

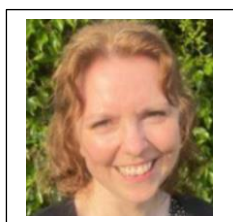


# Victor Seymour Infants' School Newsletter



Date of issue: February 2024

## A word from Miss Morrissy....



Dear Parents and Carers,

Thank you for another wonderful half term! The children have embraced the qualities of our learning heroes: Team Ant, Sensible Squirrel, Tough Tortoise and Wise Owl in everything that they do. It has been lovely celebrating the children's achievements in all areas of life and learning each week.

Pink and Lime class have thoroughly impressed us with their class assemblies where they shared the wonders of living life as a pirate. We loved the singing of sea shanties and the tunes definitely live in our heads now!

I would like to thank the wonderful Mrs Woods and Mrs Wilkinson for reviving our Facebook page and creating our very own Instagram page. We would be delighted if you would follow us.

Even though it has been a short half term, it has been fun filled and extremely busy. As I am writing this, the PTA are running an eventful disco for the children of VSI!

I would like to thank our wonderful teachers for all their hard work and enthusiasm. Thank you to our TA's, admin team, cleaners, catering team and a special shout out to Mr McCoy for his dedication to ensuring our school is safe and ready for learning!

Have a wonderful half term and we will see you Monday 19<sup>th</sup> February bright and early!  
Samantha Morrissy



## Learning Showcase

Tuesday 20th February

8:50am – Gold and Silver Nursery

9:00am or 2:45pm – Reception,  
Year One and Year Two

## Dates for the next half term...

- 20/2 – Y1 Virtual Space Workshop
- 22/2 – Online safety day  
Parent workshop 9am
- 23/2 – PTA: World Book Day costume sale
- 23/2 – Purple Class Assembly
- 1/3 – Turquoise Class Assembly
- 4/3 – Y2 trip to Wallington Baptist church
- 5/3 – Parent coffee morning
- 7/3 – World Book Day
- 8/3 – Green Class Assembly
- 11/3 – Science Week
- 12/3 – Reception to Bocketts Farm
- 15/3 – Red Nose Day
- 18/3 & 19/3 – Parents Evening 3:30-6pm
- 21/3 – Downs Syndrome Day
- 22/3 – PTA: Mufti Day for Easter Egg Tombola
- 26/3 – Epilepsy Awareness Day
- 27/3 – Y2 Trip to Hampton Court Palace
- 28/3 – PTA: Easter Egg Tombola

## NURSERY

This half term, the children in Silver and Gold classes have been learning all about the story of Owl Babies. They have enjoyed retelling the story with actions and puppets, drawing and making their own owls and creating owl habitats using various materials. They have learned that owls like to hunt for mice, which they catch with their talons and that they have sharp beaks and soft feathers all over their bodies.



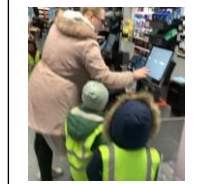
## YEAR ONE

In year One we have been looking at non-fiction and fiction books. We have identified the features within both and explored books to help us.



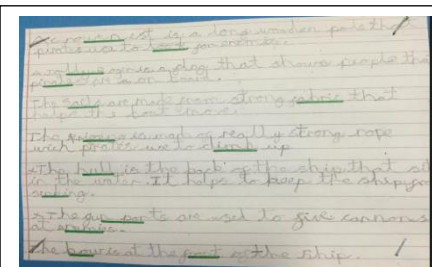
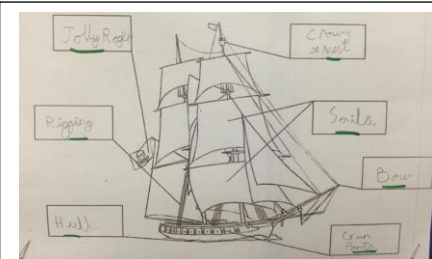
## RECEPTION

Reception went on a trip to the Co Op. They had a list to find the item in the shop and then go to the tills and pay. We bought noodles, sauce and prawn crackers. We then tasted them and they were delicious! This term we have been looking at our community. We have looked at the different ways we get to school, what occupations there are and celebrating Chinese New Year.



