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DARFNIS NEWS holiovos that society's best asset is its young people! We shall accept no advertising in the opinion of the Publisher, is considered demeaning to children. We intend to encourage environmental, health, and nonviolent issues, but not to preach o claim to always be right. Differen opinions published are the opinio of the authors and not necessarily those of **PARENTS NEWS**. We hope mums and dads enjoy the articles, be interested by Calen ested by Calenda (finding it useful), and use the advertisers. Any endorsement be PARENTS NEWS is explicitly

Back to School

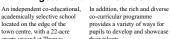
Kingston Grammar School

academically selective school located on the edge of the town centre, with a 22-acre sports ground at Thames Ditton. Offering a broad and multi-faceted educational experience pupils are given the opportunity to develop their own ideas and skills, deepening their knowledge and understanding of curriculum subjects.

They are made aware of the options available to them and encouraged to be curious and

the Registrar on www.kgs.org.uk





A strong pastoral support framework running throughout the school ensures that those joining settle quickly and happily into the day-to-day

Open Events 26 September 6.30-9pm 28 September 10am - 1230pm

For further information or to arrange a visit please contact 020 8546 5875 registrar@kgs.org.uk.



STABILO gets ready for Back to School

This clever ergonomic graphite

pencil has a triangular design

moulds. The moulds ensure that

children can maintain a relaxed

hand posture and not get tired!

staggered grip zone means that

children can hold the pencil in

the correct way. This HB lead

pencil is perfect for writing.

sketching; for beginners or

Plus STABILO is putting

its money where its mouth

Early Writers resource which

sheets, comprehensive teaching

notes and web-based tools for

parents on how to support early

includes hands-on activity

is by providing a FREE

writers at home.

experienced writers!

and unique non-slip grip

Even with sharpening, the

enjoy the beginning

September 2013

STARIL O

The STABILO EASYoriginal

is priced at £6.99, the point 88

Colourparade is £24.48 and

Find all STABILO products

Follow STABILO on Twitter

@STABILOUK

www.stabilo.com

and product information at

pack of two

the EASYgraph is £2.99 for a

with...STABILO stationery, of course!

STABILO's EASYoriginal pen is an ergonomically designed rollerball with a specially designed grip, meaning little hands can hold the nen correctly and comfortably Praised by teachers, this genius pen also comes in both left-handed and right-handed options, plus a variety of colours, making it the perfect choice to include in your children's pencil case this

autumn. Make sure your kids are the envy of their friends with the naint 88 fine liners - a stationery must-have. Available in an array of 25 bright colours, this iconic pen is perfect for highlighting and jazzing up any school notes! These versatile pens have a long cap-off time and the noint88 Colournarade means your kids have every





The Ursuline Prep School Opens a New Building

The Ursuline Preparatory School Wimbledon is opening the school grounds. This new building, known as St Ursula's

is a multi-purpose learning area that is also suitable for after school clubs and activities. St Ursula's other purpose is as a useful space for The Parents'

Association to use for social events and fund-raising occasions. This light, open. modern space is furnished with a generous kitchen area interactive whiteboard and The Ursuline Preparatory School superb raised decking area outside, which will allow the free flow of children's play. The building will be blessed on Friday 13th September

Headmistress, said "We

are delighted to have this

wonderful multi-purpose

our pupils with further

opportunities for extra-

facility, which will provide

curricular learning. We are

particularly grateful to the

Parents' Association and Governors for their support in

such a success."

helping to make this project

The Ursuline Preparatory

School has an Onen Day on

Saturday 12th October 2013.

from 10am to 12 noon, when

you will be able to tour the

entire school as well as the

new St Ursula's block.

Mrs Anne Farnish

Wimbledon



Open Mornings: 12th October 2013 and 25th January 2014 n Week: 21st-25th October 2013, from 9:30 am to 11:30 an

Open Week is 21st - 25th October 9:30 - 11:30 am www.ursuline-prep.merton sch.uk 020 8947 0859.

September 2013

PRIMIGI

AUTUMN-WINTER COLLECTION 2013-14

The **Primigi** winter is cold yet full of charm. Models with an active spirit, padded construction and techno surfaces contrast with hiking shoes and boots with a romantic and minimalist style.



technology

used, in

The models for boys are daring,

drv.

technical

performance, but

are influenced by

fashion trends

A palette of soft

colours, such as

antique pink and

beige,

pastel-

toned

shades, coming together in a mix

of waxed leathers,

padded and quilted

fabrics, and pearly

techno-chic models

featuring extreme

details to create

a fascinating

versatility.

foundation for

alternate

with warm,

the latest styles and

Combat, cowboy and biker boots basketball models and ballerina flats are revisited in new colours and materials



Traditionally-inspired vintage models return with a contemporary twist, lines open to reinterpretations and different uses. Primigi has dedicated special attention to the footwear lines produced in a partnership with GORE-TEX®.

performance, breathable and water repellent materials. The theme of extreme outdoor living can be seen in this market segment as well. For girls, boots and hiking

shoes offer ultra-



There's nothing cooler than heading back to school stocked up with the latest and greatest in stationery accessories!

funky dispensers, these fresh new products from the Post-in Brand are sure to make the envy of any classroom! The average UK household

From handy index tabs to

will spend £35.84 on stationery during the back to school period*, so what will you be spending it on? Here are our top recommendations:

Post-it Notes **Handy Ruler Pack** RRP £7.20

This pack is perfect for older students and teachers With nine different index tabs and arrows mounted on a hole-nunched ruler. it enables easy marking of important text and pages in one handy product



Post-it Super Sticky Notes Star Shape Cube RRP £3.90 Share your personality with the Post-it Brand's vibrant selection of fun shaped notes. They are perfect for ensuring your messages stand out, and because they're Super Sticky, you

www.primigi.com



can be sure they'll stick to

Post-it Apple Pop-up Z-Notes Dispenser & Pad RRP £8 99 Always have a Post-it Note

to hand with this striking refillable Z-Note dispenser! And if the apple design isn't quite to your taste, why not check out our heart, pebble and handbag

Stay top of the stationery class

with the Post-it Brand from 3M! varieties? There's something



Full Post-it Super Sticky Full Adhesive Notes RRP £2.99



Back to School





Open Events

Sixth Form

Wednesday 18th September. 6:15pm

Prep & Senior

Tuesday 1st October, 6:15pm Saturday 9th November, 10:00am

A Catholic school warmly welcoming girls of all faiths, age 3-18.

Call Mrs Angelita Faulkner to reserve your place for either event on

0203 261 0139

email admissions@stcatherineschool.co.uk

Cross Deep, Twickenham, TW1 4QJ www.stcatherineschool.co.uk

endent and co-educational for ages 11 - 18 years

GRAMMAR SCHOOL

OPEN EVENTS

Thursday 26th September 6.30pm - 9.00pm Saturday 28th September 10,00am - 12,30pm

A LEVEL FORUM 6TH FORM INFORMATION EVENING Tuesday 8th October 7.30pm

For further details contact: registrar@kgs.org.uk Tel 020 8546 5875 www.kgs.org.uk

KINGSTON

Back to School

St Lawrence College in Ramsgate offers continuity of education from 3 to 18 years, or the flexibility for you to choose independent education for just part of your child's schooling. Why not go along to an Open Day and find out how it differs from other

Nursery: Offering flexible attendance and an extended day Nursery pupils are overseen by wellqualified, experienced staff. Enhanced afternoon sessions provide additional learning opportunities.

schools?

