



Unlocking Potential Together
in Faith and Love

The Cathedral Catholic Primary School, Lancaster, LA1 3BT

Newsletter 27th February 2026

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Mission

Each Monday we share our mission of the week in our whole school assembly. Our mission this week is for children to give, act and pray during Lent. Our stars of the week will be the children who have been spotted following the mission.

Stars of the Week

Rec- Owena
Year 1-Absent
Year 2- Ava
Year 3-William
Year 4- Dominik
Year 5-Max
Year 6- Tristan

Punctuality and Attendance Weekly

Reception-92%
Year 1- 83%
Year 2-90%
Year 3-95%
Year 4- 91%
Year 5-93%
Year 6-98%
Whole school so far-94%

Be in the line for quarter to nine!!

Scripture of the week: 'And He was transfigured before them, and His face shone like the sun, and His clothes became white as light.' Matthew 17:2

Comic book workshop



Today, Year 4 were delighted to welcome the comic artist, Kev F Sutherland, who led a workshop on comic art. During the workshop, Kev modelled how to create comic characters and how to draw a comic strip. He worked with us to create our own class comic, including a comic portrait of every child in the class. The children's imagination and drawing skills were amazing as shown in the characters they created. Well done, Year 4!



Ramadan

Some of our children and families of Muslim faith are now observing Ramadan, a month of fasting, prayer and reflection. Fasting began on Wednesday 18 or Thursday 19 February 2026 and will end on Thursday 19 or Friday 20 March 2026, depending on the sighting of the moon. During this time, participating Muslims fast from sunrise

to sunset for 29 or 30 days.

This half term is jam packed with dates and events so do please keep an eye out and pop them on your calendars.

Year 4 – Castlerigg Manor Residential Visit Parents' Meeting

Monday 2nd March at 3:30pm and 5:30pm in Year 4 classroom

It is **essential** that a parent/carer for every child attends one of the above meetings on Monday. Thank you for your support.

Year 4 Lent Lunchtime Mass – Wednesday 4th March at 12:15pm

Children and staff in Year 4 will join the parish at 12:15pm Mass in the Cathedral on Wednesday next week. This is a special time of prayer to help us to follow Jesus more closely during Lent. Parents/carers are welcome to join us.

Children in Year 4 will eat a packed lunch on this day – children who usually have a school dinner will be given a school packed lunch.



Year 3 lead Wednesday Afternoon Celebration of the Word – Wednesday 4th March at 2:55pm

Parents and carers of children in Year 3 are invited to join us at **2:55pm** in the school hall for our whole school time of prayer which they will lead on Wednesday afternoon. We hope to see you there.

Bedtime story evening Thursday 5th March 5-6pm

Come and join us at school to hear some stories and enjoy reading. Dress in your pyjamas and bring a teddy to snuggle down with and enjoy time with friends. Nothing better than reading.

World Book Day - Friday 6th March 2026

We are really excited to be celebrating World Book Day in school. We have lots of fun things planned for children in school. As usual, we only dress up every other year so, instead of dressing up, we will be decorating spoons as characters from our favourite books. Many parents tell us that this saves them money and avoid the pressure of dressing up for those children who don't enjoy it. You can use any size or material spoon you like. Be as creative as you like with the spoons. We have some top secret judges coming into school to choose their favourite spoons and there will be a prizes for the judges picks.



Parents evening

Please book an appointment on Arbor. The bookings will be open from 3pm today.

Parents evening is on Wednesday 11th March 5-7pm and Thursday 12th March 3.15 -5pm. We would like to see all parents to pass on so many positives about your child. Governors will be present for questions. The book fair will also be here that week. More details on that to follow.

Lent Fundraising for CAFOD

A separate letter was sent out, explaining how our GIFT team are helping us to raise money during Lent to support the work of CAFOD. The following activities are planned:

Week beginning 9th March – Big Lent Walk : As a school, we will aim to walk over 200km. If every child is sponsored £1 for their 1km walk, we will raise over £200!

Friday 20th March – Brighten Up Spring Day : For a donation of £1, everyone is invited to wear their own brightly coloured clothes to celebrate the start of Spring.

Monday 23rd March – Tuesday 31st March – Buy tickets for our Easter Egg Raffle. The Easter Egg Raffle will take place on Wednesday 1st April. Raffle tickets will be on sale in classes for £1 per ticket.

