



St Andrew the Apostle School Weekly Newsletter

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

02 December 2022

Key Message from Executive Headteacher

St Andrew's Day is an important day for us in school each year, and this year we marked it in many ways: students spend time learning about St Andrew in tutor time and everyone in our school community was given a badge to mark the day. These were worn proudly by students and staff members and will serve as a reminder to our patron Saint as we learn and grow at St Andrew the Apostle School. Some Year 7s also marked the day by taking part in a St Andrew's Day service at St Katherine's Church.



Amongst other highlights of our school week was seeing our Y13 students work through the process of their mock 1 exams. We must not forget that they did not sit GCSE examinations and it was great to see them work through the struggle of an exam series, embracing the challenge in a wonderfully determined, stoic way.

It was lovely to meet members of Friends of St Andrew the Apostle School (FOSA) this week and they will be in attendance offering refreshments at the Christmas Show on Friday. Please information on the Christmas Show and FOSA in this newsletter.

Collaboration across our Trust schools is always a highlight and Linden Cooke, our Deputy Headteacher – Teaching and Learning, visited the Russell Education Trust school in Teddington this week. Seeing Turing House in action gave her the vision of what our school will be like when our building works are complete.

Along with colleagues from our five schools, she was able to tour the school to see teaching and learning after seeing a guest speaker from Australia present on cognitive science (one of the objectives we are working on this year in school to support our learners). Please see the profile of the guest speaker here:

<https://education.uq.edu.au/profile/719/stephanie-macmahon>

With advent calendars open we are looking forward to the seasonal events in our calendar. We are also looking forward to some other lovely events next week: to celebrate our students' or former students' achievement, we are inviting last year's Y13 and Y11 students to attend our **GCSE and Post-16 Certificate Evening**, on **Wednesday 7 December at 5.30pm**. Students will be presented with their certificates and this will be followed by a presentation on significant achievements and refreshments; there will also be an opportunity for current and past students to discuss their experiences at St Andrew and in their lives following their education at our school.

We have had a lovely, personal response from the Young Barnet Foundation Charity for which we are dedicating some of our Christmas period charity efforts. I would also like to thank students and parents for supporting this. I look forward to seeing parents at our events next week.

Anthony Easton (Executive Headteacher)

Upcoming key Dates and Information

- Wednesday 7 December – GCSE and Post-16 certificate presentation evening
- Thursday 8 December – Sixth Form Open Event
- Thursday 8 December – Enrichment Day
- Friday 9 December – Christmas Dinner and Show
- Friday 9 December – Christmas jumper day
- Thursday 15 January – Sixth Form Application Deadline
- Please [click here](#) to access term dates.
- Please [click here](#) to access school calendar for upcoming Term.
- Please [click here](#) to access previous editions of the Newsletters.

Faith- πίστη

The Time of Advent



Beginning in November, Orthodox Christians around the world begin to prepare for the coming of Christ at Christmas. This time of preparation and fasting is 40 days long and leads right to the Feast of the Nativity. (It is the same length as Great Lent, which leads to Holy Week and Pascha; but there are different restrictions in each fast.)

This season of the Church year is called “Advent” by many Christians, as they focus on the coming of Lord. In **“The Year of Grace of the Lord,”** * the author, a monk of the Eastern Church, writes “One might perhaps feel that this term ‘coming’ is purely symbolic, for in fact Christ comes to us at all times, and even lives in us. Nevertheless, this approach and this presence of Christ, both of which are eternal, take on a special character at Advent-tide... A special grace of the ‘coming’ of the Lord is offered us. The Lord Jesus is already present to us; but the grace of Advent allows us a more vivid, and quite new, awareness of this presence.” (p.45)

The monk continues the chapter on Advent by summarizing our prayers during this season with one word. The word that we pray during Advent-tide is “Come!” When we pray the word sincerely, this one-word plea fills us with hope, and we anticipate the Lord’s coming with greater fervour. As the weeks of Advent-tide pass, God willing, each day that we pray, we pray more purely. The author continues, **“Our prayer at Advent, ‘Come’, could... be interpreted thus: ‘Oh, let me be aware of Thy presence in me --- May the whole world feel Thy presence.’”** (p.46)

Our focus during Advent is on the light which will be shining forth. Just as the days begin to lengthen after Christmas, the darkness in our hearts will be

enlightened by the Son which Christmas brings into the world. After all, He is the Light of the World!

