



Headteacher's Update

17 January 2022



Today is the feast day of [Agios Antonios O Megas](#), the Anchorite of Egypt and the Father of all Monks.

Key Messages

Dear Parents/Carers,

We were delighted to hear that both of our applicants to Oxford University received their offers to read Medicine and Maths at Christ Church, University of Oxford. This is a momentous occasion in our school's history- especially given that our sixth form is only 3 years old! These students started with us in Year 7 and worked hard, demonstrating the STA way. Our remaining 'Early Birds' (possible Oxbridge, or Medicine entrants) should hear from their Universities later this month. Whatever the result, we are very proud of all of our students, especially as competition for Oxbridge; Medicine and other competitive courses at top Russell Group Universities is particularly fierce in this academic year.

We continue to be very lucky in having low rates of COVID infection in the school and we are very much operating a 'business as usual' timetable with our enhanced COVID-safe risk assessments in place.

Thank you for supporting us by continuing to ensure that your child tests twice weekly and for reporting all test results (positive, negative and void) to NHS Test and Trace and to Test Register. Tests should be reported online through the [report a COVID-19 rapid lateral flow test result](#) page which should only take a couple of minutes. Reporting test results every time our students and staff take an LFD test means the NHS always gets the latest, most accurate information. This helps them to keep track of where the virus is spreading, provide support where it is needed and protect local communities across the country. You will be aware of the new rules about self-isolation that are in place from today. Self-isolation for those with COVID-19 can end after 5 full days, following 2 negative LFD tests on day 5 and day 6. Please [click here](#) for more information.

Last Thursday, we were delighted to meet online with our Year 11 parents and carers. We had excellent attendance to this event and staff were able to explain exactly what our students need to do to make further improvement ahead of the second Mock series in February. Staff will be following up in the small minority of cases where an appointment was missed.

Year 12 have been working hard as they sit assessments in all of their subjects. This invaluable process will conclude at the end of this week and will provide us with an opportunity to take stock of all that our students have learned since September and to give detailed feedback to them about how they may improve further.

Our next academic parents' evening is for Year 9 parents and carers on Thursday 3 February. Booking will open soon and we look forward to meeting with you to discuss your child's progress and GCSE options choices. Mr Michael will shortly send out details about the forthcoming Year 9 Options Evening which will take place online.

We are looking forward to the hosting an online safety meeting on Wednesday 19 January at 5pm. This meeting will discuss strategies that work to reduce screen time for our children. We are especially delighted to welcome our local Primary School partners to this event which includes staff and families.

Today is the feast day of St Anthony and also the Name Day of Antonios, Antonia, Theodosios and Theodosia. *Xronia Polla!* Saint Athanasius, who knew St Anthony personally said of him that *"his countenance had a great and wonderful grace. This gift also he had from the Saviour. For if he were present in a great company of monks, and anyone who did not know him previously and wished to see him, came forward as though attracted by his appearance. Yet neither in height nor breadth was he conspicuous above others, but in the serenity of his manner and the purity of his soul."*

If you would like to celebrate the forthcoming name days of your family or friends, do consider sending them a free Iconogram. Please [click here](#) to find out more information. Best wishes,

Mrs I Warwick (Headteacher)



Upcoming Key Dates

Date	Event
17/01	<ul style="list-style-type: none"> Year 12 Exams Continue
19/01	<ul style="list-style-type: none"> Online Safety Meeting for Parents @5:00pm via Teams End of Year 12 Exams



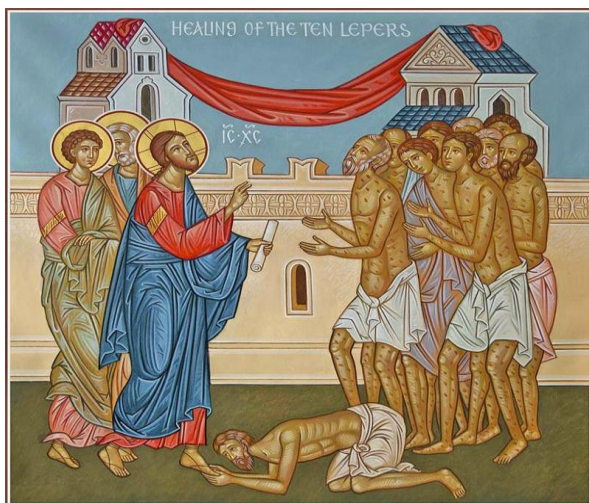
Please [click here](#) to access term dates.

