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# Have a Splendid September...

## Welcome to the September issue of The Knowle & Dorridge Directory.

September's the perfect time to start updating your home, after the kids have gone back to school and before the Christmas rush starts. All of the businesses and tradespeople who advertise in this magazine work locally and would love your support.

As usual, there's lots going on in the area – from the 8th Solihull Food & Drink Festival to opera evenings at Carluccio's to an evening with Frank Bruno.

However you choose spend your time, I hope you have a great month.

Zoe

**Zoe Reece**

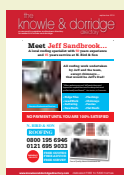
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# community events

## Opera Evening at Carluccio's

**18th September, 23rd October, 20th November**  
**High Street, Solihull**

The evening starts at 6.30 with prosecco and canapes, followed by a 3 course meal of authentic Italian fare whilst opera singers create the perfect ambience to enjoy your meal. £40 per person. To book, please call 0121 704 5215.



## Cuppa & Chat at Boston Tea Party

**Thursday 20th Sept, 2-3pm**  
**Boston Tea Party, Herbert Rad, Solihull**

Free Event! Get more out of life with The Oddfellows. Come and join us, meet new people and make new friends! Open to members and non-members. Includes a FREE cuppa. The Oddfellows is a friendly society with Branches across the UK. Through friendship and social events, we help our members get more enjoyment out of life and offer care, advice and support in times of need.

## Solihull Food & Drink Festival

**28th – 30th September**

This year's food festival will be the biggest and best one yet, featuring a demo kitchen, over 60 continental food stalls and bars, children's entertainment, the Big Ale Trail, live music in the evenings... and all for free! Visit [www.solihullbid.co.uk](http://www.solihullbid.co.uk) for more details.



## Wildfest @ Parkridge

**Sunday 30th September,**  
**10am – 3pm, Parkridge Centre,**  
**Brueton Park, Solihull**

Discover the nature reserve in Brueton Park, Solihull during our day of wild activities before hibernating for winter.

## An Evening with Frank Bruno

**18th October**  
**St Johns Hotel, Warwick Road, Solihull**

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- **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
- **Scrabble Club** - Adult Scrabble Club Fortnightly – Thursday 2.00pm

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# Winter Wonderland!

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# what's going on at GuruYou?

## Back to Cool for Mums!

**It's September already! Wow! Where did the Summer go?... great weather, exams seemed on the whole to go well and we have all now taken out shares in Smiggle it seems in preparation for the new term.**

**A**s a working Mum I have to say I love spending time with my children during Summer but I am EXHAUSTED!! Most of the year is spent looking forward to a break, only to find I am doing more miles than Forrest Gump and getting way behind work wise whilst struggling to be "Fun Mum!"

"Fun Mum" does not ask her kids to do jobs, she doesn't like me set her 15 year old homework to get them focused for September and she certainly does NOT make the children get up before lunch time!...I am clearly by definition then, not Fun Mum!

But surely Fun Mum and I are both knackered on September the 2nd? Whether you have been arranging garden camping and bake days or fitting Skype calls in between social ones, **we are not so different.**

And so as we all head back to school, why don't us parents head back to cool?

Take a "Mumcation"...I think I made this up but I like it!!! How indulgent in term time when the children don't need you!! I had one on the children's first day back, and it was wonderful! Potter, read, shop, do coffee...anything but chores! **Get some time for YOU! Your family will thank you for it!!**

Reflect on your goals for the Autumn. How can you embrace the longer nights rather than dread them? What can you do in Autumn and Winter that you can't in Spring and Summer? Daily Greatness Journals are brilliant for this and help you stick to your goals. ([www.dailygreatnessjournals.com](http://www.dailygreatnessjournals.com))

What can you do to make your kid's lives (and therefore yours) easier? Get together to make a family list of things that you can all do to help take the pressure off a bit- **I can guarantee mine will say "Nag less!"**

Mindfulness and meditation are a wonderful way to help you manage the big stuff! Contact us and we can point you in the right direction!

And finally, you may want to look at your business afresh and take some time to think about how you can help that grow over the winter. Female business owners can do this with The Bird Table, business development groups starting in Henley in Arden on September 17th. ([www.guruyoucoach.com/bird-table](http://www.guruyoucoach.com/bird-table)). Quote "Backtocool" to receive a 25% discount!

