

## Home School Link Worker Weekly Bulletin

### Back to school tips



It's been lovely watching the children head back to school this week, however settling in after a fun-filled summer break can be a bit challenging for some children. It's natural to feel a mix of emotions so here are some tips to help your child ease back into the school routine and make the transition smoother:

**Feelings and emotions:** You can encourage your child to express their feelings about returning to school whilst listening attentively and validating their emotions. Children may prefer use of visual tools (Zones of Regulation), journals or diaries to help them open up and express how they are feeling.

**Routines:** It can be quite a shock to the system getting up early and back into 'school-mode' but clear, consistent, predictable routines can help children feel safe and secure.

**Positive Reinforcement:** We can remind our children of the fun and exciting aspects of school – seeing friends, participating in interesting lessons, and engaging in extracurricular activities.

**Hopes and Goals:** A new year brings about new opportunities for growth so we can discuss what they hope to achieve and what they can do to reach their goals.

**Connection:** This can be done through little notes in the lunchbox, swapping small tokens (transitional objects such as photos, teddies, keyrings etc), or drawing 'bravery kisses' on each other's hands.

**Organize and Plan:** Visual timetables can help children get organized and build their independence. This can also be used a tool for them to refer to ensure they know who is picking them up, when they are going to a club etc.

**Positivity:** As we know, children will often mirror our emotional state – optimism and enthusiasm can be contagious.

**Minimising after-school restraint collapse:** It is likely that our children will be exhausted this week! Therefore, planning in time for decompression after school may be helpful.

It's perfectly normal for children to have mixed feelings about returning to school. With your support and encouragement, they can transition back into the school routine successfully and look forward to a year filled with learning, growth and new experiences.

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### **Action for Children – mental health support**

Action for Children have provided advice and activities to support children and parents with their mental health and emotional wellbeing.

<https://parents.actionforchildren.org.uk/mental-health-wellbeing/>



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### **School admissions**

Information on school admissions is now available online:

<https://www.surreycc.gov.uk/schools-and-learning/schools/admissions>



The closing date for applications to **primary** schools is **15th January 2024**.

The closing date for applications to **secondary** schools is **31st October 2023**.

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### **Uniform**

We are very grateful for all the uniform donations that have been sent it- thank you! We often have children coming in from playtime covered in mud so spare joggers are also always welcome!

We also do have some funding available through Byfleet United Charity to help cover the costs of new school uniform so please do contact the HSLW if you require financial assistance.



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### **Woking Family Centre's 'Keeping your child in mind' parenting course.**

This is a free programme for parents/carers focusing on relationships within the family and the influence of parental relationships on children. It will be taking place on 18th September. Families can register their interest by calling 01483 743812 or emailing [familycentres@woking.gov.uk](mailto:familycentres@woking.gov.uk)

# KEEPING YOUR CHILD IN MIND



## Adults working together.

A FREE programme for parents and carers focusing on relationships within the family and the influence of parental relationships on children.

### The course covers:

- Self-awareness
- Appropriate expectations
- Boundaries and positive discipline
- Understanding empathy.



For further information, visit  
[www.woking.gov.uk/familysupport](http://www.woking.gov.uk/familysupport)  
Register your interest with us on email  
[familycentres@woking.gov.uk](mailto:familycentres@woking.gov.uk)  
or call 01483 743 812





### **Fun activity of the week: Shadow drawing**

The challenge with making shadow art is how to draw around a shadow cast by a toy (or the subject of the drawing) without obscuring that shadow with your own!



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### **Recipe of the week: Seafood rice**

#### **Ingredients:**

- 1 tbsp olive oil
- 1 leek or onion, sliced
- 110g pack chorizo sausage, chopped
- 1 tsp turmeric
- 300g long grain rice
- 1l hot fish or chicken stock
- 200g frozen peas
- 400g frozen seafood mix, defrosted



#### **Method:**

1. Heat the oil in a deep frying pan, then soften the leek for 5 mins without browning.
2. Add the chorizo and fry until it releases its oils.
3. Stir in the turmeric and rice until coated by the oils, then pour in the stock.
4. Bring to the boil, then simmer for 15 mins, stirring occasionally.
5. Tip in the peas and cook for 5 mins, then stir in the seafood to heat through for a final 1-2 mins cooking or until rice is cooked.

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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](mailto:hslw2@stmarys-byfleet.surrey.sch.uk) (Working hours: Tuesday 8:30am - 3:30pm, Wednesday 8:30am - 1:00pm, Thursday 8:30am - 3:30pm).

