



St Andrew The Apostle School  
Newsletter 01.05.26





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

*We are so proud of our Year 10 students for the responsible and resilient way they have conducted themselves during their recent mid-course assessments which concluded today. These assessments are an important milestone, not only academically, but personally.*

*Staff members across the school commented on the calm and purposeful atmosphere in the exam hall. Students arrived well-prepared and treated the process with the seriousness it deserved. Year 10 lived out our core values of Respect, Responsibility, Fairness, Caring, Trustworthiness and Forgiveness. Respect was evident in how students followed routines and expectations; responsibility in the way they revised and managed their time; fairness and trustworthiness in their honesty and integrity; and caring in the encouragement they showed their peers.*

*Gabriel, one of our Year 10 students, summed up the experience thoughtfully:*

*“The assessments were challenging, but they helped me understand what I need to work on before next year. I was nervous at first, but the way teachers supported us and how everyone stayed focused made it feel manageable. I’m proud of myself for getting through it.”*

*As we celebrate Year 10, we are also looking ahead with our Year 11 and 13 students, who are now entering the final phase of preparation for their public examinations, which begin on*

*11 May. This is a demanding time, and we continue to encourage students to balance hard work with rest, reflection and self-belief.*

*The leavers' assembly on Wednesday was a wonderful, happy occasion. There was a genuine sense of warmth and kindness throughout the hall. Students supported one another, and staff shared in the celebration with pride. It was a memorable moment that reflected our strong community and the friendships built over time.*

*Our values also connect us to the wider world beyond our school gates. Recently, students have been learning about international responses to homelessness and displacement, exploring how communities across different countries support their most vulnerable members. Across cultures and nations, a shared commitment to dignity, compassion and collective responsibility remains at the heart of sustainable solutions.*

*This global perspective links directly to the work of our Student Council members, who have chosen Barnet Action for the Homeless as our local charity this year. By supporting this organisation, our students are turning our values into action; recognising that caring and fairness are not abstract ideals but lived commitments that can make a real difference in our local community.*

*The Under 15 girls were outstanding in their football match, showing skill, teamwork, and determination throughout. Their confident performance, resilience, and positive spirit earned a deserved victory, taking them through to the national quarter-finals with pride and excitement for all.*

*We are proud of all our students for their hard work, their character and their commitment*

*We wish all pupils, families and staff a restful and enjoyable bank holiday next Monday and thank you for your continued support.*

***Christopher Martin | Headteacher***

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## **Year 11 Leavers Assembly**

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*On Wednesday the Year 11 Leavers' Assembly was a joyful and emotional occasion, marking the end of an important chapter in our students' school journey. The atmosphere was filled with smiles, laughter and a few tears as students came together to celebrate their achievements and memories.*

*Students thoroughly enjoyed receiving their certificates, a proud moment that reflected their hard work and resilience over the years. Heartfelt messages were shared by tutors, the Year Leader and senior members of staff, who offered kind words of encouragement and wished the cohort every success as they prepare for their upcoming examinations.*

*It was lovely send-off for a wonderful year group, leaving them feeling valued, supported and ready for the challenges ahead.*

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# Best tutee award over 5 years!



