



Cedars Upper School Student Newsletter

Welcome to the **Cedars Upper School Student Newsletter**. Each Monday morning this newsletter will be sent to parents and posted on each year group's google classroom.

In this newsletter you will find useful information, links to **creative** activities and celebrations of the **determination** and **successes** of our students and staff during these difficult times.

Updates & Notices

Half term!


























We made it, we have done a whole 6 weeks of remote learning, you should be incredibly proud of yourselves. Each week we are amazed by your resilience and incredible determination. Half term is a great opportunity for you to reflect and recharge ready for our return.

If you are looking for activities to do during half term. Miss Goodman has set some fun challenges in your year group classroom or maybe try out more activities on the wellbeing calendar.



Cedars Wellbeing Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Exercise is great for our mental well-being! Put on your favourite song and have a dance party!</p> 	<p>Tidy space is a tidy mind! Find a small area in your home to tidy and organise.</p> 	<p>It is important to find time to relax. Find a cosy spot and curl up with a good book for 10 minutes.</p> 	<p>Find your happy place! Can you create a piece of art of a favourite place to visit?</p> 	<p>Challenge yourself! How many press ups can you do in one minute? See if you can beat your time.</p> 
<p>How are you feeling? Find some time to talk about your feelings with someone in your household.</p> 	<p>Take time to reflect. Write a short diary entry about your day.</p> 	<p>Do you have a hobby? Spend some time practicing something you love today.</p> 	<p>Take a walk in nature. What can you see, hear, smell, touch and taste?</p> 	<p>What is your favourite healthy meal? Can you make or help to prepare it?</p> 
<p>Get your thoughts onto paper! Write a letter that you could send to a friend telling them what you have been up to this lockdown.</p> 	<p>Why don't you try and learn something new today? Such as spelling your name in sign language or learning a new recipe.</p> 	<p>Focus on your breathing. Breathe in through your nose, hold for 4 seconds, then breathe out through your mouth. Repeat 5 times.</p> 	<p>Yoga is great for practicing mindfulness. Can you find a yoga video on YouTube and follow along?</p> 	<p>Our brains can only hold so much information! Can you write a to-do list of things you want to get done today?</p> 
<p>Struggling to find something to do today? Why not call a friend?</p> 	<p>Find time to pamper yourself today. Have a relaxing bath and listen to music that you enjoy.</p> 	<p>Do something creative today. Crafting is always a great idea. What can you make?</p> 	<p>Why don't you get up early today and watch the sunrise? Or stay up late and watch the sunset.</p> 	<p>Remember to take time to do things you enjoy. Why don't you watch a film today and treat yourself to a favourite snack?</p> 
<p>Do you enjoy playing board games? Play one today with someone in your household. Or have a go at creating your own board game!</p> 	<p>Being kind to others can make us feel good about ourselves. Have a go at a random act of kindness today.</p> 	<p>Grab a piece of paper and list all your best qualities. What are your favourite things about yourself?</p> 	<p>It is important to remember to drink lots of water throughout the day. How much have you drunk today? Do you need to drink more?</p> 	<p>Write down 3 things today that you are thankful for.</p> 



Our Wellbeing Is important

Please contact ssc@cedarsupper.co.uk if you are concerned about your wellbeing. Or a member of staff/ adult that you trust.

Safeguarding

If you are concerned about yourself or anyone else please contact a member of staff immediately, you can also email Mrs Powell any concerns at cpowell@cedarsupper.co.uk Mrs Powell has set up **Safeguarding** resources for students classroom, this has useful resources on sexual health, sexting, consent, drug, alcohol and more, to access these resources use this code: **zvuqlx2**

The **Child and Adolescent Wellbeing programme** is now available as online webinars. This is a programme for parents/carers to get advice and strategies to support children and young people with their emotional wellbeing.

Please find the following flyer for parents/carers [here](#):

Managing emotions and self-esteem

- ★ on Wednesday 10 March 2021 from 10.00 am to 11.30 am
- ★ or Wednesday 24 March 2021 from 6.00 pm to 7.30 pm

This week is national **Children's Mental Health Week** and digital mental health and wellbeing company Kooth has launched a new campaign called 'Don't Do It Alone' to highlight that when it comes to mental health problems, young people should never deal with it alone, that there is always someone to talk to.

Kooth is free, safe, and an anonymous online support for young people. They have produced a special video with five well-known faces to launch the campaign, [which you can watch here](#).

Want some advice around working at a screen? Here are some helpful tips: [Screen-Savers-1.pdf](#)

Thank a teacher: [Thank a Teacher Form](#)

This is a free resource that so many teachers and support staff have already been sent and it has really made their day. Please consider sending a thank you to your teachers and support staff.

