



# Headteacher's Update

Be kind to one another, forgiving one another, as God forgave you. Ephesians 4:32

25 April 2022



Greekcitytimes.com

The annual celebration of Saint George on 23 April is one of the most significant feasts in the Orthodox calendar. This year, Saint George's day coincides with Holy Saturday. According to the Christian calendar, whenever 23 April is within Lent and therefore during the fasting period, Saint George's Day is moved to immediately after Easter. This year, Georges, Georgios and Georgias all over Greece and abroad will celebrate their name day today on **Monday, 25 April**.

## Key Messages



Dear Parents and Carers,

On behalf of all of us at St Andrew the Apostle School, I would like to wish you all a very Happy Easter!

Thank you for all of your generous donations of Easter Eggs which were distributed in two parts- one half was delivered to the children's ward at Barnet General Hospital prior to the Easter holiday and the second part was delivered to St Katherine's Greek Orthodox Church to be given out to children attending the Greek Orthodox Easter masses over this Holy weekend. I would like to thank Father Damian at St Katherine's for his generous support of our school. By the end of this academic year, each student in our school will have attended three Church services. Our final Church service will be held in the penultimate week of term and will

be a Thanksgiving service with our students being readers at key points in the service.

I would also like to give thanks to Father John at St Demetrios Greek Orthodox Church for his ongoing support of our school. Father John blessed each member of our Year 7 cohort last term and that was a day that each student will treasure.

I had the huge privilege of attending the Holy Friday evening service at the Twelve Apostles Greek Orthodox Church on Friday 22 April. I would like to give thanks to Father Joseph who has been visiting us every Tuesday to coach and work with our Byzantine Choir. Thank you to Mr Lasithiotakis (Head of Performing Arts) for organising this and for his active role in ensuring the success of our Choir. As a result of their diligent and hard work, our students were able to play a key part in the whole service. It was very moving to hear our students singing the Easter Psalms and to hear the congregation who filled the Church singing back the responses.

Father Joseph delivering the Holy Friday service with the STA



Byzantine Choir in attendance.





The procession- carrying the Cross and the wooden bier adorned with fresh flowers that serves as the Epitaph, symbolising the tomb of Jesus.

The [Epitaphios](#) is a Christian religious icon, consisting of a large, embroidered and richly adorned cloth, bearing an image of the dead body of Christ. It is 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.

At the Twelve Apostles Greek Orthodox Church, an elaborately carved canopy, called a *kouvouklion*, stands over the Epitaphios. This bier represents the Tomb of Christ, and is made of wood, usually elaborately carved. On Good Friday morning, the bier is decorated with spring flowers, mostly white, until it is covered by the flowers in its entirety. The Tomb was sprinkled with flower petals and rosewater, decorated with candles and ceremonially censed as a mark of respect.

At the third and final stasis in the service, Father Joseph sprinkled rosewater on the Epitaphios and the congregation, symbolising the anointing of Christ's body with spices.

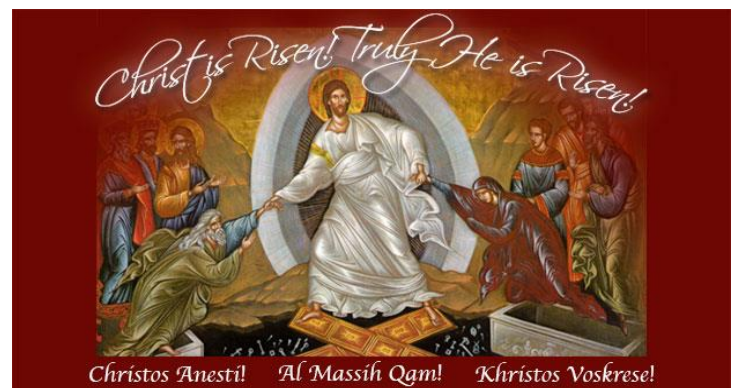
Near the end of Matins, during the Great Doxology, the solemn procession commenced with the Epitaphios, commemorating the burial procession of Christ.

