

AT THE
OF FAMILY LIFE

HALLOWEEN 2020

ni4kids

MAGAZINE

 **HALLOWEEN HOOLIE AT HOME**
Host A Frightfully Good Family Fright Night

 **BEWITCHED & BEWILDERED**
Keeping Up With Kids On Social Media

 **FANTASTIC FORESTS...**
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HOW TO ENTER

Simply download our spooky Belfast Halloween scene template [here](#), print it out, and once your little monster has finished working their magic on it and created a masterpiece take a clear photograph and email your entry to editor@ni4kids.com

Competition closing date is 5pm Monday 2nd November 2020. Good luck!

Child's name:

Child's age:

Parent / Guardian name:

Full address:

Daytime Tel No.

Parent Email Address:



HAPPY HALLOWEEN

Terms and Conditions: Closing date for this competition is 5pm on Monday 2 November 2020. Competition open only to primary school aged children aged 4-11. One winner will be chosen at random. Editor's decision shall be final, and no correspondence will be entered into. The winner will be contacted by telephone. The competition is open for entry by individuals who reside in Northern Ireland, excluding employees of Ni4Kids, Belfast One, Linen Quarter Bid, Cathedral Quarter Bid their families, agents or anyone professionally connected with the competition. All entries must comply with the entry specifications. The winner will be required to take part in publicity. No purchase required for entry. For full terms and conditions please visit ni4kids.com/competitions.

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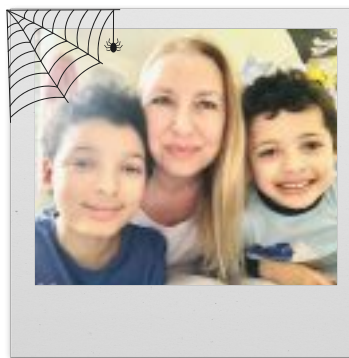
ni4kids Halloween 2020

LETTER FROM THE EDITOR

Things sure are a little bit strange this half-term holiday but we refuse to let the curse of Covid-19 dampen our spirits! Maybe Halloween will be different this year...but different can be good, right? Let's embrace the fun of the spooky season at home and just enjoy being together with the kids over this extended school break.

Don't be afraid...to help you celebrate we've packed these pages with lots of wicked ideas and spooktacular suggestions for how to still host a frightfully-good family Halloween Hoolie (pages 12 & 13). Gather your little (and big) monsters into the kitchen to prepare some spooky snacks and terrifying treats (pages 14 & 15), get your crafty kids making a marvellous magical mask (pages 16 & 17) and if you're all about treats, no tricks, then we have some fabulous creepy competitions for you to enter.

If I could cast one magic spell it would be to help me understand the virtual world that my kids seem to spend so much of their time in. If your children are also bewitched, and like me you are all too often a little bewildered about what's going on, then thankfully social media educator Rubbi Bhogal-Wood is on hand to help on pages 8 & 9.



What else will leave you spellbound in this issue? How about joining me for a virtual coffee and catch-up with the wonderfully-talented, homegrown, children's author Oliver Jeffers (page 11) or planning your next nature trek with the kids to a fantastic forest (pages 28 & 29), and although going Trick or Treating may not be for now, we find out how parents across NI are planning to still make it an All Hallows' Eve to remember on pages 6 & 7.

Have a happy, and safe, half-term...Now, where did I leave my broomstick?

Nadia X

Get in touch: Email me at editor@ni4kids.com

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FREAKY FASHION



From bottom clockwise: Hogwarts Heritage Rugby Shirt, From £28, Boden | Halloween Unicorn Headband, £3, Matalan | Black Pumpkin Print Dress and Tights Outfit (0-24 Mths), £6, George At Asda | Harriet Hoody Dress, £33-£34, Frugi | Kids' Skeleton Print Wellington Boots, £40, Hunter | Halloween Grey Leggings (1-7 Years), £4, Tu At Sainsbury's | Organic Bat Print Sleepsuit (0-12 Months), £19.99, Toby Tiger | Roald Dahl™ & NHM™ Miss Spider Top (2-7 Yrs), £9, M&S | Spooky Spider Personalised Kid's T-Shirt, £10.99, Getting Personal | Patterned Tulle Skirt, £9.99, H&M | Multi Celestial Sparkle Tights, £5-£7, Next | Ghouls Gang Cake Club Children's Apron, From £14.99, Sunday Girl | Halloween Pumpkin Box Rings (5 Pack), Was £6, Now £3.60, Claire's | Jack Skellington Printed T-Shirt, £8.99, H&M

Six out of 10

The number of parents who would rather their children grew up with strong social skills than high academic qualifications.

Everybody's Talking About

NEWS | PRODUCTS | PEOPLE | PLACES

90%

The number of parents who wish they had a superhero power to help them with the kids with being able to fly, time travel – and the ability to never feel tired among the top choices

Using Football Statistics To Improve Kids' Maths Skills

Rio Ferdinand has swapped the changing room for the classroom – to help kids improve their maths skills. Sport pundit Ferdinand, 41, is now the face of a football-inspired educational campaign to boost confidence with numbers, teaming up with official UEFA Champions League partner Santander and online educational publisher Twinkl to launch The Numbers Game Champions Challenge Cards. Ferdinand, who won the UEFA Champions League with Man United, said: "The home-schooling experience during lockdown really opened my eyes to how challenging it can be to get children engaged with their schoolwork, especially maths. The beautiful game of football is made up entirely of numbers and has the transformative power to motivate children as much inside the classroom as it can outdoors." Ferdinand's involvement follows research by Santander UK which found modern parents now use football statistics to improve their children's maths skills. A study of 1,000 parents and 1,000 children, aged 6-14, found using sports stats were one of the most popular ways to engage children with numbers. Over two thirds (69%) said sport, and understanding match and players statistics in particular, was helpful in getting their kids to understand maths better. The Numbers Game Champions Challenge Cards, for schoolchildren aged between 5 and 14, can be downloaded for free from Twinkl's online educational platform at twinkl.co.uk/thenumbersgame



NI's First Children and Young People's Mental Health Survey



A landmark survey has delivered reliable prevalence estimates of the rates of mental health problems in children and young people in Northern Ireland. Twelve per cent of children and young people here experience common mood disorders such as anxiety and depression – around 25 per cent higher than in other UK nations according to the Northern Ireland Youth Wellbeing Survey. One in eight children and young people experience emotional difficulties, one in 10 conduct problems and one in seven problems with hyperactivity. One in eight children and young people meet the diagnostic criteria for common mood and anxiety disorders. Spending too much time on social media was a problem for one in 20 young people aged 11-19 years. However, in general, rates across a range of mental health problems in Northern Ireland, are broadly in line with international studies. There are also positive findings with levels of prosocial behaviour – such as being considerate, helping and sharing, and having good relationships with peers, emerging as considerably higher here than in other UK nations. Health Minister Robin Swann said: "The findings of this survey will ensure a more rigorous understanding of the needs of our population. We know that further sustained investment in children's mental health is needed, and this is why the launch of the Prevalence Study is so timely. Its findings will inform the longer-term strategic priorities and investment profile for mental health services, as development of the new 10-year Mental Health Strategy gets underway." The study, commissioned by the Health and Social Care Board and compiled by Ulster University, Queen's University Belfast, and the Mental Health Foundation over 18 months, collected data from more than 3,000 children and young people and 2,800 parents and caregivers.

LEGO® Braille Bricks Toolkits

Children with vision impairment in Northern Ireland are set to benefit from LEGO® Braille Bricks toolkits thanks to the Royal National Institute of Blind People's (RNIB) work with the LEGO Foundation. LEGO Braille Bricks introduce a new way to help children with vision impairment develop tactile skills and learn the braille system. The kits are made up of approximately 300 LEGO bricks that are specially moulded so that the studs on top reflect individual letters and numbers in the Braille alphabet. RNIB Director of Services, David Clarke said: "We are excited to bring the LEGO Braille Brick toolkits to UK classrooms to help children learn how to read and write braille in a fun and engaging way. Braille is an important tool and these inclusive toolkits will make a real difference to children with vision impairment, allowing them to play and interact with their sighted classmates." For more information visit

rnib.org.uk/legobraillebricks



JUST IN TIME FOR HALLOWEEN. M&S have launched a scrumptious new range of Harry Potter Treats including a blink-and-it's-gone Milk Chocolate Golden Snitch (£3) catch them while you can!



WIN A COPY OF ONE HUNDRED STEPS: THE STORY OF CAPTAIN SIR TOM MOORE

One Hundred Steps tells the incredible story of the man who walked 100 laps of his garden and captured the heart of a nation with his indomitable spirit. Fully illustrated for younger readers, the book follows the key moments in Captain Sir Tom's incredible life – from a childhood spent roaming the Yorkshire moors, to his time serving in the Second World War and his incredible Guinness World Record-breaking achievements – interspersed with plenty of funny moments! The book is full of the wisdom that Captain Sir Tom has gleaned over his 100 years – that anyone can do or be anything they want, that we can achieve so much more when we come together and that tomorrow will be a good day.

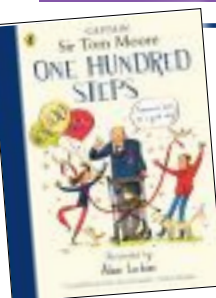
Thanks to our pals at Puffin Books we have five copies of this inspirational picture book to give away, so to be in with a chance to win simply go to ni4kids.com/competitions and answer this question:

Q) CAPTAIN SIR TOM MOORE HOLDS TWO GUINNESS WORLD RECORDS, ONE FOR THE LARGEST SUM EVER RAISED BY AN INDIVIDUAL CHARITY WALK AND WHAT ELSE? A) THE OLDEST PERSON EVER TO EAT THE MOST SLICES OF PIZZA B) THE OLDEST PERSON EVER TO MEET THE QUEEN OR C) THE OLDEST PERSON EVER TO HAVE A NUMBER ONE HIT SINGLE

One Hundred Steps: The Story of Captain Sir Tom Moore, illustrated by Adam Larkum is out now. Published by Puffin, HB £12.99, plus ebook and audio. Dream big, Read Puffin.

Visit puffin.co.uk/DreamBig #PuffinDreamer

T&Cs: Competition closing date: 5pm Friday 13 November 2020. Editor's decision is final. No cash alternative. Due to the current Covid-19 climate, physical prizes may take longer to fulfil. For full T&Cs visit ni4kids.com/competitions.



Parents' Opinion: Trick or Treat?

As COVID-19 places its curse on yet another major holiday this year, there's been a lot of chat (and confusion) at the school gates and on social media about what we now can, and can't, do when it comes to the kids' favourite part of All Hallows Eve. Trick or Treating in 2020 is certainly dividing opinions so we asked our readers how they are planning to keep the spirit of Halloween alive while still staying safe.

Parents had plenty to say on the subject and suggested lots of fangtastic, alternative ways, to celebrate the spookiest night of the year, however others said that they were happy to continue as they'd always done. One responder, **Hex Batkinson**, couldn't see the problem with continuing on with the trick or treat tradition saying, "What is the actual difference between this and getting a pizza delivered?" She added: "This nonsense has gone on long enough. The mental health implications of this carrying on far, far outweigh the danger of this 'virus'." Another, **Gemma Louise Foster** from Lisburn echoed this sentiment, "Don't understand how we can get takeaways etc. but kids not trick or treat? Delivery drivers visit numerous houses handing food to people, and we go to drive-through restaurants so what's the difference?" **Christina Walsh** also felt that with children mixing in schools, trick or treating shouldn't be a problem, stating: "What's the difference in children calling to trick or treat and being handed sweets or lifting sweets from a bucket considering they are already in school mixing with a significant number of children on a daily basis? Furthermore, some children have siblings who may also be in school mixing with different children so why is there such an uproar on trick or treating? It's not like they are going into the person's house." **Christine McKenna** from Belfast voiced her frustration at the situation and said, "The idea of having no trick or treating for kids is ridiculous. You can drop sweets into their buckets with no contact at all. People order takeaways, pass money to a driver and wait for change, there is more contact there than giving a child some sweets. Whole thing is just mad now, makes me angry." Mum **Caillin Hitchen** added, "My child is really looking forward to Halloween and will be gutted if they can't go

out and trick or treat. It's not about the sweets it's the fun of it all." Many of those who replied were happy to share their plans for the half term holiday, including **Sarah Beattie** from Belfast who suggested: "What about teaming up with the neighbours kids and doing a fancy dress parade around the local neighbourhood (6ft apart of course and supervised) with sweet treats when they get home? Plus, it would be a bit of entertainment for the vulnerable and people shielding." **Lindsay Murray** from Bangor explained that she planned on providing individual treat bags for pre-arranged callers with sweets that are bought in wrappers (mini choc bars, boxes of raisins etc) and will leave the bags out for them. **Fran Fine** said she partially agreed with some of the suggestions shared but warned, "Trick or treating involves knocking on the doors of strangers, not knowing their current situation. You could be knocking at the door of someone who is shielding due to their own weak immune system or simply someone, who is very anxious about the whole situation." **Samantha Knox** from Enniskillen urged caution to those still considering going out asking, "You do know how viruses are spread? It's one year off not going trick or treating. Get creative and do other things, it's common sense." **Gillian McConnell** from Bangor also disagreed that people should go ahead with trick or treating plans and added, "I am doing a Halloween hunt for my own boys



in and around our garden. We are getting dressed up, making s'mores, watching a Halloween movie and colouring in pumpkin pictures for the window. Different Halloween celebrations but still lots of fun." **Melanie Ervine** shared her plans, which include having a Boo-gie at home. "A Halloween disco with 'Thriller' and 'Ghostbusters' playing will be great to release some of their energy of sugar overload!"

Mum **Lorna Clarke** has already made plans for a night at home with her daughter, stating, "Having fun at home with a bat piñata and her bat costume. No trick or treating for us this year." **Leigh Camlin** shared her disappointment at putting their fright night plans on hold but looked forward to making up for it next year explaining, "Halloween is cancelled for me this year. As it's the last year in primary school for my son I'm a bit gutted but planning a huge day out next year and I've got the costumes planned as a family. Wouldn't be fair to call at peoples' doors since you don't know how worried they may be. One year without won't kill us."

