

St Andrew The Apostle School  
Newsletter 17.10.25

# STA

# ST ANDREW THE APOSTLE



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*This past week at St Andrew the Apostle School has been a shining example of our commitment to inclusion, respect and a celebration of our diverse community. As we marked Black History Month, our students engaged in a range of thoughtful and creative activities that did not only deepen their understanding of Black history and culture and also reflected our core school value of respect.*

*From assemblies and tutor time discussions to vibrant displays and student-led projects, the school has been alive with learning and reflection. Students across all year groups have shown this respect as they explored the contributions of Black individuals to British history. Their work has been both inspiring and thought-provoking, and we are proud of the way they have embraced this important month with such integrity.*

*A particular highlight of the week was the Year 10 and 11 trip to see the play Punch—a powerful and moving theatrical production that explores themes of identity, race and justice. The trip was a huge success, with students engaging deeply with the performance and the discussions that followed. It was a demonstration of our commitment to enriching our students’ cultural lives, and we are grateful to Mrs Nelson who organised the trip.*

*We were also delighted to welcome Father Gregory into school this week. His presence and chaplaincy work continue to be a source of spiritual support and guidance for both students and staff. Through one-to-one conversations, prayer, or simply being a listening ear, Father Gregory plays a vital role in nurturing the spiritual wellbeing of our school community. We thank him sincerely for his time, care and dedication.*

*Another milestone this week was the success of our first SEN Coffee Morning, which brought together parents, carers and staff in a warm and supportive environment. The session provided an opportunity for families to share experiences and receive practical advice on how best to support their children at home. Feedback from parents was overwhelmingly positive, with many expressing how valued and supported they felt. We look forward to building on this success with future events.*

*As we reflect on this week, we are reminded of the strength that comes from celebrating our differences while living our shared values. St Andrew the Apostle School remains a place where every student is encouraged to flourish—academically, spiritually, and personally.*

*Thank you to all staff, students, parents, and visitors who contributed to making this such a meaningful and memorable week.*

***Christopher Martin | Headteacher***

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## **Faith in Action: Trustworthiness and the Name Day of Iakovas**

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*At St Andrew the Apostle School, our faith is not just something we speak about—it is something we live. This week, we have been reflecting on one of our core Christian values: trustworthiness. Rooted in the teachings of Christ and the traditions of the Orthodox Church, trustworthiness calls us to be people of our word—reliable, honest, and faithful in our relationships with others and with God.*

*In our school community, trustworthiness is seen in the small, everyday actions: students supporting one another, staff keeping their promises, and families working in partnership*

*with us. It is a value that builds strong relationships and a safe, respectful environment where everyone can flourish.*

*This week also marked the name day of Iakovas (James)—a significant occasion in the Greek Orthodox calendar. Name days are a cherished tradition in Greek culture, often celebrated with as much joy and reverence as birthdays. The name Iakovas is associated with St James, one of Jesus' apostles, known for his deep faith and unwavering commitment to the early Church. His life reminds us of the importance of standing firm in our beliefs and being trustworthy disciples of Christ.*

*We took time in our collective worship to reflect on the life of St James and the example he sets for us today. His courage, humility, and loyalty to Christ are qualities we aspire to in our own lives, especially as we seek to be trustworthy members of our school and wider community.*

*As we continue through the term, may we all be inspired to live out our faith with integrity, and to be people others can depend on—just as Christ is always faithful to us.*

By the School Chaplaincy Team

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## Student Council - Charity Football Tournament – Friday 24 October



We encourage you to sign up to STA's first charity football match in supporting the recovery of a seriously injured student from King School in Brighton and also books for our new school library!

**Friday 24 October 2025**

**THE COST IS £3 PER  
PLAYER ON PARENT PAY**

Any questions please speak to Mr.  
Browell  
head of PE and School council

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*Get ready to lace up your boots! The Student Council is proud to host a Charity Football Tournament on Friday 24 October 2025, open to all year groups.*

*This exciting event is a fantastic opportunity to show off your skills, support a great cause, and enjoy some friendly competition with classmates. Whether you're a seasoned striker or just love the game, everyone is welcome to take part.*

 *Entry Fee: £3.00 per player*

 *Sign-Up: Now live on Parent Pay*

 *Date: Friday 24 October*

 *Location: All Weather Pitch*

*All proceeds will go towards **funding new books for our school library and supporting an injured student at King's Hove School, another Russell Education Trust school.***

*Whether you're a goal-scoring machine or just love the game, come join the fun and make a difference!*

**Mr Browell | Head of PE**

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## *New Year 7 Student Council Representatives*

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*Congratulations to River, Sofia, Serena and Chloe, who have been selected to represent Year 7 on the Student Council.*

*The application process invited Year 7 students to write a letter expressing their interest in joining the council. Each application included information about themselves, their understanding of the importance of the Student Council, and ideas they would bring to the role.*

