

Home School Link Worker Weekly Bulletin

Families Online Magazine

Included in this November/December edition:

- * Where to see Santa
- * Christmas shows, cinema and pantos
- * Workshops and days out
- * Christmas fairs and markets



[Click here](#) to access the latest edition.

Christmas Craft session at Byfleet Library



Christmas Craft Session

**Come and have fun making
a Christmas scene**

Where-
Byfleet Community Library

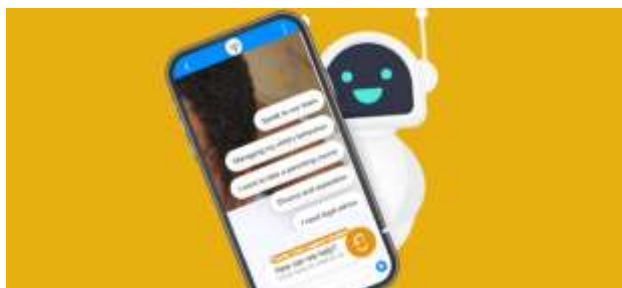
When-
Saturday, 9th December
10.30am-12noon
and
2pm-3.30pm

Who-
Children 3-11 years
£1 per child



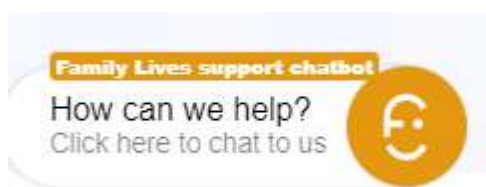
**Spaces are limited so
please reserve a place at
the library desk.**

Family Lives – Chatbot



Family Lives website now has an automated chatbot. The bot can answer frequently asked questions about family and parenting issues, and help you find relevant information on their website. If you have a more complex question or the bot can't answer, you can still contact the team via helpline, live chat or email.

[Click here](#) to visit website and access Chatbot (find this at the bottom in the right-hand corner)



Family Voice Surrey's school anxiety group

'On Tuesday 21st November we have Sue Kite coming along from Mindworks for a session to discuss the adaptation of Cognitive Behaviour Therapy for Neurodivergent Individuals.'

Do you have a child or young person who struggles with attending school or college or is unable to attend? If so you may like to join our friendly support group. We meet regularly to feed our lived experience back to decision makers and to input on EBSNA projects and we also have zoom catch ups for peer support.

We have two WhatsApp groups for day-to-day chat, our EBSNA Surrey group and our School Anxiety/SEN ideas group.'

Please email lucy.y@familyvoicesurrey.org for more details.



Fun activity of the week: Gratitude tree

Head outside on a woodland walk and gather a selection of sticks. Paint them and, once dry, place in a vase where everyone can see them. Cut out some leaf shapes from coloured paper, punch a hole at the top and loop some string through. Place the leaves in a bowl and everyone can write on a leaf what they are thankful for. Place them on the branches to create your own 'gratitude tree.'



Recipe of the week: Beef stew

Ingredients:

- 2 celery sticks, thickly sliced
- 1 onion, chopped
- 2 really big carrots, halved lengthways then very chunkily sliced
- 5 bay leaves
- 2 thyme sprigs, 1 whole and 1 leaves picked
- 1 tbsp vegetable oil
- 1 tbsp butter
- 2 tbsp plain flour
- 2 tbsp tomato purée
- 2 tbsp Worcestershire sauce
- 2 beef stock cubes, crumbled
- 850g stewing beef, cut into nice large chunks



Method:

1. Heat oven to 160C/140C fan/gas 3 and put the kettle on.
 2. Put 2 thickly sliced celery sticks, 1 chopped onion, 2 chunkily sliced carrots, 5 bay leaves and 1 whole thyme sprig in a flameproof casserole dish with 1 tbsp vegetable oil and 1 tbsp butter.
 3. Soften for 10 mins, then stir in 2 tbsp plain flour until it doesn't look dusty anymore, followed by 2 tbsp tomato purée, 2 tbsp Worcestershire sauce and 2 crumbled beef stock cubes.
 4. Gradually stir in 600ml hot water, then tip in 850g stewing beef and bring to a gentle simmer.
 5. Cover and put in the oven for 2hrs 30 mins, then uncover and cook for 30mins – 1hr more until the meat is really tender and the sauce is thickened.
 6. Garnish with the picked leaves of the remaining thyme sprig.
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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).

A quote is centered on a rectangular background with a soft, multi-colored gradient of pastel shades including pink, orange, and light blue. The text is in a simple, black, sans-serif font.

"Kindness
begins with the
understanding that
we all struggle."