



St Andrew the Apostle School

Weekly Newsletter

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

12 May 2023

Message from Executive Headteacher

As students in Years 11 and 13 prepare for their exams, we keep talking to them about process. We also keep mentioning how we value them as individuals, with a set of values defining them not a set of results.

With their exam timetables starting on Monday, students have concluded their normal lesson structure this week. This can be a bit unsettling for them, but they see great value in their plan, which features revision sessions prior to exams, GCSE and A Level interspersed with normal lessons. All students will be in school up until half term and then their individual plans become more bespoke although some of the whole cohort exams do not finish until the 16 June 2023. The plan for after half term will be forwarded to students and parents closer to the time. We have indicated and will indicate where students can be dismissed early (after exams and revision sessions) in the plans.

Part of the rite of passages that students are going through are last cohort assemblies as their timetables change, and their proms, which are after the exams. We do not talk about students leaving, as we will see them on intervention in half term, results day, sixth form enrolment day and in our sixth form. We will also see them on GCSE and A Level certificate evening and when they return to visit the school. All our students will be invited back to see our new building and we are looking at better ways to keep in contact with our alumni.

So, our students never leave us; they may move on, but individuals and cohorts stay in our thoughts even as the rhythm of future academic years roll on. They never leave each other and the memories they have shared together and will share with lifelong friends they have made here. I believe the Christian values they have learned here and the work ethic we have instilled in them will endure too. Above all I hope that they embody our bible verse and are kind and forgiving. We are blessed to have had these individuals and cohorts and we thank God for them.

I would also like to thank Mr Francis and his tutor team for their efforts and Ms Fourcade, Ms Ramm-Harpley and their team for their tireless efforts to support

those in their care. I would like to thank parents of students in these cohorts too. It has been lovely to see you at face-to-face parents' evenings and when you have had occasion to visit the school as we have emerged from COVID. You have been wonderfully supportive of our school. Thank you.



I mentioned our new building and, as the Trust has done with new buildings at Turing House School and King's School, once we are open, we will invite former students and parents in to see and our new facilities. After half term we will welcome His Eminence, Archbishop Nikitas of Thyateira and Great Britain, who will conduct a service to bless the new site. There will also be a ground-breaking ceremony. His Eminence will be joined by our partners in the build, Governors and colleagues from the Russell Education Trust and current and former staff members. We look forward to seeing them all and to receiving this blessing. As you can see from the picture above, preparation on the ground works is progressing nicely!

Anthony Easton, Executive Headteacher

Term Dates 2023-24

Please see our term dates for the academic year 2023-24 in the link below: [Term Dates](#)

Upcoming key Dates and Information

- Monday 15 May – Year 11 GCSE Exams Begin
- Tuesday 16 May – Year 10 Theatre Trip
- 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

Commemoration of Photini – The Samaritan woman

On this day, in the Holy Orthodox Church, the fifth Sunday of Pascha, we celebrate the feast of the Samaritan Woman.



The Samaritan woman—the Great-Martyr Photini—met Jesus at midday at Jacob’s Well, which was located in the city of Sychar. And being tired from travel and the heat, Jesus sat at Jacob’s Well. A little after, the Samaritan woman came to draw water, and had a long conversation with Him (it is the longest recorded discourse between Christ and a human in the entire Bible). Photini did not want to talk to Jesus, because the Samaritans did not have any dealings with Jews; Jews considered her people heretics or non-conformist Jews. However, the Lord talked with her anyway, read her heart, revealed her secrets and gave her the “Living Water”—the grace of the Holy Spirit that leads to eternal life and flows to all humanity—to drink. Photini immediately ran throughout the city to proclaim Christ. Through her, many other Samaritans believed in Jesus.

What was the significance of the woman at the well, and why is her tale important to Christian believers?

We are told a few key facts about this woman. We know she was female and a Samaritan, a race with whom Jews did not associate, as Scripture explains. We know she had had five husbands.

We also know, from understanding cultural and historical traditions of that time, that women typically drew water in groups in the morning, and it was often a social occasion. The fact that she was drawing water

alone, at midday, probably indicates she was a social outcast.

What Happened After Their Talk?

