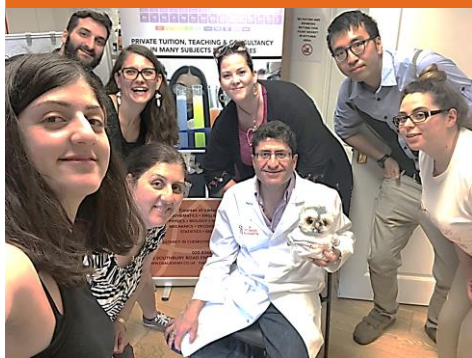


‘Education is our
Motivation and
Learning is your
Inspiration.’



Open Day 2019: Staff and Guests

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A HELLO FROM THE DIRECTOR, DR SERGIS

I am very pleased to welcome you to our latest newsletter! I hope this edition will update you on our latest activities and provide you with useful information about what we have achieved since our last newsletter. Unfortunately, the last eighteen months has been a tragic year globally, after the dreadful outbreak of the coronavirus pandemic that had killed at least 3.9 million people, including about one hundred and thirty thousand deaths in the UK. Like many businesses, private educational centers, schools, colleges and universities, we had to close the Academy for the major part of 2020 and part of 2021, but we were permitted to predict and award certificates in 2020. We successfully predicted and awarded excellent certificates at GCSE and A-Level (grades A to C) in science, maths and English in 2020!

During the closure, I successfully taught most of my students online at home using FaceTime, Skype, Zoom and WhatsApp video call. I was also privileged to have had the opportunity to offer my scientific knowledge of viruses and their mechanism of infection, including the different types of coronavirus and the specific COVID-19 that caused the global pandemic, to a worldwide audience on Hellenic TV. I gave a total of six twenty minute to thirty-minute interviews in which I gave detailed general information on viruses and essential safety advice on how to avoid being infected with COVID-19. I am pleased to say that I had the opportunity to make hand sanitizer in the Academy laboratory, which we have placed strategically throughout the premises for our students and parents to use.

We are now offering lessons online on various video platforms at the Academy, including Zoom, Skype and FaceTime, in addition to our normal classroom lessons. We feel that this additional teaching approach will enable students to benefit from our very effective lessons when distance may prohibit their attendance. Furthermore, online teaching may help those students who cannot attend for other reasons, including transport problems. We have also included safety measures for our face-to-face teaching, including the use of protective screens and frequent disinfecting before and after each lesson. Face coverings must also be worn by visitors, students and staff alike.

I hope you enjoy reading this latest edition and please do follow us on Facebook, Instagram and Twitter for interesting and educational content created to keep you inspired and curious as well as updated. Just search the Dr Sergis Academy on social media.

Please look after yourselves and keep safe!

Dr A. N Sergis

June 2021





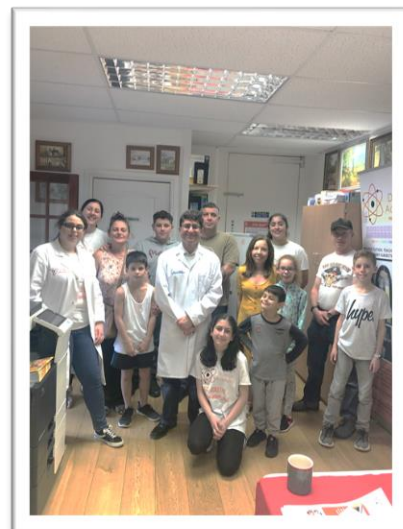
Open Day 2019: staff and guests in the Dr Sergis Laboratory...

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OPEN DAY 2019

In 2019 the Academy hosted two open days, one in July and another in September. It was a swelteringly hot and sunny summer, and the Academy was bustling with guests, both young and old! They were treated to a tour of the Academy and the facilities and to some fun experiments for all ages, including the amazing fire snake which was conducted outside! Guests also enjoyed a large buffet of sandwiches, fruit and cakes as well as drinks. Each of our classrooms were occupied by great businesses offering a variety of items for purchase, including jewelry and children's books. Staff were on hand throughout the day conducting experiments and talks as well as answering any questions.



THE ACADEMY COMES TO YOUTUBE!

