



# Cedarbank School

# Newsletter

## December 2018



## Head Teacher's News

A very warm welcome to our bumper edition of the Cedarbank School newsletter. The many articles included give you a flavour of the varied, exciting and enriched learning experiences our pupils have enjoyed this term. A huge thank you must go to ALL staff in the school who work tirelessly to organise these wider learning opportunities for our pupils.

It seems a lifetime ago that we were welcoming our new S1 pupils to Cedarbank School. It has been our pleasure to watch them settle into life here at Cedarbank. They have such an enthusiasm for school and learning. It is a delight to work with them. We have also welcomed new staff to Cedarbank this term. Mrs Da Silva is our new Developing the Young Workforce teacher and recently took on responsibility as the Acting Principal Teacher for CB@DCHS. Mrs Henderson joins us in the main building as a Pupil Support Worker. Mrs Orr is our new Additional Support Needs teacher, qualified in Home Economics, and is teaching both in the main building and at CB@DCHS. We are so pleased to have them as part of the Cedarbank team.

I would like to extend a personal thanks to all of our school community for their tremendous help and support with our Christmas Fayre and singing at The Centre. Without you, these events would not have been the success that they were. The money raised will have a big impact on many Cedarbank pupils. We hope you will be able to join us at our bag packing event at Morrisons on the 11th January. Further details when we come back.

A huge thanks must also go to Mrs Tweedie the outgoing chair of the Parent Council. Mrs Tweedie was chair of the Parent Council at Cedarbank School since it was created a few years ago. There had not been a Parent Council for a number of years at Cedarbank School, and Mrs Tweedie played a crucial part in establishing it. Thanks also goes to the retiring members of the Parent Council who worked so hard to support our young people and staff. They will all be missed greatly. At the AGM Mr Kevin Doyle was voted in as the new chair. We hope to welcome many new members to our Parent Council when we meet again early in the new term. The support of the Parent Council is crucial to our school and I would ask parents/carers to consider joining.

We continue to improve home/school communication here at Cedarbank and have updated the school calendar section of our school website to include all the key dates from now until the summer holidays. We hope you find this new feature useful. Big thanks has to go to Mr Stewart for all his work on maintaining and updating our website, as well as coping with my many technical demands!

As I complete my first year as Head Teacher of Cedarbank School, my final thanks goes to all our pupils, staff, families and partner agencies who have made my first year so unbelievably enjoyable. Everyone has been so welcoming and supportive. I am immensely proud to be the Head Teacher of our wonderful school.

I hope all of the Cedarbank family have a very peaceful Christmas and I wish each and everyone of you all the very best for 2019. Have a restful holiday and we look forward to welcoming our pupils back on Monday 7th January 2019.

*Ms Ann M O'Hagan*

## S1 Art

S1 classes have been learning how to draw a building in the style of the Austrian artist Hundertwasser. They have been focusing on the Visual Elements of Line and Shape, and using the Primary colours.



## S2 and S3 Art

S2 and S3 classes have been creating painted collages based on the recent WW1 remembrance day service. Pupils used their IT skills to research and assemble cut images of soldiers to create a collage composition, where they aimed to display perspective.



## S3 Art

S3 pupils recently finished their Banksy canvas where they made a fantastic job of copying the artist's images to create their own unique graffiti image. The main focus of the task was using Literacy to express their thoughts and feelings.

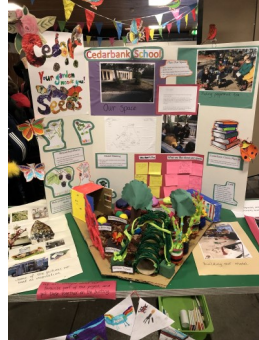


## Green Plan It

As part of their work towards their John Muir award, all of S1 took part in the Green Plan It competition as organised by the Royal Horticultural Society. The aim of the competition was to design an innovative garden for the school. Some of our students attended the launch event at the Botanic Gardens, Edinburgh back in September. As a group they worked extremely hard, researching different garden designs and plants that they liked. They made bird feeders, planted seeds and made peppermint tea outside.

Our S1 students then took all their ideas and put them together into a model. They took their model to the Botanic Gardens at the end of November, to compete with lots of other schools from across the Lothians. The assessors loved the garden, and said that they thought the students had designed a fun garden.

