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kumon.co.uk

Fees vary. Please refer to your local study centre.
Welcome to the October issue!

Trending articles on the FNWL website:

- Local Fireworks listings
- Local Halloween events
- Advice for 11+ students
- Competitions

Scan our QR code to take you straight to the most current local information!

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www.FamiliesNWLondon.co.uk

News & Views from around North West London

Little Miss Sunshine is Walking on Sunshine

celebrated exam results with her fellow Music Gym students and their 100% pass rate. Ranging from age 8 to 15 and taking Rockschool guitar exams and singing exams the kids stormed through confidence, many receiving distinctions. Head teacher Jo Stevens said “we are really proud of the kids, their hard work, enthusiasm and dedication has really paid off and we look forward to seeing them grow as musicians and performers, I think the key is that the kids are engaged in the lessons and have fun, they make great friends in the small groups, they play electric guitar or sing with a mic and play top 40 or great rock classics whilst still getting a full musical education with notation and rhythm”. Music Gym who are an official Yamaha Music Point, recently expanded with the launch of their impressive keyboard studio. The keyboard studio has 8 superb Yamaha keyboards for each student to play on (max 8 per class). This week they also announced drum lessons which has seen huge demand.

To celebrate, Music Gym are offering free taster lessons for drums, keyboards and guitars please contact alan@musicgym.co.uk for further information or call 01923 523027.

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Sign Up For Humphrey’s Pyjama Week

Children throughout the country are being asked to join former CBEEBIES presenter, Sid Sloane in helping to raise money for a children’s charity. He is supporting The Children’s Trust in the massively popular Humphrey’s Pyjama Week and is encouraging nurseries, playgroups, primary schools and mother and toddler groups to get involved. The exciting fundraiser runs from 7-11 October and for a voluntary donation of £2, youngsters, staff and parents can wear their favourite PJs for a day during the week. They can also organise themed events such as best dressed competitions and slumber party games. Why not register now to get a fundraising pack and start planning a week of pyjama fun! Participating nurseries, schools and groups will receive an event pack which includes Humphrey’s stickers, posters, party hats, a certificate for each child, and a story booklet. Money raised will benefit The Children’s Trust in Tadworth which cares for children from throughout the UK who have complex health needs and disabilities and also provides rehabilitation for children with acquired brain injury.

To sign up or to find out more visit www.thechildrenstrust.org.uk/humphrey or e mail humphrey@thechildrenstrust.org.uk

New Mother & Baby Charity Shop now Open in Watford

Alternatives is a Watford based charity offering free and unbiased advice and support to women of all ages. Alternatives offers free pregnancy tests, one to one support and advice for women (and their partners) who are facing an unplanned pregnancy, one to one support throughout pregnancy as you prepare to become parents, one to one support with space for women (and their partners) who are facing an unplanned pregnancy, one to one support planning a week of pyjama fun! Participating nurseries, schools and groups will receive an event pack which includes Humphrey’s stickers, posters, party hats, a certificate for each child, and a story booklet. Money raised will benefit The Children’s Trust in Tadworth which cares for children from throughout the UK who have complex health needs and disabilities and also provides rehabilitation for children with acquired brain injury.

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Hertfordshire County Youth Theatre present Fantastic Mr Fox

Fed up of being outwitted by a cunning fox, three nasty farmers called Boggis, Bunce and Bean hatch a ruthless plan to rid themselves of this pest once and for all. Armer to the teeth with shotguns and diggers, they sit in wait ready to shoot, dig or starve him out. But Mr Fox has plans of his own, and those bungling farmers are about to be taught a lesson... The classic Roald Dahl novel is adapted by David Wood and performed by some of Hertfordshire’s most talented young actors. Fantastic Mr Fox is directed by the Palace Theatre’s Resident Director (Participation), James Williams in his 22nd production for the Palace.

Box Office 01923 225671 www.watfordpalacetheatre.co.uk

Hillingdon Council opens new Woodland Centre at Ruislip Lido

The newly constructed centre, which is part of the council’s Ruislip Lido enhancement project, boasts a classroom, exhibition area, café and an office for the newly appointed Ruislip Lido Manager. The Lido is already a centre for relaxation, recreation and escape, and the new Woodland Centre will provide an outstanding venue to bring members of the community together to learn more about the woodlands, lake and environment. The Ruislip Lido enhancement programme, which includes a new car parking facility, the Woodland Centre and café, refurbishment of Woody Bay and Willow Lane Stations, the installation of new rain shelters, changing rooms and public toilets, will be substantially completed by October. The completion will be marked by a celebratory fireworks display on 20 October. During the winter months further improvements will be made to the beach area.

www.Hillingdon.gov.uk/news

Traditional Teaching for Modern Children

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www.honeybeansomontessori.co.uk

WATCH IT NOW!

Can’t remember the story?
Scan the QR Code to see the film version trailer, then book your tickets!
www.watfordpalacetheatre.co.uk

Hilary Barry, NW News from around North West London

Fantastic Mr Fox
31 October – 2 November

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WATCH IT NOW!

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www.watfordpalacetheatre.co.uk
New Uxbridge Clothes Bank to Help Those In Need

A Salvation Army church has bought a new clothes bank to help make it easier for people in Uxbridge to help those in need in their community. The clothes recycling bank arrived at Uxbridge Corps (church) on Wednesday, September 11, and will be based in the car park next to the church. It means people can donate their clothes to the charity by dropping them straight in the box at any time of the day or night.

Berri McKenna and her husband Callum are Salvation Army cadets (trainee ministers of religion) at the church (corps) in Cowley Road. They have been on a placement at the church and charity since July. During this time they have been supporting a range of programmes the church runs from parent and toddler groups and art classes to the food distribution programme, holiday play sessions, and charity shop. All money raised will help support the work of The Salvation Army in this community. The aim is to support people when they’re in need and vulnerable and this will really help.

Open 10am - 4pm Monday to Friday (excluding Wednesday open 10am- 1pm). www.salvationarmy.org.uk

Research finds mealtime chat supports kids’ learning - but 1 in 4 missing out

New research from The National Literacy Trust shows that children who sit down to eat dinner and talk with their family are far more confident communicators than those who don’t. However, the National Literacy Trust report reveals that 1 in 4 children (26%) don’t have daily mealtime chat and almost a third (30%) spend more time online or watching TV than talking to their family. The research with nearly 35,000 children and young people across the UK found that two thirds of those who talk daily with their family at meals feel confident to speak in front of a group but less than half of those who eat in silence do. Children who don’t enjoy regular talk at mealtimes are also four times more likely to not feel at all confident putting their hand up in class or working in a team. In the Government’s proposals for a revised National Curriculum, there is a renewed focus on speaking and listening skills in primary schools from September 2014. The charity is calling on parents to recognise the importance of talking regularly at home for their child’s well-being and success.

Parents can visit www.wordsforlife.org.uk to find everything they need to support their child’s communication skills as they grow up.

Start planning now for Road Safety Week 2013

Families and community groups are being encouraged to sign up now to get involved in Road Safety Week 2013 (18-24 November), the UK’s biggest road safety event, to help make our communities safer for everyone who uses the roads. Parents and community leaders can log onto the website for ideas on how they can make a difference, and to register for a free e-action pack. Road Safety Week, coordinated by the charity Brake and involving thousands of communities across the UK, is now in its 17th year. It’s an ideal opportunity for community groups, families and schools and to take action on local road safety issues, and run activities and campaigns to promote safe road use and prevent needless casualties. Brake’s main theme for 2013 is ‘Tune in’. Through national and regional media, Brake will be raising awareness of the importance of tuning in to road safety and giving it our full attention - particularly if we’re at the wheel, but also when we’re walking, cycling, skating, running, you name it - to keep ourselves and each other safe.

www.roadsafetyweek.org.uk
Fisher Price Apptivity iPad and iPhone Case

Fisher Price has designed a kid-friendly, rubberised case to protect your Apple products from any nibbles and dribbles! It also features rattle beads on the handles and a mirror on the back, which will entertain your little one, even without a device inside! As your baby gets more dextrous, using this case is an ideal way to let him be in control whilst at the same time protecting your gadgets! Easy to use, for parent and child! - for babies 6 months+. RRP from 12.99 for iPhone and 32.99 for iPad (Argos had it on offer at time of writing for 19.79!).

www.fisherprice.co.uk

Families Rating: ★★★★

Multibandz

Designed to teach children their 1-12 times tables in a fun and unique way, Multibandz are a new range of educational, skinny fit wristbands from Headband. They consist of 12 brightly coloured bands which each contain one of the times tables levels. The 11 and 12 times tables are silver and gold and some even glow in the dark!

