



St Andrew The Apostle School
Newsletter 14.11.25

STA

ST ANDREW THE APOSTLE



Dear Parents, Carers and Friends of the School,

Remembrance Day, 11 November 2025, was marked with care and respect across the school on Tuesday. Our Year 7 students visited the Commonwealth War Graves at New Southgate Cemetery on Brunswick Park Road, where they took time to reflect on the lives lost in conflict. Their conduct demonstrated their maturity and understanding of the day's significance.

Back at school, the entire community observed the minute's silence. Staff and students paused together, creating a moment of shared reflection. It was a reminder of the importance of remembrance and the value of unity. Please see photos in below.

In other news, Year 11 and Year 13 students began their first round of mock exams. They have approached this period with great determination. We encourage all parents and carers to continue supporting their children through revision and rest. These exams are an essential step in preparing for final assessments and future plans.

Thank you to everyone who has contributed to the school library. We are currently looking for a volunteer librarian to help with organisation and support students during library hours. If you are interested or know someone who might be, please follow this link.

Looking ahead, we are preparing for our Sixth Form Opening Evening on Wednesday, 20th November. This event is a chance for current Year 11 students and their families to explore post-16 options, meet subject teachers, and learn more about the opportunities available in our Sixth Form. We hope to see many of you there.

Another upcoming event is Tea with the Headteacher, which will take place on Monday, 18 November 2025. This reward is given to students who have earned a high number of achievement points in lessons. There is still time to gain points and be invited! Teachers will continue to award points for effort, participation and progress, so keep working hard.

As we move through November, we are proud of the way students have responded to both reflective moments and academic challenges. The school community continues to show strength, focus, and a commitment to learning and respect.

Thank you for your continued support.

Christopher Martin | Headteacher

Faith in Action

Remembrance Sunday offers a moment to pause and reflect on the sacrifices made by those who served in times of war. In our school, this day is marked with solemnity and respect, values deeply rooted in the Greek Orthodox faith.

In Orthodox Christianity, memory is sacred. The phrase “Eternal be their memory” is often spoken during memorial services, expressing a hope that the lives of the departed will be remembered not only by us, but by God. This belief encourages us to honour those who came before us, especially those who gave their lives for peace and freedom. Remembrance is not just about history—it is about gratitude, humility, and responsibility.

Respect, one of our school's core values, is central to both Remembrance Sunday and the Orthodox tradition. Respect in the faith is shown through prayer, silence, and acts of service. When our students stood quietly during the two-minute silence, they were participating in a form of prayer—an offering of time and attention to those who are no longer with us. When Year 7 visited the Commonwealth War Graves, their quiet reflection was a sign of reverence, echoing the Orthodox practice of visiting cemeteries to pray and remember.

In linking faith and school life, we see how traditions can guide our actions. Remembrance Sunday reminds us that respect is not just a word—it is something we do. It is how we speak, how we listen, and how we honour others.

May we continue to carry these values forward, in our classrooms, our homes, and our hearts.

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.

Mr Lasithiotakis | Lead Teacher of Music

BEAT BRITAIN'S EDUCATION TRUST **Live 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:



FOUNDAATION STAGES JAZZ ENSEMBLE MUSIC THEORY RECORDER GROUPS

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

  **ARTS COUNCIL ENGLAND** **WWW.BEATRUST.ORG.UK**

BEAT BRITAIN'S EDUCATION TRUST **Live 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

FOUNDAATION STAGES JAZZ ENSEMBLE MUSIC THEORY RECORDER GROUPS

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

  **ARTS COUNCIL ENGLAND** **WWW.BEATRUST.ORG.UK**

BEAT **Live 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: WWW.BEATRUST.ORG.UK

Department for Education ARTS COUNCIL ENGLAND

SIXTH FORM OPEN EVENING - 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](#)

**SIXTH FORM
OPEN EVENING**
THURSDAY 20 NOVEMBER 2025
6.00PM TO 7.30PM

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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

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THE APOSTLE**

REGISTER NOW



www.standrewtheapostle.org.uk



Anti-Bullying Week: Power for Good





The week began on Monday 10 November, with Odd Socks Day, where students proudly wore socks of all colours, patterns, and lengths to symbolise individuality and uniqueness. From bright stripes to quirky mismatched pairs, the day reminded us that our differences make us special. There was no cost for participation, and students were free to express themselves in their own way—even by wearing their usual school socks!

