

Home School Link Worker Weekly Bulletin

Mindworks – Information and resources

Mindworks have collated resources, ideas and support on their website and have categorised them into clear sections for use of use. Topics include anger, anxiety, neurodevelopmental needs and trauma.

[Click here](#) to be directed to the Mindworks website.



Hub of Hope

The Hub of Hope is the UK's leading mental health support database. It is provided by national mental health charity (Chasing the Stigma) and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time. Using your postcode, you can find out which local services are available in your area.

[Click here](#) to be directed to the Hub of Hope website.



Christmas guides

Muddy Stilettos Surrey have produced a series of guides and articles including gift guides, where to see and Santa and top places to buy your Christmas tree.

[Click here](#) to be directed to the Muddy Stilettos website.



Santa is coming to Byfleet!

Santa and his elves are visiting Byfleet!

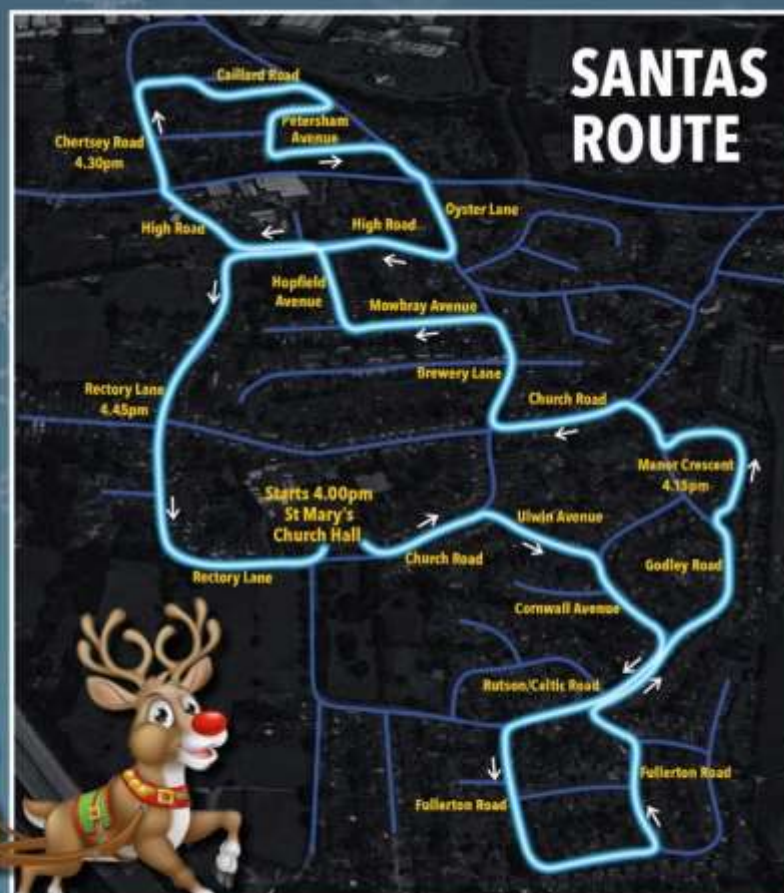
**On Saturday 16th December, Santa and
his elves are taking time off to visit
Byfleet on a Horse and Carriage.**

**They will be leaving at 4.00pm from St Mary's church hall
and touring all the main roads in the village.**

Please note that
Santa may not travel
the whole length of
every road listed.

Please make sure
you are in the correct
part of your road.

All times are
approximate.



Preparing children for events this holiday

TALKING SCRIPTS FOR PARENTS

How to prepare your child for a holiday event.



Important Note: Before talking to your child, check in with yourself. If you feel dysregulated, take deep breaths. It's okay to focus on yourself first. Your state impacts your child more than your words.

Before the Event...

✦ Talk About What to Expect

"Hey sweetie, let's talk about what to expect at Grandma's house tonight so you'll be prepared. All the different members of our family will be there, so it might feel busy and loud."

"Grandma may offer you that food that isn't your favorite. It's ok to say 'no,' but let's practice saying it in a way that's polite and kind. Do you have any ideas of what you can say?"

✦ Let Your Child Ask Questions and Share Concerns

"Is there anything else that you feel unsure about or want to talk through?"

"Ok, I hear you. You're worried that you might feel overwhelmed and need a break, or might forget what to do. I can help you with that."

✦ Create a Game Plan

"How can I support you? Do you want me to come check on you throughout the evening to make sure everything is going ok? Or maybe come up with a special way to let me know that you need to take a break?"



Tip: Loud family gatherings with new, unfamiliar foods and extra stimuli can sometimes cause sensory overload and throw our kids into fight or flight mode. They may need extra care and tools to feel supported during these times.

In the Moment...

✦ Check In With Your Child Periodically

Quietly pulling your child aside: "Hey, how are you doing? Are you feeling good or do you feel like you could use a quick break with me?"

✦ If Your Child Needs a Break

"Hey, I'm noticing you're feeling upset about dessert. Let's go to the other room and take a minute to calm down... Let's practice our box breathing, ok? We can take as much time as we need... Do you want to share what's happening for you? Ok. Thank you for telling me. That makes sense. Let's talk about our plan for what we'll do once we leave this room."



Remember: Your secure presence and the tools that you offer can go a long way in helping your child feel supported in loud, hectic situations.

Fun activity of the week: Christmas tree ribbon decoration

Using some left-over Christmas ribbon, a sturdy stick and loop of wool, you can create your own Christmas tree ribbon decoration!



Recipe of the week: Spiced vegetable soup

Ingredients:

- 2 tbsp olive oil
- 2 onions, finely chopped
- 2 sweet potatoes, chopped
- 2 carrots, chopped
- 2 parsnips, chopped
- 1 red chilli, roughly chopped
- 1 tbsp ground cumin
- 75g dried green lentils
- 1.3l vegetable stock
- 425ml milk
- 100g Greek yogurt
- 1 tbsp coriander leaves, chopped



Method:

1. Heat the olive oil in a large pan. Add the onions and fry for 5 mins until softened. Tip in the remaining veg and cook for another 5 mins, adding the chilli and cumin for final 2 mins.
2. Add the lentils and stock to the pan. Bring to the boil, then lower heat and simmer for 25 mins until veg are tender and lentils are soft. Blitz until smooth with the milk and a little extra water or stock, if necessary. Season, then reheat until piping hot.
3. Ladle into bowls and serve with a dollop of Greek yogurt and a sprinkle of chopped coriander.

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).

