

<https://myocn.net/saint-nicholas-traditions-december-6/>

*Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behaviours. Keep your behaviours positive because your behaviours become your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny. —Gandhi*

Mr Vassiliou as our Spiritual Director shares inspirational quotes such as the one above with our staff every day and he also draws attention to the name days each week as below.

## Key Messages

Dear Parents and Carers,

We enjoyed another wonderful week where our Year 13 students have successfully completed their Mock exams, we conducted a 'Deep Dive' looking in depth at the curriculum in the Maths and English departments and we continued to thrive as a wonderful, happy and inclusive school community. This was against a backdrop of a stepped-up COVID protocol which students and staff readily embraced. Thank you for your support in ensuring that your child has a clean face covering to use in communal areas in school and on public transport. Thank you also to those parents and carers who have notified us of any exemptions for their children.

Whilst we were disappointed that COVID considerations meant that we had to cancel our St Andrew's feast day service at St Katherine's Greek Orthodox Church and our visit to St Sophia's Greek Orthodox Cathedral, we are hopeful that our long-awaited Christmas show will go ahead on Friday 10 December as a live performance, along with our single year groups visits to St Katherine's in the last week of term.

Thank you to parents and carers who have already secured tickets for the Christmas show which we have made available free of charge. We are thankful for all the families who have taken the opportunity to donate generously via ParentPay to one or both of the charities selected by STA student voice- Noah's Ark children's Hospice and Macmillan Cancer Support. Your donations will make a huge difference to families in need over the coming months.

During these challenging times, it is important that we all focus on the positive and it is with this in mind, that I wanted to share this quote with you.

Saint being celebrated	Date	Month
Nicholas, Nicoletta, Niki	Monday 6	December
Amvrosius, Ambrosius	Tuesday 7	December
Patapios	Wednesday 8	December
Anna	Thursday 9	December
Aaron, Abraham, Adam, Danae, David, Debora, Esther, Eve, Isaac, Noah, Rachel, Rebecca, Sarah, Spyridon	Sunday 12	December

A very **happy name day** to you if your name is included in the table above!

## Saint Nicholas

During the Advent period, a great saint of the Church is celebrated. Saint Nicholas is the patron saint of sailors, and he is commemorated on 6 December.



Presents are given on this day. As Saint Nicholas is the patron saint of sailors, boats are decorated as in the image above.

Saint Nicholas is also the patron saint of Greece, and the patron saint for students, merchants and children.

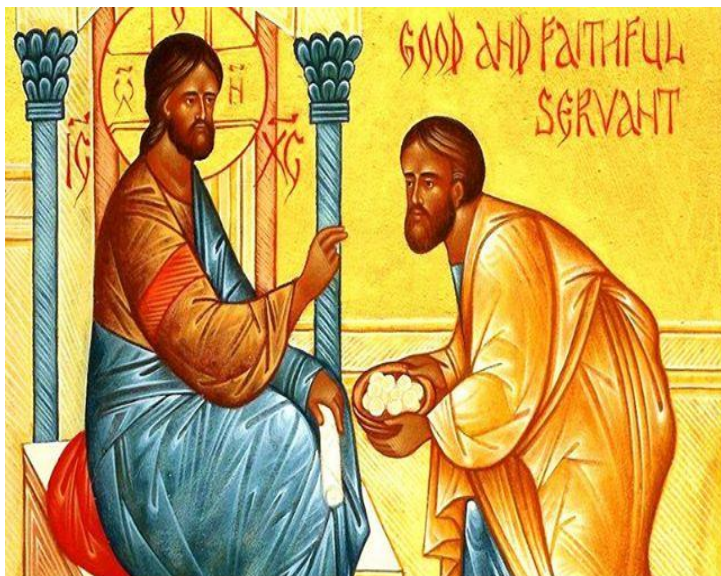
### Gifts in shoes or socks

One tradition on the eve of Saint Nicholas' feast day is for children to leave their shoes outside the front door of their house for Saint Nicholas. In the morning, they should find small gifts, such as sweets, fruit, toys, and a few coins. This symbolizes the great charitable works of the saint.

