



The Cathedral School

Victoria Road, Chelmsford, CM1 1PA

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

Website cathedralschool.co.uk

1 Thessalonians: 5:11 *Therefore encourage one another and build each other up, just as in fact you are doing.*

Friday 11th February 2022

Head Teacher's Message

Dear All,

Half Term is here! Something that is greeted either with joy; a well-earned rest for staff and an opportunity for some quality parent/child or grandparent /child time or worry, for as we are aware, some childcare and work during school holidays have their own pressures. I hope we have signposted some quality and memorable experiences for the break.

This week saw both Mental Awareness Week and Safer Internet Day in our curriculum. There is the opportunity in April for parents to have training online related to the latter with the famous and very helpful "Two Johns" in this area. Details will be provided nearer the time.

We have looked at Growth in many forms in Worship this week. Recognising needs and finding routes to support development forms a huge part of my role. This week as part of the Teaching Hub and on the steering group of CTSA, I was involved in the design of an additional programme for two children to be elected as Ambassadors for each of the school this summer. They will work on a project with our school council next year and then present their ideas to relevant external agencies in 2023. The aim behind this is to look at safety in all aspects in an ever changing environment.

Staff continually undertake training to continue their own growth journey to be the best they can be in their roles. Teacher Training has changed with National Qualifications being introduced to cover all stages of development for teachers. If you are interested in a career change, please look at routes into teaching on the [Saffron Walden Teaching hub website](#).

Please see our advert for a graduate wanting to gain teaching experience or a Teacher returning to teaching under the Government scheme for tutoring within the school environment. Applications for one or more people to join the staff and undertake training to increase the individual and small group "Catch-up" work, can be found on the Essex Job scene ([see advert on page 6](#)).

Today, our Covid report is at 0% in the school. Next term if this trend continues, we will be in a position to review our measures.

Wishing you a happy half term

Mrs Wiskin

Notices

Please ensure that if you have pre-ordered a cooked lunch via SCOPAY and your child brings a packed lunch on that day, you must inform the office of the change by 9:15am, otherwise you may incur a charge for food which will have already been purchased and prepared.

Calendar Events

Feb

14

Half Term

Feb

22

Founders Day / World Thinking Day
Pupils are encouraged to wear their Beavers / Cubs / Scouts / Rainbows / Brownies / Guides uniforms

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 Dress-up Celebration

Mar

18

Red Nose Day 2022
(details to follow)

Mar

31

Eucharist Service

Mar

31

Year 2 Tag Rugby Workshop

[SCHOOL CALENDAR](#)

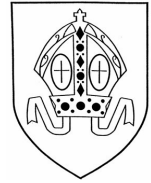


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Lunch Menu week commencing 21st February 2022

THE CATHEDRAL SCHOOL

Week 1

MONDAY	OPTION 1 Beef Spaghetti Bolognese Homemade Bread Side Salad	OPTION 2 Quorn Spaghetti Bolognese Homemade Bread Side Salad	Dessert Healthy Fruit Day
TUESDAY	OPTION 1 Chicken Curry with Naan Bread White and Wholegrain Rice Peas & Sweetcorn Side Salad	OPTION 2 Sweet Potato and Lentil Curry With Naan Bread White and Wholegrain Rice Peas & Sweetcorn Side Salad	Dessert Vanilla Sponge and Strawberry Custard Fruit Bar
WEDNESDAY	OPTION 1 Roast Pork Yorkshire Pudding Roast Potatoes, Cauliflower & Broccoli Florets, Carrots (optional gravy)	OPTION 2 Meat-Free Meatballs Yorkshire Pudding Roast Potatoes, Cauliflower & Broccoli Florets, Carrots (optional gravy)	Dessert Oat Cookie Fruit Bar
THURSDAY	OPTION 1 Chicken Nuggets Diced Potatoes Side Salad	OPTION 2 Quorn Nuggets Diced Potatoes Side Salad	Dessert Healthy Fruit Day
FRIDAY	OPTION 1 Junior Pollock Fillet Chips Baked Beans & Sweetcorn Side Salad	OPTION 2 Cheese & Tomato Pizza Chips Baked Beans & Sweetcorn Side Salad	Dessert Chocolate Brownie 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

