

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 Orthodostions 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

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

resistance, breathability,

always warm and dry

lasting wear, for feet that are

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

leather, embellished with 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 formal elegance, ideal for a myriad of variations. Metallic shades such as giving little ones the taste bronze, gold and silver are of a true fairy tale.



EVERY GIRL HAS all presented with a satin.

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



For the girls, boots in GORE-TEX®

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

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 always make the acquisition of knowledge an exhilarating experience, the best education

of creative energy and 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

people In my school, every topic explored in our bespoke Junior School Creative Curriculum has a mind-opening, eyeopening and imaginationopening 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

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 Onen Evening.

Tuesday 7th October 6.45 pm. admissions@bro.gdst.net 020 8781 7000 to arrange a visit





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



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

September 2014

in the version with double

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

Back to School

The Economy Explained by Children

The Economy is a subject most adults find difficult to get Wooderson, 16 years and their heads around, but now Caroline Warren, 16 years there is help, in the form of an ingenious new book on The Economy, created by a group of primary school children. We are told that a girl who

has benefited from a GDST The book is the brainchild of education will be confident. committed, composed and Guy Fox History Project, a courageous and the girls unique and visionary charity certainly needed to call on all that brings business leaders these qualities as they opened together with children to their envelopes before a 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

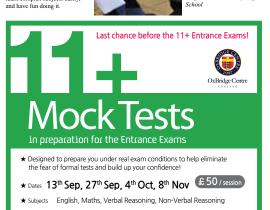
and www.amazon.co.uk

All proceeds are used for the production of more workshops and books for more children to

learn complex subjects easily,

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

> nine or ten subjects over s always a moment of real celebration because for consistent effort and enthusiasm as much as intellectual ability. My



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Star Performers

A joyful GCSE Results Day www.bromleyhighschool began early at Bromley High fluencvcms.co.uk/STAR-School with high flyers Amna PERFORMERS Bokhari, 16 years, Hannah listen www.bbc.co.uk/ programmes/b04dmcrh (about 2hrs 9mins) arriving at school at 7.30am As the morning progressed to receive their results live on Laura Harries and Lucy national radio BBC Five Live. Metcalfe discovered that they too had scored a stunning 10

A*s and Tabtim 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 two years, so Results Day GCSE success is a reward warmest congratulations to the girls and their teachers." Angela Drew, Bromley High

Founded 1872 The Mall School is a modern, purposebuilt independent prep school for boys, which is situated close to Twickenham town centre

> For more than 100 years boys have left The Mall School sporting: 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

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

there for each other during a

Awards:

website:

Nominate family heroes for the

2015 Tommv's Awards Links School, Education Tommv'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

make a successful next step ir 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 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 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

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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



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

From September 1. Community 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

scientists by getting up close

and personal with beautiful

beetle specimens and take

favourite

deadly viruses.

home a souvenir snap of your

Oxford Brookes University

and see a 3D printer working

on larger-than-life models of

the bees in the Wildlife Garden,

creatures in the pond or search

the garden for bats, bees and

birds with our experts.

for other highlights: play

giant snakes and ladders, eat

narasite-shaned chocolate and

join a live link to the Johnson

open until 21.00. Look for

Meet scientists from

Enjoy the birds and

Keep vour eve ou

Be part of the Natural History Museum's

annual science extravaganza

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 activities this year include: 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. past, revealing the hidden Discover a side to the Museum evolutionary story in our 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 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. Exhibition entrance fees apply Science Uncovered involves Take a sneak peek at next more than 300 researchers year's exhibition Coral Reefs: from across the Museum and Secret Cities of the Sea and other leading organisations,

Science Uncovered, the

free annual after-hours

Researchers' Night, The

Natural History Museum

you didn't know existed

of the evening. Working

Hintze Hall

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

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



www.activelearningchildcare.co.uk

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

Daily-Lower Morden Garden Every Tues-Mitcham Library-Centre---020 8337 7781-Soft Play, under 5's Daily-Sutton Ecology Centre-Festival Walk-Carshalton-020 8770 5820-Playworld fantasy play area, 2-10vrs. Daily-Rainbow Leisure Centre to bring own needles. Epsom 01372 727277-Toddlers Every World, under 5's. Daily-South Norwood Recreation Ground-Car Green Road-Croydon-020-8760 5707-Fitness Trails for adults & 2 1/4+yrs Every Sat Storytime under 7's FREE children of all fitness levels to get fit & keep fit. Positioned at Everv each exercise station are signs showing the exercise to be undertaken with the suggested babies & toddlers, Every Thurs number of number repetitions Daily-Kew Gardens, 020 8847 0946-Daily Walking Tours of seasonal highlights, FREE. Every Sat Tropical Nursery Tours, need to book. Every Tues & Thurs Orchid Nursery Tours need to book. Every Sat Hands on Session Blowing in the wind 7's, FREE stories of seed dispersal, FREE, no need to book **Ongoing** -Dupass Hill Outdoor Gym----Fach item has clear instruction for its use over 12's. Recently re-opened-Kidplav Cafe-282-284 Lower Addiscombe Road Croydon--toddlers, FREE. Softplay & café, under 5's. Every VMCA Every Sun Wimbledon-020 8542 9055-Volleyball sessions for all levels for local residents in Wimbledon & Merton. FREE from 12.30pm, info@ wimblodonyolleyballclub.com www.gospike.net Every Mon-SecombeTheatre-7535. Cheam Road-Sutton-020 8770 6990-Zumba fitness. Every Tues Line Dancing. Every Wed Ballroom Dance under 8's to adults Every Mon-Llovd Park---020 8726 6000-Health walk circular through Llovd Park & Shirley on mainly flat terrain ideal for to experts beginners 2 miles last approx Every Tues-De Staffords thr. meet 11am FREE & same Leisure walk on potentially hilly terrain, 3+miles ideal for advanced Every walkers, 2pm, FREE. Every Sat Park run, FREE weekly timed 5k run need to register first Mon-Parchmore Every Community Centre-53-55 Parchmore Road--020 8726 Every 6000 x88965-Circuit for those new to exercise, returning after illness & the more mature exerciser Every Mon eve-Sutton Grammar School----Korfball for Beginners for school years 3-12 various times & sessions. email for details info@ nomadskorf.com. Every Mon term time-The Assembly Rooms -West Wickham ---Kiddi Cardio Arena toddler fitness 2-5vrs, www.

