



Cheddar
First School

Where Every Child Is at the Heart



School Newsletter

Issue No. 5

9th October 2026

Message from Mrs Smith:

What a Lovely Week!

Happy Mental Health Day! I hope that you have found time today to do something positive to support your own mental health as well as that of your children!

This week, the children have been impressing us with their fantastic learning from amazing research skills in Geography, to mathematical outdoor learning and some whole school creative art work in assembly! The children are so proud of what they know and have loved sharing their learning with me, which always makes my week! I really hope that they have shared their learning this week with you too.

Just a reminder that parents evenings are coming up, which are a great way to get some individual feedback on how your child has settled into their new class. So make sure that you get a session booked into your calendar through your MCAS account.

It has also been lovely to start showing new parents around the school as part of our school Open Days. It is always with great pride that we welcome visitors into our school so if you have a child who is coming to school in September 2027, or you know of someone who is looking for a school place now or in the future, please do come and join a tour!

Have a wonderful weekend!

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

Be Proud!

Ladybirds	Alfie	Goldfinch	Florence
Bumblebees	Otis	Woodpecker	Joey
Caterpillars	George	Skylark	Esme
Butterflies	Bonnie	Falcon	Ronnie
Wren	Eddie	Kestrel	Chloe
Robin	Silas	Swan	Blake
Kingfisher	Oliver	Puffin	Paige

Team Talk

This week, the children have been discussing about how they feel when they experience something new. The discussion focused on how it can make your body feel to begin with and how this can change over time. It was lovely to hear the children discuss this and to know that, sometimes, if something feels difficult at first it can get better with time.

The Whole School Art Assembly!

We had a special whole School Art Assembly this week where the children were able to use their imagination and creativity!



Somerset Soccer School Taster Session!

We also had a taster session from Richard, the Somerset Soccer School coach. The children were fantastic and we were really impressed with the effort, enthusiasm and commitment they showed.

If your child enjoyed the session, Richard runs a weekly afterschool football club every Tuesday, from the end of the school day until 5pm. Everyone is welcome, regardless of ability or experience. Contact somersetsockerschools@hotmail.co.uk for more details.



This week in Preschool!

Over the week in Preschool, children have had lots of opportunities to get involved with exploring, problem-solving and investigating the world around them.



Our core texts create a talking focus with Ladybird Room singing 5 Currant Buns, Bumble Bee Room naming animals as they lift flaps of "Where's Spot", Caterpillar Room retelling Journey Home from Grandad's and Butterfly Room performing "Brown Bear" with puppets!



CFS Green Spaces News!



Thank you to everyone who helped last Sunday and to those who donated compost and plants.

It was a lovely, well-attended, sociable, sunny morning where we were planting, weeding, pruning and tidying the school.

Every session improves the grounds so much so thank you for your support!

The next Green Spaces session will be in the Spring.



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A Quick Reminder!

It is so lovely to see so many of our children walking, cycling and scooting to school – what a great way to start their day!

Please can you ask your children to dismount from scooters and bikes when they enter the school site as there have been several near misses recently and, with such a busy site, we would hate for anyone to get hurt.

Thank you for your support with this.



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OPEN OCTOBER

TUESDAY 6TH OCTOBER 2PM
THURSDAY 8TH OCTOBER 10AM
TUESDAY 13TH OCTOBER 2PM
THURSDAY 15TH 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 T: 01934 742 546



Part of the
Wessex Learning Trust



HAVE YOUR
CAKE
AND EAT IT

WE ARE
MACMILLAN.
CANCER SUPPORT



JOIN US
FOR

PLAY LEARN
**CHEDDAR
FIRST
SCHOOL
FPTA**
RESPECT DISCOVER
EXPLORE TEAM ENJOY
IMAGINE FUN

CHEDDAR FIRST SCHOOLS

MACMILLAN
COFFEE AND CAKE FUNDRAISER

Join us for delicious cakes, treats,
coffee and a cuppa while raising money
for Macmillan Cancer Support.

ALL PROCEEDS FROM THE SALE GO TO
MACMILLAN CANCER SUPPORT.



FRIDAY
16TH OCTOBER



**AFTER
SCHOOL**



**IN THE
SCOUT HUT**



**HOMEMADE
CAKES &
TREATS**

FPTA STALL



Come along to find
out more about us
and how you can
get involved!

ONE FAMILY WILL WIN
A FAMILY TICKET TO
THE CHRISTMAS PANTO
AT BLAKEHAY THEATRE!



*SEE POST FOR FULL
DETAILS ON HOW TO
ENTER/WIN*





Oct/Nov/Dec 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



What is SEND support?

(Webinar for Parent Carers and Young People)

Do you have questions about SEND support and how education settings should meet a child or young person's special educational needs?

