

Student Newsletter No 1  
St Andrew the Apostle  
Greek Orthodox School



Ever to Excel



Dear Parents and Carers,

It has been a great pleasure to welcome back students in all year groups throughout the course of this week. It has been wonderful to see classrooms filled with students learning and a powerful reminder of the importance of education on academic, social and personal development. We have missed our students, and some have even been brave enough to admit that they have missed school!

Of course the St Andrew the Apostle School that we are welcoming students back to is quite different in some operational aspects than the school which we knew in early March 2020. I would like to thank students, staff and parents for following all of the new guidance so carefully and taking steps to protect themselves and others through reducing the risks of transmission. We do appreciate that students and parents had read the advice and were so well prepared to begin the new year. As I mentioned in my virtual assembly to students, this is a form of secondary education that has never been tried previously, and of course it will be a learning curve for us all. We are by necessity working with imperfection as schools were simply not planned or designed with a bubbled education in mind. However, the systems that we have in place have worked effectively, but of course there may well be refinements now that students are all back in school and stress test the arrangements with nearly 750 students and almost 80 staff on site.

**New Staff**

We have also welcomed some excellent new staff to the school and a reminder of their names and job titles can be found below:

**Mr U. Dogan** – Head of Maths Studies

**Ms Joseph-Brown** – Head of Religious

**Mr T. Donaldson** – Teacher of Maths

**Miss S. Constantinides** – Teacher of Art

**Mr P. Edwards** – PE Instructor

**Ms K. Moul** – School Business Manager

**Year 7 Meet the Tutor Evenings**

We still intend to hold our Year 7 Meet the Tutor evenings. However, due to our COVID precautions, we will be holding these meetings virtually on Microsoft Teams. This will be an opportunity to introduce parents to their child's form tutor and to elaborate on school systems and procedures as well as how to get into contact with the school when the need arises.

We pride ourselves on being a friendly and welcoming school and despite the requirements of social distancing, we have warmly welcomed a number of new students and staff to our school. We have been pleased to welcome a larger number of students to our growing Sixth form from our

previous Year 11 cohort as well as external students and I know that they have enjoyed a positive first few days.

## **Secondary Transfer**

Each year, in Autumn Term, St Andrew the Apostle hosts an open evening for pupils in Years 5 and 6 and their parents.

However, for the safety of our current and future St Andrew the Apostle community, we are not planning to host an on-site Secondary Transfer Evening this year on Thursday 17<sup>th</sup> September as originally planned. We are also unable to offer prospective parents and students tours of the school. Instead, plans are underway to develop interactive and virtual resources to enable prospective parents and students to learn more about our ethos, values and facilities. You will find out about these plans on the 17<sup>th</sup> September at two Teams live sessions: 5.30pm and 6.30pm.

Details of how to join us on Thursday 17<sup>th</sup> September will be made available on our website on Monday 14<sup>th</sup> September.

In the meantime, various pages on this website give details of our Pastoral Care, Curriculum and Admissions.

Our most recent prospectus can be viewed here:

[https://www.standrewtheapostle.org.uk/documents/September\\_2019/StAndrewsProspectus-201920Online.pdf](https://www.standrewtheapostle.org.uk/documents/September_2019/StAndrewsProspectus-201920Online.pdf)

## **Curriculum Delivery**

We have retained a full and balanced curriculum for all year groups and are operating a full timetable with a full range of subjects. However, guidance on safe working practices dictates that there will be a greater emphasis on individual written work and theoretical elements of courses than on practical work. We are confident that we can turn this necessity into an advantage, by ensuring that there is an intensity and focus to all of the work undertaken in lessons and establish effective individual and collaborative learning routines.

## **PE and Physical Activity**

In the short term, we would be grateful if students could come dressed in their PE kits for timetabled PE lessons. A reminder that both boys and girls are to wear their PE sweatshirts and pair of black/navy coloured tracksuit bottoms. A reminder also that students must also wear their blazers to school on PE days. Please do be assured that students will not be undertaking full PE lessons in their school uniform as we understand that this would lead to smart new uniform becoming dirty. In the very short term, students will only do very light exercise and well-being activities. We are planning for a return to full PE as soon as is safely possible – so please do ensure that students have their PE kit ready. When we do make the move to more usual PE lessons, we will issue full guidance on use of PE kit, uniform requirements as well as the control measures which will be used in lessons to limit the risk of transmission

## **School Drop off and Collection on The North London Business Park**

You are likely to be aware that our school site has always been busy and is particularly so at the start and end of school. The current situation and demands for social distancing make this a particularly acute issue now that students have all returned to school.

