



# St Andrew the Apostle School Weekly Newsletter

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

10 February 2023

## Announcement

Dear Parents,

We are delighted to announce the appointment of Dr Philip Hills as the new headteacher of St Andrew the Apostle Greek Orthodox School.



Dr Hills will join the school in June and will lead the community as it prepares to move into its new permanent building. He is an active member of his local Anglican Church and, since his student days, has had a deep affinity with Greek Orthodoxy.

Having been educated at a state school, Dr Hills gained a First Class Honours degree in Classics from Trinity College, Cambridge, where he went on to complete a PhD.

He has enjoyed a distinguished and varied career, including headship in both the maintained and independent sectors. He led Oxford High School to its best ever A Level results in 2019, taking it into the top 20 schools in the country. As a Classicist, he has a deep love of the Greek and Latin languages and culture, and has inspired large numbers of students at his current comprehensive school to take Latin to GCSE.

Dr Hills is committed to a broad and exciting academic curriculum as well as plentiful opportunities for extracurricular activities, especially music and sport. He has strengthened girls and boys football in every school in which he has worked.

Dr Hills will take up his post on 5th June 2023 after half-term and in advance of that has started working with the school to be ready to take over from Mr Easton. He will be meeting governors, senior leaders, school staff and students between now and June and he is keen to introduce himself to parents at forthcoming events and surgeries.

Mr Easton will of course remain as headteacher during this critical period for Year 11 and Year 13 until Dr Hills starts in June and he will remain as one of the trust's advisers to the school. I am sure you will wish to join with us in thanking him for his unwavering commitment

and dedication to the school over many years, but in particular since last May, when he has spent so much time away from or travelling from his home on the South Coast.

Yours faithfully,

Mary Karaolis, Chair of Governors

Colin Mackinlay, CEO of Russell Education Trust

## Message from Executive Headteacher

Thank you to all parents of Year 9 students who attended the options evening on Thursday, which was informative, purposeful and warm! It is always wonderful to see parents in our school and feedback from them on the guidance and support both they and their children received was extremely positive. My



## GCSE Options Booklet

thanks to the Year 9 Head of Year, Danielle Walt, our Deputy Headteacher, Linden Cooke, and the other staff members there to support. Our site staff were fantastic, moving all the exam tables and chairs out of the hall for the event, putting them back again ready for Year 11 and Year 13 mocks on Friday.

Both year groups (11 and 13) have started mocks brilliantly! They will have a rest over half term along with intervention sessions in school and revision and practice at home. We have split the mocks either side of half term to replicate the exam season in May/June.

Y9 parents will receive a progress on Friday to support choices for options. Our Year 10s have received target grades recently and Years 7, 8 and 12 will also receive progress reports in the near future. This information is one of the three main information point on progress, the other being a written report and an end of year report. Parents evenings also provide guidance on

progress. Please see our website for the key dates:

<https://www.standrewtheapostle.org.uk/school-calendar>

**DRESS  
TO  
EXPRESS**

[childrensmentalhealthweek.org.uk](https://www.childrensmentalhealthweek.org.uk)

We ended our week with a non-uniform day, allowing students to express themselves to raise awareness for Children's Mental Health Week during which we have been dedicating time in our tutor times and assemblies. I am not sure that the impact of the COVID period on mental health has been fully captured and we want to continue to support our students in their lives to be healthy in body and mind.

**6-12 FEBRUARY 2023**  
**#ChildrensMentalHealthWeek**

We are always looking to update our website and we would love to receive testimonials that you, as parents and carers, wish to share with others about our school. Please send in to the [admin@standrewtheapostle.org.uk](mailto:admin@standrewtheapostle.org.uk) putting 'testimonial' in the subject line.

We will also be sending out our donations letter and we would be grateful, as always, of any donations to support our school.

As an English teacher, I love reading and will dedicate time over half term to it. I am currently reading Ian McEwan's 'Sweet Tooth' and Jane Harper's 'The Dry', which are both fantastic. In this newsletter there are some recommendations of books for young adults for half term, a great time to spend reading. It is also a great time to recharge, see friends and spend more time with family. I hope you have a great half term.

As I conclude my part of this week's newsletter, I wanted to say how much I am looking forward to working with Dr Hills, the school's new Headteacher. It was great to meet him when he came to the school as part of the selection process. He will inherit a wonderfully unique school, a great staff body and brilliant students and I know he will enjoy being part of our school.

**Anthony Easton (Executive Headteacher)**

### Upcoming key Dates and Information

- Monday 13 February – Half Term Begins
- Monday 20 February – Back to School
- 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- πίστη

Preparing for Lent together



This year, Lent begins on 22 February 2023.

I would like to invite students and all members of the school community to write a prayer to be used over Lent.

Students have been invited to submit a prayer over Bromcom and they can send this to us as they would homework. Local clergy, parents, grandparents and friends of the school can send their contribution to our usual contact email address:  
[admin@standrewtheapostle.org.uk](mailto:admin@standrewtheapostle.org.uk)

It would be wonderful if students could illustrate their prayers, so if you are feeling artistic, please do send in illustrations too.