P.E. kit days this half term

On their PE days, please can children in Years 1-6 come into school wearing PE kits. Children should wear a school PE hoodie or their school jumper with PE kit. PE kit days this half term are:

Year 1	Tuesday and Thursday
Year 2	Tuesday and Friday
Year 3	Tuesday and Wednesday
Year 4	Wednesday and Friday (children continue swimming on Fridays)
Year 5	Monday and Wednesday
Year 6	Tuesday and Thursday

Lancaster Schools Music Festival 2025

Y2 will once again be taking part in the Lancaster Singing Festival at the Town Hall in March. Y2 will be performing on Monday 16th March. They will be singing at 7pm. This festival is becoming very popular so unfortunately, this means that only **one ticket per family** is allowed. A paper letter was sent out in book bags so please return your slip and £5 if you would like a ticket to school asap. Tickets will be handed out at a later date.

Holy Week Reflection – Wednesday 1st April at 9:30am in the Cathedral

We hope parents, carers, families and parishioners will be able to join us for our Holy Week Reflection at the end of term. This will be led by Years 3 and 4 and the whole school will support with the singing.

Reflection on the Gospel

Please find reflections and activities on the coming Sunday's Gospel on the link below – you may wish to share it with your child(ren):

<https://www.paperturn-view.com/wednesday-word/holiday-booklet?pid=MTA101634&v=167.5>

Diary dates for Spring 2– some of these may change due to circumstances in school

Monday 2nd March – Castlerigg parents meeting 3.30pm and 5.30pm ESSENTIAL FOR ALL PARENTS TO ATTEND ONE MEETING

Wednesday 4th March – 3pm Year 3 Celebration of the word. Parents welcome *****new date

Thursday 5th March – Class photos to be taken.

Bedtime story evening 5pm

Friday 6th March – World book day – decorate a wooden spoon.

Monday 9th March – Book fair in school after school each day this week

Anglo- Saxon vivist for Year 4

Wednesday 11th March –Year 2 Celebration of the word

Parents evening 5-7pm

Thursday 12th March – Parents evening 3.30-5pm

Friday 13th March – Mother's day afternoon tea 2pm in school

Monday 16th March – Year 2 at the Lancaster music festival

Wednesday 18th March – Year 1 celebration of the word 3pm

20th March – Brighten up Spring day

Monday 23rd March – easter egg raffle tickets on sale from today

Wednesday 25th March – Reception celebration fo the word 3pm

Last club

Thursday 26th March – Neon PTA disco

Friday 27th March – Reception stay and play 2pm

Monday 30th March – Year 3 learn to ride a bike

Tuesday 31st March – Year 4 learn to ride a bike.

Holy week reflection in Cathedral at 2pm

Easter egg hunt after school

Wednesday 1st April – Finish for EASTER HOLIDAYS 1.30pm

Advanced date – Key Stage 2 SATS Monday May 11th- Thursday 14th IT IS ESSENTIAL FOR YEAR 6 CHILDREN TO BE IN ALL WEEK THIS WEEK

Screen time

We know how hard it is to manage screen time so here are some useful tips to help:

'POSITIVE APPROACHES TO BEHAVIOUR' TRANSITIONS FROM SCREENS WITHOUT MELTDOWNS

WHEN TURNING SCREENS OFF FEELS IMPOSSIBLE

Screens offer predictability, dopamine, focus and a strong sense of control. For many, especially neurodivergent young people, switching them off isn't a simple request — it's a sudden neurological drop. What looks like refusal is often a nervous system overwhelmed by the shift from digital engagement to real-world demands.

WHEN THE BRAIN NEEDS TIME TO ADJUST

Two-step warnings give the brain space to prepare. "In five minutes we're finishing, and then it's time for dinner" helps reduce the shock factor. Without warning, the transition can trigger fight, flight or freeze responses, because it feels abrupt, confusing and dysregulating.

WHEN TIME NEEDS TO BE VISIBLE

Visual timers minimise arguments because they make time concrete. Many neurodivergent children experience time blindness, so a countdown they can see externalises the demand. It also removes the adult from the role of 'time enforcer', which instantly reduces tension.

WHEN CONNECTION COMES BEFORE DIRECTION

Co-regulation before the transition changes everything. Sitting beside them, noticing what they're doing, or offering a gentle cue helps shift their nervous system into a safer state. A regulated adult creates a regulated pathway out of hyperfocus.

WHEN THE BODY NEEDS A BRIDGE

Sensory bridges support the physical shift. Stretching, standing up, cold water on hands, a favourite fidget, or a quick movement break helps reset dopamine levels and ease the jump from screen focus to the next activity. Think of it as a warm-up for the nervous system.

WHEN RITUALS MAKE LIFE SMOOTHER

Predictable, repeated end routines like "pause → save → stretch → drink → next activity" give the child something familiar to anchor to. These rituals reduce anxiety and establish a rhythm the brain can rely on every time, making meltdowns far less likely.

