

PARENTS NEWS

April 2015 No. 196 The First & Foremost Local Monthly Newspaper for Families

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www.rarebreeds.org.uk

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St Lawrence College
www.slccuk.com

www.jigsaw-arts.co.uk

Three Editions in South-East England



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www.parents-news.co.uk

www.kingstonfirst.co.uk

London South
East Surrey & West Kent

We have asked three families to review some **Primigi** shoes for us and give us a critique based on comfort wearability and style.

Mum & Dad Simon and Lucy with a girl Lois and boy Reuben. Lucy, is co-founder and editor of



'PRIMIGI SHOE REVIEW

www.fussybird.co.uk and www.itsamummylook.com

Lois tried *Baby Nordic Cybill* girl's shoes: *The Baby Nordic Cybill* booties have become a firm favourite for my little girl. Lois is 16 months old and has only been walking for two months, so I like that they give a bit of ankle support. The thick rubber soles give her a good grip and make the shoes nice and robust. While initially being wary of the laces - surely too fiddly for busy mornings? - the shoes are beautifully made of good quality leather, making them easy to open wide when putting on (great for her high instep). The laces, while a little too long, can be doubled up to keep them safe and to

deter her from fiddling with them. Style-wise, though pink, they are not overly girly, which I like. More of a subtle dusky rose colour, they feature a hint of shimmer with little star and disc motifs to keep them fun. The almost metallic shade means they work with most outfits and, alongside the great quality, comfort and ease of putting on, this is another reason they score highly. Reuben tried Aygo Cocky boy's trainers: These striking Aygo Cocky trainers are a lovely bright blue colour with a thin neon yellow trim along the sole, making them look really high-end. Already a thumbs-up from Mummy

for style. In fact, I'd like a pair myself! My son looks super-cool in them and they're easy to get on and off in a rush (do three-year-olds do anything slowly?), thanks to the elasticated laces and single Velcro strap.



Design-wise, you couldn't ask for more for an active little boy. Anti-shock cushioning in the soles and a generous shape means he has plenty of freedom of movement and his feet are both comfortable and protected, no matter

how many walls he's jumping off. They're also surprisingly lightweight, and I love the fact that you can remove and wash the leather insoles (anatomically fitted to support busy feet), as when it comes to boys' trainers, hygiene is key!

Mum & Dad Julie and Rob with daughter Lila. Rob is a stay at home dad He reports: for Lila age 6.shoes: *SP Trendy ORTHIA* "Wow, Daddy, they are so cool!" ----- and they are. Incredibly soft, comfortable and hard wearing, I would definitely recommend these shoes to anyone whose child likes to walks her dog, runs, plays and still wants to look cool.

www.primigi.com.

April 2015

Who knew six year old girls were so fashion conscience?

Parents Laurie and Gill, both working, have two children. They reported on their son Fin, who tried out: Boy *TRENDY DIAMOND* and parents reported:

Fin loves his. Very comfortable, easy for him to get on and off and they look great. He wore them to a christening and they looked very smart with chinos and a shirt, but could have easily paired them with jeans and a t-shirt. Overall, very pleased with them.

April 2015

Birdworld

Birdworld is a great day out for all of the family. Admission includes entry to the *Bird Park* and gardens, *Underwater World* and the *Jenny Wren Farm*. The park is open every day and there are daily timed events including Penguin feeding, Outdoor Flying

capers with *Pirate Week*. If you can't make it during Easter then don't worry because *'Love Your Zoo'* week runs throughout the *May half term*.

Come face to face with some of the more unusual slithering and crawling residents during this

fantastic week of discovery. For the ultimate value why not take out a *Birdworld Annual Pass* allowing you to come to all of these great events plus a summer holiday packed with even more brilliant days out. For full details visit the website at www.birdworld.co.uk



display and Animal Encounter at the farm. Catering is available around the site but there is also plenty of space to picnic.

The Easter holidays are packed with fun and adventure. On **Wednesday 1st April** and **Wednesday 15th April** they will be holding *Birdworld Easter Egg Hunts*. From **7th to 10th April** there is a full week of swashbuckling

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Battersea Park Children's Zoo

Visit family-friendly *Battersea Park Children's Zoo* for a great day out with the children. Located in *Battersea Park* in the heart of London, right next to the River Thames, the zoo offers a perfect blend of animal adventures and playground fun.

Children can get up close to an amazing range of animals, including emu, chipmunks, bearded dragon lizards, capuchin monkeys, lemur, tamarins, ferrets, parrots, snakes, mice, coati and ring tailed lemur.

They can meet resident wallabies *Boomer* and *Junio*, laugh at the antics of emus *Ant* and *Dec*, and spy on the meerkats in the secret lookout tunnel.

