

# Headteacher's Update

24 January 2022



Our Holy Mother Xenia of Petersburg- Saint day 24 January

# Key Messages

Dear Parents/Carers.

We have had another busy and productive week where our dedicated staff and committed students have yet again applied 100% effort in all that they do.

We have been delighted to see Year 11 students appreciating the free tuition they can access by attending high quality intervention sessions before and after school. Parents and carers should now be able to access the intervention timetable sent by Mr Michael (Senior Deputy Headteacher). Please let Ms Halil (Head of Year 11) know if you have any questions about Year 11 intervention.

We ended the week with a special assembly to Year 11 students focusing on our response as a school to the national review carried out by Ofsted into the harm caused to young people who suffer from sexual harassment and abuse. We will tailor the content so that it is accessible to each year group and we will deliver the assembly to all students on a rolling programme. I have shared helpful information for parents and carers on the back page of this Newsletter.

On Friday, Year 12 students took part in a series of excellent Careers workshops organised by Barnet Education and Learning Service and Mrs Nelson (Head of Drama, PSHCE and Careers). These sessions are invaluable preparation for our Year 12 students as they prepare themselves for university application in the summer term.

I will be writing to all parents and carers shortly to invite you to contribute to our STA fundraising initiative. Your donations will be used to support and enrich our students' curriculum experience, supplement resources for those in need and improve our environment.

Funds will be used for projects such as purchasing reading books; purchasing additional ICT resources so that all students have access to high quality kit and improving the external environment of the school to enrich our students' life.

Funds will never be spent on core running costs (such as energy bills or salaries). Your donations will only ever be used to extend and improve the education and support we already offer our young people.

We are currently looking for donations for the items below. We have a suggested donation of £5 but all donations regardless of size will be greatly appreciated and make a difference. Please ensure that you tick the 'Gift Aid' box if you are eligible.

ICT Equipment: We would like to increase our ICT resources with high quality kit in both buildings.

Reading books: We are building up our library resources in advance of moving into our new building and into our dedicated and specialised library space. We would be happy to receive a donation to purchase books or you may buy STA a book from our Amazon wish list. I will write with further details later this week.

Playground Equipment: We would like to purchase playground equipment for our students to use during break and lunchtime. This includes outdoor seating and furniture.

As you know, STA is one of five schools in the Russell Education Trust (RET).

I am sure that you have heard the Government guidance that face coverings were no longer recommended in classes from last Thursday and that they are no longer recommended in communal spaces from Thursday 27 January.

The Trust's position, is that face coverings are no longer required in classrooms but staff and students who wish to continue to wear them will be permitted to do so.

Face coverings are still recommended in communal spaces until Thursday 27 January when they will no longer be required. However, staff and students who wish to continue to wear them will be permitted to do so.

Between now and Thursday, students and staff who choose not to wear face coverings in communal spaces will not be 'challenged' i.e., they will be permitted to make that choice.

I will of course let you know if the COVID infection rate becomes high locally as this may mean that I ask students and staff to continue to wear face coverings in communal spaces.

Thank you for your ongoing support to help to keep our students and staff safe so that we may operate as normal and keep our school open for all our learners.

Please see below for the Saint name days being celebrated this month. Please do wish anyone listed below a very happy name day!

Saint being celebrated	Date in January
Philon, Xeni/Xenia, Zosimas	Monday 24
Gregory, Margaret	Tuesday 25
Xenophon	Wednesday 26
Haris, Palladias	Friday 28
Valsamia	Saturday 29
Avra, Chrysi, Mavros	Sunday 30

Please click here to find out more information about how to

send a free iconogram which is a lovely way to celebrate a family or friend's Saint name day.

Best wishes,

Mrs I Warwick (Headteacher)



#### Upcoming Key Dates and Information



Reminder: Please click here to read about our new method of assessment at KS3. Please click on the following links to read about our curriculum. KS3 refers to Years 7, 8 and 9. KS4 refers to Years 10 and 11. KS5 refers to Year 12 and 13.

Please click here to access previous editions of the Newsletter.

