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Welcome to the May update from Warfield Parish Council

Warfield's Annual Gardening Competition

Once again we're looking for residents to enter Warfield's Annual Gardening Competition. There are three categories this year – Best Environmental and Sustainable Front Garden, Tallest Sunflower (adult) and Tallest Sunflower (child).

This year our judges will be looking at planting mixture and design. They would like your garden to have purpose and impact and to include plants that encourage pollinators. An inventive use of pots, containers and other garden ornaments of edible flowers, herbs and ornamental vegetables will be beneficial. The judges would also like to see wildlife habitat built into your gardens e.g. bird or insect boxes and climbing plants. Also if you have drought resistant plants, water conservation techniques and a good use of mulch or ground cover plants might get you the prize.

Your garden must be visible from the road or pathway without the need to gain access and to allow photographs to be taken.

The competition is free to enter and is open to all Warfield residents. You can enter yourself or nominate a neighbour. Prizes will be awarded to the winners and runners-up later in the year.

To obtain an application or nomination forms please contact the Parish Office or download one from our website. Our councillors will also be out and about looking for front gardens to nominate.

Winkfield & Warfield Family Cycle Ride Sunday 23rd June – can you help?

The date for the annual Family Cycle Ride has been confirmed as Sunday 23rd June, so make sure you save the date for this 10 mile circular ride around the roads and beautiful country lanes of Winkfield and Warfield.

You can now register via the Winkfield Parish Council website at www.winkfieldparishcouncil.gov.uk. In the meantime we are keen to hear from anyone who could spare some time to volunteer and help with marshalling around the course; please contact either Winkfield or Warfield Parish Office if you are able to help.

Community SpeedWatch

In association with our neighbouring parish councils in Binfield & Winkfield, we are supporting the Community SpeedWatch scheme run by Thames Valley Police. The scheme involves community volunteers working with the neighbourhood policing by deploying roadside monitoring equipment at identified speeding hot spots.



If you think that speeding traffic has a dangerous impact in your area and you would like to take an active role in speed monitoring and educating offending drivers, then this is the volunteering opportunity for you. Necessary training and safety equipment will be provided to fulfil this role. Please contact the Parish Office and we will pass your details to Thames Valley Police.

Parish/Borough Councillor Surgeries

With Local Elections taking place on Thursday 2nd May, there will be no councillor surgery at the beginning of May. Surgery sessions will resume in June.

WORD

Magazine

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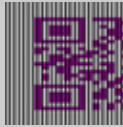
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Kids Page

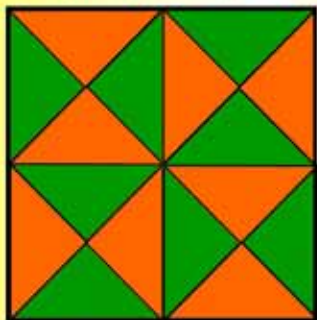
Fruity Word Grid



Can you find all the fruits hidden in our grid?



How many triangles, of all possible sizes can you find in this picture



Burger Riddle Solution
 They were a grandmother, mother, and daughter.

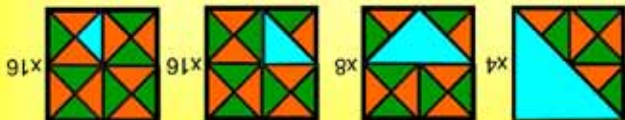
BURGER RIDDLE

Two mothers and two daughters went to a burger bar. Everyone ate one burger, yet only three burgers were eaten in all. How is this possible?



Word Grid Solution

Triangle Puzzle Solution: There are 44 triangles.





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Saturday 18 May

12.00 noon – 4.00pm

Parking at the Community Landshare, Wellers Lane at the junction of Penfurzen Lane, Warfield, RG42 6BQ. Please use road names for sat navs

Come along and help build bat boxes at *the Jealotts Hill Community Landshare Friends and Family Fete*. The boxes will then be put up in Warfield, to help meet one of the targets of the Bracknell Forest Council Biodiversity Action Plan 2018-2023. Accompanied children welcome. All materials and tools will be provided. We will be operating a ticketing system on the day. For further information please email warfieldenvironmentgroup@hotmail.com or contact Claire on 01344 302708 .



www.warfieldenvgroup.wordpress.com

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Never Too Early

Book an eye examination for your child



A child's development and learning can be hindered by undiagnosed or uncorrected sight defects, so early and regular eye examinations are essential to give them the best chance of succeeding in their education.

