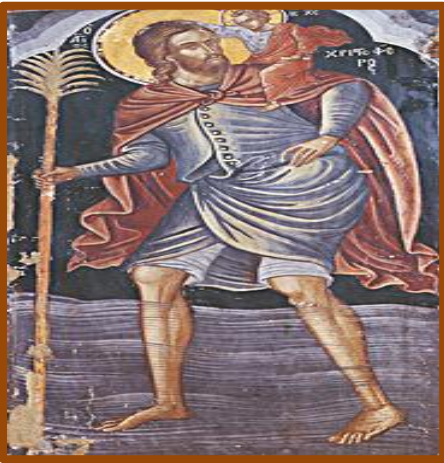




# Headteacher's Update

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

9 May 2022



The name Christopher means "Christ-bearer." This can refer to the saint carrying the Savior across the river, and it may also refer [to Saint Christopher](#) bearing Christ within himself (Galatians 2:20).

## Key Messages

Dear Parents and Carers,

Time seems to have flown by so quickly as we near the point where Year 11 will finish their structured lessons on Friday 13 May. All parents and carers of students in Year 11 and Year 13 will receive a letter explaining the arrangements for exams this summer with some suggestions of ways that you may support your children at this critical time. Please do get in touch if you have any questions- we are here to help and support in any way we can.

I would like to draw your attention to some important information about a campaign to improve the road awareness of our young people and all of us. So far, STA students have been fortunate in avoiding an accident. However, on several occasions I have had to speak to students who have crossed the road in a reckless manner- which can put them and others at great risk. Please may I ask you to reinforce the message below with your children:

**By the age of 12, nearly all children have a phone and there is a clear link between the use of mobile devices and the time of serious accidents involving children, particularly at the end of the school day.**

To raise awareness, First News launched the Look Up! campaign. Please [click here](#) to read more.



The Covid-19 lockdown and school closures mean the road safety figures for 2020 were affected that year. But, in 2019, 6,200 pedestrians were killed or had life-changing injuries on UK roads. More than one in five of those people (1,415) were aged 17 or under – that's around a whole class of schoolchildren EVERY week. Accident data shows those aged 11 to 14 are the most likely to be killed or badly hurt – around 50 EVERY month. Please ask your child to 'Look up' and away from their mobile phones whenever they are crossing roads.

I am delighted to announce that Mrs Nicolas has been shortlisted in the TES awards 2022 in the Secondary Maths category. The [TES awards evening](#) will take place on Friday 17 June at the prestigious Grosvenor House Hotel, Park Lane in Central London and the winners will be announced on the evening. Any success achieved by members of our school community brings joy and positivity to all of us in our school. It also acts as reminder that we should nurture and celebrate the amazing work that our teaching and support staff do- every single day. I have asked Mrs Nicolas to write a short piece about her journey and inspiration to teach Maths.



## MATHEMAGICIANS AT WORK AT STA!

This week I found out that I have been shortlisted for a [national TES award](#) for maths teaching and I wanted to take this opportunity to share with you a little bit about myself

and the work that we do with your children in the maths department to ensure that they excel in this fantastic subject!

### Some history first...

I started at St Andrew the Apostle School 7 years ago after working in another school for over 15 years. It was a big move for me in every way and also the best move. I had found my 'home from home'.

### The highlights of working at St Andrew the Apostle School

The highlight of working at our school is undoubtedly the department that I work in and the dynamic Headteacher that I work for who is continually striving to enrich and innovate the school community.

Mrs Warwick has the admirable skill of being able to meet the continual needs of students, teachers and parents and look effortless doing it!

The department I work in has specialist teachers who are professional, kind, supportive and who love teaching mathematics. Mr Dogan, the Head of Department, and Ms Sorgente, the second in charge, work relentlessly to ensure that the department runs like a well-oiled machine, and this is to be celebrated. Active and innovative teaching methods are used in our department which include using mini whiteboards, consistent half termly question level analysis of assessments, strategic chunking of lessons and careful modelling of successful test/exam outcomes. We have used a Triad system to share, develop and innovate maths teaching practice and we have shared this with other departments. Our RET Advisors Mrs Robinson and Mrs McKee are always there to support, develop and ensure that the motto 'Ever to Excel' is a real-life experience for students and not just words.

