

St Andrew the Apostle School Weekly Newsletter

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

21 April 2023

Message from Executive Headteacher

A busy first week back featured focus, support and preparation, and many visitors.

Students in English were rapt when listening to lectures from Professor James Simpson, who was previously a university lecturer in English at University of Cambridge and is a Professor of English at Harvard University. He lectured on Chaucer to our Key Stage 5 students and 'Romeo and Juliet' to students from Years 10 and 11 (more on this next week). In his lecture on Chaucer, the audience was joined by RET's own English Adviser, Mr Carey, who really enjoyed the lecture as he took a break from supporting various groups of Year 11 students! Mr Hughes, RET's Science Adviser, also visited on Thursday, supporting both Year 11 and Year 13.

Thank you to all the parents of Year 11 and Year 13 who came into school this week to meet Mr Francis (HOY11) Mrs Ramm-Harpley (HO6th Form). These meetings, for students who just needed an extra 'touch-base' boost went really well and provided clear focus and support.

Another event that supported our Year 11 students happened before Easter when Mr Finch, Head of Department for Computer Science at King's School (one of our RET schools), visited and gave a day long masterclass for students.



All this support has been matched by the focus of our exam year groups. Students have been brilliant, and I can't speak highly enough about them. PE students were stupendous when they performed skills. and applied and demonstrated techniques during the PE GCSE moderation day. They were really tired in the following days!

Our exam year groups now feature Year 10, who are getting ready for their 'mid-course' exams, which start on Monday 24 April.

All our exam classes will be in school on the forthcoming NEU strike days on the following dates:

- 27 April 20023
- 2 May 2023

I have written to all parents this week to give more detail, but, in short, students in Years 10, 11, 12 and 13 must attend school on those days and students in Years 7, 8 and 9 must stay at home, where they will have online lessons if their teachers are in school or work on activities included in the attachments to the email with my letter.

Please see other important messages and articles on the following in this newsletter:

- RET Governor support for schools in Ukraine
- Emergency Alerts National Test 23 April 2023
- Exam Season support for students
- Barnet Libraries Literacy Festival

I would like to hear from you if you have testimonials about the school so that we can spread the word about our wonderful ethos. If you would like to see your thoughts on our website or in our literature, please do email the school using the contact form on the website.

It is also great to see the diggers on our new site this week as work ramps up on preparation on the site in readiness for our new and permanent school building. There will be more news on this soon.

Anthony Easton (Executive Headteacher)

Term Dates 2023-24

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

Upcoming key Dates and Information

- Monday 24 April Year 10 Mock Exams Begin
- PE Clubs re-commence, please see below



- Please click here to access term dates.
- Please <u>click here</u> to access school calendar.
- Please <u>click here</u> to access previous editions of the Newsletters.

Faith- πίστη

Making Easter last!



Behold, I am with you always, to the end of the age.

Matthew 28:20

We are back from our Easter holidays, but the story does not end with an empty tomb. In this edition of our newsletter, I would like to encourage you to think about what Jesus did for us after the resurrection and the significance this has for our lives.

After the resurrection, we read about how Jesus spent 40 days appearing to His disciples and instructing them before he ascended into heaven. Below are 4 key things that Jesus did for them (and us) after the resurrection:

1. He encourages us.

After the panic and grief of losing Jesus to such a horrible and public death, the disciples go into hiding. They are overcome with sorrow and confusion, fearing for their lives. When Jesus appears to them. He comforts them, gives them

courage with His words. He shows them He is in fact alive. He replaces their doubts with faith,

their sorrow with joy, and their fear with courage.

2. He reminds us of who He is.

Lest they (and we) forget who Jesus is, He reminds His disciples by leading them, speaking of the Kingdom of God once again with authority, and explaining how Moses and the prophets were pointing to Him. He is the awaited Messiah and He has all authority on heaven and earth.

3. He commands us.

Jesus gives charge to His disciples (and to us) to go into the world, spreading the Good News about Christ to all the nations! That may look different for each person and situation as we follow God's calling on our lives, but we should make no mistake that this applies to us.

