



# Cedar News January (2) 2020

Traffic disruption in the Crossgar Area- Phoenix Natural Gas commencing 13<sup>th</sup> January 2020 for approx. 7 weeks.



For the attention of all drivers.

Please follow the guidelines for our traffic system. The area outside the main building is a non-parking/non- waiting zone. It is for "Drop Off".

There was nearly an accident this week as a car swerved around the speed ramps. Parents have raised concerns about the speed of cars on site.

Please ensure that you are not blocking the roundabout when cars are trying to come onto the school site.

Some drivers are unaware that they are causing the traffic to back up on both sides of the Kilmore Road.

Please show proper consideration for other drivers.



Cedar Integrated Primary School raised £46.34 in December

Thank you for all your support fundraising during the first term. Governors, staff and particularly the pupils appreciate your generosity, which will ultimately benefit all our pupils.

## New dates for your diary

31 <sup>st</sup> March 2020	Sacrament of Reconciliation @ 1:30pm
7 <sup>th</sup> May 2020	First Communion @ 1:00pm

**Applying for a Pre-School or Primary 1 Place for Your Child for September 2020**

**1** Find out about applying for a place at [www.eani.org.uk/admissions](http://www.eani.org.uk/admissions)

**2** Find out more about the pre-schools/schools you are considering applying for and study their admissions criteria.

**3** Complete an application online, listing the pre-schools/schools in order of preference. Submit it by 12.00 noon on Thursday 30th January 2020.

**4** Bring all supporting documentation for ALL listed preferences to your 1st preference pre-school/school provider by 12.00 noon on Friday 7th February 2020.

If you need help contact your local pre-school or primary school. For further assistance telephone the Admissions Helpdesk **028 9598 5595**

Parents, carers, family members...if you need us we're here. Call Parentline NI today for advice, support or guidance. Freephone 0808 8020 400

When can I call?

Parentline NI is open from 9am to 9pm Monday to Thursday, 9-5pm Friday and 9am to 1pm on Saturday. Our Service is available through a range of different channels including telephone, face to face and online. Call us for FREE on: 0808 8020 400  
Chat online: start a webchat using the chat window below  
Email: [parentline@ci-ni.org.uk](mailto:parentline@ci-ni.org.uk)



Call Parentline NI today for advice, support or guidance.

**0808 8020 400**

You can also call and leave a message outside of our opening hours, and we will get back to you within 2 working days.



# UK Food Plan

## 16 budgeted, nutritious and student-approved recipes created by school chefs

Developed by award-winning school chefs, Tony Mulgrew and Lyndon McLeod, these vegetarian and vegan recipes bring many benefits to your canteen:

- ✓ They cover a number of dietary requirements and preferences.
- ✓ They are costed for school budgets and can be scaled to different serving sizes
- ✓ They're full of fruits and veggies, helping pupils get their 5-a-day.
- ✓ They help your school and students make greener food choices.

Most importantly the recipes have been tried by students and they love them!

### What the chefs say:

*"Increasing the number of vegetarian and vegan options at your school is an easy way to meet the varying needs of your students, whilst saving time, money and the planet."*

- Lyndon & Tony - School chefs



You can download the full UK Food Plan recipe pack for free at [www.ukfoodplan.org](http://www.ukfoodplan.org)

#UKFoodPlan

The UK Food Plan is a project of the Vegetarian Society, which is a registered charity: number 295958

To give you a taste of what to expect from the pack here is one of the delicious recipes for you to try.

## Sausage Ragu with Mashed Potatoes

UK Food Plan



Measurements provided for serving 20 / 100 portions

### Ingredients

3 tbsps / 200ml rapeseed oil  
200g / 1kg red onion, sliced  
400g / 2kg carrots, sliced  
4 tsp / 100g dried sage  
2.4kg / 12kg vegan sausages, cooked and sliced  
3 tbsps / 200ml vegan Worcestershire sauce  
2 tsp / 3 tbsps chilli flakes or sauce  
3 tbsps / 200ml vegetable stock  
4 tsp / 100g fresh parsley, sliced  
Cornflour, to thicken  
Salt, to season

### To serve:

Mashed potatoes

### Method

1. Heat the rapeseed oil in a large saucepan. Add the onions and allow them to sweat for 5 minutes.
2. Add the carrots and sage and cook for a further 5 minutes.
3. Next add the sausages, vegan Worcestershire sauce, chilli flakes and stock into the pan and stir through. Add enough water to the pan to cover the contents and then let the mixture simmer for 30 minutes, stir occasionally.
4. Once the 30 minutes is up you should have rich tomato ragu. If your sauce is not thick enough you can use cornflour as needed to help thicken it. To finish season with salt and add the parsley.
5. Serve the ragu with mashed potato.

You can download the full UK Food Plan recipe pack for free at [www.ukfoodplan.org](http://www.ukfoodplan.org)

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## School Uniform

The children looked very smart at the start of the new term. Thank you for all support in following the school's uniform policy. Please ensure that all pieces of **uniform are clearly labelled** with your child's name, especially on all the new coats. Also children need to wear black school shoes with the exception of younger children on PE Days.

### Dates for your diary: On the School Web site- [cedarrips.com](http://cedarrips.com)

7 <sup>th</sup> January 2020	Spring Term starts
7 <sup>th</sup> February 2020	P6 Assembly: Family and Friends welcome 9:15am
10 <sup>th</sup> - 14 <sup>th</sup> February 2020	Parent Teacher Interviews P1-6 pupils finish early @ 1:00pm. P7 Transfer Interviews completed at the end of January /beginning of February
20 <sup>th</sup> March 2020	P7 Assembly: Family and Friends welcome 9:15am
31 <sup>st</sup> March 2020	Sacrament of Reconciliation @ 1:30pm
1 <sup>st</sup> April 2010	Confirmation
7 <sup>th</sup> May 2020	First Communion @ 1:00pm
12 <sup>th</sup> June 2020	Sports Day
25 <sup>th</sup> June 2020	Leavers' Assembly