



St Andrew the Apostle School Weekly Newsletter

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

03 February 2023

Key Message from Executive Headteacher

I have heard the work 'community' a lot this week around our school, on many levels, as we have gone through the business of the week here at St Andrew.

We serve our students and our parents from our locale in North London and all those from our designated Greek Orthodox Faith, all other faiths and those with no faith too. Those in our community we serve and have chosen us from the local Greek and Greek Cypriot community are very important to us, and many will have chosen us because of the faith nature of the school. Our Admissions policy is clear that 50% of places are faith places and that the other half of our entry are non-faith places. We are so fortunate that with the mix of students and staff at St Andrew the Apostle School, we are a really diverse community and this, in part, has helped us create the lovely atmosphere around our school. Visitors always comment on this.

We have had many visitors this week: governors and Trust colleagues, and Father Kristian from St Andrew the Apostle Cathedral in Kentish Town and Deacon George from the Diocese have all been in to support our school. It was great to welcome them.

Also welcomed to our school community recently have been some in-year admissions, as families move into the area or look at different options for their child's education. I think it is the measure of a school when a child can join mid-year and immediately feel welcome and part of the community.



As I write this, teachers of Year 9 students are feeding back on progress to parents and carers online in the Year 9 Parents Evening, and it is always wonderful to witness these appointments – the care that our teachers exude and the engagement of the parents. This is a key evening as we build up to options evening and choices to come.

Safer Internet Day is next week (7 February 2023) and we are devoting some of our tutor time sessions for students to engage with and understand the important messages in this event. Our bible verse in school this week is Romans 15:1 "Now we who are strong ought to bear the weaknesses of those without strength." We are parents like to think we know best, but in matters on technology this may not be the case(!); the following links are information for parents/carers so that they can support their children:
<https://www.saferinternetday.org/in-your-country/united-kingdom>
<https://saferinternet.org.uk/>

As a reminder we conclude this half term on 10 February 2023 although school will be open on Wednesday 15 February and Thursday 16 February for targeted intervention sessions for Year 11 and Year 13 students. I would like to thank those teaching and non-teaching colleagues who will be in school to support these sessions.

Please see the Faith section below on how we can support Year 11 and Year 13 students.

Anthony Easton (Executive Headteacher)

Upcoming key Dates and Information

- Wednesday 8 February – Year 11/Year 13 Mocks Begin
- Thursday 9 February – Year 9 Options Evening (face-to-face).
- Friday 10 February – Options form sent out via Email / Bromcom.
- Friday 10 February – Non School Uniform Day
- Wednesday 22 February - Deadline for options form completion.
- Please [click here](#) to access term dates.
- Please [click here](#) to access school calendar.
- Please [click here](#) to access previous editions of the Newsletters.

Faith- πίστις

Don't worry, God has got this!

Often our Year 11s and Year 13s feature in Mr Easton's column in this newsletter, but this week they are a focal point in the faith section of this week's edition. Both year groups go into their mock 2 exams next week. Any exam season can be challenging and stressful time for students. The pressure mounts as the exams approach. It can seem daunting and overwhelming. It is natural to feel anxious and, in some students, the adrenaline can actually boost performance. However, it is essential that students do not begin to place their value on an exam grade. The truth is, God is always with us, always fighting for us, and is always faithful to us. In our success and our struggles at school, the Lord never fails us and never gives up on us. We can put our trust in him. Remember the words of James 1:12 says, "Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him." We are called to persevere in the challenging times in our lives as a form of obedience to God. Let us focus on these words "... the testing of your faith produces perseverance."

