

# St Pauls Nursery School and Children's Centre Newsletter



## October 2017

### Headteacher Update

#### **Dear Parents and Families,**

Welcome to all our children and families, who are either returning or starting new at St Pauls Nursery School & Children's Centre. Thankyou for choosing to bring your child here—it's a privilege to learn and work with them.

Term 1 has been full of adventures as new children get to know the environment inside and out and share with us the things that excite them. Our new outside area has really helped children to settle and get absorbed in their learning, they have loved the autumn leaves and watching our apples ripen and fall from the trees.

Thankyou to all of you who contributed to fundraising for outside—so far we have raised a fantastic £1500+ and the happy memories of our brilliantly attended Summer Celebration are still keeping us smiling! Our allotment area will be happening next! We hope to complete this by Christmas, and will be needing some 'green fingered' parents to help us plant it up with vegetables and maintain it. We have applied for a grant from Children in Need to help fund this development.

This year will see some changes to Bristol Children's Centres, as they are reorganised to work across wider parts of Bristol. We will soon be asking you to tell us what you think as part of a city wide 'public engagement exercise' - please watch out for more information over the next couple of months.

The future for all schools and children's centres is becoming more and more tricky as the funding is continuously reduced. St Pauls is well positioned to weather the storm, but we will still need all the help and support we can get from you and to be FULL.

**We still have limited places available for 2 and 3 year olds—so please tell your friends about us.**

Please check out the posters inviting you to join in our **FAMILY MORNINGS** on either **Tuesday 31st October** or **Thursday 2nd November** until 10.30am.

I look forward to meeting you all and to working with you over the coming year.

Regards, Lucy Driver

**Thankyou for your support as ever and for being part of this learning community.**

**Nursery term dates:**  
**Last day of term is Friday 20th October 2017.**  
**New term starts on Monday 30th October 2017.**  
**Family support is available throughout the school holidays.**

**Inset Days:**  
Nursery School and Children's Centre will be **CLOSED** for staff training and development on the following dates:

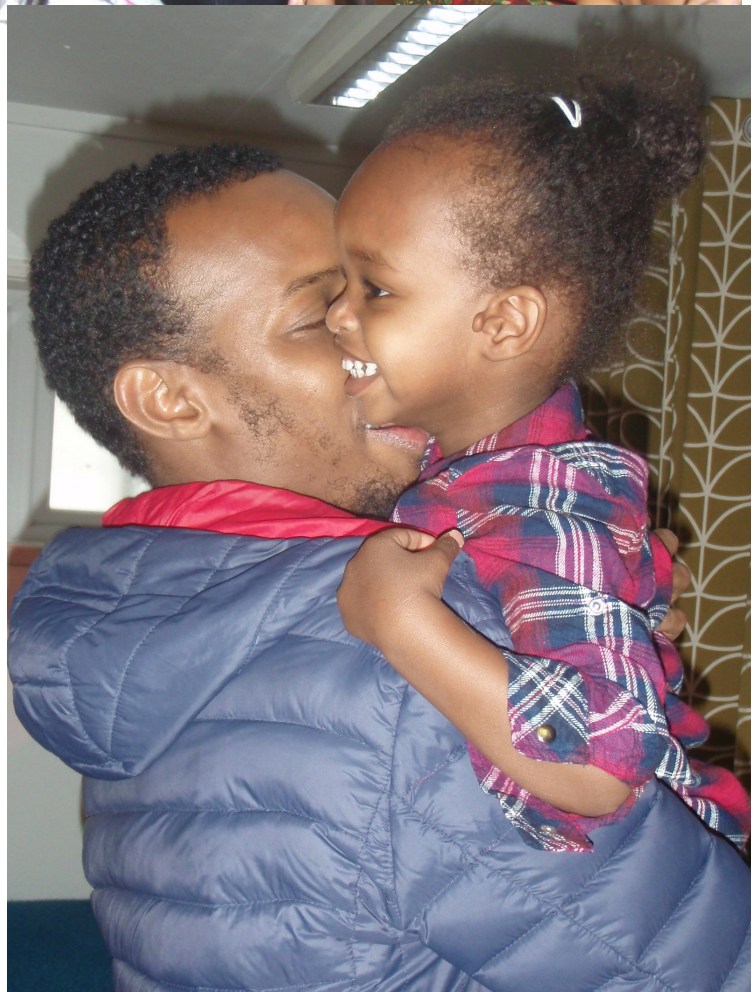
**Thursday 23rd November 2017**  
**Wednesday 17th January 2018**  
**Tuesday 27th February 2018**  
**Wednesday 6th June 2018**

