

# PARENTS NEWS

May 2013 No. 220 The First & Foremost Local Monthly Newspaper for Families

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Thank you

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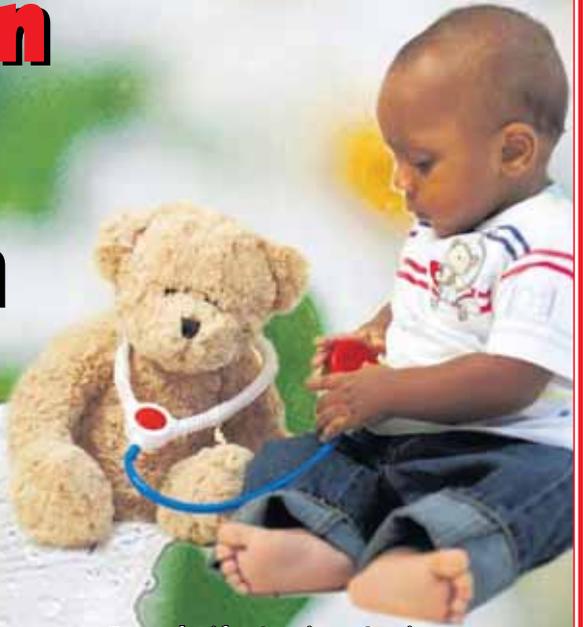
## What's On May and Half term



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



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

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Three Editions in South-East England



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## What's On

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violent issues, but not to preach or  
claim to always be right. Different  
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those of PARENTS NEWS. We  
hope mums and dads enjoy the  
articles, be interested by Calendar  
(finding it useful), and use the  
advertisers. Any endorsement by  
PARENTS NEWS is explicitly  
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 every day 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. **Hawklands 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)

## May 2013

## May 2013

## 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...  
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

sharing a cabin with two adults, including rental bicycles. [www.utracks.com/index.php?section=trips&id=275774](http://www.utracks.com/index.php?section=trips&id=275774)  
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.utracks.com/index.php?section=trips&id=275768](http://www.utracks.com/index.php?section=trips&id=275768)

See an active volcano up close and personal **Volcanoes of Sicily** 8 days  
A chance to get close to the impressive volcanoes of Stromboli and Etna, which has been putting on a spectacular

including rental bicycles. [www.utracks.com/index.php?section=trips&id=449574](http://www.utracks.com/index.php?section=trips&id=449574)  
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.utracks.com/index.php?section=trips&id=449575](http://www.utracks.com/index.php?section=trips&id=449575)  
For more information and to order the new 2013 brochure [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



**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. (These 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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[www.wightriviera.co.uk](http://www.wightriviera.co.uk)



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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**  
Activities for all the family  
Picnic areas • Café • Gift shop  
1960s Playground  
Many special events

Open Wed – Sun & BH 10am to 5pm  
(Nov – Mar Wed & Sun only 11am – 4pm)  
Reeds Road, Tilford, Farnham, Surrey,  
GU10 2DL  
**01252 795571**  
[www.rural-life.org.uk](http://www.rural-life.org.uk)  
The Old Kiln Museum Trust is a registered charity



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Members of the Society of Will Writers

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/ukincsr/](http://www.goodeggsafety.com/ukincsr/)

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 playground 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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call Fergus  
**020 8337 6337**  
[fergus@parents-news.co.uk](mailto:fergus@parents-news.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.*

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)

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.

Interested children, aged between eight and 14, are being encouraged to visit the *Paultons Park* website

