



Cathedral Primary School Community News



Newsletter No.4 - December 2020



A message from Mrs Yarnold

Dear Parents and Carers,

As I write this newsletter there is a festive atmosphere around the school. Christmas Jumper Day, live streamed theatre and a virtual call from Santa for Key Stage 1 children. Despite the challenges we have faced this term the school has once again felt like such a special place to be at Christmas.

We have very much missed this term the children performing at the Cresswell theatre and Cathedral. We do however have some Christmas spirit for you. Each class has worked hard to learn a Christmas carol which has been recorded. Details of how you can listen to the carols will have been sent out to you ([CPS Nativity](#)). We hope you will be able to find some quiet time with your family to listen to this wonderful singing.

As the school has grown in size so have the many traditions. One very special one has been to visit the theatre every Christmas. We were determined to create this event at school and the children really enjoyed their school theatre visit. All classes watched a theatre production from the comfort of their own classes. Key Stage 1 and Year 3 enjoyed the Tobacco Factory Raymond Briggs story of 'Father Christmas'. Year 4, 5 and 6 watched the Old Vic perform 'A Christmas Carol'. All children were also treated to an interval break with refreshments of squash and a Freddo bar!

Even though Santa was unable to visit school this year the Key Stage 1 children did get to ask him some questions through a Zoom call. As always our younger children asked some thought provoking questions. Our favourite question this year was 'How do the elves manage to wrap all the presents?'. The children were also delighted to once again all receive a lovely book as a Christmas present.

During this term there have once again been some really exciting curriculum topics and events. We hope that you continue to keep up to date with them via our Twitter page (you can find a link to our Twitter page on the homepage of the website). Year 3 visited the Cathedral to find out more about Bristol through a costume trail; Year 4 designed, made and painted Greek pots; Year 5 studied the art of Uruguayan artist Joaquin Torres-Garcia and produced an amazing collaborative piece. It's also been fantastic to see the children immersed in learning their Christmas songs, creating and celebrating the decorations for our school.



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The Dean Mandy Ford has been in contact with school and filmed a short christmas message which all the children have watched. She spoke about the strange times we are in and how Christmas at the cathedral is a bit different this year. We look forward to the children meeting the Dean more regularly through assemblies and visits to the Cathedral.

Once again you have been very generous with gifts this Christmas. We are well stocked up with some lovely treats. Many thanks from all the staff. We would also like to thank you for your continued support this term with homework, spelling, reading activities and for some of your homeschool learning. Please remember that it is really important to keep up with regular reading over the Christmas break.

I would like to finish by saying a huge thank you to all of our school community for your support this year. Your positivity and your children's enthusiasm and big smiles make our school a very special place to be. I really hope that families manage to have some safe time together and look forward to working with you in the new Year.

We wish you all a very Happy Christmas!
Thank you for your continued support,

Best Wishes

Sara Yarnold and the CPS Team



Timings of the School Day

Due to the rapidly changing rules and tier systems we have taken the decision to continue for the time being with our earlier school day into January.

We do understand that this is not the most convenient option for a small number of our families. However, since social distancing continues to be as important as ever, and to avoid the need to continually swap timings in the event of any further changes in tier, we believe that consistency of our current routine will help our school day continue to run as smoothly as possible for now. Thank you for your understanding. A reminder of our school pick up times is as follows:

Reception = 8.30am - 3.00pm	Year 4 = 8.30am - 3.10pm
Year 1 = 8.30am - 3.00pm	Year 5 = 8.30am - 3.15pm
Year 2 = 8.30am - 3.10pm	Year 6 = 8.30am - 3.15pm
Year 3 = 8.30am - 3.05pm	



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Pastoral

Introducing the Zones of Regulation





This term the children have been learning about the zones of regulation as a way to express their emotions. Instead of saying a specific emotion the children can say 'I'm in the red zone'. This can make it easier for children to say how they're feeling as it depersonalises the emotion and normalises it.

The children have learnt which emotions are in which zone and how they may feel in that zone. The children have also thought about some strategies they would like to use to help move them from the blue, yellow and red zones back into the 'green zone'. Mrs Gunn, our Emotional Literacy Support Assistant (ELSA) put together this brilliant unit of work for us. Why not have a go at using the zones at home too? It takes some practice to get used to using the zones but we often ask children

'what zone are you in?'

'Why do you think you're in that zone?'

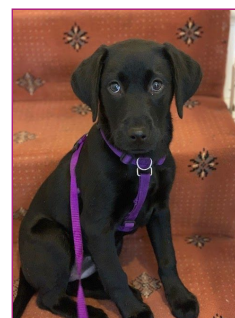
'is there a strategy that you can use to help you?'

 SLOW Very low energy feelings Can feel uncomfortable	 STEADY Good level of energy Feels comfortable	 SPEEDING UP Lots of energy feelings Can feel uncomfortable	 SUPERFAST Can have high energy Feels uncomfortable
Tired Sad Sick Bored Feeling slow	Happy Calm Positive Just right Ready to learn	Excited Silly Frustrated Nervous/worried Annoyed Fizzy Wiggly Maybe a bit out of control	Big angry Terrified Big upset Big worried Big silly Out of control, can't think!

