



From the desk of the Headmaster

We are about to start our Mid-Year Examination. For many of our Grade 7s, this is the first time that they will be writing exams. As I have seen through-out my career, exam time causes much anxiety and stress among children. I came across a useful website and would like to share some of the ideas they have listed (<http://www.parentline.com.au/parenting-information/tip-sheets/exam-stress.php>).

Parents can help reduce the exam stress of their child by helping them establish effective study and learning habits.

- Help your child find a quiet place to study without distractions. Make sure their table is uncluttered so they can focus better.
- Encourage your child to find out exactly what the examination involves - are there past examination papers they can look at to help them understand what to expect?
- Encourage your child to ask for help or ask their teacher for clarity if they are unsure of something or if they feel confused.
- Help them to plan their study schedule early on so they have sufficient time to study. It can be helpful to develop a clear, realistic plan of what they want to cover in each study session. Can they break it down into small chunks?
- Remind your child to take a short rest and move around in between each part of their study.
- Offer help sometimes. It can be useful having someone to listen or practise with.

Healthy sleeping and eating habits

- Encourage your child to stick to a routine of going to bed at a reasonable time. They need to avoid late night TV shows or movies.
- Motivate them to eat regularly and make time to have fun and exercise.
- Remind them to take time out when they eat, rather than carrying on with study.
- Encourage them to eat fresh fruit, veggies, cereals, grains, nuts and protein - they are all good for the brain and blood sugar levels.
- Encourage them to eat when they get hungry. This keeps blood sugar and hydration levels steady.
- Avoid junk food if possible. It will bring a sudden sugar high which will fall away quickly, leaving a person feeling tired.

Relaxation ideas to help your child cope with exam stress

- Always encourage your child to relax before they go to bed after concentrating for long periods of time. Activities such as reading a short story may help them unwind and sleep better.
- Encourage them to go out for a walk, run or do some other exercise they enjoy.
- Teach them relaxation techniques such as listening to some gentle music, getting them to lie down, closing their eyes and taking a deep breath while visualising a calming scene such as a deserted beach.
- Help your child to develop a positive mind-set by encouraging them to visualise success - this can really help with self-confidence.
- Avoid rushing on the day of the exam by organising and packing everything they need to take with them the night before.

I wish all our pupils the best of luck for the upcoming exams.

Regards
Dr Kotze



STOP RACISM

#racismstopswithme

Join the conversation, share your stories and
make your voice heard
It is time we stand

Produce a 2-minute video sharing your vision for a racism free South Africa. Be bold, be
creative, be brave.

- What can we as students do to fight racism?
- Why racism affects every South African.
 - Imagine a racism-free South Africa.

Campaign open to schools and individuals to tell your unique story. Prizes for most
inspiring and creative messages and videos.

For more information or to sign up, contact ypt@ischoolafrica.com
For competition details, visit the iSchool Press Team website www.ischoolpressteam.co.za

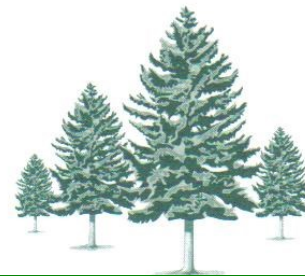
Deadline: 24 June 2016 together and say #racismstopswithme



IMPORTANT INFORMATION: SCHOOL FEES

Once again, we appeal to everyone to check the “beneficiary
reference” on account payments, it should be the child’s name
and surname.





UNIFORM

In order to instill a sense of pride and community in our school, we appeal for support in ensuring that our pupils are dressed in the correct school uniform every day and that they wear it with the respect it deserves and uphold the values which it represents.

Should there be any queries regarding the correct winter uniform, please contact the office or your child's register teacher.

Equestrian

The 3rd SANESA Qualifier was held at Eaton Farm on the 14th and 15th May but due to the rain, the classes on Sunday the 15th were cancelled.

Well done to all our riders (and teachers) who braved the wet and cold to ride on the Saturday.

The 4th SANESA Qualifier takes place at Eaton Farm on the 11th/12th June. We wish all our riders the best of luck and know that they and their horses will do Cedarwood proud!

Should anyone wish to find out more about the SANESA Interschool's League, please contact Ms Desterbecq or Mrs Lovell or go to the SANESA website—

www.sanesa.co.za

(Remember you don't have to own a horse to compete.)

