

BEAT
MUSIC TRUST

**Love Music
Make Music**

Voice Trumpet Horn Cello Viola Piano Clarinet Double Bass Oboe

INSTRUMENTAL & VOCAL LESSONS

AGES 7 TO 21 YRS OLD!

SCHOLARSHIPS AVAILABLE!

- Lessons available in schools
- All teachers DBS checked
- All levels welcome from beginner to advanced
- Almost every instrument available
- Individual or small group tuition
- Lessons after-school & on weekends at BEAT Music Academies

Scan here to find out more:

Trombone Tuba Bassoon Violin Guitar Flute Drums Saxophone

Supported using public funding by CHARITY NO. 1150174 COMPANY NO. 8310735 FOR MORE INFORMATION AND TO ENROL:

Department for Education ARTS COUNCIL ENGLAND **WWW.BEATRUST.ORG.UK**

St Andrew The Apostle School
 Newsletter 07.11.25

STA ST ANDREW THE APOSTLE



Dear Parents, Carers and Friends of the School,

I hope this message finds you well-rested and rejuvenated after the half-term break. As we begin a new academic term, I want to give a warm welcome back to all our students, staff and families. It's a joy to see the school come alive again.

I'd like to begin by expressing thanks to everyone who contributed to our recent book donation drive. Your generosity is appreciated. Over the half-term, we partnered with the Oxfam Bookshop in Muswell Hill, who kindly supported us with 100 'good-as-new' books for our school library and classrooms. These books will enrich our students' learning and foster a deeper love of reading across all year groups.

Another highlight from last term was our football tournament which officially opened our All-Weather pitch to our students. This was a tremendous success. The atmosphere was electric, and it was wonderful to see students come together in support of a great cause. Thanks to their enthusiasm, we raised over £800, which will go directly towards our library and supporting a student at the RET school in Brighton and Hove, who has suffered an injury. If you missed the chance to donate to our book drive, it's not too late. Our [Amazon Wish List](#) is still open, and with just four clicks, you can help us continue building a vibrant and well-stocked library.

We are currently looking for a voluntary school librarian to help support our students' love of reading and learning. If you're passionate about books, and would like to contribute to our school community, we'd love to hear from you. Please visit our website for further information [St Andrew the Apostle](#).

Students attended a performance of 'The Phantom of the Opera', an unforgettable experience that deepened their appreciation for music and theatre. The score and dramatic storytelling nurtured our love of the arts within the school community. This was further highlighted by Barnet Education Arts Trust being in school supporting all of our Year 7 students to learn the violin this week as they prepare to perform in our Christmas show.

This week, we were delighted to welcome Year 8 parents to our Parents' Evening. It was a pleasure to see so many engaging with teachers and celebrating the progress our students. These evenings are a vital part of our partnership with families, and your feedback and support are always appreciated.

We also celebrated the success of our Year 12 trip to the L'Oréal Young Scientist Centre. They had the opportunity to explore cutting-edge science in a hands-on environment. We're proud to offer enriching opportunities like these that inspire our students to think big and aim high.

Looking ahead to next week, we will be commemorating Remembrance Day with a special visit for our Year 7 students to the Commonwealth War Memorial in Southgate Cemetery on Brunswick Park Road. This will be a special moment in our school calendar, allowing students to reflect on the sacrifices made by others and the importance of peace and remembrance in our world today.

Meanwhile, our Year 11 and Year 13 students are working diligently as they prepare for their Mock 1 exams. We know this can be a challenging time, and we are proud of the resilience and focus they are showing. Staff members are on hand to support them every step of the way, and we encourage families to continue offering encouragement and structure at home.

As always, thank you for your continued support and involvement in our school community. Whether through donations, attendance at events, or simply encouraging your child each day, you play a vital role in making our school a place of excellence.

Wishing you all a peaceful and productive start to the term,

Christopher Martin | Headteacher

Faith in Action

As we enter the second week of term, we continue to reflect on the value of fairness—a principle that guides our relationships, our learning, and our faith. Fairness is more than treating everyone equally; it is about recognising the unique needs of each person, acting with justice, and showing compassion in all we do.

This week, we mark the Name Day of St Ioannes Chrysostomos (John Chrysostom), celebrated on 13 November. Known for his eloquence and deep commitment to social justice, St. Ioannes was a powerful voice for fairness in the early Church. He spoke out against inequality, urged care for the poor, and reminded Christians that true faith must be lived through acts of kindness and integrity. His teachings continue to inspire us to build a school community where every student is valued and supported.

Name Days are a special part of Greek Orthodox tradition, celebrating the feast day of the saint a person is named after. They offer a moment to reflect on the virtues of these saints and how we can embody them in our own lives. We send warm wishes to all students and staff celebrating their Name Days this month—may your day be filled with joy, prayer, and connection.

As we prepare for Remembrance Day, we are reminded of the sacrifices made in the name of justice and peace. Our Year 7 students will visit the Commonwealth War Memorial in Brunswick Park Cemetery, honouring those who gave their lives so that future generations might live in fairness and freedom.

May we continue to walk in faith, guided by the wisdom of the saints and the values we hold dear.

By the School Chaplaincy Team



Music: Learn an Instrument or Join a Band – Sign Up Now

We are delighted to share that instrumental tuition and our Music Academy opportunities are open for applications through BEAT (Barnet Education Arts Trust). Learning an instrument or joining a band is a fantastic way for students to build confidence, creativity, and teamwork skills, while enjoying the fun of making music together.

For new parents:

You can register for lessons via the BEAT website: <https://beatrust.org.uk/learn-to-play/school-based-tuition/>. Once registered, students will be placed on a waiting list, and places will be offered as vacancies arise, usually at the start of each term.

