

PARENTS NEWS

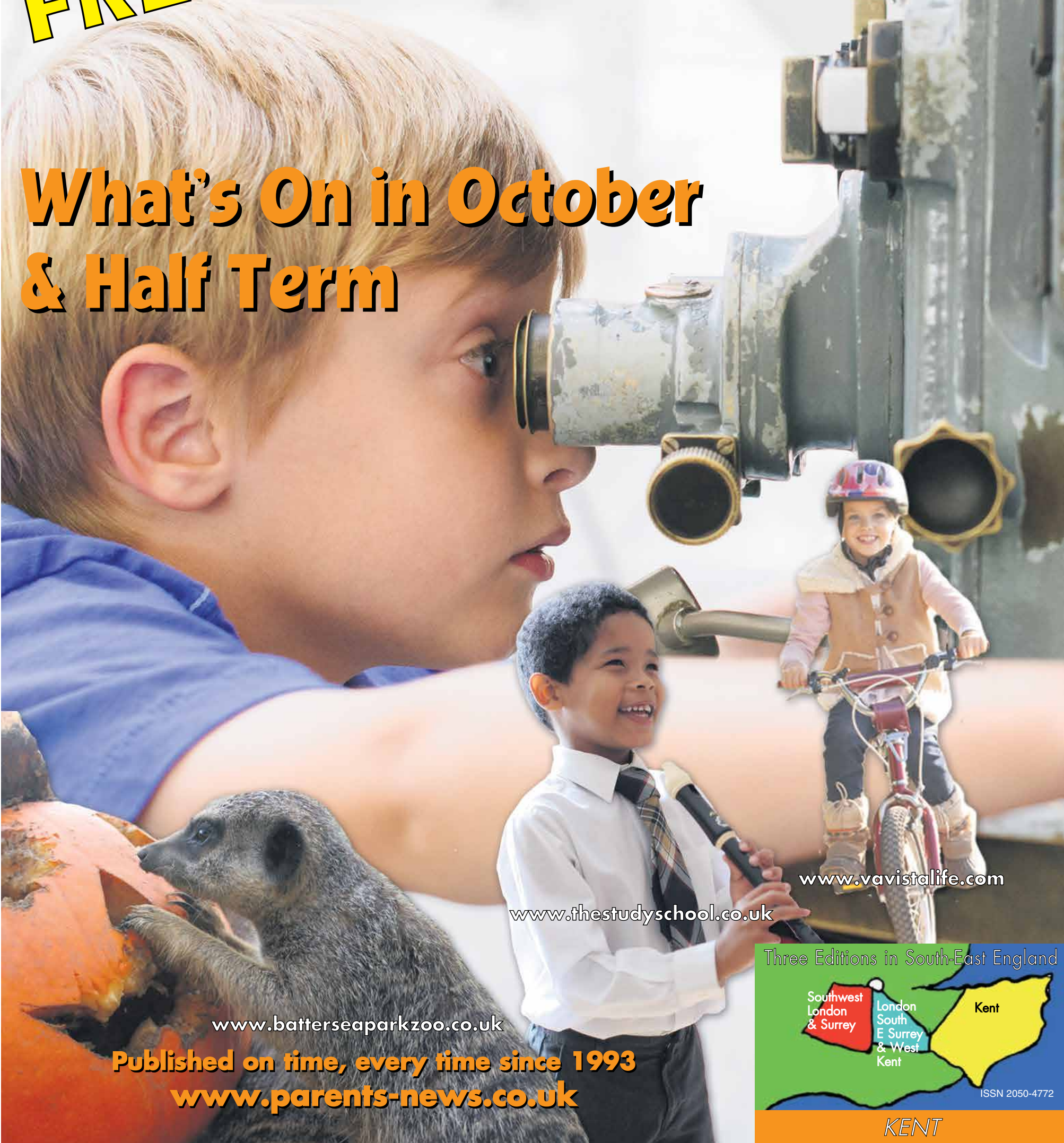
October 2016 No. 212 The First & Foremost Local Monthly Newspaper for Families

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What's On in October & Half Term



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KENT

Mindfulness Parenting

Part 2

Gratitude. I believe gratitude is a fundamental component of mindfulness, teaching our children to appreciate abundance in their lives, as opposed to focusing on all the toys and goodies that they crave. My family does this at dinner when we each share one thing we are thankful for. It is one of my favorite parts of the day.

Snow globe - Shake it up and watch the beautiful storm! But soon, if we sit and breathe and

simply watch the disturbance, it settles. As do our minds.

Mindful eating Teaching your child to eat healthful and mindful can start as early as toddlerhood. While mindfulness seems like a new health trend, your child is born a pro. Infants and toddlers are connected to their senses; they look, feel, smell, and taste their food before they eat. The younger the child, the closer he is to mindful eating.

The raisin meditation is great!

Hold a raisin in your hand. See and touch the raisin as if you were an alien just seeing this for the first time. Smell the raisin — hold it to your nose to take in the aroma. Place the raisin on your tongue and hold it there without chewing. Hold it there for a bit. Now taste the raisin, bite it slowly, and when you do, pause and notice the flavors and textures. Slow down and pay attention, using all your senses. You're in the moment and connected to what you're eating.

As kids pay attention to their

food, those neural pathways that connect taste receptors in the tongue to perceptual areas of the brain that evaluate flavors and portions (yummy, sweet, flavorful, want more, or too much, I'm done) become strengthened. If they connect the food on their plate to their aware, conscious brain, they have a healthy relationship to food, and it's a good thing for their eating habits — now and for years to come.

Mindfulness practice has an abundance of everyday

activities, thoughts, attitude and perceptions which brings balance and to be in the moment with your child every step of their lives.

"the present is the only time that any of us have to be alive — to know anything — to perceive — to



learn — to act — to change — to heal"

www.sarahjonesuk.com

Dinosaur Days at WWT London Wetland Centre

Meet the walking, roaring T Rex!

Saturday 29 & Sunday 30 October

Join the *Dinosaur Society* at *WWT London Wetland Centre* to discover more about the wetland superstars that wandered the planet in prehistoric times. See real dinosaur bones, discover the link between birds and dinosaurs, find fossils, check out the dinosaur art and sculptures and lots more!

Meet the terrifying **T Rex** which will be making appearances throughout the day — don't let him catch you!

