

NO KIDDING!

FOR BOYS AND GIRLS

Number 17
Winter 1999

I'm dreaming
of...

Who thinks they can't do maths?

What is a "normal" family?

Where will you perform **your** pantomime?



When would you parry?

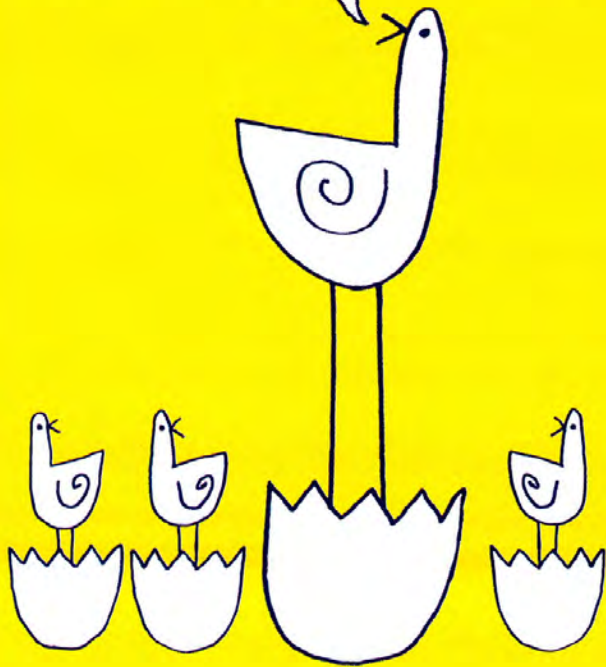
How to win books for Christmas

Why do you need to sleep?

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Thank you

to all the children,
teachers and parents
who have advised and
put forward ideas;
Dr Peter Fenwick
neuropsychiatrist,
The Maudsley
Hospital
Dr Rod Lane
head of Sleep
Services,
Great Ormond
Street Hospital

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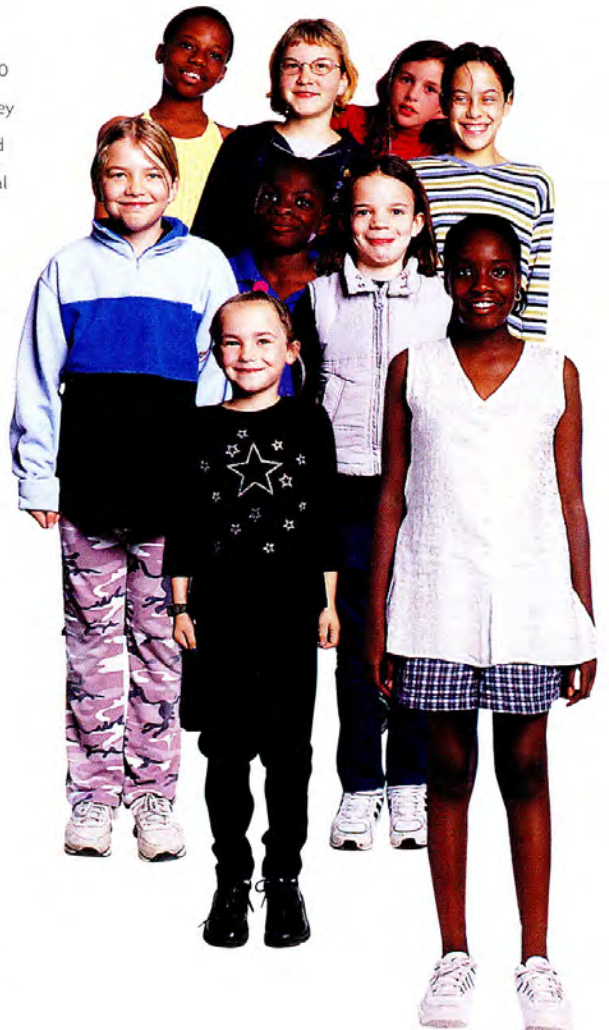
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Winners of all
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Competitions are
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Inside this issue:

No Kidding!
Winter
1999



SLEEP

What happens when you sleep?	4
Dreams – do you remember yours?	6
Zzzzzzzz – why do some people snore?	8
Night life – animals out and about in the dark	10
Goodnight – for 6 months!	12
Wordsearch – sleepy words!	13
How Sleeping Beauty became an actor	14

Pull out pantomime script

New Year's Resolution:

"I can do MATHS"



On-Guard! – find out about fencing	25
Countdown to the 21st century	26
Going to school in South Africa	28
Who are you?	30
A problem shared	32
Books make perfect presents... ...gift ideas from 7C at Wimbledon Chase	35

What is a "normal" family?

Competitions

WIN a book to give (or to keep for yourself!)	38
WIN a Fujifilm camera	16
WIN Rotten Ralph books and videos	29



The names of the children whose pictures appear on the pages of this issue of No Kidding! are:

- Damilola Abrahams** (St Monica's RC Primary, Islington, north London)
- Danielle Andrews** (Pelham Primary, Bexleyheath, Kent)
- Greg Andrews** (Pelham Primary, Bexleyheath, Kent)

- Stephanie Andrews** (Pelham Primary, Bexleyheath, Kent)
- Gabriel Bristow** (Newington Green Junior School, Islington, north London)
- Sarah Carlin** (Princess May Primary School, Hackney, north London)
- Sunil Grewal** (Crowlands Juniors, Romford, Essex)

- Laurelle Jones** (St Martins in the Fields High School for Girls, Tulse Hill, south London)
- Saskia Maltz** (Highgate Wood School, Crouch End, north London)
- Carla McDonald** (Hainault Forest High School, Chigwell, Essex)
- Naomi Nathan** (Highgate Wood School, Crouch End, north London)

- Abiola Onanuga** (The Hyde Junior School, Hendon, north London)
- Jonathan Powell-Hayles** (Hollydale Primary, Nunhead, south London)
- Abigail York** (Pelham Primary, Bexleyheath, Kent)
- Grace York** (Pelham Primary, Bexleyheath, Kent)

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If something exciting is happening at your school, let us know! We'll be sure to tell you about how we make the magazine get your teacher's attention!
0171 354 5040.

Why do I have to go to ...

SLEEP



If humans stay awake for longer than 3 days and 3 nights, they can become ill and start to see things that aren't there. We need to sleep in order to feel okay when we are awake.

Each of us has a "clock" inside us that tells us when it's time to go to sleep, when it's time to wake up and how much sleep we each need. The clocks are set by our brains and change during our lives – babies sleep for the longest time of all and older people need less sleep. Mostly, our body clocks run at the same time as the outside world, so they tell us to go to sleep when it gets dark and to wake up when it becomes light. People who work at night can train their body clocks to work in a different way.

There are 2 different types of sleep. Throughout the night, **slow wave sleep** is followed by **dreaming sleep** which is followed by more slow wave sleep, which is followed by more dreaming sleep – and so on until we wake up.

During slow wave sleep, our bodies and brains slow right down. We breathe very slowly and our hearts slow down too. As we drift deeper into slow wave sleep, our eyes and ears almost stop working and our muscles relax. Our brains switch off our memories and

We spend a third of our lives asleep!



Chemicals inside our brains and blood make us feel tired each night.




thoughts, while chemicals inside us get to work on bits of our bodies to help them grow or be repaired. It's very hard to wake someone from deep slow wave sleep. Have you ever found it really difficult to open your eyes and felt sluggish and confused? That's because you've woken up from this sort of sleep.

When you first fall asleep, you have slow wave sleep that lasts for about an hour and half. During this sort of sleep, people sometimes toss and turn, talk or grind their teeth.

No-one knows why, but suddenly your brain switches over into dreaming sleep. Dreaming sleep is also called **REM sleep** – REM stands for **rapid eye movement** because scientists have found that during this sort of sleep, our eyes move quickly from side to side underneath our closed eyelids. Our hearts speed up, our breathing gets fast and our brains becomes really busy.

Everyone dreams every night during REM sleep. During this type of sleep, we don't toss and turn – in fact we hardly

move at all. That's because our muscles won't work properly in REM sleep – if they did, we might act out our dreams! We might walk about, jump or run – it could be dangerous. Our memories don't work properly either – otherwise we would remember everything we dreamt about and could confuse our dreams with real life.

Most of us wake up from REM sleep every morning. That's why you might remember the dream, or bits of the dream, you were just having! 

The Dickens House Museum




As we drift off to sleep and enter the first stage of slow wave sleep, we can solve problems and think amazing thoughts! Going off to sleep – or “daydreaming”

while awake – is called **hypnagogia**. The author Charles Dickens used to imagine his stories and characters as he was dozing off. The inventor Thomas Edison used to sort out problems while he was going to sleep. He would sit with metal balls in his hand thinking about his problem. Then, when he fell asleep, his hand would relax, the balls would fall and the noise would wake him up – with the answer to the problem in his mind!

Sleepwalking is called “somnambulism” and happens between slow wave sleep and dreaming sleep. Sleepwalkers don't know what they are doing and could hurt themselves.

If you can't get off to sleep at night, try relaxing. Too much is going on inside your mind or inside your body for your brain to drift into slow wave sleep.



Even though you may not remember your dreams, everybody dreams every night for about a quarter of the time they are asleep.

No-one knows for sure why we dream. Some people think that while we are dreaming, our brains are sorting out things that have happened to us during the day, or dealing with any worries or fears we might have.

Some people think dreaming helps us to learn and store information in our memories. Other people think our dreams show us what we are really like and can help us find out about ourselves.

The younger you are, the more dreams you have. Kids spend more time in REM sleep than grown-ups do, and newborn babies have the most dreams of all.

Peter Fenwick is a doctor who helps people who have problems going

to sleep, or while asleep. He says there are different types of dreams. We all have “ordinary” dreams – dreams about things that have happened during the day or happen to us regularly. Sometimes, we have “important” dreams that we can remember clearly. They may help us sort out a problem, or show us what to do if we are not clear about what decision to take. Dr Fenwick says some people also have “life-time” dreams – really special, magical dreams that tell the dreamer something about the meaning of life, or what they should do for the rest of their life. Some people dream about accidents before they happen, others dream about the future.

Some people have dreams that seem to be so real, they think they are awake. These are called “lucid dreams”.

People have always thought that dreams mean something. Ancient Greeks and Romans believed dreams brought messages from their

gods. There are lots of dreams in the Bible. Joseph (with his multi-coloured coat) became famous for telling people what their dreams meant.

In the 19th and 20th centuries, **psychoanalysts** started to believe different dreams had certain meanings. One of the most famous psychoanalysts of them all was Sigmund Freud. He was born in 1856 in what is now Czechoslovakia but moved with his family when he was 4 to Vienna in Austria. He lived all his life in Austria until he moved to London in 1938 to escape from the Germans, just before the Second World War. He died a year later.

Freud believed that our minds have 2 parts – the **conscious** thinking part and the **unconscious** part that is hidden. Dreams, he said, tell us what is in the unconscious part.

Freud told his patients what their dreams meant. Dr Fenwick, however, believes *you* are the only person who can work out what your dreams mean. If dreams are messages, he says, they are messages we are sending ourselves. **NIG**

Dream on!

Nightmares

Nightmares are dreams about frightening things. Sometimes, if you read something scary or watch a horror film, your mind may think about it when you are asleep.

If you have the same dream over and over again, it is called a **recurring** dream. Often, recurring dreams are bad dreams or nightmares. Dr Fenwick says try telling yourself in your dream that it is only a dream – or write down an end to the dream while you're awake.

Sleep on it!

Think about your day before you go to sleep. If you are worried about something, your dream might help you work out what's the best thing to do.