Other gifts one can leave in children's shoes are:

- gold coins – representing the money he threw into the window of a poor family's house
- a toy representing the toys he had commissioned a toymaker to make for poor children
- something that represents the saint's devotion to God: a spiritually oriented book, an icon, cross or prayer rope.
- something to represent the food he would give to the poor (fruit, nuts etc).
- an item of clothing representing him clothing the poor.
- a toy ship symbolizing the many sailors saved through his prayers.

Another tradition is to do a charitable work or make a donation, as this is what Saint Nicholas always did. Saint Nicholas models obedience to Christ by feeding the hungry, helping strangers, and caring for prisoners (Matthew 25:34-36).



**COME, YOU BLESSED OF MY FATHER, INHERIT THE KINGDOM PREPARED FOR YOU FROM THE FOUNDATION OF THE WORLD: FOR I WAS HUNGRY AND YOU GAVE ME FOOD; I WAS THIRSTY AND YOU GAVE ME DRINK; I WAS A STRANGER AND YOU TOOK ME IN; I WAS NAKED AND YOU CLOTHED ME; I WAS SICK AND YOU VISITED ME; I WAS IN PRISON AND YOU CAME TO ME.**

MATTHEW 25:34-36

**Key stage 3 assessment update:** I wanted to let you know that I will be explaining how our new system of assessment will work to students in Years 7, 8 and 9 (Key stage 3) during the course of this week.

### School Lunch

Finally, I am pleased to let you know that we are offering students the chance to enjoy a Christmas lunch on Wednesday 15 December. There is an additional cost of a pound for this meal, bringing the price up to £3.50. I'm sure that you will agree that this is still excellent value and I hope that all students will wish to join in. As we will have a restricted lunch service on Wednesday 15 December, any students who do not wish to have a Christmas lunch and are not on free school meals are required to bring in a packed lunch.



If you would like to know more about our Caterers [Innovate](#) and our delicious weekly menus, please [click here](#).

As we come to the close of the academic year, I have noticed that some families seem to have overspent on their ParentPay accounts. We will be contacting you in the next two weeks to ask you to clear any outstanding balance. If any families are facing hardship and need support, please do let your child's Form Tutor or Head of Year know in confidence as we will be able to get advice and help for you.

Best wishes,

**Mrs Warwick (Headteacher)**



## Key dates in December

Date	Event
10/12/21	<ul style="list-style-type: none"> <li>STA Christmas concert. Local Primary schools will attend the matinee performance. Evening performance for parents/ carers and the school community commences at 6pm with doors open at 5.30pm. Please see the back page of this Newsletter for further details.</li> </ul>
13/12/21	<ul style="list-style-type: none"> <li>Year 7 and Year 8 visit to St Katherine's Greek Orthodox Church for a Christmas service.</li> </ul>
14/12/21	<ul style="list-style-type: none"> <li>Year 9 visit to St Katherine's Greek Orthodox Church for a Christmas service.</li> <li>Mock results day for Year 11 students.</li> </ul>
15/12/21	<ul style="list-style-type: none"> <li>Year 10 visit to St Katherine's Greek Orthodox Church for a Christmas service.</li> <li>Christmas Jumper Day (TBC)</li> <li>Christmas Lunch</li> </ul>
16/12/21	<ul style="list-style-type: none"> <li>Year 11 and Sixth form visit to St Katherine's Greek Orthodox Church for a Christmas service.</li> <li>School finishes at 12.30pm for all students.</li> </ul>

## Important dates for the calendar



Please [click here](#) to access term dates.

## Faith - πίστη

### The Nativity of Our Lord God and Saviour Jesus Christ (December 25)

In the earliest days of Christianity, the Feast of the Nativity of Christ was not generally celebrated in the Church. The Feast was not celebrated in Jerusalem until the 6th Century. In Rome the Feast of the Nativity of Christ had been celebrated on 25 December since 354.

This date was ultimately chosen by the Church as the date of the Nativity in order to Christianise the pagan Feast of Natalis Invicti or Invincible Sun, which was celebrated on that day. St Cyprian of Carthage noted that this anniversary of the

invincible was made actual only in the birth of Jesus, the only invincible One.



