



Headteacher's Update

10 January 2022



Eternamenta.wordpress.com

Key Messages

Dear Parents and Carers,

A very Happy Christmas to all those families who celebrated the Orthodox Christian Christmas on 7 January.

Orthodox Christians from countries including Russia, Ukraine, Serbia, Belarus, Egypt, Ethiopia, Georgia, Kazakhstan, North Macedonia, Moldova and Montenegro continue to celebrate Christmas on January 7. The Julian calendar runs 13 days behind the Gregorian calendar, the standard international calendar in use today. Orthodox Christian countries including Greece, Cyprus and Romania adopted a revised version of the Julian calendar which was in line with the Gregorian calendar in 1923.

Thank you for your support in ensuring that your children have come back to school rested and ready to begin the year with a vigour and enthusiasm.

I have attached the link to my letter to you sent on Monday 3 January [here](#).

At STA, our students have demonstrated that they are:

Ready to learn by being punctual and having the correct uniform and equipment necessary for learning.

Respectful by being well-mannered and by following instructions quickly so that excellent learning in lessons can always take place.

Responsible by observing the COVID safe protocol in school, thereby keeping themselves and our school community safe.

Resilient by continuing to demonstrate a positive attitude despite the uncertainties brought by the pandemic.

We are truly blessed to have a wonderful, warm and cohesive school community where we know that by working together and supporting each other, we will continue to move forward in a positive direction with 'business as usual.' In the words of the late Archbishop Desmond Tutu, *"You stand out in a crowd only because you have those many, many carrying you on their shoulders. We do not live as individuals so much as belonging. A person is a person through a person."*

Finally, I would like to wish all of our families and friends of the STA school community a very happy, healthy and prosperous New Year.



Please [click here](#) to access term dates. One key date this week is our Year 11 parents evening. Teachers are looking forward to giving feedback on progress and mock exams for this year group and advice on A Level subjects they may want to choose in our sixth form.

Best wishes,

Mrs Warwick

(Headteacher)



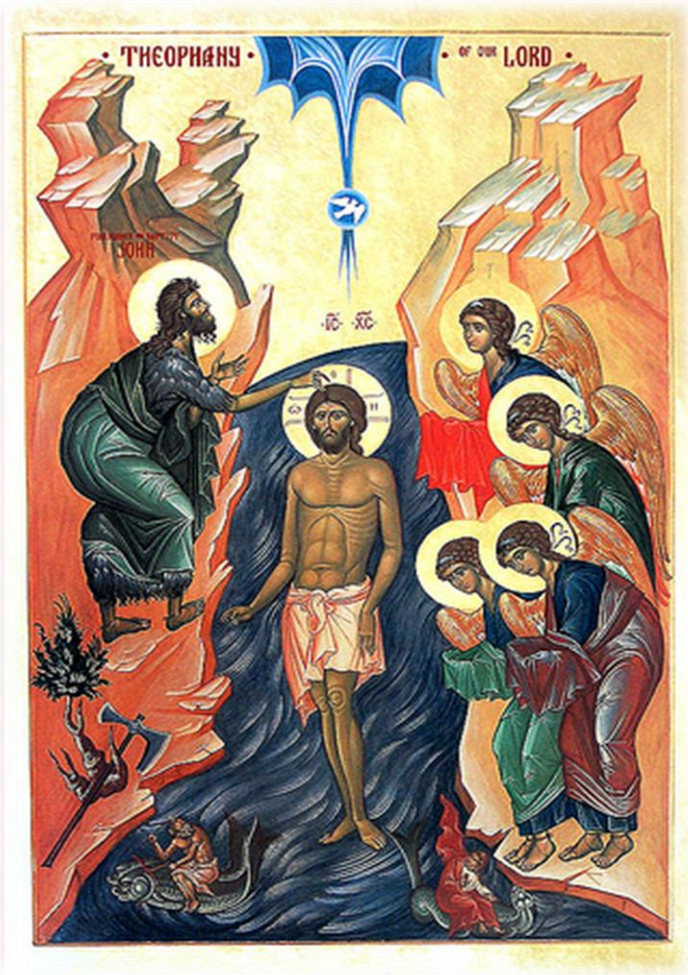
Faith - πίστη

Epiphany: One of Christianity's Most Important Feasts

During our first week back after Christmas, we marked Theophany on the 6 January. Traditionally, the great feast of the Epiphany marks the end of the extended period of Christmas holidays in many Orthodox countries.