Problem solve

Your brain keeps working all night! Try solving this problem while you're asleep – before you go to bed, tell yourself to think of an English word that begins with "he" and ends with "he" during the night. See if you know the answer in the morning.

Want to remember your dreams?

Try keeping a dream journal by writing down bits of the dream you remember as soon as you wake up.

Animal dreams

Scientists think most other mammals dream – apart from dolphins, duck-billed platypuses and spiny anteaters. Amphibians and reptiles don't dream.

Artist Jane Gifford drew a picture of each dream she had every night for a whole year. Then she had an exhibition, showing all the dreams together.



**All the best story book
giants let out roaring snores.
It's enough to scare anyone
off climbing a beanstalk.
But plenty of ordinary
down-to-earth people snore
too – both adults and kids!**

When you are asleep, floppy soft bits at the back of your mouth and at the top of your throat relax and become even more floppy. Normally, when you breathe at night, air just passes over these soft bits on its way to your lungs. But if the path the air takes from the outside world through your nose to your lungs becomes blocked, your body has to work harder to get the air in – and the floppy bits flutter and vibrate as you breathe. This causes the noise we call snoring. Older people

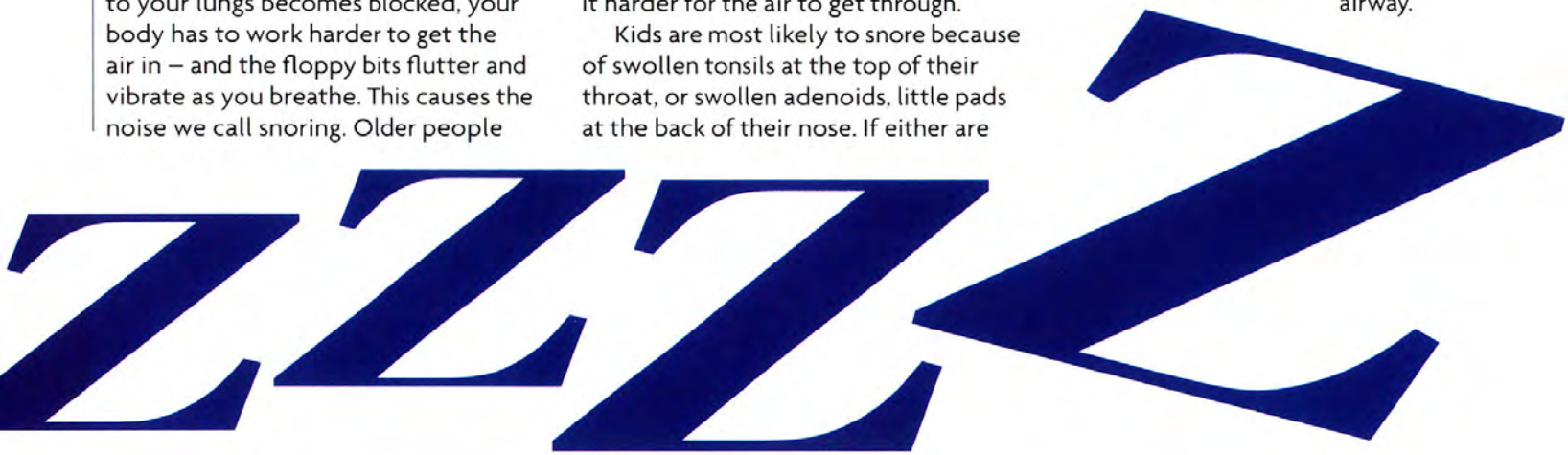
snore more than kids because the floppy bits inside the mouth and throat get floppier as we age!

There are all sorts of reasons why the airways through the nose and down the throat can get blocked. You may simply have a cold and a nose full of snot, for example, which makes it harder for the air to get through.

Kids are most likely to snore because of swollen tonsils at the top of their throat, or swollen adenoids, little pads at the back of their nose. If either are

bigger than they should be, it makes it more difficult for the air to pass along the corridors leading to your lungs.

People who lie on their backs to sleep are more likely to snore – in this position, mouths tend to drop open and tongues flop backwards, partly blocking the airway.



Sound is measured in decibels. Normal speech is about 50 decibels. Some snores are more than 80 decibels! Snorer Kåre Walkert from Sweden won a place in the Guinness Book of Records for reaching 93 decibels. That's the same as a pneumatic drill or a motorbike revving up in your ear! The loudest snores of all are called "heroic" – they are the ones that can be heard throughout the house – and even by the neighbours!



Grown-ups who smoke may snore more than those who don't – the smoke can make the inside of their nose and throat swell up. If you spend a lot of time with grown-ups who smoke, the smoke may do the same thing to the insides of your nose and throat.

Snorers often don't get a good night's sleep because of all that

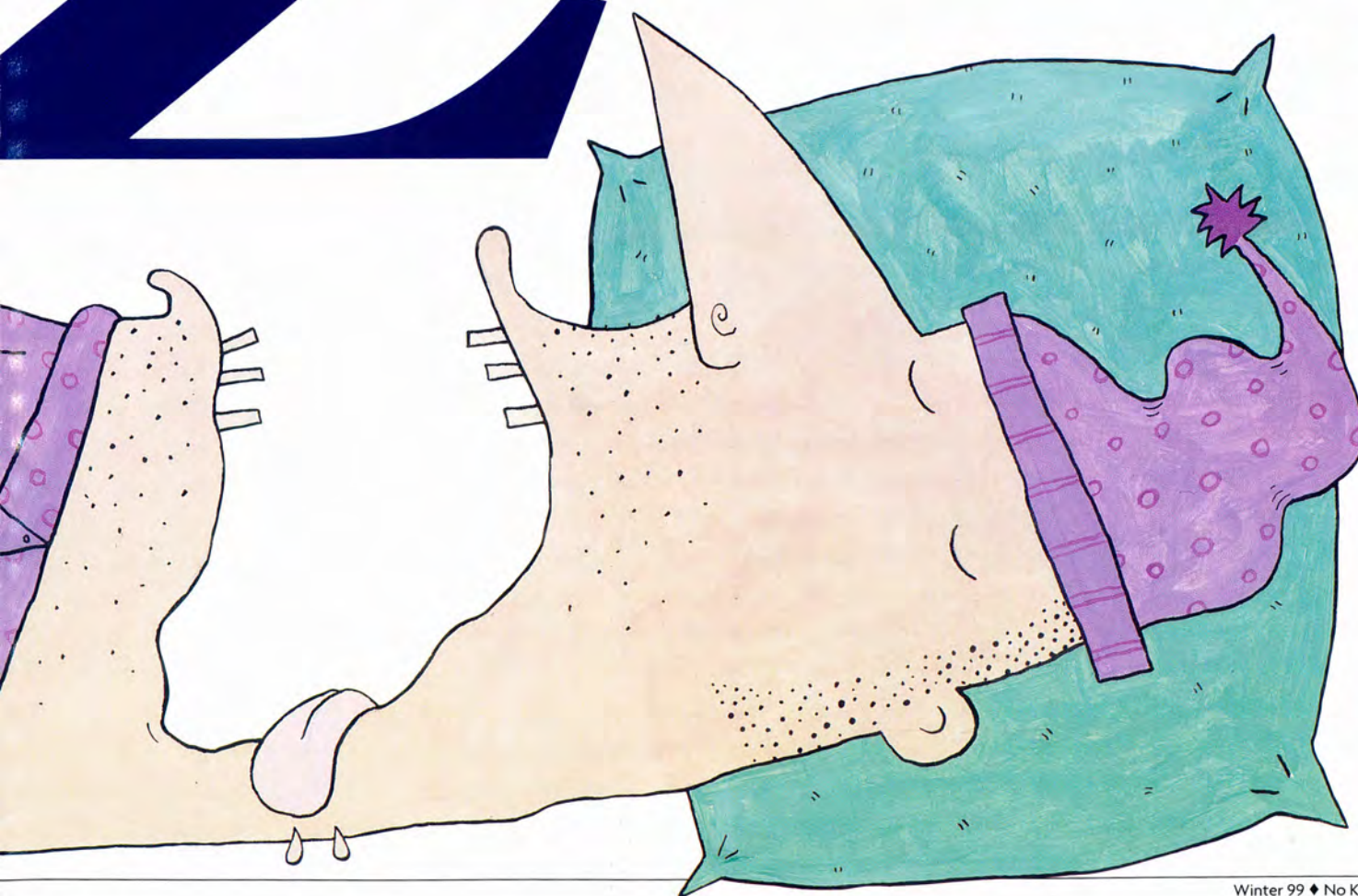
fluttering and vibrating – they may be tired the next day and not able to concentrate properly. Serious snorers can actually stop breathing for a few seconds throughout the night because their airways are so blocked. They wake themselves up to start breathing again.

Help is at hand for people with this sort of snoring problem, called **obstructive sleep apnoea**. They can sleep wearing a special mask joined to a pump that forces air up the nose to keep the airways

open. Doctors can also operate on serious snorers – they can shrink part of the inside of the mouth or throat, making it less likely to vibrate and cause the snoring sound.

Cures for less serious snoring include getting fitter and losing weight – people with fat necks have smaller airways down to their lungs. And if you know a grown-up who snores because they sleep on their back, you could suggest they sew a pocket onto the back of their pyjamas and go to bed with a tennis ball inside it! The ball will make them sleep on their side or front!

Zzzzz!



Night life

While you are tucked up in bed at night, all sorts of other creatures are wide awake and ready for action!

The world is full of animals that go out and about while you are asleep – badgers, bats, owls, moths... Did you know most spiders build their webs at night and many of the creatures that get caught in them are flying about in the dark?



The kiwi bird that lives in New Zealand sniffs out insects during the night. Even though the kiwi can't fly, it can smell – unlike most birds. Scorpions that live in deserts hide in the sand during the day and come out at night to catch insects in their claws – and then sting them with their tails.



Slugs have thin skins and need to stay damp and moist. If they dry out, they die – so when it's hot during the day, they prefer to come out at night-time.

Hippopotamuses also like to keep damp and cool during the day, wallowing in mud or water. At night, they get up and go out to eat. The douroucouli is the only monkey in the world that eats when it's dark.

Also known as a night monkey, the douroucouli sleeps in the forests of South America when it's light and goes out and about at night, picking fruit from the trees before bigger monkeys tuck in during the day.

Some animals stay awake when the moon is shining because it is safer for them – it is easier to hide from other creatures when it's dark.

Others like the cooler night-time air. Many of them have bodies designed to help them find their way when there's not much light.

Animals that sleep or rest during the day and come out when it's dark are called **nocturnal**.

Animals that are awake during the daytime are called **diurnal**.

Some animals sleep in the middle of the day and the middle of the night, coming out at dawn and dusk. They are called **crepuscular**.

Scientists think the first mammals on earth were night creatures that slept during the daytime to keep out of the way of fierce dinosaurs. After the dinosaurs died, mammals started to come out in the day.





Ear Ear!

If it's difficult to see at night, some creatures use their ears to find their food and check out danger. Barn owls have the right ear pointing slightly upwards and the left ear pointing slightly downwards to help them know exactly where a sound is coming from.

Ever heard the expression "as blind as a bat"? Bats are not totally

blind, but many do use their ears to help guide them safely through the darkness. They make short high sounds and then listen for an echo. The sound of the echo tells them how near or how far away things are. A Californian leaf-nosed bat has huge ears that can hear an insect's footsteps in the desert!

Fruit bats, however, use their eyes in the dark instead of their ears.

Sniff Sniff!

