



# Victor Seymour Infants' School Newsletter



Date of issue: October 2023

## A word from Miss Morrissy....



Dear Parents, carers and pupils,

What a fantastic first half term! It has been wonderful getting to know all of the lovely pupils and being a part of their learning journey. The enthusiasm of our pupils here at Victor Seymour is inspiring!

So much has happened in seven weeks; a dinosaur workshop, police visit, parent workshops, Diwali, parents evening, PTA quiz, Reception building completed and open for learning, and there are many more events coming up in the next half term.

Huge congratulations to Pink, Lime, Purple and Indigo classes for their informative and entertaining class assemblies. I learned a huge amount from the children and am incredibly proud of them and their class teachers for all the hard work they put into this.

Thank to everyone for their kindness and smiley greetings each morning and afternoon. It really is a pleasure to be the Headteacher at Victor Seymour.

Have a safe, happy and restful half term holiday and we will see you all on Monday 30<sup>th</sup> October.

Samantha Morrissy

Just a little reminder for all Year 2 Parents / Carers, if you have not already done so, you now need to apply for your child to transfer to Junior School for September 2024. To do this, please click on the following link:  
<https://www.sutton.gov.uk/w/applying-to-transfer-to-junior-school-1>

If you need any help, or have any queries, please speak to Mrs Gardiner (Admissions Officer).

Many Thanks  
Charlie Gardiner  
Admissions Officer

## Dates for the diary...

**Friday 10<sup>th</sup> November** – PTA Mufti Day  
Elfridges (formerly Secrets Room) donations – see PTA section for more info  
**Friday 17<sup>th</sup> November** – Children In Need  
**Friday 24<sup>th</sup> November** – PTA bottle tombola donations  
**Thursday 7<sup>th</sup> December** – Christmas Jumper Day and Christmas Lunch  
**Friday 8<sup>th</sup> December** – PTA Christmas Fair  
**Saturday 9<sup>th</sup> December** – PTA Christmas Tree sale  
**Tuesday 12<sup>th</sup> December** – Reception Christmas Performance  
**Wednesday 13<sup>th</sup> December** – Year 1 Christmas Performance  
**Thursday 14<sup>th</sup> December** – Year 2 Christmas Performance  
**Friday 15<sup>th</sup> December** – Christmas Panto and Christmas Jumper Day  
**Tuesday 19<sup>th</sup> and Wednesday 20<sup>th</sup> December** – PTA Elfridges Room  
**Wednesday 20<sup>th</sup> December** – last day for Nursery  
**Thursday 21<sup>st</sup> December** – last day for Infants

## NURSERY

Both Gold and Silver class have settled wonderfully during this autumn term. We have been exploring the environment, both indoors and outdoors and we are beginning to play with our new friends.

We have been out in the many different elements, collecting autumn treasures as we go.

The children have also been sharing stories about their families, looking at how we are the same and how we are different, and discussing how we were all babies once! Well done Gold and Silver class, you have had an amazing first half term in Victor Seymour!



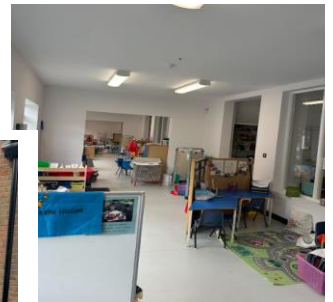
## YEAR ONE

In Year 1 we had an exciting visit from three dinosaurs called Poppy, Patrick and Jake. We were palaeontologists for the day and conducted a dig for fossils and research what they were. We were all so excited to meet the dinosaurs, especially Jake who had great big teeth! It was an amazing experience and we learned so much.



## RECEPTION

The Reception build is finally finished. Take a look at our lovely new classrooms!



## YEAR TWO

Year 2 have been learning about Samuel Pepys and we were lucky enough to have him visit our lessons to teach us a little about him and his life, and also about writing in the first person! We have also learned all about poetry. We have all performed in our class assemblies singing songs, reading poems, counting in 2s, 5s and 10s and celebrating all the things that we are proud of.





# HARVEST FESTIVAL

Thank you to everyone that donated for our Harvest Festival. All donations have been taken to the Sutton Food Bank and will help so many people. Thank you for your ongoing generosity.



## DIWALI

We had an assembly to celebrate Diwali. We learned that Diwali is a religious festival which means 'row of lights.' The festival symbolises the victory of light over darkness.



## Show and Tell

We would like to celebrate and learn about our whole school community. The children love to share their news. This can be in the form of a trip at the weekend, a family celebration i.e. birthdays Diwali, Eid, weddings etc.

