

Cedar College News



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

Term 1, Week 4 - 21st February 2012

FROM THE PRINCIPAL

The challenges of a new school year

It's week four already, how can this be? How is everything going? Stressed out, overwhelmed and inundated with too much information? Be encouraged, you are normal!

All kinds of stresses, from earthquakes to changing schools, can make a child feel worried and nervous about going to school. For all ages, a regular morning routine with set times and activities – bathroom, get dressed, eat breakfast, gather gear, be ready at door – provides a sense of security and structure. Some parents find if they get up 30 minutes before the family, they can shower, dress and are ready to give their family a smooth start to the day.

calling out, "Hello Cedar! Hello, swings!" so they start to identify with the school. Establish calm, daily routines that they can depend on. You could even come onto the property on a Saturday and walk around the school talking about where they play and learn.

STARTING MIDDLE SCHOOL

The security of one familiar teacher can change quickly for this age-group as they move from one class to another with different teachers and routines. Reassure them that they can cope with the changes by reminding them about things they have mastered in the past. Make sure they get



Yellow strikes Gold! - The Upper Primary Laver Team celebrates their Sports Day Victory. (More photos page 2 & 3)

Lay down set times for homework, bedtime and lights out. Everyone can help prepare lunches and set out clothes for the next day, and even plan their breakfast for the morning. Get your children into the habit of rising when their alarm rings and be ready to lock the door at a set time, whether they have everything they need or not. One morning of having to go to school with uncombed hair or missing a sock will usually fix bad habits.

Don't nag and don't apologise for insisting on routines. Some children may need extra help or training but most of them can quickly adjust to your expectations and those of the school.

STARTING PRIMARY SCHOOL

Do everything possible to make them feel secure. Tell them who is picking them up. Whenever you drive or walk by Cedar, try

plenty of sleep. Give them time and space to adjust.

STARTING SENIOR SCHOOL

The fear of making (or not making) new friends, harder work, scary new teachers, the fear of SACE or the worry of a future career path can build up for senior school students. Stay calm and encouraging, but if they don't seem to settle down after a few weeks, it is worth talking to any of the teachers here at Cedar College so you can work together to allay fears or help fix any problems.

One more thing...**don't forget to pray for your kids, God loves them more than we could ever imagine!**

Mr Peter Thomson
Principal

This Term:

Important Dates

Term 1

February

Fri 24 - Sun 26 Vetamorphus Retreat
Mon 27 - Fri 2 Primary School Swimming Wk
Tue 28 Feb Year 8 vaccinations

March

Fri 2 HS Sports Day
Wed 7 - Fri 9 Year 5 & 6 Camps
Fri 9 Backup Day for HS Sports Day
Mon 12 Adelaide Cup Holiday
Wed 14 March Yr 8 Home Ec. 2-course Lunch
Fri 16 March PRIMARY SCHOOL TOURS
Mon 19 - Wed 21 Year 7 & 8 Swimming
Tue 20 - Wed 21 HIGH SCHOOL TOURS
Thu 22 SACS HS (7-12) InterSchool Athletics

Term Dates 2012

Term 1, 2012

Tue 31st Jan - Thu 5th April
(Note: All HS students will stay for the full day on Thu 5th April, PS students finish at 12:30pm)

Term 2, 2012

Thurs 26th April - Fri 22nd June

Term 3, 2012

Tues 17th July - Fri 21st September

Term 4, 2012

Tues 9th October - Thu 13th December

Uniform Shop

Regular opening hours during term:

Mon 8:30am - 10am
and 2:30pm - 4:30pm
Thu 3pm - 4:30pm

Extended Opening Hours:

Term 2 & Term 4 (Week 1-3 only)
Wednesday 3pm - 4:30pm

Cedar College: Ph. 8261 3377 Fax: 7221 3647 Website: www.cedarcollege.sa.edu.au email: school@cedarcollege.sa.edu.au

Please note our Phone Lines: To help with the busyness of the Front Office, please use the dial options so that your call can be quickly addressed. They are as follows: **Ring 8261 3377** - then, Press **1 - Front Office**, Press **2 - High School Office**, Press **3 - Enrolment Officer**, Press **4 - Return Front Office**.



Learning. Growing. Caring.
A part of your child's education.

IMPORTANT NEWS AND NOTICES

School Banking Day

A reminder that **School Banking Day for BankSA Little Savers is every Tuesday.** Children who join before March 30 receive a Little Savers starter pack and a \$10 gift voucher.

