



The Cathedral Church of England Voluntary Aided Primary School



Victoria Road, Chelmsford, CM1 1PA Tel: 01245 354459
email: office@cathedralschool.essex.sch.uk Website cathedralschool.co.uk

John 1:5 The Light shines in the darkness and the darkness can never distinguish it.

Wednesday 20th December 2023

Message from the Headteacher

Dear All

We have reached the end of term, undertaking many of the Christmas traditions and ensuring the Christmas spirit is in our hearts!

The School Carol Service was very special in The Cathedral on Monday night; our thanks to the Dean and The Cathedral staff for their continued support of the school. This particularly includes Rev John Fry who has stepped in to be our Chaplain this half term, leading worship on Tuesdays.



A huge congratulations to the children of EYFS and KS1 who brought us their lovely Nativities last week.

Thank you to all who attended our annual Breakfast Charity Fundraiser on Tuesday 19th December. It's always a lovely morning and wonderful to have the parents join their children for breakfast. We have raised £150 this year for our chosen charity – CHES



Today, we finish the afternoon with a crib service.

The school is being used by an external holiday club over the holiday period.

We all return to school on Thursday 4th January 2024 at the usual time.

Thank you to everyone for their support of the school this year in the many forms this has taken. Thank you for generosity of the cards and gifts staff have received.

Praying for a healthy and joyous Christmas for all and with every blessing in the New Year.

Linda Wiskin



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Key Dates for Your Diary

- Christmas Holiday 21.12.2023—03.01.2024
- First Day of Spring Term 04.01.2024
- IOW Year 6 residential visit 03.06.2024 –07.06.2024
- Provisional Sports days EYFS & KS1 13.06.2024
Middle & Upper school 14.06.2024
- Lunchtime Concert 21.06.2024
- Leavers Service 09.07.2024

[Please view our calendar for all events](#)

Bold recently added



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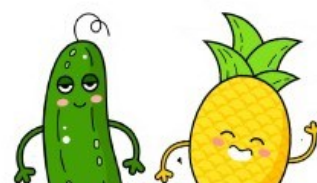
Lunch Menu week commencing 1st January 2024

THE CATHEDRAL SCHOOL

Week Three

Lunch Menu

W/C 1st January 2024



MONDAY	NEW YEAR'S DAY BANK HOLIDAY		
TUESDAY	CHRISTMAS HOLIDAY		
WEDNESDAY	CHRISTMAS HOLIDAY		
THURSDAY	OPTION 1 Chicken Burger in a Bun Sweetcorn, carrot & sultan salad	OPTION 2 Quorn Sausage in a Hot Dog Bun Sweetcorn, carrot & sultan salad	Dessert School's Favourite Biscuit
FRIDAY	OPTION 1 Salmon Fish Fingers Chips Peas	OPTION 2 Homemade Cheese & Tomato Pizza Sweetcorn, Pasta & Salad	Dessert Fruit Day & Cream

Also available daily;

Fresh wholemeal bread; salad bar; fresh fruit and water

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.



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Weekly Special Achievement Awards



EYFS

Sebastian PA

Dylan G

Lower School

Kurt O

Frankie B

Cheryl M

Middle School

Edinson T

Sera H

Violet J

Upper School

Oliver S

Abigail O

George B



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December External Achievements!

CONGRATULATIONS



Sylvie as she has been awarded the highest grade of distinction in her first ballet exam.

Well done!

Amy was awarded her 10m swimming badge this month.

Well done!



Amber won the Grade 1 and 2 Woodwind class at the Chelmsford Music Festival.

Amy also received the Chief Scouts Silver Award.

Well done!



It has always been a tradition that we have celebrated external achievements at the school, like swimming, dance, music exams, sport etc. In order to still celebrate these we are requesting that you either email office@cathedralschool.essex.sch.uk with your child's name and reason to celebrate, e.g

Joe Smith - player of the match in football

Sam Lett – success in a dance competition

These will then be added as an additional page on the newsletter each month. Or, we would also love you to X (formerly Tweet) us @cathschool with a photo of your child or award and their reason, we will then retweet that on to our wider audience. We are so proud of all of the external achievement of our young people – keep up the great work!



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Grow Your Well-Being



Wishing you all a healthy and restful Christmas!

Mrs Burnham

**Top Tips
for looking after your
Mental Health
at
Christmas**

Keep active!
Being active is great for your physical health and fitness, and evidence shows that it can also improve your mental wellbeing.

Watch what you eat!
Nutrition can significantly impact your mental health. A healthy, balanced diet is good for you physically and mentally. A healthy body means a healthy mind.

Stay in touch!
Having good friendships is important for your mental health. Connect or reconnect with friends and family this Christmas.

Take a break!
Allow time for yourself, even if it's just for 5 minutes - stop and put your feet up or have a cup of tea. Make sure you get enough sleep.

Ask for help!
Talk to friends or family or contact:
Samaritans
Child line
Shout (text)

116 123
0800 1111
85258

If you feel you are struggling with your mental health over the holidays, please reach out and seek help.

SET CAMHS Team: 0800 953 0222
Out Of Hours (Mental Health Direct): 0800 995 1000
Emergency: 999

MENTAL HEALTH SUPPORT TEAM



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ECO News

Recycle Your Christmas Cards

As part of the children's eco action plan, 'waste' is an area they've chosen to work on this year, encouraging everyone to reduce, reuse and recycle. Every year, we look at ways in which to limit the impact of Christmas cards at The Cathedral School and how we can help our environment.

