



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 Room** have been enjoying lots of opportunities to explore, create and develop their physical and social skills through play.

Mark-making has been a big part of their learning, with children experimenting with pens, dry-wipe boards, chalk, and paint. Exploring different tools and surfaces encourages children to discover the marks they can make, while developing the hand control and coordination that will support their early writing.

Children have also been sorting colours using tweezers. Carefully picking up and moving objects is a great way to strengthen fine motor skills and develop hand-eye coordination. There have been plenty of opportunities for bigger movements too, with obstacle courses, stepping stones, ramps and bridges encouraging children to practise balancing and moving their bodies in different ways.

Music has provided a lovely opportunity to develop listening and turn-taking skills. Using the instrument bag, children have been practising waiting for their turn and listening while their friends play. The familiar song, "Here's our instrument bag, here's our instrument bag, what's inside, what's inside?" helps children anticipate whose turn is coming next and encourages everyone to join in.

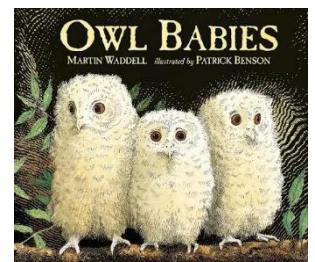
Beech Class

The children in **Beech Room** have been busy investigating, experimenting and learning together through lots of hands-on play.

The children have been exploring ramps and discovering what happens when different objects travel down them. Starting with cars, they then extended their investigations by trying natural resources such as pinecones. This playful experimentation gives children opportunities to notice cause and effect and explore ideas such as fast and slow. There has also been plenty of messy sensory play. Children have been investigating what happens when sand and water are mixed, creating very gloopy, wet sand! Exploring how materials can be combined and changed encourages curiosity and gives children opportunities to make their own discoveries.

A jumping game has been helping children practise taking turns while developing their physical skills. Children take turns standing on the block before everyone joins in with "Ready, steady, go!" and jumps off. The game combines listening and anticipation with the excitement of movement and playing together.

Beech Room's Book of the Term is *Owl Babies* ([Owl Babies](#)). Becoming familiar with a favourite story through repeated reading helps children develop their language, understanding and enjoyment of books.

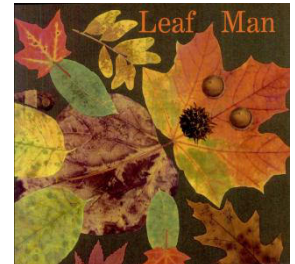
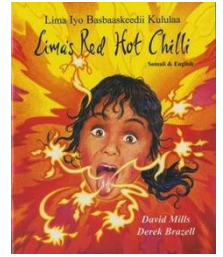


Oak Class

Wow, what an amazing start to the nursery school year! We have loved seeing some familiar faces in Oak Class, as well as welcoming new children who have joined us this September. The children are settling amazingly well, making friends, and familiarising themselves with the routine and the environment. We have enjoyed spending sunny afternoons in the garden - riding bikes, setting challenges on the climbing frame and playing imaginatively. The children are making marks in a range of ways - some doing detailed drawings, others choosing to use paint. One of our favourite activities has been painting the giant dinosaurs and then working collaboratively to scrub them clean with brushes, sponges and warm soapy water!

In our group times, we have been reading the story *Lima's Red Hot Chilli*. This really makes us laugh, especially when Finn pretends to eat the red hot chilli pepper! We have also been learning some new parachute songs - this helps us work together as a team, as well as develop our gross motor skills and musical awareness.

The children have already begun noticing some changes in the natural environment, and in the coming weeks we will be linking our learning to the season of Autumn. There will be lots of opportunities for the children to express themselves creatively using clay, leaves and paint. We will explore pumpkins and winter squash, alongside the artwork of Yayoi Kusama. We will learn the song 'Five Little Pumpkins' and read a lovely story called *Leaf Man* by Lois Ehlert ([Leaf Man, by Lois Ehlert](#)). There is lots to look forward to!



