



Headteacher's Update

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

21 October 2022

Key Message from Executive Headteacher

Dear Parents/Carers,

When you read this, we will have finished our INSET day and both students and staff members will be starting half term and a well-earned rest.

The newsletter below features sections by our new Deputy Headteachers.

Linden Cooke (Teaching and Learning) explains Cognitive Science, which is a focal point of our training for students and staff and will support learning across all our subjects.

Lucy Helen and Michelle Malakouna introduce themselves, their roles and their journeys to our school.

Also in this newsletter is an article on how Year 7 recognised Black History Month in their assembly.

There are still lots of activities in our city over half term to celebrate this annual event. Please see the link below:

<https://www.blackhistorymonth.org.uk/listings/region/greater-london/>

You may be aware that the government published its school performance data on Thursday this week. You can find data for St Andrew the Apostle School here: <https://www.find-school-performance-data.service.gov.uk/school/139410/st-andrew-the-apostle-greek-orthodox-school>

Our Progress 8 score has been confirmed as +0.24. This is a measure of how much progress students make in eight different subjects between the end of Key Stage 2 (Year 6) and the end of Key Stage 4 (GCSE exams). Our results are in the above average range and compares favourably to the schools in the boroughs of Barnet, Enfield and Haringey that we serve. We are incredibly proud of our class of 2022 who achieved some wonderful results this year and of our staff team

who worked so hard to support them to reach their full potential.

Looking ahead to our examination year groups this year, staff members are putting on a number of revision sessions for students in Years 11 and 13 this half term. This really supports those students who attend this targeted intervention.

Part of our students' success is the pastoral care we provide and one of our unique selling points. We believe that a school where every child is known and cared for provides stability for families, not least at a time of political turmoil and a cost-of-living crisis, which threatens to plunge thousands of people into difficulties this winter. Please be assured of our continued steadfast care for your children, and for our wider community. It is a pleasure and a privilege to serve you all.

I hope you all have a restful half-term.

Yours sincerely,

Anthony Easton (Executive Headteacher)

Upcoming key Dates and Information

- Please [click here](#) to access term dates.
- Please [click here](#) to access school calendar for upcoming Term.
- Please [click here](#) to access previous editions of the Newsletters.
- Friday 21 October – Inset day
- Monday 31 October – First day back
- Tuesday 1 November – Year 8 A&B Netball vs. Christ College Finchley
- Wednesday 9 November – Year 11 information and pre-mock examination evening

Faith- πίστη

Feast of the Holy and Glorious Great Martyr Saint Demetrios, the Myrrh-Streamer

In the week ahead, we prepare to celebrate and commemorate the feast day of St Demetrios, which is always marked on 26th October.

This wonder working saint was born in Thessalonica of noble and devout parents.

Implored of God by childless parents, Demetrius was their only son, and so was raised and educated with great care. Demetrius's father was a commander in Thessalonica.

When his father died, Emperor Maximian appointed Demetrius as commander in his place. As he appointed him, Maximian, an opponent of Christ, particularly recommended that he persecute and exterminate the Christians in Thessalonica. Demetrius not only disobeyed the emperor but openly confessed and preached the Lord Jesus Christ in the city of Thessalonica. When the emperor heard of this, he became furious with Demetrius. Then, when he was returning from battle against the Sarmatians, Maximian stopped at Thessalonica to investigate the matter.

The emperor summoned Demetrius and questioned him about his faith. Demetrius openly acknowledged his Christian Faith to the emperor and also denounced the emperor's idolatry. Maximian cast Demetrius into prison. Knowing what was awaiting him, Demetrius gave all his goods to his faithful servant Lupus to distribute to the poor, and joyfully awaited his imminent suffering for Christ the Lord.

An angel of God appeared to him in prison, saying: "Peace be to you, O sufferer of Christ; be brave and be strong!" After several days, the emperor sent soldiers to the prison to kill Demetrius. The soldiers found the saint of God at prayer and ran him through with lances. Christians secretly took his body and buried it. Healing myrrh flowed from the body of the martyr of Christ,

curing many of the sick. Soon, a small church was built over his relics.

An Illyrian nobleman, Leontius, was afflicted with an incurable illness. He hastened, with prayer to the relics of St Demetrios and was completely healed. In thanksgiving, Leontius erected a much larger church on the site of the old church. The saint appeared to him on two occasions.

