



Home School Link Worker Weekly Bulletin 30.05.24



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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.

MORAY FOOD
PLUS+

Wellbeing Parent Get Together Group



Are you interested in joining a Parent group in at St. Gerardines Primary School?

Moray Food Plus works across Moray delivering support and activities for families and children.

We are starting a parent group at St. Gerardines primary school and give you the opportunity to meet other local parents, have a cuppa, toast and have a good blether.

Development officer Sarah Cruden and Family support worker Nicole Alzate will be leading these sessions – They both have experience working in schools and homes with families and children with different needs and issues. They are keen to meet you, offer a listening ear and offer any support or advice.

We will meet weekly at St. Gerardines Primary School at 9.05am finishing around 10.20am on Mondays starting 13th May.

Please come to school reception and you will be shown where to come. For more information please contact sarah@morayfoodplus.org.uk nicole@morayfoodplus.org.uk or Lisa.Jackson@moray-edunet.gov.uk

School readiness

Although we are preparing for the end of the Summer term and the start of the summer holidays, it may be a good time to start thinking about ways in which you can support your children's transition to school or to a new class. Below are some links to articles, videos and online courses which may help prepare your child for this next step.

Family Lives – starting school article:

<https://www.familylives.org.uk/advice/primary/learningschool/starting-primary-school>

Starting school toolkit from PACEY <https://www.pacey.org.uk/partners/school-ready/>

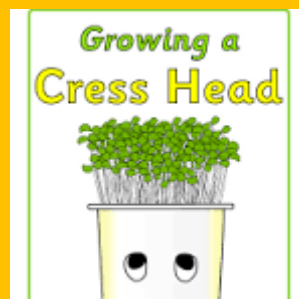
BBC Tiny Happy people <https://www.bbc.co.uk/bitesize/groups/cx1lpm3ve37t>

Fun activity of the week;

Cress heads

You will need: • An empty yoghurt pot • Cotton wool • Kitchen roll • Cress seeds • Water • Paint and paintbrushes

How to make your own 'cress head' 1. Take the label off the yogurt pot and paint a funny face on top. 2. Put some wet kitchen roll in the bottom and put some damp cotton wool on top of that. 3. Evenly spread some cress seeds on top of the cotton wool and press them down gently. 4. Put the pot in a warm place that gets some sunlight, like a windowsill. 5. Watch the cress grow! This should happen after about 7 days.



Recipe of the week



Pork souvlaki

Ingredients: • 400g lean pork shoulder, cut into 2cm chunks • 1 tbsp olive oil • ½ tbsp dried oregano • 1 lemon, zested and juiced • ½ tsp paprika • 100ml fat-free yogurt • 1 small garlic clove, grated • ½ cucumber, trimmed and grated • 2 red peppers, deseeded and cut into chunks • 2 Little Gem lettuce, leaves separated • chilli sauce, to serve (optional) • flatbreads, warmed, to serve (optional)

Method:

1. Put the pork in a large bowl with the oil, oregano, lemon zest and juice and paprika as well as a good pinch of salt. Toss everything together to combine and leave to marinate for 10 mins.
2. Combine the yogurt, garlic and cucumber together in a bowl. Season with salt and set aside.
3. Heat the grill to high. Thread the marinated pork and the peppers on four metal skewers, alternating between the pork and peppers as you go. Place on a non-stick baking sheet and grill for 3-4 mins on each side, or until cooked through and golden brown.
4. Serve with the lettuce, yogurt mixture and chilli sauce, and flatbreads, if you like.

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)

Derri.Chamberlain@moray-edunet.gov.uk

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