

Friday 22nd
March 2024

www.cavendish.manchester.sch.uk www.cavendishpta.org.uk
 @CavendishM20  office@cavendish.manchester.sch.uk



Diary Dates

25th & 26th March: Viking visit Y5
 26th March: 5MD class assembly
 27th March: 4KE class assembly
 28th March: Y3 trip to Manchester Museum
 28th March: break up for Easter holidays
 15th April: Return to school

Red Nose Day: Comic Relief
 Thank you so much for your contributions
 last Friday. We raised £418.70
Thank you!

Spring at Cavendish...


The sun is finally out and the spring flowers have bloomed as we look forward to enjoying our beautiful grounds...



ATTENDANCE Matters

Last week's whole school attendance was 95%
 Class winners of the attendance trophies were...

Nursery & Reception	Bees - 97.2 & RLW - 94.6 %
Y1&2	1SH - 97.5 %
Y3&4	4KE - 97.3 %
Y5&6	5MD - 98.6 %



Easter FUN!

Next week's Easter FUN day will take place in school on **Wednesday 27th March**.
 We invite the children in nursery, reception, year 1 & 2 to wear an Easter hat they have decorated or made.
 And we invite the children in years 3, 4, 5 & 6 to bring in a decorate egg (and wear a hat if they also choose).





Manchester Young Carers

Children have explored our golden value of RESPONSIBILITY this week by thinking about being caring citizens.

We thought about what a young carer is and learnt about the Manchester Young Carers network including their campaign #support not sympathy

What's a Young Carer?



We even linked being a young carer or caring citizen to our values and the UNICEF children's rights.



For more information about Manchester Young Carers, take a look on the Manchester City Council website...

<https://hsm.manchester.gov.uk/kb5/manchester/directory/directory.page?directorychannel=3-3-7>

BRILLIANT CITIZENS

In this section of the newsletter we hear all about how the children are being **BRILLIANT** citizens!

Jeena has been selected to win an award for her film entry and Azaan for his football boot design! They will be receiving an invite to the awards ceremony soon where there will be former and current premier league footballers!

Super proud of our BRILLIANT CITIZENS!

**SHOW
RACISM
THE
RED
CARD**

The Cavendish Values

Creating **BRILLIANT** Citizens

RESPECT EQUALITY POSITIVITY
RESPONSIBILITY KINDNESS COURAGE






Road Safety Poster: winning entry by Lillie in Y4
Please be safe when driving & parking near school...




EASTER ACTIVITIES!

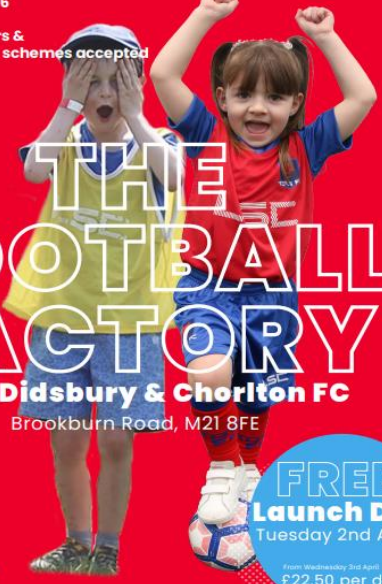


Tuesday 2nd - Friday 12th April
9:30 am - 3:30 pm or 8 am - 6 pm

- Reception to Year 6
- Childcare vouchers & tax-free childcare schemes accepted




THE FOOTBALL FACTORY
West Didsbury & Chorlton FC
Brookburn Road, M21 8FE



FREE Launch Day
Tuesday 2nd April!
From Wednesday 3rd April
£22.50 per day

Scan to book



www.wearelsc.co.uk/Easter
0800 032 1806
info@wearelsc.co.uk
@WeAreLSC

Dear Parents and Carers,

We are delighted to announce that LSC's Ofsted registered School Holiday Courses are running during the school holidays at West Didsbury & Chorlton FC for children in Reception to Year 6. You can view the flyer here or visit the website for more information.
https://wearelsc.co.uk/venues/west-didsbury/?utm_source=eflyer&utm_medium=email&utm_campaign=hc-manchester-westdids

During the school break, keep your children entertained and engaged with LSC's Football Factory. The experienced team of instructors will lead training and development sessions, organise small-sided games and an end-of-week tournament.

