



The Cathedral School Newsletter

Victoria Road, Chelmsford, CM1 1PA

Tel: 01245 354459 email: office@cathedralschool.essex.sch.uk



Romans 12. 15

Friday 6th October 2017

“ Rejoice with those who rejoice, weep with those who weep.”

AutumnTerm

**NEXT DINNER MENU is
Continuing with Summer
Term Menu
Week 1 [Click here](#)**

Diary Dates

11.10.17 KSI Cross Country
 12.10.17 Swimming Class 3,4 &5
 Y3/4 Cross Country
 13.10.17 **Kingswood Assembly**
Football Match Away
 Great Waltham
 17.10.17 **Big Story Worship Group**
 Cathedral
 19.10.17 Swimming Class 3,4 &5
 20.10.17 Non Pupil Day
 23.10.17 Half Term Starts
 30.10.17 Return to School
 02.10.17 Swimming Class 3,4 &5
 03.11.17 Individual School Photos
 09.11.17 Swimming Class 3,4&5
 Y5/6 Cross Country
 14.11.17 **Parent Consultation (Early)**
 16.11.17 Swimming Class 3,4 &5
 Y3/4 Cross Country
Parent Consultation (Late)
 23.11.17 Swimming Class 3,4 &5
 30.11.17 Swimming Class 3,4 &5(last)
 01.12.17 Barnardo's Concert Southwark
 02.12.17 Cathedral Christmas Market
 07.12.17 Advent Service
 18.12.17 Carol Service
 Cathedral 18.30
 20.12.17 Last Day of Term
 02.01.18 Non Pupil Day
 03.01.18 Spring Term Starts

School Uniform

Winter uniform starts 1st October 2017. School uniform information can be found on our website, to check [click here](#)

The Cathedral School

Tours for 2018

Admissions

We have some dates set aside for School Tours for the 2018 admissions. To see the dates [click here](#)

Dear Parents

The whole school made themselves at home in The Cathedral for our Harvest Service this week.

This service is always a more informal style of worship to start the year and our Reception pupils paraded their vegetables pictures, worship group led in prayers and readings and both choirs added to our Harvest Worship. Thank you to the parents who swelled our numbers as we walked back.

Building work continues at one end of the school and we now have an end date of mid-November, which will be extremely useful!

Please note additional dates for your diaries with parent's evenings now scheduled for week beginning 13th November as well as Worship Group and Choir events at "The Big Story" and the Barnardo's Christmas Concert at Southwark Cathedral. Letters have been sent out to the relevant pupils.

Congratulations to both Boys and Girl's Football Teams for their performances at Great Baddow and our Cross Country team. It is good to see all opportunities being taken up and having parents working with us to achieve the logistics.

Linda Wiskin

Year 5 and 6 Cross Country

On the 5th October 2017, years 5 and 6 competed in the cross country competition. Year 5 girls did incredibly well; they earned 239 points and the position of 8th. Year 5 boys earned 160 points and overall came 5th. They had a big celebration as they were very proud of their achievement. The year 6 girls did amazing as their overall score was 201 points achieving 5th place.

The year 6 boys did exceptionally well as they only scored 99 points leading them to 2nd position. Everybody did fantastically and their overall achievement was awesome. Amelia P quoted, "When I started the race, I felt very passionate." Jasmine S, Lucy P, Millie H, Jessica B, Ben G, Max W and William M ran for the first time this year. Amelia P came 24 places better then she came before. The year 5 girls achieved 70 less points, which is really good, and the year 5 boys achieved 54 less points. Overall everyone did exceptionally well and can't wait to do it again! Next time in November, everyone will be pumped and roaring to go.

By Lily H media group and Olivia C, Jasmine S and Amelia P cross country runners





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GBHS Football Tournament



The Cathedral School two teams to compete in a Football Tournament organised by GBHS Year 12 students.

All pupils enjoyed their matches, congratulations to all who participated including the boys team who lost to Great Waltham in the final on penalties. Well done to Mr Burden and his boys. Full match report will be in Next week's Newsletter.



Year 3 Children and Universal Free School Meals

If you have a child in Year 3 they will have been receiving Free School Meals in the past couple of years alongside all other KS1 children. This ended at the end of Year 2 so unfortunately, from this term onwards, payment must be made. The cost of school meals is £2.30 per day and payment is preferred via SCOPay where there is a minimum payment of £11.50. There may be an opportunity to receive Free School meals and additional funding for your child and school please Finance Manager at

finance@cathedralschool.essex.sch.uk

Free School Meals

Free School Meal Applications are now available. If you would like to enquire if you are eligible for Free School Meals, please contact the Finance Manager at

finance@cathedralschool.essex.sch.uk

For pupils this will produces extra funding for the school to use to enhance education and opportunities for those children.



