

Back to School







Blowing the Whistle on GDC Scam.

Orthodontists and the General Dental Council are operating an illegal scam to Orthodomitar and the General Dental Council are operating as itagat scales to withhold information from the policit association with methods which can associal almost all extinctions and seven major jaw surgery. This is being done partly to protect inditional methods and partly to preserve the high incomes of orthodomitist and surgeons. Research suggests that this British development is being ignored in the UK while sprending rapidly abroad. As a result handhold of children and young adults have extractions and jaw surgery, unaware they may be unnecessar

Some Orthodoetions 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 sines make great claims and show beautiful faces but very few show good results before and after treatment. Even the modula is scared of disclosing this scandal.

There is another way.

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



PRIMIGI Autumn Winter footwear collection 2014-15

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

lasting wear, for feet that are

always warm and dry.

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

leather, embellished with comfortable boots, ankle classic elements such as boots and combat boots Velcro, woven fabrics or with strictly simple and exposed elastics. Little clean lines make up girls with more hippy tastes the new Primigi shoe can choose from boots and line-up for infants up to other styles characterized juniors. Different styles by long fringes that recreate come together to give the typically street models. collection the right mix. perfect for any occasion:

Finally, diversified and new, from fashion-glam, to the colour palette allows little girls to choose from punk-rock up to timeless a myriad of variations. formal elegance, ideal for Metallic shades such as giving little ones the taste bronze, gold and silver are of a true fairy tale.



September 2014

all presented with a satin. in the version with double dusty-effect finish. Purple, velcro closure. antique pink and burgundy Sneakers are made with are the real must-haves of high quality materials: the season, with a dramatic nubuck, patent leather, effect in both the patent and waxed with an aged effect glitter variations. for a sporty look with a retro feel The Primigi SPORT AND line-up is an impressive CHIC MOOD FOR array of styles, featuring SUPER DYNAMIC shoes with an active feel and technical surfaces as CHILDREN well as more streamlined Primigi's line for little versions made from soft boys is no exception: nappa leather, in which sporty and chic, classic the details are rich and yet fashionable, inspired sometimes sparkling. by a collection that offers Energetic and comfortable many ideas for a fresh sneakers are designed for and vibrant look even in sporty and lively children. winter! Major inspiration The colour palette in this came from the world line is also varied. From of basketball, with its classic grey, brown and inevitable and aggressive mustard, to the delicate mid-height basketball shades of blue: from styles in the laced version traditional navy to bright with interior side zips or 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 waterrepellent materials. The collection also includes classic camouflage



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

people.

explored in our bespoke Junior

School Creative Curriculum

opening function. Freed from

the shackles of the National

Curriculum, my girls take

an exploratory approach to

the investigation of topics

mythical, imaginary and

like 'All Creatures Great and

Small' where they encounter

endangered - finding wiggly worms in our Forest School; searching for evidence of

dinosaurs: creating dinosaur habitats; writing about mythical

By cultivating imagination, we develop empathy. New

technologies are giving pupils an inspirational window

onto a wider world. Skyping.

sharing letters, images and

creatures.

every kind of animal - extinct.

has a mind-opening, eye-

opening and imagination-

Creativity in the Classroom

'Knowledge', Einstein emails give today's pupils an observed, 'is limited. insight into the thoughts and Imagination encircles the concerns of children living world.' In order to be ready lives very different from their for a professional life where own. Our link with a girls' knowledge must be constantly school in India encourages girls updated and expanded, pupils, to reflect deeply on issues of like Theoretical Physicists, sustainability - 'to act local and need to look to the future think global.' and to dream. So, whilst Crucially, the cultivation inspirational teachers will of creative energy and always make the acquisition of knowledge an exhilarating experience, the best education

imagination fuels aspiration beyond the confines of the curriculum. Those who enjoy will also nurture a capacity for the privilege of an excellent creative imagination in young education should always be In my school, every topic



Back to School Bromley High School

Firing Girls' Imagination Since 1883



PEN 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



and to change their world for the better. Angela Drew, Headmistress, Bromley High School www.bromleyhigh.gdst.net

properly ambitious: both to

make the most of their talents



Back to School

The Economy Explained by Children

School with high flyers Amna Bokhari, 16 years, Hannah The Economy is a subject most adults find difficult to get Wooderson, 16 years and their heads around, but now Caroline Warren, 16 years arriving at school at 7.30am 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 waiting nation. 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



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.

A joyful GCSE Results Day

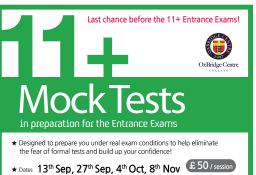
began early at Bromley High

Metcalfe discovered that the too had scored a stunning 10 A*s and Tabtim Duenger 9 A*s and an A. In total, 46 girls, half the year committed, composed and courageous and the girls group, achieved at least 8 A*s certainly needed to call on all and As and 94% of all entries these qualities as they opened were graded A*-B. their envelopes before a New Headmistress, Angela

Drew, who takes up her role Hannah was delighted to in September, shared her discover that she had achieved delight in such widespread 9 A*s and an A grade and achievement exchanged hugs of relief and "A*s at A level are often exhilaration with Amna and simply the natural by-product Caroline who each achieved a of a developing intellectual perfect 10 A*s

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 s 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



★ 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



Star Performers

Founded 1872 The Mall www.bromleyhighschool School is a modern, purposebuilt independent prep school fluencycms.co.uk/STARfor boys, which is situated PERFORMERS close to Twickenham town listen www.bbc.co.uk/ centre. programmes/b04dmcrh (about 2hrs 9mins) For more than 100 years boys As the morning progressed, have left The Mall School Laura Harries and Lucy

not only academically wellprepared 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

September 2014

The Mall School

sporting:

leading London day schools clubs programme to enthuse particularly St. Paul's School the boys and to help working Hampton School and King's parents. Daily activities run College School Wimbledon. until 6pm and include judo, Excellent facilities enable swimming, basketball, musical them to offer a stimulating theatre, multisports, chess, ICI range of educational activities and homework clubs academic, creative and The School offers a morning

160 seat Creative & Performing minibus service to boys living Arts Centre in the areas of Richmond, Science laboratories St. Margaret's, Twickenham Art studio Kingston, Teddington and ICT suite Isleworth New sports hall opened in 2014 To book a personal tour Indoor heated 20m swimming telephone the Admissions Secretary on nool Sports facilities for rugby 020 8614 1082 football, cricket and athletics at Bushy Park Additional informationis on The Mall School offers a The Mall School website www.themallschool.org.uk comprehensive after-school



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 5NO T: 020 8614 1082 admissions@themallschool.org.uk www.themallschool.org.uk

September 2014

Nominate family heroes for the

2015 Tommv's Awards From September 1. Community Links School, Education Tommy's the baby charity is Links, will be converting to a calling on families everywhere fully independent Alternative to nominate the heroes that are Provision Academy Trust (a part of every family for the 'Free School'). 2015 Tommy's Awards For many years, Community Links has been providing a Tommy's funds medical quality education for young research and supports families people who have been who have been touched by excluded from mainstream pregnancy complications or the Supporting young people loss of a baby, and the Awards who struggle with education celebrate and honour the and providing a positive

friends, family and healthcare learning experience has helped professionals that have been hundreds of young people there for each other during a make a successful next step in tough road to parenthood. life. The Secretary of State for Education has now agreed to One in four parents lose a baby enter into a funding agreement during pregnancy or at birth with Education Links; moving every year and another 60.000 to Free School status will give babies are born prematurely. Education Links the long-term The annual Awards recognise financial stability it needs to those very special people develop a broader curriculum who have supported each tailored to the needs of its other through tough times, students, strengthen its staff

or overcome pregnancy team, extend its partnerships complications to have a and improve its premises and family of their own with eight resources. Angel, Courage, Doting Dad, Opening as a Free School First Hug, Grandparents,

Awards:

comes just weeks after Healthcare Hero Super successful GCSE results which Sibling and Little Champion saw 91% of Year 11 students for the little fighters in your secure GCSE passes and 22 of 24 leavers going on to further study at college. Nominations are open from 27

