

PARENTS NEWS

April 2012 No. 208 The First & Foremost Local Monthly Newspaper for Families

1993 - 2012
20th Successful Year
Thank you

FREE

What's On April and Easter Bumper Spring Calendar

Kingston Merrie
www.kingstonfirst.co.uk

Marlowe Theatre
www.marlowetheatre.com

Centrale Petting Zoo
www.centrale.co.uk

Chatham, Historic Dockyard
www.thedockyard.co.uk

Published on time, every time since 1993
www.parents-news.co.uk

Three Editions in South-East England

Southwest
London
& Surrey

London
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& W. Kent

Kent

South West London & Surrey

PARENTS NEWS

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PARENTS NEWS believes that society's best asset is its young people! We shall accept no advertising in the opinion of the Publisher, is considered demeaning to children. We intend to encourage environmental, health, and non-violent issues, but not to preach or claim to always be right. Different opinions published are the opinions of the authors and not necessarily those of **PARENTS NEWS**. We hope mums and dads enjoy the articles, be interested by Calendar (finding it useful), and useful to advertisers. Any endorsement by **PARENTS NEWS** is explicitly stated.

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What's On

3 months to get in shape for summer ...and kiss diets goodbye once and for all.

My friend Sarah had been browsing my website last year when she noticed my new specialisation in low *GL (Glycemic Load)* weight loss coaching. She rang me immediately: "Will you help me?" she said. She had been gaining weight steadily since the birth of her son, who by then was 3 years old. Usually a dedicated runner and swimmer, her exercise routine had fallen by the wayside and she was unsure what to do about food. She wasn't keen on going 'on a diet' but was determined to reverse this trend before a big trip to Australia the family had planned 3 months later. I coached her for 6 weeks to get back on track. She really enjoyed the low *GL* eating programme and each week, we agreed goals and discussed how she could realistically fit them in with her schedule.

A few days before they left for Oz, Sarah emailed me: "My body shape has changed significantly and the cellulite I've been carrying on my legs for the last decade has disappeared!" She was also over the moon at 'having more energy than I remember since being a child'. As an aside, her husband was delighted to

have lost 2 stone, without even trying. Most of the people I work with have previously been on numerous diets, but always found the pounds would creep back on. The low *GL* approach brings about radical long term changes and a whole new awareness about food, benefiting their families too. So why is low *GL* eating different from a diet? The main reason is that it increases the body's natural metabolism, rather than just restricting the food we eat. This means that our body is able to burn fat and produce energy more effectively.

With a few months ahead before beach weather (well British summer mildness anyway!), there is plenty of time to adopt a low *GL* way of eating - the food is easy to prepare, with plenty of recipes that kids love, and importantly, it tastes amazing!

Angela Steel is a *BANT* registered *Nutritional Therapist*. For a free no-obligation 30 minute phone consultation call Angela on **07828 293 386**. Consultations and programmes are available from £60.

Ducklings bring the full Easter eggsperience to WWT London Wetland Centre

Saturday 31 March – Sunday 15 April

Meet the new family of fluffy ducklings as they paddle and waddle around their new home.

Easter is traditionally a time of renewal, with eggs, springtime flowers, baby birds and animals to look out for. **WWT London Wetland Centre** has all of these and more but at this time of year the springtime sights everyone wants to see are the cute new broods of ducklings.

There are two, free interactive duckling shows every day where you can find out more about these fluffy characters – how they grow and what they like to eat. During each show you can join in with some special duckling games. Watch the newly-hatched ducklings taking their first swims in their very own pool. The friendly team will be on hand to explain how the ducklings have developed and about their behaviour and habits.



While you're there, enjoy a springtime walk around **WWT London Wetland Centre**. Listen out for singing birds and see how many spring flowers you can spot.

As warm sunny days become more frequent primroses poke their noses above ground, willow branches are decked in their soft, shiny catkin bangles and the first newts will be making their way to the ponds to spawn.

