

PARENTS NEWS

March 2014 No. 188 The First & Foremost Local Monthly Newspaper for Families

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KENT

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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.

KINGSTON INVITES VISITORS TO DISCOVER HIDDEN TALENTS ON A LEARNING BREAK

Wannabe dancers, sailors and acrobats flock to the riverside 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 hone their wine-tasting skills on a learning short-break to the riverside borough. Holidaymakers can choose from a range of courses including: wine tasting and sailing, as well as salsa and ballroom lessons, Capoeira classes and textiles workshops. Every activity can be combined with an overnight stay in one of Kingston's friendly hotels or B&Bs. *The Holiday Inn*, has rooms from £89 per room, per night, including breakfast 020 8786 6565
 www.hikington.co.uk
 Rooms at *The White Hart*, Hampton Wick start from £75 per room, including breakfast 020 8977 1786
 www.whitehartotel.co.uk

and rooms at *Chase Lodge* start from £85 per room, per night including breakfast 020 8943 1862
 www.chaseledgethotel.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.mayhemsailing.co.uk/

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://axecapoeira.uk/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

activities to a diverse audience. 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
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 *Lu Tasea* as part of a *Dinner & Dance* package available every Tuesday 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/
clubNightID=533
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.
 www.everythingsjumpin.co.uk
Perfecting the Palette *Laitwhites Kingston* runs a monthly wine tasting event where *Tony Laitwhait* and the company's Head of Retail, *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.laitwhaites.co.uk call 020 8399 4246
 surbiton@laitwhaiteswine.com

PARENTS NEWS
 On-line
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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 specialists **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, self-guided), from £790 per person, including bike rental
www.ustracks.com/index.php?section=trips&id=1686868

Fethiye 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,

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, self-guided); from £590 per person, including bike rental
www.ustracks.com/index.php?section=trips&id=1686899

National Parks of North Dalmatia Launches 12 April
 Discover a nature lover's paradise 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 Terascia Bay and wander around the medieval towns of Šibenik, Zadar and Trogir.

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

www.ustracks.com/index.php?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. This cycle terrain is ideal for families. Four countries (Austria, Switzerland, Liechtenstein and 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.ustracks.com/index.php?section=trips&id=1841576
 New 2014 brochure 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.

3. Playa Maspalomas, Gran Canaria
 Gran Canaria is great for half-term getaways due to the year round sunshine and warm

Seven best child friendly beaches

For a holiday the whole family 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 seven beaches to help you find your perfect summer holiday destination.

1. Praia Dona Ana Beach, 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 adults.

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 al fresco restaurants there is plenty to see and do. With beautifully clear turquoise sea this beach is perfect for swimming and snorkelling.

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 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.

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 beach to a restaurant serving fresh food and cold 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

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

6. LaRrañ, Costa Brava
 Just south of the popular Tamarit 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 walk along the rocky headland.

7. Calda Brandinchi, Sardinia
 Part of the 23 miles of protected San Teodoro coastline, this beach boasts fine sands and clear transparent 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 children.

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EPSON EWELL
Bourne Hall
 Saturday 8 March
 Bourne Hall
Herald of
SPRING
 A free one day event focused on the community's relationship with the flowers of spring.
All Welcome!
 In association with **Ashted Park garden centre**
 We Care How Your Garden Grows...

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.
 Orthotropics usually requires the extraction of 4 to 8 sound teeth although this is frequently denied.
 Easily was treated by natural methods. No extractions. No "Train Tracks". No retainers.
 Research shows Orthotropics can get much better results than "Train Tracks".
 Professor John Mew, Tunbridge Wells 01892 526406 and personal 01435 862045
 Email: john.mew@virgin.net

Out & About

Family Activity Break in France

Three action-packed summer holidays based in different regions of France are available from **Family Adventure Holidays**

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 Sussex-based, *ABTA*-bonded team behind **Family Adventure**

Holidays who have been successfully arranging activity trips for school groups for more than 20 years.

