



The life of [Saint John of the Ladder](#) (Climacus) is commemorated on 14 March, the author of the work, *The Ladder of Divine Ascent*.

## Key Messages

Dear Parents and Carers,

Thank you for your support during another busy and productive week.

We were delighted to meet our new Year 7 students and their families after school last week. Our current Year 7 students were excellent ambassadors for our school and took great pride in describing how happy and settled they are at STA.

This week will see us celebrating World Pi Day with festivities organised by the Maths department. 'How I wish I could remember Pi' means 3.141582 when I try to remember Pi. I'm sure that our students will go way beyond that in our school competition!

You can see photos of last week's World Book Day celebrations below.

We continue to learn about Lent and the Triumph of Orthodoxy in this week's collective worship programme. I would like to thank our Spiritual Director, Mr Vassiliou for all of the work he is doing to help us to celebrate our Greek Orthodox ethos.

We are launching our Easter card competition shortly. All students are invited to design an Easter card on a religious theme. The winning designer will have their card printed and circulated to friends of the school community and to our local neighbours. Ms Constantinides (Art teacher) will share further details of the competition with students this week.

We continue to offer prayers for all the people suffering in Ukraine and we will have a special assembly on Wednesday

for students in order to help them to navigate the world at this time and to ensure that they know how to access support from us if or when they need it.

Finally, we wish all those named below a very happy name day. Please [click here](#) if you would like to send an iconogram to friends and family.

## Saint name days for the week beginning 14 March

Saint Being Celebrated	Date
Efrasio, Venediktos	Monday 14 <sup>th</sup>
Agapios	Tuesday 15 <sup>th</sup>
Christodoulos, Ioulianos	Wednesday 16 <sup>th</sup>
Alexios, Alexia	Thursday 17 <sup>th</sup>
Edward	Friday 18 <sup>th</sup>
Chrysanthos, Dareia	Saturday 19 <sup>th</sup>
Claudia, Rodos, Theodoros, Theodora	Sunday 20 <sup>th</sup>

Best wishes,

**Mrs I Warwick**  
Headteacher



## Faith- πίστις

### The First Sunday of the Great Lent - Sunday of Orthodoxy

*Icon depicting the restoration of holy icons within the Eastern Orthodox Church*



The first Sunday of Lent is called the Sunday of Orthodoxy. It is the day we celebrate the return of icons to the churches after a period where certain bishops attempted to ban them

by decreeing that the veneration of icons was idol worship. This decree marked the beginning of a long bloody battle against sacred images in the Eastern Church. Icons were destroyed or burned and their defenders cast into prison, exiled and even tortured. This battle lasted just over one hundred years, until 842 A.D. when Empress Theodora restored the use and veneration of icons. A synod at Constantinople was convoked which restored the veneration of holy images. The right way to use icons was defined, explaining that the icon is honoured or venerated, but not worshiped as an idol in itself.

On the first Sunday of the Great Lent the icons were brought back to the churches in solemn procession. That day is remembered as the triumph of Orthodoxy (tradition) over the iconoclasts (those who opposed the use of sacred images). Icons are important in that they affirm the principle of the Incarnation of our Lord and Saviour Jesus Christ—the Word of God made flesh.

The name of this Sunday reflects the great significance which icons possess for the Church. They are not optional devotional extras, but an integral part of our faith and devotion. They are held to be a necessary consequence of Christian faith in the incarnation of the Word of God, the Second Person of the Trinity, in Jesus Christ. They have a sacramental character, making present to the believer the person or event depicted on them. So the interior of our churches is often covered with icons painted on walls and domed roofs, and there is usually an icon screen, or iconostasis, separating the sanctuary from the nave, often with several rows of icons. Many of our homes have an icon corner where the family prays.

Orthodox Christians believe that he who sees Jesus sees the Father in him. The Father's invisible, but he becomes visible in his Son, who is his word, who is his image, who is his wisdom, who is his truth, who is his peace, who is his light, who is his life. He actually becomes flesh and becomes visible. Therefore, when you have an image of Jesus, you have an image of God becoming visible; that in the humanity of Jesus, you are given insight into the invisible character of God. The icon testifies to the incarnation of the Son of God, the real incarnation of the Son of God; that God really became a human being whose image can be depicted.

