

# APOSTLE NEWS

Inspiring Journeys: News from Our Students

## St Andrew the Apostle's TAEKWONDO CHAMPIONS

Today St Andrew the Apostle –  
Tomorrow UK, Greece ..... the World!



**Ermis and Myronas at the British National Championships Oct 2024**

St Andrew the Apostle are very proud of our two Year 11 twins, Myronas and Ermis, who are experts in Taekwondo. They both fight at the same weight – 68kg. Fighting in the same category means they are often facing each other as rivals in finals. How do they do this and remain close brothers and friends? Myronas answers, *“Well we are professional, we just look at each other as competitors not brothers. Once the fight is over, we joke about it.”*

Myronas: *“My biggest win to date was the British National Championships in 2022 in the under 13s. In 2023 in the GB National Championships, I won bronze. But Ermis and I also compete internationally. We have too if we want to qualify for the GB or Greek Olympic teams.”*

Ermis: *“My biggest win to date was the British National Championships in Sheffield in October 2024 in the under 17s, 68Kg category and winning Gold.”* This was the final where both brothers faced each other with Myronas taking Silver.

Myronas continued, *“Both my brother and I are competing internationally hopefully trying to qualify for Juniors (-17) European Championships and U21 European Championship in 2025.”*

What is interesting, is that only one brother can go to represent Great Britain and so the other will have to try and qualify for Greece. This is because the UK will

only select one competitor for the 68Kg category for the Junior Europeans.

The brothers are currently members of the Kixstar Club in Fulham, where they train five times a week.

### What is Taekwondo?

Korean martial art and combat sport.  
Its punching, blocking and kicking.

### What does taekwondo mean?

Translates into English as the way of the foot and fist.

### How are matches scored?

- Two points for a basic attack to the opponent's torso.
- Four points for a spinning kick to the opponent's torso.
- Three points for a kick to the head.
- Five points to a spinning kick to the head.
- One point for a punch to the body.

In major competitions, electronic scoring systems are used that are placed within each player's chest and head protectors. A panel of 4 judges push a button when they see a punch. They stand up when they see a spin and tell the Centre Referee to add the points.

# SOGIE'S COMICS



BLACK HISTORY MONTH  
Avery 8P

# B:M2024

DIG DEEPER, LOOK CLOSER, THINK BIGGER

To me Black History Month is important as it shows how far black people have succeeded through times of adversity. The origins of Black History month date back to when historian, Carter G. Woodson established this Week and over the years it turned into a month allowing for more discovery of African culture and heritage.

In school during Black History, we look at icons that helped us to where we are today, such as Rosa Parks, Martin Luther King Jr. and Malcolm X and many others. The month gives us an opportunity to think about the historical scourge of racism and slavery which continues to inspire others to fight for justice and equality not just for black people but for all who suffer under injustice and inequality.

## BRITISH BLACK LEADERS MAKING THE HISTORY OF THE FUTURE.



**The Right Honourable Kemi Badenoch MP.**

Fourth female leader of the Conservative Party and currently the Leader of the Opposition - the first black person to hold both positions.

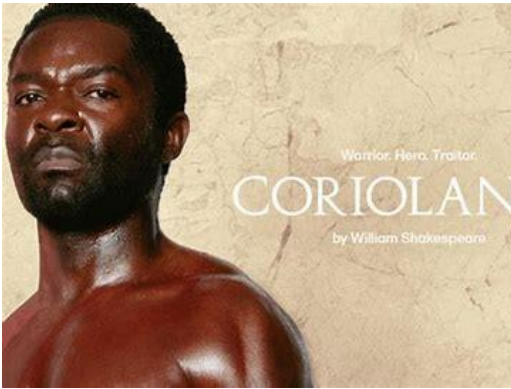


**The Right Honourable Diane Abbot MP.**

Member of the Labour Party. She is the first black woman elected to Parliament and the longest serving black MP. She is also the longest serving female MP (for Hackney North and Stoke Newington since 1987) which earns her the title Mother of the House in Parliament.



**Pamela Maynard, Chief AI transformation Officer for Microsoft Customer and Partner Solutions, named Black British Business Person of the Year at the 2024 Black British Business Awards in October.**



**David Oyelowo OBE.** Award winning actor both here and in America. Currently playing the eponymous role of Coriolanus at the National Theatre.