Rapid visual development takes place between birth and 3-4 years of age. Many visual defects such as long-sight (hyperopia), short-sight (myopia), a turning eye (strabismus) or a rugby ball-shaped eye (astigmatism) can be inherited.

Most visual problems are treated better if they are diagnosed early on. It's not necessary to wait until a child can read the letters on a conventional chart before taking them for an eye examination. Special picture charts and tests can be used and it's quite possible to take certain measurements without any interaction from the child at all.

Doctors, health visitors and some school nurses will carry out rudimentary vision checks, but only an optometrist will be able to provide a comprehensive accurate assessment.

Here are some signs to look out for but it's important to say that some children show no signs of anything being wrong at all, yet they may still have a serious underlying

vision defect.

- Frequent eye rubbing
- Dark circles under the eyes
- Obvious discomfort in bright sunshine
- watery eyes
- One eye larger than the other
- One or both eyes turning inwards or outwards, even if it's only sometimes
- A white pupil visible in family photos, particularly where flash has been used

- Holding books very close
- Aversion to reading
- Sitting right next to the TV
- Red-rimmed eyes, or sore-looking eyelids
- Excessive blinking
- Short attention span for close-up tasks
- Poor eye-hand co-ordination

It might sound obvious but choose an optometrist who likes children (not all of them do!) and who puts them at ease. When you go into the practice there should be children's books or possibly a toy or two available to keep them occupied while they wait. A child-friendly optometrist will understand if your toddler wants to run around the room periodically or alternatively doesn't want to engage at all. If your child has special needs such as autism or anxiety and needs to visit the practice to see the room and meet the staff before attending for an appointment this should be an option. Choose someone you feel comfortable with and your child will probably feel comfortable too.

Your child's sight is precious. Book and eye examination today.

By Louise Addison

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CHANCE TO DANCE STARS CIC

Chance to Dance is a unique dance school, that prides itself in adapting movement and music for all children and young adults with a disability. Giving them access to a dance school and other activities that are structured and designed around who they are and their needs. These children and young adults are a true inspiration to the founder and owner of Chance to Dance - Victoria Andrews and to her team of volunteers.

Chance to Dance caters specifically for disabled children from 2.5 years old and those that have a physical, cognitive, mental, sensory, emotional, and/or developmental disability.

Dance classes are held in Reading and Bracknell alternatively every Saturday and during the year they run Summer Dance Camps, Dance Days, Trips to the Theatre and other Dance and Glee Classes. Full details are on the web site www.sendanceclub.co.uk.



2019's SUMMER DANCE CAMP

Monday 5th to Friday 9th August 2019

Venue: Garth Hill College, Bull Lane, Bracknell. RG42 2AD

Time: 9.30am till 4.30pm

Costs: Start at £50

BOOKING IS NOW OPEN (see website www.sendanceclub.co.uk)

Chance to Dance Stars CIC are also fundraising this year by organising a Summer Ball
THE GREAT GATSBY ON SATURDAY 29TH JUNE 2019 @ THE HILTON, READING.

Tickets are £60 pp (discounts available) or £400 per table of 10.

This includes a 3-course meal, with wine, Evening entertainment, Disco and a tremendous amount of fun and laughter with lovely supportive people.

To book tickets for this wonderful evening, please email vickieandrews50@hotmail.co.uk.

Sponsorship, raffle prizes or any donations are very welcome. Thank you.

Choose the Perfect Sunglasses

It's that time of year when we traditionally invest in a new pair of sunglasses for the summer. There's so much choice though! How do you whittle it down to the perfect pair?



First choose the right colour frame. Warm browns and tortoiseshell suits warmer colouring. Cool greys, blues and blacks suit cool skin colouring or grey hair.

Next pick a pair that flatters your features. There are no hard and fast rules. Look at what your face lacks and use the sunglasses to even out your proportions. Rounder faces often lack definition and benefit from a sunspec with strong lines. Long thin faces might need a softer, rounder style with an upswept edge. Try on as many as you can. Take selfies and compare.

Add length to a short nose with a high bridge or shorten an overly long nose with a low (butterfly shape) bridge. A strong jaw

can be balanced with a heavier top bar.

Sunspecs are all about protecting your eyes from UV so make sure that any pair you buy has a CE kite mark, and that sunglasses are marked UV400. Cheap sunspecs not bearing these marks

will probably not provide adequate protection from the sun's harmful UV rays.

Choose larger frames for protection but bear in mind that deeper the frame the shorter your face will look, so if you have a long face shape, go ahead and choose a deep frame. A shorter face needs a frame that's less deep, while still providing enough coverage for UV protection.