Throughout the week, students engaged in a range of activities designed to reflect our core values: respect, responsibility, caring, fairness, honesty, and forgiveness. These activities encouraged everyone to think deeply about the impact of bullying and how we can work together to challenge it effectively.

Highlights included our Power for Good Poetry Challenge, where students crafted inspiring poems about kindness, courage, and standing up for what’s right. Here are a few lines that stood out:

- “Talk to someone, it doesn’t matter who, as long as they’re listening, listening to you.”
- "Respect the voices, big and small, Responsibility - stand tall for all."

- "Together we're strong, we choose what's right, Power for good, our guiding light."
-

Students also submitted entries for the 'Speech for Change' Competition and our budding speakers shared powerful messages on how to create a safer, more inclusive school environment.

We will continue to share some of our impressive entries and we will share the names of the winning entries!

Anti-Bullying Week was the way to start the conversation about anti-bullying and empower every student to use their voice for good and to make positive choices every day.

For further information and resources on Anti-Bullying Week please visit the Anti-Bullying Alliance website at www.anti-bullyingalliance.org.uk or our school website: [St Andrew the Apostle](#).

Thank you to everyone who participated and helped make this week a success!

Miss Walt | Assistant Headteacher & DSL

Use Your POWER FOR GOOD

5 Skills to Help Stop Bullying

- Speak up**
If you see bullying or unkindness, use your voice and say something.
- Have courage**
Being brave helps us to do the right thing, even when it's difficult.
- Show Kindness**
Be helpful towards others with small acts of kindness.
- Show Teamwork**
Include others and celebrate what makes us unique.
- Ask for Help**
Get support from a trusted adult when you need it.

ODD SOCKS, SAME STEPS



We wear odd socks as
a random thing
But we have really clocked
what this all means
Through tech and in person
It happens unknown
But this is a lesson



How our voices are shown
Talk to someone
It doesn't matter who
As long as they're listening
Listening to you



We need to learn respect
Though it doesn't sound fun
We can use our power for good
Let bullying be done.



Lucia C 8J

Celebrating Positive Behaviour



This week, we've been thrilled to celebrate the fantastic achievements of our students who consistently demonstrate positive behaviour and commitment to our school values. Students who have reached 50 recognition points have been awarded their Bronze Badges – a brilliant milestone that reflects hard work and dedication.

A special congratulations goes to Lucia and Avash in Year 8, who earned their badges this week. Well done to both of you!



Achievement points are awarded for many reasons, including brilliant effort in lessons, excellent work completed, and contributions to character education – such as showing respect, kindness, and teamwork. These points recognise the determination and positive qualities that students bring to our school community every day.

In addition, the form group in each year with the highest number of achievement points in term one enjoyed a special Form Time Rewards Morning. Students celebrated with hot chocolates whilst playing board games, or taking part in sports, all while spending quality time with their form tutor.

Keep aiming high – the next milestone is Silver, awarded at 100 recognition points!

Parents can track their child's progress and achievements anytime via MCAS.