August to 11 November and Sandy Davis, the Principal of can be made via the Bounty Education Links, says: "We website: are thrilled with this year's www.bounty.com/tommys-GCSE successes. These results awards-2015.

are part of a hard-fought journey for every young person and they are the next steps on

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 Advance Classes held at: Downsend School Ashtead/Leatherhead

Epsom College For more info contact Colin on 01372 739600

Old Barn Stables Waffrons Farm, Woodstock Lane South, Chessington, Surrey A Friendly, Family Run Riding School

BHS Qualified Instructors All weather sandschool All ages & abilites Lessons & Hacks Ponv Davs Holiday Fun Woodland Walk 020 8398 0822



red Childminders or qualified Nursery Nurses & Nannies For your first booking FREE of any booking fee visit us at www.sitters.co.uk and guote promo code PNEWS1EREE

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

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

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 to 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

such as Imperial College and Geraldine Blake, Community University of Manchester. Links CEO said: "Community Links is proud of the track You can get involved in more record of Education Links than 200 activities on the which has transformed the life night, from annual favourites chances of many hundreds such as the Science Bar and of young people. We wish Nature Live talks to visiting 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/eventmanagement/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 the science stations and seeing extraordinary items from the event returns on Friday 26 Museum's collections not Sentember as part of European normally on display. New Researchers' Night, The activities this year include: Natural History Museum Meet anthropologist and TV throws open its doors to give presenter Professor Alice you the chance to meet world-Roberts as she takes us on class scientists and visit rarely a journey to discover our seen parts of the collections. nast, revealing the hidden Discover a side to the Museum evolutionary story in our you didn't know existed genes. She will sign copies of discuss the latest science with her latest book The Incredible researchers and enjoy a drink Unlikeliness of Being. in the Museum's impressive Last chance to catch the critically acclaimed Britain One Million Years of the For many, meeting Museum Human Story exhibition. Meet scientists is a surprise highligh life-size ancient human models of the evening. Working and uncover incredible finds behind the scenes using the from sites around Britain that collections, the scientists tackle reveal what life was really issues of global importance like one million years ago. from malaria to climate change. Science Uncovered involves more than 300 researchers

free annual after-hours

Hintze Hall

from across the Museum and

other leading organisations,

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

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 vour eve ou for other highlights: play giant snakes and ladders, eat parasite-shaped chocolate and join a live link to the Johnson Space Center in Houston.

scientists by getting up close

and personal with beautiful

beetle specimens and take

favourite

home a souvenir snap of your

Oxford Brookes University

Meet scientists from

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



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

Every

Every

Church

Sun of the month-

meat.

until 16 Nov

Bird

Bay

Daily-Larkfield Leisure Ongoing-Run off your Feet---Centre-Aylesford--01622 07730 870696-Running Group, 713225-Soft play zone with first session FREE at your local 3 storeys of interactive play group when mentioning Parents equipment for under 10's with News. wavy waterfall slide, crawl Ongoing-Pepenbury Farmtubes, ball pool & ball cannons. --www.pepenbury.info -With NEW Kickstart a brand new friendly farm animals plus goats, donkeys, Kune Kune all inclusive membership with unlimited access which offers pigs, chickens, ducks rabbits, a wide range of activities for guinea pigs plus woodland trails under 10's with swimming, soft suitable for all ages. Woodland play, junior dance mat & target walks FREE but donations wall sessions, selected holiday welcome Ongoing on Mons-Cuxton programme activities. Saturday Fun Club plus pre-school bounce Library-Rochester---Baby massage courses for babies & adventure time sessions for 0-5yrs. NEW larger Fitness Studio 8wks & not yet crawling, to offer a wider rang of classes FREE, to book Tel: 01634 including Zumba, Pilates, Body 711391. 1st & 3rd Thurs of the month Children's activities. pump & circuits. Daily-Fishbourne Roman Health visitor drop in clinic, Palace-Chichester--01243 meet your local health visitor 789829-Guided tours, plus café plus a toy library will also be & picnic area available after the session 930. Daily-Maidstone Leisure 11am Tel: 01634 336209 Centre---0845 1552277-Sun of the month-Various times Junior Fitness, Tonbridge Farmers Market-12-15vrs learn how the body Sovereign Way -- 07876 685853works, the benefits of a healthy Held in Sovereign Way with

lifestyle & participate in normally 70 stalls. structured fitness sessions with Chislehurst Farmers Marketa qualified fitness instructor. --07775 736116-The market Selected Sats Wave Rave Pool Party sessions with inflatables. held in a new location of Hornbook House Car park, floats, games & the latest music Available Birthday Parties for High Street, produce includes children leave all the planning seasonal fruit & vegetables, & tidving up to the Centre. chocolates bread Daily-Wingham Wildlife Parkpreserves & much more, FREE

720836-

entry

Canterbury--01227

Meet the animals including Sun of the month-Aylesford Farmers Market-Aylesford-hands on animal encounters plus children's play area. 07876 685853-Farmers Market with more than 30 stalls, www. Daily-Druidstone Park and Woodland-Honey Hill Blean-avlesfordfarmersmarket.co.uk 01227 765168-Meet the friendly Every 2nd Sun of every month animals, follow the trail around Hempstead Valley Shopping the enchanted woodland & Centre-Gillingham -- 01634 discover the sleeping dragon & 387076-Farmers Market is held other magical creatures or have in the car park offering a range fun in the adventure play area, a of local produce including meat fun day out for all the family. & much more. Daily-Tides Leisure Centre-EverySun-EdenbridgeLeisur Deal--01304 373399- Indoor Centre-Stangrove Park--01732 tropical lagoon with waves & 865665-Under 16's & families gusher fun water features & roller disco. giant slide Jacuzzi & toddler Every Sun Sandwich pool. Every weekend Family Observatorv---01304 617341-Splash.

New-Tonbridge Swimming Guided walk, these walks cover Pool-Lower Castle Field-01732 a different part of the Bay area 367449-Kickstart a brand new every week & may include the all inclusive membership with beach. Worth marshes, reserves unlimited access which offers at Restharrow scrape and the a wide range of activities for Elms. Discover and record the under 10's. Every Tues & Thurs flora & fauna of this unique term time only parent & child area including birds, butterflies fun swim. orchids & fungi

Ongoing-Run off your Feet----FREE running sessions across -01634 335890-Toddler Shake Kent, women & men of all ages & abilities are putting on their trainers & jogging the streets & parks of Kent all part of a county wide campaign to get people running to feel fitter, healthier & happier. In Kent leaders have been trained to set up local running groups & they are keen to welcome new runners. Get your first running session FREE at your local group when vou mention Parents News, All groups are led by qualified, enthusiastic friendly leaders. To find your local group visit www. kentsport.org/rungroups. 07730 870696.

& Boogie activity session that offers rhymes, songs & movement for pre-school children, FREE, Every Tues Teatime Storvtime after school. 3-8yrs, term time only. Every Fr Homework club with friendly staff on hand to help you with all your homework questions, 3.30-5pm. Every Mon-St Matthew's Church Hall-Rochester--01634 843666 www.heritageopendays. org.uk -Baby Sensory classes for

babies up to 16mths, activities to include bells, balls, bubbles, light shows & more. 07813 632552

Every Mon-Walderslade Hook Tues-Walderslade Every Meadow Library-Chatham-- Village Library-Chatham--01634 861531-Baby bounce & 01634 686467-Toddler shake rhyme time, 18mths & under, & boogie activity session FREE, Every Wed Storytime that offers rhymes, songs & fun sessions pre-school children movement for pre-schoolers including stories & rhymes. Musical instruments, scarves & Mon-Gillingham parachutes are often included. Library---01634 337340-Every Fri Storytime fun sessions Storytime fun sessions for prefor pre-school children that school children with stories & include stories & rhymes. rhymes, FREE. Every Fri Baby Tues-Southborough bounce & rhyme time, FREE, Lbrary---01892 529808-Mon-St Andrews Storytime, 2.15-2.45pm, Hall-Broadstairs--FREE. 01843 863480-Little Ted's Tues-Hempstead Every Library---01634 Parent & Toddler group, term 361544-

