

PARENTS NEWS

March 2013 No. 218 The First & Foremost Local Monthly Newspaper for Families

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What's On in March Independent Schools

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www.slcuk.com

www.comicrelief.com

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www.thedockyard.co.uk

Hop & Hunt

www.gosh.org
www.raceforthekids.co.uk

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Family Fashion

2013 Spring - Summer Collection

The energetic summer of Primigi: a wonderful explosion of colours

Primigi's new Spring-Summer 2013 Collection is an explosion of colour.



Four themes are proposed in this footware collection, in which colour in all its forms takes centre stage with unmistakable style.

The "Spring Flower" line, inspired by the spring, it's a return to nature, with soft



Colours become more vivid with the "Color's

lace create a dreamy atmosphere, like the floral textures and miniature fabric flower appliqués that adorn the little girls' sandals.

The "Fish&Chips" theme, is a perfect new take on the navy style. Alongside a wide range of neutral colours, classic shades of blue and red stand out, occasionally interspersed with touches of yellow.

The materials, such as

and delicate colours. **Sound**" mood. Colours with an intense and well-defined character dominate the line, giving life to punchy contrasts. The sneakers with laces and dual velcro closures for both little boys and girls are perfect and practical for a long and sizzling summer. Yellow, green and hot pink alternate with delicate and fashionable shades.

canvas and denim, are soft and light.

The casual and

are exclusive and innovative: faded cottons, canvas with a worn effect, and "stone

practical style is finely represented by the "**New Explorer**" theme. Bold sneakers with a vintage feel create the ideal urban style. The materials



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Out & About

TREAT YOUR MOTHER TO A 'RACY' DAY OUT

The annual **Paddy Power Imperial Cup** on Saturday 9th March is set to be as exciting as ever and this year the day falls the day before **Mothering Sunday** and **Sandown Park** is offering you the chance to 'bring your mother racing for free' (offer includes *Grand Military Gold Cup Day*). To redeem this great offer, racegoers need to book in advance and quote special code **SPMUN2013**.*

Racegoers also have the chance of receiving £20 off one of the three restaurant packages on offer to treat mothers in the exclusive second floor restaurant right on the finishing straight with great views over the racecourse and the parade ring. Prices start at just £85 per person + VAT (not including discount).

This is also the day when a top class **Cheltenham Festival** preview panel takes place with the best spokespeople racing can offer. You can find out if any of this year's crop of horses might be ones to watch at The Festival by getting the experts' view at our live **Cheltenham Preview Panel** after the racing. A famous panel of professionals



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Established 1997

DAYS OUT

Every Wed-Heaven at **Nuffield**-19 High Street-
www.heaven-nuffield.com
-Smiley Faces music group for babies & toddlers for up to 2yrs & 2-4yrs, there is also a playroom for under 5's, a cafe & a creche.

6-17 Mar-Hove Centre---

VegfestUK Brighton,

www.brighton.vegfest.co.uk

16 Mar-RSPB Pulborough Brooks Nature Reserve-

Wiggonhol-

01798 875851
-Wild Families follow the trail where friendly helpers will help you find some brilliant birds & other wildlife, in the hide you can make up your own wildlife poem, there will be prizes for the best ones & there will be some fun activities to try too.

The Grand Military Gold Cup day on **Friday 8th March** is an important landmark in the jumps season. The day will showcase the discipline and precision of our armed forces and reinforce their strong, heroic bond with the racing world. It is also a fundraiser for **SS&FA (Soldiers, Sailors, Airmen and Families Association) Forces Help**, one of the principle charities that raise money for the Armed Forces.

To book tickets please call Sandown Park on
01372 47 00 47
www.sandown.co.uk
For hospitality enquiries
01372 47 77 47

New Life, celebrate Spring with a visit to see rare cygnets & goslings during the Easter holidays. Families can follow the bunny trail around the reserve, go pond dipping or create a craft in the visitor centre each afternoon. The **Wetland Discovery Boat Safari** runs every day.

