

# PARENTS NEWS

May 2013 No.179

The First & Foremost Local Monthly Newspaper for Families

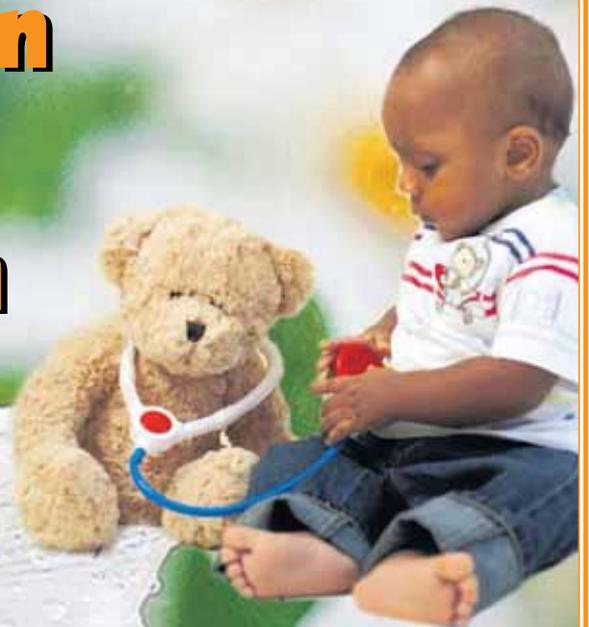
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## What's On May and Half term



[www.rural-life.org.uk](http://www.rural-life.org.uk)



Royal Life Saving Society  
[www.rlss.org.uk](http://www.rlss.org.uk)



[www.bromleyhigh.gdst.net](http://www.bromleyhigh.gdst.net)



[www.paultonspark.co.uk](http://www.paultonspark.co.uk)

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**KENT**

## What's On

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stated.

## Fun Come Rain or Shine at Farming World!

Nestled in the heart of the beautiful Kent countryside Farming World, Boughton offers visitors a unique fun filled day out for all the family. With activities like Sheep Shearing and Wool Week and Have a Go Falconry Day planned for May there's sure to be plenty of fun for everyone! The working farm has plenty of activities to fill a whole day, including visiting the heavy horses, playing mini golf and exploring the **Hawlands Birds of Prey Centre**. Younger members of the family are well catered for with safe specially designated outdoor playgrounds and an indoor softplay area. With more challenging activities, like the **Big Pig Pen** adventure playground and climbing area for the older children, there is something for everyone. The open farm offers plenty of 'hands on' activities and visitor play is different. Visitors may find themselves taking part in a birds of prey flying demonstration, talking to one of the animal keepers or painting a souvenir to take home. Attractions also include, visiting the rare breeds, painting animal masks in the craft and activity room, taking a tractor and trailer ride (weather permitting) and walking the farm trail. The children will love getting to grips with the two enormous jumping pillows, a large inflatable that the children

(and adults) can bounce on until exhausted (open weather permitting). The family run open farm has also got some excellent special events planned, including:  
**Sheep Shearing and Wool Week - 27 - 31 May** Visitors will get the opportunity to witness the tricky business of sheep shearing from a close vantage point. With such a large range of livestock living at the farm (including rare breeds such as the Wensleydale and Soay) many different fleeces will be on display. Visitors will be able to learn about the uses of various fleeces. For example, the Shetland sheep's fleece is the softest and finest of all. In the Shetland Isles the brides have a ring shawl made which is so fine it can pass through a wedding ring. In comparison the Badger Faced sheep's fleece is perfect for making **Harris Tweed**. There will be spinning demonstrations held on most days and examples of knitting, weaving and machine embroidery to see.  
**Creepie Crawly Day - 29 May** - The animals and birds will be joined by a variety of spiders, lizards and snakes for **Creepie Crawly Day**. Again the emphasis will be on visitor participation with opportunities to handle some of the creepies with experts on hand to answer visitor's questions.  
**Adoption Day - 30 May** - There are so many friendly

farm animals at Farming World it would be hard to pick your favourite. However if there is an animal that you really fall in love with you can always join the farm's adopt an animal scheme. This means that you can come and visit your animal and will receive a certificate and regular updates about your chosen furry friend. 10% off animal adoptions on this day.  
**'Have a go' Falconry Day - 31st May** - This is always a popular event and provides members of the public with the rare opportunity to experience bird handling first hand and even take part in a flying demonstration. **Hawklarks Birds Of Prey Centre** gives visitors the chance to witness an extensive range of birds, including vultures, owls and falcons with flying demonstrations held twice daily, on most days (excluding Monday).  
As you can see, there is really plenty of fun for everyone! So why not come and join in! Further details of all the events can be found on website [www.farming-world.co.uk](http://www.farming-world.co.uk). 01227 751144  
Farming World is open seven days a week, 9.30am to 5.30pm until 3rd November and is just off Junction 7 of the M2. Admission prices are £6.50 adults, £5.50 for children aged 3 - 15 years, concessions £5.50 Sorry, guide dogs

## School Cooks Train the Trainer

School cooks in London are being invited to join a training course to learn how to pass their valuable catering expertise on to others. **The Children's Food Trust** is running its 'School Cooks Train the Trainer course' to give experienced cooks and area managers the skills to share their knowledge with cooks from across the local authority as well as their own new starters, on **Wednesday 26th June** at Tower Hamlets council offices, Toby Lane. Knowing that many cooks often get called upon to train other staff because of their years of experience, the charity devised the programme to help those who may not have the confidence to take on a teaching role in the kitchen.

**Children's Food Trust** Trainer, **Simon Thake**, says: "Long-serving school chefs can be real fountain of knowledge - from how to run an efficient kitchen to what meals to serve to get kids excited about school dinners. It's important to harness this and make the most of their talents. "The best thing is seeing a cook who starts the course feeling quite nervous and by the end of it, is stood up at the front of the room teaching us all a thing or two. And what's more is that we know the cooks will go back to their own teams

and use their new skills every single day." Those who take part will be able to test their own training demonstrations out on fellow cooks and will leave with a workbook packed full of resources, a training plan of action for their own professional developments and a training plan for their own kitchen teams. **Carole Webster**, one of the very first cooks to complete the course, found that after taking part both the quality of food and the quality of service improved in her school. She said: "I'm now able to communicate and present myself to colleagues on a much bigger scale. It's really lifted everybody's confidence and made us all want to learn more and keep on improving so we can offer the best possible service to pupils."

