



Issue: 18
19th January 2018

Very well done to Dylan and 5B for raising a super £36.80 for WaterAid at Monday's cake sale.



Dear Parents/Carers



This week, dancers have been enjoying themselves at Ballet Dance Club, and, Ellie in Year 5 has produced some creative homework in the form of a cake decorated with artwork in the style of an Anglo-Saxon coin.

Meanwhile, Khaya and Ishwin in Class 2C have written some amazing Christingle-inspired acrostic poems.

Tuesday Christingle Acrostic

C hrist: light
H ope of heaven
R ed: ribbon for candle
W ill: light up the world
I hine your light
T hank you sun
A nd heaven
I ght: light up the world
O d I can trust you
L ight up the candle
V er: with

Tuesday Christingle Acrostic

C hrist: light
H ope of heaven
R ed: ribbon for candle
I am the light
I n: your guiding light
I me to light up the world
L ight of the world
L am: heaven
G od: I am your child
L ight is the light of all places
L et us: be my friends
E ven: with us

Live Fully, Laugh Often, Learn Deeply,
Love as God Loves You and Let Your Light Shine

What *a difference a week makes....*

Thank you for all those of you who engaged with the OFSTED inspection last Friday. It is certainly a stressful process for the school community, but I believe the inspector was happy with what she saw and we are looking forward to receiving the report in the near future. As soon as I have the report I will share it with you.

153 of you put your views onto the OFSTED ParentView, which is nearly double the number that did so for our last inspection in 2012 (79 did that time). It is pleasing to see that the responses in every area have improved since then, and I hope that this is a true reflection of The Bishops' – that we are a school that wishes to develop and to do our best for your children.

How did the day go?



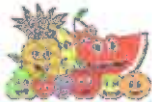



The inspector had a tour of the school and let me tell her about all the strengths of the school – the sport, art, music and of course the staff with their many gifts, and Luna and the chickens.....then Mr Fisher and I had a meeting with her to look at the school's Self Evaluation Form, in which we highlight how well the school has done in all the assessments of the past few years. Mr Fisher is well known in the school for his amazing handle on the figures, and it was vital that we could present all the progress the children make carefully and accurately.

We indulged the inspector with some live music in the KS2 Celebration Assembly (thank you guitarists and string group), and then she interrogated all our safeguarding systems to ensure that we keep your children safe and follow up concerns well. She was also keen to make sure that our Special Educational Needs provision worked well, and met for some time with Mrs Goode.

Then we went around almost all the classes where she looked at a variety of the children's books and sampled the teaching and learning that was going on. She saw some very good things – and a few things to improve on – and I am confident there will be good comments in the report about how engaged your children were in their lessons. The FS children were so keen to show her their learning journeys that she was very nearly sat on, and those who met her during the day and had lunch with her impressed her with their confidence and happiness at being in school. All this took much of the morning and the afternoon, and then she interviewed Mrs Uzzell, our Chair of Governors, and Mrs Miller, our Safeguarding Governor, followed by a large meeting with many of our subject leaders, and finally a feedback meeting to which representatives of the diocese and the local authority came.

I think she left at about 6.45pm, and we breathed a sigh of relief that nothing had gone disastrously wrong – and a great feeling of satisfaction that in one day the inspector had managed to understand what makes The Bishops' tick, and what a special school it is.

Lunchtime Menu—Week beginning Monday 22nd January 2018

MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A Hearty Slice of Homemade Cheese and Tomato Pizza 	Southern Crumbed Chicken Fillet	Local Butcher's Roast Pork served with a Yorkshire Pudding and Gravy	Sausages 	Oven Baked Young's Omega 3 Fish Fingers
	Southern Fried Quorn Fillet	Linda McCartney Vegetarian Sausage		Omelette
NEW! Warm Italian Couscous Sweetcorn	Wraps Mayo, Shredded Lettuce and Tomato Slices	Roast Potatoes Fresh Carrots Whole Green Beans	Potatoes Wedges Baked Beans Garden Peas	Chips Garden Peas and Sweetcorn Medley
Jacket Potato with Tuna Mayo			Jacket Potato with Baked Beans or Tuna Mayo	
Muller Corner Yoghurt or Organic Yeo Valley Yoghurt or Selection of Fresh Fruit	Chocolate Cake or Muller Corner Yoghurt or Organic Yeo Valley Yoghurt or Selection of Fresh Fruit	Angel Delight or Muller Corner Yoghurt or Organic Yeo Valley Yoghurt or Selection of Fresh Fruit	Muller Corner Yoghurt or Organic Yeo Valley Yoghurt or Selection of Fresh Fruit 	NEW! Frozen Yoghurt Pots Or Fruit Smoothies or Muller Corner Yoghurt or Organic Yeo Valley Yoghurt or Selection of Fresh Fruit

The **PTA AGM** has a new date. The **PTA** is such an important part of the life of our school – without their fund-raising and the activities they organise, the school would be much the poorer. Think Adventure Play Area, FS play equipment, discos, bouncy afternoons, fayres and so much family fun. They are a dedicated group who welcome and need the support of parents to continue all this good work – please support them and the school by coming to the AGM and seeing what you would like to do to help out. The revised date will be circulated soon.

