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PARENTS NEWS believes that
society's best asset is its young
people! We shall accept no advertising
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KINGSTON INVITES VISITORS TO DISCOVER HIDDEN TALENTS ON A LEARNING BREAK Wannabe dancers, sailors and and rooms at Chase Lodge start acrobats flock to the riverside from £85 per room, per night town to hone their skills and

master a few new ones

The historic town of Kingston

upon Thames invites visitors

to indulge their creative sides.

get their dancing shoes on or

on a learning short-break

to the riverside borough.

from a range of courses

Holidaymakers can choose

including: wine tasting and

sailing, as well as salsa and

ballroom lessons, Capoeira

classes and textiles workshops

with an overnight stay in one

B&Bs. The Holiday Inn, has

rooms from £89 per room, per

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www.hikingston.co.uk

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Swimming Lessons

Downsend School Ashtead/Leatherhead

Epsom College

Classes held at

Every activity can be combined

of Kingston's friendly hotels or

hone their wine-tasting skills

including breakfast 020 8943 1862 www.chaselodgehotel.com or more information on Kingston Upon Thames, which is just 25 minutes on the train from central London call 020 8547 1221 www.kingstonfirst.co.uk

Messing About on the River They say if you can sail on a river then you can sail anywhere, so for those who want to hone their skills. Minima Yacht Club on the River Thames offers a number of courses in partnership with Mayhem Sailing. Theory courses include: RYA Essential Navigation and Seamanship, RYA Day Skipper and RYA Coastal/Yachtmaster and practical courses range from the Marina Masterclass to Mentored Sailing. For more information and prices go to

www.minimayc.co.uk/sailing

www.mavhelmsailing.co.uk/

All ages & abilites

Pony Days

BHS Qualified Instructors

Mastering a Martial Art Axé Capoeira in Kingston gives visitors the chance to

master the Afro Brazilian martial art of Capoeira, created during the 16th century by the slaves in Brazil, mixes combat. game, music, philosophy and acrobatic movements. A circle of people gather and the game is played inside the circle, known as the "Roda". Throughout the game, an instrument called "Berimbau" is played which dictates the rhythm, speed and type of the game, while the people clap and sing. Classes are available

on Tuesdays. Thursdays and Saturdays, from £12 per person. For more information http://axecapoeirauk.com/ classes/kingston.php

A Stitch in Time Kingston's acclaimed The Rose Theatre holds regular textile workshops with Think Make Do. run by two mix media artists and teachers who specialise in bringing creative

All weather sandschool

ollessons & Hacks

Holiday Fun

Woodland Walk

Old Barn Stables

Waffrons Farm, Woodstock Lane South, Chessington, Surrey

A Friendly, Family Run Riding School

Visitors with a creative flair can learn to print, knit and stitch with monthly workshops available on block painting. finger knitting, heat transfer printing and heat setting/ creative stitch, from £15 pp. www.thinkmakedo.co.uk/ www.rosetheatrekingston.org

activities to a diverse audience.

Strictly, Salsa & Swing Kingston gives visitors the chance to put their dancing feet to the test with Salsa, Swing and Ballroom lessons Salsa lessons are offered at La Tasca as part of a Dinner & Dance package available every Monday evening from just £10 per person. The package includes: a choice of dance lesson to suit the student's ability, bread and oil or a salad to start and then a choice of two dishes from the set menu.

www.londonsalsa. co.uk/clubNight dips1. php?clubNightID=533 Ballroom lessons are available from Strictly Come Dancing's own Izabela Rai. Locals can book a 10-week course from £100, hosted at the Kingston Workmen's Club on Old London Road. For more information go to

www.izabeladance.com/ kingston-dance-courses.html Visitors can also learn to jive & swing dance with Everything's Jumpin'. Held every Monday in the Kingston Workmen's Club, these

pay-as-you-go classes teach the Lindy Hop, Rock n Roll, West Coast Swing, Ballroom and even Modern Jive. Run. by a professionally qualified dance teacher, they start with a warm-up, before moving on to the basics and dancers can choose from a beginners' class to improvers and intermediate or freestyle. Prices start from £7 for one session, £9 for two sessions or £10 for all three.

Perfecting the Palate Laithwaites Kingston runs a monthly wine tasting event where Tony Laithwaite and the company's Head of Retail,

www.everythingsjumpin.

co uk

Helen McEvoy, share their insider knowledge and give visitors the chance to ask the questions they always wanted to know the answers to. A selection of canapés is served throughout the evening and the wines shown are offered to guests with a 10% discount plus free delivery. The tasting runs from 7.30 - 9.30pm and tickets are £15 per person. To book go to

www.laithwaites.co.uk call 020 8399 4246 surbiton@laithwaiteswine

PARENTS NEWS On-line

parents-news.co.ul

March 2014

WHAT'S NEW FOR FAMILIES THIS SPRING

From the Channel Islands through the Alps and all the way to Croatia and Turkey, European activity holiday specialist UTracks launches four new family friendly itineraries, in time for the Easter break and the bank holidays in May ...

Channel Islands Cycle Launches 1 April Situated closer to the coast of Normandy but officially a dependency of the British Crown the Channel Islands fuse the charms of their continental neighbour, although they count their independence of any ties to France since 1204. Following quiet roads and taking in dramatic coastline and remnants of the islands' rich history, this trip explores the two biggest islands. Jersey and Guernsey, along with car

free haven Sark. NEW! Channel Islands Cycle (8 days, selfguided): from £790 per person including bike rental www.utracks.com/index.php? section=trips&id=1686868

Fethive and Coast Cycle Launches 1 April Designed with families in mind, this new centre-based trip visits the coastal and hinterland regions of Fethiye, which has been built on the ancient ruins of Telmessos.

EPSOM W

once the largest city in Lycia. There is a choice of day trips depending on your fitness level, whether you want to explore the nearby peninsula and its opportunities for swimming, cycle through the stunning backcountry or visit the deserted Kayakoy, a museum village that consists of hundreds of rundown but still mostly intact Greek-style houses and churches.

NEW! Fethiye and Coast Cycle (8 days, selfguided): from £590 per person, including bike rental www.utracks.com/index.php? section=trips&id=1686899

National Parks of North Dalmatia Launches 12 April Discover a nature lover's naradise with extra comfort on board UTracks' new deluxe boat and enjoy a journey into Croatia's past and present. Cruising on crystal clear waters, anchor in quiet ports and find unspoiled nature at the famous national parks of Krka and Kornati, explore Croatia's 'Long Island', Dugi Otok, take in the beautiful views from the cliffs in Telascica Bay and wander around the medieval towns of Sibenik, Zadar and

Trogir. NEW! National Parks of North Dalmatia (8 days, guided): from £895 per person, including bike rental

Saturday 8 March Bourne Hall

Herald of

A free one day event

focused on the community's relationship with the

flowers of spring.

Ashtead Park

All Welcome!

We Care How Your Garden Grows

section=trips&id=1502204

Lake Constance Circuit Launches 17 April its at the northern foot of the Alps. On this circular cycle around the lake, visit the medieval towns of Constance Stein, Meersburg and Lindau all while enjoying the amazing landscape of the lake against the backdrop of the Alps. Soak up the atmosphere in the picturesque towns lining the lakeshore with opportunities to swim and kayak during the warmer months. The cycle terrain is ideal for families.

Germany) in just a week! NEW! Lake Constance Circuit (7 days self-guided): from £550 per adult/£250 per child when sharing a room with two adults including bike rental www.utracks.com/index.php? section=trips&id=1841576 New 2014 brochure

Four countries (Austria.

Switzerland, Liechtenstein and

www.UTracks.com 0845 241 7599 Quoted prices are inclusive of accommodation, most

meals, equipment rental. experienced guides, luggage transfers between hotels (where applicable) and clear maps with images. Flights from the UK are not included but can be booked on request.

www.utracks.com/index.php?

can enjoy it is essential to find a beach where the children can play safely and the adults can enjoy a well-deserved break. The team at CheapHolidayLand.com has come up with the top

For a holiday the whole family

your perfect summer holiday 1. Praia Dona Ana Beach.

destination

seven beaches to help you find

Algarve Located on the western coast, the beach is just outside the family friendly resort of Lagos Complete with soft golden sands and shallow waters this beach serves as an ideal playground for tots, whilst providing a stylish relaxation for adulte

2.St George's beach. Malta

This sandy cove is situated in the vibrant resort of St Julian's In close proximity to plenty of all fresco restaurants there is plenty to see and do. With beautifully clear turquoise sea this beach is perfect for swimming and snorkeling.

