



Cashmore Early Years Centre

Newsletter September 2025



A very warm welcome to all children returning to nursery and to the children starting nursery for the first time! This term our priority is to help children to get to know their Key People and other children. Staff are helping the children to find what they need to be busy and happy.

Staff and governor changes

We are delighted to announce that Clare Morton has accepted the appointment of permanent Deputy Headteacher. Clare is a very familiar face as she has worked at both sites over the last two years.

We would also like to offer our congratulations to Chloe Copeland-James, who has achieved Qualified Teacher Status! This is a huge achievement after studying whilst also working fulltime at Cashmore. Chloe will continue as a member of staff, adding capacity to our teacher team.

We would like to say a huge thank you and best wishes to Gavin Hilzbrich who resigned as Community Governor at the end of the last academic year. In their place, we welcome Karla Small (who previously had children at Cashmore).

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.

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.



Parking

Please **DO NOT BLOCK THE ROAD OR OTHER VEHICLES IN** (even for a short period of time) when dropping off/picking up.

Application for primary school

Please remember that the deadline for applying for a Reception Class place for your child is 15 January 2026 (if your child was born between 1 September 2021 and 31 August 2022). The online application system is now open (www.bristol.gov.uk/schooladmissions) – see poster attached below. 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 photos to us at clare.morton@bristol-schools.uk

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.

Toilet training

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

Drinks

Please **do not** bring in a water bottle for your child. The school provides cow's milk at snack times during the morning and afternoon session and fresh water is freely available throughout the day.

Surplus food from Marks & Spencer/FareShare

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

Reception library

In Reception and outside the entrance to the 3s room **we have books which you can borrow** and return when you have read them with your child. 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. Please come to choose a book!



Big Brush Club

Our school has enrolled to provide daily supervised toothbrushing for our children during the school day. This NHS scheme is brought to us by Big Brush Club (see <https://bigbrushclub.co.uk/>) and the aim is to get children in Reception and Nursery/Pre-schools brushing during school time to help tackle tooth decay. Children will be supervised during the brushing sessions every day and will be under the guidance of trained 'Oral Health Champions'. Each child will receive their own toothbrush, which will be easily identifiable and will be stored in a safe storage system. **Please can we remind parents that brushing at home is just as, if not more, important than brushing at school.**



Catering supplier

From 1 November, the catering contract will be taken over by Aspens <https://www.aspens-services.co.uk/>. The new menu will be issued shortly. The cost of a meal remains at £2.55.

Car Safety

You may have seen a recent news article ['Killer' child car seats still on sale decade on after warnings - BBC News](#). 'Which?' consumer group is urging parents to not buy cheap car seats which do not meet safety recommendations. These seats do not keep children safe in an accident. Unsafe car seats are still being sold via online sites including Shein and eBay. **Please make sure that your child's car seat is safe.** Regulations state only EU-approved child car seats with **R44 or R129** codes can be used in the UK. Approved seats carry a clear **orange label**, on which the codes are printed, to indicate they have been put through EU safety testing and can therefore be legally sold in the UK.

The safest way for children to travel in cars is in a child car seat that is suitable for their weight and size and is correctly fitted in the car. Further information can be found here [Car seat safety: How to keep your child safe in the car](#).



Paracetamol and pregnancy

The Department for Health and Social Care (DHSC) have issued a statement following the recent US announcement on the link between paracetamol and autism. 'Current evidence supports the safe use of paracetamol during pregnancy when used as directed. There is no evidence that taking paracetamol during pregnancy causes autism in children'. <https://healthmedia.blog.gov.uk/2025/09/23/paracetamol-and-pregnancy-what-you-need-to-know/>

INSET Days

The School will be closed on the following days for staff training: **3 November, 13 February, 2 April and 1 June.**

Important Dates

Half term holiday – School **CLOSED** – **Monday 27 to Friday 31 October (inclusive)**

