



Friday 5th
January 2024

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Diary Dates

- 19th Jan: Y3 visit from Volcano expert Jack Campbell
- 2nd Feb: NUMBER DAY
- 2nd Feb: PTA Disco Y1-6
- 6th Feb: Safer Internet Day
- 8th Feb: Y5 visit from Wonderdome planetarium
- 9th Feb: Y1 Chester Zoo Trip
- 14th Feb: 3MT class assembly
- 16th Feb: 5NC assembly

Happy New Year!

A warm welcome back after the holidays. We wish everyone a Happy New Year. It has been a delight to welcome the children back into school. The focused, friendly way in which they have returned has been BRILLIANT!

The GOLDEN value we are focusing on this half term is POSITIVITY! And that's just what we will be encouraging the children to bring to their learning and play. We look forward to a great spring term and as always, thank the BRILLIANT Cavendish families for their support.



Attendance Matters

Every Day Counts....

The whole school attendance for last term was **95.4%**. Our goal is to support ALL children to be in EVERYDAY.

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.

Here is more information from the NHS about when to keep your child off school for illness and when they are ok to attend...

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

Snacks

As a **Healthy School** we ask that children bring in fruit and vegetables only for their snack at breaktime. It is a great way for the children to try different foods, whilst also getting some of their 5-a-day into their diet.



The Cavendish Values

Creating **BRILLIANT**
Citizens

RESPECT EQUALITY POSITIVITY
RESPONSIBILITY KINDNESS COURAGE





Healthy Tip of the Week – here's to a HAPPY January!

Happier January 2024

SUNDAY



MONDAY

1 Find three things to look forward to this year

TUESDAY

2 Make time today to do something kind for yourself

WEDNESDAY

3 Do a kind act for someone else to help brighten their day

THURSDAY

4 Write a list of things you feel grateful for and why

FRIDAY

5 Look for the good in others and notice their strengths

SATURDAY

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech at least an hour before bedtime

12 Connect with someone near you - share a smile or chat

13 Take a different route today and see what you notice

14 Eat healthy food which really nourishes you today

15 Get outside and notice five things that are beautiful

16 Contribute positively to your local community

17 Be gentle with yourself when you make mistakes

18 Get back in contact with an old friend

19 Focus on what's good, even if today feels tough

20 Go to bed in good time and allow yourself to recharge

21 Try out something new to get out of your comfort zone

22 Plan something fun and invite others to join you

23 Put away digital devices and focus on being in the moment

24 Take a small step towards an important goal

25 Decide to lift people up rather than put them down

26 Choose one of your strengths and find a way to use it today

27 Challenge your negative thoughts and look for the upside



28 Ask other people about things they've enjoyed recently

29 Say hello to a neighbour and get to know them better

30 See how many people you can smile at today

31 Write down your hopes or plans for the future



ACTION FOR HAPPINESS

Happier · Kinder · Together

Road Safety Poster: winning entry by Harper Y1

Please be safe when driving & parking near school...



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Cavendish Golden Value...EQUALITY!

Following on from our participation in the campaign Show Racism the Red Card, we are offering the children the opportunity to take part in an exciting competition! More information has been emailed and shared on Class Dojo. GOOD LUCK!

Show Racism the Red Card Competition 2024

The Show Racism the Red Card (SRtRC) School Competition is free to enter, open to young people of all ages and abilities and is a great follow-on activity to educational work about racism. We want to encourage participants to think about racism and produce their own work about this serious issue. Young people are welcome to produce work in any medium artwork, creative writing, song, film, music, as well as football boot and T Shirt designs. If it's about tackling racism, we want to see it!

An independent panel of judges select the winning entries and winners are invited to a special Awards Ceremony at a Premier League stadium. Prizes are presented by special guests including current and former professional footballers.

RULES

- **Artwork** must not exceed **A3 size** (297 x 420mm)
- **Music entries** must not exceed **5 minutes** & must be playable in **MP3 or MP4 format**
- **Film entries** must not exceed **6 minutes** & must be playable in **Windows Media Player**
- **Group entries** are permitted but limited to a **maximum number of 6 young people per group**



Templates for the football boot and T-shirt designs can be requested from the class teacher.

All entries to be returned to school by Friday 16th February 2024.

Please supply the following information on the reverse of each entry:

Name of entrant

Year group



GROWING BRILLIANTLY

IT'S A NEW YEAR

Let's make it great!

