

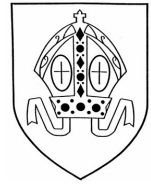


# The Cathedral School Newsletter

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)



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

**Friday 7th February 2020**

## Head Teacher Message

Dear Parents,

It has been a pleasure to welcome so many parents into school this week for our "Open Classrooms".

The Mathematics workshop today was a response to last term's "Open Classrooms" and thanks are due to Mrs Martin for that.

We appreciate your feedback on how the process has informed and supported you and it does of course help us find out what else we can do to provide information usefully.

In other news, many of our Year 5 pupils went to KEGs for a sports session today.

Our worship theme has been about well-being and it has been pertinent in a week that has included Mental Health Awareness day.

Wishing everyone a happy weekend.

Linda Wiskin

## Cross Country



Sixteen members of Upper School took part in the latest round of the Pope and Smith Cross Country League at Melbourne Park on Thursday.

In still, sunny conditions, the children put in some excellent performance with the Year 5 boys team winning their League competition.

In the Year 5 Girls race, Amy narrowly missed out on a medal in 4th place, with Rosie in 5th and Evie (51st) and Annabelle (58th) completed the team. Jacob won the Year 5 Boys race by the smallest of margins, followed by Adam (15th), debutant

James (26th), Bertie (32nd) and Alex (65th).

The Year 6 Girls had a great result with Daisy (4th), Olive (5th), followed by best-ever performances by Katie (8th) and Arabella (17th). Leah finished 19th, Meghan 33rd and Lottie 47th. Their score was 34 points was exceptional and only beaten by a phenomenal performance by St Cedds.

"I was surprised to come fourth but I had tried my very best," said Amy.



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## PTA Events

Next PTA Meeting – 03.03.20 7:30pm



### Mother's Day, Sunday 22<sup>nd</sup> March 2020

On **Friday 20<sup>th</sup> March**, during school time, all children will have the opportunity to choose and wrap a present for their special person for Mother's Day.

Each gift will be priced at £3.00 and we will also be providing some specific presents with grandmothers or an older special lady in mind.

Locally handmade, individually bagged "Mother's Day" biscuits will also be available at a cost of £1.50 per biscuit.

The booking form was emailed earlier this week, please send your slip and money into school a.s.a.p. so that we can ensure we have enough gifts. It **will not be possible to accept payment on the day**, due to gift availability. (Please note that the biscuits are ordered in advance as they are handmade. There will therefore be a limited quantity of these which will be allocated on a 'first come, first served' basis).

Booking form can be downloaded from the [website letters page](#)

**Please return your slip by Friday 13<sup>th</sup> March at the latest.**

**Thank you!** As always, we really do appreciate your support for this event.

## Number Day for NSPCC



Thank you for all your contributions to the NSPCC for Number Day. The children had a great time counting the coins and practiced some important maths skills without even realising!

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

[Community News Webpage](#)



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## LUNCH CHOICE FOR WEEK BEGINNING 10th February 2020

### THE CATHEDRAL SCHOOL

#### Lunch Menu Week 2

MONDAY	<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
TUESDAY	<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
WEDNESDAY	<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
THURSDAY	<b>OPTION 1</b> <b>Chicken Italianne 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
FRIDAY	<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](#)

## Essex Child and Family Wellbeing Service Newsletter Feb Edition

**Family Wellbeing** The theme of this year's Children's Mental Health Week is 'Find your Brave' and it takes place from 3-9 February. Bravery isn't about coping alone or holding things in; it's about finding positive ways to deal with things that might be difficult, overcoming physical and mental challenges and looking after yourself. As parents and carers, you have a hugely important role in helping them to develop their ability to cope with life's challenges as they grow. Encourage your child to share their worries, ask for help and try something new. [Click here](#) for top tips on how to help your child 'Find their Brave' and get involved in Children's Mental Health Week

Worried about your child's mental health?

Here are a few simple ways you can encourage them to look after both their mind and body:

- Chat with your child about what you do to look after your body and mind, from walking the dog to turning your phone off before bed.
- Praise your child for what they do to look after their body and mind – even if it's small.
- Remind them that there's no such thing as a perfect body or mind – and no one is perfectly healthy!
- Cooking a meal, sitting down for a family dinner, or going for a walk together can be a great way to stay connected and have fun. If you think your child is unhappy or if you are worried about their behaviour, it's easy to be hard on yourself and think you aren't doing a good job. The charity Young Minds provides a helpful [Parents Survival Guide](#) that includes helpful tips to support your child if you are worried about their mental health.

#### Safer Internet Day

The best tool to support your child in leading a happy and safe life online is open conversation. Childnet International have produced a [Parent's and Carers Guide: Let's Talk about Life Online](#) to help you begin discussions. The UK Safer Internet Centre also provides a pack of downloadable resources to help you talk to your child about the issue of online identity in a digital age in a safe, responsible and respectful way. The [resources](#) include a film, how to make an online safety plan, conversation starters and fun things to do as a family.



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## Diary Dates

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

**Feb 11** Year 4 Superstars 12:30 pm - 2:45 pm @ Melbourne

**Feb 12** Upper School Swimming (Classes 9,10,11) 1:30 pm - 3:00 pm

**Feb 13** Year 3/4 league Cross Country 2:00 pm - 3:00 pm @ Hylands Park first race 2:00pm

**Feb 14** Non Pupil Day

**Feb 15** Half Term

**Feb 24** First Day of second half of Spring Term

**Feb 26** Upper School Swimming (Classes 9,10,11) 1:30 pm - 3:00 pm

**Feb 27** Ash Service 2:00 pm - 3:00 pm @ Cathedral

**Feb 27** Year 6 SATs Information 6:30 pm - 7:30 pm @ Class 11

**Feb 28** Girls football league match v St Annes 3:30 pm - 4:30 pm @ School

**Mar 02** EYFS Balance Ability Comp 1:00 pm - 3:00 pm @ Melbourne  
Invited children only

**Mar 03** PTA meeting 12:00 am - 1:00 am @ School

**Mar 04** NSPCC Assembly and workshops 9:00 am - 3:00 pm @ School

**Mar 06** Class 3 Assembly 9:00 am - 10:00 am @ School Hall

**Mar 06** Double Header Football Matches v Boreham 3:30 pm - 5:30 pm @ School  
Girls Team play first School Team Second

**Mar 09** EYFS Parent's Consultation 1:00 pm - 6:30 pm @ School

**Mar 09** Parents' Evening 4:00 pm - 6:30 pm @ School

**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

**Mar 13** Year 6 visit to Crucial Crew 9:30 am - 11:45 am @ Chelmsford Fire Station

**Mar 18** Upper School Swimming (Classes 9,10,11) 1:30 pm - 3:00 pm

**Mar 20** PTA Mothers' Day Presents 9:00 am - 4:00 pm @ School

**Mar 25** Upper School Swimming (Classes 9,10,11) 1:30 pm - 3:00 pm

**Mar 26** SEND Coffee Morning 9:00 am - 10:00 am @ School Studio  
Everyone Welcome

**Mar 27** Football Match against Great Leighs 3:30 pm - 4:30 pm @ School Field

**Mar 27** School Council Fayre 3:30 pm - 4:00 pm @ School  
NON-UNIFORM details to follow Funds raised for Cancer Research

**Apr 02** Celebration Assembly 9:00 am - 10:00 am @ School Hall

**Apr 03** Easter Service 2:00 pm - 3:00 pm @ Cathedral

**Apr 04** Easter Holiday

**Apr 20** First Day of Summer Term