While we didn't win the overall competition, we are extremely proud of how our S1 students worked so well as a team, worked hard on a project for twelve weeks and produced a garden design that reflected all the ideas that everyone had expressed. Well done S1! You are awesome.



## S1A

S1a have enjoyed studying The Witches by Roald Dahl in English. They have created recipes for spells, labelled a picture of How to Recognise a Witch, written acrostic poems and other tasks about the book.

In maths we had fun learning about money sometimes playing money games on our class board and practised using our pretend shop in the classroom.



We attended the Children In Need Café and had drinks and cake together.

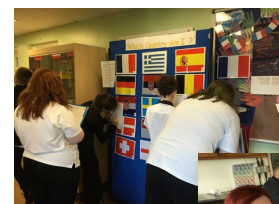


## European Languages Week

Staff and pupils really got into the spirit of European Languages Week at Cedarbank in September. Classes had a taster of a second foreign language, the opportunity to research geographical and historical aspects of Europe explore Europe's contribution to science and technology, play some French pétanque and learn some European songs.

Mrs Anderson's cookery lessons were a real hit and pupils enjoyed the taste of their home-made tarte tatin, French crêpes and croques-monsieur. All registration classes decorated their door in a European theme. Well done the winners, 2A! The week ended with a French-themed café, hosted by 2B, where everyone was treated to croissants, gâteau au chocolat and other sweet treats.

Une semaine incroyable!



# National Poetry Day

Our S3 classes celebrated National Poetry Day by coming together to participate in a BBC Live Lesson on Writing and Performance Poetry with the theme of **Change**.

The live lesson was led by award-winning performance poet, author and National Poetry Day ambassador Joseph Coelho, poet and author Tony Walsh, and CBBC's Katie Thistleton. It featured poetry reading and performance along with critical analysis of similes, metaphors and other poetic techniques.

Throughout the broadcast there were opportunities to send in ideas and questions to be incorporated into the lesson. Our learners were thrilled when they realised that their question had been chosen to feature live on air! They asked, "How long have you been a poet and what is it like to be one?"

Their question got full and interesting answers from both poets.

The full lesson can be found at <https://www.bbc.com/teach/live-lessons/writing-and-performance-poetry-live-lesson/zrds92p>

Our moment of fame is around 31 minutes in.

After the lesson, our learners contributed to a collaborative poem called "Change is..." and then used some of the techniques from the live lesson to write individual poems about a change they have experienced.

Through our participation in the live lesson and our work afterwards, we demonstrated our school values of **Achievement** and **Confidence**. We talked about **Resilience** in times of change.

## Big Book Givaway

We were delighted to learn that Cedarbank was one of 100 schools to win a prize in James Patterson's Big Book Giveaway through Scholastic. Our entry was selected from thousands of schools all over the country. This prize will be of enormous help as we prepare to launch our Cedarbank School Library. Watch this space for more information!

<https://www.youtube.com/watch?v=PLGK-BGQLCK>



## Change is...

A Collaborative Poem by S3

Change is understandable, but can be worrying.

Change is difficult and makes me angry.

Change is easy and happy.

Change is terrible and good.

Change is exciting and bizarre.

Change is dark and delirious.

Change is different, but natural.

Change is going to happen.

Change is life.



## Gardening

Gardening continues to be a well-loved activity in Cedarbank.

We are fortunate that many of our new S1 pupils come with a joy of gardening developed from home and in their primary school!

We continue to work towards securing the 5 levels of the RHS Gardening for Schools awards and hope to run an ASDAN short course "Gardening" when the weather improves.

In August a bumper crop of cabbages (see photo) were our best crop of last season!

At every opportunity we are potting up house plants, especially oxalis and spider plants for selling at our community events such as our recent Christmas Fayre and Friday cafes!

Gardening is a fabulous hobby to develop and offers many health benefits.



# Autumn Watch

We introduced a range of Interdisciplinary Learning (IDL) weeks this year and the one I liked was

“Autumnwatch”

We made a flag with paint and it was hoisted up the flagpole during the assembly.