The Christmas story is well-known from the witness accounts of the Holy Scripture:

Now when Jesus was born in Bethlehem of Judea, the Wise men from the East came to Jerusalem, saying, *Where is He who has been born king of the Jews? For we have seen His star in the East and have come to worship Him.*

When Herod the King heard this, he was troubled, and all Jerusalem with him. Assembling all the chief priests and scribes of the people, he inquired of them where the Christ was to be born.

They told him, *In Bethlehem of Judea; for so it is written by the prophet: 'And you, O Bethlehem, in the land of Judah, are by no means least among the rulers of Judah; for from you shall come a ruler who will govern My people Israel.'*

Then Herod summoned the wise men secretly and ascertained from them what time the star appeared; and he sent them to Bethlehem, saying, Go and search diligently for the Child, and when you have found Him bring me word, that I too may come and worship Him.

When they had heard the King, they went on their way; and lo, the star which they had seen in the East went before them, until it came to rest over the place where the Child was. When they saw the star, they rejoiced exceedingly with great joy; and going into the house they saw the Child with Mary His mother. They fell down and worshipped Him. Then, opening their treasures, they offered Him gifts, gold and frankincense and myrrh. And being warned in a dream not to return to Herod, they departed to their own country by another way (**Matthew 2:1-12**).

Now when [the Wise men and shepherds] had departed, behold, an angel of the Lord appeared to Joseph in a dream and said, Rise, take the Child and His mother, and flee to Egypt, and remain there till I tell you; for Herod is about to search for the child, to destroy Him. And Joseph rose and took the Child and His mother by night and departed to Egypt. This was to fulfil what the Lord had spoken by the prophet, *Out of Egypt have I called My son.*

Herod, when he saw that he had been tricked by the Wise men, was in a furious rage, and he sent and killed all the male children who were age two or under in Bethlehem.

Prophet Jeremiah said: *A voice was heard in Ramah, wailing and loud lamentation, Rachel weeping for her children; she refused to be consoled, because they were no more* (Matthew 2:13-18).

**Today the Virgin gives birth to the Transcendent One  
Angels, with shepherds, glorify Him!  
The wise men journey with the star!  
Since for our sake,  
The eternal God was born as a little child!  
Amen**

Mr M Vassiliou (STA Spiritual Director)

### Student Recognition

ST ANDREW THE APOSTLE SCHOOL

**STUDENTS OF  
THE WEEK**

**Year 7: Haryad AO** – for working well with peers in the intervention group and supporting peers with how to work out maths sums. **Adam B** - for helping another student in the form when his PE kit could not be used.

**Year 8: Victoria S** – for being polite and respectful. **Unays J** - for demonstrating respect and being an excellent role model for his fellow peers.

**Year 9: Andreas I** – for demonstrating the school's values in form time. **Alexi Y** – for outstanding work in literacy during form time.

**Year 10: Christo M** – for showing a commitment to his studies, by attending after school intervention. **Maria U** - for demonstrating the school values and being a positive role model.

**Year 11: Max S** – for commitment to his studies and for always being a positive presence every morning regardless of which exams lie ahead! **Leah A** - for working hard toward her mock exams

**Year 12: Noah Y** – for a thoroughly researched presentation on role models and inspirational musicians, as part of the enrichment activities during Form time. **Gia M** – for supporting debates on climate change and for volunteering to contribute to the topic as part of the inter-school debate on COP26.

**Year 13: Mashal S, Tom F, Melody S** – for their work in organising, collecting and donating for the food drive over a period of two weeks.

### Food Drive Fundraiser



We were extremely proud to be part of the St Andrew the Apostle School community last week when we arrived at the Muswell Hill Community Foodbank. We needed a minibus to transfer all the food that was collected over a period of two weeks! The manager of the foodbank was extremely grateful and reminded us how important our donations were at this time of year for many local families. Thank you for taking part and contributing to this important charity and to the student leadership team who organised this event.

### Mrs Hammond (Assistant Headteacher)

#### TYPES OF FAMILIES MOST LIKELY TO NEED A FOODBANK



People referred to foodbanks are more likely to have dependent children (70%) than the UK average (42%).



Families with children are particularly likely to fall into crisis, making up over half of foodbank users.



