

PARENTS NEWS

March 2014 No. 229 The First & Foremost Local Monthly Newspaper for Families

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www.bromleyhigh.gdst.net

St Lawrence College
www.slcluk.com

www.kentcollege.com

www.themallschool.org.uk

the race for kids
www.gosh.org

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www.parents-news.co.uk

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Croydon Guardian
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March 2014

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.chasealodgehotel.co.uk 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
Axe 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.co.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 *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/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

Perfecting the Palate
Laitwhites Kingston runs a monthly wine tasting event where **Tony Laitwhale** 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.laitwhites.co.uk call **020 8399 4246**
surbiton@laitwhiteswine.com
PARENTS NEWS
On-line
www.
parents-news.co.uk

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
Situating 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 £590 per person, including bike rental
www.utracks.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.utracks.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 Telsasca 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

www.utracks.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. The 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.utracks.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.

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...

Out & About

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 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 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 Camisno 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.Llafranc, 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.Cala 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.

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.
Orthodontics usually requires the extraction of 4 to 8 sound teeth although this is frequently denied.
Emily 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
When experts disagree, where do you go for answers?
www.Orthotropics.com
Ask an appropriate professional to refer you for a free assessment
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 for 2-5s. 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, with an overnight bivouac in the heart of the gorge. Also on the activity menu are kayaking, climbing, abseiling, wassailing 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 Cevenne, 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, Mewar 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 moments, 'Blackbeard's Revenge' is

As usual, **Head2Head** will be providing games and their ever-popular sensory tent for all participants to enjoy, with an eating area available 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/summer-activity

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



Days Out

New LegoLand Windsor
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 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 5's, a cafe & a creche.

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 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 8-16s
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 **nickandsarahholt@hotmail.com**
See our website at **www.typingscool.co.uk** for Summer holiday courses

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 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 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 must 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.

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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 'Aunty 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, 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 included in 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 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 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, visit **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 football, 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.



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.



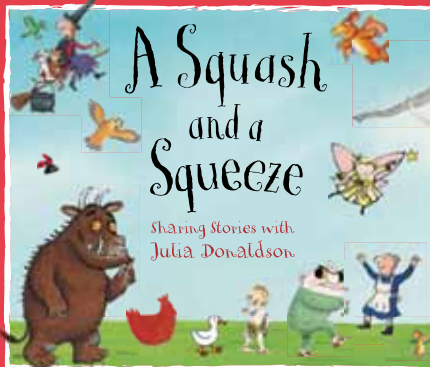
Discover if you had to go to school and how old you were when you left. Find out what you would have learnt at school and what you did for drill. See what equipment Victorian children had to use at school and decide if the children ever had any fun.

Cost £1 per child (one free parent or guardian per child)
Further details available from David Brooks, Bourne Hall Museum, Spring Street, Ewell, Surrey, KT17 1UP. Tel: 020 8204 1734. Email: dbrooks@epson-ewell.gov.uk
http://www.epsonmuseumsociety.org.uk/BourneHallMuseumClub.htm



15 FEBRUARY - 1 JUNE
PAY ONCE & VISIT AGAIN & AGAIN

THE HISTORIC DOCKYARD
CHATHAM



See **Julia Donaldson's** captivating stories brought to life in an exhibition featuring **her wonderful characters**

www.thedockyard.co.uk/juliadonaldson



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

Daily Lower Morden Garden Centre 020 8337 7781 Soft Play, under 5's.

Daily Sutton Ecology Centre Festival Walk Carshalton 020 8770 5820 Playworld fantasy play area, 2-10yrs.

Daily Rainbow Leisure Centre East S 01372 727277 Toddlers World, under 5's.

Daily Kew Gardens, Kew Palace 020 8847 0946 Walking Tours of seasonal highlights, **FREE**. **Every Sat** Tropical Nursery Tours, need to book.

Every Tues & Thurs Orchid Nursery Tours, need to book.

