



St Andrew the Apostle School Weekly Newsletter

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

5 May 2023

Message from Executive Headteacher

Our Sixth Form has been one of the amazing successes of our school: with only three cohorts that have taken exams, we have had three students admitted to Cambridge or Oxford and many to Russell Group Universities. Day to day, our sixth formers are leaders in our school as they strive to do their best in their Level 3 courses. For the past two weeks, I have interviewed many of our Year 11 students for our sixth form. We do this every year after mock 2 exams and it has been wonderful talking to individuals about their dreams and career aspirations and how they are going to achieve their goals and the pathways they see for themselves.

Choosing a sixth form is really difficult and there are wonderful providers across our area of North London. One of the great successes of our sixth form is the exam results, which are comparable to other more established and bigger providers. Some students choose a sixth form because of the courses it offers, some are looking at location and others are looking for the experience.



Our sixth form is small and that is one of its great strengths; we may not be able to provide the range of courses that other, bigger schools and colleges can offer, but we make up for this with our pastoral care. Our mission to know and care for every child extends into Key Stage 5 and we find a handful of students re-join our sixth form each year from other providers because of this. On previous results days (and in interviews over the past few weeks), I have been saying to students, "If you get great results at St Andrew, why go anywhere else?!" In reality, it may be course, location or experience that draws a student to another provider; we recognise that being smaller we don't offer as many courses and as our website states, all our courses are subject to demand. We would love all students who gain the entry requirements and see the courses they would like to study in our offer to

stay; however, we absolutely respect, understand and support their decision to study elsewhere. We will be there to support our Year 11 students with their decisions, over the next few weeks as they prepare for their GCSE exams, on the transition day where they will have taster lessons and on results day too. Offer letters will be sent out shortly (before the GCSE exams start) so students will know what they have to do to be accepted.



The best thing that any of our Year 11 students can do now is focus on their exams to get the results they need to open doors to opportunities post-16. And I know they are doing just that. If any parents have any questions about our sixth form, please contact us in the usual way.

We have been extremely fortunate that our sixth form has been led by Debbie Ramm-Harpley since Christmas. She has cared for each and every one of our Year 12s and Year 13s, challenging and supporting them every step of the way. Her interim role at the school concluded this week and we are indebted to her for support for our students and the school. Taking over from her is Ms Caitlin Bicarregui, who is our new permanent Head of Sixth Form and a member of the Extended Leadership Team. I know she will be warmly welcomed by staff, students and parents. It is around this time that the baton passes from the student leaders in Year 13 to those in Year 12 and Ms Bicarregui will be part of shaping the next Year 13 leadership committee and inducting those Year 11s who have applied to be a part of our sixth form and have accepted conditional offers.

I hope you all enjoy the Coronation weekend. Please read on for news relating to this event and how we are celebrating it in school!

Anthony Easton, Executive Headteacher

Term Dates 2023-24

Please see our term dates for the academic year 2023-24 in the link below: [Term Dates](#)

Upcoming key Dates and Information

- Tuesday 9 May – Year 9 Immunisations
- Tuesday 16 May – Year 10 Theatre Trip
- Please [click here](#) to access term dates.
- Please [click here](#) to access school calendar.
- Please [click here](#) to access previous editions of the Newsletters.



