



St Andrew the Apostle School

Weekly Newsletter

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

13 January 2023

Key Message from Executive Headteacher

Whilst the rain fell, we had a great week at St Andrew the Apostle School, with one of the highlights being our Year 11 face-to-face parents evening. Mr Francis, our Head of Year 11 felt that an in-person event was what was needed at this point for his year group and he was spot-on.

Thank you so much for all those parents who were able to attend, the vast majority of whom said how lovely it was to meet teachers face-to-face. Without fail, parents/carers also mentioned how brilliant the feedback for students was, and how this will help them get ready for the mock 2 and beyond.

Students who had not met their potential had moments of clarity and the congratulations received by those who had done well, made both them and their parents very proud. Many individuals in this year group have come a long way, and we are very proud of them.

I am immensely proud of the staff at our school and I appreciate their efforts with events such as this. These evenings showcase how much they care, how well they know their learners and how key their advice is.

My over-riding take-away from the event was the moments where parents hugged at the last parents evening (save for 6th form!); Mr Francis encouraging and instilling belief in the learners in his year group on the desk behind me; and the power cut(!), which happened just as the evening was concluding. Staff, students and their parents made their way out in a twilight zone of emergency lighting while some teachers continued to provide feedback using their phone torches to see their notes!

The spirit of the evening and the atmosphere was lovely.

For our Year 11 students and their parents, this is the final reminder of the deadline for applications for our sixth form, which is 15 January!

Year 13 students will also get feedback when reports are published, and this will provide learners and

parents in this year group with key information on how to prepare for mock 2 (and beyond).

As we recover from COVID, we are getting back to having more trips, focusing first on the curriculum. Our Geographers in Year 11 will be doing both their field trips over the next month, visiting the Olympic Park and then Epping Forest. And our Year 12 Oxbridge hopefuls will be travelling to spend a day at Oxford University.

Visitors to the school this week included support from the Russell Education Trust, with Kate McGregor (Art) working with our Year 11 Artists on their coursework, Russell Carey (English) focusing on Year 11 intervention and Dave Hughes (Science), who took a masterclass in Year 12 Biology. I know students and staff were thankful for their efforts.

We look forward to the visit on Tuesday 17 January of Ms Maria Loi, Head of the Cyprus Educational Mission. She will be touring both buildings, visiting some Greek and Classics lessons and meeting with myself and some students. Accompanying her will be our Chair of Governors, Mrs Mary Karaolis OBE.

Anthony Easton (Executive Headteacher)

Upcoming key Dates and Information

- Sixth Form application deadline 15 January 2023
- Tuesday 24 January 2023 – Flu & HPV Vaccine Year 7, 8 & 9
- February 2 – Year 9 parents/carers evening (online)
- Please [click here](#) to access term dates.
- Please [click here](#) to access school calendar.
- Please [click here](#) to access previous editions of the Newsletters.

Faith- πίστη

Humility is at the heart of Christianity

Humility is important. It is at the heart of Christianity. Saint John Vianney went as far as writing: 'remove humility and all virtue vanishes'. Throughout his life, Saint John Vianney provided an example of humility to his rural parish in France and beyond. He did not spend

his life at the centre of things. He focused on his priestly and pastoral work.

Paul says in Ephesians 4:2: "Be completely humble and gentle; be patient, bearing with one another in love." In Philippians 2:3 he says: "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves." There are many more Bible verses about the virtue of being humble. And even Jesus Christ "humbled himself and became obedient to death, even death on a cross" (Philippians 2:8).

It is important to remember that humility is not thinking less about oneself, but simply thinking of ourselves less. Humility is thinking more of others. It is the core of Christian values. It is the key to how Christians relate to each other. It reflects our deepest understanding of what God has done for us. The world values people according to their achievements. We even talk about what someone is 'worth', meaning how much money they have. But for Christians, someone's worth is based on the fact that we are all made in the image of God and the bible quote we are looking at in tutor time this week is: We are all created in the 'image' of God – Genesis 1:27



We may all become frustrated with others from time to time, but all deserve our absolute patience and respect. Humble people do not mind if they lose an argument or have a vote go against them in a discussion at school or a meeting at work, because they are secure in the love of God. It does not mean they will not fight for what they believe, but they can be generous to their opponents.

Success can come in different forms. For some people it is worldly success, with good jobs and large salaries. For others it is the respect of their peers, or a happy family life, or a valued role at church. But humble

people know that these are blessings from God, not entitlements. We have them because we have been given them, not because we deserve them. It does not say anything about who we are in the eyes of God. CS Lewis wrote: "A proud man is always looking down on things and people: and, of course, as long as you are looking down you cannot see something that is above you." Humble people do not look down, they look up, and what they see of the vast love of God for his creation conditions how they see everyone else.

