

PARENTS NEWS

June 2012 No.169

The First & Foremost Local Monthly Newspaper for Families

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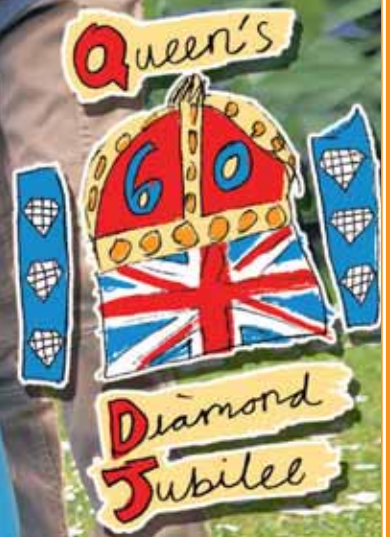
FREE

What's On in June, Half Term and Jubilee 20th Annual Children's Party Feature

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KENT

Parties

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PARENTS NEWS
 Next Issue July 2012
 Editorial Deadline: 21 June
 Advertisers Deadline: 21 June
 Distributed 2 July
 Publishers & Editors:
Fergus & Penny McCarthy
 Distribution 60,000 South
 West London & Surrey; 78,000
 Kent; 54,000 London South
 East-Surrey & West Kent.
 Distributed through schools,
 nurseries, libraries, leisure
 centres, restaurants, advertisers,
 pay schemes and events.
 Subscription by post £15 year.
For Advertising:
 fergus@parents-news.co.uk
 020 8337 6337
PARENTS NEWS UK
 ISSN 1362-5551
 10 The Manor Drive,
 Worcester Park, Surrey,
 KT4 7LG.
 Tel: **020 8337 6337**
 info@parents-news.co.uk
 www.parents-news.co.uk
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 hope mums and dads enjoy the
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www.stagecoach-parties.co.uk
 Whether it is your child's very special 1st birthday or your teenagers 16th birthday they can run a party for you. The parties range from a 40 minute musical party workshop, a 2 hour creative drama, dance & singing party or a spine chilling Murder Mystery evening experience. Party themes include "Pieces of Eight" for little pirates, "Once upon a Time" for would-be princesses and "The Mystery of the Caribbean Curse". But whichever theme you choose, the party hosts will make sure it will be a truly magical, memorable and stress-free birthday!
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Party.Bounce@btinternet.com
www.party-bounce.co.uk

LEGOLAND Windsor Resort
LEGOLAND Party £19.50 per child, and £20 per adult includes: A section of the fully themed Bricks restaurant Balloons and party novelties **LEGO** themed Birthday Cake Unlimited soft drinks Party Tea buffet Party bags
Chessington World of Adventures Resort
 Have a Really Wild Birthday Party at **Chessington World of Adventures Resort**. Really Wild Children's Birthday Party £250 Children's Zoo Feed £50 per adventurer Behind the Scenes Animal Tour £125 per adventurer Zoo Keeper for a Day from £135 per person
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 Parties from £15.00 per child Admission to **LEGOLAND® Discovery Centre** One free adult entry place for every child within the booking Use of a LEGO® themed Birthday Party room for up to 45 mins, with a party host for the duration of your time in the Birthday Party room Birthday cake and party meal for the children

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 Children's birthday parties are all wrapped up at the **Alton Towers Resort**. Waterpark Birthday Party £14.95 per child Extraordinary Golf Birthday Party £14.95 per child **www.merlingroups.com/friends-family/birthdays/**
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June 2012