4. He goes with us.

Before ascending, Jesus said He would send a helper (the Holy Spirit) to transform our hearts, encourage and exhort us, remind us of God's truth, and bear fruit in our lives. Then Jesus gives us the comfort of knowing that He will not really be leaving. He is with us now and always. We are not alone! The disciples needed these things after the resurrection. We also need these things. We need courage and faith to face the trials of life, whether big or small. We need the reminder that Jesus is alive, He is working, and He is in control. We need to look up from our daily lives and see God's goodness, glory, and grace, giving us the strength to keep following Him.

We should be overwhelmed with Jesus rather than life! What Jesus said and did after the resurrection changed a band of fearful and sorrowful people into men and women willing to die so that others would know the Good News.

Reflect upon how Christ's encouragement, authority, commandments, and faithful presence

changes or has the potential to change you. The Good News is that, while we were yet sinners, Jesus came to earth, lived a perfect life of faith, and died on the cross in our place. He took the punishment for our sins so that, if we repent and put our faith and trust in Him, accepting His precious gift of salvation, we are no longer condemned, but new creations in Christ. In His grace and mercy, we as undeserving sinners are righteous before God because of the righteousness imparted to us by Christ. We cannot earn it. We can only receive it. We are justified, redeemed, and being sanctified every day. Because He loves us and wants to be close to us.

I hope and pray that you have been blessed during your Easter celebrations. May you continue to reflect upon the significance of the resurrection of our Lord. The whole of our existence, past, present, and future, depends upon the good and perfect will of God. Jesus' victory over sin and death is a reality all the time. The truth is every day is Resurrection Sunday. So, our pointing to Jesus and declaring the Good News is not a one-day thing; it is an every-day thing.

Saint Name Days for next week:

Date	Saint Celebrated
Monday 24 April	ACHILLES, DOUKAS,
	ELIZABETH, THAVMASTOS
Tuesday 25 April	MARKOS, NIKI,
Wednesday 26 April	GLAFYRA
Friday 28 April	MAGNOS
Saturday 29 April	JASON, KERKYRA,
	SOSIPATROS
Sunday 30 April	ARGYRO, ASIMAKIS,
	DONATOS,
	JACOB, MALAMATI,
	MYROFORA

Students Success



This week in school, many students have received an award for the most achievement points for last term.

We would like to congratulate these students for their hard work and dedication towards their studies.

We understand that earning achievement points is given to students for their hard work in lessons and demonstrating the school values, parents can see the points earned by student by using the My Child at School App.

To celebrate their success, we treated the awardwinning students with hot chocolate during their form time. We also gave them time to relax and have fun by playing board games and ball games.

Well done to those who were recognised in this way.



Mr Martin (Deputy Headteacher)

King Charles III



We are excited to announce that we are preparing for the coronation of Charles III, the next King of the United Kingdom. This historic event is set to take place on 5 May 2023, and we are proud to be a part of the celebrations.

As a school, we believe it is essential to understand the role of the monarchy and the significance of such an event. Therefore, Mr Walsh will be delivering an assembly on the role of the monarchy and the importance of the coronation ceremony.

We hope that this assembly will provide our students with a better understanding of the British monarchy and the history behind the coronation. We believe it is an excellent opportunity for our students to gain knowledge and appreciate the cultural heritage of our country.

To add to the excitement, our school canteen will be selling themed cupcakes to celebrate the occasion. The cupcakes will be decorated with the colours of the Union Flag, and we guarantee they will be delicious!

Moreover, we are thrilled to announce that the canteen will be decorated with bunting to create a festive atmosphere. We want to make this event memorable for our students and create a sense of unity and pride.

We are looking forward to celebrating this historic moment with our students and staff. It is an

excellent opportunity for us to come together and celebrate our culture and heritage.

We encourage all students to participate in the celebrations and take advantage of the opportunity to learn about the British monarchy and the coronation ceremony.

We hope you all enjoy the celebrations and join us in commemorating this historic event.

News from the Ukraine

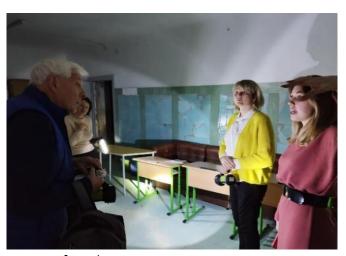


Image of Bunker

As you know St Andrew the Apostle School is part of a five school Trust. I want to share with you the story behind one of the governors of Turing House School, Robin Jowit OBE, and his journey to the Ukraine in January to understand the impact the war is having upon students, their teachers, the schools, and young people's education. As former Mayor of Richmond and having served as a governor in a local Richmond school for 40 years (currently a governor at Turing House School), Robin has a keen understanding of the value and importance of education.

