



Cashmore Early Years Centre

Newsletter October 2025



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

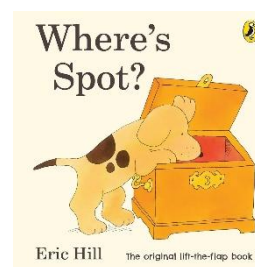
This term we have been looking at the changes in the environment by exploring leaves: throwing them in the air and crunching and scrunching them. We have also been jumping in puddles ("*Splish, splash!*").

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)

This term has focussed on settling in and building relationships with key adults. We have been settling into the routines of nursery and exploring all the resources in continuous provision and group learning times. Adults have created consistent, calm spaces, giving new children time to process this big change and helping them to begin to feel safe at nursery without their parents or carers.

Our core book has been "[Where's Spot?](#)" by Eric Hill. We are learning what group time is and to give attention to a story within a group whilst developing our communication and early literacy skills. The key words we are focusing on understanding are: open, under, where, and inside.



We have been using song card visuals so everyone can choose a song to sing as a group, learning the words and practising turn-taking whilst building our social and emotional skills. To learn the names of the friends in our group, we have been singing name songs so everyone can practice saying names and make connections with peers.

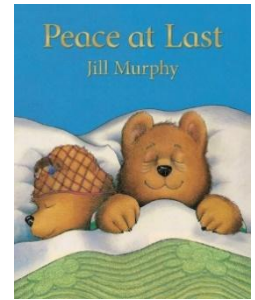
We have also been learning counting songs based on the children's interests, introducing counting and using fingers to represent amounts through the chanting nature of number songs. Group times have focused lots on sensory experiences including using water to explore pouring and tipping, using pipettes and making splashes, and feeling and playing with oats whilst experimenting with sprinkling, pouring, and squishing.

We have also been practising our fine motor skills by introducing different tools including scissors, glue spreaders, and using spoons in gloop. These experiences help us learn to use our fingers with increasing control and intention to support physical development.

Zebra and Tiger Groups (3-year-olds)

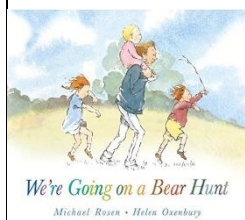
This term has focussed on settling in and building relationships with key adults. We have been settling into the routines of nursery and exploring all the resources in continuous provision and group learning times.

Our core book has been "[Peace at Last](#)" by Jill Murphy. We have been learning to give full attention to a story, to use repeated refrains, to practise listening skills, and to explore making sounds with our mouths, developing communication, language, and literacy skills. The key songs we have focussed on support us to learn to count by tagging a number to each object and subitising small amounts, building mathematical understanding through music and rhythm.



We have been focussing on our fine motor skills by using tools to explore gloop, using tweezers to pick up objects, using pinching grip with peg boards, and introducing using scissors to make snips in paper using one hand, all supporting physical development and hand-eye coordination.

During provision we have been exploring and experimenting with shaving foam, paint, gloop, sand, mud, and playdough, noticing their textures and discovering the different ways we can interact with them.



As Summer turns to Autumn, we have been looking at natural resources and making leaf and stick pictures using glue. We have experienced touching pumpkins and investigating their insides, spent time splashing in puddles and experienced the strong wind outside, developing our understanding of the world and creative expression.

We have also introduced our next core book "[We're Going on a Bear Hunt](#)" by Michael Rosen to continue to build on our skills and learning.

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.



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 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**).

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.



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

INSET Days

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

Catering supplier

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

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.

We send best wishes for a **Happy Diwali** to the families in our school community celebrating!



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](#)



Autumn leaves

(to the tune of London Bridge is Falling Down)

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.



15 October 2025 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**. **9,244** children were so badly burnt or scalded in 2024 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
15TH OCTOBER 2025
#BeBurnsAware

A BURN INJURY IS FOR LIFE

9,244 CHILDREN WERE **BURNED OR SCALDED** IN 2024

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

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

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.