Wilfred C

Oliver C

Lower School

Adam G

Zachary J

Henry B

Middle School

Sylvie B

Lucy B

James W

Leia P

Upper School

Sonia Y

Jayden L

Seb N-K

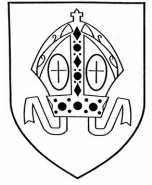


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GROW YOUR WELL-BEING



Children's Mental Health Week



This week is Children's Mental Health Week, with this year's theme being 'Growing Together'. Growing Together is about growing emotionally and finding ways to help each other grow. The children have taken part in activities through worship and reflected upon the theme throughout the week. Please take the time to continue this focus using the following ideas to help your child:

CHILDREN'S MENTAL HEALTH WEEK: HELPING YOUR CHILD GROW

1 Show them you love them and give them a hug if they will let you. If they don't like hugs, you could always give them a high five or make up a special handshake.	2 Try to create a home environment where they know they are safe to be themselves. Accept them as they are and don't try to force them to be something they are not.
3 Tell them that you recognise their strengths and show them you notice when they do the right thing. Praising a child will show them that positive actions lead to positive results.	4 Show them that everyone is human and makes mistakes. By doing so you can model effective ways to deal with difficult situations. They will learn from you that it's okay to make mistakes.
5 Encourage your child to talk about emotions and mental health. Simply encouraging them to share their day and how things make them feel is a great way to support them.	6 Show children it's important to take care of your physical and mental health. Model good habits to them and explain to them why it's equally important to look after your mind as well as your body.



Please visit this link to find out more:

<https://www.childrensmentalhealthweek.org.uk/about-the-week/>

Mrs Morecroft and Mrs Burnham.

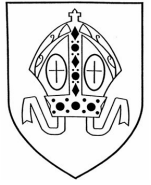


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Year 6 Isle of Wight Trip



The next instalment of £85.75 is due by
25th February for the IOW trip

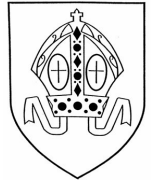


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Job Vacancy at the Cathedral School

Graduate - School-Led Tutoring

We want to help our children regain their confidence where Covid has left learning gaps. We have the opportunity to employ one or more graduates interested in becoming teachers to join our staff team in a temporary role. This would involve working with small groups and individuals under teacher supervision and completing the National Tutoring programme

Do you have:

The academic qualifications?

A calm manner?

Patience?

Determination?

knowledge of child development?

Initiative?

and the ability to follow planning?

Support and training will be available for candidates who demonstrate the necessary skill set.

The Cathedral School is a caring Christian environment where standards of excellence are set to provide our pupils with the very best opportunities. We seek candidates who share this vision.

We are firmly committed to safeguarding and promoting the welfare of children and we expect all staff to share this commitment. Successful candidates will be asked to apply for a "Disclosure and Barring Service" check.

If you would further information or would like to apply please visit

[School-Led Tutor \(essexschoolsjobs.co.uk\)](http://School-Led Tutor (essexschoolsjobs.co.uk))

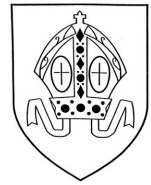


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SEND UPDATE



PHEW!

Parenting Help for Emotional Wellbeing



"I cannot stop worrying"
"I don't want to go to school"
"They don't seem very happy"

"They seem to be unable to cope with their emotions,
and I don't know how to help them"

The Essex Child and Family Wellbeing service are offering a 30 minute virtual appointment for you to discuss your current challenges and offer strategies to best support your child or young person's emotional wellbeing.

We can signpost you to online resources and recommend services that best support your child or young person's needs.



Last **Monday** of the Month (excluding Bank Holidays)
Appointments available throughout the day
Please contact 0300 247 0014 to book

www.essexfamilywellbeing.co.uk

Services commissioned by:



This is a new service which may be useful for some parents to chat through their concerns with a well-being practitioner.



The Spring 2022 issue of SNAP matters magazine is out now and full of updates from across the charity.

Read the issue here: <https://bit.ly/3rjz7Lk>



Essex County Council want to make it easier for families to be kept informed about information in their Local Area and across Essex. The Bridge Bulletin has been created to support families and young people with SEND and put helpful information into one place from across Health, Education and Care. The latest edition of the Bulletin can be found by clicking the link below:

[https://view.pagetiger.com/sendnov21/send-family-bulletin-february?](https://view.pagetiger.com/sendnov21/send-family-bulletin-february?fbclid=IwAR1x336_e3ACQ3MgNQ5KbGQhC33M09JN8hQaxu5LQLzMIlnSatgkK4hytVF4)

