



## St Andrew The Apostle School Newsletter 03.10.25

**STA**

**ST ANDREW  
THE APOSTLE**

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*It has been a joyful start to the school year, and one of the highlights so far has been witnessing the range of extra-curricular activities that have launched across our school this week. Partly, we've been able to do this because of our new building, but also because of the dedication of our staff. It's been wonderful to see students so actively involved in enriching opportunities beyond the academic timetable.*

*I'm especially looking forward to sampling the fresh produce from our Allotment Club — the students will be working to grow vegetables and herbs, and we aim to use these in The Olive Tree then. There's something very special about young people learning about sustainability, healthy eating, and teamwork through hands-on experience in nature.*

*Another exciting project is our Key Stage 5 Electric Car Club, where pupils are learning about green technology and engineering. I can't wait to see them take to the track with their vehicle — the pride they've taken in designing and building it is impressive.*

*Meanwhile, our Chess/Strategy Club continues to go from strength to strength. The strategic concentration our students on display during their matches is remarkable, and it's clear that this activity is developing skills that extend well beyond the board. Similarly, our Debate Clubs at Key stages 3 and 4 are in full swing, and I look forward to hearing passionate, articulate discussions from our students as they grow in confidence and critical thinking.*

*One of the standout events of this term so far has been the Year 7 residential trip to Gilwell Park, which took place on Friday. It was heartening to see new friendships forming and watch students challenge themselves through outdoor adventures and team-building activities.*

*I would also like to extend my thanks to Father Gregory and Mr Polycarpou, Headteacher at St Barnabas Greek Language School, for the warm invitation to attend the blessing of their school at the beginning of the academic year. It was a privilege to be part of such a meaningful event, and it was lovely to speak with students and parents about their experiences and aspirations for the years ahead.*

*The sense of shared purpose between our schools was evident. Our combined focus on community values, spiritual development, and academic excellence is what sets us apart.*

*Looking ahead, we are eagerly anticipating our Open Evening next Tuesday. With our fantastic academic results, strong commitment to extracurricular enrichment, and the unveiling of our brand-new school building, we are expecting a busy evening. We are excited to welcome prospective families and share the spirit and opportunities of our school. A reminder for our current students, we will end at 12.35pm on Tuesday so our staff can prepare and we return to school at 10.35am on Wednesday. Thank you to all staff, students, and families for such a positive start to the year — we look forward to everything the term holds.*

*With warm wishes,*



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

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By the School Chaplaincy Team

*“Love one another as I have loved you.” – John 13:34*

*This week marks the name day of Saints Sergius and Bacchus of Syria, two early Christian martyrs remembered for their courage, faith, and deep friendship. Despite persecution, they remained loyal to Christ and to one another, ultimately giving their lives for their beliefs. Their story is a powerful reminder of the strength that can be found in love, loyalty, and compassion — all qualities at the heart of the school’s ethos.*

*One of the core values being celebrated across the school is Caring. In classrooms, playgrounds, and corridors, students are showing what it means to care for one another: lending a helping hand, offering kind words, and showing empathy to those in need. These actions, though small in themselves, reflect the Gospel call to “love one another” and demonstrate how faith is lived out in everyday moments.*

*The ongoing partnership between the church and the school continues to nourish the spiritual life of the community. Thanks are due to Father Gregory for his warm welcome during the visit to St Barnabas Greek language school, and to the staff and families who support the school's mission to nurture both faith and character.*

*As the term unfolds, the example of Saints Sergius and Bacchus serves as an inspiration — a reminder that true caring requires courage, commitment, and a heart rooted in Christ.*

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## Mr Martin visits St Barnabas Greek School