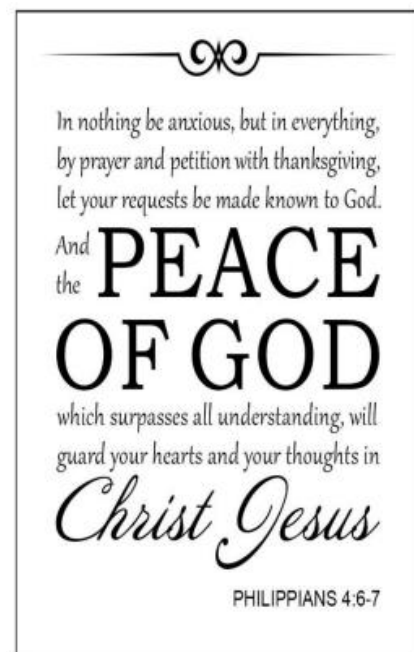
Students need to first have faith that God is big enough, strong enough, and loves them enough to bring them through any difficulties they are facing. That faith is able to produce perseverance in them.

When they see that strong faith in God's power and control, they are able to face any setbacks because they know that God will always sustain them. Please pray for our Year 11 and 13 students, but also encourage them to pray too (perhaps using the prayer below). Encourage them to pray, work hard and trust God! Praying and having faith that God will give them the energy, wisdom, strength, and endurance to study for and take their exams will calm them down because they know that He is in control of all things. This is the peace that surpasses all understanding that the Bible talks about in Philipians.

They need to know that God has got them in His hands and He will never let them go. He has plans for them. Plans that will prosper them and not to harm them, plans to give them hope and a future" (Jeremiah 29:11). Teach them not to worry. God has got this! All they need to do is come to Him in prayer.

A Prayer for Year 11 and 13 students to use:

Jesus, This exam season is challenging, and I have mountains of work ahead of me, yet I trust in you. I know that when I put my faith in you, even when it is as small as a mustard seed (Luke 17:6), miracles can be accomplished. I pray that as I study in these coming weeks, as I soak up knowledge and memorise facts, as I read and process and write, that you would be renewing my mind and strengthening my spirit. Help me to persevere through my busy schedules and help me to keep my eyes fixed on you throughout it all. As I enter the exam hall, I pray you would blanket me in your peace. Ease any anxieties, calm my restless mind, and give me focus on the task at hand. I pray that I would know my worth is in you alone, not in any grade I do or do not get. I pray that I would feel your presence during my exams, and that I would be comforted by your nearness. Thank you for the gift of this education, Jesus. I pray that these exams would be a celebration of all I have been learning, and that I would be grateful for all that I have experienced. May I recognise all the ways in which I have grown. May you be glorified, Lord. Amen.



Of course, some of our students may not have faith or have a faith different to Christianity, but moments of reflection and stillness as they enter exams or in the exam itself(!) will benefit them greatly.

We continue to emphasise to those in our exam years that working hard (and smart) each day, committing to the process and having faith (which can be faith in their ability or in a higher being) will give them the success they deserve.

Non School Uniform Day – Dress to Express



On **10 February 2023** St Andrew the Apostle Greek Orthodox School will be taking part in **Place2Be's Children's Mental Health Week** and fundraising to support the mental health of children and young people throughout the UK - a cause we feel is now more important than ever.

Children's Mental Health Week is taking place from 6–12 February 2023 and is an opportunity to shine a spotlight on and raise awareness for children and young people's mental health.

Place2Be believe every child should have easy access to mental health support whenever they need it. They create safe spaces in schools where students can open up without pressure, arming them with emotional skills to help deal with everything life throws at them. As a charity, **Place2Be** rely heavily on the generosity and support of the community to continue their essential work in the future and to reach children before it's too late.

As a school community, we will be encouraging all students and staff to use clothing and colour to express themselves on **10 February**. We also kindly ask that all children who take part **make a suggested £2 donation to Place2Be** online at www.Parentpay.com under the heading 'Dress to Express Day'.

Your child/children's Dress to Express outfit can be as simple or elaborate as they like! Dress To Express is an opportunity for self-expression and celebrating a diverse range of emotions. The day also provides a great opportunity to be open about mental health and start conversations within our school community.

We're delighted to be hosting a Dress to Express Day during Children's Mental Health Week and raising much-needed funds for Place2Be. If you have any queries, please get in touch with us.

