



Christmas the Nativity Fast Begins

Key Messages

Dear Parents and Carers,

Last Wednesday 17 November, we enjoyed a memorable and fantastic day, where our whole school community worked together enabling each student to demonstrate our school motto **Ever to Excel**. At STA, this means that our students always try their best and never give up, knowing that they will be nurtured and supported to achieve their ambitions. Please [click here](#) if you would like to read more about our vision and values.

I think the best way for me to capture the highlights of the day is to share some images of our wonderful school in action.

Our sixth form students demonstrated excellent leadership skills as they supported with all activities on the day; Year 7 took part in team building activities; Year 8 took part in Internet-safety activities delivered by one of our parents who works in Cyber security; Year 9 took part in a Business enterprise activity; Year 10 took part in a series of workshops delivered by the Tottenham Hotspur Foundation and Year 11 attended sessions about post-16 choices delivered by STA teachers and Barnet Careers education services.

Year 11 students are now busy submitting their applications for our sixth form and in the new year, we will be inviting our Year 11 students to attend a live sixth form lesson for each of their chosen subjects alongside our current Year 12 and Year 13 students.

Parents and carers will be able to have a tour of school and visit sixth form lessons in action during the normal school day. Details of how to book the tour will be on our website in early January.

Year 10 workshop with Tottenham Hotspur Foundation

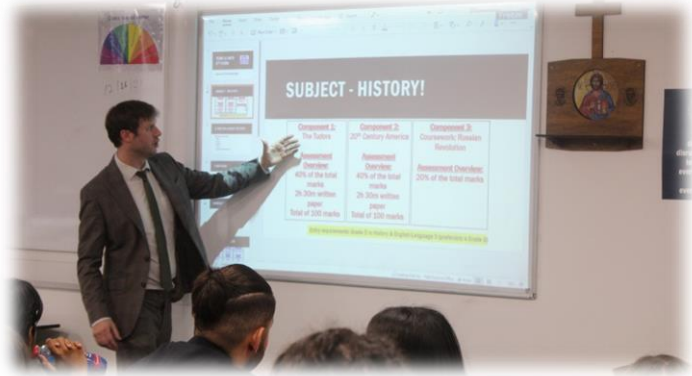


Year 7 team building workshop





Year 11 Careers afternoon- deciding on post-16 education



Visit to STA by University of Cambridge

On Thursday 18 November, Gwyneth Hamand from Gonville and Caius, our link college at the University of Cambridge, delivered a series of inspirational workshops to our Year 11, 12 and 13 students. Year 13 feel better prepared for their forthcoming interviews in December and Year 12 are feeling ready to start their personal statements in advance of application in Autumn 2022!

Gwyneth ended the day by delivering a workshop to Year 6 students from a local Primary school. It's never too soon to start thinking about higher education!



Gwyneth in the grounds of our link Cambridge college, Gonville and Caius.



Finally, the 15 November marks forty days until Christmas and in the Greek Orthodox Church, the **Nativity Fast** begins.

The 40-day fasting period otherwise known as **Christmas Lent** is when the Greek Orthodox Church gives the faithful periods of fasting and reflection in order to refocus on their spiritual life, to challenge them and to help them make adjustments, as they experience the Holy Nativity of our Lord and Saviour in a real and meaningful way.

To all who are observing the Nativity Fasting period, we wish them a happy and blessed Nativity Fast.

Mrs I Warwick (Headteacher)