When Emperor Justinian wanted to translate the relics of the saint from Thessalonica to Constantinople, flaming sparks sprang from the tomb and a voice was heard: "Stop, and do not touch!" And thus, the relics of St. Demetrios have remained for all time in Thessalonica.

Apolytikion or Hymn Dedicated to St Demetrios

"God, who gave you invincible power and with care kept your city invulnerable, royally clothed the Church in purple with the streams of your blood, for you are her strength, O Demetrios"

Mr M Vassiliou (STA Spiritual Director)**New Staff – Deputy Headteachers**

We are delighted to introduce our new Deputy Headteachers, who started with us in September this year. Ms Malakouna and Ms Helan are sharing the role of Deputy Head Curriculum.

We are really pleased to have joined St Andrew the Apostle school, where we have both been really impressed by the wonderful students, so many of whom really live the Christian values of responsibility and respect every day. We have also been thrilled to be surrounded by such a warm and supportive staff body, where everyone is always ready to help and go the extra mile, whether it be to help the young people, or the adults like me who are learning new ways. We are both experienced school leaders.



I have served over twelve years, in three senior leadership teams: building vision; changing culture and improving outcomes. I studied French and Modern Greek at Cambridge University before I became a teacher, and

I have 19 years' experience in education. Recently, I led Teaching and Learning from 'requires improvement' to 'good' in another Barnet school, increasing the quality

of teaching and maintaining a position in the top 4% of schools for progress, four years in a row. I have a proven track record of creating collaborative cultures, improving the student, family and staff experience, leading to improved results. I'm really looking forward to bringing all these skills to bear at St Andrew the Apostle, as we grow and move towards the new phase that the new building will bring.

Ms Malakouna (Deputy Head Curriculum)



I have served over 10 years in senior leadership. I studied English and French at Oxford University followed by a Master's Degree in Education from Cambridge University. I have taught in the UK, USA and India. I am energised by teaching and working with young people. Over the past three years, I led Teaching and Learning at a 'good' school with 'outstanding' enrichment opportunities in Haringey. During that time, student progress increased significantly. I believe that recruiting, developing and supporting the best teachers is the best thing that we can do for our students. I am already enjoying working with the committed teachers and support staff at St Andrew The Apostle School.

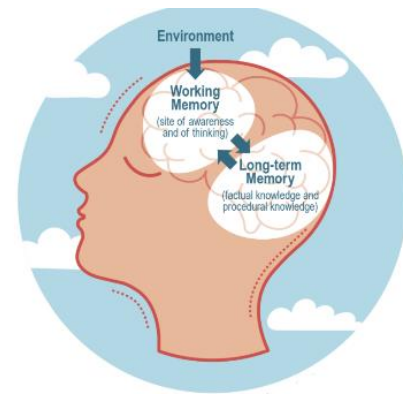
Ms Helan (Deputy Head Curriculum)

This term we have particularly enjoyed leading on the Open Evening and hearing all the lovely feedback from families about their experience of our students and our wonderful staff. This week all the children who visited will receive a letter from us both, thanking them for their visit and sending them a small gift of a 'Smiggle' times-table pencil to help them with their learning. It was lovely to see so many siblings here that evening, and we look forward to receiving lots of them next year. Also this term, as we are the strategic lead for many of the systems and processes that make a school run efficiently, we have been reviewing current practice. We are very much looking forward to working with teachers and parents to improve the experience for our learners.

Cognitive Science for Parents and Carers

Staff and students at St Andrew have recently been learning about how people learn.

This is called cognitive science. It helps us and students to understand what we and they can do to help them to learn but also to revise and retain the learning.



What is cognitive science?

If we think about how our minds work, we have two important areas to focus on:

First is the **working memory**. When we try to remember a phone number or a code, and we instantly forget it, that is because our working memories cannot retain more than 4 or 5 new items at once. Our working memories are like a post-it note – small and easily thrown away. When we put too much information in our working memories, that is cognitive overload and we become confused or feel overwhelmed with the learning and we retain very little of it.

The good news is that our **long-term memories** are seemingly infinite. This is where our knowledge and skills are stored: like how to ride a bike or song lyrics we'll never forget. Our grandparents' telephone numbers. Something we have practised over and over – like times tables or the alphabet.

