



Headteacher's Update

11 October 2021



His Eminence Archbishop Nikitas is visiting us at STA on Wednesday 13 October.

Key messages

Dear Parents and Carers,

It gives me great pleasure to announce that His Eminence the Archbishop of the Greek Orthodox Church of Thyateria and Great Britain will be visiting our school on **Wednesday 13 October at 10.00am**. This will be His Eminence's second visit to us in recognition of the fact that we are Britain's first and only Greek Orthodox state secondary school. His Eminence will lead students in a special assembly of blessing and prayers followed by a blessing of both of our school buildings.

His Eminence was born in Tampa, Florida and raised in Tarpon Springs, Florida. His roots are from the island of Kalymnos in Greece. Following high school, Archbishop Nikitas studied at the University of Florida achieving a Bachelor of Arts. He then enrolled at Holy Cross Greek Orthodox School of Theology, graduating in 1980 with a Master of Divinity with Honours. His Eminence Archbishop Nikitas pursued additional graduate studies at the University of Thessaloniki for two years. He further studied the Russian language at the St Petersburg Theological Seminary in Russia, from late 1992 to mid-1993.

His Eminence Nikitas was elected Archbishop of Thyateira and Great Britain on 12 June 2019.

His Eminence Archbishop Nikitas has continued to show a keen interest in our school as well as in the education of young people in general. He is also looking forward to offering his support to us as a school community.

We look forward with excitement to his forthcoming visit.

I am pleased that the contact home calls made by form tutors, Heads of Year and the Senior Leadership Team (SLT) are going well. These appointments are invaluable for us to check to see how you feel your child has settled in and also gives an early opportunity for you to ask any questions and to let us know how we can help and support your child to make excellent progress.

Coming soon: On Wednesday 17 November, we will suspend lessons in the afternoon and we will deliver a series of personalised workshops for each year group. There will be no change to the start or end time of the school day or for break and lunchtime. We will share further details of these workshops with you in due course.

Thank you to Mrs A Koveri and Ms D Walt who accompanied four of our seven Year 13 Early Bird applicants to have a guided tour of Gonville & Caius, Cambridge, which is our link Cambridge college. The tour ended with a very useful question and answer session followed by a tour of the city.



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)





First Visit to an Orthodox Church: Twelve Things Worth

Knowing- taken from Frederica Mathewes-Green for the Antiochian Orthodox Church of North America

Orthodox worship is different! Some of these differences are apparent, if perplexing, from the first moment you walk into a church. Others become noticeable only over time. Here is some information that may help you feel more at home in Orthodox worship - twelve things worth knowing before a first visit to an Orthodox church.

1. What's all this commotion?

During the early part of the service the church may seem to be in a hubbub, with people walking up to the front of the church, praying in front of the iconostasis (the standing icons in front of the altar), kissing things and lighting candles, even though the service is already going on. In fact, when you came in the service was already going on, although the sign outside clearly said "Divine Liturgy, 9:30." You felt embarrassed to apparently be late, but these people are even later, and they're walking all around inside the church. What's going on here?

2. A Sense of Holiness

In an Orthodox church there is only one Eucharistic service (Divine Liturgy) per Sunday, and it is preceded by an hour-long service of Matins and several short preparatory services before that. There is no break between these services - one begins as soon as the previous ends, and posted starting times are just educated guesses. Altogether, the priest will be at the altar on Sunday morning for over three hours, "standing in the flame," as one Orthodox priest put it.

You will find yourself surrounded by a blaze of colour in the priests' vestments and the icons that adorn the walls. The

sweet odour of incense will assault your nose, possibly making you sneeze. Rich, deeply moving but unfamiliar music will fill your ears. All around you people will be doing things – lighting candles, kissing icons, making the sign of the cross, bowing, standing in prayer – everything but sitting still. To someone accustomed to four bare walls and a pulpit, all this may seem pretty strange.

Everything we see, hear, smell, touch, taste or do in the Orthodox Church has one purpose and one purpose only: to lead us closer to God. Since God created us with physical bodies and senses, we believe He desires us to use our bodies and senses to grow closer to Him.

3. Stand Up, Stand Up for Jesus

In the Orthodox tradition, the faithful stand through nearly the entire service. In some Orthodox churches, there won't even be any pews, just a few chairs scattered at the edges of the room for the elderly. Expect some variation in practice. In any case, if you find the amount of standing too challenging, you're welcome to take a seat. It gets easier with practice.

