



Creating **BRILLIANT** Citizens

13th February 2026

A great final week of the half term! Read on to find out more about a fond farewell, Safer Internet Day, competition winners, pupil survey results and much more! Wishing all our families a great half term break.



Diary Dates

23rd Feb: return to school

Coming up next half term...

Fri 6th March – World Book Day

9th – 13th March – STEM Week

11th & 12th March – Parents' Evening

19th March: Early Years Open Evening

Reminder!
We return to school on 23rd February 2026. Have a great half term break.

Attendance Matters

Last week's whole school attendance was 95.4%

Class winners were...

Nursery & Reception
Grasshoppers - 98.6%

Y1&2 2AT - 98.2%

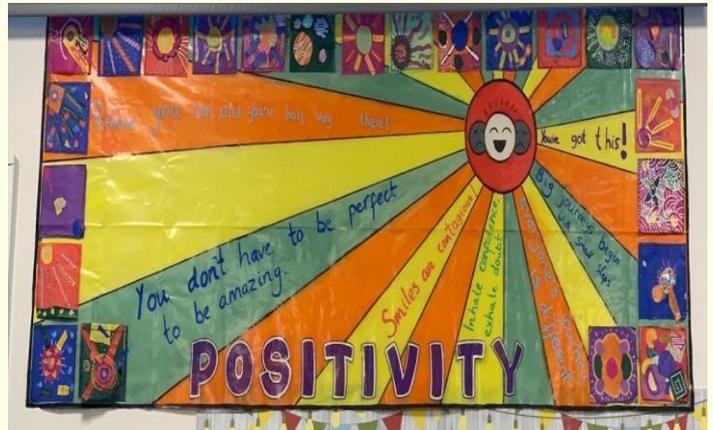
Y3&4 4KF - 99.2%

Y5&6 5LM - 97.7%



Cavendish Values

POSITIVE art work in the Y1&2 hall...



RESPECT EQUALITY POSITIVITY
RESPONSIBILITY KINDNESS COURAGE



Fond Farewell

Today we say goodbye and good luck to Miss Faulkner and Miss Power, who have been working as a part of the year six team. They have both been a real breath of fresh air in the Rhodes Building - always positive and hard working. Miss Faulkner is going off to travel in South East Asia and Australia and Miss Power will be working hard to finish her masters in the next couple of months. Although they will both be very much missed, we know they are going to be a hit at whatever they do in the future. Good luck from everyone in year six and at Cavendish Miss Faulkner and Miss Power. xxx



SHOW RACISM THE RED CARD



Well done to Jasmine and Hanna in Year 6 whose boot and T-Shirt designs were selected to be sent off to the official Show Racism the Red Card Competition.



Runners up – Amir, Noah and Jasmine.

Well done to all of those who sent in entries – there were so many amazing designs to choose from!



As part of Safer Internet Day, the children thought about all thing AI... what amazing things it can do and how to keep safe when using it.



Young children (6-10) Building their understanding

What to say

"AI is like a robot brain that follows patterns. It doesn't always know what's true, so it's important to ask questions and not believe everything it says."

Conversation starters

- "Have you ever asked a smart speaker or website a question?"
- "Do you think it's always right?"
- "Where do you think it got that answer from?"
- "What could we ask it together?"

Try this together

Real or chatbot?

Choose a few short stories, jokes or facts, some written by people. Read short jokes, stories or facts, some written by AI. Get children to guess which is which and talk about what gave it away.

Compare answers

Ask the same question in an AI tool and then look it up in a book or trusted website. Which feels more reliable and why?

Safe questions list

Make a list of questions that are OK for AI, and which are better for people.

Prompt practice

Ask the same question twice, first in a simple way, then with more detail. Then talk about which answer is more helpful?

Tip

Reinforce that AI doesn't have feelings or opinions, and some topics, like health or friendships, are always best talked through with an adult.