Junior School: Children thrive in the secure and positive atmosphere and are given every opportunity to fulfil their potential. A wide range of experiences are provided both inside and outside

Senior School: The school has a long record of providing an excellent academic

the classroom

St Lawrence College

education within a supportive community, but is also modern in its outlook and very well suited to preparing pupils for a rapidly changing world.

A warm welcome awaits you and your family!

Co-educational, day & boarding school for ages 3-18 years

SEPTEMBER OPEN DAYS

JUNIOR SCHOOL (3-11 YRS): FRIDAY 27 SEPT 10.00am - 12 NOON & 1.30pm - 3.00pm

SENIOR SCHOOL (11-18 YRS): SATURDAY 28 SEPT

STRONG ACADEMIC RESULTS AT 11+, GCSE AND A LEVEL

EXCELLENT PASTORAL CARE WITH A CHRISTIAN ETHOS

EXCEPTIONAL MODERN AND TRADITIONAL FACILITIES

Friday 27 September: Nursery & Junior School Open Day 01843 572912 Saturday 28 September:

Senior School Open Day 01843 572931 www.slcuk.com

effective remedy in treating head lice compared to the chemical insecticides which are so commonly used Researchers at the James Cook University in Queensland, Australia have quoted that

Try Tea Tree Oil

commences.

Avoiding these unpleasant

nass from person to person

easily, especially as play time

If these unwelcome guests do

make an appearance all is not

lost according to new findings.

Evidence suggests that Tea

Tree oil is a natural and

mites is difficult as they

Conditioner RRP £7.75 - 200ml.



Back to School? Headlice? Elmhurst School

maintained a 90% kill rate over a 3 hour period, compared to just an 82% kill rate when Permethrin (a common insecticide) was used'. Prevention

This research has also proven that Tea Tree will help to prevent head lice from laving eggs on the scalp initially. This is great news for mums trying to avoid common insecticidal chemicals, which can leave a toxic residue on the hair and

Green People's Organic Lavender Shampoo and

September 2013

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: Whiteift. Trinity. Dulwich College and Royal Russell and, of the local Grammar schools, they send boys to Wilson's. Wallington

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.

Sutton and St Olave's

A wide variety of sport including Rugby, Swimming, Hockey, Basketball and Athletics is 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 they are in session. This allows prospective parents to see the school in action

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



Next Open Morning, Saturday 12th October 10am-12noor

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,

Elmhurst School, 44-48 South Park Hill Road, South Croydon, Surrey CR2 7DW

Ingenio Praestat et Arte Outstanding achievements, outstanding individuals

September 2013 High achieving girls celebrate A Level success

For the second consecutive year Sydenham High School GDST has seen an increase in the number of students gaining top grades at A Level, along with its consistent 100 per cent pass rate. This is bucking the

trend nationally. Seventy-eight per cent of Sydenham High girls achieved A*/B grades, versus 72 per cent in 2012, with over a third securing A*/A in their subjects. There was also celebration for confirmed university places for the girls taking courses ranging from medicine, physiotherapy and environmental science to law, history, politics and psychology as well as a clutch of places on prestigious art foundation courses

In addition to their A Levels. a high proportion of Sydenham High's final year students take the Extended Project Qualificatio (EPO) and over half those taking

this challenging course achieved A*/A grades. The school is a centre of excellence within the Girls' Day School Trust for teaching the EPQ, which allows students to pursue independen areas of study

Sydenham High School GDST A* high flyers lead GCSE success

dampen proceedings as Sydenham High School GDST celebrated more of its high flying students - this time for their GCSE results. Despite tougher marking being implemented nationally the school achieved some remarkable all-round performances with an increase in both passes per pupil and points per candidate. Sixty-seven per cent of students gained A*-A grades and 26 per cent achieved specifically A*s, with four girls - Elinor Blair, Emma Christensen, Alex Terrieux-Taylor and Christina Wimpory - all achieving the magic number of ten A* grades. The top performing subject

areas this year were: Maths,

Heavy showers failed to

Statistics, Science, History, Latin, ICT, Drama and DT The school caters for girls from a wide range of social and educational backgrounds so the fact that the percentage of A*-B grades increased to 93% and the mean number of A-C grades also increased was further testimony to the school's success in helping to bring out the very best in every student.

Kathryn Pullen, Sydenham High's Headteacher, said: "This is a tremendous achievement for our girls, particularly in a year when it has been harder than ever to score top grades. These grades give them a great basis to go on to A Level study and beyond.'

020 8557 7004 admissions@syd.gdst.net



OPEN MORNING Saturday September 28th 2013, 9.30 am - 1.00 pm

SIXTH FORM OPEN EVENING

Monday 7th October 2013 from 6.45 pm

Find out more about life at Bromley High School



4+, 7+, 11+, 13 + and 16+

ce & Scholarships available in the Senior School

admissions@bro.gdst.net Tel: 020 8781 7000 www.bromleyhigh.gdst.net/pn1







or to arrange an individual tour, please contact Carole or Paula on 020 8688 0661

A consistently high record of scholarships and places to top sought after schools such as
Whiteift Trinity Royal Russell Dulwich St Olayes's Wilson's and Wallington



An outstanding* education that goes way beyond exams

Open Days

Junior: Sat 28 Sept 10am - 1.00pm Senior: Sat 21 Sept 10am - 1.00pm

See website for additional dates in October and November

020 8557 7004

www.sydenhamhighschool.gdst.net admissions@syd.gdst.net 19 Westwood Hill London SE26 6BL















For more information or to arrange a visit:

Nursery & Junior School Senior School T: 01843 572912 T: 01843 572931 E: mag@slcuk.com E: ah@slcuk.com

www.slcuk.com Ramsgate, Kent CT11 7AE

Ireland

& entertainment with classi-

vehicles costumes across the

2 Oct Orchard Theatre Dartford

01322 220000 The Essence of

Oct Stag Theatre Sevenoaks

6 Oct Maidstone Leisure Centre

0845 1552277 Robot Wars Live

various times Junior Fitness, 12-

15vrs learn how the body works.

the benefits of a healthy lifestyle

& participate in structured fitness

sessions with a qualified fitness

Rave Pool Party sessions with

inflatables, floats, games & the

latest music Available Birthday

Parties for children leave all the

planning & tidving up to the

6 Oct Hall Place Bexley 07775

736116 Farmers Market with a

6Oct Grandparents Day Circular

Walk around Chislehurst &

through Elmstead Woods 020

8315 1850 Start & finish point

The Garden Room, 85, High St,

Chislehurst, the walk is accessible

to wheelchair users & buggies

dogs are welcome, the walk will

be followed by a fun afternoon for

all the family with stalls, raffles,

refreshments & much more, to

book your place www.ageuk.org.

uk/bromleyandgreenwich...

variety of local produce on offer

instructor. Sele

Centre

Tour.action packed show. Dai

eras, live music Punch & Judy

01732 450175 Kent life

Chichester 01243 789829 Guided tours plus café & picnic area Daily Wingham Wildlife Park 01227 720836 Canterbury

Woodland Honey Hill Blean 01227 765168 Meet the friendly

animals follow the trail around the enchanted woodland & discover the sleeping dragon & other magical creatures or have fun in the adventure play area, a

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

367449 Kickstart a brand new

wide range of activities for under 10's Every Tues & Thurs tern time only parent & child fun

FREE running sessions across Kent, women & men of all ages & abilities are putting on their trainers Kent all part of a county wide campaign to get people running to feel fitter, healthier & happier, In Kent leaders have been trained to set up local running groups & runners. Get your first running session FREE at your local group when you mention Parents News All groups are led by qualified. enthusiastic friendly leaders. To find your local group visit www. kentsport.org/rungroups, Tel: 07730 870696

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

Ongoing Lydd Library Part of a library touring exhibition by Vir-Art a Maidstone group of artists. to appeal to book lovers yound & old & includes work inspired by the childrens book 'The Very Hungry Caterpillar.

