



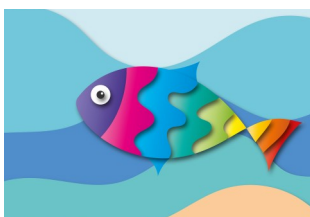
Somerset Bridge Nursery
Aspire - Brave - Care - Collaborate

Safeguarding is everyone's responsibility

AUTUMN NEWSLETTER

Somerset Bridge Nursery Newsletter Wednesday 12th November 2025

Hello all! It has been lovely to see the children back at nursery and we would like to extend a very warm welcome to the new parents/carers & children who have recently joined us. They have all settled in really well and we look forward to an exciting year together.



Rainbow Fish Room - We have really enjoyed getting to know our new children and families and our topic for this half term is "Autumn and Winter".



Gruffalo Room — What a busy half term its been. The children are now familiar with the nursery routine and together we have created our own Gruffalo Room rules, so that everyone can enjoy their time together at nursery. We have really enjoyed getting to know one another. If you haven't yet emailed in a photo of your family for our board, we would encourage you to do so because the children spend a lot of time looking at them.

Attendance — We actively encourage children to regularly attend their nursery sessions as there are so many positive benefits to be gained including; developing a sense of routine & structure, building secure attachments with adults & peers and accessing well planned activities to support their leaning and development.

Child Absence — If your child is going to be absent from nursery please notify us, as soon as possible, via email or a phone call. If your child is unwell, please refer to the attached advice sheet regarding the recommended exclusion period. Children are fine to attend with general colds and coughs, as long as they are well in themselves and do not require Calpol before the start of their session.

Holidays — If you are planning on going away on holiday during the term time, we kindly ask that you complete a form advising us of the dates.



Somerset Bridge Nursery
Aspire - Brave - Care - Collaborate

OUR TEAM

Nursery Managers

Natasha Rook (SENCO)

Hayley Hart (DSL)

Nursery Practitioners

Becky

Beth

Katie

Iwona

Lucie

Mandy

Lucie

Mia

Rose

Lunchtime Assistant

Laura

Office Administrator

Imma

Is your child due to start school in September 2026?

The application process is now live and closes on **15 January 2025**

CONTACT DETAILS

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Bridgwater
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TA6 6AH

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Tel No:

01278 452095

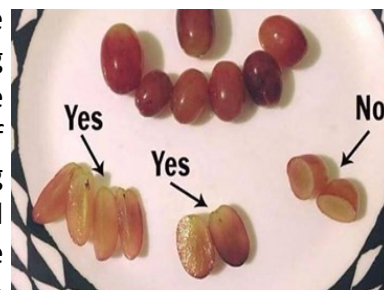
Winter Clothing - As the weather begins to change, please could you ensure that your child has adequate warm winter clothing (coat, hat, scarf, winter boots, gloves), that is clearly labelled with their name.



Trim Trail - A polite request not to allow your child to climb on the play equipment or the trees in the nursery garden, either before or after their session. This is to prevent any accidents or injuries. From occurring.

Donations - If you have any spare clothing aged 3—4 years that you could donate to the nursery, they would be gratefully received.

Food Choking Hazards - Choking is the most common cause of death in young children especially those under the age of 3 years old. The size and shape of grapes means they can completely plug a child's airway and the tight seal produced by the grape's smooth surface makes them difficult to dislodge with standard first aid. It's why we strongly advise that grapes should be **chopped in half lengthways and ideally in quarters**. This advice should also be followed with similar sized foods such as cherry tomatoes, mini sausages and various berries (please see attached fact sheet).



Cutlery - If required, please could you pack a spoon, fork and knife in your child's lunchbox.