After Jesus talked to the woman at the well, she appeared to have been astounded at how Jesus knew such truths about her. As she told the other Samaritans, “He told me everything I ever did” (v. 39).

Intrigued, they approached Jesus, and He stayed in their town two days talking with them. Because of what Jesus shared with them, “Many more became believers” (v. 41). Her testimony led to their salvation.

What can we learn from the Woman at the Well?

This story has significance for five key reasons:

- It shows Jesus’ love for the world. The fact that the woman at the well was of such low standing — gender, race, and marital status — yet they talked so directly, almost as equal conversational partners, shows Jesus’ heart for all people, not just some. Jesus accepts all. All are welcome in the kingdom of God.
- It reminds us that only Jesus can offer salvation. Jesus offers living water — eternal life. This water is not like regular water but rather comes from God Almighty and lasts forever.
- Photini immediately ran off to tell others. Her words made an impact. As Scripture tells us, “Many of the Samaritans from that town believed in him because of the woman’s testimony” (v. 39).
- It underscores how Jesus is the Messiah. He says He’s the Messiah, and the woman and the townspeople believe Him. As the Samaritans told the woman at the end of the story, “We know that this man really is the Saviour of the world” (v. 42b).
- It reveals yet again how Jesus was rejected by His own people, yet the woman was a Samaritan and chose to believe in Him.

The story of the woman at the well is a rich example of love, truth, redemption, and acceptance. And best of all, not only does Jesus accept her, but He accepts us, too. He wants us all in His Holy Kingdom — if only we, too, believe.






Saint Name Days for next week:

Date	Saint Celebrated
Monday 15 May	ACHILLIOS, KALI, PAHOMIO
Wednesday 17 May	ADRONIKOS, JUNIA
Thursday 18 May	FAEINI, GALATEIA, JULIA
Friday 19 May	MAGDALINI, MARYLENA, MENANDROS, PATRICK, THEOGNOSTOS, THEOKRISTOS
Saturday 20 May	LEEDA, LIDIA, LITO

Year 9 and Year 10 Athletics – Thursday 11 May

The Year 9 and 10 athletics meet at Stone X Stadium on Thursday was an amazing event to watch. The students who participated demonstrated their determination, resilience and athleticism throughout the evening. The students were focused and determined, and they represented the school with such pride. Students exhibited great sportsmanship, supporting and cheering each other on, even in moments of struggle. We are incredibly proud of all the students who performed and competed.

We secured some excellent positions, with outstanding results from the following students:

	Angel GM 3 rd in 400m	Phoenix D 1 st in 100m	
	Savan M 1 st in 200m	Isha G 3 rd in 200m	
	Jana B 2 nd in 300m 2 nd in High Jump 3 rd in 100m		

Other notable performances include:

Eleanora D – 3rd in Hurdles, 2nd in Long Jump

Jayden K – 3rd in Shot Putt

Petar B – 3rd in 400m

Miss Walt (Head of Year 9 and 10, Teacher of PE)

Year 10 Trip to Oxford

On Wednesday 10 May we were lucky enough to visit Christ College in Oxford University. Throughout the day we were introduced to the academic and social lifestyle of the students at the college and what some of the courses involved. We were first greeted by Dr Hastoy, the admissions and access manager of the college, who guided us through our day and delivered a presentation on what to expect from Oxford as well as giving us an insight into the admissions and application process. We were also introduced to four students from different years, who answered all our questions and gave us an overview of life in Oxford University through different perspectives.



We enjoyed chicken or macaroni, with a side of courgette salad and chips, and bread pudding or trifle for dessert. The dining hall was full of classic portraits of different influential people from the past centuries, and the room was lined with Gargoyles, a feature of the gothic architectural period the building was built during, a very beautiful building.



We were also fortunate enough to experience taster sessions of different subjects, Classical Civilisation,

History and English. We had an in-depth view into Greek pottery and its different use cases and its impact on the design of the pot; in History we looked at a book from the old Ottoman Empire, and in English we studied a poem and analysed it.



A highlight of our day was finding different references to classical literature, such as the tree that inspired Luis Carol to write the Alice and Wonderland series, or the stairs that were in the Harry Potter film. It was inspiring to us that when Dr Hastoy listed the four students from Barnet State Schools who are first years at the college, two of them were St Andrew Alumni!

