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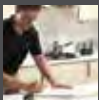
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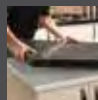


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Wishing you a great month ahead.  
Until next month,



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## contents

<b>6</b>	Local events	<b>48</b>	Recipe
<b>30</b>	Cinema and theatre	<b>49</b>	Useful telephone numbers
	guide	<b>50</b>	Index
<b>47</b>	Puzzles		

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# community events

## Teddy Bears Picnic

**Tuesday 28th - Thursday**

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Gastropub Tap & Tandoor is holding its very own Beer Festival! They'll be showcasing craft beers from some of UK's most innovative brewers. Call 0121 711 1166 for more info.



## Solihull 5k Race for Life

**Saturday 16th June**

**Malvern Park**

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## Merrie England

**Saturday 1st June 7.30pm**

**Knowle Village Hall**

The Strolling Players are presenting a performance of Edward German's operetta 'Merrie England' which tells the story of the love affair between Bessie Throckmorton and Sir Walter Raleigh - of which Good Queen Bess heartily disapproves. The show features some lovely and well-known songs. Tickets £8 from 01564 772071.

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it, wheel it! For more info please call 0121 704 1557 or email [SolihullShop@cancer.org.uk](mailto:SolihullShop@cancer.org.uk)

## Solihull Summer Fest

**27th - 28th July**

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This 2-day festival in the heart of Solihull returns for the 4th year running and features a diverse mix of music genres. Each day runs from 12 midday until 10.30pm with live music, street food vendors, bars, entertainment and an exclusive VIP area.



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- **Jellybeans** - held monthly on a Thursday morning for story-time and rhymes for the under 5's 10.45am -11.30am
- **Monday Story Times** - Weekly story time and rhymes for toddlers and pre-school children 10.30am-11.00am
- **Under - fives Rhyme Times** at 2pm every Friday
- **Knowle Knit and Natter Group** - held monthly on a Tuesday 10.30am -11.30am
- **The Reading Café** - Monthly on a Friday morning 10.30am -11.30am
- **Self-Running Family History Group** - Monthly on a Tuesday 2.15pm -4.00pm
- **Reader's Circles** - Knowle Readers Circle meets monthly on a Friday 2.15pm
- **Knowle Library Self Running Readers Circle** monthly meeting Tuesday 11.00am -12pm
- **Poetry Group** - Monthly on a Tuesday 11.00am -12.00pm
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# Keep Calm & Cope

**A**s exam season is upon us, this week I am sharing my 7 stress reducing solutions for your scholars! Be it SATs or A levels, these simple and FREE tips will be sure to help. And for all the parents out there...these may be useful for you too!

## 1 - Eat 2-3 kiwis per day.

This dense fruit is full of nutrients to help keep germs away and stay in good shape for exam days and revision. Compared to an orange, the Kiwi has almost double the amount of vitamin C! Also a great source of iron and vitamin B9 which is perfect to fight against exhaustion.

## 2 - Get a pet!

Stroking an animal reduces stress. Fact. When we pet an animal we release the stress reducing hormone oxytocin and there is a decrease in the stress hormone cortisol. If you don't have a pet...borrow one! Our dog Jessie is a favourite with my pupils and loves fuss so feel free to arrange an appointment with her!

## 3 - Breathe in a box!

Box breathing -also known as square breathing is a technique used to lower heart beat, improve performance and concentration and also reduce stress...what's not to love? Simply breathe in for 4 seconds, hold for 4 seconds, breathe out for 4 seconds and hold for 4 seconds and repeat.

## 4 - Don't be a night owl.

Nocturnal students suffer during exam time. Stick to your school timetable during revision period so that your sleep pattern is

not disturbed and that you are wide awake and alert when you turn those papers over.

## 5 - Count to 5

In times of heightened stress, use a simple mindfulness technique to reduce stress. Bringing yourself into the present stops us panicking about the future or ruminating about the past. Notice the now by finding 5 things you can see, 4 things you can hear, 3 things touching you, 2 things you can smell and 1 thing you can taste.

## 6 - Water it down

Studies have shown that dehydration leads to higher cortisol levels (the stress hormone). Stay hydrated to be better equipped for this challenging period and to be able to think more clearly.

## 7 - Stop the stories

Thoughts are not facts. If you find yourself feeling low because of a thought ask yourself is it true? Really? 100%? If the thought is not 100% true and makes you feel lousy then flip it around and look for reasons that the alternative positive thought could be as true or truer than your negative one. A balanced belief is better than a self-limiting one.