Time Out Review of his performance said he was "...outstanding as a traumatised Roman general with an empathy problem."

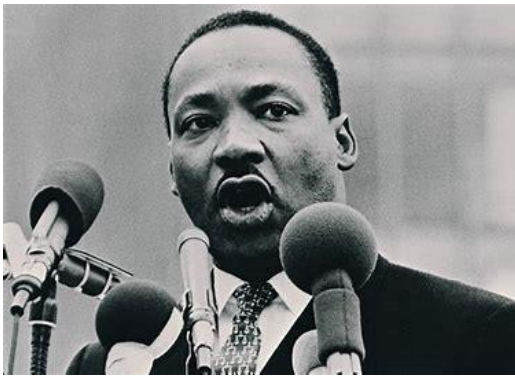
**Jamal Jeffers** was called to the Bar (Lincoln's Inn) in 2012.

In October this year, the King appointed him to be a District Judge. He presides in the Midlands Circuit, based at Leicester County and Family Court, with effect from 11 November 2024 and will be known as District Judge Jeffers.



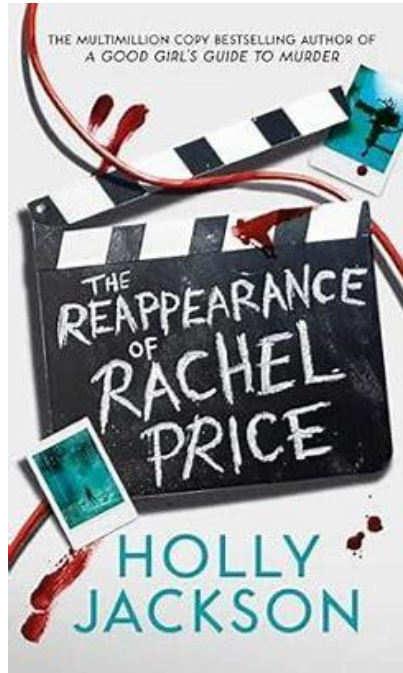
**The great civil rights leader Martin Luther King Jr.** was a Christian Pastor who wrote and delivered empowering and inspiring speeches – most notable the *I have a dream* speech. But he also wrote many prayers that he included in his sermons. Several of his handwritten prayers are preserved among his papers at Stanford University. Lewis Baldwin, who compiled a book of King's prayers, describes him as a spiritual searcher who took seriously the sacred imperative to pray.

Below is a prayer among many he delivered in radio sermons broadcast in America in 1953:



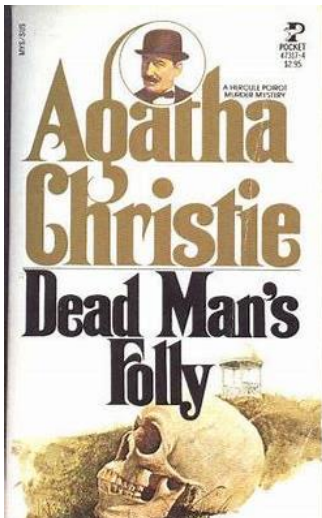
*"O God our eternal Father, we praise thee for gifts of mind with which thou hast endowed us. We are able to rise out of the half-realities of the sense world to a world of ideal beauty and eternal truth. Teach us, we pray Thee, how to use this great gift of reason and imagination so that it shall not be a curse but a blessing. Grant us visions that shall lift us from worldiness and sin into the light of thine own holy presence. Through Jesus Christ we pray. Amen."*

# Bella's Books



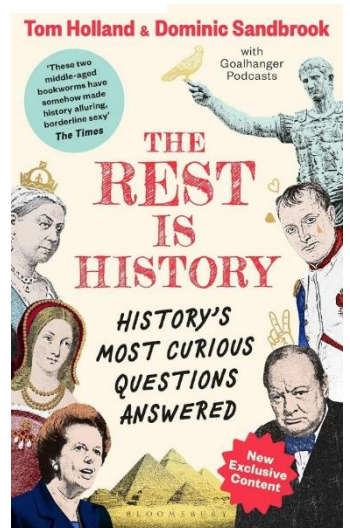
"RAMSEY WAS QUIET, A REVERENTIAL SILENCE FOR THE FRONT PASSENGER SEAT. WHICH WAS STUPID, BECAUSE THIS WASN'T EVEN THE SAME CAR. RACHEL HAD NEVER BEEN HERE."

