

Home School Link Worker Weekly Bulletin

Community Baby Shower



COMMUNITY BABY SHOWER

Wednesday 17th June | 1:00pm - 3:30pm
Guildford Family Centre, Hazel Avenue GU1 1NR

Are you expecting or have a little one under 6 months?

Join us for a special afternoon celebrating you and your growing family!

What to expect:

- Meet local support services including midwives, health visitors, libraries, Homestart, Dads Matters and more
- FREE refreshments
- Enter our FREE raffle (just for attending!)
- Decorate a baby vest to take home
- Connect with other parents in West Surrey



Whether you're a first-time parent or adding to your family, come along to discover the support available to you in our community.

Everyone welcome | No booking required | Completely FREE



Open to all, not just Guildford residents.
No booking required.

Support from FACE (Family Advice Communication Education)

Additional Support Courses for Parents

Three new courses offered by FACE, separate from the school membership.

Full access to all three courses for £6.99/month

Complete at your own pace, cancel anytime.



Building Emotional Resilience

Work through six stages of directed exercises to help your child (and yourself) improve emotional resilience.



Facing Defiance

A specific strategy aimed at supporting parents of children aged 5 to 12 with ADHD, ODD or just very challenging behaviour.



You & Your Teen

A skills building course for one parent and one teen (12 years old and above) to learn how they can both improve their communication with each other.

www.facefamilyadvice.co.uk

Online Courses for Parents page

info@facefamilyadvice.co.uk



[FACE website](http://www.facefamilyadvice.co.uk)

Potty training guide

The new, Government-backed guide to when and how to potty train your child has been produced. There's plenty of expert advice available, including for families of children with SEND.

[Potty training guide](#)



Mental Health Awareness Week

Mental Health Week 20206 takes place 11-17th May, and the theme this year is, **'Action.'**

"This Mental Health Awareness Week we're asking people to join us in taking action to support good mental health. Even small actions can help us feel hopeful and less powerless. And while our individual actions matter, when we come together we are even more powerful."



Mental Health Foundation

Fun activity of the week: Flower petal mandala

Gather a collection of fallen flower petals to create your own beautiful mandala.



Recipe of the week: Pizza pinwheels

Ingredients:

- 225g (8oz) plain flour, plus extra to dust
- 100g (3 1/2oz) olive spread, chilled and diced, plus extra for greasing
- 3 tbsp sundried tomato paste
- 40g (1 1/2oz) Cheddar, grated
- 1 tsp dried oregano
- 1 egg, beaten

Method:

1. Sift the flour into a bowl, add the olive spread and rub together with your fingertips until the mixture has the consistency of fine breadcrumbs.
2. Add 3-4 tbsp cold water and stir with a wooden spoon until the mixture begins to come together. On a work surface lightly dusted with flour, combine to form a smooth pastry. Wrap the pastry in clingfilm and chill in the fridge for 30 mins.
3. Roll out the pastry on a piece of non-stick baking paper to a 25x30cm rectangle. Trim to straighten the edges. Spread with the sundried tomato paste, leaving a 1cm border. Scatter over the cheese and 1/2 tsp oregano. Starting from one of the short ends, tightly roll up the pastry to make a long cylinder. Freeze for 10 mins.



4. Preheat the oven to gas 6, 200°C, fan 180°C and lightly grease 2 baking sheets. With a sharp knife, cut the pastry into 16 round slices. Divide between the sheets, shaping back into circles if they've lost their shape. Brush with the beaten egg and sprinkle over the remaining 1/2 tsp oregano.
5. Bake for 14-18 mins, until cooked through and golden.

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).

