



The Cedar School

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Communication – Empowerment – Discovery – Aspiration – Resilience



Cedar Time



We want to let you know that we have launched an exciting new look to our 'break time' which we are now calling 'Cedar Time'. This is an aspect of school life which I am leading. Cedar Time is where we are developing learning opportunities for pupils during snack and break time. These learning opportunities include developing social skills, life skills, conversation, personal hygiene, independence and communication. This period of time is also key for developing physical and mental wellbeing by getting active and spending time outside with others.

We spend the first 20 minutes in our class groups sitting altogether to eat and drink. Some of us have responsibilities to prepare for this time so that key life skills can be practised.

We then spend the time engaging in conversations and socialising with each other.

The second half of Cedar Time is where everyone (nearly the whole school!) get outside and get active by playing sports, using the play equipment and having the opportunity to mix with different pupils and adults outside of our usual class groups.

We seem to have more fun when it rains so please ensure your child has clothing appropriate for the changing weathers in school! Preparing for different weather conditions is a key life skill in itself, and we would like all our young people to enjoy the wonderful grounds we have at Cedar as much as possible.

If you have any questions about 'Cedar Time' then please do email me or give me a call at school.

beccafarwell@cedarschool.co.uk

Becca Farwell – Assistant Headteacher

The Cedar School is committed to safeguarding and promoting the welfare of our children and young people. It expects all staff, volunteers and visitors to the school to share and embrace this commitment.

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