



Teachers and children enjoy a healthy start to the day at Manorside's breakfast club.

Healthy bodies and healthy minds

By Julia Bramson

From the nursery, where children have been heard discussing how calcium, found in milk, is good for the bones, and throughout the school, the children at Manorside Primary School know what's good for them. Healthy School Status means that Manorside has been recognised as a school that embraces everything from healthy food to physical activity.

At the start of the day, children can attend Breakfast Club. At only 50p it is affordable, and those children who attend are at school on time having had "the most important meal of the day". Babs, who runs the Breakfast Club, also happens to be the PE co-ordinator and is responsible for running many of the popular after-school sports clubs, from football and dance to multi-skills. Another familiar face from Breakfast Club is Diane who teaches yoga to the infants as well as an after-school yoga club for staff.

Fresh food and no sweets

School dinners at Manorside are cooked from scratch on the premises, using organic ingredients where possible. The menu choices available allow for specific dietary requirements. Those who opt for packed lunches hoping to sneak in some sweets can think again. The "no sweets policy" in the school means exactly that. Letters are sent home with suggestions for healthy packed lunches.

Having said that, there is the occasional sweet treat and the headteacher was recently overheard praising the chef's sticky toffee pudding.

East Finchley Baptist Church

Just off the High Road in Creighton Avenue N2



Sundays at 11.00 am

Come & Celebrate Christmas with us!
Sunday 14th December

10.30am - 11.45pm:

All Ages Together Carol Service
(with a presentation by the children & young people)

Sun. 21st Dec

10.30am - 11.45pm

Christmas Carol Service
(with children's & young people's groups)

6pm - 7.15pm: Carols By Candlelight
Christmas Day (Thurs. 25th Dec)

10.30am - 11.15pm

Christmas Morning Family Service

For more information please contact
the Church Office, Tel: 8883 1544 or visit
our web site: www.eastfinchleybc.org.uk

Minister: Simon Dyke

Visitors always welcome

YOUNG ARCHER

Jack's reward

By Michael Reilly, Year 12, Christ's College Finchley

During the year a student was chosen for each month, for their contribution to either the school or the local area or both, to receive the Jack Petchey award. The award consists of a framed certificate and £300 to be spent on a part of the school of their choice.

On Tuesday 11 November, a special awards evening was held at artsdepot in North Finchley to celebrate the achievement of the winners. Students from all over Barnet were presented with a boxed medal by the Mayor of Barnet and two VIP guests from Barnet FC.

Recognising effort and achievement

The Jack Petchey Foundation works to promote aspiration and achievement among young people by actively funding and supporting schools and youth organisations. Through the awards scheme schools and youth organisations are encouraged to recognise and reward the special endeavour and outstanding achievement of young people in the community.

At the awards evening there were performances from most of the schools, showing their skills in dancing and singing, both solo and in choirs. Christ's College Finchley had its own outstanding performance by Reo Masuko of Year 8 playing a classical piano piece.

The award winners from Christ's College were: Michael Reilly, Gregory Miknich, Nicholas Kokkinos, Taylor Flanagan-Clarke, Hamza Habib, Lorin Okada, Soo Wei, Hao-Chun Hsu, Christopher Chua and Mowleesan Amaralingham.



