



Headteacher's Highlights

Dear Parents and Carers,

We are now one month into the new school year and students have settled back into routines really well. We are really impressed with their mature attitude towards the safety measures we have in place. Students are wearing their masks, sanitising before every lesson and following the one way systems. Please ensure your child brings a mask with them each day, it is not sustainable for us to provide masks to students every day.

Year 9 have really impressed me and look so smart in the new uniform. They have started their library lessons with our librarian, and their English teachers, exploring our well stocked resources and how to use them. We have been really impressed with their desire to read and their choices are ambitious and pleasing to see - Jane Austen and Kingsley Amis are just two of the authors chosen by our students last week.



I have asked teachers to nominate students who have really impressed them during the first four weeks of term and the response was fantastic. I am sending out 650 praise letters to students this week. Year 13 students have completed mock exams in the last few weeks and there is an opportunity for Year 13 parents to discuss progress with teachers during the Online Parents Evening on Thursday. Details have been sent home via email, please do try to attend this evening. Year 11 have also sat exams in English and maths, and their conduct in the exam hall was superb, in what were their first exams in there, having missed the Year 10 exams.

We have started welcoming families of Year 8 parents into school for socially distanced tours. Our virtual Open Evening is now available to watch here: <https://www.youtube.com/watch?v=a4Z-rz2Dois&feature=youtu.be> It is also great for our current families to see what is happening at Cedars.

1st October marks the beginning of Black History Month. At Cedars Upper, we strongly believe Black History is important at all times of the year and this is why we have an inclusive and diverse curriculum across the school. This year our Black History Month theme is 'Black History is British History'. Students in all years have received a virtual assembly from the History Department featuring an overview of Black British History, starting with the migration of black people from the African continent in the early years of the Roman Empire, through the Middle Ages, Tudor Period, Georgian Period to present day. Through this assembly, students have learnt about Beachy Head Woman, Ivory Bangle Lady, John Blanke, Henry Jetto, Ignatius Sancho, Francis Barber and the contribution of Black and West Indian soldiers in World War One.



The school library has a fantastic display of fiction books by black authors that students can borrow and is purchasing some of the newly released books focusing on Black British history, such as David Olusoga's 'Black and British – A Short, Essential History' and Patrick Vernon and Angelina Osborne's '100 Great Black Britons'. This has been advertised around school on display boards.

On Friday 9th October, all staff will be teaching about inspirational black people from history who have contributed to the development of their subject. Students may wish to use one of these individuals to help them enter the Tutor Time competition, where all students are being invited to write a poem about an inspiring Black individual. The winner of the competition will receive a copy of the book, '100 Great Black Britons' by Patrick Vernon and Angelina Osborne, as well as a £10 Amazon voucher. Two runners up will also receive a copy of the book '100 Great Black Britons'. These poems will feature in the next newsletter, as well as be displayed at the school and shared with all students through our Tutor Programme.

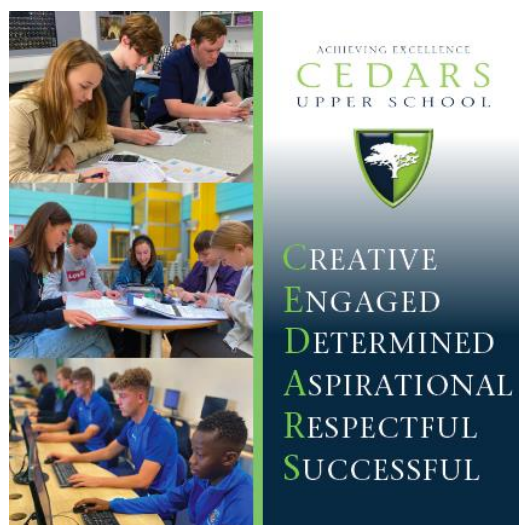
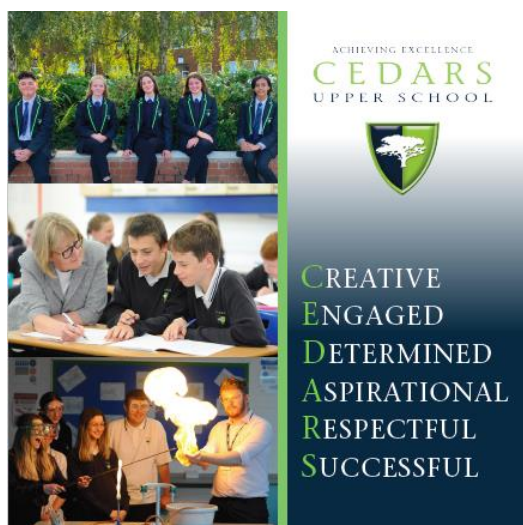
Our work to highlight and celebrate the lives of black people continues through Student Voice, in which students will be working on a resource pack to help expand the education of our community.