Faith- πίστη

The Gospel Account Jesus's Healing of the Paralytic

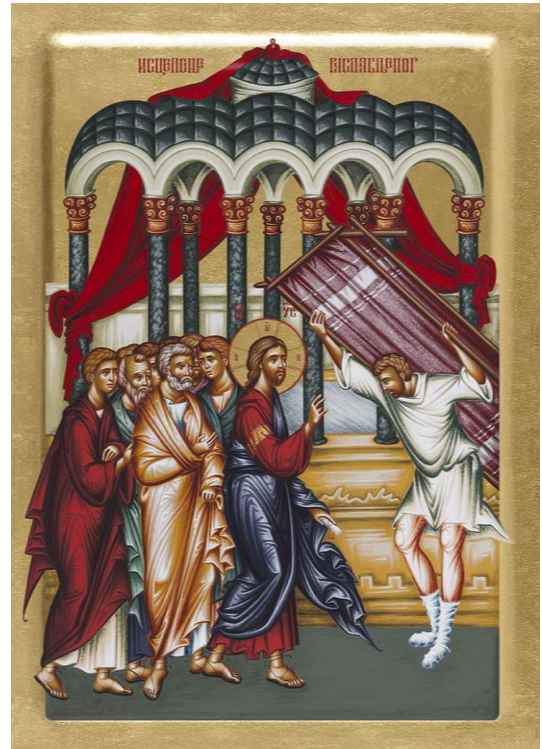


As this Sunday is the fourth Sunday after Pascha (also called 'Sunday of the Paralytic') this week we explore the gospel account of Jesus's healing of the paralytic. In the gospel, we hear about a man who for 38 years had awaited healing from paralysis, hoping for a chance to step into the sheep's pool, (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 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.

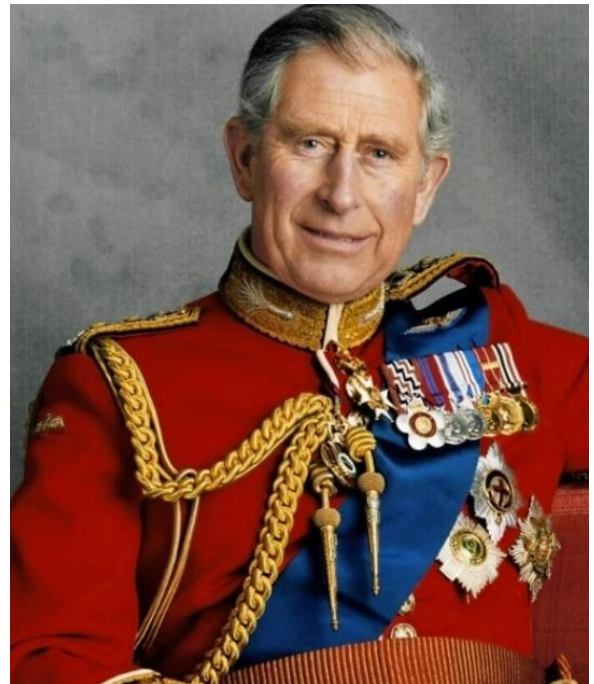
And lastly, He says to walk. To walk in the light, to walk in love, to walk as we follow Jesus where He is leading us.

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.

Saint Name Days for next week:

Date	Saint Celebrated
Monday 08 May	MELIOS, THEOLOGOS
Tuesday 09 May	CHRISTOPHER, ESSAIAS
Wednesday 10 May	SIMON
Thursday 11 May	ARGYRIS, ARMODIOS, DIOSKOURIDIS, METHODIOS, OLYMPIA
Friday 12 May	EPIFANEIOS, THEODOROS
Saturday 13 May	GLYKERIA
Sunday 14 May	ARISTOTELE, ISIDOROS, THERAPON

The King and The Queen Consort



On 8 May 2023, there will be a Bank Holiday as part of the celebrations of the Coronation of King Charles III.

Buckingham Palace recently announced that “at the request of His Majesty, in tribute to his late father His Royal Highness The Prince Philip, Duke of Edinburgh, **Greek Orthodox music**” will feature in the Coronation Service of Their Majesties The King and The Queen Consort at Westminster Abbey on Saturday 6 May 2023.

The musical piece will be led by Dr Alexander Lingas, founder and musical director of Capella Romana. The music will be performed by the Byzantine Chant Ensemble and this group will be formed especially for the occasion,



and all the performers have served as cantors in cathedrals and parishes in the UK and Greece, as educators for the Byzantine Music School of the Greek Orthodox Archdiocese of Thyateira and Great Britain and in specialist choirs as the Greek Byzantine Choir, the Maïstores of the Psaltic Art, Tropos, and Cappella Romana.

