



Headteacher's Update

27 September 2021



www.saintandrewgoc.org

Key messages

Dear Parents and Carers

Last week was another one full of joy as we opened our doors to over 80 families who had pre-booked to see us during the school day. Each family gave us wonderful feedback and really appreciated the opportunity to see us as we are every single day. Our school is full of happy children learning under the expert guidance of their dedicated teachers and support staff. Any further visits can be requested via admin@standrewtheapostle.org.uk and marked for the attention of my PA Mrs Helen Marcou.

Last week I met with Heads of Department in order to review the purpose or intent underpinning the curriculum we offer at our school. I asked Heads of Department questions such as *What is your vision for your subject?* What would you like students to gain from studying your subject – why is your subject important for students – how should students be different after studying your subject? These are fundamental questions which drive us to promote excellence in our classrooms. I am very pleased to say that at St Andrew the Apostle School, we have an engaging, challenging and robust curriculum that fulfils our mission and core purpose. If you would like to know more about our curriculum, please [click here](#).

On Monday 20 September, we were delighted to welcome Mr Photis Photiou, the Presidential Commissioner of Cyprus to our school. Mr Photiou went into lessons and met our students and teachers. He visited a number of curriculum areas; Science, Mathematics, Art, Design Technology, Greek, Classical Studies, Chemistry; he saw lessons ranging from Key stage 3 to GCSE and A level. Mr Photiou was accompanied by Theodoros Gotsis, the Consul General of the UK Cyprus High Commission, Christos Karaolis, President of the National

Federation of Cypriots in the UK and Christos Touton, President of Nepomak. Mr Photiou also met Mrs Karaolis, OBE, Chair of Governors and Mr Easton, Lead Adviser from our sponsors the Russell Education Trust (RET).



Finally, if you have any questions about how to access certain features of our new MIS Bromcom, please do send a note in to your child's form tutor. Mr Martin (Deputy Headteacher) is arranging after school drop-in sessions for students so that we may help with any queries on a 1:1 basis and we are also arranging for all KS3 students to use some dedicated lesson time in Computer Science lessons to demonstrate to their teacher that they know how to log in to access their homework on Bromcom.

Reminder: Please [click here](#) to follow the link to the Planning consultation so that you may make a comment of support about our school's section of the application.



Mrs I Warwick (Headteacher)

Orthodox Christian Teaching on Prayer

Once again, a very warm welcome, to all of our readers and school community. It was a real pleasure last week to have Father John, one of our two school chaplains, in school meeting our new Year 7 students and conducting a blessing (or Ayiasmos as it is known in Greek) for a successful academic year ahead for all of our students and staff.

This week I would like to reflect on the power prayer and in particular what the Orthodox Church has to say about the importance and power of prayer.

Prayer needs no teacher. It requires diligence, effort and personal ardour, and then God will be its teacher.

St. Meletius the Confessor

Common to all religions is the belief that prayer is the mutual and personal encounter with God. It is through prayer that we open ourselves to the invisible, imperceptible power of God.

The perfect example of personal prayer is the one given to us by Jesus Himself in the form of the Lord's prayer: 'Our Father who art in Heaven'

Why do we Pray? First of all, Christ asks us to pray. He tells us in the Gospel of Luke, *How much more will the heavenly Father give the Holy Spirit to those who ask him (Luke 11:13).*

We pray so that God can help us to become more like Him in our actions. We also pray for our renewal and the growth of our soul. We pray to give thanks to God for all he provides for us.

We also pray to seek forgiveness for our sinfulness/wrongdoings. We can also pray to seek help for others as well as ourselves. But we must not forget to pray for His help in our own spiritual growth. This is not selfish, but essential for us to better love and serve others and carry out God's commandments.

How Do We Pray? It is worth establishing a regular time to pray. We should have as a minimum a time in the morning and a time in the evening. With our busy lives this means we

might have to make some conscious changes to make time for prayer. Pick a time that you know you can keep no matter what. The length of time is something that only you can determine.

Your time in prayer will grow as your relationship with God grows. At first you will find it a struggle to maintain what seem like a simple discipline as there are negative forces that will try and keep you from regular prayer. Perhaps, we ought to expect a struggle in the beginning to maintain a strict schedule. As the popular saying goes, "Just do it!" Think of all the other things in our lives we do routinely like getting to school/work on time, or personal hygiene routines like brushing our teeth.