For prices, more information and to register your interest, contact **Simon Thake** at [childrensfoodtrust.org.uk](mailto:childrensfoodtrust.org.uk)

Advertise in PARENTS NEWS call Fergus 020 8337 6337 [fergus@parents-news.co.uk](mailto:fergus@parents-news.co.uk)

May 2013

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## Dambusters Commemorations Royal Air Force Museum

With a month to go to the 70th anniversary of the Dambusters Raid, the **Royal Air Force Museum** London has today unveiled the various activities that it has organised to commemorate this historic campaign and the men of 617 Squadron. From 13th to 17th of May the Museum will have on display a selection of artefacts from the **Dambusters Raid** not normally on view to the public. These include photo-reconnaissance of the Dams before and after the Raid, a facsimile of Guy Gibson's logbook and the original draft of his book '*Enemy Coast Ahead*', plus letters from various crewmembers to family members on the home-front and part of the Mohne Dam itself. These items will be located in display cases by the Museum's Lancaster Bomber. On 17th of May, the Museum's London site will be open late to the public for '**Dambusters Night**' as part of this year's international Museum's at Night Festival. Members of the public, aged 18 and above, will be able to watch a short film on the preparations and testing of the bouncing bomb as well as seeing test footage (from the film archive) on the big screen. They'll also be able to see the

original testing equipment used in the film '*The Dam Busters*' and attend a mini-lecture on the subject of the development of bombing from the First World War up to the Dams Raid before taking part in a debate about the effectiveness of the Raid, itself. There will be 1940s music and guests are encouraged to dress from the period to make the event a totally immersive experience. Those who are unable to come in 1940s dress will be able to try on an authentic 1940s RAF uniform from the Museum's *Handling Collection* and have their photograph taken as a memento of the evening. Admission to this event is free of charge. The London commemorations will finish on 19th of May with the fourth annual *Hendon Model Show* which is dedicated, this year, to the men of 617 Squadron. [www.rafmuseum.org.uk](http://www.rafmuseum.org.uk)

Play golf with wooden clubs  
**Holland Family Bike and Barge**  
Holland's flat cycle ways and pretty canals offer some of the most enchanting and safe cycling opportunities in Europe. Aboard your hotel barge and in the company of other families, cycle through the Dutch riverlands, visit the famous cheese town of Gouda, view the 19 windmills of Kinderdijk and enjoy a game of Dutch golf, where your golf club is a clog, Holland's traditional wooden shoe!  
**Holland Family Bike and Barge** (8 days, guided): nine departures in summer 2013, starting on 29 June, from £540 per adult/£340 per child when

## QUIRKY FAMILY ADVENTURES IN EUROPE WITH UTRACKS

Keeping the young ones busy on their holidays is not always easy so if you are looking for some quirky family holiday ideas, activity holiday specialist **UTRACKS** has a number of suggestions across Europe...

Explore the egg-decorated **Dali Museum Catalonia By Bike For Families**  
There's more to **Catalonia** than Barcelona: the region has long been known for its colourful past, stunning coastline and rolling countryside. Past fields of sunflowers and forests of pines, this remarkable landscape is ideally suited to relaxing cycling for all the family. Make sure you make a stop at *Dali Theatre-Museum*, the largest surrealist object in the world: white eggs line the roof, while golden pieces of bread are represented across its red walls!  
**Catalonia By Bike For Families** (8 days, self-guided): departs daily until October; from £595 per adult/£400 per child when sharing a room with two adults, including rental bicycles. [www.ustracks.com/index.php?section=trips&id=275774](http://www.ustracks.com/index.php?section=trips&id=275774)

sharing a cabin with two adults, including rental bicycles. [www.ustracks.com/index.php?section=trips&id=275774](http://www.ustracks.com/index.php?section=trips&id=275774)  
Discover underground tunnels **Cappadocia Family Adventure**  
Walk through Cappadocia's unique landscape dotted with unusual rock formations, sweeping valleys and twisting tracks. Explore ancient art in rock hewn monasteries and walk the gorge of the *Ihara Valley* with its honeycombed rock walls housing Byzantine tombs and churches. A stop at *Derinkuyu*, originally built in 8th century BC, is a must - this vast underground city was large enough to shelter approximately 20,000 people!  
**Cappadocia Family Adventure** (6 days, guided): departs on 15 April, 22 June, 30 July, 23 September, 30 September; from £690 per adult/£480 per child when sharing a room with two adults. [www.ustracks.com/index.php?section=trips&id=449575](http://www.ustracks.com/index.php?section=trips&id=449575)

including rental bicycles. [www.ustracks.com/index.php?section=trips&id=449574](http://www.ustracks.com/index.php?section=trips&id=449574)  
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For more information and to order the new 2013 brochure visit [www.UTracks.com](http://www.UTracks.com) or call **0845 241 7599**. Quoted prices are inclusive of most of your needs. Flights from the UK are not included but can be booked

## What's On

**FARM FUN FOR EVERYONE!**

Visit [www.farming-world.co.uk](http://www.farming-world.co.uk) for special event details including:

- Sheep Shearing and Wool Week,
- Creepie Crawly Day,
- Animal Adoption Day,
- Have a Go Falconry,
- Birds of prey & flying demonstrations,
- Large adventure play,
- Rare breeds & farm animals,
- Heavy horses,
- Indoor soft play,
- Craft room,
- Mini golf course,
- Tractor and Trailer Rides,
- Hot & cold refreshments. (Some activities weather permitting)

Show this advert to receive 50p off entry per person in your party. (PN May, Valid 29/4 - 31/5/13)

Open everyday until 3rd Nov.  
Farming World, Boughton, Faversham, ME13 9HY  
Tel: 01227 751144

M2 June 7 follow brown signs, sorry no dogs.



**May Half Term Events**

At Battersea Park Children's Zoo this May half term we are joining in with the BIAZA "Love Your Zoo" week...

There will be opportunities to help the keepers with a different animal each **week-day @ 11am and 2pm**

- Monday 27<sup>th</sup> - Monkeys
- Tuesday 28<sup>th</sup> - Coati
- Wednesday 29<sup>th</sup> - Lemurs
- Thursday 30<sup>th</sup> - Pigs
- Friday 31<sup>st</sup> - Meerkats




**Animal Badge Making ... Cost £1.00**  
Draw & colour a portrait of your favourite animal at the zoo and get it made into a badge.  
Drop In sessions: 11.00am-12.30pm & 1.30pm-3.30pm  
Usual entrance fee applies. Children must be accompanied by an adult

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## Out & About

### Old fashioned fun for families

During half term, on **Thursday 30th May**, families have another chance to enjoy the popular *Rural Life Centre* "Activity Thursdays". Spend a day discovering the many fascinating attractions such as a furnished Prefab, tiny wooden Chapel and authentic "Tin Hut" schoolroom. There is a 1950's playground too, where the children can let off steam.

There will be lots more to do too. Children can have a go at washing like their great grannies did, watch woodturning or visit the *Charcoal Burner's* camp and get messy with clay. There will be a Wheelwright's demonstration or a Blacksmith on hand. You can follow the Romany trail, which will keep the whole family busy as they go round this attractive, peaceful 10 acre site.

Activity Thursdays are for accompanied children only. Once you have paid to go in all the things to do are FREE. Good to go even if it rains as most activities are undercover.

Bring a picnic, or buy some lunch in the excellent café, and stay all day.

Further information on **01252 795571** or [www.rural-life.co.uk](http://www.rural-life.co.uk)





## Rural Life Centre

**Countryside Museum**  
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[www.rural-life.org.uk](http://www.rural-life.org.uk)  
The Old Kiln Museum Trust is a registered charity



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May 2013

### The Canterbury Tales

Medieval costumed characters recruited to help mark the 25th anniversary of *The Canterbury Tales*, the award-winning visitor attraction in one of Britain's most popular cathedral cities.

The larger-than-life performers are on hand to greet, amuse and entertain visitors and have already earned rave reviews. *The Canterbury Tales* brings to life five of Geoffrey Chaucer's best-loved stories with tales of love, romance and trickery.

Marketing manager Sarah Hirsch said: "We are delighted that our costumed characters have been so well received by the public. They are full of enthusiasm and get a real thrill out of giving our visitors a memorable experience. It's added a fun new dimension to the visit and the feedback we've received is excellent."