See a life size Stegosaurus, join in art workshops for all abilities, bring your fossil for

identification and buy rocks, minerals, fossils and books.

The Dinosaur Society will also be holding walks and talks suitable for all ages during the weekend, on **Saturday 29 and Sunday 30 October**.

WWT London Wetland Centre is a 105 acre wetland visitor centre in Barnes, southwest London, an international award-winning visitor attraction and a *Site of Special Scientific Interest (SSSI)*. I

t is home to a wide range of wildlife species including birds, water voles, bats and amphibians. Facilities include six wildlife hides, *Water's Edge Café*, Observatory, a gift shop and free car park.

The Centre also has indoor and outdoor adventure play areas for children.

www.wwt.org.uk/london



© Bob Nicholls

The Historic Dockyard Chatham

This half term *The Historic Dockyard Chatham* reveals a Halloween spooktacular for children of all ages to have fun and get creative!

Try your hands at a Halloween classic - **spooky pumpkin carving!** Design a scary face and take it home to spook the neighbours! Or have a go at making your own scary puppets and put on a spooky play! And new for this year - it's slime to get messy and mix up devilish ingredients, cast the spell and make your own slime!

All these activities are set in the free to enter discovery centre at *The Historic Dockyard* and taking part costs from £3 (per activity, or 2 for £5) Make your visit

even better and upgrade to an annual ticket for *The Historic Dockyard* - one of Kent's best loved days out. As well as the usual adventures for all ages, during half term the fearless can take on the *Dockyard's* pumpkin trail, set in *The Commissioner's Garden*; dare you to have your 'photo taken with the *Dockyard's* spooky visitor!

The new **Mess Deck** restaurant will also be spooked out ready for you to sink your fangs into some scary sausages, monster mash and ice cream!

This will all be happening at *The Historic Dockyard Chatham*

Sat 22nd to Sun 30th October

www.thedockyard.co.uk

Advertise in PARENTS NEWS

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fergus@parents-news.co.uk

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MEET T-REX

DINOSAUR DAYS

SAT 29 & SUN 30 OCTOBER

AT LONDON WETLAND CENTRE

Dinosaur bones, fossils, art and workshops, walks and talks and much more...

WWT London Wetland Centre
Barnes, SW13 9WT
www.wwt.org.uk/london

THE HISTORIC DOCKYARD CHATHAM

HALF TERM HOLIDAY FUN! AND PUMPKIN CARVING

22 TO 30 OCTOBER 2016

For full details and much more visit www.thedockyard.co.uk

f historic.chatham @DockyardChatham thehistoricdockyardchatham

Style, practicality and fun! Winter has *Primigi* written all over it

Primigi is ready to accompany children throughout this long and cold winter, during walks in the mountains and playtime in the snow.

Primigi's winter collection, undoubtedly a step ahead, is conscious and highly aware of the latest trends. It is ideal for taking on this season full of activities and exciting new experiences with a stylish and fun approach.

From boots with *GORE-TEX®* membrane, the best for ensuring absolute waterproof wear by protecting feet from the heavy rain and snow, to the classic chukka boots with velcro strap closure, the most practical wear.

For girls, there's a selection of lovely boots, leather ankle boots with a glamorous twist, and soft fur-lined suede boots with appliques, practical and elegant even during the coldest months.



removable insole and the *chrome VI* free lining are in leather, the metal parts are nickel-free, to prevent allergic problems.

Size: 24-35
Cod. **6159177**

Vintage and trendy *this boy's* combat boot has a double velcro closure and a rounded toe. The padded collar and the reinforced counter make walking more stable and comfortable.

The insole and the *chrome VI* free lining are in leather, the metal parts are nickel-free, to prevent allergic problems.

Size: 20-35
Cod. **6053000**



Urban-fashion look for this red coloured *Mary Jane* with adjustable velcro closure. The

The Primigi System, a guarantee of quality and technological innovation

'*Primigi System*' is the system that guarantees the quality and innovation of *Primigi* shoes. In addition to the footwear's unmistakable lightness,

flexibility and amazing fit, *Primigi's* shoes are made with additional performance features such as the anti-shock system, to protect the heel from impact, and removable insoles for maximum hygiene.

What's more, all of the footwear's **metal parts** are **nickel-free**, to prevent allergies, while the lining contains no *Chrome VI*, to guarantee products that are even more health-conscious and natural.

Find more on www.primigi.com



Halloween Fear and Fun at *The Rare Breeds Centre*

Saturday 22nd to Sunday 30th October 10.30 am – 5.30 pm Things are about to get a little spooky on the farm!

We dare you join them at the *Rare Breeds Centre* for a Half Term Week filled with Ghosts, Ghouls and of course a whole lot of fearsome fun!

There are lots of Halloween activities for everyone including: Find all the spooky characters around the farm

and collect your sweet treat from the shop.

Come along and meet *Vunderbar the Wizard*, who will be in the *Discovery room* telling spooky stories and singing scary songs.

Let *Wiley Wolf Productions* transport you to the wonderful world of '**The Wizard of Oz**' in their spooky panto.

Watch the *Devil's Pig Race!* Get a fearsome face paint by Jax face painter (at a small extra cost) Look out for the Halloween characters

around the farm.

Plus (For those who are not too keen on Halloween) all the usual fun of the farm, friendly animals and **Big Red Trailer Rides**.

They love everyone to dress up in their most scary costume and there will be a daily fancy dress competition just before *The Devil's Pig Race* only for the kids!

For more information call **01233 861493** or visit www.rarebreeds.org.uk



Halloween

Daytime FEAR & Fun

Saturday 22nd to Sunday 30th October



Extra BLOOD-CURLING FUN for all the family

- ✓ **Vunderbar the Wizard** is here with spooky stories and scary songs
- ✓ Let **Wiley Wolf Productions** transport you to the wonderful world of **The Wizard of Oz** panto
- ✓ Look out for all of our **Halloween characters** around the farm
- ✓ If you dare, complete the **spooks trail** and collect a tasty treat



RareBreeds
Centre

Find out more... **01233 861493** RareBreeds.org.uk





Sir Chris Hoy

The team at *Piccadilly Press* announces the forthcoming publication of the first non-fiction book from *Sir Chris Hoy, On Your Bike*, which will be published on the **20th October 2016**.

