

The ROCKWOOD Miller



GOOD FOOD AND FELLOWSHIP: Rockwood's Sacred Heart Catholic Church's Knights of Columbus held their annual Christmas breakfast at the Rockmosa Hall on Sunday morning. All funds raised will go to the local food bank. Ready to serve, were, from left: Alfred Grech, Ryan Kenny, Jason Gould and Charles Vince. – *Denise Paulsen photo*



DAYS OF GIVING: Students at Rockwood Centennial School, including Emma Zuccula and Brian Elmslie, joined their Grade one teacher Leighanne Benstead in checking out the food and toiletries collected by students during last week's Five Days of Giving. The food will be distributed to the needy before Christmas. – *Frances Niblock photo*

Township Digest

Student food drive

The donated food collected by Rockwood Centennial School students will go a long way to helping feed the hungry this Christmas. The front hall of the school was jammed with boxes

and bags of food and toiletries donated during last week's Five Days of Giving.

The food was picked up today (Thursday) and will be distributed to the needy before Christmas.

A New Start for the New Year

The East Wellington Family Health Team is offering **FREE WORKSHOPS** in the New Year!

Stress Management Skills: An 8 week class where you get the opportunity to practice techniques in reducing body tension and calming and focusing your mind.

Rockwood: 7:30-8:30pm • Tuesdays, January 4, 11, 18, 25, February 1, 8, 15, & 22.

Weight-loss Program Review: An overview of some of the most popular weigh-loss systems, helping you make an informed decision about what is right for you.

Rockwood: 6:30-8:00pm • Wed., January 19th,

Erin: 6:30-8:00pm • Thurs., January 13th.

Healthy You, Healthy Living: Group approach focusing on lifestyle changes that may help you reach and maintain a healthier body weight.

Rockwood: 6:30-8:00pm • Wed., Jan. 26, Feb. 2, 9, 16, & 23,

Erin: 6:30-8:00pm • Thurs., Jan. 27, Feb. 3, 10, 17, & 24.

Smoking Cessation: A 6 week program, facilitated by Wellington-Dufferin-Guelph Public Health, involving the triggers and effects of smoking, how to prepare a plan to quit and tips on how to stay smoke-free.

Erin: 7:00-8:30pm • Mon., Jan. 10, 17, 24, 31, Feb. 7, & 14.

For more information or to register, call 1-800-265-7293 ext. 4647

The Stop Study: Do you smoke more than 10 cigarettes a day? You may qualify for free nicotine replacement therapy. For more information or to register, call 1-800-246-2715 ext. 4647 before January 10th.

Brought to you in cooperation with the Centre for Addiction and Mental Health and Wellington-Dufferin-Guelph Public Health

To register for smoking cessation programs, please call the numbers listed above; for all other programs, you can register online at www.ewfht.ca by clicking on "Workshops" or by calling 519-833-7576 ext. 341

All Rockwood sessions are held at the EWFHT clinic located at 175 Alma Street. In Erin, all sessions are held at the EWFHT clinic located at 6 Thompson Crescent.

Rockwood students raise money for a South American well

Students at Rockwood's Centennial Public School are well on their way to raising the \$5,000 they need to help build a well to provide clean water to a village in Ecuador.

Members of the school's Social Justice committee, spurred on by the Me2We, Free the Children program, have raised \$3,200 to date, including a \$2,500 donation from the school's Student Council.

Teacher Gillian Sieg-

wart said some students were "shocked" to learn that clean water is not a given for children in many parts of the world, but with their global awareness expanding it led them to this clean water project.

"The teachers were really inspired by their (the students') global awareness and thoughtfulness to help other people," Siegwart said last Thursday, adding it prompted teacher participation.

Instead of holding their annual Secret Santa gift exchange this year, Centennial teachers will donate that money to the Clean Water Project. They also encourage parents not to buy a present for a teacher – a practice they graciously discourage – instead, donate that money to the project.

Once they reach the \$5,000 goal, Centennial students will learn which village their money will help.

