

PARENTS NEWS

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Summer Holidays
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PARENTS NEWS believes that society's best asset is its young people' We shall accept no people' We shall accept no people' We shall accept no the people' We shall accept no the people with t

What's On

Visit Farming World for Plenty of Summer Fun for Everyone!

It is sometimes difficult to entertain all members of the family during the summer holidays, especially at a time when economising is at the fore front of everyone's mind. But at Farming World, Boughton, Nr Canterbury all the family can enjoy a brilliant day out and entrance to the farm, indoor soft play area and most of the special event days are all included in the entry price.

The open farm aims to offer plenty of 'hands on' experiences, like; visiting the farm's smallest (Shetlands) and largest horses (heavy horses), taking part in an animal encounter, enjoying a tractor and trailer ride, playing a game of mini golf or watching a bird's of prey flying display. The farm also has a wide variety of special events planned throughout the summer holidays, including;

•29th July – 2nd Aug

- Superheroes Week (superhero appearances daily 1-4pm) Children dress as your favourite superhero to gain free entry,*

•31 July, 7th, 21st, 28th Aug – Creepy Crawly Days, •1st Aug

Forces Day
 (proceeds from craft making & face painting donated to Help for Heroes).

2nd Aug - 'Hawe a Go' Falconry Doy, 8th Aug - Teddy Bear's Pienie with Mrs Back 2 Front, 9th Aug - Heavy Horse Day, 12th - 18th Aug - Cirque Normandie Circus - Ever fancied running away and joining the circus' Come and join us at the circus, with amazing performances in the big top everyday and circus workshops available to all. **

•22nd Aug
— 999 Emergency Services Day
Children dressed as a fireman,
policeman or nurse and doctor
will gain free entry,*
•23rd Aug (pm) - Fun and
games with Mrs Back 2 Front,
•29th Aug - Circus workshops

owls and Harris Hawks and

learn more about birds of

and Rearing Room. Walk

round the farm and meet the

friendly farm animals, rare

breeds and the farm's babies:

including piglets, lambs and

calves. Then let off steam in

the two enormous adventure

bouncing on the large inflatable

playgrounds and have fun

prev in the Conservation

Farming World is open seven days a week 9 30am to 5.30pm, and is just off Junction 7 of the M2. Normal admission •30th August prices are £6.50 adults, £5.50 - Art Workshop Day Don't forget there are also all for children aged 3 - 15 years, of Farming World's regular concessions £5.50. ** There attractions to enjoy. You can will be an extra fee for the visit Hawklands Birds of circus performances Prev Centre and meet falcons. PARENTS NEWS a vulture named Rodney

www.
parents-news.co.uk
Advertising
works in

On-line

If the lovely British summer

weather turns showery then a

visit to the two storey indoor

soft play area or making a

souvenir to take home in the

craft and activity room will

keep the children entertained

while the inclement weather

nasses. Grownins can enjoy

while waiting for the children

to finish their fun!! Farming

World truly is a great day out

Farming World special events

www.farming-world.co.uk

01227 751144

hot and cold home cooked

delights from the kitchen

for everyone!

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Aerial Aerobatics from Apache at Wings & Wheels

The Apache Attack Helicopter Display Team is joining the Wings & Wheels line-up this Bank Holiday on Saturday 24th and Sunday 25th August at Dunsfold Aerodrome in, Guildford, Surrey. Treating visitors to heart stopping aerial-acrobatic manoeuvres as the pilot appears to cheat gravity with a series of heart-stopping barrel rolls, the display team unlike some other display teams, is not a permanent assignment. It is drawn from a pool of suitably qualified and experienced, operationally ready, Apache aircrew and ground crew, and uses aircraft

ready, Apache aircrew and ground crew, and uses aircraft drawn from the operational Apache Squadrons. This year the pool of display aircrew has been drawn from 662 Squadron AAC which has recently returned from a successful operational tour of Afghanistan.

The Apache team performs manoeuvres in the helicopter, rather than aerobatics like the Red Arrows team. High hovers, twists, pedal turns, wingovers and flypasts are just some of the team's signature moves as they give visitors a glimpse of its weapons including the aptly named Hellfre missiles, rockets and a 30mm chain gun. Jamie McAllister. Event

Director comments: "The

Apache is a truly fierce defender of the skies and it leaves everyone in its path buzzing over the incredible manoeuvres you don't normally associate with a helicopter. This year's Show is going to be our best yet—and with this latest addition to the line-up we think our visitors will agree. "

July 2013

Visitors can also enjoy Red Arrows, Wildcat Helicopter, Typhoon Vulcan Team Breitling Wingwalkers and a host of other modern and historic aircraft during the 5 hour flying displays. Supercars and classic and vintage icons also put on an awe inspiring display of power and speed on the Ton Gear track in a 2 hour auto spectacular from Brooklands Museum The 9th annual Wings & Wheels will be held over the August Bank holiday weekend: Saturday 24th & Sunday 25th August 2013, at Dunsfold Park near Guildford and is open 09:00 until 18:00. Tickets £45 for a family (2 adults and 3 children aged 5 - 15vrs), Hospitality packages start from £65 per person, weekend passes, grandstand tickets and camping are also available

vailable. www.wingsandwheels.net

or to book 08712 305 572 heaven-nutfield.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.

Out & About

Every Wed-Heaven at

Nutfield-19 High Street--www.

July 2013

July & Aug-Spinnaker Tower-Portsmouth-02392 857520-Special Summer Saver ticket

available
From 8 June every Sat

during term time -The River & Rowing Museum-Mills Meadows Henley on Thames-

01491 415600
-Artways Art Club, 5 week sessions, 11-15yrs.
Every Wed during term time Taylor Tug's under 5's Club.

10-11 July-Theatre Royal-Brighton--

08700 606 680 -Ben & Holly's Little Kingdom,

13-14 July-Imperial War Museum-

01223 835000

-The Flying Legends Air
Show new display in a trio
of Supermarine Spitfires plus
some forties fun in the Vintage
Village & lots more.

I wanted to get back to basics children getting involved in performing & boosting their confidence through

drama

In 2007, Pauline Quirke

founded her Academy to share her experience of 40 years in the business with the young nerformers of today "The skills I learnt during drama classes as a child helped me become the person I am today and was the foundation of my whole career - so I wanted to re-create that opportunity for a nev generation of young people." The specialist modules packed full of tips that Pauline has learnt over the years. will teach you everything vou need to know to act sing, dance or direct like a professional. PQA gives 4-18 year olds an outstanding training in performing arts in an environment that is both friendly and rewarding. With modules in Comedy & Drama, Musical Theatre and Film & Television FRFF Trinity

they can make it happen. www.pqacademy.com

exams and the opportunity to

appear on the West End stage.

if you've got the ambition,

No - It's Not Just You! How To Avoid The School Holidays From Hell

From the moment they break up, it seems our 'little dears' need entertaining. And it can seem the demands for treats, outings, and supervision never end. And for all us, particularly single mums, it can be a stressful time

Advice line FamilyLine is there to listen, perhaps when all other routes, such as parents, teachers, or friends, have been tried

Alex, the duty Helpline volunteer for FamilyLine says, "first and foremost, our volunteers are there to listen. If appropriate, we might point a caller in the direction of a third party who can help. And as the school holidays arrive. it's noticeable that a lot more calls are from parents who are 'frazzled' by the constant demands and just need someone to talk to, someone who won't judge them. compete with them, criticise them, or worst of all, scold them. That's what we provide an anonymous, caring service with no cost or time limit for the caller"

As government cuts continue to bite, and childcare costs escalate, it falls to organisations like FamilyLine to take up the slack. 70% of all callers to *FamilyLine* just talk, get issues 'off their chest' and reach clarity about their issue in the process of talking and sharing their fears or concerns.