standrewtheapostle.org.uk

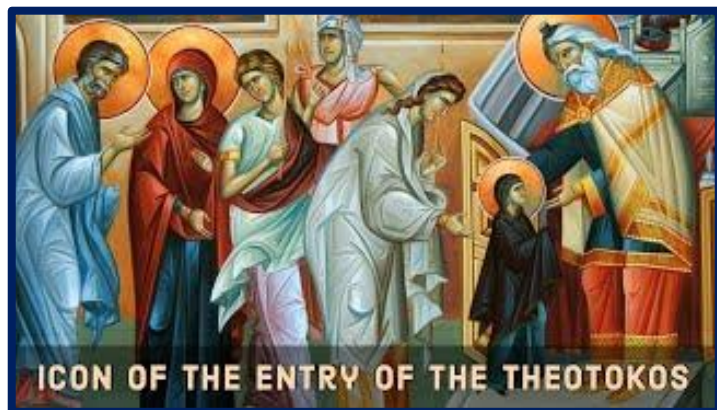
Faith - πίστις

The Nativity Fast is like the fast of Easter Lent, but not quite as strict. The Nativity Fast is one of four main fast periods throughout the ecclesiastical year. Beginning on 15 November and concluding on 24 December, the Nativity Fast gives individuals the opportunity to prepare for the Feast of the Nativity of Our Lord and Saviour on 25 December.

This is the time in the Orthodox Church where attention is drawn to the great mystery of the Incarnation of our Lord and Saviour Jesus Christ, as we await his coming in anticipation of the great joy of His birth on Christmas Day. For preparation, the Church asks the faithful to participate in a fast by abstaining from certain food and drink as well as focusing more deeply on prayer and almsgiving.

Most notably, the fast usually involves abstaining from certain foods: eggs, dairy, poultry, red meat, meat products, oil, fish and wine. On Saturdays and Sundays, fish, oil, and wine are acceptable to consume.

After the Christmas day service, it is tradition to come home from church and to break the fast by enjoying a lavish meal with family and friends.



The Virgin Mary is referred to in Greece as the Panagia, ("All holy," Full of Grace,") and is considered to be the mother to all people and a symbol of protection and comfort. The Virgin Mary is also known as Theotokos, (Greek: "God-Bearer"). In Eastern Orthodoxy, this represents the designation of the Virgin Mary as the mother of God.

On 21 November, the Greek Orthodox Church celebrates the Entrance of the Theotokos to the Temple.

The service of this feast day explains how Panagia was brought as a small child to the temple by her parents in order to be raised there in the service of the Lord until the time of her betrothal in marriage. According to Church tradition, Panagia was solemnly received by the temple community,

which was headed by the priest Zacharias, the father of John the Baptist. She was led to the holy place to be “nourished” there by the angels in order to become the “holy of holies” of God, the living sanctuary and temple of the Divine child who was to be born in her. The background story to this event is very important.

Joachim and Anna (parents of the Virgin Mary) were devout Jews who loved God very much. They lived on only a third of their income, giving away the rest. Yet they had no child. They promised God that they would give their child back to Him, if He would grant them one, and He blessed them with the gift of their daughter Mary.

The birth and early life of the Virgin Mary is not recorded in the Gospels or other books of the New Testament however this information can be found in a work dating from the second century known as the Book of James or Protevangelion (First Gospel).

When the Panagia was three years old, Joachim and Anna (parents of the Virgin Mary) decided that the time had come to fulfil their promise and to offer her to the Lord. Joachim gathered the young girls of the neighbourhood to form an escort, and he made them go in front of Panagia carrying torches. Captivated by the torches, the young child followed joyfully to the Temple, not once looking back at her parents nor weeping as she was parted from them.

The Holy Virgin Mary ran toward the Temple, overtaking her attendant maidens and threw herself into the arms of the High Priest Zacharias, who was waiting for her at the gate of the Temple with the elders. Zacharias blessed her saying, ***“It is in you that He has glorified your name in every generation. It is in you that He will reveal the Redemption that He has prepared for His people in the last days.”***

Then, Zacharias brought the child into the Holy of Holies—a place where only the High Priest was permitted to enter once a year on the Day of Atonement. He placed her on the steps of the altar, and the grace of the Lord descended upon her. She arose and expressed her joy in a dance as wonder seized all who saw this happen.

Panagia dwelt in the Temple for nine years until reaching an age for marriage, she was taken from the Temple by the priests and elders and entrusted to Joseph.