Ms Henshaw-Devall (Safeguarding and Inclusion officer)

CHILDRENSMENTALHEALTHWEEK.ORG.UK

Mental Health



We are always aiming to remove as many barriers to learning as far as we can. Post-pandemic the national picture shows that teenagers and children are experiencing higher levels of concerns over their mental health, be this diagnosed mental health issues or lower level of anxiety and depression. We are not immune to this at St Andrew and continually offer support to all students, this can include:

- In school additional pastoral support from Ms Menshaw-Devall and Ms Moustaka
- Referrals to outside agencies who can provide specialist support
- Signposting students to charities who can help, such as Childline on 0800 1111 or www.kooth.com

We are currently making plans to mark Children's Mental Health week on 6 February and will provide more details to students and families about this soon. In preparation for this we have produced displays in both Building 4 and 5 in prominent positions of the building for students to be aware of the support we can offer.

One of our core school value's is caring, and we offer this care to students to help them navigate the world.

Of course, if you do have any concerns about your child's mental health and need advice or support then please do not hesitate to contact us using our staff contact form and we can discuss this with you in a sensitive and discreet manner.

Geography Field Trip – Rivers in Epping Forest



We took our fantastic Year 11 Geographers on their final field trip this week – the physical geography trip to Epping Forest to look at the changes in the characteristics in rivers downstream.

We set off at 8.30am and travelled by coach to Epping Forest to meet our guide and tutor, Hannah, who taught us all about characteristics of rivers and what to look out for as students carried out their research 'in the field'.

Students were excited to hear that they were to have an early lunch!

We then got back on the coach and travelled to Debden Brook to look at the processes affecting the energy of a river and to get measuring, timing and recording our data!

Fill in the gaps!

1. The volume of water in a river is called its d_____.
2. Where two rivers meet is called a c_____.
3. Where the inward and outward bends of a river meet to create a superfluous lake is called an _____.
4. Debden Brook is a small river in Epping Forest, in the county of _____.

Students had lots of fun carrying out the field work, which involved some leaking wellies while standing in the river and chasing corks as they measured the velocity of the river.



Thank you so much to the Field Studies Council, Ms Gharib and Mr Higgins for their efforts on the day and well done to students for really getting stuck into their field work.

Mrs Cooke (Deputy Headteacher)

Year 9 Basketball Report

St Andrew the Apostle 34 v 30 Hendon School

The Year 9 basketball team drew Hendon School in the first round of the cup. Having never played together, this was a completely new experience for the boys, but they were certainly up for the task. The first quarter saw us start off extremely strongly as our starting five of Ray M, Marcou S, Angelo P, Hendrick S and Tobias A took an early 11 – 2 leads going into the second. Hendon School started to grow in the game and battled back in the second quarter making up a 9 – point deficit by taking the lead going into the half time break. The second half started off in a similar manner with each team going back and forth exchanging points. Ray setting the tempo really pushing the ball up the court along with Hendrick and Angelo doing a fantastic job driving in the lane and scoring some terrific baskets. The starting five started to tire which called for a big impact from the subs. The fresh legs of Hristo H, Stav S, Oliver Z and Vasilis P kept us within touching distance going into the fourth period. Last 10 minutes and only down by 4 the starting five went back out determined to make sure they win this game.

Baskets were fairly easy to come by through some tough rebounding from Tobias and great fast break play from Ray and Angelo. Everyone played their part which saw us in a position up by 1 with 10 second left on the clock. Ray starts to bring the ball up while the Hendrick mark him closely. With a few seconds left Ray shoots from half court and incredibly scores the basketball of the game!

Off the backboard and in, St Andrews win by 4. An incredible game matched by an incredible performance saw the Year 9's through to the next round of the cup.



Mr Fowlie (Cover Supervisor, supporting PE department)

Year 7 and Year 8 Netball vs St Michael's Grammar School



A huge well done to our Year 8 netball team, who secured another league win on Tuesday against St Michael's Grammar School. The team were excellent from the starting whistle, and were 2-2 after the first quarter, they took the lead 4-2 in the second and maintained a clear lead throughout the duration of the game. The game ended 7-4 and there were some outstanding goals from Natalie S and Elena B.

Girl of the game was awarded to Hana Z for her incredible performance as goalkeeper.

