

## Home School Link Worker Weekly Bulletin

### Children's Mental Health Week 2026

The theme for Children's Mental Health Week 2026 is '**This is My Place**', and our aim is to support the systems around children and young people to help them feel they belong.



### [Children's Mental Health week – family section](#)

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### SEND Advice Surrey

SEND Advice Surrey is Surrey's statutory Special Educational Needs and/or Disabilities Information, Advice and Support (SENDIAS) service for children and young people aged 0 to 25 years with additional needs and/or disability, their parents/carers and professionals.

They have a wealth of useful information on the website, and you can also contact them directly.



### [SEND Advice Surrey](#)

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### Food – a fact of life

Free resources for teaching young people aged 3-16 years about where food comes from, cooking and healthy eating.



### [Food – a fact of life](#)

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### Free virtual session – Emotional and behavioural support.

The school nursing team run various sessions throughout the year to support your child's health and development.

They will be leading a free webinar on, 'Emotional and behavioural support' on **Tuesday 24<sup>th</sup> February at 10:30am.**

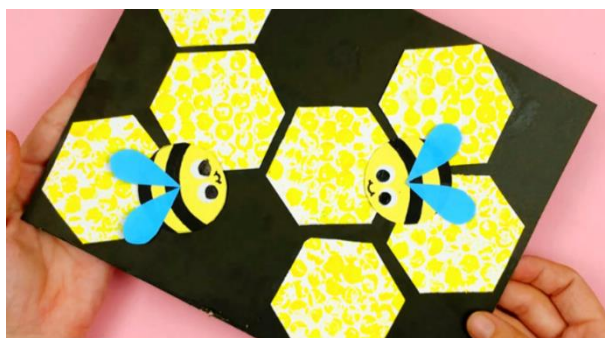
To book your place, please [click here](#) and scroll down to, 'Virtual sessions.'



## **Fun activity of the week: Bubble wrap beehive craft**

What you need:

- pencil
- scissors
- glue
- bubble wrap
- yellow paint
- paintbrush
- white paper
- black card/paper
- black marker pen and coloured paper (yellow and blue) to make your bees.



1. Paint a piece of bubble wrap (the same size as your piece of paper) with yellow paint.
2. Grab your piece of white card or paper and gently press the bubble wrap onto it to make your print.
3. Run your hands across the paper or bubble wrap to make sure the prints are made.
4. Remove the bubble wrap and allow it dry.
5. Cut out hexagons out of bubble wrap printed paper.
6. Stick the hexagons onto a piece of black paper or card.
7. Using some yellow circles of card, create your own cardboard bees and stick them onto your 'hive!'

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## **Recipe of the week: Tuna & sweetcorn fish cakes**

**Ingredients:**

- 450g potato, quartered
- 2 tbsp mayonnaise, plus extra to serve
- 2 x 185g cans tuna, drained
- 198g can sweetcorn, drained
- small bunch chives, snipped, or 1 tsp dried parsley
- 2 eggs, beaten
- 100g dried breadcrumb
- sunflower oil (for frying)
- salad and your favourite dressing, to serve



**Method:**

1. Cook the potatoes in boiling salted water until really tender. Drain and allow to steam-dry in a colander.
2. Tip into a bowl, season and mash.
3. Stir in the mayonnaise, tuna, sweetcorn and chives or parsley. Shape into 4 cakes and chill until cold and firm.
4. Dip each cake into the egg, letting the excess drip off, then coat in the breadcrumbs.
5. Chill for 15 mins.

6. Heat a little of the oil in a pan and gently fry the cakes for 2-3 mins on each side until golden. You may need to do this in batches – keep warm in a low oven. Serve with extra mayonnaise and salad leaves.

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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).