Join our **free webinar** to learn more about SEND support in education. There will also be an opportunity to ask questions during a Q&A session at the end of the webinar.

Wed 21 Oct 2026, 7.30-9.00pm | Thurs 22 Oct, 10.00-11.30am

For more information on how to join visit:

[Workshops and Information Days](#)



With coughs and cold season fast approaching please remind your child of the importance of good hand hygiene..

[Washing Your Hands song - CBeebies](#)

Let's Wash Our Hands!

Washoohy washoohy!
Wash our hands
Under running water
Add some soap and
Rub them hard
Don't miss any part!
Get between our fingers
Under the nail
Get gloves without fail
Pump and lather
And wash the wrist
An elbow will be normal!
They may hiss
But we'll still hiss
So we'll not do it
Splish splash
Eye eye germ!
Down the drain they go
Wash clean towel
Wash our hands
How do we? Show our friends!



Remember to wash our hands:



If your child is experiencing issues with daytime/nighttime wetting often the situation can be improved by following the...

4 Steps to a Healthy Bladder

1. Check the bowel



It is important to rule out constipation as a full bowel will reduce the capacity of the bladder to expand

2. Check for a UTI (Urinary Tract Infection)

Bugs in the bladder can cause issues around wetting so it is important to check for infection



3. Drink plenty!



The bladder is a muscle and all muscles need exercising, visit the link below for advice regarding how much your child should be drinking

4. Relax to wee

Ensure your child is comfortable sitting on the toilet, encourage them to take their time & encourage boys to do sit down wees



[Children's bladder health – what's normal and what can go wrong - ERIC](#)



Are you experiencing issues with your child around toilet training?

If so please click on the link below to find useful information and advice...

BEST START IN LIFE

[Potty training your child - Best Start in Life - NHS](#)

If your child has already started school and is still in nappies/pullups please contact the School Nurse Team for support!

Text Chat health: 07480 635 515



ChatHealth

- Parent advice & support
- Healthy lifestyles
- School transitioning
- Emotional health

**Somerset
Council**

**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**

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Back to school can mean a return of those pesky 'head lice'!



How do I treat head lice?
Medicated lotions and sprays may not always be needed, the 'wet combing' method can be very effective at getting rid of headlice.

The **'Wet Combing'** Method:

- Wash your hair with ordinary shampoo
- Apply **lots** of conditioner to the hair (any conditioner will do)
- Comb the **whole** head of hair from **roots to the ends** using a special fine-toothed comb (detection comb). These can be bought online or from a pharmacy
- It usually takes about **10 minutes** to comb short hair, and **20-30 minutes** for long or curly hair
- Use this method on days **1, 5, 9 and 13**, so you catch any newly hatched lice
- Check everyone's hair again on **day 17** to make sure they are free of lice.



If you need medication, this can be bought from a supermarket or pharmacy. Some medicated treatments may need repeating after a week to kill any newly hatched lice

For more information on treating headlice head to...

[Head lice and nits - NHS](#)

Somerset School Nurse Team Contact Details:

Email: schoolnurseduty@somerset.gov.uk

Tel: 0300 790 9854

Has your child missed their flu vaccination?



If so, the School Aged Immunisation Nursing Team (SAINT) are running a number of walk in clinics.

NO APPOINTMENT NECESSARY!

SAINT
Flu Vaccination Clinics

All clinics below are for the FLU nasal spray vaccination and are walk-ins (no appointment is needed). If your child requires the FLU inactivated injection Please contact 0300 323 0032 to arrange an appointment.

