



The Sherwood Newsletter

Resilience Equality Self-confidence Positivity Empathy Co-operation Tolerance

Friday 30th January 2026

Article 2: You have the right to protection against discrimination.

Article 14: You have the right to choose your own religion and beliefs. Your parents should help you decide what is right and wrong and what is best for you.



- Resilience
- Equality
- Self-confidence
- Positivity
- Empathy
- Co-operation
- Tolerance

Dear Parents and Carers,

I am very proud to share that we are one of only two schools in Merton to have received a special letter of recognition from the Secretary of State for Education, Bridget Phillipson.

The letter acknowledges the academic achievement of children eligible for the Pupil Premium Grant (free school meals) in our KS2 2025 results and the work that the school has done to support children who may experience higher levels of deprivation to achieve their full academic potential. I have copied the letter for you on the next page of this newsletter and also sent this out separately earlier this week.



Our Children’s Wellbeing Practitioner, Ella Muldoon, is available to offer support with children’s emotional wellbeing and regulation. If you would like to speak with Ella, she will be available to offer bespoke support on a range of common anxieties and worries (age 5-12) and tricky or challenging behaviour at home (age 3-8). Do contact your class teacher or the office to request a call. There is a short referral form, which can be picked up from the office.

Ella will be available to speak with parents and carers informally at our next coffee morning on **Thursday 5th February at 9.00a.m.** where she will be presenting on **‘Supporting your child with friendship issues’**. Do save the date and we look forward to seeing you there.



We are also able to offer support through our Early Help Co-ordinator, Annabel Hill. Annabel is able to provide support on a wide range of services available to parents and carers, including housing, emotional wellbeing, parenting support and many others. Do contact the office if you would like to make an appointment.

Have a lovely weekend!

Best Wishes, *Mrs Samouel*



Mrs A Samouel
Headteacher



Miss K Matharu
Assistant Head

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A message from Bridget Phillipson



Dear Andriana,

Congratulations to you and your team on the excellent outcomes the disadvantaged pupils at The Sherwood School achieved at the end of the 2024/25 academic year. Your school's performance places it among the very best nationally, and this is a significant achievement.

This success reflects the dedication of your staff and the hard work of your pupils. It shows what can be achieved when ambition and commitment come together. Thank you for everything you do to give children the best possible opportunities to succeed.

Your school's achievements demonstrate what is possible, and I hope you will continue to share your experience and best practice with others. Even the strongest schools can go further. We encourage you to lead the way as a system leader - sharing effective practice, championing networks, supporting collaboration, and helping raise standards across the sector.

There are real opportunities available for you to support improvement for a wider group of pupils including through:

- engaging actively with [your region's RISE networks](#) and partnering with nearby schools and trusts;
- contributing to regional roundtables and professional communities to spread the approaches that are working in your context; and
- sustaining excellence by continuing to focus on disadvantaged pupils

Please pass on my thanks and congratulations to your staff and pupils. I look forward to working with you as we strive together to raise standards for all.

Your sincerely,

Bridget

Bridget Phillipson
Secretary of State for Education



Star of the Week!

Friday 30th January 2026

Week Beginning 19th January 2026

1 Rose	Kayla	She has been working hard to complete all her work, planning a lovely story based on 'Lost and Found' as well as completing addition and subtraction number sentences.
2 Sunflower	Maryam	In English she wrote detailed facts about space. In Maths, she has been mastering the two, five and ten times tables using arrays. She is always kind and caring to her friends
3 Fir	Presley	This week you asked some fantastic scientific questions and showed real curiosity about how forces work. You worked brilliantly with your group during the experiment.
3 Willow	Evans	He is trying hard to listen carefully in all lessons and works well with his Learning Buddies. With encouragement, he is beginning to share his ideas and opinions with others.
4 Birch	All	Year 4 have been awarded Star of the Week, thanks to their amazing performance in their Year Group Assembly. They magnificently retold the story of Anglo-Saxon Britain! Every single child was word perfect with their lines or lyrics to the songs. Well done everybody - you are all stars!!
4 Maple	All	
5 Beech	Clayton	For his fantastic attitude & consistent effort. He is always the first child to arrive in the classroom & shows independence by getting early morning work completed efficiently.
5 Elm	Pritika	She is a role model for attitude & behaviour. She works so hard in every subject and always tries her best. She takes pride in her work & always looks for ways to improve..
6 Chestnut	Abdullah	He is an excellent mathematician who has demonstrated a very strong understanding of angles this week. Additionally, he is kind and supportive in the classroom - well done
6 Oak	Theshnavee	She is a bright and cheerful pupil in 6 Oak, and her bubbly personality often brings a smile to those around her. In lessons, she stays focused and shows determination.

