

Student Newsletter No 12
St Andrew the Apostle
Greek Orthodox School



Ever to Excel



Dear Students/Parents and carers,

It was a pleasure this week welcoming some Year 10 and Year 12 students back into school. Year 10 attended Academic Mentoring sessions, whilst Year 12 went straight into face to face sessions. From next week onwards, both year groups will be in school for regular taught face to face sessions. In the meantime, we will continue to provide first class, quality education to all students who are working from home.

The statement from the Education Secretary on Tuesday, effectively ended any hope of major changes beyond those planned for Year 10 and Year 12 in secondary schools before the end of term and left lots of questions unanswered. Those questions need answers sooner rather than later. We want to know when we can get more students back, when we can see students in year groups that have been out of school since March, what September will look like and what we should be planning for, even if that is a scenario A and scenario B.

I say that as the Headteacher of a school, where our staff have worked hard to upskill themselves and delivered remote learning and where virtually all our students have engaged well. With your support we have, on the whole, managed remote learning well and while we know it's not as good, or as impactful as normal school, let's not imply the students have been doing nothing and that somehow, they have a gulf of knowledge.

We are now starting to turn our attention to planning for September and await further guidance from the government regarding wider return. We will, of course, continue to communicate our plans as we look ahead to the beginning of the new academic year. Thank you for your continued support and we look forward to the time when we can welcome all year groups back to school.

Finally, please join me in prayer:

Lord, heavenly Father; at this time there are lots of questions and unknowns but we thank you that we can stand confident, and clearly look to you and trust in your words. Thank you that your love never fails, it never gives up. You are dependable, steadfast, faithful and true and we thank you for who you are. Amen.

God Bless.

Michael Vassiliou

Headteacher – Acting

St Andrew the Apostle – Thoughts for the Week



Bible Readings and Prayers for this time:

Psalm 18

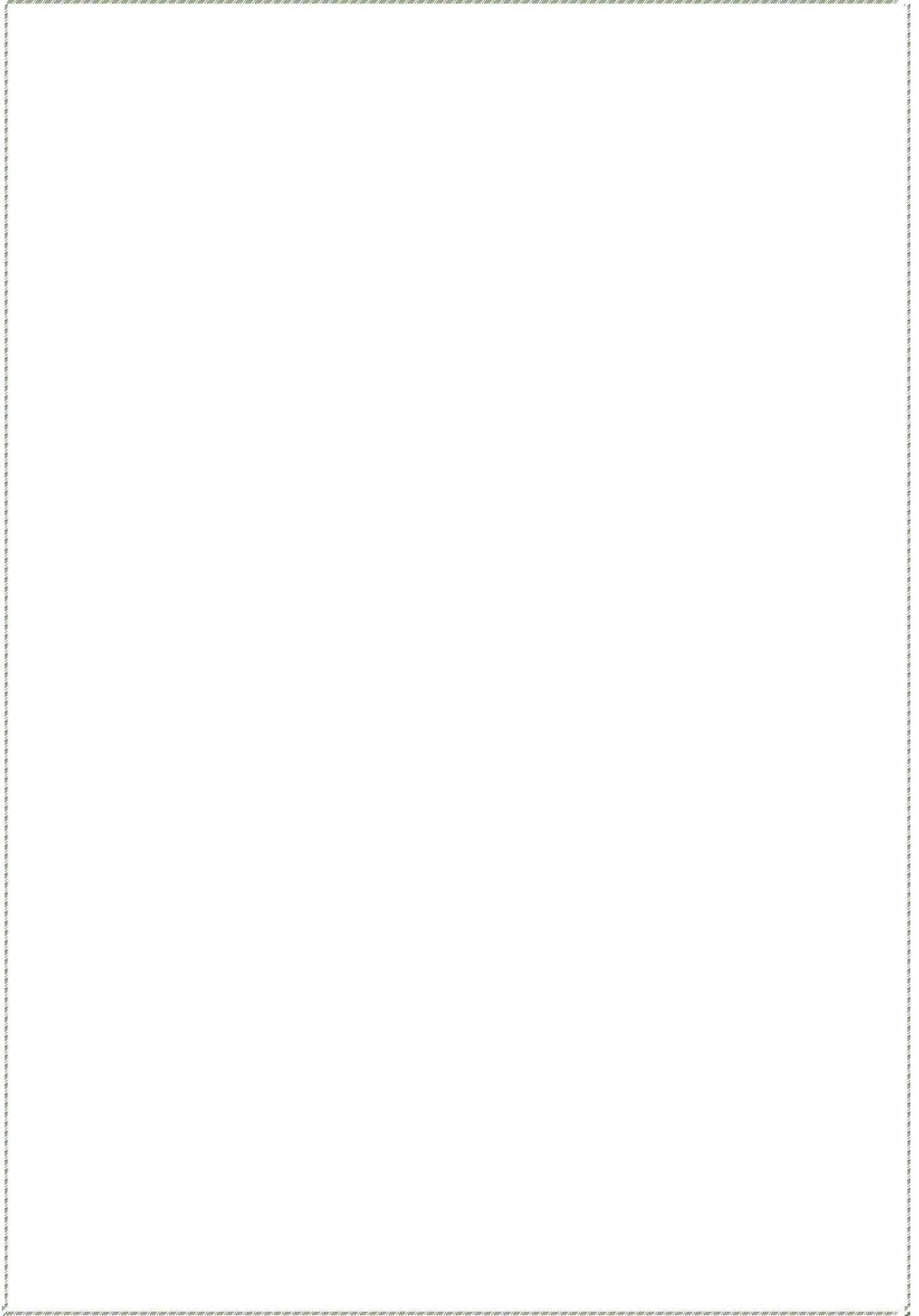
As for God, his way is perfect:
 The LORD's word is flawless;
 he shields all who take refuge in him.
 For who is God besides the LORD?
 And who is the Rock except our God?
 It is God who arms me with strength
 and keeps my way secure.
 He makes my feet like the feet of a deer;
 he causes me to stand on the heights.
 He trains my hands for battle;
 my arms can bend a bow of bronze.
 You make your saving help my shield,
 and your right hand sustains me;
 your help has made me great.
 You provide a broad path for my feet,
 so that my ankles do not give way.

