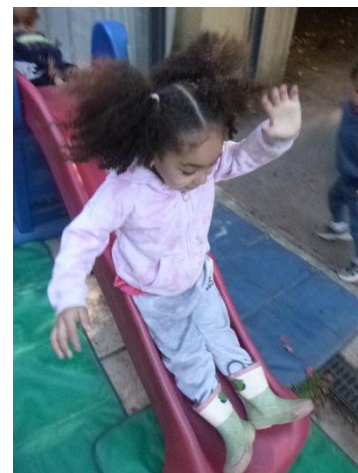




CASHMORE EARLY YEARS CENTRE

Newsletter October 2026



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](#)



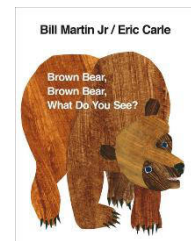
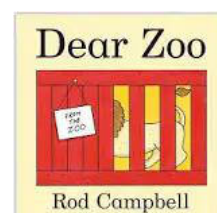
Hippo and Giraffe Groups (2-year-olds)

The children in Hippos and Giraffes have made a fantastic start to the school year. Returning children and those who are new to the Centre have been settling in well, getting to know their surroundings, routines and each other. Singing has been a lovely way to help everyone feel part of the group. The children have been enjoying hello and goodbye songs, helping them to become familiar with each other's names while developing their listening, communication and confidence.

Animals have also been a big focus. The children have been learning the names of different animals and exploring the noises they make. Stories including Dear Zoo and Doing the Animal Bop have supported this interest, and the children have now started sharing Brown Bear, Brown Bear, What Do You See?. Favourite songs such as Old MacDonald Had a Farm ([Old MacDonald - CBeebies](#)), Down in the Jungle ([Down in the jungle - BBC Teach](#)) and Five Little Monkeys ([Five little monkeys jumping on the bed - BBC Teach](#)) have provided even more opportunities to explore sounds, words, rhythm and repetition.

During group times, the children have also been developing their fine motor skills through lots of hands-on play. Building with Duplo, magnetic bricks and small wooden bricks encourages children to use their hands with increasing control while experimenting with construction. The children have also enjoyed fitting puzzle pieces into pegboards, supporting their concentration, coordination and problem-solving skills.

It has been a busy and enjoyable start for Hippos and Giraffes, with lots of opportunities to learn through stories, songs and play.



Zebra and Tiger Groups (3-year-olds)

There has been lots happening in Tigers and Zebras at Cashmore Early Years Centre, from welcoming new friends and learning new routines to a shopping trip to Lidl and making some delicious pizzas.

As children have settled into new key groups, they have been getting to know their daily routines, learning each other's names and making new friends. We have also been exploring emotions and talking about safe ways to express how we feel. Children have practised making different facial expressions and explored what they can do when they experience big feelings, such as stamping their feet when they are angry or having a comforting hug when they feel sad. These experiences are helping children to recognise their emotions, communicate their feelings and develop positive relationships with others.

Our interest in shopping has provided lots of opportunities for learning through play. Children have practised their cutting skills by using magazines to create shopping lists and have drawn pictures of items they might find in a shop on whiteboards. We also enjoyed singing and exploring '*Five Currant Buns*' ([Five currant buns - BBC Teach](#)), introducing the idea that we can use coins to buy things.

We then took our shopping learning out into the local community with a trip to Lidl. Walking in small groups, the children visited the shop to buy food. They found the item they needed, scanned it, put money into the machine and brought their shopping and receipt back to nursery. This real-life experience gave the children a wonderful opportunity to build their confidence and independence while developing their understanding of shops, money and the local community.



Some of our shopping had a very special purpose. We bought pitta bread, tomato purée and cheese so that we could make our own pizzas. Back at nursery, the children followed the steps in the correct order, using spoons to transfer the tomato sauce and carefully sprinkling cheese on top. Once the adults had cooked the pizzas in the oven, everyone had the chance to try their tasty creations at group time. Following a simple recipe supported children to develop their listening, sequencing and fine motor skills, as well as encouraging independence.

Families can try making these simple pizzas at home too. All you need is pitta bread, tomato purée mixed with a little water to make it easier to spread, and grated cheese. You could also add your family's favourite toppings, such as sweetcorn, peppers or herbs.

Travelling Light Performance

We recently had the fantastic opportunity to watch a show at the Wellspring Settlement. We engaged in some open-ended play, listened to the music, and made movements together. The performers then went to the stage to perform whilst we watched. The show was amazing and the children did very well with their participation and attention skills.



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.

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.

Application for primary school

Please remember that the deadline for applying for a Reception Class place for your child is 15 January 2027 (if your child was born between 1 September 2022 and 31 August 2024). Look out for tours at your local primary schools. They are a useful way to see what life is like at school and to ask questions to find out if it could be the right school for your child. 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 photos to us at clare.morton@bristol-schools.uk

Toileting

If your child is in nappies, please ensure there are enough **nappies** and **wet wipes** for the session and if your child is toilet training, please put **wet wipes in their bag** and lots of **spare clothes** (including **socks**) as children may need changing more than once.

