



St Andrew the Apostle School Weekly Newsletter

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

9 June 2023

Message from Headteacher

I've had a hectic but highly enjoyable first week; not a baptism of fire (!), though that would be entirely in keeping with the season of Pentecost, which we have been exploring in assemblies this week.

Assemblies have also offered the opportunity to pay tribute to our Year 10 footballers who won the district cup just before half-term, following in the footsteps of Year 9, who achieved the same feat a few weeks earlier.

When I see the boys and girls cheerfully playing football, basketball and netball in the sunshine I am confident that they will all make the most of the superb facilities that are on the way with then new building, sports hall and 4G football pitch.

I know, too, that we have a number of superbly gifted musicians and actors who will be really looking forward to honing their talents in the superb performing arts facilities in the new building. For the moment though, please don't be shy about putting your skills forward for the forthcoming talent show, advertised below.

Tuesday was a real milestone for the school as Archbishop Nikitas came to bless the foundations of our new building. His visit was accompanied by some wonderful chanting led by our Byzantine choir. It reminded me of the recent coronation service, where His Eminence's blessings upon the newly crowned King Charles were accompanied by the chanting of the Capella Romana Byzantine choir. The setting of a dusty field surrounded by diggers and piling machines was rather different from Westminster Abbey, however! You can read all about this on the next page.



It was wonderful to see the Year 6 children visit the school this week to experience problem solving in Maths, DT and History: they seemed to enjoy themselves whilst also being very studious and polite, which all bodes well for next year!

This week I have been bowled over by the kindness of everyone and by the hard work of staff and pupils alike. St Andrew is a wonderful school and with hard work and God's grace I am confident that we will grow into the superb inheritance of our new building, with all that it has to offer to the community that we serve.

Dr Philip Hills, Headteacher

Faith- πίστις



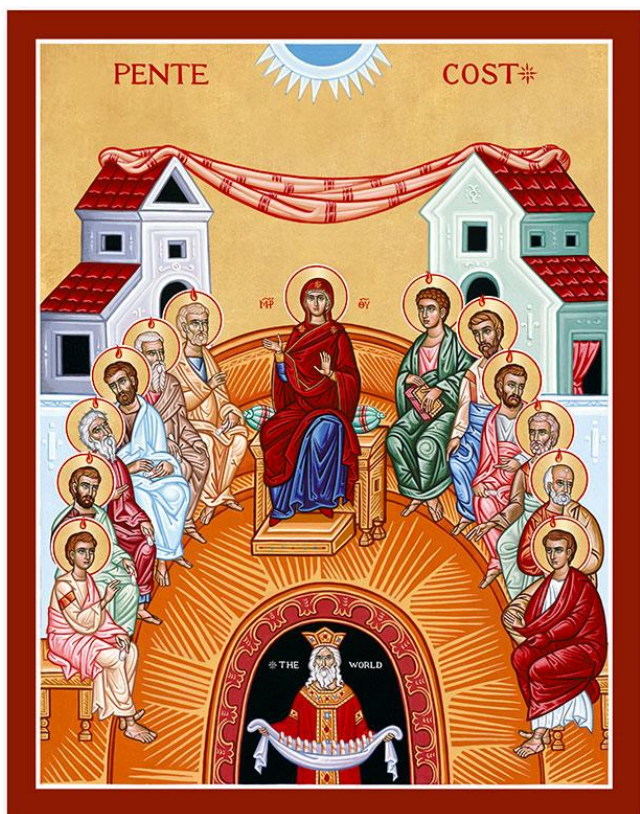
All Saints' Sunday

On this day, the Sunday following Pentecost, we celebrate the feast of All Saints who shone forth throughout the entire world. This is in commemoration and recognition of the Holy Spirit, who spilled out over the church on the day of Pentecost, and is the maker of the saints. The Holy Spirit is the one who sanctifies believers and gives them holiness. In the Resurrectional Anabathmoi of Matins, we chant: "Through the Holy Spirit is every soul quickened and exalted in purity, and made resplendent by the Triune Unity in mystic holiness," and also, "in the Holy Spirit you witness all holiness and wisdom."

