

PARENTS NEWS

September 2014 No.193 The First & Foremost Local Monthly Newspaper for Families

1993 - 2014
22nd Successful Year
Thank you

FREE

What's On in September Back to School

St Lawrence College
www.slccuk.com

www.bromleyhigh.gdst.net

www.jigsaw-arts.co.uk

Published on time, every time since 1993
www.parents-news.co.uk

Three Editions in South-East England

Southwest
London
& Surrey

London
South
E Surrey
& West
Kent

Kent

ISSN 2050-4772

KENT

Back to School



Primigi pampers children's little feet with a super Glam collection! Innovation, tradition and creativity: once again, Primigi offers children a winter full of comfortable, versatile and stylish shoes.



PRIMIGI Autumn Winter footwear collection 2014-15

The Autumn-Winter 2014-2015 collection is incredibly advanced, complete and dynamic, featuring a special mix of quality!

Plenty of new styles are in store this year.

Must-have sneakers, elegant ballet flats, and comfortable boots, ankle boots and combat boots with strictly simple and clean lines make up the new Primigi shoe line-up for infants up to juniors. Different styles come together to give the collection the right mix, perfect for any occasion: from fashion-glam, to punk-rock up to timeless formal elegance, ideal for giving little ones the taste of a true fairy tale.

EVERY GIRL HAS HER STYLE

Primigi girls can choose from a wide selection: from ankle boots in soft leather, to countless ballet flats in the widest range of patterns and compositions. Also featuring high quality materials: printed suede or patent, nubuck or polished leather, embellished with classic elements such as Velcro, woven fabrics or exposed elastics. Little girls with more hippy tastes can choose from boots and other styles characterized by long fringes that recreate typically street models.

Finally, diversified and new, the colour palette allows little girls to choose from a myriad of variations. Metallic shades such as bronze, gold and silver are

all presented with a satin, dusty-effect finish. Purple, antique pink and burgundy are the real must-haves of the season, with a dramatic effect in both the patent and glitter variations.

SPORT AND CHIC MOOD FOR SUPER DYNAMIC CHILDREN

Primigi's line for little boys is no exception: sporty and chic, classic yet fashionable, inspired by a collection that offers many ideas for a fresh and vibrant look even in winter! Major inspiration came from the world of basketball, with its inevitable and aggressive mid-height basketball styles in the laced version with interior side zips or

September 2014

in the version with double velcro closure. Sneakers are made with high quality materials: nubuck, patent leather, waxed with an aged effect for a sporty look with a retro feel. The Primigi line-up is an impressive array of styles, featuring shoes with an active feel and technical surfaces as well as more streamlined versions made from soft nappa leather, in which the details are rich and sometimes sparkling. Energetic and comfortable sneakers are designed for sporty and lively children. The colour palette in this line is also varied. From classic grey, brown and mustard, to the delicate shades of blue: from traditional navy to bright blue.



For the girls, boots in GORE-TEX® with leopard-effect fur embellish a collection already full of highly fashionable elements and details.

The innovative styles for boys, all super dynamic, are made with high performance, breathable and water-repellent materials. The collection also includes classic camouflage



TECHNOLOGICAL STEPS WITH GORE-TEX

Primigi dedicates special attention to lines produced in collaboration with GORE-TEX®, a technology that ensures the footwear's water resistance, breathability, extreme comfort and long-lasting wear, for feet that are always warm and dry.

paired with Goretex, inspired by Nordic walking styles.

The details are rich: gutsy interior zips, studs, rivets and wire mesh transform even the most classic styles that, combined with worn materials and trendy buckles, recreate a real punk-rock vintage trend.



www.primigi.com

September 2014

Creativity in the Classroom

'Knowledge', Einstein observed, 'is limited. Imagination encircles the world.' In order to be ready for a professional life, where knowledge must be constantly updated and expanded, pupils, like Theoretical Physicists, need to look to the future and to dream. So, whilst inspirational teachers will always make the acquisition of knowledge an exhilarating experience, the best education will also nurture a capacity for creative imagination in young people.

In my school, every topic explored in our bespoke Junior School Creative Curriculum has a mind-opening, eye-opening and imagination-opening function. Freed from the shackles of the National Curriculum, my girls take an exploratory approach to the investigation of topics like 'All Creatures Great and Small' where they encounter every kind of animal - extinct, mythical, imaginary and endangered - finding wiggly worms in our Forest School; searching for evidence of dinosaurs; creating dinosaur habitats; writing about mythical creatures.

By cultivating imagination, we develop empathy. New technologies are giving pupils an inspirational window onto a wider world. Skyping, sharing letters, images and

emails give today's pupils an insight into the thoughts and concerns of children living lives very different from their own. Our link with a girls' school in India encourages girls to reflect deeply on issues of sustainability - 'to act local and think global.' Crucially, the cultivation of creative energy and imagination fuels aspiration beyond the confines of the curriculum. Those who enjoy the privilege of an excellent education should always be

properly ambitious: both to make the most of their talents and to change their world for the better. Angela Drew, Headmistress, Bromley High School www.bromleyhigh.gdst.net

Open Events: Saturday 4th October 2014, 9.30 - 1.00 pm;

Sixth Form Open Evening, Tuesday 7th October 6.45 pm. admissions@bro.gdst.net 020 8781 7000 to arrange a visit



Back to School

BROMLEY HIGH SCHOOL

Firing Girls' Imagination Since 1883



OPEN MORNING

Saturday October 4th 2014 9.30 am - 1.00 pm

SIXTH FORM OPEN EVENING

Tuesday 7th October 2014 at 6.45 pm

Find out more about life at Bromley High School

For Girls 4 - 18 years

Fees Assistance & Scholarships available in the Senior School



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



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. Finally 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

