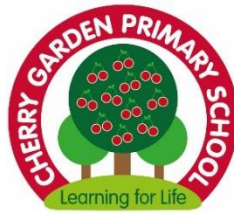


Newsletter

Week Ending: 02.10.26

Term 1 - Issue 4



www.cherrygardenprimary.co.uk

Headteacher's Message

It has been another busy and positive week at Cherry Garden, and I continue to be incredibly proud of our pupils and staff. There is a real sense of energy and enthusiasm across the school, and it is lovely to see our children embracing their learning and making the most of all the opportunities available to them.

One of the things I have particularly valued this term is the opportunity to work alongside other schools, teachers, leaders and Headteachers across our Trust. I have already been able to visit other schools and bring ideas and learning back to Cherry Garden, helping us to continually reflect, develop and strengthen the provision we offer our children.

A reminder that our Harvest Service is on **Wednesday 7th October**, and families in Y1 – Y6 are very welcome to join us. We will also be collecting donations for the Juice Project, so if you are able to contribute items such as pasta, tinned food or toiletries, these would be very gratefully received. Please drop them to the front of school on Wednesday 7th October.

Finally, thank you for your patience while we work through the recent issues with wraparound bookings. Unfortunately, the glitch within the app is affecting several schools, not just Cherry Garden, and we appreciate your understanding while this is being resolved.

I feel very fortunate to be part of such a positive and supportive school community. Thank you – Mrs Barrett 🍒



Gardening club

Gardening club explored the pond this week. We are so lucky to have this amazing resource available to us.



Netball club

A few photos from the Thursday night training session.



Award Winners:

VIP Award: Penelope (Y5)

Teachers' Awards

Year 1: Tommy & Jacob

Year 2: Emi & Oscar

Year 3: Nova & Bonnie

Year 4: Isla & Arthur

Year 5: Jack & Ilyas

Year 6: James BC & Liliana

Panto Time!!

This afternoon, the children were treated to a performance of the Wizard of Oz by M&M theatre productions. This was kindly funded by our PTA – thank you.



Reception is settling in well

Reception classroom is always such a pleasure to spend time in. This week Mrs Barrett has shared in bird watching and fruit and vegetable printing.

The children are settling in so well.



Spotlight on: Wellbeing

At Cherry Garden, we place a high value on the wellbeing of both our pupils and our staff. We know that children learn best when they feel safe, happy, valued and ready to learn, and that staff are at their best when they feel supported, respected and part of a strong team.

Our approach to wellbeing is woven through everyday school life. We prioritise positive relationships, emotional wellbeing and a sense of belonging, while making sure that children know there are trusted adults they can talk to when things feel difficult. We work closely with families and our wider inclusion team to identify concerns early and provide the right support at the right time.

10 wellbeing tips

The world can feel a lot sometimes, so it's important to prioritise looking after your wellbeing.

Here are 10 tips we'd recommend trying:

Spend time with your community – whether that is family, friends, chosen family or neighbours, dedicate time to enjoy with your community. If you're looking for a new community, you can find local groups online or in your local community hubs such as sports centres, community centres, religious spaces or schools.

Do things you enjoy – set time aside that's just for you. It's good for you to spend doing your hobbies, being creative, relaxing and having fun!

Be kind to yourself – try not to put pressure on yourself to always feel positive or productive, sometimes we just need to celebrate the small wins and get through the day.

Go phone-free – set time where you won't use your phone to help break up your screen time. Try using your phone's Focus Mode to avoid notification distractions. Or if this feels undoable, you could try a social media detox. There are app restriction settings on your phone that can help you do this.

Stay informed mindfully – the news can feel overwhelming at times, so limit or turn off notifications for news apps, or try following positive news sites online or on social media to see the positive things in the world.

Create an ergonomic workspace – if you work from a computer or laptop, create a set up that'll look after your body and mind to prevent physical strain, and clutter-free to help you avoid distractions.

Share how you're feeling – speak with someone you trust about how you're feeling. It can help to share your feelings aloud, whether it's for a listening ear or some advice.

Get enough sleep – take time to wind down before you go to sleep and if you can, avoid using your phone or any screens an hour before bed. It can also help to have regular sleep and wake up times. We know life happens and it's not always this simple, but getting enough sleep is always good for your mental wellbeing.

