

# PARENTS NEWS

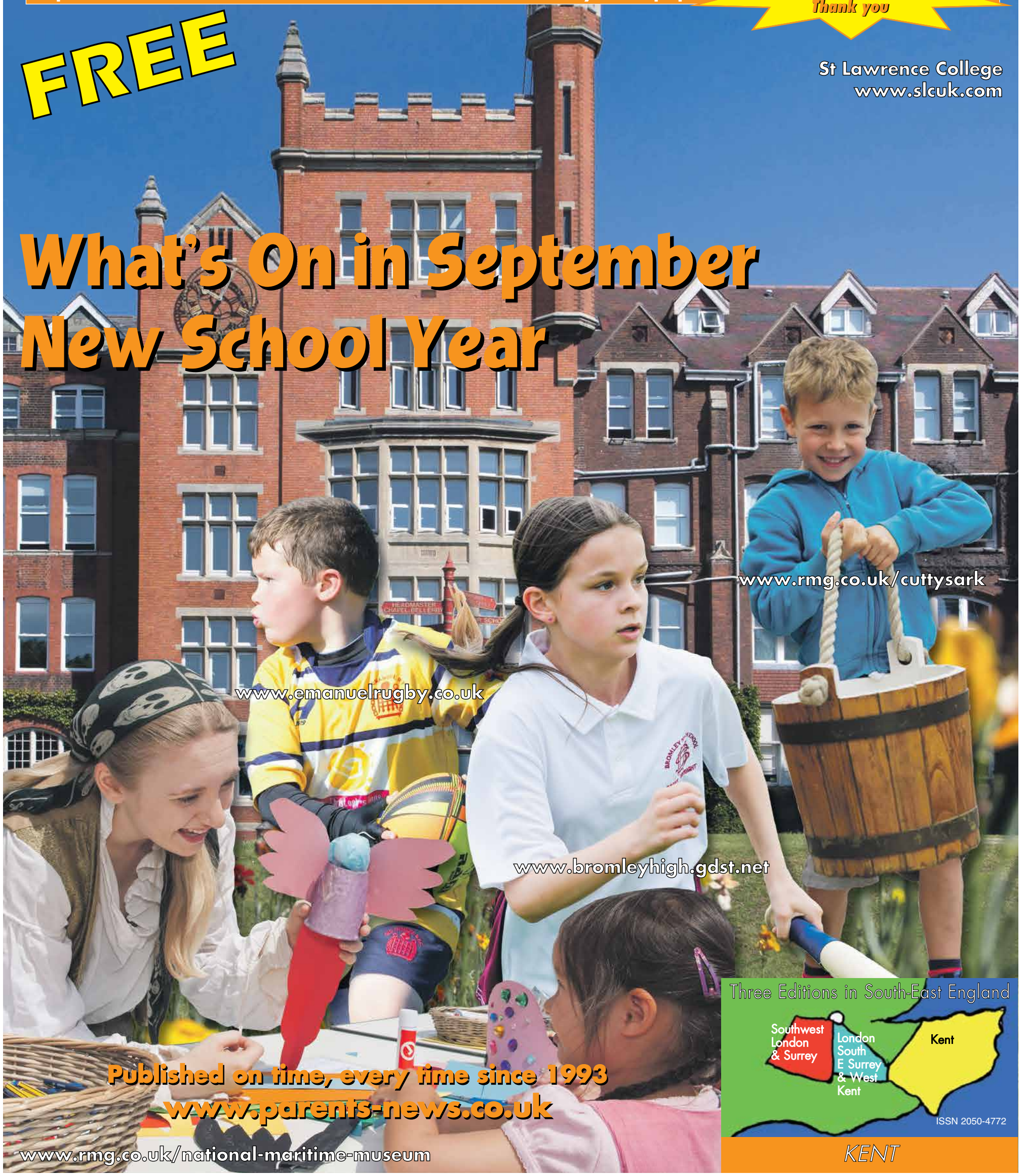
September 2016 No. 211 The First & Foremost Local Monthly Newspaper for

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St Lawrence College  
[www.slucuk.com](http://www.slucuk.com)

## What's On in September New School Year



[www.rmg.co.uk/cuttysark](http://www.rmg.co.uk/cuttysark)

[www.emmanuelrugby.co.uk](http://www.emmanuelrugby.co.uk)

[www.bromleyhigh.gdst.net](http://www.bromleyhigh.gdst.net)

Published on time, every time since 1993

[www.parents-news.co.uk](http://www.parents-news.co.uk)

[www.rmg.co.uk/national-maritime-museum](http://www.rmg.co.uk/national-maritime-museum)

Three Editions in South-East England

Southwest  
London  
& Surrey

London  
South  
E Surrey  
& West  
Kent

Kent

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KENT



## Mindfulness Parenting

0 - 2 years olds is the transition time between the state of the womb to the state of the world. The baby is following the rhythm and natural characteristics of his mother, who is the most important person during their first two years.

The baby's character, personality and perceptiveness are developed during the first 2 years of age, therefore this is an ideal time to support their growth and create a bond of security between the maternal power and the world the baby is growing up.

As mums *mindfulness* allows us to be present in our parenting, choosing a skillful

response, instead of our impulse reactions.

*Mindfulness* can help children improve their abilities to pay attention, to calm down when they are upset and to make better decisions. It helps with emotional regulation and cognitive focus.

Always establish your own technique, there is no right and wrong way. You would have trouble teaching your children ballet if you had never danced. To authentically teach mindfulness to your children, you need to practice it yourself. You can start slowly with a meditation practice of just five to 10 minutes a day.

*Mindfulness* is a big word for young kids to understand. Put simply, *mindfulness* is awareness. It is noticing our thoughts, feelings, bodily sensations, and anything that is around us and happening right now.

The purpose of teaching *mindfulness* to our children is to give them skills to develop their awareness of their inner and outer experiences, to recognise their thoughts as "just thoughts", to understand how emotions manifest in their bodies, to recognise when their attention has wandered, and to provide tools for impulse control.

Here are some suggestions for how you can begin to introduce *mindfulness* to your children at such a young age.

**Listen to the noise.** An easy way for children to practice mindfulness is to focus on paying attention to what they can hear. You can use a singing bowl, a bell, a set of chimes or things around the house you can make noise with. Tell your child that you will make the sound, and they should listen carefully until they can no longer hear the sound (which is usually 30 seconds to a minute).

**Breathe with their favorite teddy.** Choose your child's

favorite teddy and then lie them down on their back with their teddy on their belly. They focus their attention on the rise and fall of the teddy as they breathe in and out.

**Mindful Walks.** Take daily strolls through your neighborhood and park and notice things you haven't seen before. Take one minute of the walk where you are completely silent and simply



pay attention to all the sounds you can hear — frogs, birds, lawnmower. We don't even call it "mindfulness," but that's what it is.