*The Canterbury Tales* provides a great introduction to the historic cathedral city and its famous literary connection as well as being a hugely entertaining and enjoyable day out for the whole family.

Having welcomed more than two million visitors from all over the world, *The Canterbury Tales* remains one of Kent's 'must see' attractions.

[www.canterburytales.org.uk](http://www.canterburytales.org.uk)

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Web : [www.lil-jockeys.co.uk](http://www.lil-jockeys.co.uk)



### Car Seats - They're No Child's Play

Many parents and carers are unwittingly putting children in jeopardy when they belt them into a car seat, warns the London Road Safety Council, London's longest established road safety organisation.

One West London Road Safety Team found recently 89% of child car seats they checked in a busy supermarket car park were incorrectly fitted and put the child in danger. Common faults included:

- Using a rearward facing seat in the front with an active airbag
- Seats incorrectly strapped into the car
- Children incorrectly strapped into the seat
- Using a seat of an incorrect size

Spokesman for the London Road Safety Council, James Parker explained "In 2006 it became compulsory for children under 12 and below 4ft 5in (1.35m) tall to use child car seats or booster seats. This legislation is estimated to have saved 50 lives a year and prevented injuries to thousands more."

But motor vehicle crashes are still the number one killer of children in this country. Parents and carers need to be confident that the seat they are using is suitable for the vehicle, for the child's height and weight, and that if it is a second-hand seat they are confident about its history and that they have the instructions to fit the seat properly.

Mr Parker added "In one case, a two year old child was found to be incorrectly strapped into a seat with the shoulder straps beneath his arms, so that in a collision he could have been launched unrestrained from the seat. In another, a child was discovered sitting in a seat that was not strapped into anything; it was just resting on the back seat."

Local Authority Road Safety Officers often run car seat check days where they can advise parents and carers about the safe fitment of the seats

Your London Road Safety Officer's details can be found at: [www.londonroadsafetycouncil.org.uk/road-safety-officers](http://www.londonroadsafetycouncil.org.uk/road-safety-officers)

Useful websites giving advice: [www.childcarseats.org.uk](http://www.childcarseats.org.uk) [www.goodeggsafety.com/ukincar/](http://www.goodeggsafety.com/ukincar/)

Issued by the London Road Safety Council  
[www.londonroadsafetycouncil.org.uk](http://www.londonroadsafetycouncil.org.uk)  
e: [admin@londonroadsafetycouncil.org.uk](mailto:admin@londonroadsafetycouncil.org.uk)  
t: 07333 00209

May 2013

### Out & About

**Every Wed-Heaven at Nuffield-19 High Street**  
[www.heaven-outfield.com](http://www.heaven-outfield.com)  
**Smiley Faces** music group for babies & toddlers for up to 2yrs & 2-4yrs, there is also a playroom for under 5's, a café & a crèche.

**20-24 May-Walk to School Week** ---Living Streets is urging parents to leave the car at home & try walking with their children during May's Walk to School Week.  
[www.livingstreets.org.uk](http://www.livingstreets.org.uk)

### YHA re-launches affordable residential camps for six week school break

YHA (England and Wales) has re-launched its popular summer activity holidays for 11 – 17 year olds and made them more affordable. The news will be welcomed by parents and carers who are faced with childcare issues during the six week summer break.

Costing from £335, the Youth **Hostelling** charity is now offering a monthly payment option and 20% discount for

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friends and siblings on all its summer camps. For youngsters in receipt of free school meals there is also bursary funding of 40% available. YHA's introduction of payment options, discounts and the bursary has put its summer camps in reach of many families

More than 60,000 young people have taken part in YHA's camps to date and there are 1,000 places available for youngsters this year. Prices include all accommodation, activities, tuition, meals and evening entertainment.

For further information, or to make a booking visit [www.yhasummercamps.co.uk](http://www.yhasummercamps.co.uk)

**25 May-2 June-Spinnaker Tower-Portsmouth--02392 857520-**

*Pirates Ahoy* a series of family fun, pirate themed activities & new for 2013 the i-View experience giving visitors a whole new way to explore the breathtaking views.

**26 May-Imperial War Museum-Duxford--01223 835000-**

### Spring Air Show Remembering the Mighty Eighth.

To coincide with **May half term (Saturday 25 May to Sunday 2 June, 2013)** one of the country's top ten family theme parks is looking to recruit one lucky child to become its official ride tester.

**Paultons Park**, which has more than 60 rides and attractions, has announced it is seeking applicants for a new in-house ride tester to join its team for a day's internship. The lucky recruit will spend an exclusive morning testing the rides before it officially opens to the public, gain behind the scenes access to the Park and then join their family for an afternoon's guided tour with the opportunity to enjoy the rides again.

Top for thrills is the Park's breath-taking ride, **EDGE**. Riders swoop and spin through the air reaching a height of 15 metres on a giant disc that travels along a 90-metre track. **EDGE** was the first ride of its type in the UK and perfectly complements the Park's other rides including **The Cobra** and, last year's exhilarating new attraction, **Magma**. The largest of **Paultons** three rollercoasters, **The Cobra** features an exciting combination of twists, drops and turns that have made it a great family favourite whilst **Magma** launches riders 25 metres up in to the sky only to drop them back down in to the heart of a smoking volcano.

### Your child's dream job

According to the theme park, candidates should "not be afraid of heights, have a strong stomach and to top it off, be a committed thrill-seeker." Interested children, aged between eight and 14, are being encouraged to visit the **Paultons Park** website

[www.paultonspark.co.uk](http://www.paultonspark.co.uk) and click the "Dream Job" link where they will be asked to submit a letter in no more than 300 words stating why they deserve the position.

**Andy Chapman**, **Paultons Park** groups and education officer, said: "This is a dream

job for one lucky child who'll get to escape their normal day-to-day routine and instead spend their day with hours of fun and playing rating the Parks rides and attractions."

Deadline for applications is **Friday June 7**.

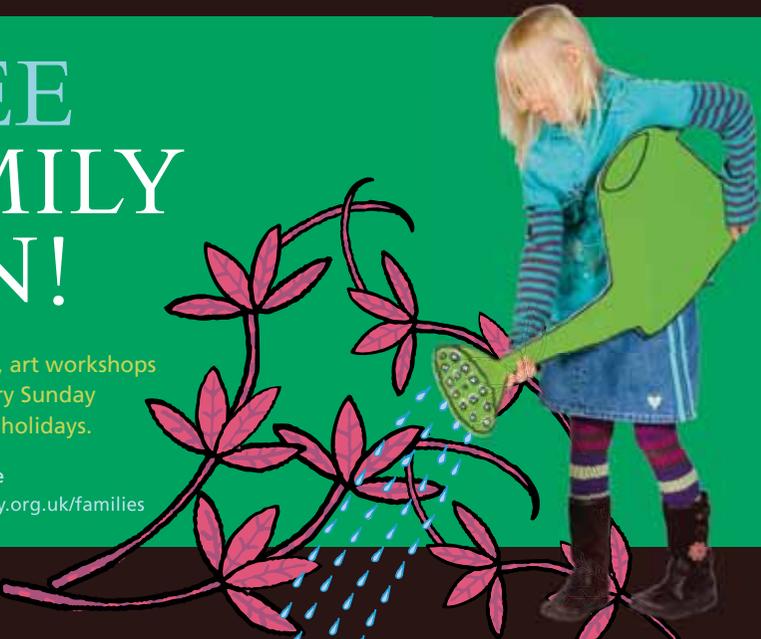


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THE NATIONAL GALLERY



**Daily Larkfield Leisure Centre** Aylesford 01222 713225 Soft play with 3 storeys of interactive play equipment for under 10's with wavy waterfall slide, crawl tubes, ball pool & ball cannons. **New** Kickstart a brand new all inclusive membership with unlimited access which offers a wide range of activities for under 10's with swimming, soft play, junior dance mat & target wall sessions, selected holiday programme activities, Saturday Fun Club plus pre-school bounce & adventure time sessions for 0-5yrs. **NEW** larger Fitness Studio to offer a wider range of classes including Zumba, Pilates, Body pump & circuits.

