



Friday 8th
September 2023

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

@CavendishM20

office@cavendish.manchester.sch.uk

Diary Dates

6th Sep: welcome back!

13th Sep: Y1 parent reading meeting

OCT: Black History Month

13th Oct: Y6 residential to RobinWood

20th Oct: Show Racism the Red Card Day

20th Oct: school closes



A huge welcome back after the summer holidays. We hope you are refreshed for a fantastic year ahead.

It's been a BRILLIANT first few days back, the children have shown great enthusiasm and have enjoyed playing with friends in the sunshine. It's the start of another academic year and we are excited about the BRILLIANT year ahead.

We have lots of fun and engaging learning experiences planned for the children including trips, visitors and themed days.

A special welcome to our new families – we look forward to getting to know you as your children grow and achieve here at Cavendish.

Here's to a great school year!

BACK TO SCHOOL MANIFESTO



I'm ready for the most **AMAZING** learning journey **YET**

MISTAKES will be my **STEPPING STONES** to success



CURIOSITY will be my **KEY** to learning



I'll welcome **NEW FRIENDSHIPS**



This year I will



Think **BRAVELY**

GROW everyday

Be **PROUD** to be **ME**

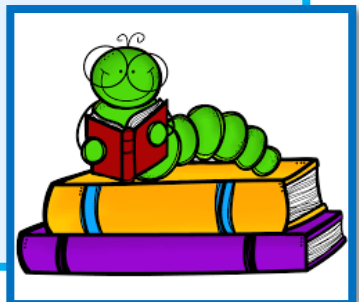
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Y1 Parent Reading meeting

There will be a meeting for Y1 parents about reading next Wednesday.

Information has already been sent out, but if you have any questions please ask your child's teacher.



Creating **BRILLIANT** Citizens

The Cavendish Values

RESPECT EQUALITY POSITIVITY
RESPONSIBILITY KINDNESS COURAGE

unicef UNITED KINGDOM

RIGHTS RESPECTING SCHOOLS



School reminders & information...



Attendance is extremely important to us at Cavendish. Our attendance vision is...

To ensure ALL pupils can fulfil their potential by attending school every day to benefit holistically from their education so that they are motivated, happy and prepared to learn and achieve.

We expect children to be in school every day unless they are too ill to attend. Please ensure all non-urgent medical appointments are made outside normal school hours. Please report absences by calling 0161 445 1815



We have a BRILLIANT PTA who plan, organise and run FUN events that raise additional funds for the school.

Watch this space for the details of the upcoming meeting.

Find out more at...

<https://www.cavendishpta.org.uk/>

Cavendish Coffee Morning

Every **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.

It's a great way of meeting new parents, catching up with friends and finding out more about Cavendish.



ROAD SAFETY at drop off and pick up

It can get extremely busy on the roads and pavements around school during drop off and pick up times.

Please park in a safe space and be aware of our families and residents.

We ask that you do NOT drive down or park on Vicker Grove. It is extremely narrow and can get very busy causing traffic jams and people getting blocked in.

Thank you for your continued support in keeping our children safe.



After School Clubs and Activities

All after school clubs and activities start back next week apart from Jo Jingles which starts the week commencing 25th September.

We have a fantastic range of clubs on offer, contact the office for further information.



Up coming features...

BRILLIANT CITIZENS

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

We love to hear about how our children are achieving and making a difference outside of school. If you would like to share your news in the Cavendish newsletter, please let us know what you have been up to by emailing the school office...
office@cavendish.manchester.sch.uk

Community Cavendish

In this section we let you know of any news or upcoming events within our local community.

Please let us know of anything you think could be shared by contacting us on...
office@cavendish.manchester.sch.uk

Check out our community page on our website...
<https://www.cavendish.manchester.sch.uk/page/our-community/134441>

GROWING BRILLIANTLY

In this section we will be sharing ideas, articles and resources about your child's learning, growth and development.

KEEPING SAFE & BEING HAPPY

In this section we will be offering you tips, advice or news about how to keep your children safe, particularly online.

Next week...we will be introducing you to our safeguarding team.

Please find further advice on our website...

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



Healthy Tip of the Week: MIND

Self-Care September 2023

MONDAY



4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

18 Ask a trusted friend to tell you what strengths they see in you

25 Avoid saying 'I should' and make time to do nothing

TUESDAY



5 Forgive yourself when things go wrong. Everyone makes mistakes

12 Get active outside and give your mind and body a natural boost

19 Notice what you are feeling, without any judgement

26 Find a new way to use one of your strengths or talents

WEDNESDAY



6 Focus on the basics: eat well, exercise and go to bed on time

13 Be as kind to yourself as you would to a loved one

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans

THURSDAY



7 Give yourself permission to say 'no'

14 If you're busy, allow yourself to pause and take a break

21 Don't compare how you feel inside to how others appear outside

28 Choose to see your mistakes as steps to help you learn

FRIDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

15 Find a caring, calming phrase to use when you feel low

22 Take your time. Make space to just breathe and be still

29 Write down three things you appreciate about yourself

SATURDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

SUNDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

17 No plans day. Make time to slow down and be kind to yourself

24 Accept yourself and remember that you are worthy of love



ACTION FOR HAPPINESS

Happier · Kinder · Together