Every Thurs-Luton Library

Chatham 01634 406923

Storvtime fun sessions that

include stories & rhyme. Every

Library---01892 822278

Storytimes, 2.30-3pm, term

Every Thurs during term

time-Margate Baptist Church-

4 Cecil Sq--01843 290869-

Little Fishes Toddler group

for parents & carers to meet &

socialise with food, games &

Every Thurs until 25 Sept

Guided Walk Hytherm01303

266118-Meet outside the Town

Every Fri-Grain Library

Rochester--01634 338727-

Homework club with friendly

& knowledgeable staff on hand

Every Fri Hempstead

Library-Gillingham--01634

361544 Homework club with

friendly staff to help with all

Every Fri Lordswood Library

Chatham 01634 862096

Teatime Storytime after school

storytelling, 3-8yrs & Toddle

Every Fri-Wigmore Library

--01634 235576-Toddler shake

& boogie activity session

Last Fri of easch mo

Bedgebury National Pinetum

& Forest-Goudhurst--01580

879820-Beginners Health Walk

30mins-1hr 1-4km, Every Fr

morn Moderate Health Walks, 1-

1 1/2 hrs 4-6km, Every Fri morn

Green Gym session, volunteers

in the National Pinetum helping

to improve the world's bes

conifer collection FREE, 01424

Park-Gravesend-

823800-Medieval

Wedding Fair

Rescue.

Birchington

out for all the family with lot

much more, under 3's FREE

The Secret Wartime Tunnels

kentevents.org.uk

--01304

dovercastle.

Sept

6.7

shake & boogie.

your homework questions.

children, 10-12pm.

time only, FREE.

fun. 10-11.30am.

Hall at 10.30 a.m.

Everv

Sat Pop in & Play for parents &

Thurs-Pembury

Baby bounce & rhyme time time only. Every Mon term time-The for parents & carers, 18mths Assembly Rooms -West & under Every Fri Storytime Wickham ---Kiddi Cardio fun interactive sessions for toddler fitness 2-5yrs, www. kiddicardio.com Every Mon, Tues, Wed & Fri -Blenheim Children levels, all ages. & Family Centre-Bromley-879145-Toddlers -01689 activities. Mon-Wed-The Angel verv Centre-Tonbridge--01732 359966-Kickstart members Preschool bounce. Every Sat morn fun club 5-10vrs, Every Wed & Fri dance mat & target wall fitness. Every Mon & Fri-Rochester Library-Eastgate--01634 337411-Baby bounce & rhyme

rhymes, 18mths & under, FREE. Every Sat Pop in and home & body products, book/ Play sessions for parents & children, 10.30-11am, FREE. 4th Fri of month Advice & support Health & lifestyle advice. drop-in, no need to book. Every Tues-Queens Road Church-Victoria Baptist Gardens--01843 602792-Raindrops, parent & toddler group, termtime, Every Thurs 1st Parenting meet with other 1st time parents. Every Fri during term time Friday Club. Market, weather permitting. Every Tues -Grosvenor

Park---07990 973313-Buggy Workout, exercise for mother & baby, power walking around the park utilising the benches & steps available, 10.30-11.30am. ery Tues-Chatham Library Gun Wharf Dock Road=01634 337799-Storytime for preschoolers, FREE, Every Thurs until 31 Mar Toddler shake & boogie fun packed activity session. Every Tues-Hoo Library-

Rochester--01634 250640-Every Mon-Strood Library-Storvtime fun sessions for preschool children with stories & rhymes, FREE ery Tues-Rainham Library-Rainham=01634 337799 Storytime fun sessions for preschool children that include stories & rhymes. Every Thurs Baby bounce & rhyme time. 18mths or under, FREE Tues-Fairview Every

Community Primary School---01634 376270-Parents & toddlers club term time only 10-11.30am, Every Thurs Baby bounce & rhyme time, parents & carers can enjoy knee bouncing. finger rhymes & nursery rhymes 18mths & under, term time only, 01634 337340

pre-schoolers, FREE, 1st & of month Medway Health Walks chance to improve fitness Every Wed-Dunorlan Park---to help. FREE, Every Sat Craft 07990 973313- Buggy Workout, Club for under 8's, FREE. 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 & iams & lots more. Also on offer time with finger & nursery recine tasting, take away meals tapas & ready salads, natural

> that offers rhymes, songs & movement for pre-schoolers. magazine exchange, plants, flowers & lots more. Musical instruments, scarves & **Every Wed** -Crampton Tower narachutes are often included Museum---01843 871133 Every Fri-Pavillion Leisure Scalextric Digital Racing Club. Centre-Kentish Wav-Bromley -020 8313 9911-Families & Every Wed during tern -Sydenham Tennis Clubunder 11's Roller Disco sessions Lawrie Park Road Sydenham-4.30-5.45pm & Families -020 8778 4217-Tennis drop in & under 16's Roller Disco sessions for 8-11yrs. sessions with full skate & safety Every weekend-Broadstairs equipment provided, doors oper Harbour---07847 473615-6.15pm, 07970 266790.

First Wed of the m Maidstone Museum & Bentif Art Gallery---01622 602838-Musical Merry-Go-Round with singing & storytelling activities, under 5's. Midweed & wookond Kingsmead Leisure Centre-Canterbury--01227 769818-Funtime sessions available in

446395 Daily Go Ape take to the pool. Every Tues-Hundred of Hoo the trees rope bridges, tarzan Swimming Pool-Rochesterswings & zip slides 35 feet up -01634 401989-Beaver 10+yrs, minimum height 1.4m. Swimming Club. Every Sat Medway Little

Theatre-Rochester--07939 Every Thurs -Strood Library---01634 718161-Baby bounce 921041-Youth Company 12-& rhyme time, 18 mths. 18vrs & c workshop, 7-12vrs. Homework club with friendly Every Sat Dickens House & knowledgeable staff on hand --01843 871133-Broadstairs FREE.Every Tues Teatime History Walk, 2pm. Storvtime, afterschool, 3-8vrs, Every Sat Morn -Fleur de Lis Heritage Centre-Faversham-Tues of month Advice & support - Health & lifestyle -01795 534542-Guided Town advice, drop in, no need to walks, 90 minute guided stroll Every Sat morn-Norman book Every Thurs-White Oak Park-Haves Lane-Bromley

Centre-Swanlev--Kent-020 8460 5291-Soccer Leisure 01322 662188- Under 16's School, 4-6,7-9 & 10+yrs. Roller Disco. Until 27 Sept-Shorne Wood Every Thurs-Thomas Aveling Country School & Community -01474 Library-Rochester--01634

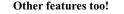
Renactment Weekend with campsite craft & combat 338728-Teatime Storvtime after school storytime for 3-8yrs. displays, FREE activities.

Calendar

PARENTS NEWS This infomation also

ON-LINE

www.parents-news.co.uk





Twitter: @parentsnewsuk

Until 30 Sept -Scotney Castle Lamberhurst--01892 893819. Join the conservation team and disover how light damages capel-le-ferne.org. textile & wallpaper colours. 7-28 Sept Vintage & Unique Centre---01732 Until 1 Feb Hornby Visitor Centre Margate--01483233500-Airfix D-Day Exhibition 3-D miniature scene with models of vehicles, aircraft & soldiers

www.hornby.com/visitorcentre Sept -The Green near the seafront-Hythe --- Bark in the Park, all breed fun dog show for all types & breeds of dogs, with kentwildlifetrust.org. 14 classes plus best in show with fun & games for your dogs in the interval. There will also Italian Car & Bike Day at H be stalls plus a tea tent selling refreshments plus home made bygone era to present day, all cakes. FREE entry to event. donations, proceeds go directly www.kentgreyhoundrescue. com. All proceeds from show honningtonevents.com. will go to Kent Greyhound