**Daily Fishbourne Roman Palace** Chichester 01243 79829 Guided tours, plus café & picnic area.

**Daily Maidstone Leisure Centre** 0845 552277 Various times Junior Fitness, 12-15yrs learn how the body works, the benefits of a healthy lifestyle & participate in structured fitness sessions with a qualified fitness instructor. **Selected** Sats Wave Rave Pool Party sessions with inflatable, floats, games & the latest music. Available: Birthday Parties for children leave all the planning & tidying up to the Centre.

**Daily Wingham Wildlife Park** Canterbury 01227 720836 Meet the animals including their hands on animal encounters plus children's play area.

**Daily Druidstone Park and Woodland** Honey Hill Bleau 01227 765168 Meet the friendly animals, follow the trail around the enchanted woodland & discover the sleeping dragon & other magical creatures or have fun in the adventure play area, a fun day out for all the family.

**Daily Tides Leisure Centre** Deal 01304 373399 Indoor tropical

# PARENTS NEWS Digital

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lagoon with waves & gusher, fun water features & giant slide Jacuzzi & toddler pool. **Every weekend Family Splash.**

**New Tonbridge Swimming Pool** Lower Castle Field 01732 367449 Kickstart a brand new all inclusive membership with unlimited access which offers a wide range of activities for under 10's. **Every Tues & Thurs term time only** parent & child fun swim.

**Ongoing Run of your Feet** 07730 870696 Running Group, first session **FREE**, at your local group when mentioning Parents News.

**Every Sun Edenbridge Leisure Centre** 01732 865665 Under 16's family roller disco.

**Every Tues Fairview Community Primary School** 01634 376270 Parents & toddlers club term time only 10-11.30am. **Every Thurs** Baby bounce & rhyme time. 10am & under, term time 01634 337340.

**Every Tues Hundred of Ho Swimming Pool** Rochester 01634 401989 Beaver Swimming Club.

**Every Tues Southborough Library** 01892 529088 Storytime, 2.15-2.45pm. **FREE.**

**Every Wed St Saviours Centre** Canterbury Road, Folkestone 01303244610 Fabulous Fare Market **Midweek & weekends Kingsmead Leisure Centre** Canterbury 01227 769818 Furniture in the pool.

**Every Thurs White Oak Leisure Centre** Swanley 01322 662188 Under 16's Rock Disco.

**Every Sat Medway Little Theatre** Rochester 07939 921041 Youth Company for 12-18yrs & children's workshop, 7-12yrs.

**Every Sat norm Fleur de Lis Heritage Centre** Faversham 01795 534542 Guided Town walks, 90 minute guided tour through Faversham.

Jackeys ride on animals, 10-5pm, **Tel: 0753 6058849.**

**4 May Stag Theatre** Sevenoaks 01732 450175 Craft & Gift Fair 35 stalls local crafts.

**4-5 May Western Lawns** Eastbourne 01323 415442 Magnificent Motors biggest **FREE** motor racing spectacle on the South Coast 2 June Eastbourne Cycling Festival time trials to road races plus trade stands on the seafront.

**4-6 May Hever Castle** Kent 01732 865224 Dancing round the Maypole, Morris men performing folk tunes to traditional tunes. **25-27 May** The Big Edwardian Picnic with Edwardian games, prizes for the best dressed Edwardian boy & girl each day. **Half Term 28 May-2 June** recreate the splendour of Tudor life & dress up in traditional costume & help the knight get dressed for battle.

**4-6 May Victorian Gardens & Promenade** Broadstairs 01843 863841 May Fair with fun fair, crafts & gifts.

**4-6 May Ramsgate May Fair** 01227 700894 Celebrations with fun fair, games, slide shows & craft & artism stalls, 10am-5pm.

**4-6 May Penhurst Place** 01892 870307 Royal Kent Craft Show, 4-5yrs. **1 June** Yarnimals a brand new dance theatre show, 8-9yrs.

**4 May New Romney Station** 01797 362353 Laurel & Hardy Day with re-enactment of when Laurel & Hardy visited the railway to reopen the line after WWII plus, **11 May** Canadian Pacific Day a Canadian Pacific Winston Churchill returns to the railway fleet fresh from a overhaul, a must see for all ages. **18-19 May** Steam & Diesel Gala special event for all narrow gauge steam & diesel train fans.

**4 May Ramsgate Royal Harbour Arts & Crafts Market** Lil'

Guided tour of the vineyard followed by the chance to taste wines, ciders & juices in the shop, 10am start, arrive at 9.45am for a **FREE** cup of coffee, need to book.

**5 May Dover Leisure Centre** 01304 201445 Roller Disco.

**5 May Hugh Christy Technology College** Tonbridge 020 8656 0513 Mini Roller Disco for under 11's & families, everything supplied from 10am-11pm. **FREE** entry.

**5 May Charles Dickens School** 01843 280734 Boot Fair, admission children **FREE.**

**5-6 May Belmont House Faversham** 01795 890202 May Fair entrance **FREE** under 16's. **2 June** Treasure Island, have a picnic on the grass with the family, under 3's **FREE**, workshops for 5-10yrs.

**5-6 May East Kent Railway** Shepherdswell Dover 01227720663 Family Fun Day displays from organisations across Kent with a Search & Rescue theme. Vintage train rides throughout the day.

**6 May Museum of Kent Life** Maidstone 01622 763936 May Day Bank Holiday, May Pole & Morris Dancing steam organ blacksmith crowning May Queen & her princesses, bottle feed Spring lambs, tug-of-war. **25-24 July** Summer Holiday fun

**6 May Whitstable Castle** 01227 263595 May Day Festival **FREE** admission For stalls, 01227 317912.

**6 May Canterbury Tales Visitor Attraction** 01227 479227 Day Celebrations wendow chick hunt, quab bikes, Cuddle Corner & donkey rides.

# Calendar

**6 May Bebhil Tweed & Tea Family Bicycle Ride** Bebbil to Pevensey Castle, 2pm at Bebbil Railway Station all levels welcome. [www.classiccyclinggroup.co.uk](http://www.classiccyclinggroup.co.uk).

**6-11.35.29.31 May Open Seal & Wildlife Watching Trips** 07837 562076 One & a half hour trip to a local seal colony.

**8.19 May RSPB Visitor Centre** Dungeness Nature Reserve 01797 320588 Warbler Walk.

**10 May Gravesend Farmers Market** Junction with Windmill Street 07775 736116

**10 May Sissinghurst Castle Garden** Cranbrook 01580 710700

**11 May RSPB Dungeness Nature Reserve** 01797 320588 Mosh morning

**11 May Assembly Hall Theatre** Tunbridge Wells 01204 334400 Alice in wonderland Ballet. **14-18 May** Canaby Street The Musical 01622 820008.

