



Friday 26th
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
- 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
- 23rd May: PTA quiz night (new date!)
- 24th May: 5LM class assembly
- 24th May: finish for half term

KINDNESS

This week we have been focusing on our value of KINDNESS. In assemblies, the children listened to stories, songs and inspiration films. The following messages were shared and discussed...

Kindness is a super power

TREAT
PEOPLE
WITH
KINDNESS

Be Kind
Whenever Possible;
It Is Always Possible.
-Dalai Lama

Read on to find out about our KINDNESS COMMITMENT competition!

ATTENDANCE Matters

Last week's whole school attendance was 94.9%

Class winners of the attendance trophies were...

Nursery & Reception

Ladybirds – 95.8% & RFK – 99.6%

Y1&2

1SH – 98.6%%

Y3&4

3MT - 97%

Y5&6

5MD – 97.7%



Cavendish Values

Please remember to check the lost property box outside the front of the main school building for any lost items.

We ask that all belongings are labelled with your child's name and class – that way, they will be more likely to get back to your child in school. All unlabelled items will be put in the outside lost property box, which will be emptied every half term and donated to charity.

Creating **BRILLIANT**
Citizens

The Cavendish Values

RESPECT EQUALITY POSITIVITY
RESPONSIBILITY KINDNESS COURAGE





Cavendish Values

KINDNESS competition

KINDNESS is extremely important to us at Cavendish. It is one of our golden values and we need the children's help! We would like to add images to our Kindness Commitment (see below) so we are holding a competition for the children to create pictures on the theme of KINDNESS.

We ask that all entries have the child's name and class on and are handed in to class teachers or Mrs Taylor by **Friday 17th May.**



Cavendish Kindness Commitment



At Cavendish we believe EVERYONE deserves KINDNESS.

This is what kindness means to us:

Kindness is a super power

Kindness is a key to friendship and a ticket to paradise

Kindness is more valuable than money

Kindness is happy when others have done well

Kindness appreciates everyone's individuality

Kindness brings and holds people together

Kindness stands up for others

Kindness can be as small as one word, or as large as a full heart

Kindness can be a hug, a smile, or an encouraging word

Kindness can be the best part of someone else's day

Kindness can be the light in someone's darkness

Kindness makes our class, our school and our world brighter

Everyone deserves kindness; let's choose to be kind!



Religious Festivals

Wishing all of our Jewish families who are celebrating, a Happy Passover!

Passover is a celebration of the story of Exodus. During Passover, Jewish people remember how their ancestors left slavery behind them when they were led out of Egypt by Moses.



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. Here is the question and our response about WELLBEING...

Wellbeing - do you think the school has a good strategy to support children's wellbeing?

93% said yes or mostly

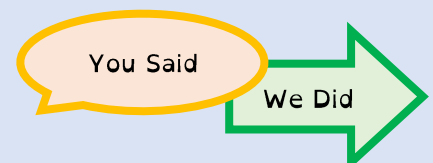
Here are just some of the things we do around wellbeing...

- Meditation Masters (daily meditation)
- Drawing & Talking Therapy
- Play Therapist (by our qualified play therapist Linda)
- Lunchtime drop-in sessions
- Check-in-Boards & Worry Boxes (classrooms)
- External services such as M-Thrive
- Our PSHE curriculum covers the understanding & importance of mental health

For more information about mental health and wellbeing at Cavendish, visit our website... <https://www.cavendish.manchester.sch.uk/page/mental-health-and-wellbeing-at-cavendish/136597>

If you are ever concerned or worried about your child's wellbeing, please contact their class teacher or Miss Evans (Safeguarding & Mental Health Lead)

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.





BRILLIANT SWIMMERS

The children have represented the school **BRILLIANTLY** in the recent swimming competitions...

Our Y4/5 boys' swimming team finished second in the Manchester Schools Citywide Swimming (Plate) Finals on the 6th March.

