


Home School Link Worker Weekly Bulletin

Family Advice Communication Education (FACE) – April timetable

As a school, we fund the subscription to FACE so all regular sessions are free for our parents/carers. To book on, please visit the PARENTS page of the FACE website (<https://www.facefamilyadvice.co.uk/supportforparents>) to view the 16 regular talks. Choose a topic and click through the booking calendar to find a date and time that suits you. At the payment stage of booking, enter the code **SM010725** where it says ADD PROMO CODE. This will reduce the price from £24 to £0.

 April 2026 Timetable	
All regular sessions delivered live online via zoom. 90 minutes long £24 each or FREE with School Membership	
Book online at facefamilyadvice.co.uk Recordings available for 48 hours	
Understanding Anger	6 April 10am
School Anxiety	6 April 7pm
Facing Defiance	7 April 10am
Supporting Healthy Screen Use	7 April 7pm
Anxiety Explained	13 April 10am
Cannabis and Ketamine Awareness	13 April 7pm
Introduction to OCD	14 April 10am
What is ACT?	14 April 7pm
Decreasing Depression	20 April 10am
Raising Self-Esteem	20 April 7pm
Understanding the Teenage Brain	21 April 10am
Supporting Healthy Sleep	21 April 7pm
FREE Decreasing Depression	23 April 7-8pm
Improving Family Communication	27 April 10am
Autism: Improving Communication	27 April 7pm
Supporting a Child with ADHD	28 April 10am
Understanding Addictive Behaviour	28 April 7pm

Free online SEND support group



Woking Family Centre

Wednesdays - 4 weeks

7pm - 8pm

15th April - 6th May 2026

Online SEND Support Group for Parents/Carers

Free support group for parents/carers with children aged 0-16 with pre or diagnosed SEND.

The course will cover topics like:

- Back to school and discussions around EHCP's
- Boundaries and useful parenting tools
- Accessing useful websites and other support networks
- Support on applying for DLA and other funding options.

For more information scan the QR code or call 01483 310419



Woking Family Centre, The Bungalow
Sythwood, Woking GU21 3AX



Changing childhoods.
Changing lives.

Family Lives: Parenting neurodivergent children - New FREE online course

“Raising a neurodiverse child can be wonderfully rewarding, but it often comes with unique challenges. This course offers practical guidance on responsive and low-demand parenting, tuning into your child, change and transitions, communication, understanding distressed behaviours, sensory needs, sleep, carer burnout, self-care and more with free downloadable resources. This course is for parents and carers of neurodivergent children, teens and young adults, whether or not there is a formal diagnosis and has been written by parents who have experience of parenting neurodivergent children.”



[Sign up](#) to their free online course

Fun activity of the week: Magic milk

You will need:

- Shallow dish/plate
- Milk
- Food colouring
- Washing up liquid
- Cotton buds



Method:

1. Pour room-temperature milk in to the pie plate, completely covering the bottom. Allow it to settle.
 2. Add up to 5 drops of food colouring to the milk (any combination of colours is okay). Keep the drops close together in the centre of the plate.
 3. Dip the cotton end of the swab in to the washing up liquid. Place the soapy end of the swab in the middle of the milk and hold it there for 2 seconds.
 4. Watch the reaction closely. Notice what happens immediately and what happens over time.
 5. Continue to experiment by adding another drop of washing up liquid.
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Recipe of the week: Bacon and pea risotto

Ingredients:

- 1 onion
- 2 tbsp olive oil
- knob of butter
- 6 rashers streaky bacon, chopped
- 300g risotto rice
- 1l hot vegetable stock
- 100g frozen peas
- freshly grated parmesan



Method:

1. Finely chop 1 onion. Heat 2 tbsp olive oil and a knob of butter in a pan, add the onions and fry until lightly browned (about 7 minutes).
2. Add 6 chopped rashers streaky bacon and fry for a further 5 minutes, until it starts to crisp.
3. Add 300g risotto rice and 1l hot vegetable stock, and bring to the boil. Stir well, then reduce the heat and cook, covered, for 15-20 minutes until the rice is almost tender.
4. Stir in 100g frozen peas, add a little salt and pepper and cook for a further 3 minutes, until the peas are cooked.
5. Serve sprinkled with freshly grated parmesan and freshly ground black pepper.

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).

*There is nothing more beautiful
than being the favorite person
of your favorite person.*

