

National | Autumn 2025

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How our new inspections will tell you more about your child's school

Ofsted exists to keep children safe and help raise standards across education, skills and children's social care. Ultimately, our job is to inspect on behalf of children and give you, the parent, the best possible information to make informed decisions about your child's education.

Our work shines a light where schools are making a significant difference to the quality of education children receive, but we don't shy away from calling out practice that needs to improve. Where an inspection identifies issues that undermine children's safety, or prevent them from accessing a high-quality education, our findings are often the first step for schools to get the support they need and make necessary improvements.

Earlier this autumn, we set out a full suite of changes to the way we will be inspecting and reporting on schools from November. This includes introducing new inspection report cards, which will give parents like you better and more detailed information about your child's school. We're also confident the changes will help us strengthen and maintain positive relationships with the education professionals who work hard, day in, day out, to give your children the best possible education.

We received thousands of responses to our consultation on proposals to improve inspection, including from parents and carers, and we have carefully considered all of this feedback. Our new report cards reflect what parents told us they wanted and will offer both an at-a-glance view of a

school, as well as detailed summaries of its strengths and areas for improvement. And we'll be reporting more on the issues that matter to you most – for instance, we'll tell you what attendance and behaviour are like at your child's school, how well the curriculum and teaching are delivered, and whether children are being kept safe.

Inspectors will now award grades on a 5 point scale across a range of areas that matter to you, so you can gain a clear understanding of the strengths and areas for improvement at your child's school. We've already seen strong support for our new approach, with 7 out of 10 parents polled saying they prefer the new look report cards to the previous system, while 9 out of 10 have parents said they're easy to understand.

We are also launching a new online insights platform- 'Ofsted: explore an area'- that will give parents key information about the education and care services in their local area. Our report cards will focus on what it is like to be a child at a specific school, but this platform, launching in November, will also allow parents to see how a school's performance sits within the context of their local area.

We also want to reassure parents that, where we find standards aren't good enough, schools are taking swift action to improve. That is why any school in need of urgent improvement will receive a monitoring inspection each term after its report card is published. This will allow us to support the school as it makes improvements and offer an opportunity for its progress to be recognised quickly, in turn giving parents confidence that previous issues have been addressed.

Finally, I'm delighted to say that at the core of our new approach to inspection is a focus on the most vulnerable children. Children only

get one childhood, which is why we will always strive to make sure every child has the best possible opportunity to learn and achieve. And we know that if schools are getting it right for the most vulnerable, including disadvantaged children, those with special educational needs and/or disabilities (SEND), and those known (or previously known) to children's social care, then they tend to also be getting it right for all the other children at that school. That's why we're introducing a specific 'inclusion' evaluation area, which means inspectors will look at how schools are identifying and meeting the needs of those children who face barriers to their learning and/or well-being. Inspectors will also look at inclusion across all other evaluation areas, as a golden thread throughout an inspection, because we want to make sure that leaders and staff are ambitious for all their pupils and that every child feels that they belong and can thrive.

We are certain that the changes

we're introducing in November are fair on education professionals, without losing sight of our core purpose to raise standards for children. We'll continue to recognise and celebrate exceptional practice, and we'll make sure action is taken quickly where standards are unacceptable. And, as always, we will keep listening to your feedback so we can continue improving the way we work.



Lee Owston HMI
National Director
for Education



Discover a great read for your child...

Bluey First Ever Piano Book

Composer: Joff Bush

Publisher: Faber Music Ltd

Bluey: First Ever Piano Book starts little ones playing the piano using games, imagination and stories from Bluey's world. Kids and their favourite grown-up can learn together – no musical know-how is needed. Just bring your imagination and have fun at the piano together! With full-colour illustrations throughout plus a page of colourful illustrated stickers.

The composer of Bluey, Joff Bush, introduces the book, saying: 'A very warm welcome to the piano! This book is a shared experience for grown-ups and kiddos – for you both to enjoy the magic together. Before writing the music for Bluey, I was a piano teacher. Seeing students discover the joy of playing was always a highlight. This book contains the ideas I used with beginners, plus plenty of Bluey-themed games! I hope you have lots of fun.'

The Majorly Awkward BFF

Dramas of Lottie Brooks

Author: Katie Kirby

Publisher: Penguin

Random House Children's UK

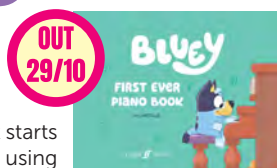
From hilarious number one bestselling author, Katie Kirby, comes a brand-new Lottie Brooks story.

Lottie Brooks is BACK and she's as BRILLIANT as ever!

At long last Lottie and Daniel are an official couple and everything seems to be going brilliantly (except for Amber being increasingly mean and jealous, but what's new there?).

Meanwhile Toby's new year's resolution is to get a dog, and for once Lottie and him see eye to eye. Pot Noodle, the cockapoo, becomes the newest member of the Brooks family. He's VERY cute but also not toilet trained AT ALL.

Lottie soon finds having a new boyfriend and a new dog means she has little time for anyone else, leaving her best friends pretty upset. How is Lottie meant to keep everybody happy and stop Pot Noodle from pooing on the carpet?!



**OUT
29/10**



**OUT
NOW**

Unfairies

Author: Huw Aaron

Publisher: Penguin Random

House Children's UK

Prepare to enter the world of the Unfairies! A hilarious new full-colour graphic novel series from breakout talent Huw Aaron, where the epic adventure of Amulet meets the super silly humour of Bunny VS Monkey and Dog Man... all on the scale of The Borrowers. Some stories will tell you fairies are sweet, kind, magical creatures. Well, those stories are WRONG. It's time everyone knew the truth: fairies are sneaky, violent and about as magical as slugs. Join our RECKLESS, FEARLESS and, well, CLUELESS, hero Pip on a breakneck adventure among the warring unfairy tribes of The Garden. Expect sinister plots, dubious ancient prophecies, thrilling centipede chases, a bit of bug-bum honey... and a hero who doesn't give two hoots about anything.



**OUT
NOW**

Timmy Failure:

The Book You're

Not Supposed to

Have

Author: Stephan Pastis

Publisher: Walker Books Ltd

Timmy Failure returns once more in the fifth book in the New York Times bestselling series. Fans of Wimpy Kid and Tom Gates will love the hilarious fifth instalment from Timmy Failure, aka the world's greatest detective. The only thing you need to know about Timmy's latest memoir is that it was never meant for publication. Timmy's detective log was stolen, and if this book gets out, Timmy will be grounded for life. Or maybe even longer. Because while Timmy was meant to be focusing on school-work, he was continuing his detective work in a garden shed. You don't need the details. Just know this: there's a Merry, a Larry, a missing tooth and a disappearing friend. But don't tell Timmy's mother!



