



St Andrew the Apostle School Weekly Newsletter

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

03 March 2023

Message from Executive Headteacher

With the driest February for 30 years, the sunny, bright (albeit a bit chilly) weather, has made for lovely days in school this week. As the day warms up and with spring emerging it is great to see how students are in break and lunchtimes; a word that would describe it for me is lovely! They interact with each other and across year groups wonderfully well and the atmosphere in our canteens and outside in our playgrounds and quiet areas is wonderful. Year groups tend to migrate to their own areas and there are the regular football and basketball games that cross areas designated for ball games. Older students look out for younger ones and teachers on duty in hi-viz jackets chat to students; some of the various conversations I have had with students this week were as follows (in no particular order!): the latest football results, basketball strategy, mock exams, the spring buds on one of our over-hanging trees, how Y10 are doing heading towards their next set of big assessments, and what students are currently reading.

World Book Day was just fantastic – please read article below. I was lucky enough to be part of the judging for the best characters and they will be announced at later date. It is so interesting to see what literature is inspiring our learners, and as the Year 7 dressed up in a costume of their favourite character, it was great to hear older students say, “I remember when we did that” and “I wished we still dressed up for World Book Day!” It was interesting to see what teachers advertised as their favourite books (on posters on their classroom doors), a selection of classics and contemporary, fiction and non-fiction and children’s books too, where ‘The Gruffalo’ featured! I know that my childhood favourite – Roald Dahl’s ‘Danny, the Champion of the World’ – inspired me as a reader and to become an English teacher.

Our Year 12 students were inspired this week when a select group visited Oxford University; please read article below. As were Performing Arts students in Year 10, who saw a hard-hitting theatre production about the Grenfell Tower disaster.

I am always very thankful for staff colleagues who organise such great enrichment events for our learners.

Primary school students and their parents were informed of their secondary schools this week and we have had some lovely messages from parents of students who have secured places at St Andrew the Apostle School. We are offering tours to those parents this week and next so that they can see the school again as part of the transition process; they will be visiting to see lessons and our after school activities. Also, as they tour, they will see progress on the site of our new building!

Last and by no means least, Year 11 and Year 13 students concluded mock exams this week. A heartfelt well done to them. Their commitment to the process was brilliant, and they will be getting feedback on how to start preparing for their final exams once all our marking and moderation is complete.

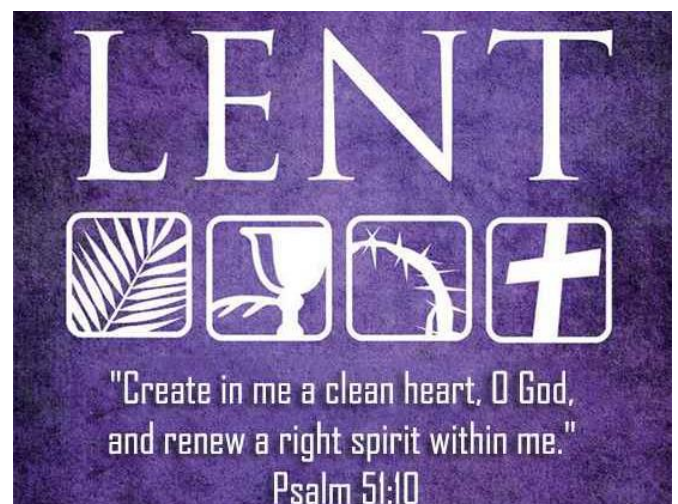
Let’s hope that dry and bright weather continues!

Anthony Easton (Executive Headteacher)

Upcoming key Dates and Information

- Thursday 30 March – Year 7 Parents Evening
- Please [click here](#) to access term dates.
- Please [click here](#) to access school calendar.
- Please [click here](#) to access previous editions of the Newsletters.