**18 May St Andrew's Day** Gathesoune Museum Sheerness 01785 872303 Finds Day bring your archaeology finds for identification. **25 May** May Fayre vintage fun fair ride plus lots of stalls, Big Fish Arts will also be performing. **Tel: 01795 875111**

**18 May Ellington Park** Ramsgate 01843 380579 Traditional May Fayre, dog show **FREE** but donations welcome, 07708 438794. **01304 61619** Two day Food Fair, 10-5pm, **Tel: 0753 6058849.**

**18 May Otford Memorial Hall** High Street Otford 07935 700417 Craft & Gift Fair with over 35 stalls with a wide range of local crafts.

**18 May White Rock Theatre** Hastings 01424 462288 Milkshake Live Come Out to Play.

**18 May Stodmarsh National Nature Reserve** 01227 283853

[www.naturalengland.org.uk](http://www.naturalengland.org.uk). Field Trip all day event to the largest reed bed in Southeast England, highlights include raptors & warblers, need to book, 01732 365583.

**18 May St David's Church** Lordingwood Browne 'n' Buy Sale 10-12.30pm, entrance **FREE.**

**18-19 May Badlesmere Medieval Fayre** 01233 740320 medieval combat with stalls, from 12pm

**18-19 May West Kent Garden & Leisure Show** Longmede Stadium 07952 908716

**19 May Faversham Town Centre** 01795 417426 Transport Weekend fun for all the family with vintage cars, motorcycles & buses

**19 May West Malling Village Hall** Craft & Gift Fair to book a table [www.craftfairskt.co.uk](http://www.craftfairskt.co.uk).

**19 May Chislehurst Farmers Market** 07775 736116 Hombrook Horse Car Park, High St, 10-2pm.

**24 May Folkestone Town Centre** 01301 255894 Folkestone ArtMat with a fine interesting & inexpensive range of art, crafts & artisan foods.

**24 May-30 Aug Chatham Historic Dockyard** 01634823845 Exploring Antartica the final Expeditions of Scott & Shackleton.

**25 May Sports Grounds Hampden Park** Sportsbourne encouraging young people & families try new sports. [www.sportsbourne.com](http://www.sportsbourne.com)

**25 May Eastbourne Carnival** Eastern Lawns, Princes Park, info [www.eastbournecarnival.co.uk](http://www.eastbournecarnival.co.uk)

**25 May Under Ground Theatre, Eastbourne Library** [www.undergroundtheatre.co.uk](http://www.undergroundtheatre.co.uk) I want a star as my friend, adventure show with puppets followed by a theatrical & puppet making workshop.

**25 May Rainham School for Girls** Rainham Kent 07986 223 436 Craft & Gift Fair **FREE** entry, 11-3pm.

**25-26 May Canterbury Cathedral Gardens** 01227 762862 Open Gardens plus a range of fun activities for families.

**25-27 May Dover Castle & The Secret Wartime Tunnel** 01304 211067 WWII Weekend, witness an explosive WWII battle, as the castle returns to the 1940's, walk through military encampments & get up close to a full size replica Spitfire.

**25-27 May Schindler Steam Ashford** 01224 708094 Country Show under 5's **FREE.**

**25 May-1 June Lullingstone Country Park** Dartford 01322 865995 Family fun events, fill complete the trail to receive a prize.

**25 May-1 June Chartwell** Westerham 01732 868381 Family fun & frolics with children's activities & trails, storytelling in the quarry & lots more. **29-30 May** amazing birds of prey to your gloved hand, drop in sessions, 11-4pm.

**25 May-2 June Shorens Wood Country Park** Gravesend 01474 823800 Half Term Activity trail. **25 May** Self led picnic trail, under 8's.

**26 May Tatfield Art & Craft Fair** 07935 700417 field in village hall with over 35 stalls with a wide range of local crafts, **FREE** entry.

**26 May The Astor Theatre** Deal 01304 370220 Aunty Nora's Bonanza A Vintage & Handmade Market, **FREE** entry.

**27 May Higham Memorial Hall & Field** 07889 767146 Higham Dog Show for any type or age of dog, refreshments & stalls available, fun day out for out for all the family, **FREE** entrance & parking.

**27 May Brooks Field** Old Loose Hill, Loose, Maidstone Loose Duck Race with hundreds of plastic ducks racing each other down the Loose stream, plus children's rides

**31 May Chichester Festival Theatre** 01243 781312 Theatre Industry Careers Day for those considering a career in the theatre industry, 14-21 yrs.

**31 May-2 June Hop Farm Paddock Wood** 01622 870821 Mirror feet live music all weekend to tribute rock bands, bike show & raffle plus stalls & lots more, charity event where proceeds will go towards the children's charity Sparks.

**1 June Istead Rise Community Centre** Worchester Close 07935 700417 Craft & Gift Fair with over 35 stalls with a wide range of local crafts, **FREE** entry.

**1 June Manor Park Country Park** 08458 247600 Open Day with children's activities & a scavenger hunt to win small prizes, **FREE.**

**1 June Istead Rise Community Centre** Gravesend 0844 2436142 Craft & Gift Fair with over 35 stalls with a wide range of local crafts, **FREE** entry.

**2 June The Great Bucket & Spade Run** 01304 614412 Annual historic car run from Brodgate Farm Faversham to Government Acre on Ramsgate seaford a display of vehicles dating from 1920 to modern day, varying in makes & models. Fun day for all the family of all ages with stalls, sideshows & children's rides.

What's On London Calendar Go to Page 10

## Blowing the Whistle on GDC Scam.

Orthodontists and the General Dental Council are operating an illegal scam to withhold information from the public about new methods which can avoid almost all extractions and even major jaw surgery. This is being done partly to protect traditional methods and partly to preserve the high incomes of orthodontists and surgeons. Research suggests that this British development is being ignored in the UK while spreading rapidly abroad. As a result hundreds of children and young adults have extractions and jaw surgery, unaware they may be unnecessary.

Some Orthodontists mislead patients, saying that extractions can be avoided although the traditional methods they use leave too little room, risking severe damage to the face. It is wise to explore the internet yourself, many sites make great claims and show beautiful faces but very few show good results before and after treatment. Even the media is scared of disclosing this scandal.

## There is another way.

Take a second opinion now. Nine years old may be too late.

**ORTHOTROPICS**

The alternative to orthodontics with extractions and surgery.

Orthodontics usually require the extraction of 4 to 8 sound teeth through the frequently damaged family was treated by natural methods. No extractions. No "Train Tracks". No retainers.

Research shows Orthotropics can get much better results than "Train Tracks".

Professor John Mew, Tunbridge Wells 01892 526406 and The London School of Facial Orthodontics, Purley. 020-8660-3695.

## CALLING ALL YOUNG EXPLORERS!

SCHOOL HOLIDAY FAMILY ACTIVITIES

25 MAY 2 JUNE

THE HISTORIC DOCKYARD CHATHAM

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[thedockyard.co.uk](http://thedockyard.co.uk)

01634 823807

In association with the Royal Geographical Society (with IBG)

## Dyalexia East Kent Support

is holding an evening talk on:

### 'Supporting Dyslexics through the Secondary School Transition to Further Education'

Speaker: Clare Hewitt BSc, Cert Ed, Dip SpLD, AEPATOSS &

### 'How students with Dyslexia can be supported at University'

Speaker: Norma Kitson: BA (Hons), PGCE, PGCert (SpLD) RSA - Celta, AMBDA

When: Tuesday 18<sup>th</sup> June 2013

7.45 pm for 8 pm start until 9.15pm.

