



Friday 6th
October 2023

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

 @CavendishM20

 office@cavendish.manchester.sch.uk

Diary Dates

13th Oct: Y6 residential to RobinWood

19th Oct: 2LB Class Assembly

19th Oct: EYFS Open Evening 4:30pm

20th Oct 3MTS class assembly

20th Oct: Show Racism the Red Card Day

20th Oct: school closes

30th Oct: return to school

3rd Nov: PTA Bonfire Night

Gratitude & Appreciation

A busy week at Cavendish this week with trips, meetings and of course BRILLIANT learning! We also celebrated World Teachers' Day for all the staff of Cavendish and their hard work.

Thank you!



Black History Month

Children have explored our school value of EQUALITY this week by marking Black History Month. Black History Month is a time set aside each year to celebrate the achievements of Black people in the past and today.

The theme to this year's Black History Month is "Saluting Our Sisters" and to mark this, children have been learning about inspirational women such as Rosa Parks and composer Florence Price. They also reflected with a poem called 'I am Diversity.'

Packed lunches & snacks

As a healthy school, we ask that children's snacks for morning break are fruit or vegetables only.

We also ask that packed lunches are healthy and provide the children with a balanced meal.

Click here for healthy packed lunch ideas... <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Packed lunches should NOT contain any fizzy drinks, sharp cutlery or glass bottles/containers.



The Cavendish Values

Creating **BRILLIANT**
Citizens

RESPECT EQUALITY POSITIVITY
RESPONSIBILITY KINDNESS COURAGE





Rights Respecting Steering Group

Meet our new Rights Respecting Steering Group!



The Unicef Councillors were voted for by their class for possessing the qualities we need to raise awareness of our rights and influence and drive change. Miss Hopkins and the Steering Group will meet regularly to develop our rights in school to achieve the Gold award, plan whole school charity events, be the voice of Cavendish children and to represent their class.

- 1CK-Gabriel, 1AM-Leo, 1SH-Noah,**
2LB-Anfa, 2RM-Isabelle, 2CC-Ariyamehr,
3MTA-Coen, 3MTS-Hattie, 3MT-Emma,
4KF-Ethan, 4KE-Alfie, 4JA-Isla,
5MD-Dylan, 5NC-Ethan, 5LM-Oliver,
6GD-Zaviyar, 6KJ-Ethan and 6RC-Max.

The Unicef Rights Respecting councillors met up yesterday to plan our Children in Need day on Friday the 17th of November. We discussed the need for this event, how we could raise money and where the money goes. We'll be meeting again to fully plan the day to raise as much money as we can for Child in Need.

EYFS Open Evening – Nursery & Reception

Thursday 19th October 2023 4:30pm

There will be a short presentation and an opportunity to see the early years setting. All welcome!



BRILLIANT CITIZENS

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

Well done Leah!

Leah completed all of the 4 mile charity walk on Saturday and has raised over £550 to date with some more expected! She was also interviewed for the club by ex-player, Andy Booth.



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... ffice@cavendish.manchester.sch.uk

Healthy Tip of the Week

Optimistic October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you	4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better	7 Look for the good in people around you today
8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished recently	11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation
15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the days ahead	19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you
22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently	25 You can't do everything! What are your three priorities right now?	26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?
29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month				

ACTION FOR HAPPINESS

Happier · Kinder · Together

Creating **BRILLIANT** Citizens

The Cavendish Values

- RESPECT
- EQUALITY
- POSITIVITY
- RESPONSIBILITY
- KINDNESS
- COURAGE





Cavendish PTA presents

BONFIRE NIGHT

Friday 3rd November

Gates open 5pm
Bonfire 5.30pm
Fireworks 6.30pm

Fireworks Display | Drinks | Hot Food
Tuck Shop | Bakes & Cakes | Novelties

Cavendish Primary School, Cavendish Rd, M20 1JG

£6 Adult
£4 Child
£18 Family (2 adults & 2 children)
Free for children aged 2 and under

CHORLTON FIREWORKS

Tickets: www.cavendishpta.org.uk/events/bonfire-night

Community Cavendish

Half term art workshop for kids!
Colouring in, mask making, activity sheets and more!
Materials provided.