Martin D, Helin K and Katerina P (Y10 Students)

Year 11 Lioness



Vivienne L been involved in two England WU17 training camps, in preparation for the European Finals. Vivienne took part in three on pitch training sessions and a classroom workshop focused on the process and psychological approaches to taking penalties. On the final day of this event, Vivienne played a competitive friendly fixture versus St Neots Boys U15 team. Viv demonstrated a conscientious attitude to learning throughout this event. She arrived to all sessions on time and began her work promptly without direction. Viv worked independently during the sessions and utilised her time effectively to complete revision tasks in preparation for her upcoming GCSE examinations.



Leandra Little (England's Player Education Officer), informed the school that Vivienne's attitude, conduct, and commitment were exemplary. Unfortunately, only 20 players were eligible to travel to Estonia, and on this occasion, Vivienne was not included in the final squad. England Women's Under 17 staff, would like to wish her the very best of luck with her forthcoming exams and acknowledges that Vivienne represented the school proudly.

Mr Francis (Head of Year 11)

Year 11 GCSE Exams and Tips

I would like to begin by thanking you for the support you have given our Year 11 students and the school throughout this academic year. The exam season will begin in earnest on Monday 15 May 2023 and this will be an intense, but exciting time for both students and staff so your continued support will be very much appreciated.

Advice for Exam Days



Following the tips below will help students to feel more in control and less anxious on exam days.

- Get to bed at a sensible time, no later than 11.00pm. Late night revision is often counter-productive, students need sleep to re-set and be alert for exams.
- Ensure you eat breakfast. Your brains need energy to function properly, however consuming energy drinks prior to exams is not advisable.

- Do not try to cram the whole syllabus just prior to the exam. Look at a couple of key pieces of information and remind yourself of the structure of the exam.
- Students must come to exams fully equipped.
- Compulsory – black biros, pencil, clear 30cm ruler, pair of compasses, clear protractor, eraser, pencil sharpener, and calculator (where permitted)
- Optional – clear pencil case, highlighters.

Finally, I would like to take the opportunity to wish all our Year 11 students for the very best for the exam season and thank parents for their support over the last five years. I have been extremely proud to lead such a talented and caring group of students.



Mr Francis (Head of Year 11)

Year 7 Assessments – W/B 5 June and 12 June



Our students in Year 7 have settled in beautifully this year and have become known as a very caring, responsible and respectful group. We are really looking forward to assessing how well they have been learning this year so that we can continue to tailor their school experience to their needs and help them to achieve their potential.

Students in Year 7 will have assessments in all of their subjects in the first two weeks after half term. In the next couple of weeks, we will be preparing them for this in school, and we will share revision resources on Bromcom. We hope that this will help families to support their child(ren) to prepare at home.

Please remember that these are low stakes assessments; it is important that children have time to relax and enjoy themselves over the half term holiday. While we would recommend that your child spend some of their time preparing for their assessments, this should not take more than an hour or two per day. For many children it will be most beneficial to schedule

this on school nights in term time, with a brief review on the weekend before school returns.

Ms Malakouna and Ms Helan
(Deputy Head Teacher: Curriculum)

Year 8 Assessments – W/B 8 May and 15 May



As you will know from the calendar and the website, our students in Year 8 have assessments in all of their subjects in the weeks beginning 8 and 15 May.

To support their preparation, we have spoken to them in an assembly to guide them in how to revise, in their lessons we have given them subject specific revision guidance, and we will share further information with you in the newsletter this week. These assessments are very valuable to us in providing information about how our students are doing. However, they are not intended to be high stakes; please encourage your children to prepare at home as guided but avoid placing undue pressure on them to perform.

English, Maths and Science assessments will take place in lesson time, in their normal classrooms, during the week beginning 8 May. Assessments in other subjects will take place in lesson time, in their normal classrooms, during the week beginning 15 May. Revision resources have been uploaded to our students' Bromcom account. We hope that this will help you to support your child to prepare at home.