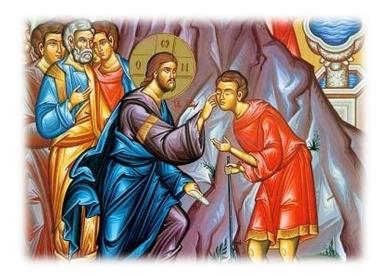
#### **Weekly Key Dates**

Date		Event
25/01	•	Y8 HPV Immunisation
	•	Y9 HPV Immunisation
	•	Y10 HPV Immunisation
	•	Y7 Netball vs. Wren
26/01	•	Y10 Football vs. Compton (Away)
27/01	•	Y8 & Y9 Netball vs Wren (Away)

Please click here to access term dates.

#### Faith - πίστη

# JESUS HEALS THE BLIND BEGGAR (Gospel of Luke 18:35-43)



This miracle is the fourth and final one of Jesus before His crucifixion. The Evangelist Luke mentions that as Jesus approached Jericho, "there was a blind man sitting on the road and begging". This man had been ostracised from society, like all those afflicted with diseases such as leprosy and blindness; diseases viewed by the Jews as punishment from God for the act of sin that was committed either by the diseased person or his parents. This was the mindset of people at the time around the relationship between illness and sin.

The blind man heard the people passing by and sensed there was something unusual about this crowd, so he asked a passer-by to explain what was happening, he was told that "Jesus of Nazareth is passing." The blind man had heard about the miracles Jesus had performed elsewhere and despite not being able to see, he still believed through what he had heard. Through his faith, he began crying out: "Jesus, son of David, have mercy on me!"

We should take note that he did not call Christ "Jesus of Nazareth", but "Jesus, son of David". This indicated that the blind man believed Jesus Christ was the Messiah, as he knew from the prophecies of the Old Testament that the expected Messiah would come from the descendants of David to save His people (Psalm. 132:11).

The blind man also realised that Jesus was the expected Messiah as referenced in the prophecy of Isaiah (61:1) "The Spirit of the Lord God is upon me; because the Lord hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the broken-hearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound." (Luke 4:18).

The crowd tried to silence the man and scolded him for not being worthy of the Master; through their own inner blindness, they could not see his determination to seek mercy. Despite being scorned, the blind man kept calling out, hoping his cries would reach the Lord's ears. This is what we do in our prayers, we cry out "Lord have mercy!" which is the most frequently vocalised phrase in our prayers.

The cry of the blind man eventually attracted the attention of Jesus, "He stopped and ordered for the man to be brought to Him." They brought the blind man to Jesus and He asked him, "What do you want me to do for you?"

Like all miracles, Jesus allowed the recipient to ask for what they required. The blind man answered, "Oh Lord, to see," Jesus replied, "See, your faith saved you." We then see that Jesus opened the eyes of the blind man, but more importantly, his spiritual insight was opened. This miracle and the praise given to God from the blind man is the reason that "all the people as they saw, praised God."

This act of healing was a condemnation to the people who every day were witnesses to the miracles Jesus and yet did not believe in Him; that He was the awaited Messiah predicted by the prophet Isaiah. Their physical eyes saw Him, but their spiritual insight was closed off and lacking spiritual vision. So, the saying in the scriptures became true: "Hear now this, oh foolish people, and without understanding; which have eyes, and see not; which have ears, and hear not:" (Jeremiah 5:21)

The fathers of the early church also give a spiritual interpretation to this miracle, with the blind man symbolizing future generations who would come to faith only by hearing, without the benefit of seeing Christ in person (see Jn 20:29)...

Mr M Vassiliou (STA Spiritual Director)

#### Stars of the Week



Year 7: Sahana G - for makring great contribution to form time last week. Eliseo T - for working exceptionally well across different subject areas.

Year 8: Tony Y - for a positive attitude in form time. Pierce H - for demonstrating school values and for volunteering to help tidy up.

**Year 9: Raya E-K** – for great effort for coming back to school with a positive attitude. Stelios C - for super work in DT practical lessons, for demonstrating logical thinking and staying on task throughout all lessons.

Year 10: Parmesh J - for outstanding punctuality, attendance and consistency. Victoria A – for super work in her DT portfolio, for beautiful drawings which are well annotated and for achieving amazing marks in her work.

