

Home School Link Worker Notice Board

Families South East Surrey Magazine

Families Surrey East is a free magazine for to parents with children aged 0-12yrs. It provides information on schools, nurseries, playgroups, clubs & classes, local attractions, children's centres, NCT groups, baby clinics, libraries, theatres & sports activities in the local area.

Read it online: <https://www.familiesonline.co.uk/families-magazines/families-surrey-east-magazine>



National Book Token competition

This summer term, National Book Tokens are asking children to send in their own dazzling book token designs. Whether it's the school crest doodled in ink, a pencil drawing of the entire class, or something completely different, they want to see it all!

Six weekly winners will get their artwork made into up to 35 gift cards, each loaded with £10 to spend on brilliant books!

The closing date for entries is Sunday 13th June 2021.

<https://www.nationalbooktokens.com/create-a-national-book-token-for-your-class>



24/7 mental health crisis line for children, young people, and families

A new 24/7 mental health crisis line for children, young people and their families and carers in Surrey has launched. The freephone number - **0800 9154644** – is available for children and young people up to the age of 18, including those with Special Educational Needs and Disability (SEND).

The new crisis line provides emotional wellbeing support, advice, and signposting to a range of community services for children, young people and their families and carers who are in a mental health crisis. The number is available to those who are already receiving mental health services, and also for those who are not. No referral is needed.

The crisis line is staffed by a team of experienced, trained call handlers and mental health nurses. A key aim of the crisis line is to help support young people, carers and families within their own homes and in the community and, whenever possible, help avoid the need for children and young people to go to hospital in a crisis.

Fun activity of the week: Fizzy Ice Cubes experiment

Materials

- Ice cube tray
- freezer
- spoon
- container
- bicarbonate of soda
- vinegar
- dropper
- food colouring



Preparation for Ice Cubes

1. Mix 1 cup of bicarbonate of soda with ½ a cup of water in a bowl and stir.
2. Use a spoon to divide the mixture evenly over the ice cube tray.
3. Place drops of food colouring in each of the individual ice cubes.
4. Freeze until the baking soda ice cubes are frozen.

Instructions

1. Place Cubes on a Tray
2. Add Vinegar with a dropper
3. Observe together how the ice fizzes and changes when colours mix!



Recipe of the week: Chocolate cherry popcorn cakes

Ingredients:

- 2 tsp vegetable oil
- 100g popping corn
- 2 egg whites
- 2 tsp unsweetened cocoa powder
- 65g dried cherries, chopped

Method

1. Preheat the oven to 180C, fan oven 160C, gas mark 4. Put 14 paper bun cases into bun trays.
2. Heat the vegetable oil in a large heavy-based saucepan with a tight-fitting lid. Add the popping corn, put the lid on and shake the pan to coat the kernels in the oil. Put the pan over a medium-high heat. The kernels will begin to pop, and when they do, carefully shake the pan occasionally.
3. When the popping subsides, remove from the heat. Cool for 5 minutes.
4. Whisk the egg whites and cocoa powder together in a large bowl. Stir in the cooled popcorn and dried cherries. Share the mixture between the bun cases, then bake for 8 to 10 minutes until set. Cool.



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).

