



Friday 7th
October 2022

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

@CavendishM20

office@cavendish.manchester.sch.uk

WALK BIKE & ROLL TO SCHOOL

On **Wednesday 12th October** it is National Walk, Bike or Roll to school day. This day is about getting up and moving your body.

Why we love National Walk, Bike or Roll to School Day

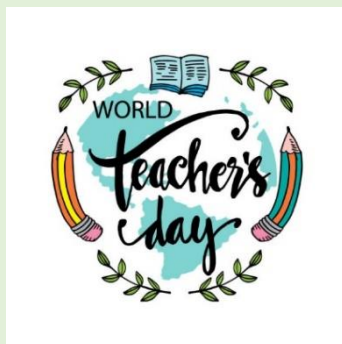
- It gets our kids moving. Walk, Bike or Roll to School Day promotes movement and exercise. Being active every day is just one way to promote healthy families.
- It puts safety first by focusing on bikers and walkers. Walk, Bike or Roll to School Day shows our community just how important safe pedestrian pathways are.
- It's growing! Last year was the largest Walk, Bike, Roll to school day in history. This year, we can beat that record!

<https://www.walkbiketoschool.org/>



World Teacher's Day!

Let's take a moment to show our appreciation for ALL our school staff. Their dedication and hard work makes Cavendish the BRILLIANT community that it is!



Cavendish Values

This half term we have been focusing on our school value of respect.

YEAR 4 think RESPECT means...

Treating people in a thoughtful way – like not speaking over others and using kind words.

Looking after things and looking out for other people no matter what.

Being helpful and doing the right thing.



Creating **BRILLIANT**
Citizens

The Cavendish Values

RESPECT EQUALITY POSITIVITY
RESPONSIBILITY KINDNESS COURAGE





Cavendish PTA Bonfire & Fireworks Friday 4th November

5pm - 7pm

Our family friendly event is back with a BANG for 2022.

Chorlton fireworks shop - The No1 firework shop in Manchester -

Will be providing another wonderful display as always.

There will be food, drinks and flashing novelties!

Card payment preferred - cash payment also accepted

Gates open - 5pm

Bonfire Lit - 5.30pm

Fireworks - 6.30pm

This year e-tickets are only available to purchase prior to the event - they will not be on sale at the gate.

To speed up entry your e-tickets will be sent to you via email on a PDF with a QR code which can be scanned at the gate to allow entry.

Tickets on sale NOW

- <https://app.tickettailor.com/events/cavendishpta/761578>

Thank You
Cavendish PTA



Cavendish PTA presents...

BONFIRE NIGHT AND FIREWORKS DISPLAY

FRIDAY 4TH NOVEMBER

17:00 - 19:00

DELICIOUS HOT FOOD
REFRESHMENTS
TUCK SHOP
STALLS
and more.



Now in its 15th year!

£5/ADULT
£3/CHILD
£14/FAMILY
UNDER 2 FREE

CAVENDISH COMMUNITY PRIMARY SCHOOL
CAVENDISH ROAD
WEST DIDSBURY
M20 1JG



Full details online - WWW.CAVENDISHPTA.ORG.UK/BONFIRE-NIGHT

PLEASE NOTE

No Parking on site and extremely limited parking on surrounding roads. Please be respectful to local residents and park on Withington Community Hospital Car Park (Nell Lane - 5/10 minute walk) or walk where possible.

The event takes place on the school field so please wear suitable footwear.

To run this event we need over 70 volunteers! If you are free to volunteer for set-up of the event during the day or during the event on a stall or as a steward please contact Cavendish PTA via enquiries@cavendishpta.org.uk

Creating **BRILLIANT**
Citizens

The Cavendish Values

RESPECT EQUALITY POSITIVITY
RESPONSIBILITY KINDNESS COURAGE





Healthy Tip of the Week

This week have a go at MINDFUL EATING to make you really slow down and appreciate every mouthful! Mindful eating is a mindful practice that helps develop deeper connection with food and creates lifelong, healthy habits.

Try to remain present and in the moment by drawing upon your senses to take small, intentional bites.

See: what do you notice? What colour is it? What shape is it? What stands out?

Feel: when you hold it in your hand, what does it feel like? Is it soft or hard? Squishy or rough?

Hear: does it make any sounds? What about when you squeeze it between your fingers? (You can also revisit sound during taste)

Smell: how would you describe the smell?

Taste (with eyes closed): put the food in your mouth. Before you chew, what is the first thing you taste? Is it sweet or salty? Sour or savoury? As you start to chew, chew slowly and before you swallow, think about the change in flavour, texture and sounds. Does it change the longer you chew?



Halloween Show in Half Term



Half Term Halloween Show

Tuesday 25th October 2pm and 5:30pm

NWTAC Theatre

Lightbowne Road, M40 5HQ

Can you help Rapunzel escape her tower and get to her first Halloween party? In this fully interactive show – you become part of the story!



Use the link below to join us

<https://www.northwesttheatreartscompany.co.uk/book-tickets>