



Home School Link Worker Weekly Bulletin



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.

Food Waste Action Week

From the 4th March to the 10th March 2024, 'Love Food Hate Waste' are running a campaign to encourage everyone to think about how much food they are throwing away. Their website has lots of delicious recipes using leftovers you might have in your fridge, helping everyone to eat quick, healthy meals and save money at the same time. Which recipe will you try?

<https://www.lovefoodhatewaste.com/foods-and-recipes>

Family Support

Turn2us is a national website which gives financial support and advice for families.



<https://www.turn2us.org.uk/>

Explore the website to see if you may be eligible for any benefits or grants based on your personal circumstances.

Family Lives

All families can access confidential support from the Family Lives website. This now has an automated Chatbot. The bot can answer frequently asked questions about family and parenting issues and help you find relevant information on their website. If you have a more complex question or the bot can't answer, you can still contact the team via the free helpline, live chat or email.



<https://www.familylives.org.uk/>

Fun activity of the week:



Spring Sun Catcher

Cut out the inner circle of a paper plate and attach a sheet of sticky-back plastic. Then you can then add spring leaves and flowers to the sticky-back plastic to create a beautiful sun catcher. Punch two holes and add some wool to then hang it up in a window.

Recipe of the week:



➤ **Recipe of the week: Roasted sweet potato & carrot soup**

Ingredients:

- 500g sweet potatoes, peeled and cut into chunks
- 300g carrots, peeled and cut into chunks
- 3 tbsp olive oil
- 2 onions, finely chopped
- 2 garlic cloves, crushed
- 1l vegetable stock
- 100ml crème fraîche, plus extra to serve

Method:

1. Heat oven to 220C/200C fan/ gas 7 and put 500g chunked sweet potatoes and 300g chunked carrots into a large roasting tin, drizzled with 2 tbsp olive oil and plenty of seasoning.
2. Roast the vegetables in the oven for 25-30 mins or until caramelised and tender.
3. Meanwhile, put the remaining 1 tbsp olive oil in a large deep saucepan and fry 2 finely chopped onions over a medium-low heat for about 10 mins until softened.
4. Add 2 crushed garlic cloves and stir for 1 min before adding 1l vegetable stock. Simmer for 5-10 mins until the onions are very soft, then set aside.
5. Once the roasted vegetables are done, leave to cool a little, then transfer to the saucepan and use a hand blender to process until smooth. Stir in 100ml crème fraîche, a little more seasoning and reheat until hot.
6. Serve in bowls topped with a swirl of crème fraîche and black pepper.

Get in touch

If you would like any further help, guidance or support for you or your family, please contact **Derri Chamberlain** (Home School Link Worker)

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