ESPRIT Ski No1 For Family Skiing

SAVE UP TO £920 PER FAMILY with our Esprit Family Savers

13 TOP RESORTS in France, Austria and Italy

- ★ We focus 100% on caring for your children, guaranteeing complete dedication to family needs
- ★ Dedicated Esprit Nurseries with qualified English-speaking nannies
- ★ FREE evening Baby-Listening / Child Patrol Service available
- ★ Strict child care ratios and procedures based on our 32 years' child care experience
- ★ Catered chalets & Chalet Hotels, specially for families
- ★ Flights from 8 regional airports across the UK

★ NEW Baby And Toddler Weeks

- ☎ FREE infant places saving £115
- ☎ Half-price Nursery Places saving £157
- ☎ Half-price Skiing & Day Care for toddlers saving £207
- ☎ BAT-Weeks run on 11, 18, 25 Jan, 1 & 22 Feb



Call 01483 791 900 visit espritski.com

Back to School

The Economy Explained by Children

The Economy is a subject most adults find difficult to get their heads around, but now there is help, in the form of an ingenious new book on The Economy, created by a group of primary school children.

The book is the brainchild of *Guy Fox History Project*, a unique and visionary charity that brings business leaders together with children to help them learn big subjects the fun way – whatever their background. For this book, the charity brought experts from *UBS* and children from *Brook Community Primary School* together and the result is a simple to follow, picture-led book – *How the World REALLY Works: The Economy* – created by children for children.

How the World REALLY Works: The Economy is out now and available to buy from www.guyfox.org.uk and www.amazon.co.uk.

All proceeds are used for the production of more workshops and books for more children to learn complex subjects easily, and have fun doing it.

Star Performers

A joyful GCSE Results Day began early at *Bromley High School* with high flyers **Amna Bokhari**, 16 years, **Hannah Wooderson**, 16 years and **Caroline Warren**, 16 years arriving at school at 7.30am to receive their results live on national radio *BBC Five Live*. We are told that a girl who has benefited from a GDST education will be confident, committed, composed and courageous and the girls certainly needed to call on all these qualities as they opened their envelopes before a waiting nation.

Hannah was delighted to discover that she had achieved 9 A*s and an A grade and exchanged hugs of relief and exhilaration with Amna and Caroline who each achieved a perfect 10 A*s.



www.bromleyhighschool.fluencycms.co.uk/STAR-PERFORMERS
listen www.bbc.co.uk/programmes/b04dmcnrbh (about 2hrs 9mins)
As the morning progressed, **Laura Harries** and **Lucy Metcalfe** discovered that they too had scored a stunning 10 A*s and **Tabith Duenger** 9 A*s and an A.
In total, 46 girls, half the year group, achieved at least 8 A*s and As and 94% of all entries were graded A*-B.

New Headmistress, **Angela Drew**, who takes up her role in September, shared her delight in such widespread achievement.

"A*s at A level are often simply the natural by-product of a developing intellectual passion for the subjects that you love best but multiple As and A*s at GCSE require sustained hard work across nine or ten subjects over two years, so Results Day is always a moment of real celebration because GCSE success is a reward for consistent effort and enthusiasm as much as intellectual ability. My warmest congratulations to the girls and their teachers." **Angela Drew, Bromley High School**

The Mall School

Founded 1872, *The Mall School* is a modern, purpose-built independent prep school for boys, which is situated close to Twickenham town centre.

For more than 100 years boys have left *The Mall School* not only academically well-prepared for life in senior school but also well-prepared socially. *Mall* boys are confident and justifiably proud of what they have achieved but without being arrogant.

They consistently win a range of academic and non-academic scholarships to leading senior schools. The majority of boys go on to some of the

leading London day schools, particularly *St. Paul's School, Hampton School* and *King's College School Wimbledon*. Excellent facilities enable them to offer a stimulating range of educational activities – academic, creative and sporting:

160 seat Creative & Performing Arts Centre
Science laboratories
Art studio
ICT suite

New sports hall opened in 2014
Indoor heated 20m swimming pool
Sports facilities for rugby, football, cricket and athletics at Bushy Park

The Mall School offers a comprehensive after-school

September 2014

clubs programme to enthuse the boys and to help working parents. Daily activities run until 6pm and include judo, swimming, basketball, musical theatre, multisports, chess, ICT and homework clubs.

The School offers a morning minibus service to boys living in the areas of Richmond, St. Margaret's, Twickenham, Kingston, Teddington and Isleworth.

To book a personal tour telephone the Admissions Secretary on **020 8614 1082**

Additional information on *The Mall School* website www.themallschool.org.uk



September 2014

Nominate family heroes for the 2015 Tommy's Awards

Tommy's the baby charity is calling on families everywhere to nominate the heroes that are part of every family for the **2015 Tommy's Awards**.

Tommy's funds medical research and supports families who have been touched by pregnancy complications or the loss of a baby, and the Awards celebrate and honour the friends, family and healthcare professionals that have been there for each other during a tough road to parenthood.

One in four parents lose a baby during pregnancy or at birth every year and another 60,000 babies are born prematurely. The annual Awards recognise those very special people who have supported each other through tough times, or overcome pregnancy complications to have a family of their own with eight Awards:

Angel, Courage, Doting Dad, First Hug, Grandparents, Healthcare Hero, Super Sibling and Little Champion for the little fighters in your life.

Nominations are open from **27 August to 11 November** and can be made via the *Bounty* website: www.bounty.com/tommys-awards-2015.

Community Links' school Education Links starts new term as a Free School

From September 1, *Community Links School, Education Links*, will be converting to a fully independent **Alternative Provision Academy Trust** (a 'Free School').

