



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

Today is the launch of our next value month: **ENGAGED!**

To start off this fortnight 1st-12th March we are running competition which focuses on our **ENGAGED** value. We want to see how engaged with Educake you can be. We will review the league table and the top student will receive a £5 amazon voucher. Get engaged with [Educake](#).

If you are looking for activities to do off screen. Miss Goodman has set some fun challenges in your year group classroom or maybe try out more activities on the [wellbeing calendar](#).

Creative Engaged Determined Aspirational Respectful Successful

ENGAGED VALUE MONTH

Throughout the month of March we will be showcasing our **ENGAGED** value. Here is what to look out for...

ENGAGED STUDENTS

Our students have continued to show a fantastic level of engagement during remote learning and we know this will continue when we return to school. Look out on social media for examples of students demonstrating their engagement.



ENGAGED CURRICULUM

We will be sharing on social media examples and quotations from our staff on what the engaged value means for their subjects. Many lessons will also highlight our engaged value too.



ENGAGED COMMUNITY

It is important for our staff and student to be engaged in our community. This month there is a particular focus on how we can engage positively with our environment and local services such as care homes.

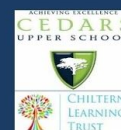


ENGAGED COMPETITIONS

We have a number of opportunities throughout this month for students to demonstrate our engaged value.

This month starts with our **EDUCAKE** engagement competition and will end with our poetry competition to demonstrate engagement in literature and our community.

Look out for these and more on year group classrooms, social media and form time.




























Follow engaged month @Cedars_Upper



Cedars Wellbeing Calendar



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



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

VIRTUAL WELLBEING DROP-INS: Do you want to learn more about feeling happy and calm at home? Activities and information will be aimed at all children. Younger children may need support from an adult.

'Feeling positive returning to school'. Thursday 4th March 2021. Please book through [Eventbrite](#)

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.

Science

Year 12 Fashion

Yr 13 History & Politics



Literacy

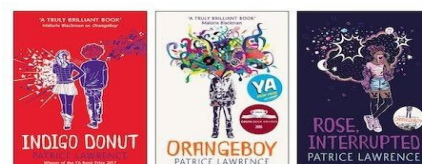
If you enjoy books then why not have a look at all the activities on the [British Library Website](#)

Book Club

[Radio 2 Book Club](#) with Steve Wright in the afternoon has lots of followers. This week they reviewed YA novel *Concrete Rose* by Angie Thomas (The Hate U Give, On the Up)

Author of the Week: [Patrice Lawrence](#)

An award-winning author, whose debut novel *Orangeboy*, won the Bookseller YA Prize and the Waterstone's Prize for Older Children's Fiction. Her second book *Indigo Donut* had similar critical acclaim and both books were nominated for the prestigious Carnegie Medal. Her latest book is called, *Eight Pieces of Silva*.



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

Book Reviews



This week my guilty pleasure is: [All the Bright Places](#) by Jenny Niven

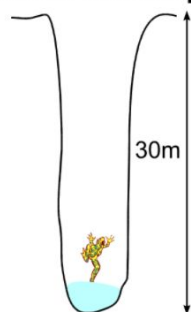
Exhilarating and heart-wrenching love story about a girl who learns to live from a boy who intends to die.

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

Numeracy Corner

The Jumping Frog ☆ 6

A frog has fallen into a pit that is 30m deep.



Each day the frog climbs 3m, but falls back 2m at night. How many days does it take for him to escape?

Quote of the Week

"We are what we repeatedly do. Excellence then, is not an act, but a habit."
-Aristotle