We went to a big park and ran around and threw lots of leaves. It was good to be outside. Callum D 1B

All the classes adopted a tree for the week and we had a decorate the door competition; Autumn based activities in class and poems to read. We had some pupils from St Margaret’s Academy join us for assembly and read their poems out loud. Some staff dressed up and some pupils wore woolly hats!

*Mrs Lindsay*



# Assemblies

Our S1-3 groups have a monthly assembly looking at an issue related to one of our school values

Recently class 1B delivered a fantastic assembly based on Independence and being unique.

They used film footage, a story, opinions and talking aloud to help us understand this topic better.

Thank you all in 1B!

Other assemblies have covered our other values displayed around our school logo.

Thanks to everyone who has contributed to our assemblies.

We also have whole school assemblies with all pupils from across our 3 sites.

We had a whole school assembly at Deans CHS on 17<sup>th</sup> Dec and at the Baptist church on Thursday 20<sup>th</sup> Dec to which all parents/carers received an invite.

## ASDAN

A huge congratulations to all students in class 3B for their outstanding achievement of completing their ASDAN portfolios for their Bronze Award. Very well done everyone!!!

## Sir John Jones

We are all inspired by certain people! Mrs Lindsay met one educational writer she has been inspired by for years – Sir John Jones.

She was very excited and continues to read his book “Magic Weaving” to learn more and more about schools and how people “tick”.

It’s good to keep learning!



## International Outdoor Classroom Day

International Outdoor Classroom Day was on 1st November this year.

On this day, all of S1-3 took part in a mini-beast hunt throughout the school grounds. Each group was given a part of the school grounds, and we were very surprised by our results. We found spiders, millipedes, woodlice and slugs (yuk!)

We hope to join in the next International Outdoor Classroom Day in May. We will do another mini-beast survey of the school grounds. We hope that we will find a lot more, but not of the slugs! One of our aims this year, as part of our Green Flag action plan, is to increase biodiversity. Fingers crossed all the planting we plan to do encourages more mini-beasts to our school.

## Elderberries

Our third years welcomed volunteers from local community group the Elderberries on Friday. They spent some time having a cuppa together and then unpacked and sorted through some of the wonderful books which have arrived for our exciting new library. Watch this space for more information! The Elderberries will return in the new year to help us with another project - more to follow! Thank you, Elderberries and well done S3!

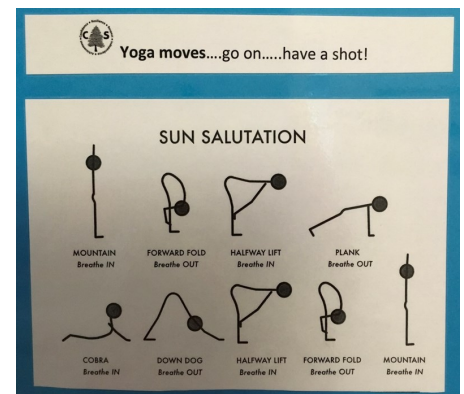
## Yoga

Many of us, pupils and staff alike, have enjoyed travelling to “The Barn” Yoga studio as part of our Health and Wellbeing programme.

Jo, our yoga tutor has been very complementary about all our pupils and I am delighted to send a “Keep the Date” for our parents and carers Yoga session on 27<sup>th</sup> February 2-3pm. Further details in the new session!

We continue to use our Yoga visuals at times of anxiety or stress in school and have been heartened to hear pupils talk about how they have used yoga to calm themselves. This includes at immunisations, in a shopping queue and when needing some “time out”

We continue to explore the benefits of yoga in Cedarbank.



## ZooLab –

On Monday 24<sup>th</sup> September S1-S4 had a visit from Zoolab and gave our pupils the opportunity to look at and handle a range of different animals as part their ASDAN study into The Environment.

The animals included were a tarantula, corn snake, millipede, giant land snail, rats, centipede and cockroaches.

Many of our pupils and staff were brave enough to handle the animals, and all pupils thoroughly enjoyed the workshop. Lots of questions were asked and we learned many new facts about the animals.



## Cinema Trip

As part of the Into Film Festival, S1-S3 and S6 received tickets for a screening of Goosebumps 2-Haunted Halloween at the Vue Cinema Livingston. Pupils from Cedarbank School walked down to the Cinema with their class and the S6 pupils from Armadale used public transport as part of their Independent Travel course. The film was a hit with all and the pupils were fantastic at making sure that the staff were not too scared!



