

# SNAPSHOT



cedars  
christian college

ISSUE #23 August 31 2011



## METRO CUP STATE FINALISTS

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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 PRINCIPAL



### WHAT DOES A CEDARS STUDENT LOOK LIKE?

In the first Snapshots for this Term I shared the characteristics that we most want our students to develop while they are at Cedars. There are 7 concepts that we think are the most important. The staff and I have been talking about them with the students and we want to invite feedback from parents too. Over the next few weeks I will present the notes that we have put together and hope that you will take time to consider these characteristics and consider their importance with your children.

- Educated**
- Respectful**
- Compassionate**
- Faithful to God**
- Resilient**
- Disciplined**
- Pursuing excellence**

#### *A Cedars Student is.....Educated*

*"...those who have knowledge muster their strength." Proverbs 24:5(b)*

#### **Why is it important?**

Education gives the individual choice, independence and a sense of influence. It does allow us to 'muster our strength' and we should celebrate every opportunity we have as a community to 'muster' together.

#### **What does it look like?**

An educated person has a greater understanding of themselves, others and the world around them. They are able to make decisions on information rather than through ignorance. Insight into why and how the world works enables us to draw conclusions about life beyond school. Education allows us to be emotionally, socially and physically aware. An education gives us choices and chances in life; it can help us to make a difference in the world and be active rather than passive in bringing change for good.

#### **How do we promote this quality in our community?**

We promote education formally by appreciating a broad and well presented curriculum taught in a variety of ways. We promote education informally through a variety of extra-curricular activities. Our own interests and passions in learning can inspire others to want to learn. Taking opportunity to reflect on the value of learning and the outcomes it brings is also essential to the promotion of education.

#### *A Cedars Student is.....Respectful*

*"Show proper respect to everyone."*  
1 Peter 2:17

*"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others."*  
Philippians 2:3-4

#### **Why is it important?**

When people show respect to one another a sense of community is built. Respect allows people to function without fear, it enables positive values to flourish, and it creates a good atmosphere for learning. A sense of self respect allows individuals to appreciate their own gifts and qualities and makes it easier for them to show respect to others. Love, order and success are by products of respect in action.

#### **What does it look like?**

A respectful person is polite, obedient and takes care of other people and their physical environment. When we show respect to others we are accepting, tolerant and avoiding judgement. We can show respect to others in how we speak, how we react and how we take on work or responsibilities. We also show our self respect by taking care with our appearance.

#### **How do we promote this quality in our community?**

We need to model respect to one another by supporting leaders and teachers. This might be by being punctual, being polite, considering the views of others and striving to be consistent in our behavior. We can encourage one another to learn from experiences and understand that there are consequences for disrespect. We can promote mentoring programs and look for ways to notice and reward respect.

# UPCOMING EVENTS



## WED AUGUST 31

Middle School SmartStart Evening 7pm in the Middle School Building

## THURS SEPT 1

- CSIRO 'nanotechnology' to Yr 9 ,10 and 11
- Reach Program Yr 6&7
- Secondary Zone Athletics

## FRI SEPTEMBER 2

- Minnamurra Rainforest Excursion Year 1
- Primary School Little Athletics Presentation 11.30am - 1.00pm

## SAT SEPTEMBER 3

P & F Movie Night - 'Hoodwinked' Rated G

## TUES SEPTEMBER 6

P & F Meeting 7.30pm

## WED SEPTEMBER 7 TO FRI SEPTEMBER 9

Duke of Edinburgh Combined Silver and Bronze Hike

## THURS SEPT 8

- Botanic Gardens Excursion Year 3
- JS Woll Mall Performance 12.30 - 1.30

## WED SEPTEMBER 14

- EXO Carnival Day
- CIS Primary Athletics

## THURS SEPT 15

- Junior School Concert 6.30pm
- Sth Coast Beaches excursion Yr 10

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:

- A fantastic Science week.
- His peace and His joy which are always available to us.