This year, during the Nativity fast, may we continually pray, “Come!” and prepare our hearts - and the hearts of our students - to receive the light that shines forth in Christ!

Make ready, O Bethlehem: let the manger be prepared, let the cave show its welcome. The truth has come, the shadow has passed away; born of a Virgin, God has appeared to men, formed as we are and making godlike the garment He has put on. Therefore, Adam is renewed with Eve, and they call out: ‘Thy good pleasure has appeared on earth to save our kind.’

Amen.

*“The Year of Grace of the Lord,” by a monk of the Eastern Church. (Author: A Monk of the Eastern Church, ISBN: 978-0-913-83668-2)

Mr M Vassiliou (STA Spiritual Director)

St Andrew the Apostle School Students Attend Holy Liturgy at St Katherine’s Church to mark St Andrew’s Day

On the occasion of St Andrew’s Day, the school’s patron saint, a small delegation of students from Year 7 attended holy liturgy at St Katherine’s Church in Friern Barnet on 30 November 2022.

Accompanying students from Year 7 was Mr Vassiliou, Spiritual Director/Acting Head of English, as well as Miss Moustaka, Safeguarding and Inclusion Assistant.



We were welcomed at the church by our School Chaplain, Father Damian who also led the holy liturgy service dedicated to the Apostle Andrew. Students were invited to participate in the service, most notably reading prayers during key moments of the service such as the Nicene Creed and the Lord’s Prayer.

Father Damian at the end of his service also proceeded to say a few words about our school to the congregation, reminding parishioners that our school is the first and only state maintained Greek Orthodox secondary school in the country and asking them to continue spreading the word about the work the school does to family and friends.

St Andrew's Day



30 November was St Andrew's Day. We marked this event in school by producing an assembly on the life St Andrew in our weekly religious assembly. While our Deputy Headteacher delivered an in-person assemblies on St Andrew and our Code of Conduct (Respectful, Responsible, Ready) which are underpinned by the values of our school (Respect, Responsibility, Caring, Forgiveness, Honest and Trustworthiness and Fairness).



While on Wednesday we handed out badges to our school community, the design of which is below.



As we mark St Andrew's day it's important our students to live and know our Bible Verse: "Be kind to one another, forgiving one another as God forgave you" Ephesians 4:32

St Andrew's day is a day for celebration in our community. We do hope you and your family had a happy and safe St Andrew's day.



Mr Martin (Deputy Headteacher)

Sixth Form Open Event – Thursday 8 December 2022

Sixth Form Open Event
Thursday 8 December 2022 – 4.00pm to 6.30pm

Ofsted: "The school's work to promote pupils' personal development and welfare is outstanding. Pupils are self-confident and very articulate. They like their school and they want to do well. Pupils said that there is a 'family atmosphere' in the school and there is a warmth in the relationships between pupils." (2018)

Entry Requirements: 5 GCSEs at grade 4+ with specific requirements for each course.
Some courses and combinations of courses will require a minimum grade 5 in English and mathematics.

Ofsted "Leaders in the sixth form set high expectations for their students. They know their students well and track their progress carefully. Students really enjoy their learning in the sixth form." (2018)

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Tel: 0203 195 5444

St Andrew The Apostle
SIXTH FORM
Ever to Excel

Find us online:
www.standrewtheapostle.org.uk
admin@standrewtheapostle.org.uk

Applications for September 2023 are now open via our website:
<https://standrewtheapostle.org.uk/6thformwelcome>

We are delighted to welcome students of Y11 and their parents/carers for our Sixth Form Open Event on Thursday 8 December from 4.00pm, in Building 4. Our teachers are looking forward to introducing their subjects to prospective Sixth Formers and to answer questions they might have about their course. Head of Sixth Form speech will be at 5.00pm.

