

St Andrew the Apostle School Weekly Newsletter

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

19 May 2023

Message from Executive Headteacher

We are enjoying the business of the present, seeing a half term on the horizon and planning for an exciting final term of the school year – with assessments and trips and a continued focus on cognitive learning.

Senior leaders have seen some wonderful learning going on in lessons at St Andrew recently: French students using target language to play a French vocabulary battleships game(!); debating in Religion and Philosophy; and the use of mini whiteboards to assess understanding and application in Maths. We see learning continue in our lunchtime and after school clubs, which are really well attended, most notably the continuing popularity of Chess Club, after school dance club and Science club . . . dissecting pigs' hearts will always attract a scientific throng!

Our bible verse next week in school is Ephesians 4:25, which fits with our school value of *trustworthiness*. Our work is based on this value: when we give feedback, and when we support students pastorally and with their character. This promotes reflection and supports progress.



Y11 and Year 13 are being brilliantly truthful and reflective with themselves, and this has supported their focus as they revise for their exams. They see where they are and what they have to do. One of my favourite times of the day at the moment is between 8.00am and 8.30am, which is when the Y11 students

meet and study with each other before the morning exam. These exams are generally whole cohort exams, and it is so lovely to hear the hum and buzz of discussion and revision. Some students work individually, some in pairs and some independently in silence; their focus is fabulous. These sessions are somewhat replicated in lessons and revision session between exams although these are led by their teachers, from whom students can get support and guidance. Similarly, the Sixth Form Study Room sees a quiet focus throughout the day. These students have fewer exams, which are more spread out, so it is very much a marathon not short sprint for them. They are coping well. Students from these year groups and all other know where to find support if they need help.

One team that had great support this week was our Y9 football team, which had a great opportunity on Wednesday afternoon, playing a local rival in the Barnet District Cup. And they were magnificent, embracing this opportunity, playing as a team, and winning 6 – 0 in a game where the result was never in doubt. There were many impressive performances, and it was wonderful to see some Y8 and even Y7 students in the team and amongst the substitutes. It was fantastic to see so many of our students and teachers who went to the neutral ground to support the team!

The decent weather this week has allowed our builders, Bowmer and Kirkland to make great strides with the groundworks of where our new building will be. Please do drive by to see how well they are doing.

Anthony Easton, Executive Headteacher

Term Dates 2023-24

Please see our term dates for the academic year 2023-24 in the link below: <u>Term Dates</u>

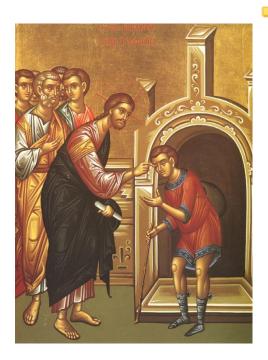
Upcoming key Dates and Information

- Monday 29 May Half Term Begins
- Please <u>click here</u> to access term dates.
 - Please <u>click here</u> to access school calendar.
- Please <u>click here</u> to access previous editions of the Newsletters.



Faith- πίστη

Jesus Heals the Blind Man



It is said that to know and appreciate the real value of light, close your eyes. Christianity says: If you want to know the grace of God, open your eyes to see that God is incarnate, and became a man for the salvation of mankind.

The sixth Sunday of Holy Pascha/Easter is observed by the Orthodox Church as the Sunday of the Blind Man. The day commemorates the miracle of Christ healing the man who was blind since birth. The biblical story of this event is found in the Gospel of Saint John 9:1-41.

As with all of His miracles, there is great significance to Jesus Christ healing the blind man. It is the only time we hear of a person receiving his sight having been blind from birth.

In those days, there was a strange belief that sickness was a direct result of sin. Therefore, the Lord is questioned whether the sin of the man or his parents is the root cause of his blindness. Jesus Christ discredits the notion that it was the personal sin of either this man or his parents that led to his condition.

This is what the Apostles thought when they saw the blind man, and they asked the Saviour: "Rabbi, who sinned, this man or his parents that he was born blind?" (John 9:2). They heard the unexpected reply from his lips: "neither this man nor his parents sinned,

but that the works of God should be revealed in him" (John 9:3).

