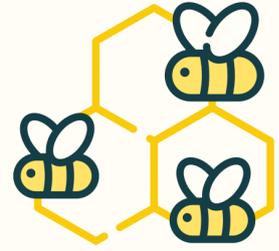




# Cheddar First School

Where Every Child Is at the Heart



Issue No. 16

9<sup>th</sup> January 2026

# School Newsletter

## Message from Mrs Smith:

### Welcome Back!

Welcome back and a Happy New Year! Let's hope that 2026 is a good one and brings positivity, kindness and good health to us all! I hope that you had a healthy and merry festive break and that you have enjoyed the children's return to school and normal routines this week.

There are lots of exciting activities planned for this term and some opportunities for you to join your child to share in the fun! Keep an eye on Dojo and Tapestry for reminders of dates and times. But for now enjoy the children being back at school – it is so lovely to have them back and I look forward to welcoming you into school soon!

On a different note, as this cold weather seems to be hanging around, please can you make sure your children bring warm coats, hats etc and remind them to wear them! Also, if any of the children have been lucky enough to receive any electronic devices for Christmas that have the ability to record, take photographs or connect to the internet, please can these remain at home for the obvious safeguarding reasons. Many thanks and have a restful weekend all!

## Be Proud!

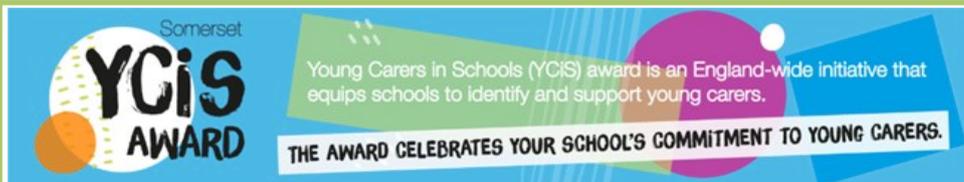
Congratulations! Our 'Be Proud Certificates' this week have been awarded to...

Ladybirds	Everyone!	Goldfinch	Ronnie
Bumblebees	Cece	Woodpecker	Ronnie
Caterpillars	Sophie	Skylark	Jaxson
Butterflies	Ada	Falcon	Willow
Wren	Clive	Kestrel	Oonagh
Robin	Valentino	Swan	Ezra K
Kingfisher	Kit	Puffin	Seb

## Team Talk

Throughout this term in **Team Talk**, we are talking about how we can **communicate effectively** whilst considering the strategies that the children can use to support themselves. This week though, the children having been exploring the concept of what is a young carer and how we might support each other and our families. This is in preparation for work the school is doing around young carers and our support of them. There is more information from Miss Davies overleaf.

# Young Carers!



Dear parent(s)/guardian(s),

Identifying and supporting Young Carers

We are committed to ensuring that all students get the support they need to have a positive school experience, are happy in school and can achieve their fullest potential.

We know that for some students, factors outside of school can have a big impact on this, particularly if there is someone in their family or a friend who is ill, disabled, or has a mental health problem or an addiction. Research indicates that in every class there could be as many as 2 pupils who are helping to support someone because of one of these factors; we call these students young carers.

Students can be young carers for lots of different reasons:

They might be providing physical support to a parent with a physical illness such as fibromyalgia or ME, including cooking, fetching things or helping with things like putting shoes on or doing the shopping.

They might be helping a parent with a disability who needs support with more personal tasks such as getting dressed, bathing, or changing dressings

Or it could be more emotional support – like being there if their autistic sibling is upset, taking responsibility for young siblings whilst parents attend health appointments, or checking that a parent with depression/anxiety is ok.

Some young carers might be doing lots of caring, others just a small amount but are impacted by the situation at home. This can be anything, for example worrying about the person with the health condition or needing to do more things for themselves compared to other students.

There is lots of support available for young carers and their families should they ever need it – both inside and outside of school. You can find out more information about support available by visiting the [Somerset Carers website](#).