One popular suggestion during the discussion was from **Corinne Latham** who shared her plans for taking part in a pumpkin trail in which she would be leaving a pumpkin in the window (sticker, poster or a real one, it's your choice) so families walking throughout

the neighbourhood would be able to spot them as they walk by. **Laura Diamond** from Randalstown will also not be trick or treating this year and instead is having her nephew over (as she is his childminder and they are already in a bubble). They are going to carve pumpkins, watch a kids' Halloween movie outdoors and toast marshmallows. Mum **Michelle Robinson** from Belfast believes, "The usual rule of 'if a house has Halloween decorations up and their lights are on then it's okay to knock unfortunately does not apply this year! We plan to have a wee walk around when it gets dark to look at people's decorations and I will give my kids a treat when they spot a pumpkin or witch. I'll be putting up a few extra decorations in my garden for this reason!" And **Emma Loudon** plans to put technology to good use revealing, "We are doing a Zoom trick or treat and have a list of family members already signed up who can't wait to see them dressed up and being silly. I will have a big bag of sweets and will put some in their pumpkin buckets for each trick or treat call they do. We think this is the best of both worlds."

ADVICE FROM THE EXPERTS

The Public Health Agency is urging people to keep safe this Halloween by coming up with new ways to have fun which stick to guidance around staying safe from contracting and spreading COVID-19. Dr Gerry Waldron, Head of Health Protection at the PHA, said: "The past six months have been tough for everyone, so it is important that we take the opportunity to have fun and enjoy ourselves when we can, and Halloween is the perfect opportunity to do this safely. With just a bit of creativity, we can think of new ways to have fun at Halloween which also keep us safe from COVID-19." Dr Waldron added: "We do not advise continuing the tradition of 'bobbing for apples' this year, or going outside to trick or treat within the community, as these are not safe practices this year, as they increase the risk of infection. Sharing of food and sweets can also spread the COVID-19 virus. Face-to-face interactions with older and vulnerable neighbours could also put them at risk. We want people to have fun, but to not become complacent or risk the health of themselves and others by going against guidelines or regulations."

Find the latest guidance and regulations at: nidirect.gov.uk/coronavirus

ni4kids' view

It's magic to see so many imaginative suggestions that will keep the kids spellbound this Halloween and with COVID-19 looming large, surely what's most important is that we all stay safe and reduce the risks of it spreading even further. With over three times as many parents commenting that they will not be taking the kids Trick or Treating, we think it's clear that the majority of families are willing to do things a little differently this year...and realise that with so many alternative ways to celebrate, it can still be a Halloween to remember for all the right reasons!



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Bewitched and Bewildered

Social Media & Your Kids

In the last decade social media has certainly cast a spell on all of us, to the point that we can't seem to even go for 24 hours without the need to like and share something. It's a minefield for adults, never mind trying to navigate the dos and don'ts as children and teenagers, and if the recent Netflix documentary *The Social Dilemma* has got you re-evaluating its effect – especially on young people – then thankfully social media educator **Rubbi Bhogal-Wood** is on hand to help...

A recent report from *Digital Parenting*, revealed that many families are navigating the rapidly changing digital world with little discussion or openness. With concerns about the effect of excessive use of social media on children's wellbeing, especially now during COVID-19 restrictions, it's very timely to share with you some advice on how you can regain control over social media and help

your child to use it in an intentional way. One of the questions I am asked most often is, 'What is the *right* age for my child to have a social media account?'. Well, there is a distinct line between the 'right' age and the 'legal' age. The minimum age limit for Facebook, Snapchat, Twitter, TikTok, YouTube, and Instagram is 13, however, that doesn't stop children bypassing the limits and opening accounts anyway either with, or without, parental permission. A lot of the reasons why tweens and early teens are keen to open up social media channels ahead of the given age limits, aren't too dissimilar to the reasons we as adults want to have them: connection, creativity, and curiosity. They want to feel connected to their friends and family, be in the know with the latest goings on, use their channels to explore and showcase their creativity, or to express their emotions and feelings. Although the age limits are vital, a healthy and successful adoption of social media by your child is predominately based

on the dialogue you have as a parent or carer with them. A lot of parents find this pathway daunting, and that's understandable. From fears around lack of social media knowledge, concerns about online safety, exposure to inappropriate content, cyber-bullying, and more, it can feel like you don't have any control or many definitive answers.



Surrounding all of this uncertainty though is one powerful constant, and that's you. As their parent you have this wonderful and life-changing opportunity to guide them through the digital world that is their here and now, not just the future. You have the potential to help them become safe, responsible, kind humans on social media and beyond. Our ethics and our values as humans are not separated between digital and analogue and

it's along this journey where I come in as the guide for both parents and children. The starting point to help your child experience a fulfilling and intentional social media journey is your willingness to open up the dialogue around the subject when they start to vocalise or demonstrate a desire to have greater access to social media. For many parents though, the first step is often the hardest. That's because they have to admit they lack the knowledge to have a confident chat with their child about social media. Equally, children are resistant to wanting to discuss their online behaviour because they feel their parents just don't 'get it'. In a survey conducted by Digital Parenting, 54 per cent of the parents they interviewed, admitted they were not aware of what their children are doing online, and over half have never actively sought advice about their children's online behaviour. Yet how many of us have drilled into the details when arranging your child's first sleep-over or playdate? But we're okay giving them a device that gives them global access to billions of humans whom we do not know! Thankfully, all's not lost. There are lots of tools, resources,

and advisors out there who can help you to get social media savvy on how each channel works. Plus, as experienced adults, you have what young children may lack - the ability to think critically and interrogate information presented on screen. Imagine the wonderful, positive impact you could have empowering your child to explore social media if they can match their tech knowledge with your critical, worldly thinking. Educating yourself on social media is a game-changer for your relationship and family.

Alongside having done your homework when you decide to have the 'digital chat', it's also worth following these tips:

• Have the conversation in a relaxed, comfortable time and space and have everyone in the family present.

• Remove any distractions or devices.

• Set the tone of the chat as a judgement-free space. Social media-bashing won't get you

Alongside having done your homework when you decide to have the 'digital chat', it's also worth following these tips:

- Have the conversation in a relaxed, comfortable time and space and have everyone in the family present.
- Remove any distractions or devices.
- Set the tone of the chat as a judgement-free space. Social media-bashing won't get you

very far. Remember your own experiences when you were younger, and your parents forbade you to do something or talked badly about an activity you were passionate about.

- Create a set of simple, family social media/tech rules together. Grab big pieces of paper, coloured pens, stickers and let your children write up the rules you decide on together.
- Think about the physical rules such as what times of the day you can use social and for how long; permitted channel access; cut-off time before bed; where to store the family devices e.g. a family tech box located in a shared living space; tech-free activities you can do together.
- Consider spiritual, heart-led pledges such as being kind and empowering when on social, sharing news about wonderful content or accounts you discover.



Overall, be mindful of dictating to your children. Making them a part of the collaborative decision vastly increases the chances of it succeeding. Once you've set the family rules, be sure to demonstrate your commitment to them and lead by example. Many children I speak to often refer to their parents' digital hypocrisy – telling them to put down a device while simultaneously using theirs. This causes confusion, frustration, and creates communication blockages which can damage the chances of them opening up to you when they most need to. As digitally conscious parents, you must do more than just say 'you can talk to me'. Knowing you are available to speak with, that when they turn to you, you'll put down your device, make eye contact and be ready to listen without criticism is powerful. They might not be interested but show them the type of accounts you follow and why. Knowing what you get from following and engaging with chosen accounts and what that adds to you as a person, is a great way of helping them to realise that there is a vast selection of accounts

“EVEN WITH AN EFFECTIVE FAMILY PLEDGE IN PLACE, IT'S STILL IMPORTANT TO BE ALERT TO SIGNS THAT SOMETHING MIGHT NOT BE GOING WELL WITH YOUR CHILD'S EXPERIENCE ON SOCIAL.”

they can choose to follow in order to enhance their personalities, beliefs, and interests. And don't worry if you or someone in the family messes up. Call it out, acknowledge it, and refer back to the family pledge to get you or your child back on track. No-one is perfect and it's all about creating a supportive atmosphere. Even with an effective family pledge in place, it's still important to be alert to signs that something might not be going well with your child's experience on social. Be aware of changes in behaviour, unusual signs of anger or frustration, or if they are quieter or more reserved than normal.

Lean on your instincts and come back to demonstrating that you're ready and open to listen to them. Consider when you can approach your child, ideally at a time that you both feel relaxed and there no distractions. For younger children this might work around bath or bedtime. Often doing such activities involving tactile moments children feel more relaxed and at ease to discuss what's on their mind. For older children, going for a walk, or watching a shared interest TV programme, again, provides them with an emotional safe space to open up without the pressure of you demanding they talk to you. As we do our best to navigate our family lives through a COVID-19 world, social media will continue to play a big part in it, connecting digitally when we aren't able to do so in person. Rather than fighting against it, embrace the strengths that lie within social media for you and your children. Commit to doing the research and start those open conversations.



Rubbi Bhogal-Wood is known for her down-to-earth, solid social media advice that supports parents and children in their social media habits, and her mantra is 'you control social, not the other way around'. Rubbi regularly speaks on LIVE social media channels, podcasts, and panels, and hosted her first TEDx Talk in July 2019, discussing social media and mental health. If you'd like tailored advice you can contact Rubbi via wildandformdigital.com or follow her @wildandformdigital

VICTORIA SQUARE

BELFAST

WIN A £250 GIFT CARD FOR VICTORIA SQUARE

Celebrate the spooky season in style by getting your claws on a magical gift card* for Victoria Square, Belfast, worth a screaming-about amount of £250!

Fly around 50+ stores picking up all your favourite treats – no tricks – and enjoy guilt-free shopping fun with your little witches or wizards!

To be in with a chance to win, simply search through all the pages of this magazine and tell us how many Vic the Victoria Square pumpkins you can spot hiding! Once you've found them all visit [Ni4kids.com/competitions](https://ni4kids.com/competitions) and tell us the total!

HAPPY HUNTING! GOOD LUCK!

Whatever the occasion, give the gift of choice with a Victoria Square Gift Card. Accepted in stores, restaurants and the Odeon Cinema it's the perfect present for anyone. Available at the Customer Services Suite Tel 028 9032 2277 or online at <https://victoriasquare.boxxed.com/Shopping>

Terms and Conditions: Closing date for this competition is 5pm on Friday 13 November 2020. One winner will be chosen at random. Editor's decision is final, and no correspondence will be entered into. No cash alternative. Competition is open for entry by individuals who reside in Northern Ireland. No purchase required for entry. For full terms and conditions please visit ni4kids.com/competitions. *Gift card cannot currently be redeemed in Hays Travel and Yo! Sushi.

Let's Talk About... DLD

Imagine sitting in a classroom unable to understand what is being said but being expected to achieve the same as your peers. Welcome to the life of the two children in the average classroom who are faced with this reality every day. Limited awareness of Developmental Language Disorder (DLD) amongst educators and the general public means these children are being overlooked and the lifelong impact can be devastating. This is tragic because with the right support people with DLD can thrive!

One in 14 children have DLD and they feel invisible

DLD refers to difficulties learning language and it affects approximately 7 per cent of the population. This makes it seven times more common than autism and 46 times more common than a childhood hearing impairment. Children with DLD may need instructions and questions repeated or simplified. They may find it difficult to get their message across, because they may have a smaller vocabulary and they struggle to put together grammatical sentences. This can make it difficult for them to join in conversations with others and fully participate in classroom discussions. DLD causes difficulties with speaking, understanding and reading – with high risk of dyslexia. The complexity of DLD means that it can have a serious and long-term impact on development, which is why it is vital that we #DLDSeeMe. People with DLD are six times more likely to suffer from anxiety and three times more likely to have clinical depression. They are also at significant risk of struggling with reading, spelling and mathematics. Although DLD is a common condition affecting many areas of life, children with DLD are unlikely to receive access to support services, particularly for girls. DLD has also received significantly less research than other conditions. Dr Karla McGregor, RADLD International Committee Member and Director, Center for Childhood Deafness, Language & Learning – Boystown National Research Hospital said: “Children with DLD are not receiving the attention they deserve from our profession. Laypeople are unaware of the importance of spoken language development. Parents of children who have DLD do not have the words to label

it, talk about it, or understand it. For decades, we have known that too many children are going unidentified and that some children are particularly likely to be missed. For decades, we have known that too little research is devoted to DLD. These problems – lack of awareness, lack of service, and lack of research – feed each other. A paradigm shift is needed.”

There are many strategies that can be used to help children with DLD. We can simplify our language by using shorter sentences and avoiding complex vocabulary; this will make it easier for children to understand what we're saying. To support children's expressive language and confidence in talking, we should avoid correcting the child's mistakes; instead modelling how things should sound, e.g. Child: “I felled and hurted my knee”, Adult: “Oh dear, you **fell** and **hurt** your knee.” If you have concerns that your child, or a child in your class, is experiencing difficulties with their speech and language skills, contact your local speech and language therapy department. Getting support from the right professionals can make a huge difference!



Children at Castle Gardens PS, Newtownards, celebrate DLD Day in their class bubble.

Calling on people around the world to #DLDSeeMe

Raising Awareness of Developmental Language Disorder (RADLD) is an international organisation helping to increase awareness of this hidden, but common condition. Friday 16 October 2020 was DLD Awareness Day and this year's campaign theme was 'DLD – See Me' as families, teachers, speech and language therapists and other professionals came together to make DLD visible to the world, because no one should feel invisible. Now in its fourth year, DLD Day is celebrated annually around the world.



A pupil from Knockmore Primary School, Lisburn, demonstrating use of Snack Vocabulary Choice Board during Silent Break

The Speech and Language Therapy Department in the South Eastern Health and Social Care Trust has joined the campaign to raise awareness of DLD, as the team have first-hand experience of how DLD impacts children in Northern Ireland, and how the right support can make a positive difference to their lives. Castle Gardens Primary School in Newtownards and Knockmore Primary School in Lisburn both have dedicated classes for supporting children with speech and language difficulties. To mark DLD Awareness Day this year, they took part in a 'Silent Snack'. The children had to be creative in the ways they communicated, using pictures, signs and gestures to get their message across. It is hoped that this will help the pupils understand a little of what it is like to live with a communication difficulty every day and the frustration and challenges that can create.

The website **radld.org** features fact sheets in more than 27 languages, quizzes and free up-to-date information for health professionals, educators and families.

Jenny Houston is the Lead Speech and Language Therapist at Knockmore Primary School, Lisburn. This article was written with support from the Raise Awareness of Developmental Language Campaign. Find out more at radld.org or email Shaun Ziegenfusz at hello@radld.org.au

VIRTUAL

COFFEE & CATCH-UP



Photography by Caroline Tompkins

How to Catch a Star, Lost and Found, Stuck, or Once Upon an Alphabet. Northern Ireland's **Oliver Jeffers'** critically acclaimed books – including the highly regarded *The Fate of Fausto* – have sold over 14 million copies in 46 territories worldwide. Now, the recipient of some of children's books highest accolades is back with an enchanting new story about a father and daughter who set about building memories to cherish, a home to keep them safe and love to keep them warm.

