NEWSLETTER

THE DR SERGIS ACADEMY

ISSUE NO. 13 | 2025-2026



WELCOME TO THE EDITION...

Our newsletter is compiled throughout the year to give you the latest updates and developments on the Academy, events we have attended, as well as a selection of some of our blogs. You can also keep track of our latest updates on all our social media pages as well as our posts on interesting facts throughout the week. We fiercely believe in the value of education, and that reflects in everything we do. We hope you enjoy the issue!



Meet Einstein, the Academy mascot!

DR SERGIS AND HIS ACADEMY

Dr Sergis writes about why he founded the Academy, his mission and values.

WHAT'S NEW AT THE ACADEMY

A brief overview of some new developments at the Academy.

IN THE SPOTLIGHT...

We introduce **Darren Jewell**, brain injury survivor, author and NeuroResilience Coach.

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A HELLO FROM THE DIRECTOR, DR SERGIS



I have been teaching students and helping them achieve well since 1995. On the 26th of September 2006, The Dr Sergis Academy Ltd was officially awarded its certificate of incorporation as a private limited company. In 2013, I acquired our current building at 52E Southbury Road, Enfield. It was an old Edwardian industrial building, and it was a painstaking process to restore it. My vision was of creating a welcoming learning environment that has a fully equipped science laboratory. With a team of dedicated contractors, it took just one year to complete. Today, it is a friendly, warm and quiet space to work in.

Why I founded it: The Problem I Saw in Mainstream Education

As a school governor for 11 years, and from my long experience in teaching in schools, I noticed that topics are taught in a hasty manner with no consideration of pace, breaking the cardinal rules of teaching. Teachers encourage students to remember formulae by using 'memory triangles' and memorising facts, instead of learning the underlying principles of the subject matter from first principles.
The danger in this superficial approach is that students soon lose interest in the subject as they fail to see its logical construction. My teaching philosophy is the opposite: as an educator at my Academy, I endeavour to inspire students to learn to think logically and question everything, which is the mark of a truly well-educated person.

I encourage students to apply the Scientific Method in understanding their world. I advise all students when studying any matter to ask themselves only what the facts are, and how they stand up to solid evidence. In this way, they learn to critically evaluate the subjects they study and use deductive reasoning. This gives them a better understanding, and they achieve better results in exams than simply memorising ideas as they usually do in schools, as well as gaining a greater appreciation of the subject.

Through my extensive research and long experience, I developed a unique and very effective tried and tested method of teaching called the ABC method. This method ensures the six important elements which are essential for exam and career success: concentration, understanding, confidence, self-discipline, self-esteem, and organisational skills.

My Ambition for the Academy

My motto and my mission is: Virtue is Knowledge; and Education Is Our Motivation. The Academy is committed to providing excellent tuition that is affordable for everyone in order to build success for all. My ambition is to provide:

- High-quality specialist tuition that is affordable: Maths, English and Sciences from KS2, KS3, GCSE, through to A-Levels and Degree Levels.
- An approved examinations centre offering a fully equipped laboratory where students can learn science by doing experiments, not just reading about them.
- A popular learning centre throughout North London owing to effective education, especially scientific and mathematically based.
- To make any field of knowledge far more interesting when studied deeply than when examined superficially in the usual way it is studied in mainstream schools.

How I was As a Kid

This is where my own character as a child shaped the Academy. I was not a child who was satisfied with being told what to think. I was the child who always asked 'why' and 'how do you know?'. That innate curiosity, the need to question everything, to pull things apart logically to see how they work from first principles, and a deep love for the order and logic of mathematics and science, is what drove me. I was a deeply logical, inquisitive and independent thinker-the very qualities I now try to instil in every student at the Academy. I wanted to create the kind of education I wished I had received: patient, deep, evidence-based and respectful of a child's intelligence. In essence, I founded the Academy for the curious child in every classroom who is being told to memorise a triangle instead of being shown the beauty of the derivation.