There are thousands of educational videos on YouTube at the moment, covering all sorts of topics and themes in many different styles. The Academy would like to reach out to a wider audience and create interesting and informative educational videos on a range of topics on mathematics and science. It will give us an amazing opportunity to showcase our unique and effective teaching methods which Dr Sergis has perfected over many years. Watch this space!



DR SERGIS IS FILMED FOR SOPHIA'S DIARY

Sophia's Diary is a wonderfully put together magazine and directory for everything family related and was created by the lovely Andrea Krase. Dr Sergis was approached by Natalie, the editor, and asked if she could film him in the lab doing an exciting experiment aimed at young children. Before any filming, receptionist Gabriella put together Dr Sergis a more camera worthy outfit. Using a plain black top hat, Gabriella then added images relating to science and mathematics and added glittery patterning to give it more pizzaz. Dr Sergis would wear this hat with his lab coat and goggles, of course. A child friendly experiment was chosen, using a lemon, baking soda and some coloured dyes which anyone can recreate at home. You can find the method below. On the day of filming, the lab was set up and a demo run was completed before any real filming began. The filming was a success and the wonderful colours and patterns produced by the lemon experiment would no doubt catch the eye of any curious young child!

'Lemon Volcano' Experiment

You will need:

Lemons

Baking Soda

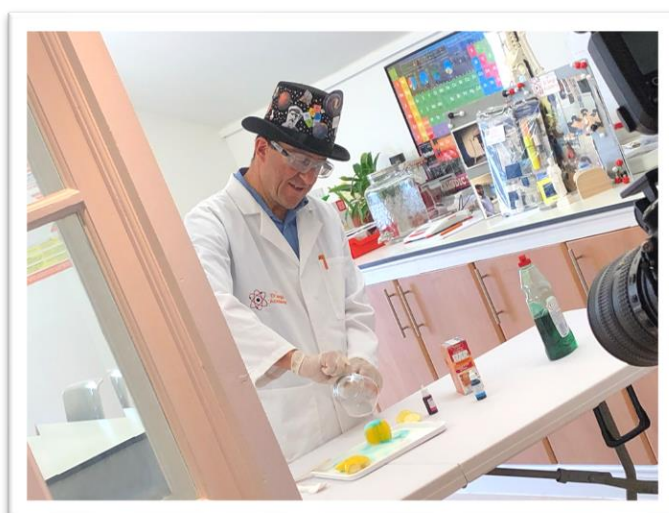
Liquid Watercolours/ Food Colouring

Craft Stick

Dish soap

Tray

Cup & Spoons



Method:

Step One- (Adults only) Prep your lemon by slicing the bottom off to make them sit flat. Flip the lemon over and slice out the core.

Step Two -Prepare extra lemon juice by slicing a second lemon in half and juicing it. Pour juice into a cup and set aside.

Step Three -Place your cored lemon on a tray. Use your craft stick to mush the centre of the lemon and bring out the juices. Be sure to keep the juice in the lemon!

Step Four -Place a few drops of food colouring or liquid watercolours (do not dilute) in the centre of the lemon.

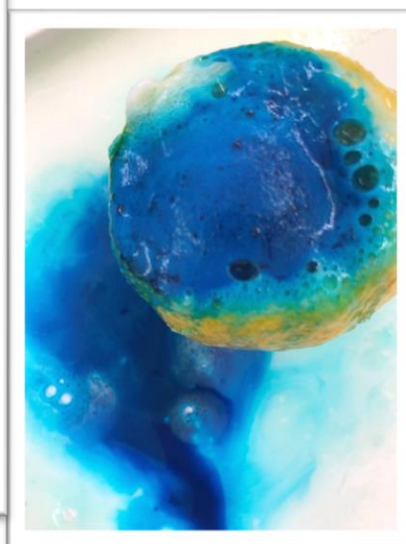
Step Five- Add in a good squeeze of dish soap to the lemon. This is not necessary but causes the bubbles to ooze and froth more and for longer.

Step Six- Add a spoonful of baking soda into the lemon. It should start to fizz. Take your craft stick and stir the lemon and lemon juice. It should start foaming really well as you stir it!

Step Seven- To keep the reaction going alternatively add more baking soda, colouring, dish soap and the reserved lemon juice to the reaction. Squeezing the lemon to release the juices also enhances the reaction.

