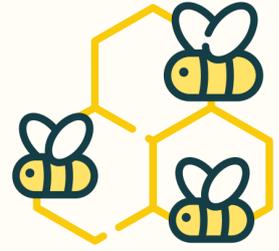




# Cheddar First School

Where Every Child Is at the Heart



# School Newsletter

Issue No. 4

26<sup>th</sup> September 2025

## Message from Mrs Smith:

It has been lovely to see the return of the sunshine this week which has meant that the children have been able to make the most of their outdoor learning opportunities. From Forest School, to the field, outdoor learning spaces and playground areas, the school site has been buzzing with activity and lots of lovely, happy children! As cold season starts and illnesses start to kick in, let's hope that the weather continues to be kind to us so that we can all stay as fit and healthy as we can.

If your child does experience sickness or diarrhoea please remember that we have a 48 hour rule, which means that they need to be 48 hours clear from the last episode. Whilst we do understand that some children bounce back quickly from illness, this rule does allow us to keep outbreaks to a minimum. Many thanks for your support with this and have a lovely weekend!

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

## Be Proud!

Ladybirds	Grace	Goldfinch	Ronnie
Bumblebees	Sonny	Woodpecker	Jacob
Caterpillars	Jasper	Skylark	Roman
Butterflies	Lily	Falcon	Sophie
Wren	Rafe	Kestrel	Mila
Robin	Thomas	Swan	Emily W
Kingfisher	Lydia	Puffin	Freddie

## Team Talk

This term in **TeamTalk**, we are focusing on trying new things and building resilience to challenge ourselves. Through this week's social stories, discussions and short activities, the children have explored their feelings around what it feels like when we try something new. Our aim is to continue to build confidence and resilience as they challenge themselves to take on something new this term!

# PP & FSM Reminder

## Pupil Premium and Free School Meals

If you think your child may be eligible for Free School Meals (FSM), we strongly encourage you to apply. This applies to children in **all year groups**.

Whilst all children in Reception, Year 1 and Year 2 receive meals automatically through the Universal Infant Free School Meals scheme, registering for FSM is still very important. It means our school receives additional funding through the Pupil Premium, which helps to support all children's education.

### Why register?

Registering for FSM is confidential and brings more than just free meals:

- Helps our school secure vital Pupil Premium funding
- Supports extra staff for smaller group work, and personalised support
- Funds enrichment opportunities, school trips, and extracurricular activities
- Ensures your child continues to receive free meals in Key Stage 2 and beyond
- May give access to free or discounted services, such as afterschool clubs and residential trips
- Children who are registered for free school meals don't have to eat them if you prefer them to have packed lunches

### How to apply

The application is simple and confidential. You can apply online or contact the school office if you need help.

Apply or find out more here: <https://www.somerset.gov.uk/children-families-and-education/school-life/free-school-meals>

Registering makes a real difference to your child and to our school community!

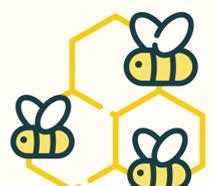
## This week in Preschool!

It's so nice to see that the children have already settled very nicely after only a few sessions and they are getting into exploring resources and spaces. We have all enjoyed learning 'Heads, Shoulders, Knees and Toes' and finding out about ourselves. Highlights across the week have been our mark making activities where we have been getting messy with paint, clay and foam!



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# Our Wonderful Teaching Assistants!

Today we celebrated the kind, caring, and all-around brilliant Teaching Assistants who help make our school such a special place. From reading stories and calming worries to supporting learning and sharing smiles, our TAs do it all (and then some)!

We are so lucky to have such a dedicated team. I'm sure you'll join me in thanking them for everything they do! Here are just a few of the fantastic TAs who help make our school a wonderful place to learn and grow.



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**Hello Yellow!**

**Wear  
it loud.  
Wear  
it proud.**



We are proud to support YoungMinds' 'Hello Yellow' campaign as part of World Mental Health Day!

On **Friday 10<sup>th</sup> October**, children are invited to come to school in **non-uniform** and wear **something yellow** to show their support for **young people's mental health**.

We all have days when we struggle – and for some young people, those feelings can become overwhelming. Growing up today isn't easy and too often, young people don't get the support they need when they need it most.

By wearing yellow, we're sending a powerful message: **you are not alone**. And by donating, we're helping to ensure that every young person has somewhere to turn when times are tough.

