



Friday 21st
June 2024

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

@CavendishM20

office@cavendish.manchester.sch.uk

Diary Dates

- 24th – 26th June: Mad Science Workshops
- 3rd July: INSET day (no children)
- 4th July: Polling day (no children)
- 9th July: Reception trip to Formby beach
- 10th July: Nursery Trip to Smithills farm
- 11th July: Y2 trip to Wythenshawe Park
- 12th July: 2CC Class Assembly
- 11th + 12th July: Reports out
- 12th July: PTA Summer Fete
- w/b 15th July: Health & Wellbeing Week
- *sports days to follow
- 19th July: Y4 Llandudno Trip
- 23rd July: 3MTA Class Assembly
- 24th July: Y6 trip to Crocky Trail
- 24th July: finish for summer holidays

Summer Sunshine!

We look forward to more time spent outside in the wonderful sunshine, that we have seen more of this Week! This includes our upcoming sports days...



Sports Days

Nursery & Reception - 17th July

Year 1 & 2 - 16th July

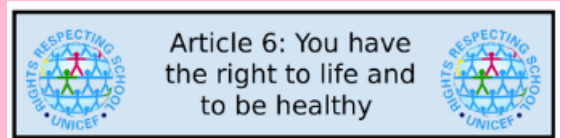
Year 3 & 4 - 18th July

Year 5 & 6 - 15th July

We look forward to seeing you there

– entrance will be via the staff car park and onto the field.

*more details to follow



ARTICLE 6 -

As a Rights Respecting School, we ensure all children are provided the opportunity to grow and achieve in their physical development. Sports Day is a great celebration of this.



ATTENDANCE Matters

Last week's whole school attendance was 95.1%

Class winners of the attendance trophies were...

Nursery Dragonflies 95.9% &

Reception RFK – 98.1%

Y1&2 2CC - 100%

Y3&4 3MTS & 4KF – 97.7%

Y5&6 5LM - 100%



Eid Fair @ Cavendish

Thank you to everyone that came to the Eid Fair today.

Check out next week's newsletter for highlights.

Creating **BRILLIANT** Citizens

The Cavendish Values

RESPECT EQUALITY POSITIVITY
RESPONSIBILITY KINDNESS COURAGE





Music Request!

The school needs your help gathering your favourite songs from different cultures and from around the world. These songs could be added to our Cavendish Listening Spine song collection, which years 1 to 6 listen to each week. We have such an amazing variety of backgrounds, cultures and religions, I'm hoping you could help me source some songs from around the world that I'm not aware of, so I can share them with the Cavendish community. If you have a song that springs to mind, please email Mr Davies, m.davies@Cavendish.manchester.sch.uk, with the song name and artist, as soon as possible!



PLAYGROUND FUN

Here are the children loving the new playground improvements! As a Rights Respecting School – our children embrace their right to play.



Please can we remind you to not allow the children on the climbing frame before or after school as this cannot be supervised by staff.



WIN £20 to spend in our PTA Shops! One lucky winner will receive a £20 voucher from sustainable marketplace Cress to spend in our PTA shops. We have lots of preloved uniform, toys and clothing to choose from. To enter visit our Instagram page: <https://www.instagram.com/p/C8T5zdZtbHq/>. The competition closes on Friday 5th July 2024 at midnight. Good luck!



Cavendish PTA have been busy behind the scenes developing a video to share with our new families for when they start at the school. We'd now love to share it with our wider community and hope it will give you an insight into what we do and how you can get involved. You can watch it here: <https://youtu.be/u7-kF9I9NRM>



Join us on Friday 12th July for our Summer Fete! We have lots of fun things planned this year, including Live Music, Games, Face Glitter, Crafts, Bottle Tombola and even the chance to try out Hoop Acrobatics with Nova Heights. We'll also have food and drinks on offer with a BBQ, Bar, Tuck Shop and Cake stall. If you can volunteer for this year's Fete please fill in our volunteer form: <https://forms.gle/oaLJSdXYEVz2cSmo8>



If you haven't filled in our PTA Events survey we would really appreciate your input. It only takes a minute and will help us with planning our events for 2024/25 - <https://forms.gle/VAENVYzbyHxSSGDN6>



The last instalment of the parent survey results. Here are the questions and our responses about online safety...

Online safety – do you know what your child is taught about online safety?

45% said yes
18% said mostly
15% said a little
22% said no

Online safety – do you feel your child is knowledgeable and confident about online safety?

36.5% said yes
24% said mostly
22.5% said a little
17% said no

At Cavendish, keeping safe online is taught as part of half termly, specific e-safety assemblies and sessions.

Here are the topics covered...

Self-Image & Identity	Online Bullying	Copyright & Ownership	Privacy & Security	Managing Online Information	Online Relationships	Online Reputation	Health, Wellbeing and Lifestyle
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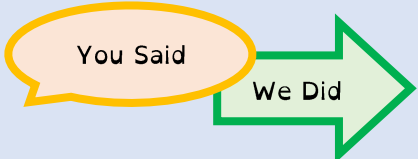
We also welcome neighbourhood police in to talk to our year 5&6 children about the importance of keeping safe online.

If you would like to find out more about our e-safety curriculum, see our website...

<https://www.cavendish.manchester.sch.uk/page/e-safety/133113>

*extra parent advice and resources can also be found in this very weekly newsletter!

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



<https://www.cavendish.manchester.sch.uk/page/you-saidwe-did/134472>



Girls Football

The Y4s girls attended a competition at Abbey Hey and represented the school BRILLIANTLY. Although they did not win the competition, they played well as a team and represented our Cavendish golden values well.



BRILLIANT CITIZENS

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

Edward was the White Rabbit in his drama group's adaptation of Alice in Wonderland in Didsbury Park. They raised money for The Christie. The children were AMAZING! They worked so hard. Well done to Edward and all involved!



