



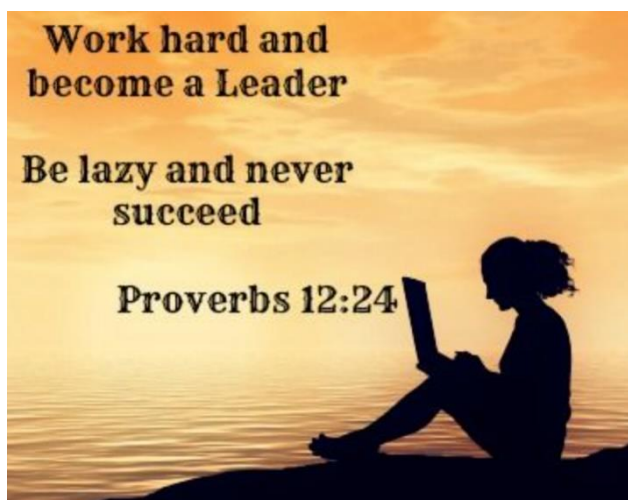
St Andrew the Apostle School Weekly Newsletter

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

27 January 2023

Key Message from Executive Headteacher

How did you revise for exams, or how are you revising for your any up-and-coming exams? Through classroom sessions in each subject, we are trying to support our exam groups with how they see revision and how they use the time they set aside to revise. It is all about working smart (and taking breaks) when trying to recall content or practicing applying knowledge. Our Year 11 students were superb Thursday in their 'walking-talking' English mock when applying their knowledge. They worked hard, and smart. Our English staff, senior leaders and visiting RET English Adviser were mightily impressed in how they are managing and leading themselves through this next phase of their examination year.



Revision Focus Fortnight is half-way through and feedback has been great.

Do keep up with all we do by following us on Twitter (link to Revision Focus Fortnight here:

<https://twitter.com/StAndrewTA>

We have also reinstated our Facebook account, where all news will be posted too:

<https://www.facebook.com/StAndrewTheApostleSchool/>

Weeks fly by at here St Andrew the Apostle, but they are genuinely vibrant with all the activity and learning that goes on, and this is a reflection of staff who have been with us for a while and new colleagues.

We had a great Year 9 Options Event this week to help students understand the process and to give them an

idea of how their choices will help them later on in life, with much of the initial session focused on careers. This event was perfectly placed, ahead of Year 9 parents evening and Year 9 options evening.

Year 12 also had a wonderful careers session; please see article below.

Our Year 9 basketball team were victorious in a great game this week and move on into the next round of the district cup competition.

I have been trying to keep you up to date with plans for how the school will manage the NEU industrial action on Wednesday 1 February, and my most recent letter on this is also in this bulletin. Essentially, we will be able to open for our exam year groups (Years 11 and 13) and the school will be closed for all other students, who will have lessons on Microsoft Teams with those teachers who are available and work on work outlined in my letter below.

In staffing news, the person who was going to support us by leading our Sixth Form after Christmas was unable to take up post due to sudden ill-health. We are extremely pleased, however, that we have been able to get support for this role, and Debbie Ramm-Harpley joined the senior leadership on our second week back after Christmas and she has made an immediate impact with our sixth form students. Mr Higgins has also joined us, in our Humanities Department, to teach Geography, and in his first month will have been on two Geography trips with Year 11!

Anthony Easton (Executive Headteacher)

Upcoming key Dates and Information

- Monday 30 January – Year 11 Epping Forest Geography Trip
- Wednesday 1 February – NEU strike day; school closed to Years 7, 8, 9, 10 and 12
- Wednesday 8 February – Year 11/Year 13 Mocks Begin
- Please [click here](#) to access term dates.
- Please [click here](#) to access school calendar.
- Please [click here](#) to access previous editions of the Newsletters.

Upcoming Dates for Year 9

We are approaching an exciting time for our year nine students, as shortly they will be selecting their GCSE option subjects. There are a few notable dates below:

- **Thursday 2 February 2023** – Year 9 Parents Evening (online).
- **Thursday 9 February 2023** – Year 9 Options Evening (face-to-face).
- **Friday 10 February 2023** – Options form sent out via. Email / Bromcom.
- **Wednesday 22 February 2023** -Deadline for options form completion.