4. By This Sign, Pray

To say that we make the sign of the cross frequently would be an understatement. We sign ourselves whenever the Trinity is invoked, whenever we venerate the cross or an icon, and on many other occasions in the course of the Liturgy. But people aren't expected to do everything the same way. Some cross themselves three times in a row, and some finish by sweeping their right hand to the floor. Often before venerating an icon, people will cross themselves twice, bowing each time with their right hand to the floor, then kiss the icon, then cross themselves and bow again. Don't worry; that doesn't mean you have to follow suit.

We cross with our right hands, touching forehead, chest, right shoulder, then left shoulder to end over the heart, the opposite of Catholics. We hold our hands in a prescribed way: thumb and first two fingertips pressed together; the last two fingers pressed down to the palm. Here as elsewhere, the Orthodox impulse is to make everything we do reinforce the Faith. (The three fingers held together represent the Trinity; the two fingers against the palm represent the two natures of Christ.)

5. What, No Kneeling?

Generally, we don't kneel. We do sometimes prostrate. This is not like prostration in the Roman Catholic tradition, lying out flat on the floor. To make a prostration we kneel, place our hands on the floor and touch our foreheads down between our hands.

Not everyone prostrates. Some kneel, some stand with head bowed; in a pew they might slide forward and sit crouched over. Standing there feeling awkward is all right too. No one will notice if you don't prostrate. In Orthodoxy there is a wider acceptance of individualized expressions of piety, rather than a sense that people are watching you and getting offended if you do it wrong.

6. Kissing

We kiss things. When we first come into the church, we kiss the icons. You'll also notice that some kiss the chalice, some kiss the edge of the priest's vestment as he passes by, the priest's assistant kisses his hand when they give him the censer, and we all line up to kiss the cross at the end of the service. We kiss each other ("Greet one another with a kiss of love." 1 Peter 5:14) before we take communion. In Orthodoxy different cultures are at play: Greeks and Arabs kiss once on each cheek; the Slavs come back again for a third.

7. Blessed Bread and Consecrated Bread

Only Orthodox may take communion, but anyone may have some of the blessed bread. Here's how it works: the round communion loaf, baked by a parishioner, is imprinted with a seal. In the preparation service before the Liturgy, the priest cuts out a section of the seal and sets it aside; it is called the "Lamb." The rest of the bread is cut up and placed in a large basket and blessed by the priest.

During the eucharistic prayer, the Lamb is consecrated to be the Body of Christ, and the chalice of wine is consecrated as His Blood. Here's the surprising part: the priest places the Lamb in the chalice. When we receive communion, we file up to the priest, standing and opening our mouth wide while he gives us a portion of the wine-soaked bread from a spoon. He also prays over us, calling us by our first name or by the saint-name which we chose when we were baptized or chrismated (received into the Church).

8. No General Confession?

In our experience, we don't have any general sins; they're all quite specific. There is no complete confession prayer in the Liturgy. Orthodox are expected to be making regular, private confession to Christ in the presence of their priest. He is not called by his first name alone, but referred to as "Father First-name." His wife also holds a special role as parish mother, and she gets a title too, though it varies from one culture to another. Some of the titles used are "Presvytera" (Greek), or "Khouria" (Arabic), both of which mean "priest's wife;" or "Matushka" (Russian), which means "Mama."

9. Music, Music, Music

About seventy-five percent of the service is congregational singing. Traditionally, Orthodox use no instruments. Usually, a small choir leads the people in acapella harmony, with the level of congregational response varying from parish to parish. The style of music varies as well, from very Oriental-sounding solo chanting in an Arabic church to more Western-sounding four-part harmony in a Russian church, with lots of variations in between.

10. No Shortcuts

Is there a concise way to say something? Can extra adjectives be deleted? Can the briskest, most pointed prose be boiled down one more time to a more refined level? Then it's not Orthodox worship. If there's a longer way to say something, the Orthodox will find it. Orthodoxy is not for people who find church boring!

11. The prayers of Mary

We often address her as "Theotokos," which means "Mother of God." In providing the physical means for God to become man, she made possible our salvation. Not that we think she or any of the other saints have magical powers or are demigods. When we sing "Holy Theotokos, save us," we don't mean "save" in an eternal sense, as we would pray to Christ; we mean "protect, defend, take care of us here on earth." Just as we ask for each other's prayers, we ask for the prayers of Mary and the other saints as well. Icons surround us, in part, to remind us that all the saints are joining us invisibly in our worship.

