

Friday 2nd
February 2024

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Diary Dates

5th Feb: Children's Mental Health Week

6th Feb: Safer Internet Day

8th Feb: Y5 visit from Wonderdome planetarium

9th Feb: Food Bank Collection

9th Feb: Y1 Chester Zoo Trip

14th Feb: 3MT class assembly

16th Feb: 5NC assembly

Numbers & Dancing!

A fun filled week full of learning and collaboration both in and out of the classroom.

Children celebrated number day (read on to find out more!) and have also been preparing their dancing moves, ready for the PTA disco tonight!



Library card competition

Manchester Central Library is 90 this year and to mark the occasion we are running a competition to create three different limited edition library cards. The winning designs will become our new children's library cards for 2024 and available to all children across the city.

Please see here for more information.

<https://manclibraries.blog/2024/01/17/design-a-library-card-competition/>

Note that entries on A4 will also be accepted –

you do not need to print a copy of the entry form for each child. If you have any questions, please contact Mona on...

mona.pasha@manchester.gov

Closing date 1 March



Healthy Packed Lunches

Cavendish is proud to be a **HEALTHY SCHOOL.**

We ask that all packed lunches and snacks are healthy, balanced and contain lots of delicious fruit and vegetables for the children to enjoy.

It's also article 27 of the UNICEF children's rights. ...





Number Day

What a fantastic day we have had celebrating all things number related! Children have enjoyed activities, learnt about important people in the world of maths and played games as well as a Times Tables Rock Star challenge.



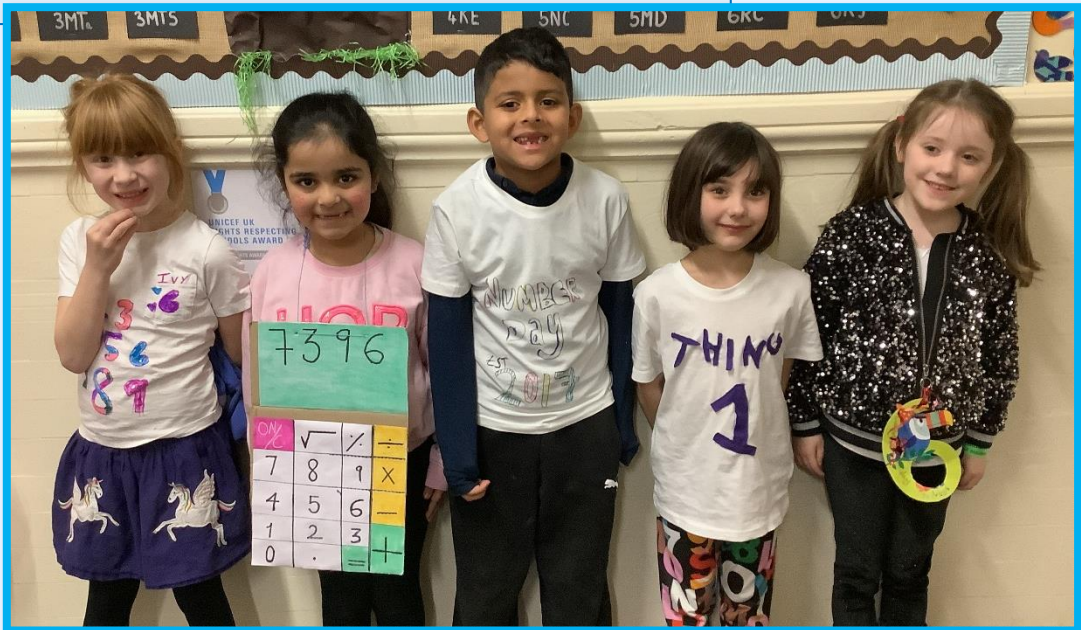
BRILLIANT
number themed
costumes and
clothes!



We ❤️
Maths



Thank you for all your kind donations to the NSPCC as part of number day. Late donations on gateway welcome. Check out next week's newsletter for the total.





REMINDER:

**PTA meeting next
Wednesday – 7th Feb at
7pm
Rhodes Building**

Foodbank Items Needed



The PTA and the schools UNICEF Rights Respecting Council are working together to collect items for Chorlton & Didsbury Foodbank.

What we need:
Long Life Fruit Juice, Tinned Fruit, Tinned Meat, Coffee, Pasta Sauce, Jam, Chocolate, Toiletries

Please ensure all items are in date. All donations will be gratefully received but please **no** fresh, frozen or refrigerated items.

**Please bring items to school
at drop off on Friday 9th February**

WE NEED:



FOODBANK COLLECTION 9th FEB



Everyone should have the right to

24- Health, water, food environment

6- life, survival + development

Community Cavendish

As a Rights Respecting School we are proud to be working together with local charities to ensure article 27 of children's rights is carried out. We will be taking food donations for Chorlton & Didsbury Food Bank.