Miss Walt (Head of Year 9 and 10)

Faith- πίστις

Curiosity and questions of faith

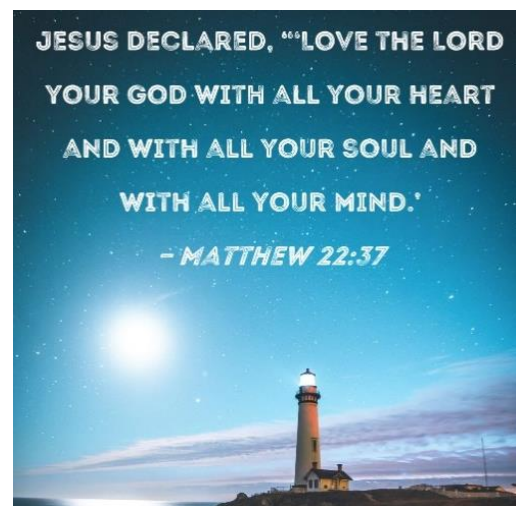
The gift of our curiosity is its power to open us up to new and greater possibilities in every moment. Curiosity is essentially the state of being in constant, unhindered question, inquiry and wonder. Discussions around the psychological benefits of curiosity indicate that not only is it key to creating lasting happiness, it also has the power to change your life and the world around you. Even Albert Einstein, one of the greatest minds of our time, credited his curiosity above his talent or intellect. Newton is also remembered for his curiosity. Bernard Baruch said; 'Millions saw the apple fall, but Sir Isaac Newton was the one who asked why'.

Spiritual health is in many ways enhanced by this curiosity. The big questions of faith we ask in our lives include, 'Why do I exist?' and 'What is the purpose of my life?' There are perhaps no bigger questions than these.

It is essential that we are curious and give time to exploring these questions. They shape the way we live our lives. To answer these questions, we need to understand God. The Bible says, 'God is love.' It does not say He has love; it says He is love. It is part of His nature, His character and is the essence of His being. God is love. Love is not of great value unless it is bestowed upon something and the Bible says, 'God made you to love you'. You were created as an object of God's love. If you want to know why you are taking a breath right now, why your heart is beating, it is because God made you to love you. It is the sole reason. You were made to be loved by God and to bring Him pleasure.

In Matthew 22:37, Jesus' gives his first and greatest commandment; 'You shall love the Lord your God with all your heart and with all your soul and with all your mind'. This leads to the first purpose in our lives, to learn to love Him back. We need to love Him more dearly and know Him a little better day by day. This is fundamental to understanding our purpose in life. Until we understand that we were made by God and we were made for God, life will not make sense.

God has an incredible plan for each and every one of us. The only way to know the purpose of our lives (God's plan for us) is to talk to the creator who made us or read His Word. Take time to meet with Him in prayer and let the Bible speak to you. Answers sometimes do not come immediately, but He alone is the source of the answers. Persist in prayer. Take time to discover your purpose, for with this comes a lifestyle based on eternal purpose.



As we continue to look at our value of Responsibility next week in collective worship sessions and we are looking at how we treat each other in school and how we can be kind and fair to others and how all should be treated equally.

In the words of Romans 2:11 "God does not show favouritism." We believe that this should be part of our purpose, and we emphasise this every day in school ensuring equal rights for all. To conclude this part of our newsletter, let turn to Bishop Desmond Tutu's words as we continue to be curious, responsible and find purpose in what we do in our earthly life:

"We are made for goodness. We are made for love. We are made for friendliness. We are made for togetherness. We are made for all of the beautiful things that you and I know. We are made to tell the world that there are no outsiders. All are welcome:

black, white, red, yellow, rich, poor, educated, not educated, male, female, gay, straight, all, all, all. We all belong to this family, this human family, God’s family.”

Enrichment for Year 12

Our Year 12 students were given the opportunity to engage in a careers workshop with professionals from the Robert Consulting Group supported by Barnet Education and Learning Service and organised by our Careers Coordinator, Mr Iberi. The session involved learning how to set career goals, searching for employment, interview preparation and writing the perfect CV and personal statements. There was an interactive session involving interview role-play and Vlad and Victor were rewarded with Amazon vouchers for their engagement and contribution. On the whole, our students took away many useful nuggets of information. Students across the year group commented on how enlightening and informative the session was.



