

PARENTS NEWS

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What's On in September Back to School

St Lawrence College
www.slccuk.com

www.bromleyhigh.gdst.net

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.

September 2014

Creativity in the Classroom

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

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

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

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

For Girls 4 - 18 years

Fees Assistance & Scholarships available in the Senior School

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



Blowing the Whistle on GDC Scam.

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

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

There is another way.

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

ORTHOTROPICS

The alternative to orthodontics with extractions and surgery.

Orthodontics usually requires the extraction of 4 to 8 sound teeth although this is frequently denied.

Finally was treated by natural methods. No extractions. No 'Train Tracks'. No retainers.

Research shows Orthotropics can get much better results than 'Train Tracks'.

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



When experts disagree, where do you go for answers?
www.Orthotropics.com
Ask an appropriate professional to refer you for a free assessment



john.mew@virgin.net



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 **Anna 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 Anna 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 **Tabitm Duenger** 9 A*s and an A.
In total, 46 girls, half the year group, achieved at least 8 A*s and As and 94% of all entries were graded A*-B.

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

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

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 – sporting, academic, creative and –

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



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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.

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

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

the way to a brighter future for them all. This reflects the hard work of staff and students alike. Free School status – the next crucial phase in our school's development – will enable 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 for 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



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Blagdon Centre 020 8949 2131
email info@oxbridgeuk.com / admin@oxbridgeuk.com Website www.oxbridgeuk.com

Cavendish Centre 020 8949 8838
Website www.oxbridgeuk.com

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

The Mall School

Independent day school for boys aged 4-13 years.

Open Morning
Saturday 11th October, 2014
10 am - 12 noon

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

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

Daily-Lower Morden Garden Centre—020 8337 7781-Sat Play, under 5's.

Daily-Sutton Ecology Centre—Festival Walk-Carsholton-020 8770 5820-Playground fantasy play area, 2-10yrs.

Daily-Rainbow Leisure Centre-Epsom—01372 727277-Toddlers under 5's.

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 stories of seed dispersal, **FREE**, no need to book.

Daily-South Norwood Recreation Ground-Car Green Road-Croydon—020-8760 5707-Fitness Trails for adults & children of all fitness levels to get fit & keep fit. Positioned at each exercise station are signs showing the exercise to be undertaken with the suggested number of repeat repetitions.

Ongoing-Dupass Hill Outdoor Gym—Each item has clear instruction for its use over 12's.

Recently re-opened-Kidplay Cafe—282-284 Lower Addiscombe Road Croydon—Softplay & café, under 5's.

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

Every Sun morn until 28 Dec-Beverley Park -Park View-New Malden-020 8339 1594-Tennis Sessions, junior beginner coaching, 4yrs, & adult beginner class.

Every Mon-Secombe Theatre-Sutton—020 8770 6990-Zumba fitness, 8-11yrs. **Every Tues** Line Dancing. **Every Wed** Ballroom Dance, under 8's to adults.

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

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

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

Every Mon-Walsdon Library—020 8946 7432-Jewellery drop in workshop for adults, **FREE**. **Every Tues**

Coffee morning for over 50s. **Every Tues** IT also Basic IT Training. **Every Wed** Sewing Circle for adults, **FREE**. **Every Wed** French Conversation drop in classes, beginner & intermediate levels, for adults. **Every Wed** Teenage French Tutorials, 8-18yrs. **Every 1st Sat** of month Genealogy Sessions, get help tracing your ancestry, drop in session for all ages. **Every Tues & Thurs** Children's story & rhyme time session. **Every Mon-Kingston Children's Library**—020 8547 6438-Rhyme & storytime sessions for babies, toddlers & under 5's. **Every Thurs** Stories & crafts for under 5's.

Every Mon-Surbition Library—Ewell Road—020 8547 6444-Storytime for under 5's, **FREE**. **Every Tues** Rhyme & storytime for baby & toddlers, **FREE**. **Every Thurs** Knitwits knitting group all abilities, 11-12.30 p.m., **FREE**. **Every 2nd Tues** of month Chatterbooks 9-11yrs, 4-5 p.m., **FREE**. **Every alternate Sats** until 10 Dec Silver Surfers, beginners IT help, 10-12 p.m.

Every Mon-Tudor Drive Library—020 8547 6456-Storytime for under 5's, **FREE**. **Every Tues** Rhymetime for under 5's followed by stay & play until 3.30pm, **FREE**.

