

Home School Link Worker Weekly Bulletin

Anti-bullying week

Anti-Bullying Week 2023 is coordinated in England, Wales and Northern Ireland by the Anti-Bullying Alliance. This year it has the theme 'Make A Noise About Bullying' and will take place from Monday 13th to Friday 17th November. The week will be kicked off with Odd Socks Day on Monday 13th November, where adults and children wear odd socks to celebrate what makes us all unique.



Please click below for further advice and the anti-bullying alliance's tool for parents+carers.

<https://anti-bullyingalliance.org.uk/tools-information>

<https://anti-bullyingalliance.org.uk/tools-information/advice-and-support/information-tool-parents-and-carers>

Play and Learn Plus group

Woking Family Centres are working in partnership with Home-Start to offer free sensory play and learning sessions in Woking.

The session is for children aged 0-5 years with Special Educational Needs and Disabilities (SEND), pre and post diagnosis.

From November, sessions are every Tuesday at Sythwood Bungalow, Horsell, GU21 3AX.

PLAY & LEARN PLUS **FOR PARENTS & CARERS***



Free sensory play and learning sessions for children (0-5 years) with Special Educational Needs and Disabilities (SEND), pre and post diagnosis. Siblings welcome.

Sessions are all year round and will provide:

- Interactive and specialist play opportunities
- Access to professional advice from Woking Family Centres, Homestart and partners
- Signposting to further Woking Family Centres Services
- Safe space to meet other parents and carers of SEND children.

* Priority will be given to families living in Woking borough.



For more information, visit
www.woking.gov.uk/familysupport
Register your interest with us on email
familycentres@woking.gov.uk or call
01483 743 812



**HOME
START**
Runnymede
& Woking



Health visitor drop-in sessions

Every Wednesday health visitors and school nurses are available for you to chat to at Eastwood Leisure Centre.

Pop by between 9.30am until 11.30am for child health drop-ins and breastfeeding support.

Health visitors will be available for newborns and children up to 5 year olds, and school nurses will be assessing 5 to 19 year olds.

Assessments can include self-weighting, health reviews, dental care, toileting and more!

Whilst you're there, you can visit the coffee shop and soft play area too.

Address

Albert Drive
Sheerwater
Woking
GU21 5RF

Telephone

01883 340 922

Fun activity of the week: Cardboard tube bird feeder

Grab a cardboard tube, coat in peanut butter, sprinkle over some bird seed, pierce with a skewer and hang using twine.



Recipe of the week: Chickpea fritters

Ingredients:

- 1 red pepper, diced
- 2 shallots, diced
- 2 carrots, grated (smallest function)
- 2 cloves of garlic, grated
- peel of 1 lemon, grated
- 1 thumb size piece of ginger, peeled and grated
- 1 x 400g can of chickpeas, drained
- 1tsp garam masala

- 1tsp cumin
- 1tsp ground coriander
- 3tbsp plain flour (or any gluten-free alternative)
- 1 egg
- 30g fresh coriander, chopped
- vegetable oil, for frying
- For the tzatziki
- half a cucumber, grated
- 1 clove of garlic, grated
- approx 150g Greek yoghurt (or a dairy-free alternative)

Method:

1. Combine the red pepper, shallots, garlic, lemon peel and ginger in a large bowl. Squeeze the carrots to remove the excess juice then add to the bowl.
 2. Place the chickpeas in a food processor and whizz for a few seconds until broken down and crumbly. You don't want a puree so don't blend too far. If you don't have a food processor just crush with chickpeas with the back of a fork.
 3. Add the chickpeas to the bowl along with the garam masala, cumin and ground coriander.
 4. Add the egg and mix well then sieve over the flour and mix again.
 5. Shape into small discs and fry for around 3 minutes a side in a little olive oil.
 6. When cooked remove and place on kitchen paper to cool.
 7. To make the tzatziki combine the cucumber, garlic and yoghurt in a bowl. Top the fritters with the chopped coriander.
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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).

NOT ALL
positive changes
FEEL POSITIVE
IN THE BEGINNING.