

Home School Link Worker Weekly Bulletin

Family Voice Surrey – ‘Have your say on upcoming SEND reforms’

📅 Thursday 7 May | 🕒 10:30am | 📍 Online (Zoom)

Join us for an important engagement session where your views will help shape our response to the SEND consultation and ensure Surrey families are represented.

What to expect:

- Overview of the current SEND consultation
- Live Q&A
- Guidance on sharing your views

👉 Reserve your place: <https://www.eventbrite.co.uk/e/1988067960788?aff=oddtcreator>



Mindworks Surrey

Visit the MindWorks website for information on how you can support your child's mental health.

[Mindworks Surrey website](#)



HappyMaps

Explore HappyMaps, the ultimate one-stop resource for young people's mental health, with tools, advice, and professional guidance for families.

[HappyMaps website](#)



Neurodiversity advice for parents/carers

Neurodiversity Advisors, with Surrey County Council, have collated a wealth of information to share with parents and carers.

[ND Padlet](#)



Family Advice Communication Education (FACE) – May 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.



May 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](https://www.facefamilyadvice.co.uk)

Recordings available for 48 hours

School Anxiety	4 May 10am
Understanding Anger	4 May 7pm
Facing Defiance	5 May 10am
Supporting Healthy Screen Use	5 May 7pm
Cannabis and Ketamine Awareness	11 May 10am
Anxiety Explained	11 May 7pm
Introduction to OCD	12 May 10am
What is ACT?	12 May 7pm
Decreasing Depression	18 May 10am
Raising Self-Esteem	18 May 7pm
Supporting Healthy Sleep	19 May 10am
Understanding the Teenage Brain	19 May 7pm
Autism: Improving Communication	25 May 10am
Improving Family Communication	25 May 7pm
Supporting a Child with ADHD	26 May 10am
Understanding Addictive Behaviour	26 May 7pm
FREE Getting a Good Nights Sleep	28 May 7-8pm

Fun activity of the week: Dancing raisins experiment

You will need:

- Fizzy water.
- Raisins (fresh works best)

Method

1. Separate the raisins so they are all separate.
2. Fill a glass with the fizzy water.
3. Drop raisins into the glass. What happens? Do they sink or float?
4. Then sit and watch what happens. You may need to be patient. It can take a minute or two for them to start dancing!



Recipe of the week: Vegetable curry

Ingredients:

- 2 medium potatoes (around 350g/12oz), peeled and cut into 2cm³/₄in chunks
- 1 large carrot, peeled and sliced diagonally
- ½ cauliflower (around 300g/10½oz), cut into small florets and halved
- 3 tbsp sunflower or vegetable oil
- 1 large onion, coarsely grated or very finely chopped
- 1 tbsp medium or hot curry powder
- 1 x 227g tin chopped tomatoes
- 300ml/10fl oz vegetable or chicken stock (made with ½ cube), gluten-free if required
- 100g/3½oz frozen peas/two handfuls of spinach
- plain yoghurt and mango chutney, to serve



Method:

1. Half-fill a saucepan with cold water and add the potatoes and carrots. Bring to the boil and cook for 8 minutes. Add the cauliflower florets and cook for 2 minutes more. Drain in a colander and set aside.
 2. Heat the oil in a large, non-stick frying pan or wide-based saucepan. Add the onion and cook over a medium heat for 8 minutes or until well softened and lightly browned, stirring regularly. Sprinkle over the curry powder and cook for 30 seconds more, stirring.
 3. Add the tomatoes to the onions and cook for 2–3 minutes, stirring constantly. Add the stock and bring to a gentle simmer. Add the vegetables and peas or spinach and simmer gently for 5 minutes, stirring regularly. If the sauce thickens too much, add a splash of water.
 4. Serve with yoghurt and mango chutney.
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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).

I wonder why.

Three words that can make space
in your heart for empathy.

I wonder why they're reacting this way.

I wonder why they're feeling this way.

I wonder why I'm feeling this way.