[www.sarahjonesuk.com](http://www.sarahjonesuk.com)  
Part 2 next month

## Research demonstrates Rugby Union's effectiveness in building character in children

- Grit up 7%; self-efficacy up 9%; problem-solving up 9% -

- School children felt the programme had not only improved their character but also their performance at school, with 42% feeling significantly more focused, 46% more confident, and 47% saying it had led to better marks at school

**Premiership Rugby** confirms an independent evaluation by **Demos**, one of the UK's leading cross party Think Tanks, shows that a new, rugby-based character education programme has had 'statistically significant and positive impacts' on the character development of school children.

Created and delivered by 14 Premiership Rugby clubs, the pilot scheme, called **On the Front Foot**, started in April 2015 and involved more than 17,500 children at primary and secondary schools in England in a six-week long course designed to boost character, confidence and social skills. The classes were run as part of the **PHSE (Personal, Social and Health Education)** and **PE** curricula and after school.

### Key findings: On the Front Foot

#### Secondary School Participants

- Increases in self-reported performance character and confidence: grit increased by 7% self-efficacy by 9% problem-solving by 9%, creativity by 8% and locus of control (a measure of how much one feels in control of one's life) by 5%.

- Empathy increased by 8 %, communication by 10%, co-operation by 8% and leadership by 9%.

\* Participants were asked to rate themselves on a 0 to 10 scale. The baseline tended to be around 6.5 out of 10, the maximum possible change (all participants reporting 10 out of 10) would be 54 per cent.

- They felt the programme had also affected their performance at school, with 42% feeling significantly more focused, 46% more confident, and 47% saying it had led to better marks at school.

#### Primary School Participants:

- Increases in empathy of 5%, leadership 4%, leadership, self-regulation 3% and a 3% increase in self-efficacy.
- Participants said the programme encouraged them to expand their horizons and try new things; made them better at working with others; helped develop respect, teamwork, cooperation and resilience and determination.

#### Teachers

- All teachers surveyed thought the programme had a positive impact, and the vast majority also thought that the impact would last for the long-term.

- The majority of participants and teachers enjoyed it, would do it again, and recommend to another school.

- The involvement of professional coaches was important to the programme's success.

- They cited the practical, sport participation as a highlight;

they also valued the classroom aspect and one improved the other.

- Teachers were unanimous it did not demand too much of them.

- The majority of teachers thought the programme was scalable, not seeing any major barriers to delivery in other schools.



**TP-LINK MODERN DAY MILESTONES UK KIDS**

**70% OF PARENTS ARE WORRIED ABOUT THEIR CHILD'S SAFETY ONLINE THAN IN THE REAL WORLD**

**MILESTONE YEARS**

- 10: Being told how to stay safe online
- 11: Having the 'birds and the bees' chat
- 12: own a mobile phone
- 13: Having a House key
- 14: open social media accounts
- 14: Use internet devices un-vetted
- 15: Spend the night home alone
- 15: Have first alcoholic drink
- 15: Post videos of themselves online
- 15: Spend time with boy / girl friend in own room
- 17: Go to nightclub / town with friends

**SOCIAL MEDIA MINIMUM AGE OF REQUIREMENT FOR ACCOUNT SETUP**

- 13+: twitter, instagram, pinterest, reddit, tumblr, facebook, snapchat
- 14+: linkedin
- 15+: whatsapp
- 16+: whatsapp
- 17+: Vine
- 18+: kik, wechat, youtube
- 13+ WITH PARENTAL CONSENT

Source: tp-link For more information visit [www.wifisos.net](http://www.wifisos.net) uk.tp-link.com

## Old Emanuel Rugby Club est 1909

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**Children's Rugby Sunday Mornings 10.30am**

[www.emanuelrugby.co.uk](http://www.emanuelrugby.co.uk)



Director of Rugby:

Fergus McCarthy **020 8337 8778** [fergus@emanuelrugby.co.uk](mailto:fergus@emanuelrugby.co.uk)





## The Step by Step Guide

From Primigi experience,  
many useful tips for the comfort of their small feet.

Every step is a discovery, an extraordinary adventure in every season, the way how your child explores the world around him.

So, it's important to protect him and provides him comfortable, lightweight, breathable and durable shoes.

### 5 tips to know if the shoes size is correct

Your child's feet grow almost visibly! To be certain that the shoe fits properly, just keep a few things in mind.

1 Make sure the heel is against the back part of the shoe.

2 Keep the sole of the foot very relaxed.

3 Press down lightly at the big toe to check whether there is approximately 1 centimetre between the toes and the toe end of the shoe.

4 If your child is very young, open the shoe up as much as possible and push the foot forward as far as possible.

5 If you can insert a finger into the space that remains between the heel and the inner back part of the shoe it is the right size.

Remember to try both the right and left shoes, because often children's feet are slightly different from one another.

### When to get new shoes

Children's feet are constantly changing. It is important to watch their growth, which often happens in spurts.

Generally, new shoes should be purchased:

from 1 to 3 years old – every 40 days, approximately 2 months

from 3 to 6 years – approximately every 3-4 months

from 6 to 10 years old – approximately every 4-5 months

Don't miss out the other useful information, let **PRIMIGI 'STEP BY STEP'** Guide help you!

Download the **PRIMIGI 'STEP BY STEP'** Guide from

[www.primigi.com](http://www.primigi.com)



## BACK TO SCHOOL CRAFTS

Homework stations give kids a fun, personal space to get creative and after six weeks of holidays, getting 'back to school' ready is at the top of every parent's to-do list. **Rust-Oleum** has shortlisted three projects you can do in an hour that will keep kids organised throughout the year.

If, like most, homework is done at the kitchen or dining table, create a homework kit that can be easily tidied away. Bright pen pots made from old tin cans, a stationery caddy from wicker baskets or even a homework trolley made from an old bar cart make for the perfect learning space additions.

Get prepared for the year ahead with one of **Rust-Oleum's** easy desk tidy ideas and create a homework corner kids will love...



Drawer dividers keep things simple and are great for separating out stationery. Use **Rust-Oleum Mode** in a block colour like Sunflower or mask off each section one-by-one for

quirky colour combinations. or get being plain and boring – drawers and box files can be the focal point in office rooms. Use bold shades and dynamic lines to create a fun workspace that kids will love and you can even match colours to different lessons.

They introduced edgy angles to desk drawers by masking off a section and painting the exposed area with **Rust-Oleum Satin Finish Furniture Paint** in Teal.



Make use of everyday items that might usually end up in the bin to transform a desktop space. Colour code individual jars and pots for craft supplies with **Rust-Oleum Painter's Touch Craft Enamel** – Tranquil

Blue, Buttercup Yellow and Blossom Pink. Why not try attaching hooks to the back and suspending them from the edge of the desk or onto a notice board.