Please send in photos and a short description of the event. For Nursery and Reception, please upload to Tapestry. For Year 1 and Year 2, please send via the class emails. The children can then share these in class.



Miss Emms  
PSHE and Diversity Lead

**Christmas Toy Appeal**

Christmas is about children. All children, no matter their circumstances, should be able to wake up on Christmas morning with a gift from Santa.

Over the previous 16 years the appeal has donated over £1.5m worth of toys and gifts to over 24,000 children and has also helped numerous local charities.

Can you help by donating new toys and gifts for children from 6 to 18 years old, living in disadvantaged conditions in our local area, and children who are in hospital and hospices this Christmas?

**DROP OFF POINTS**

8 Boundary Rd Carshalton	RWW Heating & Plumbing 11 Gordon Rd, Carshalton	The Railway Tavern Carshalton	Wobesley UK Parley Way
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[Justgiving.com/crowdfunding/Rwwfoundation1](https://www.justgiving.com/crowdfunding/Rwwfoundation1)

**rww Foundation**



Arriving late can affect  
your child's attendance!

Every minute counts



**Lateness = lost learning**

(Figures below are calculated over a school year)

5 minutes late each day	3 days lost!
10 minutes late each day	6.5 days lost!
15 minutes late each day	10 days lost!
20 minutes late each day	13 days lost!
30 minutes late each day	19 days lost!



As few as 19 missed  
reduces your child's  
child's SAT results  
across all subjects

days over the school year  
chances of success. Your  
could drop by one grade

# Don't let your child miss out!

What you can do:

- Have a regular routine for the start of each day.
- Help your child get their clothes and equipment ready before they go to bed.
- Set a reasonable bed time to make sure they get enough sleep.

**Get your child to school on time. If they are late they have a bad start to the day.**

If your child arrives late for class:

- They miss out on important learning, which could effect their achievement.
- They don't have the social time to settle into class.
- It can be embarrassing for them.
- They may disrupt the learning of the rest of the class.

## When should my child return to school?



**Chicken Pox**

When all spots  
have crusted  
over

**Conjunctivitis**

None\*

**Diarrhoea &  
Vomiting**

48 hours from  
last episode

**Glandular  
Fever**

None\*

**Hand, foot &  
mouth**

None\*

**Impetigo**

When lesions are  
crusted & healed  
or 48 Hours after  
commencing  
antibiotics

**Measles or  
German  
Measles**

4 days from  
onset of rash

**Mumps**

5 days from  
onset of swelling

**Scabies**

After first  
treatment

**Scarlet Fever**

24 hours after  
commencing  
antibiotics

**Slapped  
Cheek**

None\*

**Whooping  
Cough**

48 Hours after  
commencing  
antibiotics

**Flu**

Until  
recovered

**Head Lice**

None\*

**Threadworms**

None\*

**Tonsillitis**

None\*



\*No need to stay off but school  
or nursery should be informed.






## The day we met The MET

Our local Safer Neighbourhood police officers came in to meet and talk to the children about staying safe. They arrived in a police van and the children really enjoyed looking at it and asking questions.



## LOCAL FAMILY INFORMATION

**'Chill, Chat and Connect Group'**  
For Dads/Male Carers



These sessions are facilitated by parent volunteers who are fathers themselves. The group is aimed at dads, stepdads, dads to be, foster dads, grandfathers and other male carers. Fathers/male carers matter and they have a huge and significant impact on the lives of their children.


These monthly evening sessions are a chance for dads/male carers to meet together to chill, chat and connect. It's a chance to share experiences and the challenges and positives of family life. This is a safe, relaxed and non-judgmental space. Support and advice is available if required.

**Where**  
The Quad, Green Wrythe Lane, Carshalton SM5 1JW


**When**  
Monday 18th September  
Monday 16th October  
Monday 20th November  
Monday 18th December

**Times**  
6pm - 8pm  
Light refreshments will be available  
No need to book. Just turn up and get a warm welcome.

For further information, please contact:  
Theresa Cameron  
Telephone: 07735 338 924



**Family Hubs**




**Family Hub Connectors**  
Part of Sutton Family Information Service


We provide free information, advice and guidance on childcare, activities and support services in the London Borough of Sutton, for children and young people aged 0-19 (or 25 if the young person has additional needs) and their families.