### Why teach Maths all day?...

My passion for maths started at a very young age. My Greek Orthodox parents both worked in Tailoring, and I used to relish working out their weekly income on those tiny little brown envelopes as I would get 50p for doing this. This was a lot of money for me, and I learned quick ways of doing the maths to secure that pocket money for my benefit!

I also had the luck of having great Maths teachers who made maths come alive each lesson and I am so grateful for this experience. I have tried throughout my years of teaching to

pay this fortune forward to my own students at our school and help them develop the same passion for this subject that it deserves.

I can assure both students and parents that I will continue to do this in my time at St Andrew the Apostle as will my colleagues in the maths department.

### Advice for all my students to help you on your learning journey...

Your teachers care about your learning and will work hard for you, so listen, think, try, and remember that maths is your friend for life.

I would like to end by leaving you with my favourite inspirational maths quote -

***'Mathematics may not teach us how to add love and minus hate. But it gives us every reason to hope that every problem has a solution.'***

### Ever to Excel!

I am sure that all of you will join me in wishing Mrs Nicolas the best of luck in the TES awards ceremony on 17 June.

Finally, do remember to celebrate the name days of your family and friends.



Best wishes,

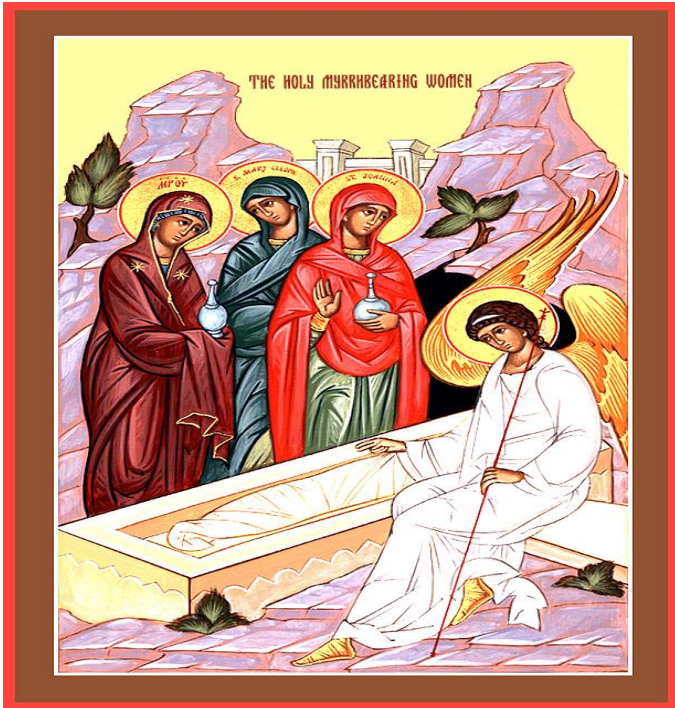
**Mrs Warwick (Headteacher)**

### Saint name days for the week ahead

Saint being celebrated	Date	Month
Christopher, Isaias	Monday 9	May
Simon	Tuesday 10	May
Argyris, Methodios, Olympia	Wednesday 11	May
Epiphanius, Theodoros	Thursday 12	May
Glykeria	Friday 13	May
Aristotle, Isidoros, Therapon	Saturday 14	May
Achilles, Bathsheba, Pahomios	Sunday 15	May

## Faith- πίστις

## Myrrh Bearing Women Sunday



The second Sunday after Pascha (Easter), the Orthodox Church commemorates a number of people connected with the final events of Jesus's life who were important witnesses to His death and resurrection. These are **the Myrrh-Bearing Women** who came to anoint the body of Jesus but also Joseph of Arimathea who buried Jesus, and Nicodemus who helped him. We gratefully remember them for their faith, courage, and devotion to the Lord.

We know a great deal about the Twelve Apostles of Christ, but we know very little about the Myrrh-Bearing Women who were devoted to Christ equally as much as the Apostles themselves. They were with Jesus as He preached the message of Salvation. They were with Him when He was taken down from the cross. It was these women who came to anoint His Sacred Body and prepare it for burial. This is why the Church refers to them as the "Myrrh-bearing Women."

The Myrrh-Bearing Women went to Jesus' tomb to anoint His body, only to discover it empty. The Myrrh bearing Women did not mysteriously disappear following the Resurrection of the Christ. There were a number of them, and we know their names. The evangelist John writes, "Standing by the Cross of Christ were: **His mother, and His Mother's sister Mary the**

**wife of Clopas, and Mary Magdalene, Salome, Mary and Martha,** the sisters of Lazarus (friend of Jesus), **Susanna** - the mother of the sons of Zebedee. (John 19:25). These were the people who proved faithful, who remained at the Cross in steadfast human love.

