



Friday 12<sup>th</sup>  
July 2024

[www.cavendish.manchester.sch.uk](http://www.cavendish.manchester.sch.uk) [www.cavendishpta.org.uk](http://www.cavendishpta.org.uk)

@CavendishM20

office@cavendish.manchester.sch.uk

## Diary Dates

w/b 15<sup>th</sup> July: Health & Wellbeing Week  
19<sup>th</sup> July: Y4 Llandudno Trip  
23<sup>rd</sup> July: 3MTA Class Assembly  
24<sup>th</sup> July: finish for summer holidays

### Sports Days

Nursery & Reception – Wed 17<sup>th</sup> July  
Reception 9:15-10:15    Nursery 10:30-11:30  
Year 1 & 2 – Tues 16<sup>th</sup> July    9:30-11:00  
Year 3 & 4 – Thurs 18<sup>th</sup> July    9:30-11:00  
Year 5 & 6 – Mon 15<sup>th</sup> July    9:30 – 11:00

### Y6 end of year events

Production: Thu 18<sup>th</sup> @ 6:30pm,  
Fri 19<sup>th</sup> @ 9:15am, Mon 22<sup>nd</sup> @6:30pm  
BBQ & Disco: Tue 23<sup>rd</sup> (on field until 4pm)  
Crocky Trail Trip: Wed 24<sup>th</sup> July

## ATTENDANCE Matters

Last week's whole school attendance was 95%

Class winners of the attendance trophies were...

Nursery Dragonflies – 94.4% &

Reception RFK – 94.4%

Y1&2 1SH – 98.8%

Y3&4 4KF – 97.2%

Y5&6 5MD – 98.9%



## Enrichment!

At Cavendish, we believe in the importance of providing our children with rich experiences in order for them to grow as BRILLIANT learners.

This time of year means that there are lots of these enrichment experiences going on, from trips and visitors to assemblies and workshops – read on to find out more about what has been happening...



You can also see more about enrichment on our Personal Development statement & strategy

<https://www.cavendish.manchester.sch.uk/page/personal-development/134887>



## Reception Trip to the beach Bowling!

Despite the rain causing Reception's trip to the beach having to be cancelled...they still had FUN and enjoyed going bowling instead!



## Reception – Come & Play session

Great to see so many parents and carers joining the children in their play!



### The Cavendish Values

Creating **BRILLIANT**  
Citizens

RESPECT      EQUALITY      POSITIVITY  
RESPONSIBILITY      KINDNESS      COURAGE





## Nursery trip to Smithills Farm



## Year 2 Trip to Wythenshawe Park

What a BRILLIANT time Y2 had at Wythenshawe park.

They got to explore the animals on the small farm there, learn about the different plants and have a play on the great playground!



### 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!

Hugo did the race for life for cancer research at the weekend and raised £200 up to now. He was the first to finish and did it in 30 minutes. He was amazing! So proud of you Hugo, such a BRILLIANT citizen!






**RUGBY TASTER SESSION**

Looking for an exciting way to kick off your summer? Join us for our summer rugby taster session and experience the thrill of rugby in the sunshine! ☀️ Whether you've played before or brand new to the game, everyone is welcome to come and give rugby a try!

 **Sunday**  
21st July 2024

 **Start: 1:00pm**  
**Finish 4:00pm**

 [www.oldbedians.co.uk](http://www.oldbedians.co.uk)

 Old Bedians Rugby Club, Millgate Lane, M20 5QX

### OLD BEDIANS – RUGBY

☀️ Dive into summer fun with Old Bedians Rugby Club! 🏉

Looking for an exciting way to kick off your summer? Join us for our summer rugby taster session and experience the thrill of rugby in the sunshine! ☀️ Whether you've played before or brand new to the game, everyone is welcome to come and give rugby a try!

