



Cashmore Early Years Centre

Newsletter October 2024

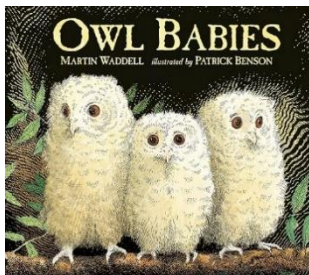


The children have been settling into their new key groups. They have been developing confidence to explore nursery, feeling safe and happy – finding places to play, busy learning and making friends.

This term we have been looking at the changes in the environment by exploring leaves: throwing them in the air and crunching and scrunching them. We have also been jumping in puddles (“*Splish, splash!*”).

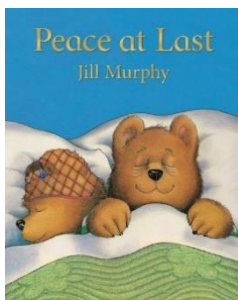
Autumn is a great time of year to talk about changes in the environment with your child. You can find fun nature activities for your toddler here [Explore Nature with Toddlers](#)

Hippo and Giraffe Groups (2-year olds)



The children have been making collages with leaves and developing their physical skills by building with blocks and using scissors. We regularly use our ‘song box’ which contains props for familiar songs and nursery rhymes. Our core book is *Owl Babies*.

Zebra and Tiger Groups (3-year olds)



The 3-year olds have also been exploring leaves: making leaf/bark rubbings with crayons, finger painting and printing. We have also been singing Autumn themed songs e.g. ‘*5 Little Pumpkins*’, ‘*Autumn Leaves are Falling Down*’ (see the words, below. The tune is the same as ‘*London Bridge is Falling Down*’). Our core book is *Peace at Last*.

Prompt pick up

Please remember that the morning session finishes at 12.00pm (gates open at 11.50am). Staff have lunch 12.00-12.30pm to ensure they are ready and available for all the children during the afternoon session. **The afternoon session finishes at 3.30pm (gates open at 3.20pm).** We open the gate 10 minutes beforehand to allow time to talk with you at handover/collection.

Sickness

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 when children get cold viruses. If your child is unwell please keep them at home and telephone us on 0117 3534295 to report the absence. We can only give prescribed medication that has a pharmacist sticker on the bottle or box prescribed to your child – we cannot give any medicines that you have bought over the counter.

Snack donation

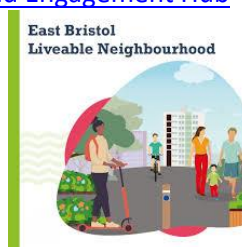
Thank you to the parents who continue to donate to the children's snack time. The school provides milk but we rely on donations from parents for snack times during the morning and afternoon sessions. The children eat **fresh fruit** (e.g. apples, bananas, oranges, pears) or **vegetables** (e.g. carrots, 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.



Driving to Nursery

As you are probably aware, Bristol City Council are preparing to install the **East Bristol Liveable Neighbourhood trial** scheme from **28 October to 10 January** in a bid to create a safer, healthier, and greener neighbourhood. Measures include better managed traffic, providing safe journey routes for pedestrians and active travel, and introducing new planters and pocket parks which will be installed across Barton Hill and parts of Redfield and St George. **Please note that this will affect your journey to/from Cashmore if you come by car.** For more information:

[East Bristol Liveable Neighbourhood](#) | [Ask Bristol Consultation and Engagement Hub](#)



Parking

Please **DO NOT BLOCK THE ROAD, DOUBLE PARK OR BLOCK OTHER VEHICLES IN** (even for a short period of time) when dropping off/picking up outside the Centre as it is causing frustration to the local residents and there will not be enough room for emergency vehicles to get down the road.

Application for primary school

Please remember that the deadline for applying for a Reception Class place at school for your child is **15 January 2025** (if your child was born between 1 September 2020 and 31 August 2021). The online application system is now open (www.bristol.gov.uk/schooladmissions). If you require any help with this, please ask.



Family photo boards



We have a family photo display of the children in our setting to help with their sense of belonging and community. Please could you give us some photos of your child with their family which you are happy to have displayed in school (no more than 3). If you do not have access to a printer, you are very welcome to email the photos to us – your child's key person will be giving you their email on a slip of paper.



