Home School Link Worker Weekly Bulletin

Woking Family Centre – 'The Nurturing Programme'



World Mental Health Day



World Mental Health Day takes place every year on 10th October.

It reminds us why good mental health is so important, and how we can prioritise it in our lives and communities. It's also a moment to talk openly and listen to what others are experiencing.
The theme for 2026 is "Lived experiences heard: real voices, real change"

Information and support can be found below

Mental Health Foundation
We Are With You
Mind Matters
Catalyst

Admissions for September 2027

Do you have a child in Year 6? If so, the national closing date for a secondary school place for September 2027 is **31 October 2026.**
Secondary school admission applications - Surrey County Council (surreycc.gov.uk)

Do you have a child in Year 2 of an infant school, or due to start school in September 2027? The closing date for applications to Reception and Year 3 for September 2027 is **15 January 2027**.
Primary, infant and junior school admission applications - Surrey County Council



If you have any queries, please contact the School Admissions team on 0300 200 1004 (open Monday to Friday, 9am to 5pm).

Caleidoscope- Autism Support



Caleidoscope have released dates for their free online webinars.
These take place throughout the year on Saturday evenings (7pm – 8:30pm). These sessions offer practical advice and support for families of autistic children.

Click here to book on.

ADHD Awareness Month

October is Attention Deficit Hyperactivity Disorder (ADHD) Awareness Month.
Surrey's **Local Offer** has many resources to support children and young people with ADHD and their families. You can read more about **types of Special Educational Needs and Disabilities (SEND)** and find ADHD specific support and events throughout the year.

Support services in Surrey

- **Mindworks Surrey** - Support and resources available for children experiencing needs or traits which could be associated with neurodiversity.
- **Mindworks Surrey, Out of hours advice line** - Free phone line (5pm to 11pm) providing advice to parents and carers who are struggling with behaviours or difficulties which could be related to neurodevelopmental need, such as Autism Spectrum Disorder (ASD) or ADHD.
- **Barnardo's Surrey, Positive Parenting Service** - Supporting parents and carers of children 6 to 18 years old who have a diagnosis of ADHD or if their young person shows ADHD behaviours with an 8 week programme online.

Online workshops from Surrey Family Learning

- Empowering Your Neurodiverse Child to Build Resilience, Monday 2 November, 7:30 to 9:30pm
- First Steps to Understanding My Neurodivergent Child, Wednesday 4 November, 7:30pm to 9:30pm
- Confident Transitions for Your Neurodiverse Child, Monday 23 November, 7:30pm to 9:30pm
- Develop Skills to Support your Child's Sensory Needs, Wednesday 25 November, 7:30pm to 9:30pm

Nationwide Services

- **Be Ready ADHD ASD Information Network (BRAAIN)**
- **ADHD Embrace**
- **The UK ADHD Partnership (UKAP)**
- **ADHD Awareness Month**
- **ADHD UK**



Fun activity of the week: Pumpkin Stamps

(from Baker Ross)

1. Stamp one end of a cardboard tube into orange paint and then stamp overlapping rings onto the page to create the pumpkin shapes.
2. Once the rings have dried, draw on some stalks using a brown pen.
3. Finish your artwork by drawing some curly vines onto the pumpkins.



Recipe of the week: Sweet potato soup
(from BBC Good Food)



Ingredients:

- 1 tbsp sunflower oil
- 2 onions
- roughly chopped
- 1 tsp cumin seeds
- 1 tsp ground coriander
- 1 garlic clove
- crushed
- 2 carrots
- roughly chopped
- 1kg sweet potatoes
- peeled and roughly chopped
- 1.5 litres vegetable stock
- 3-4 tbsp double cream

Method:

1. Heat the oil in a large saucepan over a medium-low heat. Tip in the onions, add a pinch of salt and fry for 10-12 mins until soft.
2. Add the cumin seeds, coriander and garlic, fry for a few minutes, then tip in the carrots and cook until starting to soften.
3. Stir in the sweet potatoes and cook for a few minutes more.
4. Pour in the vegetable stock, bring to a simmer and cook for 20-25 mins until the sweet potato and carrots are tender.
5. Blitz using a hand blender (or transfer to a jug blender), then stir in 3-4 tbsp cream according to preference. Season to taste and serve with crusty bread.

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).