On Your Bike is an illustrated, comprehensive guide for children to choosing, maintaining and making the most of their bikes with top tips and tricks from Olympic cycling champion Sir Chris Hoy. The book will encourage children to have fun cycling, keep safe, and record their cycling adventures.

This entertaining and informative book will teach children all they need to know about the wonderful world of cycling.

Using the *Flying Fergus* characters (illustrated by *Clare Elsom*) to assist Sir Chris in teaching children about bikes, and a scrapbook-style collage of nostalgic snapshots from his own childhood on a bike as well as technical drawings, diagrams and practical photography, this book draws on the Olympic champion's wealth of expertise in a fun, friendly and accessible format. The book also features access to bonus step-by-step videos of Sir Chris demonstrating key

tips and tricks.

Sir Chris Hoy says: "I'm so excited to be working in partnership with *Piccadilly Press* on my first non-fiction book for children. I hope that *On Your Bike* will introduce children - and parents - to the joy of cycling, providing a fun, informative and accessible guide to making the most of your bike."

Emma Matthewson, Publishing Director of *Piccadilly Press* says: "We are so proud to be publishing this brilliant 'how to' cycle book for children. Who could be better to introduce your child to cycling than the much loved Olympian Sir Chris Hoy? The videos and tips make this a great fun, must-have book for any parent and child wanting to get the most out of cycling".
Jane Harris, Executive Director of *Piccadilly Press* comments: "Sir Chris Hoy is a brilliant ambassador for *Piccadilly Press* and for inspiring children to read - we are thrilled to be working in partnership with him."

Sir Chris Hoy is one of the most decorated Olympic cyclist of all time, with a total of seven Olympic medals: six gold and one silver, as well as eleven World and two Commonwealth titles. At the 2008 Olympics,

Hoy became Scotland's most successful Olympian and the first British athlete to win three gold medals in a single Olympic Games since 1908.

Since retiring from professional cycling, Sir Chris has been eager to devote his time, knowledge and experience in working with the next generation of cyclists. He has brought his experience to bear with the launch of his very own bike range: *HOY Bikes*, in partnership with *Evans Cycles*, where the line-up offers something for everyone from young riders up to race-ready weekend warriors. Now, with this series of books, Sir Chris hopes to continue to impassion the next generation of cyclists with stories that are all about that taste of freedom that comes with owning your first bike and discovering the adventures that await you. The age at which you receive your first bike is often the age at which you start reading independently; stirring your imagination with the wonderful world of books, just as cycling can stir up a child's imagination for adventure.



EVENTS AT THE ROYAL OBSERVATORY GREENWICH

SPECIAL EVENTS

Alien (1979)

In space, no one can hear you scream. Directed by **Ridley Scott** and starring Sigourney Weaver as Ripley, *Alien* is considered one of the greatest sci-fi horror films. When the crew of space vessel *Nostromo* wake out of hypersleep to investigate a distress signal on a hostile planet, they discover a derelict spacecraft hosting a strange species. Abandoning the mission after one of them is attacked, the crew make their way back to Earth, safe in the confines of their ship. Or so they think... Following the movie there will be a talk from one of our astronomers on the science behind the film.

Popcorn, confectionery, soft drinks and alcoholic beverages will be available for purchase in the *Planetarium* foyer before the event.

29 October 2016

Peter Harrison Planetarium, 18:30-21:00
£8.00 adult | £7.00 concession | £6.00 child or guardian
15 yrs+

FAMILY EVENTS

Out of this World

Join Astronomers over half-term for a series of activity packages for older children that include a planetarium show, interactive quiz and virtual

reality activity.

Selected weekdays throughout October half term 2016
10.00-12.30
Astronomy Centre, Royal Observatory Greenwich
£6.00 child or guardian
7yrs+

Holiday to Space

Pack your bags for space as we fly around the Moon and planets in an **early years planetarium show**. Look out for the animal stories in the sky! Afterwards children can enjoy an engaging actor-led performance and a playful hands-on activity. Throughout October half term 2016
10.00-12.00
Astronomy Centre,
£6.00 child or guardian
4yrs+

Weekend Space Cadets

Weekend family workshops varied range of activities related to space science and space exploration; from the *International Space Station* to the latest discoveries about the Solar System and the wider universe.
Weekends October 2016
12:45-16:15
Astronomy Centre,
Free 7yrs+

Observatory Unlocked

Enjoy a range of public talks and activities delivered by our *Observatory Explainers*

in the *Meridian Courtyard*, ranging from uncovering the hidden stories of the *Royal Observatory Greenwich* to solar observing and hands-on science demonstrations. In the event of rain this activity will take place in the *Great Equatorial Telescope* or the *Octagon Room*.
Weekends and holiday weekdays October 2016
12.45-16.15
Included in Royal Observatory, Flamsteed House and Meridian Courtyard admission price 7yrs+

PLANETARIUM SHOWS

Peter Harrison Planetarium featuring state-of-the-art technology is the only public planetarium in London. Children must be accompanied by an adult.

An 'Astro Ticket' combining access to the historic Royal Observatory buildings and Meridian Courtyard with a planetarium show is available subject to availability. This offers savings for both individuals and families.

Planetarium is closed on the first Tuesday of every month.

www.rmg.co.uk
or phone
020 8858 4422.



My Marsden March

Anytime. Anywhere.



Dear Parents,

We are inviting all schools to organise their own 'My Marsden March' in aid of The Royal Marsden Cancer Charity. This is an easy to organise sponsored walk for your child's school that can take place anytime, anywhere. The school chooses a date, location and distance to suit themselves, and anyone from one or two classes to the whole school can take part. From short walks for younger children to longer hikes for older ones. *My Marsden March* is designed to be adaptable for schools.

It's also a great opportunity for pupils to have fun before and during the walk, for example by designing and making their own flags and banners, or decorating their outfits for the day.

I will help you make your school's *My Marsden March* a success by providing free t-shirts for teachers, pin badges for children, balloons, collection tins and posters to display around your school, like the one shown.

If you are feeling inspired and think your school might be interested in organising a *My Marsden March* or if you have any questions, please contact me on Janet.Tobin@rmh.nhs.uk or 020 8915 6105.

You can also find out more at www.royalmarsden.org/schools-march.

We are fast approaching the end of the summer term but it may be a fundraising event your school could organise for the autumn!

