



St Andrew the Apostle School Weekly Newsletter

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

17 March 2023

Message from Executive Headteacher

As I tour Year 6 students who will join us in September along with their parents, I am so pleased to show them our new site and the preliminary work that is being done on it. I also show them the artists impressions posters that we have on our walls to inspire our learners, which can also be seen on our website: <https://www.standrewtheapostle.org.uk/new-school-building>



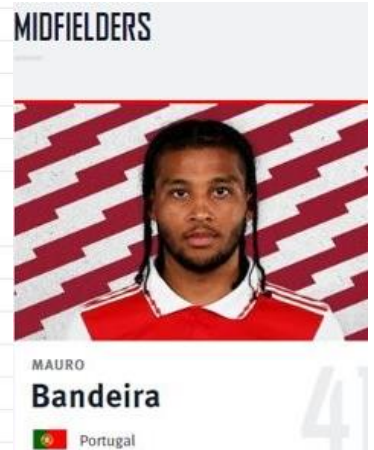
I point out the sports facilities we will have, but also inform them how much the students enjoy PE at school on our current site and the excellence we promote with the students of GCSE PE at Key Stage 4 and BTEC Sport, which is a Level 3 course for our sixth formers. Even though we are awaiting our new purpose-built facilities, we have some amazing athletes, not least in football. One of our wonderful female athletes in Year 11, Vivienne, is playing football for England in a World Cup qualifying tournament currently and scored in their first game.

Please see the report here.

<https://www.Englandfootball.com/articles/2023/Mar/12/england-wu17s-croatia-match-report-20231203>

It was just awesome to see one of our former students, Mauro Bandeira, be selected for the Arsenal FC first team for the first-time last week in their Europa League tie against Sporting Lisbon. It was great to see that his selection in this fixture meant he travelled to Portugal because he is a Portuguese national. He was on the bench and did not get a chance to play on this occasion; just seeing his name amongst the others on the team list of the team at the top of the Premier League was thrilling!

30	Turner
4	White
12	Saliba
15	Kiwior ↻ Gabriel 71'
35	Zinchenko 🟡 ↻ Tomiyasu 63'
21	Fábio Vieira
20	Jorginho ↻ Partey 71'
34	Xhaka
7	Saka
11	Martinelli 🟡
24	Nelson ↻ Smith Rowe 71'
Substitutes	
1	Ramsdale
5	Partey
6	Gabriel
10	Smith Rowe
16	Holding
18	Tomiyasu
41	Bandeira



Our Year 9 boys basketball team plays in the semi-finals of the district tournament this coming week; we will keep you posted on the result!

Moving on from our sporting news, I would like to thank Kevin McSharry, one of our governors and the Chair of the Barnet Standing Advisory Committee for Religious Education (SACRE) for visiting our school this week. Alongside Senior Leaders and our Head of Department for Religion and Philosophy (RP), Kevin took part in a review of the RP curriculum, visiting lessons and meeting and talking to students about their learning in this subject. It was wonderful for all colleagues who took part to see the engagement of learners in this subject and hear great feedback how their experience in RP and how we can support them with their learning. Of his visit on Monday, Kevin said, "I thoroughly enjoyed my visit today. You have a lovely school. There is lovely feel to the school and a perceptible ethos. The children are so mannerly, polite and helpful.

"For those students who are joining us in September, we are happy to arrange additional tours for any families who would like to attend and have not yet managed to do so. All requests for visits can be made by emailing admissions@standrewtheapostle.org.uk with 'Visits to STA' in the subject title.

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 Second Sunday of Orthodoxy - St. Gregory Palamas



O light of Orthodoxy, teacher of the Church, its confirmation, / O ideal of monks and invincible champion of theologians, / O wonder-working Gregory, glory of Thessalonica and preacher of grace, / always intercede before the Lord that our souls may be saved.