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

Every Mon-Lloyd Park—020 8726 6000-Health walk on mainly flat terrain, ideal for beginners, 2 miles last approx 1hr, meet 1am **FREE** & same walk on potentially hilly terrain, 3-miles ideal for advanced walkers, 2pm, **FREE**. **Every Sat** Park run, **FREE** weekly timed 5K run, need to register first.

Every Mon-Parchmore Community Centre—53-55-020 8726 6000 x88965-Circuit for those new to exercise, returning after illness & the more mature exerciser.

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

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

Every Mon until 29 Dec-Kingston Library-Wheatfield Way-Kingston-020 8547 6438-Rhymetime for babies & toddlers **FREE** to library members. **Every Thurs** until 18 Dec Storytelling session for 2-5yrs, term time only **FREE**. **Every 1st Sat** of month Chatterbooks a reading club for children 7-9yrs with a parent or carer, need to contact library to be placed on a waiting list. **FREE**. **Every fortnight** on a Sat Chess Club, all ages & abilities, **FREE**, 10-12 p.m.

Every Mon, Wed & Fri during term time-Little Hamsters Play Cafe—Ham-07432 354274-Relaxed environment for mums & tots 0-5yrs offering coffee, cakes, lunches, soft play

shapes, ball pool, ride on toys, table top activities & puzzles plus outdoor playground with indoor & outdoor seating. **FREE** parking. **FREE** Wi-Fi.

Every Mon-Wed St James's Church Hall-Bodley Road-19m Malden-020 8942 2093-Toddlers Group, 9.30-11.30am

Every Tues Farnham Library—www.bookstart.org Ugly Bounce 'n' Rhyme, **FREE**.

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

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

Every Tues-Mitcham Library—020 8648 4070-Under 5's Storytime & Craft, fun activity, **FREE**. **Every Thurs** CV & Careers Advice. **Last Thurs** of each month, Coffee Mornings. **Every Fri** Knitting Group, need to bring own needles.

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

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

Every Mon-Lloyd Park—020 8726 6000-Health walk on mainly flat terrain, ideal for beginners, 2 miles last approx 1hr, meet 1am **FREE** & same walk on potentially hilly terrain, 3-miles ideal for advanced walkers, 2pm, **FREE**. **Every Sat** Park run, **FREE** weekly timed 5K run, need to register first.

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to experts.

Every Tues-De Staffords Leisure Centre—Caterham-01883 344355-Family Swim.

Every Tues-Riddlesdown Circular Walk—020 8726 6000 x64952-Health walk, 2-3miles, meet 11am at 'Good Companions' pub, Hamsey Green, **FREE**.

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

Every Tues until 23 Dec-Old Malden Library—020 8547 6467-Rhymetime up to 3yrs, and storytime for under 5's, **FREE**. **Every Sat** until 28 Dec rhymetime with rhymes & singing for under 5's, 10.30-11 a.m., **FREE**. 2nd Tues of the month chatterbooks plus book related puzzles & activities, 7-11yrs, 4-5 p.m., **FREE**. **Every fortnight** on Fri until 19 Dec Knit & Natter.

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

Every Tues & Thurs-West Barnes Library—020 8274 5789-Classes for those wishing to learn to use the internet which runs for 6 weeks. **Every Tues** Rendezvous Club for over 55's. **Every month** Art Club for children, toputyourchild'sname forward to join need to speak to member of staff in library. **Every Fri** Toddlers Rhyme Time & musical activities, 0-5yrs.

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

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

Every 3rd Wed of the month-Richmond Library—020 8734 3303-Chatterbooks reading group, 8-9yrs, 4.30pm, **FREE**. 1st Thurs of month Tiny Teddies sessions baby bounce & rhyme, **FREE**.

Every Wed-Ham Library—020 8734 3354-Storytime session, under 5's, **FREE**. 1st Fri of each month Tiny Teddies sessions baby bounce & rhyme, **FREE**.

Every Wed-Watermans-48 High Street-Brentford—020 8232 1010-mom Parents & babies screenings. **Every Sat** Drama Zone 5-8 & 9-14yrs. **Every Sat** mom Family Cinema, 1 adult goes **FREE** with every one paying child.

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

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

Tiny Teddies sessions baby bounce & rhyme, **FREE**.

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

Every Wed-Tudor Hall-Kingston—020 8893 4250-Jungle body fitness class using boxing, dance, cardio & pilates inspired moves, 7.30-8.30 p.m.

