

PARENTS NEWS

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What's On in September Back to School

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www.slculuk.com

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www.jigsaw-arts.co.uk

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Back to School

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

PRIMIGI Autumn Winter footwear collection 2014-15

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

Plenty of new styles are in store this year.

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

EVERY GIRL HAS HER STYLE

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

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

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

SPORT AND CHIC MOOD FOR SUPER DYNAMIC CHILDREN

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

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

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Creativity in the Classroom

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

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

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

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

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

Sixth Form Open Evening, Tuesday 7th October 2014 at 6.45 pm.
admissions@bro.gdst.net
020 8781 7000
to arrange a visit



Back to School

BROMLEY HIGH SCHOOL

Firing Girls' Imagination Since 1883



OPEN MORNING

Saturday October 4th 2014 9.30 am - 1.00 pm

SIXTH FORM OPEN EVENING

Tuesday 7th October 2014 at 6.45 pm

Find out more about life at Bromley High School

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Blowing the Whistle on GDC Scam.

Orthodontists and the General Dental Council are operating an illegal scam to withhold information from the public about new methods which can avoid almost all extractions and even major jaw surgery. This is being done partly to protect traditional methods and partly to preserve the high incomes of orthodontists and surgeons. Research suggests that this British development is being ignored in the UK while spreading rapidly abroad. As a result hundreds of children and young adults have extractions and jaw surgery, unaware they may be unnecessary.

Some Orthodontists mislead patients, saying that extractions can be avoided although the traditional methods they use leave too little room, risking severe damage to the face. It is wise to explore the internet yourself, many sites make great claims and show beautiful faces but very few show good results before and after treatment. Even the media is scared of disclosing this scandal.

There is another way.

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

ORTHOTROPICS

The alternative to orthodontics with extractions and surgery:



Orthodontics usually requires the extraction of 4 to 8 second teeth although this is frequently denied. Finally was treated by natural methods. No extractions. No 'Train Tracks'. No retainers. Research shows Orthotropics can get much better results than 'Train Tracks'.

Professor John Mew, Tunbridge Wells 01892 526406 and personal 01435 862045
Email: john.mew@virgin.net



TECHNOLOGICAL STEPS WITH GORE-TEX

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



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

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



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



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Back to School

The Economy Explained by Children

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

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

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

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

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

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



www.bromleyhighschool.fluencycms.co.uk/STAR-PERFORMERS
listen www.bbc.co.uk/programmes/b04dmcrh (about 2hrs 9mins)
As the morning progressed, *Laura Harries* and *Lacey Metcalfe* discovered that they too had scored a stunning 10 A*s and a Tablith 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 A*s and A*s at GCSE require sustained hard work across nine or ten subjects over two years, so Results Day is always a moment of real celebration because GCSE success is a reward for consistent effort and enthusiasm as much as intellectual ability. My warmest congratulations to the girls and their teachers."
Angela Drew, Bromley High School

Star Performers

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

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

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

The Mall School

leading London day schools, particularly *St. Paul's School, Hampton School* and *King's College School Wimbledon*. Excellent facilities enable them to offer a stimulating range of educational activities – academic, creative and sporting:
160 seat Creative & Performing Arts Centre
Science laboratories
Art studio
ICT suite
New sports hall opened in 2014
Indoor heated 20m swimming pool
Sports facilities for rugby, football, cricket and athletics at Bushy Park

The Mall School offers a comprehensive after-school

September 2014



To book a personal tour telephone the Admissions Secretary on **020 8614 1082**
Additional information on *The Mall School* website www.themallschool.org.uk

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Nominate family heroes for the 2015 Tommy's Awards

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

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

One in four parents lose a baby during pregnancy or at birth every year and another 60,000 babies are born prematurely. The annual Awards recognise those very special people who have supported each other through tough times, or overcome pregnancy complications to have a family of their own with eight Awards:
Angel, Courage, Doting Dad, First Hug, Grandparents, Healthcare Hero, Super Sibling and Little Champion for the little fighters in your life.

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

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

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

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

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

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

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

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

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

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Fundraising hopes to go sky high at ball

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

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

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

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

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

Back to School

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

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

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

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

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

• Put your smart phone to work in *Crowdsourcing the Collections*. Help Museum

scientists by getting up close and personal with beautiful beetle specimens and take home a souvenir snap of your favourite.

• Meet scientists from *Oxford Brookes University* and see a 3D printer working on larger-than-life models of deadly viruses.

• Enjoy the birds and the bees in the *Wildlife Garden*, open until 21.00. Look for creatures in the pond or search the garden for bats, bees and birds with our experts.