Single parent households are particularly at risk of needing a foodbank – they are almost two times more prevalent among households at foodbanks compared to the general population.





**Upcoming Christmas Events**

Our Christmas show will take place in Building 4 Hall at 6pm on **Friday 10 December** with refreshments served by FOSA (Friends of St Andrew the Apostle School). We also look forward to welcoming students from a local Primary School who will attend our matinee performance.

**Reminder:** We are not charging for tickets but we hope that you will instead donate via ParentPay to one or both of the charities below which were chosen by our students.

Over 100 tickets have been reserved with **£422.00** already donated to our charities in only 5 days! There are only 3 days left to secure the remaining tickets – so please reserve tickets as soon as possible to avoid disappointment. Thank you, STA!



St Andrew the Apostle School

# Christmas

Concert

**An Evening of celebration**

Building 4 Main Hall

Reserve your tickets now via **ParentPay**

Friday  
**10th December**

Doors Open at 17:30  
Show begins at 18:00



**University Compare – Personal Statements**

**Personal Statement Support**



If you are in year 12 and 13 and are writing a personal statement, the following website can be used to help support you:

<https://universitycompare.com/personal-statement-examples/>

From Accounting to Zoology, the website provides examples of personal statements that will help you to secure the Universities of your choice.

**Ms J Nelson (Lead Careers)**

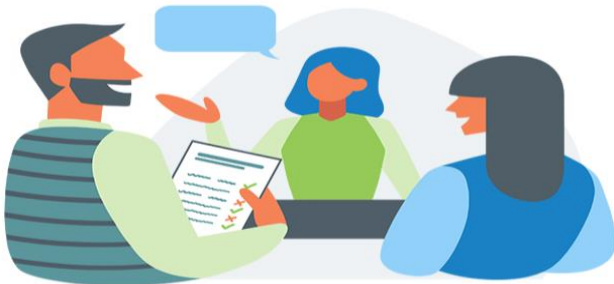
Message from FOSA – STA Christmas 2021

**Reminder:** If you (or a company you know) is able to donate a prize for our Christmas raffle, we would very grateful. Please do get in touch by emailing us at [admin@standrewtheapostle.org.uk](mailto:admin@standrewtheapostle.org.uk) with FOSA in the title and mark your email for the attention of Mr Michael.



**Mr Michael (Senior Deputy Headteacher)**

Headteacher Parent Surgery



If you would like to meet with the Headteacher or the 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.

A reminder that all holidays must be taken during the school break and not during term time. Please contact our Attendance Officer at [admin@standrewtheapostle.org.uk](mailto:admin@standrewtheapostle.org.uk) if you would like to request leave for your child during term time because of a family emergency. I will look at each application and make a decision on a case-by-case basis.