Sept-Quex Park-Fair entrance FREE children Tel: 07853 027483 Kent--01843 595143-Gears of Change & 7.14.21.28Sent-Ramsgate Blitz Fought for FREEdom Classic Walks ---www.summerof40. Car & Military Show a great day webeden.co.uk -A guided walk around the heaviest bombed to see & do with F1 Simulator seaside town in the UK, hear Kent Fire racing mini, driving the stories & visit the places. course for younger persons animal corner, food, music & webeden.co.uk. Tel: 07969 058951, www. Leisure 6-7 Sept -Dover Castle & 211067-Medieval swimming pools, squash courts Falconry discover the art of & sports hall training, exercising & hunting 8-13 Sept-Churchill Theatre with birds & hear the stories High Street-Bromley-08448 717 620-Dawn French, 23-2 & legends from medieval Sent Joseph and the Amazing times 13-14 Sept Victorian Falconry, 20-21 Sept War & the Horse remarkable story atgtickets.com/bromley through re-enactment, talks. music & children's activities www.english-heritage.org.uk/

Farmers

-Capel-Le-Fern Village Hall-Folkestone--01303 245399-Garage Sale Safari a Boot Fair with a Difference

ferne.org. Smallhythe Place -- Tenterden -01580 762334-Valuation Day. www.nationaltrust.org.uk/ smallhythe-place. 20 Orchard Day explore the orchard, nuttery & gardens, plus stalls with fresh produce & extensive craft work plus talk & demonstrations throughout the day, FREE entry, Every Wed & Sat Backstage Tours. find out what happens behind the scenes. 11-13 Sept-St Georges Centre Pemborke Road Chatcham Maritime---Heritage Open Day, www.heritageopendays.org.uk 11.13.18 Sept -St Peter's Village Tour-Broadstairs--0754 6 514948-St Peter's Village Tou guided walk meeting costumed characters. 11-14 Sent -Guildhall Museum-Rochester--01634 843666-Heritage Open Day on display will be a selection fron

every week, entrance FREE,

Tel: 01303 245399, www.capel-

some of the hidden treasures buy your map for 50p from the of the museum from old toys village hall on the day to find all & nostalgia to historical local the garages taking part, www. artwork for all ages 5+vrs. FREE, www.heritageopndays. Sept-Bough Beech Visitor org.uk 453880-1-14 Sept-Eastgate House

Woodland Craft Day have a go -Rochester-01634 843666 at woodland crafts of the past www.heritageopendays.org.uk try a pole lathe, make a mallet Heritage Open Day, with a range or besom broom, help make a of activities & interpretation to hazel hurdle or a rake, or get learn about, experience & enjoy sticky with wattle and daub, this unique heritage, www. or make some re-cycled paper heritageopendays.org.uk & weave with willow plus 11-14 Sent-St Martin's Church live folk music for all ages & ----Heritage Open Day of the refreshments available, www. oldest church in continuous use in the English speaking Sept -Honnington Farm world, entreance FREE, www. Gardens-Southborough---Kent heritageopendays.org.uk 11-14 Sept -Upnor Castle-Rochester--01634 843666-Onnington Country Air from

will have full access to the to Kent Air Ambulance, www. parts of the castle that would normally be charged for, www. Sept-Charles Dickens heritageopendays.org.uk 1-14 Sent-Fordwich Town Hall-King Street Canterbury--Heritage Open Day this brick & timber framed building was once used as a courtroom & jail, www.heritageopendays.org.uk. 11-14 Sent-St James' Church ---Heritage Open Day displays of

ongoing research on Centenary FREE. www.summerof40. WW1 project (2014-2018)including genealogical, 14,21,28 Sept,5 Oct -Dover biographical details plus listen Centre---01304 to a choir practice during visit 201145-Roller Disco. Ongoing on Sat afternoon, FREE, www. full range of exercise classes heritageopendays.org.uk with a modern fitness suite. 2

Sept -Gravesend Farmer Market-Junction with Windmill Street=07775 736116-Local produce to include bread. meat. seasonal vegetables & fruit & much more. 2-14 Sept-Gillingham Pier

Technicolor Dreamcoa, www. -Pier Approach Road---Paddle Steamer Medway Oueen. Sept-Open Seal & Wildlife Heritage Open Day, FREE, WatchingTrins---07837 www.heritageopendays.org.uk 562076-A 1 1/2 hr hour trip to a 2-14 Sept -St Barnabas local seal collony in a National Church of England Primary Nature Reserve. School-Tunbridge 9,16,23 Sept-Capel Le Ferne -Heritage Open Day with Market---07796 a chance to to see work by 432445-An average of 20 stalls

Life-Sandling--01622 763936-Hops n Harvest Beer Festival plus have a go at picking the hops by hand, plus live music. 4-5 Oct Apple & Cider Favre see the process of turning whole apples into fresh juice to sample & buy, plus live music, www. kentlife.org.uk 13 Sept-Chartwell-Westerham--01732 868381 -Heritage Open Day with family walks, trail, den building & more, FREE entry, www.heritageopendays.org.uk. Sept Floral demonstration with lunch 13 Sept -Ouebec House-Westerham--01732 868381-Heritage Open Day with a Spotter trail for children in the house an activity trail bag available in the coach house. Every Sun Mrs Wolfe's recines recreate some of Mrs Wolfe's 18th century recipes including

potato pudding & lemon drops. very Wed Guided tours FREE Sent -South Foreland Lighthouse==01304 852463= Heritage Open Day with a FREE guided tour of the lighthouse plus a variety of family friendly activities on offer this year from outside games & kite flying to taking part in a brand new Spy trail www.nationaltrust.org. uk/south-foreland-lighthouse. Sept A Great British Walk an informative walk to South Foreland Lighthouse, FREE

event 20 Sept Fan Bay foray guided walk discover why Fan Bay was such an important fortification. 27 Sent White Cliffs Guided Walk a leisurely cliff top stroll to South Foreland Lighthouse, FREE. 13 Sent-Smarden Charter

Hall---01233 771934-Heritage Heritage Open Day, visitors Open Day with stalls selling items relating to the theme of heritage & refreshments will be available, tours will be running throughout the day, FREE entry.

13 Sept-St Luke's Church -Virginia Road Gillingham---Open Day for Ride or Stride with various stalls, light lunches & refreshments (plus a bbg at 4 n m) FREE entrance 13 Sept -Knole Park House & Gardens-Sevenoaks--01732 462100-Heritage Open Day join a guided walk at 2 p.m to hear about what makes this parkland

so special, including the deer & rare beetles, FREE, www. heritageopendays.org.uk Sept -26 Oct Sevenoaks Society trees exhibition. Every Thurs Sat & Sun Guided walks in the deer park suitable for little legs. 13 Sept -Ightham Mote-Sevenoaks--01732 810378-

a pop up tea room, FREE entry, Heritage Open Day, www.vintagemakersmarkets. www.heritageopendays.org.uk <u>co.uk</u> 27-28 Sept Apple & orchard 14 Sent-Herne Bay Museum weekend & Gallery---01227 367 368-13 Sept -Whitstable Playhouse Heritage Open Day with a

----Heritage Open Day with tours of stage, control box. workshops & dressing rooms, FREE, www.heritageopendays. opendays.org.uk/directory/ walk-back-in-time org.uk

Wells

13 Sept -Tunbridge Wells Common---01892 554171-Randstand Heritage Open Day a 2hr guided walk of the Common, FREE, www.heritageopendays.org.uk of music, Sept -Haves Village Halldealbandstand.org Hayes Street Bromley 07534 447988 Gingham Goose Craft Market, FREE entry. Headcorn 13-14 Sept Aerodrome Ashford--0845 6526263-Southern Model show for all the family amusements crafts, plus flying, boating, car racing, trucks demo's, tanks all running have a go or ask the experts. Saturday Hot Air Balloons, a full size flying display with pyrotechnics & the amazing night model flying. 13-14 Sent-Rochester Castle ---01634 338338.-Heritage Open Day visitors will have the chance to meet their brave young knight, FREE entry, www.heritageopendays.org.uk 13-14 Sent-The Oast Theatre-

heritageopendays.org.uk

heritageopendays.org.uk

FREE.

machinery,

co.uk.

flying at 3 p.m.

FREE entry

www.heritageopendays.org.uk

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

today's pupils, FREE, www.