*Troparion for the 2nd Sunday of Great Lent
Sunday of St. Gregory Palamas*

On the Second Sunday of Great Lent, we celebrate St Gregory Palamas, the Archbishop of Thessalonica in Greece. There is much to learn from the life of St. Gregory. The way that he lived his life on earth teaches us how to live a truly Christian life. But before he became an Archbishop, St Gregory was a monk on the holy mountain of Athos. During his time there and when he later became an Archbishop, St Gregory was involved in a controversy that cut straight to the heart of this longing for eternal life through God.

At that time, there was a certain heretic named Barlaam, who was from the southern part of Italy, which was Greek speaking at the time. Barlaam made the claim that the Philosophers knew God better than the Prophets and even the Apostles. The essence or philosophical questions being asked was: Is it ever

possible to know God? As Christians we believe that God is truly perfect, therefore the further question is often asked: what possible connection could a perfect God have with an imperfect creation such as us? How can we, with all of our imperfections and defects ever have any hope of truly knowing God? St Gregory Palamas, however, tells us that we can know God in His energies and the way in which He reveals Himself to us in His activities throughout the World. St Gregory answered that the human mind, could actually know God and see Him with the heart, as a light shining in. And indeed, sometimes this heart-felt knowledge of God was powerful and so pervasive that some people actually see the light of God with their physical eyes. Isn't that why we're here? Don't we want to see God? Aren't we here not just to learn about God with our minds, but truly to know Him with our hearts?

Quotes from St. Gregory of Palamas:

"Let not one think, my fellow Christian, that only priests and monks need to pray without ceasing and not laymen No, no; every Christian without exception ought to dwell always in prayer."

"For our love for God is demonstrated above all by the way we endure trials and temptations."



Journey to Pascha: please find link below to view the document on the Pascha journey calendar in full size.
[Journey To Pascha 2023.jpeg \(squarespace.com\)](#)

Saint Name Days for the week commencing 20 March

Date	Saint Celebrated
Monday 20 March	CLAUDIA, RODI, RODIANOS
Wednesday 22 March	DROSOS, DROSOULA
Saturday 25 March	ETHNEGERSIA, EVAGGELOS
Sunday 26 March	POULIOS, SYLAS

Tea with the Headteacher: Reward Event for High Achieving Students



We are thrilled to announce the successful completion of the Tea with the Headteachers event, which took place last week on Wednesday and Friday for Year 9 and 10, and Year 7 and 8, respectively. The event was a special occasion to reward and celebrate the top performing students in each year group who accumulated the most reward points throughout last half term.

The Tea with the Headteachers event is a much-awaited annual event, where students get the opportunity to meet and chat with our leadership team, Mr Easton, and Mr Martin, while enjoying delicious refreshments. The event is not just a reward for high-achieving students but also a motivational tool to encourage all students to strive for excellence and work towards achieving their goals.

On Wednesday, Mr Easton met with Year 9 and 10 and sixth formers students in the school chapel. The students who attended the event had a chance to ask questions and share their thoughts and ideas with the headteacher. Mr Easton was delighted to see the enthusiasm and energy of the students and congratulated them for their outstanding achievements. It was an inspiring experience for all, and the students were thrilled to receive their awards from the headteacher.

On Friday, Year 7 and 8 students had their turn to meet with Mr Martin in the school canteen. The atmosphere was lively and energetic, with students excitedly sharing their experiences and achievements with our deputy headteacher. Mr Martin praised the students for their dedication and hard work throughout the academic year, and encouraged them to keep up the good work.

The Tea with the Headteacher event is an excellent opportunity for students to interact with the school's leadership, and it highlights the importance of recognizing and rewarding students' achievements. We

believe that the event motivates and encourages all students to work hard and excel in their studies and other areas of school life.

We would like to congratulate all the students who received awards and certificates at the Tea with the Headteacher event. Our year 7 students: Jessica D, Sofia L, Akshara M, Christopher F, Sotiris H and Gabriela P. Our year 8 Students, Jessica O, Oliwia C, Alexandra M, Luca B, Amalia S, Christian V and Léonidas W.