- We strongly encourage all of our students to walk to school if possible
- Ride and stride – drive but drop off your child on the streets immediately outside of the NLBP, either Oakleigh Road or Brunswick Park
- Cycle to school – We have bicycle racks in school where students can safely store their bikes during the day.

- At collection times, please park outside of the NLBP, unless of course you hold a blue badge and collect your child once again from either Brunswick Park or Oakleigh Road.

If we all try to follow these suggestions, we can reduce congestion on the NLBP at peak times of the day thus ensuring the safety of our student community. I am sure you have seen how busy it can be at the start and end of school day with so many vehicles parked/waiting by our school entrance.

### Information from Public Health England

I have also been asked to forward details from Public Health England regarding their advice regarding testing, illness and returning to school. Full details can be found in their letter here: <https://www.gov.uk/government/publications/letter-from-phe-and-nhs-test-and-trace-to-school-and-college-leaders/letter-from-phe-and-nhs-test-and-trace-to-school-and-college-leaders>

I have also included the key points below:

### Testing

- Individuals should quickly get a test if they develop one or more of the main coronavirus symptoms:
  - A high temperature
  - A new or continuous cough
  - Loss or change of their sense of taste or smell or they have been recommended to get tested by their healthcare provider
- If one person in a household or a school bubble develops symptoms, only they should be tested. There is no need for their households to have a test, unless they are also symptomatic.
- As schools and colleges across England return, pupils and students may feel unwell for example with a sore throat, stomach upset or a headache. These students do not need to book a test but may need to stay off school or college and seek medical advice through their GP or pharmacist as usual.



Κάντε ένα τεστ εάν εσείς ή το παιδί σας παρουσιάσετε συμπτώματα. Ενημερώστε το νηπιαγωγείο, το παιδί σας, το σχολείο ή το κολέγιο για τα αποτελέσματα. Εάν το τεστ είναι θετικό, ακολουθήστε τις οδηγίες για νοικοκυριά με πιθανή ή επιβεβαιωμένη λοίμωξη από κοροναϊό (COVID-19) και ακολουθήστε τη διαδικασία NHS Test and Trace. Είναι πολύ σημαντικό να βοηθήσετε τα σχολεία και τα κολέγια να εφαρμόσουν αυτές τις ενέργειες ακολουθώντας τις συμβουλές που αναφέρονται εδώ και ευρύτερες συμβουλές και οδηγίες για τη δημόσια υγεία

## Safeguarding

If you are worried about your safety or wellbeing during the school closure, please ask your parents to email [inclusion@standrewtheapostle.org.uk](mailto:inclusion@standrewtheapostle.org.uk) to see if the school can help. They should also contact the local authority (council) who will often be more able to help when school is closed.



There are online resources available to help you and your child with mental health, including:

- [MindEd](#), a free educational resource from Health Education England on children and young people's mental health
- [Rise Above](#), which aims to build resilience and support good mental health in young people aged 10 to 16
- [Every Mind Matters](#), which includes an online tool and email journey to support everyone to feel more confident in taking action to look after their mental health and wellbeing
- [Bereavement UK](#) and the [Childhood Bereavement Network](#), provide information and resources to support bereaved pupils, schools and staff

Would you recognise the different signs of child abuse?

If you think it, report it. You can call your local council or the [NSPCC](#) or the police.

Visit [tacklechildabuse.campaign.gov.uk/](http://tacklechildabuse.campaign.gov.uk/) so we can **#tackleabusetogether**

## Διασφάλιση

Εάν ανησυχείτε για την ασφάλεια ή την ευημερία σας κατά το κλείσιμο του σχολείου, παρακαλούμε ζητήστε από τους γονείς σας να στείλουν email στο [inclusion@standrewtheapostle.org.uk](mailto:inclusion@standrewtheapostle.org.uk) για να δουν αν το σχολείο μπορεί να βοηθήσει. Θα πρέπει επίσης να επικοινωνήσουν με την τοπική αρχή (συμβούλιο) που συχνά θα είναι πιο σε θέση να βοηθήσουν όταν κλείσει το σχολείο.

I am sure that there will be plenty to keep us busy in the weeks and months ahead, and as we have done throughout, I will continue to keep parents, students and staff informed of national and local developments and I beg your forgiveness for such lengthy correspondence.