If you think that any of the above applies to your child, and that they could possibly be a young carer, please contact [office@cheddarfirstschool.co.uk](mailto:office@cheddarfirstschool.co.uk). Even if you feel your child or family are doing really well and don't need any support, we find that it's better for us to be aware and have them on our radar as potential young carers, in case the situation suddenly changes, and they (or you) do need support. It just means that you and your child don't have to start from scratch with letting us know what is going on if things have become difficult.

Yours sincerely,

Becka Davies

Young Carers' School Operational Lead



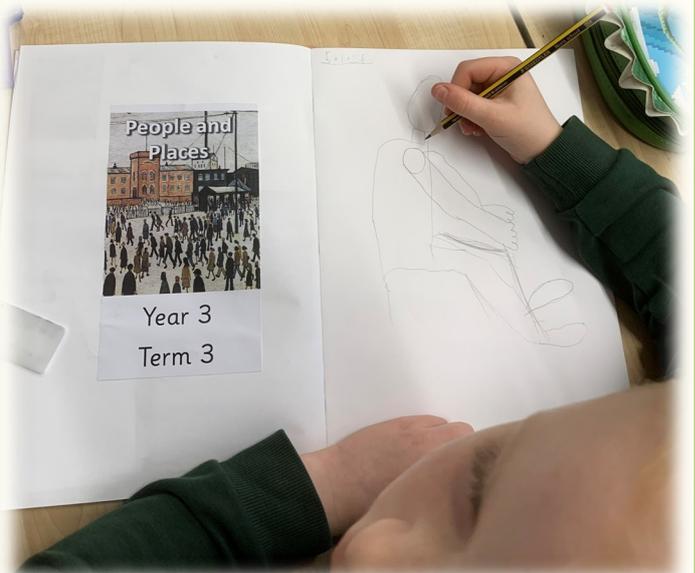
**Cheddar**  
First School

Where Every Child Is at the Heart



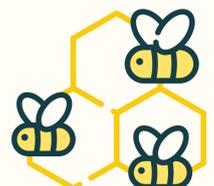
# This week in School!

Children in **Kestrel** class have been learning about and practicing figure drawing for their new Art topic 'People and Places'



**Cheddar**  
First School

Where Every Child Is at the Heart



# This week in Preschool!



Welcome back to the start of a new term and a special well done to new children who are learning to leave parents for the first time.

Winter Wonderland is our topic across Preschool. Children have explored the cold weather by dressing up in their hats and gloves to keep warm, creating snowflake pictures with different media and playing with ice to watch it melt in different places. Now we are wishing for some snow to really help our understanding of weather!



# Cheddar First School

## Top Tips for Safer Parking



Do not park in the staff carpark unless you have prior consent from the Headteacher



Do not park on the zig-zag lines at any time of the day



Do park considerately and ensure you are not obstructing drives, garages or access to roads



Do walk to school wherever possible



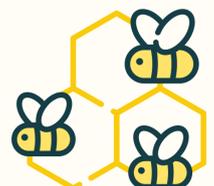
Do cycle or scoot to school. We have plenty of spaces to lock a bicycle or scooter inside the school gates



Do car share. If you have to drive to school, then get together with others and take it in turns to drive



Do 'Park and Stride' – park away from the school entrance and walk the last 5 or 10 minutes





Cheddar First School

# BOOKS AT BEDTIME

**WEDNESDAY 28<sup>TH</sup> JANUARY | 5:00–6:00PM**

We warmly invite your child to join us for Books at Bedtime!

Staff will be sharing their favourite bedtime stories in classrooms. Enjoy at least three stories, plus a hot chocolate and a snack.

Free tickets must be booked via MCAS to help us plan numbers.

Dress code: warm and snuggly, teddies welcome!



# THE SPACE



## Parent Club



Being a parent is HARD! Do you sometimes just want to talk to like-minded people without judgement?



Does your child experience school avoidance or have

SEN? Or maybe you just need a gentle chat with someone who understands?