I hope to hear from you soon.

Janet Tobin

Registered Charity No. 1095197

Medieval Trick or Treat

Mon 24th to Fri 28th October
3pm to 5pm
The Canterbury Tales,
Margaret Street, Canterbury.
CT1 2TG Adult £9.75, Child
£7.50 (aged 5 – 15 years), Con-
cessions £8.50 01227 479 227,
info@canterburytales.org.uk,
www.canterburytales.org.uk

Join The Canterbury Tales team to embark on a trick or treating adventure through the medieval attraction. Hunt down all the hidden ghosts and ghouls with a sweet reward for families who find them all! Along the way, join in with a selection of spooky activities in each area including:

- **Shrieker's Songfest:**
Be serenaded with spooky

songs from our ScareChoir – 'The Shriekers'!

- **Ghoul School:** Join our Head Ghoul and learn the tricks you need to scare grown-ups silly!

- **Herbology:**
Green-fingered spookers get to grips with the healing properties of herbs. Listen carefully and decide if Professor Sprig is telling you a truth or a trick!

- **Pumpkin zone:** Watch in amazement as our magical pumpkins come to life!

- **Witch's House:** Hubble, bubble, toil and trouble. Build up your courage to enter, your final hurdle before the end of your journey. Get a photo memento of your bravery and escape swiftly to collect a tasty treat.

An extra special treat is also in

store for all families who attend the Trick or Treat event. Each visitor will receive a FREE return ticket* to The Canterbury Tales to enjoy the original guided tour. Costumed guides invite visitors to join their pilgrimage through a reconstruction of 14th century England. During the 40 minute experience, a combination of live interaction and audio guides will regale guests with five very different tales of true love, saucy scheming and spine-chilling trickery as each of Chaucer's colourful characters compete to win the title of best story-teller.

Visit www.canterburytales.org.uk to book online for a 15% discount or call 01227 479 227 for more information.

*excludes special events. Under 5s visit free.



Historic Royal Palaces HM Tower of London

Conquest Daily *The Tower of London*

England's greatest medieval fortress is under attack! Join costumed interpreters to relive the life and death struggles to overcome its mighty defences. Shelter within the walls or discover which enemies have the power to conquer the Tower, in this fun-filled family activity. Included in palace admission.

Digital Missions Daily *The Tower of London*

Go on an interactive adventure and prepare the Tower for the king's arrival or help a prisoner plan their perilous escape. Download the app before your visit. Supported by *Mitsubishi Electric*.

Included in palace admission.

Kensington Palace

Explore and play in the palace together! Discover tales of the palace's past in these multi-sensory sessions for under 5s. Through music, movement, messy play and more, you and your little one will be transported into a magical world of stories.

Tickets: £7

£6 *Historic Royal Palaces* members

Norman Conquest

22 – 30 October,
11.30-15.30

Tower of London

950 years ago this year, England faced two merciless invaders. Vikings attacked the north while Normans waited

to invade the South. Who will conquer? Will you fight back the invaders or welcome your new overlords? The choice is yours!

020 3166 6303
www.hrp.org.uk

www.parents-news.co.uk

This information plus much more online



CUTTY SARK

SPECIAL EVENTS

Ghost Ship

Experience the true horror of life at sea with eerie tours of *Cutty Sark*. Hear the tales of hard labour and tragedy that fell upon the crew during tough voyages on the stormy sea. Bring your wits and something comfy to sit on as you make your way beneath the ship for a screening of the blood-curdling classic *Dracula* (1931), with a shot of whisky to ward off the chills.

28 October 2016

19.00 | 19.15 | 19.30 | 19.45
(limited timed entry)

18yrs+

Admission: £25.00 adult
(includes candlelit tour, screening and complimentary shot of whisky)

A Taste of the Sea

Set sail on a culinary voyage of the tastes and smells of the sea in this gastronomic extravaganza. Explore the ship with expert curator and

hear about a sailor's life whilst sampling the food that they ate, including ship's biscuits, leu pie and salt tram horse. Afterwards enjoy an extraordinary three course meal involving the foods of the ship transformed into a gourmet experience by expert chefs, accompanied by music and stories from *Cutty Sark*'s heyday.

22 October 2016

19.00 | 19.30

(limited timed entry)

18yrs+

Admission: £80.00 adult |

£750.00 table of ten

A variety of drinks packages are available, cash bar also available on the night

HALF TERM EVENTS

She Tells Sea Tales

This half-term, *Cutty Sark* sets sail on her storytelling adventures across the high seas. Listen to watery London tales, marvel at daring voyages of fortune and enjoy sea ballads

and shanties before setting your own story ship adrift on Old Father Thames.

24-28 October 2016

Sammy Ofer Gallery,

11.00-15.45

Suitable for all ages

Included in admission price

Toddler Time

Cutty Sark is dedicating term-time Wednesday mornings to the youngest visitors. Songs, stories and playtime on board.

5, 12, 19 October 2016

10.00-11.30

Suitable for ages 4 and under

Cutty Sark Characters

Hear *Cutty Sark*'s incredible stories brought to life by characters from the ship's past. *Sammy Ofer Gallery* and *Main Deck, Cutty Sark*

ages 3+

Included *Cutty Sark* admission

020 8312 6608

www.rmg.co.uk

Half term fun at Crofton Roman Villa,

Crofton Road, Orpington,
BR6 8AF

Wednesday 26th October

and

Friday 28th October 2016

Travel back in time to Roman Bromley and discover fascinating facts about the Romans. Children can see and handle

everyday Roman objects on the touch table, dress as Romans, dig for finds in the excavation tray, do a Roman soldier brass rubbing and play with replica Roman toys.

You'll be amazed what you can learn! Parking available off York Rise, adjacent Orpington Railway Station.

