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Kids' Page



Symbol Sudoku!

	♠	♦	
	♦	♥	
	♥	♣	
	♣	♠	



Can you complete the grid so that each row, column and 2x2 box, contains the four symbols with no repetition?

Spot the Difference

Can you spot the 7 differences between these two magicians?



Spot the Difference

Black bow tie
Stars on the inside of the cape
Stars missing from the hat
Brown wand
Green eyes

♥	♠	♣	♦
♦	♣	♥	♠
♠	♥	♦	♣
♣	♦	♠	♥

Sudoku Solution

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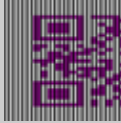
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Warfield Environment Group

2021

At the start of the year our Committee reluctantly concluded it was not possible to plan any events or activities due to coronavirus. However, following England's roadmap out of lockdown, it looks likely we can conduct our Annual Newt Survey at the Newt Reserve (sadly, not in public). We look forward to restarting our programme of events once it is safe to do so.

Annual Newt Survey

The great crested newt, or 'warty newt', looks like a mini dinosaur and is a protected species. These newts are particularly attracted to mineral extraction sites such as, in Warfield, disused brick pits. The Newt



Reserve is one such place, a hidden gem accessed via Gough's Lane or Flemish Place. We survey annually so that the newts' presence is monitored and recorded. Live newts can be difficult to spot but you may see the giant one which 'guards' the ponds!

Bird Nest Boxes – look out for these too!



You may have noticed signs that the bird breeding season has begun. We have, over the years, put up a number of nest boxes around Warfield; in Edmunds Green, along Edmunds Lane, in Hayley Green Wood and at the Newt Reserve (map at warfieldenvgroup.wordpress.com/other). Most of the newer ones are numbered. Try to spot these while out walking ... and let us know if you see any bird activity!



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www.warfieldparishcouncil.gov.uk

Welcome to the April update from Warfield Parish Council

With the ongoing lockdown, we are using our page to remind you of some of the help and support available locally.



Support for people who are self-isolating

If you are self-isolating (because you have or live with someone with COVID-19 symptoms or you have been contacted by NHS Test and Trace) then support is available to enable you to complete the isolation period.

If you do not have support available from friends or family, the Bracknell Forest Community Response can help with things like food shopping, collecting prescriptions, dog walking and information and advice. Contact the Bracknell Forest Community Response by email: community@theark.org.uk or telephone:

01344 266911 between 8am and 8pm

NHS Volunteer Responders

NHS Volunteer Responders offers help to people in need of support or who are avoiding public places during the coronavirus pandemic. They can: collect and deliver shopping or medical supplies, provide transport to patients who are medically fit to attend routine appointments, provide telephone support to people who are lonely. Call NHS Volunteer Responders on **0808 196 3646** from 8am to 8pm.

Social prescribers

Social prescribers can support people who are feeling isolated. They can help you to stay connected by helping you find community groups and activities to try. They can also give you information and guidance, support with practical issues including access to online resources and help you to identify home based activities and goal setting. To speak to a social prescriber: telephone: **01344 352000**

Bracknell Forest Community Network

The Bracknell Forest Community Network (BFCN) supports individuals and carers living with a variety of conditions including psychosis, personality disorder, post-traumatic stress disorder, eating disorders, dementia, anxiety and depression. You can contact BFCN by: email: network@berkshire.nhs.uk or telephone: **01344 823300**

Contact the Parish Council

The Parish Office is currently closed to visitors. Please call us on **01344 457777** or e-mail info@warfieldparishcouncil.gov.uk. You can also use these contact details if you wish to reach your local councillor.

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REVIEWS

Upskill for Brain Health

Learning new things has all kinds of fringe benefits



a wider knowledge base makes it easier to find things in common and thus make friends.

Beat boredom - Repetition can quickly become monotonous.

Following the same

Lots of us began 2021 with the ambition to learn a new skill: beginner's computer programming, conversational Italian, or how to paint with watercolours maybe. We learn new skills for many reasons.

Perhaps we need to improve our computer literacy to gain a promotion, or Italian so we can speak to our new in-laws, or we've always fancied learning to paint. Learning is fun but its benefits go way beyond the actual skill learned, and the skill is irrelevant, whether its crochet or advanced mathematics, the extra benefits are the same.

Positive brain changes - The white matter in our brain is comprised of nerve fibres covered in a fatty sheath called myelin. It is involved in learning and co-ordination of communication between different brain regions. The more we practice a new skill the more our white matter increases in density, which helps us when we learn other new skills.

Increased learning speed - When brain neurons are stimulated, more neural pathways are formed and the faster our brains process new information. It's as if 'learning' is a muscle which strengthens as its exercised.

Interconnections - When we learn a new skill our brains draw on information and skills we already possess, and we build on that existing knowledge. But a wide knowledge base also makes it easier for us to learn more new skills.

