



St Andrew the Apostle School

Weekly Newsletter

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

06 January 2023

Key Message from Executive Headteacher

Dear Parents and Carers,

Firstly, I would like to wish all students, parents/carers and all associated with the school a happy new year. And I would like to wish a very Happy Christmas to those families who celebrate the Orthodox Christian Christmas on 7 January 2023.

Secondly, it was great to see all our students return on 5 January following the Christmas break. Although a time of great joy, Christmas is a very busy time, so thank you to parents and carers for your support in ensuring that your children returned to school rested and ready to begin the year.

The mornings may still seem a bit dark, but we will have the benefit of lighter mornings (and evenings) emerging as winter turns to spring and this and the new year will give us the energy for a busy term ahead.

Students have started this term really well and the focus from our exam groups has been fantastic. We are looking forward to seeing all our Year 11 parents on site for parents evening next Thursday.

Another key event for Year 11 is the deadline for applications to our sixth form is 15 January 2023. Please find all the details for the sixth form and how to apply on our website.

In assemblies this week, I have emphasised how crucial the next 5 weeks for Year 11 and Year 13, which is the time before their next sets of mock exams, and they will be guided on how to improve their independent revise this term in their lessons.

Finally, it is a short newsletter this week to match a short week, but I wanted to highlight some important events coming up.

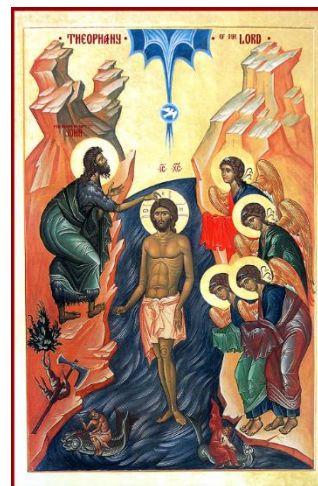
Again, a happy new year to you all

Anthony Easton (Executive Headteacher)

Upcoming key Dates and Information

- Thursday 12 January – Year 11 Parents Evening
- Sunday 15 January – Sixth Form Application Deadline
- Tuesday 24 January – Flu & HPV Vaccine Year 7, 8 & 9
- 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



Epiphany: One of Christianity's Most Important Feasts

During our first week back after Christmas, we marked Theophany on the 6 January. Traditionally, the great feast of the Epiphany marks the end of the extended period of Christmas holidays in many Orthodox countries.

Epiphany is one of the most important Christian feasts of the entire year because it commemorates the revelation of God as Jesus Christ. Epiphany is also known as Theophany, and both of these terms derive from the Greek words for “revelation” and the “revelation of God,” or “Επιφάνεια” (epipháneia) and “Θεοφάνεια” (Theopháneia).

This feast is celebrated by both the Eastern and Western Church, and millions of people around the world participate in liturgies, Masses and many other traditional events which take place on this day. In the Orthodox Christian tradition, to which the Greek Orthodox Church belongs; the feast of Epiphany is associated with the baptism of Jesus Christ in the Jordan River. According to archaeologists, Christians began celebrating Epiphany from as early as 200 AD in the Greek-speaking eastern parts of the Roman Empire, and these celebrations began as a

commemoration of Jesus' baptism in the Jordan River. Although a worldwide Christian feast, in Greece, Cyprus and the Greek diaspora throughout the world, the feast of Epiphany is known by its English alternative term, Theophany. Many people most commonly also refer to it as "Phóta," which is Greek for "Lights." Greeks call this celebration Phóta because according to their belief, this is the day that God enlightened the world with His wisdom. In the past, it was very common in Greece to hear children singing Epiphany carols the day before the Feast, a tradition similar to the singing of Christmas and New Year's Day carols.

Dropping off and picking up students from St Andrew the Apostle School – January 2023

I am writing to inform you that the dropping off and picking up arrangements that have been in place from early in the academic year will now continue into the school term in January 2023.

Therefore, the only access to school for vehicles and pedestrians will be through the Oakleigh Road entrance and the embedded routines that are in place and working well will continue. If you wish to drop your child off at school, please access the North London Business Park via Oakleigh Road, where you will be directed around the multi-storey car park; drop off will take place in the bays in front of the multi-storey car park.

To reduce your travel time and to lessen traffic to make the roads near our school safer (and with a view on working towards goals in the travel plan for our new school building), please look at alternatives to dropping off your children on the school site, which is served well by several different bus routes. You may also wish to use 'ride and stride', dropping off your child a couple of roads away from site such that they can walk the remainder of the way to school.

I will write about when the Brunswick Park Road entrance will re-open. The delay for this is beyond our control as this piece of work sits with the developer of the North London Business Park and not the Department for Education, the school, or its chosen contractor.

If you have any questions, regarding the changes mentioned above, please contact the school through the usual channels.

Anthony Easton (Executive Headteacher)

Strep A and Scarlet Fever and Other Health Concerns

The UK Health Security Agency (UKHSA) is reporting that Scarlet Fever cases are currently higher than typically seen at this time of year. Scarlet Fever is usually a mild illness that is easily treated by antibiotics, but in very rare occasions and if left untreated, the bacteria can get into the bloodstream and cause an illness called invasive Group A strep (iGAS). Parents are advised to seek medical help if they think their child is showing signs of Scarlet Fever or iGAS.

Symptoms to look out for include:

- a rash with a sandpaper feel,
- sore throat,
- flushed cheeks,
- a swollen tongue,
- muscle ache,
- and high fever.

If you're worried about your child's health, always trust your own judgement, and contact a pharmacist, your GP or call 111 to seek medical advice.

We can all reduce the risk of picking up or spreading infections by teaching our children how to wash their hands properly with soap and warm water for 20 seconds, using a tissue to catch coughs and sneezes, and keeping away from others when feeling unwell. For further information about Scarlet Fever and invasive Group A Strep (iGAS), visit:

[UKHSA update on Scarlet Fever and invasive Group A strep \(prgloo.com\)](https://www.prgloo.com)

· <https://www.nhs.uk/conditions/scarlet-fever/>
 · <https://ukhsa.blog.gov.uk/2022/12/05/group-a-strep-what-you-need-to-know/>

Stephen Warrick

Public Health, London Borough of Barnet

Please also see the advice issued by the UKHSA regarding the health concerns nationally:

<https://www.gov.uk/government/news/back-to-school-advice-issued-amid-high-levels-of-flu-covid-19-and-scarlet-fever>

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)

Finchley Lido Leisure Centre Engagement

The council are [inviting views on the future of Finchley Lido Leisure Centre](#) at the Great North Leisure Park. This includes the possible relocation to North Finchley Town Centre to create a modern and more sustainable

leisure facility at the heart of the town centre. The existing facility is ageing, and the condition of the building restricts its ability for the council to deliver wider aspirations to create a more active and healthier borough, whilst offering a full family friendly and inclusive experience. A new leisure centre could broaden the council's leisure offer by delivering a range of new and improved facilities with better access and support the community infrastructure.

We would like to hear from you about your existing experiences, facilities that are important to you and views on future options.

[Take part](#) by *Monday 23 January 2023*

Courtney Warden, Service Manager – Sport & Physical Activity, London Borough of Barnet

Safeguarding



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

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 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://www.thekey.org.uk/): [thekeysupport.com/safeguarding](https://www.thekey.org.uk/)

Additional May Bank Holiday – 8 May 2023

As you may be aware, the government has confirmed that there will be an additional bank holiday this 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.

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! (Deadline – 16 January 2023)

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/>