Clothes and wellies

As the weather is getting colder, children will need appropriate clothing and footwear. We go into the garden in all weathers! Please could you provide your child with a **pair of wellies** if possible. Please also put lots of **spare clothes** in their bag in case of getting wet/toileting accidents and a **coat** as the weather is changeable. Please **write your child's name in their clothes/wellies**. Wet weather gear and 'all weather' suits are also a very good way to keep children dry and can be purchased quite reasonably.



Nursery clothes

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

Donations

We would appreciate donations of **pants** and **socks**!



Toilet training

If your child is toilet training, please put **wet wipes in their bag** and lots of **spare clothes** (including **socks**).

Surplus food from Marks & Spencer

Marks & Spencer kindly give us surplus food which would otherwise go to waste. Anything we can't use for snack time is put outside on Fridays for parents/carers to take. Please help yourself to save food waste.

Reception library

Please borrow a book to share with your child! We have library shelves in Reception and by the door where you drop off your child. Let your child choose a book to enjoy at home, then return it and choose another book. Reading with your child is great for their listening and attention skills, language development, brain development and a lovely bonding time for you and your child. You don't always need to read the words, it's also good to talk about the pictures.



INSET Days

The School will be closed on the following days for staff training:

Monday 4 November

Friday 20 December

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 are 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 contact Maggie on Reception.

Important Dates

Half term holiday – School **CLOSED** – **Monday 28 October to Friday 1 November (inclusive)**

INSET Day – School **CLOSED** – **Monday 4 November**

Return to School – Tuesday 5 November

INSET Day – School **CLOSED** – **Friday 20 December**

Christmas holidays – School **CLOSED** – **Monday 23 December to Friday 3 January (inclusive)**

Return to School – Monday 6 January

Full details of all Bristol City Council term dates until Jul 2026 can be accessed [HERE](#)

St Philip's Marsh/Cashmore join the My School Fund initiative to help boost our budget

We're pleased to announce that St Philip's Marsh Nursery School/Cashmore Early Years Centre is part the My School Fund initiative. This innovative scheme allows for us to be able to boost our school's budget with your help.

How does it work?

Parents, guardians and carers can sign up to the scheme for free and start earning cashback on the things they buy in participating retail stores, including Sainsbury's and Argos. As you spend you'll receive 2% cashback in the form of eGift vouchers that can be redeemed in participating stores. By linking your spend to our school on the My School Fund website we'll also earn 1% cashback on your spend.

Add that all up across our school's network of families and together we can all make a big difference!

How to get involved

Visit myschoolfund.org to register for free and link to St Philip's Marsh Nursery School BS2 0SU. From there, everything you spend in participating stores will go towards helping boost our budget, plus your own!

Sign up today at myschoolfund.org

Cashback for you and your school

In association with

Sainsbury's Argos ESPO

1% 2%

Your chosen school You

We're part of My School Fund

Find out more

16 October 2024 is National Burns Awareness Day. The aim of the day is to promote awareness of how we can avoid burn injuries occurring. Prevention and good first aid are key to reducing the number of burns and scalds occurring in the UK every single day. A burn injury is for life. The scars are physical as well as psychological, and can present life-long challenges for the individual and their families.

The average cost to the NHS for a major burn is £95,000, but what is the cost to the individual and the family? What many people don't know, is that children and the elderly are the most vulnerable, and the majority of injuries occur as a result of an accident that could so easily have been prevented.



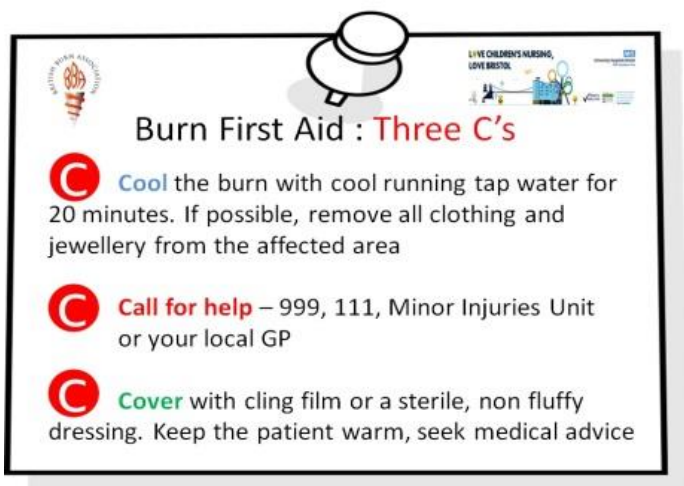
Did you know hot drinks such are one of the most common cause of scalds in children? Something as common as a tea or coffee can have devastating effects. Other top causes of paediatric burns and scalds include **electric hobs and hair straighteners**. **8,551** children were so badly burnt or scalded in 2023 that they required admission to a specialist burns unit. This figure does not include the thousands who were also seen in emergency departments.