Ongoing Pepenbury www.pepenbury.info With friendly farm animals plus goats, donkeys, Kune Kune pigs, chickens ducks rabbits guinea pigs plus woodland trails suitable for all ages. Woodland walks FREE but donations welcome. Ongoing on Mons Cuxton

Blowing the Whistle on

GDC Scam.

Orthodontists and the General Dental Council are operating an illegal seam to

withhold information from the public about new methods which can avoid almost all extractions and even major jaw surgery. This is being done partly to protect

surgeons. Research suggests that this British development is being ignored in the UK while spreading rapidly abroad. As a result hundreds of children and young

adults have extractions and jaw surgery, unaware they may be unnecessary

Some Orthodontists mislead patients, saving that extractions can be avoided

although the traditional methods they use leave too little room, risking severe

damage to the face. It is wise to explore the internet yourself, many sites make

great claims and show beautiful faces but very few show good results before and

There is another way.

ORTHOTROPICS

or John Mew. Tunbridge Wells 01892 526406 and

The London School of Facial Orthotropies,

Purley. 020-8660-3695.

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

after treatment. Even the media is scared of disclosing this scandal.

nal methods and partly to preserve the high incomes of orthodo

Aylesford 01622 713225 Soft play unlimited access which offers a courses for babies 8wks & not yet Ongoing Run off your Feet

crawling, FREE, to book Tel: 01634 711301 1st & 3rd Thurs of month Children's activities. Health visitor drop in clinic, meet vour local health visitor plus a toy library will also be available after the session, 9.30-11am, Tel: 01634 336209 d Sum of the month Tonbridge Farmers Market Sovereign Way 07876 685853 Held in Sovereign

Way with normally 70 stalls. Sun of the month West Malling Farmers Market High Street 07775 736116 Wide variety of local produce, 9.30-1.30pm. Hempstead Valley Shopping Centre Gillingham Farmers

Market is held in the car park offering a range of local produce including meat & much more. Every Sun EdenbridgeLeisure Centre Stangrove Park 01732 865665 Under 16's & families

roller disco. Every Sat Morn Fleur de Lis Heritage Centre Faversham 534542 Guided Town 01795 walks, 90 minute guided stroll through Faversham.

Mon Strood Library 01634 335890 Toddler Shake & Boogie activity session that offers rhymes, songs & movement for pre-school children, FREE. Every Tues Teatime Storytime after school, 3-8yrs, term time only. Every Fri Homework club with friendly staff on hand to help you with all your homework questions, 3.30-5pm.

Every Mon St Peter's Church

When experts

on so for answers

you for a

01843 602792 Raindrops, parent & toddler group, termtime. Every Thurs 1st Parenting meet with other 1st time parents. Every Fri during term time Friday Club. Every Tues Grosvenor Park 07990 973313 Buggy Workout, exercise for mother & baby, power walking around the park utilising

Sprats Parent & Toddler group

org.uk Baby Sensory classes for

babies up to 16mths, activities

to include bells, balls, bubbles,

light shows & more, Tel: 07813

Every Mon Walderslade Hook

Meadow Library Chatham

01634 861531 Baby bounce &

rhyme time, 18mths & under,

FREE. Every Wed Storytime fun

that include stories & rhymes

sessions for pre-school children

Every Mon Gillingham Library

01634 337340 Storytime fun

sessions for pre-school children

with stories & rhymes, FREE,

Every Fri Baby bounce & rhyme

Every Mon St Andrews Church

Hall Broadstairs 01843 863480

Little Ted's Parent & Toddler

Centre Tonbridge 01732 359966

Kickstart members Pre-school

bounce, Every Sat morn fun club

5-10vrs, Every Wed & Fri dance

Every Mon & Fri Rocheste

Library Eastgate 01634 337411

Baby bounce & rhyme time with

finger & nursery rhymes, 18mths

& under, FREE. Every Sat Pop

in and Play sessions for parents

& children, 10.30-11am, FREE.

- Health & lifestyle advice, drop-

Every Tues Queens Road

Baptist Church Victoria Gardens

in, no need to book.

Fri of month Advice & support

mat & target wall fitness.

Mon-Wed The Angel

group, term time only.

termtime only.

632552

time FREE

the benches & steps available. 10.30-11.30am. Every Tues Chatham Library Gun Wharf Dock Road 01634 337799 Storytime for preschoolers, FREE. Every Thurs Mar Toddler shake & boogie fun packed activity

Every Tues Hoo Library Rochester 01634 250640 Storytime fun sessions for preschool children with stories & rhymes, FREE

Every Tues Fairview Community Primary School 01634 376270 Parents & toddlers club term time only 10-11.30am.

DRAMA SINGING DANCE

Thurs Baby bounce & rhyme time, parents & carers can enjoy Every Mon St Matthew's knee bouncing, finger rhymes & Church Hall Rochester 01634 nursery rhymes, 18mths & under, 843666 www.heritageopendays term time only 01634 337340

Every Tues Walderslade Village Library Chatham 01634 686463 Toddler shake & boogie activity session that offers rhymes, songs & movement for pre-schoolers Musical instruments, scarves & parachutes are often included ery Fri Storytime fun session: for pre-school children that

include stories & rhymes. Every Tues Hundred of Hoo Swimming Pool Rochester 01634 401989 Beaver Swimming Club.

Every Tues Southborough Lbrary 01892 529808 Storytime, 2.15-2.45pm, FREE. Every Tues Hempstead Library

01634 361544 Baby bounce & rhyme time for parents & carers, 18mths & under. Every Fri Storytime fun interactive sessions for pre-schoolers, FREE. 1st Sat of month Medway Health Walks chance to improve fitness levels, all ages.

Every Wed Dunorlan Park 07990 973313 Buggy Workout. exercise for mother & baby, power walking around the park utilising the benches & steps available. 10 30-11 30am

Every Wed St Saviours Centre Canterbury Road Folkestone 01303 244610 Fabulous Fare Market with locally sourced fresh fruit & veg meat, fish & dairy preserves & jams & lots more Also on offer recipe tasting, take away meals, tapas & ready salads. natural home & body products, book/magazine exchange, plants, flowers & lots more

Every Wed Crampton Tower 01843 871133 Scalextric Digital Racing Club Midweed Kingsmead Leisure Centre Canterbury 01227 769818 Funtime sessions available in the

Every Thurs Strood Library 01634 718161 Baby bounce & rhyme time, 18 mths, Homework club with friendly & knowledgeable staff on hand FREE.Every Tues Teatime Storytime afterschool 3-8yrs 2" Tues of month Advice & support Health & lifestyle advice, drop in, no need to book

Every Thurs White Oak Leisure

Centre Swanley 01322 662188 Under 16's Roller Disco Every Thurs Thomas Aveling School & Community Library Rochester 01634 338728 Teatime

Storytime after school storytim for 3-8vrs.

