

Follow us on twitter:
@CEDARSSSS



High Street
Knutton
Staffordshire
ST5 6BX

TEL: 01782 973760

www.cedarsnewcastle.staffs.sch.uk
office@cedarsnewcastle.staffs.sch.uk

Centres of Education for Adolescents Requiring Support
Headteacher: **Mrs Pam Clulow, BA (hons), PGCE, NPQH**

CEDARS Newsletter – Autumn 2019

Welcome back to the Autumn term.

Welcome to Vicky Fernyhough who has joined the team! And fond best wishes go to Sue and Julie who have retired – we wish them all the best.

Congratulations to the Year 11 pupils who achieved good passes in their GCSEs, Functional Skills, Vocational qualifications and BTEC exams this summer. 23 of our 24 pupils achieved at least one pass and all but two of our year 11 leavers secured work or apprenticeships and post 16 placements to carry on their studies. Well done and good luck in the future!

GCSE Design & Technology work

KS4 GCSE Design & Technology pupils created some very exciting portfolios in a limited time. Well done everyone. Here are some of the timepieces they made from wood.



NSSSSA Cricket Tournament winners!!! 10th July 2019



Well done to the team who, despite the extremely hot weather, played their socks off!

Thanks to Kerry, Tim and Tom for their support and encouragement.

Climbing 12th July 2019 in The Roaches



Friday Activities have included a range of challenges and tasks to inspire and develop skills such as team building, confidence and self esteem. Pupils achieved qualifications in being safe climbers. Other activities included trampolining, horseriding indoor climbing and caving. Many thanks to Kerry, Tim and Tom for all the encouragement and support!



#ChooseSelfCare

#ChooseSelfCare is a project to empower people across Staffordshire to embrace self-care, ensuring they have information around which common conditions can be treated at home and how symptoms can be eased with help from over-the-counter remedies and advice from local pharmacists, 111 or the NHS app.

When you're feeling ill with a minor illness like a cold or sore throat, or have picked up a minor injury, do you know how to treat the symptoms at home?

Health experts in Staffordshire are encouraging us all to take control of our health and wellbeing so we can get better sooner.

It's called 'self-care' and aims to empower us to know how to recognise symptoms, know how to treat them as soon they appear using over-the-counter medicines, and when to get more advice from a pharmacist or NHS 111.

Dr Helen Stokes-Lampard, GP in Staffordshire, said: "No one wants to have to wait for an appointment only to be told to go and see a pharmacist, but for many conditions that's what you need.

#ChooseSelfCare recommend always having the following items at home – all for fewer than £10:

- Painkillers such as ibuprofen and paracetamol
- Aspirin (should not be taken by children under 12)
- Antihistamines for allergies and hay fever
- Diarrhoea relief
- Constipation relief
- Throat lozenges
- Antacids

Dr Helen, added: "If you need any further advice, I would recommend visiting your local pharmacy, or if it is more urgent, call NHS 111.

Abraham Lincoln: "The best way to predict your future is to create it."



**Community
Learning Service**

Learn, evolve, achieve, progress

 Staffordshire
County Council

Need help getting digital?

Get started using:

- ☑ Computers, Mouse and Keyboard
- ☑ Internet Searches, Accessing Job Sites and Completing Online Forms
- ☑ E-mail and Sending Attachments (CV)
- ☑ Online Safety
- ☑ Using IT for Work - Word Processing
- ☑ Accessing Universal Credit Journal



We have a range of courses to suit your needs, starting with Complete Beginners Entry Level Accredited Courses up to Level 1 Award at various Libraries across Staffordshire.

Call in at your local library to ask for details or contact us for more information:



tel: 01543 334537

Email: acl.ict@staffordshire.gov.uk



European Union

European
Social Fund



Staffordshire
County Council

**YOUR
LIBRARY**

Diary Dates: 2019-20

SEPTEMBER		
Tuesday	03.09.19	CEDARS opens for students New Student Induction week
Week beginning	23.09.19	MacMillan Coffee Morning
OCTOBER		
Week beginning	21.10.19	Praise Assembly
Friday	25.10.19	CEDARS closes today for half term
HALF TERM 28.10.19 – 01.11.19		
NOVEMBER		
Monday	04.11.19	CEDARS opens for students
Week beginning	18.11.19	Colleges visit Cedars
Wednesday	20.11.19	Staff Inset – CEDARAS closed for pupils
DECEMBER		
Week beginning	02.12.19	Mock exams
Week beginning	09.12.19	Theatre Trip
Week beginning	09.12.19	Christmas Lunch
Week beginning	16.12.19	Praise Assembly
Thursday	19.12.19	CEDARS closes today for the Christmas holiday
Friday	20.12.19	Staff Inset
CHRISTMAS HOLIDAYS 23.12.19 - 03.01.20		
JANUARY		
Monday	06.01.20	CEDARS opens for students

Parent View
Your child's school

If you wish to leave comments about CEDARS go to -

<https://parentview.ofsted.gov.uk/login?destination=give-your-views>