We want our students to be humble and to serve others; the school value we are looking at this coming week in our worship in tutor time is 'responsibility' and the following key quote will be our focus: "Life's most persistent and urgent question is, 'What are you doing for others?'" - Martin Luther King, Jr.

Dropping off and picking up students from St Andrew the Apostle School – January 2023

I am writing to inform you that the dropping off and picking up arrangements that have been in place from early in the academic year will now continue into the school term in January 2023.

Therefore, the only access to school for vehicles and pedestrians will be through the Oakleigh Road entrance and the embedded routines that are in place and working well will continue. If you wish to drop your child off at school, please access the North London Business Park via Oakleigh Road, where you will be directed around the multi-storey car park; drop off will take place in the bays in front of the multi-storey car park.

To reduce your travel time and to lessen traffic to make the roads near our school safer (and with a view on working towards goals in the travel plan for our new school building), please look at alternatives to dropping off your children on the school site, which is served well by several different bus routes. You may also wish to use 'ride and stride', dropping off your child a couple of roads away from site such that they can walk the remainder of the way to school.

I will write about when the Brunswick Park Road entrance will re-open. The delay for this is beyond our control as this piece of work sits with the developer of the North London Business Park and not the Department for Education, the school, or its chosen contractor.

If you have any questions, regarding the changes mentioned above, please contact the school through the usual channels.

Anthony Easton (Executive Headteacher)

Strep A and Scarlet Fever and Other Health Concerns

The UK Health Security Agency (UKHSA) is reporting that Scarlet Fever cases are currently higher than typically seen at this time of year. Scarlet Fever is usually a mild illness that is easily treated by antibiotics, but in very rare occasions and if left untreated, the bacteria can get into the bloodstream and cause an illness called invasive Group A strep (iGAS). Parents are advised to seek medical help if they think their child is showing signs of Scarlet Fever or iGAS.

Symptoms to look out for include:

- a rash with a sandpapery feel,
- sore throat,
- flushed cheeks,
- a swollen tongue,
- muscle ache,
- and high fever.

If you're worried about your child's health, always trust your own judgement, and contact a pharmacist, your GP or call 111 to seek medical advice.

We can all reduce the risk of picking up or spreading infections by teaching our children how to wash their hands properly with soap and warm water for 20 seconds, using a tissue to catch coughs and sneezes, and keeping away from others when feeling unwell. For further information about Scarlet Fever and invasive Group A Strep (iGAS), visit:

[UKHSA update on Scarlet Fever and invasive Group A strep \(prgloo.com\)](https://www.nhs.uk/conditions/scarlet-fever/)

<https://www.nhs.uk/conditions/scarlet-fever/>

<https://ukhsa.blog.gov.uk/2022/12/05/group-a-strep-what-you-need-to-know/>

Stephen Warrick

Public Health, London Borough of Barnet

Please also see the advice issued by the UKHSA regarding the health concerns nationally:

<https://www.gov.uk/government/news/back-to-school-advice-issued-amid-high-levels-of-flu-covid-19-and-scarlet-fever>

Flu vaccination campaign for years 7, 8 and 9



The NHS has written to schools to update them on changes to the national flu vaccination programme. Please see the contents of their letter below: We have recently been informed that the flu programme will now include the school years 7, 8 and 9 from September this year.

Early information from the flu season in Australia, shows flu has been circulating earlier than expected and has been affecting younger age groups, therefore DHSC has taken steps to include these age groups in the 2022/23 vaccination campaign. Sessions for flu vaccination have already been planned and confirmed for primary schools so providers will be working with you to arrange additional dates to ensure vaccination can be offered to your students. It is likely that this will be from November onward once additional vaccine supply is available.

We would be very grateful if you could remind parents that their children are entitled to free flu vaccination on the NHS. This vaccine will be provided by a school aged vaccination team that visits the school and is given as a nasal spray. This form of the vaccine is very easy to administer and is especially well suited to preventing onward spread of infection.

The vaccine protects the child against the four main strains of influenza predicted to be in circulation this winter. Young children catch influenza very easily. Children can spread the infection for up to 7 days, which is longer than in adults, therefore vaccinating children reduces the risk of influenza for family members, teaching staff and other children.

In school, children will be mixing with large numbers of other children in a confined environment, which increases the risk of germs (virus and bacteria alike) spreading. Vaccination builds children's immunity to protect against illnesses.

Vaccines stop influenza germs being spread, thus protecting the very vulnerable children and those in the wider community who may not have, or may not be able to develop, immunity.

Public Health and Primary Care Commissioning NHS England (London Region)

Term 3 Extra – Curricular Sports Clubs

PE extra-curricular clubs re-commence on Monday 16 January 2023.