kiddicardio.com Every Mon, Tues, Wed & Fri morn -Blenheim Children of sport & social activities & Family Centre-Bromlev--01689 879145-Toddlers activities.

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

sessions for 8-11yrs. --020 8648 4070-Under 5's Every Wed & Sat-Millennium Arena-Battersea Park--020 Storytime & Craft, fun activity. FREE. Every Thurs CV & 8871 7542-Drop in tennis Careers Advice. Last Thurs of sessions, 5-8,9-15yrs. each month, Coffee Mornings. Every Thurs-Cheam Leisure Every Fri Knitting Group, need Centre--Cheam-020 8770 4830-Street Dance lessons for Tues-Coulsdon boys & girls 10-15yrs Library---020 8726 6900-Every Thurs-Caterham Hill Bookstart Rhymetime for babies Library --- www.surrey.gov. & toddlers, Wiggle & Jiggle, 2uk/kidstuff -Rhymetime, 10am 4yrs. Every Thurs Storytime, FREE Every Fri Storytime. 2 15nm FREE Every Thurs-Norbury Park **Tues-Ashburton** and Norwood Grove --- 020 Library---020 8726 6900-8726 6900-A circular walk Bookstart Rhymetime for through Norbury Park &

Wiggle & Jiggle for toddlers. meet at Norbury Train Station Every Mon Chatterbooks drop 1.30pm FREE 21 Aug in sessions, 8-11vrs, Every Sat Butterfly Walk, 2 hrs around the Rock & Rhyme for babies & park to learn about these insects, toddlers, Every Wed Social club 07968 832508 for older people for a chat & a Every Thurs-Selsdon Bantist cup of tea Every Thurs term Chuch-Addington Road-020 8726 6000 x88965-Circuits Low time only storytime for under intensity for mature exercisers. Every Tues-Purley Library-**Every Thurs-Croydon Sports** --020 8726 6900-Bookstart College-Croydon High School--

Rhymetime for babies & 020 8726 6000 x88965-Circuits toddlers & Wiggle & Jiggle. Low intensity for mature toddlers over 18mths Every Fri exercisers Storytime 2 1/2+yrs, Every Sat Every Thurs-South Norwood Rock & Rhyme for babies & Leisure Centre-164 Portland Road-020 8726 6000 x88965-

Tues-Centrale Shonning Centre-Croydon--www.centrale.co.uk -In the Early Learning Centre playtime sessions for children, all ages with all kinds of arts & arts from making face masks, cards, painting colouring or just play FREE 10-12pm Tel: 020 8686 **Every Tues-Thornton Heath** Library---020 8726 6900-Bookstart Rhymetime for babies & toddlers FREE Every Tues Careers, training & learning advice sessions, 2-4.30pm, FREE & Computer training courses for beginners

Centre--Caterham-01883 344355-Family Swim. Tues-Riddlesdown Circular Walk---020 8726 6000 x64952-Health walk. 2-3miles meet 11am at 'Good Companions' pub, Hamsey Green, FREE. Wed-Sanderstead Library---020 8726 6900-Bookstart rhymetime, babies & toddlers, Wiggle & Jiggle, 18mths+vrs Storytime 21/2+vrs Fortnightly Rock & Rhyme for need to book. pre-school children, FREE.

Every Wed-Unitarian Church-1 The Flyover--020 8726 6000 x88965-Zumba Latin inspired FDFF dance music & rhythms all abilities Every Wed morn-Sutton Leisure Centre-MiddletonRoad-Carshalton-020 8770 4088-Women's Recreation Mornings with a wide range

available for one single fee, 9-12pm. Daily Playworld fantasy -Rhymetime, FREE. play area, 2-10vrs. Every Wed during term time-Sydenham Tennis Club-Lawrie Park Road Sydenham-

FREE. Norwood Grove 2-3 miles Bookstart Rhymetime for babies & toddlers, Every Tues Wiggle & Jiggle, 2-4yrs, Alternate Sat Rock & Rhyme or Storytime. FREE. Every Fri-Shirley Library---020 8253 1023-Bookstart rhymetime for habies & toddlers, Wiggle & Jiggle for 18mths+. Every Thurs Storytime for 2 1/2+yrs. Every Sat Rock & Rhyme for babies & toddlers. Monthly story & craft workshops 5-10yrs Every Fri-New Addington

