



Friday 16th
February 2024

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

@CavendishM20

office@cavendish.manchester.sch.uk

Coming up next half term...



Diary Dates

16th Feb: break up for half term

26th Feb: return to school

1st March: World Book Day at Cavendish

7th March: EYFS Open Evening

8th March: International Women's Day

13th & 14th March: Parents' Evenings

15th March: Red Nose Day for Comic Relief

22nd March: 1SH class assembly

22nd March: PTA Easter Crafternoon

26th March: 5MD class assembly

27th March: 4KE class assembly

28th March: Easter FUN day (bonnets & eggs!)

28th March: break up for Easter holidays

LOVE, LOVE, LOVE

In honour of Valentine's Day, we end this half term on a week full of LOVE...

A love of our learning

(see our end of term Learning Newsletter!)

<https://www.cavendish.manchester.sch.uk/page/Learning-newsletters/145053>

And a love of our BRILLIANT school community!

Have a LOVEly half term break and we look forward to seeing everyone on Monday 26th February.

ATTENDANCE Matters

Last week's whole school attendance was **95%**

Class winners of the attendance trophies are awarded each week.

We will be updating you in this regular attendance section of the newsletter about the winning classes and the current school attendance.



Please share this event with the local community...

Early Years Open Evening

Thursday 7th March
4pm and 5pm



Creating **BRILLIANT** Citizens

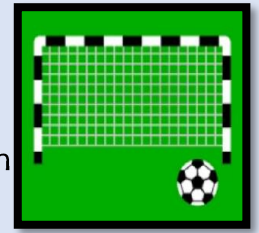
The Cavendish Values

RESPECT EQUALITY POSITIVITY
RESPONSIBILITY KINDNESS COURAGE





BRILLIANT Sport!

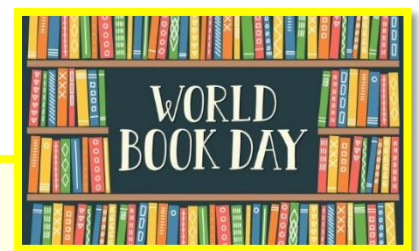


The Year 6 football team played Acacias Primary at Levenshulme High School this week. The team worked so well together, their coach couldn't believe it was our first match! The score of 5-2 to Acacias was not representative of the match. We took the lead in the first half but some bad luck and great goalkeeping on the opposite side were the difference. We are super proud of our BRILLIANT football team, who represented Cavendish and our values extremely well.

School of Sanctuary

We are working towards becoming a School of Sanctuary – an accreditation that acknowledges a school community whereby everyone is welcomed and everyone belongs. This ties in with our school values and community. We look forward to updating you on our journey to becoming a school of sanctuary.

<https://schools.cityofsanctuary.org/>



World Book Day

We will be celebrating **World Book Day on Friday 1st March** at Cavendish. We are celebrating this a few days earlier than the official World Book Day as we have a creative company coming in to run workshops with us based on 'A Great Character Hunt'. This has been fully funded by our wonderful PTA and all the children will be involved. This year our theme is **colours** and we are inviting the children to dress in any colour of their choice on that day. We know that some children love dressing up as characters, so either is fine. Thank you for your support with this. We can't wait for this exciting event!



Road Safety Poster: winning entry by Abdul in Y2

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



We have had reports from parents and residents of unsafe parking and driving on the roads around school. Please be respectful to our local community by safely and lawfully parking around school or ideally walking, biking or scooting to school!

Shrove Tuesday, Ash Wednesday & the beginning of lent

This week, the children have been learning about Shrove Tuesday and Ash Wednesday, and what it means for Christians. They have also explored the meaning behind lent and the importance of this religious event in the Christian calendar.



Cavendish Coffee Morning



Come along after half term – Friday 1st March, for a coffee and catch up!



Everyone is welcome!

Friday mornings 9:05am - 10:05am

Annex Building

*please come through the main school office and sign in

Meet new people. Feel part of the community. Babies and toddlers welcome.



Get to know the Cavendish staff as they drop by for a coffee and a chat.






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.mcractive.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

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!

facebook icon | @bigcomedyshopuk

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@bigcomedyshop.com

FEBRUARY HALF-TERM SKATEPARK HOLIDAY CLUB

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

REGISTER AND PAY
AT THE SKATEPARK

PROJEKTMCR.COM
@PROJEKTMCR

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

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



GROWING BRILLIANTLY

Practice a guided meditation



Calms emotions & improves focus

Journal together



Helps you understand yourselves better

Laugh together



Fights stress & makes you feel good

Practice gratitude together



Boosts your sense of happiness & well-being

Small Ways FOR Parent & Child TO CONNECT BIG AT Bedtime

Read to each other



Develops your language abilities & imagination

Practice active listening



Builds empathy & trust

Share stories from your day



Improves memory & strengthens your bond

Give massages



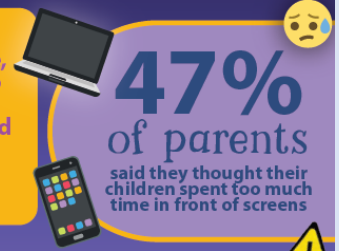
Helps fight stress & promotes relaxation



KEEPING SAFE & BEING HAPPY



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?



What parents need to know about SCREEN ADDICTION



HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



National Online Safety



Top Tips for Parents



LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

ENCOURAGE ALTERNATE ACTIVITIES



It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their Outdoor activities to show your support.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

STATISTICS

52% of children aged 3-4 go online for nearly **9hrs** a week

82% of children aged 5-7 go online for nearly **9.5hrs** a week

93% of children aged 8-11 go online for nearly **13.5hrs** a week

99% of children aged 12-15 go online for nearly **20.5hrs** a week

Children and Parents: Media Use and Attitudes Report 2018