

PARENTS NEWS

September 2013 No. 180 The First & Foremost Local Monthly Newspaper for Families

1993 - 2013
21st Successful Year
Thank you

FREE

St Lawrence College
www.slccuk.com

What's On September School Open Days Back to School

www.elmhurstschool.net

www.sydenhamhighschool.gdst.net

Three Editions in South-East England



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PARENTS NEWS believes 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 non-violent issues, but not to preach or claim to always be right. Different opinions published are the opinions of the authors and not necessarily those of **PARENTS NEWS**. We hope mums and dads enjoy the articles, be interested by Calendar (finding it useful), and use the advertisers. Any endorsement by **PARENTS NEWS** is explicitly stated.

Back to School

Kingston Grammar School

An independent co-educational, 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 independent minded enabling them to move on from school with confidence in their own abilities and the skills to make their way in an increasingly competitive world.

In addition, the rich and diverse co-curricular programme provides a variety of ways for pupils to develop and showcase their talents.

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

Open Events
26 September 6.30-9pm
28 September 10am - 12.30pm

For further information or to arrange a visit please contact the Registrar on
020 8546 5875
registrar@kgs.org.uk,
www.kgs.org.uk



September 2013

STABILO gets ready for Back to School

A new term 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 pen 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 **point88** 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 **point88 Colourparade** means your kids have every colour at their fingertips.

Plus STABILO is putting its money where its mouth is by providing a **FREE Early Writers** resource which includes hands-on activity sheets, comprehensive teaching notes and web-based tools for parents on how to support early writers at home.

Make sure your children are prepared for the start of term with these **Early Writer's** pencil-case essentials and



enjoy the beginning of school with **STABILO!**

The **STABILO EASYoriginal** is priced at £6.99, the **point 88 Colourparade** is £24.48 and the **EASYgraph** is £2.99 for a pack of two.

Find all **STABILO** products and product information at www.stabilo.com

Follow **STABILO** on Twitter @STABILOUK

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.



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®**.



The technology used, in fact, ensures durable, water resistant and extremely comfortable footwear,

for feet that are always warm and dry.



all super dynamic, made with high

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-



technical performance, but are influenced by the latest styles and fashion trends.

A palette of soft colours, such as antique pink and beige, alternate with warm, natural pasteltone shades, coming together in a mix of waxed leathers, padded and quilted fabrics, and pearly details to create a fascinating foundation for techno-chic models featuring extreme versatility.

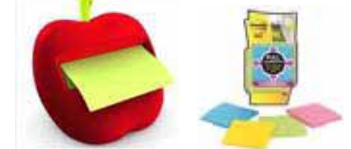
www.primigi.com

Back to School
Stay top of the stationery class with the Post-it Brand from 3M!

There's nothing cooler than heading back to school stocked up with the latest and greatest in stationery accessories! From handy index tabs to funky dispensers, these fresh new products from the **Post-it** Brand are sure to make the envy of any classroom!

The average UK household 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:

varieties? There's something for everyone!
Full Post-it Super Sticky Adhesive Notes
RRP £2.99



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-punched 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 can be sure they'll stick to most vertical surfaces!



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



ST. CATHERINE'S SCHOOL
TWICKENHAM

Open Events

Sixth Form
Wednesday 18th September, 6:15pm

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

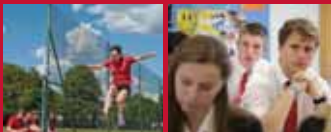
A Catholic school warmly welcoming girls of all faiths, age 3-18.

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

KINGSTON GRAMMAR SCHOOL

Independent and co-educational for ages 11 - 18 years



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

The Ursuline Prep School Opens a New Building

The **Ursuline Preparatory School** Wimbledon is opening a wonderful new building in 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 superb raised decking area outside, which will allow the free flow of children's play. The building will be blessed on **Friday 13th September**.

Mrs Anne Farnish, Headmistress, said "We are delighted to have this wonderful multi-purpose facility, which will provide our pupils with further opportunities for extra-curricular learning. We are particularly grateful to the **Parents' Association** and **Governors** for their support in helping to make this project such a success."

