



# St Andrew the Apostle School Weekly Newsletter

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

09 December 2022

## Key Message from Executive Headteacher

It was so lovely to see our former students from last year's Year 11 and Year 13 on Wednesday evening for the GSCE and Post-16 Awards Evening. It was wonderfully well attended and all those who were able to come crossed the stage and were awarded the official certificates with the grades they had earned last summer. We celebrated some outstanding achievement and progress, and it was great to see so many parents at the event.

There were two main awards: the Headteacher's Award was given to a Year 11 student who has embodied our school values and demonstrated wonderful academic progress in their time at St Andrew the Apostle School. The winner was Alegra L, chosen from a list of the following nominees: Vladimir I, Max S, Vasilikia G, Christos G, Stella A, Nia G, Toni R, Anastasia K and Antal M.

For Year 13, the inaugural Yiannis Pareas Award was given to Victoria D, who had brilliant A Level results but also demonstrated our values on a day-to-day basis. This award was given in memory of St Andrew the Apostle School's first Chair of Governors, Yiannis Pareas. Yiannis was proud to be instrumental in creating the first state-funded Greek Orthodox School in the UK. His vision for our school is translated in its motto: *Ever to Excel*. Nominees were: Victoria D, Melody S, Radislav H, Tia T, Alex M, Orestes D and Annie M. Our winner is now studying at Oxford University.



Yiannis's wife, Marina Pareas, presented this award on the evening and she is pictured below receiving a gift with our thanks.

Another alumnus of our school who is studying at Oxford University, Anastasis A, visited us on Thursday evening to speak at our Sixth Form Open Event. He spoke of his seven year journey at St Andrew to parents and students commenting on the school's "wonderful support; sense of community; and teaching, which is never short of amazing!"



Before the event, our Year 11 students had an afternoon dedicated to helping them make great choices for their post-16 subjects, with Year 13 and Year 12 students and their teachers presenting on all the subjects in our wide A Level and BTEC curriculum offer. It was great to see the spark of inspiration students got from this as they could see a pathway for them or a great subject to study in our sixth form. Parents at the evening event commented on the passion of our teachers when they talked about their subject and the school, and the obvious wonderful pastoral care we provide. Applications are now open; please see our website for details. Deadline for applications to our Sixth Form is 15 January 2023. Time to think about courses over Christmas after mock grades are reported and following any final questions for teachers at Year 11 Parents Evening on 12 January 2023.

Parents also comment on our morning and afternoon duties on the school gate as we try and see our students come into and depart from school safely. One entrance to the school means we see each student every day coming onto our site from one vantage point, and it allows us time to check in and give encouragement for the day. Afternoon bus duty often brings comments from members of the public on how well-mannered our students are. Thinking of the journey to and from school, Barnet Education and Learning Service (BELS) have asked that headteachers remind students into use main roads, avoid alleyways,

walk with others wherever possible and stick to lit areas now that the days are so much shorter.

Although this newsletter contains a lot of key information, it is a little shorter than usual. Many of the activities from this week will be in our last newsletter of the term next week.

We are very much looking forward to our church visits next week and to the Key Stage 3 Christmas Fair, organised by our sixth formers.

**Anthony Easton (Executive Headteacher)**

### Upcoming key Dates and Information

- W/B 12 December – Church Visits
- Wednesday 14 December – Christmas Fair
- Friday 16 December – End of term 12.35pm dismissal for students.
- Wednesday 4 January 2023 is an INSET day
- Thursday 5 January 2023 – all students should return to school for an 8.30am.
- Thursday 15 January – Sixth Form Application Deadline
- 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.

### 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 December 25 since 354.

December 25 was ultimately chosen by the Church as the date of the Nativity in order to Christianize 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 in the days of Herod the king, behold, 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; and 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 their way; and lo, the star which they had seen in the East went before them, till 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, and 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 (Matt. 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 he rose and took the Child and His mother by night, and departed to Egypt, and remained there until the death of Herod. This was to fulfil what the Lord had spoken by the prophet, Out of Egypt have I called My son. Then 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 in Bethlehem and in all that region who were two years old or under, according to the time which he had ascertained from the wise men. Then was

fulfilled what was spoken by the prophet Jeremiah: 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 (Matt. 2:13-18).