TUESDAY 24TH OCTOBER
10AM-3PM

Old Parsonage,
Stenner Lane,
M20 2RQ

DIDSBURY PARSONAGE TRUST

Pay what you can! All proceeds donated to The Parsonage.
Please do not leave children unattended.

We love writing!

BBC 500 Words 2023 Competition

Why not show what BRILLIANT writers our children are by entering the BBC 500 words competition.

Click on the link for more information...

<https://www.bbc.co.uk/teach/500-words/about-500-words/zctk7v4>

Did you also know that for every entry we make, we will be put into a prize draw to win free wall art for school - so let's get writing!

<https://www.promoteyourschool.co.uk/blog/bbc-500-words-competition-wall-art>



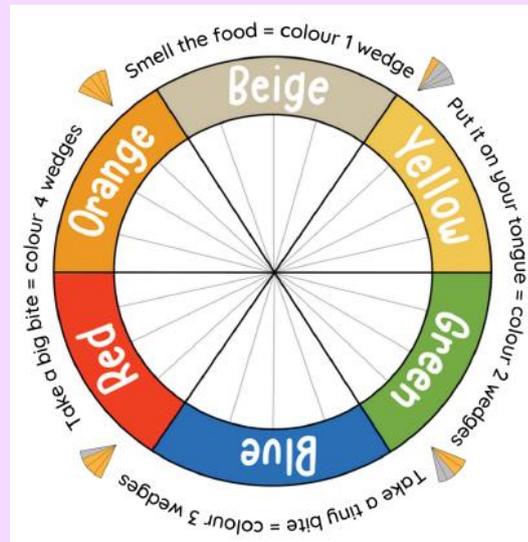


GROWING BRILLIANTLY

Race To Taste

A Food Discovery Game

- Red Foods**
 - Hot Sauce
 - Cranberry
 - Beets
- Orange Foods**
 - Squash
 - Sweet Potato
 - Apricot
- Yellow Foods**
 - Lemon
 - Corn
 - Ginger
- Green Foods**
 - Brussels Sprouts
 - Spinach
 - Pickle
- Blue/Black Foods**
 - Aubergine
 - Olives
 - Prunes
- Beige/White Foods**
 - Cauliflower
 - Barley
 - Salad dressing



RED FOOD & GREEN FOOD	YELLOW FOOD	BEIGE FOOD & RED FOOD	GREEN FOOD	ORANGE FOOD & YELLOW FOOD	CHALLENGE	RED FOOD & ORANGE FOOD
ORANGE FOOD				BEIGE FOOD	BLUE/BLACK FOOD & GREEN FOOD	RED FOOD
BLUE/BLACK FOOD & YELLOW FOOD				BLUE/BLACK FOOD & GREEN FOOD		
RED FOOD	BLUE/BLACK FOOD	GREEN FOOD & BEIGE FOOD	CHALLENGE	BLUE/BLACK FOOD & ORANGE FOOD	ORANGE FOOD	RED FOOD
START	BLUE/BLACK FOOD	GREEN FOOD & BEIGE FOOD	CHALLENGE	BLUE/BLACK FOOD & ORANGE FOOD	ORANGE FOOD	BEIGE FOOD & BLUE/BLACK FOOD



KEEPING SAFE & BEING HAPPY



The Switch is a hybrid console released by popular video game company Nintendo in 2017. It's classed as a hybrid because it's designed to be played both at home on a television, like traditional consoles (think a PlayStation or an Xbox) or out and about like a portable console, such as a GameBoy. It uses two detachable and wireless 'Joy-Con' controllers on either side of the console's screen, which can be used by one or two players. The Switch can be played on the internet with the purchase of Nintendo Switch Online, in the living room together or on the go during long journeys, but bear in mind it needs to be charged just like anything else!



