



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

Psalms 121 1 I lift up my eyes to the hills-- where does my help come from? My help comes from the LORD, the Maker of heaven and earth.

Friday 19th January 2024

Message from the Headteacher

Dear All,

Courage to try something new and stepping outside our comfort zone has been a strong focus in Worship. Of course alongside that comes where we get help and understanding from. For everyone, this begins with our parents, our families and the adults and often our friends at school for many this includes their Faith and belief.

School is about constant challenge, learning something new, revisiting to build forward again or extending; including using and applying our knowledge.

This week, some of our pupils went to Sport shall athletics and yesterday was the basketball county championship. The children made a fantastic effort in each case, finishing respectably and noticeably grew in confidence over the course of the competition at the Basketball yesterday. Sometimes, they have made a good start and fallen away, but in these early stages of basketball competitions, Mr Richardson and Mr Gilmour commented on their progress and increasing confidence. Well done to our Upper school teams.

Also this week, we relaunched our Class-led worship. Yesterday, it was led by Class 4 who explored our school vision and Christian values and what that looks like in practice. Historically, a "Class Assembly" was either showing the curriculum or a performance. If you come on a Thursday to see them, please remember they are a worship and although instinct can be to clap and encourage do so at the end so as not to interrupt the reflective time. In the same way, please no photos, joining us for worship is to come and share our worship.

Monitoring standards in all areas across the school is the role of many of the staff, sometimes as an extra person and sometimes picking up someone else's role. For me this week, this has included both and I have been pleased to see the children well-wrapped up outside at lunchtime and become a submarine expert with EYFS pupils telling me all about periscopes.

In our staff meeting training this week, we completed a unit on restorative practice as part of our Trauma Perceptive Practice approach. This may be something you would like to know more about and could be the focus of a Friday cup of tea and biscuit slot. Please contact the office if there are areas you would like a short briefing on so that we can arrange this for groups.

Finally, we suspected that one of our trees had been struck by lightning when we returned after the Christmas break and was now a tree of two halves, Great for imaginative writing...."Where would you go to if you slipped through the narrow gap?" but less so for health and safety. So the Reflective Garden had been out of use. I'm pleased to say that when our gardeners came yesterday and considered a tree surgeon, it actually decided it was time to be a pushover and has spared us the expense. Sometimes waiting is a valuable response.

Kind regards

Linda Wiskin





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Key Dates for Your Diary

- Upper School Assembly Class 10 25.01.2024 2:45pm
- Middle School Assembly Class 7 01.02.2024 2:45pm
- Non Pupil Day 16.02.2024
- Half Term 19.02.2024—23.02.2024
- Parents Evening 06.03.2024 & 07.03.2024
- World Book Day 08.03.2024
- Upper School Assembly Class 11 14.03.2024
- Infant Music Festival 15.03.2024
- Middle School Assembly Class 6 21.03.2024
- Good Friday & Easter Monday 29.03.2024 & 01.04.2024
- Easter Holiday 02.04.2024—12.04.24
- 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
- Year 4 Sleepover 28.06.2024
- Leavers Service 09.07.2024

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

Bold recently added



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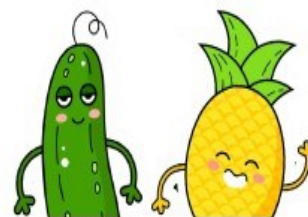
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Lunch Menu week commencing 22nd January 2024

THE CATHEDRAL SCHOOL

Week Three Lunch Menu



MONDAY	OPTION 1 Beef Bolognese Pasta Salad	OPTION 2 Vegetarian Pasta Bake (Optional Cheese) Salad	Dessert Fruit Crumble & custard
TUESDAY	OPTION 1 Quiche Lorraine Couscous, Sweetcorn, Baked Beans	OPTION 2 Jacket Potato Baked Beans, Cheese or Tuna Sweetcorn	Dessert School's Favourite Sponge
WEDNESDAY	OPTION 1 Roast Gammon Roast Potatoes Yorkshire Pudding Seasonal Vegetables (optional gravy)	OPTION 2 Roast Quorn Fillet Roast Potatoes Yorkshire Pudding Seasonal Vegetables (optional gravy)	Dessert Flapjack
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, milk 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](#)