INTERVIEW BY NADIA DUNCAN

Q) Describe yourself in only five words?

Makes art. Tells stories. Pizza.

Q) The last six months have been a turbulent time for everyone, but how was life in lockdown for you and your family?

It was turbulent, but static. Same for most people. We had the added advantage of being caught midway through a year off travel and decided (with six hours' notice) to head to Belfast for lockdown – where we've been ever since! The apartment we are in was designed for a couple enjoying a week in the city though, not a family of four for seven months, so while we've made the most of it, we're out of space!

Q) One of my favourite social media posts of this summer was the one you wrote, after a rubbish day, about you and your kids. Can you do a brief re-cap of that moment and explain what happened and how you were feeling?

I felt a bit low after watching my TED talk go out online. A few days prior we'd watched the film premiere of *Here We Are* [a short animation for Apple TV starring Meryl Streep and Chris O'Dowd about a precocious seven-year-old who, over the course of Earth Day, learns about the wonders of the planet from his parents and a mysterious exhibit at the aptly titled Museum of Everything]. It was supposed to be a huge global affair with a big launch party etc. but instead we saw it from the same living room we'd spent every waking hour in for the past six weeks. The TED talk was supposed to have been a

whole big to-do in Vancouver, hobnobbing with the great and the good, but was instead done via my laptop in the bedroom. I felt an urge to work but my studio is 3,000 miles away, and our children weren't interested in my doing anything without them. I took them for a drive to give my wife some space, and an ad came on the radio advising parents of young children in lockdown to not wish it away as they grow up too fast. The message hit home and I changed my outlook from that moment on.

"An ad came on the radio advising parents of young children in lockdown to not wish it away as they grow up too fast. The message hit home and I changed my outlook from that moment on."

Q) You wrote *Here We Are* for your son Harland (5) and now, your new book about a parent's boundless love, *What We'll Build*, for your daughter Mari (2). What was your inspiration and how do you hope that the next generation can change the world?

The inspiration for this book was pondering a future relationship with someone who'd only just got here. *Here We Are* was about explaining the world as it is, while trying to deal with the mindset shift from not being a parent to being one. With the second, you've already gone through that so you can go to the future in your head earlier. Also, she is the first female Jeffers in four generations, so I was contemplating a changing world, and made during the rise of the #metoo movement, wondering how her future might be different and better from those who came before her. It occurred to me that I have a part to play in shaping that future.

Q) You've been living in New York for many years and have been very open about your feelings, and opinions, on some of the issues going on in America right now. How do you find life as a New Yorker?

We have actually moved back, for now anyway, for myriad reasons. I've always loved life as a New Yorker. It requires a lot of energy, and the inspiration can quickly become distractions, so it can wear you down. Politically, most people who live in New York consider themselves as New Yorkers before being American and it has always felt massively inclusive and progressive. Most

major cities are like that though, as people are confronted with the tame and harmonious reality of the unknown, rather than living in fear of your imagination of something you've never actually encountered.

Q) You've had such a wonderfully successful career and every new book is a joy. What's the next step in your journey – are we hopefully going to see some more movie adaptations? What are your thoughts for future projects?

I plan to do more of the same but a little slower and lower for a bit while I spend time with my family.

What We'll Build: Plans for Our Together Future by Oliver Jeffers is out now. Published by HarperCollins Children's Books. Hardback £14.99, also available in ebook/audio.



HOST A FRIGHTFULLY-GOOD HALLOWEEN HOOLIE AT HOME!

Click [here](#) for our top Halloween playlist to BOO-gie on down to.

Just because it's not Halloween exactly as we know it, that doesn't mean we can't have a terror-ific time together! Turn these pages (if you dare) to discover creepy crafts, spooky snacks and ghoulish games galore to make this family fright night one to remember!

THRILLING THEMES

First thing's first: find a theme. There's plenty to choose from and it doesn't take a lot of work to pull it together.

HARRY POTTER: Always popular and not just at Halloween. Make up your own version of Butter Beer, choose which house you belong to and watch out for the Dementors! Click [here](#) for some spellbinding suggestions to get you started.



MONSTERS' BALL: It's all the fun of a regular party but with a Halloween twist. Come up with ways to turn regular sweet treats into gruesome goodies. Strawberry laces can be, for one night only, 'intestines'. Skittles or Smarties are now 'spiders' eggs'. The only limit is just how disgusting and imaginative you can be!

AREA 51: The truth is out there...and it's an alien party! Embrace all things extra-terrestrial and have some sci-fi fun. For some out-of-this-world ideas click [here](#)

MAD SCIENTIST: Kids love creating and what better way to get them involved than setting up a kitchen 'lab'? From edible slime (recipe [here](#)) to 'radioactive' punch you can even eat your creations at the end of it! Just hope you don't give them any ideas about taking up a career as Dr Frankenstein.

MURDER MYSTERY: There's a killer on the loose and it's up to the kids to solve the crime! The victim could be a toy with a dark secret. Leave a few clues dotted around the house, a word search or even a cipher, that they need to crack and you've got hours of eerie entertainment for the whole family.

THE GAME IS AFOOT!

Whatever your theme, it doesn't take long for kids to get bored so make sure to have more than one of these activities organised or it's going to be a quick party!

TOILET ROLL MUMMY: This toilet paper game is cheap and cheerful and is simply a race between two teams to see who can wrap themselves up with the toilet paper and look like a mummy the quickest.

APPLE-EATING CONTEST: With all those sweet treats around, this is definitely the game you need to sneak some healthy food into the evening. Simply tie an apple on a string and hang it from the middle of a doorway. Whoever can eat their apple the quickest – with their hands behind their back – wins.

PIN THE TAIL ON THE WEREWOLF: Pretty self-explanatory and easy to set up. Get crafty and draw a werewolf on some cardboard (get the kids to help) or cut out a picture and attach it to the wall. Use more cardboard to fashion a tail and add some double-sided sticky tape to it. Take turns trying to pin it on the correct place on the werewolf while blindfolded. The closest wins, but be warned – it's harder than it looks.

BAT BOWLS: Recycle and have fun! Paint your used tin cans (don't forget to wash them and remove the labels first) and paint them black. Add googly eyes and cut out some paper wings to stick on so you've got your very own colony of bats. Stack them up, then use a tennis ball, or similar, to knock them down. If bats aren't your thing, then use whatever creature matches your theme – or mood – and don't forget to keep score.



SCAVENGER HUNT: Print off some Halloween-themed images online and hide them around the house. Give the kids the list of creepy characters they need to find and let them loose! The first to find all the pictures on their sheet wins.

DREADFUL DIY DECORATIONS

Add some creepy crafting to your fun by making some petrifying puppets!

What you need:

- paper lunch bag
- acrylic paint (colour of your choice)
- coloured paper
- markers
- scissors
- glue

Instructions:

1. Paint the front and bottom of your paper bag with the colour of your choice. Let it dry completely. After painting the bag, open it up to dry so any paint under the bottom flap of the bag doesn't make the bag stick together.
2. Use your coloured paper, cut out shapes and markers to design a unique monster.
3. Let your creativity take over! Think eyeballs, teeth, fun patterns, pointy ears and horns. You can even add a silly tongue and some long eyelashes to finish it off.



GHOULISH APPARITIONS

What you need:

- Cotton balls
- Glue
- Black card
- String

Instructions:

Glue together cotton balls to whatever size and shape you want your ghost to be, cut out circles and a creepy mouth from the black card and arrange on the ghost's 'face'. Glue on some string and, when it's completely dry, hang it somewhere to surprise unsuspecting members of your family.



GHOSTLY MILK CARTONS

What you need:

- Empty, plastic milk carton
- Black sharpie
- Battery-operated LED lights or glow stick

Instructions:

Wash out the empty milk carton and remove the label. Draw a spooky face on the front. Drop in the lights or glow stick and place them somewhere dark to see them in their full glory.



CRAZY COSTUMES

Why not make dressing up a family affair this year? Big to small, these pics will definitely make you smile time and time again in years to come...

WIZARD OF OZ: Dorothy, the cowardly lion, scarecrow, the tin man, a flying monkey or even the wizard himself. There's plenty of characters to choose from in this classic tale.

THE ADDAMS FAMILY: It wouldn't be Halloween without this wonderfully weird family.

THE INCREDIBLES: We think all families coping with this crazy year are superheroes so why not make it official this Halloween!

TOY STORY: Always a family favourite, if you've got a cowboy hat knocking about then you're already halfway there with Woody. There's also Buzz Lightyear, Bow Peep, Gabby Gabby or Forky to choose from.



GLOW-IN-THE-DARK STICKMEN:

Over lockdown, we all saw those hilarious videos of people sticking glowsticks over their black clothes and dancing with the lights off so they could pretend to be funky stickmen. Why not make your own and have a dance party with the whole family!



FREAKY FACTS:

1. Famous magician, Harry Houdini, died on Halloween night in 1926.
2. Halloween is one of the world's oldest traditions, it began in Ireland and dates back 2000 years to the Celts who called it Samhain.
3. Today, Halloween is the second most-expensive day in the year after... you've guessed it, Christmas.
4. The name 'witch' comes from the old Saxon word 'wica' and it means 'wise one'.
5. The fastest 100 metres paddled in a

pumpkin was 2 min 0.3 sec. The achievement was set by Dmitri Galitzine who sat in a carved-out pumpkin (that weighed 272.16 kg / 600 lb) and used a kayak paddle to travel those 100m in the waters of Trafalgar Wharf, Hampshire, UK.

Eerie Eats

Sink your fangs into these oh-so-easy-to-make terrifying treats and spooky snacks!

WHITE CHOCOLATE GRANOLA BARK HALLOWEEN GHOSTS

Perfect for a Halloween at home, these white chocolate granola bark ghosts are the ideal sweet treat.

INGREDIENTS

350g white chocolate
50g of Lizi's Original Granola
30 Sugar eyes for decoration
Raisins to decorate

METHOD TO MAKE 15 GHOSTS

1. Using some non-stick baking paper, draw ghost shapes on the back. 2. Break up the white chocolate into chunks and place in a heatproof bowl. 3. With the hob on a medium heat and place the heatproof bowl over a pan of barely simmering water. Be careful that the water doesn't boil and avoid over stirring. 4. As the chocolate starts to melt, lift the bowl off the heat and stir the chocolate gently. 5. Leave the bowl of melted chocolate on a heatproof surface for the chocolate to cool a little to room temperature. 6. Lay the baking paper with the ghost drawings on to a large flat baking tray with the ghosts face down. 7. Using a teaspoon, spoon two teaspoons worth of the chocolate into the middle of the ghost shapes, using a clean teaspoon to nudge the chocolate to fill the ghost outline. 8. Repeat until all the ghosts are filled with the chocolate. 9. Returning to the first ghost, add another layer of chocolate on top in the same way with the teaspoons so that the ghosts are thicker. 10. Put the 50g Lizi's Original Granola into a jam jar and with a clean teaspoon, sprinkle some of the granola across the bottom of the chocolate ghost. Start with the first ghost you made and continue until all the ghosts have a covering of granola. 11. Press on two of the sugar eyes and a raisin/nut for a mouth into the chocolate to give the ghosts their spooky faces. 12. Carefully put the whole tray of ghosts into the fridge to set for at least six hours to overnight. Enjoy!

Lizi's Original Granola: RRP £3.69 for 500g, available from Tesco, ASDA & Sainsbury's.



Monster Mash Meals

The delicious award-winning 'field to fork' vegetable accompaniments from Mash Direct are perfect for creating easy, nutritious, spooky serves for your little (and big) monsters!

CREEPY CARROT, PARSNIP AND PUMPKIN SOUP

Serves: 6. Cooking Time: 45 minutes

Ingredients:

1 pack of Mash Direct Carrot & Parsnip Mash, 1 medium onion (diced), 2 sticks of celery (chopped), 2 tsp fresh ginger (finely chopped), 3 cloves garlic (minced), 2 cans vegetable or chicken broth, 1 pumpkin (peeled, deseeded, diced), 1 cup of water (more if needed), 1/4 tsp dried thyme, 1/4 tsp ground cumin, Salt & pepper to taste, Heavy/whipping cream or fat free sour cream

Method:

1. Sauté the onion and celery in a large pot on a medium heat for five-seven minutes.
2. Add the ginger and garlic to the pot, stir, and cook for two minutes until fragrant. Add the Mash Direct Carrot & Parsnip Mash, vegetable broth, pumpkin, water, dried thyme, cumin, and salt & pepper to taste.
3. With the lid slightly ajar, simmer the soup on medium-low heat for about 30 minutes or until the vegetables have softened. 4. Let the soup cool slightly, then purée in batches using a blender. If the soup is too thick, add water to thin it out a bit. 5. Serve with a swirl of fat free sour cream if desired. For the spooky season, the spider web design can be made using a wooden kebab skewer.



SCARY STUFFED JACK-O-LANTERN PEPPERS

Serves: 4. Cooking Time: 20-25 mins

Ingredients:

4 large orange bell peppers, 1 packet of Mash Direct Mashed Potato, Crumbled bacon, 3 chives, Grated cheese, Sour cream

Method:

1. Heat oven to 180 degrees °c.
2. Using a sharp knife, slice the top off each bell pepper horizontally. Set tops aside (do not discard!) and remove all seeds. Rinse the peppers and pat dry. 3. Use a small knife, cut holes in the exterior of the peppers to make Jack-O Lantern faces. If the peppers don't stand up right, use the knife to slice a small amount from the bottom. 4. Lightly grease a small sheet pan. Arrange the peppers and lids on the pan and cook in the oven for 20 – 25 minutes, or until the peppers are cooked, but still firm. 5. Remove the peppers from the oven and allow to cool while you make the filling.
- Method for filling:** 6. Cook the Mash Direct Mashed Potato according to package instructions. 7. Add the bacon, sour cream, cheese and chives. Mix gently to combine. Add salt and pepper to taste. Scoop the potato mixture into the peppers evenly. 8. Place a top onto each stuffed pepper and serve with a big jack-o-lantern smile!



Witches Cats & Hats

Purrrfect for Halloween or any other witchy-themed occasion. Look for different shapes of cat cutters and edible Halloween sprinkles in green, orange and black in cake-decorating stores or online suppliers.

