

SEPTEMBER ²⁰²¹

ni4kids

iMAGAZINE



AT THE ♥ OF FAMILY LIFE

• PAUL O'GRADY

Talks To The Animals

• FAMILY FOOD

Teach Kids To Be Baking Legends

• CRAFTY KIDS

Five Minute Mum Shares New Games

WIN

Hey Duggee Bundle

Milkshake Pie Book Series

V-Tech 2-in-1 Dinosaur Park

Janod Toy Bundle

'COME ON IN AND MEET UP' AND ENJOY BELFAST CITY GARDENS THIS SEPTEMBER



**BELFAST
CITY
GARDENS**

WIN A £100 BELFAST CITY CENTRE GIFT CARD

THIS SEPTEMBER GET READY TO 'COME ON IN AND MEET UP' AT BELFAST CITY GARDENS. LOCATED AT CITY HALL AND CATHEDRAL GARDENS (BESIDE ST ANNE'S CATHEDRAL) THERE'S NO BETTER WAY TO SOAK UP THE VIBRANCY OF THE CITY AND THE MANY EVENTS AND FESTIVALS TAKING PLACE THAN ENJOYING SOME OF THE CITY'S UNIQUE SPACES.

Belfast City Gardens is the perfect opportunity to meet up with friends. Grab a takeaway coffee and lunch from the diverse range of local eateries in the City Centre, rest and relax before going elsewhere. Keep an eye out for pop-up entertainment at weekends throughout September or just simply enjoy the beautiful space with friends and family. For further details visit www.belfastone.com

To celebrate the arrival of Belfast City Gardens, NI4Kids has teamed up with organisers Belfast One BID and Cathedral Quarter BID to offer one lucky reader the chance to win a £100 Belfast City Centre Gift Card. Available to spend across 160 businesses across retail, hospitality, beauty and leisure in the City Centre. For participating businesses visit belfastcitycentregiftcard.co.uk

To enter simply send us your child's colouring-in page. Best picture wins!

HOW TO ENTER

Simply download or print our pretty garden scene template **here** and once your little one has finished working their magic on it and created a masterpiece either take a picture and email your entry to competitions@ni4kids.com or post it to 123 Moybrick Road, Dromara BT25 2BY Please include name and contact number so we can contact the lucky winner!

Competition closing date is 5pm Monday 4th October 2021. Good Luck!



**BELFAST
ONE DIFFERENT
DAYS**

Child's name:

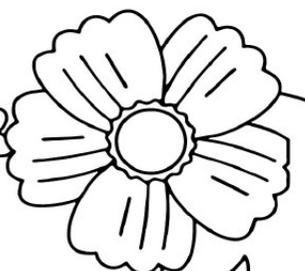
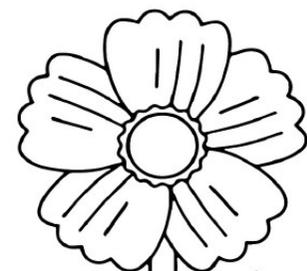
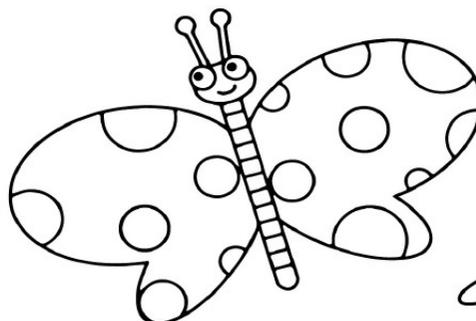
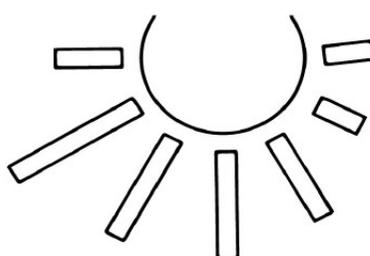
Child's age:

Parent / Guardian name:

Full address:

Daytime Tel No:

Parent Email Address:



Terms and Conditions: Closing date for this competition is 5pm on Monday 4th October 2021. Competition open only to primary school children aged 4-11. One winner will be chosen at random. Editor's decision shall be final, and no correspondence will be entered into. Prize is as stated and no cash alternative. Winners will be contacted by telephone. The competition is open for entry by individuals who reside in Northern Ireland, excluding employees of NI4kids, Belfast One and Destination CQ BIDs, their families, agents or anyone professionally connected with the competition. All entries must comply with the entry specifications. The winners may be required to take part in publicity. For full terms and conditions please visit ni4kids.com/competitions.

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ni4kids September 2021

LETTER FROM THE EDITOR



With this new school term, a fresh start has begun for all schoolchildren, but it's also brought one for Ni4kids! Hi "waves frantically" my name is Elizabeth and I'm the new editor for the magazine. Although I've been tinkering in the background for well over a year, this is my first issue in 'the big chair' and I'm very excited to officially introduce myself. I'm a mum of two excitable boys, one mischievous dog and the whole family is bracing themselves for another little one heading our way for Christmas. Unfortunately, I don't think that Santa will be delivering them though (if only it were that easy?). Basically, things are about to get whole lot noisier around here ... something I didn't think was possible! Now that the introductions are out of the way, it's time to get down to business and tell you all about our latest issue. The nation's favourite PE teacher, Joe Wicks, has teamed up with the fantastic Hey Duggee! He's here to share some exercises the whole family can get involved with ahead of their new show (page 10). Teaching the kids to bake will be a piece of cake with this month's Family Food (Page 18) and do feel free to send me some of the Irish Soda Bread if you make it... TV star and animal-lover, Paul O'Grady talks about the inspiration for his new children's book (page 7) in our latest Coffee & Catch Up and Instagram inspiration turned best-selling author, Daisy Upton – the brains behind Five Minute Mum – shares family games from her new book on page 23. Even though the summer may feel

like a distant memory, there's still plenty of fun to be had at the weekends so if you need some inspiration for great family days out then head to our WOW list on pages 16 & 17. If you're looking for a sign to take a break and read on, this is it!

Email me at editor@ni4kids.com

Elizabeth

THIS ISSUE

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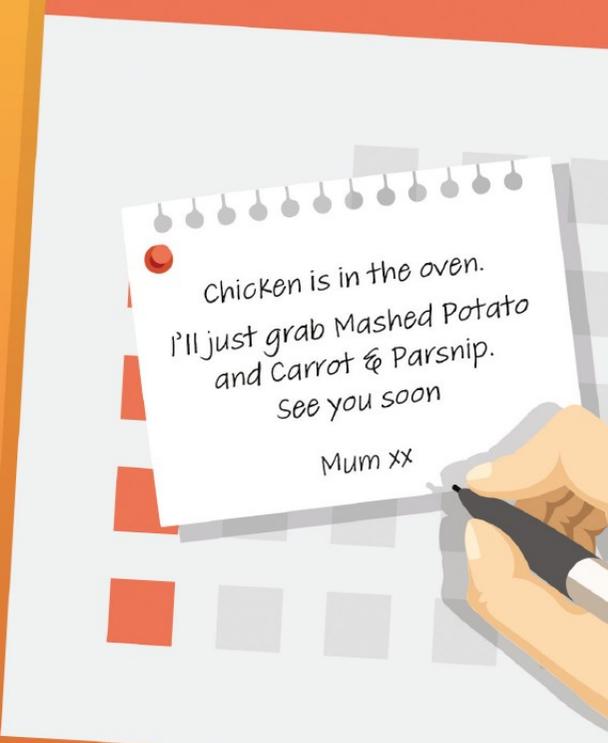
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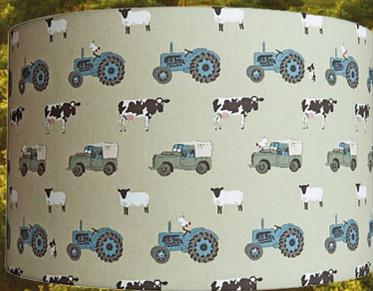
BALMORAL SHOW IS BAAAACK!

TICKETS ARE NOW ON SALE AND MUST BE PURCHASED PRIOR TO THE EVENT.

[BALMORALSHOW.CO.UK](https://www.balmoralshow.co.uk)

FARM ANIMAL FINDS!

A collection of farm animal merchandise including cushions, curtains, and a t-shirt. The cushions feature various farm animals like a cow, sheep, and horse. The curtains are white with a repeating pattern of cow faces. The t-shirt is red and white striped with a cow and sheep wearing sunglasses.



From bottom clockwise: Duck Puddle Suit (0-3 Yrs), £20.00, M&S | On The Farm Lampshade, £46, Sophie Allport | Personalised Farm Animal Bookends, £29.95, NotOnTheHighStreet.com | Muted 5 Pack Farm Animal Cotton Rich Cushioned Socks, £7-£9, Next | Fusion Highland Cow Eyelet Curtains, £25-£80, Matalan | Silly Animal T-Shirt - Ivory/Rockabilly Red Farm (2 yrs-12 yrs), £17, Boden | Lamb Hand Muff, £14.40, Joules | Memo Pads In "Milk" Carton, £2.95, RexLondon.com

LIGHTS... CAMERA ... ACTION FOR THE 32ND CINEMAGIC INTERNATIONAL FILM & TELEVISION FESTIVAL FOR YOUNG PEOPLE

1-31 OCTOBER 2021

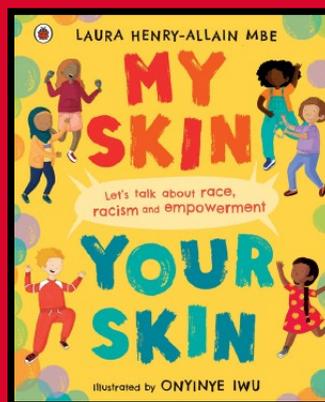
WWW.CINEMAGIC.ORG.UK

Cinemagic, one of the flagship festivals for young people in Northern Ireland, returns with a hybrid festival programme in venues and online this autumn. Participating venues include The Ulster Museum, Queen's Film Theatre and Odeon Cinemas Belfast. The 'lights, camera, action- packed' festival film programme for young people, families, educators, students and young filmmakers will have a feast of film opportunities to delight fans of the movies!

