



Friday 9th
February 2024

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

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Diary Dates

- 14th Feb: 3MT class assembly
- 16th Feb: 5NC assembly
- 16th Feb: break up for half term
- 26th Feb: return to school

A week of thinking and reflecting...

This week has been Mental Health Week and the children have taken the opportunity to pause and think about their mindset and happiness.

We have also encouraged the children to think about technology past, present and future as part of Safer Internet Day.

Read on to find out more...

Please note – we break up for half term next Friday (16th Feb)



A Fond Farewell to Mr Tate

We will be saying a fond farewell to Mr Tate next week as he leaves us to take on a leadership role in another school. We would like to say a huge thank you and wish him all the best from all of us at Cavendish.



I have worked here since September 2014 and have been blessed with 10 amazing classes. Whilst I'm excited for the new challenges that lay ahead, I'll miss Cavendish and its wonderful families very much. I have very positive memories of the school and the special people I have met whilst working here. It has been a privilege to work within the community that I also live in. Hopefully, this means that I will still see many of you in the future. All the best, Mr Tate.

All the best to Mrs Alexander

We wish Mrs Alexander all the best as she begins her maternity leave. We look forward to hearing about the arrival of little one very soon. Lots of love to her and the family xxx





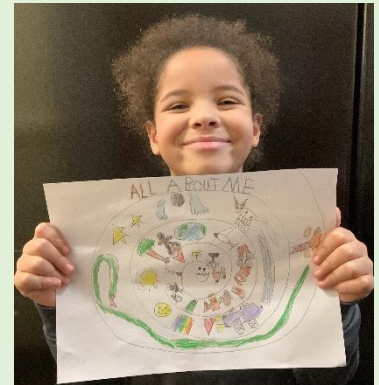
Children's Mental Health Week

This year's theme for Mental Health Week was 'My Voice Matters', which has inspired the children in creating personalised art work about themselves.



As A Rights Respecting School – we linked our art work to...

article 8 (the right to a personalised identity) & article 13 (the right to share thoughts freely).



We also collected for the local Trussell Trust food bank as part of Mental Health Week – thank you so much for your donations. More information about this to come!



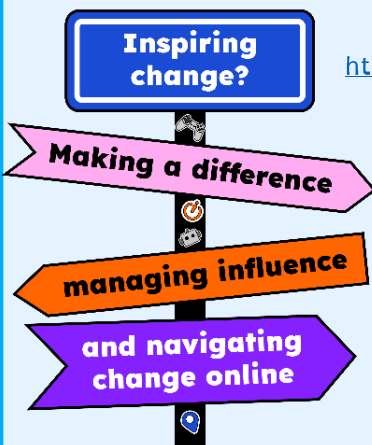
Safer Internet Day

On Tuesday, we celebrated Safer Internet Day. We thought about keeping safe online, particularly when things change, as well as negative and positive influences online.



Please see our school website for further information and advice...

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



To carry on the conversation at home, follow the link for resources and ideas...

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/top-tips-for-parents-and-carers>



Friendly February 2024

MONDAY



5 Make time to have a friendly chat with a neighbour

12 Focus on being kind rather than being right

19 Share something you find inspiring, helpful or amusing

26 Make uninterrupted time for your loved ones

TUESDAY



6 Get back in touch with an old friend you've not seen for a while

13 Smile at the people you see and brighten their day

20 Make a plan to connect with others and do something fun

27 Call a friend to catch up and really listen to them

WEDNESDAY



7 Show an active interest by asking questions when talking to others

14 Tell a loved one or friend why they are special to you

21 Really listen to what people say, without judging them

28 Give positive comments to as many people as possible today

THURSDAY

1 Send a message to let someone know you're thinking of them

8 Share what you're feeling with someone you really trust

15 Support a local business with a positive online review or friendly message

22 Give sincere compliments to people you talk to today

29 Acknowledge someone's problem or pain rather than trying to fix it

FRIDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who you feel inclined to criticise

SATURDAY

3 Do an act of kindness to make life easier for someone

10 Look for good in others, particularly when you feel frustrated with them

17 Appreciate the good qualities of someone in your life

24 Tell a loved one about the strengths that you see in them

SUNDAY

4 Invite a friend over for a 'tea break' (in person or virtual)

11 Send an encouraging note to someone who needs a boost

18 Respond kindly to everyone you talk to today, including yourself

25 Thank three people you feel grateful to and tell them why



ACTION FOR HAPPINESS

Happier · Kinder · Together

Latest news and updates for parents/carers & children with Special Educational Needs and Disabilities (SEND)

Click on the link to find out more...

<https://content.govdelivery.com/accounts/UKMANCHESTER/bulletins/387acee>



We LOVE Reading

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Creating **BRILLIANT** Citizens

The Cavendish Values

RESPECT EQUALITY POSITIVITY
RESPONSIBILITY KINDNESS COURAGE








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

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

HAF BOOKING CODE 29765

February Half Term is fast approaching. MCRactive and Manchester City Council are offering thousands of FREE places for children eligible for benefits-related free school meals. Activities will range from Sport and Physical Activities, Arts and Crafts and much more. In addition to the activities, their booked place will include a FREE meal during the day. To book your child's space: Sign up for an MCRactive Go account <https://www.mcractive.com/> Once signed up, log into your account – Find Activities – Search by Category 'MCR Holiday Activity' Use code when asked: 29765 to book free eligible activities. Please also visit <https://loadstodo.co.uk/> to view additional FREE holiday activities and other opportunities taking place across the city. Kind Regards, MCRactive

Things to do this half term...

Outdoor activities this half term...

<https://www.transpenninetrail.org.uk/welcome-to-our-childrens-page/>





Things to do this half term...