Monday

Activity: All Years Dodgeball

Time: 3.00pm-4.00pm

Venue: Building 5 Hall

***Change in building 5 changing rooms.**

Activity: GCSE Trampolining (invite only)

Time: 3.00pm-5.00pm

Venue: East Barnet School

***Change in building 5 changing rooms.**

Tuesday

No clubs due to sports fixtures

Wednesday

Activity: All Years Dance

Time: 3.00pm-4.30pm

Venue: Building 5 Hall

***Change in building 5 changing rooms.**

Thursday

Activity: All Years Basketball

Time: 3.00pm-4.00pm

Venue: Building 4 and 5 Playground

***Change in building 5 changing rooms.**

Please note students do not wear PE kit to school on the day of clubs. If you do not have PE on the day of the club, but wish to attend, please bring PE kit to change into after-school. Full PE kit must be worn to after-school clubs. If you have PE lessons on the day of a chosen club, you will already be changed into full PE kit.

Mr R Browell (Head of PE)

Game Finder

Finding games for children which are appropriate for their age, which work on the devices the children use and the children will enjoy playing can be a minefield, particularly when parents are being bombarded with the 'but everyone else is playing this game' guilt trip. Game Finder is a new (free) service available from Taming Gaming which walks parents through various aspects, such as how old is your child? What devices do they have? What types of games do they like to play? And then gives a list of recommendations of suitable games. I've used this a few times and it is brilliant, you can find Game Finder [HERE](#).

Safeguarding**Child Safety and the Metaverse**

Christmas has now come to a close and a new year has begun. Among their peer group young people will begin to discuss what they got for Christmas. For many the answer will almost certainly be 'a Fortnite battle pass, a new PC, a PlayStation 5 etc'. All devices which allow both unfettered access to the internet and expose children to voice chat, text chat and photo sharing with complete strangers. This year presents an acceleration of vulnerability window as, VR headsets, connected to Facebook's Metaverse have been released onto the marketplace. The Metaverse seeks to link users to the internet as a Virtual Entity through the use of Virtual Reality Headsets. This amplifies the danger children are exposed to online. To help you understand this new, fast changing issue the NSPCC has published a guide to both the Metaverse and VR headsets. To find out more please follow the link:

<https://www.nspcc.org.uk/about-us/news-opinion/2022/christmas-vr-safety-advice-for-parents-metaverse/>

Understanding the Playground - Fortnite

Since its release 2017, the battle-royale simulator – Fortnite, has become ubiquitous in classrooms and playgrounds throughout the world. The game, which features cartoonish renderings of characters, bright colours and non-visceral consequence free violence, has had a mass appeal to children. Each Christmas another draft of young pupils are induced into its overcrowded multi-player lobbies, to the point that there is not a school pupil in the country who hasn't owned it, begged their parents for it or played it round a friend's house. As a result more children than ever are exposed to multi-player chatting with strangers, and financial exploitation via the game's spend-to-gain-advantage operating style. Allowing children to use real world money to gain perks and costumes. From criminal blackmailing, to the coercion of nude exchanges by online 'friends' posing as children, the danger this game presents from a safeguarding perspective is clear. As an added complication, the verbiage surrounding the game used by pupils is near-incomprehensible, frustrating adepts to secure their safety. Fortunately to allow for greater comprehension of reports to staff involving the game, Internetmatters.org has published a guide to understanding the game and its terms. You can find the link below:

<https://www.internetmatters.org/hub/guidance/fortnite-battle-royal-parents-guide-keep-kids-safe-gaming>



Sony

PlayStation and Internet Matters have got together and created a wonderful interactive quiz for children and parents to learn together how to make the most of PlayStation settings for safer gaming. This is a great idea to get conversations going and for parents to learn more about the games which their children play. You can access the interactive quiz [HERE](#)



TikTok has now raised its Livestreaming Age Requirement to 18 (BBC News)

TikTok has frequently been called out for its glaring failures to protect under 18s which use its service. With its flashy images, easily digestible content and 'childlike' feel it has always been popular among school aged children. A fact which has made its safeguarding failures all the more worrying. The platform's attempt to ban under 18s seems to be unfeasible however, and so it is as important as ever to be aware of its usage in the classroom. In particular, its gift function can easily be manipulated in order to commit criminal acts against children. As such wariness around the app should not be lowered as a result. To find out more about what motivated their decision, and its potential outcomes head over to the page linked below:

<https://www.bbc.co.uk/news/technology-63262102>



Many students use WhatsApp despite there being a minimum age rating of 16. There are some inherent dangers to students using this including:

- Bullying, particularly in group chats
- Seeing content of a sexual nature, or showing violence and hatred
- Settings that allow messages to disappear after 24 hours or 7 days. This could make it harder to track bullying, and your child might share things they wouldn't otherwise because it'll disappear
- Sharing their live location, particularly with people they don't know in person
- Spam or hoax messages
- Being exposed to strangers through group chats

What are the risks?