A prayer

*Heavenly Father,
 as I arise today,
 I pray that Your strength will pilot me,
 Your power will uphold me,
 and Your wisdom will guide me.
 May Your eye look before me,
 Your hand protect me
 and Your shield defend me.
 Amen.*

Theme for the week – Week beginning 15th June

Theme of the week	Key Dates/Events	Bible Quotation	Inspirational Quotation	Questions to consider
Responsibility: The value of role models.	21 st June – Father's Day	"Show yourself in all respects to be a model of good works, and in your teaching show integrity, dignity." – Titus 2:7	"Let's be very clear: Strong men - men who are truly role models - don't need to put down women to make themselves feel powerful. People who are truly strong lift others up. People who are truly powerful bring others together." <u>Michelle Obama</u>	What makes a good role model? Which of those characteristics do you have and which would you like to improve? What is the value of a good role model?



Black Lives Matter: An Introduction

Peaceful protests, mass marches, and portrayals of violence. Petitions, political speeches, and demonstrations. The last two weeks have seen movements advocating for an end to racial inequality on a mass scale. Yet, current affairs aren't always tangible or immediately clear, especially from a child's perspective.

Many children may have questions about the images, stories, and conversations they hear on the news and around them. We can't solely rely on schools to ensure children fully understand the Black Lives Matter movement and the issues that fuel the movement. As parents, if we haven't already, it is also our responsibility to engage in positive and open discussions about race and racism with our children at home.

Perhaps race has always been a topic of regular discussion in your family, or perhaps you feel unsure about how to approach the topic of race with your family. Perhaps you grew up never talking about race, or perhaps you regularly face discrimination.

This weekly support for parents at St Andrews aims to provide resources, advice, and tips to ensure that children are aware of racial inequality, racial hierarchies, and white privilege present in modern-day society, as well as share tools and knowledge in which to combat racism today. Racism and race is not a one-conversation topic, and our guide by no means contains all the answers, we simply hope to provide the foundations of good places to start help inspire discussion and empower families to work towards racial equality.

What is the Black Lives Matter (BLM) movement?

In 2012, 17-year old African-American Trayvon Martin was killed by a member of neighbourhood watch, George Zimmerman. The police told Zimmerman not to pursue Trayvon for looking suspicious, but he didn't listen and fatally shot him. There was a lot of racial bias during the trial and Zimmerman was acquitted for the crime. In response, Black Lives Matter movement was formed.

The movement seeks to "eradicate white supremacy, stop violence inflicted on Black communities, and create a safe space for Black communities, imagination, and innovation." It speaks out against police brutality and unaccountability, not solely with regard to George Floyd, but also Breonna Taylor, Ahmaud Arbery, and the thousands of victims wrongly treated by the police. Whilst it is not a new movement, its message is central to the present anti-racist movement. The statement "Black Lives Matter" refers to a Twitter hashtag, an anthem, a slogan, a social movement, or movements and groupings for racial justice. It has grown to become a global movement - an international human rights movement - to combat racism in modern-day society.

But how do we explain this to our children?

