



# Headteacher's Update

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

2 May 2022



**Day of rejoicing commemorated on 3 May.** On Tuesday of Saint Thomas week, we remember those Orthodox Christians from all ages who have died in faith, and in the hope of resurrection.

## Key Messages

Dear Parents and Carers,

Thank you for your support over another busy and productive week.

We have had really positive feedback about the changes to our Building 5 site from visitors and the school community. We will continue to add improvements to our buildings ahead of our move into our permanent school site.

I would like to thank Ms Constantinides and her talented Year 8 and Year 9 Art students who attend weekly Art club. This amazing group of students have used oil paints to create vibrant and inspirational canvasses which are now on display in both buildings- further enhancing our school site.

This month is Mental Health awareness month and we know that good attendance is linked to good progress, high attainment and to positive wellbeing. Students with 100% attendance typically make over half a GCSE grade's progress than the national average in every subject. Students with less than 90% attendance achieve around one whole grade lower than expected in every subject. To put this in context, a child with an overall attendance of 95% will have missed 2 weeks of lessons which accounts for 60 lessons.

Similarly, if your child arrives 5 minutes late over one academic year, this equates to a loss of 3 school days. This loss of learning time is likely to affect your child's wellbeing and progress in examinations.

The [key findings](#) of a Government report into absence and attainment concluded that at Key Stage 4, overall absence had a statistically significant negative link to attainment i.e. every extra day missed was associated with a lower attainment outcome. Not only is attendance mandatory, it is also essential for us to ensure that all of our students are able to catch-up on gaps in their education caused by the COVID pandemic.

In light of the information above, please may I ask for your continuing support to ensure that your child arrives to school by 8.20am every morning so that they can arrive at tutor time promptly and that they attend school every single day. If you have any worries or concerns about your child's attendance or Wellbeing, please get in touch with your child's form tutor or their Head of Year who would be pleased to advise and support you. The World Health Organisation defines Wellbeing *as a state of total health that is not merely the absence of disease or illness*. This means that we would consider physical and mental health together with the quality of our social relationships when we look at a student's overall wellbeing.

A reminder, that in line with [Government advice](#), we are no longer coding COVID- related absences separately from other illness. Please continue to report your child's absence in the usual way.

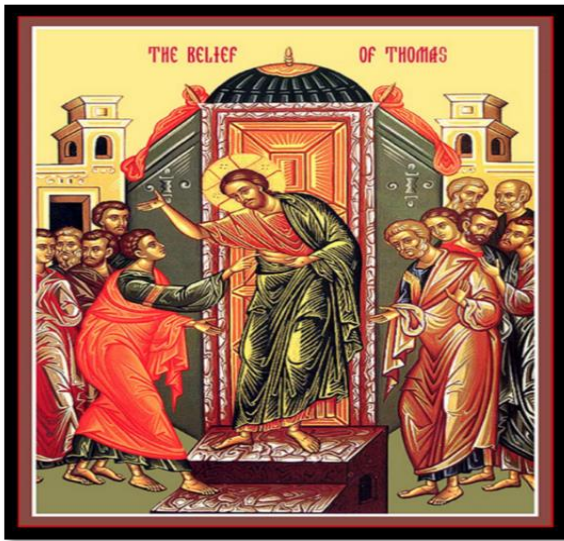
Please [click here](#) to read our Attendance policy on our school website.

Finally, all London schools received a letter from the Health Protection Team of UKHSA this week informing us that there has been a recent increase in routine childhood infectious diseases in London. It specifically referenced chickenpox and scarlet fever, both of which are considered to be common, mild and of low public health risk. However, coinfection of chickenpox and scarlet fever does carry an increased risk of complications. Please do contact us immediately if your child contracts either or both diseases.

Best wishes,

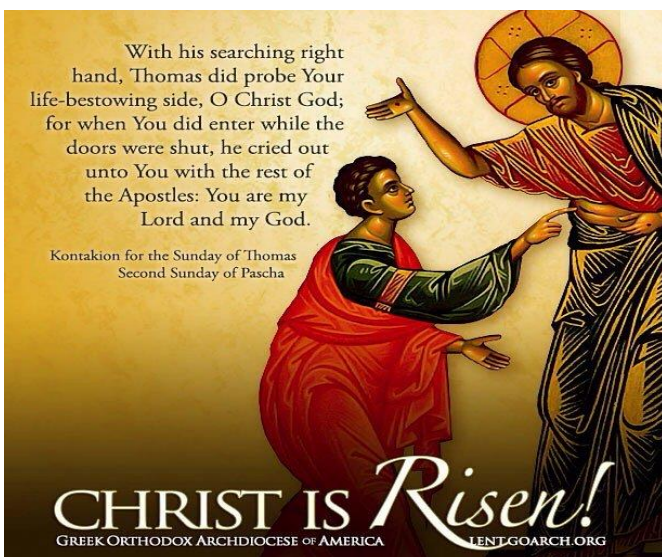
**Mrs I Warwick (Headteacher)**





### Thomas Sunday, The New Sunday

**Christ is risen! Truly He is risen!**



Christ is risen! Truly He is risen! Christos Anesti to you all. In case you are wondering why I am still greeting you with these words, please note that in the Orthodox Church, it is customary to go on greeting your fellow Christians in this way for the next forty days.

