

CAVENDISH WEEKLY NEWLETTER



13th February 2026



Message from the Headteacher

As we come to the end of a very busy and joyful half term, I would like to take a moment to reflect on some of the wonderful experiences our children have enjoyed over the past few

weeks.

One of the highlights was welcoming a real tractor onto the school grounds, kindly brought in by Mr Simon Dain, a local farmer. The excitement across the school was palpable! The children loved seeing the machinery up close, learning about farming life and asking thoughtful questions about where our food comes from. Experiences like this help bring learning to life and connect our curriculum to the wider world around us. We are very grateful to Mr Dain for giving his time so generously.

We also enjoyed a fantastic ISingPop afternoon, which culminated in a joyful parent celebration. It was truly uplifting to see the children singing with such enthusiasm and confidence. The message of courage, perseverance and hope shone through, and it was a wonderful opportunity for our school community to gather together. Thank you to all the families who joined us — your support means a great deal.

Our recent school photography session was another success. The children looked incredibly smart and proud, and the photographs are absolutely wonderful. Please do keep an eye on our social media pages and website, where we will be sharing some highlights from recent events and celebrations.

This week we were delighted to host our first “Stay and Play” session for nursery children who are due to start school with us in September. It was a pleasure to welcome new

families into our school community. The children explored the learning environment with confidence and curiosity, and it was lovely to see new friendships beginning to form. We are already looking forward to our next session and continuing to build these important relationships ahead of September.

As a Church of England school, we are proud of the strong sense of community, care and togetherness that runs through all we do. This half term has truly reflected those values in action — learning together, celebrating together and supporting one another.

We now break for February half term. I would like to thank our pupils for their hard work and excellent behaviour, and our staff for their continued dedication. I wish all of our families a restful and enjoyable half term break.

We look forward to welcoming everyone back to school on Monday 23rd February.

With best wishes,

Weekly Attendance

We are delighted to share that our attendance this week was **97.9%** — well above the national average of **95%**.

Thank you to all of our families for your continued support in ensuring children attend school regularly and on time. Excellent attendance makes a real difference to learning and progress!

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World Book Day – Thursday 5th March 2026

This year, we're celebrating **World Book Day** with a fun and creative twist! Children are invited to **decorate a potato** as a character or theme from their favourite book. Parents will be welcomed into school at 14:45 pm on this date to see all the wonderful creations.

Optional: Children are also welcome to **dress up** as their favourite book character, but this is **not mandatory**.



Crazy Hair Day

✨ Crazy Hair Day is on its way ✨ — Monday 23rd February, hooray!

Add glitter and colour, curls big or small, Cindy-Lou-Who styles or bonnets so tall! 

 £1 donation, a kind little fee,
To help our Eco Council plant hopes for a greener we 

Led by Molly & Elkie — let's all join in,
With magical hair and a marvellous grin!

Celebration Assembly

We enjoyed another wonderful Celebration Assembly this week, recognising pupils for their hard work, positive attitudes and achievements. Well done to everyone who was chosen — we are very proud of you



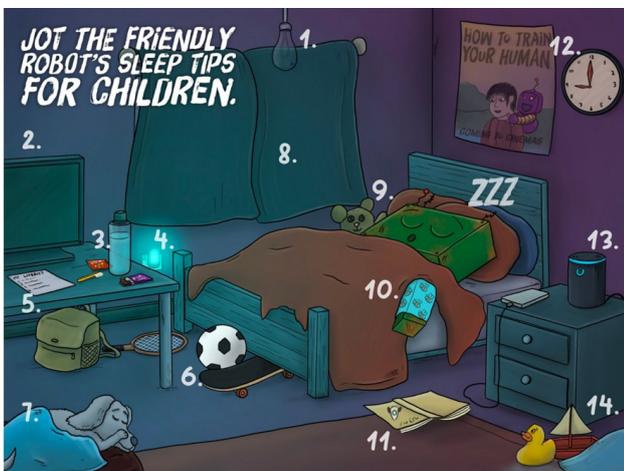
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13th February 2026

Children's Mental Health Week

This week is **Children's Mental Health Week**, which highlights the importance of supporting young people's wellbeing



