

NO KIDDING!

For boys and girls aged 7 to 11

Number 7 • November/December 1997





Tell us if anything new or different is happening at your school! If you would like us to come to your classroom, get your teacher to ring us on 0171 354 5040.



I wonder what it's like fighting in a war? Find out on page 7.

NO KIDDING!

No Kidding! is edited, designed and produced by Gibson Orr Smith

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Thank you to all the children, teachers and parents who have advised and put forward ideas; James Buxton; Bob Darby; Dr David Murfin, Royal College of General Practitioners; Pollocks Toy Museum

Sponsors and supporters of this issue include: Bank of Bermuda
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London Electricity
The Royal British Legion
The Weather Channel

Winners of all competitions will be notified by post and their names may be used in future issues of No Kidding! Competitions are not open to children of directors of GOS or contributors to No Kidding!



This is The Weather Channel's 1997 official Christmas card and it was designed by No Kidding! reader Dharine Surenthiran who is 10 and goes to Alderbrook School in

Wandsworth, south London. This was the winning entry in our July competition. Second was Jaswinder Bansal who is 10 and goes to Drew Primary School in Newham, east London, third was Barbara Soetan who goes to St Dominic's Primary School in Camden, north London, and is also 10. 3 other entries won special prizes – they were sent in by Akmol Hussain, Lynette Opoku and Roshni Harkishia. Everyone who sent in an entry received a Weather Channel pencil and pen! All the cards were brilliant and it was really hard choosing a winner!

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

- Simin Daula** (Goodrich Primary, Southwark, London)
- Tijen Horoz** (Belmont Juniors, Wood Green, London)
- Onyeka Igwe** (St Joseph's Primary, Waltham Forest, London)
- Candy Lathbridge** (St George's Primary, Wandsworth, London)
- Daniel Nembhard-Green** (St Ann's CE Primary, Tottenham, London)
- Troy Nembhard-Green** (St Ann's CE Primary, Tottenham, London)
- Hollie O'Connor** (Fleet Primary, Hampstead, London)
- Debbie Olusholo** (Sir Thomas Abney School, Hackney, London)
- Adewumi Oseni** (St George's Primary, Wandsworth, London)
- Olufunso Oseni** (St George's Primary, Wandsworth, London)
- Roupa Pandit** (Belmont Juniors, Wood Green, London)
- Sophie Pegram** (Worcesters Primary, Enfield, Middlesex)
- Lucy Smith** (St Michael's CE Primary, Bounds Green, London)
- Eleanor Sorell** (Canonbury Juniors, Islington, London)
- Athena Washington** (St George's Primary, Wandsworth, London)

Do you want to do a pantomime for Christmas?

There's a pull-out script on page 14.



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Our school playground is really boring!

Let's think of ways of making it better - like it says on page 9.



You can see the Christmas tree on our front cover at the London Toy & Model Museum at 21-23 Craven Hill, London W2 until 21 February. The tree is made of meccano!



If you want to be in **No Kidding!**, write to us at **PO Box 10427, London N8 8UP.**

Look on page 3 to find out how you catch a cold.



Fancy putting poison on your skin! Read about yukky make-up on page 27.

Learn how to play badminton on page 11.



ATISHOO!

If you've got a cold, every time you sneeze, you spray the air around you with between 100,000 and 1 million tiny germs – at about 161 kilometres an hour! The same thing happens when you cough – thousands of germs fly out and can land on anyone standing within 9 metres around you.

If you “catch” your sneeze or cough in your hands and then don't wipe it all away, the germs can jump onto someone else when you touch them – or onto something else like a table or a pencil. Those germs can stay alive for up to 2 hours – so another person can then touch the table or pencil and “pick up” your germs.

If they wipe their face, the cold germs might sneak into their body through their nose or their eyes.

There are more than 200 different types of germs, or viruses, that can cause a common cold. These germs are “parasites” – they live on and feed off other living things.

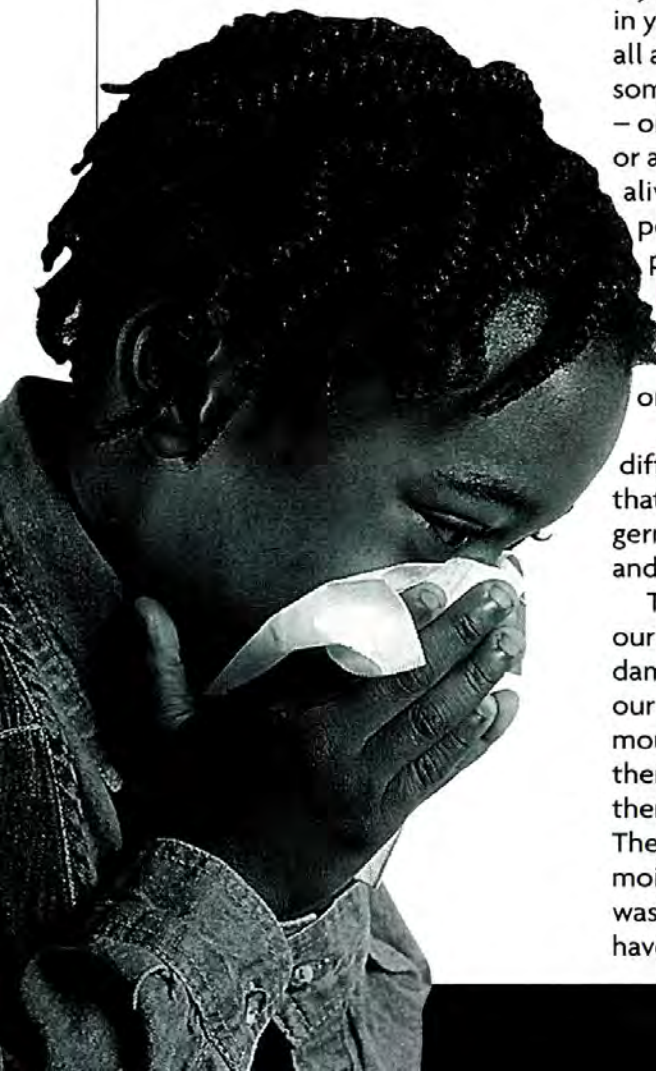
The cold germs find their way into our nose's mucous membrane, the damp skin which is inside not only our nose, but also our throats and mouths. They attack one of the cells there, make more of themselves, then move on to attack another cell. The mucous membrane makes some moist and slimy mucus to try and wash them away – that's why you have a runny nose at the beginning

of a cold. But this mucus can also carry the germs down to your throat where they attack more cells, give you a sore throat and can cause a cough.

Meanwhile, your body sends white blood cells to attack the germs and kill them off. This battle can take about a week! At the end of a cold, the stuff coming out of your nose turns thick and green – that's because the mucus is full of both the germs and the white blood cells which have died fighting the virus.

Another way your body fights cold germs is to raise its temperature – the hotter your body is, the less able the germs are to multiply.

When your temperature rises, the tubes which carry your blood get smaller to stop heat leaving your body through your skin. Even though higher temperatures help your body fight germs, “overheating” can be dangerous, especially for small, young bodies. That's why doctors say parents should try and get children's temperatures down and you might have to take medicine!





■ People used to think you caught a cold by sitting in a cold wind or getting your feet wet! In 1914, Dr Walther Kruse from Germany worked out that a cold is caused by a virus.

■ Handkerchiefs were invented in the 1400s. Before then, most people wiped their noses on their sleeves!

■ Flu is caused by different sorts of nastier germs that attack your body in the same way as cold germs but make everywhere hurt! If you've got flu, you will probably feel like staying in bed.

If lots of people catch the same flu germ, it is called a flu epidemic. Sometimes flu germs spread from country to country and this is called a pandemic.

■ Children get more colds than grown-ups. Once you have caught a type of cold germ, your body is more able to defend itself against that type of germ next time it tries to get inside you. The older you are, the more types of germs you are likely to have caught.

■ Cold viruses are more likely to spread in winter. This may be because people spend more time indoors and it's easier for germs to spread.

■ Ancient Greeks thought the best way to cure a cold was to kiss a mouse!

■ The healthier you are, the less likely you are to catch a cold! Your body finds it easier to fight off germs if you eat plenty of fruit and vegetables, get enough sleep, walk and do exercise.

On average, people catch around 270 colds during their lifetime.

**EVERY DAY,
4,500 GUIDE
DOGS HELP
BLIND PEOPLE
OR PEOPLE
WHO CANNOT
SEE PROPERLY
TO GET ON
WITH THEIR
LIVES.**



The words guide dogs understand include **forward, well done, find the way, straight on, let's go and get busy.** This last command means it's time to spend a penny!

blocking the way, not to turn corners unless their owner tells them to, to stop at kerbs and wait for their owner to tell them to cross the road. Dogs will not obey the command to cross the road if something is coming that the owner cannot hear.

If you see a guide dog out with their owner, remember the dog is working and you should not do anything to interfere with that work. If the owner of the dog has let the harness handle down, this is a sign that the owner would like some help from a sighted person.

The guide dogs are trained by The Guide Dogs for the Blind Association (GDBA) and families up and down the country help by looking after parent dogs and young puppies before they start learning how to be guides.

When the puppies are 6 weeks old, they move in with a family for the first year of their lives. After the puppies' first birthday, they

are sent to one of the charity's special centres where they are trained for about 9 months before meeting their new owners.

All sorts of people own guide dogs – they buy them from The Guide Dogs for the Blind Association for just 50p and the charity pays for the dogs' food and vet bills. Owners and dogs train together for 4 weeks using a special harness which is made by the

charity and they learn more than 30 commands recognised by the dog.

Guide dogs must be clever, kind and good natured. They must not be frightened in crowds, scared by traffic or by sudden noises. Instructors from GDBA teach them to walk in a straight line unless there is something

Guide dog facts

Dogs were first trained to lead men who had lost their sight in the First World War in Germany in the 1920s.



Guide dogs are mostly labrador retriever crosses, labradors, golden retrievers or german shepherds (alsatians). There are a few other types of dogs trained – like a labradoodle, a labrador poodle cross!

1 in 5 dogs trained by The Guide Dogs for the Blind Association don't

become guides because they are not suited to the work. These dogs are looked after by volunteer families.

A guide dog works for an average of 7 years. They start work when they're 2 and put their feet up when they are about 9. Some continue to live with their owners, others move to volunteer families.