The Festival will showcase new studio titles and independent cinema from around the world, film and tv workshops and masterclasses and the annual 'CineSeekers' and 'CineFocus' film juries which offer a chance to review movies and choose the winners of the festival!

Celebrating future filmmakers from across the UK and Ireland, there will be an opportunity to view the latest productions made by young people in the annual Cinemagic Young Filmmaker Showcase. Young audiences can 'travel the world' and celebrate stories, peoples and cultures from around the globe with a diverse cultural film programme, with director talks and education programmes for all ages.

The highlights of the film and tv workshops include TV Presenting with NI CBeebies presenter Gyasi Sheppy, Directing with Jeroen Jaspaert (The Highway Rat, Stickman, Pip and Posy), Book to TV programme making with Laura Henry-Allain, the creator of the JoJo and Gran Gran characters, who will also talk with young people about her new book My Skin Your Skin. Education programmes will include nursery films and short film packages exploring storytelling from around the world and the Key Stage 2 NI Schools' Jury Competition featuring a BAFTA Kids Webinar on 1st October. In addition to the in-venue activity, there will be a series of special recorded online tutorials accessible on the festival's YouTube channel 'Cinemagic TV', that families and young people can watch in their own time and get creative. The Cinemagic Festival is funded by Belfast City Council, Tourism Northern Ireland and The Department for Communities through Northern Ireland Screen.



BOOKING - For further information/booking visit:
www.cinemagic.org.uk Price: Various



CINEMAGIC

Parents' Opinion: Should mobile phones be banned from schools?



Mobile phones and the effects they have on young children is not a new point of contention in the parenting world. Now, with reports that kids as young as seven are being given phones to take to school with them, there have been calls to have the devices banned completely from schools. In a recent UK survey conducted by YouGov, it was revealed that 77% of people agreed that there should be a ban on mobile phones throughout the school day, however many parents do not agree and have cited reasons such as their child makes their own way to and from school and may need to contact someone or so children can keep on top of possible changes to their school and social commitments.

Back in June, it was reported that Bloomfield Collegiate School in east Belfast restricted the use of mobile phones in a bid to get the students 'talking again' and pupils were asked not to use them on site before school, in registration and in classroom activities. The school acted over concerns about pupils' mental health and their ability to socialise. In a letter to parents on the school website at the time, principal Gary Greer said those concerns stemmed from "too much screen time during lockdown". Mobile phones in school have also been linked to cyberbullying and problems from social media and online videos.

With this in mind we asked our readers if they would be happy for their child not to have access to their mobile phone throughout the school day or do parents feel safer knowing they can contact their child at any time? A majority of commenters agreed that there should be a ban on the devices including teacher and mum of four, **Lisa Gourley** who said, "I have seen large groups of students sit in silence all staring at screens. Remove the screen and they begin to interact. Conversation begins. They develop so many more skills when conversing. Even negative conversations can develop skills in compromising, resilience and ability to respond to criticism. There is a place for technology and I am not denying that but I don't believe they need to be accessible 24/7." One reader agreed and suggested, "Definitely think all kids

should have them in their lockers or in a basket at the front of the classroom as soon as they enter. They'll affect their attention span on the topics they need to learn in the classroom, they are a terrible distraction." **Lisa McCullough** said, "No need for it in school. Too much issues stem from this!" One mother explained that her children had their own phones but she would rather the school banned them and added, "There's definitely no need at primary school age to have a mobile phone at all let alone in school." Commenter **Natasha Grieves** asked, "How did we all cope back in the 80's/90's?" However taking an opposing view, **Leigh Camlin** said her son has taken a mobile phone to school from age 10 adding, "He turns it off during school hours. He wanted to travel to school by himself but I wanted him to be able to contact me or his dad if anything went wrong." **Andrena Morrison** agreed that they should be allowed "especially for pupils who live a bit away from school in case they ever missed bus and needed lift home." One mum said they were a 'must' for her children explaining that they travel to school by bus to another town. She continued, "I would be very nervous if they went without one as they may miss a bus or their stop, etc. My primary age children don't need one as they are brought to and from school, however this isn't the case for many younger children." **Margles McDonald** also described mobile phones as 'essential' for

her children and said, "My elder children are expected to use their phones during lesson times in order to access class notes and work etc. It's also essential to me that my children know I'm contactable at any point during the day when they need me. They aren't using their phones for anything other than what the teacher asks them to during lessons so I don't see the harm in it."

Ni4kids' View

Despite the majority (71%) of our readers agreeing that schools should ban mobile phones throughout the school day the issue is definitely not a clear-cut one. It seems that those with children in post-primary schools felt it was more important for their child to have access to a phone as opposed to those in primary settings. Although it may seem like the sensible idea is to impose a ban on devices, it may not be realistic for most families. Certainly it is important to keep them out of their hands during lesson time but beyond that it would be hard to police and it would be more beneficial and have better long-term effects if we continue to educate kids on the importance of online safety and the mental health pitfalls that come with the overuse of social media.

COFFEE & CATCH-UP

Best-selling author and tv personality *Paul O'Grady*, has picked up his pen once again but this time it's for kids! The radio host's debut novel is the first book of a planned series and is called *Eddie Albert and the Amazing Animal Gang*. The book promises to be both contemporary and classic, packed full of friendship, animals, action... and always, of course, a wicked sense of humour. We couldn't wait to hear more from the author himself and find out how this amazing story came about, how he coped with lockdown and what the future holds for the star.

INTERVIEW BY ELIZABETH MCGIVERN

How would you describe yourself in only five words?

I doubt if I could describe myself in 5 words. You'd have to ask people who know me that question.

Where did the inspiration for the book / book series come from?

I'm always scribbling ideas and bits of stories down so during lockdown and finding myself with time on my hands I thought I'd have a go at writing a children's book.

What made you want to tackle writing a children's book?

There are quite a few children who think I can talk to animals, dogs in particular, and the idea sort of grew from there. Of course, I'm not going to admit if I can actually communicate with animals or not. Like the boy in the book that's my secret.

Did you find that writing helped you throughout the lockdowns and disruptions of the last year?

I quite enjoyed the first lockdown as I'd never had so much time off in my entire working life. It did

help that the weather was so good and I'm lucky enough to live in countryside and wasn't confined to a tiny flat like a lot of people. As well as writing the book, which I enjoyed doing a lot, I learned to play the ukulele online with a tutor and made a ton of chutney plus I had a new puppy to deal with, so I suppose I was kept busy.

"There are quite a few children who think I can talk to animals, dogs in particular, and the idea sort of grew from there."

As we all know, children can be brutally honest. Are you nervous about appealing to this new audience?

I'm more curious than nervous to see how children as well as adults will react to the book.



Hopefully they'll like it as I really did put a lot of work into it but if they don't then I'll just go to bed and sulk for a week.

What does the rest of 2021 bring for you and what are you most looking forward to next?

I'm going back into Battersea Dogs and Cats home to finish off filming series 10. After that I'll be filming the Christmas Battersea Dogs episode and I've also got my Sunday evening Radio 2 show which I've been doing for thirteen years now. I'm looking forward to being able to take a holiday to any destination I want without endless restrictions, paper work and the scandalously expensive COVID tests but I'm not holding my breath just yet.

Eddie Albert and the Amazing Animal Gang, Paul O'Grady £12.99 HarperCollins Children's Books. Out 16 September.





Colin Glen

SUMMER MIGHT BE OVER BUT

THIS ADVENTURE IS

JUST BEGINNING...



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10 Tips To Help Reluctant Readers

BY GEORGINA ATWELL

There are many reasons why children may not choose to pick up a book as a fun, leisure activity. Whether they struggle to read, haven't found a book that excites them or just feel that there are other activities they prefer doing, the good news is, it's never too late to help them discover books. Here are some ideas to help kickstart your children's reading after the long summer break:

1. LET THEM CHOOSE. Many of us haven't read a children's book since our childhood, so although you may have enjoyed Enid Blyton, Lord of the Flies or Anne of Green Gables, your child may have completely different tastes and might prefer something, well, a bit more modern. Forcing them to read a book they find old fashioned, or just don't like, may put them off reading even more. Instead of jumping straight in with a book suggestion from your childhood, it's worth delving into what they're into. Do a bit of research, take them to the library or your local bookshop and let them find something which interests them.

2. READING IS READING. Reading isn't just limited to fiction. Some children prefer to read a newspaper, a magazine, a recipe book or even a manual. There are opportunities to read throughout the day and if like many children they're glued to the TV, maybe strike a compromise and ask them to turn off the sound and just have subtitles.

3. AN AUDIOBOOK IS STILL A BOOK. Some children find reading really tiring and just sitting back and listening to a book is a great way to engage them with stories again. Whether they're in the car or struggling to get to sleep at home, there are some fantastic audiobooks to listen to, available on CD or as a download.

4. KEEP IT REAL. Although some children love magical stories that take them away to a faraway world, many prefer something more familiar, perhaps set in a school or stories where they see themselves and their lives reflected. Authors like Lisa Thompson, Onjali Q. Rauf and David Baddiel are great authors to start with, or series like A Diary of a Wimpy Kid, Planet Omar or Kid Normal.

5. DON'T FORCE THEM TO FINISH A BOOK THEY'RE NOT ENJOYING. It can be frustrating when a child starts and then doesn't finish a book but it's worth finding out why. Have a conversation about what was it about the book they didn't like. There are more than 10,000 new children's books released each year, on top of all the books published already, so I promise you there will be something, somewhere which takes their interest.

6. DON'T JUMP STRAIGHT TO WAR AND PEACE. Some children are really intimidated by dense pages of text, long chapters and a high page count. Barrington Stoke is a publisher that specialises in books for dyslexic children and reluctant readers. They're all written by well-known authors and are fantastic stories of a manageable length, with shorter chapters and a special font which is easier on the eye.