For existing parents:

You do not need to re-enrol. BEAT will contact you directly with payment details for the new term.

Spaces are limited and allocated on a first-come basis, so we encourage parents to register early to avoid disappointment.

Music at our school continues to thrive, and we look forward to welcoming even more young musicians into lessons and ensembles this year.

A reminder for all students:

Choir takes place every Monday lunchtime. Year 9 bands rehearse on Wednesday and Thursday lunchtimes, and the Year 11 band rehearses on Thursday lunchtime. Any student can sign up and I am so happy that so many students have been attending.

BEAT Love Music Make Music

GUITAR ENSEMBLE CHOIRS TRAINING STRINGS ACADEMY BAND ROCK & POP

AGES 3 TO 21 YRS OLD!

BEAT MUSIC ACADEMIES

"Excellent teaching that is affordable, accessible, and supportive. I appreciate the encouragement and relaxed approach. The kids love coming here" - Parent Survey 2024

Previous Performances:

- ▶ Royal Albert Hall
- ▶ St John's Smith Square
- ▶ artsdepot
- ▶ European Tours
- ▶ Duke's Hall
- ▶ StoneX Stadium

Scan here to find out more:

FOUNDATION STAGES JAZZ ENSEMBLE MUSIC THEORY RECORDER GROUPS

Supported using public funding by CHARITY NO. 1150174 COMPANY NO. 8310735 MORE INFORMATION:

Department for Education ARTS COUNCIL ENGLAND WWW.BEATRUST.ORG.UK

BEAT Love Music Make Music

GUITAR ENSEMBLE CHOIRS TRAINING STRINGS ACADEMY BAND ROCK & POP

AVAILABLE SESSIONS

- Foundation Stages
- Training Bands/Strings
- Rock & Pop
- Training Choirs
- Academy Bands/Strings
- Music Theory
- Recorder Groups
- Academy Choirs
- Tabla Classes
- Starter Bands
- Guitar Ensembles
- Jazz Ensemble

BARNET YOUTH STRING ORCHESTRA

ONE VOICE CHOIRS

BARNET YOUTH WIND ENSEMBLE

BARNET YOUTH BRASS BAND

BEAT MUSIC ACADEMY EAST

Saturday Mornings

East Barnet School, 5 Chestnut Grove, East Barnet
EN4 8PU

BEAT MUSIC ACADEMY CENTRAL

Wednesdays & Thursdays After-School

Dollis Primary School, Pursley Rd, London NW7 2BU

BEAT MUSIC ACADEMY WEST

Saturday Mornings

St Mary's and St John's School, Sunningfield Road, Hendon,
NW4 4QR

FOUNDATION STAGES JAZZ ENSEMBLE MUSIC THEORY RECORDER GROUPS

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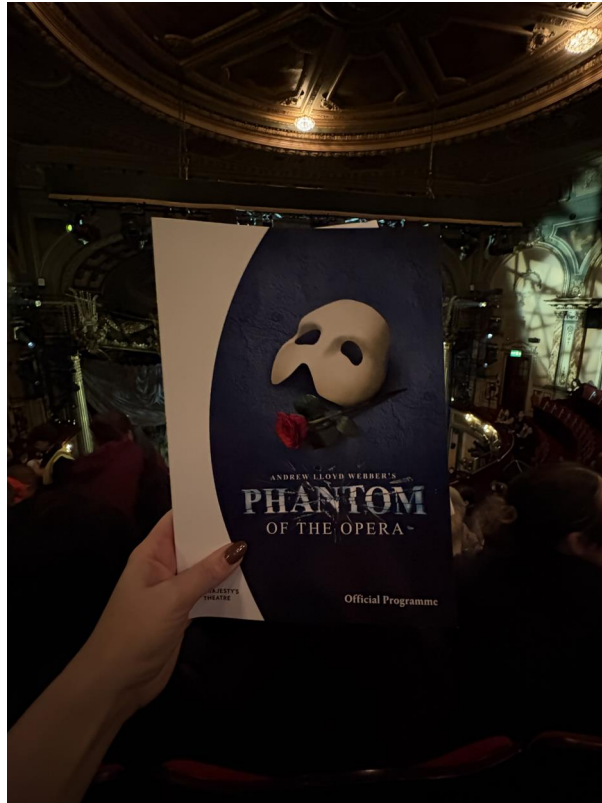
Trombone Tuba Bassoon Violin Guitar Flute Drums Saxophone

Trips at STA

Phantom of the Opera







This week, Year 10 students travelled to London's West End to see the production of 'The Phantom of the Opera'. After enjoying lunch and the scenery in St James's Square, we

headed to His Majesty's Theatre, where students were absolutely captivated by the outstanding performance. It was an unforgettable experience, made even more special by an exclusive 30-minute session with the production team after the show. During this behind-the-scenes demonstration, students learned how rapid costume changes are executed, explored hidden spaces beneath the stage, and an insight into backstage communication through headsets. The opportunity to witness the intricate technical elements of a world class production made the day truly exceptional.

Miss Agathangelou | Art & DT Technician



A-Level Biologists Crack the Case at the Royal Institution

Our A-level Biology students recently took part in a forensics workshop at the prestigious Royal Institution, where they stepped into the shoes of crime scene investigators. Faced with a murder mystery and five potential suspects, students used DNA evidence to identify the culprit. They prepared agarose gels, honed their pipetting skills, and ran gel electrophoresis to compare DNA samples from the suspects with evidence found at the scene. It was a hands-on, high-stakes challenge that brought molecular biology to life in a thrilling and memorable way.

Well done to Tobias, Devin and Hendrik who won the competition for most accurate pipetting!

