

Home School Link Worker Weekly Bulletin

Back to school tips



It's been lovely watching the children head back to school this week, however settling in after a fun-filled summer break can be a bit challenging for some children. It's natural to feel a mix of emotions so here are some tips to help your child ease back into the school routine and make the transition smoother:

Feelings and emotions: You can encourage your child to express their feelings about returning to school whilst listening attentively and validating their emotions. Children may prefer use of visual tools (Zones of Regulation), journals or diaries to help them open up and express how they are feeling.

Routines: It can be quite a shock to the system getting up early and back into 'school-mode' but clear, consistent, predictable routines can help children feel safe and secure.

Positive Reinforcement: We can remind our children of the fun and exciting aspects of school – seeing friends, participating in interesting lessons, and engaging in extracurricular activities.

Hopes and Goals: A new year brings about new opportunities for growth so we can discuss what they hope to achieve and what they can do to reach their goals.

Connection: This can be done through little notes in the lunchbox, swapping small tokens (transitional objects such as photos, teddies, keyrings etc), or drawing 'bravery kisses' on each other's hands.

Organize and Plan: Visual timetables can help children get organized and build their independence. This can also be used a tool for them to refer to ensure they know who is picking them up, when they are going to a club etc.

Positivity: As we know, children will often mirror our emotional state – optimism and enthusiasm can be contagious.

Minimising after-school restraint collapse: It is likely that our children will be exhausted this week! Therefore, planning in time for decompression after school may be helpful.

It's perfectly normal for children to have mixed feelings about returning to school. With your support and encouragement, they can transition back into the school routine successfully and look forward to a year filled with learning, growth and new experiences.

My Circle of Control: Back to School

This poster from Big Life Journal can help your child identify specific actions and attitudes within their control, so they can feel empowered and manage challenges or worries as they navigate their school day.

Back to School



School admissions

Information on school admissions is now available online:

<https://www.surreycc.gov.uk/schools-and-learning/schools/admissions>



You can apply for a **secondary** place from 1st September 2024 and the closing date for applications to secondary schools is **31st October 2024**.

You can apply for a **primary** place from 4th Nov 2024 and the closing date for applications to primary schools is **15th January 2025**.

BBC '500 words' writing competition

"Write a story you would love to read". BBC's 500 Words, the UK's largest children's writing competition for children aged 5-11, returns on Tuesday 24th September 2024.

There will be two age categories: 5-7 and 8-11 year-olds. Children will need to write a story they would love to read in 500 Words or less. The closing date for entries is Friday 8 November at 9pm.



For further information on how to submit your entry, please [click here](#).

Family Lives – forums

Our online forums are a welcoming space for parents to connect and share experiences. We understand the challenges of family life, and our supportive community can help. From early years to teenagers, bullying to neurodiversity, our forums cover a wide range of topics. Find others who've faced similar situations and learn from their experiences. Signing up is easy, and our forums are moderated to ensure a safe and respectful environment.

<https://www.familylives.org.uk/how-we-can-help/forum-community>



Christmas Toy Sale Dates



ARGOS TOY SALE 2024

Sadly there is no more 342 toys at Argos but we expect to see a toy sale drop around **Wednesday 18th September 2024**

MORRISONS TOY EVENT 2024

Morrisons Half Price Toy Event is in-store only and is predicted to go live on **Monday 30th September 2024**

TESCO 50% OFF TOY SALE 2024

The Tesco half price Toy Sale is predicted to drop on **Monday 16th September 2024** (possibly the following week, as it shifts yearly)

ASDA TOY SALE 2024

The ASDA big toy rollback is predicted to go live on **Monday 9th September 2024**

SAINSBURY'S HALF PRICE TOY SALE 2024

Always mid October, the popular toy sale instore at Sainsbury's is predicted to go live on **Wednesday 9th - Tuesday 15th October 2024**

ALDI SPECIALBUYS TOY EVENT 2024

Aldi Specialbuys toy sale is predicted to go live in stores on **Sunday 13th October 2024**

SMYTHS TOYS SALE 2024

Smyths Toys is predicted to have the popular voucher event on **Tuesday 8th October 2024** followed by a sale on **Tuesday 15th October 2024**



Noticeboards

You may have seen our new noticeboard along the gate at Hart road entrance. This will be updated regularly with important school information, community events and local listings for parenting support. There will be a second noticeboard installed soon near the Key Stage 1 area.