Take your eyebrows into account! If your brows stick out of the top of the frame at an odd angle, you'll look permanently surprised, or angry!

Choose your sunnies wisely and you'll be able to add instant glamour to any outfit.

By Sarah Davey

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National Vegetarian Week

May 13th – 19th

This month plays host to National Vegetarian Week.

More of us are turning to vegetarianism thanks to an abundance of scientific research that demonstrates both the health and environmental benefits of a plant-based diet.



An estimated 70 percent of all diseases, including one-third of all cancers, are related to diet. A vegetarian diet reduces the risk for chronic degenerative diseases such as obesity, coronary artery disease, high blood pressure, diabetes and certain types of cancer including colon, breast, prostate, stomach, lung and oesophageal cancer.

A vegetarian diet tends to increase bone strength. When there isn't enough calcium in the bloodstream, our bodies leach it from existing bone. This results in our skeletons gradually becoming porous and losing strength. Although you can take supplements, it's better to obtain calcium from your diet because food also supplies other nutrients such as phosphorus, magnesium and vitamin D, that are necessary for the body to be able to absorb and make use of calcium.

Even if you have to avoid dairy, calcium-rich foods include beans, tofu, plant-based milks like soy, oat, rice or almond, and dark green vegetables such as broccoli, and kale.

For those of us going through the menopause many vegetables and fruits are rich in phytoestrogens, the plant-based chemical compounds that mimic the behaviour of oestrogen. Maintaining a balance of these in your diet helps ensure a more comfortable passage through

menopause. Soy is by far the most abundant natural source of phytoestrogens, but they are also found in apples, beets, cherries, dates, garlic, olives, plums, raspberries, squash and sweet potatoes.

Vegetarians tend to have more energy. Whole grains, legumes, fruits and vegetables are high in complex carbohydrates, so they supply the body with plenty of energizing fuel.

Vegetarians also suffer less with constipation, haemorrhoids and diverticulitis! Eating a lot of vegetables necessarily means consuming more fibre, which absorbs water and bulks up, helping your stools stay soft, so waste can be easily pushed out of the body.

A vegetarian diet is more environmentally friendly. Much of the grain we grow is fed to animals raised for slaughter. As a rough guide it takes 2,500 gallons of water, 5.5Kg / 12lbs of grain, nearly 16Kg / 35lbs of topsoil and the energy equivalent of 4.5L / 1 gallon of petrol, to produce one pound of beef! A vegetarian diet can sustain many more people, so is a more efficient use of resources.

Finally, a vegetarian diet is cheaper. Eating vegetables, grains and fruits in place of beef, chicken and fish would cut individual food bills by an average of £500 per year.

If you are thinking about becoming vegetarian, or even just incorporating more vegetarian meals into your normal diet, there is lots of information and some great recipes on the website

www.nationalvegetarianweek.org

By Sarah Davey

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				4	3		2	
1			8	5		7	6	9
3		9		7	5			
			2	9		4		5
8	9	1		3	4			7
	6		5	1				
7								

How to Play

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9, **with no repetition!**

That's all there is to it.

You solve the puzzle with reasoning and logic - there's no maths involved and no adding up.

It's fun. It's challenging. It's addictive!

(solution on page 22)

Bank Holiday Bonanza

It's that time of year when there seems to be a bank holiday bonanza. We've just had Easter Monday, and now we have two bank holidays in May. Us Brits certainly like to celebrate the arrival of spring. But as a nation we're a funny old bunch (and that's without mentioning Brexit!) and we tend to panic at all this extra time off. What on earth will we do with it?

So here is my Brits guide to Bank Holidays...

We ask everyone else what they're doing, kind of like Christmas! As a nation we get excited about the prospect of a longer than usual weekend.

We make vague plans about weekends away. According to my immediate circle of friends The Cotswolds / Paris / Ironbridge / The Lake District (delete as applicable) are all 'lovely at this time of year...' But we will always leave it too late, or won't agree on a destination, or discover every hotel has suddenly doubled its prices, so we never actually go.

At least one friend will remind you in bitter tones that they are a nurse / barperson / taxi driver (delete as applicable) and they will be working while you are relaxing. Sympathise with them, and maybe buy them a bottle of wine. Without these people the country would grind to a halt.

Every teacher friend you possess will make a huge deal about them not actually having a holiday weekend, because they will be marking...again! Teachers do this every holiday though, because they suspect we secretly think they are all part-timers.