Why it Works

Lemon juice contains citric acid which when mixed with baking soda (sodium bicarbonate) reacts to form carbon dioxide and sodium citrate, which causes the liquid to fizz and bubble. Citric acid is a common food additive used in soft drinks as a preservative and flavouring.



WELL-BEING EVENT 2019

The Academy was proud to host a shopping event of which all money would be donated to In Sue's Name, a wonderful charity created by David Taylor, whose daughter passed away from a brain tumor at the age of forty-two. All money raised by the charity goes towards brain tumor research. Much planning went into making the event a success, and all of the rooms of the Academy were filled with an array of beautiful gifts for purchase as well as some holistic treatments in the Alpha room. A psychic medium was also located on the second floor of the Academy. There were also many talks and videos taken throughout the day and many guests were able to purchase raffle tickets for free gifts from each of the stall owners. There was also a selection of delicious Indian cuisine made fresh on the day. We were able to raise over three hundred pounds!



Holistic treatments in the Alpha room



Psychic medium readings



Gabriella the receptionist-front of house



Dr Sergis and David, founder of In Sue's Name



Dr Sergis next to the Academy kitchen where the Indian food was prepared



An array of salt lamps available for purchase in the Beta room

FORTY HILL FESTIVAL 2019

In June of 2019, the Academy held a stall at the annual Forty Hill Festival which is run by Forty Hill Primary School. It is an outdoor event and is held in the field next to Jesus Church. It was a lovely sunny day, although a tad bit windy! There were many stalls selling a whole range of items including carved wooden gifts and some yummy food

including a tea stall. There was also an opportunity to pet some animals in the small zoo and you could even hold a giant snake! The Academy held a large stall and conducted science experiments in front of crowds of people throughout the day. Both the Academy mascot Einstein and Karloff, the small skeleton, attended.



DR SERGIS JUDGES ENGINEERING PROJECTS AT CHASE COMMUNITY SCHOOL IN 2019

In July of 2019, Dr Sergis was invited to judge the year five pupils' engineering projects. The day was part of the Big Bang STEM fair called 'the Art of Engineering'. The aim of the project was to promote positive attitudes towards the

learning of science, particularly engineering, through lively, interactive, and fun workshops and activities. Dr Sergis was impressed by the quality of work and hopes that he inspired the pupils with his wealth of knowledge in Science.



THE ACADEMY VISITS SOUTHGATE SECONDARY SCHOOL

This was the Academy's second visit to the school and on both occasions, we were invited to speak to the year eleven students about pursuing a possible career in science. There were many other companies and organisations also exhibiting who were offering possible routes for future employment and higher education. We were also able to showcase our services and show them what kinds of help we

are able to offer students. We had many students visit the small stall we held and answered all the questions they had. We also gave out leaflets and freebies. We are always very impressed with the school's students and enjoy chatting to the headmaster, Mr Lavelle. A big thank you to Andrea from Sophia's Diary for the recommendation.



THE ACADEMY COMPLETES THE NIGHTHIKE 2019

Staff at the Academy donned their pyjamas and bunny ears for the annual night hike for the Nightingale charity. The charity helps to raise money towards cancer support. Participants can choose to walk 10 or 15km and the Academy chose to do the 10km, which was still very much a challenge! Many people attend the event every year, and 2019 was no exception. We all convened at the Enfield Civic Centre and the Mayor of Enfield, Cllr Kate Anolue delivered a speech of encouragement and appreciation. We were given bags of snacks as well as bottles of water throughout the event,

as well as rest stops. After finishing, we were given each a certificate of completion and we had our photos taken. We thoroughly enjoyed the event and would like to set the challenge of the 15km hike next time!

You can find out more about the nightingale charity at www.nightingalesupport.org.uk.



THE ACADEMY VISITS NEC BIRMINGHAM FOR THE ANNUAL LAB EXHIBITION

Dr Sergis has been attending the annual laboratory exhibition at the National Exhibition Conference (NEC) in Birmingham for the past six years. The exhibition showcases a wide range of state-of-the-art scientific equipment for both routine laboratory work and scientific research. This helps keep Dr Sergis up-to-date with the latest instrumental techniques and enables him to decide on suitable equipment for his Academy laboratory. Dr Sergis and his staff attended the NEC laboratory exhibition in 2019 with a view to purchasing useful scientific equipment. During the exhibition, we met a variety of people from all areas of the field and from different countries all over the world who were demonstrating their equipment.