RRP £9.40 www.multibandz.co.uk

Families Rating: ★★★

Mark My Time Bookmark

Mark My Time are digital booklights from Award Publications and are available in three camo-print designs. With these colourful accessories you can track your child’s progress by setting reading time targets with the countdown timer; use the cumulative timer to count up to 100 hours to track reading times; or use the special 60 second timer to test their fluency. It has a bright LED light and an integrated clip so they’ll never lose their place.

RRP £2.99 www.mark-my-time.co.uk

Families Rating: ★★★★★

Zeamu CD

Zeamu Music is a new record label that’s been launched specifically for young children and they have created an album of songs designed to help children identify how they’re feeling. This can be a problem with young children who can struggle to verbalise their feelings, especially when something is bothering them, eg starting school or dealing with bullying. The songs have been created to empower children and encourage them to talk with their parents about how they’re feeling.


Families Rating: ★★★★★

‘A Little More’ Drinks

‘A Little More’ are a new range of vitamin-enriched drinks, designed to help children gain the optimum benefit from their diet in a convenient and tasty way. The range includes A Little More Vitamin C, A Little More Multivitamins and A Little More Vitamin D, and each drink is a blend of spring water naturally flavoured with orange, citrus or mango and passion fruit. They come in small, easy to carry bottles and are a good option for parents who struggle to get their children to enjoy fruit and vegetables.

RRP £1.09 from Tesco stores. www.moredrinks.co.uk

Families Rating: ★★★

British Designer Clothing for Boys

Inspired by their belief that ‘if a boy is well turned-out then he’ll turn out well’ – Lucas Frank offers a range of well-designed and comfortable clothes for today’s young British boys. The quality in the design and the detail are reflected across the range. The clothes are stylish, simple, durable and classic (you won’t be giving these ‘hand-me-downs’ away too quickly!). Great value.

RRP from £14.99 (sale on at time of writing! Some great deals to be had – go have a look!) www.LucasFrank.com

Families Rating: ★★★★★
Cruz was the apple of his parents’ eyes! As their first child, he developed into an inquisitive and active toddler but soon became more and more frustrated. By the age of two years, he was barely communicating and had only said one to two words. His mother, Tina, recalled that “this reduced to one word which he would use to label everything.” Her gut instinct was that something was not quite right but she was constantly told by family and friends that “Cruz will talk when he is ready”.

With the arrival of their second child, Lennon, Tina and partner, Daniel observed that Cruz was even angrier. Alarm bells began to ring!

“His communication was a shrieking noise and finger pointing”, explained Tina. “He got upset because we were unable to understand him and occasionally he would bang his head on the floor or wall in frustration.”

Tina took Cruz to mother-and-toddler groups in the hope that this would encourage him to talk. “He was a sociable boy but he became very shy around other children and wasn’t able to talk to them”.

Tina remembers the strain this caused her family. “Cruz was unable to convey any feelings or explanations to his thoughts. We had coped with the finger pointing and facial expressions for so long that it started to become a priority over spoken words- it wasn’t enough and we reached a point of desperation! His shrieking became so loud and powerful it was ear piercing. He was in total isolation within himself”.

Enough was enough! Tina turned to professional advice. After a detailed assessment, Cruz was diagnosed with language delay and immediately started weekly therapy to develop his communication skills.

“Sangita used a variety of toys, games and activities to engage Cruz and we received weekly ‘homework’ of things to focus on.” One word turned to two words which turned to three words until after 2-3 months, Cruz was saying up to ten new words per week. Within six months, Cruz was using 3-4 word sentences. Mother and therapist were equally delighted with the progress Cruz had made. “We could finally communicate with him!”

Statistics reveal that 10% of all children have speech, language or communication needs. Many children are referred to the NHS but the long waiting lists, due to NHS cuts, mean that parents like Tina are seeking private therapy to help their child. Children are seen by one-to-one or by a team of Therapists for a variety of difficulties such as stammering, speech difficulties, hearing impairment etc. Each child is individual and requires a tailor-made approach to help them.

As for Cruz, one year on and he is a different child. “We now find ourselves telling him to stop talking,” laughs Tina. “Therapy has totally prepared Cruz for his nursery and early years at school. It’s not just the quantity of speech Cruz has but the quality stands out miles too. His confidence has grown and he will now ‘play Sangita’ with his brother, describing objects to him, encouraging him to repeat the names and rewarding him with “well done, good talking!”

Sangita Amin is an Independent Speech and Language Therapist at the Northwood Speech and Language Therapy Practice (HA6).

Having worked within the NHS for several years before setting up the Northwood Practice in 1995, she has worked closely with families, teachers and other professionals to help children who have been referred to her reach their full potential.

www.northwoodpractice.co.uk
Receptive language – absorbing language before being able to talk

From as early as five months, your unborn child will have heard the first phonemes language from the outside world and he or she will already be familiar with your voice.

At birth, most babies will have a hearing system that is fully developed and ready to receive sounds much clearer in the outside world. The more we talk and sing to our new born, the more opportunity they have to develop receptive language and fast. With every sound, your baby is mapping or storing these sounds in his or her memory, to be retrieved later when he/she is able to replicate the sound.

Nursery rhymes make the whole process of receptive language much easier. Listening to the repetition and pattern of rhymes makes it easier to assimilate and learn.

Take a simple rhyme like Ole MacDonald. Try singing it to yourself and see how many different sounds there are to hear and learn to make. Being able to hear the word ‘farm’ will mean that your baby has received all the sounds f-ar-m and eventually they can sing the word farm. Later when they are able to read, they will be able to identify the sounds (phonemes) and put letters (graphemes) to those sounds.

Encouraging your child to sing nursery rhymes also helps them to correct common mistakes such as for example, confusing the ‘t’ in farm for ‘v’ and singing ‘varm’ instead of farm.

What are the other benefits of teaching nursery rhymes?

Teaching nursery rhymes help receptive language development by:

- teaching sound discrimination (as explained above)
- letter blending (twinkle twinkle little star)
- introduces short sentence formation (If you are happy and you know it...clap your hands!)
- introduces syllabic words (hick-ory hick-ory dick-ory dock)
- phoneme manipulation (dock clock)
-... and lead the way for expressive language development
- helps develop the muscles in the mouth faster for making sounds
- sequence and story structure
- builds vocabulary
- helps learn counting and sequence (one, two buckle my shoe, three four knock on the door...)

The order of development is always, receptive language, expressive language and then reading. Those with strong expressive language skills will tend to pick up reading much faster than those with weak language skills (although there are exceptions to this, for example in cases of dyslexia).

Finally, perhaps the best reason of all is that singing nursery rhymes is great fun and provides a perfect bonding tool with your child, as they closely watch the movements of your mouth and try to mimic your pitch, volume and voice inflection. See the smiles forming at your response. All the more reason to get your Tambourine and Maracas out as soon as possible!

Usha Patel (at Raviv Practice London) is a therapist working with children with language problems using motor-sensory therapy / computer intervention. For more information for local and UK wide remote help call 07766 837 616
Advice for 11+ Students

The following tips for test taking can help you to stay calm and do your best.

1. Always Get Plenty of Sleep the night before. Being well-rested will help you focus on the task at hand. Losing even fifteen minutes of sleep affects the ability to process information correctly.