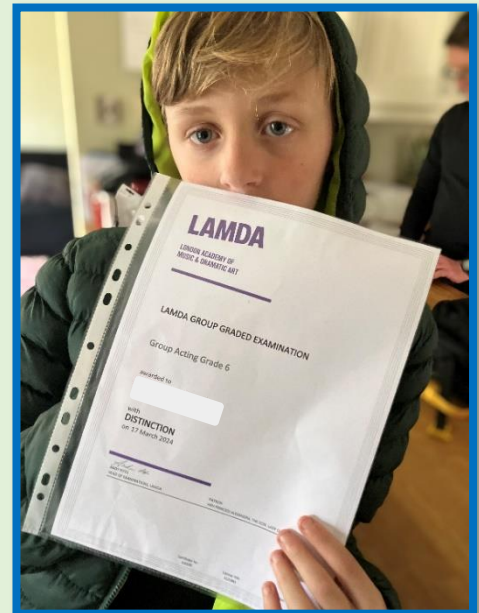
Our Y4/5 girls' swimming team finished fourth in the Manchester Schools Citywide Swimming (Plate) Finals on the 6th March.



BRILLIANT CITIZENS

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

Edward is in Stars Drama Academy and the children have just been awarded **DISTINCTION** in their group LAMDA exam! They performed Alice in Wonderland and The Witches. It's brilliant news and the children are delighted! What **BRILLIANT** talent performers you are! Well done!



We love to hear about how our children are achieving and making a difference outside of school. If you would like to share your news in the Cavendish newsletter, please let us know what you have been up to by emailing the school office... office@cavendish.manchester.sch.uk



GROWING BRILLIANTLY

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises, which you could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



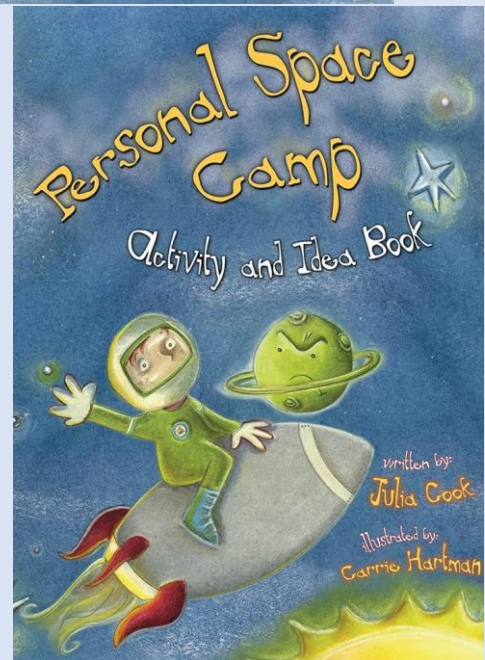
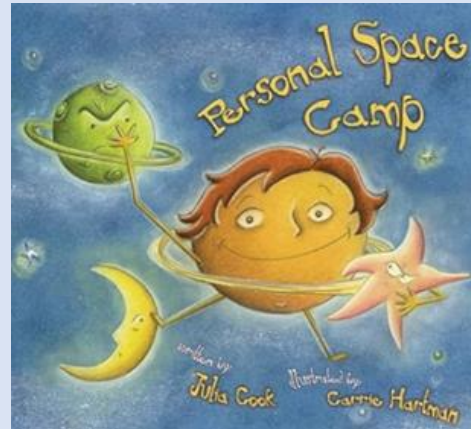


KEEPING SAFE & BEING HAPPY

Part of our safety curriculum includes teaching children about personal space, safe touch and consent as well as speaking up & talking to trusted adults.

This week, Year 1 & 2 have been talking about these ideas around personal safety with Miss Evans through stories, songs and activities.

Here are some of the resources used...



If you would like to know more about the NSPCC's campaign, more information can be found at www.nspcc.org.uk/underwearrule