Canteen News

The latest **Canteen Pricelist is available from our website**, with lunch orders available on Monday, Wednesday and Friday. If you are able to give some regular time to help in the canteen please leave your details with the Front Office. Your time would be greatly appreciated.

Old Denim required

The Year 8 students will be making recycled denim articles this year and we require **any unwanted denim jeans or skirts that you may have tucked away at home.** The students will be using the denim to make items such as pencil cases, Cushions, bags, wallets, ipod/iphone cases, laptop cases and office caddies.

If you are able to help, **please supply all denim washed** and handed in to the High School Office, in a bag labelled 'Home Ec Denim', during the next couple of weeks.

Miss Samantha Zimmermann
Home Economics / Food & Hospitality



Cedar LAP information session

If you would like to join our LAP (learning assistance program) this year, we will be holding an information session **this Wednesday afternoon in the primary CLIC room at 2.30pm.**

If you are interested in helping in any age group of 1 or 2 children regularly, 1 lesson per week, then come along and join us

Mrs Jenny Marshall
CLIC Coordinator




UPPER PRIMARY SPORTS DAY • UPPER PRIMARY SPORTS DAY • UPPER PRIMARY SPORTS DAY • UPPER PRIMARY SPORTS DAY • UPPER PRIMARY SPORTS DAY

Cedar News is available online - in colour.

Follow the links to our newsletter at www.cedarcollege.sa.edu.au

As part of our move towards digital documents and the phasing out of printed materials for a **greener Cedar College in 2012**, we encourage you to read the online version of our newsletter, available as a pdf document each fortnight from our website.

NEWS AND NOTICES

Teams can email a short report to: newsletter@cedarcollege.sa.edu.au.



BASKETBALL

Cedar Allstars

Cedar Allstars have enjoyed our games in the intermediate pool of teams achieving good results. We have now been placed in the advanced pool and look forward to all the challenges this will bring. Our latest result are:

Feb 1 - Cedar Allstars won 35 - 7 MPS 2.

Feb 8 - Cedar Allstars won 26 - 24 Vale Park.

Feb 15 - Cedar Allstars lost 22 - 29 Rostrevor Red. Good Effort Allstars!



NETBALL

Cedar Sapphires

Feb 11 - 'Cedar Sapphires' won their first game for 2012 defeating 'RP Raiders 12' team by 8 goals, score 20 to 12.

Cedar Suns

The new Under 8s netball team, the Cedar Suns, had their first game on Saturday. They had a great game and showed some real potential. They worked well together in attack and won the game 3 - 1 against St Martins. Well done to all players and we look forward to many more great games together! Thank you also to all the supporters who gave us great encouragement.

Girls Soccer Team

Metro United WFC Girls Soccer Club, (affiliated with FFA) is looking for players for their 2012 U13's and U11's teams (girls aged 8 - 13). If interested please contact Maria Spagnoletti on 0407602173 or visit their website at www.metrounitedwfc.com.

Primary School Assembly

The Primary School Assemblies are now held on Friday afternoon at 2:35pm. Parents/Caregivers are welcome to attend this time, which features different year levels each week.

Assemblies for Term 1, 2012

Week 4:	Year 5
Week 5:	Year 2
Week 6:	Year 4
Week 7:	Year 1
Week 8:	Year 3
Week 9:	Reception
Week 10:	No PS Assembly

NEWS FROM THE PRIMARY SCHOOL

Laver shines on Sports Day

On Friday 17th February 2012 the Upper Primary held their annual Sports Day. With fantastic weather and a well-rehearsed march, the day kicked off in spectacular fashion. It was exciting to hear the students cheering for each other and encouraging their class mates. Some of the many highlights of the day were Mr Klassen in his Laver outfit and the teams chants, which were by far the loudest I have ever heard. I also enjoyed watching parents and friends supporting their children, the tug of war and relay events at the end of the day, and also the acceptance speech of Laver's captain, Cameron Walsh.

Laver won the day with a score of 762, followed closely by Gould on 680. Coming in third was Bradman on 642 and fourth was Jackson on 526.



A special thanks to Miss Susan Dix who helped with the scoring and smooth running of the day and Mr Jeff Thorpe for tallying the scores. Well done to all Upper Primary teachers and helpers who put in a huge effort to ensure the classes completed their events on time and scored correctly. Thank you to all the parents and carers who came to support the day and a special thanks to those who helped us pack up at the end of the day, your help was most appreciated.

Praise be to God for beautiful weather and protection over all the students. He has blessed our students with such amazing gifts and talents and it was exciting to see them on display on Friday.