Be Aspirational

Our incredible sixth form students have created their very own website designed by Cedars students for Cedars students: thevanguardcedars.wordpress.com

Inspiring the Next Generation- By Luke Station

'We **empower** children to make their own choices by teaching them strategies that involve them thinking and reflecting on themselves, whilst also learning to become **resilient** in times of adversity.'

We have an **exciting opportunity** for you all. You can use this link to sign up to a free 6 session course by Luke Station. Click this [link](#) and set up an account using your school email to get involved.



Students Achieving Excellence

Check out just some examples of the **engagement** and **determination** of our students.

Creativity in the Arts Creative Cedars

Year 12 BTEC Business

9 Protected Characteristic:

AGE:

Age discrimination is when you are treated differently because of your age. The Equality Act has some exceptions. For example, students are not protected from age discrimination within schools.

The Equality Act 2010 says that you must not be discriminated against because:

- you are (or are not) a certain age or in a certain age group
- someone thinks you are (or are not) a specific age or age group, this is known as discrimination by perception
- you are connected to someone of a specific age or age group, this is known as discrimination by association.



DISABILITY:

Disability discrimination is when you are treated less well or put at a disadvantage for a reason that relates to your disability in one of the situations covered by the Equality Act. The Equality Act 2010 says that you must not be discriminated against because:

- you have a disability
- someone thinks you have a disability (this is known as discrimination by perception)
- you are connected to someone with a disability (this is known as discrimination by association)



The 4 types of Discrimination

1. Direct discrimination
2. Indirect discrimination
3. Harassment
4. Victimisation

Direct discrimination occurs when a person is treated less favourably because of a protected characteristic they possess.

A protected characteristic possessed by someone who they are associated with (such as a member of their family or a colleague). This is direct discrimination by association.

Indirect discrimination is usually less obvious than direct discrimination and is normally unintentional.

It occurs when a rule or policy of some sort is put into place which applies to everyone, and not in itself discriminatory but it could put those with a certain protected characteristic at a disadvantage.

It has (or will have) the effect of putting those who share the protected characteristic at a particular disadvantage when compared to others who do not have the characteristic. It puts, or would put, the person at that disadvantage.

The employer is unable to objectively justify it.

Harassment is 'unwanted conduct' related to a protected characteristic. It must have the purpose or effect of violating a person's dignity or creating an intimidating, humiliating or offensive environment for them.

Building, undermining, spying, intrusive or inappropriate questions and comments can be harassment. Excluding someone.

Victimisation occurs when an employee suffers a 'detriment' because they have done (or because it is suspected that they have done or may do)

1. Make an allegation of discrimination
2. Support a complaint of discrimination
3. Give evidence relating to a complaint about discrimination
4. Raise a grievance concerning equality or discrimination



Nine protected characteristics
Everyone in Britain is protected by the Equality Act 2010. It protects people against discrimination of the protected characteristics. Under the Equality Act, there are nine protected characteristics:

1. age
2. disability
3. gender reassignment
4. marriage and civil partnership
5. pregnancy and maternity
6. race
7. religion or belief
8. sex
9. sexual orientation

Nine Protected Characteristics

4 main types of discrimination:

Direct discrimination - This is when you are treated worse than another person or other people because you have a protected characteristic.

Indirect discrimination - happens when there is a policy that applies to everyone but disadvantages a group of people who share a protected characteristic, and you are disadvantaged as part of the group.

Harassment - is when someone behaves in a way which makes you feel distressed, humiliated or threatened. It could be someone you know, like a neighbour or people from your local area or it could be a stranger. For example, someone on the bus.

Victimisation - is the process of being, accused or becoming a victim. The field that studies the process, rates, incidents, effects, and prevalence of victimisation is called victimology.

Marriage/civil partnership - this is when you are treated differently at work because you are married or in a civil partnership. For example, a woman works night shifts in a restaurant but is dismissed when she gets married because her employer thinks a married woman should be at home in the evening.

Race - this is when you are treated differently because of your race. For example, Sara, a person of Asian ethnicity, applies to work as a receptionist at a car dealership in a predominantly white area. She meets all of the job requirements, but following an interview the employer tells Sara you wouldn't fit in here! A white person with similar skills and experience is hired instead.



Nine Protected Characteristics

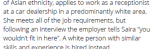
Age - this is when you are treated differently because of your age. For example, your employer refuses to allow you to do a training course because she thinks you are too old, but allows younger colleagues to do the training.

Disability discrimination - is when you are treated less well or put at a disadvantage for a reason that relates to your disability. For example, failure to make reasonable adjustments. Discrimination arising from disability.

Age harassment - this is when you are treated differently because you are transsexual. For example, a transsexual being harassed by a colleague at work. He makes a complaint about the way his colleague is treating him and is sacked.