The Entrance of the Theotokos into the Temple signifies her total dedication to God and her readiness for her future vocation as the Mother of the Incarnate Lord. This is a feast of anticipation. As honour is shown to Panagia, the faithful are called to look forward to the Incarnation of Christ,

celebrated in a little more than a month by the Feast of the Nativity on December 25.

Through her intercessions, O Lord Jesus Christ our God, have mercy upon us, and save us. Amen.

Mr M Vassiliou (STA Spiritual Director)

Stars of the Week



Year 7: Anna-M D and Oliwia C – for their leadership and initiative in organising a collection for Christmas trees decorations across the school.

Year 8: Jana B – for always being ready to be stretched and challenged and for making great progress. **Aliyat O** – for being resilient in lessons.

Year 9: Stelio C – for consistently completing outstanding work in lessons. **Endri T** – for excellent attitude in lessons and during the school day.

Year 10: Myriam M and Phobe W – for an excellent display of skills in Rugby, which resulted in them scoring three tries between them.

Year 11: Stella A – for being an active member of the form during form time. **Sienna R** – for using great revision strategies in preparation for Year 11 mocks.

Year 12: Thea P – for presenting an excellent argument and for sharing her ideas in form time discussions. **Lilly M S-L** – for her excellent participation in debates about climate change with great ideas and strong arguments, during form time.

Year 13: Annie M – for her commendable effort and progress in History and Classics this year. **Peter T** – for excellent contribution to class discussions in History and his commendable work ethic.



Friends of St Andrew



Reminder: If you (or a company you know) is able to donate a prize for our Christmas raffle, we would very grateful. Please do get in touch by emailing us at admin@standrewtheapostle.org.uk with FOSA in the title and mark your email for the attention of Mr Michael.

Mr Michael (Senior Deputy Headteacher)

Headteacher Parent Surgery



If you would like to meet with the Headteacher or a Senior Deputy Headteacher at our weekly Parent and Carer surgery, please email admin@standrewtheapostle.org.uk

This will take place every Friday from 5pm until 6pm. The time allocated for appointments will be 15 minutes in the first instance. Please send your request for an appointment in by 10am every Wednesday so that we may allocate an appointment and send you confirmation in good time. All appointments will take place via Microsoft Teams during current restrictions.

Christmas Card Competition

Design a Christmas Card for this year's **Christmas Card Competition!**

Your Christmas card needs to include:

1. A special Christmas message.
2. A religious image of some kind.
3. Lots of Christmas cheer.
4. Needs to be on a single A5 piece of paper.

If your Christmas card is chosen, it will be used as the official Christmas card of the school for 2021, and you will receive 30 copies of your Christmas card to give out for your friends and family.

You can use any materials you like as long as there are no 3D elements.

You have until the **26th of November**. Please hand your Christmas cards to **Miss Constantinides**.

Good Luck!

This is your last week to apply for this competition by popular demand! Please ensure that your final designs are handed into Miss Constantinides by 26 November.

STA Sport Notices- Boys Sport

STA HEAD TO THE QUARTER FINALS!



Another great victory for STA boys on Wednesday 17 November!

The Year 8 and Year 9 boys were up against St Mary and St John at our home ground. Having our captain, Joe P out due to an injury meant that both managers had to switch the tactics and formation to ensure we would take the win home. During the first half of the game Phoenix D was hungry for goals as he hit the crossbar and posts multiple times. Shortly after, unfortunately for St Mary and St John they conceded a penalty, leading Phoenix D to slot it into the bottom left corner leaving the keeper just getting his fingertips onto it. Heading into the second half our boys were relentless on the pitch. 10 minutes into the second half Kyros L played a lovely through ball to Phoenix D and scored another goal into the bottom right corner. Yet again our Man of the Match, Aleks OP provided our team with an excellent performance along with Kaine K keeping their strikers at bay.

Mr De Jesus (Year 8 & Year 9 Coach)

STA Sport Notices- Girls Sport

Since returning after the October half-term break, the girls' netball and football leagues have begun, with all year groups competing. The girls have shown resilience and determination in training, and this has been very successful both on and off the pitch.