Of being selected to be involved in the ceremony, Dr Lingas said, as a scholar and practitioner of the ancient traditions of Byzantine chant, I am deeply honoured to have been asked to help realize the request of His Majesty, King Charles III that the Coronation include a musical tribute to his late father, His Royal Highness the Prince Philip, Duke of Edinburgh. Integrating Greek psalmody into the equally ancient rites of the Coronation Service is a profound and beautiful demonstration of the deep appreciation for Orthodox Christianity long shown by both His Majesty and the late Duke of Edinburgh.

Mr Martin (Deputy Headteacher)


Kings Coronation III School Menu

In celebration of King Charles III celebration, we will be serving our usual menu plus The Kings Coronation Theme Day Menu on Friday 5 May and Tuesday 9 May.



KING'S CORONATION

- Coronation Chicken Baguette
- The Royal Sausage Roll
- Sovereign Cheese & Onion Royal Roll
- Coronation Chicken Ciabatta
Served Hot Or Cold
- Triumphant Strawberries & Cream Jelly
Crown Scones

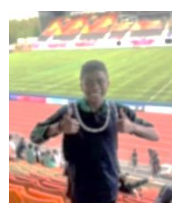


Year 7 Athletics Meet

On Thursday 4 May, we attended the first Athletics League Meeting of the season with our Year 7 squad. The event sees all schools in the area come together to compete in a range of track and field events. This event was an excellent occasion and we were delighted to see our students representing the school with pride, enthusiasm and excellent sportsmanship.



There were some wonderful individual results, with notable performances from the following students:



Bryan M

800m 1st
Hurdles 2nd

Melina D

Hurdles 2nd
Discus 2nd



In addition to the excellent results and placings that students secured, what really stood out was the way our students demonstrated our school values of respect and care to their peers and other schools. They were gracious in both victory and defeat, cheering each other on and congratulating their fellow athletes. Students embodied the spirit of fair play, displaying honesty and integrity in their events and it was heartening to see the way our students conducted themselves, not just as athletes, but as members of our community.

Danielle Walt (PE Teacher / Head of Year 9)

Year 7 Assessments – W/B 5 June and 12 June

Year 7

Assessments

Our students in Year 7 have settled in beautifully this year and have become known as a very caring, responsible and respectful group. We are really looking forward to assessing how well they have been learning this year so that we can continue to tailor their school experience to their needs and help them to achieve their potential.

Students in Year 7 will have assessments in all of their subjects in the first two weeks after half term. In the next couple of weeks, we will be preparing them for this in school, and we will share revision resources on Bromcom. We hope that this will help families to support their child(ren) to prepare at home.

Please remember that these are low stakes assessments; it is important that children have time to relax and enjoy themselves over the half term holiday. While we would recommend that your child spend some of their time preparing for their assessments, this should not take more than an hour or two per day. For many children it will be most beneficial to schedule this on school nights in term time, with a brief review on the weekend before school returns.

Ms Malakouna and Ms Helan
(Deputy Head Teacher: Curriculum)

Year 8 Assessments – W/B 8 May and 15 May

Year 8

Assessments

As you will know from the calendar and the website, our students in Year 8 have assessments in all of their subjects in the weeks beginning 8 and 15 May.

To support their preparation, we have spoken to them in an assembly to guide them in how to revise, in their

lessons we have given them subject specific revision guidance, and we will share further information with you in the newsletter this week. These assessments are very valuable to us in providing information about how our students are doing. However, they are not intended to be high stakes; please encourage your children to prepare at home as guided but avoid placing undue pressure on them to perform.

English, Maths and Science assessments will take place in lesson time, in their normal classrooms, during the week beginning 8 May. Assessments in other subjects will take place in lesson time, in their normal classrooms, during the week beginning 15 May. Revision resources have been uploaded to our students' Bromcom account. We hope that this will help you to support your child to prepare at home.

