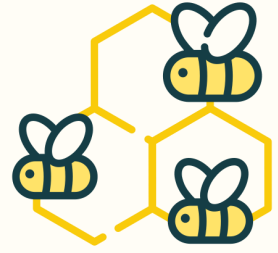


Cheddar First School

Where Every Child Is at the Heart



Issue No. 27

2nd April 2026

School Newsletter

Message from Mrs Smith:

Thank you!

I can't believe it is the final day of term and what a fun term it has been! Thank you so much for all of your support with all of the events that have taken place, it is very much appreciated.

Today saw the long awaited finale of the FPTA Virtual Duck Race and it was great to see all of the children dressed up as their themed duck and cheering them across the finish line. Congratulations to the winners (details overleaf!) There were also prizes for the most individual sponsorship, the highest class sponsorship and a final prize that was drawn randomly from all of the children who had brought in any sponsorship money. Thank you to the FPTA for organising this fun event to end our term, which at last count had already raised over £1350!

Another huge thank you goes to Mr Sage who is swapping teaching children for training future teachers. Alistair has been an enthusiastic and integral part of our team and will be greatly missed by the staff and children. However it was lovely to be able to say goodbye to him with the children yesterday and to sing him a song in French to celebrate the impact he has had on our children's love of languages. Good luck Alistair, we will miss you!

Finally, I hope that you all have a healthy and safe holiday – Happy Easter to all and I look forward to seeing you back for the start of the Summer Term on Monday 20th April.

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

Be Proud!

Ladybirds	Everyone!	Goldfinch	Everyone!
Bumblebees	Everyone!	Woodpecker	Everyone!
Caterpillars	Everyone!	Skylark	Everyone!
Butterflies	Everyone!	Falcon	Everyone!
Wren	Everyone!	Kestrel	Everyone!
Robin	Everyone!	Swan	Everyone!
Kingfisher	Everyone!	Puffin	Everyone!

Team Talk

Throughout this term, we have been talking about how to **be more resilient** whilst considering the strategies the children can use to support them. This week, the children put everything they learned into action as they cheered each other on in the duck race!

FPTA - Virtual Duck Race!

What an amazing week at the Cheddar First School Duck Race!

A huge THANK YOU to everyone who donated and supported the event. Whether it was 50p or more, every single contribution made a difference and together we raised an incredible **£1,353** which will go towards supporting extracurricular activities for all our children at the school!

We hope all the children had a fantastic time throughout the week and enjoyed their mini ducks which will be coming home with them!

Congratulations to our winners:

- Nurture/Falcon Race Winners!
- Woodpecker Class: Most sponsorship raised (£291.98!)
- Sammy (Woodpecker): Most individual sponsorship!
- Dougie (Puffin): Assembly prize winner!



Local Partner's Needed!

Support Cheddar First School – Become a Local Partner (Formally known as a School Governor)

Cheddar First School is looking for Local Partners, a flexible volunteer role where you can use your skills to support the school and help shape the future for children in our community.

We welcome individuals from all backgrounds and professions to contribute. You'll play a key role in providing support, challenge, and accountability, helping ensure the school continues to thrive.

Learn more and apply here: <https://wessexlearningtrust.co.uk/vacancies/governor/>

Interested or have questions? Please contact Charlotte Cox at ccox@cheddarfirstschool.co.uk

FSM Holiday Food Vouchers

The government is no longer funding holiday food vouchers for parents on free school meals.

A new provision is due to launch in May and we are waiting to hear further details.

Meanwhile, Foodbank Vouchers are available on request from the school office.



Cheddar
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This week in Preschool!



Celebrating together - Children have been enjoying Easter activities by singing songs, making treats and hunting for eggs.

We want to wish everyone a Happy Easter and look forward to hearing all your news when we return.



FPTA - Amazing Local Support!

Supporting our school!

A huge thank you to *The Village Cafe & Bakery* in Cheddar, for their incredibly kind support to our school.

Over the first few months of the year, they very generously earmarked a percentage of coffee sales from *The Village Cafe* for a donation to the FPTA — and we're delighted to share that this has raised an amazing £418.60 for the school!

We're so thankful that *The Village Cafe* chose Cheddar First School as their local charity of choice. Support like this really does make a huge difference and this donation will go directly towards enriching experiences and activities for our children.

A special thank you also to Jacqui & Sean from *The Bath Arms* who very kindly suggested this and have pledged to continue this year with a donation of coffee sales coming in quarterly — such an incredible ongoing show of support for our school community!

