



Cathedral Primary School Community News



CPS Community News - w/c 11th May 2020

A message from Mrs Yarnold

Dear Parents/Carers,

We continue to be amazed by the children's work and at your commitment to supporting home learning. Thank you so much for continuing to support this. Teachers regularly share these amazing pieces of work or learning to the CPS team which is also helping to keep our spirits lifted. This week Miss Tennant's class shared an amazing video with us - "The Loo Roll Up Challenge" - it was so lovely to see so many of the class involved in that.

Last week we reviewed the results of the questionnaire we asked you to complete. Your comments have provided us with a useful insight into how you are finding home learning and the Seesaw platform. The results were overwhelmingly positive, and we would like to thank you for all the very kind comments you made about the quality of the provision. As ever, there are things for us to work on and we are making plans to address the concerns that you had. One thing that you may have noticed we have actioned, is to reduce the amount of tasks set by the teachers on Fridays. In response to your feedback we have decided to treat this day as a consolidation and catch up day, to allow the children to complete tasks from earlier in the week, to edit work, or to practice a skill that they may have learnt. You may therefore notice that teachers do not set so many new tasks on that day.

It is worth mentioning, that this week would have been the week when our Year 6 children would have been sitting their "SATs" assessments. This would have been a milestone for them in entering their transition to leaving CPS and moving to Year 7. Miss Driscoll wrote and recorded them a fantastic poem at the beginning of the week, which brought a tear to many an eye. We are so proud of everything they have achieved at school and know that they would have done fantastically had they sat the assessments. As Miss Driscoll said in her poem however, we value the children for much more than the completion of assessments, and we miss their presence in school due to that.

As many of you know, Mrs Pill will be leaving us at the end of next week to commence her maternity leave. I am sure you will join us in thanking Mrs Pill for her commitment to her class and the school. We wish her all the very best for the coming weeks and we can't wait to hear exciting news.

We hope that you are well and staying safe,

Kind regards,

Mrs Yarnold

Top Tip

Breathe! - This period can be stressful at different times in different ways for many of us. If you find yourself becoming anxious or agitated then a simple way to anchor yourself or your child is the 3-4-5 breath technique. Breath in for 3 seconds, hold it for 4 seconds and then breath out for 5 seconds. This can be a useful way to divert your thoughts and refocus your brain.



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Reception

Dear Reception,

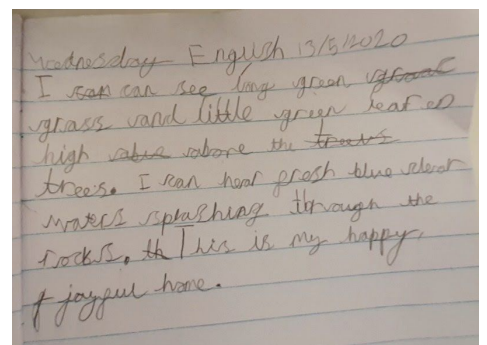
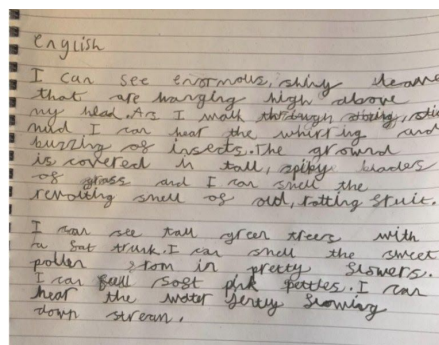
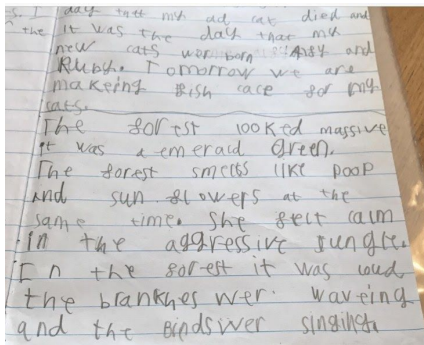
Another week of wonderful home learning! We have continued with our 'Under the Sea' topic, this week focusing on the tall tales of little Tiddler! We have had some more beautiful artistic creations and lots of imaginative tall tales being drawn, written and acted out! I have really enjoyed seeing Reception explore the value of money by investigating coins using crayon rubbings and labeling them as well as running their own shops and even giving change! They have applied their super addition and subtraction skills to this tricky task and started building some fluency recognising some familiar number bonds. Keep up the good work, Reception!

