

24 January 2025



Geography trip

Year 11 Geography students participated in two exciting field trips to prepare for the Paper 3 Geography exam recently.

The first trip was to Stratford, East London, where students investigated the impact of urban regeneration. They evaluated a range of sites, including the Queen Elizabeth Olympic Park, Westfield Stratford City, and surrounding developments, analysing the successes and challenges of regeneration initiatives. Students also conducted public surveys, engaging with local residents and visitors to gather opinions about the area’s transformation.

The second trip took the students to Epping Forest, where they carried out a river study. This involved measuring the characteristics of a local river, such as depth, width, and velocity. Despite walking through lots of mud and standing in the chilly water, everyone remained upright and in high spirits!

On both days, students braved the cold weather with determination and enthusiasm. Their excellent efforts during these field trips have provided them with valuable hands-on experience and have prepared them brilliantly for their GCSE exam.

Mrs Viala | Assistant Headteacher





24 January 2025

What a start to 2025! I want to take this opportunity to express my gratitude to our dedicated staff for their incredible hard work and commitment. Their passion and dedication have been instrumental in making the start of this calendar year so successful.

Already in 2025, our students have taken part in 12 sports fixtures, showcasing teamwork, resilience, and our school values. Additionally, four enrichment trips have provided valuable learning experiences beyond the classroom, broadening students' horizons and fostering personal growth.

Last week, we completed a comprehensive curriculum review of our Religion and Philosophy department alongside one of our school governors. This process allowed us to celebrate the teaching and learning taking place while reflecting on ways to continue to improve. Such opportunities are invaluable as we continue to offer the highest quality education to our students.

We are also delighted with the positive impact of Sparx Reader, newly introduced for our Key Stage 3 students. Collectively, they have spent nearly 3,000 hours reading on the platform—equivalent to over four months of continuous reading! This impressive engagement reflects our students' love for reading and the benefits of fostering strong literacy skills.

Additionally, student engagement with Unifrog has been outstanding. Unifrog is a fantastic platform that supports students in exploring career pathways, university options, and skill development. It provides comprehensive guidance to help students make informed decisions about their futures and equips them with the tools to succeed beyond school. Please click this here for a guide to all the platforms students utilise at our school: [St Andrew the Apostle](#)

We firmly believe that learning is most effective when parents and carers are actively involved in their child's education. To support this partnership, you can view our curriculum and explore what students are learning each term by visiting: [Curriculum](#).

Furthermore, we encourage all students to participate in our wide range of extracurricular clubs, which offer opportunities to develop new skills and interests. Parents can view the current clubs and enrichment opportunities here: [Clubs and enrichment](#).

Next week we will celebrate the feast of the three hierarchs with Father Gregory in school, who will be marking this by cutting the vasilopita in lessons, and on Friday we welcome the Cypriot Education minister to school

Thank you once again for your continued support. We look forward to working together to make 2025 a remarkable year of learning and growth for all our students.

Christopher Martin | Deputy Headteacher

Upcoming Key Dates and Information

- **Tuesday 28 January** – Father Gregory visit to celebrate the Feast of the 3 Hierarchs
- **Thursday 30 January** – Year 9 Virtual Parents Evening
- Click [here](#) to access **Term Dates**



Faith in Action: Embracing Responsibility and Forgiveness in Our School Community

As we begin this new term, our school continues to grow in faith and unity, guided by our Christian values of *responsibility* and *forgiveness*. These values not only shape how we interact with one another but also deepen our spiritual connection as a school community. This month, we have been blessed with many opportunities to reflect on these virtues and to live them out in meaningful ways.

We are especially grateful to the Greek Cypriot Brotherhood for their generous donation of beautiful icons to our school. Icons hold a special place in Orthodox Christian worship, serving as windows to the divine and inspiring us to reflect on the lives of the saints and the presence of God in our daily lives. Their donation enriches our spiritual environment and strengthens our Orthodox identity.

Last week, the staff faith group gathered to discuss how best to display these icons and plan the *iconostasis* for our new building. This is an exciting and meaningful project, as the iconostasis will become a feature in our worship space throughout the building, connecting us to the sacred traditions of the Orthodox Church. Our discussions focused on creating a space that invites prayer, reflection, and reverence, ensuring that the icons are displayed with the respect and care they deserve.

Reflecting on our school value of *responsibility*, we are reminded of the example set by St Dionysius, the Bishop of Corinth. St Dionysius was known for his deep commitment to guiding his community with wisdom and compassion. He took responsibility for nurturing the spiritual growth of his people, offering guidance and forgiveness in times of need. His leadership was marked by a balance of strength and mercy, showing us that true responsibility involves caring for others and leading by example. St Dionysius teaches us that responsibility is not only about fulfilling duties but also about acting with love and understanding.