If you would like any more information about Burns Awareness Day or prevention of burn injuries please visit the websites listed below.

www.britishburnassociation.org

www.cbtrust.org.uk

www.safetea.org.uk



Burn First Aid : Three C's

- C** **Cool** the burn with cool running tap water for 20 minutes. If possible, remove all clothing and jewellery from the affected area
- C** **Call for help** – 999, 111, Minor Injuries Unit or your local GP
- C** **Cover** with cling film or a sterile, non fluffy dressing. Keep the patient warm, seek medical advice



NATIONAL BURN AWARENESS DAY

16TH OCTOBER 2024

#BeBurnsAware

A BURN INJURY IS FOR LIFE

8,551 CHILDREN WERE **BURNED OR SCALDED** IN 2023

This figure only relates to the most serious burns and scalds. This doesn't include the thousands seen by A&E departments.

TOP CAUSES:

- Tea or Coffee Cup
- Electric Oven
- Hair Straighteners
- Hot Fluids



www.cbtrust.org.uk



www.britishburnassociation.org

Autumn leaves

Autumn leaves are falling down,
Falling down, falling down.

Autumn leaves are falling down,
On the ground

Find a broom and start to sweep,
Start to sweep, start to sweep.
Find a broom and start to sweep,
Start to sweep.

And make them in a great big heap,
Great big heap, great big heap.
And make them in a great big heap,
On the ground.

But here comes the wind to blow them round,
Blow them round, blow them round.
Here comes the wind to blow them,
On the ground.

Understanding biting

Understanding Biting

We understand biting as a way of communicating – what is the child trying to tell us?

- Biting is a common behaviour that some young children experience.
- It occurs more often amongst children under 5.
- Emotions such as anger, frustration, need or even excitement can lead to biting.
- Children may not have the words to express themselves or the ability to regulate their emotions, thoughts and behaviour.
- As children mature, gain self-control, and develop language and problem-solving skills, they usually outgrow this behaviour.
- While not uncommon, biting can be an upsetting and potentially harmful behaviour.



Why do children bite?

Teething - Swelling gums can be painful and cause discomfort; this can be relieved by biting or chewing on something.

Exploration - Babies and young children explore the world around them using their senses and they do not always know the difference between sensory exploration with their mouth and biting others.

Excitement - Biting can occur if a child is expressing excitement but doesn't yet know how to regulate their emotions or control their behaviour.

Stress - Biting can be a strategy used to relieve stress, tension or anxiety. Particular events or parts of a child's day may cause feelings of stress or anxiety, such as changes in routine or caregiver, saying goodbye or significant transitions, or events such as moving house or a new sibling.

Frustration - A child's innate drive to be increasingly independent and do things for themselves can lead to frustration if they get stuck or aren't able to achieve what they want. Biting can be a way of dealing with this frustration.

Attention - Biting can be a way for children to say they are not feeling heard or seen, needing connection or comfort.

Anger - Children may not yet have the language to express their feelings or get their needs met. Sometimes 'big' emotions can be difficult to understand, process and express. Biting can be a way of showing anger or hurt, particularly in situations that demand sharing, turn-taking, conflict resolution or problem solving.

What do we do about biting?

Ensure safety and wellbeing offering comfort and reassurance.

Follow our Learning Behaviours Policy Approach calmly, acknowledge feelings, support solutions and provide further support.

Use clear consistent boundaries about the behaviour that is unacceptable.

Create environments and spaces that minimise conflict ensuring sufficient resources and calm spaces.

Provide opportunities for children to express feelings with trusted, sensitive adults.

Monitor incidents of biting, looking for patterns that can help identify underlying causes for the biting.

Work in partnership with parents/carers to share solutions and strategies.

What do we do if your child has been bitten?

- Offer comfort and reassurance.
- Wash the bite with warm soapy water, apply a cold compress if the bite has bruised the skin.
- Further First Aid given if the wound is bleeding, covering with a waterproof dressing.
- Complete an accident form and contact parents/carers to inform them of the incident.
- Advise further medical attention if appropriate, i.e. if the skin has been broken.