 We are here for YOU!

Parent Club offers a safe, welcoming space with:

 Hot coffee  Friendly faces  Support, advice & signposting

 Every Wednesday  9am-10:30am



No need to book — just drop in!

Prefer to reserve a spot? Text 07940 177399

We also have activities to keep little ones occupied!



### New Evening sessions

Evening sessions available by appointment only

1<sup>st</sup> Monday of every month  
From 6pm  
Coffee @ The Hub

Please email Victoria  
VBoorman@thespacesomerset.org.uk  
to book your space

Monday 5<sup>th</sup> January  
available for booking now



**COFFEE [AT] THE HUB, 1-2 LOWER NORTH STREET,  
CHEDDAR, BS27 3HA (OPPOSITE TESCO EXPRESS)**

# Happy New Year from the Messy Church Team at St Andrew's Church, Cheddar

(including all the Churches in the  
Benefice of Cheddar, Draycott and Rodney Stoke)

**Come and join us  
for our first Messy  
Church of 2026!**

**17** | JANUARY  
2026



## **MORE INFORMATION :**

-  3pm - 4.30pm
-  Cheddar Village Hall
-  [www.beneficecdrs.org](http://www.beneficecdrs.org)

Just drop an email to  
Samm on  
[beneficecdrs@gmail.com](mailto:beneficecdrs@gmail.com)  
to let us know if you plan to  
come along.

Children must be  
accompanied by an adult  
please.

**Theme: The Lost Sheep**





# ChatHealth



Somerset  
Council

Parent advice & support

Healthy lifestyles

School transitioning

Emotional health

**is your child  
5-19 and are you**

looking for confidential  
help and support?

A safe and easy way to contact  
your School Nursing Team

Just send a text

**07480 635 515**

**Disclaimer:** This is not an emergency service; it operates Monday to Friday 9am - 5pm and is only available by using a UK mobile number. Your messages are stored on our secure system and can be seen by the School Nursing Team who run our ChatHealth Service. Although this is a confidential service, in the event of an safeguarding issue the School Nurse has a duty of care to act on this and may escalate the concern.



Improving  
LIVES

# Term Dates

The term dates for 2026-27 can now be found on our website here:

[https://cheddarfirstschool.co.uk/dates-news-letters/calendar\\_n/](https://cheddarfirstschool.co.uk/dates-news-letters/calendar_n/)

## Dates for your Diary

Date	Event
Thursday 15 <sup>th</sup> January	Year 2 INSPIRE Sessions 9:15 - 10:30am
Tuesday 27 <sup>th</sup> January	Reception INSPIRE Sessions 9 - 10am
Wednesday 28 <sup>th</sup> January	Year 1 INSPIRE Sessions 9 - 10am
Wednesday 28 <sup>th</sup> January	Books at Bedtime 5 - 6pm
31 <sup>st</sup> January - 8 <sup>th</sup> February	National Storytelling Week
Thursday 5 <sup>th</sup> February	Year 3 INSPIRE Sessions 9:30 - 10:45am
Friday 6 <sup>th</sup> February	Non-school uniform day for NSPCC Number Day
Thursday 12 <sup>th</sup> February	Non-school uniform day for Children's Mental Health Week
Thursday 12 <sup>th</sup> February	Year 4 INSPIRE Sessions 9:30 - 10:45am
Thursday 12 <sup>th</sup> February	Last day of term
Friday 13 <sup>th</sup> February	INSET Day
Monday 23 <sup>rd</sup> February	First day back!

## Safeguarding

Safeguarding is everyone's responsibility. If you are concerned about a child and would like to talk to a member of staff in private, please make an appointment with one of the team via the office.

**Designated Safeguarding Lead:** Mrs. Smith

**Deputy Designated Leads:** Mrs. Griffin and Mrs. Wade

As parents, you can also contact NSPCC 0808 800 500 and Somerset Direct 0300 123 2224



**Cheddar**  
First School

Where Every Child Is at the Heart