Please RSVP via [this form](#) to confirm your attendance to the event.

As part of building up to our Sixth Form Open Event, one subject that is very popular on the Key Stage 5 curriculum is Psychology. Links to what students will study are here:

<https://www.standrewtheapostle.org.uk/curriculum?year=12&subject=33>

<https://www.standrewtheapostle.org.uk/curriculum?year=13&subject=33>

It is a fascinating subject and one which inspires our learners. Toni R in Year 12 has been looking forward to studying this subject throughout her school career here at St Andrew the Apostle School, and her interest and knowledge in it was initially gained from independent research prior to starting our sixth form. This research led her to win a psychology essay competition organised by Gonville & Caius College, University of Cambridge while she was still in Year 11(!) although the College thought she was in Year 13. Needless to say, she is doing wonderfully well in her first year of A Level study. Please click on the link below to read her winning essay entitled: ***To what extent does the interaction between dogs and humans improve human health and well-being?***

[Caius Explore.pdf \(standrewtheapostle.org.uk\)](https://www.standrewtheapostle.org.uk/Caius%20Explore.pdf)

Independent research by students is always wonderful to see, especially when you can see the passion for a subject. A student who may be following in Toni R's

footsteps is Oliwia C in Year 8. Please click on the link to her essay on Synesthesia here:

[Synesthesia - Oliwia C.pdf \(standrewtheapostle.org.uk\)](#)

Ms Fourcade (Head of sixth form)

Enrichment Day – 8 December

Our first of three enrichment days for the academic year 2022-23 will take place on Thursday 8 December, during normal school hours. As part of STAs careers day we are planning a session introducing our year 8s to STEM careers.



We wish to give students an insight into the opportunities available and equip them with knowledge and information about the various pathways toward a career in STEM.

The aim is to support students in thinking about how jobs are likely to change over the next 5-10 years and the outlook it has for STEM jobs particularly. We think this is a pivotal year in their school life as they start to make decisions about their subject choices next year.

If you are a parent working in STEM and would like to volunteer your time to give a talk or share your experience, please contact the school office for further information. Please note: for this day only, Year 8 will be in Building 5 instead of 4, and Year 9 will be in Building 4 instead of 5.

Mr P Iberi (Head of RS, PSHE & Careers Lead)

Amazing Games Guide for Parents

As we head towards the Christmas holidays children will be asking for new games, but this can be a confusing minefield for parents. Internet Matters have put a lovely guide together which will help parents make decisions,



including age-specific games in which families can play together. You can find the guide [HERE](#).

Mr Martin (Deputy Headteacher)

St Andrew The Apostle Christmas Charity Campaign Christmas Lunch and Other Christmas Festivities at St Andrew the Apostle School – 9 December 2022

We are pleased to inform you that the school Christmas Lunch is on Friday 9 December 2022. This is always a lovely event with the vast majority of our students choosing to take part. Please see menu below:



The price for the Christmas Lunch is £2.55. Please ensure that you have enough funds in your Parent Pay Account. Normal arrangements will apply to students receiving Free School Meals.

Due to the level of preparation, the lunch menu for the day will be limited to the Christmas Lunch. There will be no cold lunch offer available. Students who did not opt in to have Christmas lunch must bring a packed lunch on that day.

To add to the festive spirit, On the 9 December we will be having our Christmas Jumper day where we hope staff and students will come to school wearing a festive jumper.

If your child does not have a Christmas Jumper and would like to decorate a spare jumper for this day, we will be decorating jumper in our DT classroom on Thursday 8 December after school and Mr Bekiaris will help with this.



