

St Andrew The Apostle School  
Newsletter 21.11.25

STA

ST ANDREW  
THE APOSTLE



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*Dear Parents, Carers and Friends of the School,*

*It has been an exciting week for our school community, with several events that showcase the talent and commitment of our students and staff.*

*The Jack Petchey Speak Out Challenge was a real highlight. Our students spoke with confidence and passion on topics that matter to them. Their ability to express ideas so clearly was inspiring and we are proud of everyone who took part.*

*Our Sixth Form Open Evening was very well attended. Families had the chance to explore the opportunities we offer for post-16 education. The atmosphere was positive and engaging.*

*Thank you to staff for their hard work in making the evening such a success.*

*Students in Year 8 also enjoyed a memorable trip to London to see The Twist Museum. The museum uses art and science to create mind-bending exhibits that challenge how people see, hear and experience reality through a combination of optical illusions, perspective shifts and other sensory-based experiences. You can see from the pictures how much fun it was!*

*Another special moment was Tea with the Headteacher, a reward for students who have gone above and beyond. It was a privilege to spend time with such outstanding young people and celebrate their achievements.*

*Looking ahead, we are excited for our Grand Opening next Friday, when we will welcome guests of honour, local dignitaries, governors and former colleagues to celebrate with current staff and students. This will be a historic moment for our school and a celebration of growth and community.*

*Finally, Mock 1 exams for Years 11 and 13 went very well. Students approached them with maturity and determination, and these assessments provide an essential opportunity to prepare for the summer exams.*

*Thank you to everyone—students, staff, and families—for making this week so successful. We look forward to the days ahead with confidence and enthusiasm.*

***Christopher Martin | Headteacher***

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## **Faith in Action**

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*In the Greek Orthodox tradition, name days are an important part of our spiritual life. They honour the saint whose name we bear and remind us of the deep connection between faith and daily living. Unlike birthdays, which celebrate the day we were born, name days celebrate the life and witness of a saint.*

*On 14 November, we marked Father Gregory's name day. Although the day has passed, we still wish Father Gregory every blessing and thank him for his guidance and dedication to our school. Χρόνια Πολλά, Father Gregory!*

*Our school values of Respect and Responsibility are rooted in these traditions. Respect calls us to honour one another, recognising the dignity and worth of every person. Responsibility reminds us that our actions should reflect our faith and commitment to the common good.*

*These values shape how we learn, how we serve, and how we grow together.*

*As we reflect on Father Gregory's name day, let us consider how we can live these values in our own lives—through kindness, integrity, and care for others. Faith is not only celebrated in church but lived in our classrooms, friendships, and choices.*

**Prayer:**

Heavenly Father, we thank You for the gift of our community and for Father Gregory's faithful service. Bless him with strength and joy as he continues to guide us. Help us to live with respect and responsibility, reflecting Your love in all we do. Amen.

By the School Chaplaincy Team

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

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*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**

The poster features the BEAT logo at the top left and the slogan 'Live Music Make Music' at the top right. A pink banner lists categories: GUITAR ENSEMBLE, CHOIRS, TRAINING STRINGS, ACADEMY BAND, and ROCK & POP. A circular badge on the left states 'AGES 3 TO 21 YRS OLD!'. The central image shows a large ensemble performing in a grand hall. Below this, three circular insets show students playing saxophone, guitar, and piano. A large white graphic with pink borders contains the text 'BEAT MUSIC ACADEMIES' and a testimonial: 'Excellent teaching that is affordable, accessible, and supportive. I appreciate the encouragement and relaxed approach. The kids love coming here' - Parent Survey 2024. A 'Previous Performances' list includes Royal Albert Hall, St John's Smith Square, artsdepot, European Tours, Duke's Hall, and StoneX Stadium. A QR code is labeled 'Scan here to find out more:'. The bottom pink banner lists 'FOUNDATION STAGES', 'JAZZ ENSEMBLE', 'MUSIC THEORY', and 'RECORDER GROUPS'. The footer includes logos for the Department for Education and Arts Council England, along with the website 'WWW.BEATRUST.ORG.UK' and funding details.