On this feast day, the Church honours all saints, not only those who have been consecrated, or officially had their holiness proclaimed by the church, those whose names are present in the church calendar and their biographies read from the Synaxarion (the life of Saints), but also the unknown ones, as there are many saints who are unknown to us, but known before God.

It is said, "No one was born a saint, but everyone is called to holiness." This is the teaching of the Church and the Holy Bible. In the Old Testament, we read in the book of Leviticus: "For I am the LORD your God: ye

shall therefore sanctify yourselves, and ye shall be holy; for I am holy” (Leviticus 11:44).



Holiness is synonymous with perfection, according to Jesus’ words: “Be ye therefore perfect, even as your Father which is in heaven is perfect” (Matthew 5:48). Making holiness a goal as a Christian may seem difficult, or perhaps almost impossible. Some believe it a vocation exclusive to those who are in the priesthood or monasteries, but through the experience and the teaching of the Church, the opposite is true: this vocation is the supreme goal of every Christian person, and the invitation to achieve perfection is from God to all; it belongs to everyone.

St. Paul the Apostle explains that God has chosen us “in him before the foundation of the world, that we should be holy and without blame before him in love,” (Ephesians 1: 4). And in his letter to the Thessalonians, he suggests “God hath from the beginning chosen you to salvation through sanctification of the Spirit and belief of the truth” (2 Thess. 2:13).

As for the Apostle Peter, he exhorts his spiritual children, saying: “As obedient children, not fashioning yourselves according to the former lusts in your ignorance: But as he which hath called you is holy, so be ye holy in all manner of conversation; because it is written, be ye holy; for I am holy” (1 Peter 1:16).

In the Acts of the Apostles and in Paul’s letters it is clear to us that the word “saints” was used to denote the brothers who believed in the Lord Jesus (Philippians 4: 21-22) and was used before the disciples were called “Christians” in Antioch (Acts 11:26). In the Acts of the Apostle, the Apostle Ananias addresses the Lord in the vision, speaking of Saul (later Apostle Paul) saying: “Lord, I have heard by many of this man, how much evil he hath done to thy saints at Jerusalem” (Acts 9:13). In the same spirit, the Apostle Paul calls the believers, that is the children of the Churches that he visited with “saints. “Paul, an apostle of Jesus Christ by the will of God, to the saints which are at Ephesus, and to the faithful in Christ Jesus” (Ephesians 1:1). See also (Romans 1: 7, 1Cor 1: 2 and 2Cor 1: 1, Ephesians 1:1 and Philippians 1: 1, Colossians: 1: 1 and 1Tess. 5:37 And Hebrews 1: 3).

Today, as we honour this “cloud of witnesses” we are called to commemorate the lives of the saints, imitating their examples and realising that the goal of our lives is not only to be righteous with some good attributes, but rather our goal is “deification - Theosis”, that is, to become “Partakers of the divine nature” (2 Peter 4: 1) and “Partakers of the heavenly calling” (Hebrews 1: 3). Our life and our path are not complete in this earthly life, but rather “our conversation is in heaven; from whence also we look for the Saviour, the Lord Jesus Christ,” (Philippians 3:20). In a conversation with one of his spiritual sons, St Seraphim Sarov reveals that “the true aim of our Christian life consists in the acquisition of the Holy Spirit,” that is, holiness.

Holiness is the act and work of the Holy Spirit, but the human effort is indispensable in this process towards holiness. This is what the Holy Fathers call “Synergy” between human effort and divine grace.

Saint Name Days for next week:

Date	Saint Celebrated
Monday 12 June	ONOUFRIOS
Tuesday 13 June	TRIFILIOS
Wednesday 14 June	ELISSAIOS, NEFON
Thursday 15 June	AFGOUSTINOS, AVGOUSTA, IERONYMOS, LIVYI, MONICA, ORTANSIA
Friday 16 June	TICHON
Saturday 17 June	FELIX, ISMAIL
Sunday 18 June	ERASMOS, LEONTIOS

Blessing of the Foundations

Tuesday 6th June marked the blessing of the laying of the foundations for the new building at St Andrew the Apostle Greek Orthodox School on Brunswick Park Road. His Eminence Archbishop Nikitas of Thyateira and Great Britain, who recently blessed King Charles III on his Coronation at Westminster Abbey, was on hand to conduct a service of blessing of the foundations of the new school and of the community who will use it. The blessing was attended by Theresa Villiers MP, Councillor Nagus Narenthira Mayor of Barnet and Councillor Tony Vouros as well as founding staff and governors of the school.