People throughout the country raise money for The Guide Dogs for the Blind Association. The charity runs the White Harness Club especially for children – to find out more, write to GDBA, Hillfields, Burghfield Common, Reading RG7 3YG.

If you would like to know more about guide dogs...

walk this way!



For more information about:

- How your teacher can order a copy of Goldie and Minty's Discovery Pack, a great teaching aid packed full of fun activities
- How to join the free guide dogs kids club
- How your teacher can invite a guide dog owner or puppy walker to visit your school or arrange a trip to a guide dog training centre
- Or how you can borrow a video about The Guide Dogs for the Blind Association's work

telephone the PR Department on 01189 835 555 or write to GDBA, Hillfields, Burghfield Common, Reading RG7 3YG. Registered Charity Number 209617





2 MINUTES IS A LONG TIME TO BE SILENT

I thought why do people have to put land mines down? I'm so happy there are no mines in our country and I just feel sorry for the people who have been blown up by land mines in other countries. I wish there was no war at all in this world ever again.

Kelly A

I wish I knew my great grandad. He died in the First World War. I can imagine how he looked. He was never found after he died. My grandad was luckier in the Second World War. I'm so glad he did not die. If he had died, we wouldn't get to go fishing or rock-pooling in the summer.

Talia Davis

In 2 minutes, I will think about all the people who fought in the First and Second World War and all the wars since. I will think thank you to my 2 grandpas, one of them who cracked secret codes for the British army and the other who chose not to fight, but still did his bit looking for bombs coming from the aeroplanes. Thank you to all the soldiers who went off to Bosnia and Africa trying to keep peace. It's hard to imagine a world without war because there's always going to be something to fight about, but it would be good if we had the sense not to.

Clare Winton

We asked you to tell us what you would think about for 2 minutes on Tuesday 11 November at 11am. People all over the country are silent then because in 1918, on the same date at the same time, the battlefields of the First World War fell silent too. The 2 minutes silence is to remember all those who have died fighting in the First and Second World Wars – and in other wars since which have been fought all over the world.

Here are some of your thoughts.

My grandad was in the war. He has a photograph on his mantelpiece. He had a cut on his forehead and he does not look well. My grandad was lucky to survive the war. But all those other people didn't.

Charlotte Waring

Around our estate, there are a lot of children who have been hurt in war. Some of them have missing eyes and have stitches. They are people who escaped from the war in Somalia. They tried to escape as soon as they knew there was going to be a war. They want to go back home to see if their friends are dead or alive.

Anthony and Emma

I'm thinking about my great grandfather who was in the war. In those days people were racist. My great grandfather fought off a lot of people and didn't get an award. Only the white people did. But well done to the people who got a medal and fought for our country, including my great grandfather who didn't get a medal. In my heart he got a medal for his good work.

Kayleth Lewis

In 1995, I came to England from Somalia.

In Somalia, many many people died – our neighbours, our friends, most of the doctors.

Everything got smashed up and even my mother had an operation because the gun hit her leg.

Hybak Abdi

I will think about the people who died in the First and Second World War fighting for their countries, and even those who weren't fighting in the war – the people whose houses got blown up by bombs. I hope there will never be a Third World War because there is a chance I might be in it.

Piers Guthrie

We shall think about all those who were killed and put in gas chambers during the Second World War. We will also think of all the children who were separated from their families. And we will think of my friend's dad who had a gun put to his head just because he escaped from his own country where there was a war going on. After 2 years, our friend's mum didn't know anything until they heard he was alive and had escaped from prison. All this happened in a country called Eritrea.

Luke Adams and Jamie Hounslow

Special thanks to children from Ellerslie Primary School in Shepherds Bush, west London, Holy Trinity School in East Finchley, north London, and Our Lady of the Sacred Heart School in Holloway, north London.



REMEMBERING WAR



In April 1982, some 20,000 men were sent from Britain to fight a war on the Falklands Islands,

The islands are off the bottom coast of South America, near to Argentina where they are known as the Malvinas.

For many years Argentina had said the islands should belong to them, but Britain had been in charge of them since the early 1800s. They were part of the British Empire, a collection of countries ruled by Britain.

So when on April 2 1982 the Argentinians, led by General Leopoldo Galtieri, invaded the islands, Britain's then prime minister Margaret Thatcher sent men from the navy, airforce and army to fight for control.

Some 70 ships made up a "task force" which sailed to the Falklands Islands, the 2 largest of which are called East Falkland and West Falkland. There are also more than 200 small islands there, including South Georgia and the South Sandwich Islands. No-one lives on many of the smaller islands.

On 14 June, the Argentinians surrendered when the British troops won a battle for the capital, Port Stanley, on East Falkland.

The war was over quickly – but many British and Argentinians were injured and killed during fierce fighting.

This is what Bob Darby says the war was like.

"On the ship on the way to the Falklands, the seas were very rough. Huge waves made the ship shake. The weather was horrendous in the South Atlantic and we spent all our time on the ship training. This included drills on how to abandon ship – if the ship was sinking, we were told to get on as many clothes as possible because the seas were so cold.

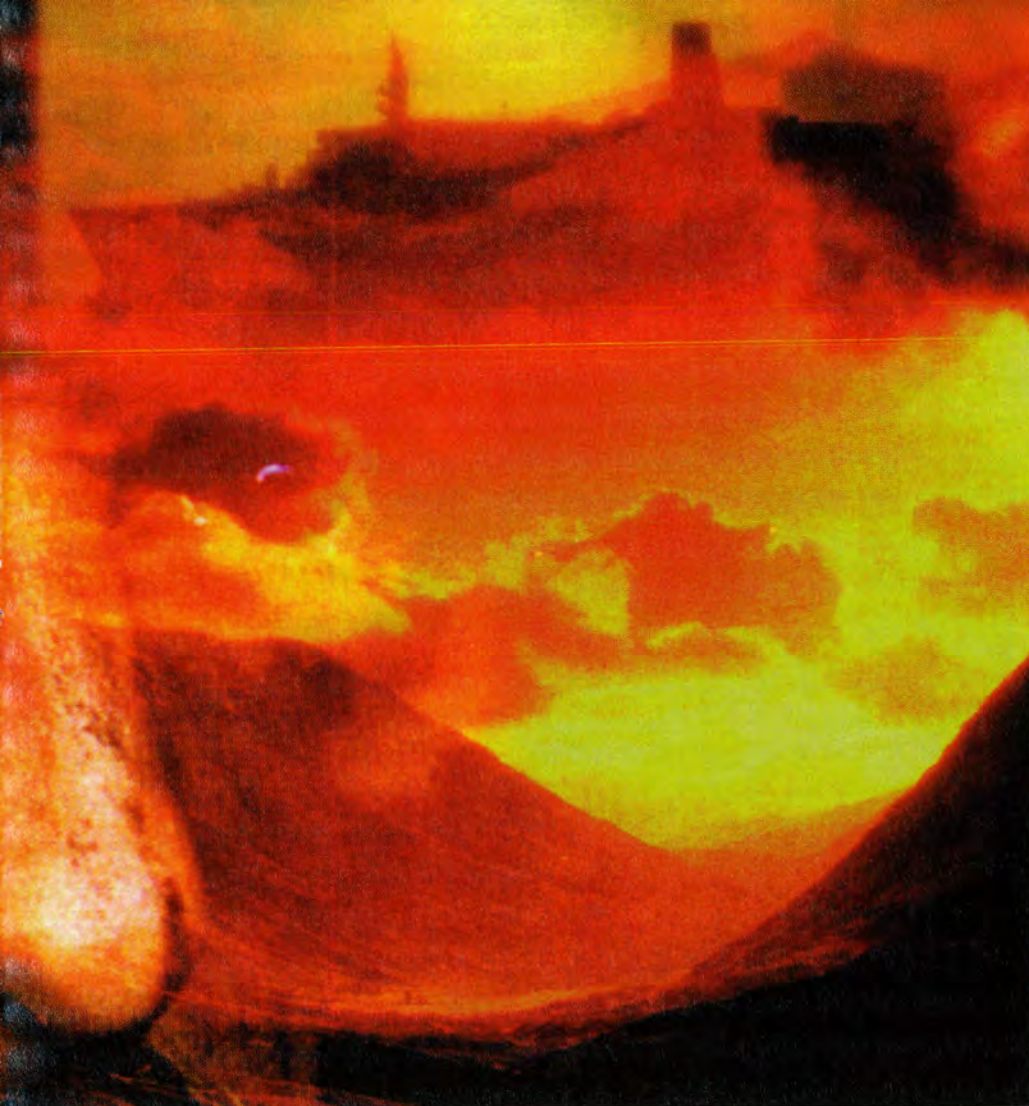
"There was a break in the weather when we landed. It was unreal because there were beautiful skies and shooting stars and there we were sharpening our bayonets, checking we had ammunition and putting on camouflage cream.

"At first, there was a lot of waiting around. We dug trenches

in the ground, where we lived for a while. Then we walked 80 miles through the mountains towards Stanley. It was terribly cold. Many of the men suffered from trench foot – their feet froze because it was so cold and wet, always wet.

"When the order came to try to take Stanley, we prepared everything. We cleaned our weapons, we got ready to go. There were beautiful skies again and I thought about what might happen. I remember looking at the faces around me and thinking how many of them would still be around tomorrow.

"We moved off at last light. We knew there were mines in the ground and one of the first things that happened was someone stepped on one. There was savage



THE ROYAL BRITISH LEGION



In November every year, red poppies help us to remember all the people who have fought in wars since the First World War.

Some of the worst fighting in the 1914-1918 war took place in northern France where poppies still managed to grow despite the terrible battle which destroyed homes and roads.

The first Poppy Day was held on 11 November 1921 and was organised by the Royal British Legion, set up in the same year to help men who had come home from the First World War who were short of money or needed to find a job.

Nowadays, more than 40 million poppies are made each year at a special factory in Richmond run by the Legion. All the money collected for the poppies helps the Legion help people who were once in the services – the army, airforce or navy – and their families.

The Legion helps younger people train for new jobs when they leave the services, and helps others start up their own businesses. It helps families and older people who may be frail and poorly find somewhere to live. And it helps relatives of people who have died in war to visit graves, often in countries around the world, to say goodbye.



8,000 miles away in the middle of the South Atlantic Ocean.

