



St Andrew The Apostle School  
Newsletter 26.09.25

**STA** **ST ANDREW  
THE APOSTLE**

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*Dear Parents, Carers and Members of our school community,*

*As we settle into this new academic year, I would like to take a moment to reflect on what has been a joyful and purposeful start for our academic year. We are blessed to have moved into our new building, and I want to extend my heartfelt thanks to everyone who made this transition successful.*

*A very special thank you goes to Father Gregory, who visited us to sanctify our new space. His prayers and presence brought a sense of peace and purpose, reminding us that everything we do is grounded in our faith. It was significant that his visit coincided with the Feast of the Exaltation of the Holy Cross—a time of reflection. This moment served as a reminder that, no matter where we are, Christ is at the centre of our learning and our relationships.*

*One of the recent highlights was welcoming families for our Year 8 and Year 9 student-led tours. It was heartening to see students proudly walking through the new building, showing their parents where they learn each day. It was a pleasure to witness.*

*I want to extend my thanks to those staff members who organised the Year 10 and Year 12 Settling in Evening on Thursday. These events are so important as students enter critical stages of their education, and I know that much was learned. Thank you to everyone who contributed their time and energy to ensuring these evenings were informative, supportive and welcoming.*

*Our staff also deserve a great deal of appreciation for their continued efforts in offering a rich variety of extracurricular clubs. From sports and music to faith groups and academic societies, our after-school offerings are a vital part of school life. I encourage all parents to read this newsletter carefully for more details about what is available. There is something for everyone; these opportunities are a way for students to explore their talents and develop confidence beyond the classroom.*

*Looking ahead, we are eagerly anticipating the Year 7 trip to Gilwell Park next week. This annual trip is always a success, providing students with a chance to bond, try new challenges, and develop independence in a safe, supportive setting. We look forward to sharing stories and photos from the trip in our next newsletter.*

*On Tuesday 7 October 2025, we will be welcoming all prospective parents to our Open Evening. Please note that students will be dismissed at 12.35pm, and there will be a late start for students on Wednesday 8 October 2025. Students must arrive for registration at 10.35am.*

*As always, thank you to our families for your ongoing support. Together, grounded in our Orthodox Christian faith, we will continue to build a nurturing and inspiring environment for all our students.*

*With warm wishes,*

***Christopher Martin | Headteacher***

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## **Faith at the Heart of Our School**

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By the School Chaplaincy Team

*This month has been a beautiful reminder of how deeply our Orthodox Christian faith is woven into the life of our school. We were honoured to welcome Father Gregory, who came to sanctify our new building with a special blessing. His visit brought peace and reverence to*

*our halls and reminded us all that our work and learning are part of something much greater  
— a journey with God at the centre.*

*Father Gregory also led us in marking the Feast of the Exaltation of the Holy Cross, a powerful celebration in the Orthodox calendar. It calls us to remember Christ's sacrifice and love, and it helps us reflect on how we can carry our own crosses with faith, humility, and perseverance.*

*One of our core Christian values at school is forgiveness. In a world that often encourages blame or holding onto anger, we are called to live differently. Forgiveness is not always easy, but it is essential for healing, for peace, and for building strong relationships in our school and beyond. As Christ teaches us in the Lord's Prayer, we ask God to "forgive us our trespasses, as we forgive those who trespass against us." Let us continue to practice this daily — in our classrooms, our playgrounds, and our homes.*

*This week we also celebrate the Name Day of Xaritinis (Charitini). Saint Charitini was known for her gentleness, faith, and courage under persecution. Her name comes from the Greek word "charis," meaning grace — a beautiful reminder of God's love freely given to us. We send warm wishes to all those in our community named Charitini and encourage everyone to learn more about her inspiring life.*

*May the school year ahead be filled with grace, faith, and forgiveness.*

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## Father Gregory Visits to Celebrate the Exaltation of the Holy Cross at STA



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*We were honoured to welcome Father Gregory to St Andrew the Apostle School on Tuesday 23 September 2025 as part of our observance of the Feast of the Exaltation of the Holy Cross, a significant day in the Orthodox calendar that commemorates The Cross as a symbol of Christ's triumph and love.*

*Father Gregory began the day by leading a beautiful and reflective assembly with our Year 7 and Year 8 students, followed by a second assembly with our older year groups. His message focused on the meaning of The Cross in our daily lives—reminding students to live with courage, compassion and faith.*

*Following the services, Father Gregory moved through the school to perform sanctification in multiple spaces of our new building, blessing classrooms, and communal areas, where students and staff gather. His presence brought a sense of peace and spiritual renewal to the school community. This visit, the service and the sanctification was especially poignant this year as this is the first celebration of the Exaltation of the Holy Cross in our new school building.*