**OUT
NOW**

Exploring the Universe: A Complete Guide to the Cosmos

Author: Isabel Thomas
Illustrated by Sara Gillingham
Publisher: Phaidon Press Ltd
8-14 Years

Science meets design in this graphically stunning comprehensive tour of our universe from the creators of globally bestselling illustrated reference guides for children, Exploring the Elements, Seeing Stars and Full of Life. This is a fun read full of fascinating facts and packaged as a sturdy and stunning gift with gorgeous screen-print-inspired art in bold Pantone colours and a jacket featuring holographic foil.



**OUT
25/11**

The Tomorrow Tree: How Nature Creates New Life from Old

Authors: Maciej Michno and
Danio Miserocchi
Illustrated by
Valentine Gottardi
Publisher: Phaidon Press Ltd
6-9 Years

With the ever-increasing interest in saving forests and sustainability, this book is a highly topical lyrical celebration of the amazing new ecosystem that flourishes after a tree dies. With its lush illustrations and informative text written by a professional naturalist, The Tomorrow Tree is a fantastic and unique introduction for young readers to understanding the natural circle of life.



**OUT
24/9**

The Week Junior Big Book of Even More

Knowledge

Publisher: Bloomsbury
Publishing Plc

In this book you will:

- Discover incredible true stories from around the world, from giant pee protests to AI breakthroughs
- Learn amazing facts about everything from art and science to nature and sport
- Meet hair-raising humans and astonishing animals
- Explore mind-boggling trivia that will amaze your friends
- Test your knowledge with "Real or Rubbish?" challenges

This fun-packed book is stuffed with 500 brand-new facts – everything from the unbelievable to the essential! Using brilliant photos, straightforward explanations and colourful design throughout, this book will boost your brain and help you astonish your friends with your awesome trivia knowledge!



**OUT
25/9**

The Day the Jungle-Net Broke

Author:
Marlene Lammers
Illustrator: Ian Smith
Publisher:
New Frontier
Publishing
Age 3+

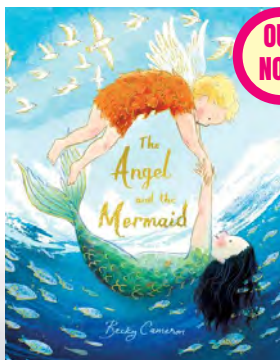
When the jungle-net breaks, Miles the Monkey panics.

Without his i-tree, how will he tree-time his family? How will he order bananas from his Just Peel app? It feels disastrous.

But with all this time on his hands, and no screens around, Miles discovers there's a bit more to a good monkey-life than he realised.



**OUT
25/9**



**OUT
NOW**

The Angel and the Mermaid

Author: Becky Cameron
Publisher: Quarto Publishing PLC

This is a heartwarming tale about two siblings that share an unbreakable bond.

Avery and Mira are as different as the sky and the sea. Avery is gentle like the whispering breeze and Mira is wild like a crashing wave. Despite their differences, they spend every day together on the beach their home.

When a playful treasure hunt leads to an argument, the siblings separate, only to realise how much they need each other. As danger looms on the horizon, will Mira's bravery and Avery's courage bring them back together?

This magical and touching story from author-illustrator Becky Cameron is a celebration of sibling love, understanding and the importance of always coming together, no matter the distance.



New Term, New Phone, New Worries

With the autumn term well underway, children in schools everywhere will be getting back into their routines. For some who have made the transition into secondary school or are in their final year of primary, they might also be getting used to their first mobile phones.

That's a big milestone, and can bring with it some worries for parents and carers, as well as potential dangers for young people themselves.

The NSPCC has lots of advice for families around online safety on its website – www.nspcc.org.uk – but here are a few tips and topics which might be helpful to you.

CYBERBULLYING

Some children are bullied both online and offline at the same time, and with a phone in their pocket, bullying is no longer confined to the playground and can follow a child wherever they go.

Cyberbullying – any bullying that takes place online – could happen through social media, online games, group chats or messaging apps, and it can be incredibly distressing for young people.

It could include threatening messages, sharing embarrassing images or videos, trolling, excluding children from online groups, spreading rumours, or

even encouraging someone to self-harm.

Because it takes place on screens, cyberbullying can be hidden from parents. While this makes it harder to spot, there are signs to watch out for.

A child who is being bullied may become withdrawn, anxious or upset after using their phone. They might suddenly stop using



certain apps, struggle to sleep, avoid school, or become secretive about their online life.

Reassure them that they won't be in trouble and that help is available, and while it might be tempting to take their device away to prevent bullying, this might make them less likely to speak up if anything happens in future.

Instead, try to remain calm and explore their options together. The NSPCC has a host of information on online safety, including tools to block or report abuse, of which most platforms provide. It's important to remain calm and explore options together, and we would always suggest to not respond to bullying messages.

SHARING IMAGES

Something our Childline counsellors hear about often from young people contacting the NSPCC service is concerns about the sharing of intimate or nude images.

There are many reasons why a young person may share an image of themselves from a mobile phone or social app. They might be in a relationship with someone, or they may be doing it

as a dare. It might even be because they may have been groomed or blackmailed into it. Whatever the reason, once an image is sent, the sender loses all control of it. A picture or video can be circulated around the world in moments, and can be used to bully, blackmail or groom the child involved.

This kind of blackmail can harm a young person's mental wellbeing and affect their ability to trust others or seek help, but they are often too scared to tell anyone what is happening.

To help children regain control of their images, Childline worked with the Internet Watch Foundation to develop a tool called Report Remove, which allows young people to report any sexual material of themselves online so the tool can work to have them taken down.

Hundreds of photos and videos have been removed thanks to the tool in recent years. It is totally free and completely confidential and offers young people both practical help to get material removed and emotional support from Childline during an incredibly difficult experience.

ADVICE

As a parent or carer, there is never a bad time to start talking about online safety and explore with them what young people share online.

Talk to your child regularly about their experiences online, as you would ask about their day at school or plans for the weekend. Show curiosity about how they use their phones, laptops or tablets and the kind of apps they use.

By having these conversations, even if you don't think there's a problem, you will help them to realise that they can come to you - or a safe adult they trust, like a relative or teacher - if something is upsetting them.

And of course, the NSPCC's Childline service is available to any child over the phone or online, no matter their worries or concerns.

