



Cedarbank School

Newsletter

December 2017



Headteacher's News

As the saying goes *'time flies when you're having fun'* and this term has certainly flown by. I have no doubt that when you read our school community newsletter you will see what a great start we've had to this academic year and why all of us at Cedarbank are proudly celebrating our successes over the past couple of months. It is jam packed with stories of trips, workshops, fundraising activities, learning experiences, sporting successes and accolades and it's only the beginning of December! Our new first year students have settled into the school community very well as have those students who transitioned into the Senior Phase at both DCHS and Armadale Academy in August. The recent Parent's Evening events combined with their short reports confirm that they are on track and are enthusiastically engaged in their learning and development. Our students and staff have excelled themselves, yet again.

As we move into the month of December and embark upon the Advent of Christmas our thoughts turn gratefully to those who have made our progress possible. Thank you for all that you do to help our young people achieve in so many ways; to be the best that they can be. We are delighted not only with our academic and sporting accomplishments but also with how much our students do for others less fortunate than themselves. I'm sure that you will agree that's a great message to celebrate especially at this seasonal time. On behalf of the staff and students of Cedarbank enjoy our newsletter and we look forward to sharing all of our news with you in our next instalment. Have a wonderful Christmas when it comes and may the New Year ahead be filled with all that you wish for yourself and your family.

Louise Queen
Head Teacher (Acting)

Cedarbank @Cedarbank News

Nature Walk

Our gardening group ran a very successful nature walk and leaf hunt at the beginning of October. They were joined by pupils of visiting schools and our S1s who enjoyed the walk and the refreshments afterwards.

The work carried out by the group also gained them credits towards an ASDAN award.



McMillan Café

S3.1 ran a very successful café to raise money for McMillan Cancer Support. They all worked very hard preparing and on the day each had their own roles. In the end they had raised a massive £216.75



Assemblies

Our assembly on Values ended with our Top 10 Pts Winners and special certificates. Well done! To Lewis, Holly, Justine, Shanna, Jamie, Amy, Courtney, Lucy and Cameron.



S1 Art

S1 pupils have been looking at the work of the Spanish artist Pablo Picasso and the Russian artist Wassily Kandinsky. Pupils focused on using the Visual Elements of Line, Shape and Colour in both projects.

In the Picasso unit they learned how to draw a portrait in the style of the artist, and they developed their painting skills by copying a Kandinsky painting called 'Squares with Concentric Circles'.



S2 Art

S2 pupils have been learning about the Scottish artist Peter Howson. Pupils experimented with using the Visual Element of Tone and a variety of media and techniques to copy the artist's style.

Next, they created a cityscape using collage and mixed media, with a focus on composition and paying extra attention to detail and mood.



S3 Art

S3 pupils have also been using collage to create images inspired by the art movement Surrealism.

They have been exploring ideas to create interesting, fun compositions in a surrealist style. The main emphasis has been to place ordinary objects out of context where we do not expect to see them.



Firework Safety

Our local community Police Officer PC Cochrane and Gary from the Fire Service recently attended the school to reinforce to our pupils the dangers of fireworks. While they were here they judged our fire safety poster competition and are pictured with the winners: Jamie, Courtney, Sophie-Leigh, Annie and Ben. The S1 also enjoyed a visit from Livingston Fire Brigade. They were shown how to deal with emergency situations and all about how the Fire Brigade helps to keep us safe.



Children In Need Café

To raise money for Children in Need, 1B organised a number of events. They sold Fluffy Keyrings and Pudsey Ears; raised money through a dress down day; and held a café. Well done to all involved who managed to raise £230 for this worthwhile cause.



Wider Achievement

The CDT Wider Achievement Group were delighted to be able to make use of the laser cutting machine at Inveralmond Community High School to produce their own keyrings out of plastic.

They each had to decide what writing they would like to have on their plastic and they saw how their computer drawing was then transferred to a file for the laser cutter to cut out the shape.

We would like to thank Inveralmond for their help.



Young Ambassadors

It was the day of my first meeting with the young ambassadors for inclusion in Glasgow. First of all we took a train in to Glasgow then I jumped in a taxi because it was 20 mins walk and it would be too late if I tried to walk. We got there, to the Scottish Government building, on time. And I went into the conference room. There were 13 ambassadors including me representing each local authority but we hope to have 38 ambassadors in the future.

