Home School Link Worker Weekly Bulletin

Kids eat for free (or for £1) during October half term



‘The Parenting Smart’ – How to help your child feel more confident.

‘As the kids have settled back to school, we’re sharing resources on how to support their confidence this academic year. Confidence doesn’t mean always feeling sure of yourself. A confident child is willing to have a go, make mistakes, and try again. But fear of getting things wrong can sometimes get in the way.’



Article: My child thinks they need to be perfect.

Article Raising a resilient child

Article: Helping your child to develop talents

Visit Surrey – What’s on during October half term

Click here for their list of local activities and events.

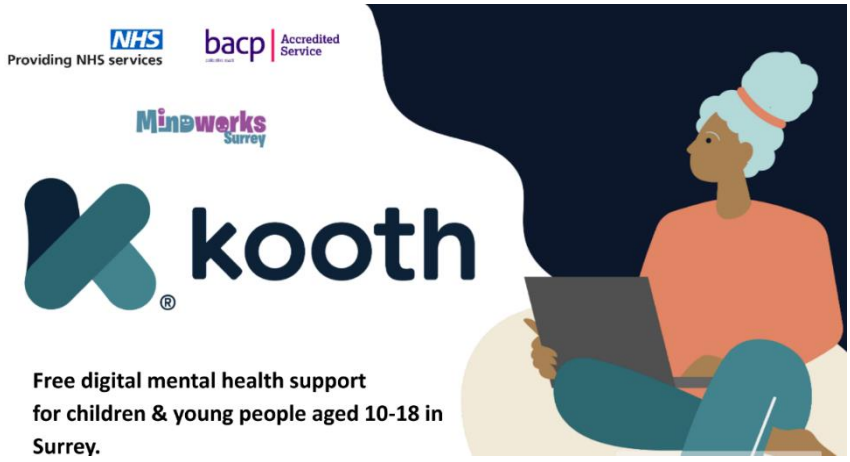
VISIT SURREY

Kooth

Kooth provide immediate support. No GP or school referral is needed, there’s no waiting list or threshold to meet
Free, 24/7 365 days a year (12pm -10pm, weekdays and 6pm - 10pm, weekends)

Click here for a handy guide all about this service

Click here for their website.



Fun activity of the week: Pinecone Bats
(from Country Living)



You will need:

- A pinecone
- Googly eyes
- Cardboard
- Glue
- White card

Instructions

1. Cut bat wings and feet from pieces of cardboard (ribbed corrugated cardboard provides extra texture).
2. Glue wings to the back of a pinecone and feet to the bottom with glue.
3. Cut nose and ears from cardboard or brown paper and glue them on.
4. Cut fangs from white card and glue these just below the nose.
5. Glue googly eyes just above the nose.

Recipe of the week: Apple loaf cake
(from Rainy Day Mum)



Ingredients:

- 300 g cooking apples (approx 1 large apple)
- 50 g soft brown sugar
- 1 teaspoon ground cinnamon
- 130 g caster sugar
- 110 g unsalted butter
- 2 large eggs
- 1.5 teaspoons vanilla extract
- 240 g plain flour all purpose flour
- 1.75 teaspoons baking powder
- 125 ml semi skimmed milk

Method:

1. Preheat the oven to 200C and grease or line a 2lb loaf tin.
2. Peel, core and chop the large cooking apple and set aside.
3. In a separate bowl mix the brown sugar and cinnamon together and set aside.
4. Into a large mixing bowl or mixer add the white sugar and butter/margarine and mixed until creamy in texture.
5. Add in the 2 eggs and vanilla extract and mix.
6. Combine flour and baking powder and add to the mix.
7. Mix well and add the milk until smooth.

8. Pour half of the mixture into the prepared loaf tin.
9. Add 1/2 the apples and 1/2 the brown sugar cinnamon mix and press into the cake mix.
10. Pour the remainder of the mix on top.
11. Into the cake top add the remaining apples and press in.
12. Cover with the rest of the brown sugar and cinnamon and press.
13. Place in the centre of the oven for 35 minutes until a skewer comes away clear

---

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).

