



# Cashmore Early Years Centre Newsletter

## November 2023



Over the last week we have been celebrating Diwali, the Hindu festival of light. We have looked at Diwali books, sung 'Happy Diwali', made and decorated clay divas and explored LED candles and real candles (with great care of course!). We have also painted firework pictures, made Rangoli patterns using coloured rice and drew around our hands and bodies, cut them out and decorated them with stickers and glitter to represent Mendhi body art. You can see some of the photos on the Centre's website and Facebook page.

### WINTER OUTDOOR LEARNING

- Children have been interested in nature, plant life and minibeasts. They learn to be respectful and curious about living things.
- Children have sensory experiences with rain, wind, ice and learn about what to wear to keep warm.
- Fresh air and space is good for your body and your mind.

#### Did you know?

**Colds and flu are caused by viruses, not cold weather.**

#### Application for primary school

Please remember that the deadline for **applying for a Reception Class** place for your child is **15 January 2024** (if your child was born between 1 September 2019 and 31 August 2020). The online application system is now open ([www.bristol.gov.uk/schooladmissions](http://www.bristol.gov.uk/schooladmissions)). If you need any help with this, please ask.

#### Absence/illness

If your child has sickness and/or diarrhoea, please remember that they must stay off school for at least 48 hours from the last time that they were ill. Also, it is the time of year for coughs and colds. **If your child is unwell keep them at home and phone Cashmore (0117 3534295) to report the absence.** We can only give prescribed medication at school that has a pharmacist sticker on the bottle/box with your child's name on it – we cannot give any medicines that you have bought over the counter.

## How to prevent catching a cold

A person with a cold can start spreading it from a few days before their symptoms begin until the symptoms have finished. The best ways to avoid catching a cold are:

- washing your hands with warm water and soap;
- not sharing towels or household items (like cups) with someone who has a cold;
- not touching your eyes or nose in case you've come into contact with the virus – it can infect the body this way;
- staying fit and healthy.

The flu vaccine helps prevent the flu but not colds. **The cold virus is NOT caused by playing in water/playing outside. If children do get wet during play we change them into to dry clothes as soon as they have finished playing.**

## Snack donation

Thank you to the parents who continue to donate to the children's snack time. The school provides milk but we rely on donations from parents for snack times during the morning and afternoon sessions. The children eat **fresh fruit** (e.g. apples, bananas, oranges, pears) or **vegetables** (e.g. carrots, cucumbers). We would be grateful if you could **donate fruit weekly OR you can make a small money donation** in the tin provided in the garden/Reception at drop-off times.



## Pick-up

Please remember that the morning session **finishes at 12.00pm** and the afternoon session **finishes at 3.30pm**. We open the gate 10 minutes beforehand, to allow time to talk with you at handover/collection.

If you want to pick your child up before the end of the session, **please pick up before 11.30am (morning session) and before 3.00 pm (afternoon session)** as the last part of the session is story time or group activity.

## Items being brought into nursery

Please encourage your child to **keep toys at home**. Toys from home are likely to get lost, broken or cause conflict. Staff are not responsible for the whereabouts of toys brought in from home.

Please check your child's bag before dropping them off for items which do not belong in your child's bag e.g. phone, keys.

## Clothes and wellies

Children play outside in all weathers. This is very important for their development and learning. Still, children must stay warm and dry with **waterproof coat** and **welly boots**. PLEASE WRITE YOUR CHILD'S NAME IN THE COAT AND BOOTS.

**Your child needs waterproof coat and welly boots every day. Weather changes fast in Autumn and Winter.** PLEASE WRITE YOUR CHILD'S NAME IN THE COAT AND BOOTS.



### Your child's bag

Please put enough **nappies, wipes and spare clothes** in your child's bag. Remember that children may need changing two times.

### Nursery clothes

If your child comes home in **nursery clothes, please return** as soon as possible.

### Staffing and Governor changes

We would like to welcome Aisha Sahi to the Governing Body as a Parent Governor.

We would like to thank Tracey Gudonis for her many years of support as she steps down as Governor. She first became a Parent Governor when her children attended St Philip's and then a Co-opted Community Governor. We send her and her family best wishes for the future.

### New parent governor needed

Our Governing Body is made up of community, parent, staff and Local Authority Governors. Our Governors come from a range of different backgrounds, skills and experiences, but they are all volunteers who work together for the benefit of the School and are the link between the School and the community it serves. **We are currently looking for a new parent governor.** Being a Governor can be enjoyable, stimulating and rewarding. Please don't be put off by thinking that you have to have specialist expertise or knowledge. Enthusiasm and interest is much more important to start with and there is training and support available to help you. Please remember you will be joining a long-established Governing Body and will be supported by fellow Governors with many years of experience. If you would like more information, please ask Maggie on Reception.

### Christmas



During the last week of term, we will be celebrating the Christian festival of Christmas. We will be hosting two Christmas parties – **Tuesday 12 December (morning) and Thursday 14 December (afternoon)**. If your child does not normally attend one of these sessions, they will be able to attend one party (please let your child's key person know which one you would like them to attend). More details to follow in the December newsletter.

### Important Dates

Party – **Tuesday 12 December AM**

Menu change – festive roast dinner – **Wednesday 13 December**

Party – **Thursday 14 December PM**

**Friday 15 December** - Last day of term – all sessions as normal

**School CLOSED** for holiday – **Monday 18 December to Friday 29 December**  
(inclusive)

**Monday 1 January** – Bank Holiday – **School CLOSED**

**Tuesday 2 January** – Return to School



# Winter Clothing



Now the weather has changed please remember to provide appropriate outdoor clothing for your child as we experience lots of learning when we go outside in all types of weather.

Also please don't forget to label your child's clothes.

Thank you

Rainy Day



Wellington boots



Waterproof Coat & Trousers

Wintery day



Coat



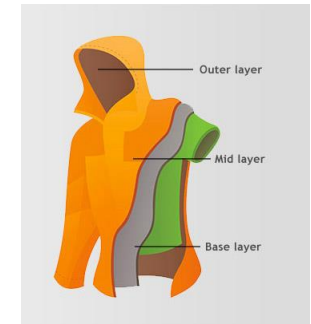
Hat



Gloves



Scarf



Layers of clothes



# Should I keep my child off school?



## Yes

### Until...

<b>Chickenpox</b>	at least 5 days from the onset of the rash and until all blisters have crusted over
<b>Diarrhoea and Vomiting</b>	48 hours after their last episode
<b>Cold and Flu-like illness (including COVID-19)</b>	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
<b>Impetigo</b>	their sores have crusted and healed, or 48 hours after they started antibiotics
<b>Measles</b>	4 days after the rash first appeared
<b>Mumps</b>	5 days after the swelling started
<b>Scabies</b>	they've had their first treatment
<b>Scarlet Fever</b>	24 hours after they started taking antibiotics
<b>Whooping Cough</b>	48 hours after they started taking antibiotics

## No

but make sure you let their school or nursery know about...

<b>Hand, foot and mouth</b>	<b>Glandular fever</b>
<b>Head lice</b>	<b>Tonsillitis</b>
<b>Threadworms</b>	<b>Slapped cheek</b>



SCAN ME

### Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.