

## Home School Link Worker Weekly Bulletin

### 'Easter Eggstravaganza' – Byfleet library

WOULD YOU LIKE TO BE PART OF BYFLEET'S ROYAL FAMILY?

THEN JOIN THE FRIENDS OF  
BYFLEET PARISH DAY



FOR A CHANCE TO BE THIS YEAR'S  
BYFLEET PARISH DAY KING, QUEEN,  
PRINCE OR PRINCESS COME TO BYFLEET  
LIBRARY BETWEEN 10.30am AND 12.30pm  
SATURDAY 29<sup>th</sup> MARCH.

DESIGN AND COLOUR



IN EXCHANGE FOR

AN EASTER EGG

A CHOCOLATE ONE!

EVERY CHILD THAT ENTERS WILL BE ASKED IF THEY WANT TO  
ENTER THE DRAW TO BE PART OF THE 2025 ROYAL FAMILY.

**FREE ENTRY FOR ALL AGES UP TO 11 YEARS OLD.**

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### The Parent Handbook

Produced by the Surrey Family Information Service, this online reference book is designed for parents and carers of teenagers (11 to 19 year olds) in Surrey. It includes information and contacts on a range of different topics.

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



## **Community Fridge – West Byfleet**

*Our mission is to end the waste of good surplus food and reduce its impact on the planet. Free surplus food available – open to all.*



Open Saturdays 10am – 12:30pm

**WEST BYFLEET**

**COMMUNITY**  
**FRIDGE**



Address: **The Cornerstone Centre, St John's Church, Camphill road, West Byfleet, KT14 6EH**

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## **Video resources from Mindworks, Surrey**

On the Mindworks website, you can find a range of videos covering different topics on mental health and emotional wellbeing. There are videos specifically designed for children and young people, for parents and carers and also professionals.

Topics include

- Exam stress
- Improving mood and motivation
- 5 steps to wellbeing
- Tics
- Navigating the Maze (information on neurodiversity)



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

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## **Support for Young Carers**

### **What is a young carer?**

A young carer is someone who is 18 or younger and helps care for a relative or friend who has a disability, illness or other health condition.

### **What might a young carer do?**

- Practical tasks, like cooking, housework and shopping.
- Physical care, such as helping someone out of bed.
- Emotional support, including talking to someone who is distressed.
- Personal care, such as helping someone dress.
- Managing the family budget and collecting prescriptions.
- Helping to give medicine.
- Helping someone communicate.
- Looking after brothers and sisters.

### **How can we help?**

Here at St Mary's, we run a weekly 'Cool Carer's club. This is a space for our young carers to socialise, have fun and take time for themselves.

[Click here](#) to be directed to our school website, where you will find more about our support offer, our policy and updates.

Surrey Young Carers is an amazing charity which works closely with young carers and their families. They provide training, workshops, activities and ongoing support for young carers in Surrey.

[Click here](#) to find out more about the work they do.



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### **Fun activity of the week: Pointillism Art with cotton buds**





## Recipe of the week: Chicken and sweet potato traybake

### Ingredients:

- 3 large sweet potatoes
- (about 900g), peeled and cut into large chunks
- Oil for drizzling
- 6-8 chicken thighs, skin left on
- 2 red onions
- cut into wedges
- 25g sachet piri-piri spice mix
- 300g long-stem broccoli



### Method:

1. Heat the oven to 180C/160C fan/gas 4.
2. Toss the sweet potatoes with a generous drizzle of oil and some seasoning, and tip into a very large roasting tin. Push the potatoes to one end of the tin, then, in the other end, toss the chicken with the onions, spice mix, a drizzle of oil and some seasoning.
3. Roast for 40 mins, stirring everything halfway through.
4. Add the broccoli to the tin, drizzle with a little oil and season, then roast for 10-15 mins more.
5. Remove the chicken, onions and broccoli from the tin. Roughly mash the potatoes using a fork, making sure you incorporate all the chicken juices and spices from the pan.
6. Spread the mash over the base of the tin, then top with the broccoli, chicken and onions and serve from the tin in the middle of the table.

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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).