3.Playa Maspalomas, Gran Canaria

Gran Canaria is great for half-term getaways due to the year round sunshine and warm temperatures. Situated amongst the sandy dunes, this beach offers something for everyone. Just an hour's drive from the fingertips. capital, Las Palmas, there is

loads to do Older children will enjoy exploring the dunes whilst looking out for the rare birds that inhabit them. As for the restaurants, they are copiously dotted along this long stretch to cater for every need

Seven best child friendly beaches

4.Camp De Mar Beach

Majorca This Mediterranean suntrap offers visitors a slice of Balearic tranquility With shallow waters and soft sands the wide-open bay of this beach also provides an adventure playground for the kids to run wild. And if that all gets a bit too much it's just a short walk down the heach to a restaurant

> drinks all day long. 5.El Camsion Beach,

> > Tenerife

The 120m of golden sands in the popular Tenerife resort of Playa de Las Americas is made for children. The relatively small, horseshoe shaped cove means that no matter where the children are playing you can keep an eye on them. With purpose built changing areas, showers, and plenty of places

serving fresh food and cold

to eat you can relay in the knowledge that everything you could ever need is right at your

6.Llafranc, Costa Brava

Just south of the popular Tamariu district, this beach has an easily navigable coastal path running between the two. With white sands running as far as the eye can see, the warm shallow waters compliment the beach. Protected from the elements the sea is serene. making it perfect for the kids to safely splash around in whilst the adults relax. For older children there are rock pools for them to explore just a short

7.Cala Brandinchi. Sardinia

walk along the rocky headland

Part of the 23 miles of protected San Teodoro coastline, this beach boasts fine sands and clear transparen waters. Just a short drive away from the city centre this beach is easily reachable by public transport or car. Whether you want to bask in the warm caress of the sun or savour the subdued sea breeze this beach offers tranquil relaxation with plenty to do for the kids Boredom busters include kite surfing and bird spotting which are sure to entertain the older

Blowing the Whistle on GDC Scam.

Orthodontists and the General Dental Council are operating an illegal scam to ornizoddints and in General Dental Content are operantig as inegal scan 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 orthodomists 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 unnecessar-

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 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.



When experts sagree, where d

Orthodonfics usually requires the extraction of 4 to 8 sound to olthough this is

Emily was treated by natural methods No 'Train Tracks'

Research shows Orthotropics can get much better results than 'Train Tracks





Orthotropics.com Ask an appropriat you for a

su go for answer

WWW.

Professor John Mew. Tunbridge Wells 01892 526406 and personal 01435 862045 Email: john.mew@virgin.net





Godstone Farm



01273-803030 www.

familyadventureholidays.com Prices (excluding travel) start at just £295 per adult and £245 per child for seven nights' full board with all activities.

Families can choose between a fun-packed, all-inclusive holiday based at a chateau in Normandy: a high-octane watersports holiday on the Mediterranean coast: or a week's adventure in the Ardeche where the highlight is the thrilling descent of the Ardeche gorge by canoe. All activities are led by professionally qualified English-speaking instructors and holidays also include outings and evening entertainment with camp fires, quizzes and barbecues. Nothing is compulsory and there is a flexible choice of activities and accommodation, with the emphasis on making friends and having fun together.

Available through the summer - July 19 to September 13 - the three holidays represent the first dedicated family programme from the Sussexbased, ABTA-bonded team behind Family Adventure

15 FEBRUARY - 1 JUNE

PAY ONCE & VISIT AGAIN & AGAI

a seven stories

Holidays who have been successfully arranging activity trips for school groups for more

For families with younger children, the Normandy Adventure Holiday is a great-value, all-inclusive week based at a 200-year-old chateau near Avranches and the coast. participate in activities). Included are more than 20 activities for all ages - from canoeing and climbing to biking and bread-making - plus accommodation, all meals and drinks. Activities are tailored

to different age groups, with

pursuits such as clay pigeon-

shooting and cider-tasting for

and over, and £245 per child

aged 6-15, with under-6s free

Prices for the remainder of the

child aged 16 and over, £295

per child aged 6-15, and £95

campsite at Argeles sur Mer

on the Mediterranean coast.

the French Mediterranean

snorkelling and paddle-

boarding. Back on dry land

there are beach activities,

Sharing Stories with

Iulia Donaldson

See Julia Donaldson's captivating stories brought to life

in an exhibition featuring her wonderful characters

www.thedockyard.co.uk/juliadonaldson II E

Exhibition entry is included in the price of an annual ticket to The Historic Dockvard Chatham

CONTIAN DECHOLASTIC

Watersports holiday features

ensuite family rooms.

August 30-September 13.

parents. Prices start at £295

per adult and child aged 16

For real adrenaline-junkies gorge, with an overnight biyouac in the heart of the gorge. Also on the activity forests of Villefort summer are £345 per adult and Accommodation is selfcatering in mobile homes for 2-5s. Accommodation is in Based at a four-star family-run

windsurfing, sailing, kayaking, whitewater rafting, canvoning 01273-803030 plus mountain treks and wine familyadventureholidays.com

tours for the grown-ups Accommodation is selfcatering in mobile homes, with barbecues and packed lunches provided on some days. Prices remain the same throughout the summer, with a week costing £496 for adults, £386 for children aged 8-15 (undereights are welcome but cannot

the Ardeche Adventure for families with children aged eight years and over promises a thrilling two-day whitewater canoe descent of the Ardeche menu are kayaking, climbing, abseiling, weaselling in the limestone cliffs, and a high ropes course among the pine on a three-star campsite set among vineyards in the low mountains of the Cervenne near Lablachere. A barbecue and breakfast is provided on the bivouac night. Price is £438 per week for adults and children, apart from the last

Prices do not include travel.

week, beginning September 6, when it drops to £398.

BLACKBEARD'S REVENGE

Following on from a highly successful summer season at Polesden Lacey Head?Head Theatre will be staging more interactive performance storytelling events for young people with disabilities, their siblings and family members during the Easter holidays. Each participant and their carer will have free entry - other family members are most welcome to come along but will need to pay an entrance fee of £5 each Morning or afternoon sessions



from 14-19 April. 'Blackbeard's Revenge' is an interactive drama experience based loosely on the adventures of Edward Teach, the notorious English pirate of the 18th Century

Led by a team of Head2Head's actors, participants will move around the venue, discovering scenes and meeting characters from the story

With rhyme, rhythm, repetition reduced dialogue, puppetry, movement-to-music role play and sensory moments 'Rlackbeard's Revenge' is accessible

> appropriate for all levels Advance Packs will be distributed familiarise participants with storvline characters

> If weather permits, some of the action will take place outdoors

and rhymes

As usual. Head2Head will be providing games and their ever-popular sensory tent for all participants to enjoy with an eating area available for families that wish to bring along a picnic

There is ample free parking available with some venues providing disabled spaces All venues have disabled toilet facilities (hoist available at Leatherhead venue).

To book a place contact Head2Head Theatre 01372 278021 h2hoffice@gmail.com www.head2headtheatre. co.uk/special-needs/summeractivity

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Advertise PARENTS NEWS

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Days Out

New LegoLand Windson 01753 621621

Pirates Landing gets a major re-vamp to become New Pirates Shores featuring Castaway Camp a new pirate adventure play area with more than 100 brand new Lego modes & themed features on the Pirate Falls Treasure Quest log flume ride, plus a new themed restaurant plus lots more on across the UK will explore offer.

Every Sat during term time The River & Rowing Museum Mills Meadows Henley on Thames 01491 415600

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

Every Wed Heaven at Nutfield 19 High Street www.heaven-nutfield.com. Smiley Faces music group for babies & toddlers for up to 2yrs & 2-4yrs, there is also a playroom for under

17-23 Mar Shakespeare

5's, a café & a crèche.

