



# 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)



Psalm 23 <sup>1</sup> "The LORD is my shepherd; I shall not want"

Thursday 13th February 2020

## Head Teacher Message

Dear Parents,

After the storm, it was good to see that the decision to add obscuring foliage to the railings that allowed the wind through worked. We will see what storm Dennis brings this weekend and pray for safe journeys and minimal damage. It was disappointing that Cross –country had to be cancelled due to the weather; it will be arranged next term. Well done to our Year 4 Superstars and to the staff who moved lessons such as cookery to facilitate the children having every opportunity.

Please note the next Celebration Assembly is Friday 28th February at 9am.

We look forward to seeing every one back on Monday 23rd February after half term and the training day.

Linda Wiskin

## Year 4 Superstars



Year 4 had a very successful afternoon at the Annual Superstars Festival at Chelmsford Sports and Athletics Centre on Tuesday.

The children were up against Kings Road, St Michaels, Parkwood Academy, Westlands and Writtle Junior in a range of running, jumping and throwing and catching

events. Each child received an individual score in each activity. At the end, the scores of each pupil were added together to calculate an average for the school.



Incredibly, not only did Teddy F and Sienna finish as the leading boy and girl, but overall the Year 4s were the highest team scorers on the afternoon with an average of 46 points – more than three clear of their nearest rivals.

Sienna said, "When I heard second place was the same school as third place, I started to get really nervous. Then, when they said first place was from the Cathedral school and then they said my name, I was over the moon."

"I was a bit nervous," said Teddy. "But I really enjoyed the triple jump. My dad used to be good at that."

Sienna added, "My favourite was running with rings and stacking them."

In addition, six of our pupils (Sophie, Bronte, Jayden, Elijah, Francine and Jonty) were awarded stickers by staff and organisers for their fantastic sportsmanship throughout the competitors.



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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.**

## Thinking Day / Founders Day



The 22nd February is a special day for every member of both Girlguiding UK & The Scout Association.

The Scout Association call it Founders Day & Girlguiding call it Thinking Day.

Why the difference ? The Scout Association call it Founders Day because it is the birthday of Lord Baden-Powell, who started the Scout movement in 1908. In 1910 Lord Baden Powell, with the help of his sister Agnes Baden-Powell, started the The Girl Guides. Later on, Lord Baden-Powells wife Olave became Chief Guide and coincidentally her birthday was also 22nd February, the same date as her husband.



Guides call it Thinking Day, as on this day they think about Rainbows, Brownies, Guides, Senior Section & Leaders all around the world. There are over 10 million Guiding members worldwide in 145 countries. Everybody celebrates it in different ways. Some Brownie units have a little ceremony where each Brownie lights a candle & think about a Brownie somewhere in the world.

To celebrate this special time all members of the Scout Association & Girlguiding UK are allowed to wear their uniforms to school on Tuesday 25th February.

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

[Community News Webpage](#)



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## LUNCH CHOICE FOR WEEK BEGINNING 24th February 2020

### THE CATHEDRAL SCHOOL

#### Lunch Menu Week 3

MONDAY	<b>JACKET POTATO DAY</b> Selection of various fillings Beans, Cheese, Tuna Mayo, Ham, Coleslaw or Chicken Mayo			<b>Dessert</b> Mini Jam Doughnut Fresh Fruit Platter Yoghurt
TUESDAY	<b>OPTION 1</b> <b>Chicken Chunks with Potato Wedges</b> Beans or Sweetcorn Salad Bar including Pasta Salad	<b>OPTION 2</b> <b>Quorn Dippers with Potato Wedges</b> Beans or Sweetcorn Salad Bar including Pasta Salad	<b>OPTION 3</b> <b>Cheese &amp; Tomato Omelette</b> Salad Bar including Pasta Salad	<b>Dessert</b> Apple Crumble & Custard Fresh Fruit Platter Yoghurt
WEDNESDAY	<b>OPTION 1</b> <b>Roast Gammon</b> Roast Potatoes Seasonal Vegetables & Yorkshire Pudding	<b>OPTION 2</b> <b>Quorn Fillet with Cheesy Topping</b> Roast Potatoes, Seasonal Vegetables & Yorkshire Pudding		<b>Dessert</b> Chocolate Cookie Fresh Fruit Platter Yoghurt
THURSDAY	<b>OPTION 1</b> <b>Beef Pasticcio</b> <small>(similar to lasagne using spiral pasta layers)</small> Salad Bar	<b>OPTION 2</b> <b>Vegetable Chilli &amp; Rice</b> Salad Bar including Pasta Salad	<b>OPTION 3</b> <b>Wraps</b> with choice of Chicken Mayo or Ham or Cheese or Tuna Mayo Fillings	<b>Dessert</b> Melon Platter Fruit Platter Fruit Corner Yoghurt
FRIDAY	<b>OPTION 1</b> <b>Seadog Fish finger</b> In a roll with Beans or Peas Salad Bar including Pasta Salad	<b>OPTION 2</b> <b>Bean Burger</b> In a roll with Beans or Peas Salad Bar including Pasta Salad		<b>Dessert</b> Fruity Ice Lolly 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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## Year 6 Trip to the Isle of Wight 2020



The next Year 6 Isle of Wight instalment of £80 is due by 28th February 2020. Prompt payment will be greatly appreciated.