There were many talks and seminars going on throughout the day including those from the Royal Society of Chemistry of which Dr Sergis is a professional member. Attendees were also offered a wide-range of cuisine from the restaurant. There were hundreds of different stalls and all had lots of freebies to take! The exhibition was sadly cancelled in 2020 due to the lockdown arising from the Coronavirus pandemic but Dr Sergis intends to continue his regular, annual visits to this useful exhibition for the foreseeable future.



WORK EXPERIENCE AT THE ACADEMY

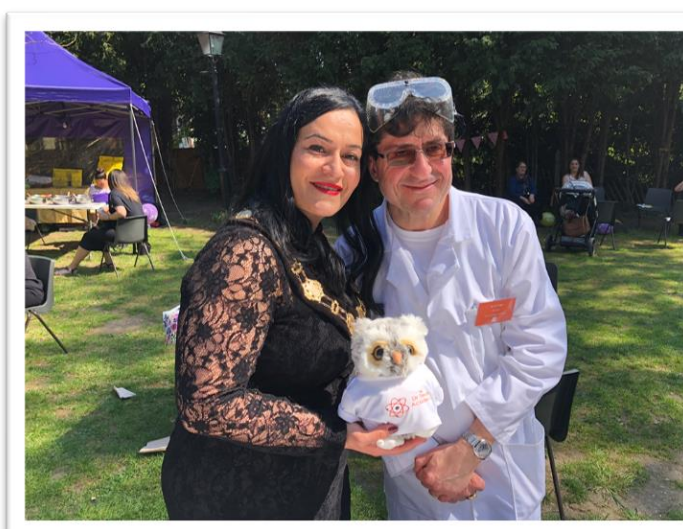
The Academy regularly receives students from local schools and in 2019 we began offering students administration placements through local recruitment centers to help young people develop the skills they need for the world of work. We have had many students over the years and each with their own strengths and abilities. Students are taught the importance of organization and timekeeping as well as developing their confidence and communication skills around staff and students in a unique working environment. We try to make the experience as enjoyable as possible, offering our expertise and support throughout their time with us. Students range in ages from GCSE right up to school leavers who may attend local colleges. Some of our recent students are pictured below.



MAYOR'S VINTAGE AWARDS DAY 2019

This event was held in April of 2019 and was attended by the then Mayor of Enfield, Saray Karakus. Dr Sergis has taught countless students throughout his career, so many in fact that he did not realise he had previously taught Saray's nephews! The event itself was held on a wonderfully sunny spring day, and many local businesses held stalls selling a range of goods

such as jewellery, candles and even balloons! The event also helped raise funds for In Sue's Name. The event itself was held in the oldest house in Edmonton, known as Salisbury House which is reported to be haunted! The house is Grade II listed and was built in the late sixteenth century. The building that has survived the test of time was once part of a larger complex.



WHY IS IT IMPORTANT TO TEACH SCIENCE TO STUDENTS?

Why does science matter, particularly in the education of our young people? Dr Sergis gives his opinion.

Teaching science to students from a young age will help them learn to think logically and make valid decisions in later life. Teaching science to young people enables them to solve problems that they would inevitably encounter in adult life, which they would otherwise find daunting and frustrating or even depressing, especially in the modern world of technology.

Science enables students to think rationally, and judge situations based on evidence, leading to sound decisions in life's challenges. Furthermore, teaching young students the Scientific Method helps them to become technologically literate. Scientific thinking also enables them to become critical thinkers and gives them the skills and knowledge they need to become successful in school and beyond.

Moreover, choosing science in school will enable students to attain a well-balanced education and learn to appreciate nature and their place in the world.



BAKING HISTORY

If you ask neighbouring businesses and residents around the area, chances are they will bring up a good knowledge of the Academy building and its history. Dr Sergis and I were keen to find out more information ourselves, and so on one rainy afternoon, I decided to embark on a bit of research.

I visited the Dugdale Centre in Enfield and made my way up to the top floor, which houses the Enfield Archives. These archives are free to use. A kind, bespectacled man asked me what he could help me with and after telling him, he began to pull out boxes and boxes of photographic records and books and of course, maps. With historical research, particularly of this nature, it is important to work backwards. Map records show there was no building before 1850. There were plenty of open spaces and green areas back then.