There are special activity days for children throughout the year, such as *Hedgehog Adventures*, *BLAZA Big Bug Bonanza Week*, *Reptile Days*,

Meerkat Days, *Monkey Days* and *Halloween Fun Days*.

And don't forget the fun-packed adventure playground, with its tractors, diggers, water play, sand pit, rides and life-sized fire engine. Birthday parties and school groups are welcome and animal adoptions are also available. See the website for further details. *Battersea Park Children's Zoo*, Battersea Park, Chelsea Embankment, London SW11 4NJ

020 7924 5826
www.batterseaparkzoo.co.uk

Battersea Park Children's Zoo... who will you see?

From cheeky monkeys to leaping lemurs, noisy otters to snuffling coatis, who will you come face to face with?

PLUS our fun play area for kids of all ages!

Visit our website www.batterseaparkzoo.co.uk
we're passionate about wildlife

Tel: 020 7924 5826
Battersea Park, Chelsea Bridge Gate
Battersea London SW11 4NJ

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.



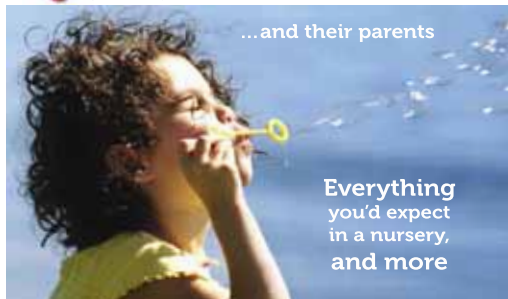
When experts disagree, where do you go for answers?
www.Orthotropics.com
Ask an appropriate professional to refer you for a free assessment

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



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www.activelearningchildcare.co.uk

Easter Fun at Birdworld!

Easter Egg Hunt -
Wednesday 1st & 15th April 2015

Pirate Week -
Tuesday 7th - Friday 10th April 2015

Birdworld 2 for 1 TICKET OFFER

One entry FREE with one full paying visitor!
(cheapest ticket FREE - please present this voucher)
Not valid in conjunction with an Annual Pass, Tesco Vouchers or any other ticket offer

Valid 28th March - 19th April 2015

Thumbs Up!

It's Thursday!

FREE ACTIVITIES IN KINGSTON FOR KIDS AGED 2-11

SPRING SPECIAL
APRIL 2 & APRIL 9
MAY 28

Visit KINGSTONFIRST.CO.UK FOR VENUES AND MORE INFORMATION

Valid 28th March - 19th April 2015

Easter Fun and Lambing at the Rare Breeds

Lambs, lambs and more lambs here at **The Rare Breeds Centre**.....Everyone is excited about the arrival of the star attractions, due from the middle of March and throughout the school holidays. You may be lucky enough to see a lamb being born or feed a sock lamb! We will also have an explosion of cute little Easter chicks and of course cheeky piglets too!

Easter wouldn't be Easter without chocolate so why not take part in the **Chocolate Bunny Hunt**.....great fun for kids and grown-ups too and there's always their own **The Easter Bunny** to help you (Easter week end only).

Thursday 2nd April marks the start of the famous pig racing season. The new seasons racers are a cross between Tanworth and Gloucester Old Spot, chosen especially for their speed and agility. Don't miss this, it's great fun and you could even be picked to run with the pigs!!

The fantastic **Easter show** this year is **Monster Emporium**, an exciting live 'puppet show' suitable for all ages... performances are 12 noon, 1 pm and 2pm in the **Benson Barn**. (Easter week end only).

All this and the usual fun of the farm, including **Meet the**

Animals (and maybe feeding lambs) and **Creepy Crawlies**, Falconry displays, trailer rides and exciting outdoor and indoor play areas. (Some activities are subject to weather conditions). Plus the beautiful woodland walks, to the **Secret Lake**why not take a picnic or you can eat delicious food at very reasonable prices in The **Granary** restaurant....

You can tickets book online www.rarebreeds.org.uk or call

01233 861493
info@rarebreeds.org.uk
for more information.



Easter fun!

...and lambing all through the holidays!

See our "Monster Emporium"

Meet the Easter Bunny
join our **chocolate hunt**
go **pig racing** and help
with the **lambing!**

Find out what's on... **01233 861 493** / info@rarebreeds.org.uk
RareBreeds.org.uk

April 2015

The Historic Dockyard Chatham

Last summer, the amazing **Doc Yard** stunned audiences at **The Historic Dockyard Chatham** with the discovery of **AIR Dockyard Gas**. Doc is away at the **World Scientist Convention** in Australia to discuss an even more exciting project which will be unleashed in the summer of 2015.

