



St Andrew the Apostle School Weekly Newsletter

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

26 May 2023

Message from Executive Headteacher

Last weeks of term are always busy, but when you look at a calendar that features Y10 football District Cup semi-final and, after victory on Monday, a Y10 District Cup final two days later(!), exams, Y10 post exams assembly and reports going out to Y10 and Y9 parents, it is amazing what we pack into a school week alongside the regular rhythm of a five-day cycle. My hat is off to the staff, as always, for providing the enriching activities we have both in school and out, and for preparing and supporting those student taking exams and assessments.

I know I keep mentioning our exam classes, but the Y11s and Y13s are doing brilliantly, tired though they are at the end of this first part of the exam season before half term. They have benefitted from some earlier finishes this week and there will be more of this after half term as exams in subjects are completed. Our exam timetable gives students key sessions just before exams and time to revise. The extended break and lunch and early finishes keep them fresh too. They also benefitted from whole cohort treats this week in between a whole cohort exam and a meaty revision season – free chips were the order of the day!

Y10s have had an assembly following their assessments, and the last half term will be crucial for these students to respond to feedback and position themselves for success next year. Y7 and Y12 will have end of year assessments immediately after half term and they have had a good lead-in to these with teachers and HOYs guiding them on how to do well.

We continue to emphasise to our students that assessments are a snapshot of where they are in their learning journeys, and not the be all and end all. We also sign post support if they are worried. Parents – please do contact us if you have any concerns.

It is always lovely to visit lessons and in a recent Y12 English lesson, a discussion touched on 'The Color Purple', a wonderful Pulitzer Prize winning novel by Alice Walker. The film version of this novel is also stunning and stars Oprah Winfrey, who received an Oscar Nomination for her role. It is to Oprah I turn to

for a quote as I think of our students, our staff and our school.



With this final newsletter piece from me before I hand over to a new permanent headteacher after half term, I would like to say how much I am looking forward to working with Dr Hills as I revert back to my Trust-wide role. I feel very fortunate to continue be able to support the school from this position as I have done for the four years previous to this.

I take great pride and joy in the work done by staff and students in the previous 12 months as we strive to move the school on in its development, not least towards its new home but also in positively influencing the lives of the young people in our care. I will never forget the loss we have suffered within this year.

I would like to thank our wonderfully supportive Trust, our governing body, the parents and carers, the senior leaders, and our staff. I think the biggest thank you has been to the students, who have made me feel not only very welcome in the role as their headteacher but also tremendously proud.

Our day to day in school embodies the vision of our founding governors had for the school, an institution driven by its Christian faith and values, that has a unique curriculum and serves its community. It is truly a place where every child is known and cared for and I have been privileged to serve as its headteacher. I hand over at such an exciting time and I am looking forward to continuing to be part of the school's journey and success.

Anthony Easton, Executive Headteacher

More Sporting Success!



Congratulations to the Y10 football team and their manager Mr DeJesus on winning the Barnet District Cup. One nil down with a minute to go, they forced extra time and won it 2 – 1 with two goals from Aleks O-P, one with the last kick of normal time, which gave the team momentum to strike early and decisively in extra time!



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

- Monday 29 May – Half Term Begins
- 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 Feast of Holy Pentecost

The Feast of Holy Pentecost is celebrated each year on the fiftieth day after the Great and Holy Feast of Pascha (Easter) and ten days after the Feast of the Ascension of Christ. The Feast is



always celebrated on a Sunday and this year it falls on Sunday 28 May.



The Feast commemorates the descent of the Holy Spirit upon the Apostles on the day of Pentecost. Pentecost was and still is a feast of the Jewish tradition. It also celebrates the establishment of the Church through the preaching of the Apostles and the baptism of the thousands who on that day chose to believe in the Gospel message of salvation through Jesus Christ. The Feast is also seen as the culmination of the revelation of the Holy Trinity.

The story of Pentecost is found in the book of The Acts of the Apostles. In Chapter two we are told that the Apostles of our Lord were gathered together in one place. Suddenly, a sound came from heaven like a rushing wind, filling the entire house where they were sitting. Then, tongues of fire appeared, and one sat upon each one of Apostles. They were all filled with the Holy Spirit and began to speak in other languages as directed by the Spirit (Acts 2:1-4).

This miraculous event occurred on the Jewish Feast of Pentecost, celebrated by the Jews on the fiftieth day after the Passover as the culmination of the Feast of

Weeks (Exodus 34:22; Deuteronomy 16:10). The Feast of Weeks began on the third day after the Passover with the presentation of the first harvest sheaves to God, and it concluded on Pentecost with the offering of two loaves of unleavened bread, representing the first products of the harvest (Leviticus 23:17-20; Deuteronomy 16:9-10).