If it's hard to see *and* difficult to hear because it's noisy, nocturnal animals can find out a lot by using their noses. They sniff for food and for other animals. The badger, one of Britain's best-known wild animals, spends most of the daylight hours in its

underground home called a sett – a network of rooms and tunnels. At night it searches for food, using its nose and ears to find its meals – mainly roots of plants, earthworms and small animals like mice and shrews.

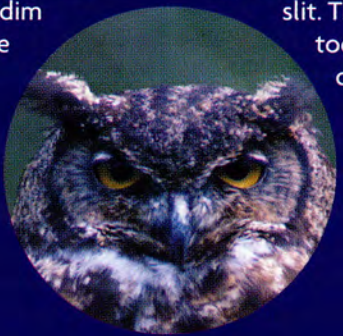
Eye Eye!

Many nocturnal animals can see much better than we can at night. That's because their eyes are bigger and let more light in – think about the size of an owl's eyes! Some animals' eyes are designed so it is easy for their brains to make a picture of things they are looking at without bright light.

Some nocturnal animals may not see in colour. They have more "rods" in their eyes than we do – rods are cells that are part of the retina at the back of the eye and use dim light to make the picture that is sent to the brain. Some

animals have fewer "cones" – these are cells in the retina that react to bright light. Only cones see colour.

Have you ever seen a cat's eyes shining at night under a bright light like a torch or car headlamps? There is a layer like a mirror inside the eyes of mammals that like to be out and about at night. This layer bounces bright light back out of the eye. Look at a cat's eyes in daylight. The pupil, the hole in the middle that lets in the light, looks like a narrow slit. This keeps out too much bright daylight that could hurt their eyes.



Feel the heat!

Humans can't see infrared rays from the sun, but we can feel them – they are what we call heat. Some snakes can "see" infrared rays – they hunt down other animals by feeling the heat given off by their next meal's body!



Photo: Wolfgang Wüster

A hairy story!

Whiskers and other hair can help a nocturnal creature "see" in the dark too. A little house mouse uses its whiskers to help find its way around. When something touches them, a message is sent to the brain to warn the mouse something, or someone, is nearby. 🐭

Imagine sleeping for 6 months!




Some animals sleep right through the winter. It is their way of surviving when it's cold and there is not much food around. When animals go to bed for the winter – hibernate – their heart slows right down. They don't need to breathe as often as they do when they are awake or when they are sleeping normally – a hibernating hedgehog only breathes once every 6 minutes. Animals don't use up very much energy while they are hibernating. This means they can stay alive for a long time without eating any food.

If they are planning a long winter sleep, animals choose somewhere safe to spend the coldest months. A hedgehog might make a nest out of sight under a pile of leaves. Before they tuck down for the winter, they eat lots to make sure they have enough inside them to keep their bodies ticking over. Dormice get so fat before they go to sleep that they look like furry balls!

When small mammals hibernate, their bodies cool right down while they are asleep. But their sleeping place must be warm because if they become too cold, they risk becoming frozen solid. Insects that sleep through the cold winter months have special chemicals inside their bodies to stop them freezing while hibernating.

● If your hamster goes stiff and cold, don't worry – it may just be hibernating! Pet Syrian hamsters might hibernate if it suddenly becomes very cold. They get sluggish at about 14°C and might go to sleep if the temperature becomes as low as 10°C. You can tell if your hamster is hibernating because its whiskers will be twitching slightly. Wake it up and warm it up!

● Some animals sleep through the summer in very hot countries. Sleeping during the summer months is called aestivation. 

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Wordsearch

Find the sleepy words in the wordsearch. If you haven't come across some of them before, look them up in the dictionary or ask your teacher what they mean. The words run vertically, diagonally or horizontally, from right to left or from left to right.

- AESTIVATE
- ASLEEP
- BED
- BLANKET
- DOZE
- DREAM
- DROWSY
- DUVET
- EIDERDOWN
- FATIGUE
- FORTY WINKS
- HIBERNATE
- LULLABY
- NAP
- NOD OFF
- PILLOW
- QUILT
- SHEET
- SHUT-EYE
- SIESTA
- SLUMBER
- SNOOZE
- SNORE
- SOMNIFEROUS
- SOMNOLENT
- SOPORIFIC
- TIRED
- YAWN

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



Under the Christmas Tree

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Kids Go Free



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MUSEUM OF LONDON

Wendy Baxter is Princess Briar Rose in Sleeping Beauty at the Unicorn Theatre this Christmas. Read on to find out how she became an actor, and what the job is like...

Wendy Baxter didn't go to school until she was 11. Until then, she lived in Zambia, where she was born, and was taught at home by her dad. When her family came back to England, she went to junior school for just one term before going off to secondary school in Bath. "By the time you reach the last year of juniors, most people are part of a group of friends," she says. "It was very hard to join school at that time. I had to do different work to the other children because I had been home-schooled, so that set me apart too. It was much easier going off to secondary school where lots of girls didn't know anyone."

She enjoyed drama classes and being in plays at school and started having one-to-one drama lessons. Then, when she was 15, she heard about the National Youth Theatre of Great Britain. "They run a sort of summer holiday camp each year. It meant spending a summer in London. You didn't just do acting - there was stage management, costume design, directing...you could work with professional directors and professional stage managers. I had to

Sleepi



"I start learning my lines after we've been rehearsing for about a week and a half. The last week before the show opens is 'production week' when we get into our costumes for the first time. These have been made and fitted throughout rehearsals."



There are 55 performances of *Sleeping Beauty* at the Unicorn Theatre for Children in the Pleasance Theatre, north London. Wendy has to be there for all of them – even if she has ‘flu – because she has no understudy!

audition to get a place, and I had to pay for it myself, so I saved up so I could go. After that summer, I thought ‘this is what I would like to do for a living’. I went back again the next summer. I stayed at school and did A levels and did my last summer with the National Youth Theatre when I got my A level results.

“Because I knew how difficult it was to get into acting, I went to university, not drama school. I did a drama and theatre arts degree course and it opened my eyes to all sorts of different types of theatre and dance and drama.

“There is a huge element of luck involved in acting. The whole profession is about luck, not talent. It’s luck if you get offered a job, it’s luck if you get ‘discovered’. Acting is about knowing the right people and it’s very hard work.”

At university, she met someone who was working at the college who offered her a professional acting job. So she went off around the country with a theatre group.

After university, Wendy set up her own theatre company with 2 other girls she had met at college and they organised drama workshops. She stayed in London because “it’s the best place to be” if you want to be an actor. “Everyone comes to London to look for actors even if they are putting on a play in Manchester.”

Wendy got a second professional job through a friend who suggested Wendy could step in for another actress who became ill, just before the show started. “Then an ‘agent’ saw me in this show. That was it. The agent started finding me jobs. The first was in Leeds and it was a children’s show, *Ten in a Bed*.

“I’ve now been working for nearly four and half years in professional theatre. During that time, I’ve done mostly theatre and a few odds bits of television – blink and you miss them.


“Even when you are in a show, you are always looking for your next job, writing letters to directors, selling yourself all the time, sending photographs of yourself to people, going to interviews.

“You might think you are perfect for a part, but there are another hundred actors who are also perfect. If you don’t get a job, it’s not because you’re not good enough, but you come away feeling awful. If you are out of work for a month, you need to take other jobs to pay the bills. I can type, so I go and work in an office. It’s always like that until you become famous.

***Sleeping Beauty* is the third show Wendy has been in at the Unicorn Theatre. The Christmas show opened on 25 November but Wendy and the rest of the cast only started rehearsing full time on 1 November!**

“It’s good because I work for myself and I get to choose quite a lot of what I do. I really enjoy the buzz of being on stage, and of seeing a script come to life. I meet amusing people and I get to do odd things – like fire eating! No job is ever the same. I get to travel around a lot and have seen most of this country with touring theatre companies. I don’t spend much time at home, and the bad part about that is that I miss out on friends’ birthdays, I miss my friends’ children being born. I look at pictures of my friends at parties and see that I am not in them.

“If I’m not around, I can’t go out with people, and if I am in London, I can’t go out with them because I’m working! It’s bad too because you don’t know where your next job is coming from.

“People think acting is a glamorous job but that’s not true – you are mostly scrimping and saving. And you have to stay confident, even if you don’t get jobs. There is a huge amount of competition. It truly is all about luck and the people you know.” 

ng Beauty



***Sleeping Beauty* runs until 8 January. Call 0171 609 1800 for more information.**

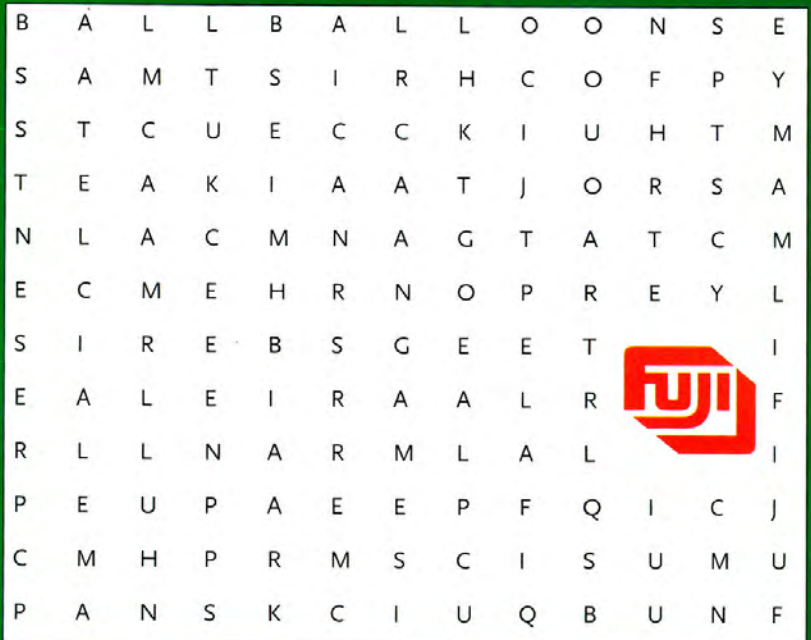
PARTY PARTY with Fujifilm!!!



Don't forget to take pictures of family and friends this Christmas and New Year! In the future, you and your children, and even your children's children will be able to look back and remember the end of the 20th century - and the start of the new Millennium.

The Fujifilm Flash Cat QuickSnap single use camera is easy to use and perfect to take along to Christmas and New Year parties - at home, at friends' houses or at school. What's more, the Flash Cat has a special easy to enter Big Party competition on the pack - with the chance for kids to win £150 to spend on a Big Party of their own!

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 The first 5 correct wordsearches drawn out of the hat on that day will be the winners - and your camera will be with you in time for your own Big Party!

The Flash Cat is just one of the models in Fujifilm's QuickSnap range. For more information, please contact 0171 465 5864

FUJIFILM

Terms and conditions: 1. Closing date Wednesday 15 December 1999. 2. There are no cash alternatives. 3. Only one entry per child. 4. The winners will be the 5 people whose names are on the first 5 correct wordsearches drawn out of the hat on 15 December. 5. Winners will be sent their prize by post.

$$\begin{array}{r} 1999 + 1 \\ 2002 - 2 \\ 6,000 \div 3 \\ 500 \times 4 \\ \hline 10,000 \end{array} = 2000$$

January 2000

Start of Maths Year 2000.
New Year's Resolution:

I can do
MATHS!