**Rebecca Mander**  
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By Tom Hancock

**Do you have lots of household DIY tasks mounting up?** Are you starting to feel a little overwhelmed?

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**Remember cheapest isn't necessarily the best.** Check an online price guide. There is lots of guidance available, but you should definitely bear in mind the total hours required. The handyman should be insured and have his own tools. Check all insurance documents carefully. Get a quote in writing to make sure you know exactly what you're getting.

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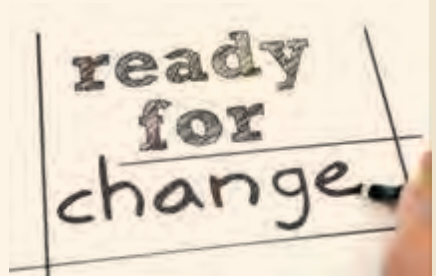
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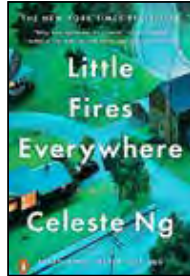
# a good read

reviews By Willow Coby

## Little Fires Everywhere

by Celeste Ng

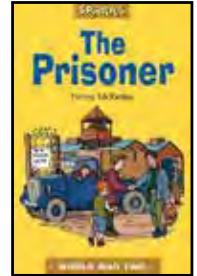
A perfect family, living in a perfect house, in a perfect little American town called Shaker Heights. The Richardsons, led by matriarch Elena are pillars of their community. A community where everything is carefully planned, from the road layout to the colour of the houses, and everyone knows their role in life. Elena has one simple guiding principle: you play by the rules. As this intriguing novel begins there is a fire at the Richardson's house. The three older children, all in high school, are discussing the cause. Their conclusion is unanimous; their younger sister Izzy is responsible. We then flashback to a year before and we are introduced to Mia Warren and her teenage daughter Pearl. Mia is a photographer from San Francisco; she and Pearl live an almost nomadic lifestyle. But when they rent a home from the Richardsons their plan is to settle down. But plans can change. As the stories unfold these two families are drawn together by the teenagers, and tensions arise when friends of the Richardsons try to adopt a Chinese-American baby. Elena and Mia find themselves on opposite sides of a divided community in a conflict that will have far-reaching effects for both families. This is an engrossing novel which will have you questioning the secrets you hold in your own lives, wondering if there are indeed times when it would be so much better if we just burn everything down and start again.



## The Prisoner

by Penny McKinlay

Nearly two decades into the 21st century the days of the Second World War seem as remote as ancient history. For the younger generation today, with their phones, TV on demand, and Netflix, even the experiences of their own parents as children seem distant from today. This is why books like *The Prisoner* are so welcome. One of a series of 'Historical Adventures' this exciting story gives an insight into what life was really like during World War Two. Ten-year-old Bob and his friend Jack have had enough of the war. It has been going on for five years. Five years of rationing (Bob doesn't know how much more cabbage he can face) and more importantly five years of no sweets. His Dad has been gone for a long time – a prisoner of war on the continent. Blackout blinds and 'digging for victory' are such a part of life that Bob cannot remember a time without them. But one day Bob and Jack meet an Italian prisoner of war working in a nearby field. Naturally Bob is scared – this is the enemy. But as he gets to know him his feelings change. Bob starts to feel sorry for him and wants him to stay with them rather than in the prison camp. But ultimately the prisoner is an enemy. Can he really be trusted, or does he have another reason for seeming so nice? Designed to complement the Key Stage 2 History curriculum, this short novel combines facts and suspense in a story to keep every young reader on the edge of their seats. Sometimes lost among more modern 21st century books, perhaps now is the time to introduce this loveable young heroine to your children?



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## Sustainable Travel

David Attenborough has once again pointed out how important it is for us to be aware of the impact we have on the environment in his latest documentary, *Our Planet*. This doesn't mean we shouldn't travel, we just need to be mindful that the parts of the world that are still untouched are at risk of being destroyed if we don't start changing the way we travel. So, here are a few simple steps to becoming a more sustainable traveller.

### Use the most sustainable transport

Sometimes flying's unavoidable but you can still make a small improvement to the environment by opting for the fastest route (as direct flights rather than will reduce your carbon footprint) and by choosing economy which is more efficient as it allows for more passengers. Once at your destination opt to walk or cycle around – it's better for the environment and also lets you take in more of the local area.