Visitors to the **Medway Festival of Steam and Transport 2013**, at **The Historic Dockyard Chatham** on Easter Sunday and Monday, are in for a real treat this year. For the two event days only,

31 March and 1 April, they will be given the exclusive opportunity to walk around the film location for the popular TV drama series **'Call the Midwife'**

'Midwife' and see how areas of the **Dockyard** were transformed to become the perfect backdrop for the programme. For the event vehicles, washing lines, bicycles and music will recreate the special 1950s atmosphere, as it was for filming.

Plenty of cars from the period already booked to appear at the event - well known makes, marques and models including **Austin** (such as the A30, A70 and A90), **Ford** (Prefect, Popular, Anglia and Consul), **Rover** and **Wolsley** to name just a few. There will even be a **Hillman Minx MK V** which actually appeared in the TV series and a 1954 **Rolls Royce** Landauette. These and other vehicles displayed in the 1950s themed area.

'Call the Midwife'

All the usual elements of this popular event are returning including the spectacular



sights, sounds and smell of steam as traction engines and locomotives rumble by, displays of hundreds of classic and vintage vehicles, live folk and blues music, animal encounters, land train andshire horse wagon rides (at a small additional charge) and a trip on a vintage bus or try riding a Penny Farthing! The interactive **Modelling Zone** has miniature planes, trains automobiles and boat. **Airfix**, the model construction kit manufacturer will be supporting a special "Airfix Club" junior member's competition featuring ships and cars from the current **Airfix** range and provide a "make and take" model building area, where children build a model kit for **FREE!**

March 2013

The Steampunks with their unusual Neo-Victorian costumes and steam powered wacky gadgets also make appearances. **'Steampunk Central'** will provide a colourful and imaginative world with traders offering Steampunk fashions, accessories, gadgets, books and music together with an exhibition of Steampunk art. For a special treat there is an exclusive opportunity to pre-book an Easter roast lunch in **Commissioner's House** - choose either the Ballroom for lunch in 1950s decadence, the location featured as the restaurant in the current series of **'Call the Midwife'**, or the **Pavilion Marquee**. Call **01634 823846**

to check availability and make a reservation. Alternatively there will be good wholesome home cooked foods to enjoy from **Wheelwrights Restaurant** and mobile units.

All in all this year's event will be more exciting than ever! Tickets are now on sale online or from **The Historic Dockyard**. For more information go to www.thedockyard.co.uk/steamandtransport

Ongoing **Imperial War Museum** 020 7416 5439 A Family in Wartime Exhibition explores the lives of William & Alice Allpress & their ten children & what life in London was like during the war. **FREE, Ongoing**

Secret War exhibition, FREE. **Ongoing** **Royal News Buckingham Palace** 020 7766 7302 Family groups explore a range of self directed activities from the art trolley, 5-11yrs.

Ongoing **Churchill War Rooms** King Charles Street 020 7930 6961 Undercover, Life in Churchill's Bunker, learn what life & conditions were like underground & experience the authenticity & emotional resonance of walking through the corridors where Churchill made history.

Daily **London Dungeon** 020 7403 7221 Vengeance: The UK's first 5D laser ride

Daily **Tower of London** 0844 482 7799 Fit for a King exhibition, learn about the personalities, power & physical size of England's kings, from the Tudors, & the notorious Henry VIII to today's royal family.

Daily **London Zoo Regent's Park** 020 7722 3333 Rainforest Life Exhibit, experience the sights sounds, smells of the rainforest & come face to face with amazing rainforest species including monkeys, sloths, armadillo, tamandua plus there's a special Night Life area, where you'll discover bats, rats & other nocturnal creatures that dwell in the dark. **16 Sept** London Zoo Stompeade 10K charity run will take runners past some of the world's most amazing animals, including western lowland gorillas & a mob of meerkats & lots more.

www.zsl.org/stompeade. **Daily** **The Queen's Gallery Buckingham Palace** 020 7766 7301 Become an explorer & discover the exhibition with activity bags for families. Using the bags find out which animals the adventurers shared the Antarctic with and what early explorers wore to protect themselves from the cold.

Every Sun **National Gallery** www.nationalgallery.org.uk 020 7747 2885 Family workshops for families bringing paintings alive & listening to a themed story on the magic carpet, plus **FREE** family trail.