This week, having also had the second Sunday of Pascha, we mark the celebration of Christ's Resurrection, and the occasion whereon the Holy Apostle Thomas touched the Saviour's side.

This day is called New Sunday, Thomas Sunday or Anti-Pascha. The last term means "in place of Pascha", because Thomas did not hear of Christ's Resurrection and initially disbelieved it.

On this feast, our Lord Jesus Christ appeared for the second time to His disciples after His Resurrection from the dead. The first appearance was in the evening on the same day of His Resurrection (John 20:19). However, Thomas was not with them (John 20:24). So He appeared again this second time on that Sunday to strengthen Thomas' faith (John 20:26).

Our Lord Jesus Christ wanted to establish for us that Sunday is the day of the Resurrection and should be the day that is consecrated for Him. Thus, He appeared to Thomas with the rest of the disciples on the Sunday following His Resurrection. This is why the Church chose to make Thomas Sunday a feast and called it the "New Sunday". Sunday is also known as the "day of the Lord" in Greek (Kyriake), Coptic, and Latin (from which the French word for Sunday [dimanche] comes).

Besides the Resurrection of our Lord Jesus Christ from the dead, there are many other events that occurred on Sunday to establish its glory and the day consecrated for Christian worship:

God began His creation of the heavens and the earth by creating the light on the first day. Thus, when our Lord Jesus Christ rose from the dead on the first day of the week, He was showing that He has become the "first fruits of the resurrection" (1 Cor 15:20). He is also the "Light of the world" (John 9:5; 12:35,46) Who is "the firstborn over all creation".

Our Lord Jesus Christ entered Jerusalem as a King on a Sunday.

The Holy Spirit descended on the Church on the day of Pentecost, also a Sunday.

The tradition and practice of the early Church as shown by the Holy Scriptures and the Fathers was to consecrate Sunday as the day of the Lord, the day of worship and gathering for the Eucharist:

"Now on the first day of the week, when the disciples came together to break bread..." (Acts 20:7).

"On the first day of the week let each one of you lay something aside, storing up as he may prosper..." (1 Cor 16:2).

An important point to be noted is that Thomas was not there on the Sunday that our Lord said He would appear to His disciples and missed that peace and blessing given to them.

Thus, Sunday has become our new Sabbath, our new day of rest, due to the Resurrection of our Lord Jesus Christ from the dead.

Icon of the Sunday of Thomas:

The icon of the Sunday of Thomas depicts Christ standing in the midst of the disciples. He has appeared to the eleven in the upper room, and he is inviting Thomas to come and examine his hands and his side. Thomas is reaching out to touch the side of Jesus. He is also looking to Jesus in a manner that indicates his faith and the proclamation recorded in Scripture.

Χριστὸς Ἀνέστη; Christ is Risen; Христос воскрес;  
Hristos a înviat; المسيح قام حقا قام

Mr M Vassiliou (STA Spiritual Director)

### Upcoming Key Dates and Information



- Please [click here](#) to access previous editions of the Newsletter.
- Please [click here](#) to access term dates.
- Please [click here](#) to access school calendar for upcoming Term.

### Summer Term Sports Clubs

#### Monday

Activity: Years 7-10 Athletics  
Time: 3.00pm-4.30pm  
Location: Bethune Park  
Meet: Building 5 Changing Rooms

#### Tuesday

Activity: Years 7-10 Softball & Rounders  
Time: 3.00pm-4.30pm  
Location: Bethune Park  
Meet: Building 5 Changing Rooms

#### Wednesday

Activity: Years 7-10 Futsal (Brazilian 5-aside Football)  
Time: 3.00pm-4.00pm  
Location: Upper Playground  
Meet: Building 5 Changing Rooms

#### Thursday

Activity: Years 7-10 Dance  
Time: 3.00pm-4.30pm  
Location: Building 5  
Meet: Building 5 Changing Rooms

Barnet Borough Athletics League Meetings  
Venue: Stone X Stadium

*PLEASE NOTE ATTENDANCE TO ATHLETIC COMPETITIONS IS BY INVITATION ONLY.*

Mr R Browell (Head of Physical Education)

### Students of the Week

#### Year Group Recognitions



**All students will receive 10 recognition points for their hard work and contributions.**

#### Year 7 – Year 11

**Year 7: Raz O** – For consistently demonstrating the value of kindness

**Year 8: Gabriel M** – For always being trustworthy and honest.

**Year 9: Jessica S** – For being a positive presence and a great advocate and contributor to student voice.

**Year 10: Deniz U** – For making a positive start back to school after Easter.

**Year 11: Nikoleta D** – For showing resilience when catching up on work missed.

#### Sixth form

**Year 12: Samuel M** – For an excellent presentation on a podcast on Psychology, 'How to cope with anxiety' delivered during form time. **Luke S** – For dedication to studies and to super-curricular activities.