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*Last Saturday Mr Martin had the pleasure of visiting St Barnabas, a local Greek Language School, which is linked to the Cathedral of the Dormition of the Mother of God in Wood Green. He was welcomed by staff and students, some of whom attend St Andrew the Apostle School. As part of the school day, Bishop Iakovos conducted a service. His sermon spoke of the many Greek families who arrived in this country: grandfathers, grandmothers, great-grandfathers and great grand-mothers of the school's students, who arrived with very little but with faith, and hope for a better future.*

*The Bishop's message also called attention to the value of humility — a virtue lived out by those who never sought recognition, but who worked tirelessly for the benefit of others. This message holds particular significance for St Andrew the Apostle School, when we think of our Founding Chair of Governors, the late Yiannis Pareas, a man whose vision and humility played a crucial role in the creation of our school. It was through his faith, dedication and belief in education that our school was established. The sermon resonated deeply with all who were present, reminding the students of the sacrifices and humility of those who came before them.*

*As part of the visit, Mr Martin was also able to meet with staff and visit some lessons at the school and encourage those students in Year 5 and Year 6 to visit St Andrew the Apostle School for the school's Open Evening on 7 October 2025.*

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## Book Donations

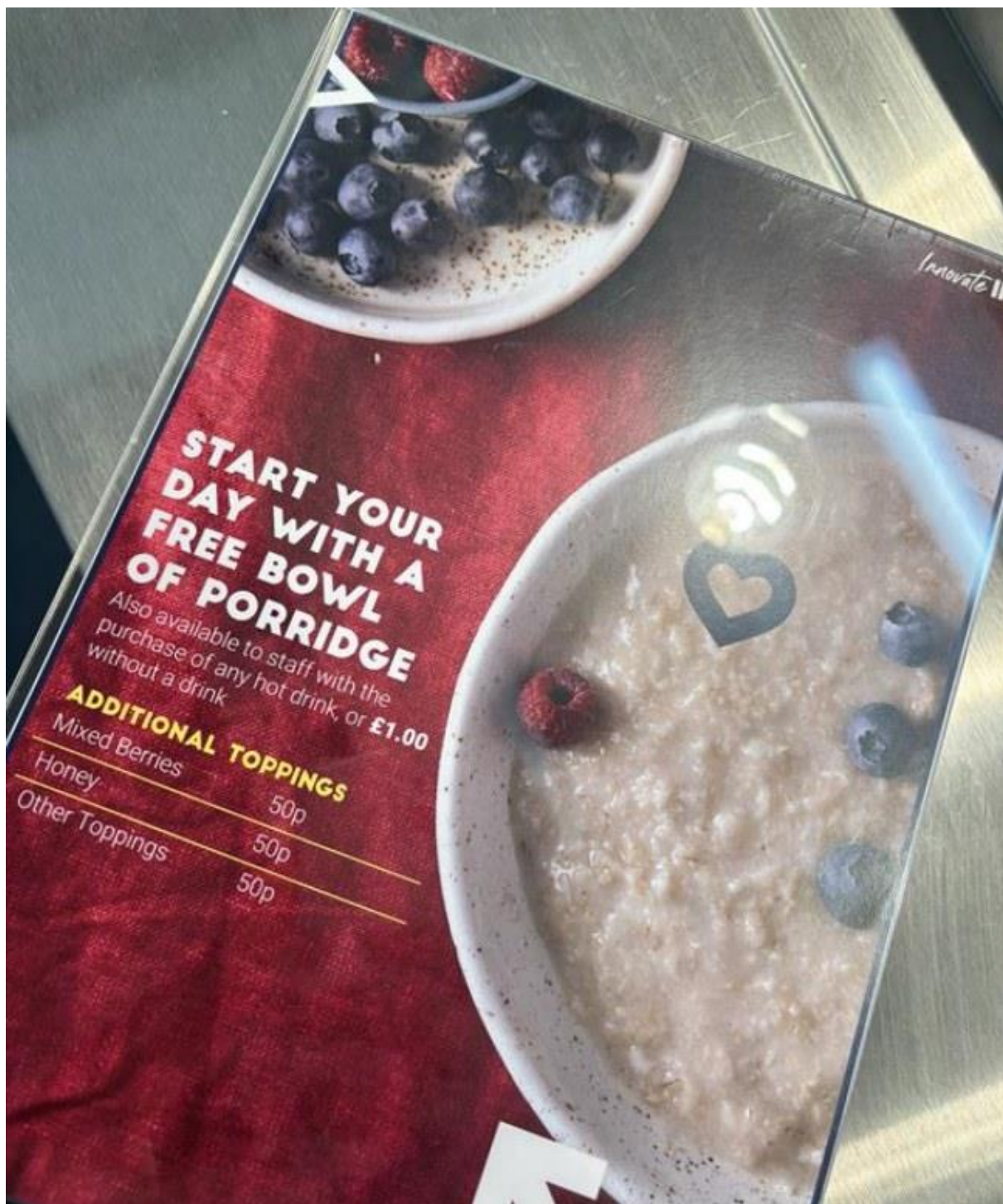


