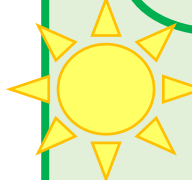




Creating **BRILLIANT** Citizens

24th April 2026



Welcome back to the...



The children have loved playing and learning in the sunshine this week. We began the term reminding ourselves of our GOLDEN values and all the rewards at Cavendish for showing 'golden' behaviour.

Reminder!
We ask that you if you need to drive to school, please park on further surrounding roads so that Cavendish Road and Vicker Grove are not congested.

Attendance Matters

Last week's whole school attendance was 95.2%

Class winners were...

Nursery & Reception -	
Caterpillars - 94%	
Y1&2 2MD - 99%	
Y3&4 4MD - 99%	
Y5&6 5LM - 98.1%	

Diary Dates

Coming up this half term...

- 27th April: Class Photos
- 28th April: Reception Stay & Play
- 4th May: Bank Holiday (school closed)
- 7th May: INSET Day (school closed for children)
- 11th – 14th May: Year 6 SATS
- 11th May: 3RB & 3MT trip RHS Bridgewater
- 12th May: 5LM Class Assembly
- 14th May: 3KE Trip to RHS Bridgewater
- Thursday 14 May - PTA Quiz Night (adults only)
- 15th May: 2MD Class Assembly
- 15th May: Year 6 trip Peak Wildlife Park
- 21st May: 4MD Class Assembly
- 22nd May: 5SR Class Assembly
- 22nd May: finish for half term

Cavendish Values

This half term we will be focusing on our value of

KINDNESS

RESPECT	EQUALITY	POSITIVITY
RESPONSIBILITY	KINDNESS	COURAGE



Cavendish's Values Based Approach to Behaviour

Cavendish's approach to behaviour is in accordance with the school's
6 Golden Values:

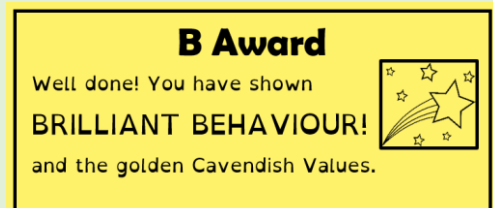
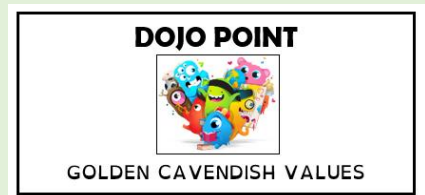
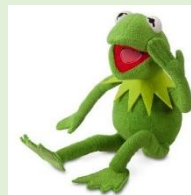
The Cavendish Golden Values



We are BRILLIANT learners! We are BRILLIANT citizens!

Here are some of the positive behaviour rewards for being GOLDEN!

- Dojos
- Class Compliments
- Good to be Gold treats
- Class wall chart with GOLD cards
- Right Choices recognised
- B Awards (lunchtime)
- Brilliant Citizen & Learner Award
- Postcard Home
- Class frog mascot





BRILLIANT CITIZENS

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



Naomi was recently the Scarecrow in The Wizard of Oz at The Contact Theatre! Well done Naomi...BRILLIANT performance skills!

Naomi was in action again last night with her friend Freya. They were chosen as part of a Stagecoach Choir to support Kerry Ellis, Louise Dearman and Rachel Tucker in the opening night of the concert 'Gravity' at Manchester Opera House. It was a very exciting and memorable experience singing alongside famous West End and Broadway performers - who had played Glinda and Elphaba in theatrical productions of 'Wicked'.



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



Join us for a night of brain-teasing fun with the PTA Quiz Night at The Woodstock Arms in Didsbury on Thursday 14 May! Gather your team and come show off your trivia prowess... but don't worry if you don't have a team, just come along and we'll find you one to join on the night. It's a great opportunity to get to know other Cavendish folk and win some prizes!

More info/tickets:

<https://www.cavendishpta.org.uk/events/quiz-night-may-2026>

Tickets: £10 per person (maximum of 6 people per team)

Over 18s only.

Cavendish parents, carers & staff only (and your friends of course!)

Cavendish PTA
QUIZ NIGHT

THE WOODSTOCK PUB & DINING

PRIZES | FUN GAMES | DRINKS

THURS
14
MAY

Doors: 7pm
Quiz: from 7.30pm
at The Woodstock Arms, Didsbury

Tickets £10 per person
Teams of up to 6
Over-18s only

Tickets: [cavendishpta.org.uk/events](https://www.cavendishpta.org.uk/events)



Community Cavendish

Manchester Football Development



At Chorlton High South (3G Pitch)
451 Mauldeth Rd W, Manchester, M21 7SX
Starting on Saturday 16th May 2026

In association with First Kick Football

School years - Reception & Year 1	9:30am - 10:30am
School years - Year 2 & Year 3	10:30am - 11:30am
School years - Year 4, Year 5 & Year 6	11:30am - 12:30pm

Dear parents,
Places are now available to join a new 12-week football course every Saturday at Chorlton High South, which is open to both boys and girls.

Our courses teach children correct football techniques by FA qualified coaches who have full DBS (CRB) clearance to work with children. The structure for the course is 'FUN through Football,' building confidence for total beginners and moving onto more complex sessions for experienced players.

We provide a ball per player for the majority of our drills ensuring children get more touches of the ball and improve quicker than conventional coaching where children are waiting around to have a turn. The sessions are held on the fantastic 3G pitch so please wear trainers or 3G boots. Players are also advised to bring a still drink for the session.