Following his visit to the Ukraine, Robin has been into Turing House School to show students how the students and teachers in the Ukraine live with daily missile alerts, extensive power cuts and how they bravely continue to deliver lessons in powerless bomb shelters and basements. Some of the schools he visited have been bombed and lost classrooms and resources. Some have lost large numbers of students whose families have fled violence and destruction in their

hometowns. Other schools have expanded or merged to support students relocating to them from destroyed nurseries, schools, and colleges. You can read more about Robin, his visit and his fundraising for Ukrainian schools in this article in <u>SW Londoner</u>. Please see below.

We are hoping that Robin can visit St Andrew the Apostle School to talk to our students.

At the end of the article is a link if you wish to donate to the charity Robin is connected with that supports students and schools in the Ukraine. There is also a video of the work they are doing on this page.



Image of Missile damage

Jacqui Kerr reports:

One man's quest to see the effects of the war in Ukraine on its children. The daily news images of Ukraine's war-torn towns, the bravery of its soldiers and the desperation of its people conjure up many emotions in us all. For one 85-year-old man, a former Mayor of Richmond, and current governor at Turing House School in Twickenham, they presented a chance to embark on a personal quest. Robin Jowit travelled alone to Ukraine to see what impact the war is having on the children and their education. His main aim was to raise awareness and money to help the pupils.

During his visit – which was self-funded without insurance but with the help of the Rotary of Kew Gardens and Sergii Zavadskii, a fellow Rotarian in Ukraine – he was able to see the plight of children and their teachers. He visited seven schools; those

in Kyiv and nearby Boryspil had not suffered any war damage, but for one school in Buzova near Bucha it was a different story – it had received 14 missile hits and had 116 windows blown out. All schools, whether damaged or not, are suffering constant power cuts, which interrupt the children's education. In a life where families and teachers are fleeing the war and some parents and teachers' partners have been killed, a constancy of education is needed to help balance the trauma. Teachers and charities are providing mentoring and psychological assistance. Whilst praising the heroism of the teachers, Robin also recognised a need that he as a Rotarian could try and fulfil and has established a practical and plausible way to help these schools.

During the many missile alerts, the only places of refuge are dingy, unlit bunkers so he has prioritised a fundraising scheme to buy batteries to run generators during the power cuts, allowing the children to continue learning. In their war-torn world, learning can help ameliorate what is going on around them outside the school walls, where damaged buildings and destruction confront them at the end of a school day. They are even being trained to be alert to landmines and how they are disguised. Robin is now spending his time visiting schools in the UK to establish links to Ukrainian schools. Together with the Rotary Club of Kew, he is continuing to appeal for funds to help the children of Ukraine.

Visit the Rotary Crowdfunder page <u>here</u>.

Managing Stress and Anxiety

We can access new music and movies in seconds. We can get products delivered to our door the very next day. We can chat or play games with people on the other side of the planet. For all of the remarkable benefits the digital age has brought us, however, it's also presented us with a whole new raft of pressures and anxieties that, in truth, we're all still learning to cope with.

From continual notifications inflaming a fear of missing out to the risk of public embarrassment or

slanging matches on social media, today's children and young people have stresses to manage that previous generations simply never encountered. This guide examines these uniquely modern worries, highlighting ways to reduce the anxiety that digital devices can bring.

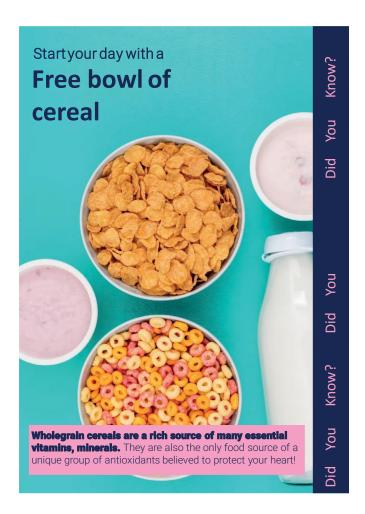
In the guide you'll find tips on reducing push notifications from apps, avoiding social media arguments and spotting when a child's been upset by something online.



Mr Martin (Deputy Headteacher)

Free Cereal in the Canteen in Building 5!