St Andrew The Apostle Christmas Charity Campaign

This year, our student council representatives are working with their tutor groups to support the **Young Barnet Foundation Christmas Gift Campaign**. This supports our school ethos of kindness towards others: *Be kind to one another, forgiving one another, as God forgave you (Ephesians 4:32)*.

[CHRISTMAS CAMPAIGN | youngbarnet \(youngbarnetfoundation.org.uk\)](https://youngbarnet.org.uk)

Since it launched in 2018, Young Barnet Foundation's Christmas Gift appeal has wrapped a staggering **7,000** gifts that have been distributed to disadvantaged children and young people living in Barnet via local charities, social enterprises, community, and faith groups.

Young Barnet Foundation is asking people to donate gifts and toys, which will then be distributed via their network of over 200 members in December.

We are encouraging our young people to donate a gift worth between £5 and £15 for a child between the ages of 1 and 16. They should bring this gift to form time and give it to their student council rep. Gifts should be brought to school by Friday 9 December 2022.

Student councillors will be delivering the gifts to the Young Barnet Foundation in the final week of school before Christmas.

Thank you for your support with this campaign.



Ms Linden Cooke (Deputy Headteacher)

Year 7 Netball

It was a pleasure to take two Year 7 netball teams to Christ College Finchley this week to play a round robin tournament.

In both teams, we were down a player so played each match with 6 players, rather than 7. The girls played each match with determination and passion, and the teamwork demonstrated showcased our school value of **caring**. It was lovely to see so many girls having fun and enjoying the sport!

The scores were close in each game for the pink team, with excellent goals from Sofia D.



Girls of the game: Sofia D, Amelia G and Ria B.

The green team were very unlucky in their first game and lost by a narrow margin. In their second game, Aseela J managed to secure the win with 3 superb goals! The girls drew their final game of the evening 0 – 0.



Girls of the game: *Eve B, Aseela J and Ranya E R.*

Miss D Walt (Head of Year 7 and 8)

Year 10 Football

A huge well done to our Year 10 boys football team for securing their first win in the cup! They played Whitefield School last week and despite it being a very close game, with difficult opponents, the game ended 4 – 3 St Andrew.

The team played excellently and were able to demonstrate all our school values, in particular: honesty, responsibility, respect, trustworthiness and caring. There were excellent goals scored by: Jerome S x 2, Jayden O and Aleks OP.

A huge well done and thank you to our Year 9 students who played up in this match: Theo C, Jayden K, Petar B and Kyros L.



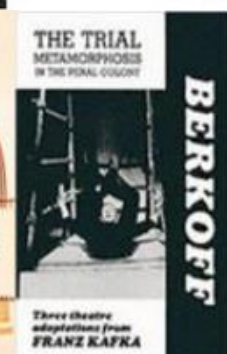
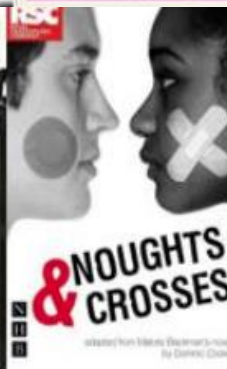
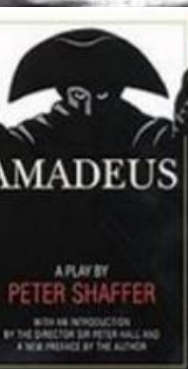
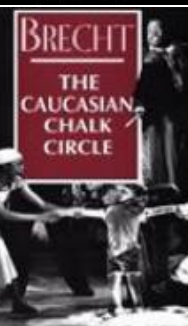
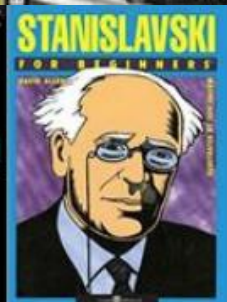
We play our next opponent in the new year. Good luck to the team for their upcoming matches!

