



Friday 7th
July 2023

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

 @CavendishM20

 office@cavendish.manchester.sch.uk

Cavendish Courage!

What does courage mean to you?
Here's what some of our BRILLIANT children had to say...

Courage is having a go, even if it scares you.

Y4 pupil

Courage means, be brave and try hard.

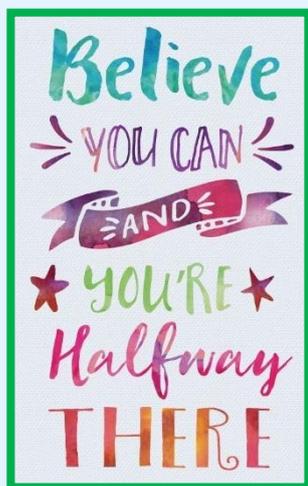
Y1 pupil

I think **courage** is your attitude to something. If you tell yourself 'you can do it' and stay positive, then it happens for you.

Y6 pupil

Courage, for me, is trying new things and challenging myself. Like a new hobby or way of working things out or making new friends.

Y5 pupil



Diary Dates

13th July: 4MT Class Assembly 9:30am

14th July: 2TT Class Assembly 9:15am

14th July: Y5 Early Islam Drama Day

14th July: PTA Summer Fete

18th July: Reception Assembly 2:15pm

19th July: Nursery Assembly 9:15am

20th July: 2CC Class Assembly 9:30am

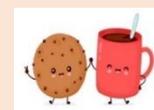
21st July: Y6 trip to Crocky Trail

21st July: school closes for summer

End of year reports

You will receive your child's end of year report next week. Please can we ask that you complete the feedback form that will be included.

Cavendish Coffee Morning



Every **Friday** in the **Annex Building 9:05am - 10:00am**

*please come through the main school office and sign in

All are welcome, please come along to meet other parents and chat with members of staff.



HEALTH & WELLBEING WEEK

Sports Day for Reception, Y1 & Y2

What a BRILLIANT Sports Day it was on Thursday for Reception, Y1 & Y2! It was great to see so many parents come along to watch and get involved in the parent race! The children showed KINDNESS, RESPECT and most of all COURAGE. We are proud of them all.

The children told us that their top three favourite activities were:

Egg and Spoon, Obstacle & Skipping Ropes

Here are some comments about the day:

I enjoyed all the sport because it was fun.

I enjoyed my mum watching me. I could watch my dad run!

I loved seeing my mum join in with exercise. I had fun on all the activities.

I liked seeing my grandparents because they don't come to school much.

First Aid Training

Being BRILLIANT citizens includes knowing how to respond in an emergency. Therefore, the children in Y3-6 have had First Aid training as part of their PSHE learning this week. We are following St John Ambulance's recommended approach to ensure that children leave Cavendish with crucial lifesaving skills. This has covered the main areas of calling for help and head injuries as well as bites and stings, asthma, bleeding, and choking.



A GROOVY start to the day!

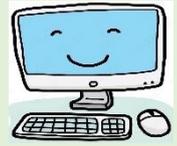
Mrs Taylor's dance group led the Y1 & 2 children in a dance routine each morning on the playground. What a great way to start the day! Plus, we got see everyone's BRILLIANT dance moves!





eSafety

Keeping Safe: Being Happy



Online safety is an important part of our Cavendish curriculum and mission of KEEPING SAFE & BEING HAPPY. We hope you managed to access the Smoothwall Parent Workshop about online safety, if not no problem – we will be sharing the key messages and more with parents in the new academic year.

Check out our school website for more information and helpful links... including the National Online Safety organisation advice for 'Keeping children safe from online content'.

<https://www.cavendish.manchester.sch.uk/page/e-safety-advice-for-parents/133133>

Healthy MIND & BODY: Tip of the Week

Jump Back Up July 2023

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Take a small step to help overcome a problem or worry	2 Adopt a growth mindset. Change "I can't" into "I can't...yet"	3 Be willing to ask for help when you need it	4 Find something to look forward to today	5 Get the basics right: eat well, exercise and go to bed on time	6 Pause, breathe and feel your feet firmly on the ground	7 Shift your mood by doing something you really enjoy
8 Avoid saying "must" or "should" to yourself today	9 Put a problem in perspective by seeing the bigger picture	10 Reach out to someone you trust and share your feelings with them	11 Look for something positive in a difficult situation	12 Write your worries down and save them for a specific 'worry time'	13 Challenge negative thoughts. Find an alternative interpretation	14 Get outside and move to help clear your head
15 Set yourself an achievable goal and take the first step	16 Find fun ways to distract yourself from unhelpful thoughts	17 Use one of your strengths to overcome a challenge today	18 Let go of the small stuff and focus on the things that matter	19 If you can't change it, change the way you think about it	20 When things go wrong, pause and be kind to yourself	21 Identify what helped you get through a tough time in your life
22 Find 3 things you feel hopeful about and write them down	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong	25 Notice when you are feeling judgmental and be kind instead	26 Catch yourself over-reacting and take a deep breath	27 Write down 3 things you're grateful for (even if today was hard)	28 Think about what you can learn from a recent problem
29 Be a realistic optimist. Focus on what could go right	30 Reach out to a friend, family member or colleague for support	31 Remember we all struggle at times - it's part of being human				



ACTION FOR HAPPINESS

Happier · Kinder · Together

The Cavendish Values

Creating **BRILLIANT** Citizens

RESPECT EQUALITY POSITIVITY
RESPONSIBILITY KINDNESS COURAGE





BRILLIANT CITIZENS

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

Football Superstar!

Diego was selected to represent Manchester City Football Club in the Ischia Invitational Cup Tournament, which took place on the Island of Ischia off the coast of Italy. They won the tournament and Diego had the best time ever!

Well done for showing the Cavendish values, we are very proud.



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



GARDEN PARTY

SUNDAY 23RD JULY
IN THE
OLD PARSONAGE GARDENS
11AM-4PM

11:45AM onwards music from:
- Guitar and Voice duo
- The Gallery choir
- Frederick Wilson Violin

- Jasper the puppet dog
- Face painting
- Flower book stall
- Cream teas and cakes
- Raffle
- DPT merchandise
- Hot and cold drinks
- Jam Stall

FREE ENTRY Indoors if unpromising weather!

Tel: 0161 445 7661 The Old Parsonage, Stenner Lane, Didsbury, Manchester M20 2RQ
Info@didsburyparsonagetrust.org.uk
www.didsburyparsonagetrust.org.uk

SUMMER Fete

RESCHEDULED TO FRIDAY 14TH JULY
3.30 - 5.30PM

- Coconut Shy
- Live Music
- Hook-a-duck
- Bottle Tombola
- BBQ
- Face Painting
- Bar
- Penalty Shoot Out

On the school field (entrance via car park)