2. Make Sure You Are Comfortable. If you are hungry, hot, cold or irritated it can affect your test performance. Make sure you use the bathroom before the start time.

3. Remind Your Parents that a piece of sweet often makes students concentrate! Peppermint is said to stimulate the brain when eaten before a test.

4. When the Test Begins take time to flip through it to know what to expect.

5. If You Get Stuck place a question mark (?) in the margin against the question that got you stumped. You can come back to it when you have tackled the rest of the questions!

6. When Taking a Multiple Choice Test there are usually two answers that are completely incorrect and two that could be right. Start by crossing off those that you know are wrong.

7. Comprehension

   7. Preview the questions so you know what to look out for before you start reading the comprehension passage.

   8. Literal Questions are ‘right there’ questions and have a right answer which can be found right there in the text. Literal questions ask you: What does the text say?

   9. Interpretative Questions may have more than one right answer, and must use text examples to be answered. Interpretative questions involve inference, deduction and expressions of opinion. Interpretative questions ask you: What does it mean?

   10. Inferential Questions require deduction and drawing conclusions from the text information. The answer is not explicitly stated in the text and so you will have to infer it. You must search for clues, or evidence, in the text to support your inferences. You must give the evidence fully in your answer. Inferential questions ask you: What do you think?

   11. Creative Questions need you to use relevant information from the text to create your own writing in the same style as in the text. Your choice of language needs to reflect the time period, the setting and the characters’ personalities. Creative questions ask you to: Write like the author.

   12. Vocabulary Questions test for understanding of meanings of words in their contexts. You don’t need a dictionary definition, just the one you understand from the way the word is used in the text. Vocabulary questions ask you: What does a word or phrase mean as used in the text?

8. Composition

   13. Write from Your Experience in a narrative form. You can use ideas or stories that you already know. Change the point of view, change the number of people involved and change the circumstances. The good thing about using an existing story is that it helps you to stick to your plan and keeps the story on track.

   14. Write Imaginatively. Anytime you’re writing a description, use as many of the five senses as possible (taste, touch, sight, sound and smell). Comparisons (similes) help as well. You need to show and not just tell.

   15. Write Persuasively when writing an argument: try to convince the reader to support an idea or to be against an idea. Use persuasive language. Have at least five paragraphs: an introductory paragraph, a concluding paragraph, three supporting points and examples. Use transition words such as firstly, secondly, however, contrary to, furthermore, consequently, importantly, therefore.

9. Maths

   16. When tackling word problems, always Translate the problem into a number sentence before starting to work it out.

   17. Do not hesitate to Draw a Diagram. It opens up the question and helps you to see what is required more easily.

   18. Use the Unitary Method to solve word problems whenever possible. This ensures quick and easy resolution of problems which otherwise seem to be difficult.

   19. Follow Logic! Some of the questions test your ability to reason logically as well as your mathematics skills. For such questions, you need to spot a pattern, test the pattern and apply it.

   20. One Last Thing! Do Not Try to Be the First to Finish. Take your time and recheck answers to make sure you have not made a silly mistake.

Download free e-book, 11+ Test Taking Strategies, which includes 25 tips, and examples of 11+ questions and answers, at www.leadersarereaders.co.uk

Janet Sherlock is Head Tutor and Programme Developer at Leaders are Readers, the award-winning Saturday and summer schools.

Obtain free reading, maths or English assessment for your child: Leaders are Readers is holding a free presentation of their Saturday School programmes at 9.15 am on Saturday, 5th and 12th October 2013. Call now to book: 01992 651 300; www.leadersarereaders.co.uk
Here in England our students are used to a selective, vigorous education. We specialise in subjects at an early age. Our courses are test-driven, our exams rigorous and getting more so, and subjects such as music, drama and sport have been all but squeezed out. But have we got it all wrong?

As education minister Michael Gove announces measures to make the exams taken by students in England even more demanding, look across the border and we can see that education in Scotland is run very differently. There, students take a curriculum in which national exams for 16-year-olds have been abolished. While schools in England encourage students to specialise, Scottish schools traditionally aim for a greater breadth of knowledge. Their secondary education lasts six years, ending with a single set of national exams, and their university degree programs last four years, compared with only three in England and Wales. In a nutshell, Scottish schools focus on more than just tests.

‘When the Scottish Parliament came into being in 1999, we realised our schools were not performing as well as they should,’ said the Scottish education minister, Michael Russell. ‘Our students were over-examined, our schools over-inspected and the curriculum was too divided up and too shallow.’ So Scotland introduced the Curriculum for Excellence, paying more attention to how subjects were taught. Starting with kindergarten, the curriculum has progressed through the system one year at a time and has just reached the 16-year-olds who, until this year, would have taken Standard Grade exams. Students still take exams in as many as 15 subjects but those are pass/fail and set by their teachers. ‘I don’t believe for a minute that Curriculum for Excellence is touchy-feely or that we are watering down standards,’ said Gordon Moulsdale, head teacher at Bishopbriggs Academy near Glasgow. ‘It used to be that only students who did well on exams were thought of as the smart ones. But we’ve learned that there are different kinds of intelligence.’ The changes mean a slightly longer school week, and more time for music, drama, sports and community service: precisely the areas that have been squeezed in England by the need to prepare students for so many exams. It is clear that in Scotland there is no appetite for the selective, competitive and test-driven approach being promoted by Michael Gove in England, and it looks like the experiment is succeeding.

So should England take note?

By Joanna Parry

Has England got it wrong?

Our business is exploding and we need help! We are busy parents working together to help busy parents find the ideal work/life balance.

◆ Would an £200 to £300 per month make a difference to the family budget?
◆ Do you need an extra income in order to give your kids more activities and treats?
◆ Is finding flexible work proving difficult whilst juggling parenthood?

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Aldenham Preparatory School—part of the
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NORTHWEST (LONDON) OCTOBER 2013
Always visit your chosen nursery prior to your child starting. A good nursery will arrange a pre-visit for you and your child. This pre-visit serves many purposes. The staff will want to find out about you and your little one; this will involve a chat and possibly completing a simple questionnaire. This background information will help your child to feel welcome and relaxed when they start; Mrs Gocher, Head of Aldenham Prep School, believes “Something as simple as having a favourite toy or picture on your peg can make all the difference on the big day. This first visit can be very daunting for you both so do not worry if your child does not want to talk or join in, they should not be pushed into ‘performing’ in front of staff. It is very important that this first experience is both happy and comfortable and it is very common for children to just want to observe what is going on around them.”

Introduce your child to their key worker/room supervisor. Mention their names before you start so your child recognises them; these are the grownups they will be turning to.

Children will be encouraged to have some independence once they are at school. Encourage and praise this outside of school with a reward for your child doing up their own buttons or putting on shoes. Make sure clothes are as practical as possible so children can achieve without the hindrance of tricky fastenings.

Find out what the day will involve and what activities they are likely to be doing. It is not unusual for a child when after a very busy day upon being asked what they have done to say they have done nothing. The more you know about what they are doing the more you can engage them in conversation. This can be as simple as knowing what they had for lunch.

Mrs Gocher commented “We encourage parent partnership as much as possible. Our weekly newsletter lets everyone know what we have been doing but also what we are planning for the following week. The children are encouraged to bring items in from home that are related to the topics of the week and parents are asked to complete ‘I spy’ books and read library books with their children. Our open and welcoming approach invites parents to become more involved and likewise feel comfortable expressing any concerns.”

On the first day stay happy and confident. Make sure you say goodbye, but do not prolong your farewell as this helps no one. It might be that a member of staff will have to help you and your child part, but most children settle very quickly and a good nursery will encourage you to call after a short while to put your mind at rest – if they have not contacted you first to inform you of progress. Most children will cry at some stage, some will cry on the first few days others will cry once they realise that coming to school is not a temporary arrangement.