The year 7 netball team were unlucky in their defeat on the same evening. They played with incredible effort, resilience, and determination but were unable to secure the extra 3 goals to win the game. There was an excellent team effort on the night, and the girls are keen to work on their performance for their next game.

Ms Walt (Head of Year 9 and 10)

Year 9 Netball vs Ashmole

The Year 9 netball side were unlucky in their defeat against an excellent Ashmole team last week. There was some outstanding play from the girls, and some brilliant finishes from Nini K but unfortunately it was not enough to secure the win.



Girl of the game was awarded to Alayziah L for her outstanding performance in Goal Defence.

Ms Walt (Head of Year 9 and 10)

Dropping Off and Picking Up students in the morning and after school

If you are a parent or carer that drops off and pick up your child on the North London Business Park, please do consider dropping off and picking up off site, using what we call 'ride and stride'; this means dropping your son or daughter near to the school so that they can walk that last few minutes to school. This will make a difference in to how many cars come on to our site, thus making it safer. It will also be more time efficient for you! The weather is improving and I am sure your son/daughter will not mind walking that last few hundred metres to school.

Please also be aware of the students and other road users at times that are more congested than others. We have a number of staff members on duty in the mornings and afternoons, but a collective awareness of all those who use and move around on the Business Park will ensure we are all safe, not least our students as they arrive and leave school.

Visitors to the school mention how strong the local transport links are and many of our students get the 34 or 251 buses to and from school. To support students getting on the bus in the afternoon, we have senior leaders on duty at the end of the school day.

Thank you for your consideration on continuing to support road safety on our site.

Term 3 Extra – Curricular Sports Clubs

PE extra-curricular clubs re-commence on Monday 16 January 2023.

Monday

Activity: All Years Dodgeball

Time: 3.00pm-4.00pm

Venue: Building 5 Hall

***Change in building 5 changing rooms.**

Activity: GCSE Trampolining (invite only)

Time: 3.00pm-5.00pm

Venue: East Barnet School

***Change in building 5 changing rooms.**

Tuesday

No clubs due to sports fixtures

Wednesday

Activity: All Years Dance

Time: 3.00pm-4.30pm

Venue: Building 5 Hall

***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.**

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 R Browell (Head of PE)**Anti-Bullying**

All of our form tutors, Heads of Year and indeed all adults in the school are training in how to identify, report and respond to signs of bullying. We have robust procedures and policies in school which we follow to ensure that we reduce and remove this from our community.

One of our values in school is respect and we expect all students to show respect to each other.

However sometimes these signs in school can be very subtle initially and it can be difficult for adults to spot these signs. We also know that some students would be concerned about their teachers knowing that this is happening.

When issues of bullying or unkindness occur in school we address this in sensitive and appropriate ways. This can include closer monitoring or dealing with the issue in a way that reduces rather than aggravates the situation.

If your child has reported any unkindness to you that you are concerned about please do report this to us using our staff contact form and we can discuss how we can support your child in the most appropriate way with a discussion between you, as parents, initially, so we can agree on a way forward.

Mr Martin (Deputy 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 sandpapery 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.nhs.uk/conditions/scarlet-fever/)

<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>

Prime Drinks and Energy Drinks



Many of you will be aware of the craze for Prime drinks which are being sold in Asda and Aldi. Whilst the Prime Hydration drink is not considered dangerous for young people, Prime are planning

to launch Prime Energy in supermarkets from April. The official website states that one 12oz can of Prime Energy contains 200mg of caffeine. A warning on the page states that the energy drink is not recommended for children under the age of 18, as well as pregnant or nursing women. For comparison a can of Red Bull has between 75-80mg of caffeine and a can of Monster Energy contains 160mg. An average cup of coffee contains around 40mg of caffeine. However, there are no laws in place restricting sales of energy drinks to under 16s and if Prime Energy proves to be as popular as its predecessor, it will likely fall into children's hands. According to GP Dr Hana Patel, 200mg is double the amount of acceptable caffeine for children, though she recommends that they avoid it all together - as it can cause symptoms such as insomnia, heart palpitations, dizziness and anxiety. She said: "Caffeine is a stimulant and evidence and research shows, that children should not have caffeine in their diet, if they do it should be no more than 100mg of caffeine in a day. Caffeine also may harm children's still-developing cardiovascular and nervous systems.