Farming World has some fantastic events planned to celebrate the fast approaching **Jubilee Celebrations** and **half term**. Visit the open farm, just off the motorway between Faversham and Canterbury, and join in the fun! Special events include:
 • **4th June - Picnic in the Park** - Celebrate the Queen's Jubilee by having a Picnic in the Park at **Farming World**. Children dressed as a King or Queen will also gain free entry*.
 • **4th - 8th June - Sheep Shearing & Wool Week** - Watch sheep shearing (1-4pm), spinning and knitting demonstrations (2-4pm). How does a sheep's wool go from fleece to woolly jumper?
 • **6th June - Creepy Crawly Day**.
 • **7th June** - Guest appearance by **SpongeBob Square Pants**.
 • **8th June** - 'Have a Go' Falconry.
 • **17th June** - Dad's gain free entry to celebrate **Father's Day**.
Farming World also provides a great venue to hold a birthday party. In this day and age an approaching birthday party can be a horrifying thought for a parent. Will the guests be able to find the venue, how will I amuse the children, what should I feed them, what happens if it rains, what should I put in the party bags, do I need to take out another mortgage to pay for the experience and at the end of a long day who will do the clearing up? All of these problems can be solved by holding a party at **Farming World**. The farm will also be happy to tailor parties to the child's individual requirements, providing each child with a unique and fun filled experience. Each party is provided with a 'base' for the duration of the party, which will be decorated prior to arrival. This area can be used to store all the presents and food, cut the cake and hide in the event of a shower. Guests can then explore the farm, meet the farm animals and rare breeds, watch a birds of prey flying demonstration, explore the large adventure playgrounds or challenge each other to a round of mini golf. The children can also enjoy the enormous jumping pillow (weather permitting). This is a giant inflatable that can be jumped on until the children and adults are all exhausted! In the event of rain, which can definitely put a damper on a party, the children can enjoy the two storey indoor soft play area or get creative in the craft and activity room painting a memento to take home, which children, what should I feed them, what happens if it rains, what should I put in the party bags, do I need to take out another mortgage to pay for the experience and at the end of a long day who will do the clearing up? All of these problems can be solved by holding a party at **Farming World**. The farm will also be happy to tailor parties to the child's individual requirements, providing each child with a unique and fun filled experience. Each party is provided with a 'base' for the duration of the party, which will be decorated prior to arrival. This area can be used to store all the presents and food, cut the cake and hide in the event of a shower. Guests can then explore the farm, meet the farm animals and rare breeds, watch a birds of prey flying demonstration, explore the large adventure playgrounds or challenge each other to a round of mini golf. The children can also enjoy the enormous jumping pillow (weather permitting). This is a giant inflatable that can be jumped on until the children and adults are all exhausted! In the event of rain, which can definitely put a damper on a party, the children can enjoy the two storey indoor soft play area or get creative in the craft and activity room painting a memento to take home, which

June 2012

Birthday Parties and Fun on the Farm!

WIN A PERFECT PAIR OF PARTY GAMES

Bubbles, Bubbles everywhere ... but who can pop the most?
Drumond Park's Bubble Buster (age 4+, rrp £17.99) is a unique outdoor action game - which will have magical bubbles bursting all over the place. It's a great ice-breaker and is perfect for parties, and days out. too! Armed with their special smiley-faced **Bubble Buster** wands, children will soon be squealing with delight as they chase after the stream of beautiful bubbles blown out by the brightly coloured **Bubble Buster** unit. As they dash about, zapping as many as they can, the magical wand tells them - with a thrilling zinging, zanging sound - each time they burst a bubble. As the excitement builds, so the wand's tone rises... until it reaches a crescendo when the first person bursts the winning number of bubbles - twenty!

01227 751144.
Farming World is open seven days a week, 9.30am to 5.30pm until the 4th November, and is just off Junction 7 of the M2. Normal admission prices are £6.50 adults, £5.50 for children aged 3 - 15 years, concessions £5.50.
 *Free entry for one child in fancy dress per full paying adult. Guide dogs only.

Pump up the action with **Pumpaloons!**
 The award-winning **Pumpaloons** (also age 4+, rrp £19.99) is a fast, fun action game from **Drumond Park**. The race is on... children dash to their pumps and start puffing up the two lovable, colourful, clown-like wobbles - **Stripeyloon** and **Spottyloon** - until they are proudly standing three feet tall. How it's done doesn't matter - they can stomp on the pump with their feet, kneel down and push it furiously with their hands, or even sit on the pump and bounce up and down, as fast as they can go! Success: everyone knows who's won - the **Pumpaloons** which fills out first lets out a 'victory' squeak! This game is great for parties - two children can play at a time, or puff away together, in teams. It's also perfect for taking on holiday - and so much fun that the whole family and all the friends they meet will want a go!
 For stockists: **www.drumondpark.com** **01506 855577**

A 'Party Pair' Competition
Drumond Park and **PARENTS NEWS** are giving away seven sets of both **Pumpaloons** rrp £19.99 and **Bubble Buster** rrp £17.99. For a chance to win one of the sets, answer this question on a postcard
 To get the *crescendo of noise out of Bubble Buster* wand, how many bubbles should you burst?
 Send the card to **Parents News/DP** 10 The Manor Drive Worcester Park Surrey KT4 7LG. By noon **Monday 18 June 12** When the first 7 correct answers drawn will each win a pair of games. Usual **PARENTS NEWS** Competition rules 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.

