



The Cathedral School

Victoria Road, Chelmsford, CM1 1PA

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

Website cathedralschool.co.uk

Hebrews 12 1-2. And let us **run** with perseverance the **race** marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith.

Friday 20th May 2022

Head Teacher's Message

Dear All,

With our Jubilee Celebrations well underway, Key Stage 1 and EYFS had their "Dance through the decades" sessions yesterday as you can see from the pictures. Key Stage 2 are looking forward to next week.



The children looked very smart in their class photos, thank you to everyone for the effort.



We are endeavouring to keep the cost of uniform down, whilst being mindful that costs have gone up and the PTA administers the uniform process to make a small amount for the school.

Staff continue to move around to ensure all opportunities are being provided for the children despite the ongoing Covid infection impact.



The importance of exercise, whether on the walk to school scheme or the skills of the sports sessions or the energy of playground games continues to dominate in the great weather we are having.

Additional dates continue to be added to the diary so please check the website calendar. We are participating in a National Cookery competition (dates to be confirmed); our teams did very well last year and we were winners. This year we will be issuing a challenge for the children to cook a recipe under your supervision and post a picture of the result (and your tasting) on Tapestry and if possible Tweet and tag the school @cathschool. We will then be able to select the three teams of 5 to represent the school. The competition happens in school with the judge's camera on us. Details of the recipe will follow as soon as we receive them.

The Jubilee celebration afternoon where we are out of uniform to wear something red, white, blue or a combination of all three on Tuesday. **Please avoid football kits.** We will also be planting our Jubilee tree through the British Legion scheme.

School ends on Thursday, with the Teachers in school on Friday 27th for an Inset day.

Wishing everyone a happy weekend

Mrs Wiskin

Calendar Events

May 23	Girls football Match
May 24	Jubilee Party on the playground Non-uniform day if you choose. Red, White or Blue, or combination!
May 25	Year 4 Super Stars
May 26	Jubilee Dance through the decades
May 27	Non Pupil Day
May 30	Half Term
Jun 06	Non Pupil Day
Jun 07	Change through the years of the Queen's reign. Curriculum Day
Jun 08	Owls visit (whole school)
Jun 09	Year 2 Mini Games
Jun 17	Lunchtime Concert

[FULL SCHOOL CALENDAR](#)

Notices

KS1 Choir

No rehearsal on 24th May

*Next Choir 7th June 2022
and then every week to
the end of term.*

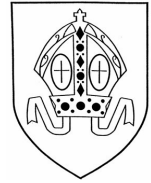


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Lunch Menu week commencing 23rd May 2022

THE CATHEDRAL SCHOOL

23rd May 2022 Week One Lunch Menu

MONDAY	OPTION 1 Beef Meatballs Italian sauce Garlic Bread Salad Bar	OPTION 2 Meat-Free Meatballs Italian sauce Garlic Bread Salad Bar	Dessert Homemade Sponge Fruit Bar
TUESDAY	OPTION 1 Pork Sausage Roll Seasoned Wedges Sweetcorn/Baked Beans Side Salad/Homemade Bread	OPTION 2 Homemade Sweet Potato Pinwheels Pasta Sweetcorn/Baked Beans Side Salad/Homemade Bread	Dessert Jubilee Iced Sponge Fruit Bar
WEDNESDAY	OPTION 1 Roast Gammon Yorkshire Pudding Roast Potatoes, Broccoli Florets, Carrots (optional gravy)	OPTION 2 Roast Quorn Yorkshire Pudding Roast Potatoes, Broccoli Florets, Carrots (optional gravy)	Dessert Yoghurt Fruit Bar
THURSDAY	Option 1 Jacket Potato Choice of fillings Cheese, Tuna, Beans Salad Bar		Dessert Ice Cream Fruit Bar
FRIDAY	NON PUPIL DAY		

*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.

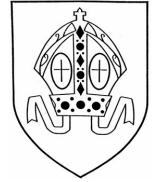


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Weekly Special Achievement Awards



EYFS

Elizabeth G

Thanvikhaa R-B

Lower School

Toby F

Eva M

Shaun A

Middle School

Mohammad R

Raghav S

Evie B

Upper School

Daniel M

Neel K-B

George B

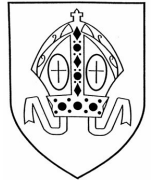


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Sports News

Friendly Football Match

Cathedral School v Baddow Hall Junior School

On Tuesday nine Year 5 & 6 footballers played a friendly football match against Baddow Hall Juniors. With the weather being perfect, Matthew quickly scored 2 goals before

Baddow pulled one back. At halftime we were 2-1 up. Teddy scored our 3rd goal just after Baddow had equalised. With a few minutes left Baddow scored their 3rd goal and the match then ended in a 3-3 draw.