Dr A. N. Sergis,
October 2026



WHAT'S NEW AT THE ACADEMY…

Experiments in the Academy laboratory…



Throughout the year, students from Year 6 right up to degree level have the option to conduct experiments in the Academy's science lab. Students or their parents can book a session (it can be during one of their normal tuition sessions) and complete an experiment of their choice according to what they need to study at school. There may be a small extra fee for set-up. We often set-up the Group 1 elements in water demonstration for GCSE students as well as the A-Level Chemistry titration experiment.

New Teachers



We are recruiting new teachers and volunteers, both temporary and permanent, to help Dr Sergis and his students. All teachers have degrees or excellent A-Levels and GCSE'S to continue the quality of tuition you expect from us. Mr Gbayere teaches KS2 maths and GCSE maths and physics. Mr Khan taught physics and maths before returning to university to complete his masters. Mr Babrauskas teaches GCSE and A-Level maths.

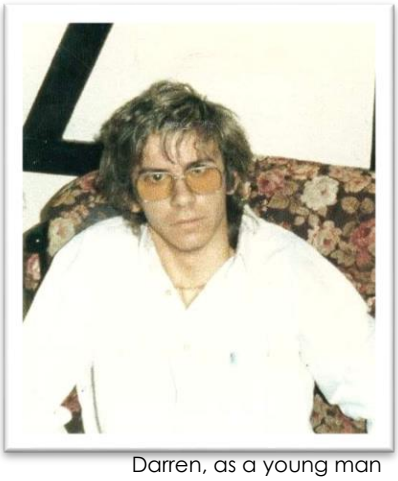
A Top-Rated Tuition Service

A recent customer satisfaction survey rated us 100% on teaching quality and we were also rated 100% for staff responsiveness, professionalism and helpfulness. All participants of the survey would recommend us to friends, family or colleagues, with one participant commenting, "Excellent tutor! Very knowledgeable and supportive. Our son has grown in confidence and understanding thanks to his guidance. Highly recommended!". Thank you to all who participated, your feedback is really important to us!

IN THE SPOTLIGHT... DARREN JEWELL

My Life: From Brain Injury to Discovering What Is Possible

By Darren Jewell, NeuroResilience Coach, Inspirational Speaker and Author



Darren, as a young man

My life was changed forever on 20 April 1970, when I was just 15 months old and fell from a balcony, suffering a very serious head injury. I was in a coma for about three weeks, and although I survived the injury, the effects of it would go on to shape so much of my life. As a child, I had all sorts of physical difficulties, was a constant victim of bullying, and there were all sorts of things that people just couldn't see. I was absolutely determined to live as independently as I could, and I wanted to live life as everyone else did, even if it did take a lot more effort.

I spent many years in hospitality, as a chef, but at 32, an MRI showed that about a third of my brain wasn't working. For nearly 20 years I thought there was absolutely no prospect of any improvement whatsoever and had come to live with the consequences of that injury. I'd got used to it and accepted that there would be certain things that I would never be able to do again.

In 2019 whilst doing my neuropsychology home study course, I came across a word I'd never come across before: neuroplasticity. It was the brain's ability to adapt, reorganise and form new neural connections through learning and experience. I was absolutely gobsmacked. I thought to myself, how on earth could that work in a brain that hadn't worked properly for nearly 50 years? I'd been living with the effects of my injury for pretty much my entire life, and nothing had really changed. I didn't at that stage appreciate just how wrong I was.

I started challenging my brain in ways I'd never done before. I learned new skills, studied subjects I'd never come across before and quite deliberately pushed myself out of my comfort zone. By the age of 54, I'd started learning the piano, which was absolutely something I never thought I'd be able to do. The problem with learning to play piano was the coordination of both hands, but with patience, practice and sheer determination I did get better. Over time, the neurological assessments showed improvements which completely changed my view of what was possible. I went on to play the piano in public, write my own songs and became very much involved in the business of inspiring people.

