



# 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)



**Esphesians 2<sup>10</sup>** For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

**Friday 6th March 2020**

**Coronavirus (COVID-19): latest information and advice [Click Here](#)**

## Editorial

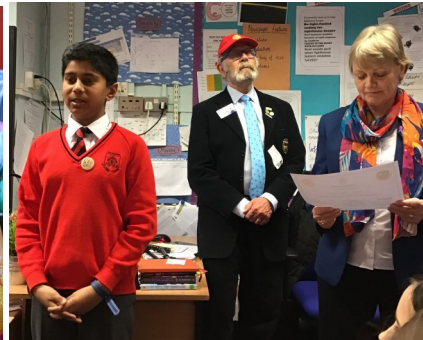
*Over the next few weeks the newsletter will have guest staff editorials,  
this week's Guest Editor is Mrs Quinn*

What an enjoyable end to a fun packed week – stories and hot chocolate! It was lovely to have so many families join us for a story. The week started with some of our EYFS going to Melbourne Park for 'Balanceability' where the children had the opportunity to show their skills while weaving around objects and gliding on a balance bike. On Wednesday we had an assembly and series of workshops from representatives of NSPCC reminding our young people of the importance of speaking out, being heard and being safe. Yesterday, 20 children in KS2 pledged their commitment to support the local community and were officially sworn in to The Rotary Club, Rotakids. There will be more competitions and tasks that they will be involved in. Today – what a busy day it has been: Pyjamas, books, onesies, potatoes and so much more! It started with a fabulous worship from Class 3 where they shared so much of their learning with us. Throughout the day some brilliantly decorated potatoes have been on display in the school hall, they are of such a high standard that Mrs Russell will be making the decision after school and the winners will be announced next week.

We look forward to another busy week next week (but without the pyjamas!) as we hold our next round of Parent Consultation Evenings on Monday 9<sup>th</sup> and Thursday 12<sup>th</sup>, please ensure you have booked appointments via scopay, online bookings close on Monday morning.

Have a lovely weekend

Lorna Quinn







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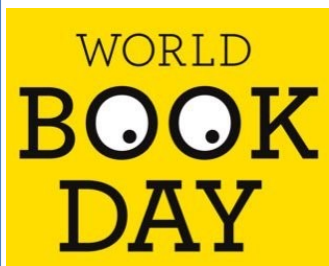
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## PTA Events



### Mother's Day

Form must be filled in by 13<sup>th</sup> March, no forms will be accepted after this.  
Please take them to the office, with the form and money/cheque.

### Summer Ball

Tables are filling up quickly, so please can you get your forms into the office ASAP.

## NSPCC VISIT



On Wednesday, the NSPCC kindly came in to talk to the children about how they have the right to speak out, be heard and be safe. We spoke about how we should and should not treat other people, what is okay and what is not okay. We discussed the effects of bullying and why it is not okay to bully other children. We also discussed how the children can speak to trusted adults at school and outside of school about their problems, and how speaking out can make them feel happy and safe. The children also became aware of Childline and how they are available at any time to help the children if they need it. The children really enjoyed this worship and understand the importance of their own feelings and how we should be treated/ how we should treat other people.

Miss Catley

## Reading Competition

Please do not forget that the reading completions has started.

### Competition

For the entire month of March, each week, the number of entries recorded in your child's Reading Record Book will be noted and the children will receive certificates for their efforts.

For example:

20 reading entries will achieve a Bronze certificate per month

30 reading entries will achieve a Silver certificate per month

40+ reading entries will achieve a Gold certificate per month

## Science Presentation & Meet the New Chaplain

On Friday 13th March at 9am Mrs Southgate will be spending 15 minutes to share with parents what 'scientific enquiry' looks like at The Cathedral School.

Scientific enquiry is the investigative side of Science and is high priority at The Cathedral School.

Afterwards parents are invited to meet for a coffee and have a chat with Jean Elliott our new chaplain.

