



## YOUNG ARCHER



Fred and friends at the charity sale. Photo courtesy of St Theresa's RC School

### Year Five go fundraising

By Diana Cormack

When children in Year 5 at St Theresa's RC School, East End Road, decided to hold a charity sale, no one could have imagined how successful it was going to be. Aply assisted by their class teacher Paul Silverstone, the nine and ten-year-olds chose to support a charity very close to his heart. Here is how one of his pupils, Katie Huet, described what happened.

"Each class was told that they had to choose a charity. Loads of people got information about the charity they wanted to support. We ended up with the NSPCC, RSPCA and Home Counties Boxer Welfare. Everyone voted and the most popular was Home Counties Boxer Welfare. Soon after, our teacher had the idea of having a sale for our charity, so then people started bringing in things like soft toys, games, PS2 games, books, jewellery and homemade cakes.

"We needed something else to raise money and the answer was doing sponsored things. So we went home and did things we would not usually do and we

got money for that. Everyone brought things in and we had a big pile to sell. It was a success and we sold a lot of the things we had and all of the money went to dogs in need."

The children advertised and promoted the event themselves. The sale was held after school in their classroom, where they had displayed and priced the goods. All their hard worked paid off because Year 5 raised the magnificent total of £800.

Paul Silverstone's family own a dog called Fred who was rescued by the charity, which is run entirely by volunteers. For further information visit [www.hcbw.org.uk](http://www.hcbw.org.uk)

### Wow, what a response

Holy Trinity School has had an amazing response to its Walk Once a Week scheme. WOW encourages children to walk, scoot or cycle to school at least once a week.

Pupils get rewarded with badges if they follow the scheme. They also get points for parking and striding, which involves parking the car earlier in their journey and then walking the rest of the way.

WOW is being used by many

schools across Barnet to reduce car usage and improve the environment. Transport for London announced in December that Barnet has reduced car use on journeys to and from school by 12%, the third highest reduction in London.

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### East Finchley Baptist Church

Just off the High Road in Creighton Avenue N2

Sundays at 11.00 am and 6.30 pm

For more information  
please contact the Church Office  
Tel: 8883 1544 (Minister: Simon Dyke)

Visitors always welcome

### Is your pet too fat?

By Caroline Broome

Did you know that about 30% of Britain's pets are overweight? Those extra pounds are usually the result of over eating and can drastically affect your pet's comfort and health.

Most pet owners are guilty of slipping their pets tit-bits but fat pets have shorter lives. Their bodies are less able to cope with operations, and being overweight or obese reduces their ability to fight off diseases and worsens medical conditions such as skin disease, diabetes, arthritis and heart problems.

The best way to bring about gradual weight loss is through increased exercise and fewer calories. Before putting your dog or cat on a diet, have it checked by the vet to eliminate any underlying medical problem or medication that may have caused weight gain.

If your pet is diagnosed by a vet as overweight, try the following tips:

- Don't give your pet any treats or table snacks.
- Divide its daily food allowance into two to four small meals.
- Weigh your pet once a week and keep a record.
- Stop pets eating each others' leftovers.
- Feed pets before you eat and keep them in another room during your mealtimes.
- Don't let your dog scavenge on walks.
- Exercise your dog regularly and ensure your cat spends time outdoors.

The RSPCA Small Animal Clinic is in Park Road, N2. It is open on Monday and Thursday evenings from 5.30pm, with consultations from 6pm-7.30pm. In emergency, ring the RSPCA's Harnsworth Hospital on 020 7272 6214.

### Bishop Douglass Awards

By Pamela Kent

Around 400 pupils, staff and parents gathered in the main hall of Bishop Douglass School on 11 January to see awards presented by Martin Baker, Deputy Director, Children's Service Schools and Learning to students for outstanding achievements.



Head girl Amy-Jo Griffin and Head boy William Glennon-Gilmore with Head teacher Angela Murphy. Photo: Michael Worobec

After an excellent opening of the occasion by the school choir, students were awarded for their educational ability, exemplary behaviour, loyalty, school spirit and endeavour.

Headteacher, Miss Angela

Murphy, explained how the school examination results have improved and thanked her staff, pupils and behind-the-scene helpers who have all given their time, support and loyalty in order for this to happen.

### The Fifty Word challenge

Can you write a short story in 50 words or less? Impossible, you say. Not necessarily, we say. But it's not easy. THE ARCHER's Diana Cormack wrote this mini-mystery, bang on the word limit.

#### Forgive me, Father

"You can burn this," ordered Maud, thrusting their daughter's letter towards her husband. Derek continued poking the fire.

"But she wrote it to me and I want to see her," he replied.

"Over my dead body!" Maud snapped.

"That can be arranged," whispered Derek, raising the poker above his head.

Email your 50-word masterpieces to us at [the-archer@lineone.net](mailto:the-archer@lineone.net) or post them to The Archer, PO Box 3699, London N2 8JA, and we'll print the best.

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### PHONE MASTS IN HOLY TRINITY CHURCH SPIRE

#### PUBLIC HEARING

SATURDAY 23 FEBRUARY 2008 at 10.30am

The Vicar and congregation of Holy Trinity, Church Lane, N2 want to install mobile

phone masts in the bell tower of the church to raise money. This is opposed

by the vast majority of local residents. The plan has twice been refused planning

permission by Barnet councillors, but despite this approval is being sought now

from the Church of England. Because of the strength of local opposition the

Diocesan Chancellor has decided to hold a public hearing of the case at Holy

Trinity church on Saturday 23 February at 10.30 am. Local people will be up against

a professional legal team hired by the church. If you can offer any advice or help,

please contact members of the Stop the Holy Trinity Mast Campaign:

David & Caroline Broome: 020 8444 2329 [david.m.broome@btinternet.com](mailto:david.m.broome@btinternet.com)

Michela and Ian Marsh 020 8444 5305 [ian.vecchi@ntlworld.com](mailto:ian.vecchi@ntlworld.com)

Bob & Patti Owens: 020 8365 4621; [contact@pattiowens.co.uk](mailto:contact@pattiowens.co.uk)

IF YOU VALUE LOCAL DEMOCRACY AND OBJECT TO PHONE

MASTS IN A CHURCH, PLEASE ATTEND THIS HEARING