The day also featured a fascinating talk from PhD student, Poppy Miller, who shared her research into the connection between oral health, bacterial communities, and heart disease. Her insights into how lifestyle and microbiology intersect offered a powerful reminder of the relevance of biology beyond the classroom.

“My favourite part was when we had to stain the DNA using the micro pipette.”

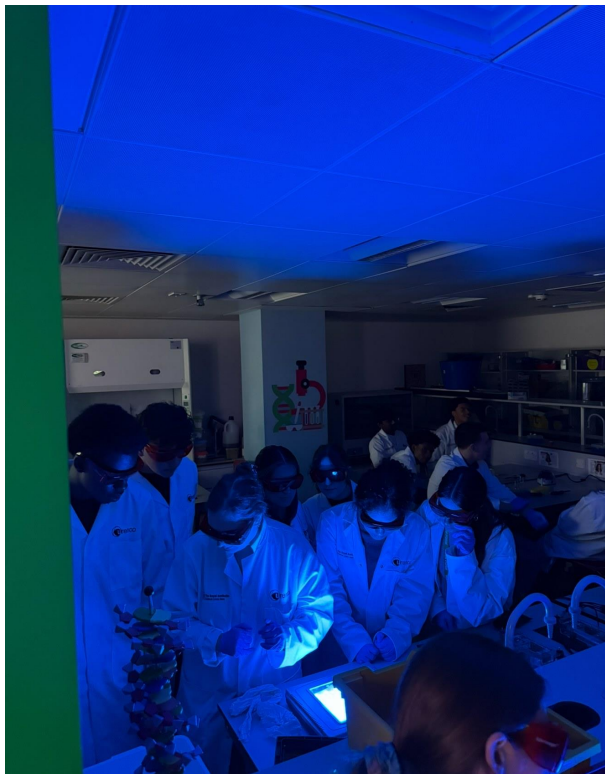
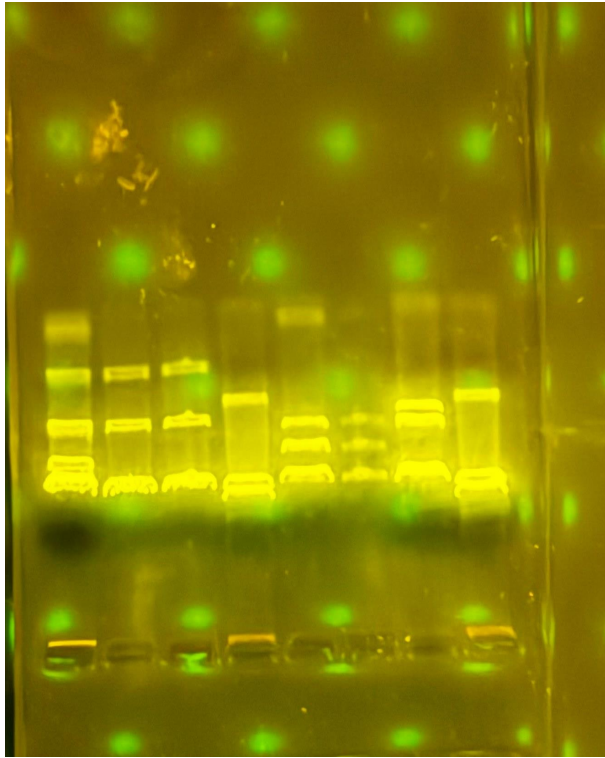
Antonio Year 13

“Preparing the DNA samples to be looked at and pipetting them into the gel was our favourite part of the workshop as it gave us the opportunity to get more confident with lab equipment.”