Aquacise sessions. 18mths+ FREE Every Thurs in term time Sutton Christian Centre---020 8642 8117-Special Stars a baby Rhymetime. & toddler group for children Wiggle & Jiggle. with disabilities or additional needs, from babies to preschoolers siblings welcome Every Tues-Thornton Heath Library---020 8726 6900-Bookstart Rhymetime for babies & toddlers, FREE, Every Tues Careers, training & learning advice sessions 2-4.30nm FREE & Computer training courses beginners to experts Fri of every month Bergundy & Black Café-St Martins Walk Dorking---Bumps & Babies is for mums with humns & both parents or carers month adult reading group of non mobile babies, meet others for tea or coffee & get your baby socialising, www. nct.org.uk/branches/dorking/ events/bumps-and-babies. 3rd Mon of every month Nappuccino 11am FREE a natter about nappies as an alternative to disposables. Every Fri-Sutton Library ---020 8644 9696-Job Club volunteer led support group for sessions job seeker, all ages, FREE no Every Fri-Sutton Life Centre-020 8644 9696-Run & non 11's Roller Disco sessions, 4.30contact boxing 12-18vrs.

Every Fri-Caterham Valley Library---www.surrey.gov.uk/ kidstuff -Rhymetime, FREE. every Thurs Storytime, FREE. Every Every Fri-Dorking Library ---www.surrey.gov.uk/kidstuff -Rhymetime FRFF Every Fri-Redhill Library---www.surrev.gov.uk/kidstuff Fri-Warlingham

Onslow

Library---www.surrey.gov.uk/ kidstuff -Storvtime, FREE. Every Fri-Bradmore Green -020 8778 4217-Tennis drop in Library-Old Coulsdon--020 01483444789-Little

in the Café Bar with music 8726 6000 X64952-Bookstart Rhymetime for babies & games, songs, stories & puppets toddlers. Wiggle & Jiggle, 2-& Sparkles Dance drop in 4yrs. Every Mon Storytime 2 classes for 5-9yrs. Every Mor 1/2+yrs & Chatterbooks reading & Tues after school The Mar group for 8-11yrs. Fortnightly in The Moon Weekly drama very Sat Rhymetime FREE workshops, 6-14yrs. Every Wed Every Fri-Broad Green All Star Choir 8-14vrs Library---020 8726 6900-Every Sat-The Green Dragon-Bookstart Rhymetime 0-5yrs. 58-60 High Street-Croydon tnightly on Sat Rock & 020 8667 0684-Storytime for Rhyme for pre-school children. families 3-7yrs, drop in 2hr session with stories, puppets. Every Wed Arty Crafty computers drop in sessions for arts activities & songs, FREE. under 5's, parents & carers, Every Sat morn-Norman Park-Haves Lane-Bromley Every Fri-South Norwood Kent-020 8460 5291-Soccer Library---020 8726 6900-

School, 4-6,7-9 & 10+yrs. 2-7 Sent-RHS Gardens Wisley -Wisley-01483 225329-Wisley Flower Show 3-13 Sept-Yvonne Arnaud

Theatre-Millbrook-Guildford-01483 440000-Lotty's War. 15-17 Sept Bugle Boy the Life Story of Glenn Miller 19-20 Sent Not About Heroes, 13+vrs. 24 Sept-4 Oct Jeeves & Wooster in Perfect Nonsense, www. yvonne-arnaud.co.uk Sept -London Wetland

Centre-Oueen Elizabeth's Walk-Barnes-020 8409 4400-Library---020 8253 1023-Family Bat Walk astonishing Bookstart Rhymeitme for babies aerial acrobatics, with a tall & toddlers & Wiggle & Jiggle by one of the bat experts, bat detectors are supplied 8+yrs. Every Fri-Norbury Library, 12 Sept Wildlife photography --020 8726 6900-Bookstart intermediate skills 14 Sen Bird ringing drop-in session, a Everv Thurs Alternate standard scientific methodology Rock & Rhyme followed used in the study of birds, Daily by Storytime. Last Fri of each Guided tours Every Mon-Thurs month Chatter Books reading & Sat Guide in the hide in the group for 8-12yrs FREE Peacock Tower, Every Tues & Every Fri-Selsdon Library-Thurs Pushbabies, fitness for --020 8726 6900-Bookstart new mums. Every weeker children's activities discover the rhymetime for babies & toddlers. Wiggle & Jiggle, 18mths+ amazing wildlife & learn weird Every Tues Storytime for pre-& wonderful facts regular pond school children Every Sat Rock dins wildlife walks & trails 6 Sent -Thomas Wall Centre & Rhyme for pre-schoolers 1 Benhill Avenue Sutton--Email Tues of the month Arty Crafty