Sent -Museum of Kent

heritageopendays.org.uk

mall, & more., 07976 186882 London Road Tonbridge---Heritage Open Day with tours Sent-Dover Museum-Market Square--01304 201066of theatre & wardrobe & props Family Day with Roman areas, backstage, scenery dock & rehearsal rooms. Suitable for themed activities for families all all the family plus children's ages, www.dovermuseum.co.uk activities to include crafts. FREE admission.

& join in with The Hoppers, -Sittingbourne Sent the drama group for 8-13vrs Mediaeval Mops Fair Sat 10-12 p.m, FREE, www. Sittingbourne-01795 426081 the High Street bands musicians. 13-14 Sept-Herne Windmillactors, shows fairground -01227 722332-Heritage Open attractions, hot & cold food from today & yesterday, & a Day now a museum of milling technology with working market of all kinds.Buildings www. will be dressed in Mediaeval facings, 11-5 p.m. FREE 13-14 Sent-The Pines Gardenentrance, www.facebook.com/ St Margarets Bay Dover--events/1446615748927020/ 01304 851737-The Homefront 20 Sept -St David's Church-1940s Weekender with demos. Newton Close Lordswood-exhibitions, vintage arts & Browse 'n' Buy Sale an eclectic crafts, cream teas, local produce mixture of new, nearly new & & lots more, www.pinesgardens. pre-loved items, 10-12.30 p.m. FREE entrance.

Sent-Doddington Place -21 Sent-Chatham Historic Gardens---01795 886101-Plant Dockyard-Chatham -- 01634 & Craft Fair with birds of prey 823845-Salute to the 40's be transported back in time with 14 Sept -Tonbridge Town evacuees & neonle dressed in Centre River Medwav--their best 1940's attire with -Dragon Boat Races watch dance troops & the best of 14 teams compete to win the 1940's entertainers plus to Dragon boat Trophy, 10-3 p.m, mark the occasion the 'Spirit of Kent' Snitfire flies overhead in a 14 Sent-Reculver Country spectacular Air Display 22 Sept Park---01227 740676-Heritage Commemorative event to mark Open Day with an extended the 100th anniversary of the loss archaeological tour of the of Hogue, Cressy & Aboukir. Roman Fort & remains of the Until 30 Nov The Royal & the War at Sea exhibition., www. church, tours lasts approx. 1hr & can be booked in advance thedockyard.co.uk 20-21 Sept -Deal Folk by the plus craft activities available in

the visitor centre, FREE entry, Sea -Song to the Sea----A series of events in & around 14 Sept-Bapchild & Tonge Deal & Walmer with a nautical com/all-events. Village Hall-School Lane theme in aid of the local Walmer 28 Sept-Victoria Gardens Banchild Kent=07789748531= Lifeboat, with singing sea Broadstairs--01843 866991-Vintage & Makers' Market with shanties, theatre plus lots more, Charity Fun Dog Show, 10,30-4 lots of crafts home made cales & www.dealbythesea.org.uk p.m, www.dogshows.it. Sent-Belmont House Throwley, Faversham--01795

Theatre-Tunbridge 890202-Country Fair a family 01892 530613-Thankypu for day out, with a falconry display, the Music Abba Show, www. stationary steam engines, ferret assemblyhalltheatre.co.uk racing, opportunities to have choice of two guided walks a go at clay -pigeon shooting around Herne Bay lasting 1 - 1.5 & archery, a dog show, terrier hrs, FREE entry, www.heritage racing, children's entertainers shopping & fine food, entrance under 12's FREE



Oct-Assembly

21 Sept-Abbey School 14 Sept -Deal Memorial Concert---Faversham=0300 3731100=10K 07790434256-Railway Swing run for Cystic Fibrosis Trust for band will be playing a variety runners of all abilities plus a 1K FREE, www. fun run open to everyone, details events@cysticfibrosis.org.uk Sept -St Mary's Hall

7

Umbrella

19 Sept -Dartford Farmers Market---07775 736116-Whitstable Selling wide variety of produce Community Centre-Oxford to include seasonal fruit & Srtreet --- Ovster & Pearl vegetables, jams, eggs & much Vintage Fair, FREE entry, www. more, FREE entry ovsterandpearlyintage.co.uk

19-22 Sept-Great British 21 Sept-St May's Hall Umbrella Centre-Oxford Various event across Kent. Street Whitstable Oyster & Pearl Vintage Fair selling a help clean a beach, family event FREE, www.mcsuk.org/ mix of vintage clothing & greatbritishclean accessories, kitchen, handmade

20 Sept -Kent Showgroundgoods, jewellery & much more, Detling=01622 630975-Paws FREE entry, www.ovsterand in the Park dog show dogstable pearlvintage.co.uk Sept -UK PaperLeisure course, dog frisbee displays, agility flyball, terrier racing, K9 Club Avenue of Remembranceathletics, heelwork to music, Sittingbourne--07805 341970-Baby & Children's Market my dogs got talent, large indoor entertainment zone arena Nearly New Sale, selling displays, undercover shopping clothes up to 8yrs, entrance children FREE

26 Sept -The Pavillion-Broadstairs--01843 581185-Halloween Children's party for 2-12yrs with games & music, Tel: 07925 185052 Sent-Gulbenkian 6-28

> Theatre-Canterbury 01227 769075 Tall Stories Emily Brown and the Thing, 3+yrs. Sept -Aylesham Carnival---07747 887143-Traditional village fete with Carnival parade, 12-7p.m www. ayleshamcarnival.co.uk 7 Sept-St Peters Memorial Hall-Broadstairs--01843 601186-Barn Dance live music. Sept-Aylesham Summer Carnival ---07747 887143-Traditional summer fun for

everyone plus a traditional village fete in the afternoon before the parade moves, 12-5p.m, www.ayleshamcarnival. co.uk

Sept-Hever Castle-Kent-01892 870681-Triathlon for triathletes of all abilities. www.castletriathlonseries. co.uk.

-New Romney Station---01797 362353 Vintage on the Railway with classic vehicles music dance costume with colourful entertainment form across the eras, www.rhdr.org.uk

Sept-Kings Hall-Beacor Hill Dover--01227 374188-SRP Toy & Train show with over 60 stalls selling both old & new toys & trains such as die cast models, lego, soldiers, star wars & more, www.thekingshall,

Hall

Wells

Back to School

St Lawrence College in positive atmosphere and Ramsgate is a thriving are given every opportunity independent co-educational to fulfil their notential. A school for children aged 3 to 18 wide range of experiences years. Why not go along to an are provided both inside and Open Day and find out more outside the classroom. about what the school can offer your child? PARENTS NEWS

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

020 8337 6337 Junior School: Children parents-news.co.uk flourish in the secure and



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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

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 Ouest log flume ride, plus a new themed restaurant plus lots more

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outlook and very well suited to

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but is also modern in its

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Call to book a place:

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Saturday 4 October:

Senior School Open Day

Open Day

Nursery & Junior School

01843 572912

01843 572931

www.slcuk.com

children's posture as part of the preparation for the new school Throughout Sept Bodiam term. Whilst stationary and Castle-Robertsbridge--01580 school books are important, it's 830196-Harvest season and how your child carries them Michaelmas traditions with that can have the most impact wakes, revels & hopping. 27-28 on their health Sept Mop Fair an annual hiring

fair in medieval England with According to new research medieval jobs on offer. from the BCA, over a third Wed-Heaven at (33%) of parents say that Nutfield-19 High Street--www. their child has suffered from heaven-nutfield.com. -Smiley back or neck pain in the past Faces music group for babies & and, whilst back pain can be toddlers for up to 2yrs & 2-4yrs, caused by a number of differen there is also a playroom for factors, overloaded school bags under 5's, a café & a crèche. are a common trigger. Until 14 Sept-Spinnaker

The British Chiropractic

The British Chiropractic

Association (BCA) is urging

parents to think about their

health this autumn

Association encourages parents

to think about children's back

Tower-Portsmouth--02392 Despite most people knowing 857520-Super Saver family that a rucksack is the best type ticket on offer of a family visit of bag to use to promote a 20% saving on standard prices. more healthy posture, nearly a www.spinnakertower.co.uk third (31%) of children carry 14 Sept-Devil's Dyke-West a one-strapped bag which can 857712-Sussex--01273 cause a number of problems Seddlescombe Farm Heritage due to the weight being loaded Open Day a rare chance to to just one shoulder discover this historic downland