Miss Walt | Assistant Headteacher & DSL

Trips at STA

SAFE TO TRAVEL: TFL Safety Trip



This week, students from various year groups visited Edgware Station for an engaging safety session with Transport for London (TFL) staff. The day began with a warm welcome from a police officer, who explained how to check bus timetables and navigate stations. Students then boarded a dedicated STA bus, where TFL staff and officers demonstrated key tips for staying safe while travelling. Practical activities included crossing a busy road safely and learning how to respond to strangers. Students handled scenarios such as pickpocketing and dealing with disruptive passengers with confidence, showing excellent awareness of personal safety. The session concluded with advice on avoiding sharing personal information while on public transport. Before returning to school, several students were interviewed about what they learned, highlighting the importance of vigilance and responsible behaviour when travelling. They all enjoyed their time at Edgware Station and found TFL staff friendly and knowledgeable.

Ms Butler | Teaching Assistant

Christmas Card & Christmas Prayer Competition



The poster features a festive background with gold and white Christmas ornaments, a gold star, and a gold cross. The text is centered and uses a mix of gold and black fonts.

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!



The poster features a festive background with green pine branches, red and gold Christmas ornaments, and a gold cross. The text is centered and uses a mix of green and black fonts.

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.



Dance



Dance Club is officially up and running this half term, and it was an absolute pleasure to open the doors to our brand-new dance studio, a space designed to inspire creativity and movement. The studio features wall mirrors, a specialist sprung floor, and plenty of open space—perfect for practising routines and building confidence.

Our talented students have already begun rehearsals for the much-anticipated Christmas Show, and their energy and enthusiasm are infectious! This is a wonderful opportunity for them to showcase their skills and celebrate the joy of dance with our school community.

***Join us for an evening of festive performances on Friday 12 December, 6:00 pm – 7:00 pm.
We can't wait to see you there!***

Miss Walt | Assistant Headteacher & Teacher of PE

Design and Technology

In Design Technology, our workshop is a creative space where every student is encouraged to explore and enjoy the process of bringing their ideas to life. We work closely with all students, helping them develop their fine motor skills through hands on projects that celebrate individuality and imagination. With the incredible support of the SEN team, students are guided with care and enthusiasm, ensuring that all students stay focused, confident, and proud of what they achieve.

Miss Agathangelou | Art & DT Technician







Extra - Curricular Clubs

STEM Club





STEM Club students recently took on a fun and challenging project: experimenting with different ingredients to create the perfect slime! From adjusting ratios to testing textures, they demonstrated incredible problem-solving skills and perseverance. When their recipes

didn't work as expected, they worked collaboratively to troubleshoot and refine their mixtures until they achieved success. This hands-on activity not only sparked creativity but also reinforced key scientific principles like chemical reactions and material properties. Well done to our budding scientists for their hard work and determination!

Miss Msrar | Head of Science

Cancer Research Fundraiser - Jai Amari



*In September, Jai took on an incredible challenge: completing **100 push-ups every day** to raise money for cancer research. He dedicated this effort to the memory of his Auntie, who sadly passed away from cancer. We are immensely proud of Jai, not only did he raise a significant amount for such a worthy cause, but he also demonstrated his trademark determination, commitment, and humility throughout.*

Mrs Ayres and Mr Lasithiotakis | Form tutors

Sports at STA

Year 11 Continue Undefeated Run with 1–0 Victory Over London Academy



The Year 11 football team continued their impressive unbeaten streak in the league with a hard-fought 1–0 win against London Academy. From the first whistle, the team showed determination and discipline, securing the win with a goal in the opening five minutes.

Team captain Marko led by example, delivering a commanding performance from midfield. His vision and composure were instrumental in controlling the tempo of the game, winning key battles, and inspiring his teammates with outstanding leadership. Marko also provided the decisive assist, threading a perfect pass to Cameron, who calmly slotted home the only goal of the match.

With injuries forcing a reshuffle in the backline, Raphael stepped into the centre-back role and delivered a defensive masterclass. His adaptability and leadership helped marshal the defence, keeping London Academy's attackers at bay and maintaining a clean sheet through disciplined positioning and communication.

In goal, Pany made a crucial save late in the game to preserve the lead, showcasing sharp reflexes and composure under pressure.

