

# PARENTS NEWS

September 2015 No. 200 The First & Foremost Local Monthly Newspaper for

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## What's On in September

[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)

Three Editions in South-East England



ISSN 2050-4764

London South  
East Surrey & West Kent

# READY TO GO!

Summer is coming to an end and it's time to return to the classroom!

Autumn brings the



colours and the coolness of summer, enthusiastically escorting children to the beginning of the school year, which promises to be full of learning and fun. **Primigi's 2015 Back to School** collection is characterised by an

urban-vintage flair, with sporty lines and well-defined colours.



The styles have elegant and well-conceived details that meet the needs of both little girls and boys: from bold biker boots to sneakers with a casual-outdoor flair, to the inevitable single-tone ballet flats and laminated ankle boots with prints and metallic ornaments to make the shoes even more fun and original. The sport-active world dominates the scene:



running-inspired designs alternate with basketball themed ones, but the true must-haves of the season are the hiking designs, outdoor shoes with an urban-city feel, entirely made in technical fabrics with extremely light



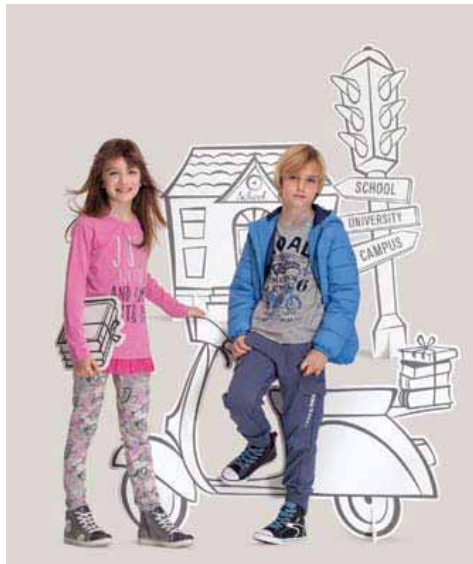
soles. Dynamic and high quality materials combine with imagination and creativity to accompany little ones into the



fall, just waiting to be discovered.

Find out the new collection on

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



## Blowing the Whistle on GDC Scam.

Orthodontists and the General Dental Council are operating an illegal scam to withhold information from the public about new methods which can avoid almost all extractions and even major jaw surgery. This is being done partly to protect traditional methods and partly to preserve the high incomes of orthodontists and surgeons. Research suggests that this British development is being ignored in the UK while spreading rapidly abroad. As a result hundreds of children and young adults have extractions and jaw surgery, unaware they may be unnecessary.

Some Orthodontists mislead patients, saying that extractions can be avoided although the traditional methods they use leave too little room, risking severe damage to the face. It is wise to explore the internet yourself, many sites make great claims and show beautiful faces but very few show good results before and after treatment. Even the media is scared of disclosing this scandal.

## There is another way.

Take a second opinion now. Nine years old may be too late.

### ORTHOTROPICS

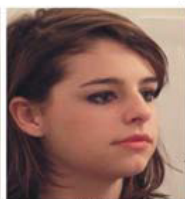
Natural Growth Guidance

The alternative to orthodontics with extractions and surgery.

Orthodontics usually requires the extraction of 4 to 8 sound teeth although this is frequently denied.

Emily was treated by natural methods. No extractions. No 'Train Tracks'. No retainers.

Research shows Orthotropics can get much better results than 'Train Tracks'.



When experts disagree, where do you go for answers?

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

Ask an appropriate professional to refer you for a **free assessment**

[John.mew@virgin.net](mailto:John.mew@virgin.net)

Professor John Mew. Tunbridge Wells 01892 526406 and personal 01435 862045  
Email: [john.mew@virgin.net](mailto:john.mew@virgin.net)



## A dream for every pre-school child...

...and their parents



Everything you'd expect in a nursery, and more

### OPEN DAYS

#### CHISWICK

Saturday 19<sup>th</sup> Sept

10am - 2pm

#### DORKING

Saturday 26<sup>th</sup> Sept

10am - 1pm

Come and visit our wonderful nurseries

**Chiswick, Kingston, Fulham & Dorking**

Contact us for more information

020 3031 4700 [info@activelearningchildcare.co.uk](mailto:info@activelearningchildcare.co.uk)

### Inspiring

Unique programme of art, drama, music, science, literacy and IT with dedicated teaching specialists

### Healthy

Specialist sports coaching, organic cafe, adventure playgrounds, holistic education

### Innovative

Purpose designed activity studios, sensory room, baby sleep room, secure webcams

A fresh approach to nursery education.

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



## Back to School 2015

Here's what your children can expect this school year, from the [Department for Education](#)

### Coding for kids

After the introduction of computing to the curriculum last year, children from the age of five will be taught about algorithms and learn how to write and test simple programmes. From age seven, pupils will be taught to understand the *World Wide Web* itself, looking at computer networks and the services they offer

**E-safety** is now also taught from when children start school at key stage one, helping them understand how to use technology safely and respectfully, how to keep information private, and where to go for help if they're worried about any content or contact on the internet

### GCSEs for the modern world

GCSEs continue to get an overhaul, with new tougher qualifications designed to give pupils the knowledge and skills which will help them achieve their full potential.

This year sees the introduction of brand new GCSEs in English and maths with more new GCSE content in other subjects to follow next year

The new English literature GCSE requires students to study a more varied range of texts to help secure their love of reading and their knowledge of literature for life. By the end, they'll have read one play by Shakespeare, a nineteenth-century novel, a selection of poetry since 1789, including representative Romantic poetry, and fiction or drama from the British Isles from 1914

### Practical maths

From this September teenagers will be able to study a new post-16 qualification, **Core Maths**, to help pupils who don't wish to continue the subject at AS / A Level to keep up these important skills. Packed with real world examples, from the maths you need to run a business to calculating mortgage repayments, **Core Maths** will prepare students for the situations they may face in adult life and the world of work

For more information on coding  
[www.computingatschool.org.uk/](http://www.computingatschool.org.uk/)

**Advertise in PARENTS NEWS**

020 8337 6337  
fergus@parents-news.co.uk

## St Martin's Courtyard

St Martin's Courtyard brings back London's hottest ticket; **Silent Cinema**. The courtyard will be transformed into an open-air movie theatre to showcase a series of British films, set in and directed by the UK. A full sized cinema screen will pop-up for three nights under the stars during September showing a variety of iconic films representing the many facets of British cinema. **Best of British Tuesday 29th September, Wednesday 30th and Thursday 1st October.** *Shaun of the Dead* starring Simon Pegg and Nick Frost, romantic drama *Atonement* with Kiera Knightly and James McAvoy, *Billy Elliot* Registration opens at 6pm and film starts at 7:30pm with a variety of themed live entertainment before the main feature. Tickets are free and will be allocated through an online prize draw at

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

Winners contacted one week prior to the screening. A small allocation will be available on a first come first served basis each night in the courtyard. You can also book in advance for dinner and a movie alfresco style at one of the many international restaurants in the courtyard.

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

## Classroom Tests

*Classroom Tests* was born out of a desire to help facilitate learning. The site aims to reinforce what the pupil has learned at school or college and establish whether they have gained a true understanding of their subject.

"How can I help my children reinforce what they have learned at school?", "My 10 year old son has short term memory problems, and is about to sit his end of year exams. How can I help him revise?"

These were the key motives behind the development of the **Classroom Tests website**. This site will not only enable you to help your children with their revision, but also to actually see for yourself how much they really understand by allowing you to easily track their progress.

Incorporating the latest *National Curriculum* in England including the framework for *key stages 1 to 4*.

For those in the USA & Canada etc... this includes coverage of the K-12 levels.

Finally they also include tests that provide some "**Skills for Life**" such as Driving Tests, Psychometric Tests to help with Job Interviews and many more...