DfEE

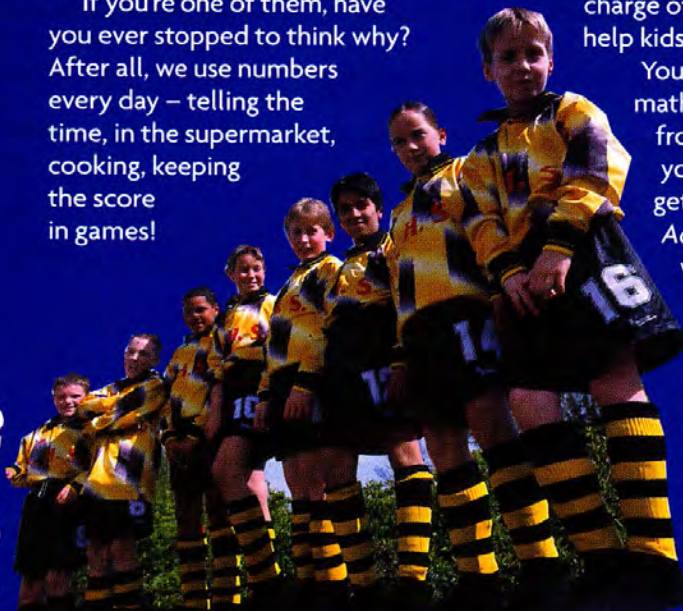
Department for Education and Employment



Do you think sums are boring? Does your heart sink when you're given maths homework?

If the answers are "yes", you're not alone! Loads of people – kids and grown-ups – say they don't like maths.

If you're one of them, have you ever stopped to think why? After all, we use numbers every day – telling the time, in the supermarket, cooking, keeping the score in games!



Next year, the Department for Education and Employment (DfEE), the government department in charge of schools, wants to help kids get better at maths.

You've already got a daily maths lesson at school, and, from January, any grown-up you know will be able to get a leaflet called *It All Adds Up* from the DfEE which is packed full of tips to help you feel more confident with numbers. Watch out for the television adverts, starting in January, with the 'phone number to ring for a copy of the leaflet.

And it's not only kids who are being encouraged to think

It makes sense to understand numbers. When you're grown up, you need maths to do most jobs – and what about sorting out money to pay bills at home?

maths is cool. Maths Year 2000 is about making sure everyone knows that maths matters – people who are good at it as well as people who think they can't do it.

There will be all sorts of things to do with maths during the Year – games and competitions to help everyone see the fun side of numbers. Look out for fun festivals and events in shopping centres and libraries.

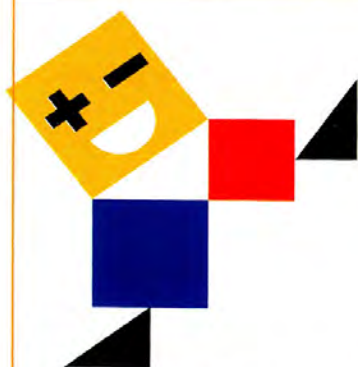
Your school may run special maths activities too – it might set up a maths homework club or a games club, or have maths evenings for families. **Do you have any ideas for making maths fun during 2000?**

To find out more about Maths Year 2000, visit the website at www.mathsyear2000.org



Richard Cooke

Maths counts, says TV star Carol Vorderman, prime minister Tony Blair and education chief David Blunkett, pictured here with kids from Southfield Junior School in Luton.



This is the Maths Year 2000 logo – you will see it in lots of different places in the New Year. The logo is based on Pythagoras' Theorem. Pythagoras was a mathematician who lived in Greece in the 6th century BC.

His theorem is that in any right-angled triangle, the square on the hypotenuse (the side opposite the right angle) is equal to the sum of the squares on the other 2 sides. Ask your teacher what that means!

In January, the winner of a primary school competition to come up with a name for the logo will be announced.

Top Tips

1. Try to work things out in your head.
2. Think about how you work out problems.
3. Learn your tables!
4. Play games with numbers.
5. Make maths fun! ➔



Christmas is the time for pantomime! So why not put on your own pantomime with your friends? You can make a "stage" anywhere – in the playground, in your bedroom, or in your living room. Ask your audience to sit in front of your "stage", or around it in a circle. To do *Red Riding Hood*, you will need 4 friends, a shopping bag, a coat, a hat and some balloons. If you want to, you can dress up, make costumes, paint your faces or wear masks!

RED RIDING HOOD

Find friends to play these parts:

Red Ridinghood
Mrs Ridinghood, her mother
Gran
The Big Bad Wolf
The Storyteller



**PULL
OUT
SCRIPT**

RED RIDINGHOOD

The Big Bad Wolf walks on "stage" and sniffs around the audience.

Wolf

laughs in a nasty way and speaks to audience

Hello there...I'm very pleased to see you all. I was hoping to meet a tasty little girl or a meaty little boy. I'm so hungry you see. I haven't eaten a good meal for ages and ages.

My stomach hurts because it's empty.

to someone in the audience

You look nice! Would you like to come and be my dinner?

The Storyteller runs on "stage" and pushes the wolf away.

Storyteller

Leave them alone. Go away! You're a horrible wolf.

Wolf

Oh no I'm not!

Storyteller

getting audience to join in

Oh yes you are!

Wolf

Oh no I'm not!

Storyteller

Oh yes you are! Now **"GO AWAY!"**

Wolf

Alright. But I'll be back later. I'll see you all then.

laughs in a nasty way and leaves the "stage"

Storyteller

I'm sorry. I hope he didn't frighten you. If he comes again, just shout out **"GO AWAY!"**

Wolf walks on stage behind Storyteller.

Hopefully your audience will shout out "GO AWAY!"

Storyteller turns around

as Wolf runs off stage.

Storyteller

Well done! You got rid of him.

Wolf runs on stage behind Storyteller again. Hopefully your

audience will shout out "GO AWAY!"

again. You can do

this a few times

more if you like.

Storyteller

This is wasting time! We've got to get on with the story.

It's about a little girl called Red, and her mum and her gran.

Here comes Red and her mum now. They've been shopping to buy food for their gran's New Year's Eve party.

Storyteller walks off stage. Red Ridinghood and Mrs Ridinghood walk on from other side. Mrs Ridinghood is carrying a shopping bag. Make it look full by putting things inside it.

Mrs Ridinghood

I hope we remembered to buy everything we need for the party, Red.

Red

Well, we've got crisps and biscuits, and bread to make the sandwiches, and cheese and eggs and peanut butter.

Mrs Ridinghood

I need to go home and make a cake. What sort of cake shall I make?

Red

I don't know – strawberry? What do you think?

she asks someone in audience what they think, and then another person and then another

Red

I think chocolate is Gran's favourite sort of cake.

Mrs Ridinghood

Then I'll make a chocolate cake.

looks at her watch

Oh dear, I don't have much time. Gran's expecting us to bring the shopping over so she can start making sandwiches.

Red

Don't worry, Mum, I'll take the shopping to Gran's house, and I'll help her make the sandwiches and get ready for the party. You go home and make the cake and I'll meet you at Gran's later.

Mrs Ridinghood

Oh you are a good girl Red! Be careful on the way to Gran's. I'll meet you there later.

Mrs Ridinghood walks off the "stage" one way, Red walks off the "stage" the other way.

Storyteller walks on the "stage".

Storyteller

Meanwhile Gran was decorating her house, getting it ready for the party.

Storyteller walks off "stage" and Gran walks on "stage"; from the other side. She is blowing up a balloon.

Gran

Nearly finished! Only a few more balloons to blow up.

Where is Red Ridinghood and her mum? They should be here by now. We're having a big party for the Millennium and we

RED RIDING HOOD

need to start making the food. We're going to play party games and sing songs – like Head Shoulders Knees and Toes. Do you know that one? Can you sing it with me?

Gran gets audience to sing Head Shoulders Knees and Toes with her, doing the actions. You can sing it through a few times, getting faster and faster.

Then the "doorbell" rings. Get the Storyteller to say "ding dong" from the side of the stage.

Gran

Oh that must be Red and her mum! I'll just go and let them in.

Goes to side of "stage" to "open door" and the Wolf runs in. Gran screams. Hopefully the audience shouts

"GO AWAY!"

Wolf

Shut up you lot!
Are there any children here?

Gran

No there are not. I thought you were my granddaughter Red and her mum. That's why I opened the door to you. Who are you?

Wolf

I'm the Big Bad Wolf and I think I would like to meet your granddaughter Red! Why don't **you** wait in the cupboard!

Wolf grabs Gran and pushes her in the "cupboard" by pushing her off the "stage". Grabs a coat and a hat from the side of the "stage" and walks back on.

Wolf

Oh good, dinner is on her way! I'm going to pretend to be Gran so that little girl doesn't think anything is wrong when she arrives.

Puts on coat and hat.

There, I look just like Gran, don't I?
Hopefully your audience will say "Oh no you don't"

"Doorbell" rings again.

Wolf

That must be my dinner now!

Goes to side of "stage" to "open door" to Red. Red comes on stage with shopping bag.

Red

Hello Gran! You've got your coat and hat on. Have you just been out?

Wolf

Using funny voice, pretending to be Gran.
Yes, my dear. I've just got back from the shops.

Red

But Mum and I told you we were going shopping! Gran, why does your voice sound funny?

Wolf

I think I've got a bit of a cold, dear.

Red

And Gran, you look a bit hairy!

Wolf

Don't make personal comments, dear, it's not very nice.

Red

Oh Gran, what big eyes you've got today!

Wolf

All the better to see you with my dear!

Red

And Gran, how big your ears look today!

Wolf

All the better to hear you with, my dear!

Red

And Gran, your teeth look really big. Do you think you ought to see a dentist?

Wolf

No my dear, because big teeth like these make it easier to eat you!

Red

You're not my gran at all!

Wolf

No I'm not! I'm the Big Bad Wolf and I'm going to eat you for my dinner. Come here!

Red

No chance!

Red Ridinghood drops shopping bag and runs away. Wolf chases her. You can either run round the stage, or run through the audience. Be careful you don't step on anyone if you run through the audience! At the end of the chase, Red runs off the "stage". Wolf stops at the edge of the "stage".

Wolf

She's gone to hide! Silly girl, it won't take me long to find her!
I'm coming to get you Red Ridinghood!



RED RIDINGHOOD

"Doorbell" rings again.

Wolf

Oh no, who's that?!

Opens "door" at side of "stage". Mrs Ridinghood walks on "stage".

Mrs Ridinghood

Who are you? Where's Gran and where's my daughter?

Wolf

laughs in a nasty way

You must be the mother! I'm the Big Bad Wolf. I've locked Gran in the cupboard and I'm going to eat your daughter for my dinner.

Mrs Ridinghood

Oh no you're not!

Wolf

Oh yes I am!

Mrs Ridinghood

getting audience to join in

Oh no you're not!

Wolf

Oh yes I am! Red Ridinghood! I'm coming to get you!

Wolf runs off the "stage" and Mrs Ridinghood runs after him.

Storyteller walks on the "stage" from the other side.

Storyteller

The wolf ran through Gran's house looking for Red Ridinghood. He found her hiding under Gran's bed. She jumped up and ran away from him. Meanwhile, Mrs Ridinghood had gone to the cupboard and let Gran out.

Red Ridinghood runs on "stage" behind Storyteller followed by the Wolf, followed by Mrs Ridinghood, followed by Gran holding a balloon. You can make the chase go through the audience again, or around the stage. Gran catches up with the Wolf and bangs him on the head with the balloon. Wolf sinks to the floor with his eyes shut. Red Ridinghood, Mrs Ridinghood and Gran all cheer.

Red

Three cheers for Gran!

Get audience to join in.

Hip Hip! Hooray!

Hip Hip! Hooray!

Hip! Hip! Hooray!

Mrs Ridinghood

Come on, let's get him out of the house.

Red, Mrs Ridinghood and Gran roll the wolf towards the side where the "door" is and roll him off the "stage".

Gran

Go away and don't ever come back again!

Mrs Ridinghood

Come on, we've got sandwiches to make.

Red

The party starts in less than an hour!

