

SNAPSHOT



cedars
christian college

ISSUE #15 June 15 2011



NON NOBIS DOMINE
DIOCESE OF WOLLONGONG
Established 1951

Most Rev F McCabe DD
Most Rev W E Murray DD BSc Soc AM
Most Rev P E Wilson DD JCL
Most Rev P W Ingham DD

1951 - 1974
1975 - 1996
1996 - 2000
2001 -

CITY OF WOLLONGONG EISTEDDFOD

2011
Verse Speaking Schools 5 to 6

BISHOP THOMAS McCABE MEMORIAL TROPHY

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Cedars Snapshot is a weekly publication produced for the families and wider community of Cedars Christian College.

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MESSAGE FROM THE DEPUTY



BUILDING RESILIENT CHILDREN & FAMILIES

The Parents and Friends Association recently held a seminar for parents on building resilience in children and families.

Resilience is defined by psychologist Andrew Fuller as “the fine art of being able to bungy jump through life. The pitfalls are still there but it is as if you have an elasticised rope around your middle that helps you bounce back from hard times”. It is clear that our children and young people will go through hard times.

Statistics show that:

- One in five people will experience a mental disorder in any 12 month period.
- One third of marriages end in divorce.
- Mental illness is the third highest burden of disease in Australia.
- Many people who experience mental health problems experience more than one. E.g. anxiety and depression.

The strongest antidote we know of for self harm, depression and drug

abuse is resilience. But this ability to ‘bounce back’ is not something that you just automatically know how to do. Also, you cannot tell someone to be more resilient. Resilience comes from a number of internal and external factors which can be influenced and guided by parents and teachers.

Cedars has many programs and structures in place to assist children in the development of their resilience. These include curriculum initiatives such as the head strong program in PDHPE, workshop presentations such as the REACH program, support from the chaplaincy and counselling programs at the school, leadership development programs and many more.

It is important that our children have a strong sense of belonging, have a good balance of routine and spontaneity, are loved for their differences and learn about their self esteem. However, it is essential that they understand that their identity is in Christ and through this they can do all things.

I would like to thank the P and F for facilitating this evening. If you were unable to attend but would like an information pack including tips for building resilient children and families please contact the College office.

Mr Steve Walton
Deputy Principal



UPCOMING EVENTS



FRIDAY JUNE 17

- World Vision Leadership Day, Selected Students, Homebush
- Year 9/10/11 Timber Excursion Fox Studios

MONDAY JUNE 20

Year 7 Immunisations

TUESDAY JUNE 21

AFL Gala Day, Reed Park Dapto - 9.00am - 2.00pm

THURSDAY JUNE 23

- Zone Boys Soccer, Terry Reserve, Albion Park 8.30 - 3.00
- Yr 12 HSC Geography Lectures, UOW 8.30am - 3.10pm
- Yr 11 Blood Bank 3.00pm

THURS JUNE 23 to FRI JUNE 24

Year 6 excursion to Canberra

FRIDAY JUNE 24

- State Netball Gala Day, Jamison Park, Penrith
- Yr 11&12 Music excursion - Aust Institute of Music
- Yr 11 Textile Exhibition, Darling Harbour
- Yr 12 Business Studies Lectures, Steelers Club Wollongong

WEDNESDAY JUNE 29

Middle School and Senior College Parent/Teacher Interviews

THURSDAY JUNE 30

Canteen "Treat Day"

FRIDAY JULY 1

Last day of Term 2

MONDAY JULY 25

First day of Term 3

Upcoming Event Information is also located on Cedars Website. Go to: <http://cedars.nsw.edu.au/calendar.html>

PRAYER POINTS



WE ARE THANKFUL TO GOD FOR:

- An encouraging win for our Year 5 and 6 as they performed at the Eisteddfod last week.
- A wonderful experience for our Year 10 students at last week's Leadership Day.

WE ARE ASKING GOD FOR:

- A safe, fun, learning excursion for our Year 6 as they head off to Canberra next week.
- Safety at all our upcoming sporting and academic excursions.

BIBLE VERSE OF THE WEEK:

*"Whom have I in heaven but you?
I desire you more than anything on earth.
My health may fail, and my spirit may grow weak,
but God remains the strength of my heart;
he is mine forever."*

Psalm 73:25-26

JUNIOR SCHOOL



NEWS FROM 3 FISHER

3 Fisher ran the Junior School Assembly last Tuesday with lots of colourful costumes, fantastic power points, posters, drama and songs. Our theme was "Superheros". The video inserted here is a little snapshot of that performance.

