



Victor Seymour Infants' School

Newsletter 8: 24/10/2025

Dear Parents, Carers and Guardians,



Thank you to Miss Watson and Purple Class for their amazing assembly - you really are the best group of Team Ants. You raised the roof with your amazing singing and we LOVED your retelling of Augustus and his Smile and you have officially become Chime Bar Champions! Well done 😊



School Champions Awards

Congratulations to the following School Champions:
The following children have worked as a team in all that do this week:
Aadvik, Adveya, Rex, Henry, Jayden and **Leo**.
We are so very proud of you all for being such amazing role models!



Congratulations to the following children for their personal achievement awards:

Alex for being Beaver of the week!
Jacob for being awarded a football medal.
Kailan for being awarded a football medal and a ninja trophy.
Gauri for being awarded a Mathematics Achievement Award.
Lily and **Lyla** for being nominated as Star of the Week in Gym.



Have a wonderful half term and we will see you on Monday 3rd November.

Stay safe 🙌
Samantha Morrissy



Attendance reminder: If your child is going to be absent from school for illness can you please ensure you either call the School Office on 0208 647 9800 or email attendance@vsi.school. All absences for appointments and holidays must be emailed to the attendance email.

Thank you to *Wickes Sutton* for their Community donation to fill Reception's sand pit. Thank you to Ms Emms for organising!



Shout out to the lovely Mrs Tillyer for working tirelessly to improve music at Victor Seymour!

We have been awarded the Bronze Award for improved music provision!



Year 2 Great Fire of London Workshop

Year 2 had a fantastic visit from the Trunk Theatre Company on Monday morning. The actors performed a lovely interactive show outlining the events that happened during the Great Fire of London.

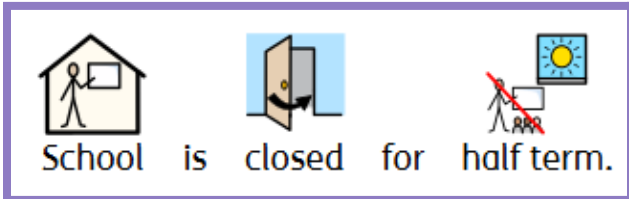
The children also took part in a drawing activity at the end to help rebuild London. This was well received by the children, as a final summary and celebration of everything they have been learning about in History this half term.





Autumn 1 dates

27th - 31st October: HALF TERM



Autumn 2 dates

3/11/25: Children back to school

7/11/25: PTA Quiz

10/11/25: Odd sock day for Anti bullying week

14/11/25: Individual Pupil Photo's

14/11/25: Lime Class Assembly

18/11/25: Coffee Morning

21/11/25: Children in Need day - wear spots

26/11/25: Open Morning for prospective Reception parents

28/11/25: PTA Elfridges collection - wear your own clothes and bring a gift for Elfridges

2/12/25: Y1 Learning Showcase 9 am or 2:45 pm

3/12/25: Y2 Learning Showcase 9 am or 2:45 pm

5/12/25: PTA Christmas Fair 4:30 - 6:30 pm

8/12/25: Open Morning for prospective Reception parents

12/12/25: YR Christmas Performance 9:30 am and 2 pm

15/12/25: Christmas jumper day and dinner

16/12/25: Y1 Christmas Performance 9:30 am and 2 pm

17/12/25: Y2 Christmas Performance 9:30 am and 2 pm

18/12/25: YN last day of Nursery

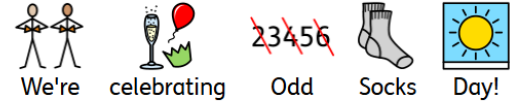
19/12/25: End of term

22nd December - 2nd January -
Christmas Holidays



Poppies will be on sale from Monday 3rd November.

These will also be available from the school office.



We're celebrating Odd Socks Day!



You can wear odd socks on 10th November.



Our VSI calendar can be found on our website [here](#).



VSI PTA are thrilled to host the annual Quiz Night!