"THERE ARE MORE THAN 10,000 NEW CHILDREN'S BOOKS RELEASED EACH YEAR, ON TOP OF ALL THE BOOKS PUBLISHED ALREADY, SO I PROMISE YOU THERE WILL BE SOMETHING, SOMEWHERE WHICH TAKES THEIR INTEREST."

7. DON'T BE A BOOK SNOB. Funny books are a great way to hook a child into reading. There is little better than hearing a child belly laugh from reading a funny part in a book (and even reading the passage aloud to you to share the joke). There is no hierarchy of books from worthy to less worthy. If they read for pleasure, they'll read for life, long past homework reading or adult pressure, so if you can, don't judge their choices.



8. PICTURES AREN'T JUST FOR YOUNG READERS. There's an old-fashioned theory that as children's reading progresses, they 'move on' from picture books to books with just text. I think this is one of the most common reasons why children stop reading. We all love picture books, they're brilliant for learning to read, many have hugely complex stories and many readers love books with illustrations right the way into adulthood.

9. READING CAN BE SOCIAL. Some children don't like the solitary nature of reading, so find out if your school, library or bookshop has a bookclub they can join. If they're older, there are fantastic communities of readers on social media platforms like Instagram and Tik Tok.

10. DON'T STOP READING TO THEM. Yes, we're all busy and yes there are always a 101 other things to be doing but reading aloud with your children, no matter what their age, gives you an opportunity to check to see that they understand what is going on in the book, check in on vocabulary and share an experience together.



Georgina Atwell founded the UK's leading children's book review platform Toppsta (where every book is reviewed by kids!). To read book reviews and recommendations for the latest children's books, visit Toppsta.com.

WIN A SET OF MARSHMALLOW PIE THE CAT BOOK SERIES

A hilarious new series from Clara Vulliamy, the author-illustrator of Dotty Detective, about grumpy cat Marshmallow Pie and his reluctant pursuit of stardom.

Marshmallow Marmaduke Vanilla-Bean Sugar-Pie Fluffington-Fitz-Noodle is a big, fluffy (and grumpy) cat. He LOVES the easy life: lazing in the sunshine, eating Shrimp Crunchies and annoying Buster, the dog downstairs. His new owner, Amelia Lime, has grand plans to turn Pie into a STAR... But Pie thinks he's a star already, to be honest! Told in the hilarious voice of Marshmallow Pie himself, his mischievous antics are illustrated throughout in black and white. We have three sets of these superstar stories to give away so to be in with a chance to win, simply visit ni4kids.com/competitions and answer this question!

Q) What kind of animal is Marshmallow Pie? A) Cat B) Dog C) Tortoise



T&Cs: The closing date for this competition is Friday 24 September 2021. No cash alternative. Editor's decision is final. Usual Ni4kids' T&Cs apply. Visit ni4kids.com/competitions for details.

HOW TO EASE FINANCIAL BURDEN OF NEW SCHOOL TERM

By Sinéad Campbell



Household incomes across Northern Ireland have been hit hard by the Coronavirus pandemic and now that the kids are back to school, many families will find themselves facing financial hardship to manage the associated costs. A recent survey by the Irish League of Credit Unions found that over 33% of local parents get into debt covering the costs of back to school, with parents spending an average of £1,034 per child. Sinéad Campbell, Head of the award-winning Money, Debt & Quality team at Advice NI offers advice to families on alleviating the financial burden.

A new school term is a costly time for all parents and guardians and it is a period that is particularly challenging for families, who often use credit to cover expenses. To help alleviate this financial pressure, families can start with a household budget. Begin by calculating your income and your expenditure, to ensure an accurate reflection of your actual spending from month to month. Once the budget is established, try reducing your expenditure by using price comparison websites to shop around for deals. Also try using energy comparison websites, to see if you could switch to a more cost-effective energy provider. Remember to look around for restaurant deals if eating out, to cancel any unnecessary direct debits and take advantage of supermarket loyalty schemes. Some stores offer significant rewards to shoppers participating in these schemes. These can range from allowing you to accrue points, to offering significant product discounts. Before buying anything, make an inventory of what you already have then make a shopping list of what you need, so that you aren't spending unnecessarily, or impulse buying. When it comes to school supplies, discount stores have excellent quality, well-priced stationery, and supplies. You may also be able to purchase in bulk, making overall costs cheaper. Ask yourself: could I save on fuel by doing the school run on foot or by carpooling with other parents? Can I make more cost-effective packed lunches? If you have an older child with a mobile phone, try shopping around for cheaper plans. You should also take stock of your child's extra-curricular activities. If they attend expensive after school classes, for example, then consider if they are really worth it or are there more cost-effective alternatives. It is important to understand what you are entitled to, for example, free school meals, school uniform and PE clothing grants are available from the Education Authority to families in receipt of Universal Credit or certain benefits. This year, parents could also get a summer holiday food grant. Parents will also be able to register for the Department for the Economy's £100 High Street Voucher Scheme in September. The scheme will give everyone in Northern Ireland who is aged 18 and over, and on the electoral register, a pre-paid card worth £100 to spend on the high street. Although school uniform grants are available from the Education Authority to families in receipt of Universal Credit or certain benefits, these grants may not cover the full cost of the typical school uniform in Northern Ireland. The latest Irish League of Credit Unions survey found that the most expensive item this year for both primary and secondary was school uniforms at £126 for primary, a decrease of £5 from 2020 and £181 for secondary, an increase of £4. I would encourage families to take advantage of local school uniform exchanges. Parents can donate uniform items that are still in good condition to designated drop off and collection points, so that other families can make use of them. During the current period of economic instability, families may be struggling to make ends meet with many feeling under pressure. Some may turn to expensive payday loans, doorstep lenders or worse, illegal lenders for loans, which can quickly spiral out of control if they are not paid back. We see many of our clients borrowing money and struggle to pay it off. I would urge families to try to avoid high-interest lending due to the consequences of not being able to repay.



Advice NI and the Independent Advice Network have 69 members and more than 300 advisers across Northern Ireland, providing free and confidential advice to individuals and businesses. To access Advice NI's money and debt advice, and free your future, call 0800 915 4604 or visit www.adviceni.net

BECOME A CLASSROOM FILM CRITIC WITH CINEMAGIC!



Liam Neeson, patron of Cinemagic, has lent his support to the launch of a new Film Education initiative from Cinemagic International Film Festival. Cinemagic is offering NI Primary Schools the opportunity to sign-up to a new, free, province-wide film jury competition running this October.

The new film education project is open to Key Stage 2 classes. Participating classes will get access to a selection of new international short film animations, and pupils will be tasked to watch and review the films before discussing the merits of each film with their classmates before deciding on a winner. Each participating class will submit their winning selection to Cinemagic before a live virtual announcement of the overall winner is made in November!

Along with the short films, schools will be provided with introductory recorded tutorials on film reviewing and critical thinking, as well as teacher resources on each of the short animations. The themes in the short film programme and resources will reflect and compliment curriculum learning and cover teaching areas including The World Around Us, Language & Literacy, Personal Development & Mutual Understanding, Physical Development & Movement, and The Arts. Individual schools can sign-up more than one Key Stage 2 class to the project, for example one school can sign-up each of their year 5, 6 & 7 classes to the competition.

Cinemagic CEO, Joan Burney Keatings MBE commented, "We are delighted to have the support of Liam Neeson narrating the campaign launch of the Schools' Film Jury.

Cinemagic encourages as many NI primary schools as possible to get involved in viewing new films as part of the Film Jury in classrooms this October.

Watching and critiquing diverse films from around the globe allows young people to explore different cultures, travel the world 'virtually' and develop a thirst for debate and discussion, all of which is important in developing informed thinking and building communication skills."



2021 NORTHERN IRELAND SCHOOLS' FILM JURY COMPETITION

WWW.CINEMAGIC.ORG.UK
FOR MORE INFO!

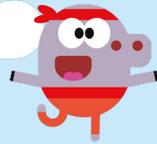
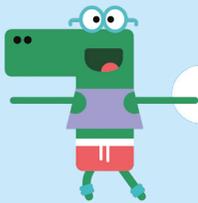
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MAKES THE
DREAM WORK!**

The nation's favourite exercise coach, Joe Wicks, has joined forces with the nation's most lovable pup, Duggee, to lead a series of short, energetic workouts for preschoolers. There's lots to explore and learn along the way as the squirrels and children get their hearts pumping and their energy flowing in the hope of earning a coveted Workout Badge. Together, Joe and Hey Duggee encourage their young audience to join them in different exercise routines. We can't wait to see the series itself, but in the meantime, Joe has shared some simple exercises you and the kids can practise at home ahead of the new series!



THE KANGAROO

Have fun pretending to be kangaroos. Get those legs high as you jump but don't let anything fall out of your pouch!



POWER BURST

Squat down onto the floor and build up all your energy into your feet before you jump up and 'explode'.



STAR JUMP

We all did plenty of these during our PE With Joe sessions over lockdown. Jump your legs out and spread your arms wide over your head at the same time. You can always throw in a clap if you feel like it.



THE MUMMY

It's time to travel back to ancient Egypt and start walking like a mummy. Don't forget those arms!



REMEMBER
as our friend Joe would say: stay hydrated and drink plenty of water after exercise. Keep active, keep energised and keep smiling!

The Workout Badges will be available on The Body Coach YouTube channel and on the YouTube Kids app, starting from 15th September.



WIN

To celebrate the launch of The Workout Badges with Hey Duggee & Joe Wicks we have an amazing Hey Duggee prize bundle to give away for one lucky reader. The bundle includes a Hey Duggee hugs all round bed-set, a Hey Duggee and the Squirrels book, a Hey Duggee Treasure Hunt book and a Hey Duggee plush. The perfect prize for the ultimate Hey Duggee super fan!



To be in with a chance to win simply visit [Ni4kids.com/competitions](https://www.ni4kids.com/competitions) and answer this question...

WHO IS HELPING DUGGEE AND THE SQUIRRELS EARN WORKOUT BADGES?