Chris Marchington spokesman for FamilyLine points out, the organisation is there for anyone who can pick up a phone : "FamilyLine is not just for Mums, who in our experience are often the most resilient and able to cope : it's a service for anyone from any age group who needs to talk before a problem or a fear becomes a crisis. At this time of year with the start of the school holidays, we often get a type of call with a 'non-specific problem' that is particularly concerning and distressing fo those caught up in it".

If you, or someone you know of whatever age, wants to tall about their particular issues or fears, be it the impact of redundancy, drug worries, anxiety, a medical condition, or even the school holiday Summer Time Blues, call FamilyLine on their free

0808 800 5678 Lines are currently oper Monday to Friday 9AM Shiver Me Tim-Bears
were Explorers too! bears and join them on an

Pirates were Explorers too! Swashbuckling Summer School Holiday Family Fun returns to The Historic Dockyard! From 27th July until 1st September, it is fun ahoy at The Historic Dockvard Chatham as the popular pirate extravaganza returns This year, in conjunction with the exhibition Exploring Antarctica: The Final Expeditions of Scott and Shackleton - it takes on an exploration theme! "Pirates were Explorers too" includes a "Shiver Me Tim-Bears" challenge where children are encouraged to bring their favourite teddy

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adventure: outdoor adventure and indoor soft play: Cantain Flint's Treasure Hunt where children can find buried treasure and claim a prize and an inflatable obstacle course. In the Exploring Antarctica exhibition, families can find out what polar explorers would take with them on an expedition to Antarctica and then decide what they themselves would take with them! They can try on the clothes worn by modern day explorers and climb inside a tent from a real-life Antarctic expedition. Families can also follow the Penguin Train around the dockvard and discover amazing facts about the Antarctic. All "Pirates were Explorers too" activities are included

in The Historic Dockyard
normal admission price with
the exception of Captain Flint's
Treasure Hunt that has a small
additional charge. All tickets
are valid for 12 months, which
means visitors can come back
every day and do something

www.thedockyard.co.uk





- lirds of prey & flying
- Large adventure play,
 Rare breeds & farm
- animats,
- · Heavy horses,
- Craft room,
 Mini golf course,
- Tractor and Trailer Rides
 Hot & cold refreshments
- Show this advert to receive 50p off entry per person in your party.

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

M2 june 7 follow brown signs, sorry no dogs.



Superheroes Week

· Have a Go' Falconry

· Creepy Crawly Days,

· Art Workshop,

· Circus Skills &

Big Top Circus Shows



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The summer holidays are celebrated at the idyllic setting of National Trust property almost upon us - fun for children but, daunting for Mottisfont in Hampshire. On mums and dads worrying how show for the first time in the to keep the kids entertained UK, visitors can enjoy 36 for a whole six weeks. That's hand-painted illustrations by why VisitEngland has put E.H. Shepard, created for the together a roundup of some books Winnie-the-Pooh and of the country's newest The House at Pooh Corner. experiences, from giant Children can experience Pooh Gromit trails and Poohsticks to inspired forest escapades for knight's glamping and pop-up themselves, when they embark beaches, there's guaranteed to on Winnie-the-Pooh's Great be something to keep the kids "Expotition" at Mottisfont - a entertained this summer. trail which will see families Spot the dog, Bristol racing Poohsticks along the Families can play 'spot the River Test, tree climbing and tracking a Woozle, building dog' in Bristol by following a trail of 80 giant Gromits. a house of sticks just like modeled on the iconic and Eeyore's, designing a trap for triple Oscar-winning animated any unexpected Heffalumps, character. The giant handand in true Pooh style making painted sculptures of Gromit up songs and creating stories. will be let loose in Bristol from www.nationaltrust.org.uk/ Monday 1 July for ten weeks mottisfont/things-to-see-andin a major new public art trail called Gromit Unleashed.

Fach Gromit has been

creator Nick Park

uniquely designed by artists

and celebrities including Zavn

Snowman creator Raymond

Briggs and Wallace and Gromit

www.gromitunleashed.org.uk

The House at Pooh Corner,

Hampshire From 13 July to

wonderful world of a boy and

15 September, explore the

his bear, when Christopher

Robin, Winnie-the-Pooh and

the Hundred Acre Wood are

Malik from One Direction, The

Bros Studio Tour London This summer. The Making of Harry Potter invites kids to delve into the world of spell casting, potions and wizard duels as it hosts its first Summer Spells feature. Visitors will discover first-hand how spells such as Wingardium Leviosa came to life on screen and how the wand movements that accompanied them were developed. Children will be able to learn wand battle choreography and take part in special effects demonstrations, created by BAFTA-winning Special Effects Supervisor John Richardson, between 26th July

and 2nd September.

www.wbstudiotour.co.uk

Freestyle

Summer Spelltacular, Warner

What's On School's Out For Summer VisitEngland Walk with dinosaurs, Isle of

This year sees the 20th anniversary of Jurassic Park and the release of Walking with Dinosaurs so 2013 is being dubbed the 'year of the dinosaur'. To celebrate. Dinosaur Island (aka Isle of Wight) is inviting people to cross the Solent and search for prehistoric remains using an augmented reality app. New technology, which can only be activated on the island, takes visitors on a trail to six coastal locations where they can take a picture of their family and friends walking alongside the dinosaurs that roamed the Isle of Wight 130 million years ago, while at the same time learning

more about their relatives - the dinosaur characters in the movie Walking with Dinosaurs. A hop-on/hop-off bus service, which takes in all six of the locations, will run until 14th November and costs £10 for adults, £5 for children.

www.visitisleofwight.co.uk/ dinosaur-island

Knight's Glamping at Leeds Castle. Kent Dubbed the loveliest castle in the world, is now offering families the chance to escape to the countryside for a glamorous camping holiday. Located just under an hour's drive from London, eight traditionally coloured striped tents based on medieval design, form a 'village' on the one-acre castle vineyard. Each tent is equipped

with a luxury four poster bed,

log burning stove, crisp cotton

By day, explore the magnificent

Ballroom

bedding and cosy fur throws.

The Curse of the Were-Rabbit. www.draytonmanor.co.uk www.chessington.com www.blackpoolpleasurebeach. com/wallaceandgromit

The 30th Guildford Summer Festival

July 2013

castle stately rooms and at

night, sleep under canvas in

a spectacular setting of this

www.leeds-castle.com

Festival of Neighbourhood on

majestic 900 castle

London's Southbank

Giant art, roof gardens

allotments and a beach

exhibit, British classic

pop-up at the Festival of

Neighbourhood until 8th

September. Visit the Beans

celebrates 75 years in 2013,

watch circus theatre and cabare

at the London Wonderground

pop-up beach. Should the skies

War Museum, which partially

www.southbankcentre.co.uk

whatson/festivals-series/

festival-of-neighbourhood

www.iwm.org.uk

Meanwhile, Chessington's new

lets visitors ride in safari trucks

safari experience, ZUFARI.

through the extreme terrain

to explore a new reserve with

Theme park fans should also

head to Blackpool Pleasure

ride from A Grand Day Out,

before dealing with A Matter

of Loaf and Death and tackling

and having A Close Shave

trying out The Wrong Trousers,

Beach on Thrill-O-Matic - the

world's only Wallace & Gromit

flamingos, giraffes and rhinos.

and build sandcastles on the

open, head to the Imperial

reopens on 29th July with

Horrible Histories: Spies.

See an online version of Guildford Summer Festival Brochure.

guildfordsummerfestival. co.uk Regular and Long Running Events

Throughout the Festival—free guided walks by the Guildford

Town Guides Wednesday afternoons-Guided tours of Guildford's Hydro Power Station

Tuesdays and Saturdays Tours of the Guildford Union Workhouse and Casual Ward Every Wednesday 11amfree guided tours of Guildford House.