- JOT THE FRIENDLY ROBOT'S SLEEP TIPS FOR CHILDREN.**
- 1. LIGHTS OUT.**
A dark and cool room can help you get a better nights sleep.
 - 2. SCREENS OFF.**
Did you know that the light from TV, computer, tablet, and phone screens can stop you falling asleep? Try not to use your tablet or phone before bed.
 - 3. DON'T EAT SWEETS BEFORE BED.**
Eating food and drink with sugar in before bed can stop you feeling sleepy as sugar boosts our energy a lot. Sugar is also bad for our teeth so we should brush our teeth before going to bed.
 - 4. SCARED OF THE DARK.**
A night light can make you feel safe if you are afraid of the dark or have bad dreams.
 - 5. LIST YOUR WORRIES.**
Our worries can keep us awake at night. Writing down the things that you are worried about before bed can help you feel better or talk to your parent/carer.
 - 6. BE ACTIVE.**
Being active and doing exercise helps you to sleep better. Exercise is good for your body and your mind.
 - 7. PETS.**
A pet's movements and noises during the night can wake you up if they are sleeping in your bedroom. Try making your pet sleep in their own bed or outside your room.
 - 8. CLOSE THE CURTAINS.**
This helps block out light from outside as well as help to reduce noise. Leave a little gap in the curtain if you don't like the dark.
 - 9. CUDDLE SOMETHING.**
Cuddles are good at calming the mind. Hugging a pillow, cuddly toy, or something soft will help you fall asleep.
 - 10. COMFY PJS.**
Wear your favourite comfiest pyjamas and get real cozy.
 - 11. READ A BOOK.**
If you read a book or comic before bed, you will quickly find yourself dozing off. Books can make us feel dreamy, which can help us to fall into a deeper sleep.
 - 12. GO TO BED AND WAKE UP AT THE SAME TIME EVERY DAY.**
Our body and mind works better if we have a good sleep routine. This is because of our body's internal clock which helps tell our body when to feel more alert and when to feel more tired at certain times of the day.
 - 13. PEACEFUL SOUNDS.**
Listening to peaceful music, calming sounds like the rain or the sea, or audio books can help soothe our mind for sleeping.
 - 14. HAVE A WARM BATH.**
If you're feeling tense or nervous about something have a warm bath a few hours before bedtime to relax your body. This can help you get a good night's sleep.
- FOR MORE WELLBEING TIPS FROM JOT THE ROBOT, GO TO WWW.SUFFOLK.GOV.UK/JOT

JOT THE FRIENDLY ROBOT

WHEN JOT IS STRESSED, WORRIED, ANGRY, OR TENSE HE LIKES TO TRY THE 5,4,3,2,1 GROUNDING TECHNIQUE. LETS TRY IT!

FIRST TAKE SOME SLOW, DEEP BREATHS AND THEN THINK OF...

- 5 THINGS YOU CAN SEE IN THE ROOM...**
- 4 THINGS YOU CAN FEEL (FEET ON THE FLOOR, BOTTOM ON THE SEAT)...**
- 3 THINGS YOU CAN HEAR (LIKE THE BIRDS OR TRAFFIC)...**
- 2 THINGS YOU CAN SMELL OR LIKE THE SMELL OF...**
- 1 THING YOU LIKE TO DO...**

HOW DO YOU FEEL NOW?

JOT THE ROBOT CREATED BY @JGMINDPOODLES

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Rising Stars

Looking for a football opportunity for younger children? Rising Stars Football Coaching offers small group sessions for ages 3–6. Please see the poster below for further details.



Calling All Singers!

When we return, we'll be launching a **Wednesday lunchtime Choir**, kindly hosted by our wonderful volunteers.

All children and staff are warmly invited to join — everyone is welcome!

We already have some exciting choir projects in the pipeline, and the more voices we have, the merrier it will be



Dates for your diary

- 23rd February - Rock Steady Assembly
- 23rd February - Crazy Hair Day
- 5th March – World Book Day
- 6th March – Wrens Trip to Jimmy's Farm
- 9th March – Mother's day cream tea
- 12th March – Student market afternoon
- 20th March - Girls football tournament
- 26th March – Owls Trip to Tudor Barn
- 16th April – Robins Trip to School Farm & Country Fair