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. 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 parents. Prices start at £295 per adult and child aged 16 and over, and £245 per child aged 6-15, with under-6s free **August 30-September 13**. Prices for the remainder of the summer are £345 per adult and child aged 16 and over, £295 per child aged 6-15, and £95 per child aged 2-5. Accommodation is in ensuite family rooms.

Based at a four-star family-run campsite at Argeles sur Mer on the Mediterranean coast, the **French Mediterranean Watersports** holiday features windsurfing, sailing, kayaking, whitewater rafting, canyoning, snorkelling and paddle-boarding. Back on dry land there are beach activities, plus mountain treks and wine

tours for the grown-ups. Accommodation is self-catering 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 (under-eights are welcome but cannot participate in activities).

For real adrenaline-junkies the **Ardeche Adventure** for families with children aged eight years and over promises a thrilling two-day whitewater canoe descent of the Ardeche gorge. Also on the activity menu are kayaking, climbing, abseiling, weaselling in the limestone cliffs, and a high ropes course among the pine forests of Villefort.

Accommodation is self-catering in mobile homes on a three-star campsite set among vineyards in the low mountains of the Cevennes, 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 week, beginning September 6, when it drops to £398.

Prices do not include travel. **01273-803030**
www.familyadventureholidays.com

BLACKBEARD'S REVENGE

Following on from a highly successful summer season at **Polesden Lacey, Head2Head 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 are available at Leatherhead, Merton and Oxshott venues

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 movements, *'Blackbeard's Revenge'* is accessible and appropriate for all levels. Advance Packs will be distributed to familiarise participants with storyline, characters and rhymes.

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



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

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March 2014

March 2014

Calling All Budding Young Designers!

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

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 London'** 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 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 don't you dare let anyone tell you it cannot be done!"

How to Enter
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 felt-tip 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 on A4.

sitters Britain's favourite babysitters. **1967** Reclaim your social life! Now you can find professional, experienced babysitters 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 **PNEWSFREE**. If you would like to discuss your childcare needs call Sitters on **08447 367 367**.

Out & About

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

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 journeys.

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

journey! There are stickers for Mum and Dad, sisters and brothers, younger children, older children, tiny babies and even pets; not forgotten Grandma and Grandpa, who 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: **Leeds Rhinos** and **Dean Collins** who plays for **Wakefield Wild Cats**. There is a character for every member of the family. Stockers are also included into a choice of professionals 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 BBQ. For older and younger siblings, there are girls dancing and playing sports, while boy stickers include footballers, skateboarders and cricketers. Pets are also covered with a choice of cats and dogs to complete a totally personal **Me 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: **www.mefamily.com**

First Aid Manual 10th Edition

Written and authorised by the UK's leading first aid providers: St John Ambulance, St Andrew's First Aid, British Red Cross
Includes the new technique for infant choking



"Goals Tolworth offers the Ultimate Football Experience.

Give your child a birthday 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.

Book before **14th April 14** 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.



Days Out

New LegoLand Windsor 01753 621621
Pirates Landing gets a major rev-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 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.

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, payment by child care vouchers accepted
For more information contact **Nick Holt, 07812 632238** or **nicksarahholt@hotmail.com**.
See our website at **www.typingscool.co.uk** for Summer holiday courses.

Every Wed Heaven at Nutfield 19 High Street 02392 545034
Smiley Faces music group for babies & toddlers for up to 2yrs & 2-4yrs, there is also a playroom for under 5's, a cafe & a crèche.

17-23 Mar Shakespeare Week 7-11yrs 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 for making a Tudor banquet & learning about the plague flea, plus lots more, **www.shakespeare.org.uk**.