18 June-3 November-Frank Holl: Emerging from the Shadows

22 July-8 August-In Search of Silence: Annie Boiseau Exhibition 10-25 July-Yvonne Arnaud

22 June-3 August-Flowerscapes by Meg Stevens at Guildford House

22 June-14 July-Eve of the Mind: Tina Sturman and Ritva

Until 3 September—Joan Drew Embroidery Exhibition at Guildford Museum

July 2013

London Calendar

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

Daily London Zoo 020 7722 3333 Rainforest Life Exhibit, sights sounds, smells of the rainforest & come face to face with amazing rainforest species including monkeys sloth, armadillo, tamandua plus there's a special Night Life area, bats, rats & other nocturnal creatures in the dark.

Daily Science Museum 0870 870 4868 Daily take control in 360 degrees flight simulators or fly with the Red Arrows 3D motion effects Adventure families under 7's Spaced Out, families, 5+vrs, FREE, Ever 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,

From June Royal Air Force Hendon 020 8205 2266 exhibition with some of Airfix's most popular models from the 50,60s & 70's.

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

Ongoing Royal Academy of Arts 020 7300 8000 <u>www.royalacademy.</u> <u>org.uk</u> New policy all children under 12yrs FREE entry to all exhibitions.

Ongoing Churchill War Rooms Clive Steps King Charles Street tortoises, armadillos, meerkats &

020 7930 6961 Undercover Life in Churchill's Bunker, learn what life & conditions were like underground & experience the authencity & emotional resonance of walking through the corridors where Churchill made history

Every Sun Hildreth Street Market Balham SW12 Street Market with fresh food traders Every Wed & every Fri Hornimar

Museum Forest Hill 020 8699 1872 Every Tues & Fri throughout July Busy Bees sessions for under 5's with stories, songs & simple art & craft, Every Wed & every Fr Busy Bees sessions for under 5's, FREE, Every Sat Hands on family workshops, 3+yrs, 6 July Toys 13 July Music 20 July Punnets Costume, FREE. 6,13 July Art Makers fabric painting for families, 3+yrs., adults FREE July Small Mammals, Furry Friends or Urban past nature trail. 7 July Latin Dance Summer Day craft activities & live music FREE 13 July Close Encounters of the Crawling Kind, Bugs in our Gardens. 20,27 July Art Makers A Parrot on your Shoulder have fun with different art techniques families 3+yrs FREE for adults ntil 30 Aug A World of Summer Stories, families 3+vrs, Every Sun Discovery for All, 3+yrs, FREE. Until 1 Mar'14, The Art of Harmony, exhibition showcases Western classical musical instruments on loan from

the V & A. Every Sun A World of Stories 3+yrs. Every 2nd Sat of month National Geographic Store 83-97 Regent Street 020 7025 6960 Animal Man comes face to face with slithering snakes, slimy insects & smelly skunks. Meet a wide variety of animals to include owls, lizards,

led by AnimalMan Nick Spellman for all ages.

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 Dec with gifts & cards for all the family as well as Christmas trees & floral decorations. Christmas trees will be available

Every Sat Blue Elephant Theatre Camberwell 020 7701 0100 Young People's Theatre workshops, various age groups 7-18yrs, FREE to join. very weekend Tate Modern 020 7887 8008 Open Studio play & create with ideas & materials from artworks 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, 5+yrs. Daily Under 5's Zone a new play space for families FREE. Every weekend Start Sessions with games, map making & clue matching, 5+yrs, FREE.

Every weekend Temple Station 020 7222 1234 Harry Potter Locations Tour, 2 1/2 hrs.

Every weekend Greenwich Clocktower Market weekend market has 50 stalls specialising in vintage, retro & antiques with a few contemporary craft stalls, FREE entry, www. clocktowermarket.co.uk very weekend

Millbank 020 7887 8888 Liminal a physical, material & social rience of sculpture through touch, interaction & collaboration. all ages FREE Every weekend Art Trolley sessions, FREE. Every Weekend Children's Multimedia Guide fun & interactive a sensory

to explore art works, FREE. Daily Family Trails, under 5's, FREE. Until 11 July Madame Tussauds Marylebone Rd 0870400 3000 One

Direction new wax figures residing in a fully themed dedicated area Until 14 July Beyond Barbican The Rose Lipman Building 43 De Beau voir Road Hackney 0845 120 7511 Bank On It interactive

Intil 20 July Regent's Park Oper Air Theatre Open Air Theatre The Ironworks Inner Circle 08700 601 811 Pride & Prejudice & The Winter's Tale re-imagined for 6+vrs 25 July -7 Sent The Sound Until 24 July Devonshire Square

production with puppers 5+vrs

0845 120 7520 www.colf.org Summer Fest live music, dance street arts & circus, 12.30-2pm. Until 26 July City of London

dance, art, film, poetry, family & participation events www.colf.org. Until 3 Nov Theatre Royal Drug Lane 020 7494 5060 Charlie & the Chocolate Factory
From 1 July Imperial War

Museum 020 7416 5439 Secret War - new stories revealed, FREE. 8July Interactive family exhibition based on Horrible Histories oing A Family in Wartime Exhibition explores the lives of William & Alice Allpress & their ten children life in London during the war, FREE. Ongoing Secret War exhibition, FREE,

if they do exist, 11+yrs. 25 July Summer Science talk, 11+yrs. 3,10,17 July Questors Theatre Mattock Lane 020 8567 0011 Throughout Summer shows The Backstage tours 14-18yrs, FREE. Universe Exposed family show how 5 July Natural History Museum anyone with a digital camera can 020 7942 5000 Dino Snores for 7 capture spectacular images, We Are 11vrs 6 July Insect Day activities Aliens Rupert Gring of Harry Potter crafts, nature Live shows & bug fame narrates this planetarium hunts in the wildlife Garden, FREE show 5+yrs, Meet the Neighbours 13 July FREE family day with fun show 5+vrs Solar System Galaxy filled hands on activities for nature Universe, 5+yrs, Space Safari join lovers of all ages. Until 15 Sept Ted, the teddy bear for live music Every weekend & school hols Hands & rhyme as the journeys throughout on Nature Dinosaurs, handling the solar system for, under 7's. station specimens with the help of the

25 July-2 Sept National Maritim Museum Greenwich 020 8312 6565 Message In a Bottle Summer holiday events 2 9 16 23 July Play estigate Centre families work Tuesdays with music, dance & drama, under 5's FREE, 6,13,20,27 July Explore Saturdays meet a character from the part & take part ols Gallery characters, FREE. in an exciting performance, 6+yrs, FRFF 7 14 21 28 July Discover

2 Sept New family Walking trail. Storvcraft workshop using puppets, percussion instruments, from Museum to Square, 6+yrs singing plus a hands on craft FREE 25.26.30 July Creative

monthly workshop, 12-26yrs.

walkahout acts art & craft activities

plus rickshaw rides, face painting &

8-11 July Hyde Park 020 7298

2083 Outdoor film Sky Movies

Screen four times a day www.

13-14 July Shoreditch Festival

Mix of live music, theatre & dance

13-14 July HMS Belfast Tooley

Street 020 7940 6320 Dazzle

Camouflage, used to keep HMS

Belfast being discovered & a

families all ages FREE 13-14

Planetarium 020 8858 4422 Sci-

Outer Space, following the movie

a short walk will explore the ideas

of what aliens might think about

humans, & where aliens might be

objects & stories of the crew.

