



# Headteacher's Update

23 April 2021

## Key Messages



The *Epitaphios* is a Christian religious icon used during the liturgical services of Good Friday and Holy Saturday in the Eastern Orthodox Churches, as well as those Eastern Catholic Churches, which follow the Byzantine Rite.

Dear Parents and Carers,

We have had a great start to the summer term. Our students have returned refreshed and have got straight on with learning. I am pleased to say that I am finally getting to know all our students, who are just delightful and demonstrate that they are Ready, Respectful, and Responsible every day.

Our school is busy with Year 11 and Year 13 continuing with assessments which will be used to generate their final grades for summer 2021. Year 12 are also preparing for end of year assessments and are narrowing down their university choices as they prepare for application through UCAS. Year 10 students are very focused and know that everything they do now will stand them in good stead for the busy academic year ahead of them. Year 9 students are starting to prepare for GCSEs and they have appreciated the excellent grounding they have received through the Key Stage 3 curriculum. Year 8 have a lovely friendly and cohesive dynamic and Year 7 are just delightful- full of joy and wonder. It is such a pleasure and a blessing to see our amazing school in action every day.

I am pleased to announce that plans for our new school building are progressing according to our timeline. Please [click here](#) to view important information about our building and to see answers to FAQs (frequently asked questions).

In preparation for the move into our new building, I would like to invite you to complete a parent survey to give us a better understanding of the travel plans of our students and families. Please [click here](#) to complete the form by the deadline of **3pm on Wednesday 28 April 2021.**



We have several opportunities for student leadership coming up in the second part of the summer term. **Ms K Beddoes (Head of Year 10)** is leading on this exciting initiative and we will contact you soon in order to gather your views about our current provision. We will then advertise all student leadership positions in assembly and form time. Do encourage your child to apply for these opportunities.

I am looking forward to viewing the entries for our Easter themed competitions. I am happy to extend the deadline to Tuesday 27 April so there is still plenty of time to take part. Please [click here](#) to view the details of the Easter competitions in our previous newsletter dated 26 March.

Finally, a reminder that school will be closed on Friday 30 April as this is the Orthodox Good Friday also called Great Friday. Great Friday is traditionally a mourning

and fasting day among Orthodox Christians in the United Kingdom, particularly in the Greek Orthodox churches. The day commemorates Jesus' death by crucifixion. It is a day of serious observance that takes place prior to Easter Sunday.

Some churches, including many Romanian Orthodox churches, hold liturgies in the afternoon or evening. Hymns are sung and prayers are made. Some people light candles and say a prayer for both the living and the dead on this day. Please [click here](#) if you would like to send a free iconogram to friends and family to wish them a Happy Easter.

We will return to school on **Tuesday 4 May** as Monday 3 May is a Bank holiday.

### Announcement



Please [click here](#) to view the Announcement from the Archdiocese of Thyateria and Great Britain on the falling asleep of HRH Prince Philip.

I have sent the following message of condolence to Her Majesty the Queen from all of us at our school:

“On behalf of my staff, students and their families at St Andrew the Apostle Greek Orthodox School, I would like to send our condolences to Her Majesty the Queen and all members of the Royal family.

His Royal Highness Prince Philip, the Duke of Edinburgh will always be remembered for his outstanding service to our country and we will continue to remember him with each of our students who take part in the inspirational Duke of Edinburgh Award.

We are the only state funded Greek Orthodox secondary school in Britain. We will especially miss His Royal Highness Prince Philip, the Duke of Edinburgh when we move into our new school building which will be completed in Spring 2023.

We send prayers for the wellbeing of Her Majesty Queen Elizabeth and Her entire Royal Family during this very sad time.”

**Mrs I Warwick (Headteacher)**

### Student of the Week

*Well done!*

All students mentioned in the weekly Newsletter will receive 10 recognition points awarded by their form tutor.