Doc's Assistant **Bunsen** has been left in charge of Doc's **Secret Lab** and needs help from **Dockyard Techsplorers** of all ages to complete the challenges that Doc has set, including: what way does water go down the drain? When is a liquid not a liquid? How strong is water? How does plastic work? These hands-on 30 minute sessions are full of wet, squidy and warm experiments and visitors can take home some of things they make! They run from **7th - 19th April**, are all included in the normal dockyard admission price and places are allocated on a first come, first served basis.

The Naval Dockyard at Chatham was a centre of shipbuilding excellence for nearly 400 years and constantly at the forefront of new technology. Today, the many buildings, exhibits, artefacts and three historic warships preserved at **The**

Historic Dockyard give a fascinating insight into the way Chatham supported the Royal Navy. **Doc** and **Bunsen** carry on the great scientific, engineering and mathematical traditions of the **Dockyard** by promoting **STEM** subjects to

the next generation of young innovators. Information on **The Historic Dockyard's** galleries, attractions, admission prices and **STEM** programmes can be found at www.thedockyard.co.uk



PAY ONCE VISIT AGAIN & AGAIN TICKET VALID FOR A YEAR

DOC. YARD'S SECRET LAB

7 - 19 APRIL 2015

Hands-on science with lab assistant Bunsen!

Swirl, squeeze, mould and melt to investigate how solids and liquids help and hinder in the Dockyard.

thedockyard.co.uk

Activities are included in the price of an annual ticket. Places are limited and allocated on a first come, first served basis.

April 2015

Help: have you seen this duck?



A group of **GIANT** ducks will be landing at **WWT Wetland Centres** this Easter, and they need your children to help them find them all! The **GIANT** rubber duck hunt will take place at **WWT's** eight **Wetland Centres** across Great Britain, promising prizes and lots of family fun for the holidays.

On arrival you'll be given an activity sheet to take a trail round the grounds, where you'll need to search high and low – and use all your hide-and-seek skills to find these rubbery yellow visitors. There are prizes and yummy treats to be won, as well as a certificate for taking part.

Hannah Clifford from **WWT** said: "Our wardens are great at spotting all the baby ducklings, goslings and cygnets waddling

around our wetland nature reserves right now. But for some reason they keep missing these cheeky **GIANT** yellow rubber ducks – so we desperately need your help to find them!"

Find the **Wetland Centres** across Great Britain at Arundel (Hampshire), Caerlaverock (nr Dumfries), Llanelli (Carmarthenshire), London (at Barnes), Martin Mere (Lancashire), Slimbridge (Gloucestershire), Washington (Tyne & Wear) and Welney (Norfolk).

Many **WWT Wetland Centres** will also have daily family activities during the Easter holidays to keep visitors of all ages entertained, including walks and talks, craft sessions, bug hotel building and pond dipping.

WWT Wetland Centres are easy, safe places to enjoy the wonders of wetland wildlife. **WWT** offers eight different **Wetland Centre** experiences across Great Britain where adults and children can have close encounters with some of the world's most dramatic and rare birds, surrounded by stunning scenery. And it's not just birds – some centres are home to mammals, reptiles and creepy crawlies too!

All **WWT Wetland Centres** are fully accessible, have comfortable hides, buggy and wheelchair friendly pathways, a fully stocked cafe and gift shop and disabled and parent & baby facilities. For a full range of Easter holiday activities, find your nearest **WWT Wetland Centre** www.wwt.org.uk

London Wetland Centre

Come on our GIANT Easter Duck Hunt

Find us and win a prize!

Saturday 28 March – Sunday 12 April

For full details see www.wwt.org.uk/london

WWT London Wetland Centre, Queen Elizabeth's Walk, Barnes SW13 9WT
t 0208 409 4400 e info.london@wwt.org.uk

Jigsaw's Top Five Reasons to Choose Performing Arts!



2015 is a very exciting year in our Jigsaw calendar looking back over the past 20 years that they have been offering Performing Arts classes to 3-18 year olds across London. Reflecting on this, they have come up with 20 reasons why it's important to take part in the **Performing Arts**, and here are the top 5:

Creativity: Being able to think on your feet and think 'outside the box' is a useful skill for children to have whilst growing up and in the future.

Confidence: Performing Arts encourages children to step out of their comfort zone and challenges them to open up in front of others and believe in themselves.

Persistence: Teaching children that by learning new skills, practising and not giving up you will achieve success in all that you put your mind to.

Problem Solving: Helping to develop children's skills in reasoning and understanding by working as a team.

Fitness: A fun source of exercise for children – it never feels like 'hard work'!

For more information on **Jigsaw Performing Arts** www.jigsaw-arts.co.uk
020 8447 4530

Jigsaw Performing Arts Schools

DRAMA SINGING DANCE

3-18 years

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Chislehurst
Sevenoaks

Weekend schools in
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Bexleyheath
Chislehurst
Croydon
Sevenoaks

TWO WEEK TRIAL AVAILABLE

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WEB: www.jigsaw-arts.co.uk

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Epsom College

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- ♦ All ages & abilities
- ♦ Lessons & Hacks
- ♦ Pony Days
- ♦ Holiday Fun

Woodland Walk

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For your first booking **FREE** of any booking fee visit us at www.sitters.co.uk and quote promo code **PNEWSFREE**.