Every Sat Hands on Session Blowing in the wind stories of seed dispersal, **FREE**, no need to book

Every Sun YMCA Wimbledon 020 8542 9055 Volleyball sessions for all levels for local residents in Wimbledon & Merton, **FREE** from 12.30pm, info@wimbledonvolleyballclub.com, www.gospike.net.

Every Mon Seacombe Theatre Chess Road Sutton 020 8770 6990 Zumba fitness. **Every Tues** Line Dancing. **Every Wed** Ballroom Dance, under 8's to adults.

Every Mon Hampton Library 020 8734 3347 Storytime session, under 5's, **FREE**. 3rd Thurs of the month Chatterbooks reading group, 8-9yrs, 4pm, **FREE**.

Every Mon Morden Library

020 8545 4040 Scrabble Club everyone is welcome. **Every Wed** Welcome Mornings with stories & crafts for pre-school children. **1st Thurs** of every month Coffee mornings for adults. **Every Fri** Storytime 4+ys. **1st Fri** of each month Wellbeing drop in sessions, a Wellbeing Coordinator will be on hand to meet you face to face, talk through any issues you may have, sign you up for any upcoming workshops, tell you more about other services available in the borough, **Tel: 020 3178 2549**.

Every Mon Pollards Hill Library 020 8764 5877 Musical mayhem. **Every Mon** Employment Club improve your CV, covering letter, interview skills & more. **Every Thurs** Salsa Dance classes, **FREE**. **Every Fri** storytimes.

Every Mon Wimbledon Library 020 8946 7432 Jewellery drop in workshop for adults, **FREE**. **Every Tues** Coffee morning for over 50s. **Every Tues** IT also Basic IT Training. **Every Wed** Sewing Circle for adults, **FREE**. **Every Wed** French Conservation drop in classes, beginner & intermediate levels, for adults. **Every Wed** Teenage French Tutorials, 8-18yrs. **Every 1st Sat** of the month Genealogy Sessions, get help tracing your ancestry, drop in session for all ages. **Every Tues & Thurs** Children's

story & rhyme time session. **Every Mon** Kingston Children's Library Wheatfield Way Kingston 020 8547 6438 Rhyme & storytime sessions for babies, toddlers & under 5's. **Every Thurs** Stories & crafts for under 5's.

Every Mon Surbiton Library Ewell Road Surbiton 020 8547 6444 Storytime for under 5's, **FREE**. **Every Tues** Rhyme & storytime for baby & toddlers, **FREE**.

Every Mon Tudor Drive Library 020 8547 6456 Storytime for under 5's, **FREE**. **Every Tues** Rhymetime for under 5's followed by stay & play until 5.30pm, **FREE**.

Every Mon St John's Church Kingston Road 020 8288 1801 Tots in Tow fun for the under 5's, 10-11.30am.

Every Mon St James's Church Hall Bodley Road 020 8942 2093 Tiddler's Group for all parents and toddlers plus siblings in the holidays.

Every Mon 3-31 Mar Chessington Children's Centre Buckland Road Chessington 020 8397 2006 Play Session, learn & have fun together to include sing & sign nursery rhymes & making a 'Learning Journey' of your child's development, 0-18mths. **Every Wed** until 26 Mar Behaviour Matters workshop looking at positive parenting, family rules, time out, reward

charts & emotional well being, **FREE**.

Every Mon eve Sutton Grammar School Korbalf for Beginners for school years 3-12 various times & sessions, email for details info@nomadskorf.com.

Every Mon eve Corpus Christi School Chestnut Grove 07956 312920 Aerobics all abilities, 7-8pm.

Every Mon-Wed St James's Church Hall Bodley Road New Malden 020 8942 2093. Toddlers Group, 9.30-11.30am

Every Mon, Wed & Fri during term time Little Hamsters Play Cafe Ham 07432 354274 Relaxed environment for mums & tots 0-5yrs offering coffee, cakes, lunches, soft play shapes, ball pool, ride on toys, table top activities & puzzles plus outdoor playground with indoor & outdoor seating, **FREE** parking, **FREE** Wi-Fi.