First there was chat all about the young ambassador scheme. I found out we are making a film for better staff training about what works best or not to get a better idea of ASN needs. Then we got a special visitor (Mrs May Durmair), who is president of ASN tribunals.

The next time I was there we made a film about ASN. I was in front of the camera for lots of parts of it. We designed a logo for the Young Ambassadors for the Inclusion Network.

My next visit will be a screening of the film. I am really looking forward to seeing it but a bit worried about how I am going to be on camera. I think I am getting the hang of being an ambassador now.

Next instalment to follow....



College Transition

When I got the news I felt excited and a bit anxious that I was going to West Lothian College on a Tuesday.

In the morning I get up, get changed and make my own way to college on a bus to the centre and then I walk to college.

Tuesday afternoon I had an interview to meet my lecturer called Rhonda so she would tell me what it's like to be at college and what courses to do in the day.

I love being at college because I feel happy to learn different things.

At break and lunchtimes there is a café which is sometimes very busy but the food is brilliant.

In my class we have been learning about how to get to places of interest and going into groups of four to discuss what our favourite places are.

Last year I tried going college and I didn't like it. This year I went to college and it's much better because I am ready for it.

Staying at college will help me get a job in future.

In the college I feel more relaxed because there is a lot to do and meet new people.



An experience of Health and Beauty at West Lothian College

Work Experience

I was lucky to get picked for a week of work experience at the SFRS (Scottish Fire and Rescue Services). It was to see what it is like to work for a company and it was really good. It was also cool and I get my own PPE outfits to wear and to keep me safe.

On Wednesday I went to the Risk Factory for volunteering work just to see how they work in each sections and scenario.

On Friday I went to the SFRS training centre to see other things that a firefighter needs when it's an emergency and we went to this safe house and the fire goes right in front of you and on top of your head and I was a bit terrified when the fire went over my head.

I enjoyed working with the SFRS. I would like to apply for Police Scotland and after a while I could maybe work in CID. I have always wanted to be a Police Officer since I was 4 years old. If I work hard I might get a job when I'm 21 years old. I want to keep Scotland safe.

Philip



A Day In The Life @Deans

Pupils who transitioned to Deans Annexe this year were asked to write a piece of work about life at Deans and how they felt about it. Some of their work is below.

A day in the life of Calum

It all starts in the morning I get into the taxi that takes me to Deans Community High School. It is fun just talking to the escort and have a laugh with the other pupils. We always listen to Forth 1 where there is a competition during which someone calls up the radio station to try and win £2000. Most people get 6 out of 10. I haven't heard any one win yet but I have heard rumours of some people winning.

We get to school and wait till 28 minutes past 8 to half past 8 then we get out of the taxi and go in. The registration classes are quite long from half past 8 to quarter to 9 - it is quite a long time. The longest part of the day is the three periods during the morning. During the day the school has a bell which is quite loud depending on where you are in the school.

The lunch and break times have the best school food I have ever tasted. We in the Deans annex go down to lunch and break 5 minutes before the bell goes. That's a great bonus.

One of the subjects I am studying is Physics which is a very interesting subject full of ideas that will change the views of life and the meaning of why we are here. The class and I are working on space exploration.

I have met a lot of nice teachers at Deans, who are always helpful to all pupils from Cedarbank.

Calum

A day in the life

My name is Kieran and I go to Deans community high school but I am a Cedarbank pupil.

I enjoy all sports and was really excited when I was chosen for the Cedarbank 7 aside football team.

We took part in a round robin tournament. We had to play 7 games and we won 5 of them, the team was really happy because this result won the team a silver medal.

I felt really proud of the whole team and Mrs Lowe the P.E teacher was really proud of us too.

We didn't get back until 4:30pm, so our parents had to come and get us. My mum was really happy that we had won a silver medal.

I hope to get picked for the football team again and next time try for the Gold Medal!

Kieran

Deans

I feel good up at Deans. There are lots more choices at lunch. I have a really nice taxi driver and the journey is often very peaceful and I always know I can relax in the taxi. When I get to school I am always happy to see my pal David. My taxi picks me up to take me to school at five to eight every morning and then picks me up again to take me home at three thirty. I think the lunches are better than Cedarbank and my favourite lunch is pie and chips. My favourite subject is maths and my registration teacher is Mrs Downey.

