WHAT’S COMING UP!

OCTOBER
Rochy Rascals Playgroup
Mondays 9.30am to 11.00am

Saturday 31st October
150th Celebrations (main day)

NOVEMBER
Tuesday 3rd November
Melbourne Cup holiday

Friday 20th November
Sausage Sizzle – Canteen not open for Orders.

BIRTHDAY
CONGRATULATIONS
Zayden Trist
Kade Bullock
Patrick McDonald
Kylah Chamberlin
Eli Bransgrove

Our Little 5 cent Pig
Is waiting for 5 cent pieces. Total at the moment is $117.00. Call in and see him at the Office.

Dear Parents

150th Celebrations
On Saturday the school will celebrate its 150th Birthday. Our school has seen a lot of history throughout its life. It began as a part of the new colony of Victoria [Victoria broke away from NSW in 1851] It was firmly established by the time Australia came into existence as a nation in its own right in 1901 and saw its past students go off to the First World War and those that followed. It saw electricity connected and horses slowly replaced with cars. The ice works closed as refrigeration took over. The saddler made way for the garage. Television arrived for those that could afford them in 1956. It preceded the Higher Elementary School which became the High School and is now the Secondary College. When it commenced only men were able to vote and there was no recognition of the original inhabitants. The first students would have had very limited knowledge of the world and England was still the “mother country”. A trip to Melbourne was a major event. Then the town was self contained and lived within itself and its surrounding district. Throughout the years the school moved location a few times until it finally settled on the present site. Throughout its history it has provided the education that was needed at the time and our past students have gone on to a variety of careers, some staying close to home and others working the world-wide. That tradition continues as the school adapts and changes to the needs of the present time. Although we will celebrate 150 years our school is not about the past, our business is building the future and that is what we will be doing for the next 150 years!

VCE Exams
Yesterday state wide VCE students sat the English exam. We wish all our past students well. We have watched from a distance as they have progressed on from this school and are proud to see so many completing secondary school.

Parent requests
The final day for parent requests is this Friday. I will be away completing a course with Mrs Picone on this day so I will extend the time to 4.00pm Monday. After this time the opportunity for parents to discuss their preferences for classes next year will end.

Taylor Marrone
Taylor Marrone is a past student of our school and her family have maintained close connections with it. Wyn [Taylor’s Grandmother] is a regular volunteer with our Grade 1 and 2 classes. Last weekend Taylor became the victim of a major health trauma. Our thoughts are with her family and we wish her a speedy recovery.

Grounds Work
A huge ‘thankyou’ to Darren Pain and his assistant Alan James for replacing the basketball backboard s at the weekend. They look terrific and have already been well utilized.

Graeme
**Student of the Week**

Prep Collins  
Zeph Bartlett  
Gr 1/2 Ellis  
Sienna Christie  
Gr 1/2 Wright  
Kayla Moon  
Gr 3/4 Picone  
Poppy Read  
Gr 4/5 Trickey  
Declan Pearse  
Gr 5/6 Ross  
Harley Butler Banfield  
Gr 5/6 Ras  
Tayla Ferrinda

**Curriculum News**

**Welfare update**

**What is mindfulness?**

Mindfulness is a whole body-mind state of awareness that involves ‘tuning in’ to the present moment, with openess and curiosity, instead of ‘tuning out’ from experience. Mindfulness is a state of being fully awake to life – being aware and undistracted in the present moment. It is about focusing attention on the present, rather than thinking about the past or worrying about the future - which is often our brain’s default mode.

Mindful awareness is something that we all possess and that can be strengthened through practice. Mindfulness can be developed through formal sitting meditation practices, or through informal everyday mindfulness activities that use the senses to anchor the attention: such as mindful walking, listening to music, eating or conversation. Mindfulness is a clinically proven tool to support wellbeing and mental health by reducing stress and allowing life to be experienced more fully. For a great free site to help you or your children practice mindfulness though guided relaxation exercises have a look at: [http://smilingmind.com.au](http://smilingmind.com.au)

**Mindfulness for parents**

The best thing parents can do to help their children become more mindful is to commit to some regular mindfulness practises themselves! The more present and mindful you are with your children, the more happy, mindful and resilient they will be.

**Mindful play:** Dedicate a window of time each week to mindfully play with your child or children. Turn off all other distractions such as TV, and put your mobile away and on silent. Try to give them your full attention during this time and if your mind wanders off to all the things you should be doing, that’s fine – that’s just what minds do! Use your child as an anchor to come back to every time your mind wanders away.