The Cavendish Values

Creating **BRILLIANT**
Citizens

RESPECT EQUALITY POSITIVITY
RESPONSIBILITY KINDNESS COURAGE





GROWING BRILLIANTLY

COURAGE CARDS

WORDS + ACTIONS TO BOOST YOUR CONFIDENCE








HOW TO USE:

Meet your new favorite tool for overcoming fear—The Courage Cards! These cards are superpowers you can activate anytime you feel unsure of yourself. Each card has a super tool—positive words or a movement—to help you feel calm and confident when things get tough.








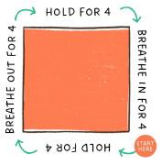
After preparing the cards, separate them into two decks: WORDS and ACTIONS.

Choose one card from each deck. Combine a positive word card with an action card (“SAY” + “DO”) to create a powerful courage-boosting tool!

COURAGE is one of our golden values!

<p>SAY:</p>  <p>I am capable and strong.</p>	<p>SAY:</p>  <p>I can do hard things.</p>	<p>SAY:</p>  <p>I believe in myself.</p>	<p>COURAGE CARDS</p> <p>INSTANT CONFIDENCE BOOST</p>
<p>SAY:</p>  <p>I'm proud of myself no matter what happens!</p>	<p>SAY:</p>  <p>Good things are coming my way.</p>	<p>SAY:</p>  <p>I am safe.</p>	<p>SAY:</p>  <p>I grow stronger every single day.</p>

This half term, we have been learning how to use COURAGE to build our resilience.

<p>DO:</p>  <p>Stand in mountain pose. Imagine you are as steady as a mountain.</p>	<p>DO:</p>  <p>Take 5 breaths while you trace this triangle.</p>	<p>DO:</p>  <p>Stand in tree pose and imagine yourself as tall and strong as a tree.</p>	<p>DO:</p>  <p>Put your hand on your heart and feel it filling with love.</p>
<p>DO:</p>  <p>Stand in warrior pose. Feel fierce and take up lots of space.</p>	<p>DO:</p>  <p>Do 15 Jumping Jacks</p>	<p>DO:</p>  <p>Tap your eyebrows 15 times.</p>	<p>DO:</p>  <p>Take 5 breaths while you trace this square</p>



KEEPING SAFE & BEING HAPPY

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

WHAT TRUSTED ADULTS NEED TO KNOW ABOUT: SOCIAL MEDIA & MENTAL HEALTH

Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.



POSITIVE IMPACTS

EASY ACCESS TO SUPPORT AND HELP

Due to delays in young people getting help for their mental health, such as experiencing low mood, or suffering from anxiety, they may sometimes reach out to access support from others online. Sharing problems or issues with friends, peers and broader social networks can be met with positive reaction, with nearly 7 in 10 teens reporting to receive support on social media during tough or challenging times. Where there are moderated communities which offer support and guidance, children can be provided with a great source of support.



NEGATIVE IMPACTS

SELF-ESTEEM & BODY IMAGE

There are 10 million new photographs uploaded to Facebook alone every hour, providing an almost endless potential for young people to be drawn into appearance-based comparisons whilst online. No one is the same as how they portray themselves online as we tend to only show the best part of ourselves. The pressure to fit-in and conform is huge, which can become a driving force for children to replicate what they see from friends, celebrities and sponsored adverts. This pressure may contribute to anxiety, low mood and a feeling of inadequacy. As a result, it can lead to a feeling of low satisfaction with their own lives.



SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS

There is evidence to suggest that strong adolescent friendships can be enhanced by social media interaction, allowing children to create stronger bonds with people they already know. Online relationships can actually make children more relationship-oriented, thoughtful, and empathic. By sharing comments on pictures, videos and posts, it can create long-term friendships as they can continually keep in touch, even with a distance between them.



HARMFUL ADVICE

The online world provides the opportunity for anybody to upload and share photoshopped pictures, edited video, fake news and even unvetted advice. Children may stumble upon this, which could potentially encourage them make wrong decisions and not get the help that they need. It's important that you teach your child to differentiate between what is true and useful information and what is fake.



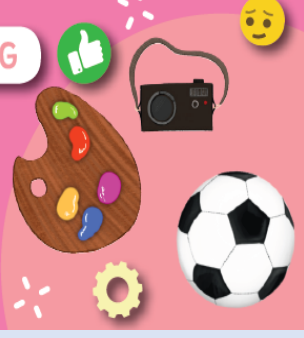
ADDICTION AND COMPULSIVE CHECKING

Social media addiction is thought to affect around 5% of teenagers. The Office for National Statistics found that children who spend more than 3 hours a day on social media are more than twice as likely to support poor mental health. Furthermore, compulsive checking due to 'Fear Of Missing Out' has been linked to poor and disturbed sleep, as well as difficulty to relax during evenings. One in five young people say they wake up during the night to check messages on social media, leading them to be three times as more likely to feel constantly tired at school than their classmates who don't use social media during the night.



A SENSE OF BELONGING

Support can be found in various places online; sometimes this is known as "finding your tribe". Online platforms and groups can provide a wonderful sense of belonging for children. They can find peers with similar interests and circumstances which can sometimes be difficult to find in real-life. As a result, this can create stronger connections and help to build confidence.



CYBERBULLYING

One recent large-scale UK study showed that cyberbullying is one of the biggest challenges for young people. Other studies suggest that cyberbullying has a bigger effect on wellbeing and mental health than other types of bullying. 7 in 10 young people have experienced cyberbullying, with 37% of young people saying they experience cyberbullying on a high-frequency basis. Young people are twice as likely to be bullied on Facebook than on any other social network.