Your hard work and dedication have paid off, and we are proud of your achievements. We encourage all students to continue to work hard, strive for excellence, and make the most of the opportunities available to them at our school.



Mr Martin (Deputy Headteacher)

UKMT Intermediate challenge



The Maths department is proud to announce some wonderful successes achieved by students in year 9 and year 10 who participated to the UKMT Intermediate 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 Intermediate 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)

Road Safety Assembly

An Engaging Performance by Performance in Education

We were pleased to welcome Performance in Education to our school recently to deliver an engaging and interactive road safety assembly to Year 7 and 8 students. The live theatre performance was organised by Ms Nelson and aimed to raise awareness about road safety and encourage safe behaviour among our students.

The assembly was an immersive experience that brought road safety to life through theatre. The Performance in Education team used drama, music, and interactive activities to engage the students and communicate key road safety messages. The performance covered a range of topics, including crossing the road safely, the dangers of using mobile phones while walking, cycling safety, and the importance of wearing high-visibility clothing.

The Performance in Education team did an excellent job of capturing the students' attention and creating an engaging and memorable experience. The students were fully immersed in the performance and were encouraged to participate in various activities throughout the assembly. The team used humor, music, and visual aids to convey their messages, which helped to keep the students engaged and interested throughout the assembly.



Ms. Nelson, who organised the road safety assembly, was delighted with the students' response and praised the Performance in Education team for their excellent work. She emphasized the importance of road safety and encouraged the students to take the lessons learned during the assembly seriously. Ms. Nelson reminded students that road safety is everyone's responsibility and that they must be mindful of their actions to stay safe on the road.

One of the key takeaways from the assembly was the message about the dangers of using mobile phones while walking. The Performance in Education team highlighted the importance of being alert and aware of one's surroundings when using mobile phones near roads. They emphasised that distractions such as mobile phones can increase the risk of accidents and urged students to put their phones away while crossing the road or walking near busy roads.

The road safety assembly was a valuable experience for our students, and we hope that it will help them to become more aware of the risks and dangers on the road. We would like to thank Performance in Education for their engaging and informative performance and Ms. Nelson for organizing this important event. We hope that this assembly will help our students to make safer choices and develop responsible road habits.

Remember, road safety is everyone's responsibility, and we all have a role to play in keeping ourselves and others safe on the road.



Mr Martin (Deputy Headteacher)

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 consider the following:

- 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.

- 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.
- Using the great transport links to the school (numbers 34 and 251 buses).
- using 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.

Anti-Bullying

All 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 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)

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

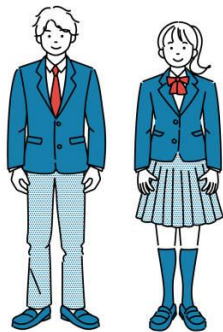
This information should not cause alarm and may reassure. It is always good to be aware.

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



As we enter the final term of the academic year, we would like to remind parents that the use of mobile phones is prohibited during the school day, and students should not use them to communicate with anyone including parents. This is to

ensure that our students can concentrate on their learning without distractions and to maintain a positive learning environment.

Our school has a strict policy on mobile phone use, and we expect all students to adhere to this policy. Mobile phones must not be visible or used during the school day, including breaks and lunchtime. Any mobile phones that are seen or heard will be confiscated by the school staff and returned to the student at the end of the school day. If this happens twice, parents should expect to come and collect the phone from the school office.

We understand that mobile phones can be important for staying in touch with parents and guardians, particularly in emergencies. However, we have systems in place to ensure that students can communicate with parents in case of emergency. Parents can contact the school office, and we will make sure that the message is relayed to the student. We encourage parents to use this system rather than contacting their child directly during the school day.

We believe that the mobile phone ban is essential to create a positive learning environment where students can concentrate on their studies without distractions. Mobile phones can be a significant source of distraction, and we want to ensure that our students have the best possible chance of success in their academic studies.

