

Home School Link Worker Weekly Bulletin

Surrey Family Information Service: Financial support for families.



The link below takes you to the Surrey Family Information Service site.

It contains information about local and national organisations along with other suggestions where families may be able to get financial support.

[Organisations offering financial help to families](#)

'School Readiness' virtual session



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

The 'School Readiness' virtual session covers general health topics, plus helping your child prepare and settle into school including: separation anxiety, bedwetting, dental hygiene, health lunchboxes, sleep and more.

The next session will take place on 20.5.26 at 10:30am.

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

Coram Family Lives – online parenting courses

Our free online parenting courses are a great way to get advice and learn new skills in the comfort of your own home and at times to suit you. All of our courses are filled with helpful techniques and ideas developed by our experienced parenting professionals. Crucially, you can do our course whenever and wherever suits you and work through it at our own pace.

- Courses available
- Bringing up confident children
- Parenting Neurodivergent children
- Sibling arguments
- New baby in the family
- Co-parenting after Divorce or Separation

...and more!

[Coram Family Lives courses](#)



Fun activity of the week: Lego maze

Using a flat building plate, a good selection of bricks and a marble – you can create your own Lego maze!



Recipe of the week: Broccoli pasta

Ingredients:

- 150g/5½oz penne pasta
- 3 spring onions
- 1 garlic clove
- 125g/4½oz cherry tomatoes
- 150g/5½oz broccoli
- 1 tbsp vegetable oil
- pinch chilli flakes, or to taste
- 75g/2¾oz cream cheese
- salt and pepper



Method:

1. Bring a large pan of salted water to the boil, add the pasta and cook for 12 minutes.
 2. Meanwhile slice the spring onions, peel and finely grate the garlic, halve the tomatoes and thinly slice the broccoli florets and stalks.
 3. Heat the oil in a large, deep frying pan. Add the spring onions and fry for 1 minute until soft. Add the garlic and chilli flakes and fry for 1 minute. Add the tomatoes, fry for a couple of minutes until they start to break down then add the broccoli. Fry for 2 minutes then add a ladle or small mug of the pasta water, give everything a stir and cover with a lid. Cook for 3-4 minutes until the broccoli is done, then remove the lid.
 4. Drain the pasta, add to the pan with the broccoli and stir to combine. Season with salt and pepper. Stir through the cream cheese and finish with plenty more black pepper.
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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 (Working hours: Tuesday 8:30am - 3:30pm, Wednesday 8:30am - 1:00pm, Thursday 8:30am - 3:30pm).