Open 10am – 4.30pm

Adults £1.50

Concessions £1.00

Family of four £4.00 each
additional child 50p

See what Roman Bromley was like 1,800 years ago!

www.the-cka.fsnet.co.uk

The Big Cat Walking Safari and Overnight Lodge Experience

An amazing, immersive experience at the exclusive *Wildlife Heritage Foundation* in Kent

The Big Cat Walking Safari and Overnight Lodge Experience

Highlights include:

1. Afternoon tea at the *Heritage Lodge Welcome Centre*, overlooking the tigers and lions.

2. VIP tour of WHF with one of the keepers, where you will be

able to see the wonderful cats

3. A complimentary pre-dinner drink

4. Evening meal

5. A peaceful nights sleep, surrounded by some of the world's most magnificent predators!

6. Waking to the roar of the lions!

7. Breakfast served at *Heritage Lodge Conservatory*

8. A walk on the wild side with one of the Keepers; your morning tour includes a hand feed of one of our cats.

£750 per couple Mon/Wed/

Thurs

£850 per couple Fri/Sat/Sun

For further details please call the Admin Team on

01233 771915



A hair-raising half term is planned at **Betteshanger Park**, near Deal, with spectacularly spooky activities taking place throughout the week.

As night falls on **Friday 28 and Saturday 29 October**, join *Betteshanger's* boldest, and walk the **Terror Trail** in the pitch dark to parts of the Park only few ever dare to travel. The challenge is to make it through without screaming. There's no need to be afraid of the dark ... is there?

The Terror Trail takes place at 4pm (under 12's and scaredy cats); 5.30pm (under 12's and scaredy cats) and 7pm (strictly over 12's). £4 per person or £12 for a group of 4. Adequate footwear and weather-appropriate clothing required.

On **Saturday 29 October**, in partnership with *The Open Air Cinema*, *Betteshanger Park* will be screening the scariest horror film experience ever - *The Blair Witch Project*. Participants will meet at the **Visitor Centre** for a chilling hike through the woods, following in the footsteps of the student filmmakers on their ill-fated journey in search of the infamous legend. This is not for the faint-hearted - guests should be prepared to be terrified in this fully-immersive

evening! Doors open at 7pm, film at 8pm. £10 per person in advance. £15 on the day.

Tickets include a warming post-screening toddy. A bar plus hot food and drinks available before and after the film. Dress for a hike through the woods, bring walking shoes, waterproofs, blankets, chairs, groundsheets and items to keep warm. A torch and a strong nerve are essential!

For a less frightening experience, from **Saturday 22 October to Sunday 30 October** follow *Tawny Owl*, *Guardian of the Woods*, his loyal friend *Spider* and *Betteshanger's* bravest children on a mysterious **Halloween Trail** around the Park (10am-4pm daily).

Halloween is not complete until you have a spooky pumpkin. Save your kitchen from getting messy and carve pumpkins in the **Betteshanger Visitor Centre**. There will be lots of ghoulish ideas to get children started at the carving station (12pm-3pm daily). Pumpkins £3 each. Carving kits £2.50 each. £5 for both.

Tracy Brunt, *Betteshanger Park's* **Event Manager**, said: "There is a lot going on during half term and we're looking forward to welcoming children

and adults for some fearsome fun this Halloween!"

In addition to Halloween-themed activities, *Betteshanger Basecamp*, the Park's action-packed school holiday club, takes place daily from **Monday 24th to Friday 28th October**. *Basecamp* runs from 10am-4pm, with an optional breakfast club starting at 8am. Children are guaranteed an exhilarating, fun-filled day. They will try awesome activities, make new friends and have great fun in a safe outdoor environment.

Participants will experience three activities before finishing the afternoon with team games. Activities include cycling, archery, climbing, obstacle course and geocaching. Activities will rotate depending on the group size and weather.

Basecamp is run by qualified instructors and is suitable for ages 8-14. Sessions cost £25 per day and bike hire, helmets and all activity equipment is included. *Basecamp* will happen whatever the weather, appropriate dress is vital. Pre-booking essential.

For more information and to book activities

www.betteshanger-park.co.uk
01304 619227

Winchester Science Centre and Planetarium prepares for an explosive **October Half Term** Ignite their curiosity at *Winchester Science Centre and Planetarium* this **October Half Term** with an explosive extravaganza all about the science of combustion.

Running daily from **21 - 31 October** (10am to 5pm), the *Science Centre* will have a bumper programme of live shows, demonstrations, busking activities and lots of hands-on fun to keep even the most inquisitive of minds ablaze.

A live presenter-led science show will deconstruct the fundamentals of explosions, all the way down to their energetic concepts. A huge bang will capture everyone's attention, followed by a series of exciting demonstrations that will explain the various energy conversions involved, as well as lots of opportunities for audience participation. Running **twice daily** throughout the Half Term holidays, the show is ideal for visitors aged 7+ years.

Another family-friendly show will transport visitors into outer space. All about the first *British ESA* astronaut, **Tim Peake**, and his mission to the *International Space Station*. **The Destination Space Show** will feature video footage of Tim's mission, demonstrations featuring hydrogen balloon

explosions and a hovercraft, and opportunities for the audience to get involved.

Visitors will also find science buskers roaming around the *Science Centre* with even more hands-on explosive experiences to delight and amaze.

Visitors can also pay a visit to the UK's largest standalone planetarium, where they will be able to watch a variety of 360° full-dome films and live, presenter-led shows. And if that isn't enough, they can get hands-on with over 100 interactive exhibits, including the *Science Centre's* **Little Big Room** and the **Science of Sport Zone**.

Ben Ward, Director at *Winchester Science Centre*, said: "October Half Term is going to be an explosive week of discovery and fun at *Winchester Science Centre and Planetarium* with our **Curious Combustion** activity programme. From live shows and demonstrations, to science busking and space exploration, there will be something to keep all the family curiously entertained. "Our brand new café, *The Hub*, will also be open for visitors to refuel during their visit. It would be great to see visitors leaving their packed lunches at home and making the most

of our new and improved café during October half term." *The Hub* will serve up a variety of hot and cold food options, including sandwiches, Paninis, cakes and snacks. A variety of hot and cold drinks will keep thirsty visitors refreshed, and they will also be able to treat themselves to a new thick milkshake offering, available in up to eight delicious flavours. Supporting local businesses, a number of food items served in *The Hub* will be sourced from local suppliers and producers.

All activities (excluding planetarium shows) are **free** with General Entry to the *Science Centre*.

Winchester Science Centre and Planetarium is Southern England's leading hands-on, interactive, science and technology centre with the largest standalone planetarium in the UK.

