



The Cathedral School Newsletter

Victoria Road, Chelmsford, CM1 1PA

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

Website cathedralschool.co.uk



Acts 10.34-35 ³⁴ Then Peter began to speak to them: "I truly understand that God shows no partiality, ³⁵ but in every nation anyone who fears him and does what is right is acceptable to him." **Friday 24th January 2020**

Deputy Head Teacher Message

Dear Parents,

Another busy week has flown by. It started with our Worship Group leading worship related to resolutions and reminding us of the importance of decision making. A huge thank you to our fabulous PTA for funding our new screen and speakers – they were fitted this week and will make a great addition to our environment. This weekend brings another PTA event in the form of a quiz night – good luck to all tables taking part and fingers crossed the staff team do well!

Next week brings Crazy Socks on Thursday to recognise **Young Carers Awareness Day**. Girls can wear funky/crazy socks over their tights or can just wear crazy tights. Boys can wear any crazy socks instead of their grey socks. (no donation is required).

Wishing you all a great weekend

Lorna Quinn

Sports Hall Athletics Final

On Tuesday 21st January 2020, 23 of our year 5 and 6 athletes went to the Sports Hall Athletics Final at Melbourne. We were the smallest school there but we came 4th out of 8 schools.

1st-Moulsham 348 points

2nd Newlands Spring 274 points

3rd Westlands 218 points

4th The Cathedral School 200 points

We won the girls speed bounce, came second in boys speed bounce, girls chest push and girls soft javelin, and finished third in the girls 6-lap Paarlauf relay, Over/Under relay and 4 x 1-lap relay.

Olive, who threw 7m in the chest push, said, "It was really fun and everyone supported each other even though it was hard, we did well."

Sprinters Bella and Leah said, "It was amazing we achieved amazing goals we also made loads of new friends"

Alex, who threw first in the javelin, said, "we did really well as the smallest school there."

Year 5 Amy said, "It taught me how to throw further in the javelin."

Long and vertical jumper Jacob added, "We all supported each other very well."

The rest of the team were Rosie, Evie, Annabelle, Tabitha, Katie G, Daisy, Katie B, Amelie, William, George H, George D, Nana, Jake, Adam, Bertie, Freddie, Aiden and Joseph.



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](#).



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LUNCH CHOICE FOR WEEK BEGINNING 27th January 2020

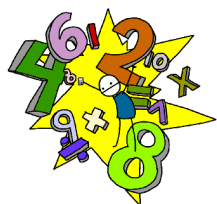
THE CATHEDRAL SCHOOL

Lunch Menu Week 4

MONDAY	OPTION 1 Macaroni Cheese Salad Bar	OPTION 2 BBQ Quorn in a Wrap Salad Bar including Pasta Salad	OPTION 3 Jacket Potato Beans or Tuna Salad Bar including Pasta Salad	Dessert Waffles with Raspberry Sauce Fresh Fruit Platter Yoghurt
TUESDAY	OPTION 1 Mild Chilli with Rice Salad Bar including Pasta Salad	OPTION 2 Five Bean Chilli with Rice Salad Bar including Pasta Salad	OPTION 3 BLT Bap Salad Bar including Pasta Salad	Dessert Cheese & Crackers with grape halves Yoghurt
WEDNESDAY	OPTION 1 Roast Loin of Pork Roast Potatoes Seasonal Vegetables	OPTION 2 Golden Vegetable Bake Roast Potatoes Seasonal Vegetables		Dessert Blackcurrant Jelly Fresh Fruit Platter Yoghurt
THURSDAY	OPTION 1 Chicken Kiev With Herby Diced Potatoes Corn on the Cob	OPTION 2 Quorn Kiev With Herby Diced Potatoes Corn on the Cob	OPTION 3 Roast Pork Baguette with Apple Sauce Corn on the Cob	Dessert Eves Pudding & Custard Fruit Platter Yoghurt
FRIDAY	OPTION 1 Tuna Pasta Bake Garlic Bread Salad Bar	OPTION 2 Omelette Popover Salad Bar including Pasta Salad	OPTION 3 Jacket Potato Beans or Tuna Salad Bar including Pasta Salad	Dessert 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 7th 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.