## WE ARE ASKING GOD FOR:

- Perfect weather for Saturday's movie night.
- Nice weather and a great turnout for our Junior School Mall performance.

## BIBLE VERSE OF THE WEEK:

*"You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!"*

*Trust in the LORD always, for the LORD GOD is the eternal Rock."*

Isaiah 26:3-4

# JUNIOR SCHOOL

**Fruit 'n' Veg Month 2011**

Eating enough fruit and veg is an essential part of a healthy lifestyle and is vital in reducing the risk of health-related disease. During Weeks 7-10 of Term 3 (29<sup>th</sup> August – 23<sup>rd</sup> September) we will be participating in Fruit 'n' Veg Month.

Fruit 'n' Veg Month is a fantastic chance for kids and their families to get excited about fruit and veges. There will be lots of classroom lessons, school activities and competitions so everyone can get involved. Not only will there be fruit tasting, but there will also be lovely fruit to buy from the Canteen.

Eating **2 serves of fruit and 5 serves of vegetables** is a good rule of thumb for the family in general. Take a moment to look at the table below to find out how many serves each member of your family needs to eat .

AGE (yrs)	VEGETABLES serves	FRUIT serves
4 – 7	2	1
8 – 11	3	1
12 – 18	4	3
Adults	5	2

Take the fruit 'n' vegetable challenge! Write down what you ate yesterday and then work out how many serves of fruit and vegetables you consumed. Remember to be as accurate and honest as possible. Did you meet the target? What are some small changes you could make to help you reach the target?

Your child will be receiving a **family competition** activity soon. See if your family can meet the challenge!



Junior School Choir performs at Wollongong Mall 2010

## JUNIOR SCHOOL TO PERFORM AT WOLLONGONG MALL

**Thursday September 8**  
**12.30pm - 1.30pm**

On Thursday September 8, Cedars Junior School performers will delight the lunch time crowds at Wollongong Mall with talented performances by our very own Junior School Choir, School Band and Violinists.

Parents and friends are warmly welcomed and encouraged to come and watch the performances and support our Junior School students. Last year's performances at the mall were a great success and a wonderful promotion of our music program in Junior School.

## JUNIOR SCHOOL CONCERT

I would like to invite all parents to our first Junior School Concert held on Thursday 15<sup>th</sup> September. I am excited to see this event come together and the creative talent within Junior School displayed through students from Prep to Year 4.

The night will kick off at 6:30pm and the audience will be entertained with solo, duet and group performances in dance and music. A delicious supper will be provided after the concert.

Invitations have been sent to parents and tickets can be purchased by sending the bottom slip of the invite to their child's class teacher. Tickets may also be purchased by ringing Main Reception. For catering purposes please RSVP by 8<sup>th</sup> September. Please note that the admission cost will be added to your school fees.

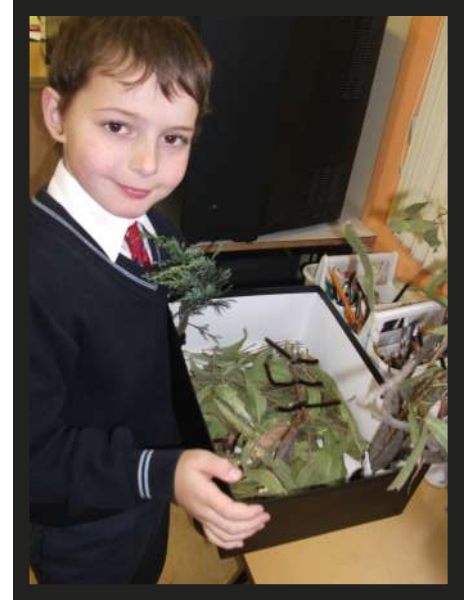
**Miss Heidi Sullivan**  
**Creative Arts Coordinator**  
**JS Concert Admission Fee:**

- Adults: \$10
- Students & Children: Free

# JUNIOR SCHOOL



## 3 HUGHES GOES WILD ABOUT MINI BEASTS!



# MIDDLE SCHOOL

## BRINGING TV CELEBRITY TO YR 8 HISTORY

It's not often that you hear teachers say they don't like textbooks or test papers. But then, it's worth remembering History isn't just any old boring subject! Learning to be inquiring, open minded detectives, working out for themselves *why* things happen the way they do, has become the motto of Cedar's Stage 4 History. Year 8 have become accustomed to looking beyond the textbook this year; going straight to the sources and finding the evidence for themselves.