The ethos of the Early Years Foundation Stage is very much about the unique child so nursery days are very flexible; do not expect a set timetable for this age group. Mrs Gocher added “Whilst there is careful planning underlying everything we do it is very important that child initiated activities are encouraged and changes to the day are accommodated and opportunities taken. We have a focus for different areas of the curriculum for each day, but many situations can incorporate the learning areas. The daily routine of snack time includes encouraging good manners and respect for each other. Sharing and taking turns are emphasised, the opportunity to be the helper builds confidence and independence, counting pieces of fruit and cups develops numeracy skills and there is the opportunity to discuss staying well and keeping healthy”

It is important that you encourage your child as they develop and reinforce what they are learning in nursery. Encourage good manners and independence; visit your local library for story times not only for the interaction but also for improving listening and sitting still. Your nursery will become an important part of your and your child’s life, play dates with new friends, visits to parks with other mums, will become part of your routine and should be relished.

Aldenham Prep School has an Open Morning on Saturday 5th October 10.00am to 12.30pm. Visits during the working week are also encouraged please call Mrs Turner on 01923 851664 for the Prep Department or Mrs Beech on 01923 851664 for the Nursery to make an appointment.

More information about Aldenham and all that it offers can be found at www.aldenham.com

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Contact Julie Jago on 020 8869 7634

Email: registrar@orleyfarm.harrow.sch.uk

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Parents interested in Nursery or Reception entry for their daughters are warmly invited to come along and visit ‘Bluebelle House’ – our spacious and innovative centre for early years.

Open Event: Wednesday 20 November 2013 | 9.30 - 11am

Individual tours at other times are also available

For further details and to book your place, please call us on: 01923 825446

Northwood College, Maxwell Road, Northwood, Middlesex HA6 2YE

www.northwoodcollege.co.uk
Independent School Open Days for prospective parents

Please check school websites to confirm in advance of visiting advertised open days. Listings are subject to change.

**Aldenham School** Elstree WD6 Boys and Girls 3-18 yrs (Boarding/Day) enquiries@aldenham.com

Open Day: Sat 5th Oct 10am-12.30pm - Prep School 01923 851664. Senior School By Appointment - 01923 858122

**Buckingham College Preparatory School** Pinner HA5 Boys School 4-11 years www.buckprep.org

Open Day: Wed 9th Oct 4pm-8pm. 020 8866 2737

**Haberdashers’ Aske’s Boys’ School** Elstree WD6 Boys 5-18 yrs. www.habsboys.org.uk

Open Day: Junior School Sat 5th Oct 10am-12.30pm; Tue 12th Nov 9.15am (4+ & 5+ only); Thu 14th Nov 9.15am (7+ & Year 3 only), Senior School Sat 5th Oct 2-5pm; Thu 10th Oct 6-8pm; Wed 13th Nov 9.30am. 020 8266 2302 email ldevine@habsgirls.org.uk


Open Day: Junior School Sat 5th Oct 10am-12.30pm; Tue 12th Nov 9.15am (4+ & 5+ only); Thu 14th Nov 9.15am (7+ & Year 3 only), Senior School Sat 5th Oct 2-5pm; Thu 10th Oct 6-8pm; Wed 13th Nov 9.30am. 020 8266 2302 email ldevine@habsgirls.org.uk

**Harrow School** Harrow HA1 Boys 12-18yrs (Boarding) www.harrowschool.org.uk

Open Day: Sat 5th Oct, Sat 2nd Nov; Sat 30th Nov; Sat 18th Jan; Sat 8th Feb; Sat 1 Mar. 0208 872 8003

**Heathfield School** (GDST) Pinner HA5. Girls 3-18 yrs. www.heathfield.gdst.net

Open Day: Sat 5th Oct 10am-12.30pm, Thu 17th Oct 6-8pm, Wed 13th Nov 10.30am-12pm, Thu 21st Nov 10.30am-12pm, Mon 3rd Mar 10.30am-12pm. 020 8307 5503

**Merchant Taylor’s School** Northwood HA6. Boys 11-18yrs www.mtsn.org.uk

Open Day: By appointment 01923 845514

**North London Collegiate School** Edgware HA8 Girls 4-18yrs. www.nlcs.or.uk

Open Day: School in Action: Fri 11th Oct; Thu 17th Oct; Mon 11th Nov (all 4+ and 7+ only) Sr Sch 020 8951 6481/6468 Jr Sch 020 8952 1276

**Northwood College** Northwood HA6. Girls 3-18 yrs. www.northwoodcollege.co.uk

Open Day: Tue 5th Nov; Mon 3rd Mar; Wed 7th May; Mon 30th Jun – all 9.30am start. 01923 825446.

**Northwood Preparatory School** Rickmansworth WD3 Boys 4-13. www.northwoodprep.co.uk

Open Day: By appointment 020 8866 0660

**Orley Farm** Harrow-on-the-Hill HA1 Boys and Girls 4-13yr www.orleyfarm.harrow.sch.uk

Open Day: By appointment 020 8869 7634/7600

**Purcell School of Music** Bushey WD23 Boys and Girls 9-18yrs. www.purcell-school.org

Open Day: Sat 12th Oct 10am-12.30pm or by appointment 020 8869 7634/7600

**Quainton Hall School** Harrow HA1. Boys and Girls nursery 2-4yrs. Boys 4-13yr. www.quaintonhall.org.uk

Open Day: By appointment 020 8966 6900

**Regent College** Harrow HA Boys and Girls 11-18yrs www.regentcollege.uk.com

Open Day: By appointment 020 8933 5410

**Roxeth Mead School** HA2 Boys and Girls 3-7yrs. www.roxethmead.com

Open Day: By appointment 020 8422 2092


Open Day: Sun 13th Oct 2pm-5pm 01923 725354


Open Day: By appointment 01923 673268

**St Helen’s School** Northwood HA6. Girls, 3-18 yrs. www.sthn.co.uk

Open Day: Tue 12th Nov 9.30am-12 noon. 01923 843230

**St Hilda’s Preparatory School for Girls** Bushey WD23 3-11yrs. www.sthildasbushey.co.uk

Open Day: Sat 12th Oct 9.30am-12.30pm 0208 950 1751

**St John’s School** Northwood HA6 Boys aged 3-13. www.st-johns.org.uk

Open Days: Wed 16th Oct 10.30am. 020 8866 0067

**St. Margaret’s School** Bushey WD23 Girls 4-18 yrs (boarding/day) www.stmargaretsbushey.org.uk

Open Day: By appointment 020 8901 0872

**St. Martin’s School** Northwood HA6. Boys 3-13 yrs www.stmartins.org.uk

Open Day: Fri 4th & Sat 5th Oct 10am-12pm. 01923 825 740


Open Day: Thu 3rd Oct 9.30am-12pm; Sat 5th Oct 9.30am-12pm. 01923 772 395
Our term time nursery provides a safe, secure, stimulating and nurturing environment in which children will thrive and develop.

As well as a full Montessori and EYFS curriculum, we provide extracurricular lessons in French, Gymnastics, Dancing and music and movement. We prepare children for private and state mainstream schools.

Session times:
9.15am – 12.30pm
9.15am - 3.45pm
12.30pm – 3.45pm
1.45pm – 3.45pm

Before school club starts at 8.30am. Optional lunch club 12.30pm – 1.30pm. After school club runs until 4.30pm.

