



# St Andrew the Apostle School Weekly Newsletter

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

31 March 2023

## Message from Executive Headteacher



It was so lovely to see our students back at St Katherine's Church this week, with three services and two years groups visiting at a time. We are very grateful to Father Damian for finding time to deliver these services for our school. In the service, he explored how Christians worship, explaining the service and why we were celebrating Easter, and how it was done in a Greek Orthodox Church. He explained that in all services at this time, Christians are preparing for Easter, which is the most important festival of the year. The service was wonderfully inclusive as he recognised that many faiths around the world celebrate the idea of new life with a festival at this time.

I would like to remind you that Father Damian has asked for support from our students and their families at St Katherine's Church, and there are many opportunities to take part in services over Holy Week.

Palm Sunday (9 April 2023) at St Katherine's is dedicated to children. There is a procession at 11.30am where children hold palm tree branches. On Holy Monday and Tuesday at 7.00pm there are services, where children hold candles. On Holy Wednesday at 7.00 pm, it is the Service of the Anointing of the people. On Holy Thursday there are services in the morning between 8.00am and 10.45am (Communion of many people) and 7.00pm with the 12 Gospel readings, again with children holding candles. On Holy Friday evening at 7.00 pm it is the service of Lamentations with a procession at approximately 8.15pm; students may assist with holding the banners, cross, candles and spreading flowers. This last event is the most important and there will be local dignitaries present. On Holy Saturday 11.00pm the Resurrection and pupils may help during the procession.

In all of these cases, 2-4 children from St Andrew the Apostle School are welcome to assist and it would be wonderful for the school to be presented at these events. When helping, students they should wear school uniform. If you attend St Katherine's Church and would like to be a part of these services, please see Father Damian. If you normally attend another Greek Orthodox or Orthodox Church but you and your family would like to be a part of any of these services, do contact me and I can inform Father Damian.

Achievement assemblies for each year group were also wonderful this week, where many students were recognised for their progress, attitude, conduct and how they demonstrate our values.

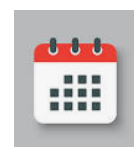
Please remember that school starts back on Monday 17 April 2023 with all students starting at the normal time of 8.30am. Please also see the link for the term dates for the academic year 2023-24 below.

I hope you all have a wonderful and blessed Easter.

**Anthony Easton (Executive Headteacher)**

## Term Dates 2023-24

Please see our term dates for the academic year 2023-24 in the link below:  
[Term Dates](#)



## Upcoming key Dates and Information

- Monday 17 April – School reopens at 8.30am
- 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

### Holy Pascha - The Feast of Feasts

Christos Anesti or Christ is Risen to all of our students and their families. This year our Christian families will celebrate Easter over the school's Easter holiday, with Orthodox families celebrating it on Sunday 16 April. During the build-up to Holy Week Μεγάλη Εβδομάδα and in the lead in to the Ανάσταση—the Resurrection, there is an



anticipation of something extraordinary about to happen, something totally inclusive outside the everyday world.

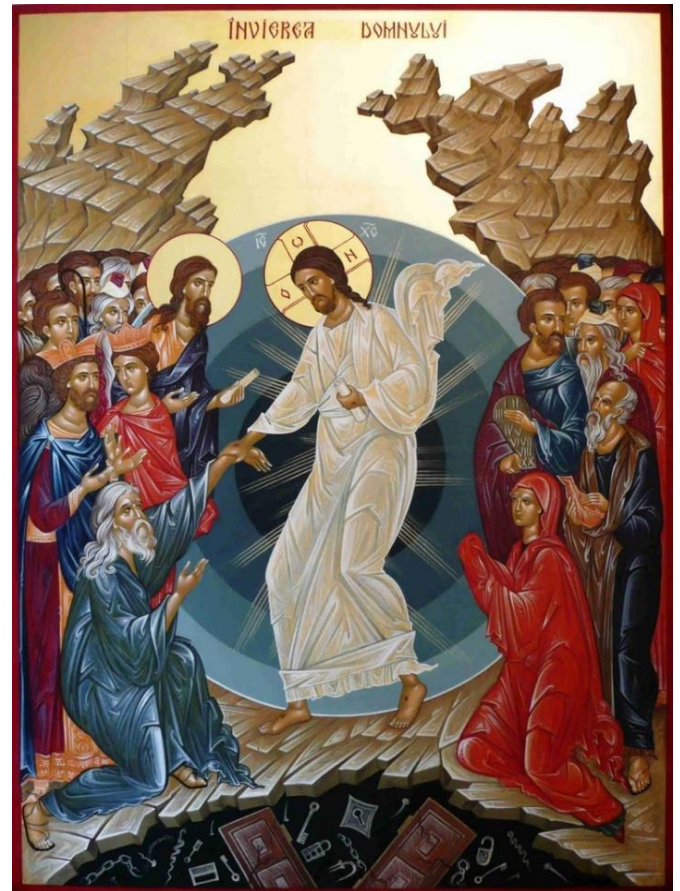
On Great and Holy Saturday, there is a great sense of anticipation from sunset to the stroke of midnight, when the new flame is either struck in the altar, or the priest lights his candle from the perpetual lamp kept burning there with the Holy Flame/ the Άγιο Φως which pierces the tomb-like darkness of the church, and then the sweet command, “Δεύτε λάβετε φως, “Come receive the light from the unwaning light, and glorify Christ who rose from the dead” followed by the joyful shouts of what are perhaps the two most resounding words Orthodox Christians will ever hear in their lives: Χριστός Ανέστη! Christ is Risen! Everyone, as if one unit, is part of the revelation, confirming the reality of Christ’s victory over death.