*The visit was a meaningful reminder of our shared values and the importance of faith in our school life. We are deeply grateful to Father Gregory for his time, wisdom and blessings.*

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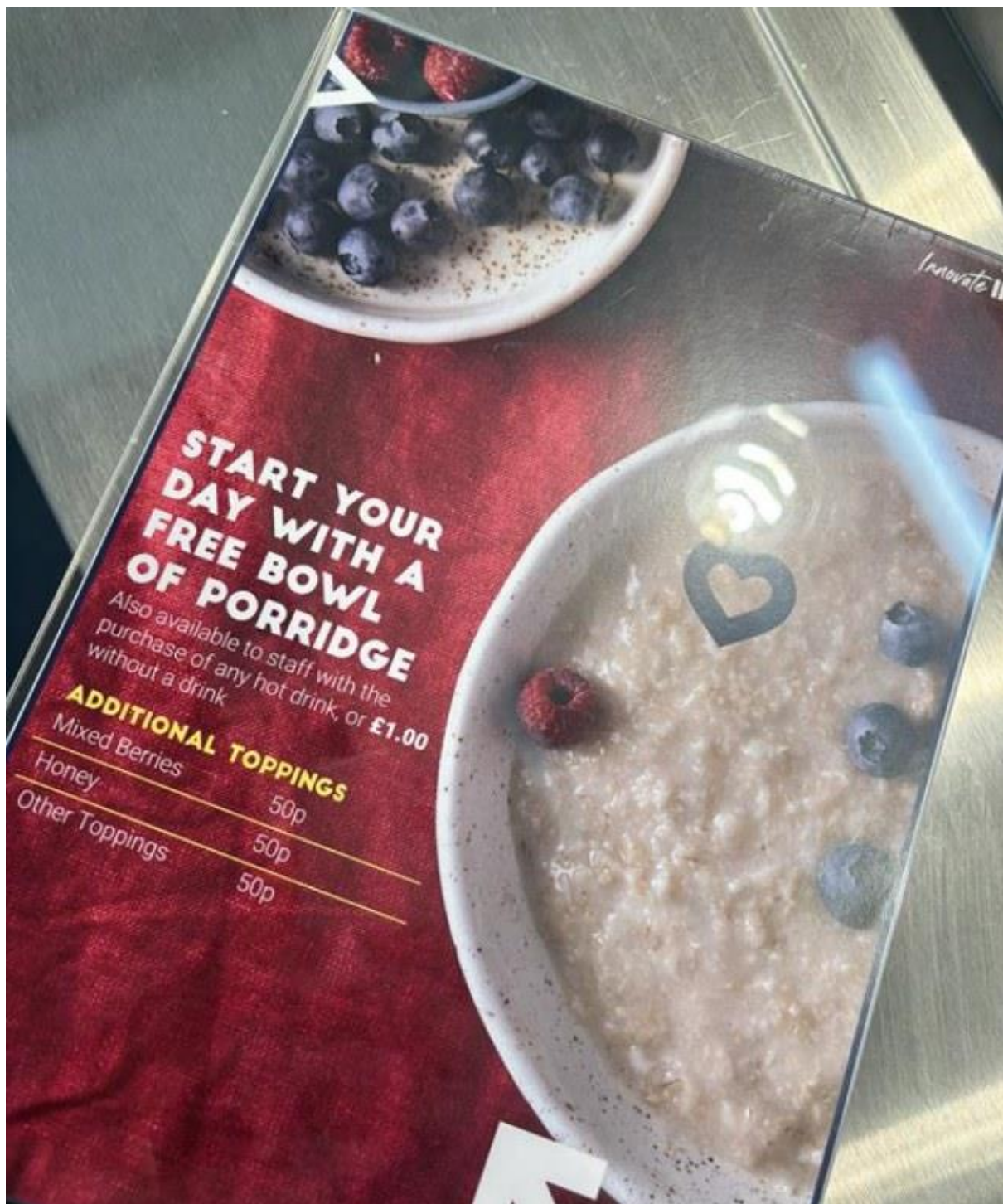








## Start the Day Right: Free Porridge for All Students!



*We're proud to offer free porridge every morning to all students, alongside a selection of other nutritious breakfast options that students can purchase. Whether it's toast, fruit, or cereal, there's something for everyone to enjoy before the school day begins.*

*We know that breakfast is the most important meal of the day — it fuels the body and mind, helping students stay focused and ready to learn. By making breakfast accessible to all, we're removing barriers and setting our young people up for success.*

