

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

### **Families Online magazine**

[Click here](#) to access the latest edition, which includes days out, half term workshops and children's theatre.



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### **Warm welcome hub**

Eastwood leisure Centre in Sheerwater is currently running as a warm welcome venue in partnership with Surrey County Council. Families can attend their leisure site, participate in various activity including table tennis and boccia and enjoy free tea/coffee. This takes place on Sunday mornings between 10.00-12.00 and is free. Families can also receive warm items such as gloves, hats and blankets.

A poster for "Warm Welcome venues" at Eastwood Leisure Centre. The background is red. At the top, it says "Eastwood Leisure Centre" in white, followed by "EVERY SUNDAY" and "10am - 12pm". On the left, there is a white silhouette of two people playing table tennis. In the center, the words "Warm Welcome venues" are written in large white font. Below this, it says "Safe and friendly places for everyone in Surrey". On the right, there is a list of activities: "• Table Tennis", "• Boccia", and "• Hot Drinks". At the bottom left, there is a white silhouette of a boccia ball. At the bottom right, there is a logo for "freedomleisure" with the tagline "where you matter". At the very bottom, it says "Free Warm Up items available".

Eastwood Leisure Centre  
EVERY SUNDAY 10am - 12pm

**Warm Welcome venues**

Safe and friendly places for everyone in Surrey

- Table Tennis
- Boccia
- Hot Drinks

Free Warm Up items available

SURREY COUNTY COUNCIL

freedomleisure where you matter

## **Free online parent/carers workshops**

YMCA East Surrey's Community Wellbeing Team invites you to attend their free online workshops for parents/carers.

These workshops are suitable for parents/carers with children aged 8+.

Their Community Wellbeing team will provide you with information and key strategies to support your child. There will also be time for you to ask any questions that you have via the online chat function.

Workshops currently taking place:

- Talking to your child and supporting them to cope with worries
- Understanding, expressing and managing emotions
- Supporting your child with the transition from Primary to Secondary school

If you have any questions about these events, please email

[communitywellbeingteam@ymcaeastsurrey.org.uk](mailto:communitywellbeingteam@ymcaeastsurrey.org.uk)



[Click here](#) to find out more and secure your place.

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## **Fun activity of the week: Coloured ice sculptures**

### **Materials needed:**

- Cups, muffin tins, containers and bowls of various sizes and shapes
- Water
- Food colouring or liquid watercolours

### **How to create the sculptures:**

Start by using either food colouring or liquid watercolours to dye your water. Then pour your water into various containers and freezing. You can use an ice cube tray, a muffin tin, various small bowls, and some plastic cups. Once they are frozen, run the containers under warm water to loosen and remove the ice. You can use the ice shapes in a sensory play bin or take them outside and create winter sculptures with them!



## **Recipe of the week: One-pot chicken & rice**

### **Ingredients:**

- 1 tbsp smoked paprika
- 1 tbsp ground coriander
- 2 garlic cloves, finely grated
- 2 tsp rapeseed oil
- 600g boneless, skinless chicken thighs, halved
- 700ml hot vegetable stock
- 250g easy-cook brown rice
- 320g leeks, washed and sliced
- 1 tsp dried oregano or 1 tbsp fresh thyme
- 2 bay leaves (optional)
- 320g mixed frozen vegetables



### **Method:**

1. Put the spices, garlic and oil in a large bowl and mix well. Add the chicken and turn in the mixture until well coated.
2. Heat a large non-stick pan that has a lid, then fry the chicken, uncovered (without extra oil) over a medium-high heat for 5 mins until browned, turning the chicken halfway to brown on both sides. Remove from the pan and set aside on a plate.
3. Pour the stock into the pan, stirring well to incorporate any garlicky bits that may have stuck to the base of the pan, then stir in the rice, leeks, oregano or thyme and bay, if using.
4. Lay the chicken on top, then cover the pan and bring to the boil. Turn down the heat and simmer for 20 mins.
5. Stir in the frozen vegetables, then cover and simmer for about 5 mins to heat through. Leave to stand for about 5-10 mins, then lightly mix and serve.

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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).