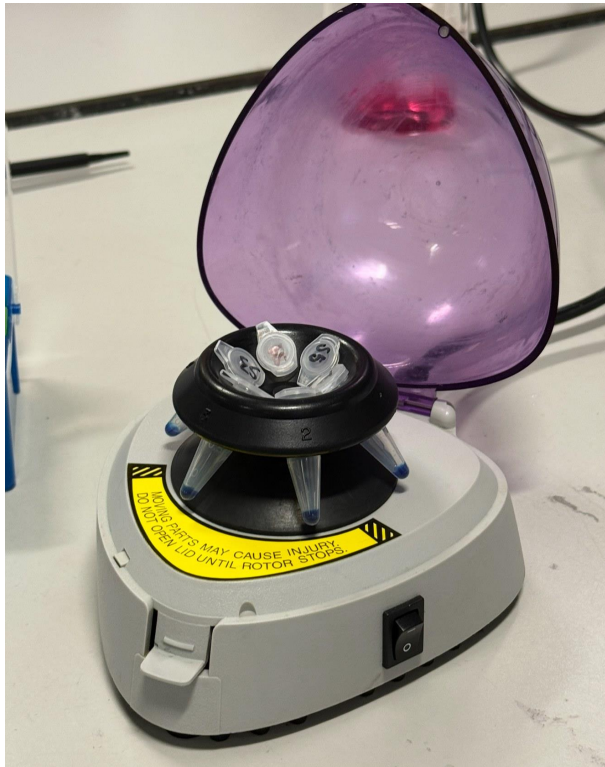
Zofia & Mikayla Year 12





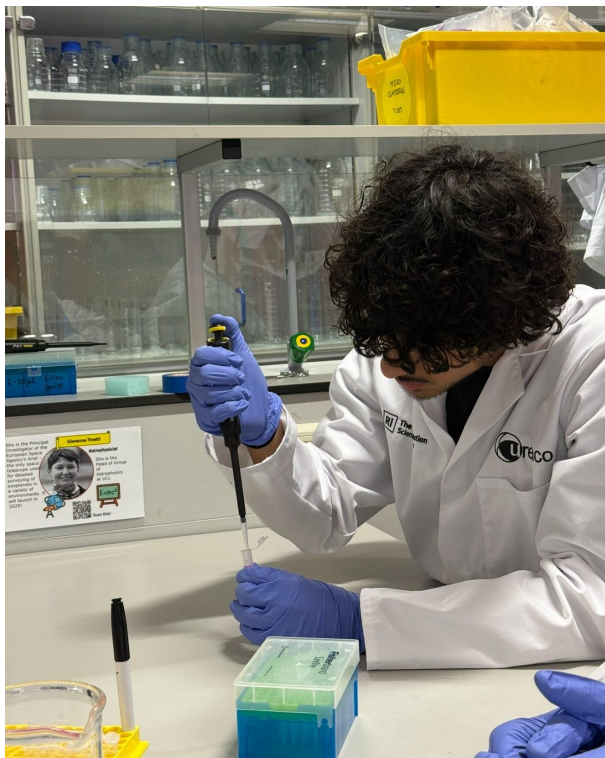


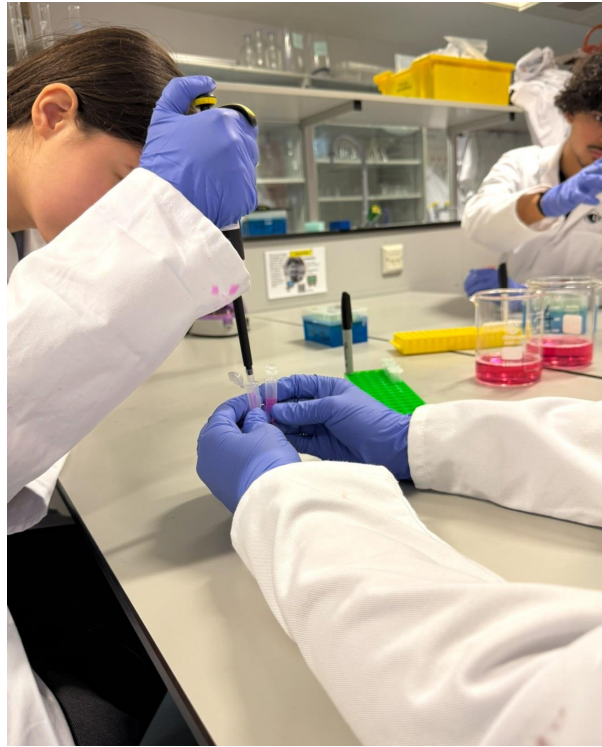












Christmas Card & Christmas Prayer Competition

STA ST ANDREW
THE APOSTLE

The ART Department invites you to take
part in a

CHRISTMAS CARD COMPETITION

Your design will be chosen as the official
Christmas Card for the school this year!

Your Card must include:

- Christmas themes
- Be reflective of our values as a Christian School

Deadline

Friday **21** November

Please hand entries to a member of staff in
the ART Department
Prizes to be won!



STA ST ANDREW
THE APOSTLE

The Religion and Philosophy Department
invites you to take part in a
**CHRISTMAS
PRAYER
WRITING
COMPETITION**

**Write a Christmas Prayer to be featured in our
School's Christmas Card!**

Your Prayer must include:

- 50-100 words long
- Christmas themes
- Be reflective of our values as a Christian School

Deadline
Friday **21** November

Please hand entries to a member of staff in
the Religion and Philosophy Department
Prizes to be won!

Save the Date! Celebrate Christmas with us.



STA ST ANDREW
THE APOSTLE

Christmas Show

“Peace is for life, not just for Christmas”

A night of Faith, Prayers, Music and
Drama.

Friday 12 December at 6.00pm

St Andrew the Apostle School,
Brunswick Park Road, Barnet, N11 1EH

Sign up details to follow.

Jack Petchey October Achievement Award Winner – Oliwia (Year 11)



Jack Petchey October Achievement Award Winner – Oliwia (Year 11)

We are delighted to announce that Oliwia, a dedicated Year 11 student, has been named the Jack Petchey Achievement Award winner for October, following nomination from Ms Koveri.

Oliwia has consistently demonstrated resilience, enthusiasm, and a deep commitment to both her academic studies and wider school life. Her passion for History shines through in every lesson, where she engages thoughtfully, asks insightful questions, and supports her peers with genuine care and encouragement. She approaches all learning and practice tasks with determination and diligence, always striving to improve by acting on feedback.

Beyond the classroom, Oliwia regularly undertakes independent study and actively participates in projects and initiatives that extend her learning. Her contributions are consistently recognised and praised by staff and students alike.

As a valued member of the Student Council, Oliwia has shown exceptional trustworthiness and leadership, playing a key role in enhancing our school environment. Her ability to listen, collaborate, and work hard toward shared goals reflects the very best of our school ethos.

Oliwia played a crucial role in the success of the Charity Football Tournament before half term which raised over £800 for the school.

Oliwia is a true role model—not only for younger students but for the entire school community. We congratulate her on this well-deserved recognition and thank her for the positive impact she continues to make. Oliwia will receive £300 funding to spend on a chosen area within the school curriculum.

Mr Browell | Extended Leadership Team & Head of PE

Preparing for the Future: Super-Curriculars and Personal Statements



On Tuesday, a select group of Year 11 students and our Sixth Formers had the privilege of attending presentations and a workshop led by Ms Sidrah Zubair, the London Outreach Officer of Gonville & Caius College, University of Cambridge. Ms Zubair's expertise in personal statements and super-curricular enrichment left a lasting impact on our students.

