



Headteacher's Update

Be kind to one another, forgiving one another, as God forgave you. Ephesians 4:32

16 May 2022



[St Theodoros the Sanctified](#) is commemorated on 16 May. Please click on the hyperlink to read more about this venerable Saint.

Key Messages

Dear Parents and Carers,

This week closed with special assemblies for our Year 11 and Year 13 students. It was wonderful for us to be able to join together to experience a trip down memory lane- seeing our students grow and develop into the young people they are today. We are very proud of our Year 11 and Year 13 students and on behalf of all of us at STA, I would like to wish them the very best of luck in their summer 2022 examinations.

An excerpt of my message to our students is below:

Inside all of you is an awesome Author/ Artist/ Engineer/ Doctor/ Teacher.... there is something that you were divinely born to do. Take your time to discover your purpose by being kind; being educated and being positive. Make sure that you surround yourself by people who help you to be your best self- enabling you to fulfil all of the promise and potential you hold.

You have made us proud because of the effort you have made through working with our staff to overcome the challenges you faced as a result of the pandemic. Doing your best is all that we can ever ask of you.

Excerpt from *The Solitaire Mystery* by Jostein Gaarder

Life is a chain of coincidences that goes right back to the first living cell. The chance of each of our individual chains not being broken at one time or another during the last 3-4 billion years is so small that it is almost inconceivable. But we have all pulled through and are therefore so incredibly lucky to be here and to share our planet together.

“Life is one huge lottery where only the winning tickets are visible.”

Remember that the best time in all of History to be alive is right now- because you are in the world and I am confident that you will make our future a bright and happy one.

All students have received their timetables for the summer 2022 examinations and they have had an assembly on the importance of following all of the exam guidance set by the Joint Council for Qualifications (JCQ). Please [click here](#) to read a summary of this information from our website. I would also like to remind you that all students are expected to be in school for exams and for revision sessions in scheduled lessons. I will write to you in due course about the arrangements for the exam period after half-term.

Good mental health, according to the World Health Organisation, is defined as a state of well-being where individuals are able to: Realise their own potential; work productively; cope with the normal stresses of life and make a positive contribution to the community. Although yesterday marked the end of [Mental Health Awareness week](#), at STA we continue to work hard with everyone in our school community to recognise and offer support to all those struggling with their mental health. Please do continue to let your child’s Form tutor or Head of Year know if you have any concerns about your child’s mental health and wellbeing.

Finally, do remember to celebrate the Saint name days below your family and friends.

Best wishes,



Mrs Warwick (Headteacher)

| Saint being celebrated | Date | Month |
|--|--------------|-------|
| Andronikos, Androniki | Tuesday 17 | May |
| Galatia, Julia | Wednesday 18 | May |
| Magdalena, Marylena, Patrikios, Patricia, Theognostos, Theoktistos | Thursday 19 | May |
| Lida, Lydia | Friday 20 | May |
| Constantine, Helen, Nadia | Saturday 21 | May |
| Emilios, Kodros | Sunday 22 | May |

Faith- πίστις

The Gospel Account Jesus's Healing of the paralytic



In the Orthodox Calendar for this week, we hear about a man who for 38 years had awaited healing from paralysis, hoping for a chance to step into the sheep's pool, (a pool of water just outside the gates of Jerusalem and believed to contain healing properties) where he might be healed through the help of an angel. One of the hymns describes him as "like a dead man unburied, his bed like a grave, his life useless." God willed that he indeed be healed, but not by an angel or some other means, but by Jesus. As another one of the hymns said, Christ, who created man in the beginning, is perfectly able to heal this paralytic and raise him up.

In fact, the Lord desires also to raise us up - from the deadness of sin, from the paralysis of fear and of all the passions. As in the case of this paralytic, He commands us also to "rise up, and walk and to take up our bed." That is, He desires our complete healing; the taking up of the bed is symbolic proof of complete healing.

This paralytic man, far from being given to us merely as an object of pity, is placed before us as an example designed to encourage us. He is an encouragement to us, first of all, to be patient. He is an encouragement because of his desire to be

healed. And he is an encouragement to obey when the Lord commands us also, "arise, take up your bed, and walk."

He encourages us to be patient. St. John Chrysostom points out that the paralytic does not respond to the Lord with bitterness or complaining, but gently, meekly describes his situation. As St. Gregory the Theologian says, "If we truly preserve patience in our souls, we are martyrs without being killed." That is, we can be martyrs through patience. Most martyrdoms take place quickly, but this kind of martyrdom is slow, and drawn out.

Having circumstances beyond our control and accepting them with faith in God, gratitude, and willingness to endure - that is when we can be like martyrs.

Along with being patient, is our persistence in prayer. The Lord desires to see this persistence in us, a dogged determination not to leave Him alone until we receive mercy and help from Him.

He encourages us in wanting to be healed. The Lord asks the man whether he is really willing. This is not an empty question. Sometimes we are more comfortable maintaining the status quo. Sometimes we want to hang onto what we are used to. Perhaps we like the pity we receive from other people. We are sometimes torn between wanting to be freed from our passions, and at the same time, not wanting to give them up.

