

The Cedar News



Issue 12

Summer 2026

Forget Sports Day, it's the Cedarlympics!

By Max

This year Sports Day had a new look and changed to the Cedarlympics. Teams were named after Paralympians.

The only thing I didn't like about Sports Day was the names. But other than that, it was a fun day. Some people started a parents game of cups and tables. You chuck sticky cups onto tables. It was fun, and it was a good Sports Day.

You could hit balloons and dance. It was cool but I missed the colours for teams as it was way more simple.



Inside

- Family
- Beach
- PE
- Sports

Contents

Page 1: Cedarlympics

Page 3: Beach

Page 4-5: Daniel Peretz

Page 6-7: PE lessons

Page 8: Otis the school dog

Page 9: Cheesecake recipe

Page 10-11: Family

The people who made this newspaper

Bilen

Max

Sean

Tru

The Beach

By Bilen

The beach has lots of sand. The water at the beach is chilly. If you drink the sea water you might get sick, and you would say “bleugh”. I like to kick in the water and splash. I went to the beach with my daddy and my sister. It was fun. I made a sandcastle, it stood up and then I knocked it over.



This is all about Daniel Peretz. You will find all the facts you need to know about the Israeli goalkeeper.

Daniel Peretz is an amazing goalkeeper but we might not have him for that long. If we do, it's my favourite goalkeeper for Saints.



He's in the Championship. He is 25 and the best goalkeeper that Saints have ever had.

I know Daniel Peretz normally plays for a team in Germany, but his nationality is Israeli. Daniel Peretz was loaned out from Germany because after Saints' 2025-2026 mistakes other teams kept scoring lots of goals so they needed a good defence blocker and goal stopper.



By Tru

PE in Blue Class

By Bilen & Sean

In PE we go in our walkers. We have been practising balancing beanbags on our heads. Sean thinks it is fun but Bilen thinks it is boring.



Bilen is balancing a bean bag on her head.



PE is fun!



Sean is on the balance board.

PE!

On Mondays in the afternoon,
I have PE. I like PE because I
am in my walker! It is fun.

Being in my walker allows me
to explore the hall and walk to
the different PE activities
independently.

More of a Deep Dive into a Therapy Dog

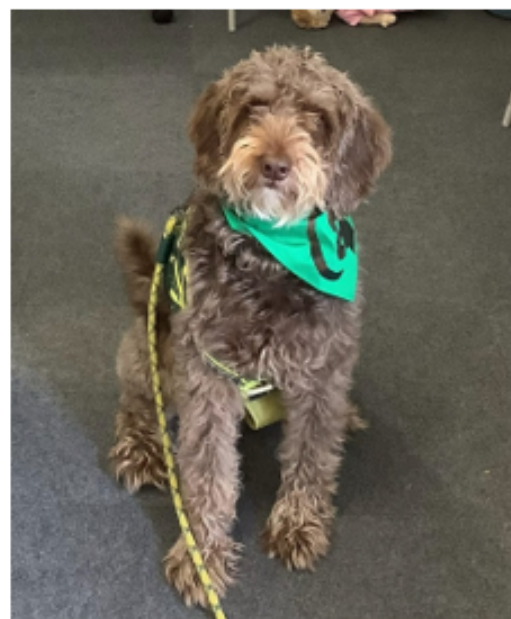
By Tru

A labradoodle's temperament is confident, intuitive, loving, joyful, sociable, totally non-aggressive and clever.

They were bred to do lots of different types of work, like Therapy Dogs, Assistance Dogs, Hearing or Seizure Alert Dogs, and Guide Dogs.

Otis has helped people like Ari, who are not confident with dogs. He has helped other people learn lots about dogs and do their work.

Otis is overall really calm. Otis has a special bandana that only goes on for work, and when he takes breaks, it comes off.



Sernik (Polish cheesecake from the motherland)

By Max

INGREDIENTS

- o 2 lb / 1 kg of farmer's cheese
- o 6 eggs, separated
- o 1 cup / 110g of powdered sugar
- o 1 cup / 200 ml of heavy whipping cream
- o 2 tbs of potato flour
- o 1 tsp vanilla
- o Pinch of salt
- o 1 egg yolk
- o 2 tbs of milk



INSTRUCTIONS

1. Place farmer's cheese in a food processor with a blade attachment and blend until smooth (about 5-6 minutes) and until most lumps are gone.
2. Preheat oven to 165°C / 330°F.
3. Separate egg yolks from egg whites and place egg yolks in a large mixing bowl. Add sugar and whisk on high for 2-3 minutes, until well blended.
4. In a separate bowl mix whipping cream with flour and vanilla.
5. Change whisk to a mixing paddle and add whipping cream mixture to egg/sugar mixture and mix just until combined. Continuously mixing add blended cheese. Mix just until blended.
6. In a separate bowl whisk egg whites with a pinch of salt to form a stiff foam. Gently fold into cheese mixture.
7. Prepare a 10 inch / 25 cm spring form by cutting out a circle in parchment paper big enough to cover the bottom. With a little bit of butter and your fingers grease the inner side of spring pan and sprinkle with bread crumbs. Shake off excess.
8. In a small bowl with a fork combine 1 egg yolk with milk.
9. Gently spoon cheese mixture into pan, even out. Spoon egg yolk/milk mixture onto the top on cheesecake batter.
10. Bake for 1 hour. If the top starts to brown too much, cover with a piece of tin foil. Turn oven off and let cake cool in the oven for about 10 min, then crack the door and let cool completely.

From <https://www.polishyourkitchen.com/traditional-polish-cheesecake-sernik/>

I love my family

My name is Bilen. My mummy and Daddy are the best, because they care about me! We spend lots of time together, playing and doing each other's hair, Mummy also styles my sisters hair. My favourite hair style is plaits!



Sean's Daddy

My Daddy is funny.

I love my Daddy.

My Daddy is the best.

Daddy plays games with me.

We like to play in the garden.

I sometimes go to Daddy's
workshop.

My Daddy is very tall.



By Sean



You can read
The Cedar News online
at **cedarschool.co.uk**

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