**Year 7: Isha G (7P) and Oliver A (7P)** for outstanding work and brilliant effort in all lessons.

**Year 8: Harris C (8M)** for outstanding work in Classics and Art. **Elena A (8S)** for incredible effort in French, Classics and Drama

**Year 9: Alex A (9H) and Athanasia P (9T)** for demonstrating excellence in school.

**Year 10: Christos G (10A) and Zafirah I (10S)** for outstanding work and brilliant effort in all lessons.

**Year 11: Theocharis K (11E)** for an excellent display of resilience and increased confidence leading up to his assessments. **Jess S (11E)** for showing a high level of determination and focus to do well in assessments. Jess is a top achiever in Year 11.

**Year12: Nicola G (12A) and Thomas F (12O)** for consistent brilliant effort and excellent participation in A level Biology.

**Year 13: Stavros C (130) and Andreas G (130)** for consistent outstanding effort in all their lessons.

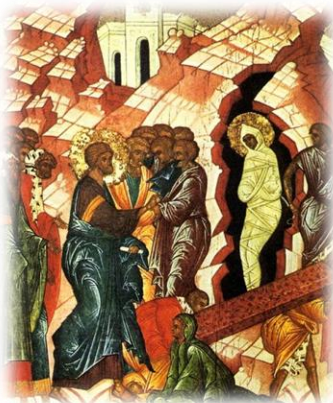
Please let us know of any accolades your child has achieved by emailing their Head of Year so we may celebrate them in future newsletters.

## Pascha Easter

### Entering the period of Holy Week

This week, we enter the period in the Orthodox Church known as Holy week which will culminate in the great feast day of 'Pascha' or Easter Sunday on May 2<sup>nd</sup>.

Great Lent ended on Friday of the fifth week – 23<sup>rd</sup> April, (the day before Lazarus Saturday). Holy Week began immediately thereafter. A brief explanation of each of the solemn days of Holy or Passion week is as follows:



**Lazarus Saturday – 24<sup>th</sup> April** - this is the day which begins Holy Week. It commemorates the raising of our Lord's friend Lazarus, who had been in the tomb for four days. This act confirmed the universal resurrection from the dead that all of us will experience at our Lord's Second Coming. This miracle led many to faith, but it also led to the chief priest's and Pharisees' decision to kill Jesus (**John 11:47-57**).

### *(Icon depicting the Raising of Lazarus)*

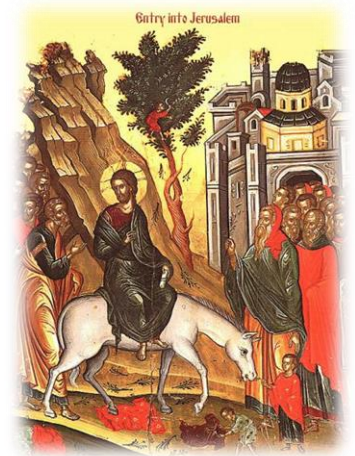
**Palm Sunday – 25<sup>th</sup> April** (The Entrance of our Lord into Jerusalem): Our Lord enters Jerusalem and is proclaimed king - but in an earthly sense, as many people of His time were seeking a political Messiah. Our Lord is King, of course, but of a different type - the eternal King prophesied by Zechariah the Prophet. We

use palms and olive branches on this day to show that we too accept Jesus as the true King and Messiah.

### *Icon depicting Palm Sunday (Entry of the Lord into Jerusalem)*

#### **Holy Monday, Tuesday and Wednesday:**

The first thing that must be said about these services, and most of the other services of Holy Week, is that they are "sung" in anticipation.



The services of these days are known as the **Bridegroom or Nymphios Orthros Services**. At the first service of Palm Sunday evening, the priest carries the icon of Christ the Bridegroom in procession, and we sing the "Hymn of the Bridegroom." **We behold Christ as the Bridegroom of the Church**, bearing the marks of His suffering, yet preparing a marriage Feast for us in God's Kingdom.

Each of these **Bridegroom Orthros services** has a particular theme. **On Holy Monday**, the Blessed Joseph, the son of Jacob the Patriarch, is commemorated. Joseph is often seen as a Type of Christ-like figure; Joseph was betrayed by his brothers, thrown into a pit, and sold into slavery by them. In the same way, our Lord was rejected, betrayed by His own, and sold into the slavery of death. The Gospel reading for the day is about the barren fig tree, which Christ cursed and withered because it bore no fruit. The fig tree is a parable of those who have heard God's word, but who fail to bear the fruit of obedience. It is also a warning to all people, in all times, of the importance of not only hearing the God's word but putting it into action.