• Keep your eye out for other highlights: play giant snakes and ladders, eat parasite-shaped chocolate and join a live link to the *Johnson Space Center* in Houston. Space is limited for some activities and free tickets for certain events will be available on the night on a first come first served basis.

Friday 26 September 2014, 15.00-22.30

020 7942 5000
Admission: Free
Nearest tube: South Kensington
www.nhm.ac.uk/scienceuncovered

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

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Back to School

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

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

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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

New LegoLand-Windsor-01753 621621 Pirates Landing gets a major re-vamp to become New Pirates Shores featuring Castaway Camp a new pirate adventure play area with more than 100 brand new Lego modes & themed features on the Pirate Falls Treasure Quest log flume ride, plus a new themed restaurant plus lots more

Throughout Sept Bodiam Castle-Robertsbridge-01580 830196 Harvest season and Michaelmas traditions with wakes, revels & hopping. **27-28 Sept** Mop Fair an annual hiring fair in medieval England with medieval jobs on offer. **Every Wed-Heaven at Nutfield-19 High Street-www.heaven-nutfield.com** -Smiley Faces music group for babies & toddlers for up to 2yrs & 2-4yrs, there is also a playroom for under 5's, a café & a crèche. **Until 14 Sept-Spinnaker Tower-Portsmouth--02392 857520** Super Saver family ticket on offer of a family visit 20% saving on standard prices. www.spinnakertower.co.uk

14 Sept-Devil's Dyke-West Sussex-01273 857712 Sedlescombe Farm Heritage Open Day a rare chance to discover this historic downland farm. **FREE**
20 Sept-Bateman's-Burwash-01435 882302 Summer garden tours & tea.
20 Sept -Alfriston Clergy House-Polegate 01323 870001 Bramble-berry ramble a circular 2 mile walk in Cuckmere Valley, returning for tea & scones. **28 Sept** Apple & Orchard day, see woodcrafts & speak to an apple expert.
4-5 Oct-West Dean Gardens-Chichester 01243 811301 Grow! Cook! Eat cookery event with demonstrations throughout the weekend by celebrity chef plus The Big Allotment Challenge with Thane Prince preparing jams & preserves & sharing tips on how to get the best from your own garden harvest. For children there will be hands on workshops including making a musical instrument out of fresh vegetables & workshops on how to make a Pirate Ship. Food market over 50 stalls plus lots more. www.westdean.org.uk

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

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Back to School Back to Back Pain

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

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

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

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

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

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

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

TOP TIPS:

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

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

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

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September 2014

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

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

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

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

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



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

Every part of the jigsaw counts

Jigsaw recognises children have different qualities to be nurtured and developed in a safe environment with fun and friendship at the forefront. With a high volume of talent shows on TV it is often assumed that performing arts is associated with a thirst for fame and stardom. Of course there are many children they teach that are destined for stage success. However, the skills that we develop at **Jigsaw** are much more centred on confidence, self expression and individuality. They pride themselves on running small classes with top quality performing arts teachers who have the patience to cater for and inspire every single child. They plan to instil into children the belief that they can achieve their goals, whatever they are. **020 8447 4530**
www.jigsaw-arts.co.uk

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

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

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

Back to School

College of Optometrists

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

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

Back to School with CAFOD and SockShop

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

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

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London Calendar

Ongoing Royal Mews Buckingham Palace—020 7766 7302 Family groups self directed activities from the art trolley, 5-11yrs.

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

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

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

Every Sun-Hildreth Street Market-Balham SW12—Street Market with fresh food traders sourced from all over London.

Every Mon & Thurs-Holy Trinity Church-Brook Green—07710 023743-Singing & Songwriting sessions for 6-11 & 11-14yrs.

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

Every Sat-Venn Street Market, Clapham Common—020 7622 8259-Offering fine foods & fresh produce plus a variety of handmade crafts will be available throughout Dec

with gifts & cards for all the family as well as Christmas trees & floral decorations. Christmas trees will be available.

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

Every Sat-Horniman Museum-London Road Forest Hill—Object handling themed sessions for families, 6 Sept Hands on Flight, 13 Sept Hands on Animals, 27 Sept BSL for families 3+yrs, **FREE**. **Every Sat** Art Makers have fun with different art techniques to create something fabulous. 13 Sept Hanging Bot Models, 13/20 Sept Owl pencil Holders (transform a simple paper cup into a featherly owl to hold your pencils), 27 Sept 4 Oct Angler Fish Masks, turn yourself into an Angler Fish, families 3+yrs, adults **FREE**.