### Pack light

A plane's carbon emissions are greater the more weight it's carrying, so packing light saves on fuel, and also makes it easier to get around on



foot/by bicycle too. If you're going away for a while, take a few essentials and buy anything else you need from local stores, which will also support the local community. To reduce your carbon footprint pack a reusable water bottle and an e-reader.

### Choose ethical wildlife tours

Tours that allow you to spot wildlife in their natural habitat without disturbing them are far more rewarding. Be sure not to step on coral in the ocean and use a 'Reef Safe' sun cream to avoid polluting the ocean.

### Eat, drink and discover local

Live like a local to support the local community – try local cafes and restaurants for a whole new world of delicious cuisine and inspiration. Just always remember to drink bottled water and avoid salad and ice cubes.

### Stay in accommodation dedicated to sustainable living

Large resorts are the biggest culprits when it comes to carbon emissions so ask your Personal Travel Expert to find the most energy efficient accommodation available. Smaller places run by locals will mean less energy consumption and more support for the local economy. Eco-friendly hotels and holidays are a big trend in 2019.

By just doing a few things differently on a regular basis we can help keep travelling sustainable for generations to come.

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**As an over-fifty myself** (quite a lot over if I'm honest) I overcame my own gym-phobia and have been reaping the rewards since.

**Motivation This is the key.** You need a specific goal. I wanted to achieve a healthier lifestyle with improved cardiovascular fitness.

**Time** Look in your diary and you will find a spare hour at least once, or better still, two or three times a week.

**Cost** Can be as expensive or affordable as you want. A ladies-only gym with a personal trainer can be expensive, but a mixed, off-peak gym membership brings the cost down and you can still get advice from an on-site trainer.

**Clothing Clothes must be comfortable**, including your undergarments! It's not a fashion parade and chafed tender bits will put you off exercise forever!

If you're feeling hesitant repeat to yourself, **"I can do this; I want a healthier and fitter me; I have the time to do this"**. Say it often enough and you will start to believe it. Mix with



positive people who will encourage you and improve your self-esteem.

Metabolism slows down as you get older and this can lead to weight gain, but exercise helps keep weight down by building lean muscle. You also improve your immune system and cardiovascular system; reduce bad cholesterol and boost brain-power.

**Good instructors are enthusiastic** and well-trained and will arrange a set of exercises to suit to you. Before you know it, you'll have a good routine and it will only take a few sessions before you improve and begin to compete with yourself. You'll notice the benefits of improved posture; glowing skin; improved breathing, zest and vitality almost immediately.

**By Sharon Clement**

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# National Vegetarian Week

By Sarah Davey

May 13<sup>th</sup> – 19<sup>th</sup>

This month plays host to **National Vegetarian Week**.

**M**ore of us are turning to vegetarianism thanks to an abundance of scientific research that demonstrates both the health and environmental benefits of a plant-based diet. An estimated 70 percent of all diseases, including one-third of all cancers, are related to diet. A vegetarian diet reduces the risk of chronic degenerative diseases such as obesity, coronary artery disease, high blood pressure, diabetes and certain types of cancer.

**A vegetarian diet tends to increase bone strength.** When there isn't enough calcium in the bloodstream, our bodies leach it from existing bone which results in our skeletons gradually losing strength. You can take supplements but it's better to get calcium from your diet as this will supply other nutrients necessary for the body to absorb calcium.

Even if you avoid dairy, calcium-rich foods include beans, tofu, dark green vegetables and plant-based milks like soy, oat, rice or almond.

**Vegetarians tend to have more energy.** Whole grains, legumes, fruits and vegetables are high in complex carbohydrates, so they supply the body with plenty of energizing fuel.

**Vegetarians also suffer less with constipation, haemorrhoids and diverticulitis!** Eating a lot of vegetables means consuming more fibre, which absorbs water and bulks

up, helping your stools stay soft, so waste can be easily pushed out of the body.

**A vegetarian diet is more environmentally friendly.** Much of the grain we grow is fed to animals raised for slaughter. As a rough guide it takes 2,500 gallons of water, 12lbs of grain, nearly 35lbs of topsoil and the energy equivalent of 1 gallon of petrol, to produce one pound of beef! A vegetarian diet can sustain many more people, so is a more efficient use of resources.

Finally, a **vegetarian diet is cheaper** and can cut individual food bills by an average of £500 per year.