**Year 13: Hailu B** – For leadership in form time- discussion of Ethiopian Orthodox traditions. **Mashal S** – For leadership and leading the discussion on Ramadan and Eid.

## FOSA

Please do get in touch if you would like to join our small group of dedicated parents and carers by emailing us at [admin@standrewtheapostle.org.uk](mailto:admin@standrewtheapostle.org.uk) with FOSA in the title. Please mark your email for the attention of Mr Michael.



Friends of St Andrew

**Mr Michael (Senior Deputy Headteacher)**

## Mental Health Crisis Helpline - Reminder



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 them 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
- **National Suicide Prevention Helpline UK.** Offers a supportive listening service to anyone with thoughts of suicide. You can call the on 0800 689 5652 (open 24/7).
- **CALM.** You can call them 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 on 0800 068

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, Deputy Headteacher (DSL\*)**

- **Mrs C Hammond, Assistant Headteacher (DDSL\*)**
- **Mrs I Warwick, Headteacher (DDSL\*)**
- **Ms D Moustaka (Safeguarding & Inclusion Manager)**
- **Mr N Anemouri (Pastoral Support Officer)**
- **Ms M Henshaw-Devall (Safeguarding Officer)**

**\*DSL is the Designated Safeguarding lead.**

**\*DDSL is the Deputy Designated Safeguarding lead**

## Message from University of Cambridge



A reminder that the Caius Explore project for Year 12s (& Year 11s!) is now live on our website!

<https://www.cai.cam.ac.uk/access-outreach/resources-and-events/caius-explore>

- Students will find on the site a selection of tasks and questions across **fifteen** different subjects\*. They are aimed at helping to develop students' academic interests beyond the school curriculum. Not only is developing academic interests one of the best things applicants can be doing to make themselves as competitive as possible as an applicant to Cambridge, but we also think it's a very good thing to do for its own sake!
- That is the spirit in which all of these explorations have been set: we hope that they will be genuinely engaging, that they will encourage and help your students to explore their academic interests, and most of all that they will be enjoyable.
- Students must submit any entries [here](#), by 31st July 2022. We will pick our favourites and invite their authors to come to Caius to meet our Directors of Studies, students, have a tour, and more. There will also be other prizes which we hope will help students to continue your academic exploration journey.

\*These subjects include: Archaeology, Economics, Engineering, English, History, Human, Social & Political Sciences, Law, Medicine and more!

Best of luck to all your students and we can't wait to see their entries!

David Rennie, Schools Liaison Officer

Gonville & Caius, Cambridge

[david.rennie@cai.cam.ac.uk](mailto:david.rennie@cai.cam.ac.uk)

**Gonville & Caius**  
UNIVERSITY OF CAMBRIDGE



Receive a £25 voucher -World Book Day



Thank you for your support of  
World Book Day 2022.

### WIN! £25 National Book Tokens – 5 prizes up for grabs!

We would love to get your input and ideas to make sure that next year's World Book Day does even more to promote and encourage reading. Find out more [here](#)

Share your thoughts in our survey and you could be one of 5 lucky winners of a £25 National Book Token.

We would also like to hear from families about how we can help support them in encouraging their children to read for pleasure. Click [here](#) for the parent/carer survey.

### Coollest Projects Global- Reminder



Coollest Projects is the world's leading technology showcase for young people. It's a unique opportunity to get creative, have fun, and celebrate ingenuity.

Projects get to practise and develop their skills in idea generation, project design, coding, presentation, and more!

To take part in the projects showcase please be registered by 11 May 2022.

Find out more [here](#) and click [here](#) for the workbook to help young creators explore ideas.

### DR Bike – Free Dr Bike sessions in Barnet



At the Dr Bike sessions, experienced mechanics check everything on an individual's bicycle from wheels, brakes, gears and tyre pressure to lights, racks, pedals, saddles and more.

Please note that any minor adjustments can be made there and then, all for free. Anything the mechanics can't fix on site they will let the bike owner know exactly what needs doing and a rough guide to what it should cost at a bike shop.