*One student shared, "I was in such a rush this morning I didn't have time to eat at home. Having porridge at school meant I wasn't hungry through the day and I could concentrate in all my lessons."*

*Breakfast is available every school day from 7.45am in The Olive Tree, and we encourage all students to take advantage of this offer.*

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## **Student Council**

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*On Thursday morning, Headteacher Mr Martin met with the Student Council to share his long-term vision for the school, with a particular focus on how student voice can positively impact teaching and learning. The council engaged in thoughtful discussion around future initiatives and their role in shaping a dynamic, inclusive school environment.*

*In addition, we're pleased to announce that sign-up for the Charity Football Tournament will go live on ParentPay next week. The cost is £3 per player, and all proceeds will go towards:*

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- *Purchasing new library books*
  - *Supporting the recovery of student from King School in Brighton who was seriously injured during the last academic year*
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*This is a fantastic opportunity to come together as a community and make a meaningful difference.*

*📢 Reminder: Applications are now open for Year 7 and Year 8 students who wish to join the Student Council. Interested students should complete a letter of application and hand to Mr Browell or their form tutor.*

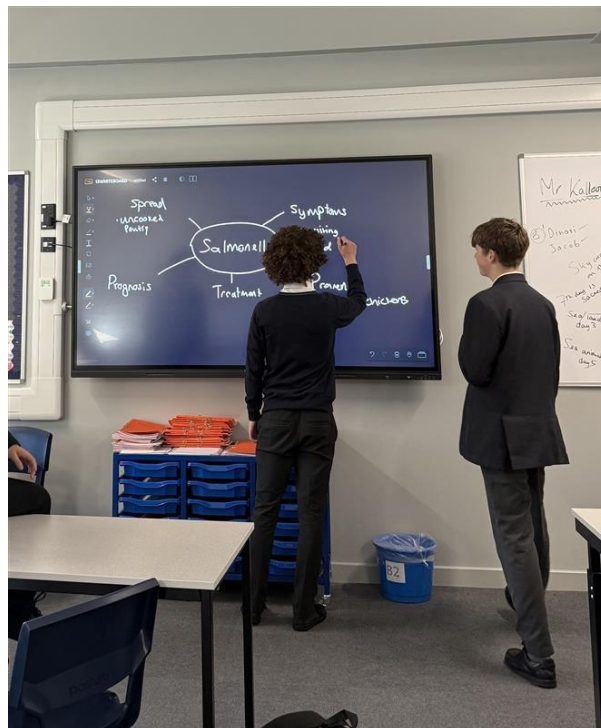
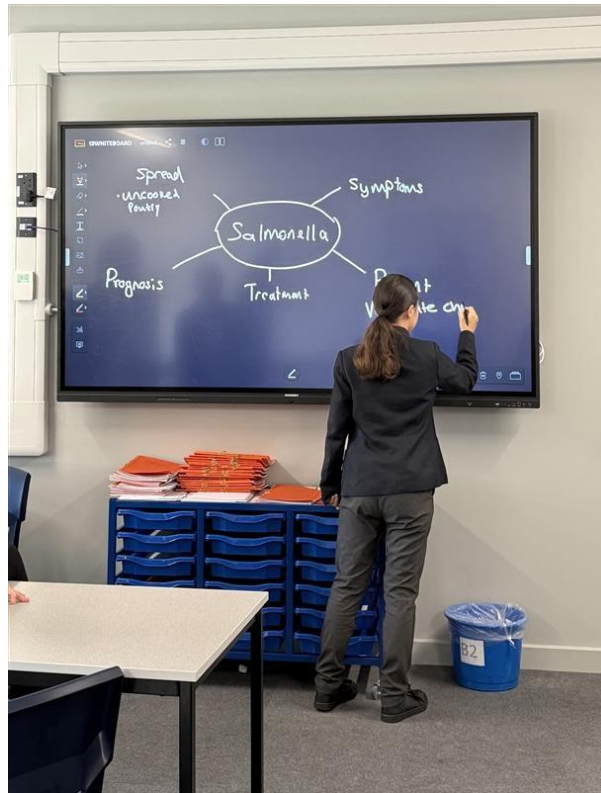
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## **Form Time Highlights: Revision in Action!**

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*10 Philip has been doing an excellent job applying the revision strategies we've been exploring in form time. Recently, we focused on creating flashcards and generating targeted questions from the specification. Today, we took it a step further by practicing blurting using the mind maps we had made in Biology about communicable diseases. Philip's effort and enthusiasm truly stood out! It's great to see these techniques being put into practice so effectively!*



