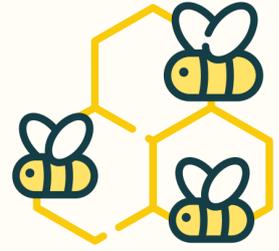




Cheddar First School

Where Every Child Is at the Heart



School Newsletter

Issue No. 17

16th January 2026

Message from Mrs Smith:

What a busy week it has been!

This week it has been lovely to welcome some parents into school for the start of our INSPIRE sessions. It was great to see so many of you working alongside your children to create some amazing beach huts. The tension of your faces was incredibly real but you all did a fantastic job and the children loved having you be part of their learning journey so thank you for facing your fears and coming in! More INSPIRE sessions are coming up so keep your eyes peeled on Dojo for more information.

Some of the Year 4 children also finished our week brilliantly with a RAP performance of some English work they had been working on. I am always in awe of the creativity and bravery of our children when they perform and they did such a great job!

I hope that you have a super weekend and I look forward to seeing you all next week!

Be Proud!

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

Ladybirds	Ruben	Goldfinch	Eleanor
Bumblebees	Millie	Woodpecker	Rose
Caterpillars	Alfie	Skylark	Tyler
Butterflies	Hugo	Falcon	Fulton
Wren	Arthur	Kestrel	Lily
Robin	Ella Wi	Swan	Ursula
Kingfisher	Ava	Puffin	Emilee

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 the children's discussions will be focused on **taking turns when talking** to make sure everyone's voice is heard. Children created rules for fair talking and practiced using them in group discussions.

This week in Preschool!



In Preschool this week, new children have had lots of time to explore their rooms and get to know friends. Our winter wonderland topic has included lots of creative and sensory experiences to help children understand what we mean by winter. Ladybird room have been finding ways to make snow pictures. Bumble Bees have enjoyed exploring flour and ice. Mark making with foam and paint on silver foil in Caterpillars and exploring different media in Butterfly Room have all been highlights in our busy week.



Safer Internet Day!

To celebrate Safer Internet Day on 10th February 2026, children across the Wessex Learning Trust are being invited to take part in a poster design competition led by the Trust's Digital Leaders.

This year's theme, "Smart tech, safe choices," encourages pupils to think about how to use technology and AI safely and responsibly. This is a suggested weekend activity, with posters due in by Monday. Winning posters will be shared across the Trust to help promote positive online habits. Please check School Story on ClassDojo for more information.

WESSEX LEARNING TRUST POSTER DESIGN COMPETITION

Poster theme about - Exploring the safe and responsible use of AI

COMPETITION RULES:

1. The design should promote Safer Internet Day on **February 10th 2026**
2. Poster size - A4 Portrait
3. Posters must be submitted to your school by Monday 19th January
4. Winning posters will be shared across all Wessex Learning Trust Schools



Wessex
Learning Trust

On the back of your poster,
we need your:
First NAME only
AGE
Name of SCHOOL

Tell Us What You Think?

Your input is crucial! We're running four important surveys across our Trust schools to help us understand what matters most and enhance the overall experience for students, parents, and staff. We'd greatly appreciate your time.

03

Parent Survey

The purpose of this questionnaire is to find out what matters to you most about food at your Child's school and how satisfied you are with the service.



[CLICK HERE](#)