**The entire centre (including the Children's Centre) will also be closed for the following public holidays:**  
**Christmas to New Year's Day – the centre will close at 6pm on Friday 22nd December 2017 and reopen at 8am on Tuesday 2nd January 2018**  
**Good Friday 30th March 2018**  
**Easter Monday 2nd April 2018**  
**May Day 7th May 2018**  
**Spring Bank Holiday 28th May 2018**  
**August Bank Holiday 27th August 2018**

### Birth to Threes

In Birth to Threes we have been busy focussing on transitions; settling in our new children and saying goodbye to those moving on.

We know that saying goodbye can be very hard. Both children and parents can feel a mixture of very strong emotions when separating for what may be the first time. Although some children settle quickly, perhaps enjoying the freedom to explore in the garden or enjoying the sensory messy play, it is also very common for children, when they first start, to feel sad when saying goodbye. Although it may be tempting to disappear when your child is absorbed in play, we always encourage parents to say goodbye. This is important for building children's trust and confidence. We tailor our settling in sessions around each child, to support them as they learn that their key person will look after them while they are at nursery, but that their parents always come back. For some children this process comes quickly and for others it may take longer but for all children, we make sure that families and key people work closely together to support them as they start or continue on their unique learning journey at St Paul's.





## Nursery School

The first term in Nursery School is well underway and your amazing children show much curiosity and resilience as they explore their new environment and begin to build new relationships. Our home visits to every child were such an important opportunity to begin those relationships in the place they feel most comfortable; **it was a real privilege to hear all about our new children from**



**their first educator – you!** Thankyou all for being so welcoming. At the moment in Nursery School we are noticing children are using lots of skills and strategies to support their transition into their new environment. We are always inspired to observe so many different approaches to learning in these first few terms especially, as children get to know each other and begin to uncover unique fascinations and passions. In particular, we notice lots of careful observation – children watching others closely, before imitating, to experiment with learning new skills. Our newly completed garden has been a real source of challenge; children are quickly becoming skilled in assessing their own risks and developing their physical skills. Adam (see photo below) is so determined as he independently drags the wooden crates from all corners of the garden; he piles them carefully together to create a slide – lots of others join him to test his new invention. We are also noticing children becoming very absorbed in learning in the home corner – we wonder whether role-playing in these familiar, everyday scenarios is helping children feel connected to their homes and families? Iman (see photo above) spends a long time whisking imaginary food in the pan, and then begins pouring cups of tea from the tea pot, ‘You want some tea?’ We wonder if there’s anything you are noticing at home about this connection to and from Nursery? Family Music with Vicky is taking place every Wednesday morning in Room



1 this term, it has been amazing to welcome so many of you here – it will be Room 2’s turn next term! Finally, thank you all for your continued support in settling your children in to Nursery School. Nursery School has felt so alive and buzzing with lots of you around in the first term; it has been a real pleasure for us all to get to know you alongside your child as we begin this exciting journey together! We can’t wait for the adventures to come!



