



YOUNG ARCHER



Jumping for the NHS: Arjan on his garden trampoline

Let's bounce

By David Melsome

Arjan Adams, 13, set out to raise money for the NHS by doing 10,000 jumps on the trampoline in his back garden... and he's absolutely smashed his fundraising target.

Arjan, who lives in Trinity Road, N2, took about seven hours over a few days to do all 10,000. He started out with the aim of raising £215 but at the time we went to press he'd gone 500% better and received donations past the £1,000 mark.

The Archer Academy pupil said: "I decided to raise money to help the NHS and also to show that children can make

a positive contribution to the current crisis. Trampolining is one of my favourite physical activities, after playing with my dog Wilbur, so it was a good choice because I could do it at home even during lockdown."

You can help Arjan raise even more money for NHS causes at this link:

<https://justgiving.com/fundraising/arjan-adams>



Table tennis boys in thrilling final

By Diana Cormack

Fortismere School's under-13 table tennis team continued to show their prowess when the four boys competed in the Table Tennis England national schools championships in Hinkley, Leicestershire, in March. They reached the final in their category, performing well all the way through.

Their match against Whitgift School, Croydon, for the T Austin Harrison Cup was described as 'a thriller', with the Muswell Hill school losing

by a very narrow margin of 15-12 on countback after a 4-4 draw. They now rank among the best in the country. Well done, boys!

Get your family's days off to a good start

Thalia Pellegrini, aka the Knackered Mums' Nutritionist, who lives in Manor Park Road, N2, gives tips on how a good breakfast can set the mood for a day at home with the family.

I don't know about you, but my day currently seems to revolve around feeding my family and fending off requests for snacks. A big challenge for families right now is managing everyone's emotional needs.



Good start: A bowl of porridge and fruit sets you up for the day

What we eat can make a big difference to energy levels and mood. Breakfast is a great place to start and it'll fend off

the "Mum, can I have a snack?" requests that seem to start about 20 minutes after you've cleared the cereal bowls. So, what are a few easy options?

Pimp your porridge! Oats are a great base because they're a complex carbohydrate which means they provide a steady release of energy, but they're lacking in protein so while it's a healthy choice, you might find you're hungry an hour or so later. If you can eat nuts (a source of protein), they're a great add-on. Add some peanut butter, throw in some sliced banana and you've upped the nutritional value of your breakfast. Or how about adding some chopped up hazelnuts, grated apple or pear and a pinch of cinnamon?

Eggs! If you eat them, they're quick, economical and a family-fave. A source of protein, scramble, fry or boil; you can have breakfast on the table in under five minutes. Serve with some whole-wheat toast or sourdough and sliced avocado



Nutrition tips: Thalia Pellegrini

or cherry tomatoes.

For snack ideas, head to www.thaliapellegrini.com and sign up for Thalia's free Top Ten Snack Solutions Every Mum Needs To Know (good for dads, too). For more meal suggestions and recipes, follow Thalia on Instagram @thaliapellegrini_nutrition. And if you have any specific questions about children's nutrition, email news@the-archer.co.uk and we will pass them on.

Soap stars clean up dirty cars

By Ella Raphael

Two new friends have started a socially distanced car wash service to raise money for the NHS and for the RSPCA. Orlanna Rose, eight, and Eliza Moss, nine, met in lockdown outside their homes in Lincoln Road, N2.

Orlanna's mum Lara says: "Every day when they finished their school work they would sit on one of their walls and get to know each other." They came up with the fundraising idea one day watching a neighbour clean their car.

The girls said it is a fun way to raise money for NHS workers and for animals struggling now due to a lack of visitors. They wash cars when they aren't busy with school work in a clever quarantine-proof system where they keep apart, often washing one side of the car each and then rotating.

The car wash is in high demand and Eliza's brother Jake has even made a very impressive video advert to spread the word. So far they have raised £72 and have washed around 15 cars.



Super shine: Orlanna and Eliza get busy

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**Holy Trinity Parish Church
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While our church building is still closed we continue to be a vibrant church community. We meet online and support one another by praying for our community and for the world.

Morning Prayer: Monday to Friday, at 9.00 am
Bible Readings and Prayers: Sunday at 11.00 am

If you would like to join in prayer or send us prayer requests, please contact us via our website:

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