Checkout our Twitter page twitter.com/cathschool



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Diary Dates

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

Jan 25	PTA Quiz Night 7:30 pm - 10:30 pm @ School Hall 7.30pm for 8pm start £5 per person, maximum of 8 people per team	Feb 14	Non Pupil Day
Jan 29	Upper School Swimming (Classes 9,10,11) 1:30 pm - 3:00 pm	Feb 15	Half Term
Jan 29	EYFS Parent Phonics Session 3:30 pm - 4:30 pm @ EYFS	Feb 24	First Day of second half of Spring Term
Jan 30	Young Carers Awareness Day @ 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)	Feb 26	Upper School Swimming (Classes 9,10,11) 1:30 pm - 3:00 pm
Jan 31	Class 4 Assembly 9:00 am - 10:00 am @ School Hall	Feb 27	Ash Service 2:00 pm - 3:00 pm @ Cathedral
Feb 03	EYFS Balanceability 9:30 am - 12:30 pm @ School	Feb 27	Year 6 SATs Information 6:30 pm - 7:30 pm @ Class 11
Feb 04	Year 3 - 4 Writing Open Classroom 9:00 am - 10:15 am @ School	Feb 28	Girls football league match v St Annes 3:30 pm - 4:30 pm @ School
Feb 05	Year 5 - 6 Writing Open Classroom 9:00 am - 10:15 am @ School	Mar 02	EYFS Balance Ability Comp 1:00 pm - 3:00 pm @ Melbourne Invited children only
Feb 05	Upper School Swimming (Classes 9,10,11) :30 pm - 3:00 pm	Mar 03	PTA meeting 12:00 am - 1:00 am @ School
Feb 06	Year 1 - 2 Writing Open Classroom 9:00 am - 10:15 am @ School	Mar 04	NSPCC Assembly and workshops 9:00 am - 3:00 pm @ School
Feb 06	Year 5/6 league Cross Country 2:00 pm - 3:00 pm @ Melbourne Park first race 2:00pm	Mar 06	Class 3 Assembly 9:00 am - 10:00 am @ School Hall
Feb 07	Maths Workshop 9:00 am - 10:30 am @ School Studio	Mar 06	Double Header Football Matches v Boreham 3:30 pm - 5:30 pm @ School Girls Team play first School Team Second
Feb 11	Year 4 Superstars 12:30 pm - 2:45 pm @ Melbourne	Mar 09	EYFS Parent's Consultation 1:00 pm - 6:30 pm @ School
Feb 12	Upper School Swimming (Classes 9,10,11) 1:30 pm - 3:00 pm	Mar 09	Parents' Evening 4:00 pm - 6:30 pm @ School
Feb 13	Year 3/4 league Cross Country 2:00 pm - 3:00 pm @ Hylands Park first race 2:00pm	Mar 11	Upper School Swimming (Classes 9,10,11) 1:30 pm - 3:00 pm
		Mar 12	EYFS Parent's Consultation 1:00 pm - 7:30 pm @ School
		Mar 12	Parents' Evening 4:30 pm - 7:30 pm @ School



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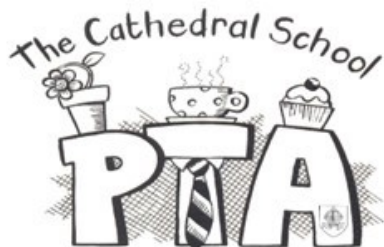
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PTA



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.

Other Events

Next PTA Meeting – 03.03.20

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

Community News

[Community News Webpage](#)



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

Closing Date for Applications: Midnight, 26th January 2020
Date for Interviews: Morning of 14th February 2020