Innovate, our caterers, are offering free cereal to students in our Building 5 canteen from Monday. This will be available to students in all year groups to help them start their day!



Emergency Alerts – National Test 23 April 2023

For Information (from Katie Wood
Emergency Planning Manager, Organisational
Resilience, Assurance Group, London Borough of
Barnet)

The Government's new Emergency Alerts system is now live, enabling people to be contacted through their mobile phone in the event of there being a danger to life near to where they are, for example severe flooding or fire in their area. If that were to happen near you, your mobile phone or tablet will receive an alert with advice about how to stay safe.

The Government plans to test the system by sending a national test alarm to all smartphones that use 4G and 5G phone networks, <u>at 3pm on Sunday 23 April 2023.</u>

On that day, compatible mobile phones across the UK will sound the alarm – a siren and vibration, lasting for up to 10 seconds.

The emergency alert will appear on your device's home screen and you will need to acknowledge it before you can use other features on the phone. It will however just be a test, so other than to acknowledge it, you do not need to take any further action.

It's important to note that the alarm will sound even if your phone is on silent. If you're a victim of domestic abuse and you're worried that this could put you or someone you know in danger because they have a hidden phone, or you're concerned for someone else's safety, please watch this video from Refuge to find out how to turn the alert off.

Exam Season

Exam season can be a stressful time for many students, but there are things you can do to help reduce stress and perform



your best. Some tips to consider include practicing good study habits, taking breaks to recharge, getting enough sleep, and staying active. Additionally, there are several helpful resources available to students, such as online study guides, meditation and mindfulness apps, and stress management techniques. Here are a few resources to check out: Headspace, and Stress Reduction Techniques, <u>BICS</u>, <u>YoungMinds</u>, <u>Mind</u>. Remember to take care of yourself during this busy time and don't hesitate to reach out for help if you need it.

Miss Moustaka (Safeguarding & Inclusion Case Manager)

Anti-Bullying

All our form tutors, Heads of Year and indeed all adults in the school are training in how to identify, report and respond to signs of bullying. We have robust procedures and policies in school which we follow to ensure that we reduce and remove this from our community.

One of our values in school is respect and we expect all students to show respect to each other.

However sometimes these signs in school can be very subtle initially and it can be difficult for adults to spot these signs. We also know that some students would be concerned about their teachers knowing that this is happening.

When issues of bullying or unkindness occur in school, we address this in sensitive and appropriate ways. This can include closer monitoring or dealing with the issue in a way that reduces rather than aggravates the situation.

If your child has reported any unkindness to you that you are concerned about, please do report this to us using our staff contact form and we can discuss how we can support your child in the most appropriate way with a discussion between you, as parents, initially, so we can agree on a way forward.

Mr Martin (Deputy Headteacher)

Summer Term Extra – Curricular Sports Clubs

PE extra-curricular clubs re-commence on Monday 24th April 2023.

Monday

Activity: All Years Athletics Time: 3.00pm-4.30pm Venue: Bethune Park

*Changing building 5 changing rooms.

Activity: All Years Futsal Time: 3.00pm-4.00pm

Venue: Building 4 Playground

*Change in building 5 changing rooms.

Tuesday

No clubs due to Athletics League Meetings (Invite Only)

Wednesday

Activity: All Years Girls Dance

Time: 3.00pm-4.30pm Venue: Building 5 Hall

*Change in building 5 changing rooms.

Thursday

Activity: All Years Table Tennis

Time: 3.00pm-4.00pm Venue: Building 4 Hall

*Change in building 4 changing rooms.

Activity: All Years Boxercise Time: 3.00pm-4.30pm

Venue: Building 5 Playground

*Change in building 5 changing rooms.

Please note students do not wear PE kit to school on the day of clubs. If you do not have PE on the day of



the club, but wish to attend, please bring PE kit to change into 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)

School Uniform

We are incredibly proud of our students and the way that they present themselves to our community. We do this by 'sweating the small stuff' when it comes to uniform, and this ensures that larger behaviour issues are less common. The aim of our uniform policy is to ensure that all students look professional, are ready to work in school and be prepared for the world of work after they leave us.

Please do support the school culture and ethos by helping us ensure that students have the correct uniform. In particular:

- Students should be wearing leather shoes, the types that are acceptable can be found here.
- Students should not wear any jewellery or piercings other than a single stud in each ear lobe.
- Students should be wearing neutral trainer socks or no socks with tights.
- Students should also have their shirt tucked in, top buttons done up and ties tied correctly.