Year 8 & Year 9 Football vs Friern Barnet



Girl of the game - Lindita P

The football season began with a Year 8/9 football match vs Friern Barnet School. In a very close game, the girls drew 3 – 3, with goals scored by Ellie S, Lindita P and Demetria Z.

Year 9 Netball vs. CCF



Girl of the game – Jessica S

The Year 9 netball season began with a match against Christ College Finchley, and the girls were able to secure a strong 7 – 2 win, with goals by Demetria Z and Jessica S. The team demonstrated great teamwork, communication, and determination!

Year 10 Netball vs. CCF



Girl of the game – Aleksandra T

The Year 10 Netball team were very unlucky in their first game of the season, with a 7 – 6 defeat. The game was close from the offset and the resilience shown by the girls to close the score gap was excellent.

Year 7 Netball vs Ark Pioneer Academy



Girl of the game – Sophia K

The Year 7 netball team, coached by Kerlel G (Year 11) were very unlucky in their first match for STA when they were defeated by Ark Academy. There were some excellent skills and teamwork demonstrated both on and off the pitch. Stand out performers were Sophia K, Isabella PT, Stella D, Elena B.

Year 9 PSHE- First Aid

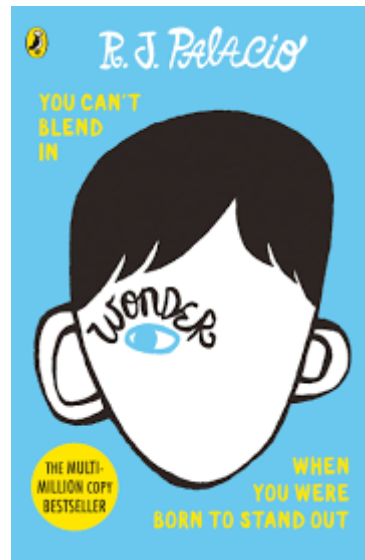
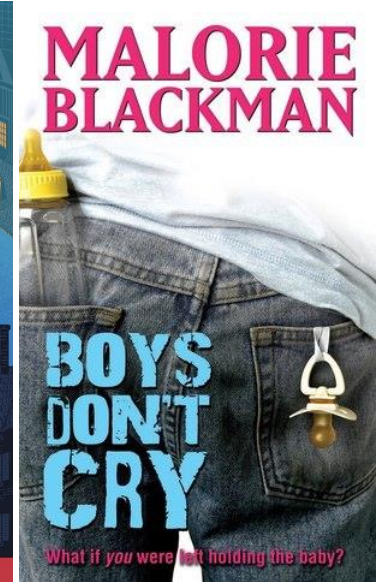
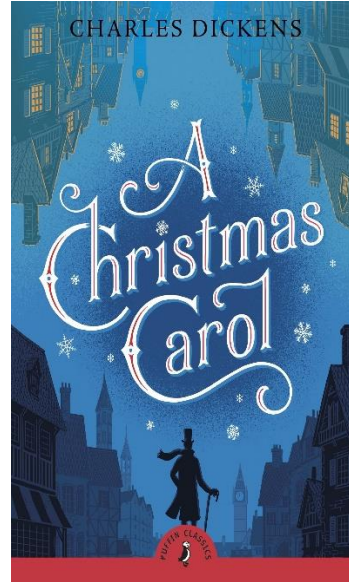


This term, in PSHE we are learning about First Aid. Year 9 were very excited to be able to practice their bandaging practically. They were all able to demonstrate how we would

effectively deal with different types of bleeds, as well as how to complete primary and secondary surveys.

Ms D Walt (Head of Year 9)

KS3 Guided Reading



Years 7 and 8 will be embarking on a literary journey in their English lessons over the next four weeks of this term. We are introducing a short, guided reading unit which we hope will foster and encourage independent reading skills. All students will be reading a particular novel that is matched to their ability, as well as set related independent tasks related to their book.