**Today the Virgin gives birth to the Transcendent One,  
and the earth offers a cave to the Unapproachable 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)**

### St Andrew the Apostle School Choir perform at Trafalgar Square

Our wonderful choir braced chilly conditions to sing carols in Trafalgar Square on Tuesday 7 December, raising money for Noah's Ark Hospice. Passers by commented on how wonderful our students were as they brought Christmas cheer to central London.



Thank you to Mr Lasithiotakis for organising the trip and preparing the choir and all members of staff who accompanied the trip and sang as well!

### UKMT Senior Challenge

The Maths department is proud to announce some wonderful successes achieved by students in Y11, Y12 and Y13 who participated to the UKMT Senior maths Challenge. We, as maths teachers, aim to continue promoting and inspiring our students through these initiatives which give pupils



new points of view and strongly motivate them to pursue their studies in maths-related subjects.



The UKMT Maths challenges promote a love for problem solving, encourage mathematical reasoning, precision of thought and fluency in using basic mathematical techniques. The problems on the Senior Mathematical Challenge are designed to make students think and even though most are accessible, they still challenge those with more experience.



Well done to our students in their achievements and we look forward to seeing even more successes in the future.

**Mr Dogan (Head of Maths)**

### Strep A and Scarlet Fever

The UK Health Security Agency (UKHSA) is reporting that Scarlet Fever cases are currently higher than typically seen at this time of year. Scarlet Fever is usually a mild illness that is easily treated by antibiotics, but in very rare occasions and if left untreated, the bacteria can get into the bloodstream and cause an illness called invasive Group A strep (iGAS). Parents are advised to seek medical help if they think their child is showing signs of Scarlet Fever or iGAS.

Symptoms to look out for include:

- a rash with a sandpaper feel,
- sore throat,
- flushed cheeks,

- a swollen tongue,
- muscle ache,
- and high fever.

**If you're worried about your child's health, always trust your own judgement, and contact a pharmacist, your GP or call 111 to seek medical advice.**

We can all reduce the risk of picking up or spreading infections by teaching our children how to wash their hands properly with soap and warm water for 20 seconds, using a tissue to catch coughs and sneezes, and keeping away from others when feeling unwell.

For further information about Scarlet Fever and invasive Group A Strep (iGAS), visit:

[UKHSA update on Scarlet Fever and invasive Group A strep \(prgloo.com\)](https://www.nhs.uk/conditions/scarlet-fever/)

· <https://www.nhs.uk/conditions/scarlet-fever/>

· <https://ukhsa.blog.gov.uk/2022/12/05/group-a-strep-what-you-need-to-know/>

**Stephen Warrick**

**Communications & Engagement**

**Public Health**

**London Borough of Barnet**

**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)

### Amazing Games Guide for Parents

As we head towards the Christmas holidays children will be asking for new games, but this can be a confusing minefield for parents.

Internet Matters have put a lovely guide together which will help parents make decisions,



including age-specific games in which families can play together. You can find the guide [HERE](#).

**Mr Martin (Deputy Headteacher)**

### Safeguarding

With Christmas fast approaching some children will be getting new or upgraded devices, older devices may be handed to younger children. This is an ideal time for parents to be aware about the importance of setting up devices with parental controls in relation to the age of the child. Internet Matters covers all devices with very simple, easy-to-understand parental guides which you can find [HERE](#).

There are also some good console buying advice and tips [HERE](#).



Sony PlayStation and Internet Matters have got together and created a wonderful interactive quiz for children and parents to learn together how to make the most of PlayStation settings for safer gaming. This is a great idea to get conversations going and for parents to learn more about the games which their children play.

