

New Principal, addition, playground at Rockwood school

By Rebecca Ring

Rockwood Centennial Public School students welcomed a new principal with the new school year. Mrs. Leslie Newman came to Rockwood from Guelph where she was principal at Laurine Avenue Public School, JK to grade six. Before that, she was vice principal at College Avenue, grades seven and eight. She has been teaching for 20 years, with the last five in administration.

Newman earned a Bachelor of Arts in Sociology at University of Guelph and a Bachelor of Education at Nipissing University. Much of her family is involved in teaching, including her husband, brother and sister-in-law.

She said she was thrilled to be offered the position in Rockwood. The school

is larger than what she was used to and she welcomes the challenge. The town is smaller however, and she "really enjoys the small community spirit." Newman is not entirely new to the village. She said, "I love Rockwood. I came here as a child with my family a lot. We camped and canoed, and even hiked in the winter."

Rockwood Centennial has 622 students enrolled this year and approximately 30 teachers, resource teachers, a music teacher, a librarian and education assistants. Resource teachers and education assistants offer individual or classroom teaching for special needs students.

Portable classrooms

The building is designed for about 500 students so 11 portable classrooms have



NEW PRINCIPAL: Rockwood Centennial Public School has a new principal, Mrs. Leslie Newman. The school started the new year with a new playground, new schedule, new physical activity program, and will get a new addition as well. - *Rebecca Ring Photo*

been added. Newman was pleased to announce that a

new addition has been approved, which will provide six more permanent classrooms. She said the Board is working on the design and schedule but hopes construction will begin this

fall or early spring.

This year, a "balanced" school day is being introduced. Instead of three breaks consisting of two 20-minute recesses and one-hour lunch, students have two 45-minute breaks. They eat a nutritious snack in the first 20 minutes and spend the last 25 minutes playing outside.

The idea was introduced to parents last year, most of whom agreed. Newman said the benefits of the new schedule are larger blocks of uninterrupted learning, more time to eat, and a reduction in schoolyard problems. She said, "Typically, the last ten minutes of the 40-minute schoolyard time is when most problems arise."

Also new this year is the Ministry of Education mandated "Daily Quality Physical Activity." This is separate from Phys-Ed class. Everyday, for 20 minutes at midday, the entire school, students and teachers, en-

gage in vigorous physical activity while energizing music is pumped over the PA. A committee of teachers developed a series of activities that will increase fitness. Grade eight students will be trained to lead these sessions. Newman said, "Today was the first day and it was great. Everyone had a lot of fun and got a really good workout."

According to Newman, the new playground is a true success. "It was jam packed today. The kids love it."

Newman said she plans to concentrate on the Daily Quality Physical Activity program and helping kids and staff adjust to the new break schedule. She added that she has "real heart for at-risk kids." Whether a student is having social, emotional or academic difficulties, she wants to make sure they all can learn. She said, "I want to make sure that coming to school everyday is a good and positive experience for each child."

The Rockwood MILLER



Peewee Boy Rebels take Flamborough ball crown

By Rebecca Ring

Rockwood Rebels Peewee Boys baseball team won the Flamborough Peewee League championship in four games straight in a six-day tournament, ending August 21. Eight teams played in the true round robin tournament where losing two games meant elimination.

Game one saw the Rebels beat Sheffield handily 22-1. Andrew Salmon hit two home runs and Greg Livingston hit a grand slam home run.

The Rebels continued to steamroll their opponents in game two, beating Puslinch by a score of 16-2.

Again in game three, the Rebels won by a large margin, beating Fisherville 12-1, with Salmon hitting two more home runs.

Game four was much closer but the Rebels came out on top, eliminating Puslinch by a score of 7-6. Greg Livingston struck out 13 in this final game.

Coach Bruce Livingston said the other two pitchers, Evan Kliese and Stefan Smelsky, also did a great job, as did back catcher Todd Parkinson. He added that the team played well all season, placing first in the league with 14 wins and only one loss.

Team members were Jordan Parkinson, Andrew Salmon, Todd Parkinson, Joe Aitken, Greg Livingston, Lucas Foster, Brad Timmings, Stefan Smelsky, Alex Barry, Evan Kliese, Brandon Stewart, Alex Vernon, Andrew Cheeseman, and Andy Marttala. Coaches were Reuben Salmon, Bruce Livingston, Alex Stewart and Paul Parkinson.



BACK TO THE BOOKS: These Rockwood Centennial Public School students were happy to get back to school. Having fun in the school library were (rear table, from left) Alli Darling, Jesse and Cody Drake, Gemma Drake-Stafford, (front table, from left) Maddy Darling, Linnea and Lewis White. - *Rebecca Ring Photo*

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CAPSULE
Comments

There are medication patches to help smokers stop. There are patches to reduce angina, some control severe pain and others provide hormone supplementation. We hope that soon there will be a patch to control the symptoms of Parkinson's disease. It has been approved in Europe but not yet in Canada.

Medical researchers seem to do studies on everything. One was done recently on the interval between pregnancies. The best interval is between 2-5 years. Intervals shorter or longer than that appeared to increase the risk of preterm births, lower birth weight and smaller babies generally. It's a good family planning tip.

If you go into hospital and your medications are changed while there, ensure your doctor or pharmacist check which drugs you are to continue with and which to stop once you are home. Sometimes, hospitals carry only certain drugs in any one drug class and what they use there may be similar to another drug you already take.

If you've had an interest in seeing what research is being done in various diseases around the world, there is a website that will guide you through it. Just type in the disease you are interested in and it will lead you to all the clinical trials going on. The site is: www.ifpma.org/clinicaltrials.

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"But the hour cometh, and now is, when the true worshipers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him."
St. John 4:23 KJV

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