

Student Newsletter No 11
St Andrew the Apostle
Greek Orthodox School



Ever to Excel



Dear Student/Parents/Carers,

I hope you are all well. What I want to do briefly in my column this week is to provide an update about our provision for Years 7 to 9 in the upcoming weeks. As you will be aware, the government has decided that schools should provide some face-to-face contact to students in Years 10 and 12, because they will be sitting public exams next year, however education will remain remote for Years 7 to 9 until further notice. We are working hard to follow these instructions, and I would like to offer my

reassurance that the quality of distance teaching remains of the utmost importance to us all.

Just to keep you further informed on our plans to welcome back some students for face to face sessions on Monday June 15th, I wrote to our Year 10 and 12 students and parents last week explaining how this would work. We have planned for up to 40 students to attend school for this provision each day. Students will be in small fixed groups and will be supervised by consistent members of staff. They will have staggered arrival and dismissal times according to the group they are in. Groups as far as is possible will not mix with each other during the school day. This is to reduce the number of social interactions which each child would have throughout the day. Students will be seated in well-spaced desks and windows/doors will be open for ventilation. Infection control routines, such as regular handwashing and sanitising will be built into their school day.

On the week beginning 15th June, Year 10 students have been invited into school for an individual tutorial to discuss and review the work they have completed so far, any concerns or wellbeing issues they may have and to explain new routines and procedures for a wider return to lessons. Students will arrive for their allotted appointments in a large and well-ventilated space. The tutorial will take place at a suitable distance from their tutor/teacher. They will be allowed to leave site directly after the tutorial and will not need to interact with any other students.

As I am sure you know, at this stage I do not know what September has in store for students, and I await a decision from the government as to what is expected of schools. It may involve more remote learning, a return to school or a combination of the two. This decision may come at a late stage, but no matter what is asked of us, we will give our all to provide an excellent education to our students, whatever form it takes.

Thank you for your continued support and all the work you are doing to support your child with their learning. I understand there will be a great deal of anxiety for many families in taking the decision to allow their child to return to school but I assure you that we are working tirelessly to ensure the school is a safe place for all members of our community. It is very encouraging to hear how transmission rates are falling, especially in London, and we are hopeful that the next week or so will see even more reductions in new infections, signalling that we can confidently press ahead with our plans for a phased return.

My best wishes to you and to our students as the challenging times continue.

With God's Blessing,

Michael Vassiliou

Headteacher – Acting

St Andrew the Apostle – Thoughts for the Week



Bible Readings and Prayers for this time:

Psalm 27

Hear my voice when I call, LORD;
be merciful to me and answer
me.

My heart says of you, "Seek his
face!"

Your face, LORD, I will seek.

I remain confident of this:

I will see the goodness of
the LORD

in the land of the living.

Wait for the LORD;

be strong and take heart
and wait for the LORD.

A prayer

O Lord, we call upon You in our time of
sorrow,

That You give us the strength and will to
bear our heavy burdens,

Until we can again feel the warmth and
love of your divine compassion.

Be mindful of us and have mercy
on us while we struggle to comprehend
life's hardships.

Keep us ever in your watch, until we can
walk again with light hearts and renewed
spirits.

Amen

Theme for the week – Week beginning 1st June

Theme of the week	Key Dates/Events	Bible Quotation	Inspirational Quotation	Questions to consider
Trustworthiness: The value of passing on news truthfully.	28 th May – Ascension Day (E.O.)	"Therefore, having put away falsehood, let each one of you speak the truth with his neighbour, for we are members one of another." – Ephesians 4:25	"You must be honest. You must be truthful." <u>Elie Wiesel</u>	How do we know the news we receive is accurate? What has made it harder to assess this? How should we respond with our sharing of news?

We All Deserve To Be Free

The death of African-American man George Floyd, after he was arrested by police in Minnesota, enraged and devastated the world. As the footage of Floyd telling the police officer kneeling on his neck that he couldn't breathe circulated online, many were left thinking about the racism which still plagues us as well as what they can do to support the Black Lives Matter movement.

There has been a surge in conversation online, with people talking about organisations to donate to, protests to attend and policymaking bodies to petition. It is important to learn from the Black community as a starting point; to listen to their experiences and to take notes on how to be an ally, before going forward and taking action.