If you are thinking about becoming vegetarian, or even just incorporating more vegetarian meals into your normal diet, there is lots of information and some great recipes on the website [www.nationalvegetarianweek.org](http://www.nationalvegetarianweek.org)





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a taster of what's coming up...

CINEMA

The Secret Life of Pets 2 from 24th May

This film will follow summer 2016's blockbuster about the lives our pets lead after we leave for work or school each day.



Rocketman from 24th May

Based on a true fantasy, this is an epic musical fantasy about the incredible human story of Elton John's breakthrough years. The film follows the fantastical journey of transformation from shy piano prodigy Reginald Dwight into international superstar Elton John.



Godzilla: King of Monsters from 29th May

This follows the heroic efforts of the crypto-zoological agency Monarch as its members face a battery of god-sized monsters, including the mighty Godzilla. When these ancient super-species rise again, they all vie for supremacy, leaving humanity's existence hanging in the balance.



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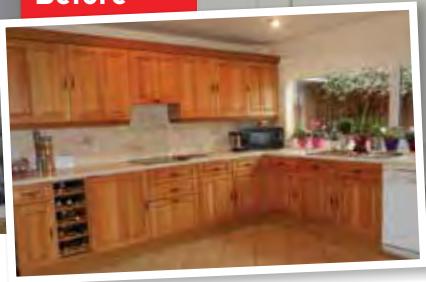
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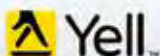
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# Exam Stress

By Louise Addison

## How to come out on top

It used to be thought that being a child meant living through the happiest days of your life. How times change.

Now, with league tables, SATS, and GCSEs, many children are falling victim to stress.

So, if you (or your children, if you're a parent reading this) are feeling pressured, with no-where to turn, we have some great tips to help you get through exam season relatively unscathed.

## First a few words about stress.

Stress is caused by the way our body responds to outside events, not necessarily by the events themselves.

**Some stress is good:** adaptive stress releases adrenaline and helps us to rise to a challenge. It's a temporary state and the body returns to normal very quickly. Problem stress occurs when the body stays in a heightened state for a prolonged period of time. It's this type of stress which is causing problems for today's children. Unlike when we were young and exams were end-of-term or even end-of year events, today's child has seemingly relentless pressure to perform all year round with the result that they get very little down-time in which their body can recover from all that adrenaline.

**Not everyone suffers in the same way from stress.** Some children seem to cope with it well. Research has shown that these children are generally more positive, have a good sense of humour and have parents who themselves deal well with potentially stressful situations.

Finally, it's useful to understand that while exams are important, they are not worth making yourself ill over. **You can always sit them again.**

## Exam Busting Tips!

**Get plenty of rest** - sleep is important

**Take regular breaks** - you'll stay fresher

**Leave time for some fun** - when you've reached your revision goal reward yourself with an activity you enjoy

**Be realistic** - Don't overdo it

**Eat properly** - avoid caffeinated drinks like coffee or coke.

**Exercise** - It's a great stress buster and improves your mood

**Be nice to yourself** - Don't beat yourself up about the things you haven't done, be positive about all you've achieved

**Relax** - When it all gets too much just chill for a while. You'll feel much better.



## Useful Web Addresses

[www.studentminds.org.uk/examstress.html](http://www.studentminds.org.uk/examstress.html)

<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/>

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## and Collaborative Law

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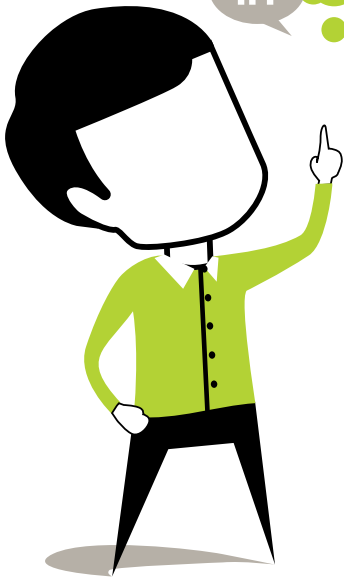
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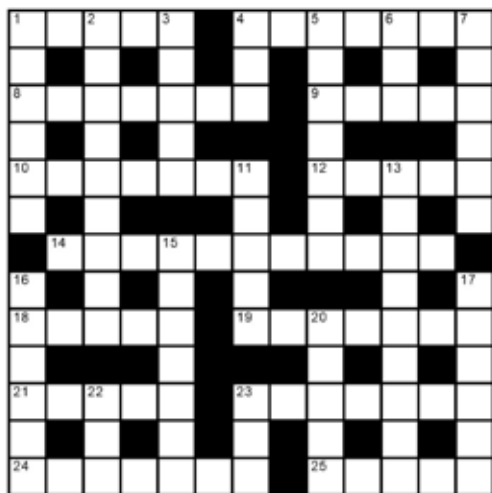


