



# The Cathedral School

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)

1 Thess: 5:16-18 *Rejoice always, pray without ceasing, in everything give thanks for this is the will of God in Christ Jesus for you.*

Friday 25th March 2022

## Head Teacher's Message

Dear All

This week as our preparations for Easter continue, KS1 went to The Cathedral for the Easter Workshop experience and talked enthusiastically about the experience.

Next week Canon Imogen is leading a Eucharist in school for Key Stage 2. Children who have had their first communion will be able to receive. Our Chaplain Jean Elliott will be running confirmation classes for those children and families who express a commitment to this in the summer term.

Wednesday saw the successful organisation of the PTA's Mother's Day event, small children were seen clutching their chosen gift to their chests up and down the corridor!

All the Chelmsford Schools continue to be hit by small amounts of COVID. Fortunately, although pupils and subsequently staff have succumbed, we have continued to have a small group out at a time, challenging the ability to staff the school, but nevertheless, we have not been in the position of some schools of having to close classes.

Key information as spring advances; there will be a transition period into the summer uniform from the beginning of next term. All pupils need to be in summer uniform by Tuesday 3<sup>rd</sup> May, to maintain the school's standards of smartness.

We continue to pray for peace and the dawning of new hope in spring brings healing power to the community.

Kind regards

Mrs Wiskin

## Notices

*Just a reminder that toys / fidget poppers / Rubik's cubes or anything similar should not be coming into school for children to play with during the day as these can get lost or damaged.*

*Many thanks*

Please can we ask parents to make sure that any clothing including PE Kits and uniform are labelled with pupils names.

Please find exciting News from 3rd party organisations. eg Holiday Clubs, Library information & other local organisations. Please visit

<https://www.cathedralschool.co.uk/parent-manager/community-page>

## Calendar Events

Mar 29	Home Football Matches v Bishops School
Mar 31	Keep on Reading Middle School Eucharist Service <i>(in School pupils only)</i>
Apr 01	Last Day of Spring Term
Apr 19	First Day Summer Term <i>Summer Uniform Transition</i> The 2 Johns - Parent remote meeting 8pm
Apr 25	Summer Term Extra Curriculum Clubs Start
May 03	All Pupils in Summer Uniform

[SCHOOL CALENDAR](#)

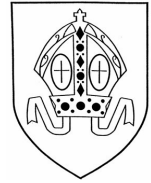


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## Lunch Menu week commencing 28th March 2022



### THE CATHEDRAL SCHOOL

#### Week 3



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

Caleb L

Max A

### Lower School

Lucy L

Henry K

Amy M

### Middle School

Bella S

Erin

Milo A

### Upper School

Freddie P

Bella G

Elsie I

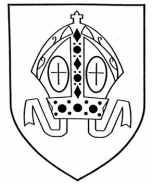


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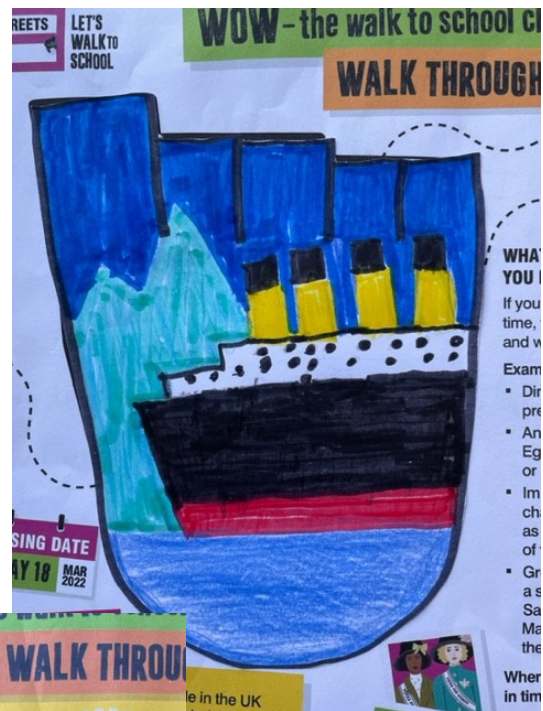
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## Travel Tracker Competition

Thank you to everyone who entered the 'Travel Tracker' competition, there were so many fantastic and thoughtful entries! The ideas behind your designs showed real consideration for our planet, past, present and future.

These three lucky entries from our school have been submitted for consideration, good luck!

Well done to Emmett G, Daniel T and Amelie C.







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## Netball Match

The netball team warmed up for next month's District tournament with a 14-0 win at Great Waltham on Monday afternoon. Jake put the side 2-0 up in the first quarter and Elsie and Eleanor doubled the lead by half-time.

Henry and Teddy contributed nine goals between them in the third quarter before Ellie scored our final goal in the last six minutes. Nancy captained the side well and Maisie made some fantastic contributions in both Goal Attack and Goal Defence.

Thank you to our hosts - we look forward to meeting again in April.



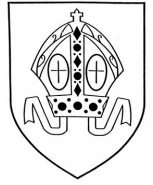


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## Help needed!

### Calling all Parents or Grandparents!

If you have an hour or so you could spend in school each week to help with our greenhouse and other growing projects, please see Mrs Morecroft.

We would really appreciate a regular helping hand, thank you!



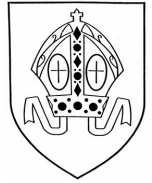


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## Grow Your Well Being



With brighter, sunnier days and signs of spring surrounding us, now is the perfect time to take time out in our busy day to count our blessings, recognising all that is good in our lives. Children need to see adults taking the time to 'live in' the moment and have periods of quiet time to reflect and list the things we can be grateful for. Please see the tips below for ways to improve our children's mental health.

Mrs Morecroft and Mrs Burnham.

## Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Find social groups that help them feel like they belong.



Focus on articulating feelings.  
"I am angry."  
"I am sad."

Set aside time for low-stress or solo activities.

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.

Encourage your child to focus on the moment.



Establish a self-care routine.

Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.