

Welcome to issue 7 of our bulletin. We hope you find these useful and a bit of fun. Please keep sending us your ideas, activities and pictures.

Messy Chocolate

the clue is in the name so wear old clothes!

Ingredients:

A selection of chocolate (we find the cheap stuff works the best)
White, dark, milk, Orange chocolate (gives off a lovely aroma)
Sprinkles/toppings-we used nuts, hundreds & thousands, marshmallows, dried fruit

Equipment:

Separate bowls for each chocolate
Saucepans or microwave to melt (we chose to melt over saucepans of simmering water)
Grease-proof paper
Silicone moulds/ice cube trays

Method:

Firstly melt all chocolate separately in bowls either in the microwave or in a bowl over simmering water.

Give each person a large sheet of grease-proof paper.

Using spoons, start spreading and drizzling your chocolate onto the grease-proof paper. It's great to mix up the colours and flavours to make interesting patterns.

You can use a cocktail stick, a skewer or a fork to make swirly patterns in the chocolate.

Then add any toppings of your choice-the fruit and nut option was particularly nice!

You can also use silicone moulds or ice trays to make shaped chocolate-we used teddy shapes and baton shapes.

You can have fun with these-either put the toppings in first and fill with chocolate or put the chocolate in first and add any toppings or mix it all up together.

If your melted chocolate looks like it is setting a bit, return bowl to saucepan over hot water for a while. The white chocolate seems to set the quickest whereas the dark chocolate stays liquid for longer making it easier to use.

When your creations are done, place them in the fridge for an hour or so-if the children can't wait that long, use the freezer-for about 20 minutes.

Your chocolate is now ready to eat and can be snapped into smaller pieces.

Please note that if you wish to eat them later, store in the fridge. Homemade chocolate seems to soften quickly at room temperature.

Enjoy your messy chocolate! From Michelle



Twig Rafts

We have been busy building twig rafts and having household races. You only need a few materials to make them and not only are they lots of fun, building them gives you an opportunity to practice your threading and knotting skills.

Materials

- 2 thick sticks
- 10 small sticks
- 1 twig (a small, thin stick)
- Scissors
- String
- A rag/bag for the sail



FIG A

- The raft is a rectangular shape, the thick sticks will be the long sides and the small sticks will travel the whole way down the shape on the short side.
- The thick sticks are the base, the two sticks will run parallel to each other.
- The small sticks are going to sit at right angles on top of the thick sticks.
- The twig and the rag will make a sail.

Method

- Cut a long length of string (try to cut around 2 metres; you could even use the information Alison provided in the last bulletin to help you measure two metres of string!)
- Start by tying one of the small sticks to the thick stick. Start at the top and make sure the small stick is at a right angle to the thick one! (FIG A)
- Now you can continue to attach your small twigs. To attach them you need to wrap the string around them, first in one direction and then in the other direction. It should make an X shape and your stick should be secure. (FIG B)
- Repeat with the other thick stick, attaching it to the other end of the small sticks.
- Cut the rag into a triangle and glue onto the twig to make a sail. Poke the twig sail between two of the small sticks and using string attach your sail to the raft. (FIG C)

Have fun racing your rafts with your family! From Anna



FIG B



FIG C

Sight for Surrey Children & Young People Counselling Service

Sight for Surrey is offering a new counselling service available to parents and young people who feel they would benefit from some additional emotional support during this time of Covid19. We acknowledge that this period has been an anxious time for some children, young people and their families, with the sudden onset of many uncertainties.

With the support of the National Lottery Community Fund, Sight for Surrey Children & Young People's service has been able to create the opportunity where you can reflect comfortably and safely on your feelings with a qualified counsellor.

Counselling can be provided individually to a young person or a parent and their child as a pair.

Claire Hams is a qualified counsellor who is registered with the British Association of Counsellors. Claire has joined our team for six months to provide a confidential, warm and accepting space to talk through issues that are causing distress.

During the current Covid19 situation and the requirement for social distancing, therapy will take place either via video call such as Skype or Zoom, or on the telephone.

If you are interested in accessing this service, please contact our administrator, Lesley, on lmccarthy@sightforsurrey.org.uk for a referral form.

