

## Home School Link Worker Weekly Bulletin

### School nurse virtual session – Emotional and behavioural support

This free online session includes:

- Understanding your child's emotions
- Strategies for supporting your child
- Building resilience and confidence
- Where to get additional support.

The next session is taking place **Wednesday 25<sup>th</sup> March at 10:30am**

To secure your place, follow [this link](#) and scroll down to, 'Virtual sessions.'



---

### Surrey Local Offer

Surrey Local Offer provides a wealth of information and advice for families where a child may have additional needs.

[Surrey Local Offer website.](#)



---

### Mindworks: Navigating the Maze

*'This recorded workshop is for parents of children who have needs that may be associated with ASD and/or ADHD. Its purpose is to support parents to become experts to their children, by understanding and therefore responding to their presenting needs. In doing this, parents can become co-therapists to their unique children, and in doing this uncover and recognise their amazing gifts. The workshop was created by professionals with both lived experience and knowledge and experience of working clinically with neurodivergent children.'*

Access the recorded workshops, videos and content can be found [here:](#)



Younger parents group



**WOKING FAMILY CENTRE**

**COME JOIN OUR YOUNGER PARENTS GROUP**

EVERY FRIDAY  
11AM-12.30PM

*Jigsaw*  
2 Church Path  
Woking GU21 6EJ

Are you a younger parent looking to connect with others and enjoy time with your child?

**Who Can Join?**  
Younger parents\* and children aged 0-5 years

**Why Come Along?**

- Connect with other younger parents and build lasting friendships
- Support your child's social development through play
- Enjoy arts and craft activities with your child
- Receive support and advice from Woking Family Centre, HomeStart & Health

(\*up to the age of 24 years old)

**INFORMATION**

- ☎ Louise 07549223683
- ☎ Juliea 07549223685
- ☎ Claire 07549223675
- 🌐 wokingfamilycentre @barnardos.org.uk



## **Fun activity of the week: Oobleck**

Makes 1 small quantity for a child

Ingredients:

- 75g cornflour
- 50-60ml cold water

How to make oobleck

1. Tip the cornflour into a bowl and slowly stir in the water.
2. If the mixture seems too dry, add a few drops more water. If it's too liquid, add some more cornflour. The oobleck is ready when the mixture is thick and fluid, but starts to tear if stirred fast.
3. The oobleck can dry out as you play with it. If this happens, simply add a few drops of water to loosen it.

Tips:

- If you want coloured oobleck, add a few drops of food colouring to the water first, as it will be very difficult to stir it in later.
- If your oobleck doesn't turn solid, stir in ½ tsp cornflour at a time until you get the consistency you want.



---

## **Recipe of the week: Apple crumble oat bars**

Ingredients:

For the apples

- 4 x small eating apples, peeled, cored and cut into 1cm pieces
- ½ tsp cinnamon
- 70g raisins
- 1 tbsp honey

For the oat bars

- 90g unsalted butter or coconut oil plus extra for greasing
- 85g honey
- 240g oats
- 1 tsp cinnamon
- 70g chopped mixed nuts (optional)
- 1 egg, lightly beaten

Method:

- Heat the oven to gas 6, 200°C, fan 180°C. Grease and line a 20cm square tin with non-stick baking paper. Put the apples, cinnamon, raisins and honey into a small saucepan with a splash of water and cook with the lid on over a medium heat for 10 mins, stirring regularly,



then remove the lid and cook for another 5 mins until just soft and the liquid has evaporated; set aside to cool slightly.

- Meanwhile, put the butter and honey into a medium saucepan set over a low heat and warm until just melted together. Stir in the oats, cinnamon, most of the nuts and the egg. Stir in the apple mixture, then gently pack it into the prepared baking tin. Sprinkle the remaining nuts over the top and bake in the oven for 16-18 mins until lightly golden. Allow to cool completely before cutting into squares.

---

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).