DATE & TIME	ADDRESS	DATE & TIME	ADDRESS
Saturday 26/SEP/20 09:30-14:00	Sumnerlands Hospital Site Preston Road, Yeovil BA20 2BX	Saturday 05/OCT/20 09:30-14:00	Brigsteer Hospital, Bowel Lane Brigsteer TA8 4GU
Wednesday 30/SEP/20 14:00-17:00	Community Families Hub East Reach House, East Reach, Taunton TA1 3EN	Monday 07/OCT/20 14:00-17:00	Community Families Hub East Reach House, East Reach, Taunton TA1 3EN
Saturday 30/OCT/20 09:30-14:00	Community Families Hub East Reach House, East Reach, Taunton TA1 3EN	Tuesday 13/OCT/20 14:00-17:00	Frome Community Hospital, Enock Way, Frome BA11 2PH
Wednesday 14/OCT/20 14:00-17:00	Sumnerlands Hospital Site Preston Road, Yeovil BA20 2BX (Nasal spray only)	Wednesday 14/OCT/20 14:00-16:45	Minhead Community Hospital, Luttrell Way Minhead TA24 8DT
Saturday 17/OCT/20 09:30-14:00	Brigsteer Hospital, Bowel Lane Brigsteer TA8 4GU	Monday 20/OCT/20 09:30-13:00	Westlands Entertainment Venue, Westbourne Ct, Yeovil BA20 2DD
Monday 26/OCT/20 09:30-14:30	West Mendip Hospital, Old Wells Road, Glastonbury BA6 8JD	Monday 20/OCT/20 09:30-13:00	Victoria Park Health & Wellbeing Hub, Victoria Park Drive Brigsteer TA8 4AB
Tuesday 27/OCT/20 09:30-14:30	Westlands Entertainment Venue, Westbourne Ct, Yeovil BA20 2DD	Tuesday 27/OCT/20 09:30-13:00	Brigsteer Hospital, Bowel Lane Brigsteer TA8 4GU
Wednesday 28/OCT/20 09:30-14:30	Community Families Hub East Reach House, East Reach, Taunton TA1 3EN	Tuesday 27/OCT/20 09:30-13:00	Chard Hospital Site, Upper Road, Bracken House, Crowne Road, Chard TA20 2YA
Wednesday 28/OCT/20 09:30-12:00	Chard Hospital Site, Upper Road, Bracken House, Crowne Road, Chard TA20 2YA	Wednesday 28/OCT/20 09:30-12:00	Community Families Hub East Reach House, East Reach, Taunton TA1 3EN
Thursday 29/OCT/20 09:30-14:30	Brigsteer Hospital, Bowel Lane Brigsteer TA8 4GU	Wednesday 28/OCT/20 09:30-13:00	Burnham Community Hospital, Love Lane Burnham on Sea TA8 1ED
Thursday 29/OCT/20 09:30-13:00	Shepton Mallet Community Hospital, Shepton Mallet, Buckerly Way, Old Wells Road, Shepton Mallet, Somerset BA14 4PD	Tuesday 27/OCT/20 09:30-13:00	Frome Community Hospital, Enock Way, Frome BA11 2PH
Friday 30/OCT/20 10:00-14:00	Frome Community Hospital, Enock Way, Frome BA11 2PH	Tuesday 29 Dec 2020 09:30-12:40	Minhead Community Hospital, Luttrell Way Minhead TA24 8DT
Friday 30/OCT/20 10:00-14:00	Minhead Community Hospital, Luttrell Way Minhead TA24 8DT	Wednesday 20 Dec 2020 09:30-12:10	West Mendip Hospital, Old Wells Road, Glastonbury BA6 8JD
Saturday 14/NOV/20 09:30-14:00	Sumnerlands Hospital Site Preston Road, Yeovil BA20 2BX	Wednesday 30 Dec 2020 09:30-12:10	Wincanton Community Hospital, Danvers Lane Wincanton BA9 9DG
Saturday 28/NOV/20 09:30-14:00	Community Families Hub East Reach House, East Reach, Taunton TA1 3EN		
Wednesday 4/DEC/20 14:00-17:00	Sumnerlands Hospital Site Preston Road, Yeovil BA20 2BX (Nasal spray only)		

LOOK FOR SIGN POSTING & SAINT FLAG

Somerset School Aged Immunisation Nursing Team | Somerset NHS Trust

ORAL HYGIENE



With a significant rise seen recently in child tooth extraction, please can we remind you of the importance of good oral hygiene

- Brush teeth twice a day:** ideally first thing in morning and last thing at night
- Use a fluoride toothpaste:** use a pea sized amount containing at least 1000ppm of fluoride
- Brush for 2 minutes:** ensure your child brushes for 2 minutes covering every tooth and surface
- Spit don't rinse:** after brushing your teeth spit the excess toothpaste and avoid rinsing



[How to Brush Your Teeth Animation MCM](#)



SAVE
THE
DATE



SATURDAY
17 | OCTOBER
2026

MORE INFORMATION :

🕒 3pm - 4.30pm

📍 Cheddar Village Hall

🌐 www.beneficecdrs.org

📘 beneficecdrs

📷 beneficecdrs

Term Dates

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

<https://cheddarfirstschool.co.uk/dates-and-news/calendar/>

Dates for your Diary

Date	Event
Friday 16 th October	CFS's Macmillan Coffee & Cake Fundraiser! 3:30-4:30pm
Monday 19 th October	Flu Vaccinations from the School Nursing Team
Tuesday 20 th October	Little City (Preschool, Reception, Year 1)
Wednesday 21 st October	Parents' Evening 4-6pm
Thursday 22 nd October	Year 3 Trip to the Somerset Museum
Thursday 22 nd October	Parents' Evening 4-6pm
Thursday 22 nd October	Last day of term
Friday 23 rd October	INSET Day
Monday 2 nd November	INSET Day
Tuesday 3 rd November	INSET Day
Wednesday 4 th November	Term 2 begins!

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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