

Cavendish News

Friday 1st February 2019

www.cavendish.manchester.sch.uk

www.cavendishpta.org.uk

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IT'S SNOW JOKE...

We are so sorry for any inconvenience caused by this week's school closure. Waking up to a blanket of snow is always a bit concerning, and we certainly hadn't predicted the traffic chaos that took place. A handful of staff made it into school, but nowhere near enough to provide safe levels of cover for 690 children. It became evident by 7.55am that many colleagues were well and truly stuck, including Miss Marland who was on the no. 23 bus and being told by the driver that it would be 10.30am at the earliest before the bus got to Barlow Moor Road! Of course, once staff are on the road trying to get to work, they can't access the school communications system so it was very hard to get messages out other than by using mobiles to access social media. We've managed 9 years since our last snow closure, and it's not a step we take lightly. Let's hope that the worst of the winter is over as we head into February!

We would like to give some special shout-outs: firstly to Mark Nash who was in school early as usual and who had worked really hard to create safe walkways across the site. He and Gary Ellison then continued to make sure school would be safe for opening on Thursday. Secondly, to all the staff who made it in and helped to sort out the confusion as people arrived thinking we were open, and stayed until all children had safely left the site. Thank you Team Cavendish!

OUT AND ABOUT WITH Y3 AND Y6

Some of our Y6 children have had the privilege of listening to 2 amazing women, Sonia and Gisla, talking about how they managed to escape Nazi Germany and survive the Holocaust. They told the children that their father – who had been arrested by the Germans – did not receive his travel documents in time and could not flee with them. He was murdered by the Nazis, along with many other members of their family. Their story, whilst tragic, was also inspiring. Meanwhile, our Y3 classes have visited Parrs Wood High School to further their knowledge and understanding of Egyptians. They also got the chance to have a close look at a genuine, 3000 year old shabti! A shabti is a small figurine in the form of a mummy that would be placed in the tomb of a pharaoh or noble person to do any work that the dead person might be asked to undertake in the afterlife. We asked the children if they had a shabti, what tasks would they want it to perform so that they didn't have to – doing homework and tidying bedrooms were the most popular responses. The teachers quite fancied a shabti to do the cleaning, ironing, and finding all the things that get lost!



CHILDREN'S MENTAL HEALTH WEEK 4TH – 10TH FEBRUARY 2019

Next week (4-10 February 2019) is Children's Mental Health Week. The Week was set up by the children's mental health charity Place2Be to shine a spotlight on the importance of children and young people's mental health. This year's theme is Healthy: Inside and Out – we're encouraging everyone to think about how they look after their bodies and minds.

What's it all about? When we think about healthy living, we tend to focus on looking after our bodies – our physical wellbeing – through food, being active and getting enough sleep. However, in order to be healthy overall, it's important that we look after our minds – our mental wellbeing – too. We know from our work that there are children in every class who have diagnosable mental health conditions and many more struggle with challenges from bullying to bereavement. Our bodies and minds are actually very closely linked, so things that we do to improve our physical wellbeing can help our mental wellbeing as well. When we take steps to be Healthy: Inside and Out, it helps us to feel better in ourselves, focus on what we want to do and deal with difficult times.

As parents and carers, you play a very important role in your child's health. Here are a few simple ways you can encourage them to look after their body and mind:

Chat with your child about what you do to look after your body and mind, from walking the dog to turning your phone off before bed. Sharing the steps you've taken to stay healthy can set a good example for them – but don't be afraid to admit it if you've struggled! It's important for children to keep trying, even when things are difficult.

Praise your child and other family members for what they do to look after their body and mind – even if it's small. If your child sees healthy living in a positive light, they're more likely to carry on doing these things throughout life.

Remind them that there's no such thing as a perfect body or mind – and no one is perfectly healthy! Your child might be tempted to compare themselves to other children, especially on social media, but it's important to remember that everyone's bodies and minds are different – and that's something to celebrate.