You are probably thinking at this point that most of these women are named Mary. The name Mary was incredibly common. It is said that one quarter of all women in Jewish Palestine at the time were named Mary. This led to the need to identify these women by the patriarchal naming tradition at time which involved connecting them to their most well-known male relative. We must remember this and be careful to not confuse their identities.

The Myrrh Bearing Women attended to Jesus during His crucifixion and entombment and afterwards, neither losing faith in Him after His death, nor fearing the wrath/anger of the Jewish rulers. They came to the tomb, bearing the myrrh-oils they had prepared to anoint His body. It is because of the myrrh-oils, that these God-loving women brought to the tomb of Jesus that they are called the Myrrh-bearers. We know the names of only seven of these women: Mary Magdalene; Mary the Mother of James, Joanna the wife of Chuza; Salome the mother of the sons of Zebedee; Susanna; and Mary and Martha, the sisters of Lazarus.

Together with them we celebrate also the secret disciples of Jesus, Joseph and Nicodemus. Joseph of Arimathea was a rich and noble man, and a member of the Privy Council of Jerusalem. He dared to ask Pilate for the body of our Saviour, which he took and buried in his own family tomb. Accompanying Joseph to the tomb was Nicodemus, who was one of the leaders of the Pharisees. He had believed in Christ when, at the beginning of His preaching of salvation, he came to Him by night. Nicodemus brought 100 pounds of myrrh to scent and embalm the body of Christ out of reverence and love (John 19:39).

Those whom Christ had asked to stay with him at the hour of his agonizing struggle, when He "began to be greatly distressed and troubled" (Mark 14:33), abandoned him and renounced him. But those from whom He asked nothing remained faithful in their simple human love.

Sunday of the Myrrh-bearing Women reminds us that the love and faithfulness of a few individuals shone brightly in the midst of hopeless darkness. It calls us to ensure that in this world love and faithfulness do not disappear or die out.



It judges our lack of courage, our fear, and our quick excuses. The mysterious Joseph and Nicodemus, and these women who go to the grave at dawn, occupy so little space in the gospels and it is for this reason that the Orthodox Church devotes a feast day specifically honouring their unquestioning faith and love in the Lord.

Χριστός Ανέστη; Christ is Risen; Христос воскрес;  
Hristos a înviat; المسيح قام حقا قام

Mr M Vassiliou (STA Spiritual Director)

### Upcoming Key Dates and Information



- Please [click here](#) to access previous editions of the Newsletter.
- Please [click here](#) to access term dates.
- Please [click here](#) to access school calendar for upcoming Term.

### Summer Term Sports Clubs

#### Monday

Activity: Years 7-10 Athletics  
Time: 3.00pm-4.30pm  
Location: Bethune Park  
Meet: Building 5 Changing Rooms

#### Tuesday

Activity: Years 7-10 Softball & Rounders  
Time: 3.00pm-4.30pm  
Location: Bethune Park  
Meet: Building 5 Changing Rooms

#### Wednesday

Activity: Years 7-10 Futsal (Brazilian 5-aside Football)  
Time: 3.00pm-4.00pm  
Location: Upper Playground  
Meet: Building 5 Changing Rooms

#### Thursday

Activity: Years 7-10 Dance  
Time: 3.00pm-4.30pm

Location: Building 5  
Meet: Building 5 Changing Rooms  
Barnet Borough Athletics League Meetings  
Venue: Stone X Stadium

*PLEASE NOTE ATTENDANCE TO ATHLETIC COMPETITIONS IS BY INVITATION ONLY.*

Mr R Browell (Head of Physical Education)

### Students of the Week

#### Year Group Recognitions



**All students will receive 10 recognition points for their hard work and contributions.**

**Year 7: Anna-Maria D and Parmis S** – For their kind and supportive attitude shown this week. **Angelo L** - For always showing the values of respect and kindness.

**Year 8: Bogdan R**- For achieving the highest number of positive points.

**Year 11: Sienna R**- For working particularly well in registration time on revision.

#### Sixth form

**Year 12: Pedros O** –For actively demonstrating the school values and for helping the younger members of the school community.