This man wants to be healed. Thirty-eight years have been more than enough. He thinks he needs someone to put him into the pool for that to happen. But the Lord offers him something much better - healing in soul and in body.

He encourages us to obey the commandment: "arise, take up your bed, and walk." St. Augustine describes the word "arise" as being the actual healing of the man. At the command, "arise," we are given the remedy for whatever prevents us from arising. If God is calling us to turn from a sin, if our conscience is bothering us about this thing, then by God's grace it's possible to arise from it. This takes both our willingness and relying on God's grace.

He also says, "take up your bed." This suggests on the one hand that the man is healed and no longer needs the bed. It also suggests carrying a burden. St. Augustine speaks of this as a sign of bearing the burdens of others in love. Once we begin to be healed, we are able, and called to, help others bear their burdens. The Lord asks us to carry something, to

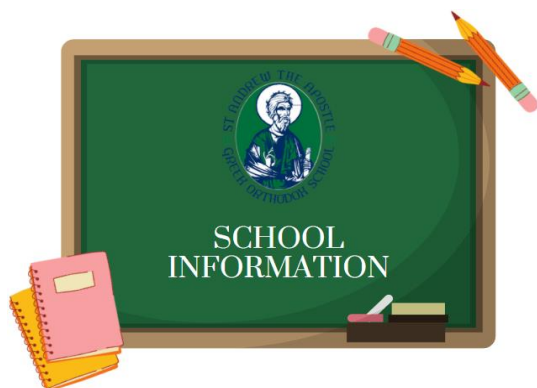
bear something, to support others as part of our ongoing healing.

And lastly, He says to walk. To walk in the light, to walk in love, to walk as we follow Jesus where He is leading us.

The Lord wants to heal us of our paralysis. Are we willing to be healed? Are we willing to be patient? Are we willing to arise, take up our bed, and walk? If so, then there is nothing preventing our healing when and how the Lord sees fit.

Mr M Vassiliou (STA Spiritual Director)

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](#) to access school calendar for upcoming Term.

Summer Term Sports Clubs

Monday

Activity: Years 7-10 Athletics
Time: 3.00pm-4.30pm
Location: Bethune Park
Meet: Building 5 Changing Rooms

Tuesday

Activity: Years 7-10 Softball & Rounders
Time: 3.00pm-4.30pm
Location: Bethune Park
Meet: Building 5 Changing Rooms

Wednesday

Activity: Years 7-10 Futsal (Brazilian 5-aside Football)
Time: 3.00pm-4.00pm
Location: Upper Playground
Meet: Building 5 Changing Rooms

Thursday

Activity: Years 7-10 Dance

Time: 3.00pm-4.30pm

Location: Building 5

Meet: Building 5 Changing Rooms

Barnet Borough Athletics League Meetings

Venue: Stone X Stadium

PLEASE NOTE ATTENDANCE TO ATHLETIC COMPETITIONS IS BY INVITATION ONLY.

Mr R Browell (Head of Physical Education)

Students of the Week

Year Group Recognitions



All students will receive 10 recognition points for their hard work and contributions.

Year 7: Christina N – For having the motivation and creative ideas to raise money for charity. **Mj O** – For giving a detailed review on a new film in form time.

Year 8: Ollie T – For great work in Drama. **Arisha S** – For great work and effort in French.

Year 9: Jason A and Ghazal AK – For fantastic work and effort in French.

Year 10: Zeno B – For fantastic effort in RP. **Gabriella B** – For great effort in Geography.

Year 11: Anastasia K – For excellent work in History. **Ellie-Marie D** – For excellent work in Geography.

Sixth form

Year 12: George M – For independent research and reflection in form time.

Y13: Macy K – For taking initiative and for helping to organise the Year 13 Prom.

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@standrethewapostle.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)

FIVE WAYS TO WELLBEING



- 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

Free mental health resources



Childline has launched the We All Feel It campaign to support young people, particularly males, to reach out for mental health and wellbeing support. Please [click here](#) to learn more.

Reminder- Exam tips for students from AQA

Everyone gets nervous; it's a normal part of exams. While it's not so easy to stop feeling nervous, you can use relaxation techniques to keep your nerves under control and focus on what you want to achieve. Here are some tips and techniques you can try if you feel stressed before and during exams.

Before your exams

- Being prepared and doing the work will always help you feel more confident about sitting your exams, so do as much revision as you can.
- Celebrate your successes in revision tasks and know when you do well.
- Meditation and exercise are great ways to help clear your mind, leaving you feeling refreshed and energised. Plan something for first thing in the morning – if you start your day well, you are more likely to stay calm.
- Use deep breathing to relax your body and mind.
- Eat the right foods and drink lots of water – for example, too much coffee and sugar can make you feel more anxious as they are stimulants.
- Use positive language with yourself and visualise your exams going smoothly.

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.

Shout 85258- a free, confidential, 24/7 text-messaging support service for young people.

Support for Parents and Carers- advice and support for you if you're worried about a child or young person.