Ms Zubair delivered an engaging presentation on 'Oxbridge, A-levels and beyond' to our Year 11s, a motivational presentation on 'Oxbridge, competitive applications and super-curricular' to our Year 12s and a thought-provoking interactive workshop on 'Polishing up your personal statements - 2026 entry' to our Year 13s.

Our Year 11s students were informed on how best to prepare for competitive university applications whilst reflecting meaningfully on their academic interests. Our Year 12s and the Year 13s received expert advice on the crafting of compelling personal statements and on elevating their applications through super-curricular activities. From Oxbridge hopefuls to students exploring future career pathways, everyone left with clearer direction and renewed confidence.

Below are the comments of some of the participants:

The personal statement workshop offered valuable insights that helped me perfect my personal statement. The session was informative, and I was able to demonstrate my super-curriculars in an even better way. It left me feeling more confident in my personal statement and in a more relaxed position in the UCAS application process.

Ghazal, Year 13

Ms Zubair offered us detailed examples of other students' personal statements, and we were invited to comment on these, whilst reflect on our own writing style. She explained how to stand out from other students and how to avoid cliché sentence starters, which was very valuable.

Stelios, Year 13

The session was very useful and interesting. I got so much information that I really needed, and I could not find on websites, in such detail. Moreover, it prompted me to put more effort on my super-curricular activities.

Melina, Year 12

The UCAS session was very informative and provided me with important information on Oxbridge colleges and available subjects. It also helped me to understand the different super-curricular activities that I can do to enhance my personal statement and my chances of getting into the university of my choice.

Charles, Year 12

I found the workshop eye-opening, in terms of the different degrees and career paths that students can pursue. I, also, found the uniqueness of some Oxbridge degrees to be rather fascinating; this has now made me consider a variety of degrees, as I have been informed of combination degrees e.g. History & Languages. The information on what types of A-levels to pick and how they may affect our future studies was also extremely useful. Overall, I found the session an enriching experience, which offered an outlook on the realities of the university application processes along with an aspirational motivation to aim for the best source of high-level further education.

Thank you for offering such unique opportunities for us all!

Oliwia, Year 11

Ms Koveri, Deputy Head of Sixth Form and 2ic Humanities

Sports at STA

Year 7 Football Match





In their first ever competitive fixture together, our Year 7 girls faced a strong Wren Academy side and, despite the loss, delivered a performance full of heart, determination, and promise. The team showed incredible resilience throughout the match, refusing to let their heads drop and fighting until the final whistle. The second half saw a marked improvement, with the girls growing in confidence and cohesion as a unit. Captain Serena led by example, demonstrating leadership and tenacity, while Nefeli was outstanding at the back, making crucial blocks to help keep the scoreline down. Our goalkeepers, Nicole and Carmen, were both exceptional, pulling off a series of impressive saves that kept the team in the game and

showcased their potential. This match was a valuable learning experience for the squad and a strong foundation to build on for the rest of the season. The spirit and teamwork on display were truly commendable, and there's no doubt this group has a bright future ahead.

Mr Fowlie | Teacher of PE

International Gymnastics Triumph! 🏆





International Gymnastics Triumph! 🏆

We're thrilled to celebrate the success of Alice Nesterenko (Year 9), who recently competed in an international gymnastics tournament in Spain.

Alice delivered an outstanding performance, winning three gold medals and representing our school with pride and excellence on the global stage.

Congratulations, Alice — a fantastic achievement and a true inspiration to our school community!

Friends of St Andrew

Dear Parents and Friends of St Andrew,

At St Andrew the Apostle, we are proud of the sense of community that surrounds our school. The support of our families and local friends plays a vital role in enriching the experiences of our pupils.

Friends of St Andrew, our parent association, would like to invite you to join our group of volunteers who work closely with the school to help organise events, fundraisers, and activities that benefit our children and strengthen our school community.

Whether you can offer a few hours occasionally or would like to be more regularly involved, FoSA would love to hear from you. No experience is necessary, just enthusiasm and a willingness to help.

Friends of St Andrew will be holding an informal welcome meeting, where you can meet other members and learn more about how you can get involved.

The meeting will be held on Monday 1 December 2025 6:00pm to 7:30 pm and will be online.

If you're interested in joining or would like to find out more, please email the school office at admin@standrewtheapostle.org.uk, and they will share the details of the meeting with you.



FoSA AGM

*Join us for our first
Friends of St Andrew Annual General meeting*

Date: Monday 1st December 2025

Time: 6:00 - 7:30 pm

*Venue: Online via Teams or Zoom
RSVP for joining details*

Be part of FoSA

*At this first AGM, we will:
Adopt a constitution
Explain the purpose and aims of the Association
Elect committee members and officers
Share ideas for future events and priorities*

Everyone Welcome!

*All parents, carers, staff or anyone
from the community can be
members of the PTA.
Come along, meet other parents,
and help shape the future of our
school community.*



STA ST ANDREW
THE APOSTLE

InvestIN: New Free Webinar Series for Students & Parents

INVESTIN

We're excited to announce the launch of a brand-new event series, 'In Conversation', inviting your students to submit questions to experienced industry professionals.

Professionals will share their experiences, provide insight into potential career paths and offer tips and guidance to students while answering their questions in a live Q&A-style webinar.

This is an excellent opportunity for students to gain real-world insight directly from professionals and better understand what it's like to work in different industries.

The events are suitable for all students in years 10–13, whether they are just starting to think about their future or are actively preparing applications. [Free Events – InvestIN Education](#)

Build a Library - Mark Your Legacy!