Top tips for parents and carers

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2026/top-tips-for-parents-and-carers>

Top tips for children and young people

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2026/top-tips-for-young-people>



Pupil Survey Results

As a Rights Respecting school, we value the importance of the children's thoughts and opinions.

Last term, the children took part in our annual Safety & Wellbeing Survey. Miss Evans, along with the Safety Protectors and Unicef Councillors, have collated the results. Here are the outcomes on **Online Safety**.

97% of children said that they definitely or sometimes learn about e-safety in school.

97% of children said it was important to stay safe online.

75% of children said that their parents/carers talk to them about staying safe online.

95% of children said they knew what to do if they didn't feel safe online.

25% say that parents/carers don't speak with them about staying safe online

The Safety Protectors are meeting to review the results and discuss what they can do next.. We look forward to sharing this very soon.





Upcoming STEM Week

Dear Parents, Carers and Families,

We are excited to share that STEM Week is back, week commencing 9th March. A vital part of this week is learning directly from real people who use STEM in their everyday work. If you or a family member work in a role that involves any aspect of STEM, we would love for you to visit school and talk to pupils about your job and experiences.

Speakers are invited to deliver a short 15-minute presentation outlining:

- their job role
- how their job involves STEM
- the impact their work has had on the community/beyond

We ask presentations are engaging and props or slides are welcome.

We were delighted with our speakers from last year and would be very happy for you to volunteer again if you are able to do so. If you are interested in please complete the google form and we will be in touch to discuss arrangements.

<https://forms.gle/si5CHvDnh5pd1EiG7>

Thank you for your continued support. We truly value the involvement of our families and look forward to another inspiring week.

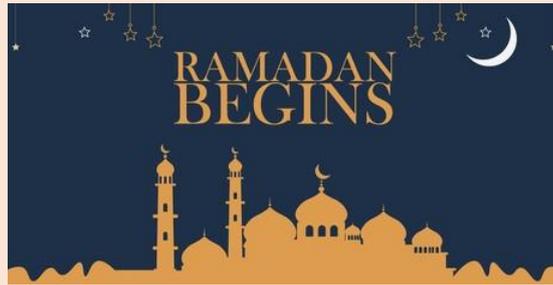
Kind regards,

Cavendish Science Team





Religious Festivals



As Ramadan begins, Tayyibah in Year 6 has written a wonderful poem explaining all about this important date in the Muslim calendar...

A blessed Ramadan

When the silver crescent begins to glow,
The month of Ramadan starts its magical flow.
From dawns early light till the sun sets,
A sacred time is spent with family and pets.

We wake up to eat and prepare for the day,
Just before we have to pray.
Throughout the day we have a steady mind,
Leaving all distractions far behind.

The hunger we feel is a lesson so deep,
A promise to good we faithfully keep.
We think of the needy to give and to share,
Talking to everyone with kindness and care.

When the call to prayer rings out through the night,
The table is spread with a tasty delight.
With a single date and a water sip,
A prayer of thanks is said on every lip.

The nights are filled with the Quran's sweet sounds,
As peace and blessings is all around.

Until a new moon brings a festive display,
To welcome the joy of the Eid holiday.

RAMADAN

EID



Community Cavendish

DON'T LET THE KIDS BE BORED THIS HALF TERM...

BIG COMEDY SHOP
FEBRUARY HALF TERM COMEDY CLUBS!
 AGES 6-12

IMPROV GAMES AND SKETCHES!

Book for any number of days!

