

Home School Link Worker Weekly Bulletin

Common sense media

'Common sense media' is a fantastic resource to help parents/carers make informed choices about which media children are being exposed to. The website provides 'Parents' Ultimate' guides to popular social media platforms, online safety advice and tools to help establish and maintain screen limit times.

They also have a vast catalogue of games, movies, apps and books – each age-rated and reviewed by both parents *and* children.

<https://www.commonsensemedia.org/>



Home Start – volunteers needed

FAMILY SUPPORT VOLUNTEERS NEEDED!

**CAN YOU SPARE 2-3 HOURS A WEEK
TO HELP A LOCAL FAMILY?**

We are looking to grow our team of volunteers who provide weekly practical and emotional support to families facing challenging times

Full training provided

Contact us today to
find out more:
www.homestartrow.org
info@homestartrow.org
01483 740367

The Home Start logo, which includes the text "HOME START" in a stylized font with a person icon, and "Runnymede & Woking" below it, all enclosed in a circular graphic.

**HOME
START**
Runnymede
& Woking



Families Magazine – Sept/Oct edition

Don't miss:

- * What's on this Autumn including days out, workshops, holiday camps and children's theatre
- * Apps and platforms to help your child with spelling
- * Dealing with toddler tantrums in public
- * Autumn make n' dos
- * Spooky Halloween science
- * Fun Halloween crafts

...and much more!

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



Surrey Local Offer

The Local Offer provides comprehensive information about the range of services and provisions available to children and young people in Surrey with special educational needs and disabilities.

<https://www.surreylocaloffer.org.uk/about>



Fun activity of the week: Fingerprint drawing

Use a stamp pad to make fingerprints on your paper. Next, turn your fingerprints into anything with a few strategically placed pen lines!



Recipe of the week: One-pot garlic chicken

Ingredients:

- 4 medium chicken breasts, skin removed, sliced into thick strips
- 75g plain flour
- 2 tbsp olive or rapeseed oil
- 50g unsalted butter
- 5 small garlic cloves
- 250ml hot chicken stock
- 100ml double cream
- 30g Parmigiano-Reggiano, finely grated
- small bunch of flat-leaf parsley, finely chopped (optional)
- cooked rice and steamed green beans, to serve (optional)



Method:

1. Tip the chicken into a shallow bowl and sprinkle over the flour and season well.
2. Heat the oil in a large frying pan over a medium-high heat and fry the chicken, shaking off any excess flour first, for 1-2 mins until lightly golden all over.
3. Reduce the heat to medium and add the butter.
4. Peel the garlic cloves, and drop these into the pan. Cook for 5 mins until the garlic has turned lightly golden, stirring to keep the chicken from burning.
5. Pour in the stock and simmer for 10 mins until the garlic is tender.
6. Add the cream and cheese and simmer for a further 5 mins until the sauce thickens slightly.
7. Taste for seasoning and adjust as needed. Scatter with the chopped parsley, if using, and serve hot with rice and green beans, if you like.

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).

As parents, we guide
by our unspoken
example. It is only
when we're talking
to them that our
kids aren't listening.