1. First, prepare the gingerbread. 2. Beat together the golden corn syrup and egg yolk in a small bowl. 3. Sift the flour, baking powder, spices and salt into a food processor (or into a mixing bowl) and add the butter. Use the pulse button to process the mixture (or rub the butter into the flour mixture with your fingertips). When the mixture starts to look like sand and there are no lumps of butter, add the sugar and pulse (or mix with your fingers) again for 30 seconds to incorporate. With the motor running, add the egg-yolk mixture and pulse (or mix with a wooden spoon) until starting to clump together. 4. Tip the mixture out onto a very lightly floured surface and knead gently to bring together into a smooth ball. Flatten the dough into a disc, wrap in clingfilm wrap and chill for 1–2 hours. Preheat the oven to 170°C (325°F) Gas 3. Dust a clean surface and roll the gingerbread 3 mm thick. Using the cutters, stamp out cat and hat shapes and carefully arrange them on the prepared baking sheets allowing plenty of space between each one. Gather the dough scraps together, knead lightly, re-roll and stamp out more cookies until all the dough has been used up. Bake the gingerbread in batches on the middle shelf of the preheated oven for 10–12 minutes or until the edges are just starting to brown. Leave to cool on the sheets for about 5 minutes before transferring to a wire rack to cool completely. Prepare the royal icing. Leave two teaspoons of the icing in the mixing bowl and cover and set aside. Put 3–4 tablespoons in a small bowl and tint this green using the food colouring. Cover and set aside. In a third bowl tint the remaining icing black. Fill the pastry bag with the black icing and pipe a fine line around the edge of each cookie. Leave to dry for at least 10 minutes. Flood the insides of the outlines with black icing. Tip the orange and black sprinkles into a saucer and dip the bottom edge of each hat in the sprinkles. Leave to dry for 20 minutes. Fill another pastry bag with the reserved green icing and pipe a green band around each hat and a collar on each cat. Carefully sprinkle orange and green sanding sugar on the hat bands. Give each cat a set of white eyes, using the reserved white icing and dot with a little black icing. Leave to dry completely before serving.

BASIC SPICED OR CHOCOLATE GINGERBREAD

- 2 tablespoons golden syrup
- 1 large egg yolk
- 200 g plain flour, plus extra for dusting
- ½ teaspoon baking powder
- 1½ teaspoons ground ginger
- 1 teaspoon ground cinnamon
- ¼ teaspoon freshly grated nutmeg
- a pinch of salt
- 100 g unsalted butter, chilled and diced
- 75 g light muscovado or light brown sugar

TO DECORATE *Makes 10–12*

- plain flour, for dusting
- 1 quantity Royal Icing
- green and black gel or paste food colouring
- orange and black sprinkles
- orange and green sanding sugar
- cat and witches'-hat pastry cutters
- baking sheets, lined with baking parchment
- 2 small pastry/piping bags, fitted with a fine writing nozzle/tip



Recipe courtesy of *Magical Animal Cakes* by Angela Romeo and Annie Rigg, published by Ryland Peters & Small (£12.99)
Photography by Tara Fisher © Ryland Peters & Small

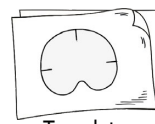
CRAFTY KIDS: MAKE A HALLOWEEN MASK

In association with



Create a mask for Halloween using cardboard and various materials to decorate and bring it to life. Are you going to transform into something real or imaginary? A creature, a monster, a classic Halloween character, a character from a film or book? The possibilities are endless, with your imagination and creativity you can become anything.

YOU WILL NEED:



Template



Cardboard
(various types e.g. corrugated, cereal boxes, shoe boxes, thick and thin.)



A pencil and scissors



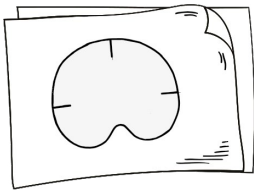
Stapler and or
masking tape



Glue and brush

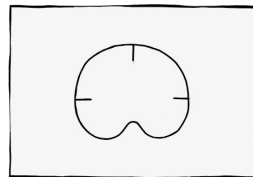


Decoration e.g. tissue paper,
pipecleaners, textured and
coloured paper.

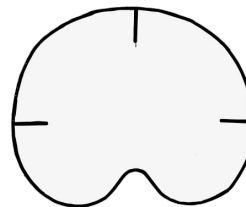


Use the template to
trace mask out onto
cardboard.

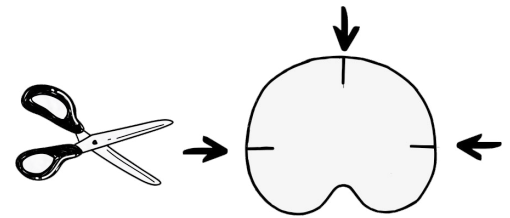
Download here



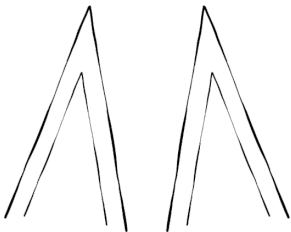
Draw slots roughly 3cms into
mask at both sides and at
top.



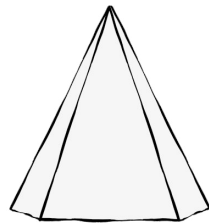
Cut mask out.



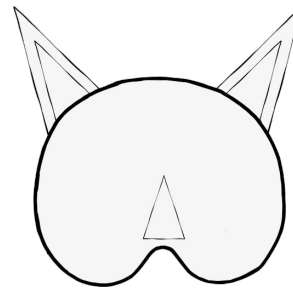
Cut into slots and push them together
to overlap them and tape down. Use a
few layers of tape.



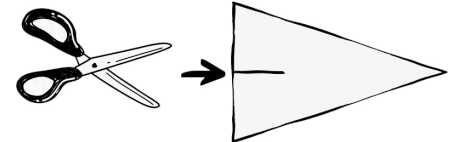
Now to design features e.g. ears,
nose, eyebrows, eyes etc.



Design a nose if your creature has
one. Draw any shape you want
the nose to be out of cardboard
or use video for reference. You
can use cardboard tubes for
noses also.



Cut out nose shape, fold and
bend over the side of the
cardboard nose to create a 3d
nose. Cut slots into nose to
create tabs to attach the nose
onto the face and tape onto
the face.



For ears you can cut out any
shape you wish. Draw and cut out
your ear shapes. Draw and cut a
slot up at the base of each ear,
in the middle of the ear. Overlap
and tape down to create a 3d ear.
Then tape the ears onto the mask
to attach them.



Draw out any other features you
want like eyes, eyebrows using
cardboard and stick down using
masking tape. You can fold over
tape to create double sided tape (as
shown in video) to stick things down
or just use tape on top as normal.



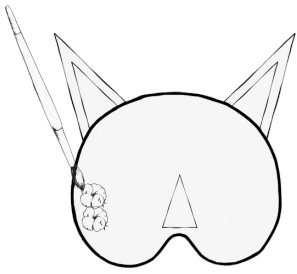
Add any other things like hair,
feathers, horns etc you might
want using cardboard to
create and build up attaching
with tape.



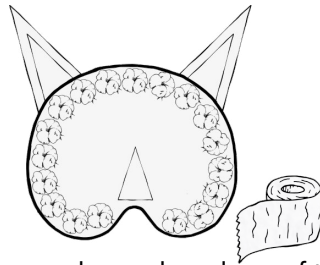
Make sure everything is
secured down with a layer or
two of tape.



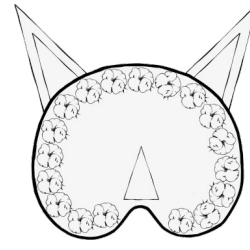
To decorate, cut up tissue
paper into small squares.



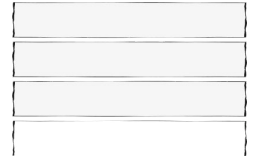
Doing a small part at a time, use a brush to add glue to mask and add the tissue on top. Add another layer of glue on each piece of tissue to keep it secure and flat. The order should be glue, tissue then glue again as you cover.



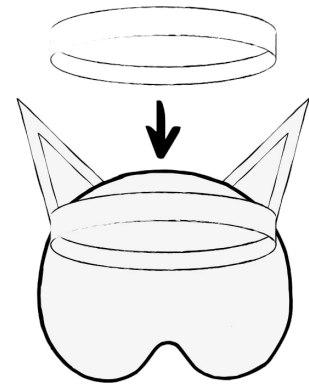
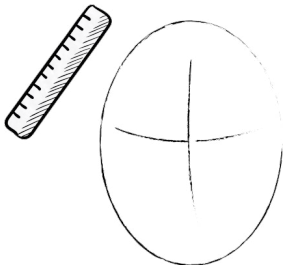
Once you have a base layer of tissue down you can add other types of paper now that you wish to use or decoration. You can fold, bend, curl and fringe paper to create different textures and looks. You can use tape and tape bits to the inside of the mask or glue down any bits you want to add.



Leave to dry and make the headband.



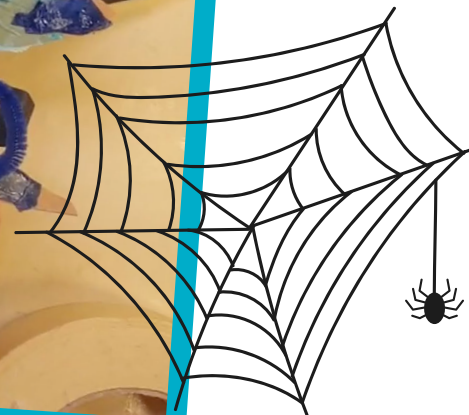
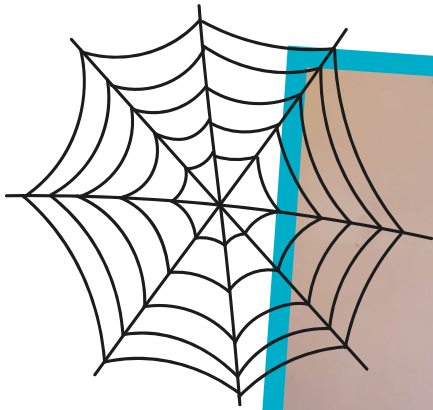
To make headband use strips of card around 5/6 cms thick. If you don't have a long enough strip of card to fit around head cut four strips and add strips together using tape or staplers to create a longer piece.



Using the long strip you've created, measure it around your head, hold the strip in place where it fits perfect, take it off your head and tape down.

Get another strip of card and attach to the headband with tape, bending over the top of headband to form a helmet.

Once mask is dry attach onto the headband. Put mask on table facing down and place headband into mask so it fits, sides reaching cheeks and top of mask meeting the top strip of headband. Tape down to mask using a few layers of tap until secure. Your mask is now finished.





Life Goals

As if he wasn't busy enough already interviewing major musical artists such as Coldplay and Snow Patrol, DJ, broadcaster and producer David 'Rigsy' O'Reilly has now added yet another achievement to his long tick list of talents by writing his debut children's novel inspired by his lifelong love of the beautiful game, and now his beautiful baby daughter Lottie. Ni4kids editor Nadia Duncan caught up with David to chat about his passion for football, books, and becoming a dad during lockdown.

Not just content with playing for his local team, Newtown Forest, and being a dedicated follower of Glentoran and Manchester United, David co-founded and coaches the real-life Belfast Ravens, which now has two adult teams playing competitive football in the Northern Ireland Women's Football Association. Remembering how it all came about he explains, "My big passion has always been grassroots sport, being involved in the team camaraderie.

I had organised a charity football event at Crusaders FC, Seaview, for many years and the women's team was always regarded as a bit of a novelty. One year we didn't have a women's team in the competition and I tortured my wife Lisa and her friends to take part. They really enjoyed it, so that then turned into getting together

for a kick around once a week. It was supposed to be casual, but of course I got involved and blew it all out of proportion and before long we had matches arranged. Six months later I was meeting with the NIWFA to try and get us affiliated and now we have two teams!". He laughs, "It's become a bit of a monster but the energy around the team is absolutely incredible and I'm thrilled to be a part of it. All the negativity associated with men's football, high wages or corruption, just isn't there in the women's game and The Belfast Ravens have now become such a big part of my life." In fact, word has spread and the team has been so successful there is now a long waiting list hoping to sign up.

On that point David agrees, "There are a lot of women who want to be involved and women's football has come so far and had great publicity over the last few years. There is a big appeal now about it that didn't exist before, but in terms of the number of teams around there's a lot less opportunities for a woman in her 20's to join a game compared to men, which is why, as a beginners team, the Belfast Ravens have been so popular."

And does he have any advice for young children who also dream of football glory one day, "Whether you're the star player or a substitute who only plays a few games, it's an incredible thing to be part of a team and the buzz you get when you win is no different on an under 12s team than Man United in a European Cup game. And when you lose it's beyond character building. The Ravens are more than just a bunch of people who get together to play a sport, they really look out for each other and have become another family."

The new dad is now discovering the joys (and terrifying bits) of having a family of his own to care for. What are his thoughts on parenthood so far? "I've loved it so much. We are so grateful to have Lottie, especially during lockdown. On a practical level she gave me a routine and a reason to get up every morning. She's also been the best way to distract us from the horrors of 2020. We were

"Whether you're the star player or a substitute who only plays a few games, it's an incredible thing to be part of a team and the buzz you get when you win is no different on an under 12s team than Man United in a European Cup game."

lucky in that Lottie was born in February, so we just missed full lockdown, but we only had five or six weeks of normality with her before it all started. I'm not complaining but we didn't get that respite of childcare from family and being able to leave her with her grandparents for a few hours while you try and catch up on some sleep, but really the toughest part of being a new doting dad was not being able to show her off more!"

As a child himself, from the age of five, he confesses that his dream was to one day walk out on the pitch at Old Trafford but despite plenty of enthusiasm, he admits that he was never the kid picked first to play for the school team, and even at a young age he soon realised that perhaps his career path lay in another direction. "I was sent to piano lessons all my life and I was always in the school orchestra. Back then it felt like extra homework, but I stuck with it as I recognised that, unlike football, I actually had a flair for music which I went on to study at Queen's University. I do not want to turn out to be a pushy parent with Lottie (unlike Lottie's dad in the book) but I will insist that she learns to swim and I do hope she has inherited some of my musical ability – it gave me my career and I always have a backup of teaching children piano if all else fails."

So how did the boy from Newcastle, County Down, end up interviewing the biggest bands on the planet and playing music for thousands at major festivals? "My mum and dad were a bit traumatised by my choices. I didn't want a regular 9 to 5 job, not sure why, but I knew that I wanted to do something a little bit left of centre. After University I hustled for gigs and wrote for my local newspaper to build up a portfolio and thankfully, after a lot

"I hope one of the key takeaway messages that kids get from reading it is to try and not put too much pressure on yourself."

of hard work, it all turned out okay. I think being successful is just as much about having drive and enthusiasm as talent. I'm most proud of the fact that despite the odds I stuck with it and I'm very lucky because I love what I do."

