

Home School Link Worker Weekly Bulletin

Parent support on website

We are regularly updating the HSLW section of the website with links, support and advice.

You will find 'Quick guides', weekly bulletins, family support and signposting to outside organisations, groups and charities to help you along your parenting journey.



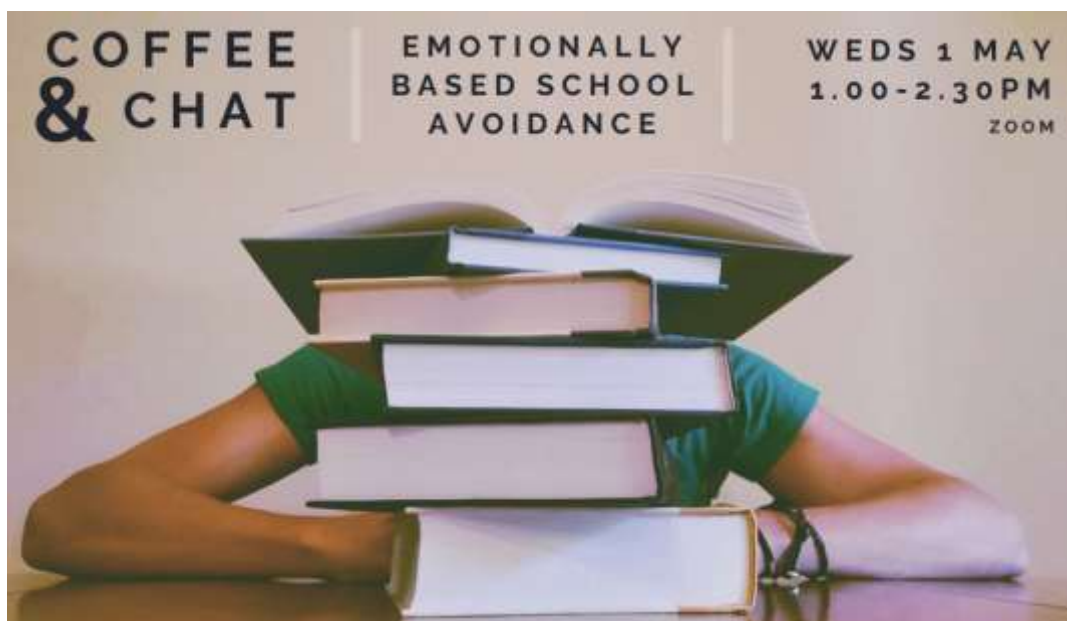
Please [click here](#) to be directed to our website.

Emotionally Based School Non-Attendance support

Surrey Youth Focus **Coffee and Chat** series is running a session on **Emotionally Based School Non-Attendance (EBSNA)** taking place on **Wednesday 1st May** from **13:00 – 14:300** via zoom.

***EBSNA** is a term used to describe the difficulty children and young people experience in attending school due to emotional reasons, such as stress, anxiety and/ or feeling overwhelmed. This can result in prolonged periods of absence from school. Join us for this Coffee and Chat and grow your understanding of EBSNA as we talk about the challenges and how best to support young people and their families who are experiencing EBSNA. SYF will be supported by Mindworks, Surrey CC and YMCA East Surrey for this session.*

To find out more & to book your space please do [click here](#).



Community Connector newsletter

In this month's edition, you will find resources for parents and carers, news and a 'Spotlight' on services section highlighting some brilliant local groups.

[Click here](#) for the latest edition.



Mindworks – out of hours advice line

A purple circle with a white border, containing the text "365 DAYS PER YEAR" in white capital letters.

365 DAYS
PER YEAR

Out of hours advice line

Please call 0300 222 5755

An out-of-hours phone line provides advice to parents and carers who are struggling with behaviours or difficulties which could be related to neurodevelopmental need, such as Autism or ADHD.

Our skilled and friendly advisers will talk carers and families through ways of calming down difficult situations and remind them of their coping strategies.



Call - 0300 222 5755 5pm - 11pm
Seven days a week, 365 days a year

Fun activity of the week: Double Doodle Art



Can you draw simultaneously with both hands and markers, creating a symmetrical, mirror image drawing?

Recipe of the week: Tuna & sundried tomato pasta bake

Ingredients:

- 500g pasta
- 2 x 400g cans chopped tomatoes
- 4 thyme sprigs, leaves only
- 300ml double cream
- 280g jar sundried tomatoes, drained and quartered
- 198g can of sweetcorn
- 3 x 120g cans tuna in spring water, drained
- 100g cheddar, grated
- 50g parmesan, grated



Method:

1. Heat the grill to its highest setting and put a large saucepan of salted water on to boil. Tip in the pasta and cook for 1 min less than the pack suggests.
 2. Meanwhile, make the sauce by simmering the tomatoes in a pan with a little seasoning and the thyme for about 5 mins.
 3. Pour in the cream, stir and simmer for another 4-5 mins.
 4. Drain the pasta, reserving a little of the cooking water, and tip back into the saucepan.
 5. Pour over the creamy tomato sauce, the sundried tomatoes, sweetcorn and tuna.
 6. Layer into a baking dish (ours was 22 x 29cm), scattering over the grated cheddar between layers. Sprinkle the Parmesan on top and put under the grill for 5 mins until bubbling and golden.
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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).

