



16 year olds Aya Kagami and Miho Ogawa reading to Year 1. Photo by Diana Cormack

Japanese students visit local school

By Diana Cormack

Children and staff at Holy Trinity School had a delightfully different day on 13 March when they were visited by 16 Japanese students and their two teachers. The Japanese youngsters were on an exchange visit to Hendon School. A teacher from Hendon who gives German lessons at Holy Trinity made the initial arrangements.

The visitors spent as much time as they could getting to know the children, joining them in the playground at playtime and having lunch with them in the dining hall. They also involved the pupils in a well-planned series of classroom activities, with one pair of students being assigned to each

class, including the nursery, for the whole day.

Activities included teaching a Japanese song and simple Japanese greetings, experiencing Japanese writing through games, colouring in a Japanese kimono girl, Japanese map work, origami and telling traditional Japanese stories in English.

Hospice Hollywood

By Betti Blatman

The BBC Elstree Concert Band is giving a concert in St James's Church, Muswell Hill, on Saturday 12 May at 7.30pm. This terrific 40-piece band raised money for the North London Hospice last autumn, in the same venue, and is now returning by popular demand.

The programme this time will bring together Hollywood and Broadway favourites: Bernstein, Copland, Gershwin, Richard Rodgers, Cole Porter, Irving Berlin and Sousa, as well as jazz from Duke Ellington and Glenn Miller. It promises to be a great evening.

"St James's is a venue where the audience can be blown out of their seats by the sound," says flautist Ian Marshall, "so we'll try not to be too loud!" Mr Marshall, who lives in Fortis Green, founded the Band in 1986. At the time, the BBC had just

taken over the Elstree studios where he worked - hence the Band's title. It rehearses every week and gives eight to nine concerts a year.

As before, all proceeds will go to the North London Hospice. Admission is £15 for adults and £5 for under-16s. Tickets are available from North London Hospice Fundraising Department, 47 Woodside Avenue, N12 8TF (020 8446 2288) or 2 Lauradale Road, N2 9LU (020 8883 4736). Tickets will also be on sale at the door.

Getting kids to go for greens

By our nutrition expert Judy Watson

The busy life styles we lead leave many of us little time for cooking which means our children also miss out. The younger a child is introduced to healthier eating the more likely they will enjoy healthier food as they get older.

So getting your toddler to eat a wide variety of good food before they start school is vital. Quick healthy foods could be finger foods such as carrot and celery sticks to dip into yoghurt, and smoothies. You can hide spinach in pasta sauces with cheese and tomatoes and mash salmon with potatoes and egg to make delicious fishcakes.

For drinks give them diluted fruit juices, as a lot of squashes and fizzy drinks have aspartame and caffeine which can affect mood and sleep patterns.

Watch that salt

Salt does not need to be added to foods during cooking. Salt intake can become addictive and affects taste buds for natural foods. The recommended daily limit on salt for children aged 1-3yrs is 2g, for 4-6 year olds it's 3g and for 7-10yrs it's 5g. Be wary of takeaway meals and pizzas which can contain that daily amount in one meal.

To make cooking easier if you are eating later there is no need for you to cook separately. Kids can eat the same foods but just be more cautious with salt.

Good diet, along with exercise, will keep your children healthy with fewer colds and better concentration, making them feel more confident in the classroom.

I am now involved in "The Fitter Schools Project". To raise awareness, I am providing nutrition support for elite athlete Jim Rees who is cycling 3,000 miles in The Race Across America in June 2007. Find out more at www.teaminspiration.co.uk.

If you would like a group talk or workshop on getting your children to eat healthily, please contact me on 07904 335763.

KALASHNIKOV KULTUR

By Ricky Savage, the voice of social irresponsibility

Going green

When the going gets weird, the weird turn pro and this time turning pro means going green to save the planet, stop polar bears drowning and prevent Essex becoming a lake. I don't have a problem with sinking Essex, but we've got to do something for the polar bears.

So it's goodbye to electric lights and hello to homemade candles produced by your co-operative beehive at the bottom of the garden. It's goodbye to iPods, mobile phones and Chelsea tractors the size of a small house and hello to shivering at the bus stop. But this won't be enough and that's where the trouble starts.

Even with solar panels and wind turbines on every house, shed and hedgehog we will still use as much energy as a Victorian pauper and that will still be too much for Essex and the polar bears.

The only solution is to ration breathing. If you breathe less then you will produce less CO2 and polar bears will survive and Holland won't slip beneath the waves. So half the population will be allowed to breathe on even numbered days, the other half on odd numbered days. On the days that you aren't allowed to breathe you'll either have to hold your breath or, in a bizarre form of carbon offsetting, buy surplus air from someone who doesn't need it. If all else fails and you expire then you will have significantly reduced your carbon footprint and done your bit to save the planet.

There is an alternative, it's called subtropical Britain. What could be worse than lazy summers on the Costa del Finchley, lounging under palm trees whilst sipping rum cocktails as dolphins cavort offshore? We could ruin Spanish farmers by becoming self sufficient in lemons and break the hearts of Greek smallholders as Sussex starts exporting olives. Meanwhile polar bears will buy sunglasses and retire to Florida and Seaworld Holland will be the only country sized aquarium. Meanwhile, don't hold your breath.

Encourage your child to read

Take your under fives to East Finchley library (or any other Barnet library) five times before the end of this month and they can take part in the Bookstart Book Crawl. The children need to be library members, but membership is free. To join you need to take along ID showing your name, address and signature.

Children will be given a sticker card and can collect a sticker on each of their visits. When their sticker collection

reaches five, they will receive a beautiful certificate designed by a top children's book illustrator.

LOOKING FOR HOMES

Many cats and kittens needing good homes; some single, some in pairs.



If you think you can help get in touch with the local cat charity

ANIMAL AID AND ADVICE
48 HIGH ROAD EAST FINCHLEY
OR PHONE 7607 1723

LOOKING FOR A CAT

Josephines

EXPERTS IN CREATIVE FLORAL DESIGN

Stylish flowers and gifts delivered same day locally and nationally

We have a fine selection of wines and champagne. Have a look at our website or call us today.

Tel: 020 8444 9569/020 8883 3598 www.josephinesflowers.co.uk
60 High Rd, East Finchley, London N2 9PN



This sensitive and incisive one-to-one counselling with qualified and experienced counsellors is now available locally.

Highly effective for treating anxiety, depression, relationship issues, for building self confidence and finding sense of purpose.

Aurora Psychosynthesis Counselling

For more information or to arrange an appointment call Rachella on 020 8374 5018 or 07778102086

www.aurorapsychosynthesis.co.uk

With this advert get first session free

Free Consultations for Thread Vein Removal

We have extended our offer of a free consultation with

veinwave™



the most effective treatment available for thread veins

For more information, visit our website: banishthreadveins.co.uk or ring us on: 020 8444 4226

Thread vein removal at Utopia Health & Beauty 1 Leicester Mews East Finchley N2 9EJ