July Slang at Sea have a go discover

July Peter Harrison

Movie Night: It Came From

family friendly events, FREE.

games, FREE dron in

royalparks.org.uk

cargo, ideas trolley drop in workshops play an instrument & workshop, all ages, FREE, 26,29,3 luly A Sailors Trafalgar Story put words together in new ways with other people, all ages. interactive performance 7+vrs. 6,13,20,27 July FREE. 31 July Out of this World Childhood Bethnal Green 020 family workshop with interactive 8983 5200 Children's dance exploring rhythm & creativity. 8+vrs Until 15 Sept Visions of the Universe exhibition. 4-6yrs. 6,20 July Introduction to chess basics, 6+vrs, FREE, 28 July Summer Festival with music, dance,

www.parents-news.co.uk

27 July The Royal Observatory Greenwich 020 8858 4422 Saturday Space Explorers fun monthly workshops, 5+yrs, FREE. Until Aug Alien Revolution new

Sundays, all ages, FREE. 25 July

27-28 July Queen Elizabeth Olympic Park The Open East Festival with international music. food theatre, family art & much

more under 5's FREW www noordinarypark.co.uk . 27-28 July National Army

Museum 020 7730 0717 www. national-army-museum.ac.uk Soldier Weekend , 7+yrs FREE, Every Sat aftern Soldier's Life workshop, FREE. Daily Victorian Soldier Action Zone quizzes, games & hands on activities FREE, Daily The World's Army, Empire, Commonwealth & Dominion Soldiers 1914-45 Action family interactive zone, FREE Daily Kids Zone interactive learning & play space under 10's plus a soft play area for babies

28 July BFI Southbank 7928 3232 Film Family Funday Singalong The Jungle Book plus Workshop make instruments to accompany Disney tunes plus competition FREE to ticket holders Singalong The Jungle Book.

30 July-27 Aug Victoria & Alber Museum Cromwell Road 020 7942 2000 Make it Clay activity children 5-12vrs Daily Back Packs families filled with jigsaws, stories & games 4-11vrs, Activity Cart hands on art, FREE, drop in plus Agent Animal bag a sensory activity bag under containing an audio map & fabric cubes FREE Until 28 July David Bowie new major exhibition,

July Chelsea Physic Garden 020 7352 5646 Paper Stixx & Wonderful Wire Sculptures have a go at making sculpture to take home, run by artist Darcy Turner, 6+yrs, bring some newspapers

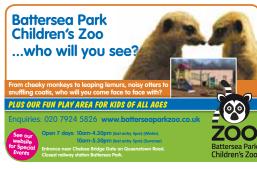
booking advised

Tel: 01843 583454 / Mobile: 07536058849

Email: info@fil-jockeys.co.uk

Web: www.lil-jockeys.co.uk







www.dancetime.uk.com beryl@tecres.net

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Dancetime

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and info, call

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Adults and Children from 2 yrs Non-swimmers -Impro Advanced & SUPER Advanced

Classes held at: Downsend School Ashtead/Leatherhead Ensom College

For more info contact Colin on 01372 739600

· Holiday Fun Woodland Walk 020 8398 0822

Art with Guildford Arts

01483 444333



South Norwood Recreation Ground 020-8760 5707 Fitness Trails for adults & children of all fitness levels to get fit & keep fit. Positioned at each exercise station are signs. & the more mature exerciser. showing the exercise to be undertaken with the suggested & Family Centre Bromley number of number repetitions. Ongoing Lightwater Country Park 01276 479582 Meditation classes FREE donations welcome but not expected. Tel:01276 479744, www.

Ongoing Dupass Hill Outdoor Each item has clear instruction for its use over 12's. Recently re-opened Kidplay 282-284 Lower Addiscombe Road Croydon

Softplay & café, under 5's. Every Mon Lloyd Park 020 8726 6000 Health walk circular through Lloyd Park & Shirley on mainly flat terrain, ideal for beginners, 2 miles last approx 1hr, meet 11am FREE & same walk on potentially hilly terrain, 3+miles ideal for advanced walkers, 2pm, FREE, Every Sat Park run, FREE weekly timed 5k run, need to register first.

Every Mon Parchmore Every Mon Blenheim Children

morn toddlers activities.

and Norwood Grove 020 8726 6900 A circular walk through Norbury Park & Norwood Norbury Train Station, 1.30pm, FREE, 21 Aug Butterfly Walk. 2 hrs around the park to learn about insects, 07968 832508.

020 8726 6900 Bookstart Rhymetime for babies & toddlers, Wiggle & Jiggle, 2-4yrs. Every Thurs Storytime. 2 1/2+vrs, Every Sat Storytime, under 7's, FREE.

020 8726 6900 Bookstart Rhymetime for babies & toddlers, Every Thurs Wiggle & Jiggle for toddlers. Every Mon Chatterbooks drop in sessions, 8-11vrs, Every Sa

Come and join the fun@ Step Zone 25/07/13-30/08/13

Holiday Club at Gonville Academy Monday-Friday 8.00am-6pm (part-time/full-time places available) For more details contact Angela Barrett Step Zone tel: 020 86830459/07932569684

Emailangela.barrett@gonvilleacademy.croydon.sch.uk

Community Centre 53-55 Parchmore Road 020 8726 6000 x88965 Circuit for those new to exercise, returning after illness

7's FREE Every Tues Purley Library 020 8726 6900 Bookstart Rhymetime for babies & toddlers & Wiggle & Jiggle, toddlers over 18mths. Every Fri Every Thurs Norbury Park Storytime 2 1/2+yrs Every Sat

Grove, 2-3 miles, meet at **Every Tues Coulsdon Library**

children, all ages with all kinds of arts & arts from making face masks, cards, painting, colouring or just play, FREE 10-12pm, Tel: 020 8686 7535. Every Tues Thornton Heath Library 020 8726 6900 Bookstart Rhymetime for babies & toddlers, FREE, Every Tues Careers, training & learning advice sessions, 2-4.30pm,

FREE & Computer training courses beginners to experts. Every Tues De Staffords Leisure Centre Caterham 01883 344355 Family Swim. Tues Riddlesdown Circular Walk 020 8726 6000 x64952 Health walk. 2-3miles. 11am at 'Good Companions'

Rock & Rhyme for babies &

Every Tues Centrale Shopping

Centre Croydon www.centrale.

co.uk In the Early Learning

Centre playtime sessions for

toddlers, FREE.

pub, Hamsey Green, FREE. Wed Sanderstead 020 8726 6900 Bookstart rhymetime, babies & toddlers, Wiggle & Jiggle, 18mths+vrs, Storytime 21/2+vrs. Fortnightly Rock & Rhyme for

Rock & Rhyme for babies & Every Wed Unitarian Church toddlers. Every Wed Social club 1 The Flyover 020 8726 6000 for older people for a chat & a x88965 Zumba Latin inspired cup of tea. Every Thurs term dance music & rhythms, all time only storytime for under abilities

Every Wed & Sat Millennium Arena Battersea Park 020 8871 7542 Drop in tennis

Every Thurs Caterham Hill Library www.surrey.gov. uk/kidstuff Rhymetime, 10am FREE, Every Fri Storytime, 2.15pm, FREE.

Every Thurs Selsdon Baptist Chuch Addington Road 020 8726 6000 x88965 Circuits Low intensity for mature exercisers. **Every Thurs Croydon Sports** College 020 8726 6000 x88965 Circuits Low intensity for mature exercisers.

Every Thurs South Norwood Leisure Centre 164 Portland Road 020 8726 6000 x88965 Aquacise sessions.

Fri of every month Bergundy & 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 nct.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 Caterham Valley Library www.surrey.gov.uk kidstuff Rhymetime. FREE Every Thurs Storytime, FREE, Every Fri Redhill Library www.surrey.gov.uk/kidstuff Rhymetime, FREE.

Every Fri Warlingham Library www.surrey.gov.uk

kidstuff Storytime, FREE Every Fri Bradmore Green Library Old Coulsdon 020 8726 6000 X64952 Bookstart Rhymetime for babies & toddlers, Wiggle & Jiggle, 2-4vrs. Every Mon Storytime 2 1/2+yrs & Chatterbooks reading group for 8-11yrs. Fortnightly Every Sat Rhymetime, FREE...