T&Cs: The closing date for this competition is Friday 24 September 2021. No cash alternative. Editor's decision is final. Usual Ni4kids' T&Cs apply. Visit [ni4kids.com/competitions](https://www.ni4kids.com/competitions) for details.

MATHS WEEK

16 - 24 OCTOBER 2021



Maths Week
Ireland

ON THE COUNTDOWN TO MATHS WEEK 2021: 16-24 OCTOBER

One of the biggest maths festivals in the world, Maths Week Ireland is back again making all things numerical, fun for everyone. Last year things were a little different but our daily broadcasts and huge online resources proved a massive hit with teachers, young people and their parents, carers and grandparents. We're also planning some more unusual Maths in the Park and Maths on the Walls signage in Belfast and Derry/Londonderry. To keep up to date on what's happening and to find out some fascinating facts about maths log onto: www.mathsweek.ie

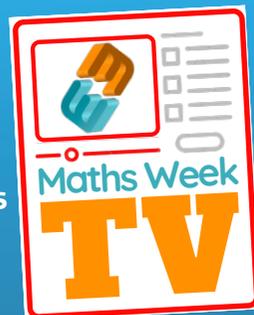


DEVELOPING A POSITIVE MATHITUDE

Maths Week is all about developing a positive attitude toward maths. Negative attitudes or fear makes it very difficult to learn in any subject, but this can be common with maths. We are not hardwired at birth to be mathematical or non-mathematical. Like any sport, if we apply ourselves we will get better. And if we enjoy something, it is easier to apply ourselves. Always display a positive attitude about maths, regardless of any negative experience you might have had. Encourage children to try. Let them know it is ok to be wrong; making mistakes is part of learning. You can help your child by bringing maths into everyday life and play. Shopping, cooking and many household tasks have opportunities for rich maths learning. However, make it fun, not a test. See more ideas at the parents section of the Maths Week website, www.mathsweek.ie

MATHS WEEK TV

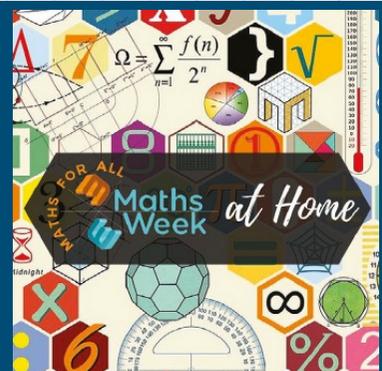
Maths is very important in our lives, and Maths Week promotes a positive attitude towards maths, helping young people of all abilities to succeed. Normally there are lots of events all over Northern Ireland for Maths Week but with Covid-19 restrictions we are focusing on the amazing maths activities taking place in schools and the home. We support teachers, parents and guardians by providing lots of fun resources for all ages to do in school and at home. Check out www.mathsweek.ie and tune into our daily broadcasts from Maths Week TV each weekday during this year's festival October 16 – 24.



PARENTS - CHECK OUT THE MATHS AT HOME SECTION TO SEE HOW YOU CAN EXPLORE MATHS IN THE HOME.

www.mathsweek.ie/2021/parents-page

We have provided 5 ways that parents can easily explore maths with their children – away from the textbook and with a hands-on approach. Children may not know they are doing so but they will be thinking mathematically, making links with the maths curriculum and their everyday world.



OUR MATHS WEEK 2021 POSTER FOR YOUNGER CHILDREN

EXPLORING MATHS IN THE JUNGLE



THIS POSTER AND POSTERS FOR OLDER AGE GROUPS WITH ADDITIONAL ACTIVITIES CAN BE FOUND AT WWW.MATHSWEEK.IE

You can use this poster to explore maths with your child. Playing games with children will help them develop a positive attitude towards maths. This can help develop mathematical thinking such as counting, comparing, sorting and spatial relations.

Here are some suggestions:

COUNTING: How many of each animal can you see? How many bananas can you find?

MATCHING: Can you find animals that are the same?

COMPARING: For example, are there more giraffes or more monkeys?

SPATIAL AWARENESS - MEASURES: Talk about the animals. Which ones are tall / short / long / big / small?

Can you see an animal that is taller / shorter / bigger / smaller than a chosen example?

SPATIAL AWARENESS - POSITIONAL LANGUAGE: Talk about where different objects are. For instance in a tree / above another animal etc.

Ask where a particular animal is located. Children must tell where the animal is by using positional language. For example using above / between / behind / on the left / at the top etc. Describe where a particular animal is and ask the children to identify it. For example, "I'm thinking of an animal. It is behind a tree."

TEACHERS TAKE A LOOK AT THE MATHS WEEK WEBSITE FOR IN-SCHOOL ACTIVITY.

For Maths Week we are focused on the idea of "Maths for All," and we have lots of ideas to engage all pupils. Why not create an atmosphere of exploration and excitement amongst your students and develop a Maths Trail that will help connect the maths curriculum with the real world? You could check out our new Problem-Solving Page that will support you as you prepare your students to become creative, resilient, cooperative problem solvers. Or tune in to our daily Maths Week TV broadcasts from entertaining Maths Presenters that will have students having fun with maths.

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REGISTERED. YOU CAN
ALSO WIN A SET OF
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CHASE THE LAST OF THE SUMMER SUN WITH STRESS-FREE JOURNEYS



Paul Eames, Nissan's European Driver Training Expert shares how you can enjoy stress-free car journeys with the kids to make the most of the September sun.

There's nothing quite like the feeling of hitting the open road at the start of a long-awaited break. As many of us look to chase the last of the sunshine before the cooler weather sets in, the thought of dealing with heavy traffic and keeping the kids entertained in the car can tend to temper those holiday vibes! But don't worry, here's some tricks for how you can make long car journeys a walk in the park.

1. STAY SMOOTH AND STEADY

Every parent's dream is having a smooth and calm car journey! If the kids are having a nap in the back, there's a number of different tricks you can use behind the wheel to keep things smooth and gentle on the move. When turning around a tight bend, for instance, using slow and steady inputs on the brake pedal, steering wheel and accelerator helps keep the car optimally balanced. This will minimise any sharp movements for everyone inside – keeping the little ones soundly asleep!

2. ENTERTAIN THE KIDS WITH PLENTY OF TUNES

Keeping the kids occupied on a long car journey is undoubtedly an art, and what better way to grab their attention than with their favourite tunes or audio books. Whether it's a selection of their favourite singalongs, or something a little quieter to keep things relaxed on the move, your car's audio system is a great way to pass the time on the open road.



If your car features smartphone connectivity with Apple CarPlay or Android Auto, you can prepare a long playlist on your phone and simply play it through the car's audio system – avoiding the need for an overwhelming collection of CDs!

3. REMAIN FOCUSED

We all know how busy the roads can be when leaving for a trip away, and it can be difficult to stay focused if you feel like you've been driving for a while. Whether it's on country roads or motorways, you can use a few different driving skills and technologies to help you keep aware of everything that's going on. On twisty rural roads, lane positioning is key for gaining optimum visibility of the road ahead. If it's safe to do so, when going around a left-hand bend, it's always best to move slightly towards the crown of the road, while shifting slightly towards the kerb provides best visibility when negotiating right-hand turns.

If you're on the motorway, it can also be easy to stray a little too close to the car in front, so be sure to give yourself at least two seconds' following distance (remember: this distance will be bigger the higher the speed you're driving!).

4. REMEMBER TO TAKE A BREAK

Almost one in five drivers in the UK admit to driving while tired, so remember to give yourself the time to relax with a good break on long journeys. After two to three hours of driving, be sure to find a service station or safe place to pull over and stretch your muscles. This is really important to help keep you fresh on the move, and will help keep you alert for the duration of the journey.

WIN A V-TECH 2-IN-1 DINOSAUR PARK!

Leading electronic toy brand, V-Tech, is thrilled to transport little ones to the pre-historic world of dinosaurs this summer with the launch of its colourful and interactive Toot-Toot Friends 2-in-1 Dinosaur Park, suitable for children from 1-5 years old. Little ones can stomp right into imaginative play with the Park Ranger or learn as they explore with the included T-Rex, Pterosaur and Triceratops! Converting from a compact dino transport truck, to a fun-filled dinopark enables two ways to play as children discover the pre-historic land of dinosaurs! Designed to develop imagination and role play, little ones will have hours of fun placing the colourful dinosaurs and park ranger on the MagicPoint™ locations to hear fun phrases, sing-along songs and lively sounds. What's more, the magical locations will also kickstart fun lights across the play set. This dinosaur adventure will support children in developing fine motor skills as they learn through play, by feeding the dinosaurs, launching the net and pushing the truck and big T-Rex along for even more role-play fun! The Toot-Toot Friends 2-in-1 Dinosaur Park features 8 accessories, including a net, detachable T-Rex, Park Ranger, mini Pterosaur and Triceratops, a vehicle and more. Available now from leading stockists.

Thanks to our friends at V-Tech we have a 2-in-1 Dinosaur Park to give away to a lucky reader. To be in with a chance to win simply visit Ni4kids.com/competitions and answer this question...

**WHICH OF THESE IS NOT A REAL DINOSAUR:
A) T-REX B) TRICERATOPS C) PANDASAURUS**



T&Cs: The closing date for this competition is Friday 25 September 2021. No cash alternative. Editor's decision is final. Usual Ni4kids' T&Cs apply. Visit [ni4kids.com/competitions](https://Ni4kids.com/competitions) for details.

TAYTO-TASTIC TIME WITH CITYNORTH HOTEL

WORDS BY ELIZABETH MCGIVERN

Like many families, our plans for a foreign summer holiday were scuppered for the second year in a row but we didn't let it dampen our spirits and we jumped at the chance to pack our bags to make the most of some relaxation and rest at CityNorth Hotel, Meath. Unfortunately my children had other plans and instead we spent two glorious days eating delicious grub, chasing adrenaline highs on rollercoasters and making the most of the sunny weather.

