

## **Home School Link Worker Weekly Bulletin**

### **Little Parachutes**

The team behind 'Little Parachutes' have read, reviewed and assessed a whole range of picture books and categorised them for ease of use. On their website, they have sourced a whole range of books which cover a vast array of topics including health, introducing a new baby, anxiety, bereavement and disabilities.

<https://www.littleparachutes.com/>



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### **Woking foodbank**

*'We don't think anyone in our community should have to face going hungry. That's why we provide three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis. We are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.'*



Byfleet Methodist church operate an outlet of Woking Foodbank and are open on Wednesdays between 12:00 – 2:30pm.

Please do contact Laura Merrick ([hslw2@stmarys-byfleet.surrey.sch.uk](mailto:hslw2@stmarys-byfleet.surrey.sch.uk)) if you require a referral to the food bank services.

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### **CYP Havens**

The CYP Haven is a safe space for children and young people aged 10-18 to talk about worries and mental health in a confidential, friendly and supportive environment. There are two centres (Epsom and Redhill) and a helpline. Throughout the year they also run workshops on topics such as anger, low mood and self-harm.



[Click here](#) to explore their website.

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### **Fun activity of the week: Straw fireworks**

Using some small scissors, carefully cut slits into the end of a straw. Spread out the pieces of straw, dip into paint and press onto paper to make your own firework display!



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### **Recipe of the week: Toffee apple bread & butter pudding**

#### **Ingredients:**

- 3 red dessert apples
- juice 1/2 lemon
- 4 tbsp golden caster sugar
- 397g can caramel
- 6 brioche finger rolls, sliced into rounds
- 3 eggs
- 400ml full-fat milk
- 200ml double cream
- 1 tsp vanilla extract
- ice cream, to serve (optional)



#### **Method:**

1. Core the apples, then slice into rings about as thick as a 50p piece. Toss through the lemon juice and 2 tbsp sugar.
  2. Spread about 2/3 of the caramel over the base of a large baking dish (ours was 20 x 30cm).
  3. Layer the brioche and apple rings in the dish in overlapping lines. Dot spoonfuls of the leftover caramel here and there, leaving bits of apple poking out.
  4. In a jug, whisk the eggs, milk, cream, vanilla extract and 1 tbsp sugar.
  5. Pour the mixture over the brioche and apples, making sure it's all well covered, then wrap in cling film. Set aside for at least 30 mins, or overnight, in the fridge.
  6. Heat oven to 170C/150C fan/gas 3. Uncover the pudding and scatter with the remaining 1 tbsp sugar. Bake for 45-50 mins until the top is golden and the custard has set. The caramel should be bubbling around the edges and the pudding puffed up.
  7. Serve with vanilla ice cream.
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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).