Epiphany is one of the most important Christian feasts of the entire year because it commemorates the revelation of God as Jesus Christ.

Epiphany is also known as Theophany, and both of these terms derive from the Greek words for “revelation” and the “revelation of God,” or “Επιφάνεια” (epipháneia) and “Θεοφάνεια” (Theopháneia).



What is Epiphany?

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This unique feast is celebrated by both the Eastern and Western Church, and millions of people around the world participate in liturgies, Masses and many other traditional events which take place on this day.

In the Orthodox Christian tradition, to which the Greek Orthodox Church belongs, the feast of Epiphany is associated with the baptism of Jesus Christ in the Jordan River.

According to archaeologists, Christians began celebrating Epiphany from as early as 200 AD in the Greek-speaking eastern parts of the Roman Empire, and these celebrations began as a commemoration of Jesus’ baptism in the Jordan River.

However, Western European Christians somehow increasingly began to associate Epiphany with the visit of the Magi to the new-born Jesus Christ. For this reason, many parts of the West call Epiphany “The Small Christmas” up to this day. However, both Churches commemorate the ground-breaking revelation of God to the world, either via the three Magi or Jesus’ baptism by John the Baptist.

A Worldwide Christian Feast

In Greece, Cyprus and the Greek diaspora throughout the world, the feast of Epiphany is known by its English alternative term, Theophany. Many people most commonly also refer to it as “Phóta,” which is Greek for “Lights.” Greeks call this celebration Phóta because according to their belief, this is the day that God enlightened the world with His wisdom. Epiphany customs in Greece and Cyprus revolve around the Great Blessing of the Waters. During these ceremonies, which are held on beaches, lakes and rivers, a cross is thrown into the water by a Greek Orthodox priest, and then boys and men compete to retrieve it so that they may have good luck throughout the year.

In the past, it was very common in Greece to hear children singing Epiphany carols the day before the Feast, a tradition similar to the singing of Christmas and New Year’s Day carols. Of course, apart from the traditional blessing of the waters, many places in Greece, from small villages to large cities, observe their own, unique traditions, which are deeply rooted in ancient Greek or Byzantine practices.

School Bible Verse: Your thoughts matter

I would like to invite you to complete the following survey via the link [here](#).

As a school we would like to choose a quote from the Bible which represents us as a learning community and a school family.

Which of the two quotations below do you prefer? Can you also explain in a few words your preference?

Finally, if you do not like either of these Bible quotes, which other one would you suggest?

1. **Be kind to one another, forgiving one another, as God forgave you. - Ephesians 4:32**
2. **Through God’s love, we are the rich soil where seeds flourish and roots grow - (taken from the Parable of The Sower (Mark 4: 3 - 9)**

Mr M Vassiliou (STA Spiritual Director)

Applications for our Sixth Form - Update

We have had a record number of applications for our sixth form. We will now begin the process of meeting with students and their parents/ carers to discuss option choices before sending out written offer letters.

Any students who still wish to apply for our sixth form will need to do so this week. We will consider all applications but of course a late application will mean that the subject choices available will be more limited.

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](#) if you to apply for 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

Oxbridge message to STA Year 12 students

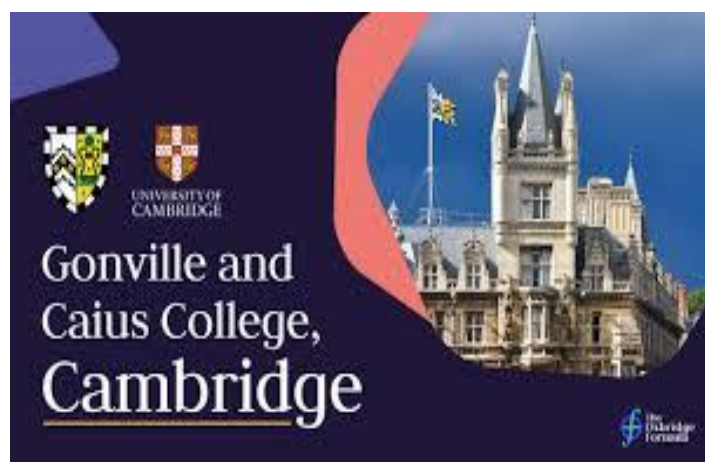
I'm writing to tell you all about an exciting event coming up at the end of the month, on **Wednesday 26 January from 10am-3pm for Year 12 students interested in making an Oxbridge application for Medicine.**