Here's what you can expect:

- 🏉 Fun-filled rugby games
- 🏉 Expert coaching from our friendly team
- 🏉 A chance to meet new friends and be part of a fantastic rugby community
- 🏉 Plenty of laughter and good times guaranteed!
- 🏉 BBQ

📅 Date: 21st July ⌚ Time: 1pm - 4pm

📍 Location: Old Bedians Rugby Club, Millgate Lane

Don't miss out on the action-packed summer rugby fun! See you on the pitch! 🏉



## YOUNG MUSLIM WRITERS AWARDS 2024

**CLOSES 14<sup>TH</sup> JULY 2024**

ARE YOU AGED 5 TO 16?

DO YOU WANT TO IMPRESS OUR JUDGES WITH YOUR WRITING?

ENTER THE COMPETITION FOR YOUR CHANCE TO WIN £100!

**AWESOME**

[YMWA.ORG.UK](http://YMWA.ORG.UK)

**CATEGORIES**

- SHORT STORY
- POETRY
- NEWS REPORT
- SCREENPLAY
- PLAY SCRIPT

## WE'RE BACK!

OUR NATIONAL COMPETITION IS BACK FOR THE 14<sup>TH</sup> YEAR AND WE ARE OFFERING YOUNG WRITERS THE CHANCE TO TAKE PART AND SHOWCASE THEIR CREATIVITY IN UP TO FIVE CATEGORIES!

**TAKE PART**

Teachers, parents/carers, and young writers themselves are encouraged to submit entries by the young writers. If the entry is shortlisted, our judges will decide whether it is one of this year's winners!

**WIN AWARDS**

Shortlisted writers will receive a certificate and a gift bag of books at our awards ceremony. Winners in each category will also be presented with £100 and a trophy!

**OPPORTUNITIES**

Shortlisted entries will be published in the anthology. After winning at the Young Muslim Writers Awards, writers will join the ranks of previous winners Imaan and Umar who were invited to international festivals, Safeerah who read her award-winning poem at TEDxTeen, and Mina who published her debut novel at the age of just 15!

**CLOSES 14<sup>TH</sup> JULY 2024**

**FIND OUT MORE!**

[YMWA.ORG.UK](http://YMWA.ORG.UK)

# LOCAL OFFER

**LOCAL OFFER**

SUMMER SEND COMMUNITY OFFER

Follow the link to find out what's on offer this summer...

<https://content.govdelivery.com/accounts/UKMANCHESTER/bulletins/3a3954e>

Creating **BRILLIANT** Citizens

The Cavendish Values

RESPECT    EQUALITY    POSITIVITY  
 RESPONSIBILITY    KINDNESS    COURAGE





## GROWING BRILLIANTLY

### 10 Top Tips for Parents and Educators

# ENCOURAGING HEALTHY FRIENDSHIPS

Navigating the complexities of childhood and adolescent friendships can be challenging – but with the right guidance, children and young people can cultivate meaningful, supportive relationships, some of which may last for many years. These top tips provide a comprehensive approach to fostering healthy friendships among children and young people. It's important to remember, however, that each child is different, and will require an individual approach to relationship support.

#### 1 GRANT FRIENDSHIP OPPORTUNITIES



Encouraging children and young people to join extracurricular activities can foster healthy friendships by providing shared interests and common ground. Engaging in these pastimes offers a platform for interaction, sometimes alleviating the social pressure of knowing what to say, and helps children develop meaningful connections.

#### 2 LEAD BY EXAMPLE



The children and young people in our lives see how we behave, the connections that we've made and the interactions between us and others. When we model healthy friendships, we set an example and help youngsters to understand what healthy friendships looks like and how to navigate them.

#### 3 HELP THEM LOVE THEMSELVES



Healthy friendships aren't just about dynamics with other people. They're about our relationship with ourselves. For overall wellbeing, it's important for a child to have the space to build their self-esteem and a positive self-image, as these factors can have a notable influence on the friendships they form throughout life.

#### 4 MONITOR SCREEN TIME



Too much screen time can affect some children's wellbeing in general, but it can specifically impact friendships if it results in fewer positive social interactions. In some cases, reducing screen time and encouraging children and young people to find ways to interact face-to-face can have positive results. It's also important to remember that young people can make positive friendships online, but they will require support to do this safely.