# Business Studies

## Student of the Year











# Drama

## Student of the Year



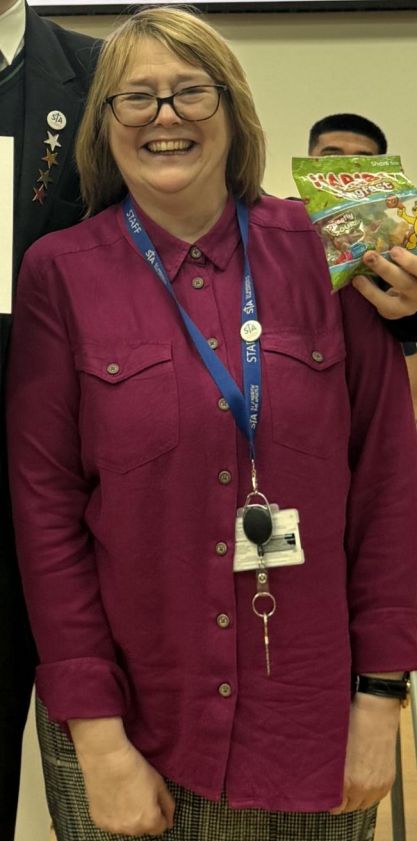




# Best tutee award over 5 years!



# Best tutee award over 5 years!



# Head of Year Award Student of the Year



# Best tutee award over 5 years!



# Head of Year Award Student over 5 years!



# SLT Award Student of the Year



## U15 Girls Reach National Cup Quarter Finals



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*The girls' football team produced a memorable performance in the Round of 16 of the English Schools FA Cup, travelling to Northampton to face a strong Sponne School side. From the opening whistle, the team played with incredible passion, determination and pride, fully committed to representing the school on the national stage. The first 25 minutes were tightly contested, with both teams evenly matched and cancelling each other out at both ends of the pitch. Just before half-time, the breakthrough finally came. A long throw from Myna caused problems in the Sponne defence, finding Tiana, who calmly set the ball up for Melina to finish superbly and give St Andrew the lead going into the break. Sponne responded quickly in the second half, equalising within the first minute to make it 1–1. Despite the setback, the team showed outstanding resilience, defensive organisation and concentration. Sofia was exceptional in goal, producing a series of incredible saves to keep us in the game, while the team continued to look dangerous on the counter-attack.*

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*Extra time was tense, with nerves evident on both sides. In the final 30 seconds, Sofia was called upon once again, making a crucial, game-saving stop to take the match to penalties.*

*From the spot, St Andrew held their nerve, winning 4–3. Sofia made another vital save, and cool, composed penalties from Melina, Kimia, Sade and Eve secured a huge victory. Eve, the captain led with courage until the final moment, stepping up to take the fifth penalty which sent us through to the last 8.*

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*An outstanding team effort that sees us through to the Quarter Finals of the National Cup. POTM: Melina*

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

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## Celebrating Creativity and Tradition: Our Lady Lent Competition Winners



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*We are delighted to celebrate the wonderful efforts of our Lady Lent competition winners: Evangelia, Angelo, and Valentina!*

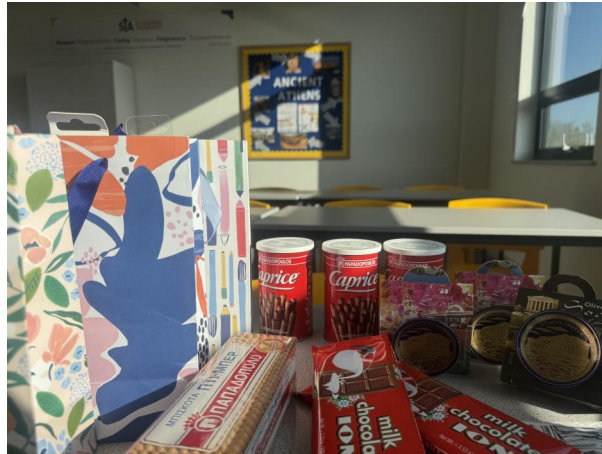
*As part of the competition, the children showed both creativity and enthusiasm by baking their own Lady Lent biscuits and designing thoughtful puzzles inspired by her. Their hard work, imagination, and attention to tradition truly stood out.*

*To recognize their achievement, each winner received a selection of special prizes brought all the way from Greece. These included beautifully scented Greek olive oil soaps, traditional Greek pottery, and a variety of delicious Greek sweet delicacies.*