Regards

Mrs Lovell & Ms Desterbecq





Early Childhood Development

Early Childhood Development – Cedarwood Future Teachers/ Facilitators

The girls who have chosen Early Childhood Development Studies, are having a memorable time observing children at other schools and creating activities and resources for their course assignments.

They have shown a high level of creativity in their Resource Designing. This will definitely help them in their upcoming June Work Experience Practicals at Cedarwood Prep-School (grade R) and the E.C.D Centres that they have chosen to go to.





Extra-Mural Activities

Extra-murals continued in Term 2 with soccer, netball and rugby being the main activities this season. All other Clubs have continued to run smoothly and the pupils are enjoying them.

Soccer

Cedarwood Junior Boys' team is determined to win , and they are winning! They have only lost one match to date in their league matches. Their results are:

- Cedarwood – 0 vs La Salle -9
- Cedarwood – 8 vs Summit – 3
- Cedarwood – 3 vs Charter – 0
- Cedarwood – 10 vs Torah – 5
- Cedarwood – 2 vs St Banarbas – 1

This means that the junior boys have 15 points on the log and will possibly qualify to go through to quarter finals and hopefully semi-finals and the finals. The boys aim to bring the trophy home to Cedarwood. The senior boys team has not had the same success as the junior team. The senior boys played the same schools and they drew one match and lost all the others. Congratulations on the hard work and commitment displayed by our soccer players.

Netball and Rugby

Our netball and rugby teams have also made the school proud. They attended the Annual Winter Sports Festival at Curro-Aurora and performed wonderfully well. The rugby boys surprised all by beating the best team in their group! The boys and girls were both physically and mentally ready for action. Their skills have improved in both rugby and netball. The rugby teams won one, drew one and lost one game. The boys won against Curro-Aurora. Unfortunately, the netball girls lost all their matches by just one goal. These teams are proof that enthusiasm and consistent training pay off in the end.

The Cedarwood cross country team is preparing for the 5km race at Riversands on Sunday 5th of June 2016. Thank you to Ms da Cruz and Ms van Graan for organizing the team's participation. We wish them success.

Please note that all extra murals have ended for this term except for soccer, cross country and equestrian.

Regards

COACH BYRON
CEDARWOOD EXTRA-MURALS COORDINATOR





Be the Best that You can Be

Extra-Mural Activities





CEDARWOOD SCHOOL



Cedarwood College 2016 Calendar



Be the Best that You can Be

Term 1

Start: Tuesday, 12 January (Orientation Day)
Wednesday, 13 January (**Official Start Day**)
Close: Friday, 18 March

Term 2

Start: Monday, 4 April
Close: Friday, 24 June

Mid-Term Break: 11h00 - Tuesday, 26 April
Return to School: Tuesday, 3 May

Public Holidays:

Wednesday, 27 April (Freedom Day)
Sunday, 1 May (Workers' Day)
Monday, 2 May (Public Holiday)
Thursday, 16 June (Youth Day)
Friday, 17 June (School Holiday)

Close: Friday, 24 June

Term 3

Start: Monday, 18 July
Close: Friday, 23 September

Mid-Term Break: 11h00 - Friday, 5 August
Return to School: Wednesday, 10 August

Public Holidays:

Monday, 8 August (School Holiday)
Tuesday, 9 August (Women's Day)

Term 4

Start: Monday, 10 October
Close: Wednesday, 7 December

Important

Terms Notice

A reminder that a full terms written/emailed notice is required should your child be leaving Cedarwood for whatever reason or you WILL BE charged for a full terms fee.



Mindfulness Corner

**WIN
R100000
FOR YOUR
SCHOOL**

BROUGHT TO YOU BY:



<https://www.myschool.co.za/supporter/apply/>

Dates to Diarise...

Wednesday, 15 June
Mid-Year Examinations end

Thursday, 16 June
Youth Day—Public Holiday

Friday, 17 June
School Holiday for pupils



Tuesday, 21 June
School photographs

Thursday, 23 June
Magazine Day

Friday, 24 June
Winter Sports Day
School closes @ 11:00
School Leavers' Dance

Reminder!

Just a quick reminder to please inform the school immediately should any parent contact details change. We need to have the correct details on file in case of an emergency.