Every Wed-Sunderstead Library—020 8726 6900-Bookstart rhymetime, babies & toddlers, Wiggle & Jiggle, 18mths-yrs, Storytime 2½-yrs. **Fortnightly** Rock & Rhyme for pre-school children, **FREE**.

Every Wed-Unitarian Church-1 The Flyover—020 8726 6000 x88965-Zumba Latin inspired dance music & rhythms, all abilities.

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

Every Wed until 18 Dec-Hook & Chessington Library—020 8547 6480-Rhymetime with songs & rhymes followed by half an hour of playtime, 10.30-11.30am, **FREE**.

Every Thurs-Toddlers Group—020 8726 6000 x88965-Circuits Low intensity for mature exercisers.

Every Thurs-Croydon Sports College—Croydon High School—020 8726 6000 x88965-Circuits Low intensity for mature exercisers.

Every Thurs-South Norwood Leisure Centre—164 Portland Road—020 8726 6000 x88965-Acquise sessions.

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

Every Thurs until 18 Dec-New Malden Library—Kingston Road—020 8547 6438-Story time for under 5 yrs, **FREE**, 10.30-11 a.m. **Every Thurs** until 18 Dec Get back to work group with job searching & application, CV writing, an IT drop in session for PC queries in partnership with Jobcentre Plus, 9.30-11 a.m. & 11-12.30



Twitter: @parentsnewsuk

Church New Malden-Parent & Toddler Group

Every Thurs-Tolworth Recreation Centre—020-8391 1882-Badminton Club for intermediate/advanced level, **020 8395 9175**.

Every Thurs-Bentall Centre—Kingston-Air/Land or Sea, 'Make & Take' workshops children can create their own costume or T-shirt, **FREE**. www.kingstonfirst.co.uk. **Every Thurs** Watch magic tricks & learn to do some at home held on 3rd floor.

Every Thurs-Norbury Park and Norwood Grove—020 8726 6900-A circular walk through Norbury Park & Norwood Grove, 2-3 miles, meet at Norbury Train Station, 1.30pm, **FREE**. 21 Aug **Butterfly Walk**, 2 hrs around the park to learn about these insects, **07968 832508**.

Every Thurs-Selsdon Baptist Church—Addington Road—020 8726 6000 x88965-Circuits Low intensity for mature exercisers.

Every Thurs-Croydon Sports College—Croydon High School—020 8726 6000 x88965-Circuits Low intensity for mature exercisers.

Every Thurs-South Norwood Leisure Centre—164 Portland Road—020 8726 6000 x88965-Acquise sessions.

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

Every Thurs Methodist

Calendar

PARENTS NEWS

This information also ON-LINE

www.parents-news.co.uk

Other features too!

Every Fri-Kew Library—Storytime session, under 5's, **FREE**.

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

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

Every Fri-Bradmore Green Library—Old Coudson—020 8726 6000 X64952-Bookstart Rhymetime for babies & toddlers, Wiggle & Jiggle, 2-4yrs. **Every Mon** Storytime 2½-yrs & Chatterbooks reading group for 8-11yrs. **Fortnightly** **Every Sat** Rhymetime, **FREE**.

Every Fri-Broad Green Library—020 8726 6900-Bookstart Rhymetime 0-5yrs. **Fortnightly** on Sat Rock & Rhyme for pre-school children. **Every Wed** Arty Crafty computers drop in sessions for under 5's, parents & carers, **FREE**.

Every Fri-South Norwood Library—020 8726 6900-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 babies & toddlers, Wiggle & Jiggle for 18mths+. **Every Thurs** Storytime for 2½yrs. **Every Sat** Rock & Rhyme for babies & toddlers. **Monthly** story & craft workshops, 5-10yrs.

Every Fri-New Addington Library—020 8253 1023-Bookstart Rhymetime for babies & toddlers & Wiggle & Jiggle, 18mths+, **FREE**.

Every Fri-Norbury Library—020 8726 6900-Bookstart Rhymetime. **Every Thurs** Wiggle & Jiggle. **Alternate Sat** Rock & Rhyme followed by Storytime. **Last Fri** of each month Chatter Books reading group for 8-12yrs, **FREE**.

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

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

Every Fri-Caterham Valley Library—www.surrey.gov.uk/kidsult -Rhymetime, **FREE**. **Every Thurs** Storytime, **FREE**.

Every Fri-Dorking Library—www.surrey.gov.uk/kidsult -Rhymetime, **FREE**.