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www.booproductions.com email **info@booproductions.com**

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Call now to book on: **01932 256294**
 or email **parties@stagecoach.co.uk**

Just Stagecoach to know parties!

HALF-TERM FUN FOR EVERYONE!

Visit **www.farming-world.co.uk** for special event details including:

- Picnic in the Park,
- Sheep Shearing and Wool Week,
- Creepy Crawly Days,
- SpongeBob Square Pants,
- Have a Go Falconry,
- Birds of prey & flying demonstrations,
- Large adventure play,
- Rare breeds & farm animals,
- Heavy horses,
- Indoor soft play,
- Craft room,
- Mini golf course,
- Tractor and Trailer Rides,
- Hot & cold refreshments, (Some activities weather permitting)

Show this advert to receive **50p off entry per person in your party.** (PN June. Valid 6/6 - 30/6/12)

Open everyday until 4th Nov.
Farming World, Boughton, Faversham, ME13 9HY
Tel: 01227 751144
 M2 junc 7 follow brown signs, sorry no dogs.

Guildford summer festival

1 June - 31 July 2012

Make the most of your summer in Guildford

Gigs • Theatre • Music • Arts • Sports • Outdoor Events • Family Events • Walks and Tours

2012

For more details contact the Guildford Tourist Information Centre on 01483 444333 or visit **www.guildfordsummerfestival.co.uk**

Including **Guildford walkfest**
GUILDFORD BOROUGH

What's On

Go treasure hunting this summer with huntfun!

Wondering how to keep the kids entertained this summer without breaking the bank?

www.huntfun.co.uk has the solution. The company has treasure hunts in over 240 locations across the country that the whole family will enjoy. The hunts encourage families to explore a local area, unearthing hidden historical gems they might ordinarily have walked right past. They include everything you need – directions, clues and a map. They take about two hours to

complete but if you want to make a day of it, just stop off for a bite of lunch or stop in at some attractions en route. "Our hunts tick four very important boxes for parents: they don't cost much, they're educational, they get kids active and most importantly, they're fun for the whole family," explains Stephen Whetstone, founder of *huntfun*. "Many family outings cost a fortune and are really only geared towards the children's entertainment, with parents having to endure rather

than enjoy it. Our treasure hunts are great fun for all ages." For families visiting *London* for the Olympics, there are several hunts to explore during your time in the Capital. There are also hunts at other Olympic destinations like *Weymouth*, *Winkor*, *Covevny*, *Newcastle* and *Manchester*. The hunts offer a great way to explore these areas while enjoying the Olympic buzz, even if you weren't lucky enough to get tickets to see the Games. The hunts start from just £4.99 plus postage for a black & white printed hunt, £6.99 plus postage for a colour printed hunt or can be downloaded from £7 depending on the number of participants. They can also be personalised to make your family days out even more special. Go to

www.huntfun.co.uk for more information.

happy egg co

happy egg co. have some brilliant new free-range lunchbox products that would be perfect for children. We all know how difficult it is to get some wholesome foods for the children in the rush of the early morning school run!

The products, including scotch eggs, mini quiches and deli fillers – all of which are made even tastier and happier as use free-range eggs are delicious as a snack and perfect on top of any sandwiches or jacket potato.

Scotch eggs are a firm British favourite, and now the *happy egg co.* is launching its own free range variety, available in a snack sized pack of 12 savoury eggs or in a pack of two traditional whole egg size.

happy egg co. scotch eggs and savoury eggs are made with free range eggs, wrapped in delicious outdoor reared

pork – making for a happier snack. Available in *Tesco* and *Sainsbury's* stores nationwide.