The Ursuline Preparatory School Wimbledon
18 The Downs, London SW20 8HR
Telephone: 020 8947 0859
Email: admissions@uups.co.uk
www.ursuline-prep.merton.sch.uk



Open Mornings: 12th October 2013 and 25th January 2014
10am-12 noon
Open Week: 21st-25th October 2013, from 9:30 am to 11:30 am

Entry at 3 years to our co-ed Nursery, Girls at 5 years to our Reception, and at 7 years to our Prep Department.

To get a taste of what we offer - visit our website: www.ursuline-prep.merton.sch.uk or email: admissions@uups.co.uk to receive an information pack, or book a guided tour.

- ★ A leading Catholic Pre-Prep and Preparatory school, welcoming girls of all faiths and denominations.
- ★ An academy but non-selective school.
- ★ Ranked 26th in The Sunday Times Top 100 Prep Schools in Britain, November 2012.
- ★ Girls prepared for a range of secondary schools at 11+.
- ★ Specialist teaching in Music, Art, Sports and Modern Foreign Languages.
- ★ An extensive 'extra-curricular' programme to further develop individual character and talents.
- ★ After school care available until 5.45pm daily.

The **Ursuline Preparatory School** has an **Open 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.

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

Back to School

St Lawrence College

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 schools?

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

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 the classroom.

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

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!

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

Saturday 28 September:
Senior School
Open Day
01843 572931
www.slck.com



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
10.45AM - 2.00PM

STRONG ACADEMIC RESULTS AT 11+, GCSE AND A LEVEL
EXCELLENT PASTORAL CARE WITH A CHRISTIAN ETHOS
EXCEPTIONAL MODERN AND TRADITIONAL FACILITIES



ST LAWRENCE
COLLEGE

For more information or to arrange a visit:

Nursery & Junior School Senior School
T: 01843 572912 T: 01843 572931
E: mag@slck.com E: ahs@slck.com

www.slck.com
Ramsgate, Kent CT11 7AE

Back to School? Headlice?

Try Tea Tree Oil

Avoiding these unpleasant mites is difficult as they pass from person to person easily, especially as play time commences. 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 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 *'Tea Tree Oil* achieved and

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 laying 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 scalp.

Green People's Organic Lavender Shampoo and Conditioner
RRP £7.75 - 200ml.



September 2013

Elmhurst School

At *Elmhurst* they are proud to have been educating boys to the highest standards for over 140 years.

The boys are prepared for entry to a prestigious range of schools. In the Independent Sector; *Whitgift, Trinity, Dulwich College* and *Royal Russell* and, of the local Grammar schools, they send boys to *Wilson's, Wallington, Sutton* and *St Olave's*.

They aim to provide the boys with a wide ranging and diverse curriculum that allows them to develop their talents and foster an interest in many different fields.

A wide variety of 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

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 Qualification (EPQ)* 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 independent areas of study



Sydenham High School GDST

A* high flyers lead GCSE success

Heavy showers failed to 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,

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

BROMLEY HIGH SCHOOL
CELEBRATES 130 YEARS OF

Excellence



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+


Fees Assistance & Scholarships available in the Senior School






admissions@bro.gdst.net

Tel: 020 8781 7000 www.bromleyhigh.gdst.net/pnl





ELMHURST
SCHOOL FOR BOYS
AGED 4-11

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

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

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

Elmhurst School, 44-48 South Park Hill Road, South Croydon, Surrey CR2 7DW
www.elmhurstschool.net

Ingenio Draestat et Arte
Outstanding achievements, outstanding individuals

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



SYDENHAM HIGH SCHOOL

**An outstanding*
education that goes
way beyond exams**

*Inspection Report 2012

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

Junior School



Senior School



Sixth Form





Taster Mornings - Booking Essential
Reception Thurs 3 October 9.15-11.00am
Year 7 Weds 9 October 9.00-11.45am

Calendar

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

Daily Rainbow Leisure Centre East Street 01372 72277 Toddlers World, under 5's.

Daily Booketts Farm Leatherhead 01483 445 085 Birds of Prey demonstrations, Pony grooming sessions, tractor rides, animal handling & pig racing, indoor area with 2 giant playbams & lots more.