Please also note that these drinks are being re-sold at extraordinary prices on eBay and other platforms with individual cans fetching around £15-£20.

At St Andrew we permit pupils to drink water in the classroom and this remains the healthiest and safest option for all young people. We do not permit pupils to bring energy drinks e.g. Monster, Red Bull to school and these have always been listed amongst our [banned items](#).

Mr Martin (Deputy Headteacher)

Game Finder

Finding games for children which are appropriate for their age, which work on the devices the children use and the children will enjoy playing can be a minefield, particularly when parents are being bombarded with the 'but everyone else is playing this game' guilt trip. Game Finder is a new (free) service available from Taming Gaming which walks parents through various aspects, such as how old is your child? What devices do they have? What types of games do they like to play? And then gives a list of recommendations of suitable games. I've used this a few times and it is brilliant, you can find Game Finder [HERE](#).

Safeguarding

Child Safety and the Metaverse



All devices which allow both unfettered access to the internet and expose children to voice chat, text chat and photo sharing with complete strangers. This year presents an acceleration of vulnerability window as, VR headsets, connected to Facebook's Metaverse have been released onto the marketplace. The Metaverse seeks to link users to the internet as a Virtual Entity through the use of Virtual Reality Headsets. This amplifies the danger children are exposed to online. To help you understand this new, fast changing issue the NSPCC has published a guide to both the Metaverse and VR headsets. To find out more please follow the link:

<https://www.nspcc.org.uk/about-us/news-opinion/2022/christmas-vr-safety-advice-for-parents-metaverse/>

Understanding the Playground - Fortnite

Since its release 2017, the battle-royale simulator – Fortnite, has become ubiquitous in classrooms and playgrounds throughout the world. The game, which features cartoonish renderings of characters, bright colours and non-visceral consequence free violence, has had a mass appeal to children. Each Christmas another draft of young pupils are induced into its overcrowded multi-player lobbies, to the point that there is not a school pupil in the country who hasn't owned it, begged their parents for it or played it round a friend's house. As a result more children than ever are exposed to multi-player chatting with strangers, and financial exploitation via the game's spend-to-gain-advantage operating style. Allowing children to use real world money to gain perks and costumes. From criminal blackmailing, to the coercion of nude exchanges by online 'friends' posing as children, the danger this game presents from a safeguarding perspective is clear. As an added complication, the verbiage surrounding the game used by pupils is near-incomprehensible, frustrating adepts to secure their safety. Fortunately to allow for greater comprehension of reports to staff involving the game, Internetmatters.org has published a guide to understanding the game and its terms. You can find the link below:

<https://www.internetmatters.org/hub/guidance/fortnite-battle-royal-parents-guide-keep-kids-safe-gaming>

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

Parent Champion Webinars

It is okay to join the Parent Champion Webinars if the first one was missed.

- 6th February - Structure and Nurture
- 20th February - Managing Challenges
- 27th February- Skills to become Parent Champions

Lunchtime sessions @ 12.30pm – 2pm OR Evening sessions@ 7pm – 8.30pm

You can find the zoom links for each session [here](#)

Barnet Council and Khulisa are delivering a Parenting Programme to schools and organisations in Barnet where we can train and equip parents to become Parent Champions in their communities, support others and develop themselves with exciting training opportunities.

**Jayne Abbott (Resilient Schools Manager
Public Health Directorate, London Borough of
Barnet)**

Half Term Fun in Libraries

Libraries would be very grateful to schools for including the following message in their newsletters to parents:

Love is in the air this half term as Libraries celebrate Valentine's Day. Children can make a teddy bear card, create an animal, and make Valentine's crafts. There's a focus on kindness too at Golders Green library's craft event.

At Colindale Library, Creative Communities delivers a range of events including a creative writing workshop for children with author Savita Kalhan, Sing, Story, and Sign where we'll be learning some British Sign Language and a special event to explore STEAM with Lego.