What can you do about biting?

- We acknowledge that if your child has been bitten this can be distressing.
- Working in partnership with your child's keyperson in ensuring your child feels valued, safe and can learn without fear of being hurt is essential.
- We recognise that if your child is biting you may be embarrassed or frustrated.
- Working in partnership with your child's keyperson is essential. They will work alongside you to:
 - Share solutions and strategies for you to use at home that can successfully support a child's communication and emotional needs to prevent further incidents of biting.
 - Share language used with children saying "biting somebody hurts... you use teeth to bite food".
 - Help identify the reason your child is biting such as teething, exploration, stress or expressing feelings.
 - Offer advice about how to address biting, giving praise and attention to the behaviours you want to encourage, such as sharing or turn taking.
- Please **NEVER bite your child back**. This is frightening and can teach them that biting is ok.

Your family are invited for

SCHOOL HOLIDAY FOOD & FUN

Free

Family Café with Creative Activities
Monday 28th and Wednesday 30th October
12.30 - 2.30pm

Travelling Light Studio, Wellspring Settlement,
43 Ducie Rd, Barton Hill, BS5 0AX

12.30 - 1.15pm Food available for the whole family

12.30 - 1.30pm Crafts for the whole family

1.30 - 2.30pm Games for the whole family

Activities aimed at children in school years 1 - 6
(siblings are welcome). Parent/carers stay.



Booking is not required, however space is limited so priority will be given to families on benefit related free school meals.

Get in touch with Amy with any questions.
For any specific dietary requirements message Amy
07801 762655 at least 48 hrs in advance.

  @stlukeslunch



Bristol Parenting Groups

- Are you pregnant or a parent of a 0 - 8 year old?
- Would you like to add ideas and skills to your parenting toolbox?
- Would you like to develop more confidence in your parenting?
- Would you like to understand your child better?

Free
groups for
adults run
by Bristol
Children's
Centres

Scan here
to find out
more and
register your
interest!



**Your parenting
toolbox:**

Listening

Play

Nurture

Praise

Empathy

Connection

For more information please call: **07721 311 497**
or email: **pssso@bristol.gov.uk**

Once you have registered your interest via:
www.bit.ly/BristolParentingGroups we will be in touch to find
the best group option for you.

PANDAS
Therapy
Workshop



Preparing for Parenthood: Understanding the Emotional Journey Ahead (Pregnancy Workshop)

Saturdays 9am - 11am

Via Zoom

Oct 26th, Nov 16th, Jan 11th



www.pandasfoundation.org.uk

Connect with other parents

Join this therapy workshop from PANDAS and find a space where you will be understood, accepted and supported. This group is a place where you can talk openly about the challenges of pregnancy and parenthood, understand your experiences better and gain skills to enable you to focus on what is most important to you.

Prepare for the challenges ahead

Explore common themes such as anxieties and worries around pregnancy, birth and caring for a baby. Understand the purpose behind our difficult thoughts and feelings and learn how to respond to yourself with kindness. This session will play a vital role in equipping you with coping skills essential for navigating the journey ahead.

The 2-hour workshop is facilitated by a highly skilled therapist who provides an opportunity for you to learn how to navigate this life experience through connection and kindness. The session has a strong practical focus and will help you develop strategies that you can integrate in to your daily life that can transform how you respond to challenging experiences.

Book Online

www.kathryndivirgilio.com/bfh-pandas-workshops



About the therapy

ACT (Acceptance and Commitment Therapy) is a CBT approach that emphasizes acceptance of thoughts and emotions, and commitment to valued actions.

Its efficacy is well-supported by numerous studies, showing effectiveness in treating various mental health conditions including anxiety, depression, and stress. Research demonstrates that ACT can lead to significant improvements in psychological flexibility, resilience, and overall well-being, making it a valuable tool for addressing mental health concerns during pregnancy, parenthood and beyond.

About the therapist

Kathryn Di Virgilio is an experienced mental health therapist and registered health professional, she brings a wealth of knowledge to guide you. With a background in both the NHS and private sector in the UK and Australia, Kathryn is dedicated to supporting parents on their mental health journey.

Trained extensively in ACT and highly skilled and experienced in group facilitation, she is committed to empowering you to thrive in parenthood.