When parents were questioned 20 Sent-Bateman's-Burwash-about what their children 01435 882302-Summer garden usually carry in their school bags, the most common 20 Sept -Alfriston Clergy items included books (87%) House-Polegate 01323 lunchbox (59%), sports gear. 870001 Bramble-berry ramble including trainers (43%) circular 2 mile walk in and mobile phones (32%). Cuckmere Valley, returning for Collectively, these items can tea & scones. 28 Sept Apple & become a heavy weight and, if Orchard day, see woodcrafts & carried incorrectly, that weight speak to an apple expert. can cause aches and pains

4-5 Oct-West Dean Gardens With 16% of parents admitting Chichester 01243 811301 to never checking their child's Grow! Cook! Eat cookery school bag, the BCA is calling event with demonstrations for more parents to keep an eye throughout the weekend by on what their children carry celebrity chef plus The Big around with them on a daily Allotment Challenge with hasis Thane Prince preparing jams & preserves & sharing tips Tim Hutchful BCA

on how to get the best form chiropractor, commer your own garden harvest. For "Making sure your child children there will be hands on doesn't suffer from back or workshops including making a neck pain this autumn term can musical instrument out of fresh be as simple as checking they vegetables & workshops on aren't carrying around heavy how to make a Pirate Ship. food items with them unnecessarily market over 50 stalls plus lots and that they carry their school more, www.westdean.org.uk hag correctly



Stagecoach

September 2014

Back to School Back to Back Pain

10)

"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 helongings 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 strans are adjusted so that the bag is held close to the back and weight is evenly distributed. If your child has a one-strapped 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



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

A survey over the summer for wanting to return, with holidays from Smiggle, one the prospect of a shiny pencil of the UK's boldest and case almost as compelling. brightest children's stationery with 80%(120) citing this as a manufacturers, has revealed secondary factor. that far from dreading their Virtually all parents questioned first day back in the classroom (93%) said that they would be youngsters actually can't wait. purchasing a brand new pencil Of a total of 150 parents case and rucksack for the new questioned, 66% (99) revealed school year, in an attempt to that their child or children are 'set the tone' and encourage itching to get back into their learning. uniform, despite their virtuous And 76% of parents said that efforts to keep them occupied their child had a favourite for six weeks pencil, pen and rubber, which 2/3 of primary school parents they would not want to do their admitted that the prospect homework without. of seeing classroom friends, Smiggle's marketing manager coupled with a new pencil case Emma Fulford said: "As a was too compelling for their children's stationery retailer, little boy or girl (aged four to we were keen to find out how children are feeling at this time Of those parents who admitted of year, but even we didn't that their children were think they'd be quite so keen to hankering after the classroom go back to school 87% (130) said seeing fellow For information about Smiggle friends was the main reason www.smiggle.co.uk

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Every part of the jigsaw counts

Jigsaw recognises children

have different qualities to

be nurtured and developed

in a safe environment with

of talent shows on TV it is

forefront. With a high volume

often assumed that performing

arts is associated with a thirst

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

performing arts teachers who

have the patience to cater for

and inspire every single child.

They plan to instil into children

020 8447 4530

www.jigsaw-arts.co.uk

classes with top quality

for fame and stardom. Of

fun and friendshin at the

College of Optometrists

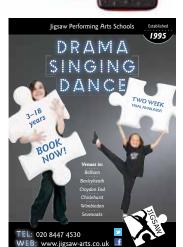
Francesca Marchetti member of the College of Optometrists, are very rarely carried out in comments:"We know it can be a really busy time getting children ready to go back to school, but it's important that parents remain vigilant and are aware of even small changes in their children's eve health. Children 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 are more likely to be treated make effective treatment, if effectively." needed, possible.

the belief that they can achieve Many parents used to have their goals, whatever they are, sight tests at schools and there's an expectation that it will be the same for their

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 eves 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

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 eve 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 focu - in some cases the child's inability to read something ha led to a misunderstanding of the child's intelligence



Back to School

Back to School with CAFOD and children However sight tests

SockShop

Aid and development agency

CAFOD is highlighting an

ethical way for parents to

use the traditional 'back to

communities in developing

countries - by buying socks

school' shopping rush to help

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 CAEOD 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



London Calendar

Pelican, Southampton Way,

Elmington, Wyndham &

Comber, & Sceaux Gardens are

& weekend workshops in this

recently renovated former retail

outlet on the Sceaux Gardens

Transport Museum--Covent

Garden _020_7379_6344_The

Family Station choose some

FREE activities to do as you

explore the museum, families all

All Year Round activities for

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

weekend Start Sessions with

games, map making & clue

Every weekend-Rich Mix-

Bethnal Green--020 7613 7498-

weekend-Temple

Market -

--020 7222 1234-Harry

weekend-Greenwich

Kids' Cine Time family films.

Potter Locations Tour, 2 1/2 hrs.

Greenwich High Road---

Quirky weekend market has 50

stalls specialising in vintage.

retro & antiques with a few

contemporary craft stalls, FREE

entry, www.clocktowermarket.

Every weekend-Tate Britain-

Millbank London--020 7887

8888-Liminal invites visitors

matching, 5+yrs, FREE.

Every

Every

co.uk

Clocktower

for families FREE

Ongoing Family Station

veekend-London

housing estate.

families, 3-12vrs.

Everv

Sat-Horniman

invited to play at after school

Roval Mews with gifts & cards for all the Ongoing Buckingham Palace---020 family as well as Christmas trees 7766 7302 Family groups self & floral decorations. Christmas directed activities from the art trees will be available. trolley, 5-11yrs. Every Sat-Blue Elephant **Ongoing-Royal** Academy of Theatre-Camberwell--020 Arts---020 7300 8000 www. 7701 0100-Young People's royalacademy.org.uk -New Theatre workshops, various age policy all children under 12yrs groups 7-18yrs, FREE to join. of age will have FREE entry to all exhibitions Museum-London Road Forest Sent-Peter Hill---Object handling themed Throughout Harrison Planetarium---020 sessions for families, 6 Sept 8858 4422-Back to the Moon Hands on Flight, 13 Sept Hands for Good 5+yrs. The Sky tonight on Animals, 27 Sept BSL from 5+yrs. Every Thurs families 3+yrs, FREE. Every Solar System, Galaxy, Universe, Sat Art Makers have fun with 5+vrs. Every Mon. Tues & Wed different art techniques to create in Sept Meet the Neighbours, something fabulous, 6 Sept 5+vrs Every Weekend in Sent Hanging Bat Models, 13,20 Sent Space Safari, under 7's, www. Owl pencil Holders (transform a rmg.co.uk/visit. simple paper cup nto a feathery Every Sun- National Galleryowl to hold your pencils), 27 7747 2885-Family Sent 4 Oct Angler Fish Masks 020 workshops for families bringing turn vourself into an Angler Fish. naintings alive & listening to families 3+yrs, adults FREE. a themed story on the magic ery Sun A World of Stories carpet, plus FREE family trail, storytelling, families, 5+yrs, www.nationalgallery.org.uk FREE Every Sun Discovery for All explore thousands of real Every Sun-Hildreth Street Market-Balham SW12---Street objects from around the world Market with fresh food traders with the museum's Explainers, sourced from all over London. all ages & adults, FREE. Every Every Mon & Thurs -Holy except 23 Sept Bus Bees lively Trinity Church -Brook Green --07710 023743-Singing & sessions for under 5's & parents Songwriting sessions for 6-11 & carers with creative lay. & 11-14vrs stories & songs or simple art Every 2nd Sat of month-& craft. 30 Sept Hear it Live! National Geographic Store-An informal music session. FREE. 30 Sept Hear it Live

83-97 Regent Street=020 7025 6960-Animal Man comes Harpsichord FREE Every Sat face to face with slithering Farmers Market, FREE entry snakes, slimy insects & smelly skunks. Meet a wide variety of Weekend celebrating Romanian animals to include owls, lizards. art, music, film & food including tortoises armadillos meerkats concerts by a brass band, craft & lots more, hands on activities demonstrations, storytelling, are led by AnimalMan Nick food stalls & more. FREE Spellman for all ages. www.horniman.ac.uk Sat-Venn Street Every Sat 2-4pm & after Market, Clapham Commonschool on Tue & Thurs-South