FEBRUARY HALF TERM ACTIVE HAF CAMP



MULTI-SPORT HOLIDAY SESSIONS ALL CHILDREN 5 - 16 YRS

- FOOTBALL
- NETBALL
- DODGEBALL
- ARTS & CRAFTS
- BOARD GAMES
- HOCKEY
- BASKETBALL
- SNACKS & TREATS

Dates:

- 📅 SAT 17TH FEB : 10:30AM - 2:30PM ENERGY BOX , M19 1FS
 - 📅 MON 19TH FEB : 10AM - 2PM
 - 📅 TUES 20TH FEB : 10AM - 2PM
 - 📅 WED 21ST FEB : 10AM - 2PM
- WEEKDAYS @ ENERGY BOX , M19 1FS



HOW TO SIGN UP

1. Create an account with: <https://www.mcactive.com/registration-form>
2. Search provider 'Kingsway Athletic FC'
3. Sign up for free sessions for children with free school meals using code
4. Enjoy sessions with FA qualified coaches

HAF BOOKING CODE 29765



To sign up to our sessions FREE please go to:

<https://mcactive.com/registration-form>

Search provider 'Kingsway Athletic FC' Sign up to free school meals using our special code 29765 Enjoy sessions with FA qualified coaches. Please ensure children bring suitable coat and warm clothing as well as football boots / trainers.

Many Thanks Kingsway Athletic FC 07914084460

Things to do this half term...

Facebook Instagram @bigcomedystopuk

WED 21 THURS 22 FRI 23 FEBRUARY BOOK FOR 1, 2 OR 3 DAYS!

BIG COMEDY SHOP'S FEBRUARY HALF TERM COMEDY CLUBS!

AGES 6-12

IMPROV GAMES AND SKETCHES

Venue: Stretford Public Hall, M32 0LG

Duration: 10:30am-3:30pm

Price: £35 per child per day (exc. transaction fee)

10% discount for siblings!

Scan the QR Code to book today!
If you have any enquiries, please email: info@bigcomedystopuk.com



GROWING BRILLIANTLY



Wire Your Child's Brain for Gratitude & Positivity



* Choose a **Daily Mantra** in the morning

- * We can do hard things.
- * I am safe. I am calm. I can handle this.
- * This day is a gift. Breathe and notice.



* Read Your **Family Manifesto** before leaving home

It can sound like...

"In our home, we choose kindness, learn from our mistakes, and do our best."

* Play "**High Low Buffalo**" in the evening

It can sound like...

- * the high point of their day
- * the low point of their day
- * and a buffalo (anything else they would like to share).



* Share something you are **Grateful** for before bed

Including this in your bedtime routine:

- * shifts you into a positive mindset
- * builds connection with your child
- * teaches gratitude and thoughtfulness

With these rituals, your child will:

- * Wire their brain for gratitude and positivity
- * Start focusing on what's going right
- * Find more joy by paying attention to life in a more positive and self-aware way





KEEPING SAFE & BEING HAPPY

At National Online Safety we believe in empowering parents, carers and educators with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. Please visit nationalonlinesafety.com for further guides, hints and tips for adults.

Part of our Online Relationships Series



What you need to know about... TECH RELATED COMMUNICATION



Brought to you by
NOS National Online Safety
www.nationalonlinesafety.com

What is it? 'Tech related communication'

Language is constantly evolving. The words, phrases and even emojis used on social media have transformed how young people communicate. Many children now use memes and gifs to express how they feel and sometimes it can feel like young people are speaking a completely different language to adults. Not only are acronyms present, but words have literally changed meaning, and the use of emojis, memes and gifs have almost made technology related communication a viable alternative language.

Emojis, Memes & GIFs

Emojis

Emojis are graphic symbols that represent ideas or words. They range from smileys to quite random objects from everyday life. Whilst the meaning of most emojis are quite literal, some have been adopted to mean something else, including inappropriate themes.



Memes

A meme (pronounced "meem") is an image or an image with words used to communicate something on the internet. Due to their visual nature they stand out and are usually designed to be humorous, using well-known images that users are familiar with to help provide context around their meaning.



GIFs

Used in a similar way, GIFs are short video files that help communicate an opinion, emotion or highlight the funny side of something on the internet. These too often use well-known scenes, animations or people and can be understood without the need for sound.



Safety Tips

False sense of security

Text based communication can sometimes provide young people with a false sense of security and give them greater confidence to share something personal with someone. If sent to the wrong person, this could be shared further or lead to embarrassment or humiliation.



Impact mood

Sending written messages accompanied by emojis, memes or GIFs isn't the same as speaking to someone face to face where you can hear tone of voice and read facial expressions. It can be easy to misinterpret messages which can lead to upset, hurt or feelings of anger.



Hidden messages

Sometimes the use of emojis and GIFs can be used to hide a more serious meaning behind messages. This could be to mask an inappropriate conversation, discuss things in secret or even develop from what might be perceived as banter into a form of bullying.



REACTING TO POSTS WITH EMOJIS

REACTING TO POSTS WITH GIFS

Know the Risks

Open dialogue

Always aim to have open and honest conversations with children about the appropriateness of what they are sending through text-based communication. Messages can be screenshots, shared or misconstrued which could lead to hurt or embarrassment, so it's important to increase their awareness and understanding.

Look up text speak

If you think your child is speaking in code, using language you're unfamiliar with or might be messaging inappropriately, speak to them about it and encourage them to be open with you. If you want to check yourself, Google the terms. You should be able to find lists of emojis to do this with too.

Try to understand

Communicating via text can sometimes be a lonelier and more isolated way to communicate rather than speaking face to face. Keep an eye on your child's mood and happiness levels and if

Our Expert Jodie Cook



Jodie Cook is one of the UK's leading authorities on social media. She is the founder of JC Social Media, an award-winning team of social media managers and trainers, and was included in Forbes' 30 under 30 social entrepreneurs in Europe 2017. Jodie has appeared on ITV News and CNBC and has worked as a social media expert for The Telegraph, New York Post and Forbes Online.