**Year 11: Elpiniki Z** – for always working hard to improve her attainment as seen in registration. Kerlel G - for working hard to close the gap in her studies. She is well prepared for independent study and always works diligently in form.

**Year 12: Samuel M** – for reflecting brilliantly the school ethos and values with his punctuality and politeness during form time. Thea P - for winning a creative writing competition (National Teen Book Club).

Year 13: Victoria D – for excellent contribution to discussions in Classical Civilisation topics and for commendable working ethos. Maxim V – for excellent contribution to discussion in History and for demonstarting strong working ethos.

# Oxford University Christ Curch Y13 Visit



As part of our school's careers and further education programme we have organised a trip to Christ College Oxford on 9 February for our sixth form. The idea behind the trip is for students to gain an insight into the application process for Oxbridge and to raise aspirations for all students.

#### The programme is below

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10.45 – 11	Arrival
11 – 12	Oxford admissions talk
12 – 1	Lunch in Hall
1-1.30	Q&A with current students
1.30 – 2.15	College tour
2.30 – 3.30	Academic workshop at one of Oxford's museums
3.30	Departure

Ms A Koveri (Deputy Head of Sixth form)

# STA Spring Term Extra-Curricular Clubs



	T
Monday:	3pm-5pm
GCSE PE Trampolining	East Barnet School
(Invite Only)	
Tuesday:	3pm-4pm
All Years Dodgeball Club	Building 5 Hall
Wednesday:	3pm-4pm
All Years Table Tennis Club	Building 4 Hall
Thursday:	3pm-4.30pm
All Years Dance Club	Building 5 Hall

For all clubs, students need to arrive at the changing rooms after-school. A reminder if students wish to attend a club on a day they do not have PE, then PE kit must be brought separately to school. Students will be given the opportunity to change at 3pm in the changing rooms.

Mr R Browell (Head of PE)

Message to all students in Year 10, 11, 12 and 13-Attention All Future Doctors, Dentists and Vets



# **University Hospitals Birmingham**

# **NHS Foundation Trust**

We are excited to announce that the largest free national work experience programme for our aspiring medical, dental and veterinary students has returned.

This was developed last year in partnership with Birmingham Universities Hospitals Trust (UHB) and it is free for students from year 10-13 to participate in. We took a small break from the virtual work experience programme in November to convert the LIVE teaching into E-learning courses that students can now complete in their own time.

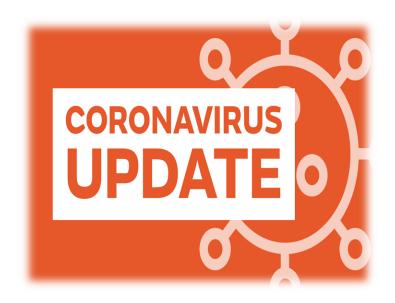
Students have 1 month to complete each session, and once they have completed the programme they will receive a certificate from Medic Mentor and UHB as evidence of their participation. Medical Schools are accepting virtual work experience as an alternative to in-person work experience in light of the pandemic and reduced access to placements. Participation in the virtual work experience will also provide students (and their parents) with several opportunities to speak to doctors, dentists and vets throughout the academic year.

Students will be able to do this on Tuesday evenings and most weekends, for free. They can also call the Mentor Helpline number 01530 417 299 from 10am-5pm Mon-Fri if they would like to advice on careers or applying to medical, dental, vet school. Mostly this number is manned by Doctors.

Registering for these programmes could not be easier.

All you need to do is complete the free online application form for: Medicine | Dentistry | Veterinary

# Reminder- COVID-19 updates



Young people aged 12 to 15 in England are now being offered a second dose of the Pfizer-BioNTech COVID-19 vaccine at a minimum of 12 weeks from the first dose, following advice from the Joint Committee on Vaccination and Immunisation (JCVI).

Parents can book vaccinations for their child, if aged 12 or over, through the NHS booking system.

Vaccination for this group will also continue to be carried out by the school age immunisation service (SAIS). I will write with further details as soon as we are contacted by SAIS.

Please click here if you would like to view the Barnet COVID-19 weekly update.