--020 7622 8259-Offering fine London Gallery---020 7703 foods & fresh produce plus a 6120 -The Shop of Possibilities variety of handmade crafts will for children & families living social experience of sculpture backpacks filled with explorer's be available throughout Dec on five neighbouring estates, through touch, interaction & tools, drawing materials &

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all ages, www.rmg.co.uk/visit

Until 6 Sent-New Londor

Theatre -Drury Lane--0844 412

4600-The Elephantom about a

little girl who is unexpectedly

visited by a giant blue ghost

elephant, 3+vrs davtime

performances at 10,11.30a.m &

Until 7 Sept -Natural History

Museum-Cromwell Road--020

2.30p.m.

film

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fun activities to help children barrier access, discover some make exciting discoveries in of the quirky sailors' stories the galleries, www.nhm.ac.uk/ of living & working on board education. under 7's FREE. 20 including the time a reindeer Sept Dino Snores for 7-11yrs, joined the crew! www.iwm.org. www.nhm.ac.uk/dino-snores. uk 6,13,20,27 Sept -National

Maritime

September 2014

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Museum-

Bank--

Greenwich-020 8312 6565-

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Sent Play Tuesdays with music

dance & drama, families, under

8-13 Sept -Peacock Theatre-

Portugal Street off Kingsway-

-0870 737 0337-British Youth

Onera. The Little Green

Swallow, Tel: 08444 124322.

5's, www.rmg.co.uk/visit.

7942 5000-Mammoths: Ice Age y Investigate Centre explore Giants exhibitions, www.nhm. hundreds of real natural history ac.uk/mammoths .Until 14 Sep specimens, from a shark's jaw Sensational Butterflies family to a meteorite as old as Earth in friendly exhibition allows you their hands-on science centre. to wonder through a tropical families 7+yrs, FREE. enclosure, discovering the Until 28 Sept-Buckingham science behind these delicate Palace The State Roomscreatures & their amazing life Buckingham Palace Road --020 cycles as they evolve from 7766 7300-Royal childhood crawling caterpillars into special exhibition spanning beautiful butterflies, www.nhm. more than 250 years bringing ac.uk/sensationalbutterflies together objects form the Royal Until 28 Sept Britian: One Collection, the Royal Archives Million Years of the Human & the private collections of Story exhibition, www.nhm. members of the Royal Family ac.uk/britainmillionvears. Daily Who Do You Think You Really as well as previously unseen photographs & film footage, Are state of the art interactive www.royalcollection.org.uk www.nhm.ac.uk/film Sept -River Thame into a physical, material & FREE. Daily Family Explorer

11 Sept-The Scoop at More London -South Greenwich----Royal 020 7403 4866-The Croods Greenwich Tall Ships Regatta animated comedy adventure 4+vrs FREE 24 Sent The 2014 up to 50 shins will gather in Greenwich for 4 Lego Movie, 4+yrs, FREE. days of festivities, www. 11-13 Sept-Unicorn Theatre for Children-147 Tooley royalgreenwich.gov.uk/ Street_020 7645 0560-Tales <u>tallshops</u> 6-7 Sept -Cutty Sark ---020 from MP3 with live music heat 88587755-Family fun weekend, boxing & projection new play Tiny Tall Ships Festival make for 13+yrs. 18 Sept-12 Oct The your very own tiny tall ship, Secret Life of Suitcases. 20-28 all ages. Until 30 Sept Doctor Sept Something Very Far Away Geof's Fantastical Steampunk 8+yrs. Until 2 Nov See Saw Tea Museum drink tea love 2+vrs 13 Sept-Hyde Park ---020 tea, sample Doctor Geof's tea. 7306 8056-BBC Proms in the all ages. Every weekend in Sept Cutty Sark characters, stories Park with a wide ranging line brought to life by characters up of top act to include from the ships past, 3+yrs, Tenor Vittorio Grigolos. www.rmg.co.uk/cuttysark sonrano Pumeza Matshikiza 6-7 Sent -HMS Belfast-Tooley Rufus Wainwright & Earth Street-020 7940 6320 020 Wind & Fire. 7403 0719(f)-Totally Thames, 13

Sept-Dulwich Grove Cracking codes with drop in Church Hall---0794 3327312family activity sessions where Jumble Sale 11-1 p.m, all vou can intercept messages. proceeds go toward the upkeen of Dulwich Church. man hazards & even make un your own code. You'll also learn 13-21 Sept-Design Museumabout the skills intelligence Shad Thames--0870 833 9955 officers had to have as well London Design Festival, www. as some of the dangers that londondesignfestival.com surrounded HMS Belfast Until 13-21 Sent -Victoria & Albert 31 Dec D-Day Family Trail Museum-Cromwell Road--020 Ongoing HMS Belfast Private 7942 2000 www.vam.ac.uk -London Design Festival with

Tours with exclusive behind the

September 2014

a number of themed events. 20 Sept-Museum talks & workshops 20-2 Childhood-Bethnal Green--020 Sept Digital Design Weekend, 8983 5200-Play with Design robotics, inventive electronics, a workshop to design a game & watch a 3D printer create workshops, demonstrations & family activities, FREE, drop well known games characters in. Every Sat in Sept Pop Up FREE, drop in suitable for all Performances with children the family. 28 Sept Join the Big interactive performance plus Draw Party with special guests, costume & drama workshops Jacqueline Wilson & illustrator costume in the 1980's music Nick Sharratt, FREE, dron scene, FREE, drop in for all in for all the family, www. the family. Every Sun Drop in vam.ac.uk/moc. Until 12 Nov Design create a 3D sculpture Daydreams & Diaries, the story with wire FREE, drop in, 5+yrs. of Jacqueline Wilson Daily Back Packs families 20-21 Sept-Benjamin Franklin activity back pack filled with House-36 Craven Street--020 jigsaws, stories & games to 7839 2008-Open House with explore the collection, 4-11vrs, half hourly guided tours. FREE, www.benjaminfranklinhouse. www.vam.ac.uk 14 Sept-Kensington org. Hall-Hornton Street--01273 20-21 Sept -Old Royal Naval 697974-Hugglets Teddies with College---01494 764932-Open 170 exhibitors selling new & House with areas not usually antique bears plus a teddy bear open to the public with a FREE hospital, www.hugglets.co.uk talk or tour, 10-4.30 p.m. 14 Sept-Greenwich Park---020 20-21 Sept -London Open 7239 3164-Run to the Beat help House Weekend----You can visit more than 800 buildings to raise funds for Great Ormond Street Hospital, 13.1 miles, including the View from the www.gosh.org/gen/events-and-Shard plus also the chance to learn more about the city's appeals/run/half-marathon/runedifices and landscapes with to-the-beat/ 0 Sept -Hyde Park ---- Mouth FREE architecture-themed Cancer 10K Awareness Walk,

walks, cycle rides & debates, the start & finish area is at the www.openhouselondon.org.uk Bandstand, FREE to enter, start 20-21 Sept -Imperial War Museum-Lambeth Road- -1 p.m, www.mouthcancerwalk. org. 01924 950950 020 7416 5439-Peace weekend



Film Night

The Big Picture, Rethinking Dyslexia



Robert Redford's grandson, Dylan could barely read or write at ten. This is his story and features other well known figures like Sir Richard Branson who overcame their difficulties to achieve success.

