




Friday 19th
May 2023

www.cavendish.manchester.sch.uk www.cavendishpta.org.uk

 @CavendishM20

 office@cavendish.manchester.sch.uk

The Cavendish Golden Values

The KINDNESS artwork that the Year 1 & 2 children created represents all the acts of kindness they have shown one another. Y3&4 have learnt how kindness is contagious and helps us to be healthier and live longer!



Diary Dates

24th May: JOE WICKS visits Cavendish!

26th May: Coffee Morning

26th May: Class Photos

26th May: School closes

5th June: School Opens

JOE WICKS comes to Cavendish!

We are very excited to be welcoming the one and only JOE WICKS to Cavendish! Next Wednesday (24th May) he will be coming to deliver a workout session with all children. Please can children wear sports clothing to school for the day.

Watch this space for photos of this exciting event!



LOST PROPERTY

FREE Pre-Loved Jumper Give Away at the end of the half term – next Friday outside the main office.

PLEASE make sure your child's belongings are clearly named so that they can be given back. Unnamed items are placed in a lost property box, which the children are encouraged to check.



Equipment from home

It has become apparent that children are bringing in equipment from home that is of significant value, such as water bottles and pencil cases. It is hard to keep track of all items that are brought in from home, so please can we ask that you consider what children need with them in school and their value. Thank you.



Healthy MIND Tip of the Week

15 TIPS TO REDUCE YOUR CHILD'S STRESS AND ANXIETY

@SNAP4ADHD

| | | |
|--|---|--|
| Talk Speak to your child about their anxiety and worries | Relaxation Help to teach your child relaxation techniques including deep breathing | Solutions Explore solutions with your child to overcome stress or worry |
| Recognise Help your child to recognise the signs of anxiety | Sleep Make sure that your child is having plenty of sleep | Challenge Help your child to challenge their unhelpful thoughts |
| Exercise Exercise is a great tool to help reduce anxiety and instill confidence in a child | Role Model Be a positive role model and be aware of how you react to stressful situations | Solutions Explore solutions with your child to overcome stress or worry |
| Help them When your child is experiencing anxiety help them through it | Problem solve Help your child to problem solve effectively | Imagery Imagery is a fantastic tool which can help to reduce arousal and anxiety |
| Environment Create a positive environment where you praise, support and encourage your child | Listen Take time to listen to what your child has to say | Get help Don't be worried to ask a professional for help |

You Said

We Did

Thank you for completing the parent survey last half term. For a full overview of the results, see the **You Said We Did** page on the school website

<https://www.cavendish.manchester.sch.uk/page/you-saidwe-did/134472>

50% of you said that you would pay whatever the full cost of a school trip up to £25.

We will continue to offer an unlimited contribution payment option on School Gateway for those who can and wish to pay the full price or more.

Thank you for your continued support.

Cavendish Coffee Morning

It's back on next **Friday** in the **Annex Building** 9:05am - 10:05am

*please come through the main school office and sign in

All are welcome, please come along to meet other parents and chat with members of staff.



The Cavendish Values

Creating **BRILLIANT** Citizens

RESPECT EQUALITY POSITIVITY
RESPONSIBILITY KINDNESS COURAGE





KEEPING SAFE – a visit from our local PCSO

Year 5 & 6 children had a very important visitor this week. Our local PCSO came into school to deliver workshops about keeping safe online.



Children learnt about

- Safe passwords
- Age restrictions
- Reporting & blocking
- Trusted adults
- Privacy settings
- Apps and how to use them safely
- Cyber bullying
- Cyber crimes

ONLINE CONTENT

10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.

- 1 MONITOR VIEWING HABITS**
Whilst most apps have moderation tools, inappropriate content can still slip through the net.
- 2 CHECK ONLINE CONTENT**
Understand what's being shared or what seems to be 'trending' at the moment.
- 3 CHECK AGE-RATINGS**
Make sure they are old enough to use the app and meet the recommended age-limit.
- 4 CHANGE PRIVACY SETTINGS**
Make accounts private and set content filters and parental controls where possible.
- 5 SPEND TIME ON THE APP**
Get used to how apps work, what content is available and what your child likes to watch.
- 6 LET CHILDREN KNOW YOU'RE THERE**
Ensure they know that there is support and advice available to them if they need it.
- 7 ENCOURAGE CRITICAL THINKING**
Talk about what people might post online and why some posts could cause distress.
- 8 LEARN HOW TO REPORT & BLOCK**
Always make sure that children know how to use the reporting tools on social media apps.
- 9 KEEP AN OPEN DIALOGUE**
If a child sees distressing material online, listen to their concerns, empathise and offer reassurance.
- 10 SEEK FURTHER SUPPORT**
If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.

NOS National Online Safety
#WakeUpWednesday

For any further advice, please see our school website...

page...<https://www.cavendish.manchester.sch.uk/page/e-safety-advice-for-parents/133133>



BRILLIANT CITIZENS

In this section of the newsletter we hear all about how the children are being **BRILLIANT** citizens!

Well done to Edward who played a fantastic James in James and Giant Peach in Didsbury Park on Sunday. Edward and the other actors, who are members of Stars Drama Academy, had practised tirelessly in the run up to their flawless performance. Brilliantly played Edward - all that hard work paid off!



Congratulations to James and his lacrosse team, the Manchester WACS, who played a brilliant Under 10s tournament in Cheadle on Sunday. James scored an amazing six goals! Of six games, James's team won four and drew two. Go the Manchester WACS!