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Email: papillon.montessori@googlemail.com
Devi Vithlani - Proprietor, head and Montessori teacher

Harrow St Marys Sports Club, Headstone Lane, Harrow, Middx, HA2 6NF
Tel: 0208 428 2281
Email: helen.papillon@hotmail.co.uk

www.papillonmontessori.co.uk
October

Throughout October – London Transport Museum (WC2E) From buses to tubes, original posters to workers and travellers’ stories, London Transport Museum explores the heritage of London and its transport system. Open 10am-6pm Saturdays to Thursdays, from 11am Fridays. Admission free for under 16s, under 12s to be accompanied. All about! Let your under 6 drive a scaled down bus, train, tube or taxi, complete with passengers. They can also take control of the transport system, moving buses and trains around the museum’s miniature London. Whether you fold your own bus and design your own Museum. Whether you fold your own bus and design your own transport system, moving buses and trains around the museum’s miniature London. They can also take control of the transport system, moving buses and trains around the museum’s miniature London. Whether you fold your own bus and design your own transport system, moving buses and trains around the museum’s miniature London. They can also take control of the transport system, moving buses and trains around the museum’s miniature London. Whether you fold your own bus and design your own transport system, moving buses and trains around the museum’s miniature London. They can also take control of the transport system, moving buses and trains around the museum’s miniature London. Whether you fold your own bus and design your own transport system, moving buses and trains around the museum’s miniature London. They can also take control of the transport system, moving buses and trains around the museum’s miniature London. Whether you fold your own bus and design your own transport system, moving buses and trains around the museum’s miniature London. They can also take control of the transport system, moving buses and trains around the museum’s miniature London. Whether you fold your own bus and design your own transport system, moving buses and trains around the museum’s miniature London. They can also take control of the transport system, moving buses and trains around the museum’s miniature London. Whether you fold your own bus and design your own transport system, moving buses and trains around the museum’s miniature London. They can also take control of the transport system, moving buses and trains around the museum’s miniature London. Whether you fold your own bus and design your own transport system, moving buses and trains around the museum’s miniature London. They can also take control of the transport system, moving buses and trains around the museum’s miniature London. Whether you fold your own bus and design your own transport system, moving buses and trains around the museum’s miniature London. They can also take control of the transport system, moving buses and trains around the museum’s miniature London. Whether you fold your own bus and design your own transport system, moving buses and trains around the museum’s miniature London. They can also take control of the transport system, moving buses and trains around the museum’s miniature London. Whether you fold your own bus and design your own transport system, moving buses and trains around the museum’s miniature London. They can also take control of the transport system, moving buses and trains around the museum’s miniature London.

Sat 5 – Sun 6 Oct – Vegfest UK London (W14) VegfestUK London is a new vegetarian lifestyle show at Olympia, featuring Dale Pinnock, Chad Sarno, Dave Spikey, Janey Lee Grace, Roxy Shahidi, 150+ stalls, free food, cookery demos, yoga, kids’ activities, talks, workshops, comedy, cinema music and lots more.

Sat 6 Oct – Messy Church (HA2) Lots of arts and crafts for children of all ages with a snack provided at the end of the session.

Sat 12 Oct – Hillingdon NCT Nearly New Sale (UB10) Well organised huge sale of new and nearly new clothes (birth to 12 years), maternity, uniform, fancy dress, nursery equipment, toys, games, books, DVDs and more. From 1.30-3.30pm at Vynor’s School in Ickenham.

Sat 12 Oct – The Big Draw Drawing Tomorrow (E2) Go along to the Museum of Childhood where you can work with creative geniuses from CIA (Central Illustration Agency) to create unique artwork. As part of the Big Draw, kids get to be art directors and tell the professional what to draw. Demonstrations, workshops and drop in activities.

Sat 12 Oct – Dog Day Afternoon (W11) Back by public demand Cabbages and Frocks lifestyle market in Marylebone village is back by public demand Cabbages and Frocks lifestyle market in Marylebone village is back by public demand Cabbages and Frocks lifestyle market in Marylebone village is back by public demand Cabbages and Frocks lifestyle market in Marylebone village is back by public demand Cabbages and Frocks lifestyle market in Marylebone village is back by public demand Cabbages and Frocks lifestyle market in Marylebone village is back by public demand Cabbages and Frocks lifestyle market in Marylebone village is back by public demand Cabbages and Frocks lifestyle market in Marylebone village is back by public demand Cabbages and Frocks lifestyle market in Marylebone village is back by public demand Cabbages and Frocks lifestyle market in Marylebone village.

Sat 12 Oct – Love 2 Play (HA6) The giant event for 1-5 year olds. Huge soft play area, face painting, crafts, story corner, tiny tots corner, songs and tea for the parents. At Northwood Methodist Church from 10am till noon.

Sun 13 – Sat 19 Oct – Dyspraxia Awareness Week (Various) This week the Dyspraxia Foundation are set to re-launch their national phone line, with a full time information officer now available. They are also planning a range of exciting events such as ‘dress down’ for dyspraxia.

Sun 20 Oct – Autumn Gardens Family Day (E2) Use fallen leaves and conkers from the Geffrye Museum gardens to make autumnal accessories, create garden animals from clay, hear stories about hibernating creatures and have a last look at the period gardens before they close for winter.

Fri 25 – Sun 27 Oct – The Baby Show (W14) Taking place at Olympia in Kensington, experience the UK’s leading pregnancy and parenting event; an essential part of the journey into parenthood.

Sat 26 Oct – Patchwork Quilt Display (W17) The Little Gallery tearoom at Watford Museum will be displaying wonderful Patchwork Quilts by Kathryn McMahon. There will be free quilting workshops and demonstrations, as well as tea and homebaked cakes to enjoy.

Sat 26 Oct – Watford Twilight @ Cassiobury Park (WD18) On Sunday 16th June, 2013 the annual fundraiser for Cancer Research took place...now, for the first time this year, there will be a Twilight Run. Twilight events are 5k runs which take place in the early evening. So don your fairy lights, sparklers, glow sticks and shiny accessories ready to take on the night! Starts at 7pm.

Sat 26 Oct – Northwood Methodist Church (WD17) Celebrate Black History Month (WD17) in collaboration with volunteers from the local community and the Watford African Caribbean Association, Watford Palace Theatre will be hosting an evening of rich, diverse and vibrant family entertainment on from 5.00pm – a highlight of the Black History Month celebrations in Watford.

Sun 27 Oct – Diwali on Trafalgar Square (WC2N) Trafalgar Square will be transformed with vibrant Diwali celebrations, including colourful decorations and traditional light displays. From 2pm until 7pm, there will also be food stalls catering to all tastes.

Half Term

Dates TBC – Halloween at Lauderdale House (NE4) Calling all ghosts and ghouls, witches and werewolves, skeletons and spiders! Explore the spooky Historic House and Gardens on a magical adventure trail. Who knows whom you might meet? Dress up, wear your masks and be ready for the unexpected! Then In the Spooky Workshops, create some seriously spooky stuff for Halloween. Rattle those bones and scare your parents! Who knows what you might come across!
Thu 24 Oct – Sun 3 Nov - Top of the crops – Pumpkin Festival at Willows Farm Village (AL4) Each child who visits Willows Farm Village will be able to pick a free pumpkin from the Pumpkin Patch to take home for a tasty, seasonal dinner or to the Willows Carving Cavern – where they can show off their creative skills. From spooky faces to farmyard animals or swirly shapes, there’s a daily prize for the child with the most creative masterpiece. It's back outdoors to take part in the Willows Pumpkin Arts & Crafts area. Upon finishing their pumpkin crafts, it's back indoors to take part in the Willows Pumpkin Olympics. Later get up close to - and learn about - creepy critters and the amazing Halloween Experience on 26th & 27th Oct. There will be spooky boat trips, story telling and decorations in the museum. Then 29th Oct sees the Children’s Activity Day with a boat trip and find out? Children will be able to make their own witch with flying broomstick and cat. Broomstick making sessions will run from 11am to 1pm and 2pm to 4pm on both days with all materials supplied free of charge.

Sat 26 Oct – Sun 3 Nov – Tie Dye T-Shirts @ HMS Belfast (SE1) Get creative designing your very own tattoo shapes and drawing them onto t-shirts. As you draw, you will learn about different tattoos worn by people in the navy, and what they mean. This event is part of Big Draw 2013, the largest drawing festival in the world.

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Sat 26 Oct – Sun 3 Nov – ‘Monster’ Half-Term Events at Museum of London (EC2Y) Head along to the Museum of London this half term and join in one of their many Monster themed story telling and craft workshops. These include City Dragons, Monster Alive! and Penny Dreadfuls. Visit website for details on activity dates and times.

