

Home School Link Worker Weekly Bulletin

Free online parenting courses

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

inourplace  **NHS**

Understanding your child: from toddler to teenager

Free online course for all parents, carers, and grandparents.

- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

Designed by clinical psychologists in partnership with practitioners and parents

www.inourplace.co.uk

Residents of SURREY

In paid partnership with:  **SURREY** COUNTY COUNCIL  Children and Family Health Surrey

Use Access Code
ACORN

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

inourplace  **NHS**

Understanding your child with additional needs

Free online course for all parents, carers, and grandparents.

- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

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'One minute guides' from Surrey Family Information service

These one-minute guides have been created to help your understanding of some of the support, services, and processes in Surrey.

There are many topics covered including:

- Behaviour
- Domestic Abuse
- General advice and tips for parents and carers including additional needs and disability, supporting fathers and much more
- Health
- Practice, processes and roles in Surrey including TAF (Teams Around the Family) and Early Help Assessment
- Targeted services in Surrey including Targeted support services and Family Centres
- Voluntary services



[Click here](#) to be directed to the full list of guides.

Surrey Paediatrics Parenting Service



Surrey Paediatrics Parenting Service



The Paediatrics Parenting Support Service is offering support to parent/carers and their families living in Surrey who are exploring the possibilities that their young person, 5 years old and younger may be neurodivergent.

Our practitioners provide a 6-week group intervention, either online or face-to-face in the community.

You can find out more information and how to refer into the service at www.Barnardos.org.uk or by scanning the below QR code:



Uniform

Thank you so much for all the uniform, which has been kindly donated to the school. We are always very grateful for any second-hand bits as we often have children needing spares. We are also hoping to set up a PTA uniform sale to help raise funds for the school so please do drop any pre-loved uniform to the office.



Fun activity of the week: Cloud Clay

Put 1 cup of cornstarch into your bowl and add 1/2 cup of hair conditioner. Add a few drops of food colouring and stir the mixture until it comes together, being mindful to spread the food colouring throughout the dough.

If it is too sticky, add more cornstarch, a little at a time. If it's too dry or crumbly, add more hair conditioner in small amounts.

Once the mixture starts to come together, knead it with your hands until smooth and mouldable.



Recipe of the week: Tomato & pasta soup

Ingredients:

- 2 tbsp olive oil
- 1 onion, chopped
- 2 celery sticks, chopped
- 2 garlic cloves, crushed
- 1 tbsp tomato purée
- 400g can chopped tomatoes
- 400g can chickpeas
- 150g orzo or other small pasta shapes
- 700ml vegetable stock
- 2 tbsp basil pesto
- crusty bread, to serve



Method:

1. Heat 1 tbsp olive oil in a large saucepan. Add the onion and celery and fry for 10-15 mins, or until starting to soften, then add the garlic and cook for 1 min more.
 2. Stir in all the other ingredients, except for the pesto and remaining oil, and bring to the boil.
 3. Reduce the heat and leave to simmer for 6-8 mins, or until the pasta is tender. Season to taste, then ladle into bowls.
 4. Stir the remaining oil with the pesto, then drizzle over the soup. Serve with chunks of crusty bread.
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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).

**"EVERY
CHALLENGE
THAT WE FACE
IS THE OPPORTUNITY
TO BECOME
MORE THAN
WE'VE
BEEN BEFORE."**