Ealendar

session.

coffee

Every Thurs Luton Library Chatham 01634406923 Storytime fun sessions that include stories & rhyme. Every Sat Pop in & Play for parents & children 10-12pm Every Thurs Pembury Library 01892 822278 Storytimes, 2.30 3nm term time only FREE Every Thurs during term time

Margate Baptist Church 4 Cecil Sa 01843 290869 Little Fishes Toddler group for parents & carers to meet & socialise with food, games & fun, 10-11.30am. Every Fri Grain Library 01634 33872 Homework club with friendly & knowledgeable staff on hand to help, FREE, Every Sat Craft Club for under 8's FREE

Every Fri Hempstead Library 01634 361544 Homework club with friendly staff on hand to help with all your homework questions.

Every Fri Lordswood Library Chatham 01634 862096 Teatime Storytime after school storytelling, 3-8yrs & Toddler shake & boogie.

Every Fri Wigmore Library 01634 235576 Toddler shake & boogie activity session that offers rhymes, songs & movement for pre-schoolers. Musical instruments, scarves & parachutes are often included.

Every Sat Medway Little Theatre Rochester 07939 921041 Youth Company for 12-18yrs & children's workshop, 7-12vrs. Every Sat Dickens House 01843 871133 Broadstairs History Walk.

Every weekend Broadstairs Harbour 07847 473615 Market. weather permitting.

Every weekend until 30 Sep Port Lympne Wild Animal Park Lympne,Nr Ashford 0844 8424647 It's a Bug's Life event, be shown where to look for beetles, bugs & butterflies & board a safari truck & be transported to The African Experience where giraffe, black rhino, ostrich, zebra & more can be seen be roaming

FREEIv Sent Penshurst Place 01892 870307 Summer holiday fun with a new mini maze for young children.

Until 29 Sept Dover Castle & The Secret Wartime Tunnels 01304 211067 Castle Comes Alive! Immerse yourself in the pomp, pageantry of medieval court life as you interact with a host of characters including the King himself, suitable families



heritageopendays.org.uk Sept South Foreland

6,13,20,27 Sept Hartsdown Leisure Centre Margate 01843 226221 Roller Disco family 7 11 14 18 21 25 28

Riddenden Vinevards Ashford 01580 291726 FREE Guided tour of the vineyard plus tasting, 14 Sept Maidstone Town Hall arrive at 9.45 for a FREE cup of High Street Maidstone 01622

Deal Memorial Bandstand Concert 01304 205108 Band of the Brigade of Gurkhas bring your own picnic, Tel: 07760 844833 12-15 Sept Guildhall Museum

Rochester 01634843666 Heritage Open Day with a selection form some of the hidden treasures of the museum from old toys to interesting artefacts from the museums stores. FREE entry

12,19 Sept St Peter's Village Tour Margate 0754 6 514948 Guided Walk meeting costumed characters.

13 Sept Maidstone Museum & Bentif Art Gallery 01622 602838 Feyntian Sleenover with themed events & activities throughout the evening aimed at children & families, including crafts, dressing up & storytelling nlus refreshments & breakfas will be provided. Participants will be allowed to sleep in the Tudor Great Hall, need to book.

13 Sept Kings Hall Beacon Hill Herne Bay 01843 823307 Pilgrim Hospices Moonlight Walk with men women & families to dress up on a 10 or 15K walk from Herne Bay to Whitstable & back again, for more info www pilgrimshospices.org or Tel 01227812621.

13 Sent Sissinghurst Castle Garden Cranbrook 01580 710700 Farmers Market FREE

13-15 Sept Marlowe Theatre Canterbury 01227 787787 Aliens Love Undernants fun show for all the family. 21 Sept Joseph & the Amazing Technicolor Deramcoat

13.27 Sept The Marsh Academy Leisure Centre 01304 61900 Roller Disco family session 14 Sept Gulbenkian Theatr Canterbury 01227 769075

Comedy Club 4 Kids entertainment for everyone 6+vrs 21 Sent The Snail & the Whale storytelling, live music & lots of laughs, 4+vrs

Wells 01892 515675 Guided walk as part of Heritage Open Days, FREE, booking essential. White Cliffs Countryside Project 01304 202756 Heritage Open Day with top walks on offer plus pick up a National Trust 50 things to do before you are 11 and 3 quarters can do, FREE entry, www.

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www. parents-news.co.uk

Advertising works in PARENTS NEWS

020 8337 6337 feraus@ parents-news.co.ul

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

Lighthouse 01304 202756 Heritage Open Day with a guided tour plus a variety of family friendly activities on offer from outside games & kite flying or take part in a brand new pirates treasure trail, FREE entry.

Cardwell

602198 Heritage Open Day tour. 14 Sept Safari Market at Hollingbourne Pavillion 01622 880382 Villagers will have an eclectic mix of items to sell from their own gardens & garages, maps available from

'Christopher's' village shop & the Cardwell Pavilion Hot food & W.I. cakes & crafts available on the playing field, FREE parking. 14 Sept Aylesham Summer Carnival 01304 205108 Traditional summer fun with more than 50 entrants in the parade there will also be a traditional village fete before the parade

moves off at

14 Sept Smarden Charter Hall 01233 771934 Honey Show & Craft Fair with craft stalls. members own produce stalls & a seed swap stall. There will also be an auction of beekeeping equipment plus see the bees in the observation hive or have a look under the microscope. Craft stalls available to hire, entry children

14-15 Sant Chatham Historic Dockvard 01634 823845 Commissioner's Garden Heritage Open Days tours approx 1hr, FREE, needs to be pre-booked. 14-15 Sept Bodiam Castle Robertsbridge 01580 830196 Heritage Open Day tour the armour rooms normally only open to educational groups, medieval cookery talks close look at birds

of prey & have a go at flying one each afternoon for a small additional fee. FREE entry

14-15Sept Headcorn Aerodrome Stanley Road Ashford 0845 6526263 Southern Model Show with a huge display of models all at one show with a diverse range of models available from aircraft

CANTERBURY

VOICE TRIALS

for boys aged 7 & 8

9 November 2013

to Daleks plus demonstrations competitions, exhibits & trade

14-15 Sept Rewl Water 01892 890661 Dragon Boat Race a team challenge event raising money for St Michael's Hospice. 14-15 Sept Brogdale Farm

Faversham 01795 536250 Rural Cooking Day, with cooking demos, tractor tours, hedgerow walks & foraging. 21-22 Sept Harvest Weekend with scarecroy building, make a corn dolly, ideas, FREE parking.

14-15 Sept The Oast Theatre London Road Tonbridge Heritage Open Day with tours of theatre & new wardrobe & props areas, backstage, scenery dock & rehearsal room & sale of sumlus stock. There will also be children's craft acativities plus join in with The Hoppers the drama group for 8-13yrs. Refreshments available, FREE www.heritageopenday.

14-15 Sept Herne Windmill 01227 722332 Heritage Open Day museum of milling technology working machinery, FREE entry. Sept Cranbrook Music Festival Family friendly local music festival in the centre of the village with many genres lots of fun & FREE The festival raises money for charities & local projects through competitions, raffles, wristbands & other activities, www.

cranbrookmusicfestival.com. 15 Sept Mount Ephraim Herne Hill 01227 754796 Apple Sunday with apple pressing demonstrations & orchard tours 15 Sept Ashdown Forest Llama Park Wych Cross. East Sussex 01825 712040 Craft Fair with a mix of handmade goods including original art & prints, ceramics, jewellery, fashion, toys & much more, refreshments available in the café, admission FREE.