This year we have organised for a waste company to deliver a bin for us to recycle our cards. Eight billion cards are sent at Christmas in the UK alone and only one in four of these are recycled. Please bring your cards to school in the new year so they can be recycled and help us be in for the chance to win prizes for our school!

Many thanks the ECO team



**HAVE
AN
ECO-FRIENDLY
CHRISTMAS**



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Upper School Disco £100

Bazaar £2,000

Footprints Photography £145

CAULIFLOWER CARDS £350

Pre-Loved Uniform £140

Playground games £80

Raffle £1,250

TOTAL RAISED £4,065!!

**Thank you for helping us
raise funds this term**

**MERRY CHRISTMAS
FROM THE PTA**

**2024
New Year
BALL**

Chelmsford Cathedral and Cathedral School PTA

SATURDAY 20 JANUARY 2024

CHELMSFORD CATHEDRAL
7.15pm for 7.30pm
Carriages at 11.30pm

ARRIVAL DRINK, FOUR COURSE DINNER, LIVE BAND AND DANCING

£50 per person
Tables of 8-10, individual ticket sales welcome
Dress code: Black Tie

Ticket purchases:
Scan the QR code or book via:
www.peoplesfundraising.com/event/new-year-ball-2024

Menu and Dietary requirements will be requested prior to the event

**THE CATHEDRAL SCHOOL
PTA
Christmas
RAFFLE**

WINNERS

Eurostar tickets - Family of 4:	536ecf46-b51a-48a5-a1d9-5bbd7e950b8b
2 x tickets to Mrs Doubtfire	1cfcba09-8e93-4a74-8a86-0b0fd9b1159
£200 Six Voucher	a4292ec5-c26d-4cf8-b162-3043ffcdcb230
£100 Smyths Toys Voucher	a4292ec5-c26d-4cf8-b162-3043ffcdcb230
£50 Everyman voucher	c7a34be7-f0b4-4892-b76b-1d0a348e064d
Christmas Turkey	6cbf2e2c-2133-47a7-8870-a89a64bd44d9
Benefit Cosmetics Hamper	7ae6881c-36b6-45b7-b05e-d39ca6be249a
£15 Meatline voucher	5eb89af9-84c7-4953-95ff-6f5dfe8aac16
Marriages Flour Hamper	e4add968-e2e2-4ec0-af09-2a43d73536f5
Little Blossom Skincare treatment	498fe789-8202-4bf3-959e-2fd5c65d7dcc
STEM construction kit	a5a7092b-8eb5-45e3-b713-6513e4126a29
Total Body Fitness PT session	27e7d2b3-4ad2-42e4-be62-d96e3057dd90



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Mid Essex


EARLY HELP DROP-IN



Every Wednesday 12:00pm – 1:05pm

What do we mean by Early Help?

Early Help is the identification of, and response to, emerging problems for children, young people and their families. In the **Essex Windscreen of Support** this is known as **Additional** or **Level 2** support. 100s of organisations support the Early Help system in Essex.



What will you get from the session?

Partners in Mid Essex who work with children, young people & families will have the opportunity to discuss anonymised cases, gain peer support, be signposted to advice & help to answer general questions

These sessions are supported by our panel of subject experts from across the early help system including:

Team Around the Family Support Officer (TAFSO) Inclusion Partners / Essex Family Support Service / Engagement Facilitators / SENDIASS Attendance Specialists / Essex Youth Service / Peabody Outreach Essex Child & Family Wellbeing Service / DWP and others

Feedback from partners who have presented cases at the drop-in:

"So useful. Thank you for the time and support and ideas given"

"Thank you for being so informative and reassuring."

"The team are extremely knowledgeable."

WE HAVE NOW MOVED TO AN [ONLINE BOOKING SYSTEM](#), WHERE YOU ARE ABLE TO BOOK 1 OF OUR 4 PRE-BOOKABLE SLOTS

COLLEAGUES ARE STILL WELCOME TO [CLICK HERE TO JOIN THE MEETING](#) WITHOUT BOOKING, BUT WE WON'T BE ABLE TO GUARANTEE A TIME TO DISCUSS YOUR CASE

ANY QUESTIONS PLEASE EMAIL: MAXINE.MORLEY@ESSEX.GOV.UK

These sessions **DO NOT** replace work undertaken by the Children & Families Hub as outlined in [Effective Support for Children & Families in Essex](#)



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Christmas at the Cathedral

Festival of Nine Lessons and Carols Thursday 21st, Friday 22nd and Saturday 23rd December at 6.30pm

A traditional carol service led by the Cathedral Choir
with readings and congregational singing.

Carols for Kids

Friday 22nd December at 12.30pm and 2pm

A family-friendly sing-a-long of all your favourite
Christmas carols. Wear your Christmas jumpers!

Crib Service

Sunday 24th December at 3.30pm

In this interactive service children are invited to
dress up as characters from the nativity and help
retell the Christmas story.

Midnight Mass

Sunday 24th December at 11.30pm

A traditional Choral Eucharist with the Cathedral
Choir to welcome Christmas Day. Incense will be
used during this service.

All-Age Eucharist on Christmas Morning **Monday 25th December at 9.30am**

Christmas Day Choral Eucharist **Monday 25th December at 11.15am**

With the Bishop of Chelmsford. Incense will be used
during this service.