The Academy building was probably built in 1907/8 and was occupied by a Mr Charles Hailstone, a baker and confectioner who was born in the small village of Wilcot in Wiltshire in 1859. The business he owned here in Enfield was a family run one, with five of Mr Hailstone's eight children working alongside him. They owned a shop with some seating, and this was located where the barber's shop is today, just on the Southbury Road, situated before the Academy building. If you take a look outside the shop today, very little has changed. Take a walk outside the Academy and you can still see faint reminders of its past. Doorways have been bricked up, and the beam to which

the company's sign would have hung is still visible today.

The building the Academy is situated in may have been the shop's bakehouse. This is where all the bread and cakes would have been made. They would have then been transported to the shop front. Many independent bread making businesses such as Hailstone and Sons (as it was known), may have also provided a bread delivery service, using carts. Customers would order their bread in advance and it would be delivered to their house in the morning.

The garages for the residents, which are situated at the back of the Academy, may have been the stables for the horses needed to cart off loaves or supplies to and from the bakehouse, or simply, they could have been store houses. There is some speculation that the flour needed to make the bread and cakes was also made on site, and the building shows good evidence for this, as the shape of the roof in the laboratory would suggest. It may have used flour machines, which were in use during the Industrial Revolution of 1820-1840.



I would add that the interior seen today would have been quite different in Mr Hailstone's day. Most of the classrooms are later constructions. The interior would have needed space for ovens and tables on which to knead the dough. It is impossible to say what exactly the Academy would have looked like inside without any original floor plans or photographs of the interior, which sadly I have yet to uncover.

The bakehouse would have been a very hot and busy place to work in, and Mr Hailstone and his assistants would have had a physically exhausting job, which would have started at 11pm at night. So, it's no wonder many bakers did not live past the age of 42.

Fast forward to the early 1930's and the bakery was still going, but this time Mr Hailstone's youngest son, Frederick was the head of the business. He was married to Dorothy and they had one son, Charles, in 1928. They lived at 14 Craddock Road, which is just around the corner from the Academy.

Fast forward again to the late 1960's and the bakery was known as Marian Bakers. There are no records of a bakery in the late 1970's, so we can assume business ceased sometime after the bakers changed hands.

We are quite proud of the history of our building. Bakeries were a vital part of daily life throughout the ages, as bread has been the staple food of many diets, both for the rich and poor. So, it must have been an honour for Mr Hailstone to have served his community in this way.

Wright's flour began in 1867 as a family-run business and still is today. Located in Ponders End in Enfield it is still housed in the original

industrial buildings, which have become somewhat of a local historical landmark. Wright's also used horse and cart to deliver their goods before upgrading to steam wagons in 1906. These wagons could carry much more but were found to be difficult to control. Wright's may have had similar operations to those at Hailstone's, but of course on a much larger scale.

Some independent bakeries are still around, and whilst researching the local area, I came across Holtwhites, an independent artisan bakery situated in Enfield, to get a sense of how our shop could have functioned 110 years ago. The shop is very quaint from the front and is very neatly kept. The staff were friendly, and before I began to snoop around, I had to sample some of the goods. I purchased a special cappuccino, which had a very unique taste.

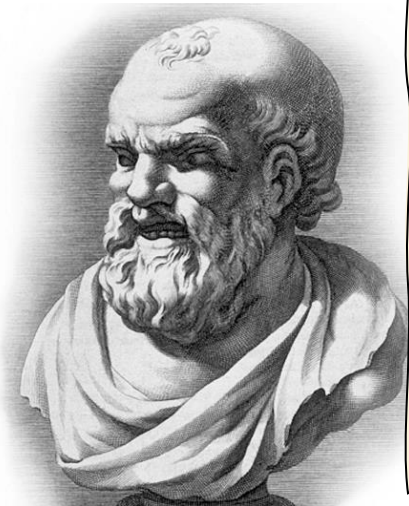
The coffee beans used are sold in store and are also made by an independent company, the flavour was incomparable to any coffee I have tried. Flavour notes included honey and other spices. I also purchased a cinnamon biscuit, made fresh in the shop. They sell a range of breads, cakes and cheeses as well as sauces, spices and some confectionary items. Customers were mostly local, striking up conversation with one of the owners over their usual choice of bread. This experience really gave me a sense of what it may have been like in Hailstones' quaint little shop around the corner.