We are looking for the prayers to reflect Jesus' journey to the cross, so please reflect on the themes of Lent before you begin writing. Temptation, being sorry, forgiveness, strength, guidance and community are key themes, as well as reflecting on the death and resurrection of Christ.

We would like to use these prayers in school to share with the community. Our goal is 40 prayers for the 40-day Lent period, so please do get involved with this initiative! I look forward to being able to acknowledge those who have contributed as we read the prayers and journey together towards Easter. Deadline for submissions: Tuesday 21 February.

These prayers will be a wonderful addition to our school for lent as we reflect, exploring our relationship



with God, searching for how we can improve and learning more about Easter and its connection with our lives. Greek Orthodox Lent includes different types of fasting, which can be used to explore spiritual growth, focus on spiritual practices and prepare for Holy Week. As ever, we at St Andrew the Apostle School recognise that everyone's spiritual journey is individual and personal.

### Children's Mental Health Week



Our School prayer also asks for 'laughter and love in all that we do'. A barrier which some students can face in having this is through their own mental health. We

discussed this in assemblies, in our form time and the week culminated in a non-school uniform day which raised awareness for student's own mental health.

Throughout the school there are continually displays which support students in knowing where they can go for help. If you are concerned about your child's emotional wellbeing, then please do contact Ms Moustaka through the Staff contact form and we can support. As a school we can:

- Provide advice to students on how to be emotionally and physically healthy.
- Aim to reduce or removes anything in school which could be concerning them.
- More closely monitor students to offer timely support.
- Refer to external agencies and charities who can provide more specialist support.

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 Henshaw-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](http://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.

**Mr Martin (Deputy Headteacher)**

## Year 9 Basketball vs. Ark Pioneer Academy



The success continues for the Year 9 basketball team as they played Ark Pioneer in a local friendly. The starting 5 of Tobias, Hendrick, Angelo, Ray and Stav started the game with such determination and there were some excellent baskets scored by Tobias and Ray, with both securing 3 pointers, securing a lead of 20 – 17 in the first quarter. The team then fell short in the second quarter, and the score at half time was 20 – 21, Ark lead. This did not stop the team who demonstrated excellent resilience, ending the game with **34 – 26**.

**MVP** awarded to Tobias A-L for his outstanding play throughout the match, most notably his 3 key blocks and his 3-point shot.

**Miss Walt (Head of Year 9 and 10)**

## Year 10 Table Tennis Tournament

On Thursday 19 January the Year 10 table tennis tournament started with some of the best Year 10 sporting talent taking part. None of this would have happened without a bright idea from Pranit C! The tournament started with a round of 32 with many good and intense matches, which brought much interest from all year groups watching at lunch-time. The winners moved onto the round of 16 which again brought excitement to all spectators, and it did not disappoint. The quarter-finals commenced including top names such as Freddie P, Nicholas K, Christopher V, Luca A, Andrew A, Endri T, Jerome S and Stellios C. The semi-finals were announced with Andrew, Endri, Nicholas and Freddie which set out to be fantastic games from all involved but only two could be in the final.



Andrew played Nicholas in the final to decide who would be crowned champion of Year 10. The final was watched by a large crowd of Year 10 students, both students played exceptionally well. A huge congratulations to Nicholas K who won 3-0. Nicholas will be presented with the prize in assembly after half term.

**Mr Watt (Sports Apprentice)**

## LGBT Week

Two of our Six Core Values at St Andrew the Apostle are 'caring' and 'responsibility'. We aim to demonstrate we are caring and welcoming to all members of our community and on the week of the 27 February we will be marking the conclusion of LGBT history month. During this week students will be provided with education on 'protected characteristics and the safety afforded to all through the equalities Act 2012, History lessons will focus on the challenges LGBT soldiers faced in the first world war and assemblies will focus on the language we use which could be perceived as offensive to others.

Through this week we aim to show students that they need to be responsible for their actions and that we expect all student to care for others in our community. If you do have any questions about this week then please contact Mr Martin using the staff contact form.

**Mr Martin (Deputy Headteacher)**

## Safety notice from local police force about travel home from school

Please remind students not to walk alone in quiet areas and to stick to main roads as much as is possible. An incident where teenage males followed younger students and were unkind has been reported. Should anyone witness anything similar please contact police via 101/999/[www.met.police.uk](http://www.met.police.uk) to report.

## 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 mentioned 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.

If you do come on site to drop off or pick up, please use the designated route, which is around the multi-storey car park. Please avoid waiting or dropping off outside of this area as you may receive a fixed penalty notice.

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>

**School Uniform**

Our student Code of Conduct asks students to be 'ready' for the next stage of their education, be that organised for their next lesson, prepared for their next test or ready and informed for the world of work ahead of them.

We ask all students to be dressed in a professional manner, this not only support us in maintaining a

purposeful atmosphere in school but also prepares students for any work environment they may find themselves in.

We know that many parents over the half term break may be aiming to buy school for students. Our uniform policy on our website asks that **Shoes** are: Traditional flat, black sensible shoes – lace up shoes to have black laces. No trainers or boots, no white or coloured laces.