For many years, *Community Links* has been providing a quality education for young people who have been excluded from mainstream. Supporting young people who struggle with education and providing a positive learning experience has helped hundreds of young people make a successful next step in life. *The Secretary of State for Education* has now agreed to enter into a funding agreement with *Education Links*, moving to **Free School** status will give *Education Links* the long-term financial stability it needs to develop a broader curriculum tailored to the needs of its students, strengthen its staff team, extend its partnerships and improve its premises and resources.

Opening as a Free School comes just weeks after successful GCSE results which saw 91% of Year 11 students secure GCSE passes and 22 of 24 leavers going on to further study at college.

Sandy Davis, the Principal of *Education Links*, says: "We are thrilled with this year's GCSE successes. These results are part of a hard-fought journey for every young person and they are the next steps on

the way to a brighter future for them all. This reflects the hard work of staff and students alike. Free School status – the next crucial phase in our school's development – will enable us to continue that work and provide the young people of Newham and neighbouring boroughs with a sustainable education offer for the years ahead."

On **September 1st**, *Community Links* will close the existing school and transfer the staff team and all the assets and resources into the new **Free School**. A new Board of Governors, which has been working alongside the existing *Community Links* Trustees, will take on responsibility for the running of the school. The services for young people and their families will be entirely unaffected.

Geraldine Blake, *Community Links* CEO said: "Community Links is proud of the track record of *Education Links* which has transformed the life chances of many hundreds of young people. We wish *Education Links* a very successful future in its life outside of *Community Links* and will continue to support and champion them at every opportunity."

PARENTS NEWS
On-line
www.parents-news.co.uk
Advertise in **PARENTS NEWS**
020 8337 6337
fergus@parents-news.co.uk

Fundraising hopes to go sky high at ball

When: **Friday 3rd October**, 6.45pm-3am
Where: **Royal Garden Hotel, Palace Suite**, 2-24 Kensington High Street, W8 4PT

Tickets: Tables of 10 cost £1,100. To book tickets email Alex@harrisonsfund.com or visit

www.cracking-events.com/index.php/event-management/skyhighball/

Join Surrey based charity, **Harrison's Fund**, for an amazing night in aid of the fight against **Duchenne Muscular Dystrophy**.

The Sky High Ball includes a Champagne Reception, Three Course Banquet and Silent and Live Auctions.

Back to School

Be part of the Natural History Museum's annual science extravaganza

Science Uncovered, the free annual after-hours event, returns on **Friday 26 September** as part of *European Researchers' Night*. *The Natural History Museum* throws open its doors to give you the chance to meet world-class scientists and visit rarely seen parts of the collections. Discover a side to the Museum you didn't know existed, discuss the latest science with researchers and enjoy a drink in the Museum's impressive *Hintze Hall*.

For many, meeting Museum scientists is a surprise highlight of the evening. Working behind the scenes using the collections, the scientists tackle issues of global importance – from malaria to climate change. *Science Uncovered* involves more than 300 researchers from across the Museum and other leading organisations, such as *Imperial College* and *University of Manchester*.

You can get involved in more than 200 activities on the night, from annual favourites such as the **Science Bar** and **Nature Live** talks to visiting

the science stations and seeing extraordinary items from the Museum's collections not normally on display. New activities this year include: **Meet** anthropologist and TV presenter **Professor Alice Roberts** as she takes us on a journey to discover our past, revealing the hidden evolutionary story in our genes. She will sign copies of her latest book *The Incredible Unlikeliness of Being*. **Last chance** to catch the critically acclaimed Britain: **One Million Years of the Human Story** exhibition. Meet life-size ancient human models and uncover incredible finds from sites around Britain that reveal what life was really like one million years ago. Exhibition entrance fees apply. **Take a sneak peek** at next year's exhibition **Coral Reefs: Secret Cities of the Sea** and meet reef researchers from the Museum and the *Horniman Museum*. Find out more about the richness of life beneath the waves and the future of these fragile environments.

• Put your smart phone to work in *Crowdsourcing the Collections*. Help Museum scientists by getting up close and personal with beautiful beetle specimens and take home a souvenir snap of your favourite. • Meet scientists from *Oxford Brookes University* and see a 3D printer working on larger-than-life models of deadly viruses. • Enjoy the birds and the bees in the *Wildlife Garden*, open until 21.00. Look for creatures in the pond or search the garden for bats, bees and birds with our experts. • Keep your eye out for other highlights: play giant snakes and ladders, eat parasite-shaped chocolate and join a live link to the *Johnson Space Center* in Houston. Space is limited for some activities and free tickets for certain events will be available on the night on a first come first served basis.

Friday 26 September 2014, 15.00-22.30
020 7942 5000
Admission: Free
Nearest tube: South Kensington
www.nhm.ac.uk/scienceuncovered



A dream for every pre-school child...



OPEN DAYS
Kingston Sat 6th September
Dorking Sat 20th September
10am - 2pm
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



11+

Mock Tests

in preparation for the Entrance Exams

Last chance before the 11+ Entrance Exams!

Oxbridge Centre
ENGLAND

- ★ Designed to prepare you under real exam conditions to help eliminate the fear of formal tests and build up your confidence!
- ★ Dates **13th Sep, 27th Sep, 4th Oct, 8th Nov** £50 / session
- ★ Subjects English, Maths, Verbal Reasoning, Non-Verbal Reasoning

Join OxBridge to excel!