Match winner: Aleks OP

Mr Rob Browell (Head of PE)

Challenging Reads

Want to expand your theatrical knowledge – try one of these!



Period Poverty Information

'Period poverty' refers to having a lack of access to sanitary products due to financial constraints. Having access to sanitary products is something that many of us probably take for granted. Period poverty is a very real challenge facing many girls in the UK and around the world. For too many girls, dealing with their period each month is proving a tough challenge reality– and in 21st century Britain, this should not be the case.

'Period stigma' is a broad term for discrimination faced by people that menstruate, from physical problems such as lack of access to sanitation supplies to the verbal shaming of menstruating people as "dirty" or "unclean". Period stigma results in a lower quality of life for those who are faced with it. Stigma is defined as the shame and disgrace society attaches unfairly to something associated with a particular circumstance, quality, or person. Period stigma creates a sense of shame, embarrassment, or hesitation to talk about periods.

In Barnet, we want to support every young person to have access to sanitary products regardless of financial constraints. Also, we want to challenge 'period stigma' and encourage young people to feel comfortable being on their period and all young people regardless of their gender, to have a healthy perception of periods and be able to talk about periods without a sense of embarrassment or shame. **We have developed a questionnaire to gain insight into the views and experiences of young people with regard to period poverty and stigma: [Period Poverty and Stigma questionnaire](#) [2022 Survey \(surveymonkey.co.uk\)](#). The closing date for the questionnaire is **Friday 09 December**.**

Orla Purdon (Health Improvement Officer & Public Health Directorate)

Additional May Bank Holiday – 8 May 2023

As you may be aware, the government has confirmed that there will be an additional bank holiday next year to celebrate the coronation of King Charles III. The school will be honouring this bank holiday in line with other schools in the Trust and the local area, and therefore students will not be expected in on this date.

We recognise that the date of this bank holiday may be disruptive for Year 11 and Year 13 students who will be beginning their GCSEs and Post-16 exams later in May. Please be reassured that we will try to minimise any

disruption to our GCSE students as a result of this additional holiday.

Anthony Easton (Executive Headteacher)

Attendance



School attendance: what parents need to know

Why is good attendance important?

Good attendance and punctuality are vital for success at school, and to establish positive life habits that are necessary for future success.

Through regular attendance, pupils can:

Build friendships and develop social groups.

Develop life skills.

Engage in essential learning and other school social events.

Achieve to their full potential.

Minimise the risk of engaging in anti-social behaviour and becoming victims or perpetrators of crime.

All parents should promote good attendance and work in partnership with their child's school to provide a cohesive approach.

What does the law say?



All children of compulsory school age – between 5-16 – must receive a suitable full-time education. As a parent, you are responsible for ensuring that this happens, either by registering your child at a school or by making appropriate alternative arrangements.

Legal action can involve a penalty notice or being taken to court.

Parents also face the risk of imprisonment and parenting orders. Parenting orders involve attending a counselling and guidance programme, usually a parenting class.

A penalty notice of **£60** per adult per child may be issued as an alternative to prosecution, but this will rise to **£120** if it is not paid within 21 days. Failure to pay a penalty notice will usually lead to **prosecution**.



Can my child ever be absent?

When a pupil is absent from school, this will be classified as either 'authorised' or 'unauthorised'.



The governing board and headteacher decide which absences are granted as authorised. Authorised absences are only permitted for valid reasons, e.g.:

- Illness
- Medical or dental appointments
- Religious observances
- Family bereavement

Wherever possible, parents should always try to arrange medical and dental appointments during school holidays or after school hours.

Holidays during term time

- The school **cannot** authorise an absence for a holiday during term time.
- Taking holidays during term time means that pupils miss important school time – both educationally and for other school activities. It will be difficult for pupils to catch up on work when they return to school. Only in **exceptional circumstances** may a holiday be authorised during term time – this will be decided by the headteacher.
- **Exceptional circumstances do not involve cheaper costs, family availability or weather conditions.**
- You will be fined if you take your child on holiday during term time without permission from the headteacher.