Increased interestingness! - (Yes, it's a real word!) Well-rounded individuals tend to find it easier to relate to others because

routine every night, 'supper, bath, TV, bed' makes it easy to become bored. Learning new things breaks the cycle of monotony and gives our brain something to do.

Increased adaptability - Learning new things physically alters our brains in such a way that our outlook and perceptions change. These alterations make it easier for us to adapt to sudden life changes, like a global pandemic for instance! Adapting to change is a skill, and the more varied our life experiences are, the easier it is to draw on them and adjust

Prevent cognitive decline - Learning origami doesn't mean we won't get dementia. There are many types of dementia and the causes are nuanced. But there are many studies which suggest that people who learn new skills are less likely to experience cognitive decline including dementia. Mental decline is linked to demyelination of our brain. People who actively learn new skills are not giving their brains a chance to demyelinate, and their neural pathways are primed to create workarounds if some area of the brain does begin to fail. The key seems to be to learn things outside of our comfort zone, so if you are a knitter, don't choose to learn crochet, which is similar, choose Russian, or salsa dancing, or the ukulele instead, subjects which push you out of your comfort zone, but (importantly) which you actually want to learn and will enjoy.

Keep exercising your brain!

By Kate McCarthy

Community Learning at Bracknell Open Learning Centre



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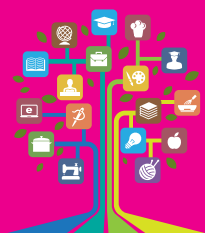
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Sudoku

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

How to Play

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9, **with no repetition!**

That's all there is to it.

You solve the puzzle with reasoning and logic - there's no maths involved and no adding up.

It's fun. It's challenging. It's addictive!

(solution on page 18)

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Can a Spring Clean be Green?



When the spring light catches the surfaces in my home, I see smears and dust, and I fall victim to 'the spring-cleaning bug'. Suddenly I want to scrub, dust and polish everything in sight.

A few years ago, I made a big effort to become a 'greener cleaner'. I worried about the active ingredients in my cleaning products and wondered how much damage that chemical cocktail was doing to the planet?

Most of us have a miniature chemical factory stashed under our sinks: detergents, bleaches, and degreasers, all containing potentially hazardous substances which find their way into groundwater and contaminate the lakes and the oceans.

Phosphates are some of the main culprits. They are common in laundry detergents and some cleaning products. An average consumer uses the equivalent of 14Kg of detergent a year. High phosphate levels in water cause 'algae blooms' which contribute to the death of fish and other water-dwelling creatures. These algae blooms are becoming more common thanks to a combination of pollutants and global warming.

Cleaning products can have an adverse effect on our health. Household ammonia is often found in window or general glass cleaners. It is a skin and eye irritant and deadly to fish, even in low concentrations, so it's not something we should flush down

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<https://moralfibres.co.uk/>
<https://www.madeleineolivia.co.uk>

our drains. Sodium hypochlorite (bleach) is corrosive and an eye, skin, and respiratory irritant. It is especially toxic to people with heart conditions or asthma. D-limonene is a degreaser found in citrus and orange cleaners. It is also a neurotoxin, an irritant and can cause respiratory distress.

But as I investigated Eco products I stumbled into a minefield. Many big companies produce eco-brands, but this involves 'greenwashing', which is defined as an attempt to make consumers believe a company is doing more to protect the environment than it actually is. They use unregulated words like 'natural' and 'eco-friendly' while still using potentially harmful chemicals. They don't list ingredients or information about manufacture and supply, and if you check their websites there are no environmental targets published nor information about progress on their environmental impact.

I won't lie, truly environmentally friendly products are more expensive so the cheapest way to do a green spring clean is to make your own and there are some great websites around with detailed instructions on how to do just this.

I did try to make my own but found that work constraints meant I struggled with some of the more time-consuming concoctions, but I've listed a couple of websites in case you feel you'd like to try this. I am a huge fan of distilled white vinegar which I use to clean toilets, windows, and mirrors. I also like Bicarbonate of Soda which is a great degreaser, scouring agent, and deodoriser. For ready-made cleaning products I've suggested a couple of UK websites which are certified environmentally and vegan friendly.

I'm not perfect. Sometimes I do grab a regular cleaning product for convenience but I'm gradually becoming greener and if we all switched even one or two of our products for a greener cleaner, the planet would thank us.

By Sarah Davey

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Garden View

This month - Tools of the trade

The right tools make gardening easier, and in my opinion you should buy the best you can afford then look after them so they will last many years. But which tools are essential?

Gloves - Gardening is hard on the hands. Weeds, roots and digging are brutal on the skin. Buy a thick, good quality multi-purpose pair to begin with. Make sure they fit. My first pair were too large and cumbersome. I was so naive I didn't realise they came in different sizes...much like gardens...and gardeners!