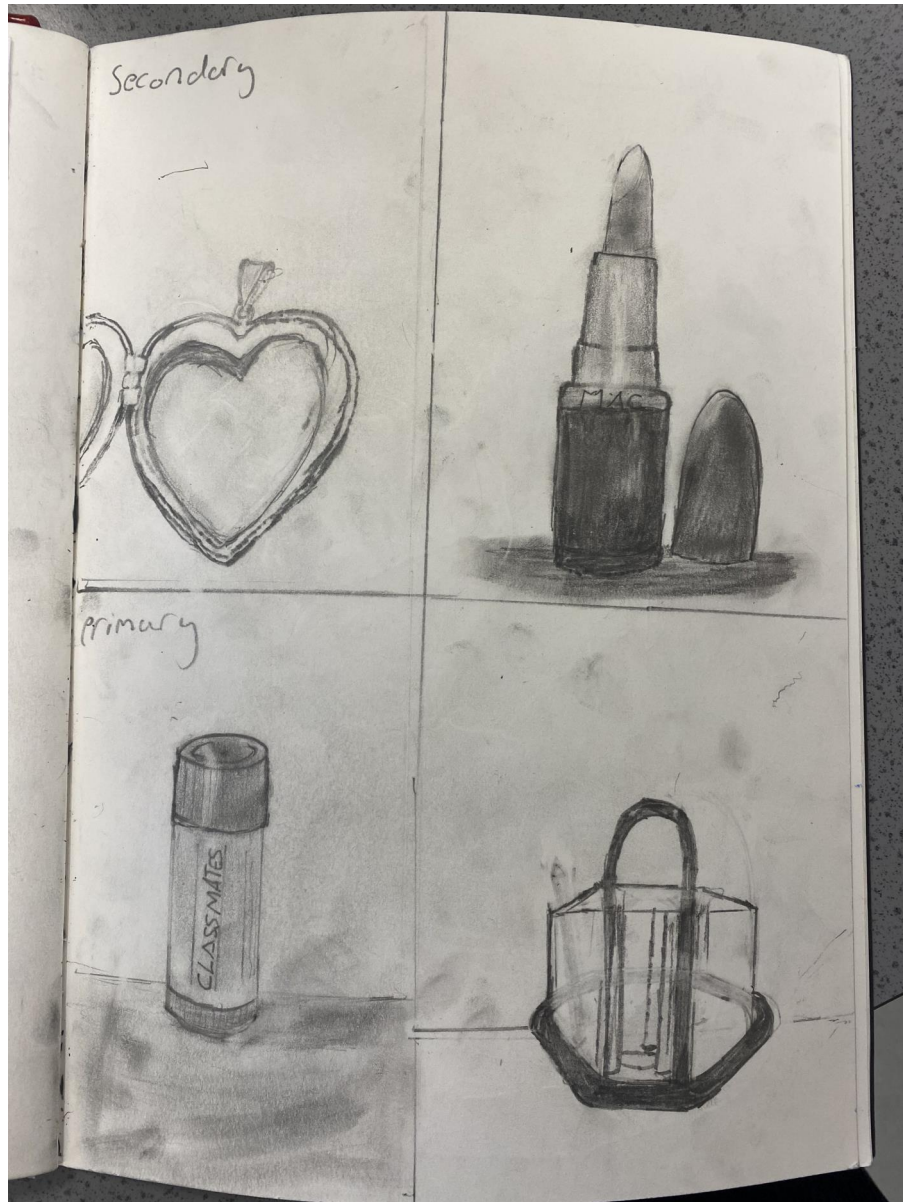
*Well done to Evangelia, Angelo, and Valentina for their fantastic contributions we are very proud of you!*

***Miss Ntaountaki | Teacher of Greek & Latin***

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## Artist of the Week



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*A huge well done to Tia in Year 8 for her excellent selection of drawings from both primary and secondary sources. She has confidently applied the tonal skills developed in previous terms to produce four beautifully shaded pieces that show real control and maturity. Tia should be incredibly proud of this achievement - a truly well-deserved recognition.*