We check the weather forecast repeatedly and rejoice equally in headlines which read IT'S GOING TO BE A SCORCHER or IT'S GOING TO BE A WASHOUT...because Brits love weather...all weather!

We buy paint in anticipation of giving a room a facelift. Bank holidays were

absolutely designed for repainting the sitting room!

We buy bedding out plants, compost and 'garden features', because Bank holidays were absolutely designed for prettifying our little plot of land.

We tentatively suggest a barbecue to family and friends because as well as being obsessed by weather we are also eternal optimists about it. And if it rains, we still barbecue because that's what you do on a bank holiday in May, and well...it gives the guests something to talk about while they sip their beer, 'Looks like it might brighten up later...' as the hail slams into the awning.

We plan a film night. When we finally face the reality that there isn't going to be a heatwave, and the weather is more barmy than balmy we hit Netflix or Sky Movies and dial a pizza with extra pepperoni and a large garlic bread. Because Bank holidays and carbs were made for each other.

Finally, we have the Sunday blues on a Monday night.

Bank holidays are gone in the blink of an eye and all too soon it's back to work. But cheer up, it's only four days until the weekend. Unless you're a teacher...they'll be marking all weekend...again!



By Sarah Davey

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Garden View

This month - Scaling the walls

What do you think of if I say 'clematis'? I think most of us would think of the large, purple-flowered, "Jackmanii" or the rampant, bronze-leaved, pink-flowered *montana rubens*.

They are both terrific plants, but I think they are a little over-used. My husband teases me that I tend to give my 'clematis lecture' when visiting friends' houses and see one scrambling over a trellis. For your benefit I've written it down here.

Clematis is known as the 'Queen of Climbers'. It can be utterly spectacular and should definitely not be relegated to trellis. It can be used for covering fences and arbours, old tree stumps, sheds and even in beds and borders. Choose wisely and you can have flowers from early spring until late autumn.

For beds and borders you don't want anything as vigorous as *montana*, which will smother everything it touches. Instead choose a daintier one such as a variety of *texensis* or *viticella*.

The flowers of the *texensis* hybrids look like finely cut bells. "Etoile Rose" is a beautiful dark pink edged with paler pink and "Princess of Wales" is a beautiful rosy red. Both of these will scramble through shrubs and flower all summer. They die back in winter so can be tidied up then.

Viticella hybrids produce flowers which look like little pixie hats as they open. "Minuet" has purple and white flowers suspended on fine

stems while "Purpurea Plena Elegans" produces double blooms which open into little purple rosettes.

One of the most difficult sites to find climbers for is an east or north facing site. My absolute favourite clematis thrives in this situation and flowers in early spring. Clematis alpina "Pink Flamingo" produces nodding, semi-double, creamy flowers veined with deep pink. It has the added bonus of producing beautiful fluffy seed heads after the flowers fade.

Clematis prefers its feet in the shade and its head in the sun. Make sure the plant's roots are shaded: pieces of broken flagstone are ideal, or an old cracked upside-down terracotta pot with the bottom knocked out. When clematis is happy it will flower prolifically.

Large-flowered clematis tend to produce a second flush in the autumn, but others like *tangutica* and *orientalis* wait to flower until then. Both of these are very vigorous and are great for covering unsightly sheds or old trees.

Finally, if you have a sheltered spot against a wall try *cirrhosa balearica*. This is a beautiful, winter-flowering variety with ferny foliage and pale-green flowers spotted with crimson.

So, there it is...my clematis lecture. Hopefully you took notes and are ready to branch out into a whole new world of climbers.

Happy gardening,



By Rachael Leverton

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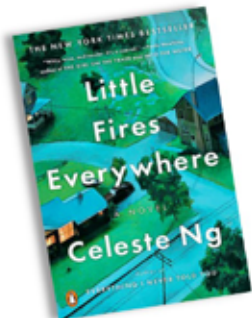
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A Good Read



Little Fires Everywhere by Celeste Ng

A perfect family, living in a perfect house, in a perfect little American town called Shaker Heights.

The Richardsons, led by matriarch Elena are pillars of their community. A community where everything is carefully planned, from the road layout to the colour of the houses, and everyone knows their role in life. Elena has one simple guiding principle: you play by the rules. As this intriguing novel begins there is a fire at the Richardson's house. The three older children, all in high school, are discussing the cause. Their conclusion is unanimous; their younger sister Izzy is responsible.

We then flashback to a year before and we are introduced to Mia Warren and her teenage daughter Pearl. Mia is a photographer from San Francisco; she and Pearl live an almost nomadic lifestyle. But when they rent a home from the Richardsons their plan is to settle down.