Research around independent reading shows that practising key reading skills will significantly develop your child's reading ability and improve their chances of success at GCSE across a range of subjects.

would enforce the practice of these core values on a daily basis.

We debated several topics regarding how our actions impact society and what we individually could do to make a difference in this world.

In addition, we learned about how valuable volunteering work could be, as not only would it help develop your experience and knowledge in a particular area of work or subject, but it could also reward you with UCAS points.

We were also taught about the difference volunteering can make to those less fortunate than us, especially at this time of year, and some students were even inspired to create their own fundraisers for various charities.

All in all, the sessions provided a valuable lesson for students as it created key guidelines for the actions of Year 10 who are soon-to-be adults of British society. We were also all taught about how we can move forward in the future!

Mr J Francis (Head of Year 10)

Open events for Year 12 students- Reminder

University of Greenwich - Thu 25 November 2021 - 12:30 to 19:30



At the University of Greenwich, we believe that the best way to decide which subject you want to study is by talking to the people who teach it. Join us on Thursday 25 November to learn more about your course of interest from Greenwich academics, as well as all the career-boosting and financial support opportunities that the University offers.

University of Reading – 16 November – 14 December



Our live sessions give you a great opportunity to hear from our staff and students on different aspects of choosing and applying to university. If you cannot attend our live webinars

but would still like to hear the presentation, please sign up and we will send you a recording of the session.

[Upcoming Webinars](#)

- **14 December- 16:30 - [The UCAS application process](#)**

[University of Northampton – Saturday 4 December 2021 – 10:00 – 14:00](#)



Attending a virtual open day gives you the opportunity to:

- Get subject information delivered by our academic staff, to give you a real taste of the courses we offer
- Quiz our current students on every aspect of student life
- Take a [virtual tour](#) of Campus
- Get a feel for our [halls of residences](#)
- Speak to advisors and find out about [bursaries](#), [scholarships](#), [accommodation](#) and [student support](#)
- Ask your questions about [postgraduate](#) options
- Chat to the [Students' Union](#) and meet representatives from our clubs and societies.

Register to virtually attend and get updates to your inbox. [Full schedule available.](#)

[University of Portsmouth – Saturday 4 December 2021](#)



On an undergraduate Open Day, you can:

- Tour our campus, facilities and halls of residence
- Speak with lecturers and chat with our students
- Get information about where to live, how to fund your studies and which clubs and societies to join

[Middlesex University – Saturday 11 December 2021 – 11:00 – 15:00](#)



This is your chance to see the campus and top facilities, learn about their courses and get personalised advice about University.

- Explore your subject with interactive livestreams and Q&A sessions with academics
- Chat live to staff and students in group discussions or over DM
- Watch tours of our campus and facilities
- Advice sessions on applying through UCAS, accommodation, funding and student life

Mental Health Crisis Helpline



If you're in crisis and need to talk right now, there are many helplines staffed by trained people ready to listen. They won't judge you and could help you make sense of what you're feeling.

Samaritans. To talk about anything that is upsetting you, you can contact [Samaritans](#) 24 hours a day, 365 days a year. You can call [116 123](tel:116123) (free from any phone)

SANEline. If you're experiencing a mental health problem or supporting someone else, you can call [SANEline](#)

National Suicide Prevention Helpline UK. Offers a supportive listening service to anyone with thoughts of suicide. You can call the [National Suicide Prevention Helpline UK](#) on 0800 689 5652 (open 24/7).

Campaign Against Living Miserably (CALM). You can call the [CALM](#) on 0800 58 58 58 (5pm–midnight every day) if you are struggling and need to talk. Or if you prefer not to speak on the phone, you could try the [CALM webchat service](#).

