

# Roundabout cont'd

Your family diary of What's On and When



## April

### Easter Activities, Osterley Park and House, Isleworth

12noon – 4pm. Follow the clues on the Easter trail in the Park with a chocolate prize for every child (while stocks last) Children must be accompanied and wear suitable clothing. Normal admission charges apply plus a charge for the trail. For more information call 020 8232 5050.

### Monday 9

#### Let's Plant It', Bentall Centre, Kingston

Hop along to the Bentall Centre this Easter for fantastic crafting activities, entertainment and competitions. Make a Mini Plant Pot complete with dry compost and sunflower seeds to take home with you. For more information, go to [www.thebentallcentre-shopping.com](http://www.thebentallcentre-shopping.com).

#### Mythical Beasts, Museum of London, EC2

(Also Wed 11 and Sat 14 April) 12.30 – 2pm and 2.30 – 4pm. Join in this art workshop and take a closer look at the mythical creatures featured in the Museum galleries. Suitable for ages 5+. [www.museumoflondon.org.uk](http://www.museumoflondon.org.uk).

### Tuesday 10

#### Fluffy Bunnies and Cool Chicks Workshops, Kingston Museum

2 – 3.30pm. Get ready for Easter with your own fluffy Easter bunny or make a cool chick card. Suitable for ages 5+. All children must be accompanied. For more information go to [www.kingston.gov.uk/museum](http://www.kingston.gov.uk/museum).

#### One Hit Wonder Workshop, Streatham

(Also Wed 11 April at Herne Hill) 10am – 2.30pm. Funky Monkey Keyboard Classes are running a fun filled, creative keyboard workshop for children aged 5 – 8 yrs. Learn how to write and play notes, learn famous tunes and take part in quizzes and activities. For more information go to [www.funkymonkey.info](http://www.funkymonkey.info) or call 0800 107 7949.

We take great care to ensure all this information is correct at the time of going to press. However, we would advise parents to phone and check details prior to making a long trip... or promise!

## I saw your event in Primary Times....

Please mention you saw the event listed in Primary Times

### Half Day Techniques Workshop: Photography, Orleans House Gallery, Richmond

10am – 12noon (ages 4 – 7) and 2 – 4pm (ages 7 – 10) Work with Catherine Jones to take a wild range of exciting photos using digital cameras and then learn collage and drawing techniques. Booking is essential on 020 8831 6000 or go to [www.richmond.gov.uk/arts](http://www.richmond.gov.uk/arts).

### Eco Experts Club: Become an Amphibian Expert, Sutton Ecology Centre, Carshalton

10am – 12.30pm. Search the Ecology Centre for frogs and newts and find out all about these slippery species. Charges apply. Suitable for aged 8+. Booking is essential on 020 8770 5822.

### Rabbit Day, Battersea Park Children's Zoo

11am – 12.30pm and 1.30 – 3.30pm. Help the keeper to feed the rabbits, enjoy rabbit badge and mask making and at 11.45am and 3.15pm hear rabbit stories. Charges apply. For details call 020 7924 5826 or go to [www.batterseaparkzoo.co.uk](http://www.batterseaparkzoo.co.uk).

### Wednesday 11

#### Tiny Mammals, Orleans House Gallery, Richmond

10am – 3pm. Children aged 6 – 9 yrs can experiment with drawing mammals and children aged 9 – 14 yrs can create an animation using mixed media. Charges apply. Bring packed lunch. Booking is essential on 020 8831 6000 or go to [www.richmond.gov.uk/arts](http://www.richmond.gov.uk/arts).

#### Polka Pop Stars – Take 2, Polka Theatre, Wimbledon

10am – 12.30pm. Back by popular demand, take part in this fun filled music workshop. Charges apply. Suitable for ages 5 – 7. Charges apply. For details call 020 8543 4888 or go to [www.polkatheatre.com](http://www.polkatheatre.com).

#### Gothic Comics, Strawberry Hill House, Twickenham

2 – 4.20pm. Using Strawberry Hill as inspiration, dress up and take photos to create your own gothic comic where you are the main character. Charges apply. To book go to [www.strawberryhillhouse.org.uk](http://www.strawberryhillhouse.org.uk)

#### Easter Eggstravaganza, Dusty Does Disco, The Winning Post Function Room, Twickenham

2-4pm (doors open at 1.30). Join in the Easter fun and see the Easter Bunny who will be there giving eggs to all the children. Other activities include egg hunts, design your own Easter Egg competition and learn dance routines. Book at <http://dustydoesdisco.co.uk/book-tickets/>.

### Thursday 12

#### Painting the Mind, Orleans House Gallery, Richmond

10am – 3pm. Children aged 6 – 9 yrs make a magical mind map using photographic



# PERFORMING

## WHY MOVEMENT WORKS FOR EARLY LEARNING

“Sit still” was the cry in the past but new studies show that the right kind of movement training can actually help children learn.

It has already been scientifically established that movement helps older people keep their mental agility. The BBC documentary Science of The Young Ones highlighted how dance had the greatest impact, over and above any other movement or brain training, on mental agility. The influence of music combined with movement is being used successfully to manage the symptoms of Parkinson's disease.

If dance can have this kind of effect on the aging population who have established neural pathways, Alison Golding, an experienced choreographer, began to wonder what kind of positive influence it could have on the body-mind relationship in the young who are in the process of developing their brain function.