To help students learn best, **we need to help students to move the new learning from their working memories into the long-term memories**. We also know that forgetting is all part of the learning process – if we forget something but then remember it, we are more likely to remember it for longer.

How does this affect teaching and learning?

To help students learn, and retain the learning, we **chunk** the learning into bite-sized pieces; we do lots of **practice**; reducing the possibility of cognitive overload by reducing how much we teach students, how we present new learning and the classroom environment (by reducing noise and distraction); we do **retrieval practice** which is where we ask students, through quizzes or classroom activities, to remember learning from a week ago, a month ago, a year ago. We ask lots of **questions** to students to make them think hard, as we know that when we think hard, we remember better. We **repeat** learning so students are reminded of

it and so it embeds further. We use **images** to help students link their learning and build mental models.

How can you help your child to learn better?

First of all, ask them, '**What did you learn about today?**' because retrieving that learning helps it to embed. Ask more questions about it to deepen their retrieval!

Ensure they have a **quiet space** to study, far away from their phones. We know that our minds can only attend properly to one thing at once so we have to remove all distractions if we are to learn properly. That includes music!

Test them – ask them for their books or a useful website and give them quizzes – this helps them to remember and is far better for their memories than simply re-reading information.

Encourage them to **practise the learning** – revision cannot be simply reading: revision must be condensing notes, doing past paper questions, exam papers, re-doing answers to questions they did in lessons and improving them. Quizzes, mind maps, flashcard-making and testing are far more effective than simply re-reading. There are websites that help with this, such as Memorise. Our Maths department uses Doctor Frost, other departments use Seneca.

And finally, share with them things that helped you to remember learning, such as mnemonics, silly rhymes, using images... anything that helps hook the learning into their long-term memories!

Further reading: A beginner's guide to cognitive science (innerdrive.co.uk)

STA School Fund

Dear Parents/Carers,

In line with a number of other schools locally and across our Trust, we are running a school fund where members of our school community can donate to support the school and enhance our students' educational experiences.

Purpose of the fund

Donations will be used to supplement resources for those in need and to improve our learning environment. Funds will never be spent on core running costs (such as energy bills or salaries). Your donations will only ever be used to extend and improve the education and support we offer to our young people.

Donations will be used for the following:

ICT Equipment:

We would like to increase our ICT resources by providing high quality equipment in buildings 4 and 5.

Books for Library:

We are building up our library resources and would be pleased to receive either donations to purchase books or you may purchase a named book for our school from [our Amazon wish list](#). Please go to our school website under 'Support us' for further details.

Playground Equipment:

We would like to increase our provision of playground equipment for our students to use during break and lunchtime. This includes outdoor seating and furniture such as picnic tables.

Financial contributions

There is no pressure to contribute to the school financially. We are simply making the option available for those who wish to do so. A single donation of £5 is suggested but all donations regardless of size will be greatly appreciated and will make a difference. Please ensure that you tick the 'Gift Aid' box if you are eligible. Please be assured also that any regular donations are completely under your control and can be cancelled at any time.

If you would like to make a financial contribution, the most efficient way is through your Parent Pay account. All you need to do is login to your child's Parent Pay account and go to Pay for other items. Here you will find a link to the school's donation page.

The [Donations page](#) can also be found on the left-hand side of the home page when you sign in to ParentPay and on the school website. As RET is a not-for-profit charitable trust, you will be able to claim Gift Aid on any donations made on the Just Giving site.

Last year we were able to purchase playground equipment with your donations.

This purchase significantly benefitted the students at the school.

Thank you for your support and for helping us to expand the provision we can offer our students.

Yours sincerely,



Anthony Easton (Executive Headteacher)

Parent Support Group

Dear Parents/Carers,

I invite you to read the attached posters which offers parents whose young people are on the CAMHS waiting list to a parent support group. This group will offer parents whose young people are experiencing mental health difficulties gain some information and strategies to support their child during the time. Please find attached further information about the criteria and the self-referral form.

mind
Brandon Centre
Here for Young People

PARENT SUPPORT PROGRAMME

For parents whose young people are on the CAMHS treatment waiting list!

The 8-week online Parents Support Group is a safe and confidential space for parents to gain information and skills to support their young person as well as receive peer support from other parents.