The Science Centre is a self-funded, independent educational charity and relies on *Gift Aid* and visitor donations to stay open seven days a week. Online booking discount available on general entry. To book, visit

www.winchestersciencecentre.org
01962 863791

A Chatham Conversation

A play by Junior Douglas

(writer of *Black Heroes In the Hall of Fame* and *JA Story*)

At a time of political and social turbulence and amid the bustle and grit of everyday life at Chatham Dockyard in the 19th century, three men of great importance meet in the Commissioner's House...

Produced by Robeson Productions

Brought to you by The Historic Dockyard Chatham and Medway African Caribbean Association

In Commissioner's House, The Historic Dockyard Chatham

Friday 7th October

11:00 - 11:30

14:00 - 14:30

Saturday 8th October

11:00 - 11:30

Saturday 8th October

18:30 - 19:00

Separately ticketed

Limited number of tickets available at £6.

To book, call 01634 823815

All included in the usual admission prices, see www.thedockyard.co.uk for more information

[f @historic.chatham](https://www.facebook.com/historic.chatham)
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Mental Health Awareness Day is on 10 October

Is emotional intelligence the key to happier, more successful children?

New book: **GROW: Change your mindset, change your life - a practical guide to thinking on purpose**

With children in England ranking the lowest for self-confidence and coming 14th out of 15 countries when it comes to life satisfaction*, we are clearly failing the next generation. According to new book **GROW**, by Jackie Beere, the answer lies in helping young people develop emotional intelligence through 'Thinking on Purpose', facilitating easier learning and greater resilience.

Schools are increasingly under pressure to focus on teaching knowledge and improve examination results to improve their own status. This can mean that the child's self-belief, adaptability and empathy can too often fall by the wayside; factors that in Jackie's opinion are essential for improving the well-being of our children, while also helping them achieve academically.

In **GROW**, Jackie, a parent and former head teacher who was awarded an OBE for her work developing student and teacher learning programmes in primary and secondary schools, explores how to apply research on emotional intelligence and growth mindset to everyday

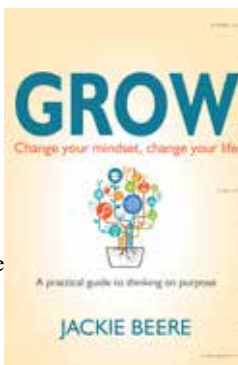
experiences; for both adults and children. The book provides tips for parents and care givers to help young people better understand themselves and others, in order to improve confidence and flexibility; key attributes in successful living.

Containing practical advice and activities, tools for reflection, personal experience, case studies and the latest research, **GROW** will make you examine the way you think, inspiring potentially life-changing action to take on board yourself and pass down to the next generation.

Help your children **Think on Purpose** and '**GROW**':

- Find out about the 'Growth Mindset', a powerful way to improve grades, while helping young people to better meet the challenges of 21st century life
- Help your children sustain optimism, a key element of future health and happiness
- Teach them to make every mistake into a learning experience, cope with challenges and adapt to change
- Learn the importance of encouragement vs too much shallow praise

"In the 21st century, it is not the strongest people that thrive, nor the most intelligent, but those who best respond to change and choose to grow." Jackie Beere.



Available from **Crown House Publishing**, priced £9.9

Jackie Beere comments on topics, such as:

- How to help your children grow emotionally; encouraging learning and self-belief
- Teaching children to understand others for better relationships and positive outcomes
- Practical thought management guides to improve decision making, using critical feedback and well-being
- Learning from mistakes and turning negatives into positives
- How to avoid the pressure that turns high achieving children into fragile perfectionists
- Encouragement vs praise, why too much praise can lead to self-doubt
- Guide to growth mindset and how this approach improves academic performance and emotional well-being.

Bedwetting in children

Does your child still wet the bed?

By Dr Robert Arlt

If your child still wets the bed it is important for you to consider three questions:

- Was your child ever dry at night over a period of longer than a couple of weeks?
- Is your child bedwetting again after being dry for several months?
- Are there problems with urinating during daytime too: wetting of pants, frequent urge to urinate, further dripping after having been on the toilet?

If there are no problems during daytime, it is quite normal for a child to occasionally wet the bed at night until the age of 6 years in girls and 7 years in boys. Just comfort your child, don't shame them. However, if it were to happen while on a holiday with friends for example, it may cause the child

a major emotional problem. To avoid this you should see a doctor. The doctor can prescribe a short course of a medication that will reduce urine production during the night.

If your child is usually always dry at night and has no problems during daytime, bedwetting then may be due to stress (perhaps after the arrival of a new sibling.) You should always see a doctor to rule out a bladder infection and other, rarer, conditions.

If there are problems with urinating during the daytime too you should see a doctor for further assessment.

Consult your doctor if:

- your child's bedwetting could embarrass them when staying away from home
- you think your child may

be stressed or may have a urinary infection

• your child has daytime urinating problems too. If the doctor finds no medical reasons for the urinary incontinence, bedwetting alarms and/or acupuncture might be an option.

Dr Robert Arlt is a consultant paediatrician at **+richmondpractice** which offers same-day appointments to both local and international families, assisting in both emergency and routine situations.

For more information, visit www.richmondpractice.co.uk



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Times Between 9:00am ~ 3:30pm (Mon ~ Fri)

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For more details email: emanuellions@gmail.com
Website: www.emanuelrugby.co.uk



Quit The Itch! NEW PURESSENTIEL ANTI-LICE DUO

The Kids Are Back To School And So Are The Dreaded Nits. Put a stop to lice, larvae and nits naturally with the new, **Anti Lice Lotion + Comb and Lice Repellent Spray**, from **Puresentiel**, which is a 100% natural and effective head lice treatment which is tough on lice, but soft on hair and the environment.

It is thought that up to one in three children in the UK may get head lice at some point during the year. These infestations are not the result of dirty hair or poor hygiene as head lice can affect all types of hair, regardless of length and condition. Whitish to grey-brown in colour and about the size of a sesame seed when fully grown, head lice cannot fly, jump or swim and are spread by head-to-head contact, climbing from the hair of an infected person to the hair of someone else.

Effective from the first application, the mild formula of the **Puresentiel, Anti Lice Treatment Lotion** eliminates lice and leaves hair soft and shiny after 10 minutes. The formula asphyxiates larvae,

nits and lice by blocking their respiratory system without the use of dimethicone, a silicon based ingredient. Meanwhile, the inclusion of Calophyllum, jojoba, sunflower, sweet almond, castor oil and coco work to prevent hair dryness, while essential oils lavender, tea tree, geranium and clove work to cleanse and soothe the scalp and also help repel future lice infestations.