Find them @BishopsPta or The Bishops' School PTA on Facebook.
Or contact at: thebishopspta@hotmail.com

There has been a case of threadworms recently. If your child is affected, please treat appropriately. For more detailed advice, please see the end of the online newsletter.

The Week Ahead ...

Monday 22nd January — FS Height/Weight/Vision assessment in school

Tuesday 23rd January— Church Service for Grp 1 (Hdghogs, 1C, 2C, 3R, 4SHW, 5E, 6A) led by 1C

Friday 26th January— 4SHW's Class Assembly in the School Hall, 9.15am (doors open 9am);
Badminton County Final (selected children), Grays, 9.30am-1pm;
Vicky Ford MP visiting Yr6

Parents' Evenings are coming up –

Tues 6th Feb 3.30—6.30pm and **Thurs 8th Feb 5-8pm**— remember to book your slots. Online booking will be available from midday on Tuesday 23rd January 2018.

(Please note that parents evenings for class 1C will be after half term; dates to be advised shortly).

The Term Ahead...

Wednesday 31st January—

Choir to Young Voices Concert at O₂, 11.30am-11.30pm; FS bedtime stories

Monday 5th February—

Choir to Barnardo's Young Supporters Concert, Barbican, 7.30am-11.30pm

Tuesday 6th February— Parents' Evening, 3.30-6.30pm

Wednesday 7th February— FS Parents viewing Learning Journeys, 2.30pm

Thursday 8th February— Parents' Evening, 5-8pm

Friday 9th February— Talent Show; break up for half term

Monday 12th to Friday 16th February—Half Term break

Tuesday 20th February— Year 4 Superstars event at CSAC, 12.30-14.45pm

Wednesday 21st February— Year 3 and 4 Orienteering, 1-3pm

Friday 23rd February— Yr 1 bedtime stories—**tbc**

Thursday 1st March—Yr 6 trip to Natural History Museum

Monday 5th March - Class photos **(note change of date)**

Tuesday 6th March— Yr4 trip to Colchester Castle

Wednesday 14th March— Football match v Great Baddow, parish field, after school

Monday 19th March— KS1 Tag Rugby, Writtle College, 1-3pm

Wednesday 21st March—

Downs Syndrome 'Odd Socks' Day; Yr4 Speaking Competition at ARU

Monday 26th to Thurs 29th March—

Holy Week: Palm Monday, Maundy Tuesday, Good Wednesday, Easter Thursday

Easter Celebrations including Stations of the Cross

Thursday 29th March—Last day of term

Tuesday Church Services

23rd January—Group 1 led by 1C

30th January - Group 2 led by 1H

6th February —Group 1 led by 6A

20th February —Group 2 led by 6FT

27th February—Group 1 led by 5E

6th March —Group 2 led by 5B

13th March—Mothersing Sunday Services for all

20th March—Group 1

Friday Class Assemblies

26th January—4SHW

2nd February—3F **(note change of date)**

9th February— 1H

23rd February — 4YS

2nd March— 3R **(note change of date)**

9th March—1C

16th March—FSM

23rd March—FSLM

Monday 26th to Thursday 29th March- Easter 'gatherings' through the week

Group 1: FSLM, 1C, 2C, 3R, 4SHW, 5E, 6A

Group 2: FSM, 1H, 2M, 4YS, 3F, 5B, 6FT



Do you have girls 5-11 who play or want to play football at your school? If so please invite them along to one of our sessions, to book their space please e-mail Rebecca.edwards@colchesterunited.net

Each session is delivered at our Shrub End Community Centre site on the 3G surface 5-6pm each Monday evening and the first session is only £1.

Regards, Rebecca Edwards, Women & Girls Co-ordinator, Colchester United Football Club

Subject: Choir In A Day Workshop - February Half Term

This February half-term we are running a 'Choir In A Day' workshop on behalf of Essex Youth Choirs..

Essex Youth Choirs offer an opportunity for young people aged 5-18 to rehearse for one day. There is also a 'Fun Singers' session in the afternoon which is aimed at 4-7 year olds.

