



St Andrew the Apostle School Weekly Newsletter

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

10 March 2023

Message from Executive Headteacher

Despite the sleety, raining cold weather this week, it has been wonderful meeting students and parents of our new intake as they tour the school following the national offer day for primary students/parents. I likened these tours to buying a house, where you may have a viewing or two before the initial offer and then it may take months before all the conveyancing is complete and you get to exchange and complete contracts and move in! Our prospective students and parents saw us on the Open Evening and Open Mornings and we were so pleased to welcome them all back now they have had their offers. They were thankful to see the school again, especially as it will be their school in September. We talked a lot about our faith values on the tour and the uniqueness of our school.



We are planning masterclass lessons for these students later on in the academic year where they come in and have lessons delivered by our teachers after school, and, of course, we will have our transition day, which will be on Thursday 7 July 2023, where all our intake will meet each other. It was great to see students from our next intake as they toured and they felt reassured and excited for the next step of their school life, which can be daunting. However, with our transition programme and ethos of knowing and caring for each child, it will be less so at our small and inclusive school. We tend to get students come to us from a range of schools (and this is typical across London) and students in their primary groups soon make friends from other primaries and feel at home at St Andrew the Apostle School.

The Year 6 students and parents who toured this week during the school day saw some fabulous lessons and really focused students, not least in Science, where Year 9 were dissecting pigs hearts! See article about this later on in this edition.

As part of our Enrichment this week, students in Years 7 and 8 saw a "Streetwise" Performance in Education Road Safety Theatre Visit, which was fantastic, engaging and really informative. Please see details about this organisation here:

<https://www.pie.uk.com/about-us.asp>



Part of my business of this week was to meet fellow headteachers from the Russell Education Trust and this is always a meeting I look forward to and take so much from, which I can bring back to our school in terms of strategic direction and teaching and learning. We are very lucky to have the support from RET. Our Heads of Maths and English have met with all their counterparts in all our schools recently and our Science Adviser, Mr Hughes, was in school on Thursday, teaching Year 11 and Year 13 groups.

For next week, I have written to all parents to inform them of plans for the two proposed NEU strike days.

Anthony Easton (Executive Headteacher)

Upcoming key Dates and Information

- Wednesday 15 March NEU Teacher Strike
- Thursday 16 March – NEU Teacher Strike
- Thursday 30 March – Year 7 Parents Evening
- 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

As we continue to look at Christian Lenten traditions, this week's article looks at the First Sunday of Great Lent, held this year on Sunday 5 March 2023.



Icon depicting the restoration of holy icons within the Eastern Orthodox Church

The first Sunday of Lent is called the Sunday of Orthodoxy. It is the day we celebrate the return of icons to the churches after a period where certain bishops attempted to ban them by decreeing that the veneration of icons was idol worship. This decree marked the beginning of a long bloody battle against sacred images in the Eastern Church. Icons were destroyed or burned and their defenders cast into prison, exiled and even tortured. This battle lasted just over one hundred years, until 842 A.D. when Empress Theodora restored the use and veneration of icons. A synod at Constantinople was convoked which restored the veneration of holy images. The right way to use icons was defined, explaining that the icon is honored or venerated, but not worshiped as an idol.

On the first Sunday of the Great Lent the icons were brought back to the churches in solemn procession. That day is remembered as the triumph of Orthodoxy (tradition) over the iconoclasts (those who opposed the use of sacred images). Icons are important in that they affirm the principle of the Incarnation of our Lord and Saviour Jesus Christ—the Word of God made flesh.

The name of this Sunday reflects the great significance which icons possess for the Church. They are not optional devotional extras, but an integral part of our faith and devotion. They are held to be a necessary consequence of Christian faith in the incarnation of the Word of God, the Second Person of the Trinity, in Jesus Christ. They have a sacramental character, making present to the believer the person or event depicted

on them. So the interior of our churches is often covered with icons painted on walls and domed roofs, and there is usually an icon screen, or iconostasis, separating the sanctuary from the nave, often with several rows of icons. Many of our homes have an icon corner where the family prays.

Orthodox Christians believe that he who sees Jesus sees the Father in him. The Father's invisible, but he becomes visible in his Son, who is his word, who is his image, who is his wisdom, who is his truth, who is his peace, who is his light, who is his life. He actually becomes flesh and becomes visible. Therefore, when you have an image of Jesus, you have an image of God becoming visible; that in the humanity of Jesus, you are given insight into the invisible character of God. The icon testifies to the incarnation of the Son of God, the real incarnation of the Son of God; that God really became a human being whose image can be depicted.