The night before a big test can be a stressful time for all but it has been known that if you place strategic top tips or facts around the home, memorising them can be a lot easier.

Try sticky notes on the bathroom mirror, math sums made out of fridge magnets and helpful hints on the bedside table. Transform almost any surface into a creative wipe board with **Doodle Wall Paint** (now available in **B&Q** stores).

For more paint inspiration or easy to follow how to guides, visit **Rust-Oleum's** website

[www.makeityours.co.uk](http://www.makeityours.co.uk)

## BACK TO SCHOOL

WHEN THE SUMMER COMES TO AN END, YOU KNOW YOU'VE GOT TO HEAD BACK TO SCHOOL, SO WHY NOT DO IT IN STYLE!

WITH THE LATEST COLLECTION OF BRIGHT, BOLD AND FUN BACKPACKS AND STATIONERY SETS FROM SPIRAL, YOU'LL BE THE MOST FASHIONABLE KID IN CLASS.



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[WWW.SPIRALUK.COM](http://WWW.SPIRALUK.COM)



## School Essentials from *Whitby & Co.*

**Nite Ize ZipLit SRP: £4.95**  
The *ZipLit* is a simple-yet- indispensable little illumination device, threaded with durable cord that's easy to loop, cinch, and attach to the end of almost any jacket, coat or backpack and just as easy to remove. Encased in durable, water-resistant plastic housing, its bright L.E.D. provides instant visibility whenever you need it, so you can see your surroundings better and others can see you. The *ZipLit* is the perfect way to increase the personal safety of children walking to and from school.

Features:

- Combines a functional zipper pull with a bright LED light
- Durable, water resistant plastic housing
- Twist on/off switch



**Nite Ize SlapLit SRP: £9.95**  
The sleek new design of the Nite Ize *SlapLit* just made it even more fun, functional, and fantastic. Safety has never been so fun - stay visible with the entertaining and easy to use, bright LED *SlapLit*. This is ideal for children that walk to and from school, to put on themselves, their clothing and bags.

Features:

- Bright red LED for active illumination - glow and flash modes
- Passive high visibility reflective pattern
- Red cover with red LEDs



**Kid Kanteen** with sport cap (355ml) Available in various colours SRP: £13.95

*Klean Kanteen* offers solid solutions for little people. Their *Klean Kanteen* line provides babies and young children with a healthy alternative to plastic and lined aluminium bottles. Ideal for packed lunches, sports and trips out.

Features:

- Large openings (easy filling and pouring)
- Easy to clean (rounded corners)
- Doesn't retain or impart flavours
- Safe, durable, high quality materials
- No BPA, phthalates, lead or anything that is harmful to a child



**Klean Kanteen Vacuum Insulated Food Canister** (Available in 263ml and 473ml)  
Brand: *Klean Kanteen*  
SRP: £29.95 and £32.95  
Stockist: *Whitby & Co.*  
The next phase of *Klean Kanteen's* revolution is serious food transport for school, work and play. The bulk-ready Food Canisters replace a lifetime of throw-away plastic/ paper containers and bags. Better still, their insulated canisters can keep things toasty warm or icy cold - ideal for packed lunches!

Features:

- 18/8 food-grade stainless steel
- 100% stainless interior
- Leak-proof, airtight and shatter-proof
- Silicone seal locks in freshness and flavour
- BPA free

**Nite Ize SpokeLit LED Cycle Light** available in Green, Blue, Red and Disco SRP: £7.95  
The easy-to-attach *Nite Ize L.E.D. SpokeLit* is the perfect way to increase your visibility, safety, and cool factor when you're riding your bike in the dark. Ideal for children who travel to and from school on their bikes and for general use to be seen and safe. Water and shock resistant, it fits almost all kids' and adults' bike sizes.

Features:

- Easy on and off - installs in seconds!
- Battery run time: 20 hours glow 25 hours flash



**Nite Ize Helmet Marker Plus**  
Stockists: *Whitby & Co.*  
SRP: £10.95  
The **Helmet Marker Plus** makes you stand out in the dark and rough weather. Strong velcro provides secure attachment to the back of your helmet and it's bright red LED provides instant visibility. Features a passive reflective pattern for added safety.

Features:

- Bright red LED illumination - Glow or Flash modes
- Passive high visibility reflective pattern
- Features strong velcro to attach to nearly any helmet
- Features Gear Ties for additional attachment options



*Whitby & Co.*

[www.whitbyandco.co.uk](http://www.whitbyandco.co.uk)

## Rule the school this September with new *Helix* Maths Sets

*Helix* have created a unique selection of cool stationery for boys and girls of all ages. Combining colour with ergonomic designs, *Helix* have packed the perfect pick of maths tools to help students this September. Their brand new **Stencil Maths** sets come in three funky themes - *Gamer*, *Diva* and *Xplorer* - allowing children to express their style whilst learning fundamental mathematics. Coming in green, pink and khaki respectively, the versatile carry case contains a compass, protractor, sharpener, 2 set squares, pencil and eraser whilst being joined by a unique 15cm ruler, featuring an assortment of stencils chosen for each theme.

For generations, *Helix* have created the perfect stationery for school children across the world to create and learn with quality, highly revered products. The brand continues to innovate with a selection of award winning products appropriate for all ages. Jumbo pencils will be filling rucksacks this year as the new **Black'Peps** larger diameter pencils are perfect for younger hands to discover the joy of word creation, mathematics and drawing. The handy two pack includes a metal sharpener meaning creativity never has to stop and pencils are always sharp.

If designing is more your thing, the **Long Life Mechanical** pencils is a vital tool for any drawing board. With a 0.5 inch nib, the pencil holds 50% more lead than an average mechanical pencil and comes complete with a wide eraser for clearing out those pesky mistakes. To make school twice as easy and double the fun, the **Twin Tip Ball** pen has two ends with four colours meaning quick and easy access to a selection of colours, without having to rummage through your pencil case. Fun to use and comfortable in the hand, writing has never been easier and colour selection has never been quicker.

The **Clean Grip pencil sharpener** available in five funky colours and will keep your pencils writing until home time. If you're fed up of those pesky shavings in the bottom of your pencil case, the **Clean Grip 1 and 2 hole** has a protective cover to keep the shavings in. No pencil case is complete without an eraser for those spelling mistakes and mishaps. The colourful **Zenao** replaces those boring six-sided erasers with a new circular shape. The international best seller comes complete with a rotary case keeping the eraser clean in your pencil cases and comes in a selection of funky colours and designs.



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# 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](mailto:Janet.Tobin@rmh.nhs.uk) or 020 8915 6105.