Sat 26 Oct – Sun 3 Nov – Lego DC Universe Superheroes Fireworks (SL4) For the first time ever, LEGOLAND will be hosting a LEGO DC Universe Superheroes themed Fireworks extravaganza. Admire the spectacular Fireworks show, complete a LEGO DC Universe Superhero story, featuring iconic movie soundtracks. Then stay after the Fireworks show and try out some of the iconic rides in the dark! Why not add an exciting extra dimension to this year’s show by purchasing a pair of 3D glasses. Transform the fireworks into exploding 3D LEGO bricks!

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Sat 26 Oct – Sun 3 Nov – Half Term Events @ WW1 London Wetland Centre (SW13) Join in for a fun October tradition, pumpkin carving. Make some spooky creations to decorate your home for Halloween! Spiders are the inspiration for their crafts sessions this half term, make spiders and learn more about these fascinating creatures. Also look out for their Halloween themed discovery trolley throughout the day where you’ll be able to discover all about the gruesome side of wetlands.

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Sat 26 Oct – Sun 3 Nov – Halloween Hocus Pocus @ London Transport Museum (WC2) Join in for a fun October tradition, pumpkin carving. Make some spooky creations to decorate your home for Halloween! Spiders are the inspiration for their crafts sessions this half term, make spiders and learn more about these fascinating creatures. Also look out for their Halloween themed discovery trolley throughout the day where you’ll be able to discover all about the gruesome side of wetlands.

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Mon 28 – Wed 30 Oct – Perform Half Term Activities (Various) This October let your 4-8 year old bring to life the classic fairytale Rapunzel in a dramatic drama, dance, and singing adventure as a perfect half term holiday treat. Perform’s energetic team of actors, musicians and dancers will be with the children every step of the way as they tumble down tresses, dodge the dastardly Mother Gothel then ride off into the land of Happily Ever After. With colourful costumes, original songs and live music, your child will enjoy a fun-packed week putting together a fantastic show and live music, your child will enjoy a fun-packed week putting together a fantastic show that will delight family and friends. Courses run packed week putting together a fantastic show and live music, your child will enjoy a fun-packed week putting together a fantastic show that will delight family and friends. Courses run

Tue 29 Oct – Dino Day @ Compass Theatre (UB10) Head along to the Compass Theatre for a day of Dinosaur Inspired Workshops. Play your own clay dinosaur, make and keep your own piece of craft in the Craft Workshop or alternatively learn and perform a routine in the Song and Dance Workshop. Suitable for ages 5 to 11, workshops last 2 hours and run at 10am and again at 2pm. www.compasstheatre.co.uk

Tue 29 Oct – 18th Century Toy Workshop (WC2N) As the days get shorter and the nights draw in, discover how Georgian children entertained themselves through long winters. Discover the past and make 18th century toys, such as whirligigs, cup and ball, optical illusions, and paper dolls at Benjamin Franklin House. For 5-11 year olds. www.benjaminfranklinhouse.org

Tue 29 – Thu 31 Oct – Room on the Broom Craft Workshops (N12) Taking inspiration from their half term show ‘Room on the Broom’, these fun workshops at Arts Depot are a great accomplishment full of crafty excitement.

www.artsdeto.co.uk

Tue 29 – Thu 31 Oct – Half Term Fun (H45) Harrow Arts Centre will be showing Disney’s Alice in Wonderland and The Lorax on Tuesday and Wednesday, accompanied by craft workshops. On Tuesday make a fabulous hat for the Mad Hatter’s Tea Party, and on Wednesday make your own forest of magical plants before watching the showing of The Lorax. On Thursday the half term fun continues with Captain Calamity’s Adventures in Storyland. Captain Calamity sets sail from the Lollipop Lighthouse in Chocolate Button Bay in his travels around Story Land; solving problems and spreading joy and happiness amongst all the characters he meets along the way. You can also play a part in this great show as a member of Captain Calamity’s Crew. Wherever he goes; you come too, joining in with the interactive fun and games along the way.

www.theboxoffice.co.uk

Sat 2 Nov – Fireworks – Light up Worthing (WD18) A free firework display at Cassiobury Park in Watford. This year the event begins at 6pm with entertainment on the stage. The children’s firework display will be at 6.55pm, the lighting of the bonfire at 7pm and the main firework display at 7.30pm.

www.watford.gov.uk

Sat 2 Nov – Fireworks Event at The Walker Ground (N14) A family friendly event with the gates opening at 5pm and the firework display starting at 8pm. There will also be children’s rides, a bouncy castle, food stalls, drinks and music.

www.thewalkerground.co.uk

Sat 2 Nov – Hatfield House Firework Display (AL9) Gates open at 5pm, and entertainment will be provided in the build up to the firework display. The bonfire will be lit and 6.30pm and there will be a funfair and catering units offering hot food and drinks.

www.hatfield-house.co.uk
Open daily from 10am to 5pm. 

Tel: 0870 129 9718

01923 265139 www.abbotslangley-pc.gov.uk

Fri 8 Nov – Abbots Langley Firework Display (WDS) Take place at the Manor House Playing Fields. The fireworks begin at 7.20pm. There will also be fairground rides for children, food and a bar will be open.

Sat 9 Nov – The Lord Mayor’s Show and Fireworks (various) The Lord Mayor’s Procession will fill the area between Mansion House and the Royal Courts of Justice in Aldwych. It will travel out via St Paul’s between 11am and 12.30pm, and return by the Embankment between land 2.30pm.

Sat 9 Nov – Diwali Celebrations of National Maritime Museum (SE10) Celebrate Diwali, the festival of lights, and British Asian heritage with a day full of colour, music and fun activities for all the family. Take part in a spectacular outdoor lantern parade with Emergency Exit Arts and dance to the sounds of the Bollywood Brass Band. Go along and discover more about how trade by sea brought people, ideas and culture from Asia to Britain. From 11am to 3pm.

Fri 15 – Sat 16 Nov – An Evening with the Stars (SE10) The popular after-dark experience at the Royal Observatory Greenwich including a show in London’s only public planetarium, look through the gigantic 28-inch telescope plus spend some time on the Prime Meridian with a hot drink, an amazing view and astronomers on hand to answer all your space-related questions. For ages 7+.

Fri 15 – 17 Nov – Knebworth Christmas Fair (SG3) Start your Christmas shopping early. There is a wide range of crafts, gifts, foods and drinks to choose from. Please purchase tickets on the day. Open from 10.00 – 4.00 pm. www.knebworthhouse.com

Sat 16 – Sun 17 Nov – History in Your Hands (SE11) Discover hidden stories about HMS Belfast and explore the fascinating lives of the men who lived and worked on board. Examine authentic naval objects from IWM’s collections. www.iwm.org

Sat 16 Nov – Sun 5 Jan – Ice at the Tower (EC3N) London’s most spectacular ice rink returns to the iconic Tower of London. Located in the moat, the ice rink is set within the magnificent fortress battlements. The ice rink opens morning till night and is beautifully illuminated after dark. Skate in the most famous setting in London for an unforgettable experience!

Sat 23 Nov – All Saints Church Christmas Market (WDS) Following the success of 2012, it is back for a second year. Featuring a live band and over 25 stalls including a tombola, food areas, jewellery and other crafts. Children also have plenty to entertain them with their own tombola, facepainting, glitter tattoos and activity room. The market will end with the Grand Prize Draw which includes prizes of £500 cash and a meal at a top London restaurant. Please purchase tickets on the day. Open from 11am until 4pm.

Sat 23 Nov – Craft and Gift Fair (WD18) See October listing for details.

