



The Cathedral School Newsletter

Victoria Road, Chelmsford, CM1 1PA

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



Romans 12. 15

Friday 13th October 2017

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

AutumnTerm

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

Diary Dates

- 17.10.17 Big Story Worship Group
Cathedral
IOW 2018 Parent's Meeting
- 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 **Flu Immunisation(Whole School)**
Carol Service
Cathedral 18.30
- 20.12.17 Last Day of Term
- 02.01.18 Non Pupil Day
- 03.01.18 Spring Term Starts

Flu Immunisation

Once again we are teaming up with NHS and they are delivering a Flu vaccine programme. The Flu vaccine will be given on Monday 18th December. Consent forms will be sent out shortly.

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](#)

Last week's football tournament report has had a technical difficulty; it will now be in next week's Newsletter.

Dear Parents

Thank you everyone for your harvest gifts, being delivered by the Head Girl, Annie and Head Boy, Ethan, to Chess this week.

More causes we are involved in are reflected in this publication this week. How wonderful to hear the news of the The Rainbow Trust event. Selected members of the Junior Choir will be taking part in a Barnardo's Concert before Christmas.

There have been many meetings this week; the new PTA group were still busy after the Governors' Resources meeting had ended on Tuesday night. I was greatly reassured that the new "wing" of the building will be a huge benefit to the children as the PTA are adding the kitchen area to support the use of the space for Design and Technology meeting the cookery part of the curriculum. Like many schools, we have only had a small moveable oven to this point. It puts a light in staff members' eyes as so many challenges can be met with this improved space!

Please look out for additional dates added this week and any appeals that will be coming out for help to move the contents on the library into a storage space whilst the new ICT room, the current Library, is finished.

Pupils and Staff have been putting in additional time to sort books as the Library is renovated in position and content. The Library has been doubling as a music room during this process.

If you are able to spare any time to help with this move, we expect to start the actual move from Wednesday next week. Please let the office know.

The weather is reported to be good this weekend.

I hope everyone gets the chance to enjoy it.

Best wishes

Linda Wiskin



The Rainbow Trust

The Rainbow Trust held a fundraiser in memory of Maya last Friday 6th October. It was a great success and they raised £1,101.78 in just the event and raffle tickets, bringing the total raised with other donations to £1912.70. Congratulations to Mrs Hill (Harrison's mum) and Mrs Cook (Nancy and Ellie's mum) for completing the Royal Parks Half Marathon on Sunday and will be running the London Marathon in April 2018.

The sponsorship link is as follows if anyone else would like to make a donation! [Click Here](#)





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Friday 13th October 2017

Cross Country Year 3 & 4 Teams

Hylands Park

12/10/2017



Report 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 produce extra funding for the school to use to enhance education and opportunities for those children.

Isle of Wight 2018

A meeting for parents for the Year 6 residential trip to the Isle of Wight will take place on Tuesday 17th October 3:30pm in class 11.

PTA News

The 100 Club is back! For £20 per year you are given a ball number which is put into monthly draws throughout the school year, with an extra one at Christmas. First prize each month is £25, second prize £15 and third prize £10. We need lots of parents (grandparents, friends) to support the 100 Club, which is a great way to raise funds for the school.

Several members of the PTA will be in the playground next week selling numbers, or you will shortly be able to sign up online via My Donate.
Look out for more details soon!

Design a Christmas card leaflet will be coming home with your child today. Designs can be professionally printed and purchased at £5.50 for a pack of 12 cards bearing your child's name on the back as the designer. Any additional packs can be purchased for £4.50. Every pack ordered raises £1.00 for the school.



Secondary School Reminder for Year 6 Parents

A reminding to parents of Year 6 children who have yet to submit an application for secondary school, that they must do so by 31st October 2017.

Applications can be made via our website www.essex.gov.uk/admissions.