Faith- πίστη



The newsletter last week looked at the broader Christian time of “Lent”; in the Greek Orthodox Church (and Orthodox people globally) we call it Great Lent. In Greek it’s called ‘Megali Sarakosti’ literally Great Forty Days. This Year, Great Lent in the Eastern Orthodox Church began on Monday 27 February and ends on Lazarus Saturday on 8 April 2023 although fasting extends into Holy Week. Sarakosti, which is the great period of Lent before Orthodox Easter, comes from the word forty, which is the forty-day period until Palm Sunday and then one more week until Easter Sunday makes a total of 49 days of “fasting”. During this period, we fast so that our bodies and spirits are “cleansed” to prepare for acceptance of the Resurrection.

What is Great Lent? Great Lent is the Greek Orthodox Lent, a time during which we abstain from all animal and dairy products (such as meats, poultry, game, milk, cheese, eggs, etc.) as well as fish and seafood with backbones. The main purpose of fasting during Great Lent is to cleanse the body as well as the spirit in preparation for the Resurrection of Christ at Easter, which is the most sacred of all observances in the Greek/Eastern Orthodox faith and the church calendar year. Essentially, the faithful are called upon to adopt a vegan diet for forty days. This may seem modern, but Orthodox Christians follow a long-held tradition among people around the world for thousands of years. Clean Monday Clean Monday (Greek: Καθαρά Δευτέρα), also known as Pure Monday, Ash Monday, Monday of Lent or Green Monday, is the first day of the Eastern Orthodox Great Lent. It is a movable feast that occurs at the beginning of the seventh week before Orthodox Easter Sunday. Clean Monday refers to the leaving behind of sinful attitudes and non-fasting foods. It is sometimes called Ash Monday, by analogy with Ash Wednesday (the day when the Western Churches begin Lent). Liturgically, Clean Monday – and thus Lent itself – begins on the preceding Sunday night at a special service called Forgiveness Vespers, which culminates with the Ceremony of Mutual Forgiveness, at which all present will bow down before one another and ask for forgiveness. In this way, the faithful begin Lent with a clean conscience, with forgiveness, and with renewed Christian love. The entire first week of Lent is often referred to as Clean Week, and it is customary to go to confession during this week and to clean the house thoroughly. Today also brings preceding Apokries (Meat-free Carnival) celebrations to an end, inviting everyone to leave behind the ‘sinful’ attitudes associated with Carnival festivities and non-

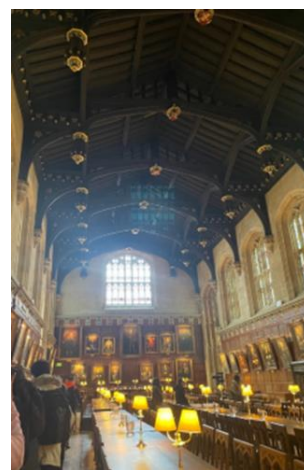
fasting foods, which were largely consumed during the last three weeks of the Carnival. As stated earlier, during Sarakosti, or Great Lent, no meat or dairy food are eaten. Lenten food, usually consists of plenty of olives, Taramasalata, Tahini, Humous, Halva, vegetables, legumes and seafood, such as calamari, octopus, shrimps, oysters, cuttlefish, mussels, lobsters etc. Fish is not allowed except on two occasions: on the 25 March (Annunciation of the Virgin Mary) and Palm Sunday. Kathara Deftera (Καθαρά Δευτέρα) is a day where families and friends celebrate with delicious fasting foods, as well as the widespread custom of flying kites. We wish all of our students and their families a happy Sarakosti.



Thank you to those who sent in prayers for Lent; these are being used in worship in our tutors times.

Oxford University Trip – February 2023

Some views from the recent trip from Year 12 students:



First of all, I would like to open these lines by offering my gratitude to the people who organised this trip and made it a success; Ms Koveri that organised the trip and Mr Lasithiotakis, who drove us to Oxford and back to school. The experience was certainly a breath-taking one! As soon as we entered the Oxford College of Christ Church, the impressive and undeniably sensational architecture filled our eyes with awe. The sheer size of the buildings was impressive, but the old architectural designs were also fantastic! The dining hall was like a royal gallery. It had paintings of all the deans that presided over the College following in the steps of King Henry VIII. The

food was also second to none. We were treated to some, if not the best, lasagne I've ever had in my life! The long and spacious tables with the elegant and comfortable chairs added to the overall great experience. The fantastic experience was concluded with a trip to the Pitt Rivers Museum.