Week 7-11yrs old in more than 1600 primary schools the stories O William Shakespeare. Teachers will be able to download FREE resources to plan fun & creative sessions that will introduce Shakespeare to children form fashion, film making I fingerpuppets to making a Tudor banquet & learning about the plague

flea, plus lots more, www.shakespeare.org.uk.



Easter Holiday Touch Typing Courses at New Malden Library for 8-1 April 7th - 19th; 10:00 - 12:15 pm daily. Cost £135 April 14th - 17th; 10:00 - 12:15 pm daily. Cost £135 Beginners and improvers welcome.10% sibling and bring a friend discounts available. OFSTED registered payment by child care vouchers accepted For more information contact Nick Holt, 07812 632238 o

nickandsarahholt@hotmail.com See our website at www.typingscool.co.uk for Summer holiday

Mar Royal Naval Submarine 02392 545034

Mother's Day at Sea Urchins Club join the fun in Busy Boats Bay with story time. rhyme time & play onboard the pirate ship & yellow submarine plus every mum gets a special gift, 1-5yrs.

Typings Cool

Easter holiday touch typing courses at New Malden Library for 8 - 16s April 7th - 19th; 10:00 - 12:15 pm daily. Cost £135 April 14th - 17th; 10:00 -12:15 pm daily. Cost £135 Beginners and improvers welcome

10% sibling and bring a friend discounts available OFSTED registered, child care vouchers accepted For more information contact Nick Holt.

07812 632238 nickandsarahholt@hotmail

www.typingscool.co.uk f or Summer holiday courses Nick Holt, Manager, Study's Cool Ltd 9 Osborne Road. Kingston upon Thames, Surrey KT2 5HB

www.studyscool.co.uk

Tower Bridge Launches 'Design a Bridge' Competition for Kids - Ideal Half-term Activity

March 2014

To celebrate its 120th birthday this year. Tower Bridge. the most famous bridge in the world, launches a new national competition for 6 to 14 year olds, offering them the opportunity to design the second most famous bridge in the world!

To 14th March 2014, young artists, designers and engineers are being invited to draw their very own version of the iconic bridge, one of London's best loved historical landmarks and the overall winner will see their masterpiece transformed into an amazing 'real-life' 3D model for public display in the Tower Bridge Exhibition. seen by 2,000 daily visitors! First though, make sure you come and visit the Exhibition - the 'Great Bridges of the World' display will leave kids inspired

The entries will be judged by an independent panel, which includes Isabel Wolfe Barry, great, great granddaughter of the bridge's original civil engineer. Sir John Wolfe Barry!

Isabel Wolfe Barry comments "1885, with Royal Assent, heralded the dawn of the new river crossing, gateway to the South, an iconic symbol of London revered throughout the world, a legendary feat of engineering comprising a combined bascule and suspension bridge devised and constructed by my great, great grandfather in conjunction with the design submitted by the architect, Sir Horace Jones.

The competition for the new bridge began in 1876 and these brains won it. Some doubted it could be done. I'm incredibly humbled by these individuals and their awe-inspiring vision.

It is an honour to be invited to be a judge on the panel for this competition, more than 120 years later, in celebration and as a mark of respect for the talent that precedes us. My advice to the excited, young brains participating now - be inspired, be innovated and org.uk. don't you dare let anyone tell

How to Enter

vou it cannot be done!"

Calling All Budding Young Designers!

Entering the competition is easy. Entry forms and full terms & conditions can be downloaded from the Tower Bridge website

www.towerbridge.org.uk or just come along to Tower Bridge and pick up a form.

Artists' tools can include anything from crayons and felttip pens, to paint, pasta shapes textiles, even a computer - and all designs must be shown on an A4, flat piece of paper (2D). Entries are split into three different age groups, meaning that more than one child from each household can apply

Rules and prize information The competition closing date for entries is 14th March 2014

Three age categories are available: category 1 is for entrants aged 6-8, category 2 is for ages 9-11 and category 3 is for ages 12-14.

All designs must be shown in 2D, on an A4 flat piece of paper, meaning that photos must be uploaded and A3 drawings must be presented

Entries can be dronned off at Tower Bridge. posted to Design a Bridge Competition, Tower Bridge Exhibition, Tower Bridge Road, London, SE1 2UP, or emailed to competitions@towerbridge.

One ultimate winner will be chosen from the best entry in each category.

The overall winning entry will be selected by an independent judging panel and the prize-winning design will be transformed into a 3D scaled model and put on display within the Tower Bridge Exhibition until 31st July The winner will be able to keep their 3D model once it has been

on public display.

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infant choking

Barrier Co



Now you can find professional experienced habusitters even at short now you can ind professional, experienced babysitter even at short notice. We interview each babysitter in person and check all references thoroughly. All have professional childcare experience with most being Registered Childminders or qualified Nursery Nurses & Nannies.

For your first booking FREE of any booking fee visit us at www.sitters.co.uk and quote promo code PNEWS1FREE If you would like to discuss your childcare needs call Sitters on 08447 367 367



Me Family's Cute and Quirky Car Stickers Make Car Journeys Fun for Kids and Adults Alike

journey! There are stickers

A brand new family-friendly brand is set to make car journeys and travel times much more fun for youngsters of all ages, with a selection of cute and quirky character car stickers that represent every member of the family. Me Family and their extensive collection of car stickers are helping to make family vehicles much more personal to those who travel around in them, as well as giving kids a boost of excitement on long iournevs.

A modern update on the classic 'Baby on Board' stickers, the adorable collection of Me Family stickers cater for all family members, to ensure that nobody is left out on any

for Mum and Dad, sisters and brothers, vounger children. older children, tiny babies and even pets; not forgotten Grandma and Grandpa, whose help on days out and travelling adventures is certainly much appreciated by many parents Me Family was founded by two professional rugby stars, whose focus on family life and the relationships between family members is the foundation of the company: Paul Aiton who plays for Leeds Rhinos and Dean Collis who plays for Wakefield Wild Cats

There is a character for every member of the family. Stockers are also divided into a choice of professions and depicting a

range of hobbies with the fun caricatures covering everything from mums who love gardening, do yoga, read and bake to dads who are DIY pros play golf, football, rugby and BBO For older and younger siblings, there are girls dancing and playing sports, while how stickers include footballers. skateboarders and cricketers Pets are also covered with a choice of cats and dogs to complete a totally personal My Family sticker set

Me Family hope to expand with further ranges For more information about the Me Family car sticker range, or to order your collection today:



"Goals Tolworth offers the Ultimate Football Experience. Give your child a birthday Book before 14th April 14

to remember with BIG MATCH football party. It kicks off with an hour of action packed five-a-side football on state of the art 3G turf football arenas. After an hour of fast, fun. fabulous footie, it's off to the Party Zone for great party food and drinks to refuel before heading out for some more great action

and receive a £26.50 off exclusive voucher. Don't miss this fantastic offer call

020 8337 2425

to reserve your preferred date NOW. Alternatively, visit us at Goals Tolworth to be shown around the fantastic party room and the actual pitch where your party will take place.

> OFFICTION HAIL MUSELLA Kids Club

Victorian Schools

Saturday 15 March 1pm - 2.30pm

Take your places at your desk in a Victorian school and remember that children should be seen but not heard. Meet a visiting Victorian school mistress so make sure you behave and try to avoid having to wear the dunce's hat or be given the cane





Discover if you had to go to school and how old ou were when you left. Find out what you would have learnt at school and what you did for drill. See what equipment Victorian children had to ise at school and decide if the children ever had

Cost £4 per child (one free parent or guardian per child) Further details available from David Brooks, Bourne Hall Museum, Spring Street, Ewell, Surrey, KT17 1UF. Tel 020 8394 1734. Email dbrooks@epsom-ewell.gov.uk http://www.epsomandewellhistoryexplorer.org.uk/BourneHallMuseumClub.html



Centre Avlesford 01622 713225 Soft play zone with 3 storeys of interactive play equipment for under 10's with wavy waterfall slide crawl tubes, ball pool & ball cannons. NFW Kickstart a brand new all inclusive membership with unlimited access which offers a wide range of activities for under 10's with swimming. soft play, junior dance mat & target wall sessions, selected family. holiday programme activities, Daily Tides Leisure Centre Saturday Fun Club plus pre- Deal 01304 373399 Indoor school bounce & adventure tropical lagoon with waves & time sessions for 0-5vrs. NEW larger Fitness Studio to offer a giant slide Jacuzzi & toddler wider rang of classes including pool. Every weekend Family Zumba, Pilates, Body pump & circuits.