If students arrive to school in incorrect uniform, they could be asked to return home to change and return immediately or failure to follow clear and reasonable instructions to address their uniform could result in students being detailed or placed in our Referral Room.

Mr Martin (Deputy Headteacher)

Second Hand Uniform

You can buy good quality, second-hand uniform at the following site: www.oldschooluniform.co.uk

The school accepts outgrown, good condition uniform please hand in your items to the school reception.

Mobile Phones



As we enter the final term of the academic year, we would like to remind parents that the use of mobile phones is prohibited during

the school day, and students should not use them to communicate with anyone including parents. This is to ensure that our students can concentrate on their learning without distractions and to maintain a positive learning environment. Our school has a strict policy on mobile phone use, and we expect all students to adhere to this policy. Mobile phones must not be visible or used during the school day, including breaks and

lunchtime. Any mobile phones that are seen or heard will be confiscated by the school staff and returned to the student at the end of the school day. If this happens twice, parents should expect to come and collect the phone from the school office.

We understand that mobile phones can be important for staying in touch with parents and guardians, particularly in emergencies. However, we have systems in place to ensure that students can communicate with parents in case of emergency. Parents can contact the school office, and we will make sure that the message is relayed to the student. We encourage parents to use this system rather than contacting their child directly during the school day.

We believe that the mobile phone ban is essential to create a positive learning environment where students can concentrate on their studies without distractions. Mobile phones can be a significant source of distraction, and we want to ensure that our students have the best possible chance of success in their academic studies.

We appreciate your support in enforcing the mobile phone ban and remind parents that it is their responsibility to ensure that their child adheres to the school's policy on mobile phone use. We encourage parents to talk to their children about the importance of the ban and the impact that mobile phones can have on their academic performance.

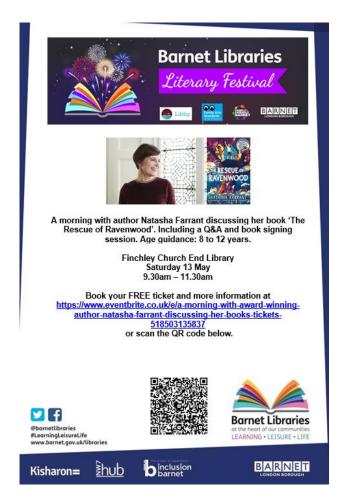
Thank you for your cooperation in this matter, and we look forward to continuing to work together to ensure the best possible learning environment for our students.

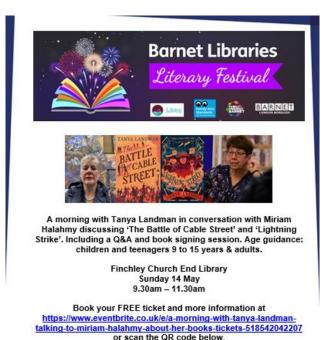
Mr Martin (Deputy Headteacher)

Barnet Libraries – Literacy Festival

Barnet Libraries offer a wide range of services to support students. For example, they provide GCSE and A Level revision guides as well as a large collection of non-fiction books. We also offer a

wealth of online resources including encyclopaedias, dictionaries, online newspapers and biographies. All are available to use free with



















a Barnet Library card. Library members can use a PC for 90 minutes each day or enjoy unlimited access to our Wi-Fi.

Study facilities in Barnet Libraries

They are pleased to offer study space for students.

This is available in both staffed hours and service opening. Self-service opening allows

eligible library card holders to use libraries during unstaffed opening hours. Young people aged 14 and over 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 hours are available at Burnt Oak, Chipping Barnet, Colindale, East Finchley, Edgware, Finchley Church End, Golders Green, Hendon, North Finchley and Osidge libraries.

In order to create a positive learning environment for young people during the busy study period now approaching, we'd like to remind students of their study requirements:

- Study space is limited and is provided on a first come first served basis. We are not always able to accommodate every student.
- Please share tables so we can accommodate as many people as possible.
- Some areas of the library are reserved for users who are not studying. Please respect other library users' and their needs
- Sockets are limited. We recommend you change 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 that wires do not trail across the floor.
- Please ensure people can get to the library shelves to browse.
- PC desks are only available for people using that PC. Please do not study at PC desks.
- 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
- No food deliveries, hot food or take-aways are permitted.
- Thieves operate in libraries. Please do not leave bags or valuables unattended.