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



FOUNDATION 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



Live Music  
Make Music

Voice Trumpet Horn Cello Viola Piano Clarinet Double Bass Oboe

### INSTRUMENTAL & VOCAL LESSONS



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:



ARTS COUNCIL  
ENGLAND

WWW.BEATRUST.ORG.UK

## Trips at STA

Save the Date! Celebrate Christmas with us.



## Dance



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*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***

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## Celebrating Success: Tea with the Headteacher







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*This week, students were invited to the second Tea with the Headteacher event of this year, a special celebration for students who have demonstrated exceptional effort and progress this term.*

*Students were invited for one of two reasons:*

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- They are among the top five in their year group for achievement points, or*
  - They have been recognised by their Head of Year for outstanding improvement since the start of the academic year.*
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*During the event, students enjoyed hot chocolate, cake and biscuits while engaging in reflective conversations with senior teachers and peers from other year groups. These discussions highlighted their successes and the positive impact of their hard work.*

*Achievement points are awarded for brilliant effort, outstanding work, and for showing our school values of respect, responsibility, fairness, caring, honesty, and forgiveness.*

*We are incredibly proud of these students and encourage them to continue striving for excellence. Parents can view all behaviour logs and achievement points on MCAS.*

*Congratulations to all who attended – you are an inspiration to our school community!*

**Mr Martin**

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## Jack Petchey Speak Out Challenge





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*This week all Year 10 students took part in Jack Petchey Speak Out Challenge, a whole day workshop run by the professional facilitators of public speaking. Students were taught how*

*to take themselves out of their comfort zone and present impromptu speeches on a vast range of topics. They were taught how to develop their confidence with Stride - Stand – Smile – Speak - Stay technique, how to structure a speech with an engaging opening, development of ideas and a clear message at the end. The day was filled with activities which gradually built students confidence in speaking out in public and culminated with every student presenting a speech on their chosen topic in front of their peers and teachers involved. Most importantly, students learnt how to conduct themselves in future 6th form/collage/university/job interviews and communicate effectively in the professional world.*

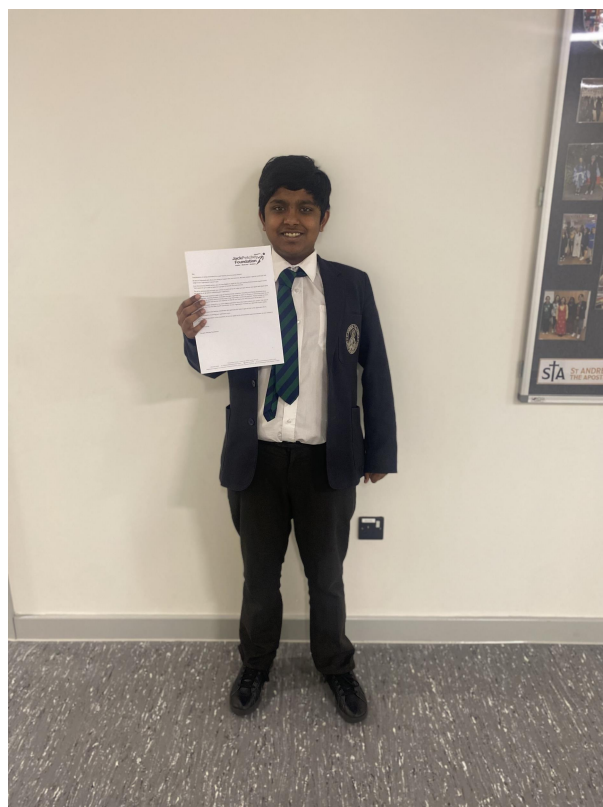
*Both teachers and the workshop facilitators were impressed how our students embraced the challenge with courage and enthusiasm; we are truly proud of the progress they have made.*

*The best speeches from each of the four workshops will be shortlisted for our school Speak Out Challenge final, which will take place in December. These will be announced next week in the assembly. The school winner will follow the footsteps of our last year school winner Anna-Maria and will represent our school in the Barnet regional final on 4th February.*

**Ms Bassington | Head of English**

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## **Jack Petchey Environmental Achievement Award**



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*We are delighted to announce that Ethen has been awarded the Jack Petchey Environmental Award, following his nomination by Assistant Headteacher Mrs Bamber.*

*Ethen's passion for nature and his fascination with watching plants grow have been a source of inspiration to those around him. He finds the natural world both relaxing and rewarding, and his gentle, caring approach reflects his deep respect for the environment. His nomination recognises not only his personal connection to nature but also his commitment to caring for the world around him.*