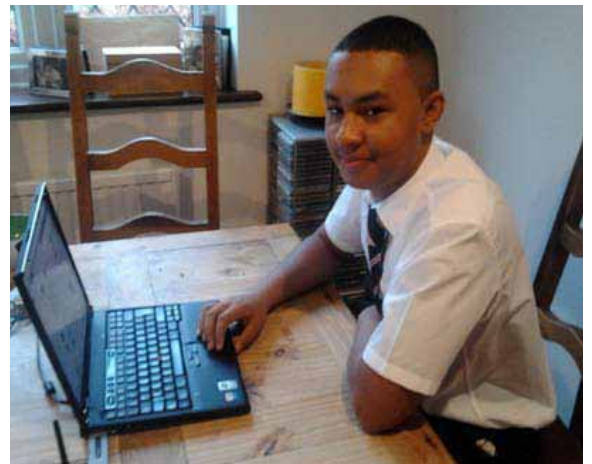
### How it Works

They have built numerous tests around a variety of subjects and divided these into 3 bands: *Explorers* (age 3+), *Travellers* (age 7+), *Conquerors* (age 14+). As well as the usual Maths, Science and English subjects, there is also a diverse range of topics including Edutainment, Five-A-Day and Brain Training, which both adults and children will find fun. Although most of

the subjects have been written by them, they also use links to various other sites, thus becoming a *1-Stop shop* to help your child improve. On registering you will be provided with a unique Username and Password for the various tests.

By registering you get additional features, such as access to reports, your results emailed to you and much much more... All for an incredible price of just £15 a month! Would you like to have a go before registering then no problem just follow the link on the website to the Sample Menu page

[www.classroomtests.net](http://www.classroomtests.net)



## CLASSROOM TESTS

Give Your Child The Best Tools To Prepare

"By failing to prepare, you are preparing to fail" ~Benjamin Franklin



Key Stage 1 & 2 Exams (SATS)



11+ Exams



Check Your Spelling Age



GCSE Exams



Brain Training



Edutainment

Classroom Tests was born out of a desire to help facilitate learning. The site aims to reinforce what the pupil has learned at school or college and enable the parent or school to easily track their progress.

Incorporating the National curriculum in England: Framework for key stages 1 to 4.

For further information please contact +44 (0)208 394 1528.

[classroomtests.net](http://classroomtests.net)

## Kindness App Created To Combat Online Negativity

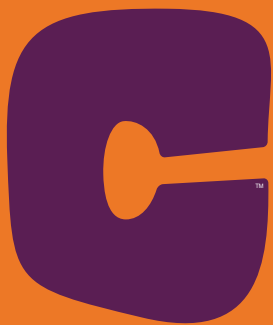
46% of Brits have experienced unkind messages online. Scientific research claims being kind to others can reduce stress levels. A new **Twitter app** hopes to combat negativity online, after nearly half the nation revealed they have seen or received unkind messages on social media. **Hello Kitty** is campaigning for the nation to do **#OneKindThing**, whether by using the **#OneKindThing app** to share messages of kindness on social media, or via small acts of kindness.

photo and cover picture to show support. Tweeters are then encouraged to share posts and retweet to help spread kindness far and wide on social media. According to scientific research, being kind to others can elevate endorphins, as well as releasing hormones to reduce stress levels[2]. Coinciding with **Hello Kitty's** campaign for kindness, the new app encourages Brits to continue to do one kind thing and improve their health in the process.

Users sign up via **Twitter**, the free web application then shares friendly messages on their **Twitter** feed, helping inspire others to also do **#OneKindThing** for a friend or stranger. Users are able to share a **Hello Kitty** image alongside the post, or change their profile

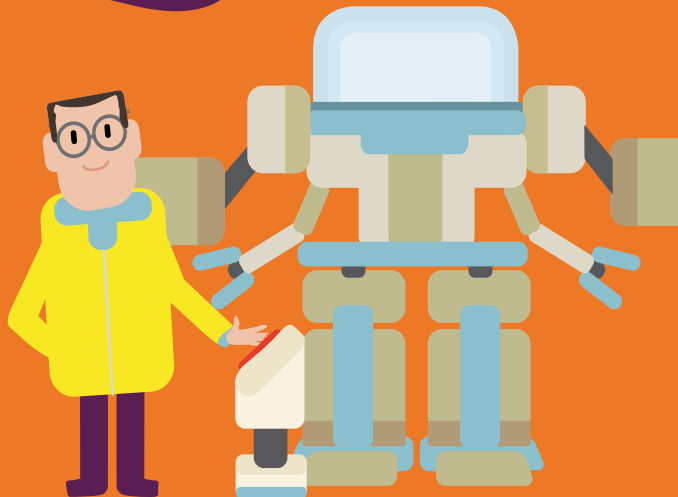
To use the **#OneKindThing twitter** app, visit <http://onekindthing.eu>.

**Clara Wooller**, **Hello Kitty** Brand Manager, said: 'People who are kind to their friends, family and strangers become happier and healthier in the long run. ....



# Help us take on the Big C – wear canary yellow on 18 September!

Can your school raise £100 by wearing canary yellow?



**The Big C Challenge**



[www.royalmarsden.org/bigC](http://www.royalmarsden.org/bigC) #bigCchallenge

## Big C Challenge – Canary Yellow day

Can you raise £100 by wearing canary yellow on Friday 18th September?

Every penny raised will help us train robotic surgeons at The Royal Marsden, as part of the UK's first robotic surgery training programme, and help patients recover from complex surgery more quickly.

For more information please contact **Janet Tobin** on 020 8915 6105 or [janet.tobin@rmh.nhs.uk](mailto:janet.tobin@rmh.nhs.uk). You can also find more details at [www.royalmarsden.org/bigc-schools](http://www.royalmarsden.org/bigc-schools)

Registered Charity No. 1095197  
"The Big C Challenge" and the "C" graphic are trademarks of The Royal Marsden Cancer Charity

It's simple; encourage staff and students to wear canary yellow! A yellow tie or hat; find your funkiest yellow t-shirt or socks. Or why not bake something yellow and bring it to school.



### Swimming Lessons



Quality classes in small group  
\*\* COME AND TRY A CLASS FREE \*\*

Lessons for:

Adults and Children from 2 yrs  
Non-swimmers -Improvers  
Advanced & SUPER Advanced

Classes held at:  
Downsend School Ashted/Leatherhead  
Epsom College

For more info contact Colin on 01372 739600

### Old Barn Stables

Waffrons Farm, Woodstock Lane South, Chessington, Surrey

**A Friendly, Family Run Riding School**

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

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

## Historic Royal Palaces September Events 2015

**Luna Cinema 18 September**

– *The Theory of Everything*

**19 Sep**– *Ghostbusters*

19.30. Doors open at 18:00.

**Hampton Court Palace**

East Molesey, KT8 9AU

Pack a rug and a picnic and

enjoy a film in the gardens of a royal palace. An eclectic mix of films for you to choose from.

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

**Architecture Tours 20 Sep**

11:00, 13:00, 15:00.

**Kensington Palace**

Discover more about the

original Jacobean house and

the additions made by

architects Hawksmoor and

Wren. Take in the gardens and

exterior and learn about the

architectural and design quirks

from the 17th century up to

today's conservation projects.

45 minute volunteer-led tour of

exterior architectural features.

Max 20 per tour.

Sign up at reception on arrival.

Does not include Palace entry.

**Tiny Explorers 30 Sep-14 Nov**

Wednesdays and Saturdays

**Kensington Palace**

Explore and play in the palace

together! Through music,

movement and messy play,

discover the fascinating stories

of Kensington Palace in the

multi-sensory workshops for

0-4 yrs.

10.30 – 11.30 Babies 0+

13.00 – 14.00 Toddlers – 4yrs

14.30 – 15.30 Toddlers – 4yrs

Tickets: £6 per session.