Please donate here: <https://www.justgiving.com/page/cheddar-first-school-14>

## **This week in School!**

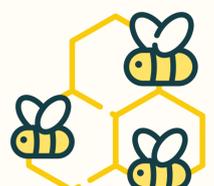
**Reception** have been continuing to get to know our new school environment.

This week, we spent some time exploring our fabulous books in the school library. We then sat down and enjoyed a story together!



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# Open Days at Cheddar First School



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## OPEN OCTOBER

**WEDNESDAY 8TH OCTOBER 2PM**  
**FRIDAY 10TH OCTOBER 10AM**  
**WEDNESDAY 15TH OCTOBER 2PM**  
**FRIDAY 17TH OCTOBER 10AM**

- Small group tours during the school day to experience our vibrant classrooms in action
- A nurturing, community-focused school in the heart of Cheddar
- Straight year groups for ages 4-9, and a welcoming nursery for ages 6 months-4
- Book your place today to explore our engaging curriculum and supportive learning environment

**Please contact the office to book a space**

E: [office@cheddarfirstschool.co.uk](mailto:office@cheddarfirstschool.co.uk) T: 01934 742 546



Part of the  
**Wessex Learning Trust**



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# Optimistic October!

Why not join us in celebrating Optimistic October, a month focused on building positive habits and a growth mindset?

We're sharing a simple calendar full of daily ideas you can try at home with your child, from gratitude moments to mindfulness challenges.

Let's work together to make this a month full of optimism!



## Optimistic October



www.elsa-support.co.uk

1 Draw one thing you're looking forward to	2 Think of a problem and write one hopeful solution	3 Draw a sunshine with a positive thought inside	4 Share something you're excited about with someone	5 Notice one good thing about today, no matter how small	6 Write down a dream or goal for your future
7 Find something that makes you smile	8 Draw yourself climbing a mountain to reach a goal	9 Draw or write about something new you'd like to try	10 Create a little doodle of your happy future self	11 Draw a road leading to something wonderful	12 List 3 people who make you feel hopeful or happy
13 Try something new even if it's small	14 Colour a rainbow and write one hopeful thought inside	15 Say something kind to yourself in the mirror	16 Write or draw something you are excited to learn	17 Look out of the window and find 3 signs of change or growth	18 Say "I can do hard things" out loud three times
19 Look at the stars tonight (or imagine them) and make a wish	20 Write a letter to your future self full of hopeful words	21 Start the day by saying: "Something good will happen today."	22 Tell someone what you're excited about for the weekend	23 Say one good thing about the current season (Autumn)	24 At bedtime, say one thing to look forward to tomorrow
25 Smile at 3 different people today	26 If you feel worried, practise saying: "What if it goes right?"	27 Start the day with a big, bright smile	28 Say: "I choose to see the bright side."	29 Give a "thumbs up" to yourself in the mirror	30 Clap your hands and shout, "Yes, I can!"
31 End the month by saying: "I believe in a positive future"	Keep looking forward because every day has something good to bring.				

## Music Tuition

### Violin Tuition

Helen Brock

Friendly and enthusiastic teacher with emphasis on enjoyment and creativity

With over 20 years of teaching experience

BA(hons) with specialism in performance  
RWCMCD  
PGCE

[Helenbrock\\_hb@yahoo.co.uk](mailto:Helenbrock_hb@yahoo.co.uk)



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# 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
Tuesday 7 <sup>th</sup> October	Flu Vaccinations
Wednesday 8 <sup>th</sup> October	Zones of Regulation Parent Workshop 9am - 10am
Wednesday 8 <sup>th</sup> October	Open Day at Cheddar First School 2pm
Wednesday 8 <sup>th</sup> October	Fairlands Open Day 6:30pm. Open to Year 3&4 Pupils from CFS
Friday 10 <sup>th</sup> October	Open Day at Cheddar First School 10am
Friday 10 <sup>th</sup> October	Young Minds' 'Hello Yellow' campaign
Wednesday 15 <sup>th</sup> October	Open Day at Cheddar First School 2pm
15 <sup>th</sup> & 16 <sup>th</sup> October	Year 3 & 4 Trip to the Museum of Somerset
Friday 17 <sup>th</sup> October	Open Day at Cheddar First School 10am
Tuesday 21 <sup>st</sup> October	Year 2 Trip to SS Great Britain
22 <sup>nd</sup> & 23 <sup>rd</sup> October	Parents' Evenings. More info to follow...
Thursday 23 <sup>rd</sup> October	Last day of term
Friday 24 <sup>th</sup> October	INSET Day
Monday 3 <sup>rd</sup> November	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



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