**Miss Lisle | Teacher of Art**

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## Faith and Reflection

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*As we continue our journey through the joyful season following Pascha, this week offers a time to reflect on how faith shapes our daily actions and relationships. In the Orthodox tradition, this period reminds us that the Resurrection is not only something we proclaim, but something we live — through love, integrity and service to others.*

*Our school values of **Respect, Responsibility, Fairness, Caring, Trustworthiness and Forgiveness** are deeply rooted in this understanding of faith. Respect grows when we recognise the dignity of every person; responsibility is nurtured when we use our gifts in service of others; fairness and trustworthiness reflect a commitment to truth; caring is shown through compassion; and forgiveness allows relationships to be restored and communities strengthened.*

*This week we also celebrate several **name days**, a treasured part of Orthodox life, reminding us of the saints whose examples continue to guide us:*

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- **27 April** – Saints Lazaros and Lazarina
  - **28 April** – Saints Zoi, Zoitsa and Pigi
  - **29 April** – Saint Iasonas (Jason)
  - **30 April** – Saints Iakovos (James) and Thomas
  - **1 May** – Saint Ieremias (Jeremiah)
  - **3 May** – Saint George and Georgia
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*We wish a heartfelt Chronia Polla to all members of our community celebrating their name day this week. These moments remind us that faith is communal — we rejoice together, support one another, and grow together.*

*As we approach the coming weeks of learning, assessment and preparation, may we continue to be guided by our faith and values, showing kindness in our words, patience in our challenges, and generosity in our actions. In doing so, we honour not only the saints we remember, but the calling placed upon each of us to live with purpose, compassion and hope.*

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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***

**BEAT**  
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:

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



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](http://WWW.BEATRUST.ORG.UK)



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:



ARTS COUNCIL  
ENGLAND

[WWW.BEATRUST.ORG.UK](http://WWW.BEATRUST.ORG.UK)

## Supporting your child with revision: Look, say, cover, write, check



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*This term we are focusing on Look, say, cover, write, check - a simple but powerful revision strategy which students can use across subjects. This method supports accurate recall and is particularly useful for learning spellings, quotes and subject-specific terminology.*

### ***How does Look, say, cover, write, check work?***

*Your child will:*

- 1. Look closely at the word, phrase or definition*
- 2. Say it aloud*
- 3. Cover it up*
- 4. Write it from memory*
- 5. Check and correct any mistakes*

### ***Why Look, say, cover, write, check is great for revision***

*This strategy combines visual, verbal and written learning, helping students remember information more effectively. It is especially helpful in subjects where accurate spelling of key terms is essential. Repeating this process helps information stick.*

*For deeper revision, students are encouraged to use the strategy after creating a mind map or flash cards, helping them secure important information once they understand the topic.*

#### *How parents can support*

- Ask your child to say words aloud*
- Check spellings and definitions together*
- Encourage short, regular revision sessions*
- Ask: "What does that word mean?" or "Can you use it in a sentence?"*

#### ***What have students said about Look, say, cover, write, check?***

In GCSEs there are loads of key words you have to remember. When I use Look, Say, Cover, Write, Check it helps me remember the exact words and what they mean. Saying it out loud helps as well. It's made my longer answers better because I can remember the right terminology instead of just explaining it in a vague way. (Year 10 student)

I use Look, Say, Cover, Write, Check for science spellings. It helps because I say the word and write it, so it sticks in my head more than just reading it. (Year 7 student)

*To find out more about Look, say, cover, write, check and other revision techniques, see our school website. [St Andrew the Apostle](#)*

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## Meet the Staff



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*I have been working here for 5 years now, and I love being part of this vibrant community!  
There are so many good things about STA but if I had to name just 3, they would be:*

*1) The students! We are so lucky to have a student body that is genuinely caring and considerate. We have so many students who are amazing role models for others and who are driven to do the very best they can in all situations.*