Every Tues Farnham Library www.bookstart.org.uk Baby Bounce 'n' Rhyme, **FREE**.

Every Tues Whitton Library 020 8734 3343 Storytime session, under 5's, **FREE**. 2nd Thurs of month Tiny Toddlers sessions baby bounce & rhyme, **FREE**.

Every Tues Hampton Wick Library 020 8734 3358 Storytime session, under 5's, **FREE**. 2nd Tues of the month Chatterbooks reading group, 8-9yrs, **FREE**.

Every Tues Donald Hope Library 020 8542 1975 Storytime. **Every Thurs** Need Help with IT? A dedicated volunteer will be available to provide assistance with a wide range of IT issues, for more info **020 8274 5799**. **Every Fri** Rhymetime. **Every Sat** Colliers Wood Chess Club for all ages.

Every Tues Mitcham Library well trained nursery staff are on hand, **FREE**.

Every Thurs CV & Careers Advice. Last Thurs of each month, Coffee Mornings. **Every Fri** Knitting Group, need to bring own needles.

Every Tues United Reformed Church Cavendish Hall 020 8949 3402 Sparkles, under 5's, 9-11.30am.

Every Tues Malden Centre Blagdon Road New Malden 020 83361561 Stay & Play for under 5's. **Every Thurs** young parents drop-in, 1-3pm. **Every Fri** Toy Library, under 5's, 10.30-1.30pm.

Every Tues Old Malden Library 020 8547 6467 Rhymetime up to 3yrs, and storytime for under 5's, **FREE**.

Every Tues afternoon Raynes Park Library Story times for under 5's. **Every Thurs** mom Simple Yoga & Meditation Group.

Every Tues-Fri Dickerage Adventure Playground Dickerage Lane Kingston 020-8942 1707 Parent & Toddler Play sessions.

Every Tues & Thurs West Barnes Library 020 8274 5789 Classes for those wishing to learn how to use the internet

which runs for 6 weeks. **Every Tues** Rendezvous Club for over 55's. **Every Mon** Art Club for children, to put your child's name forward to join need to speak to member of staff in library. **Every Fri** Toddlers Rhyme Time & musical activities, 0-5yrs.

Every Tues-Fri Dickerage Adventure Playground 020 8942 1707 Parent & Toddler Play.

Every 3rd Wed of the month Richmond Library 020 8734 3303 Chatterbooks reading group, 8-9yrs, 4.30pm.

Every Thurs Methodist Church High Street New Malden Parent & Toddler Group

Every Thurs Tolworth Recreation Centre Fullers Way North Tolworth 020-8391 1982 Badminton Club for intermediate/advanced level, **Tel: 020 8395 9175**.

Every Thurs Bental Centre Kingston Air/Land or Sea, 'Make & Take' workshops children can create their own costume or T-shirt, **FREE**. www.kingstonfirst.co.uk

Every Wed Castelnau Library 020 8734 3350 Storytime session, under 5's, **FREE** One Sat a month Tiny Toddlers baby bounce & rhyme sessions, **FREE**.

Every Wed Hampton Hill Library 020 8734 3320 Storytime session, under 5's, **FREE**. 1st Fri of every month Tiny Toddlers sessions baby bounce & rhyme, **FREE**.

Every Wed Ursuline Prep School 18 The Downs Wimbledon 020 8947 0859 Mother & Toddler playing in the nursery, play along with the toys & make use of the facilities plus a cup of tea is always available & well qualified & well trained nursery staff are on hand, **FREE**.

Every Wed Tolworth Library 37-39 The Broadway 020 8547 6470 Rhyme & storytime for under 5's with simple crafts, **FREE**.

Every Wed morn Sutton Arena Leisure Centre Middleton Road Carshalton 020 8770 4088 Women's Recreation Mornings with a wide range of sport & social activities available for one single fee, 9-12pm. **Daily** Playworld fantasy play area, 2-10yrs.