*As part of his award, Ethen will receive a £300 grant, which he has chosen to invest in the allotment club. The funding will support both student wellbeing and curriculum enrichment. Inspired by Ethen's love of nature and his calming connection to plant life, the club will provide a nurturing space where students can explore environmental stewardship and develop practical skills.*

*The grant will be used to purchase seeds, plants, compost, and tools to create a thriving allotment on school grounds. Weekly sessions will link directly to key curriculum areas, including:*

*Science – exploring plant biology and ecosystems*

*PSHE – promoting mental health, teamwork, and resilience*

*Design Technology – planning and constructing sustainable projects*

*Ethen's award is a testament to his caring nature and his vision for a greener, healthier school community. We are incredibly proud of his achievement and look forward to seeing the positive impact will have on both students and the wider school environment.*

***Mr Browell | Extended Leadership Team***

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## **Student Council Update**

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*Since returning from half term, the Student Council have been actively engaging with key figures across the Russell Education Trust and the school's Senior Leadership Team to strengthen student voice and collaboration.*

*This week, the council met with Mr Easton, who spoke in detail about the Russell Education Trust and how the Trust's seven schools work together. During the meeting, students shared their ideas on how students within the Trust schools could work more collaboratively. Suggestions included promoting the work of student councils across the Trust, raising money collectively for shared causes and organising more joint sports events to bring students together.*

*The council have also held important discussions with Miss Walt, focusing on safeguarding and behaviour, and with Mrs Bamber, who explained her role in supporting SEND students within our community. These meetings have provided valuable insights into how different aspects of school leadership contribute to student wellbeing, inclusion, and opportunities.*

*The Student Council continue to play a vital role in representing the views of students and shaping the future of our school community. Their work this term highlights the importance of collaboration, communication, and shared responsibility across the trust.*

*We are delighted to share that next week the Student Council will play an important role in the Grand Opening event. As part of the celebrations, council members will have the unique opportunity to meet the guests of honour.*

*In preparation for this exciting visit, the council have been working together to develop thoughtful questions on themes of leadership. This will give our students the chance to gain valuable insights, and represent the voice of young people within our school community.*

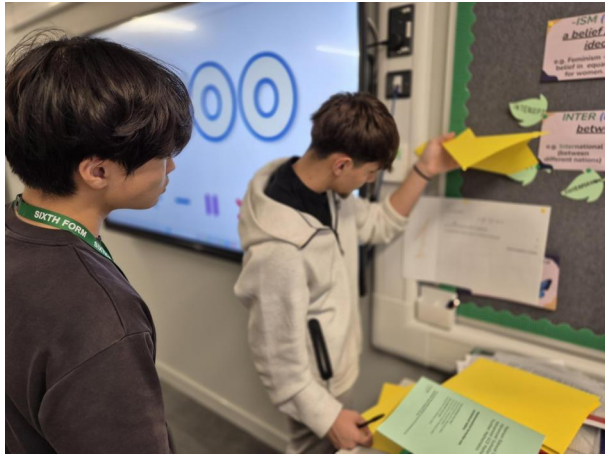
### ***Mr Browell | Extended Leadership Team***

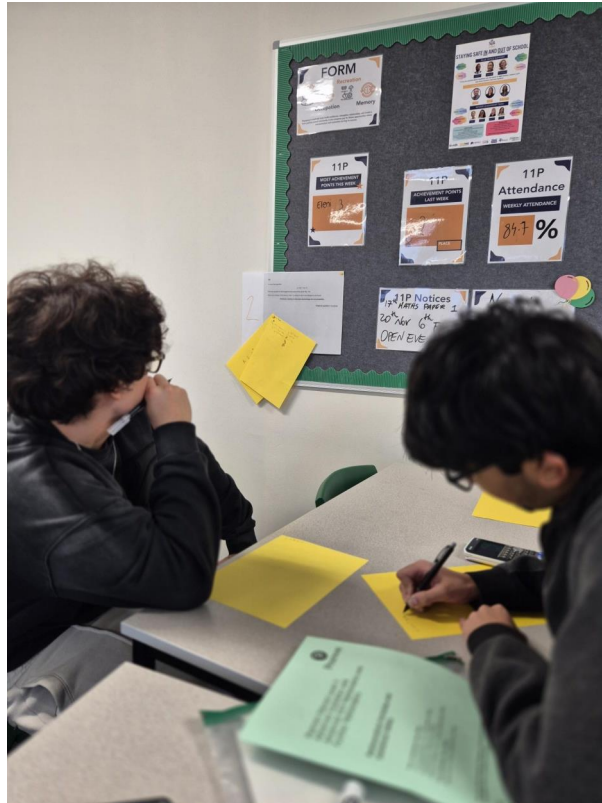
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## Silent Debate





