



The Cathedral School

Victoria Road, Chelmsford, CM1 1PA

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

Website cathedralschool.co.uk

Deuteronomy 7:9 Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments.

Friday 14th January 2022

Head Teacher's Message

Dear All,

As we move into the New Year, we are subject to constant adjustments to the health guidance about how we operate. Although the predictions of timescales are positive; that we are moving through the pandemic and isolation periods are reducing, that may not reflect where those people in our community are at the moment.

I am grateful to all staff who have stepped outside their role and occasionally their skillset to pick of the roles of those who cannot be in school for various reasons. (I am not sure they will want me back in the kitchen with the amount of washing up water I managed to spread outside the sink today!) It is the flexibility and commitment demonstrated across the school that is allowing us to meet our core purposes and be open.

As we review successes and identify areas of development we have been receiving feedback on our current homework policy. One of the impacts of the pandemic is that everyone has had the chance to recognise the pressures and effectiveness of homework and the importance of concentrating on core skills.

Homework should always be purposeful and manageable for pupils, parents and staff. Its first purpose is to reinforce learning in class and Tapestry allows for our partnership work.

As a result, we shall be offering core work, of which reading, work on spellings and number facts including multiplication tables are essential and should have the most attention. They are intended to support not swamp crucial child development which should be through hobbies; sports, music and developing interests. We shall then consult later in the term.

Further dates have been added to the calendar and we look forward to starting all extra-curricular activities next week **except the two Junior and Infant Choirs, which by necessity will start the following week.**

Best wishes

Linda Wiskin

Notices

Due to unforeseen circumstance there will be no KS2 Choir on Monday 17th January nor KS1 Choir Tuesday 18th January.

Please can we remind parents to contact the school office by email or answerphone if your child is unwell for every day they are absent.

Due to the closure of Waterloo Road car park please can we ask parents to allow more time for drop off and pick ups of their children.

Calendar Events

Jan 17	Extra Curriculum Clubs Start
Feb 14	Half Term
Feb 25	Class 9 Year 5 Road Safety Training
Mar 03	Ash Services 2:00 pm - 3:00 pm The Cathedral
Mar 04	Class 10 Year 5 Road Safety Training
Mar 04	World Book Day Celebration
Mar 31	Eucharist Service
Mar 31	Year 2 Tag Rugby Workshop

[SCHOOL CALENDAR](#)

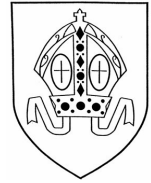


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Lunch Menu week commencing 17th January 2022

THE CATHEDRAL SCHOOL Week 3

MONDAY	OPTION 1 Tomato and Basil Pasta Bake Homemade Bread Side Salad	OPTION 2 Jacket Potato Various Fillings Cucumber Slices, Grated Carrot and Shredded Lettuce	Dessert Fruit Crumble and custard Fruit Bar
TUESDAY	OPTION 1 Beef Burger in a Homemade Bun Potato Wedges Peas Side Salad	OPTION 2 Southern Fried Quorn Burger in a Homemade Bun Potato Wedges Peas Side Salad	Dessert Yogurt Fruit Bar
WEDNESDAY	OPTION 1 Roast Gammon Yorkshire Pudding Roast Potatoes, Carrots, Broccoli Florets	OPTION 2 Quorn Pattie Yorkshire Pudding Roast Potatoes, Carrots, Broccoli Florets	Dessert Flapjack Fruit Bar
THURSDAY	OPTION 1 Chicken Pie Mash Potato Broccoli Florets, Green Beans Side Salad	OPTION 2 Sweet Potato Slice Broccoli Florets, Green Beans Side Salad	Dessert Healthy Fruit Day
FRIDAY	OPTION 1 Salmon Fish Fingers Chips Baked Beans & Sweetcorn Side Salad	OPTION 2 Cheese & Tomato Pizza Chips Baked Beans & Sweetcorn Side Salad	Dessert Lemon Shortbread 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](#)



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.

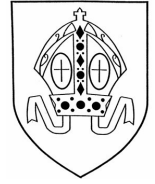


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Weekly Special Achievement Awards



EYFS

Esme G

Dea B

Lower School

Adelene A

Lambris G

Kai J-B

Middle School

David M

Nethmi D

Laurence S

Upper School

Antonia M

Amber B

Clara F

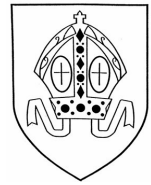


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Footballer Visit



Chelmsford City footballer Simeon Jackson visited the school on Tuesday to lead assemblies all about health and well-being and the power of sport.

Simeon has played football 49 times for Canada and even featured in the Premier League for Norwich City earlier in his career. He talked about the difference that sport has made to his life and the benefits for mental and physical health of exercise and being part of a team. At the end, Simeon took questions from the children such as 'How do you balance your professional and home life?'

'Who would you rather play with, Messi or Ronaldo?' and 'What does it feel like to score a goal?'

Cornelius said, "It was quite a nice experience to hear from someone who had played in a top league and how they have been through their life."

Sophie said, "It was really interesting to hear about his life," while Michael added, "It felt like a dream to have a good footballer in school."

Each child in the school has been given a free adult ticket for any Chelmsford City Home



League Match. Under-12s get in free with an adult.

The next three home matches are:

Saturday 15th January (3pm), Monday 17th January (7.45pm), Saturday 29th January (3pm), Saturday 12th February (3pm), Saturday 26th February (3pm).



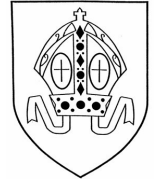


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GROW YOUR WELL-BEING- HAPPIER JANUARY 2022



Why not see if you and your family can follow these daily tasks and actions, to make January a more positive month for all.



Mrs Morecroft and Mrs Burnham

Happier January 2022

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future				

ACTION FOR HAPPINESS Happier · Kinder · Together

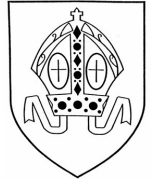


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Year 6 Isle of Wight Trip



The next instalment of £85.75 is due by 14th January for the IOW trip

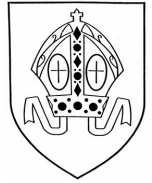


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Friday 7th January 2022

Lots of prizes to be won!

Essex **Library** Services

Read, learn, connect.

Winter Reading Challenge

Saturday 27 November 2021 - Saturday 19 February 2022

Lots of prizes to be won!

Essex **Library** Services

Read, learn, connect.

Winter Reading Challenge

Sign up to the Winter Reading Challenge and be entered into a prize draw to win one of these fantastic prizes!

- Explore Essex Explorer Passes, valid for one year.
- Sky Ropes Session for two, to be taken by 31 August 2022 (subject to availability). Min age of two for the junior course, min height of 1.22m for the main course.
- Essex Outdoors school holiday activity days, for one child aged 8-16, to be taken by 31 August 2022 (subject to availability).
- Wilderness Foundation activity afternoon, Chatham Green centre, for children aged 5-11 (and their parents and siblings) to be taken Saturday 26 April 2022.
- Signed books, from authors Emma Beswetherick, Catherine Emmett and Vassiliki Tzomaka.
- Love Essex goodie bags.

Full terms and conditions can be found on our website: libraries.essex.gov.uk



Essex **Library** Services

Children's Art Competition

Closing Date: Saturday 5 February 2022

- Have fun and create a piece of A4 winter themed artwork!
- Some great prizes to be won!
- Winners' artwork will be displayed in libraries and shared on social media!

Open to all children aged 4-11.

Visit libraries.essex.gov.uk or ask a member of staff for more information.

Essex County Council