**The Parable of the Ten Virgins is read on Holy Tuesday.** It tells the story of the five virgins who filled their lamps

in preparation for receiving the bridegroom while the other five allowed their lamps to go out, and hence were shut out of the marriage feast. This parable is a warning that we must always be prepared to receive our Lord when He comes again. The theme of the day is reinforced by the hymn we sing: "I see Thy Bridal Chamber adorned, O my Saviour, but have no wedding garment that I may enter. O Giver of Light, enlighten the vesture of my soul, and save me." The theme of Holy Wednesday is repentance and forgiveness. We remember the sinful woman who anointed our Lord in anticipation of His death. Her repentance and love of Christ is the theme of the "Hymn of Kassiane" which is chanted on this night, reminding us one more time, before "it is too late," that we too may be forgiven if we repent.

**Holy Unction:** The Mystery or Sacrament of Holy Unction is celebrated on **Holy Wednesday evening**. Actually, this service can be celebrated any time during the year, especially when one is ill. However, because of our need for forgiveness and spiritual healing, we offer this service during Holy Week for the remission of our sins. We should prepare for this service in a prayerful way, as we do for Holy Communion.

**Great and Holy Thursday:** On Holy Thursday we turn to the last events of our Lord and His Passion. Thursday morning begins with a Vespers Divine Liturgy commemorating the Mystical/Last Supper. Everyone who is able should try to receive Holy Communion at this service as it was at the Mystical Supper that our Lord instituted the Holy Eucharist.

**Thursday evening** actually begins the services of Great and Holy Friday. The service of the Twelve Passion Gospels commemorates the solemn time of our Lord's Crucifixion. After the reading of the fifth Gospel, the holy cross is carried around the church in procession, and Christ's body is nailed to the cross in the centre of the church.

**Great and Holy Friday:** This is a day of strict fast. As little as possible should be eaten on this day. It is the only day in the entire year that no Divine Liturgy of any

kind can be celebrated. In the morning we celebrate the Royal Hours. These solemn hours are observed as we read the various accounts and hymns concerning the crucifixion. In the afternoon we celebrate the Vesper service of the taking down of Christ's body from the cross. During the Gospel reading, our Lord's body is taken off the cross and wrapped in a new, white linen sheet. This act commemorates the removal of Christ's body from the cross by Joseph of Arimathea (John 19:38-42). Later in the service, the Epitaphios, or winding-sheet, with Christ's body on it is carried in procession and placed in the recently decorated tomb. In the evening the Lamentations service is sung. This service begins in a solemn manner, but by the end of the service we are already anticipating the Resurrection of our Lord. The Holy Friday evening service is actually the first service of Holy Saturday, the day in which we commemorate our Lord's body resting in the tomb while His all-pure soul descends into Hades to free the faithful of the Old Covenant.



### **Epitaphion (Lamentations at the Tomb of Christ)**

**Great and Holy Saturday:** This day is a day of hope and waiting. In the morning we celebrate a Divine Liturgy which commemorates Christ's victory over death. Bright vestments are worn as we anticipate Christ's Resurrection. Laurel leaves are strewn throughout the church during the service, because in the ancient world laurel leaves were a sign of victory. As the leaves are strewn, the choir chants "Arise O God and Judge the earth, for to Thee belong all the nations." The Old Testament story of Jonah in the belly of the whale is read at this service because Jonah is seen in the Church as a Type of Christ. As Jonah was three days in the belly of the great fish, and was then safely deposited back onto land, so our Lord was three days in the tomb before His glorious Resurrection. The Vespers Divine

Liturgy of Holy Saturday concludes the services of Holy Week and brings us to the eve of **Great and Holy Pascha**.