[Young Mind's Parent Helpline and Webchat](#)

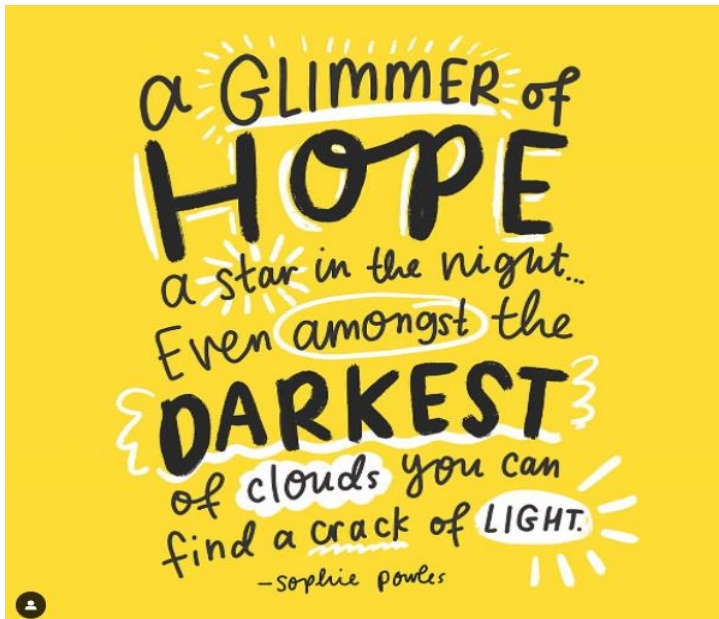
Reminder: During school, students needing emotional support can talk to their Form Tutors and their Head of Year. The following members of staff are also available:

- Mr C Martin, Deputy Headteacher (DSL*)
- Mrs C Hammond, Assistant Headteacher (DDSL*)
- Mrs I Warwick, Headteacher (DDSL*)

- If possible, avoid classmates who are highly stressed or who want to talk about the exams.
- Practise your relaxation techniques so they are natural to you by exam day.
- Plan your exam day so you feel in control; allow for travel and proper meals.

During your exams

- Breathe – take some deep breaths to relax your body and mind. This will really help if you freeze up or are struggling to get started.
- Focus on your paper. Block out the exam room and other students.
- Read the entire question paper, answering the questions you feel most comfortable with. By answering these first, you will feel more confident and settle into the rest of the exam.
- Stuck with a question? Leave it. Work on the next one and then come back to it.
- Remember, it's not a race. You've been allocated a set amount of time – use it and make sure you have done as much as you can.
- Keep a good attitude and use positive language with yourself; your nerves will pass and you're not alone.



After your exams:

- Sometimes exam stress doesn't just disappear once you have finished your exams, as you might be worried about your results. There are [post-results options available](#) to you if you don't get the results you need. But until then, take time to celebrate completing your exams and your achievements so far!

Step In, Step Up: An Insight into Technology



Are you interested in or studying STEM subjects? Come and learn more about our Technology opportunities and how you can develop your skills in this area.

A one-day introductory programme for Year 12/13 students who are **female**. The day will give an oversight into the different Technology programmes Morgan Stanley offers, as well as giving participants the opportunity to partake in interactive challenges, panel sessions and career workshops.

Programme date: 29th July 9:00 -17:00

Deadline for application 12th June 2022

Location: Morgan Stanley London offices

[Click here](#) to apply.

Medical Projects - Ward Round Live



Our NEW A&E Live course takes students to our virtual A&E where they:

- Take on the role of a Doctor
- Assess and diagnose A&E specific cases
- Determine management plans for patients
- Discuss patient investigations

Ward Round Live - our most popular online work experience course

- Interpret pre-ward round observations, notes, and medical charts
- Run a daily review and summary with our ward patients
- Determine management and discharge plans for patients

Suitable for students 15+. For prices, dates, and full timetables. [Click here](#)

Investin – Law & Finance Summer Experience



More than 80% full for these experiences so register as soon as possible.

We are offering students aged 12-18 world-class experience in law and finance-related careers this summer. They will conduct immersive work experience activities alongside corporate lawyers, M&A bankers, UN staff, hedge fund managers, criminal barristers and more; in world-famous London locations, including the Supreme Court, the Houses of Parliament and skyscraper City headquarters.

To register for 15-18, [click here](#)

To register for 12-14, [click here](#)

Team Global – Webinars



Team Global are hosting webinars for sixth formers interested in politics, economics and climate change.

Dates of webinars

Tuesday 17 May - China's foreign policy ambitions in the context of the Ukrainian invasion - Julia Pamilih & Chris Cash, China Research Group.

For more information [Click here](#) and to register for the webinar

Tuesday 24 May - Net Zero Chance: The global central planning delusion at the heart of climate policy - Andy Mayer, Institute of Economic Affairs. [Click here](#)

Tuesday 31 May - Britain's Future Economic Relationship with the EU - Stephen Davies, Institute of Economic Affairs. [Click here](#)

Big Bang Digital 2022



Big Bang Digital is back for a third exciting year.

You will get to hear from real scientists and engineers doing some amazing jobs and shining a spotlight on sustainability, health and wellness and technology, plus loads more. Get your students to ask questions and get inspired!

To register [click here](#)