



Dear Parents/Carers,

"The ultimate measure of a person is not where they stand in moments of comfort and convenience but where they stand at times of challenge and controversy" Martin Luther King Jr.

We are certainly facing some extraordinary challenges and controversies, on a global scale, for the first time in generations. So many people in the UK are doing everything they can to help, from 700,000+ volunteers to assist the NHS to people supporting the vulnerable in their own village, estate or street. That community spirit is at the heart of the work we do at Cedars and we are looking at ways that we can further our own contribution locally. We have already donated our personal protective equipment such as goggles to local hospitals to protect our frontline workers working so bravely on our behalf.

We hope you joined in the applause last night at our front doors, gardens or from a window (safely) for the NHS workers at 8:00pm. This is a very unifying gesture of support which we know first-hand from friends and family is greatly appreciated.

There also seems to be an initiative to encourage people to go into their gardens tonight at 8:30pm and shine a torch into the sky to remember those lives lost during this crisis.

We have sent a separate email this week to parents/carers of year 11 and 13 students as we await specific guidance regarding GCSE and A level grades and as soon as this is released we will update you.

Our teaching staff have been working very hard to teach in this new way of working. They are also spending time putting together the next set of lessons for students to learn. Although we fully recognise that in these difficult times, some students may have additional responsibilities and we are mindful of not overloading students, parents or teachers with work. In the week beginning April 20th we will focus upon consolidation of previous learning. A series of fun challenges have been created for use over the Easter break and we are inviting students and staff to participate in these (see attached or visit the school website). We are encouraging students to complete these with their families or their friends (using technology to communicate). It would be great if you can share the completed challenges with us by emailing cedarschallenge@cedarsupper.co.uk.

We would like to ask you how online learning has worked over the past fortnight and invite you to complete this google survey.



https://docs.google.com/forms/d/e/1FAIpQLScpHM7HJ7WPET_iz9IKc8n-djpAF2jBm88l_WH2Rt0KmQaWqg/viewform

CLT are developing a Home Learning Hub, which will provide a centralised space for colleagues to access and contribute information, strategies and resources. This will enable staff to share these resources and strategies with students across the Trust and at Cedars. We will also be developing methods of feedback to support the students.

Below are also some useful suggestions for Easter and beyond in terms of resources;

The National Theatre is broadcasting four plays. It will be on Youtube on their own channel. This will be free to view for anyone who wishes to do so and went live last night. Here's the link:

<https://www.youtube.com/watch?v=XzqcRwWVv8k>

The Royal Shakespeare Company are also screening several plays including Macbeth and Othello (two of our core texts): <https://www.rsc.org.uk/at-home-with-shakespeare>

The Royal Opera House has a performance of Peter and the Wolf which was streamed on Friday evening, available for another 28 days. They will be streaming an opera every Friday evening.

For those curious about life on Mars or space travel, the Kennedy Space Centre is offering virtual intergalactic adventure via its social media site. They also have at-home resources on their website, www.kennedyspacecenter.com

Aimed at our older students, Gresham College is a charity and historic institute of higher learning set up in 1597 to bring the 'new learning' to Londoners; they have been live-streaming free lectures for the past 10 years and have an archive of 2,500 lectures (video and audio) + written transcripts online. Early Professors include Sir Christopher Wren and Robert Hooke.

<https://www.gresham.ac.uk/schools> These include;

Business/Economics - Professor Alex Edman's lecture on [Choosing a Career](#) is particularly strong.

English - They recommend Sir Jonathan Bate's lectures on [Shakespeare](#) and the [Romantic Poets](#).

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Geography (Environment) - Especially strong on environmental challenges, Climate Change, and Water.

History - A very wide range, including a recent series on WWI which includes a lecture from Professor Sir Richard Evans.

IT - Emerging Issues in IT and a lot of lectures on AI, for example discussing 'superintelligence'.

Law - A lecture on becoming a Barrister and diversity in the legal profession by Professor Jo Delahunty QC.

Medicine - Lectures from Chris Whitty and a popular recent series on medical education by Professor Roger Kneebone.

Maths - Excellent series on the applications of Mathematics by Professor Chris Budd.

Physics (Astronomy) - An inspiring and popular series asking some of the biggest questions in the Universe.

Religion - Strong series by Professor Alec Ryrie on Extreme Christianity, Atheism and on the history of Religious Atrocities.

The Open University has highlighted their OpenLearn website (the OU's website that provides free learning to all). They have recently curated a set of resources most relevant to school pupils that you can find here:

<https://www.open.edu/openlearn/education-development/learning/free-courses-and-content-school-study>

For the musically inclined, the New York Philharmonic Orchestra has released hours of digital content at www.nyphil.org including performances, interviews with musicians, radio programs and videos of its Young People's concerts.

You can also check the answers to last week's quiz and try this week's quiz here:

<https://www.cedarsupper.org.uk/News/Weekly-Quiz/>

Below includes a list of links I have sent out previously to support you and your son/daughter:

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<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/>

ssc@cedarsupper.co.uk

It would be remiss of me not to draw your attention to the agencies that offer bereavement support and grief counselling:

- <http://chums.uk.com/bedfordshire-services/>
- [Child Bereavement UK](#) – call 0800 028 8840 Monday to Friday, 9am to 5pm, or email support@childbereavement.org
- [Cruse Bereavement Care](#) – call 0808 808 1677 Monday and Friday, 9.30am to 5pm, and Tuesday, Wednesday and Thursday 9.30am to 8pm, or email info@cruse.org.uk
- [Grief Encounter](#) – call 0808 802 0111 Monday to Friday, 9am to 9pm, or email contact@griefencounter.org.uk
- [Hope Again](#) – call 0808 808 1677 Monday to Friday, 9.30am to 5pm, or email hopeagain@cruse.org.uk
- [Winston's Wish](#) – call 0808 802 0021 Monday to Friday, 9am to 5pm, or email info@winstonswish.org

You can also find out more about children and bereavement from the [Childhood Bereavement Network](#).

It is tempting to have the news on the television or radio all day as we all wait avidly for news that the worst is over or that restrictions have lifted. Instead, I would urge you to seek an occasional update on the situation and instead listen to music, watch a good movie, sit in the garden or play a game.

And finally for today, here is a quote from Winnie the Pooh, which really does capture how important we are to each other, and how important it is to keep in touch and keep communicating with the people we love and care about:

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"Pooh!" he whispered.

"Yes, Piglet?"

"Nothing," said Piglet, taking Pooh's paw. "I just wanted to be sure of you."

Please take care of yourself and your families and let us know if we can help in any way.

Yours with best wishes,

Mr S Palmer
Headteacher

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