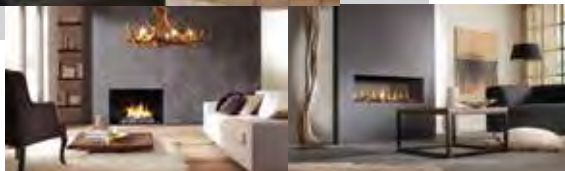


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**You increase the value of your home** - High streets populated with thriving independent businesses boost the prices of nearby homes. Discount stores and charity shops decrease home values in the area.

**It is more ethical** - When you shop at local butchers, bakers, farm shops and green grocers, it is likely that a decent percentage of the produce has had a short field-to-fork journey. As a bonus it means the food is likely to contain more nutrients and have less packaging

**You support local entrepreneurs** - Head for your local artisan market. These help foster the talents of the next generation of British designers and retailers. There is a constant turnover of new products, and sellers listen to customers' demands. From food to fledgling clothing designers there will be something for everyone.

**You help to build your local community** - Bookshops, cafes and craft shops often drum up custom by hosting events, from reading groups to knitting clubs and children's events. If local businesses are not supported, these fun local groups tend to disappear too.

**You might get a better deal or some good advice** - Local independent businesses can use their discretion to reward regular custom. Butchers will give advice on cooking times, and how large a joint you might need to feed a family get-together, with some leftovers. Get to know your local traders.





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# Pondering Podcasts

Can podcasts help our GCSE students?

**B**y the time you read this article the first lot of students who sat GCSEs under the new system (Grades 9-1) will have received their results. At the time of writing no-one knows how they will have fared.

The consensus from teachers seems to be that the new syllabus and grading system requires a lot more breadth and depth of knowledge, and in some subjects and classes students and teachers struggled to get through the syllabus in time to allow for revision and consolidation before the exams.

**As parents we want to help our young people achieve their goals**, but it can be hard to know where to begin, especially if your child is struggling in an area you know little about yourself.

Enter the era of podcast-learning. Most teens are familiar and comfortable with podcasts and online audio platforms such as Spotify. Well there are now podcasts on every subject from maths to Spanish and many of them are free or cost a fraction of what a private tutor might set you back.

The BBC are revamping their BBC Bitesize platform ([bbc.com/education](http://bbc.com/education)) to reflect the content of the new exams. The podcasts are short and offer a mix of text, audio and occasional video clips. Most importantly they are free to all students with access to a PC. (Some of the content does not work well on a smartphone.)

Mr Allsop History ([mrallsophistory.com](http://mrallsophistory.com)) is a free History revision website created by University of Cambridge History graduate and current teacher Scott Allsop. It's comprehensive and he updates it regularly. **There are useful sections on revision skills and exam techniques.**

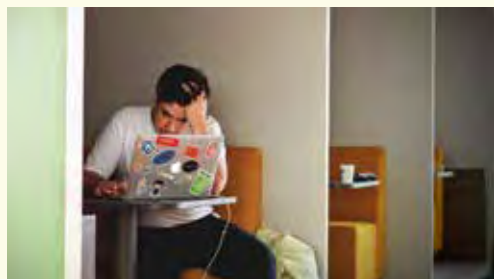
There are also paid-for platforms like Audiopi ([audiopi.co.uk](http://audiopi.co.uk)) This is an educational resource created by teachers, examiners and academics.

It aims to inspire GCSE and A level students with their coursework and revision. They produce exam board –specific audio tutorials for English Literature, English Language, History, Biology, Religious Studies, and Science so far. You can purchase access to one subject or a whole range of subjects for around £5 per month. **They even offer a free trial.**

One of the most comprehensive platforms is GCSEPOD ([gcsepod.com](http://gcsepod.com)) These are engaging, well thought-out, easy-to-understand podcasts which even tailor their content to specific exam boards. They get the balance between 'understandable' and 'enough depth' just right. The good news is that some schools subscribe to this on behalf of their students so check to see whether your child's school offers this useful resource. Don't panic if they don't because you can subscribe as a parent. Access to the full range of subjects will set you back around £200 for the year, but contrast that with private tuition and it looks very reasonable indeed.

One of the most fun (and free resources) for science students is The Naked Scientists ([thenakedscientists.com](http://thenakedscientists.com)). Their primary aim is to strip science down to its essentials. While not specific to any curriculum it's an addictive way to gain insight into any difficult-to-understand parts of the syllabus.