*2) The Staff: It is rare to find a staff body that are so close and work as collegiately as the staff at STA. We share a common goal which is to work together for the best outcomes of our students both inside and outside of the classroom, this is inspiring and also means that, if you are having a bad day, you have always got someone close by who is on hand to help.*

*3) We are a creative community who work together to develop skills and interests beyond the classroom. This is not the case in every school, so I know that I am lucky to be a part of this!*

*Outside of school I love to be outdoors - I have a beautiful, friendly, labrador who enjoys exploring so I spend as much time as possible taking her to interesting places. I also love games and puzzles; my favourite pastime is going with a group of friends to escape rooms to see if we can beat the clock and get out in time! I have also recently taken up golf - I am having mixed success here but am enjoying the challenge!*

*If I could have dinner with 3 celebrities, they would be Queen Elizabeth II, Alex Ferguson and Ant & Dec (They count as the same person, I think!)*

***Mrs Nelson | Head of Year 7 & 8 and Lead Teacher of Drama***

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REGISTER FOR

FREE

WEBINAR SERIES

Parent Webinars in April, May and June

### WEBINAR SCHEDULE

**How to Support Your Child During Exam Season**  
Wednesday 29th April  
6PM (BST)

Find out how to support your child through exam-related stress and burnout, learn effective revision strategies and explore ways to create a positive, supportive environment.



If you're unable to join live, you can still register to receive the webinar recording after the session.

**How to Find Work Experience**  
Wednesday 13th May, 6PM (BST)



Click the webinar title to sign up now!

OK

**Everything You Need to Know About Applying to University**  
Wednesday 10th June, 6PM (BST)



Explore all webinars on our free events page

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+44 (0) 203 488 5089

www.investin.org

## Extra-Curricular Clubs – Summer Term

*Whether you're passionate about sports, music, arts, literacy, numeracy, debate, or horticulture, there's something for everyone. Clubs are open to all year groups and offer a fantastic opportunity to explore interests beyond the classroom.*

*For clubs running at lunchtime, students will be issued lunch passes to allow early access to the dining hall—ensuring they have time to eat before attending their chosen activity.*

To sign up, students must use Student Portal:

1. Log in to the portal

2. View your dashboard

3. Click on **clubs**

4. Find your preferred club and click **enrol**.

Please note - If students have already enrolled for the club during Spring Term, students do not need to re-enrol for the Sumer Term.

We encourage all students to get involved and make the most of what's on offer. Please see attached lunch and after-school timetables.

Monday	Tuesday	Wednesday	Thursday	Friday
Year 11 Public-Library Style revision (TA) Chess Club (Miss Rafique & (Mr Kallioer)) Choir (Mr Lasihiotakis) Post Advice and Support (Ms Kevren)	Year 11 Public-Library Style revision (TA) Mind the Gap (Ms Nicolas) Cultural Greek Dance (Ms Ntaountaki) KS3 Debate Club (Dr Beedle)	Year 11 Public-Library Style revision (TA) Year 9 Band Practice (Mr Lasihiotakis) The Inner Circle KS5 (Ms Sorigenti) Debate Club (Mr Walcott) IT Surgery (Mr Ahmed) Apostle News Club (Ms Casey) Drama Club KS3 (Ms Nelson) Paired Reading Club (Ms Bassington)	Year 11 Public-Library Style revision (TA) Year 11 Band Practice (Mr Lasihiotakis) Strategy Club (Mr Dogan) Drama Club KS4 (Ms Nelson) Greek Language Club (Ms Ntaountaki)	Year 11 Public-Library Style revision (TA) KS3 Reading Club (Ms Pallas)

