

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

### **Transition to secondary group – focus on EHCP process**

Date: 28th of February

Time: 1pm – 2pm



*We will have Kathrine Everett back at the group again. Kathrine is the Education and Inclusion Service Manager for the North East Education and Life Long Learning for Children and Families at Surrey County Council. Kathrine is great at understanding the challenges that families face.*

*She will be available to answer your questions and give advice on these key areas:*

- Inclusion and advice on how to get an EHCP.
- How to write what you need in the EHCP for different school environments.
- Support in Primary School might be out of step with the challenges faced in Secondary School, so what advice would parents need for this next step.
- Advice on support for parents without an EHCP.
- What happens when an EHCP is not fulfilled.
- Advice on preparing for the transition.
- Advice on Inclusion.

Please email Nicole at [guildford@familyvoicesurrey.org](mailto:guildford@familyvoicesurrey.org) for zoom details.

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### **Family Information Service**

The Family Information Service is a free impartial information and signposting service for families with children aged 0 to 19 (up to 25 years for those with additional needs). The role of the service is to help families get the most out of the information and services available in the community and online.

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

They also offer an enquiry services, so if you would like some help searching for services, you can get in touch with them directly through email: [surrey.fis@surreycc.gov.uk](mailto:surrey.fis@surreycc.gov.uk)



## **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. By inputting your postcode, you will have access to local services, which cover many topics including anxiety, loneliness, neurodivergence and trauma. You can also seek support for young people.

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



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## **Fun activity of the week: Magnetic Race Track**

Grab a box and use felt tips to create a race track. Glue a metal washer to the bottom of a toy car, grab a strong magnet and then kids will have a new way of sending their vehicles around the track!



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## **Recipe of the week: Vegetarian enchiladas**

### **Ingredients:**

- 1 tsp olive oil
- 2 onions, chopped
- 280g carrots, grated
- 2-3 tsp chilli powder (mild or hot, according to your taste)
- 2 x 400g cans chopped tomatoes
- 2 x 400g cans pulses in water, drained
- 6 small wholemeal tortillas
- 200g low-fat natural yogurt
- 50g extra-mature cheddar cheese, finely grated




### Method:

1. Heat the oil in a large frying pan. Cook the onions and carrots for 5-8 mins until soft – add a splash of water if they start to stick. Sprinkle in the chilli powder and cook for 1 min more.
2. Pour in the tomatoes and pulses and bring to the boil. Turn down the heat and simmer for 5-10 mins, stirring occasionally, until thickened. Remove from the heat and season well.
3. Heat grill to high.
4. Spread a spoonful of the bean chilli over a large ovenproof dish.
5. Lay each tortilla onto a board, fill with a few tbsp of chilli mixture, fold over the ends and roll up to seal.
6. Place them into the ovenproof dish and spoon the remaining chilli on top.
7. Mix the yogurt and grated cheese together with some seasoning, and spoon over the enchiladas.
8. Grill for a few mins until the top is golden 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).



"Anyone who has never  
made a mistake has  
never tried anything  
new."  
- Albert Einstein