I'm currently a NeuroResilience Coach, inspirational speaker and author. I share my story through books, podcasts, radio and speaking engagements. My journey has been one of personal loss, family and a whole host of other adversity. All of that has really deepened my understanding of what resilience is. The bottom line is that resilience isn't about not having any problems at all; it's about learning how to respond to the problems that inevitably arise and having the strength to keep going.



Darren today

After more than 50 years of living with the consequences of a brain injury, I've come to a very different conclusion to the one I had previously. I now believe that there is a purpose greater than any I ever imagined in my life, and that is to help people to see that their past doesn't have to be their future. The message I want to get across is that learning and personal development has no expiry date and that it's never too late to start something new.

My message is this: Your brain is not finished. Your story is not over.

ANNA MARIA VAN SCHURMAN

(Another) Feminist Icon and Defender of Women's Education



Who said women in the seventeenth century weren't smart? Schurman was a brilliant thinker who was powerful in her own right.

She was born in Cologne, Germany, in 1607 to wealthy parents but lived most of her life in the Netherlands. She was known to speak fourteen languages, including English, German, French, Dutch, Hebrew, Aramaic, Latin, Greek, Persian and even Ethiopic!

She had extensive knowledge of theology, philosophy and medicinal practice. Not only this, but she was artistic and wrote poetry in several languages and created several paintings and engravings, including self-portraits, although many of them are lost today. In 1649, she was painted by Jan Lievens: the painting still survives (pictured) and shows a pretty yet humble-looking woman. She was known to also possess excellent knowledge of mathematics, geography and astronomy.

She frequently conversed through letters across Europe with other brains of the age. Her writings were successfully published and went into multiple editions. She also had numerous visitors, some even royalty, such as Queen Christina of Sweden, Queen Ludwilla Maria of Poland and Queen Henrietta Maria of England.

In one of her most important works entitled Opscula Hebraea Gracea Latina et Gallica, Prosaica et Metrica (Short Works in Hebrew, Greek, Latin, and French—in Prose and Verse), Schurman published her doctrine defending a woman's right to study. It was titled Dissertatio de Ingentii Muliebris ad Doctrinam et Meliores Litteras Aptitudine (A Dissertation on the Aptitude of the Female Intellect for Scholarship and Polite Letters).

She even became the first woman to attend a Dutch university in 1636. At the opening of Utrecht University, Schurman was a guest speaker and read a poem that she wrote in the university's honour. The poem lamented that women were excluded from learning, and it did not fall on deaf ears. She was able to attend lectures, and her poem was published. It must be noted, however, the extent to which Schurman thought women should be educated and what classes. A fervent Protestant, her faith was always a part of her life, and she dedicated herself to Christ. She never married or had children, despite having several suitors, one of them being the Dutch poet and composer Constantijn Huygens, father of the famous astronomer and mathematician, Christiaan Huygens. Her talents and learnedness were so renowned that she was nicknamed the "Star of Utrecht".

Her life was so extraordinary, but Schurman was humble until the end. Underneath her last self-portrait, the following words are visible: 'See here the noble maiden, described as unparalleled/ before she chose the best part instead of worldly praise/she seemed to be composed of wisdom, spirit and virtue/her love was crucified, the Cross was her joy/Art, languages, science, erudition, greatness and glory/Gladly she laid it all at the feet of Christ'. She never married and often stated and was her motto, that "her love was crucified".

Schurman should be remembered and celebrated for her humility and generosity. She was tenacious and was deeply devoted to her faith and academic talents, which she viewed as a gift from God. She was able to navigate being a female thinker in her times with ease, although it may have only been possible because she retained her religious faith, which, as a woman, was possibly thought of more highly than her academic prowess.

