



ST PHILIP'S MARSH NURSERY SCHOOL

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.

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](#)

Elm Class

The children in Elm Class have been learning about changes in the environment by talking about the weather and by exploring leaves: watching them fall, crunching and scrunching them and talking about the colours. Halloween has also featured, and they have explored pumpkins by tapping golf tees into them using hammers and scooping the insides out using spoons (all great activities for developing their fine motor skills). The children are keen to play with the farm resources and have been singing '*Old MacDonald had a farm*' (always a favourite!).

We continue to practice our turn taking skills and talk about our feelings. Our core book remains *Owl Babies* but we will be introducing *A Dark, Dark Tale* this week. After half term we will be celebrating Diwali.

Beech Class

The children in Beech Class have been enjoying the rain. They have been collecting the rainwater in buckets, watching as it fills to the top. When the buckets are full, they have been throwing the water into the air. Lots of children have been looking at books independently, some commenting on the pictures and becoming little readers. Children have been exploring the various resources on our light table. Lots of singing and dancing to *Frozen* has taken place. A parent kindly donated some Paw Patrol toys and the children are using these for their imaginative play. We have been singing '*If you're happy and you know it*' and our core book is *Doing the Animal Bop*. Sam has just finished her 'Helicopter stories' training and is about to introduce it to the class. The first stage is to act out very simple stories and we hope the children will really enjoy this opportunity.

Oak Class

The children in Oak Class have been spending lots of time in the garden. They have started to form some lovely friendships with each other, and have enjoyed riding the bikes, playing chasing games and splashing in muddy puddles.

In our group times the children have enjoyed exploring different sensory play opportunities, such as filling and emptying containers with oats/rice. This has provided lots of opportunities for Mathematical talk about capacity. Some of the children have been interested in junk-modelling, and so we have been learning how to join different materials together using tape and glue.

Our core book at the moment is *Lima's Red Hot Chili*. The children have done an amazing job of recalling the story and have been helping to retell it. We have also been learning Autumn poems from The Poetry Basket.

Fir Class

In Fir Class the children have been really interested in mixing different colours with water. They have been filling up

different sized measuring cylinders and doing lots of emptying and pouring, or even using their fine motor skills with the pipettes to collect the coloured water. There was lots of vocabulary around what they were making, which cylinders were empty or full, which ones had more in and the colours they could see.

The heavy rain has also been causing a lot of interest and curiosity, the noise it makes, collecting the water, using the water to make soup in the mud kitchen, or simply finding the joy of jumping in the large puddles.

Many of the children have continued their interest in creating large scale models using the wooden bricks or crates, creating racing cars, trains and other vehicles. We have been talking about the idea of drawing a plan of our model and then building it.

We have been talking about and focusing on lots of work around feelings and emotions, looking at books like *The Colour Monster* and *Ravi's Roar*.

Donations

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. Alternatively, you can donate cash or by card using the card reader in the School Office.



It is the time of year for cold viruses and we would also appreciate donations of **boxes of tissues** for the children's use. We are also running low on spare clothes for 3-4 year olds, especially **trousers, socks** and **pants** and would appreciate donations. If when you are out and about on Autumn walks, and you see **conkers**, we would appreciate some.



Family photo board

Each class has a family photo board to help the children with their sense of belonging and community. Please could you bring in a family photo(s) (no more than 3) to display. If you do not have access to a printer, you can email Margaret.blake@bristol-schools.uk who will print it for you.

Volunteers welcome

Calling 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

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 and wet weather gear**. 'All weather' suits are a very good way to keep children dry and can be purchased quite reasonably. Children may need changing multiple times a day as a result of getting wet or toileting accidents so please ensure there are **lots of spare clothes (including socks)** in their bag. 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.



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.

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 prescribed to your child – we cannot give any medicines that you have bought over the counter.

Session times

Please could we remind parents of the session times. The morning session starts at **9.00 am** and finishes at **12.00 noon (door opens at 11.55 am)**. The afternoon session starts at **12.30 pm** and finishes at **3.30 pm (door opens at 3.25 pm)**. We understand that the start and end of the sessions are extremely busy times of the day and the car park is often crowded and allowances should be made for this. If in an emergency you anticipate being late to pick up your child, please could you phone the school to let us know. This avoids your child becoming upset. This is particularly important at the end of the day pick-up.

If you need to pick up your child before the end of the session, please pick up before 3.00 pm (afternoon session) and before 11.30 am (morning session). At the end of each session, we have story, song or sound and it is important that this is not disturbed. It is an important part of their **phonics and numeracy learning which needs to take place in a quiet atmosphere to develop listening and attention skills.**

Parking and Children's Safety

Your child's safety is always our number one priority. 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. **PLEASE DO NOT PARK IN THE CAR PARKS OF LOCAL BUSINESSES (e.g. Grundons, Fox Storage).** Not only is this very dangerous but you may well get clamped. Please ensure you keep a close eye on your child whilst walking in and out of the school and **close all doors/gates behind you.**

Application for primary school

Please remember that the **deadline for applying for a Reception Class place for your child is 15 January 2025** (if your child was born between 1 September 2020 and 31 August 2021). The Council are requesting that this is carried out online at www.bristol.gov.uk/schooladmissions. Applications are now open. Some primary schools

may be arranging open mornings/evenings or have virtual tours available on their websites. A poster is attached below. If you require any help with this, please ask at Reception.

School Uniform

Uniform is not compulsory, but we do have school jumpers, polo shirts and hats with the school logo which can be purchased quite reasonably from the school office.

Sweatshirts	£10.50
Polo shirts	£7.10
Woolly hats	£5.00



Card payments

We now have a card reader in school and are able to take **card payments** in the School Office for items such as school uniform and donations for snack.

INSET Days

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

Monday 4 November and **Friday 20 December**

Surplus food from Marks & Spencer

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, we put in Reception for parents to take. Please help yourself to save food waste.

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

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

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.

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

Praise

Nurture

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.