Daily Fishbourne Roman Palace Chichester 01243 789829 Guided tours, plus café

Daily Maidstone Leisure Centre 0845 1552277 Various times Junior Fitness, 12-15yrs learn how the body works, the henefits of a healthy lifestyle & narticinate in structured fitness instructor Selected Sats Wave leave all the planning & tidying

Wingham Wildlife Park Canterbury 01227 & they are keen to welcome

Daily Larkfield Leisure 720836 Meet the animals encounters plus children's play

Daily Druidstone Park and Woodland Honey Hill Blean 01227765168 Meet the friendly animals follow the trail around the enchanted woodland & discover the sleeping dragon & other magical creatures or have fun in the adventure play area, a fun day out for all the

gusher, fun water features & Splash. New Tonbridge Swimming

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

Ongoing Run off your Feet FREE running sessions across sessions with a qualified fitness. Kent women & men of all ages & abilities are nutting on Rave Pool Party sessions with their trainers & jogging the inflatables, floats, games & streets & parks of Kent all part the latest music. Available of a county wide campaign Birthday Parties for children to get people running to feel fitter, healthier & happier. In Kent leaders have been trained to set up local running groups

Kent College

Canterbury

We can help with the

whole journey from 3 - 18

Do come and see us, every day is an open day!

outstanding school for boys and girls aged 3 - 18

including their hands on animal running session FREE at your of Mrs Wolfe's 18th century local group when you mention Parents News All groups are led by qualified enthusiastic friendly leaders. To find vour local group visit www. kentsport.org/rungroups. Tel:

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

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.

Tonbridge Farmers Market Sovereign Way 07876 685853 Held in Sovereign Way with normally 70 stalls.

Every 2nd Sun of every month Hempstead Valley Shopping Centre Gillingham 01634 387076 Farmers Market is held in the car park offering a range of local produce including meat & much more.

EdenbridgeLeisure Centre Stangrove Park 01732 865665 Under 16's & families roller disco.

Every Sun Ouebec House Westerham 01732 868381 Mrs

new runners. Get your first Wolfe's recipes recreate some recipes including potato nudding & lemon drops

> Every 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, 3-8vrs, term time only Every Fri Homework club with friendly staff on hand to help you with all your homework questions 3.30-5nm

Every Mon St Matthew's Church Hall Rochester 01634 843666 www. heritageopendays.org.uk Baby Sensory classes for babies up to 16mths, activities to include bells, balls, bubbles, light shows & more. Tel: 07813 632552

Every Mon Walderslade Hook Meadow Library Chatham 01634 861531 Baby bounce & rhyme time, 18mths & under, FREE. Every Wed Storytime fun sessions for preschool children that include stories & rhymes

Every Mon Gillingham Library 01634 337340 Storytime fun sessions for preschool children with stories & rhymes, FREE. Every Fri Baby bounce & rhyme time, FREE.

Every Mon St Andrews Church Hall Broadstairs

Celebrating Success!

What is it that makes Kent College stand out from other schools? Excellent academic results? Success on the sports field? The delightful sound the choirs make? Having a school farm? Outstanding facilities? The answer is "Yes!" to all of these things but for the teachers at Kent College, the most important factor for them is that all the pupils leave the school with high self esteem and a real sense of their value to society. As part of their education, the children (pupils/students) will have created a network of friends both at home and abroad. They will have been measured by their ability to contribute to the community and to have a voice when necessary. Throughout their time at school, they are provided with opportunities to excel, to succeed, and sometimes to fail, and that application, enjoyment and a sense of purpose prevail. "What have you done today to make you feel proud?" is a song by Heather Small that often resonates around the walls of the morning assemblies and fits well with the ethos that they have for students. They invite students of any age to join them for a Taster Day, to see for themselves. www. kentcollege.com

01843 863480 Little Ted's Every Tues Rainham Library Parent & Toddler group, term

time only

336209

Ongoing on Mons Cuxton Library Rochester Baby massage courses for babies 8wks & not vet crawling. FREE, to book Tel: 01634 711391. 1st & 3rd Thurs of the month Children's activities, Health visitor drop in clinic, meet your local health visitor plus a toy library will also be available after the session, 9.30-11am. Tel: 01634

Every Mon-Wed The Angel Centre Tonbridge 01732 359966 Kickstart members Pre-school bounce, Every Sat mom fun club 5-10yrs, Every Wed & Fri dance mat & target

Every Mon & Fri Rochester 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 4th Fri of month Advice & support - Health & lifestyle advice, dron-in, no need to

book. Every Tues Queens Road Baptist Church Victoria Gardens 01843 602792 Raindrops, parent & toddler 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 the benches & steps available, 10.30-11.30am. **Every Tues Chatham Library**

Gun Wharf Dock Road 01634 337799 Storytime for preschoolers, FREE, Every Thurs until 31 Mar Toddler shake & boogie activity session. Every Tues Hoo Library

Every Wed St Saviours Rochester 01634 250640 Centre Canterbury Road. Storvtime fun sessions for pre-Folkestone 01303 244610 school children with stories & Fabulous Fare Market with rhymes FREE locally sourced fresh fruit

11.30am.

MICROSPORT real sport for

preschool children Come & join the team!

If your toddler would enjoy running, catching, throwing, hitting (a ball or two), aiming, bouncing, racket/bat skills, footwork

learning, lots of games and fun, check us out. tennis, soccer, hockey, cricket, netball, rugby, basketball, athletics and so much more...

For ages 2,3 & 4years

trained adult coaches; girls & boys; all abilites; classes are varied, educational & FUN!! our mini-sports come back again and again

asses in Orpington, Dunton Green, Sevenoaks, Pembury, Tunbridge Wells, Tonbridge 07863 330200 inoble@micro-sport co.uk www.micro-sport.co.uk @MicroSn7oaks

Calendar

01634 337799

Tues Fairviev

Storytime fun sessions for pre-

school children that include

stories & rhymes. Every Thurs

Baby bounce & rhyme time.

Community Primary School

01634 376270 Parents &

toddlers club term time only

10-11.30am. Every Thurs

Baby bounce & rhyme time.

parents & carers can enjoy

knee bouncing, finger rhymes

& nursery rhymes, 18mths &

under term time only 01634

Every Tues Walderslade

Village Library Chatham

01634 686467 Toddler shake

& boogie activity session

that offers rhymes, songs &

movement for pre-schoolers.

Musical instruments, scarves

& parachutes are often

included. Every Fri Storytime

fun sessions for pre-school

children that include stories &

Every Tues Hundred of Hoo

Swimming Pool Rochester

01634 401989 Beaver

Every Tues Southborough

Baby bounce & rhyme time

for parents & carers, 18mths

& under. Every Fri Storytime

fun interactive sessions for

pre-schoolers, FREE, 1st & 31

Sat of month Medway Health

Walks chance to improve

Every Wed Dunorlan

Park 07990 973313 Buggy

Workout, exercise for mother

& baby, power walking around

the park utilising the benches

& steps available, 10.30

fitness levels, all ages.

01892 529808

01634 361544

Tues Hempstead

2.15-2.45pm

Swimming Club.

Lbrary

Library

Storytime,

18mths or under, FREE

Rainham

Every

337340

& veg, meat, fish & dairy, preserves & jams & lots more. Also on offer recipe tasting. take away meals tanas & ready salads, natural home & body products, book/magazine exchange, plants, flowers & lots more.

Every Wed Crampton Tower Museum Scalextric Digital Racing

Kingsmead Leisure Centre Canterbury 01227 769818 take to the trees & experience Funtime sessions available in the pool.

Every Wed & Sat Smallhythe Place Tenterden 01580 762334 Backstage Tours, find out what happens behind the scenes. 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 2nd Tues of month Advice & support - Health & lifestyle advice, drop in, no need to hook

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 storytime for 3-

Every Thurs Luton Library Chatham 01634 406923 Storytime fun sessions that include stories & rhyme. Every Sat Pop in & Play for parents & children, 10-12pm.