You can contact the Family Hub Connectors via:

Telephone: 020 8770 6000  
Email: [familyinfo@sutton.gov.uk](mailto:familyinfo@sutton.gov.uk)  
Online: [www.suttoninformationhub.org.uk](http://www.suttoninformationhub.org.uk) or scan the QR code



Our Family Hub Connectors, regularly go out into the community, visit our website to find out who your local connector is and where they are this week.



**Carshalton Family Hub**  
Tea & Toast at Tweeddale Children's Centre



Carshalton Family Hub is introducing a new session for parents with primary school aged children. Our Tea & Toast session will be held every Thursday - drop in between 3.30pm-4.30pm term time only.

**Starting Thursday 21st September 2023**

Come and join us after school for tea, toast and squash with games, crafts and space to do homework.

Hope to see you there.


Sharon Hackett - Family Hub Connector Carshalton PCN  
Telephone: 020 8770 6000  
Email address: [sharon.hackett@sutton.gov.uk](mailto:sharon.hackett@sutton.gov.uk)  
Tweeddale Children's Centre, Tweeddale Road, Carshalton, SM5 1SQ

This is a **FREE** session





**Carshalton Family Hub**  
Parent & Carer Coffee Morning - Autumn Term 2023



**Sutton Community School Uniform**  
Shop will be open during the coffee mornings.

Come and join me for a coffee and a chat in a safe, warm space at Tweeddale Children's Centre on a Tuesday, drop in from 10am-11.30am on the following dates:




5th September, 3rd October, 17th October, 31st October, 7th November, 21st November, 5th December & 19th December

We can advise you on a range of issues including:

- Childcare and childcare funding
- Activities for children
- Signposting to Housing
- Employment, training and volunteer opportunities
- Food Poverty
- Benefits and cost of living difficulties
- Support in completing DLA & PIP forms.

Sharon Hackett - Family Hub Connector Carshalton PCN  
Telephone: 020 8770 6000  
Email address: [sharon.hackett@sutton.gov.uk](mailto:sharon.hackett@sutton.gov.uk)  
Address: Tweeddale Children's Centre, Tweeddale Rd, Carshalton, SM5 1SQ

**Free Refreshments**

## PTA UPDATE



# PTA Update



### **Parent & Teacher Quiz**

The quiz was a great success and raised £675 for the school. Thanks for everyone who came along and our quiz master Tony for a really entertaining evening.

**Quiz  
raised  
£675!**

### **Dates for your diary**

#### **Meet the PTA & AGM Thursday 2nd November 7.30pm**

Come and join us in the School Hall to understand what the PTA does and how you can get involved.

#### **Mufti Day Friday 10th November**

Donate an unwanted gift or £1 for your child to dress in non-uniform for the day, all donation go towards Elfridges.

#### **Bottle Tombola Donations Friday 24th November**

Donate a bottle towards the bottle tombola for the Christmas Fair, Collection will take place at morning drop off.

#### **Second-hand Uniform & Winter Coat Collection**

Friday 1st December from 8.40am

### **Christmas Fair Friday 8th December 5pm - 7pm**

Join us for a fun filled Christmas evening with games, food, drink and some surprises!

#### **Christmas Tree Sale Saturday 9th December**

Taking place in the school car park. All profits go to the PTA

#### **Elfridges (Formerly Secrets Room)**

Tuesday 19th & Wednesday 20th December  
Children need £1 donation on the day

**Contact us : [myvspta@gmail.com](mailto:myvspta@gmail.com)**



## SEN information

### Recognising Emotions

**SELF-REGULATION** is the ability to adjust level of alertness AND direct how emotions are revealed behaviourally in socially adaptive ways in order to achieve goals. This encompasses: Self-control, Resiliency, Self-management, Anger management, Impulse control and Sensory regulation.

#### Why teach the Zones?

We need to teach our children GOOD coping and regulation strategies so they can help themselves when they become stressed, anxious, or sad. Typically, children who can self-regulate will turn into teens who can self-regulate. Self-regulation skills are vital for the success and happiness of our children.

#### WHAT ARE THE ZONES?

There are four zones to describe how your brain and body feel.

**BLUE Zone** – Your body is running slow, such as when you are tired, sick, sad or bored.

**GREEN Zone** – Like a green light, you are “good to go.” Your body may feel happy, calm and focused.

**YELLOW Zone** – This zone describes when you start to lose control, such as when you are frustrated, anxious, worried, silly or surprised. Use caution when you are in this zone.

**RED Zone** – This zone is for extreme emotions such as anger, terror and aggression. When you are in this zone, you are out of control, have trouble making good decisions and must STOP!