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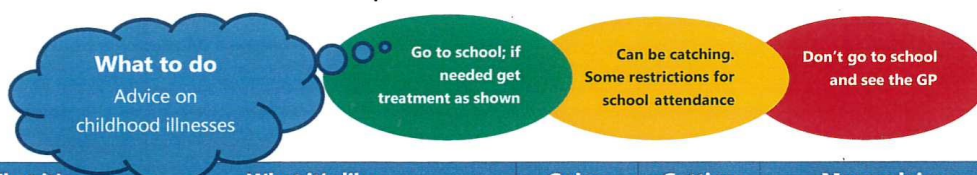
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NHS GUIDELINES TO WINTER ILLNESS



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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Community News



October Half-Term Holiday Activities

Events offered by Chelmsford Festival of Ideas 2017 and Art of the Possible Festival 2017

Storytelling

26th October
2pm - 4pm
Chelmsford Library



A storytelling, performing and writing workshop
What do you say to spooks? Why do spooks spook?
Listen, Perform and write - spooky stories, songs and poems.

To Book: www.artofthepossiblefestival.com
T: 07880990443-Free

Science and Technology

23rd October
10am to 3pm
Moulsham Mill, Parkway
Chelmsford CM2 7PX



Radio Taster Day at Chelmsford Community Radio
At the Chelmsford Community Radio HQ children will spend the day learning about the radio industry and elements of putting together a live radio show. The end goal gives the opportunity to present a live radio show alongside the other child participants - using new found knowledge and skills developed over the day.

The workshop will mostly take place in the boardroom of Moulsham Mill alongside a possible trip into the city to gather interview material. The last hour will be on air in the studio. Children need to bring a packed lunch with them.

To Book: www.artofthepossiblefestival.com
T: 07880990443 - £27.14

For 8-11 years old

25th October
10am to 12 pm
Chelmsford Library
First Floor



Spooky Stop Motion
We will be spending the morning in Chelmsford Library making some eerie animations! Have a go at creating your own spooky stop-motion animation using our specialist cameras and selection of spooky Halloween props and sets. **This is a family event, tickets are for one adult and up to two children aged 7+**

To Book: www.artofthepossiblefestival.com
T: 07880990443 - £20 for one adult and two children

For 7+

27th October
11am-3pm
Chelmsford Library
First Floor



Modern Technology Workshops
Building a 3D construction with an architect: 11:00
3D Printing Demonstration: 11:30 and 13:30
Photo Editing: 11:00-12:30 and 13:30-15:00. Bring your laptop if possible.
How to add special Effects to your photos: 11:00 to 15:00 All day.
Building and Making activities and challenges for all ages: Lego/ skittle bricks/ sellotaping/ drawing/ Lego/ VR demonstration and so much more.

To Book: www.artofthepossiblefestival.com
T: 07880990443-Free

For 0-100 years old

An event sponsored by Make:Shift:Do, as part of a nationwide programme of craft and innovation workshops

For more events and activities for all ages: www.artofthepossiblefestival.com

GRANGEWATERS

Outdoor Education Centre

Buckles Lane, South Ockendon, Essex, RM15 6RS, Tel: 01708 855228

Half Term Family Activity Sessions



Firstly a thank you to everyone for your continued interest and support of our centre. We are happy to offer activities every morning this half term.

Date	9.30am - 11.00am	11.15am - 12.45pm
Mon 23 rd Oct	Climbing	Paddle Boarding
Tues 24 th Oct	Leap & Postman's Walk	Canoeing
Wed 25 th Oct	The Peg Climb	Kayaking
Thurs 26 th Oct	Abseil	Canoe Rafting
Fri 27 th Oct	Climbing	Paddle Boarding



Activities cost £7 per person. For children between 6yrs - 8 yrs, please arrange to visit the centre prior to your booking to try on relevant safety equipment (buoyancy aids, harnesses, etc). We have no upper age limit. Accompanying adults must stay on site - we recommend taking part in activities.

For further information and to book please email info@grangewaters.co.uk

thurrock.gov.uk



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 partly 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: 020 8500 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



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@KIDINSPIRE.ORG.UK

PRIORITY IS GIVEN TO THOSE IN RECEIPT OF PUPIL PREMIUM FUND

Kids Inspire HQ
Fox Crescent
Chelmsford
Essex
CM1 2BN

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Euroclear and ECF



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