Single-serve quiches, in two delicious flavours: Mature Cheddar & Spring Onion and Mature Cheddar & Bacon, both of which are available in *Tesco Express* and *Sainsbury's* stores. Great served hot or cold, these fillers – all of which are made even tastier and happier as use free-range eggs are delicious as a snack and perfect on top of any sandwiches or jacket potato.

Priced at £1.69, the deli-fillers range of two flavours - Egg Mayo and Egg & Bacon - will be available from *Tesco* and stores nationwide. As with all the products from the *happy egg co.*, the new deli fillers are made using only the happiest free-range eggs and the Egg & Bacon contains outdoor reared bacon too – making for even happier snacking!

Perfect for sandwich fillings or as a jacket potato topping, parents and children alike can be safe in the knowledge that they contain only the very best quality ingredients.

June 2012

MINT Polo in the Park

On the 8th, 9th and 10th June 2012, *MINT Polo in the Park* will return to *Hurlingham Park* for its fourth year.

MINT Polo in the Park is the leading outdoor polo and lifestyle event in central London – offering a mix of sport, entertainment, VIP experiences, fun and glamour. If you're bringing your family to *MINT Polo in the Park*, then Finals Day is your day. Children can let loose in the *Kids Club* where they will find bounce castles, football tables and circus activities. Keep a look out throughout the day as magicians, balloon sculptors and face painters will be circulating the crowd providing additional entertainment and helping create a festive atmosphere. You can watch the amazing *Devil's Horsemen Display Team* performing their Hollywood stunts twice a day. As an extra special addition, on the Sunday (*the Family Day*) only, for the first 90 minutes after gates open (from 12pm – 1.30pm) there'll be a multitude of fun games in the classic 'It's a Knock-Out' Grandstand tickets for £10. Child, family and groups tickets available.

www.polointheparklondon.com

June 2012

Celebrate the Jubilee weekend & June half-term at WWT!

Get into the swing of spring and venture down to one of the nine *Wildfowl & Wetlands Trust (WWT)* centres across the UK over the **June half term or Jubilee bank holiday** weekend. From fluffy ducklings to a whole host of arts, crafts, fun and games – there's something for the whole family to enjoy.

During the half term break, why not visit one of the many centres for a **Downy Duckling Tour** where you can see tiny fluffy ducklings as they take their first wobbly steps and take to the water like, well, ducks!

WWT is also proud to be celebrating their own patron, **HM the Queen's, Diamond Jubilee** festivities by hosting jubilee-themed activities over the bank holiday weekend. Jubilee activities at the above centres will be held on **2 - 5 June**, from 1pm-3pm.

If you're looking for adventure, then trek over to *WWT Slimbridge* where you can take a trip back in time to the South Pole and see the travelling Antarctica exhibition and become a polar explorer to embark on a creative trail! Two rare nee goslings have

been born at *WWT London Wetland Centre* in Barnes, South West London. Only 1,750 nenes – pronounced 'nay-nay' after their call – survive in the wild in their native Hawaii.

At one time the nene could be found all over



Nenes are an iconic species for the *Wildfowl & Wetlands Trust (WWT)* as **Sir Peter Scott**, who founded the Trust in 1946, brought some of them to the Trust's HQ in Slimbridge, Gloucestershire, to establish a captive breeding programme in 1950. At that time less than 50 nenes survived in the wild. For more information about the half term and Jubilee celebrations, please visit: **www.wwt.org.uk/junehalfterm**

London Wetland Centre have an arrival of a family of otters, everyone's favourite wetland mammal!

From 2 June visitors to *WWT London Wetland Centre* will be able to see a family of four Asian short-clawed otters playing, foraging, feeding, swimming and grooming. Visitors can even watch them sleeping in their specially designed holt, although this species of otter is more active during the day than some of the 13 other species found worldwide. Asian short-clawed otters are the smallest otters in the world and live well together in family groups, unlike most other otters which tend to be solitary. They often play games which helps their young to develop hunting skills.