This week's joint Players of the Game go to Marko and Raphael. Marko's midfield dominance and match-winning assist, combined with Raphael's outstanding defensive performance and leadership under pressure, were key to the team's success.

This result not only highlights the team's resilience and tactical maturity but also reinforces their status as serious contenders in the league. Well done to all involved!

Mr De Jesus | Teacher of PE

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

Volunteer Librarian Vacancy Available



VOLUNTEER LIBRARIAN



A flexible, rewarding opportunity for someone who enjoys working with children and young people, and wants to make a meaningful contribution to a learning environment.

You'll support the day-to-day running of the library and help create a welcoming, well-organised space that encourages reading and discovery.

What We're Looking For

- A genuine love of books and reading
- Friendly, patient, and approachable nature
- Good organisational skills and attention to detail
- Confidence working with children of all ages
- Basic computer literacy (training provided)
- Reliability and a willingness to learn



020 3195 5444



vacancies@standrewtheapostle.org.uk



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



Scan QR Code to apply!

Scan QR Code to visit our
Instagram page!



A high achieving school for Barnet and beyond

2 - [Volunteer Librarian at St Andrew the Apostle Greek Orthodox School, London, | MyNewTermClick Here to Apply!](#)

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.

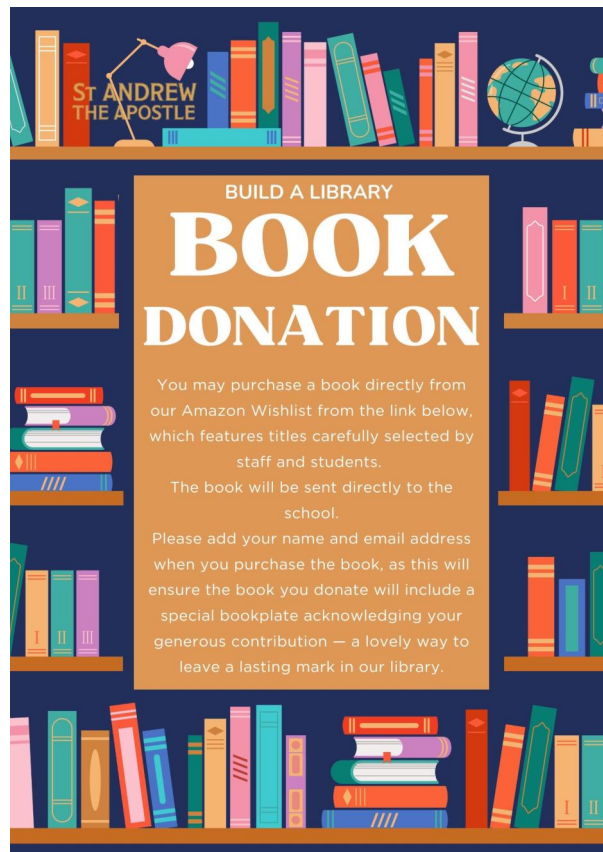
We have currently had over 35 book purchases, and this continues to grow. Your generous donations of books have enriched our shelves and opened up new worlds for our students to explore. You may access our Amazon wish list [here](#) to join in building our school Library.

Please ensure to add your full name to the note at checkout.

We would also like to extend a special thank you to the Kupriianov family and Holder 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.