## Tea with the Headteacher: Recognising a Positive Start



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*We are delighted to celebrate students who have made an excellent start to the academic year. As part of our rewards system, the top students in each year group were invited to attend the first Tea with the Headteacher event for 2025/26.*

*The top students were chosen based on the number of achievement points that have been awarded to students, which parents can view daily on My Child At School (MCAS). During the event, students enjoyed hot chocolate and cake while discussing their future aspirations with peers from across different year groups. This provided an opportunity for students to share ideas, reflect on their achievements, and consider their next steps.*

*Tea with the Headteacher is designed to bring together our school values of caring and responsibility. By recognising students' efforts and encouraging them to support one another, we aim to foster a positive and inclusive school community. The event also reflects our school motto, "Ever to Excel," as we encourage all students to strive for personal growth and excellence in all that they do.*

*Congratulations to all those who were invited. We look forward to seeing more students at future events as we continue to celebrate the achievements and positive contributions within our school.*

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## Celebrating Creative Writing Success – Grim Tales Competition

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*We are thrilled to celebrate the incredible achievement of three talented Year 8 students – Elizabeth, Danilo and Avash – whose creative writing pieces have been selected for publication in the Grim Tales competition. Their imaginative and captivating stories stood out among hundreds of entries, earning a well-deserved place in the final anthology. This is a fantastic accomplishment, and we are so proud of their hard work and creativity.*

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## Sports Section

### *Y8 and Y9 Netball v The Compton School*



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*The Year 8 and Year 9 netball teams kicked off the 2025/26 season with great energy and teamwork in their first fixture against The Compton School.*

*Despite both teams facing narrow defeats, the girls played with determination and skill throughout. Special congratulations go to our Players of the Match: Evie (Y8) and Gabriella (Y9), who showed outstanding performance on court.*

*We're incredibly proud of all the players and are excited to host our first home fixtures at STA in the coming weeks. Let's keep the momentum going – we can't wait to see what the season brings!*

***Miss Walt | Assistant Headteacher & Teacher of PE***

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## Celebrating Individual Sporting Success



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*We are proud to celebrate the remarkable achievement of one of our Year 8 students, Evie, who took part in the Swim Serpentine event in Hyde Park on Saturday 20 September 2025.*

*Swim Serpentine is one of the UK's largest open water swimming events, held annually in Serpentine Lake. It attracts swimmers of all ages and abilities, but very few as young as Evie—participants must be at least 12 years old to enter, and Evie's twelfth birthday was just a couple of months ago.*

*Evie showed extraordinary courage and determination by swimming half a mile without the comfort of a wetsuit, tackling the 17°C water with confidence after acclimatising over the summer at the Hampstead Heath ponds. Her swim began at 8.20am, meaning a very early start with Evie and her family up at 5.30am to make it to Hyde Park in time.*

*Completing the course in 31 minutes, Evie demonstrated not only physical endurance but also a fantastic mindset and commitment to challenge herself. Her participation in this event is a testament to her resilience and adventurous spirit.*

### **Miss Walt | Assistant Headteacher**

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## Celebrating Our Environmental Achievement

### *Cycling to School*



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*Several students have started cycling to school as part of a collective effort to help protect the environment. By choosing bikes over cars or buses, they're reducing carbon emissions, promoting cleaner air, and setting a great example for sustainable living. It's a small change with a big impact—and a positive step toward a greener future.*

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### *STA's Sustainable Sip: Over 4,898 Bottles Saved in Just 3 Weeks!*



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*STA has made an incredible impact by saving over 2,898 plastic bottles in just three weeks, thanks to the installation of brand-new water fountains in our new building. This initiative not only promotes sustainability but also encourages students and staff to make environmentally conscious choices every day. Well done to everyone involved!*

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*STA's Carbon Cut: 2,112kg of CO<sub>2</sub> Saved!*



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*St Andrew the Apostle School is proud to announce that our new building has already helped save 2,112 kilograms of carbon dioxide through our use of solar panels—a huge step toward*

*reducing our environmental footprint. This achievement reflects our commitment to sustainability and creating a greener future for our school community.*

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## **Building Learning Habits at STA**