4-8yrs plus parents & siblings. suttonmum2 mummarket@gmail.com verv Sat afternoon teenage reading group. Last Thurs of Mum2mummarket baby children's nearly new sale Every Fri-Waddon Ponds 6 Sent -Mill Studio-Millbrook & Wandle Park---020 8656 -01483 4400 00-Hev Presto 5947-Circular walk through 3+yrs. 13 Sept Theo The Waddon Ponds & Wandle Park Mouse Show, 2+yrs. 20 Sep 2-3 miles, meet outside Lidl Teddy Time with tales about Goldilocks & the Three Bears

Every Fri-Thornton Heath & The Three Little Pigs, bring Leisure Centre-89-110 High along your teddy, 4-7yrs, 2 Street--020 8726 6000 x88965 Sept The Perfect Spot for al ages. 4 Oct The Big Draw a -Aquacise pay as you go workshop in making your own Every Fri-Pavillion Leisure naner windmills based on the Big Draw theme - It's Our Centre-Kentish Way-Bromley -020 8313 9911-Families & under World, drop in workshop for

5.45pm & Families & under co.uk 16's Roller Disco sessions with full skate & safety equipment provided, doors open 6.15pm. Tel: 07970 266790.

Wed morn-Sutton jewellery, soap, fused glass, Arena Leisure Centreceramics, scented candles MiddletonRoad-Carshalton-020 spices, face painting for children & lots more, FREE entry, www. 8770 4088-Women's Recreation Mornings with a wide range surreyindependent of sport & social activities markets.co.uk

6 Sept-Concert Hall-Fairfieldavailable for one single fee, 9-12pm, Daily Playworld fantasy -020 8688 9291-Caribbean play area, 2-10yrs. Carnival Extravaganza. 20 Sept Every Sat-Electric Theatre-Street-Guildford-Sixties Gold Sparks

Showaddywaddy 26 Sept The Osmonds in Concert 2 Oc

Calendar

PARENTS NEWS

ON-LINE

www.parents-news.co.uk

Other features too!



Twitter: @parentsnewsuk

6-7Sept -Hampton Cour Palace-Hampton Court--087 2302200-Live Cookery monthly Tudor cookery sessions Sept-Rural Life Centre Farnham--01252 795571 High Donkey Day Out meet the Donkey Breed Society plus Farnham Beekeepers Honey Show, www.rural-life.org.uk Sept-Quex Park Kent--01843 595143-Gears of Change & Fought for FREEdom Classic Car & Military Show a great day out for all the family with lots to see & do with F1 Simulator. Kent Fire racing mini, driving

course for younger persons, animal corner, food, music & much more under 3's FREE Tel: 07969 058951, www. kentevents.org.uk Sept-Godalming Bandstand Phillips Memorail Park--01483 417051-Music in the Park ferne.org. featuring local musicians, bring 10 yourown picnic & chairs FREE

co.uk Sept-Bough Beech Visito Centre---01732 453880-Woodland Craft Day have a go at woodland crafts of the past try a pole lathe, make a mallet or besom broom, help make a hazel hurdle or a rake, or get sticky with wattle and daub, or make some re-cycled paper

www.godalmingbandstand.

Birchington

&

& weave with willow plus all ages, www.yvonne-arnaud. live folk music for all ages & refreshments available, www. 6 Sent-Godalming Borough kentwildlifetrust.org. Hall-The Burys Godalming--Sept -Honnington Farm 07411 773692-The Godalming Gardens-Southborough---Kent Bazaar selling handmade Italian Car & Bike Day at H

Onnington Country Air from bygone era to present day, all donations, proceeds go directly to Kent Air Ambulance, www. honningtonevents.com. Sept-Charles Dickens

School---01843 280734-Boot Fair entrance FREE children, Tel: 07853 027483 Sept-Selsdon Wood Nature Reserve-Old Farleigh Road-

This infomation also

will have full access to the parts of the castle that would normally be charged for, www. heritageopendays.org.uk Sept-Sanderstead Whyteleafe Wood---020 8726 6900-Wildlife Watch at Night special night time wander over the fields to meet the creatures of the night, badgers, deer, fox & honefully bats 2 hr event need

org.uk

11-14 Sept-Eastgate House

www.heritageopendays.org.uk

Rochester--01634 843666-

to book, 07771 715 812, www.

much more.

2688

Steamer

School-Tunbridge

843666

Countryside

-Rochester--01634

heritageopendays.org.uk

crovdon.gov.uk 12 Sept -Gravesend Farmers Market-Junction with Windmill Street--07775 736116-Local produce to include bread. meat.

Selsdon-020 8726 6900-Open Day with fun activities for all the family, 12-4 p.m. www. friendsofselsdonwood.co.uk 8-13 Sept-Churchill Theatre-Street-Bromley-08448 717 620-Dawn French. 23-2 Sept Joseph and the Amazing Technicolor Dreamcoa, www. atgtickets.com/bromley 9 Sept-Open Seal & Wildlife WatchingTrips---07837 562076-A 1 1/2 hr hour trip to a local seal collony in a National Nature Reserve 9 Sent-Surrey Heath Museum---01276 707284-Last of the Summer Sunshine Catchers

a chance to to see work by today's pupils, FREE, www. drop in fun & craft sessions for heritageopendays.org.uk under 5's, FREE. 13 Sept -Museum of Farnham-9,16,23 Sept-Capel Le Ferne ---Wrap day displaying results Farmers Market---07796 of this year's dig plus talks 432445-An average of 20 stalls from local experts about the every week, entrance FREE, archaeology of the Farnham Tel: 01303 245399, www.capel-

region, www.findingfarnham. com Smallhythe Sent 13 Sept-Chartwell-Westerham-Place -- Tenterden-01580 -01732 868381 -Heritage Open 762334-Valuation Day. Day with family walks, trail, den www.nationaltrust.org.uk/ building & more, FREE entry, smallhythe-place. 20 www.heritageopendays.org.uk Orchard Day explore the

