


Friday 9th
September 2022

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

 @CavendishM20

 office@cavendish.manchester.sch.uk

Welcome Back!

What a fantastic start to the new school year we have had! The children have impressed us with their **positive** attitude to learning and their **kindness** to one another. We are very excited to see what the new school year brings and all the fantastic events we have coming up. Welcome to the first *Cavendish News* of the school year - please read weekly for all the latest news and updates from our wonderful school community.



Diary Dates

Year 4 start swimming –
next week
(see ClassDojo for details)

PTA meeting –
27th September

Parents Evenings –
5th & 6th October
(booking available next week
– watch out for an email)

PTA Cinema Night –
7th October

Break up for half term -
21st October

Start & End of the Day

Thank you for getting the children into school promptly and safely. Just a reminder...

Nursery, Reception & KS1 (Years 1 & 2)

Start: 8:40am End: 3:10pm

KS2 (Years 3, 4, 5 & 6)

Start: 8:50am End: 3:20pm



Let's keep Safe!

It's so lovely to see so many children scooting & cycling to school – please remember to dismount at the school gate and not ride/scoot on the school grounds so that everyone is safe. Thank you!

SEND Update

Please click on the following link for the latest Manchester SEND updates...

[News For SEND Families From Manchester Local Offer](#)



PLEASE REMEMBER

**WE ARE A NUT
FREE SCHOOL**





Sports Event



Cross Country / Fun Run

There will be a cross country event at Wythenshawe Park on Wednesday 14th September & Wednesday 21st September from 4:00-4:45pm. The distance is approximately 1.5km.

Any Cavendish child from Years 4, 5 & 6 is welcome to represent the school but transport will not be provided and they must be supervised by an adult for the whole event. A member of school staff will be there to direct the children and give out t-shirts but they will not be responsible for them.

The scores will be kept and the first 3 girl and boy runners will count towards the team competition, with the top teams then going through to the final later in the year.

If you would like your child to participate in this event and are willing to transport them to and from Wythenshawe Park on both dates, please email Mrs Mitchell with the subject 'Cross Country 2022', your child's name, class and your contact number.

s.mitchell@cavendish.manchester.sch.uk

Healthy Tip

The charity Action for Happiness create monthly calendars aimed at helping to improve wellbeing and happiness. September can be a hard month, getting back into routine again, etc, so why not challenge yourself and your family to follow along with 'Self-Care September'? It is filled with lovely ideas and tasks!

Self-Care September 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|--|---|--|
| 5 Forgive yourself when things go wrong. Everyone makes mistakes | 6 Focus on the basics: eat well, exercise and go to bed on time | 7 Give yourself permission to say 'no' | 1 Find time for self-care. It's not selfish, it's essential | 2 Notice the things you do well, however small | 3 Let go of self-criticism and speak to yourself kindly | 4 Plan a fun or relaxing activity and make time for it |
| 12 Get active outside and give your mind and body a natural boost | 13 Be as kind to yourself as you would to a loved one | 14 If you're busy, allow yourself to pause and take a break | 8 Be willing to share how you feel and ask for help when needed | 9 Aim to be good enough, rather than perfect | 10 When you find things hard, remember it's ok not to be ok | 11 Make time to do something you really enjoy |
| 19 Notice what you are feeling, without any judgement | 20 Enjoy photos from a time with happy memories | 21 Don't compare how you feel inside to how others appear outside | 15 Find a caring, calming phrase to use when you feel low | 16 Leave positive messages for yourself to see regularly | 17 No plans day. Make time to slow down and be kind to yourself | 18 Ask a trusted friend to tell you what strengths they see in you |
| 26 Find a new way to use one of your strengths or talents | 27 Free up time by cancelling any unnecessary plans | 28 Choose to see your mistakes as steps to help you learn | 22 Take your time. Make space to just breathe and be still | 23 Let go of other people's expectations of you | 24 Accept yourself and remember that you are worthy of love | 25 Avoid saying 'I should' and make time to do nothing |
| | | | 29 Write down three things you appreciate about yourself | 30 Remind yourself that you are enough, just as you are | | |

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Visit their website for more information: [Happier Kinder Together | Action for Happiness](https://www.actionforhappiness.org/)



The sad news of the Queen's death was discussed and shared with the children in class and assemblies today. I'm sure the children will learn more about the life and work of the Queen over the next few weeks whilst national mourning takes place. It is important that the children learn about this historic moment and reflect on the reign of Queen Elizabeth II to learn and understand more about the monarch.

Here are some helpful resources when talking about the Queen's reign and death with the children.

<https://www.bbc.co.uk/newsround/31694210>

<https://www.bbc.co.uk/news/uk-61585886>

<https://www.winstonswish.org/talk-to-children-about-death-of-queen/>