### BARNET COVID-19 WEEKLY ROUND-UP

9 January - 15 January 2022

Average no. of COVID-19 cases



Decreased from eround 856 keut

Admissions and bed occupancy remained stable in the last week

# Cases in specific settings in the last week

- 255 cases associated with schools have been reported to the DfE in the last week.
- 72 staff members and 56 residents in care homes have tested positive in the last week.

Community positivity remains HIGH (13.3%)

Case rate per 100,000

1,027

For the last 7

Decreased from 1.531 per 100,000 sopulation

Higher than the London rate of 943 per 100,000 population

# Vaccination uptake

265,700

247,200

#### Everyone aged 12+

can book a vaccine appt. Children aged 12-15 will also be invited for vaccination in school or a GP Practice if clinically extremely vulnerable (CEV).

180,800 Booster doses have been given (78.0% of those eligible)

# COMMUNITY LET OPPORTUNITY- Reminder

Reminder: If there are any community groups who would like to express an interest in hiring our school facilities from September 2022, please send an email with your details to Headteacher's PA, Mrs Helen Marcou at Head@standrewtheapostle.org.uk

England Women's U16 Training | UEFA WU16 Development Tournament



Our student Vivienne L has been selected to play for the England Women's U16 team and will represent England in Portugal. We are very proud of you Vivienne!



#### Reminder- Message to all students

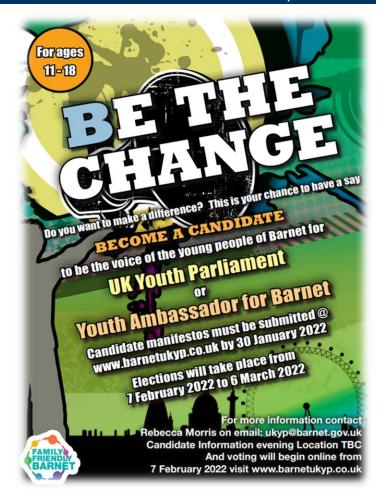
Please click here if you would like to access some top tips about how to prepare for interviews.



Elections 2022- STA students, please apply!

#### **Key dates**

January	Applications are open online now!
2022	www.barnetukyp.co.uk
30 January	Online applications Close 11.59 pm
2022	
3 February	Candidate debate evening (details will be
2022	sent out to all candidates)
7 February	Voting opens online at 9.00 am
2022	
6 March	Voting online closes at 11.59 pm
2022	
March	Election results announced at a
2022	presentation evening (date, time and
	location to be confirmed)



What do you need to do now if you are interested in standing as a candidate for either UK Youth Parliament or Youth Ambassador for Barnet?

- Work on your campaign; candidate campaign statements need to be 200 words or under. At the top of the online application form you will need to select whether you wish to stand as Barnet's Member of Youth Parliament or for the Youth Ambassador for Barnet roles (you are unable to apply for both roles in the same year.)
- Complete your application online www.barnetukyp.co.uk by the 30 January 2022 deadline!
- Once you have submitted your application get thinking of how you are going to promote you campaign, what can you do to raise awareness of your campaign? Could you get your school council involved? Or voluntary and community groups? Could you design a poster to highlight your campaign? Or deliver an assembly or share a short video, remember you don't have to do it alone, how about getting friends involved in helping you spread the word?

#### Voting process for Members of Youth Parliament and Youth **Ambassador for Barnet**

To vote, young people need a voter card with unique voter code. These will be distributed to schools and centres in February 2022. The elections will be held by online ballot at www.barnetukyp.co.uk Further information will be sent out to all schools and candidates after the 30 January deadline.



#### **Roles**

Youth Ambassador for Barnet (2 places available)

#### What is the Youth Ambassador role?

The Youth Ambassador role will enable the young people of Barnet to be involved in decision making at a local level in the council. The Youth Ambassador would help identify the needs of young people and what's important to them, in addition to contributing to the Children's Partnership Board and CES meetings by representing the young people of Barnet.

The Youth Ambassador alongside Barnet Youth Board would help the young people of Barnet recognise they have the power to influence change within their own communities by increasing awareness of democratic participation. Enabling the young people of Barnet to have a voice at a Local, Regional and National level.