## YEAR TWO

This half term Year Two have been learning about famous pirates, parts of ships and how to improve a story. We also took part in a Chinese New Year dance workshop, as well as visiting Wallington Baptist Church, as we are learning about Christianity in RE.





# CHINESE NEW YEAR

The children at Victor Seymour have been celebrating Chinese New Year by taking part in a dance workshop. We all loved learning how to dance and learned so much from the teacher. We also learned that it is the Year of the Dragon.





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?

**NHS**

**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.



# LOCAL FAMILY INFORMATION

## Community Food Shops

<https://suttoncommunityworks.org/community-foodshop/>

<https://www.suttonhousingpartnership.org.uk/st-helier-community-food-shop/>

## Victor Seymour Coffee Morning

Tuesday 5<sup>th</sup> March

8:45am – 10:00am

Come and join us for a hot drink, biscuit and chat.



**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**  
Parent & Carer Coffee Morning - Spring Term 2024

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:

23rd January  
20th February  
19th March

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




**Tea & Toast After School Club**  
At Bishop Andrews Church  
Wigmore Road, Carshalton, SM5 1RQ

Carshalton Family Hub and Bishop Andrews Church will be holding Tea & Toast sessions for parents with primary school aged children. Younger siblings are welcome. Our Tea & Toast session will be held every Monday - drop in between 3.30pm-5.00pm term time only.

**Starting Monday 19th February 2024**

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  
Email address: [sharon.hackett@sutton.gov.uk](mailto:sharon.hackett@sutton.gov.uk)  
Hayley Humphries - Pioneer Evangelist  
Email address: [contracthrh@gmail.com](mailto:contracthrh@gmail.com)

This is a FREE session




Thursday 22<sup>nd</sup> February  
8.45am-10am in the school hall

Coffee Morning

DC Spears Online Safety talk

Come to talk, learn, ask questions and understanding of how to keep your child safe online.

<https://www.thinkuknow.co.uk/>



Sign up here to attend



[https://docs.google.com/forms/d/e/1FAIpQLSdaADtQqM6gJW9zQtumQ\\_jGd0Oj\\_ZlafjhBepqID3D20GRAbw/vie wform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdaADtQqM6gJW9zQtumQ_jGd0Oj_ZlafjhBepqID3D20GRAbw/vie wform?usp=sf_link)

## Sutton Parent Carers Forum

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



## PTA UPDATE

Hello from VS PTA!

We have come back from Christmas and after a very successful first term, rejuvenated and excited for what 2024 has in store.

We will kick things off with our School disco event for Victor Seymour pupils on Thursday 8th February. By the feedback already received it looks to be popular and set to be a very successful event! Thank you!

We have detailed future event information on the below flyer. **So please SAVE THE DATES!**

After half term, **from Monday 19th to Wednesday 21st** we will be collecting **pre-loved excellent condition costumes** in preparation for World Book Day (WBD). To those new to the school community WBD is always on every first Thursday of March (OR thereabouts) and is a National initiative to celebrate and to promote the enjoyment of books and reading. Most schools start this celebration with a day dressed up as a character from your child's favourite book.

In our way to promote recycling and to keep costs down we will be selling on the donated costumes for £1 an item or £2 for a full outfit on **Friday 23rd February after school**.

We will have a **Mufti day on Friday 22nd March**, where we will ask in return for an **Easter Egg donation (any size.)**

Further information on the upcoming events will be sent closer to the time. Should you wish to find out more about the PTA and be involved in any of these events or share an idea please contact us via email on [myvspta@gmail.com](mailto:myvspta@gmail.com) or to our FB page Victor Seymour PTA.

Thank you for all of your support to date!