- ★ Eng/Maths for Yr 1-3 - Maths, English
- ★ 11+ Preparatory Class for Yr 4 - English with VR+NVR, Essay Writing, Maths
- ★ 11+ Intensive Class for Yr 5 - Essay and Reading Comprehension, Maths, VR and NVR
- ★ 11+ Exam preparation for Yr 7 - Essay, Maths, VR and NVR
- ★ KS3, GCSE, A-Level

Blagdon Centre
020 8949 2131

Cavendish Centre
020 8949 8838

email info@oxbridgeuk.com / admin@oxbridgeuk.com Website www.oxbridgeuk.com

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

The Mall School

Independent day school for boys aged 4-13 years.

Open Morning

Saturday 11th October, 2014
10 am - 12 noon

The Headmaster and staff look forward to meeting prospective families. There is no need to pre-register your attendance.

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

Swimming Lessons

Quality classes in small group
** COME AND TRY A CLASS FREE **
Lessons for:
Adults and Children from 2 yrs
Non-swimmers -Improvers
Advanced & SUPER Advanced

Classes held at:
Downs School Ashted/Leatherhead
Epsom College

For more info contact Colin on 01372 739600

Old Barn Stables

Watfons Farm, Woodstock Lane South, Chessington, Surrey

A Friendly, Family Run Riding School

- ◆ BHS Qualified Instructors
- ◆ All weather sandschool
- ◆ All ages & abilities
- ◆ Pony Days
- ◆ Lessons & Hacks
- ◆ Holiday Fun
- ◆ Woodland Walk

For directions and info, call **020 8398 0822**

Follow us on:

TRUSTED
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 **PNEWS1FREE**.

If you would like to discuss your childcare needs call Sitters on **08447 387 367**.

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, crawling
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 house
& adventure time sessions for
0-5yrs. **NEW** larger Fitness Studio
to offer a wider range of classes
including Zumba, Pilates, and
pump & circuits.

Daily-Fishbourne Roman
Palace-Chichester--01243
798929-Guided tours, plus café
& picnic area.

Daily-Maldstone Leisure
Centre--0845 1552277
Various times Junior Fitness,
12-15yrs learn how the body
works, the benefits of a healthy
lifestyle & participate in
structured fitness sessions with
a qualified fitness instructor.
Selected Sals Wave Rave Pool
Party sessions with inflatables,
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
hands on animal encounters
plus the animals play area.

Daily-Druidstone Park and
Woodland-Honey Hill Blean--
01227 765168-Meet the friendly
animals, follow the trail around
the enchanted woodland &
discover the sleeping dragon &
other magical creatures or have
fun in the adventure play area, a
fun day out for all the family.

Daily-Tides Leisure Centre-
Deal--01304 337399- 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.

Ongoing-Run off your Feet--
FREE running sessions across
Kent, women & men of all ages
& abilities are putting on their
trainers & jogging the streets &
paths 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 running 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.

07730 870696.

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

Ongoing-Pepenburg Farm--
www.pepenburginfo -With
friendly farm animals plus
goats, donkeys, Kune Kune
pigs, chickens, ducks rabbits,
guinea pigs plus woodland trails
suitable for all ages. Woodland
walks **FREE** but donations
welcome.

Ongoing on Mons-Cuxton
Library-Rochester--Baby
massage courses for babies
8wks & not yet crawling,
FREE, to book Tel: **01634**
711391. 1st & 3rd Thurs of the
month Children's activities,
Health visitor drop in clinic,
meet your local health visitor
plus a toy library will also be
available after the session, 9.30-
11am, Tel: **01634 336209.**

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

3rd Sun of the month-
Chislehurst Farmers Market--
07775 736116-The market is
held in a new location of
Hornbrook House Car park,
High Street, produce includes
seasonal fruit & vegetables,
chocolates bread, meat,
preserves & much more, **FREE**
entry.

3rd Sun of the month-Aylesford
Farmers Market-Aylesford-
07876 685853-Farmers Market
with more than 30 stalls, www.aylesfordfarmersmarket.co.uk

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

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

Every Sun until 16 Nov-
Sandwich Bay Bird
Observatory--01304 617341-
Guided walk, these walks cover
a different part of the Bay area
every week & may include the
beach, Worth marshes, reserves
at Restharrow scrape and the
Elme Dunes and around the
flora & fauna of this unique
area including birds, butterflies,
orchids & fungi.

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
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,
fingerrhymes & nursery rhymes,
18mths & under, term time only
01634 337340.

Every Mon-Walderslade Hook
Meadow Library-Chatham--
01634 861531-Baby bounce &
rhyme time, 18mths & under,
FREE. **Every Wed** Storytime
fun sessions pre-school children
including stories & rhymes.

Every Mon-Gillingham
Library--01634 337340-
Storytime fun sessions for pre-
school children that include
stories & rhymes.

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

Every Mon-St Andrews
Church Hall-Broadstairs--
01843 863480-Little Ted's
Parent & Toddler group, term
time only.

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

Every Tues,Wed & Fri
morn -Blenheim Children
& Family Centre-Bromley-
01689 879145-Toddlers
exercise for mother & baby,
power walking around the park
utilising the benches & steps
available, 10.30-11.30am.

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

Every Wed -Crampton Tower
Museum--01843 871133-
Scalectrix Digital Racing Club.
Every Wed during term
time-Sydenham Tennis Club-
Lawrie Park Road-Sydenham-
020 8778 4217-Tennis drop in
sessions for 8-11yrs.

Every weekend-Broadstairs
Harbour--07847 473615-
Market, weather permitting.

First Wed of the month-
Maidstone Museum & Bentif
Art Gallery--01622 602838-
Musical Merry-Go-Round with
singing & storytelling activities,
under 5's.

Midweek & weekends -
Kingsmead Leisure Centre-
Canterbury--01227 769818-
Funtime sessions available in
the pool.

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

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

Every Thurs-White Oak
Leisure Centre-Swanley--
01322 662188-Under 16's
Roller Disco.