Bob Darby was one of the soldiers sent to the Falklands Islands in 1982. He sailed south on the Canberra, a ship normally used by people on

holiday but taken over for the war to carry helicopters as well as soldiers. He left England on 9 April and landed on the Falklands on 21 May.

fighting for 10 hours. It was very confused. There was shouting and screaming, a continuous crack, crack, crack, a buzzing in your ear. There was fighting with bayonets, grenades and rockets.

“One of our ships started firing and that decided it. Many Argentinians ran away and then they surrendered.

“My job was to take away all the wounded and dead soldiers, which in some ways was the worst job. Some of the men were shell-shocked, they were very pale and wounded. Then came the seriously hurt men, being carried. It’s awful to see men in terrible pain. Seeing these guys you think ‘what’s it all about?, is it worth it?’ Then we started to get the dead bodies. They were like models lying

on the ground and you think ‘what have we done?’ Scattered among them were rifles, helmets and water bottles.

“Because the Argentinians had surrendered and moved out, we went back to bury their dead afterwards. We had to clear the battlefield and take away the weapons to make it safe. We took information off their bodies to help find out who they were. These young men were no different to our young men. As a soldier you do your job, you fight, but it doesn’t mean you hate people. If you survive an experience like that, I think it makes you a better person.

“After the Falklands I decided to leave the army. I had done it. I had fought the war and I wouldn’t want to do it again.”

London Electricity School Grounds Awards

IS YOUR SCHOOL PLAYGROUND DULL GREY AND BORING?

If you, your teachers and your parents can come up with some brilliant ideas to make your playground a better place for everyone, your school could get money to help make your plans come true.

London Electricity is going to give money to 48 London schools to help them change their playground for the better.

All your school has to do is to enter London Electricity's School Grounds Awards scheme by 1 February 1998.

A charity called Learning through Landscapes is running the scheme and wants to make playgrounds safer and friendlier places where children can both play and learn. Learning through Landscapes wants all schools to start improving their playgrounds by the year 2000.

To enter the Awards scheme, your school has to send in new ideas for changing your playground, or details of ideas which you have already started working on. Schools which win an Award will be given between £100 and £2,000 to help them plan their idea properly, start work or buy equipment!

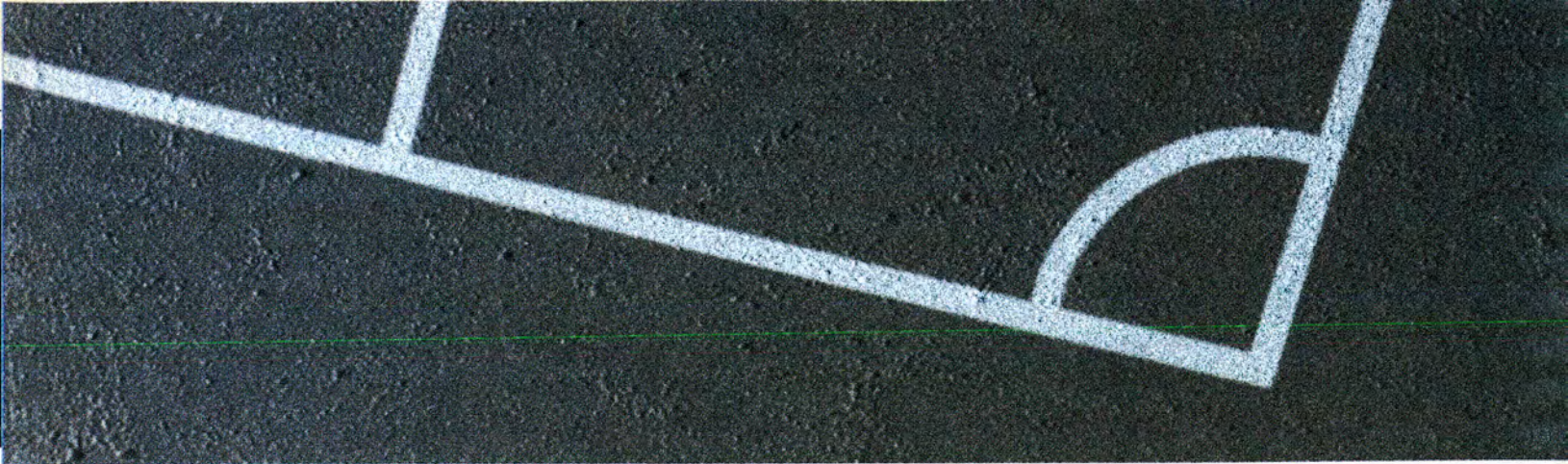
It's important to remember that the judges will be looking for schemes which have been planned by children and

grown-ups working together. Find out what other children at your school think and what your teachers think. What do parents think? And what about the school's governors?

Once you've designed your new playground, how will you make sure it keeps looking good? Will you be involved?

Your school can ring Learning through Landscapes for a copy of a special brochure which tells you all about the School Grounds Awards scheme. The number is 0181 850 3112.





TELL US WHAT YOU WOULD REALLY LIKE TO SEE IN YOUR SCHOOL PLAYGROUND

What happens when you go outside at lunchtime or breaktime? Is there anything to do? Do you dread playtime or look forward to it? Is there anything you can think of that would make your playground more fun?

Write down your ideas or draw a picture showing us your dream playground.

- Does it have grass?
- Does it have play equipment?
- Think whether it needs lights.
- What about some sort of shelter from the sun?
- Would you do anything special with fences or walls?
- What about plants and trees?

Send your ideas to:

**No Kidding!
Playground
PO Box 10427
London N8 8UP**
by Friday 19
December 1997.

The 5 winning entries will each be sent a family ticket to London Zoo.

We'll print some of the best ideas in the next issue of No Kidding!

- AND WIN TICKETS TO LONDON ZOO!



**LONDON
ELECTRICITY**

Badminton is a simple game played by 2 players, or by 2 teams, each with 2 players (doubles).

Here's how to play with 2 players:

Player 1 starts the game by "serving" the shuttlecock: hitting it with the racket to the other player. When you serve in badminton, you have to keep the head of the racket below your waist and you drop the shuttlecock onto the racket. You use your wrist rather than your arm to control the light racket.

You then hit the shuttlecock backwards and forwards (this is called a rally) until player 2 misses it. Player 1 then scores a point and serves again. Player 1 also scores a point if you're playing on a

badminton court and player 2 hits the shuttlecock so hard that it goes outside the area of play.

If player 1 misses the shuttlecock (or hits it outside the area of play), player 2 then serves but does not get a point.

You only score a point when you are serving and the first player to score 15 points wins.

In badminton, you play the "best of 3" games, changing ends each time. If player 1 wins a game, and player 2 wins the second game, the third game decides the winner. If player 1 wins both the first and second game, there is no need to play a third!

Each game will probably last for about 20 minutes.

For hundreds of years, children all over the world have played "battledore and shuttlecock" – they simply used a battledore (a bat) to keep the shuttlecock in the air for as long as possible. A net was strung between the players when English people with big gardens started playing the game in the 1800s in this country – and in other countries around the world where English people were living. In 1893, the Badminton Association of England was started to make sure everyone played by the same rules, and in 1899, the first All England Badminton Championships were played. This competition is held in Birmingham every March and is to badminton what Wimbledon is to tennis. Players enter from all over the globe – this year's woman's singles champion was Ye Zhaoying from China, and the men's singles champion was Dong Jiong, also from China.

Badminton is Indonesia's national sport and professional players earn money, as professional footballers do in this country.

Only players from England can enter the annual English National Championships. But more than 120 countries enter the World Championships, held every 2 years.

If you want to find out where you can learn to play badminton, get a grown-up to contact the Badminton Association of England on 01908 268 400 or ring your local sports centre.

WHEN DO YOU HIT A CORK WITH WINGS? WHEN YOU'RE PLAYING BADMINTON!

Badminton can be a fast game with lots of jumping, leaping and running as players hit the shuttlecock over a high net. The game should really be played indoors because the shuttlecock is so light that the slightest wind could blow it away! A shuttlecock is made of 16 goose feathers stuck into a cork, but most children start playing with a shuttlecock made of plastic.



Tester trip



We took our tester team to Rainforest Cafe in Central London

We ate our meal watched by life-like elephants that flapped their ears and moved their trunks when we visited Rainforest Cafe in Shaftesbury Avenue in central London.

It's just like sitting in the middle of a forest – the tables and chairs are surrounded by trees and thick leaves. There are gorillas that thump their chests, little monkeys hidden amongst the green, giant butterflies, a real waterfall and swirling mist.



There are the sounds of the forest animals too. Stars twinkle in the sky – and every half an hour or so, thunder and lightning travel overhead. Upstairs in the shop – where you can buy cuddly animals, clothes and souvenirs – there's a crocodile lurking in a pool. The models of the animals are fantastic and fascinating to watch – and if you visit in the daytime, there are real parrots to meet!

Our "safari guide" helped us decide what we should eat from the long menu which includes amazing "Smoothie" drinks

like Cockatoo Cocktail – kiwi, banana, strawberry and cranberry juice all mixed together.

We tried the Amazon Natural Burger – beans and vegetables – as well as the Amazon Burger made from beef with onions and cheese. The Planet Earth pasta was made with garlic, tomatoes and mozzarella and the Coral Reef Kebab made with shrimp, salmon, tuna and pineapple – with roasted vegetables on the side. There are meat, fish, vegetarian dishes, salads, snacks, sandwiches and puddings. The menu for children offers smaller burgers, pizza, chicken dinosaurs or hotdogs. When the food comes, there is loads on the plate!

The team said:

"It's a brilliant place. No-one minded when we wandered around looking at everything. The waiters – or "safari guides" – were really friendly and didn't mind kids at all. The food was excellent – there was so much of it and it tasted really good. The toilets are really funny – they're called Tarzan and Jane instead of gentlemen and ladies." (age 10)

"I really liked the atmosphere. The food was good and it wasn't boring because there was so much to look at." (age 11)

"It sounded real, like there were animals around us. I kept finding different animals hidden in the leaves. I laughed every time the elephants flapped their ears. I ordered a hot dog and got 2 of them!" (age 6)

"I thought it was really realistic and exciting. The thunder and lightning is really fun – I'd like the storm to go on for a bit longer each time, but it's hard to hear when it's happening!" (age 10)

"I loved the tablecloths which show different animals. Even some of the seats are like animal bottoms and animal legs! The elephants are brilliant – they move their trunks, legs and eyes and I just kept looking at them – they looked so real." (age 7)

"The scenery is brilliant and the animals look really real. There's so much to look at and listen to, and the food is really nice too. The pudding was lovely." (age 9)



A WILD PLACE TO SHOP AND EAT®

Find out about why rainforests are important to the world, what sort of animals live there and why they are under threat – and meet some real parrots!