Mr P Iberi (Careers Coordinator)

Mental Health

We are always aiming to remove as many barriers to learning as far as we can. Post-pandemic the national picture shows that teenagers and children are experiencing higher levels of concerns over their mental health, be this diagnosed mental health issues or lower level of anxiety and depression. We are not immune to this at St Andrew and continually offer support to all students, this can include:

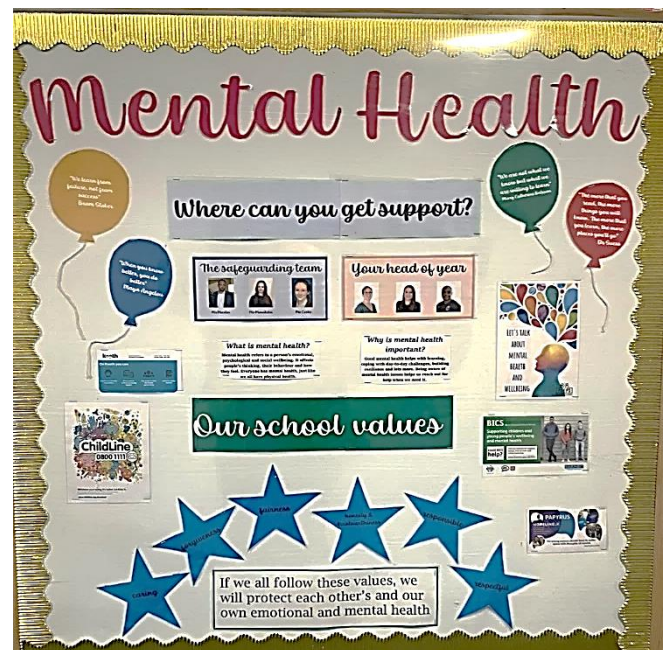
- In school additional pastoral support from Ms Menshaw-Devall and Ms Moustaka
- Referrals to outside agencies who can provide specialist support

- Signposting students to charities who can help, such as Childline on 0800 1111 or www.kooth.com

We are currently making plans to mark Children’s Mental Health week on 6 February and will provide more details to students and families about this soon. In preparation for this we have produced displays in both Building 4 and 5 in prominent positions of the building for students to be aware of the support we can offer.

One of our core school value’s is caring, and we offer this care to students to help them navigate the world.

Of course, if you do have any concerns about your child’s mental health and need advice or support then please do not hesitate to contact us using our staff contact form and we can discuss this with you in a sensitive and discreet manner.



Non School Uniform Day – Dress to Express



On **10 February 2023** **St Andrew the Apostle Greek Orthodox School** will be taking part in **Place2Be’s Children’s Mental Health Week** and fundraising to support the mental health of children and young people throughout the UK - a cause we feel is now more important than ever. **Children’s Mental Health Week** is taking place from 6–12 February 2023 and is an opportunity to shine a

spotlight on and raise awareness for children and young people's mental health.

Place2Be believe every child should have easy access to mental health support whenever they need it. They create safe spaces in schools where students can open up without pressure, arming them with emotional skills to help deal with everything life throws at them. As a charity, **Place2Be** rely heavily on the generosity and support of the community to continue their essential work in the future and to reach children before it's too late.

As a school community, we will be encouraging all students and staff to use clothing and colour to express themselves on **10 February**. We also kindly ask that all children who take part **make a suggested £2 donation to Place2Be** online at www.Parentpay.com under the heading 'Dress to Express Day'.

Your child/children's Dress to Express outfit can be as simple or elaborate as they like! Dress To Express is an opportunity for self-expression and celebrating a diverse range of emotions. The day also provides a great opportunity to be open about mental health and start conversations within our school community.

We're delighted to be hosting a Dress to Express Day during Children's Mental Health Week and raising much-needed funds for Place2Be. If you have any queries, please get in touch with us.