The fresh scented squeeze-tube is safe to use on asthmatic children and comes complete with the **Puresentiel, Lice Comb** included. The comb's fine, micro-grooved steel teeth are made from a high quality metal, which work to pull out and destroy nits, while the rounded, long tips care for the hair and scalp, making it easy to use all types of hair.



Keep lice away the natural way with the **Puresentiel's Lice Repellent Spray**, which works in just 10 minutes. This 100% natural repellent, which uses Citriodol®, derived from lemon eucalyptus essential oil, has 24 hours proven efficacy to repel lice and stop infestations. The handy spray cleanses the scalp and soothes itching thanks to the inclusion of lavender floral water and lavandin, without leaving the hair feeling greasy or damaged. **Puresentiel, Anti Lice Lotion + Comb** (RRP £12.99) and **Lice Repellent Spray** (RRP £9.99) from **Boots, Day Lewis** and selected pharmacies.

Equazen report reveals how diet and lifestyle can boost brain power

A book at bedtime can boost a child's brain power, accelerate academic achievement and reduce the risk of behavioural problems; new research has revealed from **Equazen**, the makers of the clinically proven, evidence based *omega-3 brain health supplements*.

MRI scans show that reading to children from an early age actually increases activity in parts of the brain involved with language, particularly those regions which are critical for spoken language and reading.

Better understanding of the neurobiology of the brain has also shown how diet and digital technology can influence reading and cognition.

But the latest research underlining the importance of reading points to problems ahead. Research from **Equazen**, suggests that a worrying number of children are turning their backs on books.

On average, children now read for just 2.4 hours per week outside school and homework and one in five (21%) reads for 30 minutes or less a week.

Leading neuroscientists believe that our reading is more superficial when we use a screen, but a survey of parents has shown nine out of ten children have access to a tablet or Kindle.

The **Equazen** data also suggests we may already be witnessing a deterioration in

reading skills as two out of five parents (38%) worry about their child's reading ability, yet only one in four parents (27%) say they struggled with literacy as a child.

A new report, **SOMETHING FISHY ABOUT READING**, authored by **Philip Calder**, Professor of Nutritional Immunology at the *University of Southampton* and an advisor to **Equazen** and independent dietitian **Dr Carrie Ruxton** examines the very latest data and explores new research into literacy and brain function. And it reveals a complex interplay between reading, cognition, behaviour, diet and lifestyles.

- Reading alters the way we think
 - Reading improves blood flow to the brain
 - Tablets, Kindles and other devices may lead to 'digital brain' and reduced concentration
 - Reading improves academic performance
 - 7 out of 9 trials show that children benefit from supplements of long chain omega-3 fatty acids
 - Children who struggle with reading are more likely to develop behavioural problems
 - Omega-3 fatty acid supplementation produces "significant" improvements in children who have underperformed in reading tests.
- Professor Calder** says it's hardly surprising that long chain omega-3 fatty acids appear to be so important for

cognition and reading as up to 40 per cent of the grey matter in the human brain is fat, and around half of it is the omega-3 docosahexaenoic acid (DHA). DHA is essential for normal brain function, while another omega-3, eicosapentaenoic acid (EPA) has been shown to influence blood flow, mood and behaviour.

Professor Calder notes further: "We are at the beginning of a new chapter in our understanding of how the brain works, and how reading influences our health, cognitive function and emotional wellbeing. There is now clear evidence that reading boosts academic achievement and increases our emotional intelligence. Scans have even shown that our brains work differently when we concentrate on a good novel."

Experts estimate that some Western diets now have up to 25 times more omega-6 than LCn3PUFA, an imbalance which is compounded by the fact that most forms of omega-6 inhibit uptake of LCn3PUFA into cells. An exception may be gamma-linolenic acid (GLA), an omega-6 which has interesting interactions with LCn3PUFA and also been shown to reduce inflammation. Studies show that unlike other forms of omega-6, GLA does not lower concentrations DHA in the brain and there is also evidence it protects DNA by blocking the proliferation of damaged cells.

The Study School.....

is an outstanding independent nursery and school in the heart of New Malden, educating children from 3 – 11 years old. The small pupil/teacher ratio ensures that the talents of every child are recognised, nurtured and celebrated in a caring yet challenging environment. Courtesy and thoughtfulness towards others are emphasised throughout the school and the friendly family atmosphere ensures that each child flourishes and feels secure. As the children move up the school they are encouraged to step out of their comfort zone and to take on new responsibilities. As a result, children from **The Study School** are frequently recognised for their self-assurance and maturity. Children leave **The Study School** at the end of Year Six, well-prepared and eager to face the new challenges of senior school life.

The Study School is having an **Open Morning on Saturday 8th October**, this is a fantastic opportunity to visit the school, meet

the Headteacher, the teaching staff and the children and experience this inspiring school for yourselves.

020 8942 0754

info@thestudyschool.co.uk
57 Thetford Road,
New Malden KT3 5DP

www.thestudyschool.co.uk



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Saturday 8 October
9:30am - 12pm

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Meningitis Baby Watch

Tense or bulging soft spot

High temperature. Warning - could be normal or low in babies under 3 months

Very sleepy/staring expression/too sleepy to wake up

Breathing fast/difficulty breathing

Extreme shivering

'Pin prick' rash/marks or purple bruises anywhere on the body

Sometimes diarrhoea

Is your baby getting worse fast? Babies can get ill very quickly, so check often.

Unusual grunting sounds

Vomiting/refusing to feed

Irritable when picked up, with a high-pitched, moaning or odd cry

Blotchy skin, getting paler or turning blue

A stiff body with jerky movements, or else floppy and lifeless

Pain/irritability from muscle aches or severe limb/joint pain

Cold hands and feet

Not every baby gets all these symptoms and they can appear in any order

Get your baby vaccinated to protect against meningitis. Vaccines give excellent protection but can't prevent all forms.

For information and support our Freephone helpline is available 365 days a year

080 8800 3344 (UK) 1800 41 33 44 (Ireland)

helpline@meningitis.org

www.meningitis.org

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THE NATIONAL MARITIME MUSEUM AND QUEEN'S HOUSE,

EXHIBITIONS & EVENTS The Queen's House Re-opening

The Queen's House, the jewel in Greenwich's crown, reopens this October after over a year of extensive refurbishment to celebrate its 400th anniversary. Designed in 1616 by **Inigo Jones** for James I's wife, Anne of Denmark, the Queen's House is Britain's first classical building and a masterpiece of 17th-century architecture.