As we continue to foster these values within our school, we are also looking forward to a special celebration at the end of January. We are blessed to welcome Father Gregory, who will be delivering a service to our students in honour of the Feast of the Three Hierarchs. This important feast day celebrates the lives and teachings of Saints Basil the Great, Gregory the Theologian, and John Chrysostom—three pillars of Orthodox Christian theology and spirituality. Their dedication to faith, education, and service perfectly reflects the values we strive to instil in our students.

Additionally, we eagerly anticipate the traditional cutting of the *Vasilopita*, a cherished Orthodox custom that marks the New Year. This tradition not only brings joy and excitement but also serves as a reminder of the importance of community, sharing, and blessings for the year ahead. We are thankful for the opportunity to gather as a school family to celebrate this special event and to reflect on the grace and generosity that surround us.

As we move forward in this term, let us continue to embrace our responsibilities with care and to offer forgiveness freely, inspired by the saints and the teachings of our faith. We are truly blessed to be part of a community that supports one another and grows together in love, faith, and understanding.

On Track Reports

Dear Parents and Families,

We are looking forward to sending home 'on track' reports for Years 7-10 and 12 next week via MCAS (My Child at School). We are very proud of how well students have been working and we take great pride in making sure that you all know how well they are doing too. As well as this on track report, which we issue to non-exam year groups, you will also receive a main written report, and an Exam report after your child's mid-course exams in Year 10, and end of year exams in year 7-9. In year 12, mid-course exams will be reflected in their written report at the end of the school year. In Year 11 and Year 13, we share two sets of mock exam results and a main written report as well. We hope that all this information supports you to have helpful conversations with your children about the progress they are making in school. Of course, if you have any concerns at all, please contact the school and we will get back to you.

Year 10 students will also receive their minimum target grades for each subject. These are set based on their attainment in KS2 SATs and represent what students can expect to achieve if they make the expected average progress. For this year group, these target grades have been based on their first assessments at STA, as KS2 SATs did not take place in the year they would have taken them. We keep these targets under review and often increase them when children meet or get close to meeting them early. For further information about assessment at STA, please consult our [website](#). If you have any questions or concerns about your child's minimum target grades, please contact us to discuss.

If you do not have access to MCAS (My Child At School), steps to log in to the app and the parent guide can be found [St Andrew the Apostle](#).

We welcome your views on this process and would be happy to receive any feedback you have on how it could be improved in this [short survey](#).

Ms Helan and Ms Malakouna | Curriculum Deputies

Reflections

During staff INSET on 6 January, 2025, I was asked to share my impressions of St Andrew the Apostle School, having now spent a few weeks within the school community. These reflect so well on the students, staff and families, we felt it important to share these with you.

It is evident that the school has care and compassion running through its veins. This is demonstrated time and again in the overwhelmingly positive interactions throughout the school day with students and staff.

High standards and expectations are evident everywhere. Students are respectful and courteous around the school site, and it is clear that the positive working relationships between staff and students are a real strength of the school. Students respond well when challenged, and this is a real testament to the commitment to high expectations right across the school.

The school feels like a team and a family. There is a real sense of purpose and support for each other. Everyone is guided by a clear sense of commitment to secure the very best outcomes for all students, regardless of the obstacles which can sometimes stand in the way.

Challenges are met head on, but do not stop anyone giving of their best. It is with real excitement that we look forward to the opening of the new school building in September. Having all of the school community under one roof will further strengthen the amazing community which is St Andrew the Apostle.

Mrs Poole | Senior Leader





24 January 2025

Exciting News: One of our STA students has been selected for an Exclusive 4-Day Stay at University of Oxford

We are absolutely delighted to announce that Jaladhi, one of our most hard working students, has been selected for a remarkable opportunity this Easter half-term. She has been invited to spend four days at the University of Oxford, where she will immerse herself in the world of science, engaging in a range of lectures, workshops, and seminars across various scientific disciplines.

This opportunity is a testament to Jaladhi's outstanding dedication and passion for Maths and Science. Whether it's physics, biology, chemistry, or mathematics, her enthusiasm is remarkable. Her hard work, curiosity, and academic achievements have earned her this chance to experience life at one of the world's most prestigious universities.

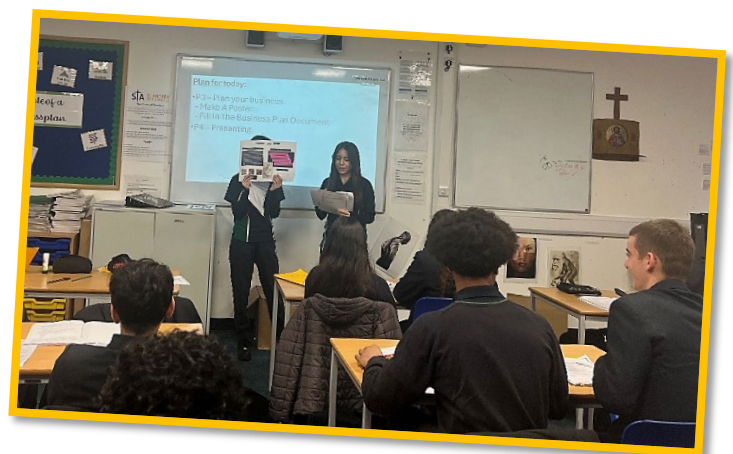
During her stay at Oxford, Jaladhi will have the chance to participate in a programme designed to inspire and challenge young minds. She will engage with leading scientists and fellow students, exploring cutting-edge research and discovering what it's like to be part of an academic community that's at the forefront of global scientific advancement.