Secateurs - The task of pruning comes around with alarming regularity, so a good pair of secateurs is one of the most used items in my garden tool kit. Find a pair that feel good to hold, are well-balanced and easy to operate with one hand. Keep them clean and sharp and they will serve you well for many seasons.

Trowel - Useful for hand weeding, dividing smaller plants, planting, potting on, and seed sowing.

Hand Fork - A hand fork is essential for breaking up compacted soil. Sometimes it's easier to use than a trowel and is less likely to damage roots in more densely planted areas or when separating smaller plants.

I like a comfort handle for my hand tools but make sure to choose tools where the shaft of the handle and trowel (or fork) are one unit, not welded or rivetted together, as they are not as strong and snap with repeated use. I choose stainless-steel tools because they are rust resistant.



Watering can - A large watering can is great, but very heavy when full so if you have arthritis or not much upper body strength choose a smaller watering can that you can handle easily and make a few more trips to the tap. A rose allows for a gentle sprinkler effect on tiny seeds and seedlings. You can use a hose if you

garden a larger area. Choose a multi-tasking one with misting and sprinkler attachments

Spade - You can't dig large areas without one. As with hand tools, I prefer stainless steel. Keep it clean, with a sharp edge for digging, planting, and edging beds. Choose one that feels right for your height.

Fork - A stainless-steel fork is great for stony soil, and for breaking up compacted earth. It's also good for lifting shrubs without damaging the root system too much.

Dutch Hoe - Weeding is a necessary task (and a somewhat relentless one during the growing season). The Dutch hoe has a shallow angled blade with a front cutting edge for keeping weeds down between seedlings and established shrubs and plants.

Ground rake - Use this for breaking down the soil to that fine tilth gardening books go on about. Use the wide head and teeth to open and level the top surface of the soil, then use the back of the rake to firm it down. It makes seed-sowing easier and more likely to produce healthy seedlings.

By Rachael Leverton

The Beast of South Hill Park

Online Book Launch – hosted by David Wood

Join South Hill Park Art Centre via Zoom on International Children's Book Day (Friday 2 April) from 3pm – 3.30pm, to celebrate the launch of a delightful new children's book. The Beast of South Hill Park was

THE BEAST of South Hill Park



Written by
Jane Howard

Illustrated by
Lynne Howard

written by former South Hill Park employee Jane Howard, and has been beautifully illustrated by her mother Lynne Howard. Meet the author and illustrator, ask your questions and enjoy a short reading from the book.

The launch will be hosted by children's playwright and author David Wood, who received the JM Barrie Award in 2017, a children's arts lifetime award. He wrote his first play in 1967 and since then has written over sixty more which have been performed all over the world, including; The Gingerbread Man, The See-Saw Tree and The Plotters of Cabbage Patch Corner.

The book tells the story of a mischief-making monster that has taken up residence at South Hill Park and the brave explorer who is determined to track it down! Join in with his quest around Bracknell's

historic mansion and grounds in a poetic adventure story that features beautiful watercolour paintings every step of the way.

'Like many families, Mum and I were unable to see each other for months during Lockdown #1, so we decided to embark on a creative project together to stay connected across the miles. Mum had attended South Hill Park's drawing and painting classes over the years and I had gained invaluable experience working there during my twenties. When we heard about the financial pressures faced by South Hill Park due to the pandemic, we both felt that we wanted to give something back to the place that has enriched our lives so much. With its beautiful architecture and grounds, South Hill Park provides the perfect setting for a children's picture book.' Jane Howard, Author

Admission to the launch is free but booking is required. The South Hill Park Box Office team will email you a Zoom link the day before the event. Please ensure your Zoom name matches the name you booked in.

The Beast of South Hill Park is available to buy on Amazon now, in both paperback and kindle edition. All royalties generated from sales of this book will be donated to South Hill Park Arts Centre's fundraising campaign in response to the Coronavirus Pandemic. Plus, if you are signed up to Amazon Smile and have South Hill Park as your nominated charity, they will receive a further 0.5% donation from Amazon.

South Hill Park would like to share a huge thank you to Jane and Lynne for their support, and everyone who has generously donated to its recent major fundraising campaign. South Hill Park now hopes to inspire 1000 'stars' to give £5 or more a month, and be part of STAR 1000. This will help to ensure the Arts Centre's future so they can continue to provide entertainment, support and inspiration to its community in Bracknell and surrounding areas for many years to come. If you would like to support STAR 1000, please visit southhillpark.org.uk/donate today, and make a monthly donation of £5 or more to protect your Arts Centre.

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South Hill Park 01344 484123
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The Look Out 01344 354400

Sudoku Solution

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

Activate!

Keeping Kids Fit

The National Child Measurement Programme for England (NCMP) includes nearly all children in reception year (aged 4-5) and year 6 (aged 10-11).