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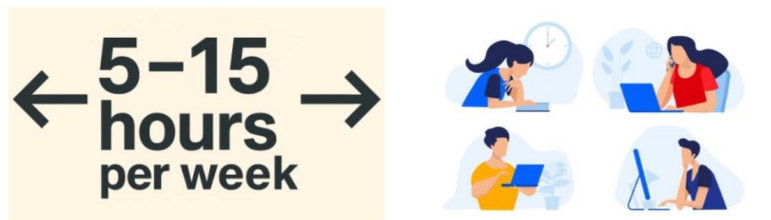
*Last week, we set 108 Learning and Practice tasks across all year groups, for students to complete at home. Please check your child's Bromcom account, or your My Child At School account for details. We know some Year 7 students have yet to login, so please don't worry – teachers will be flexible about due dates for our newest learners. If you have any difficulty accessing Bromcom or MCAS, please refer to 'A Guide to Student ICT' under 'School Life' on our website.*

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### **3.1 BUILDING LEARNING HABITS: VISION**



Every student spends 5-15 hours a week on effective learning and practice at home, so that all students feel confident of their knowledge and skills and exceed expected progress to achieve their full potential.



*In general, the expectations are as below, and the due date will usually be one week after the date the task is set below.*

*Look out for more information about our approach to learning and practice at home in future communications home.*

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Learning and Practice	
KS3 Expectations	KS4/5 Expectations
1-1½ hours of learning and practice per day	2 hours of learning and practice per day AND up to 1 hour of additional independent revision and consolidation
At least 1 hour per week from each of English, Maths and Science	At least 2 hours per week from each of English, Maths and Science
Subjects with 1 lesson/week: online, self-marking, low stakes tests fortnightly; may include longer project work	Option subjects: 1.5 hours per subject, per week
In subjects you have once a week you will have one activity per fortnight, or you might have a longer project to be working on.	
In subjects with 2 lessons each week, you will have about 1 hour per week.	
If you don't have a quite, comfortable place to complete Learning and Practice at home, you must attend Learn and Practice club which takes place every day after school in the Library.	

## Extra-Curricular Clubs

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*We're excited to announce that from next week, 29 September 2025, our full programme of extra-curricular clubs will officially commence. Students will have access to a wide variety of lunchtime and after-school activities, designed to enrich learning, build friendships, and develop new skills.*

*Whether you're passionate about sports, music, arts, literacy, numeracy, debate, or horticulture, there's something for everyone. Clubs are open to all year groups and offer a fantastic opportunity to explore interests beyond the classroom.*

*For clubs running at lunchtime, students will be issued lunch passes to allow early access to the dining hall—ensuring they have time to eat before attending their chosen activity.*

*To sign up, students must use Student Portal:*

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- 1. Log in to the portal*
  - 2. View your dashboard*
  - 3. Click on clubs*
  - 4. Find your preferred club and click enrol*
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*We encourage all students to get involved and make the most of what's on offer. Please see lunch and after-school timetables.*

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## Extra - Curricular Lunch Time Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Library - Study Plus Group (Ms Azad)	Library - Study Plus Group (Ms Azad)	Year 11 Public-Library Style revision (TA)	Library - Study Plus Group (Ms Azad)	Library - Study Plus Group (Ms Azad)
Year 11 Public-Library Style revision (TA)	Year 11 Public-Library Style revision (TA)	Year 9 Band Practice (Mr Lasihiotakis)	Year 11 Public-Library Style revision (TA)	Year 11 Public-Library Style revision (TA)
Chess Club (Mr Kallour)	Mind the Gap (Mr Nicolas)	The Inner Circle KS5 (Ms Sorigente)	Year 11 Band Practice (Mr Lasihiotakis)	KS3 Reading Club (Ms Pallas)
Choir (Mr Lasihiotakis)		Debate Club (Mr Walsh)	Strategy Club (Mr Dogan)	Drama Club (Ms Nelson)
Post Advice and Support (Ms Kover)		IT Surgery (Mr Ahmed)		
		Apostle News Club (Ms Casey)		

## Extra - Curricular After School Schedule 3pm to 4pm

Monday	Tuesday	Wednesday	Thursday	Friday
Learning and Practice club (TA)	Learning and Practice club (TA)	Learning and Practice club (TA)	Learning and Practice club (TA)	Learning and Practice club (TA)
Young Writers Club (Ms Casey)	Art Club KS3 & Year 10 (Miss Lisle)	Debate Club KS3 (Dr Beaudin)	DT Club (Ms Ayres)	Level 3 Algebra Club (Mr Dogan)
All Years Football (PE Team)	French Club KS4 (Ms Erram)	Netball (PE Team)	Physics Club KS4 (Mr Chalapas)	
Negotiation Club (Ms Rafique)	Allotment Club (Ms Butler)		Biology Club KS4 (Miss McCaffrey)	
			STEM Club KS3 (Miss Morar)	
			Chemistry Club KS4 (Ms Frost)	
			Basketball Club (PE Team)	