All events are free and no booking is required. [Find out more.](#)

Libraries are open for families to visit, read and take part in activity worksheets throughout the holidays too. Please check our [opening times](#) before visiting.

Positive Activities

Fully funded activities for children and families in Barnet bookings are now live.

Places are fully funded and are for all young people who live in or attend school in the Borough of Barnet. Please note, you must register and apply online for all activities, courses, and workshops. If your application has been successful, you will receive an email confirming your child's place.

This February Half Term the Positive Activities Team will be celebrating the Lunar New Year, marking Valentine's Day, and also delivering sessions that highlight Children's Mental Health Awareness.

Activities include:

- Yoga Rap
- Circus Skills
- Squash
- Meditation
- Cookery
- Graffiti
- and many more

Book link the link: [Barnet 0-19 Early Help Service - Events?CalendarID=64 \(barnetyouth.uk\)](https://www.barnetyouth.uk/Events?CalendarID=64)

Healthy Beginnings



Barnet's first FREE Healthy Beginnings Roadshow is in Grahame Park on the 7 February, 1.30-5.00

Barnet's first ever Healthy Beginnings Roadshow will offer an afternoon of fun and support for families with children aged 8 or under.

When and where: Tuesday 7 February at The Old Library, The Concourse, Grahame Park NW9 5XA, 1:30pm – 5pm (Free entry, no booking required).

Parents, carers and their children are encouraged to pop by and get to know more about the support and local services available in Barnet, to give their families the best start in life.

The afternoon will include:

- fun activities for the whole family
- information about local health and wellbeing services and support available
- opportunity to meet experienced health, early help and community services professionals to talk to and ask questions
- support with the rise in cost of living

This is the first in a series of free roadshows that will be taking place across the borough, each tailored to the local area.

[Find out more](#) or contact earlyyears@barnet.gov.uk to get involved.

Thanks,

J Abbott, Resilient Schools Manager,

Public Health Directorate

Young Commissioners

We're really excited to share a new opportunity for children and young people in the borough that we've been working on.

Open to all 11–18-year old's (and care leavers) that either live in or go to school in Barnet, we've designed a Young Commissioners programme where young people will be able to work with our commissioners to gain an understanding of commissioning, learn new skills and to earn three AQA unit awards to boost their qualifications. Participation in the programme can also be used as volunteering hours for certain courses and schemes like the Duke of Edinburgh award.

We'd really appreciate if you could share this opportunity with any young people you may work with who may be interested in the programme and in developing their professional skillsets.

Applications are open now

It should take around 5 minutes to complete and we'll set a deadline based on the level of interest we receive.

If you have any questions, please feel free to email young.commissioners@barnet.gov.uk

S Carnegie, Strategy, and Insight Advisor

Family Services, London Borough of Barnet

Volunteer Police Cadets

What is the Volunteer Police Cadets?

We are a Volunteer Uniform Youth group that is supported and run by the Metropolitan Police.

Junior Police Cadets

Junior Police Cadets are from School Years 6-8.

It was developed after recognising a vulnerability gap between primary and secondary school. It aims to teach young people life skills and social responsibility in a fun and engaging environment. These units are led by Senior Cadets supported by VPC staff, allowing them to be positive role models to their younger peers.



Greater Youth, Greater London

Senior Police Cadets

The Cadets meet once a week and often perform duties in support of local policing. They also take part in large public events like Trooping the Colour, Remembrance Day Parades, London Marathon and Notting Hill Carnival. There are also various cadet competitions held throughout the year where units compete against each other. All of these activities can be used to complete the Duke of Edinburgh Award.



The Annual Cadet Competition

Weekly Meetings

At weekly meetings Cadets have a variety of in-puts on aspects of policing and citizenship. They also take part in sporting activities and are taught Drill and Marching.

- Uniform: Free, after a 10 Week Probation period. Senior Cadets (Yr9 and above) will need black boots.
- Opportunity: Meet new people from your borough. Camps and trips away. Learn new skills.