Ms Malakouna and Ms Helan
(Deputy Head Teacher: Curriculum)

Year 12 Assessments – W/B 5 June and 12 June



Our students in Year 12 have worked hard this year and settled in well to their two-year Key Stage 5 courses. At this point it is important that we take a 'snapshot' of progress so far. As befits students in this age group, we would encourage several hours' homework or revision each night at

home, and that this rhythm is sustained during the half term holiday. Students must, of course, take breaks and make time for family and friends. For those students who work, it might be advisable to reduce their shifts in the run-up to this assessment phase. Any students intending to travel over half term should certainly take study materials with them and continue to study while they are away. Current understanding of the science of learning indicates that an intense period of knowledge rehearsal, retrieval and recall at this point will really help students to transfer their learning from their short-term to their long-term memory. This is an essential stage on the path towards exam success at the end of the course in Year 13.

Furthermore, these assessments are an invaluable opportunity for students to practise the exam techniques and skills, and to become familiar with the exam format, all of which is indispensable to achieving their potential at the end of the course and securing the right qualifications to progress onto work or further study after Year 13.



Year 12 assessments will take place in normal classrooms, in lesson time in the first two weeks after the half term break. Over the next 2-3 weeks we will be preparing them in school, and we will share revision resources with them in lessons and on Bromcom. Parents and carers know their children well, and we encourage you to support them as much as is necessary. For some students in this age group, very little support is needed beyond food, love and a little bit of help remembering to step away from devices and go to bed on time! For others, it may be helpful for a

parent/carer to be in the home or even in the room with them while they study. If you are in any doubt, please do contact us for a discussion with our new Head of Sixth Form Ms Bicarregui. Ms Ramm-Harpley has really enjoyed working with Year 12 and has now handed the year group over to Ms Bicarregui, with lots of rich information which she will be happy to share with you. Without exception, all students in Year 12 will need to eat well, sleep well and, to re-emphasise, spend some time every day relaxing and socialising with friends so as to stay healthy and happy in the run-up to the assessments and to perform well.

Ms Malakouna and Ms Helan
(Deputy Head Teacher: Curriculum)

Free Cereal in the Canteen in Building 5!

Innovate, our caterers, are offering free cereal to students in our Building 5 canteen from Monday. This will be available to students in all year groups to help them start their day!

Start your day with a
Free bowl of cereal

Wholegrain cereals are a rich source of many essential vitamins, minerals. They are also the only food source of a unique group of antioxidants believed to protect your heart!

Did You Know? Did You Know? Did You Know?

Exam Season

Exam season can be a stressful time for many students, but there are things you can do to help reduce stress and perform your best.



Some tips to consider include practicing good study habits, taking breaks to recharge, getting enough sleep, and staying active. Additionally, there are several helpful resources available to students, such as online study guides, meditation and mindfulness apps, and stress management techniques. Here are a few resources to check out: Headspace, and Stress Reduction Techniques, [BICS](#), [YoungMinds](#), [Mind](#). Remember to take care of yourself during this busy time and don't hesitate to reach out for help if you need it.

The Department for Education has also provided information on coping with Exam pressure during this time. This can be found on the link below:

[Coping with exam pressure - a guide for students - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/coping-with-exam-pressure-a-guide-for-students)

Miss Moustaka (Safeguarding & Inclusion Case Manager)

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)

Summer Term Extra – Curricular Sports Clubs

PE extra-curricular clubs.



Please note a change in sports clubs on a Thursday this term. The table tennis club advertised will no longer run due to the public examinations in the hall. Dodgeball will now run instead from 3.00pm-4.00pm in the building 5 hall.

Monday

Activity: All Years Athletics

Time: 3.00pm-4.30pm

Venue: Bethune Park

***Changing building 5 changing rooms.**

Activity: All Years Futsal

Time: 3.00pm-4.00pm

Venue: Building 4 Playground

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

Tuesday

No clubs due to Athletics League Meetings (Invite Only)

Wednesday

Activity: All Years Girls Dance

Time: 3.00pm-4.30pm

Venue: Building 5 Hall

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

Thursday

Activity: All Years Table Tennis

Time: 3.00pm-4.00pm

Venue: Building 4 Hall

***Change in building 4 changing rooms.**

Activity: All Years Boxercise

Time: 3.00pm-4.30pm

Venue: Building 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.