Ms Henshaw-Devall (Safeguarding and Inclusion officer)

Teacher Industrial Action – Wednesday 1 February

You may be aware from media coverage that the largest teaching union, NEU, has declared strike action, which will take place on 1 February, 2, 15 and 16 March. The strike is happening because of a national dispute between the unions and the government over teachers' pay and un-costed pay rises that have impacted on school budgets, and not because of any issues at St Andrew the Apostle School.

I am sorry to inform you that for students in Years 7, 8, 9, 10 and 12, the school site will be closed on Wednesday 1 February. If you are a parent of a child in these year groups, please do not send your child into school on this day.

Students in Years 11 and 13 must attend school and arrive by 8.30am as usual.

We have not taken this decision lightly. We remain committed to providing a safe and secure environment

for our students and feel that we would be unable to provide safe supervision with the staff we may have available. For your information, staff do not need to inform school until the day of the strike when they are taking action, so schools will only be able to assess staffing on the day. We will be able to open safely for Year 11 and Year 13.

On Wednesday 1 February, for Years 7, 8, 9, 10 and 12, we will provide remote teaching via Microsoft Teams for the lessons where your child's subject teacher is not striking and is, therefore, in school. It will not be possible to provide a teacher for every lesson that day due to the number of teachers who will be taking industrial action. There will be no tutor time for students working from home and in this time, between 8.30am to 8.55am, subject teachers present that day will set their lessons in Microsoft Teams, so your child can check which live lessons will be taking place. Please see attached PDF for students for online learning support and expectations* (please see where you access school letters).

For those lessons where teachers are not present in school, students can use our online curriculum:

- <https://www.standrewtheapostle.org.uk/curriculum-ks3>
- <https://www.standrewtheapostle.org.uk/curriculum-ks4>
- Students can self-direct their learning on the theme on the online curriculum, ensuring they learn the key words and their definitions.
- Students can also work on the following:

English	https://www.bbc.co.uk/bitesize/subjects/z3kw2hv (KS3); https://www.bbc.co.uk/bitesize/subjects/zr9d7ty (KS4)
Maths	Dr Frost Maths website (KS3 and KS4)
Science	Science A Level, GCSE, KS3 & KS2 (senecalearning.com) https://www.bbc.co.uk/bitesize/subjects/zng4d2p (KS3); https://www.bbc.co.uk/bitesize/subjects/zrkw2hv (KS4) Science quizzes will also be set on Bromcom.
RP	https://www.bbc.co.uk/bitesize/subjects/zh3rkqt (KS3); https://www.bbc.co.uk/bitesize/subjects/zb48q6f (KS4)
PSHE	Work will be uploaded on Bromcom for KS3 and KS4.
Y10 and Y12	Any NEA or coursework that students are working on

If your child is eligible for Free School Meals, we will provide you with a meal voucher.

I am sorry that you will have to make alternative arrangements for your child at short notice, and that they will experience disruption to their education. I understand that this situation may be frustrating.

Future strike days will be reviewed nearer the time, and we will keep you updated.

If you have any questions, please contact the school using the usual channels.

We look forward to having all students back at school in full school uniform at 8.30am on Thursday 2 February 2023.

Mr A Easton (Executive Headteacher)

Anti-Bullying

All of our form tutors, Heads of Year and indeed all adults in the school are training in how to identify, report and respond to signs of bullying. We have robust procedures and policies in school which we follow to ensure that we reduce and remove this from our community.

One of our values in school is respect and we expect all students to show respect to each other.

However sometimes these signs in school can be very subtle initially and it can be difficult for adults to spot these signs. We also know that some students would be concerned about their teachers knowing that this is happening.

When issues of bullying or unkindness occur in school we address this in sensitive and appropriate ways. This can include closer monitoring or dealing with the issue in a way that reduces rather than aggravates the situation.

If your child has reported any unkindness to you that you are concerned about please do report this to us using our staff contact form and we can discuss how we can support your child in the most appropriate way with a discussion between you, as parents, initially, so we can agree on a way forward.

Mr Martin (Deputy Headteacher)

Term 3 Extra – Curricular Sports Clubs

PE extra-curricular clubs re-commence on Monday 16 January 2023.