*Children can contact **Childline** on **0800 1111** or at **www.childline.org.uk**

*For more information **Report Remove**, and how to have conversations with children about online and mobile phone safety, go to **www.nspcc.org.uk**



Internal Relocation - A Helpful Guide

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2025



There are many reasons why a parent may find themselves considering a relocation, whether abroad or within England & Wales. Whatever the circumstances, if you are thinking about relocating with a child, careful consideration must be given before any actionable steps are taken.

Relocating a child from their place of habitual residence can be a very disruptive and stressful process for them if this is not done in a planned and considered way. There can also be a move within England and Wales and this is known as an internal relocation – from one part of the country to another. This means that the courts of England and Wales can still make decisions in respect of your child's welfare. In broad terms, this would be different if, say, you relocated to Spain. In that case, and if the English court grants you permission to relocate,

the child's habitual residence would likely change over time.

If you are the parent seeking to relocate, you must grapple with very important issues to ensure that, on balance, this move is in the child's best interest. It is also for the relocating parent to reassure the parent staying behind, or contact parent, that their relationship with their child will not be impacted following the relocation.

If you are the parent staying behind, you will no doubt be faced with concerns and fears about how your relationship with your child will change following the potential relocation. There are very real concerns you may be thinking about that will need to be addressed in great detail. Whether you oppose the relocation or not, ultimately, you need to ensure that you maintain a child-focused approach.



**For the relocating parent:
When do you need the
permission of the other parent or
the court to relocate?**

The decision for one parent to relocate with a child should always be made in consultation with the other parent who holds parental responsibility. Failing to do so would be in breach of their parental rights and they could seek recourse from the court. If you relocate without their consent or permission from the court, it is likely that a court application for an order to return will be made.

In essence, decisions that need to be made jointly with the other parent are any that involve a significant impact or change in circumstances for the child. For example, a change of school, planned medical or dental treatment (beyond routine check-ups), and a change in the current care arrangements involving the other parent.

Relocation would involve a significant change in circumstances for the child if you were proposing a move beyond your current city or country. You should always seek independent advice to assess the particular circumstances of your case before taking any decisive action.

Ultimately, as the relocating parent, the burden lies with you to

satisfy the court that this relocation is in the child's best interest and that you have taken careful consideration to guarantee the child certainty and stability amidst this change. In order to do this, you will need to prepare a very detailed plan of where and how you intend to relocate.

One of the central questions you will need to address is: how will this relocation impact the relationship between the contact parent and the child? You need to demonstrate to the court that you can effectively promote this relationship, and that this relocation is not with an intention to frustrate the child's relationship with the other parent. Further questions you need address are centred on, for example, interim and long-term housing options, proximity to family (support network) as well as local schools and nurseries. The court will then draw parallels with current arrangements, which will inform the final decision.

In summary, it is the responsibility of the relocating parent to satisfy the court and demonstrate that the motivations for the relocation are genuine and in the child's best interest. If you are unsuccessful in providing these assurances, the court will likely refuse you permission to relocate.

**Orders you can seek
from the court**

If you do not have the other parent's consent to relocate, you will need to apply for a Specific Issue Order (SIO) under section 8 of the Children Act 1989 for permission to relocate.

An application for overseas permanent relocation can be made either under sections 13 or 8 of the Children Act 1989. If there is an existing Child Arrangement Order (CAO), you would be applying for a SIO, and the application should be made under section 13.

**How long does it take for the
court to decide?**

Parents should be aware of the current timescales the courts are working with in order to plan accordingly. Applications to relocate are currently taking anywhere between 8 to 12 months to be determined. This can be the minimum time frame and applications may take longer. Parents should anticipate these delays, especially, if the relocation is time sensitive and they are working towards a specific deadline.

If there are welfare concerns or disputed allegations, the court may direct safeguarding checks from a Family Court Advisor from Cafcass. Cafcass (Children and Family Court Advisory and Support Services) is a public body that represents the interests of children who are subject to family proceedings. In some cases the court will direct for a Section 7 report to be completed. These reports provide a detailed picture of the child's situation and welfare whilst addressing safeguarding concerns and ascertaining the child's wishes and feelings. Professionals will also provide the court with recommendations as to whether they consider it is in their best interest to relocate. The

timetables for these reports are currently up to 24 weeks. If urgent, parties may instruct an independent social worker (ISW) privately who can work within smaller timescales.

Contact parent: what can you do?

If you cannot agree on the relocation, you may benefit from mediation. This is a very helpful step in the process where you can voice your concerns to a third party. Mediation is a process whereby parties are encouraged to try and come to agreements on disputes outside of court. It is essential before stepping into a courtroom to show on any application made that mediation has been attempted. Otherwise, the court may not hear the matter and refer parties to attempt to mediate before returning to court. Mediation may be most suitable in instances where parents generally agree on relocation but are worried around specific and logistical issues they wish to get clarity and certainty on. Mediation is also a more time efficient and cost-effective solution that will keep parties out of court and enables them to arrange the terms of an agreement with the help of the mediator. It can prove helpful in moments where relocation is urgent.

Orders you can seek from the court

Even if you agree to the relocation you may want to vary an existing CAO or apply for a CAO to reflect the change of circumstances. In this application, you can ask the court to make provision for increased time during holidays and weekends, for example.

If you are concerned that the relocating parent may take steps to relocate without your consent, you can make an application to the court for a Prohibited Steps

Order (PSO) under section 8 of the Children Act 1989. If granted, this would prevent the relocation until further order from the court.

How do courts decide on relocation?

The court has clarified that the test for relocation cases is the welfare of the child; this being the court's paramount consideration. The court is guided by the welfare checklist which considers:

- a) the child's wishes and feelings;
- b) their needs;
- c) the likely effect this relocation will have on them;
- d) their age, sex, background and any other relevant characteristics;
- e) risk of harm;
- f) capacity of each parent.

Relocation cases are some of the most complex. The court must take into consideration the impact this relocation will have on the child, weighed against the contrasting views of the parents. It is a careful balancing act that has the child's welfare at the centre, but ultimately, every case turns on its own facts.

When considering the opposing views of the parents, the court must be careful that the voice of the child is not overlooked. The child's wishes and feelings must be ascertained and considered in light of their age and maturity. To this effect, the views of professionals are a very important step in the process as they inform the court and, most importantly, allow for the child's voice to be heard.

CONCLUSION

With relocating, the essential point to reflect on is the child's welfare. Whether you're moving to a different city or half way across the world, the child's best interests must be at the forefront of your mind at all times. Getting swept away into moving to another city

to begin a new life may seem tempting, but there is a lot you need to carefully consider and plan accordingly. It is important to remember that ensuring a stable and safe environment for the child should be the foundation of any decision. If you are able to satisfy the court that you have a well thought out plan in the best interests of the child, the court may be minded to agree with you and grant you permission to relocate.