Ongoing Lightwater Country Park 01276 479582 Meditation classes. **FREE**, donations welcome but not expected, **Tel:01276 479744**, www.meditationuk.co.uk

Every Mon Blenheim Children & Family Centre Bromley 01689 879145 **Tues, Wed & Fri** mom toddlers activities.

Every Mon term time The Assembly Rooms West Wickham Kiddi Cardio tottlerfitness 2-5yrs, www.kiddicardio.com

Every Tues Farnham Library **Every Fri** **Bookstart.org.uk** Baby Bounce 'n' Rhyme. **FREE**.

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

1st 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** **Monday** **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 **Storiam**, **FREE**.

Every Fri Dorking Library www.surrey.gov.uk/kidstuff Rhymetime, **FREE**.

Every Fri Redhill Library www.surrey.gov.uk/kidstuff Rhymetime, **FREE**.

Every Fri Warringham Library www.surrey.gov.uk/kidstuff Storytime, **FREE**.

Every Fri Pavilion Leisure Centre Kentish Way Bromley 020 83139911 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 Fri term time **Youth Centre** Bromley **Parish Church** Church Road Bromley 07812 676815 Kiddi Cardio tottlerfitness 2-5yrs, www.kiddicardio.com.

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 Assistance pay as you go sessions.

Challenge part of Big Draw with drawing exercises, warm ups & games to take part in, families, all ages. **FREE**.

6.13.20.27 Sept **Horley Country Market** St John Ambulance Hall Selling a range of home made cakes, preserves, craft & jewellery, seasonal flowers, honey & eggs & lots more, 10-12pm.

8 Sept Banstead Woods Holly Lane 01737 737700 Countryside Day with crafts, heavy horse, tractor rides, food & drink, stalls & information, **FREE** parking.

11 Sept Littleheath Woods Selsdon 020 8726 6900 Toddler Walk, a gentle stroll for little people 2+yrs exploring natural play, meet at 10am by the woodland entrance off Foxearth, suitable for pushchairs, contact kiddiversity@croxdon.com.

14 Sept **Bats of Littleheath** Woods an evening walk in search of bats.

12 Sept Concert Hall Fairfield 020 8688 9291 West End Songbook, songs from the Silver Screen. **15 Sept** Tales from the Jungle Book for families. **20 Sept** The Everly Brothers & Friends Tribute Show. **21 Sept** Open House London 2013, Reinvented Objects a 'Think Make Do' workshop looking at sustainability - reinterpret, recycle & upcycle every day objects, drop in for families & individuals. **FREE**. **6 Oct** Sunday Social, The Drawing Club.

13 Sept Painhill Park Portsmouth Road, Cobham 01392 868113 Plant Heritage Open Day with **FREE** guided tours, need to book. **28 Sept** Den Building have fun creating your own shelter in the woods with the help of an experienced instructor, finish off the morning with marshmallows & hot chocolate by a camp fire. **29 Sept** Hospice to Hospice Bike Ride in aid of Shooting Star Chase for cyclists of all abilities, entry **FREE**, **Tel: 01932 823100**, www.shootingstarchase.org.uk.

13 Sept Walnuts Shopping Centre Orpington www.thewalnutshoppingcentre.com Indoor Craft market with unique & unusual crafts & gifts on display, 9-5pm.

14 Sept Yvonne Arnaud Theatre Millbrook Guildford 01483 440000 The Magical Playroom new show for families, children 3-8yrs. **21 Sept** Bin Men a play with music for families, 3-8yrs.

14 Sept Mill Studio Millbrook 01483 4400 00 The Magical Playroom new show for children.

14 Sept Leith Hill Place Near Coldebarbour Village Dorking 01306 712711 Heritage Open Day, **FREE** entry.

14 Sept Elmbridge Museum 01932 843573 Movie Magic, art & craft family fun, find out about local cinema pioneer Cecil Hepworth & make a peep hole movie box to animate your own story.

14 Sept Polesden Lacey Dorking 01372 452048 Open Day, **FREE** entry.

14 Sept Bourne Hall Museum Epsom 020 8394 1734 Meet Queen Elizabeth I, hear of her life, court & what it was like to be one of Britain's greatest monarchs.