For more information and to

book your place, please call

**020 3166 6646.**

[www.hrp.org.uk/](http://www.hrp.org.uk/)

## CANTERBURY cathedral VOICE TRIALS

FOR BOYS AGED 7 & 8  
7 NOVEMBER 2015

Substantial scholarships are awarded and choristers benefit from an all-round excellent education at St Edmund's School Canterbury.

The Master of Choristers, David Flood, is always pleased to meet and advise parents and their sons.

For further details please telephone

**01227 865242**

[david@canterbury-cathedral.org](mailto:david@canterbury-cathedral.org)

[@No1Cathedral](https://www.facebook.com/No1Cathedral)



## Is Your Little One Running On Empty?

New research report reveals body clock energy needs. Fruit and fruit-based snacks can make an important contribution to children's energy and nutrient needs according to research published by **Fruit Bowl: Understanding your child's body clock** - by mum of two and independent dietician **Dr Carrie Ruxton** and nutritionist and mum **Dr Emma Derbyshire**. Children have high energy and nutrient needs for their size. This is because they are growing as well as being more active than adults.

Many parents did not know glucose is the main fuel used by the human brain. A new research poll showed 44% of parents incorrectly believed that protein fuelled their child's brain.



### SNACK FOOD SWAPS – DID YOU KNOW?

\* Switching from sugar confectionery to a fruit-based snack saves 183 calories; 38g of sugars and increases fibre consumption by 1.2g  
\* When chocolate confectionery is swapped with a fruit-based snack, an even greater energy saving of 213 calories is made, with total and saturated fat levels also dropping.

## Bright & Bold Stationery Range.

One for the boys, an award winning design studio, **Two Little Boys Ltd** have launched the 'How to... for the inept' range of ring binders, refill pads and notebooks featuring bold graphics and funny instructions on a range of 21st century dilemmas including 'How to Survive a Zombie Apocalypse', as the swarm of zombie TV dramas and films shows, this genre continues to keep us enthralled. And for those that need to 'man up' and leave home for the first time there's some friendly advice on 'How to be a man', 'How to survive University' and 'How to know you're drunk'. Prices start at £5.99 for A4 jotter.

**Two Little Boys Ltd** have added brand new, eye-catching binders, A4 refill pads, pencils

sets and pencil cases to their **Gift of the Year** shortlisted 'I'm going to...' range. Great small presents, showcasing bright and bold graphics with titles including 'I'm going to be the boss', 'I'm going to be ridiculously rich', 'geek' and 'change the world'.

The 'I'm going to' titles reflect personal style and lifestyle. This range celebrates individuality with a bold personality of its own. Far more than just another stocking filler or last-minute Secret Santa gift, this inspiring range feels as if it was created especially for you. Prices start at £3.99 for A6 notebooks.

To view all the ranges visit website [www.2littleboys.co.uk](http://www.2littleboys.co.uk)



## The family doctor. Redefined.

**+richmond practice** – private doctors' service (since 2005)

Little did the **+richmond practice** team, who started out from a single room at Roseneath dental surgery, know that they would successfully redefine the way in which primary care is delivered in the UK. **+richmond practice** thus celebrates 10 years of innovation in practice, this autumn.

The group who prides itself in offering the services of private GPs, Paediatricians and Gynaecologists, in the community also work as a multi-disciplinary team from shared premises. Most of the specialists are sonographers and their work is supported by the latest in ultrasound technology available onsite. This departs from the existing provision in that GPs and specialists share the responsibility for cases through case discussion.

At **+richmond practice** the aim is to ensure that attending a doctors' appointment is hassle free. You can therefore schedule a same day appointment, results

request, repeat prescription via telephone or online. Specialist appointments are usually taken without a referral letter. Patients are attended to by the same doctor in the language of their choice, whether in English, German, French, Italian or Spanish.

Local Petersham founders **Johanna and Sebastian Renz**, developed the practice from the vision Sebastian had to start a "Gruppenpraxis" or what is also called a **Polyclinic**.

The other ideas came from what the couple learnt from private health care provision in the USA, South Africa and particularly in Germany this they combined with their **NHS** experience to develop **+richmond practice**.

**+richmond practice** is a **CQC** and **BUPA** registered provider and were commended in the best professional service category by the **Richmond Chamber of Commerce** in 2012 and 2014.

For more information about **+richmond practice** visit [www.richmondpractice.co.uk](http://www.richmondpractice.co.uk) or call on

020 8940 5009

### ENERGY DIP IMPACTS

Children are hungry when they get home from school and two thirds of parents surveyed said their child struggled with homework when energy levels were low. Hunger also affects children's moods and 38% of parents reported an after school snack or spending time with a parent put their child in a better frame of mind. 64% recognised that between-meal snacks could provide energy for children.

### SNACK HABITS

Confectionery snacks are considerably more popular than fruit. 5-a-day fruit and vegetables are achieved by only 11% of boys and 8% of girls aged 11-18 years.

### MOST LOVED AND LOATHED FRUIT AND VEGETABLES

Research data from **Fruit Bowl** revealed what kids love or reject when it comes to fruit and vegetable preferences.

1. Bananas and strawberries come off best, liked by over one third of children (37-38%)
2. Carrots, peas and sweet corn (liked by 44%, 32% and 30% respectively)
3. Gooseberries and sprouts were liked the least by children.

Unfortunately this preference for confectionery skews children's snacking choices towards foods that are high in sugar, saturated fat and salt.

**GET ON THE BALL**  
**CHOOSE RUGBY**  
**OPEN DAY**  
**Sunday 20th September**  
**12pm – 4 pm**  
Including: Rugby World Cup challenges, skills demonstration, Rodeo rugby ball, 60ft inflatable assault course, bungee run, second hand sports sale, cake sale, teas, coffee, bar and BBQ  
**All welcome!**  
inclusive rugby for boys, girls, mums and dads  
bring the whole family something for all.  
Find us at:  
Blagdens Sports Ground, Beverley Way,  
New Malden, Surrey, KT3 4PU  
For more details email: [emanuellions@gmail.com](mailto:emanuellions@gmail.com)  
Website: [www.emanuelrugby.co.uk](http://www.emanuelrugby.co.uk)  
PROUD WINNERS OF 'Surrey's Community Club of the Year' 5th Year in a row!



richmond practice  
PRIVATE DOCTORS' SERVICE

GP • Paediatrician • Gynaecologist

020 8940 5009 [richmondpractice.co.uk](http://richmondpractice.co.uk)

## NEW SEASON CHURCHILL THEATRE BROMLEY

Churchill Theatre Bromley's Autumn Season is now on sale, featuring a variety of shows, from award-nominated musicals, moving plays, one night wonders and shows for all of the family. Kicking off the new season, is

If it plays you prefer, we have the stage adaptation of the 1997 classic film *The Full Monty*, the stage adaptation has been written by Oscar Winning screenwriter **Simon Beaufoy** who wrote the original film. The play has an all-star cast

concert joined by special guest **Catriona Murray**. **Ellen Kent** also returns to the **Churchill** with her world renowned productions of **Puccini's Tosca** and **Bizet's Carmen**. Not to forget the stand up comedy nights which happen every Saturday in **The Churchill Theatre Studio**. A great night out for any occasion! Something for the kids? **Jacqueline Wilson's Hetty Feather** is brought thrillingly to life on stage, with an original music score by **Benji Bower**, circus skills and a huge heart, **Hetty Feather** is the perfect autumn treat for the whole family. **Channel 5's Milkshake! Live Party Party** brings all of your family favourites together for a musical extravaganza, starring **Little Princess, Bananas in Pyjamas, Noddy** and many more.

**Ticket Sales on 0844 8717 620**

(bkg fee and calls cost 7p per minute plus your phone company's access charge), online at [www.atgtickets.com/bromley](http://www.atgtickets.com/bromley) (bkg fee) or at the **Box Office** (no bkg fee).

