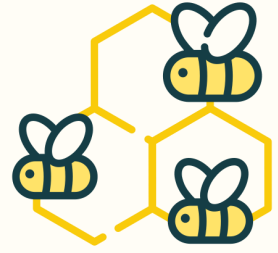


Cheddar First School

Where Every Child Is at the Heart



Issue No. 37

3rd July 2026

School Newsletter

Message from Mrs Smith:

Time for Moving on!

As July begins, it is time to start preparing for the next academic year and all that it has in store for us. With this in mind, the children have been to visit their new classes on Wednesday and have also enjoyed a story with their new teacher yesterday.

This year, we are trialling the children in having multiple visits to their new class over the last few weeks, to ensure that they go into the summer break excited and full of confidence for the year to come. Everyone looked very grown-up and settled in these sessions so hopefully this will lead to a smooth transition ahead.

Of course this time of year is also tinged with sadness as we get ready to say a fond farewell to our wonderful Year 4 children. They too went to visit their new school on Wednesday and we were very proud of how they conducted themselves and how brave they were! We will be celebrating all of their achievements since they joined Cheddar First School & Preschool next week, so make sure that you have your tissues at the ready and the date and time in your calendars as you are not going to want to miss it!

Have a restful weekend all!

Be Proud!

Ladybirds	Alfie	Goldfinch	Everyone!
Bumblebees	Maisie	Woodpecker	Damon
Caterpillars	Ferne & Bailey	Skylark	Demelza
Butterflies	Phoebe & Olivia	Falcon	Teddy
Wren	Rafe	Kestrel	Maisie
Robin	Erin	Swan	Everyone!
Kingfisher	Everyone!	Puffin	Dalton, Henry & Dougie

Team Talk

This term, the focus is on how we can keep ourselves safe. This week, children explored personal space and body boundaries. They practised respectful ways to ask for space and learned that they can always tell a trusted adult if something feels uncomfortable.

Ice Cream & Bouncy Castles!

To celebrate the end of term, we have arranged a bouncy castle session on Wednesday 15th July and an ice cream van visit on Friday 17th July! To help contribute towards the cost of these 2 exciting treats, we are kindly asking for a voluntary contribution of £4 per child to be made via MCAS. (This can be found under 'Store' on a mobile device or 'Product' from a web browser. This contribution includes an ice cream cone with sauce & flake and a bouncy castle session!

This is all happening within school hours and there is a vegan option of ice cream if required. Please do let your child's key adult/class teacher know if for any reason you prefer your child to not be involved in these sessions.

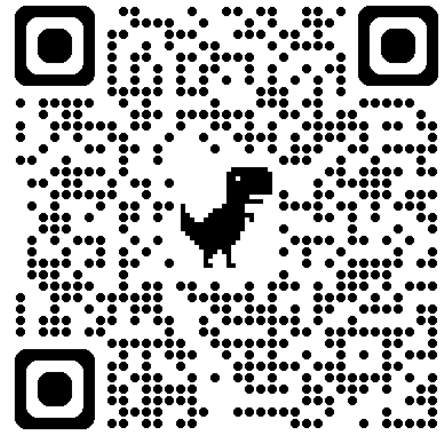
New Catering Provider!

Move to Aspen's - Action Needed!

As communicated in the Dojo post last Wednesday, we will be moving to a new catering provider in September.

We kindly ask all parents scan or click on the QR Code to complete the required form.

All of the details are in the parent letter which can be found [here](#)



Summer Reading Challenge!

Caroline from our local library service came in and told our children about the summer reading challenge - details enclosed.

[Read to the Beat! 2026 Summer Reading Challenge Book Collection Announced - The Reading Agency](#)



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This week in Preschool!




Summertime! We have been talking about places we visit for holidays and the signs of summer.


Younger children have had sensory experiences inside and out whilst older children have been visiting the school grounds looking at the pond, flowers and admiring vegetables in our forest school plot!




🎉 FPTA Schools Out Disco! 🎉

Get ready to celebrate the end of term with a fun-filled disco! 