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

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 number repetitions.

Daily Lower Morden Garden Centre 020 8337 7781 Soft Play, under 5's.

Daily Sutton Ecology Centre Festival Walk Carshalton 020 8770 5820 Playworld fantasy play area, 2-10yrs.

Easter hols Gambado Beckenham, Natwest Sports Ground 020 7384 1635 Holiday Camps in conjunction with Kidsplay Childcare, a full or half day of jam packed fun, themed activities, weekly day trips & much more .

www.gambado.com/clubs/heckenham/holidaycamps.php. For parents who want to pay with childcare vouchers, Tel: 0333 800 7000.

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

Every Mon Seacombe Theatre Chess Road Sutton 020 8770 6990 Xmas fitness. **Every Tues** Line Dancing. **Every Wed** Ballroom Dance, under 8's to adults.

Every Mon Lloyd Park 020 8726 6000 Health walk

circular through Lloyd Park & Shirley on mainly flat terrain, ideal for beginners, 2 miles last approx 1hr, meet 11am **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 number repetitions.

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Every Mon Lloyd Park 020 8726 6000 Health walk

babies & toddlers, **FREE**. **Every Tues** Careers, training & learning advice sessions, 2-4.30pm, **FREE** & Computer training courses for beginners to experts.

Every Tues De Stafford's 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**. www.croydon.gov.uk

Every Tues Ashburton Library 020 8726 6900 Bookstart Rhymetime for babies & toddlers. **Every Thurs** Wiggle & Jiggle for toddlers. **Every Mon** Chatterbooks drop in sessions, 8-11yrs. **Every Sat** Rock & Rhyme for babies & toddlers.

Every Wed Social club for older people for a chat & a cup of tea. **Every Thurs** term time only storytime for under 7's, **FREE**.

Every Wed Sanderstead Library 020 8726 6900 Bookstart rhymetime, babies & toddlers, Wiggle & Jiggle, 18mths+yrs, Storytime 2 ½ +yrs. Fortnightly Rock & Rhyme for pre-school children, **FREE**.

Every Tues Purley Library 020 8726 6900 Bookstart Rhymetime for babies & toddlers, Wiggle & Jiggle, 18mths+yrs, Storytime 2 ½ +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 & Sat Millennium Arena Battersea 020 8871 7542 Drop in tennis sessions, 5-8.9-15yrs.

Every Wed during term time Sydenham Tennis Club Lawrie Park Road Sydenham 020 8778 4217 Tennis drop in sessions for 8-11yrs.

Every Wed morn Sutton Arena Leisure Centre

Middleton Road Carshalton 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 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 Aquasize sessions.

Every Thurs Cheam Leisure Centre Cheam 020 8770 4830 Street Dance lessons for boys & girls 10-15yrs.

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 Fri Bradmore Green Library Old Coulsdon 020 8726 6000 X64952 Bookstart Rhymetime for babies & toddlers, Wiggle & Jiggle, 2-4yrs. **Every Mon** Storytime 2 ½+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 2 ½+yrs.

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 every month Chatter Books reading group for 8-12yrs, **FREE**.

Every Fri Selsdon Library 020 8726 6900 Bookstart rhymetime for babies & toddlers, Wiggle & Jiggle, 18mths+. **Every Tues** Storytime for pre-school children. **Every Sat** Rock & Rhyme for pre-schoolers.

1st Tues of the month Arty Crafty, 4-8yrs plus parents & siblings. **Every Sat** afternoon teenage reading group. **Last Thurs** of month adult reading group.

Every Fri Thornton Heath Leisure Centre 89-110 High Street 020 8726 6000 x88965 Aquasize pay as you go sessions.

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

Every Fri Pavilion Leisure Centre Kentish Way Bromley 020 8313 9911 Families & under 11's Roller Disco sessions, 4.30-5.45pm & Families & under 16's Roller Disco sessions with full skate & safety equipment provided, doors open 6.15pm, Tel: 07970 266790.

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 Norman Park Hayes Lane Bromley

Calendar

www.parents-news.co.uk

This information plus much more online



Twitter: @parentsnewsuk

Kent 020 8460 5291 Soccer School, 4-6,7-9 & 10+yrs.