Week Beginning 26th January 2026

1 Rose	Rebeca	She has been working hard this week to complete all her work, planning a lovely story based on 'Lost and Found' as well as completing addition & subtraction sentences.
2 Sunflower	Jamal	He is always following the classroom rules and being a kind friend setting an excellent example to his peers. He has worked really hard this week completing work on time.
3 Fir	Naevia	She was voted star of the week by 3 Fir class, for demonstrating the schools' values. She always helps others and is a good friend to all. She also has a growth mindset.
3 Willow	Zoya	Friends say... "She is a kind and polite person." "She always listens and tries her best in all lessons." "She is always smiling and she helps others too." & she is a great friend
4 Birch	Kamai	I can really see a massive growth in him in both his academic work and behaviour. He really impressed me with his great performance in our year 4 Anglo Saxon assembly.
4 Maple	Romeo	Your reading skills are coming on leaps and bounds! Not only this, but once immersed in a piece of writing - or his independent work during Maths - he is focused on the task.
5 Beech	Carla	She is enthusiastic and radiates positive energy, making her a joy to teach and a great friend. She has been working hard to improve her speed in lessons - well done!
5 Elm	Yaqoob	He has been learning his weekly spellings and has achieved high scores so far. He joins in with every lesson and is enthusiastic to share his ideas, particularly in Maths.
6 Chestnut	Rayhaan	He has been putting a much greater level of effort into work, especially in maths, where he has been tackling tricky concepts with determination and working at a faster pace.
6 Oak	Sarah	This calm and good-natured girl quickly settled into the Sherwood school when she joined us in September. She is an excellent role model & it is a pleasure teaching her.



The Sherwood School

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Friday 30th January 2026

Spring Term Calendar Dates

Event	Date	Location
Year 3 Polka Project 'Write Here, Write Now' begins	9 th January	Classroom
National Handwriting Day	23 rd January	
Year 5 & 6 Multi Sports Festival	23 rd January	Canons Leisure Centre
Year 5 & 6 Girls Dodgeball Festival	28 th January	Harris Academy Morden
Storytelling Week	2-8 February	
Parent Consultation Evening 3.30p.m. – 6.00p.m.	2 nd February	
NSPCC Number Day	6 th February	
Year 3- 6 Gymnastics Development Competition	11 th February	Canons Leisure Centre
Parent Consultation Evening 3.30p.m. – 6.00p.m.	11 th February	
Year 3 Visit to Pollards Hill Library	12 th February	Pollards Hill Library
Year 3 & 4 Multi-skills Festival	13 th February	Harris Academy Morden
Children's Mental Health Week	9-15 February	
Safer Internet Day	10 th February	
Half Term 16-20 February		
Year 5 Trip to the Science Museum	25 th February	Science Museum
Book Week & World Book Day 5.3.26	2-6 March	
Year 5 & 6 Swimming Competition	5 th March	
Year 4 Visit to Polka Theatre to see 'Sisters'	5 th March	Polka Theatre
MMF 'To Boldly Go' Concert at the Royal Albert Hall	10 th March	
Year 5 & 6 Netball Competition	13 th March	Harris Academy Morden
Year 4 London Mozart Players Workshop	13 th March	
British Science Week: 'Curiosity – What's Your Question?'	9-13 March	
Year 4 Anglo Saxons & Viking Workshop	20 th March	School Hall
Comic Relief MUFTI Day	20 th March	
3.20 – 4.00p.m. Open Afternoon for Parents & Carers	23 rd March	
Dance Festival @ Perseid School	26 th March	Perseid Upper School
End of Term 2.15p.m.	27 th March	



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Multi-skills

Year 5 and 6 had a fantastic time at the Multi Skills Festival in Harris Morden! Our students took part in archery, target golf, boccia, seated volleyball and curling. Amazing effort from everyone!