Other spring highlights at **WWT London Wetland Centre** are daffodils, marsh marigold, blackthorn, colt's foot, blue anemones, sweet violets and common field-speedwell. **020 8409 4400**

www.wwt.org.uk/london

April 2012

FAMILY FUN DAYS



20% ADVANCE BOOKING DISCOUNT

31.03.12 FIREMAN SAM
07.04.12 PEPPA PIG & GEORGE AND HORRIBLE HISTORIES
07.05.12 THE MASCOT GRAND NATIONAL

ADMISSION FROM JUST £12.80* | KIDS GO FREE

WWW.KEMPTON.CO.UK
0844 579 3008

CHARACTERS WILL BE MAKING PERSONAL APPEARANCES AT INTERVALS THROUGHOUT THE DAY
 *Price illustrated is a £16 on the gate price less 20% advanced booking discount | Fee applies to all ticket bookings | Under 18s go free when accompanied by an adult | 20% advanced booking discount is only available on ticket bookings and does not apply to Winner or Hospitality packages | Advanced booking must be made by 5pm the day before the event | All artists appear subject to availability | Full terms and conditions apply



Blowing the Whistle on the General Dental Council.

Traditional train tracks create flat faces, big noses and tired looking eyes: if you doubt this, just look at those who have been treated in the past. They also routinely damage the enamel and roots of the teeth and worse still the teeth go crooked again unless the patient wears a brace for the rest of their life. Extractions of sound teeth are almost always required although patients may not be told about this until near the end of treatment. Newer treatments can achieve better and more permanent results without extractions but orthodontists avoid comparative research as they don't want the damage they do to faces to be exposed. Worst of all the General Dental Council allows orthodontists to withhold information about some newer methods. This leaves many patients accepting extractions and even major surgery unaware that improved techniques can render them unnecessary. If you have suffered you are entitled to compensation.

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.

Andrew was treated by modern methods. No extractions. No 'Train Tracks'. No retainers.

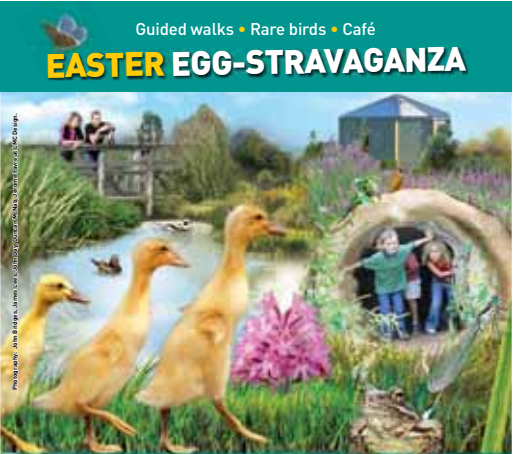


Research shows dentists and the public think Orthotropics gets much better results than orthodontic 'Train Tracks'.

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

John Mew@vagnu.net

John Mew, The London School of Facial Orthotropics, Purley, 020-8660-3695 and Tunbridge Wells 01892 526406



Guided walks • Rare birds • Café
EASTER EGG-STRAVAGANZA

Watch our ducklings take their first swim
 Join in our interactive show
 Easter egg trail • Pond dipping

All at this 105 acre wildlife haven. 10 minutes by bus from Hammersmith tube. Free parking.



For full details see www.wwt.org.uk/London or call **020 8409 4400**
 Queen Elizabeth's Walk, Barnes, London SW13 9WT
WWT registered charity in England & Wales, no. 102866 and Scotland, no. SC029193

What's On

Hook Aqua Centre

During the easter break they have:
Intensive Crash Course Mon-Thursday Half Hour Classes ;
Diving Crash Course (1hr);
Family Fun Swims (please call to check availability);
Water Aerobics (all levels welcome);
Private Lessons (1-1)
 Half term dates 2nd-5th April

Quote " my kids love swimming at Hook..." Debbie Scott
 The swim school is all about small classes, with excellent (CRB checked) teachers. Children learn fast in the safe warm pool.
www.hookaquacentre.co.uk
 020 8397 7731



SWIMMING LESSONS
 FOR BABIES AND KIDS
 BEGINNERS TO ADVANCED
 Small Classes after School
 Saturdays & Daytime

- Ladies Water Aerobics
- Parent & Baby Classes
- Pre-School Classes
- Easter Crash Courses
- Pool Parties

Call Cass on 020 8397 7731
www.hookaquacentre.co.uk

HOOK AQUA CENTRE

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

- BHS Qualified Instructors
- All weather sand school
- All ages & abilities
- Lessons & Hacks
- Pony Days
- Holiday Fun
- Woodland Walk