Venue: The Spires Academy, Bredlands Lane, Westbere, Sturry, Canterbury. CT2 0HD (just off the A28). The talk is at the new school on the opposite side of the road to the old school. All welcome, no need to book a seat (members free, non-members £3) Certificates of attendance will be available.

For more information phone 0845 0038 979  
Email: [dyslexiaeastkent@gmail.com](mailto:dyslexiaeastkent@gmail.com)  
Website [www.dyslexia-east-kent.org](http://www.dyslexia-east-kent.org)

**Dyalexia East Kent Support**  
Registered Charity number 1119669

## Stretch your child's imagination in three directions at once!

**I**F YOUR CHILD is between 4 and 16, he or she is ready for Stagecoach to teach them to act, sing and dance. Soon they begin to speak and move better, act more naturally, become more confident and self-aware. These skills don't vanish as the curtain falls. They are learnt for life. Schools are open in normal term time for three hours at weekends. For a Prospectus and for more information please call your local Stagecoach now.

Canterbury 01732 824 758 [canterbury@stagecoach.co.uk](mailto:canterbury@stagecoach.co.uk)

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[www.stagecoach.co.uk](http://www.stagecoach.co.uk)

## Out & About

### Nominate Your Compassionate Kid for an Award!

Are your children or any kids you know compassionate towards animals? Do they go out of their way to help insects in distress? Or maybe they tell all their friends about how great it is to be vegan. Here's your chance to give them the recognition they deserve by nominating them for **PETA's Compassionate Kid Award!** It's not a competition, and every nominee who shows compassion to animals is a winner. This is a great opportunity to reward children who have respect for other beings while sharing their story with the world and encouraging others to do the same. Not only could the winners be announced to their hometown media – which will make them instant celebrities and help publicise animal

protection issues – they'll also receive a certificate for their efforts! So what are you waiting for? There's no deadline for your

nominations, and you can enter as many kids as you like on [www.peta.org.uk/features/compassionate-kid-award/](http://www.peta.org.uk/features/compassionate-kid-award/)



**The Royal Life Saving Society** launches new campaign Shocking statistics reveal that across the UK, four out of five people wouldn't know what to do if their baby stopped breathing.

**The Royal Life Saving Society (RLSS UK)**, the UK's national drowning prevention and water safety charity, is launching **Save A Baby's Life** - a new campaign to reduce this figure and give parents and others who care for children the confidence to put emergency lifesaving skills into practice if, in the unlikely event, a baby's life is threatened.

Local leisure centres and community groups across the country will be hosting **Save a Baby's Life** workshops where trained instructors will cover basic life saving techniques and provide advice on what to do when a baby stops breathing, or how best to deal with a choking or drowning situation. Using a life-like baby mannikin, people will learn how to perform basic CPR and first aid as they would in a real life situation. **Kerry Thompson**, single mum of six-month old James, took part in a **Save a Baby's Life**

Workshop at the **Snowdrop Children's Centre** in Aylesham, Kent. Kerry said: "I would like to think I will never need to use these skills, but should I ever be unfortunate enough to have to, I feel confident that I could keep my son stable until the paramedics arrived, if not revive him fully myself. "The workshop's brilliant take-home booklet from the workshop reminds me regularly of the steps I should take if faced with an emergency. It is one of the best things I have done for the sake of my baby and I am thrilled that I had the chance to attend."

**Mike Dunn**, **RLSS UK's** Lifesaving Programme Manager, has designed resources for the **Save a Baby's Life** workshop. He said: "This programme is designed to equip members of the community with the vital skills they would need in order to attempt to save a baby's life if they stopped breathing. The hands-on style of learning we encourage through the workshops means it doesn't take long to understand the basics, but they are invaluable skills that will stay with people for life. Our aim is to ensure

that parents and others who care for babies feel confident and calm to deal with an emergency situation safely and if one baby's life is saved as a result of the **Save a Baby's Life** workshop, it has been a success."

**Di Standley**, **Chief Executive** at the **RLSS UK**, added: "We hope that the **Save a Baby's Life** campaign will raise awareness for the need of basic first aid training for parents across the UK, to prevent accidents becoming fatalities."

The campaign is part of the charity's **Community Outreach Programme**, which also offers a **Community Life Support** course targeted at equipping people with the same skills but with techniques used for saving children and adults' lives. Everyone who takes part in one of the **RLSS UK's Community Outreach** courses will receive a CPR and choking guide to remind them of the skills they have learned. To find out more about where to find **Save a Baby's Life of Community Life Support** workshops visit [www.rlsscourses.org.uk](http://www.rlsscourses.org.uk) or look out for posters in your local leisure centre.

May 2013

May 2013

### Enlivening the primary curriculum through song

**Sing Up** launches new membership package featuring best practice videos and digital on-demand training

Twenty engaging best practice videos designed to help primary teachers enliven the curriculum through song and on-demand training services, form just two of the "must have" features of **Sing Up's** improved membership package, launched today. These latest additions to **Sing Up's** resource material will also give primary school teachers throughout the UK greater control over their personal career development. **Sing Up**, providers of complete singing solutions to enhance learning in the classroom, is placing a renewed focus on support for singing as an integrated element of learning and teaching across the curriculum, with a particular emphasis on maintaining high quality standards.

"It's all about putting more



### Elmhurst School for Boys aged 4 to 11

At **Elmhurst** they are proud to have been educating boys to the highest standards for over 140 years. The boys are prepared for entry to a prestigious range of schools. In the Independent Sector; **Whitgift, Trinity, Dulwich College and Royal Russell** and, of the local Grammar schools, they send boys to **Wilson's, Wallington, Sutton and St Olave's**.

They aim to provide the boys with a wide ranging and diverse curriculum that allows them to develop their talents and foster an interest in many different fields. A wide variety of sports are encouraged along with Music, Drama and Art.

**Elmhurst** accepts boys from the age of four, although there are some vacancies arising in other year groups.

Whilst they do run **Open Days** each term, they recommend a personal tour of the school when in session. This allows prospective parents to see the school in action.

020 8688 0661  
office@elmhurstschool.net  
www.elmhurstschool.net

### primary curriculum through song

educational rigour behind music education to help teachers to teach in a really effective and engaging way", says **Shelly Ambury**, **Sing Up's** head of learning. "We are really ramping things up a gear. Singing is great fun, but it's also a lot more than that and can really help pupils learn and is particularly effective for language development and numeracy skills."

In terms of child development, the benefits of music education - and singing specifically - are well documented. As well as supporting increased brain activity, singing also helps improve children's skills in less obvious ways including team working, creative thinking, organisational abilities, self esteem and self discipline. Children really can sing themselves to a better future. The 20 new films being added to **Sing Up's** online digital video bank cover three areas - vocal leadership, musical learning and developing choral - and feature some of the UK's most inspirational and renowned musical leaders, conductors and composers. These include **Sue Hollingsworth**, musical director of the award-winning **Scunthorpe Co-operative Junior Choir** and 2010 Choirmaster of the Year, **Lin Marsh**, sought-after composer

A similarly impressive cast of musical training experts feature in **Sing Up** webinars, the interactive training sessions which make up the second tranche of **Sing Up's** enhanced membership package. Launching on **May 15**, this series of webinars - interactive training sessions led by musical training experts, recorded live and streamed over the internet - will allow teachers to watch and take part from a location to suit them. **Sing Up** is offering a special spring discount on its regular membership prices. For a small school **Sing Up** costs £95 (normally £135) for a medium-sized school £150 (£195) and for a large school £195 (£245).