If your school books a visit to Rainforest Cafe, the curator who looks after the parrots will show you around and tell you loads of interesting facts – all for free!

If your class wants to stay and eat, your teacher can arrange a special price meal.

Or, if your school is no more than 30 minutes away from Piccadilly Circus, the curator will bring a parrot to visit you and tell you about the rainforests, for free!

Ask your teacher to ring the Rainforest Curator on 0171 434 3111 ext 213 for more

Try the Cockatoo Cocktail or another "Smoothie" for free when you eat at Rainforest Cafe!

Just take this voucher with you before January 31 1998.

This voucher cannot be used in conjunction with any other offers and applies to every member of your party.

Imagine being shipwrecked on an island miles away from anywhere!

In 1609, a group of English sailors and their families were on their way to start a new life in Virginia in America. Their ship, Sea Venture, was tossed around on rough seas and thrown onto the shores of Bermuda in the North Atlantic ocean. All 150 people managed to get off the ship safely – and built shelters to survive on

the warm island where until then no-one had lived.

They took the Sea Venture to pieces and built 2 new boats, Patience and Deliverance, which in 1610 sailed safely to north America.

Later, English people came back to the island, built homes and planted crops.

In 1616, the English brought slaves to Bermuda, capturing Africans and native American Indians and bringing them across the sea against their will. Many were treated very badly, and it wasn't until 1834 that all slaves were set free.

Nowadays, many Bermudans work in holiday businesses like hotels and

restaurants. Thousands of holiday-makers visit the warm island every year.

■ **Bermuda was named after a Spanish sailor, Captain Juan de Bermudez who first spotted the island in 1503 while he was on his way to America.**

■ **The capital is Hamilton.**

■ **Bermuda is made up of around 150 little islands and is just 32 km long and 800 metres wide.**

■ **Some people say the story of the Sea Venture helped Shakespeare to write *The Tempest*. The plays tells of a shipwreck and was written about the same time.**

One of the men aboard the Sea Venture was John Rolfe. When he went to live in Virginia, he met Pocahontas, the famous native American Indian



princess who saved the life of Captain John Smith. Captain Smith was among the English people who were trying to take land away from the native Americans. Pocahontas returned to England as John Rolfe's wife and changed her name to Rebecca.

ASK FATHER CHRISTMAS TO MAKE YOU A YOUNG FRIEND OF THE BRITISH MUSEUM!

It's much more exciting to visit the Museum when it's closed to other people and grown-ups don't have to stay with you!

As a Young Friend, you will be sent a special magazine in the post 3 times a year and have the chance to visit the British Museum when other people aren't invited.

You can find out about what the Ancient Greeks got up to or mingle with the mummies on a Sunday or after school when the Museum is closed to the public.

You can even sign up to sleep the night there!

Rowan Alcock is 8 and really enjoys finding out about the Ancient Egyptians.

Rowan, who goes to Rokesly Juniors in Haringey, north London, says there are lots of other things at the Museum that are really interesting. You can find out all sorts of fascinating facts about how all different sorts of people used to live all over the world hundreds and hundreds of years ago.

You can join the Young Friends of the British Museum if you're aged between 8 and 15.

It costs £15 a year to be a Young Friend – but if you join before 31 December 1997, it only costs £10!



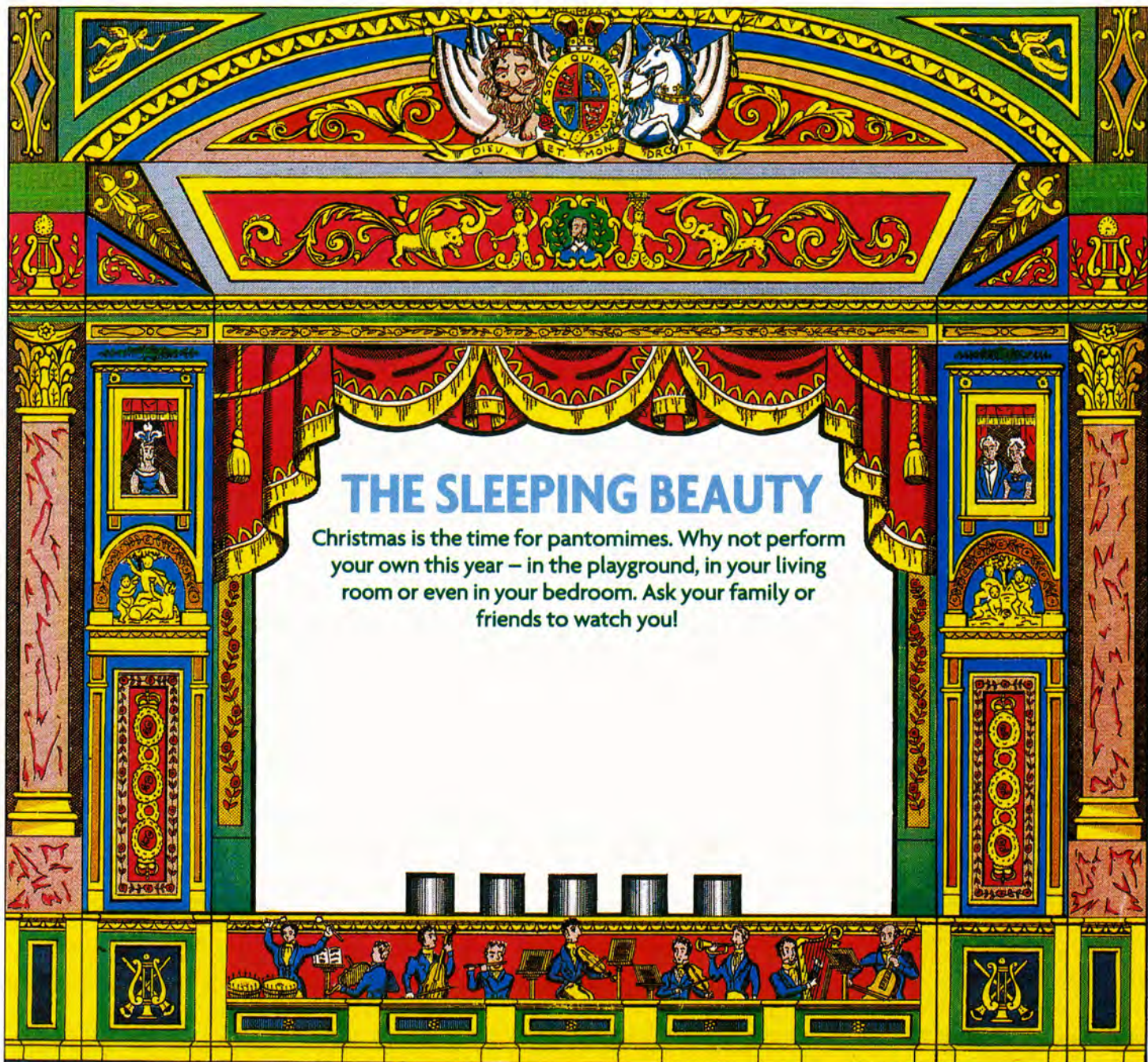
If you would like to become a Young Friend of the British Museum this Christmas, get a grown-up to fill in the form and send a cheque for £10 made payable to The British Museum Society to **Young Friends of the British Museum, British Museum Society, The British Museum, Great Russell Street, London WC1B 3DG.**

Name

Address

Age

I enclose a cheque for £10 made payable to The British Museum Society.



THE SLEEPING BEAUTY

Christmas is the time for pantomimes. Why not perform your own this year – in the playground, in your living room or even in your bedroom. Ask your family or friends to watch you!

You will need 7 people to act in Sleeping Beauty. Other friends can join in at the beginning by dancing at the “party.”

These are the characters:	Storyteller	Good Fairy
	King	Princess Estelle
	Queen	Prince
	Aunt Phoebe	

You can learn the lines, or you can read from the script. You can perform without costumes – or you can make simple things to wear, like crowns for the King and Queen, Prince and Princess.

The Good Fairy could carry a wand. Aunt Phoebe is the nasty witch and you could make her look really frightening with face paints or make-up.

The words in **red** in this script are called stage directions and should not be read aloud. Stage directions tell you when to come on and go off and what to do while you’re on stage. **Enter** means come on, **exit** means go off. You and your friends need to decide which way you’re going to come on and go off each time.

Off stage means you speak when you can’t be seen.

SCENE I

Storyteller: The story we are about to tell you happened a long, long time ago. A king and a queen lived happily together in a land far, far away. One day, the Queen had a baby girl (**enter Queen and King holding baby**) called Estelle. The proud mum and dad decided to have a huge party and invite all their family and friends to welcome their new daughter to the world. The only person they didn't invite was the Queen's nasty sister, Estelle's Aunt Phoebe. This turned out to be a huge mistake...



(King and Queen and as many people as you like dance to a record or music of your choice. Or you could get your audience to dance with you. At the end, enter nasty Aunt Phoebe)

Aunt Phoebe: Why didn't you ask me to this party?

King: Oh no! It's your nasty sister Phoebe!

Queen: We didn't ask you Phoebe because everyone is scared of you. Ever since you decided to become a witch, all you've done is nasty things to people.

Aunt Phoebe: What do you mean – nasty?

King: Remember the time you came for tea and turned my friend Derek into a frog?

Aunt Phoebe: That wasn't nasty – he deserved it! He was boring!

Queen: Please don't argue! Look, now you're here Phoebe, why don't you join the party?

Aunt Phoebe: I'd love to. And, of course, I've brought a present for my little niece.

King: A present?

Aunt Phoebe: Yes – my present is...a curse! A curse on the daughter of my sister who calls me "nasty"!

King and Queen: You can't give a curse as a present!

Aunt Phoebe: Oh yes I can!

King and Queen: Oh no you can't!

(get your audience to join in)

Aunt Phoebe: Oh yes I can!



King and Queen: Oh no you can't!

Aunt Phoebe: Be quiet! Listen carefully to what I have to say. On her 18th birthday, Estelle shall prick her finger on a spinning wheel – and die! **(laughs horribly and exits)**

Queen: Oh no! How could she! What are we going to do? **(King and Queen start crying, enter Good Fairy)**

Good Fairy: Don't cry!

King: Who are you?