Starts 31st October 2022

Parents can self-refer

Eligibility
Parents whose adolescents (11-16) are on a CAMHS treatment waiting list for:

- anxiety,
- depression,
- self-harm
- and/or suicidality

Does NOT include PTSD, an Eating Disorder or ASD, ADHD, significant learning disability

Referrals are welcome from all London CAMHS services (Tier 2&3)

Need more information?
Please contact us at: 07535 003339 or 020 8343 5705
email: parentsupport@mindeb.org.uk

This is a fantastic opportunity for parents to gain an insight into children's mental health services and what they can do to support their child whilst they are waiting for professional support.

Should you have any queries about this, please contact myself or the number on the poster. You will receive an email attachment of the referral form following this newsletter.

Kind regards,

Ms D Moustaka (Safeguarding & Inclusion Case Manager)

Black History Month Assemblies

After what has been an excellent start for the Year 7 at STA, we were delighted to celebrate Black History Month through assemblies that had been prepared by the students. A huge thank you to 7 Matthew and 7 Philip who produced and presented assemblies that focused on the origin of Black History Month and celebrated inspirational black figures from Britain and the rest of the world.



We fully appreciate the courage and commitment required to prepare and present an engaging assembly to peers, and we were delighted with the quality and content of the presentations. Well done to you all and thank you for your hard work. I look forward to watching assemblies from the rest of the year group in the new half term. Have a lovely half term break!



Mrs J Nelson (Year leader 7 & 8)

Sporting Success Year 7 Netball

The Y7 netball team had their first game of the league against Bishop Douglas on 13 October 2022. It was a very close game, with an unfortunate loss of 3 - 0.

The teamwork and dedication shown on the court was incredible to see. We are looking forward to an excellent season with the team! Stand out performances from Jessica D, Bella C and Aseela J.



Girl of the Game: Jessica D

Ms D Walt (Head Leader 9 &10)

Sporting Success – Football

England Women’s under-17s beat Estonia by 3-0 in Tallinn on Monday afternoon, after a first-half goal from Ava B and second-half strikes from Lola B and Maddy.

The victory for Natalie H’s team means that it’s two wins from two games at their UEFA Women’s U17 EURO qualification group with one fixture left to play.

After starting the group with an impressive 11-0 win over Ukraine in their first game at the Kadriorg Stadium in the Estonian capital last week, the Young Lionesses took on the group’s host nation at the bigger Lillekula Stadium.

The goals were certainly harder to come by on this occasion, with Estonia providing stern resistance until Leicester City’s Baker made the breakthrough just before half time.

While England dominated, clocking up almost 20 attempts at goal compared to Estonia’s solo effort,

they had to wait until the last minute to double their advantage when Chelsea forward Brown scored after being set up by Vivienne L(St Andrew the Apostle School) after a swift counter-attack from substitute Michelle Agyemang.

And they capped the win off in stoppage time when Arsenal’s Maddy made it 3-0.



Mr J Francis (PE Teacher and HOY)

Black History Month

Please see **Black History Month Showcase, organised by Barnet Council**

Barnet 0-19 Children and Family Service
PRESENTS
**BLACK HISTORY MONTH
SHOW CASE**
Canada Villa Youth Centre, Pursley Road, Mill Hill, London NW7 2BU
Thursday 27 October 2022 • 2:30pm – 6:30pm

JOIN US FOR:

- Arts and Crafts
- African Jewellery Making
- Afro-Haircare
- Photography
- African/Caribbean cookery and much more.

Activities for Black History Month will commence from **3 October 2022** and will end the month long celebrations with the showcase on **27 October** £1.00 entry for Adults 50p children (Under 3's goes free). Entry includes a selection of authentic Caribbean and African Food, entertainment, music Fashion show, a special guest and more.

(all preceeds will go towards running more activities for the young people of Barnet)

Together we rise
BLACK HISTORY MONTH 2022
Barnet 0-19 Early Help

BARNET LONDON BOROUGH

October Half Term in Barnet Libraries

This half term, Libraries are running a full [events programme](#). Children can celebrate Halloween with our Arts and Crafts events and create animation at our STEM event.

There's a Read and Craft with The Very Hungry Caterpillar and Monster Stories and Craft for younger children too. Teenagers can take part in our DJ and MC Workshop, to learn about mixing, beat matching, selecting music and radio presenting.