You can also find out more at [www.royalmarsden.org/schools-march](http://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



## Keep Calm & Party at Salute to the '40s

*The Historic Dockyard Chatham's legendary vintage weekend and one of "Britain's Best Vintage Festivals"*

**\*Discount and fast track entry tickets now available\***

- Be transported back in time for a vintage bonanza at this year's *Salute to the '40s*, taking place on Sept 17 and 18
- '40s themed street parties, traditional children's toys, a variety of acts, live music, swing dancing to a Spitfire aircraft display overhead.
- Lovingly restored and preserved vintage cars, trucks and jeeps will join a '*Coming Home*' Parade each afternoon, bringing this world famous maritime heritage site a high octane dose of Blitz spirit!

Paying homage to the heyday of the big band and blitz spirit, this two-day event showcases the best the era has to offer and is considered one of the country's best! From numerous areas filled with unique vintage traders and stalls, to nostalgic sing-a-longs and '40s entertainment, fashion shows, vintage car parades, Spitfire aircraft displays and much more, *The Historic Dockyard Chatham*, one of the world's most famous maritime attractions, will be transformed into a tribute to all things '40s. Motor enthusiasts will be wowed by the daily '*Coming Home*' parade - an impressive convoy of vintage cars, trucks and jeeps, whilst all eyes will turn to the sky for the nostalgic '*Spirit of Kent*' spitfire display which takes place each afternoon, bringing the heritage site alive with the sounds and smells of 1940's Britain.

New for this year, is **Wheels and Frills** - a street party overlooking the *Dockyard's Historic Warships*, packed with food stalls, experiential workshops and themed entertainment for all ages. Learn to swing dance, jive or *Lindy Hop* and make rope whilst being entertained by the likes of *Gypsy John*, the *Cinque Port Lindy Hoppers* and *DJ Danger UXB*.

Lovers of vintage fashion and '40s collectors will delight in the **Courtyard Vintage Fair** and the **1940s' Village Fete**, which will be filled with throw-back goodies including fashion, accessories, jewellery, uniforms and so much more.

At **No. 1 Smithery Courtyard**, ladies are invited to embrace the utilitarian glamour of the era with a vintage makeover or have their hair styled with Vic-



tory Rolls. Gentlemen are also welcome to visit a traditional barber and have their hair and beards styled ready to parade the streets!

A breath-taking broadside gun firing display will take place at midday and mid-afternoon from the Second World War Destroyer, *HMS Cavalier*. Alternatively, for those wanting to experience the ultimate blitz spirit, *The Historic Dockyard's ARP Warden* is running tours of the underground bomb shelters, whilst the air raid siren echoes across the site. Revellers can refuel in style thanks to an abundance of food stalls catering for every taste. Tuck into tea and bread pudding, served from a 1940s' vintage *NAAFI* truck, enjoy a pint or two from a vintage London Bus, or try a more sophisticated setting at the *Commissioner's House* where **Vintage Afternoon tea** is being served. Re-live the iconic era brought to life through hundreds of 1940's military and civilian re-enactors, all of the dockyard locomotives, climb on board the driver's cab of a Second World War locomotive, military camps, a bombed-out house, shop and 1940's pub, anti-aircraft gun displays, land army displays and animals, a fire station, vehicle parades, fashion parades and a 'Royal' Visit. The '**Royal Family and their Party**' will tour the grounds greeting crowds, whilst King George VI will deliver a victory speech.

As the sun sets on the Chatham festival, performers, entertainers and re-enactors will join on the *Spitfire Stage* to perform a '**Finale Sing Song**', led by *The London Swing Orchestra*. The final hurrah: crowds will wave flags, dance, sing and rejoice in the presence of the Royal Family amidst the spirited hullabaloo!

**Sallyann Mclean**, Site Executive for *BAE Systems*, Rochester said: "We are delighted to be supporting this year's *Salute to the '40s* event and hope that it is enjoyed by all. Through our Community Investment programme at *BAE Systems*, we are committed to working together with local communities."

<http://thedockyard.co.uk>

## Leeds Castle Food Festival serves up a 3 day feast of delights

### 9th – 11th September

**Fantastic British Food Festivals** brings its celebration of food and drink to the magnificent grounds of *Leeds Castle* for the third year running 10am-5pm **Friday 9th to Sunday 11th September**. The 900 year old Castle surrounded by its impressive moat, 500 acres of beautiful parkland and formal gardens is the perfect location for a relaxed day out with family and friends. With

the emphasis on high quality food, drink and entertainment, the festival will appeal to gourmets and families alike.

Offering the very best quality food and drink from 50 stallholders, chefs, cookery schools and new culinary experiences, the event is an essential date for the diary for all foodies. Expect a packed daily programme of interactive events

from chefs and local food experts in the festival **Demonstration Theatre**. Cookery demonstrations, healthy eating tips and wine tastings will be the order of the day. Why not settle on a straw bale and whilst you discover new techniques, improve your knowledge and try something new at our talk and taster sessions? Perfect for aspiring chefs and home cooks of all ages.

**Reza Mahammad** will delight the crowd with his Indian fusion recipes, whilst **Katharine Tate**, *The Food Teacher*, will show how to create delicious and nutritious food to combat stress. **Anna's Cookery School** will be serving up the perfect risotto and fresh tagliatelle and **The Kent Cookery School**, **Food at One** and **Hush Heath Wine Estates** will complete the perfect schedule.



## Wildlife of the Walls

**Saturday 17 & Sunday 18 September 2016 10am-5pm**

As part of the Western Heights open days we will have a stall and display within the Drop Redoubt (£5 adults, children free) about the wildlife of the Western Heights. Come along any time to collect a 'wildlife of the walls' quiz sheet to learn more about the wildlife that colonises the walls around the Redoubt

**Leader:** White Cliffs Countryside Partnership (01304 241806)

**Meet:** Drop Redoubt Road, Western heights, Dover (TR 317 409). Walk to the site following the signs from the town, use the Grand Shaft staircase (Snargate Street) or parking on the sports field at Citadel Road

Fresh, regional produce and international dishes tempt all tastes, from pulled pork courtesy of **Apple and Cor**, gourmet burgers from **Rad Burger Co** and sweet and savoury crepes from **Hits the Spot** to Indian street food from **Little Indian Kitchen** and Greek Mediterranean specialities, there's something to suit every taste.

Stay cool and relax with a **Mojito's Mavericks's** cocktail (kids can join in with a non-alcoholic version) or choose locally produced cider from **The Kent Cider Company**, artisan beers, prosecco or a traditional glass of **Pimms**. Those looking for gifts to take home will find a wide range on offer such as **Cococaravan's** raw vegan chocolates, artisan breads from **Olivier's bakery** and speciality cheeses from **Snowdonia Cheese**.

Locally produced hedgerow gins and vodkas from **Wild Spirits of Kent**, made from handpicked fruits and flowers, make perfect presents and there'll be many more sauces, bottled drinks, handmade sweets and fudges from which to choose.