Every Wed & Sun East Sheen Library Sheen Lane London SW14 8LP 020 8734 3337 Storytime session, under 5's, **FREE**. 3rd Wed of the month Chatterbooks reading group, 8-9yrs, 4.30pm, **FREE**. 1st & 3rd Thurs of month Tiny Toddlers sessions baby bounce & rhyme, **FREE**.

1st Thurs of every month until 3 July Hook & Chessington Library 020 8547 6480 Chatterbooks children's reading group for 8-11yrs with a parent or carer.

Every Thurs Cheam Leisure Centre Cheam 020 8770 4830 Street Dance lessons for boys & girls 10-15yrs

Every Thurs Caterham Hill Library www.surrey.gov.uk/kidstuff Rhymetime, 10am

FREE. **Every Fri** Storytime, 2.15pm, **FREE**.

Every Thurs Twickenham Library Garfield Road 020 8734 3340 Storytime session, under 5's, **FREE**. 2nd & 4th Thurs of month Tiny Toddlers sessions baby bounce & rhyme, **FREE**.

Every Thurs Methodist Church Hall High St New Malden Parent & toddler club, 9.45-11.30am.

Every Thurs Methodist Church High Street New Malden Parent & Toddler Group

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Every Thurs Bental Centre Kingston Air/Land or Sea, 'Make & Take' workshops children can create their own costume or T-shirt, **FREE**. www.kingstonfirst.co.uk

Every Thurs Watch magic tricks & learn to do some at home held on 3rd floor.

Every Thurs in term time Sutton Christian Centre 020 8642 8117 Special Stars a baby & toddler group for children with disabilities or additional needs, from babies to pre-schoolers, siblings welcome.

1st Fri of every month Bergundy & Black Café St Martins Walk Dorking Bumps & Babies is for mums with babies & both parents or carers of non mobile babies, meet others for tea or coffee & get your baby socialising, www.nct.org.uk/branches/dorking/events/bumps-and-babies.

3rd Mon of every month Nappuccino a natter about nappies as an alternative to disposables.

Every Fri Sutton Library 020 8644 9696 Job Club volunteer led support group for job seeker, all ages, **FREE** no need to book.

Every Fri Sutton Life Centre 020 8644 9696 Running & non contact boxing, 12-18yrs, **FREE**.

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

Every Thurs Storytime, **FREE**.

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

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

Every Fri Teddington Library Walgrave Road 020 8734 3355 Storytime session, under 5's, **FREE**. **Every 2nd Wed** of the month Chatterbooks reading group, 8-9yrs, 4.20pm, **FREE**. 1st Thurs of month Tiny Toddlers sessions baby bounce & rhyme, **FREE**.

Every Fri Kew Library Storytime session, under 5's,

Calendar

FREE.

Every Fri Christ Church Coombe Road 020 8241 9423 Toddler Group for under 5's, 9.45-11.15am.

Every Fri New Malden Baptist Church Kingston Road New Malden 8942 6912 Tadpoles parent & toddler group.

Every Fri New Malden Library Kingston Road 020 8547 6438 Baby & toddler rhyme time up to 3yrs, **FREE**. 1st Thurs of month until 5 June Chatterbooks, 7-11yrs, **FREE**.

Every Fri morn Running Club 07936 240937 A mixed group consisting mainly, but not restricted to mothers with children in school, meet at 9.50am in the Pembroke Lodge car park for a run of between 3 & 4 miles. Social group of runners with no pressure on ability, new runners more than welcome.

26-27 Feb Richmond Theatre Richmond Green Richmond 0844 871 7651 Moscow City Ballet Romeo & Juliet.

28 Feb-2 Mar Moscow City Ballet Nutcracker. 30 Mar Morecombe.

27 Feb-2 Mar Yvonne Arnaud Theatre Millbrook Guildford 01483 440000 Boeing Boeing.

3-8 Mar Kindertransport, 25-29 Mar Liza, Liza, Liza musical.

