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North Devon & Exeter



Issue 3
September/October 2012

Back to
School

Lunch Box
Ideas

Clubs &
Classes



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Editor's Letter

Hello

Preparing this back-to-school issue of Families has been done alongside all of the usual preparation for September that every school mum makes. Crisp white shirts, shiny unscuffed shoes and new bags packed and almost ready, I've made my new (academic) year's resolutions to make more interesting packed lunches (see p5 for inspiration) and be more organised!

A fresh start awaits them with new classrooms, teachers, books and pencils and for many, new schools too. For those already looking ahead to starting secondary next year we have listings for open days in our schools feature on p8.

Our Olympic success has surely inspired your children to start a new sport so have a look at our clubs and classes feature on p11.

I have recently started putting together some Pinterest boards to collect some of the great ideas I come across. From great photography to rainy day activities, craft ideas and party inspiration there's something for everyone. Don't forget you can also find us on Twitter and Facebook or get in touch with us via the website, phone or email, we'd love to hear from you.

Kirstin
X

Kirstin Legg, Editor



Families North Devon & Exeter



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Contents

News 3

Staying Safe 4

how to stay safe around dogs

Food for Thought 5

healthy lunchbox ideas

Back to School 6

book reviews

Reading 7

how to encourage reading

Education 8

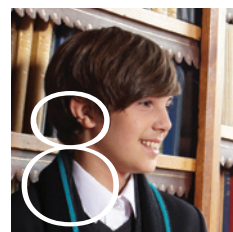
making the transition to secondary

Clubs & Classes 11

choosing after school activities

What's On 13-15

out & about



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• Christmas Issue •

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News

If you have any news which our readers would like to hear about, send it to editor@familiesnorthdevonexeter.co.uk

New £1 Million State-of-the-art Sports Centre for North Devon

This week sees the launch of a new Community Indoor Sports Centre in Barnstaple, the new home for Falcons Gymnastic Academy. The project, which has cost £900,000 has been partly funded by the Fullabrook Wind Farm Community Interest Company, British Gymnastics and North Devon Council, and will house state of the art equipment for use by the community. The centre now has some of the best facilities in the country, and will be able to host national events. With the current emphasis on sport for future generations following the Olympics, the new gym couldn't have come at a better time for Falcons, who can now double their already 500 strong membership. "There are two members of the academy who are in the GB squad, and who knows, we may now be able to get to the stage where we're producing the next Olympic champions." Commented Mike Beagley, Falcons head coach. Falcons Gymnastic Academy will be holding an open weekend between 10am and 4pm, 1st and 2nd September 2012, to give everyone the chance to look around the new gym.

Two Rivers Steiner Kindergarten

Hidden in the woods of Tapeley Park in North Devon sits a small kindergarten created by parents, with sustainability, creativity and community at its heart. Grounded in Steiner Waldorf teaching methods, the school provides an unhurried and creative learning environment where children can find the joy in learning and experience the richness of childhood. Whether in the children's artwork, the fruit and vegetable garden they are tending, the bread they have baked, or the songs they are singing, the environment echoes the gentle nurturing that is the centre of the school's ethos. With a cosy yurt as a classroom, compost toilets, solar panel and vegetable beds, Two Rivers kindergarten is almost entirely off-grid, believing in the importance of teaching children and adults how to function and flourish in the natural world without exhausting it. Two Rivers is a living example of what a little inspiration and a lot of hard work can provide. The community behind the project has brought their vision to life with no help from external funding sources, but by organising fundraising events and making crafts to sell in local markets and festivals. "You don't need a huge amount of money to make positive things happen. All you need is a vision and the fire to see it through." Places are still available for the September intake and they now accept the Early Years vouchers. For more information call 01271 327392



Free Monkey Music Open Days

- Monkey Music are opening new classes and are holding open days
- for you to join in all the fun for free and find out about their special offer
- if you decide to join for the rest of the term. Sessions will take place
- on Wednesday 5th September (morning) at Exeter Barnfield Theatre,
- Thursday 6th September (afternoon at Exeter Phoenix Theatre and on
- Tuesday 11th September (afternoon) at Broadclyst Pavillions.
- For more information call 0845 017 9766

Lynmouth Pavillion Needs Your Help!

Exmoor National Park Authority is redeveloping Lynmouth Pavilion to create a new National Park Centre from 2013. As part of the redevelopment the Centre will offer family activities alongside an audio-visual theatre, interactive displays and visitor information. The activities and events planned will provide an introduction to the natural and cultural heritage of Exmoor. To make the activities on offer as family friendly as possible they would welcome your feedback on the important things to consider and types of activities to include. You can complete a short survey at <http://www.surveymonkey.com/s/Y3Z8SWB> or scan the QR code to go straight there.



New Roller coaster for The Big Sheep

- A major new roller coaster ride has been
- approved by Torridge District Council planners
- for The BIG Sheep at Bideford after five years of
- work with planning officers and local residents.
- "This is the biggest single new attraction to have been granted
- permission in North Devon and with 400m of track and a capacity of
- 200 people an hour it will be the biggest, fastest and longest in Devon."
- said Rick Turner, owner of The BIG Sheep, and adds. "I am hugely
- excited about the prospect of installing this fantastic attraction, it will
- be a major addition to our ever increasing appeal and will be a huge
- boost for the whole of the tourism industry, following what has been a
- challenging year. It is high quality German engineering and a big step
- up on anything so far in the county with the added appeal of a quiet
- running smooth ride with twists, turns and drops. We will be installing it
- over the top of our outdoor combat zone, racing through the trees and
- actually over the side of the lake."



The Birds and the Bees - filing in the gaps

By Sarah White

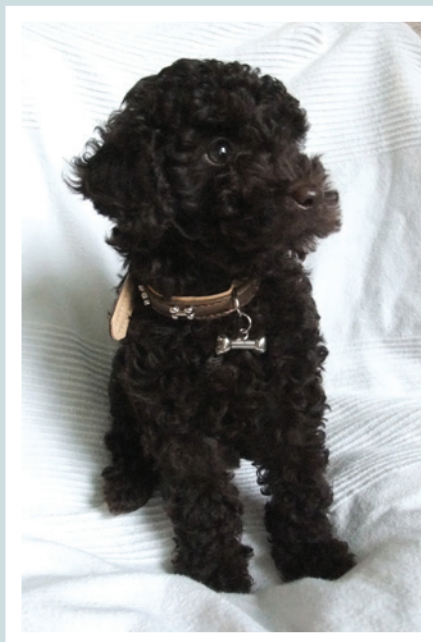
Sex education when I was at school was always a bit of a drama. Inevitably there were some classmates whose parents insisted they weren't allowed to take part who were shipped off to paint a still life in the art department. I always hoped their parents made time to tell them about 'the birds and bees' in their own way rather than relying on that story about the stork. It was always made explicitly clear that this was a very serious subject - pointing and giggling would not be tolerated. This was about babies and where babies come from and how babies are made. As we became older, topics reminiscent of a biology class began to take on the more frightening tone of posters in a doctor's waiting room. Sex just wasn't about babies, it was about safe sex and knowing how to prevent a pregnancy and the risk catching an STI. With the media storm surrounding teenage mums, the focus on preventing pregnancy was understandable. Looking back though, I find it sad that it was almost presumed we could

all conceive a child. Where were the warnings that our age, weight and drug use could all affect fertility? If this was sex education, why were we not taught about what happened when it didn't work? What if we wanted to create a family, when was the best time? The options available to those trying to start a family including adoption and fostering, fertility treatments/IVF and surrogacy, are sadly lacking from many children's education. Few teenagers or adults are aware of the myriad of support systems for those struggling to create or extend their family. Most are not aware of the legal implications of each route. Research suggests infertility rates are on the increase with reports indicating women in particular can be overly optimistic regarding their ability to conceive at some point down the line. Many remain woefully uninformed of the advantages and disadvantages of the routes available to starting a family. Rather than scaring children with images of STIs and unwanted pregnancies, we should be engaging with them openly and honestly about the options available to them. That way, whatever the future holds, they should all be able to experience the joy of a family of their own. www.infertilitynetworkuk.com








How to Stay Safe Around Dogs


By Amy Watson






Britain is a nation of animal lovers so lots of families are likely to have a pet dog at home. At Battersea Dogs & Cats Home, as well as looking after lost, abandoned or unwanted dogs, we also help pet owners to learn more about their four-legged friends. Knowing more about our pets and how to read their body language is really important to make sure we can interact with them safely and responsibly. Sadly, incidents do occur and there have been well-documented cases of children being attacked by dogs. Battersea has produced an animated film aimed at five-11 year olds – the age group most at risk of dog attacks – to help children to understand dogs and how to behave around them. The video is available on the Battersea website at http://www.battersea.org.uk/fun_learning/take_the_lead_with_battersea/index.html

To help your children be safe around dogs, teach them the following important messages:

-  Never approach a dog you don't know.
-  Always ask the dog's owner if you can stroke their dog before you actually do. They will know whether their dog is friendly or not.
-  When approaching a dog, walk up calmly and quietly so you don't frighten them.
-  Tuck your fingers in and gently offer your hand to the dog to sniff first.
-  Stroke the dog's shoulder rather than his head, standing where he can see you but do not get too close to their face. Don't try to pat him from behind as he may not be able to see you.