-THE REAPPEARANCE OF RACHEL PRICE



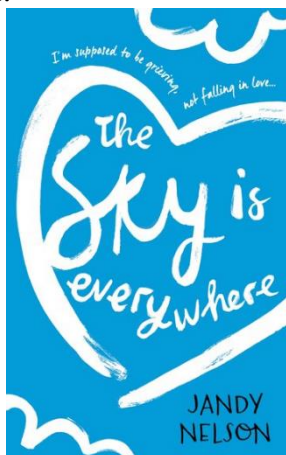
"PETER COOK HAD HUGE FUN SATIRISING THIS LEGAL UNEVEN HANDEDNESS IN A THEATRICAL SKETCH IN 1979 THAT INCLUDED PHRASES SUCH AS 'SELF-CONFESSED PLAYER OF THE PINK OBOE.'"

-THE REST IS HISTORY



'THE TRUTH HAS A WAY OF MAKING ITS PRESENCE KNOWN, EVEN IN THE MOST ELABORATE DECEPTIONS.'

-DEAD MAN'S FOLLY



"IF YOU'RE SOMEONE WHO KNOWS THE WORST THING CAN HAPPEN AT ANY TIME, AREN'T YOU ALSO SOMEONE WHO KNOWS THE BEST THING CAN HAPPEN AT ANY TIME TOO?"

-THE SKY IS EVERYWHERE





**STA**  
EVER TO EXCEL

## Christmas Prayer Writing competition

Entries must be handed to a member of the English department by the 26th November 2024.

To enter, write your own prayer to go inside the winning Christmas card from the Christmas card competition.

Your prayer must be Christmas themed and must be from 50-100 words long.

# Diary of a Year 7

Lucia 7J

*The day finally arrived, it was scary and crazy. My first day in secondary school, in my new uniform and meeting friends I'd made on the Taster Day. Waving goodbye to my parents and walking through the gates excited me for the next step in my education.*

*Coming into school every day that week, I found it a challenge remembering the teachers' names and not getting lost - which only happened once. But like the rest of Year 7, I soon remembered my way through the school buildings with ease.*

*After school, I signed up to extra-curricular clubs such as: football, basketball, drama and more.*

*Preparing every night for the next day at school was a challenge but I had confidence that I would soon get into secondary school routines.*

*I have chatted to some of my fellow Year 7s, below is some of their comments:*

*"I was surprised by how good the food is."*

*"I didn't expect that buying food would be so high tech."*

*"Starting new subjects this term like Latin"*

*We all enjoyed getting to know the teachers and making new memories of our first week of Year 7.*

*The best parts of our first week were: the tour, different languages and getting to know better everyone in my Form and Year. It was a fun-filled week of new buildings, new teachers and new friends. I wouldn't have changed it for the world.*



Lucia 7J

The first football match of the year was an experience I will never forget. All day I waited for the match then suddenly I am in St Andrew the Apostle changing room and it is nerve-racking.

Arriving at Bishop-Douglas school, the team felt we would win.

Watching the first half of the match from the bench (sad substitute!) was incredible because we scored 3 goals and the opposition scored zero. Second half, I was called up to play right wing.

This was my chance to show some skills: passing, tackling and playing with my teammates was so thrilling and fun .... of course we were curiously worried if the other team could make a comeback... BUT THEY COULDN'T – YIPPEE! We scored seven goals – sheer happiness.

Not only did we have pride for winning but pride for the level we won at. Our goalkeeper (Sofia 9P) only had to touch the ball once. Everyone on the team was working together and it paid off. Especially our goal scorers. However, Melina with 4 goals just stole the show.

**Final scores –**  
 Against Bishop Douglas  
 Melina 9P : 4 Goals  
 Tiana 8J : 1 Goal  
 Emily 9J: 1 Goal  
 Sadé 8M : 1 Goal  
**End score: 7 - 0**



Tianna 8J Sofia 9P (GK)

## POET'S CORNER

Oliwia 10J is currently studying Romeo and Juliet in English Literature Lessons and it inspired her to write....

