

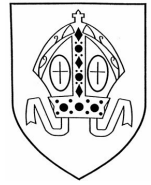


# The Cathedral School Newsletter

Victoria Road, Chelmsford, CM1 1PA

Tel: 01245 354459 email: [office@cathedralschool.essex.sch.uk](mailto:office@cathedralschool.essex.sch.uk)

Website [cathedralschool.co.uk](http://cathedralschool.co.uk)



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**Friday 10th January 2020**

## Headteacher Message

Dear Parents,

Christmas and the New Year break can soon become distant memories in a very busy first week of the Spring term. This newsletter reflects the amount arranged or going on, please note all the additional diary dates!

Worship this week has focused on Epiphany and New Year Traditions leading to some memorable and very interactive experiences.

This week we have been delighted to welcome our new Chaplain, Jean Elliott. Jean is a valuable addition to both our team and The Cathedral and we look forward to her working with us. Members of our media team interviewed her on the second of her three visits to school this week to help both us and you to start to get to know her.

I'll leave you to peruse the information and opportunities!

Best wishes

Linda Wiskin



## Jean Elliott — School Chaplain

Today we met Jean Elliott, our new School Chaplain. Here are some questions and responses that were asked.

*What brought you to our school?*

I thought what a lovely school when I looked at the job description. Also, I used to work in a primary school as a teacher and it combines the Cathedral Church and the school.

*What is your favorite Bible story?*

When Jesus calms the storm on the lake because it is a great reminder that Jesus is always with us.

*What is your favorite hobby?*

I love art especially drawing, painting and creating things. I also like walking by the sea or the river.

*What are you looking forward to in our school?*

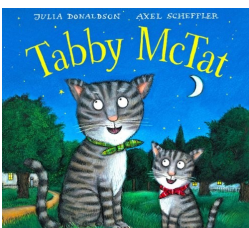
I'm looking forward to getting to know everyone also supporting pupils and staff in prayer and for us to do fun and creative things together.

*What is your favorite television program?*

I really like 'Call the Midwife'. Also, I like 'Richard Osman House of Games'.

*What is your favorite book and who is your favorite author?*

I like detective stories by Ann Cleeves. I also love children's books and picture books and I also like Julia Donaldson 'Tabby McTat'.



Interview by media group



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## Diary Dates

<b>Jan</b> <b>13</b>	<b>Year 6 Girls Chorister Audition</b> 9:30 am - 11:00 am @ School	<b>Feb</b> <b>12</b>	<b>Upper School Swimming (Classes 9,10,11)</b> 1:30 pm - 3:00 pm
<b>Jan</b> <b>15</b>	<b>Upper School Swimming (Classes 9,10,11)</b> 1:30 pm - 3:00 pm	<b>Feb</b> <b>14</b>	<b>Non Pupil Day</b>
<b>Jan</b> <b>16</b>	<b>Kingswood Initial Parents Meeting</b> 3:30 pm - 4:30 pm @ School Meeting about the year 5 (current year 4) residential trip to Kingswood in 27th - 30th September 2020	<b>Feb</b> <b>15</b>	<b>Half Term</b>
<b>Jan</b> <b>22</b>	<b>Keep on Reading - Middle School books to be returned</b> @ School Years 3 & 4 KOR books to be returned	<b>Feb</b> <b>19</b>	<b>Upper School Swimming (Classes 9,10,11)</b> 1:30 pm - 3:00 pm
<b>Jan</b> <b>22</b>	<b>Upper School Swimming (Classes 9,10,11)</b> 1:30 pm - 3:00 pm	<b>Feb</b> <b>24</b>	<b>First Day of second half of Spring Term</b>
<b>Jan</b> <b>25</b>	<b>PTA Quiz Night</b> 7:30 pm - 10:30 pm @ School Hall 7.30pm for 8pm start £5 per person, maximum of 8 people per team	<b>Feb</b> <b>26</b>	<b>Upper School Swimming (Classes 9,10,11)</b> 1:30 pm - 3:00 pm
<b>Jan</b> <b>29</b>	<b>Upper School Swimming (Classes 9,10,11)</b> 1:30 pm - 3:00 pm	<b>Feb</b> <b>27</b>	<b>Ash Service</b> 2:00 pm - 3:00 pm @ Cathedral
<b>Jan</b> <b>30</b>	<b>Young Carers Awareness Day</b> @ School Funky Socks to be worn Girls can wear over tights Boys instead of their grey socks. Any bright socks can be worn eg Disney Marvel Character Socks. (no donation is required)	<b>Feb</b> <b>28</b>	<b>Girls football league match v St Annes</b> 3:30 pm - 4:30 pm @ School
<b>Feb</b> <b>03</b>	<b>EYFS Balanceability</b> 9:30 am - 12:30 pm @ School	<b>Mar</b> <b>02</b>	<b>EYFS Balance Ability Comp</b> 1:00 pm - 3:00 pm @ Melbourne Invited children only
<b>Feb</b> <b>04</b>	<b>Year 3 - 4 Writing Open Classroom</b> 9:00 am - 10:15 am @ School	<b>Mar</b> <b>04</b>	<b>NSPCC Assembly and workshops</b> 9:00 am - 3:00 pm @ School
<b>Feb</b> <b>05</b>	<b>Year 5 - 6 Writing Open Classroom</b> 9:00 am - 10:15 am @ School	<b>Mar</b> <b>06</b>	<b>Double Header Football Matches v Boreham</b> 3:30 pm - 5:30 pm @ School Girls Team play first School Team Second
<b>Feb</b> <b>05</b>	<b>Upper School Swimming (Classes 9,10,11)</b> :30 pm - 3:00 pm	<b>Mar</b> <b>09</b>	<b>EYFS Parent's Consultation</b> 1:00 pm - 6:30 pm @ School
<b>Feb</b> <b>06</b>	<b>Year 1 - 2 Writing Open Classroom</b> 9:00 am - 10:15 am @ School	<b>Mar</b> <b>09</b>	<b>Parents' Evening</b> 4:00 pm - 6:30 pm @ School
<b>Feb</b> <b>07</b>	<b>Maths Workshop</b> 9:00 am - 10:30 am @ School Studio	<b>Mar</b> <b>11</b>	<b>Upper School Swimming (Classes 9,10,11)</b> 1:30 pm - 3:00 pm
<b>Feb</b> <b>11</b>	<b>Year 4 Superstars</b> 12:30 pm - 2:45 pm @ Melbourne		