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# crossword

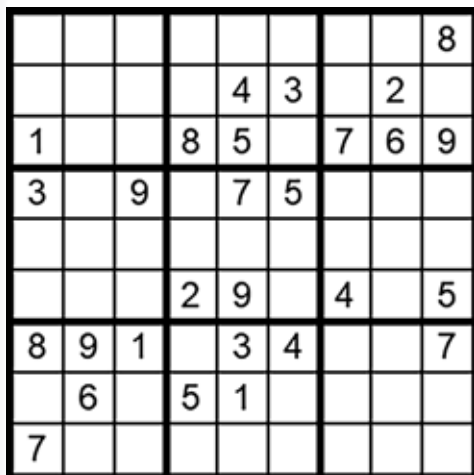


## clues

- 1 Noise a frog makes (5)
- 4 Devoted, obedient (7)
- 8 Left on a plate (food) (7)
- 9 More timid (5)
- 10 Trust, have faith in (7)
- 12 Momentary slip (5)
- 14 Beset, over-burdened (4-7)
- 18 Artist's stand (5)
- 19 \_\_\_\_\_ Crowe, actor (7)
- 21 Android, cyborg (5)
- 23 Vacation (7)
- 24 Defamation, smear (7)
- 25 Amendment, clause (5)

## Down

- 1 Plump, porky (6)
- 2 Inundates, floods (9)
- 3 \_\_\_\_\_ Hopkins, right-wing columnist (5)
- 4 Burrow, hideaway (3)
- 5 Brawls, skirmishes (7)
- 6 Take wing (3)
- 7 Pantry, food cupboard (6)
- 11 Mistake (5)
- 13 Imagined, made-up (9)
- 15 Watered down (7)
- 16 Detritus, rubble (6)
- 17 Actor, performer (6)
- 20 Pertaining to the sun (5)
- 22 Feathery scarf (3)
- 23 Female pronoun (3)



## how to play sudoku

### It's simple!

Fill in the grid so that each row, column and 3x3 box, contains the numbers 1 through to 9 with no repetition. You don't need to be a genius. These puzzles use logic alone. Watch out! Sudoku is highly addictive.

answers on page 50

# Bank Holiday Bonanza

By Sarah Davey

It's that time of year when there seems to be a bank holiday bonanza. We've just had Easter Monday, and now we have two bank holidays in May. So here is **my Brits guide to Bank Holidays...**

We ask everyone else what they're doing, kind of like Christmas! As a nation we get excited about the prospect of a longer than usual weekend.

We make vague plans about weekends away but we always leave it too late, or won't agree on a destination, or discover every hotel has suddenly doubled its prices, **so we never actually go.**

**At least one friend will remind you** that they are a nurse / barperson / taxi driver (delete as applicable) and **they will be working while you are relaxing.** Sympathise with them as without them the country would grind to a halt.

Every teacher friend you possess will make a huge deal about them not actually having a holiday weekend, because they will be marking...again! Teachers do this every holiday though, because they suspect we secretly think they are all part-timers.

**We buy paint in anticipation of giving a room a facelift.** Bank Holidays were absolutely designed for repainting the sitting room!

We buy bedding plants, compost and 'garden features', because Bank Holidays were absolutely designed for prettying our little plot of land.

**We tentatively suggest a barbecue** to family and friends because as well as being obsessed by weather we are also eternal optimists. And if it rains, we still barbecue because that's what you do on a Bank Holiday in May, and well...it gives the guests something to talk about.

**We plan a film night.** When we finally face the reality that there isn't going to be a heatwave, we hit Netflix or Sky Movies and dial a pizza - because Bank Holidays and carbs were made for each other.

