



Life messages: Some of the artwork created by Martin Primary pupils on the theme of healthy living.  
Photo Ruth Anders

## Lessons in healthy living for primary school children

By Ruth Anders

**Martin Primary School in East Finchley is on a roll. Having recently achieved a repeat award as a Gold Rights Respecting School, all children from Years 1 to 6 have been enjoying a week devoted to 'Healthy Living' every term this school year.**

In collaboration with other teachers, the week's activities are devised and led by one of the school's curriculum leaders, Kate Tench, and include specially designed programmes for Healthy Eating, Healthy Body and Healthy Mind. With the final Healthy Living Week coming up in June, I visited during the Spring term to see what is involved.

Some subject leaders had been brought in from outside the school and I saw workshops in yoga, Boxercise and dance. Other children were being introduced to healthy food groups and their origins,

alongside practical lessons in making healthy sandwiches, healthy pizzas, couscous salad and cheese straws. Other groups were being taught breathing and guided meditation.

Healthy Minds includes life skills workshops focusing on personal growth and gratitude. Food art and activity photos also form part of Healthy Week, as demonstrated by the children's artwork along one of the main corridor walls.

Some of the children talked excitedly about a recent trip to a local farm and seeing vegetables they'd never come across before. A child from Year 2

described "water bottles that make you happy", containing colour, glitter and oil. Others said they had enjoyed "moving like animals" and "yoga, which was very calming". Year 6 pupils were still talking about the "sitting volleyball" they'd enjoyed last November.

Headteacher Ziz Chater hopes that some of what the children have learned throughout the year will be embedded permanently. She told *The Archer*: "We are delighted with the way our healthy living weeks have gone and the positive impact they have had on our children and their families."

## A week of wellness for young yoga fans

By Lucie Ormerod

**In April, students at Archer Academy were treated to a week of wellbeing and wellness education. An extensive programme of classes, talks and activities offered advice about how to manage stress, anxiety and promote a healthy lifestyle. I was delighted to be invited in to teach yoga.**

Five years ago, I took part in PhD research in a school in Euston where yoga for teenagers was measured against mindfulness. Seeing how much the Year Eight children benefited from ten weeks of yoga was wonderful and since then, I am always pleased when yoga is offered in a school. This time, the Year Ten group class took place in the academy's spacious and airy dining room. When I arrived, I found the class warming up with a dance routine where they followed a sequence that caused a lot of laughing and fun.

The students were really keen to then move into a yoga class where we included a lot of standing and balancing. Afterwards, the class told me that some of them already do yoga at home with their dads. I gave advice on how to access some great YouTube yoga teachers should they wish to. The school has a beautiful community garden where the students also set up their mats. We were lucky with the weather and practising with the bird song in the background was blissful!



Outdoors: Yoga mats ready for a session at the Academy

## Town Team talks about transformation

By Diana Cormack

**A good-sized gathering met at the East Finchley Constitutional Club for the Town Team's networking meeting on Thursday 9 May. These monthly meetings offer everyone the opportunity to raise issues and talk about topics which affect the High Road and our local area, along with feedback on previous events and information on those being planned.**

May's reports included the Grange Big Local (GBL) residents' meeting on the Controlled Parking Zone which followed on from the one organised by the Town Team in April, as reported in our last edition. GBL have a further meeting planned on this topic.

A second successful East Finchley's Got Talent took place at the Phoenix Cinema, which benefited from the proceeds as well as from those raised from the Bake-Off competition. Some of the talent is to be on show again at East Finchley Festival on Sunday 23 June.

On Saturday 1 June events involving the proposed 'town square' area outside Budgens and Amy's will see the temporary Stagesette made of timber benches set up (*The Archer*, May 2024) where locals will be invited to perform. This is in conjunction with the start of June's London Festival of Architecture (LFA). An exhibi-

tion of plans for the town square will be on display for the month at Egg and Bake, 122 High Road, N2. A community consultation encouraging use of the Stagesette will be held on Saturday 22 June.

As part of the Barnet Net Zero 2040 sustainability campaign, the Town Team will be launching an air quality monitoring initiative, with hand-held devices supplied by the Community Development Trust. It is anticipated that in future volunteers will help with this project, which starts at noon on Tuesday 4 June outside Amy's, 69 High Road, N2.

On Sunday 30 June there will be two discussion walks in Cherry Tree Wood focusing on re-imagining parks and open spaces, the theme of this year's LFA. You can book a place at [www.eventbrite.co.uk](http://www.eventbrite.co.uk) by searching for 'Cherry Tree Wood'. For more Town Team information, visit [www.east-finchley.london](http://www.east-finchley.london)



Good company: Two regulars enjoy a chat over coffee and homemade cake at Wesley's Coffee Bar

## A place to connect

By Anne Isaacs

**Novelist EM Forster's view was that if we could "only connect" then "human love will be seen at its height" and "we will live in fragments no longer." This, of course, is easier said than done and the world at the moment seems alarmingly fragmented.**

However, there are many places where people from varying backgrounds and of different faiths or none connect very successfully indeed: Wesley's Coffee Bar at East Finchley Methodist Church in the High Road, N2, on Thursdays from 9am to 11am is one such place.

The church is full of small children having a great time but we are equally happy to welcome adults who wish to have coffee and cake and a chat. We make proper barista coffee for £1.20 and offer oat milk and cake (often homemade.)

Sarah Sackman, Labour candidate for Finchley and Golders Green, visited us recently and expressed the view that such places form the social infrastructure of society and embody the spirit of connection which is so crucial to achieve a happy and diverse society. She also praised the coffee and cake.

Come along any Thursday morning in term time and see for yourself. The café volunteers are also delighted to welcome carers for vulnerable adults who would like to join their café community.