The discussion that we had with current undergraduate students and one of our former students persuaded me to consider applying to Oxford. The Admissions and Access Manager went through the application process and offered great support and overview of what to expect. I am very grateful for this opportunity to visit one of the best Universities in the world and to be inspired to apply!'- Georgi I

Ultimately, the trip to Oxford was inevitably enlightening and provided us with information encouraging our academic potential as students at St Andrew the Apostle. Everyone there was extremely accommodating and supplied us with necessary information about the enrolment process and attending at Christ Church itself. The grand architecture and environment undoubtedly contributed to the impressive atmosphere of Oxford; the library especially was filled with classical novels and leatherbound books. It had an entire section dedicated to subjects such as law, which merely displays Oxford's dedication to attending to students' education. One of the students at Christ Church, Victoria, previously attended St Andrew and expressed the smooth transition from such differentiating academic environments and highlighted the fact that as students at St Andrew we have such broad opportunities for our future and careers. Isabella O (Year 12)

Overall, the trip to Oxford was a motivating experience for all students who attended. We gained a great deal of insight into the Oxford student life and understanding about our chosen subject from the trip. The Admissions and Access Manager at Christ Church College, Dr Anna Hastoy, gave us an informative presentation on the entire application process. She addressed some concerns we had as students, including university finances and offered us guidance on how to perform well on the admissions tests for courses such as Computer Science and History. We attended a Q and A session with Oxford students after lunch, when we had the opportunity to ask them questions about the university and how they found it settling in. The trip inspired me in many ways, and it

made me more motivated to achieve and to aim high.'- Gabriella K (Year 12)



Ms A Koveri (Deputy Head of Sixth Form)

World Book Day!

On Wednesday 1 March 2023, we celebrated World Book Day with students being taught by David William's world's worst teacher, Mr Seethe, spellbound by Gandalf, Harry Potter, Nymph Adora Tonks and other witches, spooked by Woman in Black, and put to order by Bob the Builder and Mary Poppins, to name a few. Students thoroughly enjoyed Edgar Allan Poe's story of 'The Black Cat' read to them in instalments throughout the day as well as checking out teacher's favourite books, with book cover posters displayed across the school. Year 7 showed great imagination and spirit dressing up as their favourite characters. Announcements on the best dressed characters (students and staff) to follow!



Ms Bassington (Head of English)

Dropping Off and Picking Up students in the morning and after school



If you are a parent or carer that drops off and pick up your child on the North London Business Park, please do consider dropping off and picking up off site, using what we call 'ride and stride'; this means

dropping your son or daughter near to the school so that they can walk that last few minutes to school. This will make a difference in to how many cars come on to our site, thus making it safer. It will also be more time efficient for you! The weather is improving, and I am sure your son/daughter will not mind walking that last few hundred metres to school.

Please also be aware of the students and other road users at times that are more congested than others. We have a number of staff members on duty in the mornings and afternoons, but a collective awareness of all those who use and move around on the Business Park will ensure we are all safe, not least our students as they arrive and leave school.

Visitors to the school mentioned how strong the local transport links are and many of our students get the 34 or 251 buses to and from school. To support students getting on the bus in the afternoon, we have senior leaders on duty at the end of the school day.

If you do come on site to drop off or pick up, please use the designated route, which is around the multi-storey car park. Please avoid waiting or dropping off outside of this area as you may receive a fixed penalty notice.

Thank you for your consideration on continuing to support road safety on our site.

Children's Mental Health



Our school prayer also asks for 'laughter and love in all that we do'. A barrier which some students can face in having this is through their own mental health. We

discussed this in assemblies, in our form time and the week culminated in a non-school uniform day which raised awareness for student's own mental health.