Revering the holy icons is proof that we confess that God became a describable person, that the Word of God was truly incarnated and became a person, but also that people truly become children of God and vessels of the Holy Spirit, temples of God and members of Christ. We revere the holy icons of the Saints and their holy relics because God dwelt in them. So we celebrate the restitution of the holy icons and have the blessed custom of carrying them in procession, of honouring and embracing the icons of Christ and Our Lady and the Saints of the Church. Icons, hymns, prayers, worship and liturgy of the Orthodox Church focus our attention, our hearts, minds, and spirits on Jesus Christ: His person, His redeeming message, and divinity. Icons are windows into that holy realm where God and the saints now dwell. By beholding of the sacred icons, each liturgical year, it is believed that we see the unfolding of Our Salvation.



Tea with the Headteacher

This event took place this week, with all students enjoying a well earned and deserved hot chocolate. Students from all year groups (including our sixth form) were rewarded and it was great to see those who have performed well across the year and well as those enjoying a hot chocolate for the first time!



Chess Club



We are excited to announce the launch of our brand-new chess club to our parents! The club started this week and we will be hosting

games on Tuesday, Wednesday, and Friday lunch times in Building 5 Maths room 3.

The club is open to all students and staff members who enjoy playing chess, regardless of their level of experience, whether players are beginners or more experienced.



Students will find our club to be a friendly and welcoming environment where you can learn and improve your skills.

Our chess club will provide an opportunity for members to meet and play against other chess enthusiasts, to develop their strategic thinking, and to have fun.

We encourage everyone to bring their own chess sets if possible. If you don't have a set, we will have a few available for use. We also welcome suggestions for chess-related activities or events that members would like to see in the future.

We hope to see you there and look forward to a great season of chess playing!



Mr Dogan (Head of Maths) and Mr Martin (Deputy Headteacher)

Barnet Schools Dance Festival 2023



We are incredibly proud of our Year 7, 8 and 9 students who performed in the Barnet Schools Dance Festival on Tuesday 7 March. The theme of the dance was 'Conflict and Hope', and our girls rehearsed tirelessly for several weeks to produce an outstanding result.

The Barnet Schools Dance Festival is a borough wide event that brings together students from different schools to showcase their talent and creativity. Our school was represented by a group of enthusiastic and

talented dancers who worked hard to bring their vision to life.

The dance was a powerful depiction of human experience, exploring the emotional landscape of conflict and hope. It was a mesmerizing performance that held the audience captive from beginning to end. The girls' movements were graceful, fluid, and expressive, conveying the complex emotions of the theme. The songs chosen by the girls were 'Unstoppable' and 'Halo', two songs which they felt reflected their theme.



We are immensely proud of our students for their achievement and commitment to their art. Their performance was a testament to the power of hard work, determination, and creativity. It was a joy to watch them bring their vision to life and we look forward to seeing what they will achieve in the future.



We are confident that they will continue to make us proud and inspire us with their creativity and talent!

Miss Walt (Head of Year 9 and 10)

Theatre Trip – Year 10

We are excited to share with you the success of our recent Year 10 student trip to watch 'Grenfell Tower - System Failure' at a local theatre. This thought-provoking play highlighted the tragic events surrounding the Grenfell Tower fire in 2017 and the social issues that led to the disaster.



The trip was an excellent opportunity for our students to experience an alternative theatrical approach that was both educational and emotionally moving. The play allowed our students to explore the issues surrounding social inequality, the power of the media, and the failures of our political systems.

Through this experience, our students gained a better understanding of the importance of empathy, social justice, and the power of storytelling. They were able to develop their critical thinking skills and reflect on the importance of taking action to create a more just and equitable society.

This type of experiential learning is invaluable in shaping the future leaders of our society. It allows our students to step outside their comfort zones and encounter new perspectives, which they may not otherwise have access to.

As educators, we are thrilled to be able to provide such opportunities for our students, and we encourage parents and guardians to support their children's participation in these types of trips. We believe that they play a vital role in shaping our students into well-rounded, empathetic, and socially aware individuals who are equipped to tackle the challenges of the world.

Thank you for your ongoing support, and we look forward to continuing to provide our students with the best possible learning experiences.