Every Fri-Redhill Library—www.surrey.gov.uk/kidsult -Rhymetime, **FREE**.

Every Fri-Warlingham Library—www.surrey.gov.uk/kidsult -Storytime, **FREE**.

Every Fri-Teddington Library—Walgrave Road—020 8734 3304/5-Storytime session, under 5's, **FREE**. **Every 2nd Wed** of the month Chatterbooks reading group, 8-9yrs, 4.20pm, **FREE**. 1st Thurs of month Tiny Teddies sessions baby bounce & rhyme, **FREE**.

Every Fri-morn-Kingston Museum and Heritage Centre—Wheatfield Way-Kingston-020 8547 5006-Snappy the Crocodile's activities for under 5's with songs, stories & crafts, **FREE**. **Ongoing** Remembering Kingston at War exhibition. 2 Oct Collecting Kingston, stories of the borough told through a tour of the museum, **FREE**.

3rd & 4th Sat of the month-Norbiton Children's Centre-Kings Oak Primary-Dickerage Lane-020 8949 6065-Who Let the duds out Play session for under 5's, 10-12.30pm.

3rd Sat of every month-Maple Road Surbiton Farmers Market—www.surbitionfarmersmarket.co.uk -Offering a wide selection of fresh seasonal produce.

Every Sat-Electric Theatre—Onslow Street-Guildford-01483 444789-Little Sparks in the Café Bar with music, games, songs, stories & puppets & Sparkles Dance drop in classes for 5-9yrs. **Every Mon & Tues** after school The Man in the Moon Weekly drama workshops, 6-14yrs. **Every Wed** All Star Choir, 8-14yrs.

Every Sat-Heathfield Library—020 8734 3356-Storytime session, under 5's, **FREE**. **Last Tues** of each month Tiny Teddies sessions baby bounce & rhyme, **FREE**.

Every Sat-Wimbledon Park—Free-standing Gazebo behind thesailling&watersportcentre. Volleyball outside sessions for all levels for local residents in Wimbledon & Merton, **FREE** from 10-12pm, info@wimbledonvolleyballclub.com, www.gospike.net.

Every Sat-Early Learning Centre The Bentalls Centre—A Playologist will be on hand to make children have the best fun possible with ELC products, they can have their faces painted, mess with play-doh & lots more from 10am.

Every Sat-The Green Dragon—58-60 High Street-Croydon-020 8667 0684-Storytime for families 3-7yrs, drop in 2hr session with stories, puppets, arts activities & songs, **FREE**.

Every Sat morn-Canbury Park Gardens—Kingston—Fitness in the Gardens low impact outdoor cardio exercise for all with power walking, jogging & stretching, 10-11am, **FREE**. info@AHM-Go.com.

Every Sat morn-Canbury Gardens—Kingston-020 8547 6422-Low impact outdoor cardio exercise for all with power walking, jogging & stretching, 10-11am, **FREE**. **First Sat** of every month-New Malden Children's Centre-Burlington Road-New Malden-020 8336 1561-Saturdays Group with breakfast & fun activities for dads/male carers & their children up to 5yrs. **Every Mon** Stay & Play 0-18mths

27-Sep-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 Glem Miller, 19-20 Sept Not About Heroes, 13yrs. 24 Sept-4 Oct Jeeves & Wooster in Perfect Nonsense, www.yvonne-arnaud.co.uk

5 Sept -London Wetland Centre-Queen Elizabeth's Walk-Barnes-020 8409 4400-Family Bat Walk astonishing aerial acrobatics, with a talk by one of the bat experts, bat detectors are supplied 8yrs. 12 Sept Wildlife photography: intermediate skills, 14 Sept Bird ringing drop-in session, a standard scientific methodology is used in the study of birds, **Daily** Guided tours. **Every Mon-Thurs & Sat** Guide in the hide in the Peacock Tower. **Every Tues & Thurs** Pushbabies, fitness for new mums. **Every weekend** children's activities discover the amazing wildlife & learn weird & wonderful facts, regular pond dips, wildlife walks & trails.