Please note that this article is provided for general information only. You must obtain professional or specialist advice before taking, or refraining from, any action on the basis of this article.

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Learn some simple first aid techniques in time for Halloween, Diwali and Bonfire Night



As communities prepare to celebrate Halloween, Diwali and Bonfire Night with a bang in the next couple of months, St John Ambulance shares some simple, but lifesaving, first aid advice for those adding a bit of sparkle to their celebrations this year.

Firework filled festivities are often great fun for adults and children, but they can be prone to accidents and injuries.

St John Ambulance's Head of Clinical Delivery, James McNulty-Ackroyd, said: "With hugely popular celebrations like Halloween, Diwali and Bonfire Night just around the corner, why not spend a little time learning some simple but effective first aid techniques to help keep yourself, family and friends safe.

"Our trained St John Ambulance volunteers regularly provide support at community Diwali and Bonfire Night events across the country, but they won't be able to attend private gatherings. Whether you're lighting fireworks, sparklers, candles or bonfires, take care and follow safety guidance. If someone does get hurt, even slightly, knowing how to respond can

make a real difference. And remember—if the injury is serious, always call 999 straight away.

First aid is very easy to learn and you never know when you might need to use it. Here is some important fire-related first aid advice for those looking to stay safe while enjoying the celebrations:

FIREWORK FIRST AID BURNS OR SCALDS

- Move the person away from the heat
- Place the burn or scald under cool or lukewarm running water for 20 minutes minimum
- If the burn is to a child, larger than their hand, on the face, hands or feet, or is a deep burn, call 999
- Remove jewellery and clothing around the area, unless stuck to the burn
- Cover the burn loosely, lengthways with kitchen film wrap to help prevent infection and keep it clean
- Don't burst blisters
- Monitor and treat for shock if necessary
- Tell them to seek medical advice. This is essential for all severe burns and also for minor burns in children, or if on the face, or if you are concerned about someone's condition.

DEBRIS IN THE EYE

If someone's got something in their eye:

- Tell them not to rub it, so they don't make it worse or cause more damage
- Tilt the head so affected side is nearest the ground. Pour clean water over their eye to wash out what's in there and/or to cool the burn
- If this doesn't work, try to lift the debris out with a damp corner of a clean tissue
- If this doesn't work either, don't touch anything that's stuck in their eye – cover it with a clean dressing or non-fluffy material
- Then take or send them straight to the Emergency Department at hospital.

SMOKE INHALATION

If someone's inhaled smoke fumes:

- Move them away from the smoke so they can breathe in some fresh air
- Help them sit down in a comfortable position and loosen any tight clothing around their neck to help them breathe normally
- If they don't recover quickly, call 999 for an ambulance. Keep them calm whilst they are waiting.

For more information or first aid advice, visit www.sja.org.uk



PROMOTING CYBER-SAFETY

– INFORM YOUR CHILD ABOUT ONLINE SAFETY



In a time where our children are adept to a world of technological advances and a large amount of leisure-time is spent in cyberspace, it is hard to keep track of the many threats that are posed online; particularly when the interaction our children have with the online-world is dynamic and ever-changing.

The internet is an entity offering a wealth of knowledge, entertainment and answers to the many obscure questions our children ask. But, children are more than often oblivious to issues which are faced when interacting online, such as viruses, social networking risks, paedophilia and many other concerning internet safety issues.

It is best to start discussing internet safety with your children sooner, rather than later. At a young age, children still may only be using the internet when in the company of an adult; a great opportunity to highlight that just like in reality, the internet can be a not-so-safe place. Teach your children the rule: 'if you wouldn't do it in real life, do not do it online.' For example, would you disclose personal information with a complete stranger in the street and? Even though communication online seems like a fairly distant medium, the online world, still translates to the real world.

Set up parental control features on computers and other technology which uses the internet. This will allow you to set time limits, prevents your child from searching certain words and block potentially damaging websites.

If your child is unsure about something odd which they have come across online, or accidentally goes on an inappropriate website, teach them to make you aware of what has happened and inform them that accidents occur and it's not their fault. Remove the website, or source, from your history folders and add the website address to a parental control filter list – have an active involvement in your child's life online. Keep the computer in which they use in a busy area of the house, where you are able to see what they are doing and what sites they frequently use.

Speak to your child regularly about the danger associated with an active involvement with the internet and remind them of safe online behaviour. Do not accept friendship requests from strangers, never agree to a private chat with people who you don't know and do not post personal details online. Teach your child that once something is written, it cannot be removed permanently. Tell your child not to say anything which wouldn't be discussed with yourself and what they could say online, may end up harming themselves, or others. Anything which is posted online should be believed to be permanent – limit the amount of identifying information in which your child discloses such as age, gender and their full name; using a pseudonym is often a sensible idea. Children are often naive of the dangers posed around them, and are more likely to fall prey to dangerous sources and/or people.

For more information on how to set up parental controls on all devices go to
www.internetmatters.org/parental-controls/smartphones-and-other-devices/



The benefits of outdoor play in the early years...

Now more than ever, we must recognise the importance of outdoor play when it comes to the impact it has on early years development.

Not only does it act as an integral part of a child's learning opportunities, but it can help massively benefit children's mental and physical health and wellbeing.

Mental health issues among children are rapidly on the rise, so it's important for us to find ways to combat this, ensuring that mental wellbeing is at the forefront of children's learning, through early years and beyond.



Spending time outdoors can have a positive impact on both mental and physical health at any age, so it's important that we encourage it from a young age. Encouraging essential physical fitness.

Spending time outdoors daily helps keep children fit and healthy physically. Encouraging children to run, jump, climb and chase develops good physical fitness, as well as helping aid in critical development such as stability, bone density, and muscle development. Staying healthy from a young age can help prevent future problems too. To encourage this, create games and activities to get everyone involved.

PROVIDES A BREAK FROM THE EVERYDAY

Time spent in nature provides children with the opportunity to switch off and give their brains a well-earned break from the demands of everyday life. Allowing children playtime helps them burn off energy and improve their ability to concentrate, helping them to excel in the classroom. The outdoors presents a different and exciting environment where children can have fun, letting imaginations run wild and offer an escape from reality.

HELPS TO REDUCE ANXIETY AND STRESS

Exercise releases chemicals helping us regulate our mental health. Participation in just ten minutes of physical activity can have a significant impact on the psychological and emotional wellbeing of children – boosting self-esteem, lowering anxiety, and reducing stress. The outdoors is the perfect place to encourage and engage children in physical activity. Providing different equipment and making it easily accessible enables physical activity and the benefits it brings whilst improving physical development too.