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*Today Year 12 Maths students explored a fresh approach to exam prep with a silent debate using exam questions.*

*Thought-provoking, collaborative, and surprisingly fun—everyone got involved and loved it!*

***Ms Sorgente | Teacher of Maths***

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## Sports at STA

### *Year 7 Girls Show Great Progress Against Wren Academy*





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*In their second game of the season, the Year 7 girls faced a strong and well-organised Wren Academy side. This match proved to be an excellent learning experience, with players rotating through different positions and adapting impressively throughout.*

*Serena, captaining the team from Centre, worked tirelessly to link play from defence to attack and showed fantastic leadership on the court. Maria, playing as Goalkeeper, was outstanding in her defensive role and earned Player of the Match, as chosen by the opposition, for her exceptional work rate and ability to break down Wren's attacking play.*

*Carmen contributed brilliantly in attack, scoring two superb goals to keep the team competitive. Natalia, at Goal Defence, was another standout performer, reading the game well, making key interceptions, and providing crucial support to Maria in defence.*

*Although the final score didn't go our way, this was a huge step forward for the team. Their determination, adaptability, and teamwork promise an exciting season ahead.*

***Miss Walt | Assistant Headteacher***

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## Friends of St Andrew

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*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 7.30pm 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](mailto:admin@standrewtheapostle.org.uk), and they will share the details of the meeting with you.*

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## **FoSA AGM**

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

*Date: Monday 1<sup>st</sup> 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](mailto: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

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

## Build a Library - Mark Your Legacy!

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

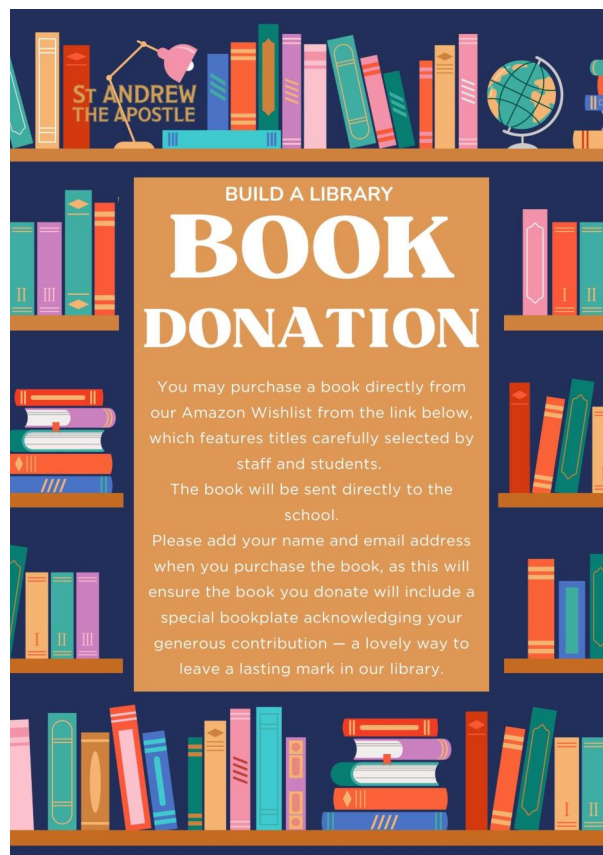
*We have currently had over 35 book purchases, and this continues to grow. Your generous donations of books have enriched our shelves and opened up new worlds for our students to*