Every Sun A World of Stories storytelling, families, 5+yrs, **FREE**. **Every Sun** Discovery for All explore thousands of real objects from around the world with the museum's Explainers, all ages & adults, **FREE**. **Every Tues & Wed from 16 Sept**, except 23 Sept BSL Bees live sessions for under 5's & parents & carers, with creative play, stories & songs or simple art & craft. 30 Sept Hear it Live! An informal music session, **FREE**. 30 Sept Hear it Live! Harry Panschard, **FREE**. **Every Sat** Farmers Market, **FREE** entry. 4-5 Oct Revisiting Romania Weekend celebrating Romanian art, music, film & food including concerts by a brass band, craft demonstrations, storytelling, food stalls & more, **FREE**, www.horniman.ac.uk.

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

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

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

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

Every weekend Start Sessions with games, map making & clue matching, 5+yrs, **FREE**.

Every weekend-Rich Mix—Bethnal Green-020 7613 7498-Kids' Cine Time family films.

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

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

Every weekend-Tate Britain—Millbank London—020 7887 8888-Liminal invites visitors into a physical, material & social experience of sculpture through touch, interaction &

collaboration, all ages, **FREE**. **Every weekend** Art Trolley sessions encourages children to imagine & create collages & lots more, **FREE**. **Every Weekend** Children's Multimedia Guide fun & interactive a sensory experience for all the family to enjoy, 5+yrs. **Daily** Family Resources provides questions & activities which encourage children & families to explore art works, **FREE**. **Daily** Family Trails, under 5's, **FREE**.

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

Until 6 Sept-New London Theatre-Drury Lane—0844 412 4600-The Elephantant about a little girl who is unexpectedly visited by a giant blue ghost elephant, 3+yrs daytime performances at 10.11.30a.m. & 2.30p.m.

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

Until 28 Sept Britain: One Million Years of the Human Story exhibition, www.nhm.ac.uk/britainmillionyears. **Daily** Who Do You Think You Really Are state of the art interactive film, www.nhm.ac.uk/film.

FREE. **Daily** Family Explorer backpacks filled with explorer's tools, drawing materials &

PARENTS NEWS

This information also ON-LINE

www.parents-news.co.uk



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

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

11 Sept-The Scoop at More London—South Bank—020 7403 4866-The Croods animated comedy adventure, 4+yrs, **FREE**. 24 Sept The Lego Movie, 4+yrs, **FREE**.

11-13 Sept-Unicorn Theatre for Children—147 Tooley Street—020 7645 0560-Tales from MP3 with live music beat boxing & projection new play for 3+yrs. 18 Sept-12 Oct The Secret Life of Suitcases. 20-28 Sept Something Very Far Away, 8+yrs. **Until 2 Nov** See Saw, 2+yrs.

13 Sept-Hyde Park—020 7306 8056-BBC Proms in the Park with a wide ranging line up of top act to include:

Tenor Vittorio Grigolos, soprano Pumeza Matshikiza, Rufus Wainwright & Earth, Wind & Fire.

13 Sept-Dulwich Grove Church Hall—0794 3327312-Jumble Sale 11-1 p.m., all proceeds go toward the upkeep of Dulwich Church.

13-21 Sept-Design Museum—Shad Thames—0870 833 9955-London Design Festival, www.londondesignfestival.com.

13-21 Sept-Victoria & Albert Museum—Cromwell Road—020 7942 2000 www.vam.ac.uk -London Design Festival with

September 2014

a number of themed events, talks & workshops 20-21 Sept Digital Design Weekend, robotics, inventive electronics, workshops, demonstrations & family activities, **FREE**, drop in. **Every Sat in Sept** Pop Performances with children interactive performance plus costume & drama workshops in the 1980's music scene, **FREE**, drop in for all the family. **Every Sun** Drop in Design create a 3D sculpture with wire **FREE**, drop in, 5+yrs.

Daily Back Packs families activity pack filled with jigsaws, stories & games to explore the collection, 4-11yrs, www.vam.ac.uk.

14 Sept-Kensington Town Hall-Horton Street—01273 697974-Huggles Teddies with 170 exhibitors selling new & antique bears plus a teddy bear hospital, www.huggles.co.uk.

14 Sept-Greenwich Park—020 7239 3164-Run to the Beat help to raise funds for Great Ormond Street Hospital, 13.1 miles, www.gosh.org/gen/events-and-appeals/run-half-marathon-run-to-the-beat.

20 Sept-Hyde Park—Mouth Cancer 10K Awareness Walk, the start & finish area is at the Bandstand, **FREE** to enter, start 1 p.m., www.mouthcancerwalk.org, 01924 950950.