Date: 8th October, 2014 Time: 8.00 - 9.15pm

Venue: The Spires Academy, Bredlands Lane, Westbere, Canterbury, CT2 OHD

Members Free, Non-Members; suggested donation, £3

For more information phone 0845 0038 979 Email: dyslexiaeastkent@gmail.com Website www.dyslexia-east-kent.org

of come & fold an origami paper Olympic Park passing famous crane to commemorate World sights including Buckingham Peace Day & join a creative Palace, Big Ben, London drop in discussion for young Eye passing through parks & people of all ages FREE. waterways & finishing on the Oct Introduction to the Thames at Greenwich by the Holocaust session 14+vrs. Cutty Sark. 01722 718444 very Sun Object Conservations www.discoveradventure.com/ family object handling sessions challenge. Ongoing A Family in Wartime 27-28 Sept Kensington exhibition FREE. www.iwm. Olympia West Halls-Hammersmith Road----Vegfest org.uk 21 Sept-Geffrye Museum-UK with health food cookery Kingsland Rd--020 7739 9893demos, entertainment for Brilliant Bunting create ceramic children & rows &rows of inspired bunting to hang in your exhibitors offering plant based home, FREE drop in session, version of almost anything www.geffrye-museum.org.uk you can think of to include Every weekend & school hols meat FREE chicken & steak. Geffrye explorers with FREE fish FREE smoked salmon & activity backpacks, audio tuna, vegan desserts, healthy guides, feely box, quizzes & breakfast ideas & lots more. entrance under 16's FREE. 23-27 Sent -The Pheasantry www.londonfest.co.uk Pizza Express Jazz Club -Sept-Lammas Park 28 Kings Road ---Jazz FM hosts Junior Latin jam, get kids excited about music a fun family afternoon of pizza &

Call before you go and please mention **PARENTS NEWS**

trails.

co.uk, 12-2.30 p.m

in a day, walking west from the

Park-Ealing--0113 210 8800-Ealing Half Marathon a mass participation race starting & finishing in the park, start 9.15 percussion for kids with all www.epilepsy.org.uk/ a m. sorts of percussion instruments ealing, Tel: 0113 210 8797. & try out dancing to these fun 2-4 Oct -Barbican Theatre & fascinating rhythms, FREE -Silk Street --020 7638 8891 entry to the Jam for under 5's, www.lso.co.uk -Boy Blue

Entertainment The Five & the to book www.pizzaexpresslive. Prophecy of Prana, 7+yrs 27 Sept -London Trekathonwww. -01722 718444-Walk 26 miles

parents-news.co.uk

Meningitis Now

is issuing a warning as back at school and September sees the start of the meningitis neak season, so the charity is urging parents, students and teachers to be vigilant to the signs and symptoms and download its free phone app or request a symptoms card Children under 5 are most 'at risk', teenagers and students are the second most 'at risk' group (aged 15 - 23 years). 10% of the population carry the bacteria which can cause meningitis and septicaemia (blood poisoning), but about 25% for students. Every year about 3,200 cases of bacterial meningitis and septicaemia are reported in the UK - leaving 10% of victims dead and 15% of those who survive with severe after-effects such as brain damage, hearing and sight loss and where senticaemia has occurred, limb loss and scarring.It is a disease that can kill within hours, so quick action are vital. Symptoms can include fever with cold hands and feet vomiting, headache, stiff neck dislike of bright light, joint or muscle pain, pale blotchy skin, drowsiness and confusion. and in babies, a dislike of being handled, an unusual cry rapid breathing and bulging

fontanelle.

the symptom

Symptoms can appear in any prescribed order and some may not appear at all. Advice from Meningitis Now is not to wait for a rash.

0808 80 10 388 higher prevalence in boys. This condition affects parts of the www.meningitisnow.org

Glassified £1 per word inc vat min 10 words Bo £40.00 inc vat +£5 for colour. Cheque payable 0 The Manor Drive, Worcester Park urrey, KT4 7LG Tel: 020 8337 6337 For a receipt send SAE SWIMMING LESSONS Colin Bull Swimming **GELEBDITY DEDTILLS** lessons All ages/abilities See advert pg 5 01372 739600 Swimwell Swim School Ltd EXOTIC CREATURES school weekly lessons holiday crash courses FOR THE Crovdon Purley Wallington WOW FACTOR Warlingham 01424852935 **OWLS, SKUNKS** 07949184463 **INSECTS FOR YO** info@swimwelluk.com NEXT PARTY/EVENT www.swimwelluk.com LESSONS Private Tuition one to one or group Home visits within 2 miles 020 2659 0277 New Malden Upto GCSF All

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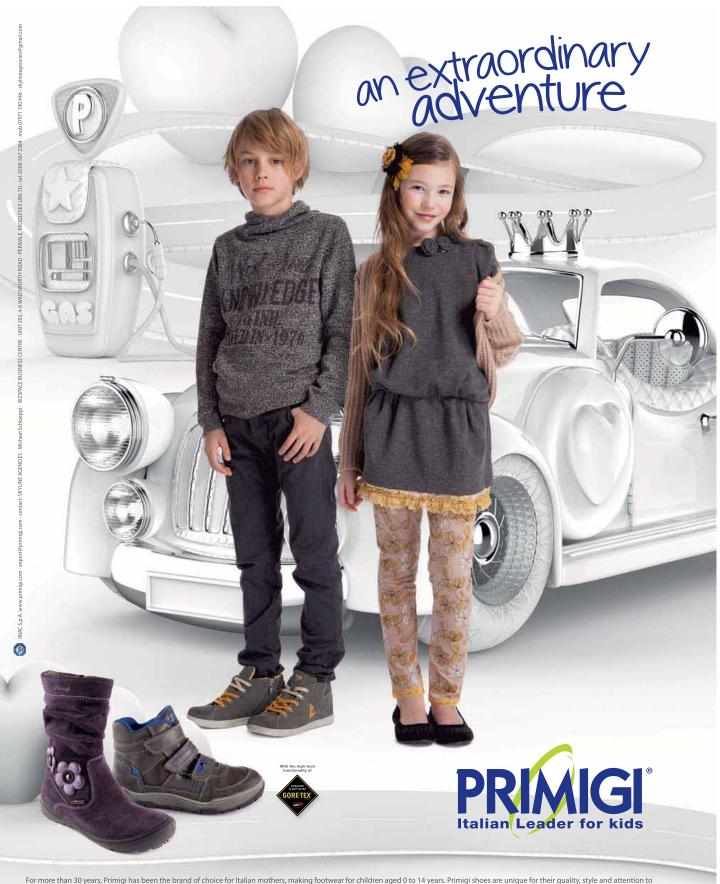
Next Issue Oct14 Editorial De Distributed 6 Oct 14 Publishers & Editors: Fergus & Penny McCarthy Distribution up to 60,000 South West London & Surrey; 78,000 Kent; 54,000 London South East-Surrey & West Kent. Distributed through schools, nurseries libraries, leisure centres, restaurants, advertisers, play schemes and events.

Equazen eve q

A specific omega-3 and 6 brain which control attentior supplement - Equazen eve q impulses and concentration can help reduce symptoms and is characterised by three main types of ADHD traits. of Attention Deficit Hyperactivity Disorder These include: the hyperactive-(ADHD) in children according impulsive subtype, inattentive to a new study. Equazen eve subtype, and the most common q when taken in combination which is the combined subtype with sufferers displaying the with ADHD medication can also reduce the dosage majority of ADHD symptoms of medication required so Associated with a range of reducing the side effects.1 learning, social, emotional Commenting on this new study and behavioural difficulties regarding Equazen eye q, Dr the effects of unrecognised Carrie Ruxton, an independent dietitian notes: "The benefits of this specific omega-3 and omega-6 supplement in enabling the use of a lower dose of MPH while reducing the side effects of MPH is really good news." "Given the findings were based solely on the specific Equazen eve a formulation this latest research data should not be translated to other omega-3 and omega-6 preparations Further studies are now required. ADHD - facts and stats:

Parents should always speak to their family doctor before giving supplements particularly if medication is being ADHD is a common and impairing behavioural condition affecting 5-7% of school-aged children with a

ADHD can be disastrous for undiagnosed individuals and their families. Treatment with stimulant medication such as methylphenidate (MPH) remains one of the most common approaches to the management of ADHD However, in recent years, concerns have been raised as to the risk of potential adverse effects of MPH. These include depression skin rashes and growth inhibition Despite this during the last six years, there has been a 50 per cent increase in UK prescriptions for ADHD medication prompting some experts to question whether there is an over reliance on medication to treat the condition. 7 Furthermore, experts believ there is a link between a deficiency of long-chain polyunsaturated fatty acids (PUFAs) (eg. EPA and DHA) and the development of ADHI



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