By G. G. Pace

THE CONTRIBUTIONS OF THE ANCIENT GREEKS TO WESTERN CIVILISATION



Ancient Greek thinkers, writers, philosophers, artists, poets, playwrights, architects, historians, mathematicians, engineers and scientists laid the foundational bedrock of western civilisation. Due to limited space here, I can only briefly summarise the profound impact of these intellectuals in our lives and society.

Philosophy and Critical Thinking

The classical Greeks revolutionised how humans understand the universe and their place in it. These important ideas include:

i.) The Socratic Method

Socrates pioneered a dialectical strategy of questioning assumptions to stimulate critical thinking and discover underlying truths. This remains the basis for modern legal cross-examinations, education, teaching and university seminars.

ii.) Plato's Idealism

Through his Academy and books, Plato explored the concept of absolute truths, justice and the ideal, just state. The philosopher Alfred North Whitehead declared famously that all of Western philosophy is merely a series of "footnotes to Plato".

iii.) Aristotle's Logic and Empiricism

Aristotle created the foundations of both formal logic and the Scientific Method by categorising nature through systematic observation.

Politics and Governance: The Influence of the Greeks in Political Theory Including:

a.) Democracy

They developed 'demokratia' ('rule by the people').

b.) Political Science

Aristotle's treatise 'Politics', categorised different types of government, including monarchy, oligarchy and democracy, laying the foundations of political science and constitutional law.

Mathematics and Science

Greek thinkers replaced myth and religion with logic, reason and mathematics to explain the physical world. This can be categorised into:

i.) Mathematics

Pythagoras, Euclid, Archimedes, Eratosthenes and Diophantus and many other Greek mathematicians shaped geometry, algebra and the principles of modern mathematical proof.

ii.) Physics and engineering

Archimedes, Heron and other Greek scientists and engineers made groundbreaking discoveries in hydrostatics and mechanics.

Medicine

The contribution of the Greeks to Modern Medicine and medical thinking includes valuable works of Hippocrates and Galen. Hippocrates is often called the "Father of Medicine" and revolutionised healthcare by separating it from religious superstition and attributed illnesses to natural causes. His ethical teachings have shaped and are still influencing the modern medical professional code of conduct. All qualified medical practitioners are required to take the famous 'Hippocratic Oath', which includes the principle to "do no harm" to the patient and to do one's utmost to attend to their wellbeing.

Arts and Literature

Their contributions in this area include the following:

i.) Epic Poetry and Drama

Works by writers like Homer, playwrights including Euripides, Sophocles, Aristophanes, established the narrative strategy for tragedy, comedy and satirical themes that still dominate western literature and cinema.



ii.) Aesthetics

Greek architecture and sculpture promoted proportion, symmetry, beauty and harmony, which heavily influenced later western art movements underlining the Renaissance and neoclassical revival.

In conclusion, the Ancient Greeks heavily influenced the modern western world, including political, scientific and ethical beliefs. Consequently, by extension, modern civilisation and society is also heavily indebted to Greek thinkers and ideas. Indeed, the common adage often quoted as 'Western values' is merely Hellenic ideals that modern society aspires to!

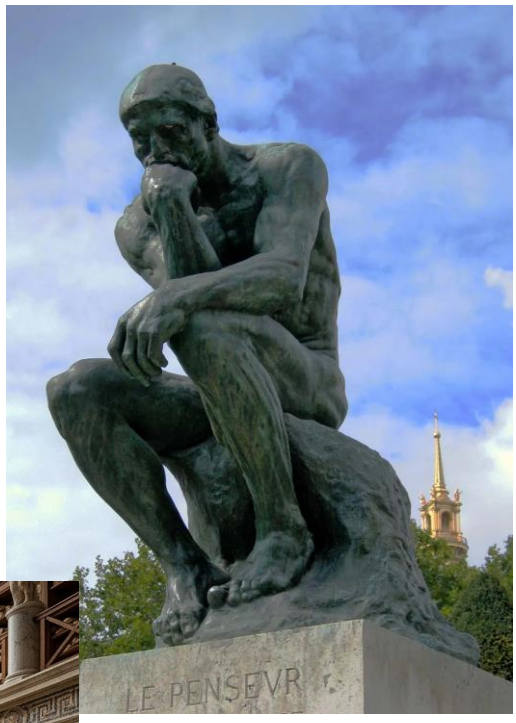
Dr A. N. Sergis

OUR EDUCATIONAL LINEAGE

Dr Sergis on the importance of what the Ancient Greeks did for us.