Primary Times spoke to Ali Golding to find out a bit more. She told us, “Two years ago my professional and family life began miraculously to collide. I

was working on a creative project, designing a fun family dance event for a respected arts venue and at the same time I was studying for a Masters Degree in Dance Science. As a mother with a bright dyslexic child I became fascinated as to

how my daughter could remember complex dance sequences with accuracy and enthusiasm but struggled with the written word. So I set about to design a programme, which I called developmental dance movement to test my theory that early years foundation stage learning could be accelerated through carefully crafted kinaesthetic (whole-body) tasks which simultaneously targeted mental and physical development.”

### The Initial Study

Two groups of primary school reception classes took part in the study across one term. The results (which were independently adjudicated and verified) were statistically highly significant. So what were the benefits? The whole class average improved by 15% on a standardised test (measuring visual-motor integration and mental maturity). Children with specific learning needs including those with English as a second or additional language and autism showed even greater improvement. One teacher commented on a boy who she said previously “could not sit still for more than thirty seconds”. After the programme he was for the first time able to focus on more sedentary tasks. The study has also shown that encouraging the practice of specific movement patterns has a substantial impact on early learning potential and optimises the transition to more formal learning.

### What happens in a session?

The first developmental dance movement programme is aimed specifically for early years learning. Sessions last around

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# ING ARTS

40 mins and are individually designed for the needs of each group. Children are encouraged through carefully directed dance movement games to learn fundamental movement skills that stimulate their vestibular (balance and visual co-ordination) and kinaesthetic and proprioceptive (body-spatial awareness) senses. The classes are designed to develop the specific co-ordination and control which will help the children prepare for school and learning. Sessions are not focused on traditional technical dance achievement but develop skills which will also create the ideal foundation for the physical and rhythmic awareness and control necessary to excel in any physical activity. The main learning purpose takes into careful consideration both the recreational and educational potential dance has to offer in line with practice guidance for the Early Years Foundation Stage (EYFS). In this programme dance movement is used as a tool to optimise processing opportunities and development is steered through physical and play based activity with multi-sensory kinaesthetic learning at its core. Few scientific studies or evaluation reports for pre school programmes exist. When choosing a programme parents and professional educators should be mindful of the developmental purpose of a particular activity.

## MovementWorks with Schools:-

MovementWorks as an organisation has been established to provide and promote quality movement education and experiences with a view to increasing the access and bringing into profile the full benefits of movement education to the community with particular emphasis on the young and their carers. The organisation aims to provide movement education to those who may otherwise be unable to access the benefits of a movement-based learning approach and fosters inclusive participation and learning opportunities for developmental disorders. It exists to provide services to primary schools and nurseries. Other services include CPD seminars and lectures, health and educationally orientated community dance events.



Ali Golding  
MovementWorks is led by Ali Golding. Ali is a highly qualified and award winning choreographer, lecturer and teacher with over 25 years experience.

This combines with several years of scientific study in the areas of dance, movement and education. She holds an MSc in Dance Science, a PG Cert in Special Educational Needs and a BA (Hons) in Dance Theatre. She is trained to evaluate and teach Neurophysical Psychology within an educational setting and remains involved in practice based research as a professional associate of the charity MEfA (Montessori Education for Autism). For further information please e mail Ali Golding at [info@movementworks.org](mailto:info@movementworks.org)  
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## STAGECOACH SUTTON SUCCESSES

Stagecoach Sutton provides a fantastic balance by offering training in a caring, nurturing way for students who come for fun and confidence building. They also offer full support and guidance to those who are seeking a career in the performing arts.

Students at Stagecoach Sutton have been very busy performing in many West End shows, pantomime and filming projects. Their credits so far include: The Wizard of Oz (Munchkins) on 3 occasions, The Sound of Music (Kurt), Les Miserables (Cosette and Gavroche) on 4 occasions, Sound of Music (Gretl, Marta and Brigitta), Gone with the Wind (Bonnie), Daddy Cool, Chitty Chitty Bang Bang, 3 students in Carousel, The King and I (Princess) Lion King Cub School (Young Simba), Cat On a Hot Tin Roof, CBBC's Dick & Dom (Lily Button), A Christmas Princess alongside Sir Roger Moore (Maddy Huntington) Guildford Panto, Wimbledon Panto, Sutton Panto, 'The Bill' on ITV, Seconds From Disaster, Kellogg's cornflakes advert and many, many more.



The skills learnt by Stagecoach students don't disappear when the curtain falls – they are skills for life. To find out more, visit [www.stagecoach.co.uk/sutton](http://www.stagecoach.co.uk/sutton).

### The First and Still the Best Theatre School in Sutton

**Enrol now to be a part of Stagecoach Sutton's Summer Workshop or for a place at one of our fantastic schools!**

- Full scale shows, demonstrations and cabarets
- Trinity drama examinations
- West End galas
- West End agency and auditions
- Fun, confidence building classes
- Nurturing and caring environment
- Professional CRB passed tutors
- Main school for 6 – 18 year olds
- Early stages classes for 4 – 6 year olds
- 26 students so far played West End leads
- Class sizes capped at 17 max.

Stagecoach Sutton now has six fantastically successful schools running at Overton Grange and Carshalton High School for Girls.

Don't miss out on a chance to join the best theatre school in Sutton!

**0208 660 7753**

or email [sutton@stagecoach.co.uk](mailto:sutton@stagecoach.co.uk)



[www.stagecoach.co.uk/sutton](http://www.stagecoach.co.uk/sutton)