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*We would like to extend our heartfelt thanks to the Dimitrova family who have generously donated books to our Library. Your contributions help enrich our collection and inspire a love of reading across the school. We continue to welcome donations of books of a high quality that are appropriate for secondary school student, and every book makes a difference—thank you for your ongoing support!*

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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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*We're excited to announce the newest additions to our Student Council team. Congratulations to the following students who submitted outstanding applications and have been successfully appointed:*

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- **Konstantinos** (Year 9)
    - **Aiza** (Year 8)
    - **Kaja** (Year 8)
  - **Sophia L** (Year 8)
  - **Rafaela** (Year 8)
  - **Evie** (Year 8)
- 

*Each student completed letters of application with thoughtful ideas and strategic plans to enhance student voice and improve school life. Their applications demonstrated creativity, leadership, and a genuine passion for making a difference.*

*We look forward to seeing their contributions in upcoming council meetings and projects. Well done to all who applied—your enthusiasm and commitment are what make our school community thrive.*

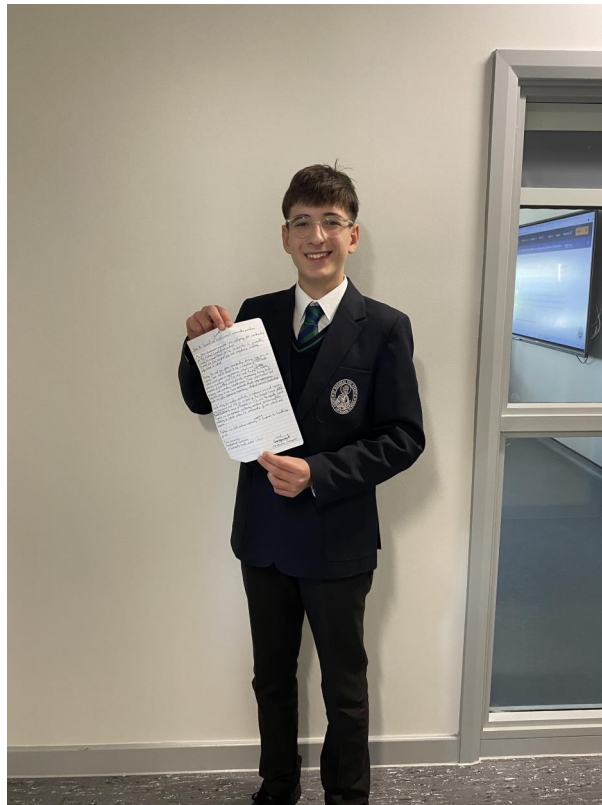
*A reminder the sign-up for the Charity Football Tournament is live on ParentPay. The cost is £3 per player, and all proceeds will go towards:*

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- *Purchasing new library books*
  - *Supporting the recovery of student from King School in Brighton who was seriously injured last academic year*
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*Deadline to enter is Friday 10 October 2025. The tournament will take place on Friday 24 October.*