This Term we have been learning about Simple Machines and how they make our lives easier. The students worked in groups to build Inclined Planes.

Here are some of their quotes about the lesson:

'It was fun making it and seeing if it worked with our friends.'

Ashley, Phoebe, and Star

'The best part was sticking everything together.'

Jessica and Caitlin

'We thought it was fun because we did it as a group.'

Christian, Joel and Noah

Mrs Sharon Scott
Year 3 Teacher



3 Fisher students

3 Fisher lead last week's Assembly - video

STUDENT BANKING FOR JUNIOR SCHOOL

If you are interested in having your Junior School child participate in student banking we are now starting this service at Cedars. Westpac is the School's bank and where the banking for your student will take place. If you are interested you can pick up a form from either the Junior School Office or Main Office.

Completed forms can be handed back to the School Office.

A representative from Westpac will contact you and your child will be issued a bank book. We will have banking the first week of every month. Your child's bank book will need to be given to the class teacher and will be taken to Westpac and then given back to the student in time for the next months banking.

I hope you all come on board with this exciting way of teaching children to save. If you would like to discuss this any further please give me a call.

Mrs Christine Matthews
Finance and Payroll Manager



MIDDLE SCHOOL

YEAR 6 PLACE FIRST AT WOLLONGONG EISTEDDFOD!

Cedars new Drama Teacher, Miss Erin Bubb, led Cedars Year 6 to victory at Tuesday's Wollongong Eisteddfod in the School Verse Speaking Choir Competition. Cedars other Year 5/6 class also came 2nd!

It was the first time Cedars has ever participated in this competition held at the WIN Entertainment Centre – and what a way to enter the competition! Winning first was a thrilling moment for each of the Year 6 students and for Cedars Principal, Julie Reynolds as she watched her students perform and win the competition.

The other Year 5 and 6 classes performed and won prizes also. The results were: **Highly Commended – 5S, Second – 5/6R and First – 6W!**

Miss Bubb, was also very excited about Tuesday's win. She commented, "The students have worked so hard together as they have practiced and practiced reciting the two different poems which they each memorised and performed with perfection." "Receiving a cheque for \$500 for 1st and \$100 for 2nd and a beautiful school trophy is a reason to celebrate!" "This will definitely not be our last time on stage at the Wollongong Eisteddfod, be on the lookout for Cedars again next year!"



Mrs Reynolds, Miss Bubb and some of our winning students



Year 5 and 6 Perform at Wollongong Eisteddfod

YEAR 7 GEOGRAPHY

In Year 7 Geography we have been studying Global Environments. We have focussed on deserts and have discovered that far from being lifeless and uninteresting, deserts are fragile and fascinating places with amazing plants and animals that form unique ecosystems. We have learnt about the various roles that plants and animals play within the desert ecosystem and have also done some research to discover the various ways desert species cope with the harsh environment. Check out some of the fascinating desert facts we discovered below:

"Fennec Foxes have padding and fur on their feet so they don't get burnt by the dry hot desert floor"

Abi Jordan

"Meerkats have black masks around their eyes that act like sunglasses and reduce the glare from the sun." - TJ Macfarlane

"The Perentie can survive one month without fluids."

David Anderson

"If rain lands on the Thorny Devils back, it runs down grooves in its skin, finding its way to its mouth where it is consumed."

Riley Tisma

"When Sturt's Desert Pea runs out of water it shrivels up and dies leaving its seeds (protected by a hard shell) laying around. After a while the sun wears away the shell weakening it ready for rain to come. Then up it comes and grows again."

Ben Hopkins

All of these are examples of "Biotic Processes" that operate in deserts and help make them the amazing places that they are!

Mr Ben Carden and Year 7

SENIOR COLLEGE



YEAR 12 STUDENT'S YOUTH ACHIEVEMENT

Each year Wests Illawarra and Wave FM recognise high achieving young people in the Illawarra. At the recent award evening, achievements of senior high school and university students in our region were recognised in a range of categories including academic, sports and the arts. Students who achieved under difficult circumstances were also honoured on the evening.

Our own Stephanie Beeley, a current year 12 student was put forward for Principal's Nominee Youth Achievement Award. Stephanie, along with six other nominees all continued to work through very difficult situations during their education.