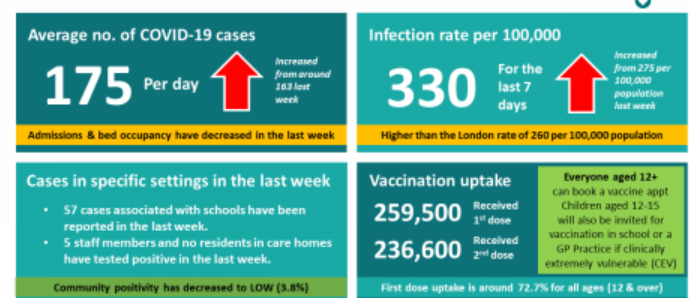
Papyrus HOPELINEUK. If you're struggling with suicidal feelings, or concerned about a young person who might be struggling, you can call [Papyrus HOPELINEUK](#) on 0800 068 4141 (weekdays 10am-10pm, weekends 2pm-10pm and bank holidays 2pm–10pm)

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

Reminder: During school, students needing emotional support can talk to their Form Tutors and their Head of Year. The following members of staff are also available: **Mr C Martin (DSL*)**; **Mrs C Hammond (DDSL*)**; **Mrs I Warwick (DDSL*)**; **Ms M Henshaw-Devall**; **Mr N Anemori** and **Ms M Hirli**. *DDSL is the Deputy Designated Safeguarding lead *DSL is the Designated Safeguarding lead.

Reminder COVID safety

BARNET COVID-19 WEEKLY ROUND-UP 7 November – 13 November 2021



Students should be testing themselves at home twice weekly (Wednesdays and Sundays) using lateral flow tests and results should be reported to the school using our online reporting system.

Please note: Students experiencing any symptoms of COVID must not come into school and must go immediately for a PCR test.

Please [click here](#) if you would like to view the Barnet COVID-19 weekly update.

Important dates for the calendar



Please [click here](#) to access term dates.

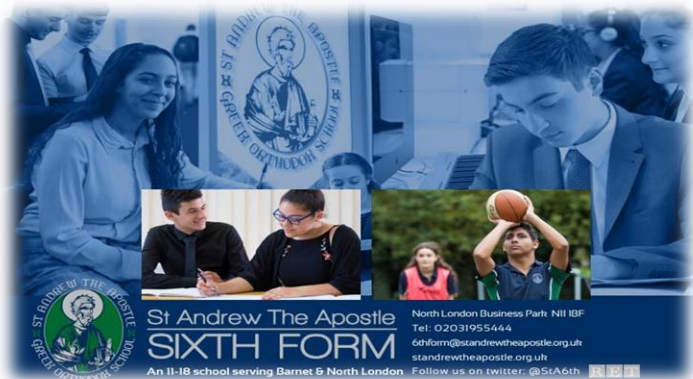


“We are a small school and we have brilliant relationships with our teachers with bonds that we created since Year 7. I’m just happy that I’m here.” Kinyemi Year 12.

Please [click here](#) to apply for our sixth form. Early applications stand a better chance of being successful in obtaining a place to study the course of choice in our sixth form.

Personal attention + Positive relationships = Excellent Progress

Applications for our Sixth Form- Reminder



Christmas Show Information



Our Christmas show will take place in Building 4 Hall at 6pm on **Friday 10 December** with refreshments served by FOSA (Friends of St Andrew the Apostle School).

Our Performing Arts team have collaborated with staff from Religion and Philosophy and

with the PE team to create a wonderful programme including two performances by our Byzantine choir; a drama piece on 'Christmas in the trenches', a dance performance, Bible readings and Christmas carols in different languages.

We also look forward to welcoming 90 students from a local Primary School who will attend our matinee performance.

As we are expecting a sold-out evening performance, we will open the ticket booking system on **Monday 29 November**. We are not charging for tickets but we hope that you will instead donate to a charity chosen by our students via Parentpay. More details will be shared with you in next week’s Newsletter!



“You have a personal connection with each and every one of your teachers. They all know your name, they know what you’re like, they know your family.” Thea, Year 12.

Ofsted 2018 *“The school’s work to promote pupils’ personal development and welfare is **outstanding**. Leaders in the sixth form set **high expectations** for their students. Students really enjoy their learning in the sixth form.”*