- The annual online event is run by our **Gonville & Caius Medical Society (GCMS)**, a group of

wonderful current Caius Medicine undergraduates, who have put together a full schedule including sample lectures from Cambridge academics, Q&A sessions with fellows and undergraduates and even taster supervisions in the subject. This event has proved invaluable for applicants in previous years and is only available to you, our linked area state schools and colleges.

- Please find the link for students to sign up to our **2022 CAIUS MEDICINE ACCESS DAY** HERE: https://cambridge.eu.qualtrics.com/jfe/form/SV_3xbG6IGD1AYnyhE
- The window for applications for this event is short, with a deadline of **Monday 17th January**, so please do distribute widely amongst your Year 12 students. Places are selected on academic and widening participation factors.

We continue to upload new and exciting content regularly to our Caius Schools Youtube channel, with an ongoing series at the moment discussing the period following Interviews up to the January decision. Do subscribe if you haven't already: <https://www.youtube.com/caiusschools>



Upcoming Key Dates

Date	Event
10/01	• Year 12 Exams Begin
11/01	
12/01	• Year 7, 8 & 9 Football Match
13/01	• Year 11 Parent/Carer Evening • Year 7 & 8 Netball Match

COVID update



Our COVID-safe protocol continues to be very effective in keeping our school community safe and well.

A reminder that the self-isolation advice for people with coronavirus (COVID-19) has changed. It is now possible to end self-isolation after 7 days, following 2 negative LFD tests taken 24 hours apart. The first LFD test should not be taken before the sixth day.

Notice about changes to PCR testing and vaccinations

Confirmatory PCR tests following a positive lateral flow device (LFD) test result are to be temporarily suspended from Tuesday 11 January. This will mean that anyone who receives a positive LFD test result will be required to self-isolate immediately and will not be required to take a confirmatory PCR test.

Young people aged 12 to 15 in England are now being offered a second dose of the Pfizer-BioNTech COVID-19 vaccine at a minimum of 12 weeks from the first dose, following advice from the Joint Committee on Vaccination and Immunisation (JCVI).

Parents can book vaccinations for their child, if aged 12 or over, through the [NHS booking system](#).

Vaccination for this group will also continue to be carried out by the school age immunisation service (SAIS). I will write with further details as soon as we are contacted by SAIS.

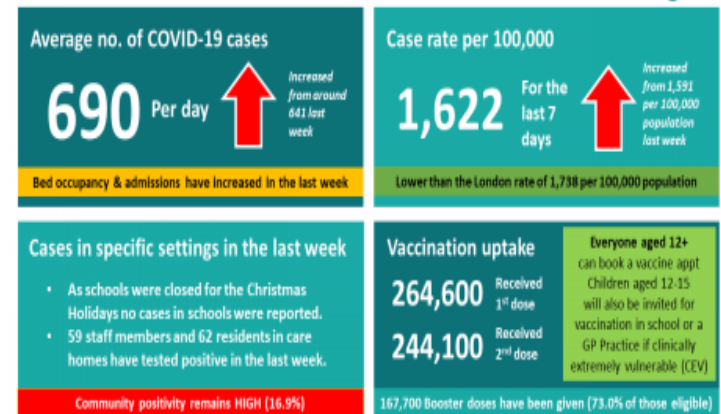


Students should be testing themselves at home twice weekly (Wednesdays and Sundays) using lateral flow tests and results should be reported to the school using our online reporting system.

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

BARNET COVID-19 WEEKLY ROUND-UP

26 December 2021 – 1 January 2022



Reminder: Face coverings: Face coverings should be worn in school (communal areas and in classrooms) unless an exemption applies or the activity prevents the wearing of a face covering e.g. eating in the canteen.