NINTENDO SWITCH ONLINE

Nintendo Switch Online is a paid service that allows the console to be played (you guessed it) online, by linking to other Switch consoles around the world. It can be purchased through the Nintendo eShop for a single account on the device, or with a family membership plan which covers 2 accounts. The purchase options come in three tiers: 1 month, 3 months and 12 months but be aware these auto-renew unless you specify otherwise.

ONLINE DANGERS

While online, your children will be able to play with and chat to people on compatible games, which will mostly be good-natured fun, but could potentially expose them to vulgar language, indecent images or worse. There are options to limit this though, which are detailed below. It's worth remembering that many games can be played offline, so while it's not essential to get Nintendo Switch Online, it is certainly something to consider.

NINTENDO eSHOP

The Nintendo eShop is where games can be purchased over the internet and downloaded directly onto the device. If you choose to enter your bank details (or PayPal account) onto the Switch, you can save them for easy access later on. Do note however that these can be viewed by anybody with access to the console, unless you specify otherwise. A child might accidentally purchase a game or item from the shop if these details are left improperly protected, which could leave you with a nasty surprise.

NINTENDO'S VIDEO GAME SELECTION

Nintendo as a company offers some of the most entertaining and safe video games on the market. Games featuring characters like Super Mario, Donkey Kong and Yoshi are always a safe bet for a child-friendly experience. It's always prudent to check each game before you buy it (especially if the game hasn't been made by Nintendo) but as a rule of thumb, anything official containing well-known names like these will be great for your children, giving you peace of mind while they enjoy them.

PORTABLE GAMING

Being able to take the Switch anywhere is a huge bonus when travelling. What's more is that almost every game can be enjoyed without the need to 'lock' the console with a television. Battery life on the Switch varies depending on what it's being used for but typically it will last around 3 or 4 hours before needing to be recharged. When the time comes, any USB-C charger will be able to do the job, but it's best and quickest to return it to the dock, which requires a normal plug socket.



Top Tips For Parents

PARENTAL CONTROLS

Nintendo released a free downloadable app that can be used in tandem with the Switch called Nintendo Switch Parental Controls. Once you've got the app on your mobile device, it's a simple process to pair your two devices, giving you a suite of options to help make sure your child is having fun in a safe and structured environment curated by you.

ONLINE RESTRICTIONS

Another major inclusion in the app is the ability to block your child from seeing anything to do with age restricted games. There's also an extremely helpful feature that restricts access to games that have free communication features between strangers on the internet. This includes things like private messages and unsolicited images. Should you be concerned that strangers might be using the games to talk to your child, a simple press of a button will disallow any access they might have.

PLAY WITH YOUR CHILD

One of the wonderful things about the Switch is that there are an abundance of great games you and your child can enjoy together, and even with the whole family. Nintendo has a long history of making and supporting fun, family friendly games like Mario Kart and Mario Party, both of which can be played with two or more players using the Joy-Con controllers.

NINTENDO ESHOP SETTINGS

In the Nintendo eShop you can set up a password to help stop your child or somebody else from accessing any sensitive information, such as bank account details. The options here include entering a password to access the eShop to begin with, when any saved credit card information access is attempted, or when PayPal is accessed. Choosing which areas are password protected helps ensure you're deciding what level of access is given on the device. For example, if you're happy to have your child browse the shop for games they might want, you can allow access to the eShop but introduce the password before a purchase is made ensuring no mishaps occur.

LIMITING PLAY TIME

By linking the app with the Nintendo Switch, you can set time limits and reminders when you think enough time has been spent playing. It also lets you see if a game is still being played and gives you the option to automatically put the console into sleep mode if the message is ignored. This should only be used as a last resort though as it could cause some friction between you!

SET PLAY TIMES

Another handy feature is the ability to set different playtimes for days of the week, allowing you to tailor play time around you and your child's schedules. This is great for setting boundaries and encouraging gaming as part of a healthy routine. It will also help your child organise with their friends when they can all be online.

SEE PLAY HISTORY

The Nintendo Switch Parental Controls app can also send a report telling you how much time your child spends playing each game. This is a great way to spot their favourite or most played games and might be a nice way for you to find out more about a title before talking to your child about it. It could also help identify any possible issues around playtime before they arise.

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