Nick Day, Community Governor and Chair of the Resources Committee

Nick has lived in the Sydenham/Forest Hill area for more than 20 years and was elected parent governor in 2007, he has since been appointed as a Community Governor. His two daughters thrived at Sydenham School, achieving excellent academic results, and enjoying the many extra-curricular opportunities facilitated by the school. Nick brings skills from his background in public sector policy and strategy work, supporting front line services to deliver improved outcomes. He works in projects for the NHS, and is also trustee of a local church charity.

Fi Redpath, Parent Governor and Chair of the Curriculum and Achievement Committee

Fi has lived in Forest Hill for 13 years and was elected parent governor in November 2014. She has two daughters at Sydenham School – one in the sixth form and another who has just started in Year 7 – as well as a son in Year 10 at Forest Hill School. Fi is an active founding member of both schools' PTAs. She loves the strong community feel of Forest Hill and was on the stakeholders' committee that oversaw the rebuilding of Forest Hill Pools, and now volunteers at Forest Hill Library. A journalist for many years, Fi recently trained as a teaching assistant and is passionate about supporting children, whatever their needs, to achieve the very best they can.

Sam Walker – Parent Governor

Sam has a daughter who is going through her education at Sydenham. In his former role as Director of the Black Cultural Archives, his primary role was to collect, preserve and disseminate the history of Black people in Britain. In this role, Sam met with teachers in both primary and secondary schools and advised in delivering the history curriculum by pointing out the presence and role of Black people in particular historical periods.

After 20 years in this role, he was made redundant and subsequently got an administrative job in a Methodist Church where he is also a lay preacher. Sam's particular skill is in organisational management and also has skills in financial management. Sam is a member of several community organisations in London

Frances Downey, Community Governor

Frances is a Senior Policy Adviser at the Royal Society and has over ten years of experience in science policy across government, charities and other national academies. Her current role focuses on encouraging research excellence in the UK, which includes developing ways to support a more diverse workforce. This, coupled with her lifelong interest in women in science, and the fact that she was educated at an inner London girls school, motivated her to join Sydenham's governors. Frances lives nearby and has children at a local primary school and nursery.

Rebecca Manson Jones

Rebecca is a Brockley resident of 7 years. She is founder artistic director of Just Jones & an award-winning theatre company which tours nationally and specialises in creating high quality and accessible new shows which involve audiences in contemporary questions. In 2013 she was the first UK recipient of the Ibsen Scholarship from Norway Ministry of Arts for her innovative staging & adaptation of An Enemy of the People. In 2016 she was awarded an artist commission by the Gulbenkian Foundation as part of their 3 year Inquiry into the Civic Role of Arts. She has been involved in What Next? since 2013, a national movement promoting arts and culture in the national conversation and recently became co-convenor of the Lewisham Chapter. Previously Rebecca held senior arts roles at Exeter Northcott Theatre as programmer and director of in-house work and The Almeida Theatre as founder-director of Almeida Projects - community engagement and professional development programme. Her work fostering diversity in these roles has been cited as a model of good practice by Arts Council England. Creative Consultancy includes for The Royal Court, Donmar Warehouse, Theatre Museum, V&A and Soho Theatres and access advisory group for the Albany Theatre, Deptford.

Rebecca is a trustee of Oily Cart Theatre the UK's leading exponent of immersive and multisensory theatre for children with Profound and Multiple Learning Difficulties and/or with an Autistic Spectrum Disorder. She is co-convenor of the What Next Lewisham chapter of a national movement of artists and individuals responding to austerity.

In 2016 she was one of the inaugural London list of candidates for the Women's Equality Party in the GLA elections and in October 2016 stood in the Brockley by-election as the first-ever local council candidate for the Women's Equality Party. Currently she is part of their Women's Health Policy Group. She is a member of the Lewisham branch steering group of WEP and is involved in a number of community events from Brockley Max to helping out at Hilly Fields Fayre. Rebecca studied modern languages at Oxford University and Drama at CSSD. She is an accredited Action Learning Facilitator supported by ACE Cultural Leadership Programme.

Sarah Armstrong

I live in Sydenham with my daughter who is a Sydenham student in year 11. As a Governor, my aim is to support the school to make sure that every single student receives the best possible education and preparation for the future. I believe that schools are one of the best places to tackle inequality and I am determined that what we do at Sydenham works towards this.

I bring to Sydenham over 25 years of experience working in training and teaching in schools, universities, businesses and charities. I am currently Learning and Training Manager for a charity.

I'm from South London but have also lived in Namibia, Spain and Manchester. I love the diversity of London and I am proud to be governor of an inclusive community school such as Sydenham, where all children have the opportunity to thrive.