12. The Three Doors

Every Orthodox church will have an iconostasis before its altar. "Iconostasis" means "icon-stand." In a mission parish it can be as simple as a large image of the Virgin and Child on an easel on the left, a matching image of Christ on the right. In a more established church, the iconostasis may be a literal wall, adorned with many icons. The basic set up of two large icons creates, if you use your imagination, three doors. The central opening, in front of the altar itself, usually has two doors, called the "Royal Doors," because that is where the King of Glory comes out to the congregation in the Eucharist. Only the priest and deacons, who bear the Eucharist, use the Royal Doors.

The openings on the other sides of the two main icons, if there is a complete iconostasis, have doors, with icons of angels; they are termed the "Deacon's Doors."

Orthodoxy seems startlingly different at first, but as time goes by it gets to be less so. It will begin to feel more and more like home, and will gradually draw you into your true home, the Kingdom of God. I hope that your first visit to an Orthodox church will be enjoyable, and that it won't be your last.

Mr M Vassiliou (STA Spiritual Director)

Update- Parent Governor vacancy



All parents and carers have received ballot papers.

Thursday 21 October: Date of count of ballot papers.

I will announce the elected Parent Governor in the newsletter.

Mrs Warwick (Headteacher)

BHM competition- reminder



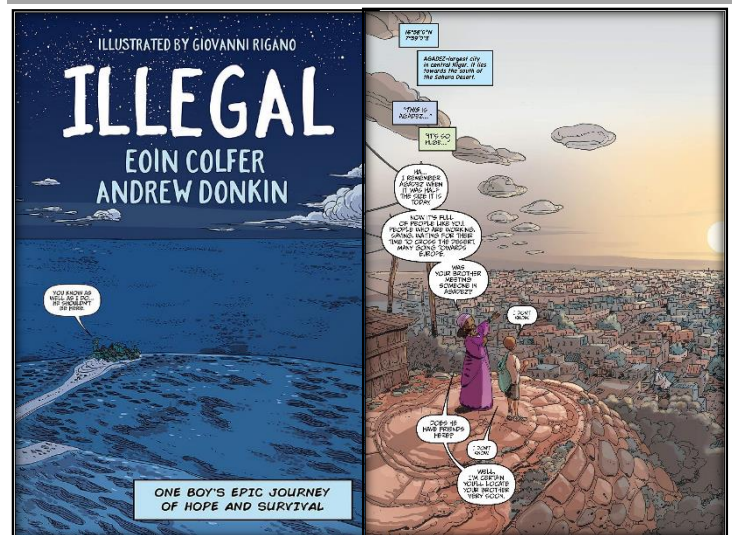
Who is being commemorated in this statue? What is her story and why is it important to all of us? **Deadline is 4pm on Monday 18 October.**

Please submit your entries to admin@standrewtheapostle.org.uk and mark for the attention of **Mrs Warwick (Headteacher)**.

Click on [Visit London](#) to view a variety of activities and places to visit during BHM.

[Click here](#) if you would like to find out more about Black History month.

Book Review



Name of reviewer: Ms J Fourcade (Assistant Headteacher and Head of sixth form)

Title: Illegal

Author: Eoin Colfer and Andrew Donkin

Genre: Young adult fiction

A brief synopsis: *Illegal* by Eoin Colfer and Andrew Donkin tells us the story of Ebo, a young boy from Ghana, and his epic journey across Africa and the Mediterranean Sea to reach Europe. Ebo doesn't want to reach Europe for profit. He wants to follow his brother Kwame to find their sister. This beautifully illustrated graphic novel shows us the hopes, fears and difficulties a migrant would typically experience on their journey, a journey they anticipate to be less treacherous and deadly than it is. Ebo's story is a fiction, but every step of this fiction is based on true events, well-documented from the testimonies of migrants who made this journey. Throughout the book, Ebo's unquenchable hope, resolve and resilience shine through, despite the hardships he faces. This story made me wonder: what would I do if I were in Ebo's shoes? Would I have the resilience to keep going? Am I appreciative enough of what other people have to do, just to stay alive? Am I aware enough of what is happening in the world? I couldn't recommend this book enough. It is a very quick read, but its impact will last for a lifetime.

My rating for the book is 5/5!