-  If a dog does jump up on you or tries to

chase you, stand still and ignore them. This encourages the dog to lose interest in you so they should leave you alone. Running away or screaming often gets them more excited.

-  Look for warning signs such as facial expressions to better understand how the dog is feeling. For example, if a dog is growling or snarling, he may well be angry so it is best not to approach them.
-  Do not disturb dogs when they are sleeping or eating.
-  Games like 'hide and seek' and 'fetch' can be great fun but try not to get the dog too excited so that you or the owner can retain control of the dog.

It's also important to remember that children should never be left alone with any dog, even a well-known family pet. This will minimise any risk of an incident occurring.

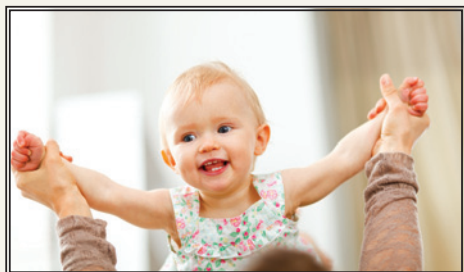
Written by Amy Watson (Battersea Education Officer) at Battersea Dogs & Cats Home



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Food for thought...

By Kate Coldrick

Despite all our best intentions, making packed lunches daily for children to take into school can become a real chore. When time is pressured for busy parents, it's all too easy to fall into a rut of repeatedly providing lunchboxes that lack inspiration and nutritional value. Kickstart your back-to-school routine this September with some easy and exciting lunchbox ideas.

Boring sandwiches?

Add variety to lunchboxes by replacing your regular sandwiches with wraps, pasta, grains, salads, soups, dips, smoothies and bakes. Swap white bread for wholegrain, sourdough, rye, spelt or French bread. Bake your own chicken or turkey with spices and slice thinly when cold to use as a sandwich filling. Cube, slice, grate and crumble different cheeses in fillings and salads. Find recipe inspiration in books and on websites – a good online resource for ideas is www.greatgrubclub.com. Involving your child in the preparation of their lunchboxes increases their motivation and interest. It might mean that lunchboxes take a little longer to get ready, but children can help by chopping, spreading, baking and wrapping their food. Talk to your child about their likes and dislikes – make a list of their favourite foods in different food groups (protein, whole grains, veggies, fruit, snacks) and use this to plan lunchboxes that are exciting and fun.

Not enough time?

Make a collection of lunchbox ideas that can be prepared in advance, made in bulk or frozen. Prepare freeze ahead sandwiches using tortillas, pita bread or wholegrain bread. Tuna, ham and chicken sandwich spreads can be all frozen safely, for example. Buttering tortillas before adding the filling prevents the wrap from becoming soggy as it thaws. Use an insulated lunchbox with a frozen gel pack to give your child sandwiches that have been frozen. The sandwiches will have thawed by lunchtime, but make sure that your child knows to throw away any leftovers.

Concerned about waste?

Avoid buying supermarket pre-packaged lunchbox snacks that have excessive packaging. Use containers and cutlery that are recyclable, reusable and dishwasher-safe. Plastic and stainless steel lunch pots lessen landfill waste and provide eco-friendly alternatives to plastic bags and kitchen foil. Cloth napkins can be brought home and washed for reuse. Use online shops such as www.myfriendlylunchbox.co.uk to order lunchbox containers made from reusable, food safe materials that are free from BPA, PVC and Phthalates.

Big Place by the Sea

A Devon based small business, offering recycled bags and lunchboxes for children and big children alike! We carry a numerous range of designs for both children and adults that suit a variety of budgets and tastes. Our emphasis is on recycled materials that can be used in practical ways and also will give you the ability to look super cool and funky with your lunchbag!

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Email tania@bigplacebythesea.co.uk
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recipe idea

Apple Pie Brunch Bars

These delicious bars are easy to make with children, travel well, can be stored for several days and provide a sweet and delicious lunchbox treat without any added extras (you know exactly what goes into them!).

Ingredients

2 apples
1 tbsp lemon juice
310g plain flour
2 tsp baking powder
¼ tsp salt
2 tsp ground cinnamon
½ tsp ground ginger
113g butter
140g light muscovado sugar
200g golden caster sugar
2 eggs
1 tbsp vanilla extract

Method

Preheat the oven to 180 degrees C, and line a 33cm x 23cm baking tray with baking parchment.

Peel, core and dice the apples, then mix them with the lemon juice to prevent them from turning brown.

Combine the flour, baking powder, salt and spices in a mixing bowl and whisk them to incorporate fully. Set aside.

Melt the butter in a small saucepan or in the microwave.

Put the sugars in a large mixing bowl and add the melted butter. Beat well with a wooden spoon. Add the eggs one at a time, beating well after each addition. Stir in the vanilla.

Use a metal spoon to fold the dry ingredients into the wet ingredients. Add the apples and stir just until evenly mixed.

Spread the batter into the prepared baking tray and bake for 25 minutes until golden and the top springs back when pressed lightly.

Leave to cool in the tray for 10 minutes, then turn out onto a wire rack. Allow to cool fully before cutting into bars.



Healthy and balanced?

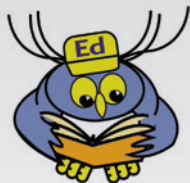
Studies have shown a link between what children eat at lunchtime and their concentration at school in the afternoon. Children who eat a healthy, balanced lunch have more energy and improved learning than those who snack on heavily-processed foods.

Avoid pre-packed, processed foods that contain high amounts of salt, saturated or hydrogenated fat, sugar, additives and preservatives. Active children need nutritious foods in small regular amounts – provide snacks and nibbles that can be eaten at breaktimes or when allowed by your child's school.

Above all, find ways to stimulate both your own and your child's enthusiasm for packed lunches. Try not to see lunchboxes as a drudge but as an opportunity to share some fun with your child whilst also laying down some healthy eating habits for their future.

Kate Coldrick lives in Devon and is Mum to three children. She shares recipes and stories on her food blog, *A Merrier World* (www.amerrierworld.com)

Book Reviews



Ed's Reading Room

Hi kids, parents, grandparents, teachers – and book lovers everywhere! I'm Ed and here is my Autumn book selection for you to enjoy. The books are all available online from Ed's Reading Room at www.edontheweb.com.

Ed's Reading Room is an exciting free online book and story club for primary children in homes and schools. Each month, recently published books are selected as Ed's Books of the Month for Owlets (age 5-7) and Owls (over 7s). On the website, there are fun literacy activities to accompany each book, including wordsearches, quizzes, poetry and reviews, and there are new original stories in Edtime Stories. There are also lots of other fun online activities, complementary to the curriculum. Check out Ed's Archive for Ed's Books of the Month from previous months.

FOR AGES 5-7 YEARS

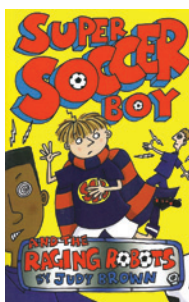
Medal Mayhem by Tamsyn Murray
(Simon and Schuster £4.99)



ED SAYS: 'Harriet Houdini, star of the television programme Superpets, is picked to take part in the London Animalympics. She begins training for the triple jump with the world famous athlete Calvin Cross. With such a fantastic personal trainer and with Harriet's enthusiasm she should be well on her way to success but all does not run smoothly when the bunny-napping Maldini appears on the scene. Will Harriet be able to hop, skip and jump to the gold medal?'

