in front of my peers and when no-one is looking. Help me to avoid fruitless arguments or any kind of dispute. Direct me in all my dealings with peers and teachers to be honest, trustworthy and hardworking. Keep me from any word or deed harmful to my soul and hurtful to others. In the Name of the Father and of the Son and of the Holy Spirit. Amen.

Theme for the Week – Week beginning 8th June

Theme of the week	Bible Quotation	Inspirational Quotation
Caring: The value of caring for ourselves	“Love your neighbour <u>as yourself</u> .” – Mark 12:31	“You yourself, as much as anybody in the entire universe, deserve your love and affection.” Buddha

Free Audio Books

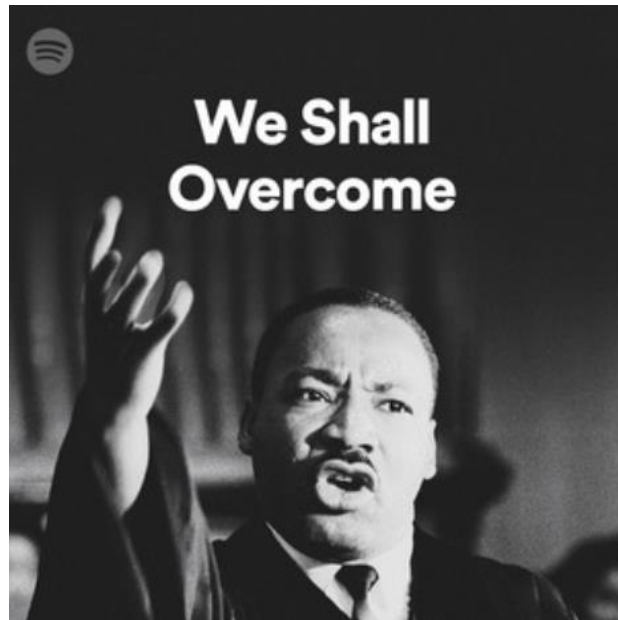


For as long as schools audible closed, are open. Right now, kids everywhere can instantly stream an incredible collection of stories, including titles across eight different languages, that will help them continue dreaming, learning, and just being kids.

All stories are free to stream on your desktop, laptop, phone or tablet 🖱️

<https://stories.audible.com/start-listen>

Music of the Week



Black African Americans and British Black individuals are harmed by racism and we all have a part to play in reducing this. During these recent times, in memory of George Floyd listen to the voices that have always let us know that Black Lives Matter and have raised awareness around the world.

#BLM #BLACKLIVESMATTER

<https://open.spotify.com/playlist/37i9dQZF1DXbWHkfIjXoE>

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 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.

If you're looking for quick, easy and healthy family meal inspiration, check out **Change4Life's** new and improved recipes. 🍏🍌🍎👉

<https://www.nhs.uk/change4life/recipes/dinner>

Gardening



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>

Check out these top tips on growing flowers from BBC Bitesize 🌻🌸

👉 <http://bbc.in/2Xho458>

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.

We all have a role to play in keeping children and young people safe from abuse.




If you have concerns, or need advice during this difficult time, please call the NSPCC's helpline on 0800 800 5000 or email help@nspcc.org.uk

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.




#mentalhealthawarenessweek ends has ended but the message will never.

A range of content designed to give you more information about mental health and to help you to look after your mental health is available from @mentalhealth   

<https://www.mentalhealth.org.uk/your-mental-health>




LEGO Education

Parents and carers, check out some home learning resources which are available from LEGO Education - including tips for creating yours at home STEAM learning space 

Use all different type of materials and follow these cool games and stimulate your creative side!

<https://education.lego.com/en-gb/support/homeschool>

Barclays Eagles

Barclays Eagle Labs's Code Playground sessions are a really fun way to learn the basics and develop digital skills for the future and they provide free digital education across a range of topics 

Learn to code with us. Our Code Playground sessions are a really fun way to learn the basics and develop digital skills for the future.

<https://www.barclays.co.uk/digital-confidence/eagles/>



Joyful June

JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY** **SUNDAY**

1 Decide to look for what's good, even on the difficult days	2 Re-frame a worry and try to find a positive way to respond	3 Think of 3 things you're grateful for and write them down	4 Show your appreciation to those who are helping others	5 Smile and be friendly, even while you're social distancing	6 Notice the upsides during the lockdown, however small	7 Find a joyful way of being physically active (indoors or out)
8 Write a letter to thank someone for what they did	9 Find the joy in music today: sing, play, dance or listen	10 Take a photo of something that brings you joy and share it	11 Say positive things in your conversations with others today	12 Make a plan with friends to do something fun together	13 Appreciate the joy of nature and the beauty in the world around	14 Do three things to bring joy to other people today
15 Rediscover a fun childhood activity that you can enjoy today	16 Ask a loved one what they feel grateful for at the moment	17 Be kind to you. Treat yourself the way you would treat a friend	18 Send a positive note to a friend who needs encouragement	19 Create a list of favourite memories you feel grateful for	20 Make time to do something playful today, just for the fun of it	21 Enjoy trying a new recipe or cooking your favourite food
22 Share a happy memory with someone who means a lot to you	23 Look for something to be thankful for where you least expect it	24 Thank a friend for the joy they bring into your life	25 Eat food that makes you feel good and really savour it	26 See the upside in a difficult situation you learnt from	27 Watch something funny and enjoy how it feels to laugh	28 Create a playlist of your favourite songs and enjoy them
29 Take time to do something that makes you happy today	30 Make a list of the joys in your life (and keep adding to them)					

"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle

ACTION FOR HAPPINESS

www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

However tough life gets, there's still so much to be grateful for.