If your child is not actively potty training (i.e. attempting to use the toilet regularly), please could you provide **nappies (with tabs)** instead of pull-ups to help key people with the changing process.

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.

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.

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!



New menu

After half term, there will be a new lunch time menu (see below). The cost of a meal remains £2.70.

Advance notice – changes to Free School Meal holiday vouchers (from December 2026)

The council currently provides free school meal (FSM) supermarket vouchers during school holiday periods to families in receipt of benefit related free school meals (FSM). This is now coming to an end. **The final FSM supermarket voucher issue will take place for the December 2026 school holidays.**

Please note that this does not impact your child's standard meals; regular FSM provision during term time remains fully available for all eligible children.

Why is this change happening?

This adjustment follows the UK Government's decision to end the Household Support Fund, which previously financed supermarket holiday vouchers through local authorities. The replacement fund, the Crisis and Resilience Fund, operates under different national criteria and cannot be used to run widespread holiday voucher schemes.

We understand this news may be concerning during a time of ongoing financial pressure for families.

What alternative support is available?

To ensure children continue to receive support during school holiday periods, the following options remain available:

Cost of Living <https://www.bristol.gov.uk/residents/people-and-communities/cost-of-living-support>

Holiday Activity and Food Programme (HAF) <https://www.bristol.gov.uk/residents/people-and-communities/find-a-holiday-activity-in-your-area>

If you have questions about your ongoing term-time eligibility or need guidance on how to access local support funds, please visit the local council's family support hub.

INSET Days

The School will be closed on the following days for staff training: **4 January, 25 March, 7 June.**

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 must 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.

Diwali

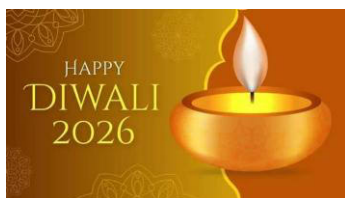
When we come back after half term we will be celebrating Diwali (also known as Deepavali), the major [Hindu Festival of Lights](#) celebrated across Hinduism, Jainism, and Sikhism.

There are some great sites with more information for children and families here:

[Celebrating Diwali - CBeebies](#)

[My First Festivals: Diwali - CBeebies](#)

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



Important Dates

Half term holiday – School **CLOSED** – **Monday 26 to Friday 30 October (inclusive)**

Christmas holidays – School **CLOSED** – **Monday 21 December to Friday 1 January (inclusive)**

INSET day – **Monday 4 January** (School **CLOSED**)

Return to School – **Tuesday 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.





Burns Awareness Day 2026

Safer today, brighter tomorrow

NHS
Bristol
NHS Foundation Trust

Small steps make a big difference!

BURNS PREVENTION TIPS

Most burns can be prevented!
Keep yourself and others safe by following these simple tips:



Be careful in the kitchen

- Keep hot foods and drinks away from little hands.
- Turn pot handles inward and use the back hobs.
- Hot hobs can stay hot even after they're switched off – don't touch them!



Keep hot drinks safe

- Keep hot drinks off of low tables and away from the edges of countertops.



Be careful with hair straighteners

- Keep in heat protective pouch and keep out of reach of children.



Top sources of burn injuries in children (2025)



28%

Hot liquids (scalds & drinks)



16%

Hot hobs and cookers



12%

Open flames (fires, candles, BBQs)



9%

Hot food and soup



8%

Other (e.g. heaters, hair straighteners, car exhausts)

Figures taken from the International Burns Injury Database (IBID).

BURNS FIRST AID ADVICE

If someone is burnt, follow these steps (remember: three C's: cool, call, cover):

1 Cool

Remove any clothing and run cool (not cold) water over the burn for 10–20 minutes. This helps stop the heat and reduce pain.



2 Call

Call for help – 999, 111 or your GP for advice.



3 Cover

Gently cover the burn with a clean, non-stick dressing or cling film. Don't use ice, butter, toothpaste or fluffy materials like cotton wool.



Fact:

Children under 5 are at the highest risk for scald burns and contact burns at home. Always supervise young children around hot liquids and appliances such as ovens, hobs and hair straighteners.



In 2025,
6,040
children under 5
were treated for burns or scald injuries.

Figures taken from the International Burns Injury Database (IBID).



National Burn Awareness Day
14TH OCTOBER 2026

A BURN INJURY IS FOR LIFE

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.