The entire Maths Department are thrilled for Jaladhi. We couldn't be prouder of her and are excited to hear about all the new ideas and experiences she will bring back. This is a unique opportunity, and we know it will be a stepping stone to greater things for her in the future. Congratulations again, Jaladhi!

Miss Sorgente | Deputy Head of Maths



Business Studies – Business Plan Competition



During Thursday Business Studies lesson, the Year 10 students eagerly presented their innovative business plans for the Business Plan Competition. Each team showcased their creativity, demonstrating a keen understanding of market needs and financial planning. The range of ideas highlighted their entrepreneurial spirit and teamwork. Well done to the entrepreneurs of the future!

Miss Rafique | Teacher of Business Studies

24 January 2025



Year 10 Biology

Year 10 Biologists have been learning about the nervous system and in particular, how reflexes work. We investigated the difference in reflexes of our dominant vs non-dominant hand using the ruler drop test. Next lesson we will focus on drawing graphs, writing conclusions and evaluating our method.

Miss Msrar | Head of Science

Category	Observed (O)	Expected (E)	O - E	(O - E) ²	$\frac{(O - E)^2}{E}$
dairy milk	4	3.56	0.44	0.1936	0.0544
dairy milk caramel	3	3.56	-0.56	0.3136	0.088
eclairs	4	3.56	0.44	0.1936	0.0544
dinky delectables	4	3.56	0.44	0.1936	0.0544
Twirl	2	3.56	-1.56	2.4336	0.684
Wispa	4	3.56	0.44	0.1936	0.0544
creme egg twisted	4	3.56	0.44	0.1936	0.0544
Fudge	4	3.56	0.44	0.1936	0.0544
crunchy bits	3	3.56	-0.56	0.3136	0.088
				χ^2	1.1864



Year 13 Biology

Our Year 13 Biologists investigated whether there was a significant difference between the numbers of each chocolate in a box of Celebrations and Heroes using the Chi-squared statistical test. We expected an equal ratio of each but found that there was a significant difference so if you are looking for a Twirl or Galaxy you'd better get there fast as they are in short supply!

Miss Msrar | Head of Science

24 January 2025

Sports at STA



Athletics

Congratulations to 6th form student Savan who competed in the U20 London Games at Lee Valley Athletics Centre last weekend. Savan was competing in the 60-metre sprint event. Savan finished second with a personal best time of 7.35 seconds. The personal best time is a testament to Savan's work ethic across the winter, regularly training in the gym and on the track, Savan only took up the sport in Year 10 and has made huge strides since joining the sport. Well done to Savan from everyone at STA.



Year 9 Basketball

On Thursday 15 January, the Year 9 basketball team played their first match of the season vs. Whitefield. The team comprised of Year 8 and 9 students, played against a physically strong and well organised Whitefield side. The team improved each quarter after instructions from coach, Mr De Jesus, and developed better communication, tactics and strategy.

Special mention to brothers Jannai and Jaasiel who were representing the school for the first time. Freddie was voted player of the match after an impressive performance taking the match to the opposition.

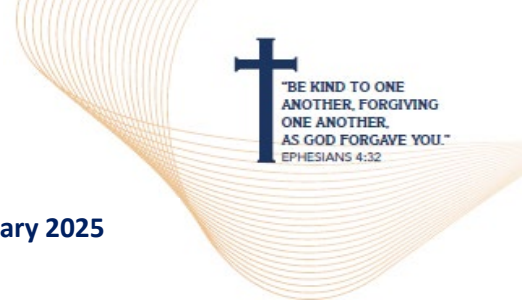
Basketball matches continue next week for multiple year groups against East Barnet, London Academy and Saracens.

Year 11 Basketball

Year 11 basketball team played Totteridge Academy in the first match of the season on Tuesday 21 January. The team performed some fantastic attacking rehearsed plays involving Ray, Tobias and Christos in the first two quarters. Totteridge boast some of the best players in the area including multiple national league players and our boys relished the challenge. STA stayed in the game for the first half, however, the quality of Totteridge began to show in the last two quarters. The score finished 45-25 to Totteridge. Well done to Angelo who was voted MVP by his team after the match.