## Food For Thought Project

At the end of last session, Ms Cook and Mrs Anderson put in a bid for funding from The Food for Thought Fund (administered by Education Scotland). Our joint Science/ Gardening/ Food Technology project was called “A Square Meal in a Square Metre”. We were delighted when we heard that the Cedarbank project had been approved for funding for session 18/19. It will involve our S1- S3 pupils and the plan is to allocate a square metre of ground at the school to each class in which they can grow a selection of vegetables and herbs. In Food Technology, pupils will develop and cook a range of recipes using the foods that they have grown. The recipes will then be published in our own Cedarbank recipe book – so watch this space for further details about our book, once it is ready. We anticipate the publishing date to be late spring.

To help publicise the project to parents, carers and friends of the school, we had a “Food for Thought” stall at our recent Christmas Fayre. The students worked hard to put together some seed kits. We recycled some cardboard egg cartons, made labels and seed envelopes. The students made up three different types of seed boxes; Seeds of Serenity (containing Lavender, Echinacea, Rosemary and Sage) – Pizza Box (containing seeds for Basil, Rocket, Tomatoes and Sweet Peppers) and a Hot Box (containing seeds for Chilli, Garlic, Parsley and Tomatoes).

We also had plants for sale – Strawberry, Sage and Mint.

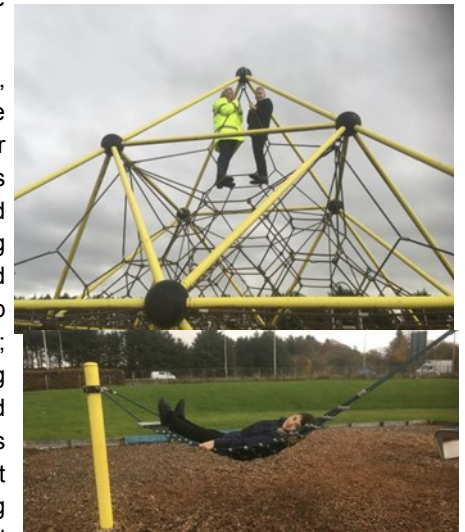
Samples of Cedarbank carrot cake available for tasting - this was enjoyed by all who tried it – the recipe will be one of many in our book.

Thank you to all who came along to our stall to find out more about our Food for Thought Project, buy some seed kits and taste a sample of cake.

We have some exciting activities planned for January to March in connection with our project, which you will find out about in due course!

## Nurture Programme

As part of our interventions to help build social and emotional wellbeing within our S1, The Snug has been running every morning during P1. Our Nurture Programme is about providing opportunities for our young people to develop and understand their social and emotional skills in order for them to fully meet their potential in their education, home life and future. Our Nurture programme offers a variety of experiences in an environment that promotes safety, routine, clear boundaries and carefully planned learning opportunities. Pupils participate in crafts, board games, conversational opportunities, Walking Wednesday when we aim to complete our daily mile and cookery on a Friday.



## Therapet

Bill and Veda, a black Labrador, from Therapet have been working with pupils from Cedarbank School for the past year and provide an invaluable intervention for the pupils involved.

On Thursday Morning, pupils use their time to read to Veda and increase their confidence in reading aloud.

On a Friday Morning the program is designed to help reduce the stress and anxiety levels of children by spending time interacting with Veda the dog.

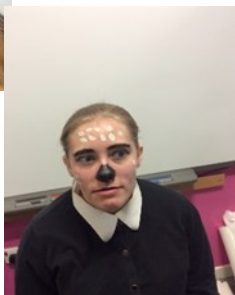
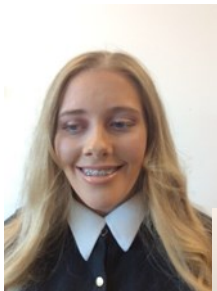
## **Armadale School Fayre**

As Part of his retail course Dennis had a stall selling Teas, Coffee's and biscuits at the Armadale School Fayre. Dennis was doing this to raise awareness and funds for Diabetes UK. Dennis gave Diabetes UK a total of £ 195. Well done Dennis.



