

Friday 13<sup>th</sup> December 2024 www.cavendish.manchester.sch.uk www.cavendishpta.org.uk

💕 @CavendishM20

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# Diary Dates

17th Dec: Food Bank Collection 17th Dec: Y1 Christmas Carols 2:30pm 18th Dec: Early Years Come & Play 2:30pm 18th Dec: Christmas Dinner Day 18th Dec: Y2 Christmas Carols 2:30pm 19th Dec: Special visitors in school!

20th Dec: Christmas Jumper Day 20th Dec: finish for Christmas holidays

Monday 6<sup>th</sup> Jan: INSET DAY (staff only) Tuesday 7<sup>th</sup> Jan: School opens & children return

UPCOMING TRIPS & VISITS 16th Dec: 5MTS at Recycling Centre

# <u>Cavendish Values</u>

This week the children have been learning about the UN Global Goals as part of Human Rights Day.



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<u>December at</u> Cavendish!



### <u>Reminder!</u>

Children need a water bottle and a fruit or vegetable snack with them every day. \*please note - nursery, reception, Year 1 & 2 are provided with a small piece of fruit or

veg.

PLEASE REMEMBER WE ARE A NUT FREE SCHOOL



Last week's whole school attendance was 95.4% Class winners of the attendance trophies were...

Early Years Caterpillars - 97.4%

Y1&2 1CK - 100% Y3&4 4KE - 99.3% Y5&6 6NC - 97%

Di Well done!

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the day.

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### Parent Survey

At Cavendish, feedback is important to us and we value the opinions of our parents/carers, families and community. Thank you in helping us grow and be the BRILLIANT school we always aim to be.

Here are some results from the recent survey...

97% of parents/carers agree or strongly agree that there is a good range of subjects available to their child at Cavendish.

96% of parents/carers agree or strongly agree that their child can take part in clubs and activities at Cavendish.

95% of parents/carers agree or strongly agree that school supports their child with wider personal development at Cavendish.

It is great to have such positive feedback.

On those areas where improvement is needed, we will be discussing this further as a staff and will share with you our plans soon.

# <u>Religious Festivals</u>

The children learnt all about Hanukkah, the Jewish festival of light in assembly this week. We wish all of our Jewish families and communities a HAPPY HANUKKAH.





Manchester Libraries are encouraging families to take part in the free Winter Mini Challenge! Running 1 December 2024 – 20 February 2025, children can take part in Marvellous Makers winter reading challenge for free on <u>www.wintermini.org.uk</u> where they will unlock a special digital badge and a new certificate of achievement once they meet their reading goal. Or they can join in their local library.

Encourage children to borrow books from your local library, then log and review them on the website, where they'll discover fun activities related to amazing children's books and book recommendations from their peers.

Use the Winter Mini Challenge as a simple effective way to promote children's reading over the winter holidays.



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Healthy Lifestyle

Healthy

Schools

### GROWING BRILLIANTLY

As a Healthy School, we have been sharing challenges to promote a healthy lifestyle for Cavendish families.

to promote a nearing mostric term We want to know how you got on with the challenges – send us your photos and we will share them in next week's newsletter. Please email them to office@cavendish.manchester.sch.uk

1. Healthy Recipe Challenge: This week, try cooking a healthy meal together as a family! Pick a recipe that includes plenty of fruits and vegetables, and get everyone involved in preparing it. Share your favourite dishes with us we'd love to see photos!

Outdoor Adventure Week: Take time to explore the outdoors as a family.
Whether it's a walk in the park, a bike ride, or even a nature scavenger hunt, getting outside and moving is great for both physical and mental wellbeing.
Screen-Free Evening: Dedicate one evening this week to being completely screen-free. Instead of watching TV or using devices, try reading together, playing a board game, or simply enjoying some quiet time to unwind and recharge.

4. Family Fitness Challenge: Set aside 30 minutes each day for a fun family workout! You could follow an online fitness video, have a dance-off in the living room, or even create your own obstacle course in the garden. Exercise is always more fun when you're doing it together.

5. Mindful Moments: This week, focus on mental wellbeing by practicing mindfulness as a family. Take 10 minutes each day to sit quietly, focus on breathing, or talk about things you're grateful for. It's a great way to reduce stress and improve focus.

6. Fruit and Veggie Challenge: Can your family try a new fruit or vegetable every day this week? Make it a fun adventure by picking different colourful produce and seeing who can discover a new favourite. It's a simple way to encourage healthy eating!

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### PTA Cress Shop now open for Christmas!

Our Cavendish PTA shop is now open! It's a fantastic place to shop for Christmas presents, preloved children's' clothes, toys, books, games, uniforms and more... and it helps to raise money for the school. It's a great way to save money, time and the planet! PTA Cress shop: https://www.wearecress.com/store/cavendish-primary-pta/

### Donate whilst you shop with easyfundraising

Whether you're shopping for Christmas or hunting for a bargain in the January sales, please sign up to easyfundraising first to help raise more funds for Cavendish. Over 8000 retailers will donate to the school for FREE when you use easyfundraising to shop online. These donations make a BIG difference to Cavendish and don't cost you anything extra, so please keep us in mind when you're shopping. Join here: https://www.easyfundraising.org.uk/causes/cavendishpta/



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Thank you for all your support with the Christmas raffle!