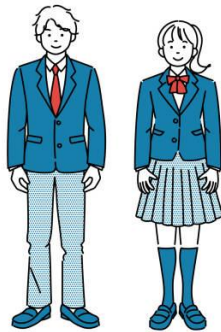
Mr R Browell (Head of PE)

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, please click here for [boys shoes](#) and [girls shoes](#).
- 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)

Second Hand Uniform

You can buy good quality, second-hand uniform at the following site: www.oldschooluniform.co.uk

The school accepts outgrown, good condition uniform please hand in your items to the school reception.

Mobile Phones



We would like to remind parents that the use of mobile phones is prohibited during the school day, and students should not use them to communicate with anyone including parents. This is to ensure that our students can concentrate on their learning without distractions and to maintain a positive learning environment.

Our school has a strict policy on mobile phone use, and we expect all students to adhere to this policy. Mobile phones must not be visible or used during the school day, including breaks and lunchtime. Any mobile phones that are seen or heard will be confiscated by the school staff and returned to the student at the end of the school day. If this happens twice, parents should expect to come and collect the phone from the school office.

We understand that mobile phones can be important for staying in touch with parents and guardians, particularly in emergencies. However, we have systems in place to ensure that students can communicate with parents in case of emergency. Parents can contact the school office, and we will make sure that the message is relayed to the student. We encourage parents to use this system rather than contacting their child directly during the school day.

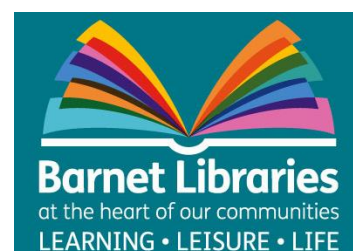
We believe that the mobile phone ban is essential to create a positive learning environment where students can concentrate on their studies without distractions. Mobile phones can be a significant source of distraction, and we want to ensure that our students have the best possible chance of success in their academic studies.

We appreciate your support in enforcing the mobile phone ban and remind parents that it is their responsibility to ensure that their child adheres to the school's policy on mobile phone use. We encourage parents to talk to their children about the importance of the ban and the impact that mobile phones can have on their academic performance.

Thank you for your cooperation in this matter, and we look forward to continuing to work together to ensure the best possible learning environment for our students.

Mr Martin (Deputy Headteacher)

Barnet Libraries – Literacy Festival



Libraries Literary Festival returns on Saturday 13 May and Sunday 14 May to Finchley Church End Library. Two award-winning authors for children and teenagers are appearing.

Natasha Farrant is the author of the Costa Award-winning novel, *Voyage of the Sparrowhawk* and the

bestseller, *The Children of Castle Rock*. Natasha will be discussing her latest book *The Rescue of Ravenwood*.

For children and teenagers, Tanya Landman will talk about her latest books inspired by events in London's East End. *The Battle of Cable Street* is set during the rise of Fascism in the 1930s, while *Lightning Strike* unveils the Matchgirls' strike of 1888.

All tickets are free thanks to our sponsor and eBook provider, Libby.

[Full details and booking.](#)

Catherine Lusted

Service Development Manager: Stock & Services

Barnet Libraries

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

Place2Be - Advice for Managing Exam Stress

Exam season can be a challenging time for young people. Many feel stressed in the lead-up to their exams and worried in anticipation of their results.

As adults, it can be difficult to know what we can do to support children and young people during this time. Place2Be have created some tip sheets full of practical

advice to help young people, schools and families manage stress during exam season.

[Navigating exam season resources - Place2Be](#)

Janchai King

Senior Educational Psychologist

Barnet Education and Learning Service

Design a Poster on

'Reducing, Reusing and Recycling for our Future'

North London Waste Authority are running an exciting poster competition, with a chance for schools to win a £200 voucher and other great prizes. To enter pupils must:

Design a poster either individually or as a group

- Theme the poster around 'reducing, reusing and recycling for our future'
- Email wastepreventionteam@nlwa.gov.uk to submit your posters

For more details visit:

- <https://nlwa.gov.uk/article/schools-competition>

Chandima Ratnayake

Service Engagement Officer

London Borough of Barnet