



**THE CEDARS
SCHOOL**

Parents' Bulletin

13th October 2017

Dear Parents,

I heard yesterday that Lady Eleanor Holles School has taken the unusual step of giving a free alarm clock to each of its pupils. This is not because of problems with punctuality, as you might think, but because of concern about the distracting effects of smartphones. As Cedars parents, I'm sure you will have heard plenty on this subject already but it is becoming increasingly clear that 'screen time' before sleep is a very bad idea. More and more parents are taking the sensible step of banishing televisions and computers from their children's bedrooms, but all too often the smartphone is given a reprieve because of its alarm clock duties.

The problem is not just the temptation to surf the net or play games at a time when a child should be resting but also the risk of distraction due to social media. As Heather Hanbury, the headteacher of Lady Eleanor Holles, put it: "Without a proper amount of sleep nightly, it is very difficult to learn efficiently and effectively. Neurotoxins which build up during the day as we learn and experience things, can only be cleansed from our brains by sleep." Children aged 12 and above need at least nine hours sleep a night and persistent sleep-deprivation has a whole host of negative effects.

It is at least encouraging to see that the potential negative effects of smartphone use are now recognised more widely. Last weekend, Mr Doran sent me [this article](#) from the Guardian and [another article](#) on the same subject was published on the same day in the Wall St Journal (you may need to sign in to read it). There is no doubt that recent technological advances have brought great potential benefits but they will not be benefit our children unless we teach them to use technology well without being enslaved by it. That is where the virtues – and alarm clocks – come in!

It has been a real pleasure to welcome two distinguished speakers to school during the last week. You can read more about their talks below but both Sohrab Ahmari and Shanker Singham gave fascinating talks which have provoked much discussion among the boys.

Tomorrow is another busy Saturday. We have rugby fixtures with Ravenswood and Royal Institution masterclasses at school. There will also be Mass at 8.30am and breakfast available for parents from about 9am. All are welcome to attend, even if your son isn't involved on the day!

Best wishes for the weekend,
Mr Robert Teague
Headmaster

Visit of Sohrab Ahmari

Sohrab was born in Iran and moved to the USA at the age of 14. He has been an editor and columnist at *The Wall Street Journal* and now writes for *Commentary*. He is the author of *Arab Spring Dreams* and *The New Philistines*. During his talk he gave the following advice to the boys:



1. Read the good stuff - skip the junk. To read the classics of world literature gives you insight and grounding in 'permanent things'.
2. Always take the opportunity to encounter other people. Really get to know them. Don't be satisfied with online friends. Spend time with elderly people - your grandparents, for example - they have so much wisdom to impart. Everyone has something to teach you!



3. Don't be enamoured of 'now'. Look for the things that last. Resist the dictatorship of relativism and 'nowism'.
4. Find a role model.
5. Don't look for safe spaces. Engage with people who have different ideas to you.
6. Be wary of utopians. Distrust anyone who claims to offer you 'everything' in return for surrendering your freedom, or compromising truth, justice, conscience etc.

Visit of Shanker Singham



Brexit is a topic which has gripped the whole school and we were delighted to welcome Shanker Singham to address Years 10, 11 and 12 on the subject. Shanker gave a wonderfully concise and balanced account of the dangers and opportunities that we face, putting Brexit in the context of post-war international politics and finishing on an optimistic note. Shanker will be known to many of you as a Cedars parent but he is also the Chairman of the Special Trade Commission at the Legatum Institute. In that role he has been closely involved in Brexit

negotiations and has made regular appearances on national TV and radio to discuss Brexit-related matters. A prominent member of the government described him earlier this year as “probably the leading expert on trade deals”.

Introducing...Mr Gray



Mr Gray has taught in Catholic schools for over thirty years and for sixteen as a senior teacher. In his time he has successfully led English, Media and Photography departments. He will be known to many Cedars parents through the senior role he held at Coloma for many years. He is committed to promoting a love of learning and an appreciation of culture. He is married with four children; his proudest moment might be when his eldest son was recently married.

Sports Roundup

Year 7

Congratulations to Pablo Rodriguez, Paul Sherwood, Ed Reed and Aiden James who are the first boys ever from The Cedars to compete in the Croydon Schools Cross Country Championships. They did very well against some very strong opposition on a challenging course. The Rugby team played Hayes school last Friday. The boys got off to a slow start but played well once they found their feet with good attacking and running tries. Aiden James scored a lovely try, weaving in and out of the opposition escaping tackle after tackle to get the ball down over the line. Unfortunately, the boys couldn't overcome their slow start and lost 6-5 on tries.