#### Purpose of the role

- To represent the young people of Barnet, ensuring that the voices of young people are heard on a local level with key partners (e.g. NHS)
- To consult with the young people of Barnet.
- **Chair Barnet Youth Board**
- Working alongside the other forums and MYP & LYA to voice their views and opinions to policy and decision makers across the borough, ensuring that children's rights are recognised and valued.

#### **Time Commitment**

To attend monthly Youth Board meetings and elected members meeting (with MYP's and London Youth Assembly reps)

- To attend Children's Partnership Board once a quarter. In addition to attending events alongside, London Youth Assembly members, Deputy Youth Ambassador and UK Youth Parliament members.
- Opportunity to attend the British Youth Council conventions (approx. 3 Saturday sessions across the year) and the British Youth Council Youth Voice residential (all residential costs will be covered) (dependent on Covid restrictions)

#### **How appointed**

Local Youth Elections alongside Youth Parliament Elections.

Term of office starts on the 14 March 2022.

#### **Election rules**

Age range 11 to 18 (up to 25 with additional needs) and to live, study or work in Barnet

#### **Duration**

Two-year term of office

#### Tasks (Leadership/ Strategic Direction):

- Identifying priorities for the work of the Youth Board and ensure there is a manageable and achievable agenda for each meeting.
- Encouraging all members of the board to engage in its activities.
- Participating in meetings and keep them to time.
- Representing the views of young people in Barnet to the Children's Partnership Board and Children, Education and Safeguarding committee (CES).
- Encouraging young people from other forums to engage with Youth Board and work along with London Youth Assembly Members and Members of Youth Parliament for Barnet, to enable the views of the young people of Barnet to be fed back on a regional and national level.

#### Skills

- Approachable
- Inclusive of everyone
- No previous experience required, just a desire to get young people's voices heard. Training and support will be provided.



United Kingdom

#### Member of Youth Parliament (2 places available)

#### What is the UK Youth Parliament (UKYP)?

'The UK Youth Parliament enables you to use your energy and world for the passion to change the better.' www.ukyouthparliament.org.uk

UKYP is a national forum run by the British Youth Council by young people for young people, which provides opportunities to work with Members of Youth Parliament from around the UK. Where they can use their voices in creative ways to bring about change.

Barnet has two Members of Youth Parliament (MYP), they are elected by 11-18 year old's from across Barnet. During their term of office MYP's work with their MPs, decision makers, councilors and local youth groups on the issues of greatest concern to their constituents. The MYP's also chair Barnet Youth Board where they can take local matters of concern and represent them at a national level.

#### What does an MYP do?

- MYP's across the UK work to give young people a voice - listening to marginalized groups, organising events, making films, meeting MP's, lobbying for change, organising campaigns and appearing in the media, all to amplify the views of their peers
- Represent the Young people of Barnet at regional, national and sometimes international events. Working alongside the Youth Ambassador's on a local level and London Youth Assembly Members on a regional level.
- Take part in an annual debate in the House of Commons chamber, chaired by the speaker of the House of Commons. The MYP's debate and then vote to decide the top two issues which will become the UK Youth Parliaments priority campaigns for the vear ahead
- Work on a project that is important to Barnet's young people and engage with members from all Barnet's Youth Voice Forums

#### What are the benefits?

- UKYP empowers young people to take positive action within their local communities based upon issues of shared concern.
- UKYP gives the young people of the UK an opportunity to be involved in a democratic process at a national level.
- Playing an active role in local issues
- Sense of civic responsibility

#### **Time Commitment**

- To attend the monthly Barnet Youth Board/ Youth Assembly meetings
- To meet monthly with the Youth Ambassador and London Youth Assembly representatives to work on your campaigns and share issues raised at Youth
- Parliament meetings and other engagement opportunities
- Attend the British Youth Council, conventions and Youth Voice residential and Annual sitting residential (all residential costs will be covered) (dependent on Covid restrictions)

#### How are they appointed?

- Local Youth Elections alongside Youth Ambassador for Barnet
- Term of office starts on the 14 March 2022.

#### **Election rules**

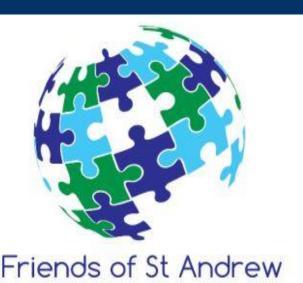
Age range 11 to 18 and to live, study or work in **Barnet** 

#### **Duration**

Two-year term in office

#### Mrs I 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 with FOSA in the title. Please mark your email for the attention of Mr Michael.