Revering the holy icons is proof that we confess that God became a describable person, that the Word of God was truly incarnated and became a person, but also that people truly become children of God and vessels of the Holy Spirit, temples of God and members of Christ. We revere the holy icons of the Saints and their holy relics because God dwelt in them. So we celebrate the restitution of the holy icons and have the blessed custom of carrying them in procession, of

honouring and embracing the icons of Christ and Our Lady and the Saints of the Church.

Icons, hymns, prayers, worship and liturgy of the Orthodox Church focus our attention, our hearts, minds, and spirits on Jesus Christ: His person, His redeeming message, and divinity. Icons are windows into that holy realm where God and the saints now dwell. By beholding of the sacred icons, each liturgical year, it is believed that we see the unfolding of Our Salvation

### Journey to Pascha 2022



Please [click here](#) to view the document on the Pascha journey calendar in full size.

Reminder— Thank you for your donations so far!



As part of our plans to mark Great Lent, we would like our school community to think about

donating an Easter Egg for children in need. We will be consulting students via student voice to determine which local children's charities we will support.

We would be grateful if you/ your child would bring an Easter Egg into school between now and the **19 April**. Staff and a student delegation will deliver our donations to the various charities nominated by student voice in time for the Orthodox Easter on Sunday 24 April 2022. We will also ask FOSA to contact local supermarkets to invite them to join into our appeal.

**Mr M Vassiliou (STA Spiritual Director)**

## Student Recognition

One of our sixth form students has taken part in a Gresham college online course and she has shared her experience below:



**GRESHAM**  
COLLEGE

Regarding the lectures mentioned on the Gresham College website, I decided to attend 'Sleep and Dreams' presented by Professor Glenn D Wilson. He started off by discussing the mysteries of sleep and the use of brain waves to determine the different stages of sleep in each individual. Professor Wilson then spoke about experiments concerning sleep deprivation and memory consolidation, demonstrating the significance of sleeping as it improves memory storage and cell growth for immune functioning. I found this information captivating and valuable considering how a lack of a routine could affect my studies. The Professor concluded with concerns about insomnia, hypnotics and its side effects, as well as theories and studies made by famous psychologists. I, also, liked the 'cybernetic theory' by Newman and Evans in 1965 which views dreams as by-products of the brain discarding and sorting important memories into appropriate files, again linking them closely to a memory consolidation process. – **Eriola K, Year 12**

## Students of the week

St Andrew the Apostle School

**STUDENTS OF  
THE WEEK**

**Year 7: MJ O** – For improving effort across all subjects and for displaying great leadership in the form time quiz. **Melvin S** – For making a great start to his education at STA!

**Year 8: Izabel R** – For demonstrating kind and courteous behaviour towards peers. **Samantha S** – For excellent subject knowledge, passion and progress in humanities subjects.

**Year 9: Christiana P** – For promoting National Women's Day this week and participation in charities outside of school. **Alayziah L** – For focus in class and resilience displayed.

**Year 10: Mimi SA** – For displaying great resilience in form time. **Anthony O** – For mature and sensible responses in class discussions.

**Year 11: Vladimir I** – For commitment to studies and for demonstrating this each day. **Ela Y** – for consistent effort in class.

**Year 12: Thea P** – For being part of the editorial team that produced the amazing premiere issue of the school's Sixth Form Newsletter. **Matilda R** – For excellent work on the display board for English in KS5 and for demonstrating the school values by dedicating time and effort to help others. **Eriola K** – For her excellent participation in the super-curricular Gresham College lecture she attended.

**Year 13: Annie M and Marshall S** – For supporting the school values and for keeping a vigilant eye on the Study Room.

## Upcoming Key Dates and Information



- Please [click here](#) to access previous editions of the Newsletter
- Please [click here](#) to access term dates
- Please [click here](#) for a reminder of our school uniform requirements and [click here](#) for the sixth form dress code
- Please [click here](#) for a list of 'banned' items.

**Event reminders**

**Church service at St Katherine's Greek Orthodox Church**



We are looking forward to each year group attending a service at St Katherine's Greek Orthodox Church during the school day in the week beginning 28 March.

**Easter service**

Our STA Byzantine choir will perform in the special Good Friday service at the Twelve Apostles Greek Orthodox Church on Friday 22 April. We will send further details nearer the time.



**Easter candle appeal**

Please may I ask you to enquire at your local Church or to ask any other possible donors for an Easter candle which your child will bring into school.