In societies where Byzantine Christianity is traditional, the processions may take extremely long routes through the streets with processions from different parishes joining together in a central location. In many Greek villages, the Epitaphios is also paraded in the cemetery, among the graves, as a covenant of eternal life to those who have died.

At the Twelve Apostles Greek Orthodox Church, the procession passed around the Church and was accompanied by the singing of the Trisagion, in a melodic form.

At the end of the procession, the Epitaphios was brought back to the church. Prior to the return to Church, the Epitaphios was held for all the congregation to pass under- symbolically entering into the grave with Christ.

The Epitaphios was then brought directly to the Church, where it will remain on the Holy Table until Ascension Thursday.



**Mrs I Warwick (Headteacher)**

## Holy Pascha - The Feast of Feasts



Christos Anesti or Christ is Risen to all of our students and their families.

I wanted my article this week to be one based upon the essence of what Easter is all about but also to reflect upon the true majesty of this momentous occasion in the Orthodox calendar.

As always, there is a mounting excitement during Holy Week, Μεγάλη Εβδομάδα, leading up to the Ανάστασι—the Resurrection, an anticipation of something extraordinary about to happen, something totally inclusive outside the everyday world.

On Great and Holy Saturday, there is a great sense of anticipation from sunset to the stroke of midnight, when the new flame is either struck in the altar, or the priest lights his candle from the perpetual lamp kept burning there with the Holy Flame/ the Άγιο Φως which pierces the tomb-like darkness of the church, and then the sweet command, “Δεύτε λάβετε φως, **“Come receive the light from the unwaning light, and glorify Christ who rose from the dead”** followed by the joyful shouts of what are perhaps the two most resounding words Orthodox Christians will ever hear in their lives: **Χριστός Ανέστη! Christ is Risen!** Everyone, as if one unit, is part of the revelation, confirming the reality of Christ’s victory over death.

Each person lights the next person’s candle or λαμπάδα, immediately next to him/her, saying Χριστός Ανέστη! and they receive the response, “Άληθώς ανέστη” “Truly He has Risen!”, or “Άληθώς Ο Κυριος!” “Truly the Lord Has Risen!” An unbroken burst of light spreads like wildfire, as the most joyful and triumphant hymn of Eastern Orthodoxy, the

Χριστός Ανέστη, resounds through the church and candles trace the sign of the cross in the air. “Χριστός Ανέστη, εκ νεκρών, θανάτω θάνατον πατήσας, και τοις εν τοις μνήμασι ζωήν χαρισάμενος:

***Christ is Risen from the dead, trampling down death by death, and to those in the tombs bestowing life.”***

At around 2.00am in the morning, after the liturgy that follows the Ανάστασι/Resurrection, it is a goal to keep your λαμπάδα/candle lit until you get home. In Greece and Cyprus, it is the custom to hold the flame above the door frame and to make a cross over the doorway and light the καντήλι—the lamp that lights the εικονοστάσι, the icon stand which many Orthodox faithful keep in their homes —so that its powers of protection bring blessings on the house for the following year.

After the Ανάστασι/Liturgy of Resurrection, the Great Fast is broken, either with the congregation or with families at home, with awaited traditional foods like Avgolemono/Egg-lemon soup, feta, olives, τσουρέκι—the shiny-crustured sweet bread of Pascha crowned with a hardboiled egg, dyed blood-red symbolizing the spilt blood of Christ and the promise of eternal life, and more red eggs to crack together (marking the opening of the Tomb of Christ) with the words “Χριστός Ανέστη!” or “Christ is Risen”. The hard shell of the egg symbolizes the sealed tomb of Christ while the cracking means that the tomb has been broken and that Christ has been resurrected from the dead.