## Meet the Staff

*Hello, my name is Mr Christou and I have been the Exams and Data Manager at St Andrew the Apostle School since December 2018. From the first day I joined I have really enjoyed my time; the school is very welcoming, supportive and all colleagues work extremely hard to support students in achieving great results every year. Students are polite and well behaved and there is a real community feel about the school.*

*In my spare time, I enjoy spending time with my family, travelling, weightlifting and playing football; I feel that your body is a reflection of your mind and its important keep both strong and active. If I was hosting a dinner party the three celebrities, I would invite would be Jurgen Klopp, Michael Jordan and Jeff Bezos, there would some interesting conversations and they could share their secrets to success.*

*I am passionate about helping students succeed and in particular are very proud when I see lots of happy faces on results day. I am enjoying working in our new building and believe this will help the school continue to thrive and go from strength to strength.*



## Careers

### *Explore Careers in Allied Healthcare - Virtual Work Experience Opportunity*

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*Students in Years 10, 11, 12 and 13 who are interested in pursuing careers in healthcare are invited to take part in an exciting Allied Healthcare Virtual Work Experience session on Sunday 5th October, running from 9am to 5pm. Register here:*  
<https://alliedhealthmentor.org/nhs-healthcare-careers-virtual-work-experience/>

*This full-day online event will focus on key areas of Pain Management and Mental Health, offering valuable insights into a wide range of professions, including:*

- *Nursing*
- *Midwifery*
- *Paramedicine*
- *Physiotherapy*
- *Occupational Therapy*
  - *Dietetics*
  - *Radiography*

- *Prosthetics and Orthotics*
- *Speech and Language Therapy*
  - *Pharmacy*

*Participants will hear from experienced professionals, explore real-life case studies, and gain a deeper understanding of the skills and pathways required for each role. This is a fantastic opportunity for students considering careers in health and social care, medicine, or therapy-based fields. Spaces are limited, so early registration is encouraged. UCAS deadline for NHS Health Careers is in January, the work experience will be vital. Don't miss this chance to explore the world of healthcare and take the next step toward your future career.*

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## *Get Into Medicine & Dentistry – Free Online Conference for Aspiring Students*

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*Are you considering a future career in Medicine or Dentistry?*

*Don't miss the opportunity to attend the Get into Medicine or Get into Dentistry Conference— a complete guide to navigating the medical and dental UCAS application journey.*

*These interactive online events offer essential insights for students and parents, helping you understand the application process, connect with professionals and fellow students, and explore what a career in healthcare truly involves.*

*The conferences will provide tailored advice on:*

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- *Application timelines and key deadlines*
- *How to tactically choose Medical/Dental schools*
- *Personal statements – new format and updates*
  - *Medical/Dental school interviews*

- *UCAT entrance exam preparation*
  - *National leadership and awards programmes*
  - *Accessing work experience opportunities*
  - *Finding and applying for scholarships*
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 **Upcoming Dates:**

*Get into Medicine*

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- *Sunday 28th September, 9:00am – 1:30pm*
  - *Saturday 4th October, 9:00am – 1:30pm*
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Register here: [https://medicmentor.org/get-into-medicine-conference-signup/?utm\\_source=Sendgrid&utm\\_medium=Email](https://medicmentor.org/get-into-medicine-conference-signup/?utm_source=Sendgrid&utm_medium=Email)

*Get into Dentistry*

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- *Saturday 27th September, 9am - 1:30pm*
  - *Saturday 18th October, 9am - 1:30pm*
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Register here: [https://dental-mentor.org/get-into-dentistry-conference-signup/?utm\\_source=Sendgrid&utm\\_medium=Email](https://dental-mentor.org/get-into-dentistry-conference-signup/?utm_source=Sendgrid&utm_medium=Email)

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## INVEST In - Free Webinars

**INVESTIN**  
THE ULTIMATE WORK EXPERIENCE

**Free Webinar Series**

**YOUR NEXT STEPS BEYOND SCHOOL**

InvestIN are running a series of free webinars to help you think about your next steps after school. Each session gives practical advice on different pathways and what you can be doing now to strengthen future applications.

The events are suitable for all students in Years 11-13, whether you are just starting to explore your options or are preparing applications.

**UPCOMING EVENTS:**

If you cannot join live, you can still register to receive the recording.

**MAKING IT TO MEDICAL SCHOOL**  
TUESDAY 30TH SEPTEMBER · 6-7 PM UK TIME

Gain expert insight from UCLH Dr Obaid Sayed on how to approach medical school applications and show admission tutors you're ready for the challenges of medical school.