Every Thurs Pembury 01892 822278 Library Storytimes, 2.30-3pm, term time only, FREE. Every Thurs during term

time Margate Baptist Church 4 Cecil Sq 01843 290869 Little Fishes Toddler group for parents & carers to meet & socialise with food, games & fun. 10-11.30am.

Every Fri Grain Library Rochester 01634 338727 Homework club with friendly & knowledgeable staff on hand to help, FREE, Every Sat Craft Club for under 8's, FREE.

Every Fri Hempstead Library Gillingham 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.

Bedgebury National Pinetum

& Forest Goudhurst 01580 879820 Beginners Health Walk, lasting approx 30mins-1hr & will cover between 1-4km. Every Fri morn Moderate Health Walks, 1-1 1/2 hrs between 4 & 6km. Every Fri morn Green Gym

session, volunteers can spend a satisfying session working in the National Pinetum helping to improve the world's bes conifer collection, FREE. Tel: 01424 446395. Daily Go Ape a course of rope bridges, tarzan swings & zip slides up to 35 feet above the forest floor, 10+yrs,

minimum height 1.4m. Every Sat Medway Little Theatre Rochester 07939 921041 Youth Company for 12-18yrs & children's workshop, 7-12yrs.

Every Sat Dickens House 01843 871133 Broadstairs History Walk, 2pm.

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

Every weekend Broadstairs Harbour 07847 473615 Market, weather permitting. 25 Feb Maidstone Museum & Bentif Art Gallery 01622

objects in the museum in this

fun & messy workshop. First

Wed of the month Musical

Merry-Go-Round with singing

& storytelling activities, under

26 Feb Stodmarsh National

Nature Reserve 01732

365583 www.naturalengland.

org.uk. Birdwatching field trip

for large flocks of wildfowl

need to book.

602838 Behind the Scenes Egyptology workshop the session offers the chance to explore the stores & see historic artefacts that aren't currently on display need to book in advance Until 29

Mar A Ladybird Childhood exhibition of books. FREE entry. 29 Mar Printmaking workshop to celebrate the 'Ladybird Childhood' Ireland. exhibition carrying out your own printed images based on

Canterbury 01227769075Kent Air Ambulance charity event with Kensei Taiko playing Japanese drums. Mar Tunbridge Wells

food & drinks plus lots more.

1 Mar Hythe Station 01797 362353 'Red Dragon' special non-stop run & themed lunch at Dungeness, need to book, www.rhdr.org.uk.

Mar Faversham Market info@bestoffaversham.org Best of Faversham market with wide selection of food & drink products plus arts & crafts. 1 22 Mar Wildwood Trust Heme Bay 01227 712111

Grubby Gang Club, limited spaces need to book. 2 Mar Ramsgate Blitz Walk www.summerof40.webeden. co.uk A guided walk around the heaviest bombed seaside town in Britain, relive the dark days of WW2. hear stories of

ordinary people on the front

line & lots more, 2-2 1/2 hrs.

PARENTS NEWS

This infomation also ON-LINE

www.parents-news.co.uk

Other features too!



FREE parking.

Wellington

12 Mar Walmer Castle &

Gardens Deal Kent 0870

333 1181 Duke of Wellington

Specialist Tour join the experts

at the castle as they reveal the

tales & artefacts of the Duke of

4.11.18 Mar Capel-Le-Ferne Wood 01622 872068 Kent Village Hall Folkestone 01303 Boat Jumble & Small Boat 245399 Farmers market wide Sale with lots of stalls selling variety of Kentish produce new & used boating, fishing & plus crafts, plants & lots more, watersports equipment at huge discounts, Tel: 07771 962495, FREE entry. entrance children FREE &

4,11,18 Mar Capel Le Ferne Farmers Market 432445 Farmers Market selling a wide variety of produce to include bread, meat, fish, eggs, bread, crafts & lots more, FREE entry.

5 Mar Dover Castle & The Secret Wartime Tunnels 01304 211067 Great Tower Sleepover need to book

5-8 Mar The Marlowe Theatre Canterbury 01227 862254 A Midsummer's Night Dream. 13-14 Mar Sleeping Beauty. 19 Mar Essence of

Mar Gulbenkian Theatre

Museum & Art Gallery Civic Centre 01892 554171 Farmers Market selling Rye fish, fresh from the boats. organic vegetables, cakes,

First Class Bid.

IEW it's a ing onlin

The lowest unique bid wins the auction

Contact us:

16 Mar Aylesford Farmers Market Aylesford 01622 790195 With more than 30+ stalls 9 30-1 30 n m

19-22 Mar Hazlitt Theatre Maidstone 01622726155 Jesus Christ Superstar rock musical. 23 Mar Old Macdonald Had a Farm with a medley of games, giggles & sing along songs. 27 Mar The X Factor Musical, I

Can't Sing. 22 Mar Dover Museum Market Square 01304 201066 Green Man Family Day. themed day of activities for all the family

clothing for the weather,

binoculars & a packed lunch,

beginners & experts welcome.

Farmers Market High Street

07775 736116 Selling a wide

variety of local produce from

the area including fish, cakes,

pies, bread, wines, fruit juice

23 Mar Oare Marshes

Reserve Faversham 01622

662012 Birdwatching trip with

tidal mudflats & creeks along

with well sheltered marshes

give a wealth of ducks, geese

& waders, should see avocets

grev & golden plovers & both

sorts of godwits, harriers &

bearded tits possible, FREE.

& much more

Mar West Malling

26.28 Feb Spotlites Kings Theatre 338 High Street Chatham 01634 829468 22-26 Mar RSPB Cliffe Pools, Children's theatre with drama near Cliffe 01634 222480 All fun & games on a different day bird watching field trip theme each week. for avocets & the first spring 29-30 Mar Dover Transport migrants, bring appropriate

much more.

Museum 01304 201711 Opening Weekend. 30 Mar New Romney Station

23 Mar Norman Park

Athletics Track Haves Lane

Bromley 020 8323 1709 The

Bromley Sport Relief Mile

with three different distances

to choose from 1.3 or 6 miles.

log on to www. mv.sportrelief

736116 Selling a wide variety

of local produce including fish,

cakes, pies, bread, wines &

07775

com/search/event

Farmers Market

01797 362353 Mothering Sunday Treat Mum to a 'Drive a Stem Engine session or a Footplate Ride, family ticket allows you to travel up & down the railway as much as you wish all day & allows access to the toy & model museum.

> What's On London

Go to Page 10



03000 41 23 23

www.kent.gov.uk/childcare kentcfis@kent.aov.uk

* You cannot get free early education if you receive working tax credit



Senior School 01227 763231 CT2 9DT www.kentcollege.com

Download the Kent College App Available from the App Stor



Education

Open events in schools can be challenging for all concerned

With everyone at the school doing their best to show off the school, there is much at stake. Bromley High School's Head, Louise Simpson, understands that it can be a challenge for prospective parents and pupils too, and she outlines what you should be looking for when

•Plan ahead - it is never too early to start looking at possible schools, and sometimes two or more visits are needed to get a good sense of the school. •Choose your schools - just as it is not a good idea to sit

your child for lots of entrance tests, it is not a good idea to visit too many schools. Have

Friday 21st March 2014 (10.15 am - 12.15 pm

Thursday 1st May 2014 (2.15 - 3.45 pm)

Saturday 4th October 2014 (9.30 am - 1.00 pm)

4+, 7+, 11+, 13+ & 16+

Fees assistance & Scholarships available

FIND OUT MORE ABOUT LIFE AT BROMLEY HIGH SCHOOL

With US she will Thrive

schools you are visiting have Bromley High School and a wide range of visiting music teachers for example •Listen to the pupils. Ask them questions: do they know their school well? Are they proud of their school? Everything you need to know about the quality of teaching and learning, the co-curricular rogramme and pupils' ersonal development should be evident from the pupils and their behaviour. ·Ask to come again - all

schools can put on a good a tour on a working day. Bromley High School

> www.bromleyhigh.gdst.net admissions@bro.gdst.net 020 8781 7000

to arrange a visit

some clear criteria over school choice before planning visits (Single sex or co-ed? Boarding or day?)