Hab corner

Tactile Noughts and Crosses -Game that could be used to encourage directional learning

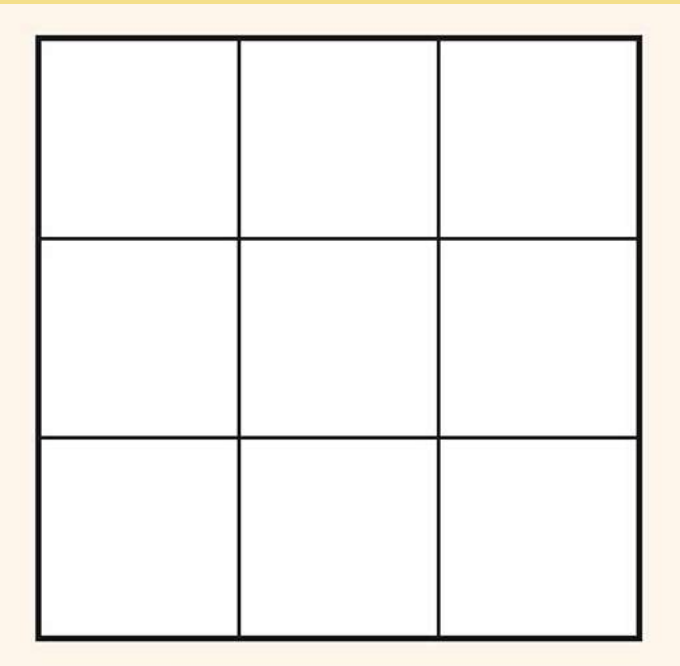
Create a grid as shown on the diagram.
String or tactile marking fluid or wiki sticks could be used to make the board raised.
Noughts and crosses could be made with pipe cleaners.

Objective
To learn direction

Players
Two

Materials
Grid
Noughts and Crosses/ 2 different sets of counters

Instructions for Play
Each child has a set of noughts and crosses. They must take turns to place their nought or cross on the board. As they place this on the board they should say where they are placing it e.g. nought top left, cross bottom right, nought middle etc. This will encourage them to think about the positioning in directional terms. Instead of left, right, up, down, top or bottom they could use the grid to identify north, south, east or west etc.
Diagram for the grid can be found below.



From Nicola

“Learn how to identify this bird by its song?”
-from Alison

Listen to the House Sparrow Song [here](#)

Do you recognise it?.....It’s a House Sparrow!

Here are a few facts you may find interesting:

- The House Sparrow is an endearing friendly little garden bird with a jaunty hop and cheery chirp!
- It is 14 -15cm from its bill (beak) to its tail
- Male House sparrows are streaky brown upper parts and grey below. It has chestnut wings with white wing bars, a black bib and a grey cap. Females the young are brown with steaked back.
- Its bill is thick for cracking open seeds.
- It has a variety of cheery and noisy chirps and chirrups and a conversational “chur”.
- It is found in towns and cities, parks and gardens and farmland. It loves shrubs which have tangled branches or thorns - where it feels safe against predators.
- It is a social bird often going around together in small flocks.
- House Sparrows eat a variety of food, including seeds, nuts, buds, insects and kitchen scraps.
- It stays in Britain all year round although often disappear from their colonies in late summer to feed on grain and weed seeds in nearby farmland or grassland.
- The nest is built by both the male and the female and is a rather untidy domed or cup-shaped structure and is made in a hole or niche under the eaves of a building a hole in a wall.
- The female lays 3-5 eggs during April to August and the male and female take turns incubating the eggs, but the female does most of the incubating. Both male and female feel the chicks.

Cooking with Carol

Mini Lemon Cheesecakes
Serves 4

Ingredients
3 digestive biscuits
25 g butter
100g cream cheese
1 heaped tablespoon icing sugar
2/3 teaspoon lemon juice
4 tablespoon double cream
Topping-Sliced Strawberries or Sliced Banana or other fruits

Method

1. Put all the digestive biscuits in a plastic bag and crush with a rolling pin until crumbs
2. Heat the butter in a small bowl until melted use the the microwave, check after 30 seconds
3. Add the biscuit crumbs to the melted butter and stir until the crumbs are coated with the butter
4. Press the biscuit crumbs into the cases using either a small spoon or your finger, places the cases onto a tray and put the tray into the fridge to harden up
5. Add the cream cheese, double cream, icing sugar and lemon juice into a small bowl and mix together thoroughly. Either use a spoon or whisk.
6. Take the cases out of the fridge and spoon the cheesecake mixture evenly into the cases
7. Choose your fruit topping and slice the fruit, place these carefully onto of the cheesecake and place the cheesecakes back into the fridge to set.

Equipment
Plastic Bags
Scales
Rolling Pin
Chopping board
2 x small bowls
1 x Baking tray
Wooden Spoon
Small whisk
Small spoon
4 silicon cases

Over to you...



