



## **Home School Link Worker Weekly Bulletin 18.04.24**



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.

### **Scottish Families Affected by Alcohol and Drugs**



Scottish Families Affected by Alcohol and Drugs is a national charity which supports anyone affected by someone else's alcohol or drug use in Scotland. The charity gives information and advice and helps to develop confidence, communication and general well-being. The charity can link people into local support. The charity also recognises and understands the importance of people looking after themselves. The website for the charity is <https://www.sfad.org.uk/>

### **Barnardo's Scotland**



Barnardo's is a national charity supporting children and young people to feel safer, happier, healthier and more hopeful. When life gets tough or it feels like there's nowhere to turn, Barnardo's is here. The website for the charity is <https://www.barnardos.org.uk/scotland>

## Fun activity of the week:



### **Fun activity of the week: Coloured ice sculptures**

#### **Materials needed:**

- Cups, muffin tins, containers and bowls of various sizes and shapes
- Water
- Food colouring or liquid watercolours

#### **How to create the sculptures:**

Start by using either food colouring or liquid watercolours to dye your water. Then pour your water into various containers and freezing. You can use an ice cube tray, a muffin tin, various small bowls and some plastic cups. Once they are frozen, run the containers under warm water to loosen and remove the ice. You can use the ice shapes in a sensory play bin or take them outside and create winter sculptures with them!

## Recipe of the week:

### **Recipe of the week: Bacon, potato and onion bake**



#### **Ingredients:**

- 1 tbsp olive oil
- 250g cooking bacon, rind removed, roughly diced
- ½ vegetable or chicken stock pot, made up to 1ltr
- 850g potatoes, peeled and thinly sliced
- 2 onions, thinly sliced
- 3 garlic cloves, sliced
- 2 tsp herbes de Provence
- 50g sliced wholemeal bread, blitzed into crumbs
- 400g Savoy cabbage, shredded

**Method:**

1. Preheat the oven to gas 6, 200°C, fan 180°C. Heat 2 tsp oil in a frying pan over a medium high heat and fry the bacon for 5 mins until starting to crisp.
2. Meanwhile, bring the stock to the boil in a large saucepan. Add the potatoes, onions and garlic, pushing them down to submerge. Return to the boil, then simmer for 5 mins. Drain the vegetables, reserving the stock.
3. Layer the potatoes and onions in a large shallow baking dish (about 2.5ltr), scattering over the bacon, 1 tsp herbs and a little black pepper as you go. Pour over 300ml of the reserved stock.
4. Mix the breadcrumbs with the remaining herbs and oil and scatter over the top. Cover loosely with foil and bake for 40 mins, removing the foil halfway.
5. Just before the potato bake is ready, steam or boil the cabbage for 3-5 mins until tender; serve alongside.

**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).

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