Checkout our Twitter page [twitter.com/cathschoo](https://twitter.com/cathschoo)

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



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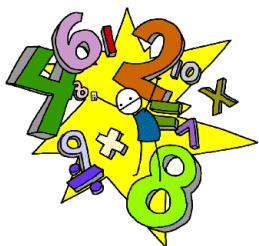
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## Parent Maths Workshop



We would like to invite parents into school to attend a 'Parent Maths Workshop' at 9am on Friday 7<sup>th</sup> February. The workshop is open to all parents and will aim to explain how maths is taught at The Cathedral School, drawing attention to particular calculation methods from a range of year groups. If you would like to attend the workshop, please contact the school office to reserve your place.

## MIDDLE SCHOOL APPEAL



Please could middle school request any empty pringles tubes (any size) or small (Ben and Jerry's style) ice cream tubs with lids be brought to middle school for a project in D&T.

## UPPER SCHOOL APPEAL



Please can we request empty cereal boxes or thin card board to help our upper school DT Viking Longboat project.

## CELLO LESSON AVAILABLE



We currently do not have any pupils on the waiting list for cello lessons, if your child is interested please go to <https://ukessex.speedadmin.dk/tilmelding#> Speed Admin to add them to the appropriate list.



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## SPORTS HALL ATHLETICS



On Tuesday 7<sup>th</sup> of January, Mr Richardson and Miss Catley took 23 pupils from upper school to the Sports Hall Athletics to compete in some challenges. Tabitha Hellen won the girls speed bounce and Amelie Sayers won the girls vertical jump.

In addition, the girls teams won the obstacle relay and the over under relay, while Daisy and Olive won the 6-lap Paarlauf.

Coming in second place with 258 points behind Moulsham (322 points) but ahead of New Hall and Newlands Spring (both 250), we have qualified for the final on 21<sup>st</sup> January.

Tabitha and Amelie said "We worked well as a team and did the best we could have done out of the other seven schools."

George H said, "It was a brilliant experience and lots of fun." Nana said, "It was really inspiring and it was lots of fun I got to be in lots of events." Rosie said, "I think it was a really good opportunity for lots of people to take part in a sport event. It was fun." Aiden added "It was very fun and it was competitive."

The rest of the team were Amy, Evie, Annabelle, Bella, Leah, Katie B, Katie G, Joseph, George D, Aiden, Bertie, Jacob, Adam, Alex S, Jake and William.