Talking of what makes him happy, reading and getting lost in a book is another passion and now his thoughts on football, books and becoming a dad to eight-month-old Lottie have all been combined and resulted in his first novel for children aged 10-14, *Lottie the Raven*. "I was a very awkward, confused and accident-prone teenager so I drew on my own traumatic school years when creating the character of Lottie! Although thinking about the future for my daughter Lottie, the dad in the book is who

I do not want to turn into! I hope one of the key takeaway messages that kids get from reading it is to try and not put too

much pressure on yourself – as that's what I did when I was young. For example, once when trying to deal with bullies in school my tactics were terrible. I did try and stand up to them but I really didn't know how to. There's a character in the novel, Lottie's best friend Amy, who is really sensible and supportive to her and gives her great advice for life, which is to stop worrying about everything and just try to do everything with a smile. The football aspects of the book are partially inspired by my experiences both as a low-level player and later coaching the real-life Belfast Ravens. I've seen the positive impact that women's football has had on our team members – in terms of fitness, competitiveness and mental health – and I wanted to write '*Lottie the Raven*' to inspire future generations to have the confidence to get out and give football a try."

'*Lottie the Raven*' by David O'Reilly is out now (£6.99) and is available to buy from lottitheraven.com



WIN A SIGNED COPY OF LOTTIE THE RAVEN PLUS A BELFAST RAVENS WATER BOTTLE!

You've just read all about it and now this is your chance to score not only a signed copy of David's new book, but also a footie-fantastic Belfast Ravens water bottle!

Set in Belfast and suitable for readers aged 10-14 and football fans of all ages, this funny, heartfelt novel sees Lottie juggle school, first love, a bully on her team and a pushy (but well-meaning!) dad, plus the rollercoaster adventures being the star player for her beloved team the Belfast Ravens.

To be in with a chance to win one of five signed copies of '*Lottie the Raven*' by David plus a fabulous Belfast Ravens water bottle, simply visit ni4kids.com/competitions and answer this question:

Q) What is the name of Lottie's best friend in *Lottie the Raven*? Good luck!

T&Cs: Competition closing date: 5pm Friday 13 November 2020. Editor's decision is final. No cash alternative. Due to the current Covid-19 climate, physical prizes may take longer to fulfil. For full T&C's visit ni4kids.com/competitions.

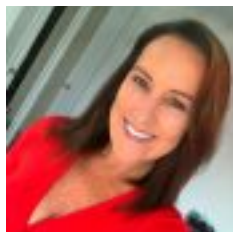


STYLE COUNSEL

HALLOWEEN COLLECTION

WITH STEPHANIE BERKELEY

NI4YOU
in association with



Is it me or does it feel like it's been Halloween since 23 March this year? We welcomed 2020 with champagne and fireworks, and less than three months later we were locked up, fed horror stories and made to wear masks! It's going to take something pretty spooktacular to make Halloween 2020 memorable!

Don't get me wrong... I love Halloween – I mean, I don't ever need an excuse to wear black leather trousers (I recommend Spanx), a leather jacket (Have you seen Sara O'Neill's new Roisin Dubh studded leather biker jacket – hands off folks! I NEED that in my life) and an Alexander McQueen skull scarf but, with coronavirus still wreaking havoc across the globe and fears over new outbreaks, it is likely that many traditional Halloween activities will be dampened this year. Here in Northern Ireland, if you have children, you probably talk a lot about Hallowe'en. My 17-year-old daughter has been discussing her costume since 1 November 2019. (Current plan: Cheech & Chong – don't ask...) For many of us 'adults', Halloween has a special place. Walking through leaves, dressing up, trading your sweets with your brother, toffee apples and bobbing for apples – it's a reminder of childhood, of tradition, of simpler times. But in 2020, it's a bit more complicated... will trick-or-treating be a risk worth taking? Have we already eaten our body weight in sweets and treats during lockdown? And, given how stressful 2020 has been for everyone, will people even be in the mood for celebrating All Hallows' Eve? And typical... this year, Halloween actually falls on a Saturday. That evening there will also be a full 'blue' moon - the last Halloween full moon visible around the globe was in 1944 so 31 October 2020 is perfect for a late night of ghoulish fun with loved ones. But what about trick or treaters? The good news is that this part of Hallowe'en actually isn't too frightening, at least from an epidemiological perspective. People traditionally trick or treat outside. Mask-wearing is central to the celebration. Adults – the higher-risk group – can walk with their kids while maintaining social distance, especially if you arrange for one adult to accompany a larger group of children. But what about the hordes of children reaching into the same sweet bowls at the same time? If you have energy to muster, you could build a contactless sweets delivery system, using a Nerf gun or a 2-metre-long sweetie slide, for your trick or treaters. Alternatively, you could create a candy graveyard. Poundland has cheap and cheerful tombstones which you could set up in the front garden, scatter some fake bones and place some sweetie filled cauldrons for trick or treaters to discover. You see, I love Hallowe'en (and I'm on a roll here) so here's a few frightfully good fun ideas... Why not?



Sara O'Neill Roisin Dubh Leather Studded Jacket, Brown Thomas, Dublin



Alexander McQueen
Silk Chiffon Scarf,
£165, Net-a-Porter



Garden Alley, Belfast

DRESS UP. Think of this year's most iconic characters – BoJo, Carole Baskin/Joe Exotic (seriously doesn't Tiger King feel like years ago?) Money Heist, the late Supreme Court Justice Ruth Bader Ginsburg, "Karen," Zoom zombies, Black Panther in honor of the late Chadwick Boseman and even Captain Sir Tom Moore are all bound to make an appearance in the witching hour this year!

COVER YOUR FACE. This is not another public service announcement but do make sure you order cute or creepy face masks to wear during your socially distant activities. And remember a 'Scream' mask is not a suitable substitute for a proper protective cloth face covering.

STAY IN COSTUME. If you spend the money on a decent costume, why not stay in character? Dress up for the week leading up to 31 Oct, whether you are doing the shopping, walking the dog or joining a Zoom meeting. It will bring a smile to others and bring your cost per wear down.

ORGANISE A STREET DECORATING CONTEST. Taking inspiration from 'garden alley' in South Belfast, created by the residents of Rossmore and Ardmore Avenue, why not get together with your neighbours and give out awards for Horror House, Top Pumpkin Display and Ghouls Choice, with the winners receiving bragging rights for their garden or doorstep. Make a map with participating homes so local kids can do a magical mystery tour.

You see, it isn't all trick and no treat this year. And, while lingering concerns about toilet-paper shortages may affect the numbers of Egyptian Mummies roaming the streets, the true spirit of the holiday can endure.

Happy Halloween!

Stephanie x

Follow Stephanie on Instagram - Bladonbabe

This issue we are bats about...

Ni4kids loves



THE MIDAS TOUCH

We are just so in love with this autumnal treat from cult beauty brand Too Cool For School. Forget sweets, this **Pumpkin 24K Gold Mask** (£7) from **revolve.com** is top of our we-want-one list for Halloween. A luxurious bio-cellulose mask, drenched in nourishing pumpkin extracts and 24K gold, delivers intense hydrating and

radiance-boosting effects. Pumpkin's soothing nutrients relieve dry and flaky skin and 24K gold brightens the overall appearance of the complexion, adding radiance. We only wish we had the recipe to use up all that scraped out pumpkin flesh in our kitchens!

WINTER SKINCARE SAVIOURS

This **Eye Rescue Serum** (15ml/€21) from Irish Beauty Brand Elave is a light, easily-absorbed balm, specially designed to rejuvenate the delicate eye area. The multi-action Vitamin rich formula with natural Humectants and Bio Extracts hydrate and smooth the eye area while the unique combination of natural Bio Extracts, Brazilian Muira Puama and Madonna Lily reduce the appearance of dark circles and puffiness. Aloe Vera Juice calms and soothes the eye area which is refined, toned and younger looking. Recommended for all skin types including sensitive. Find at **gardinerfamilyapothecary.com**



MAGIC POTIONS

Hocus pocus...cast a spell for a bewitching bathtime! Perfect for enchanting little witches and wizards on cold, dark autumn nights, this **Colour Changing Bubble Bath** (£2.50 / 300ml) makes splashing around so much more fun. Watch the magic bubble bath change colour from orange to blue, turning their bath into a mysterious blue lagoon! Available at Boots and Superdrug.

BOOSTING DEM BONES

Now that the darker nights are creeping in, a supplement such as **Haliborange Kids Calcium & Vitamin D Calcium Softies** (£5.49/pack of 30 at Gordons Chemists) are a great way to top up your kid's vitamin D levels to support their growing bones and teeth. From October, through to March we do not see enough sunlight in the UK and Ireland for our bodies to produce enough vitamin D naturally, so the health advice from the experts is that everyone over the age of one should be taking a daily supplement of 10 mcg (400 iu) of vitamin D during autumn and winter.



Ask the Pharmacist Warts & Verrucas

Richard Dunn is a community pharmacist with Gordons Chemists.

Warts are small, rough lumps or growths on your skin that some people – and all witches and Gruffalos – will get at some point in their lives. They can appear anywhere on the body, but warts are most common on your hands, knees and feet. A wart on the sole of your foot is called a verruca. Warts and verrucas can be unsightly, but they are mostly harmless.

The obvious difference between a verruca and a wart is that a verruca is not raised from the skin's surface. Pressure from the weight of your body can cause the verruca to grow back into the skin which can, on occasion, be painful. A virus known as HPV (Human Papilloma Virus) is responsible for causing both warts and verrucas – the virus infects cells in your skin, causing it to thicken and coarsen. Warts and verrucas are contagious which means they can be passed by skin to skin contact. They can also spread by contact with floors or surfaces contaminated with the virus. If your skin is wet or you have any cuts or grazes you are more likely to pick up the virus, so infection is often linked to swimming pools and shared changing rooms. It can be difficult to avoid coming into contact with the virus. To prevent getting a wart or verruca

or passing the virus to others, avoid sharing towels and if you are at the swimming pool or showers wear flip-flops to protect your feet. If you have a wart or verruca cover it with a waterproof plaster when swimming, or wear verucca socks. Try not to scratch or pick at it as if you rupture the wart or verruca it is more likely to spread the virus to other parts of your skin. Warts and verrucas usually disappear themselves within two years. Often leaving them untreated is the best option, especially for children, as some treatments can be time-consuming, painful and cause side-effects. However, when warts or veruccas become painful, unsightly or just won't go away treatments are available from your local pharmacy. The main types of treatment are salicylic acid-based products (e.g. Bazuka Treatment Gel©) and

cryotherapy (e.g. Wartner©). Bazuka Gel© can take about 12 weeks to get rid of the wart or verruca and requires daily application. The treatment will also affect healthy skin so it is important to apply with care or use a corn plaster or Vaseline to protect the healthy skin. Wartner© freezes the verruca or wart and usually it will drop off in about 10 – 14 days leaving healthy skin underneath. One treatment can be sufficient to get rid of the wart or verruca; however, it may take a few applications. It can sometimes be painful so it should be used with caution on young children. If a wart or verruca bleeds, starts to spread or change in appearance, or is causing you pain and distress you should see your GP. If you have any medical conditions (e.g. diabetes) you should speak to your pharmacist before beginning any treatment.

Naturally Immune

BY CLARE HEGARTY

The immune system is one of the most powerful weapons we have when it comes to fighting off infection and disease. Its main role is to detect and remove foreign invaders that enter the body and cause infection and illness, acting like our very own personal army, working quietly in the background to keep us healthy and strong. The stronger our little one's immune systems are, the less susceptible they will be to catching colds and flu. Here's how to keep you and your family fighting fit and healthy this winter and beyond...

Get Sufficient Sleep

As well as playing a very important role in children's overall development, sleep is one of the most essential components of a healthy immune system. Lack of sleep reduces natural killer cell activity by up to 70 per cent which can leave children more susceptible to colds and flu. The amount of sleep a child needs will depend on their age. Guidelines from safefood, the Department of Health and the Public Health Agency are: 1-2 yrs – 10-12 hours at night plus 2 daytime naps (1-2 hours); 3-5yrs, 11-12 hours at night, plus a daytime rest of up to 1 hour; 6-11yrs, 10+ hours' sleep per day.



TOP TIP: Stick to a consistent sleep routine, going to bed and getting up at the same time every day. Avoid screens two hours before children's bedtime and ensure their bedroom is dark, cool and a no-screen zone. All of these things will help with the onset of sleep and keeping them asleep all night.

Eat the Rainbow

What does that actually mean and why is it so important? There are many nutrients involved in keeping the immune system functioning optimally and a diet that is full of variety and colour will provide the body with the right mix of vitamins and minerals it needs to stay healthy. The chemicals found in brightly coloured fruit and vegetables contain nutrients that help the body create white blood cells needed to fight infection. Aim to serve seven portions of fruit and vegetables per day or 25-30 different fruit and vegetables per week. As someone who specialises in fussy and picky eating in children, I know how challenging this can be for some families but there are lots of ways to get kids to try new foods.

TOP TIP: Get kids involved in the planning, prepping and cooking of meals as this will encourage trying more foods. Serve fruit and vegetables with every meal and snack. Grate courgette into porridge, add extra vegetables into mild curries, soups, casseroles and tomatoes sauces.

Add Fibre

Did you know that up to 80 per cent of our immune system is located in the gut? When it comes to improving and supporting children's immune health, one of the most important areas to focus on is the gut. Fibre found in fruit and vegetables feed the good bacteria in our gut and these bacteria play a very important role in the overall health of the immune system. Real food is the key here. Avoid processed foods and foods that are high in sugar as they have little to no fibre.

TOP TIP: Consider adding these gut-friendly heroes to your child's diet: Probiotic, natural yoghurt – sometimes called 'live' yoghurt.



Onions, garlic, leeks, asparagus and cooked, then cooled, potatoes. Smoothies for breakfast with grated carrot or courgette, spinach, frozen banana for sweetness and milk of choice. Add flaxseed for that extra fibre boost.

Keep Hydrated

Staying well-hydrated is important for children's health in general. However, when it comes to bolstering your defences, water plays a very important part. Our immune system needs nutrients to function. And since our bloodstream which carries nutrients throughout the body is made mostly of water, proper hydration is key. The amount of water a child needs can vary greatly and can depend on age and physical activity. As a general rule, children age 4-13yrs should drink eight glasses or one litre per day.

TOP TIP: Children don't always recognise they are thirsty and therefore may forget to drink. Offer water first thing in the morning and at every meal and snack throughout the day. Always carry water bottles when going out. Include high water content foods in the diet - berries, oranges, cucumber, lettuce, celery and tomatoes have a water content of over 90 per cent.