Fun activities for children such as garden games, a dedicated storyteller and face painting, as well as **Leeds Castle's** adventure playgrounds, maze and grotto. The whole family can enjoy the perfect day out relaxing in beautiful surroundings, whilst listening to the live music courtesy of **Silk Street Jazz**.

Festival entry is included in the standard entry price to **Leeds Castle and Grounds**. Annual tickets cost £24.50 for adults; £21 for seniors and visitors with disabilities (carer goes free); £16 for children (under 4's free). **Leeds Castle** is located near Maidstone in Kent.

**Twitter @FantasticFdFest**  
**Facebook fantasticbritishfoodfests**  
[www.fantasticbritishfoodfestivals.com](http://www.fantasticbritishfoodfestivals.com)  
[www.leeds-castle.com/events](http://www.leeds-castle.com/events)



**September 2016**

*The Queen's House* is closed for refurbishment until October

*National Maritime Museum* events include:

- Delve into the Museum archives at the Caird Library and Archive **Open Day**
- Celebrate the *Totally Thames Festival* at the Maritime Lecture Series
- Learn about the history of the Thames and dance the night away at the Treasures of the Thames late

**EXHIBITIONS AND EVENTS**

**Jutland 1916: WWI's Greatest Sea Battle**

Lead-up to the battle, the action and also uncovers stories of the aftermath, from the incredibly personal accounts of the sailors and their families, to the broader views of the nations and navies on either side of the conflict. **Free**

**SPECIAL EVENTS**

**The Landlubbers' Maritime Folk Festival**

The best of maritime folk culture. Stomp your feet to sea shanties, hear the salty yarns of our figureheads or try your hand at some traditional maritime crafts. The festival culminates with **BBC Folk Club** winner the Nest Collective's new monthly shanty sessions at *Cutty Sark*. **24 September 2016**

*National Maritime Museum* 10.00-17.00 and *Cutty Sark* 19.00-00.00

Prices vary  
[www.rmg.co.uk](http://www.rmg.co.uk)  
Suitable for all ages

**Muslims at Sea: From Barbary Pirates to Brick Lane**

A day devoted to Britain's long and fascinating relationship with Islam. Encounter Muslim pirates, European sailors who converted to Islam, beautiful Middle Eastern scientific instruments and much more. **10 September 2016** 11.30-13.30

**MARITIME LECTURE SERIES: TOTALLY THAMES FESTIVAL**

Led by archaeologists and curators will uncover the river Thames's rich history, from Roman ports to recent archaeological digs.

**Thursdays 1 Sep-6 Oct16**  
11.00-12.30  
£8.00 adult 16yrs +

**The Disappearing Archaeology of the Thames at Greenwich**

Community Archaeologist of the *Thames Discovery Programme*, **Helen Johnston**, to see how 20 years of archaeological investigations have revealed features from the Mesolithic period through to the modern day, including shorefront remains of Greenwich Palace. **8 September 2016**

**Thames Discovery Programme**

For thousands of years, the Thames has held special meaning as a crossing place. Explore aspects of ritual and religious activity connected to the river, and the archaeological evidence for these, recorded by the *Thames Discovery Programme* and others. This lecture is led by *Head of Community Archaeology*, **Nathalie Cohen**. **15 September 2016**

**The Thames beyond London: Archaeology Downstream**

Lara Band and Oliver Hutchinson of *CITIZAN* (the Coastal and Intertidal Zone Archaeological Network) reveal forts, forests and fish traps that have become visible as water recedes and tides erode the river banks of North Kent and Essex. **22 September 2016**

**Blackwall Shipyard and the East India Company**

Ships have been built at Blackwall since the Middle Ages. *Assistant Curator of Ship Models*, **Nick Ball**, will track the history of the shipyard, from building the

*East India Company* and Royal Navy ships in 17th and 18th centuries, to some of the earliest 19th-century steam ships.

**29 September 2016**

**FAMILY EVENTS Character Encounters**

Meet a character from the past and take part in an exciting performance that will bring maritime history to life. Every Saturday in September 12.00 | 13.00 | 14.00 | 15.00  
*Sammy Ofer Wing*, Free 6+

**Discover Sundays**

Every Sunday in September 11.30-13.30 | 14.00-16.00  
**Free** Suitable for all ages

**Play Tuesdays**

Crafts, music, dance and drama. Timed sessions:  
**Every Tuesday in September** 10.30 | 11.30 | 13.00 | 14.00  
*Sammy Ofer Wing*, National £3.00 per child with an accompanying adult (Free for 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. Take a photo and share your adventure with **@NMMGreenwich#greatmap** 11.00-16.00  
*The Great Map*, *National Maritime Museum*  
Free Suitable for all ages

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  
[www.rmg.co.uk](http://www.rmg.co.uk)  
**020 8858 4422**

**September 2016**

[www.rmg.co.uk/cuttysark](http://www.rmg.co.uk/cuttysark)

**SPECIAL EVENTS**

*Cutty Sark* and the *Thames Developed* especially for **Totally Thames**, find out how the ship's ties with the Thames go back to when it loaded its very first cargo in 1870.

**Every Wed 7-28 September** 15.00-15.30 11yrs+  
Admission: Included in *Cutty Sark* admission price

**Ensemble Perpetuo: Voyages of the Sea**

From the cliffs of Dover to the tempestuous Southern Ocean, Ensemble Perpetuo take a poetic musical journey exploring the beauty and unforgiving nature of our seas through music by Debussy, Roxanna Panufnik, Sally Beamish, Cecilia McDowall and Malcolm Arnold.

**22 September 2016** 19.30-21.00, Adult £20.00 adult | £18.00 conc

[www.eventbrite.com](http://www.eventbrite.com)  
(price includes visit *Cutty Sark* prior to concert)

**ACCESSIBLE EVENTS**

**Audio-described tour: Cutty Sark**

Explore the ship and its fascinating story on this audio-described tour for blind and partially sighted visitors. Come on board and get hands-on with history on the world's last remaining tea clipper.

**13 September 2016** 14.30-15.30  
Admission: £17.00 adult |

£13.50 concession (includes visitors with disabilities) Price includes admission to *Cutty Sark*, sighted companions enter for free  
*Cutty Sark* tour in British Sign Language (BSL) Join deaf historian, **John Wilson**, for a tour of *Cutty Sark* and its history in BSL. Explore the 1869 clipper, celebrated for record-breaking passages around the globe, and find out about life on board and the story of the ship's survival.