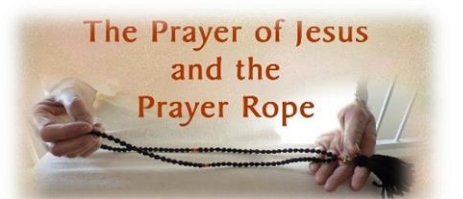
The Orthodox Church recommends to begin praying by focusing; take the time at the beginning of your prayer time to calm your body and to concentrate your energies in your heart. Christ says, ***Enter into thy closet and ... shut thy door. (Matthew 6:6).***

Remove all activities that could disrupt your inner descent. Set aside, to the best of your ability, all of your problems of the day and your worries for tomorrow. This is not a time for thinking or worrying. When you are preparing to pray, stand, sit or walk a few minutes and steady your mind to concentrate on God. Reflect on who it is that you will be addressing. Remember, it is God Himself who you are about to talk with. Try to bring about a feeling of humility and reverent awe. Make some prostrations before you begin.

Finally...What is the Jesus Prayer? The Jesus Prayer is known in the Orthodox Church as one of the most powerful prayers. The prayer is very simple.

Lord Jesus Christ, Son of God, Have mercy on me a sinner.

The practice of the Jesus Prayer is to say the prayer over and over until it becomes an unceasing prayer in your heart. Of course, this takes many years. You might begin with saying the Jesus prayer a few times. This is where the use of a prayer rope comes in. A prayer rope is made of a fixed number of knots. A common one has fifty knots. As you say the Jesus prayer, you advance your thumb and forefinger one knot each time. In this way you will know how many times you have repeated the prayer. Prayer ropes are made in monasteries and blessed with prayer in their making.



I would like to invite you to have a look at this short [video](#) for additional information.

Mr M Vassiliou (STA Spiritual Advisor)

Reminder- Parent Governer vacancy



All parents and carers have received a letter from me, inviting applications for the voluntary position of Parent Governor. I look forward to receiving your applications. The timeline is as follows:

Monday 4 October: Last date and time for returning nominations.

Thursday 7 October: Ballot paper sent to parents.

Thursday 21 October: Date of count of ballot papers.

Students of the Week



STARS OF THE WEEK

All stars of the week will be awarded 10 recognition points by their form tutor.

Year 7: Jaladhi N (7 Simon) for consistently demonstrating and modelling our school values. **Pany P (7 Simon)** for making an exceptional effort in his Humanities lessons last week.

Year 8: Jana B (8 Phillip) excellent effort in lessons. **Zac W (8 Matthew)** consistently demonstrating the STA way.

Year 9: Emiljano H (9 Matthew) for outstanding effort and producing excellent work in DT and in Greek. **Amalia Y (9 James)** for brilliant effort in DT, Greek and PE lessons.

Year 10: Gabriella B (10 Phillip) for excellent work and outstanding behaviour. **Zachary M (10 James)** for setting high standards in his work and behaviour.

Year 11: Scott L (11 Phillip) for brilliant effort in form time. **Gabriella K (11 Simon)** for producing some outstanding work in Geography.



We also want to thank the remainder of the students that brilliantly supported our school and demonstrated our values at the STA Open evening on 16 September.

The group of amazing STA ambassadors named in last week's and this week's newsletter will be given 20 recognition points each and the Headteacher's PA, Mrs H Marcou will arrange for them to have tea with the Headteacher in individual year group bubbles.

Year 7: Michael M (7 Phillip), Amalia S (7 James), Anna-Maria D (7 James)

Year 8: Aliyat O (8 Phillip), Zofia S (8 Matthew), Maya G (8 Simon), Tyra O (8 James), Izabel R (8 James), Joanna I (8 James), Androulla N (8 James), Isha G (8 Phillip), Megi D (8 Phillip)

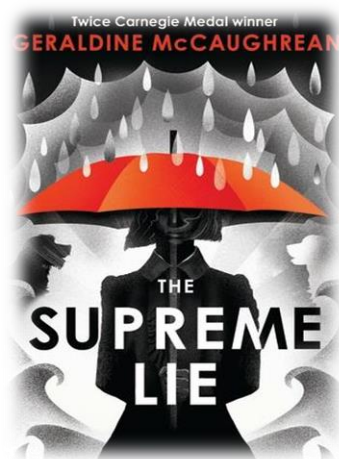
Year 10: Athanasia P (10 Thomas)