Trips and Camps



Cadets Completing Gold DofE Expedition in Snowdonia

During School holidays many of our Cadets go on camps and trips. Some of these are day events like trips to visit the crime museum or take part in white

water rafting, some are week long camps, taking part in many different outdoor activities like Mountain biking, Ghyll Scrambling, Climbing and caving. We also offer leadership training days.

Volunteering

Cadets are expected to volunteer some of their time to help out in their local community giving Crime prevention advice, stewarding local events and test purchasing of Alcohol, fireworks and knives. They will also get the opportunity to join officers and help with the policing of big events such as London Marathon, Ride London, Trooping the Colour and the Notting Hill Carnival.

Competitions



Cadets take part in competitions including First Aid

There are a number of competitions across the Year where cadet units compete against each other

- The Annual Cadet Competition: Concentrating on police style scenarios
- Iron Team: A bit like I'm a celebrity get me out of here
- Paintball: Staff and Cadets against other boroughs



Aspire to be different. Join the Volunteer Police Cadets at Barnet. Meet with like minded young people with shared interests. Have fun, learn, develop and help in your local community. Check out "Met Volunteer Police Cadets, part 1" on YOUTUBE for a 2 min video.

Weekly meetings

Our current Units are as follows:

Senior Cadets 13-19 year old

Peel Centre, Colindale, Aerodrome Road, NW9 5JE,

Wednesdays

19:00-21:30 hours

Barnet Police Station, 26 High Street, Chipping Barnet,

EN5 5RU, Thursdays

19:00-21:30 hours

Junior Cadets 10-13 year old

Peel Centre, Colindale, NW9 5JE, 1Wednesday 17:00-

18:30 hours

The units meet during **term time only**.

Contact Us

Name: PC Roma Wesolek

Telephone: 02087335857

Email: NWMailbox.VPC@met.police.uk

BAFTA-nominated Channel 4 series

The BAFTA-nominated Channel 4 series, The Dog House, is about to return for a new series. Described as one of the most heart-warming programmes on TV, we are starting the search again for people who can offer a loving home to a rescue dog and share their reasons for doing so. We wondered if you might be able to help?

In previous series, we found that there were many reasons people might consider bringing a rescue dog into their life; to help combat loneliness, extra company for a child, and to encourage getting out more. For children specifically, having a dog in your home has been proven to help with social skills and impulse control, and even improve self-esteem. Dogs are always happy to see you when you get home from school, and their love is unconditional - the ideal confidant and an ever-willing playmate! We would love to highlight some of these benefits and wondered if any members of your school might be interested in applying, or simply finding out more with no pressure to take part.

Could you provide a loving home for a rescue dog? The Channel 4 series, The Dog House is looking for couples, individuals, friends and families who are seriously considering bringing a rescue dog into their lives and are willing to share their reasons for doing so.

Please follow this link to apply:

<https://www.channel4.com/4viewers/takepart/the-dog-house>

Career Opportunities

We are so lucky to live in London, with all the cultural capital that it brings. Please see opportunities below in relation to careers that nearly all of our students can access whatever their year group.



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LAW & FINANCE

We are delighted to offer your students opportunities in 5 Law & Finance-related industries at UCL this term. The programmes provide an opportunity for students to learn from top professionals, including barristers, MPs, corporate lawyers, investment bankers and hedge fund managers.

- Participate in a mock murder trial
- Negotiate in an M&A deal
- Public speaking coaching by barristers
- Learn how to value stocks & shares

Plus, Q&A time with all the professionals and guidance on university choices, interviews and applications.

[View & Register AGES 12-14](#) [View & Register AGES 15-18](#)

LAW & FINANCE SUMMER EXPERIENCES

For the ultimate experience in Law & Finance-related careers, students should register now for our Summer Experiences in London:

- Argue a case in the Supreme Court
- Learn about human rights at Amnesty International
- Trade the stock market in a skyscraper
- 'Model UN' alongside Foreign Office staff

[Summer Experiences AGES 12-14](#) [Summer Experiences AGES 15-18](#)

We are now more than 50% full for these so interested students should book their places as soon as possible.

info@investin.org +44 (0) 203 488 5089 www.investin.org