Year 8 have come up with a variety of new ways to test their historical knowledge that don't involve simply transferring dusty dates from the text book to a test paper. Everyone agreed it was the stationery, not the talking or sharing aspect of testing they liked least, so this is where the celebrity comes in... Last term's study of foundational Australia became our trial case and we replaced the tests with a series of student led activities.

Year 8 started with the more traditional television show "It's Academic", where students competed in teams to show what they knew about various aspects of early Australian life. Next we played "Don't Forget the Lyrics", also organised and hosted by the students. By this stage it became obvious that students were studying for longer and including questions more difficult than the teacher would have dreamed of! The unit of work finished with the ultimate television spectacle, and students constructed a detailed school wide course of "The Amazing Race"! Affectionately called "The Amazing Koori Race", teams raced around the school one afternoon, ripping open envelopes that revealed challenges to perform and History questions to solve. Competition was tough as students raced from as far as the canteen to



Year 8 Students take part in their own Amazing Race

the music room, and the winner? Everyone. The traditional History test was banished and important information was snugly fixed in all our brains. Chances are the "Amazing Race" will return again, but I wonder what other form of TV hit Year 8 will come up with next?

**Miss Taminee Taylor, Yr 8 Teacher**

## REACH PROGRAM

Students in Year 6 and 7 have the opportunity to take part in the Reach Workshops on Thursday 1<sup>st</sup> September, 2011. The programs are delivered by the inspiring Reach Crew who are experienced in effectively engaging participants and supporting them to improve self belief, and to develop resilience and emotional awareness. It's been shown that developing these skills in adolescence can reduce serious problems faced later in life including depression, substance abuse, homelessness and suicide.

The main focus is on prevention and early intervention. Reach programs aim to identify the underlying reasons for negative behaviours and through an empowering process of self discovery and connection, enable young people to redirect their

energy towards more positive outcomes.

The Year 6 students will take part in the Rooky's workshop focusing on building resilience and self belief in students. The workshop encourages students to become aware of their behaviour and the impact this has on their environment. It will also assist students in the transition to secondary school by supporting students to explore concepts of self confidence, coping skills and positive choice making.

The Year 7 students will take part in the Coping with Change workshop which aims to encourage empathy and support of authentic, positive expression. It also helps students to improve their own awareness of behaviours and the individual's impact on their peers and environment.

The cost of these workshops has been covered by a Federal Government grant and we are privileged to be able to offer this program to our students at no cost. Students will be accompanied by their homeroom teachers during the workshops and our School Counsellor; Mrs Sharon Zancolich will be available throughout the day and for follow up if needed.

**Mrs Julie Cochrane**  
**Middle School Welfare Coordinator**

# SENIOR COLLEGE



## PARENT INVOLVEMENT IN EDUCATION

I wonder if you have ever thought about positive ways you can be involved in your child's education, especially as they move through senior years. Before we consult the research, let's do a quick check on your gut feeling by mentally re-sorting the list below to identify what you think the most effective parental influences are on your child's achievement.

1. **Strict routines and rules around after-school study/recreation balance**
2. **Checking and supervision of homework**
3. **Having high expectations and aspirations**
4. **Parental involvement in school**

How'd you go? What was your number one pick? Which ran last?

Professor John Hattie (2009) has examined 716 separate studies on the role of parents, and here is the order from the research.