AIDS IN TOPPING UP VITAMIN D

This important vitamin is crucial for child development, helping to maintain a healthy body and mind, and one of the best natural sources is the sun. Vitamin D helps our bodies to regulate calcium and phosphate, keeping bones, muscles, and teeth healthy. Vitamin D increases the production of serotonin, essential for stabilising our mood and is linked to happiness. Serotonin affects our brains and nervous system, aiding cognitive development, improving memory and concentration.

SUPPORTS EMOTIONAL AND SOCIAL SKILLS

Playing outside offers children a chance to explore and process feelings in a situation that they can control. The increased space lends itself well to group activities providing opportunities to practice empathy and develop an understanding of others. Outside is the perfect place for children to make friends, helping develop their social and emotional skills, by engaging in group activities and problem-solving.

FACILITATES DISCOVERING THE NATURAL ENVIRONMENT

Having an outside area allowing children to connect with nature and explore different types of plants can have a calming effect. Spending time outdoors allows children to explore their natural environment and the world around them. Creating a sensory garden featuring plants known for their calming properties such as lavender or rosemary provides a quiet and safe space for children to time-out, explore the environment around them, and discover sensory information, such as scents and sounds.

Many thanks to Early Years Alliance



Children In Sports

With the new school term well underway and families readjusting to routines after the summer holidays, some young people will be looking to take part in new challenges and activities.

Following England's victory at the Women's EUROs earlier this summer and the Women's Rugby World Cup drawing more attention than ever, plenty of children are likely to feel inspired to try out new sports and join local clubs.

Sports and activity clubs provide lots of benefits for children and young people. They offer opportunities to build friendships and to stay active. However, it's understandable that some parents may have concerns about leaving their children in the care of others at clubs.

RECORDED CONCERNS

Last year, the NSPCC Helpline received 623 contacts from adults across the UK who had concerns about a child's welfare in a sports setting, as well as 135 contacts from sports professionals who were concerned about a child in their group.

The most common concerns were about sexual abuse or exploitation, emotional abuse and physical abuse.

A parent/carer told the NSPCC Helpline: "My 14-year-old daughter has told me about a dance teacher at her school who has been engaging in relationships with other pupils that I believe are inappropriate. Apparently, this teacher communicates with some of the girls over text and meets up with them outside of class."

A rugby coach who trains under-12s told the Helpline: "Tonight, I witnessed a parent push their child twice really hard in the chest. They then shouted at him aggressively, enough to make him cry."

Even before this incident, this boy was silent throughout training which is not like him. He looked

like he had the weight of the world on his shoulders. As a person of trust, I have a duty of care to report this. I hope you can help."

CHILD PROTECTION IN SPORT

The NSPCC founded its Child Protection in Sport Unit (CPSU), to help sports organisations create safe and inclusive environments so that all children can enjoy and thrive in sport and physical activity. Together, they run the year-round "Keeping Your



Child Safe in Sport” campaign to raise awareness of safeguarding children in sports settings and encourage positive behaviour by parents and carers from the sidelines.

As always, the campaign will have a week of action in early October (OCT 6-12), which encourages parents and carers to watch a short online video about the importance of supporting children in sport. New resources also offer helpful questions to ask young people about their experiences, and information for sports clubs across the country to encourage and inspire positive behaviour.

Rachael Barker, Head of the NSPCC’s Child Protection in Sport Unit, said: *“As someone who grew up being part of several sports clubs, I know how valuable they are for building friendships, confidence, and a sense of belonging. However, I also recognise that some parents may have safeguarding concerns.*

That’s why the work of the Child Protection in Sport Unit is so important. They are there to support parents in making informed choices and to ensure sports clubs adhere to safeguarding procedures so that every child can enjoy sport in a safe, positive, and supportive setting.”

To find out more about Keeping Your Child Safe in Sport, go to the cpsu.org.uk/keepingyourchildsafesport, and parents can take part in a free e-learning course at any time at the cpsu.org.uk/parents

Anyone with concerns about a child can contact the **NSPCC Helpline** on **0808 800 5000** or email help@nspcc.org.uk

TIPS FOR PARENTS CHOOSING A NEW CLUB

It’s important to know that a well-run club should welcome your questions about their activities and policies, so the CPSU created a checklist to help guide parents on what they should look for when choosing or renewing membership with a sports club for their child. It’s important for children to understand that they have someone to talk to about anything that they’ve experienced online. If they don’t feel comfortable speaking to a parent or carer, remind them they can talk to a teacher or one of our dedicated volunteer counsellors at Childline.

- **Is there a designated individual to help with concerns?** Every organisation should have a designated welfare officer available for parents, caregivers, staff, volunteers, or children to discuss any worries.
- **Are they affiliated to a recognised national governing body (NGB)?** If so, this is evidence the club or organisation must meet national standards so the sport remains safe, fair and enjoyable for anyone who takes part. If they are not part of a recognised NGB, they may be overseen by the local authority or another overarching national body. Not all clubs are, so it’s important to check.
- **Does the club have a safeguarding policy?** This should include a clear procedure for dealing with concerns, no matter how small, that someone may have acted in a way that is inappropriate or if there is a risk of abuse. There should also be a named and contactable person responsible for the implementation of the policy.
- **What safeguarding training do the staff and volunteers have?** Examples of safeguarding training includes those provided by the CPSU and NSPCC Learning, and other specialised training providers.
- **Have the coaches/officials been recruited through the relevant Safer Recruitment procedures?** Those working with young people should have a clear job description, appropriate references, and a criminal records check, otherwise known as a Disclosure and Barring Service (DBS) check.
- **Is there a complaints procedure and a written code of behaviour?** These should be in place to deal with complaints or concerns, and to establish what is required of staff, volunteers and participants. What guidelines do they have in place for relationships and boundaries? The club should have clear guidelines about appropriate relationships and social activities between staff, volunteers, participating young people, and parents.



FROM SCREEN TO PITCH: HOW TO ENCOURAGE YOUR DAUGHTER ONTO THE FOOTBALL PITCH AND BEYOND



Interest in women's football has nearly tripled since the back-to-back success of the English women's football team in recent years.

England's historic Women's Euro final victory was one of the most watched television moments of 2025 across all TV broadcasters with 12.2 million television viewers, while the Red Roses' rugby triumphs have also drawn significant attention, demonstrating the broad appeal of female athletes. Search engine analysis by Pipers Corner School has revealed a significant 276.6% surge in searches for "women's football class" and 949 keywords, reflecting the Lioness effect on the next generation of budding sportswomen.