28 Feb Epsom Playhouse Ashley Avenue 01372 742555 Moscow Ballet Giselle.

1 Mar Burhill School Pleasant Place Hersham 07887 764 194 Barely Used Sale, 10.30-12.30pm.

1 Mar Hook Centre Hook Road 020 8547 6480 Hands on Tablets come along & have a go on a tablet computer, **FREE**.

4-8 Mar Rose Theatre 08444 821556 Tom's Midnight Garden.

Every Mon Rhyme Time morning of rhyming, singing & laughter, 11-15am, **FREE**.

Every Mon Babies & Toddlers a half hour movement & music session including rhymes, song, instruments listening activities & bonding games through music. Using scarves, balls & other props to have fun & develop musical skills, **FREE**.

4,18 Mar The Lightbox Woking 01483 737800 Storytelling plus rhymes & hands-on creative fun, limited spaces, under 5's, **FREE**.

6-8 Mar Mill Studio Millbrook 01483 4400 010 Story Pocket Theatre present Arabian Nights, 4yrs. 15 Mar Isabel's Well storytelling with puppets, 3-7yrs. 20-22 Mar The Adventures of Pinocchio.

7 Mar RHS Gardens Wisley Wisley 01483 225329 **FREE** Day Friday join them for a walk in the Garden as the spring flowers come into bloom.

Until 9 Mar Butterflies in the Glasshouse be amazed by the many colours & sizes of butterflies flying around & learn all about them.

7,21 Mar Cobham Bric-a-Brac Fair Sacred Heart Church Downsidge Bridge Road Cobham 01932 269566 Selling antiques, toys, gals,

Malden Children's Centre Burlington Road New Malden 020 8336 1561 Saturdays Group with breakfast & fun activities for dads/male carers & their children up to 5yrs. **Every Mon** Stay & Play 0-18mths

Until 1 Mar Chertersey Museum 01932 575374 Farewell to all That 1901-1914 exhibition, **FREE**.

Until 1 Mar Leatherhead Theatre 01372 365141 Princess Ida by Gilbert Sullivan.

Until 18 Mar Polka Theatre 240 The Broadway Wimbledon 020 8543 4888 Red Riding Hood, 4-7yrs. 12-22 Mar Momo musical fantasy 7yrs. **Until 26 Mar** Scene Stealers Play Makers courses, 5-7,7-9yrs.

Until 18 Mar Kingston Museum and Heritage Centre Wheatfield Way Kingston 020 8547 5006 Art & Play exhibition.

26-27 Feb Richmond Theatre Richmond Green Richmond 0844 871 7651 Moscow City Ballet Romeo & Juliet.

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PARENTS NEWS

This information also
ON-LINE

www.parents-news.co.uk

Other features too!



china, books clothes & lots more, **FREE** entry.

8 Mar Watts Gallery Down Lane Compton Surrey 01483 810235 Mini Curators, Time Traveller, journey abroad to discover buildings, landscapes & sculptures from the past, 5yrs, need to book, **FREE**.

8 Mar St Marks Church Hall Alma Road Reigate Nearly New Sale, www.mum2mummarket.co.uk.

8 Mar Rural Life Centre Farnham 01252 795571 Vanishing Skills, Craft Taster Day try your hand at crafts demonstrated by the tutors plus workshops on offer.

8 Mar Basingstoke Canal Centre Mytchett Place Road Mytchett 01932 830493 Baby & Children's Nearly New Sale, refreshments available, entrance children **FREE**.

8 Mar Farnham Maltings 01252 745 444 A Real Fairy Story, 3-7yrs. 22 Mar Jungle Book inventive shadow theatre 4yrs.

8 Mar Colour House Theatre Meriton Abbey Mills (Off Meranton Way) South Wimbledon 020 8542 5511 Little Folk with Albo, Children's concert suitable, babies - 6 years.

