

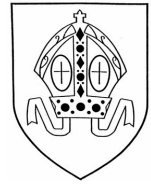


# The Cathedral School Newsletter

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 17th January 2020**

## Head Teacher Message

Dear Parents,

This week, members of the Rotary Club visited us on Monday to start our partnership on Rotakids, of which you will hear more from the children in coming weeks. They also sponsor the writing competition which this year is on the theme of "Connections" this year.

Jean Elliott led our staff prayers on Monday morning before school and worship for the children on Wednesday as well as being available to them over lunchtime. We are grateful for her fellowship and the support of The Cathedral in developing and supporting the role of our school Chaplain.

The children also benefitted from Steve Kersys leading worship on Thursday. Our thanks to him for his visit.

On Monday, the office will start taking bookings for our Open Classrooms this term which will be looking at how we teach English, specifically writing skills, in the classroom. The sessions will commence at 9.10am and end with the opportunity to ask questions after the lessons (10am-10.30)

Tuesday 4<sup>th</sup> February : Years 3 and 4. Classes 6,7&8.

Wednesday 5<sup>th</sup> February; Years 5 and 6 Classes 9,10&11

Thursday 6<sup>th</sup> February: Years 1 and 2 Classes 3,4 &5.

Please do not book for your child's own class as indicated last term. It is possible to look ahead a phase, so this is also open to EYFS parents. It will be on a first come first served basis and there is a limit to how many adults we can accommodate in each classroom. Acceptance will be assumed and you will be informed if the spaces are already taken.

Best wishes

Linda Wiskin

## 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](#).

## Chaplain's First Assembly



On Wednesday of this week our new chaplain, Jean Elliot delivered her first worship. The children were reminded of the characters from the nativity and everything that they had been through in the story. Jean shared her thoughts about the kind of New Years Resolutions that the characters may have had.

One of the resolutions was to trust in God and we talked about how this resolution could become one of ours too.

Another popular resolution was the spread the word of God, as the shepherds did. Perhaps your child can recall another of the resolutions suggested by Jean.



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## LUNCH CHOICE FOR WEEK BEGINNING 20th January 2020

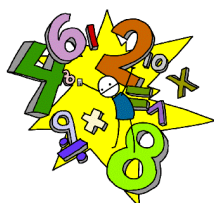
### THE CATHEDRAL SCHOOL

#### Lunch Menu Week 3

MONDAY	<b>OPTION 1</b> Macaroni Cheese Salad Bar	<b>OPTION 2</b> BBQ Quorn in a Wrap Salad Bar including Pasta Salad	<b>OPTION 3</b> Jacket Potato Beans or Tuna Salad Bar including Pasta Salad	<b>Dessert</b> Waffles with Raspberry Sauce Fresh Fruit Platter Yoghurt
TUESDAY	<b>OPTION 1</b> Mild Chilli with Rice Salad Bar including Pasta Salad	<b>OPTION 2</b> Five Bean Chilli with Rice Salad Bar including Pasta Salad	<b>OPTION 3</b> BLT Bap Salad Bar including Pasta Salad	<b>Dessert</b> Cheese & Crackers with grape halves Yoghurt
WEDNESDAY	<b>OPTION 1</b> Roast Loin of Pork Roast Potatoes Seasonal Vegetables	<b>OPTION 2</b> Golden Vegetable Bake Roast Potatoes Seasonal Vegetables		<b>Dessert</b> Blackcurrant Jelly Fresh Fruit Platter Yoghurt
THURSDAY	<b>OPTION 1</b> Chicken Kiev With Herby Diced Potatoes Corn on the Cob	<b>OPTION 2</b> Quorn Kiev With Herby Diced Potatoes Corn on the Cob	<b>OPTION 3</b> Roast Pork Baguette with Apple Sauce Corn on the Cob	<b>Dessert</b> Eves Pudding & Custard Fruit Platter Yoghurt
FRIDAY	<b>OPTION 1</b> Tuna Pasta Bake Garlic Bread Salad Bar	<b>OPTION 2</b> Omelette Popover Salad Bar including Pasta Salad	<b>OPTION 3</b> Jacket Potato Beans or Tuna Salad Bar including Pasta Salad	<b>Dessert</b> Oat & Honey Cookie Fresh Fruit Platter Yoghurt

Full Menu  
List  
[Click Here](#)

## 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.

## 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.

## Isle of Wight 2020



The next payment is now due for the Year 6 trip to the  
Isle of Wight in June.

Prompt payment via SCOPay would be greatly appreciated.  
Thank you for your continued support.