*With a large number of impressive submissions, Mr Browell, our Student Council Lead, carefully shortlisted the candidates. Final selections were made by current council members, who chose the four successful applicants based on their passion, creativity, and commitment to making a difference.*

*A huge thank you to all students who applied — your enthusiasm and thoughtful contributions made this a truly inspiring process. We look forward to seeing River, Sofia, Serena, and Chloe bring fresh energy and ideas to the council this year.*

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## Design Technology

### Year 7

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*A wonderful start to Design Technology practical lessons for our Year 7 students! They've begun their first woodwork project, learning key fundamental skills that will form the foundation for all their future projects.*

*Over the past few weeks, students have focused on health and safety in the workshop and have designed their own wooden robots, ready for development. They've been gaining confidence with hand tools and have also received an introduction and training on the belt sanders. The students are enthusiastic and eager for the practical lessons ahead!*

***Miss Agthangelou | DT Technician***

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## Year 12

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*Year 12 DT students have been looking at Metals last week. On Friday they had a go at creating moulds for pewter casting! They made such a wonderful effort and tried and tested different methods to create Pewter designs, lots of productive learning going on!*

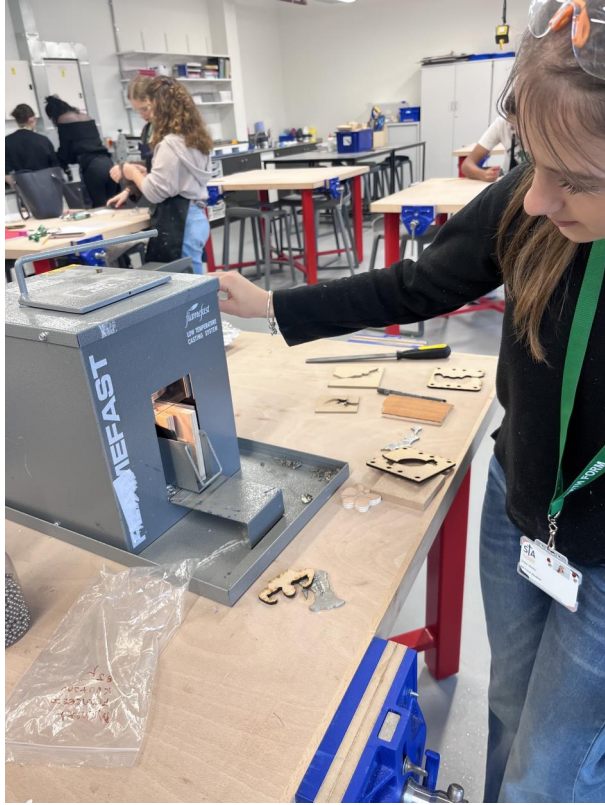
**Miss Ayres | Head of DT**

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## Achievement Points



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*We are delighted to announce that the first stars of the year have been awarded to Lisandro, Evie and Raphael's in Year 8! All three students have received 50+ stars since starting back in September, a remarkable achievement! We are very proud of their work and efforts and look forward to celebrating further success of more students in the coming weeks.*

***Ms Nelson | Head of Year 7 and 8***

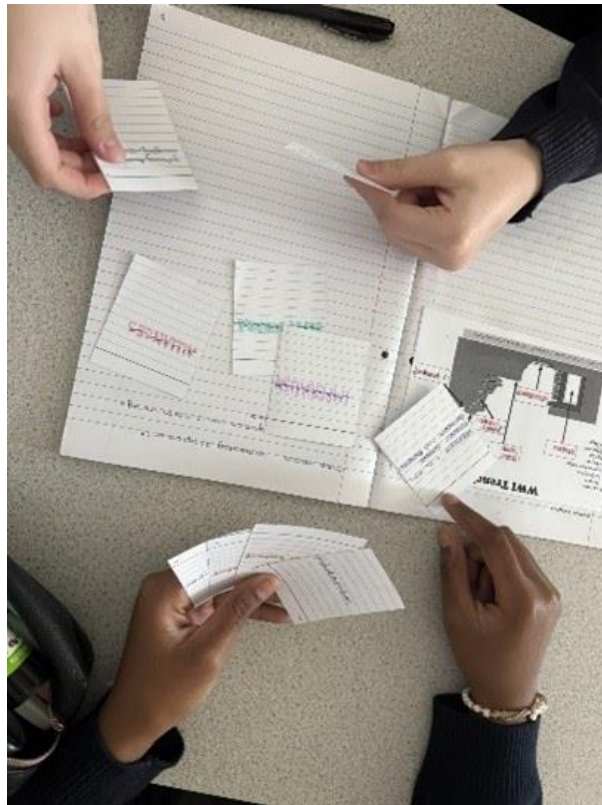
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## Helping Your Child Revise: Why Flash Cards Work

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*At STA, we're committed to helping students develop strong, independent revision habits. This half term, our focus has been on using **flash cards** — a proven and effective way to boost memory and confidence in learning.*

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### ***What Are Flash Cards?***

*Flash cards are small cards with a question on one side and the answer on the other. They help students:*

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- *Break down topics into manageable chunks*
    - *Actively recall key information*
    - *Identify areas they need to revisit*
  - *Build long-term memory through regular review*
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### ***Why Are They Effective?***

*Flash cards encourage **active learning** — students test themselves rather than just re-reading notes. This helps them remember more and feel more confident when it comes to assessments.*

They also support **spaced repetition**, which means reviewing information over time rather than cramming. This technique is backed by research and helps knowledge stick.