After a short spin down the M1 we arrived at the four-star hotel and immediately couldn't wait to take a look around our new home away from home. Bags dropped off in our family room, we headed back down to the Tara Lounge to get some lunch and make a plan for our stay. After some soup, sandwiches and fizzy lemonade (it was the holidays after all) we went exploring the grounds.

With a fairy garden, play park and football field there was plenty of things to do and lots of space for my two hyper kids to burn off some energy. There was a definite fun, family-friendly energy from the whole hotel – something that can be lacking in a lot of upmarket places. Not once did I feel worried that the kids were being too loud, and the staff would go out of their way

to make sure the boys were happy and entertained. There were lots of other families dotted around the hotel and grounds which was great to see and allowed the boys to play with kids their own age instead of hanging out with their old foggy parents. Following our afternoon of playing in the sunshine we got ready for dinner back inside but not before we spotted a sign for a Kids and Teen Cinema Club. We were delighted to see that it was on every day during the school holidays and also at the weekends on off-peak times. The kids were determined to speed through their food in order to make the cinema club but in the end they forgot all about it when their plates arrived. I enjoyed a starter of vol au vent followed by a steak sandwich, while my husband

ordered a wild mushroom brioche followed by Boyne brewhouse amber ale battered Cod. The grown-ups had no room for desserts but once the kids saw the option for mini doughnuts there was no stopping them! In fact they were such a hit that my youngest son, Oscar, said all our future trip ratings should be made out of 'five mini doughnuts' instead of stars. With full bellies

"There was a definite fun, family-friendly energy from the whole hotel"



we were all ready for an early night in order to have plenty of energy for our day at Tayto Park the next morning.

Well rested and raring to go, we made the 20 minute drive to Tayto Park. As part of the hotel's two-night family deal we could have chosen to go to Dublin Zoo instead but

my eldest, Oliver, had his sights set on riding the very large and very terrifying rollercoaster – the Cú Chulainn Coaster. Unfortunately (or fortunately depending on how you look at it) Oscar and I couldn't ride it. He was just under the height allowance and I have a baby on board so it was left to my very reluctant husband to take Oliver on the ride. When they returned they were both very pale, very wobbly and very reluctant to go on it again. Oliver assures me he'll be ready to go on it again next year! We spent the remainder of the day enjoying all the rest of the entertainment the park had to offer which included a petting farm, playground, Dinosaurs Alive, Steam Train Express, the zoo, Lemur Woods (the family favourite), Nissan Driving School

and all the funfair rides in the Junior Zone. By the end of the day my poor husband was a bit green after all the spinning on the Honey Pot Bears. Before we waved goodbye to Mr Tayto we grabbed a family special at the on-site pizza place which included a 16" pizza and four drinks for €22 and enjoyed it on the green while watching all the happy holiday makers who were there for the day. After a whopping seven hours at the park we had finally seen and done everything we wanted and headed back to the car. The drive back to the hotel was a much quieter affair with everyone lost in their own memories of our magic day. It didn't take long for sleep once our weary heads hit the pillows but before they did, both kids made me promise to come back next year so the baby could join in and who could say no to that? McGivern Family Rating: FIVE Mini Doughnuts.

See citynorthhotel.com or call 01-6906666 to book your next family break.





Cinemagic Festival & Film Screenings

Cinemagic, one of the flagship festivals for young people in Northern Ireland, returns with a hybrid festival programme in venues and online this autumn. Participating venues include The Ulster Museum, Queen's Film Theatre and Odeon Cinemas Belfast. The Festival (1 – 31 Oct) will showcase new studio titles and independent cinema from around the world, film and tv workshops and masterclasses and the annual 'CineSeekers' and 'CineFocus' film juries which offer a chance to review movies and choose the winners of the festival! Among the film screenings are *Even Mice Belong in Heaven* and Pixar's *Soul*. *Even Mice Belong in Heaven* (PG) tells the story of little mouse Whizzy and the fox Whitebelly who meet up in animal paradise. In this new world, they must relinquish their old animal instincts and follow a path to a new life. Queen's Film Theatre (QFT) is hosting the screening on Sun 19 Sept at 2pm (£6 / £5) Booking via QFT. The Ulster Museum is hosting two screenings of *Soul* (PG) on 18 Sep at 10:30am and an autism friendly / relaxed screening at 2pm. The movie shares the story of a jazz musician, stuck in a mediocre job, who finally gets his big break. However, when a wrong step takes him to the Great Before, he tries to help an infant soul in order to return to reality. Book your tickets on WeGotTickets.com



Culture Night Belfast 2021



The creative team behind this year's Culture Night Belfast installation have revealed ambitious plans to create a vast structural, lighting and sound show that will fill the Cathedral Quarter's Writer's Square next month. Belfast artist Gawain Morrison and his team will turn Writer's Square into The Ogham Grove, a monumental, immersive sculpture and accompanying digital trail which will create a whole new experience for Belfast. The concept for The Ogham Grove takes inspiration from the ancient Celtic Ogham Tree Alphabet. Two monumental sculptures will be built, with themes drawn from our ancestral heritage and culture here on the island of Ireland. The 2021 edition of Culture Night will have a completely new format and a new approach designed for a COVID-safe, post-pandemic environment. *The Ogham Grove runs from Friday 17 - Sun 19 Sept at Writer's Square, Belfast.*

Apple Bath Bomb Workshop

Bath Fizz & Melt return to The Market Place, Armagh, welcoming you to come along and create your very own Apple Themed Cupcake Bath Bomb. You will make a fizzy, apple green base before using the secret recipe frosting to pipe a fluffy cupcake swirl using a piping bag and nozzle. Imagination is required as you decorate your masterpiece with an array of pretty apple themed toppings and sprinkles. Your finished product will be placed in a pretty cupcake case with a red or green ribbon and carried home in a protective dome. The only thing you have to decide is 'Is it just too pretty to use in the bath?' This workshop is part of the Armagh Food and Cider Festival 2021 celebrating Co. Armagh's beautiful apple orchards. Children should be accompanied by an adult (Adult free of charge). Sat 11 Sep, 1-2:30pm. Price: £13. Book via VisitArmagh.com



ENJOY 2 GREAT LOCATIONS IN 1 VIBRANT CITY THIS SEPT

CATHEDRAL GARDENS - CITY HALL GARDENS
[visit belfastone.co.uk](http://visit.belfastone.co.uk)

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Please remember

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

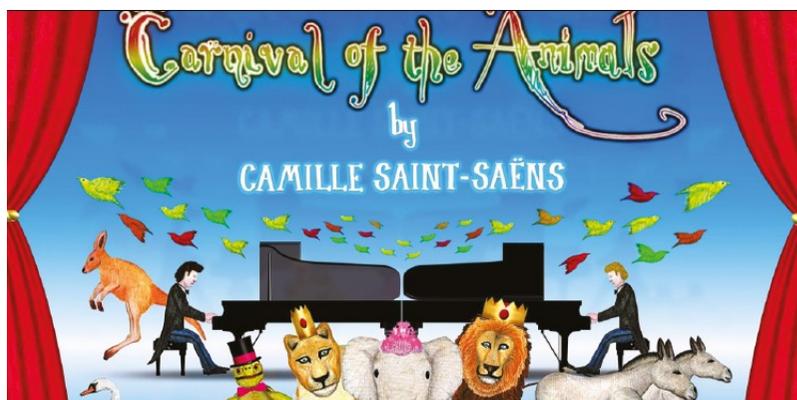
Free Family Fun!

Join the Golden Thread Gallery, Belfast, on Sat 11 Sep for a family art workshop on different ways of drawing, inspired by Lennon! The free workshop takes place at 12pm in the gallery, with new Covid-19 safety measures in place. It's free to take part and they will supply the art materials and light refreshments too! For safety reasons, they ask that you book your place in advance by emailing them on info@gtgallery.co.uk or calling 02890 330920



Carnival of the Animals

International keyboard duo Scott Brothers Duo (Jonathan & Tom Scott) perform a fun-filled concert of duos for piano and organ for all the family featuring thrilling music accompanied by Tom Scott's captivating animations of *The Composer & The Mouse* and Saint-Saëns' *The Carnival of the Animals* on the big screen. *The Carnival of the Animals* by Saint-Saëns is presented in Jonathan Scott's own transcription for piano and organ and accompanied by Tom Scott's original animation which brings all of Saint-Saëns' animals to life in a fun-filled and entertaining way. *The Composer & The Mouse* tells the tale of how a hapless composer finds his own musical style with the help of a mouse. Tom Scott has created the animation and original score for piano and organ. This is a fun introduction to classical music and will combine live music and visuals to help a wide range of ages engage with classical music. Sun 19 Sep at The Portico of Ards. Tickets: Adults £15 / Children £10, Book your tickets on the venue [website](#).



MOVIES



Shang-Chi and the Legend of the Ten Rings PG-13

Release Date: In cinemas 3 September

Marvel Studios' *Shang-Chi and The Legend of The Ten Rings* stars Simu Liu as Shang-Chi, who must confront the past he thought he left behind when he is drawn into the web of the mysterious Ten Rings organization. Trained as a martial arts master since childhood, Shang-Chi's estranged father is none other than Wenwu who, as the Mandarin, is the head of Ten Rings – a powerful global crime syndicate and terrorist network. So, when Mandarin's lieutenants arrive in San Francisco to bring Shang-Chi home, our hero is forced to own his formidable powers and make a decision about whether to stand by his father's side, or fight alone on the side of good.



Cinderella PG

Release Date: On Amazon 3 September

The *Cinderella* story gets the live-action treatment - again - in this new adaptation heading to Amazon. This is a musically-driven bold new take on the traditional story you grew up with. Our heroine is an ambitious young woman whose dreams are bigger than the world will allow, but with the help of her Fab G (Fabulous Godmother), she is able to persevere and make her dreams come true. *Cinderella* does not want to stay confined in her stepmother's basement or live a royal life in this update for the streaming era, with our protagonist's sights set on becoming a businesswoman. There's also an absolute carriage full of stars to bring this bright and bold musical to life, including pop sensation Camila Cabello in her first acting role.