Use Herbs & Spices

Cooking with herbs and spices not only helps enhance the flavour of dishes, but they also provide lots of immune-boosting properties. Garlic is a potent superfood, thanks to the active ingredient allicin, which helps the body fight viruses. Ginger and turmeric have anti-inflammatory and fever reducing properties. Most culinary herbs contain anti-inflammatory properties due to their phytonutrients – oregano, thyme and basil also have natural, infection fighting properties.

TOP TIP: Get your cupboards stocked with good quality herbs and spices this winter. A little goes a long way. Sprinkle cinnamon on breakfast porridge or pancakes. Add basil and oregano to tomato, ragu sauces and include turmeric, ginger and garlic in curries, soups and casseroles.

Get Outdoors

Getting outdoors and keeping active is important for our immune health for two reasons. Our body make vitamin D under the skin when outside in daylight, which is the reason vitamin D is sometimes called the 'sunshine vitamin'. Some studies suggest that maintaining healthy vitamin D levels is important in supporting the body's ability to fight off infection. Few foods contain vitamin D but salmon, tuna, trout and mackerel are amongst the best sources. Cheese, mushrooms and eggs contain small amounts. Getting outdoors and exercising is also very important for strengthening children's immune systems. Aim for at least 30 mins outside daily.

TOP TIP: In Ireland and the UK in the winter months, we don't get enough sunlight for our skin to produce sufficient vitamin D. It is advised that adults and

children over the age of one should consider taking a daily supplement containing ten micrograms of Vitamin D, particularly between October to March.

Reduce Sugar Intake

Sugar is everywhere and most children are eating more than the recommended daily amount. Sugar increases inflammation in the body and affects the ability of white blood cells to fend off viruses and bacteria. In fact, the immune system stays depressed for hours after consuming sugar.

TOP TIP: Swap sugary juices and cordials for water. Avoid sugary breakfast cereals every day and try to offer a variety of breakfast and healthy snacks over the course of a week (check out my Facebook page Clare Hegarty Nutrition for lots of healthy breakfast and snack ideas).

Managing Stress

We are going through times of great uncertainty and fear in relation to global and personal health. Parents and children are feeling the effects of this and stress-related conditions in children are on the increase in Northern Ireland. The immune system and stress are very closely linked – increased stress levels can reduce the immune system’s ability to fight off invading germs and foreign invaders.

TOP TIP: Kids need downtime, time for creative play, getting outside in nature and taking time to rest and recover. There are many ways to relieve stress e.g. yoga, nature walks, relaxation techniques. The key is identifying the source of the stress and finding suitable ways to alleviate it.

There is no magic pill, no one food or vitamin supplement that will prevent kids from catching any virus, but a healthy lifestyle, one that includes getting sufficient sleep and having a balanced diet, plus some daily exercise, will help strengthen the immune system and keep it healthy and strong all year round.



Clare is a nutritionist and sleep coach who specialises in helping families eat better, sleep better, improve energy levels and live a happier, healthier life. For more information or to join her upcoming workshop on fussy/picky eaters, email
info@clarehegartynutrition.com
or follow on  
/clarehegartynutrition



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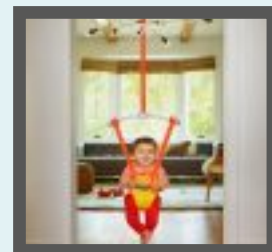


NEW ARRIVALS



**Ni4kid
loves**

Ever wondered what ghosts do in a haunted mansion? **Play Smart Games Ghost Hunters** (RRP £14.99) of course. A scary good time for players young and old, light up all of the ghosts in each challenge by placing all the flashlight puzzle pieces correctly. This portable and compact game includes 60 multi-level challenges and helps develop the following cognitive skills – concentration, logic, problem solving, spatial insight and visual perception. Find at smarttoysandgames.co.uk



Help little ones burn off some Halloween frenzy with **Munchkins Bounce and Play Baby Door Bouncer** (RRP £29.99) featuring two teether rings encouraging baby to bounce. The design has a fully supportive seat ensuring correct posture is always maintained. With adjustable straps and back buckle for a secure fit the sliding bobbins make taking baby in and out easy. Put your mind at ease and make playtime fun with Lenny the Lion.



Being this cute is criminal! Treat parents and the new arrival with smiles this Halloween as **Lazy Baby's 'Done 9 Months Inside'** baby grow range is sure to keep all the family giggling! Made from 100% sustainably sourced organic cotton, the adorable baby grows are not only super cute but also super soft, with the added bonus of being environmentally conscious too. The clever one size fits all design adapts with the growing bubba up until 6 months. Collection starts from £12 at lazvaby.co.uk



Learning 4 Fun:

The Green Nation Revolution

The last two years have played a crucial role in our understanding of climate change. The extraordinary ability of a young girl, Greta Thunberg, to publicise issues that scientists have been trying to bring to the attention of both politicians and the public, for more than 30 years, has awakened the conscience of entire generations. How can the youth of today join her to help fight for our planet?

Public squares, from New Zealand to Afghanistan, have witnessed gatherings of children who share the fears of climate scientists. Hundreds of countries, regions and cities around the world have announced a state of climate emergency and agreed to place the issue at the top of the political agenda. Dozens of teenagers have filed official reports against their leaders for failing to take the future of later generations into account, a serious violation of the International Convention on the Rights of the Child. Even Pope Francis and Barack Obama have become Greta followers and have played host to her as she raises the alarm to governments.

The message uniting these young people is the same as the one implicitly promoted since the late 1980s by thousands of scientists working on the reports of the Intergovernmental Panel on Climate Change (IPCC): the planet is warming; human activity is causing this increase in temperature and the only way to fight it is for governments around the globe to take action on a major scale.

THE FIRST BIT OF GOOD NEWS

When a tree grows, it becomes taller and has more foliage (and becomes the perfect place to shelter from the sun's rays during a summer picnic). It also absorbs carbon dioxide from the air and stores it within itself. As has been

pointed out by **George Monbiot** (a science populariser and journalist for the newspaper *The Guardian*) in the Protect, Restore and Fund campaign, a tree is a 'magic machine that sucks carbon out of the air, costs very little and builds itself'.

We have always known about the photosynthesis of chlorophyll, the process through which plants turn carbon dioxide into substances needed for growth. We were, however, unaware of the extent to which preserving and planting woodland (forestation) can help combat global warming. Forests are currently being decimated at the rate of 30 football fields per minute, but research carried out by Professor Thomas Crowther at Zurich's ETH university has indeed shown the extraordinary potential of the simple act of planting trees: 'We all knew that restoring forests could play a part in tackling climate change, but we didn't really know how big the impact would be. Our study shows clearly that forest restoration is the best climate-change solution available today.' As long as we stop burning fossil fuels at the same time, of course. Where should we plant these trees? There is enough space for billions more, and there's no need to panic – it's not on land currently used for agriculture or urban development, or for cities and inhabited areas. According to the

research, regions currently unused by humans and amounting to 11 per cent of the Earth's entire land surface area (roughly equivalent to the territories of the United States and China combined) could support trees, plants and mangroves, or any species of vegetation compatible with local climatic conditions.

A CRAZY IDEA (OR PERHAPS NOT?)

Among the most extreme technologies aimed at saving the planet come from the University of Cambridge and its Carbon Neutral Futures Initiatives department dedicated to studying as-yet-untested projects that could help us achieve net zero CO₂ emissions by 2030 (meaning that we absorb as much carbon dioxide as we emit). Three projects are explained below.

Refreezing the poles. The idea, whose feasibility is yet to be demonstrated, is to import millions of wind-powered pumps to the Arctic to spray salt-water onto existing frozen surfaces to increase the thickness of the ice and counteract its melting. Costs amount to some US\$500 billion but the main problems yet to be solved include the difficulty of constructing and transporting such a huge number of pumps, which would have to be made of stainless steel to withstand contact with salt-water without deteriorating.

Recycling CO₂. This is a variation on the idea of capturing and trapping carbon dioxide, an idea that has been under investigation for years. The facilities in question (some of which are already being tested) are intended to absorb carbon dioxide from the atmosphere and to turn it into a new source of fuel using heat and a special process of chemical synthesis. The emissions created would restart the cycle, being captured in turn by plants in a kind of CO₂ recycling process.

Making the oceans greener. Algae can absorb CO₂ just as trees do, and some scientists have claimed that fertilizing algae in the oceans by introducing iron particles may trigger them to proliferate on the surface of the water, delivering an increase in the natural process of carbon-dioxide storage brought about by photosynthesis. This idea is not universally popular because it would make changes to marine habitats, but its proponents defend it with the time-honoured notion that 'desperate times call for desperate measures'.

Edited excerpt from *Green Nation Revolution* by Valentina Giannella & Lucia Esther Maruzzelli, illustrated by Manuela Marazzi, published by Laurence King Publishing. Paperback, £9.99.



The Reading Corner

Spine-tingling stories for little spooks and kooks...



AGE 3+

The Bear in the Stars

by Alexis Snell HB £12.99, published by Puffin

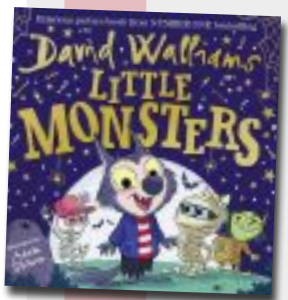
There was once a bear, a great white bear, Queen of Beasts. Her kingdom was a beautiful, cold, glistening place. But over the years the ice disappeared, slipping away like sand through an hourglass. Slowly, slowly, one by one, the other animals moved on. The Great Bear had no choice but to leave her snowy realm and soon she discovers a world that is growing hotter – while hearts grow colder – until one small act of kindness changes everything



AGE 8+

The Beast and The Bethany by Jack Meggitt Phillips illustrated by Isabelle Follath PB £6.99, published by Egmont

Ebenezer Tweezer is a youthful 511-year-old. He keeps a beast in the attic of his mansion, who he feeds all manner of things (including performing monkeys, his pet cat and the occasional cactus) and in return the beast vomits out presents for Ebenezer, as well as potions which keep him young and beautiful. But the beast grows ever greedier, and soon only a nice, juicy child will do. So when Ebenezer encounters orphan Bethany, it seems like (everlasting) life will go on as normal. But Bethany is not your average orphan.



AGE 3+

Little Monsters

by David Walliams, illustrations by Adam Stower HB £12.99, published by Harper Collins Children's Books

Meet Howler, a small werewolf with a big problem. He is just not scary. And that makes him the odd one out at Monster School. But then Howler finds some new friends, and in a lovely and unexpected twist at the end he discovers that being the odd one out might just make him the coolest one of all. Children will howl with laughter at this monstrously funny picture book.

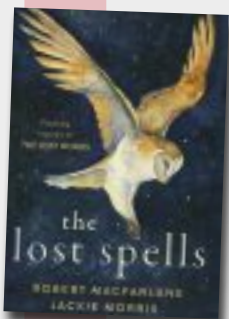


AGE 8+

The Orphans of St. Halibut's by Sophie Wills, illustrated by David Tazzyman

PB 7.99, published by MacMillan Children's Books

Life has been perfect ever since the orphans of St Halibut's buried their matron – don't look like that it was an accident! Tig, Stef, Herc and Pamela the goat just have to make sure that no one finds out they're on their own. Discovering that an Inspector is on his way, they'll need to convince him that everything is peachy or they'll be sent to the Mending House – where badly behaved orphans go never to return. But when the inspector arrives, things go very quickly from bad to spectacularly out of hand.



AGE 5+

The Lost Spells by Robert MacFarlane & Jackie Morris HB £14.99, Published by Hamish Hamilton

The sequel to cultural phenomenon 'The Lost Words', the bestselling poetry book and Children's Book of the Year 2018 at the British Book of the Year Awards, The Lost Spells conjures the wonder of everyday nature in word and image, evokes the importance of naming and knowing the living world, and reminds us of what we lose when nature and the language of nature slip from our lives.



AGE 9+

The Monsters of Rookhaven by Pádraig Kenny, illustrated by Edward Bettison HB £12.99, published by Pan Macmillan

An outstanding story of empathy and difference from the bestselling author of TIN. Mirabelle has always known she is a monster. When the glamour protecting her unusual family from the human world is torn and an orphaned brother and sister stumble upon Rookhaven, Mirabelle soon discovers that friendship can be found in the outside world. But when something sinister threatens them all, it becomes clear that true monsters aren't always the ones you can see.

WIN A COMPLETE SET OF THE FIVE APOLLO BOOK SERIES BY RICK RIORDAN INCLUDING NEW RELEASE – APOLLO: THE TOWER OF NERO

It's time for Apollo to face the final trial... The battle for Camp Jupiter is over. New Rome is safe. Now Apollo and Meg must get ready for the final – and, let's face it, probably fatal – adventure. They must face the last emperor, the terrifying Nero, and destroy him once and for all. Can Apollo find his godly form again? Will Meg be able to face up to her troubled past? Destiny awaits... An action-packed, mythical and witty finale to the adventure series from the world of Percy Jackson.



We have three sets of this epic five-book series (worth £44.95 each) to give away so to be in with a chance to win simply go to ni4kids.com/competitions and answer this question:

Q) WHICH EMPEROR MUST APOLLO FACE IN THIS FINAL TRIAL? A) AUGUSTUS B) TITUS OR C) NERO

The Tower of Nero by Rick Riordan is published by Puffin, HB £12.99, out now! Dream big, Read Puffin. Visit puffin.co.uk/DreamBig #PuffinDreamer

T&Cs: Competition closing date: 5pm Friday 13 November 2020. Editor's decision is final. No cash alternative. Due to the current Covid-19 climate, physical prizes may take longer to fulfil. For full T&C's visit ni4kids.com/competitions.