### **How can parents support at home?**

You don't need to be a subject expert to help! Here are some simple ways to support your child's revision:

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- **Quiz them** using their flash cards — even 10 minutes a day can help.
  - Encourage them to **sort cards** into “confident” and “needs more practice” piles.
  - Help them build a **revision routine** that includes regular flash card sessions.
  - Ask them to **teach you** a topic using their cards — explaining aloud helps deepen understanding.
  - Celebrate their **effort and progress**, not just correct answers.
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### **What have students said?**

"The flash cards helped me to remember key points such as the meaning of words. Having the chance to actually make them in class is a great."

"Flashcards helped me remember key facts and key words. For example, I know the meaning of 'imperialism' from reading the flashcard and quizzing myself a few times."

"Honestly, my flashcards helped me even before using them. I say this because I had to learn what the fact was before writing it down on the card. The making of the flashcards helped a lot."

" My revision with flashcards made my revision creative, and not time-consuming."

"It was easier to practice with the flashcards because it wasn't on-line."

**Ms Viala | Assistant Headteacher**

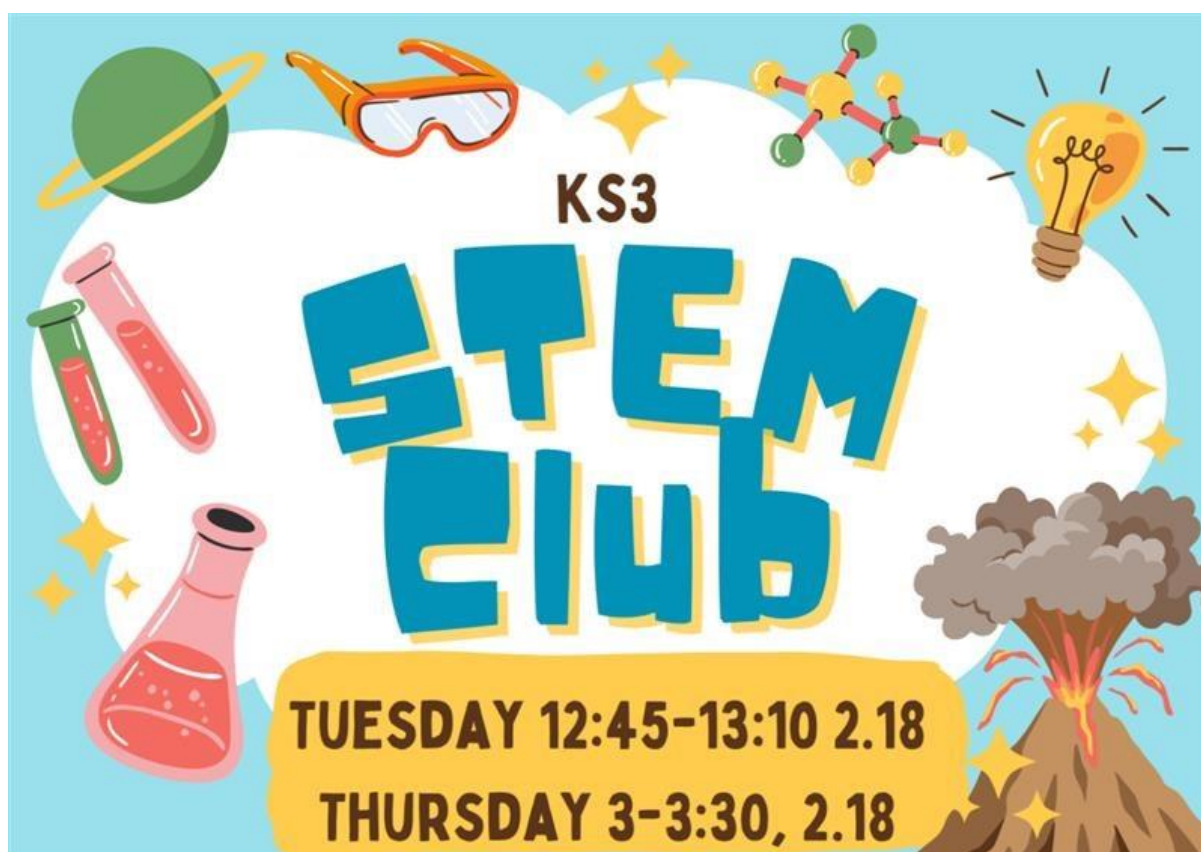
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## Extra-Curricular Clubs