SAY
SEND AND YOU
SENDIAS

SEND and You Appointments on Wednesday 22nd October 2025

@Wellspring Settlement Family Centre, Barton Hill,
BS5 0AX

SEND and You can provide advice and support around: SEN support in schools, EHCPs, completing paperwork, your legal rights and much more!

Use the QR code below to book a free appointment with our SEND and You Practitioner!

Appointment times:

1pm
1:20pm
1:40pm
2pm



www.sendandyou.org.uk www.bristolparentcarers.org.uk



SAY
SEND AND YOU
SENDIAS

SEND and You Appointments on Wednesday 26th November 2025

@Wellspring Settlement Family Centre, Barton Hill,
BS5 0AX

SEND and You can provide advice and support around: SEN support in schools, EHCPs, completing paperwork, your legal rights and much more!

Bristol Parent Carers will also be offering a drop-in session from 1-2:30pm. No need to book for this if you would like to come along for a chat with people who understand.

Use the QR code below to book a free appointment with our SEND and You Practitioner!

Appointment times:

1pm
1:20pm
1:40pm
2pm



www.sendandyou.org.uk www.bristolparentcarers.org.uk



SAY
SEND AND YOU
SENDIAS

SEND and You Appointments on Wednesday 28th January 2026

@Wellspring Settlement Family Centre, Barton Hill,
BS5 0AX

SEND and You can provide advice and support around: SEN support in schools, EHCPs, completing paperwork, your legal rights and much more!

Bristol Parent Carers will also be offering a drop-in session from 1-2:30pm. No need to book for this if you would like to come along for a chat with people who understand.

Use the QR code below to book a free appointment with our SEND and You Practitioner!

Appointment times:

1pm
1:20pm
1:40pm
2pm



www.sendandyou.org.uk www.bristolparentcarers.org.uk

School Meals Supervisory Assistant

at

St Philip's Marsh Nursery School, Albert Crescent, St Philip's, Bristol BS2 0SU

Do you enjoy working with children? Do you have a little bit of time each day when you would be available to work?

This is a great chance for someone within the community to join our friendly and supportive team. We are looking for someone to work as part of the SMSA team who look after children aged 2-5 at lunchtime, serving lunch and providing high quality, safe supervision, talking with the children and supporting them in their play.

Days: **Monday to Friday (term time only)**
Hours: **11.30 am - 1.15 pm (1 hour 45 minutes per day)**
Grade: **BG2**
Hourly rate: **Living wage**
Contract: **Fixed term (until 31 August 2026)**
Qualifications: **None required (training will be provided)**
Closing date: **31 October 2025**
Start date: **As soon as possible**

The successful candidate will:

- have experience of working or volunteering in a school setting;
- be motivated, enthusiastic and organised;
- be able to use their initiative;
- be committed to building and maintaining positive relationships; and
- be a team player with good communication skills.

We offer:

- training and opportunities for professional development; and
- a friendly and supportive staff team.

The school is committed to the safeguarding of all children. For this position you will need to complete an enhanced DBS check.

If you are interested in this opportunity, please email

stphilipsmarshn@bristol-schools.uk

or call Sharon Cutler on 0117 9776171

FOOD FESTIVAL

WEEK 1

Autumn Winter 2025/26

03/11/25, 24/11/25, 15/12/25, 05/01/26,
26/01/26, 16/02/26, 09/03/26, 30/03/26

LUNCHTIME

PRIMARY



THE MAIN EVENT



MEAT-FREE MAGIC

Veggie Dish



HALAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese and Tomato Pizza with Wedges B	Moroccan Chicken Meatballs and Rice B	Roast Chicken, Skin on Roasties and Gravy C	Minced Beef and Onion Pie with Mash D	Golden Fish Fingers or Salmon Fingers and Home Cooked Chips B
Baked Sweetcorn Fritters with Wedges A	Sweet Potato Tagine and Rice B	Cauliflower & Broccoli Cheese Bake, Skin on Roasties and Gravy B	Bean and Roots Stew and Mash A	Cheesy Bean Wrap with Home Cooked Chips B
Cheese and Tomato Pizza with Wedges B	Moroccan Chicken Meatballs and Rice B	Roast Chicken, Skin on Roasties and Gravy C	Minced Beef and Onion Pie with Mash D	Golden Fish Fingers or Salmon Fingers and Home Cooked Chips B