26-29 Mar Orchard Theatre Dartford 01322 220060 Ben & Holly's Little Kingdom live on stage a magical musical adventure packed full of games, songs & laughter for all the family. **27 Apr-2 May** Anything Goes the musical by Cole Porter, www.orchardtheatre.co.uk

27 Mar & last Fri of every month **Bedgebury National Pinetum & Forest** Goudhurst 01580 879820 Beginners Health Walk, lasting approx 30mins-1hr & will cover between 1-4km. **Every Fri morn** Moderate Health Walks, 1-1 ½ hrs between 4 & 6km. **Every Fri morn** Green Gym session, volunteers can spend a satisfying session working in the National Pinetum helping to improve the world's best conifer collection, **FREE**. Tel: 01424 446395. **Daily** Go Ape take to the trees & experience a course of rope bridges, tarzan swings & zip slides up to 35 feet above the forest floor, 10+yrs, minimum height 1.4m.

27 Mar Concert Hall Fairfield 020 8688 9291 American Superslam Wrestling, family show. **18 Apr** Waterloo: The Best of Abba.

27 Mar, 30, 10, 17, 24 Apr Sutton Library 020 8644 9696 Job Club volunteer led support group for job seeker, all ages, **FREE** **28 Mar** Haling Grove 020 8726 6900 Join the Friends of Haling Grove to celebrate the Easter Season , meet in the park between 2-4 p.m for tea, cake & activities, contact friends@haling-grove.org.uk

28 Mar Ashcroft Theatre Fairfield Croydon 020 8688 9291 The Chris & Pui show from CBeebies family show, www.chrisandpui.com.

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

the day. **8 Apr** Peppa Pig & George with regular performances throughout the day, www.drussillas.co.uk

1 Apr Balham Library Ramsden Road 020 8871 7195 Children's Easter fun & crafts spend the afternoon sticking, gluing, drawing & printing your very own Easter decorations, drop in families 3+yrs, **FREE**.

1.8, 15, 22, 29 Apr Charles Cryer Theatre 39 High Street Carshalton 020-8770 4950 Spring Youth Theatre for 13+yrs members learn a variety of activities such as drama, dance & singing, musical theatre composition, set design & costume making two productions per year & **Every Thurs** Minis & Juniors 5-7yrs.

1.8, 10 Apr Crofton Roman Villa Crofton Road Orpington 01689 873826 Take to the Roman Stage discover all the fun of Roman theatre & join in a miming story of an ancient Roman legend 'The Geese that saved Rome', make a colourful 'Roman' theatre mask to take home, need to book **07805 138465**, www.the-cka.fsnet.co.uk

2-19 Apr Igham Mote Sevenoaks 01732 810378 www.nationaltrust.org.uk Easter holiday family fun with activity packs, craft activities & the chance to wild in their natural play area.

4 Apr Follow the trail the Easter Bunny has left around the garden & win a Cadbury's chocolate Egghead, www.eastereggtrail.com, www.nationaltrust.org.uk

3-4 Apr Knote Park House & Gardens Sevenoaks 01732 462100 Easter Egg trail spot the difference between a surprising fact & silly lie, join in with 'You'll Never Believe It' Easter egg trail & play the role of a journalist exploring Knote's medieval parkland. **Every Thurs, Sat & Sun** Guided walks in the deer park suitable for little legs, www.nationaltrust.org.uk

3-5 APR Chartwell Westerham Explore the natural playground on the Cadbury Easter egg trail, trek through the grounds & woodlands to find the hidden clues, collecting a Cadbury Easter egg at the end, www.eastereggtrail.com, www.nationaltrust.org.uk

3-5 Apr Brogdale Farm Brogdale Road 01795 536250 Easter at Brogdale, meet the lambs, calves, pigs, sheep, bunnies & guinea pigs in the Animal Barn & take an adventure through the blossom filled orchards on the Easter Egg trail, www.brogdalecollections.co.uk.

3-5 Apr Enneths Garden Idle Hill Sevenoaks 01732 868381 Easter egg trail with a Cadbury chocolate Egghead prize for those who find all the hidden clues. www.nationaltrust.org.uk

3-5 Apr Quebec House Westerham 01732 868381 Explore the garden discover how the British won America in battle, earn your soldiers certificate & claim a Cadbury chocolate Egghead as your medal of honour. **Every Sun** Mrs Wolfe's recipes recreate some of Mrs Wolfe's 18th century recipes including potato pudding & lemon drops. **Every Wed** Guided tours **FREE**

3-6 Apr Smallhythe Place Tenterden 01580 762334 Follow the white rabbit around the garden, find all the clues & work out the secret code at the end of the trail to claim your chocolate prize, www.eastereggtrail.com.

Every Wed & Sat Backstage Tours, find out what happens behind the scenes.

3-6 Apr Spa Valley Railway West Station Tunbridge Wells 01892 537715 Easter Specialists children are invited to spot the Easter eggs or bunnies from the steam train to win chocolate egg prizes. **18, 19, 25, 26 Apr** Day out with Thomas booking recommended.