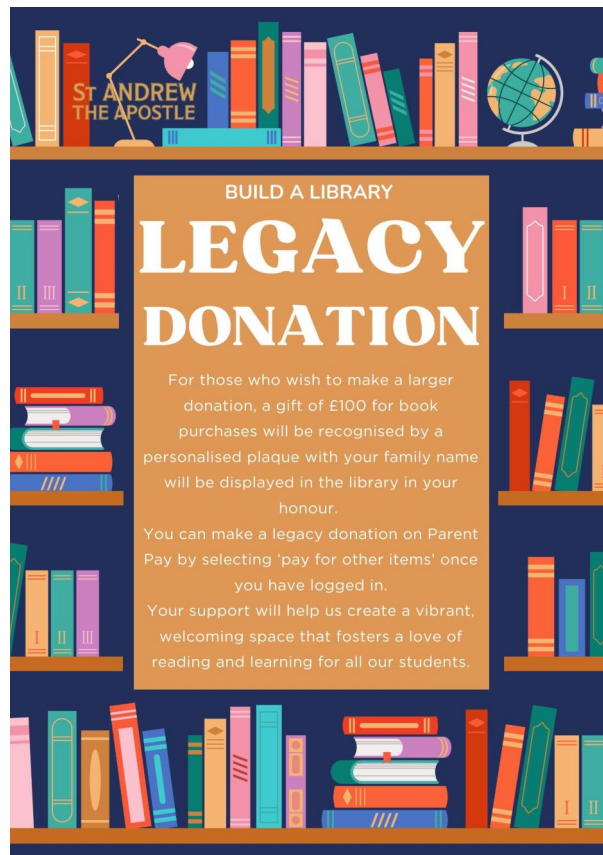
explore. You may access our Amazon wish list [here](#) to join in building our school Library.  
**Please ensure to add your full name to the note at checkout.**

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.





## Competition Time!

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*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](#)*

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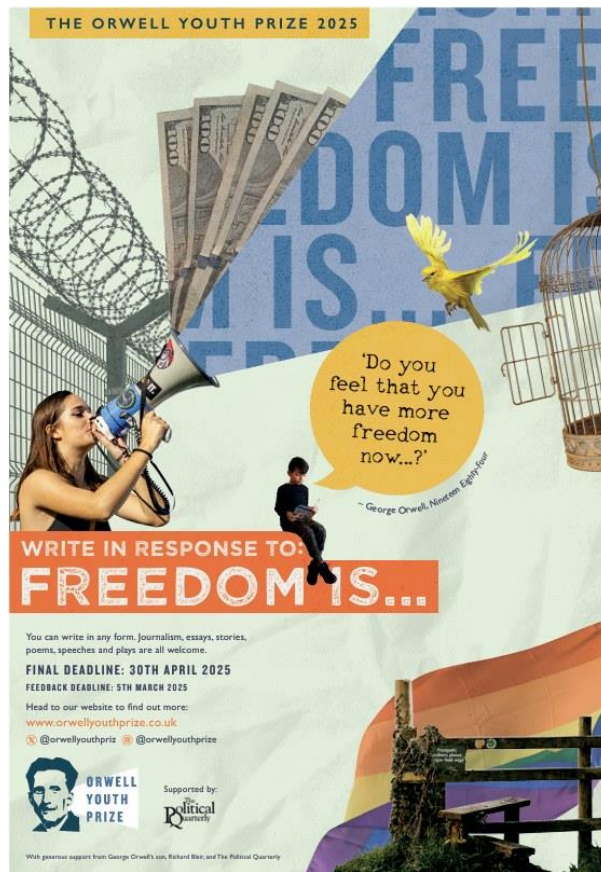
*An exciting opportunity to enter a competition and to express your opinion on 'Freedom is...'*

*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.

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*Taking part in competitions enhances students skills because:*

***It builds Confidence and Motivation***

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

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- *Preparing for competitions often requires going beyond the standard curriculum.*
  - *This fosters independent learning, critical thinking, and problem-solving skills.*
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*Ms Koveri Zic Humanities and Deputy Head of Sixth*




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## Root word of the week

**Suffix of the week**

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**ISM (Greek) = a belief, system or ideology**

 <p><b>Criticism</b> (the ideology of disapproval of someone or something on the basis of perceived faults or mistakes).</p>	<p><b>Communism</b> (a political and economic system that seeks to create a classless society)</p> 	 <p><b>Buddhism</b> (a belief system centered on the potential to overcome suffering and achieve nirvana)</p>
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## Sparx Reader

Sparx Reader

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*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.*