Wessex
Learning Trust



Cheddar First School

BOOKS AT BEDTIME

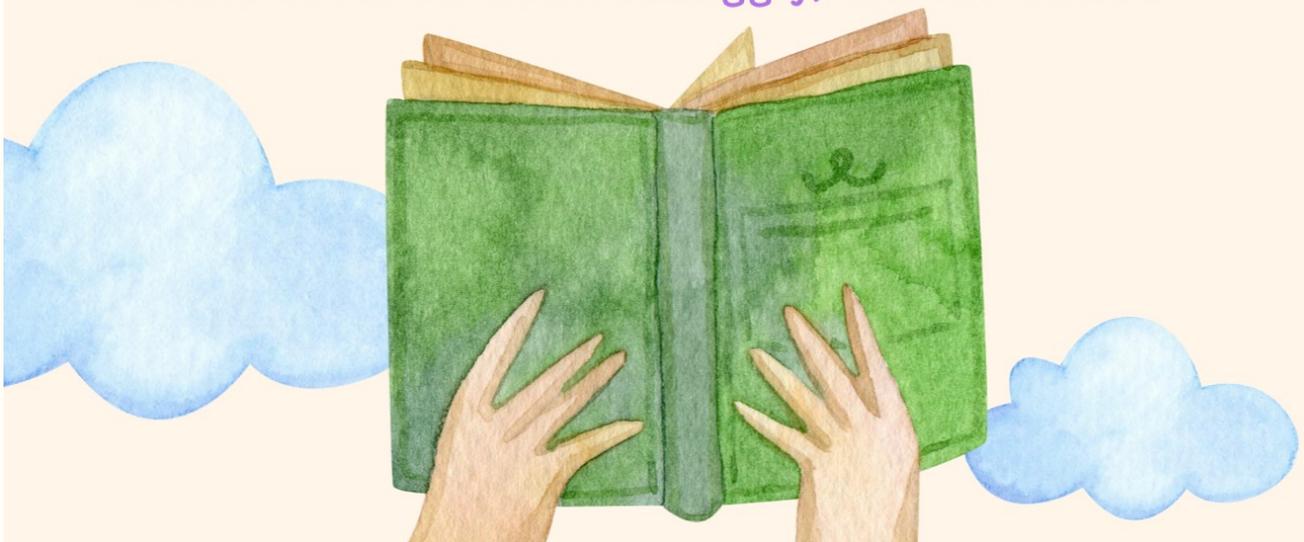
WEDNESDAY 28TH JANUARY | 5:00–6:00PM

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 Mid Somerset
Consortium

BACK TO SCHOOL... AS A TEACHER

*Train to Teach Primary with Mid
Somerset Consortium – Inspire the
Next Generation*

- Flexible training designed for busy parents.
- Make a real difference in children's lives.
- Start a meaningful career in your community.
- Earn while you learn with hands-on classroom experience.

Client Testimonials

'I couldn't have wished for a more supportive group of staff and fellow trainees... The MSC team have all been incredible and there is always someone there to talk to should you need it.'

— **Danni**

'The primary training course has been supportive and practical, allowing me to build confidence and develop invaluable classroom skills. Importantly, it has worked well around being a parent, allowing me to successfully balance training alongside a busy family life.'

— **Sarah**

'A real strength of the course is the opportunity for primary and secondary trainees to work together'

— **Millie**

'Placement schools are varied and well chosen, including first schools, middle schools, and primary schools. Being placed locally has helped us build strong networks across the area, which feels invaluable for future job opportunities and professional connections.'

— **Millie**

Ready to take the next step?

JOIN MSC TEACHER TRAINING TODAY!

e: office@mscitt.org.uk | w: www.mscitt.org.uk | t: 01458 449418

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

Drop an email to Samm on
beneficecdrs@gmail.com
to let us know if you plan to come
along.

Children must be accompanied by
an adult please.

MORE INFORMATION :

-  3pm - 4.30pm
-  Cheddar Village Hall
-  www.beneficecdrs.org

Have a go at pancake tossing.
Make your own ice cream.
Make a prayer bracelet.
Make and test your own paper
plane.
Plus more and enjoy a delicious
tea

Theme: The Lost Sheep





HOLIDAY CLUB

At Kings Fitness & Leisure



For ages 5-13 years
from £23* per day
9.00am-4.00pm.



Extend the day with early
drop-off and late pick-up
from £4.50 per session



Have Fun playing games,
sports, going swimming,
and doing arts and crafts!



Bring packed lunch, snacks,
refillable drinks bottle, swimming
kit, weather dependant items
(sun cream, waterproofs etc).



Visit our Junior
Activities Page here:

Contact Kings Fitness & Leisure at
01934 744939 to sign up NOW!

*£23 if booked 3 weeks in advance, alternatively, £28 per day, if booked
after this time frame





WEDMORE HOLIDAY CLUB



For ages 5-13 years, from £23* per day, 9.00am-4.00pm, at Wedmore First School grounds



In the winter, have fun doing outdoor adventure activities in the forest school grounds, and enjoy our outdoor swimming pool in the summer!**



Enjoy a jam packed day of playing games, sports, and arts and crafts!



Bring packed lunch, snacks, refillable drinks bottle, outdoor adventure clothing, and weather dependant items (sun cream, waterproofs etc).



Visit our Junior Activities Page here:

Contact Kings Fitness & Leisure at 01934 744939 to sign up NOW!

*£23 if booked 3 weeks in advance, alternatively, £28 per day, if booked after this time frame

**This is a seasonal, weather dependant activity.





Jan/Feb/March 2026



**Somerset
Council**

Somerset School Nurse Team Newsletter

Welcome to the new Somerset School Nurse Team newsletter!

The school nurse team is made up of Specialist Community Public Health Nurses, and Assistant Practitioners. We specialise in promoting the health and wellbeing of children and young people aged 5–19 years and cover primary and secondary schools across Somerset.