20 Sept-Museum of Childhood-Bethnal Green—020 8983 5200-Play with Design a workshop to design a game & watch a 3D printer create well known games characters, **FREE**, drop in suitable for all the family. 28 Sept Join the Big Draw Party with special guests, Jacqueline Wilson & illustrator Nick Sharratt, **FREE**, drop in for all the family, www.vam.ac.uk/moc. **Until 12 Nov** Daydreams & Diaries, the story of Jacqueline Wilson.

20-21 Sept-Benjamin Franklin House-36 Craven Street—020 7839 2008-Open House with half hourly guided tours, **FREE**, www.benjaminfranklinhouse.org.uk.

20-21 Sept-Old Royal Naval College—01494 764932-Open House with areas not usually open to the public with a **FREE** talk or tour, 10-4.30 p.m.

20-21 Sept-London Open House Weekend—You can visit more than 800 buildings including the View from the Shard plus also the chance to learn more about the city's edifices and landscapes with **FREE**, **FREE** architecture-themed walks, cycle rides & debates, www.openhouselondon.org.uk.

20-21 Sept-Imperial War Museum-Lambeth Road—01722 718444-Walk 26 miles in a day, walking west from the

come & fold an origami paper crane to commemorate World Peace Day & join a creative drop in discussion for young people of all ages **FREE**.

4-5 Oct Introduction to the Holocaust session 14+yrs. **Every Sun** Object Conservations family object handling sessions Ongoing A Family in Wartime exhibition **FREE**. www.vam.org.uk.

21 Sept-Geffrey Museum—Kingsland Rd—020 7739 9893-Brilliant Bunting create ceramic inspired bunting to hang in your home, **FREE** drop in session, www.geffrey-museum.org.uk.

Every weekend & school hols Geffrey explores with **FREE** activity backpacks, audio guides, feely box, quizzes & trails.

23-27 Sept -The Pheasantry, Pizza Express Jazz Club—Kings Road—Jazz FM hosts Junior Latin jam, get kids excited about music a fun family afternoon of pizza & percussion for kids with all sorts of percussion instruments & try out dancing to these fun & fascinating rhythms, **FREE** entry to the Jam for under 5's, to book www.pizzaxpressive.co.uk, 12-2.30 p.m.

27 Sept-London Trekathon—01722 718444-Walk 26 miles in a day, walking west from the

Olympic Park passing famous sights including Buckingham Palace, Big Ben, London Eye passing through parks & waterways & finishing on the Thames at Greenwich by the Cutty Sark, 01722 718444 www.discoveradventure.com/challenge.

27-28 Sept Kensington Olympia West Halls-Hammersmith Road—Vegfest UK with health food cookery demos, entertainment for children & rows & rows of exhibitors offering plant based version of almost anything you can think of to include meat **FREE** chicken & steak, fish **FREE** smoked salmon & tuna, veggie burgers, healthy breakfast ideas & lots more, entrance under 16's **FREE**, www.londonfest.co.uk.

28 Sept-Lamas Park Park-Ealing—0113 210 8800-Ealing Half Marathon a mass participation race starting & finishing in the park, start 9.15 a.m., www.enlpyes.org.uk/ealing, Tel: 0113 210 8797.

2-4 Oct-Barbican Theatre—Silk Street—020 7638 8891 www.lsc.co.uk—Boy Blue Entertainment The Five & the Prophecy of Prana, 7+yrs.

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Classified £1 per word inc vat min 10 words Box - £40.00 inc vat +£5 for colour. Cheque payable to Parents News, 10 The Manor Drive, Worcester Park, Surrey, KT4 7LG Tel: 020 8337 6337 For a receipt send SAE.

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PARENTS NEWS UK

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Equazen eye q

A specific omega-3 and 6 supplement - Equazen eye q - can help reduce symptoms of Attention Deficit Hyperactivity Disorder (ADHD) in children according to a new study. Equazen eye q when taken in combination with ADHD medication can also reduce the dosage of medication required so reducing the side effects.1 Commenting on this new study regarding Equazen eye q, Dr 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 eye q 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 prescribed.

ADHD is a common and impairing behavioural condition affecting 5-7% of school-aged children with a higher prevalence in boys.This condition affects parts of the brain which control attention, impulses and concentration and is characterised by three main types of ADHD traits. These include: the hyperactive-impulsive subtype, inattentive subtype, and the most common, which is the combined subtype with sufferers displaying the majority of ADHD symptoms.

Associated with a range of learning, social, emotional and behavioural difficulties, the effects of unrecognised 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 believe there is a link between a deficiency of long-chain polyunsaturated fatty acids (PUFAs) (eg, EPA and DHA) and the development of ADHD

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Time: 8.00 - 9.15pm

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