

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

### **Child health drop-in service**

The Health Visiting team are available every Wednesday morning (9:30-11:30am) for a drop-in service at Eastwood Leisure centre in Sheerwater.

School nurses are also available at this venue on the first Wednesday of each month:

7 February, 6 March, 3 April, 1 May, 5 June, 3 July, 7 August, 4 September, 2 October, 6 November, 4 December.

The health team can answer questions and signpost on topics including early toileting, sleep, behaviour, healthy diet, dental care, school readiness and many more.

No need to book, you can just turn up.



## **Child Health Drop-in and Breastfeeding Support**

**Eastwood Leisure Centre Albert Drive,  
Sheerwater, GU21 5RF**

**Wednesdays 9.30am to 11.30am**

**Come and meet the team**

Soft play area  
Coffee shop

**Health Visitors (birth-5 years) School Nurses (5-19 years)**

Referral support, advice and signposting as well as:

Self-weigh option  
Early years support  
Health reviews  
Health promotion  
Breastfeeding

Dental care  
Sleep  
Toileting  
Healthy eating  
Heights & Weights  
Behaviour  
Mental health  
Eating disorders  
And more .....



[Click here](#) for further information and updates.

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### **Parent channel tv**

Parentchannel.tv forms part of a wide range of support services offered by Family Lives. These videos are designed to support and encourage parents and carers of children aged 0-19, addressing day-to-day questions and concerns spanning wellbeing, behaviour and learning.



[Click here](#) to be directed to their Youtube channel

For further information and access to their telephone, email and live chat support, please visit their website [here](#).

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### **Surrey's local offer - support for families of SEND children**

The Parent/Carer Help and Support section of their site has a wide range of helpful information including the practical and financial help available to families.



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

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### **Free workshops for parents of SEND and disabled children.**

'Contact' are running free workshops for parents of disabled children aged 0-5 covering a range of topics including bedtimes, toileting and sensory processing.



[Click here](#) to book your place.

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### **Fun activity of the week: Beetle bucket**

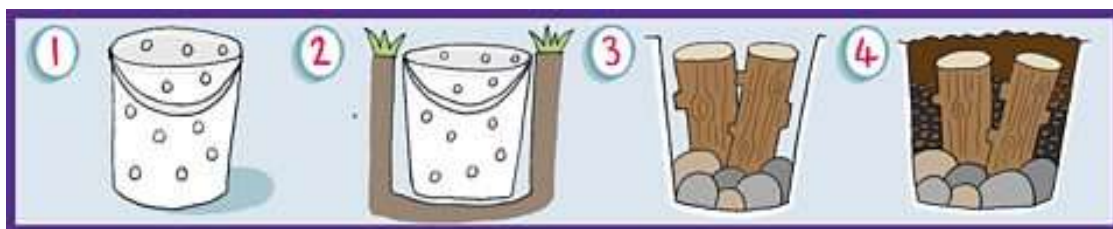
Beetles make up more than a third of all known species on earth – and you can find them in almost every kind of habitat, all year round! A vital part of a healthy ecosystem, beetles come in an amazing variety of colours, shapes and sizes, so they can be fun to spot and a great way to engage children in some close-up exploration.

You will need

- An old bucket or other durable, upcycled container
- A small craft knife (for adult use only)
- Stones
- Bark chips and/or leaves
- Small logs or branches that will fit upright in your container
- A spade or other implement to dig with

Let's get started

1. Safely cut small, circular holes (around 3cm wide) in the sides and bottom of the bucket for beetles to enter and exit.
2. Dig a hole just larger than your bucket and sink it into the ground. Put the soil to one side.
3. Place some large stones in the bottom of the bucket, then stand some small logs upright on top of these.
4. Fill the rest of the bucket with bark chips and/or dead leaves, leaving around 10cm at the top to fill with some of the soil dug from the ground.
5. Top the soil with a few more logs to tempt in beetles - from above or below!



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### **Recipe of the week: Chicken pasta bake**

#### **Ingredients:**

- 4 tbsp olive oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- ¼ tsp chilli flakes
- 2 x 400g cans chopped tomatoes
- 1 tsp caster sugar
- 6 tbsp mascarpone
- 4 skinless chicken breasts, sliced into strips
- 300g penne
- 70g mature cheddar, grated
- 50g grated mozzarella
- ½ small bunch of parsley, finely chopped



#### **Method:**

1. Heat 2 tbsp of the oil in a pan over a medium heat and fry the onion gently for 10-12 mins. Add the garlic and chilli flakes and cook for 1 min. Tip in the tomatoes and sugar and season to taste. Simmer uncovered for 20 mins or until thickened, then stir through the mascarpone.
2. Heat 1 tbsp of oil in a non-stick frying pan. Season the chicken and fry for 5-7 mins or until the chicken is cooked through.
3. Heat the oven to 220C/200C fan/gas 7.
4. Cook the penne following pack instructions. Drain and toss with the remaining oil.
5. Tip the pasta into a medium sized ovenproof dish.

6. Stir in the chicken and pour over the sauce then top with the cheddar, mozzarella and parsley.
7. Bake for 20 mins or until golden brown and bubbling.

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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).