**Finally, we have the Sunday blues on a Monday night!**





# useful numbers

## Health

NHS non-emergency	111
Dorridge Surgery	01564 776262
Knowle Surgery	0121 796 2777
Solihull Hospital	0121 424 2000
Spire Parkway Hospital	0845 850 1451

## Council

Solihull Council	0121 704 6000
------------------	---------------

## Utilities

Electricity power cut	0800 6783 105
Gas leak	0800 111 9999
Severn Trent Water	024 7771 5000
Severn Trent Water (emergencies)	0800 783 4444

## Travel

National Rail Enquiries	03457 48 49 50
Network West Midlands (buses)	0345 303 6760

## LOCAL COUNCILLORS

### DORRIDGE & HOCKLEY HEATH

#### Ian Courts

Tel: 01676 535490  
 icourts@solihull.gov.uk

#### Andrew Mackiewicz

Tel: 01564 230294  
 amackiewicz@solihull.gov.uk

#### Ken Meeson

Tel: 01564 777772  
 kmeeson@solihull.gov.uk

### KNOWLE

#### Diana Holl-Allen MBE

Tel: 01675 443112  
 dhallen@solihull.gov.uk

#### Jeff Potts

Tel: 01564 774804  
 jpotts@solihull.gov.uk

#### Alan Rebeiro

Tel: 01564 200047  
 arebeiro@solihull.gov.uk

## local police contact for knowle & dorridge

Sergeant Mike Lloyd

Telephone: 101 ext 892 6037

Email: rural@west-midlands.pnn.police.uk



## Accountants

34 Athos Business Solutions 0333 400 7876

## Bathrooms

27 Cullen Plumbing & Tiling 07896 862 916  
29 EH Smith 0121 713 7200

## Car Services

14 Crossroads Service Station 01564 703 225  
20 Easelease 0121 693 0573  
35 AP Alloys 07972 852758  
36 Johnsons Cars 01564 454 51

## Care and Childcare Services

19 Lady Katherine Housing 01564 772 850  
51 The Courtyard Nursery School 07512 1071 16

## Carpets

22 Don Mander 01564 700 200

## Cleaning Services

40 Wainright's Carpet Cleaning 07748 801658  
40 Sparkly Oven 07758 727556  
41 Dorridge & Knowle Domestic Cleaning Services 07809 567 264

## Computer Services

52 PC Medic 0121 705 1999

## Doors and windows

9 Garolla garage doors 0121 369 0774

## Drives

17 Dimension Landscape & Driveways 0121 733 1463  
32 Central Drives Landscapes 0121 702 1456

## Electricians

11 AC Electrical 07960 266 271

## Estate Agents

7 DM & Co 01564 777 314

## Events

12 The Henley 01564 793 715

13 Summer Fest

www.solihullsummerfest.co.uk

## Fascias & Gutters

25 Frontline Property Repairs 07387 678 768  
44 Praline 0800 956 1315

## Fireplaces

16 Woodglow 0121 707 2306

## Garden Services

9 Packwood Tree Surgery 07850 043 159  
17 Dimension Landscape & Driveways 0121 733 1463  
32 Central Drives Landscapes 0121 702 1456  
43 Oakland Group 01564 758 608  
44 Midlands Grounds Machinery 01564 773 614  
45 Earlwood Garden Centre 01564 702 314  
46 Colourfence 0121 439 8924

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18 Matthew Chinn Podiatry 07561 571 742  
25 Central England Pilates 07762 311 074

## Heating

11 Stephen Smith Plumbing & Heating 01564 200119

## Kitchens

2 Granite Transformations 01926 675230  
5 No. thirtyone 01564 770587  
29 EH Smith 0121 713 7200  
31 Dream Doors 0121 314 0956

## Marquee Hire

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27 Cullen Plumbing & Tiling 07896 862916

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23 C Stevens Roofing 0121 733 1276  
25 Frontline Property Repairs 07387 678 768

## Solicitors

38-39 Wallace Robinson Morgan Solicitors 0121 705 7571

## Tiling

27 Cullen Plumbing & Tiling 07896 862916

## Travel Agent

25 Not Just Travel 07565 534 524

2	5	7	1	6	9	3	4	8
9	8	6	7	4	3	5	2	1
1	4	3	8	5	2	7	6	9
3	2	9	4	7	5	1	8	6
5	1	4	3	8	6	9	7	2
6	7	8	2	9	1	4	3	5
8	9	1	6	3	4	2	5	7
4	6	2	5	1	7	8	9	3
7	3	5	9	2	8	6	1	4

## Sudoku Solution

from page 47

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

## Crossword Solution

from page 47

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Website: [www.thecourtyardnurseryschool.co.uk](http://www.thecourtyardnurseryschool.co.uk)

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