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

[Community News Webpage](#)





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## LUNCH CHOICE FOR WEEK BEGINNING 9th March 2020

### THE CATHEDRAL SCHOOL

#### Lunch Menu Week 1

MONDAY	<b>OPTION 1</b> <b>Swedish Style Pork Meatballs</b> with rice in a tomato sauce Salad Bar including Pasta Salad	<b>OPTION 2</b> <b>Veggie Meatballs</b> With tomato sauce with rice in a tomato sauce Salad Bar including Pasta Salad	<b>OPTION 3</b> <b>Jacket Potato</b> Cheese or Beans Salad Bar including Pasta Salad	<b>Dessert</b> Peaches & Cream Fresh Fruit Platter Yoghurt
TUESDAY	<b>OPTION 1</b> <b>Cheese Topped BBQ Chicken</b> Sweet Potato Fries & Coleslaw Salad Bar	<b>OPTION 2</b> <b>Southern Fried Quorn Burger</b> Sweet Potato Fries & Coleslaw Salad Bar	<b>OPTION 3</b> <b>Cheese &amp; Coleslaw Wrap</b> Salad Bar including	<b>Dessert</b> Coconut & Cranberry Cookie Fresh Fruit Platter Yoghurt
WEDNESDAY	<b>OPTION 1</b> <b>Homemade Cottage Pie</b> & Seasonal Vegetables	<b>OPTION 2</b> <b>Jacket Potato</b> Various Fillings Salad Bar including Pasta Salad		<b>Dessert</b> Fruit Jelly Fresh Fruit Platter Yoghurt
THURSDAY	<b>OPTION 1</b> <b>PASTA DAY</b> <b>Tricolour Pasta</b> with a choice of sauces & toppings Salad Bar			<b>Dessert</b> Chocolate Sponge & Chocolate sauce Fresh Fruit Platter Yoghurt
FRIDAY	<b>OPTION 1</b> <b>Jumbo Fish Finger</b> Chips, Peas or Baked Beans Salad Bar including Pasta Salad	<b>OPTION 2</b> <b>Veggie Nuggets</b> Chips, Peas or Baked Beans Salad Bar including Pasta Salad	<b>OPTION 3</b> <b>Cheese Sub Roll</b> Salad Bar including Pasta Salad	<b>Dessert</b> Iced Fruit Smoothie Fresh Fruit Platter Yoghurt

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

## Cricket Workshop



Four members of Year 2 took part in a special cricket workshop exclusively for girls on Wednesday at Chelmsford Sports and Athletics Centre.

Kitty, Katelin, Kayla and Melissa joined girls from Writtle Infants and Baddow Hall Juniors to learn different field, aiming and catching games, before taking part in a game of Three Tees crickets at the end of the session. They all managed to hit the ball against the back wall and showed great teamwork skills when fielding and collecting. The event was led by Essex Cricket Club coach, Karen Hussain. All four girls are now keen to take part in a competition during the summer term.

## Balanceability



EYFS pupils had a great time at Balanceability on Monday 2nd March. The children worked really hard to follow the instructions from the sports leaders and complete each activity. They had a go at weaving in and out of cones, riding around a circle, gliding along on the bike, stopping quickly and they also played some other games involving balance and agility.

Well done everyone, you did the Cathedral school proud!