MAKE THIS HALF-TERM HOLIDAY MAGICAL AT

THE UNIVERSITY OF WONDER & IMAGINATION

Professor Wilbert Hoffman's
WORDSEARCH



Find these words in the wordsearch below:

- | | |
|-------------|------------|
| University | Magic |
| Wonder | Library |
| Imagination | Portrait |
| Professor | Classroom |
| Student | Cahoots NI |



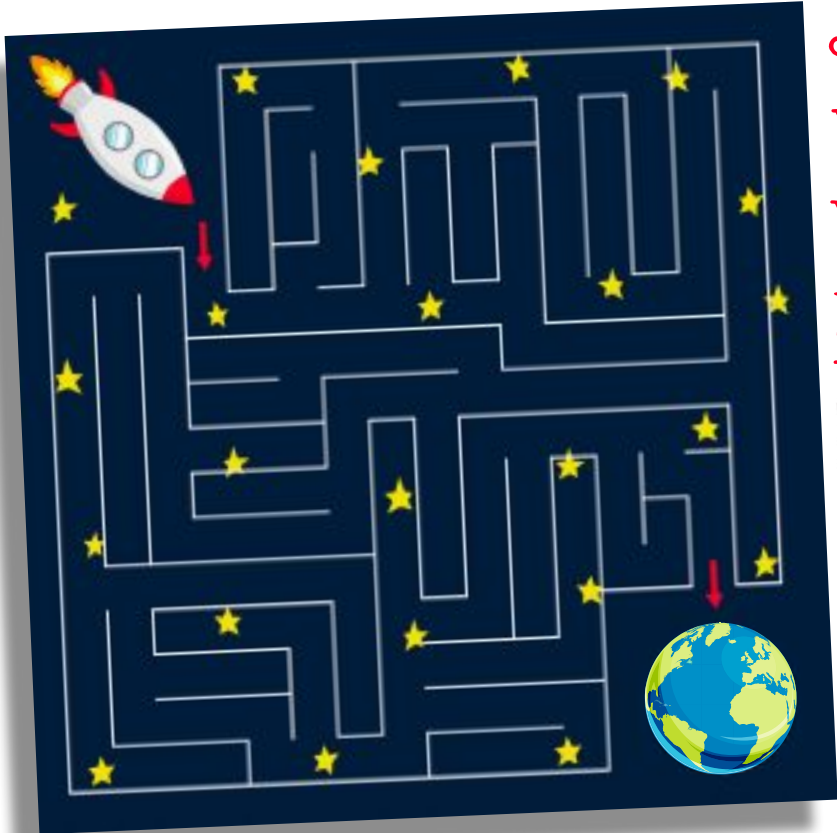
The University of Wonder & Imagination is now enrolling students of all ages and magical abilities... and there's a place with your name on it!



Meet our team of lively lecturers that specialise in different departments of the University. We have Professor Sharma, the President of the University, Professor Bamberg who is the Chancellor, Professor Danny

Carmo who is Head of (magical) maths, Professor Lola Hurst, Head of the Space Department, and Professor Wilbert Hoffman who is Head of the Art Department. Classes are not all they seem, and our University staff use magic, illusion and digital trickery, mixed in with a little music and mayhem!

S	P	R	F	K	M	V	S	L	E	R	L	K	M	S	Z	P
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A	L	F	K	S	U	R	P	E	J	Q	I	U	N	C	S	O
S	P	M	F	K	M	Y	R	A	R	B	I	L	S	L	Z	F
H	G	I	A	V	B	S	P	R	F	K	M	V	S	A	E	E
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O	S	P	R	F	K	M	N	S	L	E	R	L	K	O	S	Z
N	A	L	F	K	S	E	R	P	E	J	Q	I	U	M	N	S
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E	F	K	M	U	S	I	M	A	G	I	N	A	T	I	O	N
R	Q	B	T	R	L	G	F	O	A	B	C	F	A	L	F	K
J	P	S	D	I	P	O	R	T	R	A	I	T	S	N	T	K
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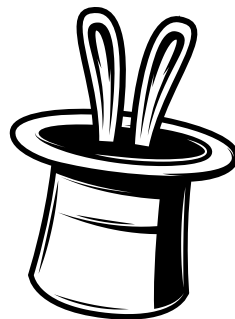
FIND YOUR WAY HOME

Professor Lola Hurst is head of the Space Department at the University of Wonder & Imagination. She has been on a Space adventure, but it's time to come home. Can you help her find her way?



SPOT THE DIFFERENCE

with Professor Bamberg. There are five to find! Solutions on page 33



MAGICAL MATHS

with Professor Danny Carmo.

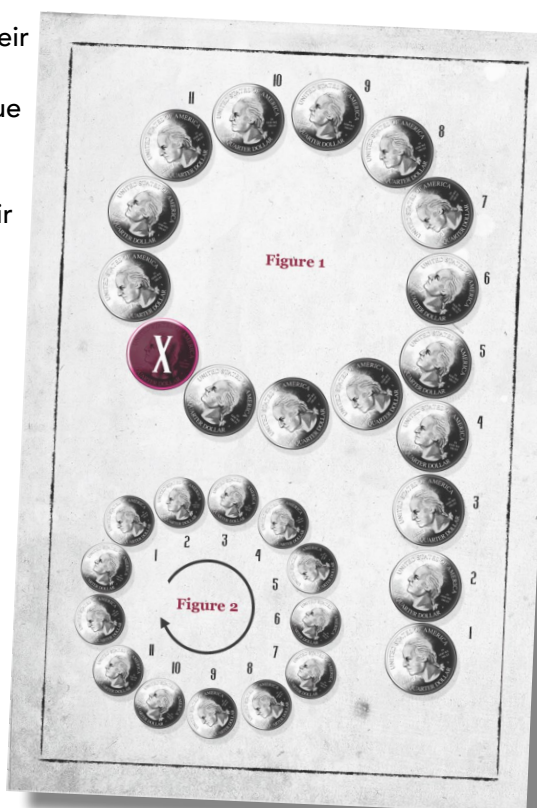
Maths is more magical than you think! Here is a spellbinding trick to show off your skills to your friends and family!

Professor Danny Carmo is head of the Maths department in the University of Wonder & Imagination, and this is one of his favourite mathemagical tricks!

You will need between 12-20 coins, preferably all the same type. On one of these coins attach a small sticker to one side and mark it with an X. The coins must be laid out as shown in this picture (Figure 1), just like the number 9. Take note of the position of the coin with the sticker underneath. Ask a friend to pick a number between 5-25. Ask your friend to place their finger on the coin at the end of the tail and start counting to their selected number.

They should continue counting in an anti-clockwise direction until they reach their chosen number.

Now ask them to count the number again in a clockwise direction but this time ignoring the tail of the 9 (Figure 2). Have them turn over the coin they land on. It will be the marked coin! Quickly turn over all the other coins to show that they are all unmarked. Magic!



This half-term journey to the most unusual of universities, meet the mysterious Professor Bamberg, choose your subjects of study, enter themed rooms, encounter problems and puzzles and unlock your magical powers. This fun, interactive experience takes place live in your own home via the magic of digital technology.

In this ambitious new type of immersive event, Cahoots NI broadcast live over Zoom from a purpose-built set where decisions made by the audience shape each unique experience. You're bound to leave this hallowed centre of magical learning with your mind boggled and your brain bamboozled, but do you have what it takes to graduate from the University of Wonder & Imagination? Want to share this experience with family and friends? We recommend early booking - shows are limited to just 6 households. Duration : Approx. 1 hour. Age recommendation: Fun for all the family, best suited for age 7+. Dates 22-25 October & 29-1 November as part of The Belfast International Arts Festival. Buy your tickets for your preferred date and time now at belfastinternationalartsfestival.com

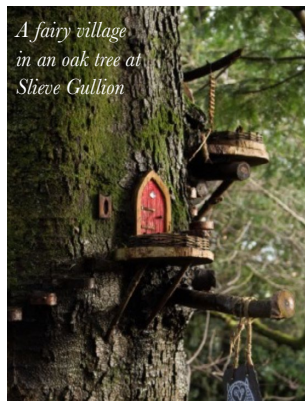


Fabulous Forests

Autumn is one of the most amazing times of the year to get the kids outside and bask in the beauty of the season. The changing colours of the trees make even the most familiar of routes seem like a whole new backdrop to explore and, best of all, a long family stroll through spectacular scenery is fun and costs nothing – well perhaps just for the hot chocolate with marshmallows as the perfect treat to warm you up afterwards. So, don't let the nip in the air put you off from heading into the great outdoors this half term. Once you're all tucked up in some extra warm walking wear (with proper footwear) all that's waiting for you is an adventure among nature. With walking known to have multiple health benefits for all ages, it will also give you and your family the chance to slow down and reconnect with one another. Whether it's walking, cycling or nature-watching there's something for everyone; and no matter what part of Northern Ireland you're from, you're never too far from a fantastic forest! To help you choose your next super spot to head to, we've rounded up some of the best locations across the counties...

County Antrim: GLENARIFF FOREST PARK

There are 19 public forests across Antrim, but a wonderful one for the whole family to enjoy together, has to be Glenariff Forest Park. Glenariff, the Queen of the Glens, is one of the nine Antrim Glens. It covers over 1,000 hectares with planted woodland, lakes, outdoor recreation spaces and conservation areas. For budding botanists, the rocky gorges of the river support a wide range of mosses, liverworts and ferns. Due to the richness and diversity of these plants, part of the Glenariff Glen has been designated as a National Nature Reserve. There are several walking trails through the forest which give spectacular views and glimpses of wildlife. These include Rainbow Trail (0.6km), Scenic Trail (8.9km), Viewpoint Trail (1km) and Waterfall Walk Trail (3km). Glenariff Forest is also home to many animals of conservation concern, most notably the red squirrel, hen harrier and Irish hare so be sure to keep an eye out!



*A fairy village
in an oak tree at
Slieve Gullion*

County Armagh: SLIEVE GULLION FOREST PARK

Situated on the side of a steeply rising mountain within the Ring of Gullion Area of Outstanding Natural Beauty, Slieve Gullion has a fantastic trail complete with magical surprises along the way. Known as 'The Giant's Lair', the children's story trail is open to boys, girls, elves and fairies alike and a must-see cultural attraction taking visitors on an unforgettable journey of intertwined

fairy house and a fantastical childhood land of mystery, dragons, giants, witches and fairies inspired by the rich tapestry of local legend. Once you've finished the trail, the kids can let loose in the adventure playpark while you burn off some energy at the outdoor trim trail for adults. Finish off your magical visit by making a wish on the wishing chair, find your way out of the maze, then take a drive around the slopes of Slieve Gullion –the 10km route offers visitors spectacular views of the surrounding countryside.

County Fermanagh: CASTLE ARCHDALE

The country park boasts beautiful woodland and lough shore walks, an insect garden and wildflower meadow. Castle Archdale was the main flying boat base during WWII, highlighted in an exhibition in the visitor centre entitled 'Castle Archdale at War'. Not only is Castle Archdale a Country Park but it also has a range of other facilities for the visitor including a marina, day boat hire, water sports, White Island Ferry Service, bike and fishing rod hire, tearoom and a caravan and camp site as well as a play park.

County L/Derry: GARVAGH FOREST

Covering over 200 hectares, Garvagh Forest is on the outskirts of Garvagh. The forest is home not only to plants, but also many birds and animals, including red squirrels, hares, finches and coal tits. The wildlife pond is a haven for many aquatic species; especially frogs. An unusual feature in Garvagh Forest is the Garvagh Pyramid, created as a burial chamber for Lord Garvagh in the 19th Century. The pyramid was never used to fulfil the task it was designed for and was sealed shut a number of years ago. Walkers can head off of one of the waymarked walking trails and there are four different grades of cycle trails within the forest, each offering a different experience.



County Down: TOLLYMORE FOREST PARK AND CASTLEWELLAN FOREST PARK

Just over five miles away from each other, you could make a full day of adventure between both of these beautiful locations. Covering an area of almost 630 hectares at the foot of the Mourne mountains, Tollymore Forest Park has spectacular panoramic views of the surrounding mountains and the sea at Newcastle with multiple trails suitable for all ages. The tree-shaded Shimna River is home to a variety of birds and mammals such as dippers, kingfishers and otters. Game of Thrones fans might recognise some locations from the series that were filmed throughout the forest. After your walk there's a playpark and picnic area for the kids to enjoy before you depart. A short drive away, Castlewellsan Forest Park covers 450 hectares of land lying north of the Mourne Mountains. Outdoor activities include walking, cycling, horse riding, fishing on the lake, canoeing and orienteering. After you've finished the trail around the lake you should drop by the walled Annesley Garden. This magnificent collection of trees and shrubs, set in beautiful surroundings, also incorporates fountains, ponds, ornamental greenhouses and broad sweeping vistas. There's also a Peace Maze (currently closed due to Covid-19) and playpark for the kids to enjoy. 'Animal Wood' is designed for four to 11-year-olds and provides opportunities for playing on wild woodland animals including a badger, a red squirrel and a giant spider.



Tollymore Forest Park © DEARA press office

County Tyrone: DRUM MANOR FOREST PARK & GORTIN GLEN FOREST PARK

Drum Manor Forest Park near Cookstown has walking trails, gardens and a play park. Colourful in autumn with a shrub, butterfly and Japanese garden, arboretum, ponds and mixed woodlands, self-guided trails of varying length commence at the car park, have wheelchair access and are suitable for various fitness levels. Gortin Glen Forest Park is six miles north of Omagh at the western gateway to the Sperrin mountains. It is made up of a network of five waymarked trails that are colour coded and each of them give you the opportunity to enjoy the woodland, nestled nicely in the Sperrin Mountains. The Forest also takes in part of the Ulster Way Walking Route. Other highlights include a large destination playpark, trim trail, BBQ and picnic area. The Park can also be explored via a five-mile scenic drive which has a number of vista parks where vehicles can pull in to enjoy the magnificent scenery. A great way to enjoy the forest for those who are less mobile or on a rainy day!



Covid-19 may still be here but the outdoors isn't cancelled! However, with new restrictions in place, always make sure your destination is open before setting off and practise safe social-distancing when you're out and about.



NB Booking in advance is required for most venues and numbers will be limited in order to comply with social distancing protocols.

Explore the Maritime Mile Treasure Trail

The Maritime Mile Treasure Trail is an exciting outdoor experience that combines maritime-twisting clues and fascinating facts for anyone with a sense of adventure. Discover all 18 clues on this free self-guided trail along Belfast's iconic waterfront, starting at City Quays and finishing at Titanic's Dock & Pump-House. There's mini explorer option too – perfect for young explorers. Don't forget to complete the online quiz at

maritime-mile.com to win exciting prizes and get your very own certificate! Pick up a map at the Visit Belfast Welcome Centre or download here >> **bit.ly/MMTTGuide**



The University of Wonder & Imagination

This fun, interactive experience for ages 7+ takes place live in your own home via Zoom and is suitable for all the family to enjoy via the magic of digital technology. Assemble with your fellow students and journey to the most unusual of universities, where the mysterious Professor Bamberg will send you off on your self-navigated journey through a castle where nothing is quite as it seems. You will interact with the liveliest of lecturers, choose your subjects of study, enter themed rooms and encounter all kinds of problems and puzzles, unlocking your magical powers as you go. This fun-filled, immersive, theatrical experience from Cahoots NI is part of the Belfast International Arts Festival on 22-25 Oct & 29 Oct-1 Nov. For booking details head to belfastinternationalartsfestival.com



The Baby Show Live

Avoid the queues, ditch the facemasks, leave the hand sanitiser! Just put the kettle on, sink into your sofa and let The Baby Show Live @ Home with Lidl come to you from 30 October - 1 November 2020 on

its NEW, purpose-built, easy-to-use, digital platform and app. The new platform will bring all the benefits of the live event and more: a one-stop-shop for all the best offers on baby essentials (and nice-to-haves), as well as a vital source of information, shared by an unrivalled line up of parenting and baby experts, to empower new parents and parents-to-be on their parenting journey. Visit thebabyshow.co.uk/live for more information and to purchase tickets.