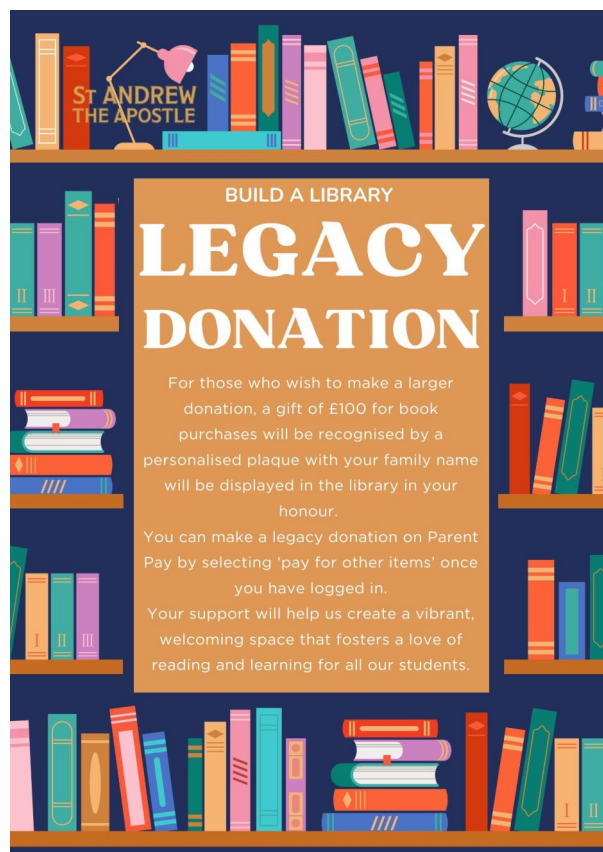
BUILD A LIBRARY

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](#)

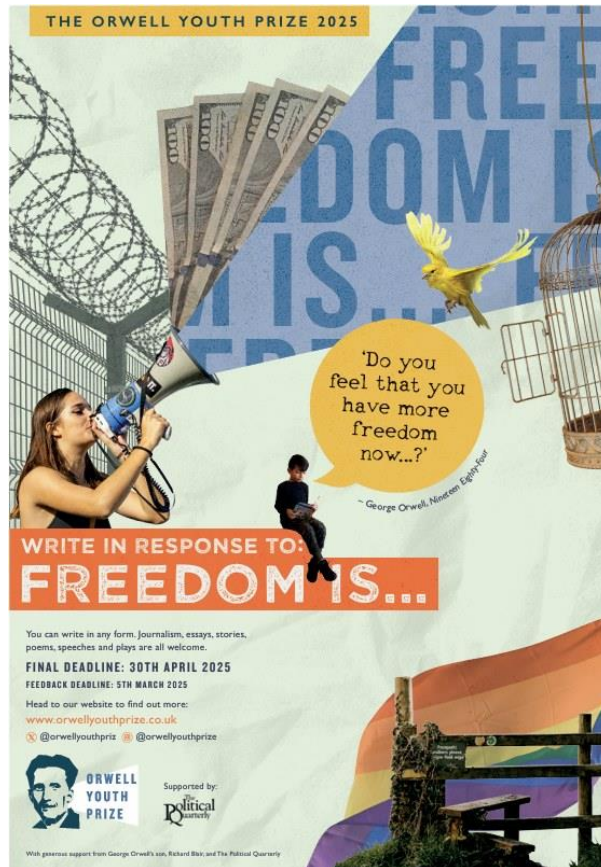


An exciting opportunity to enter a competition and to express your opinion on 'Freedom is...'

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.*
-

Root word of the week


Root Word of the week s†A

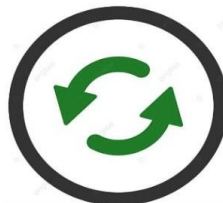
ANTI (Greek) = against or opposite



Antisocial (against social contact)

Antagonist (A character or force that opposes the protagonist in a story)





Anticlockwise
(Moving in the opposite direction of a clock's hands)

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!



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 8 Top Readers:

Wealth O: 4,550

Moyosoreoluwa S: 3,786

Ruhamma T: 3,032

Year 9 Top Readers:

Anu O: 6,901

Konstantinos G: 2,724

Mark M: 2,427

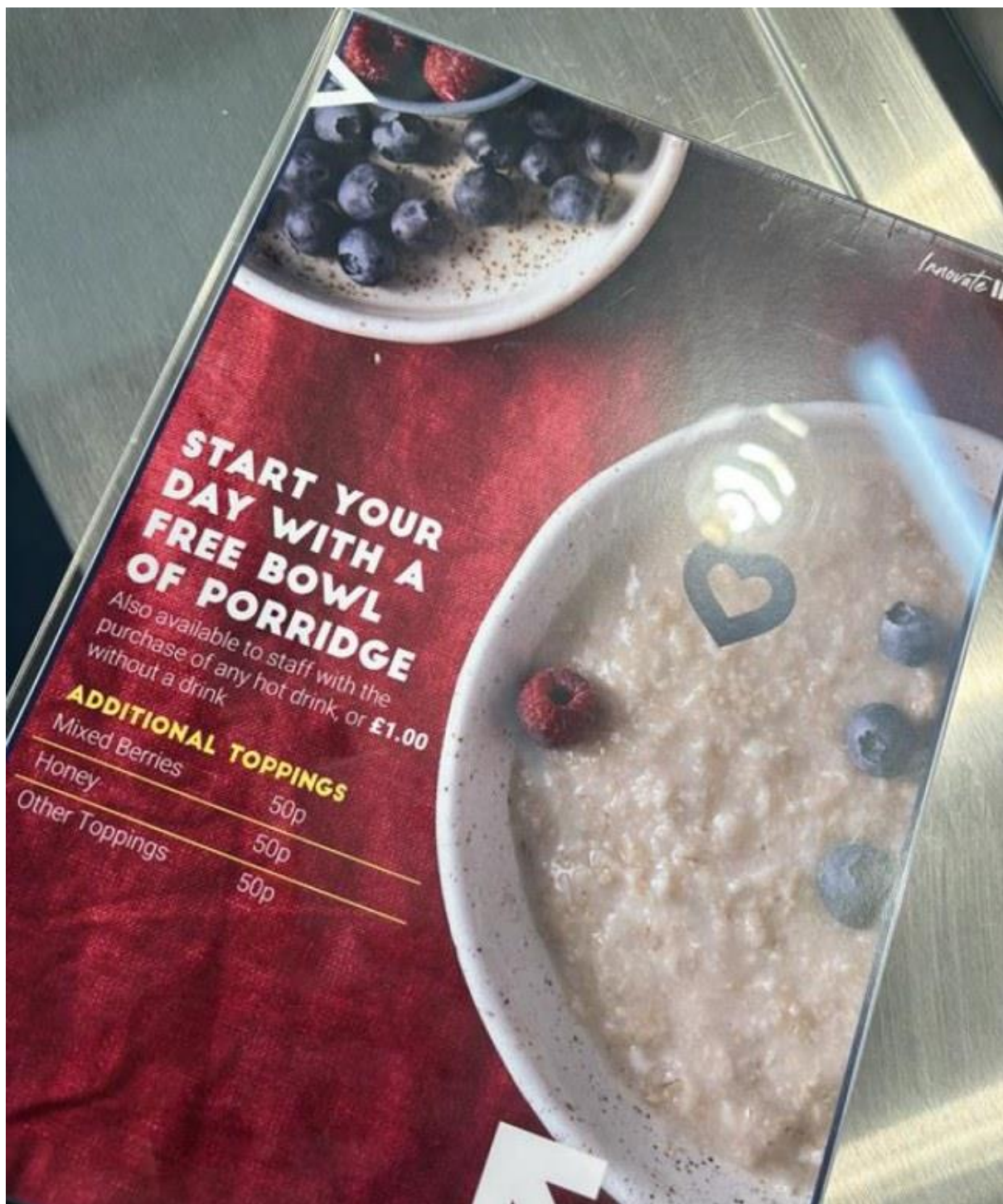
Year 10 Top Readers:

Ali O: 2,148

Kyla B: 2,010

Arvin B: 1,855

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 9832 Bottles Saved!



STA has made an incredible impact by saving over 9832 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: 3,705kg of CO₂ Saved!



St Andrew the Apostle School is proud to announce that our new building has already helped save 3,705 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](#)

3 - [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.