For directions and info, call **020 8398 0822**

Rural Life Centre

Countryside Museum
 Activities for all the family
 Picnic areas • Café • Gift shop
 1960s Playground
 Many special events

Open Wed - Sun & BH 10am to 5pm
 (Nov - Mar Wed & Sun only 11am - 4pm)
 Reeds Road, Tilford, Farnham, Surrey,
 GU10 2DL
 01252 795571
www.rural-life.org.uk
 The Old Kiln Museum Trust is a registered charity

Kingston Welcomes May Time Merriness

The annual Kingston **May Merrie** will take place on **Monday 7th May** from 12noon-5pm. The Town Centre is turned into interactive zones with lots of different activities that adults and kids alike can come and experience. Amazingly different wandering entertainment such as the *Fashion Police* and *Granny Turismo* are sure to grab your attention.

In a first for May Merrie, **Kingston University** students provide entertaining and educational performances all around the town based on characters depicted in **Kingston Museum's** commemorative stained glass window which details some of the local May Day traditions. In the Ancient Market Place, enjoy some visual delights with aerial gymnastics displays from local aerialist **Katie Hardwick**. The daring amongst you can even try this yourself with help from the experts. The kids will also love getting up close to the incredible birds of prey and watching the stunning falconry displays. *Memorial Gardens* will be transformed into the **Kids' Corner**; free facepainting, glittery henna tattoos and the chance to feed and stroke some live farm animals at the amazing *Mill Cottage Farm Experience*, complete with alpacas. A craft workshop *Punch & Judy Show* on All Saints Church Lawn, circus skills workshops and more. Inside the Church, Craft & Gift Fair, whilst being serenaded by local choirs.

Eden Walk with live music from 'Soul Beat' Articulatle Music and Kingston Youth Big Band, wandering entertainment from Molly & Myrtle and even more facepainting. Bands performing on Clarence St and other delights all over the Town Centre. Kingstonfirst on **020 8547 1221**
www.kingstonfirst.co.uk

Centrale Presents Tuesday Tales from Crocydon's Little Bookworms

Centrale Shopping Centre is launching **Tuesday Tales** - free story-telling sessions. Starting **3rd April**, every **Tuesday 11 am - 1pm** for the under 5's in the Lower Mall between *French Connection* and *Nex*. Each week will see **Centrale's Balamory** themed storyteller read a children's classic. Surrounded by colourful books and magical characters, there is no better way to encourage your little one's literary interest.

Sony Mistou, Marketing Manager comments: "It's increasingly difficult these days to keep children interested in reading when they have so many digital influences. We wanted to create a special reading area that parents can bring their children to, which will really increase their love of reading." Special **Centrale** bookmarks will be given out to everyone who takes part so make sure you bring your little ones and help kick start their love of reading!



Go Canoeing

The starter sessions, many offered free of charge by clubs and centres around the country, provide the perfect introduction to canoeing for adults and children. Many clubs and centres can provide the necessary equipment and sessions are supervised by a fully qualified canoe instructor. Brand new for 2012 A half day tour includes supervision from a fully qualified *Go Canoeing* Leader and costs start from £20 per person.

National Go Canoeing Week takes place 6 - 15 April 12. The week also marks the launch of the new website www.gocanoeing.org.uk which provides a one-stop-shop for those looking to get into the sport. For more information or to book a local canoeing session www.gocanoeing.org.uk

Swimming Lessons
 Quality classes in small group
**** COME AND TRY A CLASS FREE ****
 Lessons for:
 Adults and Children from 2 yrs
 Non-swimmers - Improvers
 Advanced & SUPER Advanced

Classes held at:
 Downsend School Ashtead/Leatherhead
 Epsom College

For more info contact Colin on 01372 739600

Easter Bunnies & friends at Centrale this Easter Bank Holiday Weekend

If you're looking for something fun and educational to keep the kids entertained this Easter, then **Centrale's Petting Zoo** will provide just that. On **Friday 6th April** and **Monday 9th April**, families will get to meet a variety of loveable animals as a special Easter treat. Ranging from baby rabbits to giant millepedes and chicks to African pygmy hedgehogs, **Centrale's** cute and not so furry friends will be in the **Central Atrium** from 10.30am-4.30pm

For further information and opening times www.centrale.co.uk

April 2012

for the region's youngsters to meet and learn about. **Sony Mistou**, Marketing Manager at **Centrale** comments: "To help parents out over the Easter holidays we thought we'd give local children the chance to meet a wide variety of animals in our **Petting Zoo**. The baby chicks and rabbits provide a nice seasonal theme whilst the more exotic animals will entertain the most inquisitive of children."