The blind man's lack of sight serves a greater purpose—to glorify God. Although few of us need to be healed of physical blindness, all of us need to be cured of our spiritual blindness—the sin that keeps us from living a life in Christ.

At first glance this is hard to understand: why should an innocent man be afflicted with such a misfortune? We are used to seeing God's glory and mercy in blessings that he sends us, not in misfortunes, sorrow, and afflictions; we thank the Lord when we receive His blessings and generosity, not when He sends us afflictions. When we meet with even the slightest problem we cry out: "O Lord, why have you punished me!"

But then a joyful day came for the blind men, for the sun rose in the heavens for him, and he saw the sky and earth. What a great joy for him, who so thirsted to see God's world! "For since the world began it has been unheard of that anyone opened the eyes of one who was born blind" (John 9:32), the blind man said after he was healed.

Have you ever noticed how people who have always enjoyed good health and are outwardly very successful, people who have little cause to suffer in life, are often insensitive, cruel, and blind to the sufferings of others? But if a misfortune befalls them, they cease to be proud and arrogant, and become kind - hearted, tender, and attentive to their brothers and sisters. Is it the case that illness or unhappiness makes us better, and opens our minds to many things that we did not see before?

The Fathers of the church say that God sends afflictions to those whom he loves (Proverbs 3:12). He who is successful in everything and has no need of anything is forgotten by God. And indeed, all the righteous suffered, but the Glory of God is shown even more brightly in them.

"Blessed is the man whom you chastise, O Lord" (Psalm 94:12). If the clay the Saviour made to heal the blind man and his command to the blind man to wash his eyes in the pool of Siloam accomplished this great miracle, then the spiritual healing power of the Word of God, will act even more beneficially on us. In asking for God's mercy, let us say to the Lord in the words of

the hymn: "I come to You, O Christ, blind from birth in my spiritual eyes, and call to You in repentance: You are the most radiant Light of those in darkness!"

Saint Name Days for next week:

Date	Saint Celebrated
Monday 22 May	EMILIOS, KODROS
Wednesday 24 May	CHRISTIAN, MARKIANI,
	PALLADIA, PHOTINI
Thursday 25 May	NEFELI
Friday 26 May	ALFAIOS, KARPOS, SINESIOS
Saturday 27 May	ALYPIOS, IOANNIS ROSSOS
Sunday 28 May	DIMITRIOS, DIOSKOURIDIS

Year 9 Football Triumph



We are delighted to share the exciting news of our Year 9 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 Year 9 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 Year 9 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 Year 9 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 (PE Teacher and Head of Year 9 and 10)

Student Newspaper – Apostle News



St Andrew the Apostle 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.

Anti- Bullying Alliance – Non School Uniform

I wanted to take a moment to thank you and your children for participating in our recent



non-school uniform day in support of the Anti-Bullying Alliance which took place last half term.

The event was a great success, and we raised a significant amount of money to help support the work of this important organization who wrote to us this week thanking us for our efforts.

Bullying is a serious issue that can affect many children and young people. The Anti-Bullying Alliance is dedicated to raising awareness of the problem and providing support to those who have been affected. By supporting this organization, we are helping to create a safer and more inclusive environment for all our students. If your child is experiencing any difficulties then please do contact the school to speak with us, and if you need more advice then please follow the link Child Abuse.

We are grateful for your support in making this nonschool uniform day a success. Your generosity and commitment to this cause are greatly appreciated. We believe that by working together, we can make a real difference in the lives of those who have been affected by bullying.

Once again, thank you for your support. We are proud of our school community for coming together to support such an important cause.

Mr Martin (Deputy Headteacher)

Year 11 GCSE Exams and Tips

I would like to begin by thanking you for the support you have given our Year 11 students and the school throughout this academic year. The exam season will be an intense, but exciting time for both students and staff so your continued support will be very much appreciated.

Advice for Exam Days

Following the tips

below will help students to feel more in control and less anxious on exam days.

