FROM THE PRINCIPAL

The Importance of Healthy Choices

A growing number of Australian children and teenagers struggle with health and weight issues. At school, children eat 10 meals every week (lunch and recess), so making healthy choices for these meals, and meals at home, is important.

Consider the following information taken from a recent newspaper article:

- The Australian Bureau of Statistics states that our current population is 23,742,185
- According to the 2011 Census, children make up 19% of the population. That's approximately 4½ million
- The number of overweight children in Australia has doubled in recent years, with a quarter of children considered overweight or obese.
- That's approximately 1,125,000 children

Eden a varied diet in moderation. Very few foods are unhealthy, but over-processed food should be avoided. For instance, "low fat" sometimes means lots of sugar and preservatives. Moderation and good choices are the only realistic way to manage weight.

Parents should never use hurtful comments but instead recognise the beauty in their child, by focusing on more important attributes. Children respond to encouragement, and should never be made to feel that their appearance is all they have to offer.

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What parents can do to help:

- Encourage good behaviour. Outdoor activities and lots of fruit and vegetables are encouraged.
- Be a good role model. Parents who are healthy eaters know about portion control and nutrition.

Sometimes, busy, well-meaning parents can leave nutrition and health in the "Too Hard Basket", but it's never too late to make changes.

With obesity on the rise, parents must be realistic about their children's health. Dealing with it sensitively is the challenge. It's important for children and teenagers to feel that they can deal with these issues with someone who understands them - a caring, loving parent or caregiver.

Mr Peter Thomson
Principal

Acknowledgement: “How my parents stopped me from becoming obese” by Alyce Vayle, Sydney Morning Herald, July 7, 2014

TERM DATES 2015

Term 1, 2015 - Tue 27 Jan - Fri 10 April
Term 2, 2015 - Tue 28 April - Fri 26 June
(Please note: We will continue to have a 3 week break between Terms 2 & 3)
Term 3, 2015 - Tues 21 July - Fri 25 Sept
Term 4, 2015 - Tues 13 Oct - Thu 10 Dec

UNIFORM SHOP

Regular opening hours during Term:
Monday 8:30am - 4:30pm
Wednesday 8:30am - 4:30pm
Thursday Extended Opening Hours:
TERM 1 - Weeks 1-6, 3pm – 5.30pm
TERM 2 - Weeks 1-3, 3pm – 5.30pm
TERM 4 - Weeks 1-3, 3pm – 5.30pm

For latest news and photos, or to download this newsletter in colour, visit www.cedarcollege.sa.edu.au

Cedar College 215-233 Fosters Road, Northgate, SA 5085. Phone: (08) 8261 3377

Office Numbers: Ph: 8261 3377 - then, Press 1 - Front Office (Primary School & enquiries), Press 2 - High School Office, Press 3 - Enrolment Officer, Press 4 - Return Front Office.

www.cedarcollege.sa.edu.au
email: school@cedarcollege.sa.edu.au
**AN IMPORTANT NOTE REGARDING STUDENT SAFETY**

With many new families starting at Cedar College this year, **please take note of the map below**, which indicates areas available for student drop-off and pickup, as well as areas that may NOT to be used for drop-off and pickup, due to safety requirements.

**School Safety is our priority.**

**Please note that Drop-off and Pickup is NOT permitted via the Fosters Road entrance.**

- **NO VEHICLES**
  - For safety, these areas are **NOT** available for drop-off/pickup or parking. There is **NO through-traffic** allowed on the Campus during school hours.

- **Parking**
  - These areas are available to parents/caregivers for drop-off and pickup, and short-term parking.

- **Kiss & Drop**
  - This area is for **“Kiss & Drop”** only, **NOT parking**. Students may be dropped-off or collected (if the child is waiting) but cars may not park here.

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**Term 1 School Tours**

If you have friends or family who are interested in finding out more about Cedar College, they are able to attend our next School Tours. Term 1 Tours will take place on Tuesday March 3, and Wednesday March 4 (High School), and Thursday March 5 (Primary School). Tours can be booked via the school website.

**Small Jars with Lids Wanted**

The Art department would be grateful of donations of any **very small jars with lids**. If you are able to help out with these, please bring them to the High School Office.

**School Banking Changes**

As part of the expanding school services provide to us from the Commonwealth Bank, we will be soon be changing our student school banking program from BankSA to the Commonwealth Bank.

If you are considering starting a school bank account for your child, we ask that you wait for more information to be made available in the next few weeks. If you wish to continue using BankSA, you will need to make your own arrangements for deposits.

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**School Fee Reminder**

A friendly reminder that all School Fees were due for payment at the end of Week 2 of this Term, or as an approved payment plan. Thank you to those families who have paid their fees promptly this year.

If you have not yet paid your fees for this Term, please contact the Finance Office promptly on 8261 3377 to organise payment. This includes families that had a direct debit in 2014 who have not updated their details and amounts.

If you make a payment directly to the school’s bank account, **please include your debtor reference number (shown on you Fee Invoice, which was sent to you)**, so we can ensure that the payment is allocated correctly.

The school banking details are:

- **BSB**: 065141
- **Account Number**: 10059036
- **Account Name**: Cedar College

Please also be aware that we require a **full Term’s notice** of an intention to withdraw a student from the school. Any families that fail to give adequate notice will be required to pay one full Term’s fees.

**Mr Jeff Thorpe**

Business Manager
Grasshopper Soccer

Grasshopper Soccer Adelaide is back at Cedar College in 2015!

Grasshopper Soccer, Australia’s No. 1 non-competitive soccer program, is COMING BACK to Cedar College in Term 1 2015, with an after-school program running on Thursday afternoons from 3:30pm - 4:20pm, starting February 12. Designed for children aged 5-12 years, our program progressively provides a building block upon which children can improve on their game and character. More than just a game, we see Grasshopper soccer as a valuable addition to children’s learning over this period of time.

