



The Cathedral School

Victoria Road, Chelmsford, CM1 1PA

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

Website cathedralschool.co.uk



Galatians 5: 22-23 ²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law.

Friday 22nd October 2021

Head Teacher's Message

Dear All,

Our worship theme this week was "Kindness". The theme came through strongly in the Year 3/4 event; the RE panel on Tuesday afternoon when the theme was how Christians bring about heaven on earth. There was some very deep thinking from the children about what heaven is like and some very challenging questions for the members of the Church of the Ascension who came with our Chaplain Jean and myself as a Church Warden.

With Kindness, we are moving to Peace and Remembrance at the beginning of the new half term with some of our worship being provided by our worship leaders.

Thank you to everyone taking a responsible attitude to traffic safety.

The issue that has arisen this week is the pressure both the school and parents are under, related to sweets being sent into school to celebrate birthdays. As a healthy school, we would prefer not to take this approach to birthdays and so sweets are sent home for parents to decide whether sweets will be eked out, shared or denied.

We appreciate this is creating pressure and stress for parents. I would like to make the following suggestions:

Firstly, if parents would consider an alternative to sending sweets to school to share for celebrations;

- Some parents have chosen to give a book on a birthday with their child's name inscribed as the donor.
- You might consider some equipment to share; indoor or outdoor games.

Whatever you decide, we commit to stressing this is your child's birthday gift to all their friends.

It is half term next week; probably a greater time of refreshment and rest for staff rather than parents. This half term we are trying to effect an email "silence" for well-being. I of course, can be emailed in emergency at head@cathedralschool.essex.sch.uk.

We look forward to welcoming everyone back in school on Monday 1st November on All Saints Day. Please ensure your children wear vest/layers as the weather is turning colder and we will continue to have a couple of windows open for ventilation.

Wishing everyone an enjoyable half term.

Linda Wiskin

Calendar Events

SCHOOL CALENDAR

Nov 02	PTA meeting at 7.30pm in the school.
Nov 03	Swimming for Upper School
Nov 08	Parents Evening
Nov 09	Barnardo's Young Supporter concert KS2 Choir
Nov 10	Swimming for Upper School
Nov 11	Remembrance Service Events
Nov 11	Parents Evening
Nov 16	Middle School Trip Hyde Hall Y3
Nov 17	Middle School Trip Hyde Hall Y4
Nov 17	Swimming for Upper School
Nov 19	PTA Year 5 & 6 Disco
Nov 27	PTA Christmas Frost Fair
Dec 13	Carol Service 6:30 pm - 8:00 pm @ Cathedral

If your child has difficulties sleeping, we have information about The National Sleep Helpline can be found on our [Community Page](#)



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Lunch Menu week commencing 1st November 2021

THE CATHEDRAL SCHOOL

Week 2

MONDAY	OPTION 1 PIZZA Pepperoni Side Salad	OPTION 2 PIZZA Margherita Side Salad	OPTION 3 Cheese or Ham Filled Roll Side Salad	Dessert Peaches & Cream Fruit Bar
TUESDAY	OPTION 1 Sausage Roll with Cheesy Mash Baked Beans Side Salad	OPTION 2 Veggie Sausage Roll with Cheesy Mash Baked Beans Side Salad	OPTION 3 Tuna or Cheese Wrap Side Salad	Dessert Iced Chocolate Sponge Fruit Bar
WEDNESDAY	OPTION 1 Roast Gammon Yorkshire Pudding, Roast Potatoes Carrots & Broccoli Side Salad	OPTION 2 Quorn Fillet Topped with Cheese Carrots & Broccoli Side Salad		Dessert Strawberry Cheese Cake Fruit Bar
THURSDAY	OPTION 1 Spaghetti Bolognese Garlic Bread Side Salad	OPTION 2 Veggie Bolognese Garlic Bread Side Salad	OPTION 3 Jacket Potato (various fillings available to be chosen at the counter) Side Salad	Dessert Rice Krispie Cakes Fruit Bar
FRIDAY	OPTION 1 Fish Fingers Chips, Peas or Baked Beans Side Salad	OPTION 2 Cheese and Tomato Quiche Chips, Side Salad		Dessert Yummy Lolly Fruit Bar

*Please remember to pre-order lunches on SCOPAY even if your child is
bringing in a packed lunch from home.*

Instructions can be found on our [website/parent's page](http://cathedralschool.co.uk/parent's-page)



Nut Free School The school aims to protect children who have allergies to nuts, We do not allow nuts or nut products in school lunch boxes or in their snacks.

Please can we remind parents to cut grapes in half.