[www.singup.org/discount](http://www.singup.org/discount)

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**ELMHURST SCHOOL FOR BOYS**  
AGED 4-11

Next Open Morning, Saturday 11th May 10am-12noon

A day in the life of Elmhurst...  
come and see for yourself

If you would like to book a place at our next Open Morning to request a prospectus or to arrange an individual tour, please contact Carole or Paul on 020 8688 0661 or email office@elmhurstschool.net

Elmhurst School, 44-48 South Park Hill Road, South Croydon, Surrey CR2 7DQ  
[www.elmhurstschool.net](http://www.elmhurstschool.net)

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Outstanding achievements, outstanding individuals

A consistently high record of scholarships and places to top schools after schools such as Whitgift, Trinity, Royal Russell, Dulwich, St Olave's, Wilson's and Wallington.

## Education

### Bromley High celebrates fabulous exam results and 130 years of excellence!

**Louise Simpson**, **Head, Bromley High School** announced: "We are very proud of what our girls achieve in their academic subjects and the national league tables which have been recently republished yet again show us as the leading Independent School in Bromley. By AS and A level points per pupil we are also the best Independent School in the area, with 948.9 points per pupil (some 12 points ahead of the next school). Very well done to the girls of the 16th from last year who achieved these fabulous results and the teachers and parents who helped them to get there!

But, **Bromley High** is not just about exams; this year, to celebrate 130 years of the school, we hope to make a difference by helping those less fortunate than ourselves. We have challenged every one of our 900 girls (whatever their age) to give 130 minutes (or hours if they can) on community service in 2013. This is a tough challenge but I look forward to seeing what the girls choose to do to make a difference to others".



### OPEN EVENTS Thursday May 9th & Saturday September 28th 2013

### YEAR 5 TASTER DAYS June 13th & June 20th 2013

Register here: [www.bromleyhigh.gdst.net](http://www.bromleyhigh.gdst.net)  
4+, 7+, 11+ and 16+ Fees assistance & Scholarships available (11+ and 16+)  
Tel: 020 8781 7000 [admissions@bro.gdst.net](mailto:admissions@bro.gdst.net)

Contact the school via the website: [www.bromleyhigh.gdst.net](http://www.bromleyhigh.gdst.net) or email [admissions@bro.gdst.net](mailto:admissions@bro.gdst.net) 020 8781 7000 to arrange a visit or to book for **May and Sept Open Events** and **June year 5 Taster Days**.

Next Open Event is 9 May 2013

**Advertise in PARENTS NEWS call Fergus 020 8337 6337**  
[fergus@parents-news.co.uk](mailto:fergus@parents-news.co.uk)

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for more information, go to [www.oxbridgeuk.com](http://www.oxbridgeuk.com)

# 11+

# Mock Tests

Prepare for the 11+ entrance exams for State Grammar & Independent Schools 1

- ★ Designed to prepare you under real exam conditions to help eliminate the fear of formal tests and build up your confidence!
- ★ Dates 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> May, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> June 2013
- ★ Time 12:30 am ~ 3:00 pm OR 3:00 pm ~ 5:30 pm
- ★ Subjects Verbal Reasoning & Non-Verbal Reasoning, English & Maths

Summer Courses! 29<sup>th</sup> July - 16<sup>th</sup> August 2013 (3 weeks)

- ★ 11+ Summer Intensive Course - VR & NVR, English & Maths  
Take this opportunity to revise for the upcoming 11+ exams!
- ★ Yr1-6 Intensive Course - English & Maths  
Begin your new school year with confidence!
- ★ Yr1-8 Reading Club - Reading Club & Shakespeare Stories  
Improve your reading and writing skills in a fun environment with books!
- ★ Yr9-10 GCSE Intensive Course - English, Maths & Science  
Introduce to the key concepts and skills to allow you every possibility of succeeding in your GCSEs!

Primary enquiry  
**020 8949 2131**  
email [info@oxbridgeuk.com](mailto:info@oxbridgeuk.com)

Secondary enquiry  
**020 8949 8838**  
email [admin@oxbridgeuk.com](mailto:admin@oxbridgeuk.com)

Oxbridge Centre is a well-established tuition centre based in New Malden. Currently there are around 500 students from year 1-A-Level studying at the centre. Why don't you join us too?

# London Calendar

## PARENTS NEWS Digital

Copies can also be read on-line  
Also lots of other information  
[www.parents-news.co.uk](http://www.parents-news.co.uk)



**Daily Tower of London** Tower Hill 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 The Queen's Gallery Buckingham Palace** London 020 7766 7301 Discover the exhibition with activity bags for families. Which animals the adventurers shared the Antarctic with and what early explorers were to protect from the cold.

**Ongoing Royal Mews Buckingham Palace** 020 7766 7302 Family groups may explore a range of self-directed activities from the art trolley. 5-11yrs.

**Ongoing Royal Academy of Arts** 020 7300 8000 [www.royalacademy.org.uk](http://www.royalacademy.org.uk) New policy all children under 12yrs of age will have FREE entry.

**Every Sun National Gallery** [www.nationalgallery.org.uk](http://www.nationalgallery.org.uk) 020 7747 2885 Family workshops for families bringing paintings alive & listening to a themed story on magic carpet, FREE family trail.

**Every Sun Southwell Street Market Balham SW12** Street Market with fresh food traders sourced from all over London.

**Every Wed & Every Fri Horniman Museum** Corent Hill 020 8699 1872 Busy Buses sessions under 5's, FREE. Every Sat Hands on family workshops, 3yrs.

**Every Sun Discovery for All**, 3yrs, FREE. **Until 1 Mar'14**, The Art of Harmony, exhibition showcases Western classical musical instruments on loan from the V & A.

**Every 2nd Sat of month National Geographic Store** 83-87 Bancroft Street 020 7025 6960 Animal Man comes face to face with slithering snakes, slimy insects & smelly snakes. Meet a wide variety of animals to include owls, lizards, tortoises, armadillos, meerkats & lots more, hands on activities all ages.

**Every Sat Blue Elephant Theatre** Camberwell 020 7701 0100 Young People's Theatre workshops, various age groups 7-13yrs, FREE, to join.

**Every Sat Venn Street Market, Clapham Common** 020 7622 8259 Offering fine foods & fresh produce plus a variety of handmade crafts will be available throughout

**Every Sat afternoon National Army Museum** 020 7730 0717 [www.national-army-museum.ac.uk](http://www.national-army-museum.ac.uk) A Soldier's Life workshop learn about the life of a soldier.

**FREE. 25 May-2 June Half Term** workshops with craft activities, storytelling, object handling & more, 5-11yrs. **Daily** Victorian Soldier Action Zone with quizzes, games & hands on activities to help your learn about life as a Victorian soldier, FREE. **Daily** The World's Army, Empire, Commonwealth & Dominion Soldiers 1914-45 Action Zone family interactive zone, FREE. **Daily** Kids Zone, interactive learning & play space for under 10's plus a soft play area for babies.