So if you are looking to get back into our great program or are new to the school, feel free to contact Andrew on 0408 825 280 or email at andrew@grasshoppersoccer.com.au for all the info.

Keep active with real soccer fun!

Milo in2Cricket

Milo in2CRICKET provides children with an opportunity to develop their motor skills and meet new friends in a fun, safe and interactive environment.

For information on your nearest Milo in2CRICKET Centre, visit www.in2cricket.com.au and type in your postcode.

By registering and paying for the program, not only will you enjoy some great cricket fun this term, but every registered child receives an in2CRICKET Participant Pack including bat, ball, t-shirt, bucket hat, backpack, drink bottle and other goodies! They will look just like their Aussie Cricket heroes!

MILO T20 Blast Program

Aimed at ages 7 and up MILO T20 Blast runs one night a week for 8 weeks throughout Term 1, and is the perfect introduction to playing matches and continuing to learn skills. All T20 Blast Programs are professionally run by qualified SACA staff and coaches. More details are available on the in2CRICKET website.

Old Toys Bring New Joys

Playstations and bluetooth-controlled helicopters may be cool, but it was the old wooden toys of yesteryear that enthralled the Year 2 students this week.

As part of their History studies, the Year 2s have been learning how toys and manufacturing technologies have changed over the last 125 years in Australia. From wooden spinning tops to a Jack-in-a-box, the history behind old toys, as told by museum operator Mr Alan Griffiths, left students wanting to know more about the amazing toys of the 19th and 20th Centuries.

Ethan, in Year 2, wrote about what he learned from the Museum incursion: “The Year 2’s went to the Science Room to look at some old toys with Alan, from the Museum of Early Childhood. Alan showed us the wrestlers, clicker toys and all the different spinning tops. I thought that the Jack-in-the-box was interesting because it played nice music and then “BOING!” it gave us a fright. I also liked the fake peanut tin because I thought that there were real peanuts inside it and then a springy snake jumped out.

The knuckle bones were good because they were real sheep bones and I thought ‘yuck’ until Alan told us that just by putting them on an ant hole and leaving them for a few days they will be as good as new, and you don’t even have to wash them.

We all had a fantastic time with Alan and I thought that his toys were wonderful.”

Mrs Kerry Schlotfeldt
Year 2 Teacher

If You Go Down to the Woods Today...

You’re sure for a big surprise! During Week 2 and 3, the Reception children in REC and RST were invited by their Year 5 buddies to share in a Teddy Bears Picnic!

The children were all very excited and eager to bring along their favourite teddies from home. They all had a great time learning a bit about each other, and their teddies, while they ate their lunch.

The buddies will get together once a week during Term 1 to read stories, revise sounds and tricky words learnt in class and do some art activities. The Year 5 children are encouraged to look out for their younger buddy and have the opportunity to play an important role in their buddy’s first year at school. They will help the children to feel secure and cared for and will be available to them during recess or lunchtime if they need any help.

“Buddy Time” is always a valued time of our week. We are all looking forward to getting to know each other and having fun together throughout the year.

Mrs Sharlene Tirimacco
Reception Teacher

The Primary School Assembly is held on Thursdays at 12:35pm. Parents/caregivers are welcome to attend this time, which features different year levels each week.

Assemblies for Term 1, 2015

Wk 2: Mr Cook
Wk 3: Year 4
Wk 4: Mr Cook
Wk 5: Year 3
Wk 6: Year 1
Wk 7: Year 2
Wk 8: Year 5
Wk 9: Reception
Wk 10: Mr Cook
Wk 11: Year 6
On Monday 9th February, the Student Leaders for 2015 were presented at Chapel and given their badges. Class student leaders have the responsibility to lead their class and Year 12 Prefects lead not only their class, but also the High School. This year, Mr Andrew Mooney has launched a new “Info-Active Zone” in the Resource Centre where Middle School Leaders will take up roles such as publicity, camp updates and Compassion fundraising to name a few.

The Year 12 Head Prefects, Jasmine Duthie and Daniel Jones responded with a short message for their fellow students and led the High School in prayer, to begin the new week.

House Leaders for 2015 were also announced and badges were given out, in preparation for the upcoming High School Sports Day in Week 6. Pastor Jeremy Wright, our High School Chaplain, finished with a message about leadership. He encouraged all students to stand up for what is true and challenged us all, not only elected leaders, to show initiative and courage.

We look forward to a productive and happy year.

Mrs Susan Harris
Head of High School

Outstanding SACE Achievement

Week 2, in the High School, began with an Awards Assembly, recognising the SACE achievements of Cedar’s Class of 2014. Cedar College Dux, Wade Crane, as well as Runner-up Dux, Elise Bennett, were interviewed about their Year 12 experience and gave advice to the current Year 12s. Both Wade and Elise highlighted the importance of instilling good study habits in the early years of High School, which contributed to their SACE success. Along with the Dux presentation, students who received As in SACE Level 2 subjects, or achieved outstanding ATAR scores, were also presented with awards.

SACE discussions continued that evening at the High School Information Night, where parents were introduced to the High School staff. Director of Curriculum, Mr Tim Maddern, presented an overview of Cedar’s 2014 SACE performance, and explained the SACE requirements and procedures to High School parents, followed by a session on Student Wellbeing by Middle School Co-ordinator Mr David Webb.

Parents of Year 12 students met separately with Year 12 Co-ordinator Mr Reg Thomson, as well as guest speakers including a past graduate, as they prepare to support their student through the challenges and demands of Year 12.