



Wednesday February 24th, 2010

Term 1 Week 5

Twilight Supper

What a wonderful evening of family fun. Thank you to everyone who attended our Twilight Supper. The friendly atmosphere was so pleasant as the children enjoyed the blow up slide, sausages, ice blocks, basketball and friendships.

What a great opportunity for parents and staff to interact with one another. We hope you felt a sense of belonging here at Cedars. We welcome your feedback. Please email mwest@cedars.nsw.edu.au with any comments or suggestions you may want to share. Look out for photos of the event in next week's Snapshot.

Cedars' Photos

Have you seen any Cedars' photos that you are interested in printing for yourself? On our website: cedars.nsw.edu.au under the heading 'Gallery' you will see some photos taken at recent excursions/events; if you see a photo or photos you are interested in printing, please email mwest@cedars.nsw.edu.au and I will endeavour to email you the photo/s.

Alternately, if you have seen photos in our newsletter 'Snapshot' please let Michelle West (mwest@cedars.nsw.edu.au) know if you would like her to email you the photo of interest.



Upcoming Events

Thursday 25th February

Primary Zone Swim Carnival, Nowra Olympic Pool, 8.45am.

Monday 1st March

Year 11/12 Design & Tech excursion Powerhouse Museum depart College 8.45 return 5.30pm

Tuesday 2nd March

Secondary Zone Basketball Gala Day

Wednesday 3rd March to Friday 5th March

- Year 7 Camp
- Year 9 Camp
- Year 11 Camp

Thursday 4th March

Year 12 Chemistry and Physics excursion to ANSTO, Lucas Hts. Depart School 8.45am return 2.00pm

Saturday 6th March

Cedars' Working Bee - 8.00am - 12 noon

Monday 8th March

State Primary Swim Carnival

Thursday 11th March

State Secondary Swim Carnival

Saturday 1st May

Cedars Expo



Prayer Points

We want to praise God for:

- A fantastic, fun-filled Year 5 camp held last week.
- A wonderful Twilight Supper where relationships were strengthened in our College community.

Bible Verse for the Week

"O LORD, you have examined my heart and know everything about me. You know when I sit down or stand up. You know my thoughts even when I'm far away. You see me when I travel and when I rest at home. You know everything I do. You know what I am going to say even before I say it, LORD. You go before me and follow me. You place your hand of blessing on my head. Such knowledge is too wonderful for me, too great for me to understand!"

Psalm 139:1-6

We also want to pray for:

- Safety and great weather for the upcoming camps for Years 7, 9 and 11.
- Our new P&F Committee as they begin their new roles.



Parent Participation Scheme Opportunities

Cedars' Garden Club

How would you like to join our Garden Club at Cedars? We are in great need of help to keep our gardens looking beautiful. You don't need to be an expert in gardening, but just enjoy working outside and possibly getting your hands dirty.

If you would like to help in this way as well as contributing to your PPS hours, please phone the College on 4271 8124 and Sandra will put you in touch with the Garden Club. We meet on the grounds from 9.30am till at least 12.30pm every Wednesday. You can come for part or all of that time. If you would like to be involved but another time suits you better, please talk to Sandra and she will have someone call you to see if you can help at an alternate time. Hope to see you soon.



Canteen Roster

Mon 1st March	Catherine Vormister
Tues 2nd March	Megan Mireylees
Wed 3rd March	Leonie Bere
Thurs 4th March	Lisa Powers
Fri 5th March	Terina White Rachel Johnson

For more information please phone Narelle on 0418 685 802.

Uniforms

Our uniform supplier, Ranier Design Group, has asked us to pass on their apologies for items that have not been available at the start of the year. They are working hard to ensure that any out of stock items are made available as soon as possible. Below are a list of anticipated delivery dates for items that have been out of stock.

- sports polo due 28/02
- girls summer dress due 20/02
- girls 2 pleat skirt due 20/02
- sports short due 28/02

Also, I have been informed that the polycotton jumpers are now in stock at the uniform shop and will continue to be offered as an alternative to the wool jumpers for students who prefer this option.

If you are having any problems with the supply of other uniform items please leave the details with Sandra at reception and I will endeavour to contact the supplier directly for an expected delivery date.

Mrs Julie Cochrane
Middle School Welfare Coordinator

Soccer Interest?

This is an invitation to any male students 15 years old or over or for any Cedars' parents who would be interested in playing soccer in the Illawarra Churches Soccer Association 2nd Div. in a Cedars' team.

It will involve one non-compulsory training night and a 1pm game on Saturdays. This is a great opportunity for any parents who would prefer for their sons to play soccer on a Saturday instead of a Sunday.

For more information please contact Ken Jordan at kwjordan@cedars.nsw.edu.au.

Kids' Club

For kids in Years 3 - 6, Figtree Anglican Church runs a group called 'Kzone' each Tuesday in Term time between 6 and 8 pm at the church on Gibson's Rd, Figtree. All are welcome.

Activities include games, theme nights lots of fun and laughter, a short talk and a light dinner. Cost is \$3 per night.

For more information, phone the church on 42 72 1322 or check out the website at www.figtreeanglican.org.au.

University of Wollongong



Is your daughter:

- Aged between 10-13 years?
- Just starting to go through puberty?
- Interested in being involved in research?

The Biomechanics Research Laboratory at the University of Wollongong is conducting a 12 month research study to find out whether growth and puberty affects the coordination of girls when jumping and landing.

If you and your daughter volunteer to participate in the study, we would need to measure your daughters height, weight, flexibility and strength every month and measure her jump coordination and knee laxity every 4 months for 1 year.

We hope the information from the study will help us design landing training programs that reduce the incidence of serious knee injuries in girls that can have life-long consequences.

If you and your daughter are interested, or have any questions about the study, please contact Catherine Wild on (4221 4480 or 0435 069 399).



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Working Bee Saturday 6 March 2010 8.00am – 12.00noon

All families are invited to come to Cedars' first Working Bee of 2010. It is a great opportunity to enjoy building relationships with the College Community while helping to beautify the grounds.

Please wear closed-in shoes. Bring a hat, gloves and a water bottle. If possible, please bring a wheelbarrow and a spade/shovel. Morning tea and a BBQ lunch will be provided. Please register your attendance (for catering purposes) with Sandra on 4271 8124,

Paul Stumbles
Property Manager