



The Cathedral Church of England Voluntary Aided Primary School



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Colossians 3: 13 Just as the Lord has forgiven you, so you must also forgive others

Friday 22nd March 2024

Message from the Headteacher

Dear All

In worship this week Class 6 brought us The Prodigal Son this week as they explored the theme of forgiveness as well as times they had recognised forgiveness in their lives.

Mrs Southgate has led Science week, with some serious questions about science or magic....science seemed to be winning. We can't always explain some phenomena but we have great fun in our learning.

In this term's Cathedral service, all our pupils contributed to the telling of the first Easter through Gospel readings, prayer and music. It was great to have the Precentor designate Rev Seb Harries share worship with us as we look forward to his further involvement with the school as he takes up his role shortly.



Congratulations to our winning netball team and commiserations to the footballers this week.

I have sent out, on behalf of The School Trust, a letter regarding an Easter Egg Hunt that will take place next week, please see the email.

Our new playground progresses well and we hope to see it finished early next week. We will continue our present arrangements into next week for entrances and exits!

Thank you everyone for your flexibility and patience during this period.

Kind regards

Linda Wiskin

**Important
Notice!**

Book Sale

There will be a donation book sale after school on Wednesday 27th March.

Key Dates for Your Diary

- Y4 MHST Workshop 25.03.2024 3:30pm
- EYFS Mum's Afternoon 26.03.2024 1:45pm
- Good Friday & Easter Monday 29.03.2024 & 01.04.2024
- Easter Holiday 02.04.2024—12.04.2024
- School Choir Guesting at St Andrew Church 11.05.2024
- 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
- Year 4 Sleepover 28.06.2024
- Leavers Service 09.07.2024

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

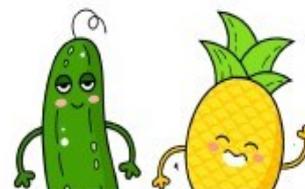
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Lunch Menu week commencing 25th March 2024

THE CATHEDRAL SCHOOL

Week Two

W/C 25/03/2024 Lunch Menu



MONDAY	OPTION 1 Chicken Curry Rice Mixed Veg Naan bread	OPTION 2 Jacket Potato Cheese, Tuna Mayo or Baked beans	Dessert Fruit Crumble & custard
TUESDAY	OPTION 1 Homemade Sausage Roll Potatoes Sweetcorn, Baked Beans	OPTION 2 Carrot, Courgette & Cheese Roll Potatoes Sweetcorn, Baked Beans	Dessert School's Favourite Sponge
WEDNESDAY	OPTION 1 Roast Chicken Crispy Roast Potatoes Yorkshire Pudding Seasonal Vegetables (optional gravy)	OPTION 2 Roast Quorn Fillet Crispy Roast Potatoes Yorkshire Pudding Seasonal Vegetables (optional gravy)	Dessert Flapjack
THURSDAY	OPTION 1 Cheese & Tomato Pasta Bake	OPTION 2 Mediterranean Roasted Vegetable Pasta	Dessert School's Favourite Biscuit
FRIDAY	GOOD FRIDAY		

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](#)

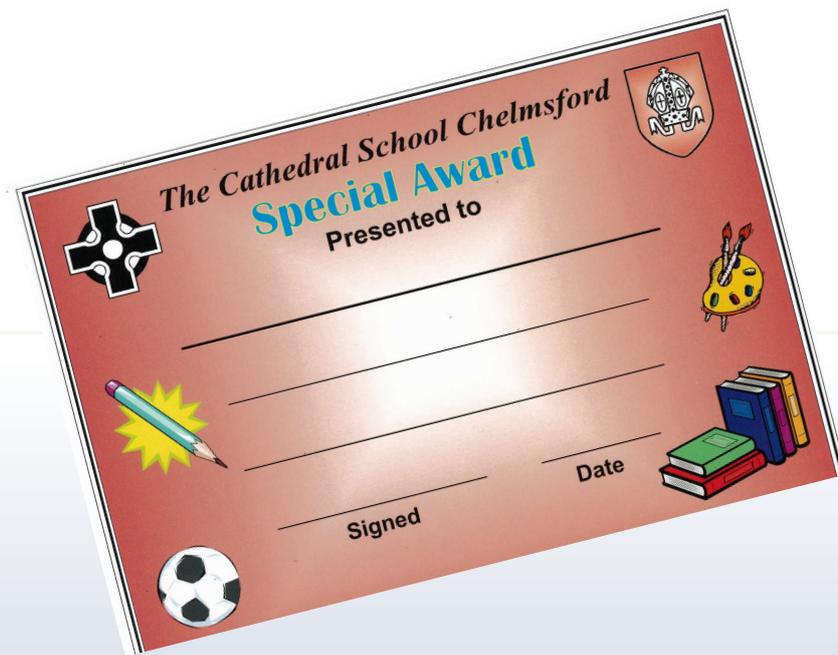


Nut Free School The school aims to protect children who have allergies to nuts, We do not allow nuts or nut products in school lunch boxes or in their snacks.