Monday

Activity: All Years Dodgeball

Time: 3.00pm-4.00pm

Venue: Building 5 Hall

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

Activity: GCSE Trampoline (invite only)

Time: 3.00pm-5.00pm

Venue: East Barnet School

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

Tuesday

No clubs due to sports fixtures

Wednesday

Activity: All Years Dance

Time: 3.00pm-4.30pm

Venue: Building 5 Hall

***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.**

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 R Browell (Head of PE)

Strep A and Scarlet Fever and Other Health Concerns

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 sandpapery 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

Public Health, London Borough of Barnet

Please also see the advice issued by the UKHSA regarding the health concerns nationally:

<https://www.gov.uk/government/news/back-to-school-advice-issued-amid-high-levels-of-flu-covid-19-and-scarlet-fever>

Game Finder

Finding games for children which are appropriate for their age, which work on the devices the children use and the children will enjoy playing can be a minefield, particularly when parents are being bombarded with the 'but everyone else is playing this game' guilt trip. Game Finder is a new (free) service available from Taming Gaming which walks parents through various aspects, such as how old is your child? What devices do they have? What types of games do they like to play? And then gives a list of recommendations of suitable games. I've used this a few times and it is brilliant, you can find Game Finder [HERE](#).

Safeguarding

Child Safety and the Metaverse

Christmas has now come to a close and a new year has begun. Among their peer group young people will begin to discuss what they got for Christmas. For many the answer will almost certainly be 'a Fortnite battle pass, a new PC, a PlayStation 5 etc'. All devices which allow both unfettered access to the internet and expose children to voice chat, text chat and photo sharing with complete strangers. This year presents an acceleration of vulnerability window as, VR headsets, connected to Facebook's Metaverse have been released onto the marketplace. The Metaverse seeks to link users to the internet as a Virtual Entity through the use of Virtual Reality Headsets. This amplifies the danger children are exposed to online. To help you understand this new, fast changing issue the NSPCC has published a guide to both the Metaverse and VR headsets. To find out more please follow the link:

<https://www.nspcc.org.uk/about-us/news-opinion/2022/christmas-vr-safety-advice-for-parents-metaverse/>

Understanding the Playground - Fortnite

Since its release 2017, the battle-royale simulator – Fortnite, has become ubiquitous in classrooms and playgrounds throughout the world. The game, which features cartoonish renderings of characters, bright colours and non-visceral consequence free violence, has had a mass appeal to children. Each Christmas another draft of young pupils are induced into its overcrowded multi-player lobbies, to the point that there is not a school pupil in the country who hasn't owned it, begged their parents for it or played it round a friend's house. As a result more children than ever are exposed to multi-player chatting with strangers, and financial exploitation via the game's spend-to-gain-advantage operating style. Allowing children to use real world money to gain perks and costumes. From criminal blackmailing, to the coercion of nude exchanges by online 'friends' posing as children, the danger this game presents from a safeguarding perspective is clear. As an added complication, the verbiage surrounding the game used by pupils is near-incomprehensible, frustrating adepts to secure their safety. Fortunately to allow for greater comprehension of reports to staff involving the game, Internetmatters.org has published a guide to understanding the game and its terms. You can find the link below:

<https://www.internetmatters.org/hub/guidance/fortnite-battle-royal-parents-guide-keep-kids-safe-gaming>



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

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

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

Young Commissioners

We're really excited to share a new opportunity for children and young people in the borough that we've been working on.

Open to all 11-18 year old's (and care leavers) that either live in or go to school in Barnet, we've designed a Young Commissioners programme where young people will be able to work with our commissioners to gain an understanding of commissioning, learn new skills and to earn three AQA unit awards to boost their qualifications. Participation in the programme can also be used as volunteering hours for certain courses and schemes like the Duke of Edinburgh award.

We'd really appreciate if you could share this opportunity with any young people you may work with who may be interested in the programme and in developing their professional skillsets.

Applications are open now

It should take around 5 minutes to complete and we'll set a deadline based on the level of interest we receive.