My Little Pony: A New Generation U

Release Date: On Netflix 24 September

The unimaginable has happened: Equestria has lost its magic. Earth Ponies, Unicorns, and Pegasi are no longer friends and now live separated by species. But idealistic Earth Pony Sunny (Vanessa Hudgens) is determined to find a way to bring enchantment and unity back to their world. Teaming up with open-hearted Unicorn Izzy (Kimiko Glenn), the pair travel to faraway lands where they encounter the likes of charismatic and brave Pegasi Pipp (Sofia Carson) and Zipp (Liza Koshy) and the ever-responsible fellow Earth Pony Hitch (James Marsden). Their mission is full of misadventures, but these new best friends each possess their own unique and special gifts that may be just what this ponyverse needs to restore magic and prove that even little ponies can make a big difference.

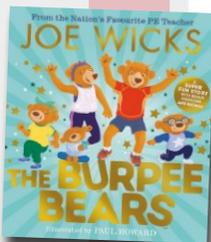
The Reading Corner

Terrific tales to jump into this September...

The Burpee Bears by Joe Wicks, illustrated by Paul Howard
HB £12.99, published by HarperCollins Publishers

AGE 0+

Meet the Burpee Bears in this glorious picture book created by the nation's favourite PE teacher, Joe Wicks! For this modern-day bear family, every day is a new day: a day for adventure and discovery, and true to Joe's ethos, each book in the series will begin and end with an illustrated warm-up and winddown exercise routine – perfect for energetic little bears everywhere! *The Burpee Bears* is infused with Joe's signature sense of fun. In the first book in the series, children will laugh out loud while they recognise the ups and downs of everyday family life and delight in the Burpee Bear characters, who bring a little bit of Wicks magic and a whole lot of Joe energy to each and every page. *The Burpee Bears* will touch your hearts and get families moving together and reading together.



We're Going to Find the Monster

by Malorie Blackman, illustrated by Dapo Adeola.
PB £5.99, published by Penguin Random House Children's UK

AGE 3+

A rip-roaring picture book adventure from superstar pairing Malorie Blackman and Dapo Adeola. Over the shimmering ocean, up the huge, high mountain, through the deep, dark forest... WE'RE GOING TO FIND THE MONSTER! Join two intrepid adventurers as their imaginations transform their house into a wild wonderland - and their big brother becomes a mighty monster. A joy to read aloud with its cumulative refrain, and full of funny, relatable characters, this is a contemporary celebration of creativity, fantasy and family.



Lizzie & Lucky: The Mystery of the Stolen Treasure

by Megan Rix PB £6.99, published by Puffin

AGE 5+

When Lizzie and her hearing dog Lucky go on a family trip to the seaside, something doesn't seem right. There's talk of missing treasure that no one has been able to find for years and years, while artefacts are mysteriously disappearing in the local museum. Anyone else would shrug it off but this dynamic duo just know there is a mystery to be solved - and they won't leave until they've cracked the case! The adventures of dynamic duo Lizzie and Lucky continue in the playful and heart-warming series, in which the character of Lizzie is inspired by Megan's own experiences of hearing loss.



A Natural History of Magick by Poppy David, illustrated by Jessica Roux HB £20, published by Frances Lincoln Publishers Ltd

AGE 7+

Discover the history of magic and its dazzling array of practices around the globe. Delight in this hidden world as you learn about these and more topics: Different types of magic (Explore divination, tarot reading, astrology, numerology, alchemy and more.) Powerful plants (Peppermint is fantastic for cleansing, and also known to ward off vampires.) Wand trees (Apple tree wands are helpful in matters of love and fertility while beech is best for scholars using wordy spells.) With this precious scrapbook as your guide, tap into the powerful energies that will help you harness your own magic.



Pages & Co: The Book Smugglers

by Anna James HB £12.99, published by HarperCollins Publishers

AGE 8+

Milo lives on board the Sesquipedalian, or "Quip" - a magical train that uses the power of imagination to travel through both story and the real world. The train is owned by Milo's uncle, Horatio, and Milo has witnessed many of his uncle's dodgy dealings as a book smuggler trading in rare books. When Horatio takes on a dangerous new job, he needs the help of Tilly Pages. And Tilly owes Horatio a favour. But when poisoned copies of *The Wizard of Oz* are sent to Horatio and Tilly's grandfather, sending them both into deep sleeps, Milo and Tilly find themselves racing against time to save them - and to figure out what is going on. Their journey takes them to the Emerald City with Dorothy, rocketing on the unruly Quip, and eventually to Venice in Italy, in pursuit of the mysterious Alchemist. The very essence of imagination, story itself, may be in danger.

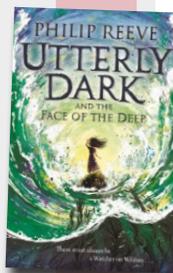


Utterly Dark and the Face of the Deep by Phillip Reeve

PB £6.99, published by David Fickling Books

AGE 9+

It was always at sundown they were seen. In that twilight hour, when the walls between the worlds grew thin, strange things might slip through the cracks. Sometimes then, so the stories went, enchanted islands would appear in the empty ocean to the west of Wildsea. When *Utterly Dark* was a baby, she was washed up on the shores of the Autumn Isles and taken in by the Watcher of Wildsea. But everything changes when her guardian suddenly drowns. Now who will keep the Watch, and make sure Wildsea stays safe from the strange forces teeming in the deep ocean around them?



A LEGEND IN THE BAKING!

TEACHING YOUR CHILD TO BAKE IS A PIECE OF CAKE WITH THESE RECIPES.

HELP YOUR CHILD TAKE THEIR FIRST STEPS INTO THE WORLD OF BAKING AND LEARN VALUABLE SKILLS WITH SUSAN AKASS' BOOK 'LEARN TO BAKE'.

Why should kids learn to bake? There are three great reasons—it's lots of fun; they'll end up with delicious food to eat; and they'll create something special to share with their family and friends. What's more, it is a skill that will make them popular all through their life because everyone loves home-baked food! Obviously, adult supervision is required when doing any baking because using knives, stoves, ovens, and electrical equipment can be dangerous. However, the more they learn, the safer it will become. So, wash your hands, tie on your apron, and start baking!





MINI FOCACCIAS WITH ZUCCHINI

This bread recipe is for savory focaccia, which are little Italian style rolls. These are flavored and decorated with grated zucchini (courgette) but you could have them plain or with a sprinkle of sea salt crystals instead.

YOU WILL NEED

3 cups (375 g) strong (bread) flour, 1 package (1/4 oz./7 g) fast acting dried yeast salt, 3 tablespoons olive oil, about 3/4 cup (180 ml) warm water, 2 small zucchini (courgettes), 2 large baking sheets, (makes 8)

1. Dust the baking sheets with a little flour. 2. Put the flour, yeast, and 1 teaspoon salt into a bowl and stir well with your fingers. Add 2 tablespoons of the olive oil and 1–2 tablespoons warm water. Keep mixing with your fingers, adding more warm water a little at a time, until the mixture comes together into a soft but not sticky dough (if you add too much water, add a little more flour). 3. Sprinkle a little flour onto a clean work surface. Shape the dough into a ball, tip it out onto the work surface, and begin to knead it. To do this, push the ball of dough down and away from you with the heel of your hand, stretching and flattening it as you push. Fold the far edge toward you. Turn the ball around half a turn and stretch the dough out again. Fold and turn again. Keep doing this until the dough is silky smooth and stretchy—this will take 5–10 minutes and you may need to add more flour if the dough is too sticky. 4. Divide the dough into 8 pieces and knead each piece again until it is smooth. Using a rolling pin, roll each piece into a small circle just over 1/2 in. (1.5 cm) thick. Lay the circles, spaced well apart, on the baking sheets and cover them with plastic wrap (clingfilm). Put them in a warm place to rise for about 40 minutes, until they have doubled in size. (They will take longer if you haven't got a warm place to put them.) 5. Ask an adult to help you turn the oven on to 425°F (220°C) Gas 7. 6. Wash the zucchini (courgettes) and then, using a sharp knife and cutting down onto a board, trim off both ends. Now grate them carefully onto a plate using a fine cheese grater. Sprinkle on a little salt. 7. Add the remaining olive oil to the grated zucchini and mix up well with your hands. Scatter the grated zucchini over the mini-focaccias. 8. When the oven is hot, ask an adult to help you put in the mini focaccias and bake them for about 10–15 minutes. Ask an adult to help you take them out and test them to see if they are baked—they should be firm and golden, and sound hollow when tapped on their bottoms! Serve them warm, or let them cool on a wire rack.



IRISH SODA BREAD

Irish soda bread is bread made without yeast so it is much quicker to make than normal bread, but just as delicious, especially when warm from the oven with loads of butter and jelly (jam).

YOU WILL NEED

vegetable oil, for greasing, 2 cups (250 g) all-purpose (plain) flour, 2 cups (250 g) whole-wheat (wholemeal) flour, 1 1/4 cups (125 g) rolled oats (porridge oats) 1 teaspoon baking soda (bicarbonate of soda), 1 teaspoon fine sea salt 2 tablespoons (30 g) butter, 1 2/3 cups (400 ml) buttermilk, 1 tablespoon runny honey, baking sheet, baking parchment (makes 1 loaf)

1. Ask an adult to turn the oven on to 400°F (200°C) Gas 6. Put a little vegetable oil on a paper towel and rub it over the baking sheet to grease it. 2. Put the flours, oats, baking soda, and salt in a mixing bowl and stir together well. Add the butter and rub it into the flour between your fingers and thumb. 3. Measure the buttermilk into a pitcher (jug), add the honey, and stir them together. 4. Make a hole in the center of the flour mixture and pour in the buttermilk. Gradually stir the flour into the buttermilk until the mixture comes together into a ball of soft dough. If it feels a bit hard, add a little more milk (just add a tiny bit at a time, because you don't want the dough to go sloppy). 5. Sprinkle a little flour onto a clean work surface. Tip the dough onto the work surface and begin to knead it. To do this, push the ball of dough down and away from you with the heel of your hand, stretching and flattening it as you push. Fold the far edge toward you. Turn the ball around half a turn and stretch the dough out again. Fold and turn again. Keep kneading for 2–3 minutes until the dough is smooth and soft. 6. Shape the dough into a round loaf, sprinkle a little flour over the top, and then carefully make a large X-shaped slash in the top with a sharp knife. 7. Lift the loaf onto the baking sheet and ask an adult to help you put it in the preheated oven. Bake it for 50–55 minutes. After that time, ask an adult to take it out of the oven, then lift it up using oven mitts, and tap the bottom. Listen carefully! If it sounds hollow the bread is done. If it sounds solid it will need a little longer in the oven. When it is baked, let it cool on a wire rack.

