



Creating **BRILLIANT** Citizens

5th December 2025

Our Golden Value of EQUALITY

This week, we marked International Day of People with Disabilities by welcoming a visitor to school – read on to find out more.

The children were BRILLIANT at sharing their thoughts on equality, and understanding the importance of acknowledging and celebrating our differences.



INTERNATIONAL DAY OF PEOPLE WITH DISABILITIES



Attendance Matters

Last week's whole school attendance was 95.8%

Class winners were...

Nursery & Reception

Grasshoppers – 97.2%

Y1&2 2CC – 99.6%

Y3&4 3RB – 100%

Y5&6 5KJ – 96.7%



Diary Dates



*fabulous festive events in red

9th Dec: 3KE assembly

10th Dec: Nursery Christmas Concert

11th Dec: Y4 trip to Chester

12th Dec: Special Christmas visitors come to Cavendish

12th Dec: Panto at school

12th Dec: PTA Christmas Event

16th Dec: Nursery Come & Play

16th Dec: Reception Nativity

17th Dec: Christmas Dinner Day

17th Dec: Y1&2 Carol Singing

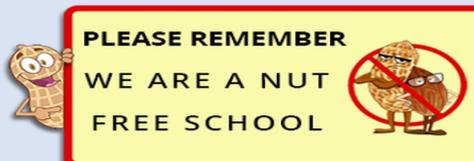
16th Dec: 2AT trip to The Lowry

18th Dec: 2MD trip to The Lowry

19th Dec: 2CC trip to The Lowry

19th Dec: Finish for Christmas Holidays

Reminder!



Cavendish Values

RESPECT	EQUALITY	POSITIVITY
RESPONSIBILITY	KINDNESS	COURAGE



Equality at Cavendish

We welcomed Gemma from Sign Me Happy this week as part of our continued learning and celebrating of our value of equality. She taught us all about the deaf community as well as some British Sign Language. We even learnt some festive songs.

Thank you, Gemma!



Championing equality, one sign at a time!



SIGN ME HAPPY

Delivering dynamic, bespoke British Sign Language tuition via Sing and Sign Assemblies, Sign Classes and Clubs, Signed Story Sessions, Staff training and CPD.

Gemma Larkin
 BA(Hons), POCE, BSL Level 4
 07769260580
 signmehappy@hotmail.com



Burton Road Christmas Lights Switch On

A huge well done to our choir who performed at Burton Road Christmas Lights Switch On last Saturday. The rain didn't dampen the festive cheer that they brought to the event. Feliz Navidad being a firm favourite with the crowd! Thank you to Mr Lee for leading and accompanying our BRILLIANT choir.





Times Tables Rock Star Day!

Last Friday Cavendish took part in a TTRS Day. The primary aim was to make learning times tables fun, engaging, and high-profile within the school, moving away from traditional methods to a "little and often" approach using the TTRS platform. The day started when the children arrived and they were dressed as rock stars complete with microphones, guitars and temporary tattoos. Even the teaching staff joined in and were rocking great outfits! The day started with a high-energy assembly featuring rock music (Bon Jovi) to set the mood. In each class children took part in TTRS games and went head to head in Arena mode. For our younger children they focused on number bonds which are the key building blocks before learning their tables. They had a few games of Hit the Button in their classes. The event successfully boosted student engagement and motivation, helping to improve their times tables recall speed in a fun, competitive environment. A huge thank you to everyone who participated and made the day a massive success!



Thanks, Miss Critchley and Mr Foster





Christmas Comes to Cavendish

On Friday 12th December (3.30pm-5pm) we'll be hosting our Christmas Event for Cavendish families, where we'll be offering mulled wine, hot chocolate, festive games, Christmas crafts, sweets, plus an opportunity to meet real live Reindeer!

Entry is free and access can be gained via the school car park in the Rhodes Building. Card payments only for crafts, food & drinks. More info:

<https://www.cavendishpta.org.uk/events/christmas-event-at-cavendish-2025>

As with all of our events it's just not possible without our wonderful volunteers!

We're aware we've asked a lot this term but we want to be sure to give our Cavendish families these lovely events and opportunities. If you are able to help set up, or help at the event itself it would be greatly appreciated, please fill in our volunteer form here:

<https://forms.gle/CT6ydBtFKdvFqEr7>



Help raise funds for Cavendish as you shop with easyfundraising!

If you're shopping for Christmas or simply a treat for yourself, please sign up to easyfundraising first and help raise funds for the school. Over 8,000 retailers will donate to Cavendish Primary School for FREE when you use easyfundraising to shop online. This means you can raise donations for us no matter what you're buying and these donations make a BIG difference to Cavendish and don't cost you anything extra, so please keep us in mind while you're grabbing a bargain or two. Please sign up and help us raise more at:

<https://www.easyfundraising.org.uk/causes/cavendishpta>



BRILLIANT CITIZENS



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

Amelie on Newsround

Amelie appeared live on Newsround on Monday 1st December on CBBC. Amelie is a member of the Little Belters choir and she is one of 6 children who took part in a feature about Christmas concerts and singing. They sang a festive tune and then answered questions about singing. It was a very early start, but it was a fabulous experience which Amelie thoroughly enjoyed. They even managed a studio tour! Well done Amelie!



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



Keep KINDNESS in mind this December...