Oxbridge opportunities at STA- reminder



A group of Year 13 Early Bird students enjoyed a personalised visit to our link Cambridge College Gonville & Caius on **Thursday 7 October**.

Gonville & Caius will then visit us and deliver personalised workshops for our most able students in Year 13, Year 12 and Year 11 on **Thursday 18 November**. We will end the day with a special workshop delivered by the team from Gonville & Caius to Year 5 and Year 6 students from our local primary schools.



Our link Oxford College, Christ Church will be visiting STA on **Thursday 14 October** and they will deliver a personalised programme to our most able students in Year 13, Year 12, Year 11 and our local Primary schools.

We are enormously grateful to the outreach teams from both colleges for the excellent, high quality and thoughtful support we receive.

Mrs Warwick (Headteacher)





STA students visiting the University of Cambridge

This course is available free of charge to families living in Barnet. It is designed for parents/ carers who have already completed the pre-school BEAM autism course, Cygnets course or a similar introductory course.

Luci Rose- Lead Autism Advisory Teacher for Barnet will deliver this online training on 2 November 2021 at 6.30pm to 8pm. Please click on the link to access [event flyer](#)

Barnet SEND Transition Fair- Reminder

We would like to invite you to join us to a Post 16 Transitions Fair on Wednesday 13 October 2021

Reminder- Barnet Apprenticeship and Training Fair

This event will be held on Wednesday 13 October at Oakleigh Community Church, 168-170 Oakleigh Road North, London N20 OUG from 10am until 14:30pm.. Please [click here](#) to sign up.



SEND Transitions Fair

Location: (please report to reception for directions)
Barnet and Southgate College, Southgate Campus,
High Street, Southgate. N14 6BS
Wednesday 13 October 2021 (4-6pm)

Aimed at young people preparing to leave school and are wanting to explore Post 16 options. This free event will be an opportunity to meet a range of Post 16 Education providers and other teams who support young people aged 16-25 with SEND who want to remain in education.

If you wish to attend this event please register your interest at Events@barnetsouthgate.ac.uk

Mask wearing for those who are able is encouraged. A testing centre for members of the public is also available on site for those who wish to make use of this facility.



Autism awareness

The Autism Team are offering training for parents/ carers of children aged 6 to 19, with a diagnosis of autism who are non-speaking or minimally verbal.

We will discuss communication, sensory awareness, and emotional regulation.



Friends of STA (FOSA)

Please find here a reminder of a letter you received from FOSA last week:

FOSA (Friends of St Andrew) is our school's Parents Association, and as parents of children in the school, we are all automatically members of FOSA.

FOSA's objective is to support the school through various activities, primarily to raise funds for the benefit of our children.



This support, which the school so desperately needs, and relies upon, cannot be achieved without the participation of our wonderful parents.

Participation is of course voluntary and primarily involves a small investment of your time, which is not onerous or excessive. Everyone's time is valuable and often scarce but there is no doubt that we all want the best for our children and your participation is invaluable.

We are fortunate that STA provides a community spirit that is scarcely found in other secondary schools. If you are able to support FOSA, please join us at any of the upcoming meetings and indicate your interest by emailing: admin@standrewtheapostle.org.uk.

Please also lookout for updates and information on FOSA meetings and events in the newsletters.

We look forward to welcoming you at the next meeting.

FOSA

Our small group of dedicated parents and carers will meet on **Wednesday 13 October at 6.00pm** on Teams to discuss ideas and to implement plans to fundraise and to generally support our 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 H Marcou (Headteacher's PA)**

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.

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.

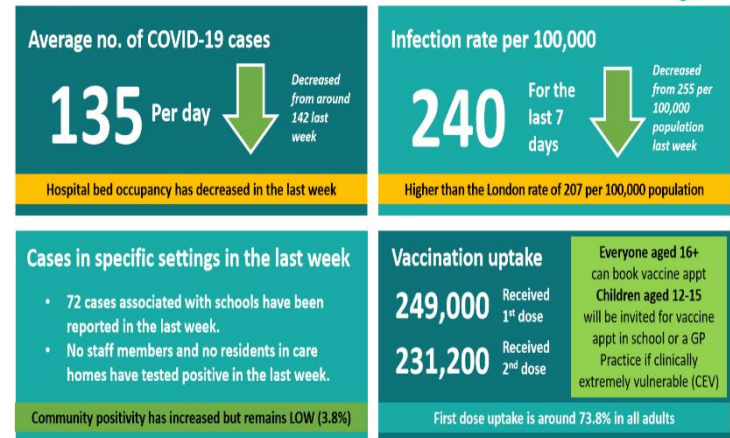
Reminder: During school, students needing emotional support can talk to their Form Tutors and their Head of Year. The following members of staff are also available: **Mr C Martin (DSL*)**; **Mrs C Hammond (DDSL*)**; **Mrs I Warwick (DDSL*)**; **Ms M Henshaw-Devall**; **Mr N Anemori** and **Ms M Hirli**.