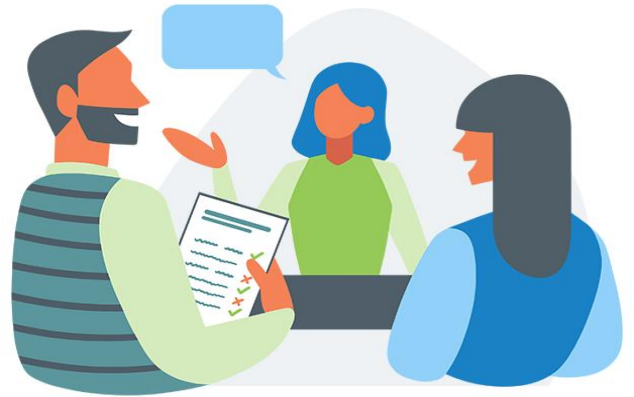
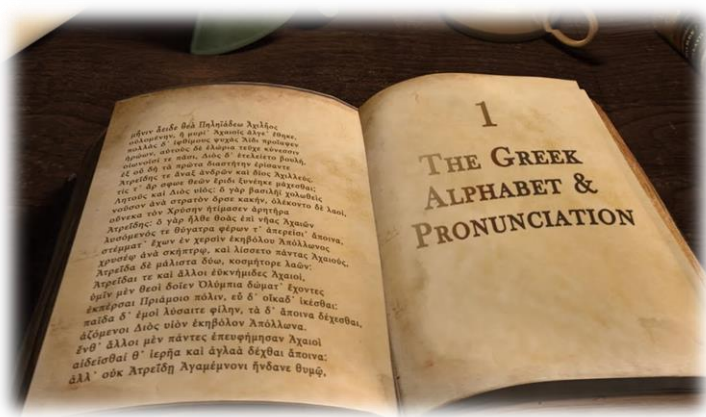
COMMUNITY LET OPPORTUNITY- Reminder



Reminder: If there are any community groups who would like to express an interest in hiring our school facilities from September 2022, please send an email with your details to the Headteacher's PA, Mrs Helen Marcou at Head@standrewtheapostle.org.uk

Reminder: STA Ancient Greek Club coming soon

Headteacher Parent Surgery



χαίρετε ὦ μαθηταί

ANCIENT GREEK CLUB

Learn to read and write one of the oldest languages of Europe, in which many great works of literature and history were written.

If you enjoy Latin, you will enjoy this approximately twice as much! Further details: Open to all Year 7 students.

Beginners' level. 30 minutes/week.

Speak to **Ms Galazoula** to sign up.

This will take place every **Wednesday from 12 January 2022.**

Message from FOSA – STA Christmas 2021



Friends of St Andrew

Please do get in touch if you would like to join our small group of dedicated parents and carers- by emailing us at admin@standrewtheapostle.org.uk with FOSA in the title. Please mark your email for the attention of Mr Michael.

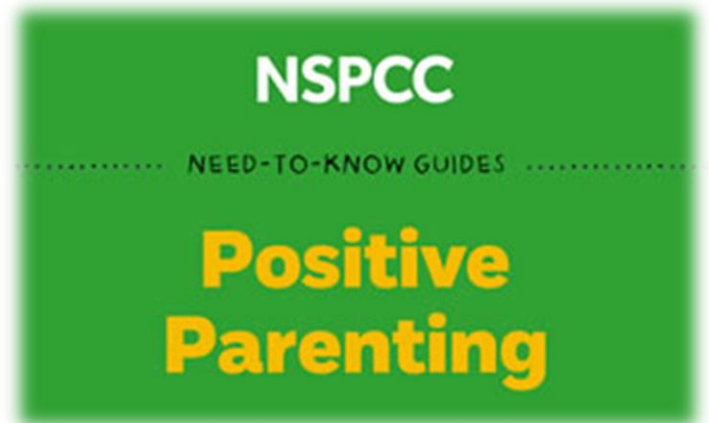
Mr Michael (Senior Deputy Headteacher)

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

This will take place on Fridays 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.

The next Parent surgery will take place **on Friday 14 January 2022.**

Message from the NSPCC – Positive Parenting



We know how challenging it can be to balance all the demands parents have to cope with. That's why we've put together some tips to help. All children need boundaries and discipline, and this guide helps you develop what works for you and your child.