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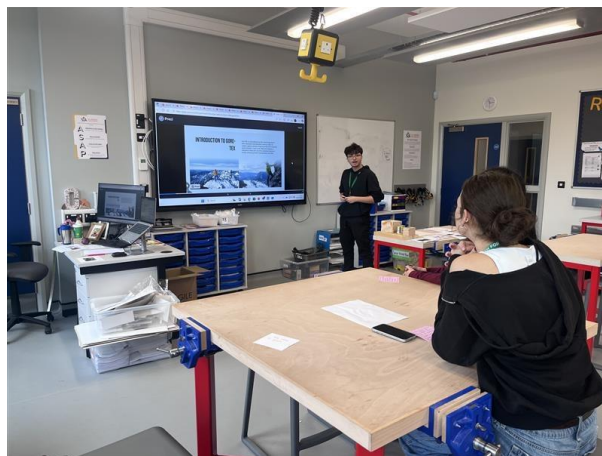
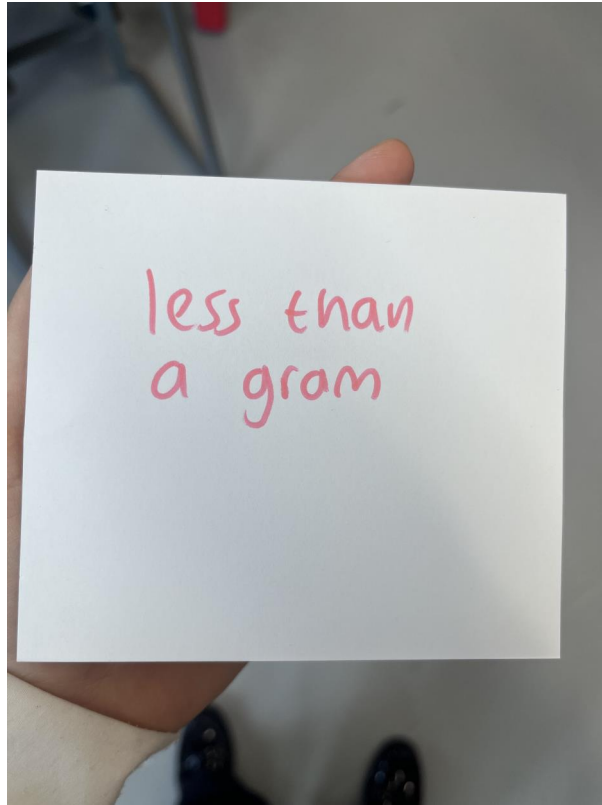