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

### Your child's dream job

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.**

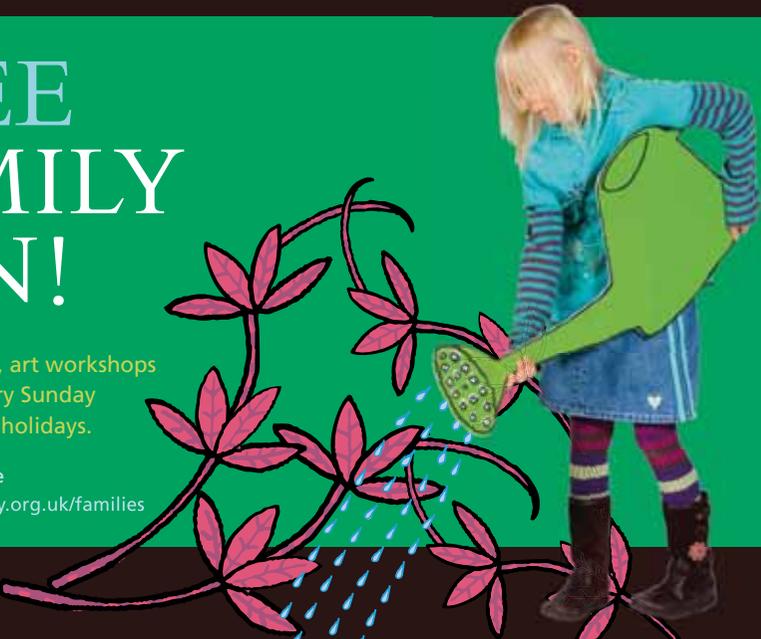


## What's On

# FREE FAMILY FUN!

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All activities are free  
[www.nationalgallery.org.uk/families](http://www.nationalgallery.org.uk/families)



THE NATIONAL GALLERY

**Daily Rainbow Leisure Centre** East Street 01372 72727 Toddlers under 5's.  
**Daily Lower Morden Garden Centre** 020 8337 7781 Soft Play, under 5's.  
**Daily Sutton Ecology Centre** Carshalton 02087705820 Playworld fantasy play area, 2-10yrs.  
**Daily New Gardens**, 020 8847 0946 Walking Tours of seasonal highlights. **FREE**. Every Sat Tropical Nursery Tours, need to book. **Every Tues & Thurs** Orchid Nursery Tours, need to book. **Every Sat** Hands on Session Blowing in the wind stories of seed dispersal. **FREE**, no need to book.  
**Ongoing Lightwater Centre** 01276 479582 Meditation classes, **FREE**, donations welcome but not expected. Tel:01276 479744. [www.meditation.co.uk](http://www.meditation.co.uk)  
**Every Sun YMCA** Wimbledon 020 8542 9055 Volleyball sessions for all levels for local residents in Wimbledon & Merton, **FREE** from 12.30pm. [info@wimbledonvolleyballclub.com](http://info@wimbledonvolleyballclub.com). [www.gospike.net](http://www.gospike.net).  
**Every Mon New Malden Children's Centre** Burlington Rd 020 8336 1561 Stay & Play 0-18mths  
**Every Mon, Wed & Fri** during term time Little Hamsters Play Cafe Ham 07432 354274 Relaxed

environment for mums & tots 0-5yrs offering coffee, cakes, lunches, soft play spaces, ball pool, ride on toys, table top activities & puzzles plus outdoor playground with indoor & outdoor seating. **FREE** parking. **FREE** Wi-Fi.  
**Every Tues Purley Library** 020 8726 6900 Bookstart Rhymetime for babies & toddlers & Wiggle & Jiggle, toddlers over 18mths. **Every Fri** Storytime 2 1/2yrs. **Every Sat** Rock & Rhyme for babies & toddlers. **FREE**.  
**Every Tues Mitcham Library** 020 8648 4070 Under 5's Storytime & Craft, fun activity. **FREE**. **Every Thurs CV & Careers Advice**.  
**Every Thurs** CV & Careers Advice. **Every Fri** Knitting Group, need to bring own needles.  
**Every Tues Farnham Library** [www.bookstart.org.uk](http://www.bookstart.org.uk) Baby Bounce 'n' Rhyme. **FREE**.  
**Every Tues Malden Centre** Blagdon Road New Malden 020 83361561 Stay & Play for under 5's. **Every Thurs** young parents drop-in, 1-3pm. **Every Fri** Toy Library, under 5's, 10.30-1.30pm.  
**Every Tues Whitton Library** 020 8734 3343 Storytime session, under 5's. **FREE**. **2nd Thurs** of month Tiny Teddies sessions baby bounce & rhyme. **FREE**.  
**Every Wed & Thurs** Sutton Library 020 8644 9696 Never