9 Mar Spectrum Leisure Centre 01483 446444. Surrey Hall Marathon, **Tel: 01483 720 459**.

9 Mar Stoke Park Guildford 01483 444333. Surrey Hall Marathon for runners of all abilities, for more information www.shootingstarchase.org.uk/running. **Tel: 01932 823137**

9 Mar KCC Leisure Ride Queen Anne Statue Kingston Market Place 30 mile leisure ride meeting by the Queen Anne Statue at Kingston Market Place, the ride will include a lunch stop along the way & usually includes an afternoon stop too, www.cycling.org.uk.

11 Mar Surrey Heath Museum 01276 707284 Toddler Tuesday, Nursery Rhymes session.

14-15 Mar Barn Theatre Oxted 01883 724852 Carrie's War

15 Mar Thomas Wall Centre Benhill Avenue Sutton suttonmum2mummarket@gmail.com

gmail.com Baby & Children's nearly new sale.

16 Mar Pains Hill Park Portsmouth Road, Cobham 01932 868113 Water Birds Walk, expert guide will teach you how to identify the different species & will focus on the activity on the Serpentine Lake, 8yrs. 23 Mar Willow Weaving Workshop. 30 Mar Mother's Day Sale, **FREE** entry when accompanied by their children.

19 Mar Lightwater Country Park 01276 707166 A

moderate 1hr heathland walk with wildlife spotting & conservation information.

22 Mar Rodborough School Milford Nearly New Sale with baby & child related items including clothes 0-11yrs, toys, books, baby equipment, maternity wear, school uniform & shoes. www.nci.org.uk/branches/godalming/sales/nearly-new-sale/

22 Mar Surrey Heath Museum 01276 707284 Children's Saturday Craft Sessions, Plane Madness make your own plane & take part in their paper plane competition.

22 Mar The War Memorial Hall Burgh Heath 01373 379347 Table Top Sale with a wide variety of fancy goods including a home made cake stall plus refreshments, entrance children **FREE**.

22 Mar Brooklands Museum 01932 857381 Mini Day with all types of Mini from the oldest to the newest entrance under 5's **FREE**.

25 Mar Godalming & Cranleigh NCT Branch Spring Crafts make some spring themed crafts with several activity stations, 18mths-4yrs, to book events@godalmingnct.org

26 Mar Windlesham Arboretum 01276 707166 1hr walk via trees, lakes & follies www.surreyheath.gov.uk.

29 Mar Sanderstead United Reformed Church 07971 212584 Mum2mum market Nearly New Sale.

29 Mar White Lion Walk Shopping Centre Guildford 01403 783400 Children visiting can join the Centre's club (**FREE**) & make personalised cards for Mother's Day using glitter, feathers, foam & more plus they can also have their photo taken & printed out to insert in their card. Assisting the children will be Lionel the Lion the centre's mascot, 11-4pm, **FREE**.

30 Mar Court Farm Tandridge Lane Godstone 07917 795022 Horse Racing & Dog Show & for the children there's a mini funfair, children's quad bikes, terrier racing, hand parade & a mini fun dog show, fun for all the family, under 16's **FREE**.

30 Mar Dorking Hills 01306 881717 Book Fair with thousands of second hand & antiquarian books for sale, fiction & non fiction.

What's On
London
Calendar
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Page 10

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 & 4 years

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

For classes in Orpington, Dutton Green, Sevenoaks, Pembury, Tunbridge Wells, Tonbridge 07863 330200 jnoble@micro-sport.co.uk [@MicroSpToaks](http://www.micro-sport.co.uk)



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Prepare to excel at secondary school with
ADVANCED English and Maths Courses!