**As our teens move towards their GCSEs hopefully these podcasts will provide them with useful and empowering tools for learning.**



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# Knees Up!

**F**rom the outside the knee looks fairly simple: a hinge to let the bottom part of the leg move back and forth, in a similar manner to the way a door might open. Inside though the mechanism is rather more complex.

**The knee consists of two separate joints:** one between the thigh and calf bones—the main joint around which most of the movement occurs; and a second between the thighbone and the kneecap. In addition, the superficially simple hinge-like motion turns out to involve gliding and rotation too.

The knee cap (patella) is a disc-like bone embedded within the tendons around the knee. Its job is to protect the knee joint against any front-on injury, and to spread the force of any impact. When the leg is straightened the kneecap should press back into a special groove in the thighbone. **This stops it from dislocating.**

The thigh muscles are key to maintaining knee stability. The quadriceps are the largest of the muscle groups and (as the name suggests) consist of four muscles. They straighten the leg at the knee. The hamstrings connect the thigh bone to the calf bones. They bend and rotate the leg, control deceleration and help the foot to land smoothly.

Our hips and knees are the main weight-bearing joints in our body. **The knees are most vulnerable to injury** because the weight of the upper body is conducted and amplified by the thigh bones. Because the centre of gravity of humans is located around our navel, the distance between this point and a knee acts as a lever, magnifying the effects of gravity on our knees as we walk to four or five times our actual bodyweight. This means that relatively small increase in our weight can have a disproportionately catastrophic effect on our poor knee joints!

Excess weight accounts for around half of all

operations carried out to repair the cartilage in the knee and dramatically increases the risk the of developing osteoarthritis.

So, **keeping our weight down is important**, but so is exercise. Simple knee extensions which can be carried out slowly, sitting in a straight-backed chair are good, as are straight leg lifts which should be carried out while lying face up on a mat. To balance the opposing muscle groups, try hamstring curls, carried out while lying face down on the mat. Ankle weights can be used to increase the intensity of the exercise. It's essential to check with your health care practitioner before starting an exercise regime if you have never exercised before.

Unfortunately knee injuries are common. Mostly a period of rest, ice, compression and elevation (RICE) will improve matters.



## Seek medical advice after two weeks if:

- There is still pain.
- You're still limping.
- You can see or feel a deformity around the knee area.
- There is numbness or tingling in the knee, lower leg or foot.

## Seek advice immediately if:

- The lower leg or foot feels cold and turns blue.
- The lower leg or foot feels hot and turns red.
- The knee pain is accompanied by weakness, sickness or fever.

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By Tracey Anderson

# The Zumba Phenomenon

Last week I attended my first Zumba class. I know I am several light-years late to the party but I really wish I'd got there sooner. The music; the energy; the sheer joy of being part of a diverse group of unselfconscious women (and a couple of men) all body-rolling, fist-pumping and booty-shaking in time. It was infectious and I was hooked.

Zumba isn't just a fitness craze; it's an international business with more than 12 million enthusiasts in its classes. A whole industry has developed around it. There are Zumba classes, DVDs, CDs, video games and clothes.

Zumba began in Columbia back in the 1990s. A dancer and choreographer named Alberto Perez forgot his regular music for his aerobics class. The story goes that he searched his backpack and pulled out some salsa and merengue tapes. The rest as they say, is history. Today Zumba has certified instructors in more than 125 countries around the world.

For many members of my class it was their first taste of Latin music and dance steps. Yet while Zumba has brought Latin rhythms and steps to the exercise enthusiasts of the world it is not Latin dance. Each class uses salsa, cumbia, bachata, and other Latin and international rhythms and

there is plenty of overlap between Zumba and salsa classes; but there are plenty of differences too. For example, a Latin dancer would know that you never start a step on the right foot in Salsa - it's not proper technique - but Zumba is an exercise class so students need to work both legs!

Latin dancers can be quite scathing of Zumba, but Kerrie, who teaches my Zumba class thinks that's a little unfair. 'I studied Latin American dancing and ballroom,' she says, 'I think that perhaps Latin dance is undergoing the same sort of transition that yoga did when it gained popularity. Fitness instructors who studied dance, and dance students who then trained as fitness instructors borrowed freely and combined elements from both genres.'