Easter Sunday is the big day in Greece and many other Orthodox countries, the day of the greatest feast of all. The festive day begins with the many preparations for the roasting of a whole lamb on an outdoor spit. This particular meat is high in religious symbolism. According to one theory, when God asked Abraham to sacrifice his son, Abraham obeyed God and began preparing for the sacrifice. When Isaac saw what his father was doing, he asked, “The fire and wood are here, but where is the lamb for the burnt offering?” Although Abraham naturally did not really want to kill his son, he was willing to do what God wanted him to do. When God saw that he was willing to obey, He told Abraham to stop, and Abraham sacrificed a nearby ram instead.

Orthodox Easter is the greatest religious holiday for Orthodoxy. Easter in Orthodox countries is joyously celebrated even by the least religious families. This is the case because it is definitely an important celebration for Christianity, but it is also one of the most important Greek traditions; this is the case not only because of all the food. Easter is a holiday about the essence of love and sacrifice. Whether one identifies as religious or not, these traditions, which date back thousands of years, serve as a time of reflection – and a welcome one at that – as the world continues to experience instability, war, and famine, and on



a personal level, our own challenges; Easter brings with it hope and a chance to start anew.

**Χριστὸς Ανέστη, Christ is Risen, Христос воскрес,  
Hristos a înviat,**

المسيح قام حقا قام

Mr M Vassiliou (STA Spiritual Director)

Upcoming Key Dates and Information



- Please [click here](#) to access previous editions of the Newsletter
- Please [click here](#) to access term dates
- Please [click here](#) to access school calendar for upcoming Term 4

Weekly Updates

<b>Monday 25 April</b>	Y10 Exams Continue
<b>Tuesday 26 April</b>	GCSE PE Practical Moderation
<b>Friday 29 April</b>	Y7 reports issued

Message from Mrs Mary Karaolis, OBE- STA Chair of Governors



I joined the Year 7 students at St Katherine's Church last term and want to say how proud I was of them and the school. I congratulate the students on their excellent behaviour, the respect they showed for their religious environment and their interest, positive attitude and participation in the question-and-answer session with Father Damianos.

Mrs M Karaolis, OBE

Students of the Week

Congratulations to Year 9 student Iordanis I on competing in Pro Rider Cyprus cycling competition and finishing in second place with an outstanding time.



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4	307 CYP20080219	Joshua Stylianos Zachariades	P.O. LEFKOSIAS	22:12.9 51.534
5	306 CYP20081003	Andreas Tsiakkouras	P.O. LEFKOSIAS	23:41.9 02:20.5
6	301 CYP20080822	Eftychios Loizou	AGIOS MNASON	23:45.0 02:23.6
7	305 CYP20081226	Christos Pittas	P.O. LEFKOSIAS	25:23.5 04:02.1



All students will receive 10 recognition points for their hard work and contributions.





## Oxford University Christ Church Upcoming Events

**Women in PPE Day (Christ Church, Oxford)**

**What is the event?** The day will include an introduction to Politics, Philosophy, and Economics at Oxford, taster sessions in each strand of the course, as well as a workshop on the Thinking Skills Assessment (the admissions test for PPE). The participants will have a chance to meet students who study PPE at Oxford, have lunch in the Christ Church Hall, and go on a tour of the college. The event will be free of charge and lunch will be provided. We would not want the cost of travelling to Oxford to prevent students from participating and are able to offer support with travel costs to UK students who have been in care, are young carers, have been eligible for free school meals, or who would otherwise be unable to attend.

- **When is it?** Tuesday 31 May 2022

- **Eligibility:** We welcome applications from Year-12 students, whose gender identity includes woman, who are considering applying to study PPE at Oxford.

- **How to apply?** [Please apply here](#) by **17:00 on Monday 2 May 2022.**

**Oxford Modern Languages Open Day**

**What is the event?** The Open Day will offer an overview of our Modern Languages courses and a general Q&A for prospective students in the morning, with individual language sessions and a parents'/guardians'/teachers' Q&A session occurring in the afternoon. [View the full event programme for Modern Languages Open Day.](#) This is a fantastic opportunity for students who are interested in learning about the variety of language courses we offer at Oxford, as this event will cover ALL of our languages: French, German, Spanish, Italian, Russian, Portuguese, Modern Greek, Czech, and Polish. Most of our Joint School degree subjects will also be represented.