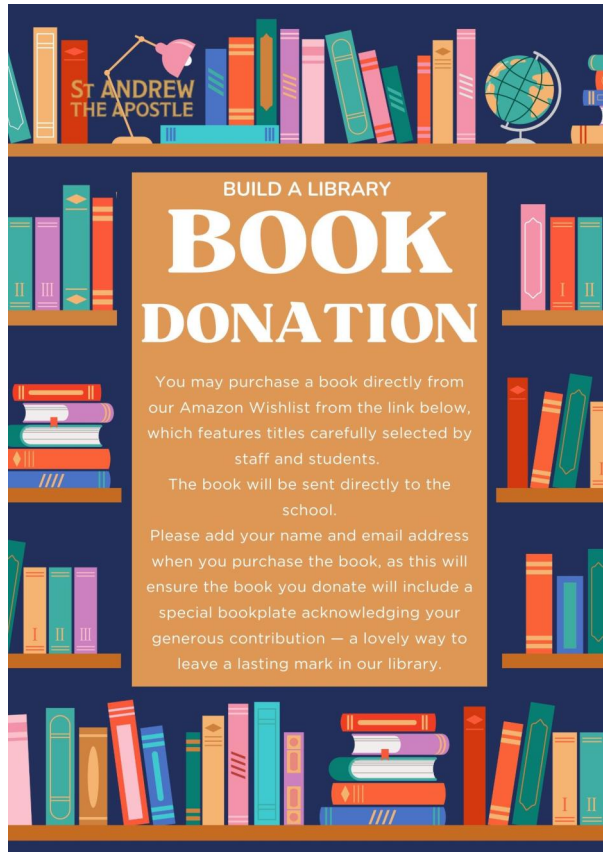
We are incredibly grateful to the families who have shown such heartfelt support for our school library.

We have currently had over 120 preloved book donations and 18 book purchases, and this continues to grow. Your generous donations of books have enriched our shelves and opened up new worlds for our students to explore. You may access our Amazon wish list [here](#) to join in building our school Library.

We would also like to extend a special thank you to the Yousuf family, who have donated £100 to mark their legacy. Your contribution is a lasting investment in the future of our students.

If you would like to support the school through a legacy donation, you can sign in on Parent Pay and select 'pay for other items' once you have logged in.

Thank you for being part of our story.



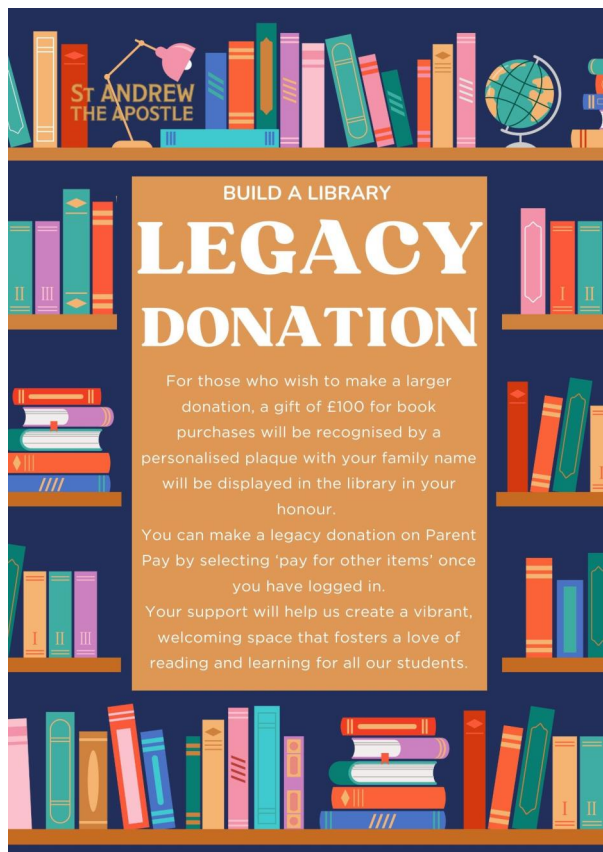
BUILD A LIBRARY

BOOK DONATION

You may purchase a book directly from our Amazon Wishlist from the link below, which features titles carefully selected by staff and students.

The book will be sent directly to the school.

Please add your name and email address when you purchase the book, as this will ensure the book you donate will include a special bookplate acknowledging your generous contribution — a lovely way to leave a lasting mark in our library.



BUILD A LIBRARY

LEGACY DONATION

For those who wish to make a larger donation, a gift of £100 for book purchases will be recognised by a personalised plaque with your family name will be displayed in the library in your honour.

You can make a legacy donation on Parent Pay by selecting 'pay for other items' once you have logged in.

Your support will help us create a vibrant, welcoming space that fosters a love of reading and learning for all our students.

Competition Time!

Young people aged from 11-19 years are asked to investigate, analyse and write about history. The subject categories cover local history, the modern world and especially aspects of 20th-century history.

[Young Historian Awards 2026 – take part \(Secondary prizes\) / Secondary / Historical Association](#)

The Historical Associations' public speaking competition open to school Year 10 - Year 13:

[The Great Debate 2026 / Secondary / Historical Association](#)