Stewart

A day in the life at Deans

In the morning I am the first person to get the taxi and I am really quiet when I am in the taxi, I am the only girl in my taxi and there are about 5 boys. When I started at Deans Annexe I was really nervous and anxious and I did not know my way round the school.

The teachers at Deans are really nice. I found CDT challenging because I did not remember some of the tools I used from first year to second year. And I do like life skills.

I like Deans because there is more room and at lunch there are lots of options to have. As the years go by the school work gets harder. You're being treated like a grown up. And I like having different teachers for different classes.

Holly

A day in the life of Iona

When I wake up in the morning I get ready for school. I travel to school by taxi. I usually chat to the escort in my taxi. I sometimes chat to the other girls in my taxi. I arrive at school at 8.30am. I then go to tutor with my class and Mrs Downey. Once in registration I usually chat to Holly my friend. Mrs Downey takes the register. Mrs Downey will sometimes hand out letters and give out some information.

After registration I then go to my first class of the day. I do enjoy all my lessons. I enjoy CDT and business ED. I especially enjoyed making my own quiz for kahoots about disney characters. I made some funny answers to try and trick people who are doing my quiz.

When in Deans I like it as it is bigger and there is more space. I like having different teachers. I like being able to buy food by myself at break time and lunch time. There is more choice.

Iona

A day in the life

My school day begins with a taxi with some of my friends. It's a nice quiet journey. Every day is different. My best day is Wednesday because we do P.E. then. I like going to the gym. Deans is bigger than Cedarbank, but I can find my way round. When it comes to lunch time I think the food is better. There is more choice and it's nice to eat. The work is harder but I still manage it.

Devin

Update

Well, that's us survived the first half term here at Armadale and pupils have settled in very well to life in the Armadale Annexe.

Most are taking the opportunity to integrate with Armadale pupils and staff in different ways.

Pupils are joining in with main stream classes. Some are experiencing new Skills for Work courses such as Cake Craft, Woodwork, Retail, Child Care, and Sports & Recreation alongside subjects like Chemistry, Biology, and History .

Pupils have now started their transition to West Lothian College on Tuesday mornings which includes using public transport in preparation for self-travelling to college next year. Charlotte has already said "I am not frightened to go to college next year!"

Congratulations to Sam who achieved the student of the month award for September for working well and independently in all classes along with Jordon who took the award in October.

We are now looking forward to the challenges this year will bring on our journey towards being as independent as possible.

Mr Ward

Pupils

So what do our pupils think about their move to Cedarbank @Armadale?

I have had success making friends in my enterprise class.

Jordon

I like having more pupils in my classes and I love my woodwork class.

Daniel

The teacher at the college is lovely.

Charlotte

The mainstream pupils are very helpful and I feel happy going into my classes because I am getting to know the pupils in my year.

Sean

I like my Cake Craft class and I like that there are more kids from Armadale in my class. I passed my assessments in Biology and Cake Craft.

Angelina

I feel like I'm growing up and I'm excited about that.

Stuart

I like going to college and meeting some of the Cedarbank pupils that left last year.

Sam

Work Experience

Charlotte from has been working in Pinewood School as part of our work experience programme in 6th year. This is a long term programme where she will continue to go one day a week for the school year. She has become very popular with the pupils and the staff who have found her a great help and sung her praises. Fantastic work Charlotte., well done.



I love my wood work class, it makes me more independent.

Lee S

I found it uncomfortable going into mainstream classes, but I'm now more comfortable at Armadale.

Katie

I like playing football at lunch time.

Lee McA

Armadale Community Fair

Jordon attends a Skill for Life course in Retail.

As part of his course he was involved in a retail enterprise and he chose to run a 'Hamper raffle' and 'Name the Teddy' at the Armadale Academy Community Fair.

This involved all the processes he has learned on the course including: market research, cash handling, presentation skills and selling skills.

He achieved this all very successfully and raised £260 altogether, with £130 going to Dogs Trust and £130 going to the Cedarbank@Armadale fund.

Congratulations Jordon! We are all very proud of you.