1. **Having high expectations and aspirations (0.80)**
2. **Checking and supervision of homework (0.32)**
3. **Parental involvement in school (0.21)**
4. **Strict routines and rules around after-school study/recreation balance (0.18)**

An explanation of the numbers at this point is not important, but I have left them there to show you that having high expectations and aspirations by far outweighs any other factor.

But what does having high



expectations and aspirations mean, and more importantly, how can you translate this into concrete support for your child?

Hattie argues that the trick for parents is to learn the language of schooling. Having some insight into the routines, assessment schedules, attending parent information evenings and teacher interviews, can help to give you and your child a shared language about school.

The way we speak about schooling, the value we put on a great education, and understanding what your child's best efforts look like and encouraging them to produce it, can make all the difference.

**Mr Brad Kelly**  
Senior College Welfare  
Coordinator

## CHANGES TO YRS 9 AND 10 ELECTIVES

**In 2012 we are making some exciting changes to the way we deliver our elective subjects to Year 9 and 10 students.**

Students will complete two electives (rather than three) and also a variety of certificate courses.

The reasoning behind these changes is to allow students to spend more time in two electives in order to develop their skills and knowledge in these areas to a greater depth. The certificate courses will give students a greater choice throughout their 9 and 10 years. These courses will change regularly and lead to competencies in areas useful for future employment and studies. However, these changes make the logistics a bit different this year.

All Year 9 students will need to choose their two favourite electives to continue into Year 10. The dropped elective will still be acknowledged on their School Certificate.

Then later this year, all Year 9 students will choose which Certificate course they wish to do in 2012. Details will be available later this semester. If you have any questions regarding this change please contact me through the College reception.

**Mr Lukas Matysek**  
Dean 7-12

# SCIENCE SPECTACULAR



## SCIENCE WEEK

Last week was National Science Week and Cedars students had the opportunity to take part in many science based activities. A huge thanks goes out to the Science Staff and all of the student helpers.

### Science Staff:

Mr Lukas Matysek  
Mr Darryl Sullivan  
Mr Steve Seymour  
Mr Ben Carden  
Mrs Kathryn Jones  
Mr Steve Walton

### Student Helpers:

Braiden Spicer  
Tyrone Cull  
Jordan Read  
Kye Staines  
Elyse Jordan  
Madalyn O'Connell  
Bethany Hopkins  
Madison Neal  
Taylor Henderson-Jones

## Junior School Science Activities

Mr Walton, Mr Carden and some Year 10 science students spent the day in Junior School teaching fun science experiments that all had to do with pressure. We learned how clouds were formed, how to use pressure to do the impossible and also used pressure to shoot a rocket over the classrooms.

It was encouraging to see how excited and fascinated the students were to experience the world of science. There were certainly some future scientists present on the day.

**Mr Steve Walton**  
Deputy Principal



# SCIENCE



## CHEMISTRY IS HIGHLY RATED

Three Year 11 Chemistry students have previously been honoured for the great result of achieving second place in the regional Chemistry Titration Competition.

This tested the student's skills in an analytical chemistry technique. The results from the regions have been compiled by the Royal Australian Chemical Institute to rank all the schools in the state.

**The Cedars team was ranked 4<sup>th</sup> out of 404 teams state-wide.** This makes their achievement even more significant and as a result they have been invited to compete in the National titles to be held at the University of NSW in September.

Again, congratulations to Mitchell Gulic, Gabrielle Phillips and Jao Magsipoc.

**Mr Darryl Sullivan**  
Chemistry Teacher



Chemistry students, Mitchell, Jao and Gabrielle

## CEDARS SKELETON IS NAMELESS NO LONGER!

**As part of Science Week we ran a skeleton naming competition for Years 5 and 6.**

We can now announce that the winner of the naming prize was Casey Mireylees and the name she came up with was:

***"Hannah Bonetana."***

**Mr Ben Carden**  
Year 7 Teacher



## UOW STUDENTS VISIT YR 10&11

Last week we had four University of Wollongong students visit Cedars to tell Year 10 and 11 students about Science studies at UOW.