**Alicea W** – For an excellent presentation on a landmark decision of the US Supreme Court case on Roe v. Wade, presented during form time.

**Y13: Andreas M and George L** – For good progress and good contribution to lessons.

### 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](mailto:admin@standrewtheapostle.org.uk) with FOSA in the title. Please mark your email for the attention of Mr Michael.



Friends of St Andrew

Mr Michael (Senior Deputy Headteacher)

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 them 24 hours a day, 365 days a year. You can call [116 123](tel:116123) (free from any phone)
- **SANEline.** If you're experiencing a mental health problem or supporting someone else, you can call
- **National Suicide Prevention Helpline UK.** Offers a supportive listening service to anyone with thoughts of suicide. You can call the on 0800 689 5652 (open 24/7).
- **CALM.** You can call them 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 on 0800 068

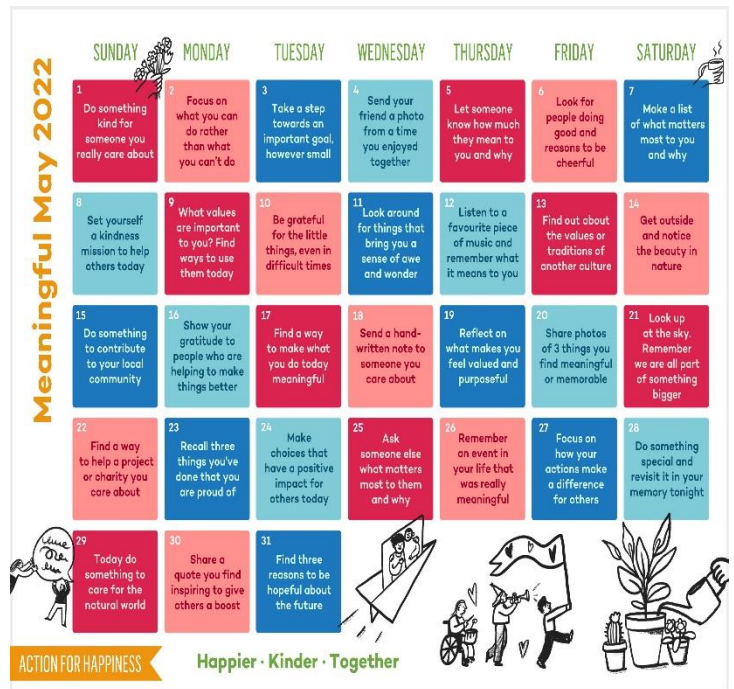
Please [click here](#) to access helpful advice and support from the **NHS for teenagers and young adults** who need support with their mental health and are coping with bereavement.

**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\*)**
- **Mrs I Warwick, Headteacher (DDSL\*)**
- **Ms D Moustaka (Safeguarding & Inclusion Manager)**
- **Mr N Anemouri (Pastoral Support Officer)**
- **Ms M Henshaw-Devall (Safeguarding Officer)**

\*DSL is the Designated Safeguarding lead.

\*DDSL is the Deputy Designated Safeguarding lead



[Click here](#) to view the calendar of ideas for Meaningful May!

Strength and Learning through Horses – Free



Strength and Learning Through Horses provides support for young people with social and emotional needs through working with horses.

No riding is involved and no experience around horses is necessary.

We use the natural ability of horses to read and respond to human emotions to engage young people in the process of

learning about their own behaviours and emotions to improve their mental wellbeing, increase confidence and improve relationships with friends, families and others.

There are some spaces available on our Parent/Child groups starting week commencing 9 May.

Monday's group is for children aged 8-11 and one parent/carer. **The Edge Stables, Edgware. HA8 8QX**

### 16:30-18:30- 8-week programme

Thursday's group is for those aged 12-19 and one parent/carer. **The Edge Stables, Edgware. HA8 8QX 17:00-19:00 – 8-week programme**

If you are interested in signing up, please contact Miss Beddoes.

Please note that as this is funded by Barnet Council, places are only available to residents of the London Borough of Barnet.

[www.strengthlearningthroughhorses.org](http://www.strengthlearningthroughhorses.org)

## Managing exam stress- Tips for students from AQA

Everyone gets nervous; it's a normal part of exams. While it's not so easy to stop feeling nervous, you can use relaxation techniques to keep your nerves under control and focus on what you want to achieve. Here are some tips and techniques you can try if you feel stressed before and during exams.