Stephanie's story was compelling as were the other nominees. She has been a carer for her mother who suffers from multiple sclerosis,



Stephanie with CEO Wave FM

Video of Senior Chapel - Worship Day

looking after her from a young age. Few would have known of Stephanie's additional duties as she never sought any allowances or special treatment from her teachers to lighten her load. The start to Stephanie's school year in 2010 threw her an additional challenge. After weeks of serious illness and hospital stays she was diagnosed with Systemic Lupus Erythematosus, a debilitating disease of the immune system which requires some heavy duty medication including chemotherapy treatments. Despite her very difficult situation, she has continued to succeed with her study and to be an inspiration to all those around her.

Stephanie accepted her award graciously for winning her category in front of a huge audience including her very proud parents and some of her delighted teachers. Stephanie is congratulated by the Cedars School Community for her significant achievement and her positive attitude.

Mr Darryl Sullivan
Year 12 Coordinator

NEWS FROM OUR CHAPLAIN

Jesus Culture is a popular worship band with a raw sound and strong biblical lyrics. Their name inspired us to ask some hard questions. What is a Jesus Culture? What would Cedars look like if we were to initiate such a culture in our school? We also asked, what does the Kingdom of God look like and how can it be lived out today?

To help us unpack what a Jesus Culture is we recruited a team from Youth With a Mission in Port Kembla. Each week this Term a team from YWAM have come to inspire and encourage us to see life from a God perspective. We have been challenged to understand what a Christian culture is. What do we really know about what is important to Jesus, what did Jesus mean when he spoke about the Kingdom of God and what influences our identity.

The highlight so far this Term was our worship day. YWAM brought in a worship band to lead us in worship for all of our Chapel time. It was a wonderful time of drawing close to God in worship and prayer. I was personally encouraged to see students spontaneously praying and encouraging one another, certainly a sign that a Jesus Culture is beginning.

Mrs Carol Ramsey
Chaplain



STATE CROSS COUNTRY

Secondary Results:

At the recent State Cross Country, Alexandra Adams came an amazing 1st in the 17 year girls event with her brother, Toby Adams placing 9th in the 15 year boys event.

Congratulations to both!

Courtney Russell just missed out on a place at CIS finishing 14th in the 13 year girls.

Well done to all the students who participated.

Primary Results:

On Friday 3rd June 27 students travelled to the Sydney International Equestrian Centre to compete in the State Cross Country Carnival. The weather was superb, as was the efforts of all of our students. The standout performance was that of **Joel Starr**, who finished 3rd in the 11yr boys. He will now be representing us at the Combined Independent Schools Cross Country championships on the 16th June.

Congratulations Joel, and to all of our cross country representatives.



Primary State Cross Country

LEGO ROBOTICS COMPETITION

On Saturday, May 21, Project Bucephalus held a Lego Extravaganza at the University of Wollongong. They had 40 kg worth of Lego for children to build their own Lego constructions and for display and more than 2000 people from all around the Illawarra came to the extravaganza.

There was also a tournament using last year's FLL (FIRST Lego League) called "Body Forward". This is an amazing robotic obstacle course. Several students from Cedars entered the tournament and they did really well on the day!

Daniel West and Baz Matysek took an amazing second place. Nathanael Hutchison and Jacob Smith came third, and Aris Chrissostomidis, Jacob Pesavento and Adam Knight made fourth place. This was an amazing result for our school! Congratulations and well done to all students involved on the day.

Cedars is preparing a team to go in this year's FLL tournament called "Food Factor" on the June 2.

By Nathanael Hutchison and Jacob Smith (Year 8)

NEW UNIFORM SHOP HOURS

We have received a lot of positive feedback from parents about the new uniform supplier and our on-campus uniform shop. However, there have also been a number of requests to change the opening hours of the uniform shop allowing more parents to readily access this service.

The new hours will begin Term 3:

Tuesdays: 3:00pm – 4:30pm
Fridays: 8:15am – 11.00am

These changed times will begin Week 1 in Term 3.

STUDENT ACHIEVEMENTS

Jake Power, Year 8, is to be congratulated as he has been selected as Age Champion at the Christian Schools National Swimming Championships. (CSSA)

Jake's results:

1st 13yr boys 50m Breaststroke
2nd 13yr boys 50m Freestyle
2nd 13yr boys 100m Freestyle
1st 13yr boys 4x50m Freestyle relay
1st 13yr boys 4x50m IM relay (Jake did backstroke lap)



13yr boy Age Champion - Jake Power

NEWS & NOTICES



P & F UPDATE

- Pies ordered and paid for will be available for pick up on Friday 24th June in the hall.
- Thank you to all families who have sent in recipes for the Cedars Cookbook. Recipes can still be handed in at the office.
- Outdoor Movie Night Saturday September 3 - put this date in your diary now!