School Information

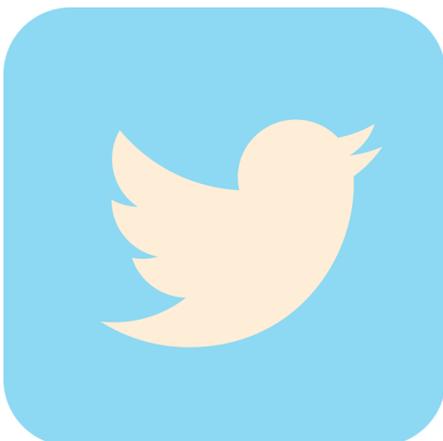
Parent Information Emergency Contact Details

To ensure that we are able to contact parents and guardians when required, it is essential that we have correct details for yourself and your emergency contacts. If you wish to update any details, or simply check existing information, please contact the school office on 01506 442172.



Twitter

The school twitter account, @CedarbankSchool is active and contains a lot of interesting information about students achievements, events happening at the school, and general information of interest to parents and students. Follow us and keep up to date with everything that is happening at the school.



Uniform Dress for Success

The benefits of wearing school uniform speak for themselves. Here are 5:

1. **A more productive learning environment.**
2. **Increased self-confidence and better preparation for the world of work.**
3. **A greater sense of community.**
4. **Money savings.**
5. **A greater appreciation for dress down days.**

Cedarbank's dress code across all sites is:

- Blazer
- White or black shirt
- School Tie (Cedarbank , DCHS or Armadale)
- Plain black V-neck jumper or cardigan (personal choice)

Please note: Hoodies or sweatshirts are not part of our school dress code.

- Black trousers or skirt.

Please note: Leggings or jeans are not part of our school dress code

- Plain black shoes

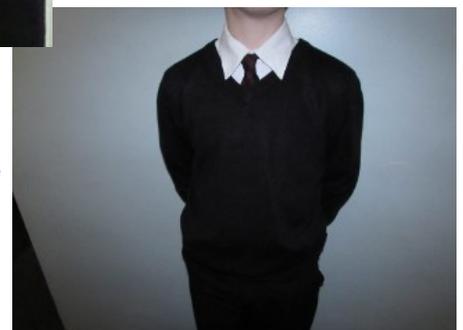
Additionally, our P.E. kit is as follows:

- Plain black or white T-shirt/polo shirt.
- Black shorts, tracksuit bottoms or leggings.

Your continued support for this policy impacts significantly on levels of behaviour, engagement, attainment and achievement and is greatly appreciated.



**Wear it with
confidence,
wear it with pride**



Website

We will be launching our new school website on Monday 4th December. Check it out at

www.cedarbankschool.westlothian.org.uk

Sporting Achievements

Health and Wellbeing is at the core of what we do at Cedarbank. We actively encourage all our pupils to take part in sporting activities, whether at a participatory level introducing them to sports, or a competition level where they compete for the school, region or nationally. Here are some of their stories so far.....

My Football Trials

I got a letter saying that I was invited to go for a football trial with Scotland under 19s Disability squad I felt over the moon with the letter and I couldn't wait to go to the trial.

When it came to the day of the trial we got in the car and headed off to Stirling. I was going to try my hardest and give it everything. At the trial we played 4 or 5 games then we did shooting and passing drills and some sprints.

On the 5th of October on my Mum and my Brother texted me saying I got into the Scotland Development squad. When I got that message I was over the moon, I couldn't believe it that I had actually done it and this was my chance to prove myself. I got home that day and I read the letter and it said that on the 29th of October I had to go to a Parent/Player meeting and I would get my Scotland training kit.

I can't remember when it is but I get to go to Largs for one day and another time I get to go away for the weekend. They only take 16 or 18 over to the home nation championship and there are 25 in the development squad so hopefully I will get into that. It is a 6 month program so I will need a lot of patience for it. I am willing to do that to get the opportunity to go over to Northern Ireland.

Euan

Lothian Swim Trials

Six Cedarbank pupils participated in the Time Trials held at Mercat Gait Swimming Pool, Prestonpans.

Congratulations to Alex, Rosie, Ben, Cameron, and Kyle who were selected for the SDS National Championships at Tollcross, Glasgow on 22nd November 2017.