Each person lights the next person’s candle or λαμπάδα, immediately next to him/her, saying Χριστός Ανέστη! and they receive the response, “Άληθώς ανέστη” “Truly He has Risen!”, or “Άληθώς Ο Κυριος!” “Truly the Lord Has Risen!” An unbroken burst of light spreads like wildfire, as the most joyful and triumphant hymn of Eastern Orthodoxy, the Χριστός Ανέστη, resounds through the church and candles trace the sign of the cross in the air. “Χριστός Ανέστη, εκ νεκρών, θανάτω θάνατον πατήσας, και τοις εν τοις μνήμασι ζωήν χαρισάμενος: Christ is Risen from the dead, trampling down death by death, and to those in the tombs bestowing life.”

At around 2.00am after the liturgy that follows the Ανάστασι/Resurrection, it is a goal to keep your λαμπάδα/candle lit until you get home. In Greece and Cyprus, it is the custom to hold the flame above the door frame and to make a cross over the doorway and light the καντήλι—the lamp that lights the εικονοστάσι, the icon stand which many Orthodox faithful keep in their homes —so that its powers of protection bring blessings on the house for the following year.

After the Ανάστασι/Liturgy of Resurrection, the Great Fast is broken, either with the congregation or with families at home, with awaited traditional foods like Avgolemono/Egglemon soup, feta, olives, τσουρέκι—the shiny-crusteD sweet bread of Pascha crowned with a hardboiled egg, dyed blood-red symbolizing the spilt blood of Christ and the promise of eternal life, and more red eggs to crack together (marking the opening of the Tomb of Christ) with the words “Χριστός Ανέστη!” or “Christ is Risen”. The hard shell of the egg

symbolizes the sealed tomb of Christ while the cracking means that the tomb has been broken and that Christ has been resurrected from the dead.



Easter Sunday is the big day in Greece and many other Orthodox countries, the day of the greatest feast of all. The festive day begins with the many preparations for the roasting of a whole lamb on an outdoor spit. This particular meat is high in religious symbolism. According to one theory, when God asked Abraham to sacrifice his son, Abraham obeyed God and began preparing for the sacrifice. When Isaac saw what his father was doing, he asked, “The fire and wood are here, but where is the lamb for the burnt offering?” Although Abraham naturally did not really want to kill his son, he was willing to do what God wanted him to do. When God saw that he was willing to obey, He told Abraham to stop, and Abraham sacrificed a nearby ram instead.

Orthodox Easter is the greatest religious holiday for Orthodoxy. Easter in Orthodox countries is joyously celebrated even by the least religious families. This is the case because it is definitely an important celebration for Christianity, but it is also one of the most important Greek traditions; this is the case not only because of all the food. Easter is a holiday about the essence of love and sacrifice. Whether one



identifies as religious or not, these traditions, which date back thousands of years, serve as a time of reflection as the world continues to experience instability, war poverty and our own personal challenges; Easter brings with it hope and a chance to start anew. Χριστός Ανέστη, Christ is Risen, Χριστός Воскрес, Hristos a înviat.

### Saint Name Days for the week commencing 3 April

Date	Saint Celebrated
Monday 03 April	ILLYRIOS
Wednesday 5 April	PANAGIOTIS
Thursday 06 April	EFTIHIOS
Saturday 08 April	LAZAROS
Sunday 09 April	DAFNIS, DAPHNE, EFPSYHIOS, JOSEF, VAIOS

### St. Katherine's Greek Orthodox Church Visits



This week, students from our school had the opportunity to visit St Katherine's Greek Orthodox Church for Easter services. The visits were a great success, with all students showing respect and learning a lot from the experience.

Father Damian, the priest at St Katherine's, delivered the service with great skill and passion. He shared insights into the significance of Easter in the Greek Orthodox tradition, as well as the importance of faith and community in our lives. The students were engaged and attentive throughout the service, and many commented on how much they learned about the Greek Orthodox faith and Easter traditions.

The visit to St Katherine's was a valuable experience for our students, not only because of the religious education they received, but also because of the cultural exposure they gained. Many students were able to see the beautiful artwork, icons, and architecture that are unique to the Greek Orthodox Church. They also had the opportunity to learn about the Greek language and customs, which are an important part of the community at St Katherine's.

We are grateful to Father Damien and the staff at St Katherine's for welcoming us and providing such a meaningful and enriching experience for our students. We hope that our students will continue to learn about and respect different faiths and cultures, and that they will carry the lessons they learned at St Katherine's with them for years to come.