15 Sept Chislehurst Farmers Market 07775 736116 Held in a new location of Hornbrook House car park, High Street, produce includes seasonal fruit &

Substantial scholarships are

of St Edmund's School.

The Master of Choristers

oleased to meet and advise

For further details please telephon

01227 865242

David Flood, is always

parents and their sons

Choir House

12 October 2013

OPEN DAY

awarded and choristers enjoy the

superb and extensive facilities

camps & clay workings & walk Railway from the 40s to the 80s vegetables bread meat cheese & along the historic carriage drive. 15 Sept Cranbrook Museum

crèche facilities.

much more, FREE entry.

the museum, FREE entry.

Trips at Ramsgate

nearlynewsalekent.co.uk

advance booking required.

activity adults & children can

make & decorate a miniature

21 Sept Shorne Woods Country

Park Gravesend 01474 823800

Fairytale Trail hunt for the

mysterious fairy tale clues around

the park that will lead you to the

secret hiding place of some fairy

Archaeology Guided Walk to the

various heritage sites in the park.

following the brown heritage trail,

tale friends, under 8's.

Roman style face pot, FREE.

Day FREE

& bait included.

local seal colony.

01304 241806 Grand Shaft Open

16,28 Sept Sea Searcher Boat

562076 Full day fishing trips, rod

28 Sept Cornwallis Academy

Hubbards Lane Maidstone

Nearly New Sale, 2-4pm, www,

Sept Open Seal & Wildlife

WatchingTrips 07837 562076

20 Sent Reaney Art Museum

FREE event. 01580 712929 Heritage Open 21-22 Sent Kent Showground Day with two quizzes provided Detling 01622 630975 Paws in for children based on artefacts in the Park you & your dog to take part in, explore & enjoy plus 5 Sept Western Heights Dover NEW for 2013 professional dog

> 21-22 Sent Brogdale Farm Brogdale Road 01795 536250 Harvest Weekend, make harvest crafts & take part in scarecrow making plus orchard walking tours & tastings & get lots of advice on harvesting your vegetables & tins on storing them to make use of them all winter. Visit the marketplace, restaurant and for children the miniature railway &

A one and a half hour trip to a playpark, entry children FREE. -22 Sept Assembly Hall Theatre Tunbridge Wells 01204 334400 Aliens Love Underpants for all the family, 1 Oct The

& Library Canterbury 01227 378100 Shaggy Dog Stories plus investigate objects explore the Essence of Ireland museum & get creative with a fun 22 Sept Museum of Kent Life art activity, 2-5yrs & their carers, Sandling 01622 763936 Meet accompanying adult FREE, Mike the Knight with medieval themed activities for all the family 1 Sept Dover Museum Market to enjoy. 5-6 Oct Apple & Cide Square 01304 201066 Family Favre see the process of turning Day, Clay Roman Face Pots whole apples into fresh juice to

sample & buy plus live music 22 Sept Trinity Theatre Tunbridge Wells 01892 678678 The Hunred and One Dalmatians for all the family 5+vrs 25 The Brook Theatre Old Town Hall Chatham 01634 338319

27-29 Sept Dane John Gardens Canterbury 01227 378100 Food & Drink Festival offering shoppers some of the products to tickle their taste buds. 28-29 Sept New Romney Station

visit Randall Manor, see RAF 01797 362353 Vintage on the

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



F YOUR CHILD is between 4 and 16, he or she is ready for Stagecoach to teach Canterbury them to act, sing and dance.

Soon they begin to speak and move better, Thanet act more naturally, become more confident thanet@stagecoach.co.uk and self-aware. These skills don't vanish as the curtain falls. They are learnt for life.

Schools are onen in normal term time for three hours at weekends.

For a Prospectus and for more information please call your local Stagecoach now.

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canterbury@stagecoach.co.uk 01843 593 474



Daily Larkfield Leisure Centre all inclusive membershin with Library Rochester Raby massage zone with 3 storeys of interactive play equipment for under 10's with wavy waterfall slide crawl tubes, ball pool & ball cannons. NEW Kickstart a brand new all inclusive membership with unlimited access which offers a wide range of activities for under 10's with swimming, soft & jogging the streets & parks of play, junior dance mat & target wall sessions selected holiday programme activities. Saturday Fun Club plus pre-school bounce & adventure time sessions for 0-5vrs NEW larger Fitness Studio they are keen to welcome new to offer a wider rang of classes

numn & circuits Daily Fishbourne Roman Palace

Meet the animals including their hands on animal encounters plus children's play area. Daily Druidstone Park and

fun day out for all the family Daily Tides Leisure Centre Deal 01304 373399 Indoor tropical

New Tonbridge Swimming Pool Lower Castle Field 01732

Orthodonfics usually

requires the extraction of 4 to 8

by natural methods

No 'Train Tracks'

Orthotropics can get much better results

than 'Train Tracks

Research shows

although this is

London Go to Page 10

Back to School

Walton Stagecoach

Julianne and Tony are delighted to be taking Walton Stagecoach schools under their wings as Franchisees after many years of running these schools as principals The schools prides itself on excellent learning in a happy and safe environement. With an hour of singing dancing and drama led by industry professional's Walton schools have achieved outstanding on independent inspection reports Classes are run in age groups so learning is geared towards age appropriate development.

The students not only find confidence but end up making friends for life. Each term has a different focus and this term will be a performance of Bugsv Malone for the main schools (6-15 year olds). The younger schools Early Stages (4-6 year olds) will be working on Christmas presentations and the older school Further stages (15-19 year olds) will be presenting a classwork demonstration. T

he school is always welcoming to new students and please ring them or visit the website for class times, news and events as well as enrolment options. Phone Julianne or Tony on 01932 506806

Woodland playgroup to open this autumn

A new outdoor playgroup for adventurous toddlers is set to launch at Rlack Park Country Park this September, offering a unique mix of child-led nature and craft activities

Tots in the Woods aims to

develop and enrich young children's minds through immersing them in their natural environment. The woodland pre-school group - which also teaches under fives the long lost art of bushcraft - is the brain-child of Steve Sutherland, an experienced outdoor instructor who believes that all children (and their parents and carers) should be able to have fun together by simply getting back to nature.

"We're really excited about what's in store" comments Steve, "we'll be based in a wonderful purpose-built bushcraft camp inside the nark, which has lots of 'wow

features. Each week we'll have a camp fire and get up to all sorts of fun things, like natural crafts, playing in our fabulous mud kitchen and singing, not to mention cooking delicious treats on the camp fire. We'll be offering the sessions every Thursday during term time to begin, but hope to open up more days as interest grows".

An experienced outdoor instructor, overseas expedition leader and Forest School practitioner. Steve played a key role in the development of award-winning forest adventure company Go Ape, including their course at Black Park Country Park. Since then he has set up a Forest School and offering the group at new locations, starting with Black Park Country Park.

For further information or to book visit www.totsinthewoods.co.uk

Special Educational Assessments to SEND" (May 2012), and

comments made throughout the

New provisions recommend

replacing the Statement of

Special Educational Needs

with a single Education Health

and Care Plan (EHC) available

from birth to 25 years of age.

assessment has been reinstated

in the legislation: the timescale

for concluding the statementing

and could see parents involved

in protracted negotiations with

there is a deadline of six weeks

within which Local Authorities

potentially extremely worrying

struggling waiting significantly

longer for education solutions.