Track and Field at Grangemouth

The track and field was at Grangemouth on Wednesday 13th of September. I was feeling super excited about the events that were about to happen but I was feeling lonely since I was the only girl there.

As soon as the 100 metre girls' race started I was feeling energetic to race against the other girls but I was disappointed that I didn't win anything at the end of the race. Then I had to go to the shotput. When I finished the long jump I had to run back to the shotput and I was out of breath. Then I had to do my first three practice shots. I waited so patiently until it was my turn to throw the shotput and my personal best throw was 7.41 and I was pleased about my throw. At last I could relax!

Soon I was cheering on my teammates for their events and I was feeling excited for Cameron T's 800 meters run and I was feeling proud that he came first in the race. Soon we waited for the medal ceremony to be announced and I was feeling nervous because I still didn't know which medals we had won.



I was very pleased that I won gold for the shotput, gold for the long jump and for my teammates that won medals too. Kyle got gold for the long jump and bronze for the shotput, Kieran won gold for the 100 meters and bronze for the long jump, Euan won gold for the 100 meters and silver for javelin, Patrick won silver for the long jump and bronze for the 100 metres and Cameron T won gold for the 800 metres. Overall it was a successful day! Well done Team Cedarbank.

Samantha S

My life as a Runner

I have been training for 5 months to do a 5 k.

I run every weekend at parkrun in Livingston, and my first time was 30:39. I was very happy and it was a big thing to look at on that day. My feelings were that I was proud to get the first parkrun over and done with.

Then I had a good think about it and I was training up for a challenge. I looked up the parkrun website and I had a good look at it and I said to my dad that I would do my very first 10k in Glasgow for fun.

October the 1st I was very focused and keeping my head up every minute of that day, of my very first 10k run. It was a the Great Scottish Run in Glasgow but for me it was like the Olympics, with thousands of excited runners and fans.

I felt very focused and excited for my first 10k run. At the start line everyone was cheering the runners on and there was no time to waste for a big work out. My legs were a bit sore from the parkrun that I did the day before.

I finished the 10k in 43:23 that day!

In the future I want to do more 5k and 10k runs but also I would love to do marathons and ultra-marathons. I would love to make the Scottish team one day! .

Stuart

Cross Country

Well done to all those who took part in the first Cross Country of the season at Peffermill Playing Fields on the 2nd November.

In total 13 pupils took part with Stuart S gaining a silver and Cameron T a Bronze.

SDS Swimming Championships

The championships took place at Tolcross, Glasgow on 22nd November.

Congratulations to:

Cameron T for a silver medal in 50m Backstroke class 4

Ben for a gold medal in 25m Front Crawl class 6

Alex for excellent swims in 100 IM and 100m FC Finals against top national swimmers.

Kyle for earning a place in the 50m Front Crawl class 1 and 50m Back Stroke class 2 Finals.



Badminton Festival

Thirteen of our S3-5 pupils participated in a Badminton Festival at Meadowmill Sports Centre.

They were: Annie, Holly, Aimee, Justine, Lewis, Haydn, Cammy, Euan, Philip, Colin, Kyle, Aaron and Michael.

All pupils participated in six stations of fun tasks then some friendly games



Football Participation

As part of the LDS participation events series, 10 of our S1-3 pupils went along to the Saltire Soccer Centre in Newtongrange to take part in a football skills session.

During the morning they practiced dribbling, shooting and passing and finished the event with a friendly game.

Well done for everyone taking part despite the cold!



Dates for your Diary

Forthcoming Events

Christmas Fair 1st Dec

S1 Variety Club party / Cinema Trip 4th Dec

S2/3 Judo Event 4th Dec

Cross Country 5th Dec

Strength and Soul Yoga sessions start 7th Dec

Carol Singing at The Centre 13th Dec

Christmas Lunch 14th Dec

Whole School Assembly @Deans 18th Dec

Christmas Shopping 19th Dec

Church Service 22nd Dec

Cross Country 1st Feb

Valentine's Café 9th Feb

Holidays

Break for Christmas 22nd Dec

Pupils Resume 9th Jan

Break for February Holiday 9th Feb

All Resume 14th Feb

Break for Easter 23rd March



West Lothian Council

healthyschools+
Edinburgh and Lothians
Stage One 2007-2010



Award 2010



INVESTOR IN PEOPLE