Every Thurs-Shorne Wood
School & Community
Library-Rochester--01634
338728-Teatime Storytime after
school storytime for 3-8yrs.

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

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

Every Thurs during term
time-Margate Baptist Church-
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 Midway Health
Walks chance to improve fitness
levels, all ages.

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

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

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

Every Thurs during term
time-Margate Baptist Church-
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 Midway Health
Walks chance to improve fitness
levels, all ages.

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

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

Every Wed -Crampton Tower
Museum--01843 871133-
Scalectrix Digital Racing Club.
Every Wed during term
time-Sydenham Tennis Club-
Lawrie Park Road-Sydenham-
020 8778 4217-Tennis drop in
sessions for 8-11yrs.

Every weekend-Broadstairs
Harbour--07847 473615-
Market, weather permitting.

First Wed of the month-
Maidstone Museum & Bentif
Art Gallery--01622 602838-
Musical Merry-Go-Round with
singing & storytelling activities,
under 5's.

Midweek & weekends -
Kingsmead Leisure Centre-
Canterbury--01227 769818-
Funtime sessions available in
the pool.

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

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

Every Thurs-White Oak
Leisure Centre-Swanley--
01322 662188-Under 16's
Roller Disco.

Every Thurs-Shorne Wood
School & Community
Library-Rochester--01634
338728-Teatime Storytime after
school storytime for 3-8yrs.

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

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

Every Thurs during term
time-Margate Baptist Church-
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 Midway Health
Walks chance to improve fitness
levels, all ages.

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

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

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

Every Thurs during term
time-Margate Baptist Church-
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 Midway Health
Walks chance to improve fitness
levels, all ages.

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

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

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

Every Thurs during term
time-Margate Baptist Church-
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 Midway Health
Walks chance to improve fitness
levels, all ages.

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

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

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

Every Thurs during term
time-Margate Baptist Church-
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 Midway Health
Walks chance to improve fitness
levels, all ages.

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

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

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

Every Thurs during term
time-Margate Baptist Church-
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 Midway Health
Walks chance to improve fitness
levels, all ages.

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

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

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

Every Thurs during term
time-Margate Baptist Church-
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 Midway Health
Walks chance to improve fitness
levels, all ages.

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

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

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

Every Thurs during term
time-Margate Baptist Church-
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 Midway Health
Walks chance to improve fitness
levels, all ages.

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

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

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

Every Thurs during term
time-Margate Baptist Church-
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 Midway Health
Walks chance to improve fitness
levels, all ages.

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

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

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

Every Thurs during term
time-Margate Baptist Church-
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 Midway Health
Walks chance to improve fitness
levels, all ages.

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

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

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

Every Thurs during term
time-Margate Baptist Church-
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 Midway Health
Walks chance to improve fitness
levels, all ages.

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

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

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

Every Thurs during term
time-Margate Baptist Church-
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 Midway Health
Walks chance to improve fitness
levels, all ages.

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

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

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

Every Thurs during term
time-Margate Baptist Church-
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 Midway Health
Walks chance to improve fitness
levels, all ages.

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

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

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

Every Thurs during term
time-Margate Baptist Church-
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 Midway Health
Walks chance to improve fitness
levels, all ages.

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

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

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

Every Thurs during term
time-Margate Baptist Church-
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 Midway Health
Walks chance to improve fitness
levels, all ages.

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

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

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

Every Thurs during term
time-Margate Baptist Church-
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 Midway Health
Walks chance to improve fitness
levels, all ages.

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

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

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

Every Thurs during term
time-Margate Baptist Church-
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 Midway Health
Walks chance to improve fitness
levels, all ages.

Every Wed-Dunorlan Park--
07990 973313-Buggy Workout,
exercise for mother & baby,
power walking around the park
utilising the benches &

Back to School

St Lawrence College in Ramsgate is a thriving independent co-educational school for children aged 3 to 18 years. Why not go along to an **Open Day** and find out more about what the school can offer your child?

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

Junior School: Children flourish in the secure and

St Lawrence College

positive atmosphere and are given every opportunity to fulfil their potential. A wide range of experiences are provided both inside and outside the classroom.

PARENTS NEWS
On-line
www.parents-news.co.uk
Advertise in
PARENTS NEWS
020 8337 6337
fergus@parents-news.co.uk



ST LAWRENCE COLLEGE

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



STRONG ACADEMIC RESULTS AT 11+, GCSE AND A LEVEL
SMALL CLASSES OFFERING CLOSE INDIVIDUAL ATTENTION
OUTSTANDING MODERN AND TRADITIONAL FACILITIES

OCTOBER 2014 OPEN DAYS

Nursery & Junior School (3-11yrs): Friday 3 October
10.00am - 12 noon & 1.30 pm - 3.00pm

Senior School (11-18yrs): Saturday 4 October
10.45am - 2.00pm

Nursery & Junior School T: 01843 572912 E: jsadmissions@slcuk.com
Senior School T: 01843 572931 E: admissions@slcuk.com
St Lawrence College, College Road, Ramsgate, Kent CT11 7AE www.slcuk.com

Day Trips

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.

Throughout Sept Bodiam Castle-Robertsbridge-01580 830196 Harvest season and Michaelmas traditions with wakes, revels & hopping. **27-28 Sept** Mop Fair an annual hiring fair in medieval England with medieval jobs on offer.

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 café & a crèche.