Good Fairy: I am a good fairy and I know some good magic.

Queen: Oh please can you help us!

Good Fairy: Of course I will. Good fairies always help people in trouble. When Estelle pricks her finger on the spinning wheel, she won't die. Instead she will go to sleep for 100 years. And you will go to sleep too, all of you. Then one day, a handsome young prince will find Estelle and wake her up.

King: Will we wake up too?

Good Fairy: Of course you will, and you will all live happily ever after!

King and Queen: Oh thank you! **(King, Queen and Good Fairy exit)**

SCENE II

Storyteller: The King and Queen loved their daughter very much and they banned all spinning wheels from their country to try to stop Aunt Phoebe's horrible curse from coming true. They watched Estelle grow up. **(enter Estelle holding football)** She was a nice, kind girl, but she didn't really want to be a princess. She wanted to be a footballer and was really fed up because she had to wear pretty frocks which meant she couldn't practise her dribbling. On her 18th birthday, the Queen and King decided to hold another party. **(enter Queen and King)**

Queen: Estelle, why don't you go and get ready for the party?

Estelle: Oh mum, can't I go and practise my saves?

King: Estelle, we're having a party. Everyone will be arriving soon. Go and get ready. **(exit King and Queen)**

Storyteller: On her way to her bedroom in the palace, Estelle heard someone singing "Happy Birthday". **(Aunt Phoebe is singing off stage, Estelle pretends to walk to her room and stops to listen)** She stopped to listen. The singing was coming from behind a closed door. Estelle knocked on the door. **(enter Aunt Phoebe on side of stage and pretend to open door)**

Aunt Phoebe: Hello my dear. How can I help you?

Estelle: I heard you singing and wondered what you were doing.

Aunt Phoebe: I'm sitting spinning wool on my spinning wheel.

Estelle: What's a spinning wheel? I've never heard of a spinning wheel.

Aunt Phoebe: Really? Come in. I'll show you.

(Estelle follows Aunt Phoebe through pretend door, both exit, Estelle screams loudly off stage, enter Aunt Phoebe)

Aunt Phoebe: She has pricked her finger on my spinning wheel! **(laughs nastily)** Now she will die!

(enter Good Fairy)

Good Fairy: Oh no she won't!

Aunt Phoebe: Oh yes she will!

Good Fairy: Oh no she won't. She won't die – she will sleep until a handsome prince comes to wake her up.

Aunt Phoebe: Huh! You can't stop me you stupid goodie fairy. I'll sort out that prince – and she'll never wake up! **(laughs nastily and exits, Good Fairy exits too)**



SCENE III

Storyteller: The Princess went to sleep and so did her mum and dad and everyone else who lived at the palace. Many years passed and all the plants and trees in the gardens grew very high. One day, a young and handsome prince found his way into the gardens. **(enter Prince with football)**





Prince: This looks like a good place to practise!
(enter Aunt Phoebe)

Aunt Phoebe: Who are you?

Prince: I'm a young and handsome prince and I'm going to play football here.

Aunt Phoebe: (laughs nastily) I'm not daft you know. You've come to wake Princess Estelle.

Prince: Princess Estelle? Who's she?

Aunt Phoebe: She's sleeping in that palace and only a prince like you can wake her up. Well I'm a nasty horrible witch and I'm not going to let you get near her.

Prince: Really? Can she play football, this Princess Estelle? I need one last player to join my team.

Aunt Phoebe: As a matter of fact she can. Now stand still while I turn you into a wriggly worm!

Prince: Hold on a minute! I challenge you to a penalty shoot out! If I get more goals than you, I get to wake up the Princess. If you get more goals than me, you can turn me into a wriggly worm.

Aunt Phoebe: Easy peasy! Come on then.
(both exit, sounds of penalty shoot out off stage: Prince shouts "goal! goal!", Aunt Phoebe shouts "Oh no! he's better than I thought!", ends with Aunt Phoebe screaming "I've lost, I've lost", then enter Prince)

Prince: That got rid of her! Now I'm going to wake up the Princess. I need a good player for Saturday's match. (exit)

SCENE IV

Storyteller: So the Prince found his way through the overgrown garden, went into the palace and woke up Princess Estelle by shouting the name of his favourite football team very loudly. (Prince shouts name of his favourite football team offstage) When Estelle woke up, so did her mum and dad and everyone else. The Princess was so pleased to see the Prince and she begged the King and Queen to let her play in his royal football team. They said yes – and everyone lived happily ever after.

(enter everyone to take a bow! You could play a favourite record too and dance again!) The end

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WILL IT SNOW THIS CHRISTMAS?

Only if enough cold air travels over the country from Russia or from around the North Pole!

Snowflakes are made of ice crystals stuck together so it has to be cold enough to freeze water in the air into ice. The air around us is full of

You can lose your sense of direction in snow storms or blizzards when there is a strong wind of more than 51 kms per hour swirling snow around. People who are stranded in blizzards can't see very much and need to get out of the wind to save their heat and energy. They often dig a hole in the snow to shelter from the wind.

water that it soaks up like a sponge from seas, lakes and rivers and from trees and plants. The water turns into water vapour, a gas that mixes in with the other gases swirling around us in the air.

Air moves around the world all the time and its temperature depends on where it has come from and how near to the sun our part of the world is. Our coldest months are during

the winter, because that's when the northern hemisphere, our part of the world, tilts away from the sun and the invisible heat rays are weakest. But we can get very cold weather in April and May too if cold air gets blown to us from other parts of the world.

There is always snow at the North and South Poles because the temperatures there are always below freezing! The Poles are the coldest places on earth because the sun's rays always have to stretch out to reach them.

If it's cold enough, the water vapour in the air changes back into

water and freezes around tiny tiny bits of invisible dust and dirt. Some of this dust is naturally in the air – from volcanoes that have erupted, for example – and some is pollution put into the air by humans. There can be billions of these tiny bits of dust and dirt in each cubic metre of air.

Once the water vapour has turned into ice, the ice crystals float around up in the sky, bump into each other and stick together to make a cloud. As the ice crystals stick together, they become heavier and heavier until they are heavy enough to fall as snowflakes. A snowflake heavy enough to fall from a cloud can be made from about 1 million ice crystals in about 10 minutes.

But even if it's cold enough to freeze the water vapour high up in the air, it may not be cold enough for the snow to settle on the ground. Sometimes snow turns to rain because it melts into water as it falls from the sky through warmer air. And if the ground temperature is above freezing (0° C), the snow will melt as soon as it touches down. The ground temperature has to be below freezing for the snow to settle. That's cold!

Meteorologists can predict snow by looking at the direction of winds, the temperature of the air and how much water there is in the air. If the air is very clean and doesn't contain much water, there won't be snow!

Meteorologist James Buxton helped No Kidding! write this article. He works for The Weather Channel, the only television channel which gives information about the weather in Britain and in other parts of the world all through the day and night, 365 days a year.



The higher you go, the colder it is. That's why there is snow all year round on the tops of mountains – even Mount Kilimanjaro in Africa which is near the equator, one of the hottest parts of the world!

Sleet is snow that is melting as it hits the ground because the temperature near the ground is just above freezing.



Every snowflake is supposed to be different. The ice crystals form mostly 6 sided shapes.

To learn more about the weather ask your teachers to order a free copy of the pack WEATHER WISE from Anne-Marie at The Weather Channel, 64 Newman Street, London W1P 3PG.

ONCE UPON A TIME, THE MAN WHO SLEPT IN THE DOORWAY OF A SHOP.

His name was Jimmy, and he slept in the doorway because he had no home. Because he had no address, no-one would give him work and because he had no work, he had no money to rent a home. He had no place of his own where he could have a bath, go to the toilet, wash his clothes or cook. He had to carry everything he had around with him. It was very cold in the doorway, and he felt quite ill, but he didn't have a doctor because he didn't have an address.

One day, Jimmy met someone who told him about a place where he could go to stay for the winter. This place was called a shelter, and it was only open in the coldest months of the year. There were other men and women staying there who didn't have a home of their own. At the shelter, Jimmy had a bed to sleep in, ate hot meals and could have showers. A doctor visited and gave him some medicine to help him get better. And the people who worked at the shelter told Jimmy they could help him find a place of his own and look for a job.

There are hundreds of people like Jimmy who sleep on the streets of London, and hundreds who sleep out in towns and cities throughout the UK. Thousands more people have no proper home of their own – they stay with friends or in hostels, which are places where homeless people can sleep for a short time.

People become homeless for many different reasons. Some have lost their jobs and can't pay afford to pay for their home. Some young