**Every weekend Tate Modern Banksie** London 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 art works through music, video clips & entertaining games, 5yrs. **Daily** Under 5's Zone a new play space for families, FREE.

**Every weekend** Start Sessions with games, map making & clue matching, 5yrs, FREE. **Every weekend** Temple Station 020 7222 1234 Harry Potter Locations Tour, 2 ½ hrs.

**Every weekend Greenwich Clocktower Market** Greenwich High Road Quirky weekend market has 50 stalls specialising in vintage, retro & antiques with a free contemporary craft stalls, FREE entry, [www.clocktowermarket.co.uk](http://www.clocktowermarket.co.uk)

**Every weekend** Tate Britain Millbank London 020 7887 8888 Liminal invites visitors into a physical, material & social experience of sculpture through touch, interaction & collaboration, all ages, FREE.

**Every weekend** Art Trolley sessions encourages children to imagine & create collages & lots more, FREE. **Every Weekend** Children's Multimedia Guide Craft & interactive a sensory experience for all the family to enjoy, 5yrs.

**Daily** Family Resources provides questions & activities which encourage children & families to explore art works, FREE. **Daily** Family Trails, under 5's, FREE.

**Until 1 May London Zoo** Regent's Park London 020 7722 3333 Tiger Territory a brand new trail exhibit, visitors will see Jae & Melati in their stunning Indonesian inspired habitat which has been designed to meet every sensory need of these endangered animals. **Daily** Rainforest Life Exhibit, experience the sights sounds, smells of the rainforest & come face to face with amazing rarest species including monkeys, sloth, armadillo, tamandua plus there's a special Night Life area, where you'll discover bats, rats & other nocturnal creatures that dwell in the dark.

**Until 25 May Apollo Theatre** Shaftesbury Avenue 0844 412 4658 The Curious Incident of the Dog in the Night-Time, NT production.

**Until 26 May Peacock Theatre** Putney, Streatham, King's Cross 0870 737 0337 May First Cinderella especially for children 3yrs giving children their first taste of classical ballet.

**Until May '13 Science Museum** Exhibition Rd London 0870 870 4868 Codebreaker exhibition, FREE. **Daily** take control in 360 degrees flight simulators or fly with the Red Arrows in their sensational 3D motion effects theatre. **Every weekend** Ley, Coal Adventure families, under 7's, FREE. **Every Weekend** Spaced Out, families, 5yrs, FREE. **Every Weekend** A Cockroach Tour of the museum visitors take on the form of cockroaches dressing up in realistic costumes, FREE. **Every Weekend** explore

hundreds of real natural history specimens, discover evidence along the way using microscopes, the computer database & other scientific instruments, science educators are there to help you with your investigations, FREE. **Until 15 Sep Natural History Museum** Cromwell Road London 020 7942 5000 **Every weekend & school hols** Hands on Nature Dinosaurs, visit the handling station & explore interesting specimens with the help of the museums science educators, FREE & Up, Up and Away interactive storytelling for under 7's, FREE. Investigate Centre families can work together as scientists to investigate specimens, 7yrs, FREE. **Until 15 Sept** Sentinarian Butterflies follow the trail along the life cycle route, watch hungry caterpillars hatch by your side & witness hundreds of striking butterflies & moths fluttering above your head. **Every weekend & school hols** Gallery characters, FREE. **Daily** Family Earth Lab explore the wonder of fossils, rocks & minerals, families, 6yrs, FREE. Explore backpacks, families under 7's, Dippy Floor puzzle under 7's, FREE. Bookasaurs, families under 5's. Jurassic Ark family activity pack includes code breaking activities. **Daily** Learning Activators encourage visitors of all ages to discover more about the natural world, FREE. **Daily** Focus Points handling trolleys explore real specimens with the help of volunteers, using different natural history themed activities, all ages, FREE. **Every Sat** The Bird Table using real specimens, activities will encourage you to look closely, make comparisons, discuss ideas & developing your knowledge & understanding of Antarctica's penguins, FREE. **Every Sat** Hands on Nature: Ocean Life, drop in family activity all ages, FREE.

**2 May Carnaby Summer Shopping Party** The 13 streets of Carnaby will be home to over 100 participating brands, there will be live music, with in store gigs & DJs, there will also be FREE cocktails, tastings, goodie bags & 20% discount in over 100 shops, restaurants & bars, [www.visitlondon.com](http://www.visitlondon.com)

**4 May Cutty Sark** Greenwich

[www.rmg.co.uk/cuttrysark](http://www.rmg.co.uk/cuttrysark) **Every** Family fun weekend, Imaginary Journeys, drop in workshop, all ages, FREE with entry. **5 May** Pirate Party with games & activities for the best fancy dress, 25-26 May Fairy Tale Walk for Children a magical mystery tour, an expedition to explore where Southbank Centre's monsters play, to find a friendly giant & find out if the café serves drinking potatoes, meet at the outside ticket office opposite Festival Pier, 5yrs.

**6 May Land of Kids Festival** Day long programme of entertainment for families with workshops, film theatre & more, under 2's FREE, [www.landofkids.co.uk](http://www.landofkids.co.uk)

**7 May Royal Albert Hall Kensington Gore** London 020 7589 8212 A Celebration of Childhood. **11 May Cecil Sharp House** 020 7485 2206 May in a Day family fun with barn dancing, Maypole dancing, Morris dancing, stories, crafts, Jack-in-the-Green themed arts & crafts, live music & more, families, under 12's, entrance under 2's FREE.

**11 May Three Mills Green** Bromley by Bow London 0846 770 600 Fun on the Green day full of fun packed activities for everyone, FREE.

**11 May Geffrey Museum** Kingsland Rd London 020 7399 9893 Lotions & Potions create pampering products using herbs, flowers & plants from the garden, all ages.

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## Health & Fitness

### Top Tips for how parents can become more involved in their child's education

By Sara Meaker, Schools Liaison Manager DORE

There is much evidence to show the positive impact of parental involvement on a child's education, including learning outcomes and confidence. However, although there are a lot of ways for parents to take a proactive approach to school life, such as attending meetings, volunteering in the classroom or helping with school plays, many of these are not feasible for families with busy schedules or very young children. These four top tips for how parents can become more involved in their child's education are realistic and achievable for every family...

**1. Setting small, achievable tasks**

For parents, it is so easy to feel guilty for not doing enough with their children. However, it is important for parents to know that there are so many valuable ways that they can become more involved, however small. For example parents who work long hours may not have time to come to evening events at the school; however they may have half an hour each week to read with their child or help them with their homework. Keeping a log of this will help to remind parents that they are still playing a valuable role in their child's education.

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**3. Open lines of communication**

Communication is really important for keeping a good relationship between parents and teachers. However, a teacher's job is to teach, and communication must not therefore take up too much of a teacher's time, or get in the way of day to day activities. It is helpful if, for example, parents can specify the way they would prefer to be contacted, such as text message, email or phone call, and then set a day when the teachers will be in contact each week, month or term.

**4. Make the most of resources that are available**

Education resources are no longer confined to school. Through websites such as the e-Learning Foundation's Good for Learning Portal [www.goodforlearning.org.uk](http://www.goodforlearning.org.uk) parents have access to a wealth of resources and information which they can use with their child. The portal provides links to resources such as ePace, an online assessment tool.

**www.epaceonline.com** that has been designed for children aged 7 to 17 years, to find out how they learn. Through a series of fun exercises, each child registers