This year's senior students have started their work. They are busy planning a Yellow Young Minds charity day for Friday where students will be encouraged to wear yellow to show their support. We look forward to hearing what else they are planning for the year.



Work is underway to plan our 100th anniversary next year. Staff and students are meeting to plan what we are sure will be a really special event. We will be in touch throughout the year to share updates about this.

We have been looking at the school's vision and values, in terms of what is important to us as a community and what we want our students to develop as personal characteristics. They are summarised on the 2 posters below:



We have a new menu starting next week with the addition of hot paninis. The new menu can be seen at the end of this letter. Please login to ParentMail each week to order your child's food for the following week. Students who are entitled to free school meals, please continue to order these using the link sent out each week. If you are having any problems ordering meals please contact head@cedarsupper.co.uk

A number of parents have been in touch regarding payment for various books and equipment on ParentMail. Once you login to the system, you will need to go to Payments and then Shop to purchase these items. Please contact your child's year office if you are having any problems. Parents are able to monitor homework set using class charts. If you do not have a login for your child's class charts, please contact the year office.

Since returning to school, our staff and students have done amazingly well at adapting to our new 'normal'. We are determined to promote and support positive wellbeing at Cedars and have been sharing resources on the 5 ways to wellbeing. Staff and students have been considering in form time how they might practice these methods to improve their wellbeing overall.



Students are accessing the Student Support Centre successfully. We have had a number of 1:1 support sessions and will be starting group sessions next week.

To support our students with a return to face to face teaching, all of our lessons start with a retrieval practice activity. This means that students are given a learning strategy where they focus on recalling information from their memory. This helps them improve their long term memory and also helps them to know what content they are memorising and what they need to work on.

Is retrieval practice something students should carry out in school only?

Retrieval practice will have the most impact if students carry out this technique at home as well. They might choose to create flashcards to help them or use some of the consolidation tasks on the website.

Remote learning

If your child finds themselves unable to attend school, they can keep up to date because all work will be uploaded onto Google Classroom. If they are having difficulty accessing it or do not understand the work, they should email their teachers who will try and help them.

We are currently advertising for casual invigilators to support with exams. If you are interested in applying for this please follow this link:

<http://www.mynewterm.com/school/Cedars-Upper-School/137462/EDV-2020-CUS-60439/Exam-Invigilator,-Casual>

Please follow us on twitter for announcements and updates @Cedars_Upper. As always, thank you so much for your support during these unprecedented times.

Best wishes



Steven Palmer

Packed Lunch Menu

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| Week One | Sandwich/ Baguette of the Day Chicken /tuna, Egg/Cheese Hot Cheese tomato or and Cheese panini | Sandwich/ baguette Chicken/Cheese/Tuna egg) Hot BBQ chicken or cheese& Onion panini | Sandwich/Baguette of the Day (Egg /Cheese/Tuna/ Chicken) | Sandwich/ Baguette of the Day Tuna/Egg/Cheese/ Chicken) | Chicken Roll/ Mexican Veg Roll Hot Cheese tomato or Cheese panini |
| | Vanilla Shortbread | Raisin Flapjack | Lemon Drizzle | Chocolate Brownie | Oaty Cookie |
| | Water | Water | Water | Water | Water |
| | Fruit | Fruit | Fruit | Fruit | Fruit |
| Week Two | Sandwich/ Baguette of the Day Chicken/Egg/Cheese/T una Hot Cheese tomato or and Cheese panini | Sandwich/ Baguette of the Day Egg/Cheese/Tuna/ Chicken Hot B&Q chicken or Cheese & Onion | Sandwich/Baguette of the Day Chicken/Cheese/Tuna/Egg Hot Cheese and Pepper or Cheese tomato | Sandwich/ Baguette of the Day Chicken/Egg/Cheese/ Tuna Hot Spicy Chicken or Tuna and Sweet corn panini | Chicken Roll/ Mexican Veg Roll Hot Cheese tomato or Cheese panini |
| | Fruity Shortbread | Apple Flapjack | Iced Bun | Chocolate Muffin | Raisin Cookie |
| | Water | Water | Water | Water | Water |
| | Fruit | Fruit | Fruit | Fruit | Fruit |

ALLERGY INFORMATION:

If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.