**17 September 2016**

11.00-12.00 | 13.30-14.30  
£17.00 adult | £13.50

concession (includes visitors with disabilities includes admission to *Cutty Sark*, carers enter for free

**Cutty Sark Characters**

Incredible stories brought to life by characters from the ship's past. Meet Captain Woodget, the ship's most daring master; Jock Willis, the man who built *Cutty Sark*; Nannie, the ship's figurehead; or the ship's cook, James Robson, who all have an extraordinary story to tell. Everyday  
Sammy Ofer Gallery and Main Deck, *Cutty Sark*  
Suitable for ages 3+  
Included *Cutty Sark* admission

**GENERAL INFORMATION**

*Cutty Sark* reopened to the public in April 2012, marking a new chapter in the extraordinary life of the last surviving tea clipper and one of the world's most famous ships.

Visitors to *Cutty Sark* can venture aboard and beneath the beautiful three-masted clipper: walk along the decks in the footsteps of the merchant seamen who sailed her over a century ago; explore the hold where precious cargo was stored on epic voyages; and even walk underneath the 963-tonne ship in the dry berth below to view the elegant lines of her hull.

*Cutty Sark* is open 10.00 – 17.00, Monday – Sunday (subject to change )

[www.rmg.co.uk/cuttysark](http://www.rmg.co.uk/cuttysark)

Admission to *Cutty Sark* is £13.50 for adults (£11.50 concessions) and £7.00 for children aged 5-15. Family tickets are priced at £24.00 (1 adult and 2 children) or £35.00 (2 adults and up to 2 children).

Bundled tickets are available with other *Royal Museums Greenwich* attractions. *Royal Museums Greenwich* members receive free entry to *Cutty Sark* among their membership benefits. Admission to *Cutty Sark* is by ticket, available online, by telephone or in person on the day. Due to high demand tickets may be unavailable on the day to those who have not purchased their ticket in advance. Tickets can be purchased online at [www.rmg.co.uk/cuttysark](http://www.rmg.co.uk/cuttysark) or bookings line on **020 8312 6608**.

*Cutty Sark* 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 details on *National Maritime Museum* and *Royal Observatory Greenwich* opening hours and admission visit the website

[www.rmg.co.uk](http://www.rmg.co.uk)





## The 6 best science books for kids

Royal Society's Young People's Book Prize 2016 shortlist revealed

UK publishers submitted their best science books for under-14s to the **2016 Royal Society Young People's Book Prize** and now an expert adult judging panel has narrowed them down to the 6 best books. The overall winner will be selected entirely by groups of young people across the UK. The adult judging panel hand over the reins every year to young readers to make the final decision. School and community groups will get stuck into the 6 shortlisted books and choose their winner, announced in November 2016.

The six books shortlisted by the judges are:

**Lift-the-flap First Questions and Answers: How do flowers grow?** by *Katie Daynes*, illustrated by Christine Pym ISBN: 9781409582137

The judges said: "This book is exquisitely illustrated, a delight to look at, it's the sort of thing that really intrigues young children."

### How Machines

**Work** by *David Macaulay*

ISBN: 9780241203385

The judges said:

"This book isn't just dry pages about what engineering is. It's a very exciting story about a sloth that has to

get somewhere and in order to get to where he's going he has to build levers, he has to build bridges. Each of the pages is about how he designs a solution to a problem- just what an engineer must do."

**TreeTops inFact: How to Change the World** by *Isabel Thomas*, illustrated by Esme Lonsdale

ISBN: 9780198306825  
The judges said: "We love this book because it's a book about the future and it encourages curiosity and thinking for yourself. It's about how the reader of this book can learn from what's gone before, what other scientists have achieved and asks how you might change the world to make it a better place or make it safer or to get us to the moon..."

**Project Body** by *John Farndon*

ISBN: 9781782098225  
The judges said: "This book about the human body and how it functions is packed with absolutely amazing pictures,

illustrations and real life pictures. It has so many facts and activities- this is a great educational book with a great balance between reading and interactive parts."

**Rebel Science** by *Dan Green*, illustrated by David Lyttleton

ISBN: 9781783420445  
The judges said: "This is a brilliant book. It's about science in a really novel way. It has fantastic bits in it, like a rap battle between Sir Isaac Newton and Robert Hooke, and funny bits like the Great Atomic Bake Off. It talks about the unsung heroes of science that are not usually mentioned in text books. It's a really fun way for children to explore science and the story of science."

**The Usborne Official Astronaut's Handbook** by *Louie Stowell*, illustrated by Roger Simo

ISBN: 781409590743  
The judges said: "This is a superb book all about how to become an astronaut. It's a step by step guide for would-be astronauts and space scientists- plus it has a foreword from a really inspirational astronaut, Tim Peake. There's a lot of humour in it, and it's full of those little details that just make a book special."

<http://royalsociety.org/awards/young-people>



## A sustainable weight management approach

by *Ursula Radloff MD – Private GP*

### at +richmond practice

The problems of being overweight and obesity have been increasing for the past 20 years. In the first instance it is not a "cosmetic" issue, due to the many risks associated with it. For example, heart disease, metabolic disorders/type 2 diabetes, musculoskeletal conditions, certain cancers and reduced life expectancy are typical risks.

For healthy weight loss it is important to understand metabolism. Metabolism describes the chemical reaction in all cells of your body. Metabolism is closely linked to food and the availability of nutrients.

The main elements of foods from which nutrients are derived are protein, carbohydrate and fat.

**Protein:** supports the muscles which in turn produce energy to burn off the fat. It is also vital for our body's fitness, growth and repair. It is found in milk and dairy products (low fat recommended), meat and fish, eggs, plant and soya.

**Carbohydrates:** vital for energy and can be broken into 2 types, simple and complex. Simple carbohydrates – like sugars – are easily changed into fat and they raise our

insulin level. This results in an increased appetite, a longing for sweets and the disturbance of fat metabolism. They are found in processed sugar, sweets cakes, puddings, white bread. Complex carbohydrates release energy more slowly, make you feel full for longer and are found in pasta, potatoes, rice and dark bread.

**Fat:** is essential for our wellbeing, however too much fat is bad for us and causes weight gain. To activate fat soluble vitamins we need 30g fat daily. You will maintain your weight if you eat 60-70g daily and you will gain weight eating over 70g fat daily. The average amount eaten is 100-120g/day.

Alcohol does not contain any fat but it always gets metabolised first – so there

is then no energy left to metabolise fat. Exercise helps to support the muscles and healthy weight loss but you can't just rely on exercise to lose weight, your food intake is most important. If you wanted to lose 1kg of body fat just by exercising you would need to run for 12 hours continuously.

**Consult a doctor if:**  
- You are unable to lose weight without support  
- You feel you may have an underlying medical condition  
- Your self-esteem is affected  
Call richmondpractice for an assessment and sustainable weight management plan.

020 8940 5009

or send an email to [mail@richmondpractice.co.uk](mailto:mail@richmondpractice.co.uk)



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10/9

17/9

24/9

29/10

\* Ranking and individual reports will be issued!