It is important that we teach the children to

- identify their feelings and levels of alertness,
  - effective regulation tools,
  - when and how to use the tools
  - problem solve positive solutions
- understand how their behaviours influence others' thoughts and feelings  
**and most importantly**
  - Independent regulation

To help your child to be able to express their needs by Using Zones of Regulation it is important that you explain your feelings to them too so they understand how others are feeling as well as their own emotions. If your child is not recognising how they are feeling themselves; you as the adult can explain how you think they are feeling – *‘it looks as though you are in the red zone as you are looking cross’*.

This will help them learn about their own emotions and begin to think about how they can regulate themselves



## What Zone Are You In?

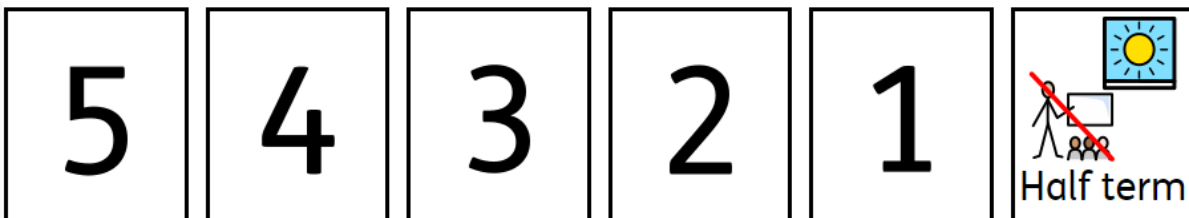
Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control

Schedules, visual timetables, warning of changes, countdowns and structuring the day can all help children feel less anxious and able to cope by using these this will also support the child to be in the Green zone as they are prepared for what is coming up or going to happen that day.

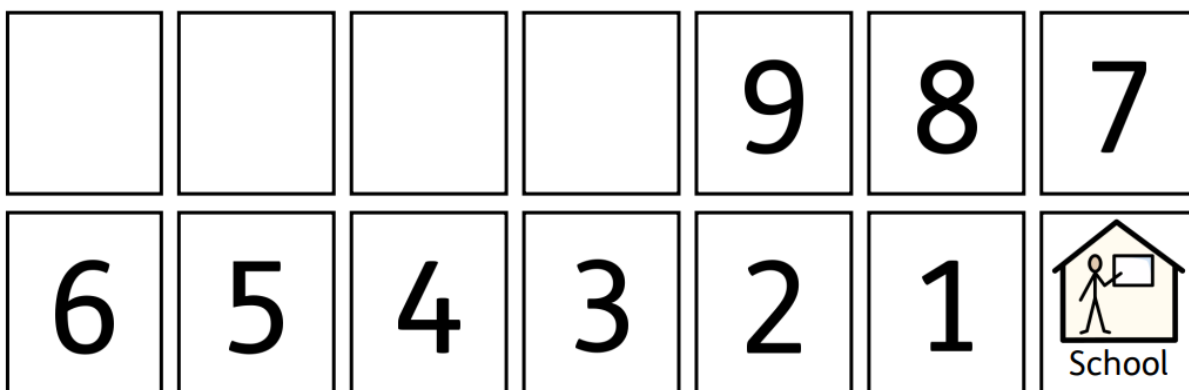
## Countdowns

Countdowns are a great way to prepare your child for a change to their routine.

### Countdown for half term



### Count down for back to school



The visual calendar also supports children to see when they are at school or at home. The children can cross through the days to see where they are in the week.



# 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 Home
2 School	3 School	4 School	5 School	6 Home	7 Home	8 Home
9 School	10 School	11 School	12 School	13 School	14 Home	15 Home
16 School	17 School	18 School	19 School	20 School	21 Home	22 Home
23 Home	24 Home	25 Home	26 Home	27 Home	28 Home	29 Home
30 School	31 School					

If you have any concerns or would like to have a chat about how to support your child, please get in touch via the email address [senco@vsi.school](mailto:senco@vsi.school), or pop into the school office or alternatively catch me on the gate in the mornings.

Sutton Council & Sutton Parent Carer Forum

**PLAY & STAY OCTOBER 2023**

Half-term is coming up and, here at Play & Stay, we are delighted to be able to offer morning and afternoon sessions on Thursday 26<sup>th</sup> October 2023!

Helen Cullip, Assisted-Travel Manager from Cognus, will be joining us for the morning session to meet families and help with any queries

The morning session is for children with additional needs and/or disabilities (SEND) who are aged 0 – 10 years and their parents/carers and siblings. Older children and young people with SEND and their families are very welcome for the afternoon session.