Boo At The Boulevard

This half-term shop 'til you drop then take in the night air on the showstopper Panoramic Wheel which will be on site until Sunday November 8. There's a chance for little spooks to get creative with a Halloween Colouring-in competition, and special spooktacular guests include; Pumpkin Jack Stilts, The Zombrothers, Sweet Tooth Sugar Skull and Glow Trike who will be on site to give you all a fright on October 31 & November 1. To find out more, visit the-boulevard.co.uk



Circumstances could change on a daily basis, therefore please check with the venue directly before setting off on your journey.

Join The Nerve Centre, L/Derry online for a host of Halloween-themed **FREE** workshops to keep the kids entertained and busy over half-term. Explore tales of Ulster's legends and their great feasts, battles, tragedies and delights with the help of storyteller and folklorist Linda Ballard in **Illustrating Ulster's Myths & Legends** (26-28 Oct) for ages 12-15, take a whistle-stop tour of Halloween around the world in **Halloween Mysteries, Masks and Make-up** (26-30 Oct) for ages 12-16 or ages 9-13 will love getting creative with the **Illustrate the Archives with Spooky Comics Programme**. Tel: 028 7126 0562 or visit **makingthefuture.eu** for more information and to book.



Get your boots on for beavers! It's time to walk for wildlife and show you care about the extinction crisis with The Wildlife Trusts' **Big Wild Walk**, October 26 to November

1. The Wildlife Trusts are asking nature-lovers to fundraise to help raise vital money for their **30 by 30** projects that will restore 30% of land and sea for nature by 2030. Get fit, have fun and raise money for wildlife! Invite the family to join in, set up a remote relay with friends or take the challenge yourself. Indoors or outdoors, front room, park or wood, treadmill or track – the choice is yours. Sign up at **wildlifetrusts.org/big-wild-walk**



A Muppet character with a large orange beak and black hair, pointing upwards next to a green recycling bin. The bin has a white recycling symbol on it. The character is wearing a red and white striped shirt.

Guided by our expert team of speakers, who will entertain and educate us, we'll delve into subjects such as sustainable living, plastics polluting tropical reefs and mountains, how plastics effect pond life, the chemistry of sustainable plastics, and the plastic journey including polar bears and penguins!

THIS IS THE QUESTION AN AUTUMN SERIES OF FREE FAMILY-FRIENDLY WEBINARS (SUITABLE FOR 5+) EXPLORES!

BROUGHT TO YOU BY ECO-SCHOOLS NI AND THE KEEP
NORTHERN IRELAND BEAUTIFUL TEAM.

2pm Thursday 22 October:
PLASTICS & POND LIFE



Led by local wildlife expert **Paul Moore** who will be leading us on a journey exploring invertebrate life cycles and how pointless plastic can affect our pond-life pals. Ponds are a source of water that are home to some creatures that can defy our imagination! How does a fat blobby tadpole with a tail become a four-legged frog? How can a squat, 'ugly' dragonfly nymph transform into an acrobatic colourful flying machine? Clean water is the answer and is a resource that is becoming rarer

year by year. Plastic is a still a pollutant in and major threat to clean water, with long lasting effects that can impact aquatic creatures in various ways. In this webinar, we'll delve deeper into the negative effects of plastic on the life-cycle of the invertebrate, and what we can do to help. This is a FREE event and is suitable for ages 5+

NB Please register for this webinar in advance to secure your place by clicking [here](#)

3.30pm Monday 2 November:
CHEMISTRY FOR SUSTAINABLE PLASTICS Led by **Professor Tom Welton**, Professor of Sustainable Chemistry at Imperial College London. September 2020 was the 5th anniversary of the UN Sustainable Development Goals. Better control of chemical products in the environment is one of the most important ways in which we can help to achieve several of these goals. The problem of plastics in the environment has come to public attention in recent years. Solving this problem will require action by both the public and industry. In this webinar,



Professor Tom Welton will explore some of these actions and describe what you can do to help. This is a FREE event and is suitable for ages 14+ **NB** Please register for this webinar in advance to secure your place by clicking **here**

2pm Wednesday 11 November:
PLASTIC JOURNEY-FROM PRIMARY
SCHOOLS TO POLAR BEARS (AND
PENGUINS)



Led by **Doug Allan**, award-winning natural history photographer, documentary filmmaker, diver, author and public speaker. Doug takes us on a journey following the travels of a piece of plastic. From being carelessly dropped at the school gates (not YOUR school I hope!) to how it can end up inside a polar bear cub or way far away in the Antarctic among the penguins. This is a FREE event and is suitable for ages 7+

NB Please register for this webinar in advance to secure your place by clicking [here](#)

Catch-up on previous webinars on our **YouTube channel**.

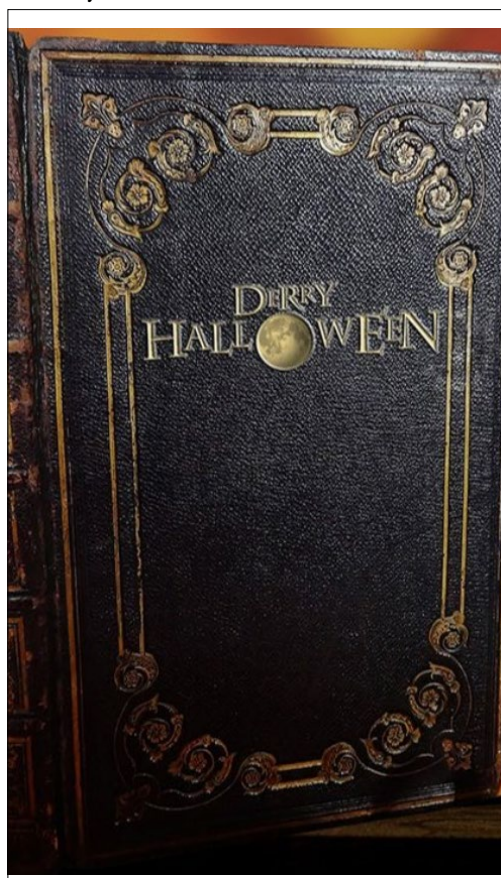
#ECOSCHOOLSNI #TACKLINGPLASTICNI #KEEPNORTHERNIRELANDBEAUTIFUL



NB Booking in advance is required for most venues and numbers will be limited in order to comply with social distancing protocols.

Derry Halloween

No one does the spooky season like L/Derry and although 2020 will be very different, they've still been bubbling away, brewing up a brilliant festival so you can still be there in spirit from the comfort of your sofa (or behind it!). There will be spooky tales for your Little Horrors to watch, Samhain Sessions for music lovers and online tutorials in everything from broomstick-making to cocktail-shaking. They'll also be bringing some ghostly friends back to life to share the story of Samhain for this year's Awakening. And it wouldn't be Halloween without some out-of-this-world fancy dress – so enjoy virtual workshops and share your costumes on social media to keep the creative juices flowing for 2021! Find it all at derryhalloween.com



Autumn Adventures

Autumn is the perfect time of year to visit Castle Ward when the estate is bright with seasonal colour. Enjoy the beautiful autumn scenery with the family on The Forager's Trail. Starting in the Stableyard and following the signs, you can become an animal for the day and enjoy the hunt for acorns, berries and all of autumn's bounty. Also, take a lovely family photo by the pumpkin patch to remember a great day out. NB The House is closed and there is takeaway service only at the café. You must book your visit in advance at nationaltrust.org.uk/castle-ward



There's storytelling on the big screen then enjoy the bewitching Hocus Pocus all over again with the kids while sharing a pizza and popcorn. Half term heaven! Tickets are limited due to social distancing so book now at letsgohydro.com

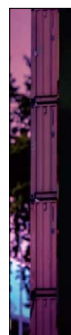
A Fiendish Festival

Sink your fangs into the Bram Stoker Festival (Fri 30 Oct – Mon 2 Nov), a delicious cocktail of events for vampires of all ages. In a series of online videos families will be guided through the creation of their own Macnas at home experience; from imagining your story, to mask making, movement, sound and drumming. There will also be spine-chilling audio theatre, film premieres and a city-wide audio tour of Dublin which is the birthplace of #Dracula author Bram Stoker illuminating some landmark buildings. Kids aged 6-11 will go bats for Curse Hunter – an interactive adventure game delivered through your phone or tablet. bramstokerfestival.com



Scare City

Dress up in your ghoulish glad rags and drive into Let's Go Hydro from Saturday 24 Oct until Sunday 1 Nov. Trick or Treat on arrival, take a pumpkin from their patch to carve at home, have sharing s'mores delivered to your car and drive through the giant inflatable Halloween display.





Please remember

Circumstances could change on a daily basis, therefore please check with the venue directly before setting off on your journey.

A World of Wetland Wildlife

Escape to the shores of Strangford Lough in Co. Down and uncover 60 adventure-filled acres of wetland wildlife. A magical mix of wide estuary views, tidal lagoon, eel-grass mats, woodland walks, salt marshes and reed beds offer the perfect habitat for wildlife to thrive. From bats and kingfishers to songbirds, wading birds and wildflowers, a world of wildlife is waiting to be uncovered. Every autumn, a phenomenal 25,000 light-bellied brent geese make the gruelling 3000km journey from Arctic Canada and Greenland to their winter home on Strangford Lough and visitors can enjoy undisturbed viewings of these intriguing geese in their natural habitat. For further information and to pre-book your ticket visit www.org.uk/castleespie



DRIVE IN SCARE CITY

£35
PER CAR

Trick or Treat with Cinemagic

Check out these spooky, scary and creative events for children – there's sure to be an activity on this list your little one will want to dive

into right away! Monster Mask Making / Halloween Music and Storytelling / Make Creep Claws or Witches Fingers / SFX Halloween Make-up Tutorial or Halloween with Mr Hullabaloo. For each session you will receive a recorded tutorial or performance and a downloadable activity sheet if applicable. The recorded video will be available via private link and the activity sheet by private download. Available until October 31. Individual activity £5, all activities £20. To sign-up for any activity please email workshops@cinemagic.org.uk.



SOLUTIONS

(Puzzles on pg26-27)



S	P	R	F	K	M	V	S	L	E	R	L	K	M	S	Z	P
O	U	N	I	V	E	R	S	I	T	Y	F	L	S	O	P	R
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O	S	P	R	F	K	M	N	S	L	E	R	L	K	O	S	Z
N	A	L	F	K	S	E	R	P	E	J	Q	I	U	M	N	S
D	A	L	S	K	D	T	I	Q	P	O	F	B	D	N	S	K
E	F	K	M	U	S	I	M	A	G	I	N	A	T	I	O	N
R	Q	B	T	R	L	G	F	O	A	B	C	F	A	L	F	K
J	P	S	D	I	P	O	R	T	R	A	I	T	S	N	T	K
S	P	R	F	K	M	V	S	L	E	R	L	K	M	S	Z	K
J	L	C	A	H	O	O	T	S	N	I	D	G	A	P	E	M





'TRICK OR TREAT' ARTS & CRAFTS

SPOOKY HALLOWEEN ARTS & CRAFTS WORKSHOPS & EVENTS FOR CHILDREN, YOUNG PEOPLE AND FAMILIES

The 'Trick or Treat' activities, part of Cinemagic Belfast Online, offer a series of tutorials, performances and activity packs that children and families can enjoy in the lead up to Halloween or on Halloween Night itself!

DETAILS

For each session you will receive a recorded tutorial or performance and a downloadable activity sheet where applicable. The recorded videos will be available via private link and the activity sheets by email.

SHARE YOUR CREATIONS WITH US

After you've finished your individual tutorial/activity or completed the bundle pack, please take photos of any work you've produced so we can see what you've created.

- Share on social media with the #Cinemagic2020
- Follow us on Twitter: @Cinemagic
- Follow us on Instagram: cinemagic_filmfestival
- Follow us on Facebook: CinemagicFilmFestival
- Subscribe to our YouTube Channel: Cinemagic TV

COST

Individual Activity: **£5.00**
Bundle Pack (All x 5 Activities): **£20.00**

Age: All / Parental Guidance Advised for Children Under 8

CHECK OUT BELOW OUR SPOOKY, SCARY AND CREATIVE EVENTS FOR CHILDREN - THERE'S SURE TO BE AN ACTIVITY ON OUR LIST YOUR LITTLE ONE WILL WANT TO DIVE INTO RIGHT AWAY!

MONSTER MASK MAKING WORKSHOP

Create a mask for Halloween using cardboard and various materials to decorate and bring it to life. Are you going to transform into something real or imaginary? A creature, a monster, a classic Halloween character, a character from a film or book? The possibilities are endless, with your imagination and creativity you can become anything.

HALLOWEEN MUSIC AND STORYTELLING WITH TOM SWEENEY

Join Tom Sweeney for a fantastic musical performance of music, song, movement and laughter at this Sing-Along Happy Halloween Show. Tom has written and performed songs all over the world about spelling, counting, vowels, self-esteem, anti-bullying, ecology, while many are just plain silly and fun to sing!

MAKE YOUR OWN CREEPY CLAWS OR WITCHES FINGERS

Create creepy claws or Witch fingers for Halloween. Could you be a hairy monster, a robot, a clawed creature, a wicked witch? Using origami techniques or a template create fingers and claws out of paper to design and decorate. The possibilities are endless, with your imagination you can transform into anything.

SFX 'HALLOWEEN' MAKE-UP TUTORIAL

Special effects is without a doubt a highly creative and fun area of make-up artistry. It allows you to create any creature or character you can imagine, as whacky or scary as your heart desires! Learn top tips so you can scare your family and friends this Halloween!

HALLOWEEN WITH MR HULLABALOO

Join Mr Hullabaloo the Magical storyteller and friends for some spooky Halloween fun! Full of treats and not too many tricks, this show combines the magic of live storytelling together with puppetry, movement and music! Come along and join the fun where once upon a time happens each and every day!



*Please note: Some of the activities will require participants to source a number of materials. Further details upon registration.

If you would like to sign-up for any of the TRICK OR TREAT events (single session or the bundle pack) please email workshops@cinemagic.org.uk