Thank you for co-operation.

BIRTHDAY TREATS

With sweets being sent into school to celebrate birthdays. As a healthy school, we would prefer not to take this approach to birthdays and so sweets are sent home for parents to decide whether sweets will be eked out, shared or denied.

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ARCHERY COMPETITION

The archery team of Richie, Kaitlyn, Charlotte and Jayden came second at Melbourne Sports and Athletics Centre in the district competition on Monday behind winners Perryfields with Westlands B in third place.





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PTA NEWS



We're very excited that we're able to bring back this popular Christmas event!

Plans are afoot and include:

- Santa's Grotto
- Snow Dome
- Raffle
- Lots of Stalls and Games

But we cannot do it without your help. We are in need of:

Raffle prizes

If you have anything to donate please email us on: PTA@cathedralschool.essex.sch.uk

Also, if you're having a sort out over half term we're also looking for:

- Bottles (alcohol and soft drinks)
- Unopened/Brand new unwanted toys and games
- Any old Christmas decorations (still in good shape)

If you have any of the above, or anything else you think may be useful please keep them safe and we'll collect them after half term

THANK YOU

Please note the next PTA meeting is 2nd Nov at 7.30pm in the school.

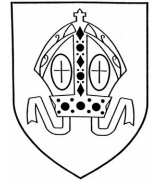


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Secondary School Applications for September 2022 – Reminder for Year 6 Parents

The statutory closing date for applications from parents of Year 6 children (for a secondary school place in Year 7 from September 2022) is **31 October 2021**.

If you have yet to submit an application, the deadline is **31 October 2021**.

Applications can be made via our website www.essex.gov.uk/admissions

GROW YOUR WELL-BEING



GREAT DREAM- Action for Happiness

Based on a review of the latest scientific research relating to happiness, Action for Happiness have developed the 10 keys to happier living. Everyone's path to happiness is different but the research suggests these ten things consistently tend to have a positive impact on people's overall happiness and well-being.

GIVING		Do things for others
RELATING		Connect with people
EXERCISING		Take care of your body
AWARENESS		Live life mindfully
TRYING OUT		Keep learning new things
DIRECTION		Have goals to look forward to
RESILIENCE		Find ways to bounce back
EMOTIONS		Look for what's good
ACCEPTANCE		Be comfortable with who you are
MEANING		Be part of something bigger

You can see that many of these areas connect to the essentials for people of faith too.

Wishing you all a happy and healthy half term!

Mrs Morecroft and Mrs Burnham.



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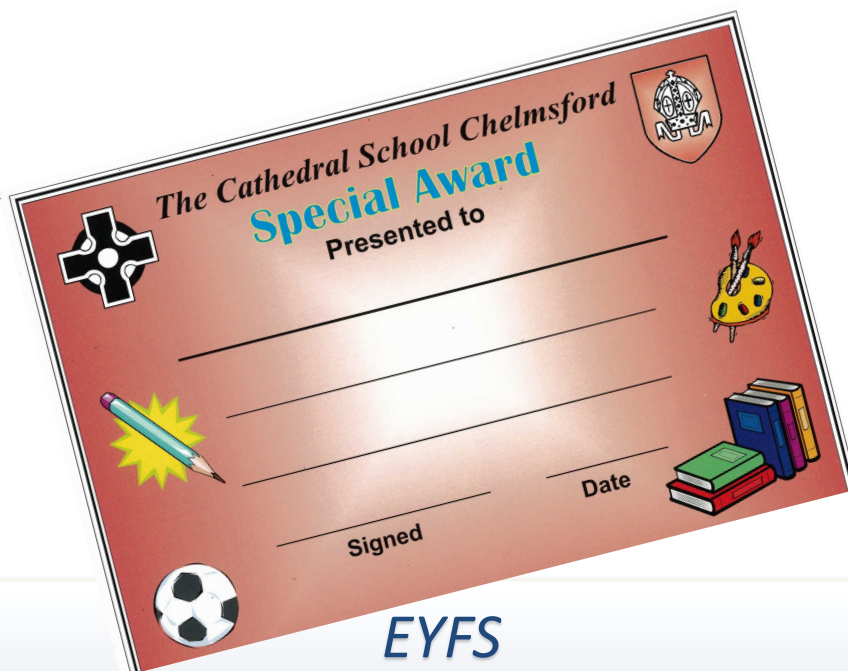
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Weekly Special Achievement Awards



EYFS

Dasha T

Oliver D

Lower School

John H

Theo R

Elijah H

Bonnie G

Middle School

Oliver S

Oliver E

Annabel M

Amber M

Daniel B

Rose R

Nathan J

Upper School

Emilia Sp

Jonathan W

Holly R

As we now celebrate these in assembly on a Friday photos will no longer be uploaded to Tapestry



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Residential Trips in 2022

Please can we remind Year 6 and Year 4 parents about the deposit deadlines:-

- Year 6 Isle of Wight deposit of £65 was due by 18th October 2021.
- Year 4 (Year 5 September 2022) Kingswood deposit of £65 is due Today

It's Good to Grow



If you shop at Morrisons we would greatly appreciate your help to obtain new gardening equipment.