BENTALL CENTRE KINGSTON

KIDS EASTER FÊTE
FRI 6, SAT 7 & MON 9 APR
 Crafty Workshops, Competitions and more...

An Easter Feast:
 Monday 2nd - Friday 13th April

FREE fun & entertainment for the whole family throughout the Easter holidays

EASTER FEAST EVENTS WITH:

- H&M
- GAP KIDS
- Woolworths
- ELC
- Millie's COOKIES

Children under 8 must be accompanied by an adult. To reserve a place please call **01372 649066**. Alternatively email education@gatton-park.org.uk. Debit card booking form www.gattonpark.com. For more information please contact Education Manager **Louise Miller**

Facebook icon Twitter icon thebentallcentre-shopping.com

Visit the **STYLESECRETS** blog

Calendar

Daily Harry Potter London Locations Tour 020 7222 1234 Meet at Temple Station, 2 1/2 hrs bus tour of London locations

Daily National Army Museum 020 7730 0717 www.national-army-museum.ac.uk Victorian Soldier Action Zone with quizzes, games & hands on activities to help you learn about life as a Victorian soldier. **FREE.** Daily. The World's Army, Empire, Commonwealth & Dominion Soldiers 1914-45 Action Zone family interactive zone, **FREE.** Daily Kids Zone, interactive learning & play space for under 10's plus a soft play area for babies.

Just open London Underground London 020 7403 7221 Vengeance: The UK's first 50 Laser ride

Opening Royal Wess Buckingham Palace 020 7766 7302 Family groups may explore a range of self directed activities from the art trolley, 5-11yrs.

Every Sun National Gallery www.nationalgallery.org.uk 020 7747 2885 Family workshops plus **FREE** family tours

Every Mon Culture Café Rose Theatre Kingston 0871 230 1552 Rhymentime for babies, toddlers & under 5's. **FREE.**

Every Mon Kingston Children's Library 020 8547 6438 Rhymentime for babies, toddlers & under 5's. **Every Thurs Stories & crafts for under 5's.**

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

Every Mon St James's Church Hall Bodley Rd 020 8942 2093 Toddler's group for parents and toddlers plus siblings in the holidays.

Every Mon Morden Library 020 8545 4040 Scribble Club Welcome is welcome. **Every Wed** Evening 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 Wellbeing Coordinator will be on hand to meet you 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. **Tel: 020 378 2549.**

Every Mon Pollards Hill Library

020 8764 5877 Musical mayhem. **Every Mon** Employment Club improve your CV, covering letter, interview skills & more. **Every Tues** Dance classes. **FREE.** Every Fri storytimes.

Every Mon Wimbledon 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 Conservation 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 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 Corpus Christi School Chestnut Grove 07956 312920 Aerobics all abilities, 7-9pm.

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, 10-11.30am.

Every Tues New Malden Library Kingston Road 020 8547 6438 Baby & toddler rhyme time 2yrs to 3yrs. **FREE.** **Every Thurs** storytime for under 5's. **FREE.**

Every Tues Old Malden Library 020 8547 6467 Rhymentime up to 3yrs, storytime for under 5's. **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 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 Thurs** of the month Chatterbooks reading group, 8-9yrs. **FREE.**

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

Every Tues Leatherhead Library www.leatherhead.gov.uk/kidstuff/ Storytime, **FREE.** **Every Thurs** Rhymentime, **FREE.**

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, to put your child's name forward to join need to speak to member of staff in library. **Every Fri** Toddlers Rhyme Time & musical activities, 0-5yrs.

Every Tues, Fri, Sat & Sun until 7 Apr Haynes Lane Market Crystal Palace With lots of bric-a-brac, records, CDs, DVD's, books, antiques, toys, designer, fashion, art, photography & lots more, 11-5pm, under 5's. **FREE.**

Every Thurs Horeley Library www.surrey.gov.uk/kidstuff/ Rhymentime, **FREE.** **Every Thurs** Forest Library www.surrey.gov.uk/kidstuff/ Rhymentime, **FREE.**

Every Thurs Cheam Leisure Centre www.cheam.gov.uk/ Street Dance lessons for boys & girls 10-15yrs

Last Thurs eve in every month Kingston Library Wheatfield Way Kingston 020 8547 6438 Adult Readers Group.