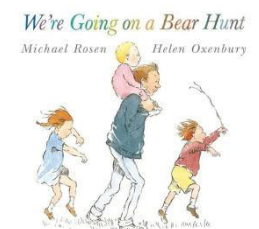
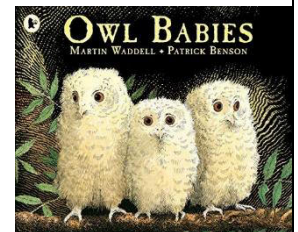
Fir Class

It's been amazing to welcome all the children back after the summer holidays and we spent time learning what everyone had been up to, and sharing news. The children are getting used to their key groups and adjusting to some of our older friends not being there anymore, as well as welcoming new friends and helping them by showing them where things are etc. and being kind.

We have had a focus around "all about me". We have spoken about it and drawn our different faces: what is the same and what is different, then talking about how every family is different. We have more recently been focusing on homes and what different homes look like. We have been exploring different construction materials to build homes like wooden blocks and sticks and string. We have been thinking and talking about who lives with us. We are planning to construct a display that shows many different homes and would love it if parents could bring in a photo of their children's home or who lives in their home or their favourite toys in their home. If you do not have access to a printer, please send to margaret.blake@bristol-schools.uk.

Our core books have been [Owl Babies](#) and more recently *We're Going on a Bear Hunt* and, to tie into the interest of homes, *The Three Little Pigs*. We have noticed some children role playing 'Bear Hunt' and 'Three Little Pigs' on their own.

The children have been finding leaves that have changed colour, and we have been talking about Autumn, and what it means. We have many more activities planned around Autumn and natural open-ended objects. Hopefully more Autumnal things to explore and then fireworks!



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, rice cakes) 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.



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 me 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.



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 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.



New menu

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

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.

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	£11.00
Polo shirts	£7.10
Woolly hats	£5.00



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

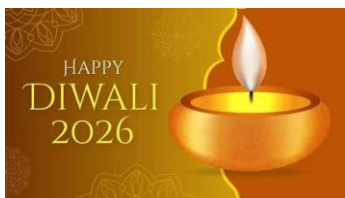
When we come back after half term we will be celebrating Diwali (also known as Deepavali), the major [Hindu Festival of Lights](#) celebrated across Hinduism, Jainism, and Sikhism.

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 CANTEEN**

**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 Aspers

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

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

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

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



THE
MAIN
EVENT



MEAT-FREE
MAGIC

Veggie Dish



HALAL



RAINBOW
ALLEY

Vegetarian
and Vegan



DESSERT
TROLLEY

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

What impact has your meal
had on planet Earth today?

A

Very Low

B

Low

C

Medium

D

High

E

Very High

AVAILABLE DAILY

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

FOOD FESTIVAL

By Ananya

WEEK 2
Autumn/Winter 2025-27
09/11/26, 30/11/26, 21/12/26, 11/01/27,
01/02/27, 22/02/27, 15/03/27

LUNCHTIME

PRIMARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese and Tomato Pizza Slice with Wedges	Jerk Chicken Wrap and Potato Salad	Roast Chicken, Skin on Roasties and Gravy	Beef Bolognese Pasta	Golden Fish Fingers and Chips
BBQ Pinwheels with Wedges	Quorn Hot Dog Baguette with Ketchup and Potato Salad	Cauliflower and Broccoli Cheese Bake with Skin on Roasties and Gravy	Veggie Pasta Bolognese	Cheesy Bean Wrap with Chips
Cheese and Tomato Pizza Slice with Wedges	Hot Dog Baguette with Ketchup and Potato Salad	Roast Chicken, Skin on Roasties and Gravy	Beef Bolognese Pasta	Golden Fish Fingers and Chips



What impact has your meal had on planet Earth today?



Mixed Greens	Mixed Salad	Carrots and Cabbage	Green Beans and Sweetcorn	Peas and Baked Beans
Watermelon Wedge	Orange Jelly	Chocolate and Pear Upside Down Cake with Custard	Lemon Drizzle Cake	Apple Crumble Cookie

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

FOOD FESTIVAL

by Angela

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



THE MAIN EVENT



MEAT-FREE MAGIC

Veggie Dish



HALAL

MONDAY

Macaroni Cheese



TUESDAY

Cheese and Tomato
Pizza Slice
with Wedges



WEDNESDAY

Roast Chicken,
Skin on Roasties
and Gravy



THURSDAY

Chicken Meatball
Marinara
and Pasta



FRIDAY

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



RAINBOW ALLEY

Vegetarian
dishes



DESSERT TROLLEY

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