Lisa Britnell, Educational Psychologist at Pipers Corner School, and Sam Sothcott, Director of Sport, both agree that these achievements are inspiring girls to participate in sport, build confidence, and develop leadership skills that extend far beyond sport.

Lisa explains, "Role models make all the difference, and it is empowering for girls to see women succeed at the highest levels. Sport develops leadership, confidence and resilience that are skills that last a lifetime. Seeing women achieve at the highest level makes this even more real and inspiring for our students."

Sam Sothcott, Director of Sport at Pipers Corner School, adds, *"The Lionesses' and Red Roses' victories haven't just filled trophy cabinets, they have shifted perceptions, showing young girls that they can take the lead in sport and in life."*

Girls are just as excited about sport as boys. It's about encouraging participation, celebrating effort, and showing them that leadership on the pitch translates to leadership off it."

Together, they highlight practical strategies to help children step away from screens and onto the field, emphasising fun, choice, and positive role models.



EMPHASISE FUN OVER PERFORMANCE

Let the infectiousness of the team spirit spread. Focus on the enjoyment, the teamwork and learning new skills, rather than just winning. Positive experiences, regardless of who is the winner, build confidence and long-term interest.

LEAD BY EXAMPLE

Children often mirror the habits of the adults around them. If they see their parents taking part in sport, watching a match together, or even breaking out a board game on a Sunday afternoon, they are likely to associate being active with having fun and being social.

MAKE IT CHOICE-DRIVEN

Give your children the power of choice. When they have a say and feel heard, they are more likely to stick with that choice and feel motivated.

SET “DEVICE TIME” STRATEGICALLY

Select parts of the day where physical activities take priority and pair with family challenges or friendly competition to create a safe environment to try new things.

CONNECT SPORT TO SOCIAL INTERACTION

Even if your child is reluctant, highlight the social benefits of sport, the prospect of making friends, working in teams and celebrating achievements together reminds children there is a whole community around sport that they can participate in regardless.

CELEBRATE SMALL WINS

Encourage progress, effort and perseverance. Every goal scored or skill developed is a fantastic way to reinforce the idea that being active is fun. Most of all it builds tenacity and leadership skills.

USE ROLE MODELS AND MEDIA SENSITIVELY

Talk positively about athletes your child admires. Seeing women succeed at the highest level inspires them to try it themselves.

MAKE THE ENVIRONMENT WELCOMING

Ensure clubs, classes, and teams are inclusive and supportive. Positive coaching and encouragement can make all the difference in sustaining interest over the long term.



*Many thanks to
Pipers Corner
School*

CHEAPEST BACKPACK ESSENTIALS

But with trends changing faster than you can say 'limited edition', splashing out isn't always smart. Savings Expert, Zoe Morris, has searched far and wide for the cheapest school essentials, along with dupes on trending items.

A school bag that reflects what's on trend, and also earns a few playground compliments, is the goal for 2025. While branded backpacks can cost upwards of £70, you don't need to spend big to get the same aesthetic. This year, think bold colours, sporty shapes, and on-trend motifs and characters. Here are some budget-friendly picks that deliver the 'cool' look for a fraction of the price:

- George at Asda – Pink Zip Pocket Backpack for £8
- Primark – Butterfly Mesh Pocket Backpack for £8
- Sports Direct – Spiderman and Mickey backpack for £8.50
- Primark – Black Utility Sling Backpack for £10
- Sports Direct – Adidas Kids Linear Backpack for £11.99

This year, it's all about the add-ons - think plush charms and mini mascots to dangle from backpacks and pencil cases. Labubus, Crybabies and Jellycats are considered the ultimate playground currency, but you can easily beat the expensive (and hard to get your hands on!) brands with these budget-friendly lookalikes:

- Smiggle – Add-On Mini Letter Keyring (blue or pink) for 50p
- Primark – Scented Lip Gloss Keychain for £3 (£7 cheaper than P. Louise!)
- Amazon – 10-pack Gaming-Themed Bag Accessories for £6.99
- B&M – Aphmau Mystery Meemows Plushie Clip on for £4.99

WATER BOTTLES

Oversized water bottles are a school must-have, ideally in pastel shades and with chunky handles. While some viral bottles like the Stanley can cost upwards of £45, there are plenty of more affordable versions that still tick the aesthetic box. Whether it's for staying hydrated or just fitting in with the cool crowd, here are the best lookalikes that won't drain your wallet.

- Homebase – Single Nitro Stainless Steel Tumbler for £2.99
- Argos – Lilac Travel Cup for £8
- Amazon – Stainless Steel Travel Cup for £9.99
- Ryman – Atlas Cup with Topper for £14.99
- Matalan – Marvel Red Insulated Stainless Steel Rambler for £18

STATIONERY AND PENCIL CASES

We've all done the mesmerising walk through the stationery aisles with a child hypnotised by glitter pencil cases and scented gel pens – only to be quickly brought back to reality by the price tag.

But fear not, playful products, vibrant colours and fashionable designs can all be found in back-to-school essentials without spending big. Check out these affordable options for as little as 75p:

- The Range – Pink Clear Pencil Case for 75p
- The Works – HB Rainbow Pencils Pack of 8 for £1.50
- Wilko – Glitter Gel Pens (pack of 10) for £1.95
- B&M – Scribblez Fluffy A5 Notebook for £4.00
- Accessorize – Unicorn Highlighters (pack of 3) for £5

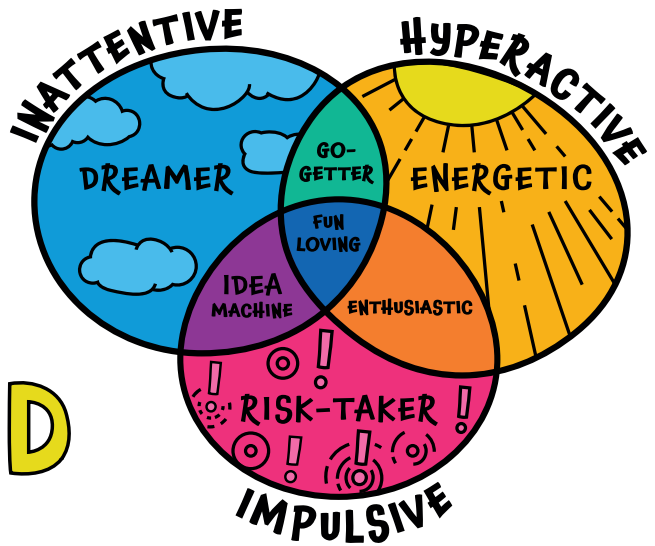
Zoe Morris, Savings Expert
at VoucherCodes, comments:

"Everyone wants their kids to feel confident and included – especially when the latest trend hits the playground like wildfire. But with prices climbing, trends fading quicker than ever, and 'TikTok made me buy it' a real thing, it's okay to pause and shop a little smarter.