As humans, we have evolved a complex brain that has the capacity to process sensory information from our surroundings. This has contributed to our survival against all odds over hundreds of thousands of years. Our unique brain has enabled us to out-compete other, more powerful animals with better and more specialised sensory organs than ourselves. Consequently, we have developed sophisticated agricultural societies from our early beginnings as hunter-gatherers.

Over millennia, we have built sporadic civilisations whose survival depended on our capacity to control our environment and our self-destructive tendencies as an animal species. A revolution in human thinking and a new way of understanding ourselves and our environment occurred some 2500 years ago, when a few inspirational, bold thinkers started to view our world in a unique and objective way. These people dismissed the old Gods and belief systems that generations of societies had adopted and offered us a renewed hope for our survival as a species. They taught us to consider events as having natural causes (they called such events 'phenomena') that we could rationalise. They told us that we should have no fear of any irrational or superstitious beliefs, but to have faith in our ability to control our own destiny. These few, enlightened individuals created mathematics, science and all the other different subjects, arts and ethics that underpins our modern Western values.



Rodin, Auguste: The Thinker, bronze sculpture by Auguste Rodin, cast in 1904; in the Rodin Museum, Paris.

© Shawn McCullars

They taught us to rise beyond our basic needs and overcome our self-destructive animal instincts and thus become better individuals. We like to refer to them as the Ancient Greeks, and they continue to inspire us and to strive to understand ourselves. They believed that only then can we have hope for humanity to survive as a species, provided we 'achieve the highest element in ourselves', as Aristotle wrote (384BC-322BC).



AI image of the Great Library of Alexandria

OPEN DAYS AT THE ACADEMY

2025 and 2026

Our open days are a great chance to get a feel for our learning environment and it's an opportunity to look at our facilities. Visitors can meet the staff, which includes Dr Sergis and his family, Gabriella the receptionist and subject teachers. There are usually guest speakers and visitors, and the mayor or deputy mayor is often in attendance. During our open day in September 2025, Dr Sergis and the academy building was filmed by Hellenic TV. The classrooms are usually buzzing with workshops such as playdough and colouring. For 2026, we had a busy day with guest speakers and visitors! Computer whiz Darren had a selection of vintage computer games to share with students and visitors.

Guest speaker Courtney Ward gave a moving speech on mental health at school in support of the Mental Health Foundation. Deputy Mayor Councillor Chris Joannides was also an honoured guest on the day and delivered a speech on the importance of education.
Officers from the Metropolitan Police came in their uniform and vests and talked with students about careers in the police force. Also in attendance was life coach and founder of Business Network North London, Frances Bentley. As ever, free refreshments were available including sandwiches freshly made from Greggs and sweet baked goods. Our open days are always held in September of every year, so keep an eye on our social media accounts for the next one!



DR SERGIS VISITS ENFIELD RECRUITMENT DAY AT SOUTHBURY LEISURE CENTRE IN FEBRUARY 2026

Every year, organisations, businesses and training providers get together at Southbury Leisure Centre in Enfield to network with job seekers, career changers or early career starters. Dr Sergis attends the event to network with these companies and organisations as they may be of use to the Academy, staff and students. Organised by Enfield Council, the event hosts all kinds of businesses 'from local, small and medium-sized businesses to larger retail and banking to education and public health services' such as department store John Lewis and HSBC bank. There is also opportunity to attend useful career workshops such as CV writing. This event is not to be missed for anyone looking for a job or looking for a career in the local area. You can book tickets online in advance of the day to secure your place.