### Shakespeare's Phantom is Stuck in the Computer

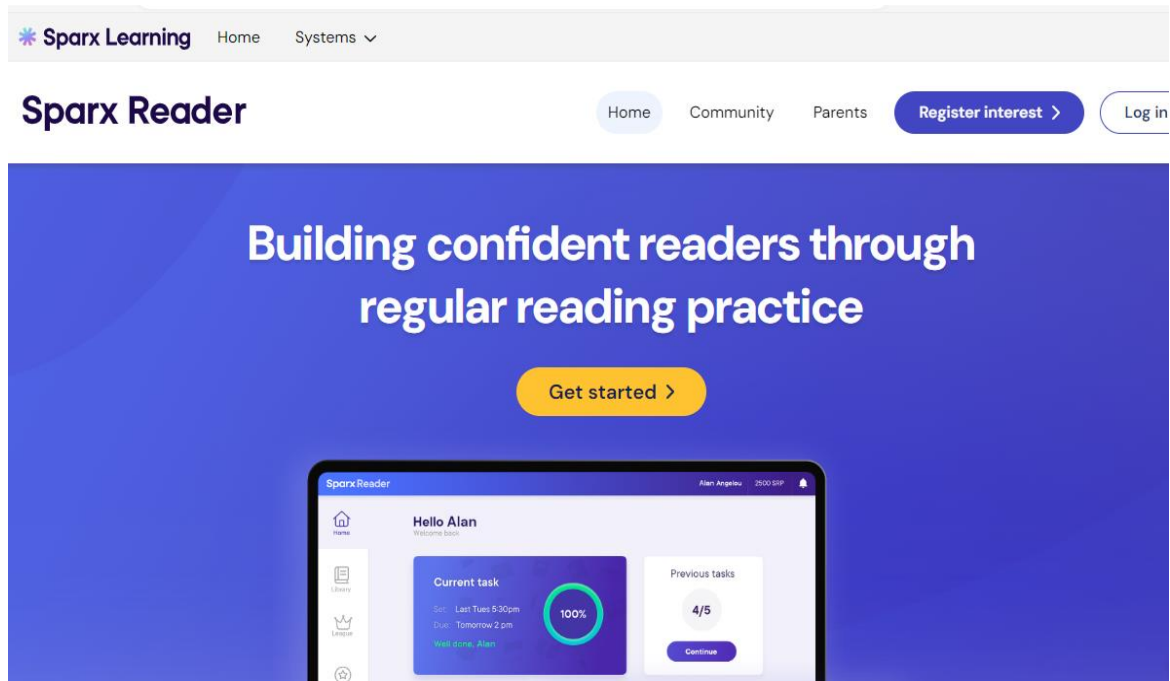
*One fine morning, in my English lesson,  
During the reading of a tragedy,  
My mind wandered and wondered whether,  
Shakespeare wanted his prized jewels analyzed.  
Metaphors, oxymorons examined,  
Like an arcane pulchritudinous shine,  
Echoing tales of archaic artistry.  
"If he were only here, I'd ask" I said.*

*An ominous chill entered the classroom,  
And it didn't feel like the autumn breeze.  
Sinister yet full of serenity.  
Then, coincidentally or not,  
The computer gained its own train of thought.  
The slides began flickering back and forth.  
Romeo's sadness, Mercutio's laughs;  
Juliet's innocence with nurse's bawdiness.  
All jumping in bedlam and frenzy.*

*My mind, perplexed, building with many questions.  
Co-incident or no co-incident?  
Now each English Lesson my mind wanders,  
- As the slides dance a chaotic beat- ;  
If my curiosity summoned Shakespeare...*

Some great things happening in school.....

# Sparx Reader – A SUCCESS!






*“Sparx reader is really important because reading is really important. We want to make sure that everybody has an **absolute** love of reading and enjoys it for pleasure because we know that is the one indication of people being successful in life - successful in a wide variety of ways. In addition to that we know that everybody needs to be able to read **accurately** to access all GCSE papers not just English but Geography, History, Maths, Science .... If you can read accurately, you have a far more likelihood of achieving really good GCSEs. We need everybody to read accurately because we want everybody to achieve to their very, very best.” - Mr Martin*

On day of going to print below are incredible statistics since late September:






### SPARX READER LEADER BOARD FOR KEY STAGE 3




#### YEAR 7

	Teshan 7J	45,334 srp
	Dominic 7J	44,270 srp
	Lucia 7J	8,853 srp

#### YEAR 8

	Ella 8M	35,246 srp
	Anu 8J	20,756 srp
	Mark 8M	9,202 srp

#### YEAR 9

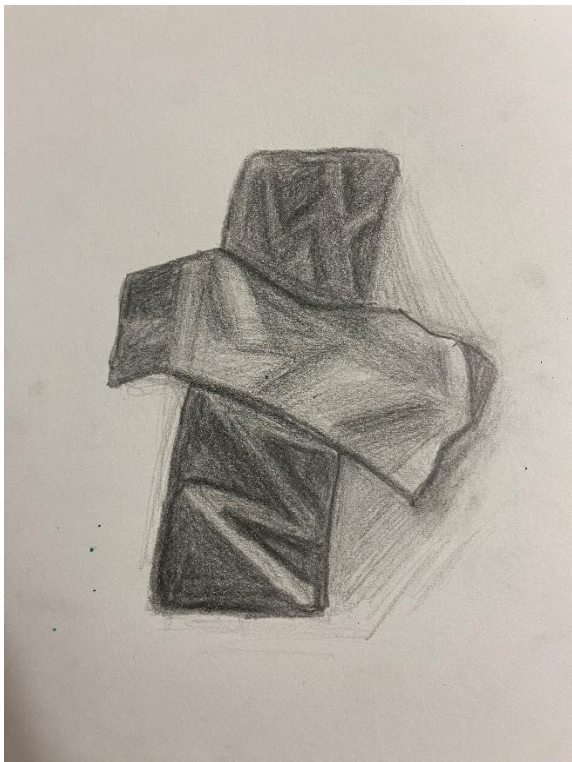
	Alaya 9S	11,952 srp
	Njivwa 9P	8,247 srp
	Freddy 9S	7,632 srp

## Unifrog The universal destinations platform

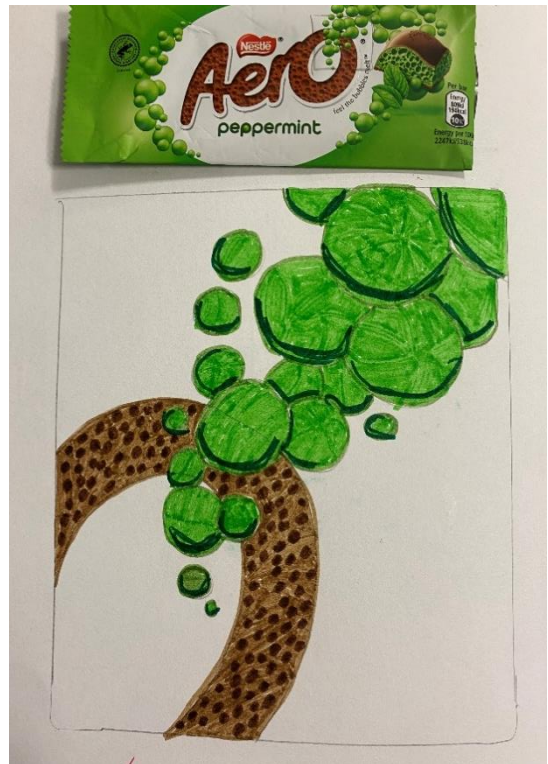
*“At St Andrew, we want to prepare students for the world of work. We recognize they are not there yet because they have not got the world experience. We want to make sure that every single child in the school has access to good information so they can make the right choices that’s right for them. So, when they log onto Unifrog and complete the personality quizzes and they look at the choices of courses which is available to them and the sixth form options and the university courses and all the opportunities that the webinars’ give. We want to make sure they have all the information they can choose to make decisions that help them progress in life.” -Mr. Martin*

# Bright Sparks

Year 8 Students have been studying abstraction this half term, looking at the work of famous abstract artist Georgia O'Keefe. The students have created some brilliant close-up sketches of chocolate bars, emulating Georgia O'Keefe's zoomed in style.