**ALTERNATIVE PATHWAYS TO UNIVERSITY**  
WEDNESDAY 1ST OCTOBER · 6-7 PM UK TIME

University isn't the only route - explore how degree apprenticeships and other pathways can lead to successful careers.

**UNDERSTANDING UCAS**  
THURSDAY 2ND OCTOBER · 6-7 PM UK TIME

Learn how to build a UCAS application that stands out, and discover the steps you can take now to showcase your interests and experiences.

**SIGN UP**

[info@investin.org](mailto:info@investin.org)    +44 (0) 203 488 5089    [www.investin.org](http://www.investin.org)

## SEND Information

### ALFA Presents: Lunchtime Learning - EHCP 101



**ALFA**  
part of Keys Education

YOU ARE INVITED....

**ALFA Presents  
Lunchtime Learning  
EHCP 101**

24th September 2025  
11am - 1pm

*Less than one week to go; limited spaces available...*

*We're excited to launch ALFA Presents: Lunchtime Learning — our new series of online events designed to support families and professionals involved in the care of children with SEND.*

*Our first session is on Education, Health & Care Plans (EHCPs), led by our Principal Educational Psychologist, Emma Martin.*

*This session will be best suited for parents and Special Educational Needs and Disabilities (SEND) coordinators in England, and will cover a range of topics, including:*

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- What EHCPs really mean – understanding outcomes, the “Golden Thread,” and how to make them work in practice*
  - Putting children at the centre – keeping their voices and needs at the heart of the process*
  - Clearing up confusion – common myths, challenges in the education system, and your questions answered. [Sign up here](#)*
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*The Basketball Bulldog Club*

## **SEND Basketball Sessions**

### **For Information**

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*The Basketball Bulldog Club is providing a number of inclusive SEND basketball sessions. Please see the poster and the below link to register.*

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- <https://barnetyouth.uk/event/Special-Educational-Needs-and-Disabilities-Basketball-Session/6548>*
- 

*The sessions take place every Thursday, 5.00pm to 6.00pm at Copthall Leisure Centre.*

*Annalisa Cellini*

*Fit & Active Barnet Development Officer Greenspaces & Leisure*

*Communities, Adults and Health*

*London Borough of Barnet*



**NO EXPERIENCE NECESSARY!**

**BARNET BULLDOGS**  
BASKETBALL CLUB

EVERY TUESDAY  
5PM – 6PM

AGES 11-19

BARNET COPTHALL  
LEISURE CENTRE,  
NW4 1PX

**SEND  
BASKET  
BALL  
SESSION**

Join us for our inclusive  
SEND Basketball Sessions

**FREE**

For more information, contact us at:  
[info@bulldogsbasketball.club](mailto:info@bulldogsbasketball.club)

**SPORT ENGLAND**

The poster features a basketball player in a white and orange uniform dribbling a ball. The background is dark blue with orange accents. The text is in white and orange, with 'SEND BASKET BALL' in large, bold letters.

*BACPAC: Barnet Autism Course for Parents And Carers.*



**BELS Advisory Team  
for Autistic Children and Young People**

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## *An Online Parent/Carer Training Course Autumn Term 2025*

*A comprehensive training and support programme for parents/carers of children aged 6-19, with a diagnosis of Autism. This course is available free of charge to families living in Barnet.*

*A 6-session online training course, covering topics including:*

- An overview of what it means for your child to be Autistic.*
- Communication.*
- Sensory needs.*
- Understanding emotional regulation/'behaviour'.*

*This course also gives parents/carers an opportunity to learn together and share experiences online. Please only sign up for one of these courses and please do not sign up if you have already attended this course, or the Cygnets Course.*

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**BACPAC: Barnet Autism Course for Parents and Carers.  
Autumn Term 2025 One, A 6-session morning course.**

**Dates and times:**  
Monday 8<sup>th</sup> September 10-11.30am  
Monday 15<sup>th</sup> September 10-11.30am  
Monday 22<sup>nd</sup> September 10-11.30am  
Monday 29<sup>th</sup> September 10-11.30am  
Monday 6<sup>th</sup> October 10-11.30am  
Monday 13<sup>th</sup> October 10-11.30am  
Sign up here: [BACPAC Autumn 2025 One](#)

1 - [BACPAC: Barnet Autism Course for Parents And Carers, Sept. & Oct. 2025. Sign-up form.](#)