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### KS3 STEM Club

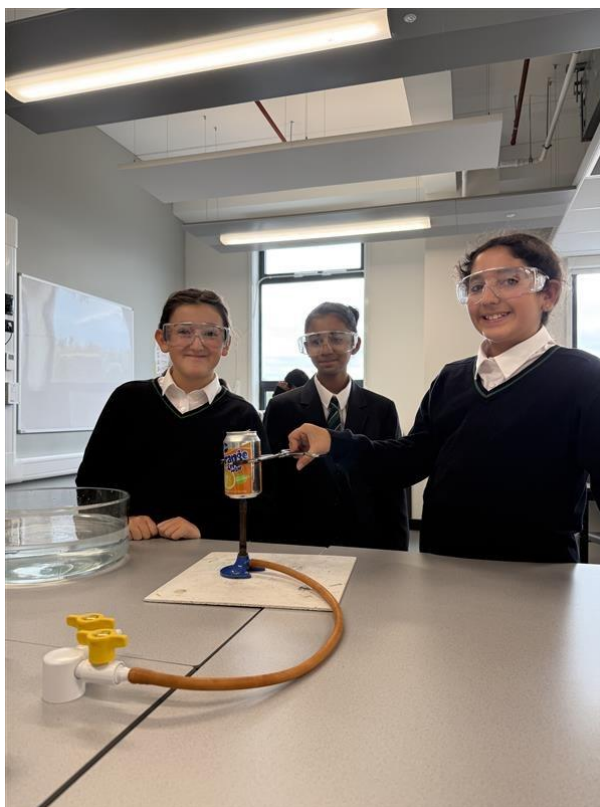
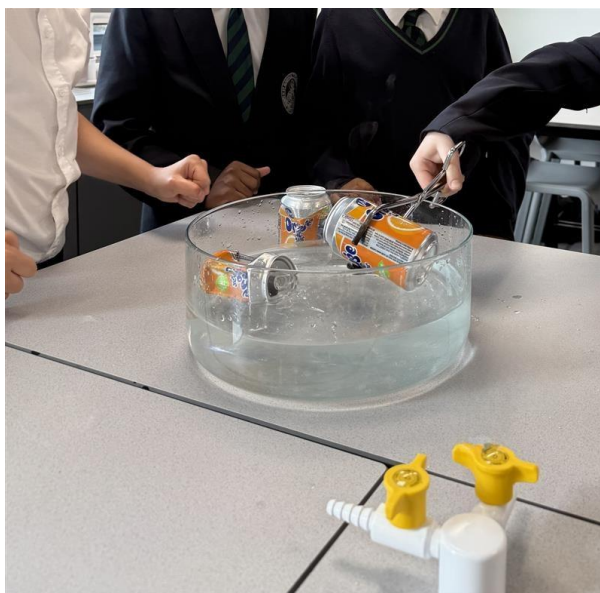


*Last week in STEM Club, KS3 students explored the collapsing can experiment, applying their understanding of gas pressure in a hands-on practical. We recapped key concepts around how pressure changes with temperature and volume, then watched the science in action as cans crumpled under atmospheric force! If you're curious and want to get involved, we've*

*now opened two weekly sessions: Tuesdays from 12.45–1.10pm and Thursdays from 3.00–3.30pm, both in room 2.18.*