**Mr M Vassiliou (Senior Deputy Headteacher)**

Student Appreciation

Easter Competition Entries

Thank you to everyone who participated in the Easter themed competitions. All the entries are all so beautiful and creative. The winning entries will be announced in the next school newsletter. Have a look at some of the amazing entries that we have received so far. The final deadline is **Tuesday 27 April 2021**.



Activities and Competitions

Art competition

2021 Art Competition: Message from the UK Thalassaemia Society



It's back and bigger and better than before!

The UK Thalassaemia Society's 2021 GLOBAL ART COMPETITION has Started!!!

WE HAVE A TOTAL OF 13 PRIZES TO BE WON THIS YEAR!

OUR COMPETITION WELCOMES ENTRIES FROM AGES 3 - 17+ FROM AROUND THE GLOBE




We are all very excited to inform you that the **2021 Global Art Competition** for ages 3 – 17+ has started!

Their main aim for this event is to reach as many people as possible to bring light to thalassaemia and the importance of donating blood as with COVID-19 there have been blood shortages throughout the world.

Last year we had entrants from 47 countries and hundreds of incredible images produced, this year we are aiming to reach over two thousand entries!

The 2021 theme is: **Create an image of what comes to mind when you think of blood, DNA or thalassaemia.** Please feel free to have a look over our art competition page [here](#).

Thalassaemia is an inherited blood condition and those with this condition require frequent blood transfusions to live. This condition particularly affects those from Mediterranean, Southeast Asian, African and South American ancestry. To find out more on thalassaemia, visit our website [here](#).



Our closing date is **Friday 4 June** and winners will be announced on Monday 14 June (World Blood Donor Day). You can also share your work within school to have your entry shown in the newsletter.

## Poetry competition



**Stephen Lawrence** (13 September 1974 – 22 April 1993) was a black British teenager from Plumstead,

southeast London, who was murdered in a racially motivated attack while waiting for a bus in Eltham on the evening of 22 April 1993. The case became a cause célèbre: its fallout included cultural changes of attitudes on racism and the police, and to the law and police practice. It also led to the partial revocation of the rule against double jeopardy. Two of the perpetrators were finally convicted of murder in 2012

To celebrate his life and the change that has come as a result of his murder, Stephen Lawrence Day is an annual event on 22 April, which was the date of the incident when Stephen lost his life. [Click here](#) to view an informative video produced by the Stephen Lawrence Charitable Trust.

Our competition is for you to create a poem called 'Live Your Best Life: A Poem for Stephen'. This poem should be about how you will pursue your dreams whilst also making the world a better place for all people. Entries to [admin@standrewtheapostle.org.uk](mailto:admin@standrewtheapostle.org.uk) by Tuesday 11 May 2021.

## Support for Students

On Thursday 25 March, Youth Assembly Member, Tani Ilemobola hosted a Q&A event about COVID-19 for young people. Tani was joined by Public Health Registrar Dr Elliott Roy-Highley, and GP and Barnet Clinical Lead, Dr Nick Dattani. Together, they debunked several myths about COVID-19 that have been circulating online.

The event highlights are available to watch [here](#). It's important that we are in possession of correct information so that we can help to protect each other and save lives.

## Middlesex University-Live lecture series



**Middlesex  
University  
London**

Middlesex University is inviting interested students to Barnet's free [Live Lecture Series](#), from Monday 26 April to Friday 30 April 2021.

Students will learn more about a subject, virtually meet lecturers and have an opportunity to ask them questions.

The one-hour taster lectures cover a range of subjects and topics, including:

- Race, Racism and Whiteness (Criminology and Sociology)
- IT Careers in a Digital Revolution (Business Information Systems)
- Entrepreneurship and You (Business Management)
- The Endangering Cost of Development (Law)
- How to Make a Hit Show (TV)

## Student survey

The 'Big Ask' Survey for Children and Young People, aged 4-17



The Big Ask online survey is now live at [Big Ask](#) and will run from 19th April to 19th May 2021. The survey launched by Children's Commissioner Rachel de Souza, will be the biggest consultation with children undertaken in England. Rachel de Souza's job is to speak up for children in England, to stand up for their rights, and to make sure that the people in power listen to what children need and want to enable them to live happier lives. This survey will only take **5-10 minutes** to complete.

