Dear Parents

150th Celebrations
Our school is now 150 years old! Saturday was a great day for the school with hundreds of past students and staff returning for the day. Our eldest ex-pupil was Margaret Barrie, a fit and sharp 92 year old. Our Regional Director of Education, Jeanette Nagorka made the Official welcome. She was full of praise for the way the school was presented and acknowledged that this reflected its history of academic achievement. The school community can be very proud of the last 150 years and look forward with confidence to the next 150th.

Junior School House Sports
On Tuesday our Junior athletes pressed their claims for Olympic selection in the not too distant future. The oval was a buzz of activity, enthusiasm and smiles. For many of our students this was their first time at an organised sports event so the excitement was high. Thank you to our parents and grandparents that supported the athletes and Mrs Ellis, Ms Wright and Mrs Collins for their work in running this day. A special thanks to our senior school students that assisted.

House Sports
Last Wednesday the Senior School ran the annual House Athletic Sports. The weather was magnificent and all students gave it their best. The attitude of our athletes over the last few years has been first class, we are very proud of the way our students now “attack” events such as these. There has to be a winner and this year Saturn have triumphed! Well done to the team. Special “thank you” to Michelle Horkings who has coordinated our track and field set up for a number of years. This is a huge job and is greatly appreciated by all. Thanks also to Mr Rasmussen and his team of parents and teachers. We are always grateful for the support we receive from the Rochester Secondary College. In this case the Duke of Edinburgh students volunteered to assist us.

Classes for next year.
The opportunity for parents to make requests has now closed. Teachers are now working through the task of creating class lists for 2016. All students will have the opportunity to move into next years class with their new teacher on the state wide Orientation Day on December 8th.

Graeme
Student of the Week

Prep Collins: Jake Werner
Gr 1/2 Ellis: Jordy Rasmussen
Gr 1/2 Wright: Billy Ludbey
Gr 3/4 Picone: Sneha Gosai
Gr 4/5 Trickey: Alannah Weeks
Gr 5/6 Ross: Zac Bartlett
Gr 5/6 Rasmussen: Jayvier Horkings

Curriculum News

Grade 1/2 FROM THE ATHLETIC SPORTS

Yesterday Preps and Grade 1 and 2 had a sports day. My house was Gemini. We had jumping, running and throwing. My favourite thing was hurdling and vortex. I like the long jump too. Chelsea

On Tuesday we were doing Athletic Sports. I like the hurdling and throwing the vortex. I got past the blue cone on the vortex. I like the ladder activity. Apollo won and that was my team. Jordan

On Tuesday 27th October Apollo, Gemini and Saturn did Athletics sports. Hurdling, running, jumping, and throwing were some of the activities. My favourite was the vortex. I liked it because the throwing was good for your arms. My second favourite was the jumping because it makes you healthy by running and jumping too. Brady

On Tuesday it was Athletics Sports. I was in Saturn and we came second. I liked the hurdles and the throwing and all of the other things. We got a ribbon. I liked the day. Alesha

Yesterday it was Athletics day and there were teams. There was Saturn, Apollo and Gemini. We did vortex, throwing, jumping and running too. It was fun. Charlie

FIRST AID

What are the dangers of sun exposure?
The immediate danger of too much sun is sunburn. If you looked at sunburned skin under a strong microscope, you would see that the cells and blood vessels have been damaged. With repeated sun damage, the skin starts to look dry, wrinkled, discolored, and leathery. Although the skin appears to be thicker, it actually has been weakened and, as a result, it will bruise more easily. However, the sun’s most serious threat is that it is the major cause of skin cancer, which is now the most common of all cancers. Doctors believe that most skin cancers can be avoided by preventing sun damage.

How can I avoid the harmful effects of the sun?
Staying out of the sun is the best way to avoid sun damage, but most of us go outdoors regularly. So when you go outside, take these precautions:

- Always wear sunscreen. Apply it on your skin every day. Make it a habit, as you do with brushing your teeth.
- Avoid sun from about 10 am to 3 pm. The ultraviolet rays, which cause sunburn, are strongest during this time.
- Wear protective clothing. When you do go outdoors, especially for long periods in the middle of the day. Long sleeves and slacks, as well as a wide-brimmed hat, help protect your body against the sun's harmful effects.
- Wear sunglasses that filter UV light.

How should sunscreens be applied?
Sunscreens are very effective when used properly. Follow these guidelines to give yourself the most protection:

- Apply sunscreen at least 20 - 30 minutes before you go outdoors, whenever you will be exposed for 30 minutes or more.
- Reapply sunscreen every 2 hours while you are outdoors, even if the product is labeled “all-day.” If you get wet or perspire heavily, reapply sunscreen more frequently.
- Cover all exposed areas, including your ears, lips, face and back of your hands.
- Don’t skimp; apply a generous layer. Smooth it on rather than rub it in. A rule of thumb is that 45 ml of sunscreen is needed to cover all exposed skin to attain the stated level of protection.

Women should apply sunscreens under makeup. If you wait to apply sunscreen until you hit the beach, you may already be perspiring, and moisture makes sunscreens less effective.

Deb Wright (First Aid Officer)
**Walkathon News**

We had a successful walkathon and congratulations to all students who participated. 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.**

**Canteen News**

**Roster for October**

Dear Parents,

Please check your Canteen menu. Children are putting lunch orders in with incorrect money.

<table>
<thead>
<tr>
<th>Day</th>
<th>Staff</th>
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<tbody>
<tr>
<td>Friday 6th</td>
<td>Leesa Purdy</td>
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<tr>
<td>Monday 9th</td>
<td>CLOSED</td>
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<tr>
<td>Tuesday 10th</td>
<td>Rachael Major</td>
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<tr>
<td>Wednesday 11th</td>
<td>Anna Trewick</td>
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<tr>
<td>Thursday 12th</td>
<td>Michelle Horkings</td>
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<td>Friday 13th</td>
<td>Dani Wells</td>
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<td>Monday 16th</td>
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<tr>
<td>Tuesday 17th</td>
<td>HELP WANTED</td>
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<tr>
<td>Wednesday 18th</td>
<td>Anne Chirnside</td>
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<tr>
<td>Thursday 19th</td>
<td>Carli Honey &amp; Shae Locke</td>
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<tr>
<td>Friday 20th</td>
<td>Leisa Evans/Sausage Sizzle</td>
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<tr>
<td>Monday 23rd</td>
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<td>Tuesday 24th</td>
<td>Vanessa Fitzgerald</td>
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<td>Wednesday 25th</td>
<td>Di Milgate</td>
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<tr>
<td>Thursday 26th</td>
<td>Dani Wells</td>
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<tr>
<td>Friday 27th</td>
<td>Elizabeth Read</td>
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**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.

**OUR 150TH CELEBRATIONS**
Community News

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.

FREE - Two white single beds with mattress. In very good condition. Please contact the office if you are interested.

ROCHESTER FOOTBALL NETBALL CLUB - ROCHY FUN RUN
When: Sunday 22nd November
Where: Rochester Recreation Reserve
For further enquires: Jac Rasmussen 0407308336 or Ash Watson 0417231704
MORE DETAILS NEXT WEEK