Please can we remind parents to cut grapes in half.

Thank you for co-operation.

Weekly Special Achievement Awards



EYFS

Natalia D

Leah H

Lower School

Eloise S-S

Aiden S

Caleb L

Middle School

Lexey D

Adam G

Lambris G

Emmett G

Upper School

Ella R

Lucy B

Leia P

Football & Netball League Matches

Congratulations to our netball team, on Thursday they had another great league game with a final score of 12-2 against Moulsham Junior School.

The netballers were Sophie, Bethany, Lucy, Isla, Holly, Oliver & Daniel. Well done.



On Wednesday our football team, played another league game, with a 3-0 defeat against Moulsham Junior School.

The players were Oliver, Max, Kachi, James, Milo, Laurence, Daniel, Harrison & Jack. Great effort boys hopefully we can secure a win in our next match against Mildmay after Easter!



SEND UPDATE

Good Beginnings Course

Do you have a child in EYFS or younger with social communication needs or autism? Would you like to learn more about how to support your child, and meet other parent/carers?

Good Beginnings is a 10 week course for parent/carers delivered by Essex County Council and is taking place across the county at a variety of times and locations. It is a face to face course for parents and carers of children aged 5 or under, who have autism or social communication needs although a diagnosis of autism is not needed to access Good Beginnings.

The course covers:

- understanding autism
- communication
- play
- sensory processing
- behaviour is communication
- eating, sleeping and toileting
- managing anxiety

To express an interest in a place, please click the link to access the application form

<https://send.essex.gov.uk/search-support-groups-and-activities/good-beginnings-course>

Due to high demand, it may be necessary to add your details to a waiting list for the next course with availability.

Autism Central Peer Education Programme - East of England Hub

The Autism Central Peer Education Programme offers families and carers of autistic people high-quality and easily accessible autism education, information and support. Essex County Council, in collaboration with Essex Family Forum, hold the contract to deliver the programme across the Eastern region.

How it can help

Sometimes, talking to people who share similar experiences to yours means you're more likely to feel understood and get the help you need. The programme is a free, all age service. You do not need a diagnosis to access the support. The programme offers support in three ways:

- The Autism Central website which has an ever-growing range of information and guidance on a broad range of autism related topics
- Weekly, online group sessions for parents - anything autism related can be discussed
- 1:1 support for parents/carers via a telephone or Teams call

The programme is run by families for families. Each session is facilitated by Peer Educators who are themselves parents and carers of autistic people. They listen, offer guidance and signpost to services available in the local area.

For more information, please access the Autism Central website via

<https://www.autismcentral.org.uk/hubs/east-england-delivered-essex-county-council>

Residential Trips

Next instalment of £95 is due for the Year 5 (current Year 4) Kingswood residential trip is due on 28th March.



Community News



We would like to share information from our wider community with you such as; local events, and information from other relevant organisations including special offers.

To visit the Community Page [Click Here](#)

School Crossing Patrol Officer Vacancy

Are you looking for an opportunity to support your local community?

Come and join Essex County Council's School Crossing Patrol Team,
We currently have a vacancy serving:

£11.81 per hour
Term Time Only - Part Time Hours

To apply visit www.workingforessex.com, or call the Resourcing Team on **0333 013 5888**.



ACL FAMILY LEARNING
SESSIONS TO SUPPORT YOU & YOUR FAMILY
FREE

- Managing Big Emotions
- Mindfulness & Relaxation
- Raising Girls
- SEND Support For Parents & Carers
- Setting Boundaries
- Supporting Children & Teens With Anxiety
- Supporting You & Your Family
- Understanding Children
- Understanding Neurodiverse Children

MENTAL HEALTH

aclessex.com
& type 'FL' in the Find a course box to view the sessions listed

03330 321 017

Email queries to: aclfamilylearning@essex.gov.uk

ACL FAMILY LEARNING
FREE! FAMILY SESSIONS THIS APRIL
FREE

- Easter Crafts
- Spring Crafts
- Slime
- Easter Egg Challenge

From your local Family & Community Learning Team
FREE FAMILY FUN FOR EVERYBUNNY!

aclessex.com
& type 'FL' in the Find a course box

03330 321 017

Email queries to: aclfamilylearning@essex.gov.uk