VS PTA Committee  
Natasha, Claire, Maija, Lucy, Ria, Julie, Katharine & Suzanne



The flyer is titled "UPCOMING PTA EVENTS" in large, bold, red and black letters. To the left of the title is a red rose logo. To the right is a box containing the year "2024". The events are listed in a vertical sequence, each with a date in a colored box and the event details in a matching colored box. The events are: FEB 08 DISCO NIGHT 4.15PM & 5.45PM; FEB 19 WBD COSTUME DONATIONS; MAR 22 MUFTI DAY DONATE AN EASTER EGG; MAR 28 EASTER EGG TOMBOLA AFTER SCHOOL FROM 1.15PM; MAY 03 VICTOR SEYMOUR 70TH ANNIVERSARY CELEBRATION FROM 5PM; JUN 28 QUIZ NIGHT FROM 7.30PM. At the bottom, a red box contains the text "MORE INFORMATION TO FOLLOW EMAIL: MYVSPTA@GMAIL.COM".

| Date   | Event                                                |
|--------|------------------------------------------------------|
| FEB 08 | DISCO NIGHT 4.15PM & 5.45PM                          |
| FEB 19 | WBD COSTUME DONATIONS                                |
| MAR 22 | MUFTI DAY DONATE AN EASTER EGG                       |
| MAR 28 | EASTER EGG TOMBOLA AFTER SCHOOL FROM 1.15PM          |
| MAY 03 | VICTOR SEYMOUR 70TH ANNIVERSARY CELEBRATION FROM 5PM |
| JUN 28 | QUIZ NIGHT FROM 7.30PM                               |

**MORE INFORMATION TO FOLLOW**  
**EMAIL: MYVSPTA@GMAIL.COM**

# SENCO

# SENCO

## 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.

| What Zone Are You In?                                                             |                                                                                   |                                                                                   |                                                                                     |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Blue                                                                              | Green                                                                             | Yellow                                                                            | Red                                                                                 |
|  |  |  |  |
| Sick<br>Sad<br>Tired<br>Bored<br>Moving Slowly                                    | Happy<br>Calm<br>Feeling Okay<br>Focused<br>Ready to Learn                        | Frustrated<br>Worried<br>Silly/Wiggly<br>Excited<br>Loss of Some Control          | Mad/Angry<br>Mean<br>Yelling/Hitting<br>Disgusted<br>Out of Control                 |

### 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:

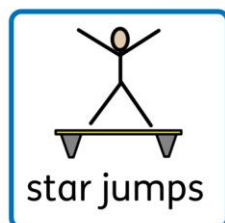
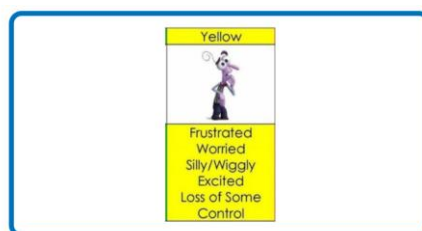
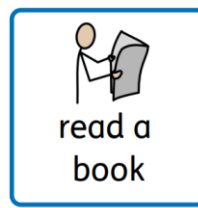
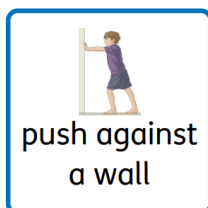
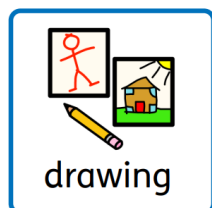
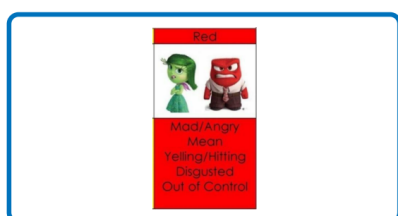
- identify their feelings and levels of alertness,
  - effective regulation tools,
  - when and how to use the tools
  - problem solve positive solutions
- understand how their behaviours influence others' thoughts and feelings  
**and most importantly**
  - Independent regulation

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.

When someone is in the red zone it is important that they have time to calm down before talking about how they are feeling and what has caused this emotion. It is important to say to the child *'I can see your cross; I will wait here when you are ready, come and talk to me when you feel calm'*.

Here are some ideas to help support the children with what to do to help regulate themselves when in the different zones.