Girls Dodgeball festival

What a fantastic day at the Girls Dodgeball Festival in Cannons! Our pupils played against schools from across Merton, showing great teamwork and resilience. A huge thank you to MSSP for hosting such a brilliant event!





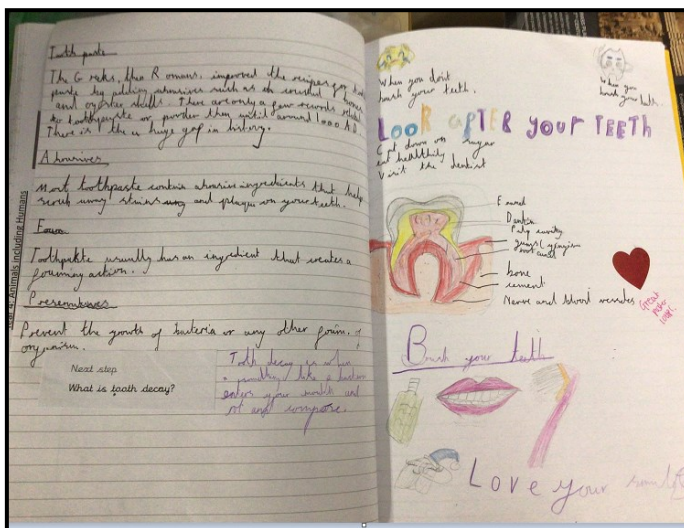
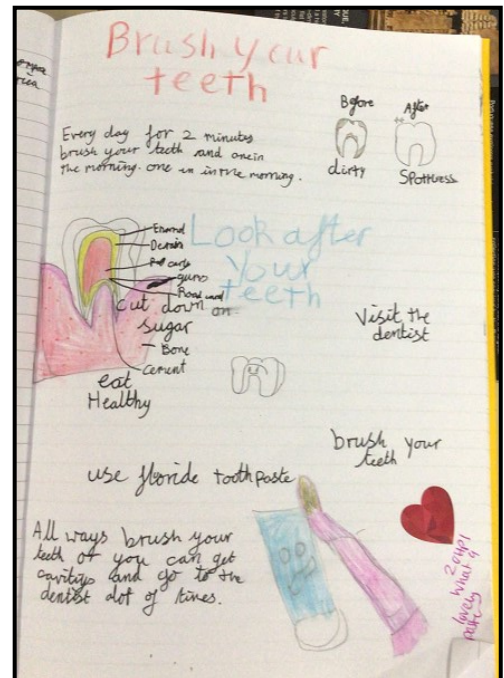
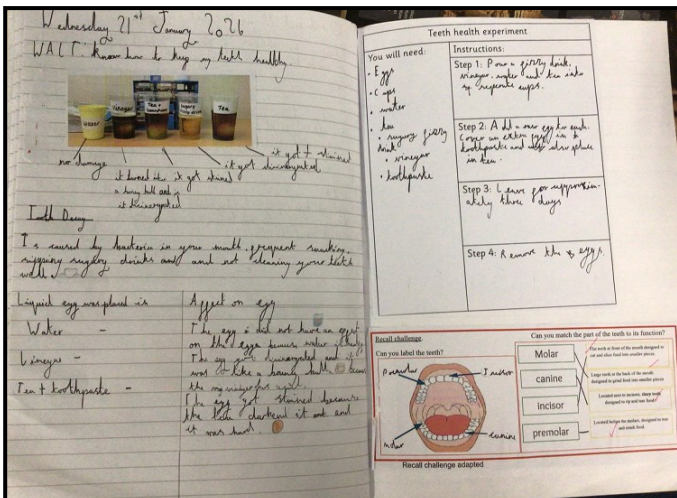
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Year 4 Science learning

We have been looking at how to keep our teeth healthy. Year 4 carried out a scientific experiment to show this. We used eggs to represent the enamel of our teeth and looked at various substances that can have a negative impact on our teeth such as: coke and vinegar. We also looked at ways in which we can look after our teeth such as: seeing a hygienist, flossing and brushing our teeth at least twice a day, as substances such as fluoride keep them from rotting.