Fri 29 Nov – 1 Dec – Knebworth Christmas Fair (SG3) Start your Christmas shopping early. There is a wide range of crafts, gifts, foods and drinks to choose from. Please purchase tickets on the day. Open from 10.00 – 4.00 pm. www.knebworthhouse.com

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Sat 24 Nov – Diwali At The Palace (WD17) Following the sell-out success of last year’s Diwali celebrations at the Palace, all are invited to join in for a spectacular family evening of festivity, food and fun, to help celebrate the Hindu Festival of Lights.

www.waddesdonmuseum.org.uk

Sat 23 Nov – Sun 24 Dec – Santa’s Spectacular Grotto and Festive Farm Fun (AL4) Visit Santa in his Grotto at Willows Farm Village and receive a golden key to enter his toy shop where children can pick their own present. Join in with the Nativity story, hop on the Festive Wood Ride, enter the Elves House, see the reindeer plus Fun Fair Rides, undercover X-Baby Drivers Zone, Woody Jumpers indoor play barn and Reindeer Hunt with prize for every child. Not forgetting Willows Magical Ice Rink – get your skates on to experience our synthetic ice rink for all the fun without the cold and wet.

Fri 15 – Sat 24 Dec – Free Pumpkin for every child

Please purchase tickets on the day. Open from 10.00 – 4.00 pm. www.willowsfarmvillage.com

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www.waddesdonmuseum.org.uk

Sat 23 Nov – Sun 24 Dec – Santa’s Spectacular Grotto and Festive Farm Fun (AL4) Visit Santa in his Grotto at Willows Farm Village and receive a golden key to enter his toy shop where children can pick their own present. Join in with the Nativity story, hop on the Festive Wood Ride, enter the Elves House, see the reindeer plus Fun Fair Rides, undercover X-Baby Drivers Zone, Woody Jumpers indoor play barn and Reindeer Hunt with prize for every child. Not forgetting Willows Magical Ice Rink – get your skates on to experience our synthetic ice rink for all the fun without the cold and wet.

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**ADULT CLASSES**

1st Steps Line dance (Various) Line dancing classes in Primrose, Eastcote and Ruislip. Have fun while you keep fit! Beginner classes every weekend and regular intermediate classes. 0208 954 0307

Bolivia classes (HA7) Join in the fun with this new class. This line dancing sweeper. Learn to dance to follow steps, great music, all fitness levels and ages. Berms Hall in Stanningley Tue and Thu at 11:30am. 01909 593523 x steffan@hotmail.co.uk

Cooking Goddess (HA4) Prepare delicious meals in their fully equipped kitchen in Stanningley, or in the convenience of your own home. Lessons can be step by step 1 or in small groups. Available for all days and time of the day. 0392 775066 x christina@amers.co.uk

Focused Mind Meditation (WO2) A weekly, hour-long class which guides you through a visualization to help you relax your mind and body. A different meditation each week, learn how to switch off the constant stream of thought and focus your mind in a way that will enable you to improve your concentration.

Lern My School Language Classes (HA4) Languages classes offered include Spanish and French. www.lemyschool.com

My Unique Home (HA3) Do you collect interior Design Magazines and wonder how you can make your home that beautiful? Are you passionate about Sanuk, but lack the knowledge and confidence to use it? Do you wish you could be more confident about how you use these space live in? For more info, www.myuniquehome.co.uk email to info@myuniquehome.co.uk

NCT – Yoga for Pregnancy (Various) Classes focus on gentle postures, breathing techniques, positions for birth and learning exercises. Designers cannot attend throughout your pregnancy and can be adapted to individuals' needs. www.nct.org.uk

Watford School of Dancing and Painting (WO2) Free class for adults who wish to learn how to draw or want to improve their existing level of drawing skills. They are open 2 days a week all year round, with classes at Meriden Community Centre in Watford and Harrow Arts Centre. No previous experience, necessary classes, are pay as you go. www.martinart.net

Zumba Fitness® (Various) An exhilarating, effective 50 minutes class fusion of Latin- and International dance moves. zumbawithsj-zumba@yahoo.co.uk www.zumba.com/profile/60835459/who-johnstone

**LANGUAGE AND BABY DEVELOPMENT**

Baby Lab (W16) Have fun for free with your baby making discoveries about brain development at the Centre for Brain & Cognitive Development. Birkbeck College, Malet St, London. Travel expenses refunded. B 020 7367 6368 www.cbbcd.bbk.ac.uk

Baby Sensory (Harrow, Watford & Hemel Hempstead) The sessions are specifically aimed at children from birth to 13 months. Each week is different. All activities are accompanied by developmental information so you understand the value to your baby’s learning experience. It also helps you develop fun ideas for play and much more. Classes held weekly in North-West London areas. Lisa (Harrow), 07810 895155 x nornorth.harrow@sensis.com Claire (Watford), 07977 243252 x hemel@sensis.com www.babysensory.co.uk

Greek School Language in Kingbury (NW9) For ages 3-10. 45 minute kindy lessons and 45 minute dancing lessons, Every Saturday 10am-1pm. 01923 651555 x kingsburygreekschool.org

Guajarat Marwadi Maja classes by Sansaa (HA5) Fun and interactive Gujarati music, song and dance classes for 3 to 6 year olds in North London, to help your child speak Gujarati confidently. Run on a Saturday morning at 9am and 11am in New House hill School, Pinner. www.sansaa.org

La Jolie Ronde (HA5) Fun Spanish classes at Cannon Lane Nursery, Harrow. Tues 4:15pm csguerroso@gmail.com 07948169412.

Sign Language

Sing and Sign (Various) Fun classes combining the basics of signing with development of language and memory skills. Babies 6-30 months. Bushy, Rickmansworth, Stanmore and Harrow.

Anita (Harrow) 07904 948766, 020 8955 0888. www.singandsing.com

**ACTIVITY CENTRES**

Aspire National Training Centre, Kidz Zone Classes (HA5) Wide range of activities available from 4mths to 12yrs. Call 020 8944 3479 x customercare@aspire.org.uk

Aspire National Training Centre, Wood Lane, Stanmore, HA7 4AP


Parents Paradise (WO25) Soft play centre for all ages up to 11 with a large play frame, separate baby and toddler area, go-kart track, shooting gallery, party rooms and café. Offers different party themes; Paradise Play, Go Kart King, Forever My Bear Party and Art Pottery Party. Parents Paradise aims to take away all the stress from a kids party.

020 8242 1347 x www.parentsparadise.eu

The Windmill Studio Centre (HA4) An exciting venue which hosts many activities for ALL ages from babies to adults. 020 895 624575

www.thewindmillstudio.co.uk

**MUSIC**

Active in Music (HA5) Active in Music is a music school for children aged 4+, combining individual and group learning to give a fully rounded approach to learning an instrument. Piano, violin and guitar are available to learn. Please see website for further details and call to arrange a time to see the classes and the school.

020 3504 1000

www.activeinmusic.com

Harbeeps (Various) Delivers original, exciting and educational classes for young children and babies suitable from birth to 4 years. They combine their own specialised musical technology with a highly interactive approach, which following years of research and development they feel best offers each child and their grown up a very personal and unique experience. Classes are held in Watford, Rickmansworth, Cheshunt, Broxbourne, Northwood, Pinner and Harrow.

www.harbeeps.com

Jo Jingles (Various) Interactive music and movement classes for children from 5 months to 5 years. Watford, Croxley Green, Abbots Langley, Bushey, Brickfield Wood and Radlett.

01923 654274

www.jojingles.com/watfordan

Little Notes (HA3) Multi-award winning pre-school music school. Classes currently held in Edgware Friday evenings, Finchley Saturday mornings and in Stanmore from September. Sheena 07891 550 1674 x whitecreamedwag43@hotmail.com www.kidsmusicservices.co.uk See Facebook: The Kid’s Music Classes – Education & Fitness.