## **Beauty**

Samantha and Devin have been practising their skills in Beauty. Both have passed their first Assessment in Make-up Artistry. To pass both had to do a Glam Make up look and a Face Painting.



## **Parliament Visit**

As part of his Modern Studies course Kyle went with his class at Armadale on a visit to the Scottish Parliament. Kyle really enjoyed being in the Chambers during the First Minister's Question Time.



## **Hospitality**

Iona and Devin are making lots of lovely dishes in hospitality. Devin is also enjoying going to The Larder every Tuesday.



## **Enterprise and Employability**

Cameron, Samantha and Iona have been busy making and selling products in their Enterprise class. They produced and sold some lovely hero Marvel Bookmarks, sold gooey chocolate eggs at Halloween and Scottish cupcakes for St Andrews Day. Their next project will be selling Christmas goodies. Keep up the good work guys!

## **Scottish Open Snooker**

S6 from Cedarbank @Armadale went along to the Scottish Open Snooker at the Emirates Stadium in Glasgow. The pupils took part in a coaching session to improve on their skills. They also watched a game between Neil Robertson and Peter Line



## **Cameron**

The Class had a leaving party for Cameron. We wish him well at College and Work Experience.



We have had a very busy term here at Deans! Firstly, I would like to extend my thanks to all pupils, parents and colleagues for welcoming me to Cedarbank and making me feel so at home. What a lovely team to be a part of!

Don't forget the Transition Event on Tuesday 15<sup>th</sup> January at Deans from 6-7pm!

*Mrs Da Silva*

## LUNCH CLUBS

The Craft Club runs on a Monday and the pupils worked very hard to make crafty items for the Christmas Fayre.

Tuesday – Rock Band

Wednesday – Games Club

Thursday – Film Club

## Pupil Achievements:

Massive congratulations to Aaron who has been accepted on to the Masterclass at the Larder on a Monday evening.

4 of our pupils attend the Larder on a weekly basis and they are really enjoying the experience.

**Ashley** "It's good because you learn to cook. I like cooking. I've made soup and pancakes. They were yummy."

**Cody** "I think it's fun and good work experience. I have learned how to cook – I couldn't cook before – and how to use the equipment and work in a team."

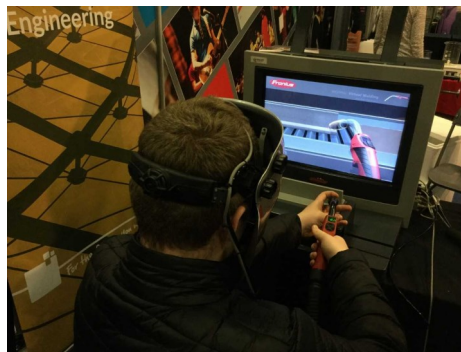
**Stewart** "I think the Larder is really good because you get to cook – it develops your cooking skills and timing skills."

Colin is working really hard on the construction course at West Lothian College twice a week. "I'm learning new skills at college – brick-laying, carpentry, plumbing and tiling and also getting to know new people. I like being independent and I want to go to college when I leave school."

Well done to Cameron who has been entertaining the residents of local care homes to Christmas Carols and to Holly and Stuart who were absolutely fantastic in the show at Deans on Monday evening.

## Employability

In **Employability**, students at the Deans Annexe have been working towards the SQA West Lothian Employability Award. We have developed ICT skills and we have also analysed our own skills and strengths. This will help pupils to focus on ambitious, achievable goals. We have a weekly visit from Skills Development Scotland (for careers advice) and we have a number of visits from employers planned. Here's a photo of a pupil using virtual reality technology to practise welding at a recent skills event we visited in Edinburgh.



## ASDAN Living Independently Short Course

This year, pupils in the senior phase have started to study a Living Independently ASDAN short course. This course accredits up to 60 hours of Living Independently activities. It provides pupils the opportunities to develop practical skills regarding money, financial choices, managing a place of their own, developing cooking skills and preparing for the world of work. Pupils keep a portfolio of work and have the opportunity to achieve ASDAN credits and a qualification. This is a very good course for our young people; encouraging them to be confident, responsible and resilient and allowing them to cope with the demands of adult life.