Asian short-clawed otters catch their food with their paws rather than in their mouth, feeding mainly on small creatures such as crabs. The wardens at *London Wetland Centre* hide the otters' food so they have to search for it, as they would in the wild. Visitors can watch the otters being fed daily, learning more about their habitats and behaviour from the wardens. **Martin Senior**, General Manager at *WWT London Wetland Centre*, said, "We are thrilled at the arrival of this key wetland species here at *London*

Otters arrive at WWT London Wetland Centre

Wetland Centre. The otters are a real delight to watch and we hope that they will inspire our visitors to realise the importance of protecting wetlands so that all animals, not just otters, can thrive." Otters are a good indication of clean water and healthy wetland habitats. As they are usually at the top of the food chain, if there are problems with wetlands the otter population declines. The UK's native European otter is a conservation success story.

Fifty years ago the rivers of the UK suffered from pollution by organo-chlorine pesticides and as a result otters had disappeared from almost all of the country. However, in the 1970s the government banned harmful chemicals and slowly the health of the rivers improved and the UK otter population flourished. By 2011 there were otters in every county. Asian short-clawed otters live in marshy areas, such as swamps, pools and rice fields,

across Asia. Unfortunately, these appealing wetland creatures are listed as 'vulnerable' because of pollution, habitat loss and hunting. The *Wildfowl & Wetlands Trust (WWT)* breeds otters in order to understand more about them to be able to help them in the wild, and to inspire visitors to help protect wetlands and the wildlife that depends on them.

www.wwt.org.uk/london
020 8409 4400



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OLYMPIC open weekend Celebrating 50 days to go

Saturday 9 June, 9.00am-2.00pm
Tennis, hockey, gymnastics, basketball, wheelchair basketball, fitness classes, table tennis, judo and judo tots
Teddington Sports Centre, Teddington School, Broom Road, Teddington, TW11 9PJ Phone: 020 8977 0598

Saturday 9 June, 10.00am-3.00pm
Trampoline, table tennis, football, fencing and badminton
Whitton Sports & Fitness Centre Twickenham Academy, Percy Road, Whitton, TW2 6JW Phone: 020 8898 7795

Saturday 9 June, 10.00am-1.00pm
Archery, cycling, gymnastics, boxing and indoor rowing
Shene Sports & Fitness Centre Richmond Park Academy, Park Avenue, East Sheen, SW14 8AT Phone: 020 8090 9630

Sunday 10 June, 10.00am-1.00pm
Judo, badminton and indoor rowing
Hampton Sports & Fitness Centre, Hampton Academy, Hanworth Road, Hampton TW12 3HB Phone: 020 8090 0668

Sunday 10 June, 11.00am-2.30pm
Tennis, football and badminton
Orleans Park Sports Centre, Orleans Park School, Richmond Road, Twickenham TW1 3BB Phone: 020 8090 9695

Sunday 10 June, 12.30-3.30pm
Boxing, diving, swimming races and water polo
Teddington Pools & Fitness Centre Vicarage Road, Teddington TW11 8EZ Phone: 020 8977 9911

Sunday 10 June, 11.00am-4.00pm
Bikefest
Kneller Gardens, Meadway, Twickenham

Sky Ride Local rides are fun, friendly and free community bike rides that help you get out and explore your local area. Visit **www.goskyride.com/richmond** for more information and to find local rides this summer.

Programme subject to change
For up to date information please go to **www.richmond.gov.uk/olympicopenweekends**

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ALL STANDARDS WELCOME - players will be grouped according to ability. Places strictly limited and must be booked in advance. Bookings/Enquiries: **07952 820023** Email: **helpdesk@tennisavenue.co.uk**

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Jul 16-20	Aug 13-17
Jul 23-27	Aug 20-24
Jul 30-31	Aug 27-31

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Nanon Park
Nikon Road
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www.TennisAvenue.co.uk

Shipwrecks & Rescues
5 - 10 June
Family Holiday Activities

- Meet RNLI mascot Stormy Stan
- Medal making, art & crafts
- Hear heroic tales of shipwrecks & rescues
- Make a self-righting lifeboat & try it out in the test tank
- Discover the Dockyard story from Victorian times through two World Wars in our new gallery - Steam, Steel & Submarines

Man the Guns
2 - 10 June

- Watch close-up as HMS CAVALIER's guns are fired!
- Join in with a 'mess deck scene'
- Discover what life was like on board a real Second World War Destroyer!

thedockyard.co.uk 01634 823807

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THE HISTORIC DOCKYARD CHATHAM

NEW Opening Saturday 2nd June
Otters!