Miss Rebekah Crawford (Primary PE teacher)

PREMIER'S READING Challenge

Cedar College students, and avid book fans, Lauren and Olivia have recently been featured on the new Premier's Reading Challenge website: www.premiersreadingchallenge.sa.edu.au.



The 2012 Premier's Reading Challenge (PRC) has commenced this week for all students in Years 2-10, with some Year 11 and 12 students also joining in. To complete the Challenge, students are required to read 12 books by the beginning of September. That's about one book every two and a half weeks. Eight books are to be from the PRC list, and 4 books can be free choice. The Challenge is administered at school, and students will be encouraged to fill out their own forms and keep them up-to-date in their class PRC folder. On completion of each year's Challenge, they will receive either an award or medal.

2012 is the International Year of Reading. Let's see if we can better last year's very high success rate!

Happy reading! - Your Library Staff

2012 - The National Year of Reading Book Promotion

Sunbeam healthfood is currently running a Free Book promotion as part of the National Year of Reading. Purchase 3 Sunbeam products, keep the barcodes and original receipts and post them to Sunbeam, together with the completed claim form found online at www.sunbeamfoods.com.au/promotions. It's a great opportunity to get some free books for your own children, or if you'd like to donate your barcodes and receipts to Cedar you can send them with your child to the Primary School Library until May 2012.

FEEDING GROWING MINDS

Over 10,000 books to giveaway!

2012 is the National Year of Reading and to support this initiative Sunbeam and Penguin are giving away more than 10,000 books!

Purchase any 3 products from the Sunbeam Snacking range and claim your FREE BOOK!*

NEWS FROM THE HIGH SCHOOL

Important Reminders

Change to Sports Uniform Policy for Years 7-10.

As students in Years 7-10 only have PE once per week, **for the day they have double PE they are to come to school in their PE uniform and will stay in PE uniform for the entire day.** Students are reminded to have their sports hats for PE classes and to manage their hygiene through anti-perspirant deodorant (non-aerosol) and changing an undershirt after class if they wish. This was a popular change among the students and I trust it will be helpful for washing the everyday uniform on the day your young person has PE.

Mr David Webb (MS Coordinator)

Heartkids SA

On Saturday March 17th and Sunday March 18th our Year 9 student Daniel Jones will participate in a 200km bike ride in the Clare Valley to raise money for Heartkids SA.

The ride is in memory of a 10 year girl who was born with a serious heart condition who died while waiting for a heart transplant. Her heart condition is the same one as Daniel's brother Joshua, in Year 1 at Cedar College.

You can sponsor Daniel's ride by **giving a donation to this very worthwhile cause** through the following website:
www.everydayhero.com.au/tourdeclare.
 All the best Daniel!

Year 12s taste the Barossa

The Year 12 Food and Hospitality students toured the Barossa last Friday, visiting a number of local businesses in the area to increase their understanding of the food industry.

The first stop was **Carême** – suppliers of the best pre-made pastry available, and used by chefs and professionals. There they met William, the owner and chef, whose RAW dark chocolate shortcrust pastry and the vanilla bean shortcrust pastry was delicious - *"I still can't believe we ate raw pastry and liked the taste!"* - Miss Zimmermann. A single sheet of Carême puff pastry grew over 12cm in the oven, and just melted in your mouth with no buttery after taste - *"William gets his pastry to grow so much because he folds it over 700 times – that's how you make traditional puff pastry"* - Hayden.

The group then stopped at **"Zimmy's"** where they learned about the bottling and labelling process for preserves. *"It was interesting to learn how they make sauerkraut and that they protect the surface from spoiling by covering it with a water bladder"...* *"we also saw them making dill cucumbers"* - Rebecca.

The class was also treated to some tasting at the **The Barossa Valley Cheese Company** - *"We tasted various yummy cheeses, then we tasted goats cheese it's..... different...unusual"* - Steph. This was followed by a tour of Maggie Beer's kitchen where they watched a cooking demonstration and tasted lots of products - *"The mushrooms cooked in butter and verjuice were amazing"* - Jess.

Finally, the Year 12s toured **Angus Park** and **Wiech's Barossa Valley Egg Noodles**, completing a day of gastronomical delights.

Miss Samantha Zimmermann
 Home Ec / Food & Hospitality



Year 8 Art

Year 8 Art students have already been busy producing some outstanding artwork based on a sketch of a corner of a room. The black outline drawings have been given a splash of colourful patterned paper to complete the effect.