'Listen to children. Talk with them about racism. Answer their questions honestly and admit when you don't have an answer.'

When Tiffany Jewell experienced racism as a child, she didn't know what to do or say. Now she wants to empower other children about the history of racism and resistance, so they can better speak out against injustice.

Read more from Tiffany Jewell, author of 'This Book Is Anti-Racist' with BookTrust 

<https://www.booktrust.org.uk/news-and-features/features/2020/january/anti-racism-is-for-everyone-lets-have-the-conversation-with-all-our-children/>

Covid Awareness



Are you travelling to work this morning? If so, walk, cycle or drive if possible. #StayAlert



If you are told you have been exposed to an infected person, you must self-isolate for 14 days.

Play your part #StayAlert

Art Exhibition – Sixth Form

Parents and carers, check out 'At Home', the National Art Exhibition for sixth form college students - 4th-19th June 2020.

Talented young artists express their feelings about living at home during a global pandemic.👉



This online exhibition celebrates the arts and recognises excellence in sixth form colleges, which represent a vital supply pipeline of talented artists of the future. It is imperative that we keep the arts in education secure and flourishing. If young people are to make a truly valuable contribution to society, even if they are to be successful scientists, engineers, doctors and technicians, they need to develop their creative skills, their artistic sensitivities and their ability to interact with others.

<https://www.sixthformcolleges.org/411/at-home>

Free Audio Books

For as long as schools audible closed, are open. Right now, kids everywhere can instantly stream an incredible collection of stories, including titles across eight different languages, that will help them continue dreaming, learning, and just being kids.



All stories are free to stream on your desktop, laptop, phone or tablet👉

<https://stories.audible.com/start-listen>

Music of the Week

BLUE WORLD

Listen to the soothing and harmonic Jazz album by John Coltrane. A towering musical figure of the 20th century, saxophonist Coltrane reset the parameters of jazz during his decade as a leader. He is sometimes described as one of jazz's most influential musicians, and certainly there are other artists whose playing is heavily indebted to him.



<https://open.spotify.com/album/5OdRhr4aotXEXEnH6N2eRv>

EmpathyLab



Tuesday was #EmpathyDay. EmpathyLab have fun activities for the whole family in their Family Activities Pack🌞

Empathy Lab are the first organisation to build children's empathy, literacy and social activism through a systematic use of high quality literature. Their strategy builds on new scientific evidence showing that an immersion in quality literature is an effective way to build our empathetic understanding of others

Download your pack📄

<https://www.empathylab.uk/family-activities-pack>

Offer to Cook Something for your Parents

It's going to be a difficult and stressful time for families over the next few months - aim to do something nice around the house once a day. Maybe offer to cook a meal once a week to reduce the stress on your family. Record this in your daily planner.

St Andrews will provide an easy to follow recipe with each newsletter. Take a photo of what you've created and email it to admin@standrewtheapostle.org.uk and we will share what you've made.

If you're looking for quick, easy and healthy family meal inspiration, check out this healthy kids Chicken skewers with tzatziki recipe.



<https://www.bbcgoodfood.com/recipes/chicken-skewers-tzatziki>



Safeguarding

If you have/are worried about your safety or wellbeing during the school closure, please ask your parents to email inclusion@standrewtheapostle.org.uk to see if the school can help. They should also contact the local authority (council) who will often be more able to help when school is closed.

We all have a role to play in keeping children and young people safe from abuse.

If you have concerns, or need advice during this difficult time, please call the NSPCC's helpline on 0808 800 5000 or email help@nspcc.org.uk

Think U Know

Think U Know have created videos to support parents during Covid-19 and the closure of schools to many children.

In the different videos and presentation, ThinkUKnow will introduce you to the education programme, highlight some of the resources available for you and your children and remind you of some of the things you can do to keep your child safe online.