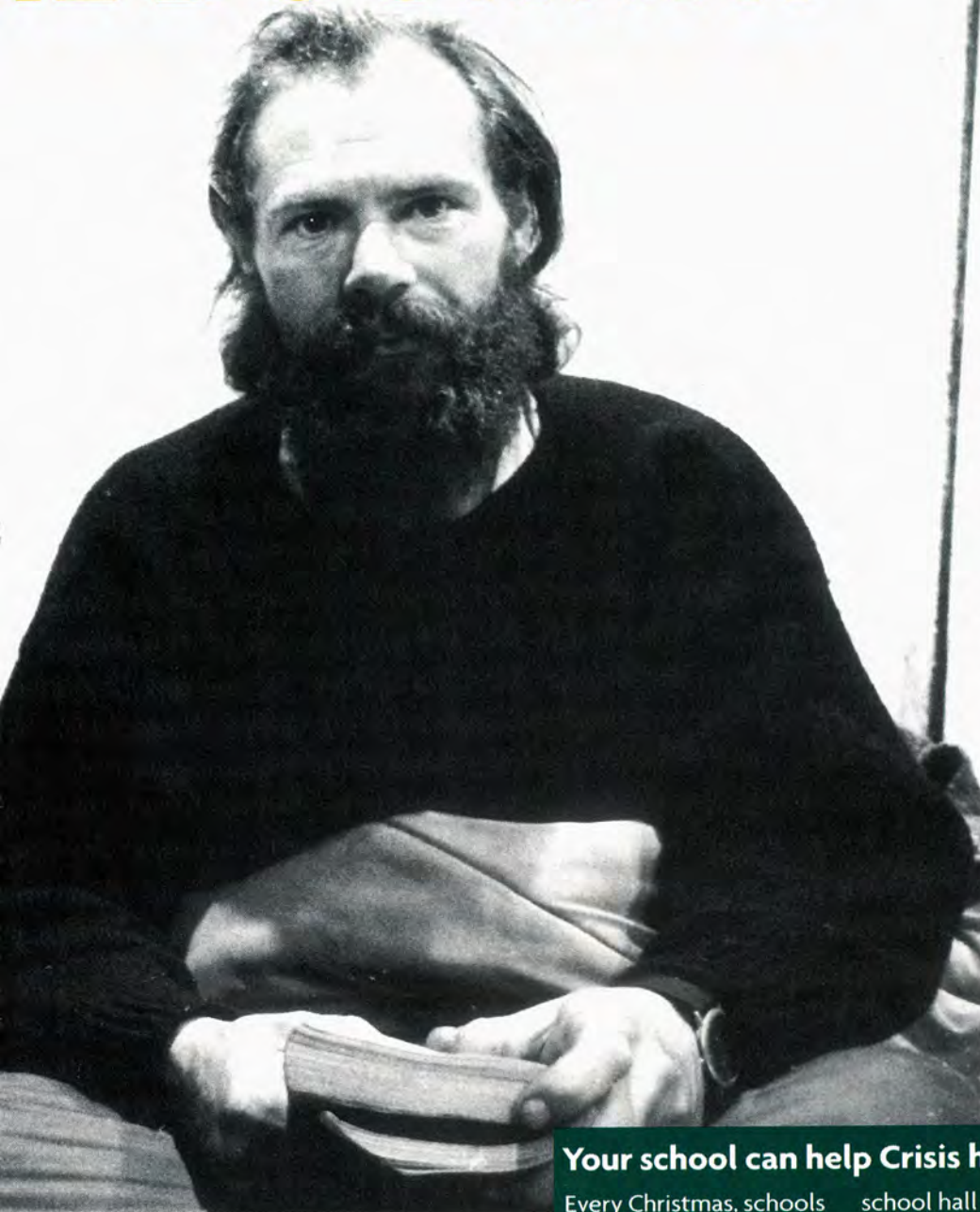
people leave their families to look for work in another town and end up with no money and nowhere to stay. Others have left the army and can't get a job so have no money to pay for a home.

One of the hardest times for homeless people is Christmas. Imagine what it would be like to have no home at a time when many families and friends get together. That's why every year the charity Crisis turns at least one huge empty

building in central London into an Open Christmas, a place where people without a home can stay for a week, eat Christmas dinner and spend time talking with friends. Guests at the Open Christmas can see a doctor, have their hair cut and get their eyes and feet checked.

Crisis also gives money to Open Christmases organised all over the country – and thousands of people give their time over Christmas to help get buildings ready, cook meals

HERE WAS A THE DOORWAY



■ Every weekend, Crisis goes out on London's streets to give out good quality clothes and shoes to homeless people. The clothes are given to the charity and volunteers sort them to make sure people who need them are given the right size.

■ Homeless people can't afford to buy healthy food. That's why Crisis runs FareShare, a special scheme which collects fresh food from supermarkets, shops and restaurants. This food would otherwise be thrown away but is still within its sell-by date. It is taken to hostels and centres in London which open during the day and cook meals for homeless people. Next year, FareShare is going to start in other cities.

■ It's not just young people who become homeless. Many people who are as old as your granny or grandad live on the streets. Crisis has found out that many elderly people who have no home sleep in hidden places because they think they are safer. Many are frightened and lonely.



and make the Opens friendly places.

But Crisis isn't just about Christmas. The charity also runs a shelter, like the one Jimmy went to in our story, during the winter months. Many of the people who stay at the shelter are given help finding a home or a place to stay when it closes. And Crisis works all year round to help homeless people with the help of schools, companies, churches and individual people who give their time to raise money.

Your school can help Crisis help homeless people...

Every Christmas, schools raise money for Crisis. Sponsored swims, school plays, carol singing, fun runs, quizzes, jumble sales...there are loads of things your school can do. You could even perform the No Kidding! pantomime and ask your audience to give some money to Crisis!

Some schools organise a Sleep Over – where children are sponsored to sleep the night in their

school hall in sleeping bags! If you want to join Crisis' National Schools Sleep Over, get a teacher to ring Crisis on 0171 377 0489 to find out more information.

Or talk to your teacher about other ways of raising money. Decide what you are going to do, when you are going to do it and how you are going to organise it. Crisis works with homeless people all year round,

so if you don't have time to organise something before Christmas, you could raise money in the New Year.

Don't just send the money to Crisis – write to them and tell them what you did. Their address is:

Crisis
1st Floor
Challenger House
42 Adler Street
London E1 1EE

FILMWATCH

UNIVERSAL & AMBLIN

WHY CAN'T I WATCH REALLY SCARY FILMS?

Spiders, spooks and haunted houses...witches, vampires, snakes and slime...Stories for kids are often full of horrible, creepy crawlies and nasty creatures.

It's not just children who like to be scared. There are plenty of films and stories that make grown-ups sit on the edge of their seats, hide their eyes behind their hands or stick their fingers in their ears.

Films that frighten people are called horror films – these sort of films can be a U, a PG, a 12, a 15 or an 18. Examiners at the British Board of Film Certification (BBFC) who give films certificates know that children like to be scared. But horror films with lots of gruesome detail aren't thought to be suitable for children

to watch. Scientists still don't fully understand how our complicated brains work.

But we do know that when we see something in a film, it goes into our minds and is stored in our memory. Having bad dreams after seeing a scary film can help you sort out and understand what you have seen.

But sometimes we don't sort out and fully understand what we have seen – and can see these things again in our minds. If children see a really scary thing in a horror film, they might keep seeing it again and again in their minds. They might begin to believe what they have seen is part of the real world, and become nervous and scared in real life. Sometimes even programmes on television like *Casualty* can show so much horror that children might become afraid of hospitals – or even afraid of their own bodies.

Grown-ups know more about the world because they are older and have more information and experience and are thought to be able to sort out scary things in their minds more easily. So films that have really horrible horror scenes are given higher certificates which mean that only grown-ups can see them.

So why do we watch films that make us frightened? Perhaps it is because it feels safe to be scared by a film – or a book – because the horrible things are not real and cannot come and get us. Perhaps we like to be scared because it feels exciting, like a roller coaster at a theme park. Perhaps it's safe to be scared by a film because we know there will be a happy ending. We spend most of our day being brave – brave at school, brave enough to tell the truth. It's nice to relax sometimes and admit to being scared, and to share that feeling with a room full of people who are also scared.

Things to do

1. Design a poster for a film that is scary. Should you include a warning for younger children?
2. At the BBFC, examiners believe

that people watch different types of films in different ways. Different types of films are called "genres" – comedy is one sort of genre,

horror is another. People know what to expect from different genres. In horror films, you expect to see horror, in comedy films you expect to laugh.

If you are watching a comedy film, a sudden scene of horror will be much more frightening because you were not expecting it.

Can you make a list of different genres of films? Can you also write down what you would expect to see in each different genre?

Two of the most popular films this summer were PG horror films – Men in Black and The Lost World – Jurassic Park. Even though both films make us laugh, they are both scary.

Men in Black has slimy alien creatures and *The Lost World* has rather large Tyrannosaurus Rex dinosaurs which like eating people instead of cereal for breakfast. A group of 300 schoolchildren saw *The Lost World* with examiners from the BBFC before the final decision

on the film's certificate was made. The children thought that other children their age wouldn't find it too scary. In the film, we learn about gentle plant-eating dinosaurs as well as fierce meat-eating ones, and the really scary bits happen in the dark distance or out of sight. But an extra warning was put on the publicity for the film to let mums and dads know that younger children might not realise the dinosaurs were pretend and find them too scary.

What do you think?

FilmWatch is written by Deborah Courtneil who is one of the BBFC's examiners. If you want to know why a film has been given a certain certificate, you can write to her at No Kidding! You can also ask Deborah about other areas of her work with films.

**The address is:
FilmWatch, No Kidding!
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- 3. Saving energy will save your mum and dad and your school money!**

If you want to find out more about electricity, get your teacher to ring London Electricity's education advisers on 0171 733 5611 and arrange a visit to your school.



JENNY MATTHEWS

You're not likely to see a common dormouse!

They hibernate from October to April and only come out at night during the spring and summer months. What's more, they spend most of their summer nights up trees looking for flowers, pollen, fruit, insects and ripe nuts to eat. In the daytime, they sleep in nests made of leaves and shredded honeysuckle bark.

You will know if a dormouse is living nearby though, if you find an empty hazelnut shell with a perfectly circular hole. Dormice gnaw these holes to get at the nut inside – you may even be able to see the teeth marks!

The "common" dormouse is the only

type of dormouse that has always lived in the UK – but it is not as common as it used to be. Experts think the tiny creature has become rarer because there are no longer huge

forests for them to live in. Dormice are being looked after in places like Nature Quest in the New Forest: some are cared for all their lives while others are let back out to live in

woodland to make sure they don't completely disappear from this country.