Mr Browell | Head of PE and Year 11





24 January 2025



Year 7 and Year 8 Netball vs Wren Academy

Our Year 7 and Year 8 netball teams braved the cold weather in their league matches this week at Wren Academy. The Year 8 team, captained by Avery, begun the match well and were quick to take the lead, followed closely by a leveller from an excellent Wren side. This appeared to be the story of the evening with each goal being quickly equalised by the opposition, and the side went into the final quarter with a score of 5 - 5. In the final quarter, Myna and Tiana were incredibly impressive, demonstrating an outstanding awareness of tactics. Goals from both Georgia and Tiana in the final quarter led to a 7 - 5 victory for the side.



The Year 7 team also spent three of four quarters in a draw, with a brilliant shot from the edge of the D by Layla-Mae which meant we took the lead initially, followed by a quick equaliser from our opponent. The girls were unfortunate to lose their match by 2 goals, conceded in final quarter.

Onida and Aiyla-May were nominated as Girl of the Game.

Year 7 PE Lessons - Health Related Exercise

This term in PE, our year seven students have started their unit on health-related exercise where they are learning about the effects of exercise on the human body and have begun different training methods and fitness testing.

So far, students have learnt how to create an effective warm up, take their resting heart rate and calculate their aerobic and anaerobic training zones and they have taken part in a circuits lesson and a session on continuous training.

A reminder if you want to see what your child studies each half term that our Online Curriculum linked here maps learning in each term: standrewtheapostle.org.uk/curriculum.

A huge well done to the following students who finished 1st, 2nd and 3rd in their continuous training session:

- 1 Elizabeth and Michael
- 2 Elay and Dean
- 3 Emelia and Jacob

Miss Walt | Assistant Headteacher & Teacher of PE



24 January 2025

Exciting News! Join Our Table Tennis Club!

We're thrilled to announce the launch of our Table Tennis Club, running every Monday from 3.00pm – 4.00pm in Building 4 hall. Whether you're a seasoned player or a complete beginner, this is the place to enhance your skills and have some fun!

Why Join?

- ✔ Open to all skill levels
 - ✔ A great way to stay active and meet new friends
 - ✔ Engaging and energetic play in a relaxed setting
- Please make sure to register on Bromcom to secure your spot.



Mr Fowlie | Teacher of PE



PE - Trampolining

A selection of our Year 10 and 11 PE students have started trampolining each Friday afternoon. Students were particularly excited to begin rotations and Bella and Megi did a great job on somersaults.

Miss Walt | Assistant Headteacher & Teacher of PE

Year 11 GCSE PE

On Thursday the Year 11 GCSE PE cohort welcomed Mr Easton as guest speaker to deliver a presentation on performance enhancing drugs within sport. Mr Easton spoke about the history of performance enhancing drugs, the process of being routinely drug tested as an athlete in his own college American football career and famous cases of athletes testing positive for performance enhancing drugs. Students learn about performance enhancing drugs in GCSE PE as part of the socio-cultural section of the syllabus. Students thoroughly enjoyed the presentation and will find it invaluable as they prepare for their mock 2 examinations.

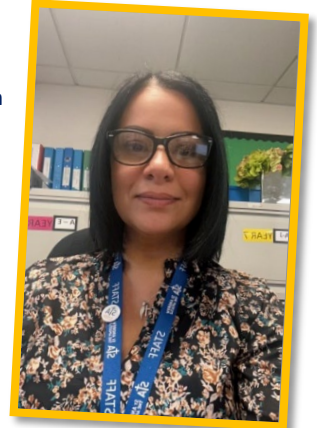
Mr Browell | Head of PE and Year 11



Meet the St Andrew the Apostle School staff!

Hello, my name is Mrs Stylianou, and I am the office Manager here at St Andrew the Apostle school. I joined the school back in September 2016 when my second child joined Year 7. I can truly say, this school holds a special place in my heart. One of the things I love most is the incredible sense of community here. It has been amazing to watch how much our school has grown over the years, and I am very excited as we finally take the step to move into our new building this September! I am incredibly proud to work with a dedicated team who put their hearts into everything they do ensuring we always get the job done. I look forward to continuing to grow as a school and celebrate all the wonderful things that make our school such a special place.

Outside of school I enjoy reading, travelling and discovering new places, listening to music and food! I love to try new cuisines but have to admit I prefer my food cooked for me as I don't claim to be the world's best chef! If I could have dinner with 3 celebrities, it would be, George Michael, Nikos Oikonomopoulos and Tina Turner; it would be a very harmonious dinner party!



Hello, I'm Mr Hounsell. Since June 2021, I've had the privilege of serving as Facilities Manager, marking my first experience working in a school environment.

The last three and a half years have been nothing short of an adventure, there's never a dull moment. Looking ahead, I think we're all peeking over the fence with excitement at the development of our new school buildings, eagerly anticipating the fresh opportunities they'll bring.

Before joining STA, my career took me far and wide. I've worked in retail, nursing home maintenance and management, and even seismic exploration in incredible locations like Tanzania, Italy, France, Spain, Denmark, mainland UK, and Ireland—a journey spanning 40 years.