To take part, join MyMorrisons today and swipe each time you shop to collect **Grow Tokens**. You'll earn one token for every £10 you spend between Monday 6th September and Sunday 24th October in store or online.

Simply go to mymorrisons.com to register or download the MyMorrisons app.

Thank you for your support,

Mrs Morecroft and the ECO team



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The Royal British Legion Poppy Appeal

We have been given a limited supply of poppies and poppy appeal merchandise including snap bands, reflectors, zip pulls and silicon wristbands, we have attached a product list for your assistance.

From Monday 1st November pupils from KS2 will have the opportunity to buy items during the day. Pupils from KS1 & EYFS will have the opportunity at the end of each day to buy items from Year 6 official helpers.

If your child would like to purchase one please could they bring in with them a donation.

Please find attached an item list with a price guide.



Zip pull - **Suggested** Donation: 50p



Reflector - **Suggested** Donation: 50p



Silicon wristband - **Suggested** Donation: £1.00



Snap band - **Suggested** Donation: £1.50



Please Support The Royal British Legion Poppy Appeal



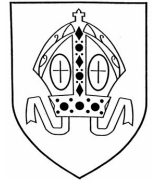


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Explore Chelmsford



Chelmsford City Council have just produced [some “Explore Chelmsford” cycle maps](#), specifically designed for families, and including special challenges to do during the rides. This seems like a great thing to do over the next week, and beyond, helping children get familiar with the cycle network around Chelmsford (and South Woodham Ferrers!).



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Week Commencing 18th October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
09:30-11:30am -Introduction to Understanding Teens (online) https://www.acl.org.uk/understanding-teens-Oct21 BOOKING CLOSED - delivering a workshop on Numbersacks in a local school	09:30-11:30am -Parenting with Empathy (online) https://www.acl.org.uk/parenting-with-empathy-Oct21 - delivering workshops; Calming Art, Healthy Eating and Cooking in local schools 12:30-2:30pm -Helping children to manage change (online) https://www.acl.org.uk/helping-children-manage-change-Oct21 7:00-9:00pm -First Aid workshop (online) https://www.acl.org.uk/first-aid-Oct21	09:30-11:30am -Why do children lie? (online) https://www.acl.org.uk/why-do-children-lie-Oct21 BOOKING CLOSED - Building your child's motor skills (online) https://www.acl.org.uk/building-motor-skills-Oct21 BOOKING CLOSED 10:00-12:00pm -Slow Cooking Autumn (online) https://www.acl.org.uk/slow-cooking-autumn-Oct21 BOOKING CLOSED	09:30-11:30am -Setting Boundaries (online) https://www.acl.org.uk/setting-boundaries-Oct21 4:30-6:00pm -Fun with Science (online) https://www.acl.org.uk/fun-with-science-Oct21	09:30-11:30am - delivering a workshop on Early Years activities at ACL Maldon Weekend: -delivering workshops in local libraries

Half Term sessions as part of the Family Learning Fair:

The dates are:

- Rayleigh Library: 26 October, 10am-12noon
 - Maldon Library: 26 October, 2pm-4pm
 - Colchester Library: 27 October, 10am-12noon
- Great Parndon Library: 29 October, 10am-12noon

There will be

- Enjoyable methods to support your child's learning
- Fun ways for children to develop language and communication skills

Free online learning resources

ACL Essex will be running community and family learning taster sessions – including creating “boredom boxes, Halloween crafts and much more.

You will also be able to discover TLC resources to support early years language and communication development.

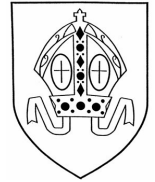


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Prospective New Parent School Tours Pupils Due to Start Reception September 2022

School visits for next years' intake into EYFS are limited to 6 people at a time and will take place on the following dates :

Tuesday 2nd November 11am

Thursday 4th November 9am

Tuesday 9th November 11am

Thursday 11th November 9am

Tuesday 16th November 11am

Thursday 18th November 9am

Tours should last approximately 45mins

Please contact the school office to book an appointment.