Mrs Nelson (Lead Teacher of Drama and Head of Year 7 and 8)

Othello NT Live on the big screen

Watching the National theatre screening of “Othello” at the cinema was a great experience for the class to see the text we’ve studied so closely come to life. It was beneficial to see Clint Dyer’s interpretation of the play as it allowed us as an audience to see the significance of stagecraft such as props, costume and lighting and how they can help construct one’s perception of the story. It drew our attention to the importance of the themes of mental health and race within the play.

This live performance challenged our understanding of characters such as Desdemona and Roderigo which is something we discussed during the interval and how we can implement these presentations into our own essays. During the interval, a round table talk, between the creators of the National Theatre production, was shown allowing us to explore other interpretations of the play and consider “Othello” as a “slave narrative.”

Overall, this trip was a fantastic enrichment opportunity for our class to see a new perspective on “Othello” and how the play is still relevant today.

Thea P Year 13 (A Level Literature student)

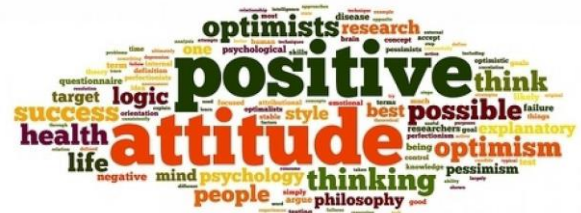
Science Department



In Science, the Year 9s have been learning about different organ systems in the human body as part of their Biology topic (Organisation). This week we focused on the circulatory system and explored the heart’s structure by doing a heart dissection. The Year 9s got stuck into identifying the four chambers, blood vessels, valves, and tendinous chords, also known as heart strings which the students related to the famous saying ‘pulling at your heartstrings’. They quickly noticed that the left side of the heart had a much thicker muscle layer compared to the right side and related this to its function in pumping blood around the whole body. I was really impressed by the students’ scientific skills and ability to connect the structure to the function to explain their ideas!

Miss Msrar (Biology Teacher)

Attitude to Learning Data



Last Wednesday, our school had an extended form time where students were given the opportunity to reflect on their grades, attitude to learning data, and homework. This was an important moment for us to take stock of our progress and assess what we need to do in order to achieve our academic goals. During the extended form time, students were encouraged to review their grades and attitude to learning data. This information is available to parents on the My Child At School app, and it provides valuable insights into our academic progress. By reviewing this data, we were able to identify areas where we are excelling, as well as areas where we need to improve. We also took time to reflect on our homework habits. Homework is an important part of our academic journey, and it’s essential that we take it seriously. During the extended form time, we discussed strategies for staying on top of our homework assignments and for managing our time effectively. One of the most important aspects of the extended form time was the opportunity to discuss our progress with our peers. We were able to share our experiences and offer support to each other. This was a valuable moment of camaraderie, and it reminded us that we are all in this together.

As we move forward, it's important that we continue to take our academic progress seriously. By reviewing our grades, attitude to learning data, and homework habits, we can identify areas where we need to improve and develop strategies to help us reach our goals.

We encourage all parents to take advantage of the My Child At School app, which provides valuable insights into their child's academic progress. By working together, we can ensure that our students are achieving their full potential and reaching their academic goals.

Overall, the extended form time was a valuable opportunity for us to reflect on our progress and assess our academic goals. We are grateful for the support of our teachers and peers, and we are committed to working hard and achieving our best.

Mr Martin (Deputy Headteacher)

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 consider the following:

- 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.
- 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.
- Using the great transport links to the school (numbers 34 and 251 buses).
- using 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.

Children's Mental Health



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:

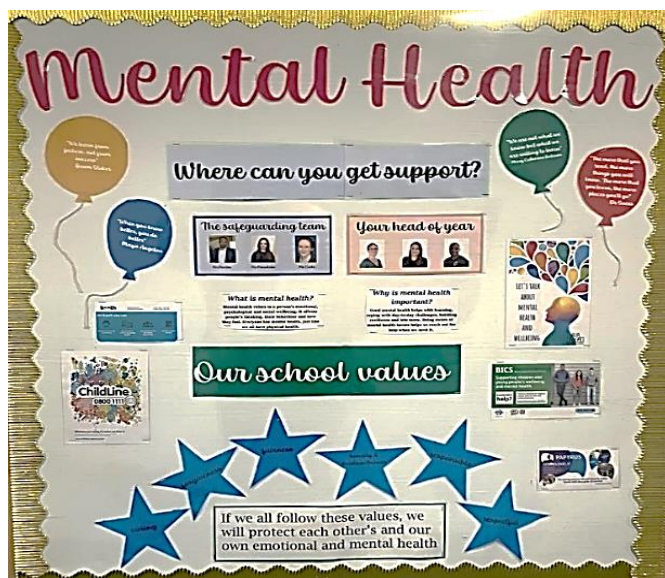
- Provide advice to students on how to be emotionally and physically healthy.
- Aim to reduce or removes anything in school which could be concerning them.
- More closely monitor students to offer timely support.
- Refer to external agencies and charities who can provide more specialist support.

