


Friday 29th
September 2023

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

 @CavendishM20

 office@cavendish.manchester.sch.uk



Diary Dates

- OCT: Black History Month
- 3rd Oct: Reception Reading Meeting
- 5th Oct: World Teacher's Day
- 13th Oct: Y6 residential to RobinWood
- 19th Oct: 2LB Class Assembly
- 19th Oct: EYFS Open Evening 4:30pm
- 20th Oct: Show Racism the Red Card Day
- 20th Oct: school closes
- 30th Oct: return to school

Week

We are proud to be a Rights Respecting School and take every opportunity to teach the children about their rights and what this means around the world.

Did you know that Manchester is a Unicef Rights Respecting city...?



Attendance Matters!



Every Student, Every School, Every Day

100% attendance is always the goal for every child! 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.



Wishing our Jewish families a very Happy New Year and Yom Kippur.





Meditation Masters

As a rights respecting school we know that the right to relax and the right to good health are important in helping us to become brilliant citizens. This week we had help from Mr M from Acacias Primary School. We revisited our twelve mindful breathing exercises to improve our mental health, help us to relax and get ready for our next lessons. We also learnt a few more! We will be spending two minutes a day on mindful exercises led by two children from each class. The Meditation Masters will change every few weeks.



Take a look at all of our mindful exercises. Can you teach them to your family at home?



The following articles have been explored by becoming meditation masters...

Article 24 - your right to the best possible health.

Article 31 - your right to relax.



The Cavendish Values

Creating **BRILLIANT** Citizens

RESPECT EQUALITY POSITIVITY
RESPONSIBILITY KINDNESS COURAGE





Community Cavendish

First Gymnastics (Formally known as Little Gymnasts) will be running a Gymnastics based holiday camp during the October break this year at Chorlton High. We have been running weekly classes and camps since 2013, However, this will be our first camp in your area. Our camps are very popular and we get brilliant feedback from children and parents. I'm sure some of your parents will be looking for activities for their children over the break, and I wondered if you have a virtual newsletter/ e mail whether you would consider adding the details of our camp on there. I've attached an image below and the link for more info & to book is:

[October Half Term Camp \(5 - 12yrs\) at Chorlton High School, Manchester | First Gymnastics | Powered by ClassForKids](#)





Cavendish Parent workshops



Who will be there?
Linda Lawson – Therapeutic Parenting Practitioner and child therapist.



Mr Tate – Mental Health and Wellbeing lead.

Come and join these sessions for parents, offering researched advice about regulating emotions in difficult moments with children.

Tuesday 3rd October 3:30 – 4:10 - Regulate
Tuesday 10th October 3:30 – 4:10 - Relate
Tuesday 17th October 3:30 – 4:10 - Reason

Everyone is welcome!

Please come through the main school office and sign in

We are offering childcare for those who would like to attend but cannot find cover.*



Cavendish Community Primary

Talk to other parents and learn from a qualified parent practitioner.

* If you will require childcare, please let us know in advance so we can ensure we have the right adult to child ratio.



SMILE MOVE GROW

October Half Term Gymnastics Camp

23/24 October
Age 5 to 12 years



Chorlton High School

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BRILLIANT CITIZENS

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

Leah's BRILLIANT Charity Work!



Leah is doing a 4 mile walk next Saturday for a great cause.

She goes to most Huddersfield home games with her grandad and next week at the end of the walk she will walk out onto the pitch before the game.

Leah's fundraiser is for The Darby Rimmer MND Foundation.

Good luck Leah, we are so proud of you!

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



KEEPING SAFE & BEING HAPPY



Conversation starters for parents and carers: ONLINE CONTENT



Trying to start a conversation about online safety with children can be a daunting task. There are many reasons why children may not want to talk to adults about it. One might be that they don't think you'll understand or that you won't know how to help if they came to you with an online problem. It can also be hard to start a conversation about something that you might have limited knowledge about. However, with screen time increasing during the lockdown, it's important now more than ever, to be talking to children about what they are accessing online.

1 ASK THEIR MOTIVATION

Sometimes it's easy to assume we know why children choose certain games or apps. It can seem obvious, like the child interested in football will be enthusiastic about the new FIFA game. But sometimes it can be more subtle than that. It could be that it's an outlet for their creativity or it might be that they like the look of the main character. Learning their motivation and knowing why they like it can help advising them on how to use it safely and help you discuss the pros and cons.



