



October 2011

Forthcoming Events

Cake Sale

Friday 21st October

Firework Display

Thursday 3rd November

Secrets Room

Friday 2nd December

Christmas Party

Saturday 3rd December

P A B U Z Z

... Wired into our Community

Family Fun Walk

On Sunday 18th September, in line with our "community matters" aspirations, the PA organised the first Family Fun Walk in the beautiful Chilterns/Sarratt area. Although it did appear at first that rain would come down, the weather held and the sun even put in a good appearance!

There were 3 routes of varying lengths that could be chosen from. All led past a small food stall close to Sarratt Mill Bridge. The start and finish were at the Cock Inn where the Landlord had laid on a Jazz Band upon our return and where liquid needs could be topped up whilst the children were busy in the playground.

Although the turn up was below what was hoped for, the event was deemed a huge success by all who took part. Many expressed surprise at the amazing scenery we have at our doorstep and all were determined to join us next time. Additionally, we raised £100.00 which will be donated to one of the chosen school charities.

Thank you to all who joined us on the day.

The 4 Step Plan To Improving Your Child's Memory

A good memory is considered by many to be *the* most important intellectual skill as it directly affects all the others. A good memory helps you learn faster and, therefore, gives you the

edge in making connections more quickly. Yet as you remind your child for the fifth time to pack his games kit, do not despair, a good memory is the easiest mental process to train.



1. 'Get More Sleep'. Debate currently rages, as to the effect on REM sleep, of flickering images from TVs, Kindles and computer games immediately prior to bedtimes. Try to limit the amount of 'screen time' your child is exposed to before bedtime.

2. Fish oils especially the ever popular Omega 3 are thought to help with memory.

3. Grow 'new' brain cells or use old ones more efficiently. According to research intense aerobic exercise (including running, biking, swimming, etc) all stimulate growth in the brain's hippocampus.

4. Use mental visualisations and associations instead of plain lists. If verbal or written information poses difficulty, strong images and mnemonic tricks may be an option as they assist in focusing the mind to create a mental picture.

Half Term Outings Across London

Muggle Tours - recommended by Time Out

Follow in the footsteps of Harry, Ron and Hermione on this walking tour of Harry Potter film locations and inspirations behind the books. For more details visit the Muggle Tours website on www.muggletours.co.uk

Dr Who Experience at London Olympia

Charting the history of the hit series from the early days back in 1963 to the current incumbent, Matt Smith, the Doctor Who Experience is the perfect day out for any serious Doctor Who fan.

H M S Belfast - Morgan's Lane, Tooley Street, London, SE1 2JH (Oct 22nd - 30th)

Accompanied children can learn about what lies beneath HMS Belfast in the Thames (from shopping trolleys to rare archaeological finds) at this drop-in event. All ages are welcome.

Magic & Make Believe - V & A Museum of Childhood (Oct 24th - 28th)

Drop in crafts with walkabout magicians and shadow puppet shows.