In my earlier careers, the scenery changed often. Now, it's the people who bring variety and inspiration to my days. I genuinely enjoy the diversity of our colleagues and students—some on well-travelled paths, others just beginning their journeys. Each day presents new opportunities, and I'm grateful for the support and camaraderie shared among the STA team. I can honestly say I've never been bored!

While I don't claim to have hobbies (my family keeps me busy enough!), I do enjoy reading, traveling, great food, and cheering on Liverpool FC and England Rugby—though strictly from the comfort of my armchair.

If I could invite anyone to a dream dinner party, my guest list would include James Martin, Billy Connolly, and Teddie Swims. With this group, I'd be guaranteed an evening filled with delicious food, hearty laughter, and soulful music.



Hello, STA Community! I'm Mr Lasithiotakis. I've been proud to be part of the STA family since the very first day the school opened as Head of Performing Arts! It's been an incredible experience to watch our community grow into such a vibrant and inspiring environment. What I love most about STA is the amazing students, the supportive atmosphere, and the endless energy and enthusiasm that fills the school every day.

Outside of school, I'm passionate about archery. There's something almost meditative about the focus and precision it demands. Whether it's practicing for hours to perfect my aim or just enjoying the calm it brings, archery has become more than a hobby—it's a way of life that teaches me patience, discipline, and resilience.

Looking ahead, I'm excited about what the next year will bring for STA. I can't wait to see our students take on new challenges, embrace opportunities for growth, and achieve amazing things. As a community, we have so much potential to unlock, and I'm eager to be part of the journey as we strive for excellence together.

If I could host a dream dinner, I'd invite Socrates for his pursuit of truth through knowledge; Warren Buffet to explore ideas about valuable investments, and my mum—because she'd undoubtedly handle the talking for everyone at the table! Here's to another fantastic year at STA!



24 January 2025

An Exciting Opportunity for Our Talented Students: Perform at the Royal Albert Hall!

Do you dream of performing on one of the most iconic stages in the world? This could be your chance! The Barnet Education Arts Trust (BEAT) is looking for three outstanding soloists to perform at their *All Under One Sky* gala concert at the prestigious Royal Albert Hall on **Tuesday 1 April 2025**.

What's the Opportunity?

The chosen soloists will have the honour of opening the concert by performing the first song of the evening, accompanied by BEAT's incredible orchestras, bands, and a massed choir of over 1,000 voices!

If you're a student with a passion for singing, this is your opportunity to shine on a world-famous stage.

Audition Details

- **When?** Tuesday 4 February, OR Thursday 6 February, from 5:00 to 6:30 PM (you'll be given a specific time slot).
- **Where?** Dollis Primary School, Pursley Road, NW7 2BU.

Who Can Audition?

This opportunity is open to all students attending our school.

What Will You Sing?

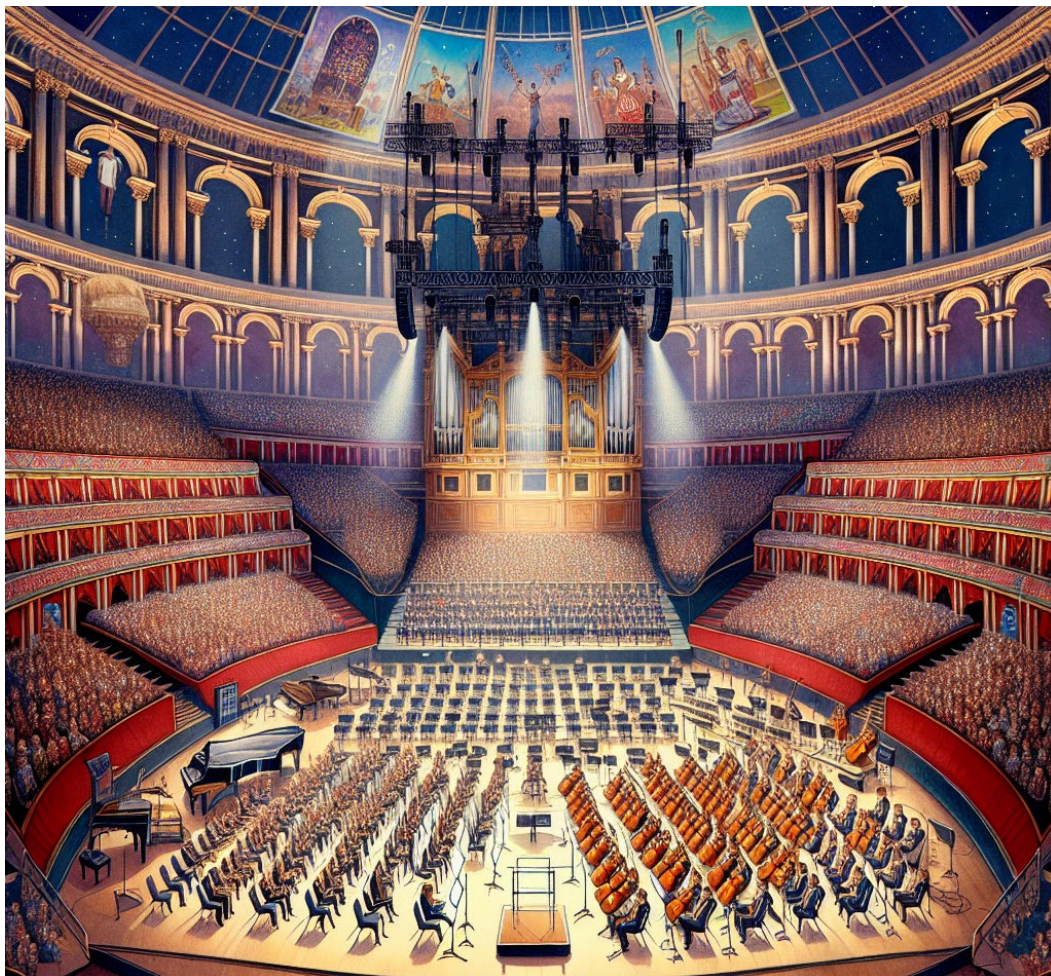
Auditionees will perform the opening solo from *Another Day of Sun*, a vibrant and inspiring piece from the film *La La Land*. To help you prepare, BEAT will provide an audition pack with audio and lyrics.