4-5 Apr Hawley Garden Centre Hawley Road Dartford 03122 224108 Easter Craft Weekend making bags for the Easter Bonnet Competition on 5 Apr, need to book, www.hawleygardencentre.co.uk

5 Apr Waddon Ponds & Wandile Park 020 8656 5947 **Easter Sunday** Wandile Wander a stroll along the Wandile River to Beddington Park & back. **Every Fri** Circular walk through Waddon Ponds & Wandile Park, 2-3 miles, meet outside Lidl, 11am, **FREE**.

7-10 Apr Beechwood Sacred Heart School Tunbridge Wells 07973 846731 Young Artists Easter School with two age groups, under 10yrs & over 10's, www.artsawalldinitiative.co.uk

8 Apr York Gardens Library & Community Centre London SW11 8871 7471 Children's Easter fun & crafts spend the afternoon sticking, gluing, drawing & printing your very own Easter decorations, drop in families 3+yrs, **FREE**.

8-10 Apr Arnheim Gallery Fairfield 020 8688 9291 Nana and Nunu - The Big Sneeze family show. **11 Apr** The Original Jukebox Heroes.

18-19 Apr The Snail & The Whale with storytelling, live music & lots of laughs, 4+yrs. www.fairfield.co.uk

11-12 Apr Fairfield Halls 020 8688 9291 Ben & Holly's Little Kingdom, live on stage for all the family, www.benandhollylive.com

13-18 Apr Dreamboats & Miniskirts the musical. **12 Apr Sanderstead** to Whyteleaf Countryside Wood 07766 421236 Nature's Treasure Trail exploring the downs, 1 ½ hr walk, aimed at families, Tel: 07771 715812.

12 Apr Selsdon Wood Nature Reserve Old Farleigh Road Selsdon 020 8726 6900 Spring time stroll with the Friends of Selsdon Wood through the fields & woods to marvel at the fresh green of spring, www.friendsofselsdonwood.org.uk

13-19 Apr National Gardening Week Gardens all over Britain that normally charge for entry or are closed to the public will be opening their doors for **FREE** on 17 Apr, www.nationalgardeningweek.org.uk

14-15 Apr Assembly Hall Theatre Tunbridge Wells 01892 530613 Ben & Holly's Little Kingdom, www.benandhollylive.com

16 Apr Battersea Arts Centre Old Town Hall Lavender Hill London SW11 020 7223 2223 Toddler Time Travel workshops, explore Wandsworth's unique history from the time of hunter gathers to the present day through song, stories, object handling & creative play, 6mths-4yrs, Discover Early Man. **23 Apr** Uncarth Roman Wandsworth. **30 Apr** Uncover Tudor Wandsworth.

17 Apr Dartford Farmers Market 07775 736116 Offering a variety of local produce including meat, bread, seasonal fruit & vegetables, jams, preserves & much more, **FREE** entry. **19 Apr Happy Valley** 020 8726 6900 Be a Dornouse Detective find out about the life of the elusive dornouse, find out how to spot their

signs & how Happy Valley are managing to help this rare & protected species, meet at 2p.m at the Farthing Downs car park.

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

19 Apr Purley Beches Purley Downs Road Sanderstead 020 8688 6680 Family woodland ramble marvel at the giant beech trees, look for animal clues & more on this family friendly 1 ½ hr walk.

24 Apr South Norwood Lake 020 8726 6900 Watch bats hunting for insects over the lake, meet at 7.30 p.m by the main entrance to the park.

26 Apr King's Wood Sanderstead 020 8726 6000 Enjoy the freshness of new leaves on trees above us & delicate flowers at our feet, a gentle 2hr ramble starting at 10a.m, www.croydon.gov.uk

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Tiny Tots (4-5 years) & Shorties (6-7 years)	Transits & Mini Champs (8-11 years)	Squad (11 years and over)
Four large soft tennis balls will be used with emphasis on racquet & ball co-ordination skills Ability to play on a short court Attend 10.00am - 1.00pm Monday to Friday each week Ratio 1:6	Low/high compression soft tennis balls will be used with emphasis on stroke technique Ability to play from midcourt/baseline Attend 10.00am - 4.00pm Monday to Friday each week Ratio 1:8	Using proper tennis balls and being able to play from baseline Emphasis on stroke technique & matchplay Attend 10.00am - 4.00pm Monday to Friday each week Ratio 1:8

Please note: Ages act as a guideline only, player's ability will be taken into account.