PTA News

The first PTA meeting of the new school year is on Tuesday 10 October, 8pm at the school. All are welcome, please come along!



There will be no girls after school football training on Thursday 12th October 2017.



To access Active Learn (Bug Club) website please got <https://www.activelearnprimary.co.uk/login>

School ID is RQRX



The Cathedral School Newsletter

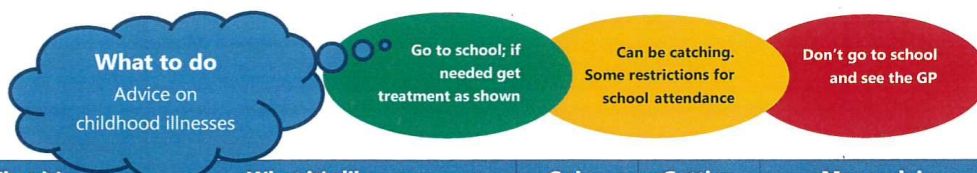
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Friday 6th October 2017

NHS GUIDELINES TO WINTER ILLNESS



What it's called	What it's like	Going to school	Getting treatment	More advice
Chicken Pox	Rash begins as small, red, flat spots that develop into itchy fluid-filled blisters	●	Pharmacy	Back to school 5 days after on-set of the rash
Common Cold	Runny nose, sneezing, sore throat	●	Pharmacy	Ensure good hand hygiene
Conjunctivitis	Teary, red, itchy, painful eye(s)	●	Pharmacy	Try not to touch eye to avoid spreading
Flu	Fever, cough, sneezing, runny nose, headache body aches and pain, exhaustion, sore throat	●	Pharmacy	Ensure good hand hygiene
German measles	Fever, tiredness. Raised, red, rash that starts on the face and spreads downwards.	●	G.P.	Back to school 6 days from on-set of rash
Glandular fever	high temperature, sore throat; usually more painful than any before and swollen glands	●	G.P.	Child needs to be physically able to concentrate
Hand, foot & mouth disease	Fever, sore throat, headache, small painful blisters inside the mouth on tongue and gums (may appear on hands and feet)	●	G.P.	Only need to stay off if feeling too ill for school
Head lice	Itchy scalp (may be worse at night)	●	Pharmacy	
Impetigo	Clusters of red bumps or blisters surrounded by area of redness	●	G.P.	Back to school when lesions crust or 48 hours after start of antibiotics
Measles	Fever, cough, runny nose, and watery inflamed eyes. Small red spots with white or bluish white centres in the mouth, red, blotchy rash	●	G.P.	Back to school 4 days from on-set of rash
Ringworm	Red ring shaped rash, may be itchy rash may be dry and scaly or wet and crusty	●	G.P.	
Scabies	Intense itching, pimple – like rash Itching and rash may be all over the body but commonly between the fingers, wrists, elbows, arm	●	G.P.	Back to school after first treatment
Shingles	Pain, itching, or tingling along the affected nerve pathway. Blister-type rash	●	G.P.	Only stay off school if rash is weeping and cannot be covered
Sickness bug/ diarrhoea	Stomach cramps, nausea, vomiting and diarrhoea	●	Pharmacy	See GP if symptoms persist after 48 hours
Threadworms	Intense itchiness around anus	●	Pharmacy	Ensure good hand hygiene
Tonsillitis	Intense Sore throat	●	Pharmacy	See GP if temperature lasts more than 48 hours or cannot swallow
Whooping cough	Violent coughing, over and over, until child inhales with "whooping" sound to get air into lungs	●	G.P.	Back to school after 5 days of antibiotics or 21 days from onset of illness

See www.patient.co.uk for further information on each of these conditions

This leaflet has been produced in partnership between



This information is a guide and has been checked by health professionals however, if you are unsure about your child's wellbeing we recommend you contact your pharmacy or GP to check.



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New Hall School

Strings Day

SATURDAY 7 OCTOBER 2017
9.00am - 1.00pm
NEW HALL SCHOOL, CHELMSFORD

OPEN TO STRING PLAYERS OF ALL ABILITIES. PUPILS ARE REQUIRED TO BRING IN THEIR OWN INSTRUMENT

ALL ARE WELCOME FOR BREAKFAST AT 9.00AM

Please book online: www.newhallschool.co.uk/educationalday

The Avenue, Boreham, Chelmsford, Essex CM3 3HS
01245 467 588
"A Catholic foundation and ethos, welcoming all"

Community News

Lunch Club

THE 'KIDS WHO LUNCH' CLUB

Thursday 26th October 2017
10.30am - 1pm

Each FREE session is run by Kids Inspire staff and volunteers.