• Get to bed at a sensible time, no later than 11.00pm. Late night revision is often counter-

E, X, A

- productive, students need sleep to re-set and be alert for exams.
- Ensure you eat breakfast. Your brains need energy to function properly, however consuming energy drinks prior to exams is not advisable.
- Do not try to cram the whole syllabus just prior to the exam. Look at a couple of key pieces of information and remind yourself of the structure of the exam.
- Students must come to exams fully equipped.
- Compulsory black biros, pencil, clear 30cm ruler, pair of compasses, clear protractor, eraser, pencil sharpener, and calculator (where permitted)
- Optional clear pencil case, highlighters. Finally, I would like to take the opportunity to wish all our Year 11 students for the very best for the exam

season and thank parents for their support over the last five years. I have been extremely proud to lead such a talented and caring group of students.



Mr Francis (Head of Year 11)

Kooth Online Mental Health and Wellbeing





Kooth is an online mental health and wellbeing service for children and young people. Here are some things to remember about Kooth: It's free to use No bullying or discrimination can take place No kind of referral is needed to join Signing up and getting started only takes a few minutes No problem is too big or small Starting on the 15th of May and for Mental Health Awareness Week, Kooth will be releasing lots of new content and discussions around the topic of anxiety. This includes helpful content around coping with panic attacks, social anxiety and ways your child can cope with these difficulties. How to join Kooth: Whatever your child is going through, Kooth's team and online community can help. Your child can get started today by clicking here Clicking here. Support for you: Kooth also has a service for adults called Qwell. To check if it's available to you Click here.

Mr Martin (Deputy Headteacher)

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



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.



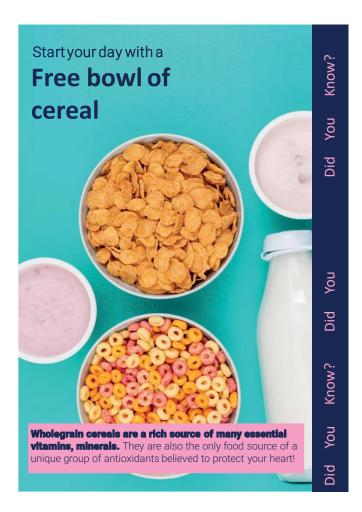
Year 12 assessments will take place in normal classrooms, in lesson time in the first two weeks after the half term break. Over the next 2-3 weeks we will be preparing them in school, and we will share revision resources with them in lessons and on Bromcom. Parents and carers know their children well,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



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:

<u>Coping with exam pressure - a guide for students -</u> GOV.UK (www.gov.uk)

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 afterschool. 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 <u>boys</u> <u>shoes</u> and <u>girls shoes</u>.
- 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.

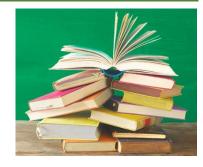
Navigating exam season resources - Place2Be

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. Takeaways 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

Design a Poster on

'Reducing, Reusing and Recycling for our Future'

North London Waste Authority are running an exciting poster competition, with a chance for schools to win a £200 voucher and other great prizes. To enter pupils must:

Design a poster either individually or as a group

- Theme the poster around 'reducing, reusing and recycling for our future'
- Email <u>wastepreventionteam@nlwa.gov.uk</u> to submit your posters

For more details visit:

 https://nlwa.gov.uk/article/schoolscompetition

Chandima Ratnayake Service Engagement Officer

Passion for Fashion – Apply now!

CBBC and Lion Television are casting a new series about sustainable fashion.

We are looking for budding young designers aged 10-14 years old, (they must be aged 11 by September 1 2023).

In each episode we will see young creative minds come together to create bold and colourful outfits reusing, re-claiming and upcycling fabulous fashion by using only vintage, second-hand and sustainable materials.

The children will need to be great designers but do not necessarily have to be great with a sewing machine as they'll be paired with a creative who can help them cut/sew/stitch/paint their outfits within a few hours!

Anyone interested in applying can email Fashion@limetv.co.uk or apply through the CBBC Website on the following link - BBC Out - CBBC - BBC