31 Mar Royal Naval Submarine Museum 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** **nicksarahholt@hotmail.com**.
www.typingscool.co.uk f or Summer holiday courses
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15 FEBRUARY - 1 JUNE
PAY ONCE & VISIT AGAIN & AGAIN
THE HISTORIC DOCKYARD CHATHAM
A Squash and a Squeeze
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See **Julia Donaldson's** captivating stories brought to life in an exhibition featuring **her wonderful characters**
www.thedockyard.co.uk/juliadonaldson
A seven stories...
Easter entry is included in the price of an annual ticket to The Historic Dockyard Chatham

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 you 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 use at school and decide if the children ever had a fun.
Cost £4 per child (one free parent or guardian per child)
Further details available from David Brooks, Bourne Hall Museum, Spring Street, Ewell, Surrey, KT11 1UF. Tel: 020 8294 1734. Email: dbrooks@epson-ewell.gov.uk
http://www.epsonmusewellhistoryexplorer.org.uk/BourneHallMuseumClub.html

Daily Larkfield Leisure Centre Aylesford 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. **NEW** Kickstart a brand new all inclusive membership with unlimited access which offers a wide range of activities for under 10's with swimming, soft play, junior dance mat & target wall sessions, selected holiday programme activities, Saturday Fun Club plus pre-school bounce & adventure time sessions for 0-5yrs. **NEW** larger Fitness Studio to offer a wider range of classes including Zumba, Pilates, Body pump & circuits.

Daily Fishbourne Roman Palace Chichester 01243 789829 Guided tours, plus café & picnic area.

Daily Maidstone Leisure Centre 0845 1552277 Various times Junior Fitness, 12-15yrs learn how to body work, the benefits of a healthy lifestyle & participate in structured fitness sessions with a qualified fitness instructor. **Selected Sats** Wave Rave Pool Party sessions with inflatable, floats, games & the latest music. **Available** Birthday Parties for children leave all the planning & tidying up to the Centre.

Daily Wingham Wildlife Park Canterbury 01227

720836 Meet the animals including their hands on animal encounters plus children's play area.

Daily Druidstone Park and Woodland Hills Friendly 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 family.

Daily Tides Leisure Centre Deal 01304 373399 Indoor tropical lagoon with waves & gusher, fun water features & giant slide Jacuzzi & toddler pool. **Every weekend** Family 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.

FREE running sessions across Kent, women & men of all ages & abilities are putting on their trainers & jogging the streets & parks of Kent all part of a county wide campaign to get people running to feel fitter, healthier & happier. In Kent leaders have been trained to set up local running groups & they are keen to welcome

new runners. Get your first running session **FREE** at your local group when you mention Parents News. All groups are led by qualified, enthusiastic friendly leaders. To find your local group visit www.kentsport.org/rungroups. Tel: 07730 870696.

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

Ongoing 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.

2nd Sun of the month Tonbridge Farmers Market Sovereign Way 07876 685853 Held in Sovereign Way with normally 70 stalls.

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

Every Sun Edenbridge Leisure Centre Stangrove Park 01732 865665 Under 16's & families roller disco.

Every Sun Quebec House Westerham 01732 868381 Mrs

Wolfe's recipes recreate some of Mrs Wolfe's 18th century recipes including potato pudding & 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, 3-8yrs, term time only. **Every Fri** Homework club with friendly staff on hand to help you with all your homework questions, 3.30-5pm.

Every Mon St 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 Babys bounce & rhyme time, 18mths & under. **FREE**. **Every Wed** Storytime fun sessions for pre-school children that include stories & rhymes.

Every Mon Gillingham Library 01634 337340 Storytime fun sessions for pre-school children with stories & rhymes. **FREE**. **Every Fri** Baby bounce & rhyme time. **FREE**.

Every Mon St Andrews Church Hall Broadstairs

01843 863480 Little Ted's Parent & Toddler group, term time only.

Ongoing on Mons Cuxton Library Rochester Baby massage courses for babies & nurses for under, **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 336209.

Every Mon-Wed The Angel Centre Tonbridge 01732 359966 Kickstart members Pre-school bounce, **Every Sat** Baby Sensory club 5-10yrs. **Every Wed & Fri** dance mat & target wall fitness.

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, drop-in, no need to book.

Every Tues Queens Road Baptist Church Victoria Gardens 01843 602792 Raindrops, parent & toddler group, term time. **Every Thurs** 1st Parenting meet with other 1st time parents. **Every Fri** during term time Friday Club.

Every Tues Grosvenor Park 07990 973313 Buggy Workout, exercise for mother & baby, power walking around the park utilising the benches & steps available, 10.30-11.30am.