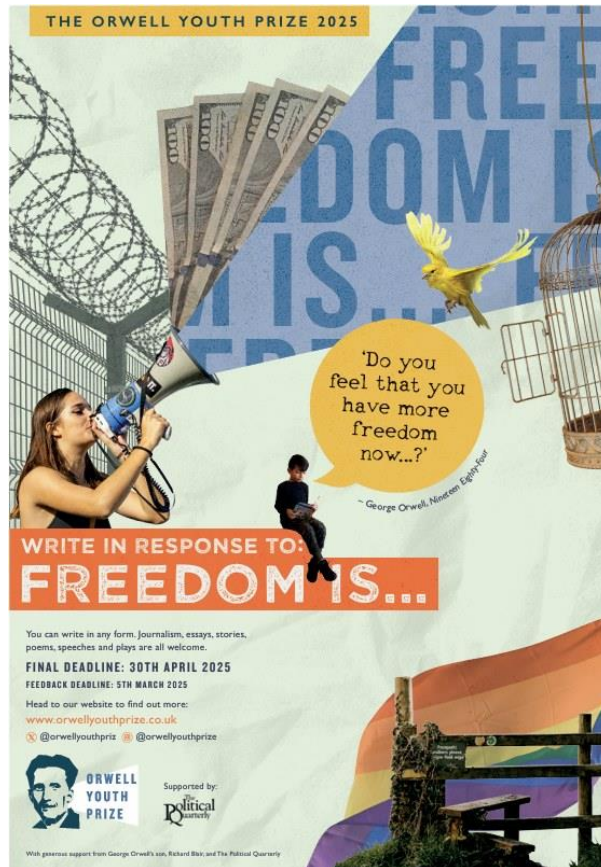


An exciting opportunity to enter a competition and to express your opinion on 'Freedom is...'

The Orwell Youth Prize 2025 is now open for entries on the theme of 'Freedom is...'

Enter [here](#) by 5 March 2025 and receive personal feedback on your draft! <https://www.orwellfoundation.com/wp-content/uploads/2024/09/A4-poster.pdf>

The Orwell Youth Prize uses the writing of George Orwell to inspire you to write about your own ideas and experiences. It's open to everyone at secondary school or college in the UK, or on a UK curriculum.



Taking part in competitions enhances students skills because:

It builds Confidence and Motivation

-
- *Competitions give students a platform to showcase their talents and hard work.*
 - *Success, or even just participation, can boost self-esteem and encourage them to aim higher.*
-

It encourages Deep Learning

-
- *Preparing for competitions often requires going beyond the standard curriculum.*
 - *This fosters independent learning, critical thinking, and problem-solving skills.*
-

Sparx Reader

Sparx Reader

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 662 books and spent 1350 hours of careful reading.

Well done and keep up the good work!

Ms Bassington | Head of English





Congratulations to our top October readers from each year group:

Year 7 Top Readers:

Sophia V: 2,816

Lara J: 2,724

Natalia S: 2,598

Year 9 Top Readers:

Anu O: 6,901

Konstantinos G: 2,724

Mark M: 2,427

Year 8 Top Readers:

Wealth O: 4,550

Moyosoreoluwa S: 3,786

Ruhamma T: 3,032

Year 10 Top Readers:

Ali O: 2,148

Kyla B: 2,010

Arvin B: 1,855

Ms Bassington | Head of English

A Trip down Memory Lane!

Sixth Form Open Evening

It was a pleasure to meet so many parents and carers at our 6th 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
The deadline for applications is 31 January 2025.



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)