14 Sept Claremont Landscape Gardens 01372 467806 Heritage Open Day, **FREE** entry.

14 Sept Bromley United Reformed Church Widmore Road Bromley 020 8462 5989 Baby & Children's Market with items ranging from maternity wear to newborns to approx 6yrs of age, 12-2pm.

14 Sept Seacombe Centre Cheam Road Sutton 07914 702938 Sutton Barbershop Festival with a number of **FREE** events throughout the town. **27 Sept-6 Oct** Imagine Festival events take place across the borough in venues such as theatres, heritage venues & libraries.

14-15 Sept The Oast Theatre Tonbridge Heritage Open Day with tours of theatre & new wardrobe & props areas, backstage, scenery dog and rehearsal room & sale of surplus stock. There will also be children's craft activities plus join in with The Hoppers the drama group for 8-13yrs. Refreshments available. **FREE** entry, www.heritageopensday.co.uk.

15 Sept Norman Park Hayes Lane Bromley Kent 01689 825755 Paws in the Park by Harris HospiceCare a 5K sponsored walk around Normans Park & the surrounding countryside with dog related activities, refreshments & more. All funds raised will help to continue the care & support that Harris HospiceCare provides to people with life limiting conditions across the Bromley Borough, to register www.harrishospicecare.org.uk/paws

15 Sept Carshalton Water Tower Heritage Open Day, tours available plus quiz sheets for children. **FREE** entry, www.heritageopensdays.org.uk

21 Sept Charles Croyer Theatre 39 High Street Carshalton 020-8770 4950 Big Red Bath adaptation of popular children's picture book for the very young.

22 Sept Open House Day a look around the Charles Croyer Theatre for 13+yrs members learn a variety of activities such as drama, dance & singing, musical theatre composition, set design & costume making culminating in two productions per year & **Every Thurs** Minis & Juniors 5-7yrs. **21 Sept Sutton Life Centre** 020 8644 9696 London Open House Day showcase tours, **FREE**. **28 Sept Monty & Mirabella Kids Theatre** Show up to 7yrs, held in room 360, need to book at library reception. **Every Fri** Running & non contact boxing, 12-18yrs, **FREE**.

17 Sept Wandsworth Museum The Courthouse 1 Garrett Lane SW18 020 8871 7074 Museum Baby with songs, stories & sensory activities for babies & their parents or carers, need to book. **19 Sept** Songs & Stories for Terrific Tots this week's theme is Puppets, with songs & stories for tots, parents & carers, need to book. **21 Sept** Tudor Life discover some weird, wonderful & gruesome facts about life in Tudor London, make your own remedies to ward off the Black Death & find out about the Wandsworth resident who sent Anne Boleyn to the chopping block, need to book. **28 Sept** Pottery through the Ages try your hand at a range of pottery techniques from different historical periods, take home a Roman amphora or an elegant Victorian vase, need to book.

17 Sept & every Tues during term time & every Tues sports Centre 020 8871 8529 **NEW** disability sports club for young people 11-25yrs, to help participate in sport & physical activity at all levels. Throughout the year there will be chances to compete against other DSC clubs.

21 Sept Guildford Cathedral Stag Hill 01483 547868 Be a chorister for the day, for boys 6-8yrs & girls 8-11yrs, learn some new music, sing a service, plus fun & games & lots more.

21 Sept Bromley Museum The Priory Church Hill Orpington 01689 873826 Around the World in 80 Toys an exhibition showcasing toys & childhood objects throughout the years. The display shows toys from

throughout the 20th century & across the world, **FREE**.

21-22 Sept Kent Showground Detling 01622 630975 Paws in the Park endless opportunities for you & your dog to take part in, explore & enjoy plus **NEW** for 2013 professional dog crèche facilities.

22 Sept Assembly Hall Theatre Tunbridge Wells 01204 334400 Aliens Love Underpants for all the family. **1 Oct** The Essence of Ireland. **21-22 Sept Battersea Power Station** Kirtling Street 07957 4090 Open House last chance to visit the former coal-powered station before it is redeveloped, **FREE**.

21-22 Sept Morden Hall Park Mill Cottage 020 8648 1845 Open House behind the scenes guided tours of the park, 11-3pm, **FREE**.