Learn to Bake by Susan Akass,
published by CICO Books (£12.99)
Photography © CICO Books



This issue we are loving...

USE LESS MAKEUP ON THE SKIN

We have all experienced the dread of applying makeup and watching it melt off our skin during balmy weather. But sweat-proofing your makeup is easy once you have the know-how and NOTE Cosmetique is here to help. Less makeup means less opportunity for it to slide off your face. A good foundation like the **NOTE Detox and Protect** will cover the face perfectly with one pump. To ensure it is pressed into the face properly and not just sitting on the surface a great top tip is to press it in with your fingers rather than a brush. **Detox and Protect Foundation - £11.95**



SOLVE STICKY SITUATIONS

Passionate about safe, plant-based cleaning, the team at Nimble are proud to offer their versatile antibacterial spray, **Sticky Stopper** to parents nationwide. Available in a 500ml spray, travel sized 60ml spray and refill option, the iconic cleaning product is effective yet plant based, getting families out of sticky situations naturally! Mess may be a fact of life, even more so with little ones running around, however, families can rely on Nimble for its simple, plant based cleaning solutions for daily life. For use all over the house, from high chairs to playmats, Sticky Stopper has allowed parents access to bleach free cleaning that safely and effectively removes greasy residues left behind from everyday activities, like dinner, play time or messy play! Available on NimbleBabies.com from £1.99.



FIGHT BACK TO SCHOOL GERMS

With the seasons changing, it is that time of the year where everyone has a cold. Children are back to school and those travelling to and from work has increased, making it the perfect time for viruses to spread. **ColdZyme** is a travel/bag friendly product to keep handy this Autumn. ColdZyme® Mouth Spray is an easy-to-use oral spray for common colds that forms a protective active enzyme barrier on the mucous membrane in your throat. The barrier acts osmotically on the cold virus particles, trapping them and preventing them from binding with human cells, helping the body to remove them naturally. ColdZyme Mouth spray targets the cause of a cold, the cold virus, and not just the symptoms. Clinically documented to reduce the viral load in the throat by 99%. Suitable for adults and children over the age of 4. Available from Boots, Amazon and pharmacies nationwide, £10.99 for 7ml, £17.50 for 20ml.



END TOOTHBRUSHING BATTLES WITH PUNCH & JUDY!

Punch & Judy, the family dental brand bursting with heritage, has unveiled a gift set parents need to snap up! The new natural starter pack will snap little ones' brushing routines into shape in no time.

It includes two tubes of great tasting **Natural Toothpaste** (gentle mint and strawberry), there's also a pack of four fun bamboo toothbrushes and the added bonus of the cheekiest croc finger puppet who comes FREE! The brand's Natural Toothpaste which is suitable from 0-6+, is sugar free, contains no artificial colours or flavours and is safe if swallowed. With the added benefit of fluoride to help strengthen both milk and permanent teeth. Find it on Amazon, priced £9.99.



HEALTH UPDATE

CHILDREN'S BONE HEALTH

A recent report, Dairy Gap, is said to warn that children might not be getting the right balance of foods and activity for good bone development. They suggest that less than a fifth of parents are taking steps to provide the recommended nutrients for their children's bone health. Bone health is important at every stage of life but recent research by the national charity, the Royal Osteoporosis Society (ROS), has shown that only 28% of parents (of children aged 18 or under) have ever had a conversation with their family about how to maintain healthy bones. It also shows that whilst 85% of parents realise that calcium is important for bone health, only half realise that vitamin D is another essential nutrient for bones.

Additionally, 35% of the parents who took part in the ROS survey said that they had exercised less during the COVID-19 pandemic, which could suggest that

families overall have been less active.

A rapid evidence review commissioned by Public Health England (PHE) and the ROS in January, highlighted the importance of specific types and intensity of exercise that children specifically need to maximise their muscle and bone development. The research revealed that impact sports like gymnastics and dance, or team games like football and netball, are particularly effective for building strong bones.

Sarah Leyland, Clinical Advisor at the ROS said, "It's never too early - or too late - to start taking action for your bones. Osteoporosis causes bones to weaken and become vulnerable to breaking more easily, but there are things we can all do throughout our lives to help prevent it.

"A healthy balanced diet with adequate calcium, getting enough vitamin D and both weight-bearing and muscle-strengthening exercise are key for good bone health. Impact sports in children and young people can be particularly beneficial."

A new initiative from the ROS charity has been developed to help people make good choices for their bones when it comes to diet and lifestyle – the Bone Health Accreditation scheme. Whenever consumers see their 'Bone Health Approved' logo on a product or service, they can feel confident that the product they are buying does what it claims to do for bone health.

Find out more about bone health on the ROS website theros.org.uk



Ask the Pharmacist Boosting The Immune System



Richard Dunn is a community pharmacist with Gordons Chemists.

It's been a long time coming! Kids are now back to school and are again exposed to the usual germs that are part and parcel of mixing with other children. It's not unusual for children to have around six infections a year, such as colds, ear and gastro infections, but there are ways you can help fend off infections and boost your child's immune system.

Ensure your children get enough sleep. It has been proven that sleep deprivation reduces the number of killer cells which your immune system produces to fight infection. Every child will have slightly different sleep requirements – infants may need up to 16 hours a day, toddlers 11 to 14 hours, and pre-school 10 to 13 hours. This reduces gradually up to the age of 12 when around nine hours should suffice. If the daytime routine impacts on the nap time of younger children, you should try and pull this back again in the evening by putting them to bed earlier. Include more fruits and vegetables in their diet such as oranges, mangos, carrots, tomatoes, green beans and broccoli. These contain phytonutrients, which have immunity-boosting properties which increase the body's production of white blood cells to fight infection, and interferon which is an antibody that coats cell surfaces, blocking out viruses. Easier said than done but try to get your child to eat five servings of fruits and veggies a day. While it can be beneficial to give your child multivitamin supplements to aid healthy growth

and development, certain vitamins which they include are important for the development of a healthy immune system – such as vitamin A, B6, C, D3 and vitamin E which acts as an antioxidant. A range of Children's multivitamins are available from most local pharmacies and are generally safe, however, they are still drugs and if taken in excessive amounts, some can be toxic. Stick to the recommended dose on the pack, keep them hidden out of reach of children and always consult your GP or pharmacist for help and advice before giving your child any multivitamin product. Exercise regularly. Exercise has been shown to increase the production of killer cells. Lead by example and exercise or play with your children if possible. It's more likely to happen if you make it fun so try to vary the activities or games to keep them interested. Preventing the spread of germs is a good way to reduce the stress on your child's immune system. Make sure they wash their hands regularly with soap or antibacterial hand wash. In particular wash before meals, after going to the toilet and playing outside or

blowing their nose. Get into the habit of getting them to wash their hands when they return from school or day care. Again, try and introduce an element of fun by providing them with their own novelty soap dispenser – this worked for me. It is also worth keeping the toothbrushes of family members apart from each other, or bin them when your child gets sick in order to prevent transfer of germs from brush to brush and to prevent reinfection. Nowadays you will also be aware that your doctor is often reluctant to prescribe antibiotics – and for good reason. Antibiotic-resistant bacteria are becoming more prevalent, largely due to the overprescribing of antibiotics in the past. This will make it more difficult to treat common bacterial infections now and in the future if we don't limit their use. Most childhood ailments are caused by viruses, so antibiotics are of no use anyway. Plus, such conditions are often self-limiting so should go away on their own accord with the help of a healthy immune system.

Gordons Chemists is the largest independently owned retail pharmacy chain in Northern Ireland. Established in 1980, Gordons Chemists now has over 60 pharmacies on the high street and in shopping centres across Northern Ireland and Scotland. Products described are available at most pharmacies and Gordons Chemist does not endorse any individual product. Always consult your pharmacist in relation to your individual symptoms.



Awaken your senses with the M&S Ragdale Hall Spa Energise Essentials Set, infused with mandarin and rosemary essential oils. Each gift set contains an Energise Body Mist (8ml), Energise Shower Gel (50ml) and an Energise Body Serum (50ml). Price £12.50. Get yours at marksandspencer.com.



The Squeeze Station from Infantino has been designed to make it quick and easy to prepare and store homemade baby food. Allowing parents to create their own snacks, simply prepare your recipe and use this clever system to squeeze your homemade goodness into the portable pouches for on the go feeding. Available on Amazon from £23.97.



A true essential for parents, the 6-in-1 MultiMuslin Breastfeeding cover by Cheeky Chompers also functions seamlessly as a burp cloth, attachable shade for pushchairs, blanket, swaddle, and includes two soft silicone teething rings. From £9.99. Available at John Lewis 7 JoJo Maman BeBe.



The Geomag Mechanics Loops And Turns Construction Set is a STEM product that can truly stimulate curiosity and inspire kids to learn more about science. Suitable for children aged 8+ to develop their imagination and curiosity through the science of magnetic construction. Price £34.99 from The Entertainer



Light up your life with the new Waboba MoonShine, the crazy, gravity-defying ball which turns a routine game into an out of this world free-for-all. This hyper bouncing ball bounces up to 100 feet and lights up for seven seconds when bounced. Available from leading toy and leisure stores. RRP £5.99.