Sent Floral demonstration orchard, nuttery & gardens, with lunch plus stalls with fresh produce & Sept -Quebec Houseextensive craft work plus talks Westerham--01732 868381-& demonstrations throughout Heritage Open Day with a the day, FREE entry, Every Spotter trail for children in Wed & Sat Backstage Tours, the house an activity trail bag find out what happens behind available in the coach house. the scenes. Every Sun Mrs Wolfe's recipes 11 Sept-Ashcroft Theatrerecreate some of Mrs Wolfe's Fairfield-Croydon-020 8688

Musical

18th century recipes including 9291-The Billy Fury Years. potato pudding & lemon drops. 24-26 Sept Pride & Prejudice very Wed Guided tours FREE 30 Sept-4 Oct Blockbuster The 13 Sept-St Luke's Church -Virginia Road Gillingham--11-13 Sent-St Georges Centre--Open Day for Ride or Stride Pemborke Road Chatcham with various stalls, light lunches Maritime---Heritage Open Day,

www.heritageopendays.org.uk 11-14 Sept -Guildhall Museum-Rochester--01634 843666-Heritage Open Day on display will be a selection from some of the hidden treasures of the museum from old toys

& refreshments (plus a bbg at 4 n m) FREE entrance 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 & nostalgia to historical local

artwork for all ages 5+yrs, heritageopendays.org.uk. 16 FREE, www.heritageopndays. 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-Heritage Open Day, with a range Sevenoaks--01732 810378of activities & interpretation to Heritage Open Day learn about, experience & enjoy www.heritageonendays.org.uk this unique heritage, www. 27-28 Sept Apple & orchard weekend 13 Sept -Painshill Park-11-14 Sept -Upnor Castle-Portsmouth Road, Cobham--Heritage Open Day, visitors 01932 868113-Bat Walk an introduction to bats then walk around the lake where you will be able to watch them & listen to them with bat detectors, 8+yrs., to www.painshill.co.uk 13 Sent -Arnhem Gallers Fairfield--020 8688 9291-Hey

Presto family show, 3 Oct American Superslam Wrestling, for all the family, www.farifield. co.uk 13 Sept -Tunbridge Wells Common---01892 554171-Heritage Open Day a 2hr guided walk of the Common, FREE, www.heritageopendays.org.uk 13 Sept -Hayes Village Hall-Bromlev--07534 447088-

Gingham Goose Craft Market seasonal vegetables & fruit & crafts to include handmade 12-13 Sept-Hillcroft Collegejewellery, unique cards, plants --020 8399 2688-Tours of this & flower arrangements, original Victorian mansion house built art, cheese, jams & lots more, FREE entry. in the 1860's, to book 020 8399 13-14 Sept Headcorn

12-14 Sept-Gillingham Pier Aerodrome Ashford--0845 -Pier Approach Road----Paddle 6526263-Southern Model show Medway Queen, for all the family amusements, Heritage Open Day, FREE, crafts, plus flying, boating, car racing, trucks demo's, tanks www.heritageopendays.org.uk 12-14 Sept -St Barnabas all running have a go or ask Church of England Primary the experts. Saturday Hot Air Wells-Balloons, a full size flying Heritage Open Day with display with pyrotechnics & the amazing night model flying. 13-14 Sept-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-London Road Tonbridge-Heritage Open Day with tours of theatre & wardrobe & props areas, backstage, scenery dock & rehearsal rooms. Suitable for all the family plus children's activities to include crafts & join in with The Hoppers. the drama group for 8-13vrs Sat 10-12 p.m, FREE, www.

heritageopendays.org.uk 14 Sent-Brooklands Museum --01932 857381-Cycle Festival with a scootathon for under 10's, on display & in action will be Penny Farthing & other historic bicycles. C5s from C5 Alive, Raleigh Choppers, the Elmbridge Borough Cycle Team & the Hillingdon Slipstreamers

plus lots more. 27 Sept Aviation Day with a kerosene fuelled day of aviation antics & activities 14 Sept-Doddington Place Gardens---01795 886101-Plant & Craft Fair with birds of prev flying at 3 p.m. 14 Sept -Tonbridge Town

Centre River Medway----Dragon Boat Races watch 14 teams compete to win the Dragon hoat Trophy, 10-3 p.m. & rare beetles, FREE, www. FREE entry

14 Sept-Reculver Country Park---01227 740676-Heritage Open Day with an extended archaeological tour of the Roman Fort & remains of the church, tours lasts approx. 1hr & can be booked in advance plus craft activities available in the visitor centre. FREE entry. www.heritageopendays.org.uk Sept -Dartford Farmers Market---07775 736116-Selling wide variety of produce to include seasonal fruit & vegetables, jams, eggs & much more, FREE entry. 19 Sept -South Norwood Lake---020 8726 6900-Last chance of this season to get up