Monday	Tuesday	Wednesday	Thursday	Friday
Learning and Practice club (TA) Young Writers Club (Ms Casey) All Years Football (PE Team)	Learning and Practice club (TA) Art Club KS3 & Year 10 (Miss Lillis) Allotment Club (Ms Mahonui) Criminal Psychology (Ms Coler)	Learning and Practice club (TA) All Years Cricket (PE Team)	Learning and Practice club (TA) DT Club (Ms Ayren) Physics Club KS4 (Mr Chalpass) Science Club KS4 (Miss McCaffrey) STEM Club KS3 (Miss Moran) Chemistry Club KS4 (Ms Frost) All Years Dance Club (Miss Watt) Year 7 & 8 Spanish Film (Ms Errami)	Learning and Practice club (TA) Level 3 Algebra Club (Mr Dogan) Electric Car Club (Mr Chalpass)

## A Walk down Memory Lane



02 May 2025



British  
Gymnastics

### Individual Sporting Success

A huge well done to our Year 11 gymnast, Jana who competed in Newcastle this weekend at the British Open. Jana placed 1st and 3rd in her events. We are so proud of the way Jana has balanced her GCSE Exam preparation with training and competing at such an elite level. Jana has several competitions in the coming weeks, and we are excited to share the results with you.



A huge well done to our Year 8 student, Alice who competed in the British Open Apparatus competition. Alice came 2nd for her hoop routine of out a total 13 girls.



Best of luck for future competitions girls!

## Dr Frost - Maths Department

*Dr Frost Maths is used to enhance learning and support every student's progress. The platform offers high-quality lesson resources, auto-marked Learning and Practice tasks, and clear progress tracking, giving teachers more time to focus on effective teaching. Students benefit from interactive practice questions, step-by-step video explanations, and access to past exam problems, helping them build confidence and strengthen their understanding at their own pace. Dr Frost Maths also supports revision by highlighting areas for improvement, allowing students to target specific skills. By integrating this resource into our daily teaching and Learning and Practice routines, we ensure that all students receive consistent support both in class and at home, helping them become independent and resilient mathematicians.*

**Mr U Dogan | Head of Maths & Business Studies**

School Rank	Points This Year
<b>77<sup>th</sup></b>	<b>4,780,106</b>

Top 10 Dr Frost users in School		
RANK	STUDENT	TOTAL MASTERY
1	Olivia (9/Mat)	23614
2	Anna-Maria (11/Mat)	23323
3	Luca (11/Mat)	22310
4	Anu Okpa (9/Mat)	22144
5	Teshan (8/Mat)	22136
6	Angelo (11/Mat)	21099
7	Bowen (10/Mat,Year 10 Algebra)	19630
8	Hana (11/Mat)	18484
9	Andreas (10/Mat,Year 10 Algebra)	18376
10	Olivia (11/Mat)	18235

Top 3 for each year group		
Year 7		
RANK	STUDENT	TOTAL MASTERY
1	Dheeran (7X/Mat)	9396
2	Yoon (7X/Mat)	6632
3	Sasha DUMEA (7X/Mat)	6291

Year 8		
RANK	STUDENT	TOTAL MASTERY
1	Teshan (8/Mat)	22136
2	Ayaz (8/Mat)	15430
3	Dominic (8/Mat)	12658

Year 9		
RANK	STUDENT	TOTAL MASTERY
1	Olivia (9/Mat)	23614
2	Anu L (9/Mat)	22144
3	Aurelia (9/Mat)	17247

Year 10		
RANK	STUDENT	TOTAL MASTERY
1	Bowen (10/Mat,Year 10 Algebra)	19630
2	Andreas (10/Mat,Year 10 Algebra)	18376
3	Alaya (10/Mat)	16749

Year 11		
RANK	STUDENT	TOTAL MASTERY
1	Anna-Maria (11/Mat)	23323
2	Luca (11/Mat)	22310
3	Angelo (11/Mat)	21099



17-04-26

## Sparx Reader - English Department

### Sparx Reader

*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 2,518 books and spent 5,283 hours of careful reading.*