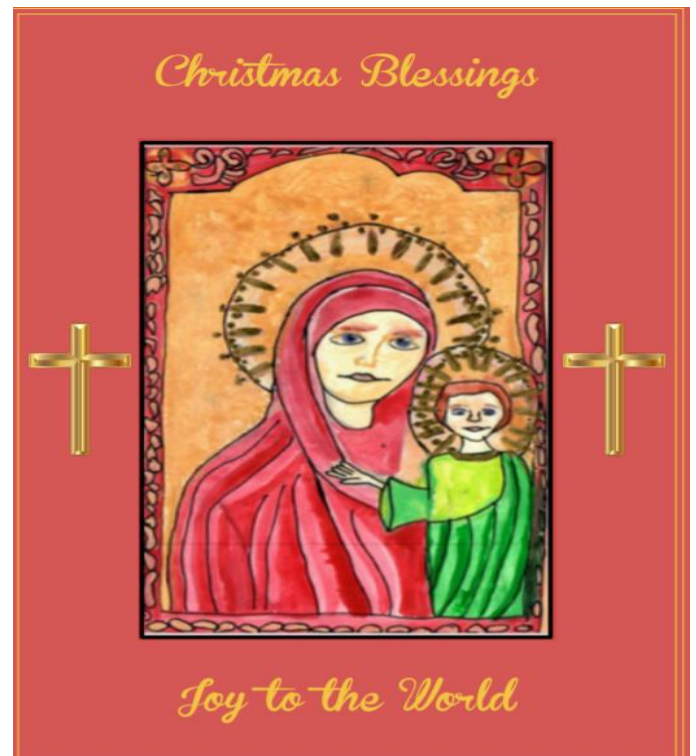


Best wishes,

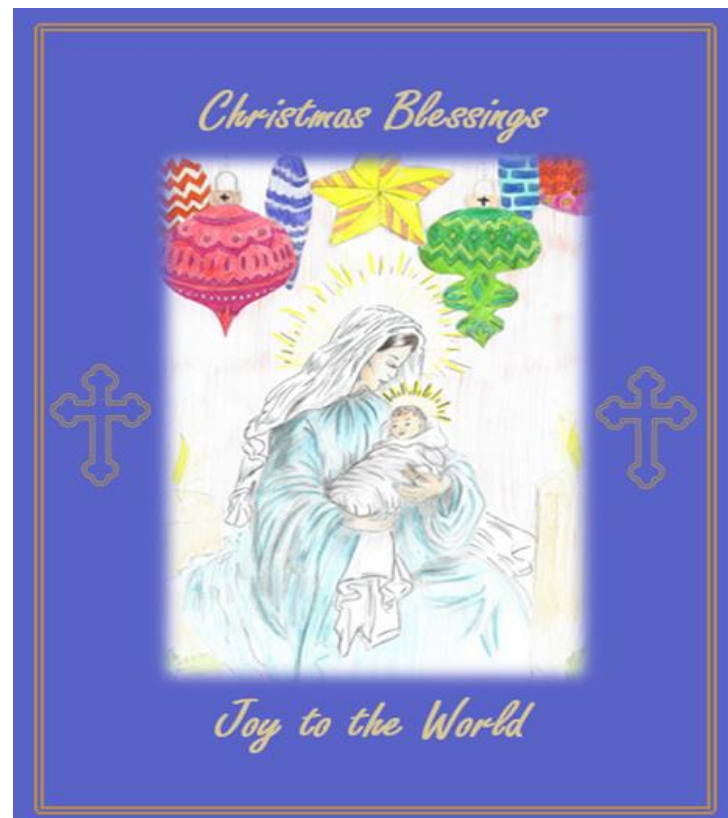
**Mrs Warwick (Headteacher)**

Winners- Christmas card competition 2021!

**Congratulations to our KS3 winner Christiana C in 7S!**



**Congratulations to our KS4 winner Zafirah I in 11 S!**





## Mental Health Crisis Helpline- Reminder

# WHY WE SHOULDN'T BE AFRAID TO TALK ABOUT OUR MENTAL HEALTH



If you're in crisis and need to talk right now, there are many helplines staffed by trained people ready to listen. They won't judge you and could help you make sense of what you're feeling.

## Who Can You Call?

Contacts for Help & Support



Samaritans. To talk about anything that is upsetting you, you can contact [Samaritans](https://www.samaritans.org) 24 hours a day, 365 days a year. You can call [116 123](https://www.samaritans.org) (free from any phone)

SANeline. If you're experiencing a mental health problem or supporting someone else, you can call [SANeline](https://www.saneline.org)

National Suicide Prevention Helpline UK. Offers a supportive listening service to anyone with thoughts of suicide. You can call the [National Suicide Prevention Helpline UK](https://www.nspk.org.uk) on 0800 689 5652 (open 24/7).

Campaign Against Living Miserably (CALM). You can call the [CALM](https://www.calm.org.uk) on 0800 58 58 58 (5pm–midnight every day) if you are struggling and need to talk. Or if you prefer not to speak on the phone, you could try the [CALM webchat service](https://www.calm.org.uk).