Authentic or not, Zumba has been raised the profile of Latin dance. Dance studios that offer Zumba classes say they are always packed to capacity, which can't always be said for the regular dance classes.

As it morphs and evolves, Zumba may be moving away from its Latin roots and this will annoy some people. 'There will always be purists,' says Kerrie, 'But there's room for everyone. It's all about being healthy while having fun isn't it?'

I don't think anyone could argue with that.



# Beat Jetlag!

By Sarah Davey

**F** **ACT:** The human body was not designed to travel long distances at high speeds across time zones. The result of this fact is jet lag. Is there any way to minimise its effects?

**Yes! Here are our handy tips to beat jet lag.**

**It's all in the timing** - Whether you like to kick back with a good movie on a long-haul flight, or prefer to check emails and work, remember the blue light emitted from tablets, laptops and screens can delay sleep, so turn off devices one hour before your desired nap time.

**Eat healthily and space out meals** - Stick to light fare, such as seafood salads. Many long-haul airlines employ teams of nutritionists to design wholesome meals, designed for easy digestion and energy.

**Stay hydrated** - The rule of thumb is to drink at least a quarter of a litre of water for every hour you're in the air.

**Get some rest** - The more rest your body gets en route, the more prepared you will be to deal with the stresses of jet lag. Take a travel pillow, a small blanket, your own noise-cancelling earplugs, and an eye mask.

**Match local time** - From the time you board the plane set your watch to the local time of your destination. On the plane aim to move towards eating and sleeping at the time you will do these activities when you arrive.

If you follow these steps you will be more likely to avoid the major effects of jetlag when travelling.



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# Sofa, so good!

By Tracey Anderson

**H**ow much thought do you give your couch day-to-day? Unless you plan to replace it soon, probably not very much. Have you ever wondered how we ended up with the three-piece suite? The story is a 20th Century one. The key to its success is wrapped up in functionality and cost. As the middle and working classes moved out of slums and into their own homes, they needed furniture. **The new homes were compact**, with small rooms, totally unsuited to the heavy mahogany pieces of the large 'society' houses, and this type of furniture would have been beyond the financial reach of most ordinary people anyway.

The three-piece suite's popularity grew through the storylines of the 1930s Hollywood film sets. Drawing room dramas and comedies created opportunities for film makers to create lavish 'home' sets. Housewives of the day who went to watch the movies saw famous actresses drape themselves over silk covered sofas or chairs, created in the **contemporary Art Deco style**. They yearned to recreate this in their own lives and so provided a ready mass market for similar furniture.

Style gurus of the period, such as Stijl in Holland, Gropius and the Bauhaus group in Germany created designs that were cutting edge yet still suited to the functionality of the new era. Although these designer pieces were still only affordable by the wealthy elite, manufacturers began to adapt designs for a mass market. Expensive coverings such as leather and silk were replaced by modern materials such as rexine, **which had a dramatic effect on the price**.

The three-piece suite was a staple of most suburban childhoods. Many of us can remember traipsing round furniture showrooms with our



parents while they looked for **the perfect set**. These nearly always comprised a three-seater sofa with two matching armchairs, all upholstered in beige velour or fake leather, unless you were my mother who favoured deep red or green, lending our sitting room the air of a tart's boudoir or a pub depending on the wallpaper!

It was Habitat and IKEA that changed the concept of the three-piece suite, with their modular systems that could be made to fit any space, in a variety of fabrics. Pieces no longer had to match, so you could express your personality through your sofa choice.

**The modular sofa wasn't actually invented by Habitat or Ikea.** It was invented by an American designer named Harvey Probber in 1944 though it didn't go mainstream until the 1970s. G Plan, which designed early UK versions, led the way with their 1971 Duo range. According to a 1979 article in the US magazine Interior Design, Probber's invention was "...one of the most influential developments in contemporary furniture design".

