



# The Sherwood Newsletter

Resilience Equality Self-confidence Positivity Empathy Co-operation Tolerance

Friday 16th January 2026

**Article 3:** The best interests of the child must be a top priority in all things that affect children.

**Article 30:** You have the right to practice your own culture, language and religion.

## Dear Parents and Carers,

We have had a busy start to the term and despite the very wintry weather, children have enjoyed being together, are working hard and making good progress in their learning.

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 also 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.

## Attendance

We appreciate your support in ensuring children attend school regularly. Please inform the office as soon as possible if your child is unwell. The government have issued [this](#) advice. We have noticed numbers of children who are persistently absent are rising and will be contacting families in the coming weeks.

## Clubs

Our clubs have begun very positively this week and we hope that you are pleased with the range of free after-school activities on offer. We work hard to ensure that all children have access to high-quality enrichment at school, so that there are no barriers to children's wider experiences. Have a lovely weekend!

Best Wishes, *Mrs Samouel*



Resilience  
Equality  
Self-confidence  
Positivity  
Empathy  
Co-operation  
Tolerance



Mrs A Samouel  
Headteacher



Miss K Matharu  
Assistant Head

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## Star of the Week!

Friday 16th January 2026

### Week Beginning 5th January 2026

1 Rose	<b>Isaac</b>	He has had a brilliant first week back! This week, he has been consistently trying to be ready, respectful and safe. He has also been listening to instructions & trying his best.
2 Sunflower	<b>Shahzaib</b>	He is always very vocal, giving brilliant ideas to our discussions. He has worked really hard to complete his work on time. He used adjectives to describe an alien in English.
3 Fir	<b>Ezra</b>	For always arriving on time. Your enthusiasm and readiness to learn is inspiring. You are setting a wonderful example to the class, by demonstrating excellent responsibility.
3 Willow	<b>Kalsom</b>	for being such a positive member of the class. She enjoys coming to school and starts every day with a big smile. She has good independent skills & enjoys being given jobs.
4 Birch	<b>Filip</b>	because of the brilliant effort he has put in his Anglo-Saxon project. He made a magnificent settlement, which will really help with our topic. He takes pride in his presentation.
4 Maple	<b>Kayden</b>	He has helped recreate the battles of the Anglo-Saxons in our new class book and he has enjoyed writing about these epic historic events in his English work. Keep it up!
5 Beech	<b>Xavien</b>	For coming to school every day on time and for his amazing behaviour. He is such a positive member of our class and always arrives with a big smile on his face. Well done
5 Elm	<b>Cerys</b>	She has been consistently working hard in all areas. She always tries her best and presents her work beautifully. It has been wonderful to see Cerys grow in confidence.
6 Chestnut	<b>Adwoa</b>	She is a quiet but hardworking member of class who has made impressive progress in all areas. This is thanks to her excellent attitude to learning and her observant nature.
6 Oak	<b>Olivia</b>	She has shown great determination and perseverance all through Year 6: working hard to improve her results in both English and Maths. She is making steady progress.

### Week Beginning 12th January 2026

1 Rose	<b>Hunter</b>	He has consistently tried to be independent, using phonics fingers & sounds to check spellings. Also, he has practiced writing addition and subtraction number sentences.
2 Sunflower	<b>Lison</b>	He has started 2026 with an amazing attitude he is now one of the first children to start his work! Whatever the subject, he sets upon it with determination and tries his best.
3 Fir	<b>Eva</b>	For demonstrating resilience in her learning this week. She has been independently using the hundred squares and dienes in maths. Well done for always trying your best.
3 Willow	<b>Darius</b>	He has been trying really hard to improve his spellings & is beginning to enjoy challenging himself in Maths. He is becoming more resilient & now enjoys sharing his ideas
4 Birch	<b>Mohammad</b>	He has really worked on his pace and presentation and is now finishing all the lessons on time. He is really manifesting his new years resolution - a huge shift in his attitude.
4 Maple	<b>Sophia</b>	She has been making an extra effort to start her work immediately and use some mindfulness strategies to help keep herself in the 'Green Zone', ready for learning in class.
5 Beech	<b>Bailey-May</b>	She has improved her handwriting, showing great care and pride in her work. In science, she worked really hard during our pendulum experiment, making observations.
5 Elm	<b>Ichatou</b>	She has been trying her best in all subjects, particularly in English, where she has been working hard to improve her writing. She takes more care with her homework.
6 Chestnut	<b>Zaine</b>	He has made fantastic improvement in focus & participation in all lessons. He is especially enthusiastic in maths, where his confidence & engagement have really grown.
6 Oak	<b>Nikki</b>	She is a great role model for our Sherwood values and could be star of the week every week. This dedicated and inquisitive girl always strives for excellence in her work.