The Archbishop offered prayers that the project be established on the rock of faith and cornerstone that is Jesus Christ and that it would enrich the lives of its young people.

Archdeacon Dr George Tsourous, the Archbishop's representative on the Governing Body explained: 'In the service, we collectively recognise and seek God's guidance and protection for the construction and use of the new facility.

The act of blessing a school building extends beyond asking for divine protection and guidance for the physical structure. The blessings also call upon God to be present in all interactions within the new building, whether these are between teachers and students, among peers, or with the wider community. The prayers invoke grace, wisdom and love to permeate all relationships and all learning that will take place within the building's walls.

As such, by having the foundations blessed, the school and the Church demonstrate their commitment to the holistic development of students, catering to their spiritual, mental, and emotional growth, in addition to their academic progress; a holistic and spiritually nurturing educational environment'.

Mary Karaolis, the Chair of Governors and a founding governor said: 'After ten years our prayers are finally answered: this is the culmination of a great deal of planning and hard work, from the school, the Greek Orthodox Church, the Russell Education Trust, the DfE and local partners. The school has really flourished in the last decade with the students in our founding cohort now graduating from University this summer!'

Dr Hills, the new Head teacher said: 'When you visit St Andrew the Apostle Greek Orthodox School there is a

palpable buzz about the school, a real feeling of being proud to belong to something bigger than oneself, and the sense of a community that is great in spirit, with the confidence to go out and achieve big things. Even with the incredible new build and facilities we will remain a school on a human scale, with a uniquely Greek Orthodox ethos, where every individual can feel valued, known and nurtured, whatever their background or religious identity. The outstanding new building and sports facilities will soon be ready to take things to the next level, building upon the exceptional pastoral, sporting and academic foundations already in place. As a football fan I am particularly excited by the development of a wonderful new all-weather pitch: we are already district champions at several age groups and we want St Andrew the Apostle Greek Orthodox School to be a real hub of sporting as well as academic excellence for girls and boys of all ages'.

Stelios Stylianou, Project Director from the Department for Education said 'Today marks a significant milestone in our journey to a brand new and permanent home for St Andrew the Apostle school. I am honoured to have been invited to join the celebrations and blessing of the foundations today, made even more special for me as I am part of the Greek Orthodox community here in London. It has been a challenging journey for us all so far, only made possible because of the commitment from a huge number of people. I am now looking forward to overseeing the construction phase and delivering a school building students, teachers and parents have been waiting for and I know will be proud of for many years and generations to come.'



His eminence Archbishop Nikitas and Archdeacon George.



His Eminence Archbishop Nikitas, Colin Mackinlay, Mary Karaolis Chair of Governors and Founding Governor, Dr Philip Hills and Marina Pareas, Founding Governor

Dr Phillip Hills, 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

- Thursday 15 June – Year 10 Parents Evening
- Tuesday 27 June – Sports Day
- Please [click here](#) to access term dates.
- Please [click here](#) to access school calendar.
- Please [click here](#) to access previous editions of the Newsletters.



Rising Temperatures!

As we approach the summer season and temperatures rise, it is essential to ensure that our students stay hydrated and comfortable throughout the school day. With this in mind, we kindly request your assistance in providing your child with a water bottle to bring to school.

As you may be aware, adequate hydration is crucial for maintaining good health and concentration, especially during warmer weather. By encouraging your child to have a water bottle readily available, we can help them stay refreshed and focused during their learning activities.

Please provide your child with a suitable water bottle that is reusable & remind your child to bring the water bottle daily.

Year 10 Cup Final Success!



On May 24, our Year 10 football team, comprising a few Year 9 students and one Year 8 student, emerged victorious in the district cup final. Not only did they secure the win, but they did so in an exemplary manner, showcasing teamwork, competitive spirit, and our school's core values of caring, respect, and honesty.