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

close & nersonal to the bats at South Norwood Lake meet at 7 p.m. www.biodiversity@ croydon.gov.uk 20 Sept -Kent Showground-Detling--01622 630975-Paws in the Park dog show events to

include dogstable course dog frisbee displays, agility flyball, terrier racing, K9 athletics, heelwork to music, my dogs got talent, large indoor entertainment zone arena displays undercover shopping mall & lots more. 07976 186882 20-21 Sept-Chatham Historic

Dockyard-Chatham--01634 823845-Salute to the 40's be transported back in time with evacuees & people dressed in their best 1940's attire with dance troops & the best of 1940's entertainers plus to mark the occasion the 'Spirit of

nat's On





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Wells--

spectacular Air Display, 22 Sept Celebrate & discover Croydon's Commemorative event to mark the 100th anniversary of the loss Parks & Open Spaces with a of Hogue, Cressy & Aboukir. family picnic, demonstrations & Until 30 Nov The Royal & the take part in a variety of exciting War at Sea exhibition., www. activities, including bush craft & forest school taster sessions Sent-Chinstead storytelling archery green Valley Primary School- Carboot Sale woodworking demonstrations & with refreshments available, more, limited car parking space, open to sellers from 8 a.m, www.biodiverstity@croydon.

www.chipstead.valley.com. gov.uk 21 Sent -Polesden Lacev-27 Sent-Aylesham Summer Dorking--01372 Carnival ---07747 887143-452048-Hospice 2 Hospice bike ride Traditional summer fun for to include a 30,60 & 80 mile everyone plus a traditional village fete in the afternoon route passing through Bushy

Kent' Spitfire flies overhead in a

thedockyard.co.uk

Park, Newlands Corner & Box before the parade moves, 12-Hill a very similar route to Ride 5p.m. www.avleshamcarnival. 100 & the Olympic Road Race co uk included in registration a FREE Sept-Hever Castle-27-28 Kent-01892 870681-Triathlon bike check, event T shirt, fully for triathletes of all abilities signed & marshalled route, cold refreshments mechanical & www.castletriathlonseries.

recovery support en route-more co uk 3 Oct-Littleheath Woods---020 info visit the Hospice 2 hospice bike ride website 8726 6900-Night Time wander 21 Sept-The Sands Recreation through Littleheath Woods, see Ground-The Sands Farnhamif you can spot a badger or find

-01252782021-The Farnham bats hunting in the night sky, Pilgrim Marathon & Halfmeet at the woodland entrance at 7n m for 1 1/2 hr family event. Marathon a must do race Oct-Assembly Hall for serious runners, www. Theatre-Tunbridge farnhampilgrim.org.uk.

01892 530613-Thankypu for Sept -Happy Valley & the Music Abba Show, www. Farthing Downs-Coulsdon--020 8726 6900-Nature Trail a assemblyhalltheatre.co.uk chance to explore the Happy Valley section of this scenic & varied trail, accompanied by the Countryside Warden, 1 1/2-2hrs, www.croydon.gov.uk

in London Page 10

Back to School

St Lawrence College in positive atmosphere and Ramsgate is a thriving are given every opportunity independent co-educational to fulfil their potential 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 vour child? PARENTS NEWS

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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

Every

Throughout Sept Bodiam term. Whilst stationary and Castle-Robertsbridge--01580 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

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

20 Sept-Bateman's-Burwashabout 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 market over 50 stalls plus lots more, www.westdean.org.uk

items with them unnecessarily and that they carry their school hag correctly



September 2014

Back to School Back to Back Pain

The British Chiropractic "I see an increasing number of Association encourages parents young people complaining of to think about children's back back or neck pain and often it's health this autumn due to the weighty bags they carry. As youngsters have more The British Chiropractic belongings than ever before. Association (BCA) is urging like mobile phones and tablets. parents to think about their there's a tendency for them to

children's posture as part of the overfill their bags but, by doing these two basic things, you preparation for the new school could be helping them avoid school books are important, it's 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 When parents were questioned Footwear is key -

Make sure your child has good footwear; soft-soled shoes that are supportive and have a good grin 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

September 2014

10)

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 learning. homework without. Smiggle's marketing manager go back to school! 87% (130) said seeing fellow

of seeing classroom friends, coupled with a new pencil case was too compelling for their little boy or girl (aged four to Of those parents who admitted that their children were hankering after the classroom

friends was the main reason





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

Every part of the jigsaw counts

sight tests at schools and

Jigsaw recognises children Francesca Marchetti member have different qualities to be nurtured and developed in a safe environment with fun and friendshin 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 can play a significant role in on confidence, self expression detecting and recognising and individuality. They pride conditions that may affect themselves on running small a child's sight by ensuring classes with top quality children receive the appropriate performing arts teachers who vision tests early enough to have the patience to cater for make effective treatment, if and inspire every single child. needed, possible. They plan to instil into children the belief that they can achieve Many parents used to have

their goals, whatever they are,

Back to School

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

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

Anna Cronin-Nowakowska

Partnership Manager, said:

CAFOD's Corporate

charity's work.