*Places are limited, so students must sign up via Bromcom to attend.*

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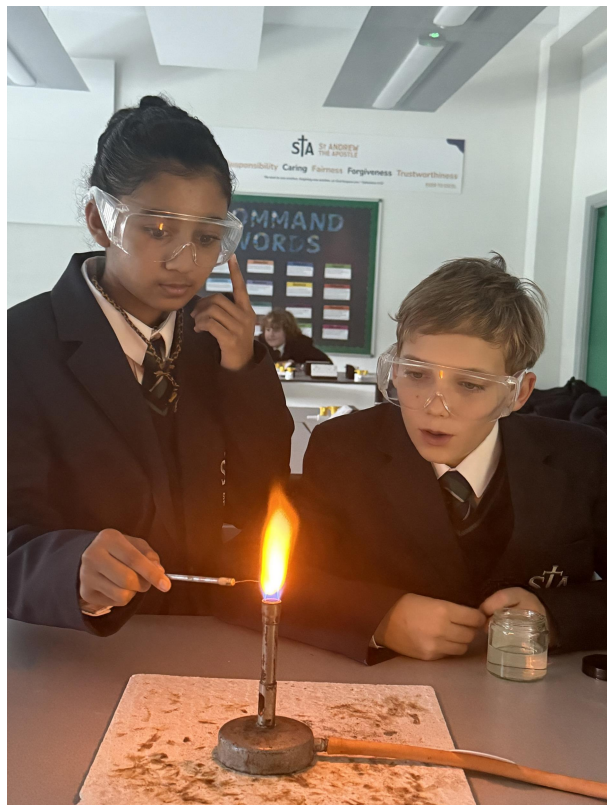
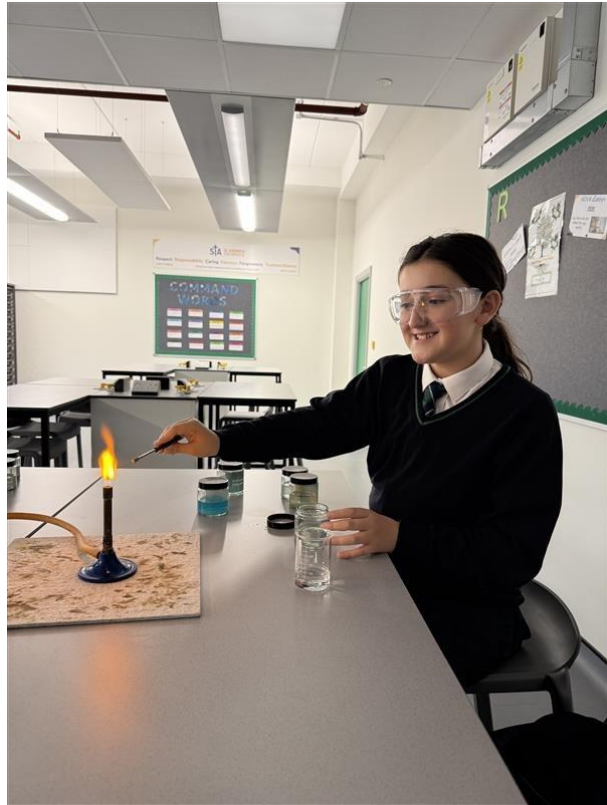
*This week at STEM Club, KS3 students lit up the lab with their flame tests! In a hands-on chemistry session, pupils explored the science behind flame tests, a technique used to*

*identify metal ions based on the colour they emit when heated. With safety goggles on and Bunsen burners roaring, students watched in awe as flames turned brilliant shades of crimson, green, and lilac. From copper to lithium, each element revealed its own colourful signature, sparking excitement and plenty of questions.*

**Miss Msrar | Head of Science**

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## Allotment Club



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*We're excited to announce the launch of a brand new extra-curricular activity at school — the Allotment Club, led by Mrs Butler.*

*The club offers students a chance to explore the world of gardening and sustainability, learning practical skills while connecting with nature. Its role is to teach students how to grow their own produce, understand seasonal planting, and develop teamwork and responsibility through hands-on outdoor projects.*

*This week, students got stuck into their first task: building a mini greenhouse to help nurture seeds as they begin to grow. They also learned about the different tools used in gardening, gaining insight into how each one supports plant care and soil management.*

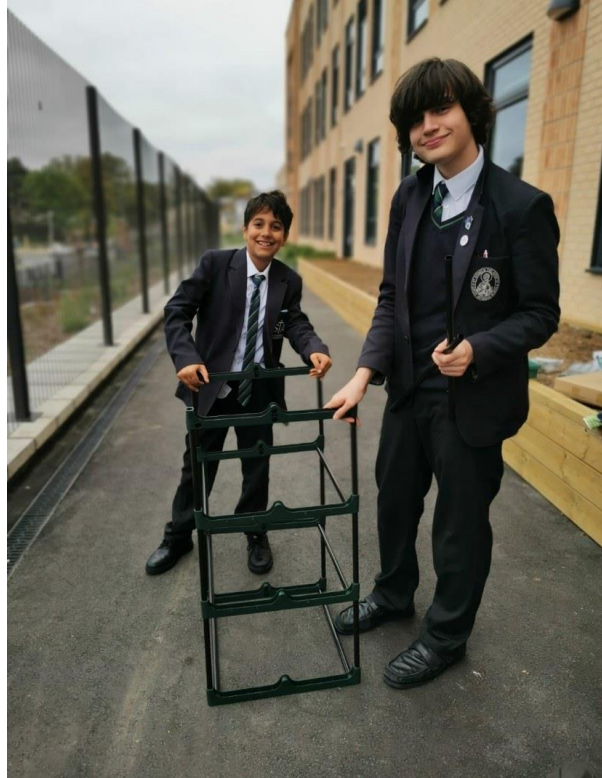
*To kick off their gardening journey, each student was proudly presented with their own pair of gardening gloves, ready to dig in and make a difference.*

*We look forward to seeing the Allotment Club flourish over the coming weeks — both in knowledge and in greenery.*

**Mr Browell | Extended Leadership**

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## *DT Club in Full Swing!*

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*Our busy group is hard at work on their first fun project a mini dispensary machine! We've made great progress over the past few weeks, and once complete, it will be able to functionally dispense anything of their choosing from sweets to coins. We look forward to showing you the end results.*

***Miss Agathangelou | DT Technician***

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## Sports at STA

### *U14 Girls Football v St Michael's*

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*The U14 Girls football team put in a spirited performance against a strong St Michael's side and despite a 3-0 loss played some excellent football. All three goals came against the run of play, with our girls dominating possession and creating numerous chances throughout the match.*