The game against London Academy was a true spectacle, featuring outstanding performances from both teams. The players exhibited exceptional skill and unwavering determination throughout the match. The first half saw a goalless stalemate, with both goalkeepers making remarkable saves to keep their teams in the game.

However, the dynamics shifted when London Academy managed to score a goal from a set piece, taking the lead in the second half. This turn of events prompted strategic changes from our team and Aleks, who was brought onto the pitch just before injury time, scored a crucial goal in the final minutes, equalizing the score. As a result, the game extended into extra time.

During the additional period, the quick distribution of the ball from the centre led to Aleks finding the back of the net once again, securing a second goal and ultimately a 2-1 triumph. This remarkable comeback is a testament to the resilience, perseverance, and skill displayed by our players.

We extend our heartfelt gratitude to all the staff, students, and parents who came out to spectate and support our team. The atmosphere was electric as our school community united to celebrate and acknowledge the achievements of our players. Your presence undoubtedly played a significant role in motivating our team to give their best performance on the field.

Once again, congratulations to our Y10 football team for their remarkable victory! They have not only made our school proud but have also served as an inspiration to their fellow students. We look forward to witnessing more achievements and successes from our talented athletes in the future.

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

Talent Show Auditions



The St Andrew's Talent Show is coming up!

The auditions for the Talent Show will be taking place in just two weeks, and we are eager to ensure that as many students as possible are aware of this fantastic opportunity to showcase their skills.

Here are a few reasons why students should consider taking part:

1. **Inclusivity:** The Talent Show provides a platform for all students to share their unique talents, whether it be singing, dancing, playing an instrument, magic tricks, comedy, or any other remarkable skills they possess. We want to

celebrate the diverse talents within our school and create a sense of belonging for everyone.

2. **Community Building:** The Talent Show brings together students from different backgrounds, fostering a sense of unity and support. We encourage our students to attend and cheer for their fellow classmates, promoting a positive and inclusive school culture.
3. **Encouragement and Confidence:** Participating in the Talent Show allows students to step out of their comfort zones, gain confidence, and build self-esteem. In an audition, we will also welcome hesitant students to overcome their fears and take this chance to shine.
4. **Showcasing Hidden Talents:** We are aware that our school is filled with extraordinarily talented students who may not have had the opportunity to showcase their skills yet. We can help uncover these hidden talents and offer them a platform to shine, so audition now.

Mr Lasithiotakis (Head of Performing Arts)

Site



For up to date news on our new school building and site, please click on the following link: [St Andrew The Apostle Plans.](#)

There will be more work on the pilings of the building, and once the foundations are in place, the outer structure will spring up very quickly! If you have any questions as a parent regarding the new building, do contact the school directly.



Student Newspaper – Apostle News



St Andrew the Apostle School Key Stage 3 students are establishing a new school newspaper, aptly named

Apostle News. We hope to have our first edition out in July.

If you have news, then tell us and we will report it in Apostle News.

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 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)

WIZZ

Recently rising in popularity among children and young people, Wizz is a social networking app that allows users to chat live with people from around the world. In similar fashion to a dating app, it facilitates conversations with people that users would not ordinarily meet – but of course, making connections to individuals online bring its own self-evident potential safety issues.

While Wizz makes use of face recognition technology to assesses users’ age and group them by age group – but the software is far from perfect and is no guarantee that some individuals won’t attempt to exploit the app for sinister purposes. Our guide examines Wizz in detail, identifying pitfalls that parents and carers should be aware of.

In the guide you'll find tips on a number of potential risks such as catfishing, explicit content and “sextortion”, and examines how trusted adults can take young people to avoid these possible threats.

What Parents & Carers Need to Know about WIZZ

12+ Age Restriction

WHAT ARE THE RISKS?