"Swapping viral must-haves for lookalike finds can still spark joy - helping kids feel included, while also giving parents a break from the pressure and the price tag."

For more information visit [VoucherCodes.co.uk](https://www.voucherCodes.co.uk)

3 TYPES OF ADHD



Understanding the main symptoms of ADHD is key to getting a professional diagnosis and accessing the right treatment and support.

In this article, we'll explore the three main symptoms of ADHD and what they look like in children. If you're a parent concerned about your child's behaviour this information can help you better understand the condition and take the first step toward getting help.

Understanding ADHD

ADHD is a complex condition that can present itself in various ways. In some cases, people with ADHD might struggle with hyperactivity and impulsivity, while in others, it may manifest as difficulty with attention and organisation. These symptoms can make it challenging for people with ADHD to carry out everyday tasks, such as completing homework, or following through with plans.

While the exact cause of ADHD is still unknown, it is thought to be a combination of genetic and environmental factors. There is also evidence to suggest that certain neurotransmitters, such as dopamine and noradrenaline, may play a role in the development of ADHD.

If left untreated, ADHD can have a significant impact on a person's life. It can affect academic and professional performance, as well as personal relationships. However, with the right diagnosis and

treatment, people with ADHD can learn to manage their symptoms and lead fulfilling lives.

Inattention: What is it and How Does it Affect Individuals with ADHD?

Inattention is a common symptom of ADHD and is characterised by difficulties with sustained attention, distractibility, forgetfulness, and disorganisation. Inattentive type ADHD is the second most commonly diagnosed type of ADHD, but most people with an ADHD diagnosis will experience symptoms of inattention.

People with inattentive ADHD symptoms may struggle to follow through with tasks, forget important details, have trouble organising their thoughts and belongings, and get easily distracted by external stimuli. These symptoms can make it challenging to perform well at work, school, or in social situations.

At school, children with inattentive ADHD may have difficulty sustaining attention in class, following instructions, and completing homework. They might also make careless mistakes, despite not meaning to. This can lead to poor academic performance and low self-esteem.

TREATMENT OPTIONS FOR INATTENTION

Fortunately, there are effective treatment options available for people with inattentive type ADHD. These treatments may include medication, therapy, or a combination of both.

Medication, specifically stimulants, can help to increase focus and attention, allowing people with inattentive type ADHD to perform better at work, school, and in social situations. It's important to note that medication is not a cure, but it can be a helpful tool in managing symptoms.

Therapy such as cognitive behavioural therapy (CBT) can help people with inattentive symptoms learn skills to improve focus and organisation. It can also help to address any underlying emotional issues that may be contributing to or exacerbating certain behaviours.

Hyperactivity: What is it and How Does it Affect Individuals with ADHD?

Hyperactivity is characterised by restlessness, fidgeting, excessive talking, and an inability to sit still for long periods of time.

Children with hyperactive symptoms of ADHD may struggle to focus and concentrate, often interrupt others, and may have difficulty waiting their turn. One of the major symptoms of this type of ADHD is being impulsive and acting without thinking.

In school, hyperactive impulsive symptoms can affect academic performance and make it difficult to follow instructions and participate in classroom activities.

TREATMENT OPTIONS FOR HYPERACTIVITY

There are several treatment options available for people with hyperactive type ADHD. The most commonly prescribed treatment is stimulant medication, which can help improve focus and reduce hyperactivity. However, medication is not always necessary, and other interventions can be effective, such as behavioural therapy or counselling. Behavioural therapy can help people with hyperactivity learn strategies to manage their symptoms, such as organisation and time-management skills. Counselling can also help individuals with ADHD cope with the emotional impact of their diagnosis and develop strategies for dealing with stress and anxiety.

Lifestyle changes can also be beneficial for some people, such as regular exercise and a healthy diet, which can improve focus and reduce hyperactivity.



Impulsivity: What is it and How Does it Affect Individuals with ADHD?

Impulsivity is a common symptom of hyperactive-impulsive type ADHD, but it's a symptom that is prevalent across people with all types of ADHD.

Characteristics of impulsivity in ADHD can present in various ways, such as interrupting others during conversations, blurting out answers before hearing the entire question, making impulsive decisions without considering consequences, and difficulty waiting for turns or delays. These symptoms can have a significant impact on a person's daily life, particularly in social settings, at school or work, and in personal relationships.

In school, impulsivity can lead to disruptive behaviour, difficulty following classroom rules, and poor academic performance.

TREATMENT OPTIONS FOR IMPULSIVITY

Stimulant medication can improve attention and reduce impulsive behaviour; however, medication isn't suitable for everyone with ADHD, and other treatment options, such as therapy, might be more appropriate for some people.

Cognitive behavioural therapy can help people with ADHD develop strategies to manage their impulsivity, such as improving time management, reducing distractions, and learning to think before acting. Family therapy can also be beneficial, particularly for parents and children who may struggle with communication and managing behaviour at home.

Many thanks to The ADHD Centre



MORNINGS - A FULL-TIME JOB FOR BURNT OUT PARENTS

New research exposes the hidden workload parents shoulder during the "crunch time" morning shift

- Four in five parents say mornings feel like a full working day, spending over two hours on household tasks each morning before leaving the house
- Amid the morning rush, UK parents are letting about 17.1 million cups of tea or coffee go cold every week – with 27.9 million bowls of soggy cereal!
- Seven in ten parents have dashed out the house with wet hair, and one in five (21%) even admit to wearing yesterday's outfit to save precious minutes
- Two thirds (66%) of parents say they feel burnt out by the school routine within the first two weeks of term starting, as the top 10 morning hurdles derailing the school run are revealed
- 94% of parents believe having a set routine boosts their wellbeing, while half (48%) value breakfast time as a key moment to reset

• Celebrity parents Cara and Nathan Delahoyde-Massey have partnered with Kellogg's to share their top "crunch time" hacks for smoother mornings

Research from Kellogg's Oaties has found that a growing number of families are navigating the so-called "5-9 before the 9-5". Parents clock up an average of 2.3 hours of household chores and complete more than 20 separate tasks before the paid workday even begins. Almost three in five (58%) set their alarms before 6am just to fit it all in, while 82% of parents admit the last 15 minutes before leaving the house is more stressful than their actual job.