- Be among the first to meet our new family of Asian short-clawed otters
- Learn more about everyone's favourite wetland animal
- Watch them play, feed and swim

Celebrate their arrival with our Jubilee 'Best of British' menu and a Pimms!

London Wetland Centre
www.wwt.org.uk/london
020 8409 4400
Queen Elizabeth's Walk, Barnes, London SW13 9WT

WWT registered charity in England & Wales, no. 1030884 and Scotland, no. SC097410

Education

More help to follow a healthy diet

– front of pack food labelling consultation launched
Keeping track of what you eat and choosing healthier foods could be made easier thanks to a UK-wide consultation launched by **Health Secretary Andrew Lansley**.

UK health ministers want to see all food manufacturers and retailers use the same system to show – on the front of packs – how much fat, salt and sugar, and how many calories is in their products.
Around 80 per cent of food products sold in the UK already have some form of front-of-pack labelling. But different retailers and manufacturers use different ways of labelling which can be confusing for consumers.

Some use labels showing *Guidelines Daily Amount (%GDA)* some use traffic light colour coding that highlights high fat sugar and salt content.

and some use both. Research shows that a consistent presentation, combining information, used across all products, would make it easier for consumers to compare the nutritional information provided on the food they buy.

If the biggest seven supermarkets used the same labelling with industry. For example, customers who buy 50 per cent of fast food and takeaways sold on the high street can see from the menu how many calories are in their meals and half the high street has committed to cutting salt in household staples.”

Health Secretary Andrew Lansley said: “Being overweight and having an unhealthy diet can lead to serious illnesses such as cancer and type 2 diabetes. We must do everything we can to help people make healthier choices.”

“Offering a single nutrition labelling system makes common sense, it would help us all to make healthier choices and keep track of what we eat.

Making even small changes to our diet can have a major impact on our health. Cutting our average salt intake by 1.6 grams a day would prevent over 10,000 premature deaths a year.
“Initiatives like the **Responsibility Deal** are already showing what can be achieved if we work in partnership with industry. For example, customers who buy 50 per cent of fast food and takeaways sold on the high street can see from the menu how many calories are in their meals and half the high street has committed to cutting salt in household staples.”

New EU regulations on food labelling were introduced at the end of last year that require manufacturers and retailers to make many changes to their food labels. While providing front of pack information is voluntary under the regulation, every company that does so has to provide information about calories alone, or calories plus the amount of fats, saturated, sugars and salt.

The UK has always led the way in providing consumers with more information. Consulting now should help industry to identify a common scheme, which will bring benefits to consumers.

Keep the Family Safe on the go this Summer

Whether you're off on a family holiday, visiting friends for the weekend or just on the school run, keeping safe on the go has never been easier thanks to these tips from child-safety specialist **Clippasafe**:
1. Check your car seat is correctly fitted and that the straps are in good shape
2. If your child's car seat is in the front passenger seat, ensure that this air bag is disabled.
3. Toddlers are full of beans and can often wriggle free from their car seat straps. Keep them safe, secure and comfortable with **Clippasafe's Secure Belt Travel Pillow** (from £6.99).
4. Be prepared for the worst. Always make sure you travel with *in case of emergency (ICE)* phone numbers including vehicle recovery contact details. Keep an emergency pack in the car in case of long tailbacks or breakdowns – in addition to basic essentials such as blankets, a torch and water, think child-specific and make sure you have some age-appropriate foods and additional clothing for each child. An infant car seat rain cover will keep babies dry and comfortable should they need to spend any time outside.
5. Fit a *Baby or Child on Board* sign to the rear window – to alert any emergency services to search for a little one.