- OVER-SHARING**: It is important to think about what you share online. Don't share too much information, like your address, school name, or family details. Be careful about what you post on social media. Think about who can see it and how long it will be there for.
- CATFISHING AND PREDATORS**: Catfishing is when someone pretends to be someone else online. Predators are people who try to harm children online. Be careful about who you talk to online and never meet someone you only know online.
- EXPLICIT CONTENT**: Explicit content is anything that is not suitable for children. This includes images, videos, and text that are sexually explicit, violent, or otherwise inappropriate. Be careful about what you see online and don't share anything like this.
- MEET STRANGERS**: Never meet someone you only know online. If you do, make sure you have a trusted adult with you and that you have a plan for how to get home safely.
- INTIMATE IMAGES**: Intimate images are photos or videos of you or someone else in a private or sexual way. Be careful about what you post online and don't share anything like this.
- NO PARENTAL CONTROLS**: Wizz does not have parental controls. This means that parents cannot see what their children are doing on the app or restrict their access to it.
- SECRETS AND SUBSCRIPTIONS**: Never share secrets online and be careful about what you subscribe to. Some apps can charge you money without your parents' permission.

Advice for Parents & Carers

- TALK IT OUT**: If your child has shared something online, talk to them about why they did it. Encourage them to think about the risks and how to stay safe.
- EMPHASISE CAUTION**: Remind your child to be cautious online. Don't share anything that could identify you or your family. Don't meet anyone you only know online.
- MEET OUR EXPERT**: Meet our expert, a professional who can help you understand the risks of Wizz and how to stay safe.
- BE SUPPORTIVE**: Be supportive of your child if they tell you about something they've done online. Encourage them to talk to you about any concerns.
- KEEP THINGS TRANSPARENT**: Keep things transparent with your child. Let them know what you're doing to help them stay safe online.

National Online Safety
#WakeUpWednesday

Finchley Fire Station – Open Day



OPEN DAY

Finchley Fire Station

Saturday, 15 July 2023 12pm – 4pm

- Your chance to meet local firefighters and get fire safety advice.
- See our latest service equipment and watch rescue demonstrations.
- Family games, food and drink stalls plus meet police officers.

227 Long Lane Finchley London N3 2RP
For more info contact Charlene Mitchell:
T 0208 555 1200 x84753
E charlene.mitchell@london-fire.gov.uk



Summer Activity – Holiday Camp

SUPER STAR SPORT

FOOTBALL CRICKET WATER FUN HOCKEY ARCHERY

SUMMER ACTIVITY
Holiday Camp

Garfield Primary School
Upper park road, New Southgate, N11 1BH

24th Jul – 28th Jul
31st Jul – 4th Aug
21st Aug – 25th Aug
28th Aug – 1st Sept

- HALF DAY: £14 PER DAY
- FULL DAY: £25 PER DAY
- FULL DAY: £110 FOR FULL WEEK
- HALF DAY: £65 FOR FULL WEEK

Full Day: 9AM – 3PM
Half Day: 9AM – 12:45PM

To book visit:
www.superstarsport.co.uk



Healthy Child Programme

The School Health Team are excited to introduce 'The Lancaster Model' of support for school aged children. The Lancaster Model has been shown to improve health and wellbeing outcomes for children and young people resulting in improved educational attainment and achievement.

Your local Health Visiting and School Nursing team, promoting a healthy lifestyle for all children, and young people, attending school in Barnet.



We deliver 5 core School Nursing contacts using The Lancaster Model

- School entry review 4-5 years
- Year 6 health review 10-11 years
- Year 9 health review 13-14 years
- School leavers 16+ health needs review
- Transition to adult services
- Listens to the voice of children and young people
- Improves early identification of health needs
- Increases easy access to the school health team
- Ensures intervention at the earliest presentation of need

During these core contacts, the service provides children and young people with valuable health promotion on the following topics:

- General health and growth
- Dental hygiene and oral care
- Hearing and speech
- Exercise
- Smoking and drugs education
- Emotional Wellbeing
- Bullying
- Long term health conditions
- Bedwetting and soiling
- Puberty
- Healthy relationships
- Mental health and emotional wellbeing
- School absence
- Being a Young Carer



If you have any questions regarding our service and how we can help you, please contact us on our duty line (Monday to Friday from 9.00am - 5.00pm) where one of our team will be happy to help.

020 3633 4049 / 0800 772 3110 hcp.4barnet@nhs.net

www.HealthyChildProgramme4Barnet.co.uk