Too Late to Learn basic computer work for over 50's, need to book. **FREE**. **Every Wed** Story & Rhyme time for under 5's. **FREE**. **Every Fri** Over 50's self help computer group, basic skills required. **FREE**.  
**Every Tues/Fri** **Dischargee Adventure Playgroup** Dickeringe Lane Kingston 020-8942 1707 Parent & Toddler Play sessions.  
**Every 3rd Wed of the month** **Richmond Library** 020 8734 3303 Chatterbooks reading group, 8-9yrs, 4.30pm. **FREE**. **1st Thurs** of month Tiny Teddies sessions baby bounce & rhyme. **FREE**.  
**Every Wed Charles Craver Theatre** Carshalton 02085770 4950 Spiral Youth Theatre for 13-yrs members learn a variety of activities such as drama, dance & singing, musical theatre composition, set design & costume making culminating in two productions per year & **Every Thurs** Minis & Juniors 5-7yrs.  
**Every Wed & Sun East Sheen Library** Sheen Lane London 020 8734 3337 Storytime session, under 5's. **FREE**. **3rd Wed of the month** Chatterbooks reading group, 8-9yrs, 4.30pm. **FREE**. **1st & 3rd Thurs** of month Tiny Teddies sessions baby bounce & rhyme. **FREE**.  
**Every Wed & Sun Royal Botanic Gardens** Ken 020 7222 1234 Hands on, sessions in the Secluded Garden Glasshouse for a closer

look at the inner workings of the chocolate tree. **Daily** For families Treachouse Towers features climbing towers & wooden play equipment such as giant swings, zip wires, scramble nets, slides & a mountaineering ramp. **Ongoing** Plasticine Play area shaped like a plant, children will be able to tunnel through giant roots, clamber over a solid stem, and explore a leafy maze before reaching the flower head where a zip wire symbolises a pollinating bee.  
**Every Thurs** **Cheam Leisure Centre** 020 8770 4830 Street Dance lessons boys/girls 10-15yrs  
**Every Thurs** **Tolworth Recreation Centre** Fulmers Way North Tolworth 020-8391 1882 Badminton Club for intermediate/advanced level. Tel: 020 8395 9175.  
**Every Thurs** **Twickenham Library** Garfield Road 020 8734 3340 Storytime session, under 5's. **FREE**. **2nd & 4th Thurs** of month Tiny Teddies sessions baby bounce & rhyme. **FREE**.  
**Every Thurs** in term time **Sutton Christian Centre** 020 8642 8117 Special Stars a baby & toddler group for children with disabilities or additional needs, from babies to pre-schoolers, siblings welcome.  
**Last Thurs** eve in every month **Kingston Library** Wheatfield Way Kingston 020 8547 6438 Adult Readers Group.  
**1st Fri of every month** **Burgundy & Black Café** St Martins Walk Dorking Bumps & Babies is for mums with bumps & both parents or carers of non mobile babies, meet others for tea or coffee & get your baby socialising. [www.net.org.uk/branches/dorking/events/bumps-and-babies](http://www.net.org.uk/branches/dorking/events/bumps-and-babies). **3rd Mon** of every month Nappuccino a natter about nappies as an alternative to disposables.  
**Every Fri** **Dorking Library** Redhill Library [www.surrey.gov.uk/kidstutif](http://www.surrey.gov.uk/kidstutif) Storytime. **FREE**.  
**Every Fri** **Teddington Library** 020 8734 3304's Storytime session, under 5's. **FREE**. **Every 2nd** Wed of the month Chatterbooks reading group, 8-9yrs, 4.20pm. **FREE**. **1st Thurs** of month Tiny Teddies

sessions baby bounce & rhyme. **FREE**.  
**Every Fri** **Kew Library** Storytime session, under 5's. **FREE**.  
**Every Fri** **Kingston Museum and Heritage Centre** Wheatfield Way Kingston 020-8547 5006 Snappy the Crocodile's activities for under 5's, drop in. **FREE**.  
**Every Fri** **morning Running Club** 07936 240937 A mixed group consisting mainly, but not restricted to mothers with children in school, meet at 9.50am in the Pembroke Lodge car park for a run of between 3 & 4 miles. Social group of runners with no pressure on ability, new runners more than welcome.  
**Every Wed** **more Sutton Arena Leisure Centre** Carshalton 020 8770 4088 Women's Recreation Mornings, 9-12pm. **Daily** Playworld fantasy play area, 2-10yrs.  
**3rd Sat of month** **Norbiton Children's Centre** King Oak Primary Dischargee Lane Who let the dais out play session for under 5's, 10-12pm.  
**Every Sat** **Wimbledon Park** Volleyball outside sessions for all levels for local residents in Wimbledon & Merton. **FREE** from 10-12pm. [info@wimbledonvolleyballclub.com](http://info@wimbledonvolleyballclub.com). [www.gospike.net](http://www.gospike.net).  
**Every Sat** **Early Learning Centre** The Benlites Centre A Playologist will be on hand to make children have the best fun possible with ELC products, they can have their faces painted, mess with play-doh & lots more from 10am.  
**Every Sat** **more Canbury Gardens** Lower Ham Road Kingston 020 8547 6422 Low impact outdoor cardio exercise for all with power walking, jogging & stretching, 10-11am. **FREE**.  
**10th** **18 May** **New Victoria Theatre** Woking 01483 545900 Dirty Dancing  
**3-4 May** **Richmond Theatre** 0844 781 7651 Carmen. 6-11 May Rocky Horror Show 13-18 May Yes, Prime Minister. 18 May Play Time fun family arts & crafts & storytelling families. 25yrs. **FREE**. 25-26 May My First Cinderella brings audiences their first taste of ballet. 25 May My First Cinderella pre-show family fun activities. **FREE** to ticket holders. 26 May Dance into a Fairytale workshop, 3-6yrs. 27 May Shaolin Warriors theatrical KungFu brand new show. 31 May Family Tours take a peek behind the scenes, families, 8yrs.  
**3-25 May** **Polka Theatre** 240 The Broadway Wimbledon 020