SEND

'Pupdate'

Bramble is now 14 weeks old and getting used to wearing a harness and walking sensibly on her lead. She has worked out how to go up our stairs at home, but not down! She has visited the outside of our school and will be coming inside to start getting used to the building during the Christmas break





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If you have a child with Special Educational Needs, Bristol City Council provide support through the following organisation:

<https://www.supportiveparents.org.uk/>



Who We Are

Supportive Parents provides the statutory SENDIAS service for Bristol, North Somerset and South Gloucestershire.

SENDIAS stands for Special Educational Needs & Disability Information, Advice and Support.

What We Do

We provide information, advice and support about special educational needs or disabilities (SEND) to children, young people up to the age of 25 and their parents. Our service is free, confidential and impartial.

How We Help

We provide an information, advice and support (IAS) phone line and email service. Our information, advice and support line staff are all trained in SEND law. We'll listen to your queries and concerns and provide you with information, advice and support on all kinds of SEND issues at every stage of your child's education – from the time of your first concerns, into further education and adulthood.

Lizzie Snelling
SENCO

CPS PTA

Merry Christmas from the PTA!

Despite not being able to put on our usual events this Term we have had a fantastic result with our distanced fundraising - together we have raised: around £1,000 from Christmas tree sales, £500 from Christmas cards, £75 from the wreath making workshop, £25 from craft kits purchased and £192 from the PTA UK raffle.

Well done everyone - the funds raised will go directly into enriching the children's school life either through forest school, new books, wow days and other activities the school would like support with. Thank you!

We would like to extend special thanks again to Folio Print (Andy and Tara Bird) in particular for printing, packing and delivering the Christmas cards for us and to our card sponsors. We are forever grateful!

We hope the children enjoy the virtual Christmas disco taking place on Friday 18th December at 6pm. Log in details will be sent via school email.

We wish everyone a wonderful (and safe) Christmas and New Year and we look forward to seeing you in January.



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All the best
CPS PTA

From the Christmas Tree Team

A massive thank you to all who supported the first joint PTA Christmas tree sale in purchasing a tree . We have raised a whopping £2200

ALL profits from the tree sale will be split evenly between both CPS and BCCS PTA to help fund enrichment activities and support children across our schools community.

A massive thank you to all our parent volunteers from both schools who gave up their warm beds to come out on a miserable Saturday morning to help out.

Delivery teams Alex Major, Charlie Martin, Russell Watts, Al Norman. On Site Richard Rees, Marnie Rees, Caroline Withers, Lisa Richardson, Helen Armstrong, Petre Grove, Alix Sherman .

Pre-sale behind the scenes Marnie Rees, Mary Hodges, Karen Norman, Emily Piti, Lois Glynn , Mimi Johnson , Iain Hamilton and of course Frenchay Forestry , thank you all.

We will be back next year, let's make this a Christmas tradition.

Thank you everyone for your amazing support, Merry Christmas and a Happy New Year to you all,

Jon and Marnie
Cathedral Schools PTA
Christmas trees



From the Office

Thank You:

A huge thank you from all of the Office Team for your generous gifts, cards and treats, it really means a lot and we wish you all a restful and happy festive break.

Admissions:

Don't forget, if you have a sibling starting at CPS in September 2021 an application must be made on the Common Application Form (CAF) via your local authority - [New reception primary school place](#)

The closing date is midnight on the 15th January 2021. For more information regarding Admissions at CPS please visit our website - [Admissions](#)

Year 4 Eye Tests. From the School Health Team:

It is known that eyesight can change during childhood and adolescence. We recommend that during this school year, if they are not already being seen regularly, you take your child to an optician of your choice, where their eyesight can be tested free of charge.



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At this current time it is advisable that you contact your optician to book an appointment for your child before attending.

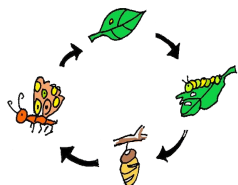
Yours faithfully,
School Health Team

National Citizen Advice Helpline:

If you are worried about affording food this Christmas, you can ring the National Citizen Advice Helpline free number on 0808 208 2138. They will discuss your circumstances with you confidentially and if appropriate will issue you a food voucher over email, or a code over the phone, to bring to your local foodbank to exchange for an emergency food parcel.

Green Team

We would like to take this opportunity to update you on some of the environmental initiatives that have been taking place, and coming up at Cathedral Primary School.



Firstly, I am delighted to have taken over this role to continue the fantastic work that Miss Tennant delivered during her time at the school. She worked hard alongside Green Team members to obtain Eco-schools status, organised many fantastic events, attended the Eco School summit at City Hall and last year the school was awarded the bronze Modeshift star award to show our commitment to promoting active travel to school.

Things may look a little different this year, however so far we have taken part in Clean Air Day and have recently had a whole school assembly to promote Road Safety Week, encouraging the children to think about how they can travel more safely in the winter months. Alongside this assembly we have launched a competition where the children can be entered into a prize draw to win some 'Be Bright Be Seen' goodies.

We would like to say a huge thank you to all of last year's members for their amazing ideas and enthusiasm and in January, we will be launching our Green Team Elections to find new members for this year's Green Team.

Children that are interested are asked to create a song, poem, poster, short video or any other exciting and informative method to show their class why they should be elected as the class Green Team representative. The election will take place in class on Friday 22nd January. Green team meetings will then be held during the school day once a month in our bubbles



We hope you are as excited about our eco-journey as we are! Please do not hesitate to get in touch if you would like to help or seek further information about our Green initiatives.

Thank you,
Mrs Morris and Miss Millington





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