- Bullying, particularly in group chats
 - Seeing content of a sexual nature, or showing violence and hatred
 - Settings that allow messages to disappear after 24 hours or 7 days. This could make it harder to track bullying, and your child might share things they wouldn't otherwise because it'll disappear
 - Sharing their live location, particularly with people they don't know in person
 - Spam or hoax messages
 - Being exposed to strangers through group chats
- WhatsApp says the **minimum age** to use it is **16**, but younger children can still use it easily.

6 steps to help your child use WhatsApp safely

1. Keep their personal information and location private

By default, WhatsApp shows profile photos, status and when you last used it to all users.

Encourage your child to only share this information with their contacts and be careful about who they talk to on the app, as anyone could pretend to be a child online.

To check and change these settings:

- On an **iPhone**, open settings in WhatsApp (the cog icon), then Account > Privacy. Tap the setting you want to change, then choose who it should be visible to
- On **Android**, tap the 3 dots in the top-right of the home screen, then > Settings > Account > Privacy. Tap the setting you want to change, then choose who it should be visible to

WhatsApp also has a feature that you can use to share your 'live location' with others. Tell your child to keep this turned off, or to only share their location with people they trust.

To check this:

- On an **iPhone**, go to phone Settings (the cog icon) > WhatsApp > Location, and tap to change if you need to
- On **Android**, go to privacy settings as above, then scroll down to 'Live location', and tap to change if you need to

2. Remind your child to be careful about what they share

It's easy to forward messages, photos, and videos to others on WhatsApp. Even if your child sets a

message to automatically disappear or deletes it after sharing it, the person they send it could still screenshot it, forward it to someone else, or save it.

So, before they share anything, tell them to ask themselves: "Would I want others to see what I'm about to send?"

3. Remind your child they can leave group chats

If they see something they're not comfortable with in a group chat or are in a chat with someone they don't know and are uncomfortable with, they should leave the group. To do this:

- On an **iPhone**, go into the group chat, tap the group subject, then > Exit group > Exit group
- On **Android**, go into the group chat, tap the group subject, then > Exit group > Exit

4. Make sure your child knows how to report and block people

When they first receive a message from an unknown number, they'll have the option to report it.

If someone in your child's contacts is upsetting them or making them uncomfortable, they can report or block them at any point (WhatsApp won't tell the user they've been blocked/reported).

To do this:

- On an **iPhone**, open settings in WhatsApp, go to Account > Privacy > Blocked > Add New..., then find the contact they want to block, and tap the contact
- On **Android**, tap the 3 dots icon, then Settings, then tap Account > Privacy > Blocked contacts, tap the icon in the top right showing a person and a plus sign, search for the contact they want to block, then tap the contact to block them

To report issues like offensive or abusive content or spam:

- On an **iPhone**, open the chat with the user you want to report, tap the contact then then tap Report Contact > Report and Block
- On **Android**, open the chat with the user you want to report, then tap the 3 dots icon, then > More > Report

5. Encourage your child to watch out for spam and hoax messages

These can appear to come from contacts, as well as people they don't know. Tell your child to watch out for messages that:

- Ask them to tap on a link, or specifically to click on a link to activate a new feature

- Ask them to share personal information like bank account details, date of birth or passwords
- Ask them to forward the message
- Say they have to pay to use WhatsApp
- Have spelling or grammar errors

6. Tell our school about any bullying they experience

Look for signs they your child may be being bullied, like being afraid or reluctant to go to school, feeling nervous, losing confidence, or becoming distressed and withdrawn, or losing sleep.

Sources used in this factsheet

- [Bullying and cyberbullying, NSPCC](https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/)
<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>
- [Help Centre, WhatsApp](https://faq.whatsapp.com/?locale=en_US)
https://faq.whatsapp.com/?locale=en_US

This factsheet was produced by [The Key Safeguarding](https://thekey.org.uk/safeguarding): [thekeysupport.com/safeguarding](https://thekey.org.uk/safeguarding)

Finchley Lido Leisure Centre Engagement

The council are inviting views on the future of Finchley Lido Leisure Centre at the Great North Leisure Park. This includes the possible relocation to North Finchley Town Centre to create a modern and more sustainable leisure facility at the heart of the town centre. The existing facility is ageing, and the condition of the building restricts its ability for the council to deliver wider aspirations to create a more active and healthier borough, whilst offering a full family friendly and inclusive experience. A new leisure centre could broaden the council's leisure offer by delivering a range of new and improved facilities with better access and support the community infrastructure.

We would like to hear from you about your existing experiences, facilities that are important to you and views on future options.

Take part by *Monday 23 January 2023*

Courtney Warden, Service Manager – Sport & Physical Activity, London Borough of Barnet