I would like to thank you for all of your support over the past few months and as we approach this new future together. I spoke with students last week and this week about meeting challenges with positivity, kindness and resilience. Those are qualities which we have demonstrated throughout and which we will draw upon for life. It is a great pleasure to once again see St Andrew the Apostle's corridors filled with smiles and learning as we work together on the best education possible, in the safest way possible.

Σας Καλωσορίζουμε όλους πίσω στην νέα σχολική χρονιά εδώ στο σχολείο του Αποστόλου Ανδρέα. Γνωρίζουμε το σχολείο μας θα νιώθει και θα φαίνεται κάπως διαφορετικό από προηγούμενα χρόνια αλλά δυστυχώς αυτό είναι απαραίτητο λόγω της συνεχιζόμενης πανδημίας γνωστή ως κορονοϊός. Εχουμε λάβει μέτρα για την προστασία όλων - φοιτητές καθώς και καθηγητές και γενικά όλο το σχολικό μας προσωπικό.

Best wishes,

Michael Vassiliou

(Headteacher - Acting)

# St Andrew the Apostle – Thoughts for the Week

Bible Readings and Prayers for this time:

Σκέψεις για την εβδομάδα - αναγνώσεις και προσευχές



## Psalm 3 - A Morning Prayer of Trust in God

Lord, how many are my foes! How many rise up against me! Many are saying of me, "God will not deliver him. But you, Lord, are a shield around me, my glory, the One who lifts my head high.

I call out to the Lord, and he answers me from his holy mountain. I lie down and sleep; I wake again, because the Lord sustains me. I will not fear though tens of thousands assail me on every side. Arise, Lord! Deliver me, my God! Strike all my enemies on the jaw; break the teeth of the wicked. From the Lord comes deliverance. May your blessing be on your people.

## A Prayer

Almighty God

We give you our school. We give you all the teachers and staff who work here, we give you all the children who study here.

We pray our school would be place of great discovery, adventure and creativity. May it be a place where we love to learn and where we learn to love, a place where everyone is respected and all are deeply valued. We ask all this through Jesus Christ our Lord.

Amen

---

## Theme for the week – Week beginning 7<sup>th</sup> September

Theme of the week	Key Dates/Events	Bible Quotation	Inspirational Quotation	Questions to consider
Fairness: the value of democracy	14 <sup>th</sup> September - Jeans for Genes 15 <sup>th</sup> September – International Day of Democracy	“I appeal to you, brothers, by the name of our Lord Jesus Christ, that all of you agree, and that there be no divisions among you, but that you be united in the same mind and the same judgment.” – 1 Corinthians 1:10	“Our public life withers when only the most extreme voices get attention. Democracy breaks down when the average person feels their voice doesn’t matter.” – Barack Obama	What is democracy? What would life be without democracy? Can you think of any situations where democracy has or hasn’t worked?

## Class Charts

Class Charts is a super-fast behavioural management for schools, students and parents, assisting students into an appropriate learning group. Don't forget you can use Class charts to submit and track your homework, access your timetables, behavioural issues and many more. The same goes for parents! With your code, provided by form tutors in the school, you can track teacher's notes and any behavioural issues for your child! If you are having trouble logging in, you can access your details by going to your form tutor or emailing [admin@standrewtheapostle.org.uk](mailto:admin@standrewtheapostle.org.uk)



## Music of the Week

### Students' Union Playlist

The playlist for students, by students. Powered by Student Radio Music Network and UEA's Livewire Radio, whilst doing coursework or homework, listen to this chilled playlist to help you relax and feeling motivated!

<https://open.spotify.com/playlist/37i9dQZF1DX8jRF2J2f81d>



**Η λίστα αναπαραγωγής για μαθητές, από μαθητές. Με την υποστήριξη του Student Radio Music Network και του Livewire Radio της UEA, ενώ κάνετε μαθήματα ή δουλειές στο σπίτι, ακούστε αυτήν την ψυχρή λίστα αναπαραγωγής για να σας βοηθήσει να χαλαρώσετε και να αισθανθείτε κίνητρα!**

## Make something for you or your Parents

If you're looking for quick, easy and healthy lunch time lunchbox, Change 4 Life's bagels are popular with kids so this is a good way to introduce some fish into your lunchbox. This would work well with a handful of grapes and a plain rice cake.

You can always change it the way you like and make it your own!