6 MAKE TIME TO LISTEN

When your child can't wait to tell you about their new game, always try and listen to what they say. We always have a lot on our minds, so it's easy for us to drift off onto other things which may be more important. However try to stay involved and ask them more details about aspects of the game/app. Children will appreciate your interest and the more questions you ask, the more you can find out. If you act uninterested, then they are less likely to tell you about it again in the future.



2 CULTIVATE A BLAME FREE CULTURE

Children can often blame themselves if they come across something that scares them or makes them feel uncomfortable. There will be times when your child has gone against something that you have forbidden, however, most children do not intend to put themselves at risk. Therefore, it's important that your child is able to come to you with a problem and won't be blamed for it. Try to understand what happened and why and warn them of the dangers once more. Engaging in a 'told you so' dialogue or suggesting they are in trouble for not listening may deter them from reporting any future concerns.



7 ASK THEM TO BE THE TEACHER

Showing an interest in what children are accessing online is a great opportunity for you to learn something new as well. Children on the whole love sharing their experiences so by asking them to teach you how to use an app or play a game is not only a great way to bond, but you will also feel more empowered to talk about it. It is easy to shy away from conversations when the child perhaps knows more about the subject content than you do. This can help to turn this around.



3 SHARE PERSONAL EXPERIENCE

Starting a conversation by sharing something that you've seen or that has made you feel uncomfortable can be a great opener. Talking about your own feelings can help children realise that it isn't just them - adults can be affected too. You can then go into how you coped with it therefore indirectly giving children advice on how they can also cope in uncomfortable situations. You can also explain that the reason that you've chosen to talk to them about it is because talking helps. Children will hopefully be able to see the parallels in the experiences and mimic your behaviour in future.



8 USE SCHOOL MESSAGING

It might be that your child's school has sent out a message about the Childline number or to remind children to use the CEOP button to report content. Ask the children what they learned about these at school. When would they use the Childline number? When would they need to use the CEOP button? What does it look like? Asking the children why the school thought that the information was so important that they sent out a message about it reinforces what they learnt whilst at school.



4 TALK ABOUT THE NEWS

Asking children what their response is to news stories around online safety can be revealing. For example, there has been a recent survey conducted by the BBFC who are currently campaigning for the application of age ratings and content warnings on video sharing platforms. What do they think about this? Can they think of a time when this would have helped themselves or someone they know? Are they against the idea? If so, why? Could they be accessing something they shouldn't be?



9 ASK ABOUT THE RISKS

Many children may know what online risks are and will happily explain the potential dangers. Listen and try not to be overly shocked if they tell you something that disturbs you. This can then lead nicely into you asking the question about what steps they are taking to look after themselves or what help they could seek if something goes wrong. Sometimes it's just nice to know that your children know the dangers and have taken steps to help reduce the risk for themselves - this is the ultimate goal.



5 ASK FOR ADVICE

It could be that you really do have a friend at work who is debating whether or not to let their child do something online, or it could be that you're bending the truth slightly, but hopefully the outcome would be the same. Don't be afraid to ask others for advice. Not only why they should let the child use it, but also what would they tell the child to be aware of. What are the risks? This will help you understand the risks yourself and what to look out for in future.



10 ASK ABOUT RESPONSIBILITIES

Try asking open ended questions about roles and responsibilities online. Who is in control of the internet? Who is looking after you whilst you are online? Who decides what is appropriate for children to see? This can reveal a lot about a child's perception about who is responsible for their online safety. If they believe that it is up to everyone else to keep them safe, then you know you need to have a conversation about how they can reduce their own risk.



Meet our expert

Heather Cardwell is a practising Online Safety Lead and senior school leader who is passionate about safeguarding children online and educating them around online risks. She has over 10+ years as a Computing Lead and has successfully developed and implemented a whole school approach to online safety in schools, delivering online safety training to both school staff and parents and helping to roll-out a bespoke online safety policy across her local network of education settings.



11 ASK ABOUT SCHOOL ADVICE

Sometimes it's hard to know what to warn children about. If there is a new app or game that your child has come across recently, ask them what they think their teacher would say about it. What advice would school give them? What have they been told about trusting people online or about fake news? Finding this out would be a good way to hear what advice they were given at school and help you reiterate the same message. Quick reminders about what to do if something makes them feel uncomfortable or who their trusted adults are can make all the difference.



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