

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

### **Children's Mental Health Week**

Children's Mental Health Week 2024 will take place from 5th–11th February 2024. This year's theme is 'My Voice Matters'.

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves. During Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe - "My Voice Matters".



[Click here](#) for information and activities to complete at home.

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### **Safer Internet Day**

Tuesday, 6th February 2024 was Safer Internet Day. This event takes place in February of each year to raise awareness of a safer and better internet for all, and especially for children and young people.



[Click here](#) for parent advice and support.

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Videos have also been produced to help educate children on the importance of staying safe online.

- EYFS and Key Stage 1 film: <https://youtu.be/X0ORbbSub-A>
  - Key Stage 2 film: <https://youtu.be/hNzqAWiDaCY>
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### **Face2Face parenting support – White Lodge**

White Lodge offer a befriending outreach support to parents of children with SEND and disabilities. They offer 1:1 outreach support and two parent support groups – Mums2Mums and Dads2Dads.

Access to this support is by referral so please do contact Laura Merrick who can complete the referral on your behalf ([hslw2@stmarys-byfleet.surrey.sch.uk](mailto:hslw2@stmarys-byfleet.surrey.sch.uk) )



[Click here](#) for further information on their website.

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You can also contact the Face2Face Co-ordinator (Miriam) for more details: [face2face@whitelodgecentre.co.uk](mailto:face2face@whitelodgecentre.co.uk) or 01932 567131

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### **February half term activities**

Red Kite Days Surrey have created a handy guide to local events and activities taking place this February half term.

[Click here](#) for their website.

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### **Place2Be parenting support**

Place2Be have practical tips and advice to support children's wellbeing and behaviour. Topics include sleep, friendships, anxiety and resilience.

[Click here](#) for their website.

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### **Fun activity of the week: mix-and-match character maker**

#### **You will need**

- 5 paper cups
- Scissors
- Pens and pencils in lots of colours

#### **Let's get started**

1. Cut off the bottom of two of the paper cups, so you have two much shallower cups compared to the other three.
  2. Place these shallow cups upside down in two of the full-sized cups. Then stack the three full-sized cups on top of each other.
  3. You should be able to spin the top two cups around smoothly.
  4. Plan your drawings. On the top cup, you should plan to draw three or four heads. The middle will have the same number of bodies, and on the bottom cup you will draw the legs.
  5. Mark the places where you will need to draw all of these parts by drawing a little dot on your cups. They will need to be able to line up when you turn them.
  6. Draw the separate character parts out. You can copy your favourite characters, use pictures you've cut out from magazines, or even design your own!
  7. Your mix-and-match character maker is now ready to go! How many different characters can you create?
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## **Recipe of the week: Chicken & chorizo jambalaya**

### **Ingredients:**

- 1 tbsp olive oil
- 2 chicken breasts, chopped
- 1 onion, diced
- 1 red pepper, thinly sliced
- 2 garlic cloves, crushed
- 75g chorizo, sliced
- 1 tbsp Cajun seasoning
- 250g long grain rice
- 400g can plum tomato
- 350ml chicken stock



### **Method:**

1. Heat 1 tbsp olive oil in a large frying pan with a lid and brown 2 chopped chicken breasts for 5-8 mins until golden.
2. Remove and set aside. Tip in the 1 diced onion and cook for 3-4 mins until soft.
3. Add 1 thinly sliced red pepper, 2 crushed garlic cloves, 75g sliced chorizo and 1 tbsp Cajun seasoning, and cook for 5 mins more.
4. Stir the chicken back in with 250g long grain rice, add the 400g can of tomatoes and 350ml chicken stock. Cover and simmer for 20-25 mins until the rice is tender.

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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).