CYBER BULLYING SURVEY

TUESDAY JUNE 21, 2011

Our Year 7 and 9 students have the opportunity to take part in a research project through Macquarie University entitled "The Influence of Cyber Bullying on Adolescent Development." Student participation will involve sitting a 50 minute online survey on Tuesday 21st June, 2011 and responses will be completely confidential.

Each child who participates will be asked to answer questions about their experiences of cyber bullying, their self-efficacy to respond to cyber-bullying, and the psychological effects that cyber-bullying has on them. Mrs Reynolds has been given a copy of the questionnaire for her approval prior to the commencement of the research.

Cedars Christian College is keenly interested in research on the impact of the use of technology in bullying and a summary of the results will be forwarded to the school. Should you have any further questions about this, please contact either Brad Kelly (Year 9) or Julie Cochrane (Year 7)

IMMUNISATIONS FOR YR 7

Nurses from The NSW Health Department will be visiting the school on Monday 20th June to conduct the vaccinations for - Diphtheria/Tetanus/Whooping Cough booster (single dose).

Details of the vaccinations and consent forms were contained in an envelope given to students last Term. If you would like your child to take part in this vaccination program, and have not already returned the forms, please give them to your child's homeroom teacher by Thursday 17th June, 2011.

Please note that these injections are not compulsory and are provided as a service to the school community. Parents who decide not to have their child vaccinated are not required to return the forms.

PARENT PARTICIPATION OPPORTUNITIES

CANTEEN

Narelle, our Canteen Manager, is always looking for help from parents to work in the Canteen. This is a great opportunity to add to your PPS hours and is a lot of fun!

Call Narelle on 0418 685 802 to book in a day or two to help out at the Canteen.

SECOND HAND CLOTHING POOL

Due to lack of space in our Junior School and Main Offices, the Second Hand Clothing Pool will close at the end of Term 2, 2011.

As the school is no longer able to offer this service, parents may wish to pass their items of clothing on to other members of the school community of their own accord.

As such, the offices will no longer be able to accept second hand items of clothing starting Term 3.

If you are interested in looking through the items of second hand clothing which are now located in the school offices, please do so before Term 3 begins.

CANTEEN ROSTER

DATE	STAFF
20/6/2011	Catherine Vormister
21/6/2011	Cherie Aitken
22/6/2011	Sharlene
23/6/2011	Kasey Blackmore
24/6/2011	Allison Cromie

For information or to volunteer, please phone Narelle on 0418 685 802.

NOTICES



PARENT/ TEACHER INTERVIEWS YRS 5-10

Parent/Teacher interviews for Years 5-10 will be held on Wednesday 29th June. Interviews will be held between 3.40pm and 8.30pm in the Cedars Leadership Centre. These interviews provide a valuable opportunity for teachers, parents and students to communicate about the student's progress and to consider strategies to improve academic achievement.

Students will be issued with their reports during the final week of term, but to assist with planning, we are inviting you to schedule an appointment with teachers soon.

Follow the steps below in order to organise a suitable time for an interview:

- Use the booking form sent home to select your preferred times.
- Give the completed form to your child.
- Students make times with teachers and adjust the times on their sheet. Students who are organised and make interview times with teachers early will get the first choice of time slots.
- Bring the booking form to the interview.
- Bring your child's report to the interview.

During the evening it is important to follow the schedule of interviews. If it becomes clear that more time is needed please feel to arrange a follow up time with the relevant teacher.

To enable planning of the interviews, interview booking slip must be returned by all students by **Wednesday 22nd June.**

Mrs Sue Walker
Director of Studies 7 - 12

Mrs Ruth Brown
Director Primary Curriculum

EXO DAY BAKE SALE

Tuesday June 21

Support Cedars Exo Day by purchasing a cake or muffin on Tuesday June 21. Most cakes are only \$1. The more money raised, the better our Exo Day will be so come prepared!!

THANK YOU FROM JAPAN

This was sent from Eastwind Ministries, one of the organisations we sent our donations to after the earthquake and tsunami in Japan:

Dear families and staff of Cedars Christian College,

We hereby express our heartfelt thankfulness on behalf of the people in the quake-hit Tohoku area of Japan for your great aid to give relief for them.

Through your dedicated support, we could distribute necessities for life to supply the barest needs of them and encourage those who have been in deep grief and suffering.

May God Almighty bless you, give you good health and happiness to you to continue with your loving, caring kindness. We are so much grateful and thankful for your support and co-operation.

All of our best wishes are always with you.

Makoto Fukuda, director of Eastwind Ministries, Japan