Curate your online space – unfollow accounts that don't bring you joy and follow more that do. Some social media platforms also allow you to limit posts with certain phrases or words to help make your online space feel safer.

Embrace nature – Whether it's a walk in the park, sitting on your balcony or spending time in the garden, fresh air will always be a good idea.



Hello Yellow Day

Wear yellow. Support young people's mental health.

YOUNGMINDS

Hello Yellow
FRIDAY 9 OCT

Swap one item!

Choose one item from the list below and swap it for yellow to show your support on Hello Yellow Day!

1

Swap your normal school jumper or fleece for a yellow one.

2

Swap your school cardigan for a yellow cardigan.

3

Swap your socks or tights for yellow ones.

4

Swap your school tshirt for a yellow one.

#HelloYellow

M&S | YOUNGMINDS

YoungMinds, registered Charity in England (0016968) and Scotland (00039700)

We also recognise that staff wellbeing matters. We actively promote a culture where colleagues can support one another, share concerns and celebrate successes. We are committed to creating a working environment where staff feel valued, listened to and able to thrive.

Friday 9th October 2026



Find out more about how you can support Young Minds at:

<https://www.youngminds.org.uk/support-us/fundraising/helloyellow/>

Dates For Your Diary

Thurs 1/10/26 at 2.45pm	Phonics information event for Reception
Fri 2/10/26	Nasal flu vaccination and Panto!
Weds 7/10/2026 – 9:15am	Harvest Assembly (Years 1 to 6: Families invited)
Fri 9/10/2026	Hello Yellow day
Tues 20/10/26	Parents evening
Weds 21/10/26	Parents evening
Friday 23/10/26	Last day of term 1

South Glos Parent Carers are visting

South Glos Parent Carer Forum is here for families like yours. From those who might be only just thinking about SEND, to those who already have a diagnosis – everyone is welcome.

Join us for a cuppa and chat, just drop by, there's no need to book.



Thursday 12th November
9:00am
Cherry Garden
Primary School



Everyone is welcome, whether your child has a diagnosis or if they are just showing signs of having an additional need. Here's what you can expect:



Get support and signposting from our team of peer supporters. This is a relaxed, friendly, non-judgmental environment - come and say hello!



Find out about our free online workshops, events and support for parents



Learn about our resources and videos on a range of SEND topics, that feature information, ideas and effective strategies to help you identify, understand and support your child's needs.



What is a parent carer?

A parent carer is a parent who cares for a child or young person who has any additional needs, disability or long-term illness – whether or not there is a diagnosis.

Parent carers often feel like they don't identify as 'carers', as they are first and foremost parents. But being a parent of a child who needs additional support means you are a carer

South Glos Parent Carer Forum (SGPC) can offer support, information and a platform to share your experiences about your child's special educational needs and disabilities (SEND) journey.



sgpc.org.uk

Spotlight on: SEN



PRISM
Premature Infants' Skills
in Mathematics

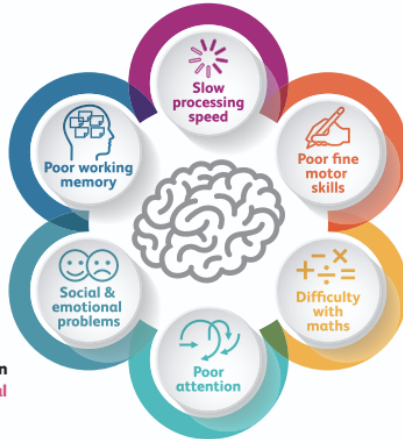
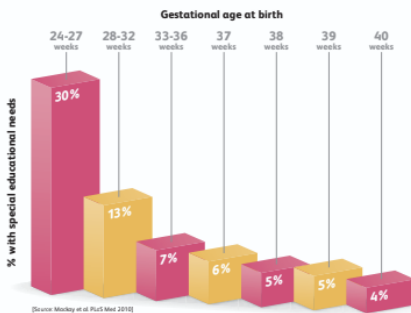
Supporting preterm born children in school

Preterm birth, before 37 weeks of gestation, can affect lifelong development and learning. Children born preterm are more likely to have additional support needs than children who were born at full term.

► **Two to three** children in an average sized primary school class are likely to have been born preterm.