Image from the Enfield Council website



DR SERGIS: MEMBER OF ROYAL SOCIETY OF CHEMISTRY FOR 40 YEARS

Dr Sergis is a member of the Royal Society of Chemistry (RSC), and he's a chartered chemist and a (CSci, CChem MRSC) chartered scientist from this prestigious body. The RSC is the UK's professional body for chemical scientists, with a worldwide community of around 60,000 members.

It is the oldest chemical society in the world, at over 175 years old. Dialysis inventor Thomas Graham served as the first President of the Chemical Society of London, which was founded in 1841 by 77 scientists, including physicians, professors, manufacturers, and businesspeople. The Society's mission of "the general advancement of Chemical Science" was confirmed seven years later when Queen Victoria handed it a Royal Charter. The headquarters is in Burlington House, London and Dr Sergis periodically visits for lectures and meetings.

Membership of the RSC is recognition of a substantial commitment to advancing excellence in the chemical sciences, to maintaining high professional standards, and to supporting the wider chemistry community. The Royal Society of Chemistry has recently thanked Dr Sergis for his continued membership of 40 years and his contribution to its work as a professional body. The RSC's mission is to promote, support and celebrate chemistry- to advance knowledge, to support education and professional development, to advise on policy, and to shape the future of the chemical sciences for the benefit of science and humanity.

Through his membership and active support, Dr Sergis helps to:

- Support the chemical science community, which connects chemical scientists, and fosters collaboration and knowledge exchange.
- Champion professional standards, upholding the value of integrity, expertise and professionalism that defines the RSC membership.
- Inspires the future generations in supporting chemistry education, outreach and public engagement.
- Contribute to a global impact as part of a not-for-profit organisation to enable vital advances in chemical knowledge.



The Royal Society of Chemistry acknowledges with thanks to Dr Sergis' help and support for the chemical sciences and has awarded him a gold RSC membership pin badge!

BNNL 12TH ANNIVERSARY MEETING

BNNL or Business Networking North London celebrates local businesses and trades and the wonderful people behind them. Dr Sergis regularly attends the monthly meetings on the second Wednesday of every month at the Jolly Farmers Pub, Enfield. During the meetings, members briefly discuss their businesses and goals with each other and swap details if needed. The founder, Frances Bentley, is an author, speaker and transformational coach and her reasons for founding BNNL are simple but powerful; 'When I launched BNNL, my vision was simple: to create a networking community where people felt welcomed, valued and supported. A place where genuine relationships came before sales pitches and where business owners could connect with like-minded people who truly wanted to see each other succeed.' During every meeting, a light brunch is served with a vegetarian option.

The 12th anniversary was a bustling event, with many new visitors in attendance. Dr Sergis brought more of the Academy staff, including our new mathematics teacher, Mr Gbayere, as well as receptionist Gabriella, Einstein the Academy mascot, and Miss Sophia Sergis, Dr Sergis' daughter who also teaches at the Academy. You can read more about the group and how to book a place on the BNNL website: https://bnnl.co.uk/.



Dr Sergis and Family Visit Trent Park House



I recently visited Trent Park House, now known as the Trent Park House of Secrets, right here in Enfield, and it was one of the most fascinating local visits I have done. From the outside it looks like a classic English country house, but inside it holds a story that was kept secret for over 70 years.

The estate itself goes back to George III, who granted the land to his doctor. It then passed to the Bevan family, before being bought by Edward Sassoon and then inherited in 1912 by his son, Philip Sassoon. Sassoon remodelled it in the 1920s into a grand Georgian-style party house with classical features. He was one of the wealthiest men in England and a close friend of Winston Churchill and the future Edward VIII. He hosted lavish parties and guests included Charlie Chaplin, Noel Coward and even members of the royal family. Sassoon died in 1939 and the War Office requisitioned the house immediately afterwards. This is what I found most interesting. Between the years 1939 to 1945, Trent Park was not a normal POW camp. It was a top-secret intelligence centre run by M19. 59 German generals and many other senior officers were brought here and treated like gentlemen. They had good food, whisky rations, walks in the grounds, a library and comfortable rooms. They thought it was just a luxury prison.