Every Tues Chatham Library Gun Wharf Dock Road 01634 337799 Storytime for pre-schoolers, **FREE**. **Every Thurs** until 31 Mar Toddler shake & boogie activity session.

Every Tues Hoo Library Rochester 01634 250640 Storytime fun sessions for pre-school children with stories & rhymes. **FREE**.

Every Tues Rainham Library Rainham 01634 337799 Storytime fun sessions for pre-school children that include stories & rhymes. **Every Thurs** Baby bounce & rhyme time, 18mths or under. **FREE**.

Every Tues Fairview 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 337340.

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 & rhymes.

Every Tues Hundred of Hoo Swimming Pool Rochester 01634 401989 Beaver Swimming Club.

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

Every Tues Hempstead Library 01634 361544 Baby bounce & rhyme time for parents & carers, 18mths & under. **Every Fri** Storytime fun interactive sessions for pre-schoolers. **FREE**. **1st & 3rd Sat of month** Medway Health Walks chance to improve fitness levels, all ages.

Every Wed Duonorian Park 07990 973313 Buggy Workout, exercise for mother & baby, power walking around the park utilising the benches & steps available, 10.30-11.30am.

Every Wed St Saviours Centre Canterbury Road, Folkestone 01303 244610 Fabulous Fare Market with locally sourced fresh fruit

Calendar

PARENTS NEWS

This information also
ON-LINE

www.parents-news.co.uk

Other features too!



FREE, donations welcome.

4.11.18 Mar Capel-Le-Ferne Village Hall Folkestone 01303 245399 Farmers market wide variety of Kentish produce plus crafts, plants & lots more. **FREE** entry.

4.11.18 Mar Capel Le Ferne Farmers Market 07796 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 Ireland.

8 Mar Gulbenkian Theatre Canterbury 01227 769075 Kent Air Ambulance charity event with Kensei Taiko playing Japanese drums.

8 Mar Tunbridge Wells Museum & Art Gallery Civic Centre 01892 554171 Farmers Market selling Rye fish, fresh from the boats, organic vegetables, cakes, food & drinks plus lots more.

16 Mar Aylesford Farmers Market Aylesford 01622 790195 With more than 30+ stalls, 9.30-1.30 p.m.

19-22 Mar Hazlitt Theatre Maidstone 01622 726155 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.

22-26 Mar RSPB Cliffe Pools, near Cliffe 01634 222480 All day bird watching field trip for avocets & the first spring migrants, bring appropriate clothing for the weather, binoculars & a packed lunch, beginners & experts welcome.

23 Mar West Malling Farmers Market High Street 07775 736116 Selling a wide variety of local produce including fish, cakes, pies, bread, wines & much more.

26.28 Feb Spotlites Kings Theatre 338 High Street Chatham 01634 829468 Children's theatre with drama fun & games on a different theme each week.

29-30 Mar Dover Transport Museum 01304 201711 Opening Weekend.

30 Mar New Romney Station 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.

23 Mar Norman Park Athletics Track Hayes 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.mysportrelief.com/search/event

23 Mar West Malling Farmers Market 07775 736116 Selling a wide variety of local produce including fish, cakes, pies, bread, wines & much more.

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



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? Offering 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



Kent College Canterbury

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



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 you go.

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

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 schools you are visiting have music scholarship programmes 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 programme and pupils' personal development should be evident from the pupils and their behaviour. **Ask to come again** – all schools can put on a good show once in a while. Ask for a tour on a working day.

Bromley High School Open Events:
Open Mornings: Friday 21st March 10.15 am – 12.15 pm;
 March 10.15 am – 12.15 pm;
 Saturday Oct 4th 2014, 9.30 am – 1.00 pm ;
Open Afternoon, Thur 1st May 2.25 pm - 3.45pm

www.bromleyhigh.gdst.net
 admissions@brogdst.net
 020 8781 7000
 to arrange a visit.