They talked of internships to gain practical experience, doing different subjects to broaden their knowledge base and travelling to conduct research across Australia and overseas.

We have been discovering that the world is diverse and exciting.

Mr **Lukas Matysek**  
Dean of Learning Years 7-12

# SCIENCE



## SPECTACULAR SCIENCE DAY FOR YEAR 8

The Cedars Leadership Centre was a flood of lab coat wearing Year 8 students as they embarked on their "Spectacular Science" day.

In order to celebrate Science week 2011 the students set to task on building a working light house, creating the fastest vehicle from scrap material and designing and testing air cannons from plumbing pipe.

Each of the tasks were highly contested between the groups with the cannons being effective up to 7 metres and functional lighthouses up to 80 cm using only a few sheets of paper in their construction.

In the end there was one point separating first and third, with the team of Kaylah Jordan, Bree Cromie, Emma Reay and Sophia Liberti being victorious. With the enthusiasm and dedication all Year 8 students displayed on the day, the future of scientific discovery is bright.

**Mr Steve Seymour**  
Yr 8 Science Teacher



# NEWS & PHOTOS



## STH COAST PUBLIC SPEAKING COMPETITION

Cedars students performed with distinction at the annual Illawarra Public Speaking Competition on August 23. This is a prestigious event and each year we have further strengthened our results. The students are given a range of interesting topics and the team has been meeting weekly to plan their approaches and learn from one another. I want to particularly thank the senior students – Jack Thomas and James Rostirolla for their leadership in this process.

Congratulations to our two Year 7 students who both took out First Place in their division – a great start to the evening. Kaylah's Second Place was also a special victory as it was the first time she has represented our school at this event. We were also very proud of Leyla Goluch, as she overcame significant personal challenges to represent Cedars on the night. Her speech was very powerful and the second place which it achieved was a credit to her strength of character and determination. Our results were as follows:

Yr 7	Abbie Gottle	1st Place
Yr 7	Sam Marchant	1st Place
Yr 8	Kaylah Jordan	2nd Place
Yr 10	Leyla Goluch	2nd Place
Yr 11	James Rostirolla	3rd Place

Jack Thomas (Yr 11) and Bethany Alvarez (Yr 8) also proudly represented our school on the evening. Thank you to Ms Blackmore and all the parents who supported our students on the evening.

**Mrs Julie Reynolds**  
Principal



*Sth Coast Public Speaking Competition participants with Mrs Reynolds and Miss Blackmore*

## BOYS METRO CUP

Congratulations to our Junior Boys Metro Cup Team who made it through to the State Finals this year! Unfortunately the Finals were cancelled due to poor weather conditions which was very disappointing for the team who were ready to be the winners overall!

I am extremely proud of the team who all showed great sportsmanship and commitment to their team mates.

I would also like to thank the parents for their commitment, getting to 8:00am training sessions and transporting the team after it had been postponed twice – especially Mark Bright who helped me coach the team and attended every game and most training sessions.

Until next year!

**Mr Brad Romaniszyn**  
Coach

## BOOK WEEK ART COMPETITION

We had some great imaginative entries for the Middle School Book Week Art Competition, "One World, Many Stories." The judges, Mr Woolley, Mrs Beck and myself found ourselves with difficult choices to make. However, there could be only one winner and one runner up in each category.

In the Year 5 to 6 category both the winner and runner up came from 5S. They are Oliver Dostal. and Emmison Tisma. respectively.

In the Year 7 to 8 category, the winner was Comfort Ferguson. from Year 7 and runner up from Year 8, Elizabeth LaMacchia. Well done to those students. They received book vouchers for the online book store Book Depository.

Thank you to all those students who participated and helped to make this a challenge for the judges!