### Salute to the '40s event 19 & 20 September

**Chatham Historic Dockyard Trust**, organisers of **Salute to the '40s** have at least two very special visitors to attend the event at **The Historic Dockyard Chatham** on **19th & 20th September 2015**. **'King George VI'** and **'Prime Minister Winston Churchill'** will both be seen mingling with crowds and joining the celebrations. Tickets are now on sale with discounts for advanced purchases providing 'fast-track' entry and can be purchased at [www.thedockyard.co.uk/salutetothe40s](http://www.thedockyard.co.uk/salutetothe40s) or by calling the Ticket Hotline **01634 823826**

## Kent Life Heritage Farm Park

Come and celebrate the **Kent Life Heritage Farm Park** fruit harvest at the award-winning attraction's annual **Apple and Cider Fayre** on **Oct 3 and 4**.

**Kent Life**, near Maidstone, boasts more than 60 varieties of apple which will be hand-picked from its historic orchards just days before the festival.

Some varieties date back to Tudor times and visitors will be able to try and buy the fruit throughout the weekend. They can also pick up a free apple cookbook featuring some old-fashioned favourites.

Check out the traditional process of apple pressing, when fresh apples will be cut, crushed, pulped and then squeezed in the giant Victorian fruit crusher to produce the most delicious juice.

Adults can visit the cider tent and sample the very best that the county has to offer, enjoy demonstrations and tours, and browse the craft and produce stalls. Or just sit back and enjoy live local music and watch the Morris dancers showing off their fancy footwork.

There will be plenty of entertainment for the

youngsters too, from going wild in the indoor and outdoor play areas or taking a tractor ride to meeting the resident animals in **Cuddle Corner**.

Explore the beautiful gardens, orchard and one of the last hand-picked hop gardens in the country; ramble along the wildlife discovery trail; and see the last working coal-fired oast house in Britain.

**Kent Life's Apple and Cider Fayre** runs from 10am – 5pm. Admission: Adults: £9.50, Concessions: £8.50, Children (3-15 yrs): £7.50, Under-3s: **FREE**.

**Kent Life** is just off junction 6 of the M20 or only an hour by train from London. For full details visit

[www.kentlife.org.uk](http://www.kentlife.org.uk)  
**01622 763936**.

**Kent Life** is a **Continuum Explore Attraction**. You can immerse yourselves in country life at **Continuum Explore Attractions**, where history and family fun sit side by side.

**Continuum Attractions** offer a host of cultural visitor attraction experiences across the UK, from the hallowed cobbles of **Coronation Street** to Edinburgh's underground history told under the **Royal Mile**.

## London's night owls sleepover

6.45pm – 9.40am  
What happens in the museum once the doors close for the night?

Interactive and hands-on activities will uncover London's history from the Romans to the Victorians before bedding down amid the objects for lights out at midnight. A bright and early breakfast and family friendly film will follow in the morning. Breakfast included. Snacks can be brought for the late night snack time. **OVERNIGHT Tickets £60**, book in advance. Email [sleepover@museumoflondon.org.uk](mailto:sleepover@museumoflondon.org.uk) with queries. Ages: 7 - 11

## Your river family festival

**Sat 26 Sep, 12-4pm**  
Join an exciting family day where they explore the sights, sounds and stories of the Thames.

Be inspired by the river and its impressive history and take part in crafts and storytelling sessions which celebrate this famous London landmark. Ages 5+ **FREE**

[www.museumoflondon.org.uk](http://www.museumoflondon.org.uk)



the brand new production **Love Me Tender**, on its first UK Tour and starring the phenomenal **Mica Paris**, hilarious **Shaun Williamson**, **Sian Reeves** and **Ben Lewis**. The show has been receiving rave reviews so far on tour, and we can't wait to see the show and all of the Elvis hits to **Churchill Theatre Bromley** in **September**. The stars of the ever popular **BBC One's Strictly Come Dancing** come to strut their stuff in the hugely successful **Puttin' on the Ritz**. **Robin Windsor** and **Anya Garnis** will be joined by **Ray Quinn** who is well known for his excellent singing and dancing skills. The show will take you on a musical journey through the back catalogue of **George Gershwin**, **Irving Berlin** and **Cole Porter**. **Dreamboats and Petticoats** gang return with the highly anticipated sequel **Dreamboats and Miniskirts**, we see what **Bobby and Laura**, **Norman and Sue**, and **Ray and Donna** have been up to, accompanied by all of your favourite 1960s pop classics.

including **Gary Lucy**, **Andrew Dunn**, **Louis Emerick** and **Rupert Hill**.

A new version of the festive favourite **It's a Wonderful Life**, in a production that premiered to excellent reviews in London last year, the magic of Frank Capra's iconic film is reimagined as a radio play, with sound effects created live on stage.

Or if it's comedy that you're after how about **An Evening with Noel Fielding**, the **Never Mind The Buzzcocks** team captain brings his magical mix of stand up comedy to the **Churchill** for one night only in November. In September the naughty puppets who reside on **Avenue Q** will be here with their cheeky, but irresistibly charming songs packed with mischief, bad behaviour and political incorrectness in **September**.

Fans of Opera and classical music are in for a treat with **Britain's Got Talent** winner **Paul Potts** who has been impressing audiences worldwide with his powerful yet emotive operatic performances, for a night in



# BBC Proms

17 JULY – 12 SEPTEMBER 2015  
ROYAL ALBERT HALL · ROYAL COLLEGE OF MUSIC

## FAMILY-FRIENDLY EVENTS

### Book Now

[bbc.co.uk/proms](http://bbc.co.uk/proms)

Introduce your family to classical music.

**Half-price tickets available to under-18s for most concerts.**

**All Proms Extra tickets free, see [bbc.co.uk/proms](http://bbc.co.uk/proms) for details.**

## Last chance to see tropical butterflies in the heart of London

Only a few weeks remain to marvel at tropical butterflies in the heart of London at the **Natural History Museum's Sensational Butterflies exhibition**. The outdoors greenhouse will be open to visitors **until 13 September**. Step amongst hundreds of live butterflies as they flutter among tropical greenery, which is at its most luxuriant in summer. The interactive trail leads you past munching caterpillars and jewel-like chrysalises, in which the caterpillars undergo a full metamorphosis to emerge as fantastical butterflies. Many of the butterflies featured in *Sensational Butterflies* are normally found in Africa, South America and Asia. **Dr Blanca Huertas**, curator of

butterflies and moths at the **Natural History Museum**, says, "This is a rare chance to see these beautiful creatures in flight and to contemplate their delicate balance with their environment in the city." Talk to our butterfly house manager and volunteers to find out how to create your own butterfly garden at home, take part in games and activities to find out more about butterflies, and immerse yourself completely in the colourful tropical foliage of *Sensational Butterflies*.

**To 13 September 2015, 10.00 – 17.50**

**020 7942 5000**  
**www.nhm.ac.uk/sensationalbutterflies**



## Chickenshed Kensington and Chelsea

Weekly inclusive theatre workshops

*The Wharf Rooms*, Imperial Road, London SW6 2GA  
**15 September – 9 December**  
**Chickenshed Kensington and Chelsea** currently run four inclusive theatre workshops. Sessions for ages 5-7yrs, 7-11yrs, 11-17yrs and 17+yrs. All workshops are taught by highly skilled practitioners who will invent and explore drama, dance and music with members. Participants get the chance to improve and develop their skills and creative abilities during these fun and creative sessions. During the year there will be opportunities for friends and family to see workshops, presentations and performances created by the group.  
**Tuesdays: Children's Theatre Two** (ages 7-11yrs) 5.15pm-6.30pm  
**Adult Theatre** (ages 17+yrs) 7pm-8.30pm  
**Children's Theatre One** (ages 5-7yrs) 4.30pm-5.45pm  
**Youth Theatre** (11-17yrs) 6.30pm-8pm  
To apply visit

**www.chickenshed.org.uk/membership-workshop-information**  
email  
**kc@chickenshed.org.uk**  
**020 7351 9298**

**Performance**  
**Chickenshed Kensington and Chelsea** presents *Big Stories from the Little Box* Royal Albert Hall, West Arena Foyer, The Royal Albert Hall, Kensington Gore, London, SW7 2AP  
**Sat 26 Sep**  
11:00am & 2:00 pm  
3-7yrs and their families

**www.royalalberthall.com/tickets/events/2015/big-stories-from-the-little-box/**  
email  
**kc@chickenshed.org.uk**  
**020 7589 8212**  
Price: £8.65 (subsidised tickets available)

Join Finn on an incredible journey in this interactive and sensory performance that takes audiences across seas, through jungles and beyond!