Requesting absences



All absences, including for holidays, must be requested as far in advance as possible – the minimum notice period is **20 days**. If you think your child needs

to be taken out of school, you should discuss the reasons with the headteacher as soon as possible.

If the headteacher is satisfied with the evidence and the notice period, they will authorise the absence.

The headteacher will decide the amount of time a pupil can be away from school, taking into account their attendance record.

Requests **will not** be granted in the following circumstances:

- Immediately before or during assessment periods
- When a pupil's attendance record shows any unauthorised absence for any reason
- Where a pupil's authorised absence record is already above **10** percent, for any reason

Lateness and truancy

Class registers will be taken at **8.30am**. Children arriving between **8.30am** and **8.55am** will be marked late. Children arriving after **8.55am** will be marked **U**. This is an unauthorised absence.



Attendance matters!

Don't underestimate the **importance of 100 percent attendance. Even one day missed can have an effect on learning:**

- **98 percent attendance means four school days missed**
- **95 percent attendance means 10 school days missed**
- **90 percent attendance means 19 school days missed**
- **80 percent attendance means 38 school days missed**
- **Five minutes late each day means three school days missed**

If you have any queries regarding your child's attendance, please contact your child's head of year or email attendance@standrewtheapostle.org.uk

Our Code of Conduct

This is the Code of Conduct always defining the minimum expectations of students. All expectations come under three broad headings. They are supported by Character education and our values, *Respect, Responsibility, Caring, Fairness, Forgiveness, Honesty and Trustworthiness*.

RESPECTFUL

- Do as you are asked by all members of staff, first time without question.
- Listen to others, do not call out, and use appropriate language and tone.
- Be kind to each other and take care of the building, displays and equipment.

RESPONSIBLE

- Follow rules for health and safety, including walking on the left.
- Keep hands, feet, objects and personal comments to yourself.
- Be in the right place at the right time, and not unsupervised areas.
- Leave valuables at home; the school is not responsible for them.

READY

- Be punctual.
- Be in full school uniform, worn properly.
- Be silent when entering a classroom.
- All necessary equipment out on desk, and everything else away.
- Bags on the floor, coats on the chair.
- All headphones, phones and other electronic equipment off and out of sight – otherwise will be confiscated.
- No gum or food, or fluid other than water.

Safeguarding

With Christmas fast approaching some children will be getting new or upgraded devices, older devices may be handed to younger children. This is an ideal time for parents to be aware about the importance of setting up devices with parental controls in relation to the age of the child. Internet Matters covers all devices with very simple, easy-to-understand parental guides which you can find [HERE](#).

There are also some good console buying advice and tips [HERE](#).



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

Keep your child safe on WhatsApp**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 to 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

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

Extra-Curricular Sports Clubs

PE extra-curricular clubs re-commence on Monday 7 November 2022.

Monday

Activity: All Years Dodgeball

Time: 3.00pm-4.00pm

Venue: Building 5 Hall

Changing building 5 changing rooms.*Tuesday**

No clubs due to basketball and netball matches

Wednesday

Activity: All Years Girls Netball

Time: 3.00pm-4.00pm

Venue: Building 5 Playground

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.**

Activity: All Years Dance

Time: 3.00pm-4.30pm

Venue: Building 5 Hall

***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 Rob Browell (Head of PE)**STA School Fund**

Dear Parents/Carers,

In line with a number of other schools locally and across our Trust, we are running a school fund where members of our school community can donate to support the school and enhance our students' educational experiences.

Purpose of the fund

Donations will be used to supplement resources for those in need and to improve our learning environment. Funds will never be spent on core running costs (such as energy bills or salaries). Your donations will only ever be used to extend and improve the education and support we offer to our young people.

Donations will be used for the following:

ICT Equipment:

We would like to increase our ICT resources by providing high quality equipment in buildings 4 and 5.