 **Monday 6th July**

 **5:00pm – 6:30pm**

 **School Field**

 **Tickets: £3 per child** (siblings require a ticket)

 **Under 2s go free**

Come along for music, dancing and a great after-school celebration! ✨

We can't wait to see you there! 🎵

<https://cheddar-first-school-fpta.sumupstore.com/products>



Monday 6th July
5pm-6.30pm
Cheddar First School Field
£3 per child including siblings
Under 2s Free
Open to all! Freshments available.

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

🍰 You did it: Cake Friday Success! 🍰

A huge thank you to everyone who baked, bought, donated and helped at our class cake sales this year.

These are now all finished given every class and pre-school have taken their turn....and all together, you've raised an incredible **£1,544!** 🎉

A special shout out to Wren Class who topped the leader board in our final cake sale of the school year, with an amazing £224 raised! 🍌


Every cake you baked, and every treat you bought, has helped raise money for our school. We hope you all enjoyed them! Thank you to all our wonderful families and volunteers for making this year's cake sales a truly sweet success!



💚💛 **Out and about in Cheddar this summer? Why not pop into these two amazing local businesses, who have kindly chosen to support our school!** 💚💛

 Thank you to **Heart of Cheddar Charity Shop** for selecting CFS FPTA to be one of your fabulous local charities this quarter!

Through July, August and September, when shopping at **Heart of Cheddar Charity Shop**, customers can vote for us by putting a token in the box with our school's name on it. At the end of September, Cheddar First School will receive a share of the shop's profits, based on how many tokens are put towards our FPTA charity! Amazing! Why not pop in and place your vote?!

 And there's more... The wonderful support continues from **The Village Cafe!** For every coffee sold, a small donation goes to our school. So your morning coffee can make a real difference too!

If you're charity shopping or grabbing a coffee in Cheddar, please think of us. Every token and every coffee helps us give our children even more opportunities!

Thank you for supporting our school and our wonderful local community! 💚

CHEDDAR TENNIS CLUB

OPEN DAY

SUNDAY
5TH JULY

10AM – 4PM



COME AND TRY
TENNIS FOR FREE



BALLS AND RACKETS
AVAILABLE TO BORROW



EXPERT COACHING
AVAILABLE



MEMBERSHIP OFFER
GET 9 MONTHS
FOR THE PRICE OF 6



FOR MORE INFO CONTACT

STEPHEN PEARCE

LTA SENIOR CLUB COACH

07904061301



July/August/Sept 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

Starting Reception

Your child's journey to school starts at home

We understand that all children develop at their own pace, and that we're all learning from birth. When it's time to start school, some children will need more help than others.

There's lots you can do at home to build your child's confidence and independence, helping them feel emotionally and practically prepared to start school.

How can I help my child get ready?

What if my child has additional needs or SEND?

Who can I speak to for help?

For more information on how to help your child get ready for reception, and for information on supporting children with additional needs, scan the QR code or visit <https://startingreception.co.uk>

Are you concerned your child is not yet toilet trained for school?

If so, please see resource below for lots of helpful tips!



The Potty Training Guide - Starting Reception

Prior to starting school support can be found from your Health Visitor Team:

Contact the Health Visitor team via their CHAT Health text line - 07480 635514

Helpful Tips for Bedtime

Advice for parents and carers from The Sleep Charity



A bedtime routine is important in getting a good night's sleep. A routine helps to support a child's body clock and aid relaxation. Feeling relaxed is important in the run-up to bedtime for both parent and child. If your child is experiencing difficulties sleeping it can make you both feel anxious. Youngsters often pick up on stress levels around them, so it is important to create a relaxing and calm environment as bedtime approaches.