The workshops are led by some of the finest and most experienced choral amateurs in Essex. 'Choir In A Day' introduces young people to different styles of singing and offers the experience of singing in a large group.

You can find more information by visiting our website <https://www.essexmusic hub.org.uk/site/events/choir-in-a-day-2/>

It would be fantastic if the link for the workshop could be sent to parents/carers to ensure no one misses out on this event.

Thank you very much for your kind support.

Kind Regards

David Arch, Ensembles & Operations Assistant (Tues, Weds & Fri - 09:00 to 17:00 hrs)

Essex Music Services, Lead partner in Essex Music Education Hub

Office Telephone: 0333 0138953 / Direct line: 0333 0321351



CHELMSFORD
CATHEDRAL

Chelmsford Cathedral Choir
an education for life

Choristers learn singing, music theory, history, social skills, and much more...

Amazing singing opportunities locally and internationally

Radio and TV broadcasts, recordings, concerts, tours

Fortnightly singing lessons

Earning choir pay

Having fun, making new friends

All training is provided, and the choir is free of charge to join.



'Be a chorister for an afternoon' - recruitment event for boys aged 7 - 9

Saturday 27 January from 2 pm until 6 pm
(choral service at 5.15 pm)

Join the choristers for warm-ups and singing rehearsals, play musical games, try on robes, find your singing voice, and experience the sound of singing inside Chelmsford's amazing Cathedral. Refreshments are also provided for parents and guardians, who can meet other choir parents and find out more about this amazing life-changing opportunity.

Choir membership has benefits for parents too - come along with your son and find out more!



The Cathedral Choir is part of the musical life of Chelmsford Cathedral, singing at services during school term times, Christmas and Easter. The choir also sings in other places, recently including St Paul's Cathedral, the Cenotaph in Whitehall, Snape Maltings concert hall, Colchester's Moot Hall, as well as local events in the Chelmsford area, and around Essex.



To find out more about the choir and the recruitment event, contact:

James Davy Organist and Master of the Choristers
james.davy@chelmsfordcathedral.org.uk 01245 294481

Follow us on social media:

twitter.com/ccchoralfoundat facebook.com/chelmsfordcathedralmusic



Buzzing Bumblebees

Do you want to improve your English?
Are you looking after children, 0-2 years old?
Learn some basic English through stories and rhymes
Toys and refreshments provided

Chelmsford Library

10-11am

Friday 24 November

Friday 15 December

Friday 26 January

Friday 23 February



For further information contact
Essex Libraries on 0348 803 7628
or visit libraries.essex.gov.uk/events



how many ways are you changing?



1 5-a-day

Our family are trying to eat 5 portions of a variety of fruit and veg every day.



2 cut back fat

I'm changing how I cook from frying to grilling to make my meals more healthy.



3 watch the salt

We're checking the label, choosing foods lower in salt and trying not to add salt to our food.



4 sugar swaps

Our family are swapping sugary drinks for water, lower fat milks, no added sugar or sugar-free drinks.



5 get going every day

We're getting the kids to spend at least 60 minutes walking, playing sport, running around or being active every day.



Want more tips to help you stay healthy and happy?

Search Change4Life

and sign up today for more hints and tips to help you and your family stay healthy

The National Child Measurement Programme

Measuring height and weight in schools

Every year, throughout England, more than a million children in Reception and Year 6 have their height and weight measured as part of the National Child Measurement Programme (NCMP). If your child is in Reception or Year 6, you should receive a letter with more information about the programme at your child's school.

Trained staff will measure your child's height and weight in their clothes, at school. They will take care to ensure that the measurements are done sensitively and in private, and your child's results will not be shared with teachers or other children. Your child does not have to participate, but we urge you to encourage your child to take part.

Why is it important that my child takes part?

Almost one in three children in England is overweight or obese by age 11. With so many children being overweight, an overweight child may not look different from their friends. Therefore, we need more to know when a child is overweight and are becoming accustomed to heavier children as the norm. That is why an objective measurement of how a child is growing is useful.

Collectively, information about children's weight helps to build a national and local picture on how children are growing. The more children that take part, the clearer that picture will be. The information collected is used to help plan and provide better health and leisure services for the children in your area.

Will I find out my child's result and what will the result tell me?

How you get your child's result will depend on how the programme is run in your area. Most areas will send a parent a letter with their child's result after the

measurement. In other areas, parents can ask for their child's result. The letter telling you about the programme in your child's school will advise you of this.

The letter will tell you your child's height and weight when they were measured and whether this means they are underweight, a healthy weight or overweight for their age, sex and height.