► Compared with children born at term, preterm born children are more likely to have **special educational needs and lower academic attainment**.



Find out more
about preterm birth and
how to **support** these
children in school at

www.pretermbirth.info

FREE to use.

email: prism@le.ac.uk

As a school, we are continuing to develop our knowledge and understanding of the potential impact that being born prematurely can have on a child's development, learning and wellbeing.

We recognise that every child's experience is unique, and we want to ensure that our staff have the knowledge and understanding to recognise and respond thoughtfully to the individual needs of children who were born prematurely.

We are keen to learn from our families too. If your child was born prematurely and you would like to share your family's experience, or if you would like to find out more about the work we are doing in this area, please do get in touch with the school office. Your experiences and insights can help us to continue developing our practice and ensuring that every child is understood, supported and able to thrive.

action medical research
for children
Charity reg nos 208701 and SC039284

UNIVERSITY OF
LEICESTER

Saving
BROWS

BROWS | LASHES | SKIN

Multiple award-winning
clinic focused on
low-maintenance,
natural beauty

SCAN ME
AND BOOK ONLINE



savingbrows.co.uk



DIRECTORY

G25 INSTALLER OF THE YEAR!

WINNERS!

G25
AWARDS
WINNER



THE WINDOW HUB.CO.UK

Upgrade your
windows & doors
with the
UK's #1
installer!

Get in-touch today for a **FREE**
no obligation quotation **08000 219 319**

Come visit our showrooms

72-74 High Street, Bristol BS16 5HN 208 Topsham Rd, Exeter EX2 6AA

info@thewindowhub.co.uk www.thewindowhub.co.uk





PRE SCHOOL SESSIONS

We believe the best way to get your child ready for starting school in September is to bring them into school regularly.

We run sessions throughout the year for pre-school children to help familiarise them with our school and the Reception team.

Parents stay with their children for the sessions.



All sessions start at 2:30pm and finish at 3:10pm.

There is no need to book a place, just show up just before the start of the session.

Upcoming Pre-School Sessions

	Tuesday 13th October 2026	Autumn activities in the Magic Forest! Our half acre conservation area. Please wear old clothes and wellies.	
	Friday 20th November 2026	Various activities including puzzles, games and crafts.	
	Monday 11th January 2027	Various activities including puzzles, games and crafts.	
	Monday 8th March 2027	Various activities including puzzles, games and crafts.	
	Monday 17th May 2027	PE lesson with our large apparatus. Please wear sports clothes.	
	Thursday 10th June 2027	Story time session.	

Visit our website
www.cherrygardenprimary.co.uk

Email us
cgp-office@cset.co.uk
Call us
01454 867260

Find us on Facebook
@CherryGardenPrimary



STARTING SCHOOL IN SEPTEMBER 2027?

You are warmly invited to discover

Cherry Garden Primary School

Come and experience our exceptional Reception classroom, inspiring outdoor spaces and nurturing school community.



Fun activities, treasure hunts and opportunities to meet our friendly staff!

RECEPTION TOURS & EVENTS

	Friday 25th September 2026	10.30am	School Tour
	Friday 9th October 2026	1.45pm	School Tour
	Saturday 10th October 2026	10.00am – 12.00pm	Self-led Tour Self-led tour of the school with opportunity to talk to key members of staff and a treasure hunt for the children.
	Wednesday 14th October 2026	9.30am	School Tour
	Tuesday 10th November 2026	5.00pm	Information Evening Includes fun activities for the children to sample Reception life.
	Wednesday 25th November 2026	1.45pm	School Tour
	Tuesday 8th December 2026	9.30am	School Tour
	Thursday 7th January 2027	9.30am	Application Support Session Staff will be available to help families complete their online registration for Reception places 2027.
	Thursday 14th January 2027	9.30am	School Tour

If any of these dates are not suitable, please contact the office to arrange an alternative date.

Visit our website
www.cherrygardenprimary.co.uk

Email us
cgp-office@cset.co.uk
Call us
01454 867260

Find us on Facebook
@CherryGardenPrimary

MONDAY



TUESDAY



WEDNESDAY



THURSDAY

1 Write down three things you can look forward to this month

FRIDAY

2 Find something to be optimistic about (even if it's a difficult time)

SATURDAY

3 Take a small step towards a goal that really matters to you

SUNDAY

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month

