



Christ Church Cathedral School

Friday 20th January 2023

Dear Parents,

This week saw the auditions for our Worcester and Pembroke choirs. I was delighted to hear that 17 boys put their names forward, which is magnificent. As has been mentioned often before, we are the only school in the country to have three choirs and I am thrilled that choral singing is so popular with our pupils. All our choirs carry a commitment and take time and energy and it says a great deal about our pupils and parents that they are happy to support the enterprise. The benefits of singing in a choir are so many and I could rehearse them at great length. Just for the moment I want to focus on the obvious health benefits. Looking up on the internet the health benefits of singing the following list appeared:

- Relieves stress. Singing appears to be a stress-reliever...
- Stimulates the immune response...
- Increases pain threshold...
- May improve snoring...
- Improves lung function...
- Develops a sense of belonging and connection...
- Helps with grief.

The habits that people form early in life are those that are most deeply engrained. If singing becomes something that our boys do naturally, given the benefits listed above, they will have healthy lives and may, very usefully, avoid the perils of snoring!

Another activity which undoubtedly brings great benefits to pupils is reading and I am delighted that Mrs Ponsford, our Head of English, has taken a great deal of time to set up a library and to train up pupil librarians. Most days boys are now able to come during a break or lunchtime to select books and read. Again the evidence of the benefits of reading are very clear. As one pupil said to me today: "I read a lot while my brother does not read at all. Despite the fact he's older than me, I can say lots more than him because I read." Quite! In my experience, those who read almost always have a larger vocabulary than those who do so rarely. If one has a larger vocabulary one is able to express oneself more accurately. And in being able to do so one can think more accurately; indeed one can think about things which those without a wide vocabulary are not so easily able to do. The most powerful illustration of this is in George Orwell's novel, 1984. The totalitarian regime which runs the country in which the hero lives is seeking to remove words from the dictionary. A whole department works carefully to ensure that any word associated with freedom or individual thought is removed. The point is, of course, that if the words to express these things do not exist then eventually it will be much harder, if not impossible, to express the concepts and by degrees even to contemplate them. Reading is therefore a guardian of our freedom of thought and I am delighted that Mrs Ponsford's efforts have proved so popular.

Today, in the Cathedral, our Chaplain, the Revd Philippa White, spoke about the wedding in Cana of Galilee from the beginning of St John's Gospel. In the parable, Jesus turns water into wine. The chaplain explained to us that this was an example of a little miracle which had the effect of bringing happiness to a particular situation – it was not a miracle on a grand cosmic scale but one in a domestic circumstance. It was Philippa's last time with us this academic year as today marks the beginning of her maternity leave, with her baby expected next month. I want to take this opportunity to wish her all the best and to convey our hopes that the happy miracle of birth will bring her and her family all blessings. We look forward to seeing Philippa again in September - though we hope she will visit with her new baby before long.

This morning, I joined Pre-Prep for their weekly Assembly, as I do every Friday. As I came in one boy dragged a chair to the place where I normally sit. "That's a chair for you, Mr Murray! Sit on it!" Another boy approached. "You are going to be very frightened because we have been learning about pirates and we are going to rescue Captain Robeard from a desert island." All I can say is that I was very relieved that I was sitting down, so frightened was I. My only consolation, I realised, and indeed the only thing to prevent my timbers from well and truly shivering, was that I have the courageous crew in Form I to keep any rescued pirates fully under control!

Mr Murray
Headmaster

Hilary 2023

Monday 23rd - Sunday 29th January

MONDAY 23	
4.15	Cardinal Scholars visit to Tom Tower
3.45 - 4.45	After School Chess Club (Forms 3 & 4)
4.00 - 5.00	After School Football Club (Reception, Forms 1 & 2) (WWH)
TUESDAY 24	
4.00 - 5.00	After School Tennis Club (Reception, forms 1 & 2) (WWH)
WEDNESDAY 25	
	Forms 3 and 4 Swimming
2.30	UI3 A - C football v Bruern Abbey (Home)
3.30 - 4.30	After School Chess Club (Form 2)
THURSDAY 26	
9.30 - 12.30	Forms 5 & 6 visit to Oxford Story Museum
FRIDAY 27	
8.30	Cathedral Assembly, including Pre-Prep and Nursery, speaker the Headmaster
	CC: IN
SATURDAY 28	
SUNDAY 29	<i>The Fourth Sunday after The Epiphany</i> <i>University Third Week</i>

Changes to Contact Details

Please my I remind you to let us know as soon as possible if you have changed your home address, email address or telephone number so that I can amend our database.

Any changes of details can be emailed to Laura Kemp: registrar@cccs.org.uk

Many thanks. LK

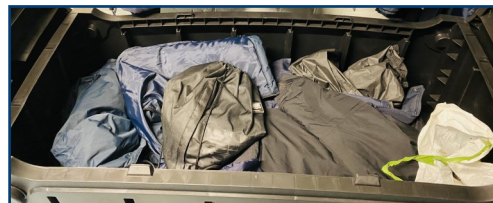


Lost and Found

We hear of quite a few lost items of clothing and it is much easier for us to help find them (on whoever is wearing the wrong item) if clothes are clearly named.

Thank you. LK

**There is now a Lost Property Box
on the landing near to Form 2.**



CCCS Barber

To book appointments you can either message: 07748 105192 or email: andreachrisostomou@yahoo.com

Men's haircut £17.50, Students £15.00, Clipper cut £10, Beard trim £5, Over 65s £13.50, Under 16s £13.50



Flexi-Boarding

We offer flexi-boarding for £58.00 per night. If any of our parents would like to use this facility, please contact Mrs Kemp: registrar@cccs.org.uk.