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- ★ Maths - study in advance and learn all the difficult concepts before secondary school

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- ★ Yr 1-3 - Maths and English
- ★ 11+ Preparatory Course for Yr 4 - English, Maths, Essay Writing
- ★ 11+ Intensive Course for Yr 5 - English, Maths, VR & NVR
- ★ Yr7 Preparatory Course for Yr 6 - Essay Writing and Maths
- ★ Course for Yr 7-9 - English, Maths, Science, Essay Writing
- ★ GCSE Preparation - Eng(Language & literature), Maths, Total Science, French
- ★ A-Level - Maths (Core Maths, Statistics, Science, English)

Primary enquiry
020 8949 2131
email info@oxbridgeuk.com

Secondary & SUTTON branch enquiry
020 8949 8838
email admin@oxbridgeuk.com

Oxbridge Centre is a well-established tuition centre based in New Malden. Currently there are around 500 students from year 1-A-Level studying at the centre. Why don't you join us too?

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 send 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;
Saturday 10th October 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



A dream for every pre-school child...

...and their parents

Everything you'd expect in a nursery, and more

Chiswick OPEN DAY
Saturday
22nd March
10am – 2pm
No appointment necessary

Come and visit our wonderful nurseries
Chiswick, Kingston, Fulham & Dorking
Contact us for more information
020 3031 4700 info@activelearningchildcare.co.uk

Inspiring
Unique programme of art, drama, music, science, literacy and IT with dedicated teaching specialists

Healthy
Specialist sports coaching, organic cafe, adventure playgrounds, holistic education

Innovative
Purpose designed activity studios, sensory room, baby sleep room, secure webcams

A fresh approach to nursery education.

www.activelearningchildcare.co.uk



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



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

Raising Stress-Proof Kids

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

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 Davidson** 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 Davidson** 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



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www.slcuk.com
Ramsgate, Kent CT11 7AE

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

London Calendar

Ongoing Royal Air Force Museum Graham Park Way Hendon 020 8205 2266 Airfix exhibition with some of Airfix's most popular models from the 50.60s & 70's.

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

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

Ongoing Churchill War Rooms Cleeve Steps King Charles Street 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.

Daily Science Museum Exhibition Rd 0870 870 4868 Take control in 360 degrees flight simulator or fly with the Red Arrows in their sensational 3D motion effects theatre. **Every weekend** Icy Cool Adventure **Every weekend** 7yrs, **FREE**.

Every Weekend Spaced Out 5yrs, **FREE**.

Every Weekend A Cockroach Tour of the museum visitors take on the form of cockroaches dressing up in realistic costumes, **FREE**.

Every Weekend explore hundreds of real natural history specimens, discover evidence along the way using microscopes, the computer database & other scientific instruments, science educators are there to help you with your investigations, **FREE**.

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

Daily Victoria & Albert Museum Cromwell Road London 020 7942 2000 Back Packs families can pick up an activity pack filled with jigsaws, stories & games to explore the collection, 4-11yrs, Activity Card hands on art fun for children to create a Samurai helmet, a silver goblet or an elephant mask to take home, **FREE**, drop in plus Agent Animal bag a sensory activity bag that has been developed for

under 5's containing an audio map & fabric cubes, **FREE**.

Every Sun National Gallery www.nationalgallery.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 & 11-14yrs.

Every 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, 3-12yrs.

Every weekend Tate Modern Bankside 020 7887 8008 Open Studio play & create with ideas & materials from artworks in the collection displays for all ages. **Daily** Family resources with paper based activities for families all ages, **FREE**. **Daily** Children's Multimedia Guide keeps children entertained & animates art works through music, video clips & entertaining games, 5-yrs. **Daily** Under 5's Zone a new play space for families, **FREE**.

Every weekend Start Sessions with games, map making & clue matching, 3+yrs, **FREE**.

Every weekend Temple Station 020 7222 1234 Harry Potter Locations Tour 2 ½ hrs.

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

Every weekend Tate Britain Millbank London 020 7887 8888 Liminal invites visitors into a physical, material & social experience of sculpture through touch, interaction & collaboration, all ages, **FREE**.

Every weekend Art Trolley sessions encourages children to imagine & create collages & lots more, **FREE**.