•Research the school in advance, know what you are looking for when you get there. If your child is a brilliant musician, make sure the music scholarship programmes

colleagues, with post-race

show once in a while. Ask for

Open Events: Open Mornings: Friday 21st March 10.15 am - 12.15 pm; Saturday Oct4th 2014, 9.30 am - 1.00 pm : Open Afternoon, Thur 1st May 2.25 pm - 3.45pm

March 2014

Do something amazing this year and sign up for RBC Race for the Kids activities and entertainment

Supported by Royal Bank

of Canada for the fifth year

running, this unique event sees

together to raise vital funds for

thousands of supporters come

the essential redevelopment of

About Guildford High School

performances and moving

creative arts flourish at GHS.

stage others love the teamwork

of the backstage technical crew

or being part of our numerous

ensembles, choirs, orchestras

The school has a well-deserved

reputation for excellence

in sport. Teams in all age

groups regularly achieve

and bands.

While some girls shine on

dramatic productions, the

for all

the hospital.

Join in the fun and raise vital funds for Great Ormand Street Hospital Children's Charity

Great Ormond Street Hospital Children's Charity's familyfriendly 5k fun run, the RBC Race for the Kids returns to London's beautiful Battersea Park on Sunday 8 June 2014.

Girls at Guildford High

School, from the ages of 4

to 18, thrive in the vibrant

learning environment and

school offers

happy community which the

learn how to learn, how to

think creatively and to take

responsibility for their work

The curriculum is broad rich

and exciting: lessons are well-

paced, challenging and fun.

From stunning artwork

to breathtaking musical

At Guildford High School, girls

Last year, over 4,000 people joined in, raising more than Ideal for beginners and fitness fanatics alike, the event sees £650,000. This year the charity thousands of people of all hopes to raise £750,000 The money raised will help to ages run, walk and scoot to the finish line to raise vital provide new state of the art funds for Great Ormond buildings and facilities for Street Hospital Children's patients and their families. Charity. Participants can The new state of the art ioin individually or in teams facilities will make cramped making it the perfect day out and outdated wards a thing of for friends, family and work the past and provide space for a parent or carer so they can stay

comfortably by their child's bedside

TV presenter and mother Gabby Logan who attended last year's event said "Get your family and friends together for the RBC Race for the Kids, it is a real celebration for the hospital and the families' The RBC Race for the Kids website has plenty of fundraising tips, plus training advice for those looking for a more challenging experience. Heather Gillespie from Great Ormond Street Hospital Children's Charity said:

"We're delighted to be holding the RBC Race for the Kids for the fifth year running It's a fantastic day where we see families and friends come together to make a rea

> difference for young patients from across the UK.

"Sign up now and join in the fun!" To register for the race and for some great fundraising tips

www raceforthekids co.uk

020 7239 3164

and national level and this ethos of excellence in sport sits comfortably alongside a "sport for all" policy.

curricular activities, from musical ensembles and sports clubs to engineering, poetry and debating clubs, ensures there is something which captures the enthusiasm of every girl.

and forthcoming dates can always be found on the school

·Thursday 13th March Senior School

•Tuesday 29th April – Junior School

Senior School •Thursday 8th May - Senior

•Tuesday 10th June - Senior School

Thursday 12th June – Junior

Guildford High School, London Road, Guildford, Surrey GU1 1SJ

Guildford-Admissions@ guildfordhigh.co.uk www.guildfordhigh.surrey. sch uk

March 2014

The Mall School New Sports Hall

The Mall's purpose built sports hall which opened in January is the latest addition to the school's excellent facilities. Equipped with cricket nets, basketball hoops, a five-a-side football pitch and a height adjustable net for racquet sports, the hall provides a superb new venue for year round activities, including an extensive after-school and holiday clubs programme.

A range of additional facilities at the school include: a Creative and Performing Arts Centre with a 160-seat theatre: art studio and design technology workspace; two science laboratories and a heated indoor swimming pool.

Choosing the right school for your son paves the way to securing a place at the right school at the age of 13. Mall boys consistently win a range of academic and non-academic scholarships to leading senior schools. To find out more please contact the Admissions Secretary for a personal tour.

020 8614 1082 admissions@themallschool org.uk

www.themallschool.org.uk

Raising Stress-Proof Kids

Chronic stress is robbing children of their childhoods. Here's how you can help give them their childhood back. As parents we want to help our children to reach their full potential. After all, it's a competitive world and we need to equip them to be their best So we knock ourselves out making sure we give them the best education we can, pushing them always to try harder and do better. Life is a school of hard knocks and we need to make sure they are tough enough to survive it. That's our job right? Well not so much actually.

Author and educator Shelley

Davidow says we are robbing children of their childhoods by saturating them with the grim pressures and stresses of adult life. In her new book, Raising Stress-Proof Kids, Shelley writes that the great irony of our obsession with academic excellence is that this well intentioned pressure cripples the ability of children to think clearly and contributes to the enidemic of anxiety and depression in young people. Shelley, who has worked extensively with the HeartMath Institute in the US, has seen firsthand that stress has a measureable and detrimental effect on kid's bodies, damaging them physiologically, emotionally

What's more she argues that our own stressful reactions and fears for our children's future have a powerful impact on them. In order to raise truly stress proof kids we need to learn to better manage our own stress responses. Drawing on cuttingedge research, as well as Shelley's own extensive experience in working with children and teens, Raising Stress-Proof Kids offers simple effective steps that

RAISING

narents can take to minimise the impact of stress at home and at school, including how resolve behaviour issues deal with temper tantrums resolve sibling rivalries

· handle bullying · cope with teenagers testing their independence • navigate the challenges posed by the virtual world, and • provide firm, effective guidance when problems arise. A must-read for every parent who wants to raise smart, emotionally stable, responsible stress-proof kids! Parenting Today's Children for Tomorrow's World by Shelley Davidow Published

26th May by Exisle Publishing

Price: £12.95

Education

An Easy Transition into Year 7

At St Lawrence College in Ramsgate, Years 7 and 8 have their own purpose-built 'home' - Kirby House, situated between the Junior and Senior Schools. The modern spacious building houses six classrooms, an ICT suite and its own library set around a central atrium.

A key aim of Kirby House is to ease the transition from junior to senior education by providing the best pastoral care of a junior school with all the academic benefits of a senior school. Having their own space to work and socialise

provides a gentle introduction o secondary school life, allowing pupils to grow in confidence before moving on to the Senior School in Year 9

If you are still unsure about your child's move into Year 7 in September 2014, or want to get a head start for September 2015, visit the Senior School Open Afternoon on Thursday

Contact Alison Hall 01843 572931 admissions@sleuk.com www.slcuk.com



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



SENIOR SCHOOL OPEN AFTERNOON Thursday 13 March 2014

TAKE THE OPPORTUNITY TO HAVE AN INFORMAL LOOK AROUND FOR SEPTEMBER 2014 AND SEPTEMBER 2015 ENTRY

CALL TODAY TO BOOK A PLACE



For further information and to book a place, please contact

Alison Hall Registrar T: 01843 572931 E: admissions@slcuk.com

www.slcuk.com Ramsgate, Kent CT11 7AE

The Mall School



and King's College School Wimbledon Outstanding facilities include a brand new sports hall, 160-seat theatre, indoor heated pool and fully equipped Design Technology suite. The School offers wraparound care from 8am until 6pm and has an extensive range of after school clubs from basketball and science to filmmaking, multi-sports and ICT. We offer a morning minibus service to boys who live in Richmond, Isleworth, St Margaret's, Twickenham, Kingston and Teddington. For more information and to book a personal tour please

"The pupils' success in academic work and the wider its pupils with the knowledge, understanding and skills to enable them to do their best in everything they undertake." Independent Schools Inspectorate, May

The Mall School, 185 Hampton Road, Twickenham, TW2 5NQ 020 8614 1082 admissions@themallschool.org.uk

A dream for every pre-school child... and their parents Everything you'd expect in a nursery, Chiswick and more OPEN DAY 22nd March Come and visit our wonderful nurseries 10am - 2pm Chiswick, Kingston, Fulham & Dorking Contact us for more information. 020 3031 4700 info@activelearningchildcare.co.uk

Inspiring art, drama, music science, literacy an teaching specialists

Healthv coaching, organic playgrounds, holistic education

Innovative activity studios. sensory room, secure webcams

A fresh approach to nursery education.

www.activelearningchildcare.co.uk



The vast array of extra-

Visitors' Mornings Regular visitors' morning

are held throughout the year

·Wednesday 5th March Junior School

•Wednesday 30th April

School

01483 543 853

Imperial War Museum Lambeth Road 020 7416 5439 A Family in Wartime exhibition explores the lives of William & Alice Allpress & their ten children & what life in London was like during the war. A Family in Wartime is brought to life through interactive exhibits, photographs, recorded interviews with the family, archive film footage & more, FREE.