450 works of art from the National Maritime Museum's art collections. Focusing on the people and events key to the building's creation and history, the collection also reflects its significance today.

From 11 October 2016
10.00-17.00
Free

SPECIAL EVENTS

Trafalgar Day

To commemorate the famous *Battle of Trafalgar* at which **Admiral Lord Nelson** was wounded and killed, curators give 'live' updates of the battle throughout the day. Learn about the experience of ordinary sailors and the representation of the battle in art through short talks and tours around the Museum. Finally, give remembrance during a reading of Nelson's last diary entry and prayer.

21 October 2016
12.00-16.00
Free

Suitable for all ages

Museums at Night: Mystery at the Museum Late

Something spooky is afoot at the *National Maritime Museum*; its Director has disappeared along with one of the Museum's most precious objects! If you think you can handle the Museum after hours, grab a tot of rum to steady your nerves and help solve the mystery.

29 October 2016
18.30-22.00
£15.00 adult
18 yrs+

SPECIAL FAMILY EVENTS Things that go splash in the night!

This Halloween, discover deep ocean noises, create creatures that sing strange sounds and learn about sea shanties. Make your very own shipwrecked musical instruments and gather around to hear Madame Swashbuckle's ghostly tales of watery goings on in a puppet-filled frightfest.

24-29 October 2016
Times vary,
Free
Suitable for all ages

Halloween: Bermuda Triangle

Build your own frankenbeast, explore an alien ocean and meet a monster hunter with a dangerous secret mission at this sci-fi themed day of family fun. Ghouls, ghosts, and pirates of all ages are welcome for this freaky festival of fun!

30 October 2016
11.00-16.00

£10.00 adult | £6.00 child
Suitable for all ages

All at Sea: Mental Health Awareness Day

Drop-in activities exploring emotions at sea and on land. From homesickness and cabin fever to the comradery of a happy crew, discover what

Maritime Museum

£3.00 per child with an accompanying adult (Free for any accompanying siblings under 6 months)
Suitable for under 5s

Become the Greatest Explorer on The Great Map

The Great Explorer is an interactive game for families. Take one of the tablet devices and set sail across **The Great Map** to explore distant lands and discover treasures from all around the world. Where will you visit and what will you find? Take a photo and share your adventure
@NMMGreenwich #greatmap
11.00-16.00

www.parents-news.co.uk

This information plus much more online



Twitter: @parentsnewsuk

seafarers can teach us about wellbeing.
10 October 2016
11.00-15.00
Free
Suitable for all ages

FAMILY EVENTS

Character Encounters

Meet a character from the past and take part in an exciting performance that will bring maritime history to life.

Saturdays in October 2016
12.00 | 13.00 | 14.00 | 15.00
Sammy Ofer Wing,
Free
6yrs+

Discover Sundays

Be inspired by the maritime past and explore your personal connections to the sea.

Sundays in October 2016
11.30-13.30 | 14.00-16.00
Free
Suitable for all ages

Play Tuesdays

Have fun with your family by exploring the Museum through crafts, music, dance and drama. Timed sessions: collect tickets from the admissions desk.

Tuesdays in October 2016
10.30 | 11.30 | 13.00 | 14.00
Sammy Ofer Wing, National

The Great Map, National Maritime Museum
Free
Suitable for all ages

GENERAL INFORMATION

The National Maritime Museum, Queen's House, Royal Observatory Greenwich and Cutty Sark are open daily 10.00-17.00 (last admission 16.30). *Cutty Sark's* opening times may be subject to change, see website for details
www.rmg.co.uk/cuttysark

The Museum is located a short walk from the *Cutty Sark DLR*, and *Maze Hill* and *Greenwich* train stations. The closest tube stations are North Greenwich (to change to local buses) and Canary Wharf (to change to DLR), both on the Jubilee line.

For updated information prior to visit visit the web site:
www.rmg.co.uk or phone
020 8858 4422

ICE: THE FIRST-OF-ITS-KIND APP THAT'S GOT YOUR BACK

- ICE allows users to alert friends and family instantly if urgent help is required
- Shares current location, sends a distress signal to nearby ICE users and contacts emergency services at a touch of a button
- Launches on **Indiegogo** in October

ICE (In Case of Emergency) – a pioneering personal security device that houses a panic button, is small enough to attach to a set of keys or fit in the palm of your hand, and is connected to your mobile phone through an easy-to-use app.

To call for help, simply press the emergency button or, if you have a smartwatch, just shout your predetermined safe word. The *ICE* disc will then strobe red and buzz – telling you the call for help has been recognised.

ICE will then do three things:

1. Alerts nearby ICE users to come and help them by sharing the distressed person's exact location



2. Automatically sends a text message to emergency services, with the location and mobile number

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3. Sends a text message to pre-designated ICE contacts (they don't need to be members of the platform). This alerts them that help is needed and includes a web link revealing an exact location

When help is on the way, the ICE disc strobes white, and the buzz changes pattern.

The brainchild and founder of *London's School of Communication Arts* in Brixton, **Marc Lewis**, gained inspiration for the ICE system after he was concerned for the well-being of his students

– many of whom walk home at night. Marc then worked with some of his students and the country's top design, marketing, PR and engineering agencies, to produce a stylish, robust device.

ICE launches on *Indiegogo* in October and starts at £20. It is compatible with all Apple devices and most Android devices, and requires just a phone signal and internet connection to function. Free access to the platform for 1-year is included in the price of the ICE Disc,
<http://ice-security.co.uk>



October 22nd – 30th 2016, Arts Theatre

TaleGate Theatre Productions Arts Theatre, Great Newport Street, London WC2H 7JB

Edinburgh kids show hit *The Giant's Loo Roll* transfers to London! This fabulously funny and brilliantly bouncy musical adaptation of Nicholas Allan's much loved book will play lunchtimes at the Arts Theatre this October.

Based on *The Giant's Loo Roll* by Nicholas Allan for 2+ yrs
artstheatrewestend.co.uk 020 7836 8463

Children and Young People's Mental Health:
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