Wednesday 18th February and/or Thursday 19th February and/or Friday 20th February

Venue: Stretford Public Hall, M32 0LG
 Duration: 10:30am-3:30pm
 Price: £37.50 per child per day (plus small transaction fee)
 10% discount for siblings

Scan the QR Code to book today!
 If you have any enquiries, please email: info@bigcomedyshop.com

DIDSBURY TOC H HALF TERM CAMP

MONDAY 16TH AND TUESDAY 17TH FEBRUARY 1000-1430

FREE TOC H HALF TERM RUGBY CAMP

Please either use the link below or email arthurtoch@gmail.com to sign up

LGBT history month

2

NO DISCRIMINATION

Different Families Same Love

Stonewall C Y M R U

We believe that every child deserves to see their own family reflected in their learning. This message of diversity was explored in assemblies this week with the core theme always being the same: **love and care.**

By celebrating these differences, we help our pupils:

- **Feel Belonging:** Ensuring every child is proud of their home life.
- **Practice Kindness:** Learning that while families look different, feelings are universal.
- **Respect Others:** Building a community where bullying has no place.



A great profit year for the discos!

We're thrilled to announce that we raised £1364 at our discos this year! Thank you to everyone who bought a ticket and of course a huge thank you to all our wonderful volunteers! The money raised will be put straight back into the school and will be used to pay for resources, school trips and enrichment activities for all of the children at Cavendish Community Primary School. Thank you!

Raffle Donations for Easter Raffle

We are asking local businesses and organisations if they are kindly able to donate prizes for our hugely popular Easter raffle! If you would like to make a donation, or own a company or work for a business that would like to donate a prize, we welcome anything you could contribute. Last year we had some incredible prizes and we'd love to make this year bigger than ever to help support Cavendish Primary School and its pupils. We'll shortly be sharing the raffle prizes on Instagram and Facebook (search for @cavendishpta) and on our website www.cavendishpta.org.uk where we will tag and link to your business when the raffle goes live. Please email hello@cavendishpta.org.uk to find out more or to donate a prize. Thank you, Cavendish PTA





Welcome to Cavendish Community Primary School's
New 2-Year-Old Provision!
 Safe, nurturing, and full of discovery.

Express your interest for a September 2026 enrolment
 01614451815 or admissions@cavendish.manchester.sch.uk

Nursery Spaces Available for 3 to 4 Year Olds

Starting September 2026
 Cavendish Community Primary School

Enroll Now

Contact: 01614451815 or admissions@cavendish.manchester.sch.uk

JOIN US AT CAVENDISH

OPEN EVENING

HIGHLIGHTING OUR EYFSP PROVISION FOR 2 YEAR OLDS, NURSERY AND RECEPTION

PRESENTATIONS AT 4PM AND 5PM, FOLLOWED BY GUIDED TOURS

THURSDAY 19TH MARCH 2026
CAVENDISH COMMUNITY PRIMARY SCHOOL

EXPRESS YOUR INTEREST TODAY 01614451815
ADMISSIONS@CAVENDISH.MANCHESTER.SCH.UK



GROWING BRILLIANTLY

10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS



Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING



Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY



Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS



Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS



Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES



Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS



Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION



Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING



Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED



Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.



KEEPING SAFE & BEING HAPPY

Talking to your child about online safety

How to start the conversation and discuss tricky topics

Top tips for talking to children about staying safe online

1. Start with the positives

Being online can be a great way for children to learn, be creative, and stay connected with friends and family. Recognising these benefits helps keep conversations balanced and encourages confident, safe use of technology.

2. Find the right time and place

Choose a calm moment to talk, such as during a walk, car journey, or shared activity. Avoid starting the conversation when emotions are high or during a disagreement.

3. Use child-facing resources and advice

Support your conversation with age-appropriate tools, videos, or guides. These can help children understand key messages and make the discussion more engaging and relevant to their stage of development.

4. Ask about their experiences

Use open questions like:

'Have you seen anything online that made you uncomfortable?'

'Who do you chat with online?'

'Are they people you know offline?'

'How do you feel when using certain apps or games?'

5. Make it part of everyday life

These chats don't need to be formal or one-off. Regular, relaxed conversations help children feel supported and more likely to speak up if something worries them.

For more advice and information, click on the link to the NSPCC website...

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>