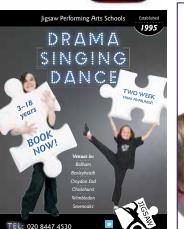
for their children that will help

College of Optometrists

children However sight tests of the College of Optometrists, are very rarely carried out in comments:"We know it can schools today, and screening should not be confused with a be a really busy time getting children ready to go back to full eye examination. Problems 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

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 are more likely to be treated effectively."

> 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 has led to a misunderstanding of the child's intelligence



WEB: www.jigsaw-arts.co.uk

with vision can hinder a child's development which is why we

... Our partnership with SockShop makes a real Examples of vision hindering a 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 ar 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



🖉 @No1Cathedral

www.cafod.org.uk

itching to get back into their 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

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 For information about Smiggle

London Calendar

housing estate.

families, 3-12vrs.

Every

Every

co.uk

Everv

Sat-Horniman

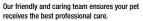
Roval Mews with gifts & cards for all the Ongoing Buckingham Palace---020 family as well as Christmas trees 7766 7302 Family groups self & floral decorations. Christmas directed activities from the art trees will be available. trolley, 5-11vrs Every Sat-Blue Elephant **Ongoing-Royal** Academy of Theatre-Camberwell--020 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+vrs. 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. paintings alive & listening to families 3+yrs, adults FREE. a themed story on the magic very 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 & Wed from 16 Sept. 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 83-97 Regent Street=020 7025 FREE. 30 Sept Hear it Live 6960-Animal Man comes Harnsichord 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 Street Sat-Venn

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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PARENTS NEWS collaboration, all ages, FREE. Pelican, Southampton Way, Elmington, Wyndham & Every weekend Art Trolley Comber, & Sceaux Gardens are sessions encourages children to invited to play at after school imagine & create collages & lots & weekend workshops in this more FREE Every Weekeng Children's Multimedia Guide recently renovated former retail outlet on the Sceaux Gardens fun & interactive a sensory experience for all the family

veekend-London to enjoy, 5+yrs. Daily Family Transport Museum--Covent Resources provides questions & activities which encourage Garden _020_7379_6344-The Family Station choose some children & families to explore FREE activities to do as you art works, FREE. Daily Family explore the museum, families all Trails, under 5's, FREE. weekend in Sept

Ongoing Family Station All Year Round activities for The Royal Observatory-Greenwich _020 8858 4422-Every weekend-Tate Modern-Every weekend throughout Bankside--020 7887 8008-Open September, Meet the Time Studio play & create with ideas Travellers 7+yrs Until 4 Jan & materials from artworks in Longitude Punk'd celebrates the collection displays for all the creation of wacky inventors, ages. Daily Family resources all ages, www.rmg.co.uk/visit with paper based activities for Until 6 Sent-New Londor families all ages, FREE, Daily Theatre -Drury Lane--0844 412 Children's Multimedia Guide 4600-The Elephantom about a keeps children entertained & little girl who is unexpectedly animates art works through visited by a giant blue ghost music video clips & entertaining elephant, 3+vrs davtime performances at 10,11.30a.m & games, 5+yrs, Daily Under 5's Zone a new play space 2.30p.m.

for families, FREE. Until 7 Sept -Natural History Every weekend Start Sessions with Museum-Cromwell Road--020 games, map making & clue 7942 5000-Mammoths: Ice Age matching, 5+yrs, FREE. Giants exhibitions, www.nhm. ac.uk/mammoths .Until 14 Sen Every weekend-Rich Mix-Sensational Butterflies family Bethnal Green--020 7613 7498-Kids' Cine Time family films. friendly exhibition allows you weekend-Temple to wonder through a tropical --020 7222 1234-Harry enclosure, discovering the Potter Locations Tour, 2 1/2 hrs. science behind these delicate weekend-Greenwich creatures & their amazing life Clocktower Market cycles as they evolve from Greenwich High Road---crawling caterpillars into Quirky weekend market has 50 beautiful butterflies, www.nhm. stalls specialising in vintage. ac.uk/sensationalbutterflies retro & antiques with a few Until 28 Sept Britian: One contemporary craft stalls, FREE Million Years of the Human entry, www.clocktowermarket. Story exhibition, www.nhm. ac.uk/britainmillionvears. Daily Every weekend-Tate Britain-Who Do You Think You Really Millbank London--020 7887 Are state of the art interactive 8888-Liminal invites visitors film www.nhm.ac.uk/film into a physical, material & FREE. Daily Family Explorer

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This infomation also

September 2014

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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 including the time a reindeer education. under 7's FREE. 20 Sept Dino Snores for 7-11yrs, joined the crew! www.iwm.org. www.nhm.ac.uk/dino-snores. uk

Museum-

Bank--

6,13,20,27 Sept -National y Investigate Centre explore hundreds of real natural history Maritime specimens, from a shark's jaw Greenwich-020 8312 6565to a meteorite as old as Earth in Explore Saturdays meet a their hands-on science centre. character from the past & take families 7+yrs, FREE. part in an exciting performance. Until 28 Sept-Buckingham 6+yrs, FREE. 7,14,21,28 Sept Palace The State Rooms-Discover Sundays, explore your Buckingham Palace Road --020 personal connections to the sea. 7766 7300-Royal childhood all ages FREE 9162330 special exhibition spanning Sent Play Tuesdays with music. more than 250 years bringing dance & drama, families, under together objects form the Royal 5's, www.rmg.co.uk/visit. Collection, the Royal Archives 8-13 Sept -Peacock Theatre-& the private collections of Portugal Street off Kingswaymembers of the Royal Family -0870 737 0337-British Youth Opera. The Little Green as well as previously unseen photographs & film footage,

