



An active Zumba class underway

New mums work their bodies

By Alisha Johnston

A new fitness class has started in East Finchley, with a twist. Called Mummy Zumba, it is full of lovely new mums and the babies come along too.

Zumba is a Latin-American dance based fitness class but I was assured by AJ (the teacher) that no previous dance skills were needed, just enthusiasm and a willingness to "shimmy".

I went along to give it a try with my little boy who is eight months old. The babes-in-buggies are all lined up, some sleeping, some watching. Then the music starts.

Upbeat tunes to dance away to and in no time I am working up a sweat, laughing along

with the other mums. During the class you can run back to your little one as needed (a welcome breather) then join in again.

For new mums who would like to do some exercise Mummy Zumba is a welcome change from walking and pushing the pram.

Mummy Zumba is £7 a class (£35 for six) and takes place on Wednesdays at 3pm at Holy Trinity Church, Church Lane. For more information contact AJ on 07738 968408 or at getbacktoclass@gmail.com.

Great games for Great Ormond Street

By Zion and Joe W, Year 5, Holy Trinity School

The Year 5 pupils of Holy Trinity and Kerem Jewish school came together to design and make a selection of fun games. Together, we decided on a charity, it was Great Ormond Street Children's Hospital.

On Tuesday 8 February, we set up our games in the Holy Trinity hall. Each of the junior children brought in £1 from home to pay to enter the hall. Once inside, they had 20 minutes to play as many games as they wanted.

The aim was to complete the games and win as many raffle tickets as possible. At the end of each class's turn in the hall the children laid

out the raffle tickets they had collected. Miss Artemiou pulled out the winning raffle ticket from the bowl. Congratulations to Anna in Year 3, Heather in Year 4 and Lauren in Year 6 for winning prizes.

It was a fun afternoon for all of the children involved and we raised over £100 for the sick young children in Great Ormond Street.

Glorious gardens

By Sheila Armstrong

Kenwood House has a new photographic exhibition. The Gardens of English Heritage: From Inspiration to Restoration, accompanied by a new book of the same name. Hosted in the Orangery and covering gardens from all parts of the country and all periods, the exhibition tells the stories of their creation and their restoration, from Queen Victoria's garden at Osborne House on the Isle of Wight to the creation of the exotic Quarry Garden at Belsay Hall in Northumberland.

The exhibition uses images from the National Monuments Record, which is the public archive of the English Heritage, and includes photos, plans, drawings and records.

It runs till 3 April and is open from 11.30am to 4pm daily. More details on the National Monuments Record at www.english-heritage.org.uk/NMR

Peddalling families welcome

This year the North London Hospice is inviting families as well as dedicated solo cyclists to join its annual sponsored cycle ride on 15 May to raise money for patient care.

Cyclists taking the 40-mile challenge will hit the road at 9am from Queenswood School in Hatfield and those who want to try the 20-mile route will join them an hour later from the same venue. Both will take a circular route round the leafy lanes of Hertfordshire ending up back at the school for well-earned refreshments.

Entry is £15 for adults and £5 for children and the hospice is offering a special family rate of £35 for two adults and up to three children under 16.

"We want to make this year's bike ride a real success by attracting all members of the community to a great event," said fundraising manager Judi Guy.

North London Hospice provides specialist care for 1,300 patients and their families living with a life-limiting illness in the boroughs of Barnet, Enfield and Haringey. It is only partially funded by the NHS and relies on donations from the community to fund the care of three out of every four patients.

For more details, call the fundraising team at North London Hospice on 020 8446 2288 or email fundraising@northlondonhospice.co.uk. You can also register online at www.northlondonhospice.org

Oak Lodge tops the class

Teachers and pupils at Oak Lodge Special School off East End Road are celebrating coming top of the class after Ofsted judged the school to be 'outstanding'.

It joins three other community special schools in Barnet in having achieved the highest level of approval from the Government schools inspectorate. Oak Lodge is a maintained Community Special School offering 165 day places for students aged between 11 and 19 who have a range of learning difficulties.

"This is a fantastic achievement which recognises the commitment and enthusiasm of the school's staff, parents and pupils," said Oak Lodge head teacher Lynda Walker.

YOUNG ARCHER Football report: Holy Trinity vs Chalgrove

By Dillon Lyons and Adam Gwynnette

On Tuesday 25 January, Holy Trinity took part in a match against Chalgrove Primary School in N3. The players on our team were: Cameron Macleod, Sam Carter, William Chapman, Adam Gwynnette, Dillon Lyons, Abdul Rahman, Joe Nicos, Luke Bell, Laurie Pearce and Zion Park.

Chalgrove kicked off and within minutes we'd intercepted their pass and soon after made it 1-0, thanks to a great strike by Adam. Chalgrove were disappointed but didn't give up.

Not long after there were some awesome passes and Chalgrove had no chance. Dillon crossed it to Luke, Luke chipped it to Joe and, with an amazing volley by him, we made it 2-0 within ten minutes.

After a few close shots and good passes, Dillon did a beautiful power shot that was blocked by one of their defenders and we got a corner. Adam took the corner and passed to Laurie who passed back to Adam and then

again with a classy shot we made it 3-0.

Chalgrove improved in the second half and had a good chance of scoring but they missed thanks to a good block by Dillon. Then out of nowhere, William chipped their goalkeeper to make it 4-0.

Sam Carter saved us from making it 4-1 by blocking one of their shots. Then again out of nowhere William blasted it to the goal and scored. Later, Laurie scored too.

At the end of the match Chalgrove got a goal and it finished with the end score of 6-1. We were congratulated and then we were on our way back to school.

Masked ball at Manorside

Having read and seen Shakespeare's *Romeo and Juliet*, Year 6 at Manorside Primary School enjoyed a workshop based on the play where they enacted a masked ball as well as sword fights. Both Year 5 and 6 were also very lucky to have seen the Friern Barnet production of *Little Shop of Horrors*.

Popular clubs at the school include the new Archery club for Year 6 and a Samba Band. The language of the month is Polish and all classes will enjoy practising a few words of this in addition to French (and English).

There is so much going on throughout the school, from the Every Child a Writer scheme to after school discos. To find out more about the school and see all that goes on, visit www.manorsideprimaryschool.co.uk

Holy Trinity C of E School Nursery Open Morning

Wednesday 23 March 2011 9.15am - 11.30am

Applications for admission to nursery for children born between 1 September 2008 and 31 August 2009 close on 6 May 2011.

Forms and admission policy are available at the Open Morning, from the school office and from the website at www.holytrinityceschool.org.uk. Holy Trinity runs morning and afternoon nursery sessions integrated with main school extended care provision and offsite day care. Pop in and find out more.

All Saints' Church, Durham Road, East Finchley Church of England

**Sunday masses at 8.00 a.m. and 10.00 a.m.
Weekday masses at 10.00 a.m.**
(Refreshments are served after mass on Sunday and Thursday)

Prayer requests are gladly accepted.

The Parish has a flourishing social life.
Contact the Vicar, Fr Christopher Hardy,
on 020 8883 9315.

All Saints' also has a strong musical tradition and an enthusiastic choir of both adults and children.

Experienced singers are always welcome.
Contact Geoffrey Hanson on 020 8444 9214.

<http://www.allsaints-eastfinchley.org.uk>