BabyBamba's fully biodegradable bamboo Endangered Animals Dinner Set comes complete with everything little ones will need for a scrumptious meal time including a cup, plate, bowl, spoon and fork. Suitable for both indoor and outdoor use. Price £14.99. Available at babybamba.com.

NEW ARRIVALS

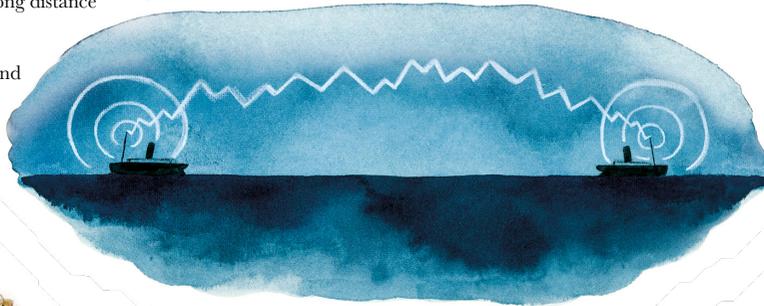
RESCUING TITANIC

It's approaching the 110th anniversary of the sinking of Titanic and a whole new generation of children want to find out about the world's most famous ship. Find out more about life on board the Carpathia and read about how the intrepid little ship heroically changed course and headed straight into the frozen sea to help save as many people as it could.

MORSE CODE

In days gone by, when a ship was out on the high seas, it would be entirely out of communication with the world. The Italian inventor Guglielmo Marconi helped to change all that. By the end of the 19th century he had helped develop long distance wireless radio communication.

Liners were fitted with special radio equipment and trained operators used them to send and receive messages. These messages allowed ships to call for help via Morse code, an international system of dots, dashes and spaces which represented numbers and letters of the alphabet.



The messages were received by the Marconi antenna on top of one of the ship's four masts, and then were transmitted to the listening equipment. The Carpathia could send messages up to 200 miles away. The Titanic's Morse code transmissions were very advanced and they sounded almost musical. The radio operator on board the Carpathia was 21-year-old Harold Cottam, who had trained specially at the Marconi School in Liverpool. He spent up to 17 hours a day at the instrument table tapping out messages and listening to incoming traffic.

International Morse Code Alphabet	
A	.-
B	-...-
C	-.-.-
D	-..-
E	..
F	..-.-
G	...-
H
I	..--
J	.-.-.-
K	-.-
L	.-.-
M	--
N	-.-
O	---
P	.-.-
Q	-.-.-
R	.-.
S	...-
T	-.-
U	..-
V	...-
W	.-.-
X	-.--
Y	-.--
Z	--..

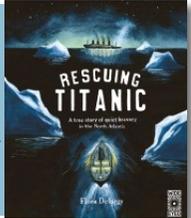
On Sunday 14th April, Cottam noted some wireless reports of ice on sea routes further north.



He left the Marconi Wireless Room, to deliver the communications to the Bridge where Second Officer James Bisset was on duty. He then returned to his post to resume his duties.



Edited excerpt from *Rescuing Titanic: A true story of quiet bravery in the North Atlantic* by Flora Delargy (HB £14.99) published by Wide Eyed Editions. Out 7 September.



NAVIGATION

Captain Rostron and his crew used a number of key tools to navigate long stretches of open ocean.



SEXTANT

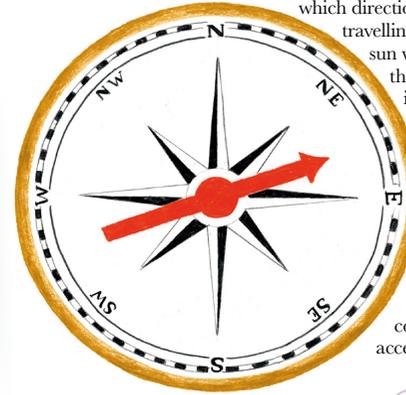
For a very long time mariners had looked up to the sky to help work out their location at sea. Their preferred reference point was the sun. In time, increasingly sophisticated instruments were invented to measure the angle between the horizon and the sun or stars. The invention of the sextant was a major advancement. It meant sailors could accurately establish the latitude of the ship, that is how far north or south it was from the Equator.

CHARTS

Charts are maps of the sea. While the first world map was created around 2,600 years ago, the earliest nautical charts weren't made until the end of the 13th century. Initially, charts ignored the curvature of the Earth but by the 16th century, they took that into account. Chronometers and sextants may tell sailors exactly how far they are from a particular location, but a chart makes that information visual! Charts not only depict shorelines in detail, they provide information about depth of water and hazards as the vessel draws closer to land.

COMPASS

Invented in China and brought to Europe in the early Middle Ages, the compass allowed sailors to work out which direction they were travelling in, even when the sun wasn't shining. At the heart of the device is a magnetised needle that points almost exactly towards North. On ships like the Carpathia, compasses were stored on deck in a cabinet called a binnacle so they could be readily accessed.



WIN

A BUNDLE OF JANOD'S ROLE PLAY TOYS AND INSPIRE LITTLE MINDS!

Iconic French toy brand Janod is thrilled to be able to offer classic and ever-lasting fun in the form of their wooden role play toys! Little ones will be free to create hours of fun with Janod's imagination-sparking sets. Janod's Doctor's Suitcase is just one available and is sure to fire up your child's imagination and inspire the doctor in any little one. Featuring 10 wooden instruments – a syringe, reflex hammer, disinfectant, stethoscope, otoscope, thermometer, tongue depressor plus a prescription notebook, pencil and bandage roll, this extensive kit has got everything kids could possibly need to play doctors and nurture their caring side. All toys are suitable for ages 3 and up, allowing the littlest of adventurers to explore role play for the very first time with safe, sustainable, durable and colourful toys. Thanks to our friends at Janod we have a toy bundle, containing the Doctor's Suitcase and a Silver Rocket, to give away to a lucky reader. To be in with a chance to win simply visit Ni4kids.com/competitions and answer this question...

What set are Janod giving away?

A) A doctor's suitcase B) A clown's handbag C) An astronaut's lunchbox



T&Cs: The closing date for this competition is Friday 24 September 2021. No cash alternative. Editor's decision is final. Usual Ni4kids' T&Cs apply. Visit ni4kids.com/competitions for details.

CRAFTY KIDS

FIVE MINUTE MUM: TIME FOR SCHOOL

As any parent and carer knows, it is a scary thing to send your little one off to school for the first time. Here, Five Minute Mum, Daisy Upton, shares two fun games you can play with the kids in order to help support their learning and give parents and carers five minutes where they feel like they are getting it right!

YES/NO ESCAPE ROOM

The Yes/No game is an easy game you can play for this phase with your little ones. It's suggested in the government's *Letters and Sounds* document so lots of kids will be familiar with this from school. In traditional **FIVE MINUTE MUM** style, I've amended this commonly played classroom game to make it a bit more physical and exciting, because often kids have a lot of energy even after a full day at school. I find it's best to wear them out so I can sit on the sofa with a chocolate orange come 7 p.m.!

GRAB:

- paper or Post-it notes
- pen
- masking tape
- timer – for example, a sand timer, stopwatch or smartphone

TO SET UP ...

1. Write five to ten questions clearly on paper or Post-its that use the words your child is practising – simple questions your child can answer yes or no to.

Here are some examples from *Letters and Sounds*:

- Can a clock get cross?
- Can crabs clap hands?
- Did a shark ever jump over a tree?
- Is the moon green?
- Have you ever slept in a tent?
- Are you afraid of thunderstorms?
- Do chimps come from mars?
- Do trains run on tracks?



2. Cut each question out separately if using paper and stick them all around a room in your house, high up and down low.
3. Write **LOCK** on a strip of masking tape and have it ready to stick across the door, as shown in the photo opposite.

TO PLAY ...

1. Go with your child into the room where the clues are and tape the door shut with the masking tape that says **LOCK**.
2. Explain to your child that there are questions around the room. They must answer them all correctly to escape and they have however long you wish to set to get out! (We usually do thirty seconds per question.)
3. Give them a pen so they can write their answer to each question. They can do them in any order – the aim is to just answer them all.
4. Say **GO!** and start the timer.
5. At the end, once they've answered all the questions, they must tell you how many have the answer **YES** and how many have the answer **NO** before they're allowed to rip off the tape and escape.

DOMINO MATCH-UP

When your little one starts school, they will focus on learning and recognizing numbers up to 20, being able to count backwards and forwards, and understanding the value of each number. By 'value', I mean knowing that the number 3 on the page matches three items. This is one of the games I played with Florence to help her get to grips with this concept.

GRAB:

- dominoes
- pen
- paper
- scissors

TO SET UP ...

1. Grab as many dominoes as you think your little one might be interested in.
2. On a piece of paper, write the number of dots on each domino, side by side.
3. Cut out the numbers to match the dominoes as shown in the photo.
4. Lay out the numbers and dominoes for your child to find.

TO PLAY ...

There are two ways to play this:

1. They can try to match the correct written numbers with the number of dots on the dominoes and put them in little pairs together. Flo and I said they had found their twin and were off to the park.
2. Or you could play **PAIRS**, by turning the written numbers and dominoes over and spreading them out so you can't see any of the numbers or the dots. You take it in turns to pick up one of each (a written number and a domino) and see what's on the other side. If they match, you keep the pair. If they don't, you put them back, face down. Keep playing until all the pairs are found.



Edited extract from *Five Minute Mum: Time For School* by Daisy Upton (PB £14.99), published by Penguin, out now.



CINEMAGIC

2021 NORTHERN IRELAND SCHOOLS' FILM JURY COMPETITION



Cinemagic is offering Northern Ireland Primary Schools the opportunity to register for a free of charge 'province-wide' film jury competition.

The new film education project is open to Key Stage 2 pupils and this October participating classes will get access to a selection of new international short film animations.

Pupils will be tasked with watching and reviewing the films at school with their classmates before deciding on a winner.

Each class will submit their winning selection to Cinemagic ahead of a live virtual announcement of the overall winning film.

For more information on how to register email schools@cinemagic.org.uk or check out the Cinemagic social media channels.



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