## ECFWS - PARENT WORKSHOPS 5-19'S CHELMSFORD 8th Jan - 12th feb 2020



## Parent Workshops

**Wednesdays  
10am-11am**

**@ Chelmsford Family Hub, Lower Ground Floor,  
County Hall, Chelmsford, CM1 1QH**

A range of workshops available for parents/ carers of 5-19 year olds.

Workshop 1: SEND- Support/information	26 <sup>th</sup> February / 22 <sup>nd</sup> April
Workshop 2: Puberty/growing up	4 <sup>th</sup> March / 29 <sup>th</sup> April
Workshop 3: Healthy/Fussy eating	11 <sup>th</sup> March / 6 May
Workshop 4: Enuresis/Bed wetting	18 <sup>th</sup> March / 13 May
Workshop 5: Parenting strategies	25 <sup>th</sup> March / 20 <sup>th</sup> May
Workshop 6: Anxiety/Self-esteem	1 <sup>st</sup> April / 3 <sup>rd</sup> June

(Adult only workshops – No crèche facilities )

Please call 0300 247 0014 (opt 2) for more information or to book a space.

Services commissioned by:

[www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)





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## Diary Dates

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

<b>Feb</b> <b>14</b>	<b>Non Pupil Day</b>	<b>Mar</b> <b>06</b>	<b>World Book Day 2020</b> @ School
<b>Feb</b> <b>15</b>	<b>Half Term</b>	<b>Mar</b> <b>06</b>	<b>Double Header</b> <b>Football Matches v Boreham</b> 3:30 pm - 5:30 pm @ School Girls Team play first School Team Second
<b>Feb</b> <b>24</b>	<b>First Day of second half of Spring Term</b>	<b>Mar</b> <b>09</b>	<b>EYFS Parent's Consultation</b> 1:00 pm - 6:30 pm @ School
<b>Feb</b> <b>25</b>	<b>Thinking Day / Founders Day</b> To celebrate this special time all members of the Scout Association & Girlguiding UK are allowed to wear their uniforms to school on Tuesday 25th February.	<b>Mar</b> <b>09</b>	<b>Parents' Evening</b> 4:00 pm - 6:30 pm @ School
<b>Feb</b> <b>26</b>	<b>Upper School Swimming (Classes 9,10,11)</b> 1:30 pm - 3:00 pm	<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>27</b>	<b>Ash Service</b> 2:00 pm - 3:00 pm @ Cathedral	<b>Mar</b> <b>12</b>	<b>EYFS Parent's Consultation</b> 1:00 pm - 7:30 pm @ School
<b>Feb</b> <b>27</b>	<b>Year 6 SATs Information</b> 6:30 pm - 7:30 pm @ Class 11	<b>Mar</b> <b>12</b>	<b>Parents' Evening</b> 4:30 pm - 7:30 pm @ School
<b>Feb</b> <b>28</b>	<b>Celebration Assembly</b> 9:00 am - 10:00 am @ School Hall Please send certificates to the school office by Wednesday 26th February	<b>Mar</b> <b>13</b>	<b>Year 6 visit to Crucial Crew</b> 9:30 am - 11:45 am @ Chelmsford Fire Station
<b>Feb</b> <b>28</b>	<b>Girls football league match v St Annes</b> 3:30 pm - 4:30 pm @ School	<b>Mar</b> <b>16</b>	<b>Waste Week</b> @ School
<b>Mar</b> <b>02</b>	<b>EYFS Balance Ability Comp</b> 1:00 pm - 3:00 pm @ Melbourne Invited children only	<b>Mar</b> <b>18</b>	<b>Upper School Swimming (Classes 9,10,11)</b> 1:30 pm - 3:00 pm
<b>Mar</b> <b>03</b>	<b>PTA meeting</b> 12:00 am - 1:00 am @ School	<b>Mar</b> <b>20</b>	<b>PTA Mothers' Day Presents</b> 9:00 am - 4:00 pm @ School
<b>Mar</b> <b>04</b>	<b>NSPCC Assembly and workshops</b> 9:00 am - 3:00 pm @ School	<b>Mar</b> <b>25</b>	<b>Upper School Swimming (Classes 9,10,11)</b> 1:30 pm - 3:00 pm
<b>Mar</b> <b>06</b>	<b>Class 3 Assembly</b> 9:00 am - 10:00 am @ School Hall	<b>Mar</b> <b>26</b>	<b>SEND Coffee Morning</b> 9:00 am - 10:00 am @ School Studio Everyone Welcome
		<b>Mar</b> <b>27</b>	<b>Football Match against Great Leighs</b> 3:30 pm - 4:30 pm @ School Field
		<b>Mar</b> <b>27</b>	<b>School Council Fayre</b> 3:30 pm - 4:00 pm @ School NON-UNIFORM details to follow Funds raised for Cancer Research