You can access the interactive quiz [HERE](#)



### TikTok has now raised its Livestreaming Age Requirement to 18 (BBC News)

TikTok has frequently been called out for its glaring failures to protect under 18s which use its service. With its flashy images, easily digestible content and 'childlike' feel it has always been popular among school aged children. A fact which has made its safeguarding failures all the more worrying. The platform's attempt to ban under 18s seems to be unfeasible however, and so it is as important as ever to be aware of its usage in the classroom. In particular, its gift function can easily be manipulated in order to commit criminal acts against children. As such wariness around the app should not be lowered as a result. To find out more about what motivated their decision, and its potential outcomes head over to the page linked below:

<https://www.bbc.co.uk/news/technology-63262102>



Many students use WhatsApp despite there being a minimum age rating of 16. There are some inherent dangers to students using this including:

- Bullying, particularly in group chats
- Seeing content of a sexual nature, or showing violence and hatred
- Settings that allow messages to disappear after 24 hours or 7 days. This could make it harder to track bullying, and your child might share things they wouldn't otherwise because it'll disappear
- Sharing their live location, particularly with people they don't know in person
- Spam or hoax messages
- Being exposed to strangers through group chats

#### Keep your child safe on WhatsApp

#### What are the risks?

- Bullying, particularly in group chats
  - Seeing content of a sexual nature, or showing violence and hatred
  - Settings that allow messages to disappear after 24 hours or 7 days. This could make it harder to track bullying, and your child might share things they wouldn't otherwise because it'll disappear
  - Sharing their live location, particularly with people they don't know in person
  - Spam or hoax messages
  - Being exposed to strangers through group chats
- WhatsApp says the **minimum age** to use it is **16**, but younger children can still use it easily.

#### 6 steps to help your child use WhatsApp safely

##### 1. Keep their personal information and location private

By default, WhatsApp shows profile photos, status and when you last used it to all users.

Encourage your child to only share this information with their contacts and be careful about who they talk to on the app, as anyone could pretend to be a child online.

To check and change these settings:

- On an **iPhone**, open settings in WhatsApp (the cog icon), then Account > Privacy. Tap the setting you want to change, then choose who it should be visible to
- On **Android**, tap the 3 dots in the top-right of the home screen, then > Settings > Account > Privacy. Tap the setting you want to change, then choose who it should be visible to

WhatsApp also has a feature that you can use to share your 'live location' with others. Tell your child to keep this turned off, or to only share their location with people they trust.

To check this:

- On an **iPhone**, go to phone Settings (the cog icon) > WhatsApp > Location, and tap to change if you need to
- On **Android**, go to privacy settings as above, then scroll down to 'Live location', and tap to change if you need to

##### 2. Remind your child to be careful about what they share

It's easy to forward messages, photos, and videos to others on WhatsApp. Even if your child sets a

message to automatically disappear or deletes it after sharing it, the person they send it could still screenshot it, forward it to someone else, or save it.

So, before they share anything, tell them to ask themselves: "Would I want others to see what I'm about to send?"

### 3. Remind your child they can leave group chats

If they see something they're not comfortable with in a group chat or are in a chat with someone they don't know and are uncomfortable with, they should leave the group. To do this:

- On an **iPhone**, go into the group chat, tap the group subject, then > Exit group > Exit group
- On **Android**, go into the group chat, tap the group subject, then > Exit group > Exit

### 4. Make sure your child knows how to report and block people

When they first receive a message from an unknown number, they'll have the option to report it.

If someone in your child's contacts is upsetting them or making them uncomfortable, they can report or block them at any point (WhatsApp won't tell the user they've been blocked/reported).

To do this:

- On an **iPhone**, open settings in WhatsApp, go to Account > Privacy > Blocked > Add New..., then find the contact they want to block, and tap the contact
- On **Android**, tap the 3 dots icon, then Settings, then tap Account > Privacy > Blocked contacts, tap the icon in the top right showing a person and a plus sign, search for the contact they want to block, then tap the contact to block them

To report issues like offensive or abusive content or spam:

- On an **iPhone**, open the chat with the user you want to report, tap the contact then then tap Report Contact > Report and Block
- On **Android**, open the chat with the user you want to report, then tap the 3 dots icon, then > More > Report

### 5. Encourage your child to watch out for spam and hoax messages

These can appear to come from contacts, as well as people they don't know. Tell your child to watch out for messages that:

- Ask them to tap on a link, or specifically to click on a link to activate a new feature

- Ask them to share personal information like bank account details, date of birth or passwords
- Ask them to forward the message
- Say they have to pay to use WhatsApp
- Have spelling or grammar errors

### 6. Tell our school about any bullying they experience

Look for signs they your child may be being bullied, like being afraid or reluctant to go to school, feeling nervous, losing confidence, or becoming distressed and withdrawn, or losing sleep.