# The Sherwood School

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Friday 16th January 2026

## Spring Term Calendar Dates

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



# The Sherwood School

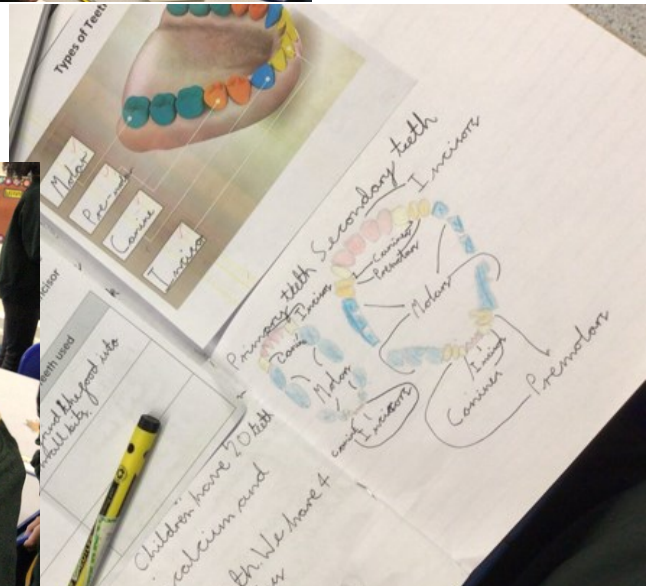
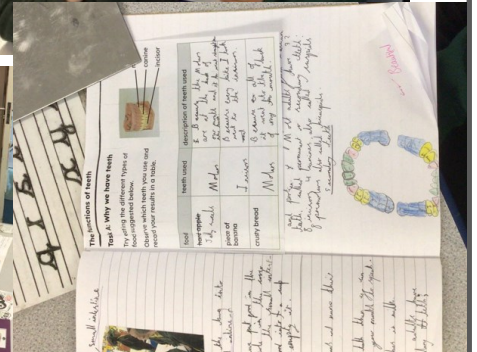
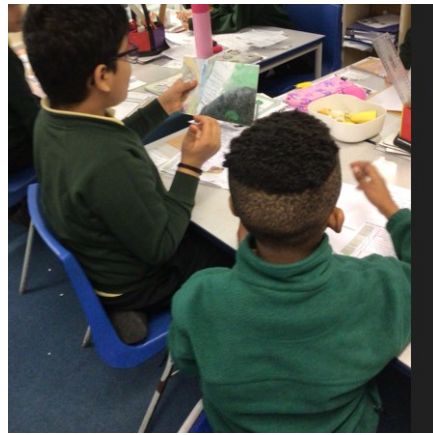
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Friday 16th December 2026

## Year 4 Science learning

Our topic this term is Animals Including Humans. We have been looking at the digestive system and how it works and we have been looking at teeth and its functions. To show our digestive system, we created an experiment to represent the different body parts. E.g bag- mouth, teeth - fork, tongue- teeth- lemon juice juice- stomach acids- tights- small intestine

To help us with understanding teeth, we ate lots of different food to see the functions e.g incisors - chop, molars - grind and canines - tear. We had lots of fun!



## 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**

14<sup>TH</sup> January 12.-1.30pm

23<sup>RD</sup> February 8.15 - 9.30pm

27<sup>TH</sup> 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**

20<sup>TH</sup> APRIL 8.00 -9.00pm

24<sup>TH</sup> 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

26<sup>TH</sup> January 7.00-8.00pm

27<sup>TH</sup> January 1.30-2.30pm

9<sup>TH</sup> February 7.00 - 8.30pm

10<sup>TH</sup> 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

24<sup>TH</sup> March 1.00 - 2.00pm

26<sup>TH</sup> 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](mailto: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

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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](mailto: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.

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

## Who do we see?



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](mailto:Finance@sherwood.merton.sch.uk)

Or visit our website

[www.thesherwoodschool.co.uk/breakfast-and-afterschool-clubs](http://www.thesherwoodschool.co.uk/breakfast-and-afterschool-clubs)



## The Sherwood School Term and Holiday Dates 2025-26

**AUTUMN TERM** Monday 1<sup>st</sup> September - Friday 19<sup>th</sup> December

**INSET Days** Monday 1<sup>st</sup> September

Tuesday 2<sup>nd</sup> September

**Children Begin** Wednesday 3<sup>rd</sup> September

**Half Term** Monday 27<sup>th</sup> October - Friday 31<sup>st</sup> October

**Term Ends** Friday 19<sup>th</sup> December

**SPRING TERM** Monday 5<sup>th</sup> January – Friday 27<sup>th</sup> March

**INSET Day** Monday 5<sup>th</sup> January

**Children Begin** Tuesday 6<sup>th</sup> January

**Half Term** Monday 16<sup>th</sup> February – Friday 20<sup>th</sup> February

**Term ends** Friday 27<sup>th</sup> March

**SUMMER TERM** Monday 13<sup>th</sup> April – Monday 20<sup>th</sup> July

(May Day Bank Holiday - Monday 4<sup>th</sup> May)

**INSET Days** Monday 13<sup>th</sup> April

Monday 20<sup>th</sup> July

**Children Begin** Tuesday 14<sup>th</sup> April

**Half term** Monday 25<sup>th</sup> May - Friday 29<sup>th</sup> May

(Spring Bank Holiday on Monday 25<sup>th</sup> May)

**Term Ends** Friday 17<sup>th</sup> July

### **INSET Days 2025-26**

1 - Monday 1<sup>st</sup> September 2025

2 - Tuesday 2<sup>nd</sup> September 2025

3 - Monday 5<sup>th</sup> January 2026

4 - Monday 13<sup>th</sup> April 2026

5 - Monday 20<sup>th</sup> July 2026