How to Apply

To book your audition or ask any questions, please contact **Sophie Boden** at sophie.boden@beatrust.org.uk.

This is a once-in-a-lifetime chance to showcase your talent and be part of an unforgettable musical experience. Don't miss your moment to make your mark at the Royal Albert Hall!

Mr Lasithiotakis | Lead teacher of Music



Creative Writing Competition

Hello from the other side.

I feel like I may have been here before.

I would say I'm sorry, if I thought that it would change your mind.

On a warm summer's evening on a train bound for nowhere...

I want to set the world to rights, but you know, I don't know where to start.

You've stolen lives and broken dreams; no man can be a deity.

Look, if you had one shot or one opportunity, to seize everything you ever wanted in one moment, would you capture it or just let it slip?

Like a bat out of hell, I'll be gone when the morning comes.

Acknowledgements: Lyrics sourced from Adele, The Cure, Hurtsfall, Eminem, Incubus, Kenny Rodgers, Killswitch Engage and Meatloaf.

Songlines

Celebrate writing along with the other five schools in the Russell Education Trust. This challenge gives you some 'stolen' lyrics from songs. Choose one to inspire your own piece of writing and include the lyrics somewhere in your piece.

RET
RUSSELL EDUCATION TRUST

Two school winners will be selected from each category: Key Stage 3, Key Stage 4 and Sixth Form. All winning entries will be published in a book and the overall winner will gain a writer's visit for their school.

Your piece of writing cannot be longer than 1000 words it must be submitted electronically as a typed document submission.

Please make sure that you proofread your work carefully.

The deadline for entries is

Friday 31 January 2025.

If you have any questions as please speak to **Ms Bassington, Head of English**



Maths and Reading Leaderboard



Dr Frost – Top 10 users in School

Rank	Student	Total Mastery
1	Kavin Y11	21331
2	Sofia Y11	18235
3	Zara Y11	17272
4	Katina Y11	15579
5	Yianni Y11	15496
6	Luca Y10	14791
7	Savan Y11	14674
8	Nicholas Y11	13753
9	Unays Y11	13438
10	Gabriel Y11	12940

Dr Frost Maths is an online learning platform designed to support students in mastering maths skills. It offers a range of interactive resources, including video tutorials, practice questions, and step-by-step solutions across all key stages. The platform is used for weekly homework, allowing students to practise and reinforce topics covered in lessons. It also provides personalised feedback to help track progress.

Top 3 Students for each year group

Rank	Student	Total Mastery
Year 7		
1	Teshan	11520
2	Ayaz	5876
3	Dominic	4963
Year 8		
1	Tia	8640
2	Aurelia	8483
3	Zoe	7412
Year 9		
1	Andreas	11437
2	Alaya	10234
3	Bowen	10002
Year 10		
1	Luca	14791
2	Hana	12442
3	Anna Maria	11612
Year 11		
1	Kavin	21331
2	Sofia	18235
3	Zara	17272
Year 12		
1	Savan	14674
2	Christos	12077
3	Theo	11205
Year 13		
1	Gabriella	12384
2	Natalia	11703
3	Giorgio	8674

For revision, Dr Frost Maths is an excellent tool, with resources covering a wide variety of topics, past exam papers, and challenges to help students prepare effectively for assessments.

Parents can also monitor their child's progress, ensuring they are keeping up with the work and improving their understanding of maths.

This platform ensures students get the support they need to succeed in maths.