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



Mr Martin (Deputy Headteacher)

Anti-Bullying

All 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)

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)

Safeguarding – On Site

In many ways our site does Safeguard our students because of its location on the Business Park. Being in North London we are aware of some dangers to our students as they travel to and from school when it comes to gang related activity. This is thankfully very rare. The aim of our Safeguarding team is to ensure that students can recognise and are aware of risks and danger before they meet them, which they inevitably will, and all students will receive education on the signs of students being criminally exploited.



You as parents will also want to protect students from this, some of the signs that children could be criminally exploited could include:

- Owning or having possessions where you are not sure they obtained them.
- A change in mood or behaviour.
- Being more secretive about their friends or having a different friendship group.
- Discussing, or referring to violence, gangs or substance abuse.

If you do have any concerns about your child, or indeed any students in the school, you can always contact the school discreetly to let us know of your concerns and we can support you in protecting our children and the whole community.

[The best way to contact the school is through the staff contact form.](#)

Safety around our schools and homes

From time to time, we get messages from the local police or the local authority about safety of young people. We had one of these messages from the School's Safeguarding Lead at Barnet Education and Learning Service, which related to recent information circulating amongst schools and the wider community, and he wanted to share the following information:

We are aware of a series of incidents that are currently circulating online involving an allegation of an attempted child abduction. Police are aware of this, however at this time there is no evidence of a crime having been committed. Should anyone have any further information please contact police via 101 or www.met.police.uk

This information should not cause alarm and may reassure. It is always good to be aware.

Pastoral

Each school is defined by its character. We aim to drive our school character by sharing the Christian values we have. This week in our assembly time we focussed on our value of *respect*.

In this time students reflected on how they could all show respect to each other, particularly in the most difficult of times.

We discussed how we all be kind to each other and to ourselves.



Students were then asked to reflect on all six school Christian values and were given suggestions on how to embody them this week growing our own sense of shared purpose.

Respect: Make sure you leave a classroom clean and tidy to respect the building and the people who use it after you.

Responsibility: Be responsible enough to offer to run a club or be part of the student council.

Forgiveness: If has annoyed in times of stress, then being mindful enough to move on from this.

Trustworthiness: Be honest with ourselves if could have done things better or worked differently.

Caring: Look out for people who are upset, offer them support and consider our word.

Fairness: Make sure you don't use the time, or the resources of other people, wastefully.

Please do reflect on these and discuss with your child their week in school and if they, in even small way, acted on these values this week.

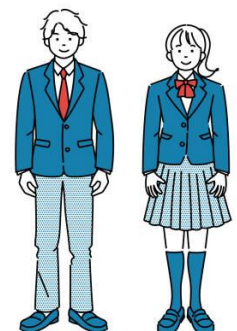
Mr Martin (Deputy Headteacher)

School Uniform

We are incredibly proud of our students and the way that they present themselves to our community. We do this by 'sweating the small stuff' when it comes to uniform, and this ensures that larger behaviour issues are less common. The aim of our uniform policy is to ensure that all students look professional, are ready to work in school and be prepared for the world of work after they leave us.

Please do support the school culture and ethos by helping us ensure that students have the correct uniform. In particular:

- Students should be wearing leather shoes, [the types that are acceptable can be found here.](#)
- Students should not wear any jewellery or piercings other than a single stud in each ear lobe.
- Students should be wearing neutral trainer socks or no socks with tights.



- Students should also have their shirt tucked in, top buttons done up and ties tied correctly.

If students arrive to school in incorrect uniform, they could be asked to return home to change and return immediately or failure to follow clear and reasonable instructions to address their uniform could result in students being detailed or placed in our Referral Room.