8543 4888 Lullaby a performance experience specifically designed for one parent/carer to participate with one baby. 11,16,25 May Lullaby-Bump Time performance for expectant mothers only. Until 26 June Charlie & Lola's Extremely Half Term Pirate & Princess Week themed children's trail around the garden, **FREE** entry for children dressed as a pirate or princess. 28-30 May Half Term children's craft workshops, 28-31 May Wild Learning Forest School, have fun exploring the woods. 29 May Float your Boat Day, have fun sailing miniature sailing boats on the lake. 5 May **Dorking Halls** 01306 881717 Second hand book fair, accompanied children **FREE**. 5,12 May **Newlands Corner** Guildford 07920 099339 Horse Drawn Carriage/Wagon Rides, seats up to 6 adults & dogs are allowed to come along for the ride too, two different trip lengths available. 6 May **Kempton Park Racecourse** 020 7269 9006 Mascot Grand National, hilarious race that raises hundreds of pounds for charity, r all the family with Peppa Pig & George making an appearance raising money for Princess Alice Hospice. 6 May **Otershaw Memorial Fields** Foxhills Road Otershaw May Fair with punch & judy, bouncy castles, beer tent, gym displays & much more, 12-4.30pm, info [mayfair@otershaw-village.net](mailto:mayfair@otershaw-village.net). 6 May **Oxshott Village Sports Club** Oxshott [www.oxshottvillage.gov.uk](http://www.oxshottvillage.gov.uk) Oxshott Village Day fun filled family, entertainment to include bouncy castles, children's fairground, punch & judy, climbing wall, face painting, jazz band & a circus show, demonstrations & events like martial arts, lots of stalls under 12's. **FREE**.

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# Calendar

## PARENTS NEWS Digital

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**11 May Bourne Hall Museum** Epsom 020 8394 1734 History of Arms & Armour discover how arms & armour have changed through the ages.  
**11 May Charlwood Parish Hall** 01293 862236 Annual Plant Sale to support St Catherine's Hospice & The Charlwood Pavilion Open.  
**11-12 May Westwys Farm** Chobham Surrey Open Garden, entrance children **FREE**.  
**11-12 May The Hawth Crawley** 01293 553636 My First Cinderella.  
**12 May Foxley Wood** 020 8668 2008 Leisurely stroll through the woods. [www.friendsoffoxley.co.uk](http://www.friendsoffoxley.co.uk).  
**12 May Loseley Park** Guildford 01483 454213 Open Garden with fun for all the family with Juggling Jake, circus skills, bbq, tea tent, beer & Pimms bars, ice creams.  
**26-27, 29 May Clandon Park**

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(home to many top national junior players)

**Saturdays & Sundays**

08:45am - 09:30am: ages 5-7  
 09:30am - 10:30am: ages 8-10

**A** Manor Park, off Malbon Road, New Malden KT3 6AU  
[www.TennisAvenue.co.uk](http://www.TennisAvenue.co.uk)

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| <b>Chessington</b><br>01372 602 099        | <b>Guildford North</b><br>01372 378 377                | <b>Merton Park</b><br>020 7998 9817    | <b>Thames Ditton</b><br>020 8288 1819 |
| <b>Esher &amp; Cobham</b><br>01737 359 812 | <b>Hounslow Central</b><br>020 8582 5518               | <b>Pyrford</b><br>01932 402 737        | <b>Tooting</b><br>020 8780 1618       |
| <b>Fetcham</b><br>01372 370 164            | <b>Kingston North &amp; Wimbledon</b><br>020 8643 9130 | <b>Redhill</b><br>01737 277 380        | <b>Twickenham</b><br>020 8942 3623    |
|  |  | <b>Southfields</b><br>020 8879 1290    | <b>Woking</b><br>01483 726 961        |

**Improve your child's study skills**

**What's On London Calendar**  
 Go to Page 10

## 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

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

**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 Croxley, Surrey CR2 7DQ  
[www.elmhurstschool.net](http://www.elmhurstschool.net)

Ingenio Branstet at Ette  
Outstanding achievements, outstanding individuals  
A consistently high record of scholarships and places to top schools after school 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

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)

Cruelty DOESN'T Fly WITH US.