Until 3 Mar **Natural History Museum** 020 7942 5000 Last chance to see Veleia Environment Wildlife Photographer of the Year 15 Mar Dino Snores for 7-11yrs. **29 Mar-15 Sept** Sensational Butterflies 30 Mar Chocolate: A Natural History finds out about the cacao plant & how its beans are transformed into delicious chocolate. Every weekend & school hols Hands on Nature Dinosaurs, visit the handling station & explore interesting

Until 3 Mar **Design Museum** Shad Thames 020 8833 9955 Unexpected Pleasures; The Art and Design of Contemporary Jewellery exhibition.

Until 3 Mar **Holy Trinity Church** Brook Green 07710 023743 Singing & Songwriting sessions for 6-11 & 11-14yrs.

Every Wed & every Fri **Horniman Museum** Forest Hill 020 8699 1872 Busy Bee sessions for under 5's, **FREE**. **Every Sat** Hands on family workshops, 3-5yrs. **Every Sun** Discovery for All, 3-7yrs, **FREE**. **Until 1 Mar 14**, The Art of Harmony, exhibition showcases Western classical

musical instruments on loan from the V & A.

Every weekend

Tate Modern

Banksy SE1 020 7887 8008

Open Studio play & create with ideas & materials from artworks in the collection displays for all ages. **Daily** Family resources with paper based activities for families all ages, **FREE**. **Daily** Children's Multimedia Guide keeps children entertained & animates works through music, video clips & interacting games, 5-7yrs. **Daily** Under 5's Zone a new play space for families, **FREE**.

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www.zsl.org/stompeade.

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Book Reviews

My Big World

My Big World is a first look at geography and science for children aged 4+ to enjoy with their parents.

A little girl called Koko and a little boy called Alex ask questions about the world while intrepid explorers go on adventures to find out where we live. Starting from inside the home, Koko and Alex move on to explore the wider world. Step by step the reader encounters different plants and animals, exploring various locations around the world and even visiting outer space! Children explore each topic by playing and learning. Activities, which include things to do on and off the page, are announced by a graphic symbol of a pair of hands. More complicated procedures, involving cutting and baking, are flagged as requiring adult supervision. £12.95

Explore!

The Most Dangerous Journeys of All Time

by Deborah Kespert £12.95

This fun and educational children's book details the real life adventures of the most courageous explorers of all time. Describing the intrepid journeys and discoveries of famous trailblazers from Christopher Columbus to Randolph Flemes, it is packed with background details and survival tips, as well as photographs and illustrations of the daring expeditions.

Explore! will appeal to children around the age of 9+ with an interest in history and a passion for the great outdoors.

Hands-on history that taps into the current fascination with outdoor survival skills and the challenges of the natural world.



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The Teenage Years

by Rob Eastaway & Mike Askew £10.99 hb, Ebook available

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Describing the intrepid journeys and discoveries of famous trailblazers from Christopher Columbus to Randolph Flemes, it is packed with background details and survival tips, as well as photographs and illustrations of the daring expeditions.

Explore! will appeal to children around the age of 9+ with an interest in history and a passion for the great outdoors.

Hands-on history that taps into the current fascination with outdoor survival skills and the challenges of the natural world.

How Eskimos Keep Their Babies Warm

by Mei-Ling Hopgood,

How Eskimos Keep Their Babies Warm is the perfect read for fans of bestselling book *French Children Don't Throw Food*, offering a fascinating insight into child rearing practices world-wide.

All around the globe raise their children offers a complete breath of fresh air.

Mei-Ling Hopgood's own experiences led her to explore how mums and dads in other countries approach such issues as bedtime, potty training, healthy eating and playtime squabbles and she discovered a whole world of new ideas and perspectives.

How do parents from other cultures raise their children? And what secrets can we learn from them? In a world where 'one-size-fits-all' parenting doesn't actually work for everyone, this intimate and surprising look at how parents

raise a child. £12.99

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March 2013

Dot to Dot

by Malcolm Cosson

Illustrated flip-over picture book about a little girl called Dot from London and her grandmother, also called Dot, in New York. The pair share a birthday and desperately want to spend it together.