OPEN EVENTS

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
 Tel: 020 8781 7000 admissions@brogdst.net www.bromleyhigh.gdst.net

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March 2014

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

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

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

Ideal for beginners and fitness fanatics alike, the event sees thousands of people of all ages run, walk and scoot to the finish line to raise vital funds for **Great Ormond Street Hospital Children's Charity**. Participants can join individually or in teams, making it the perfect day out for friends, family and work colleagues, with post-race

activities and entertainment for all. Supported by **Royal Bank of Canada** for the fifth year running, this unique event sees thousands of supporters come together to raise vital funds for the essential redevelopment of the hospital.

Last year, over 4,000 people joined in, raising more than £650,000. This year the charity hopes to raise £750,000. The money raised will help to provide new state of the art buildings and facilities for patients and their families. The new state of the art facilities will make cramped and outdated wards a thing of 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 real 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 visit

www.raceforthekids.co.uk
 or 020 7239 3164



About Guildford High School

Girls at **Guildford High School**, from the ages of 4 to 18, thrive in the vibrant learning environment and happy community which the school offers. At **Guildford High School**, girls 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

performances and moving dramatic productions, the creative arts flourish at **GHS**. While some girls shine on stage, others love the teamwork of the backstage technical crew or being part of our numerous ensembles, choirs, orchestras and bands.

The school has a well-deserved reputation for excellence in sport. Teams in all age groups regularly achieve significant success at county

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

The vast array of extra-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. **Visitors' Mornings** Regular visitors' mornings are held throughout the year and forthcoming dates can always be found on the school website:

- **Wednesday 5th March** – Junior School
- **Thursday 13th March** – Senior School
- **Tuesday 29th April** – Junior School
- **Wednesday 30th April** – Senior School
- **Thursday 8th May** – Senior School
- **Tuesday 10th June** – Senior School
- **Thursday 12th June** – Junior School

Guildford High School, London Road, Guildford, Surrey GU1 1SJ
 01483 543 853
 Guildford-Admissions@guildfordhigh.co.uk
 www.guildfordhigh.surrey.sch.uk

GUILDFORD HIGH SCHOOL
 creative thinking - creative learning

Come along to one of our 'Visitors' Mornings to find out more about Guildford High School, for girls aged 4 to 18.

Junior School
 Wednesday 5th March | Tuesday 29th April

Senior School
 Thursday 13th March | Wednesday 30th April

We look forward to welcoming you!

Get in touch at Guildford-Admissions@guildfordhigh.co.uk or call us on 01483 543 853.
 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 epidemic 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 measurable and detrimental effect on kid's bodies, damaging them physiologically, emotionally and cognitively.

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 cutting-edge research, as well as Shelley's own extensive experience in working with children and teens, **Raising Stress-Proof Kids** offers simple, effective steps that parents can take to minimise the impact of stress at home and at school, including how to:

- 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 to 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 13 March**.

Contact Allison Hall
 01843 572931
 admissions@slcuk.com
 www.slcuk.com



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

The Mall School



Located close to Twickenham town centre, The Mall School prepares boys from 4-13 years for leading day and boarding senior schools, particularly St Paul's School, Hampton

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 film-making, 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 contact the Admissions Secretary, Mrs Anna Cheshire.

"The pupils' success in academic work and the wider curriculum strongly fulfils the school's aim to provide all its pupils with the knowledge, understanding and skills to enable them to do their best in everything they undertake." *Independent Schools Inspectorate, May 2013.*

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



SENIOR SCHOOL OPEN AFTERNOON THURSDAY 13 MARCH 2014

TOURS AVAILABLE ALL AFTERNOON FROM 2.00PM ONWARDS

TAKE THE OPPORTUNITY TO HAVE AN INFORMAL LOOK AROUND FOR SEPTEMBER 2014 AND SEPTEMBER 2015 ENTRY
 CALL TODAY TO BOOK A PLACE



ST LAWRENCE COLLEGE

For further information and to book a place, please contact:

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

www.slcuk.com
 Ramsgate, Kent CT11 7AE

an extraordinary
adventure



IMACS.p.A. - www.primigi.com - export@primigi.com - contact: SKYLINE AGENCIES - Michael Schiaeppl - tel. 0208-567 2384 - mob. 07971 190 446 - skylineagencies@gmail.com

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