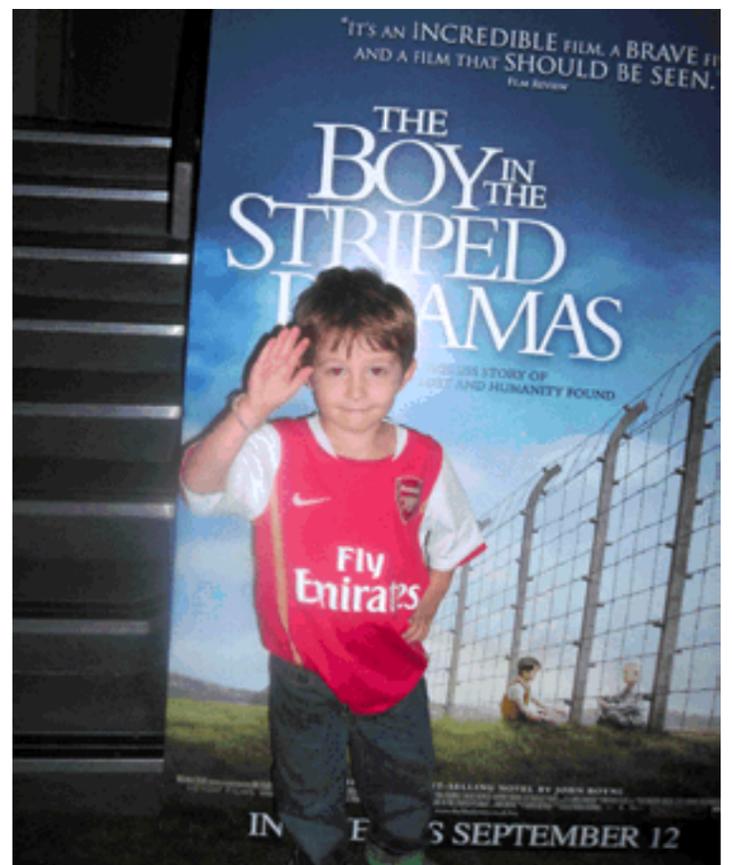
An outstanding performance by Reo Masuko of Year 8 playing a classical piano piece. Photo courtesy Christ's College.

The Boy in the Almunia shirt

By Daphne Chamberlain
East Finchley's Jake Lawson, aged six and a half, is an enthusiastic Arsenal fan. So, when he and his mum heard that the Gunners' goalkeeper, Manuel Almunia, was coming to the Phoenix back in September, naturally they had to be there too.

Manuel was there to introduce *The Boy in the Striped Pyjamas*, but unfortunately, Jake was not quite old enough to see this moving film. However, a lot of people were pleased to see him in the foyer in his Almunia shirt, waiting to catch a glimpse of his hero.

Jake Lawson at the Phoenix



PRIMARY SCHOOL NEWS

Holy Trinity

Links with Bishop Douglass Science College in Hamilton Road are proving positive and providing a lot of support. Science, maths and IT topics have benefitted so far.

The school is taking part in the National Anti Bullying Week. Boxes of presents have been sent off after a wonderful response to the Samaritans' Operation Christmas Child. A mufti day was held with children out of uniform bringing goods to support the tombola stall at the Christmas Fair.

Following a decision made by the School Council, new goalposts have been delivered to the infant and junior playgrounds.

Martin Primary

The school held a non-uniform day

when children paid £1 to wear pink and raise money for the Breast Cancer Campaign.

Martin's music specialist Alan Gruner has made a CD of his own songs for four to seven-year-olds. Called *Icky and Wicky*, it is available at the school office.

The football team is proudly wearing new kit which was kindly provided by Budgens.

Two mixed teams from Years 5 and 6 performed well in Barnet's Tag Rugby competition held at Bishop Douglass School.

St Theresa's Catholic School

Headteacher Mr Lyons left on Saturday 15 November for China where he will be visiting St Theresa's partner school in Shunde. The Year 6 children have produced a day in the life of a St Theresa's

child as a photo story whilst the other classes have also prepared some projects to show.

Every child participated in National Anti-Bullying Week with activities such as circle time, drama, role play, discussion and art and poetry, to make sure that every child is aware of what bullying is and what they can do about it.

Manorside Primary

The Autumn Disco was another huge success. Thanks to the Parents' Association for all their hard work.

The nursery garden and playground are now close to completion with new purpose-built storage for all the bicycles and garden toys. Year 1's classroom has been transformed by a cleverly thought-out wall that provides a cosy area for quiet time.