But plans can change. As the stories unfold these two families are drawn together by the teenagers, and tensions arise when friends of the Richardsons try to adopt a Chinese-American baby. Elena and Mia find themselves on opposite sides of a divided community in a conflict that will have far-reaching effects for both families.

This is an engrossing novel which will have you questioning the secrets you hold in your own lives, wondering if there are indeed times when it would be so much better if we just burn everything down and start again.

By Willow Coby

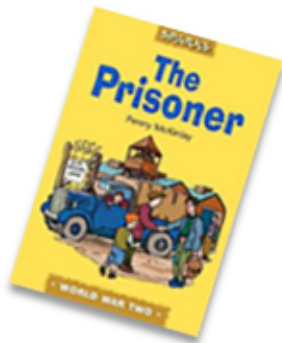
The Prisoner by Penny McKinlay

Nearly two decades into the 21st century the days of the Second World War seem as remote as ancient history. For the younger generation today, with their phones, TV on demand, and Netflix, even the experiences of their own parents as children seem distant from today. This is why books like *The Prisoner* are so welcome. One of a series of 'Historical Adventures' this exciting story gives an insight into what life was really like during World War Two.

Ten-year-old Bob and his friend Jack have had enough of the war. It has been going on for five years. Five years of rationing (Bob doesn't know how much more cabbage he can face) and more importantly five years of no sweets. His Dad has been gone for a long time – a prisoner of war on the continent. Blackout blinds and 'digging for victory' are such a part of life that Bob cannot remember a time without them.

But one day Bob and Jack meet an Italian prisoner of war working in a nearby field. Naturally Bob is scared – this is the enemy. But as he gets to know him his feelings change. Bob starts to feel sorry for him and wants him to stay with them rather than in the prison camp. But ultimately the prisoner is an enemy. Can he really be trusted, or does he have another reason for seeming so nice?

Designed to complement the Key Stage 2 History curriculum, this short novel combines facts and suspense in a story to keep every young reader on the edge of their seats.



FIT AT FIFTY

...AND BEYOND



Attention over-fifties! When was the last time you visited a gym? You kind of know you should be making an effort, right? But do excuses such as 'too expensive'; 'lack of time', and 'no motivation', sound familiar? Or maybe like me you have a pathological fear of lycra?

But assuming you have no major health problems we can tackle this issue in bite-size chunks.

As an over-fifty myself (quite a lot over if I'm honest) I overcame my own gym-phobia and have been reaping the rewards since.

Motivation This is the key. You need a specific goal. I wanted to achieve a healthier lifestyle with improved cardiovascular fitness.

Time Look in your diary and you will find a spare hour at least once, or better still, two or three times a week.

Cost Can be as expensive or affordable as you want. A ladies-only gym with a personal trainer can be expensive, but a mixed gym membership in off-peak hours brings the cost down considerably and you can still get instruction and advice from an on-site trainer. Most gyms now take membership fees on a monthly direct debit basis.

Clothing Lycra isn't compulsory, but

clothes must be comfortable, and this includes your undergarments. Remember, it's not a fashion parade and chafed tender bits will put you off exercise forever!

If you're feeling hesitant repeat to yourself, *"I can do this; I want a healthier and fitter me; I have the time to do this"*. This is your Mantra. Say it often enough and you will start to believe it. Don't be put off by glum folk who say it's all a waste of time. Mix with positive people who will encourage you and improve

your self-esteem.

Metabolism slows down as you get older and this can lead to weight gain, but exercise helps keep weight on an even keel because you build lean muscle. You also improve your immune system and cardiovascular system; reduce bad cholesterol and boost brain-power. Research shows that only 32% of men and 21% of women aged over 50 in England undertake some form of regular exercise. In the over-65's this drops to 17% of men and 12% of women, and in Scotland the figures are even less!

The trainers at your Gym will discuss the best way to get you back into shape. If you haven't exercised before or for a long while they will advise that you start slowly and build up gradually.

Good instructors are enthusiastic and well-trained and will arrange a set of exercises to suit to you. Before you know it, you'll have a routine e.g. 5 minutes bike, 5 minutes treadmill, 5 minutes weights. It will only take a few sessions before you improve and begin to compete with yourself. You'll notice the benefits of improved posture; glowing skin; improved breathing, zest and vitality almost immediately.

We are all living longer but perhaps we should also be aiming to live more healthily too.