Readers start at one end to find out Little Dot's story; flip the book over and start at the other end to read about Grandma Dot. The story follows Little Dot as she tries everything to hand deliver a special card to Grandma Dot in New York: she tries to bounce on springs across the ocean; asks birds and butterflies to help her fly; and even digs a tunnel in her back garden Meanwhile, Grandma Dot is making a surprise trip to London, but travels the long way round. At each stopover, in Beijing, Mumbai and Rome, she gathers family and friends and buys a mystery present for Little Dot. But will Grandma Dot arrive in London in time for her big day?

In today's electronic and interactive world it will interest children to play with the idea of a physical book, reading from both beginning and end. The two-in-one plot will have children going back and reading the story again and again. £7.95, 3+ yrs

Treasure Fu

by Random House Children's Books.

Treasure Fu Go £4.99 Meet Tom and his friends, and explore Treetropolis in this brand new *Treasure Fu* comic book.

Magical 3D Colouring Book £4.99 Colour the pictures of all your favourite Treetropolis characters and scenes, then use your 3D glasses to see the 3D images pop right off the page!

Treasure Fu Fun Sticker Book £3.99 Explore Treetropolis with Tim and his friends in this magical sticker book, packed with spectacular stickers, amazing activities and all of your favourite *Treasure Fu* characters.

Hide & Squeak £3.99

A game of hide and seek causes chaos when Squirmunt's fear of the dark accidentally leads to a Treakie in Treetropolis! Can Tom help Squirmunt to overcome his fear and save the day in time? He'll need some Big World magic help! This fun and exciting story is perfect for children who are just learning to recognise words, basic vocabulary and short sentences.

Search for the Squizzle £3.99 When Tom and his friends play a game of Squizzle, Twigs attempts a tricky move that sends his Squizzle pod soaring – straight into a deep, dark canyon! It's said that an oh-so-scary spider lives down there, and twigs is worried that he'll never get his Squizzle back.

For further information
www.elmhurstschool.net
or Carole or Paula on
020 8688 0661

March 2013

Homefield School

Homefield is a top preparatory school for 400 boys aged three to thirteen. Founded in 1870,

Homefield has its roots in the 19th century and its branches in the twenty-first. Through the School's development it has been very careful to preserve the original family ethos and intimacy, together with its reputation for academic excellence (50 scholarships in the last two years), the breadth of extra-curricular sporting, musical and artistic provision and first class pastoral care.

"We could not have found a better school to bring out the best in both our sons." (a *Homefield* parent)

"Pupils are highly educated and fully prepared for the next stages of their lives...the school's pastoral systems ensure that all pupils are well cared for." (*ISI Inspection, March 2010*)

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www.homefield.sutton.sch.uk

Hear from sector experts at the
Education Show 2013
14-16 March 2013

Mark Ducker, executive principal of *The STEP Academy Trust*, is to join a panel of inspirational school leaders and education sector experts to debate, discuss and share ideas on the future of UK education at the *Education Show 2013*.

To ensure visitors receive the best practice advice and guidance, leaders from outstanding schools from throughout the UK will share case studies and practical classroom examples to inform and inspire.

4th – 8th March, to come and have a look at what *St Lawrence College* has to offer. Contact Alison Hall on 01843 572931 ah@slcuk.com



New Year, New venture for students of Hampton, Kingston and New Malden

Jennie Page and Anjana Mistry have opened new centres for the franchise *First Class Learning*. Jennie, who runs the *Hampton* centre, is a qualified and experienced teacher, and has worked in the local area as a dyslexia specialist. Anjana, runs the *Kingston* and *New Malden* Centres, has had experience of working at study centres with children of all abilities and is also an Independent Member of the *RB Kingston's Fostering Panel*. They both have recognised the need for an after school tutoring programme which can help children of all ages and abilities.

Children attend the centre every week for about 30 minutes for tuition and then support this by completing a short piece of work at home every day, which should take around 10-12 minutes. In this way numeracy and literacy skills are developed gradually and consistently.

The scheme of work is personalised to each student and its systematic approach

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hampshire@firstclasslearning.co.uk

North Kingston Centre
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kington@firstclasslearning.co.uk

New Malden Library
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Every child follows their own unique programme. Children develop essential core Maths and English skills. The programmes are suitable for all ages and abilities.