Until 14 Sept-Spinnaker Tower-Portsmouth--02392 857520 Super Saver family ticket on offer of a family visit 20% saving on standard prices, www.spinnakertower.co.uk

14 Sept-Devil's Dyke-West Sussex-01273 857712 Seddlescombe Farm Heritage Open Day a rare chance to discover this historic downland farm, **FREE**

20 Sept-Bateman's-Burwash-01435 882302 Summer garden tours & tea.
20 Sept -Alfriston Clergy House-Polegate 01323 870001 Bramble-berry ramble a circular 2 mile walk in Cuckmere Valley, returning for tea & scones. **28 Sept** Apple & Orchard day, see woodcrafts & speak to an apple expert.
4-5 Oct-West Dean Gardens-Chichester 01243 811301 Grow! Cook! Eat cookery event with demonstrations throughout the weekend by celebrity chef plus The Big Allotment Challenge with Thane Prince preparing jams & preserves & sharing tips on how to get the best from your own garden harvest. For children there will be hands on workshops including making a musical instrument out of fresh vegetables & workshops on how to make a Pirate Ship. Food market over 50 stalls plus lots more, www.westdean.org.uk

Back to School Back to Back Pain

The British Chiropractic Association encourages parents to think about children's back health this autumn

The British Chiropractic Association (BCA) is urging parents to think about their children's posture as part of the preparation for the new school term. Whilst stationary and school books are important, it's how your child carries them that can have the most impact on their health.

According to new research from the **BCA**, over a third (33%) of parents say that their child has suffered from back or neck pain in the past and, whilst back pain can be caused by a number of different factors, overloaded school bags are a common trigger.

Despite most people knowing that a rucksack is the best type of bag to use to promote a more healthy posture, nearly a third (31%) of children carry a one-shoulder bag which can cause a number of problems due to the weight being loaded to just one shoulder.

When parents were questioned about what their children usually carry in their school bags, the most common items included books (87%), lunchbox (59%), sports gear, including trainers (43%) and mobile phones (32%). Collectively, these items can become a heavy weight and, if carried incorrectly, that weight can cause aches and pains. With 16% of parents admitting to never checking their child's school bag, the **BCA** is calling for more parents to keep an eye on what their children carry around with them on a daily basis.

Tim Hatchful, BCA chiropractor, comments: "Making sure your child doesn't suffer from back or neck pain this autumn term can be as simple as checking they aren't carrying around heavy items with them unnecessarily and that they carry their school bag correctly."

September 2014

"I see an increasing number of young people complaining of back or neck pain and often it's due to the weighty bags they carry. As youngsters have more belongings than ever before, like mobile phones and tablets, there's a tendency for them to overfill their bags but, by doing these two basic things, you could be helping them avoid painful back problems".

TOP TIPS:

- Keep it light – make sure your child is not carrying any unnecessary excess weight
- check that all the items in their bags are essential for the day's activity.
- Check it out – make sure you know what your child is taking to school with them every day as they may be carrying heavy items with them unnecessarily.
- Choose the right bag - a rucksack is the best option as long as it is carried over both shoulders and the straps are adjusted so that the bag is held close to the back and weight is evenly distributed. If your child has a one-shoulder bag, make sure they carry it across the body and alternate which shoulder they carry it on.
- Footwear is key - Make sure your child has good footwear; soft-soled shoes that are supportive and have a good grip will make it easier for the child to carry a school bag.

The **BCA** recommends that if your child or teenager is experiencing pain for more than a few days then you should seek professional help, as an undiagnosed problem could lead to longer-term damage if left untreated. To watch a video of the exercises your child can do, visit:

www.chiropractic-uk.co.uk/straightenup
To find your local chiropractor is, please visit www.chiropractic-uk.co.uk

PARENTS NEWS
On-line
www.parents-news.co.uk

stagecoach Theatre Arts
The original and largest network of part-time performing arts schools in the world.

Twickenham 020 3700 9127
twickenham@stagecoach.co.uk

www.stagecoach.co.uk

SING! DANCE! ACT NOW!

Stagecoach

September 2014

The Majority of Youngsters Still Can't Wait to get Back to School

A survey over the summer holidays from **Smiggle**, one of the UK's boldest and brightest children's stationery manufacturers, has revealed that far from dreading their first day back in the classroom, youngsters actually can't wait. Of a total of 150 parents questioned, 66% (99) revealed that their child or children are itching to get back into their uniform, despite their virtuous efforts to keep them occupied for six weeks.

2/3 of primary school parents admitted that the prospect of seeing classroom friends, coupled with a new pencil case, was too compelling for their little boy or girl (aged four to 10). Of those parents who admitted that their children were hankering after the classroom, 87% (130) said seeing fellow friends was the main reason

for wanting to return, with the prospect of a shiny pencil case almost as compelling, with 80% (120) citing this as a secondary factor. Virtually all parents questioned (93%) said that they would be purchasing a brand new pencil case and rucksack for the new school year, in an attempt to 'set the tone' and encourage learning. And 76% of parents said that their child had a favourite pencil, pen and rubber, which they would not want to do their homework without.

Smiggle's marketing manager **Emma Fulford** said: "As a children's stationery retailer, we were keen to find out how children are feeling at this time of year, but even we didn't think they'd be quite so keen to go back to school! For information about **Smiggle** www.smiggle.co.uk



TRY SOMETHING NEW... TRY GIRLS RUGBY!

Whether you want to get fit, be part of a team or just have a laugh

Come along to your local rugby club and be a part of girls rugby in Surrey

Your local club is:
Old Emanuel RFC Est 1909
Everyone welcome
whether you have played before or not.
Shannon Corner KT3 4PU
New Malden/Raynes Park
www.emmanuelrugby.co.uk
020 8337 8778

Find us on: [Facebook](https://www.facebook.com/oldemanuelrugby) [Instagram](https://www.instagram.com/oldemanuelrugby) [YouTube](https://www.youtube.com/oldemanuelrugby)

For more information go to: www.surreyrugby.com/girls

Every part of the jigsaw counts

Jigsaw recognises children have different qualities to be nurtured and developed in a safe environment with fun and friendship at the forefront. With a high volume of talent shows on TV it is often assumed that performing arts is associated with a thirst for fame and stardom. Of course there are many children they teach that are destined for stage success. However, the skills that we develop at **Jigsaw** are much more centred on confidence, self expression and individuality. They pride themselves on running small classes with top quality performing arts teachers who have the patience to cater for and inspire every single child. They plan to instil into children the belief that they can achieve their goals, whatever they are.