Ms Malakouna and Ms Helan
(Deputy Head Teacher: Curriculum)

Year 12 Assessments – W/B 5 June and 12 June

Year 12

Assessments

Our students in Year 12 have worked hard this year and settled in well to their two-year Key Stage 5 courses. At this point it is important that we take a 'snapshot' of progress so far. As befits students in this age group, we would encourage several hours' homework or revision each night at home, and that this rhythm is sustained during the half term holiday. Students must, of course, take breaks and make time for family and friends. For those students who work, it might be advisable to reduce their shifts in the run-up to this assessment phase. Any students intending to travel over half term should certainly take study materials with them and continue to study while they are away. Current understanding of the science of learning indicates that an intense period of knowledge rehearsal, retrieval and recall at this point will really help students to transfer their learning from their short-term to their long-term memory. This is an essential stage on the path towards exam success at the end of the course in Year 13.



Furthermore, these assessments are an invaluable opportunity for students to practise the exam techniques and skills, and to become familiar with the exam format, all of which is indispensable to achieving their potential at the end of the course and securing the right qualifications to progress onto work or further study after Year 13.

Year 12 assessments will take place in normal classrooms, in lesson time in the first two weeks after the half term break. Over the next 2-3 weeks we will be preparing them in school, and we will share revision resources with them in lessons and on Bromcom. Parents and carers know their children well, and we encourage you to support them as much as is necessary. For some students in this age group, very little support is needed beyond food, love and a little bit of help remembering to step away from devices and go to bed on time! For others, it may be helpful for a parent/carer to be in the home or even in the room with them while they study. If you are in any doubt, please do contact us for a discussion with our new Head of Sixth Form Ms Bicarregui. Ms Ramm-Harpley has really enjoyed working with Year 12 and has now handed the year group over to Ms Bicarregui, with lots of rich information which she will be happy to share with you. Without exception, all students in Year 12 will need to eat well, sleep well and, to re-emphasise, spend some time every day relaxing and socialising with friends so as to stay healthy and happy in the run-up to the assessments and to perform well.

Ms Malakouna and Ms Helan
(Deputy Head Teacher: Curriculum)

Free Cereal in the Canteen in Building 5!

Innovate, our caterers, are offering free cereal to students in our Building 5 canteen from Monday. This will be available to students in all year groups to help them start their day!

Start your day with a
Free bowl of cereal



Did You Know? Did You Know? Did You Know?

Exam Season

Exam season can be a stressful time for many students, but there are things you can do to help reduce stress and perform your best.

Some tips to consider include practicing good study habits, taking breaks to recharge, getting enough sleep, and staying active. Additionally, there are several helpful resources available to students, such as online study guides, meditation and mindfulness apps, and stress management techniques. Here are a few resources to check out: Headspace, and Stress Reduction Techniques, [BICS](#), [YoungMinds](#), [Mind](#). Remember to



take care of yourself during this busy time and don't hesitate to reach out for help if you need it.

The Department for Education has also provided information on coping with Exam pressure during this time. This can be found on the link below:

[Coping with exam pressure - a guide for students - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/coping-with-exam-pressure-a-guide-for-students)

Miss Moustaka (Safeguarding & Inclusion Case Manager)

Anti-Bullying

All our form tutors, Heads of Year and indeed all adults in the school are training in how to identify, report and respond to signs of bullying. We have robust procedures and policies in school which we follow to ensure that we reduce and remove this from our community.



One of our values in school is respect and we expect all students to show respect to each other.

However sometimes these signs in school can be very subtle initially and it can be difficult for adults to spot these signs. We also know that some students would be concerned about their teachers knowing that this is happening.

When issues of bullying or unkindness occur in school, we address this in sensitive and appropriate ways. This can include closer monitoring or dealing with the issue in a way that reduces rather than aggravates the situation.

If your child has reported any unkindness to you that you are concerned about, please do report this to us using our staff contact form and we can discuss how we can support your child in the most appropriate way with a discussion between you, as parents, initially, so we can agree on a way forward.

Mr Martin (Deputy Headteacher)

Extra-Curricular Thursday After-School

Please note a change in sports clubs on a Thursday this term. The table tennis club advertised will no longer run due to the public examinations in the hall. Dodgeball will now run instead from 3.00pm-4.00pm in the building 5 hall.

Mr R Browell (Head of PE)

Summer Term Extra – Curricular Sports Clubs

PE extra-curricular clubs.



