



Victor Seymour Infants' School

Newsletter 21: 12/2/26

Dear Parents, Carers and Guardians,

Thank you to all the teaching staff for an amazing half term. The children have had a wonderful half term of learning and we are all so grateful to you!



Thank you to the wonderful children for brightening our days! We are so very proud of all of you and all you have achieved.



Thank you also to the parents for all your many kindnesses and support.



School Champions

Congratulations to our School Champions who are always Touch Tortoises, Sensible Squirrels, Wise Owls and Team Ants: :

Lily, Mihriban, Leo, Sianna, Clemency, Ellis, Jimmy, Erin L and Armaan.



Upcoming dates for Spring 2

23/2/26: INSET day
(school closed to pupils)

24/2/26: Children back to school

25/2/26: YR Learning Showcase 9am and 2:45pm

5/3/26: World Book Day

6/3/26: **Green** Class Assembly

9/3/26 - 12/3/26: Book Fair

9/3/26: Parents Evening 1

10/3/26: Parents Evening 2

**13/3/26: PTA Mufti-day
Bring an Easter Egg and wear your own clothes.**

13/3/26: **Turquoise** Class Assembly
(in hall at 9am)

18/3/26: Reception Trip to Bocketts Farm

20/3/26: Red Nose Day

27/3/26: PTA Easter Egg Tombola

27/3/26: End of term



Personal Achievements

Congratulations to:

Romi, **Cassiel**, **Karen** and **Archie** for being awarded a Football medal.

Matthew and **Jessica** for being awarded the Master Builder award for LEGO building!

Harleigh-Rae for being brave for her blood test.

Special Shout Out

Ally for completing an astonishing 21 Junior Park Runs!!! He has run the equivalent of a marathon... and has a personal best for his 2k runs of 10:55. This is a huge achievement and we are so very proud of you!!

Have a fabulous weekend and stay safe!
Samantha Morrissy



Thank you to everyone that supported the Poppy appeal.

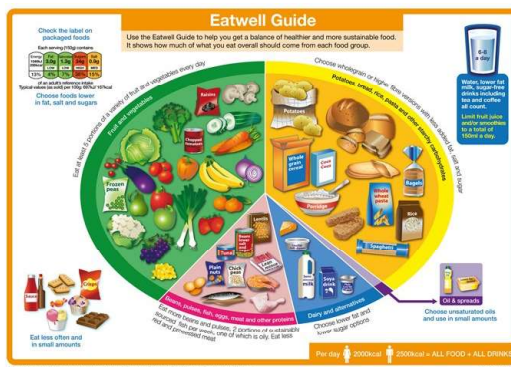
We raised £345.90



Sutton School Nursing team visit VSI

The School Nurse taught us about the *Eating Well Guide* which advises we eat:

- More fruits and vegetables- green section
- Milk, cheese and yoghurts- blue section- lots of Calcium- a mineral to help us have strong teeth
- Eat crisps and sweets less often



We also learned that we should:
Eat tooth friendly foods
&
Avoid too many sugary foods and snacks



Mon 9th March / Tues 10th March /
Wed 11th March
(After school and during parents evening)

World Book Day vouchers accepted

Card payments only!

Calling parent helpers!!

Can you help at the book fair to raise money for our school library?

Please fill in your details if you are able to help.

<https://forms.gle/gKnoBdwejB2SLLC59>



Book Fair Poster Competition!!



Advertise our book fair! Create your own book fair poster and Include the following information:

Your favourite books!

The dates of the Book Fair (Mon 9th March / Tues 10th March / Wed 11th March)

Where it will be - GREEN CLASSROOM!

Make it as BRIGHT and COLOURFUL as you can!!

All posters need to be in school by Friday 27th February.

Winners will be announced on 6th March!



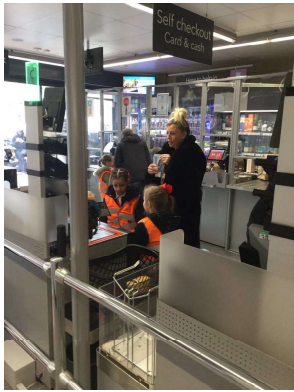


Reception's trip to the Co op

Who knew a trip to the Co op could be so exciting! The children went into the shop to purchase their produce with their list and money.

The children used mapping skills to find local landmarks and even spotted Stickman.

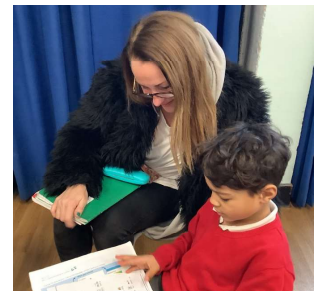
Thank you to all our parent volunteers and The Coop.





Year 1 and Year 2 Learning Showcase

Thank you to all the parents who attended our learning showcase this week - it was lovely to see you all there!





Special Educational Needs (SEND)

Mrs Wilkinson is running parent drop in sessions.

Who can attend? Any parents.

When will appointments happen? Wednesday between 9 - 10 am and 2 - 3pm.


How long will a session be? 30 minutes


Please sign up for an appointment [here](#) if you would like to discuss any worries.