These days we nearly all have some variation on the original three-piece suite in our homes, and it's difficult to see what might ever replace it. **I think I'll go and sit on mine with a good book.**



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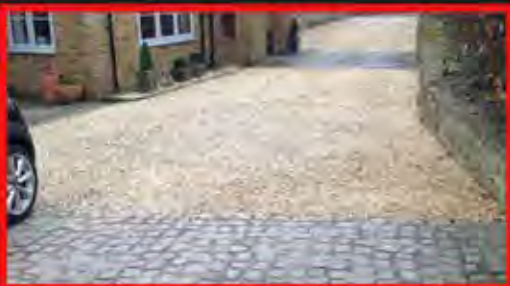
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If learning to ride a bike a rite of passage for a child, teaching your child to ride a bike is a rite of passage for their parents. **So, what is the easiest way?**

The act of riding a bike comprises three individual skills combined: balancing, pedalling, and steering. **One of the easiest ways to teach cycling is by teaching each skill on its own.**

## **Balancing -**

Either remove the pedals from your child's own bike or buy (or borrow) a balance bike which has no pedals. All they have to concentrate on is their balance, pushing off with their feet and gliding along. When they are confident enough to move along without wobbling or putting their feet down, it's time to reattach the pedals!

## **Pedalling -**

Encourage your child to ride short distances in a straight line. Find a place where they can travel a short way without needing to steer or brake, so that they can focus solely on learning to pedal. This bit can take quite a while as pedalling is a good deal more complex than it looks.

## **Steering -**

When they can pedal confidently in a straight line, set-up some obstacles for them to cycle around. Place the obstacles far apart to begin so the gaps are easy for your child to navigate without having to make big adjustments with the handlebars.

## **Consolidating -**

The best way to increase your child's confidence is to let them cycle alongside you. Pick an easy route and cycle it together. It's a companionable way to keep fit and make your child feel they are achieving something worthwhile.





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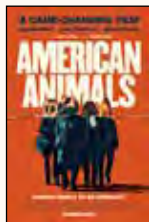
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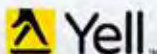
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answers on page 60



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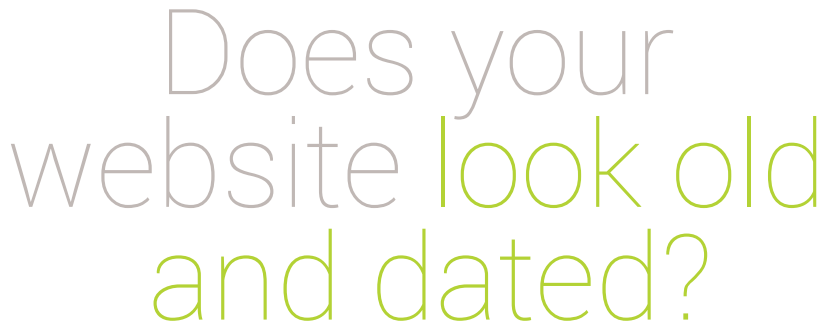
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# A Host of Golden Daffodils

**G**arden centres, nurseries and catalogues are full of daffodil bulbs now. I have to exercise supreme self-restraint every time I wander in!

I think I get asked more questions about daffodils than any other plant, apart from roses. I think it's because they are ubiquitous in the spring and so we assume they are easy to grow. They are...And they aren't, so I'll answer the most common questions I get asked here. I think, the question I get most is **'How do I get my daffodils to flower more than one year?'**

It's a good question. It's tempting to think that the only thing you have to remember about planting

daffodil bulbs is to set them pointy side up, but it's a bit more complicated than that if you want them to flower every year. **The trick is to set them deep enough.** If you plant them just below the surface, as so many of people do, they dry out, which means they lack the food and moisture to get them through until the following year. The result is an uninteresting clump of leaves rather than a host of golden daffodils.

You can plant daffodils any time now, to the end of October. Sooner is better.

The next question I get asked a lot is, 'What's the difference between daffodils and narcissi?'

This is also a good question. All daffodils are narcissi, but

not all narcissi are daffodils! 'Daffodils' is the name we give to narcissi with large trumpets. **The third question I'm often asked is, 'How far apart should I plant the buds?'**

They should be planted about 3 inches / 8cm apart in holes about 10 inches / 25cm deep. It looks deep when you are dropping them in but it's worth the effort for the repeat flowering. Choose the biggest firmest bulbs you can find for each variety.

The final question I get asked is, 'When can I cut down the foliage after flowering?' I would suggest waiting for 6 weeks.

If you have a very small garden and can't bear to have untidy foliage lying around you



**BY RACHAEL LEVERTON**

might be better treating the bulbs as annuals (**daffodil bulbs aren't generally expensive.**). Or you can plant them in an aquatic basket, and after flowering you can dig the basket up, water the bulbs regularly then replant in the autumn.