Une galette des Rois

On Thursday, our boys enjoyed a nut-free version of the traditional 'Galette des Rois' (King Cake) to celebrate the Epiphany, as if they were in a French school. Ten porcelain charms were hidden in the cakes. The ten boys who were lucky enough to find a charm were very proud to wear their crowns for the afternoon. Finding the 'fève' is supposed to bring good luck and happiness for the rest of the year! SL



Form I News

Ahoy there me hearties! There have been some piratical goings-on in Form I this week, as we launched our new topic. The boys were paid a friendly visit by the formidable pirate, Captain Robeard, who introduced them to his parrot, Squawks, and vowed them with his loot of 100 gold doubloons! He gave the boys their pirate names and signed them up to the pirate code, ready to jump aboard his ship 'The Jolly Christ Church'.

Later in the week, we received a letter in a bottle from Captain Robeard, telling the crew that he was stranded on a desert island and that the skulduggerous Pirate Pete had captured his ship and stolen the gold coins! The boys jumped into immediate action, and we devised a cunning rescue plan and sent letters back to Captain Robeard by Ocean



Mail. We eagerly await his response and the boys are determined to win back our treasure! Arrrrrrrrgh! TR

Reception News

Reception started their topic of Transport this term. To introduce the topic we looked at different types of vehicles and how they travel - by air, by road or by rail.

The children tried to make their own helicopters out of paper, carefully following the instructions. Afterwards, they tested the flying abilities of their helicopters by dropping them from a height. All were a success!!! RF

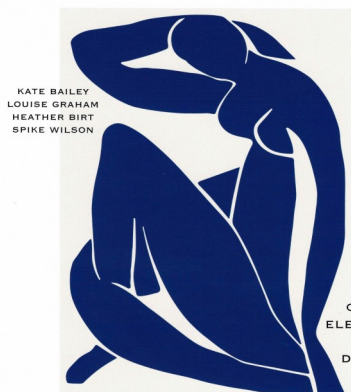


Nursery News

It has been a seriously busy week in Nursery as our **Sound of the Week** is **S**. This is a letter sound that almost needs two weeks as there is so much to do! We made snakeskin spirals by stamping on bubble wrap and cutting them out into hanging snakes. In Cookery Club we made a delicious leek and potato soup which the children devoured. In **Science Club** we learned about the planets in our **Solar System**, we cut them out and arranged them in the correct order from the sun. We also read **Superworm** and spent the morning making our own colourful worms using wool. What a busy time the children have had, I'm sure they'll all sleep well this weekend. NE



OXUS WINTER BLUES



KATE BAILEY
LOUISE GRAHAM
HEATHER BIRT
SPIKE WILSON

AN HOUR OF
MUSIC FOR
STRING
QUARTET
BY
PURCELL
MOZART
BEETHOVEN
CAROLINE SHAW
ELENA KATS-CHERNIN
...AND SOME
DIXIELAND BLUES

SATURDAY 21ST JANUARY
2023 AT 4.30 P.M.

ALL SAINTS' CHURCH, LIME WALK,
HEADINGTON OX3 7AL

TICKETS: £12.50, £3.50 (UNDER-18s)
FROM WWW.BOOKTHATIN.COM/BOOK/OXUS
AND ON THE DOOR

NATIONAL SCHOOLS SYMPHONY ORCHESTRA

NSSO courses are BACK THIS APRIL
including the inaugural NSSO Big Band!

When? 1st - 8th April 2023
Where? Malvern College, UK
Who? Ages 8 - 17
What Standard? Three orchestras & Big Band
Grades 3 - Diploma +

A generous bursary scheme is available!

Join us for a week of exciting music making, inspiration, fun, games and sport
in a magical venue.

Queries: hello@nssso.org
Applications:
NSSO.org

Meet and Greet - Alfie Best-McEneaney, CCCS Gapper

What did you want to be when you grew up and what are you doing now? I wanted to be a footballer, as did everyone. Right now I am living an exiting and comfortable life as a Gap Student in Oxford.

If you could travel anywhere in the world tomorrow, where would you go and why? I would go to the Mediterranean purely for the sun and sea, which I miss dearly.

Who is your idol, and why? Marcus Rashford due to his footballing achievements and his external charity work. Rashford playing for Man United is also a big perk.

Favourite city or town and in which season? Bronte Beach, Sydney in the Summer and Edinburgh in the Winter.

One thing you would change in the world if you could? Lower living/petrol costs so everything is affordable for everyone.

Is there a family trait/habit that you have? My family are very good at charades. Like pros!

Favourite Book? The Catcher in the Rye.

If you could start something new (hobby/interest or sport) and were not limited with time/age/money, what would it be? Vintage Car Collection.

Any advice on how you relax at the weekend? Get down to Spoons, you'll only drop a tenner max!

I can understand why being a footballer is an attractive career. To be paid to do what you love, to be a part of one of the most universal and influential sports, is not a bad dream, especially if you use your position for good, like Marcus Rashford. What a guy! Making sure that 1.3 million children had access to free school meals was just one of his initiatives - incredible. #bemorelikemarcus. I love the idea that charades is a family skill, it originated in 16th Century France, an awesome icebreaker a great use of the imagination and creativity, just what we need to encourage. You've put your skills out there now, Alfie, so don't be surprised at all if you are asked to play at school, but keep the competition stakes high as you've got an international reputation to live up to.

The spills and thrills of weekends of freedom, I am really pleased to know this can still happen, it sounds like happy hours go on for days! We may all ditch the weekend duties, throw the vacuum out of the window and head to Spoons for some real fun. Thanks for your honest insight and we hope you settle in really well at CCCS.

Have a great weekend,

Kathryn
PA