



### Friday 29<sup>th</sup> September 2023

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

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OCT: Black History Month

3<sup>rd</sup> Oct: Reception Reading

Meeting

5th Oct: World Teacher's

Day

13th Oct: Y6 residential to

RobinWood

19th Oct: 2LB Class

Assembly

19th Oct: EYFS Open

Evening 4:30pm

20th Oct: Show Racism the

Red Card Day

20th Oct: school closes

30th Oct: return to school

#### Week

We a proud to be a Rights Respecting School and take every opportunity to teach the children about their rights and what this means around the world.

Did you know that Manchester is a Unicef Rights Respecting city...?





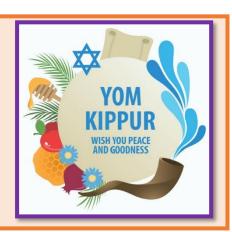




100% attendance is always the goal for every child! We expect children to be in school every day unless they are too ill to attend. Please ensure all non-urgent medical appointments are made outside normal school hours.



Wishing our
Jewish families
a very Happy
New Year and
Yom Kippur.



The Cavendish Values

Creating **BRILLIANT**Citizens

RESPECT RESPONSIBILITY EQUALITY POSITIVITY
KINDNESS COURAGE





#### **Meditation Masters**

As a rights respecting school we know that the right to relax and the right to good health are important in helping us to become brilliant citizens. This week we had help from Mr M from Acacias Primary School. We revisited our twelve mindful breathing exercises to improve our mental health, help us to relax and get ready for our next lessons. We also learnt a few more! We will be spending two minutes a day on mindful exercises led by two children from each class. The Meditation Masters will change every few weeks.





Take a look at all of our mindful exercises.

Can you teach them to your family at home?



The following articles have been explored by becoming meditation masters...

Article 24 - your right to the best possible health.

Article 31 - your right to relax.





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#### **Community Cavendish**

First Gymnastics (Formally known as Little Gymnasts) will be running a Gymnastics based holiday camp during the October break this year at Chorlton High. We have been running weekly classes and camps since 2013, However, this will be our first camp in your area. Our camps are very popular and we get brilliant feedback from children and parents. I'm sure some of your parents will be looking for activities for their children over the break, and I wondered if you have a virtual newsletter/ e mail whether you would consider adding the details of our camp on there. I've attached an image below and the link for more info & to book is:

October Half Term Camp (5 - 12yrs) at Chorlton High School, Manchester | First Gymnastics | Powered by ClassForKids



New parent offer at Cavendish...



## Grent workshops



Who will be there? Linda Lawson - Therapeutic Parenting Practitioner and child therapist. Mr Tate – Mental Health and Wellbeing lead.



Come and join these sessions for parents, offering researched advice about regulating emotions in difficult moments with children.

Tuesday 3rd October 3:30 - 4:10 - Regulate Tuesday 10th October 3:30 - 4:10 - Relate Tuesday 17th October 3:30 - 4:10 - Reason

## Everyone is welcome!

Please come through the main school office and sign in

We are offering childcare for those who would like to attend but cannot find cover.\*



Talk to other parents and learn from a qualified parent practitioner.

\* If you will require childcare, please let us know in advance so we can ensure we have the right adult to child ratio.

The Cavendish Values







#### **BRILLIANT CITIZENS**

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



Leah's BRILLIANT Charity Work!

Leah is doing a 4 mile walk next Saturday for a great cause.

She goes to most Huddersfield home games with her grandad and next week at the end of the walk she will walk out onto the pitch before the game.

Leah's fundraiser is for The Darby Rimmer MND Foundation.

Good luck Leah, we are so proud of you!

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









#### **CULTIVATE A BLAME FREE CULTURE**

or it might be that they like the look of the main character. Learning their motivation and knowing why they like it can help advising them on how to use it safely and help you discuss the pros and cons.

#### SHARE PERSONAL EXPERIENCE

Starting a conversation by sharing something that you've seen or that has made you feel uncomfortable can be a great opener. Talking about your own feelings can help children realise that it isn't just them – adults can be affected too. You can then go into how you coped with it therefore indirectly giving children advice on how they can also cope in uncomfortable situations. You can also explain that the reason that you've chosen to talk to them about it is because talking helps. Children will hopefully be able to see the parallels in the experiences and mimic your behaviour in future.

#### **TALK ABOUT THE NEWS**

# ONLINE SAFETY NEWS

#### **ASK FOR ADVICE**

It could be that you really do have a friend at work who is debating whether or not to let their child do something online, or it could be that you're bending the truth slightly, but hopefully the outcome would be the same. Don't be afraid to ask others for advice. Not only why they should let the child use it, but also what would they tell the child to be aware of. What are the risks? This will help you understand the risks yourself and what to look out for in future.



#### Meet our expert

Heather Cardwell is a practising Online Safety Lead and senior school leader who is passionate about safeguarding children online and educating them around online risks. She has over 10+ years as a Computing Lead and has successfully developed and implemented a whole school approach to online safety in schools, delivering online safety training to both school staff and parents and helping to roll-out a bespoke online safety policy across her local network of education settings.



#### **ASK ABOUT RESPONSIBILITIES**

**ASK ABOUT THE RISKS** 

Many children may know what online risks are and will happily explain the potential dangers. Listen and try not to be overly shocked if they tell you something that disturbs you. This can then lead nicely into you asking the question about what steps they are taking to look after themselves or what help they could seek if something goes wrong. Sometimes it's just nice to know that your children know the dangers and have taken steps to help reduce the risk for themselves – this is the ultimate goal.

ASK THEM TO BE THE TEACHER

Showing an interest in what children are accessing online is a great opportunity for you to learn something new as well. Children on the whole love sharing their experiences so by asking them to teach you how to use an app or play a game is not only a great way to bond, but you will also feel more empowered to talk about it. It is easy to shy away from conversations when the child perhaps knows more about the subject content than you do. This can help to turn this around.



#### **ASK ABOUT SCHOOL ADVICE**

Sometimes it's hard to know what to warn children about. If there is a new app or game that your child has come across recently, ask them what they think their teacher would say about it. What advice would school give them? What have they been told about trusting people online or about fake news? Finding this out would be a good way to hear what advice they were given at school and help you reiterate the same message. Quick reminders about what to do if something makes them feel uncomfortable or who their trusted adults are can make all the difference.

















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