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*Newly elected captain Sadé led by example, showing excellent leadership and composure on the pitch. Debutant Denitsa impressed with her physicality, making her presence felt in both defence and midfield. Layla dazzled with her quick feet and relentless drives into the opposition box, constantly testing their defence. A special mention goes to the Year 7 players who stepped up to play two years above their age group. Their energy, determination, and teamwork were vital in supporting the squad and maintaining pressure throughout the game. The standout performance came from Gabriella in goal, who made a string of outstanding saves to keep the team in the game and was deservedly named Player of the Match.*

*Despite the scoreline, the team showed immense promise, resilience, and unity and played with a spirit that truly embodied the schools values. A huge thank you to our Y10 coaches, Eve, Sofia and Melina who led warm-up drills, gave advice to key players and supported the team with morale and resilience.*

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

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## *Year 10s vs London Academy*



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*St Andrew the Apostle's Year 10 team faced London Academy in their second match of the season. After last year's goalless draw, they started strong, with Alexander scoring from a*

*rebound after Amir's shot. A second goal followed when Miles's effort deflected in off a defender. Despite their early dominance, London Academy fought back in the second half, scoring twice to level the game. Armelo impressed with solid defending, but the match ended 2–2. The team now looks ahead, determined to secure their first win.*

**Mr Fowlie | Teacher of PE**

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## Sparx Reader

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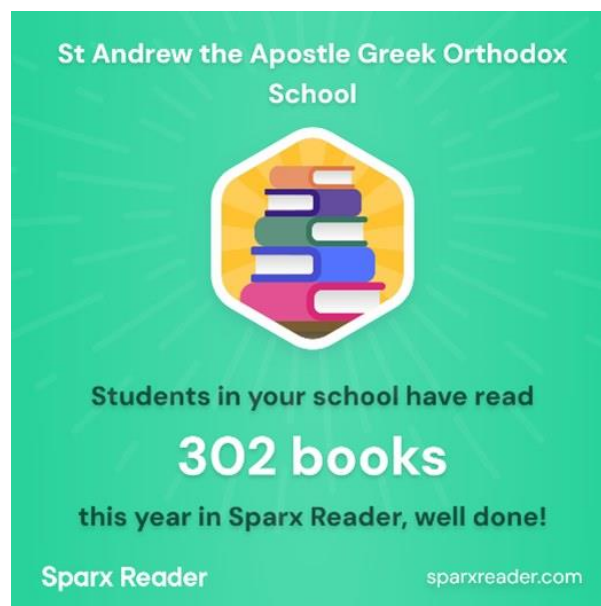
*Sparx Reader is an online reading programme which enables students to practice careful reading at home.*

*This vital skill is essential in gaining knowledge in secondary school: in primary school students 'learn to read', but in secondary education students 'read to learn'. Therefore, regular careful reading is an essential part of students' weekly learning and practice at home.*


*At St Andrew, students in Years 7 to 10 are expected to earn at least 300 points per week (which equates to approximately 30 min of careful reading) through reading a wide selection of fiction books of their choice from an online library. In Year 11 students are using Sparx Reader to familiarise themselves with the plot of Jekyll and Hyde before the more in-depth study of the text in lessons.*

*In September, our students of Years 7 to 10 have already read 302 books and spent 711 hours of careful reading. Well done and keep up the good work!*

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St Andrew the Apostle Greek Orthodox  
School



Students in your school have read  
**302 books**  
this year in Sparx Reader, well done!

Sparx Reader [sparxreader.com](https://sparxreader.com)



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*Congratulations to our top September readers from each year group:*

***Year 7 Top Readers:***

Natalia S: 5,259

Serena R: 4,029

Tia M: 4,023

***Year 8 Top Readers:***

Teshan D: 4,096

Evie H: 3,211

Ruhamma T: 3,041

***Year 9 Top Readers:***

Anu O: 21,576

Mark M: 4,364

Anaya A: 2,216

***Year 10 Top Readers:***

Kyla B: 3,312

Ali O: 2,167

Michelle W: 1,447

***Ms Bassington | Head of English***

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## Root Word of the Week

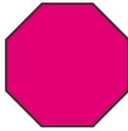
**Root Word of the week** sTA

**OCT (Latin/Greek) = eight**

Ten 10 (0 zeros)  
Hundred 100 (2 zeros)  
Thousand 1,000 (3 zeros)  
Ten thousand 10,000 (4 zeros)  
Hundred thousand 100,000 (5 zeros)  
Million 1,000,000 (6 zeros)  
Billion 1,000,000,000 (9 zeros)  
Trillion 1,000,000,000,000 (12 zeros)  
Quadrillion 1,000,000,000,000,000 (15 zeros)  
Quintillion 1,000,000,000,000,000,000 (18 zeros)  
Sextillion 1,000,000,000,000,000,000,000 (21 zeros)  
Septillion 1,000,000,000,000,000,000,000,000 (24 zeros)  
Octillion 1,000,000,000,000,000,000,000,000,000 (27 zeros)  
Nonillion 1,000,000,000,000,000,000,000,000,000,000 (30 zeros)  
Decillion 1,000,000,000,000,000,000,000,000,000,000,000 (33 zeros)