Information about our curriculum and assessment

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.

Faith - πίστις



The Healing of the Ten Lepers

The Sunday which passed us was the twelfth Sunday of Luke; the Gospel reading recounts the healing of the ten Lepers (Luke 17:12-19).

As the Lord Jesus was on his way to Jerusalem, he passed through a village where he was greeted by ten men with leprosy; a serious and contagious skin disease common in that time. From a religious perspective, the infected person was considered “unclean”, and according to the Law, this

“uncleanliness” was grounds for isolation; socially and religiously. People considered this disease as retribution from God towards sinners, lepers were seen as the ultimate sinners, punished for their disobedience. They were forbidden to socialise with others and turned away at the gates of the temple when they tried to visit for prayers and religious rites. The affected were prevented from mixing with others and were further humiliated in that they were forced to call out “unclean, unclean” to warn others of their approach. Anyone who came close to them or touched them would be considered unclean themselves. Naturally, this caused those afflicted to suffer not only physically, but psychologically and spiritually as well.

Of the ten lepers in this Gospel reading; nine were Jews and one a Samaritan. In that time, there was religious and ideological disagreement between the Jews and the Samaritans, causing a huge rift between the two groups. The Gospel tells us: “The Jews did not mix with the Samaritans” (John 4:9) as the Samaritans were considered impure by the Jews. But we can see that within this particular group of lepers, the Jews lived with a Samaritan, as pain and suffering united them and their differences were cast aside, gathering as one set of outcasts in support of each other.

We read from the evangelist Luke; “they stood from afar” as the Law ordered them, and raised their collective voice in prayer to Christ, saying “Jesus, Master, have mercy on us!” They were seeking mercy from the Master, something which they lacked from their own people and society. In response, Jesus ordered them saying “Go, show yourselves to the priests.” And that they did, immediately believing in the word of the Lord, without objection or doubt of their cleanliness, even before they were cured. Their faith manifested the miracle.

After they had set off, only one of the ten lepers returned to Jesus “to glorify God with a loud voice”. Of all the ten, the only one to return in gratitude and thanksgiving at the feet of Christ was the Samaritan, called “foreigner” by Jesus, and considered a stranger within the Jewish community. We can see that this healed Samaritan, through his faith, realised that Jesus was not only a teacher or a miracle maker but the Lord himself. In fact, the first commandment for the Samaritans is not to worship and prostrate to anyone but “God”, so the very act of prostration at the feet of Jesus made by the returning Samaritan was a clear and public acknowledgement that God and Jesus are the same person. The ten lepers all believed in the word of the Lord Jesus, and because of this all of them were healed, but because only one came back and thanked Him, he received salvation, “Go thy way; thy faith has made thee whole.” Faith leads to the healing of the flesh. But thankfulness, gratitude and worship lead to the healing and salvation of the soul.

Metropolitan Vasilios said that “We are all are sick with the leprosy of sin which makes us unclean and far away from God. We should approach the Master of Glory shouting aloud “O Jesus Have Mercy on me! Kyrie Eleison, Lord Have Mercy.” He will listen and cleanse our souls from the Leprosy of sin, but it is important that we return to Him and thank Him as the apostle Paul says: “Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ,” (Ephesians 5:20).

We often forget, in our ungratefulness, to return to God in thanksgiving, for His mercy.

We must continually thank God when our prayers are answered, in whichever capacity they are, for He knows what is best for us and what is useful for our salvation.

“In everything give thanks; for this is the will of God in Christ Jesus for you.” (1 Thessalonians 5:18). Amen!

Mr M Vassiliou (STA Spiritual Director)

Stars of the Week



Year 7: Ansaar K - For fantastic contributions during form time on how to be consistent with good habits. **Dimitris G** - For demonstrating the our school values and supporting his peers.