22 Sept Trinity Theatre Tunbridge Wells 01892 678678

The Humred and One Dalmatians for all the family, 5+yrs.

26 Sept RM Barracks Wandsworth 351 Merton Road SW18 020 8842 6065 Armed Forces Transition Fair for advice on education, employment, health, housing & welfare.

28 Sept Swan Barn Nr Haslemere 01429 652559 Family Community Apple Pressing day family friendly & fun interactive event. Bring your own apples & make your own juice join crushing & pressing of the farms apples, 10-4pm.

29 Sept Pyrford Village Hall Coldebarbour Road Woking 07985 723231 Baby Bazaar Nearly New Sale selling maternity & baby products, toys & children's clothes for 0-6yrs, entrance children **FREE**.

29 Sept The Diamond Centre for Disabled Riders 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.agesuk.org.uk/bromleyandgreenwich.

6 Oct Hall Place Bexley 07775 736116 Farmers Market with a variety of local produce on offer.

PARENTS NEWS
On-line: More Information:
www.parents-news.co.uk

Advertising works in
PARENTS NEWS
020 8337 6337
fergus@parents-news.co.uk

What's On
London
Calendar
Go to Page 10

Blowing the Whistle on GDC Scam.

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

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

There is another way.

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

ORTHOTROPICS

The alternative to orthodontics with extractions and surgery.

When experts disagree, where do you go for answers? www.Orthotropics.com

Ask an appropriate professional to refer you for a free assessment

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

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

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East Dulwich	020 8299 2811	South Norwood	020 8462 4565
Forest Hill	020 8699 0264	Wallington	020 8819 4466

KUMON kumon.co.uk

Fees vary. Please refer to your local study centre.

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 environment. 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 **Bugsy 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 **Black 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 park, 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

Parents warned not to delay special educational needs assessments.

Uncertainty over proposed changes due to take effect next year could leave many disadvantaged says **Moore Blatch**.

"We are seeing a growing frequency of parents who have 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 Hurlb**.

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 changes 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. Smiley Faces music group for up to 2yrs & 2-4yrs, a playroom for under 5's, a cafe & a creche.

Every Sat during term time The **River & Rowing Museum** Mills Meadows Henley on Thames 01491 415600 Artways Art Club, 5 week sessions, 11-14yrs. **Every 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 Seafont Stroll four mile route from Brighton Marina along Brighton seafont to Hove Lagoon, the path is smooth & ideal for pushchairs & wheelchairs. There will be water provided for all dogs by the Seafont Office, for more info, Tel: 07824 453318, www.hearingsides.org.uk

22 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, www.brightonpermaculture.org.uk

Advertise in PARENTS NEWS call Fergus 020 8337 6337 fergus@parents-news.co.uk

September 2013

www.craghoppers.com

Ideal for the Playground, **Craghoppers Kids Winter Jackets Let Little Ones Enjoy Playtime Whatever the Weather** 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 winter classic jacket boasts a fantastically soft herringbone outer and Sherpa fleece lining. Well suited to cold winter days with **AquaDry** membrane

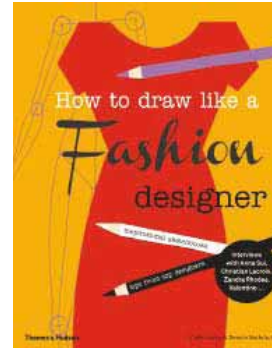


How to Draw Like a Fashion Designer

Tips from top fashion designers **Celia Joicey and Dennis Nothdruff**

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

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 **Zandra 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



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, 9-10, 11-12 and 13 years in **Black Pepper** and **Dark Khaki**.