- **When is it?** Saturday 7 May 2022

- **Eligibility:** The Open Day is aimed primarily at Year 12 students and their parents / guardians / teachers, but Year 11 students who are starting to consider their options are equally welcome to attend.

- **How to apply?** Students can register their attendance on [our website](#).

**Oxford Maths Open Day**

- **What is the event?** The Open Day will offer talks on Mathematics, the joint school courses, and the application process, with more details available here: [Undergraduate Open Days | Mathematical Institute \(ox.ac.uk\)](#)

- **When is it?** 30 April 2022

- **Eligibility:** Pupils, but they can be accompanied by one parent, guardian, or teacher

- **How to apply?** Students can book a place here: [Undergraduate Open Days | Mathematical Institute \(ox.ac.uk\)](#)

**Chemistry, History, Biology, English Taster Days (Balliol, Oxford)****History**

o **When is it?** Thursday 19 May 2022

o **Eligibility:** This is for Year 12 students from state schools who are interested in studying History.

o **How to apply:** Apply by 5pm on 5 May [here](#)

**Biology**

o **When is it?** Tuesday 7 June

o **Eligibility:** This is for Year 12 students from state schools who are interested in studying Biology.

o **How to apply:** Apply by 24 May [here](#)

**English**

o **When is it?** Thursday 9 June

o **Eligibility:** This is for Year 12 students from state schools who are interested in studying English.

o **How to apply:** Apply by 5pm on 26 May [here](#)

**Year 12 Taster Days: Theology, English, Law, Geography (Keble College, Oxford)**

**What is the event?** These immersive, academically-focused events are designed to support state school students in Year 12 in making informed decisions about their studies. The Taster Days will offer information about the courses; insight into research, teaching, and career progression; hands-on application advice; and the opportunity to meet Keble tutors and students who share your interests. Each Subject Taster Day will run from 10:00-15:00, and students may only apply for one (please note that places are limited). Support is available for attendees' travel expenses. [See a provisional programme and information on selection for the Keble taster days here.](#)

**When are they?**

o Monday 16 May: Theology (Religious Studies) (incorporating Oxford courses Theology & Religion and Theology & Philosophy)

- o Wednesday 18 May: English
  - o Tuesday 7 June: Law
  - o Wednesday 8 June: Geography
- **How to apply?** Please complete [this form](#) below to apply by 12 noon on Monday 25 April 2022. Any questions should be directed to India Collins-Davies, Access & Outreach Officer: [outreach@keble.ox.ac.uk](mailto:outreach@keble.ox.ac.uk).

### Classics and Modern Languages Summer Schools (Wadham College, Oxford)

**What is the event?** These Summer Schools are designed to give UK pupils studying in Year 12 a taste of what it's like to be an undergraduate studying at the University of Oxford. Pupils will take part in an academic programme, live in College, meet student ambassadors studying at Oxford, and receive information, advice and guidance on applying to university. The Summer Schools are free and we will provide financial support to pupils to cover their travel costs. Further details are available [here](#):

- **When is it?** 15- 19 August
- **Eligibility:** Year 12 pupils studying at UK state schools.
- **How to apply?** Apply [here](#) by 5pm, Friday 3 June 2022:

### The Big Think video-essay competition (St Edmund Hall, Oxford)

**What does the competition involve?** We are inviting students across the UK to tackle one of our academics' 'big' questions. These have been specially designed to challenge you beyond your normal school curriculum and get you thinking big about your subject and what it might be like to study it at university. Simply record a video of 5 minutes or less presenting your arguments, research, evidence or opinions. Our winners will receive: £100 1st Prize; £50 2nd Prize; £35 Subject Commendations. Winners will also all be invited to Oxford for the day where they will get to discuss their entries with subject tutors, tour round with current students and enjoy lunch in our Wolfson Hall.

