



The Cathedral School Newsletter

Victoria Road, Chelmsford, CM1 1PA

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

Website cathedralschool.co.uk



Thessalonians 5 v 16-18

Rejoice always, pray without ceasing, in everything give thanks, for this is the will of God in Christ Jesus for you.

Friday 22nd November 2019

Headteacher Message

Dear Parents

Today saw the presentation of The Young Carers Award” presented to the school by Catherine Hutley Essex County Council and Charlotte Bird from the Young Carers Association who spoke to the children about being a young carer. We entered into this process as part of our programme to ensure the best outcomes for all pupils. Although no one likes to think there is any additional pressure on children to help in a family, it is important we recognise there is support available to children which could make a difference for them.

I was impressed that after this event, one of our year 5 children came to suggest we have a Help Club at lunch time run by the pupils, acknowledging that not all of our pupils are as confident or as resilient as we would like them to be on their journey to independence. Great idea, (you know who you are!)

It is important, that as well as our “worry” systems and the relationships of trust between staff and pupils, pupils also self-help managing their feelings and their understanding of when and how things go wrong and what to do about them. This is modelled through the behaviour systems in school where information is gathered and fair sanctions are used when necessary to support behaviour change.

I had hoped to publish the results of the parents’ survey from last week’s parents’ evenings, but we will delay this to next week in the light of some late forms.

Thank you for all the positive feedback about the Art Exhibition, and the Owl event last week.

From now on the diary becomes very hectic and we are all looking forward to the School’s Christmas Bazaar next week. The Head’s Christmas Turkey raffle prize has been ordered!

Linda Wiskin

Diary Dates

Nov 25 School Tour for Prospective Parents - Admission 2020 9:00 am - 10:00 am @ School	Nov 27 Autumn Term Swimming Lessons - Middle School 1:30 pm - 3:00 pm @ Riverside
Nov 25 EYFS Phonics Workshop 9:15 am - 10:15 am @ School Invitation only limited to 12 parents	Nov 28 School Tour for Prospective Parents - Admission 2020 9:00 am - 10:00 am @ School
Nov 25 Keep on reading books to be returned by years 3 & 4 @ School	Nov 28 EYFS Phonics Workshop 11:00 am - 12:00 pm @ School Invitation only limited to 12 parents
Nov 26 EYFS Phonics Workshop 9:15 am - 10:15 am @ School Invitation only limited to 12 parents	Nov 28 School Tour for Prospective Parents - Admission 2020 11:00 am - 12:00 pm @ School
Nov 26 School Tour for Prospective Parents - Admission 2020 11:00 am - 12:00 pm @ School	Nov 28 PTA non-school uniform day Non-school uniform day in exchange for a bottle (alcoholic or soft drink) for our bottle tombola.
Nov 26 EYFS to the Library 1:45 pm - 3:00 pm @ Library	Nov 28 Girls football friendly match v St Cedd's 3:30 pm - 5:00 pm @ St Cedd's School
Nov 27 EYFS Phonics Workshop 9:15 am - 10:15 am @ School Invitation only limited to 12 parents	Nov 29 Governors Meeting 9:00 am - 10:00 am @ School
	Nov 30 PTA Christmas bazaar 12:30 pm - 3:30 pm @ School

To Access Our Online Calendar [Click Here](#)



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'Help Us Help You' - NHS Winter Campaign

Family wellbeing

'Help us, Help You' is the Public Health winter campaign message which encourages everyone to seek help early and consider visiting the community pharmacist before the GP. The NHS 111 helpline is also available 24/7 & can prevent a trip to A&E. Help your family to stay well this winter. Have those members of your family who are eligible for the flu vaccine had theirs? It's still not too late. Other tips that will help keep your family healthy are:

- Good hand hygiene.
- Eat a balanced diet. Change 4 Life have some great recipe ideas to help you try new things & pack in some extra fruit or veg.
- Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Always remember warm boots, gloves or mittens, and a hat. The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.



ECO TEAM NEWS



Please help 'The Big Climate Fightback'

Pledge to plant a tree in your garden, take part in a tree planting event or help to spread the word and encourage others to get involved. Whatever you do, please sign the pledge so your action is counted. Because #EveryTreeCounts.

