

Home School Link Worker Weekly Bulletin

Family Lives – new online parenting course

New course added: Sibling arguments and how to manage them

This online course is for parents, carers and other family members to help manage conflicts in family life, particularly between siblings or children in the household. It is aimed at families with children aged 5-18. This course will cover how conflict can affect us as parents, dealing with sibling rivalry, how to help children sort arguments out together, how to reduce the number of conflicts that happen and more...

Modules on the course:

- How does conflict affect us?
- Sibling rivalry
- Giving children the skills to deal with conflict
- Negotiation in the family
- Reducing conflict

[Click here](#) to find out more and register.



Byfleet Methodist church – Foodbank and Citizens Advice service

Byfleet Methodist church operate an outlet of the Woking Foodbank. The Foodbank Centre is open each Wednesday between 12.00 pm and 2.30 pm. Each week, they also offer a "Free Food" table which is often stocked with food donated by the Co-op on the High Road. Anyone can avail themselves of this food, whether they have been formally referred to the Foodbank or not.

Please contact Laura Merrick if you require a foodbank referral (hslw2@stmarys-byfleet.surrey.sch.uk)

With the generous financial support of the Byfleet United Charity, Citizen's Advice Woking hold drop-in advice sessions in parallel with the Foodbank between 12.00pm and 2.30pm. Anyone who needs help or advice can just drop in and meet with a trained counsellor.

More information can be found on the following websites

[Woking foodbank](#)

[Woking citizens advice](#)

[Byfleet United Charity](#)

Address: 2 Rectory Ln, Byfleet, West Byfleet KT14 7LL

Fun activity of the week: Bird feeder

What you will need:

- Bird seeds and nuts
- Twine
- An orange or other citrus fruit such as a lemon or grapefruit

To make orange feeders:

1. Cut your fruit in half.
2. Squeeze out the juice so that you are left with the hollowed-out halves.
3. Carefully make four holes around the edge of the fruit - you could make the holes using a thick knitting needle or small pointed screwdriver.
4. Thread twine through the holes to make a hanging loop, like in the picture.
5. Carefully pick your orange half up by its twine so you can see how it hangs. Fill it with your seeds and nuts.



Recipe of the week: Cowboy pie

Ingredients:

- 2 tsp sunflower oil
- 1 onion, finely chopped
- 8 pork sausages, cut into bitesize pieces
- 2 garlic cloves, crushed or finely grated
- 2 tsp hot smoked paprika
- 2 x 410g cans baked beans
- 3 tbsp barbecue sauce

For the mashed potato

- 1 kg potatoes, peeled and roughly chopped
- 50g butter
- 4 tbsp milk
- 75g grated cheddar
- 2 tbsp chopped chives, to garnish, optional

Method:

1. Bring a large pan of salted water to the boil over a medium heat, then carefully tip in the chopped potatoes. Cook for 15-20 mins until tender. Drain, then tip back into the pan and leave to air-dry for a couple of minutes before mashing. Tip in the butter and milk, and stir through until combined. Set aside with the lid on to keep warm.
2. Heat the oven to 200C/180C/gas 6.
3. While the potatoes are cooking, heat the oil in a frying pan or saucepan over a medium heat and fry the onion for 6-8 mins until softened.



4. Tip in the sausage pieces and fry for 4 mins until browned all over, then add the garlic and cook for 1 min before stirring in the smoked paprika and cooking for 1 min more.
5. Pour in the beans and barbecue sauce and cook until just about to simmer before removing from the heat.
6. Spoon the sausage and bean mixture into an ovenproof tin or dish (ours was 20x20cm), then spoon over the mashed potato and sprinkle the grated cheddar on top. Bake in the oven for 25-30 mins until bubbling round the edges and the cheese is golden.
7. Remove from the oven and scatter over the chives, if using.

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).

I never lose.
I either
win or learn.

Nelson Mandela