Mr Dogan | Head of Maths & Business studies

Sparx Reader

Sparx Reader –

Top 10 Readers in School:

Rank	Student	Total SRP
1	Teshan	29458
2	Dominic	28982
3	Ella	10966
4	Anu	10534
5	Wealth	8935
6	Alaya	8444
7	Moyosoreluwa	7893
8	Chika	6669
9	Michelle	5704
10	Anaya	5407

Sparx Reader is an online reading platform allowing students to regularly read books for pleasure. Everyday reading is not only a relaxing activity, but also allows students to expand their ideas, vocabulary and improve understanding of any text they will face in exams or as adults.

Sparx Reader offers students a choice of books at their reading level, as well as ensuring they read books with understanding by completing check-in questions along the way. The platform is used for KS3 English weekly homework; students need to achieve minimum 300 points each week (this equates to approximately 30 min of careful reading).

We are very pleased that many of our students exceed this target every week, with some top scorers achieving well above a thousand points a week. Since the launch of Sparx Reader a month ago, our KS3 students have completed amazing 2902 hours of careful reading and read altogether 1067 books so far. Truly well done!

Top 3 Students for each year group:

Rank	Student	Total SRP
Year 7		
1	Teshan	29458
2	Dominic	28982
3	Wealth	8935
Year 8		
1	Ella	10966
2	Anu	10534
3	Anaya	5407
Year 9		
1	Alaya	8444
2	Ilya	6669
3	Niya	5704

Please ask your child what they are currently reading, and perhaps you can enjoy listening to them reading out loud a section of their current Sparx book.

Mrs Bassington | Head of English

Winter Pressures – Helping You Get The Care You Need

For Information

A&Es across Barnet and our neighbouring boroughs are under significant pressure, with a high number of flu cases, particularly among children and young people. Please follow this advice to all parents and carers on keeping yourself and your children well.

- Flu cases are currently very high in Barnet. If you think you or your child may have flu, find out what steps to take: [flu symptoms in children](#) and young people and [flu advice for adults](#)
- It's not too late to get vaccinated. If you are [eligible for a flu jab](#), contact your GP or [book an appointment at your local community pharmacy](#). Has your child missed their flu vaccination at school? [Find catch-up clinics in Barnet](#).
- Your GP practice is here to help. We have made additional evening and weekend GP appointments available throughout winter for adults and children across Barnet. [Find out how to book](#)
- Your local pharmacist can provide expert advice and medicines for minor health conditions – and you don't need an appointment. Find out about the services pharmacies offer: [Think Pharmacy First](#)
- NHS urgent treatment centres or walk-in centres can help with urgent, but non-life threatening, injuries or illnesses.
- This might be sprains and strains, suspected broken bones, injuries, cuts and bruises, stomach pain, vomiting and diarrhoea, skin infections and rashes, or high temperatures. [Find details of local centres](#)

Find out more about how to get the care you need from [Your Local Health Team](#).



Barnet's Free Home Energy Fix – Apply Today

For Information

With rising energy prices, many Barnet households are feeling the pressure, with 10% estimated to be facing fuel poverty. Help is available. Barnet Council has partnered with Groundwork London's Green Doctors Service, to provide free home energy support to residents, to cut energy bills and stay warm this winter.

By making a referral to the Green Doctor scheme, you'll receive:

- A free home energy visit: Tailored in-person or over the phone advice, based on your specific needs.
- Energy-saving kit: Items like LED bulbs and draught-proofing materials to keep your home warm.
- Guidance on energy efficiency: Tips on reducing energy use, switching suppliers, and accessing grants.

This service is available to households that meet certain criteria, including those on low income, over 60s, families with young children, or pregnant, and individuals with ongoing medical conditions.

Plus, eligible residents who apply for the Green Doctor service by 28 February 2025 will have the chance to win one of four £100 B&M gift vouchers.

With 40% of the borough's carbon emissions linked to residential energy use - not only will you save money, but you'll also be contributing to Barnet's goal of becoming a net zero borough by 2042. Help yourself or someone you know by referring them today. Find out more and check eligibility at www.barnet.gov.uk/homefix.

Sunita Trehan

Senior Campaigns Manager for Planet.

Strategy and Resources London Borough of Barnet

Td/IPV and Meningitis ACWY vaccination for pupils in Year 9



Your child is now due for their Td/IPV booster and Meningitis ACWY vaccination.



To give consent for your child to have these vaccines, please click here:

<https://ncl.schoolvaccination.uk/dtp/2024/barnet>

If you do not complete a consent form, your child may be able to give self-consent. You may also be contacted by the vaccination team on the day by phone.

Please only complete ONE FORM per child.

The consent form needs to be signed by a person with parental responsibility. See FAQs below for more details.

Young people under the age of 16 can give or refuse consent themselves if considered competent to do so by nursing staff.



If your child has had this immunisation elsewhere **after** you have submitted the consent form, you **MUST** inform Vaccination UK, or your child's school.