Year 11: Andrianna P (11 James), Eleni E (11 Simon), Theodore (11 Phillip), Anastasia K (11 Matthew), Yehta (11 Simon), Alicia K (11 Phillip)

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Book Review



Name of reviewer: Mr M Vassiliou

Title: The Supreme Lie

Author: Geraldine McCaughrean

Genre: Young adult fiction

A brief synopsis:

The novel is set in the mythical country of Afaia

which has been hit by relentless rain leading to dangerous flooding. Gloria is a 15-year-old maid to Madame Suprema, the secretive and dictatorial ruler of Afaia; she lives in the capital city Praesto and her only real friends are Daisy the dog, and Higgy, who works in a factory. When Madame Suprema runs away from the crisis, her husband Timor has to cover up her disappearance and asks Gloria to pretend to be Madame Suprema. This makes for some real comic moments within the novel, but with dark undercurrents of corruption, desperation, and most of all lies – which are supported and encouraged by the newspaper 'The Voice'.

Meanwhile in the countryside, Heinz is a dog trying to find his Boy Clem, who has been flooded out of his home and is heading south as a refugee. In his search for his Boy, he travels with a dog named MyCar, a pack of feral dogs and a horse. Heinz is desperate to avoid 'Hound Death' who because of the flooding is busy collecting souls of humans and animals.

These two narratives eventually weave together in this imaginative and highly original book. Gloria is a worthy heroine struggling to make the right decisions in her new position of power; her relationship with Timor is very amusing but also complex. Heinz is everything a dog should be and more.

Geraldine McCaughrean's vivid imagery and clever use of unusual details creates unforgettable characters, and the understated and matter-of-fact narration of devastating events only increases the emotional impact they carry.

Recommendations (Would you recommend this book? Who to? Why?)

The Supreme Lie is truly an extraordinary book which I would recommend to students in Years 7 and 8 as well as anyone else who enjoys a great read. This is a thrilling adventure story with plenty of twists and turns, but it also has depth and breadth with an underlying social and political

commentary on greed, corruption, manipulation, exploitation but also courage and the willingness to stand up for what is right and true.

Stars (5 stars= I highly recommend this book)



STEM and Medicine Career Experiences

INVESTIN

Message to students age 12-18 from Investin

This term we are offering students aged 12-18 immersive weekend experiences in 13 different STEM and Medicine-related careers. Learn from top doctors, engineers, psychologists, investment bankers and more. Students can attend in-person at UCL or online. Other options include the Universities of Bristol, Birmingham, Manchester and Edinburgh.

STEM & MEDICINE CAREER EXPERIENCES



All STEM & Medicine Programmes

Click on any career below to register for an experience that will supercharge your future. Please book before 30 September to avoid disappointment.

[Architecture](#): Use pioneering software to create 3D models

[Cyber Security](#): Become a white hat hacker and pen-test a 'secure' system

[Data Science](#): Use big data to salvage a business on the brink of collapse

[Dentistry](#): Practise fillings and drill into decayed teeth

[Engineering](#): Use AI to design the next autonomous vehicle

[Forensic Science](#): Gather evidence, match fingerprints and analyse blood

Investment Banking: Build a winning portfolio and trade stocks live

Medicine: Read patient X-rays, ECGs and blood tests

Nursing: Watch a live wound care demonstration and try it out yourself

Psychology: Advise the police during a live hostage negotiation

Software Engineering: Discover the world of full-stack engineering

Vet: Experience a live veterinary surgery simulation

Video Game Designer: Build your own spellbinding game in Unity

Christ Church College, University of Oxford



Christ Church College, University of Oxford will be visiting us and spending the day at St Andrew the Apostle School on **Thursday 14 October**. Our Year 11, 12 and 13 students will take part in personalised workshops about the Oxbridge application process.

We will also invite in some of our local Primary school partners to take part in a special primary school workshop for Year 5 and Year 6 students.



OXFORD OUTREACH
PATHWAYS TO SUCCESS

Mrs I. Warwick
(Headteacher)

Imperial College Outreach



Imperial College
London

Students still have a chance to participate in the Imperial College Outreach Programme. Take a look below and see what is available.

STEM Potential. Y12 Students - Applications open. STEM Potential supports students with their A-level studies and university applications during Y12 and Y13. Participants will take part in practical workshops, lectures and university taster days. They will have the opportunity to meet current Imperial students and learn about their university experiences. We will support participants with the university application process including workshops on personal statements and university interviews. To find out more, including eligibility criteria, please visit the [STEM Potential webpage](#).