#### Sources used in this factsheet

- [Bullying and cyberbullying, NSPCC](https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/)  
<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>
- [Help Centre, WhatsApp](https://faq.whatsapp.com/?locale=en_US)  
[https://faq.whatsapp.com/?locale=en\\_US](https://faq.whatsapp.com/?locale=en_US)

This factsheet was produced by [The Key Safeguarding](https://thekeysupport.com/safeguarding): [thekeysupport.com/safeguarding](https://thekeysupport.com/safeguarding)

### Additional May Bank Holiday – 8 May 2023

As you may be aware, the government has confirmed that there will be an additional bank holiday next year to celebrate the coronation of King Charles III. The school will be honouring this bank holiday in line with other schools in the Trust and the local area, and therefore students will not be expected in on this date.

We recognise that the date of this bank holiday may be disruptive for Year 11 and Year 13 students who will be beginning their GCSEs and Post-16 exams later in May. Please be reassured that we will try to minimise any disruption to our GCSE students as a result of this additional holiday.

### Extra-Curricular Sports Clubs

PE extra-curricular clubs re-commence on Monday 7 November 2022.

#### **Monday**

Activity: All Years Dodgeball

Time: 3.00pm-4.00pm

Venue: Building 5 Hall

**\*Changing building 5 changing rooms.**

#### **Tuesday**

No clubs due to basketball and netball matches

#### **Wednesday**

Activity: All Years Girls Netball

Time: 3.00pm-4.00pm

Venue: Building 5 Playground

**\*Change in building 5 changing rooms.****Thursday**

Activity: All Years Basketball

Time: 3.00pm-4.00pm

Venue: Building 4 and 5 Playground

**\*Change in building 5 changing rooms.**

Activity: All Years Dance

Time: 3.00pm-4.30pm

Venue: Building 5 Hall

**\*Change in building 5 changing rooms.**

Please note students do not wear PE kit to school on the day of clubs. If you do not have PE on the day of the club, but wish to attend, please bring PE kit to change into after-school. Full PE kit must be worn to after-school clubs. If you have PE lessons on the day of a chosen club, you will already be changed into full PE kit.

**Mr Rob Browell (Head of PE)**

## BACE Holidays

Barnet Active Creative Engaging holidays

**BACE**  
HOLIDAYS

Free holiday club activities are available for eligible children in Barnet - from Reception to Year 11!

have fun    get active    learn new skills

Winter 2022    Visit [barnetyouth.uk/BACEHolidays](https://barnetyouth.uk/BACEHolidays)

## 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](https://www.ashurst.com) 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.**

## St Andrew the Apostle Sixth Form

Applications are also now open for our Sixth Form. Please see advert below, with details on our website.

*Ofsted: "The school's work to promote pupils' personal development and welfare is **outstanding**. Pupils are self-confident and very articulate. They like their school and they want to do well. Pupils said that there is a 'family atmosphere' in the school and there is a warmth in the relationships between pupils." (2018)*



Entry Requirements: 5 GCSEs at grade 4+ with specific requirements for each course.  
Some courses and combinations of courses will require a minimum grade 5 in English and mathematics.

*Ofsted "Leaders in the sixth form set **high expectations** for their students. They know their students well and track their progress carefully. Students really enjoy their learning in the sixth form." (2018)*

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St Andrew The Apostle  
**SIXTH FORM**  
Ever to Excel

Find us online:  
[www.standrewtheapostle.org.uk](https://www.standrewtheapostle.org.uk)  
[admin@standrewtheapostle.org.uk](mailto:admin@standrewtheapostle.org.uk)

Applications for September 2023 are now open via our website:  
<https://standrewtheapostle.org.uk/6thformwelcome>