Red, Mrs Ridinghood and Gran leave the "stage" one way. Storyteller walks on the "stage" from the other.

Storyteller

Gran, Mrs Ridinghood and Red made the sandwiches in time and had a really good party. That Big Bad Wolf never came back to Gran's house again. But he's still out there somewhere, looking for his dinner. If you see him, don't forget to shout "**GO AWAY!**"

*Wolf walks on "stage" behind Storyteller and growls at audience. Hopefully they shout "**GO AWAY!**" and Wolf runs off "stage".*

Mrs Ridinghood, Red and Gran walk on "stage", and stand next to Storyteller.

Storyteller

And that's the end.

Mrs Ridinghood, Red, Gran and Storyteller hold hands and bow. Wolf comes on "stage" and bows too.

The end.

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Make maths fun!

Growing up

Measure yourself against a wall – use a tiny pencil mark to record your height and the date. Measure yourself again in 6 months time and work out how much you've grown. Measure your other family members too. Work out the difference in heights.



Cooking sums

When your family is planning a meal, work out the cooking time. If a pie takes 35 minutes to cook and you want to eat at 6pm, what time do you need to put the pie in the oven?



Sweets to eat

When you buy a packet of sweets, have you ever thought how much each sweet costs? Count the number of sweets in the packet and divide that number by the cost of the packet. You could work out which is the most expensive sweet you like.



Getting around

Save time on journeys – check out bus timetables and train timetables. Work out how long your journey will take. When you're getting on an airplane, use maths to work out what time you need to leave your home to get to the airport on time.

While you're travelling

Bored on the bus or in the car? Look at registration numbers on cars and other vehicles. Each one has 3 numbers – like 643. Work out the biggest number you can make using the 3 numbers, and the smallest number too. Add them up and play a game with your friends – the first person to find a registration number that adds up to 10 (or 11, or 12) wins!

Make a weekly timetable

Pin the timetable on your wall to make sure you know what's happening at school and after school each day. Write down the days of the week and include lessons, assemblies, after-school clubs, PE and games, homework. It will help you remember what you need to take to school each day.

Playing games

Games are fun and help you with your maths. Any games using dice, cards or numbers, like dominoes, can help. Try to design your own game using numbers.



Pocket money

How much pocket money do you get each week? Work out how many weeks it would take you to save up for something you really want to buy.



Make maths fun!

Buy Christmas presents for these people:

	Present	Amount
Mum		
Dad		
Brother		
Gran		
Grandad		
Aunt		
Best friend		
Sister		
Total		

You've been saving your pocket money and have £15 to spend. Decide what Christmas presents you will buy. They mustn't cost more than £15 in total! Try working it out in your head first – rounding the '9s' up will help you!

Chocolates	£1.40
Handkerchief	£1.29
Book	£2.99
Mug	£2.40
Keyring	89p
Pack of cards	49p
Hairband	75p
Diary	£2.35
Earrings	£1.50

Scarf	£3.49
Gloves	£1.99
Hat	£3.99
Tights	£1.99
Pen	£1.49
Stickers	50p
Notebook	49p
Bubble bath	99p



When it's your birthday in 2000, how many days old will you be? Times the number of years by the number of days in a year. Don't forget there are 366 days in a Leap Year! If that's too easy, work out how many hours old you are (by multiplying the number of days by 24) – or even the number of minutes old you are!!!

Takeaway treat

Find a takeaway pizza menu and plan a meal for 4 friends. Pretend you've got £20 to spend and look at the prices of the different sorts of pizzas, side orders, drinks and puddings.

Make maths fun!

It's the Christmas holiday and you invite 5 friends round to watch a video and eat sweets. Work out how much money you each need to pay for the sweets and the video.

1. If it takes 6 kids 9 minutes to eat a box of sweets between them, how many boxes would they eat while watching a video which lasts for 189 minutes (if they ate non-stop)?

.....

2. If each box costs 49p, and the video costs £3.99 to hire, how much in total would their afternoon cost them?

.....

3. How much would each kid pay if they split the cost evenly between them?

.....

4. If there are 32 sweets in each box, how many sweets would they have eaten between them by the end of the film?

.....

5. If they shared nicely and ate equal numbers, how many sweets would each kid have eaten by the end of the film?

.....

6. If it takes 5 chews to swallow each sweet, how many times would each kid have chewed by the end of the film?

.....

Have you ever been glued to the screen watching a hero fighting with a sword? You too can learn to fence like the movie stars – but you won't get a sword stuck through you and you're unlikely to lose any blood!

On-Guard!



People who learn to fence use safe weapons – bendy steel swords with covered ends. Different types are called foils, sabres and épées. And modern day fencers wear special padded outfits with 3 layers to make sure their bodies don't get hurt, as well as masks to protect their faces, and gloves to cover their hands.

A fight between 2 fencers using foils is called a "bout" and the fencer who wins is the one who makes the most hits – touches any part of the other person's body (not including head, arms or legs!) with the foil. The bout takes place on a strip 14 metres long and about 2 metres wide – the fencers move backwards and forwards.

When you learn or practise fencing, you may be wired up to an electronic box which shows, by flashing different colours, when each fencer makes a hit or touch.

To fence well, you have to move very quickly and concentrate. It certainly keeps you fit – and you have to use your brain because you have to think on your feet! You have to do warm-up exercises to make you stronger, including sprinting and jumping. Fencers keep the arm holding their weapon straight and the other arm raised. The raised arm helps them balance – and gives their opponent the chance to make a hit. 🎯

Kids aged 7 to 13 can learn to use the foil at The Musketeer's Club, part of a fencing organisation called The Fencing Academy. The Club meets in 3 different places in London and kids can borrow the fencing kit they need so they don't have to buy the expensive equipment when they are just starting out. It's not cheap to learn – a beginner's course of 6 one-to-one lessons with the fencing master and 2 group lessons costs £80. Get a grown-up to ring 0800 096 0505 to find out more.

"I've got a bit bruised, but I enjoy fencing. It's making me fitter and it makes me happy and excited."
Amir Choiae, age 8.

"I've been fencing for about 2 years. I like it because you get to play with swords! I've taken part in competitions and won a medal. Fencing is tiring and you get very hot."
Christopher Robert, age 9.

"I like fencing, but it's really hard. It's better than any other sport, because it's safe and you don't get hurt. It teaches you speed – you've got to be really fast to do this sport."
Oveis Bakhshian, age 11.

"My great-grandfather was a fencing champion. That's why I started. Fencing is quite easy for a beginner, but it gets harder as you become more advanced. Because you're wearing 3 layers of clothing, you drink about 3 bottles of water!"
Andrea Varotsis, age 10.

● Fencing moves have special names. Fencers stand "on-guard" when they are ready to defend themselves or to attack. "Thrusts", "ripostes" and "lunges" are different sorts of attacks. A "parry" is a defence move.

● Fencing is a very polite sport. Before and after a bout, both fencers salute each other with their foils.





21st Century

In 2000, Ellen Niblett will be 100!

Ellen Niblett will celebrate her 100th birthday on January 1, the first day of the new century. She was born at the end of the Victorian age, before people had televisions, computers, cars, and electric lights! A primary school teacher for most of her working life, she still gives some English lessons at her home.

I was born on 1 January, 1900 in Rochester in Kent. I was an only child. When I was 3 and a half, I was allowed to start at infants school. I must have learnt to read quite early, although we didn't have all the lovely books children have now. Once a week, my school used to get a good reader to sit alongside a poor reader to help them. When I was about 6, I was put in a classroom with a blackboard and a small group of boys and I had to teach them to read. They got their own back on me by threatening to put me in the dustbin!

"Nowadays, you might be collected from school by car. My school was quite a short walk away, but if it was raining, my father would sometimes call for me with his horse and cart. Usually, he would end up taking a cart full of children home.

"So many things have changed in my lifetime. The way people look is just one of them. I envy modern girls who are able to wear shorts and t-shirts.

When I was 10 and went to Rochester Grammar School for Girls, I had to

wear a tunic, white blouse, navy blue bloomers, a straw hat and white gloves. We always had to wear hats and gloves to and from school. A teacher would stand at the door to make sure you put them on as you went out.

"Girls wore their hair long. My hair was very light blonde and my father's friends called me Snowball. When the fashion came for having short hair, my father did not approve!

"I remember going to the seaside and getting into a bathing machine, a cabin you changed in that was then pushed down next to the water. You went straight down the steps into the sea, so you couldn't be seen in your bathing costume. The costume was black or navy and had a skirt over the knickers.

"There have been many inventions that have changed lives during the

course of this century.

When I was a child, there were no fridges or freezers, so food could not be kept for a long time like it can be

these days. People used wooden food safes which were kept outside in a cool



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spot. When the milkman came, you would take your jug out for a pint of milk. People without much money ate very little fruit when I was young. Many people belonged to Christmas clubs – they would pay in money throughout the year, and then, at Christmas, they were able to buy luxuries like fruit which they didn't have at other times.

"When I was a child, there was no electricity. We had a coal fire with an oven beside it for cooking. I had a candle to light me to bed, although some of our rooms had gaslight. We also used oil lamps. Once, when I had a birthday party, one of our horses kicked an oil lamp over and it set the straw on fire. We children formed a line and passed buckets of water along to put it out.

"Some of my happiest memories are of my childhood, the early years of my marriage and the birth of my son. He was evacuated, sent out of London to be safe, on his 7th birthday because of the bombing during the Second World War. We missed him badly, but we were determined he shouldn't stay in London where he would be in danger.

"I always wanted to be a teacher. When girls won a scholarship to a grammar school, it was taken for granted that's what they



Ellen Niblett is third from the right in the second row.

would do. Nothing else was ever suggested to me.

"I was always a fairly strict teacher – I think children prefer discipline. I concentrated on teaching reading, writing and arithmetic. I think tables and correct spelling are very important.

"I've lived in London since 1919 when I went to Goldsmiths College, part of the University of London. In those days, women weren't always allowed to work as teachers after they married. I had a job in a private school that allowed me to carry on teaching when I got married in 1927. I was glad – I didn't want to give up my career so soon.

"I never thought I would live as long as I have done. My grandparents lived to be 89 and 90, and my mother had her 90th birthday, so

I suppose I get my long life from them. I had a bus pass until I was 95 and was quite active. When I was 97, I went on a cruise to Spain and Tenerife. But now I use a walking frame to help me walk and my eyesight has got worse. I realise my body is wearing out.

"Physically, I often feel very old, but mentally, I feel quite young. I write to, and receive, letters from people all over the world, and keep in touch by telephone. I still

cook for myself, make bread, play Bridge (a card game) and read large print books. My memory is good, although I sometimes forget names.

"I'm not very modern. I've never driven a car, nor been on an airplane. I don't have a video recorder and haven't used the internet. I didn't even have a television until 1965. When I retired from teaching, the school presented me with one.

"One of the worst things for me about getting old is that all the people I knew who were my age have died. None of my friends are older than 82. One of the pupils I have kept in touch with is now 88. When I came out of college at 22, she must have been about 12. It seemed a big age gap then, but it doesn't now."

So many things have changed in my lifetime. The way people look is just one of them. I envy modern girls who are able to wear shorts and t-shirts. I had to wear a tunic, white blouse, navy blue bloomers, a straw hat and white gloves to school.

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School starts at 8am

in South Africa. A lot of children don't live locally and have to get up as early as 5.30am to get there on time. The nice thing is that school ends at 2.30pm for the juniors and 2pm for the infants. That means there's a whole afternoon to play and have free time. Everyone starts school when they are aged 6. From next year, they will start at 7.