Get ready for a fun-filled evening of trivia and laughs. It's a great chance to catch up, test your knowledge, and support the school at the same time!



 **When:** Friday 7th November

 **Time:** 7.30pm

 **Where:** Victor Seymour Infants'

 **Cost:** £5 per person

 **Food & drinks:** Fully licensed bar & snacks available.

We are offering pre-orders on our very popular platters (cheese, crudités and hummus 😊) priced at £12.50.

We are welcoming teams of 2-8 people, so grab your friends or ask in your class groups if anyone wants to form a group of potential winners!

Tickets are selling fast, so get yours today.

Please email myvspta@gmail.com to book your team and pre-order your platter.

Bring your thinking caps and let's make it a night to remember!



Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!



GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minda Akmal designs and delivers the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX





Sign up for Breakfast Club

Please ensure if you urgently need a session for your child; that you communicate with the office in person or telephone.

Open from 7.30am with food served until 8.10am.
With a choice of cereals, toast, yogurt, fruit, and milk.

Price per session is £7.50 child and siblings are £6.50 per session.

We accept all forms of government childcare scheme payments.

You can contact the team at breakfastclub@vsi.school



November payments are due 7th November 2025 for After School Club, Breakfast Club, Early Nursery Drop-off and Nursery Lunch Club!

Harris Junior Academy Carshalton are offering tours for our Y2 parents on the following dates:

Tuesday 11th November at 5 pm

Tuesday 2nd December at 9 am

If you would like to attend one of these please sign up on their website:

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

We are offering tours for anyone who has a child who will be starting in Reception in September 2026 on the following dates:

Wednesday 26th November 9 - 10:30 am

Monday 8th December 9 - 10:30 am

If you would like to attend one of these please sign up on our website:

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

Should I send my child to school?

Please read the NHS guidance [here](#)



BALLERS SPORTS CLUB

REVIEWS.io
5 stars average on reviews.io

OCTOBER HALF-TERM CAMP



27-31 OCT, 2025
Football and Multisport Camps

INFORMATION

- ✓ Football and Multisport
- ✓ Halloween Friday Fun Day
- ✓ Free Fruit and Water
- ✓ Excellent Facilities
- ✓ Qualified Coaches
- ✓ Sibling Discount
- ✓ Ages 4-12

MUSCHAMP PRIMARY SCHOOL
Muschamp Rd, Carshalton, SM5 2SE

For more information: info@ballerssportsclub.co.uk

M&W SPORTS ACADEMY

OCTOBER SPORTS CAMP

Week 1
Mon 20th - Thurs 23th October

Week 2
Mon 27th - Thurs 30th October

Price:
£25 a day

Age:
5yr - 11yr old

[CLICK HERE TO BOOK NOW](#)

Drop Off: 8am-9am
Pick Up: 3pm - 4pm

Venue:
Harris Junior Academy Carshalton
Carshalton, Camden Road




HALLOWEEN TRAIL



Join us for a fun trail around Carshalton High Street

There will also be stalls and activities at Cryer Arts

**£5 A CHILD
£8 A FAMILY OF 2 CHILDREN,
EXTRA £2 PER ADDITIONAL SIBLING.**

OCT 29 STARTING POINT- CRYER ARTS 39 HIGH ST. CARSHALTON SM5 3BB

11AM-3PM

Ria Baxter Events

ALL MONEY RAISED WILL GO TO THE MAYOR OF SUTTON'S CHOSEN CHARITIES

SUTTON WOMEN'S CENTRE

Parkinson's UK
For every Parkinson's journey
Sutton, Kingston & Epsom Branch

SUTTON ECOLOGY CENTRE

MAGIC POTIONS HALLOWEEN TRAIL

OCTOBER 27 & 28
11AM - 3PM
BOOKING ESSENTIAL

The woodland animals have been making magic potions for Halloween, but what are they for?

Brave the Halloween Trail through Sutton Ecology Centre to find out!

Design your own magic potion to take home.