If you have any questions, please feel free to email young.commissioners@barnet.gov.uk

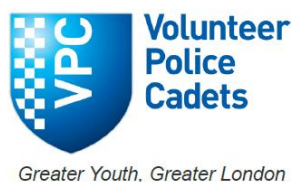
S Carnegie, Strategy and Insight Advisor

Family Services, London Borough of Barnet

Volunteer Police Cadets

What is the Volunteer Police Cadets?

We are a Volunteer Uniform Youth group that is supported and run by the Metropolitan Police. **Junior Police Cadets** Junior Police Cadets are from School Years 6-8. It was developed after recognising a vulnerability gap between primary and secondary school. It aims to teach young people life skills and social responsibility in a fun and engaging environment. These units are led by Senior Cadets supported by VPC staff, allowing them to be positive role models to their younger peers.



Weekly Meetings

At weekly meetings Cadets have a variety of in-inputs on aspects of policing and citizenship. They also take part in sporting activities and are taught Drill and Marching.

- **Uniform:**
Free, after a 10 Week Probation period. Senior Cadets (Yr9 and above) will need black boots.
- **Opportunity:**
Meet new people from your borough. Camps and trips away. Learn new skills.



Trips and Camps

During School holidays many of our Cadets go on camps and trips. Some of these are day events like trips to visit the crime museum or take part in white water rafting, some are week long camps, taking part in many different outdoor activities like Mountain biking, Ghyll Scrambling, Climbing and caving. We also offer leadership training days.



Senior Police Cadets

The Cadets meet once a week and often perform duties in support of local policing. They also take part in large public events like Trooping the Colour, Remembrance Day Parades, London Marathon and Notting Hill Carnival. There are also various cadet competitions held throughout the year where units compete against each other. All of these activities can be used to complete the Duke of Edinburgh Award.



Volunteering

Cadets are expected to volunteer some of their time to help out in their local community giving Crime prevention advice, stewarding local events and test purchasing of Alcohol, fireworks and knives. They will also get the opportunity to join officers and help with

the policing of big events such as London Marathon, Ride London, Trooping the Colour and the Notting Hill Carnival.

Competitions

There are a number of competitions across the Year where cadet units compete against each other

- The Annual Cadet Competition: Concentrating on police style scenarios
- Iron Team: A bit like I'm a celebrity get me out of here
- Paintball: Staff and Cadets against other boroughs



Aspire to be different. Join the Volunteer Police Cadets at Barnet. Meet with like minded young people with shared interests. Have fun, learn, develop and help in your local community. Check out "Met Volunteer Police Cadets, part 1" on YOUTUBE for a 2 min video.

Weekly meetings

Our current Units are as follows:

Senior Cadets 13-19 year old

Peel Centre, Colindale, Aerodrome Road, NW9 5JE,

Wednesdays

19:00-21:30 hours

Barnet Police Station, 26 High Street, Chipping Barnet,

EN5 5RU, Thursdays

19:00-21:30 hours

Junior Cadets 10-13 year old

Peel Centre, Colindale, NW9 5JE, 1Wednesday 17:00-

18:30 hours

The units meet during **term time only**.

Contact Us

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BAFTA-nominated Channel 4 series

The BAFTA-nominated Channel 4 series, The Dog House, is about to return for a new series. Described as one of the most heart-warming programmes on TV, we are starting the search again for people who can offer a loving home to a rescue dog and share their reasons for doing so. We wondered if you might be able to help?

In previous series, we found that there were many reasons people might consider bringing a rescue dog into their life; to help combat loneliness, extra company for a child, and to encourage getting out more. For children specifically, having a dog in your home has been proven to help with social skills and impulse control, and even improve self-esteem. Dogs are always happy to see you when you get home from school, and their love is unconditional - the ideal confidant and an ever-willing playmate! We would love to highlight some of these benefits and wondered if any members of your school might be interested in applying, or simply finding out more with no pressure to take part.

Could you provide a loving home for a rescue dog? The Channel 4 series, The Dog House is looking for couples, individuals, friends and families who are seriously considering bringing a rescue dog into their lives and are willing to share their reasons for doing so.

Please follow this link to apply:

<https://www.channel4.com/4viewers/takepart/the-dog-house>

Could you adopt a dog like me?

APPLY NOW
www.channel4.com/4viewers/takepart/the-dog-house