Mr Michael (Senior Deputy Headteacher)

#### **Headteacher Parent Surgery**



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

This 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 during current restrictions.

#### Nip in the Bud – Understanding Eating Disorders



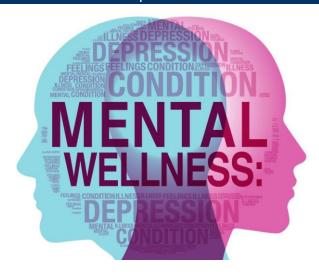
Around 1.25 million people in the UK suffer from eating disorders. These disorders can cause serious harm, physically and both emotionally, and they have the highest mental illness. Early

diagnosis, intervention and treatment is critical.

The charity Nip in the Bud has released two short films on Eating Disorders freely accessible on the website.

- Understanding Eating Disorders an 8-minute film with Dr Dasha Nicholls, Clinical Reader in Child and Adolescent Psychiatry, Imperial College London. Dr Nicholls specializes in feeding and eating disorders in children and young people.
- And the accompanying fact sheet
- "Boys get Anorexia too" a 6- minute film with Jenny Langley, a mother, engagingly explaining the danger of misdiagnosis.

#### 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 vou're feeling.

Samaritans. To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call <u>116 123</u> (free from any phone)

SANEline. If you're experiencing a mental health problem or supporting someone else, you can call **SANEline** 

National Suicide Prevention Helpline UK. Offers a supportive listening service to anyone with thoughts of suicide. You can call the National Suicide Prevention Helpline UK on 0800 689 5652 (open 24/7).

Campaign Against Living Miserably (CALM). You can call the CALM 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 Papyrus HOPELINEUK 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 Hadjisavva, 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)
- Mrs M Hirli (SEN Teaching Assistant)

Being safe when travelling to and from school message to students

Here are the 'staying safe rules' when walking to or from school or when out of your home without an adult with you.

#### Top tips to be safe while walking to school

- 1. Look both ways and use zebra crossings.
- 2. Never assume drivers can see you. Be alert and make eve contact with the driver.
- 3. Look left, right and left again before crossing the street.
- 4. Eyes up, phones down.
- Walk in a group. 5.
- 6. Walk on pavements or paths.
- 7. Cross with an adult.
- 8. Be a good role model.
- 9. Be visible.
- 10. GO STRAIGHT HOME.
- 11. Never stop to talk to anyone on the way to school or going home from school.
- 12. Ignore any drivers who might slow down to speak to you.
- 13. Never accept a ride from anyone that is not expected to take you home.
- 14. Always tell a trusted adult if something has happened that upsets you or makes you feel uncomfortable.



# Children's Commissioner – Talking about Online Sexual Harassment

What children find hard about having these conversations and how to make it easier?

By reading this guide you have taken a big and important first step. This means it's likely that you're already doing a great job. To make your child feel ever safer and more supported, here are the things that young people want you to do.

Click here to access the booklet and to find out more information regarding the topics above.

#### Signs to look out for

These are some of the signs of online sexual harassment that our young people said you should look out for:

- · refusing to go to school
- obsessively checking their phone
- distancing themselves, silence, anger, anxiety
- suddenly deleting/taking time off an app that they love
- skipping meals, saying they are 'not hungry'
- sudden awareness of their own body or sudden diets

#### Reminder- RA Young Artist Summer Show

Registration and submission open: 10 January - 30 March 2022

Judging: May 2022

Online exhibition opens: 19 July 2022

Display at the RA open: 19 July - 14 August 2022

Register here

#### **Last Year Exhibition - 2021**



Submissions are now open for the Young Artists' Summer Show, an exciting opportunity for young artists aged 4-19 to exhibit their work online and onsite at the Royal Academy of Arts. It's free to enter and open to young artists studying in the UK. We can't wait to see what you've been creating! Find out more and get involved.

<sup>\*</sup>DSL is the Designated Safeguarding lead.

<sup>\*</sup>DDSL is the Deputy Designated Safeguarding lead