*Our students of Years 7 to 10 have already read 1,047 books and spent 2,095 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:***

Tia M: 12,623

Serena R: 5,801

Chloe Howles: 3,764

***Year 9 Top Readers:***

Anu O: 12,810

Mark M: 1,888

Lily C: 1,551

***Year 8 Top Readers:***

Teshan D: 7,375

Lusandro H: 5,843

Moyosoreoluwa S: 2,539

***Year 10 Top Readers:***

Ali O: 2,003

Christopher F: 1,441

Josh D: 1,279

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

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An advertisement for 'The Great British Bake Off'. At the top, the show's logo is in a white box. Below it, a red banner with white text asks 'COULD YOU BE THE NEXT STAR BAKER?'. The background is a light orange with red icing drips and colorful confetti. In the center, a woman with grey hair, purple glasses, and a yellow and purple floral shirt holds a pink cake with red frosting and cherries. Next to her, a man with grey hair and a light blue shirt holds a white three-tiered cake with gold icing. At the bottom, a red rounded rectangle contains the website 'WWW.APPLYFORBAKEOFF.CO.UK'. Below that, in red text, it says 'APPLICATIONS CLOSE ON MONDAY 15TH DECEMBER 2025 AT 1PM.' and 'MORE INFO: APPLYFORBAKEOFF@LOVEPRODUCTIONS.CO.UK'.

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*Have YOU got what it takes to be the next Star Baker?*

*Love Productions are looking for a new batch of bakers for the next series of The Great British Bake Off and they want to hear from you!*

*If you or someone you know is a talented home baker, then apply now*

*at [www.applyforbakeoff.co.uk](http://www.applyforbakeoff.co.uk) or*

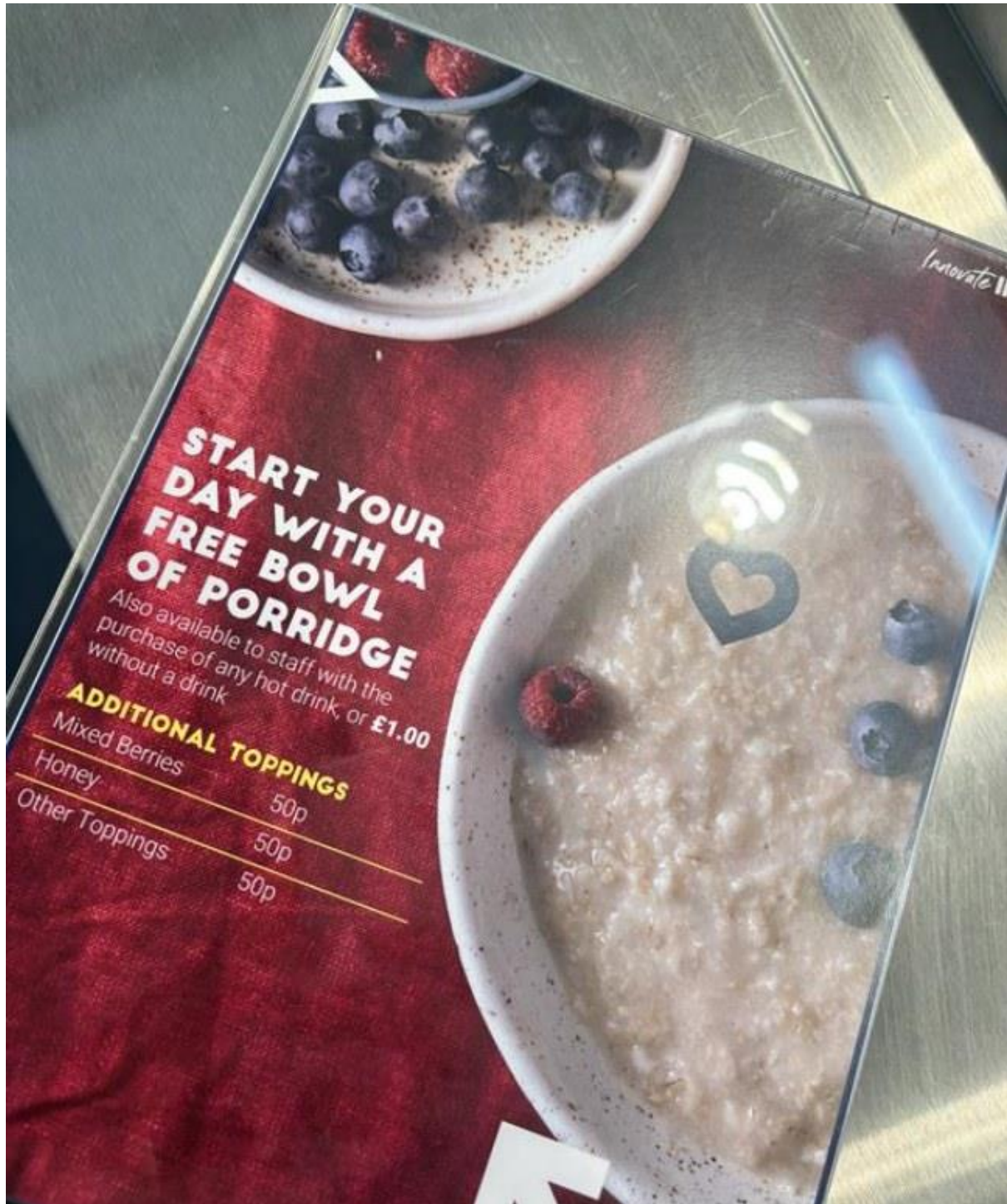
*Email on [applyforbakeoff@loveproductions.co.uk](mailto:applyforbakeoff@loveproductions.co.uk) or*