"At a time when budgets are

stretched and Local Authorities

are under considerable pressure

when there are clear provisions.

- it is better for parents to

secure educational decisions

must make any final decision.

Leena continues: "This is

for parents and could see

children that are already

Local Authorities. Currently

process remains open-ended

Whilst the right to ask for an

consultation period.

special educational needs

Uncertainty over proposed changes due to take effect next year could leave many disadvantaged says Moore "We are seeing a growing

been advised to wait until new legislation is in place before pursuing an assessment on behalf of their child. "We would strongly advise parents against this, as there is uncertainty about the full impact of the new changes and it is far better to get provision secured for your child now." says Moore Blatch educational expert, Leena Hurloll.

frequency of parents who have

The Government is proposing to introduce new legislation to the Special Educational Needs (SEN) system, and has issued the Children and Families Bill. It incorporates the change previously outlined in the "SEND Green Paper" (March 2011) and "Support and Aspiration: A new approach

September 2013 **Out and About**

Every Wed Heaven at Nutfield www.heaven-nutfield.com. Smile Faces music group for up to 2vrs & 2-4yrs, a playroom for under 5's, a café & a crèche

Every Sat during term time The River & Rowing Museum Mills Meadows Henley on Thames 01491 415600 Artways Art Club. week sessions, 11-15yrs. Ever Wed during term time Taylor Tug's under 5's Club.

20-22 Sept Corn Exchange Church Street Brighton 0870 060 6632 Brighton Art Fair with over 100 contemporary artists across all media will showcase & sell their work direct to the public in a relaxed & informal environment entrance under 14's FREE.

22 Sept Brighton Marina East Sussex Brighton Seafront Stroll four mile route from Brighton Marina along Brighton seafront to Hove Lagoon, the path is smooth & ideal for pushchairs & wheelchairs. There will be water provided for all dogs by the Seafront Office for more info, Tel: 07824 453318 www.hearingdogs.org.ul

Sept Stanmer Park Lewes Road Brighton 07746 185927 Apple Day is an annual celebration with the day featuring juice making demonstrations, children's activities, apple identification, guided tours, produce, food & drink, music, storytelling, an apple themed play, stalls & lots more, FREE family event.

Advertise in PARENTS NEWS call Fergus 020 8337 6337

Old Barn Stables Quality classes in small group Waffrons Farm, Woodstock Lane South, Chessington, Surrey

Adults and Children from 2 yrs Advanced & SUPER Advance

Classes held at Downsend School Ashtead/Leatherhead Epsom College

Swimming Lessons

For more info contact Colin on 01372 739600

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A Friendly, Family Run Riding School

All ages & abilites

· Lessons & Hacks Holiday Fun Woodland Walk

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Jennie 07585 950 910

Anjana 07580 939 131

September 2013

www.craghoppers.com

Ideal for the Playground, Craghoppers Kids Winter Jackets Let Little Ones Enjoy Playtime Whatever the Weathe Craghoppers has introduced a new range of winter warmers for youngsters who enjoy getting outdoors. The latest selection of jackets will keep them protected, extremely comfortable and looking cool in and out of school. For a more urban look. Craghoppers offers the new Bovs Mayman Parka, this winter classic jacket boasts a fantastically soft herringbone outer and Sherpa fleece lining.

Well suited to cold winter

days with AquaDry membrane

traditional outdoor waterproof This lightweight rain-defying girls' jacket features a grown on elasticated hood for an exceptional fit whilst reflective detailing enhances safety in the dark. With zipped pockets, waterproof zip and self-fabric Velcro cuff adjusters, the Liliva is ideal to keep little ones dry in the most unforgiving downpours. It is available in sizes 5-6, 7-8, 9-10, 11-12 and 13 years in some wonderfully vibrant colours including Deep Indigo, Bright Purple and Fuchsia. The boy's version of the Liliya, the Skepta Jacket is also available and comes in sizes5-6 7-8 9-10 11-12 and 13 years in Red/Royal Navy Black Pepper/Black, Dark Blue Wave/Royal Navy.

waterproofing and fur trim, the

Mayman Parka (SRP £70)

features a grown on hood,

Velcro-fastening pockets,

stormflap with inner zip guard

and brushed chin guard. It is

available in sizes 5-6, 7-8, 9-

Pepper and Dark Khaki.

10, 11-12 and 13 years in Black

Girls Liliya Jacket is a more

www.craghoppers.com 0161 749 1300

How to Draw Like a Fashion Designer

Tips from top fasion designers Celia Joicey and Dennis

This is a lively and engaging beginners' step-by-step guide to drawing like a fashion designer. The book is aimed at young neonle who are keen to learn how to draw fashion figures and

At the beginning of the book, leading fashion designers explain why drawing is so important to the design process, with examples from their sketchbooks for inspiration. Designers include Zhandra Rhodes, Valentino, Anna Sui and more

Then there are sections that show how to create a fashion template (croquis), including fashion proportions and how to turn a

low to draw like a

stick figure into a full figure: how to draw skirts, trousers, jackets and dresses onto the fashion template; and how to develop a collection, including the creation of complete outfits and seasonal

Towards the back of the book there's a section that looks at the design process, from creating a mood board and following a brief to developing a collection

Author Celia Joicev is Head of the Fashion and Textile Museum, London. She has also worked as Head of Publications at the National Portrait Gallery, London, and Head of Publications at the Royal Society of Arts, London.

Dennis Nothdruft has been an assistant



Get to grips with your little adventures!

LittleLife extends its popular animal daysack range with new ActiveGrip Daysacks. Toddler Daysacks. Available in two adorable animal designs, feature an easy-toreach, padded grab handle that offers parental control while simultaneously instilling your young explorer with an important sense of independence.

With an eye-catching ladybird or spiky dinosaur to choose from, they are the perfect companion on any family day out. Featuring a spacious

allows parents to easily steady or support children toddling o learning to ride a bike.

Learning

3 litre main compartment

with a secure zip closure, the

daysacks are ideal for storing

your child's daily essentials

and have plenty of room for

an extra layer, snacks or any

shoulder straps and a waist

strap ensure that the daysack

fits comfortably and securely

without slipping off little

The large, padded handle

shoulders.

favourite toys. Fully adjustable

www.littlelife.co.uk

Back to School

Bags of Fun at Cuckooland

Spotted on the children of many Hollywood celebrities and taking the US by complete storm, Beatrix New York makes its debut in the UK. Beatrix New York is dedicated to creating 'too cool for school' contemporary lunchboxes, rucksacks, backpacks and wheelie travel bags for children on the move. The designs mix a child-like love of imagination with an adult sense of style. All the bags are environmentally friendly and the colourful designs focus on simplicity, humour and quality.

Cuckooland is a magical world of stylishly quirky homeware and unique & unusual gift ideas. Their aim is to offer you an alternative to the dull & mundane by bringing you the WOW & the niche. Led by a zebra centaur with a large fabulous bottom & chief buyer is a kitten called Sushi

www.cuckooland.com

Lunchbox Bags; Katarina Frog £29,



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art, drama, music. science, literacy and IT with dedicated teaching specialists

coaching, organic cafe, adventure playgrounds, holistic education

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A fresh approach to nursery education.

www.activelearningchildcare.co.uk





the fear of formal tests and build up your confidence!

7th Sep, 14th Sep, 5th Oct, 9th Nov £45/session ★ Subjects English, Maths, Verbal Reasoning, Non-Verbal Reasoning

Join OxBridge to excel!