## Women's and Girls network

Please [click here](#) to access helpful information about support available from the **Women and Girls network**.



In addition, the NSPCC and is available to current or past victims of violence and abuse as well as parents, carers or professionals with concerns. The number is 0800 136 663. The helpline is free and anonymous, and will be open Monday to Friday from 8am – 10pm and Saturday to Sunday from 9am – 6pm.

## Support for Parents/ Carers

### Online Safety

It is important to have regular conversations about staying safe online and to encourage children to speak to you if they come across something worrying online.



Talk to your child about the importance of creating a safe online environment, including keeping any log-in details and passwords safe.

These resources will support you to talk to your child about a range of online safety issues, set up home filtering in a child-friendly way and set up age-appropriate parental controls on digital devices:

- [Thinkuknow](#) by the National Crime Agency - Child Exploitation and Online Protection command (NCA-CEOP) - resources for parents and carers and children of all ages to help keep children safe online
- [Childnet](#) has developed [guidance for parents and carers](#) to begin a conversation about online safety, as well as [guidance on keeping under-fives safe online](#)
- [Parent Info](#) is a collaboration between Parent Zone and NCA-CEOP - support and guidance for parents and carers related to the digital world from leading experts and organisations
- National Society for the Prevention of Cruelty to Children (NSPCC) - [guidance for parents and carers](#) to help keep children safe online
- [UK Safer Internet Centre](#) - tips and advice for parents and carers to keep children safe online - you can also [report any harmful content found online through the UK Safer Internet Centre](#)
- [Inclusive Digital Safety Hub](#) and [Online Safety Hub](#), created by South West Grid for Learning in partnership with Internet Matters - support and tailored advice for young people with additional learning needs and their parents or carers
- [Parents' Guide to Age Ratings](#) explains how the British Board of Film Classification rates content, and gives parents advice on choosing online content well

- Extra services on some routes, with some adjustments to services that ran last year to reflect demand
- Up to half of buses on certain higher-frequency routes signed as 'school services' (generally between 07:30 and 09:00 and 14:30 and 16:30)
- A full service on existing school day-only routes (routes generally numbered 600-699)

School children travelling without adults should travel on the school services where possible, to help provide space for other customers on regular services. Customers who are not schoolchildren but who need to travel at school travel times (including school staff) are strongly encouraged to use regular services.

The full details of planned additional services and routes operating with buses signed as a 'school service' will be available

soon at: <https://tfl.gov.uk/modes/buses/bus-changes>.

### Safe Travel Across the Public Transport Network



TfL are continuing to take a range of measures to ensure that the public transport network is clean and safe – including an enhanced cleaning regime. Everyone travelling must continue following the [safer travel guidance](#) to protect themselves and others. It is compulsory for everyone aged 11 and over to wear a face covering over their nose and mouth throughout any public transport journey unless

### Travelling to school-message from TfL



TfL are running bus services in a similar way to the service provided during the Autumn term. This means:



exempt. Bus windows should remain open to ensure a good supply of fresh air, even in cold weather.

If a child aged 11 to 17 isn't wearing a face covering without an exemption or reasonable explanation, transport officers may arrange for a warning letter to be sent to their parent or guardian. Further non-compliance could lead to the suspension of their concessionary travel.

### How Parents/ Carers Can Help

Encourage your children to walk, cycle or scoot wherever possible. Use the STARS [Safer Journey Planner](#), which will help to plan journeys and also provides useful advice.

Make use of London's extensive [walking and cycling network](#), which is being delivered in partnership with London boroughs, among students, parents/ carers and staff as part of their journeys to school

Encourage your child to check their journey on our [Journey Planner](#) or the TfL Go app.

### COVID-19 testing update



All students and staff who test positive on an LFD test, whether at home or supervised at their school should now get a confirmatory PCR test.

Students and staff who had a positive LFD test result, their close contacts and other members of their household, should self-isolate immediately in line with [NHS Test and Trace guidance](#), while awaiting the PCR result. If the PCR test is negative, it overrides the LFD

test and the staff member, pupil or student can return to school or college, and their close contacts can end their self-isolation.