BE AN Angel FOR ANIMALS.

Only bullies hurt animals. Don't be afraid to report them.

Ava Jones, Anais Gallagher & Stella Jones, for PETA

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 4th, 11th, 18th, 25th, May, 8th, 15th, 22nd, 29th 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! 29th July - 16th 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 wore 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** 020 Hill 020 8699 1872 Busy Bess 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 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.co.uk](http://www.national-army-museum.co.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 Star 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 club & interactive & 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, Street off Kingsway 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 Sentansory 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 & develop 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) Family fun weekend, Imaginary Journeys, drop in workshop, all ages. FREE with entry. 5 May Pirate Party with games & prizes 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 french potatoes, meet at the outdoor 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 and 8 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, 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 Geoffrey Museum** Kingsland Rd London 020 7339 9893 Lotions & Potions create pampering products using herbs, flowers & plants from the garden, all ages.

**18 May St John's Church** Lansdowne Crescent Notting Hill [www.nottinghillmayfest.org](http://www.nottinghillmayfest.org) May Fair with maypole dancing performed by local children, stalls, coconut sly, tombola, raffle, refreshments, face painting & lots more, entrance children FREE.

**18 May The Royal Observatory** Greenwich 020 8858 4422 We Are Aliens planetarium show, 5yrs. 18 May From Atoms to Aliens (Explore your Universe) interactive family science session, 7yrs. 18 May Special evening session Ask the Expert (Explore Your Universe), FREE. 18 May Make a Plant Finder; drop in activity, 7yrs, FREE. 25 May-2 June Ask the Expert family event, drop in, 7yrs, FREE. 25 May Saturday Space Explorers, 5yrs, FREE. Throughout May Space Safari join Ted, the teddy bear for live music & rhyme as he journeys throughout the solar

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**11 May Victoria & Albert Museum** Cromwell Road London 020 7942 5000 Special Event Indian Arrival Day, FREE, drop in. 25 May-2 June Half Term Digital Kids an opportunity for children to use Garage band music to create their own track for an album. FREE, drop in 5-10yrs. 25 May-2 June The Imagination Station, FREE, 3-5yrs. 27-31 May Make It: Music Icon, family event, 5-12yrs. Daily Back Packs families can pick up an activity pack filled with jigsaws, stories & games to explore the collection. 4-11yrs. Activity Cart hands on an art fun for children to create a Samurai helmet, a silver goblet or an elephant mask to take home. FREE, drop in plus Agent Animal bag a sensory activity bag that has been developed for under 5's containing an audio map & fabric cubes. FREE. Until 28 July David Bowie new museum exhibition, advanced booking advised.

**25 May Clore Ballroom Royal Festival Hall** 0844 847 9910 Spin part of the Literature & Festivals event 'Apples & Snakes' word wizards as they cook up wonderful ways to play with words, interactive performance, 5yrs. 25 May Hook, Line & Singer a family sing-along with Cerys Matthews for all ages. 27 May Spirit Level Royal Festival Hall 0870 380 4300 Don't Do Ballet show brought to life by Little Angel Theatre using puppets, ballet music & comedy, 2-6yrs. 27 May Old Spitalfields Market Brushfield Street 020 7247 8556 Bank Holiday Craft Bonanza, 10p-5pm. 29 May Chelsea Physic Garden London 020 7352 5546 A Passion for Plants gardening for beginners, how to grow & care for plants, take cuttings, plant seeds use containers & more, 5yrs. 30 May The Lost Art of Nature Printing, 10+yrs. 31 May Blue Room Southbank Centres Royal Festival Hall 0870 380 4300 My Father & Other Superheroes a one man show about his journey from childhood to fatherhood, 8+yrs

## May 2013

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**11-12 May Earls Court 2 Exhibition Centre** Warwick Road London 0844 581 1381 London Pet Show with dancing dogs, racing micro-pigs, rabbit show, jumping & skate boarding chickens. The show will also feature creatures great & small from guinea pigs to geckos as well as offering a fun day out for families & pet enthusiasts.