Ways to get involved:

- Plant in your garden.
- Attend a tree planting event in your community area.
- Speak to your local council about tree planting opportunities, or ask them to host an event.
- Make a donation to us so that we can plant trees for you.

Parents can share #EveryTreeCounts on social media and encourage friends to get involved.

Book People

We have joined the '@big Book Boost' so we would like to make you aware that if you are planning on purchasing any products from 'The Book People' we have registered our school with them which means that you can help to support our school whilst shopping. Simply add our school as your chosen school at the payment stage and our school will receive £1 for every £10 that you spend.

Thank you in advance for any book buying that you do.

Mrs Russell Reading Leader



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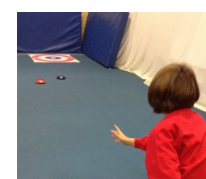
Boccia Kurling & Archery

Eleven children from Key Stage Two took part in the Boccia, Kurling and Archery festival at Melbourne Sports Centre on Monday.

With more than 80 teams and over 250 children competing the competition was tough, but every team enjoyed at least three victories in their competition. The archery team of George, Logan, Lara and Candy finished fourth in their group. Our Boccia team of Alex, Thomas and Johnnie came 14th, while our Kurling team, which is played on mats and not on ice, also came 14th and included Amelie, Miranda, Seb and Richie, all from Year Four.

Lara said: "I was really proud of myself when I earned the winning point. I felt under pressure because I was the last thrower."

George and Candy added, "We felt amazing when we hit the target for the first time."



Netball League Match

On Monday, we had our first netball fixture of season away to Our Lady Immaculate. We took an early lead in the first quarter, OLI replied in the second quarter before we retook the lead through some good team play. OLI rallied in the second half and equalised in the third quarter. They then went on to score two more goals to win 4-2. All of the team played superbly and in the right spirit and were unlucky not to come away with a victory.

LUNCH CHOICE FOR WEEK BEGINNING 25th November 2019

THE CATHEDRAL SCHOOL

MENU: Autumn 2019 WEEK: 1

MONDAY	OPTION 1 Southern Fried Quorn Burger with Wedges & Sweetcorn Salad Bar including Pasta Salad	OPTION 2 Cheese & Cucumber Wholemeal Roll Salad Bar including Pasta Salad	OPTION 3 Jacket Potato with Cheese & Beans Salad Bar including Pasta Salad	Dessert Fresh Fruit Platter Mini Jam Doughnut
TUESDAY	OPTION 1 Lemon Chicken with Rice Salad Bar including Pasta Salad	OPTION 2 Linda McCartney Veggie Hot Dog & Sweet Potato Wedges Salad Bar including Pasta Salad	OPTION 3 Ham & Tomato Wrap Salad Bar including Pasta Salad	Dessert Short Bread Finger Fresh Fruit Platter Yoghurt
WEDNESDAY	OPTION 1 Roast Gammon Yorkshire Pudding & Gravy New Potatoes, Carrots, Broccoli	OPTION 2 Sticky BBQ Quorn Fillet Yorkshire Pudding & Gravy New Potatoes, Carrots, Broccoli		Dessert Fruit Ice Lolly Fresh Fruit Platter Yoghurt
THURSDAY	OPTION 1 Bangers & Mash Mixed Veg Salad Bar including Pasta Salad	OPTION 2 Omelette Popover Salad Bar including Pasta Salad	OPTION 3 Jacket Potato with Ham & Cheese Salad Bar including Pasta Salad	Dessert Chocolate Angel Delight Fresh Fruit Platter Yoghurt
FRIDAY	OPTION 1 Fish Fingers Chips, Peas, Baked Beans Salad Bar	OPTION 2 Quorn Dippers Chips, Peas, Baked Beans Salad Bar		Dessert Pancakes With fruit coulis Fresh Fruit Platter Yoghurt

Full Menu List [Click Here](#)

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PTA Christmas Bazaar 30th November 12:30pm-3:30pm



HOW YOU CAN HELP

DONATIONS

We will have large plastic donation buckets outside the classrooms from **Monday 25th November**. If you are able to donate any of the items below please bring them into school. Please do not leave donations with the Office.

Mince pies - homemade or shop bought.