'This wacky character is great fun. Medal Mayhem is a laugh out loud story with fantastic illustrations throughout. It will entertain children reading on their own or reading together.'

Super Soccer Boy and the Raging Robots
by Judy Brown
(Piccadilly Press £4.99)



ED SAYS: 'Harry and his friends are excited to be going to a tournament at Wembley with lots of top players taking part. Harry can't believe it when his favourite player is sent off the field and later other players also start to behave in very unusual ways. Harry notices strange things happen when the owner of one of the teams, Anton Antovich, is around. Could Antovich be responsible? Harry has to use all his Super Soccer Boy powers to reveal

Antovich's plan.

'This is a humorous and gripping story. It is very well written and brilliantly illustrated by the author. If you enjoy it as much as I did, look out for the other books in the series.'

FOR AGES 7 YEARS PLUS

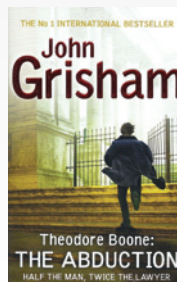
The Poisoned Honey Cake by Caroline Lawrence
(Orion £4.99)



ED SAYS: 'Threptus is the apprentice of the soothsayer Floridius. He is trying to find information to help his master who fears he is losing his power of seeing into the future. Threptus angers the gods when he eats a honey cake that has been left as an offering to them. And he is poisoned – as well as already being nearly starved. Will he be able to survive this latest disaster?'

'This is a brilliantly written story that is action-packed and very funny – as well as being historically accurate. It is exciting and entertaining and will appeal to boys and girls alike.'

The Abduction by John Grisham
(Hodder £6.99)



ED SAYS: 'Theo Boone is the son of two lawyers and at the age of 13 he has already acquired an amazing knowledge of the law. However the issue here is personal to Theo as his best friend April has disappeared from her home in the middle of the night and this time even Theo doesn't have any answers. Will his powers of investigation be enough to discover what exactly has happened to April?'

'This adventure in the fantastic Theodore Boone series is fast-moving and full of suspense. It may well have you on the edge of your seat.'

Ed's Reading Room is part of www.edontheweb.com, a DTI award-winning website. It was created by Maggie Humphreys, a teacher of more than 25 years, and Les Snowden, who together are authors of several books on fitness walking and healthy eating.

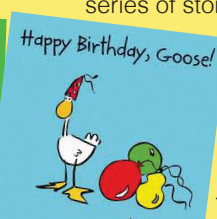
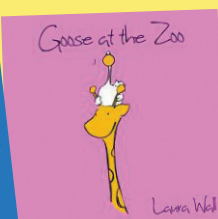
You are very welcome to contact Maggie on 01753 730019 or by email at mgh@edontheweb.com about the website or about Ed on the Web Spelling Bees in schools.

win!

Competition

We have a signed set of Laura Wall's Goose books to giveaway!

When Sophie meets Goose on a trip to the park, they soon become inseparable. The Goose books are an enchanting series of stories about a heart-warming -and unusual!- friendship.



Laura Wall, Goose's creator, is a talented young artist, based in Devon. Her reputation is fast growing and her work is in great demand.
www.laurawall.com

To enter go to
www.familiesnorthdevonexeter.co.uk/competitions

How to encourage reading

By Elisabeth Dolton

Many of us know the value and enjoyment of reading. Good readers become better writers, better learners and well rounded individuals. Taking an active part in helping your children become interested in reading is vital. Despite busy days, tired kids, limited time and many distractions, we outline five simple steps that can help.

Step one - Set up reading time every day

- Decide when and where a reading session will take place, which fits into your household schedule, and keep it. 10 minutes is fine.
- Encourage your child to read aloud. They don't have to get every word right, and praise them often. If they are discouraged by their own reading, you read aloud. The pleasure of listening to you read can restore their enthusiasm. Offer to read every other sentence, page, chapter, and have conversations and discussions about the content.
- Make it fun. Children love sound effects, different voices, pulling faces.

Step two - During reading time

- Introduce the bookmark. Stop after a few pages and pick up where you left off at another time
- Provide an accessible, special place for children to keep their own books
- Use special incentives, e.g. an extra 5 minutes to finish a chapter, a promise to take them to see the film of the book, sticker charts and certificates
- Notice what attracts your children's attention, even if it's only pictures, and build on that interest. Gather more information on the same subject.
- Listen to audio books (in the car too). These help develop visualisation, a critical pre-reading skill.
- Let them choose their own books. Don't worry the books are too young or too easy, early reading success can come from several "non-traditional" sources such as comics.
- Buy a special notebook and record all the books they have read, add their thoughts and a star rating.



© mickysa - Fotolia.com

Step three - See the teacher and judge where they are

- Find out what reading program the school follows, get to know the levels, and aim to supplement the program at home.
- Prepare a timetable. Know what level your child is at and the next, with some idea of when it can be achieved. There is no race to be the first to read, it just puts things into context.

Step four - Plan specific reading linked activities

- Extend your child's positive reading experiences, e.g. If they enjoyed reading about dinosaurs, visit the natural history museum.
- Encourage activities that require reading, e.g. read a recipe, instructions, and directions, play games that require reading, use a reference book to look up something you have seen.
- Visit the library and give your child their own library card. They can choose their own library book or listen in on story-time.

Step five - Be a role model

- Let your children see you reading for pleasure. Read aloud everyday items - menus, road signs, food labels.
- Give books as gifts.
- Leave books, magazines, and colourful catalogues around your home.
- Write short notes for your child to read.
- Reading opens up new worlds to your children and gives them a chance to use their imaginations. There are many ways to encourage your child to read, and the best ways always include participation on your part.

Helping reading for children with learning difficulties

Books and Audio

Follow a book as the audio book plays. Listen to a chapter, and then read it together

Turn on the TV subtitles

Sub-titles on your TV or DVD help increase sight word vocabulary, whilst developing a sense of flow of written and spoken language

Make your child the star of their own audio book

Your child can read into a recorder, then follow the book together during playback

Everyone joins in

Reserve thirty minutes each evening for family reading time. Each family member reads different material and then shares information about it, or take turns reading aloud from the same book.

Support their learning

Help ensure your child doesn't get behind in reading material necessary for school subjects, ask for help with obtaining textbooks on CD ROM. Together identify unfamiliar words you come across and show your child how to look up the meanings of words. Children with specific learning difficulties and dyslexia could benefit from the PQ4R strategy (<http://learningdisabilities.about.com/od/instructionalmaterials/a/pq4rstrategy.htm>)



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Moving on up...

By Margaret Ansell

Making the transition to secondary school

How much to Help and How Much to Let Go...

Margaret Ansell has supported large numbers of children and parents through this transition and this is what she has learnt.

The transition from Primary to Secondary School is an anxious time for parents. During the primary school years, it is fairly easy to support your child at school. You will probably know his teacher, other members of staff and parents, as well as being familiar with school policies and routines. The thought of losing the control this familiarity offers is as daunting for parents as it is for children and you may well wonder how best to continue to support your child.

You may also worry specifically about your child's ability to cope with the new environment and crucially, whether he or she will make friends. Your anxieties may be eased by adopting strategies that help with the transition. Here are some tips and tools which should help you prepare for and manage the early months:

Before the transition:

Shield your child from your anxiety. They can make this transition. Critically, they need to know that you believe in them and their ability to deal with difficulties and challenges.

Relax the organisation Towards the end of year 6, step back from the organisation of your child's school life eg packing school bags etc. You may secretly want to savour these last few months of dependency but your child needs a taste of independence. If they are slow to take up the reins, don't take over and don't despair, they will get there eventually.

If your child will walk to school or travel independently on public transport, practice the new journey Start by travelling together but without interaction. Then move to simply following behind your child. Finally, let him do it alone and meet him there. Travel at busy times. Allow your child to make mistakes and find solutions. This equips them with the skills to handle the unexpected like bus detours and road closures.

After the transition:

Be There Make sure a parent or trusted carer is available before and after school -to provide food, notice if your child comes in late, listen to their successes and concerns and be aware of subtle changes in mood; someone to empathise and with whom to discuss problems. Watch and listen, help out if asked but don't take over. Become an Enabler rather than a Fixer.

Support the development of friendships It is of great importance to older children that they mix socially and establish secure friendships and they need to do this whilst still young enough to turn to you for support when they make mistakes. Gradually they will learn to make informed choices about friends. It's appropriate for this age group to have access to a basic mobile phone and computer but the dangers of social networking should be discussed and boundaries agreed upon.

