



# NEWSLETTER

ISSUE 7

AUTUMN 2007

## LONDON MARATHON

Would anyone like to run in the London marathon to raise funds for BPF? Please contact us by phone or email [info@billericayparents.com](mailto:info@billericayparents.com) asap.

Also - we are always pleased to receive donation especially from parents who have attended our courses. In future we shall record these donations and once we become a charity, we hope to be able to claim Gift Aid.

## *This Term's Courses*

**Booking Essential - bookings now being taken for the following courses:**

0-6s*	Tuesday mornings	Starts Sept 18th	9.30-11.25am	Buttsbury Infant School
Teens	Wednesday evenings	Starts Sept 19th	7.45-9.45pm	Baptist Church
0-6s	Thursday mornings	Starts Sept 20th	9.30-11.25am	Queens Park Church
7-11s*	Thursday mornings	Starts Sept 20th	9.30-11.25am	Buttsbury Junior School
0-6s*	Thursday mornings	Starts Sept 20th	9.30-11.25am	Downham Primary
0-6s	Thursday evenings	Starts Oct 4th	7.45-9.45pm	Christ Church

Parents whose children attend any of the asterisked schools will have priority for the course at their school. If you are interested or know someone who might be then ring 01277 633910 or see our website: [www.billericayparents.com](http://www.billericayparents.com) for further details. Our two Dads courses in the summer were very successful! If you or someone you know is interested please complete the form on our website, then we will put on another one as soon as we have enough dads interested.

## FORUM MATTERS

### Charity Status

The Forum is going to apply for Charity Status soon - a legal requirement due to our funding. This will give us the chance to apply for grant funding from funders to whom we are currently unable to apply and it will also raise our profile.

### Adoption of New Constitution

We need to adopt a new constitution based on the Charity Commission model, which has been tailored to meet the Forum's needs. Members will need to approve this new constitution at the AGM.

### Membership of the Forum

We are required by our new constitution to keep a list of members. Anyone over 18 who

is interested in supporting us can become a member.

Membership forms are available from [admin@billericayparents.com](mailto:admin@billericayparents.com) or by phoning 01277 633910

Benefits of membership include:

- free membership;
- a vote at general meetings;
- the opportunity to be elected as a Trustee;
- the chance to be involved in a working-group;
- a copy of the termly newsletter;
- special offers and privileges as may occasionally be offered to members only.

If you are a registered member of BPF you will be able to vote at this AGM.

### Nominations for Trustees and Officers

We are looking for people to be Trustees. If you are interested, know someone who might be, or would like to know more, please ask. Nomination forms must be in by

September 28th and are available from: [admin@billericayparents.com](mailto:admin@billericayparents.com)

### Newsletters

Newsletters will appear on our website at the start of each school term - please look out for each edition. Members may receive one by post.

## OPEN EVENING and AGM 2007

Monday October 15th • 7.30pm  
South Green Junior School • Hickstars Lane

A brief AGM will be followed by another wonderful evening with

### David Soraf

Chef and promoter of Healthy Food who will give a demonstration of recipes and tastings.

*Back by popular demand!*

**Title: Healthy Lunch Boxes - Fun Food for Brain Fuel**

Everyone Welcome! **Booking essential** please phone 01277 633910 or email: [admin@billericayparents.com](mailto:admin@billericayparents.com)

## Positive Parenting Hints

### 0 - 6s

Having an imaginary friend is normal, yet many parents worry that their child's imagination has gone overboard.

An imaginary friend can provide friendship, especially to an only or first child. It can also allow a child to express and deal with feelings and emotions, such as at sensitive times - for example the arrival of a new baby, moving to a new home or experiencing a frightening situation. The new 'friend' can take on responsibility for bad behaviour or unwanted blame.

Whatever you do don't laugh at imaginary friends - try to under-

stand, get involved and run with your child's ideas. That way you will build confidence and help your child's self-esteem.

### 7 - 11s

The move to Junior classes or into the secondary school may seem easy to you, because you can remember what it was like yourself.

However, for your child this is all new and sometimes it can be daunting, even frightening, especially if they are being split from friends. Give them time, try not to ask too many questions, be reassuring and be there for them - ready to listen when they need you - no one else will.

### TEENS

Teenagers can be frustrating - handle with care! Don't take the bait - when they try to wind you up, be prepared and plan ahead about how you will deal with a situation.

Play for time, repeat their requests so they know you have heard them, say if you are not happy with a suggestion, ask them for their ideas about how you can agree, work out a plan together. Humour can sometimes help break a tense moment, but use with care and avoid criticism whatever you do! Good Luck!



Following our last open meeting about ADHD....

## FAMOUS PEOPLE WITH ADHD

Having ADHD or ADD does not mean there is no chance for a successful career in life. Many famous people in the past and in the present have shown significant difficulties when they were young but have overcome many obstacles to become people we admire. Here is a short list:

*Alexander Graham Bell, Beethoven, Sir Richard Francis Burton, Winston Churchill, Tom Cruise, Sir Isaac Newton, Leonardo Da Vinci, Galileo, Albert Einstein, Pablo Picasso, Henry Ford, George Bernard Shaw, Ernest Hemingway, John Lennon, Robin Williams and Mozart.*

If you have a child or children who are diagnosed with ADHD or ADD, it is a matter of tapping into their skills and supporting them to develop to the best of their ability. With encouragement and praise for effort, there is no limit to potential!

For more information look at the following website for more famous people and a link to their biographies:

[www.adhdrelief.com/famous/html](http://www.adhdrelief.com/famous/html)

For help with ADHD go to:

[www.addingsupport.org](http://www.addingsupport.org)

The prime purpose of being four is to enjoy being four - of secondary importance is to prepare for being five.

*Jim Trelease*

*The Read-Aloud Handbook*

## CHANGE IN LAW ON SMACKING?

Sir Al Aynsley-Green, the Children's Commissioner for England is leading calls for a complete ban on smacking after ministers recently announced a review of the law. Parents and professionals are being consulted over the summer to see how the present rules are working, before a report is sent to Parliament in the autumn.

"Children and young people in England should have the same right to protection under the law on common assault as that afforded to adults - there is no good reason why children are the only people in the UK who can still be hit."

Eighteen countries have already changed the law to stop parents hitting their children. Parenting UK, of which we are a member, supports an outright ban on smacking.

*Smacking - knocks one devil out and 10 devils in*

### DID YOU KNOW? We learn:

- 10% of what we read
- 20% of what we see
- 30% of what we hear
- 50% of what we see and hear
- 70% of what we discuss
- 80% of what we experience and
- 95% of what we teach
- ... and parents are children's first teachers!

### Book Review

#### Detoxing Childhood: What Parents Need to Know to Raise Happy, Successful Children

by Sue Palmer ISBN-10: 0752890107; ISBN-13: 978-0752890104 £9.99

When Sue Palmer wrote Toxic Childhood, her ground-breaking book that showed how problems of diet, education, fitness and mental health problems were all inter-related, she created a national debate. Now, in this important successor volume, she provides an essential guide on how to bring up children in a way that avoids the problems of a toxic world. With so many pressures across so many parts of our lives today, this book gives practical, easy-to-follow advice and is the one-stop solution to all our concerns about raising healthy, happy children in the modern world.

### Course Bookings Secretary:

Telephone: 01277 633910 or email: [info@billericayparents.com](mailto:info@billericayparents.com)

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