

## Home School Link Worker Weekly Bulletin

### Online parenting courses – Family Lives

Family Lives offers a range of free online parenting courses.

Topics include

- Coping with teens
- Sibling arguments
- Bringing up confident children
- A new baby in the family
- Let's play
- Parents together

[Click here](#) to be directed to their website.

Family Lives also offers a confidential helpline service for families. They can be contacted on **0808 800 2222** for emotional support, information, advice and guidance on any aspect of parenting and family life.



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### Parents' Voices Matter Survey 2024

The Additional Needs and Disabilities (AND) Partnership has designed a survey for all parents and carers of children and young people with AND in Surrey.

The AND Partnership want to understand your experience of accessing help and support related to Special Educational Needs and Disabilities (SEND) in Surrey. They will use your feedback to improve local services that support Surrey's children with additional needs with their education, health (including diagnosis) and care.

More information can be found here:

<https://www.surreylocaloffer.org.uk/news/homepage/parents-voice-matters-survey>

Take the survey here:

<https://online1.snapsurveys.com/interview/0a28101d-bef5-4194-a111-5b6d163f7e8e>

**The survey closes at 23:59 on Sunday 24 November 2024.**

If we all share our thoughts and feelings around Surrey SEND, we might just make an impact for our children.



## **Surrey Information Service – Families in Harmony**

Surrey County Council have collaborated with a number of organisations to provide parents/carers with a range of resources to help manage conflict appropriately. They call their approach to this Families in Harmony.

Resources include

- 'Between Us' – an app designed to help parents in their relationships.
- 'One Plus One – online resources to help improve communication.

[Click here](#) to be directed to the Family Information Service website.



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## **Fun activity of the week: Conker animals**

Head outside and gather up some conkers to then paint and turn into animal buddies!



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## **Recipe of the week: Garlic prawn rice**

### **Ingredients:**

- 350g rice
- 4 tbsp olive oil
- 4 garlic cloves, thinly sliced
- 400g prawns, peeled and deveined
- 1 lemon, zested and juiced, plus extra wedges or slices, to serve
- 25g parsley, leaves finely chopped



**Method:**

1. Cook the rice following pack instructions and set aside. Meanwhile, heat 3 tbsp of the olive oil in a pan over a medium heat, then add the garlic and fry for 30 seconds until fragrant. Tip in the prawns and cook until they turn pink and are cooked through, around 2-3 mins on each side.
2. Squeeze the lemon juice over the prawns, sprinkle with lemon zest and half the parsley, then stir to combine.
3. Add the cooked rice to the pan along with the remaining olive oil. Toss to coat. Cook for 1 min, then season. Remove from the heat, top with the remaining parsley and serve with the extra lemon pieces for squeezing over.

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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](mailto:hslw2@stmarys-byfleet.surrey.sch.uk) (Working hours: Tuesday 8:30am - 3:30pm, Wednesday 8:30am - 1:00pm, Thursday 8:30am - 3:30pm).