Support organisation and routines. Create "To Do Lists" or "Timetables" for the fridge, agree places to keep bags, kit, and books. Label uniform and valuables. Establish routines so they can get to school punctually. Don't expect too much too soon, many won't crack this for years!

Understand what homework they have and know when it has been completed and handed in. Agree a routine that will help your child to complete and hand in all homework on time, without devoting too much time to one piece and little or nothing to others. However, remember it is their homework not yours; help, encourage, motivate but accept their best.

Schedule time to relax. Your child will be exhausted by the effort of holding it all together. Tears are likely over the most trivial things and they may regress and demand more care. Trust that they can cope and make sure there is time for sleep, friends, homework, more sleep, watching TV, playing computer games and yet more sleep! Avoid weekend breaks and reduce extra-curricular commitments to the minimum. Now is not the time for your child to begin new activities or classes.

And lastly, schedule time to relax yourself! All will eventually be well.



Secondary Schools

Ilfracombe Arts College
Ilfracombe
01271 863427
admin@ilfracombecollege.devon.sch.uk
www.ilfracombecollege.devon.sch.uk

Braunton School And Community College (Academy)
Braunton
01271 812221
admin@braunton.devon.sch.uk
www.braunton.devon.sch.uk
Open evening 6.30-8.30pm
Wednesday 26th September

The Park Community School
Barnstaple
01271 373131
admin@parkcommunity.devon.sch.uk
www.parkcommunity.devon.sch.uk
Open evening Monday 24th
September 7pm, Open mornings
Tuesday 18th, Wednesday 19th,
Thursday 20th and Friday 21st
September 9.15am

Pilton Community College (Academy)
Barnstaple
01271 374381
admin@piltoncollege.devon.sch.uk
www.piltoncollege.org.uk
open evening Monday 17th
September 6:30pm

Bideford College
Bideford
01237 477611
mail@bideford.devon.sch.uk
www.bideford.devon.sch.uk



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"The College is deeply committed to including all students in all its activities and to providing an increasingly high quality of education for all."

Ofsted March 2009

**Western Road & Barnfield, Crediton
01363 773401
www.queenelizabeths.devon.sch.uk**

Great Torrington School (Academy)
Torrington
01805 623531
admin@gts.devon.sch.uk
www.gts.devon.sch.uk

West Exe Technology College
Exeter
01392 660100
admin@westexetc.devon.sch.uk
www.westexetc.devon.sch.uk

Isca College of Media Arts
Exeter
01392 204082
adminoffice@iscacollege.devon.sch.uk
www.iscacollege.devon.sch.uk
Open Evening Thursday 27th September

St James' School
Exeter
01392 209922
admin@st-james.devon.sch.uk
www.st-james.devon.sch.uk
Open Evening 20th September 6pm

St Luke's (Church of England)
Science and Sports College
Exeter
01392 204600
admin@st-lukes.devon.sch.uk
www.st-lukes.devon.sch.uk
Open Day 25th September

St Peter's Church of England Aided School
Exeter
01392 204764
school@st-peters-exeter.devon.sch.uk
www.st-peters-exeter.devon.sch.uk
Open Evening (Y6) Wednesday 26th September 6:30pm

Queen Elizabeth's Academy Trust (Academy)
Crediton
01363 773401
admin@queenelizabeths.devon.sch.uk
www.queenelizabeths.devon.sch.uk

Clyst Vale Community College (Academy)
Broadclyst, Exeter
01392 461407
admin@clyst-vale.devon.sch.uk
www.clyst-vale.devon.sch.uk

Independent Schools

West Buckland School
Barnstaple
www.westbuckland.devon.sch.uk
Open Day Saturday 10th November

Kingsley School
Bideford
www.kingsleyschoolbideford.co.uk
01237 426200

The Small School
Hartland
www.thesmallschool.org.uk
01237 441 672



West Buckland School

One of the highlights of the year for the nursery, Prep and Senior pupils at West Buckland School in North Devon was to welcome former pupil, Olympic, European and World Triple Jump champion Jonathan Edwards back to the school with the Olympic Torch. This was a great introduction to the excitement that gripped the country this summer at London 2012. It is hoped the Olympic promise to 'inspire a generation' will hold true and the school enjoys outstanding facilities that offer numerous opportunities to pupils.

The Jonathan Edwards Sports Centre is at the heart of a superb sporting complex which includes an All Weather Pitch, indoor swimming pool, gymnasium, squash courts, tennis and netball courts and extensive sports pitches. Sport at West Buckland really matters, with sport and physical activity important parts of school life for all the children.

Music and drama provision at the school is exceptional and another highlight of the year was the incredible production of 'We Will Rock You' which involved over one hundred pupils. Sport, adventurous activities, and the performing and creative arts are vital aspects of a West Buckland education but, of course, they are not the whole story. Academic results continue to place West Buckland amongst the leading schools in the South West.

The breadth of experience and opportunities students have at the school combined with outstanding pastoral care and academic support equips them for challenges of all kinds and provides a great platform to their lives. The school is holding an Open and Activity Day on Saturday 10th November so why not go along and learn more? To book your place or to arrange a visit at a time convenient to you, please call 01598 760281 or www.westbuckland.devon.sch.uk



Pilton Community College

Pilton Community College is a very successful 11 - 16 mixed comprehensive school. They have high standards and high expectations and aim to help each and every student to succeed. A love of learning is their priority and the pastoral system supports the students in their academic and personal development. The calm, caring and purposeful learning environment is commented on by all of their visitors and this helps the students to achieve beyond expectations and to be challenged to improve on their personal best.

Pilton & Proud

The school was judged to have many outstanding features by Ofsted in 2009, and their most recent Ofsted report (June 2012), comments that "There are many opportunities for students to develop their spiritual, moral, social and cultural education and the impact of this is evident in how well students respect each other and their teachers, in the high quality learning environment that is apparent in classrooms and in their enjoyment of lessons."

The school has a specialism in Languages, and has twice been awarded International School status. This focus means that the students have exceptional opportunities to travel, meet people from different cultures and develop the skills they will need to become global citizens in the 21st century. The school aims to develop confident, independent, flexible, self-disciplined and considerate young people. Pilton students have opportunities in and beyond the classroom to develop their academic, sporting, creative and leadership qualities. They go on to a range of career and educational choices, including accessing some of the most prestigious sixth forms and universities, such as Atlantic College and Cambridge. Pilton Community College is a vibrant and exciting learning community of which all are proud to be a part. For details please contact Julia Elston on 01271 349066 or email admin@piltoncollege.org.uk or visit our website www.piltoncollege.org.uk



Bramdean School
Exeter
www.bramdeanschool.com
01392 273387

St. Margaret's School
Exeter
www.stmargarets-school.co.uk
01392 277132
Open day Saturday 6th October 9:30 - 12:30

Exeter School
Exeter
www.exeterschool.org.uk
01392 258712
Open evening 26th September

The Maynard School
Exeter
www.maynard.co.uk
01392 273417

Emmanuel School
Exeter
www.emmanuelsschool.exeter.co.uk
01392 258150

Magdalen Court School
Exeter
www.magdalencourtschool.co.uk
01392 494919

St Wilfrid's School
Exeter
www.stwilfrids.com
01392 276 171
Open Evening 11th October 6.30pm

Blundell's School
Tiverton
www.blundells.org
01884 252543
Open Morning Saturday 15th September 10am

Trinity School
Teignmouth
www.trinityschool.co.uk
01626 774138



Queen Elizabeth's

Queen Elizabeth's has been serving Devon for four hundred and sixty years, originally as a boarding Grammar School for Boys and Girls, now as the only state school in Devon with boarding. This is a college proud of

its history, but also has a strong sense of its future as an innovator and ground breaking school dedicated to enabling all its young people to become happy, well rounded and successful adults.

The College benefits from having two sites; Barnfield has beautiful grounds and views right across the hills to Dartmoor. This houses Years 7 and 8, allowing the younger students to find their feet in the very different world of secondary education in a calm and friendly atmosphere tailored specifically to their needs.

The Western Road site covers a large area and includes the ancient and familiar facade of College House, the old Grammar School. This is now the Sixth Form Centre which has been extensively refurbished over the past few years with a new library and a Sixth Form cafe. They have also just taken possession of a new 8 classroom Humanities block to accommodate the burgeoning numbers choosing to join our outstanding Sixth Form. The two boarding houses are also located here.