Unknown to the German officers was that the house was bugged everywhere. British intelligence, led by Colonel Thomas Kendrick, had hidden tiny microphones inside walls, skirting boards, light fittings, plant pots, window ledges, the billiard table and even the garden benches. Below, in the concealed basement were three "M Rooms", where the Secret Listeners worked. Around 100 of them were German-speaking Jewish refugees who fled the Nazis and were serving in the Pioneer Corps of the British Army. They listened 24 hours a day and recorded conversations onto acetate disks-up to seven minutes at a time, as that was the maximum capacity of the discs-transcribing around 3000 conversations and 48,000 pages of transcripts.

By eavesdropping, they exposed vital secrets that was important for the war effort. These secrets included the German V-1 and V-2 rocket programme at the German province in Peenemünde. Two generals discussing what they had seen allowed the RAF to bomb the site and delay the attacks on London. Other secrets that were exposed included the German U-boat tactics, helping the Battle of the Atlantic, Hitler's strategy and the low morale among the German high command. It appears that the luxury of the rooms made the German officers drop their guard and talk freely.

After the war, the house became a teacher training college and then part of Middlesex University and was derelict for many years. Thanks to a 10,000-signature campaign and the Trent Park Museum Trust, it has been saved. The new museum, Trent Park House of Secrets officially opened to the public on 21st July 2026. The house runs as part museum and part luxury apartment complex. The museum on the ground floor and basement is open Tuesday to Sunday from 10am to 5pm, with a nice café serving light refreshments. There's also a learning centre funded by the National Lottery Heritage Fund which uses the original transcripts for school programmes.

I found the visit incredibly interesting and worthwhile, reminiscent of a glamourous 1930s society house on the top floor and a James Bond-like spy story underneath! It is wonderful that this historical house is finally open to the public, and I highly recommend a visit!

There is quite a walk up to the house from the car park and I would advise those who would struggle with this to book the shuttle bus.

Dr A. N. Sergis

PICTURE PERFECT



Dr Sergis and his dog, Biscuit, by the seaside.

PUZZLE PAGE

Academy Wordsearch 6

J	X	M	O	L	E	C	U	L	E	M	I	T	O	S	I	S	L
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T	O	E	W	M	I	T	O	C	H	O	N	D	R	I	A	E	C
O	E	Q	U	I	L	I	B	R	I	U	M	Q	S	S	X	M	O
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M	W	C	H	R	O	M	A	T	O	G	R	A	P	H	Y	L	P
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S	O	V	Q	J	H	C	H	L	O	R	O	P	L	A	S	T	U
I	E	L	E	M	E	N	T	T	E	N	E	R	G	Y	T	Y	N
S	U	V	J	X	M	E	I	O	S	I	S	P	O	W	E	R	D
D	N	U	C	L	E	U	S	P	Z	P	O	L	Y	M	E	R	P
C	P	F	F	E	P	D	I	F	F	U	S	I	O	N	T	G	X

Find the following words in the puzzle.
Words are hidden → and ↓ and ↘

CHLOROPLAST
CHROMATOGRAPHY
COMPOUND
CURRENT
DIFFUSION
ELEMENT
ENDOTHERMIC
ENERGY
ENZYME
EQUILIBRIUM
MEIOSIS
MITOCHONDRIA
MITOSIS
MOLECULE
NUCLEUS
OSMOSIS
PATHOGEN
POLYMER
POWER





Einstein's Brain Teaser

I always run, but never walk, I have a bed, but I don't sleep. I have a mouth, but I don't eat. What am I?