Books for Library:

We are building up our library resources and would be pleased to receive either donations to purchase books or you may purchase a named book for our school from [our Amazon wish list](#). Please go to our school website under 'Support us' for further details.

Playground Equipment:

We would like to increase our provision of playground equipment for our students to use during break and lunchtime. This includes outdoor seating and furniture such as picnic tables.

Financial contributions

There is no pressure to contribute to the school financially. We are simply making the option available for those who wish to do so. A single donation of £5 is suggested but all donations regardless of size will be greatly appreciated and will make a difference. Please ensure that you tick the 'Gift Aid' box if you are eligible. Please be assured also that any regular donations are completely under your control and can be cancelled at

Anthony Easton (Executive Headteacher)**Flu vaccination campaign for years 7, 8 and 9**

The NHS has written to schools to update them on changes to the national flu vaccination programme. Please see the contents of their letter below:

We have recently been informed that the flu programme will now include the school years 7, 8 and 9 from September this year.

Early information from the flu season in Australia, shows flu has been circulating earlier than expected and has been affecting younger age groups, therefore DHSC has taken steps to include these age groups in the 2022/23 vaccination campaign. Sessions for flu vaccination have already been planned and confirmed for primary schools so providers will be working with you to arrange additional dates to ensure vaccination can be offered to your students. It is likely that this will be from November onward once additional vaccine supply is available.

We would be very grateful if you could remind parents that their children are entitled to free flu vaccination on the NHS. This vaccine will be provided by a school aged vaccination team that visits the school and is given as a nasal spray. This form of the vaccine is very easy to administer and is especially well suited to preventing onward spread of infection.

The vaccine protects the child against the four main strains of influenza predicted to be in circulation this winter. Young children catch influenza very easily.

Children can spread the infection for up to 7 days, which is longer than in adults, therefore vaccinating children reduces the risk of influenza for family members, teaching staff and other children.

In school, children will be mixing with large numbers of other children in a confined environment, which increases the risk of germs (virus and bacteria alike) spreading. Vaccination builds children's immunity to protect against illnesses.

Vaccines stop influenza germs being spread, thus protecting the very vulnerable children and those in the wider community who may not have, or may not be able to develop, immunity.

Public Health and Primary Care Commissioning NHS England (London Region)

BBC Apprenticeship

B B C Get experience with BBC production teams making world-class content for our audiences on radio, TV or digital platforms. We have a wide range of exciting roles on offer across the whole of the UK. You'll learn on-the-job as part of a BBC production team, developing your knowledge and skills in an area that interests you, while working towards your apprenticeship qualification.

For further information and applying please find link below:

[Production Fast Track Apprenticeship - Careers \(bbc.co.uk\)](https://www.bbc.co.uk/production-fast-track-apprenticeship-careers)

Access Ashurst Programme

Applications are now open for our **Access Ashurst** programme – a paid work experience and skill development programme, aimed at increasing access to law, for Year 12 state school students.

Who is Ashurst?

[Ashurst](https://www.ashurst.com) is a leading global law firm with a history spanning almost 200 years. Our London office is based near Liverpool Street Station in Spitalfields.

What's on offer?

A paid two-week legal placement from 24 July 2023 to 4 August 2023 and a mentoring and skill development programme throughout Year 13.

Who are we looking for?

Year 12 students interested in career in law.

Students must meet the criteria outlined by [Prime](#) (see attached).

Apply now!

Visit Ashurst's website to learn more about this opportunity and to apply:

<https://www.ashurst.com/en/careers/students-and-graduates/uk/work-experience/access-ashurst>

Deadline for applications is 16 January 2023 at midday.

Free Parents Career Guide

Careers advisors and teachers New 2022/23 FREE Parents Careers Guides



We are delighted to announce that our brand new 2022/23 Parents guides to University, Apprenticeships and STEM are now available.