Girls Lilly Jacket is a more traditional outdoor waterproof. This lightweight rain-defying girls' jacket features a grown-in 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 **Lilly** 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 **Lilly**, the **Skepta Jacket** is also available and comes in sizes 5-6, 7-8, 9-10, 11-12 and 13 years in **Red/Royal Navy, Black Pepper/Black, Dark Blue Wave/Royal Navy**.

www.craghoppers.com
0161 749 1300

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-to-reach, 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

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 favourite toys. Fully adjustable shoulder straps and a waist strap ensure that the daysack fits comfortably and securely, without slipping off little shoulders. The large, padded handle allows parents to easily steady or support children toddling or learning to ride a bike. **www.littlelife.co.uk**



Back to School

Bags of Fun at Cuckooland

Spotted on the children of many Hollywood celebrities and taking the UK 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 wheeled 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 homemade 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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www.firstclasslearning.co.uk

How to draw like a Fashion designer

Dennis Nothdruff

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 Joicey** 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 Nothdruff has been an assistant to **Zandra Rhodes** and has produced numerous important fashion exhibitions. He is a curator at the *Fashion and Textile Museum*, London. Publication date: 30 September 2013 £24.95

London Calendar

Daily Tower of London 0844 482 7799 Fit for a King exhibition learn about the personalities, power & physical side of England's kings, from the Tudors, & the notorious Henry VIII to today's royal family. **Daily Science Museum** 0870 870 4688 Take control in 360 degrees flight simulators or fly with the Red Arrows in their sensational 3D motion effects theatre. **Every Weekend** Ice Cool Adventure families, under 7s. **Every Weekend** Spaced Out, families, 5yrs. **FREE. Every Weekend** A Cockroach Tour of the museum visitors take on the form of cockroaches dressing up in realistic costumes. **FREE. Every Weekend** explore hundreds of real natural history specimens. **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 Antarctic with and what early explorers were to protect themselves from the cold. **From 4 June** **Royal Air Force Museum** Hendon 020 8205 2266 Airfix exhibition with some of Airfix's most popular models from the 50,60s & 70s. **Ongoing London Transport Museum** Covent Garden 020 7379 6344 Family Station All Year Round activities for families, 3-12yrs. **Ongoing Royal Weymouth Buckingham Palace** 020 7766 7302 Family groups may explore a range of self directed activities from the art gallery. **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. **Ongoing Churchill War Rooms**

Clive Steps King Charles Street 020 7930 6961 Undercover, Life in Churchill's Bonders, learn what life & conditions were like underground & experience the authenticity & emotional resonance of walking through the corridors where Churchill made history. **Throughout Sept Peter Harrison Planetarium** 020 8858 4422 We Are Aliens planetarium show, 5yrs, Sky Tonight Live, 5yrs, Meet the Neighbours, 5yrs, Solar System, Galaxy, Universe, 5yrs, Space Safari with live music & rhyme, under 7s. **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. **Every Sun Hildreth Street Market** Balham SW12 Street market with fresh food stalls sourced from all over London. **Every Mon & Thurs Holy Trinity Church** Brook Green 07710 023743 Singing & Songwriting sessions for 6-11 & 11-14yrs. **Every Tues until 24 Sept & every Thurs until 27 Sept Horniman Museum** London Road Forest Hill 020 8699 1872 Busy Bees lively sessions for under 5's with stories, songs & simple art & craft. **14 Sept** Appetising hands on family workshops, 3yrs. **FREE. 14-21 Sept** Art workshops, Plasters Casts from Nature, create something fabulous to take home, families 3yrs. **21 Sept** Africa hands on family workshops, 3yrs. **FREE. 28 Sept** Animals hands on family workshops, 3yrs. **FREE. Every Sun** Discovery for All, 3yrs. **FREE. Every Sun** A World of Stories storytelling sessions, families, 3yrs. **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+yr. **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 snakes. 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. **Every Sat Venn Street Market, Chapham 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. 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, Wyndham & Comber, & Secaux

Gardens are invited to play at after school & weekend workshops in this recently renovated former retail outlet on the Secaux Gardens 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, 5yrs. **Daily** Under 5's Zone a new play space for families. **FREE. Every weekend** Start Sessions with games, map making & clue matching, 5yrs. **FREE. Every weekend Temple Station** 020 7222 1234 Harry Potter Locations Tour, 2 1/2 hrs. **Every weekend Greenwich Clocktower Market** Quirky weekend market has 50 stalls specialising in vintage, retro & 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 into a physical, material & social