RAINBOW ALLEY

Vegetarian and Halal



DESSERT TROLLEY

Vegetable Sticks	Mixed Greens	Carrots and Cabbage	Green Beans and Sweetcorn	Peas and Baked Beans
Orange Cookie B	Strawberry and Pineapple Jelly B	Apple Tea Cake and Custard B	Chocolate Shortbread B	Lemon Drizzle Cake B



What impact has your meal had on planet Earth today?



AVAILABLE DAILY

DAILY SALAD BOWL, FRESHLY BAKED BREAD, YOGHURTS, CUT FRUIT AND DRINKING WATER

FOOD FESTIVAL

by Aspens

WEEK 2

Autumn Winter 2025/26

10/11/25, 01/12/25, 22/12/25, 12/01/26,
02/02/26, 23/02/26, 16/03/26



THE MAIN
EVENT



MEAT-FREE
MAGIC

Veggie Dish



HALAL

LUNCHTIME

PRIMARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese and Tomato Pizza with Wedges 	Creamy Chicken and Sweetcorn Pasta 	Roast Chicken, Skin on Roasties and Gravy 	Mild Beef Chilli Con Carne with Rice 	Golden Fish Fingers and Home Cooked Chips 
Green Veg and Butterbean Pie with Wedges 	Veggie Wholegrain Pasta Bolognese 	Cheddar and Spring Onion Pastry Slice 	Vegetable Ratatouille with Rice 	BBQ Veggie Wrap with Home Cooked Chips 
Cheese and Tomato Pizza with Wedges 	Creamy Chicken and Sweetcorn Pasta 	Roast Chicken, Skin on Roasties and Gravy 	Mild Beef Chilli Con Carne with Rice 	Golden Fish Fingers and Home Cooked Chips 



RAINBOW
ALLEY

Vegetables and Salads



DESSERT
TROLLEY

Vegetable Sticks	Broccoli and Cabbage	Carrots and Peas	Mixed Greens	Peas and Baked Beans
Chocolate Popcorn Bar 	Orange and Peach Jelly 	Banana Bread and Custard 	Apple Flapjack 	Maple Oat Cookie 

What impact has your meal had on planet Earth today?



AVAILABLE DAILY

DAILY SALAD BOWL, FRESHLY BAKED BREAD,
YOGHURTS, CUT FRUIT AND DRINKING WATER

FOOD FESTIVAL

by Aspens

WEEK 3
Autumn Winter 2025/26
27/10/25, 17/11/25, 08/12/25, 29/12/25,
19/01/26, 09/02/26, 02/03/26, 23/03/26

LUNCHTIME

PRIMARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Macaroni Cheese	Cottage Pie	Roast Chicken, Skin on Roasties and Gravy	Mild Chicken Korma with Rice	Golden Fish Fingers and Home Cooked Chips
Spanish Spinach and Chickpeas with Wedges	Shepherdless Pie	Carrot and Stuffing Puff Pastry Plait, Skin on Roasties and Gravy	Tarka Dhal with Rice	Vegetable Fingers with Home Cooked Chips
Macaroni Cheese	Cottage Pie	Roast Chicken, Skin on Roasties and Gravy	Mild Chicken Korma with Rice	Golden Fish Fingers and Home Cooked Chips



Sweetcorn and Cabbage	Mixed Greens	Roasted Roots	Carrots and Green Beans	Peas and Baked Beans
Shortbread	Sweet Potato Brownie	Oaty Apple Crunch	Banana and Custard	Vanilla Cookie

What impact has your meal had on planet Earth today?

Very Low Low Medium High Very High

AVAILABLE DAILY
DAILY SALAD BOWL, FRESHLY BAKED BREAD, YOGHURTS, CUT FRUIT AND DRINKING WATER.