6. It's vitally important that expectant mothers keep themselves and their bump safe as they travel. **Clippasafe's Advanced Bump Belt £24.99** www.clippasafe.co.uk ensures that the seatbelt lies across the lap and does not ride up onto the pregnancy bump. In the case of an impact, it makes sure that seat belt is correctly positioned to transfer the pressure through the hips and pelvis, instead of the womb, reducing the risk of serious injury.
7. With summer approaching and temperatures rising, fit roller blinds or sun shades to your car windows. These will keep little ones shaded and the vehicle cool. Should you need to get out of the car – even if it's just for a very short while – make sure a window is left slightly open to allow cool air to circulate.
8. A child rear view mirror is a safe way of keeping an eye on little ones in the back, providing you with peace of mind without putting yourself or other road users at risk.
9. Don't forget that as much as your little travellers can feel weary, so can you. Stop regularly for breaks and never drive tired.
Clippasafe products are available at stockists nationwide and online at www.clippasafe.co.uk

St Lawrence College Junior School opened its doors to prospective Reception pupils at two recent 'taster' sessions.

Many local families took advantage of the opportunity to find out more about life in the Junior School, joining the school's current Nursery pupils who are moving up to the Reception class in September.

Teaching staff ran various 'fun' activities for the visiting children to take part in, typical of the learning experiences that Reception class pupils enjoy on a day-to-day basis.

Visitors also had a chance to ask questions and have a tour of the school, further easing the transition for both children and parents before the move from Nursery to 'big school'.

Following the success of the event, *The Junior School* has only a limited number of remaining Reception vacancies for September, so any other interested parents are advised to contact the school as soon as possible.

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June 2012

A Taste of Reception

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June 2012

91% of Britain's workers don't love their job

Do What You Want – the book that shows you how to create a career you'll love.

Only 9% of people claim they are in a job they love, with over a third saying they are unhappy at work and nearly 10% admitting to hating their job. Depressing statistics, but due to the continued economic doom and gloom it may seem that having grand ambitions about ones career is misguided. Those in work should be thankful for the job they've got, with dreams of a satisfying and lucrative vocation put on the back burner until things change.

According to new book, **Do What You Want** by leading business consultant, **Nicholas Bate**, this is not the case - in fact, it is always a good time to take control of your working life.

Nicholas has worked with some of the world's major international corporations, including *Royal Sun Alliance* and *Microsoft*, as well as running pioneering courses on personal excellence and leadership, so has first-hand experience of how success is achieved by a business as a whole and at an individual level.

Imparting his practical, pragmatic advice, tools and strategies, **Do What You Want** will help readers to understand and adapt to the realities of today's working world in order to develop a focused and realistic plan to fulfil their ambitions. Broken down into seven steps, **Do What You Want** provides the essential tools necessary to manage, guide and maintain a career that will help fulfil goals and ambitions.

Unemployed: Plan your next move, whether you're a graduate, have lost your job or been made redundant.

Employed but unhappy: Escape your employer, move on, achieve and be a success in a career of your own making.

Including proven, winning strategies, **Do What You Want** will help readers develop their personal brand, keep their skill-sets relevant, adapt to the realities of the modern job market and develop a focused and realistic career plan for a secure future.

Do What You Want, by **Nicholas Bate**, is available now priced £10.99 from *Pearson Life*.

Improving Memory with Colour

Short-term memory is temporary recollection of information. When reading a sentence, or a passage, you have to keep in mind the beginning of the sentence to make sense of the rest.

Information is passed from sensory memory to short-term memory through attention, meaning information that is interesting is what's going to be remembered.

The Von Restorff effect was identified by **Hedwig von Restorff** in 1933. She conducted a set of memory experiments around isolated and distinctive items, concluding that an isolated item, in a list of otherwise similar items, would be better remembered than an item in the same relative position in a list where all items were similar. Because colour increases creativity and highlights important points and stands out, they can help add elements of SURPRISE to notes. Von-Restorff said that one colour is



monotonous and boring and so the brain just switches off. Colour can have a dramatic impact on memory and attention. Research in the marketing industry shows that colour visuals increases willingness to read by 80% and positively affects motivation and participation to a similar degree. Past experiments have shown that highlighters benefit when studying for a test versus not using any kind of highlighting. The colour yellow stimulates the brain, which why yellow is such a popular highlighter colour. "Colour communications can improve comprehension by 75 percent over black-and-white communications. *Readership of Colour* documents can be 40 percent higher. Training materials printed in Colour can accelerate learning from a rate of 55% to a rate of 75%".

– **Don Jones**, Author
The *EAS Original* available Sainsbury's, Morrisons and Tesco, WH Smith and Rymans Amazon and Cult Pens.