Kenmere Primary in Cape Town is my cousin Leilah's school. Leilah doesn't live in the area, but she goes there so our gran can pick her up. Leilah is 9 and in the third year of primary school, called Standard 1. The class studies Afrikaans, language, maths and sport. Older children also do history, general science and geography. The Standard 1 classroom was the same size as a London classroom and had a carpet. They sat in old-fashioned desks with an inkwell space and shelf underneath to put your pencil case. There was a tiny, untidy book closet with a few books, mostly textbooks.

Standard 3 was the class I would have been in if I had lived in South Africa all my life. They are all aged 10 and 11. The classroom was small with desks for around 40 students, arranged in groups, and the walls were covered in posters. There was a big teacher's desk in one corner and a blackboard up at the front. There were no computers in this classroom. There weren't any reading books either. The Standard 4s were 11 and 12 year olds. They were working on drugs in much the same style as an

Going to school in South Africa



My name is Zora. I was born in London and have lived here all my life. I'm South African because my parents are.

I get No Kidding! through my school. Sometimes I send it on to cousins in Cape Town, who love it. I am 10 years old.

Whenever I moan about school, mum and dad are always on about how if I went to a South African school, I'd really have cause to moan. Stricter teachers, kids all sitting silently in rows of desks, speak when you're spoken to and all that. No computers, few books, no outings. Is it like mum and dad describe it? When we went to South Africa in the summer, I decided to find out...

English year 6 class. They had had quite a few visitors to talk to them on this topic. This was exactly what had happened at my previous London school.

At Kenmere, there were 2 breaks which each lasted

for 15-20 minutes. The playground was large with a big grass area. There was also a tuck shop. There were no grown-up playground supervisors. Breaks were controlled by the oldest members of the school,

known as prefects, who were very much respected by the younger children. There were no school lunches and the children sat outside to eat their packed lunch.

The school has a strict royal blue uniform. Everyone wore exactly the same uniform and shoes. There is no hall, so assemblies take place outside, but only if the day is fine. The teachers were strict and known as "Teacher". Most kids seemed scared of them. There was a computer classroom at Kenmere, and a school library. There are not many local libraries in the poorer areas of Cape Town, the areas where black people mostly still live, known as "townships." An area the size of Barnet in north London, where I live, might have only 2 libraries.

Dryden Street School is where one of my uncles is the headteacher. It is very much like Kenmere. If I lived in my uncle's area, I would go to school here.

There are about 40 children in each class and the school has a strict uniform and discipline code. The classrooms are small and the children sit in straight lines in little desks while the teacher teaches from the blackboard at the front. The children work very hard and are very obedient and respectful to their teachers. There is no fighting or arguing in the playgrounds, and no noise at all in the classroom.

Although the children and teachers at both Kenmere and Dryden Street have far less than either of the schools I've been to in London, they don't

by **Zora Laattoe,**

pictured above in the middle, with Tatum and Leilah who live in South Africa.

complain. They just get on with working as hard as they can and everybody stays happy.

They can't imagine the things I take for granted, like computers in all the classrooms, lots of reading books, a school library with lots of books, music lessons and equipment for science and PE. If I were to tell them that I have more books than the whole school, they wouldn't believe me.



While I was in South Africa, we passed a few shack towns where families lived in single rooms made of wood and iron. They were obviously very poor.

It didn't look as if there were any schools anywhere near these shanty towns. Lots of ragged children were wandering around, even though it was term-time and school time.

I read an article in the newspaper about a really poor school that was depending on volunteers to come and help rebuild it to make it safe. This school was in a place called Soweto. My parents told me that in 1976, a child died there when police shot students who were marching for better education.

The article spoke about broken wire fences, a rubbish dump burning nearby, and animals wandering into the playground. The school hadn't been painted in 13 years and was falling apart.

Many, many schools in South Africa are more like this than Kenmere or Dryden Street. There are also a few schools which only rich people can afford.

Nonetheless, all the children I met in South Africa like to go to school. All the students and teachers seemed to enjoy what they were doing and to work really hard. ●

Many thanks to Zora Laattoe for the time she spent researching and writing this article.

HOW ROTTEN CAN YOU BE?

Take some tips from Rotten Ralph, the star of the new BBC1 TV series! The rotten red cat loves practical jokes and always has a cheeky answer or smart line ready. You can see 5 of his adventures on the Rotten Ralph video Cat-astrophe and you can read all about his rotten antics in 2 comic storybooks. You can also test just how rotten you are in Ralph's game book - and, if you're not rotten enough, learn some lessons by reading *How to be completely Rotten!*



TO WIN a copy of the video and a copy of each of the hilariously funny Rotten Ralph books, tell us about a time when you have been rotten! Send your rotten stories to:

No Kidding! Rotten
PO Box 10427
London N8 8UP
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The writers of the 15 most rotten stories will each win a Rotten Ralph prize pack with a copy of the video and 4 books!



Terms and conditions: Closing date - Thursday 30 December 1999. 2. There are no cash alternatives. 3. Only one entry per child. 4. Entries will be judged on creativity and originality. 5. The 15 winners will be sent their prize by post. 6. Winners' names and stories may be used in future issues of No Kidding!

"My name is Rebecca Ridd. I'm 10 years old and I go to Crowlands Junior School. I have 2 sisters called Rachael and Paige. I have 2 cats called Tom and Jerry. My favourite subject is English and my worst is maths. I like watching Eastenders and cartoons. I play the recorder and I'm in the school choir. My dad is a stone mason at the Millennium Dome and my mum works at the local bakery. My best friend is Leanne Millson. I think she is really funny. My teacher is new to the school and very nice. My hobbies are tap dancing, swimming and drama. I will be 11 in February 2000. I have 8 penpals and they are all girls."

Rebecca lives in Romford in Essex.

"Hello, my name is Kuiyeliya. I am 10 years old and my birthday is on August 8. I have a sister and a brother who are deaf. I also have a twin sister. I go to Lyon Park Junior School. I am in year 6. My brother and sister who are both deaf go to Kingsbury High School. I come from Sri Lanka. I know how to speak 3 languages. With my mum I speak Tamil, with my twin sister I speak English and with my brother and sister I do Sign Language. I hope you like my acrostic poem. Bye!

All about me!
Lyon Park is my school
Lemonade is my favourite drink

All the teachers in school are kind
But Mr Rankin our deputy head is always grumpy
Orange is my favourite fruit
Usually banana is my worst fruit
Tea is horrible to drink, I hate it!!
Mango tastes sweet, so I like that too
Everyday I enjoy school because it is fun!!!!"
Kuiyeliya lives in Wembley, Middlesex.

"Hello, my name is Natasha Rhoden and I'm 9 years old. I go to Galliard Primary School. I have one twin brother called Tyrone. My favourite subjects are P.E., English, art and R.E. I love reading and spell very well. My dad, who is called William, is a mini cab driver and my mum, Maureen, is a housing lecturer. My best friends are A.J. Gosai and Jared Martin. I play the electronic keyboard, do tap and ballet dancing and represent my school in country dancing and football. Someday, I hope to be a barrister or the prime minister."

Natasha lives in Edmonton, north London.

"Hi! My name is Muhammad Uddin. I am 13 years old and live in Stratford. I have 2 brothers, Tariq and Arif, and 2 sisters, Rabeya and Sabiha. My dad works in a restaurant while my mum looks after my little sister. In my primary school, I was in the school rugby and basketball team. Now in secondary school, I don't play for any team, but I do like to play basketball, football and badminton. My ambition is to get As in my GCSEs to become a doctor or a pilot. I support Manchester United and my favourite player is David Beckham. In English, I am doing Romeo and Juliet and my teacher Ms Lycett thinks Romeo is such a wimp. I love watching Family Affairs."

Muhammad lives in Stratford, east London.

"I am Martin Pugsley. I am 9 years old and my birthday is September 19. I've got 2 sisters, Laura and Nancy. Laura is 11 and Nancy is 5. My hobbies are football and reading. I support Charlton Athletic Football Club. My grandad takes me to watch Charlton. We are season ticket holders. My mum works as an ambulance driver at Greenwich Ambulance Station. My dad owns an Aston Martin garage. I like going down there to work on cars. My favourite car is a V8 Volante. I go to St Margaret Clitherow RC School. I play for Bostall Rangers Football Club under 9s. I have won 4 medals for playing football."

Martin lives in Thamesmead, south London.

Write and tell us who you are – if we print your letter, we'll send you one of these BIG Writing Boxes. Write to Who are You? No Kidding!, PO Box 10427, London N8 8UP or email NKMagazine@aol.com



- Alana
- Harry
- Imran
- Kuiyeliya
- Martin
- Mostak
- Muhammad
- Natasha
- Rebecca
- Stephen

"My name is Mostak Ahmed. I am 11 years old. I have 2 brothers and 3 sisters. Our family is quite big but get along very well, but sometimes there is the odd moment when my brothers and I cannot stop fighting. I attend Winsor Primary School in Beckton. I really like my school and I think the teachers are great, especially Mr Biddle. He is my class teacher and he teaches me the respect I need to have for the people around me, which I think is great. I learn a lot from him. During my spare time, I go to school for football training. I really enjoy it and it keeps me fit. I collect football magazines because I am a huge supporter of Arsenal. My favourite player is Dennis Bergkamp. At the moment, I am studying for my SATs which I know are going to be hard as all my sisters have done them already. But I am pretty sure I am going to do very well because I have been putting a lot of effort into my work for the last couple of months."

Mostak lives in Beckton, east London.

"My name is Harry. I am 7 years old. My brother and I had a hamster each, called Smith and Sparky, but they died. I go to Hurst Primary School in Kent. I love going to swimming lessons. I have lots of friends. My favourite friend is David Holdway."

Harry lives in Bexley in Kent.

"Hi! My name is Alana. I am 12 years old and I attend Southgate School in Oakwood. I have one brother called Isaac who is 8 and a sister called Flore who is 17. My hobbies are playing the violin, sports and shopping. I love Christmas time because of the lights that go up in the High Street and the snow and the Xmas trees. Everyone seems to be that extra bit jolly and childlike and my home feels cosy. Christmas is also a time for giving, so before you write up long present lists, think about poor people who can't afford luxuries we take for granted."

Alana lives in Palmers Green, north London.

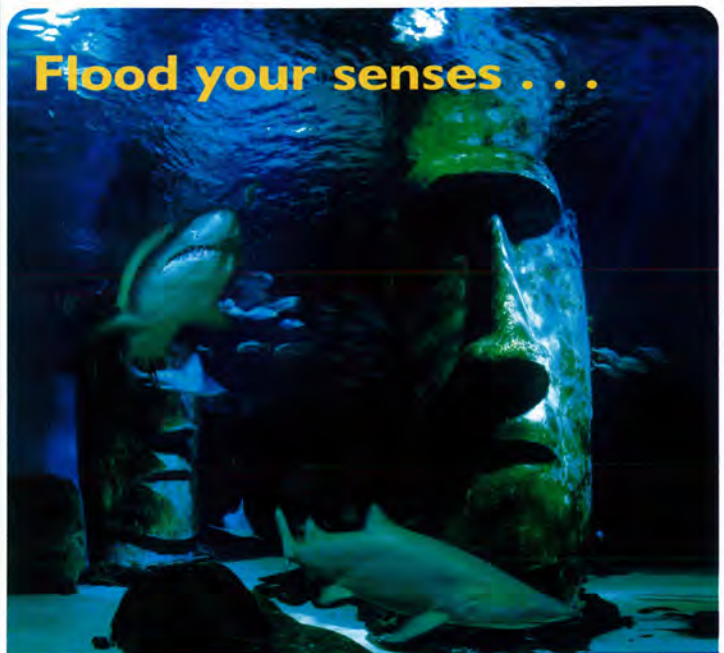
"My name is Stephen. I am 10 years old and I go to Woodmansterne School in Streatham. I am in year 6 and I support Arsenal. I like science and watching The Simpsons. My best friend's name is Nathan. We went to Hastings together and saw the castle and climbed the cliffs. I am going to sit my first test for secondary school in one week."