5-7 Sept-Rose Theatre—08444 821556-A Midsummer Night's Dream. 13-14 Sept Captain Flinn & the pirate dinosaurs suitable families, 2yrs. 16-20 Sept The Shoos to Conquer. Until 31 Oct Galsworthy & the Human Battles on the Home Front exhibition. **Every Mon** Rhyme Time bring the little ones to the Swallow Bakery for a **FREE** morning of rhyming, singing & laughter, www.rosetheatrekingston.org

6 Sept -Thomas Wall Centre Sutton-Mum2mummarket baby & children's yearly new sale.

6 Sept -Mill Studio-Millbrook-01483 444000-Hey Presto, 3-5yrs.

13 Sept Theo The Mouse Show, 2yrs. 20 Sept Teddy Time with tales about Goldilocks & the Three Bears & The Three Little Pigs, bring along your teddy, 4-7yrs. 27 Sept The Perfect Spot for all ages. 4 Oct The Big Draw a workshop make own paper windmills based on the Big Draw theme - It's Our World, drop in workshop for all ages, www.yvonne-arnaud.co.uk

6 Sept-Godalming Borough Hall-The Bursys 07411 773692-The Godalming Bazaar selling handmade jewellery, soap, fused glass, ceramics, scented candles, spice, face painting for children & lots more, **FREE** entry. www.surreyindependentmarkets.co.uk

6 Sept-Central Hall-Fairfield-020 8688 9291-Caribbean Carnival Extravaganza. 20 Sept Showdaddy, 20 Sept The Osmonds in Concert. 2 Oct Sixties Gold.

6-7 Sept -Hampton Court Palace-Hampton Court-0871 2302200-Live Cookery monthly Tudor culinary sessions.

7 Sept-Rural Life Centre-Farnham-01252 795571-Donkey Day Out meet the Donkey Breed Society plus Farnham Beekeepers Honey Show, www.rural-life.org.uk

7 Sept-Godalming Bandstand Phillips Memorial Park-01483 417051-Music in the park featuring local musicians, bring your own picnic & chairs, **FREE**. www.godalmingbandstand.co.uk

7 Sept-Wimbledon Common Nature Club Wildlife Watch-020 8546 6154-Shelter Building. 5 Oct Fungi Foray, 10-12 noon, 6-14yrs.

7 Sept-Selsdon Wood Nature Reserve-Old Fairleigh Road-Selsdon-020 8726 6900-Open Day with fun activities for all the family, 12-4 p.m., friends@selsdonwood.co.uk

9 Sept-Surrey Heath Museum-01276 707284-Last of the Summer Sunshiners Catchers drop in fun & craft sessions for under 5's, **FREE**.

11 Sept-Ashcroft Theatre-Fairfield-Croydon-020 8688 9291-The Billy Fury Years. 24-26 Sept Pride & Prejudice. 30 Sept-4 Oct Blockbuster The Musical.

11-14 Sept-Warren House-Kingston-020 8547 1777-Open Day with tours of the house, www.heritageopendays.org.uk

12 Sept-Sanderstead to Whiteleaf Croydon-020 8726 6900-Wildlife Watch at Night special night wander over the fields to meet the creatures of the night, badgers, deer, fox & hopefully bats, 2 hr event, need to book, 07771 715 812, www.croydon.gov.uk

12-13 Sept-Hillcroft College-Tours of this Victorian mansion house built in the 1860's, to book 020 8399 2688.

13 Sept-Museum of Farnham-Wrap day displaying results of this year's dig plus talks from experts about the archaeology of the Farnham region, www.findingfarnham.com

13 Sept -Painhill Park-Portsmouth Road, Cobham-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, 8yrs., www.painhill.org.uk

13 Sept-County Hall-Kingston-Heritage Open Day, www.heritageopendays.org.uk

13 Sept -Arnhem Gallery -Fairfield-020 8688 9291-Hey Presto family show. 3 Oct American Superhuman Wrestling, for all the family, www.fairfield.co.uk

13-14 Sept -Cellar of John Lewis discover the chalk & flint vaulted cellar built c.1350 and the remains of a medieval bridge c.1170 in the basement of John Lewis, 10-4 p.m., www.heritageopendays.org.uk/directory/JohnLewisKingston

14 Sept-Brooklands Museum-01932 857381-Cycle Festival with a scotchar for under 10's, on display & in action will be Penny Farthing & other historic bicycles, C5s for All, Raleigh Choppers, the Elmbrook Borough Cycle Team & the Hillingdon Slipstreamers plus lots more. 27 Sept Aviation Day with a kerosene fuelled day of aviation antics & activities.