Since the Jewish Feast of Pentecost was a great pilgrimage feast, many people from throughout the Roman Empire were gathered in Jerusalem on this day. When the people in Jerusalem heard the sound, they came together and heard their own languages being spoken by the Apostles (Acts 2:5-6). The people were amazed, knowing that some of those speaking were Galileans, and not men who would normally speak many different languages. They wondered what this meant, and some even thought the Apostles were drunk (Acts 2:7-13).

Peter, hearing these remarks, stood up and addressed the crowd. He preached to the people regarding the Old Testament prophecies about the coming of the Holy Spirit. He spoke about Jesus Christ and His death and glorious Resurrection. Great conviction fell upon the people, and they asked the Apostles, "What shall we do?" Peter said to them, "Repent, and let every one of you be baptised in the name of Jesus Christ for the remission of sins; and you shall receive the gift of the Holy Spirit" (Acts 2:38-39).

The Bible records that on that day about three thousand were baptised. Following, the book of Acts states that the newly baptised continued daily to hear the teaching of the Apostles, as the early Christians met together for fellowship, the breaking of bread, and for prayer. Many wonderful signs and miracles were done through the Apostles, and the Lord added to the Church daily those who were being saved (Acts 2:42-47).

Icon of the Feast - The icon of the Feast of Pentecost is known as "The Descent of the Holy Spirit". It is an icon of bold colours of red and gold signifying that this is a great event. The movement of the icon is from the top to the bottom. At the top of the icon is a semicircle with rays coming from it. The rays are pointing toward the Apostles, and the tongues of fire are seen descending upon each one of them signifying the descent of the Holy Spirit.

Saint Name Days for next week:

Date	Saint Celebrated
Monday 29 May	JASON, KERKYRA, SOSOPATROS
Tuesday 30 May	ARGYRO, ASIMAKIS, DONATOS, JACOB, MALAMATI, MYROFORA
Thursday 1 June	FILOSOFOS, ISIDORA, JEREMIA, PANARETOS, TAMARA
Friday 2 June	AVGERINOS, BORIS, ESPEROS
Saturday 3 June	RODOPI
Sunday 4 June	MELIA

Year 9 Cup Final Triumph



We are delighted to share the exciting news of our Y9 football team's remarkable triumph in the district final. In a resounding victory against a local rival, our team emerged victorious with an impressive scoreline of 6-0. Not only did they secure a handsome win, but their performance on the field showcased their exceptional teamwork and competitive spirit.

From the opening whistle, it was evident that our players were determined to make their mark in this crucial match. Jayden kick-started the game with an exceptional through ball, setting up an opportunity for Angel, who expertly finished from the back post, giving us an early 1-0 lead. The team's unity and coordination were palpable as they seamlessly executed their strategies, leaving their opponents struggling to keep up.

As the match progressed, our players continued to exhibit their individual skills and collective strength. Kaine's brilliant dribbling skills enabled him to navigate past his defender, ultimately slotting a shot past the goalkeeper, extending our lead to 2-0. The first-half concluded with a moment of pure brilliance from Kyros, who scored a sensational goal from an impressive distance, earning himself the title of "Goal of the Season" in the final match.

After the halftime break, our team returned to the field with renewed determination. Petar's exceptional performance led to two goals that further solidified our dominance. Angel, continuing his outstanding display, added another goal to his tally. The players' relentless pursuit of excellence and their unwavering competitive spirit shone through in every pass, shot, and defensive play.

Beyond the final score, what truly stood out was the manner in which our team achieved their victory. The players seamlessly combined their individual talents and strengths, exhibiting exceptional teamwork and cooperation. Each member contributed selflessly to the overall success of the team, epitomizing the spirit of collaboration and camaraderie.

We extend our warmest congratulations to every member of the Y9 football team for their extraordinary achievement. Your hard work, dedication, and passion have paid off in a memorable way, leaving an indelible mark on our school's sporting legacy.

As a school community, we take immense pride in celebrating our students' accomplishments both inside and outside the classroom. The Y9 football team's remarkable success serves as a testament to the power of perseverance, teamwork, and sportsmanship. We commend our players for their commitment and applaud them for being outstanding ambassadors of our school.

Lastly, we extend our heartfelt appreciation to the parents, friends, and supporters who cheered on our team throughout the season and during the district final. Your unwavering encouragement undoubtedly played a significant role in motivating our players to showcase their best abilities on the field. Congratulations once again to our Y9 football team and Mr Fowlie on their exceptional victory in the district final. We celebrate this well-deserved triumph and eagerly anticipate witnessing more outstanding achievements from our students in the future.