Stephen lives in Streatham, south London.

"Hello, my name is Imran and I am 8 years old. I like football and basketball and swimming. I go to Gallions Primary School with my brother and sister. I am learning to use the computer and I like playing games on my Play Station. My teacher is Miss Marty. She is really strict but she is nice. I have lots of friends to play with at school, their names are Tommy, Jack, James and Kevin and Charly and they are really nice to me. We always respect each other. When I grow up I want to be a fireman or a policeman. I have collections of 104 stickers and 24 pencil tops, and I have 9 pens altogether."

Imran lives in Beckton, east London.

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A problem shared

"My mum and dad are splitting up and I feel really upset. I can't talk to anyone about it – I just want my family to be normal."

So what is a "normal" family?

Think about your friends' and your classmates' families – some kids live with 2 parents, others live

with just one parent. There are kids who live some of the time with their mum, and the rest of the time with their dad. Some kids live with foster parents, aunts and uncles or grannies. Other kids live with their mum and their mum's new boyfriend or new husband. Some live with their dad and their dad's new girlfriend or new wife. Families that include a mum or dad's new partner are sometimes called "stepfamilies". Those stepfamilies might include stepbrothers and stepsisters, the children of a mum or dad's new partner.

"My dad's getting married again.

His girlfriend has got 2 daughters and after the wedding, me and my 2 brothers are going to have our own bedroom in their new house and live some of the time with them. The rest of the time, we will live with my mum in her flat."

"My mum and dad have never lived together, even before I was born. I live with my mum most of the time, but my dad doesn't live far away and I can walk to his house if I want to."

"I spend one week with my dad and his wife and their new baby and the next week with my mum. I have a room of my own in each of their flats."

"We live with my mum and her new boyfriend. My mum's boyfriend's daughter comes to stay at weekends. She's the same age as me and we share a room on Friday and Saturday evenings. At first I didn't like her and she didn't like me, but we got to know each other and now we're good friends."

"I live with my mum and my dad, but my dad lives away in France for months at a time because of his work."

More than 2.5 million children are part of a stepfamily in this country. Some kids live with one stepfamily all the time while others split their time between 2 stepfamilies. Other kids just go to visit their dad or mum and their new partner, at weekends or in the school holidays, for example. Out of every 4 kids in this country, there is one kid who has divorced parents. Every day, about 650 kids find out that their parents have decided to live apart.

"I just felt really cross all the time. I wanted to hurt my mum and dad because they were hurting me. I was so angry I couldn't talk to anyone, but I wrote a lot of e-mails to my friends who were on the internet and it helped just to write stuff down. Sometimes I went to kids' chat rooms too and talked to other kids who felt the same."

Talking is good for you

It might be very hard for kids to cope when their mum and dad decide to split up.

They may feel really sad, or angry, or unloved, or confused and guilty. They may feel really alone.

It can be good to talk to someone kids like and trust – a best friend, a sister or a brother, an aunt or an uncle, or someone else in the family. Or what about someone whose parents have already split up, or a teacher they get on well with?

If kids want to speak about how they feel to someone they don't know, Childline is a special helpline for children. The number is freephone which means it doesn't cost any money to call.

It's **0800 1111**.

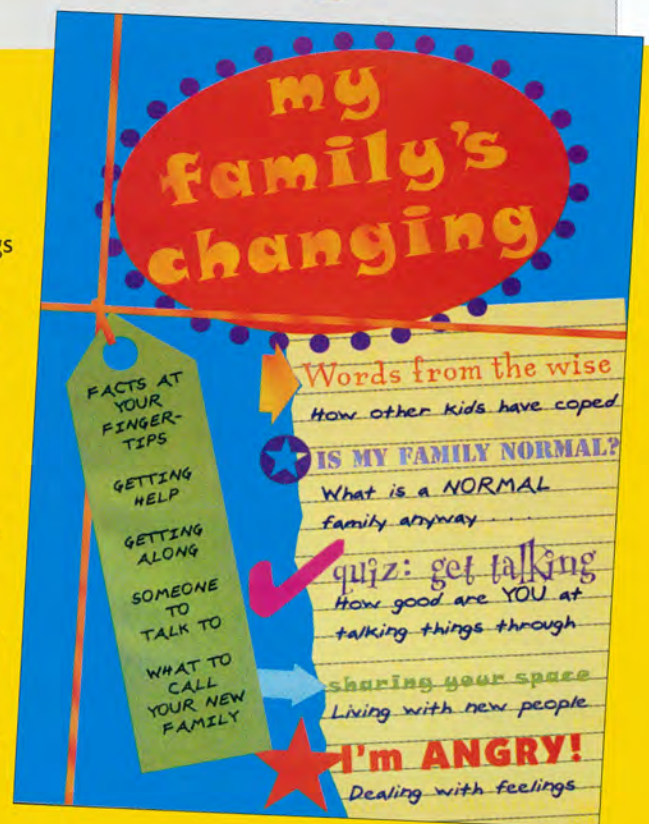


"I talked to my mum a lot and she didn't get cross or upset with me. It helped to say what I was thinking."

"When my mum and dad were splitting up, I kept wanting to cry all the time. My dad came to tell the teacher what was happening. She used to send me out of the class and ask my best friend to sit with me. It helped talking to my friend."

My Family's Changing is a leaflet especially for kids aged 7 to 11 from Parentline Plus. The leaflet gives kids tips for working things out and coping with their feelings when their parents are splitting up, or when they're living in a stepfamily. It's full of quizzes, information and advice. For a copy, ring **020 7209 2460**.

It's not always easy being a parent! There are 24 million people in this country who look after children as a parent – this includes mums and dads, stepmums and stepdads, grandparents, adoptive and foster parents, close family members and friends. If parents have problems, it helps them to talk too. The Parentline freephone service is for anyone in a parenting role. The number is **0808 800 2222**.



Parentline Plus is a charity that helps all sorts of families.

A problem shared

Thank you for sending so much advice to the 2 readers whose problems we printed last time. Here are some of the things you said:

"When I was 3, I had an operation which left a scar. When I get changed for PE, everyone looks at me and I get embarrassed. I hate getting changed in front of everyone."

"I think you should ask your teacher if you can change in a different place."
Audrey, age 7.

"When you know you are going to do PE, wear your PE things under your uniform and when you are finished doing PE, wear your uniform on top."
Bunni, age 10.

"You should be strong about your scar and stick up for yourself. I have a scar and it doesn't bother me now, though it did when I started school. If anybody picks on you, just ignore them."
Charlotte, age 10.

"Don't be embarrassed. I have a scar on my forehead. I'm sure everyone's got a scar somewhere."
Kate, age 11.

"Talk to an adult like your teacher. They can let you change in the toilets. Another thing you can do is to get your teacher to talk to your class about how scars aren't abnormal."
Rachel, age 13.

"There is nothing to be embarrassed about. If the other kids want to laugh or look at you, pretend that you can't hear them and hold your head high and ignore them."
Azeez, age 8.

"Pretend not to notice that the children are looking at your scar, or tell your teacher you would like to change somewhere else."
Nanette, age 10.

"Why don't you ask your teacher if you can change in the loos?"
Mathilda, age 10.

"I have a scar on my leg. People used to stare at me, but then I told them my story and they were shocked. Now they are scared of my scar. Try telling them about it."
Nelima, age 11.

"I really hate PE lessons because everyone in my class has to get changed together. Kids always look at someone who is a bit different. I tried talking to my teacher about it, but she said we had to get changed all together in the classroom because there was nowhere else. I think your problem is a problem for everyone who is 'different' in some way."
Rosie, age 9.

"I want to be famous! I'm always writing my own songs and making my own music tapes. But I want to record my songs in a studio and be a star. I have a beautiful singing voice but I don't know how to get anywhere."

"If you want to be famous, send one of your best recorded tapes to a record company. If you don't know any record companies, look one up in the Yellow Pages. All you can do is try – who knows, maybe one day you will be a superstar! If it doesn't work, don't worry, you can always try again another time, so don't give up."
Anita, age 10.

"Tell your parents how you feel. You could ask them if they could send your tapes to a music studio."
Melisa, age 11.

"Join the school choir, or if your school doesn't have one, join a choir outside school. The teacher who runs the choir should be able to help you."
Isobel, age 9.

"Think about it over and over again to make sure it's really the thing you want to do. Maybe it's too early – when you grow up you might think 'why did I want to be a famous star?' Talk to friends and family about it."
Daniel, age 10.

"Have you thought about going to a theatre school or drama class outside school? My best friend's sister got on television through her theatre school."
Frank, age 8.

"Talk to your music teacher. If you have a music concert at school, you should get started on making a song as the theme. Then ask if you can perform it. A parent in the audience might have contacts with record companies."
Jaz, age 10.

"Is there a singing class near where you live? Go along and tell the person who runs it that you write your own songs. You never know, they might let you perform them at a concert and you could be discovered."
John, age 7.

"You should sing your songs to as many other people as you can. You never know when someone might be listening who can help you. You could write to one of those television programmes that discover stars and send a tape in. If you're good enough, they might let you go on TV."
Kayleigh, age 9.

Can you help these 2 readers?

"I think I saw someone in my class taking something from someone else's coat pocket. I don't want to get him into trouble – but what if he was stealing? What should I do?"

Send your advice to:
**No Kidding! Freepost
London 6868
PO Box 10427
London N8 8BR.**

"I'm 8 and a lot of my friends are allowed to stay in the house by themselves. My mum won't let me. I was at a friend's house the other day and her mum went out and left us alone with my friend's little sister and her friend – they're 5. Should I tell my mum?"

If you've got a problem to share, write to us at the same address.
Or email
NKmagazine@aol.com

BOOKS ARE GREAT PRESENTS!



Ask Santa to bring you a book for Christmas – or why not give a book to a friend?

Puzzle Island

by Susannah Leigh
"I chose this book when I was younger because I had difficulties reading and I liked working out puzzles. This book doesn't have much writing and has lots of puzzles with brilliant illustrations. Good for 4 to 11 year olds."

The Falcon's Malteser

by Antony Horowitz
"This book is about a box of maltesers that holds the key to £3.5 million of diamonds, an international criminal and a useless detective. It's very funny. I would recommend this book to 9 to 11 year olds."

Class 7C at Wimbledon Chase Middle School in Merton, south London, told us about some good books you might like to give or receive....

Charlie and the Chocolate Factory

by Roald Dahl
"This may be an old book but it is still one of the best of all time. I may a bit old for this book, but I still enjoy it every time I read it. For kids age 7 and up."

Creepers

by Keith Gray
"This book is about a boy whose favourite hobby is 'creeping'. This is when you, and one other person, jump over people's fences and sprint across their gardens without being seen. The boy is funny and always running into trouble. I think this story is aimed at 12 to 14 year olds."

True Shark Stories

by Terry Deary
"A collection of 8 shark stories from all over the world, with an amazing variety of shark facts. You get every gruesome little detail about the way each shark attacks and how they move. This book would make a great Christmas present for children aged 8 to 13."

Jacqueline Hyde

by Robert Swindells
"This book is quite funny. It's about a really good girl who becomes bad! I give this book 10 out of 10. For 9 to 15 year olds."

In the Hand of the Goddess

by Tamora Pierce
"There is a girl called Alanna who wants to become a knight and has to pretend to be a boy. I recommend this for children over 8."