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

Reminder COVID safety

BARNET COVID-19 WEEKLY ROUND-UP

26 September – 2 October 2021



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

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. **Please note:** Students experiencing any symptoms of COVID must not come into school and must go immediately for a PCR test.



Students of the Week



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

Year 7: Rasharn C and Oliwia C - for their mature and responsible approach to their new roles as year reps. They have been representing the year group in the best possible manner.

Year 8: Tyra O - excellent contribution to form time/lessons.
Vasilis P - helpful and positive approach around the school

Year 9: Bruno K - for excellent effort and work in Maths and English. **Ghazal AK** - for outstanding effort in Science and excellent leadership in PE.

Year 10: Ruby K - for outstanding leadership and effort in PE.
Luca R - for displaying a positive attitude towards his learning.

Year 11: Anastasia K - Has made brilliant effort in History.
Emiliano Ivan C - Has made brilliant effort in Maths.



Experiences in Law, Business & Politics - InvestIN



This term we are offering your students immersive weekend experiences in 9 careers relating to Law, Business and

Politics. Learn from top criminal barristers, investment bankers, MPs, management consultants, corporate lawyers, United Nations staff and more.

Students can attend in-person at UCL or live online, with some options around the UK too. We expect to be fully-booked for the November [Young Lawyer](#) and [Young Investment Banker](#) programmes.



All Law, Business & Politics-Related Programmes

- [Accountancy](#): Discover offshore tax and forensic accounting
- [Entrepreneurship](#): Design a business strategy to rapidly grow a company
- [Environmentalism](#): Create a futuristic, eco-friendly transport system
- [International Development](#): Experience a climate change summit
- [Investment Banking](#): Trade the stock market alongside City bankers
- [Law](#): Experience a live murder trial with top barristers
- [Management Consultancy](#): Help a company go zero-carbon
- [Marketing](#): Rescue your client from a rapidly-escalating PR disaster
- [Politics](#): Debate with former MPs in a simulated House of Commons



Summer Experiences in Law, Business & Politics

For students who want the ultimate, 360-degree career experience of up to 15 days in London next summer, register now for one of our Summer Experiences. Highlights include:

- Argue a human rights case in the Supreme Court
- Trade the stock market live in an iconic skyscraper
- Attend a private reception with MPs in the heart of Westminster

For a limited time only you can benefit from a 15% discount by using the code **SUMMER15** at checkout. View Summer Experiences

Careers event



Our live virtual careers event, **Spotlight Talks: Inspiring Careers Excellence** kicks off next **Wednesday at 9am** - don't miss out, [register now!](#)



What can I expect?

Focusing on in-demand digital skills and careers, this free event is suitable for anyone aged 12 up to young adults. It is the perfect platform for your students to hear from top employers and find information on exciting careers pathways, exploring roles such as software engineering, game design, computer science and financial

crime analysis. Click here to see the full line-up and register!

How can we watch it?

This event will be broadcast live from 9am to 3pm on Wednesday 13 and Thursday 14 October 2021 and can be

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viewed on an internet-enabled laptop, desktop, tablet or smartphone (you'll need to register first). It's broken down into 30-minute bitesize sessions, and once registered you'll have access to free supporting resources, including lesson plans to help you to embed the content into your curriculum.

[REGISTER FORM HERE](#)

Event highlights include:



Could a digital solutions apprenticeship be right for you?

Wednesday 13 October, 11.45 – 12.15

Rolls-Royce



How to get started in the games, animation, and VFX industries

Thursday 14th October 14.05 – 14.30

NextGen and Into Games



E-STEAM
Equality in Science, Technology, Engineering, Art and Mathematics

E-STEAM – develop your digital skills for the future

Thursday 14th October 13.00 – 13.30

Everton in the Community and Sphero Sports

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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North London Business Park
Oakleigh Road South
N11 1BF
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.