Swallow, Tel: 08444 124322. www.royalcollection.org.uk 11 Sept-The Scoop at More -River Thame 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 ships 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/

<u>tallshops</u>

Street_020 7645 0560-Tales 6-7 Sent -Cutty Sark ---020 from MP3 with live music heat 8858 7755-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 Sept -HMS Belfast-Tooley Rufus Wainwright & Earth Street-020 7940 6320 020 Wind & Fire. 7403 0719(f)-Totally Thames, Sept-Dulwich Grove 13

Church Hall---0794 3327312-Cracking codes with drop in family activity sessions where Jumble Sale 11-1 p.m, all you can intercept messages. proceeds go toward the upkeep man hazards & even make un of Dulwich Church. 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 Museum-Cromwell Road--020

31 Dec D-Day Family Trail 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, drop 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/ 10 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 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. trails. 23-27 Sent -The Pheasantry, www.londonfest.co.uk Sept-Lammas Park Pizza Express Jazz Club -28 Kings Road ---Jazz FM hosts Park-Ealing--0113 210 8800-Ealing Half Marathon a mass Junior Latin jam, get kids excited about music a fun participation race starting & family afternoon of pizza & finishing in the park, start 9.15

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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. co.uk, 12-2.30 p.m Prophecy of Prana, 7+yrs 27 Sept -London Trekathon-

-01722 718444-Walk 26 miles

in a day, walking west from the

www. parents-news.co.uk

Meningitis Now

Kensington

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 senticaemia 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. if medication is being Symptoms can appear in any prescribed order and some may not appear ADHD is a common and at all. Advice from Meningitis impairing behavioural Now is not to wait for a rash. condition affecting 5-7% of the symptom

school-aged children with a 0808 80 10 388 higher prevalence in boys. This condition affects parts of the www.meningitisnow.org

required

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 67050 706718 Science Biology & Chemistry A/level By teacher 07771348838 02082419901

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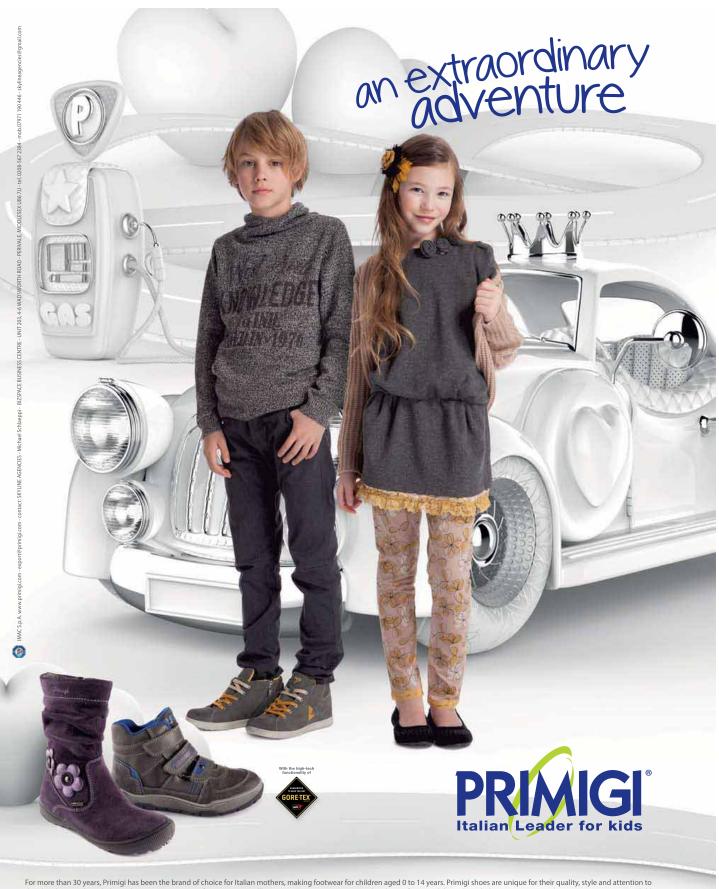
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Equazen eve q

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 ADHD medication with sufferers displaying the 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 ADHD can be disastrous for dietitian notes: "The benefits undiagnosed individuals and their families. Treatment with of this specific omega-3 and omega-6 supplement in stimulant medication such enabling the use of a lower as methylphenidate (MPH) dose of MPH while reducing remains one of the most the side effects of MPH is common approaches to the really good news." management of ADHD "Given the findings were based However, in recent years, concerns have been raised as solely on the specific Equazen eve a formulation this latest to the risk of potential adverse research data should not be effects of MPH. These include translated to other omega-3 and depression skin rashes and omega-6 preparations growth inhibition Despite this Further studies are now during the last six years, there has been a 50 per cent increase ADHD - facts and stats: in UK prescriptions for ADHD Parents should always speak medication prompting some to their family doctor before experts to question whether giving supplements particularly 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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