By Sharon Clement

Useful Numbers

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(Anonymous freephone number)
Thames Valley Police 101
(Non-emergency number)
Emergency 999

Gas Emergency 800 111999
Electricity Emergency 800 404090
Power Cut Helpline 105
Water Emergency 0333 0000365

Bracknell Forest Council 01344 352000
(Customer Services)
Bracknell Town Council 01344 420079
Binfield Parish Council 01344 454602
Warfield Parish Council 01344 457777
Winkfield Parish Council 01344 885110

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Samaritans 116 123
DrinkLine 0300 1231110

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Heathrow Airport 0844 3351801

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The Look Out 01344 354400

Sudoku Solution

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9	8	6	7	4	3	5	2	1
1	4	3	8	5	2	7	6	9
3	2	9	4	7	5	1	8	6
5	1	4	3	8	6	9	7	2
6	7	8	2	9	1	4	3	5
8	9	1	6	3	4	2	5	7
4	6	2	5	1	7	8	9	3
7	3	5	9	2	8	6	1	4

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Ready for Revision

Exam time is stressful for the whole family. So what's the best way to cope?

There's no way round it, the answer has to be *planning and preparation*.

Set up your revision timetable as early as possible, that way you can pace yourself. It's too tempting to put everything off then face a last-minute panic.

How do you study best? Some people prefer to spend a whole day on one subject, others prefer to break their time into smaller blocks and tackle several subjects in short burst. Whichever you choose, make sure you take a short break every hour or so. Pop outside, stretch your legs, have a drink and maybe a snack. Oxygen, nutritious food and water are essential for concentration and mental alertness.

Effective brain function relies on neurotransmitters, which are chemicals made from amino acids. These are found in food rich in good quality protein, like lean meat, fish, soya and beans. In order to convert the amino acids into neurotransmitters the body also need vitamins and minerals, so top up on fruit and vegetables. Refined sugar, found in sweets and chocolate releases glucose too quickly into the bloodstream and this can cause mood swings. Emotions run high around exam time anyway, so it is better to snack on nuts, seeds and fruit, which provide a slow, steady release of glucose.

Our brains also depend on proper hydration to function optimally. Brain cells require a delicate balance between water and various elements to operate. Research has found that if we're even slightly dehydrated we find it more difficult to focus. Aim to drink around up to 1.5-2 litres of water, diluted fruit juice or herbal teas per day. Drinks rich in caffeine, such as Red Bull or coffee trigger production of the stress hormone cortisol which can

make you feel even more edgy and nervous, and make it harder to focus and find the right words under exam pressure.

Gentle exercise, such as walking, or cycling, in between study improves the blood circulation to the brain and actually relieves stress, making you feel more relaxed.

On the day of an exam focus on breathing; slow deep breaths in and out will help to reduce levels of the stress hormone cortisol. Try not to engage in pre-or post exam discussion, as this can make you feel anxious.

If you're well prepared and well-rested then you are ready. But remember they are only exams. They are one measure of your ability taken at one point in time. They do not relate to who you are as a person, or how well you will ultimately do in life. All you can ever do is try your best on the day. Good luck.



What type of learner are you?

Visual learners - prefer note cards and tend to map out information on paper.

Auditory learners - prefer to read their notes aloud, and listen to them being played back.

Kinaesthetic learners need action – Record your voice and play back the information while walking. Take revision notes to the gym and read while running on a treadmill, even sitting on a swing reading notes can work.

By Sarah Davey

Survive Exam Stress

How to come out on top

It used to be thought that being a child meant living through the happiest days of your life. How times change.

Now, with league tables, SATS, and GCSEs, many children are falling victim to stress.

So, if you (or your children, if you're a parent reading this) are feeling pressured, with no-where to turn, we have some great tips to help you get through exam season relatively unscathed.

First a few words about stress.

Stress is caused by the way our body responds to outside events, not necessarily by the events themselves.

Some stress is good: adaptive stress releases adrenaline and helps us to rise to a challenge. It's a temporary state and the body returns to normal very quickly. Problem stress occurs when the body stays in a heightened state for a prolonged period of time. It's this type of stress which is causing problems for today's children. Unlike when we were young and exams were end-of-term or even end-of-year events, today's child has seemingly relentless pressure to perform all year round with the result that they get very little down-time in which their body can recover from all that adrenaline.

Not everyone suffers in the same way from stress. Some children seem to cope with it well. Research has shown that these children are generally more positive, have a good sense of humour and have parents who themselves deal well with potentially stressful situations.