Early Years Funding Options

Government help with childcare is expanding. You can read more about the changes at the Best Start In Life Website: <https://www.beststartinlife.gov.uk/childcare-early-years-education>

- **UNIVERSAL EYE FUNDING:** All children are entitled to 15 hours a week free childcare the term after their 3rd birthday.
- **SUPPORTED FAMILIES FUNDING:** Families who currently receive additional forms of Government Support can apply for 15 hours a week funded childcare, starting the term after their child's 2nd birthday.
- **WORKING FAMILIES FUNDING:** Eligible working parents can apply for 30 hours a week funded childcare, from the term after their child turns 9 months old. You will need to re-confirm your eligibility every 3 months, otherwise your code will expire
- **TAX-FREE CHILDCARE:** If you pay privately for your childcare, you could get help towards the cost (up to £2,000 a year) if you meet the eligibility criteria. To find out more, please visit the following website: <https://www.beststartinlife.gov.uk/childcare-early-years-education/tax-free-childcare>

Nut Free Setting - Our nursery is a **nut free** setting. Please could you check the ingredients of all items within your child's lunchbox. If we do find an item that contains nuts, it will be removed immediately and replaced with an appropriate substitute. The item will be then returned to you at the end of the day.

Sweets/Chewing Gum - We kindly ask that children are not eating these when coming into nursery and do not bring them in their lunchboxes.



Pre-School Immunisations — A reminder to all parents/carers that children need to stay off from nursery for a minimum of 24 hours following their pre-school jabs. This is in case of an adverse reaction.

BBC Website "Tiny Happy People" —Have you heard of the tiny happy people website? If not, take a look at the following link <https://www.bbc.co.uk/tiny-happy-people>. The website has been developed to help your child develop their language skills, with some simple & fun activities to try at home.

Wet wipes — A polite reminder to ensure that there are an adequate supply of wet wipes (and nappies) in your child's bag at the start of each session.

Belongings from Home - Please could all of your child's belongings (clothing, drinks bottles, lunchboxes etc) be clearly named/labelled so that we can ensure the correct items go home with the right child each day. Also we ask not to bring in your child's own toys from home, as they could get lost or broken.

Online Safety - We are aware that many children now use devices to access online games. Internetmatters.org have some great advice to help you keep your child safe when they are online. You can find out more here: [Pre-school \(0-5\) online safety tips and advice | Internet Matters](#)

School Play Equipment — A reminder that the play equipment on the Reception and KS1 playgrounds are to be used by the school children only. Please could you therefore ensure that your child is not playing on them before/after their nursery session.

Headlice - Please be advised that there are cases of headlice in the nursery. We kindly ask that you regularly check your child's hair and treat if necessary.

Christmas Stay and Play - We are excited to be hosting a Christmas themed stay and play session for all parents and children to attend, on Thursday 18th December. More details to follow separately.

Autumn Term dates for your diary

| | |
|---|--|
| Thursday 13th November | Parents Evening (1) |
| Friday 14th November | Children In Need |
| Thursday 20th November | Parents Evening (2) |
| Friday 28th November | Inset Day (nursery is closed) |
| Wednesday 17th December | Christmas Lunch (Festive Fun) |
| Thursday 18th December | Christmas Stay & Play Session |
| Friday 19th December | Last Day of Term |
| Monday 22nd December - Friday 2nd January | Christmas Holidays (nursery is closed) |
| Monday 5th January 2026 | Start of the Spring Term |

**FOOD
FESTIVAL**
By Aquino

FESTIVE FUN

17th December

Roast Turkey & Stuffing

Or

**Roasted Vegetable, Cranberry &
Cheese Puff Pastry Wreath**

With

**Roasties, Sticky Chipolata, Christmas
Vegetable Medley and Gravy**

Rudolph's Nose Cookie

Or

**Cinnamon Popcorn
Chocolate Brownie**





UK Health
Security
Agency



Should I keep my child off school?