We only have 30 spaces available at each session so you **MUST BOOK** a place by emailing [suttonparentforum@cutlook.com](mailto:suttonparentforum@cutlook.com)

Places will be allocated on a first-come, first-served basis!

Morning session: 10–12.30 pm  
Afternoon session: 1.30–4pm

As it is spooky season, costumes are optional! If your witches, zombies and superheroes want to strut their stuff at the session, we would love to meet them!

Parents & Carers are responsible for supervising their children and **MUST remain with them at ALL times**.

Each session costs £1.50 per child per session

Please remember to bring a change of clothes, waterproofs and warm clothing for your children! Our outdoor area will be open!

Come and Join Us At:  
Tweeddale Children Centre, Tweeddale Road, Carshalton, Surrey, SM5 1SW

Limited parking available in David Weir Leisure Centre car park opposite or on the street

# Halloween Preparation

When it comes to favourite holidays, most kids are enthusiastic members of Team Halloween. And why not? Kids get to dress up like their favourite monsters or other characters, and there is usually quite a lot of candy involved.

Unfortunately, many of the things that make Halloween so popular can also make it very difficult for some younger children, those with autism or experiencing it for the first time and their parents. Breaks from routine, group activities loud noises, flashing lights, and spooky imagery can all trigger children's behaviour especially those who struggle with autism, socialization and sensory processing.

This doesn't mean these children can't participate on Halloween—far from it! However, they may need a little extra attention and preparation to stay safe, comfortable, and have fun on Halloween.

If you're the parent of a younger child or a child with autism, here are some tips to help get them ready for October 31.

## **Talk to Your Child about Halloween**

Some degree of preparation should always be involved in getting any kid ready for Halloween. For children with autism, that might mean making them aware of what the day entails and what they should expect.

Talk to your child about why their peers will be wearing costumes, what trick-or-treating is, and what they can expect. Encourage them to do their own research and ask questions as well.

## **Keep the Costume Simple**

Halloween costumes can range from the simple to the truly elaborate. For many kids bulky, complicated costumes can be too restrictive and uncomfortable. Try something simple and imaginative, like a vampire cape or cat ears.

It might also help to let your child wear their costume around the house for a few days before Halloween to get used to it.

## **Practice Makes Perfect**

If you plan on taking your child trick-or-treating around the neighbourhood, practice beforehand with a trusted neighbour or family friend. This will help them get used to the experience and practice the necessary social cues.

## **Plan Your Route Beforehand**

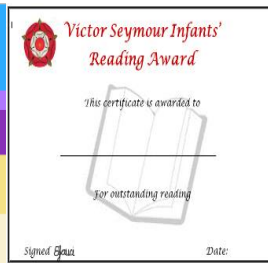
It might also be a good idea to plan your trick-or-treating route before the big day. This will let you take them for a test-run in the days or weeks leading up to Halloween. You can also talk to neighbours beforehand, and let them know to have a special routine or treats ready for your child.

## **Don't Be Afraid to Stay Home**

Halloween doesn't have to be all about trick-or-treating. If you don't think your child is ready to go door-to-door, or won't enjoy themselves if they do, there's no need to make them.

Throwing a home Halloween party with friends and family can be a great way to enjoy the holiday while keeping things at a level that your child will be comfortable with.

These principles can be used for any special holiday or event to prepare children, it is much better to do a little preparation than have to firefight behaviour on the day.



Children are really enjoying the new reading books in school, with lots of children saying that they are really supporting them with their decoding skills. Thank you for your continued support with listening to your child read at home. As parents and carers, you are the most influential teacher with an important role to play in helping your child learn to read and practise his/her reading skills.

Just a reminder that once your child has read 10 times at home they will receive a small certificate in class. Once your child has read 30 times they will receive a certificate in assembly! Remember to bring in any Reading Eggs certificates too! Reception, watch out soon for your Reading Eggs login details!

## VICTOR SEYMOUR SCHOOL PARLIAMENT



Our School Parliament have been democratically voted into their posts and are meeting with our school leaders each week to discuss important issues within our school. So far, we have discussed litter picking, reading at Victor Seymour, Remembrance Day and what we would like to do for the future of Victor Seymour.



## CHRISTMAS DONATIONS

### Christmas Decorations

If anyone has any unwanted Christmas decorations, we would be very happy to take them off your hands.

Please hand them into the School Office.



### Christmas Jumpers

If you have any children's Christmas jumpers that no longer fit, we would be happy to take them in at the School Office to hold as spares.



**Thank you as always for your continued support.**