We try to come to your child's school twice. Children who are absent on these days will need to attend one of our community-based clinics – these can be found on our website.



For more information, please go to our website, where you can find a list of FAQs or visit our [YouTube](#) page. We also have some FAQs below.

**BARNET
IMMUNISATION TEAM**

barnet@v-uk.co.uk
0208 432 7075

TDIPV VACCINE

- Prevents tetanus, diphtheria and polio
- Is routinely offered on the NHS to pupils in Year 9

MENINGITIS ACWY VACCINE

- Protects against meningitis A, C, W and Y
 - Meningitis is dangerous swelling of the lining around the brain and spinal cord. It can be very serious, even fatal.
- Please see our FAQs for more information, or head to our website www.schoolvaccination.uk

Has your child had two doses of MMR (Measles/Mumps/Rubella)?

All children should receive two doses of MMR, at age 1 and then again at 3 years, 4 months. If your child has not had two doses, they may not be fully protected. We can offer an MMR booster at the same time as the Td/IPV and MenACWY.

If you answer 'no' to the question 'has your child had two doses of MMR vaccine', one of our Nurses will be in touch to offer this.

PRIVACY POLICY

Our 2023/24 policy can be viewed here: www.schoolvaccination.uk/privacy-policy
For data protection queries, please contact: dpo@vaccinationuk.co.uk

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks to this guide outlines some of these concerns and explains how to use fitness apps safely.

WHAT ARE THE RISKS?

- LACK OF PERSONALISATION**
Many apps take a one-size-fits-all approach, failing to account for the user's age, sex, weight, height, fitness level, and medical history. This can lead to inappropriate recommendations and even injuries.
- DATA AND PRIVACY CONCERNS**
Many fitness apps collect a vast amount of personal data, including location, activity levels, and health information. It's crucial to understand how this data is stored, shared, and protected.
- NOT DEVELOPED BY EXPERTS**
Some fitness and wellbeing apps are developed by amateurs or individuals without relevant qualifications. This can lead to inaccurate advice and potential health risks.
- REDUCED INTERACTION WITH OTHERS**
While some apps offer social features, they can also lead to isolation and a lack of real-world support and encouragement.
- EXERCISE AND SOCIALISE**
Highlight the importance of children engaging in physical activity with family and friends. Encourage them to explore local parks, sports clubs, and community groups.
- PROMOTE POSITIVE BODY IMAGE**
Warn against apps that promote unrealistic body goals or use negative language. Encourage a focus on health and well-being rather than appearance.
- MEET OUR EXPERT**
Dr Claire Buchanan is an online safety consultant, educational and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and consulted and researched for the Australian Government concerning internet use and wellbeing behaviour of young people in the UK, USA and Australia.

ADVICE FOR PARENTS & EDUCATORS

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Wake Up Wednesday The National College

Prefix of the week

pan- [Greek] = **all**

Panorama (all that is able to be seen from a particular viewpoint)

Pandemonium (uproar and chaos/all demonic; literally "all demons")

Pandemic (disease which affects all people)

ST ANDREW THE APOSTLE CHINESE NEW YEAR

COMING SOON!

CELEBRATE HERE ON 29th January!

YEAR OF THE SNAKE!

FORTUNE FAVOURS THE COOKIE EATER!

TURTLE KEY ARTS

“It was amazing and I didn't want it to end!”
Aaron Turtle Opera participant 2023

JOIN OUR FREE MUSIC & DRAMA PROJECT FOR YOUNG PEOPLE ON THE AUTISM SPECTRUM

Four days of workshops with a professional composer and director, creating your own stories and music for an informal performance. A specialist team from Turtle Key Arts will support the group, enabling fun and friendships!

Barnet Youth Winter 2024

Free Winter Camps and Activities

Free trips to Laser Quest, Flip Out and theatre

Fun Days

Sublime science, magic shows and Christmas Tales

Volunteering

Could you be a Holiday Activity Volunteer?

barnetyouth.uk

Caring for people, our places and the planet

BACE Holidays Fully funded by the Department for Education

Download the Studybugs app for reporting your child's absence.

A quick and secure way to report absence due to illness and send messages to school.

GET IT ON Google Play

Download on the App Store

Studybugs

FOR 11 TO 15 YEAR OLDS

Dates Tue 18 - Fri 21 Feb

Time 11:00am til 3:30pm

V&A Museum South Kensington London SW7 2RL

APPLY NOW! Free Limited spaces available

Call us on 020 8964 5060

Email ellie@turtlekeyarts.org.uk

Parents: feeling too busy rushing around to find out what your son/daughter is learning at school? Check out the curriculum online on our website to find out more: [Curriculum](#)

BELS Barnet Education & Learning Service

BELS Advisory Team for Autistic Children and Young People

Designated Safeguarding Leads

Click for more information

Miss Walt Mrs Viala Mrs Poole

[Click here to view all Extracurricular club's schedule](#)