Amy 8M



Zacharias 8J

# FAITH PAGE

Ms Ntaountaki Greek- Latin teacher

The **Lord's Prayer**, also known as **Our Father** (**Greek**: Πάτερ ἡμῶν, **Latin**: *Pater Noster*), is a central Christian prayer that Jesus taught as the way to pray. Two versions of this prayer are recorded in the gospels: a longer form within the Sermon on the Mount in the Gospel of Matthew, and a shorter form in the Gospel of Luke when "one of his disciples said to him, 'Lord, teach us to pray, as John taught his disciples'".

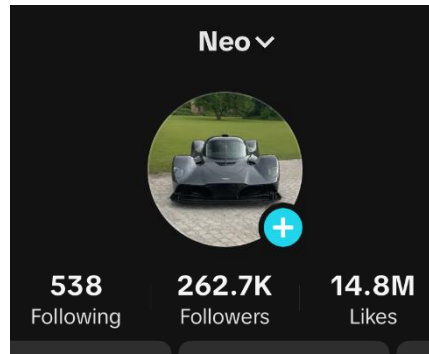


## Original Liturgical text in formal Greek language

1. πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς  
(*páter hēmōn ho en tois ouranois*)
2. ἀγιασθήτω τὸ ὄνομά σου  
(*hagiasthētō tò ónomá sou*)
3. ἐλθέτω ἡ βασιλεία σου  
(*elthētō hē basileía sou*)
4. γενηθήτω τὸ θέλημά σου ὡς ἐν οὐρανῷ καὶ ἐπὶ γῆς  
(*genēthētō tò thélēmá sou hōs en ouranō(i) kai epì gēs*)
5. τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν σήμερον  
(*tòn árton hēmōn tòn epiousion dōs hēmīn sēmeron*)
6. καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν ὡς καὶ ἡμεῖς ἀφήκαμεν τοῖς ὀφειλέταις ἡμῶν  
(*kai áphes hēmīn tà ophelémata hēmōn hōs kai hēmeís aphékamen tois ophelétais hēmōn*)
7. καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν ἀλλὰ ρῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ  
(*kai mē eisenékkēs hēmās eis peirasmón allà rhýsai hēmās apò tou ponērou*)

Modern Greek	Liturgical text
<p>“Πατέρα μας, εσύ που είσαι στους Ουρανοί, να αγιαστεί το Όνομα σου, να έρθει η Βασιλεία σου και να γίνει το θέλημα σου στην γη όπως γίνεται και στον Ουρανό. Δώσε μας σήμερα το καθημερινό μας ψωμί και συγχώρεσε τα χρέη μας όπως τα συγχωρούμε κι εμείς σε αυτούς που χρωστάνε σε μας. Μη μας βάλεις σε πειρασμό ή δοκιμασία και κράτησε μακριά μας τον Πονηρό. Αμήν.”</p>	<p>Our Father, which art in heaven, Hallowed be thy Name; Thy kingdom come; Thy will be done in earth, as it is in heaven: Give us this day our daily bread; And forgive us our trespasses, as we forgive them that trespass against us; And lead us not into temptation, But deliver us from evil; For thine is the kingdom, the power, and the glory, For ever and ever. Amen.</p>

# Neo 13J: St Andrew the Apostle Tik Tok Car Star



In June this last summer, at Cliveden House - an historical country house and estate in Buckinghamshire, that has played host to celebrities, politicians, and royalty, in addition to starring on the silver screen - Sotheby's, the great British-founded (1744) now multinational corporation had an auction of expensive classic and modern cars. Our very own *Neo in 13J* applied and was successful in getting an invitation to the auction purely based on his talent at making short 15-20 second film profiles of classic and expensive cars that he puts on Tik Tok. Neo told us, *“Sotheby’s put an ad on their website about applying for a media pass to this auction. I put in my details of my Tik Tok films, giving how many followers I have and from that I got the pass. I applied in February 2024 and confirmed I had a pass in April.”*

This was an inaugural sale promising “to become an annual fixture in the UK auction calendar”. Cars featured were “a roster of incredible machines ranging from a one-off 1963 Ferrari 250 GT/L Berlinetta Lusso bodied by Fantuzzi to a spectacular 1931 Bentley 8-Litre Open Tourer that has been in the same family’s ownership since 1967.