For Black History Month, young people can celebrate their heritage at [Painting Culture](#), an art workshop exploring who they are and where they come from. The African Cultural Association, presents [A Celebration of African Culture](#), a jam-packed day of traditional activities for all ages, including an exhibition, hair braiding, drumming, music and a fashion show.

All events are free. Booking is required for some events. Please check details.

All libraries are open in half term for families to visit, browse and read together. Children can use a computer for 90 minutes a day free with their library card. In self-service opening times, children must be accompanied by an adult registered to use self-service opening. [Visit the library in staffed hours](#) to join and register for free.

Catherine Lusted

**Service Development Manager: Stock & Services
Barnet Libraries
Family Services**

Upcoming live broadcasts - free from Speakers for Schools: Black History Month

- **Friday 21 October 10-10.45am**

Naureen Khan, Chief of Staff, Accenture & Former Chair of the Central Government Council, TechUK for KS4-5/S4-6

Considering working in the fast-growing digital tech sector? Got a work experience placement this half-term in the sector? This may be the broadcast for you!

Naureen will be speaking about some of the exciting roles in her industry that you may never have heard about before and the work being done to close the gender gap in her industry.

Click [here](#) to register.

- **Thursday 3 November 2-2.45pm**

Stephen Miron, Group CEO, Global for KS4-5/S4-6.

Have you ever been interested in learning more about radio? Hear from Stephen Miron the Chief Executive of Global. Global Radio is Europe's largest commercial radio company and owns Heart, Capital, Classic FM, Smooth, LBC, Radio X, Capital Xtra & Gold. Stephen will be talking about what it's like to be on air as well as what goes on behind the microphone

Click [here](#) to register

- **Wednesday 9 November 10-10.45am**

Oliver McCourty, CEO, opportunity for KS4-5/S4-6.

Does the idea of public speaking make you nervous? Do you want to hear from an expert? Tune in to our broadcast with Oliver McCourty, CEO of OpportunityM who believes everyone should understand the value of speaking meaningfully and truthfully.

Click [here](#) to register.

- **Monday 14 November 10-10.45am**

World Cup of Careers: Matt Dickinson, Senior Sportswriter, The Time for KS3-5/S1-6.

We are excited to host Matt Dickinson, Senior Sportswriter, The Times, for a broadcast as part of our World Cup of Careers. In this broadcast, Matt will discuss how he got into sports journalism, what it takes to be a good sports journalist and how to specialise in football journalism. Matt will be happy to answer your questions in the Q+A and give his expert advice to all budding sports journalists.

Click [here](#) to register

- **Wednesday 16 November 10-10.45am**

World Cup of Careers: Sandra Garlick MBE, Head of HR, Legal & Compliance & Safeguarding, COVID Appointed Officer, Coventry City Football Club for KS3-5/S1-6.

Click [here](#) to register.

Give Blood – Sickle Cell



#givebloodspreadlove



Step Up for Sickle Cell!

Sickle Cell Disease is:
A life-threatening genetic blood disorder mainly affecting people of African and Caribbean heritage.

Blood transfusions:
Help keep people with sickle cell alive. Must be ethnically matched to avoid complications. People with Black heritage are more likely to have rare blood types needed by people with sickle cell.

Step up!
Not enough people of African and Caribbean heritage give blood. We urgently need 4 x the amount of new donors.

Step up. Sign Up. Step Up for Sickle Cell.



Instagram: @givebloodspreadlove @sicklecelluk
Twitter: @givebloodlove @SickleCellUK
w: <http://bit.ly/scsgiveblood>
e: info@blackcareersociety.org

Flu vaccination campaign for years 7, 8 and 9



The NHS has written to schools to update them on changes to the national flu vaccination programme. Please see the contents of their letter below:

We have recently been informed that the flu programme will now include the school years 7, 8 and 9 from September this year.

Early information from the flu season in Australia, shows flu has been circulating earlier than expected and has been affecting younger age groups, therefore DHSC has taken steps to include these age groups in the 2022/23 vaccination campaign. Sessions for flu vaccination have already been planned and confirmed for primary schools so providers will be working with you to arrange additional dates to ensure vaccination can be offered to your students. It is likely that this will be from November onward once additional vaccine supply is available.