Alternatively, you can buy dwarf varieties of daffodil which have daintier flowers and foliage, so you can have pretty flowers without the resulting foliage posing a problem. Whatever you decide, **remember plant deeper than you think and...**

Happy gardening!



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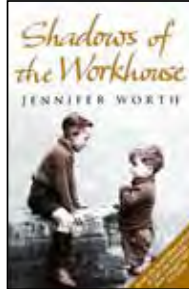
# a good read

reviews By Willow Coby

## Shadows of the Workhouse

by Jennifer Worth

There are not many people who have not seen, or at least heard of the BBC drama *Call the Midwife*. However, few are aware that the first series was based on the memoirs of midwife Jennifer Worth, and the women and families she encountered in the East End of London in the 1950s. She wrote a trilogy of memoirs and the second of these is *Shadows of the Workhouse*.



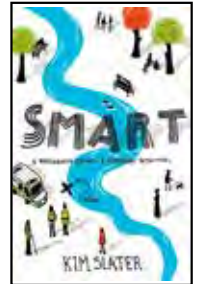
When we think of workhouses we tend to think of Dickens' *Oliver Twist*. However, workhouses persisted until much later: the last ones only closed their doors in 1948. Among the communities that Worth worked in, many people were haunted by their recent memories and experiences in these institutions.

There is Jane, who works with the midwives but as a child in the first decade of the 1900s grew up in a children's workhouse as an unwanted child. Frank and Peggy, a brother and sister, were sent to the workhouse in 1908 when their parents died, their later lives forever affected by the harsh and uncaring institution they grew up in. As the workhouses fade from living memory this memoir provides a reminder of how they shaped the lives of countless men, women, and children.

## Smart

by Kim Slater

If a King or a President is killed it is headline news and everyone tries to find out who was responsible. But as 14-year-old Kieran points out, when it is a homeless man called Colin, no one really cares. No one, that is, except Kieran and he is going to find out. When he grows up he wants to be a reporter for Sky News, and he uses his artistic skills to draw and record what he sees. Art is an escape for Kieran, and he needs an escape because secrets are all around him. The biggest secrets seem to be in his own home.



Kieran has learning difficulties and is a bit of a loner. Whilst Slater does not say directly, many readers have drawn clear comparisons to *The Curious Incident of the Dog in the Night-time*, and there are certainly many very well written autistic traits displayed by Kieran. This debut young adult novel will almost certainly appeal to readers of *Curious Incident*.

Whilst the novel promises a detective story, it is much more than that. It is the story of a boy who is different, trying to make sense of his life and the adults around him, who largely neither understand him nor seem to care.

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**What does The Telegraph refer to Ray Gelato as?**

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'King' Cole hits 'Let There Be Love' and 'When I Fall in Love' alongside Dean Martin's 'That's Amore'.

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



# Apple Strudel

September brings a glut of apples. Make the most of them with this delicious strudel recipe.

**Preparation time: 20 mins**

**Cooking time: 40 - 45 mins**

**Serves 6 - 8 people**

## Ingredients

750g/1lb 10oz Bramley apples, peeled, cored, quartered and sliced

1½ tsp ground cinnamon

½ unwaxed lemon, zest only

2 tsp lemon juice

100g/3½oz golden caster sugar

75g/2½oz raisins

95g/3½oz butter

40g/1½oz white breadcrumbs

6 large sheets filo pastry

1 tbsp icing sugar

## Method

Preheat the oven to 190C/170C Fan/Gas 5. Line a baking tray with baking parchment.

Mix the quartered apples with the cinnamon, lemon zest and juice, sugar and raisins. In a small frying pan, melt 20g/¾oz butter and fry the breadcrumbs until golden-brown, then add these to the apple mixture. Melt the remaining butter in a pan.

On a clean, dry tea-towel lay a sheet of the filo and brush with some of the melted butter. Lay another sheet on top and repeat until you have used all the filo. Layering the pastry with the melted butter helps to create flaky layers.