THE NORTHERN PRESENTS...

START SQUASH!

5-week introductory course for kids

£59 includes squash starter kit: racket, goggles, water bottle and five 1-hour sessions

Start Squash Mini (ages 5-7)
Mondays 5-6pm
Start Squash (ages 8-11)
Thursdays 5-6pm

Starts 26 February 2024
Sign up at Reception today!

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

[f](https://www.facebook.com/bigcomedystopuk) [@bigcomedystopuk](https://www.instagram.com/bigcomedystopuk)

**FEBRUARY
HALF-TERM
SKATEPARK
HOLIDAY CLUB**

19TH - 23RD FEBRUARY
MONDAY - FRIDAY
10AM - 1PM

REGISTER AND PAY
AT THE SKATEPARK

PROJEKTSMCR.COM
@PROJEKTSMCR

P AGES 5-17
£22 / £10 ADDITIONAL SIBLINGS
ALL EQUIPMENT PROVIDED

INFO@PROJEKTSMCR.COM
41 BARING STREET, M1 2PY
0161 532 4290



GROWING BRILLIANTLY

3 WAYS TO SAY "NO" LESS WHILE STILL BEING AN EFFECTIVE PARENT:

USING THE WORD "NO" CAN BECOME A PARENTAL REFLEX:

No running in the house!

No hitting!

No yelling!

After a while, your child tunes out.
What if you could be more effective with your "no" when you DO use it?
It might sound odd...
but saying "no" LESS, could be exactly the change you need.

- 1 Focus on the behaviors you **DO want to see**
"Use a **quiet voice** please." "**Walk** when you're inside the house."
- 2 Offer an **alternative**
"You can have a piece of candy **after dinner.**" "You can visit your friend **once your homework is done.**"
Instead of "no candy." **Instead of "no playdate tonight."**
- 3 Provide a **reason WHY**
"You need to eat healthy food to **keep your body strong.**" "Family time is **our priority today.**"

Yes, children still need **boundaries...**
But using positive language will strengthen your relationship with your child and lead to better cooperation.



KEEPING SAFE & BEING HAPPY



14 WAYS TO BE KIND ONLINE

Showing kindness online can mean so much to someone else. It is a choice we can all make that helps others, puts people's needs before our own and which can generate feelings of empathy and compassion. Small gestures can have a large impact and often one act of kindness can lead to more, making the world a happier and more positive place. That's why we've created this guide to suggest a few simple 'acts of kindness online' that can benefit people's mental health, support their wellbeing and encourage a more positive approach to engaging online.

1. BE POSITIVE

Post about things that make you happy and that you're thankful for. It could brighten up someone else's day.



2. OFFER TO HELP

Sometimes a friend or family member might post a question online or ask for help with something they can't do themselves. If you know the answer or are able to offer help, provide support and send a response. Something that may be easy for you might be difficult for someone else.



3. SHOW APPRECIATION TO OTHERS

If somebody you know has done something good or shown kindness themselves, thank them for it. It costs nothing and showing them that you appreciate it means so much.

4. SHARE FUNNY VIDEOS OR IMAGES WITH FRIENDS & FAMILY

We often come across funny videos or images online that make us laugh and then we move on. If you found it funny, your friends and family might too. It could help someone smile who may be having a bad day.



5. LIKE, LOVE & CELEBRATE

If somebody posts something that you like on social media, like it, love it or celebrate it! It's a small gesture but could mean a lot.

6. VIDEO CALL YOUR FRIENDS & FAMILY

It can be easy to be consumed by daily routine. Using apps like Zoom, FaceTime or WhatsApp are great for connecting with others far away and shows you're thinking of them even though you can't physically meet them in person.



7. TELL SOMEONE YOU'RE THINKING OF THEM

We can't always tell how people are feeling online and just dropping somebody a message to ask if they're ok or that you're thinking of them could literally make their day.

8. SHARE POSITIVE POSTS

If you see something online that inspires you, share it with people you know. An inspirational quote, a beautiful photo or a motivational video can lift spirits, improve self-esteem and help make people feel better about themselves.

9. HOST AN ONLINE QUIZ

Video conferencing apps are a great way to get friends and family together. If you know someone who is feeling lonely, host an online quiz and invite them to join in. It could really cheer them up.

10. THINK BEFORE YOU COMMENT

Sometimes thinking before you act can be just as significant as acting in the first place. Showing thought before you comment could stop you posting something hurtful, offensive or negative. It's always better to post positively or post nothing at all.

11. BE COMPASSIONATE & UNDERSTANDING

Being empathetic towards others and their situation is often an act of kindness and selflessness that gets overlooked. If you notice someone who is upset, drop them a message and offer to listen.

12. CONNECT FRIENDS & FAMILY WITH SIMILAR INTERESTS

You may know two people amongst your friends and family who you trust and know well who have similar interests and likes. Introducing them can be a great way for them to make new friends but remember to always ask their permission first.



13. RECOMMEND SOMETHING YOU ENJOY DOING TO OTHERS

If you enjoy doing something online, such as playing a game, or if you've found a great learning resource, share it with others. Even if you've watched a good film, letting others know can be an act of generosity that brings them excitement or pleasure at a time when they might need it the most.



Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



14. PRAISE OTHERS FOR THEIR ACHIEVEMENTS

Sometimes your friends or family might post something online that they're proud to have done. It might be an exam they've passed, learning a new skill or just completing a task. Either way, it's always kind to recognise hard work and effort through praise and celebration.



The Cavendish Values

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RESPECT EQUALITY POSITIVITY
RESPONSIBILITY KINDNESS COURAGE