Throughout the school there are continually displays which support students in knowing where they can go

for help. If you are concerned about your child's emotional wellbeing, then please do contact Ms Moustaka through the Staff contact form and we can support. As a school we can:

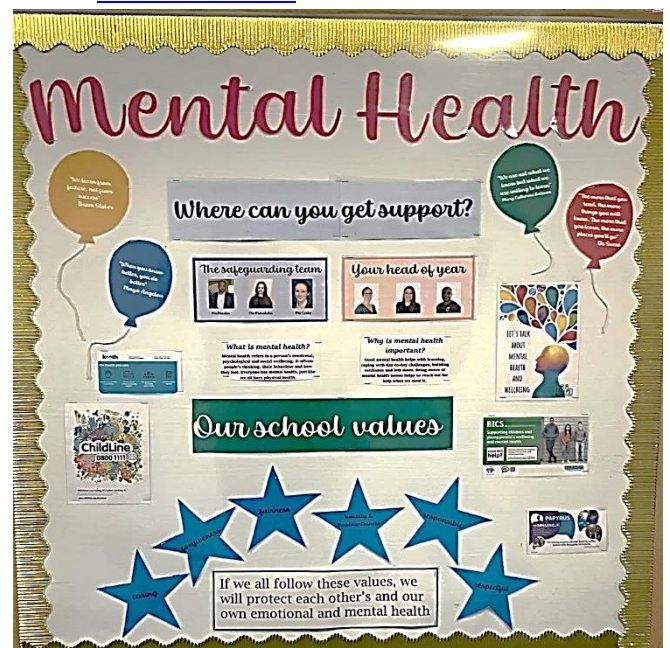
- Provide advice to students on how to be emotionally and physically healthy.
- Aim to reduce or removes anything in school which could be concerning them.
- More closely monitor students to offer timely support.
- Refer to external agencies and charities who can provide more specialist support.

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 Henshaw-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



Mr Martin (Deputy 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)

LGBT Week

Two of our Six Core Values at St Andrew the Apostle are 'caring' and 'responsibility'. We aim to demonstrate we are caring and welcoming to all members of our community, this week in school we marked the end of LGBT history month. During this week students were provided with education on 'protected characteristics' and the safety afforded to all through the equalities Act 2012, History lessons focussed on the challenges LGBT soldiers faced in the first world war and assemblies supported students on the language we use which could be perceived as offensive to others.

Through this week we showed students that they need to be responsible for their actions and that we expect all student to care for others in our community. If you do have any questions about this week then please contact Mr Martin using the staff contact form.

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 Trampolining (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)

Safeguarding – On Site

In many ways our site does Safeguard our students because of its location on the Business Park. Being in North London we are aware of some dangers to our students as they travel to and from school when it comes to gang related activity. This is thankfully very rare. The aim of our Safeguarding team is to ensure that students can recognise and are aware of risks and danger before they meet them, which they inevitably will, and all students will receive education on the signs of students being criminally exploited.



You as parents will also want to protect students from this, some of the signs that children could be criminally exploited could include:

- Owning or having possessions where you are not sure they obtained them.
- A change in mood or behaviour.
- Being more secretive about their friends or having a different friendship group.
- Discussing, or referring to violence, gangs or substance abuse.

If you do have any concerns about your child, or indeed any students in the school, you can always contact the school discreetly to let us know of your concerns and we can support you in protecting our children and the whole community.

[The best way to contact the school is through the staff contact form.](#)

Safety around our schools and homes

From time to time, we get messages from the local police or the local authority about safety of young people. We had one of these messages from the School's Safeguarding Lead at Barnet Education and Learning Service, which related to recent information circulating amongst schools and the wider community, and he wanted to share the following information:

We are aware of a series of incidents that are currently circulating online involving an allegation of an attempted child abduction. Police are aware of this, however at this time there is no evidence of a crime having been committed. Should anyone have any further information please contact police via 101 or www.met.police.uk

This information should not cause alarm and may reassure. It is always good to be aware.

Pastoral

Each school is defined by its character. We aim to drive our school character by sharing the Christian values we have. This week in our assembly time we focussed on our value of *respect*.