experience of sculpture through touch, interaction & collaboration, all ages. **FREE. Every weekend Art Trolley** sessions encourages children to imagine & create collages & lots more. **FREE. Every Weekend** Antartica's Penguins. **FREE. Every 3rd 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 Victorian themed summer event celebrating the era in which the station was originally opened, there will be grassy picnic areas, Victorian themed peepboards will also be on hand for visitors to take on the role of Punch & Judy. **FREE. Until 13 Nov Theatre Royal Drury Lane** Catherine St 020 7494 5060 **Charlie & the Chocolate Factory** **Until 4 Jan Imperial War Museum Lambeth Road** 020 7416 5439 Horrible Histories Spies family exhibition. **11-22 Sept** Introduction to the Holocaust seminar suitable families, 11yrs. **5 Oct** As part of Black History Month Mother Country & the Motherland Clubs, suitable all ages. **6-15 Sept The Mayor's Thames Festival** 020 928 8998. Ten day festival of FREE 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 slow race. **11-17 Sept Gerry Cottle Circus Ravenscourt Park** 0845 835 5050 A spectacular new show **12 Sept The Scoop at More London** South Bank 020 7403 4866 Crouching Tiger, Hidden Dragon, Cert 12. **FREE. 26 Sept** The Birds Cert 15. **FREE**

www.parents-news.co.uk

September 2013

12-16 Sept Museum of London Docklands 020 7001 9844 Under 5's storyline. **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 Sept** Little Mudlarks toddlers group, Gallery Visit 1-5yrs. **FREE** need to book. **24 Sept** Music & Movement, 1yrs. **FREE.** **13-14 Sept National Maritime Museum Greenwich** 020 8312 6565 Heritage Open Day. Behind the scenes tour of the Ship Model 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. 14 Sept The British Postal Museum & Archive** London www.postalheritage.org.uk Archive Open Day a display of items linked to the Post Office's underground railway system with archivists on hand to answer questions. **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** Feb Afro Supra Hero exhibition. **FREE.** **14-22 Sept 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 bag packed full with jigsaws, stories & games to explore the collection, 4-11yrs. Activity Cart hands on art fun for children to create a Samurai helmet, a silver goblet or an elephant mask to take home. **FREE**, drop in plus Agee Animal bag a sensory activity bag that has been developed for under 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 Yrs. register www.teachfirst.org.uk/10kLondon. **22 Sept Leicester Square Theatre** 0844 8472475 West End Magic brand new show. **1-5 Oct** Kolbe's Gift, 13yrs. **23 Sept-3 Oct** Ealing Common Gunnersbury Avenue London 07721 56558 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 cardboard instruments, including constellation finders, planet finders, moon calendars, etc. which can be taken away & used at home. families, 5yrs. **FREE. Every Weekend** Space Safari, under 7s. **29 Sept Lammas Park Park** Ealing 0113 210 8800 Ealing Half Marathon starting & finishing in Lammas park, start 9.15 a.m. www.epilpsv.org.uk/ealing **29 Sept Hyde Park Bandstand** The Mouth Cancer 10K Awareness Walk, the start & finish area is at the Bandstand, Serpentine Road with FREE 75 min. music screening on the main deck of the ship, all 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 Gerry Cottle Circus Hackney** Down London E5 8NP 0845 835 5050 A spectacular new show **21 Sept London Zoo** Regen's Park London 020 7722 3333 Big Bags Sleepover with themed events & activities including animal talks, tours, games, storytelling sessions & explore the zoo by torch light, 8-11yrs. **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 7720 0717 www.national-army-museum.co.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 beams 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 all ages. **FREE. Daily** Victoria Soldier Action Zone with quizzes, games & hands on activities to help your learn about life as a Victorian soldier. **FREE. Daily** The World's Army, Empire, Commonwealth & Dominion Soldiers 1914-45 Action Zone family interactive zone. **FREE. Daily** Kids Zone, interactive learning & play space for under 10's, a soft play area for babies plus arts & crafts, dressing up costumes, books, interactive toys & lots more. **21-22 Sept Benjamin Franklin House** 36 Craven Street 020 7839 2008 Open London Weekend half hourly guided tours will take place throughout the day. **FREE.** **22 Sept Teach First Run 10K** London Potters Fields Park Help give every child access to a brilliant education, ultra flat, fast course suitable for runner of all abilities, 15yrs, register www.teachfirst.org.uk/10kLondon. **22 Sept Leicester Square Theatre** 0844 8472475 West End Magic brand new show. **1-5 Oct** Kolbe's Gift, 13yrs. **23 Sept-3 Oct** Ealing Common Gunnersbury Avenue London 07721 56558 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 cardboard instruments, including constellation finders, planet finders, moon calendars, etc. which can be taken away & used at home. families, 5yrs. **FREE. Every Weekend** Space Safari, under 7s. **29 Sept Lammas Park Park** Ealing 0113 210 8800 Ealing Half Marathon starting & finishing in Lammas park, start 9.15 a.m. www.epilpsv.org.uk/ealing **29 Sept Hyde Park Bandstand** The Mouth Cancer 10K Awareness Walk, the start & finish area is at the Bandstand, Serpentine Road with FREE 75 min. music screening on the main deck of the ship, all ages. **5.6 Oct** Family fun weekend,