The letter will also include details for getting further advice and support to help your family lead a healthy lifestyle.

What happens to the results?

Results from all the schools in your area will be gathered together and held securely by your local public health team. Some of the information will be sent to the Health and Social Care Information Centre (HSCIC). The HSCIC collects and holds health data on behalf of the NHS and local councils. This information is used to produce reports and information to assist the development of services to help families lead healthy lifestyles.

Why is a healthy weight important?

Research shows that modern living makes it more difficult to be a healthy weight. If we carry on as we are, many children may grow up with dangerous amounts of fat in their bodies, putting them at a greater risk of developing other type 2 diseases such as heart disease in later life.

Because it is not easy to tell, just by looking, if a child is overweight, the results can help parents make decisions about their child's lifestyle and make simple changes if necessary.

To help your child achieve and maintain a healthy weight, encourage the whole family to enjoy eating healthy and being active. Children who see their parents, grandparents and others following a healthy and active lifestyle tend to join in and learn by example. These habits become a normal part of everyday life for the whole family.

For more information on helping your family lead a healthy life, please turn over...

virgin



Barnardo's

Essex Child and Family Wellbeing Service

Come along to a 'Drop in' Session, where you can meet a member of our Chelmsford School Nurse Team.

We can offer support and advice on the following topics and any other health issues which may be concerning you.



Venue: The School House, (opposite Moulsham Junior School/beside Moulsham Infant School), Princes Road, Chelmsford, CM2 9DG.

Time: 15:30 - 16:30

Dates: every other Wednesday - term time only:

17th January 2018 31st January 2018 7th February 2018
28th February 2018 14th March 2018 28th March 2018

No appointment necessary

For further information call Deborah Smith on 07712 690957



virgin



Chelmsford Children's Centre @ Barnardo's

Essex Child and Family Wellbeing Service

Come along to a 'Drop in' Session, where you can meet a member of our Chelmsford School Nurse Team.

We can offer support and advice on the following topics and any other health issues which may be concerning you.



Venue: Chelmsford Children's Centre @ Chelmsford West, Kings Road Primary School, Dixon Avenue, Chelmsford CM1 2AQ.

Time: 15:30 - 16:30

Dates: Every other Monday - term time only:

No appointment necessary

8th January 2018, 22nd January 2018, 5th February 2018
19th February 2018, 5th March 2018, 19th March 2018

For further information call Deborah Smith on 07712 690957



Threadworms (pinworms) are tiny worms in your poo. They're common in children and spread easily. You can treat them without seeing your GP.

Check if it's threadworms

You can spot worms in your poo. They look like pieces of white thread.

You might also see them around your child's bottom (anus). The worms usually come out at night while your child is sleeping.

Other symptoms can include:

- extreme itching around the anus or vagina, particularly at night
- irritability and waking up during the night

Less common signs of worms include:

- weight loss
- wetting the bed
- irritated skin around the anus

A pharmacist can help with threadworms

You can buy medicine for threadworms from pharmacies. This is usually a chewable tablet or liquid you swallow.

Treat everyone in your household, even if they don't have symptoms.

Tell the pharmacist if you need to treat a child under 2, or if you're pregnant or breastfeeding. Treatment might not be suitable and you may need to speak to a GP.

Things you should do at home

Medicine kills the threadworms, but it doesn't kill the eggs. Eggs can live for up to 2 weeks outside the body.

There are things you can do to stop becoming infected again:

Do

- wash hands and scrub under fingernails – particularly before eating, after using the toilet or changing nappies
- encourage children to wash hands regularly
- bathe or shower every morning
- rinse toothbrushes before using them
- keep fingernails short
- wash sleepwear, sheets, towels and soft toys (at normal temperature)
- disinfect kitchen and bathroom surfaces
- vacuum and dust with a damp cloth
- make sure children wear underwear at night – change it in the morning

Don't

- shake clothing or bedding, to prevent eggs landing on other surfaces
- share towels or flannels
- bite nails or suck thumbs and fingers

You don't need to stay off school, nursery or work with threadworms.

How threadworms spread

Threadworms spread when their eggs are swallowed. They lay eggs around your anus, which make it itchy. The eggs get stuck on your fingers when you scratch. They can then pass on to anything you touch, including:

- clothes
- toys
- toothbrushes
- kitchen or bathroom surfaces
- bedding
- food
- pets

Eggs can then pass to other people when they touch these surfaces and touch their mouth. They take around 2 weeks to hatch.

Children can get worms again after they've been treated for them if they get the eggs in their mouth. This is why it's important to encourage children to wash their hands regularly.