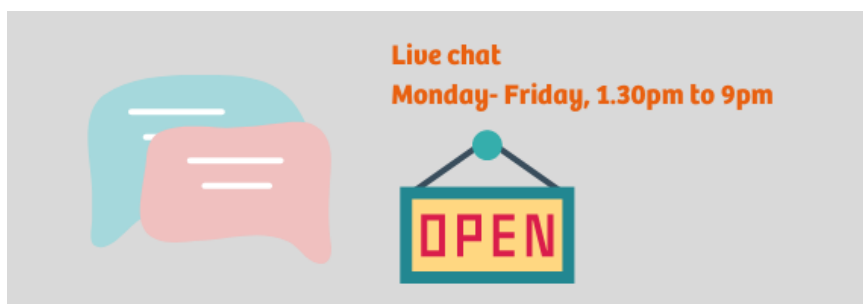


Home School Link Worker Weekly Bulletin

Family Lives online support

Family Lives offers an online chat service, which is open **every weekday**, from **1.30pm to 9pm** (excluding bank holidays). You can contact them about any family or parenting issue.

<https://www.familylives.org.uk/how-we-can-help/online-chat/>



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 July 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](#)

Kooth – Transition support

Kooth is designed to support the wellbeing and resilience of young people and is available for 10-18 year olds in Surrey. Kooth will be joining us this term for a Year 7 transition session for our Year 6 children to help support them as they move up to secondary school. Kooth is running free online parent information sessions in June & July. The sessions are designed to help you understand how Kooth can support your child with their mental health and wellbeing. Each session will cover:

- **A Presentation on Kooth**
- **A Live tour of the Kooth site**
- **An opportunity for Questions & Answers about Kooth**

Please click on the registration link for the date/time you'd like to attend and please ensure you register for the webinar of your choice. Please email parents@kooth.com if you need support.

Tues 15 June 12pm – 1pm

Registration link: <https://www.eventbrite.co.uk/e/discoverkooth-parent-carer-information-sessionstickets-154234606861>

Zoom link: <https://zoom.us/j/95629148354>

Weds 30 June 6pm –7pm

Registration link: <https://www.eventbrite.co.uk/e/discoverkooth-parent-carer-information-sessionstickets-154234606861>

Zoom link: <https://zoom.us/j/91713579904>

Tues 13 July 6pm – 7pm

Registration link: <https://www.eventbrite.co.uk/e/discoverkooth-parent-carer-information-session-tickets-154234606861>

Zoom link: <https://zoom.us/j/92015808519>

Kooth provides a safe, secure means of accessing help via the internet. By accessing Kooth, young people can benefit from:

- A free, confidential, anonymous and safe way to receive support online.
- Out of hours' availability. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop in basis.
- Online Counselling from a professional team of BACP qualified counsellors is available via 1-1 chat sessions or messaging on a drop in basis or via booked sessions.
- Discussion Boards which are all pre-moderated allow young people to access peer to peer support.
- Online Magazine full of moderated articles many of which are submitted by young people offering advice and guidance on a huge range of topics.
- No referral is required. Young people can register for kooth independently at www.kooth.com

Fun activity of the week: Chromatography Flowers

Chromatography is the process of separating a solution into different parts — like the pigments in the ink used in markers. If you draw stripes around a coffee filter, then fold it up and dip the tip in water, the water will travel up the filter and separate the marker ink into its different pigments!



Recipe of the week: Spanish Pasta Salad

Ingredients:

- 300g fusilli pasta
- 4 spring onions, trimmed and roughly chopped
- 1 red pepper, deseeded and cut into cubes
- 1 green pepper, cut in half, deseeded and roughly chopped
- 1 red chilli, seeded and finely chopped
- 200g cherry tomatoes, halved

For the dressing

- 4 tbsp olive oil
- 2 garlic cloves, crushed
- 1 lime, juiced
- ½ tsp smoked paprika
- 100ml tomato juice



Method:

1. Cook fusilli according to package instructions; drain and set aside.
 2. Make the dressing by combining all the ingredients together and season to taste.
 3. In a large bowl combine the pasta, spring onions, peppers, chilli and tomatoes.
 4. Add the dressing ingredients and toss well. Serve immediately
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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).