Year 8: Marzieyh F – For demonstrating a high level of resilience and effort made in school since she started at STA. well done! **Dylan M** - For always putting in 100% effort in Art.

Year 9: Berkay A - For achieving the most positive points over these two weeks for brilliant work.

Year 10: Parmesh J – For perfect punctuality, attendance and consistency. **Victoria A** – for super work in DT portfolio, beautiful drawings, well annotated and amazing marks on reflection for a first draft.

Year 11: Anastasia K- Showing excellent revision strategies in preparation towards her mock 2 in February.

Chris F- This student has made brilliant effort in English this week.

Year 12: Victoria D – For excellent contribution to discussions on Classical Civilisation topics and for commendable working ethos. **Maxim V** – for excellent contribution to discussions in History.

Yar13: Gia M and Lilly S-L – For creating an outstanding presentation on how the younger generation can have a more positive impact on the environment.

STA Spring Term Extra-Curricular Clubs



EXTRACURRICULAR ACTIVITIES



Monday:

GCSE PE Trampolining (Invite Only)

3pm-5pm

East Barnet School

Tuesday:

All Years Dodgeball Club

3pm-4pm

Building 5 Hall

Wednesday:

All Years Table Tennis Club

3pm-4pm

Building 4 Hall

Thursday:

All Years Dance Club

3pm-4.30pm

Building 5 Hall

For all clubs students need to arrive at the changing rooms after-school. Please check on the schedule or ask a member of the PE department which building the club will take place in. A reminder if you wish to attend a club on **a day you do not have PE** then PE kit must be brought separately to school. You will be given the opportunity to change at 3pm in the changing rooms.

Mr R Browell (Head of PE)

STA Sports Achievements

Netball Fixtures

Netball fixtures have started in 2022 with lots of success! The Year 8 team have begun the year with excellent determination and resilience, as well as outstanding skill. They continue to remain undefeated in the league after victory over both Christ

College Finchley and The Compton School.

Year 9 Netball vs. The Compton School ended in an incredible STA 13 – 0 win, with excellent performances from all 7 of the girls. Goals were scored by Jana, Isha, Alayziah and Nini.

Girl of the Game: Jana B



Year 7 showed excellent determination during the match despite being a player down. **Girl of the Game: Dacie L**

Christ College Finchley

The Year 8 Christ College Finchley’s game was a win of 3 – 1, with all goals scored by Isha G. The Year 7 game was a tight game, with an unlucky result of 6 – 3. Notable performance by Natalie S for scoring the 3 goals.

Girls of the Games: Alayziah L and Elena B



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](#).

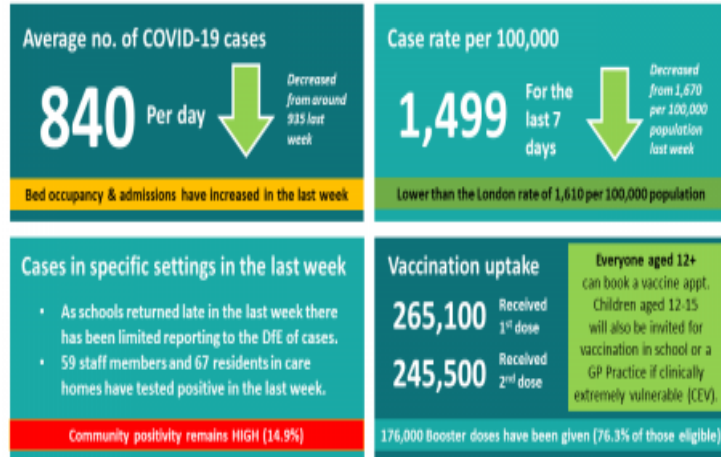
Vaccination for this group will also continue to be carried out by the school age immunisation service (SAIS). I will write with further details as soon as we are contacted by SAIS.



Please [click here](#) if you would like to view the Barnet COVID-19 weekly update.