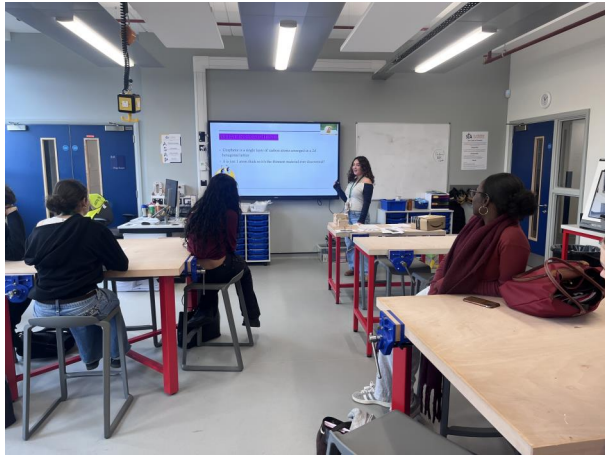
## Year 12 Design Technology

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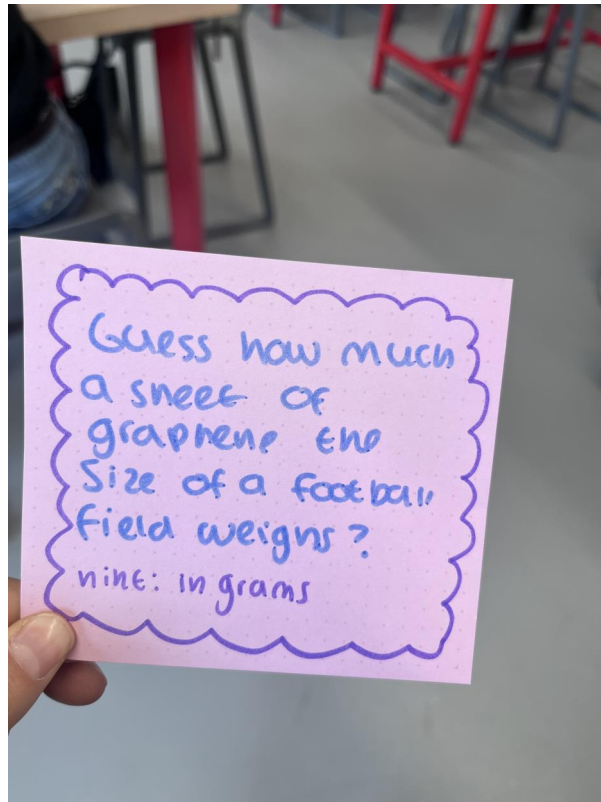
*Year 12 DT students presented their research on a chosen modern material! We had metal foam, flexible MDF, Titanium, biodegradable polymers, Gore Tex and Polymorph! We had quizzes at the end of some presentations and even some handouts made by Ella!*

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## Extra-Curricular Clubs Launch with Energy and Enthusiasm!



*This week marked the exciting return of all our extra-curricular clubs—and what a fantastic start it's been! With a wide range of activities running across both lunchtime and after-school slots, students have embraced the opportunity to explore new interests, develop skills, and connect with peers beyond the classroom.*

*From creative expression to strategic thinking, the variety of clubs on offer has been truly impressive. I had the pleasure of visiting several clubs, including:*

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-  Choir – *Harmonies filled the room as students from all year groups came together in song.*
    -  Art Club – *Bursting with colour and imagination, students explored new techniques and shared ideas.*
    -  Chess Club – *A quiet buzz of concentration as players tested their tactics and sharpened their minds.*
    -  Band Practice – *A lively mix of instruments and teamwork, preparing for upcoming performances.*
    -  Design & Technology – *Hands-on creativity and problem-solving in full swing.*
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*Attendance across all clubs has been excellent, and it's been inspiring to see so many students engaging with passion and purpose. A selection of photos from this week's sessions is attached—capturing the energy, focus, and joy of our thriving club culture.*

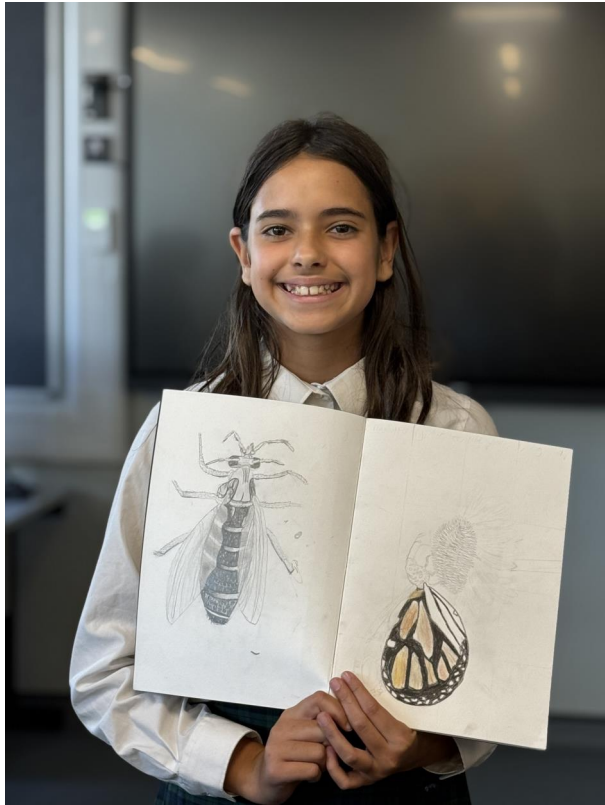
*Thank you to all staff and students who have helped make this launch such a success. We look forward to seeing these clubs grow and flourish in the weeks ahead.*