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## Diary Dates

<b>Jan 22</b>	<b>Keep on Reading - Middle School books to be returned</b> @ School Years 3 & 4 KOR books to be returned	<b>Feb 19</b>	<b>Upper School Swimming (Classes 9,10,11)</b> 1:30 pm - 3:00 pm
<b>Jan 22</b>	<b>Upper School Swimming (Classes 9,10,11)</b> 1:30 pm - 3:00 pm	<b>Feb 24</b>	<b>First Day of second half of Spring Term</b>
<b>Jan 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 26</b>	<b>Upper School Swimming (Classes 9,10,11)</b> 1:30 pm - 3:00 pm
<b>Jan 29</b>	<b>Upper School Swimming (Classes 9,10,11)</b> 1:30 pm - 3:00 pm	<b>Feb 27</b>	<b>Ash Service</b> 2:00 pm - 3:00 pm @ Cathedral
<b>Jan 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 27</b>	<b>Year 6 SATs Information</b> 6:30 pm - 7:30 pm @ Class 11
<b>Feb 03</b>	<b>EYFS Balanceability</b> 9:30 am - 12:30 pm @ School	<b>Feb 28</b>	<b>Girls football league match v St Annes</b> 3:30 pm - 4:30 pm @ School
<b>Feb 04</b>	<b>Year 3 - 4 Writing Open Classroom</b> 9:00 am - 10:15 am @ School	<b>Mar 02</b>	<b>EYFS Balance Ability Comp</b> 1:00 pm - 3:00 pm @ Melbourne Invited children only
<b>Feb 05</b>	<b>Year 5 - 6 Writing Open Classroom</b> 9:00 am - 10:15 am @ School	<b>Mar 04</b>	<b>NSPCC Assembly and workshops</b> 9:00 am - 3:00 pm @ School
<b>Feb 05</b>	<b>Upper School Swimming (Classes 9,10,11)</b> :30 pm - 3:00 pm	<b>Mar 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 06</b>	<b>Year 1 - 2 Writing Open Classroom</b> 9:00 am - 10:15 am @ School	<b>Mar 09</b>	<b>EYFS Parent's Consultation</b> 1:00 pm - 6:30 pm @ School
<b>Feb 07</b>	<b>Maths Workshop</b> 9:00 am - 10:30 am @ School Studio	<b>Mar 09</b>	<b>Parents' Evening</b> 4:00 pm - 6:30 pm @ School
<b>Feb 11</b>	<b>Year 4 Superstars</b> 12:30 pm - 2:45 pm @ Melbourne	<b>Mar 11</b>	<b>Upper School Swimming (Classes 9,10,11)</b> 1:30 pm - 3:00 pm
<b>Feb 12</b>	<b>Upper School Swimming (Classes 9,10,11)</b> 1:30 pm - 3:00 pm	<b>Mar 12</b>	<b>EYFS Parent's Consultation</b> 1:00 pm - 7:30 pm @ School
<b>Feb 14</b>	<b>Non Pupil Day</b>	<b>Mar 12</b>	<b>Parents' Evening</b> 4:30 pm - 7:30 pm @ School
<b>Feb 15</b>	<b>Half Term</b>	<b>Mar 13</b>	<b>Year 6 visit to Crucial Crew</b> 9:30 am - 11:45 am @ Chelmsford Fire Station

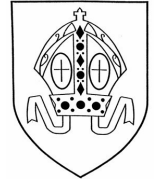


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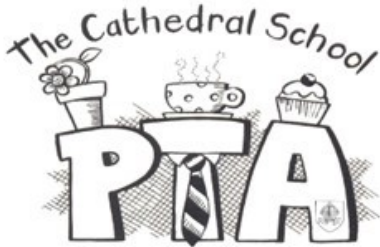
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## PTA



# 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.

### **100 Club December Winners**

1<sup>st</sup> - £25 Jill Locker

2<sup>nd</sup> - £15 Izzie Crickett

3<sup>rd</sup> - £10 Claire Glennon

Cheques will soon be available from the office

## **Other Events**

Next PTA Meeting – 03.03.20

Mother's Day Event – 20.03.20 (details to follow)



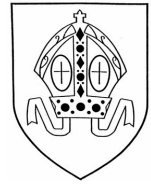


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## Community News

[Community Webpage](#)

**Chinese**  
**NEW YEAR GALA**  
**2020**

Presented by the Colchester Chinese Culture Society  
Saturday 25<sup>th</sup> January 2020 7.30pm  
CIVIC THEATRE CHELMSFORD  
Box Office: 01245 606505

  
**The Methodist Church**

**Chelmsford Methodist Circuit is seeking a  
CIRCUIT SAFEGUARDING OFFICER**

**Part-time: 20 hours per month**

**Salary: £12.50 per hour**

(Hours to be reviewed after 6 months)

Safeguarding is a priority for the churches within the Chelmsford Methodist Circuit. We need a knowledgeable Safeguarding enthusiast to administer and lead on the delivery of all aspects of Safeguarding policy, practice and record keeping. With a knowledge of Safeguarding and child protection procedures you will work closely with the Circuit Superintendent, District Safeguarding Officer and Church Safeguarding Officers.

Your recent experience in delivering training and commitment to the maintenance of effective, confidential information will equip you to enhance our team by leading in this important work. You will work flexibly both in the delivery of your working hours and location across the Mid-Essex Circuit so you will need your own transport.

For more information and an application pack please email the Circuit Administrator : [chelmsford.circuit@gmail.com](mailto:chelmsford.circuit@gmail.com)

**Closing Date for Applications: Midnight, 26<sup>th</sup> January 2020**  
**Date for Interviews: Morning of 14<sup>th</sup> February 2020**