

Home School Link Worker Weekly Bulletin

Family Voice Surrey's 'School Anxiety Group'

If your child is experiencing any level of school anxiety or attendance issues please contact lucy.y@familyvoicesurrey.org for more information on Family Voice Surrey's parent/carer support group.



Families Online Magazine

Please [click here](#) for the September/October edition.



Parent guide to travel assistance

Family Voice Surrey have been working with the home to school transport team at Surrey County Council to develop a parent guide, which details the process for accessing travel assistance for your child from eligibility right through to delivery.

Please [click here](#) to read the guide.



Parenting support on school website

The latest 'quick guide' has been uploaded to the school website entitled, 'Building Resilience'.

So far, the following 'quick guides' are up:

- building resilience
- boosting self-esteem
- bedtimes
- managing anxiety
- separation anxiety
- challenging behaviour



They can be found under the Home School Link Worker section under 'Parents.'

Please [click here](#) to be directed to our school website.

Again, under the Home School Link Worker section, there is a 'Family Support' tab. Here parents/carers can find links and signposting for a range of parenting topics including mental health and well-being, children's health, finance, online safety etc.

Fun activity of the week: Bubble painting

You will need:

- cups
- washing up liquid
- paint
- paper straws
- white paper

1. Take some cups and fill them to half full with water.
2. Squirt a bit of washing up liquid into each cup.
3. Add a dollop of paint into each cup and mix thoroughly with a spoon.
4. Blow into each cup with a paper straw until bubbles fill the cup and rise above it. When you blow, place the bottom of the straw so it almost touches the bottom of the cup. This is where most of the paint will fall to in the water, so will create a brighter bubble.
5. Place a piece of paper on top of the cups gently, to transfer the coloured bubbles on to the paper.



Recipe of the week: Creamy chicken pasta

Ingredients:

- 300g dried penne
- 2 tsp olive oil
- 1 garlic clove, crushed
- 75g baby spinach leaves
- 250g soft cheese
- 25g parmesan, optional
- 4 cooked chicken breasts (about 450g), shredded with a fork
- 100g frozen peas
- small bunch of parsley or basil, chopped



Method:

1. Cook the pasta following pack instructions. Reserve 100ml of the water and drain the pasta in a colander.
 2. Meanwhile, heat the oil in a frying pan on a medium heat and fry the garlic and spinach for 3 mins until wilted. Add the soft cheese and heat until melted. Stir in most of the parmesan, then add the shredded chicken, peas and some of the pasta water. Bring to the boil and bubble for 2-3 mins until the chicken and peas are completely heated through.
 3. Add the pasta and stir until combined. Add more pasta water to loosen the sauce, if needed. Remove from heat, sprinkle over the remaining parmesan and parsley or basil to serve.
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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).

It always
seems
impossible
until it's
done.