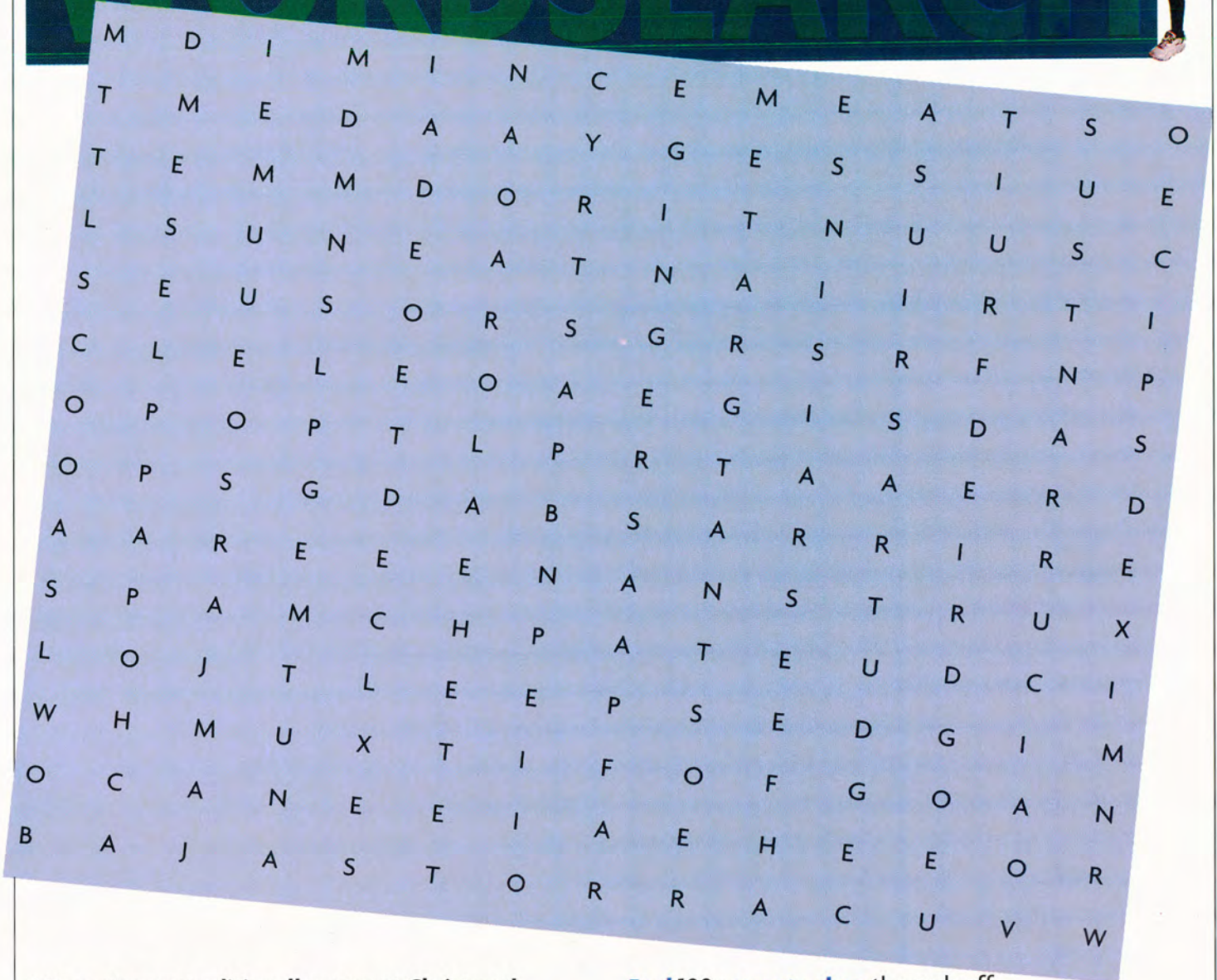
Some dormice are being put into safe areas at Nature Quest which are surrounded by hazel trees. Here they can learn how to be streetwise in the wild before being let loose. Each of these dormice wears a radio collar which means experts can find out more about what they do at night time when they are looking for food. And next summer, each collar will be fitted with a tiny light so experts can watch them.

Helping dormice to learn the skills of survival in a safe place may give them a better chance when they are finally let out into woodland.



JOHN ROBINSON/WOODFALL WILD IMAGES

WORDSEARCH



Mince pies are traditionally eaten at Christmas!
They are filled with **mincemeat** – a mixture of **dried fruit**. Why not make some yourself, give someone a jar for Christmas or get a grown-up to help you make **pies** with **pastry** and your own home-made mincemeat!

Peel 100g **carrots**, **chop** the ends off and **grate** them into a **bowl**. Peel 100g **apples** and grate them on top of the carrots.

Add 100g **demerara sugar**, 100g **raisins**, 100g **sultanas**, 50g **currants**, 50g **chopped peel**, 1/4 teaspoon **ginger**, 1/4 teaspoon **mixed spice**, 1/4 teaspoon **nutmeg**, and 100g **vegetable suet**.

Stir together with a **wooden spoon**.

Put your mincemeat into **jam jars**, leaving a space at the top. Put the lids on and leave in the fridge until you need the mincemeat.

And why not see if you can find all the blue words in our wordsearch. The words run vertically, diagonally or horizontally from right to left or from left to right!



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Shelf life

Children's Quick and Easy Cookbook

by Angela Wilkes

This quick and easy cookbook could be very useful during the Christmas holidays. You might need some help with some of the recipes, but there are plenty of ideas for snacks and fabulous puddings which you can make by yourself.

Published by
Dorling Kindersley

Christmas in Grandma's Day

by Faye Gardner and Jennifer Collins

One of your New Year's resolutions could be to read more! – and this is a fascinating book to start with. Find out how different Christmas was when your grandparents were children. Christmas was grandmother Jennie's favourite time when she was a little girl in the Second World War and she tells you about the party games she played, what sort of food she ate, what sort of presents she had and what sort of decorations she put up. There are wonderful pictures which make her words seem real. You can try making some of the things children ate at Christmas, and try making some old-fashioned decorations. Jennie also tells you how to play some of her games.

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brown	⇨ bruna	arbre (French)
dog	⇨ hundo	bruno (Spanish)
house	⇨ domo	kaj (Greek)
number	⇨ numero	due (Italian)
tree	⇨ arbo	dom (Russian)
two	⇨ du	numer (Polish)
yellow	⇨ flava	flavus (Latin)



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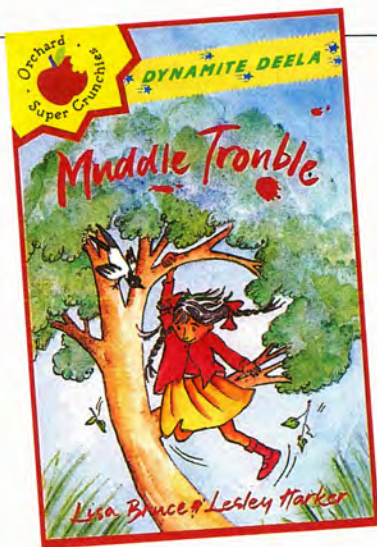
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Muddle Trouble

by Lisa Bruce

However hard she tries to be good and helpful, things always seem to go horribly wrong for Deela. She is forever in trouble, and when things go missing at home, she is accused of stealing them.

Published by Orchard

Me and My Pet Cat

by Christine Morley and Carole Orbell

Thinking of asking for a cat or a kitten for Christmas? If so, this book is purr-fect! It is full of tips about how to choose a pet to suit you and how to be a caring pet owner all year round, not just at Christmas.

Published by Franklin Watts

An Angel Just Like Me

by Mary Hoffman

This book tells how a boy called Tyler wishes for an angel that is not a "pink one" to replace the broken angel at the top of the Christmas tree. It is a story with a happy ending and great pictures.

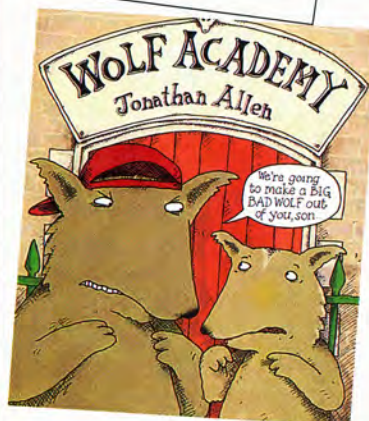
Published by Francis Lincoln

Wolf Academy

by Jonathan Allen

Phillip, an orphan wolf cub is found and adopted by Mr and Mrs Wolf. They are very disappointed by his gentle and kind ways so send him off to the Wolf Academy to turn him into a big bad wolf! What happens there? Find out in this book which is full of funny drawings.

Published by Orchard



Check out your local library!

It's free to join and you can borrow hundreds of books. All you have to do to join is to ask your parent or your carer to come with you to sign a form.

If you can't find the book you want to read on your local library shelves, ask a librarian for help. If someone else has borrowed the book, ask the librarian to reserve the book for you. They will let you know when it's returned.

Most libraries also have music and stories on tape. Some libraries have videos for loan too, but you may have to ask your parent or carer to borrow them for you.



Alexandra Palace
Wood Green London N22

CHRISTMAS CRACKER DANCE & SKATE IF YOU'RE UNDER 18

Friday 12 December 1997
£7 includes iceskating from 7pm

Telephone 0181 365 2121

WIN

a set of Energizer cycle lamps – for yourself or to give to a cyclist you know for Christmas!

When you're out and about on your bike and it's getting dark, it's really important to have lamps to make sure you can be seen.

We've got 30 sets of Energizer Navigator Cycle Lamp Packs to give away. Just send your name, age, address and school name to No Kidding! Cycle Lamps, PO Box 10427, London N8 8UP by Thursday 11 December 1997. The first 30 names drawn out of the hat on that day will be sent the Lamp Packs in time for Christmas!

The set includes lamps for the front and back of your bike, brackets to fix them and batteries. The Energizer Navigator Cycle Lamp Pack costs £21.99 in the shops.

Terms: 1. Closing date Thursday 11 December 1997. 2. There are no cash alternatives. 3. Only 1 entry per child. 4. Winners will be sent their prize by post.



When Elizabeth I was on the throne in this country, women, men and children used thick white make-up on their faces. Elizabethan ladies who wanted to look fashionable also painted blue veins on top of their white faces to make their skins look see-through! They plucked hair from their foreheads to make their faces look longer, plucked out their real eyebrows and instead drew thin lines above their eyes. They used beetles' blood to redden their lips and dropped belladonna –

For thousands of years, humans have painted their faces for all sorts of different reasons – to look scary when they went to war, to celebrate, to be fashionable, to make themselves feel better.

Often the things used in make-up – or cosmetics – were disgusting! The Romans mixed white lead and chalk into their face and skin powder. Both men and women used make-up, including eye shadow, lip and cheek rouge. The Roman poet Ovid wrote “if you take pains over your face, you can be sure to

**IN THE PAST, PEOPLE
HAVE POISONED
THEMSELVES
TRYING TO LOOK
BEAUTIFUL!**

the juice of deadly nightshade – into their eyes to make their pupils look bigger.

This was the look that was fashionable at the time – fashions change at different times for different reasons. In the 1930s and 1940s, for example, women wanted to look like the film stars they saw at the cinema.

One of the reasons thick white make-up was fashionable at the time of Queen Elizabeth was because it covered up scars and lumps on the

skins of people who had been scarred by smallpox, a disease which people nowadays don't catch. But the white make-up contained white lead and mercury which seeped into the skin. These poisonous chemicals caused stomach problems and made people shake. Sometimes they made hair fall out and teeth rot. The make-up could strip away layers of skin – and even poison people to death.



■ When the Romans first came to Britain, the people here painted their bodies with a blue dye called woad to make themselves look scary. They made the dye by boiling the leaves of the woad plant.

look nice". One poem he wrote suggested using ground antlers to make make-up!