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## Diary Dates

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

<b>Mar</b> <b>09</b>	<b>EYFS Parent's Consultation</b> 1:00 pm - 6:30 pm @ School	<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
<b>Mar</b> <b>09</b>	<b>Parents' Evening</b> 4:00 pm - 6:30 pm @ School	<b>Mar</b> <b>28</b>	<b>School Trust Craft Fair</b> 10:30 am - 2:30 pm @ School Hall
<b>Mar</b> <b>11</b>	<b>Upper School Swimming (Classes 9,10,11)</b> 1:30 pm - 3:00 pm	<b>Apr</b> <b>02</b>	<b>Celebration Assembly</b> 9:00 am - 10:00 am @ School Hall
<b>Mar</b> <b>12</b>	<b>EYFS Parent's Consultation</b> 1:00 pm - 7:30 pm @ School	<b>Apr</b> <b>03</b>	<b>Easter Service</b> 2:00 pm - 3:00 pm @ Cathedral
<b>Mar</b> <b>12</b>	<b>The Skinny Jean Gardener</b> 12:00 pm - 3:20 pm @ School  He will be promoting the importance of gardening in the curriculum and he will be leading a 'sow and grow' session with the children	<b>Apr</b> <b>04</b>	<b>Easter Holiday</b>
<b>Mar</b> <b>12</b>	<b>Parents' Evening</b> 4:30 pm - 7:30 pm @ School	<b>Apr</b> <b>20</b>	<b>First Day of Summer Term</b>
<b>Mar</b> <b>13</b>	<b>Science Presentation</b> 9:00 am - 10:00 am @ School Studio  Also Parents have the opportunity to meet the new Cathedral Chaplain	<b>Apr</b> <b>22</b>	<b>Lower School Swimming (Classes 3,4,5)</b> 1:30 pm - 3:00 pm @ Riverside
<b>Mar</b> <b>13</b>	<b>Year 6 visit to Crucial Crew</b> 9:30 am - 11:45 am @ Chelmsford Fire Station	<b>Apr</b> <b>29</b>	<b>Lower School Swimming (Classes 3,4,5)</b> 1:30 pm - 3:00 pm @ Riverside
<b>Mar</b> <b>13</b>	<b>Keep on Reading</b> Middle School books to be returned	<b>Apr</b> <b>30</b>	<b>EYFS Swimming</b> 10:00 am - 11:00 am @ Riverside
<b>Mar</b> <b>16</b>	<b>Waste Week</b> @School	<b>May</b> <b>06</b>	<b>Lower School Swimming (Classes 3,4,5)</b> 1:30 pm - 3:00 pm @ Riverside
<b>Mar</b> <b>18</b>	<b>Upper School Swimming (Classes 9,10,11)</b> 1:30 pm - 3:00 pm	<b>May</b> <b>07</b>	<b>EYFS Swimming</b> 10:00 am - 11:00 am @ Riverside
<b>Mar</b> <b>20</b>	<b>PTA Mothers' Day Presents</b> 9:00 am - 4:00 pm @ School	<b>May</b> <b>08</b>	<b>Bank Holiday</b>
<b>Mar</b> <b>25</b>	<b>Upper School Swimming (Classes 9,10,11)</b> 1:30 pm - 3:00 pm	<b>May</b> <b>11</b>	<b>KS2 SATs</b> Punctuation/Grammar Test - Grammar 45mins 9:00 am - 10:00 am @ School Hall/School
<b>Mar</b> <b>26</b>	<b>SEND Coffee Morning</b> 9:00 am - 10:00 am @ School Studio Everyone Welcome	<b>May</b> <b>11</b>	<b>KS2 SATs</b> Spelling 20mins 10:00 am - 11:00 am @ School Hall/School
<b>Mar</b> <b>27</b>	<b>Football Match against Great Leighs</b> 3:30 pm - 4:30 pm @ School Field		

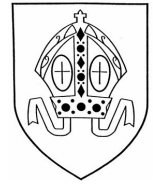


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## Family Wellbeing March Newsletter



You may have heard the term "Child Exploitation" a lot in the media over the last couple of years. The term refers to both the sexual or criminal exploitation of children and young people. Child exploitation is when young people receive something (e.g. money, food, alcohol, drugs, accommodation) in exchange for sexual or criminal acts.

Parents Against Child Exploitation (PACE) is a national charity who have a free online course for parents and carers. The free e-learning course takes around 30 minutes and has been designed to help you learn more about child exploitation. They also have advice on how to spot the signs of CSE.

Parents and carers can report any concerns around child exploitation by calling the Essex Police Parent Hotline on 01245 452058. The line is staffed Monday to Friday 8am-4pm with voicemail available outside these hours.

It can be hard to start conversations with your child or children about difficult topics, especially when you are trying to keep them safe. NSPCC have some great advice on how you can do this.

The Children's Society and Barnardo's have come together in partnership to extend the CARE service and provide support for parents and carers affected by child exploitation throughout Essex by offering a new programme called DICE.

CARE is run by the Children Society and their aim is to provide individual, independent, blame-free and non-judgemental support to parents/ carers and families with a view to helping them to further develop their understanding of what is happening, together with offering support with proactive measures that aim to help their child break free of exploitative relationships.

The service offers:

- Telephone support and advice to parents/ carers
- Face to face support and advice to parents/ carers
- Advice regarding your rights as parents and guidance regarding how to work with statutory agencies such as social care and police
- Facilitating peer support groups, where similarly affected parents can come together
- Advice and support with disruption techniques
- You can contact the CARE team by calling 01245 493311 and asking for the CARE team.

The DICE programme, provides support for parents of 'at risk' children and young people. The programme has been developed to support parents/carers with knowledge and strategies that will enable them to have a greater understanding, be more tolerant and nurturing to their child at risk.

DICE is a four week parenting programme delivered over a two hour session. Topics include:

- Coping
- The Life of a Teenager
- Grooming
- Digital Dangers
- Parenting the 'at risk' child
- Who can help

You can contact the DICE programme on 01268 558448 or [CareFamilySupport@barnados.org.uk](mailto:CareFamilySupport@barnados.org.uk)