Do something regularly with your child to be Healthy: Inside and Out. Family life can be very busy and stressful at times. Cooking a meal, sitting down for a family dinner, or going for a walk together can be a great way to stay connected and have fun.

Don't forget, if you're worried about your child, you can talk to your GP or someone at school. You can also find a list of organisations that provide support and advice for parents on the Place2Be website: www.place2be.org.uk/usefulcontacts

Visit www.ChildrensMentalHealthWeek.org.uk to find out how you can get involved and support Place2Be's vital work.

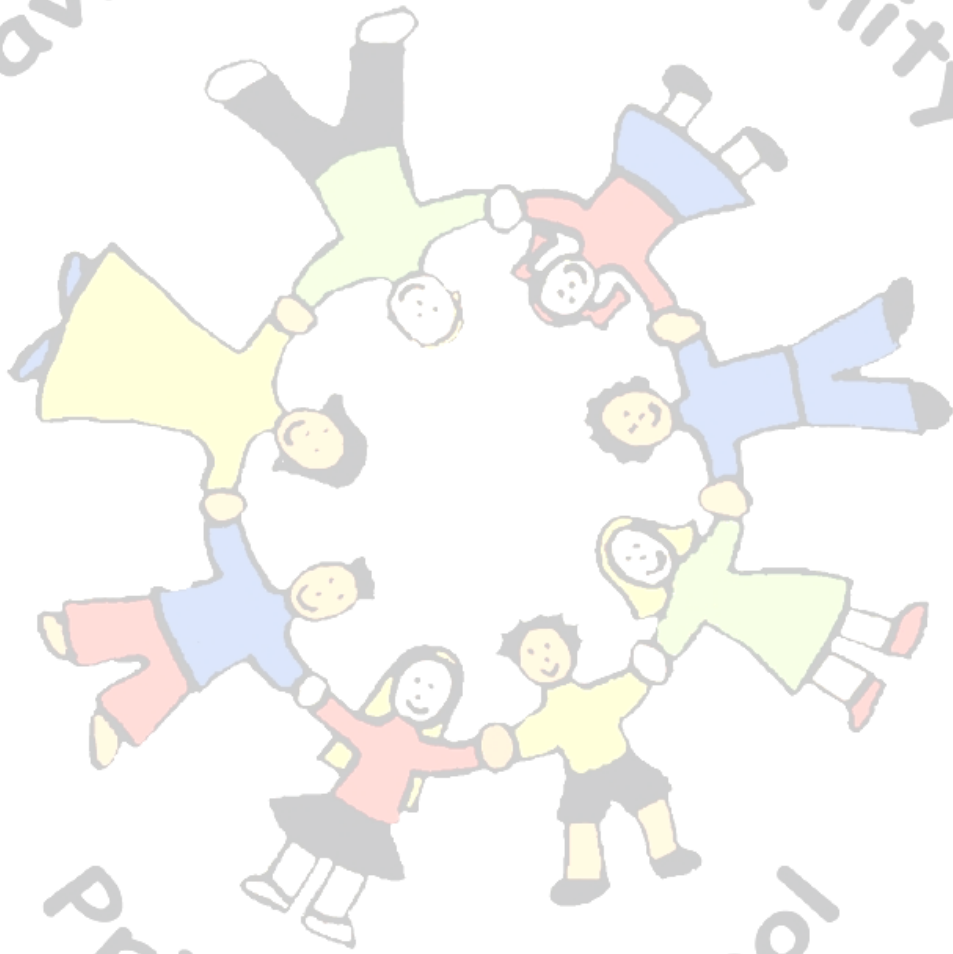
NEXT WEEK AT CAVENDISH

Tues 5 Feb: Reception hearing/vision checks
Fri 8 Feb: Y4/5 swimming gala

PTA REMINDERS

The next PTA meeting will take place on Tuesday 12th February at 7pm in the Rhodes Building. The more help we have, the more events we can run so please come along. You don't have to help at every event throughout the year, but if we have a large team of volunteers who each support at a couple of them, it makes life so much easier!

Cavendish Community



Primary School

Creating Brilliant Citizens