What can you expect from our parents' guides? This year's Parents University and Apprenticeship Guides will be our third edition and have been designed to help parents support their children in making informed decisions about their future and developing skills to help them succeed.

Apprenticeships Guide

Parents will benefit from content on topics including:

- Introduction to apprenticeships and sectors
- How to find the right apprenticeship
- Pathways into work, including T-levels, apprenticeships, and university
- How you can support your child in deciding if an apprenticeship is right for them
- Apprenticeships vs. university
- Degree apprenticeships
- Opportunities available across 15 different sectors

PLUS, interviews and guest content from a diverse range of organisations including National Audit Office, Bristows LLP, Royal Horticultural Society, Morgan Stanley, British Horseracing Authority

University Guide

- How to apply to university and a guide to UCAS
- Personal statements and how to stand out from the crowd
- Student finance

- Alternatives to going to university
- Placement years at university

Pros and cons of going to university

- PLUS interviews and guest content from universities including Reading University, Liverpool University, Bournemouth University, South Wales University and Exeter University.

Bonus STEM Guide

This year's guide explores 10 different STEM subjects to help young people to understand more about careers in the field along with profiles on how each subject can help tackle an environmental challenge. This comprehensive guide has been designed to showcase just how creative, exciting and rewarding a career in STEM can be.

Best regards,
Success at School
124 Chatsworth Road
London, NW2 5QU

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](#) (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 them 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.

[Shout 85258](#)- a free, confidential, 24/7 text-messaging support service for young people.

Support for Parents and Carers- advice and support for you if you're worried about a child or young person.

[Young Mind's Parent Helpline and Webchat](#)

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 L Cooke, Deputy Headteacher (DDSL*)**
- **Ms D Moustaka (Safeguarding & Inclusion Manager)**
- **Mr N Anemouri (Pastoral Support Officer)**
- **Ms Linden Cooke (Deputy Headteacher and Safeguarding Officer)**

*DSL is the Designated Safeguarding lead.

*DDSL is the Deputy Designated Safeguarding lead

These open days provide a fantastic opportunity for prospective applicants to visit departments, colleges, meet current students, as well as tutors.

For more information about [admissions](#) and [open days](#). For any students for whom the cost of travelling to Oxford for the Open Days would be a barrier, please contact access@chch.ox.ac.uk to get support.

[Childline](#) – a free, private, and confidential service available for all young people. This can be found on ParentPay as we are a cashless school.

Please note that students should wear their normal school uniform, but are permitted to wear an additional colourful accessory; for example, colourful socks, hair accessories etc.

If you have any questions or would like to offer additional support, please contact Mrs Hammond, Assistant Head or myself, Ms Moustaka, Safeguarding and Inclusion Case Manager.

Solutions 4 Health New Free Apps

BREAKING NEWS: 2 x NEW FREE APPS Available from Solutions 4 Health

- Camp Island (5 – 10 years)
- Become Your Best Self (11 – 17 years)

Interactive and engaging apps supporting healthy and positive lifestyle choices.

The apps are free to access in Barnet as long as the user allows the location permission that pops up.

Please share far and wide..... And enjoy playing



Bromcom Student Portal Issue

There is a known national issue with the Student Portal website and the Bromcom service team are working on this. The Student Portal app remains unaffected and accessible for homework assignments.

The Student Portal app can be downloaded on all Smart Devices through the App Store or Google Play Store.

FOSA

Please see message below from Friends of St Andrew the Apostle about the refreshments they are offering at our Christmas Show.

Christmas Show

Friends of St' Andrew the Apostle will be present at the Christmas Show on the 9th December in support of our talented students and the wonderful Performing Arts Department.

*On the evening we will be selling a range of **hot and cold drinks, snacks and seasonal fare** to help raise money for the school. We are not able to take card payments at present, please bring cash and plenty of change.*

*We would love to grow our small group of dedicated parents! **If you would like to be involved please come and speak to us at the Christmas Show.***