Sessions include:

- Art / Snacks / Crafts / Drinks
- Fitness / Lunch / Friendship

TO BOOK: PLEASE CONTACT DEE OR GEORGIE ON 01245 348707 OR EMAIL: RECEPTION@KIDSINSPIRE.ORG.UK

PRIORITY IS GIVEN TO THOSE IN RECEIPT OF PUPIL PREMIUM FUND

Kids Inspire HQ
Fox Crescent
Chelmsford
Essex
CM1 2BN

Funded by:
Euroclear and ECF

Registered Charity Number 112513. Company limited by guarantee. Registered in England, no. 0838092

RAINBOW TRUST
CHILDREN'S CHARITY

Help us make a difference!

Friday 6th October
6-8pm
Just £6 a ticket

All Ticket money will go towards helping raise funds for the Rainbow Trust in loving memory of Maya.

Soft Play
Character
Face painting
Raffle

Limited Tickets so please contact Kate Hill



An Evening of Ecumenical Praise and Worship will take place at The Blessed Sacrament Church, Melbourne Avenue, Chelmsford at 8pm-9.15pm on Wednesday 11th October.

Music will be led by Jane Parker and friends.

All welcome! For more details Tel: 07952610223.

MEGA CAMPS
KIDS ACTIVITY DAY CAMPS

OCTOBER CAMP
23rd - 27th October

WE ACCEPT CHILDREN'S VOUCHERS

MEGA ACTIVITIES FOR BOTH BOYS & GIRLS

BOOK ONLINE NOW!
www.megacamps.net
OR CALL 0333 012 4576

October Half Term At Redbridge Cycling Centre

Novice Go-Ride Skills 23rd October or 24th October 13:00-16:00
Fun skills in our coaching area concentrating on basic cycling techniques (must be able to ride without stabilisers) Ages 5-10

Intermediate Go-Ride Skills 26th October 10:00-13:00
Basic skill development, partly in our coaching area and then on the circuit. For riders who have completed the Novice Go-Ride course. Ages 5-10

Advanced Go-Ride Skills 27th October 13:00-16:00
Further skills development on the circuit for riders who have completed the intermediate Go-Ride skills course. Ages 8+

Introduction to Mountain Biking 25th October 10:00-13:00
Suitable for riders who have limited off road experience. Age 8-14

Introduction to BMX 23rd October 10:00-13:00 or 25th October 13:00-16:00
Suitable for competent cyclists who wish to try BMX, this course is an induction to the basic techniques used to ride the BMX track safely. Participants must be able to ride standing up. Ages 8-16

BMX Follow Up - 27th October 10:00-13:00
Suitable for riders who have completed the introduction to BMX course, or who have basic BMX skills, this course will concentrate on improving riders skills and preparing them to race. Ages 8-16

Introduction to Road Racing 26th October 13:00-16:00
Suitable for competent cyclists who would like to try road racing bikes and techniques. Ages 8-16

Road Racing Follow Up 26th October 13:00-16:00
For riders who have completed the introduction course and would like to get into road racing. Ages 8-16

Courses are all held outdoors so please be prepared for inclement weather. Refunds will only be given for course cancellations by the centre.

To book please call 0208 5009359, with payment by debit or credit card. A parental consent form is also

All sessions cost £12.50 per child. Bikes are available to hire for an extra £5.00. Courses start promptly so please ensure that children are signed in 15 minutes before the start.

Phone: 0208 500 9359 E-mail: rc@redbridgecyclingcentre.co.uk Forest Road, Hainault, Essex, IG5 3HP www.redbridgecyclingcentre.co.uk



The Romans Are Coming! Chelmsford Library

Saturday 21 October
10.30am-12noon

- Meet a Roman Soldier
- Take part in some gruelling training
- Learn to march like a real Roman Legionary
- Amazing crafts and fun activities

For further information contact
Essex Libraries on 0345 603 7628
or visit libraries.essex.gov.uk/events



10th Anniversary Quiz Night

Could your team be crowned the birthday Essex 'Brain of Brainwave'?

Tuesday 10 October 2017 - 6pm
Teams of up to 4 people
£12.50 pp includes hot meal + a free prize draw

This entertaining evening will give teams from across Essex the chance to battle against each other to win the trophy and be crowned the Essex 'Brain of Brainwave'!

In celebration of our South East Centre's 10th Anniversary, we have also organised a very special twist on this Quiz where two events will simultaneously take place in London and Essex. There will be a winning team at each venue and an overruling champion for 2017!

Taking place at Benton Hall Golf & Country Club, Wickham Hill, Witham, Essex CM8 3LH.

To book your team visit
www.brainwave.org.uk/2017-essex-brain-of-brainwave-quiz
or contact Gerry on
gerrygould@brainwave.org.uk / 07725 956014 / 01376 503608

Raising funds for Brainwave Children's Charity, helping those with disabilities and additional needs to achieve greater independence.

Registered Charity No. 1073238 / SC039137

Sponsored by:

Lambert Chapman LLP,
are kindly acting as Quiz Masters.