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All welcome!
Academy Day at Emanuel Rugby Club
Sunday, 8 July 2012 9:30-11:30am

EM Emanuel Lions is a family orientated community rugby club which has the prestigious **Clubmark** status and the **Rugby Football Union (RFU) Accreditation Seal of Approval** which recognise the quality of the club's operation. Winners of the **RFU Club Development Award 2011-12**, and the **Surrey Community Club of the Year** for the second year running, no less than 6 of our team have been recognised by RFU with awards –including the coveted **Volunteer of the Year Award** for the Head Coach of the Girls' squad; All of which demonstrates our commitment to getting children involved in rugby.

Players from Under 5 – Under 14 and Girls' Tag and Contact teams
 Be part of our successful rugby club.

**Find us at: Blagdons Sports Ground, Beverley Way,
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Our players are encouraged to compete and win - but never to lose sight of the traditional ethos of rugby; discipline, control, mutual self-respect and fair play.

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Bourne Hall Museum Kids Club
 bringing history alive

History of Toys

Sat 9 June 2012: 1—2.30pm

Travel back through the centuries and discover what children used to play with before the invention of televisions, computers and electronic games!

Beginning with toys enjoyed by Roman children we can see how toys change through the ages and others survive. Discover what toys and games might have kept a young King Henry VIII or Queen Victoria amused.

Learn how the introduction of mass production and new materials by the Victorians increased the variety of toys on offer and how both World Wars, with rationing and shortages of everything, changed the way children played.

Cost per child £4

Further information available from David Brooks, Bourne Hall Museum, Spring Street, Ewell, Surrey, KT3 3UF. 020 8394 1734, dbrooks@pspm-ewell.gov.uk
<http://www.ppsmdevelopmenthistoryexplorer.org.uk/BourneHallMuseumClub.html>

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Just would like to say "Big thank you to Mr. Kim for last two years. I received Physics A* in AS and had professional consulting of my Oxbridge preparation and now got an unconditional offer to Oxford University in English Literature I am so delighted!! By Hyun

Thank you so much, I have received the pass in 16+CEE entry in Westminster. It was amazing result as only one month intensive course with Scholars!! By Jawon's mother

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Spring alert for home owners with pets

A new development in flea treatment which targets just the fleas not your pet, family or home. Treating fleas is an important part of keeping your pet healthy and happy, but as the warmer weather approaches flea breeding becomes rife. In order to combat fleas pets have had highly active insecticides applied directly to them, and therefore also the places and people they are in contact with. But pet owners now have the option of a kinder choice. A new development in flea treatment offers a highly effective treatment combined with gentleness for pets and their families. This new type of treatment uses unique technology called 'bioactivation' which targets only the fleas. 'Bioactivation' means the flea treatment only becomes highly active once inside the flea, minimising unnecessary chemical exposure to pets, their owners, family

and home. As products with bioactivation treats fleas at the stages of the development stages as well as the adult flea they also control the many eggs and larvae on the pet and in the home.

Talk to your local vet about bioactivation and ask for their recommendation or visit www.bioactivation-in-flea.co.uk.

or animal healthcare specialists, MSD Animal Health on www.msd-animal-health.com.

Mums: Return to Work with Confidence

- Thinking of returning to work after having children?
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School Talk

13 June Dalmain Primary School, Forest Hill, Open Morning, 9.15am, 020 8699 2675

16 June St Michael's C E Primary School, Southfields, Centenary School Fete with bouncy castle, music & gymnastics, toys & plant stalls, bug race, tombola, tea & scones & much more, 12-4pm.

23 June Corpus Christi Primary School, New Malden 'Mad Hatter's Tea Party Summer Fair' with search for a White Rabbit or a March Hare at the Children's Petting Farm, bouncy castle, tombola, beat the goalie, face painting, toy & book stall, vintage tea shop, refreshments 12-4pm.

23 June Dysart School, Surbiton Jumble Sale, 12-2pm.

30 June Hatfield School, Morden, Summer Fair with inflatables for all ages, an assault course, stalls, face painting, bbq, refreshments & lots more, 12-3.30pm.

30 June Riverview School, Ewell with an inflatable assault course, crossbar challenge & shot put, lots of stalls, beer ten, bbq & lots more, 1-4pm.

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