To book a free assessment call:

Jennie (Hampton) 07585 950910

Anjana (Kingston and New Malden) 020 8123 0709

Education

Leading by example and learning from the best

A national leader of education, **Mark Ducker** leads *The STEP Academy Trust* in supporting Applegarth since January 2012, enabling the school to exit Special Measures and achieve an Ofsted rating of Good in less than six months.

The show is free to attend. Visitors may register early and can also find a full programme for the **School Leaders Summit** and other free CPD opportunities at www.education-show.com



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Book & Educational Game Reviews

Ravensburger's new Science X activity kits where Science, Fun and Learning Collide

Ravensburger's Science X collection will open the world of discovery with these fun and exciting science kits for children this National Science and Engineering Week from 15th-24th March 2013. For curious kids who want to crack a secret code or discover the secrets of the third dimension or even grow their very own crystals, the Science

X experiment and activity kits are perfect.

With the CSI set of experiments, professional crime scene investigations become child's play! Thanks to the tips and tricks from a real life forensic expert, the 12 exciting experiments will turn every budding detective into a real investigator. The Science X launch



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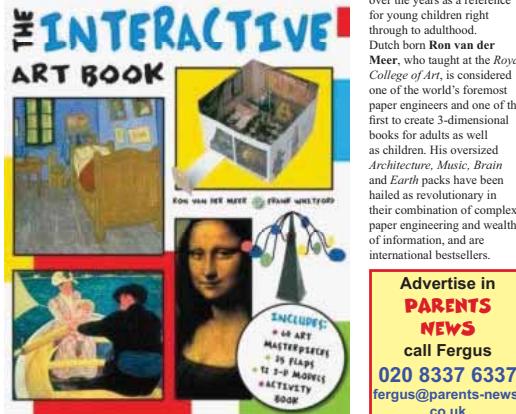


March 2013

The Interactive Art Book

The Interactive Art Book, published by *Tango Paper*, an imprint of *Tango Books*, is a re-titled, updated edition of a classic work by renowned paper engineer **Ron van der Meer**. The book presents art through the ages in a way that is understandable, entertaining, exciting and above all, a wonderful introduction to the subject. Inventive paper engineering combined with an accessible

collection has three sizes to choose from; Mini kits with six amazing activities each; three Midi kits with 12 and completing the range are two Maxi kits with up to 20 fun tasks. Each kit contains lots of interesting and exciting experiments and activities that children will want to explore and keep them busy for hours!



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March 2013

Bessant & Drury ice-cream

Half The Fat Of Regular Ice-Cream And Zero Cholesterol
- Dairy Free Ice-Cream Flies Off The Shelves As New Year Resolutions Stick

We have tried this and it's delicious and good for you what more could you want! With half the fat of regular ice-cream **Bessant & Drury** is a coconut milk based dairy free ice-cream and in January flew off the shelves as healthy regimes kicked in.

Traditional ice-cream has an average of 11 grams of saturated animal fat per 100 grams, whereas **Bessant & Drury** has just 5.1 grams of the healthiest medium chain saturated fat, the unique properties of which means it cannot be stored as body fat. Furthermore it contains zero cholesterol - only animal products contain this.

Also vegan and free from gluten, soya, artificial additives, colourings and preservatives **Bessant & Drury** comes in four flavours; strawberry, vanilla, chocolate and lemon and created a storm upon launch as foodies and celebrities alike voiced their approval at the first ever coconut milk dairy free ice-cream.

Far from a tasteless 'free from' food **Bessant & Drury's** is a luxury dessert made with the highly nutritious coconut milk which gives it the creaminess of traditional ice-cream. Renowned for its

health benefits, the ice-cream was developed when wellness expert and exercise coach **Steve Bessant** experimented in his kitchen with a borrowed ice-cream maker. Although originally developed for the *Free From* sector - with dairy intolerance affecting 13.7 million people in the UK the growth of the 'want to' rather than the 'need to' market is fast growing.

Bessant & Drury is stocked in Waitrose, Tesco and 250 independent retailers around the UK.

Since launch **Bessant & Drury** has scooped two Great Taste Awards, competing against mainstream ice-cream and earlier this year also won the *Innovation Award* at the *Free From* awards - its creamy taste bucking the trend of dairy free desserts which until now have been dull and watery and with the inclusion of nuts or soy.