We appreciate your support in enforcing the mobile phone ban and remind parents that it is their responsibility to ensure that their child adheres to the school's policy on mobile phone use. We encourage parents to talk to their children about the importance of the ban and the impact that mobile phones can have on their academic performance.

Thank you for your cooperation in this matter, and we look forward to continuing to work together to ensure the best possible learning environment for our students.

Mr Martin (Deputy Headteacher)

Study facilities in Barnet Libraries

Barnet Libraries offer a wide range of services to support students. For example, they provide GCSE and A Level revision guides as well as a large collection of non-fiction books. We also offer a wealth of [online resources](#) including encyclopaedias, dictionaries, online newspapers and biographies. All are available to use free with a Barnet Library card. Library members can

use a PC for 90 minutes each day or enjoy unlimited access to our Wi-Fi.

They are pleased to offer study space for students. This is available in both staffed hours and self-service opening. Self-service opening allows eligible library card holders to use libraries during unstaffed opening hours. Young people aged 14 and over can register for self-service opening by completing a form at any Barnet Library. The form must be signed by a parent or guardian.

Self-service opening hours are available at Burnt Oak, Chipping Barnet, Colindale, East Finchley, Edgware, Finchley Church End, Golders Green, Hendon, North Finchley and Osidge libraries.

In order to create a positive learning environment for young people during the busy study period now approaching, we'd like to remind students of their study requirements:

- Study space is limited and is provided on a first come first served basis. We are not always able to accommodate every student.
- Please share tables so we can accommodate as many people as possible.
- Some areas of the library are reserved for users who are not studying. Please respect other library users' and their needs
- Sockets are limited. We recommend you charge your device before you come to the library as you may not be able to plug in
- If you do have safe access to a socket, please ensure that wires do not trail across the floor.
- Please ensure people can get to the library shelves to browse.
- PC desks are only available for people using that PC. Please do not study at PC desks.
- Please do not let anyone into the library if they do not have their own library card or they are not registered for self-service opening.
- Please keep fire escapes clear
- Please do not move furniture.
- If you wish to sit on the floor, please do so in the Teen Lounge area only.
- Please be quiet.
- Please place all litter in bins provided.
- Please return books to a trolley after use
- No food deliveries, hot food or take-aways are permitted

- Thieves operate in libraries. Please do not leave bags or valuables unattended.

For safety and security, libraries are monitored by CCTV at all times.

Please note toilets are available during staffed opening times but may not be available in self-service opening.

For more information visit www.barnet.gov.uk/libraries

Choir Launch



St Katherine's Church invites people of all ages to participate in a new choir.

Every Tuesday at 7.00 p.m.
starting from Tuesday 21 March

The choir will explore polyphony in orthodox choir chanting as well as **Easter Hymns**.

Singers with little or extensive choir chanting experience are welcome.

No knowledge of Greek language is necessary

Conductor:

Ilya Tolchenov

Information: 020 8445 3913

Venue:

Jubilee Hall, St. Katherine's Church, (originally St. James)
Friern Barnet Lane, London N20 0NL



Teenage Vaccinations

Teenage vaccinations given in years 8, 9 and 10 – is your teen up to date?

Teenage vaccinations are the best way to protect your child from serious diseases such as HPV-related cancers, meningitis, septicaemia, diphtheria, tetanus and polio. In school, your child will be offered:

- The HPV vaccine in year 8 and 9 as a 2-dose schedule
- The MenACWY vaccine in year 9 and 10
- The 3 in 1 teenage booster in year 9

If your child has missed any of these vaccines, speak to their school immunisation team or GP surgery and make an appointment to catch up as soon as possible. For more information, visit:

- www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/

Stephen Warrick
Communications and Engagement
Public Health
London Borough of Barnet

Parents – Conversation Starters

Parenting the digital world is difficult, no-one can deny that. For many of us we didn't grow up in a world of technology, therefore we don't have 'lived experience', we're just trying our best. With many parents I speak to, one of the questions I regularly get is, "How do I start the conversation?"