Monday

Activity: All Years

Athletics

Time: 3.00pm-4.30pm

Venue: Bethune Park

***Changing building 5 changing rooms.**

Activity: All Years Futsal

Time: 3.00pm-4.00pm

Venue: Building 4 Playground

***Change in building 5 changing rooms.**

Tuesday

No clubs due to Athletics League Meetings (Invite Only)

Wednesday

Activity: All Years Girls Dance

Time: 3.00pm-4.30pm

Venue: Building 5 Hall

***Change in building 5 changing rooms.**

Thursday

Activity: All Years Table Tennis

Time: 3.00pm-4.00pm

Venue: Building 4 Hall

***Change in building 4 changing rooms.**

Activity: All Years Boxercise

Time: 3.00pm-4.30pm

Venue: Building 5 Playground

***Change in building 5 changing rooms.**

Please note students do not wear PE kit to school on the day of clubs. If you do not have PE on the day of the club, but wish to attend, please bring PE kit to change into after-school. Full PE kit must be worn to after-school clubs. If you have PE lessons on the day of a chosen club, you will already be changed into full PE kit.

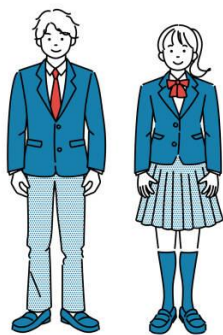
Mr R Browell (Head of PE)

School Uniform

We are incredibly proud of our students and the way that they present themselves to our community. We do this by 'sweating the small stuff' when it comes to uniform, and this ensures that larger behaviour issues are less common. The aim of our uniform policy is to ensure that all students look professional, are ready to work in school and be prepared for the world of work after they leave us.

Please do support the school culture and ethos by helping us ensure that students have the correct uniform. In particular:

- Students should be wearing leather shoes, please click here for [boys shoes](#) and [girls shoes](#).
- Students should not wear any jewellery or piercings other than a single stud in each ear lobe.
- Students should be wearing neutral trainer socks or no socks with tights.
- Students should also have their shirt tucked in, top buttons done up and ties tied correctly.



If students arrive to school in incorrect uniform, they could be asked to return home to change and return immediately or failure to follow clear and reasonable instructions to address their uniform could result in students being detailed or placed in our Referral Room.

Mr Martin (Deputy Headteacher)

Second Hand Uniform

You can buy good quality, second-hand uniform at the following site: www.oldschooluniform.co.uk

The school accepts outgrown, good condition uniform please hand in your items to the school reception.

Mobile Phones



We would like to remind parents that the use of mobile phones is prohibited during the school day, and students should not use them to communicate with anyone including parents. This is

to ensure that our students can concentrate on their learning without distractions and to maintain a positive learning environment.

Our school has a strict policy on mobile phone use, and we expect all students to adhere to this policy. Mobile phones must not be visible or used during the school day, including breaks and lunchtime. Any mobile phones that are seen or heard will be confiscated by the school staff and returned to the student at the end of the school day. If this happens twice, parents should expect to come and collect the phone from the school office.

We understand that mobile phones can be important for staying in touch with parents and guardians, particularly in emergencies. However, we have systems in place to ensure that students can communicate with

parents in case of emergency. Parents can contact the school office, and we will make sure that the message is relayed to the student. We encourage parents to use this system rather than contacting their child directly during the school day.

We believe that the mobile phone ban is essential to create a positive learning environment where students can concentrate on their studies without distractions. Mobile phones can be a significant source of distraction, and we want to ensure that our students have the best possible chance of success in their academic studies.

We appreciate your support in enforcing the mobile phone ban and remind parents that it is their responsibility to ensure that their child adheres to the school's policy on mobile phone use. We encourage parents to talk to their children about the importance of the ban and the impact that mobile phones can have on their academic performance.

Thank you for your cooperation in this matter, and we look forward to continuing to work together to ensure the best possible learning environment for our students.