**Wellbeing Arts provides relaxed and friendly group art sessions led by an experienced artist. The sessions are beneficial for people who are socially isolated, anxious, stressed, suffering from chronic illness etc.**



**Sessions are held in the Pod at St Pauls Childrens Centre starting 20th September 12.30 - 2.30.**

**Sessions are lead by Barbara Disney supported by Jen Bodnarchuk**

**You can be referred by a medical practitioner e.g. doctor or health visitor or by a group or organisation you attend.**

**Once referred Barbara or Jen will contact you by phone, or if you prefer by email**



The Pod  
St Pauls Children's Centre  
Little Bishop St  
St Pauls  
BS29JF



Funded by  
Public Health  
Inner City Health Improvement

## Wellbeing arts

Here at St Pauls we are very proud of the work that we do to support the local community. We reach out and use a creative approach to engage with members of our locality and our families who work alongside one another at wellbeing arts. Wellbeing arts is a relaxed and friendly group art session, the sessions are beneficial for those who are socially isolated, anxious, stressed or suffering from chronic illness. Participants attend for 16 weeks and this term we have enjoyed book making, printing and collage.

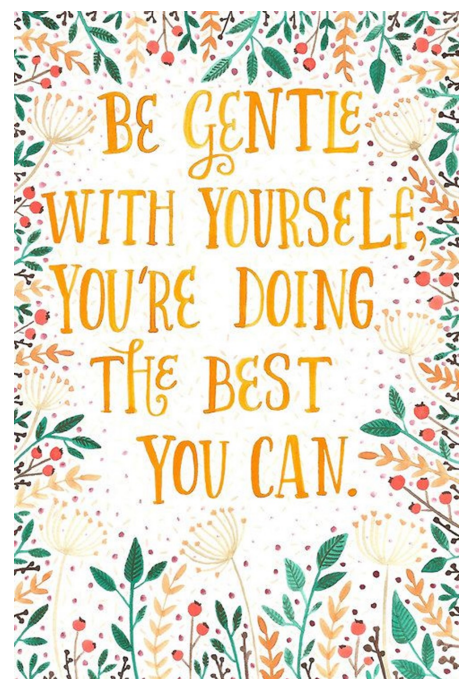
If you think this may be something you are interested in please contact Jenny Bodnarchuk on 07467335725 or [jenny.bodnarchuk@bristol-schools.uk](mailto:jenny.bodnarchuk@bristol-schools.uk).

We look forward to hearing from you.

## WORLD MENTAL HEALTH DAY Tuesday 10th October 2017

**Although the date has passed it is very important that we are aware of our own mental health at all times, we need to take care of ourselves in order to take care of our family and friends.**

**How will you be kind to yourself today?**





# Improve your English? Interested in drama and performance?

Thursdays 9.30 - 11.00  
(starts 21 September)

Drama course for local parents  
at St Pauls Children's Centre  
(on site crèche available)

All welcome  
no experience necessary

Fun - free - local

www.acta-bristol.com 0117 9532448



# LOVE ST PAULS? HELP SHAPE IT'S FUTURE

JOIN LOCAL COUNCILLORS, POLICE,  
COMMUNITY GROUPS, HOUSING  
ASSOCIATIONS, & OTHERS

DATE: Tuesday 21 November

TIME: 7pm

VENUE: St Pauls Learning Centre

Bristol is rapidly changing and St Pauls is no exception. We all want to make sure that growth, benefits and strengthens our community.

That is why St Pauls is creating a Community Plan to make sure that the growth and development is beneficial to our local community and strengthens the character that makes St Pauls such a special place.

We want to hear your priorities and aspirations for our area. We want you to actively get involved and help shape the future of our community.

Contact Jayne for more information jayne@unitedcommunities.org.uk / 01179424600

**Bristol Museums free family activities this half term**

**Bristol Museum & Art Gallery (BS8 1RL): The Big Pliosaurus Draw...and more**

**Thursday 26 October 2017, 10:30 to 15:30**

Discover how Doris the pliosaur was created, make a giant model of a Jurassic creature, have a go at our new Explore and Draw trail and make origami pliosaur bookmarks or dinosaur egg juggling balls!

**Wednesday 25 October 10.30-12.30**, we are running free Little Jurassic Explorer sessions in our Pliosaurus exhibition. They are for parents and children under 5 and include a storytime at 11.15.