Puppetry, storytelling and music bring vibrant characters to life as you meet cross crustaceans, a committee of bugs and even a skysick seagull.

An imaginative performance that will prove that good things definitely come in small packages!

**1-30 Sept Peter Harrison Planetarium Royal Observatory** Greenwich **020 8312 6608** bookings@rmg.co.uk www.rmg.co.uk/visit 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. Presented live by a Royal Observatory Greenwich astronomer. Lots of other shows too.

**5-6 Sept Cutty Sark**, Sammy Ofer Gallery **www.rmg.co.uk** FAMILY FUN WEEKEND

Sailor games Play out a sailor's life in your very own board game. Create the rules then throw the dice to start your sailing adventures. Cutty Sark is dedicating term-time Wednesday afternoons to our youngest visitors. **2, 9, 16, 23, 30 Sept** Bring your little sailors along for songs, stories and playtime on board.

**8-13 Sept RHS Garden Wisley Flower Show** Wisley Surrey Mary Berry to open Flower Show Best-selling author and cook will headline six-day floral extravaganza. The show will be a colourful visual feast with over 60 nurseries and garden trade stands displaying their wares and more than 100 exhibitors.

**www.rhs.org.uk/wisley**

**12-13 Sept Kidzapalooza Tempelhof Airport Germany** European premier of the Lollapalooza Berlin is expanding its program for young festival fans between the ages of 0 and 14. Kidzapalooza will be a world where fantasy and creativity know no limits.

**www.lollapaloozade.com**

**September 24-27th Hampton Court Radio Times Festival** Several big names have already been confirmed for the festival, including David Attenborough, Bruce Forsyth and Paul Hollywood. Best-selling author and Prime Suspect creator Lynda La Plante, who is local to the Kingston/Richmond area, will also be speaking at the festival about her new novel *Tennison*. children/family days out. These include: David Walliams *The Bolds*: Julian Clary and David Roberts - *Children's Storytelling* Shaun the Sheep Model Making Morph Model Making From Gruffalo to Stick Man: Storytelling with Julia Donaldson & Axel Scheffler Dr Who Thomas The Tank Engine Tony Ross: Little Princess Storytelling Tony Ross: Drawing Masterclass 0871 2305 539 **www.radiotimesfestival.com**

**26 Sept- 4 Oct Coast and Country Walking Festival** in Sussex Keen walkers at the annual festival, which offers most of the walks for free, can also look forward to a photographic walk along former railway line - the Cuckoo Trail, Nordic walking at the mysterious hillside figure of the Long Man of Wilmington and a behind the scenes walk of Eastbourne's oldest theatre. 01323 443275 **www.sussexwalkingfestival.org.uk**

**29 Sep-1 Oct St Martin's Courtyard Covent Garden** 140 seat cinema to showcase a series of iconic British films. Best of British Shaun of the Dead, Atonement and Billy Elliot. Tickets are free and allocated through an online prize draw. VIP tickets will be available through the St Martin's Courtyard website now! **www.StMartinsCourtyard.co.uk**

## Weekends at the Museum of London Docklands

**Second Saturdays: Tides of the Thames Sat 12 Sep, 12-1.30pm & 2.30-4pm** See the Thames as you have never seen it before, by designing your very own moving river in this art workshop. Suggested ages: 5+ FREE

**Your river family festival Sat 26 Sep, 12-4pm** Join in for an exciting family day to explore the sights, sounds and stories of the Thames. Crafts and storytelling sessions which celebrate this famous London landmark.

Suggested ages: 5+ FREE  
**River worlds Sat 26 Sep, 12-1.30pm & 2.30-4pm** Explore the banks and buildings along the Thames and discover what is hidden under the water in this art workshop. Suggested ages: 5+ FREE

## Free Instrument Taster Sessions

**To- Wednesday 30 Sep 2015 Yamaha Music London** 152-160 Wardour Street Soho London W1F 8YA free taster sessions are a great way to find out which instrument your child might want to start learning. During the session, a *Yamaha* musicians will show the basics of the instrument including how to hold and play it and the incredible music you can make with it. Book online **www.yamahamusiclondon.com/Back-to-School-2015/Free-Taster-Sessions/**

## Milkshake,

**Channel 5** hugely popular children's strand, *Milkshake*, will be performing their celebrated live show at **On Blackheath Festival this September**. Following the success of *Milkshake's* nationwide theatre tours, the 'Pop, Rock and Bop' show will see presenters **Amy Thompson** and **Derek Moran** joined on stage by favourites: *Bananas in Pyjamas*, *Little Princess*, *Toby and Dolores* from *Toby's Travelling Circus*, *Bello* from *Jelly Jamm* and *Milkshake's* very own, *Milkshake Monkey!* The 45 minute high energy, fun packed show, features an eclectic mix of *Milkshake's* superb in-house produced music, including classic *Milkshake* tunes, well known children's songs, plus brand new tracks too! **Jessica Symons**, Head of Children's at *Channel 5* said, "We're very much looking forward to performing at *On Blackheath*, and we're delighted to be expanding the reach of our fantastic live stage shows, which follows on from the success of *Milkshake's* nationwide theatre tour, theme park residencies and bespoke live events." The performances are bound to prove a massive hit with families with young children who are attending **On Blackheath** this September. Audiences will be able to bop to the show's pop and rock tracks with their much loved *Milkshake* friends, at **On Blackheath** on **Sunday 13th September**.

**milkshake! live at ON BLACKHEATH**  
In partnership with John Lewis  
**Pop, rock and bop!**  
**5**

Bananas in Pyjamas © ABC. Licensed to UK television with Southern Star Entertainment 2014. LITTLE PRINCESS © The Illuminated Film Company 2014. © 2014. TCO Productions. Toby's Travelling Circus Produced by Kemix Entertainment Ltd TM & © 2011. VDK. ALL RIGHTS RESERVED.

**St Lawrence College in Ramsgate is a thriving independent co-educational school for children aged 3 to 18 years.**



**The Junior School**

Children flourish within small class sizes. High academic standards and excellent SATs results and 11+ preparation are complemented by a wide range of opportunities. An extended day and flexi-boarding are offered to assist working parents. Children can join full or part-time from the age of 3 in the school's adjoining Nursery.

**The Senior School**

Academic standards are high and impressive results are achieved across all years. An extensive choice of GCSEs and A-levels are offered, with an excellent success rate of pupils going on to their first-choice university. With small class sizes and strong pastoral support, the school upholds traditional values whilst being modern in its outlook.