Here are some helpful tips to create a relaxing bedtime routine for your child:

- A bedtime routine is important for all ages and a regular routine will help children relax and get ready for bed. Try to start the routine at the same time every night as it helps to support your child's body clock, meaning they are likely to need off more quickly.
- Set aside time earlier during the day to allow your child to share any worries with you. It can be helpful to share how their day has been and what is planned for the next day. Make sure to give them your full attention.
- Dim the lights in the hour before bed to encourage the production of melatonin, this will help to promote that sleepy feeling.
- Looking at screens can make it harder to fall asleep. So turn off an hour before bedtime, this includes television, laptops, tablets and mobile phones. Screen activities can be mentally stimulating and may also inhibit the production of melatonin, the sleep hormone that helps us to feel drowsy.
- Bedtime role playing can help children mentally prepare for bedtime. Try letting your child put their Elmer or other toys to bed, tucking them in and saying 'Goodnight'.
- Younger children may enjoy a bedtime box, filled with a selection of activities to carry out during the routine. Hand eye co-ordination activities such as jigsaws, colouring and threading are great for promoting relaxation, such as an Elmer colouring sheet. Older children may prefer to read, play a board game or take part in a craft activity.
- A bath half an hour before bed can help to promote sleep, the decrease in body temperature after a bath can help your child to nod off more easily.
- Massage can help some children to unwind as can mindfulness or simple breathing exercises. Imagine breathing in a beautiful white light and blowing out any worries or troubles each time they exhale. Breathing exercises are also useful for parents to carry out and are a great exercise to enjoy together.
- There's no better way to end the day than snuggled up in bed with a bedtime story – and it's never too early to start reading to your child! Make it part of their bedtime from being very young. It helps develop listening, concentration and vocabulary skills. It's also a great way to spend time with your child before bed.
- Children love predictability so don't be afraid to have one or two books that you use frequently at bedtime – they love the repetition.
- Why not consider making up a story about one of your child's favourite books or characters? You can even get your child to make up a story too – it's great for the imagination! If you've read *Elmer and the Bedtime Story* you can have a go at making up stories to go with the titles mentioned by the jungle animals (eg 'The Story of the Warming Blanket').
- Don't forget to end the day on a positive note by sharing 5 great things that have happened during the day.



The Sleep Charity, incorporating The Sleep Council, provides advice and support to improve the nation's sleep better. Find out more: <https://thesleepcharity.co.uk>



For more info on sleep issues visit...

Home - The Sleep Charity



Click on the link below for

FUN ACTIVITY IDEAS..

...to help your child get ready for school!

[Starting-Reception Activity-ideas-for-parents.pdf](#)





ChatHealth

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

Get Set for Secondary School

Be Organised

Use your new school's website to research the school layout, what lockers are available and whether swipe cards are needed in the canteen. Once you have your new timetable, print a copy for home. Get any books or equipment you might need ready the night before to save rushing in the morning.

Own Your Independence

Start showing your independence in the lead-up to secondary school by packing your own school bag, laying the table for breakfast or putting dirty clothes in the laundry basket. Being able to rely on yourself is a great skill to have when it comes to starting a new school.

Practise

Before term starts, plan the route you're going to take to get to school. Carry out some practice runs, especially during the times when you would normally be travelling to and from school. Arrange to meet a friend at the entrance on the first day so you can walk in together.

Get Talking

If you're not sure about anything, just ask. The teachers at your new school are all there to help you settle in. Talk to your parents or carers if you are worried or anxious about anything. They've been in your shoes before and will be able to offer support and advice.

Stay Positive

Embrace the change. Think about all the opportunities ahead of you - new subjects, new teachers, learning new sports and making new friends. Teachers won't expect you to get every answer right in class but they will be impressed with a positive, can-do attitude.

Look After Yourself

Eat healthily and get plenty of sleep. Look after your physical and mental health. Find time to relax after school by doing things you enjoy - take a walk in the park, meet up with a friend, listen to some music. Being able to 'switch off' may make you feel more relaxed and energised the next day as a result.

Be Yourself

There is no one else in the world like you. Don't try to be someone you are not. People will like you for who you are. Believe in yourself - you've got this!