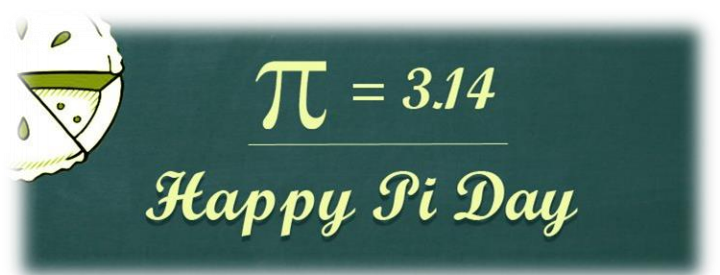


**The STA Talent Show is back by popular demand**



Please keep 20 July 2022 as a special date in your diary as you don't want to miss this wonderful event staged in a local professional theatre. I will share further details with you soon including details of how to reserve and pay for tickets.

**World Pi Day**



As Monday 14 March is World Pi Day, the Maths department would like all form tutors/students to engage with the activities they have planned for this occasion. Keep an eye during form time and take part in the fun activities!

**World Book Day**

Thank you again to everyone who has participated in World Book Day Costume event. The Year 7 and Year 8 costumes were creative and even the teachers took part! The winners are:





Mental Health Crisis Helpline - Reminder



If you're in crisis and need to talk right now, there are many helplines staffed by trained people ready to listen. They won't judge you and could help you make sense of what you're feeling.

- **Samaritans.** To talk about anything that is upsetting you, you can contact them 24 hours a day, 365 days a year. You can call [116 123](tel:116123) (free from any phone)
- **SANeline.** If you're experiencing a mental health problem or supporting someone else, you can call
- **National Suicide Prevention Helpline UK.** Offers a supportive listening service to anyone with thoughts of suicide. You can call the on 0800 689 5652 (open 24/7).
- **CALM.** You can call them on 0800 58 58 58 (5pm–midnight every day) if you are struggling and need to talk. Or if you prefer not to speak on the phone, you could try the [CALM webchat service](#).
- **Papyrus HOPELINEUK.** If you're struggling with suicidal feelings, or concerned about a young person who might be struggling, you can call on 0800 068

Please [click here](#) to access helpful advice and support from the **NHS for teenagers and young adults** who need support with their mental health and are coping with bereavement.

**Reminder:** During school, students needing emotional support can talk to their Form Tutors and their Head of Year. The following members of staff are also available:

- Mr C Martin, Deputy Headteacher (DSL\*)
- Mrs C Hammond, Assistant Headteacher (DDSL\*)
- Mr S Hadjisava, Assistant Headteacher (DDSL\*)
- Mrs I Warwick, Headteacher (DDSL\*)
- Ms D Moustaka (Safeguarding & Inclusion Manager)
- Mr N Anemouri (Pastoral Support Officer)
- Ms M Henshaw-Devall (Safeguarding Officer)

\*DSL is the Designated Safeguarding lead.

\*DDSL is the Deputy Designated Safeguarding lead

## WINNING WAYS TO WELLBEING



INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

## Headteacher Parent Surgery and Communication

If you would like to meet with the Headteacher or the Senior Deputy Headteacher at our weekly Parent and Carer surgery, please email [admin@standrewtheapostle.org.uk](mailto:admin@standrewtheapostle.org.uk)

The Head teacher surgery will take place on Fridays from 5pm until 6pm. The time allocated for appointments will be 15 minutes in the first instance. Please send your request for an appointment in by 10am every Wednesday so that we may allocate an appointment and send you confirmation in good time. All appointments will take place via Microsoft Teams until further notice.



Please can I remind all parents/carers ensure that all email contact goes via [admin@standrewtheapostle.org.uk](mailto:admin@standrewtheapostle.org.uk) or via the contact form on the school website. This will ensure that your email is processed by the relevant member of staff or their line manager in the event of their absence.

## Mrs Warwick (Headteacher)



## FOSA

Please do get in touch if you would like to join our small group of dedicated parents and carers- by emailing us at [admin@standrewtheapostle.org.uk](mailto:admin@standrewtheapostle.org.uk) with FOSA in the title. Please mark your email for the attention of Mr Michael.



Friends of St Andrew

## Mr Michael (Senior Deputy Headteacher)

## Private Fostering in Enfield



[Click here](#) to access information from Enfield Council regarding private fostering and how you can support.

## Student Competitions

**INVESTIN: My Career, My Vision**

## Design your dream career and raise money for UNICEF



## 'If you can dream it, you can do it' - Walt Disney

In honour of National Careers Week, InvestIN asks students to think creatively about their futures.