020 8447 4530
www.jigsaw-arts.co.uk

College of Optometrists

Francesca Marchetti, member of the **College of Optometrists**, comments: "We know it can be a really busy time getting children ready to go back to school, but it's important that parents remain vigilant and are aware of even small changes in their children's eye health."

Children won't necessarily say 'I can't see that' or know what is normal when it comes to their vision. Optometrists can play a significant role in detecting and recognising conditions that may affect a child's sight by ensuring children receive the appropriate vision tests early enough to make effective treatment, if needed, possible.

Many parents used to have sight tests at schools and there's an expectation that it will be the same for their

children. However, sight tests are very rarely carried out in schools today, and screening should not be confused with a full eye examination. Problems with vision can hinder a child's development which is why we encourage parents to remain vigilant to any changes and to book an appointment with their optometrist if they notice anything that concerns them. If you are worried your child might have a problem with their eyes then they are never too young to have them examined. It's essential that any problems are picked up at an early stage when they are more likely to be treated effectively."

Examples of vision hindering a child's development:

Being short-sighted might prevent the child from reading the whiteboard correctly. If a child is colour-defective, they won't be able to see colours correctly which could mean they have trouble using colours, for example, in art lessons they may use the wrong colour for the sky or grass. Having a lazy eye (an eye with reduced vision) or being long-sighted can cause the child to have poor hand-eye coordination – this can be problematic in sports lessons. If a child has a lazy eye it can often affect the child's 3D vision which can again affect hand-eye coordination. If a child is long-sighted, they might struggle with work at close range such as handwriting, reading and concentrating on small print and tasks requiring close focus – in some cases the child's inability to read something has led to a misunderstanding of the child's intelligence

Back to School with CAFOD and SockShop

Aid and development agency **CAFOD** is highlighting an ethical way for parents to use the traditional 'back to school' shopping rush to help communities in developing countries – by buying socks for their children that will help support the agency's work. A partnership **CAFOD** and **SockShop** will see the online sock retailer donate 10% of all online sales to **CAFOD** as part of their ongoing support of the charity's work. Anna Cronin-Nowakowska, CAFOD's Corporate Partnership Manager, said: "... Our partnership with **SockShop** makes a real difference to the work that we do – fighting to eradicate global poverty and ensuring that all people, no matter where they are from or who they are, can live with dignity." **SockShop** sells a superb range of children's socks for both primary and secondary schoolchildren. CAFOD works with over 500 partners in Africa, Latin America, Asia and the Middle East, helping communities become self-sufficient, provide emergency relief following disasters, and campaigning for justice and an end to poverty.

To take advantage of the **CAFOD-SockShop** partnership and donate to **CAFOD**, go online to www.sockshop.co.uk enter 'CAFOD' into the gift voucher code box on the basket page, and click on the validate button. To find out more about **CAFOD's** work, please go to www.cafod.org.uk

Jigsaw Performing Arts Schools Established 1995

DRAMA SINGING DANCE

3-18 years
BOOK NOW!

Venues in:
Batham
Bexleyheath
Croydon End
Chislehurst
Wimbledon
Sevenoaks

TEL: 020 8447 4530
WEB: www.jigsaw-arts.co.uk

CANTERBURY cathedral

VOICE TRIALS

FOR BOYS AGED 7 & 8
8 NOVEMBER 2014

Substantial scholarships are awarded and choristers enjoy the superb and extensive facilities of St Edmund's School.

The Master of Chorists, David Flood, is always pleased to meet and advise parents and their sons.

For further details please telephone
01227 865242
david@canterbury-cathedral.org

@No1Cathedral

London Calendar

Ongoing Royal Mews Buckingham Palace—020 7766 7302 Family groups 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.

Throughout Sept-Peter Harrison Planetarium—020 8858 4422-Back to the Moon for Good 5+yrs. The Sky tonight 5+yrs. **Every Thurs in Sept** Solar System, Galaxy, Universe, 5+yrs. **Every Mon, Tues & Wed in Sept** Meet the Neighbours, 5+yrs. **Every Weekend in Sept** Space Safari, under 7's, www.rmg.co.uk/visit.

Every Sun-National Gallery—020 7747 2885-Family workshops for families bringing paintings alive & listening to a themed story on the magic carpet, plus **FREE** family trail, www.nationalgallery.org.uk

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 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 Spelman for all ages.

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 as well as Christmas trees & floral decorations. Christmas trees will be available.

Every Sat-Blue Elephant Theatre-Camberwell—020 7701 0100-Young People's Theatre workshops, various age groups 7-18yrs, **FREE** to join.

Every Sat-Horniman Museum-London Road Forest Hill—Object handling themed sessions for families, 6 Sept Hands on Flight, 13 Sept Hands on Animals, 27 Sept BSL for families 3+yrs, **FREE**. **Every Sat** Art Makers have fun with different art techniques to create something fabulous.