Find out more by visiting an **Open Day:** call **01843 572931** to book a place. [www.slucuk.com](http://www.slucuk.com)

**Advertise in PARENTS NEWS**

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fergus@parents-news.co.uk



**1 September – 25 Oct 2015**

[www.parliament.uk/festival-of-freedoms](http://www.parliament.uk/festival-of-freedoms) | #freedomfest  
Parliament announces series of free talks, debates, exhibitions and walks at Westminster and venues across the UK  
**Festival of Freedoms** celebrates 800 years of rights and representation through a series of more than 30 events this autumn. Aligning with 'The Beginning of that Freedom' banner exhibition in Parliament's **Westminster Hall** each event will examine major political movements and moments in the UK's constitutional past, starting with King John's acceptance of **Magna Carta** at Runnymede in 1215 through to devolution and Parliament in 2015. The Festival is part of *Parliament in the Making*, which is a year-long cultural and education programme that commemorates a series of major anniversaries including 750 years since Simon de Montfort's parliament (1265) and 800 years since the sealing of *Magna Carta* (1215). Events will question the impact of equality legislation, draw parallels between 18th century petitioners and how to petition Parliament today, examine parliamentary recording and reporting, unearth hidden histories and

introduce attendees, sometimes in person, to political and democratic pioneers. Others – like the Putney Debates of 1647, the People's Charter in 1838, the struggle of the Tolpuddle Martyrs – will spotlight moments not when people actually achieved rights or liberties, but when the aspiration for them was articulated in a way that still resonates today. The Festival will also provoke discussion about impact of key pieces of legislation including the *1965 Race Relations Act*, the *1967 Sexual Offences Act*, and the *1995 Disability Discrimination Act*.  
Festival highlights at Houses of Parliament  
• The Dagenham Women **Wed 9 Sept, 6.45pm**  
• The legacies of British slave-ownership **Wed 16 Sept, 6.45pm** |  
• Magna Carta in art **Tues 22 Sept, 1pm** |  
• Driving the change: culture versus legislation **Tues 22 Sept, 6.45pm** |  
• Poor Law records for the genealogist **Wed 23 Sept, 3 – 5.30pm** |  
For full programme listings [www.parliament.uk/festival-of-freedoms](http://www.parliament.uk/festival-of-freedoms)  
Events free book in advance [www.eventbrite.co.uk](http://www.eventbrite.co.uk)



**ST LAWRENCE COLLEGE**  
Co-educational day & boarding school for 3-18 years in South-East England



**OCTOBER 2015 OPEN DAYS**

**JUNIOR SCHOOL (3-11 YRS): FRIDAY 2 OCT**  
10AM – 12 NOON & 1.30PM – 3PM

**SENIOR SCHOOL (11-18 YRS): SATURDAY 3 OCT**  
10.45AM – 2PM

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

<b>Junior School</b>	T: 01843 572912	E: <a href="mailto:jsadmissions@slucuk.com">jsadmissions@slucuk.com</a>
<b>Senior School</b>	T: 01843 572931	E: <a href="mailto:admissions@slucuk.com">admissions@slucuk.com</a>

St Lawrence College, College Road, Ramsgate, Kent CT11 7AE     [www.slucuk.com](http://www.slucuk.com)


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# Mock Tests

★ Designed to prepare you under real exam conditions.  
Last chance to eliminate the fear of tests and build confidence!

Dates	Tests	Time
12 Sept	Literacy & Numeracy	10:15am - 12:15pm
19 Sept	Literacy & Numeracy English & Maths	10:15am - 2:45pm
26 Sept	Literacy & Numeracy English & Maths	10:15am - 2:45pm
31 Oct	English & Maths	10:15am - 12:15pm

**Venue** Room No. 5, Malden Centre, Blagdon Road, New Malden Surrey, KT3 4TA



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- ★ English & Maths for Yr 1-3 - Maths, English
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Cavendish Centre Blagdon Centre	Cavendish House, Cavendish Ave, New Malden, KT3 6QQ 118 Blagdon Road, New Malden, KT3 4AE	admin@oxbridgeuk.com info@oxbridgeuk.com
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## Superb Results For Bromley High

**Bromley High** girls excelled again this year with a stunning 22% of grades at A\* and 88% of grades at A\*-B. The four Cambridge applicants achieved a haul of 12 A\*s between them and later this month, the school's first *Princeton Sports Scholar* flies to America to take up her place.

Amongst the most popular universities this year were *Bristol, Durham, Warwick, Exeter* and *Leeds* and the creative strength of the Sixth Form was seen in the students accepting places to study Art at *Central St Martin's* or opting for Drama school. This ends a summer of

extraordinary success for **Bromley High** girls - Evie cast as 'Matilda' in the West End, Marisa winning Gold in the *International Diving Championships* in Croatia, Sabrina reaching the finals of the 1500m in the *World Youth Games* and Tamara and Imogen reaching the finals of the *British Swimming Championships* in 50m and 200m backstroke and 50m butterfly respectively.

**Angela Drew**, Headmistress **Bromley High School**  
Blackbrook Lane  
admissions@bro.gdst.net  
Twitter @bromleyhs  
www.bromleyhigh.gdst.net



## Regeneration and refurbishment continues at *The Ursuline Prep School, Wimbledon*

**The Ursuline Preparatory School Wimbledon** has had a very busy summer holiday with their continued regenerating and refurbishment of the school. A new Music Room, Art Room, Modern Foreign Languages facility and four refurbished classrooms have been part of this summer's development. The major work is the development of a new entrance and school office, which whilst being in keeping with its Victorian heritage, provides modern, spacious and comfortable accommodation for visitors and pupils alike.

The school is also very proud of their Year 6 leavers who this year attained places at many Independent and Selective State schools, most girls obtained offers from several schools and all getting

to the school of their first choice. **Mrs Anne Farnish**, Headmistress said "We wish all our Year 6 leavers a very happy start to their new schools in September and look forward to welcoming our current pupils back to their wonderful new facilities, which will be enjoyed by all."

**The Ursuline Preparatory School** is holding an **Open Day** on **Saturday 10th October** from 10am to 12 noon and an **Open Week** from **Monday 12th to Friday 16th October** from 9:30am to 11:30am.

Details are available on [www.ursuline-prep.merton.sch.uk](http://www.ursuline-prep.merton.sch.uk)

or by phoning **020 8947 0859**

You will be sure of a warm welcome.

## Family Art Club

**Putney School of Art and Design** is starting a new family art course on Tuesdays starting **6th October**, for parent and child aged 7-13 years. The seven week course will emphasise fun, working on creative projects and learning new skills. £80 for parent and 1 child. Call **020 8788 9145**.

To guarantee inclusion in Parents News: Classified £1 per word inc vat min 10 words Box - £40.00 inc vat +£5 for colour. Cheque payable to **Parents News, 10 The Manor Drive, Worcester Park, Surrey, KT4 7LG Tel: 020 8337 6337** For a receipt send SAE.


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**Our Students' Results:**  
80% achieved A\*-B grades at GCSE and A Level exams 2015.  
75% offered a place at grammar school in 2015 (Tiffin, Wilson, Wallington, Nonsuch and Sutton).

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**020 3638 4367 or 079 7262 2458**  
or visit us at [www.i12learn.co.uk](http://www.i12learn.co.uk)

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**Opening Soon in Wimbledon**





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Where Girls Learn To Lead

# OPEN MORNING

Saturday October 3<sup>rd</sup> 2015, 9.30 am - 1.00 pm

# SIXTH FORM OPEN EVENING

Tuesday 13<sup>th</sup> October 2015 at 6.45 pm

Fees assistance & Scholarships available in the Senior School

## FOR GIRLS 4-18 YEARS

Tel: 020 8781 7000 admissions@bro.gdst.net www.bromleyhigh.gdst.net



## Whole School Open Morning

Saturday 10th October  
10am to 12 noon



## Where to go at 5? Open Week

Monday 12th to  
Friday 16th October  
9:30am to 11:30am



"The quality of the pupils' achievement is Excellent."

Independent Schools Inspectorate, Report 2014

- ★ A leading Catholic Preparatory school, welcoming girls of all faiths
- ★ An academic but non-selective school
- ★ Girls prepared for a range of secondary schools at 11+
- ★ After school care available until 5:45pm daily

## The Ursuline Preparatory School Wimbledon

18 The Downs, London SW20 8HR  
Telephone: 020 8947 0859  
Email: admissions@wups.co.uk  
[www.ursuline-prep.merton.sch.uk](http://www.ursuline-prep.merton.sch.uk)



## 'HANGRY' KIDS LENGTHEN THE SCHOOL PICK UP BY UP TO 40 MINUTES

The school pick up has been deemed the most stressful time of day for nearly half of parents in the UK (45%) with many blaming it on the fact their child is hungry and angry at the same time, new research has revealed.