INSET Day – School **CLOSED** – **Monday 3 November**

Christmas holidays – School **CLOSED** – **Monday 22 December to Friday 2 January (inclusive)**

Return to School – **Monday 5 January**

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

At Cashmore Early Years Centre we are committed to safeguarding and promoting the welfare of children and young people. This is our safeguarding team:



Charlotte Carter
Headteacher
Designated Safeguarding Lead



Clare Morton
Deputy Headteacher
Deputy Safeguarding Lead



Sharon Cutler
School Business Manager
Deputy Safeguarding Lead



Emmeline James
Inclusion Lead
Deputy Safeguarding Lead



Heidi Taylor
Governor
Named Safeguarding Governor

Packed Lunches

If your child is bringing a packed lunch to nursery school, please remember the following points:



- **Clearly label your child's packed lunch box with their name and key group on the outside of the box.**
- Remember that many pre-packaged items are adult portion sizes.
 - A child portion size is the size of their fist. A child may only need a half a sandwich - made from one slice of bread. A bag of crisps is an adult portion.
 - Beware hidden sugar. The NHS advice is children should have less than 19g a day for children aged 4 to 6 years old (5 sugar cubes or 5 teaspoons. A single miniature pot of yoghurt may have up 3-4 teaspoons of sugar.
 - Sweets and chocolate are not permitted because they contain unhealthy amounts of sugar.
 - Always include some fruit or fresh vegetables but remember that **small tomatoes and grapes** are a very common cause of choking in children and should be **cut in half lengthways**.
- Please do NOT include a drink in your packed lunch (including cartons of juice). The school provides water for all children (freely available all day). Current dental advice is that children aged under 5 should not drink anything except water from a bottle. Fruit juices or squashes are highly acidic and high in sugar and so cause serious damage to young teeth.
- Please remember some children have allergies, we therefore request that you **do not include nuts or nut products**, such as Nutella, in your child's lunch box.
- Please do not include cans or glass bottles/jars/containers in your child's lunch box.

If you have any queries about packed lunches or any issues relating to food at school or at home, please talk to your child's key person and they will be very happy to help you or introduce you to another team member who can help.

Thank you for your help.

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 of 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



Early Years Service
Working in partnership for children and families

Early Years Inclusion Information for Families

Every Early Years setting in the city is offered regular visits from a member of Bristol City Council's Portage and Inclusion Team.

These visits give opportunities to talk about:

- The inclusive Early Years environment.
- Staff training needs.
- Requirements of the Special Educational Needs & Disability Code of Practice and how settings are meeting these.
- Progress of individual children.

We support Early Years educators to:

- Understand Special Educational Needs processes and procedures.
- Monitor and review a child's progress.
- Reflect on provision to support achievement of agreed outcomes.



When children move on to another provider or school, we will provide [transition support](#) in relation to special education needs. This may include discussion with new key adults and observation of children in their new environment.

We record all visits in order that any identified development areas for the setting are captured and can be followed up. Early Years Special Educational Needs Co-ordinators (SENCOs) are encouraged to liaise with families where discussion about individual children takes place.

Your information will be stored and shared in accordance with the Privacy Notice available on the Bristol City Council website: www.bristol.gov.uk/EarlyYearsInclusionPrivacyNotice

Contact email: earlyyears.sensupport@bristol.gov.uk





OASIS BROOMHILL FOOD PANTRY

EVERY TUESDAY 12.30-2PM

Please bring your own bags. Cash and Card payments both accepted.

Why Visit Us?



Cheaper Shopping Bill

Pay just **£4** to choose
£10-15 worth of food a
week



Socialise, Meet New People

An opportunity to chat in
our Snug room, meet
others in your area



Sense of Community

Find out what else is
going on in the area,
things to do and events



Choice of Variety of Foods

Fresh fruit and veggies,
store cupboard and
essential items

£2 Forever Membership Fee - Payable on First Visit

Where?