OCTOBER
HALF TERM
FREE FAMILY
MEAL



AT ST. ANNE'S HOUSE
CIBOMATTO CANTEN

12 PM
TO
1.30 PM

TUE 27TH,
WED 28TH,
THU 29TH,
FRI 30TH

DROP IN,
NO NEED TO BOOK

PARENTS
AND CARERS PAY AS
YOU CAN



KIDS FREE

ST
ANNE'S
HOUSE

St Anne's House - St Anne's Rd Brislington BS4 4AB
Questions contact - info@cibomattobristol.co.uk



FOOD FESTIVAL

by Asperio

WEEK 1

Autumn/Winter 2026-27

02/11/26, 23/11/26, 14/12/26, 04/01/27,
25/01/27, 15/02/27, 08/03/27

LUNCHTIME

PRIMARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN
EVENT

Cheese and Tomato
Pizza Slice
with Wedges

B

BBQ Chicken Wrap
with Rice

B

Roast Chicken,
Skin on Roasties
and Gravy

C

Beef Lasagne

B

Golden Fish Fingers
or
Salmon Fingers
and Chips

B

MEAT-FREE
MAGIC

Veggie Dish

Beanie
Sweet Corn Burrito
with Wedges

B

American Veggie Rice

A

Vegetable Quiche,
Skin on Roasties
and Gravy

B

Macaroni Cheese

C

Pizza Pocket
with Chips

B

HALAL

Cheese and Tomato
Pizza Slice
with Wedges

B

BBQ Pulled Chicken
with Rice

B

Roast Chicken,
Skin on Roasties
and Gravy

C

Beef Lasagne

B

Golden Fish Fingers
or
Salmon Fingers
and Chips

B

RAINBOW
ALLEY

Vegetarian
and Vegan

Roasted Root Veg

Sweetcorn & Broccoli

Carrots and Peas

Mixed Salad

Peas and Baked Beans

Chocolate Brownie

C

Strawberry Jelly

A

Sticky Banana
Pudding and Custard

B

Fruity Oat
Crumble Squares

B

Carrot Cookie

B

AVAILABLE DAILY

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

What impact has your meal
had on planet Earth today?

A Very Low
B Low
C Medium
D High
E Very High

FOOD FESTIVAL

WEEK 2
Autumn/Winter 2026-27
09/11/26, 30/11/26, 21/12/26, 11/01/27,
01/02/27, 22/02/27, 15/03/27

LUNCHTIME

PRIMARY



THE
MAIN
EVENT



MEAT-FREE
MAGIC

Veggie Dish



HALAL

MONDAY

Cheese and Tomato
Pizza Slice
with Wedges

B

TUESDAY

Jerk Chicken Wrap
and Potato Salad

C

WEDNESDAY

Roast Chicken,
Skin on Roasties
and Gravy

C

THURSDAY

Beef Bolognese
Pasta

D

FRIDAY

Golden
Fish Fingers
and Chips

B

BBQ Pinwheels
with Wedges

B

Quorn Hot Dog
Baguette with Ketchup
and Potato Salad

B

Cauliflower and Broccoli
Cheese Bake with Skin on
Roasties and Gravy

B

Veggie Pasta
Bolognese

B

Cheesy Bean Wrap
with Chips

B

Cheese and Tomato
Pizza Slice
with Wedges

B

Hot Dog Baguette with
Ketchup
and Potato Salad

C

Roast Chicken,
Skin on Roasties
and Gravy

C

Beef Bolognese
Pasta

D

Golden
Fish Fingers
and Chips

B



RAINBOW
ALLEY

Vegetarian
and Vegan



DESSERT
TROLLEY

Mixed Greens

Watermelon
Wedge

A

Mixed Salad

Orange Jelly

A

Carrots and Cabbage

Chocolate and Pear
Upside Down Cake
with Custard

C

Green Beans and
Sweetcorn

Lemon Drizzle
Cake

B

Peas and Baked Beans

Apple Crumble
Cookie

B

AVAILABLE DAILY

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

What impact has your meal
had on planet Earth today?

A Very Low
B Low
C Medium
D High
E Very High

FOOD FESTIVAL

By Andrews

WEEK 3

Autumn/Winter 2026-27

16/11/26, 07/12/26, 28/12/26, 18/01/27,
08/02/27, 01/03/27, 22/03/27

LUNCHTIME

PRIMARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Macaroni Cheese	Cheese and Tomato Pizza Slice with Wedges	Roast Chicken, Skin on Roasties and Gravy	Chicken Meatball Marinara and Pasta	Golden Fish Fingers and Chips
Macaroni Cheese	Vegetable Korma with Rice	Roasted Vegetable Strudel, Skin on Roasties with Gravy	Bean and Cheesy Mash Bake	Vegetable Fingers with Chips
Macaroni Cheese	Cheese and Tomato Pizza Slice with Wedges	Roast Chicken, Skin on Roasties and Gravy	Chicken Meatball Marinara and Pasta	Golden Fish Fingers and Chips



Vegetable Sticks	Mixed Salad	Carrots and Green Beans	Sweetcorn and Broccoli	Peas and Baked Beans
Chocolate Orange Shortbread	Raspberry Jelly	Apple and Pear Crumble with Custard	Honey Cake	Oaty 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