*Call 0117 456 8530 for an application form.*

Closing date for applications is 1pm on Monday 15th December 2025.

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



**START YOUR DAY WITH A FREE BOWL OF PORRIDGE**

Also available to staff with the purchase of any hot drink, or £1.00 without a drink

**ADDITIONAL TOPPINGS**

Mixed Berries	50p
Honey	50p
Other Toppings	50p

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*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 9832 Bottles Saved!



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*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!*

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### *STA's Carbon Cut: 3,705kg 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 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.*

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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***

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**SEND BASKETBALL SESSION**

EVERY TUESDAY  
5PM - 6PM

AGES 11-19

BARNET COPTHALL  
LEISURE CENTRE,  
NW4 1PX

NO EXPERIENCE NECESSARY!

Join us for our inclusive  
SEND Basketball Sessions

**FREE**

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

SPORT ENGLAND



## BELS Advisory Team for Autistic Children and Young People

*BACPAC: Barnet Autism Course for Parents and Carers. An Online Parent/Carer Training Course*

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*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.  
Spring Term 2026 One, A 6-session evening course.**

**Dates and times:**

Wednesday 7<sup>th</sup> January 6.00-7.30pm  
Wednesday 14<sup>th</sup> January 6.00-7.30pm  
Wednesday 21<sup>st</sup> January 6.00-7.30pm  
Wednesday 28<sup>th</sup> January 6.00-7.30pm  
Wednesday 4<sup>th</sup> February 6.00-7.30pm  
Wednesday 11<sup>th</sup> February 6.00-7.30pm

**Sign up form here:** [BACPAC: Barnet Autism Course for Parents And Carers, Jan. & Feb. 2026. Sign-up form. – Fill in form](#)

**BACPAC: Barnet Autism Course for Parents and Carers.  
Spring Term 2026 Two, A 5-session morning course.**

**Dates and times:**

Monday 23<sup>rd</sup> February 10-11.30am  
Monday 2<sup>nd</sup> March 10-11.30am  
Monday 9<sup>th</sup> March 10-11.30am  
Monday 16<sup>th</sup> March 10-11.30am  
Monday 23<sup>rd</sup> March 10-11.30am

**Sign up form here:** [BACPAC: Barnet Autism Course for Parents And Carers, Feb. & March 2026. Sign-up form. – Fill in form](#)



## Child in the 21<sup>st</sup> 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).  
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"





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

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***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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## Is your child a young carer?



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*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.*

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- All children, once registered, will receive a Leisure pass for **FREE** swimming and discounted sessions within Better Gyms in the Barnet and surrounding areas.*
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*YC Parental Referral Form <https://barnetyoungcarers.org.uk/parental-referral/>*

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

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

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

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- *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).*
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*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](mailto:Sandra.Langham@barnetcarers.org)**

**07955 286087**

**<https://barnetyoungcarers.org.uk>**

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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.