Prices shown are per person, per week or daily session / The second, higher amount is for non-members of the club

Weekly £96/E108 (get one day free!!!)	Daily £24/E27	Weekly £168/E192 (get one day free!!!)	Daily £42/E48	Weekly £168/E192 (get one day free!!!)	Daily £42/E48
Week 1 Mon 30th March – Fri 3rd April		Week 2 Mon 6th April – Fri 10th April		Week 3 Mon 13th April – Fri 17th April	

Multi-Activity Competition Day will take place each Friday from 10.00am-4.00pm for Transits & Mini Champs and Squad players
For further information or an application form please contact:

Sunny Dimic (Head Pro): 07949 16988

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outdoor space and unbeatable facilities, why not take the opportunity to see for yourself? Visit the **next Junior School Open Morning on Bank Holiday Monday 4 May 2015**. For more information and to book a tour, contact: Lindsey Harris,

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St Lawrence College, College Road, Ramsgate, Kent CT11 7AE

Exam time can be a breeze not a sneeze!

Hay fever can have a real and dramatic effect on children and young people's performance in their exams, with studies showing that a hayfever sufferer is 40% more likely to drop a grade from January to May/June. Fortunately, airborne allergens expert **Max Wiseberg** has some practical suggestions that may help...

Hay fever is the most common allergy in the UK, with around 15-20% of people being sufferers. It is more common in younger people, with nearly 40% of 15-25s suffering from the condition.

Common symptoms include sneezing, a runny nose, a stuffed up nose, itchy, watery or streaming eyes, nasal congestion and a general stuffed up feeling in the nose and throat. All of this can lead to tiredness and fatigue. Hay fever can also affect how you sleep, causing sleep disturbance and difficulty getting to sleep. These can in turn zap your energy levels, leaving you feeling low and sluggish. Not ideal when revising and sitting exams.

Airborne allergy expert **Max Wiseberg** can really empathise with children and young people taking exams this May and June. "I've suffered from hayfever all my life. I was the kid who took not one but two toilet rolls into the exam hall in summer, just to get me through to the end of the exam. Having hayfever on your exam day makes you feel miserable from the start and your runny nose makes you dehydrate more quickly. Just 2% dehydration can mean a reduction in performance of 30%. Taking anti-histamines can also dehydrate you, and some can make you feel drowsy too.

So what can parents do? Well, firstly, be prepared. Remember in advance that your child may start suffering from hayfever any time, as it's probably 8 or 10 months since their last attack. Speak to the school or college to see if they can offer an exam room away from playing fields or on the eastern side of the building – prevailing winds blow pollen west to east. Your child won't be the only one affected, so it's not an unreasonable request, and it could help improve their league table position!

Hayfever is the body's over-reaction to a harmless substance – pollen. Each person can tolerate a certain amount of pollen before a reaction is triggered. Keeping the body below this trigger level will stop the symptoms of hayfever occurring. This is not a cure, but a prevention.

Avoid being outside in the morning and evening – the peak pollen times – though this is easier said than done if you have a morning exam. Keep the bedroom door and windows shut, to avoid pollen getting into the room and affecting sleep. Pollen sticks to anything and everything, including the hair. So – possibly a difficult task here – encourage your child to shower every night to get rid of the pollen from the day, so they get a better night's sleep.

Applying a pollen barrier balm, such as **HayMax**, will help stop the pollen getting into the body, reducing the chances of your child's hayfever being triggered. **HayMax** has been proven to trap a third more pollen than an uncoated nostril [2]. This is enough to effectively reduce the pollen count from high to medium and all but the highest pollen days.

Pollen also sticks to clothes and bed clothes. So changing your child's bedding regularly is a real help – as is fresh, clean clothes on the day of the exam. And though it may sound strange, vacuuming a jacket, blazer or jumper that they wear every day will help too.

And finally, don't forget to give your child plenty of sympathy and a bottle of water on exam day!"

HayMax organic drug-free pollen barrier balms are proven to trap pollen before it gets in the body. They also work for dust and pet allergens. In July 2014, results of a survey by **Allergy UK** showed that almost eight out of ten respondents said that the balm helped some or all of their hayfever symptoms [1]. And Independent research on **HayMax** by **The National Pollen and Aerobiology Research Unit (NPARU)** concluded that **HayMax** trapped one third more pollen grains than an uncoated nostril, and that it also trapped dust and pet allergens [2].

Unlike many anti-histamines, **HayMax** has no drowsy side effects, which means they are ideal for when taking and preparing for exams. As they're drug-free, they are also suitable for children, teenagers and pregnant and breast-feeding women.

HayMax drug-free allergen barrier balms are available from **Holland & Barrett**, selected **Morrisons**, **Waitrose** and **Boots**; independent chemists, pharmacists and health stores; on **01525 406600** and from **www.haymax.biz**. They retail at £6.99 per pot.