With the exploitation of children getting significantly worse each year, those conversations are so important. In my voluntary work with the Police, I visit many homes where a child/young person has uploaded illegal imagery, and yet so often I hear "Why did you do that, you knew it was wrong!", 'That's it, you're banned" and much more. This is victim blaming. From a parental perspective I get it, I understand the reaction. Parents are scared, even traumatised. Yet these criminals are devious, I often see the chat logs, children are ALWAYS victims.

The Internet Watch Foundation have put together a brilliant guide for parents. You can find the guide [HERE](#).

Mentoring for Career in STEM industry (14-18)

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when we see the text 'Come on, you're great!' – 'Look a moment to share something kind or positive instead' by facts when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here.

WHAT IS DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about 'putting up with things' either. Instead, it's the ability to recover from setbacks. Being kind, sad, worried, scared or upset at times: it's how we respond and cope with these situations which is important. Digital resilience is about making choices that keep us safe and happy online when we're connecting to services or people we're enjoying. Building your child's digital resilience will help reduce the long-term potential risks as they engage with and navigate around the online world.

REACH OUT FOR SUPPORT

- If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- Follow people on socials who have the same values and morals as you.
- You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST

- If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- You could also report the content that's making you feel uncomfortable on the site or app that you saw it on so they can look into it.
- Another option is to block the person or the account that's causing you stress – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD

- Ask yourself what kindness online means to you. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- Think about how it makes you feel when someone sees you a positive or funny message online.
- What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- If someone's behaviour online is causing you stress, try to remind yourself of all the ways you can take if a person's being unkind online.

MAKE POSITIVE LIFESTYLE CHOICES

- Make time for the people and things that make you happy.
- Monitor your screen time and stick to your limits.
- On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some freshening fresh air.
- Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- Be strict with yourself about putting devices away for a period of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

Meet Our Expert

Find out more by watching our video with the Health Promoting Strategy (HPS) on mental health and wellbeing. For more information, visit [www.nos.org.uk](#) or contact our helpline on 0800 011 111. We're here to help you stay safe and healthy online.

National Online Safety
#WakeUpWednesday

Twitter: @nationalonlinesafety
Facebook: /NationalOnlineSafety
Instagram: @nationalonlinesafety
TikTok: @national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.03.2022

Students from West London are invited to participate in a free, online mentoring scheme, funded by the Mayor of London, for disadvantaged 14 to 18-year-olds who may be interested in career within the STEM industry, or want to know more about it.

This scheme is exclusively for students in Barnet, Brent, Ealing, Hammersmith & Fulham, Harrow, Hillingdon, Hounslow and Richmond and runs from 24 April for 12 weeks.

More information and teacher sign-up can be found here:

- <https://www.londonstemambassadors.org.uk/stem-resource/online-mentoring-for-west-london-students/>.

You can also contact a.stoten@stem.org.uk for additional information from STEM LEARNING

**Steve Marshall, BPSI - BELS - Science
Barnet Education and Learning Service**

Public Health Updates

Mental Health Support for CYP Leaflet

Please find attached an amended version of the mental health support for children and young people leaflet.

Please see attached flyer for St. Vincent's Wellbeing Hub.

This is open to anyone that supports/leads on mental health in schools or would like to learn more about the Senior Mental Health Lead training. For further information, please contact

emma.scelsi@stvincents.barnet.sch.uk

Jayne Abbott, Resilient Schools Manager

Public Health Directorate, London Borough of Barnet

Safe and Healthy online Habits

Bad things sometimes happen. It's a regrettable but inescapable fact of life. Nobody – especially in the vast, untamed wilds of the internet – can avoid setbacks indefinitely. What we can do, however, is fortify ourselves – and, crucially, our children – with the knowledge and the skills to cope with and adapt to these difficulties when they arise. That's digital resilience. Coaching children and young people to handle the slings and arrows of online misfortune will hugely benefit a generation who are growing up publicly in an online environment. This guide has some basic and easily achievable suggestions for good online habits that will help young people to enjoy the digital world more safely and healthily.