St Peters Methodist Church
Allison Road
Brislington
BS4 4NZ

✉ liz.rose@oasisuk.org

📞 07386684620



Bristol & South
Gloucestershire

Mums in Mind

Finding things tough? You're not alone

A free 10-week peer support group for mums with children aged 2 and under who are struggling.

Join us for snacks, crafts, and a chance to chat with other mums in a relaxed, supportive space.



We'll cover topics like:

- Expectations vs reality of parenting
- Managing family life
- Changes in relationships
- Play and child development
- Tips, challenges and self-care



**Starts Tuesday 23rd
September**



10am-12pm



**St. Werburghs Park
Nursery and Children's
Centre BS2 9UX**

This group is by referral only. For more information, to make a referral or to refer yourself go to: <https://homestartbsg.org.uk/bristol-groups/> or call 0117 950 1170





FREE
4 Week
Group



Parenting Puzzle

A parenting group for parents of children aged 0 - 5 years old, run by qualified staff at your local Children's Centre. This group is for adults only. Free creche available.

Workshop 1: Understanding Children's Behaviour, Listening and Communicating, Praise and Encouragement

Workshop 2: Praise and Guidance vs. Criticism, Child-led Play and Positive Moments

Workshop 3: Boundaries and Parenting Styles, Time to Calm Down, Dealing with Stress and Conflict

Workshop 4: Choices and Consequences, Behaviour to Ignore, Putting the Puzzle Together, Looking after Ourselves

**Wellspring
Settlement**

Ducie Road, BS5 0A

Thu 25th Sept - Thu

16th Oct

9.45 - 11.45am



Scan here to
register
your interest



If you would like further information or to register your interest directly then please call us on:
07721311497 or email: psso@bristol.gov.uk

Once you have registered your interest, a member of the team will be in touch to find the best course location for you (in person or virtual options available).





MURMURATION
COMMUNITY
THERAPY



Muslim SEND parent Nurture Group

Are you a mum with a SEND child ?

We invite you to join our new 8-week group designed to support your emotional wellbeing and connect you with a community of understanding parents.



Bristol Parent
Carer Forum

Shaping the Future *Together*

FOR MORE INFO AND TO BOOK, VISIT
[MURMURATIONCOMMUNITYTHERAPY.COM](https://murmurationcommunitytherapy.com)



MURMURATION
COMMUNITY
THERAPY



SEND Parents – don't be alone – find your tribe!

An 8 week group for emotional wellbeing +
ongoing friendship with other SEND parents.

Longcross Children's Centre, Wednesdays
10-11:30 AM from September 24th 2025

'Do it! It is the most beneficial thing I have
done for myself and my family's future since
becoming a parent.'

2025 participant

FOR MORE INFO AND TO BOOK VISIT
MURMURATIONCOMMUNITYTHERAPY.COM





FREE
5 Week
Group



Antenatal Welcome to the World

Suitable for parents at around 22 weeks of pregnancy onwards...



Understanding your baby and baby's brain development



Your future as parents and as a family



Your roots, traditions, hopes and fears for the future



Infant feeding and the practical tasks of caring for a new baby



Practical Skills - safer sleep, bath time and changing nappies



Scan here to
register your
interest



**Oldbury Court
Children's Centre
BS16 2QS
17th September - 15th
October
3pm-5pm**

**If you would like further information or to register your interest directly then please call us on:
07721311497 or email: pssso@bristol.gov.uk**

**Once you have registered your interest, a member of the team will be in touch to find the best
course location for you (in person or virtual options available).**





FREE
11 Week
Group



The Nurturing Programme

**A FREE parenting group for parents of children aged 2 - 8 years old, run by qualified facilitators.
This group is for adults only.**

What you'll learn:

- Understand why children behave as they do
- Recognise the feelings behind behaviour (ours and theirs)
- Explore different approaches to discipline
- Find ways to develop co-operation and self-discipline in children
- Learn the importance of looking after ourselves

Scan to
book



Location:

St Werburghs Park
Nursery School &
Children's Centre,
BS2 9U

Every Monday
12.45-2.45pm

15th Sep- 8th Dec
(2-week break
between week 4&5)

If you would like further information or to register your interest directly then please call us on:
07721311497 or email: pssso@bristol.gov.uk

Once you have registered your interest, a member of the team will be in touch to find the best
course location for you (in person or virtual options available).