**12,14-19,21-26 May London's Discover Children's Story Centre** Stratford 020 8536 5555 Space Babies fun filled session include story, songs & action rhymes, & Journey to Space interactive exhibition for families, under 2's FREE.

**15-18 May Olympia Exhibition Centre** London 0871 230 2200 The Spirit of Summer Fair in association with House & Garden.

**16-19 May Alexandra Palace & Park** London 020 8365 2121 Mums Show Live consumer exhibition targeting parents of 4-12yrs with a range of fun games, activities & entertainment.

**16,23,30 May London Dungeon** London 020 7721 2221 Dungeon Lates night performances with thrill rides & plenty of scary surprises. Daily Vengeance: The UK's first 5D laser ride

**18 May Red Shoe Walk** 8 mile walk takes in the sites of London whilst crossing 12 of London's most iconic bridges with 4 mile option available for families.

Participants are encouraged to bring a red shoe & will receive maps & directions, a fundraising pack full of tips & advice to help you raise as much as you can plus entertainment along the route, [www.redcross.org.uk](http://www.redcross.org.uk). Tel: 0844 412 2877.

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**25 May Clore Ballroom Royal Festival Hall** 0844 847 9910 Spin part of the Literature & Festivals event 'Apples & Snakes' word wizards as they cook up wonderful ways to play with words, interactive performance, 5yrs. 25 May Hook, Line & Singer a family sing-along with Cerys Matthews for all ages. 27 May Spirit Level Royal Festival Hall 0870 380 4300 Don't Do Ballet show brought to life by Little Angel Theatre using puppets, ballet music & comedy, 2-6yrs. 27 May Old Spitalfields Market Brushfield Street 020 7247 8556 Bank Holiday Craft Bonanza, 10p-5pm. 29 May Chelsea Physic Garden London 020 7352 5546 A Passion for Plants gardening for beginners, how to grow & care for plants, take cuttings, plant seeds use containers & more, 5yrs. 30 May The Lost Art of Nature Printing, 10+yrs. 31 May Blue Room Southbank Centres Royal Festival Hall 0870 380 4300 My Father & Other Superheroes a one man show about his journey from childhood to fatherhood, 8+yrs

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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.

**2. Keeping continuity**  
Between home and school often children behave very differently in home and school environments, and this can be particularly true for children with special educational needs. Keeping contact between home and school can help to keep behaviour and performance consistent.

This can be achieved by sharing learning tools and establishing routines, which will be the same at home and at school. For example, with the schools that have implemented the DORE Programme [www.dore.co.uk](http://www.dore.co.uk) a physical exercise programme for people with learning difficulties, we encourage them to schedule the exercises at the same time and in the same room each day. If parents share the exercise routine and set a time and location at home for the exercises, the child will be more likely to behave in the same way as they do at school. Likewise parents may like to share with the school if they have a particularly effective way of speaking or interacting with their child.

Continuity between home and school also creates a much more stable environment for the child, which can improve behaviour and learning outcomes.

**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.

In this way, parents can be comfortable knowing that they are being kept in the loop without feeling like they are having to chase or push for updates. This will also help to build a trusting relationship between families and teachers, which will encourage parents to become not only more involved in their own child's education, but also life at the school.

**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.spaceonline.com](http://www.spaceonline.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

their strengths and weaknesses in 11 different skill and ability areas. The results are instantly generated and performance is compared to national averages. Understanding how their child learns can help helping their child with their education so much easier, and can improve learning outcomes significantly. For example, if they are a visual learner, drawing a diagram or a mind map to explain a concept will work much better than describing it verbally. For further information visit [www.DORE.co.uk](http://www.DORE.co.uk)

0333 123 0100  
**Do you have something to smile about during National Smile Month?** Make sure you have something to smile about during National Smile Month – running from 20 May to 20 June – by checking your teeth are in tip-top condition. Did you know that some of the foods and drinks that we consider to be healthy can cause tooth wear? Erosion is caused by food and beverage choices such as yoghurt, honey and quinoa, as well as fruit juices, sports beverages and diet fizzy drinks. Acid degeneration, as seen in those suffering with pregnancy sickness, bulimia nervosa or hiatus hernia also causes erosion. Tooth wear can result from clenching or grinding teeth while asleep (which is often induced by stress) and this is called attrition, while over-zealous tooth brushing can cause abrasion of the tooth surfaces.

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

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