**Octopus** (a sea creature with eight arms)





**Octagon** (A geometric shape with eight sides and eight angles.)

**Octillion** (a very large number: 1 followed by 27 zeros)

## A Trip down Memory Lane!

### Sixth Form Open Evening

It was a pleasure to meet so many parents and carers at our 6<sup>th</sup> Form Open Evening on Wednesday night. After my brief presentation about the achievements and culture of our sixth form, our brilliant Head Boy Giorgio and Year 12 students Liana and Kristofar spoke about the advantages of our small class sizes, excellent teaching and support they receive.

Ms Koveri finished by talking about all the trips, extra-curricular and super-curricular opportunities we offer. It was standing room only in the hall and highlighted the special community of students, parents and teachers we have at STA. To view our course guide and make an application to our sixth form visit: [www.standrewtheapostle.org.uk](http://www.standrewtheapostle.org.uk). The deadline for applications is 31 January 2025.



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*This time last year, we welcomed you to our Sixth Form Open Evening in our old building.*

*Now, the time has come to invite you once again—this time to explore our brand-new buildings with amazing spaces for our Sixth form!*

*We're incredibly excited to show you around and share everything we have to offer. From modern facilities to inspiring learning spaces, there's so much to discover.*

*We can't wait to welcome you!*

*To register please follow link: [St Andrew the Apostle](http://www.standrewtheapostle.org.uk)*

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# SIXTH FORM OPEN EVENING

THURSDAY 20 NOVEMBER 2025

6.00PM TO 7.30PM

# STA

ST ANDREW  
THE APOSTLE

REGISTER NOW



[www.standrewtheapostle.org.uk](http://www.standrewtheapostle.org.uk)



1 - [St Andrew the Apostle](#)

# SIXTH FORM OPEN EVENING

## A LEVEL COURSES

- BIOLOGY • BUSINESS STUDIES • CHEMISTRY
- CLASSICAL CIVILISATION • ENGLISH LITERATURE
- FURTHER MATHS • HISTORY • ECONOMICS • ENGLISH LITERATURE • FRENCH • FURTHER MATHS • MATHS
- MEDIA STUDIES • PHYSICS • POLITICS • PSYCHOLOGY
- RELIGIOUS STUDIES • PRODUCT DESIGN