Every Fri Broad Green 020 8726 6900 Library Bookstart Rhymetime 0-5yrs. Fortnightly on Sat Rock & Rhyme for pre-school children. Every Wed Arty Crafty computers drop in sessions for under 5's, parents & carers,

Every Fri South Norwood Library 020 8726 6900 Bookstart Rhymetime for babies & toddlers, Every Tues Wiggle & Jiggle, 2-4yrs. Alternate Sa Rock & Rhyme or Storytime, FREE.

Every Fri Shirley Library 020 8253 1023 Bookstart rhymetime for babies & toddlers, Wiggle & Jiggle for 18mths+. Every Thurs Storytime for 2 1/2+yrs, Every Sat Rock & Rhyme for babies & toddlers. Monthly story & craft workshops, 5-10yrs.

Every Fri New Addingtor 020 8253 1023 Library Bookstart Rhymeitme for babies & toddlers & Wiggle & Jiggle, 18mths+, FREE.

Every Fri Norbury Library 020 8726 6900 Bookstart Rhymetime. Every Thurs Wiggle & Jiggle. Alternate Sat Rock & Rhyme followed

12+months.

all ages.

2 July Concert Hall Fairfield

020 8688 9291 Croydon Music

Festival performed by people of

2,4,9,16,18 July Bikefit

beginners, www.bikefitsurrey

4-6 July Yvonne Arnaud

Theatre Millbrook Guildford

01483 440000 Peter Pan, 6 July

The Frog Prince featuring over

100 nunnets, 4+vrs, 17-20 July

Follies the musical, 23-27 July

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Some Like it Hotter.

by Storytime. Last Fri of each month Chatter Books reading group for 8-12yrs, FREE. Every Fri Selsdon Librar

020 8726 6900 Bookstar rhymetime for babies & toddlers Wiggle & Jiggle, 18mths+ Every Tues Storytime for preschool children. Every Sat Rock & Rhyme for pre-schoolers. 1 ues of the month Arty Crafty 4-8yrs plus parents & siblings. Every Sat afternoon teenage reading group. Last Thurs

month adult reading group. Every Fri Waddon Ponds & Wandle Park 020 8656 5947 Circular walk through Waddon Ponds & Wandle Park 2-3 miles, meet outside Lidl, 11am. FREE.

Every Fri Thornton Heath Leisure Centre 89-110 High Street 020 8726 6000 x88965 Aquacise pay as you go

Every Fri Pavillion Leisure Centre Kentish Way Bromley 020 8313 9911 Families & under 11's Roller Disco sessions, 4.30 5.45pm & Families & under 16's Roller Disco sessions with full skate & safety equipment provided, doors open 6.15pm. Tel: 07970 266790.

Every Sat The Green Dragon 58-60 High Street Croydon 020 8667 0684 Storytime for families 3-7vrs drop in 2hr session with stories, puppets, arts activities & songs, FREE. Every Sat morn Norman Park Hayes Lane Bromley Kent 020 8460 5291 Soccer School, 4-6.7-9 & 10+vrs

Please call before you go and please mention PARENTS NEWS www.parents-news.co.uk Country Market

1-6 July Fairfield Halls a range of home made cakes, Fairfield 020 8688 9291 Rocky savouries, preserves, craft Horror Show. 12-13 July Ben jewellery & lots more. & Holly's Little Kingdom, July Virginia Water The

Great Park Windsor The Baby Race an 8K event you can power walk or run without your baby in their buggy, fun event for all the family, www.tommys.

Selling

Surrey's Leisure & Social July Gatton Park 01737 Cycle Ride 07801 235222 649066 www.gattonpark.com A friendly fun & relaxed cycle Gatton Park Country Fair a great ride in SE Surrey, on offer, 3 day out for all the family with levels of riding from beginners country crafts & demonstrations, up, Tuesdays are easy & for children's activities, fun dog show, gardens & grounds open, entrance FREE for children, 29 2-5 July Barn Theatre Oxted July Fairy Fantasy make fairy 01883 724852 The Wizard of gardens & accessories to take home 4-7yrs. 31 July Camp

Building, 8-12yrs. 7 July Godalming Bandstand Phillips Memorail Park Music in the Park with ices & cold drinks available on site, cream teas available in church hall for sale, FREE event.

9-14 July Hampton Court Palace Hampton Court 0871 230 2200 Flower Show

9-20 July New Victoria Theatre Woking 01483 545900 Cats the musical

10 July Weybridge Equestrian Centre 01932 248544 Teddy Bears Picnic groom a pony, eniov a ride & have a teddy bears picnic in play area.

11 July Wandsworth Museum 11 Garrett Lane 020 8871 7074 Songs & Stories for Terrific Tots, Seaside theme followed by playtime.

Songs & Stories Funny Faces theme for tots & carers Photography Techniques including making & decorating a camera obscure, mask making & lots more, 5+yrs. Victorian Chemist Shop create

weird ingredients 5+vrs. 13 July Court Meadow Rose Lane Ripley Ripley Rocks an all day family orientated music festival with live music of all types, plenty of sideshows plus burgers & hot dogs, tea tent & bar, www.ripleyrocks.org.uk

July Pyrford Cricket Coldharbour Road Ground Woking Pyrford & Wisley Flower Show & Fete plus a wide range of stalls & sideshows. entrance children FREE. July Tandridge Village

Fun packed afternoon with the amazing 'Team Kinetix: as the main event plus the FREE Slippery Pole fights & the National Egg Throwing Championships. There will also be children's races, bouncy castle craft stalls, displays, maypole dancing, refreshments & lots more, entrance under

16's FREE.

July Elmbridge Museum 01932 843573 Paper toys, arts & craft family fun Victorian toys & games & make your own thaumatrope, paper windmill or tumbling acrobat to take home, 13 July Ewell Village Fair in Glyn House Grounds 07956 917635 Entertainment to include Chelsea Football Club 020 8647 3077 Table Top Sale foundation beat the goalie with refreshments

Academy display team, Morris dancing, music local school' choirs, Diva concert & more. Punch & Judy, pony rides, coconut shy & other side shows, bba. & liquid refreshments some historical remedies from available, under 16's FREE

July Church Meadow Church St Ewell Excavation Open Day in conjunction with Ewell Village Fair, www. 13 July Chobham Village Hall

01483 518737 Hidden history of Chobham Project Open Day with a variety of activities. 13 July A23 Recreation

Ground Brighton Road Horley 01293 784965 Horley Carnival with a procession from the High Street into the Recreation Ground where there will be all sorts of entertainment to include children's fairground rides, bands & lots more plus

refreshments. 13-14 July Rural Life Centre Farnham Stationary Engine Rally. Until 18 July Farm Animals of Yestervear an exhibition of native livestock, many now rare breeds. 28 July Rustic Sunday an experience of rural life. 18 July Hatchlands Park East

Clandon 01483 222482 Romeo & Juliet 19-21 July Loseley Park Guildford 01483 454213 The

Garden Show 20 July Wallington United Reformed Church Wallington

Animal Centre 0300 123 0740 Boot Sale with refreshments a 20 July Whiteley Village Day

stationery & charity stalls plus children's entertainment & rides, food & drink, bar live music & lots more., www. whitelevvillage.org.uk 20 July Ripley Village Hall Family fun day a summer fayre with a jazz band, accordion

orchestra, dancing displays, tea tent, dog show, pony rides & many stalls for all the family FREE entry & parking. 21 July Hampton Court to Kinton Swim Open water swim

series offers 2.25 miles of river swimming from Hampton Court Bridge downstream to Kinston Bridge, www.humanrace.co.uk/ events/open-water-swimming hampton-court-swim.