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Every Fri Christ Church Book Club 020 8241 9423 Toddler Group for under 5's, 9.45-11.15am.

Every Wed Horn Sutton Arena Leisure Centre Middleton Road Carshalton 020 8770 4088 Women's Recreation Mornings range of sport & social activities available for one single fee, 9-12pm.

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

Every Thurs Tolworth Recreation Centre Fullers Way North Tolworth 020 8391 1882 Badminton Club for intermediate/advanced level. Tel: 020 8395 9175.

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Tues & Thurs Pushababies fitness for new mums to get back into shape in a fun & sociable environment with a qualified instructor. **Every weekend** school holidays children's activities **Every weekend** Walk with a warden. **Mon, Tues, Thurs & Sat** Guide in the hide (in the Peacock Tower).

Every Fri Dorling Library www.dorling.gov.uk/ 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 New Library Storytime session, under 5's. **FREE.**

Every Fri Caterham Valley Library www.surrey.gov.uk/kidstuff/ Rhymentime, **FREE.**

Every Fri Dorling Library www.dorling.gov.uk/ 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 Redhill Library www.redhill.gov.uk/kidstuff/ Rhymentime, **FREE.**

Every Fri Gatton Park 01737 780255 www.gattonpark.com Toddler Tales & Trails meet at the activity centre for a mix of indoor & outdoor activities, each week a popular children's book is featured, staff read the book with the children & then bring it out in the park, returning to do some art to take home, 2-4yrs. **FREE.**

Every Fri Redhill Library www.redhill.gov.uk/kidstuff/ Rhymentime, **FREE.**

Every Fri Warlingham Library www.surrey.gov.uk/kidstuff/ Storytime, **FREE.**

Every Fri The Phoenix Centre www.phoenixcentre.org.uk/ 020 8770 6006 Mini Movers, Toddlers, Singing & Movement, 0-5yrs for children with learning difficulties, autism etc, siblings welcome.

3rd Sat of month Norbiton Children's Centre Kings Oak Primary, Dickeridge Lane Who let the dads up play session for under 5's, 10-12pm.

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

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 morn Caryn Gardens Lower Ham Road Kingston 020 8547 6422 Low impact outdoor cardio exercise for all with power walking, jogging & stretching, 10-11am. **FREE.**

Every Sat morn Dorking Hills 01306 881717 Saturday morning screenings of popular children's films, accompanying adult goes **FREE.**

Until 1 Apr Ashcroft Theatre Fairfield Croydon 020 8688 9291 Peppa Pig's Treasure Hunt featuring true to life puppets, singalong songs & a new story which will delight all ages. **1st Fri** of each month Tiny Teddies sessions baby bounce & rhyme. **FREE.**

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Until 7 Apr Yvonne Arnaud Theatre Millbrook Guildford 01483 44000 Barendon in the Park, 2-5 Apr A Play In A Week, 7-12yrs, 10-13 Apr A Play in a Week, 12-12yrs. 7 Apr There Was an Old Woman Who Swallowed a Fly, 4+yrs. 28 Apr Three Billy Pigs, 3+yrs.

Until 15 Apr London Wetland Centre Queen Elizabeth's Walk Barnes 020 8409 4400 Easter Eggstravaganza ducklings Complete an Easter trail & win a prize plus lots more on offer. **Daily** Guided Tours, Feed the birds at 3pm, join a warden for as he or she feeds the birds. **Every**

22 Apr Signs of Spring Walk. **31 Mar** St Mar's Church Boat Pull Parley Pier Indoor Car Boot Sale with a wide variety of stalls, 10-12pm, open for sellers to set up at 8.30am, admission **FREE**, for children www.admiral-foot.co.uk

1 Apr Watermans 40 High Street Brentford 020 8232 1010. The Three Billy Pigs, 3 Apr Pop! A fun filled magic show, 4yrs. 10 Apr The Balloon Gardener, 4yrs. 15 Apr The Ugly Duckling, all ages. 17 Apr Two Four Six Eighty show for children using music, balloons & their favourite soft toys, 4-7yrs. 29 Apr Pied Piper, 3-7yrs. **Every Wed** Mon Parents & babies screenings. **Every Sat** Drama Zone 5-8 & 9-14yrs. **Every Sat** Sun Family Cinema, 1 adult goes **FREE** with every one paying child.