## BTEC COURSES

- SPORT

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ST ANDREW  
THE APOSTLE

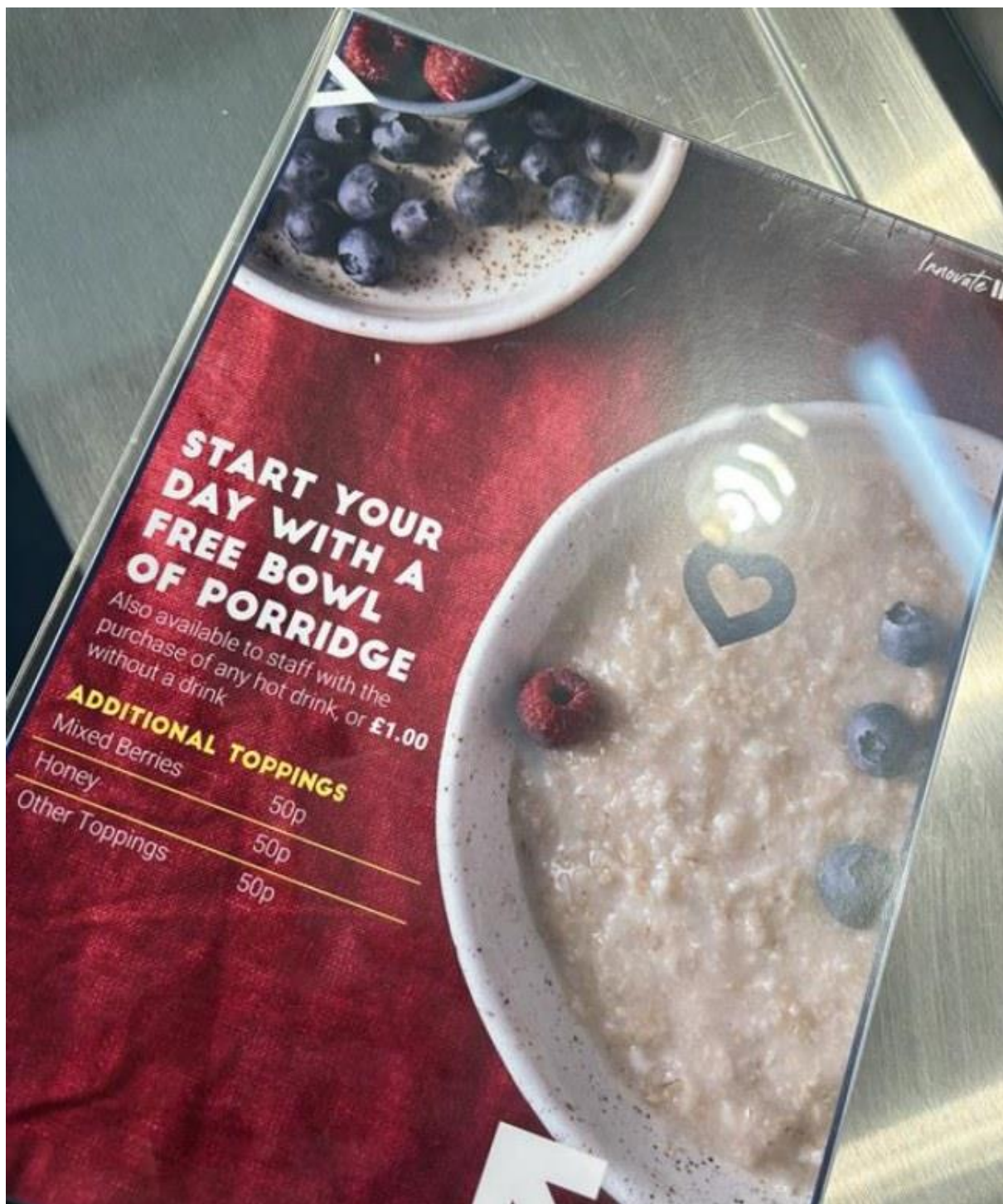
REGISTER NOW



[www.standrewtheapostle.org.uk](http://www.standrewtheapostle.org.uk)



## 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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# Celebrating Our Environmental Achievement

## Gold Level TFL

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*Congratulations to STA for achieving the Gold Level TfL STARS Award! This recognition celebrates the school's outstanding commitment to sustainable travel and active transport.*

*STA has demonstrated leadership in promoting safer, greener journeys to and from school. The Gold Level status reflects the school's dedication to creating a healthier environment and inspiring positive change across the borough.*

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## 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 6732 Bottles Saved in Just 6 Weeks!



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*STA has made an incredible impact by saving over 6732 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.*

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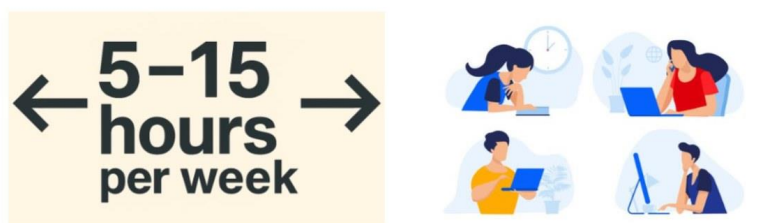
## Building Learning Habits at STA

*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 quiet, 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

### *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 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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## **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*



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



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

*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](#)

2 - [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](#)

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

# Autistic Discovery Journey

## AUTISTIC DISCOVERY JOURNEY (ADJ) PROGRAMME

Aucademy have been working with Barnet Education and Learning Service (BELS) to improve the narrative and culture in Barnet schools about Autistic experience.

BELS and Aucademy are very pleased to offer a group of young people (aged 13-19 years old & living in Barnet) the opportunity to attend an eight-week **Autistic Discovery Journey (ADJ)** programme together online.

For more info on Aucademy visit <https://aucademy.co.uk/>

### REQUIREMENTS:

Open to anyone who identifies as Autistic - diagnosed or self-identified, who wishes to participate & engage in an educational programme.

Access to Zoom on a laptop or PC (phone/tablet may be manageable) and a quiet space - No expectation to use your camera or microphone if you do not want to.

Parent/carer consent is required for young people under the age of 18.

Chat box participation is embraced, especially if using mouth words is not your preferred method of communicating.



### WHEN?

Wednesdays 4:30-6pm, online (via Zoom).  
22<sup>nd</sup> October – 17<sup>th</sup> December. No session 29<sup>th</sup> October (half term) TBC.

### WHAT?

The Autistic Discovery Journey (ADJ) programme includes:

Working out where you are in your discovery journey and holding space for you, whatever stage you are at.

Understanding your experiences with the knowledge that you are/might be Autistic.

Building knowledge and awareness of your personal Autistic profile - what makes you, YOU.

Learning how to communicate your needs and boundaries to Others.

Learning coping strategies, including stimming, and how to improve your well-being and self-esteem.

Finding others with whom you share similarities, and feeling part of a community.

Teaching you about neurodivergence, opposing the disorder narrative - showing we have challenges and strengths.

If you are interested in joining this group, please contact:

Autism.Team@Barnet.gov.uk

With the subject title:

"Aucademy/BELS ADJ Autumn 2025"



## *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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### ***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, both displaying the Studybugs app interface. Below this, the main text is centered in white. The QR code is positioned to the left of the app store logos. The Studybugs logo at the bottom consists of the brand name in a white, rounded font followed by a green plus sign icon.