We would be very grateful if you could remind parents that their children are entitled to free flu vaccination on the NHS. This vaccine will be provided by a school aged vaccination team that visits the school and is given as a nasal spray. This form of the vaccine is very easy to administer and is especially well suited to preventing onward spread of infection.

The vaccine protects the child against the four main strains of influenza predicted to be in circulation this winter. Young children catch influenza very easily.

Children can spread the infection for up to 7 days, which is longer than in adults, therefore vaccinating children reduces the risk of influenza for family members, teaching staff and other children.

In school, children will be mixing with large numbers of other children in a confined environment, which increases the risk of germs (virus and bacteria alike) spreading. Vaccination builds children's immunity to protect against illnesses.

Vaccines stop influenza germs being spread, thus protecting the very vulnerable children and those in the wider community who may not have, or may not be able to develop, immunity.

Public Health and Primary Care Commissioning NHS England (London Region)

Access Ashurst Programme

Applications are now open for our **Access Ashurst** programme – a paid work experience and skill development programme, aimed at increasing access to law, for Year 12 state school students.

Who is Ashurst?

[Ashurst](#) is a leading global law firm with a history spanning almost 200 years. Our London office is based near Liverpool Street Station in Spitalfields.

What's on offer?

A paid two-week legal placement from 24 July 2023 to 4 August 2023 and a mentoring and skill development programme throughout Year 13.

Who are we looking for?

Year 12 students interested in career in law. Students must meet the criteria outlined by [Prime](#) (see attached).

Apply now!

Visit Ashurst's website to learn more about this opportunity and to apply:

<https://www.ashurst.com/en/careers/students-and-graduates/uk/work-experience/access-ashurst>

Deadline for applications is 16 January 2023 at midday.

Free Parents Career Guide

Careers advisors and teachers



New 2022/23 FREE Parents Careers Guides - DOWNLOAD TODAY

We are delighted to announce that our brand new 2022/23 Parents guides to University, Apprenticeships and STEM are now available.

What can you expect from our parents' guides? This year's Parents University and Apprenticeship Guides will be our third edition and have been designed to help parents support their children in making informed decisions about their future and developing skills to help them succeed.

Apprenticeships

Guide

Parents will benefit from content on topics including:

- Introduction to apprenticeships and sectors
- How to find the right apprenticeship
- Pathways into work, including T-levels, apprenticeships, and university
- How you can support your child in deciding if an apprenticeship is right for them
- Apprenticeships vs. university
- Degree apprenticeships
- Opportunities available across 15 different sectors

PLUS, interviews and guest content from a diverse range of organisations including National Audit Office, Bristows LLP, Royal Horticultural Society, Morgan Stanley, British Horseracing Authority

University Guide

- How to apply to university and a guide to UCAS
- Personal statements and how to stand out from the crowd
- Student finance
- Alternatives to going to university
- Placement years at university

Pros and cons of going to university

- PLUS interviews and guest content from universities including Reading University, Liverpool University, Bournemouth University, South Wales University and Exeter University.

Bonus STEM Guide

This year's guide explores 10 different STEM subjects to help young people to understand more about careers in the field along with profiles on how each subject can help tackle an environmental challenge. This comprehensive guide has been designed to showcase just how creative, exciting and rewarding a career in STEM can be.

Best regards,
Success at School
124 Chatsworth Road
London, NW2 5QU

Homework Club

Homework club is open for all students in years 7 – 11

- On: **Monday - Thursday**
- From: **3.10 - 3.55pm**
- In the **ICT room, in Building 5**

BROOK is the UK's leading sexual health charity - commissioned to offer a variety of services to support young people and professionals in Barnet.

The Gresham Competition



The Gresham Competition: an oracy competition for Year 12 - entries by 15 November

Gresham College is launching a competition for Year 12 students in September 2022, to promote the art of communicating complex information in a clear, concise and compelling way. This year's theme is the environment and sustainability.

Sign up here to hear about the competition (and for other Gresham updates for schools): gres.hm/schools.
Read more here: gres.hm/competition.

The Competition will:

- support the development of oracy skills.
- help students with UCAS applications and job interviews.
- promote a deeper understanding of the environment.
- introduce students to the inspiring research of world-class academics.
- be an opportunity to present in front of academics and professionals.