## WW1 Armistice Week 5<sup>th</sup> to 9<sup>th</sup> November 2018

Cedarbank School reflected on the momentous events of the First World War from the 5<sup>th</sup> to the 9<sup>th</sup> November. Pupils learned more about the war in Social Subjects, during Life Skills and during a Wider Achievement session with Mr Henderson. They decorated their doors and were involved in a remembrance service at the Baptist Church on the 9<sup>th</sup> November. It was lovely to see the whole school come together to reflect on the First World War. Pupils were also involved in making a documentary and singing popular songs from the era. A big thank you to all the staff and pupils who were involved.



## Business Links

As a school we are always looking to develop more links with businesses in West Lothian. Visits, careers events and work placements are really valuable in raising pupils' attainment in school and it helps them to succeed in life beyond school. Please contact James Brown (email:james.brown1@westlothian.org.uk or phone 01506 282155) if any parents, carers or their friends would like to discuss any role their business could play in the curriculum of Cedarbank School. Thank you

Mr Brown.

## Delivering Young Workforce

This term we have had visits from the Dog's Trust who came in to talk to us about how dogs were used during the World Wars and the Fire Service who reminded us how to keep ourselves safe around bonfires and fireworks. We look forward to welcoming the Fire Service back in January to hear about different careers available.

Talking of careers... all senior pupils visited the Skills Scotland exhibition at Ingliston and had a great time discovering some of the many jobs that are out there. Pupils gained an increased knowledge of the skills needed in the workplace and got

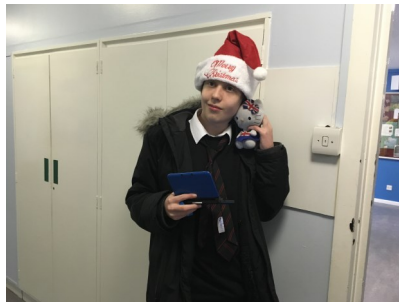
thinking about what they would like to do when they leave school. After the visit, all pupils reported feeling more confident about finding out information about careers.

Sam Morgan from SDS has met individually with all our pupils to discuss future career plans. Sam will be a regular visitor in the coming months as well as Amy Rae from the Supported Employment Service who will also be meeting with some of our pupils over the next term.

Scrumptious Gardens visited us in the last week of term to present their work on turning vacant city plots into attractive market gardens. <https://www.scrumptiousgarden.com>

## Christmas @Cedarbank

Christmas time at Cedarbank always provides us with opportunities to enhance our learning experiences in many different ways outside of the classroom. Here is a flavour of what we have been up to this Christmas.



## Christmas Fayre

We held our annual Cedarbank Christmas Fayre on Friday 30th November and are pleased to report that it was an overwhelming success! We had a wide range of stall run by staff and pupils from S1 to S6 which showcased the creativity and skills of our wonderful young people. These were complemented by professional stallholders selling beautiful Christmas gifts, cakes and crafts. We also had musical entertainment, games, refreshments and a very exciting raffle. We would like to thank all those members of our school and wider community who showed their support in any way - it really does make a massive difference to our young people and is appreciated more than you know. It was a brilliant afternoon and we hope you enjoyed it if you came along! Please join us again next year!





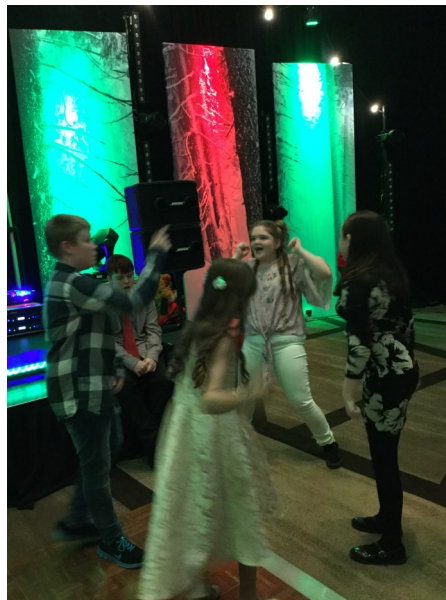
## CHRISTMAS LUNCH

Fun was had by all at the Cedarbank Christmas lunch! It was delightful to have all three sites under one roof celebrating Christmas festivities together. A huge thanks to Extended Leadership Team who worked hard to serve food to every student and staff member. Major thanks for the hard work of all the kitchen staff for preparing such delicious food and providing for such high numbers. Massive gratitude to all the staff members who helped create such a lovely ambience, working hard behind the scenes and helping students to enjoy this occasion with their usual loving care and extra-ordinary patience. Merry Christmas everyone! Can we also say a huge thank you to Ms Orr for all her organisation and making sure that everything ran smoothly.



