

### Club Contacts:

**President: Tom Gunn**

Tel. 01542 841245

**President Elect: Simon Kilkerr**

Tel. 01224 264949

**Junior Vice President: David McClelland**

Tel. 01467 671440

**Honorary Secretary: Phil. Duncan**

Tel: 01651 873041

**Honorary Treasurer: Alistair Flett**

Tel: 01651 891620

**Past President: Sheena Clarke**

Tel. 01651 873034

**The Redgarth Oldmeldrum**

Tel: 01651 872353

**Rotary Club Web Site**

[www.oldmeldrumrotary.org.uk](http://www.oldmeldrumrotary.org.uk)

### Rota For Reception, Grace & Speaker Duties

Date	Rec/Gr.	Cash	Speaker	V. of Organiser	Thanks
19 Oct	Martin B	Soenaïd C	Norman B	Richard T	
26 Oct	Norman B	Anne F	Business Meeting		
2 Nov	Alan B	Gordon B	Peter C	Jim W	
9 Nov	???	Peter C	Rob R	Ray W	
16 Nov	Peter C	???	Soenaïd C	Owen B	
23 Nov	Sheena C	Norman B	SGM & Bus. Meet.		
30 Nov	5th Monday	– St. Andrews Night Meal			
7 Dec	Gordon B	Mike G	Phil D	Martin B	
14 Dec	Maurice C	Nicola H	Alistair F	Norman B	
21 Dec	Xmas Party at Morriss's				

### Look Ahead:

**Monday 19 Oct. 2015**

Speaker :- Norman Brammer, "Tools for self-reliance"

**Monday 26 Oct. 2015**

Business Meeting

**Monday 2 Nov. 2015**

Speaker :- Peter Chalmers, Rugby World Cup.

**Monday 9 Nov. 2015**

Speaker :- Anthony Glen, "Scout Jamboree in Japan"

**Monday 16 Nov. 2015**

Speaker :- Soenaïd Coutts

**Monday 23 Nov. 2015**

Business Meeting, & SGM

**Monday 30 Nov. 2015**

5th Monday, St Andrew's Night Meal

**Monday 7 Dec. 2015**

Speaker :- Phil. Duncan

**Monday 14 Dec.2015**

Speaker :- Alistair Flett

**Monday 21 Dec. 2015**

Speaker :- Xmas Party

**Monday 28 Dec. 2015**

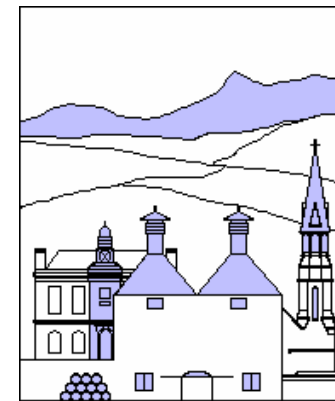
No Meeting

-----  
-----

Information, Features, Comments & Views to  
Maurice Clarke: Tel. 01651 873034  
Email: mauriceclarke@btinternet.com

# Rotary Club of Oldmeldrum

**District 1010 Zone 3 No: 52376**



## Squeeky Wheel

**19/10/2015**

### All about ALEC!

### Bon-Accord Raffle dates

## ALEC Information

In case you have forgotten, our Rotary has been involved in the ALEC (Aberdeenshire Life Education Centre) since we became a Rotary Club in 1999. There were 8 Clubs involved in Aberdeenshire from 1997 and we became the 9<sup>th</sup>.

From 1999 – 2005 the ALEC educator was delivering programmes to 120 schools and 18 thousand school children. Rotarians from all Clubs towed the caravan! There was also Royal approval from Princess Anne when she visited the mobile classroom in Huntly. In 2005 due to its success and an evaluation from Aberdeen University that it added value to the school curriculum, Aberdeenshire Council agreed to fund the annual operational costs.

By 2010 the 3<sup>rd</sup> mobile classroom was purchased and EVERY Aberdeenshire school pupil from Nursey to P7 had a visit from Harold the giraffe. If you have any children or grandchildren who would be at school then- ask them about Harold. I bet they have seen them I asked mine and as soon as I said Harold – they said "the giraffe!"

So what does Harold teach them – well it is basically healthy living and making healthy choices. But to be a bit more specific.

In the Nursey programme, Harold is preparing to go to nursey school and they help him to get ready. They talk about heart, lungs, blood and stomach. This teaches them about understanding their body, and how food, water and air exercise and sleep are important for their health. Then how washing and brushing teeth is part of good personal hygiene

4-5 year olds is "All about me" with Harold going to stay at his grandparents

5-6 year olds is "My wonderful Body" with Harold waking up then packing his lunch box, while 6-7 year olds explore "Feelings" with Harold planning a party.

7-8 year olds experience the "Brain" and Harold with the help of TAM (who is an interactive body model) helps to explain how the brain sends and receives messages and how drugs and alcohol can be harmful.

8-9 year olds their uniqueness in "It's Great to be me"! Harold is visiting Diversity World – a theme park where there is something for everyone.

9-10 year old programme is "Friends" helping them to recognise basic emotional needs and the influence of friends on decision making.

10-11 year olds consider "Decisions" and how all medicines are drugs but all drugs are not medicines.

Since the mobile classroom is constantly covering all the primary schools in Aberdeenshire the children will have all these programmes during their primary school career. Every Secondary pupil in S1 and S2 attends the classroom where the educator informs them about the harm of smoking and alcohol. The Educators are all qualified experienced teachers who regularly go on courses to update their skills.

So there are programmes for all from Nursery to S2 and there is also an additional support needs programme. Wow how proud we should be that our Rotary was in at the beginning of this! Thanks also to Anne Forster for being our Alec Representative.

Now a new programme is about to be launched and I was at the launch! (Anne was at a wedding in Italy) It's called "bCyberwise" and, as it sounds it will deliver online safety programmes to 8-11 year olds. This programme aligns with the curriculum for excellence used in our schools today

ALEC is now in partnership with Coram Life Education who first developed the programme from an Australian initiative. Its purpose is to give children the attitude, skills and knowledge to be safe on the internet.

Guess – what percentage of children between 8 and 15

1. own their own computer – not the family computer, their own?

2. own a mobile phone?
3. have access to the internet on that mobile?
4. use Facebook?
5. use Youtube?

Guess – put the top 5 concerns of parents in the correct order

Content of websites/damaging their child's reputation/ cyberbullying/ giving out details/downloading viruses? (Interestingly 38% of parents are worried about cyber bullying of the children, but only 16% of children are worried about cyber bullying!")

Answers to the above (1 is 75%, 2 is 94%, 3 is 73%, 4 is 45%, 5 is 90%.

Parents top 5 concerns are :-downloading viruses/giving out details/cyberbullying/content of websites/damaging child's reputation)  
Did you get them right?

NEXT Steps –in 2015 – 2016 ALEC will work in partnership with Coram Life Education to create a set of cross curricular SCARF resources to assist schools with their planning to build upon and consolidate the learning that takes place during the ALEC visit.

What is SCARF

Safety/Caring/Achievement/Resilience/Friendship.  
Good motto for our Rotary as well! Wear your scarf!  
Harold has got and will be wearing his!

## Bon Accord Raffle.

For information, dates for your diary.

The Club has been allocated collecting duties for the day at the Bon-Accord Centre for Tues. 17th Nov., and Thurs. 17th December.

A board will be circulated for choosing time slots.