Queen Elizabeth's believe that schools are about people. Its aim is to achieve the absolute best by focusing on the quality of the learning experience provided. The college also aims to create a fun environment, equipping its young people with the skills they will need to be happy and successful adults.

Should you wish to visit the College, or you wish to enrol your child at Queen Elizabeth's please contact the College through the following: Telephone: Lower – 01363 775871 or Upper – 01363 773401 Email: admin@queenelizabeths.devon.sch.uk



SUPPORTING YOUR LEFT HANDED CHILD

By Sarah Butters

1 in 10 children are left handed, but many fail to get the support they need in the early years of their education. Experts say teachers aren't given the proper training and schools don't have the right resources. Sarah Butters is mum to a left handed daughter. She takes a look at some of the most common problems faced by left handers and some tips for helping them out.

MESSY HANDWRITING

If you have a child who is left handed, chances are they haven't been taught to write. Most are simply allowed to use their left hand. As the right handed parent of a left handed child I admit to having that same attitude. I now know that I was completely wrong.

Left handers push the pen across the page, whereas their right handed friends will pull. This can lead to smudging and untidy work which in turn leads to anxiety on the part of the child. At an early stage a left handed child should be encouraged to master the correct handwriting position and paper placement to avoid problems as the writing assignments increase.

The paper should be rotated to 45 degrees with the hand and wrist below the writing. Any pen needs to be held in a strong 3 point grip. In Early Years this can be supported with a triangular bodied pencil or a moulded grip around a regular pencil. If your child can get into good habits from the start of their school life, they will avoid problems when they graduate to a fountain pen and longer writing assignments.

HOOK GRIP

Some left handers use a hooked grip to avoid the problem of smudging, and angle the pen in the same way a right hander would. This causes more problems than it solves. The hook grip becomes more uncomfortable the more you write. It leads to an overtight grip and aching hands which in turn lead to messy handwriting. The wrist should always be below the writing line. If your child is developing a hook grip, consider introducing a sloped surface to resolve the problem.



ELBOW COLLISION

At some point your child will have to share a desk and if they're left handed this can be a problem.

"I always end up banging elbows" explains my 9 year old daughter. "That makes my writing messy."

You child should always be placed at the left hand side of a shared desk or next to another left hander. This gives them plenty of space to get their paper positioned correctly and avoid knocking elbows with a right handed neighbour.

WHITE BOARDS

They're a teacher's best friend but a left handers worst nightmare. White boards and chalk boards are a great learning tool in the modern classroom - pupils can get rid of mistakes easily without using endless pieces of paper. However, if you're left handed you can end up erasing as you write. Good grip and placement of the board gives left handers half a chance. However if your child isn't completing white board work quickly or neatly enough, it may not be their fault.

THE 'RIGHT' EQUIPMENT

Many left handed children learn the basics with the wrong equipment. Give a left handed child some right handed scissors and they'll find the blade is upside down and so they can't see the line they are cutting. It means the child has less control and think of themselves as messy. This can be a real problem in the Early Years. Check your school has left handed scissors to offer your child. Ambidextrous scissors don't exist – trust me!

As the progress to writing, shiny barreled pens are to be avoided. Make sure whatever pen you choose has a good grip so it's easy to hold even when hands get hot and tired. Left handed fountain pens are available from www.anythingleft-handed.co.uk. They're worth the investment for older children as they have an angled nib.



Make yourself proud...

Open Evening

17th September 6.30pm

Bring your children along to our Open Evening on 17th September from 6.30 pm, and open up a whole new world of education, learning and opportunities. This is a fantastic chance to see what Pilton Community College has to offer in a huge range of subject areas, to hear about the excellent education we can provide your child, and to meet and talk to key staff. Later in the week there is the chance to experience a normal school day during one of our Open Mornings, which are being held on 19th, 20th and 21st of September.

01271 374381
www.piltoncollege.org.uk




A specialist language college

Choosing after-school activities

By Elisabeth Dolton

As the new school year starts, so does the time to choose after-school activities, but take a quick look and you will find a whole range of classes available, from Scouts to Ballet, from French to Karate. How can we know which ones are the best for our child, offer value for money, and critically, which ones they will enjoy!

After-school activities definitely offer value to your children. Reports indicate those who participate in after-school programs have better school attendance, higher grades and loftier aspirations. They're less likely to get into trouble are at lower risk of obesity. It is also a great opportunity for children to develop social and leadership skills. The benefits are there, but under which classes?

Talk to your child and find out how they feel about the activity, and let them choose at least one club or activity themselves. Help them choose activities that reflect who they are and what they want to learn, don't impose your preferences. Explain that it's important and fun to try new things, and remember switching activities is normal amongst children.

Always check out the quality of an activity

Discipline-based activities that create a quality product over a period of time are great, e.g. putting on a play. Don't think that high cost equal high quality, some activities are cheaper to run like football. Staff members should be professionals with skills and experience.

Consider the mix of activities

The benefits of exercise are huge, so including a sport would be a good start. Extracurricular activities are ideal for children to explore and practice what it means to be a group leader, e.g. Brownies. If you are stuck between two similar activities, consider the usefulness, e.g. drum lessons might be cool, but the guitar might have wider applicability.

Finally, remember logistics

The after school programme affects you too. Avoid signing on to too many activities that leave you scrambling from one to the next. No one will have fun doing anything if it means arriving late, leaving early, and going without dinner on Tuesdays and Thursdays. Look hard for places you can walk to, it reduces your carbon footprint while keeping you fit for free! Finally do build in some downtime. Children need to have independent play as well as the structured activities, so ensure time is built in for dinner, watching T.V. and relaxing. Leave some activities perhaps for the summer, when different interests can be tried, without the pressure of school demands.

After-school activities can provide enrichment, adventure and variety. They can enhance knowledge and build character. Spend a bit more time choosing the right activity programme for your child and you will reap the benefits.

Considerations for special needs

Consider your child's interests, rather than their needs. Many regular activities can use technology or planning to help their participation, e.g. drama, athletics, cooking, academic. Evaluate your child's stamina. Check they have the energy for an extracurricular activity? Talk with the activity leaders about your child's unique medical and communication needs. Provide them with emergency contact information.

Make sure family downtime is a regular part of the schedule. Sometimes your family needs to have nothing to do — as a group.

Remember the inclusion of children with special needs is beneficial to all. Special needs children achieve more, improve behaviour, and enhance motivation. Children without special needs learn from working cooperatively and grow in confidence through helping others.



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MUSIC

Music Makers
Bideford
01237 474078
stmaryshouse@bidefordstmarys.co.uk

Noisy Nippers
Braunton
07776 261541
www.noisynippers.co.uk

Bumbles Musical Workshop
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01271 325181
www.bumblesmusicgroup.co.uk

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Musikgarten
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01363 83583
www.musikgarten.co.uk

Music with Mummy & Jolly Babies
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01392 433255
www.musicwithmummy.co.uk

MARTIAL ARTS

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Barnstaple, Northam, Bideford
07855 504315
www.northdevontkd.co.uk

Cheng Ba Gua Zhang
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07922 018809
www.chengbaguazhang.com

St James Judo Centre
Exeter
01363 774693
www.devonjudocentres.co.uk



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Exeter Keibudo Karate
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07884 017878
www.keibudokarate.com

Exeter Martial Arts
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01392 663000
www.exetermartialarts.co.uk

Concept Martial Arts
Exeter
07814 494317
www.conceptmartialarts.co.uk

Banyu Hatten Aikido
Exeter
www.bhay.org

Black Tiger Kung Fu
Credon
07973 263049
www.blacktigerkungfu.com

GYMNASTICS

North Devon Gymnastics Club
Bideford, Barnstaple, Torrington
07765 248461
www.northdevongymnastics.org.uk

Falcons Gymnastics Academy

Barnstaple
01271 859191
Falcons are now based in a new purpose built gym near the Tarka Tennis Centre in Barnstaple. Falcons have gymnasts of all ages and your child can start as soon as they can walk with the Happy Hoppers parent and child sessions.
www.falcons-gymnastics.co.uk

Exeter Gymnastics Club
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01392 250381
www.exeterymclub.co.uk

LANGUAGES

Bonjour Tonton!
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07929 419798
www.thelanguagetortoise.com