Junior Parkrun Sunday 15th February

Figges Marsh 9.00am





Support my Child's Sleep Free Online Parent/Carer Group

Sleep is one of the most common challenges for Merton parents of young children aged 4-8.

This free NHS group programme offers practical, evidence-based advice to help improve your child's sleep - and yours - over the course of three weeks.

What do the sessions cover:

- The Science of Sleep and why it matters
- Common Sleep Difficulties in children aged 4-8
- Creating the right environment and routines.
- Supporting your child to sleep more independently.
- Practical tools and strategies you can use straight away



When does it start:

Fridays online between 12.30pm-1.30pm starting Friday the 27th of February, 3x weekly sessions



Please scan the QR Code or click here to sign up for the group

If your child attends a Merton Primary School but you can't do this time - you can still complete a form to register interest for future groups or 1:1 sessions.

Merton Education Wellbeing Service Parent & Carer Coffee Morning

Supporting your Child with Friendships

We are an early intervention and prevention service, supporting children, young people and families to build their emotional understanding, wellbeing and resilience.

This coffee morning will focus on

- The importance of friendships
- Common friendship and social issues
- Tips for supporting your child
- Information about our service & signposting



DATE / TIME

Thursday 5th of February 2026

9-10 am

LOCATION

Sherwood School Hall

For further information,
you can speak to Mrs
Samouel

Parent/Carer Webinars

Early Years Spring/Summer Term Schedule

Scan the QR code to sign up to any of these
free local NHS webinars for nursery/reception parents & carers

We also provide free 1:1 early support
for parents of primary aged children
to support their child's common
worries and anxieties, or support
children's everyday challenging
behaviours.

Speak to your school to find out more.



**Feeding and its
difficulties in the
Early years**

14TH January 12.-1.30pm

23RD February 8.15 - 9.30pm

27TH February 12.00 - 1.00pm

**Starting early - how to help
your child learn practical
skills at a young age**

**Managing big feelings in
small people; tantrums,
aggression & how to
respond**

20TH APRIL 8.00 -9.00pm

24TH APRIL 12.00 -1.00pm

Parent/Carer Webinars

Primary Spring Term Schedule

Scan the QR code to sign up to any of these free local NHS webinars for Primary parents & carers

We also provide free 1:1 early support for parents of primary aged children to support their child's common worries and anxieties, or support children's everyday challenging behaviours.

Speak to your school to find out more.



Promoting Sibling Harmony

26TH January 7.00-8.00pm

27TH January 1.30-2.30pm

9TH February 7.00 - 8.30pm

10TH February 1.30 - 3.00pm

Supporting Siblings of Children with SEND

(For parents & carers of children aged 7 years and above)

Supporting common child anxieties and worries including around exams

24TH March 1.00 - 2.00pm

26TH March 7.00 - 8.00pm

Education Wellbeing Service Webinar

Promoting Sibling Harmony

This webinar provides parents with evidence based tools and ideas for supporting and strengthening sibling relationships at home.

Managing sibling relationships can be challenging.

In this webinar, we will explore a range of ways to:

- foster positive sibling relationships
- manage everyday conflict
- and encourage cooperative play



Education
Wellbeing
Service

DATE / TIME

Monday 26th January
7.00-8.00pm



Scan the
QR code
or
[click here](#)

LOCATION

Online - Hosted on Teams

Sign up to either event
for free on Eventbrite
by scanning the QR Code.

You can also check out
our other events by
[clicking here](#)

wellbeinginschoolevents@swlstg.nhs.uk

DATE / TIME

Tuesday 27th January
1.30-2.30pm



Scan the
QR code
or
[click here](#)

Education Wellbeing Service Webinar

Feeding and its difficulties in the Early years

A 1.5 hour long webinar to explore how feeding develops in the early years and how to create healthy eating habits that last a lifetime.



Education
Wellbeing
Service

DATE / TIME

Wednesday 14th January
12.00-1.30pm

Scan the
QR code or
[click here](#)



LOCATION

Online - Hosted on Teams

Sign up to either event for
free on Eventbrite
by scanning the QR Code.