We invite students aged 12-18 to submit an image depicting their dream career with an accompanying caption. The image can take any form - a photograph, drawing, graphic design, or anything else - as long as it has been created by the student and clearly depicts the career of their dreams. Creativity is highly encouraged! The deadline is Friday 8th April and students can enter now.

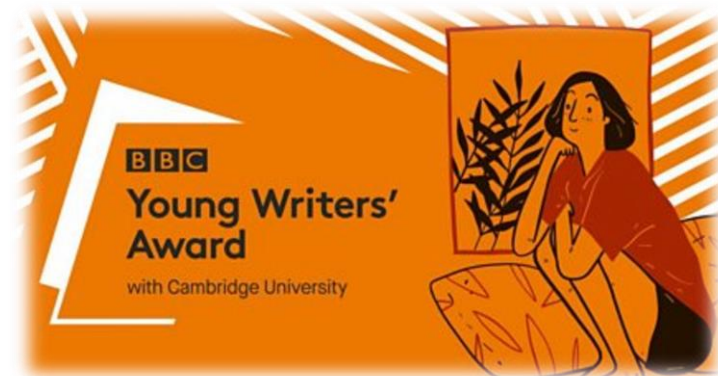
## Song Academy song writing competition- reminder



Only two weeks left to enter The Young Songwriter 2022 competition! The entry deadline for budding songwriters (age 8-18) is Thursday 31st March

We're looking for pure songwriting talent. Professional recordings are not required as songs will be judged on their originality, lyrics, melody, composition and hit-making potential! We judge every song on three key elements: lyrics, melody & chords/instrumental (see below). Then there's the 'S Factor' – is it a sensational song? [Click here](#) to find out how to enter and get access to the flyer and other competition materials.

## BBC Young Writers' Award



The BBC Young Writers' Award with Cambridge University invites young people in the UK aged between 14 -18 years to submit short stories of up to 1,000 words.

First launched as part of the tenth anniversary celebrations for the [BBC National Short Story Award](#), the Young Writers' Award aims to inspire and encourage the next generation of writers.

Students can find out more and enter at [bbc.co.uk/ywa](https://bbc.co.uk/ywa). Entries close at 9am GMT on **Monday 28 March 2022**.

## Oxford outreach-reminder



We update **Oxford outreach initiatives** on a regular basis [here](#), as well as the [chat platform](#) which STA students can use to ask our current students any questions:

## Dr Ana Hastoy

*Registered Charity Number: 1143423*

*Privacy Policy: <https://www.chch.ox.ac.uk/privacy-policy>*

## Apprenticeship / Open Event Opportunities

Access resources which have been designed to support individuals who are involved in helping young people make informed career decision. Find apprenticeships and resources [here](#)

## Barnet Southgate College Open Event



### WOOD STREET CAMPUS OPEN EVENT - MARCH 16TH 2022 - 15:30-18:30PM - [BOOK NOW](#)

Visit Wood Street Campus in March 2022 - speak with tutors and see the great facilities, such as the Art, Design, Creative Media, Fashion and other creative workshops, learning resources centre and more.

### COLINDALE CAMPUS OPEN EVENT - MARCH 23RD 2022 - 15:30-18:30PM - [BOOK NOW](#)

Visit Colindale Campus in March 2022 - speak with tutors and see the great facilities, such as the hair salons, beauty therapy and make-up workshops, and their superb construction and plumbing facilities.

### Virtual Recruitment Fair



**West  
London  
College**

The Virtual Recruitment Fair for West London is taking place on **15 March and 18 March 2022.**

There will be a Virtual Recruitment Fair on 15 March and 18 March for eighteen Supported Internships. The Fair will be held online via Zoom from 10am to 3.30pm on those two days (with a break between 12.30pm and 2.15pm on each day), and the running order for the presentations is detailed in the [document attached](#).

How young people interested in and eligible for a supported internship from September can make an application to each programme will be explained on the days, and afterwards on associated web sites. Details of all the supported internships in West and North West London (and many further afield in Greater London) will be available in the 2022 West London Guide to Supported Internships which is being published next week.

West London College is kindly managing the logistics of the Fair over the two days, and Jo Swan ([j.swan@wlc.ac.uk](mailto:j.swan@wlc.ac.uk)) will be sending out links for you to use to access the Virtual Fair prior to the event.