This newsletter will be delivered termly, and is intended to keep you up-to-date on all the things we are doing as a service, and will include topics and links relevant to physical and mental health.



Feedback QR code

We hope you find this newsletter helpful but please do feedback anything you would like to be added.

[Somerset children & young people : Health & Wellbeing : Phn School Nursing](#)

SAINT
School Aged Immunisation Nursing Team

NHS Somerset
Somerset
NHS Foundation Trust

School aged vaccinations

Did you know they will be offered these routine vaccinations at school?

- ✓ **FLU** - Reception - Year 11
- ✓ **MMR** - Year 8
- ✓ **HPV** - Year 8
- ✓ **Meningitis ACWY** - Year 9
- ✓ **Diphtheria, Tetanus, Polio (DTP)**

Did you miss us?

We also have community clinics across Somerset for:

- ✓ Home Educated Children
- ✓ Anxious Children
- ✓ Children who missed the session at School

SCAN HERE

For further information scan the QR code or please speak with a member of the team

Call us on **0300 323 0032**

Kindness, Respect, Teamwork
Everyone, Every day

Children's Mental Health Week 2026

9—15 February 2026



If your child is struggling with their mental health speak with a school nurse or your GP.

Further support can be found:

[Mental Health Issues | Young Somerset](#)

[YoungMinds | Mental Health Charity For Children And Young People | Young-Minds](#)

shout
85258
here for you 24/7

Are you looking for support with your child's bedwetting?

If so please contact your school nurse team for advice or make contact via the Chat Health Text service.

For more information regarding this topic please visit the following website:

[ERIC](#)

Free helpline:
0808 801 0343



Do you have a child with additional needs/and or disabilities?

Are you looking for advice and support?

The **Somerset Parent Carer Forum** provides a range of information and support for parents and carers in Somerset. They run a range of support groups and workshops for parents/carers to attend, and also provide a phoneline where you can speak to a parent representative.

For more information click on the link below:

[Somerset Parent Carer Forum CIC Ltd \(not for profit\) company](#)



6 ways to help your child with their weight



Small lifestyle changes can make a big difference – try these top tips.

1. Find some support

Speak to your child's school nurse, GP or practice nurse who will help support your family with diet and lifestyle changes if needed.

2. Make some healthier food swaps

There are lots of easy ways to cut back on sugar, salt and saturated fat – get started with our top tips and simple swaps.

[Food facts - Healthier Families - NHS](#)

3. Eat balanced meals

Find out what a healthy, balanced diet looks like. [The Eatwell Guide - NHS](#)

4. Try some new recipes

Get inspiration to help your family eat well every day. [Recipes - Healthier Families - NHS](#)

5. Get moving

Try boosting your family's activity levels in 10-minute bursts with our Disney inspired play along games.

[10 Minute Shake Up games – Healthier Families - NHS](#)

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

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 a safeguarding issue the School Nurse has a duty of care to act on this and may

Somerset School Nurse Team Contact Details:

Email: schoolnurseduty@somerset.gov.uk

Tel: 0300 790 9854

SLEEP



Is your child struggling with sleep?

For practical advice & support visit...



[Home - The Sleep Charity](#)

Alternatively, speak with a school nurse using our Chathealth text service

Tel: 07480 635 515

National Childhood Measurement Programme (NCMP)

Is your child in RECEPTION or Year 6?

If so, the school nurse team will begin visiting schools in the New Year to complete the height and weight measurements of all children in Reception and Year 6.

For more information regarding the programme please click on the link below:

[Somerset children & young people :](#)

[Health & Wellbeing : F2f Ph Ncmp](#)



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/

Dates for your Diary

Date	Event
Thursday 22 nd January	Snow White Panto Performance (Years 2-4)
Tuesday 27 th January	Reception INSPIRE Sessions 9 - 10am
Wednesday 28 th January	Year 1 INSPIRE Sessions 9 - 10am
Wednesday 28 th January	Books at Bedtime 5 - 6pm
31 st January - 8 th February	National Storytelling Week
Thursday 5 th February	Year 3 INSPIRE Sessions 9:30 - 10:45am
Friday 6 th February	Non-school uniform day for NSPCC Number Day
Thursday 12 th February	Non-school uniform day for Children's Mental Health Week
Thursday 12 th February	Year 4 INSPIRE Sessions 9:30 - 10:45am
Thursday 12 th February	Last day of term
Friday 13 th February	INSET Day
Monday 23 rd February	First day back!

Road Closure!

🚧 Heads Up, Cheddar! 🚧

Comer Road will be temporarily closed from 12th February for about 5 days.
This may affect school runs, so give yourself extra time and plan your route!

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



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