21 July The Recration Ground Claygate 07949 853618 Rock on the Rec The Rollin Stoned, picnic in the park, all proceeds to Claygates's new clubhouse, under 5's FREE. 21 July Redland Coleman

Croydon Road Reigate 0845 3712734 Cats Protection Homing Show & Sale 21 July Ashcroft Theatre Fairfield Crovdon 020 8688 9291 Calebrity Cook Off Live .

24 July-1 Sept RHS Gardens Wisley Wisley 01483 225329 Great Garden Adventure learn all about plants, each week there will be something new to discover about air, soil, insects, water, animals or plants plus

competition, GB Martial Arts 20 July RSPCA Millbrook lots more activities on offer 27 July Chertsey Museum 01932 575374 The Big Dig chance for all the family to try out being an archaeologist by excavating a mock trench. 27 July Brooklands Museum

01932 857381 Supercar Saturday a chance for visitors to enjoy supercars at close quarters, 27-28 July Carshalton

Lavender Harvest Weekend Stanley Road Allotments 07948 174907 Open Weekend as well as the pick your own event, stalls will offer lavender beauty products, crafts, painting, plants & a bbg. FREE entry. 28 July Surrey Heath

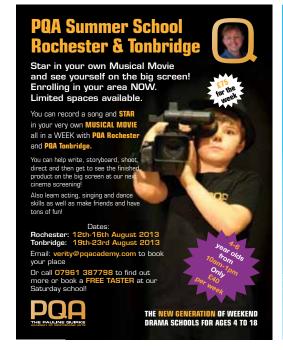
Archaeological & Heritage Trust Bagshot 07870 447810 Family Fun Day, explore the old police station, see finds from previous digs & see if you have what it takes to become an archaeologist, FREE entry. July-2 Aug Painshill

Park Cobham 01932 868113 Wild Summer Camp with den building, woodland craft campfires, treasure hunts & lots more, 8-13vrs.

29 July-2 Playhouse Ashley Avenue 01372 742555 Edustage Musical theatre summer school for 8-11yrs.

Go to Page 5







Kumon's maths and English study programmes work to build your child's confidence and inspire a passion for learning.

Contact your local Instructor for a Free Assessment.

01959 422 422 020 8239 0093 020 3602 9746 Caterhan 020 8654 2878 020 8686 6833 020 3627 1469 020 8299 2811 020 8699 0264

Lower Syden Oxted Petts Wood Selsdon South Norwood

020 8203 4173 020 3002 0239 020 8325 2250 01883 723 204 020 8432 3414 020 7993 8698 020 8462 4565 020 8819 4466



kumon.co.uk

Fees vary. Please refer to your local study centre.

The Anti-Bullving Alliance (ABA), based at the National Children's Bureau, are delighted to announce this year's theme for Anti-Bullying Week: The future is ours: safe, fun and connected.

Children's Publishers UK (RHCP) and two of their Despite significant improvements in technology; brilliant young authors to raise with global communications awareness of the issue of cybernow at our finger tips, there is a bullying though a prestigious wealth of evidence suggesting and inspirational writing competition for children and that cyber bullying is becoming ingrained within internetyoung people in schools or culture and is as prevalent colleges across England. The as ever. This Anti-Bullying competition aims to encourage Week. The Anti-Bullving young people to get involved Alliance calls on young with the campaign throughout people to take the lead on the summer months for the build up to Anti-Bullying creating a future without bullying, by using the privilege of new technologies to promote The competition boasts two age categories, each to be judged positive communication rather than being held back by cyber by an expert children's author

bullying.

The Anti-Bullying Alliance

Lauren Seager-Smith, said:

'Now is the time for children

and young people to take the

lead in getting rid of cyber

bullying for good - to work

together to create a future

where the internet is a positive

place to be - to stand together

in cyberspace and send a

message loud and clear that

bullying is not acceptable.'

This year ABA have joined

forces with Random House

•The 8 - 12 years group will

be judged by young, talented

A dream for every

pre-school child...

and their parents

Burdock, Laura Dockrill. A graduate of the Brits School of Performing Arts, Laura has been dubbed one of The Times 'top ten literary talents and named in the 'top twenty hot faces to watch' by ELLE •The 13 - 18 years will

have their work appraised by incredible new author John Lucas, author of gritty novel Turf, a 'powerful and unsettling' (Telegraph.co.uk) read which was received with a swathe of glowing national reviews including the Financial Times who proclaimed it 'a terrific debut'

Laura Dockrill said: "Creative writing is a perfect

way to help tackle the root of bullying so I am honoured to support Anti-Bullving Week 2013. Young people can write honestly and openly, using characters and guises to explore and challenge their experience, use animals or superheroes or warriors to express their inner emotions. Emptying their heads and hearts onto an empty page can be daunting

but less scary than telling somebody their own story This creative and cathartic response can be shared from classroom to Facebook, helping and encouraging others and also embracing social network sites as a place for socialising rather than negativity whilst also achieving some special dazzling work, something a young person can be proud of."

John Lucas said: "Bullies are basically unhappy. If they weren't they wouldn't feel the need to make other people's lives miserable. That's a fact. One aspect of writing that I've always loved is the opportunity to take life experiences - good or bad - and turn them into something positive by the very act of writing about them. If you're being bullied, social media gives you the chance to tell people what's happening in ways that never used to be

possible. about your experiences. share your experiences - take them away and they're powerless actually be doing them a favour in the long run too Although. maybe don'

thank you. Entrants will be required

Yes, I can touch-type

Over the past nine years the 'Yes,

gained an outstanding renutation:

and secondary school age to touch

type in just ten hours. The course

summer holiday courses based at

The Yes. I can touch-type program

developed specifically to teach to

become competent touch-typists

within ten hours. Importantly the

very small size of teaching groups

ensures there is always a happy

and relaxed atmosphere. As the

mother of a 12 year old recently

wrote, 'Harry has really enjoyed

the course and it is a credit to you

for making it fun and building up

young people. Complete beginners

is now available with school

Sydenham High School

and teaching method were

teaching young people of junior

I can touch-type' course has

expect a

short story, blog, news article or poem of no more than 500 words, that describes their vision of a world where young people have taken control of cyberspace - and eliminating bullying for good.

The best entries will be

shared through the RHCP social networking sites and the ABA blog, websites and social networking sites. The successful applicant in each age category will win the opportunity to personally select their own collection of RHCP titles whilst a further fifty books will be awarded to their school or college. In addition. the winner will receive a visit to their school or college by Laura Dockrill (8-12 years category) and John Lucas (13-18 years category) who will

present the prizes to the winner

of each category.

Entries should be sent in via the ABA website

www.anti-bullvingalliance. org.uk/updates/takepart-in-abw2013-writingcompetition.aspx

The competition closes on Monday 30th September. More details can be found at www.anti-bullyingalliance.

PARENTS NEWS On-line

www.

parents-news.co.uk Advertising works in **PARENTS NEWS**

ideally. If you are helping your 020 8337 6337 child, the easiest way is to sit fergus@ or stand behind them - this parents-news.co.uk helps to get to both top and

> 3.Get into a brushing routine this will help when your child starts to brush their teeth on their own. Use a pea-sized amount of children's fluoride toothpaste and a brush that has been designed for children.

July 2013

...start young says Chig Amin,

owner and principal dentist

at Epsom Dental Centre - a

in the heart of Ensom. The

children and their parents and

is constantly asked for tips on

how to keep children's teeth

healthy. Here are Chig's top

ten tips for looking after your

1.Start good dental habits

early - parents should start

brushing baby's teeth as soon

as they start to come through.

Continue to help them clean

their teeth until they are old

enough to do it themselves

2 Brush twice a day - after

breakfast and at bedtime

hottom teeth

usually from about the age

children's teeth:

practice regularly treats

family friendly dental practice

4.Teach your child the best way to brush their teeth by themselves. They should use soft circular motions on each

tooth on both the front and Babies love being in water.