Miss Walt (Head of Year 9 & 10, PE Teacher)

Les Misérables – Year 10 Theatre Trip



Our recent Performing Arts trip to central London was an extraordinary adventure filled with excitement and inspiration. Students had the unique opportunity to witness the mesmerizing production of 'Les Misérables', a legendary musical that has captured hearts worldwide. But the experience didn't stop there. Our group was privileged to meet the composer of the original music, alongside directors and actors who shared their insights and approach to the play. It truly was a once-in-a-lifetime opportunity!

From the moment the curtains rose, we were transported into the rich tapestry of 19th-century France. The awe-inspiring set design, captivating performances, and powerful vocals created an immersive experience that left an indelible mark on our students. The emotional journey of Jean Valjean, Javert, and the rest of the characters was brought to life with exceptional talent and dedication.

But what made this trip truly extraordinary was the chance to engage with the brilliant minds behind the production. Meeting the composer of the original music, as well as the directors and actors, was an unforgettable experience. Students were able to delve into the creative process and gain valuable insights into the intricate workings of a professional production. The opportunity to hear first-hand how the composers crafted the iconic melodies and witness the actors' dedication to their roles was both inspiring and educational.

Our students were fortunate to be invited in the conversations between the directors and actors, who generously shared their approaches to character development, stage direction, and storytelling. Learning about their techniques and hearing anecdotes from their experiences further enriched our understanding of the theatrical world. It was a rare chance to gain insights from industry professionals and

receive guidance that will undoubtedly shape the artistic journeys of our talented students.

Beyond the theatrical aspects, this trip also provided an invaluable cultural experience. Central London is a vibrant hub of art, history, and diverse communities. Exploring the city, students were immersed in its rich heritage and iconic landmarks. The vibrant atmosphere and artistic spirit of the city resonated with our aspiring performers, fostering a sense of appreciation and inspiration.



As we reflect on this incredible journey, we extend our deepest gratitude to all the individuals who made this trip possible: Mrs Nelson who organised and led the trip and Miss Moustaka for her support on the day. It is through such experiences that we nurture the artistic talents of our students, encouraging them to dream big and pursue their passions!

Mr Lasithiotakis (Head of Performing Arts)

UKMT Junior Challenge

The Maths department is proud to announce some wonderful successes achieved by students in Year 7 and Year 8 who participated to the UKMT junior maths Challenge. We, as maths teachers, aim to continue promoting and inspiring our students through these initiatives which give pupils new points of view and strongly motivate them to pursue their studies in maths-related subjects.



The UKMT Maths challenges promote a love for problem solving, encourage mathematical reasoning, precision of thought and fluency in using basic mathematical techniques. The problems on the Junior Mathematical Challenge are designed to make students think and even though most are accessible, they still challenge those with more experience.



Well done to our students in their achievements and we look forward to seeing even more successes in the future.

Mr Dogan (Head of Maths)

Site



For up to date news on our new school building and site, please click on the following link: [St Andrew The Apostle Plans](#) Over half term, there will be more work on the pilings of the building, and once the foundations are in place, the outer structure will spring up very quickly! If you have any questions as a parent regarding the new building, do contact the school directly.



Student Newspaper – Apostle News



St Andrew the Apostle School Key Stage 3 students are establishing a new school newspaper, aptly named

Apostle News. We hope to have our first edition out in July.

If you have news, then tell us and we will report it in Apostle News.

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 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.

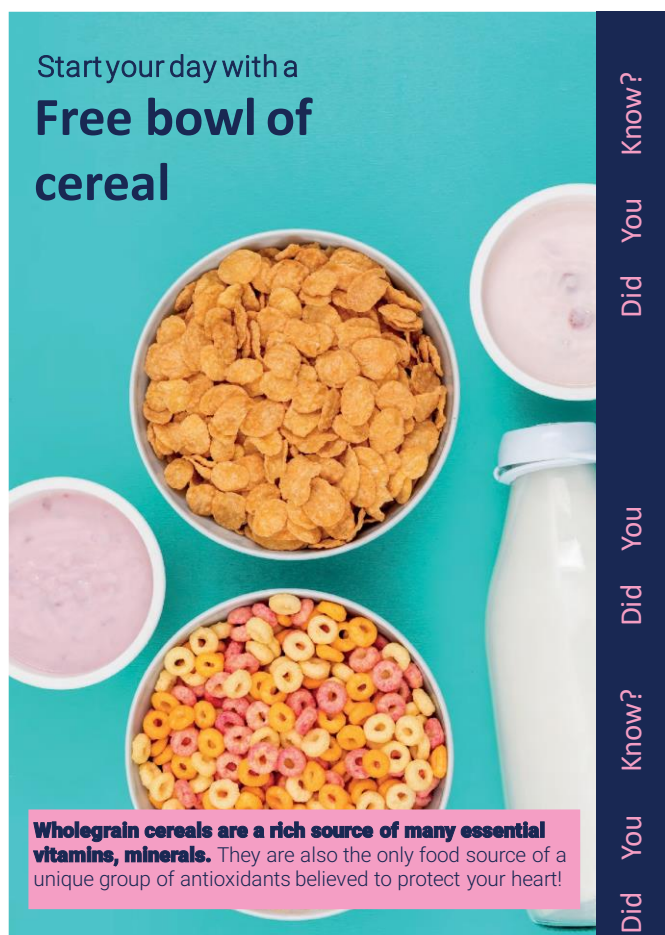
Year 12 assessments will take place in normal classrooms, in lesson time in the first two weeks after the half term break. Over the next 2-3 weeks we will be preparing them in school, and we will share revision resources with them in lessons and on Bromcom. Parents and carers know their children well, 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**