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beavers, cubs and
scouts go to
www.devonscouts.org.uk
or for rainbows, brownies
and guides go to
www.devonguides.org.uk

SWIMMING

Torridgeside Swimming Club
Torrington
07791 964544
www.torridgesideswimming.co.uk

Ilfracombe Swimming Club
Ilfracombe
01271 855546
www.ilfracombeswimmingclub.org.uk

Splash Swim School North Devon
Berrynarbour, Kentisbury, Bideford
01271 325181
www.splashswimschoolnd.co.uk

Aquarius Swimschool
West Buckland
01271 329750
www.aquariusswimschool.co.uk

Academy of Swimming and Training
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01598 760562
www.astswimschool.co.uk

Barnstaple Swimming Club
Barnstaple
01271 343861
www.barnstapleswimmingclub.co.uk

Bebe Swimming
Barnstaple, Exeter
0870 034 5627
www.bebeswimming.co.uk

Splash Swim School
Exeter
01392 833075
www.splashswim.co.uk

Water Babies
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01392 367860
www.waterbabies.co.uk

Exeter City Swimming Club
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01392 432254
www.exeterswimming.info

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www.seize-the-moment.net

The Creation Station
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0845 873 4742
www.thecreationstation.co.uk

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Little Kickers
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01392 668281
www.littlekickers.co.uk

Chivenor Soccer
Chivenor
01271 817337
leebarrow554@btinternet.com

Ben's Pre-School Football
Ilfracombe, Bideford, Barnstaple
07792 388891
bens-footballcoaching@hotmail.co.uk

Arsenal Soccer Schools
Braunton, Barnstaple, Exeter
07810 867354
www.playthearsenalway.com

Exeter City Football Club
Exeter
01392 255611
www.exetercityfittrust.org.uk

SURF LIFESAVING

North Devon Lifesaving Club
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01271 864123
ann.nurse@hotmail.com

Croyde Surf Lifesaving Club
Croyde
01271 890101
www.croydesurflifesavingclub.co.uk

TENNIS

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Ilfracombe
07879 882877

Tarka Tennis Centre
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www.tarkatennis.net

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www.northdevontennis.com

S.A. Tennis
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07835 041719
www.satennis.co.uk

Exeter Tennis Centre
Exeter
01392 723699
www.exeter.ac.uk/sport/exetertenniscentre

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www.stagecoach.co.uk/exeter

Stagecoach
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Razzamatazz Theatre Schools
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01884 243325
www.razzamataz.co.uk

Pyjama Drama
Exeter
0844 504 2550
www.pyjamadrama.com

Just 4 Funk Productions
Exeter
07716 002309
www.just4funkproductions.com

Playback Youth Theatre
Exeter
01363 773337
www.playbackyouththeatre.org

Stage by Stage
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www.stagebystage.co.uk

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www.exeter.tattybumpkin.com

SENSORY

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Exeter
07775 734285
www.babysensory.com

TRAMPOLINING

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DANCE

Neat Feet Dance Academy
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www.dancingschoolbarnstaple.co.uk

Dancing Feet Academy of Dance
Braunton
01271 816213
www.dancingfeetacademy.co.uk

Baby Ballet
Exeter
01392 279286
www.babyballet.co.uk

Vibes Dance Company
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01395 239117
www.vibesdancecompany.co.uk

Exeter Academy of Dance
Exeter
01392 824453
www.exeteracademyofdance.co.uk

Joanna Mardon School of Dance
Exeter
01404 823980
www.joannamardonschoolofdance.co.uk

June Bealey School of Dance
Exeter
www.junebealeyschoolofdancing.co.uk

Charles Academy of Dance
Credon
07920 180707
www.charlesacademyofdance.co.uk

Destination Dance
North Devon
07792330354
www.destination-dance.co.uk

Streetz Dance Crew
Barnstaple, Torrington, Bideford
07854 975823
www.streetzdancecrew.com

Project Dance
Barnstaple, Appledore
01271 346384
www.projectdance.co.uk

K Mitchell Dance
Credon
01392 276 526
www.kmitchelldance.co.uk

Sarah Anne Westcott Dance
Bideford, Torrington, Barnstaple
01237 471954
www.sarahannewestcottdanceandperformingartsstudios.co.uk

When you
book, don't
forget to say
you saw it in
Families

Finding balance for busy families

By Elisabeth Dolton

As parents we want our children to take advantage of opportunities and have enriching experiences, whilst keeping on top of our own demands and duties. So it's no surprise that families can often find themselves over-committing and running from one activity to another. A over-busy schedule impacts on us all. Parents feel pressured to maximize every opportunity for their children, and with less family time relationships can suffer. Too much structured activity can contribute to anxiety, stress, and even depression in children. Finding a balanced lifestyle is key.

There are several signs of an overly busy family. Children become tired, overwhelmed and irritable as a result of no downtime, activities are being done out of habit or because everyone else is, or your children spend so much time in activities that you don't know what else is going on in their lives. Back-to-school makes you think back-to-stress!

If your family is overscheduled, ease the pressure by simplifying the daily routine. This is achievable in two ways - cutting back on extracurricular activities, and getting more organised.

Scale down extracurricular activities. Limit the number of activities you have in a week to one artistic, one athletic, and one social for example. Focus more on creating a manageable family schedule. As you cut down on outside activities, set aside dedicated time for the family to be together. If you feel it's important to eat dinner together a few nights a week, or have a set time when you and your children can just chat, arrange the schedule to make it happen. Reserve time to play and hang out.

Streamline household routines to make time at home more relaxed. Keep spaces that you use every day, like the kitchen counter, free of clutter. Keep things where you use them. After dinner, lay out breakfast, make lunches and gather everything needed for tomorrow's activities. Have your children lay out their clothes before going to bed.

Once you create some organisation in the house, it's likely to spread. But almost contradictorily, let go of the idea of being a perfect parent and resist feeling guilty if the house is less than immaculate. Take a few minutes to relax after getting home; don't immediately dive into meal preparation.

Finding a Balance - Top Tips for parents:

- Listen to your children. If they appear fatigued, irritable or overwhelmed they may be over-scheduled.
- Talk to your children. Find out which activities they love and which they could live without.
- Ask yourself: "Does my child want to be involved in all these activities, or do I want them to be? Your best intentions may be adding to the pressure
- Don't forget 'me time'. Don't sacrifice your own wellbeing. Find time to recharge and rejuvenate.

Considerations for Special Needs

The balancing act of keeping a busy family with special needs on track through school, therapy, doctor visits, and fun can be tough.

- Focus on priorities, exploit resources for planning, and continually communicate as a family.
- Provide a structured lifestyle - everyone benefits psychologically from predictability. Planning family schedules together goes a long way towards reinforcing disability independence.
- Implement effective routines - getting dressed, loading the car, and eating meals can take substantially more time for children with disabilities.
- Integrate flexibility into family schedules that allow opportunities to practice disability independence - children can learn valuable benefits of teamwork and planning ahead to meet their goals.
- Keep supplies handy. Portable containers for equipment and medications enable smooth transitions to the car and back for instance.

With flexible diligence, parents of children with disabilities can lead families to a fulfilling and well-balanced life, where disability activities are just part of a reliable, reassuring family pattern.

Out & About

THEATRE

NORTH DEVON THEATRES

www.northdevontheatres.org.uk

Sea Ilfracombe 2012

31 Aug 2012 To 4 Sep 2012

The Promenade

There will be an eclectic mix of events to entertain all age groups from gig racing, whale watching, kayaking, flower festivals, rock pool rambles, street entertainers, headline acts, strolling players, choirs, Punch & Judy, guided walks, magicians and so much more.

Queen's Theatre 60th Anniversary Open Day

Friday 14 September 10am

The Friends' Committee of North Devon Theatres will be leading a day that celebrates the 60th Anniversary of the Queen's Hall and Theatre.

Queen's Theatre 60th Anniversary Special Variety Show

Friday 14 September 7:15pm

Slightly Fat Features, the masters of variety, will be your comperes for the evening, delighting the audience with a cabaret spectacular as well as introducing a wide-range of performances for our very own.