5.Give lots of praise and encouragement when they brush their teeth well so that they develop good brushing habits. Check every few days to make sure that they are doing it correctly

Good dental habits.....

6 They should spend at least two minutes brushing their teeth. Use an egg timer to help them time how long to spend

7.Change your child's toothbrush every three months

8.Take your child with you to the dentist from an early age as this will help them become familiar with sights and sounds of a dental surgery.

9.Dental check-ups are free for children up to the age of 18. Your child should visit the dentist every six months once their teeth come through. The dentist will check for signs of decay or gum disease and give advice on specific issues.

10.Encourage plenty of healthy eating. Avoid giving sugary snacks but eat plenty of fresh vegetables and fruit to keep your children's teeth in tip top condition and help them maintain a perfect smile



Whether you want to protect your child's ears from infections whilst they swim on holiday, ensure that the loud music at festivals does not damage their ears, or just want a pair yourself because they're cute and ever so cool, these brand new earplugs offer a

Aaua Ears use the same technology as BioEarsTM which is one of the best selling products from the world's leading innovators in ear care Cirrus Healthcare, Suitable for all ages, they are available in larger Boots stores now.

Baby Swimming Tips

it's a fact. After spending the first months of their life in the womb, water is a familiar environment for babies and a great way to keep them active and have some fun. It's recommended you wait until your baby is around six weeks old before taking them for their first dip in the pool, but many swimming lessons accept babies from around four

Tip 1: Before your first swimming trip, get your baby used to water in the bath. Make bath time fun and enjoyable, splashing water and playing - all great ways to build

weeks.

confidence with your baby in the water Tip 2: The swimming pool can be a busy and noisy

environment. We suggest visiting the swimming pool during off peak times, ensuring a relaxing and enjoyable experience your baby. Tip 3: For your first swimming experience, try spending a

maximum of 15 - 20 minutes in the water with your baby. getting them used to the surroundings and water

Tip 4: Be prepared with swim nappies for your baby necessary for keeping your baby comfortable and secure throughout their time in the

Tip 5: Check the pool temperature before you take a dip. 32 degrees is ideal. temperature for babies under 3 months old.

in the water, take along a your haby will too. Tip 7: Stay close to your

> throughout, Smiling, laughing and talking to your little one enjoy the experience. Tip 8: If you're wary of

The Ursuline Preparatory School

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admissions@wups.co.uk

swimming with your baby for the first time, there are numbe swimming aids available, ideal for giving your baby support

Tip 6: If you aren't confident

partner or friend to help out. If you feel relaxed in the water. baby and make eye contact

will make them feel at ease and

Education

and buoyancy in the water. Tip 9: Swimming burns lots of energy and can be dehydrating, so be sure to take along food and water for your baby for afterwards.

Tip 10: Most importantly, have fun and enjoy this great bonding experience with you For swimming tips and aids

www.zoggs.com



Learn to touch type

Touch typing course for children and young people, aged 7 - 16 years our day courses at New Malden Library, week beginning 15th, 22thd July and 27th August cost £125 per place.

Beginners and improvers welcome

More information from nickandsarahholt@hotmail.com or for more information see our website at www.tvpinescool.co.uk

Have you heard the news? SpongeBob SquarePants says 'Come Ear' to his pals!



This summer Cirrus Healthcare launch their new range of soft silicone earplugs into larger Boots stores, providing a new and fun way to protect your child's ears. Joining SpongeBob SauarePants on the shelves will be old time favourite Mickey Mouse, best girl Hello Kitty, Nemo, Cars and Princes. Ariel. These specially designed ultra soft earnlugs are ideal for swimming, showering, or bathing.

great solution.

The Anchor School Rosehill, Sutton

Independent day school for girls and boys aged 5-11 We see enormous progress: up to three year's reading gain in a year

Unparalleled levels of individual attention lots of one to one teaching

All learning styles catered for

Regular diagnostic testing ensures tailor-made

We consider the whole child, including the role of diet, supplements, exercise, sleeping position and Brain Gym

Dyslevia specialists English as a Second Language - all available at no extra cost We still teach courtesy, table manners and

respect for others!

Term time literacy tuition also available, Wednesdays 4.00pm-5.00pm, £21.50 per session. 3 children to 1 teacher.

Telephone 07734 11 00 54 for further details

Summer Courses 29th July ~ 16th Aug

11+ Summer Intensive Courses

*Apply early as spaces are limited

It's your last chance to boost your skills for the 11+ exams

Subjects VR and NVR, English and Maths Time 9am~3:30pm (1.5hrs per subject)

Venue King's College School, Wimbledon SW19 4TT

Primary & Secondary Intensive Courses Begin your new school year with confidence by taking Oxbridge's Summer Courses!

for Yr 1~3 Eng & Maths for Yr 7~10 English, Maths & Science

for Yr 4 Yr 5 VR+NVR & Maths preparation - learn 11+ key concepts in advance Essay Writing - build up your fundamental essay skills!

Yr 7 Maths preparation - acquire Year 7 concepts in advance! Essay Writing - accelerate your formal essay writing & critical thinking skills!

Reading Club

Improving reading & writing skills in a fun environment with books

Subjects Reading Club & Shakespeare Stories

Times 9am~12nm OR 12:30nm~3:30nm (3 hours everyday)

Invitation for Year 4 parents.

website www,oxbridgeuk,com

Seminar on

1. 11+ Exam Preparation and Secondary Schools

2. How to develop Essay writing skills

3pm, 6th July 2013

020 8949 2131 Primary

020 8949 8838

OxBridge Centre is a well-established tuition centre based in New Malden. Currently there are around 450 students from year 1~A-Level studying at the centre. Why don't you join us too:



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www.activelearningchildcare.co.uk



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you'd expect

in a nursery,

and more

secure webcams

his confidence.' So, learning such an important skill as touch-typing doesn't have to be a chore.

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"YES, I can touch-type

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Small groups: just four students to each tutor creates a pleasant, friendly atmosphere

Flexibility for parents: you can plan the course over one week or spread it over the holiday.

'Great teaching, wonderful encouragement, a warm, friendly atmosphere: the results in ten hours were amazine, mother of 13 year old

To find out more call: 020 7515 1707 email: info@yes-tuitionandtraining.co.uk or call Norman on 07961 427640 www.ves-tuitionandtraining.co.uk

Audible.co.uk will make all twelve novels available to enthrall a new generation of explorers, adventurers and pirates. Tapping into the current trend for nostalgia, but coupled with fantastic storytelling, and great characters for girls and boys. Swallows and Amazons is a great the audiobook experience is one that parents and children can share together - in the car on the way to school, during

Swallows and Amazons - an enduring favourite: With the audiobook launching, and the filming for a screen adaptation scheduled for 2013, take a look at the popularity of this classic children's fiction

bath time or before bed.



17 - 20 July

Kids

Court.

by young playwrights aged 8-11.

www.royalcour



For anyone who loves sailing

the Lake District between the two World Wars and follows the adventures of a group of children during the school holidays, the Walkers and the Blacketts. The Walker family camp on Wild Cat Island, the able-bodied cathoat Swallow. and the two intrepid Amazons. plucky Nancy and Peggy

The children meet on an island on the lake, and have a series of adventures that weave imaginative tales of pirates and exploration into everyday life in inter-War, rural England.

"Enchanting nostalgia, and tremendous storytelling "



It's play time! A week of plays, workshops and special events curated

The week includes plays written and directed by primary school children, children's

writing workshops, backstage tours, the opportunity for families to create a play in a

Help a Hamster by Hilary Robinson

The Copper Tree helping children to help themselves a series of books following the lives of a small group of children and the lives of those around them. There was a surprise in store

what it is like to be adopted.