Wholegrain cereals are a rich source of many essential vitamins, minerals. They are also the only food source of a unique group of antioxidants believed to protect your heart!

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)

Brunswick Park Road Entrance

As you will have seen if you have had occasion to drive past our new site adjacent to Brunswick Park Road, the groundworks for our new site are well underway. As I have mentioned in a previous newsletter, there will be a ground-breaking blessing service led by His Eminence, Archbishop Nikitas after half term.

I did want to write to address the access to the current site from the Brunswick Park Road entrance, which we lost early in the school year. We had hoped that we would regain pedestrian access much earlier than this. And whilst students, parents, staff and visitors have made it routine to arrive at the Oakleigh Road entrance, it would have been more convenient for some to have access via Brunswick Park Road. We are still unsure when this will return, and we will look at the possibility of pedestrian access once the initial groundworks are complete. We will keep you posted. Apologies for not writing about this sooner.

Anthony Easton, Executive Headteacher

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)

Summer Term Extra – Curricular Sports Clubs

PE extra-curricular clubs.



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.

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.

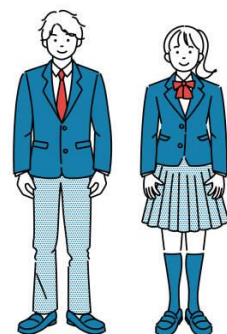
Mr R Browell (Head of PE)

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)

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

Place2Be - Advice for Managing Exam Stress

Exam season can be a challenging time for young people. Many feel stressed in the lead-up to their exams and worried in anticipation of their results.

As adults, it can be difficult to know what we can do to support children and young people during this time. Place2Be have created some tip sheets full of practical advice to help young people, schools and families manage stress during exam season.

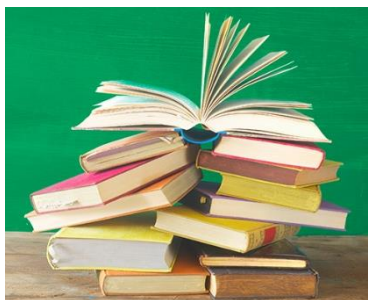
[Navigating exam season resources - Place2Be](#)

Janchai King

Senior Educational Psychologist

Barnet Libraries

I have been asked to pass on a message from Barnet Libraries, which offer a wonderful service for the local community and students in our local area. Libraries are very busy at the moment, not least with students revising for exams. Because this, those who work in our local libraries wanted to remind students who use the libraries of the following:



- No hot food to be consumed in the library. Take-aways are not permitted.
- Only one person to sit at each computer.
- Computer spaces are reserved for those using the computer and are not general study desks.
- Study areas are for silent or quiet study and noise levels must be kept to a minimum.
- Not all of the library is available for study and some spaces are dedicated to families with young children. Students should study in dedicated study areas.
- Entry to the library in Self-service Opening Hours requires each student to have their own library card in their name, with the form having been signed by their parent or guardian. Card details must not be shared with other students.
- Students must be respectful and follow instructions and requests from staff members.

Chief Executive and Director of Education and Learning

Barnet Education and Learning Service

Finchley Fire Station – Open Day



OPEN DAY

Finchley Fire Station

Saturday, 15 July 2023 12pm – 4pm

- Your chance to meet local firefighters and get fire safety advice.
- See our latest service equipment and watch rescue demonstrations.
- Family games, food and drink stalls plus meet police officers.

227 Long Lane Finchley London N3 2RP
For more info contact Charlene Mitchell:
T 0208 555 1200 x84753
E charlene.mitchell@london-fire.gov.uk

