



A week to remember

By Diana Cormack

Bishop Douglass School in Hamilton Road has held an annual activity week for the past 20 years. This year the events were linked to The London Challenge, a government-inspired partnership between all those who seek more for London's young people. As one of the first schools in the capital to use this community based project, the results at Bishop Douglass are being closely watched.

Preparations began in January for the week in May when students would be introduced to new experiences and encouraged to take on different challenges. Art, English, technology, fashion, film, website design and sport were among the suggestions from pupils for what they would like included. Years 7, 8 and 9 took part but exam commitments prevented Year 11 from participating; Year 10 managed to fit in a special day of their own.

This was "Navy Day" when visiting naval officers put the pupils through their paces, with one of their character building methods being a muddy assault course! Mud was no doubt involved in Year 8's PGL week in Lincoln, which included caving, walking, abseiling and fencing among its many activities. Year 9 had a very successful visit

to France. As well as going to Disneyland Paris, they learned a lot about Paris on their guided walking tours and experienced a different culture.

The cultural aspect was highlighted in the pupils' performance ending the week, in which music, dance and drama featured strongly. Songs and dances from many cultures were enthusiastically supported by the audience, who had been kept up to date by fellow students through a daily newsletter reporting on the activities.

Teacher Andy Fyfe, one of the main organisers, told *THE ARCHER*: "So far it has been very successful and it can only get better. We aim to bring in new ideas and activities as it grows. This is not a one-off thing. It is something that the staff and students are fully behind."



Photo by Erini Rodis

I wanted to hug everybody

By Erini Rodis

One Sunday afternoon, on the mezzanine floor of Holy Trinity Church in Church Lane, I felt so

extraordinarily uplifted after a session of Yoga Thai Massage that I wanted to hug everybody and spread the word!

Run by local yoga teacher Sunnah Rose and Thai Massage practitioner David Stillitz, this workshop is a meditative and gentle, yet at the same time strenuous and challenging workout. The enthusiasm of the teachers is infectious and the stained glass and arched windows add to the sense of peace.

Whether you want to improve flexibility, relax, detox or help heal any injuries, Yoga Thai Massage is an effective combination of yoga warm-ups and massage. The practitioner uses deep tissue massage to help you reconnect with the rest of your body in a very nurturing way while the

yoga provides an element of meditation to help focus and clear the mind.

It helps to bring along a friend as it's a very hands-on learning process, which sends energy surging all around the body. Described as a holistic healing therapy, this traditional Thai technique focuses "upon the energy make up of the body, alleviating it of any aches, pains, discomforts or imbalances - harmonising the mind, body and spirit."

It also makes you feel wonderfully cuddled from the inside.

The next course takes place on 30 July, costing £40 per person or £70 for two. For further details contact: sunnah@stretchingpeople.co.uk, tel: 07941 321772, or david@thaimassagelondon.co.uk, tel: 07976 293521 or 020 7691 1957.



A thrilled Susannah Fleiss with her trophy. Picture by Helen Drake

Winning the numbers game

By Helen Drake

Year 6 pupil Susannah Fleiss was the star of a special assembly held on Friday 9 June at Martin Junior School when she became the first winner of the Lynn Cornelius Award for Outstanding Achievement for her success in mathematics.

Watched proudly by her parents, 11-year-old Susannah received her award in front of Councillor John Marshall, Cabinet Member for Education and Lifelong Learning, along with pupils, teachers and governors of the school.

Also in the audience was local resident and former parent Robert Winton MBE whose idea it had been to create the award. Mr Winton, who is Secretary of the Finchley Society, had read about the success of Susannah and other Martin School pupils in *THE ARCHER*. He had been so impressed that he felt "the school deserves to have a thank you".

Senior staff chose Susannah to receive the award because of her particular success in two mathematics competitions. In the World Class Tests in November 2005 Susannah gained a distinction in the 12-14 years group, an incredible achievement considering she was competing with children up to four years older.

Of the 10,000 children who took part in the first round of the Primary Mathematics Challenge, also held in November 2005, Susannah was among only 57 pupils nationally who scored 30 marks out of 30. She received a bronze medal in the final round.

Mr Winton did not want his own name on the trophy and so it was decided to name the award after Lynn Cornelius, a much loved member of staff who died recently.

Head Teacher Maggie Driscoll said: "Lynn would have been really delighted by Susannah's success,

not just in mathematics but in so many aspects of the curriculum. She is a truly exceptional pupil."

Miss Driscoll added: "After the assembly, when Susannah went out to play, there was a resounding cheer from the whole school. Every child clearly agreed with the teachers' choice."

Seen and

Heard

On a scorching hot day at the start of June, sitting forlornly on the pavement outside a house in Leslie Road waiting for collection by the waste disposal team, was a Christmas tree.

Was this the last survivor of Christmas 2005 or are there others still waiting to meet their maker?

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