With three in ten (29%) saying they get less than 5 minutes to themselves each morning, 78% of parents even look forward to the notoriously dreaded commute as the only downtime of their day.

Between packing lunches and hunting for missing shoes, it's no surprise that an estimated 17.1 million cups of tea or coffee go cold and 27.9 million bowls of cereal goes soggy each week during the school morning rush.

Seven in ten (69%) admit to dashing out the door with wet hair, while others confess to wearing yesterday's outfit (21%), forgetting to lock the door (22%), or skipping brushing their teeth (10%) amidst the morning rush.

Overload has already set in across the nation, with two thirds of parents (66%) saying they feel burnt out by the school routine within the first two weeks of term, and 87% admit they are already drained before the school run is even over. The top stressors derailing the school run include missing shoes (35%), children refusing to get out of bed (33%) and last-minute toilet trips (33%).

Stressed out parents say they would trade an hour of sleep in the evening (30%), social media access (17%), their gym membership (12%), or even a holiday (11%) for a calmer start to the day.

UK PARENTS' TOP 10 HURDLES DERAILING THE SCHOOL RUN

1. **Missing shoes**
2. **Refusing to get out of bed**
3. **Last-minute toilet trips**
4. **Outfit standoffs**
5. **Forgotten homework**
6. **Breakfast complaints**
7. **Toothbrush tantrums**
8. **Sibling squabbles**
9. **Hair drama**
10. **Lost school bags**

To combat the chaos of weekday mornings, Kellogg's Oaties is on a mission to help parents across the nation conquer their 5-9's and create their own "crunch time" hacks.

It comes as the research also found that 94% of parents say having a set morning routine improves their mental well-being, with almost half (48%) valuing breakfast as the calmest and most important point of connection in the day.



Tips for managing the morning 'crunch time'

To support the campaign, Kellogg's has partnered with celebrity parents Cara and Nathan Delahoyde-Massey, who have shared their personal tips for managing the morning "crunch time". Their top tips include:

1. Plan ahead the night before. Laying out uniforms and packing lunches in advance helps mornings flow more smoothly.
2. Make breakfast your anchor. Even a few minutes together around the breakfast table helps everyone connect, reset and get ready for the day.
3. Turn routines into rewards. Simple charts or fun incentives can turn everyday tasks - like brushing teeth or getting dressed - into mini wins.
4. Build in a buffer. Allowing a few spare minutes for the unexpected keeps mornings running smoothly and spirits high.
5. Cherish the small moments. Pause to appreciate the small moments that make the morning rush worthwhile – a final hug before school, a quick conversation along the way, or the first peaceful sip of coffee once the kids are off.

For further information on the
Kellogg's Oaties range visit
www.kelloggs.co.uk

Kellogg's®

Adult Education: The Impact on Children

The personal benefits of adult education are always talked about and are well-documented. Although the individual student is the one who often reaps the most reward, many find that embarking on an adult education course has secondary implications, often improving relationships with their children.

The increase in confidence an adult education programme provides means that parents are more likely to have a greater understanding and interest in the education of their children, strengthening bonds and relationships. It has been found that parents who study are more likely to be comfortable speaking to members of school staff and usually have active roles and relationships within their child's school.

According to a recent study by The Workers' Educational Association, Mature students feel more comfortable and confident helping their children with tasks such as reading, writing and maths since enrolling on a course. This has a knock-on effect – it has been observed that the children of mature learners work at improved standards of literacy and numeracy and often display an impressive development of pre-literary skills.

It has been found that the children of parents who embark on further study are more likely to value education. Usually, a child's biggest role-model is their parent and a parent's behaviour has a big part to play in the way a child develops; this includes shaping their attitudes. The child's awareness that education is an activity which has a place throughout all stages of life can have real positive effects in terms of outlook and behaviour towards learning.

There are a wide range of reasons which attract parents to enrol on a higher-education course, usually for personal gain. But, by demonstrating to children the opportunity and advantages learning provides, adult education can build the foundations for a healthy attitude towards education in your child.

Healthier Lunchbox Recipes



Whether squeezing it in before the school run in the morning or before bed on busy midweek evenings, preparing your child's lunchbox can seem like just another thing on the list. School meals are a great choice, but if you do make a packed lunch for your child then we've got you covered with our range of quick, easy, healthier lunchbox ideas and tips.



SOFT CHEESE AND SALAD SANDWICH RECIPE

A quick and easy sandwich to provide some dairy in your child's lunchbox. This would work well with an apple and a fruit teacake.

Prep: 10 mins Serves 1

Ingredients

- 2 thick slices of wholemeal bread
- 2 tablespoons medium-fat soft cheese
- 3cm piece of cucumber, finely chopped
- 20g celery (about two-thirds of a stick), finely chopped
- small wedge of lettuce, to give 2 tablespoons when shredded
- pinch of black pepper or paprika, optional

Method

1. Spread both slices of bread with the cheese.

Information: Spreading the cheese on both slices of the bread – and patting the salad dry – helps prevent a soggy sandwich!

2. Pat the salad dry and use to fill the sandwich, sprinkling with pepper or paprika if using.

Information: Try other salad vegetables, or even some pineapple.

Complete your lunchbox with:

- an apple
- fruit teacake
- small bottle of water



SPICY CHICKEN AND SALAD WRAP RECIPE

Wraps are a popular alternative to sandwiches. Complete your child's lunchbox with some homemade popcorn and fresh fruit.

Prep: 10 mins Serves 1

Ingredients

- 1 tablespoon low-fat Greek style yoghurt
- ¼ teaspoon of curry powder, to taste
- large pinch of chilli powder, to taste
- 85g cooked chicken breast, chopped into small pieces
- 1 large wholemeal wrap
- small wedge of lettuce, to give 2 tablespoons when shredded
- 3 slices of cucumber, chopped
- 1 slice of pepper, chopped

Method

1. Mix the yoghurt and spices to taste and add the chicken.

Information: This is a great way to use leftover roast chicken.

2. Spread the chicken mixture on the wrap, then sprinkle on the lettuce, cucumber and pepper.

Information: Try other salad vegetables – grated carrot and chopped celery work well, too.

3. Fold opposite edges of the wrap, to keep the filling in, then roll up and cut in half.

Complete your lunchbox with:

- peach and strawberry slices
- homemade popcorn (flavoured with cinnamon, for example)
- 150ml fruit juice drink (with no added sugar)



THANKS FOR READING

**NEXT EDITION
OUT IN DECEMBER**

Hope you all have a fantastic autumn!