FREE
9 Week
Group



Circle of Security Parenting

**A parenting group for parents of children aged 0 - 5 years old, run by qualified staff at your local Children's Centre.
This group is for adults only.**

During this parent reflection group you will explore:

- Supporting your child's emotional needs
- Understanding your relationship with your child
- Helping your child manage their emotions
- Looking differently at your own mental wellbeing

**St. Anne's Park
BS4 4BJ**

Tue 7th October -

Tue 9th December

12.30- 2pm

**(Weekly, no session on
21st October)**



**Scan here to
register your
interest**



**If you would like further information or to register your interest directly then please call us
on: 07721311497 or email: psso@bristol.gov.uk**

**Once you have registered your interest, a member of the team will be in touch to find the
best course location for you (in person or virtual options available).**



PARENT puzzle



Starts Thursday 2nd October, 9.30am to 12.00pm
Settlement Site, Ducie Road BS5 0AX
Free Bookable Creche Spaces

A free 4-week parenting course run
by Shona and Tracey, looking at:

- Understanding and managing behaviour
- Creating boundaries
- Dealing with stress
- Looking after ourselves



Find out more or book:
0117 3041400 - ext 161 or 215
tracey.nation@wsb.org.uk
shonaugh.iles@wsb.org.uk



www.wellspringsettlement.org.uk info@wsb.org.uk
Settlement Site, 43 Ducie Road, BS5 0AX - 0117 955 6971
Wellspring Site, Beam Street, BS5 9QY - 0117 304 1400

A company limited by guarantee, registered in England and Wales (06031400) and a registered charity (1101100)

MUM CIRCLE STRENGTH

Pregnancy movement
Mondays 1-2pm

@ Barton Hill Family Room
Wellspring Settlement, BS5 0AX

Gentle movement class,
safe for pregnant women.
Mums only please.

Postnatal recovery
Wednesdays 9.30-11am

@The Salvation Army
Hassell Drive, BS2 0AN

Safe exercise and support,
from 2 months after childbirth.
Babies/children welcome.

Happy
Healthy
Strong

Faraxsane
Caafimaad gab
iyo adkaaysi

سعيد
صحي
قوي

خوش
صحت مند
مضبوط



Starts Monday 8th September 2025. Term time only.
Drop in, no booking. £3 per session, pay if you can (cash/card).
Contact Caafi Health 0117 235 0410, nesrien@caafihealth.com





FREE DROP-IN COOKING SESSIONS

Get inspiration for using Food Club box ingredients

Learn new recipes and skills

Taste dishes from different cultures

Meet neighbours and share a free meal

Take home easy recipe cards

No booking needed - just drop in

Open to everyone - Food Club members and local residents welcome

At Wellspring Beam Street kitchen
Every Thursday

25th September - 18th December 2025

1pm - 3pm

(Please note: no session on 11 December)

Contact hannah@91ways.org for more information

91ways.org



FAMILY CENTRE weekly timetable



From Tuesday 9th September to
Thursday 24th October 2025 (term time only)

- Stay and play sessions for families with children from birth to 5 years old
- Parenting programmes with bookable creche spaces
- 1:1 meetings with a family worker
- Weekly Baby Hub for general health or 1:1 breastfeeding support from the Health Visiting team, Peer Supporters and Family Workers
- Hello Baby 4 week antenatal course



www.wellspringsettlement.org.uk info@wsb.org.uk
Settlement Site, 43 Ducie Road, BS5 0AX - 0117 955 6971
Wellspring Site, Beam Street, BS5 9QY - 0117 304 1400