### Before your exams

- Being prepared and doing the work will always help you feel more confident about sitting your exams, so do as much revision as you can.
- Celebrate your successes in revision tasks and know when you do well.
- Meditation and exercise are great ways to help clear your mind, leaving you feeling refreshed and energised. Plan something for first thing in the morning – if you start your day well, you are more likely to stay calm.
- Use deep breathing to relax your body and mind.
- Eat the right foods and drink lots of water – for example, too much coffee and sugar can make you feel more anxious as they are stimulants.

- Use positive language with yourself and visualise your exams going smoothly.
- If possible, avoid classmates who are highly stressed or who want to talk about the exams.
- Practise your relaxation techniques so they are natural to you by exam day.
- Plan your exam day so you feel in control; allow for travel and proper meals.

### During your exams

- Breathe – take some deep breaths to relax your body and mind. This will really help if you freeze up or are struggling to get started.
- Focus on your paper. Block out the exam room and other students.
- Read the entire question paper, answering the questions you feel most comfortable with. By answering these first, you will feel more confident and settle into the rest of the exam.
- Stuck with a question? Leave it. Work on the next one and then come back to it.
- Remember, it's not a race. You've been allocated a set amount of time – use it and make sure you have done as much as you can.
- Keep a good attitude and use positive language with yourself; your nerves will pass and you're not alone.



### After your exams:

- Sometimes exam stress doesn't just disappear once you have finished your exams, as you might be worried about your results. There are post-results options available to you if you don't get the results you need. But until then, take time to celebrate completing your exams and your achievements so far!



## Message from Barnet Libraries

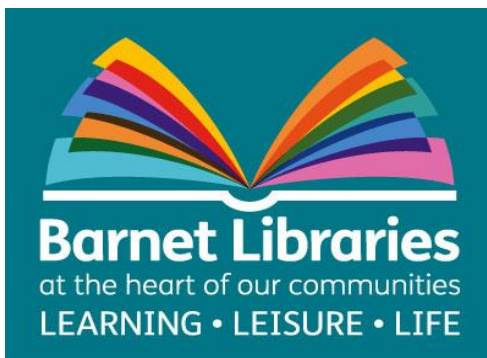


Barnet Libraries will be hosting its inaugural Literary Festival at Finchley Church End Library on 21 & 22 May with bestselling authors Erin Kelly, Michael Rosen, C J Tudor, Charlotte Philby, Helen Fry, Caz Frear & Rob Biddulph. We also have Pam Fox, Nicola Upson, Mandy Morton, Patrice Lawrence, Louise Hare, Luan Goldie, Debra Barnes & many more stellar names...

Grab your **FREE** tickets today! Full ticket booking info & program via <https://www.barnet.gov.uk/libraries/library-events/literary-festival>

There is something for all ages!

## Study Space



Barnet Libraries are offering study space for students during exam time. Available for [Staffed hours](#) and [Self-service opening](#).

Self-service opening allows eligible library members to use libraries during unstaffed opening times. Young people aged 14 to 17 can register for self-service opening by completing a form at any Barnet Library.

The form must be signed by a parent or guardian. Self-service opening is available at Burnt Oak, Chipping Barnet, Colindale, East Finchley, Edgware, Finchley Church End, Golders Green, Hendon, North Finchley and Osidge libraries.

- Study space is limited and is provided on a first come first served basis. Please note we are not always able to accommodate every student. If the library is full, please come back at another time
- Electric sockets are limited. We recommend you charge your device before you come to the library as you may not be able to plug in
- If you do have safe access to a socket, please ensure the wire does not trail across the floor
- Some areas of the library are reserved for users who are not studying. Please respect these areas and other library users' needs
- Please ensure people can get to the library shelves to browse
- Please sit at a computer desk only when using that computer
- For security reasons, please do not let anyone into the library if they do not have their own library card or they are not registered for self-service opening
- Please keep fire escapes clear
- Please do not move furniture
- If you wish to sit on the floor, please do so in the Teen Lounge area only
- Please be quiet
- Please place all litter in bins provided
- Please return books to a trolley after use
- Thieves operate in libraries. Please do not leave your bags or valuables unattended
- Toilets are available during staffed opening times and may be open in some Self-service opening times
- For your safety and security, libraries are monitored by CCTV at all times