**Bristol Museum & Art Gallery (BS8 1RL): Kwanzaa**

**Friday 27 October 2017, 11:00 to 15:00**

Kwanzaa is an African Harvest Festival. Make a Kwanzaa Altar and learn more about African culture through quizzes and more. Part of Black History Month.

**M Shed (BS1 4RN): Somali Family Fun Day**

**Saturday 28 October 2017, 11:00 to 15:00**

Celebrate Somali culture at this fun family day for everyone. Have a go at craft activities, dressing up, creating your own Somali name and more. Part of Black History Month.

**Bristol Museum & Art Gallery (BS8 1RL): Mexican Day of the Dead**

**Sunday 29 October 2017, 10:00 to 16:30**

Join us for our annual Day of the Dead celebrations – the Mexican festival where families gather to remember their dead.

28 October

11am-3pm

M Shed



Princes Wharf, Wapping Rd,  
Bristol BS1 4RN  
[bristolmusuems.org.uk](http://bristolmusuems.org.uk)

art and craft activities

dressing up

Somali culture

Somali spice mixing



**What's happening in your local Library?**

**October 2017**

**For more information on any of these activities please contact the branch concerned.**



**Junction 3 0117 9223001**

Knit and Natter 11.15-12.30 Tuesday Knitting, crochet and other needlecraft. Drop in sessions. All levels welcome.  
Chess and Board Games 3.00-5 Wednesday Drop in sessions  
Shared Reading 3.30-4.45 Fri  
English Conversation Club 1.15-2.15 Monday Come and practice in a friendly atmosphere  
Baby Bounce and Rhyme 2.15-2.40 Monday  
Pre-school children's Storytime 2.45-3.15 Monday

**St Pauls 0117 9145489**

Councillors' Surgery 1-2 1st Fri of month  
Baby Bounce and Rhyme 2-2.30 Tues



**Clifton 0117 9038572**

Discussion group 2.30 last Thursday of month  
Reading Group 2.30pm 3rd Tuesday of month  
Councillors' Surgery. Details available from Library  
Shared Reading 2pm-3.30pm Thursdays  
Baby Bounce and Rhyme 10.30-11 Monday & Fri (term time only)  
Pre-school children's Storytime 2.30-3 Tuesday (term time only)

**Redland 0117 9038549**

Reading group 2.15pm 3rd Thursday of month  
Shared Reading group 2pm-3.30 Tuesday  
Clifton Down Ward Councillors' Surgery 11AM-12.30PM 3rd Saturday of month  
Baby Bounce and Rhyme 11.30am-12 Tuesday (term time only)  
Pre-school children's Storytime 2.30-3.00pm Wednesday. (term time only)





## National Burns Awareness Day

18<sup>th</sup> October

#BeBurnsAware

### Did you know?

- More than 11 toddlers experience severe burns & scalds in the UK every day. This can be avoided
- 250 children a month require admission to an NHS Burns Service following injury with hot liquids
- 612 children a month require admission to an NHS Burns Service following a burn or scald injury.
- 4,081 children under 5 were so badly burnt they were admitted to a NHS specialist burns service in 2016–11 toddlers every day
- The most common place of injury is the home for children (77%) and the elderly (81%). For adults, it's the workplace

### Causes and Prevention:

- Did you know hot drinks are the most common cause of scalds in children? Something as common as a tea or coffee can have devastating effects
- Prevention & good first aid are key to reducing the number of burns and scalds occurring each year [#CoolCallCover](#)
- Irons & Hair Straighteners take longer than you think to cool down - 680+ children (0–14 yrs) in 2016 were treated for burns from them
- Good first aid after a burn/scald can make a huge difference in recovery times & severity of scarring
- Check out this great app on the @HWBLF1 website [#E](http://www.hotwaterburns.org/#!hotspots/j248q)
- Hair straighteners reach over 220°C & can take 40 mins to cool down
- More than 250 children a year are severely burnt by hair straighteners