1963 Ferrari 250  
GT/L Berlinetta  
Lusso by Fantuzzi  
£1,130,000 GBP | Sold



1931 Bentley 8-Litre  
Open Tourer by  
Tony Townshend  
£450,000 - £550,000 GBP | Not Sold



**Bugatti Veyron Grand Sport Vitesse**  
- worth £3-3.5m and was sold after the auction.



**Ferrari 250 SWB-** worth around £6m. Not sold.

Neo obviously loves cars and at the Goodwood Festival of Speed last July he saw on show one of the most expensive cars ever sold at auction and that was the Mercedes 300 SLR racing car driven by Stirling Moss and worth £140 million. Below is the great Stirling Moss at the driver's wheel of the car.



*Stirling Moss (1929-2020) is widely regarded as one of the greatest drivers to never win the Formula One World Drivers' Championship, in which he competed from 1951 to 1961. Though he did win a record 212 official races across several motorsport disciplines. He was born and raised in London. His father, Alfred Moss (1896-1972) was a dentist and noted amateur driver. Below is one of his racing cars in 1919.*



A bidder at the auction arrived in his own £3 million Aston Martin Valkarie. Neo knew the car from its unique V12 engine sound before he saw it



### Getting Started

Neo's interest in cars began only two and half years ago when he began filming cars in London, **"It was just a hobby."** Then he joined Tik Tok in 2021, just uploading normal car content of other people's films – in other words, making edited films of other people's car footage. Then in 2022 he started doing his own filming. And the rest is history.

### How he films Cars

When Neo films cars he goes for all the angles and circles the whole vehicle. He tells us, *“My phone has different lenses which means I can get great detailed close-up shots.... I have a polarizer too and that takes away reflections from the sun.”*

The reason why Neo’s subscribers keep increasing is that he himself is developing his filmmaking skills especially in post-production with colour-grading, editing with sharper cuts, smooth transitions and so on. He uses Cap Cut to edit on his phone. He has a couple of gimbles that are brilliant for controlling the camera and getting smooth, professional recording.



### Where he goes to Film?

Neo goes into Bond Street, Mayfair and Knightsbridge where expensive and unusual cars can be sighted and he gets out his phone and just films. He will even go into car dealerships and ask to film their cars. In fact he has a wonderful opportunity in a few weeks: after his A Level Mocks he has a private film shoot with a BMW dealership who have just received delivery of the brand new G90 M5 and G91 M5 Touring cars, with a price tag of approximately £130,000 – £150,000. Neo’s filming will entail not just shots of the stationary cars in the showroom but taking them out and filming them being driven using roller shots. In post-production he will colour grade and edit a fast-paced cut of the cars in action and in all their glory. Neo will be one of the first people in the UK to experience a drive in these brand new models. The completed film will be uploaded onto his Tik Tok page and bob’s your uncle! We will keep track of how many views he gets, because for one upload he did of a rendered video of an American fire truck created by AI in January 2022, he got 8 million views.

Do you have a story to tell?

Let us know

You can write it or we will do it for you.

**APOSTLE**  **NEWS**

wants to hear what you have to say!

Reach us at:

[ApostleNewsPublications@russelleducationtrust.org.uk](mailto:ApostleNewsPublications@russelleducationtrust.org.uk)

# New Building Update

Bella 9S spoke with Mr Antoniou, the School Business Manager, on the progress of our new school and he gave us the Builders' Update:

- All steel frames for the entire building have been installed.
- We are currently focusing on the external walls, with 80% of the first stage completed. This phase is expected to finish by the end of next month.
- Once the external walls are completed, we'll begin working on some of the internal structures, including the classroom wall structures.
- The underground parking is now finished.
- We are almost done with the lift shaft, which will serve as the elevator's passage.
- The sewage and water pipes are now in the ground and ready to be connected to the building.

It's an exciting time, and students will notice significant changes to the building in the coming months.



Sports hall in the foreground and main building in the background.

## **Editorial Team:**

**Head/Chief Advisor** – Ms. Casey

**Chief Editor** – Bella 9S

**Editor** – Sophia 9J

**Comic Artist** – Osasogie 9S

**Journalists** – Bella 9S, Sophia 9J, Chrysanthos 10J, Lucia 7J, Katherine 7P, Rafaela 7J, Elaina 7J, Chioma 7J, Chimaranma 7J, Moyosoreoluwa 7P.

**Special thanks** to Dr Hills, Mrs Bassington, Mr Martin, Mr Easton and all our contributors.