## LUNCH CHOICE FOR WEEK BEGINNING 13th January 2020

### THE CATHEDRAL SCHOOL

#### Lunch Menu Week 2

<b>MONDAY</b>	<b>OPTION 1</b> <b>Pepperoni Pizza</b> Salad Bar including Pasta Salad	<b>OPTION 2</b> <b>Margarita Pizza</b> Salad Bar including Pasta Salad	<b>OPTION 3</b> <b>Jacket Potato</b> Various Fillings Salad Bar including Pasta Salad	<b>Dessert</b> Rice Pudding Fresh Fruit Platter Yoghurt
<b>TUESDAY</b>	<b>OPTION 1</b> <b>Savoury Mince filled Yorkshire Pudding</b> Mash, Peas & Carrots Salad Bar	<b>OPTION 2</b> <b>Veggie Sausage Toad in the Hole</b> Mash, Peas & Carrots Salad Bar	<b>OPTION 3</b> <b>Egg Mayo &amp; Cress Bap</b> Salad Bar including	<b>Dessert</b> Ginger Bread Cookie Fresh Fruit Platter Yoghurt
<b>WEDNESDAY</b>	<b>OPTION 1</b> <b>All Day Breakfast</b> Salad Bar including Pasta Salad	<b>OPTION 2</b> <b>All Day Vegetarian Breakfast</b> Salad Bar including Pasta Salad		<b>Dessert</b> Raspberry Ripple Artic Roll Fresh Fruit Platter Yoghurt
<b>THURSDAY</b>	<b>OPTION 1</b> <b>Chicken Italienne with savoury rice</b> Salad Bar including Pasta Salad	<b>OPTION 2</b> <b>Veggie 5 Spice with savoury rice</b> Salad Bar including Pasta Salad	<b>OPTION 3</b> <b>Cheese &amp; Cucumber Wrap</b> Salad Bar including Pasta Salad	<b>Dessert</b> Winter Fruit Platter Yoghurt
<b>FRIDAY</b>	<b>OPTION 1</b> <b>Mini Fish Fingers</b> Herby Diced Potatoes, Peas or Baked Beans Salad Bar including Pasta Salad	<b>OPTION 2</b> <b>Cheese &amp; Onion Quiche</b> Salad Bar including Pasta Salad		<b>Dessert</b> Fruity Muffin Fresh Fruit Platter Yoghurt

**Full  
Menu  
List  
[Click  
Here](#)**

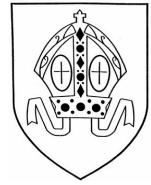


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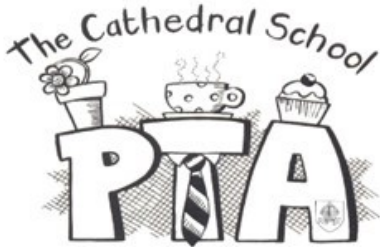
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## PTA



# QUIZ NIGHT

**Saturday 25 January 2020**

**7.30pm for 8pm start**

Tickets are £5 per person with a maximum table size of 8. Grab your friends and join us for a fun evening.

Bring your own snacks and drinks (glasses, plates and bowls). There will be a bar for those who wish to purchase on the night, and a few fun games to play.

We hope to see you there.

## Family wellbeing

Join [Change For Life](#) for some great games and recipes to help you all keep healthy this year. We particularly liked the [Frozen](#) inspired 10 minute game of 'Elsa's freeze tag'.

As parents we make an effort to offer our children healthy meals and snacks but it can be frustrating if they refuse to eat them. The NHS have some great tips for [fussy eaters](#):

- Offer your child the same food as the rest of your family
- Don't leave meals until your child is too hungry or too tired to eat
- Your child may be a slow eater, so be patient

It can get confusing when there is so much conflicting nutrition advice for families so take a look at the clear information on [get to grip with food labels](#) to help you. There is also a handy and fun food scanner app that you and your children can use when shopping.

Make sure you follow your local Essex and Child Family Wellbeing Service on Facebook to find out about all of the great activities they run in your local [Family Hubs and Delivery Sites](#). For example, Colchester Berechurch Family Hub have 'Move it Mondays' activities for all of the family.

Use the Sleep Council's interactive bedroom to find out what could be helping or hindering sleep. Make sure you are also getting enough sleep yourself and if you need inspiration try the [30 day better sleep plan](#).