



Friday 12th
January 2024

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

@CavendishM20

office@cavendish.manchester.sch.uk



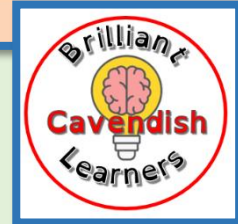
- 19th Jan: Y3 visit from volcano expert Jack Campbell
- 2nd Feb: NUMBER DAY
- 2nd Feb: 1AM Class Assembly
- 2nd Feb: PTA Disco Y1-6
- 6th Feb: Safer Internet Day
- 8th Feb: Y5 visit from Wonderdome planetarium
- 9th Feb: Y1 Chester Zoo Trip
- 14th Feb: 3MT class assembly
- 16th Feb: 5NC assembly

POSITIVE January!

What a BRILLIANT week it has been! The children have been exploring our value of POSITIVITY in assemblies and thinking about a positive mindset...

What is a positive mindset?

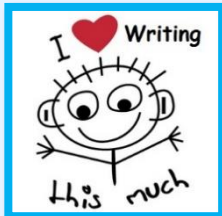
- Believe in yourself.
- Set a goal.
- Keep going.
- Practise.
- Don't be afraid to fail.
- Smile.
- Enjoy the journey.



and how to apply it to their learning.

Writing competitions

At Cavendish, we help our children develop into confident and creative writers. Why not encourage them to write at home by entering one of the competitions run by Young Writers. Click on the link below to find out more. Prizes include goody bags, books and even the chance to get their writing published in a real book!



<https://www.youngwriters.co.uk/competitions>

Uniform reminder

Please can we ask that children are wearing the correct uniform & PE kit – including a red school jumper and appropriate shoes or trainers.





Community Cavendish...we need your help!

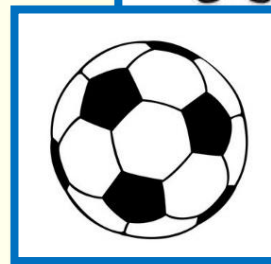
Do you have a business that would be interested in sponsoring our BRILLIANT footballers?

We are looking for sponsorship for the girls and boys football team kits.

They are in need of new t-shirts, socks and shorts.

In return, you would get free advertising by having your company logo on the kits themselves.

Please get in contact with us via the school office if you are interested.



Road Safety Poster: winning entry by Lyla in Y5

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





GROWING BRILLIANTLY



Wiring Your Child's Brain for Positivity



If your child is going through a tough time or only noticing the negatives in a situation...

try creating a Positivity Jar together.

On their way to school, ask them to try and notice all the good things that happen during their day. For example:

- * If anyone says thank you to them
- * If they help someone
- * If they get to sit next to the window

When they get home, put a small object into a jar for every positive thing your child shares.

They may be shocked that so many good things can happen.

Explain that their mind will look for what they focus on.

If they focus and dwell on negative things their mind will keep looking for negative things and they will feel miserable.

Or they can focus on the good things and feel better.

Try this and be amazed by what both of you may find!

Our brains are wired to focus on the negative. Sometimes we need to help our children notice the good things.

It does NOT mean we need to brush their negative feelings away or play down their negative experiences.

Like with everything else, this might not be suited for YOUR child's specific situation so listen to your intuition!

This is a community-based tactic, something that worked well for real parents in real-life situations.

The Cavendish Values

Creating **BRILLIANT**
Citizens

RESPECT EQUALITY POSITIVITY
RESPONSIBILITY KINDNESS COURAGE





KEEPING SAFE & BEING HAPPY

Top Tips for...

MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY MILK

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday

Creating **BRILLIANT** Citizens

The Cavendish Values

RESPECT EQUALITY POSITIVITY
RESPONSIBILITY KINDNESS COURAGE