Finally, it's useful to understand that while exams are important, they are not worth making yourself ill over. You can always sit them again.



Exam Busting Tips!

- Get plenty of rest** - sleep is important
- Take regular breaks** - you'll stay fresher
- Leave time for some fun** - when you've reached your revision goal reward yourself with an activity you enjoy
- Be realistic** - Don't overdo it
- Eat properly** - avoid caffeinated drinks like coffee or coke.
- Exercise** - It's a great stress buster and improves your mood
- Be nice to yourself** - Don't beat yourself up about the things you haven't done, be positive about all you've achieved
- Relax** - When it all gets too much just chill for a while. You'll feel much better.

By Louise Addison

Useful Web Addresses

www.studentminds.org.uk/examstress.html

<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/>

STRETCH BENEFITS



important to increase the blood flow to the muscles and heart steadily, sudden changes will cause muscles to fatigue more quickly.

Stretching is more effective if you're doing the type of exercise where you land constantly and forcefully on your feet, or stop and start quickly (sprinting, tennis, weight-lifting, or competitive team sports like football). The more flexible the muscles are the more impact they'll be able to sustain.

In an attempt to prevent injury, most of us stretch before exercise and some (though not as many) stretch afterwards. But if we're doing fairly steady activities (jogging, cycling or walking) then while stretching will improve our flexibility there is not much evidence it will prevent muscle injury. In these cases the advice is to warm up with five minutes of light, gradual exercise instead. The reason for this is that it's

But everyone benefits from stretching after a workout. During exercise lactic acid builds up in your muscles. This can lead to soreness and fatigue. Stretching after a workout helps to eliminate the lactic acid and restore the muscle to its relaxed state, preventing the fatigue.

By Sarah Davey

MORRIS DANCING



courtly Morisco dances seen in continental Europe at that time.

The church had been a great supporter of the Morris traditions until the Reformation. After this it was considered frivolous and frowned upon by the authorities for many decades until the restoration of Charles II in 1660. 'Merrie Englande' saw traditional festivities experience a renaissance and the dances we see today are believed to have mostly developed in the hundred years or so after this date.

Morris dancing is a part of the May Revels, or May Day celebrations. It dates back to late mediaeval times and the earliest mention is from 1458. The origins of the name are unknown. There is speculation that it has Spanish Arab roots and comes from 'Moorish Dancing' but this is not provable. Many of the earliest known records relate to the early 16th century English Royal Court, so it is possible that there may be some connections with the

Changes in social patterns, social mobility, and types of recreation in the Victorian era meant that by the end of the 19th century the Morris had become rather unfashionable. It came very close to dying out completely, then by chance, the folk song and dance collector Cecil Sharp saw the Morris at Headington on Boxing Day 1899, and started a revival which continues to this day.

By Tracey Anderson

Hire a Handyman, or Handywoman...

Do you have lots of household DIY tasks mounting up? Are you starting to feel a little overwhelmed?

Hire a handyman!

A good handyman will have right tools, and know-how to get the job done efficiently. Hiring someone who knows what they are doing will eliminate a lot of stress. Also, they will almost certainly save you money, especially if you would have to buy the right tools before you start or make a mistake which has to be put right!

When hiring:

Be Specific - Give an idea of the scale and scope of the job or jobs. For example, 'Rehang garden gate, repaint gate and 17 metres of 2m high garden fence.' Measurement are important as it gives idea of the scope of the task.

Send photos if you can - In the example above send photos of the gate and the fence. A picture will save a lot of words and help the handyman provide an accurate quotation.

Remember cheapest isn't necessarily the best. Check an online price guide. There is lots of guidance available, but you should definitely bear in mind the total hours required.

The handyman should be insured and have his own tools. Check all insurance documents carefully.

Take your time, be pleasant and ask questions. Get a quote in writing to make sure you know exactly what you're getting.

Then sit back and relax while someone else takes care of your household jobs!



By Tom Hancock

National Smile Month



National Smile Month is the largest and longest-running campaign to promote good oral health. Between 13th May and 13th June 2019, National Smile Month will promote positive messages and to engage people with maintaining a healthy mouth.

For the best oral hygiene:

Brush your teeth - At least two minutes twice a day using fluoride toothpaste. Make sure you clean your teeth before bed, as your mouth doesn't have the same salivary protection during the night as it does during the day.

Floss - Each tooth has five sides; a

toothbrush only cleans three sides. The other two sides are where most decay and foul odours originate. To clean between the teeth requires dental floss or tiny interdental brushes.