- **Eligibility:** UK state-school students Year 11-13
- **How to apply?** Entries are now open until Sunday 1 May 2022, find out more [here](#)

Chat to our students: [www.chch.ox.ac.uk/admissions/chat](http://www.chch.ox.ac.uk/admissions/chat)



*Christ Church*

Registered Charity Number: 1143423

Privacy Policy: <https://www.chch.ox.ac.uk/privacy-policy>

### Jurassic World -The Card Competition

Lights, camera... action!



Become a part of cinema history and enter our [Create the Card](#) competition. [Click here](#) to play this exclusive video featuring the stars of Jurassic World Dominion, Chris Pratt & Bryce Dallas Howard, telling you all about the competition and why your class should enter.

Our Create The Card competition helps students get in on the Hollywood action from the comfort of their classroom – and gives one lucky student the once-in-a-lifetime chance to see their creation up on the big screen!

We're calling on students across the UK, aged 12 to 16, to design one of our famous Black Cards. The winning entry will be projected in front of every UK cinema screening of Jurassic World Dominion, and will receive an invitation to a special screening of the film.

### Coollest Project Global



CELEBRATE YOUR TECH CREATIONS THIS MAY!

Coollest Projects Global is a completely free and entirely online event. Students up to 18 years old can enter a project on their own or as part of a team before 11 May 2022. Click on the link below to hear what Coolest Projects is all about from the community of young creators. [Click here to learn more](#)

## Investin Summer Career Experiences



Over the Easter period, we have been busy putting the finishing touches to our immersive summer career experiences in London.

We are now more than 80% full across the board and will be closing registration soon.

Some of the life-changing opportunities on offer: debate in a 'Model UN' session at Amnesty International, experience sports psychology at a Premier League club, display your artwork in a private gallery at the Tate Modern, piece together a supercar engine with F1 engineers, direct scenes on a Hollywood film set, and many more incredible professional experiences students simply cannot find anywhere else.

[View & Register: Ages 12-14](#)

[View & Register: Ages 15-18](#)

## Trusted Relationships Project and Sibling Mentoring Project

Barnet Council, Art Against Knives, MAC - UK and St Christopher's Fellowship invite you to join them to celebrate the work of the Trusted Relationships Project and Sibling Mentoring project which have taken place over the last 4 years. You will have the opportunity to experience their spaces, methods and learning as well as the chance to meet the teams and young people to ask questions about our ways of working and what has changed through their time working together.

- Location: Tarling Road Community
- Date: Thursday 28 April 2022
- Time: 1.30pm - 4.30pm

Please [click here](#) to book your space:

## COVID-19 updates - Reminder

Please familiarise yourself with the updated NHS COVID-19 symptoms lists:

The NHS [COVID-19 symptoms in adults](#) and [symptoms in children](#) have been updated. Adults and children who have symptoms of a respiratory infection, including COVID-19, should follow the [UKHSA guidance](#). In summary, regular asymptomatic testing is no longer recommended in any education or childcare setting. Therefore, settings will no longer be able to order test kits. **Adults** with the symptoms of a respiratory infection, and who have a high temperature or feel unwell, should try to stay at home and avoid contact with other people until they feel well enough to resume normal activities and they no longer have a high temperature (5 days advisory). **Children and young people** who are unwell and have a high temperature should stay at home and avoid contact with other people. They can go back to school, college or childcare when they no longer have a high temperature, and they are well enough to attend (3 days advisory).

## Updated Government guidance on attendance

Please [click here](#) to view the new guidance on children attending school which was updated on 4 April 2022. In summary:

**Attendance is mandatory.** The usual rules on attendance continue to apply, including:

- parents' duty to ensure that their child of compulsory school age attends regularly at the school where the child is a registered pupil
- schools' responsibilities to record attendance and follow up absence
- the ability to issue sanctions, including fixed penalty notices, in line with local authorities' codes of conduct
- the duty on local authorities to put in place arrangements for identifying, and to follow up with, children missing education