**BACPAC: Barnet Autism Course for Parents and Carers.  
Autumn Term 2025 Two, A 6-session evening course.**

**Dates and times:**  
Monday 3<sup>rd</sup> November 6-7.30pm  
Monday 10<sup>th</sup> November 6-7.30pm  
Monday 17<sup>th</sup> November 6-7.30pm  
Monday 24<sup>th</sup> November 6-7.30pm  
Monday 1<sup>st</sup> December 6-7.30pm  
Monday 8<sup>th</sup> December 6-7.30pm  
Sign up here: [BACPAC Autumn 2025 Two](#)

2 - [BACPAC: Barnet Autism Course for Parents And Carers, Nov. & Dec. 2025. Sign-up form.](#)

## *Barnet SENDIASS Information Session*

# **Barnet SENDIASS Virtual Information Session - The EHCP Annual Review Process**

**For Information**

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*We are pleased to announce, Barnet SENDIASS will be holding a virtual information session for Barnet resident parents/carers of children and young people with special educational needs or disability:*

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- *Date: Wednesday 05 November 2025*
  - *Time: 10.00am to 12.00pm*
  - *Location: Online via MS Teams*
  - *Theme: The EHCP Annual Review Process*
  - *Presenters: Barnet Sendiass*
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*Registration details will be available soon.*

*If you have any questions, please contact: [sendiass@barnet.gov.uk](mailto:sendiass@barnet.gov.uk)*

***Ablavi Dagbo***

***Manager, Barnet SEND Information Advice & Support Service Caseworker***

***Family Services***

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## BICs Family Minds Workshops



Supporting Children and Young People's  
Wellbeing and Mental Health Service

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### ***Introduction to Neurodiversity Workshop***

*BICs are inviting you to join a virtual mental health workshop which aims to help parents and carers to build awareness and understanding of neurodiversity and how it may affect their child or young person. We'll introduce key themes and explore common challenges – sharing practical strategies for navigating support.*

*We will cover; how to access support with or without a formal diagnosis, ways to advocate for your child in school, simple and effective strategies to try at home, and the local services/resources available in Barnet.*

*This workshop is aimed at parents/carers with lived experience of neurodivergent children, families new to Barnet and seek guidance of available support, those new to the concept of neurodiversity and anyone seeking guidance pre-diagnosis for their child/young person. Wed, 8 Oct 2025 12:00 - 13:15 BST*

### ***BICs Family Minds: Supporting your Child's Emotional Wellbeing***

*This workshop is to gain a deeper understanding of your child's wellbeing and learn how to support their mental health in ways that respect and include your family's cultural background and practices. You'll gain practical tips, advice, and guidance on where to turn to for additional support and services if needed. By the end of the workshop, you will feel empowered with tools to continue help your child feel understood and supported. Wed, 5 Nov 2025 12:00 - 13:15 GMT*

### ***Supporting your Child to Manage Difficult Emotions***

*In this workshop we will cover what our stress response is and how it effects children and young people's ability to manage their emotions. You will learn skills to help support your child in managing difficult emotions as well as how you can model self-care and emotion regulation. Wed, 26 Nov 2025 12:00 - 14:00 GMT*

### ***Understanding and Managing Friendships***

*BICS are inviting you to join a virtual mental health workshop which aim to increase your knowledge on managing friendships and the difficulties that may affect your child or young person.*

*The workshop will increase your understanding of your child or young person's friendships and the difficulties that may arise. The workshop will help you to understand how anxiety plays a role in friendships difficulties and socialising, how this is affected by neurodivergence and how to empower your child or young person to develop boundaries around friendships and manage bullying. Wed, 26 Nov 2025 12:00 – 13:30 GMT*

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## **Safeguarding at STA**

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*At St Andrew the Apostle School we take safeguarding and child protection issues very seriously.*

*We believe that all those who come into contact with children and families in their everyday work have a duty to safeguard and promote the welfare of children.*

*Prior to employment all staff (paid or voluntary) are checked.*

*The designated safeguarding lead (DSL) for Child Protection is Ms Walt.*

*The deputy designated safeguarding lead's (DDSLs) for Child Protection are Mr Martin and Ms Bicarregui.*

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## Attendance

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.

Studybugs

The advertisement features a blue background. At the top, there is an illustration of a laptop and a smartphone displaying the Studybugs app interface. Below this, the main text reads "Download the Studybugs app for reporting your child's absence." followed by a smaller line of text: "A quick and secure way to report absence due to illness and send messages to school." In the lower section, there is a QR code on the left, and two logos on the right: "GET IT ON Google Play" and "Download on the App Store". At the bottom, the "Studybugs" logo is displayed with a green plus sign icon.