14 Sept-Lovekyn Chapel -020-kingstonfirst.co.uk -Open Day, Medieval chantry chapel & thought to be the only surviving **FREE**-standing chantry chapel in the country, www.heritageopendays.org.uk/

directory/lovekyn-chapel

19 Sept-South Norwood Lake—020 8546 6900>Last of this season to get up close & personal to the bats at South Norwood Lake, meet at 7 p.m., www.biodiversity@croeydon.gov.uk

20 Sept -St Mark's Church Hall-St Mark's Hill Surbiton -Mum2mummarket childrens nearly new sale, 2-4p.m.

21 Sept-Christhead Valley Primary School—Carboot Sale with refreshments open to sellers from 8 a.m., christheadvalley.com

21 Sept -Polesden Lacey-Dorking-01372 452048-Hospice 2 Hospice bike ride to include a 30.60 & 80 mile route passing through Bushy Park, Newlands Corner & Box Hill a very similar route to Ride 100 & the Olympic Road Race, included in registration a **FREE** bike check, event T shirt, fully signed & marshalled route, cold refreshments, mechanical & recovery support en route, more info visit the Hospice 2 hospice bike ride website.

21 Sept-The Sands Recreation Ground-The Sands Farnham-01252782021-The Farnham Pilgrim Marathon & Half-Marathon, a must do race for serious runners, www.farnhampilgrim.org.uk

21 Sept Happy Valley & Farthing Downs-Couldson-020 8726 6900-Nature Trail a chance to explore the Happy Valley section of this scenic & varied trail, accompanied by the Countryside Companion, 1½-2hrs, www.croydon.gov.uk

23-27 Sept -New Victoria Theatre Woking—01483 545900-Northern Ballet Three Little Pigs child friendly performance will last approx 25 mins, tickets 0844 871 7645.

24-28 Sept-Polka Theatre-240 The Broadway-Wimbledon-020 8543 4888-Sparkle interactive performance & play session for babies, toddlers & young children, 6mths-4yrs. 24 Sept 12 Oct We're Going on a Bear Hunt, 3-7yrs, www.polkathatre.com

27 Sept-South Norwood Country Park—020 8726 6900-Celebrate & discover Croydon's Parks & Open Spaces with a family picnic, watch the demonstrations & take part in a variety of exciting activities, including bush craft & forest school taster sessions.

14 Sept-Brooklands Museum-01932 857381-Cycle Festival with a scotchar for under 10's, on display & in action will be Penny Farthing & other historic bicycles, C5s for All, Raleigh Choppers, the Elmbrook Borough Cycle Team & the Hillingdon Slipstreamers plus lots more. 27 Sept Aviation Day with a kerosene fuelled day of aviation antics & activities.

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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.

Junior School: Children flourish in the secure and

St Lawrence College

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

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OCTOBER 2014 OPEN DAYS

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

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

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

Day Trips

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

Throughout Sept Bodiam Castle-Robertsbridge-01580 830196 Harvest season and Michaelmas traditions with wakes, revels & hopping. **27-28 Sept** Mop Fair an annual hiring fair in medieval England with medieval jobs on offer. **Every Wed-Heaven at Nutfield-19 High Street-www.heaven-nutfield.com** -Smiley Faces music group for babies & toddlers for up to 2yrs & 2-4yrs, there is also a playroom for under 5's, a café & a crèche.

Until 14 Sept-Spinnaker Tower-Portsmouth--02392 857520 Super Saver family ticket on offer of a family visit 20% saving on standard prices, www.spinnakertower.co.uk
14 Sept-Devil's Dyke-West Sussex-01273 857712 Seddlescombe Farm Heritage Open Day a rare chance to discover this historic downland farm, **FREE**
20 Sept-Bateman's-Burwash-01435 882302 Summer garden tours & tea.
20 Sept -Alfriston Clergy House-Polegate 01323 870001 Bramble-berry ramble a circular 2 mile walk in Cuckmere Valley, returning for tea & scones. **28 Sept** Apple & Orchard day, see woodcrafts & speak to an apple expert.
4-5 Oct-West Dean Gardens-Chichester 01243 811301 Grow! Cook! Eat cookery event with demonstrations throughout the weekend by celebrity chef plus The Big Allotment Challenge with Thane Prince preparing jams & preserves & sharing tips on how to get the best from your own garden harvest. For children there will be hands on workshops including making a musical instrument out of fresh vegetables & workshops on how to make a Pirate Ship. Food market over 50 stalls plus lots more, www.westdean.org.uk

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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.
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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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September 2014

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

PARENTS NEWS
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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

College of Optometrists

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

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

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

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

Examples of vision hindering a child's development:

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

Back to School with CAFOD and SockShop

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

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

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