Bugsy Malone

Saturday 29 - Sunday 30 September

Queens Theatre

Splurgetastic Family Fun Pack your splurge guns and travel back to the 20s with the multi-award winning North Don All Starz. One of the best loved family musicals of all time, Bugsy Malone is filled with gangsters, flappers and a lot of mess. Minimum age recommendation: 6

Box of Frogs

Saturday 29 September 8pm

The Landmark

Directed by Mish Weaver and devised with a company of highly skilled circus performers, this is a circus show with a difference, an exhilarating blend of high-octane, highly visual performance showcasing a deluge of circus skills including trick-cycling, tumbling, rope work and acrobalance, all engulfed in a reservoir of film and a myriad of colour. A feast for the eyes, a jaw-dropping night of entertainment, this is Bipolar circus - otherwise known as a manically depressed form of entertainment.

EXETER NORTHCOTT THEATRE

www.exeternorthcott.co.uk

The Gruffalo

Friday 14 - Sunday 16

September

Join Mouse on an adventurous journey through the deep, dark wood in Tall Stories' magical, musical adaptation of the award-winning picture book by Children's Laureate Julia Donaldson MBE and Axel Scheffler.

Songs, laughs and scary fun for children aged 3+ and their grown-ups. Watch the trailer online at www.gruffalolive.com

For more information about Tall Stories visit www.tallstories.org.uk

Claytime

Saturday 6 October 11am

Indefinitearticles invite you to a place where the earth's natural material meets with children's imaginations: a world of fabulous forms, amazing animals and morphing monsters. This is truly interactive theatre made with and for 3 to 6 year olds. Spaces are limited - book early to avoid disappointment.

Pinocchio

Saturday 6 October 3pm

Steve Tiplady as Geppetto, uses the objects of a carpenter's workshop to tell the tale of the puppet that wants to be a real boy, and the puppet-maker who wants to be a real father. Puppetry, shadows, illusion and especially composed music combine to create a show with something for all ages; it's inventive, visually and verbally witty with a big heart. Wonderful work that celebrates the possibilities of theatre' Age: 4yrs+

The Mysterious

Vanishment of Pobby and Dingan

Sunday 14 October 3pm

Pobby and Dingan are Kellyanne's best friends. Her brother Ashmol hates them because they're invisible. Then they go missing - and Kellyanne gets sick. Ashmol must find them, but where do you look for something you can't even see? Based on Ben Rice's acclaimed novel about an outback opal-mining community, this is a funny and heartbreaking story about love and the enduring power of the imagination.

Travelling Light has an outstanding reputation for creating theatre for young audiences and is highly regarded locally, nationally and internationally for producing innovative performances.

www.travellinglighttheatre.org.uk

Out & About

ATTRACTIONS

NT ARLINGTON COURT

www.nationaltrust.org.uk/arlington

Soap Making Demonstrations

Saturday 1 September & 6 October 12:00pm

Seek out our Education room and see local soap maker Lynn Lewis create her lovely smelling products. Plus buy some to take home. Free event (normal admission charges apply)

Arlington Characters Come to Life

Saturday 8 September & 13th October 11:15am

Come to meet a cast of characters from 1883, who lived and worked on the Arlington Estate. From gamekeeper to coachman they all have an interesting story to tell. Free event (normal admission charges apply)

Quilt exhibition

Monday 10 - Sunday 16 September

An exhibition by the Contemporary quilting group of the Quilters Guild of the British Isles, displaying their work inspired by Arlington's house, collection and grounds. Free event (normal admission charges apply)

Ranger led walk

4 dates between 7 October and 4 November 2012

Join one of our Ranger team for a guided walk around the estate looking at the flora and fauna and learning more about the history of the Arlington grounds. The walks will vary each week, so please call in advance to find out which walk we'll be doing. Free event (normal admission charges apply)

Fungi Foray

Sunday 14 October 2:00pm

Join us for a gentle two hour ramble through the Arlington Estate with a fungi expert. Learn your waxcaps from your honey fungus and explore all aspects of micological life, from the lichen in our trees to the mushrooms in our woodland. Price: Adult £6, Child £4

Hallowe'en tours

Saturday 27 October - Wednesday 31 October

Earlier this year a Paranormal investigation team visited Arlington Court. Join a tour of our house and hear their findings. Discover what really goes bump in the night on this torch-lit tour. Booking Essential All Tickets £5 (per person)

Hallowe'en crafts

Monday 29 - Wednesday 31

October

Join in our family friendly spooky crafts. From bats, to pumpkins and witches, be inspired to make something gruesome this half term. Free event (normal admission charges apply)

NT KILLERTON

www.nationaltrust.org.uk/killerton

Heritage Open Day

Sunday 9 September 1-5pm

Free entry to Killerton, Marker's cottage, Clyston Mill and Budlake post office. Bring friends and family to enjoy these remarkable places totally free.

Killerton Cider & Apple Weekend

Saturday 20 and Sunday 21 October, 11am-4pm

Adult £2 Child £1 Family ticket £5 National Trust members and U5's free entry

Enjoy two days in the orchard celebrating national Apple Day and old Devon customs. Witness Killerton's 200 year old giant hand-cranked cider press in action, have a go at harvesting apples for next seasons cider and taste the fruits of labour at the Killerton Cider Bar. The outdoor bar will be serving the estate's own award-winning medium dry cider by the glass and bottle. Cider-lovers can also enjoy free tasters and a special Apple Weekend offer.

Visitors are invited to bring a small amount of their own garden apples to be pressed by countryside wardens using a small traditional cider press. It will then be pasteurised, bottled and the fresh juice can be taken home on the day to enjoy. Throughout the weekend, there will be stalls, apple-crafts, hot food, live music, children's activities, an orchard trail and a juggling magician.

Killerton Great British Walk Week

Saturday 27 October - Sunday 4 November

Everyday throughout the autumn half-term the Discovery Centre will be open 11am-4pm. Pick up free trails, maps and ideas for beautiful walking routes at Killerton. Walks also suited for pushchairs, wheelchairs and toddlers ranging from 30 minute strolls to a full day of exploring off the beaten track. Usual admission applies unless otherwise stated. NT members free entry.

Killerton Great British Walk - Free entry to

walker's day
Parkland and Garden



photo credit - RHS

Sunday 28 October, 11am-4pm

To celebrate Killerton's half-term Great British Walk event, all visitors will receive free entry if they come for a walk.

Whether you stroll around the parkland or toddle in the garden, everyone is welcome! Pick up free trails, maps and ideas from the Discovery Centre.

Killerton Great British Walk - Buggy walk in Killerton Park

Wednesday 31 October, 10.30am
Mums, dads, toddlers and pushchair passengers are invited to blow away the cobwebs on a mass buggy walk through Killerton's parkland and garden. Meet at the Discovery Centre for a circular stroll along surfaced paths following the special wildlife-waymarkers. This walk will take approximately 45 minutes and finish back at the stable-block. Free park and garden entry for buggy walkers.

Spooky Halloween

Wednesday 31 October, 12-4pm

Children can follow our spooky trail around the house, listen to ghost stories, play games, get their face painted and get their wellies on in our garden pumpkin trail. Normal admission applies.

Killerton Great British Walk - Explore Ashclyst Forest

Sunday 4 November, 11am-4pm

Four newly surfaced trails are now open in Ashclyst Forest including a pushchair and wheelchair-friendly circular route. You could see buzzards, Roe deer, rare orchids and endangered butterflies along the way. Pick up details from the Discovery Centre or park in the woodland Forest Gate car park. Follow signs to Ashclyst Forest off the B3181 for the start of the trails. Free car park and free admission to Ashclyst Forest.

RHS ROSEMOOR

www.rhs.org.uk/roosemoor

Grow Your Own Autumn Festival

Saturday 20 October - Sunday 21 October 10am - 3pm

Normal Garden entry
Come and celebrate the end of the growing season at Rosemoor. Get ready for Halloween by carving your own pumpkin at our lantern making workshop (pumpkins supplied for a small charge). You can also have a go at our Pumpkin Shy, take the Pumpkin Trail around the Garden and learn how to cook delicious pumpkin based dishes - among others - at our cooking demonstrations. There will also be various wood craft demonstrations, including basket making, spoon whittling, wood turning and carving.

Tame and Frame your own Wild Beast

Tuesday 30 October, 10.30am - 12.30pm or 1.30pm - 3.30pm

Workshop for children with Mrs Recycle
Normal Garden Entry. Drop-in workshop for children 8-12 years
Come and create your own Wild Beast using gathered nuts, seeds, berries and autumn leaves. These pieces can be mounted on board or framed and Mrs Recycle will show you how to add the finishing touch! Under 8's welcome but must be accompanied by a responsible adult. Please wear old clothes.

