

Home School Link Worker Weekly Bulletin

Surrey Family Information Service – January newsletter

This month's newsletter includes sections on financial, parenting and emotional support services along with information regarding internet safety.

[Click here](#) for the January newsletter.



Surrey's local offer

This has helpful information and lists of national and local support services for children and young people aged 0-25 with additional needs and disabilities.

[Click here](#) for Surrey local offer website.



Freemantles Outreach support for parents

Freemantles has released dates for their parent/carer training courses being held in the summer term.

Topics include

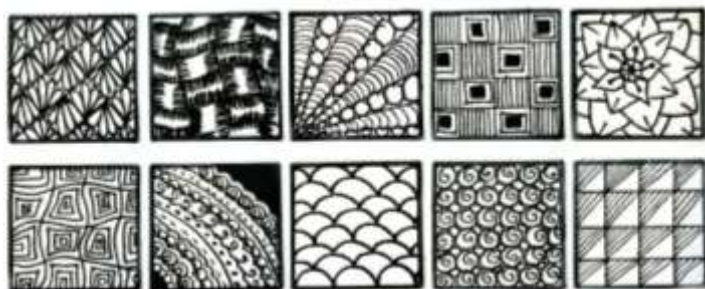
- Understanding Autism for parents
- Dads&Autism
- Social understanding

[Click here](#) for further information.



Fun activity of the week: Zentangles

When feeling overwhelmed, have you ever found yourself doodling? Aimlessly doodling can be quite meditative and beneficial to our minds. Draw a shape and divide it into sections. Fill each section with a pattern – be as creative as you like!



Recipe of the week: Chocolate chip banana bread

Ingredients:

- 140g unsalted butter, softened, plus extra for the tin
- 140g golden caster sugar
- 2 eggs, beaten
- 1 tsp vanilla extract
- 140g self-raising flour
- 1 tsp baking powder
- 3 ripe bananas, peeled and mashed
- 100g chocolate chips



Method:

1. Heat the oven to 180C/160C fan/gas 4.
 2. Butter a 900g loaf tin and line the base and sides with baking parchment.
 3. Beat the softened butter and sugar together using an electric whisk until light and fluffy.
 4. Combine the egg and vanilla extract and pour this in, a little at time, mixing between each addition.
 5. Fold in the flour, a pinch of salt, the baking powder, mashed banana and all but a handful of the chocolate chips.
 6. Scrape the mixture into the prepared tin and scatter over the rest of the chocolate chips. Bake for about 50 mins, or until puffed up and cooked through – a skewer inserted into the middle of the loaf should come out clean.
 7. Leave to cool in the tin for 10 mins, then remove and allow to cool.
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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).