Young people will be able to gain awareness of the tremendous opportunities which these pre-employment vocational skills training programmes can bring and the way they can act as a distinct and direct pathway into employment.

### Virgin Media Apprenticeships- reminder

## Apprenticeship Schemes

Virgin Media are offering several apprenticeships with a starting salary of £19,000. Use [this link](#) to access the quiz that will identify which apprenticeships may be of interest to you after you have finished your exams.

### Barnet Apprenticeships



Please follow [this link](#) to view the latest apprenticeships on offer in the Barnet area.

### University of South Wales Webinar

University of  
South Wales  
Prifysgol  
De Cymru

Join the University of South Wales for a two-part webinar that will give you the lowdown on all things healthcare careers, and give you tips on how to ace your application.

Attend both, or attend one - the choice is yours!

### Part one: Studying for a career in healthcare

**When? Wednesday 23 March at 6.30pm.** There are so many options to consider - from Nursing and Midwifery to Operating Department Practice, and from Physiotherapy to Social Work and Occupational Therapy. Hear from experts in each of these fields as they outline the most rewarding, as well as the more challenging parts of their professions. Highly experienced academic staff from the University of



South Wales will provide detailed information, advice and guidance on their subject areas, and will be poised to answer your questions.

**Join us on 23rd March and find out:**

- The differences between each career pathway
- What it takes, and how to gain work experience
- Hints and tips for higher education research

[Register Now](#)

**Part two:** Making a successful application to study health courses. **When? Wednesday 30 March at 6.30pm** [Register Now](#)

**Festival of Apprenticeships – Upcoming Summer Event**



The Festival of Apprenticeships is a roadshow exhibition promoting and celebrating all things apprenticeships. More than just a careers fair or conference, the event is a one-stop shop for anyone looking to find out more about apprenticeships. From discovering local opportunities by meeting organisations first-hand, through to guidance on how to apply for and make the most of an apprenticeship, the festival will cover all!



With top employers and learning providers highlighting their talent and promoting opportunities to future apprentices, the event will serve as a showcase of excellence in the sector! Taking place at the KIA OVAL in London on Thursday 30th June 2022. Register for free and secure your place [here](#)

**Barnet and Culture for Youth Advocates**



Join Barnet & Culture for Youth Advocates and develop your ideas and confidence to make a change. You'll have a platform to explore issues about arts and culture in Barnet that are important to you and your opinions will be listened to.

This year the Barnet & Culture for Youth Advocates, Ela, Amelie, Anna, Joel, Dom, Mia, Rangina and Zara created a Zine called Welcome to the Education Apocalypse. It is a compilation of all of their thoughts and ideas on why arts in education is important and introduces ideas for a curriculum revamp. [Read the Zine.](#)

As B&CY Advocates you'll have access to stimulating workshops with artists. In the past, we have had sessions with [Belarus Free Theatre](#), exploring using the arts as a form of activism and a podcasting session with [Art against Knives](#). You'll learn more about creative careers and hear from a variety of artists and people working in the arts about their pathways into the creative industries. It is free to join B&CY Advocates.

This term, you will work with your peers to design and create your own event, about something you're passionate about. This will be a part of the Arts depot's TogetherFest festival.



In Spring / Summer 2022, B&CY Advocates will meet on these dates: **14 March, 28 March, 25 April, 9 May, 23 May, 13 June, 27 June, 11 July.** TogetherFest festival is on Saturday 28 May.

Sessions will take place at the Arts depot from 4.30pm- 6pm. If sessions cannot take place in person, they will be on Zoom. We are looking for young people with an interest in and passion for the arts which could be anything from drama to film to visual arts.

Barnet & Culture for Youth Advocates are always looking for new young people to join us. If you would like to take part in the program, please complete this sign up form and we will be in touch: [Microsoft Forms](#)



### Free Online Speech and Language Stimulation Education Sessions

[First Words \(supporting children to say their first sounds/words\)](#)

[Phrases and Sentences \(supporting children to develop speech and language\)](#)

In response to the impact of lockdowns/lengthy waiting lists on speech/language delays in toddlers/pre-schoolers, The



Churchill Fellowship Covid-19 Action Fund is generously supporting the provision of free online speech and language stimulation education sessions UK-wide to parents/carers/guardians/educators.