1 Apr Richmond Theatre Richmond Green Richmond 0844 871 7651 Science Museum Live on Tour, 2-7 Apr Spamalot Musical Python musical, 15 Apr Singalong-George, 16-21 Apr Birds of a Feather.

1 Apr Donbies Wine Estate 01306 876616 Punch & Judy traditional tastings, talks & demonstrations in the Chocolate Cookery Theatre. **30-31 Mar** Polka Theatre Wimbledon 020 8543 4888 Ruby Reed, 3-5yrs. **Every Tues** 8-11yrs. **Every Wed** 11-15yrs. **Every Thurs** 16-21yrs. **Every Fri** 22-27yrs. **Every Sat** 28-31yrs. **Every Sun** 1-7yrs. **Every Mon** 8-14yrs. **Every Tues** 15-21yrs. **Every Wed** 22-28yrs. **Every Thurs** 29-31yrs. **Every Fri** 1-7yrs. **Every Sat** 8-14yrs. **Every Sun** 15-21yrs. **Every Mon** 22-28yrs. **Every Tues** 29-31yrs. **Every Wed** 1-7yrs. **Every Thurs** 8-14yrs. **Every Fri** 15-21yrs. **Every Sat** 22-28yrs. **Every Sun** 29-31yrs.

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Education

Combat Negative Thinking

Parents struggling with their children's behaviour will be pleased to learn about the launch of a new free iPhone app which helps children to combat negative thinking.

With the app, children learn to overcome anxiety, shyness and a lack of confidence – problems which cause their performance at school to suffer and hold back the development of vital life skills. Parents are included in the experience, with a tips section and a report on their child's responses.

Children take an interactive journey through the story "Mikey Helps Toot-Toot", from child confidence specialist Kidz4Mation, with Mikey the monkey and his friends, answering questions about their well-being and hunting for hidden bananas on the way.

The Good Childhood Report 2012 reveals that half a million children across the UK are unhappy with their lives. The study, by the *Children's Society's*, found that while most children are happy with their lives as a whole, around one in 11 (9%) is not.

Developed as a joint venture with *Turned On Digital*, the app has an added twist to give children a laugh – literally. Each time the child finds a banana, their laugh, which they record the first time they use the app, is played back to them.

Family Coach **Alan Wilson**, founder of *Every Family Matters* welcomed the launch of the app: "I love this app because it addresses the core issue of emotional wellbeing. How we feel is directly related to what we think. Children's

well-being is a core factor for their success at school and in later life. I am glad *Kidz4Mation* has come up with this app to help children deal with their negative emotions."

Seema Thobhani, Director and Co-Founder of *Kidz4Mation*, said: "We are on a mission to improve parenting and child well-being in Britain. Our app takes the secrets from our books and workshops, giving children the best start in life in a way they find fun. I have a job wrestling my iPhone out of my daughters' hands, so an app seemed the perfect way to help busy parents teach their children valuable life skills." *Kidz4Mation*, the company behind the app, specialises in boosting children's school performance and improving their behaviour by raising their confidence. Parents can download the app, called *Kidz4Mation*, free from the AppStore now.

Much-loved characters Biff, Chip and Kipper offer helping hand

As six-year-olds prepare for the first ever phonics check at school this summer, *Biff, Chip and Kipper* will be giving a reassuring helping hand to parents and children who want to practise together at home.

'*My Phonics Kit*' includes a CD-ROM with eBooks and phonics support; reward chart; sticker sheet; tips for parents; and 3 phonics workbooks. It has been created by educational



experts, to be totally in line with how children learn to read in school. The Kit combines decoding practice with engaging stories and interactive features – making learning to read a fun and exciting journey.

'*My Phonics Kit*' is widely available to purchase at an RRP of £9.99. It is the latest addition to the wide range of *Oxford University Press* phonics

resources for parents, which includes the free eBooks and advice on

www.oxfordowl.co.uk, the 'Read with Biff, Chip and Kipper' books available on the high-street and the 'Songbirds Phonics' series by the Children's Laureate, **Julia Donaldson**.