It also briefly covers the issue

hamster, Alfonzo, is ignored by

his mother, Henry, and pushed

takes pity on poor Alfonzo and

when he is the last to be found

a new home. Alfie's adonted

mum agrees to him taking the

book in the Copper Tree Class

series of picture books aimed

£6.99 n b

at 4-7vr olds

hamster home as his own.

Help A Hamster is the third

of bullying, as the smallest

aside by the others. Alfie

for the children of Copper Tree class when they returned to school after the holidays. Henry, the class hamster, had come back with four baby hamsters. A shock for everyone, as they thought Henry was a boy hamster! With the baby hamsters now needing new homes, Alfie Tate is assigned hamster monitor. Their teacher, Mr Davis, thought Alfie was the best person for the job, as he himself is adopted and could tell the rest of the class what it was like to go to a new home. The touching story of Help a Hamster helps children gain a greater understanding of



My First 100 Words and My First 100 Numbers (£5.99) 1-5 years

My First 100.. is a series of highly visual guides conceived by an educational consultant, to comply with the latest teaching techniques. Designed with bright, easily recognisable pictures drawn from the world around us to stimulate learning in young children. These books make teaching easy and learning fun!

My First 100 Words (ISBN: 9781848988200)

This book features vibrant images of familiar things that children know and love to gently encourage pointing and speaking aloud. Cars, buses, trucks, animals and food are all included making this book perfect for encouraging chatter on holiday!

My Big Truck Book (£6.99) 5-7 years Available from1st

July 2013 If your child loves trucks diggers and fire engines, this is the book for them! This essential reference book gives detailed insight into what each truck does and the special tools and equipment that help

The Crocodile Who Didn't Like Water by Gemma Merino

Meet a most unusual crocodile

Everybody knows that crocodiles love water, but this little crocodile is different. He doesn't like water at all. In fact, he prefers climbing trees! But it can be lonely when you're the odd one out, so the little crocodile tries his best to change. But being wet isn't for everyone - and a shiver soon becomes a cold and the cold becomes a sneeze, a very hot sneeze.... Could it be that this little crocodile isn't a crocodile at all?!

The Crocodile Who Didn't Like Water is a fresh and funny



story, told with warmth and charm. Wonderfully witty, with comic characters and stunning illustrations throughout, this unique and uplifting story from debut author-illustrator Gemma Merino explores key childhood themes of friendship and acceptance, and the exciting twist in its tail proves that being different can be fun! £6.99 p.b

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Introducing simple counting

such 'which is the biggest?'

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'how many?' 'more or less?',

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the familiar images on each

page. An essential guide for

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ekille

Summer Holiday Reading Treats! July and August new publishing from Ticktock

The long summer holiday offers plenty of opportunity for reading. Why not take a Ticktock book for car or plane journeys, pack in the suitcase to keep busy minds occupied on holiday or even take with you on day trips to extend children's learning? Here is a round-up of some great books for children this summer.



I Want to Draw (£6 99) 5-7 years

> What better way to keep your little ones entertained this summer than with these fantastic sten_hv_ster drawing guides from the wonderful children's artist Simon Abbott? I want to Draw is a series of four books featuring bright, exuberant illustrations to conv and add to The special pen included on each book allows children to wipe clean again and again until they achieve their perfect drawing! With Dragons, Monsters,

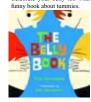
Dinosaurs and Fairy Princesses to choose from there are subjects to appeal to all children. The ultimate companion for a wet weather

ISBN: 9781848989221 ISBN: 9781848989214 ISBN: 0781848080207 ISBN: 9781848989191

The Belly Book by Fran Manushkin

Let's Have A Relly Calabration f11 99 (bb) Bellies come in all shapes and sizes: haby hellies grown-up bellies animal bellies. Some bellies are soft, some bellies are firm

Celebrate your belly too with



July 2013

Health & Fitness

10 Day Flab Fighting Soup Diet

4 drops Tabasco sauce

0% fat Greek voghurt

1/2 teaspoon celery salt

Freshly ground black pepper

If using fresh

Drain, remove the

Put the tomato flesh,

Stir well and heat

Taste and adjust.

Pour into bowls or

Name Size S. Joseph St.

tomatoes place them in a howl

nour boiling water over and

leave them for 30 seconds.

skins, stalks and seeds and

finely dice the flesh. If using

tinned tomatoes, remove the

the flesh.

stalks and seeds and finely dice

tomato juice, Worcestershire

sauce, balsamic vinegar, lime/

lemon juice Tabasco celery

salt and a few good grindings

of black pepper in a medium

through until just beginning to

adding more of any of the

flavourings and/or seasonings

until it's just how you like it.

mugs, top each with a good

dollop of voghurt and scatter

snipped mustard cress liberally

around or flask it if you are on

Thai Curry Sweet Potato Soup

250g sweet potato peeled and

1 long, thin red pepper, de-

seeded and cut into fine strips

low fat as it is liable to split

400ml chicken or vegetable

3 teaspoons Thai Red Curry

12 fresh prawns or 1 chicken

breast cut into long, thin strips

50g fresh basil leaves, chopped

or torn (also works well with

1 x 400ml tin coconut milk (not

chopped into bite-sized chunks

the go and top later.

(serves 4)

Ingredients

when heated)

or chunks of tofu

baby spinach leaves)

stock

Paste

sized soup pot.

Fiona Kirk's new book: Soup Can Make You Thin - The Cookbook

Soun is miracle in a bowl for weight loss, principally because of the way the liquid works with the solids which alters the way they are digested, keeping us feeling fuller for longer. curbing cravings and slashing our daily calorie intake. Studies show that including soup in a typical Western diet results in us consuming up to 200kcals less per day - that's 1400kcals less in a week and 6000kcals less in a month!

Furthermore, the bones from meat, poultry and game used to make soup stocks provide good levels of collagen and gelatin. Collagen is a protein that connects and supports body tissue: skin, bone, muscles, cartilage and gelatin supports the liver and aids detoxification

The recommendation is to have soup twice a day; for breakfast, for lunch, for dinner or as a mid morning/mid afternoon snack and tie these in with other more solid snacks/meals

A SAMPLE DAY IN THE DIET

Breakfast: Very Ouick Tomato Soun (see recine).

Mid Morning: 2 oatcakes with tinned, mashed salmon topped with cucumber slices.

Lunch: Thai Curry Sweet Potato Soup (see recipe) and a mixed green salad dressed with olive/flax seed oil and lemon

Mid Afternoon: A small pot of 0% fat Greek yoghurt tonned with a handful of fresh berries and a good scattering of toasted, flaked almonds.

Dinner: Very Ouick Chicken Steam a skinless chicken breast either on a plate (cover it loosely with tinfoil/greaseproof paper) over a pot of simmering water or in a steam basket for 10-15 minutes until cooked through. Spread pesto or olive paste on top and put under the grill (low heat) for a couple of minutes to warm through and serve with a mixed salad or at least 3 steamed, grilled or roasted vegetables.

Very Ouick Tomato Soup (serves 2)

Ingredients 3 large ripe tomatoes or 3 tinned plum tomatoes 500ml fresh tomato juice 2 teaspoons Worcestershire

2 teaspoons balsamic vinegar Juice of 1 lime or half a lemon

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Put the sweet potato red pepper, coconut milk, stock and Thai Red Curry Paste into a large pot, stir well and bring slowly to the boil.

Reduce the heat and simmer for 20 minutes or until the sweet potato is tender and just beginning to fall apart. this will thicken the soup. You can thicken the soup further by mashing the sweet potato Add the protein

of your choice and stir over a low heat to cook through. The prawns and tofu will only take a couple of minutes, the chicken slightly longer.

Stir in the basil leaves and when just wilted. serve the soup.

You can add more Thai Red Curry Paste before adding the protein if you like a hit more spice

Soun Can Make You Thin: The Cookbook By Fiona Kirk is available in print format, £12.99 through

www.soupervduperv.com

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