Mr Martin (Deputy Headteacher)

Managing Stress and Anxiety

Mr Martin (Deputy Headteacher)

Barnet Libraries – Literacy Festival



A morning with Tanya Landman in conversation with Miriam Halahmy discussing 'The Battle of Cable Street' and 'Lightning Strike'. Including a Q&A and book signing session. Age guidance: children and teenagers 9 to 15 years & adults.

Finchley Church End Library
Sunday 14 May
9.30am – 11.30am

Book your FREE ticket and more information at
<https://www.eventbrite.co.uk/e/a-morning-with-tanya-landman-talking-to-miriam-halahmy-about-her-books-tickets-518542042207>
or scan the QR code below.



@barnetlibraries
#LearningLeisureLife
www.barnet.gov.uk/libraries



Barnet Libraries offer a wide range of services to support students. For example, they provide GCSE and A Level revision guides as well as a large collection of non-fiction books. We also offer a wealth of [online resources](#) including encyclopaedias, dictionaries, online newspapers and biographies. All are available to use free with a Barnet Library card. Library members can use a PC for 90 minutes each day or enjoy unlimited access to our Wi-Fi.

Teenage Vaccinations

Teenage vaccinations given in years 8, 9 and 10 – is your teen up to date?

Teenage vaccinations are the best way to protect your child from serious diseases such as HPV-related cancers, meningitis, septicaemia, diphtheria, tetanus and polio. In school, your child will be offered:

- The HPV vaccine in year 8 and 9 as a 2-dose schedule
- The MenACWY vaccine in year 9 and 10

- The 3 in 1 teenage booster in year 9

If your child has missed any of these vaccines, speak to their school immunisation team or GP surgery and make an appointment to catch up as soon as possible. For more information, visit:

- www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/

Stephen Warrick
Communications and Engagement
Public Health, London Borough of Barnet

Parents – Conversation Starters

Parenting the digital world is difficult, no-one can deny that. For many of us we didn't grow up in a world of technology, therefore we don't have 'lived experience', we're just trying our best. With many parents I speak to, one of the questions I regularly get is, "How do I start the conversation?"

With the exploitation of children getting significantly worse each year, those conversations are so important. In my voluntary work with the Police, I visit many homes where a child/young person has uploaded illegal imagery, and yet so often I hear "Why did you do that, you knew it was wrong!", 'That's it, you're banned' and much more. This is victim blaming. From a parental perspective I get it, I understand the reaction. Parents are scared, even traumatised. Yet these criminals are devious, I often see the chat logs, children are ALWAYS victims.

The Internet Watch Foundation have put together a brilliant guide for parents. You can find the guide [HERE](#).

Public Health Updates



Mental health support for children, young people and their families

Mental Health Support for CYP Leaflet

Please [find attached an amended version](#) of the mental health support for children and young people leaflet.

Please see attached [flyer for St. Vincent's Wellbeing Hub](#). This is open to anyone that supports/leads on mental health in schools or would like to learn more about the Senior Mental Health Lead training. For further information, please contact emma.scelsi@stvincents.barnet.sch.uk

Jayne Abbott, Resilient Schools Manager

Public Health Directorate, London Borough of Barnet

Clean Air Day

The Mayor of London is calling on young Londoners to lead the way in celebrating clean and healthy air for everyone this Clean Air Day.

The Mayor is looking for new poster designs about why clean air is important, to showcase why healthy air is so vital for our city and celebrate the steps we are all taking to lead the way on cleaning the air for all Londoners.

The challenge is open from now until 29 May for London's school children, aged 4 to 14, with the chance to have their posters featured across London and on the Mayor of London social media channels. Find out more:

- <https://www.london.gov.uk/programmes-strategies/environment-and-climate-change/pollution-and-air-quality/mayor-londons-clean-air-day-challenge-2023>

Taryn Ferguson

Principal Policy and Programme Officer (Air Quality)

Greater **London** Authority

Prevent Article: How extremists Exploited Covid Chaos

Please see the article below by youth communications charity Exposure:

- [How extremists exploited Covid chaos | Exposure](#)

Perryn Jasper

Prevent Coordinator and Hate Crime Lead

Assurance Group – Community Safety Team