Year 8

Year 8 have had a busy week with three mid-week games. They played Wilson's at home on Tuesday and won comfortably. They showed great running skills and ran hard into every tackle, not giving the defence a second to rest and realign. The man of the match was Patson Ngoma. On Thursday, the boys played away at Dunottar and carried the momentum from the previous game to help them win 30-15.

Year 10

The Year 10s had two games this week. First up was Wilson's who narrowly beat our boys 28 – 12 and second was a Natwest Bowl fixture against St Olave's Grammar School. Unfortunately the boys came up short against a well organised St Olave's team, despite having the majority of possession. It was their best performance of the season so far but The Cedars were made to pay for a number of significant mistakes which ended up costing them the game. However, they showed great pride and character, fighting up to the final whistle.

Year 11

The boys started the game against Trinity in the best possible way, by scoring within the first minute with a try from Zak Hill. The team kept up a strong attack throughout the game and pulled off some impressive attacking moves and the score at half time was 38-0. In the second half Trinity fought back but our defence held strong to their attacks and we were able to score a few more tries whilst only conceding one. Man of the match was Greg Commey who scored a fantastic try, the game ended 63-5.

Music News



This Friday's piano recital was given by Peter Tully performing *Consolation #3* by F. Liszt and *Prelude #12 from the Well-Tempered Clavier* by J.S. Bach. Peter dazzled a packed F6 with virtuosity, style and finesse.

Peter has also started running a piano ensemble with our GCSE musicians and his work will be showcased next term in the form of piano duets.

Next week will be the final instalment before half term with Louis Eden and a special addition tbc!

Maths Clinics

Maths Clinics (where boys can pop in to discuss areas/questions in Mathematics that they are unsure about) are held in G2 on the following afternoons. They are open to all pupils from Year 7 to the Lower Sixth (Year 12) inclusive:

Mondays	1:15 - 2:00	Mr Moloney	Room G2
Tuesdays	1:15 - 2:00	Mr. Moloney	Room G2
Wednesdays	1:30 - 2:00	Mr. Traynor	Room G2
Thursdays	1:15 - 2:00	Mr. Traynor	Room G2

GCSE Further Mathematics for pupils in KS4 (AQA Level 2 Certificate)

Mr Woodward will be meeting on Tuesdays with Year 11 pupils, for the AQA Level 2 qualification in Further Mathematics. Mr Traynor will be starting with the Year 10 cohort after half-term on Tuesday 7th November 2017.

The Euclidean Society

The Euclidean Society is open to all but can greatly assist pupils in KS3 to extend their mathematical thinking and deepen their understanding of different areas of Mathematics. Mr. Traynor will be taking Euclidean Society this coming Wednesday 18th October from 3.50pm to 4.30pm in G2. The topic will be 'Kruskal's Algorithm'.

Next topics:

Wednesday 18 th October	STY	<i>Kruskal's Algorithm</i>
Wednesday 8 th November	RTE	<i>Some unusual properties of circles</i>
Wednesday 15 th November	BWO	<i>An Introduction to Mechanics</i>
Wednesday 22 nd November	PMO	<i>The Bridges of Königsberg Problem</i>
Wednesday 29 th November	STY	<i>An Introduction to the Normal Distribution</i>
Wednesday 6 th December	RTE	<i>Sierpinski's Triangle</i>
Wednesday 13 th December	STY	<i>Prim's Algorithm</i>

(BWO – Mr Woodward, STY – Mr Traynor, RTE – Mr Teague, PMO – Mr Moloney)

Dads' and sons' breakfast

Please come and join us at The Cedars on *Wednesday 18th October* at 8.00am for our *Dads' and sons' breakfast*. RSVP Mrs Sales: lsales@thecedarsschool.org.uk and indicate vegetarian or meat option for both yourself and your son(s).

Save the Dates

Saturday 14th October	Mass (Chapel) 8.30am, Parents' Breakfast, 9.10am
Wednesday 18th October	Dads' and sons' breakfast, 8.00am
Friday 20th October	Half term begins at 3.45pm