Clean your tongue - This is an important part of oral hygiene and works wonders with stale, smelly breath. You can use a tongue scraper or a toothbrush

Give up smoking - Smoking dries the mouth, depleting the protective saliva. It also exposes your gums, soft palate and tongue to harmful and cancer-causing toxins, and it makes your breath smell.

Use a mouthwash - This freshens breath and coats the teeth with a protective layer, helping to prevent plaque build-up. Avoid those which contain alcohol though.

Cut out sugary foods and drinks - Sugary snacks feeds the bacteria in your mouth which ultimately break down your enamel and cause decay.

Visit your dentist regularly!

<http://www.nationalsmilemonth.org/>

By Louise Addison

Vegetable Curry

**Celebrate National Vegetarian Week (13th-19th May)
with an easy midweek curry**



Preparation time: 20 mins

Cooking time: 20-30 mins

Serves 3

Ingredients

2 medium potatoes (around 350g/12oz),
peeled and cut into 2cm chunks

1 large carrot, peeled and sliced
diagonally

½ cauliflower (around 300g/10½oz), cut
into small florets and halved

3 tbsp sunflower or vegetable oil

1 large onion, coarsely grated or very
finely chopped

1 tbsp medium or hot curry powder

1 x 227g tin chopped tomatoes

300ml/10fl oz vegetable or chicken stock
(made with ½ cube), gluten-free if
required

100g/3½oz frozen peas or two large
handfuls young spinach leaves, or a
mixture

Plain yoghurt or vegan alternative, to
serve

Mango chutney, to serve

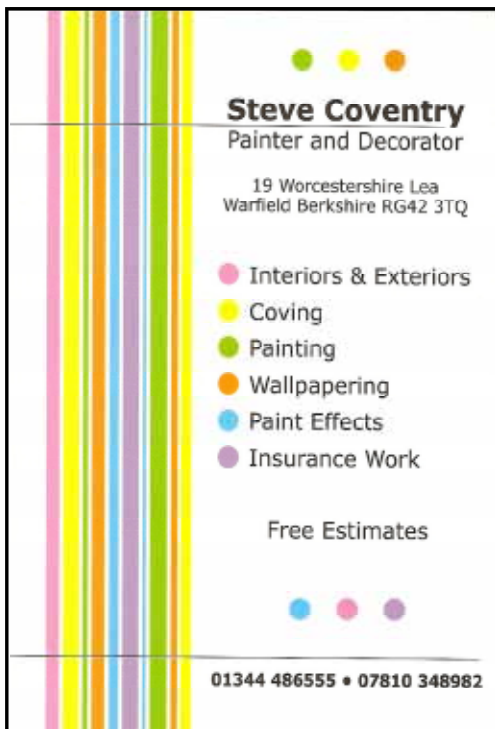
Method

Half-fill a saucepan with cold water and add the potatoes and carrots. Bring to the boil and cook gently for 8 minutes. Add the cauliflower florets and cook for a further 2 minutes. Drain everything in a colander and set aside.

Heat the oil in a large, non-stick frying pan or wide-based saucepan. Add the onion, and cook over a medium heat for 8-10 minutes, stirring regularly until well softened and lightly golden. Add over the curry powder and cook for 30 seconds, stirring all the time.

Add the tomatoes to the onions and cook for 2-3 minutes, stirring constantly. Add the stock and bring to a gentle simmer. Add the partially cooked vegetables and peas and simmer gently for 5-10 minutes until everything is tender. If the sauce thickens too much, add a splash of water.

Serve immediately with yoghurt, mango chutney, and rice or naan.



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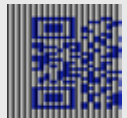


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Steve Coventry

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Electricians

Warfield Electrical

Fencing Services

A Rooney Fencing & Gates

Funeral Directors

13 Lodge Brothers

Gardens/Landscaping

9 Moss End Garden Machinery

Simply Green Landscapes

Supagrass

11 Trulawn

Woodchips Tree Surgery

Health & Fitness

30 Mindful Solutions Hypnotherapy

Kitchens & Bedrooms

13 Applewood Kitchens

Plumbers

14 Heat & Plumb

Heat Plant Services

Paul White

19

Property Maintenance

19 BAS

Carpenter

CM Maintenance

16 DMS Building & Landscaping

23 Jubilee Building Supplies

30 Just Wood

5 TBG Home

17 Thomas Painter & Decorator

Roofing

17 DB Roofing

Security

32 DSC Security

Student Accommodation

13 Host Link UK

9

3 Theatre

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23

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