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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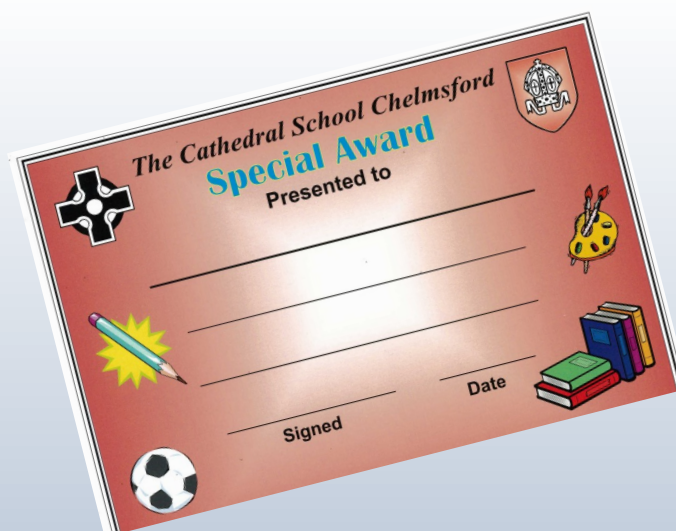


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Weekly Special Achievement Awards



EYFS

Renee M

Mac G

Lower School

Erika H

Bogdan D

Hope N

Middle School

Zack D

Katia L

Matthew Y

Upper School

Jude G

Oliver E

Kitty G



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Grow Your Well-Being



Children's Mental Health WEEK:

Monday 5th – Friday 9th February

This year the theme for Children's Mental Health WEEK is:

MY Voice Matters

Launched in 2015, the week exists to empower, equip and give a voice to every child in the UK.

Talking to your child about mental health

Some powerful feedback from both primary and secondary aged children, for us parents to think about...

Here's what children and young people told us they need from you:

- ① We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- ② I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- ③ Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- ④ Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- ⑤ Don't compare my experiences to your own when you were a child.
- ⑥ Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- ⑦ Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- ⑧ If you are open with me about your feelings, this can help me to be more open about mine.
- ⑨ Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school – because they 'get it'.
- ⑩ Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

📌 For primary children: bit.ly/3PzCGI8

📌 For secondary children: bit.ly/3LBD2wK

If you find it difficult to start a conversation with your child about mental health, please get in touch. The pastoral team have some great ideas to support this. 😊

Mrs Burnham



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Sports News

Basketball County Championship



The Cathedral School basketball squad put in an excellent showing at Thursday's county championships in the Essex Sports Arena at the University of Essex.

Despite defeats in their first three matches, the squad battled back in the 15-team tournament to reach the Super 10s and eventually finished in seventh place.

Harrison scored twice in a 4-6 defeat to Nazeing, before a narrow 2-4 reverse against Leigh North Street (Oliver our scorer) and a 2-6 loss to Group 2 winners Buttsbury (Wiktor on target).

However, because of results elsewhere and our close matches, victory in our final game would propel us into the Super 10s, and in a nail-biting finale, Michelle scored to secure a 6-4 win over Glebe. Garrick also scored twice.

In Group B of the Super 10s, all our matches were again incredibly close. We lost 0-2 to Buttsbury again, but defeated Harris Mayflower 4-2 (Wiktor and Michelle scorers) and drew 2-2 with Bentley (Garrick our scorer) before a 0-4 loss to top seeds Lee Chappel from Basildon.

What was most encouraging was how the team improved and raised their game against strongest opposition and we finished as the leading school from mid-Essex.

The rest of the squad included Nathan, Hugo, Isla, Bethany, Janelle, Sophie and Lucy.

Thank you to the parents who could assist with transport and support us on the day.

Sports Hall Athletics Competition

A team of 29 athletes from Upper School took part in a tough Sports Hall athletics competition on Tuesday afternoon at Melbourne Stadium against teams from New Hall, Moulsham, Lawford Mead, Boreham, Newlands Spring, Chancellor Park and Great Leighs.

There were a few nerves beforehand but everybody acquitted themselves well.

Track victories went to James and Gabriel in the 2+2 relay and Max and Harrison in the 6 lap relay, but there were close seconds, thirds and fourths for many of our squads, while all the team could point to earning crucial points in the jumps, throws and speed bounce.

In the final tally, we finished a very creditable fourth and were just six points behind the third-place team. Across the entire festival, once all points were compiled, we came sixth out of 17 schools.