The Easter Church Visits to St Katherine's Greek Orthodox Church were a wonderful success, and we look forward to future opportunities to learn and grow together as a community.



### Mr Martin (Deputy Headteacher)

#### Achievements Assemblies

We are delighted to announce that our Achievements Assemblies on Thursday and Friday were also a tremendous success! It was a time of celebration and recognition for our students who have demonstrated outstanding commitment and dedication to their studies.

We began by acknowledging students who have maintained an attendance rate of over 97%. These students are a true inspiration to us all, showing us that with hard work and determination, anything is possible. Their commitment to their studies is a testament to their strong work ethic and determination to succeed.

We then celebrated those students who have shown exceptional effort and achievement across all their studies. These students have demonstrated a consistent commitment to learning, and their efforts have paid off with excellent grades and results. We commend them for their hard work and dedication and wish them continued success in their academic endeavours.

We would like to extend a special thanks to our Heads of Year, Ms Nelson, Ms Walt, and Mr Francis, for leading the assemblies so well. Their guidance and leadership have been instrumental in making these assemblies a success.

As we look ahead, we hope that all students will be inspired by the achievements of their peers and continue to strive towards their own academic goals. We believe that with hard work and dedication, everyone has the potential to achieve great things. Once again, congratulations to all the students who were recognised during the Achievements Assemblies. We are proud of your accomplishments and look forward to seeing you continue to shine.

### Mr Martin (Deputy Headteacher)

#### International Mathematics Competition



Mathematical Kangaroo is an international mathematics competition held in more than 77 countries. The Pink and Grey Kangaroo challenges are follow-

on rounds to the UKMT Intermediate Mathematical Challenge. The competition consists of 25 mathematical problems to be solved in 60 minutes, and it is a multiple-choice format. Entry to the Challenge is by invitation only and is based on a qualifying score from the UKMT Intermediate Mathematical Challenge.

This year, two students from our school were invited to participate in the Grey Kangaroo and Pink Kangaroo Challenges. Zara from Year 9 participated in the Grey Kangaroo, while Rehan from year 10 participated in the Pink Kangaroo. Both students worked hard and were able to obtain a certificate of qualification, which is a remarkable achievement and a testament to their



dedication and commitment to their studies in mathematics.

We extend our congratulations to both Zara and Rehan and look forward to their future successes.

### Mr Umit Dogan (Head of Maths)

#### Exam Season

Exam season can be a stressful time for many students, but there are things you can do to help reduce stress and perform



your best. Some tips to consider include practicing good study habits, taking breaks to recharge, getting enough sleep, and staying active. Additionally, there are several helpful resources available to students, such as online study guides, meditation and mindfulness apps, and stress management techniques. Here are a few resources to check out: Headspace, and Stress Reduction Techniques, [BICS](#), [YoungMinds](#), [Mind](#). Remember to take care of yourself during this busy time and don't hesitate to reach out for help if you need it.

### Miss Moustaka (Safeguarding & Inclusion Case Manager)

#### 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 4 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.

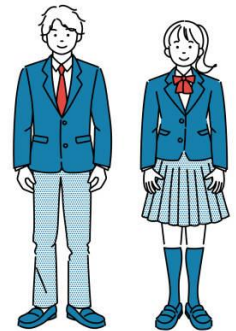
**Mr R Browell (Head of PE)**

### 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)**

**Bikeability!**



**GET READY!**

**BIKEABILITY IS COMING  
TO OUR SCHOOL!**



We have been given the excellent opportunity to provide free Bikeability Training at Level 1 to our children in **Year 7**. The date for this will be **2 and 3 May 2023**. This safe, structured, and standardised

programme is designed to make your child a more competent cyclist and prepare them for eventually cycling on road.

To secure your child's place on this course, please ensure you read the information letter and sign the consent form below and return to Mr Francis by 17 April 2023.

[Cycle Confident Consent Form](#)

[Bikeability Information Letter](#)

Training will be carried out by Cycle Confident, the borough's cycle training provider, and will be delivered by 2 fully accredited National Standards cycling instructors with enhanced DBS checks.

**Mr Francis (Head of Year 11)**

**Teen Vaping on the Rise**

Recently, the rise of teen vaping has been highlighted by the [BBC](#) and [The Guardian](#).

Professionals report that children as young as ten have acquired illegal and unregulated vaping products, despite UK laws to prevent those under 18 from buying such products.

Medical professionals and campaigners are worried about the lack of research regarding the effects of vaping on the long-term health of children and young people and are calling for tighter rules regarding the packaging and advertising of vapes.

Teaching staff have also raised concerns about the symptoms of addiction displayed by students in the classroom and during break times, and the potential impact it may have on their learning.

You can learn more about vaping and young people with this [factsheet](#) from Action on Smoking and Health (ASH). ASH also provides [guidance](#) to support staff and help them put together their policies regarding vaping.

**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 change 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 always monitored by CCTV.

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](http://www.barnet.gov.uk/libraries)

### 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/](http://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)**

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](mailto: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](mailto: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.