Swimming

Aquapalooza (Various) Swimming lessons for babies aged 3-9yrs. Using a hydrotherapy pool – perfect for babies and young children learning to swim. Family orientated school swimming school through play and having fun. We are a unique small规模ed school located in North London & Hertfordshire. Debbie 07077 276754 www.littleswimswimclub.co.uk

Swimming Nature (Various) for babies (3-6 months). Weekly lessons in wonderful family orientated clubs. Classes are tailoried to the child's ability and they follow the Swimming Nature progressive scheme that builds strong and competent swimmers. They don’t use floats or swimming aids and let the child swim to the correct stroke. 0208 0450 0316 www.swimmingnature.com

Swimmkids Watford Ltd (WD4, HA1, HA9) Structured, progressive and fun swimming lessons for babies, toddlers and children. 01923 800516 george@swimmkids.co.uk www.swimmkids.co.uk

**SPORTS AND EXERCISE**

Amanda’s Action Club (NW9) Dynamic fun, fitness and music classes for pre-schoolers in Huggle Swiss Cottage. Wed 9.20-10.05, 10.10-11.00 and 11.00-12.00. Pay as you go £45m. Parties for ages 1-2, 0208 956 6399 info@amandascationclub.co.uk www.amandascationclub.co.uk

Enjoy-a-Ball Parties (Various) Enjoy-a-Ball Parties for children aged 1-10yrs. Using a hydrotherapy pool – perfect for babies and young children learning to swim. Family orientated school swimming school through play and having fun. We are a unique small scale school located in North London & Hertfordshire. Debbie 07077 276754 www.littleswimswimclub.co.uk

Fit For Sport (Various) ‘The UK’s leading healthy living’ fitness and music classes for pre-schoolers in Huggle Swiss Cottage. Wed 9.20-10.05, 10.10-11.00 and 11.00-12.00. Pay as you go £45m. Parties for ages 1-2, 0208 956 6399 info@amandascationclub.co.uk www.amandascationclub.co.uk

**THEATRE AND PERFORMING ARTS**

JAM3000 Performing Arts Agency (NW4) Classes available for everyone from 2.5 years – adults, male and female that include a creative exploitation of styles in dance, drama and singing. 0899 624567 x www.jam3000.co.uk

JigSpain Performing Arts Schools (Various) Drama, Dance and Singing for students aged 3 to 18 years. Various locations in London, Herts and the South East. A unique small-scale school that specializes in creating drama. 01295 414410 x www.jigspanish.com

Jake Believe Group (Various) a performing arts school for children in Harrow and Edwopro. Their classes include Street Jazz, Hip Hop Musical Theatre, Acting, Singing and Audition Technique. Suitable for ages 3-16. 020 8950 3156 x Jakebelievegroup@gmail.com

Perform Drama (Various) Together with a team of experienced theatre professionals, the children will combine live original music, inspirational dance and quick thinking improvisation and collaboration into a performance at the end of the term. Perform sessions are specially designed to encourage creativity, confidence and communication skills as well as being a kaleidoscope of fun! 0845 400 1275 x www.perform.org.uk

Perform Plus (NW1) is a new type of children’s drama school. They use a unique mix of drama,
Most parents will admit to handing a smart phone to their toddler for a moment’s peace in a traffic jam or supermarket queue. At home children have access to the Internet and games, either on their own phones, iPads and tablets, or those of their parents – there’s even an iPotty with an in-built iPad stand, for entertaining impatient toddlers.

Without wanting to sound all Big Brother, do we really know what they are up to when they’re using these devices? Are you sure there’s no way your 5 year-old could rack up £1,700 on in-app purchases, as Bristol boy Danny Kitchen did earlier this year? Have you installed a secure browser so that your kids can’t access unsuitable content? Do you know who they’re texting or emailing, or who’s contacting them?

If, like me, you grew up in the 80s, your ‘screen-time’ as a child would have been limited to after-school Blue Peter watching and maybe the odd half hour playing Donkey Kong on your Game and Watch. There was no Internet or Facebook to police, so our parents had control over what we were watching or playing, without any unwelcome outside influences.

Fast-forward to today, where the average UK home has five screens a child can access, including TVs, computers, tablets and phones, as well as Wi-Fi available pretty much everywhere. You can see why parents are flummoxed by how best to teach their kids to navigate this technology, when it’s available 24-7.

Clearly, the best way to make sure you know what your children are up to is to be there when they’re playing, and take an interest in what they’re looking at. This becomes less possible as your children get older, and don’t want their parents following them around like the technology police.

There are some pretty basic security steps we can follow which enable older kids to have relative freedom, in a safe virtual environment.

1. **Check that Internet browsers are child safe.**

   The iPad doesn’t come with parental controls, so disable Safari in Restrictions and download a new safe browser (there are several available in the App Store that offer parental controls). Filter content according to a child’s age or enter specific categories and URLs for personalised site blocking.

   On Android devices you can have multiple users, tailoring access appropriately – in Google Play, press Menu and select Settings, then enable Content Filtering. The Ranger Pro Safe Browser app enables you to monitor and manage your children’s Internet use.

2. **Keep your passwords to yourself, turn off in-app purchasing, and limit children’s access to apps.**

   If you are an iPad/iPhone/iPod user, keep your iTunes password safe. Then stop anyone else from using the App Store. Go to the Settings menu, tap on General, then Restrictions. Enable Restrictions and choose a PIN (not the same one used to unlock the device). Go to the Allowed Content section, and either turn In-App Purchases off completely or change the Require Password option to “Immediately” rather than “15 minutes”. The PIN will ensure that only you can change these settings in the future.

   In Settings you can also turn off Game Centre (which shares data with other users), and disable social media access, Bluetooth and Location Services. Remember Airplane Mode, in Settings, effectively turns Internet access off. Children can still access movies, music games and apps and it exposes them to less radiation. The World Health Organisation has raised concerns about the levels of radiation coming from mobile phones and other wireless gadgets and they recommend limiting children’s use of such devices.

   There are some pretty basic security steps we can follow which enable older kids to have relative freedom, in a safe virtual environment.

   **Here are some of Families’ favourite apps:**

   - **History Hero** – provides kids and their families with a fun interactive guide to the world’s most important and interesting museums and historical sites including British Museum, Natural History Museum, National Gallery, Tower of London and Tate Modern. 4+.
   - **PocketPhonics** – children are taught letter sounds and how to blend them together to sound out and spell words. Writing is taught by the app demonstrating how to write a letter and the child mimicking this by tracing the letter with their finger - measuring how well they trace and their success is greeted with applause. 4+.
   - **Fisher Price** – lets Count Animals! – This is just one of a wide range of great free apps offered by Fisher Price. Babies are encouraged to interact with number learning through animation and sound effects. Baby can tap, tilt or shake to set a learning world in motion! 6months+ (see pg 6 for their great Apptivity products that protect your technology for inquisitive fingers!)
   - **Fairytale Forest** – Perform Workshops Ltd. (local Theatre Arts Club) are one of (if not THE) first ever drama school to come up with an interactive App which ties in with their termly creative and learning resources. It manages to be educational and theatrical all at the same time. And it’s free!
   - **Starwalk** – find names of the constellations stars, planets, satellites and galaxies by pointing your phone/tablet at the sky. 4+.
   - **Plants vs zombies** – keep the zombies from invading, 9+.
   - **Nighty Night** – award winning app where you listen to a story and say goodnight to the farm animals, 4+.
   - **Prince of Persia** – interactive animation of the traditional story, from Nanny Crow, an independent children’s book and app publisher, 4+. Their other apps include stories by authors and illustrators such as Philip Ardagh and Axel Scheffler.
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You can collect a copy FREE from scores of outlets: schools, nurseries, play groups, clubs and classes, sports centres, children’s libraries, family doctors and baby clinics, theatres, your local council offices and children’s shops.

If you would like to stock copies to give to parents, please let us know.

Distributed to over 29,000 families!
Contact us at: Families North West, Box 2378, Watford, WD18 1RF
Tel: 01923 237 004 Email: Editor@FamiliesNWLondon.co.uk
www.FamiliesNWLondon.co.uk

Families North West London Upcoming Issues

Nov/Dec 2013
Seasonal Celebrations

Jan/Feb 2014
Nurseries and Childcare

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Upcoming Issue:
Nov/Dec 2013 Seasonal Celebrations. Deadline: Mon 7 Oct
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