Be a Good Friend

Be kind and helpful to others, even if you don't know them that well. Showing kindness and support to someone else might help boost their confidence as well as make you feel good too. Showing empathy and understanding is a great way to start building up positive friendships.

SCREEN SMART

www.SocialWorkersToolbox.com

GUIDE YOUR CHILD. PROTECT THEIR FUTURE.

WHY IT MATTERS
Too much screen time can affect sleep, focus, mood, creativity, and real-life connections.

RECOMMENDED LIMITS (GUIDELINES)
Under 2 years: Avoid screens (except video calls)
2 to 5 years: Max 1 hour/day of quality content
6+ years: Consistent limits with balance

SET HEALTHY HABITS
● Create screen-free zones (meals, bedrooms)
● Watch and use content together
● Set time limits and stick to them
● Encourage outdoor play, books & hobbies

Balance today. Better tomorrow.

SIGNS OF TOO MUCH SCREEN TIME

IRRITABLE OR MOODY | TROUBLE SLEEPING | POOR FOCUS OR LOSS OF INTEREST | DIFFICULTY STOPPING OR MELTDOWNS | WITHDRAWN FROM FAMILY & FRIENDS

TIPS THAT WORK
BE CONSISTENT: Kids thrive on routine and clear boundaries.
LEAD BY EXAMPLE: Limit your own screen time. They copy what they see.
OFFER BETTER CHOICES: Dive engaging alternatives like play, art, or stories.
TALK & LISTEN: Understand their world. Build trust and guide.
PRAISE GOOD CHOICES: Encourage balance and substitute progress.

SCREEN TIME CHECKLIST
Do we have screen-free zones and times?
Is the content age-appropriate and meaningful?
Are we balancing screens with real life?
Do we talk about what they watch or play?
Are we leading by example?

WHAT KIDS NEED MOST
BE HEARD | BE PRESENT | CONNECTION GUIDANCE TIME LOVE | BE ACTIVE | BE YOU

SCREENS ARE TOOLS. YOU ARE YOUR CHILD'S GUIDE.
CHOOSE BALANCE. CHOOSE CONNECTION.

YOU'VE GOT THIS!
Small steps. Big impact.

Did you know constipation can be a common cause of bedwetting?

Constipation can go unnoticed except for the bedwetting, so **ALWAYS** check the bowel out first.

A full bowel can put pressure on the bladder which can then cause bedwetting.

Your child should be passing at least 4 soft stools a week, anything less could indicate constipation and need treatment.

POO CHECKER
What's your poo telling you?

TYPE 1
Small hard lumps like rabbit droppings. The biggest constipation.

TYPE 2
Sausage shaped, but hard and lumpy. The biggest constipation.

TYPE 3
Sausage shaped, but hard, with cracks on the surface. The biggest constipation.

TYPE 4
A soft, smooth sausage - THE IDEAL POO!

TYPE 5
Separate soft blobs. May be fine if the child is well and softer poo can be accounted for e.g. increased intake of fibre or taking laxative.

TYPE 6
A mushy stool. May be fine if the child is well and softer poo can be accounted for e.g. increased intake of fibre or taking laxative.

TYPE 7
A liquid stool. This could be diarrhoea or overflow.

Advice for children with constipation - ERIC

The Children's Bowel & Bladder Charity

Somerset School Nurse Team Contact Details:

Email: schoolnurseduty@somerset.gov.uk

Tel: 0300 790 9854

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 6 th July	FPTA School Disco! 5-6:30pm
Wednesday 8 th July	Year 3 Sports Festival (Packed lunches required)
Thursday 9 th July	Year 4 Leavers Service (1:45pm) & BBQ (5:30-7:30pm)
Monday 13 th July	Year 4 Wells Singing Festival
Tuesday 14 th July	Sports Day!
Wednesday 15 th July	Bouncy Castle Day!
Friday 17 th July	Ice-Cream Day!
Friday 17 th July	Last day of this academic year!
Monday 7 th September	First day of the new 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 0800 800 500 and Somerset Direct 0300 123 2224



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