Mr Martin (Deputy Headteacher)

Mobile Phones



We are focussed on removing any distractions or barriers to learning in school. Mobile phones can be an immense distraction to students when learning, however we do understand

that parents want to contact their children while travelling to and from school. The middle ground is that students should have their mobile phones turned off, and in their bags, when on school premises.

If students do have their phones out, even to check the time (and there are clocks in every room of the building) the phone will be confiscated, and students can collect it at the end of the school day.

If this happens twice in a half term, we will return the phone to a parent who can collect this from the school office.

We know you will want to support the ethos of the school, please do remind your children to ensure their phones are turned off and out of sight when in school.

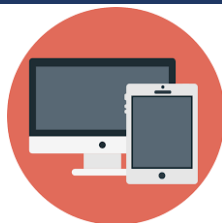
Mr Martin (Deputy Headteacher)

Safeguarding – Online

Safer Internet Broadcasting – UK Safer Internet Centre

In the modern world many children and adults are seeing live streaming as a valid way of generating low start up income.

The rise of YouTube, Twitch, Instagram, and other platforms have opened up ways of making money that didn't exist before. Now users are able to get opinions, views, and advice across to people all over the world, simply from your computer or laptop. There is no minimum age to these kinds of activities. And people that make a success of YouTube can be as young as



primary age. However, this opens opportunities for those who prey on these channels of under aged people. They encourage them and ultimately try to gain their trust. This requires those in the educational and safeguarding sphere to be able to give good advice to keep them safe whilst pursuing these online objectives. The Safer Internet Centre has produced a page dedicated to mitigating harm for those engaging in these online activities. To find out more please follow the link below:

<https://saferinternet.org.uk/online-issue/livestreaming-2>

Online Gaming – The White Hatter

The rise of video games as the preferred medium for children and young people to blow off steam, has been going on for over three decades now. Ever since the launch of the affordable computer, and the gaming console children and young people having been hooked. And with every evolution, it is only a matter of time before the price of novel gaming technologies drops to the level that it becomes ubiquitous. When that occurs it doesn't take long for it to filter into the common youth culture, creating terms of reference that are difficult for the lay person to decipher. The White Hatter has recently published an article which seeks to clear up some of the confusion presented by such popular phenomena. To read more follow the link below:

<https://thewhitehatter.ca/online-gaming/>

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)

Fair Play Barnet

Barnet Council is working with The Seneca Trust and Kompan Ltd., developing one of the first mixed ability, accessible and inclusive playgrounds for all ages in the UK.

The concept is that Fair Play Barnet is a playground where everyone is able to play together regardless of ability. This unique playground will be in Victoria Recreation Ground, New Barnet, next to the existing playground.

The plan is that the playground will be externally funded with a contribution from Barnet Council. The cost of the draft design is around £500,000.

We are carrying out a public consultation on the draft design and the equipment that is included. [Attached is the draft design](#) The public consultation can be found on [Engage Barnet](#). We would like to know what professionals, family and friends and potential users think of the different types of equipment we have proposed, and the layout of the playground. The closing date for the public consultation is Sunday 5 March.

To develop this playground, we have worked with a range of people who have or who care for people who have additional needs. The design includes equipment that: rocks, swings, spins, involves sound, climbing and slides, touch and sitting.

As far as we know this will be the first playground of this type in this country. SCOPE launched a campaign "Let's Play Fair" in 2022 about providing more inclusive playgrounds [Let's Play Fair | Disability charity Scope UK and](#) it has recently been covered by BBC Newsround:

<https://www.bbc.com/newsround/64188342>

Please contact Nicola.cross@barnet.gov.uk should you have any questions.

Courtney Warden
Service Manager – Sport & Physical Activity
Communities, Adults and Health
London Borough of Barnet

Teenage Vaccinations

Teenage vaccinations given in years 8, 9 and 10 – is your teen up to date?

Teenage vaccinations are the best way to protect your child from serious diseases such as HPV-related

cancers, meningitis, septicaemia, diphtheria, tetanus and polio. In school, your child will be offered:

- The HPV vaccine in year 8 and 9 as a 2-dose schedule
- The MenACWY vaccine in year 9 and 10
- The 3 in 1 teenage booster in year 9

If your child has missed any of these vaccines, speak to their school immunisation team or GP surgery and make an appointment to catch up as soon as possible. For more information, visit:

- www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/

Stephen Warrick
Communications and Engagement
Public Health
London Borough of Barnet

Teen Book Club at North Finchley Library

A new Teen Book Club starts at [North Finchley Library](#). The group meets once a month and offers the opportunity for young people to get together informally to share their thoughts on books they have read. [The Reading Agency](#) reports the benefits of participation in reading groups as improved mental wellbeing, enhanced relaxation and calmness, better concentration, and feeling more connected to others making reading groups about much more than reading.