Ongoing Royal Air Force

Museum Grahame Park Way

Hendon 020 8205 2266 Airfix

exhibition with some of Airfix's

most popular models from the

50,60s & 70's.

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

Royal Academy of Arts 020 7300 8000 www. rovalacademy.org.uk New policy all children under 12yrs of age will have FREE entry to all exhibitions.

going Churchill War Rooms 020 7930 6961 Undercover. Life in Churchill's Bunker, learn what life & conditions were like underground & experience the authenticity & emotional resonance of walking through the corridors where Churchill

made history. Science Exhibition Rd 0870 870 4868 Take control in 360 degrees flight simulators or fly with the Red Arrows in their sensational 3D motion effects theatre. Every weekend Icv 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 in realistic costumes, FREE. Every Weekend explore hundreds of real natural history specimens, discover evidence along the way using Millbank London 020 7887 microscopes, the computer database & other scientific instruments, science educators

through touch, interaction & are there to help you with your investigations, FREE collaboration, all ages, FREE. Daily The Queen's Gallery Every weekend Art Trolley Buckingham Palace London sessions encourages children to 7766 7301 Become imagine & create collages & lots an explorer & discover the more, FREE. Every exhibition with activity bags for Children's Multimedia Guide families. Using the bags find out fun & interactive a sensory which animals the adventurers experience for all the family shared the Antartic with and to enjoy, 5+yrs. Daily Family what early explorers wore to Resources provides questions protect themselves from the & activities which encourage children & families to explore art works, FREE. Daily Family

Daily Victoria & Albert Museum Cromwell Road London 020 7942 2000 Back Clapham Common 020 7622 Packs families can pick up an activity back pack filled with jigsaws, stories & games to fresh produce plus a variety explore the collection, 4-11vrs, of handmade crafts will be Activity Cart hands on art fun available throughout Dec with for children to create a Samuri gifts & cards for all the family helmet, a silver goblet or an elephant mask to take home, FREE, drop in plus Agent trees will be available. Animal bag a sensory activity bag that has been developed for Theatre Camberwell 020 7701

under 5's containing an audio map & fabric cubes, FREE. Every Sun National Gallery www.nationalgallerv.org.uk 020

7747 2885 Family 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 traders sourced from all over London Every Mon & Thurs Holy Trinity Church Brook Green 07710 023743 Singing & Songwriting sessions for 6-11

ery weekend & school hols London Transport Museum 39 Wallington Street Covent Garden London 020 7379 6344 The Family Station choose some FREE activities to do as you explore the museum, families all ages Ongoing Family Station All Year Round activities for families, 3-12vrs,

Every weekend Tate Modern Bankside 020 7887 8008 Open Studio play & create with ideas & materials from artworks in Clive Steps King Charles Street 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 Sessions with

games, map making & clue matching, 5+vrs, FREE, Every weekend Temple Station 020 7222 1234 Harry Potter Locations Tour, 2 1/2 hrs Every weekend Greenwich Clocktower Market Greenwich High Road Ouirky weekend market has 50 stalls specialising in vintage, retro & antiques with a few contemporary craft

social experience of sculpture

Trails, under 5's, FREE.

Every Sat Venn Street Market,

8259 Offering fine foods &

as well as Christmas trees &

floral decorations. Christmas

Every Sat Blue Elephant

stalls, FREE entry, www. on the Sceaux Gardens housing clocktowermarket.co.uk estate. Every weekend Tate Britain 8888 Liminal invites visitors into a physical, material &

Until 15 Mar Leicester Square Theatre 08448 733433 Hero hear the legend & see what happened to her after she saved the world, using movement, dance & live music, show for children 10+vrs.

Until 22 Mar Chickenshed Theatre Company Chase Side Southgate 020 8292 9222 Saturday Shed performance workshops for all abilities. 5-8vrs.

Until 26 Mar Museum of London 150 London Wall 020 7001 9844 Little Moles toddlers oup, messy moles for under 5's FREE.

House Covent Garden 020 7304 4000 The Royal Ballet. The Sleeping Beauty.

Lane Essex 01708 443333 Mr Popcorn's Fun Time Show painting with lots of fun & games, balloon modelling &

PARENTS NEWS

This infomation also **ON-LINE**

www.parents-news.co.uk

Other features too!



competition with your chance

to win one of Mr Popcorn's

wonderful pictures. 1 Mar Spot

the Dog Story Play interactive

storytelling workshop with fun

& games based on a popular

children's story, 5-7yrs. 6

Mar Baby Sensory, baby

decelopment classes for babies

form birth-13months, 15 Mai

Hairy Maclary 5-7yrs. 23-24

Mar Giselle Moscow Ballet La

Classique for ballet lovers of all

1.2 Mar Cutty Sark Greenwich

www.rmg.co.uk/cuttvsark

Family fun weekend Whatever

the weather learn the lingo for

weather at sea & design your

own weather chart to take home

drop in workshop, all ages

1 Mar Family fun weekend

stormy seas & other stories,

3+vrs. 2 Mar Ahov Captain.

meet Captain Woodget, Cutty

Sark's longest serving master &

hear tales of his voyages across

1,8 Mar Horniman Museum

London Road Forest Hill 020

8699 1872 Art Makers Shadow

Puppets, 3+yrs. 15,22 Mar Baby

Seal Masks, 3+yrs. 22 Mai

the many bird songs that make

up the dawn chorus, 5+vrs, 29

3+vrs. 30 Mar Community

Music Day a day of music &

dance performance including

African dance & drumming

FREE. Every Sat Hands on

family workshops handle

different museum objects each

week themed sessions from

musical instruments to puppets.

families, 3+yrs, FREE. Every

Sun Discovery for All, 3+yrs,

FREE & A World of Stories

storytelling for families 5+yrs,

Mar Discovery for All explore

& handle wonderful objects

from around the world from

sharks teeth to an African thumb

1.8.15.22.29 Mar National

Maritime Museum Greenwich

020 8312 6565 Explore

Saturdays meet a character

from the past & take part in

piano, all ages, FREE.

FREE Every Sun except 3

r Cress Creations, families

Dawn Chorus Walk identify

the high seas, all ages.

0100 Young People's Theatre a guess the cartoon drawing workshops, various age groups 7-18vrs. FREE to join.

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.

Every Sat 2-4pm & after school on Tue & Thurs South London Gallery 65 Peckham Road 020 7703 6120 The Shop Possibilities for children & families living on five neighbouring estates, Pelican, Southampton Way, Elmington, Wyndham & Comber, & Sceaux Gardens are invited to play at after school & weekend workshops in this recently renovated former retail outlet

Mar Battersea Arts Centre London SW11 020 7223 2223 Ballad of the Burning

Until 9 Apr Royal Opera

Mar Queen's Theatre Billet with Suzy Sparkle's Face FREE 2.9.16.23.30 Discover Sundays explore your personal connections to the sea, suitable all ages, FREE. 4,11,18,25 Mar Play Tuesdays children can have fun with their families as they explore the Museum through making music. dance & drama, under 5's. 2 Mar Trafalgar Square www. Russian Festival with live music

maritime history to life, 6+yrs,

Maslenitsa children's shows & dancing watch as fold musicians & entertainers perform traditional Russian songs & dances with plenty of audience participation Sample delicious Russian food plus a bustling bazaar & craft activities

4 Mar Old Truman Brewery 91 Brick Lane Spitalfields 020 7375 0441 Great Spitalfields Pancake Race where teams of four race, pan in hand along Dray Walk on Brick Lane while tossing their pancakes. Spectators can enjoy the stacks of hot pancakes & live music, races start at 12.30pm.