Myths and Legends of Dartmoor

Wednesday 31 October & Thursday 1 November, 11.30am or 2.30pm

Pregnant Fish Theatre Company
Normal Garden Entry. Drop-in activity for the whole family
This Halloween half term, Pregnant Fish Theatre Company brings Devonshire folklore and ghost stories to life in their established, intimate and interactive style, suitable for children and adults alike. Expect songs, stories and a good dose of silliness!



photo credit - RHS/Stephen record

Out & About

THE BIG SHEEP

www.thebigsheep.co.uk

Meet Scooby Doo

Sunday 7 October

Firewalk with Jaden

Cornelius Foundation

Sunday 28 October 2012

Halloween at the BIG

Sheep - Fun by Day

Saturday 27 October – Sunday 4 November

The BIG Sheep will be no place for the faint hearted this Halloween half term as the famous family fun attraction is transformed into a seriously scary venue with a haunted house, a trip through the forbidden forest.

Halloween Evening Parties

– Scary by Night

Wednesday 31 October -

Saturday 3 November

When the sun goes down and the stars come out, the ghouls, goblins, witches, vampires and werewolves come out to play in the forbidden forest. Ghoulish ghosts, haunted hayrides, wicked witches, scary skeletons. You'll not find a scarier Halloween Festival in the South West.

CREALY

www.crealy.co.uk

Halloweek at Devon's

Crealy

Friday 26 October - Sunday 4 November

Halloweek at Devon's Crealy. Join us for spooky fun with a free pumpkin for every child, exciting games, thrilling rides, fancy dress competitions and visits to the Crealy Witch in her spooky cavern!

POWDERHAM CASTLE

www.powderham.co.uk

Spooky Tours -

Powderham Castle

Sunday 28 October - Thursday 1 November

Dare to be spooked on a thrilling tour around Powderham Castle. Hear fascinating tales of the Castle and its past residents as you are led by a friendly ghostly guide through the impressive Castle rooms on tours at set times throughout the day.

ESCOT

www.escot-devon.co.uk

Escot's Halloween Camp

Wild

Tuesday 30 October - Wednesday 31 October

Escot Camp Wild delivers exciting nature based outdoor 1, 2 and 4 night residential programmes for 8-12 year-olds (plus 7 year-old siblings) and day programmes for 6-12 year olds.

DEVON WILDLIFE TRUST

www.devonwildlifetrust.org

Batty about Exeter

Tuesday 4 - Wednesday 5 September evening

Duryard or Mincinglake, Exeter.

Help survey one of Exeter's potentially batty places.

Event will include informal training on using a bat detector.

Attendees will need to bring their own detectors. Look out for future survey sessions in 2013.

Organised by Exeter DWT Local Group in partnership with Devon Bat

Nothing to eat but jellyfish?

Friday 14 September 7pm

At the Castle Centre, Barnstaple EX31 1DR.

Dominic Flint, DWT Sustainable Fisheries Officer, will explore the effects of fishing on the ecosystem and the rise of jellyfish and squids as big predators are fished out of the oceans. Dom will explain how DWT is working with fishermen to find ways to safeguard our future fish supplies.

Suggested donation £2.50, including refreshments.

Organised by Barnstaple & District DWT Local Group

Seashore safari

Sunday 30 September 10.30-12noon or 12.30-2pm

Combe Martin, North Devon. Join DWT and Coastwise North Devon for this family event to discover some of the wildlife that lurks in the underwater world. From microscopic sea life to the wonders of the rockpools, who knows what we'll find! Children must be accompanied by an adult. Due to limited places booking is essential via DWT on 01392 279244, further details sent on booking.

Organised by Devon Wildlife Trust and Coastwise North Devon

Home is a hedge

Friday 5 October 7.30pm

Dolton Village Hall, Dolton. An illustrated talk at Dolton Village Hall by hedge expert Rob Wolton who will explain the vital part played in Devon's landscape by hedges. Suggested donation £2.50.

Organised by Halsdon & Dolton DWT Local Group

Culm Country, Devon's misunderstood treasure - Friday 12 October 7pm

At the Castle Centre, Barnstaple, EX31 1DR. Working as a volunteer on DWTs Culm reserves, John Bradbeer has learnt many of its secrets about what makes the Culm such a magical place. Suggested donation of £2.50, including refreshments. Organised by Barnstaple & District DWT Local Group



Hedge-laying for beginners

Saturday 27 October, all day

near Holsworthy

Celebrate Devon Hedge Week with an introductory training course on hedge-laying. Hedge-laying is a traditional way of maintaining a stock-proof and wildlife-rich hedge. This day is for adults and will teach the basics of hedge-laying involving the use of saws and hedging tools in the field. Organised by DWT's Working Wetlands team

Milling at Cricklepit

Friday 7 September & Friday 12 October 10am-12noon

Cricklepit Mill, Exeter EX2 4AB. See this beautifully restored watermill in action. Take a wander in DWT's wildlife garden, watch volunteer millers grind wheat in the traditional way and purchase a bag of DWT's flour to take home with you! This day forms part of the English Heritage Open Days. Admission is free. Booking required. Organised by Devon Wildlife Trust.

Dunsford Nature Reserve Open Day

Saturday 20 October 11am-4pm

Dunsford nature reserve, Nr Exeter. Discover the golden colours and autumn wildlife of this magnificent oak woodland on the River Teign. Join DWT for fungus forays, guided walks and children's woodland craft activities. Booking essential for the fungus forays and walks. Organised by Devon Wildlife Trust

Poltimore fungus foray

Saturday 20 October 10.30am-12.30pm

Nr Exeter

Cost: £4 per person, family discounts. Join local expert Nigel Pinhorn to search for mushrooms and toadstools in the grounds of the historic Poltmore house. Admission

£4 per person; discounts for family groups. Booking essential www.poltmore.org

Organised by Exeter DWT Local Group and Poltmore House

The secret life of lichens

Sunday 21 October 11.30am - 1pm or 2 - 3.30pm

Haldon Forest Park, Nr Exeter. £2.50 per child. Join DWT and the Centre for Contemporary Art and the Natural World (CCANW) in this family event to discover the amazing world of lichens. Activities and artwork will be child orientated but we bet the adults will learn something too! Organised by Devon Wildlife Trust and CCANW

A haunted history of Cricklepit Mill

Tuesday 30 - Wednesday 31 October 5pm-7pm

Exeter

With almost 800 years of history, Cricklepit Mill near to Exeter's quayside certainly has a few spooky stories to tell. Enjoy a Halloween-themed tour of the mill as your guide reveals the history of the mill throughout the ages, along with some ghostly goings-on and local superstitions, plus other spooktacular tales from the surrounding area. Don't be scared - come along - you're in for a treat! Tours are free but booking is essential - please call 01392 279244.

Organised by Devon Wildlife Trust

Families

Most popular on FamiliesOnline

- ⇒ Separation anxiety
Familiesonline.co.uk/separationanxiety
- ⇒ Starting school tips
Familiesonline.co.uk/newschooltips
- ⇒ Best age to start school
Familiesonline.co.uk/schoolage
- ⇒ Thinking of having a dog?
Familiesonline.co.uk/dogtips
- ⇒ Recent scary reports on red meat and risk of cancer & heart disease.
Familiesonline.co.uk/meat
- ⇒ Chocolate muffins with 47% less saturated fat
Familiesonline.co.uk/muffins
- ⇒ No-cry Potty Training solutions
Familiesonline.co.uk/pottytraining
- ⇒ Lactose intolerance for babies, sorting myth from reality
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Competition

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Reading can be the perfect way to unwind after a busy day with your baby. Metanium Everyday Barrier Ointment is giving away a Kindle. One runner up will win a specially designed set of 7 Baby Grows.

Metanium Everyday Barrier Ointment has a unique double action formula to help guard against nappy rash.

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To enter go to www.familiesnorthdevonexeter.co.uk/competitions

Look out for the November/December issue!

- Including Christmas holiday activities & gift guide •

To advertise call 01271 863995 or email
editor@familiesnorthdevonexeter.co.uk

HALLOWEEN

The South West's BIGGEST and BEST
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27th October – 4th November 10am – 6pm

Evening Parties - 31st October and 1st & 2nd November 6:30pm - 10:00pm

Attractions include:

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Scary Shop



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