



Home School Link Worker Weekly Bulletin 02.05.24



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Welcome back to our weekly bulletin! We hope you will find this bulletin useful and informative. Each week we aim to include some tips and advice to support your family at home, news and reminders of local and national events that may be of interest and links to other services and agencies that may provide support.

Walking For Health



Did you know that May is national walking month? Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. You do not have to walk for hours. A brisk 10-minute daily walk has lots of health benefits.

Before you start

Any shoes or trainers that are comfortable, provide adequate support and do not cause blisters will do. If you're walking to work, you could wear your usual work clothes with a comfy pair of shoes and change shoes when you get into work. For long walks, you may want to take some water, healthy snacks, a spare top, sunscreen and a sun hat in a small backpack. If you start going for longer walks regularly, you may want to invest in a waterproof jacket and some specialist walking shoes for more challenging routes.

How do I know if I'm walking fast enough?

A brisk walk is about 3 miles an hour, which is faster than a stroll. You can tell you're walking briskly if you can still talk but cannot sing the words to a song. You could also try using the

free Active 10 app on your smartphone. It tells you when you're walking fast enough and suggests ways to fit in some more brisk walking.

[Download Active 10 from the NHS Better Health website](#)

Make it a habit

The easiest way to walk more is to make walking a habit. Think of ways to include walking in your daily routine. Examples include:

walking part of your journey to work

walking to the shops

using the stairs instead of the lift

leaving the car behind for short journeys

walking the kids to school

doing a regular walk with a friend

going for a stroll with family or friends after dinner

Listen to music

Walking while listening to music or a podcast can take your mind off the effort. It can also get you into a rhythm and help you walk faster. You'll be surprised at how fast the time goes when you're walking to your favourite tunes.

Mix it up

Add variety to your walks. You do not have to travel to the countryside to find a rewarding walk. Towns and cities offer interesting walks, including parks, heritage trails, canal towpaths, riverside paths, commons, woodlands, heaths and nature reserves.

Join a walking group

Walking in a group is a great way to start walking, make new friends and stay motivated.



Fun activity of the week:

Go for a spring walk and turn it into a challenge! Earn points for each of the things you can find:

Here are the items to be found.

1. A nest....bonus points if there are eggs inside.
2. A spider's web.
3. A robin
4. A feather...
5. A worm
6. A bunny
7. Blossoms on a tree
8. A dandelion
9. A puddle – have a stomp and splash!
10. A green leaf - bring it home, and they can trace it on a piece of paper.
11. A seed pod
12. Something yellow
13. An ant
14. Wildflowers
15. Animal footprints
16. Mud
17. A smooth rock.
18. A shadow.

There are lots of examples on line if you want to print a hunt off. Here is an example:

<https://rochesterlocal.com/seasons/spring-nature-savenger-hunt-draft/>

Recipe of the week



Cheese and bacon muffins

Ingredients:

- 300 g self-raising flour
- 100 g mature cheddar cheese (grated)
- 80 ml sunflower oil
- 250 ml whole milk
- 1 medium egg
- 200 g cooked bacon lardons
- salt & pepper
- extra cheese for the top

Method:

1. Preheat the oven to 200°C/180°F and prep 12 tulip sized muffin cases.
2. Add the flour, cheese, oil, milk, egg, cooked bacon, and seasoning to a bowl and mix with a spatula as little as possible.
3. Split the mixture between the 12 tulip cases and then sprinkle on some extra cheese if you fancy.
4. Bake the muffins in the oven for 20-22 minutes.
5. Let them cool for about 15 minutes and enjoy warm, or leave to cool fully.



Get in touch

If you would like any further help, guidance or support for you or your family, please contact

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(Working hours: Monday – Thursday 8.00am-4.00pm and Friday 8.00am - 3:00pm).