Love from, The EYFS Team.



Year 2

We've had another great week of home learning in Year 2! In Maths, we've continued to look at adding and subtracting using the column method which feels very grown up. During Topic lessons, we've explored microhabitats to find some marvellous minibeasts. However, descriptive setting writing has stolen the show in English with adjectives, adverbs, conjunctions and many more features being included. Check some out for yourselves!





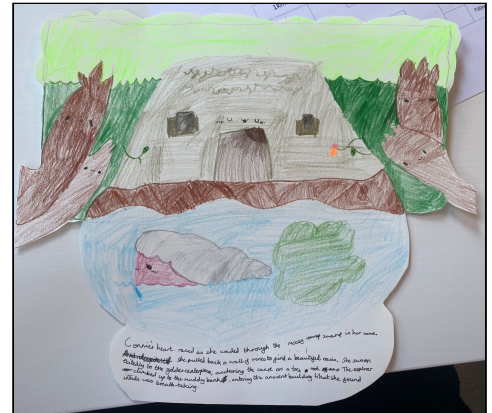
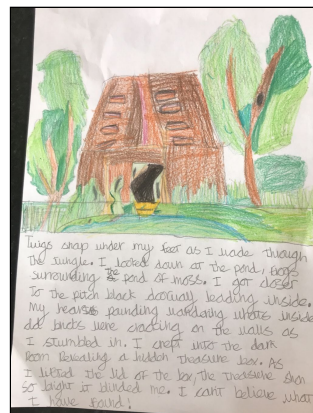
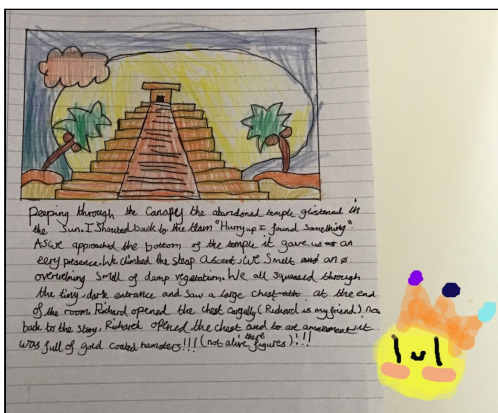
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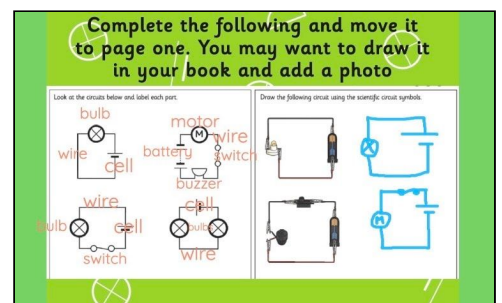
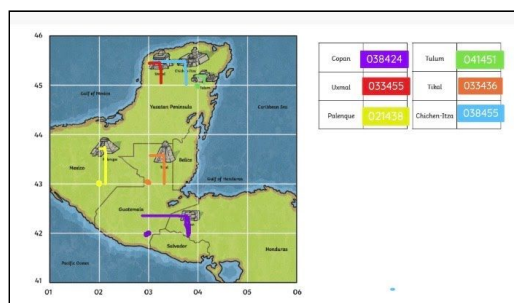
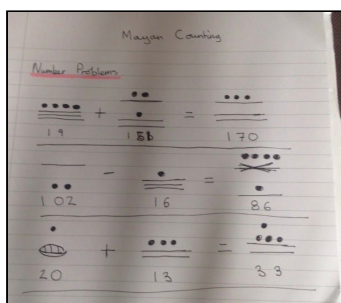
Year 4

Over the last 2 weeks Year 4 have been continuing our work on the Ancient Egyptians, learning about farming, religion and hieroglyphics. Our English work has been inspired by the incredible true story of the discovery of Tutankhamun's treasure and thinking about other places we could find treasure. We even managed a virtual school trip to the Tutankhamun exhibition! In maths we have learnt how to find the area and perimeter of shapes, and have now moved on to converting measurements. We are so proud of how you are keeping going with your home learning - keep it up Year 4!