Subjects

Literacy, Numeracy, English and Maths

Time

Between 9:00 am ~ 12:45 pm

Venue

Malden Centre KT3 4AF

24<sup>th</sup> Oct

~ 28<sup>th</sup> Oct

## Half-term Courses

### Year 5 - Prepare for the 11+ exams with OxBridge Centre!

Subjects English, Maths, Literacy and VR & NVR

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

### Year 6 - Last minute preparation for upcoming exams

Subjects English, Maths and VR & NVR

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

### Reading Club Year 1~6

Improving reading & writing skills in a fun environment with books

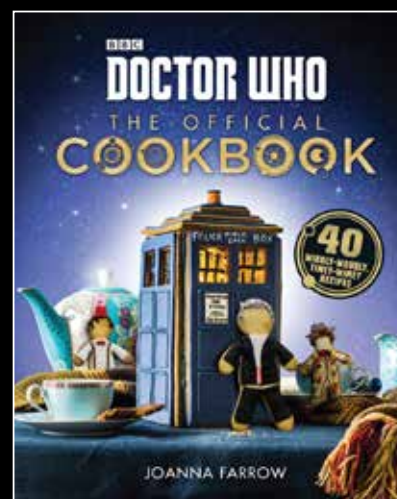
Times 9am ~ 12pm OR 12:30pm ~ 3:30pm (3 hours everyday)



OxBridge Centre  
ENGLAND

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[info@oxbridgeuk.com](mailto:info@oxbridgeuk.com)

[www.oxbridgeuk.com](http://www.oxbridgeuk.com)



## DOCTOR WHO THE OFFICIAL COOKBOOK

JOANNA FARROW

BBC Books | £14.99 |  
Hardback | 11th August 2016

For fans, food lovers and those looking for a fun and easy summer holiday activity – 40 brilliant Doctor Who recipes!

Whether you're planning a party to watch the latest episode, need a showstopping cake that's bigger on the inside, or want a taste of the TARDIS at teatime, this is the ultimate collection of dishes from across space and time.

Keep the munchies at bay with a fleet of Atraxi Snax, and serve an Ood Head Bread with your dinner. Create your very own Picnic at Asgard, or invite the Zygon Pie into your house. And say 'Hello, Sweetie' to a deadly-delicious Dalektable Army, a Peek-a-Boo Pandorica cake, or some simple jelly babies.

Each easy-to-follow recipe has step-by-step instructions to show how you can make meals, snacks, cakes and sweets that are truly out of this world.

Joanna Farrow is a food writer and stylist with a flair for imaginative recipes and decoration. She has worked as a freelance writer for several food magazines including *BBC Good Food*.

Her previous books include *Dress Your Cupcake*, *Peek-a-Boo Cakes*, *Ready Steady Cook for Kids*, *30-minute Vegetarian* and *Good Fast Family Food*.





## All welcome to Open Days

*St Lawrence College* in Ramsgate has been a proud part of the town's heritage since it was founded in 1879. Generations of local families have been educated within its ivy-clad walls. If you have never considered independent (private) education for your family before, an **Open Day** is the ideal time to take a first look.

You can book a place at the **Junior School Open Day** on **30 September 2016** for either the morning or afternoon session: 9.30am to 12pm or 1.30pm to 3pm.

Have a tour, meet the new Head, **Ellen Rowe**, and other members of staff and pupils.

If you are considering *Year 7* and above, book a place at the **Senior School Open Day** on **1 October 2016**. Sign-in from 10.30am before having a tour. There will be plenty of opportunity to ask questions of staff and pupils. The **Open Day** ends at 2pm after a buffet lunch.

**01843 572931**  
**admissions@slcuk.com**  
 to book an Open Day tour.  
**www.slcuk.com**

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## Sporting Success at Bromley High School

A wonderful year for sport at *Bromley High*. A triumphant hockey season saw the U16s crowned outdoor and indoor **Kent County Hockey Champions**. Girls gained national representative honours in diving, swimming, rowing, hockey, biathlon and tennis and girls in Years 7 to 10 won 25 county representative honours. The U11 Biathlon team was placed 2nd in the UK whilst a *Bromley High* girl won the individual U14 UK Biathlon Championships.



Olivia Carr Poppy Merrick - Year 7

Y7 and Y8 were **Bromley Borough Athletics Champions**. At the *Kent County Athletics Championships*, girls took Gold in 100 metres; Silver in High Jump; Bronze in Javelin. Six girls swam in the London Swimming Championships, with a haul of three Gold medals and three Silver. In the *British Summer Nationals* **Imogen Meers** won Silver in the 100m Freestyle and broke her own Kent record in winning a Bronze in 50m Backstroke. At the *Kent County Tennis Doubles Championships* *Bromley High's* Junior pairs took First, Second and Third places while the U12s won the national **Girls' School Association Doubles Championship**.

**020 8781 7000**  
**www.bromleyhigh.gdst.net**



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**SENIOR SCHOOL: SATURDAY 1 OCTOBER**  
 10.30AM - 2PM

With small class sizes and exceptional facilities, St Lawrence College provides outstanding opportunities for all pupils academically, in sport, and in the arts.

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**Senior School** T: 01843 572931 E: admissions@slcuk.com

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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**

**Meningitis**   
Research Foundation



## SEPTEMBER EVENTS AT THE ROYAL OBSERVATORY GREENWICH

### September 2016 SPECIAL EVENTS

#### Star Trek: The Motion Picture (1979)

Admiral Kirk returns to the captain's chair to investigate an unknown alien entity on a direct course to Earth, accompanied by the legendary original crew of the USS Enterprise. Following the movie there will be a talk from one of our astronomers on the science behind the film.

#### 10 September 2016

*Peter Harrison Planetarium, Royal Observatory Greenwich* 18.00-21.00 Admission: £8.00 adult | £7.00 concession | £6.00 child or guardian 11+

#### Five Decades on the Final Frontier

Venture to the final frontier and beyond through planetarium shows and interactive sessions to celebrate fifty years of space science fiction.

#### 29 September 2016 19.00-

21.00 *Peter Harrison Planetarium*, £15.00 adult | £14.00 concession | £13.00 child 11+

### ADULT COURSES

#### Introduction to Astronomy

Taught by Astronomer, **Greg Smye-Rumsby**, this 6 week course provides an excellent introduction to astronomy from historical, scientific and practical perspectives.

#### Tuesdays: 13 Sep – 18 Oct 16

19.00-21.00 *Astronomy Centre, Royal Observatory Greenwich* £90.00

#### Buying a Telescope

This two-hour workshop is aimed at budding amateur astronomers

#### 20 and 27 Sep 2016

19.00-21.00  
£12.00

#### Introduction to Digital Astrophotography

This course provides a solid grounding for those interested in digital astrophotography using a telescope. Lunar, solar, planetary and deep space photography techniques are each covered for a broad range of amateur telescopes. Participants will require some familiarity with the use of telescopes.