When we explain BLM to children, you're not saying that nobody else matters. However, by encouraging 'all lives matter' as parents we risk taking away the real difficulty felt by Black communities. There are child-friendly analogies to help children understand Black Lives Matter:

- 1.) Imagine if you broke your leg and had to go to the Doctor. You would want to tell the Doctor that right now, your leg was in pain. Whilst ALL our bones matter, right now, it's your leg that needs attention.
- 2.) Imagine you were running a race to raise money at a cancer fundraiser, and someone said to you 'But don't all diseases matter?' Of course they do, but right now, it's cancer that needs funding.

Please see graphics below for further explanation.



WE SAID: BLACK LIVES
MATTER

WE NEVER SAID: ONLY
BLACK LIVES MATTER

WE KNOW: THAT ALL
LIVES MATTER

WE JUST NEED YOUR HELP
WITH
#BLACKLIVESMATTER

STA Careers

The following webinars are available in June, a chance to attend an online taster course on a subject that you are interested in pursuing at university. Even if the subject is offered at a university that you are not interested in applying to, it's still worth listening to information about your subject. This may help you with your personal statement too!

Click on this link to register: <https://london.ac.uk/taster-course-search>

19 th June	Nutrition – KCL
23 rd June	International Women in Engineering (UCL) – inspiring talks, interactive lab sessions and speed networking sessions
15 th July	Psychology and language sciences – UCL
16 th July	Biochemical Engineering – UCL
20 th July	Biomedical Engineering – KCL

Year 12

On behalf of the **Undergraduate Primary Care Education team in the Department of Primary Care and Public Health at Imperial College London**, we would like to share with you the below email regarding the **Widening Access to Careers in Community Healthcare (WATCCH) programme** which your students may be interested in:

RE: Widening Access to Careers in Community Healthcare (WATCCH) programme 2020/2021

We would like to offer your students an exciting opportunity to take part in a widening participation scheme aimed at increasing diversity in healthcare professions. **Widening Access to Careers in Community Healthcare (WATCCH) is a healthcare careers and mentorship programme** provided by the Undergraduate Primary Care Education team in the Department of Primary Care and Public Health at Imperial College London.

We are looking for motivated year 12 students with an interest in careers in any aspect of healthcare and who may have not had access to work experience in the past. Eligible students should meet the following criteria:

All students **must** be:

- Currently in Year 12, and
- Attending a non-selective state school

In addition, students should meet **one** of the following criteria:

- They currently receive free school meals/a means tested bursary or have in the past

- Neither of their parents have a university degree
- They are currently, or have previously been, in care
- They are a carer with significant and sustained caring responsibilities
- They or one of their parents is an asylum seeker/refugee

In light of the COVID-19 pandemic we are offering a modified WATCCH programme in 2020/2021 with a series of **online workshops** and **online student mentoring**, instead of in person events. We are currently unable to offer primary care work experience, though we will be incorporating some alternative online resources and we believe that the modified programme will still be of great value to the students.

The 2020/2021 programme includes:

- 12th August 2020: Online Welcome Workshop
- August 2020 – Feb 2021: a series of monthly online workshops on healthcare careers and admissions processes including personal statements and interviews, delivered online by healthcare students and professionals. Topics will include:
 - Talks with a variety of healthcare professionals
 - How to select your chosen career and higher education institution
 - Writing personal statements
 - University interviews
 - Admissions tests
 - Finances for college or university
 - Study skills for higher education

Students will also be assigned a mentor (a current healthcare student) throughout the programme, who will provide advice and support regarding healthcare careers and the application process.

Deadline for online application form by **5pm on Friday 26th June 2020**. Please visit our website for more details on the programme and access to the application form: <http://www.imperial.ac.uk/school-public-health/primary-care-and-public-health/teaching/widening-access-to-careers-in-community-healthcare/>.



Missing out on [Open Days](#) this summer?
Worried that your **predicted grades** will be disappointing?

We know that exploring all your higher education options is difficult right now. There are lots of great Virtual Open Days out there - but how do you even know which ones to go to? We're here to help.

We've brought together over 90 universities and colleges from across the UK for our ground-breaking **Virtual Fair on Wednesday 17th June**, to allow you to easily explore all your choices in one place. It's completely free of charge and open to students in Year 13, Year 12 and Year 11 (including parents + teachers).

We've also [extended our Webinar Wednesdays](#) into July, and we'll be exploring the topics we know you need more support with right now, including how to secure a place through Clearing, and what 2020 Freshers could look like.

Check out our calendar for all our **free events in June and July** below, and click the register button to get involved!

<p>July</p> <p>1</p>
<p>Webinar: Student Life 2020 Freshers</p> <ul style="list-style-type: none">• Freshers Week• Moving to Uni• Online Learning?• Social Distancing?