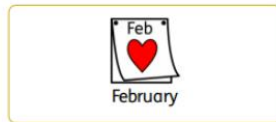


Sc Schedules, visual timetables, warning of changes, countdowns and structuring the day can all help children feel less anxious and able to cope by using these this will also support the child to be in the Green zone as they are prepared for what is coming up or going to happen that day.



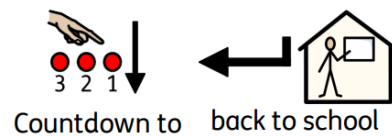
Calendar for February so the children can see when they are at school or at home.

2024



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

Countdown to back to school during the half term holiday



|   |   |   |    |   |   |        |
|---|---|---|----|---|---|--------|
|   |   |   |    |   |   |        |
|   |   |   | 10 | 9 | 8 | 7      |
| 6 | 5 | 4 | 3  | 2 | 1 | School |

## VSI GOVERNING BODY UPDATE



Firstly, hello from me, Fiona Pearce, the Chair of the GB. I have been lucky enough to be part of VSI GB since 2017 and am delighted to have seen the school thrive over the years. I live locally with my husband, daughter and a new puppy who is keeping us on our toes.

You may ask, what does the governing body do for the school. We work closely with the Greenshaw Learning Trust, Miss Morrissy and the school's senior leaders so that together we can plan the school's future and check in on its progress throughout the academic year.

As well as regular meetings together, which take place in school, we each have an area of focus and meet regularly with subject leads; sit in on lessons; chat with staff and children and attend events to help ensure the school is meeting its strategic objectives in the best interests of the pupils and the school.

Recently I have been lucky enough to go on a trip to All Saints Church with some of the children during which we all learnt some very interesting facts about this local landmark. I also heard readers from Years 1 and 2 and was thoroughly entertained with some great storytelling. I am looking forward to attending Phonics lessons and Reading Club this term and hope to meet more parents at upcoming events.

Over the next few newsletters my fellow governors will send updates in the newsletter and we hope to cross paths with you over the months ahead.

Enjoy the half term break!

Fiona Pearce  
Chair of Governors




Follow us on....

Facebook



Instagram



 TALK PANTS AND HELP KEEP CHILDREN SAFE

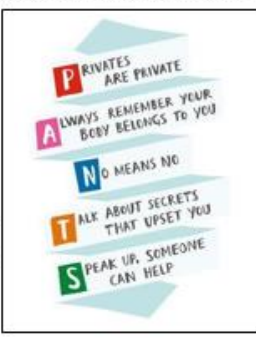
Dear Parents/Carers

This half term in school we have been discussing NSPCC's Talk Pants rule in our PSHE lessons. During these discussions we aimed to teach the following important safety skills without giving or telling scary stories. These are the PANTS rules:

**P: Privates are private.**  
**A: Always remember your body belongs to you.**  
**N: No means no.**  
**T: Talk about secrets that upset you.**  
**S: Speak up, someone can help.**

The lessons empower children, in an age-appropriate way, to recognise their rights to their own bodies, say no to touch that is unwanted, and tell someone if they feel uncomfortable. The lessons include activities which help children understand:

**Appropriate and inappropriate touching**  
**Their right to say no to things that make them feel upset or comfortable**  
**Who to turn if they ever feel upset or worried-Safe Adults**  
**Childline 0800 1111**




If you would like to know more about the NSPCC's campaign, including a short film and parent guide to help you continue the 'Talk Pants' conversation at home, more information can be found [at: nspcc.org.uk/pants](https://nspcc.org.uk/pants)

Yours sincerely


Miss Nicola Emms


**NSPCC** EVERY CHILDHOOD IS WORTH FIGHTING FOR

 TALK PANTS AND HELP KEEP CHILDREN SAFE

### Who can help?

Think of safe adults you could speak to if you need help with relationships or the behaviour of others.

  
**In school**  
Teacher  
Support Assistant

  
**At home**  
Parent or carer  
Safe adult

  
**Childline**  
0800 1111