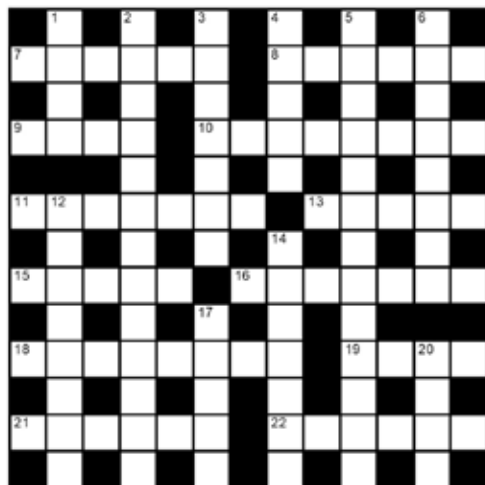
Place the filling along the length of the pastry along one side about 2-3cm/1in from the edge. Using the tea-towel to help you, roll the pastry up to enclose the filling. Tuck the ends in and roll the strudel seam-side down onto the lined baking sheet. Brush with the remaining melted butter.

Bake for 40-45 minutes, until golden-brown. Leave to cool to room temperature and dust with icing sugar. Slice and serve with cream, ice cream or custard.



**Serves: 6 - 8 people**  
**Preparation and cooking**  
**time: 60 - 65 minutes**

# crossword



# clues

## Across

- 7 Warm region (6)
- 8 Clothmaker (6)
- 9 Leave out (4)
- 10 Set alight again (8)
- 11 Butcher's chopping blade (7)
- 13 Following (5)
- 15 Punctuation mark (5)
- 16 Sound a fire makes (7)
- 18 Hidden (8)
- 19 Name of an object (4)
- 21 Scrounger (6)
- 22 Sheep dog (6)

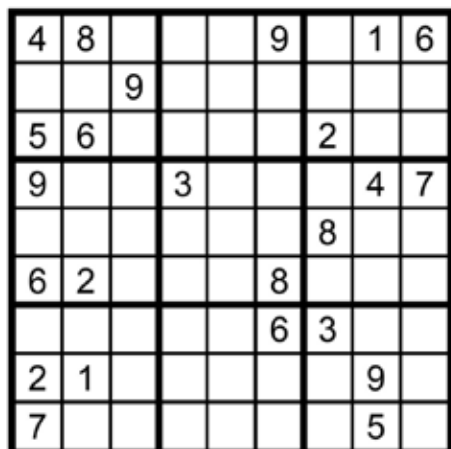
## Down

- 1 Type of lily (4)
- 2 Study of eyes (13)
- 3 Flee (7)
- 4 Alert, eyes open (5)
- 5 Gloriously (13)
- 6 Recklessly hurried (4-4)
- 12 Untightened (8)
- 14 Foretell (7)
- 17 Idolise, worship (5)
- 20 Group, section (4)

# 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 60

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**Sudoku Solution**  
from page 59



**Crossword Solution**  
from page 59



## Solution to Mind benders

1. Forgive and forget
2. Man overboard
3. Middle age

**Mindbenders Solution**  
from page 40



# Kids Page

On the first day back at school Miss Black sets some homework. She tells the children it is due in the day before four days from the day after tomorrow. If today is Wednesday 5th September, when is the homework due in?

Answer: Monday 11th September



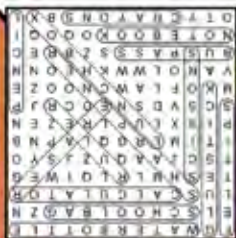
## School Supplies Word grid

Can you find all the school supplies from Josh's shopping list in the

F	G	W	A	T	E	R	B	O	T	T	L	E
E	L	S	C	H	O	O	L	B	A	G	Z	N
L	U	S	C	A	L	C	U	L	A	T	O	R
T	E	S	H	M	L	R	L	Q	I	W	E	G
T	S	C	J	A	A	Q	U	Z	J	S	Y	O
I	T	I	M	L	R	G	Q	L	A	P	N	B
P	I	S	X	L	U	P	L	R	E	Z	E	N
S	C	S	V	D	S	N	E	D	C	R	J	P
M	K	O	F	L	A	W	C	N	O	O	Z	E
V	A	R	O	L	W	W	K	H	E	O	N	N
B	U	S	P	A	S	S	S	Z	B	R	E	C
N	O	T	E	B	O	O	K	O	Q	O	Q	I
O	T	Y	C	R	A	Y	O	N	S	B	X	L

### Josh - school shopping list

bus pass	notebook
calculator	pencil
crayons	ruler
eraser	school bag
felt tips	scissors
glue stick	sharpener
lunch box	water bottle



Word Grid Solution

Q. What do you get if you cross a teacher with a vampire?

A. Lots of blood tests!



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