The research, commissioned by malt loaf makers **Soreen**, found that the average school pick up takes parents 15 minutes, but with a hungry child in tow it can take an average of ten minutes longer. Nearly two thirds of parents also admit that it can feel like it takes up to 40 minutes longer.

The study found that 14.48 is the time of day when kids feel their most hungry and by the time the bell rings at 15.20, parents agree that their children are often irritable, argumentative, and desperate for a snack.

Hunger pangs have been proven to significantly increase feelings of irritation and anger and the survey found that boys aged between four and 12, often suffer the most.

When kids feel 'hangry' parents admit that they can become argumentative (30%), irritable (22%) and short fused (17.5%).

Most parents have to take snacks for the journey home after school to stop their kids suffering from 'hanger' and one in three parents say that these often consist of sugary and fatty treats such as chocolate, sweets and crisps. If they forget a snack parents admit to feeling worried, stressed and apprehensive about the consequences.

These snack choices give children a sudden surge of sugar that will be short lived and are renowned for offering little nutritional value.

This may go some way to explain why a quarter of parents feel they have to give their children more than one snack to satisfy them, potentially jeopardising their next meal.

An alternative option for parents struggling to find a snack that keeps their children satisfied would be to offer a snack of substance such as malt loaf. **Soreen** produce convenient and individually wrapped **Lunchbox Loaves** that can help stave off hunger on the journey home.

**Mary Lynch**, registered Nutritionist, explains: "It's great to have snacks as part of a healthy balanced diet

that are easy to pop in your handbag, such as apple slices, raisins, popcorn or malt loaf that contains far less sugar than sweets and chocolate."

**Soreen** is currently running an on-pack promotion offering families the chance to win a host of exciting prizes. **TEN SATISFYING AFTER SCHOOL SNACKS TO STAVE OFF HANGER**

1. Apple Slices
2. Nuts
3. Malt loaf with banana slices
4. Homemade cereal bars
5. Popcorn
6. Grapes
7. **Soreen** lunchbox loaves
8. Yoghurt
9. Carrot and cucumber sticks
10. Fruit smoothie
11. Raisins

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## WWT London Wetland Centre

**Thursdays 3, 10, 17, 24 Sep**  
**Bat Walks** Times vary with sunset, check website  
**WWT London Wetland Centre** is one of the best places to watch bats in London as they have about seven species that hunt on site. See these amazing flying mammals and their astonishing aerial acrobatics, and also learn more about them with a talk by one of the bat experts in the theatre before heading out to the reserve. They supply bat detectors to help you identify the species that are swooping around and to listen to their 'chattering' as they hunt for food. Adults and children over 8 years. Children must be accompanied

by an adult. £10, price includes admission into the centre for the bat walk only. Doors open approximately 15 minutes before the start time stated on the ticket and will be shut 15 minutes after the start time. To book your place, call

**020 8409 4400**

**Bat walks** take place every Thursday through September. **Weekends: Sat 5 Sep- Sun 18 Oct**

**Incredible Journeys**  
Incredible Journeys are made during migration seasons by birds big and small, some travelling many thousands of kilometres to find food and shelter. Autumn is one of the best times to visit **London**



[www.wwt.org.uk/wetland-centres/london](http://www.wwt.org.uk/wetland-centres/london)

**Wetland Centre** because the UK's most colourful ducks return in time to spend the winter here. Look out for teal, our smallest but one of the most colourful ducks with their green eye 'make-up' and shovelers with their spade-like bills.

**020**

**8409 4400**

## Saturday 12 September **Introduction to Wildlife Photography**

10am - 4pm  
Confused or frustrated by the buttons and settings on your camera and want to really take control of your photographic creativity? Or have you just bought a new camera? This is the course for you. Photographer and author **Iain Green** will guide you through your camera's various automatic settings - and then show you how to turn off the 'automatic' mode but still get fantastic photos. Due to small course numbers there will be plenty of time for 1-2-1 tuition.

This course is suitable for users of all types of camera and the content will be tailored accordingly and to the needs of course attendees. Through the day Iain will guide you through key camera techniques and photographic skills such as:

- Using shutter speeds to capture action and movement
  - Understanding apertures and how to control the depth of field in close-up or landscapes
  - Achieving correct exposure in different lighting or settings
  - Effective composition, to add impact to your images
- £60.00pp, plus paid admission to the Centre. Booking essential: call

**020 8409 4400**

# BACK TO SCHOOL

Back to school doesn't have to be boring! There are so many fashions out there that can guarantee you will be the coolest kid in class.

Uniforms can be so drab, so create your own sense of style with a bright, statement backpack.

You need enough space to carry all of your books and pens in, and the comfort of taking them with you everywhere all day.

Spiral UK have a large range of one of a kind quirky backpacks that everyone will want to wear, and the cushioned straps mean no more sore shoulders!

Make a statement on your first day back with a fun backpack!

For more information contact:

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

As well as their wonderful designs these backpacks are an excellent size. They are comfortable to wear with pockets for all your bits and pieces  
**Thoroughly recommend**



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£24.99



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£24.99



Pineapple Space  
£24.99



Splatter Lime  
£24.99

# London What's On

## WHAT'S ON AT THE V&A MUSEUM OF CHILDHOOD

[www.vam.ac.uk/moc](http://www.vam.ac.uk/moc)  
**EXHIBITION**  
**THE ALICE LOOK**  
**Until 1 NOV 2015**

To mark the 150th anniversary of the first publication of one of Britain's best known and most loved children's book, Lewis Carroll's *Alice's Adventures in Wonderland*, the V&A Museum of Childhood presents **The Alice Look**.

The exhibition brings together garments, photographs, rare editions and illustrations to explore how Alice has influenced the way people dress and inspired fashion designers and stylists around the world. Using photographs by **Annie Leibovitz**, artwork by **Vivienne Westwood** and *Japanese Lolita* clothing, **The Alice Look** shows how Alice's style has remained contemporary. A specially commissioned *Alice in Wonderland* outfit has been created by **Roksanda Ilincic** pattern-cutter, **Josie Smith**, using fabric printed with text from the book.  
**Free.**

### DISPLAY

**KITES FROM KABUL**  
**Until 3 JANUARY 2016**

In the historic city of Kabul, the spring sunshine brings kite flyers out in their hundreds, and brightly coloured kites can be seen dotting the skyline. *Kites From Kabul* brings this spectacle to London, transforming the entrance lobby of the V&A Museum of

*Childhood* with a colourful display of paper kites made by children in Murad Khani, the Old City district of Kabul. The rich heritage of kite flying is brought to life by photographs taken by Australian photojournalist **Andrew Quilty** at sites around Kabul and Bamian, and a video by filmmaker and writer **Lalage Snow**, giving a glimpse into the lives of children living in the Old Town. The display has been developed with the British charity *Turquoise Mountain*, one of the **Prince's Charities**, which works in Afghanistan.  
**Free.**

**FAMILY ACTIVITIES**  
**DISCOVER THE BOX**  
**SUNDAY 13 SEPTEMBER,**  
 10.30 – 12.30

*Polka Theatre* present a creative writing and drama workshop at the *Museum of Childhood*. Participants will spend the morning exploring a mystery box of photographs and then bring the images to life in words and performance. This is part of **The Box of Photographs**, *Polka Theatre's* story writing competition run in partnership with the *Museum*.  
**Free.** Suitable for ages 8-11.

**IMAGINARY FRIEND**  
**WORKSHOP**

**SATURDAY 19 SEP 2015,**  
 11.00 – 15.00  
 In this interactive workshop, designers and model makers will be turning children's descriptions of their imaginary friend into drawings and

sculptures.  
 Drop-in. All ages.