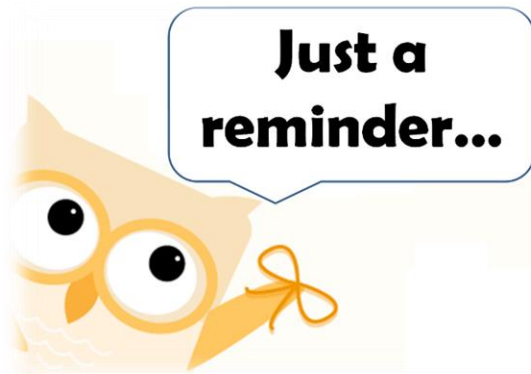
BARNET COVID-19 WEEKLY ROUND-UP

2 January – 8 January 2022



Reminder: Face coverings: Face coverings should be worn in school (communal areas and in classrooms) unless an exemption applies or the activity prevents the wearing of a face covering e.g. eating in the canteen.

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 the Headteacher’s PA, Mrs Helen Marcou at Head@standrewtheapostle.org.uk

Message from Barclays Life Skills to all students

Please [click here](#) if you would like to access some top tips about how to prepare for interviews.



Message from FOSA

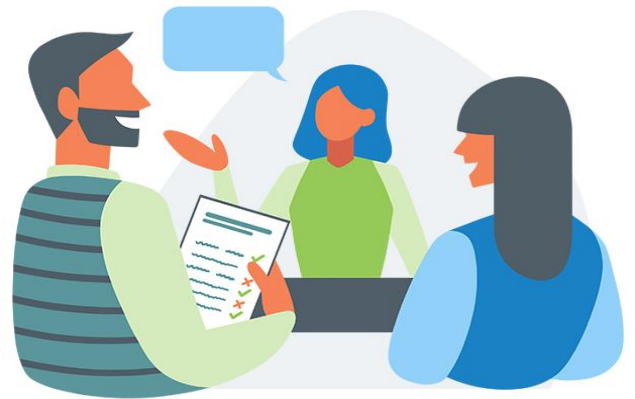


Friends of St Andrew

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.

Safeguarding Notice - Incel Culture

Ensuring that students are and feel safe in school is at the heart of all we do at St Andrew the Apostle. As the Designated Safeguarding Lead for the school, a part of my role is to ensure that all members of our community have the information they need to ensure children remain safe. This is

to ensure that students, who are naturally curious, are aware of any risks before they encounter them.

These risks could be physical dangers, such as dangers of crossing or standing near rail tracks, or emotional and social dangers which are often encountered online. Online safety is particularly important to us; we know many parents have made the decision to provide smart phones to their children. However, the dangers of providing students with constant access to the internet can be seen through some statistics:

- 62% of young people have seen pornography on the internet without actively searching for it.
- There were 5,441 Sexual Communication with a Child offences recorded between April 2020 and March 2021, an increase of around 70% from recorded crimes in 2017/18.
- Almost half of the offences used Facebook owned apps, including Instagram, WhatsApp and Messenger.
- 65% of young people say they are meaner to their friends online as opposed to in person.

**Safer
Internet
Day 2022** | **Tuesday
8 February**

We will be marking Safer Internet Day on the 8 February 2022 in school, however before this, we will have an Online Safety Evening for Parents on the 19 January at 5.00pm which will take place on Microsoft Teams. We will be talking about how you, as parents, can limit screen time for your children.

I am also delighted to introduce Ms Moustaka who has joined us as our Safeguarding and Inclusion Case Manager. Ms Moustaka will be supporting teachers, students and parents in keeping students safe. Ms Moustaka will also be working closely with myself and the Safeguarding Officer, Ms Henshaw-Devall, to create a safe space for our students within the school community.

Each fortnight in the Newsletter, we will be providing dedicated safeguarding information for parents so if there

are any new trends which may put our students at risk, you will have the information to identify this. Below we have included some information on 'Incel culture', there may be some words or phrases here which are unfamiliar to you - they were to us when we initially read about this.

If you do need to report concerns regarding your child's safety or mental wellbeing, or you need advice, please contact your child's Head of Year. If we cannot provide the advice you need, we will ensure that we put you in touch with services that can.