2
Two things I will get better at:

0
Something I want to do less of:

2
Two new things I will try:

4
Four things I want to learn:



Looking back at 2023

Something new I tried:

My favorite memory:

What I'm most grateful for about this past year:

My emoji of 2023



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Word of the Year

Close your eyes for a few seconds and think of ONE WORD that describes your 2024. Draw or write this word below.



Use the alphabet code to find the New Year's message.

20 18 25 4 18 5 1 13

7 15 6 1 18

A=1	I=9	R=18
B=2	J=10	S=19
C=3	K=11	T=20
D=4	L=12	U=21
E=5	M=13	V=22
F=6	N=14	W=23
G=7	O=15	X=24
H=8	P=16	Y=25
	Q=17	Z=26

Looking ahead to 2024

Something new I want to try:

I want to learn more about:

In 2024, I want to feel:

2024 will be _____!





KEEPING SAFE & BEING HAPPY

Top Tips for SETTING UP PARENTAL CONTROLS ON NEW DEVICES

In children's eagerness to start enjoying new digital gadgets immediately, it can be easy to overlook setting up the type of parental controls that can help to protect them online. If you don't sort those out from the very start, it can be an uphill battle – technologically and psychologically – to impose such controls later. Here's our rundown of what to look for when setting up the various internet-enabled devices that might be lurking under the tree at this time of year.

IPHONE

If your child's lucky enough to be getting their own iPhone, parental controls can help avoid issues like screen addiction and unsuitable content. Go into the settings and scroll down to 'Screen Time'. From here you can customise important settings including time limits on using the device, communication restrictions and content blockers. You can also lock your changes behind a passcode.

ANDROID

With Android devices, Google's Family Link app is your friend. You'll need a Google account – and a separate one for your child, which you should use when first setting up the device. Then, in Family Link on your own device, select 'Add Child' and enter their account details. This lets you specify limits on daily usage, restrict certain apps, block particular content and more.

PLAYSTATION

You can prep for a PlayStation before it's even unwrapped. At my.account.sony.com, create an account, then go to Account Management > Family Management > Add Family Member to set up your child's account, which you'll use to sign in on the console. You can restrict the age ratings of the games they can play and who they can talk to. On the PS5, you can make exceptions for any games you think are acceptable despite their high age rating.

IPAD

iPad parental controls are identical to those on iPhones. However, if you've got a shared family iPad and want to ensure your children aren't seeing anything age-inappropriate after you hand them the device, there's a feature called Guided Access (under Settings > Accessibility > Guided Access). With this switched on, young ones can only use the app that's currently open.

XBOX

The Xbox Family Settings app helps you manage which games your child can play (and when). You'll need to set up the console with your own account and then add a child profile. Make sure your account's password protected, so your child can't alter your choices later. You'll be walked through the functions at setup, but you can also reach them manually via Settings > Account > Family Settings.

NINTENDO SWITCH

Download the Nintendo Switch Parental Controls app on your phone, and you'll be shown how to link it to the console. Once that's done, you can limit how long your child can play each day, decide what age ratings are permitted and more. You'll also get weekly updates on how often they've used the device. These controls are accessible through the console itself, but the app is usually easier.

WINDOWS 11 PCS

On Windows 11, account management is key. Set up the device with your own account as the admin. Then go to Settings > Accounts > Family and Other Users and create your child's account (if you've already done this on a previous PC, just log in with those details). Microsoft Family Safety (either the app or the site) then lets you control screen time, what content children can view and more.

CHROMEBOOKS

Chromebooks' parental controls are managed via the Family Link app. Unlike an Android device, however, you need set up the Chromebook with your own account first, then add your child's. Go to Settings > People > Add Person and input your child's Google account details (or create a new account). Your child can then log in, and you can monitor what they're up to via Family Link.

MACS

Like iPhones, parental controls for Macs are managed via the Screen Time settings. Again, the crux here is to set yourself up as the administrator before adding any child accounts. In the settings, look for Users & Groups to create your child's account, then – while on their profile – use the screen time options to place any boundaries around apps, usage and who your child can communicate with (and vice versa).

SMART TVS

Smart TVs typically have their own individual parental controls. One of the most popular brands is Samsung – and on their TVs, you can control the content available to your child. In the Settings menu, under 'Broadcasting', you can lock channels and restrict content by its age rating. Even this isn't foolproof, however: some apps (like YouTube) might still let children access unsuitable material.

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