April 2012

Visit Greenfields Day & Boarding School ...

-any Wednesday during term time – just contact them and arrange a personal tour of the school. Telephone

01342 822189
info@greenfieldsschool.com
www.greenfieldsschool.com
Greenfields is a co-educational, *ISA* approved independent school for girls and boys ages 3 to 18 located in the heart of the *Ashdown Forest*, East Sussex. It offers education up to and including A Levels, with special programmes in English-as-a-Second-Language and a Summer School for junior and senior students. *Greenfields* currently has around 100 students and 23 staff. There are 30 boarders from around the world. *Greenfields* uses study methods called "Study Technology" which first isolates the barriers preventing a child from learning, and then provides precise tools to deal with them.

There is a high level of open communication between students and staff that helps to prevent failure, bullying or drugs. The classes are small and a full curriculum, provides core subjects and peripheral studies up available up to GCSE and Advanced Levels.

April 2012

Save a Life

Free First Aid Training Day
April 28, 2012

Someone collapses in front of you. People start panicking – WOULD YOU KNOW WHAT TO DO? Just 30 minutes of first aid training would give you the skills and confidence to step up and make a difference. Simple things can save a life.

St John Ambulance Surrey is holding **FREE** first aid training sessions for the public at 15 separate venues across the county on **April 28** because the volunteers are committed to making their communities safer place to live and work. *St John* believes no-one should die from a lack of first aid knowledge. So come along with all the family on **April 28** – no need to book – just turn up and enjoy 30 minutes of training that could make the difference between life and death. It's as simple as that. No price on a life. This training by the qualified first aid volunteers is **FREE**. The training will take place between 10am and 3pm at Addlesone, Ash Vale, Caterham, Cobham, Cranleigh, Dorking, Epsom, Farnham, Guildford, Haslemere, Horley, Leatherhead, Reigate, Walton on Thames and Woking. on **01483 450000 opt 3**
www.sja.org/surrey

RHS Reacts to DEFRA-backed Report into Growing in Schools

The Royal Horticultural Society (RHS) welcomes a Government-backed report launched by Secretary of State **Caroline Spelman**. The *RHS* is part of the Taskforce that compiled the report, which looks at schools in England, to explore and set out the huge benefits to children who are taught how to grow food.

Clare Custance, *RHS Strategic Development Manager*, said: "This is a very exciting report that expands on the research we carried out two years ago into the benefits of growing plants and food at school to a child's educational experience. We hope that the recommendations of the report are recognized and that food growing becomes part of the activities in which all schoolchildren get involved. Growing and gardening teaches skills that are transferable to a child's academic needs and I hope all the schools take on board the findings of this report - we'd be thrilled to work with them."

Builds life and employability skills Aside from the emphasis on improving learning, the Taskforce found that the activity of growing food in schools also supported the acquisition of life skills, including financial

literacy and enterprise skills. Communication and employment skills were also enhanced. Signs for improved motivation and behaviour, for example arriving early to school and leaving later, were found, as was increased attendance and completion of homework, and less disruptive classroom behaviour.

Improves health and wellbeing 73% of schools cited teaching children about nutrition as a motivation for food growing, 68% for giving them skills for a healthy adult life and 33% for encouraging exercise. Evidence showed improved understanding of food and nutrition, increased willingness to try fruit and vegetables and increased consumption of fruit and vegetables.

The report is being released just a week after the *RHS* 150th school had signed up to the charity's *Campaign for School Gardening*, backed by **Alan Titchmarsh**, meaning that nearly half of all UK schools are now part of the campaign.

To find out more about the campaign and to read *RHS* research that looks at the benefits of growing in schools, www.rhs.org.uk/schoolgardening

Education

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OxBridge Centre is a well-established tuition centre based in New Malden. Currently there are around 600 students from year 1~A-level studying at the centre. Why don't you join us too?

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Esher & Cobham 01737 359 812	Hounslow West 020 8580 0069	Pyrford 01932 402 737	Tooting 020 8780 1618
Fetcham 01372 370 164	Kingston North & Wimbledon 020 8643 9130	Redhill 01737 277 380	Twickenham 0560 330 9814
Fulham 020 7266 4401	Kingston South 020 8127 0184	Southfields 020 8879 1290	Wallington 020 8819 4466
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