You can also check out our
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Support For Parents/Carers

Helping your Child Feel more Confident, Calm & Happy

WHAT WE OFFER:

- Friendly, practical **1:1 advice and support for parents**
- 6-8 evidence-based weekly 1:1 **parent sessions** with proven strategies, personalised for you
- **Free online webinars** on children's wellbeing
- Resources and **recorded workshops** to use anytime

- **Calmer routines** and **fewer conflicts** at home
- Children feel **more confident** in new or social situations
- Children **learn to cope with worries** and **build resilience**
- **Parents feel supported**, reassured, and not alone

HOW IT HELPS:

*"The **support was fantastic** - I **felt listened to** and encouraged."*

*"We now **have calmer routines** at home and my **child is happier** at school."*

*"I'd **recommend this service** to any parent."*

WHAT PARENTS SAY:

Scan the QR code to find out more and apply, or speak to your child's school



SCAN ME

For more information, please go to: <https://swlstg.nhs.uk/education-wellbeing-service>, or email the team at EWSinfo@swlstg.nhs.uk





Who are we?

We are NHS wellbeing and mental health practitioners, working in your child's school providing evidence-based support programmes for parents and carers of children who are experiencing anxiety, fears and worries or everyday behaviour challenges.

Who do we see?

Primary school parents and carers whose children sometimes struggle with...



Managing their emotions, leading to behaviours, such as tantrums, not listening or following instructions, difficulties at bedtimes or mornings, being rude to parents, etc.



Anxiety and worry (e.g. shy, panicky, clingy or fearful of specific things, such as separation, school or social situations, avoiding situations or seeking high levels of reassurance)

Parents/carers who are not currently receiving support from CAMHS or Children & Family Services

What do we offer?



6-8 weekly, one-hour sessions, at school or online



Help to understand your child's feelings/behaviour



A chance to learn practical strategies that you can practise during and between sessions to support your child's wellbeing

What happens next?

Once we receive this completed form from you/your child's school, we will contact you to arrange a time to hear a little more about your family and check that we are the right service for you.

If so, we will arrange to see you for 6-8 sessions. Each session has a different topic and set of tools and ideas to help your child.

We will ask you to try out these tools and ideas between sessions.

While you are waiting to see one of our wellbeing practitioners, visit our YouTube channel: @educationwellbeingsservice It's full of helpful videos and webinars for parents and carers



Research shows that working with parents and carers of primary aged children helps more and faster than working with children directly.

Over 95% of parents who completed our programmes made progress towards their goals and would recommend our service to other parents!



The Sherwood School



Breakfast Club

7.30am drop off, breakfast
served before 8am

£8 per session
(£6.66 with tax-free childcare)

After school Club

3.45pm—4.30pm pick up

HALF session

£6 per session

(£4 with tax-free childcare)

4.30pm- 5.30pm pick up

FULL session including food

£12 per session

(£10 with tax-free childcare)

For more information and to book please contact us on

Finance@sherwood.merton.sch.uk

Or visit our website

www.thesherwoodschool.co.uk/breakfast-and-afterschool-clubs



The Sherwood School Term and Holiday Dates 2025-26

AUTUMN TERM Monday 1st September - Friday 19th December

INSET Days Monday 1st September

Tuesday 2nd September

Children Begin Wednesday 3rd September

Half Term Monday 27th October - Friday 31st October

Term Ends Friday 19th December

SPRING TERM Monday 5th January – Friday 27th March

INSET Day Monday 5th January

Children Begin Tuesday 6th January

Half Term Monday 16th February – Friday 20th February

Term ends Friday 27th March

SUMMER TERM Monday 13th April – Monday 20th July

(May Day Bank Holiday - Monday 4th May)

INSET Days Monday 13th April

Monday 20th July

Children Begin Tuesday 14th April

Half term Monday 25th May - Friday 29th May

(Spring Bank Holiday on Monday 25th May)

Term Ends Friday 17th July

INSET Days 2025-26

1 - Monday 1st September 2025

2 - Tuesday 2nd September 2025

3 - Monday 5th January 2026

4 - Monday 13th April 2026

5 - Monday 20th July 2026