- **Mindful cooking:** Cooking together can be a great way to spend quality time. Help your child notice the colours, smell and taste of the ingredients as you add them to the meal, and the touch of the different items as you cook.
- **Mindful dinnertime:** Create a time for your family to appreciate and savour their food at the start of a meal by spending the first few minutes of dinner in silence, just eating and enjoying the food. It’s a surprisingly nice activity to do with the whole family, and done regularly, can become a lovely ritual.

**Special Activities**

This year we have been offering many alternative programs for small groups of students. Some of these have included activities such as woodwork, developing gardens around our school, cooking and mindfulness programs. Here are some photos of some of our kids in action last week:
Social Service
After a recent culling of some of the reading material from the junior neighbourhood, four boxes of books were donated to our local Rotary Club (through Robyn Lucas) who will ensure that these will be put to good use by very needy schools who are very poorly equipped to help their students. We are pleased that we can help the wider community in this small way.

Infant Sports & House Athletics
Due to our newsletter being printed early this week we will have a full coverage of both the infant sports and the house athletics next week. Stay tuned.

Walkathon News
We had a successful walkathon and congratulations to all students who participated. Despite the warm morning all students walked 4km even the preps, which was a wonderful effort. We had some famous sports stars such as Serena Williams, Majak Dawes, Holden Racing Team and lots of footballers and netballers. Thank you to all students who dressed up and the parents who walked around with students. The winners of the competitions will be announced at assembly when we have all sponsorship forms returned.

All money and sponsorship forms need to be returned no later than Friday 13th November

Free
We have several small fabric covered chairs that we do not need any more. If you are interested please call in and check them out. Also we have some pinboard/dividers (hard to describe so call in and have a look).

Canteen News
Roster for October
Friday 30th
Monday 2nd November
Tuesday 3rd
Wednesday 4th
Thursday 5th
Friday 6th
Monday 9th
Tuesday 10th
Wednesday 11th
Thursday 12th
Friday 13th
Monday 16th
Tuesday 17th
Wednesday 18th
Thursday 19th
Friday 20th
Monday 23rd
Tuesday 24th
Wednesday 25th
Thursday 26th
Friday 27th

Monday 30th
Tuesday 1st December
Wednesday 2nd
Thursday 3rd
Friday 4th
Monday 7th
Tuesday 8th
Wednesday 9th
Thursday 10th
Friday 11th
Monday 9th
Tuesday 8th
Wednesday 9th
Thursday 10th
Friday 11th
Closed for the remainder of the term.

Dear Parents,
Please check your Canteen menu. Children are putting lunch orders in with incorrect money. Your attention to this would be appreciated.
Thanks.
Celebrating 150 Years - THIS WEEKEND!
Rochester Primary School – Celebrating 150 years
When: Saturday 31st October
(11.00am to 4pm) day event at School
(7pm to midnight) evening event at CVCC (no children)

Although many of the items were wet when we opened the time capsule we were able to retrieve some items. Photographs, coins, clothing, newspapers, videos and Minutes of the 125th Meetings were just a few of the items in the capsule. These items will be on display at the 150th celebrations.

If you intend to come along to either the day or the evening event it would be appreciated if you would let us know to assist us with catering. Please call in to the office and talk to Janis.

WANTED
Do you have a keyboard and mouse at home that would suit an old McIntosh Computer that you no longer want? We are looking for one! If you can help please see Janis.

Community News

Kids Club
Once again the ever popular Kids Club is starting next Thursday 5th November from 3.30 p.m. to 5.30 p.m. All welcome to attend for fun activities, games and excursions.

ROCHESTER LAWN TENNIS CLUB
Junior Doubles tournament. Sunday 29th November.
8.30am registrations for a 9.00am start. $10 entry.
At the Rochester lawn courts.
Open to all juniors 16 & under playing junior tennis.
Entries to Lisa Myers 0408 371 837 or Simone Palmer 0417 336 404 by 27th Nov.

RETURNED AND SERVICES LEAGUE OF AUSTRALIA
ROCHESTER Sub-Branch

The President and members of the Rochester Sub-Branch have pleasure in inviting the Rochester Community to the Dedication of the World War One Memorial by MAJGEN The Hon Michael Jeffery AC, AO(Mil), CVO, MC (retd) in the Rochester Memorial Gardens, cnr Victoria St and Northern Highway, Rochester. Sunday, 1st November 2015 commencing at 2.00 p.m. Refreshments will be served following the Ceremony in the Shire Hall. Guests are requested to be seated by 1.45 p.m. Dress: Semi-Formal (Jacket and tie) and Decorations (Car parking in the immediate vicinity will be restricted and limited.) WGCDR John Glover RFD 7 Howell Dve., ECHUCA 3564 jglover@bigpond.net.au