## Variety Christmas party on Monday 10<sup>th</sup> December

On Monday 10<sup>th</sup> December 2018 34 pupils from Cedarbank School attended the Variety Christmas party at the Crowne Plaza hotel in Glasgow. The pupils all received a Christmas gift and a selection box. Party games were played and some pupils really enjoyed dancing along to some of their favourite music at the disco. The Cedarbank staff was impressed with the behaviour of our pupils and how they interacted with other children at the party. The pupils had a good time and have sent a thank you card to Variety for hosting this enjoyable event.



## Carol Singing

What can I say? "Singing at the Centre" 2018 was FANTASTIC!!

Cedarbank pupils from all 3 sites entertained shoppers at Livingston Shopping Centre on 4 December with Christmas songs and carols.

Ukuleles and guitars and singers galore!

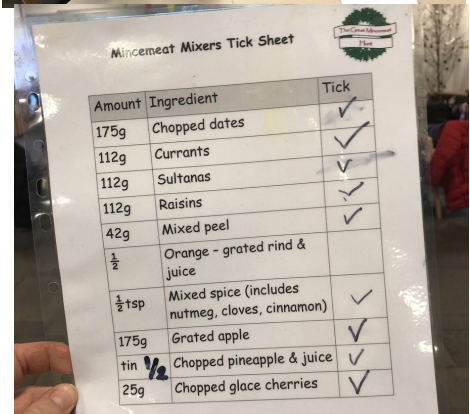
Thanks to all the parents and carers who came to watch us and support our whole school activity.

**Wait for it.....we raised over £500!!!**

Special thanks also to Natasha, who works for Livingston Shopping Centre, for all her liaison with Cedarbank beforehand and her support while we were there.

## The Great Mincemeat Hunt

S1-S3 pupils had a wonderful time at the Botanic Gardens on the 13th December when they made some homemade mincemeat & a tree decoration. Each group took part in the great Mincemeat Hunt and had to find the plants which we associate with Christmas. They also created trees made from willow.



Now who is the better dancer – Aaron or Ms Queen?



# Christmas Shopping

As part of Cedarbank's Health and Wellbeing programme, all pupils are encouraged to take part in our Christmas shopping trips where they have to take responsibility for their own shopping, including selecting appropriate gifts and managing their money. As you can see below, all classes took part and had a great time!

## S6

On Wednesday 12<sup>th</sup> December we took a trip into Glasgow on the train. We went Christmas Shopping and had lunch in the St Enoch Centre Food Court. When we returned to Armadale we wrapped up the gifts we had bought.



## S2

Both S2 classes spent our Christmas shopping day at The Centre in Livingston. We all walked down and some of us managed to get a lift back up. We loved going round the shops and having lunch together.



## S1

This year, for our shopping trip we walked down to The Centre in Livingston. We had a great day going round the shops, choosing gifts for members of our families. One of the best parts of the day was sitting having lunch, eating good food with our friends.



## S3

All our S3 had a great day shopping in Glasgow. We spent a long time in St Enoch's Centre before looking around the Christmas Market outside and then on to Argyle Street. Back to the food court at St Enoch's for lunch and then a tired but happy minibus full of pupils returned to Cedarbank.



## S4/5

Some of our Senior pupils had a great time at the Edinburgh Christmas market on Wednesday. Mr Henderson took on a Bratwurst Challenge whilst they were there: "I've started, so I'll finish!"



# 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.



## Eco Group

### Seasonal Card Recycling

Most seasonal cards can be recycled with your household recycling

However cards that have glitter, foil or embellishments such as bows, jewels, ribbons, etc. cannot be recycled.

We will be collecting those cards after the holidays, and will recycle them for you

Many thanks



## Uniform

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.