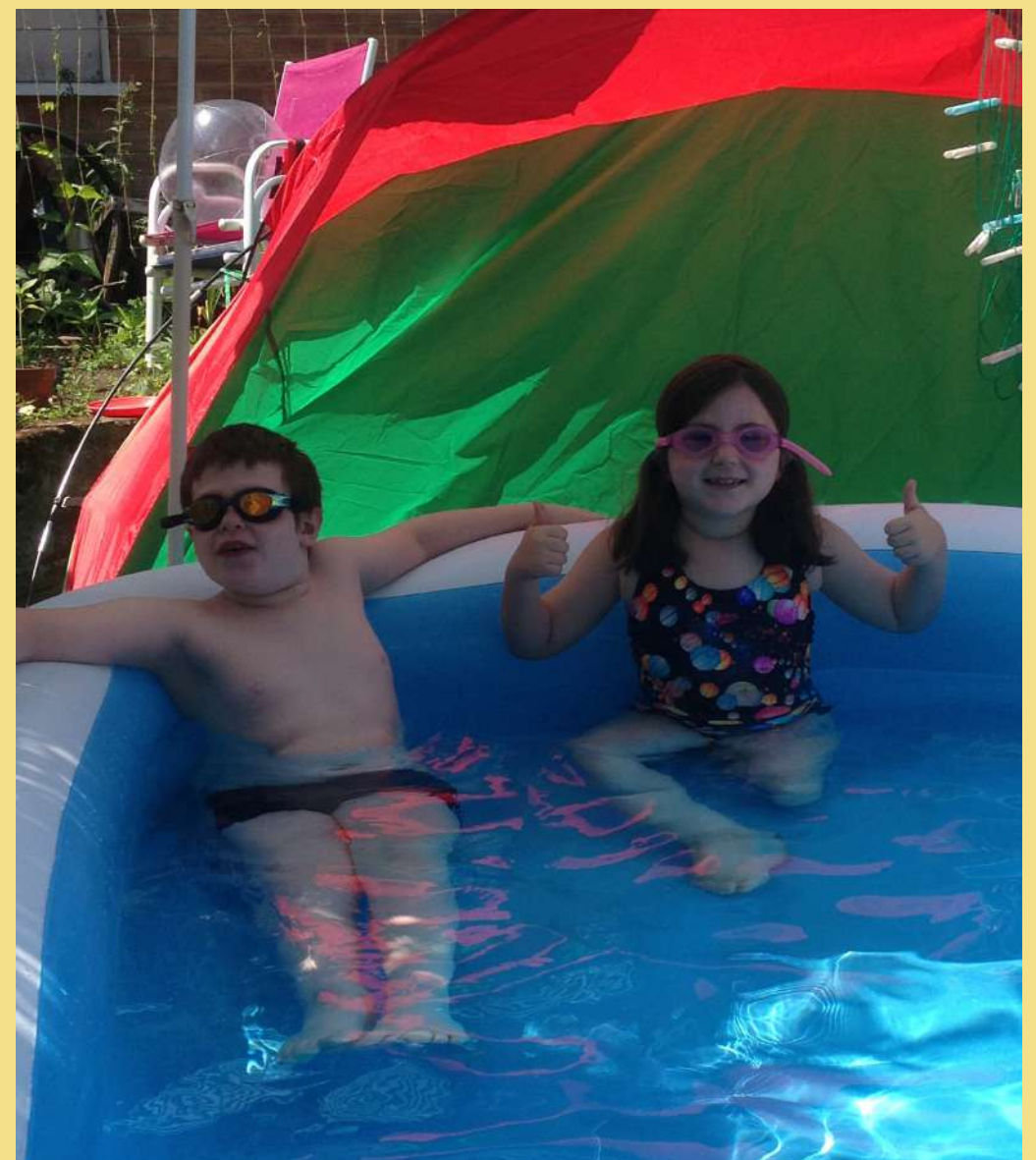
Lee has been busy baking and practicing his habilitation skills and doing the 'cooking with Carol' recipes. Well done Lee, we are looking forward to tasting these bakes one day!



Abby has been listening to 'Evie in the Jungle'. These pictures & Braille work are connected with that. She has also earned a rosette for her good work and spellings in Braille. Well done Abby!



Look how big Tegan's sunflowers are now. What a good idea to reuse old tyres.



We are all quite jealous of James and Jess enjoying the hot weather in their garden pool!

Useful links

[Surrey One Point of Access](#)
[Anna Freud National Centre for Children & Families](#)
[Surrey Headway](#)
[Groundwork UK](#)
[Surrey Short Breaks](#)
[Hold Still Campaign - Portrait of a nation](#)
[Nystagmus Network - Richard Osman Fundraiser](#)



Please note that activities may need to be adapted for your child. Please check content of links before sharing them with your children.