SIXTH FORM OPEN EVENING

THURSDAY 20 NOVEMBER 2025

6.00PM TO 7.30PM

STA

ST ANDREW
THE APOSTLE

REGISTER NOW



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

STA

ST ANDREW
THE APOSTLE

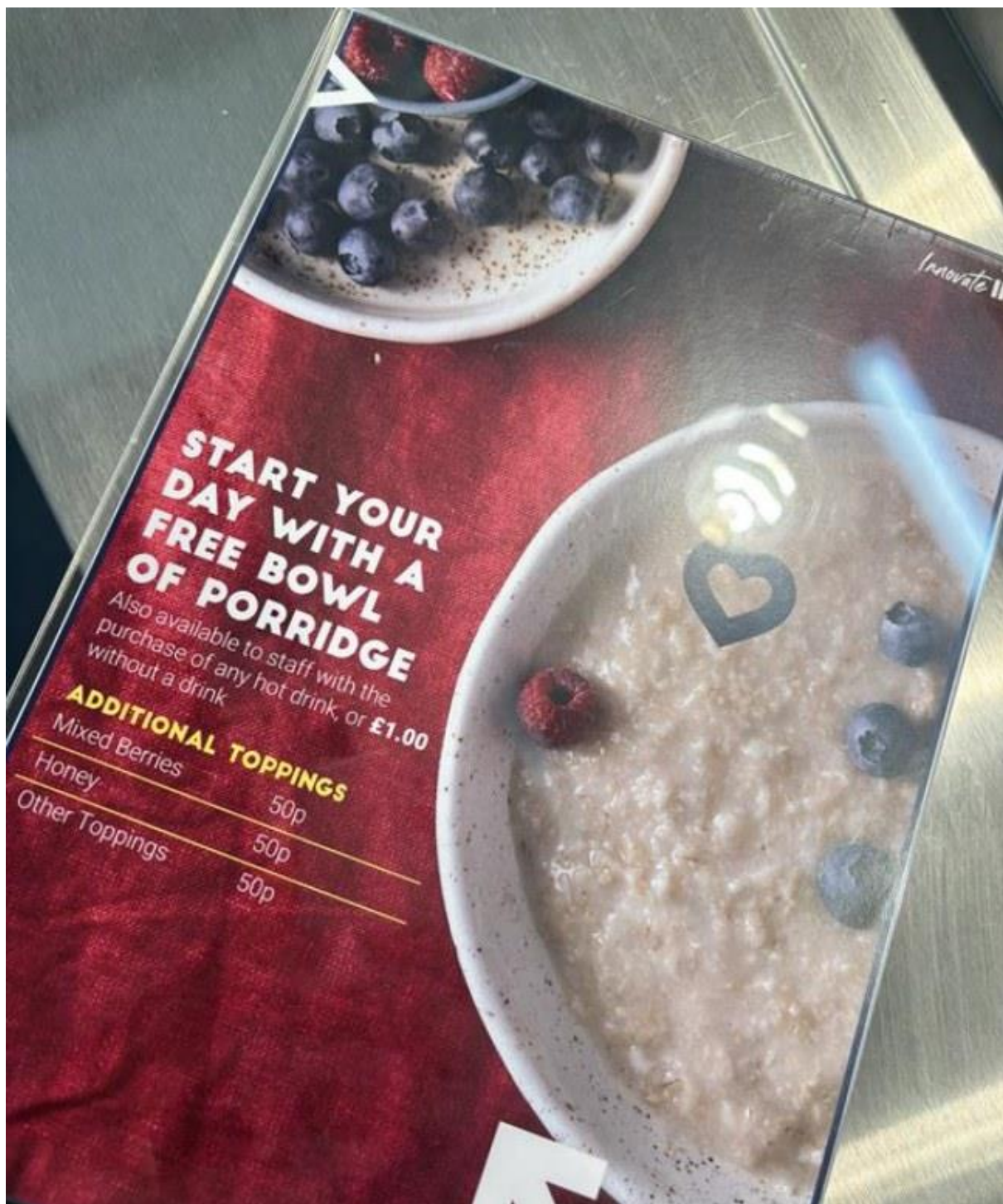
REGISTER NOW



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.



Celebrating Our Environmental Achievement

Gold Level TFL

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.



Cycling to School



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.

Sustainability at STA: Over 9647 Bottles Saved in Just 9 Weeks!



STA has made an incredible impact by saving over 9647 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!

STA's Carbon Cut: 3,236kg of CO₂ Saved!



St Andrew the Apostle School is proud to announce that our new building has already helped save 3,236 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.

SEND Information

The Basketball Bulldog Club

SEND Basketball Sessions

For Information

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

- <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



BELS Advisory Team for Autistic Children and Young People

Autistic Speaker Dr Pooky Knightsmith: GROW: A Practical Framework for Supporting Your Autistic Child

When: Wednesday 19th November 2025 at either 10-11am Or 6-7pm Online via Zoom.

We are delighted to welcome Dr Pooky Knightsmith.

Pooky is an autistic speaker, educator and autism assessor with a PhD in Psychological Medicine from King's College London. With extensive experience in neurodivergence and mental health, Pooky specialises in transforming research into practical, engaging talks that provide immediately actionable strategies for families and professionals. This practical session introduces the GROW framework - a clear, actionable approach to understanding and responding to your autistic child's needs. Parents and carers will leave with immediately implementable strategies for supporting emotional regulation, managing sensory needs, building cooperation, and strengthening connection with their child.

Key topics covered:

- Understanding and supporting emotional regulation*
- Managing sensory needs and sensory training approaches*
- Supporting communication with emphasis on processing time*
- Addressing anxiety and interoceptive difficulties*
- Building cooperation through connection*
- De-escalation strategies that strengthen relationships*
- Practical approaches to common daily challenges*

The online sessions are free, but it is essential you register using the link/s below.

Wednesday 19th November 10-11am session: [Dr Pooky Knightsmith talk, Wednesday 19th Nov. 2025 10-11am.](#)

Wednesday 19th November 6-7pm session: [Dr Pooky Knightsmith talk, Wednesday 19th Nov. 2025 6-7pm.](#)

Any questions please email Autism.Team@Barnet.gov.uk with 'Pooky Knightsmith talks Nov. 25' in the header.

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.

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

Dates and times:
Monday 3rd November 6-7.30pm
Monday 10th November 6-7.30pm
Monday 17th November 6-7.30pm
Monday 24th November 6-7.30pm
Monday 1st December 6-7.30pm
Monday 8th 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.](#)



Child in the 21st Century

ADHD Conference for Staff and Parents/Carers



**Tuesday 02 December
09:30 - 12:30 - Online**

We look forward to inviting you to our conference on building relationships between staff and parents & carers.



We are excited to invite Andrew Whitehouse as our keynote for the conference and will be thrilled to hear from some of our colleagues and Barnet parents.



[Book here:](https://forms.cloud.microsoft/e/p9JrRkb0RL)
<https://forms.cloud.microsoft/e/p9JrRkb0RL>



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).
22nd October – 17th December. No session 29th 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"





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

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

Is your child a young carer?



A young person who supports or lives with someone with a disability, illness, addiction or any issue that affects their day to day living, whether it be a parent, sibling, family member or friend, that young person automatically qualifies as a young carer. At Barnet Young carers, we support and acknowledge their caring roles.

- All children, once registered, will receive a Leisure pass for **FREE** swimming and discounted sessions within Better Gyms in the Barnet and surrounding areas.*
-

YC Parental Referral Form <https://barnetyoungcarers.org.uk/parental-referral/>

YC Professional Referral: <https://barnetyoungcarers.org.uk/professional-referral/>

- A 1:2:1 mentoring programme which gives them the opportunity to meet with a qualified mentor (most of who have themselves been young carers) to boost confidence and offer emotional and moral support.*
-

YC Parental referral form <https://barnetyoungcarers.org.uk/internal-forms/mentoring-parental-agreement/>

Mentoring Professional Referral <https://barnetyoungcarers.org.uk/mentoring-service/>

-
- *Activities in school holidays eg theme park trips, theatre trips, arts and crafts courses, kayaking courses and much more. (once registered, you will automatically receive notifications of events).*
-

Please complete the above referral form to register your child/ren. For any questions or queries, please feel free to contact me at any time on;

Sandra.Langham@barnetcarers.org

07955 286087

<https://barnetyoungcarers.org.uk>

Safeguarding at STA

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.



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.