Mr C Martin
(Deputy Headteacher)

I am very excited to join St Andrew the Apostle School's Safeguarding Team and look forward to meeting and working with all students. I will work closely with the Heads of Years and my colleagues in the Safeguarding Team to support and promote the safety of our students here at STA. Students can find me in the Personal Learning & Support Office in Building 5, and in the Year Team office in Building 4. I encourage all students to drop in and say Hi!



Ms D Moustaka

WARNING- Incel

What is it? The term "incel" is an abbreviation for "involuntary celibate".

What do they believe in? The incel ideology is based on misogyny, resentment, hatred, self-pity, racism and often encourages violence towards women. Their ideologies are extreme and share some values with the far right. They believe that men are the victims of gender oppression and that the privilege they use to get as males, has now been usurped. As a result, they tend to blame women for the lack of attention or love they are receiving. This can be dangerous and has previously resulted in self-proclaimed incels to commit mass atrocities.

Where are they? This group has grown online on websites and forums. Whilst the members may never meet in person, this online community brings together men who feel isolated and disconnected and facilitates a culture of misogynist values, entitlement and, at times, violence.

Language- This subculture has adopted a set of phrases, abbreviations and jargon. They often refer to sexually active men as “Chads”, and sexually active women as “Staceys”. They tend to dehumanise women and use degrading words to describe them, such as “femodis”. They often refer to the “red pill” and “black pill” analogy (which has been adapted from the red and blue pill from ‘The Matrix’). The red pill analogy refers to someone who subscribes to the same values and beliefs as the incels. The black pill refers to the fact that they feel hopeless and nothing they can do will change their romantic situation i.e. finding a partner.

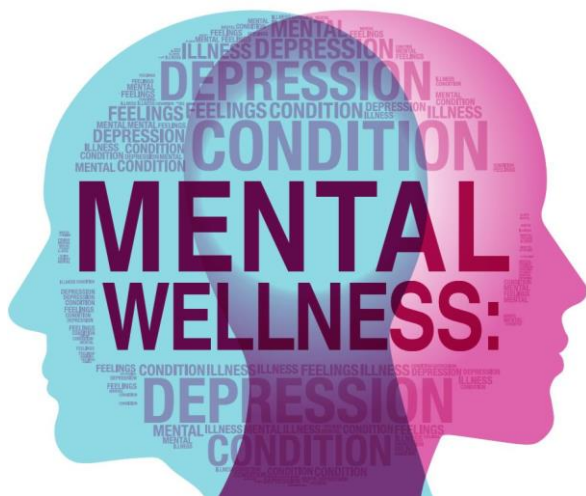
Who is it? This group is predominately made up of white, heterosexual men. Research has found they are mostly based in North America and Europe. They often see themselves as victims, introverted, they have low self-esteem and can often suffer from a range of mental health issues such as depression, anxiety and body dysmorphic disorder.

Round up – This online based culture is a radicalised group of men who feel they are marginalised in society and share extremist views. This can lead to real life dangerous and violent consequences whereby they feel like they have to take matters into their own hands. Whilst Canada has declared incels as terrorists, professionals in the UK believe this is more complex than labelling them as terrorists and whilst some members of this community can be more extreme than others, they do not feel it refers to the wider group.

References and Articles

- [Incels: A new terror threat to the UK?](#)

Mental Health Crisis Helpline - Reminder



If you're in crisis and need to talk right now, there are many helplines staffed by trained people ready to listen. They won't judge you and could help you make sense of what you're feeling.

Samaritans. To talk about anything that is upsetting you, you can contact [Samaritans](#) 24 hours a day, 365 days a year. You can call [116 123](#) (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 Anemori (Pastoral Support Officer)
- Ms M Henshaw-Devall (Safeguarding Officer)
- Mrs M Hirli (SEN Teaching Assistant)

*DSL is the Designated Safeguarding lead.