Pathways to Medicine: Y12 Students - Applications open

Pathways to Medicine supports young people from state-



funded schools and colleges who aspire to study medicine at university and become a doctor. The programme, run in collaboration with The Sutton Trust, provides ongoing support through Years 12 and 13. Participants take part in activities that provide an insight into the medical profession support your medical school applications and prepare you for starting university.

Students need to live and go to school within a one hour commute of the South Kensington campus. To find out more, including eligibility criteria, please visit the [Pathways to Medicine webpage](#).

Applications close on 11 October 2021. For queries or to book a one-to-one support session with our team contact makerspace@imperial.ac.uk

Mental Health



Please [click here](#) to access helpful advice and support from **Young Minds**.

Please [click here](#) to access support and advice from Kooth.

Please [click here](#) to access helpful advice and support from the **NHS for teenagers and young adults** who need support with their mental health and are coping with bereavement.

Reminder: During school, students needing emotional support can talk to their Form Tutors and their Head of Year. The following members of staff are also available: **Mr C Martin (DSL*)**; **Mrs C Hammond (DDSL*)**; **Mrs I Warwick (DDSL*)**; **Ms M Henshaw-Devall**; **Mr N Anemori** and **Ms M Hirli**.

***DDSL is the Deputy Designated Safeguarding lead *DSL is the Designated Safeguarding lead**

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

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)

Our small group of dedicated parents and carers will meet this week on **Thursday 30 September at 5pm** on Teams to discuss ideas and to implement plans to fundraise and to generally support the school community.

If you are interested in finding out more, please email admin@standrewtheapostle.org.uk and mark your email for the attention of **Mrs I Warwick (Headteacher)**

Reminder COVID safety

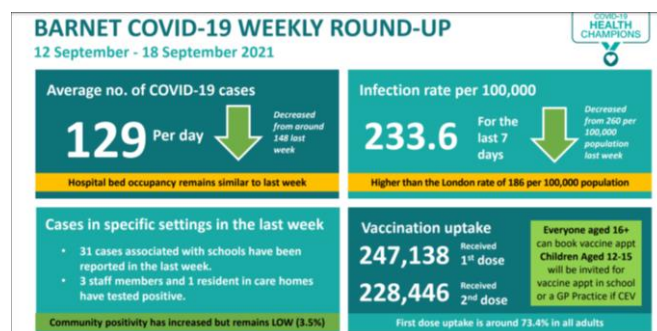
Students should be testing themselves at home twice weekly (Wednesdays and Sundays) using lateral flow tests and results should be reported to the school using our online reporting system.

- Students experiencing any symptoms of COVID must not come into school and must go immediately for a PCR test.
- Enhanced cleaning regimes remain in place around the site.
- Students are sanitising their hands on entry to every classroom and wiping down desks at the end of each lesson with sanitiser spray.

- A one-way system remains in place around the school site.
- Students are sat 'side by side' in lessons.
- Teachers are reminded regularly of the need for good ventilation. We have good mechanical ventilation systems in school and windows are routinely kept open.

Teaching staff are continuing to teach from 'exclusion zones' at the front of classrooms and are not generally circulating around rooms.

Please [click here](#) if you would like to view the Barnet COVID-19 weekly update.



Important dates for the calendar

Please [click here](#) to access term dates. Please note, these dates may be subject to change.

Ofsted: "The school's work to promote pupils' personal development and welfare is outstanding. Pupils are self-confident and very articulate. They like their school and they want to do well. Pupils said that there is a 'family atmosphere' in the school and there is a warmth in the relationships between pupils." (2018)



Entry Requirements: 5 GCSEs at grade 4+ with specific requirements for each course. Some courses and combinations of courses will require a minimum grade 5 in English and mathematics.

Ofsted "Leaders in the sixth form set high expectations for their students. They know their students well and track their progress carefully. Students really enjoy their learning in the sixth form." (2018)

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Tel: 0203 195 5444



St Andrew The Apostle
SIXTH FORM
Ever to Excel

Find us online:
www.standrewtheapostle.org.uk
admin@standrewtheapostle.org.uk

Sixth form Open Evening for September 2022 application is on **Wednesday 17 November 2021**. Please check our website <https://www.standrewtheapostle.org.uk> for further details.