#### Tues 13 Sep, 18 Oct

19.00-21.00 *Astronomy Centre*, £90.00

### GCSE Astronomy

This comprehensive course provides an opportunity for those who are keen to acquire a rigorous scientific understanding of the universe. 30 Tuesday evening classes focusing on key astronomy topics. The exam course consists of 10 Saturday classes and includes study skills advice, revision sessions,

past paper sessions, moderated coursework write-ups and a final examination. Exam registration fees are included. While this course is intended for adults, students aged 14 and upwards will be considered for enrolment on a case by case basis. The course is taught by Astronomy lecturer, **Mike Keskeys**.

[www.rmg.co.uk/royal-observatory](http://www.rmg.co.uk/royal-observatory)

#### Core Course:

**Tues: 13 Sep 9 May 2017**

18.30-21.00

#### Exam Course: Some Saturdays:

**1 October 2016 – 3 June 2017**

10.00-12.30

#### Astronomy Centre

£420.00 (Core Course),

£600.00 (Core Course and

Exam Course)

### FAMILY EVENTS

#### Weekend Space Cadets

Weekend family workshops space science and space exploration; from the International Space Station to the latest discoveries about the Solar System and the wider universe.

#### Weekends September 2016

12:45-16:15 *Astronomy Centre*, Free 7+

#### 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. Weekends September 2016 12.45-16.15 *Meridian Courtyard* 7yrs+

### PLANETARIUM SHOWS

*Peter Harrison Planetarium* State-of-the-art technology is the only public planetarium in London. Children must be accompanied by an adult. An 'Astro Ticket' is good value.

#### Asteroid: Mission Extreme

Join Alien and Ghostbusters actress, Sigourney Weaver, on an epic journey to discover how asteroids present both a danger to life on Earth and an opportunity for future space exploration.

#### September 201 15.30

(weekdays during term time) 12.30 | 14.00 | 15.30 | 17.00 weekends

£7.50 adult | £5.50 child | £6.50 conc | £20.00 family 7+

#### The Sky Tonight

A tour of the night sky on the day of visit and the months ahead. The journey takes in stars, constellations, planets and moons, and a fly-out to the edge of the visible Universe. September 16.15

13.15 | 16.15 weekends  
£7.50 adult | £5.50 child | £6.50 conc | £20.00 family, 5+

### Meet the Neighbours

The Earth travels around the Sun with seven other planets, hundreds of moons and millions of asteroids. Meet our neighbours in space in this entertaining, interactive show where you can decide which planets to visit.

#### September 2016

14.45 12.45 | 13.45

11.45 | 14.45 weekends

£7.50 adult | £5.50 child | £6.50 conc | £20.00 family 5+

### GALLERIES

#### TIME AND SPACE AT THE ROYAL OBSERVATORY

#### Astronomy Galleries:

*Astronomy Centre*, these three visually striking galleries provide hands-on exhibits helping to provide answers to big questions. *Free*

#### Observatory Life: Situated in

*Flamsteed House*, the Apartments of previous *Astronomers Royal* have been refreshed to convey the domestic stories of two Observatory families across two different time periods: the Maskelynes (1765-1811) and the Airys (1835-1881). Through a rich mixture of objects, graphics, audio-visual material, discover how the families welcomed guests, played games, dressed fashionably, sketched their surroundings and devised homemade remedies to combat illness.

#### Time Galleries:

Explore the importance of time in all our lives through the interactive exhibits in galleries on 'Time and Longitude', 'Time and Greenwich', and 'Time and Society'. Admission charges applies.

[www.rmg.co.uk/visit](http://www.rmg.co.uk/visit).

Admission price includes entry to *Flamsteed House*, the *Meridian Courtyard* and the *Meridian Building* in addition to the *Time Galleries*.

**020 8312 6608**

or email

[bookings@rmg.co.uk](mailto:bookings@rmg.co.uk)

For updated information

[www.rmg.co.uk](http://www.rmg.co.uk)

or phone

**020 8858 4422**

'Astro Ticket' combining access to the historic Royal Observatory buildings and Meridian Courtyard with a Planetarium show offers savings individuals and families

[www.rmg.co.uk/visit](http://www.rmg.co.uk/visit)



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### 7 Healthy Options For Lunchbox

The maker of diabetes management systems, *Dario*, top healthy suggestions for fuss-free eating for little one.

**1. Mouth-watering pesto chicken & veg wraps.** Grilled chicken wraps with sundried tomatoes and pesto is a great low-calorie option. Try gluten-free bread.

**2. Yummy double-the-fun potato salad.** Chop up your potatoes once boiled and add cubes of chopped cucumber, carrots, onions and red peppers, then even smaller cubes of sweet potato for that extra bit of fibre. Mix with Greek yogurt for a super healthy option, or a light mayonnaise.

**3. Knock-out Asian soba noodle salad.** These Japanese noodles made from buckwheat flour are high in protein, low in fat and gluten-free. Pop in some brightly-coloured chopped veggies.

#### Nutritious side snacks...

**4. Gluten-free fruit and nut energy bars.** A high amount of fruit and nuts, is full of antioxidants and can fight allergies. 1 cup of almonds, 1 cup of dried cranberries, dates or other dried fruit, a tablespoon of unsweetened coconut flakes and as an optional treat, some dark chocolate chips. Throw into a blender until they form a ball.

Place onto wax paper and leave to chill, wrapped, for an hour minimum. Cut into rectangular bars for the lunchbox.

**5. Rainbow Fruit Skewers** Throw together these fun brightly-coloured kebabs using: strawberries, oranges, melons, mango, pineapple, kiwi or other favourite fruits.

**6. Moreish Greek Salad Side-Pot.** Low-carb Greek salad side dish, including juicy tomatoes and cucumber, feta cheese and a drizzle of balsamic dressing. This tasty vegetable side dish is a refreshing addition to your spread and is can be enjoyed by the whole family on weekends.

**7. Whole-grain crackers and home-made hummus dip** Grind the chickpeas and add a dash of lemon for your very own simple-to-make hummus dip, and serve with whole-grain crackers, or carrot and celery sticks.

*Dario*'s sophisticated diabetes management system allows you to test your blood sugar via your mobile device, log your meals and keep a food database. Loved ones can also access your stats wherever, whenever, through the *Dario* app, to give peace of mind when faced with any unexpected changes.

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- antishock**  
  
Supportive cushioning in the heel
- sky effect**  
  
Breathable, anatomical insole lined in leather
- flexible action**  
  
Maximum sole flexibility
- removable insole**  
  
For maximum foot hygiene
- lightness**  
  
Featherweight fit
- soft-comfort**  
  
Soft well-being
- nickel-free**  
  
Nickel-free
- chrome VI-free lining**  
  
Chrome VI-free lining