Easter holidays and why Minus Activity Books are the 'must-have' collection

Minus are interactive **Activity Books** with witty and educational content designed to capture the imagination of its readers. With 8 quirky and cute titles to choose from including *"If I Were An Artist"* and *"Oh, Naughty Me!"* their vibrant colours and humorous illustrations are bound to keep the whole family amused. **Minus** booklets is an ideal way to occupy the kids when travelling to and from your

holiday destination especially on those long car journeys. The **Minus** concept was to make a smart and entertaining series of books to inspire simple moments of togetherness between adults and children. **Minus** encourages users to learn about everything, everywhere, anytime whilst having fun. Their miniature size allows you to pop them in your handbag and pull out anytime

whether it's at an airport, in the queue or on a train. The entire collection is made in France at a traditional printing firm in Roubaix (Northern France) using vegetable-based inks and paper issued from FSC-certified forests. They entrust all of their delivery shipments to a work assistance centre dedicated to helping disabled workers. Be your own artist and explore the wonders of **Minus**... Activity Book prices start at £5.50

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www.stonegift.com



April 2015

Role models for the future – young Bromley High School writer marks International Women's Day with winning short story

Aspiring author, **Isabella Harrod**, 10 years, from **Bromley High School** is celebrating after winning a top prize in the annual **Girls' Day School Trust (GDST) Creative Writing Competition**.

Her story, *'My Role Model'*, beat 16 other entries to take first place in the junior category.

The theme of this year's competition was 'role models' and entries were judged by distinguished adult and children's author, **Anne Fine**, an alumna of **Northampton High School, GDST**.

Commenting on the overall quality of the entries, **Anne Fine** said: "The standard was excellent. A good number of the stories have that intriguing quality that makes us want to read on and know more, and that's the most essential ingredient for any piece of writing. Storytelling is a splendid and enriching way for girls and young women to find their own voice and reflect on their place in the world." Praising **Isabella's** story she said:

"The story about the Minions is a complicated idea, well knitted together. It's amusing and very,

very different. The two sides of friendship are set neatly against one another in the story, which ends up being both light and memorable."

Isabella Harrod, the winning student, commented "I really enjoyed writing this story. It has given me inspiration for my future writing". **Isabella** will receive a prize of £100.

The **GDST** intends to publish all winning and highly commended stories in an ebook.

www.bromleyhigh.gdst.net

Your child's self-esteem are you getting the balance right?

So what is healthy self-esteem?

Professor Matt Sanders, founder of the **Triple P Positive Parenting Program** explains: Self-esteem is the term psychologists use to describe how a person feels about their innate worth as an individual, their skills and attributes, and how they interact with the world.

Under a daily bombardment of "winning is everything" advertising messages, it can be particularly hard for kids to learn to deal with disappointment, and/or to stop measuring themselves against impossible standards. This is an often-overlooked element of the development of healthy self-esteem.

True self-esteem is something we build up ourselves, as we work to master new skills, stick to our values, and show pro-social behaviours such as care and concern for others. *Egotism*, on the other hand, is an unhealthy focus on one's self and a disregard for others, a feeling of being better than everyone else, and, often, a fear of failure.

Children who have healthy, balanced self-esteem are likely to be happy and cooperative and make friends easily. They're eager to learn and succeed, and they can cope with stress effectively.

So how do you build healthy self-esteem in children?

Professor Matt Sanders from **Triple P** has some advice: Take a consistent, positive approach to their upbringing. Tell your child you love them, and demonstrate this by spending time talking to and playing with them. This helps your child feel valued and cared for.

Watch what you say. Constant criticism can create low self-esteem, and make problem behaviour even worse. Display confidence in their ability to persist. Let them attempt appropriate things by themselves. Teach them that mistakes are important ways of

learning, and show them how to set realistic goals and work towards them.

Follow a healthy lifestyle. Taking care of one's self with regular exercise, healthy food, and grooming habits all help children develop a positive self-image.

Teach them to be balanced. When they've made an effort and mastered a new skill or achieved something, teach them to enjoy their accomplishments, without gloating or boasting. Help them understand that everyone is good at different things. Teach them that life isn't always about winning. Your role is not to make every problem disappear or smooth over every bad feeling; instead, let your child express how they feel and assure them you understand. They'll develop a deeper sense of self-worth as they learn that with a bit of help from you, they can work out reasonable ways to deal with strong emotions.

As a reaction to not getting what they want, children may sometimes put themselves down, saying things like "I'm dumb, you hate me", or "I'm just stupid". If this happens, try not to get dragged in to being overly sympathetic; instead, encourage your child to try again after the set-back, and to enjoy the activity or game even if they aren't the winner. Encourage a sense of humour. Laughter really is a great medicine, and it doesn't hurt kids to see that even parents can laugh at themselves sometimes. Enjoying the little things in life helps people cope with tough times. Help your child to laugh by listening to their stories, playing games and having fun together.

By following this advice parents can help their children develop healthy self-esteem – a gift that will stay with them throughout their lives.

www.triplep-parenting.uk.net/online/

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