### Free Adult training available

#### Lifetime Skills Guarantee - Free Adult Training - L3 Diploma in Supporting Teaching and Learning

Barnet Southgate College is pleased to announce that the following 'Free Lifetime Skills Level 3' courses are on offer. These courses are suitable for staff who want to upskill and parents / carers who wish to retrain.

- Level 3 Diploma for the Early Years Workforce - suitable for those who wish to work in the Early Years sector.
- Level 3 Diploma in Adult Care - suitable for those who wish to work for the NHS.
- Level 3 Diploma in Specialist Support for Teaching and Learning in Schools - suitable for those who wish to work in Primary, Secondary or Further Education.

If you would like to know more, please visit the [Barnet Southgate College website](#) and apply directly to one of the courses.

### Barnet Mencap- workshops

Barnet Mencap have a few workshops coming up for parents of children with additional needs. These will all take place virtually, through Zoom.

There are three [Time to Talk](#) workshops on different themes coming up in April and May:

- Monday 26 April: Time to Talk: Coming out of Lockdown
- Monday 10 May: Time to Talk about ADHD
- Monday 24 May: Time to Talk: How are you?

All workshops will take place 7.15pm to 8.15pm on Zoom and be led by Jenny Melling, one of the IAG (Information Advice and Guidance) Advisers.

Also coming up are two Family Links nurturing programmes beginning in April:

[The course for parents of children with learning disabilities or autism](#) will begin on Zoom at 10am to 12 noon on Tuesday 27 April 2021, and take place on following Tuesdays for 10 weeks, finishing on Tuesday 6 July. There won't be a session on Tuesday 1 June as this is half term.

[The course for parents of children with ADHD](#) will begin on Zoom at 10am to 12 noon on Wednesday 28 April 2021, and take place on following Wednesdays for 10 weeks, finishing on 7 July. There won't be a session on Wednesday 2 June as this is half term.

### Previous competitions

Please click [here](#) to access last week's newsletters to see the exciting competitions we have on offer. There is still plenty of time to enter so be creative and send us your entry!

Please remember to include your full name, year group, form, school and contact details for your Parents or Carers.

**Year 5 and Year 6 winners** will be entered into a prize-draw competition and winning students will receive a certificate and a great prize!

### Free Thank You Cards for School Staff

Please click [here](#) to send a free 'Thank you' to a member of staff postcard. Anyone can send a card all year round. The *Thank a Teacher* campaign recognises ALL staff working in UK schools and colleges; school leaders, teachers, teaching assistants, and all support staff such as office staff, technicians, lunchtime supervisors and caretakers.

### Headteacher Parent Surgery

If you would like to meet with the Headteacher or a Senior Deputy Headteacher at our weekly Parent and Carer surgery, please email [admin@standrewtheapostle.org.uk](mailto:admin@standrewtheapostle.org.uk)

This will take place every Friday from 5pm until 6pm. The time allocated for appointments will be 15 minutes

in the first instance. Please send your request for an appointment in by 10am every Wednesday so that we may allocate an appointment and send you confirmation in good time. All appointments will take place via Microsoft Teams during current restrictions.


### Friends of STA (FOSA)

**COMING SOON:** Our first meeting of FOSA. If you would like to join our small group of parents and carers, please can you email [admin@standrewtheapostle.org.uk](mailto:admin@standrewtheapostle.org.uk) and mark your email for the attention of Mr M Vassiliou.

### Mr M Vassiliou (Senior Deputy Headteacher)


### Important dates for the calendar

Please [click here](#) to access dates for the calendar. Please note that these dates are subject to change, so please do keep checking in on a regular basis. If you have any queries about a specific date, please email us at [admin@standrewtheapostle.org.uk](mailto:admin@standrewtheapostle.org.uk)



St Andrew the Apostle Greek Orthodox Secondary School and Sixth Form  
wishes the community a Happy Easter

**Χριστός Ανέστη**



A community led school with high academic standards where every child is known

[www.standrewtheapostle.org.uk](http://www.standrewtheapostle.org.uk)  
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