- ★ Eng/Maths for Yr 1~3 Maths, English
- ★ 11+ Preparatory Class for Yr 4 English with VR+NVR, Essay Writing, Maths
- ★ 11+ Intensive Class for Yr 5 English, Maths, VR and NVR
- ★ Eng/Maths for Yr 6 Essay Writing and Reading Comprehension, Maths
- ★ GCSE Classes for Yr 7 Total science, Maths, English (language+literature), French
- ★ A-level Maths Classes
- ★ New Yr 7 Classes Please call to sign up while spaces last!

020 8949 2131

OxBridge Centre is a well-established tuition centre based in New Malden. Currently there are around 420 students from year 1~A-Level studying at the centre, Why don't you join us too?

London Calendar

Daily Tower of London 0844 Clive Steps King Charles Street 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. Science Museum 0870 870 4868 Take control in 360 degrees flight simulators or fly with the Red Arrows in their sensational 3D motion effects theatre. Ever weekend Icy Cool Adventure families, under 7's, FREE. Every Weekend Spaced Out, families, 5+vrs. FREE, Every Weekend A Cockroach Tour of the museum visitors take on the form of cockroaches dressing up in realistic costumes, FREE. Every explore hundreds of real natural

history specimens,, FREE. Daily The Queen's Gallery Buckingham Palace 020 7766 7301 Become an explorer & discover the exhibition with activity bags for families. Using the bags find out which animals the adventurers shared the Antartic with and what early explorers wore to protect themselves from the cold

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

Ongoing London Transport Museum Covent Garden 020 7379 6344 Family Station All Year Round activities for families, 3-12vrs,

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 New policy all children under 12yrs of age will have FREE entry to all exhibitions.

The royal progress of Queen

Queen's favourite palaces,

See how she was a leader of

the clothes of her courtiers.

Ongoing Churchill War Rooms

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.

Throughout Sept Peter Harrison Planetarium 020 8858 4422 Wc Are Aliens planetarium show 5+vrs Sky Tonight Live, 5+yrs, Meet the Neighbours, 5+yrs, Solar System, Galaxy, Universe, 5+yrs, Space Safari with live music & rhyme, under 7's.

Every Sun National Gallery www.nationalgallery.org.uk 020 7747 2885 workshops for families bringing paintings alive & listening to a themed story on the magic carpet, plus FREE family trail. y Sun Hildreth Street Market Balham SW12 Street Market with

fresh food traders sourced from all over London Every Mon & Thurs Holy Trinity Church Brook Green 07710 023743 Singing & Songwriting sessions for 6-11 & 11-14vrs

Every Tues until 24 Sept & every Thurs until 27 Sent Horniman Museum London Road Forest Hill 020 8699 1872 Busy Bees lively sessions for under 5's with stories. songs & simple art & craft. 14 Sep Puppets hands on family workshops 3+vrs. FREE, 14.21 Sent Ar workshops, Plasters Casts from Nature, create something fabulous to take home, families 3+vrs. 21 Sep-Africa hands on family workshops 3+vrs. FREE, 28 Sept Animals hands on family workshops, 3+yrs, FREE, Every Sun Discovery for All, 3+vrs, FREE, Every A World of Stories storytelling

sessions, families, 3+yrs, FREE

opurre Hall Museum

Kids Club

beinglest nutrove with

Good Queen Bess

Until 1 Mar' 14. The Art of Harmony.

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, tortoises, armadillos, meerkats & lots more, hands on activities are led by AnimalMan Nick Spellman for all ages.

very Sat Venn Street Market, Clapham Common 020 7622 8259 Offering fine foods & fresh produce plus a variety of handmade rafts 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 Theatreworkshops various age groups 7-18yrs, FREE to join. Every Sat 2-4pm & after school on Tue & Thurs South London Gallery 65 Peckham Road 020 7703 6120 The Shop of Possibilities for children & families living on five neighbouring estates, Pelican, Southampton Way. Elmington.

this recently renovated former housing estate.

Every weekend Tate Modern Bankside 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. 5+yrs. Daily Under 5's Zone a new play space for families FREE weekend Start Session 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 Ouirky weekend market has 50

antiques with a few contemporary craft stalls, FREE entry, www. clocktowermarket.co.uk Every weekend Tate Britain Millbank London 020 7887 8888 Liminal invites visitors Wyndham & Comber, & Sceaux into a physical, material & social

specialising in vintage, retro &

Lots of information on

PARENTS NEWS WEBSITE

continually updated with new features and information for parents

www.parents-news.co.uk

020 8337 6337

www.parents-news.co.uk

touch, interaction & collaboration all ages FREE Every weekend Ar Trolley sessions encourages children to imagine & create collages & lots more, FREE. Every Children's Multimedia Guide fun & interactive a sensory experience for all the family to enjoy, 5+yrs Daily Family Resources provides questions & activities which encourage children & families to explore art works, FREE, Daily Family Trails, under 5's, FREE. eekend until 15 Sept History Museum

Natural Cromwell Road London 020 7942 5000 Hands on Nature Dinosaurs visit the handling station & explor 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, 7+yrs, FREE. Until 15 Sept Sensational 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. 28 Sep Dino Spores for children 7-11yrs Every weekend Gallery characters. FREE. Daily Family Earth Lab explore the wonder of fossils, rocks & minerals, families, 6+yrs, FREE. Explorer backpacks, families under 7's. Dippy Floor puzzle under 7's, FREE. Bookasaurus, families under 5's. Jurassic Ark family activity pack includes code breaking activities Daily Learning Activators encourage

experience of sculpture through 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.

Until 30 Sept St Pancras International Station 020 7260 2700 Summer extravaganza with a Victoriana themed summer even celebrating the era in which the station was originally opened, then will be grassy picnic areas. Victorian themed peepboards will also be on hand for visitors to take on the role of Punch & Judy, FREE

Until3 Nov Theatre Royal Drury Lane Catherine St 020 7494 5060 Charlie & the Chocolate Factory

Until 4 Jan Imperial War Museur Lambeth Road 020 7416 5439 Horrible Histories: Spies famil exhibition 21-22 Sent Introduction to the Holocaust session suitable families, 11+vrs, 5 Oct As part of Black History Month Mother Country & the Motherland Calls suitable all ages

6-15 Sept The Mayor's Thames Festival 020 7928 8998. Ten day festival of FRFF events celebrating London & its river. Highlights include, a night time river opera riverside screenings, The Thames first floating art fair, a 600 voice children's choir, a Rally of Dunkirk Little Ships. The Great River Race The Barge-Driving Race with 40ft steel barges in the slowest race.

11-17 Sent Gerry Cottle Circus Ravenscourt Park 0845 835 5050 A spectacular new show Sept The Scoop at

Daily Focus Points handling trolleys London South Bank 020 7403 explore real specimens with the 4866 Crouching Tiger, Hidden help of volunteers, using different natural history themed activities, Dragon, Cert 12, FREE, 26 Sep

September 2013

12,19,26 Sept Museum of London Docklands 020 7001 9844 Under 5's storytime, FREE, 16 Sept Little Mudlarks toddlers group, Musical Mondays 1-5yrs, FREE need to book, 16,23,30 Sept Mini Mudlarks babies group, FREE, need to book. 23 Sent Little Mudlarks toddlers group, Gallery Visit 1-5yrs, FREE need to book, 24 Sept Music &

Movement, 1+yrs, FREE. 13-14 Sept National Maritime Museum Greenwich 020 8312 6565 Heritage Open Day Behind the Scenes Tour of the Ship Mode Stores visitors will see highlights from the collection & hear more about them & find out how their storage plays an important in the preservation & accessibility, FREE, need to book.

