

Friday 19th
April 2024

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

@CavendishM20

office@cavendish.manchester.sch.uk

Diary Dates

- 2nd May: INSET day (children not in school)
- 6th May: Bank Holiday
- 8th May: Nursery come & play session
- 8th May: Bike & Roll to school day
- 10th May: 1CK class assembly
- 10th May: Y3 trip - Brockholes Nature Reserve
- 10th May: PTA quiz night
- 13th May: Y6 SATs begin
- 14th May: Reception come & play session
- 17th May: Y6 trip to Peak Wildlife Park
- 22nd May: 4KF class assembly
- 22nd May: PTA meeting
- 24th May: 5LM class assembly
- 24th May: finish for half term

Welcome back to SUMMER Term!

Great to see the children after the Easter break. We look forward to the summer term and all that it brings. Keep up to date with school events with the updated calendar on the school website...

<https://www.cavendish.manchester.sch.uk/events>



ATTENDANCE Matters

Before the Easter holidays, whole school attendance was 95%

Class winners of the attendance trophies were...

Nursery & Reception

Ladybirds - 91.4% & RLW - 97.1%

Y1&2

1CK - 99.6%

Y3&4

3MTS - 98%

Y5&6

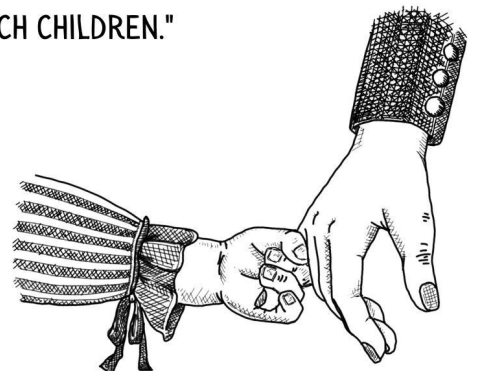
5NC - 99.6%



Cavendish Values

This half term, we will be focusing on the GOLDEN VALUE of... **KINDNESS**

"KINDNESS IS A SILENT SMILE, A FRIENDLY WORD, A NOD OF ENCOURAGEMENT. KINDNESS IS THE SINGLE MOST POWERFUL THING WE CAN TEACH CHILDREN."



RANDOM ACTS OF KINDNESS FOUNDATION
www.randomactsofkindness.org

Creating **BRILLIANT**
Citizens

The Cavendish Values

RESPECT EQUALITY POSITIVITY
RESPONSIBILITY KINDNESS COURAGE



PROUD to be a Rights Respecting School

In March we reaccredited at silver for UNICEF Rights Respecting Schools. Our UNICEF team did a brilliant job of celebrating all the work we do and showing our assessor just how BRILLIANT we are at understanding, talking about and exercising our rights. Follow the link to see the evidence we submitted for this accreditation. We have also attached the report to your newsletter email. Going for gold in the Autumn term! A huge thank you to our wonderful school community for making this possible.

<https://www.cavendish.manchester.sch.uk/page/unicef-rights/133289>

**Super PROUD to be...
CREATING
BRILLIANT
CITIZENS!**



Check out our Rights Respecting page on our website, where you can see a video all about what we do as a rights respecting school...

<https://www.cavendish.manchester.sch.uk/page/unicef-rights/133289>



Thank you to all of you who completed the parents and carers survey last half term, we always value your feedback and strive to be the best we can be.

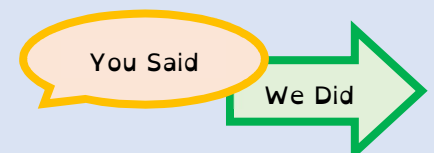
There were 266 responses. Here is the first of the questions and responses...

Would you describe your child as happy at school?

**96% said yes or mostly
(76% saying yes)**

If you are ever concerned about your child's happiness or wellbeing, please talk to your child's class teacher.

For a full overview of the results, see the You Said We Did page on the school website, where the outcomes and responses will be posted soon.



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Our Cavendish PTA shops are now open. Shop preloved uniform, children's clothes and toys and help raise money for the PTA!

There's a selection of clothes, toys and books available, all preloved with plenty of life and love left to give.

Due to the vast amount of donations (thank you) there are still items being uploaded daily so keep your eyes peeled to see your items go live. Feel free to share the shops with friends and family too.

Happy shopping!



PTA Shop - <https://www.wearecress.com/store/cavendish-primary-pta/>

Uniform Shop - <https://www.wearecress.com/store/cavendish-primary-school-uniform/>

How is your child being a BRILLIANT CITIZEN?

We want to hear from you... has your child achieved in their hobbies or extra-curricular activities? Have they made a contribution to their community in some way? Or just done something **BRILLIANT**?

Let us know by sending an email to office@cavendish.manchester.sch.uk and we can share the news in our newsletter. *Only photos with consent will be shared

Religious Festivals

We hope all of our families who were celebrating Eid during the break, had a wonderful time...



We look forward to our annual Eid event in June. More information coming soon including how you can get involved in volunteering.

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GROWING BRILLIANTLY

5 Phrases Your Child Can Use to Stand Up for Themselves

Are you looking for ways to empower your child to stand up for themselves in different situations?

By teaching them a few simple phrases, you can make a big difference in how confident your child feels!

Here are five phrases your child can use to assert themselves and set boundaries:

1. "I need you to stop bothering me and leave me alone."
Your child will show...
They have the confidence to stop the unacceptable behavior.
2. "I don't like being called that. I want you to call me by my name."
Your child will show...
They expect others to be respectful and they do not tolerate verbal abuse.
3. "I didn't have control over that. It's not okay to blame me."
Your child will show...
They will not be the scapegoat and they expect others to be accountable.
4. "I see that you're unhappy. But I can't let you treat me like this."
Your child will show...
They know how to advocate for themselves and set boundaries.
5. "That's not safe. I'm getting someone to help."
Your child will show...
They aren't afraid to ask for help.



And most importantly:

Encourage them to stand up for themselves at home.

Teach them that NO is an acceptable answer by allowing them to use it with you.

Respect their boundaries. If they don't want hugs or tickles, say, "Your body, your rules."



KEEPING SAFE & BEING HAPPY

10 Top Tips for Parents and Educators ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE



Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS



Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less nervous that way and can be more likely to open up of their own accord.

3 NORMALISE CHATS ABOUT FEELINGS



Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

4 LISTEN ACTIVELY



When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

5 ASK OPEN QUESTIONS



Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

6 RESPECT THEIR BOUNDARIES



If a child isn't ready to talk about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE



Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS



Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a café, or just a weekly walk.

9 PROVIDE RESOURCES



It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

10 CELEBRATE EMOTIONAL EXPRESSION



It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

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