Toys - party bag gifts, larger new toys or games suitable as prizes including Wheel of Fortune

Stationery - packets of pens, pencils etc. suitable as prizes.

Toiletries - small or sample sizes of adult or child toiletries, new face flannels etc for the Beauty Tombola

Jam jars filled with wrapped sweets, toys or small gifts for the jam jar tombola –

there will be empty jam jars available to be filled!

Raffle prizes, especially luxury food items to put into hampers

In addition **Thursday 28th November** will be a **non-school uniform day** in exchange for a bottle (alcoholic or soft drink) for our bottle tombola. This is one of our most popular stalls!

TIME

Once again we are asking parents to get together as a year group and help with organising and running the rooms – lists with time slots will be up from **Monday 18th November**

– please sign up if you can – every 30 mins really helps.

We have the following stalls this year:

CLASS 11 – SANTA'S GROTTO

CLASS 10 – THE SCHOOL ENTERPRISE ROOM

(if no help is needed please go to Class 5 and offer help in the Activity Den!)

CLASS 9 – BOOKS & UNIFORM

CLASS 8 – CAKES & TUCK & MINCE PIES

CLASSES 6 & 7- GAMES ROOMS

CLASS 5 – ACTIVITY DEN

CLASS 4- BEAUTY ROOM

CLASS 3 – CLASS 3 is not being used this year –

Please can you go to the Hall and help man the raffle in your slot

EYFS – EYFS is not being used this year –

Please can you go to the Hall and help serve/sell HOT FOOD and TEA & COFFEE

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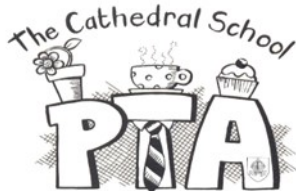


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HAIR & BEAUTY

Would you be able to spend 30 minutes face painting in the Beauty Room? Or painting nails? Or hair braiding? We would love to hear from you if you can!

FUNDRAISING

We would also love to hear from you if your employer offers charity 'match giving' or 'pound matching' as this may enable us to double funds raised on individual stalls. Or if you work for a local business that would donate a voucher or prize for the raffle?

RAFFLE

We are very fortunate to have some fantastic raffle prizes including:

2 x Eurostar Tickets

£150 Luxury Shopping Voucher

£100 Love to Shop Voucher

RED Magazine Premium Beauty Boxes

Crondon Park 4 ball Golf – Breakfast & Lunch

Harry Potter Lego Set

Christmas Turkey

Raffle tickets are now on sale before and after school in the playground, so if you can't make it on the day you still have a chance to win a prize!

We do appreciate all offers of help and donations, as without them we could not run such a great event. This is one of the highlights of our school calendar, especially for the children and we want to make it a day for them to remember. Thank you again from the PTA for all you are doing to make this event a great success.

We look forward to seeing you and your family at the Bazaar

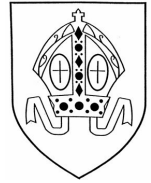


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Community News



FAMILY LEARNING



Family First Aid

Friday 6th December 2019

9.30am-11.30am

**At Chelmsford West Delivery Site, Dixon Avenue,
Chelmsford, CM1 2AQ**

The First Aid workshop will provide you with how to:

- deal with minor injuries in the home,
- perform a primary survey and CPR and
- prevent accidents both in the home and outside

**To book your place or for more information please contact
Adult Community Learning on 03330 321597**

(If we are unable to answer your call, please leave a voicemail with your name, number and the course you wish to book onto and we will call you back)



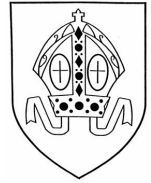


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CHRISTMAS WITH THE CHOIRS

**SATURDAY 14 DECEMBER
7 PM AT CHELMSFORD CATHEDRAL**

Featuring well-known carols, nostalgic Christmas tunes, and family favourites including 'Walking in the Air' from The Snowman, 'Silent Night' 'White Christmas' 'The Christmas Song' festive music for brass and more!

Chelmsford Cathedral Choirs
London Brass Consort
Hilary Punnett organ & piano
James Davy conductor

Tickets: £5-£20 (under 16 £5) available from ticketsource.co.uk, the Cathedral bookstall, and on the door.

chelmsfordcathedral.org.uk
twitter.com/chelmscathmusic