For safety and security, libraries are always monitored by CCTV.

Please note toilets are available during staffed opening times but may not be available in self-service opening.

For more information visit www.barnet.gov.uk/libraries

Teenage Vaccinations

Teenage vaccinations given in years 8, 9 and 10 – is your teen up to date?

Teenage vaccinations are the best way to protect your child from serious diseases such as HPV-related cancers, meningitis, septicaemia, diphtheria, tetanus and polio. In school, your child will be offered:

- The HPV vaccine in year 8 and 9 as a 2-dose schedule
- The MenACWY vaccine in year 9 and 10
- The 3 in 1 teenage booster in year 9

If your child has missed any of these vaccines, speak to their school immunisation team or GP surgery and make an appointment to catch up as soon as possible. For more information, visit:

www.nhs.uk/conditions/vaccinations/nhs-

vaccinations-and-when-to-have-them/

Stephen Warrick

Communications and Engagement Public Health, London Borough of Barnet

Parents – Conversation Starters

Parenting the digital world is difficult, no-one can deny that. For many of us we didn't grow up in a world of technology, therefore we don't have 'lived experience', we're just trying our best. With may parents I speak to, one of the questions I regularly get is, "How do I start the conversation?"

With the exploitation of children getting significantly worse each year, those conversations are so important. In my voluntary work with the Police, I visit many homes where a child/young person has uploaded illegal imagery, and yet so often I hear "Why did you do that, you knew it was wrong!", 'That's it, you're banned" and much more. This is victim blaming.

From a parental perspective I get it, I understand the reaction. Parents are scared, even traumatised. Yet these criminals are devious, I often see the chat logs, children are ALWAYS victims.

The Internet Watch Foundation have put together a brilliant guide for parents. You can find the guide **HERE**.

North London Hockey

Born on or after the 1st of September 2008? Represent your Borough in hockey in the London Youth Games. More information and online registration at: https://sites.google.com/view/northlondonhockey/lyg-u14s



Trials start 22 April. (Elite players are NOT allowed) Alternatively, you may wish to kindly share our Facebook page's post.

In case you don't know who, we are and how we help our community:

North London Hockey started at Ashmole Academy in 2017 preparing the Boroughs' London Youth Games U14 Boys and Girls teams using open trials for LB Barnet and LB Enfield. Our growth has continued, apart from Ashmole Academy's covid hiatus when we had to temporarily decamp to Hertsmere, due to the fact that we welcome players at all levels from our community and have a Financial Hardship scheme and a library of free pre-loved sticks. We retain the new players with the aim of developing them, in a fun environment with small-format games against other junior clubs and moving them into our senior teams. LYG players have played for our Mens 1st team and Women's 2nd team.

Stephen Biggins

Youth Development Programme Co-ordinator

North London Hockey

Mentoring for Career in STEM industry (14-18)

Students from West London are invited to participate in a <u>free</u>, online mentoring scheme, funded by the Mayor of London, for disadvantaged 14 to 18-year-olds who may be interested in career within the STEM industry, or want to know more about it.

This scheme is exclusively for students in Barnet, Brent, Ealing, Hammersmith & Fulham, Harrow, Hillingdon, Hounslow, and Richmond and runs from 24 April for 12 weeks.

More information and teacher sign-up can be found here:

 https://www.londonstemambassadors. org.uk/stem-resource/onlinementoring-for-west-london-students/.

You can also contact <u>a.stoten@stem.org.uk</u> for additional information from STEM LEARNING

Steve Marshall, BPSI - BELS - Science Barnet Education and Learning Service

Public Health Updates

Mental Health Support for CYP Leaflet
Please find attached an amended version of the

mental health support for children and young people leaflet.

Please see attached <u>flyer for St. Vincent's</u>
<u>Wellbeing Hub</u>. This is open to anyone that supports/leads on mental health in schools or would like to learn more about the Senior Mental Health Lead training. For further information, please contact

emma.scelsi@stvincents.barnet.sch.uk

Jayne Abbott, Resilient Schools Manager
Public Health Directorate, London Borough of
Barnet





Mental health support for children, young people and their families