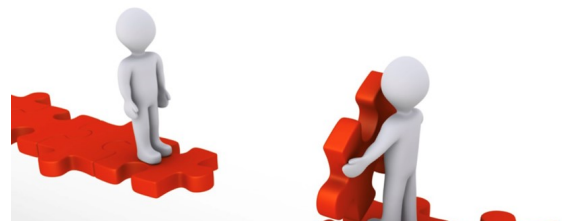
[fbclid=IwAR1x336_e3ACQ3MgNQ5KbGQhC33M09JN8hQaxu5LQLzMIlnSatgkK4hytVF4](https://view.pagetiger.com/sendnov21/send-family-bulletin-february?fbclid=IwAR1x336_e3ACQ3MgNQ5KbGQhC33M09JN8hQaxu5LQLzMIlnSatgkK4hytVF4)

The Bridge SEND Bulletin

Connecting families, young people and services together - February Edition



Essex County Council



HEADS2MINDS

Give your children the opportunity to learn helpful strategies for their emotional wellbeing.

Chelmsford Library

Emotional Wellbeing family workshop on Tuesday 15 February!

Come and join us at Chelmsford Library on Tuesday 15 February at 2-4pm for a family workshop for parents and children between the ages of 5-12 years. The workshop will include:

Creative art design

Vision boards

Gratitude jars

Positive affirmations

Relaxation techniques

Please email chelmsford.library@essex.gov.uk to book your place. We're looking forward to seeing you there!

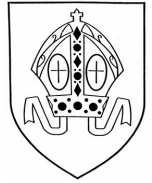


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Love Your Library Day Saturday 19 February



Come together to Love Your Library and
celebrate your community with
Essex Libraries.

This Love Your Library Day, visit your local library on Saturday 19 February. Children will be able to take part in lots of fun superhero activities including a storytime, arts and crafts and we are encouraging children to come along dressed as their favourite superhero. As well as this, we will also be asking children to see if they can spot several superhero posters in our libraries, to find out the secret word!

We also will be hosting events for adults. You can find out more about that on our webpage.

We will be running a prize draw to win children's goodie bags, kindly donated by [Forbidden Planet](http://ForbiddenPlanet.com).

To enter, all you need to do is:

- Take a photo of the books your child is borrowing on Love Your Library Day.
- Post the photo on [Twitter](https://twitter.com), [Facebook](https://facebook.com) or [Instagram](https://www.instagram.com) tagging @EssexLibraries and using the hashtag #LYLDay.
- The photo can just show the books or show you child holding the books.

If possible, please also tag @ForbiddenPlanet on [Twitter](https://twitter.com) and [Instagram](https://www.instagram.com) and @ForbiddenPlanetdotcom on [Facebook](https://facebook.com).

For full terms and conditions, please click [here](#).

So come along on Saturday 19 February, take part in some activities and get to know your community!

We would advise taking a lateral flow test before attending Love Your Library events.

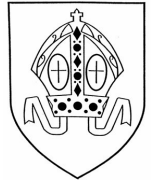


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Lots of prizes to be won!

Essex **Library** Services

Read, learn, connect.

Winter Reading Challenge

Saturday 27 November 2021 - Saturday 19 February 2022

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

WILDERNESS
FOUNDATION UK

LOVE
ESSEX

Explore
Essex
Part of Essex County Council

essex
outdoors

Essex County Council

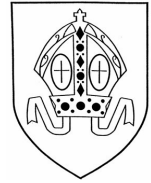


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Parent and student tours of KEGS - March 2022

About this event

King Edward VI Grammar School are holding a series of open events in March for **Year 5 boys** who are interested in a place at KEGS in September 2023, together with **ONE** parent or carer.

The dates are: Monday 7 March (morning); Tuesday 8 March (morning); Wednesday 9 March (morning); Thursday 10 March (afternoon); Friday 11 March (afternoon) and Monday 14 March (afternoon) with a choice of 2 sessions each day.

The event will include a presentation from Headteacher Tom Carter, and from one of our Year 8 students, followed by a short question and answer session. There will also be a tour of the school with one of our staff tour guides. Entry is by booking only and please reserve your place via the link below.

As places are limited you will understand that we are restricting bookings to **one child and one adult ONLY**, and we can only accept **one** booking per family.

Tours will mainly be outside so please dress for the weather. We also request that adults wear a face covering while in the buildings and in the Hall for the presentation, where we also ask that you sit as spread out as possible from other families. Please arrive promptly as sessions will start strictly on time, and allow one and a half hours for your visit.

Please book your place. [Visit website](http://cathedralschool.co.uk)