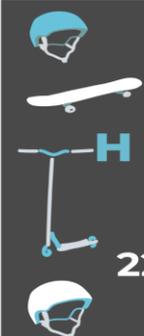
December Kindness 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Support a charity, cause or campaign you really care about	5 Give a gift to someone who is homeless or feeling lonely	6 Leave a positive message for someone else to find	7 Give kind comments to as many people as possible today
8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Buy an extra item and donate it to a local food bank	12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one
15 Say hello to your neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you	18 Ask for help and let someone else discover the joy of giving	19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you
22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy
29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2026				

ACTION FOR HAPPINESS

Happier · Kinder · Together

Community Cavendish



WINTER SKATEPARK HOLIDAY CLUB

DECEMBER DATES:
22nd/23rd/29th/30th/31st

10AM-2PM

FREE PLACES AVAILABLE FOR KIDS ON BENEFITS RELATED FREE SCHOOL MEALS:



SIGN UP & BOOK ON MCRACTIVE.COM OR SCAN QR CODE

REGISTER AND PAY AT THE SKATEPARK

PROJEKTSMCR.COM
@PROJEKTSMCR





AGES 5-17 (UNDER 7 REQUIRES SUPERVISION)
E22 / £10 ADDITIONAL SIBLINGS
ALL EQUIPMENT PROVIDED

INFO@PROJEKTSMCR.COM
41 BARING STREET, M1 2PY
0161 532 4290



GROWING BRILLIANTLY

WHAT HAPPENS WHEN WE USE ELECTRICAL DEVICES BEFORE BED?



BLUE LIGHT



Electronic devices, such as phones, tablets, gaming devices, TVs and computers release blue light. Blue light stops our brains and body from feeling sleepy. This can make it much harder for us to get to sleep.

When we don't get enough sleep this can make us grumpier and make it harder for us to concentrate. Lack of sleep can also make us hungrier and make us less able to fight off infections.

HOW CAN WE REDUCE THE IMPACT OF BLUE LIGHT?



The best thing to do is avoid using electronic devices 2 hours before bed. Have a look at other activities you could do here...

If you choose to continue using electronic devices you could think about:

- reducing screen brightness
- turning on night mode
- putting devices on do not disturb mode

WHAT COULD I DO INSTEAD?

We asked Year 5 and year 6 children in Manchester about activities they enjoy doing instead of using electronic devices before bed. This is what they said:



Read a book



Play a board game



Yoga and meditation



Spend time with friends or family



Listen to calming music



Draw

Which of these would you try?

WHERE CAN YOU GET MORE SUPPORT WITH YOUR SLEEP?

If you are worried about your sleep or it's making things difficult, you should speak to a trusted adult or ask them to book a GP appointment for you.



KEEPING SAFE & BEING HAPPY

What Parents & Educators Need to Know about POKÉMON TCG POCKET



Pokémon TCG Pocket is a mobile version of the hugely popular Pokémon Trading Card Game, downloaded over 100 million times on Android and iOS. Players collect cards, battle others online, and open packs of cards – known as booster packs – to expand their decks. While the core game can be fun and helps develop tactical and numeracy skills, its design encourages spending and can feed addictive behaviours – making it important for adults to understand the risks.

WHAT ARE THE RISKS?

ADDICTIVE PACK OPENING



Booster packs rely on probability to provide rare or powerful cards. The excitement of opening them – and the dopamine rush when finding a sought-after card – can become addictive. Unlike purely cosmetic loot boxes, the cards here are integral to competitive gameplay, adding extra pressure for serious gamers to collect more.

ENDLESS PACK LOOPS



New themed sets of cards are released each month, ranging from around 85 to over 370 cards per expansion. This constant cycle encourages players to keep opening packs in an effort to complete collections or improve their battle decks, potentially promoting unhealthy spending habits. With the introduction of limited-time booster packs, some players may feel increased pressure to collect these cards while they're still available.

QUICK BUT ABSORBING



Card battles last around five to six minutes, making it easy to fit in "just one more game". This quick format, combined with the drive to win, can lead to prolonged play sessions and increased screen time without noticing. With limited-time Ranked Match seasons constantly being refreshed – an opportunity to accumulate points and earn profile emblems – players may find themselves drawn into this game mechanic repeatedly.

COST OF BOOSTER PACKS



Although free to play, with set rewards and two free booster packs given daily, players can exchange Poké Gold if they wish to open more, and a small amount of Poké Gold is rewarded for free as the player levels up. Poké Gold is also sold in bundles that are often just short of what players need to open extra packs, encouraging them to buy additional bundles.

PREMIUM PASS PRESSURE



A monthly subscription gives players access to exclusive missions, rewards, and an extra daily booster pack. Missions and rewards are replaced each month, providing an incentive to stay subscribed. While some premium rewards are exclusive, others are available through free play – making the pass more about faster progression and obtaining cosmetic items than true necessity.

COMPETITIVE ONLINE PLAY



Interactions in Pokémon TCG Pocket are relatively safe – there's no messaging between players, friend requests require player approval, no real names are used, and card trading is restricted to fair trades between friends. On the other hand, the competitive nature of online play can still cause frustration, over-investment, and isolation if children spend too much time focused on the game.

11.69 x 16.54 in

Advice for Parents & Educators

MONITOR SPENDING HABITS



Set clear boundaries around in-game purchases. Treat Poké Gold as an occasional rather than routine reward, helping children develop healthier attitudes towards digital spend.

PLAY TOGETHER



Card battles can help children learn tactics, problem-solving, and rule-following, as well as numeracy skills. Playing alongside them is a great way to share in their enjoyment, while also modelling balanced play and keeping an eye on how much they're investing in the game.

SET REALISTIC EXPECTATIONS



Talk about the unpredictable nature of booster packs and prepare children for disappointment when duplicates appear or rare cards don't surface. Understanding probability can help minimise disappointment – use the game's built-in offering rates guides to find out more about it.

TEACH FAIRNESS



Losing a battle can be discouraging, especially when money has been spent on collecting the cards to build a deck. Support children in recognising the importance of fairness, learning from both wins and losses, and making considered choices when trading cards.