This blog (and many others) have been featured on our website. Visit www.dsacademy.co.uk/blog-enfield to read more!

DEMOCRITUS, THE LAUGHING PHILOSOPHER

Democritus was an ancient Greek philosopher who lived in around 460 to 370 BC. He is famous for his atomic theory featuring tiny particles always in motion interacting through collisions. He believed that the universe is governed by natural, mechanistic laws rather than Gods or by anything supernatural that was beyond logical explanation. As such, he is now widely regarded as the Father of Modern Science. He wrote that the universe contained an infinite number of inhabited worlds and asserted that ‘nothing’ is actually something and deduced that the light of stars explained the Milky Way’s appearance; and discovered a number of mathematical theorems, including the proof that a cone’s volume is one-third that of the cylinder with the same base and height.

Democritus wrote eloquently on subjects as diverse as the origin of human beings, artistic perspective, mathematics, anthropology, biology, medicine, cosmology, poetry, physics and atomic theory. He was called ‘the laughing philosopher’ as he apparently mocked human folly and those who were superstitious or believed in the Gods!



Four of the many quotes from Democritus :

“Nothing exists except atoms and empty space, everything else is opinion”.

“Everything existing in the universe is the fruit of chance and necessity”.

“Everywhere man blames nature and fate, yet his fate is mostly but the echo of his character and passion, his mistakes and his weaknesses”.

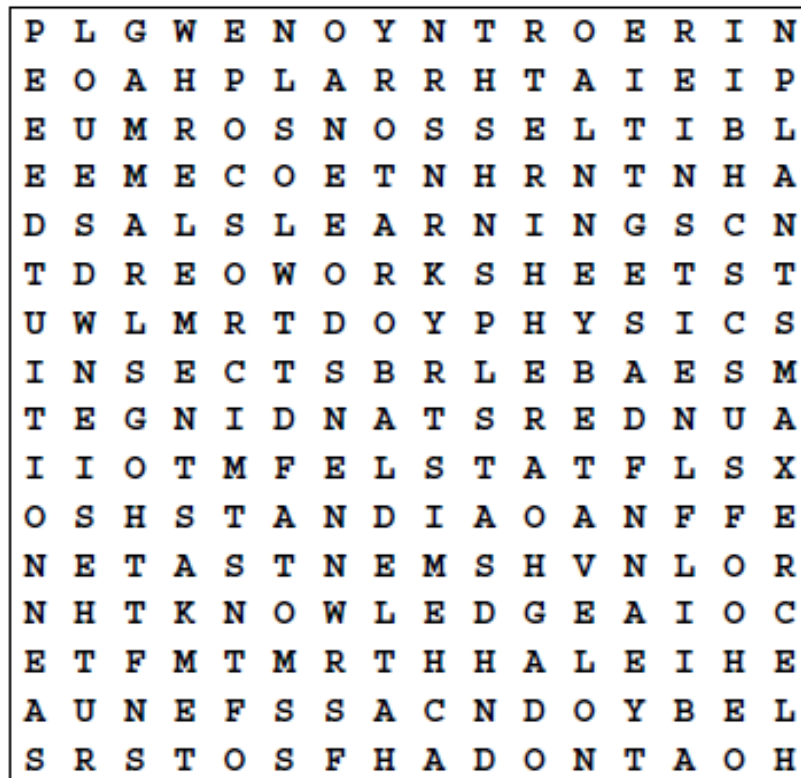
“No power and no treasure can outweigh the extension of our knowledge”.

Picture Perfect



A view of the Shard as seen from the Sky Gardens in the Walkie Talkie building in Central London.

Word Search - Academy Wordsearch 2



ALPHA
ATOMS
BETA
CHEMISTRY
COFFEE
DELTA
EINSTIEN
ELEMENTS
ENFIELD
EXAMS
GAMMA
INSECTS

KNOWLEDGE
LABORATORY
LEARNING
LESSONS
MICROSCOPE
NOTES
PHYSICS
PLANTS
TUITION
UNDERSTANDING
WORKSHEETS