A company limited by guarantee, registered in England and Wales (05031499) and a registered charity (1103139)

Mondays

10 to 11.30am Coffee Morning and under 5s Stay and Play for Barton Hill Families only

Tuesdays

11.30am to 12.30am Baby PEEP 0-12 months

1.30 to 3.30pm Hello Baby 4-week antenatal programme (book with your midwife)

Wednesdays

10 to 11.30am Stay and Play for under 5s

12.30 to 2.30 pm Food Club (membership only)

12.30 to 2pm SEND & You and Bristol Parent Carers support services **monthly**

Thursdays

9.15am to 12.15pm SFSC parenting programme start date 18th September 2025 (for 13 weeks) excluding school holidays. Free creche

9.30am to 12.00pm 4 Week **Parenting Puzzle** parent course. Free Creche. Starting 25th September 2025

1 to 2.30pm Baby Hub and infant feeding support. **Last entry 2.15pm**

Weekly confidential meetings offering 1:1 support and signposting to other services to ensure you and your family get the best experience, support and advice possible. Please speak to a worker to book a time suitable for you.

Every Thursday from 18th September for 13 sessions, excluding school holidays. The last session will be on 18th December.

9.15am to 12.15pm

Wellspring Settlement
43 Ducie Road, Bristol, BS5 0AX

For more information or to book, call Sally or Laura on 0117 3041400 extension 155

Professionals: find a referral form at
<https://form.jotform.com/222903517095355>

Parents: self-refer
by scanning
the QR code:



Family Centre, Settlement Site, Ducie Road, Barton Hill, BS5 0AX
0117 3041400

www.wellspringsettlement.org.uk info@wsb.org.uk

Wellspring Settlement is a company limited by guarantee registered in England and Wales under number 05031499 and is a charity, number 1103139

strengthening families strengthening communities



A free, inclusive course
to help parents and
carers raise happy,
confident children, from
babies to teens

**FREE CRECHE SPACES
AVAILABLE! PLACES
MUST BE BOOKED!**



A guide for **parents and carers** on applying for a **primary school** place for the school year **2026–2027**

If your child was born between 1 September 2021 and 31 August 2022
you will need to apply for a school place by 15 January 2026



TRADING
WITH
SCHOOLS

BRISTOL
LEARNING CITY



www.bristol.gov.uk/schooladmissions

What do I need to do to apply for a school place?

- Check the guidance on applying for schools – available at www.bristol.gov.uk/schooladmissions, or by contacting School Admissions. The guidance contains details on how & when to apply, information on each school along with their admissions policy and oversubscription criteria. With the mix of different types of school from Church schools, Foundation schools, Academies, Free Schools and Community schools the admissions policy could be different for each school you put as a preference so it's important to ensure you check this carefully.
- Some schools require supplementary forms to be completed as well as the common application form. Make sure you check if this applies to the school(s) you are interested in.
- Visit the schools. All schools hold open days. Contact the school directly for further details on open days.
- Look at the school's prospectus and its website which are useful sources of information.
- You can name up to three school preferences. We advise you to name more than one school.
- Make sure you apply on-time. The deadline is 15 January 2026.

School Admissions (CH)

Bristol City Council
PO Box 3399, Bristol, BS1 9NE

www.bristol.gov.uk/schooladmissions

e school.admissions@bristol.gov.uk

t 0117 903 7694



Why apply online?

- The system helps you by checking for errors.
- There is no risk that your application will be lost in the post.
- It is quick and easy to do.
- You will get an immediate email confirming that your application has been received.
- You will receive an email notification of the outcome of your application on the same day as the offer letters are posted.
- The system is available 24 hours a day until the final submission time of midnight on 15 January 2026.

Apply online www.bristol.gov.uk/schooladmissions