Thank you to everyone who supported the Christmas raffle and purchased tickets. The grand total raised was £4385.45! Winners will be contacted by email and given instructions on how to claim their prize(s).

Thanks, Cavendish PTA x

# Community Cavendish

Transpennine Trail – to keep young minds entertained during the Christmas break.

The pack will encourage them to embark on a Winter Treasure Hunt, solve a word scramble, and test their knowledge with a fun quiz. They'll also be able to craft a hanging star decoration and make wildlife-friendly magic reindeer food to spread a little holiday magic. And they'll be able to delight family and friends with a selection of Christmas cracker jokes guaranteed to bring a smile to the face.

The activity pack can be used 'on the go' by downloading it to a mobile or can be printed at home. Download it from our Children's page at: <u>https://www.transpenninetrail.org.uk/welcome-to-our-childrens-page/</u>



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# **KEEPING SAFE & BEING HAPPY**

# **10 Top Tips for Parents and Educators** SAFETY OVER THE FESTIVE SEASO

The holiday season, marked by Christmas and New Year, brings joy and togetherness but also presents unique safety challenges for children, families and educators. From busy holiday shopping, traveling and family gatherings to managing digital activity during school breaks, staying safe during this period requires heightened awareness. This guide offers practical tips to help families and educators maintain a more secure and fulfilling festive period.

#### MONITOR DIGITAL ΑCTIVITY

Children spend more time online during school holidays, increasing exposure to potential dangers such as increasing exposure to potential dangers such as cyberbullying, inappropriate content and online predators. Balancing screen time, avoiding harmful websites and ensuring children engage positively online can be difficult without proper monitoring tools. Set clear boundaries, encourage open discussions about online safety and use parental controls to manage content exposure and screen time effectively. Regular check-ins and positive reinforcement around digital habits encourage safe online behaviour.

#### PRACTICE FIRE 2 SAFETY PROTOCOLS

The incidence of house fires increases during Christmas due to greater use of candles, cookers and electrical decorations. Open flames, electrical overloads and the need for quick response plans can make fire safety challenging. Ensure smoke detectors are operational, keep fire extinguishers on hand and teach children how to proper the greater of the amergency. Avoid leaving to respond in case of a fire emergency. Avoid leaving cooking unattended and use fire-safe candles to prevent mishaps.

#### CREATE TRAVEL 3 SAFETY PLANS

More families tend to travel during the holidays, resulting in busier roads, increased traffic accidents and weather-related hazards. Weather conditions, road rage, fatigue and busy airports can all compromise travel safety. Pack emergency kits and adhere to seatbelt laws Plan routes in advance and allow extra travel time to avoid rushing and mitigate risks on busy roads.

#### **BEWARE OF ALLERGIES** 4

Holiday meals often involve many foods that may contain allergens. Cross contamination, unclear labelling and lack of allergy-friendly options can lead to severe reactions. Communicate any allergy needs to hosts, provide safe food alternatives and carry necessary medications like antihistamines or EpiPens. Teaching children how to advocate for themselves and recognise dangerous foods also contributes to safer celebrations

### PREVENT THE SPREAD OF ILLNESS 5

Cold weather and seasonal socialising can increase the spread of viruses like flu and COVID-19. Crowded gatherings, schools out of session and frequent travel can gatherings, schools out of session and northogene, lead to higher infection risks. Emphasise hygiene, encourage vaccination, disinfect surfaces and isolate symptomatic individuals. Communication with children about proper hygiene practices is essential to reduce the spread of illness.

### STAY VIGILANT 6

Increased holiday traffic heightens the risk of accidents for both drivers and pedestrians. Distracted driving, pedestrian safety and inciement weather can complicate road safety. Encourage pedestrian safety practices, avoid distracted driving and never drive under the influence.

#### MAINTAIN SAFE 7 DECORATIONS

Festive decorations such as Christmas lights and candles can pose electrical, fire and choking hazards if mishandled. Frayed wires, toppling Christmas trees, small namenta and open flames can be difficult to control, especially in busy households with children. Inspect and maintain decorations, secure Christmas trees, place fragile or small items out of reach and ensure candles are never left unattended. Testing smoke alarms and using flame-retardant decorations can significantly reduce riske.

#### **G 1**2 SET BOUNDARIES 8 FOR GIFTS

Some toys and gadgets can present choking, sharp-edge or safety risks, particularly for young children. Ensuring that gifts meet safety standards and are age appropriate can be complex with so many options available. Inspect can be complex with so many options available. Inspect all toys carefully and ensure any tech devices have parental controls. Setting expectations around safe gift use and discarding packaging that poses a risk also helps to prevent accidents.

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#### ADDRESS STRESS 9 & FATIGUE

Holiday pressures can lead to burnout, which affects both physical and mental health. Overpacked schedules and a lack of downtime can cause stress and fatigue, leading to accidents or poor decision making. Incorporate rest, maintain regular routines and seek support to reduce stress. Encourage activities that promote relaxation to create a healthier, happier holiday experience for everyone.

# 10 DRINK RESPONSIBLY

Alcohol is commonly present at holiday events, raising concerns about safety and supervision. Excessive alcohol consumption can lead to accidents, impaired judgment and lack of supervision for children. Designate responsible adults, limit consumption and provide transportation alternatives for guests. Teaching moderation and modelling responsible behaviour in front of children ensures that celebrations remain positive and

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