The team (Jake, Elijah, Jeremiah, Sienna, Cornelius, Matthew, Teddy, Neel & Timmie) played very well and respectfully—Well done!



Chess News



There was a special visitor on Tuesday when Mr Bill Wright, who founded the original Cathedral School Chess Club more than 20 years ago, travelled all the way from Folkestone to present this year's prizes for the annual competition.

Each club member had to play seven matches and three points were awarded for a win, two for a draw and one for a loss. Mr Wright has continued to support the club through arranging the fixture lists and compiling the league tables.

Twenty-eight children took part in Year 5 and Year 6 with Aliza and Antonia the joint-highest placed girls in Year 5 and Miranda the leading girl in Year 6 with 16 points out of a possible 21 from her seven matches.

Seb won the Year 5 contest with 19 points with three runners-up in Shrihan, Samson and Timmie on 18 points.

Matthew finished with maximum points in Year 6 to claim the title from Alex and Oliver B (19 points).

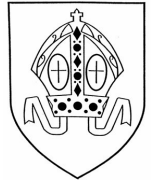


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GROW YOUR WELL-BEING



When you're feeling overwhelmed...

Often we can find ourselves feeling life is all a bit much. Sudden feelings of not being able to think clearly, not knowing how we'll be able to fit everything in to our day or feeling anxious at the prospect of a hard challenge. These emotions can leave adults feeling overwhelmed let alone children. Show children how to calm themselves and model this as an adult.

Try these techniques:

Place your hand on your child's spine to help them realise you are present and supporting their needs. Alternatively, gently squeeze their thigh with your hand to let them know they are secure and safe. Sometimes, words aren't necessary but actions can convey more meaning.



[Breathing Technique #2: Hand Breathing - YouTube](#)

[Breathing exercises for stress - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Mrs Morecroft and Mrs Burnham.

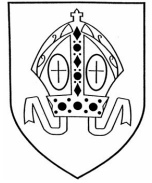


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SEND UPDATE

SEND Roadshows are back for the Summer Term! They are held to support parents/carers or family members of a child with Special Educational Needs and Disabilities (SEND).

At the Roadshows there will be the opportunity to meet representatives from Essex Family Forum, SENDIASS, Team Around the Family Support Officer's Early Help, Health, as well as representatives from the Education Team and SEND Navigation Leads.

Each Roadshow runs from 9am to 12pm and you are welcome to attend at any location regardless of where you live in Essex.

Mid Essex

Wednesday 6th July 2022

Central Baptist Church - Victoria Rd S, Chelmsford CM1 1LN

South Essex

Thursday 7th July 2022

The Megacentre- 7 Brook Rd, Rayleigh SS6 7UT

West Essex

Tuesday 28th June 2022

Epping Civic Offices, 323 High St, Epping CM16 4BZ

North East Essex

Thursday 30th June 2022

First Site Museum- Lewis Gardens, High Street, Colchester CO1 1JH



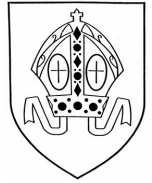


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PTA News



Queen Elizabeth's Platinum Jubilee BALLOON RACE



2nd June, from Westminster Abbey

Buy and customise your balloon any time before the race -
choose colour, *shape*, *helium content* and *latex thickness*

The race can be tracked as if it was a real balloon. The simulated race uses your balloon's individual parameters plus real time weather conditions, such as the prevailing wind speed and current temperature

FOR MORE INFORMATION AND TO BUY A BALLOON GO TO:

ecoracing.co/user/page/2255

RACE PRIZES

£100 cash

Amazon Alexa/Echo Dot

10 x £10 book tokens

In addition, the Cathedral School balloon that travels the furthest will win a £20 **SNYDS** gift voucher!!



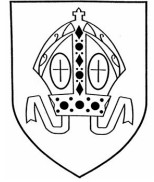


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FREE Exhibition at ARU on 'Marconi and Chelmsford Pioneers



Chelmsford Innovation: Marconi and Beyond

Join us at this special exhibition showcasing artefacts of scientific and technological innovation from the last 100 years to present day.

22 June – 15 July (on set dates), 11am–4pm
ARU, Chelmsford campus, Marconi building

Further details and tickets: eventbrite.co.uk
Search for 'Chelmsford Innovation Marconi and Beyond'



In partnership with Chelmsford Civic Society • Chelmsford Science and Engineering Society • Marconi Veterans' Association