**Please ensure your son / daughter has a clean pair of gym shoes or trainers for use in the gym to keep our gym free of the winter mud!**

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

# 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.....

## Lothian Disability Sport Badminton Festival

Twelve of our S3 and S4 pupils participated in the LDS Badminton Festival on 25.10.18 at Meadowmills Sports Centre. They are shown here from left: Faisal, Lewis, Holly, Peter, Lia, Mrs Lawson, Rosie, Mrs Masterson, Jordan, Fiona, Michael, Muaawiya, Billy and Stuart. Along with other Lothian schools they participated in a range of badminton skills challenges and some small sided games. They were inspired by the performances of the Lothian Disability athletes in particular Colin who plays competitive Badminton for Lothian with two artificial legs.



## Cross Country

We have participated in three events so far this year:

West Lothian Cross Country Championships 3.10.18 Dechmont Law, Deans

10 pupils participated in the new 1km event for SEN pupils and all received a medal for their efforts. Four of our senior pupils participated in the S4-6 3.25km event and did very well against tough competition.

East Series 1 on 6.11.18 and East Series 2 on 6.12.18 both at Peffermills Playing Fields, near Tranent. Around 30 pupils from S1-6 participated in these two events, our largest group ever!



# SDS Swimming Championships

Amazing results at the competition held at Tollcross swimming pool, Glasgow. All five of our pupils swimming, as part of the Lothian team, came away with a medal and Cameron got two!

**Michael:** Silver 50m Front Crawl Class 2: 45.30 PB  
50m Back Crawl Class 3: 1.07.41 PB,  
50m Breaststroke Class 3: 1.23.70 PB

**Brogan:** Bronze 50m Back Crawl Class 4: 1.17.06 PB  
25m Breaststroke 39.89 (PB 36.03)

**Rosie:** Bronze 50m Front Crawl Class 3: 58.36 PB, 50m Back Crawl Class 3: 1.03.93  
50m Breaststroke Class 3: 1.31.21 (PB 1.26.12)

**Lucy:** Silver 25m Front Crawl Class 10: 43.69 PB, 25m Back Crawl Class 10: 1.11.70 (PB 1.08.87)

**Cameron:** Gold 50m Front Crawl Class 2: 46.38 (PB 46.25)  
50m Back Crawl Class 3: 1.02.41PB,  
Bronze 50m Breaststroke Class 2 59.60 PB



# Football Participation

As part of the LDS participation events series, 11 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

**S1-S3 No Uniform Day 25th Jan**

**S1 Sportshall Athletics 30th Jan**

**School Photographs 4th Feb**

**Cross Country 7th Feb**

**S5 Course Choice Booklets Issued 11th Feb**

**S5 Visit to Armadale Academy 14th Feb**

**S5 Parents Visit to Armadale 15th Feb**

**Valentine's Café 15th Feb**

### Holidays

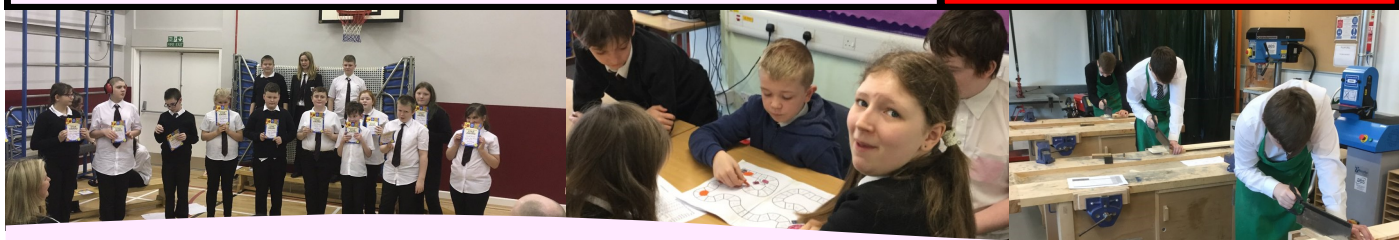
**Break for Christmas 21st Dec**

**Pupils Resume 7th Jan**

**Break for February Holiday 15th Feb**

**All Resume 20th Feb**

**Break for Easter 5th April**



West Lothian Council

**healthyschools+**  
Edinburgh and Lothians  
Stage One 2007-2010

**Award 2010**  
Eco-Schools



INVESTOR IN PEOPLE