All activities are outdoors. You must accompany your child.
£5.40 per child
Booking essential
libraries.sutton.gov.uk/events/location/273
For info email biodiversity@sutton.gov.uk







MENU WEEK 1

Week Commencing:
1/9/25, 15/9/25, 29/9/25,
13/10/25, 3/11/25, 17/11/25,
1/12/25 & 15/12/25



ALLERGEN KEY

1. Celery
 2. Gluten
 3. Crustaceans
 4. Eggs
 5. Fish
 6. Lupin
 7. Milk
 8. Molluscs
 9. Mustard
 10. Peanuts
 11. Sesame
 12. Soybeans
 13. Sulphites
 14. Tree nuts
- A/F Allergen Free

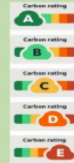


Catering provided by Greenshaw Learning Trust.
All products are locally sourced wherever possible.
All food is cooked fresh on the school site each day.

MONDAY	Pasta Bolognese 2, 7 	Macaroni Cheese 2 	Garlic Bread Broccoli A/F	Apple Cake & Custard 2, 7
TUESDAY	Chicken Burger 2, 7 	Vegetable Burger 2, 7 	Crisp Cube Potatoes Sweetcorn 2, 7	Carrot Cake 2, 4, 7
WEDNESDAY	Roast Chicken Dinner 2, 4, 7 	Cheese & Tomato Pinwheel 2, 7 	Roast Potatoes & Vegetables A/F	Shortbread 2
THURSDAY	Mild Creamy Chicken Curry A/F 	Dhal Sweet Potato Curry 1, 2, 7 	Rice & Mixed Vegetables A/F	Old School Sprinkle Cake 2, 4
FRIDAY	Battered Fish 2, 5 	Quorn Nuggets 2 	Chips & Peas/Beans A/F	Strawberry & Vanilla Mousse 7

AVAILABLE DAILY

Ham or Cheese Sandwiches, Wholemeal bread, fresh salads, a variety of seasonal fresh fruit, yogurts & jacket potatoes.
Please note that all our dishes can be adapted to suit the majority of dietary requirements



"We are dedicated to minimizing our carbon footprint by actively reducing food waste throughout our operations, from sourcing to serving. Through staff training, supplier collaboration, and customer engagement, we are committed to making a positive environmental impact."



MENU WEEK 2

Week Commencing:
8/9/25, 22/9/25, 6/10/25,
20/10/25, 10/11/25, 24/11/25 &
8/12/25



ALLERGEN KEY

1. Celery
 2. Gluten
 3. Crustaceans
 4. Eggs
 5. Fish
 6. Lupin
 7. Milk
 8. Molluscs
 9. Mustard
 10. Peanuts
 11. Sesame
 12. Soybeans
 13. Sulphites
 14. Tree nuts
- A/F Allergen Free

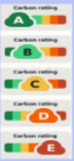


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MONDAY	Meat Pizza 2, 7 	Cheese & Tomato Pizza 2, 7 	Wedges & Salad A/F	Jelly & Fruit A/F
TUESDAY	Chicken Meatball Pasta 1, 2 	Vegetable Pasta Bake 2, 7 	Mixed Vegetables A/F	Marble Cake 2, 4
WEDNESDAY	Roast Chicken & Yorkshire 2, 4, 7 	Glamorgan Sausage Roast & Yorkshire 2, 4, 7 	Roast Potatoes & Vegetables A/F	Chocolate cookie 2
THURSDAY	Mild Beef Chilli With Rice 2	Mild Vegetable Chilli With Rice 2	Mixed Vegetables A/F	Lemon Drizzle Cake 2, 4
FRIDAY	Fish Fingers or Salmon Fingers 2, 5 	BBQ Quorn Fillet 2 	Chips & Peas/Beans A/F	Chocolate & Vanilla Mousse 7

AVAILABLE DAILY

Ham or Cheese Sandwiches, Wholemeal bread, fresh salads, a variety of seasonal fresh fruit, yogurts & jacket potatoes.
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