**Tuesday 3 May 2022, 4pm to 7pm in East Finchley**  
**Opposite East Finchley tube station, High Rd, East Finchley, N2 0NW**

**Saturday 7 May 2022, Midday to 3pm in Burnt Oak**  
**Outside Burnt Oak library, Watling Ave, Burnt Oak, Edgware HA8 0UB**

Click [here](#) for the full list of dates.

Medical Projects - Medicine Webinar

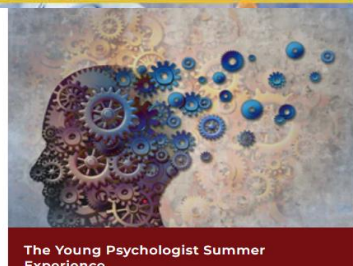


Interested in studying Medicine after School or Sixth form?

Medical Projects are having a webinar on How much work experience is needed to get into medicine.

Click [here](#) for more information.

Medical Summer Experiences



For students aged 12-18, exclusive medical experience this summer in world-class hospitals and clinics across London: highly immersive activities supervised by experienced doctors, dentists, vets, psychologists and more.

Applications for medicine-related degrees have rocketed since the onset of the Covid-19 pandemic, but universities often insist on applicants having had meaningful work experience in the field.

Click [here](#) to find out more.

North Central Hospital -Young Mentors

Calling 14–21-year-olds who would like to make a positive difference to the NHS!

We're recruiting young people, aged 14 - 21 from the areas of Barnet, Camden, Enfield, Haringey and Islington.

**YOUNG MENTORS**

# Young Mentor Team

You will be trained and supported to work as a team. You will work with decision-makers to make North Central London's health programmes the best they can be.

We promise that you will have a bunch of fun, make new friends, get an AQA accreditation AND be responsible for your own FUN budget!

You will develop your teamwork, leadership, communication, confidence, and influencing skills tool!

Meet and influence big bosses, budget holders, and influencers. What are you waiting for...?

You:

- Young Mentors need to be aged 14-21.
- Young Mentors must live in Barnet, Camden, Enfield, Haringey or Islington.
- Young people should have lived experience of healthcare this could be visiting your doctor, going to a pharmacy, accessing mental health services for example.
- Want to develop new skills.
- Have a sense of humour.
- Want to have fun and make new friends!

Have fun! Meet new people. Make new friends. Get an AQA accreditation. Take part and learn from new experiences. Develop your CV!

**Interested?**  
 Email: [antonia@participationpeople.com](mailto:antonia@participationpeople.com)  
 OR text "I'm a North Central Young Mentor + name + age + postcode" to 07921 907210 by **25 May 2022**.

Supported by North Central London Clinical Commissioning Group (CCG)



Delivered by Participation People



Deadline is before midnight **25 May**. For the application form, please click [here](#).

## Investin Summer Career Experiences



Over the Easter period, we have been busy putting the finishing touches to our immersive summer career experiences in London.

We are now more than 80% full across the board and will be closing registration soon.

Some of the life-changing opportunities on offer: debate in a 'Model UN' session at Amnesty International, experience sports psychology at a Premier League club, display your artwork in a private gallery at the Tate Modern, piece together a supercar engine with F1 engineers, direct scenes on a Hollywood film set, and many more incredible professional experiences students simply cannot find anywhere else.

[View & Register: Ages 12-14](#)

[View & Register: Ages 15-18](#)

## Year 12 PwC opportunity- Virtual Insight week

## PwC Virtual Insight Week

Applications are now open for our Virtual Insight Week programme, taking place this summer for Year 12 students. The week-long programme supports Gatsby Benchmark 5 (encounters with employers and employees) and will offer an insight into PwC and professional services, with participants able to join the sessions most relevant to them. If you're interested in a career in the world of accounting, business or technology, PwC's [Virtual Insight Week](#) programme gives you the opportunity to learn more about these areas and develop your employability skills so you feel confident when you start exploring your career.

During this action-packed week, you'll be able to attend a blend of live and pre-recorded sessions, which can be tailored to your interests, and hear from PwC's people who'll share their stories and be happy to answer any questions you have.

To find out more and apply click here: [Virtual Insight Week at PwC | PwC UK Careers](#)



## COVID-19 updates - Reminder

Living with COVID guidance indicates the following:

- Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people. They can go back to school, college or childcare when they no longer have a high temperature, and they are well enough to attend.
- Adults with a positive Covid-19 test result should try to stay at home and avoid contact with other people for five days. **For children and young people aged 18 and under, the advice is three days.**
- For further reading, please follow the 'Living safely with COVID-19' and other [respiratory infections guidance](#).
- General information about COVID-19 vaccines for children aged 5-15 can be found at: [www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities/chapter-5-immunisation](http://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities/chapter-5-immunisation)