Sexual orientation - this is when you are treated differently because of your sex. For example, refusing credit to a married woman without the husband's signature, while a married man is not required to have his wife's signature or refusing to accept a woman's salary as the basis for a mortgage because of her sex.

Sexual orientation - this is when you are treated differently because of your sexual orientation. For example, an employer not promoting an employee purely because they are gay is likely to be discrimination.



Pregnancy - is a type of employment discrimination that occurs when expectant women are fired, not hired, or otherwise discriminated against due to their pregnancy or intention to become pregnant. may include denial of time off or reasonable accommodations for pregnant employees, firing or demoting a pregnant employee, forced time off or restrictions on work, and any other negative employment action taken because of an employee's pregnancy.

Religion/belief - this is when you are treated differently because of your religion or belief, or because of your religious practices. For example, dismissing an employee because of their religion or declining not to hire an applicant because of their religion.

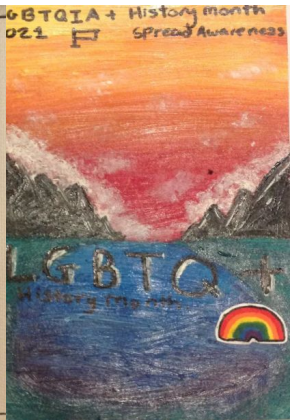
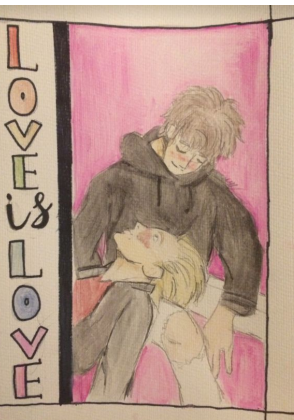
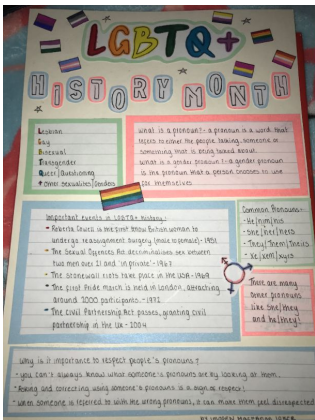
Sex - this is when you are treated differently because of your sex. For example, refusing credit to a married woman without the husband's signature, while a married man is not required to have his wife's signature or refusing to accept a woman's salary as the basis for a mortgage because of her sex.

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Equality Act 2010

Student entries for the LGBT+ Poster competition



LGBT HISTORY MONTH

LGBT+ stands for lesbian, gay, bisexual, transgender and all other labels in the community. Other common versions are LGBTQ+ where the Q stands for queer/questioning, and LGBTQIA+ where the I stands for intersex and the A stands for asexual.

LGBT+ people have been around since the beginning, however there is little representation in history. This is an example of how our history is not inclusive, so it is up to us to educate ourselves and be inclusive in our current society.

Even just learning the meanings of some of the labels can make a huge difference to someone who is just trying to live as their authentic self. What can you do to help?



CEDARS

LGBT+
We all live under the same sky

Just because a person is LGBTQ+, it's no reason to hate them.

Everybody has their own opinions, their own interests, their own feelings.

You wouldn't want to be hated because of the way you feel.

Do the right thing:
Be kind

Everybody is Equal



Literacy

A huge shout out to our sixth form students for working on the 'Reading for Linslade' project with four 6th formers reading books aloud on video. They are truly amazing.

Author of the Week: [Karen M McManus](#) talks about her new book *The Cousins*, and also her other books *One of Us is Lying*, *Two Can keep a Secret* and *One of Us is Next*. If you like a good mystery you won't go far wrong by reading these books.

Spread the Word: Don't forget to spread this week's word: [Quibbled](#)

Books on a Theme: Two political and identity related links:

- [Novels that Shaped Our World - class and society](#)
- [A Promised Land by Barack Obama](#)



Book Reviews This week my guilty pleasure is: [The Witch](#) by *Finbar Hawkins*. Set in the 17th Century we are taken back in time to a period where witch trials were common.

After witnessing the brutal murder of her mother by witch-hunters, Evey vows to avenge her and track down the killers.

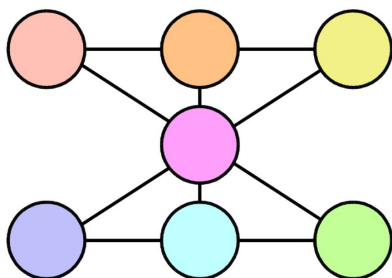
Why not [Join](#) your local library and download books for free on the [Libby](#) App

Calling all Wally fans.

The National Literacy Trust is running (literally) a [Where's Wally Weekender](#) in March. Click on the link to find out more.

Numeracy Corner

Can you put the numbers 1 to 7 in each circle so that the total of every line is 12?



Quote of the Week