L-SPA drop-in sessions

Woking Family Centre is working in partnership with Learners Single Point of Access (L-SPA). The team can offer support and advice to parents and carers with regards to:

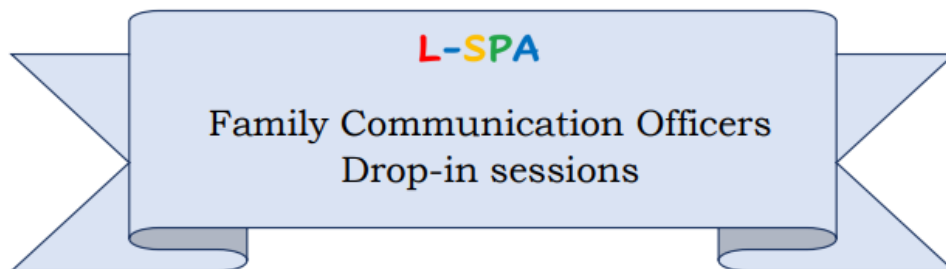
- Understand the decision
- Next steps
- Signposting
- An application which has been denied

They have appointments available starting on Friday 27th September at The Bungalow, Sythwood, Woking GU21 3AX. Please email wokingfamilycentre@barnardos.org.uk to book a place.



L-SPA

Woking Family Centre is pleased to offer:



Woking Family Centre are pleased to be working with the Learners Single Point of Access (L-SPA) Family Communication Officers.

The Family Communication Officers (FCO's) have a range of knowledge and experience of additional needs and advocate the importance of early intervention for young people and their families to provide the 'right support at the right time'.
The FCO's can support families with:

- Understanding the graduated response to SEND (Special Educational Needs and Disabilities).
- What Ordinarily Available provision is and what this looks like in educational settings.
- Understanding a 'No to Assess' Educational Health Care Needs Assessment decision.
- Signposting to appropriate services for support, advice, and intervention.
- How to collaborate effectively with educational settings.

Find us between 9:30am and 3:30pm on

★ 27th Sept 2024 ★ 22nd Oct 2024 ★ 27th Nov 2024 ★
11th Dec 2024

Please email wokingfamilycentre@barnardos.org.uk to book a 45 min, 1:1 session with a Family Communication Officer.

Parent/Carer Well-being Group

The Parent Wellbeing Group is being held by Woking Family Centre, in partnership with Catalyst. The next group starts on Tuesday 10th September at 9.30am (term time only).

Please register your interest with Catalyst on 01483 590150 or email groups.cc@catalystsupport.org.uk



**Catalyst &
Woking Family Centre
Drop-In**

**Tuesday's weekly
9:30am - 11:00am
(term time, adults only)**

Parent/Carer Well-being Group

Are you a parent/carer?

Being a parent/carer can bring a range of emotions and challenges that can impact our mental health. Catalyst & Barnardo's, are running weekly themed support sessions. Come along for a friendly chat to help build your support network, resilience and re-focus on your own mental health and well-being.

Contact Catalyst to register 01483 590150 or groups.cc@catalystsupport.org.uk

**Parkview Centre, Blackmore Crescent
Sheerwater, Woking GU21 5NZ**



Changing childhoods.
Changing lives.

Fun activity of the week:

Cut flower shapes from different sized paper plates. Decorate each flower and then staple or glue them together at the centre.



Recipe of the week: Chorizo & potato frittata

Ingredients:

- ½ tbsp vegetable oil, for frying
- 225g chorizo, sliced into rounds
- 150g frozen peas
- 400g canned potatoes, drained and cut in half if large
- 150g spinach
- 6 eggs



Method:

1. Heat the oil in a 20cm frying pan over a medium heat and cook the chorizo for 5-6 mins, until it releases oil and is beginning to crisp at the edges.
2. Scatter in the peas and potatoes, stirring to coat in the oil.
3. Add the spinach a handful at a time, allowing the last handful to wilt before adding the next.
4. In a separate bowl, whisk the eggs together with a little salt and pepper and pour over the pan, making sure all the ingredients are covered with egg.
5. Cook over a low heat for 6-7 mins until the edges are set, then carefully put under the grill for 4-5 mins, until cooked through, golden and slightly puffy on the top.

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).