You can find the videos

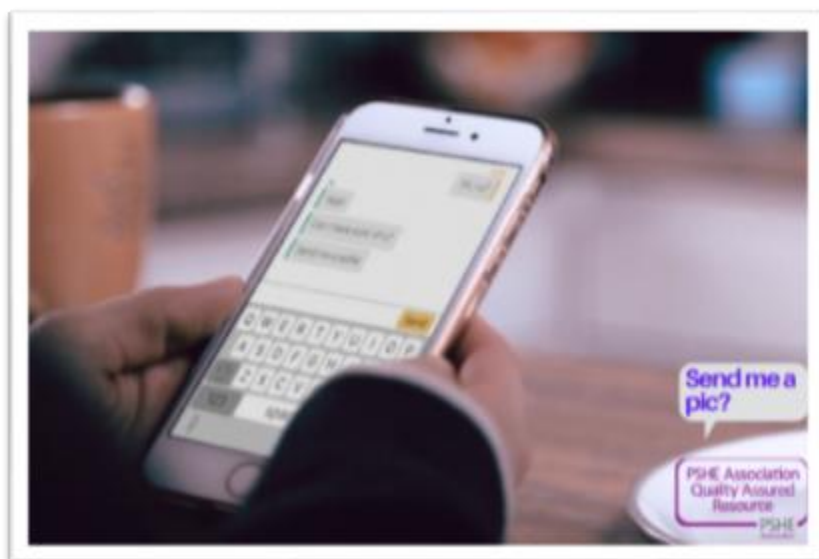
here: <https://www.thinkuknow.co.uk/parents/Support-tools/presentations-for-parents/>

Think You Know – SendMeAPic?

#SendMeAPic, have released their new educational resource for 12-14 year olds on nude image sharing →📱

Send me a pic? was developed in response to learning from research into young people's relationships online, and through extensive collaboration with young people across the UK.

The resource pack contains three sessions plans based on short film clips. Each clip shows a fictional online chat where young people request, receive and discuss issues related to nude images.



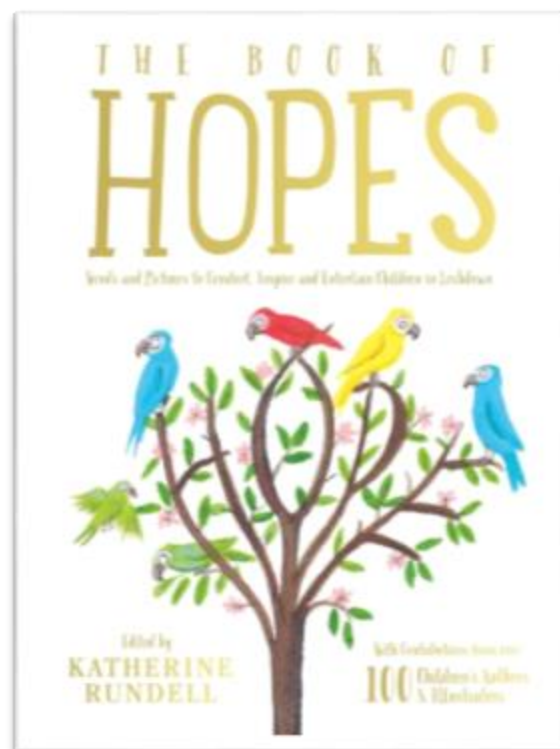
Download the free session plans, film clips, fact sheets and more! 📄

www.thinkuknow.co.uk/professionals/resources/send-me-a-pic

Literacy Trust – The Book of Hopes

Completely free for all children and families, the extraordinary collection of short stories, poems, essays and pictures has contributions from more than 110 children's writers and illustrators.

With authors including Lauren Child, Anthony Horowitz, Greg James and Chris Smith, Michael Morpurgo, Liz Pichon, Axel Scheffler, Francesca Simon and Jacqueline Wilson, read some of the best-selling children books.



https://issuu.com/bloomsburypublishing/docs/thebookofhopes_interactivepdf

Gardening



With summer slowly approaching, why not try and grow some fruit and vegetables! In the links below, there will be a step by step guide on tips and ways to grow some plants at home. It's okay if you don't have an outdoor garden, you could create an indoor garden and use what you have grown to create some delicious and healthy dishes.

<https://www.youtube.com/watch?v=WDfe9fRvs04>

Check out these top tips on growing flowers from BBC Bitesize 🌻🌸

🔗 <http://bbc.in/2Xho458>

Your Mental Health is Important

It can be really difficult being isolated from friends, if you need someone to speak to for good advice, try our friends at www.kooth.com for someone to talk to in these anxious times.