And of course, thank you to everyone who grabbed a coffee at *The Village Cafe & Bakery* and helped make this possible! Just amazing!



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Chocolate Bingo is back!

Join us on Fri 24th April 4:30pm – 7:00pm at the Community Pavilion, Sharpham Road for a fun-filled evening!

Tickets: £5 (ages 3+)

Includes:

- Chocolate bingo
- 5 game tokens
- Free squash & water

Hotdogs: £3 (pre-order only)

Soft drinks, tea & coffee available to purchase

Book now to avoid disappointment!

Get your tickets at the link below:

<https://cheddar-first-school-fpta.sumupstore.com/product/chocolate-bingo>

Any questions, please email: cheddarfirstschoolfpta@gmail.com



Cheddar
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Where Every Child Is at the Heart



**ST ANDREW'S
FRIENDS & FAMILY
QUIZ NIGHT**

Saturday 9th May

6pm Cheddar Village Hall

**Join the reordering group for a fun
evening with family and friends**

Teams of up to 8 with a max of 6 adults

£2 per person

Cash / card for drinks & snacks from the bar

Raffle

Bring some £1 coins for half time games

Space is limited, book your space early via email

beneficecds@gmail.com



April/May/June 2026



Somerset School Nurse Team Newsletter

Welcome to the 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.

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](#)



Feedback QR code

ONLINE SAFETY

Are you worried about your child being online?

For more information and advice visit:

[Keeping children safe online | NSPCC](#)

S **M** **A** **R** **T**

SHARE RESPONSIBLY
We all love to share photographs, fun things we're doing and much more.
Be careful what you share and always ask permission if somebody else is in the photo or video.

MANAGE your PRIVACY
If you're using apps that can communicate with others, turn on privacy.
Only let people you really know follow you unless you've asked permission from your parents.

ASK for HELP
Don't ever be worried about asking for help from someone you trust.
You will NOT be judged.

RESPECT OTHERS
Be kind.
Other people may have different opinions from you.
That's okay, but if they become abusive, take screenshots, block and report and tell an adult.

THINK CRITICALLY
TRUST your INSTINCT
Is it true? Does that person really know me? Has that really happened?
Always question!

Fussy Eating in Children



Do you worry about your child being a fussy eater?

For further information check out the following webinars, or speak with you GP or School Nurse team for further support

[Webinars on Fussy Eating in Children -](#)

patientwebinars.co.uk



ELSA Support



Did you know that most primary schools are able to offer ELSA support to school aged children in their care around a variety of topics including bereavement, anxiety, stress, friendships and managing emotions/feelings.

ELSA stands for Emotional Literacy Support Assistant, and they are specialist teaching assistants with a wealth of knowledge and experience of working with children.

ELSA's are trained and regularly supervised by the Educational Psychologists.

Their aim is to build your child's emotional development and to help them to cope with life's challenges.

The ELSA will help your child to find solutions to problems they may have.

Please speak with the ELSA in your school if you feel this support could benefit your child.



UK Government

NHS

WRAP YOUR CHILDREN UP WITH THE BEST PROTECTION - VACCINATIONS

Are your child's vaccines up to date? Check their red book or speak to their GP practice.

STAY STRONG. GET VACCINATED.



HOW TO KEEP YOUR SMILE HEALTHY Just for kids!

DID YOU KNOW FEELING YOUR BEST STARTS WITH A HEALTHY SMILE?
Follow Toothie's tips to keep your smile strong and you feeling great every day!

BRUSH EVERY MORNING AND NIGHT

- Use a fluoride toothpaste.
- Brush all the sides and surfaces of your teeth for 2 minutes.
- After brushing, spit don't rinse.

VISIT THE DENTIST REGULARLY

- The dentist will ask you to open your mouth wide.
- The dentist will check your teeth are growing properly.
- The dentist will help keep your teeth clean and healthy.

EAT HEALTHY FOOD AND AVOID SUGARY DRINKS

- Too much sugar is bad for everyone.
- Sugary drinks and unhealthy snacks between meals can cause holes in your teeth if you have them too often.
- Our mouths and bodies are stronger and happier when we have healthy food and drinks.

fdi | worldoralhealthday.org | World Oral Health Day

National Sun Awareness Week

11th May – 17th May 2026

As the nicer weather approaches it is important to remember to stay safe in the sun.