*Don't forget to enrol in your chosen extra-curricular clubs using the Student Portal Application. It's quick and easy:*

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- 1. Log in to the Student Portal*
  - 2. Click 'Clubs' on the dashboard section*
  - 3. Select the club you're interested in*
  - 4. 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.*

**STA ST ANDREW THE APOSTLE**

### 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 Lasthiotakis)	Year 11 Public-Library Style revision (TA)	Year 11 Public-Library Style revision (TA)
Chess Club (Mr Kallioer)	Mind the Gap (Ms Nicolae)	The Inner Circle KS5 (Ms Sogomtsi)	Year 11 Band Practice (Mr Lasthiotakis)	KS3 Reading Club (Ms Pallas)
Choir (Mr Lasthiotakis)		Debate Club (Mr Walch)	Strategy Club (Mr Dogan)	Drama Club (Ms Nelson)
Post Advice and Support (Ms Kovari)		IT Surgery (Mr Ahmad)		
		Apostle News Club (Ms Casey)		

**STA ST ANDREW THE APOSTLE**

### 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 Beadla)	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 Chalappa)	
Negotiation Club (Ms Redfern)	Allotment Club (Ms Butler)		Biology Club KS4 (Miss McCaffrey)	
			STEM Club KS3 (Miss Menar)	
			Chemistry Club KS4 (Ms Frost)	
			Basketball Club (PE Team)	

## Meet the Staff

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*I have received such a lovely welcome from colleagues, students and parents at STA, and feel assured that I will enjoy working here. At the same time, I am feeling very fortunate to have stepped into the splendid new building. I love the expressiveness of our students, and how much the school does to support the ways in which students speak and relate to others. The small friendly nature of the school was immediately evident when I began to work here. As an RP teacher, I am looking forward to participation with the Greek Orthodox faith of the school, as well as with the multifaith nature of the area. I love cycling, poetry and novels, singing, politics and debate, and spending time with family and friends. My top three dinner guests would be Aristotle, Julian of Norwich and Leonard Cohen.*

***Dr D Beadle | Head of Religion and Philosophy***

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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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### Sustainability at STA: Over 5265 Bottles Saved in Just 4 Weeks!



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*STA has made an incredible impact by saving over 5265 plastic bottles since the start of the school year, 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.*

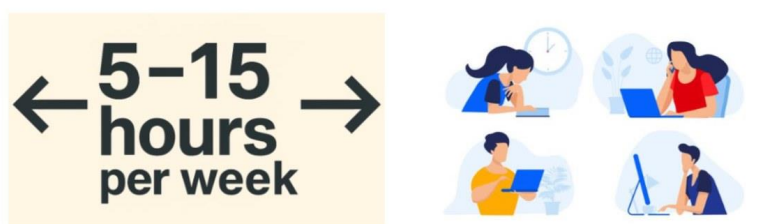
## Building Learning Habits at STA

*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. If you have any difficulty accessing Bromcom or MCAS, please refer to 'A Guide to Student ICT' under 'School Life' on our website.*

### 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.*

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.	

## 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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- **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=Ema...](https://medicmentor.org/get-into-medicine-conference-signup/?utm_source=Sendgrid&utm_medium=Ema...)

## Get into Dentistry

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

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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    +44 (0) 203 488 5089    www.investin.org

## **SEND Information**

*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***

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*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*



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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

