

Home School Link Worker Notice Board

National Share-a-Story Month

National Share-A-Story Month is an annual celebration of the power of storytelling and story sharing. Organised by the Federation of Children's Book Groups (FCBG), the aim is to bring promote reading for pleasure. This year, the theme is Myths, Magic and Mayhem!

On the FCBG website, you will find links to recommended reading lists and some exciting competitions!



<https://fcbg.org.uk/national-share-a-story-month/>

Mental Health Awareness Week – 10th-16th May

This year's theme is nature and the environment. Take a look at the BBC's Own It page for tips and advice for connecting with the wonderful world outside



<https://www.bbc.com/ownit/curations/mental-health-awareness-week-2021>

Wrap, Splat, Hat!

The National Schools Partnership has teamed up with Garnier Ambre Solaire and the British Skin Foundation to help teach children to be sun-safe as they explore the great outdoors. 'Wrap, Splat, Hat' stands for WRAP up in a T-shirt (and wrap on some sunglasses), SPLAT on some sunscreen (ideally SPF50), and of course wear a HAT. Families can download the 'Family Pack' which contains competitions and fun activity ideas.



<https://nationalschoolspartnership.com/initiatives/wrap-splat-hat/>



Parents Wellbeing Group

It can be difficult to talk openly about how you're feeling when you are a parent.

These groups, run in collaboration with the Family Centre, are an opportunity to meet others in similar situations, share experiences, coping strategies and feel supported.

*Free creche is available subject to booking.

wokingmind.org.uk

Registered charity no. 1096503

Tuesday 9.30am-11am

(term-time only)

at Parkview Community Centre,
off Blackmore Crescent,
Sheerwater, GU21 5NZ.

Booking is essential

Email jane@wokingmind.org.uk

or call 07801 931831



Woking

Jigsaw (Southeast) Parent Information Session

Supporting families across Surrey, parts of Sussex and Kent



Gatwick Airport
Community Trust

**INFORMATION
EVENING**



jigsaw
south east

How to support your bereaved child

TUESDAY 18TH MAY AT 20.00 VIA ZOOM

- * Children's understanding of grief
- * Physical and emotional responses from children
- * Facts about grief
- * Managing fears and worries
- * Age appropriate information
- * Practical ways to support

Register in advance for this meeting:

<https://bit.ly/3hbFWtJ>

After registering, you will receive a confirmation email containing information about joining the meeting.

www.jigsawsoutheast.org.uk | 01342 313895

    Reg. Charity No. 1147696 Company No. 05014061 Patron: Sir Edward Davy

Fun activity of the week: Nature Mobile

Materials

- ☑ Air dry clay
- ☑ String
- ☑ A small stick or skewer
- ☑ Paint
- ☑ Two sticks roughly the same size
- ☑ Four pieces of nature treasure (preferably similar in weight as the project is easier to do if it's evenly weighted)
- ☑ Clear drying craft glue (optional)

Step one – make the clay beads.

1. Take a teaspoon-sized piece of air dry clay and roll it into a little ball.
2. Now take each little clay ball and using a skewer or small stick, poke a hole from one side straight through to the other to make a little clay bead.
3. Let the beads dry then time to paint them!



Step two – assemble the mobile.

1. Take your string and cut off roughly five feet.
2. Take your two sticks and place them into an X shape. Begin wrapping the cord over the top of one of the sticks, moving over and under and back over the top to the next stick in a clockwise pattern. Continue to secure and they tie a knot.
3. One by one take a piece of your chosen nature treasure and tie one end of a piece of string to each. If your nature treasure doesn't have an easy place to tie the string, you can always glue the cord to it.
4. Now take your painted clay beads which should be dry and thread them on to each piece of cord holding the nature treasure.
5. Once you're happy with the amount of beads on each, you can tie them to your nature mobile frame. This is the tricky part as you will want to try to evenly distribute the weight of each so your mobile stays as even as possible once hung!



Recipe of the week: Fishy Pie (from Great British Chefs)

Ingredients:

- 700g of cod, skinned
- 100g of basmati rice
- 200ml of water
- 15g of butter
- 3 leeks, chopped
- 1 garlic clove, peeled and crushed
- 250g of button mushrooms, sliced



- 15g of dill, chopped
- 175g of half-fat sour cream
- 450g of puff pastry
- 1 egg, beaten
- 1 tbsp of sunflower oil

Method:

1. Preheat the oven to 200°C/gas mark 6
2. Place a saucepan over a medium heat. Heat the sunflower oil, then gently fry the basmati rice until translucent, then add the water
3. Bring to the boil, turn down the heat and leave to gently simmer for 10 minutes. Cover the saucepan, remove from the heat and leave to stand for 15 minutes
4. In a separate pan, melt the butter. Add the leeks and garlic and cook over a medium heat until soft.
5. Add the mushrooms and stir. Once the mushrooms begin to release their liquid, place the cod on top of the mushrooms and leeks. Cover the pan, lower the heat and steam for 10 minutes
6. Carefully remove the cod from the pan and set aside
7. Remove the pan from the heat. Stir the rice into the leek and mushrooms. Add the chopped dill and sour cream
8. Flake the cod into the mixture and stir gently to combine
9. Roll out the pastry as thin as possible and cut into 12 equally-sized fish shapes. Set aside on a baking tray lined with parchment paper
10. Spoon some of the mixture onto 6 of the pastry bases, leaving a 1 inch gap at the edges. Top each open pie with another fish-shaped layer of pastry
11. Crimp the edges and egg wash the pastry. Bake in the oven for 15-20 minutes until golden brown.

If you would like any further help, guidance or support for you or your family, please contact **Laura Merrick** (Home School Link Worker) hslw2@stmarys-byfleet.surrey.sch.uk (Working hours: Tuesday 8:30am - 3:30pm, Wednesday 8:30am - 1:00pm, Thursday 8:30am - 3:30pm) or **Tanya Mitchell** (Nurture Liaison Lead) tmitchell@stmarys-byfleet.surrey.sch.uk (Working hours: Monday 8:30am – 1pm, Wednesday 8:30am – 3:30pm, Friday 8:30am – 3:30pm).