Every Weekend Children's Multimedia Guide fun & interactive a sensory experience for all the family to enjoy, 5+yrs. **Daily** Family Resources provides questions & activities which encourage children & families to explore art works, **FREE**. **Daily** Family Trails, under 5's, **FREE**.

Every Sat Venn Street Market, Clapham Common 020 7622 8259 Offering fine foods & fresh produce plus a variety of handmade crafts will be available throughout Dec with gifts & cards for all the family helmet, a silver goblet or an elephant mask to take home, **FREE**, drop in plus Agent Animal bag a sensory activity bag that has been developed for

PARENTS NEWS

This information also
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Other features too!



0100 Young People's Theatre workshops, various age groups 7-18yrs, **FREE** to join.

Every 2nd Sat of month National Geographic Store 83-97 Regent Street 020 7025 6960 Animal Man comes face to face with slithering snakes, slimy insects & smelly skunks. Meet a wide variety of animals to include owls, lizards, tortoises, armadillos, meerkats & lots more, hands on activities are led by AnimalMan Nick Spellman for all ages.

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

Until 8 Mar Battersea Arts Centre London SW11 020 7223 2223 Ballad of the Burning Star.

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+yrs.

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

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

Until 9 Apr Royal Opera House Covent Garden 020 7304 4000 The Royal Ballet, The Sleeping Beauty.

1 Mar Queen's Theatre Billet Lane Essex 01708 443333 Mr Popcorn's Fun Time Show with Suzy Sparkle's Face painting with lots of fun & games, balloon modelling &

a guess the cartoon drawing competition with your chance 7-18yrs, **FREE** to join.

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a performance that will bring maritime history to life, 6+yrs, **FREE**.

2,9,16,23,30 Mar 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.maslin.co.uk Maslenitsa Russian Festival with live music, children's shows & dancing, watch as folk 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 4041 Great Spitalfields Pankake 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.

7,21 Mar 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 London Docklands No 1 Warehouse West India Quay 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 8983 5200 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, ideal families with children primary school age, **FREE**.

15,29 Mar Hands on Nature Ocean Life, drop in family activity all ages, **FREE**.

22 Mar Dino Snores 7-11yrs. **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 your knowledge & understanding of Antarctica's penguins, **FREE**.

Daily Who Do You Think You Really Are? narrated by Sir David Attenborough, **FREE**.

Daily Investigate Centre explore hundreds of real natural history specimens, 7+yrs, **FREE**.

13 Mar - 26 Oct Florence Nightingale Museum Gassio House 2 Lambeth Palace Road 020 7620 0374 The Hospital in the Outfield: the Art of Nursing in the First World War exhibition.

16-17 Mar St Patrick's Day Parade & Festival www.london.gov.uk/stpatricksday 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 7-11yrs 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 1 fingerpuppet 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, in these workshops, Mind Builders shows parents some simple sensory and developmental play activities for children, 3+yrs. **30 Mar** Queen 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-news.co.uk

March 2014

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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 Matthew unable to cope. Tracy says: "The school unfortunately had 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."

Matthew was diagnosed at pre-school with autism and learning difficulties and later diagnosed with epilepsy at age seven. Despite repeated exclusions 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 re-introduces them to mainstream lessons when they are able.

Tracy's legal case on behalf of Matthew was successful and

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 their child's needs."

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. Despite repeated 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 support and it was very difficult 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 to develop his social skills and make friends."

Marion was successful in 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 continues to perform well.

Jennifer Addy from Leatherhead in Surrey found herself facing a similar decision 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. Matthew who has high functioning autism and **ADHD** was previously in a mainstream school, where he had been the subject to 13 separate exclusions, with the last being permanent.

Jennifer was able to challenge the permanent exclusion, and feels that Matthew's new school is providing the right level of support and has seen great improvements in him. She says: "Matthew is reading, writing and has made good progress in science. Since the new regime, Matthew is a completely different boy, he has made friends and feedback from the staff about him is very positive."

"Although his last school 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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