Sun Safety Tips

Make sure you:

- *Spend time in the shade between 11am & 3pm
- *Cover up with suitable clothing and sunglasses
- *Take extra care with children
- *Use at least factor 30 sunscreen

For more advice please visit:
[Sunscreen and sun safety - 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 contact 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 disclose the contents.

Improving LIVES

Tips for SATs Week

360°
of
support

- The SATs don't effect what school you will get into
- They are important, but most teachers just want you to do your best
- Lots of schools make the SATs week really relaxed, having breakfast clubs, extra playtime, relaxation time, no other lessons, so it can even be fun. Find out what your school is doing
- This is good practice for taking tests. But you can do it in the comfort of your school which you know well and will help support you
- Talk to your friends and family about how you are feeling about the SATs. It's likely that other people are feeling a bit nervous too
- If you're struggling, talk to your teacher or another adult at school that you trust and you know will listen
- If it helps, write a timetable for the week. Make sure you add some treats, like watching your favourite show, doing sport, or having your favourite meal/ snack
- Talk to the people around you and tell them what you think would help you in that week, e.g. I might need more hugs or down time. I need to get to bed on time: I want you to walk me to school in the mornings
- Concentrate on the tests one at a time. Do your best and however they go, try to let the last one go and then focus on the next one
- Try to eat well, sleep well and take some exercise that week
- Get your clothes and school bag ready each night, so in the morning you can stay calm
- Celebrate when they are over!

As we approach exam season here are some tips to share with your child...

Somerset School Nurse Team Contact Details:

Email: schoolnurseduty@somerset.gov.uk

Tel: 0300 790 9854

Issues with bedwetting?

Check out the video below for advice...

[ERIC Helpline Podcast - Bedwetting \(short version\) on Vimeo](#)

For further advice or support speak with your GP, School Nurse Team or click on the link below:

Home - ERIC



FREE Parent and Carer Workshops:



Each session will create a safe supportive space where parents and carers can engage in a way that feels comfortable for them, including anonymous contributions and end-of-session questions.

You only need to attend **ONE** workshop - but you are welcome to join two or all three if you wish.

Duration: 1.5 hour workshop + 30 mins Q&A

Online (live only):

Monday 20th April 2026, 7pm-9pm (please login by 6:55pm) - **Parents of Secondary Pupils** - Talking about sex and relationships with your teen: What parents need to know.

Monday 11th May 2026, 7pm-9pm (please login by 6:55pm) - **Parents of SEND Learners** - Supporting your SEND child with Bodies, Boundaries and Relationships.

Monday 8th June 2026, 7pm-9pm (please login in by 6:55pm) - **Parents of children ages 0-11, Early years professionals welcome too** - Starting the Conversation: Bodies, Boundaries and Relationships for the Early Years and Primary aged children.

These sessions will be led by Alice Hoyle, national RSHE expert-educator and co-author of Great Relationships and Sex Education and Becoming a Sensory-Aware School. Alice is a neurodivergent professional and parent of neurodivergent children, offering both expert guidance and lived experience to support truly inclusive, sensory-aware RSHE.

To book please scan the QR code or follow this link:

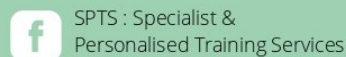
<https://forms.office.com/e/2AKi48BfN8>



For further enquiries please email: **officespts@fiveways.school**

Email: officespts@fiveways.school

Phone: 01935 411384



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
Monday 20 th April	Term 5 starts!
Friday 24 th April	FPTA Chocolate Bingo! More info to follow
Friday 1 st May	FPTA Cake Sale - Woodpecker Class
Monday 4 th May	Bank Holiday
Wednesday 6 th May	Reception Trip to Bristol Zoo Project
Friday 8 th May	FPTA Cake Sale - Skylark Class
Mon 11 th - Wed 13 th May	Year 4 Residential to Kilve
Friday 15 th May	FPTA Cake Sale - Preschool TBC
Friday 15 th May	Proposed date for the CFS FPTA Summer Party! TBC!
Friday 22 nd May	FPTA Cake Sale - Goldfinch & Kingfisher Classes
Friday 22 nd May	Last day of Term 5
Monday 1 st June	Term 6 starts!
Wed 3 rd - Thurs 4 th June	Year 3 Residential to the Mendip Activity Centre
Friday 12 th June	FPTA Cake Sale - Robin Class
Friday 19 th June	FPTA Cake Sale - Wren Class
Friday 26 th June	FPTA Cake Sale - Preschool TBC!
Friday 17 th July	Last day of the academic year!

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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