Loudmouth Louis Todd

by Anne Fine
"This is about a very talkative boy who decides to do a sponsored silence for school to raise money for a new library. 7, 8 and 9 year olds will enjoy reading this."

Skellig

by David Almond
"Skellig is about an old man who has wings and a girl and a boy who look after him. At the end, a miracle happens. I would recommend this for age 10 plus because it has a few rude words in the story."

A New Dramatisation by Charles Way for Everyone over 6 and their Families

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Continued on page 36



The Hobbit

by JRR Tolkien

"My father used to read it to me as a bed-time story. The basic plot is about 3 hobbits called Bilbo, Pippin and Merry and 13 dwarves and a wizard called Gandalf on a treacherous quest to retrieve mountains of gold and silver guarded by a merciless dragon called Smog. For a slightly higher age group because the book contains old folk language and loads of different words and phrases."

Football Fever

collected by Tony Bradman

"A collection of short stories about football. Any football fan aged 9 to 14 will like this. Full marks – this book would have to be top of my premier league."

Twenty Thousand Leagues under the Sea

by Jules Verne

"I saw the film when I was young, so it inspired me to read this book. The story is about a mission to rid the seas of a monster. It's quite hard to read but it's an excellent book and worth getting through. For older readers."

The New Noah

by Gerald Durrell

"The plot of this book is about a man who travels from country to country collecting different animals. You get detail after detail of each creature. A great book for people aged 9 to 11 who like animals."

Best Friends, Worst Luck

by Mary Hooper

"This book is about a girl called Bev who is forced to move to the countryside. The story is suitable for all ages and jam-packed with new ideas and a brighter way to think about life. It's a story about friendship and if you have ever moved, you will understand it more."

Home Alone 2

by AL Singer

"I chose to read this book because I'd seen the film. The story is about a boy called Kevin who gets lost in New York because he got on the wrong plane and his family are in Florida. It's exciting and fun and I would recommend it for the 8 to 12 age group."

Madame Doubtfire

by Anne Fine

"The film *Mrs Doubtfire* was inspired by Anne Fine's novel but the stories are completely different. The book is a quick moving comedy about divorce and how children and parents cope. For readers age 12 and over."

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The Switch

by Antony Horowitz

"The story is a journey through the lives of 2 youths from 2 completely different worlds: the rich and the poor. They switch lives accidentally. I would recommend this wonderful, mind-expanding, humorous knowledgeable, enjoyable book to anyone above the age of 10. I think that even some adults would like to read this."

Little Women

by Louisa M Alcott

"The main story is about 4 sisters growing up into women in America whilst the civil war is going on. Sometimes the book is sad – I would advise anyone who reads this to have a pack of tissues next to them. It's quite a hard book and you have to re-read bits. I'd recommend it for ages 10 and over."

The Wonderful World of Henry Sugar

by Roald Dahl

"A book with a number of short stories in it for older readers and adults. It's different to other Roald Dahl books because it's not written for children."

Private Keep Out

by Gwen Grant

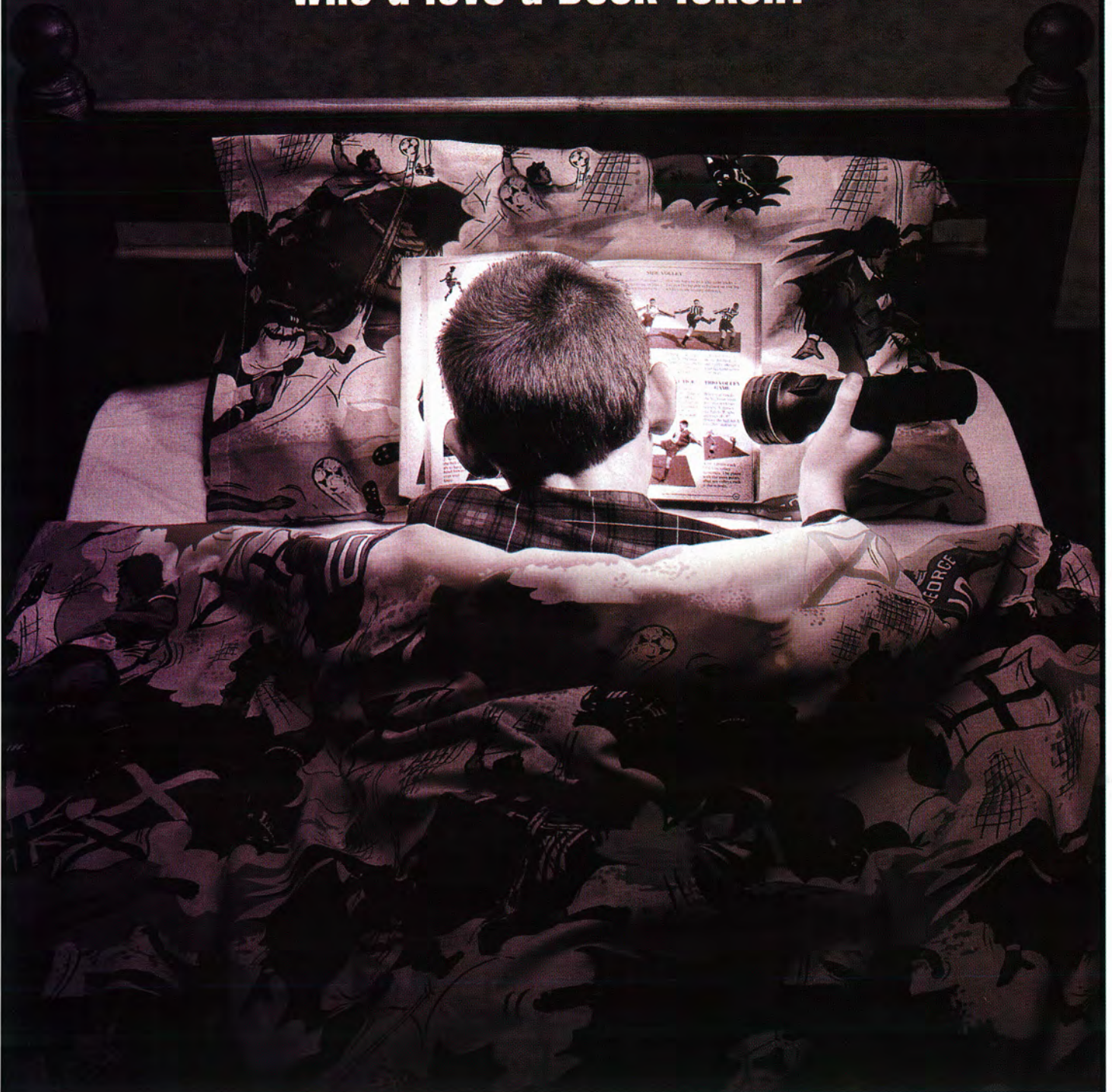
"This book is all about a girl growing up after the War. She writes about her street. The girl always gets in trouble. For 10 and 11 year olds."

Six Apprentices

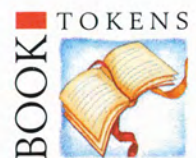
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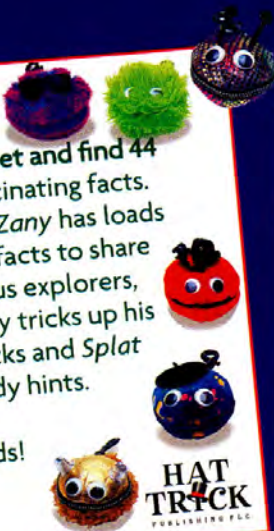
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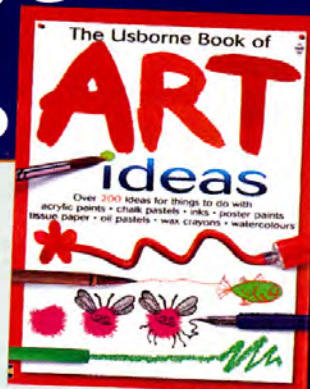
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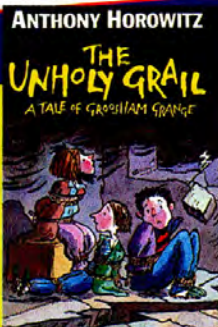


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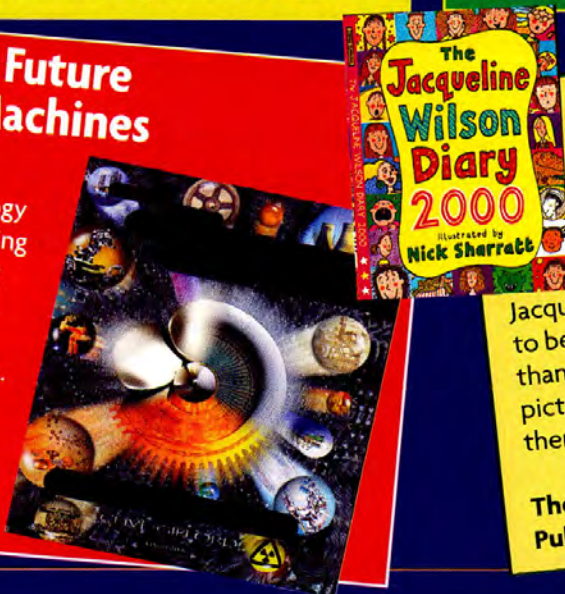
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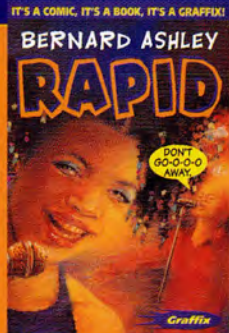
1. Closing date Wednesday 15 December 1999.
2. There are no cash alternatives.
3. Only one entry per child.
4. The winners will be the 12 people whose names are drawn out of the 12 hats on 15 December.
5. Winners will be sent their prize by post.

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by Bernard Ashley

It's a comic, it's a book – it's a graffix! Johnny Malone can't get the words of the song or the singer out of his head. Even though he has grown up with Zotwana, he suddenly feels differently about her...

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If you want to outsmart your teachers and have your friends falling about with laughter, read this book! Packed full of rib-tickling, side-splitting, stomach-clenching gags, this is the smartest joke book around.

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Published by Robinson



10 Michael Foreman's Christmas Treasury

A magical mixture of stories and verse about Christmas chosen and illustrated by Michael Foreman.

Michael Foreman's Christmas Treasury, £12.99. Published by Pavilion

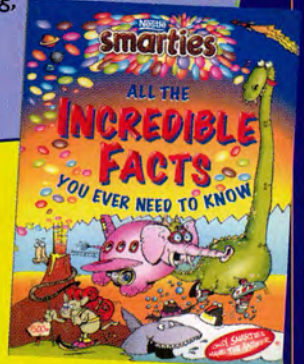


9 Smarties Incredible Facts

Edited by Mike Ashley, illustrated by David Mostyn

Inside this amazing book, you'll find the most incredible facts you'll ever need to know about the biggest, the yuckiest, the fiercest, the fastest, the smartest, the sharpest, the busiest, the hungriest, the dirtiest, the silliest, the smallest things inside and outside the world.

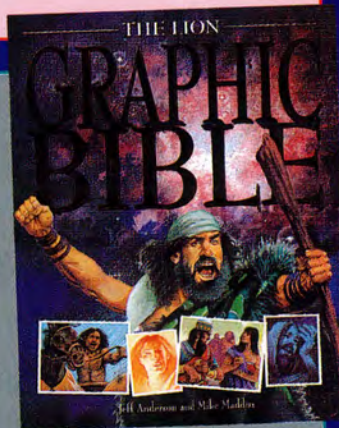
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