The club has links to local junior teams of which players will be able to play for at the weekend. Players who show advanced ability on the course will be recommended for trials at professional academies. Players who have previously attended courses are currently playing for Preston North End, Blackburn Rovers, Manchester United, Liverpool, Blackpool, Everton, Burnley, Bolton, Oldham, Rochdale and Wigan.

The cost of the course is just £6.67 per week, which is payable in two instalments. The first payment of £30 is due when booking your child on and the second payment of £50 due at the first session. Parents are encouraged to watch the sessions but are welcome to leave children, as every session is fully supervised.

NEW TOURNAMENT FORMAT

Every four weeks we have a tournament in order for the children to put their new-found skills into practice with medals awarded at the end of the course for various categories.

ALL PLAYERS WILL RECEIVE A TROPHY AND MEDAL at the presentation, which is held on the final week of the course. Additional trophies will also be awarded in each group from categories including: Best Attitude, Star Player, Most Improved Player, Most Promising Player and Hardest Working Player.

To book a place for your child please telephone:

Arya

0161 302 2510 or 07514 316534

www.firstkick.co.uk



We cannot guarantee that the course will run in consecutive weeks
Please note we have a strict no refund policy once the course has been booked





CRESS!

Join us in the relaunch of our Cress shop! You may have spotted the Cress team at Parent's Evening already but we are very excited to share that our digital preloved uniform shop is officially open. You can browse, shop and check-out preloved uniform all from your phone.



Our Preloved Uniform Shop is Now Open!

After all of the wonderful donations made by our families we now have a fully stocked preloved uniform shop on Cress!

You will find everything you may need to fill up your wardrobes. Have a browse, shop online and collect the first week back after the half-term.

Funds raised will go to our PTA

The shop is now live!

All you have to do is visit the Cress website and search Cavendish Community Primary School





GROWING BRILLIANTLY

Be the Calm in the Storm: A Guide to Emotional Co-Regulation

The Core Concept: Thermostat vs. Thermometer

DON'T BE A THERMOMETER

A thermometer reflects the temperature of the environment. If a child gets "hot" with anger, the adult gets hot too, escalating the situation.



BE THE THERMOSTAT

A thermostat regulates the temperature of the environment. The adult uses their own calm energy to bring a child's dysregulated brain back to balance.



EMOTIONS ARE CONTAGIOUS

A child's nervous system looks to the adults around them to decide if they are safe or not.

Why They Can't "Just Calm Down"

THE UNDERDEVELOPED BRAIN

Children and teens are still growing the brain pathways that support impulse control and self-regulation. This part of the brain, the prefrontal cortex, continues developing into early adulthood.



"Survival Mode"
Brain is overwhelmed



"Thinking Mode"
Brain is calm & learning

BEING THEIR EXTERNAL CALM

When an adult regulates themselves first, they provide the external calm that a child's still-developing brain relies on to settle their own nervous system.

"ACTING OUT" IS OFTEN "STRESSING OUT"

"Bad" behavior can be a sign that a child is overwhelmed. Instead of rushing to punish the outburst, calm the storm first. Once they feel safe and heard, the emotions and behaviour can be addressed.

4 Steps to Co-Regulation



1. "OXYGEN MASK" CHECK

Before moving toward the child, take three slow, deep breaths to ensure your own heart rate is low and your voice is calm.



2. EYE-LEVEL CONNECTION

Lower yourself to their eye level. This tells their brain you are a safe partner, not a threat.



3. THE POWER OF SILENCE

Wait for the "emotional wave" to pass. The child's logical brain is offline during a meltdown, so talking often makes it worse.



4. PARALLEL ACTIVITY

Sit nearby and engage in a quiet task, like coloring, to invite the child into your "calm bubble" without demanding eye contact.

Scripts for the Storm

Internal Script (For You)

"I am safe. This is not an emergency, it is just a big emotion. I can be the calm in this storm."

External Script (For the Child)

"I can see you're having a really big moment. I'm going to sit here and breathe with you."



KEEPING SAFE & BEING HAPPY

Are you on top of the parental controls on the devices in your home?

Effective online parental controls involve a layered approach: setting up ISP-level filtering, using device-specific settings (Apple Family Sharing/Google Family Link), and maintaining open dialogue. Key tips include using the child's real age for accounts, setting strong passwords for controls, reviewing privacy settings regularly, and limiting screen time.

Key Parental Control Strategies

ISP Parental Controls: Contact your Internet Service Provider (BT, Sky, Virgin Media, TalkTalk) to activate network-level filters that block adult content on all devices connected to home Wi-Fi.

Device-Level Controls:

Apple: Use "Family Sharing" to manage screen time, app downloads, and adult website restrictions.

Android: Use "Google Family Link" to manage apps, lock devices, and check activity.

App & Gaming Controls: Utilize safety features on TikTok (Family Pairing) and Instagram (Family Centre) to supervise accounts. Review PEGI ratings for games to ensure age-appropriateness.

Set Boundaries: Establish firm rules for screen time, such as keeping devices out of bedrooms at night.

Privacy & Safety Settings: Turn off location sharing and set social media accounts to "private" to manage who can send messages or friend requests.

Apply appropriate parental controls to all devices:

www.saferinternet.org.uk and www.internetmatters.org

www.saferinternet.org.uk has some useful parent guides which highlight safety tools on popular devices, and signpost to report mechanisms.

Get advice for creating safe and strong passwords at www.getsafeonline.org.uk