

Home School Link Worker Weekly Bulletin

Families Online Magazine

Please [click here](#) for the November/December issue of Families Magazine.

In this issue, you will find:

- ❖ local Christmas events and activities
- ❖ parenting tips
- ❖ holiday club information



Surrey's Positive Parenting Service

Barnardo's aim to support parents/carers of children (6-18 years old) who have a diagnosis of, or who are awaiting a diagnosis of ADHD. This support and advice is delivered in an 8 week programme; within your local community or online via zoom, during school hours, or in the evenings.

We support parents by helping them to:

- *gain confidence and skills as parents when living with a child with ADHD*
- *exploring how positive parenting is beneficial to the family as a whole*
- *discuss strategies for effective behaviour management*
- *have the opportunity to meet with other parents*
- *understanding the importance of clear communication for a child with ADHD*

*We have two skills building programmes, **The Parent Factor in ADHD** is for parents/carers of children that have an ADHD diagnosis (8 week skills building programme) and the **Nurturing Programme**, delivered with ADHD as a clear focus, is for those parents/carers awaiting a diagnosis for their child. (8 week skills building programme).*

Parents and carers can also access advice and guidance from this service, 365 days per year from 5-10.30pm by calling **0300 222 5755**, no referral is necessary to access this Out of Hours Helpline.

For enquiries, or to verify whether your family is able to access the support, contact the team by email surreypositiveparenting@barnardos.org.uk



**Changing childhoods.
Changing lives.**

Byfleet Christmas Lights



PRESENT
**BYFLEET
CHRISTMAS
LIGHTS**



ON PLOUGH GREEN WILL BE LIT ON
THURSDAY 21st NOVEMBER



JOIN US ON PLOUGH GREEN FOR CAROLS WITH ST MARY'S & BYFLEET PRIMARY SCHOOL

CHOIR FROM **6.30pm** THE TREE LIGHTS WILL BE SWITCHED ON AT **7.00pm**

EVERYBODY WELCOME!

*Live music from
The Ukeaholics*



REFRESHMENTS ON THE GREEN

Meet Father Christmas

MULLED WINE, TEA & COFFEE

We are delighted that The Mayor of Woking, Councillor Louise Morales will do the countdown and turn on the lights assisted by the Parish Day Royal Family.

A BIG THANK YOU TO ALL OF OUR SUPPORTERS



hodders

Wingate & Withers
ESTATE AGENTS

China Chef
Byfleet

CAFFE CARLO

MAIN SPONSOR FOR 2024

GREEN and PARRY

BYFLEET'S INDEPENDENT
ESTATE AGENTS

For further information please contact:
grahameosborn@gmail.com

Fun activity of the week: Leaf jars

Head out on a woodland walk and gather a selection of fallen leaves. Using PVA glue, stick them gently onto a jar and leave to dry. Place a battery operated tealight inside.



Recipe of the week: Sausage stroganoff tagliatelle

Ingredients:

- 20g unsalted butter
- olive oil, for drizzling
- 6 pork sausages
- 350g chestnut mushrooms, sliced
- 1 tsp sweet smoked paprika
- 300ml soured cream
- ½ tbsp wholegrain mustard
- 150ml beef stock
- 400g dried tagliatelle
- small bunch parsley, chopped



Method:

1. Heat the butter and oil in a frying pan over a medium-high heat until foaming.
2. Squeeze large chunks of the sausage meat out of the skins and into the pan. Cook for 5-8 mins or until golden brown.
3. Add the mushrooms and cook for a further 5 mins until starting to turn brown. Stir through the paprika and cook for 1 min before stirring in the soured cream, mustard and stock. Bring to a simmer and season to taste.
4. Meanwhile, cook the pasta in a large pan of salted water according to pack instructions, then add to the sauce with half the parsley. Serve in deep bowls with the remaining parsley sprinkled on 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).

COURAGE DOES NOT ALWAYS
ROAR. SOMETIMES COURAGE
IS THE QUIET VOICE AT THE
END OF THE DAY SAYING
I WILL TRY AGAIN TOMORROW.



HEALTHYPLACE.COM