**Mrs Sheree Pupovac**  
Teacher/Librarian

# NEWS & NOTICES



## MOVIE NIGHT SATURDAY SEPTEMBER 3

**Don't miss Cedars first movie night being held this Saturday September 3 on the school oval. Dinner will be served from 5.30 and the movie will begin at 6.30.**

The P&F have been working hard to organise this fun family night which includes the movie, 'Hoodwinked' being shown on a huge blow up screen.

Dinner is also available for purchase and includes hot dogs, sausage sizzle, pies and sausage rolls, plus also available to buy are drinks, popcorn, ice cream and glow sticks.

The night is going to be a lot of fun and a great opportunity to get together as a school community while helping to raise some funds for the schools building program.

Please call the school office on 42 718124 to book in.

***Please note that the movie night will go on regardless of weather. If it is raining we will move into the Leadership Centre to watch the movie.***

## CEDARS CARNIVAL EXO DAY

**WEDNESDAY SEPT 14**

Cedars Exo Day has a carnival theme this year - and will be held with great excitement!

Included on the day will be live bands, jumping castle, gladiator challenge, skate park, sumo suits, fairy floss, popcorn, lollies, games, prizes, photo booth and a free bbq.

Students should bring a gold coin donation and extra money for spending.

***This is a mufti day.***

## PARENT PARTICIPATION OPPORTUNITIES

### Library - Book Covering

Mrs Sheree Pupovac, School Librarian is in need of some parents to help cover books for the Library.

If you are looking for a great way to add to your PPS hours, why not call Sheree and come in and help cover some books.

Call Sheree on 42 718124.

## SUPPORT LEARNING

As part of our commitment to excellence in Teaching and Learning, Cedars Christian College applies for funding annually via the Association of Independent Schools of NSW (AISNSW). This funding allows us access to financial resources that enable our school to target support for students, purchase of resources, implement quality programs and provide professional development for our teaching staff.

In order to access this funding we are required to submit a list of students who would benefit. These details are generic rather than specific and include only the first name, initial of the surname and standardised results for the group.

If you do not wish for the school to forward information regarding your child to AISNSW you must advise us that your permission has been withheld.

## CANTEEN ROSTER

DATE	STAFF
5/9/2011	Karen Hill
6/9/2011	Georgie Rankine
7/9/2011	Help Needed
8/9/2011	Linda Johnson
9/9/2011	Terina White

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

# NOTICES

## MOVIE NIGHT

**'HOODWINKED'** **RATED G**

**SATURDAY SEPTEMBER 3 2011 ON THE COLLEGE OVAL**

**5.30PM DINNER**

**6.30PM MOVIE BEGINS**

**MOVIE TICKET PRICE: \$25 FAMILY (2 ADULTS 2 CHILDREN)**

**UNDER 5 FREE \$10 PER ADULT \$5 STUDENTS**

**DINNER CAN BE PURCHASED SEPARATELY**

**HOT DOGS, SAUSAGE SIZZLE, PIES & SAUSAGE ROLLS DRINKS, POPCORN, ICE CREAM AND GLOW STICKS AVAILABLE FOR PURCHASE.**

**TO BOOK RING SCHOOL OFFICE ON 42 718124**

**NO UNACCOMPANIED CHILDREN UNDER 10  
NO ALCOHOL**

PRESENTED BY...



2011

**SAT 10 SEPT**

7-10PM REGENT THEATRE

\$20 [WITH REFRESHMENTS]

Tickets: [www.gatewaycitychurch.com.au](http://www.gatewaycitychurch.com.au)

Info desk: Gateway City Church Ph: 4226 4466

GUYS  
&  
GIRLS

BENEFIT NIGHT

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Proceeds donated to Wollongong Women's Housing





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# MARKET & CAR BOOT SALE

Raise money for  
**LIBERIA SCHOOL BUILDING PROJECT**

**SATURDAY,  
10th SEPTEMBER**

8am to 1pm

**\$30 FOR A 2 CAR SPACE**

APPROX 5.5m x 5.5m

*Need to pay ahead by cash, cheque or EFTPOS to secure a place*

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