



# St Andrew the Apostle School Weekly Newsletter

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

20 January 2023

## Key Message from Executive Headteacher

It has been a week of events at St Andrew the Apostle School, with visits and trips and teas, and a great deal of success to celebrate as well. Please see articles in the newsletter on the following:

- Visit of Ms Maria Loi, Head of the Cyprus Education Mission
- Geography Trip to the Olympic Park
- Tea with the Headteacher
- Successes for two students in their endeavours outside of school.

It is always a pleasure to see our students speak to and interact with visitors, who, without fail, express how well-mannered they are and how they are living entities of our Christian values.

Thank you to the members of our governing body, for their visits, meetings and sessions with students and staff this week as they support us with areas under their remit; we appreciate all they do.

You will have seen my letter regarding the proposed strike action by the NEU on the following dates:

- 1 February (national date),
- 2 March (regional date),
- 15 March and 16 March (both national dates).

As a result of this, we will be reviewing the dates of some of our school events, not least our Year 7 parents evening. We will inform parents of when the adjusted date for this will be.

Revision focus fortnight starts next week for Year 11 and Year 13 students, where teachers in each GCSE and post-16 subject will blend their teaching of content with HOW to revise. We are not necessarily speaking of revision, but re-working and practicing to emphasise that we want students to be active as they work towards their mock 2 examinations.

The focus from these students has been stupendous this week and visiting lessons is a joy. Feedback from

teachers is that both year groups have returned from Christmas with a renewed sense of vigour!



*Ecclesiastes 11:9*

The faith section of this newsletter links our school value of responsibility with servitude, and serving students here at St Andrew the Apostle School gives me and the staff here at St great joy.

**Anthony Easton (Executive Headteacher)**

## Upcoming key Dates and Information

- Tuesday 24 January 2023 – Flu & HPV Vaccine Year 7, 8 & 9
- Monday 30 January – Year 11 Epping Forest Geography Trip
- 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

### CALLED TO SERVE – Our Responsibility

The world defines greatness in terms of power, possessions, prestige and position. If you can demand service from others, you have made it! In our self-serving culture with its 'me first' mentality, acting like a servant is not always a popular concept.

Jesus, however, measured greatness in terms of service, not status. God determines your greatness by how many people you serve, not how many people serve you. Thousands of books have been written on

leadership, but few on servanthood. Everyone wants to lead; no one wants to be a servant. But to be like Jesus is to be a servant: "Your attitude must be like my own, for I, the Messiah, did not come to be served, but to serve and to give my life." Matthew 20:28

For Christians, service is not something to be tacked onto our schedules if we can spare the time. It is the heart of the Christian life. Jesus came 'to serve' and 'to give' – and these two verbs should define your life on earth too. Serving and giving are part of God's purpose for our lives. Mother Teresa once said, "Holy living consists in doing God's work with a smile." Jesus taught that spiritual maturity is never an end in itself. Maturity is for ministry! We grow up in order to give out. It is not enough to keep learning more and more. We must act on what we know and practice what we claim to believe. The mature follower of Jesus stops asking, 'Who's going to meet my needs?' and starts asking, 'Whose needs can I meet?' A servant heart reveals Christian maturity. God notices even the smallest acts of kindness; picking up litter, checking someone else is OK, smiling and forgiving someone ... the list could go on indefinitely.

There are always things we could do or say to brighten the day for those we meet and reflect God's love. St Teresa of Avila's beautifully expressed this servitude:

Christ has no body but yours,  
No hands, no feet on earth but yours,  
Yours are the eyes with which he looks  
Compassion on this world.

There is great power in these words; they are direct and unmistakable. We see that the Christian life is dynamic and active; to be lived out in our lives, to be embodied.



Next week in our collective worship sessions in tutor time we will continue looking at our school value of responsibility with servitude, and serving students here at St Andrew the Apostle School gives me and the staff great joy.

## Visit of Head of Cyprus Education Mission

Ms Maria Loi, Head of the Cyprus Education Mission this week to experience the differences we offer in our curriculum, Our Founding Governors set up the school with a curriculum founded in classical education and it lives today with our offer of Classical Civilisation and the opportunity to study Greek as a language.



Ms Loi, pictured on the right in Mr Kalaitzidis's classroom, toured the school, visited Year 7 and Year 10 Greek lessons and a Year 11 Classical Civilisation lesson. She was glowing in her feedback about the lessons, our school overall and the students. She also had small group sessions with students from the lessons, all of whom were praising the opportunity they must study these subjects.