Year 6

Another fantastic week of learning in Year 6! We have consolidated some fraction methods, written some incredible stories using a variety of descriptive techniques and read some interesting chapters to our books... we've also begun learning about Buddhism, created some amazing fact files about Maya Gods, explored circuits and used SIX figure grid references!! As always, the children have gone above and beyond and impressed us all with their efforts!





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Pastoral Team

  **COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND**  

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 

1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system	5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help
8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you	12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger
15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity	19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with
22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths	26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year
29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time					

 "Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl 

ACTION FOR HAPPINESS     

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

SEND

Here is a technique you could try with your child to help them relax or be ready to start their learning activities. It is also a good activity to try if you are outdoors for daily activity and want to take a moment to tune into your surroundings.

BRISTOL EDUCATIONAL PSYCHOLOGY SERVICE

Resource based on paper from Szabo, Richling, Embry, Biglan and Wilson (2020) From helpless to hero: Promoting values-based behavior and positive family interaction in the midst of Covid-19

PRESENT MOMENT EXERCISE HELP YOUR CHILD BRING THEIR ATTENTION BACK TO THE PRESENT	4 THINGS YOU CAN HEAR Listen really hard, what 4 things can you hear? Open the window, what can you hear outside?	2 THINGS YOU CAN SMELL What 2 things can you smell? What do you think of these smells? Open the window, what can you smell outside?
5 THINGS YOU CAN SEE Look around you, what 5 things can you see? Inside the house? What about outside, can you look out your window?	3 THINGS YOU CAN TOUCH What 3 things can you touch? What do they feel like? What do you think of this feeling?	1 THING YOU CAN TASTE What 1 thing can you taste? Do you like the taste?

Lizzie Snelling



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PE from Mr Baynton

I continue to be so impressed with all the pictures, videos and words I'm being sent by you all showing me how you're keeping active at the moment. I think you're all doing a great job! Remember you can look at this page on our website if you'd like some more inspiration:

<https://www.cathedralprimaryschool.org/children/sport/pe-at-home-2020>

I've made it really hard for myself by only awarding 3 medals each week because there is so much fantastic work being passed to me. I'm particularly impressed by those children who are consistently showing me perseverance in their practice. Keep going!

Mr Baynton

PE at Home Medals (week ending 8th May):



Gold - Josie (Yr 6 - Choral class)



Amazing determination every week in everything she practices.



Silver - Jack (Yr 5 - Blues class)



Great creativity to practice in a variety of different ways.



Bronze - Bodhi (Reception - Rock class)



Enthusiastic catching practice and a desire to challenge himself



PE at Home Medals (week ending 15th May):



Gold - Ezekiel (Yr 1 - Hip Hop class)



Super catching and rolling skills.



Silver - Alex (Yr 4 - Country class)



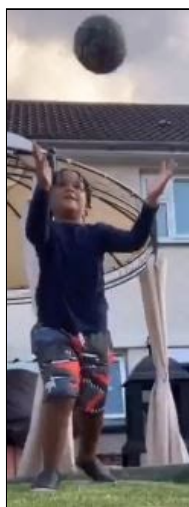
Great accuracy in his game of Boccia.



Bronze - Madison (Yr 3 - Opera class)



Brilliant 'juggle challenge' practising.





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From the Office

We thought this was lovely. A free collection of short stories, poems, essays and pictures.

[The Book of Hopes: Words and Pictures to Comfort, Inspire and Entertain Children in Lockdown](#)

Sustrans now have a link to fun and educational resources. Each week, the Outside In programme provides families with five activities themed for wellbeing, keeping active, being creative, investigating and 'anything goes', as well as a challenge to keep children active whilst at home.

[Sustrans Outside In](#)

Green Team

I hope everyone is enjoying time outside and in nature when they can. There is a fantastic competition being run by 'Into Film' which has been designed for Primary children to explore 'nature in your neighbourhood' and create a short film. Check it out here:

https://www.intofilm.org/competitions/16?utm_source=Into+Film+-+Master&utm_campaign=1eff19f683-home-learning-8-ah&utm_medium=email&utm_term=0_a1465a9b17-1eff19f683-139938601