How to Enter

Choose one of the following topics and please make a reasoned argument:

1. Who should be responsible for creating a better future environment for the next generation? How and why?
2. What should the UK government do about the environment that will benefit your generation?
3. Who should be most responsible for getting to Net Zero and why?
4. What's the greatest positive environmental change you expect to see in your lifetime?

5. What responsibilities should young people take on to address environmental/climate issues today and why?

Students will submit a five-minute, recorded presentation – the main focus should be the student speaking but can use images, graphs, or other visual props that help explain your points. Shortlisted candidates will then be invited to present again in person in London, and there will be three awards (including prizes for student and the school).

You can enter the competition here gres.hm/entryform and upload the video here gres.hm/dropbox.

Guidance and resources will also be provided to help students explain complex issues in a clear, concise, logical and engaging way.

Why Enter?

Benefits for Students:

1. Participating in the Gresham Competition will help students develop oracy and presentation skills useful for interviews and public speaking opportunities; it will also enhance CVs and UCAS applications.
2. The entry process is quick and easy, with entries filmed and submitted within 5 minutes. We are not judging the video quality – any camera phone will do.
3. Finalists will meet a panel of prestigious judges including Professor Myles Allen, the physicist behind Net Zero, and climate change expert Dr Jessica Omukuti.
4. Winners will receive cash prizes and medals: £250 gold, £200 silver and £150 bronze.
5. Since 2022 is a pilot year we expect fewer entries.

Benefits for Schools:

The schools of winners will also benefit with priority access to lectures, visits from Professors or senior leaders, and a certificate.

Key Dates

15 September 2022: Competition opens

15 November 2022: Competition closes

30 November 2022: Entrants notified

24 January 2023: In-person presentation at Gresham College (we will cover travel expenses).

Each finalist will have five minutes to present and five minutes for Q&A with the panel.

Three Gresham medals will be awarded (Bronze, Silver and Gold), along with finalist certificates.

Get in Touch

Please do get in touch with our team with any questions via schools@gresham.ac.uk.

With very best wishes,

Dr
Chief

Gresham College

Wendy
Executive

Piatt
Officer

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 them 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
- [National Suicide Prevention Helpline UK](#). Offers a supportive listening service to anyone with thoughts of suicide. You can call them on 0800 689 5652 (open 24/7).
- [CALM](#). You can call them 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 on 0800 068

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.

[Shout 85258](#) - a free, confidential, 24/7 text-messaging support service for young people.

Support for Parents and Carers- advice and support for you if you're worried about a child or young person.

[Young Mind's Parent Helpline and Webchat](#)

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 L Cooke, Deputy Headteacher (DDSL*)
- Ms D Moustaka (Safeguarding & Inclusion Manager)
- Mr N Anemouri (Pastoral Support Officer)
- Ms M Henshaw-Devall (Safeguarding Officer)

*DSL is the Designated Safeguarding lead.

*DDSL is the Deputy Designated Safeguarding lead

These open days provide a fantastic opportunity for prospective applicants to visit departments, colleges, meet current students, as well as tutors.

For more information about [admissions](#) and [open days](#).

For any students for whom the cost of travelling to Oxford for the Open Days would be a barrier, please contact access@chch.ox.ac.uk to get support.

[Childline](#) – a free, private, and confidential service available for all young people. This can be found on ParentPay as we are a cashless school.

Please note that students should wear their normal school uniform, but are permitted to wear an additional colourful accessory; for example, colourful socks, hair accessories etc.

If you have any questions or would like to offer additional support, please contact Mrs Hammond, Assistant Head or myself, Ms Moustaka, Safeguarding and Inclusion Case Manager.

The apps are free to access in Barnet as long as the user allows the location permission that pops up. Please share far and wide..... And enjoy playing

Bromcom Student Portal Issue



There is a known national issue with the Student Portal website and the Bromcom service team are working on this. The Student Portal app remains unaffected and accessible for homework assignments.

The Student Portal app can be downloaded on all Smart Devices through the App Store or Google Play Store.

Solutions 4 Health New Free Apps



BREAKING NEWS: 2 x NEW FREE APPS Available from Solutions 4 Health

- Camp Island (5 – 10 years)
- Become Your Best Self (11 – 17 years)

Interactive and engaging apps supporting healthy and positive lifestyle choices.