

Home School Link Worker Weekly Bulletin

Family Advice Communication Education (FACE)

FACE have launched their latest online courses and webinars.

On 20th February, there is a free workshop entitled, 'Supporting Healthy Screen Use'. This session aims to clarify the difference between healthy and unhealthy screen use.

[Click here](#) to book your place.

For further information, please see their website: <https://www.facefamilyadvice.co.uk/>



'Healthy Start' support

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. This card is topped up every 4 weeks.



Closing date: 30 March 2025, 11:59pm (Midnight)

[Click here](#) to find out more.

For more advice on healthy eating, please visit:

<https://www.nhs.uk/start-for-life/>

<https://www.nhs.uk/healthier-families/>

Free LEGO magazine

Sign up below to receive a printed LEGO magazine, sent to your door. The magazine is printed four times a year and is aimed at children age 5-9 years old.

<https://lego.com/get-magazine>



Peer Productions Youth Theatre

Peer Productions have visited St Mary's on several occasions, bringing the magical of theatre to our school.

They are running a term of their Project Purple Drama club starting on Thursday 30th January at 5:30pm - 7:30pm. Session will take place at Peer Place (The Ypod Centre, Chobham Road, Woking, GU21 6JD.)

Over the eight weeks, participants will have the opportunity to learn performance skills in a fun and inclusive environment.

Thanks to generous funding from Surrey County Council, they are able offer places at a subsidised rate of £40 for the term - £5 a session. Places can be booked on their website through the link below.

<https://www.peerproductions.co.uk/project-purple>



Project Purple

Drama Club

An inclusive drama club for children and young people aged 8-17 with and without learning disabilities.

Thursdays from 30th Jan - 27th March
@ Peer Place Woking

Only £40 for the whole term!

Book your place now! →



Fun activity of the week: Fizzy lava lamp

You will need

- An empty jar
- Sunflower oil
- Water
- Food colouring
- Bicarbonate of Soda
- A torch

Instructions

1. Open the jar and pour the sunflower oil into the jar to about halfway
2. Add some drops of food colouring into the oil
3. Top it up with water
4. Switch on your torch and put it behind the jar
5. Put in a spoonful of bicarbonate of soda and put the lid back on
6. Watch your lava lamp fizz!



Recipe of the week: Cottage pie

Ingredients:

For the filling:

- 1 tbsp Olive oil
- 500 g Beef mince
- 1 Onion, Chopped
- 2 Carrots, finely chopped
- 2 Celery sticks, finely chopped
- 1 tbsp Plain flour
- 1 tsp Dried thyme, Or fresh
- 1 tsp Dried sage, Or fresh
- 500 ml Beef stock
- 2 tbsp Tomato puree
- 2 tbsp Worcester sauce
- Salt and freshly ground black pepper, to taste

For the topping:

- 1 kg White potatoes
- 2 tbsp Butter
- Salt and freshly ground black pepper



Method:

1. Preheat your oven to 180°C/200°C/Gas mark 6.
2. Heat your olive oil in a large, heavy bottomed pan. Add in the mince and fry for 5 minutes on a high heat until browned all over.
3. Add in the chopped vegetables and fry for a further 10 minutes until softened.
4. Add flour and dried herbs, stir well to coat everything, cook for a further 2-3 minutes.
5. Pour in beef stock, tomato puree and Worcester sauce.
6. Season with salt and pepper. This is personal preference but I like to add lots of both in this recipe.
7. Cover and simmer for 30 mins. (See notes below)
8. Meanwhile peel and chop your potatoes, place in cold water, and bring to the boil for 15-20 minutes, depending on the type of potato.
9. When the potatoes are ready, drain and mash together with the butter and plenty of salt and pepper.
10. Put all of your meat into a large ovenproof dish. Spread your mashed potato over the top, ruffle with a fork to give those delicious crunchy bits. (You can also sprinkle some grated cheese on top if you wish).
11. Bake in the oven for 25-30 minutes until the mash is browning and the mince is bubbling at the sides.

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).

NOT EVERYTHING THAT
WEIGHS YOU DOWN IS
YOURS TO CARRY.