6 Mar-22 June British Museum Great Russell Street 020 7323 8000 Vikings life & legend exhibition.

7,21Mar LSO St Luke's 16 Old Street 020 7638 8891 LSO discovery lunchtime concert. FREE no need to book, 14 Mar Storytelling with Vanessa King & LSO musicians, re-tell a popular children's story through music offering younger children the chance to experience live music in an informal way, plus musical games, suitable under 5's, under 12mths FREE, 31

Mar Youth Choir Concert. 8 Mar Museum of Londor Docklands No. 1 Warehouse West India Ouav 020 7001 9844 Amazing Women I Know workshop, 3-11yrs, FREE.

8-9 Mar HMS Belfast Tooley Street 020 7940 6320 020 7403 0719(f) Slang at Sea have a go at 'Jack-speak' & learn the origin of navy slang & popular expressions from life at sea. Delve deeper to discover objects & stories of the crew on board Identify your Port from your Starboard side & find out what

it means to be in the rattle. 9,16,30 Mar Natural History Museum Cromwell Road 020 7942 5000 Cutting Edge workshop investigate teeth & diet using their amazing animal skulls, handle observe & compare animal skulls in order to identify different shapes of teeth & much more, idea families with children primary school age. FREE, 15.29 Mai Hands on Nature Ocean Life. drop in family activity all ages, FREE, 22 Mar Dino Snores 7: 11 yrs. 29 Mar Gallery characters meet scientists from the past as they roam the Museum's galleries, 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 visitors of all ages to discover more about the natural world, FREE. Daily Focus Points handling trolleys explore real specimens with the help of volunteers, using different natural history themed activities. all ages, FREE, Every Sat The Bird Table using real specimens. activities will encourage you to look closely, make comparisons discuss ideas & develop vour knowledge & understanding of Antarctica's penguins, FREE Daily Who Do You Think You Really Are? parrated by Sir David Attenborough FREE Daily Investigate Centre explore hundreds of real natural history

March 2014

specimens, 7+urs, FREE. 13 Mar- 26 Oct Florence Nightingale Museum Gassio House 2 Lambeth Palace Road 020 7620 0374 The Hospital in the Oatfield: the Art of Nursing in the First World War exhibition.

16-17 Mar St Patrick's Day Parade & Festival www london.gov.uk/stparticksday Parade with marching bands floats, street theatre & more, all 32 Irish counties are represented dressed in their traditional county colours. In Trafalgar Square there will be FREE entertainment with traditional music, dancing comedy & film plus produce from the Emerald Isle to sample

17-23 Mar Shakespeare Week 7-11vrs old in more than 1600 primary schools across the UK will explore the stories O William Shakespeare. Teachers will be able to download FREE resources to plan fun & creative sessions that will introduce Shakespeare to children form fashion, film making I fingerpuppets to making a Tudor banquet & learning about the plague flea, plus lots more, www.shakespeare.org.uk

29 Mar Head of the River Race 01932 220401 Hundreds of boats each manned by 8 men row over the (6.8km) championship course from Mortlake to Putney starting off from Chiswick Bridge 2.15p.m. 29 Mar Museum of Childhood Bethnal Green 020 8983 5200 Autism Awareness Week the museum invites children on the autistic spectrum for an afternoon of events, many children with an autism diagnosis find it difficult to play or to occupy themselves purposefully, these workshops, Mind Builders shows parents some simple sensory and developmental play activities for children, 3+vrs. 30 Mar Oueen for a Day children are invited to celebrate Mothering Sunday at the museum designing & making a crown for their mums to be Queen-for-a-Day, FREE, drop in, all ages.

Please call before you go please mention PARENTS NEWS

www.parents-new.co.uk

March 2014

The School Dilemma faced by Parents of Children with Autism

Latest research shows that over 50% of children with autism are not attending the type of school their parents believe would best support them: which unsurprisingly is leading many parents to resort to legal action to get the best provision in place for their child Moore Blatch education law expert. Janata Ali has assisted many parents to pursue SEN (special educational needs) appeals and disability discrimination claims against schools failing to provide sufficient educational support

for children with autism. Janata comments: "Autism can be a complex condition with many children experiencing an overlap in symptoms but because it is a spectrum condition, the educational needs of each child can vary considerably. "In our experience educational problems often arise because

children with autism struggle to get the support they need. Difficulties with communication and social skills can seriously impact on their education and learning leading to misunderstandings with teachers and pupils, with many children with autism also being bullied by fellow pupils. In fact statistics show that over 40% of children with autism have been bullied.* Janata continues: "In schools where there is not enough support or staff expertise in place to help a child with autism, children can experience frequent exclusions, which can have a profound effect on the child, making them withdrawn and affect their learning.

education and home life '

Tracy Anderson whose son. Matthew, has autism pursued legal action on his behalf after he was excluded from

his school at the age of 14. She claims that Matthew was being bullied both physically and emotionally by a fellow pupil and staff were unable to support him, which eventually left Matthey unable to cope. Tracy says: "The school unfortunately had their child's needs ' not put enough staff support or structure in place to help Matthew and eventually he

went into meltdown and was excluded." As Tracy investigated the matter, she discovered that Matthew had been regularly taken out of class; she felt his autism was not properly understood by staff and the support he received was inconsistent. Matthew was often sent home for 'cooling off periods' which she felt were inappropriate, informal exclusions. She says: "I was really angry to see how all of this was changing my child. It affects the whole family and also impacted on my other children. I had a mixture of emotions, I felt guilty, angry and hurt " make friends"

Matthew was diagnosed at pre-Marion was successful in school with autism and learning difficulties and later diagnosed with epilepsy at age seven. Despite repeated incidents and continued allegations of bullying by a fellow pupil. Tracy felt that Matthew was being inadequately supported by the school, which left her no option but to pursue legal action. During this process Matthew moved to another mainstream school which had an Autism Spectrum Disorder (ASD) unit. This type of facility allows children with autism to get much more support and reintroduces them to mainstream lessons when they are able. Tracy's legal case on behalf of

found that the school had not made reasonable adjustments to fully support Matthew. Janata continues: "Children with autism have a number of educational options available to them - the difficulty for parents is making the right choice for Another mum. Marion from

Hounslow pursued action on behalf of her son, as she was concerned about his social skills and the way he interacted Desnite reneated meetings with the school regarding their concerns about her son's behaviour, Marion found them unwilling to tackle his social issues as he was still performing well academically Marion explains: "My son is an incredibly bright child, but socially he needed more to get the school to recognise this My concern was that he could be quite aggressive and when he interacted with other children, he always wanted to be in control. He needed help

her SEN appeal and ensured the Local Authority funded her son's placement at an independent specialist school with the help of the education team at Moore Blatch. The specialist school caters specifically for children with autism and Marion believes the new environment has made a huge impact on his social skills. She says the trained staff at her son's new school have helped bring out more of his personality and made him a more sociable child. Going to a specialist school has also not slowed his academic progress: he is still pursuing his GCSE's as he was previously and

Jennifer Addy from to Marion and eventually chose to move her son, Matthew, to a specialist school which could provide additional support for a child with autism Matthew's current school has specialist trained staff with onsite speech therapy as well as access to occupational therapy, so that all

his needs are catered for

functioning autism and ADHD

was previously in a mainstream

exclusions, with the last being

Jennifer was able to challenge

the permanent exclusion, and

school is providing the right

level of support and has seen

great improvements in him.

writing and has made good

new regime, Matthew is a

"Although his last school

completely different boy, he

has made friends and feedback

from the staff about him is very

progress in science. Since the

She says: "Matthew is reading

feels that Matthew's new

school, where he had been

the subject to 13 separate

permanent.

positive.

Matthew who has high

support and it was very difficult to develop his social skills and

> did follow some strategies recommended to help children with autism - many of the staff were not specifically trained and so despite efforts. I feel they did not have the depth of understanding to be able to help Matthew." Jennifer wants to encourage other parents who may be unhappy with the support their child is receiving, she comments: "You can't afford to sit back and let anyone tell you what is best for your child .. you are the best person to speak on behalf of your child and sometimes you've got to be loud to be heard

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