St Andrews will provide an easy to follow recipe with each newsletter. Take a photo of what you've created and email it to [admin@standrewtheapostle.org.uk](mailto:admin@standrewtheapostle.org.uk) and we will share what you've made.

<https://www.nhs.uk/change4life/recipes/salmon-and-salad-bagel>



**Μαγειρική - προσπαθήστε να φτιάξετε κάτι κι εσείς για τους γονείς σας.**

## Barnet Youth – Instagram Logo Design Competition



We believe that young people are some of the most creative thinkers out there which is why we're giving YOU the power to design our official BarnetYouth\_ Instagram logo! 🤖 You can create your design digitally or free-hand – it's completely up to you. Don't forget, this is a youth brand, so think outside the box 😊

The winner will not only have their design seen by thousands but will also receive a one-to-one training session with a professional graphic designer, and Barnet Youth will also be awarding Amazon gift vouchers to three finalists: To submit, please email [Danielle.gopie@barnet.gov.uk](mailto:Danielle.gopie@barnet.gov.uk) before the closing date on **Monday 12 October 2020 at 9am.**

Read the terms and conditions before entering so you have a chance at this amazing opportunity!  
[https://www.barnet.gov.uk/sites/default/files/instagram\\_competition\\_terms\\_and\\_conditions.pdf](https://www.barnet.gov.uk/sites/default/files/instagram_competition_terms_and_conditions.pdf)

Πιστεύουμε ότι οι νέοι είναι μερικοί από τους πιο δημιουργικούς και γι 'αυτό σας δίνουμε τη δύναμη να σχεδιάσετε το επίσημο λογότυπό μας BarnetYouth\_ Instagram! Μπορείτε να δημιουργήσετε το σχέδιό σας ψηφιακά ή ελεύθερα - εξαρτάται αποκλειστικά από εσάς. Μην ξεχνάτε, αυτό είναι ένα brand για νέους, οπότε σκεφτείτε έξω από το κουτί.

## FunKidsLive Podcasts

Exploring the coolest and most incredible stuff in science, from way back when dinosaurs roamed the Earth to a future where humans live in space! Fun Kids Science Weekly is hosted by Dan and is the perfect science podcast for kids and families everywhere. Each week, you'll find episodes from series like Deep Space High, Age of the Dinosaurs and Professor Hallux. There's also a special guest, top experts answering all your science questions! If you like this, you can listen to Dan on Fun Kids Radio (weekdays from 1pm) on DAB Digital Radio across the UK, on the free Fun Kids app and online on Spotify!



<https://www.funkidslive.com/podcasts/>

Εξερευνήστε τα πιο όμορφα και απίστευτα πράγματα στην επιστήμη, από την εποχή που οι δεινόσαυροι περιπλανήθηκαν στη Γη έως ένα μέλλον όπου οι άνθρωποι ζουν στο διάστημα! Το Fun Kids Science Weekly φιλοξενείται από τον Dan και είναι το τέλειο podcast για παιδιά και οικογένειες παντού.

## Back to School Time Capsule

Why not create your very own time capsule of all the things you wish to accomplish at the end of your academic year, and open it on your last day and see how much you've achieved since then! Follow this step by step guide and create or print your own checklist. Share it with your friendship group or create an individual capsule and use your creativity skills to have loads of fun!

<https://iheartcraftythings.com/diy-back-to-school-time-capsule.html>



### Επιστροφή στη Σχολική Ώρα

Γιατί να μην δημιουργήσετε τη δική σας χρονική κάψουλα όλων των πραγμάτων που θέλετε να ολοκληρώσετε, αυτό που στοχεύετε στο τέλος της ακαδημαϊκής σας χρονιάς και να το ανοίξετε την τελευταία ημέρα σας και να δείτε πόσα έχετε επιτύχει από τότε! Ακολουθήστε αυτόν τον βήμα προς βήμα οδηγό, δημιουργήστε ή εκτυπώστε τη δική σας λίστα ελέγχου, μοιραστείτε τη με την ομάδα φίλιας σας ή δημιουργήστε μια μεμονωμένη κάψουλα και χρησιμοποιήστε τις δημιουργικές σας ικανότητες για να διασκεδάσετε!

## DIY Foldable Paper Bracelets

Follow this easy picture step by step guide to create colourful and personal paper bracelets with only three supplies! You could use coloured paper, or paint a design and share with family and friends, sharing some love!

Click on the link and have a go!

<https://picklebums.com/make-folded-paper-bracelets/>