*Well done and keep up the good work!*

**Ms Bassington | Head of English**

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

**Year 7 Top Readers:**

Edris M: 19,297

Sebastian M: 6,893

Lara A: 6,689

**Year 8 Top Readers:**

**Year 9 Top Readers:**

Anu O: 21,237

Jessica Q: 2,049

Augusta N: 1,924

**Year 10 Top Readers:**

Ayaz I: 9,722

Michelle W: 3,155

Chioma O: 5,863

Ali O: 2,718

Ruhamma : 5,276

Neiva W: 1,862

*Ms Bassington | Head of English*

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## Root Word of the Week




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*Ask your child what it means and where else it appears!*

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**Root Word of the week** sTA

**TELE (Greek) = far off/distance**

 <p><b>Telephone</b> (a device for transmitting sound from far away)</p>	<p><b>Telescope</b> (an instrument for seeing objects that are far away)</p> 	 <p><b>Television</b> (seeing images sent from afar)</p>
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## Library Update

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*Work in the library is going on at pace, as we sort books by subject and genre for cataloguing. A huge thank you to those of you who have donated books and financial gifts towards the library, it is wonderful to see the collection growing.*

*We are starting a new club for Student Library Helpers. Students in all years are welcome to sign up in the Clubs section of Bromcom, and there will be a **Student Library Helpers meeting at breaktime on Wednesday 6th May in the library** to share more information about the club.*

*Your generous donations of books have enriched our shelves and opened up new worlds for our students to explore. You may access our Amazon (Please ensure to add your full name to the note at checkout) wish list [here](#) to join in building our school Library or have fiction or if you have fiction or non-fiction books you would like to donate, contributions are still very much needed to further the collection.*

***Ms Howles | Volunteer Librarian***

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## **Introduction to The Impact of Trauma and Noticing Everyday Signs of Recovery**

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***Free training for parents and carers***

*Please forward the details for this course to any parents/carers in your school for whom it might be relevant. N.B. there are limited places so it is first come first served.*

*Introduction to The impact of Trauma and Noticing Everyday Signs of Recovery*

*(Online Session delivered by KCA Connected)*

*13 May 2026 10am to 11.30am (plus a further optional 30 mins Questions & Answers opportunity after the session)*

*This course will explore:*

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- *An introduction to understanding the impact of trauma and being in survival mode
    - *Behaviours that show us the impact of trauma**
  - *How different brains manage being in survival mode especially if you are neuro-diverse*
  - *What is needed to recover from trauma, and how we can notice that recovery happening*
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*If you would like to join the session (being held over Zoom) then you just need to complete a short registration form. Please copy this link into your browser: <https://connected.kca.training/register.cfm?form=BVSImpact-2026>*

*Please select the START registration button. You will be sent an email during the registration process asking you to validate your email address (if you don't see it please check your spam folder in your emails). Once you have done this you can then go on to complete your form.*

***Sarah Deale | Head Teacher at Barnet Virtual School, Barnet Education and Learning Service***

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## **SEND Information**

### **BELS Advisory Team for Autistic Children and Young People BACPAC: Barnet Autism Course for Parents And Carers**

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*An Online Parent/Carer Training Course*

*Summer Term (2) 2026*

*A comprehensive training and support programme for parents/carers of children aged 7-19, 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 do not sign up if you have already attended this course, or the Cygnets Course. BACPAC: Barnet Autism Course for Parents and Carers.*

*Summer Term 2026 Two, A 6-session morning course.*

*Dates and times:*

*Tuesday 2nd June 10-11.30am*

*Tuesday 9th June 10-11.30am*

*Tuesday 16th June 10-11.30am*

*Tuesday 23rd June 10-11.30am*

*Tuesday 30th June 10-11.30am*

*Tuesday 7th July 10-11.30am*

*Sign up form here: [BACPAC: Barnet Autism Course for Parents And Carers, June & July 2026.](#)*

*[Sign-up form. – Fill in form](#)*

*For any enquires please email [Autism.Team@barnet.gov.uk](mailto:Autism.Team@barnet.gov.uk) with 'BACPAC course' as the subject, thanks.*

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# AUTISTIC DISCOVERY JOURNEY PROGRAMME

Aucademy have partnered up with Barnet Education and Learning Service (BELS) to further improve the narrative and culture in Barnet schools and colleges about Autistic experience.

