

Home School Link Worker Notice Board

Family Lives 'Parents Together' Online course

This self-taught online course is free to all parents and carers. The course has to be accessed using either Google Chrome or Internet Explorer – unfortunately it cannot be accessed on an I-Pad or mobile phone or by using Safari.

The course consists of 6 interactive modules with examples, quizzes, pictures and audio. Each module takes about 30 minutes but you are able to work through the programme at your own pace.

The modules cover:

- How parenting can be challenging
- Communication skills
- Looking after your own needs as a parent
- Promoting Positive Behaviour
- Play and what children need
- Setting boundaries



The programme is ideally suited for people with children aged 0 – 5 but most of the topics can be related to older children and will benefit parents of children up to the age of 11.

You can print off module certificates as you complete them, or you can email them for a completion certificate for all 6 modules at the end of the course.

If you would like to register for the course you just need to send your full name, first part of your postcode and the email address you wish to use to access the course using the box below (please include your email address not 'please use this email address') and send the information back at services@familylives.org.uk

Parents Together Online: <https://www.familylives.org.uk/how-we-can-help/online-parenting-courses/parents-together/>

Byfleet United Charity

Byfleet United are a grant giving charity supporting residents and community organisations in Byfleet and West Byfleet. They can provide 'Essentials Grants', 'Family Support Grants', 'Short Term Support Grants' and 'Bursary Awards.'

Families can apply online:

<https://byfleetunitedcharity.org.uk/individual-grants/>



Family Learning courses – June updates

These courses are free and delivered online on zoom. You can find out more about the individual courses and book directly by clicking on the individual links or by visiting their webpage.

www.surreycc.gov.uk/familylearning



Half term fun and Early Years

[Hungry Caterpillar Story and craft workshop for 3-4 year olds Tuesday 1st June 10.30-11.30am](#)

[Elmer Story and craft workshop for 4-7 year olds Friday 4th June 10.30-11.30am](#)

[Whiffy Wilson, a story and craft workshop to support your child starting school Saturday 26th June 10.30-11.30am](#)

[Phonics workshop Tuesday 15th June 10.30-11.30am](#)

[Phonics workshop Tuesday 15th June 1.30-2.30pm](#)

Wellbeing & Healthy Living

[Healthy Summer Desserts 3 week course Monday 7th-21st June 1-2.30pm](#)

[Healthy lunch box challenge 3 week course Wednesday 23rd June-7th July 12.30-2.30pm](#)

[Yoga for Anxiety 3 week course Tuesday 8th -22 June 10-11.30am](#)

[Yoga for Anxiety 3 week course Tuesday 29th June-13th June 10-11.30am](#)

[Family Yoga \(with 5-10 year old\) 3 week course Wednesday 9th -23rd June 4.30-5.30pm](#)

[Family Yoga \(with 5-10 year old\) 3 week course Wednesday 30th June-14th July 4.30-5.30pm](#)

[Chair Yoga to build resilience 3 week course Thursday 10th-24th June 10-11.30 am](#)

[Stress Buster workshop Thursday 10th June 1.15-2.45pm](#)

Courses for EAL parents

[English for EAL Parents 6 week course Wednesday 9th June-14th July 12.30-2.30pm](#)

[English for EAL parents 6 week course Thursday 10th June-15th July 10-11.30am](#)

[English Grammar for EAL parents 6 week course Wednesday 9th June-14th July 10-11.30am](#)

[English Grammar for EAL parents 6 week course Thursday 10th June-15th July 12.30-2.30pm](#)

[Education in England workshop Friday 11th June 1-2.30pm](#)

[Phonics for EAL parents workshop Friday 18th June 1-2.30pm](#)

[Applying for a primary school place for EAL parents Friday 25th June 1-2.30pm](#)

Maths

[Family Maths for Key Stage One 6 week course Thursday 10th June- 15th July 10-11.30am](#)

[Family Maths for Key Stage Two 6 week course Thursday 10th June-15th July 1-2.30pm](#)

Parenting

[Explore Behaviour Strategies 2 week course Wednesday 9th -16th June 1-2.30pm](#)

[Explore Behaviour Strategies 2 week course Wednesday 30th June-7th July 1-2.30pm](#)

[Understanding Children's Behaviour 5 week course Friday 11th June-9th July 10-11.30am](#)

[Understanding Children's Behaviour 5 week course Thursday 10th June-15th July 10-11.30am](#)

Woking Family Centre - Virtual SEND Parent and Carer Support Group

Woking Family Centre will be running a five-week virtual support group for parents and carers of children 0 – 16 years with SEND.

They will be exploring these topics over the five weeks and there is also time for exploring further support and information upon request.

- **Week 1 – Introductions, back to school (Monday 7th June)**
- **Week 2 - Boundaries, Keeping us all safe (Monday 14th June)**
- **Week 3 – Useful parenting tools and tips (Monday 21st June)**
- **Week 4 – Food fads and sleep (Monday 28th June)**
- **Week 5 – EHCP, DLA other funding options, support networks (Monday 5th July)**

If you would like to attend the sessions, please register your interest with kesara.cheena@woking.gov.uk and they will send you all of the log in details needed for the session.

Fun activity of the week: Egg shell plant pots

What you will need:

- Egg shells
- Grass seeds (or other seeds of small plants)
- Soil (potting soil, or you can use dirt from your yard)
- Hot glue gun
- Wax paper
- Magnifying glass



Instructions:

The first step is to remove the egg from the shell then rinse and dry the egg shell.

To make a stand for each shell, place a blob of glue on a piece of wax paper and then stick the egg shells down.

When the glue dried, peel the egg (carefully) off of the wax paper and it will stand on its own.

Put soil inside the eggs and sprinkle with seeds.

Dampen the seeds and place in a sunny spot (or in different spots if you are comparing growing conditions).

Wait for seeds to sprout. You should start to see sprouts within a week.

After a few weeks, your spouts will be growing nicely. Examine them with a magnifying glass - compare textures and discuss why plants have these parts and what they use them for. What do you notice about them?

Experiment with different seeds, different locations for your egg shell gardens, different types of soil, and different light levels. After your seeds have sprouted, you can simply pop those eggshells along with their plants right into the ground!

Recipe of the week: Spinach and mushroom carbonara

Ingredients:

- 300g (10oz) rigatoni pasta
- 1tbsp olive oil
- 150g (5oz) chestnut mushrooms, sliced
- 240g spinach leaves
- freshly grated nutmeg
- 3 eggs
- 100ml (4fl oz) double cream
- 50g (2oz) grated Parmesan
- 3tbsp pine nuts, toasted
- salt
- ground black pepper



Method

1. Cook the pasta in a large pan of boiling salted water for 10-12 mins or until al dente.

2. While the pasta cooks, heat a non-stick frying pan, add the oil and mushrooms and sauté for 3-4 mins or until the mushrooms are golden. Stir in the spinach and stir until the leaves are just wilted. Remove from the heat and season well with salt and pepper.

3. Beat the eggs with the cream, half the Parmesan, seasoning and nutmeg.

4. Drain the pasta in a colander, return to the pan, stir in the egg mixture and stir well - the mixture will thicken as the heat from the pasta 'cooks' it. Stir in the mushrooms and spinach and pine nuts. Divide between bowls and sprinkle over the remaining cheese.

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).