Sept The British Postal Museum & Archive London Open Day a display of items linked the Post Office's underground railway system with archivists on

14 Sept Museum of Childhood Bethnal Green 020 8983 5200 The Designed Child Special Event series of workshops & talks with East London designer part of London Design Week, FREE drop in. 14 Sept-9 Feb Afro Supa Hero exhibition, FREE.

14-22 Sent Victoria & Albert Museum Cromwell Road London 020 7942 2000 London Design Festival. 21-22 Sept Digital design Weekend with demonstrations of robotics, hacking & interactive installations, FREE, drop in. Daily Back Packs families can pick up an activity back pack filled with iigsaws, stories & games to explore the collection, 4-11yrs, Activity Cart hands on art fun for children o create a Samuri 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 unde 5's containing an audio map &

fabric cubes, FREE. 15 Sept Queen's Park London Queen's Park Day with arena events, music on the bandstand, fancy dress and other competitions, stalls include food charities handmade craft, bric-a-brac, 11-5pm FREE

15 Sept Kings Place Festival 90 York Way London 020 7520 1485 Classic Buskers for Kids multiinstrumentalist Michael Copley & accordion player Ian Moore perform arrangements of classical music by the likes of Mozart & Vivaldi for children, Storytelling with Debussy an interactive family concert exploring the world of music plus the Wimpy Kid Show with quizzes

& draw-alongs, 8+vrs. 15,22 Sept Museum of London 020 7001 9844 Museum explored with hands on activities for all the family 5+vrs, FREE, 11.18.25 Sep Mini Moles babies group 6mths + FREE need to book, 18 Sept Little Moles toddlers group get messy together 0-5yrs FREE need to book. 25 Sept Little Moles toddlers group creative session for toddlers 1+yrs, FREE need to book. 29 Sep Enter A Victorian photograph create fictional Victorian character & their life stories, then using blue screen technology dress up & enter a photograph from that time, families

19 Sept Cutty Sark Greenwich www.rmg.co.uk/cuttvsark Curator's tours, 11+yrs. Throughout Sept All hands on deck with demonstrations of siling skills & hands on activities on the main deck of the ship, all the day, start 1pm, FREE, ages. 5,6 Oct Family fun weekend.

Damru Drums make & decorate a traditional drum inspired by the ship's voyages to India, drop in workshop, all ages, activities FREE with admission.

19-22 Sept Gery Cottle Circus Hackney Downs London E5 8NF 0845 835 5050 A spectacular new 21 Sent London Zoo Regent's Park

London 020 7722 3333 Bed Bugs Sleepover with themed events & activities including animal talks, tours, games, storytelling sessions & explore the zoo by torch light, 8-11vrs. Daily Rainforest Life Exhibit. experience the 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, where you'll discover bats, rats & other nocturnal creatures that dwell in the dark.

21 Sept National Army Museum

020 7730 0717 www.nationalarmy-museum ac uk. If the Invader Comes day of hands on activities will give a taster of life in the Home Guard, take part in drill, have a go at putting out fires. Learn about unexploded bombs & marvel as the gun & searchlight teams scan the skies for danger & finish it all off with a sing song round the piano, all ages, FREE entry. Every Sat afternoon A Soldier's Life workshop learn about the life of a soldier, FREE. Daily Victorian Soldier Action Zone with quizzes, games & hands on activities to helm 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, a soft play area for babies plus arts & crafts, dressingup costumes, books, interactive toys & lots more.

21-22 Sept Benjamin Franklin House 36 Craven Street 020 7839 2008 Open House London Weekend half hourly guided tours will take place throughout the day, FREE 22 Sept Teach First Run 10K London Potters Fields Park Helm give every child access to a brilliant education, ultra flat, fast course suitable for runner of all abilities. 15+yrs, register www.teachfirst.org.

uk/10klondor 22 Sept Leicester Square Theatre 0844 8472475 West End Magic brand new show. 1-5 Oct Kolbe's

Gift, 13+yrs.
23 Sept-3 Oct Ealing Common Gunnersbury Avenue London 07721 565558 Moscow State Circus

28 Sept Surrey Quays London SE16 Titan the Robot interactive hi-tech robot will be appearing at intervals between 11-4pm plus FREE face painting for children. 28 Sept The Royal Observatory Greenwich 020 8858 4422 Space Explorers workshop, make simple

constellation finders, planet finders lunar calendars, etc. which can he taken away & used at home families, 5+yrs, FREE Weekend Space Safari under 7's Sept Lammas Park Park Ealing 0113 210 8800 Ealing Half Marathon starting & finishing in Lammas park, start 9.15 a.m, www

29 Sept Hyde Park Bandstand The Mouth Cancer 10K Awareness Walk, the start & finish area is at the Bandstand, Serpentine Road with FREE mouth cancer screening on www.mouthcancer.co.uk

epilepsy.org.uk/ealing

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Back to School

to school!

Recipes

sure the lunchboxes come

These four delicious toppings

lunchboxes and fill up their

bellies, they may even get

them excited to be going back

·Christine Railey's Roasted

Pumpkin and Chicknea Spread

- A nutritious protein packed

spread, an alternative to shop

Hardboiled Egg and Marmite

Kids love this combination.

bought dips and hummus

·Lady MacDonald's

home empty every day.

are sure to empty their

Lunch Box

For many, back to school means back to packed lunches. We know it can be a challenging task to keep your children's lunch new exciting and healthy but Nairn's has some simple suggestions to make boring lunchboxes and soggy sandwiches a thing of the past, inspiring your children to eat a healthy balanced lunch, that tickles the taste buds too! Top Tips ·Get your kids involved in packing their lunch, try baking Nairn's Banana Oat Cupcakes with Streusel topping and

-Nairn's Oatcakes are perfec

· A bit of this and a bit of that

include a protein like eggs,

meat, chicken or even lentils

and hummus. Be sure to also

include a bit of calcium for

strong bones - yogurt and

cheese are great for this!

to keep them going in the

Small snacks kids can keen

in their pencil cases are great

classroom. Hiding a pack of

Nairn's Oatcakes will be sur

to make their friends jealous!

·Mix it up, different toppings

Nairn's Oatcakes will make

dips and spreads to go with the

for this part!

and it packs a protein punch This can be enjoyed for Salted Caramel drizzle. ·Portion sizes are important breakfast, lunch or an afte to give your kids energy. The school-school snack piece of fruit should be no ·Christine Bailev's Roasted larger than the palm of your Pepper and Walnut Dip-Rich, child's hand sweet and tangy this spread is delicious and full of flavour to A colourful lunchbox makes for a happy child. Packing a treat your little one's tastebuds rainbow of colours ensures ·Banana Oat Cupcakes with your child will be receiving all Streusel topping and Salted the nutrients needed. Caramel drizzle - A fabulous cupcake with naturally . Try not to use food as a energising oats and banana, reward, why not use the topped with an exciting oat cooking process as the reward and make Christine crunch and an optional drizzle Bailey's Roasted Pumpkin and of salted caramel! The kids Chickpea Spread. will love making them too! High fibre and starchy carbs Recipes online at http://www.parents-news. should make up a whole third of your child's lunchbox co.uk/national-news/

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