Zones of Regulation



Happy
Calm
Focused
Ready to learn





happy calm feeling ok



Frustrated
Worried
Silly / Wiggly
Loss of some control





frustrated worried silly / excited



Sick
Sad
Bored
Tired/ Moving Slowly





sad tired sick



Mad/ Angry/ Mean
Yelling/ Hitting
Disgusted
Out of Control



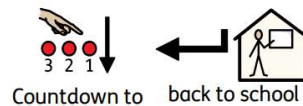



cross angry disgusted

Half term break top tips

- ❖ Try and keep morning and evening routines as similar as possible
- ❖ Have a plan for each day - write / draw a schedule
- ❖ Try and get out the house once a day
- ❖ Use countdown for back to school

Countdown for back to school



			10	9	8	7
6	5	4	3	2	1	 School



Clubs page

External companies who run clubs after school at VSI. Click on the logo to book a place!



Martial Arts: Pickup at 4.15pm

- Mondays Y1 & Y2 (Pickup at 4.15pm)



Football Club: Pickup at 4.15pm

- Tuesdays Girls Football Y1 & Y2
- Thursdays Boys Football Y1
- Fridays Boys Football Y2



Story telling & Dramatic play: Pickup at 4.15pm

- Wednesdays Y1 & Y2



French Club: Pickup at 4.15pm

- Thursdays Y1 & Y2



Primary Family Support Group Empowering parents to build healthy relationships with their children

When: Wednesdays at 12.30 -1.45pm

Venue: Limes College, Sutton West Site, Robin Hood Lane, Sutton, SM1 2SD

Entrance: The group will take place at the top of the site, in the old Youth Centre building on the main road (Robin Hood Lane) via a green gate and a purple door

Dates:

- 04/03/26:** Introductions, parenting styles, starting to think about behaviours you would like support with
- 11/03/26:** Parental mental health and well-being
- 18/03/26:** Promoting positivity in children
- 25/03/26:** Behaviour, expectations and boundary setting
- 15/04/26:** E Safety
- 22/04/26:** Promoting resilience, children's mental health, well-being and self-esteem
- 29.04.26:** Pulling it all together and evaluation

All welcome!

Whatever challenges you are facing – you are welcome to come along for support!

We would like to extend this invite to all parents of a primary aged child in the London Borough of Sutton. We hope to offer parents a safe space to meet other parents in a similar situation. To learn more about different topics and explore new ideas that will support your child's social emotional growth and development.

Whilst we know that some parents may not be able to attend every session, we do encourage parents to attend as many sessions as possible. As the group develops with each session, trust and relationships will build, and parents will hopefully feel more supported by each other and grow in confidence.

Once you have signed up to the group, we ask that parents contact Jodie or Nibby if for some reason you are unable to attend that week

Parents will:
Feel more empowered and confident to trust their own judgements when supporting their children

FOR MORE INFORMATION AND TO REGISTER YOUR INTEREST AND TO DISCUSS ANY QUERIES PLEASE EMAIL EITHER: NIBBY, JODIE OR JACKIE

Nibby:
nibby.withers@cognus.org.uk

Jodie Desai:
jdesai@thelimescollege.org



Week Commencing:
5/1/26, 19/1/26, 2/2/26,
23/2/26, 9/3/26 & 23/3/26



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	Cheese and Tomato Pizza 2, 7 	Macaroni Cheese 2, 7 	Garlic Bread Broccoli A/F	Chocolate Vanilla Mousse 7
TUESDAY	Chicken Burger 2 	Vegetable Burger 2 	Wedge Potatoes Sweetcorn	Carrot Cake 2, 4, 7
WEDNESDAY	Roast Chicken Dinner 2, 4, 7 	Cauliflower and Broccoli Cheesy Bake 2, 7 	Roast Potatoes & Vegetables A/F	Old School Sprinkle Cake 2, 4
THURSDAY	Chicken Hotdog with Bun 	Veggie Hot Dog with Bun 2 	Sweet Potato Fries Peas A/F	Fruit Jelly
FRIDAY	Battered Fish 2, 5 	Quorn Nuggets 2 	Chips & Peas/Beans A/F	Selection of Pudding



"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."

AVAILABLE DAILY

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



GREENSHAW LEARNING TRUST



Week Commencing:
12/1/26, 26/1/26, 9/2/26,
2/3/26 & 16/3/26



ALLERGEN KEY

1. Celery
 2. Gluten
 3. Crustaceans
 4. Eggs
 5. Fish
 6. Lupin
 7. Milk
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MONDAY	Pepperoni Pizza 2, 7 	Cheese Pin Wheel 2, 7 	Wedges & Salad A/F	Strawberry Mousse 7
TUESDAY	BBQ Chicken With Rice 2 	Sweet Potato and Lentil Curry with Rice A/F 	Mixed Vegetables A/F	Apple Cake 2, 4, 7
WEDNESDAY	Sausage Roast & Yorkshire 2, 4, 7 	Cheese and Bean Parcel 2, 7 	Roast Potatoes & Carrots and Broccoli A/F	Shortbread Biscuit 2
THURSDAY	Beef Lasagne Pasta 2, 7 	Vegetable Pasta Bake 2, 7 	Sweetcorn A/F	Lemon Drizzle Cake 2, 4, 7
FRIDAY	Fish Fingers or Salmon Fingers 2, 5 	Baked Potato Baked Beans/ Cheese 7 	Chips & Peas/Beans A/F	Selection Of Pudding



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