Back to School

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 Oct Cupcakes with Streusel topping and Salted Caramel drizzle.
- Portion sizes are important to give your kids energy. The piece of fruit should be no larger than the palm of your child's hand.
- A colourful lunchbox makes for a happy child. Packing a rainbow of colours ensures your child will be receiving all the nutrients needed.
- Try not to use food as a reward, why not use the cooking process as the reward and make *Christine Bailey's* Roasted Pumpkin and Chickpea Spread.
- High fibre and starchy carbs should make up a whole third of your child's lunchbox
- Nairn's* Oatcakes are perfect for this part!
- A bit of this and a bit of that, include a protein like eggs, meat, chicken or even lentils and mushrooms. Be sure to also include a bit of calcium for strong bones – yogurt and cheese are great for this!
- Small snacks kids can keep in their pencil cases are great to keep them going in the classroom. Hiding a pack of *Nairn's* Oatcakes will be sure to make their friends jealous!
- Mix it up, different toppings, dips and spreads to go with the *Nairn's* Oatcakes will make

sure the lunchboxes come home empty every day. These four delicious toppings are sure to empty their lunchboxes and fill up their bellies, they may even get them excited to be going back to school!

Recipes:

- Christine Bailey's** Roasted Pumpkin and Chickpea Spread - A nutritious protein packed spread, an alternative to shop bought dips and hummus.
- Lady MacDonal's** Harboiled Egg and Marmite – Kids love this combination, and it packs a protein punch. This can be enjoyed for breakfast, lunch or an after school-school snack
- Christine Bailey's** Roasted Pepper and Walnut Dip - Rich, sweet and tangy this spread is delicious and full of flavour to treat your little one's tastebuds.
- Banana Oct Cupcakes** with Streusel topping and Salted Caramel drizzle - A fabulous cupcake with naturally emerging oats and banana, topped with an exciting oct crunch and an optional drizzle of salted caramel! The kids will love making them too!

Recipes online at <http://www.parents-news.co.uk/national-news/nairns-top-tips-for-no-fuss-lunchboxes/>

Classified £1 per word inc vat min 10 words. Box - £40.00 inc vat +£5 for colour. Cheque payable to PARENTS NEWS, 10 The Manor Drive, Worcester Park, Surrey, KT14 7LG Tel: 020 8337 6337. Deadline see P2. For a receipt send SAE.

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Bourne Hall Museum Kids Club bringing history alive

Good Queen Bess

Saturday 14 September 1pm-2.30pm

The royal progress of Queen Elizabeth I will halt at one of the Queen's favourite palaces, Nonsuch, in Ewell and allow local citizens to join the Queen's court. Meet the Virgin Queen in all her splendour and listen as she tells the story of her life and the news of court. See how she was a leader of fashion and how she influenced the clothes of her courtiers. Learn courtly etiquette to ensure that you don't displease her and get sent to The Tower. Practise your newfound skills as you are presented to the Queen herself.

Price £4 per child

Further details available from David Brooks, Bourne Hall Museum, Spring Street, Ewell, Surrey, KT17 1LJ. Tel 020 8394 1734. Email brooksdavid@epson-ewell.gov.uk <http://www.epsonandwellthorpehistorycentre.org.uk/BourneHallMuseumKidsClub.html>

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