According to their statistics 10% of reception age children are obese (not just overweight) and this figure rises to around 20% by year 6.

We've spent a year with kids not being in school, and for the most part not being allowed out to play so experts expect this figure to rise. The scientific advice is that children should engage in 60 minutes of physical activity each day and encouraging them to become more active now will help them maintain a healthy weight, improve their general fitness and wellbeing and reduce the risks of serious health problems in the future.

So, what can we do when activities are still restricted?

Be the Example - Children will model the behaviour of their parents. If they see you are active, they are more likely to be active. If they see you watching television,



eating jammy dodgers, so will they.

Exercise with them - Go cycling or walking together or put on an exercise DVD and do it together as a family.

Give them chores - Doing a bit of vigorous vacuuming or walking up

and down stairs a few times putting laundry away will get the cardiovascular system working.

Play with Your Kids - Play tag or run-around games. Try an egg and spoon race, or Twister...anything to get them (and you) moving.

Be the Parent - We need to encourage healthy behaviours and limit unhealthy ones – sometimes this means making unpopular decisions like limiting your children's screen time outside of home-school hours. Make these tough decisions for your children but explain why. They may not recognise the benefits immediately, but the idea will percolate and feed into decisions they make for themselves in the future.

By Hannah Merry Wade

The Magic Dragon

Pick up a Dragon Fruit in your next shop

Have you ever seen the fruit in the photo and wondered, 'What is that? How would I even begin to eat it?'

Starting with the 'what?', it's a Dragon Fruit, sometimes called a pitahaya or even a strawberry pear.

A ripe fruit has bright red/pink, evenly coloured skin that gives slightly when squeezed, like a ripe mango or avocado. To eat it you cut it in half using a sharp knife to reveal the sweet seed-speckled pulp, which you scoop out with a spoon.

Dragon fruit is low in calories but packed with essential vitamins, minerals, and fibre. It's also high in beneficial plant compounds like polyphenols, carotenoids and betacyanins which have antioxidant and anti-inflammatory properties. Studies suggest that diets high in antioxidants are key to helping prevent chronic diseases such as heart disease, cancer, diabetes, and arthritis. Dietary fibre is important for gut health and Dragon fruits also

contain prebiotics which help promote good gut bacteria.

Dragon contains more magnesium than most fruits. One Dragon fruit provides 18% of your recommended daily intake. Magnesium is present in every one of our cells and is integral to 600 important bodily biochemical chemical reactions including the breakdown of food into energy, muscle contraction and bone formation.

Enjoy it in salads, smoothies, and yogurt, or simply grab a spoon and dig in.



By Hannah Merry-Wade

A Good Read



***The Girl with the Dragon Tattoo* by Stieg Larsson**

First published in English just over a decade ago this Swedish thriller – the first of a trilogy – was a huge hit. It was a time when Nordic Noir was just starting to take off in this

country and remains a classic of the genre. So I was interested to see if it stood up to a re-read 12 years later, and it certainly does.

Mikael Blomkvist is an investigative journalist but a recent article about the wealthy Swedish financier Wennerstrom has landed him with a two month prison sentence for libel. But while waiting for his sentence to begin Blomkvist receives an unusual job offer from millionaire industrialist Henrik Vanger. He wants Blomkvist to investigate the murder of his great-niece, Harriet, forty years earlier. He takes the job, moving to the island where the Vangers live. He ends up turning to computer hacker Lisbeth Slander for help, a young woman who has no tolerance for others, society, or the law.

What appears to be a simple thriller on the surface offers so much more. From corruption in Swedish society to attitudes towards women in Sweden, this evocative novel is satisfying, if violent. As a reader you feel part of the action as you move with the characters from Sweden to Hebdy Island. Here, more than in many other novels, the geography of Sweden feels like a character in its own right and the mood of the characters and the pace itself cleverly switches as we move from one to the other. For me this was the most

satisfying part of this exemplar of the Nordic Noir genre.

***The Werepuppy* by Jacqueline Wilson**

Mickey has four sisters, and three of them are older than him. He doesn't get on with them and is frequently teased. Then one night his parents go out, leaving the three older girls, Meryl, Mandy, and Mona, in charge. Delighted to have the house to themselves the girls decide to watch *Savage Snarl* a scary werewolf movie. And it really IS scary. Even the older girls think so.

But for Mickey it has a lasting effect: he becomes scared of dogs. Unsure what to do, his mum decides that the only real solution is to buy Mickey a puppy of his own! Dragged to the dog rescue home Mickey would rather be anywhere else until he encounters one puppy who bites his younger sister's finger. Could this be Mickey's very own werewolf – or werepuppy!

Wolfie, as he is called, is no ordinary puppy and turns out to be the best pet that any boy could ask for!



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