## Anthony Easton (Executive Headteacher)

### Tea with the Headteacher

On Tuesday we held our half termly Tea with the Headteacher award for the students who received the most achievement points in the last half term.



Students were provided with Hot Chocolate and Biscuits during this event and had the opportunity to speak with Mr Easton and other members of staff about their future ambitions, their school life and had the opportunity to reflect on the successful time that they are having at school.



## Mr Martin (Deputy Headteacher)

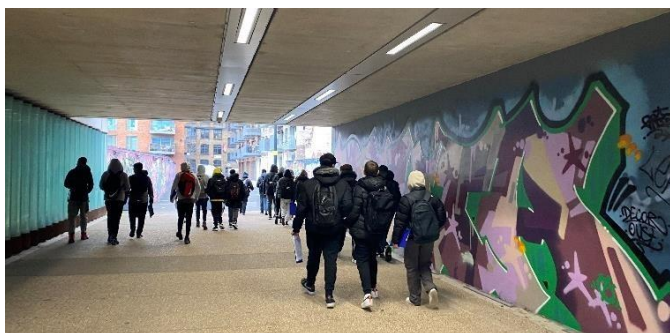
### Upcoming Dates for Year 9

We are approaching an exciting time for our year nine students, as shortly they will be selecting their GCSE option subjects. There are a few notable dates below:

- **WC 23 January 2023** – Year 9 students' assembly and options booklets distributed.
- **Thursday 2 February 2023** – Year 9 Parents Evening (online).
- **Thursday 9 February 2023** – Year 9 Options Evening (face-to-face).
- **Friday 10 February 2023** – Options form sent out via. Email / Bromcom.
- **Wednesday 22 February 2023** -Deadline for options form completion.

**Miss Walt (Head of Year 9 and 10)**

### Y11 Geography trip



Students were warned to dress appropriately for our Y11 Human Geography field trip to Stratford... and they needed to! On Monday, we left school by coach and headed to the Olympic Park to see urban regeneration in action. We were guided by Lorna from the Field Studies Council who taught us all about methods of collecting data. Our students interviewed members of the public to gather their views on the impact of the regeneration of the area and we were grateful to find somewhere fairly warm for our lunch! We took in sights such as Anish Kapoor's Orbit and some amazing graffiti in Hackney Wick (see picture).

Did you know...

- Before it was flattened and built on, where the Olympics took place was home to more than 280 businesses employing about 5000 people.
- Some people living there were moved to places as far-flung as Stoke-on-Trent.
- The buildings in parts of the Athletes' Village are built in the style of that country's architecture.

Mr Higgins, Lorna, and I were so proud of the students who worked hard despite the cold - they were polite and well-behaved throughout.

Well done to Y11 Geographers – our next fieldtrip is on Monday 30<sup>th</sup> January, and we are hoping for warmer weather!

**Mrs L Cooke (Deputy Headteacher)**

### Sporting Success

We are very proud of our year ten student, Iordanis I who attended the Cyprus World Cycling Championship Awards recently and received the following awards after competing in several national competitions throughout 2022.

- 1<sup>st</sup> place in mountain biking
- 2<sup>nd</sup> place in road cycling

Keep up the good work. We know there is a lot of training and dedication which goes into placing in these competitions.



**Miss Walt (Head of Year 9 and 10)**

### Royal Variety Performance



We are exceptionally proud of our Year 8 student, Isabella T who performed in the Royal Variety Show 2022 supporting Frank Skinner. Isabella performed in front of Prince Edward and his wife Sophie, and the show was a huge hit!

**Miss Walt (Head of Year 9 and 10)**

## Non School Uniform Day – Dress to Express



On **10 February 2023** **St Andrew the Apostle Greek Orthodox School** will be taking part in **Place2Be's Children's Mental Health Week** and fundraising to support the mental health of children and young people throughout the UK - a cause we feel is now more important than ever.

**Children's Mental Health Week** is taking place from 6–12 February 2023 and is an opportunity to shine a spotlight on and raise awareness for children and young people's mental health.

**Place2Be** believe every child should have easy access to mental health support whenever they need it. They create safe spaces in schools where students can open up without pressure, arming them with emotional skills to help deal with everything life throws at them. As a charity, **Place2Be** rely heavily on the generosity and support of the community to continue their essential work in the future and to reach children before it's too late.