BELS and Aucademy are pleased to offer 10 young people (aged 14 - 18), living in Barnet the opportunity to attend an 8-week online Autistic Discovery Journey programme.

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
- Parental/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 at 16:30 - 18:00,  
6th May - 24th June 2026.  
No session 27th May for half term.

## WHAT?

*The purposes of the Autistic Discovery Journey programme include:*

- *Working out where you are in your discovery journey - a 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 Autistic Discovery Journey"*



## ADHD in the 21st Century

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Barnet's Inclusion Advisory Team are pleased to present an in-person workshop for;  
Children (aged 10-18 years old) attending a Barnet School & their Parents/Carers.

*Please sign up for a space on the workshop here:  
<https://forms.cloud.microsoft/e/Ec1uwH125m> (please note limited spaces and a maximum of 2 child & 2 adult spaces per family). Places will be offered on a first come first served basis and confirmation of space will be emailed to you.*

*Presenting...*

*The Barnet Inclusion Advisory Team and Barnet Parent Carer Forum*

*Andrew Whitehouse and Isaac Whitehouse*

*TEDx Speaker Andrew Whitehouse is a specialist in neurological diversity and provides interventions for professionals, parents and young people with Autism, ADHD, Dyslexia and related conditions.*

*Rachel McKensie*

*Youth Sports Trust, Athlete Mentor Rachael Mackenzie is a former professional boxer and Thai boxer who is also an ABA England Boxing Silver Medallist and World Thai Boxing Champion. Research and evidence led, the Youth Sport Trust explores the power of sport and physical activity in transforming the health, happiness and wellbeing of children and young people.*

*Munur Shah*

*Founder of Rebel Therapies and & Author of 'Screen Addict'. Munur Shah, experienced firsthand the challenges of screen and mobile phone addiction within his own family. Determined to make a change, he dedicated years to researching the root causes of screen, mobile phone and online gaming addiction, and its profound impact on our emotions, thoughts and behaviours. His insights not only transformed his life but inspired him to help others break free from the grip of intrusive technologies.*

**Saturday 25th April 2026, 1.30pm – 4.30pm**

**Finchley Arts Depot, 5 Nether St, London N12 0GA**

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## **The Home As A Little Church**

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*Join us for a special talk by Sister Magdalene, a nun from the Monastic Community of St John the Baptist.*

*This session is specially aimed at young parents and parents of young children, offering guidance, encouragement, and practical wisdom for raising children in the Christian life.*

*Centred on the theme “The Home as a Little Church,” the talk will explore how family life can become a place of prayer, love, faith, and spiritual growth.*

*Schedule for the Afternoon:*

*15:00: Prayer, Introductory Remarks, Welcome*

*15:15: Talk by Sister Magdalene. ‘The Home as a little Church’*

*16:00: Q&A Session*

*16:20: Break for Refreshments and Snacks*

*16:50: Vespers*

*An activity will be offered simultaneously for children of families for the duration of the talk.*

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The poster features a central illustration of a yellow oval plate with a scalloped edge, decorated with various household and religious icons. In the center of the plate is a small house with a red roof and a blue door. Below the house, the text reads: "for indeed, a house is a little church." Above the main title, there is a small circular logo with the letters "CO" over "TY".

**Family and Faith**  
the home as a little Church

Sunday 3<sup>rd</sup> May  
3PM  
St. Panteleimon Greek  
Orthodox Church HA3 9QN

A talk by Sister Magdelene of the Monastic  
community of St John the Baptist to  
encourage young families in the faith.

## ***Sustainability at STA: Over 28,235 Bottles Saved!***



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*STA has made an incredible impact by saving over 28,235 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: 6,936kg 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 6,936 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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## 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