In this time students reflected on how they could all show respect to each other, particularly in the most difficult of times.

We discussed how we all be kind to each other and to ourselves.

Students were then asked to reflect on all six school Christian values and were given suggestions on how to

embody them this week growing our own sense of shared purpose.

Respect: Make sure you leave a classroom clean and tidy to respect the building and the people who use it after you.

Responsibility: Be responsible enough to offer to run a club or be part of the student council.

Forgiveness: If has annoyed in times of stress, then being mindful enough to move on from this.

Trustworthiness: Be honest with ourselves if could have done things better or worked differently.

Caring: Look out for people who are upset, offer them support and consider our word.

Fairness: Make sure you don't use the time, or the resources of other people, wastefully.

Please do reflect on these and discuss with your child their week in school and if they, in even small way, acted on these values this week.

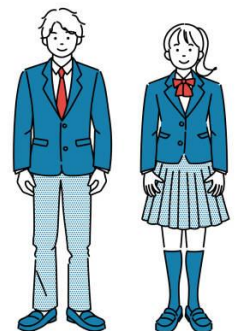
Mr Martin (Deputy Headteacher)

School Uniform

We are incredibly proud of our students and the way that they present themselves to our community. We do this by 'sweating the small stuff' when it comes to uniform, and this ensures that larger behaviour issues are less common. The aim of our uniform policy is to ensure that all students look professional, are ready to work in school and be prepared for the world of work after they leave us.

Please do support the school culture and ethos by helping us ensure that students have the correct uniform. In particular:

- Students should be wearing leather shoes, [the types that are acceptable can be found here.](#)
- Students should not wear any jewellery or piercings other than a single stud in each ear lobe.
- Students should be wearing neutral trainer socks or no socks with tights.
- Students should also have their shirt tucked in, top buttons done up and ties tied correctly.



If students arrive to school in incorrect uniform, they could be asked to return home to change and return immediately or failure to follow clear and reasonable instructions to address their uniform could result in students being detailed or placed in our Referral Room.

Mr Martin (Deputy Headteacher)

Mobile Phones



We are focussed on removing any distractions or barriers to learning in school. Mobile phones can be an immense distraction to students when learning, however we do understand

that parents want to contact their children while travelling to and from school. The middle ground is that students should have their mobile phones turned off, and in their bags, when on school premises.

If students do have their phones out, even to check the time (and there are clocks in every room of the building) the phone will be confiscated, and students can collect it at the end of the school day.

If this happens twice in a half term, we will return the phone to a parent who can collect this from the school office.

We know you will want to support the ethos of the school, please do remind your children to ensure their phones are turned off and out of sight when in school.

Mr Martin (Deputy Headteacher)

Parent Factsheet

Andrew Tate

You may have seen this name pop up in the news, or you may have heard about him from your children. Find out who he is, why he's in the news, the risks he poses and how to talk about him at home.



Who is Andrew Tate?

- Social media influencer with over 5 million followers on Twitter

Former professional kickboxer

Previous *Big Brother* contestant

Why is he in the news?

In 2022, Andrew Tate was banned from YouTube, Facebook, Instagram and TikTok due to his

controversial and misogynistic (hatred and discrimination against women) posts.

In December 2022, he was arrested in Romania along with his brother on suspicion of human trafficking, organised crime and rape.

How does this affect our children?

Andrew Tate, sometimes referred to as the 'king of misogyny', is a famous and influential figure on social media, even after being banned. He draws a lot of attention to his extreme wealth, luxury lifestyle and possessions, such as his expensive cars.

Children may still see his content (as other people can still share his posts) and may believe that acting and thinking like he does will lead to fame, fortune and success.

He promotes ideas such as:

- Men are more important and more powerful than women.
- Violence against woman is okay.

Men shouldn't show emotion.

He has said things like:

"I think the women belong to the man."

"[Women are] intrinsically lazy."

"[There is] no such thing as an independent female."

"Depression isn't real."