The courses run Monday – Friday from 9.30 am - 3.30 pm and additional wrap-around care can be added if you require early drop-offs and late pick-ups between 8 am – 6 pm (please, add this to your shopping cart at the checkout).

Make sure you take up the opportunity for a taster of LSC Football Factory on the free launch day on Tuesday the 2nd of April. LSC take safeguarding extremely seriously, and all sessions are led by fully qualified coaches or teachers who are first aid and safeguarding trained, in addition to holding up-to-date DBS (Disclosure and Barring Service) certificates.

If you have any questions please contact LSC directly by emailing info@wearelsc.co.uk



EASTER ACTIVITIES!



EASTER HALF TERM ACTIVE CAMP

Multi-sport holiday sessions
ALL CHILDREN 5 - 16 YRS

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

Dates:
 TUES 2ND APRIL 2024
 WED 3RD APRIL 2024
 THURS 4TH APRIL 2024
 SAT 6TH APRIL 2024

10AM - 2PM EVERY DAY
 @THE ENERGY BOX, M19 1FS LEVENSHULME

















FREE

HOW TO SIGN UP

- Create an account with:
<https://www.mcractive.com/registration-form>
- Fill in details like child eligibility and personal details and create a password.
- Search provider 'Kingsway Athletic FC'
- Select sessions you would like to attend, booking on MCRActiveGo app is easier if website is not working.
- Enjoy sessions with FA qualified coaches

Why not spend some time outside amongst nature, doing a nature scavenger hunt!

Spring Nature Scavenger Hunt

- Flower 
- Grass
- Raindrop 
- Bird 
- Wind 
- Mud
- Caterpillar 
- Bee 
- Worm 
- Animal track 
- Puddle 
- Cloud 
- Tree bud 
- Feather 
- Clover 
- Seedling 

Name: _____

©BackwoodsMama

EASTER HOLIDAYS

AT THE DIDSBURY PARSONAGE
 The Old Parsonage, Stenner Lane, Didsbury, Manchester, M20 2RQ

THURSDAY 11TH APRIL 2024

STORYTELLING WITH SUE

INCLUDES OUR SHORT STORY COMPETITION WINNING ENTRIES

10.00AM TO 10.30AM (AGES 2-4)
 10.45AM TO 11.15AM (AGES 5-8)
 £5 PER SESSION

CHILDREN'S EASTER CRAFTS

11.45AM TO 3.30PM - (LAST ENTRY 2.45PM)
 £5 PER CRAFT

All donations received go towards maintaining and improving the building and supporting the various community activities and events at the Didsbury Parsonage.

DIDSBURY PARSONAGE TRUST



BIG COMEDY SHOP'S EASTER HOLIDAY COMEDY CLUBS!

AGES 6-12



WED 3RD
THURS 4TH
WED 10TH
THURS 11TH
APRIL
BOOK FOR 1, 2, 3 OR 4 DAYS!

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@bigcomedystop.com




Creating **BRILLIANT** Citizens

The Cavendish Values

- RESPECT
- EQUALITY
- POSITIVITY
- RESPONSIBILITY
- KINDNESS
- COURAGE





GROWING BRILLIANTLY

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT



It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS



Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT



If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'



While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE



There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES



An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE



If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS



Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN



As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



Creating **BRILLIANT**
Citizens

The Cavendish Values

RESPECT EQUALITY POSITIVITY
RESPONSIBILITY KINDNESS COURAGE





KEEPING SAFE & BEING HAPPY

Meet our Safety Protectors...



They lead on our mission of **KEEPING SAFE** & **BEING HAPPY** with the duty bearer Miss Evans (safeguarding lead), enabling the following articles...

 2 NO DISCRIMINATION	 16 PROTECTION OF PRIVACY	 19 PROTECTION FROM VIOLENCE
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Safety Goals for this year...

EVERYONE feels **HAPPY** to play and be with each other – especially at playtimes.

EVERYONE feels **SAFE** to be in all areas of school – especially the playground and toilets.

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RESPONSIBILITY **KINDNESS** **COURAGE**