Positive parenting uses techniques that work well for every child. These techniques build on your child's wish to please you, the importance of listening, and, above all, loving your child – leading to a better-behaved, happy child and less-stressed parents. All parents can come under pressure or

stress from time to time. But physical punishment is never an effective way to discipline your children.



As children continue to develop their own identities in their teenage years, they might become more challenging – sometimes seeming “moody” or withdrawn or not as talkative and open as their parents would like. They might be more inclined to disagree with their parents or choose different views. Friends (and celebrities) will become a bigger influence and your child

may not always do what you would like.

How can you set boundaries?

- Be willing and give your child chances to show they can be trusted.
- Avoid criticism wherever possible. If your child has done something wrong, explain that it is the action and not them that you're unhappy with.
- Try to avoid getting trapped in petty arguments, there are rarely any winners!
- Consider ways to negotiate or offer choices as your child gets older

To access more information and to find out how you can set boundaries and build positive relationships, [click here](#).

Barnet Free Counselling Support

Barnet Educational Psychology Team - Parent/Carer Support Offer (Free Support)



Parent/carers telephone consultation with an Educational Psychologist January 2022

This is a 50-minute stand-alone slot for a parent/carers to discuss an area of concern with an educational psychologist. We are using an online booking system to allow parent/carers to book on themselves. There will be limited slots available across the academic year so please do support parent/carers most likely to benefit, to access this resource. If parent/carers require support to book through the online booking system, can we please ask that schools kindly support to ensure access for all who might benefit. We are committed to ensuring equal access to this resource; please do let us know if you are supporting a parent/carers to book on, if there are barriers to accessing the telephone consultation that we can address e.g. if an interpreter is required.

January slots are available now. For bookings, please [click here](#)

New group: 'Supporting your child's anxiety'

Parents/carers are invited to attend 4 group sessions on Microsoft Teams, focusing on:

- What anxiety is and how it can present in children/young people
- Exploring strategies that can support children/young people and their families to manage anxiety
- Practice implementing these strategies and home and reflect on the impact

Please click on this link below to find out more and to make a booking:

[Supporting your child's anxiety – Parent/carers group 24.01.22](#)

Dr Janchai King

**Senior Practitioner Educational Psychologist
Barnet Education and Learning Service**

Message from GLF Schools' Teacher Training



If you or a friend, colleague, or relative are considering a career in teaching please join us on Thursday 13 January at 18:00 for our Zoom into a Teacher Training event. 🌟

This is a great opportunity to hear all about teaching from the experts, ask any questions about the application process, training or finances and speak to our trainee teachers.



This event is for anyone interested in training to teach in either primary or secondary school. The start date is September 2022.

The Zoom into Teacher Training event will give you the chance to watch a presentation on teaching and ask experts about your teacher training options and what its like to teach.

**ZOOM into
TEACHER
TRAINING**

**THURSDAY
13 JAN
18:00 - 19:00**

You will also get one to one advice on the application process, training programme and finances, as well as a chance to talk to our current trainees and/or their alumni members.

To register to attend please click [HERE](#) or visit Eventbrite [HERE](#). Please do not hesitate to contact us via info@glftt.org should you have any questions.

Mental Health Crisis Helpline - Reminder



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.

Samaritans. To talk about anything that is upsetting you, you can contact [Samaritans](#) 24 hours a day, 365 days a year. You can call [116 123](tel:116123) (free from any phone)

SANEline. If you're experiencing a mental health problem or supporting someone else, you can call [SANEline](#)

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](#) on 0800 689 5652 (open 24/7).

Campaign Against Living Miserably (CALM). You can call the [CALM](#) 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](#).

Papyrus HOPELINEUK. If you're struggling with suicidal feelings, or concerned about a young person who might be struggling, you can call [Papyrus HOPELINEUK](#) 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*)
- Mr S Hadjisavva, Assistant Headteacher (DDSL*)
- Mrs I Warwick, Headteacher (DDSL*)
- Ms D Moustaka (Safeguarding & Inclusion Manager)
- Ms M Henshaw-Devall (Mentor)
- Mr N Anemori (Pastoral Support Officer)
- Mrs M Hirli (SEN Teaching Assistant)

*DSL is the Designated Safeguarding lead.

*DDSL is the Deputy Designated Safeguarding lead