<p>July</p> <p>8</p>
<p>Webinar: Studying Art and Design</p> <ul style="list-style-type: none">• Portfolio Advice• Standing Out• Top Tips• How to Apply



HM Government

NHS



CATCH IT.



BIN IT.



KILL IT.



HM Government


NHS

CORONAVIRUS
STAY ALERT
TO STAY SAFE

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

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>

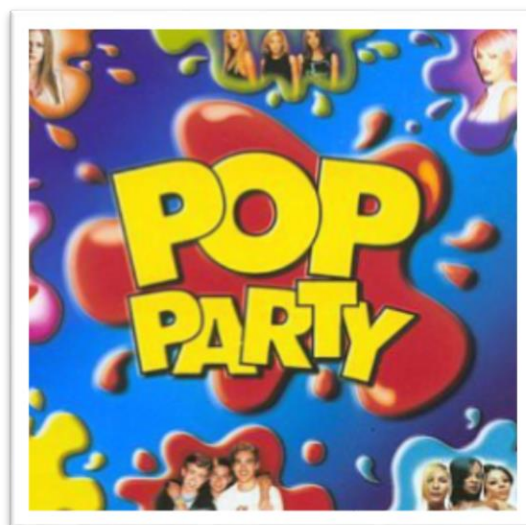


Music of the Week

POP PARTY CLASSICS

Enjoy this kid friendly pop music album! With artists such as Rihanna, One Direction and Chris Brown go through years of tunes and classics everyone will love!

You can always Check out there other playlists: [Pop Party](#) | [Dance Party](#) | [Pop Princesses - For Girls](#) | [Kings of Pop - For Boys](#) |



<https://open.spotify.com/playlist/10P3hE599XmLaUK7nPSE27?si=jysE8GUHTIW-NYK9PaqGsA>

Keeping Kids Entertained Podcast

Kids bored again? Discover new stories, dramas and learn something new with these podcasts for young ears.

With actors and well-known celebrities, listen to the Daniel Radcliff read Harry Potter or find out the answers of questions on why we dream...



<https://open.spotify.com/playlist/37i9dQZF1DXbECFsNMysNX>

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.

St Andrews will provide an easy to follow recipe 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 this healthy kid's mini olive and feta cheese muffins recipe. 🍌🍷🍓👉

<https://www.kidspot.com.au/kitchen/recipes/mini-olive-fetta-muffins/kobcflpw?r=collection/greekrecipes&c=fpc9h4d4/Greek%20recipes>

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.

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 0808 800 5000 or email help@nspcc.org.uk

Your Mental Health is Important

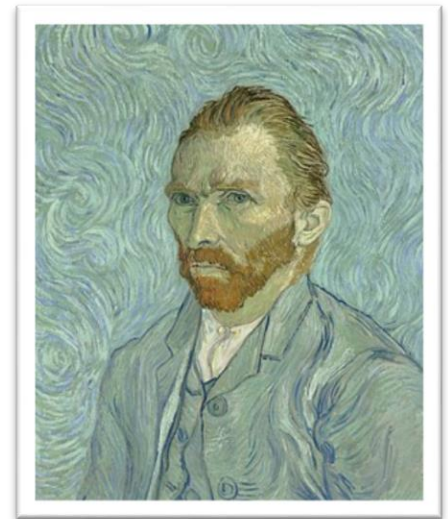
It can be really difficult being isolated from friends, if you need someone to speak to for good advice, try our friends at www.kooth.com for someone to talk to in these anxious times.



Virtual Tour – The Courtauld Gallery

The Courtauld Gallery has been closed for a couple of years as it receives a makeover, but visitors can still take a look at its impressive masterpieces and collection, which includes Van Gogh's *Self-Portrait with Bandaged Ear* and Édouard Manet's *A Bar at the Folies-Bergère* online on an virtual self-guided tour.

https://courtauld-website-static-hosting.s3.eu-west-2.amazonaws.com/vr_tour/indexv2.html?xml=room_02-1.xml



Match of the Day: Top 10

Gary Lineker, Ian Wright and Alan Shearer debate the best captains, goalkeepers, finishers and many more, usually over pasta in Gary's kitchen.

With these hour-long episodes, listen to the past thirty years of football history with these legends including some memories of Sir Bobby Robson and the moment Wright knew he had to leave Arsene Wenger's Arsenal.

<https://www.bbc.co.uk/sounds/brand/p086gbss>



14 World Famous City Views

Take a look at all the best travel destination and have a 360 degree view of the world's greatest cities, beautiful landmarks and scenery – all available free online.

Why not use this as inspiration for your next trip as soon as we are allowed to travel again.

<https://www.timeout.com/travel/14-world-famous-city-views-you-can-see-from-your-sofa>

