

Home School Link Worker Weekly Bulletin

Free online parenting modules

The online guides contain advice relevant to expectant parents, parents, grandparents and carers of children of all ages including those with Special Educational Needs and Disabilities (SEND).



TOGETHERNESS
Bringing the Solihull Approach to the world

NHS

Emotional resilience for the everyday

From understanding to thriving: for everyone.

Ideas proven to make a difference for emotional wellbeing and build children's confidence and kindness.

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Online learning pathways for your parenting journey and important relationships.

- Antenatal and postnatal learning pathways for the foundations of emotional health
- Children's early development and behaviour
- Special educational needs and disabilities (SEND)
- Adolescence and young people's mental health
- Adult emotional health including trauma

For healthier relationships and happier lives.

The poster features a central image of a family (mother, father, and two children) smiling and hugging. Below the family image is a large, colorful, stylized character that looks like a rainbow with large eyes. To the right of the family image is a small, colorful, stylized character that looks like a house with large eyes.

Residents of **SURREY**

For free access, use access code: **ACORN**

In paid partnership with:



Summer Holidays 2026: Support for families

A range of support remains available for families over the summer and we've compiled details of some of these schemes including affordable days out, supermarket discount schemes and food banks:



[Support with food costs for families - Surrey County Council.](#)

Free online first aid training

The graphic features two overlapping triangles. The left triangle is green and contains the text 'TRAINING COURSE' in white, surrounded by several small white plus signs. The right triangle is purple and contains the 'Tigerlily' logo in white, also surrounded by small white plus signs. Below the triangles, the text 'Parent & Guardian First Aid Virtual' and 'Thursday 17 Sep 2026 - 12:30 to 14:30' is displayed in a bold, purple font.

TRAINING COURSE

Tigerlily

Parent & Guardian First Aid Virtual

Thursday 17 Sep 2026 - 12:30 to 14:30

USEFUL INFO

Timings: Please ensure you are logged in at least 5 minutes before the start time.

Camera: Cameras must be on for the duration of the course.

Identification: Learners will need to provide photo ID to the trainer for certification purposes.

Breaks: Please ensure you have refreshments. There will be a short comfort break.

To register your interest, please contact Nasreen Farooq – nasreen.farooq@barnardos.org.uk
01483 310419

Byfleet United Charity

Byfleet United are a grant giving charity supporting residents and community organisations in Byfleet and West Byfleet.



[Click here](#) to find out more about their support offer.

Fun activity of the week: Wind powered car

You will need:

- Cardboard tube
- 4 plastic bottle caps
- Paper
- Straws or wooden skewers
- Tape or glue
- Scissors
- Fan



Instructions:

1. Collect four plastic bottle caps.
2. Ask an adult to carefully poke a hole in the centre of each bottle cap using a nail or a drill bit.
3. Insert a straw or wooden skewer through each pair of bottle caps to create two axles. Ensure the wheels can spin freely but are secure on the axles.
4. Take the paper tube.
5. Make two parallel sets of small holes near the bottom of the tube, one set near the front and one near the back. These holes should be large enough to fit the straws or skewers.
6. Slide the axles with wheels through the holes in the paper tube. The car should now have four wheels and be able to roll smoothly.
7. Cut a piece of paper into a rectangle (approx. 6x8 inches.)
8. Tape or glue the bottom edge of the paper sail to the middle of a straw or skewer.
9. Make a small hole in the top of the tube and insert the mast, securing it with glue or tape.
10. Now position your car in front of a fan and see how far it travels!

Recipe of the week: Chicken and sweet potato traybake

Ingredients:

3 large sweet potatoes, peeled and cut into large chunks
Oil for drizzling
6-8 chicken thighs, skin left on
2 red onions, cut into wedges
25g sachet piri-piri spice mix
300g long-stem broccoli



Method:

1. Heat the oven to 180C/160C fan/gas 4.
2. Toss the sweet potatoes with a generous drizzle of oil and some seasoning, and tip into a very large roasting tin. Push the potatoes to one end of the tin, then, in the other end, toss the chicken with the onions, spice mix, a drizzle of oil and some seasoning.
3. Roast for 40 mins, stirring everything halfway through.
4. Add the broccoli to the tin, drizzle with a little oil and season, then roast for 10-15 mins more.

5. Remove the chicken, onions and broccoli from the tin. Roughly mash the potatoes using a fork, making sure you incorporate all the chicken juices and spices from the pan.
6. Spread the mash over the base of the tin, then top with the broccoli, chicken and onions and serve from the tin.

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).



**WE DON'T GROW WHEN
THINGS ARE EASY,
WE GROW WHEN WE
FACE CHALLENGES.**