#### 5 TEACH PROBLEM-SOLVING



Inevitably, friendships can run into problems. However, this is also an opportunity to support children and young people to work through any difficulties that may arise. It can be tempting to intervene and try to fix these issues for those involved, but helping them consider ways of resolving conflict or managing difficult situations for themselves can help them create stronger friendships.

#### 6 EMPOWER THE CHILD



When we give children and young people the confidence to choose their friends, navigate interpersonal boundaries and consider how they want to interact with the different people around them, we empower them to take control of the friendships they have. When young people feel in control of these things, they're more likely to make positive choices and remain aware of the signs of a negative relationship.

#### 7 TEACH EMPATHY



'Healthy friendships' doesn't always mean 'perfect.' Sometimes, disagreements can happen. When we teach children and young people to have empathy, we help them to see both sides of a relationship; to be mindful of the challenges a friend might be facing or whatever else might be going on. This can help children and young people to build stronger friendships.

#### 8 BE OPEN TO QUESTIONS



Talking to young people about their friendships, who they spend time with and who they interact with can open the door to questions if they have concerns. Initially, these queries may be straightforward, but if we are receptive to discussion from the outset, young people are more likely to come to us for help when they are older as well.

#### 9 UNDERSTAND BOUNDARIES



One of the keys to a healthy friendship is honouring boundaries. This can include anything from respecting personal space and belongings to acceptable language and behaviour. Understanding the importance of setting these limits and upholding those set by others can help children stay safe. If young people figure out their boundaries and feel comfortable enforcing them, they're more likely to call someone out if they go too far.

#### 10 SPOT THE SIGNS



We can't always supervise young people; sometimes, we need to step back and give them some space. However, it's important to consider any indicators that they may be struggling in their friendships. Are they becoming increasingly irritable? Does their behaviour alter when they've been with their friends? Are they becoming withdrawn or reluctant to take part in certain activities? These could all be signs that they're finding things difficult, and we should remain alert to such changes.

### The Cavendish Values

Creating **BRILLIANT** Citizens

RESPECT      EQUALITY      POSITIVITY  
RESPONSIBILITY      KINDNESS      COURAGE





## KEEPING SAFE & BEING HAPPY



### Work together

If you want your family to stay safe online then you have to work together. There are things that you can do as a parent, but your children can also take responsibility for their own safety, and together you should use the technological tools that are available to help.

#### What you can do

- Explore the online world with your children.
- Talk about what they do online – early and often.
- Set and agree boundaries.

#### Do your children ...

- Understand what they are doing online and the risks there might be?
- Know how to stay safe and where to go if they're worried?
- Know how to use privacy settings and reporting tools?

#### Making use of technology

- Parental controls on the home Wi-Fi, devices and search engines can filter and block content.

- Privacy settings on websites and apps restrict information that can be shared.
- Time settings control how long and when children are online.

#### Don't forget

There are also other adults who are part of the family like grandparents, uncles, and aunts. Include them in your conversations about staying safe online. Sometimes children prefer to talk to a trusted adult who isn't their parent, so it's important they share your knowledge and approach, and understand how they can help and support your child.

#### Children's online world – in numbers\*

- 90% of children aged 5-15 are online
- 40% of 5-15 year olds have their own tablet (15% 3 – 4 year olds)
- 76% 12-15 year olds have a social networking profile ( 23% of 8-11 year olds).

\*Ofcom (2015), Children and Parents: Media Use and Attitudes

#### Insider info

To find out more about the most popular social networks, sites and apps children are using, visit 'Net Aware' – the O2 and NSPCC's no-nonsense guide for parents. It covers over 50 of the apps and sites most commonly used by young people, and has links to information that will help you and your child, including how to remove content on different apps and sites, block people and report abuse.

Visit [net-aware.org.uk](http://net-aware.org.uk)