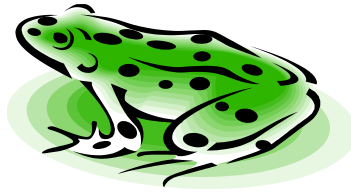


# NEWSLETTER OCTOBER 2023



## ST PHILIP'S MARSH NURSERY SCHOOL

I am delighted to report that all the new children and returners have settled in well and there is a lovely atmosphere in the school. The children are busy learning and making friends.

### Colour and light

After half term we will be working with the children on the theme of colour and light. The children will be learning about autumn and seasonal changes, bonfires and fireworks, the Hindu festival of Diwali and the Christian celebration of Christmas. The children will also be learning about mixing colours and experimenting with a range of art techniques.



### Primary School Applications

Please remember that the deadline for applying for a Reception class place for your child is 15 January 2024. The Council are requesting that this is carried out on line [www.bristol.gov.uk/schooladmissions](http://www.bristol.gov.uk/schooladmissions). Please let us know when you have applied.

### Car park and child safety

Your child's safety is our number one priority at all times. We ask you to make sure that this is yours too. Every school in Bristol has an issue with parking and we are no exception. We are fortunate that we have a small car park at the front of the premises that parents can use. This can get very congested and if you are in a hurry it is best to park in a nearby side street. Walking, cycling and lift sharing are all ways in which to reduce congestion.

We encourage everyone to be tolerant and respectful at all times when using the car park.

Please ensure you keep a close eye on your child whilst walking in and out of the school and do not walk through the car park (use the gated pathways to the side of the building). **Please do not park in the car parks of local businesses (Fox Storage and Grundons).**

### Staffing and Governor changes

We would like to thank Megan for her dedication to early years and wish her very best of luck in her new job as a family support worker. Megan began her career here as a student in 2013. She will be hugely missed by staff, children and parents.

We would like to welcome Heidi Taylor to the Governing Body. Heidi worked at the school for many years and we looking forward to welcoming her back to our school community.

### Donations

We would be very grateful for donations of **toy cars** and **toy food** for our home areas.



The school provides free milk for all children. We do, however, rely on **donations of fruit, vegetables (e.g. carrot sticks, cucumber, peppers) and other healthy snacks (e.g. cheese, bread sticks)** for your child to share at snack time in the morning and afternoon. If you could bring in a small amount each week it would be greatly appreciated.



It is the time of year for cold viruses and we would also appreciate donations of **boxes of tissues** for the children's use.

### Packed lunches

Due to a severe egg allergy in school, we ask parents/carers **not to send their child to school with**

**egg in their packed lunch** e.g. omelette, egg mayonnaise sandwiches, boiled eggs, quiche. Egg in cakes is allowed.

If your child is bringing a packed lunch to nursery school, please remember that small tomatoes and grapes are a very common cause of choking in children, and should be cut in half **lengthways**. Information on packed lunches is attached (including portion size).

Ideas for healthy packed lunches can be found here:

<https://www.firststepsnutrition.org/eating-well-early-years>

### **30-hours free childcare**

If your child is 3 years between September 2023-December 2023, you may be eligible for 30-hours free childcare (this can be used from January 2023). You can use this for the following nursery sessions:

Monday-Friday 9:00am-3:30pm

or

3 days 7:45am-5:45pm.

To check if you are eligible, please visit [www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk)

If you are eligible, you will be provided with a '30-hour code'. Please give the code and the National Insurance number it is registered with to office staff as soon as possible. The Nursery has to submit codes by 3 January 2024 to Bristol City Council, so please apply by 28 November to guarantee the nursery can use the code for January.

If the codes are not submitted by 3 January, the Council can refuse them until April 2024.

### **Tax-free childcare**

You may also be entitled to tax-free childcare which will help towards paying for nursery fees. For more information and to check eligibility, please visit [www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk)

### **Paying for nursery sessions**

If you receive an invoice for nursery sessions, you can pay by:

- Tax-free childcare (please give your code to office staff)
- BACS payment (the bank details are at the bottom of the invoice and your reference number will be

the six numbers starting with 2 on the top of your invoice).

- Cheque made payable to Bristol City Council Schools General
- Cash

**Please do not use ParentPay for fees. ParentPay is used for paying for meals** and communication from the school to parents.

### **Volunteers welcome**

All parents/carers/grandparents – we would love you to volunteer with us. The children love to be read with and helped with all sorts of activities (e.g. gardening, art, music). Another pair of hands is always welcome! Please speak to your child's key person or myself if you would like to help. Are you a doctor, nurse, vet, or in the fire/police service and can talk to the children about what you do? We would love to hear from you.



### **Clothing**

The weather is very changeable at the moment so please ensure your child always brings a coat to school. As the weather gets colder, children will need appropriate clothing and footwear (wellies). We go into the garden in all weathers. All clothing and footwear must be labelled. It would be helpful if you could show your child how to put their hats and gloves into the sleeve of their coat when they take them off to prevent them being lost.

Spare clothes (labelled) should be kept on your child's peg.

Please remember to **take bags of wet clothes home** at the end of the day.

Please ensure there are **wet wipes** and **nappy sacks** in your child's bag.



### 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 where children get cold viruses. If your child is unwell please keep them at home and telephone the School on 0117 977 6171 to report the absence. We can only give prescribed medication at school that has a pharmacist sticker on the bottle or box with your child's name on it – we cannot give any medicines that you have bought over the counter.

### 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.

### Surplus food from M&S

On Monday and Wednesday evenings, staff pick up surplus food from M&S which would otherwise go to waste. Anything we can't use for snack for the children, we put in Reception for parents to take. Please help yourself to save food waste.

### Forthcoming events

Half term - School **CLOSED** from **Monday 23 October to Friday 27 October (inclusive)**

## 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. The school provides water for all children (freely available all day). Current dental advice is that children aged 3 to 4 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 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 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](https://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](https://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



# National Burn Awareness Day 11TH OCTOBER 2023

#BeBurnsAware

**A BURN INJURY IS FOR LIFE**

[www.cbtrust.org.uk](http://www.cbtrust.org.uk)

[www.britishburnassociation.org](http://www.britishburnassociation.org)

**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

Wednesday 11th October 2023 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. **7,335** children were so badly burnt in 2022 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](http://www.britishburnassociation.org)

[www.cbtrust.org.uk](http://www.cbtrust.org.uk)

[www.safetea.org.uk](http://www.safetea.org.uk)