Bessant & Drury is the first coconut milk based ice-cream in the UK, enjoying all of the health benefit of coconut. With its highly nutritious and "functional food" status, coconut was chosen as the main ingredient because it provides many health benefits beyond its nutritional content, which includes being cholesterol free, increasing metabolism, improving calcium and magnesium absorption. It is also a good source of fibre with the added benefit of the fat from coconut being burned by the body rather than stored as body fat.

Protein powder: 3 minutes to warm up a large mug of milk (or coconut milk if you are sensitive to cow's milk). Mix with a tablespoon of whey protein (use a good quality 'unflavoured' version). Plus a loaded teaspoon of pure, sugar



Rustic Indian:

A new fresh range of punchy Punjabi flavours for foodies Authentic and healthy curry bases in four mouth-watering varieties

Rustic Indian www.rusticindian.com is a new range of four fresh, chilled Punjabi spice blend bases for home cooking, using the finest blends of authentic ingredients and traditional Punjabi recipes prepared from scratch.

Forget the gloopy, bland, preservative-packed jars of ready-made curry sauces which currently saturate the supermarkets: **Rustic Indian** promises to revolutionise this category with nutritious, healthy sauces, chilled to keep their fresh flavour intact for your kitchen.

Rustic Indian is the brainchild of Vini and Bal Aujla, husband and wife team and self-confessed food-nuts. The couple first bonded over a love of food and their shared passion for authentic, delicious flavours of the Punjab region. They remain committed

to making family recipes passed down to Vini through generations in small batches, by hand, with the finest, freshest ingredients and love.

Rustic Indian provides a deeply flavoured, richly spiced foundation for classic curry recipes. The sauces are also a versatile base for global culinary inspiration: whether stirred into soups, a seasoning for stews or casseroles, a marinade for meat, an accompaniment to mataballs, a topping for toast or a sandwich filling. **Rustic Indian** always delivers a full and punchy, authentic Punjabi flavour.

All four sauces are vegetarian and gluten-free with absolutely no artificial colours, flavours or preservatives, incorporating ingredients such as rapeseed oil, which is traditionally used throughout India and contains healthy Omegas 3, 6 & 9 and essential fatty acids.

Rustic Indian sauces are available at **Budgens** or via **Love Your Larder** online: www.loveyourlarder.com/ viniabalsructicindian They remain committed

Health & Fitness

My 3 Top 5-Minute-Tips For Losing The Baby Fat

My sister, who gave birth on 31st December to an adorable little boy called Sam (her first), is shocked at how little time she has for herself now. She doesn't get to eat breakfast before gone 10am (even though she's been awake since 5 – and most of the night before this!). Every minute is go.

This got me thinking:

What are the top 3 things a new Mum can do to keep well and stay off the blood sugar rollercoaster?

Even when maintaining caffeine and sugar might seem an attractive option given the lack of sleep, little prospect of it, and the need to get through the day (and we now know rising blood sugars end up in the form of additional layers of body fat, and zero natural energy)...

Protein powder: 3 minutes to

warm up a large mug of milk (or coconut milk if you are sensitive to cow's milk). Mix with a tablespoon of whey protein (use a good quality 'unflavoured' version). Plus a loaded teaspoon of pure, sugar

free cocoa powder (Mmm!) and a teaspoon of cinnamon (great for helping your cells utilise blood sugar to produce energy more effectively). Tasty, filling and satisfying. And protein soon after waking up helps control appetite and burn fat throughout the day.

Graze on healthy and nourishing snacks to stop your blood sugars dipping (keep a jar of almonds handy, or invest in a stock of Munchy Seeds (very tasty and available at the click of a button), oatcakes with some hummus or nut spread).

Explore 'bulk cooking', which allows freezing: slow cooker meals, big pots of nourishing soups containing protein such as beans or lentils, a good stock of Tupperware storage boxes. You can even pre-cook brown rice or quinoa and store it in the freezer (in little food bags).

Request my 'Quick & Easy' recipe guide by emailing

angela@superwellness.co.uk or visit my website:

www.superwellness.co.uk

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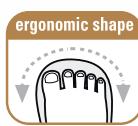
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