*DDSL is the Deputy Designated Safeguarding lead

Childrens Commissioner – Talking about Online Sexual Harassment



Our guide starts by sharing how you can make these conversations easier. We've broken down this guide into the subjects which children told us were important:

-  Pornography
-  Sharing nude images
-  Sexualised bullying
-  Editing photos and body image
-  Peer pressure

Under each topic we give you a breakdown of what the issue is and how our 16–21-year-olds feel the problem affects children and young people. Then we present their tips on best ways for parents and carers to have this conversation with their children. Following this we share how you can get

the conversation started, notes young people wrote to their younger selves, resources and further information and signs to look out for and where you can get immediate help.

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.

- 1** Do start speaking to your children about these issues before you first give them a phone or set up a social media account. This might feel very early, but you can do it in an age-appropriate way. It is better to be proactive than reactive.
Don't wait for the crisis.
- 2** Do keep the conversation going. Adapt to your child's maturity levels.
Don't mention it once and think that's enough.
- 3** Do keep it casual, find everyday opportunities to speak about these issues – like when you're walking or driving somewhere.
Don't scare them with 'the big talk'.
- 4** Do focus on your child's emotions first. Your immediate instinct might be to punish them when something goes wrong, but your child needs you to listen and to be non-judgmental.
Don't punish them before listening and understanding.
- 5** Do keep curious about the technology your child is using and stay up to date with platforms, apps and trends.
Don't pretend these issues don't exist and that your child is not involved.
- 6** Do set boundaries. Use filtering tools to limit your child's exposure to harmful content. Decide on rules and boundaries with your child, allowing them to input. Explain which monitoring and filtering tools you are using, and why.
Don't leave your child unsupervised. You wouldn't leave them alone in the park or the street, apply the same level of protection online.

[Click here](#) to access booklet and 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**

Message to students from Medical Projects



We will be running a free online webinar where we will be covering the following:

- Medicine Application Timeline
- Medical Work Experience

- How to Get Work Experience
- Reflection
- Key Deadlines/Dates to note down
- Choosing a Medical School - Making Choices
- Every attendant will also receive multiple frameworks, templates and other materials they can use on their journey to Medical school.

Webinar Name: Medicine Application: Getting Back On Track

Date: Wednesday, January 26

Time: 07:00 PM (London time)

Location: Online - Zoom

Admission: Free

Suitable for: Students in Year 10,11 and 12

Students can book their free space [here](#)

The spaces are limited so students need to book their spaces as soon as possible.



Investin – Spring Term Career Opportunities

Ages 12-18 | 20+ industries | In-person at UCL or live online

Students can now register for our spring term career opportunities, which are available in 20+ cutting-edge industries. Students will learn directly from some of the UK's best professionals - doctors, forensic scientists, architects, MPs, filmmakers, engineers and more - through a series of live, interactive simulations which provide tailor-made, professional experience to ages 12-18.

Students can choose to attend either at UCL or live online from the comfort of their own homes. We expect to be fully-booked for our most popular programmes by 30th January.

Register Here	Register Here
Ages 15-18	Ages 12-14

BUSINESS PROGRAMMES

Investment Banking | Entrepreneurship | Management Consultancy | Marketing



MEDICAL PROGRAMMES

Medicine | Psychology | Veterinary Science | Dentistry | Forensic Science



CREATIVE PROGRAMMES

Fashion Design | Filmmaking | Journalism | Music Production | Sports Professional



STEM PROGRAMMES

Engineering | Architecture | Video Game Design | Software Engineering | Cyber Security



LAW & POLITICS PROGRAMMES

Law | Politics | International Development | Environmentalism



RA Young Artist Summer Show



It's time to get creative!

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.

Not sure where to start? Take a look at the get [involved page](#) of the website.

You can see answers to common questions on our [FAQs page](#), plus we've written some guidance about the kinds of artworks the judges will be looking for when they review submissions.

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](#)



Message from Barnet Educational Psychology Team

Parent/Carer Telephone Consultation with an Educational Psychologist - January and February 2022



Due to high demand, we have increased the number of slots available each month for this offer. This is a 50-minute stand-alone slot for a parent/carer to discuss an area of concern with an educational psychologist. We are using an online booking system to allow parent/carers to book on themselves. There will be limited slots available across the academic year.

January and February slots will be available from the evening of Wednesday 12 January 2022 and are available for booking through this [link here](#)

STA Sixth form- join in our success!