Yes

Until...

| | |
|--|--|
| Chickenpox | at least 5 days from the onset of the rash and until all blisters have crusted over |
| Diarrhoea and Vomiting | 48 hours after their last episode |
| Cold and Flu-like illness (including COVID-19) | they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19. |
| Impetigo | their sores have crusted and healed, or 48 hours after they started antibiotics |
| Measles | 4 days after the rash first appeared |
| Mumps | 5 days after the swelling started |
| Scabies | they've had their first treatment |
| Scarlet Fever | 24 hours after they started taking antibiotics |
| Whooping Cough | 48 hours after they started taking antibiotics |

No

but make sure you let their school or nursery know about...

| | |
|----------------------|-----------------|
| Hand, foot and mouth | Glandular fever |
| Head lice | Tonsillitis |
| Threadworms | Slapped cheek |



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.

Early years food choking hazards



Below is a table of advice on key foods for care givers who are involved with preparing and serving food for babies and young children (under 5 years old)

| Vegetable and fruits | Advice |
|--------------------------------|---|
| Pips or stones in fruit | Always check beforehand and remove hard pips or stones from fruit. |
| Small fruits | Cut small round fruits like grapes, cherries, berries, strawberries and cherry tomatoes, into small pieces: cut lengthways and then again cut them in halves (quarters). |
| Large fruits and firm fruits | Cut large fruits like melon and firm fruits like apple into slices instead of small chunks. For very young children, consider grating or mashing firm fruits, or softening them up by steaming or simmering. |
| Vegetables | Cut vegetables like carrots, cucumber and celery into narrow batons. For very young children consider grating or mashing firm vegetables and legumes like butter beans, chickpeas and tofu, or softening them up by steaming or simmering. |
| Skin on fruit and vegetables | Consider removing the skin from fruit and vegetables, especially for very young children. Peeled fruit and vegetables can be swallowed more easily. |
| Cooking fruit and vegetables | Consider softening firm fruit and vegetables (such as carrots, broccoli, yam and apples) by steaming or simmering until soft. Serve cut into slices or narrow batons. |
| Meat and fish | Advice |
| Sausages and hot dogs | Cut sausages and hot dogs into short strips. Cut them in half and then lengthways or as thinly as possible. Peeling the skin off the sausages helps them to be swallowed more easily. |
| Meat or fish | Remove bones from meat or fish. Cut meat into strips as thinly as possible. Remove skin and fat from meat and fish, it will help the food pass smoothly down the throat. |
| Cheese | Advice |
| Grate or cut cheese | Grate or cut cheese into short strips. Cut lumps of cheese as narrow as possible. |
| Nuts and seeds | Advice |
| Chop or flake whole nuts | Chop or flake whole nuts, peanuts and seeds. Whole nuts should not be given to children under five years old. |
| Bread | Advice |
| White bread and other breads | White bread can form a ball shape with a dough-like texture at the back of a child's throat, if not chewed properly. Brown bread or toasted white bread are good alternatives. Cut bread, chapatis, naan bread and other breads into narrow strips. |
| Snacks and other foods | Advice |
| Popcorn | Do not give babies and young children popcorn. |
| Chewing gum and marshmallows | Do not give babies and young children chewing gum or marshmallows. |
| Peanut butter | Do not give babies and young children peanut butter on its own, only use as a spread. |
| Jelly cubes | Do not give babies and young children raw jelly cubes. |
| Boiled sweets and ice cubes | Do not give babies and young children boiled, hard, gooey, sticky or cough sweets, or ice cubes. |
| Raisins and other dried fruits | Do not give babies under the age of 1 whole raisins or dried fruits. Cut them into small pieces. |

Make sure food is prepared appropriately for children under 5 years old, see: <https://www.nhs.uk/start4life/weaning/>
 It is also advisable that care givers are familiar with how to respond to a choking incident, see: How to stop a child from choking: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-stop-a-child-from-choking/>
 and How to resuscitate a child: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-resuscitate-a-child/>



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for Girls & Boys in Taunton



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-  Learn basic football skills, teamwork, coordination & communication
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