Sept Hang Out Models, 13-20 Sept Owl pencil Holders (transform a simple paper cup into a feather owl to hold your pencils), 27 Sept 4 Oct Angler Fish Masks, turn yourself into an Angler Fish, families 3+yrs, adults **FREE**. **Every Sun** A World of Stories storytelling, families, 5+yrs, **FREE**. **Every Sun** Discovery for All explore thousands of real objects from around the world with the museum's Explainers, all ages & adults, **FREE**. **Every Tues & Wed from 16 Sept**, except 23 Sept Bus Bees live sessions for under 5's & parents & carers, with creative play, stories & songs or simple art & craft. 30 Sept Hear it Live! An informal music session, **FREE**. 30 Sept Hear it Live! Harperschord, **FREE**. **Every Sat** Farmers Market, **FREE** entry.

4-5 Oct Revisiting Romania Weekend celebrating Romanian art, music, film & food including concerts by a brass band, craft demonstrations, storytelling, food stalls & more, **FREE**, www.horniman.ac.uk

Every Sat 2-4pm & after school on Tue & Thurs-South London Gallery—020 7703 6120 -The Shop of Possibilities for children & families living on five neighbouring estates,

Pelican, Southampton Way, Elmington, Wyndham & Comber, & Seacau Gardens are invited to play at after school & weekend workshops in this recently renovated former retail outlet on the Seacau Gardens housing estate.

Every weekend-London Transport Museum—Covent Garden -020 7379 6344-The Family Station choose some **FREE** activities to do as you explore the museum, families all ages. **Ongoing** Family Station for families, 3-12yrs.

Every weekend-Tate Modern—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, 5+yrs, **FREE**.

Every weekend-Rich Mix—Bethnal Green-020 7613 7498-Kids' Cine Time family films. **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 weekend in Sept - The Royal Observatory—Greenwich -020 8858 4422-Every weekend throughout September, Meet the Time Travellers, 7yrs. **Until 4 Jan** Longitude Punk'd celebrates the creation of wacky inventors, all ages, www.rmg.co.uk/visit

Until 6 Sept-New London Theatre-Drury Lane—0844 412 4600-The Elephant about a little girl who is unexpectedly visited by a giant blue ghost elephant, 3+yrs daytime performances at 10,11,13.0a.m. & 2.30p.m.

Until 7 Sept-Natural History Museum-Cromwell Road—020 7942 5000-Mammoths: Ice Age Giants exhibitions, www.nhm.ac.uk/mammoths **Until 14 Sept** Sensational Butterflies family friendly exhibition allows you to wonder through a tropical enclosure, discovering the science behind these delicate creatures & their amazing life cycles as they evolve from crawling caterpillars into beautiful butterflies, www.nhm.ac.uk/sensationalbutterflies

Until 28 Sept Britain: One Million Years of the Human Story exhibition, www.nhm.ac.uk/britainmillionyears. **Daily** Who Do You Think You Really Are state of the art interactive film, www.nhm.ac.uk/film **FREE**. **Daily** Family Explorer backpacks filled with explorer's tools, drawing materials &

PARENTS NEWS

This information also ON-LINE

www.parents-news.co.uk

Other features too!



Twitter: @parentsnewsuk

fun activities to help children make exciting discoveries in the galleries, www.nhm.ac.uk/education under 7's **FREE**. 20 Sept Dino Snores for 7-11yrs, www.nhm.ac.uk/dino-snores. Daily Investigate Centre explore hundreds of real natural history specimens, from a shark's jaw to a meteorite as old as Earth in their hands-on science centre, families 7+yrs, **FREE**.

Until 28 Sept-Buckingham Palace The State Rooms—Buckingham Palace Road—020 7766 7300-Royal childhood special exhibition spanning more than 250 years bringing together objects from the Royal Collection, the Royal Archives & the private collections of members of the Royal Family, as well as previously unseen photographs & film footage, www.royalcollection.org.uk

5-9 Sept **River Thames Greenwich**—Royal Greenwich Tall Ships Regatta 2014, up to 50 ships will gather in Greenwich for 4 days of festivities, www.royalgreenwich.gov.uk/tallships

6-7 Sept **Cutty Sark**—020 8858 7755-Family fun weekend, Tiny Tall Ships Festival make your very own tiny tall ship, all ages. **Until 30 Sept** Doctor Geo's Fantastic Steamtunk Tea Museum, drink tea, love tea, sample Doctor Geo's tea, all ages. **Every weekend in Sept** Cutty Sark characters, stories brought to life by characters from the ships past, 3+yrs, www.rmg.co.uk/cuttrysark

6-7 Sept **HMS Belfast-Tooley Street**—020 7940 6320 -020 7403 0719(f)-Totally Thames, Cracking codes with drop in family activity sessions where you can intercept messages, map hazards & even make up your own code. You'll also learn about the skills intelligence officers had to have as well as some of the dangers that surrounded HMS Belfast. **Until 31 Dec** D-Day Family Trail

Ongoing HMS Belfast Private Tours with exclusive behind the barrier access, discover some of the quirky sailors' stories of living & working on board including the time a reindeer joined the crew! www.wwm.org.uk

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

September 2014

an extraordinary
adventure

MAC S.p.A. www.primigi.com - export@primigi.com - contact: SKYLINE AGENCIES - Michael Schaeppi - BIZSPACE BUSINESS CENTRE - UNIT 203, 4-6 WADSWORTH ROAD - PERIVALE, MIDDLESEX UB8 3JL - tel. (0208) 567 2384 - mob. 07971 190 446 - skylineagencies@gmail.com



With the high-tech
functionality of



PRIMIGI[®]
Italian Leader for kids

For more than 30 years, Primigi has been the brand of choice for Italian mothers, making footwear for children aged 0 to 14 years. Primigi shoes are unique for their quality, style and attention to detail and are made with the exclusive Primigi System, for maximum wellbeing in every situation. You can also choose from models made with the GORE-TEX[®] membrane, to guarantee your child breathable and waterproof wear in any weather condition. Because every child is unique, and Primigi knows it.