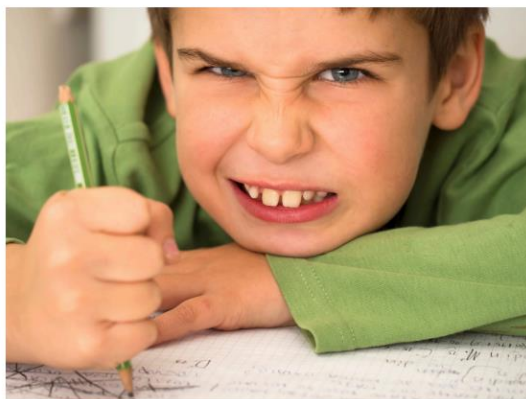


Home School Link Worker Weekly Bulletin

FACE session – ‘Helping an ADHD child with homework’

Helping an ADHD Child with Homework



FREE one hour online session for parents
Thursday 25th June 7pm - 8pm

Join us online to get some advice on how to help your
ADHD child start and complete their homework.

Book on the **PARENTS - Live Talks** page
facefamilyadvice.co.uk

[FACE website.](#)

‘Best Start in Life’ website

Best Start in Life is a website full of trusted advice and information to help keep you and your baby happy and healthy during pregnancy, birth and parenthood.

[‘Best Start in Life’ website](#)



FREE online parenting courses

coram  **family lives**

Our free online parenting courses offer a supportive way to navigate parenting and family life from the comfort of your own home. Whether you're raising a baby, navigating the teen years, parenting neurodivergent children or co-parenting, we have a wide range of free courses tailored to all ages and stages.

[Online parenting courses](#)

Fun activity of the week: 'Ice cream in a bag'

You will need:

- 250 ml whole milk/cream
- 1 tablespoon sugar
- ¼ teaspoon of vanilla extract
- 2 x zip top bag of different sizes (e.g. a large freezer bag and a sandwich bag)
- 2 or 3 trays of ice cubes
- 12 tbsp salt
- Oven gloves



Instructions

1. Pour half a cup of flavoured milk into the small zip-lock bag and seal it tight.
2. Put lots of ice into the large zip-lock bag, then add 6 tablespoons of salt. The salt lowers the freezing point of ice, so you should see it begin to melt.
3. Place the small zip-lock bag inside the large bag, and seal the large bag.
4. Put on some gloves (so your hands don't get cold) and start to gently shake and squeeze the bag.
5. After five minutes of shaking, carefully take the small bag out and your ice cream will be ready!

Recipe of the week: Apple and cinnamon flapjacks

Ingredients:

- 150g baking spread
- 80g light brown soft sugar
- 2 tsp ground cinnamon
- 250g soft apricots, finely chopped
- 250g porridge oats
- 50g 4 seed mix, plus 1 tbsp
- 4 Braeburn apples, cored and coarsely grated
- 2 tbsp icing sugar
- 1 orange, zested and juiced



Method:

1. Preheat the oven to gas 4, 180°C, fan 160°C. Line a square 20cm baking tray with baking paper.
2. Melt the baking spread, sugar and cinnamon in a large saucepan over a medium heat. Cook for 3-4 mins, stirring frequently, until the butter has melted. Stir in the apricots, oats and 50g seeds until well mixed. Stir through the apples.
3. Spoon into the prepared tray and smooth the top with the back of a spoon. Bake on the middle shelf of the oven for 30-35 mins until lightly golden. Cool for 10 mins in the tray, then use a knife to cut into 12 equal-sized pieces. Cool fully.

4. Mix the icing sugar with 1-1½ tsp orange juice and a pinch of the zest. Drizzle over the flapjacks and sprinkle with the remaining 1 tbsp seeds.
5. Store in an airtight container for up to 3 days or freeze for up to 3 months.

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).

**ALL THINGS ARE DIFFICULT
BEFORE THEY ARE EASY.**