Papyrus HOPELINEUK. If you're struggling with suicidal feelings, or concerned about a young person who might be struggling, you can call [Papyrus HOPELINEUK](https://www.papyrus.org.uk) on 0800 068 4141 (weekdays 10am–10pm, weekends 2pm–10pm and bank holidays 2pm–10pm)

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, Deputy Headteacher (DSL\*)**; **Mrs C Hammond, Assistant Headteacher (DDSL\*)**; **Mrs I Warwick, Headteacher (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



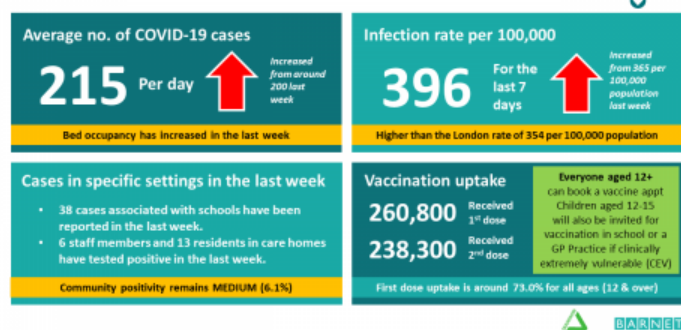
**CORONAVIRUS  
SAFETY INFORMATION**

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.

### BARNET COVID-19 WEEKLY ROUND-UP

21 November – 27 November 2021



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

**Face coverings:** Face coverings should be worn in communal areas in all settings by staff, visitors and pupils or students in year 7 and above, unless they are exempt. Pupils or students (in year 7 or above) should continue to wear face coverings on public and dedicated school transport, unless they are exempt.

**Testing:** All educational and childcare settings should continue to encourage staff and students to test twice weekly using lateral flow device (LFD) tests.

**Contact tracing and isolation:** The current guidance on contact tracing and isolation remains in place. In addition to these, any suspected or confirmed close contacts of the Omicron variant will be asked to isolate for 10 days regardless of vaccination status or age. You will be contacted directly and told to isolate.

**Vaccination:** All eligible staff and students aged 12 and over are encouraged to take up the offer of the vaccine, including boosters. Vaccines are our best defence against COVID-19. They help protect young people and adults, and benefit those around them. Vaccination makes people less likely to catch the virus and less likely to pass it on.

To book a vaccination, please visit: [Book or manage a coronavirus \(COVID-19\) vaccination – NHS \(www.nhs.uk\)](#).

**ALL PARENTS AND CARERS MUST READ THIS IF TRAVELLING ABROAD FOR THE CHRISTMAS BREAK**

**Travel restriction update: Changes to pre-departure testing from 4am, Tuesday 7 December 2021**

From 4am, Tuesday 7 December all people aged 12 years and over must take a PCR or LFD COVID-19 test before they travel to England from abroad.

You must take the test within the 2 days before you travel to England.

This will apply whether you qualify as fully vaccinated or not.

Some people, including children aged 11 and under are [exempt from taking the test](#).

<https://www.gov.uk/guidance/travel-to-england-from-another-country-during-coronavirus-covid-19>

### Red list countries and territories

There are different rules if you have been in a red list country or territory in the 10 days before you arrive in England. If you need to follow red list rules, you must do so if you are fully vaccinated or not.

[Check which countries and territories are on the red list and read the red list rules.](#)

### Advice to Parents and Carers

#### Easy Read Health Guides for Parents and Carers



**NORTH LONDON PARTNERS**  
in health and care

The NHS has produced Easy Read versions of its [Health advice for parents and carers booklet](#).

The Easy Read [Advice for parents and carers guide](#) explains where and when to seek help from a healthcare professional when their child is unwell.

The Easy Read [Bronchiolitis in babies and young children guide](#) details the symptoms of the common respiratory condition, how to care for a child if they have symptoms, and when to seek medical help.

The Health advice for parents and carers booklet is also available to download in [Bengali, Farsi, Greek, Gujarati, Polish, Somali and Turkish](#)





Applications for our Sixth Form - Reminder



**Ofsted 2018** *“The school’s work to promote pupils’ personal development and welfare is **outstanding**. Leaders in the sixth form set **high expectations** for their students. Students really enjoy their learning in the sixth form.”*

Please [click here](#) to apply for our sixth form. Early applications stand a better chance of being successful in obtaining a place to study the course of choice in our sixth form.

**Personal attention + Positive relationships= Excellent Progress**



*We are the first Greek Orthodox Secondary School in the country. St Andrew the Apostle School- a community led school where every child is known.*

**Ever to Excel**