We are particularly keen to target families who:

- are waiting to access speech and language therapy services due to lengthy waiting lists, or
- have limited finances for accessing private speech and language therapy, or
- are struggling to access local speech and language therapists due to therapists not having capacity

If any families meet the criteria above, [please click here to access further information.](#)

### Leukaemia Cancer Society Event

**Leukaemia cancer society**

**URGENT APPEAL TO THE GREEK AND CYPRIOT COMMUNITY**

Cockfosters FC are hosting a donor recruitment event on Saturday 26th March 2022, between 10-2pm at Chalk Lane, Cockfosters, Barnet EN4 9HZ.

The families of four blood cancer patients have joined forces with the Leukaemia Cancer Society to urgently appeal for more people of Greek or Cypriot origin to register as stem cell donors. All four patients need stem cell transplants to save their lives.

**Aged 16 to 55? Could you be the match needed? Could you help save a life?**

All nationalities welcome. You never know who you could be a match for! A simple cheek swab could save a life.

**FOR MORE DETAILS CONTACT THE LEUKAEMIA CANCER SOCIETY: TEL: 020 8374 4821 OR 07872 633 508.**

### COVID-19 updates- reminder

#### Information for parents and carers on COVID-19 vaccination for at risk 5 to 11 year olds

Children aged 5 to 11 years who are in a clinical risk group or who live with someone who is immunosuppressed can get the COVID-19 vaccine, in line with advice set out by the [Joint Committee on Vaccination and Immunisation \(JCVI\)](#). Eligible children include those with diabetes, immunosuppression, learning disabilities, and other conditions as outlined by the [UK Health Security Agency \(UKHSA\) in the Green Book](#). Vaccinations help to increase protection against COVID-19, which is particularly important for those with underlying health conditions.

Further information is available in the [guide for parents of children aged 5 to 11 years](#) published by UKHSA. We have published some [frequently asked questions](#) on the vaccination programme including information on eligibility, accessibility and advice for parents of children at high risk from COVID-19. Following [advice](#) from the JCVI, healthy 5 to 11 year old children will also be offered two 10 microgram doses of the COVID-19 vaccine. The NHS will prepare to extend this non-urgent offer to all children during April.

#### Update on the DfE COVID-19 Helpline

Following the Prime Minister's [Living with COVID-19](#) announcement on Monday 21 February, the UK Health Security Agency (UKHSA), accessed through option 1 of the DfE COVID-19 helpline, will be decommissioned from Friday 1 April 2022. The UKHSA advice service was introduced in September 2020 to provide advice to education and

childcare settings on the action they should take to respond to positive cases of COVID-19 in their setting.

The DfE COVID-19 helpline will continue to be available to answer your questions relating to COVID-19 in education, childcare and children's social care settings after the UKHSA advice service is decommissioned.

Please follow the link to read about 'tracing close contacts and isolation' and 'when someone develops Covid-19 symptoms or has a positive test.'

[UKHSA guidance for people with Covid-19 and their contacts.](#)

### Longer-term plans

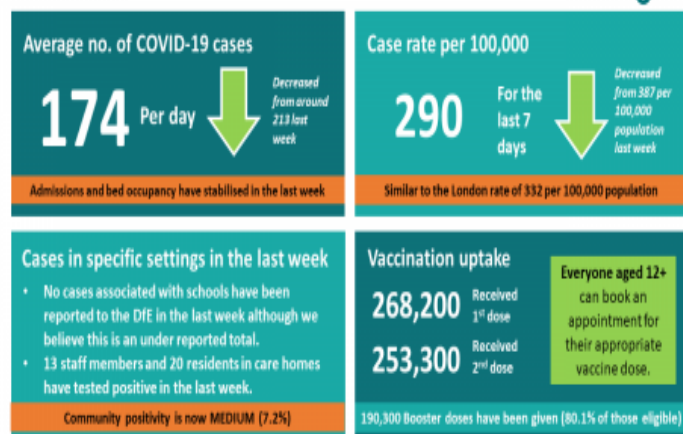
From Thursday 24 March, the government will remove the Covid-19 provisions within the Statutory Sick Pay and Employment and Support Allowance regulations.

From Friday 1 April, the government will no longer provide free to order universal symptomatic and asymptomatic testing for the general public in England. The government will update guidance on the steps that people with Covid-19 should take to minimise contact with other people accordingly.

Please [click here](#) if you would like to view the Barnet COVID-19 weekly update.

## BARNET COVID-19 WEEKLY ROUND-UP

20 February – 26 February 2022



Data now based on the new cases methodology introduced which includes re-infections



BARNET  
London Borough of Barnet