As a school community, we will be encouraging all students and staff to use clothing and colour to express themselves on **10<sup>th</sup> February**. We also kindly ask that all children who take part **make a suggested £2 donation to Place2Be** online at [www.Parentpay.com](http://www.Parentpay.com) under the heading 'Dress to Express Day'.

Your child/children's Dress to Express outfit can be as simple or elaborate as they like! Dress To Express is an opportunity for self-expression and celebrating a diverse range of emotions. The day also provides a great opportunity to be open about mental health and start conversations within our school community.

We're delighted to be hosting a Dress to Express Day during Children's Mental Health Week and raising much-needed funds for Place2Be. If you have any queries, please get in touch with us.

**Ms Henshaw-Devall (Safeguarding and Inclusion officer)**

## Attitude for Learning

On Wednesday in school, we had an extended form time to allow student time to reflect on the Attitude for Learning and Homework grades that they were provided for last term's work. These attitude for Learning and Homework grades can be found by parents on the My Child at School website and App.

Students were given this time to discuss which subjects they were doing well on and given advice on targets that they needed to set for themselves to improve.

Those targets included:

- I will make sure I ask a question each lesson.
- I will speak to my teacher who gave me a C and ask how I can improve.
- I will concentrate on making my work look a lot neater.
- I will make sure I receive 3,000 points on Dr Frost in the next term.
- I will plan my homework, so I complete it all on time.
- I will look at Bromcom every day, so I know what homework I need to complete.
- I will improve my attendance to reduce gaps in my learning.

Please do speak with your child on what their Attitude to learning grades were last term and speak with them about how they could improve in specific subjects. If there are grades that you would like to discuss with a teacher, then please use our [staff contact form to speak with a teacher of your child](#).

<https://www.standrewtheapostle.org.uk/contact-staff>

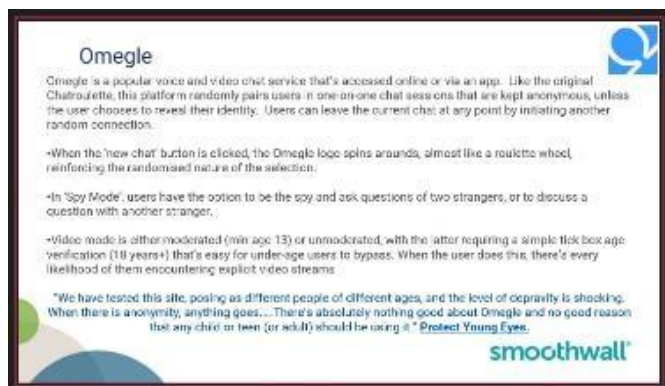
**Mr Martin (Deputy Headteacher)**

## Online Safety

On Wednesday afternoon we hosted our second Online Safety Evening hosted by Ben McGrath from Smoothwall, a company we use at St Andrew to support online safety in school.

During the evening Ben discussed the dangers of children encountering sexualised behaviour, drug taking, bullying and illegal content on apps our students may have access to including Be Real, Omegle and Tiktok.

The next Online Safety evening will take place on 10 May to support students and parents navigating the online work.



Mr Martin (Deputy Headteacher)

### 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>

### 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](https://faq.whatsapp.com/?locale=en_US)

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

### BAFTA-nominated Channel 4 series

The BAFTA-nominated Channel 4 series, The Dog House, is about to return for a new series. Described as one of the most heart-warming programmes on TV, we are starting the search again for people who can offer a loving home to a rescue dog and share their reasons for doing so. We wondered if you might be able to help?

In previous series, we found that there were many reasons people might consider bringing a rescue dog into their life; to help combat loneliness, extra company for a child, and to encourage getting out more. For children specifically, having a dog in your home has been proven to help with social skills and impulse control, and even improve self-esteem. Dogs are always happy to see you when you get home from school, and their love is unconditional - the ideal confidant and an ever-willing playmate! We would love to highlight some of these benefits and wondered if



any members of your school might be interested in applying, or simply finding out more with no pressure to take part.



*the Dog House*

4

**Could you  
adopt a dog  
like me?**

**APPLY NOW**  
[www.channel4.com/4viewers/takepart/the-dog-house](http://www.channel4.com/4viewers/takepart/the-dog-house)

Could you provide a loving home for a rescue dog? The Channel 4 series, The Dog House is looking for couples, individuals, friends and families who are seriously considering bringing a rescue dog into their lives and are willing to share their reasons for doing so.

Please follow this link to apply:

<https://www.channel4.com/4viewers/takepart/the-dog-house>