This **Joyful June** Calendar has daily actions for **June 2020** to help us look for what's good even in difficult times.

With over 20 languages to choose from, you can print your own personalised calendar for you or your family, and save your own quoted screen savers whilst staying motivated during this month!

Join us for Joyful June and find ways to look for what's good, even in difficult times 🌈

#JoyfulJune

actionforhappiness.org/joyful-june

Covid Awareness

No one should have to deal with someone's littered PPE.

Please be responsible and bin masks & gloves after use, protect the environment and help limit the spread of #coronavirus.

#KeepBritainTidy #coronavirus #PPE
#LoveWhereYouLive



If you are told you have been exposed to an infected person, you must self-isolate for 14 days.

Play your
#StayAlert

part.

HM Government

NHS
Test and Trace

**SELF-ISOLATE
WHEN ALERTED**

If you're told you have been exposed to an infected person you must self-isolate for 14 days

**PLAY YOUR PART
BREAK THE CHAIN
OF INFECTION**

STAY ALERT > CONTROL THE VIRUS > SAVE LIVES

Book Trust



Do you enjoy bedtime stories? If so, BookTrust have got the perfect competition for you 📖

They're giving away a bundle of 12 of their favourite stories 📖👉

If you fancy getting your hands on this beautiful bundle, simply tell them about your favourite bedtime story as a child below and leave your details before the closing date of **11pm on Thursday, 9 July**. Good luck!

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/competitions/discover-a-new-favourite-bedtime-story-by-winning-12-wonderful-books/>

'Finding a new normal in lockdown'

"This won't last forever and we're not living in normal times, so why should normal rules apply?"

Read this blog from one of Anna Freud National Centre for Children and Families' Parent Champions about her family's experience of finding a new normal in lockdown ✨👉

<https://www.annafreud.org/insights/blogs/2020/05/finding-a-new-normal-in-lockdown/>

Newsround



Newsround gives kids the opportunity to understand society, the world facts and all the questions that couldn't find answers to. They give you all you need to know and make it fun friendly! Check these links and watch more videos that interest you!

<https://www.bbc.co.uk/newsround/51047406>

<https://www.bbc.co.uk/newsround/52890376>

Opera House Ballet

Why not take this amazing opportunity, streaming ballet from your very own home. During this lockdown Royal Opera House has given the public a chance to watch this therapeutic and elegant performance every Friday at 7pm

<https://www.timeout.com/london/news/the-royal-opera-house-is-streaming-opera-and-ballet-for-free-during-lockdown-051220>

Students Work



Well done to all our St

Andrews students in staying motivated, working hard during these time. Everyone's work does not go unnoticed and we are proud of every student's efforts and amazing pieces of work.

Aleks O – Classics QUIZ

1. During which Roman Emperor did slavery reach its peak?

- a) Marcus Aurelius
- b) Augustus
- c) Trajan

2. Which of following was forbidden for slaves to do?

- a) They could not marry
- b) They could not move without restrictions through the town
- c) They could not visit temples

3. What does word "manumissio" mean?

- a) Legal advice in ancient Rome
- b) Wedding event
- c) Act of freeing a slave by his master

4. What is the Latin word for "slave"?

- a) Patricius
- b) Servus
- c) Plebeius

5. Although freed slaves were consider Roman citizens, what were they not allowed to do?

- a) Work as a teacher
- b) Work as priest in the temple
- c) Stand as a candidate in public elections

6. How would you translate Latin word "libertus" to English?

- a) Freedman
- b) Noble citizen

c) Lawyer

7. According to Roman law, what was the age limit for slave to become freedman (if decided by his master)?

a) 30 years old

b) 40 years old

c) 50 years old

8. What was the name of Roman citizen who was murder by his own slave?

a) Marcus Junius Brutus

b) Pedanius Secundus

c) Publius Cornelius Tacitus

9. Terence, the famous comedian, was brought to Rome as a slave, by Roman Senator Terentius Lucanus, who educated him and later on, impressed with his talent, made him free?

a) True

b) False

10. Could Liberta (female ex-slave) according to Roman Low, marry her former master?

a) Yes

b) No

Answers:

1. B) Augustus

2. A) They could not marry

3. C) Act of freeing a slave by his master

4. B) Servus

5. C) Stand as a candidate in public elections

6. A) Freedman

7. A) 30 years old

8. B) Pedanius Secundus

9. A True

10. A) Yes