"The hallmark of a real man is controlling himself, controlling his emotions, and acting appropriately regardless of how he feels."

We know children are talking about Andrew Tate, and boys in particular are being influenced and 'groomed' by his views, with concerns that his power and influence could lead to radicalization and violence against women. Girls are also in danger of accepting that what he says about women is true (i.e. that they're worth less than men).

What can we do as parents?

In school we are supporting students with this through our behavior policy, our school values and tackling issues of inequalities in PSHE, assemblies and form time.

However, children are less likely to listen to influencers such as Andrew Tate if they are having similar conversations reinforced at home.

We recommend you:

1. Read recent news articles about Andrew Tate, if you're not already familiar with him (you can find some in the 'Sources' box below).
2. Ask your child what they're getting up to online – show genuine interest, don't judge them or tell them what they should and shouldn't be doing. Children are more likely to share if they feel you're interested, rather than trying to check up on them.
3. Have open discussions about Andrew Tate – don't tell your child how to think but question their thinking and understanding. Ask if they believe what Andrew Tate says, for example his comments that women "belong" to men, and how that might make the women in their lives feel, or they themselves feel. The charity Bold Voices have a great toolkit to help with this, which you can find in the 'Sources' box below.
4. Be role models – encourage your child to be open with their emotions. Teach them that it's okay to cry if you're sad. Show respect for women and girls and encourage your child to model this behavior.

Social media influencer Andrew Tate – was the subject of a BBC documentary 'The Dangerous Rise of Andrew Tate' - has gained an increasing number of admirers among young people, especially boys.

His content promotes misogyny and an 'ultra-masculine' lifestyle.

I have link this factsheet for parents so they can learn:

- > **Who** Andrew Tate is and **what** he's saying.
- > **Why** what he says can be harmful.
- > **How** parents can talk to their children - especially boys - about Andrew Tate and how they access his material online.

Mr Martin (Deputy Headteacher)

Sources

This factsheet was produced by [The Key Safeguarding](#):

www.thekeysupport.com/safeguarding

- [Andrew Tate's appeal to Birmingham schoolboys 'looking for direction'](#), BBC News
- [Andrew Tate toolkit](#), Bold Voices
- [How to talk to your children about Andrew Tate and online misogyny](#), Evening Standard
- [How to talk to children about Andrew Tate and other toxic views online](#), The British Psychological Society
- ['We see misogyny every day': how Andrew Tate's twisted ideology infiltrated British schools](#), The Guardian

Safeguarding – Online

Safer Internet Broadcasting – UK Safer Internet Centre



In the modern world many children and adults are seeing live streaming as a valid way of generating low start up income.

The rise of YouTube, Twitch, Instagram, and other platforms, have opened up ways of making money that didn't exist before. Now users are able to get opinions, views, and advice across to people all over the world, simply from your computer or laptop. There is no minimum age to these kinds of activities. And people that make a success of YouTube can be as young as primary age. However, this opens opportunities for those who prey on these channels of under aged people. They encourage them and ultimately try to gain their trust. This requires those in the educational and safeguarding sphere to be able to give good advice to keep them safe whilst pursuing these online objectives. The Safer Internet Centre has produced a page dedicated to mitigating harm for those engaging in these online activities. To find out more please follow the link below:

<https://saferinternet.org.uk/online-issue/livestreaming-2>

Online Gaming – The White Hatter

The rise of video games as the preferred medium for children and young people to blow off steam, has been going on for over three decades now. Ever since the launch of the affordable computer, and the gaming

console children and young people having been hooked. And with every evolution, it is only a matter of time before the price of novel gaming technologies drops to the level that it becomes ubiquitous. When that occurs it doesn't take long for it to filter into the common youth culture, creating terms of reference that are difficult for the lay person to decipher. The White Hatter has recently published an article which seeks to clear up some of the confusion presented by such popular phenomena. To read more follow the link below:

<https://thewhitehatter.ca/online-gaming/>

Mr Martin (Deputy Headteacher)

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](#).