**CHINESE FESTIVAL DAY**  
**SUNDAY 27 SEPTEMBER,**  
 11.30 – 16.30

Visitors are invited to celebrate the *Chinese Moon* festival with traditional and modern instrumental and dance performances, Chinese paper cutting and calligraphy workshops, and dressing up. **Free.** Drop-in. Suitable for all ages.

### BACK-PACKS

Families can pick up an activity Back-Pack filled with jigsaws, stories and games to explore the collection. There are also packs available for families with children on the autistic spectrum.

**Free**, available every day 10.30 – 17.00, last pack given out at 16.00.

**MUSEUM OF CHILDHOOD**  
**GENERAL INFORMATION**  
**FREE ADMISSION**

The *V&A Museum of Childhood* is open daily 10.00 – 17.45, last admission 17.30. The nearest underground station is *Bethnal Green* (Central Line).

For general information call  
**020 8983 5200**

or visit  
[www.vam.ac.uk/moc](http://www.vam.ac.uk/moc)  
 For advance booking, email  
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**VIET NAM DISCOVERY**  
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**TO LONDON'S SOUTH**  
**BANK**

**Free event on 12-13 Sept**  
**will celebrate Vietnamese**  
**cuisine and culture**

On the weekend of 12 – 13 September 2015, a free festival will see *Potters Fields Park* on **London's South Bank** transformed into a vibrant celebration of Vietnamese culture, cuisine and crafts. Organised by the *Embassy of Viet Nam* and sponsored by national carrier *Vietnam Airlines*, *Quang Ninh Province* and *Thien Minh Group*, the *Viet Nam Discovery Festival* will showcase the beauty, warmth and charm of this dynamic country.

After a dazzling opening ceremony featuring dance performances, traditional and contemporary music and an Ao dai fashion show, visitors can immerse themselves in the sights, sounds and tastes of Vietnamese culture - from taking a 'virtual' tour of the country in a 3D Cube Space to watching a traditional water puppet theatre show.

The festival will open with music and dance performances, including a rare opportunity to hear some of Vietnam's most

### Rugby World Cup

**18 Sep to 31 October**  
**The Rugby World Cup** (for men; *England Women won World Cup* in France last year) takes place in England this Autumn, with the best in the world battling through for the *Webb Ellis Cup*, which was famously lifted by England in 2003 in Australia.

London is fortunate to have several venues with most games at *Twickenham*, but also matches at *Wembley* and the *Olympic Park*. Other cities have it too (England play Uruguay in Manchester). All the games will be shown on ITV, and it will be another great International event. This is the 3rd biggest world festival of sport, behind the



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celebrated musicians playing unique and unusual traditional instruments, from đàn nhị (a bowed string instrument) and đàn tranh (similar to a zither) to bamboo instruments including flutes, k'long pút (the bamboo xylophone of the Bahnar people), and đình pá (a resonant pipe).

A selection of pop-up food stalls will offer delicious dishes such as phở bò (beef noodles) and bánh mì kẹp thịt (Vietnamese sandwiches), with renowned Vietnamese chefs on hand to share recipes and cooking tips.

[www.vietnamdiscovery.co.uk/vietnameducationforum](http://www.vietnamdiscovery.co.uk/vietnameducationforum)



*Olympics and Football World Cup*, and the excitement experienced around **2012 Olympics** will again be felt around London & Southeast.

**The Opening Ceremony** is at *Twickenham Stadium* on **Friday 18 September**

The RFU expects a huge interest from the public to play the game, and clubs are gearing up to handle the influx of adult men, women, boys and girls of all ages. Rugby is a sport for all shapes and sizes and begins at under5s through the age-groups, adults and into Vets (over-35s). Adults usually train during the week in the evenings, playing on Saturday afternoons, and children and youth usually play and train on Sundays.

Clubs have their coaches go through courses and CRB checks. "*Accredited Clubs*" have *Sports England CharterMark* which gives parents confidence, that the club is well run and also been checked consistently by RFU.

The ethos of **Respect, Teamwork, Fun, and Sportsmanship**, attracts families to the sport, and teaches players great self discipline as well as fitness advantages. Club tour and many players amateur and professional will tell of playing all over the world. The social side and lifelong friendships formed are legendary.

Many clubs have events to welcome new and returning players to enjoy the atmosphere and fun around RWCup.  
*Old Emanuel RFC* in Southwest London has an **OPEN Day Sunday 20 Sep** starting at noon  
[www.emmanuelrugby.co.uk](http://www.emmanuelrugby.co.uk)

Cheer on England in their matches:  
 E v Fiji Fri 8pm **18th Sep**  
 E v Wales 8pm **26 Sep**  
 E v Aus 8pm **3 Oct**  
 E v Uruguay 8pm **10 Oct**  
 2015 Quarter Finals **17 Oct**  
 Semi Finals **24 Oct**  
 RWC Final **31 Oct**  
[www.englandrugby.com](http://www.englandrugby.com)

## Little Lyric Theatre Hammersmith SEPTEMBER

Lyric Square, W6 0QL  
**020 8741 6850**  
[www.lyric.co.uk](http://www.lyric.co.uk)  
 Little Lyric is suitable for 2 – 13 year olds.

**Saturday 12 September,** 11am & 1pm  
**PINOCCHIO**

Pinocchio comes to life on stage in a retelling of the classic tale with puppetry, illusion and specially composed music. A story with a big heart.  
 Ages: 4 - 9 60 minutes  
 Tickets: £8

**Saturday 19 September,** 11am & 1pm

**PUSS IN BOOTS**  
 Would you trust a talking cat? A tale of a sure-footed feline who fools both the King and the Ogre to put his master at the top. It's the cat's whiskers.  
 Ages 4 - 7  
 50 minutes  
 Tickets: £8

**Saturday 26 September,** 11am & 1pm

**MY PET MONSTER AND ME**  
 Sophie Bucket live on a farm with her Dad. One day she finds an egg, keeps it warm

and out pops a cuddly toothy, burpy, baby MONSTER. Told with magical songs, enchanting music and exquisite puppetry.  
 Ages 3 - 7 60 minutes  
 Tickets: £8

**From September**  
**ACTING UP with the Lyric**  
 Push your imagination to its limits and explore new and exciting worlds with the youngest and brightest theatre group.

**Saturdays 26 Sep – 05 Dec**  
 9.30am – 11.30am: ages 7 – 9s

**Tuesdays 22 Sep – 01 Dec**  
 4.30pm – 5.30pm: ages 9 – 11s  
 £3.50 per class  
 You must be a *Lyric Young Company* Member to join this class.

**From 17 September**  
**CONTEMPORARY DANCE**  
 with *DanceWest*  
 Learn some fun moves and express yourself in a friendly and inspiring environment. Based in a contemporary dance technique, an energetic and expressive dance form.  
 Ages 7 - 11  
 Thursdays 5pm – 6pm  
 £8 per class

**From 18 September**  
**ZAD UNDER 8s** with

*ZooNation Academy of Dance*  
 Classes cover a wide range of Hip Hop styles including Popping, Locking, Old Skool, Nu Skool, Breakin' and House.  
 Ages 4 - 7  
 Fridays 4pm – 5pm  
 £3.50 per class

**From 18 September**  
**ZAD BEGINNERS**  
 –ADVANCED Ages 8+  
 Tuesdays 5pm – 6pm, 6pm – 7pm & 7pm – 8pm  
 £3.50 per class  
 Must be a *Lyric Young Company* Member to join this class.

**From 22 September**  
**DO RE MI FA: FAMILY MUSIC SESSION** with Musiko Musika  
 A family world music session with singing, instruments, puppets, games and rhythm. Perfect for developing speech and language. Children must be accompanied by an adult.  
 Ages 2 – 5 +adult  
 Tuesdays 4.15pm – 5pm  
 £3.50 per class  
 Book classes at Box Office  
**020 8741 6850**

For other classes in theatre, dance, TV, film and digital or for more information visit  
[www.lyric.co.uk](http://www.lyric.co.uk)

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