Rich women who lived in Japan in the 12th century weren't keen on white teeth – they thought they

■ Ancient Egyptians painted the skin beneath their eyes with a pale colour like green or grey. Pale colours reflect the light, so this make-up helped ward off the glare of the sun in their hot country.

reminded people of rats and dogs! So the fashionable women used rice-vinegar and iron filings to coat their teeth black.

And in medieval Europe, some women used leeches to suck the blood out of their face to give them a fashionable pale look! Rich people in Europe wanted to look different from poorer people who had to work outdoors and became tanned by the sun. It wasn't until the 1920s that suntans became fashionable in Europe because rich

people were taking holidays abroad.

Until just a couple of decades ago, oil taken from whales was often used in make-up. Now people are more interested in animals and cosmetics companies have found other oils to add to make-up – like jojoba oil which was used by native American Indians to soften their skin.

Modern make-up contains both natural ingredients – like plants – and chemicals. Chemical "preservatives" are nearly always added to stop the make-up going mouldy. Nowadays the law says all make-up has to be tested to make sure it is safe to use on your skin – even some plants are poisonous!

In the past, many sorts

■ Native American Indians painted their faces to make them look frightening in battle, or to hide themselves when hunting animals. These paints also protected their faces from the sun and the wind.

of make-up have been tested on animals.

Scientists still use animals when they are testing new mixes for make-up, although the government is talking about banning these sorts of tests.

Some companies use human volunteers to test make-up. But even if a new mixture is tested on

■ Actors and actresses use make-up in the theatre to make their faces show up under bright lights. Make-up can change the way they look when they are pretending to be someone else.

humans, some of the ingredients may once have been tested on animals.

Fancy spending all day peeling bananas! That's what some people who work for The Body Shop do!

The Body Shop started in 1976 when Anita Roddick opened a shop in Brighton selling make-up, perfumes, shampoos and body lotions which were made of only natural ingredients like fruit and plants. She sold 25 different things in the shop which she mixed in her kitchen sink at home!

21 years later there are 1,522 of them all over the world, each selling make-up and body lotions which are not tested on animals and contain natural ingredients from many different countries. Anita Roddick travels the world talking to people about how they care for their skin and buys fruit, nuts and other ingredients from farmers and traders in different countries. Everything sold by The Body Shop is tested on humans.

You can find out how The Body Shop works by visiting its factory in Littlehampton in West Sussex. There are tours every weekday and on Saturdays.

For more information, get a grown-up to call 01903 844044.



WILL YOU WRITE TO SANTA CLAUS THIS YEAR?



If you post your letter, it will be sent to Santa Claus' main post office in Rovaniemi in Finland. Rovaniemi is in the area known as Lapland which stretches across northern Norway, Sweden and Finland and into Russia.

Lapland is said to be where Father Christmas, who delivers presents to children each year, lives with his helpers.

His home is on the Korvatunturi mountain, far far away from other people's homes, but

letters arriving at Rovaniemi find their way to him!

On Christmas Eve, there are lots of Father Christmases in Finland when dads dress up to bring presents to their children. Christmas Eve is the most important day of the holiday – the

shops close at midday and families eat the main Christmas meal together. Families place candles on the graves of relatives who have died and many people visit a sauna where they get very hot by sitting in steam and then dive into cold water – or even the snow!

Every winter, people

from all over the world visit Finland for their Christmas holidays. If they go to Santa Claus' main post office, they can see some of the letters sent from children all over the world. Will yours be among them next year?



■ **There is always lots of snow in Finland during the winter, and in the summer, the sun is high in the sky all through the night!**

■ **Much of the country is covered by forests.**

■ **The capital city of Finland is Helsinki.**

Buzz away for three minutes twice a day!

Christmas and New Year is plaque attack time! So this Christmas, you'll need to buzz away all those crumbs and currants that get stuck between your teeth.

You'll be able to keep your teeth sparkling white in 1998 with a Reach Powerbrush, a fun electric toothbrush which will help clean your teeth better than ever before.

The 7,000 micro-vibrations per minute helps remove plaque and it's angled head gets to all those hard to reach teeth and gums.

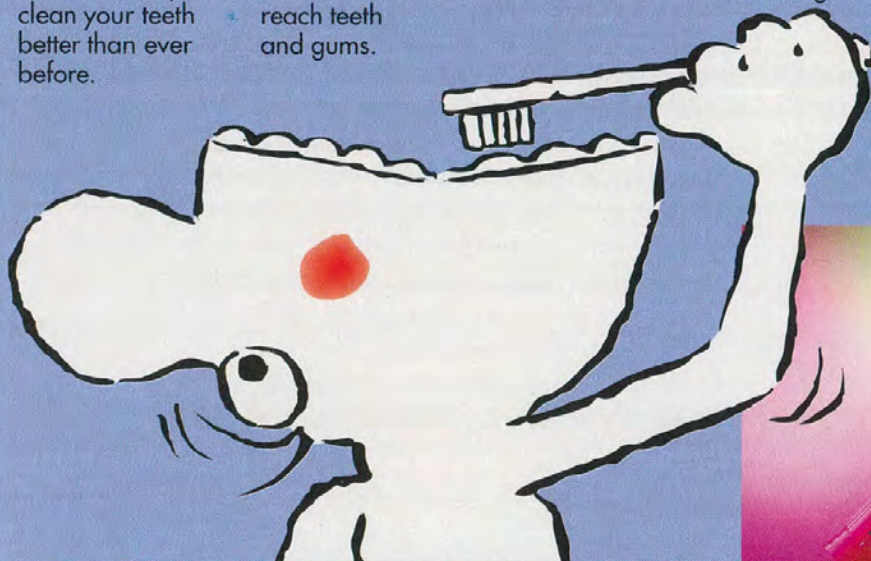
If you brush with Powerbrush, you'll be able to really impress your dentist with your healthy teeth and gums.

You'll impress your dentist even more if you can say you've been brushing for three minutes each morning and evening.

Try the Reach Powerbrush – send your name, address, age and school name to No Kidding! Tooth, PO Box 10427, London N8 8UP by 11 December. The first 30 names drawn out of the hat will each be sent a Reach Powerbrush pack.



The pack also includes a set of different coloured replacement heads, a Powerbrush nightshirt, a bottle of Reach Junior Mouthwash, a 1998 wallplanner and a chance to enter a fantastic prize draw!



REACH powerbrush

Terms: 1. Closing date Thursday 11 December 1997. 2. There are no cash alternatives. 3. Only 1 entry per child. 4. Winners will be sent their prize by post. 5. For a full list of winners, send an SAE to No Kidding! Tooth PO Box 10427 London N8 8UP

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.

"I have just had a fight with one of my good friends and now we are doing everything to get our own back on each other. We keep bringing up problems from our past and are making it worse every time we see each other. We've been in fights before but never as bad as this one. What can I do?"

"I have had many fall-outs in my time. What I do is ignore them for a few days, then start being nice to them and then just say 'sorry.' It is very hard, but it's always worked for me."
Lucy, age 10.

"You should stop bringing up problems from the past and making it worse, and you should tell her to stop it as well. You should try to sort out the problem with her."
Shamimara, age 10.

"Maybe your friend feels the same as you do. Try to talk to her about how you feel."
Libby, age 9.

"We have been in this situation before and so we think you should sit down with your friend and find out why you started fighting. Then you can find a way around the problem."
Kayleigh and Stacey, age 11.

"Tell your friend how you feel, tell her you want to be friends again, don't argue with her, tell her you are sorry and you want to start again."
Stacey, age 10.

"Don't fight. Talk about the problem with your friend. If that doesn't work out, then stay in at playtime and talk it through with your teacher. If your friend does not want to talk to you, I think you should go and find some other friends."
Taina, age 10.

"My mum had a boyfriend who I got on well with. When they broke up, I still saw him every week. Now his new girlfriend is pregnant with twins and I think he won't have any time for me."

"I think you should talk to your mum's ex-boyfriend and say 'I know you have got a girlfriend and soon will have 2 children, but will you be able to fit some time in to see me?' If he says no, there's always the 'phone, or maybe you can go and visit him."
Emma, age 11.

"Sometimes things change and you have to stop thinking about people. My mum split up with her boyfriend and when I went to see him, he was a different person. He wouldn't even let me hug him and I had lived with him longer than my real dad."
Rebecca, age 9.

"I think that you should talk to your mum. You should talk to her ex-boyfriend too and make them talk and agree about it."
Emma, age 10.

"Tell him you would still like to keep in touch. Tell your mum you really want to still know him."
Ella, age 9.

"When you get a bit older, you could go round and babysit for him. You could meet his new girlfriend and become friends."
Nicholas, age 10.

"You should be happy for your mum's ex-boyfriend. Not a lot of people have twins. You could tell him how you feel and I'm sure you will get along."
Marianne, age 9.

Special thanks to children at Selwyn Primary School in Newham, east London.

CAN YOU HELP THESE 2 READERS?

"I am the tallest person in my class and people call me lanky. Because I'm so tall, I have to get the biggest size clothes. They are baggy and people call me fat and ugly."

"There are a whole gang of boys in my class that make fun of my height because I am so short. Sometimes I don't want to go to school. I tried telling my teacher and my parents are too busy to listen properly. I try ignoring these boys but then they come up to me and push me."

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

If you've got a problem to share,
write to us at the same address.

EVERY YEAR, THOUSANDS OF CHILDREN ARE HURT IN ACCIDENTS BECAUSE THEY DON'T PLAY SAFELY

Nine-year-old Lauren was really excited when she was given a brand new pair of roller blades for Christmas last year. She practised indoors – but just a few days later, she crashed into one of her younger brother's toys which he had left lying on the floor.

Lauren ended up in hospital, found out she had fractured a bone in her arm and had to wear heavy plaster for 6 weeks.

Lots of nasty accidents happen when people fall or trip over toys left lying around on the floor or on the stairs. Just taking the time to tidy toys away could stop those accidents.

Toys can hurt people in other ways too. Broken toys or second-hand toys may not be safe to play with.

It's best to buy toys from shops you know – it can be dangerous to buy cut-price or second-hand toys from car boot sales or jumble sales. And you should always throw away broken toys: if you give them to someone else, their new owner might have an accident.

Even safe toys may become dangerous when your younger brothers and sisters play with them. Little children can choke on small bits of toys. They can choke on marbles – and even balloons.

Play safe! Make sure you don't leave your toys where younger kids can get hold of them.



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