There are some guides below which may support your decisions about what are allowed in school.

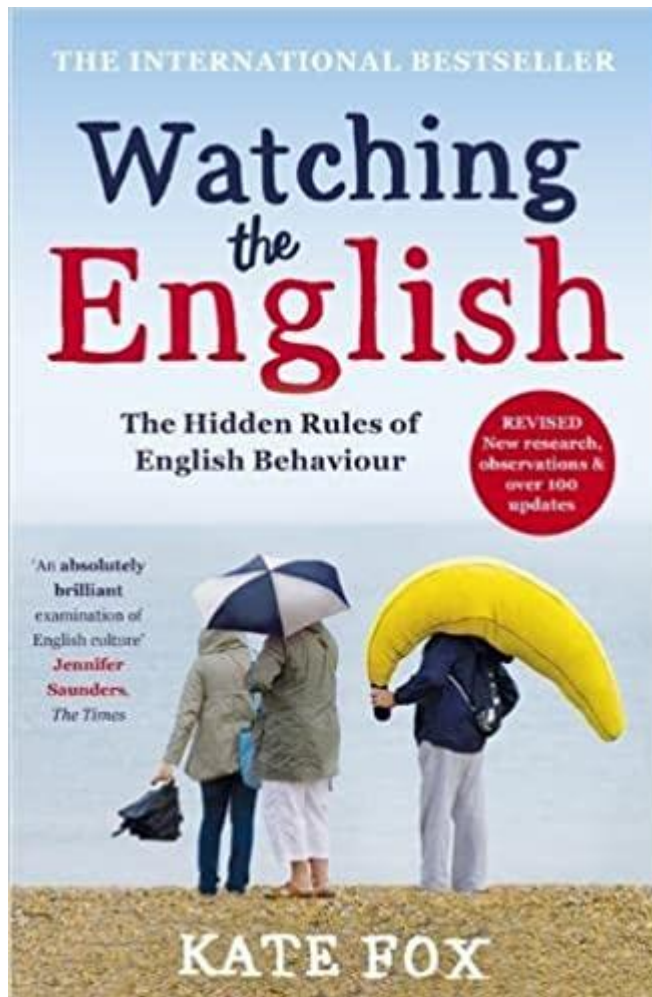


**Mr Martin (Deputy Headteacher)**

## Amazing Read!

Kate Fox's 'Watching the English'

A great read that will have you giggling and questioning why we behave as we do!



Please also see the Key Stage 3 reading list on our website:

<https://www.standrewtheapostle.org.uk/documents/transition/KS3%20Reading%20list.pdf>

## 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)**

## Date for the Diary

Our school prayer, which students recite daily in form time, asks for 'protection and safety in all that we do'. Our termly online safety evenings, hosted by Ben McGrath have been incredibly well attended by parents and we hope are a source of secure and up to date information on how parents can ensure children can safely navigate the online world.

[There is more information on our school website on how you can support children's safety.](#)

The next online safety evening will be on May 6<sup>th</sup> and will have a focus on 'Gaming'. Many students may have been bought games consoles for Christmas and therefore without the appropriate setting could be communicating to anyone of any age who may use the platform to exploit students.

There will be more information on this evening as the date approaches, however if you are unsure on how to keep your child safe online then please don't hesitate

to contact either Mr Martin, the school's Designated Safeguarding Lead, or Ms Moustaka, the school's Safeguarding and Inclusion Manager, using the Staff contact form and we can support you with this.

To support students themselves make the best possible choices while online, we will be marking Safer Internet Day on Tuesday 21 February. Students will be provided with information in assemblies and through posters throughout the building about how they can stay protected and safe online.

**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](#).

**Mr Martin (Deputy Headteacher)**

### 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/)
- [Help Centre, WhatsApp](https://faq.whatsapp.com/?locale=en_US)

This factsheet was produced by [The Key Safeguarding](https://thekeyssupport.com/safeguarding): [thekeyssupport.com/safeguarding](https://thekeyssupport.com/safeguarding)

**Mr Martin (Deputy Headteacher)**

#### Parent Champion Webinars

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

- 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)

### 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](mailto: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](mailto: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.



**INVESTIN**  
IMMERSIVE CAREER EXPERIENCES

Trustpilot 4.9/5 from 1,200+ Trustpilot Reviews

## 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](mailto:info@investin.org) +44 (0) 203 488 5089 [www.investin.org](http://www.investin.org)

### Junior Bake Off



**JUNIOR BAKE OFF**  
...IS LOOKING FOR THE UK'S  
BEST YOUNG BAKERS  
AGED 9 - 12

[WWW.APPLYFORJUNIORBAKEOFF.CO.UK](http://WWW.APPLYFORJUNIORBAKEOFF.CO.UK)

**APPLICATIONS CLOSE  
SUNDAY 12th MARCH 2023**

Enquiries:  
[applyforjuniorbakeoff@loveproductions.co.uk](mailto:applyforjuniorbakeoff@loveproductions.co.uk)