North Finchley Library's Teen Book Club is for teens aged 12 to 16 years and meets between 5pm to 6pm on the second Tuesday of each month. Every session is based around a different theme, with a lively discussion, activities and games.

Please pass this on to any pupils who may be interested.

Please email north.finchley.library@barnet.gov.uk for more information or to register an interest.

Catherine Lusted (Service Development Manager: Stock & Services)
Barnet Libraries, Family Services

Barnet Public Health - 'The Junk Food Debate'

Barnet Public Health is seeking the views of local young people for the development of a youth-led healthy lifestyle project called 'The Junk Food Debate'. The project aims to empower young people to make positive changes to their food choices, food

environment and well-being through nutrition education and upskilling.

To capture the important views of young people, there will be two focus groups held on the 22 and 23 of March to allow young people to have their say and shape the development of the project. The focus groups will last up to 60 minutes and a £10 retail voucher will be available to thank them for their time. Young people can sign up by contacting Aoife aoife@youthrealities.co.uk.

Michelle Leon (Health Improvement Officer)
Public Health Directorate, London Borough of Barnet

Barnet Youth

Barnet Active Creative Engaging holidays

BACE HOLIDAYS

Free holiday club activities are available for eligible children in Barnet - from Reception to Year 11!

have fun get active learn new skills

Spring 2023
3-6 April & 11-14 April 2023

BOOK NOW → barnetyouth.uk/BACEHolidays

FAMILY FRIENDLY BARNET | Department for Education | YOUNG BARNET FOUNDATION | BARNET LONDON BOROUGH

For the second half of the 2023 spring term Barnet Youth, we will be celebrating International Women's Day and using it as inspiration for Girls Only Boxercise Sessions. They want to invite as many young people as possible to access their International Women's day inspired activities and workshops.

Come and try our Girls Only Boxercise Sessions our 60 minutes sessions including a warmup, a chance to work on your boxing skills and techniques and some conditioning work! This 4-week taster will allow you to

explore the sweet science and see if this can just be a great way to get or stay in shape or if you can actual could actual box at a competitive level.

Like the sound of this course? What to do next? Every young person **MUST** go through the process below to access the course.

1. Press the 'Login or Register To book' button on the course page and complete and submit a booking.
2. If your application has been successful, you will receive an email confirming your child's place
3. Turn up to your chosen course and have FUN!

The course page is found here:

<https://barnetyouth.uk/session/Girls-Only-Boxercise-Sessions-/141240>

Don't forget to spread the word to other young people within Barnet!

Please note: All courses are subject to change or cancellation at the discretion of the Barnet Children's Service.

Just a reminder that your child should wear comfortable clothes and have some water as this is a physical activity.

Please note parents/carers will not be able to park in the Staff car park. There is free parking on all the side roads 2 minutes' walk from Canada Villa Young People's Centre.

Please note Parents and Carers will not be able to wait on site. There will be a drop off and collect point. If you would like certain children to be grouped or paired together due to them being friends or due to travel arrangements, please can both parents/carers let the tutor know before the workshop.

The project will also consist of bespoke employability sessions and keeping young people safe. They have incorporated keeping young people safe in their offer which consists of, role plays, teamwork activities, leadership, and confidence.

They will provide lifelong employability skills and training for young people who are seeking employment and support all young people to find sustainable employment whilst incorporating our mentoring and Information, Advice and Guidance. This will enable young people to forward think and understanding their strengths and transferrable skills. The workshops help young people unlock their

potential, teach them a range of skill, understand the job market, and increase their confidence incorporating enriching activities and nutrition.

To sign up for these activities, please follow this link:

<https://barnetyouth.uk/BACE-Holidays/How-Do-I-Sign-Up-For-BACE>

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.

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

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

The units meet during term time only.

Contact Us

Name: PC Roma Wesolek

Telephone: 02087335857

Email: NWMailbox.VPC@met.police.uk

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

▮ Public speaking coaching by barristers

▮ Negotiate in an M&A deal

▮ Learn how to value stocks & shares

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

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View & Register
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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

▮ Trade the stock market in a skyscraper

▮ Learn about human rights at Amnesty International

▮ '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
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