Mr Martin (Deputy Headteacher)

Barnet Youth

For the second half of the 2023 spring term Barnet Youth we will be celebrating International Women's day and using it as inspiration for Girls Only Boxercise Sessions. They want to invite as many young people as possible to access their International Women's day inspired activities and workshops.

Come and try our Girls Only Boxercise Sessions our 60 minutes sessions including a warmup, a chance to work on your boxing skills and techniques and some conditioning work! This 4-week taster will allow you to explore the sweet science and see if this can just be a great way to get or stay in shape or if you can actual could actual box at a competitive level.

Like the sound of this course? What to do next? Every young person MUST go through the process below to access the course.

1. Press the 'Login or Register To book' button on the course page and complete and submit a booking.
2. If your application has been successful, you will receive an email confirming your child's place
3. Turn up to your chosen course and have FUN!

The course page is found here:

<https://barnetyouth.uk/session/Girls-Only-Boxercise-Sessions-/141240>

Don't forget to spread the word to other young people within Barnet!

Please note: All courses are subject to change or cancellation at the discretion of the Barnet Children's Service.

Just a reminder that your child should wear comfortable clothes and have some water as this is a physical activity.

Please note parents/carers will not be able to park in the Staff car park. There is free parking on all the side roads 2 minutes' walk from Canada Villa Young People's Centre.

Please note Parents and Carers will not be able to wait on site. There will be a drop off and collect point. If you would like certain children to be grouped or paired together due to them being friends or due to travel arrangements, please can both parents/carers let the tutor know before the workshop.

The project will also consist of bespoke employability sessions and keeping young people safe. They have incorporated keeping young people safe in their offer which consists of, role plays, teamwork activities, leadership, and confidence.

They will provide lifelong employability skills and training for young people who are seeking employment and support all young people to find sustainable employment whilst incorporating our mentoring and Information, Advice and Guidance. This will enable young people to forward think and understanding their strengths and transferrable skills. The workshops help young people unlock their potential, teach them a range of skill, understand the

job market, and increase their confidence incorporating enriching activities and nutrition.

To sign up for these activities, please follow this link:

<https://barnetyouth.uk/BACE-Holidays/How-Do-I-Sign-Up-For-BACE>



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

Spring 2023
3-6 April & 11-14 April 2023

BOOK NOW
barnetyouth.uk/BACEHolidays



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.



Greater Youth, Greater London

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.

Weekly Meetings

At weekly meetings Cadets have a variety of in-puts 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.

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



Cadets take part in competitions including First Aid

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

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

Contact Us

Name: PC Roma Wesolek

Telephone: 02087335857

Email: NWMailbox.VPC@met.police.uk

Junior Bake Off

Career Opportunities

We are so lucky to live in London, with all the cultural capital that it brings. Please see opportunities below in relation to careers that nearly all of our students can access whatever their year group.



INVESTIN

IMMERSIVE CAREER EXPERIENCES

★ Trustpilot 4.9/5 from 1,200+ Trustpilot Reviews



LAW & FINANCE

We are delighted to offer your students opportunities in 5 Law & Finance-related industries at UCL this term. The programmes provide an opportunity for students to learn from top professionals, including barristers, MPs, corporate lawyers, investment bankers and hedge fund managers.

- ▮ Participate in a mock murder trial
- ▮ Negotiate in an M&A deal
- ▮ Public speaking coaching by barristers
- ▮ Learn how to value stocks & shares

Plus, Q&A time with all the professionals and guidance on university choices, interviews and applications.

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View & Register
AGES 15-18

LAW & FINANCE SUMMER EXPERIENCES

For the ultimate experience in Law & Finance-related careers, students should register now for our Summer Experiences in London:

- ▮ Argue a case in the Supreme Court
- ▮ Learn about human rights at Amnesty International
- ▮ Trade the stock market in a skyscraper
- ▮ 'Model UN' alongside Foreign Office staff

Summer Experiences
AGES 12-14

Summer Experiences
AGES 15-18

We are now more than 50% full for these so interested students should book their places as soon as possible.

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