

**RESPECT**

**RESPONSIBILITY**

**COMMITMENT**

**CALENDAR**

**20 September**

Last day Term 3

**9 October**

Vaccination Program

- HPV vaccine (Dose 3)

Yr7 G + B, Yr9 B

- Hepatitis B vaccine

(Dose 2) Yr7 G + B

**15 October**

P&C Meeting - 6.30pm

**HSC Exams**

**14/10/13 to 6/11/13**

**School Holidays**

23 September to 4 October

7 October - Public Holiday

8 October - Students return

**Office Opening Hours**

Please be aware the office is open on Monday, to Friday between 8am and 4pm. Outside office hours a message may be left on the school answering machine.

Parents and caregivers are reminded an appointment is necessary before meeting with teachers as they have class, playground duty and other commitments during the school day.

# RUTHERFORD TECHNOLOGY HIGH SCHOOL



20th September, 2013

Email: [rutherford-h.school@det.nsw.edu.au](mailto:rutherford-h.school@det.nsw.edu.au)

[www.rutherfordhs.nsw.edu.au](http://www.rutherfordhs.nsw.edu.au)

Telephone: 4932 5999

Fax: 4932 8166

<http://www.facebook.com/RutherfordTechnologyHighSchool>

## RUOK PARTICIPATION DAY



The Welfare team organised an amazing day on Thursday, 12<sup>th</sup> September to raise awareness of mental health issues as part of the RUOK day.

Mrs Smailes, Ms Turner, Mr Wirth, senior students and the SRC were part of the team that welcomed students to school in the morning and distributed yellow ribbon wrist bands with the greeting: "Are you OK?"

Lunchtime was catered by senior students, they cooked up a sausage sizzle for the whole school.



The distribution and release of yellow balloons was a very obvious demonstration of the significance of the day and the awareness of mental health issues.

## **EXECUTIVE NEWS**

### **Have a safe and enjoyable holiday**

This term has gone very quickly. School resumes for students on Tuesday 8 October (Tuesday after the long weekend). Thank you to all staff, parents, community members and students for their contributions this term. Have a safe and relaxing break.

### **P&C**

First P&C meeting of the term is on Tuesday 15 October at 6.00 pm in the Staff Common Room (everyone is welcome).

### **Year 12**

Year 12 complete their studies this week. They were farewelled at an assembly on Thursday after a breakfast with their families and teachers. Thanks to everyone involved in the organisation of both the assembly and the breakfast.

Good luck Year 12 with your HSC exams and study hard over the break.

Remember the Year 12 Formal is on Thursday 14th November.

### **Subject Selections Years 8 and 10**

Subject selections are still being finalised. Students will be notified of their final selections shortly.

### **National Australia Bank Schools First Grant**

We have been successful in obtaining a seeding grant from the NAB Schools First program. This grant was based on a partnership with Genesis Fitness at Rutherford aimed at engaging some students with a tendency toward disengagement. The \$15,000.00 from the grant will be supplemented with funding from the P&C to purchase a small bus.

### **TAFE, Genesis and RTHS partnership**

We have had a successful submission to gain funding to run a certified course in Sport and Fitness in partnership with TAFE and Genesis Fitness at Rutherford. This course will be open to Year 10 students in 2014.

### **Year 11**

Year 11 have just completed their final exams for the year. This year we employed our Board of Studies supervisors to run the exams. This gave our students the opportunity to experience more realistic HSC conditions and freed our Year 11 teachers to undertake workshops on positive HSC practices.

Year 11 move into Year 12 from the start of next term.

### **HSC Major Works and Performances**

It has been a busy few weeks with our HSC students and staff gearing up for the arrival of HSC markers . I must commend the quality of some of the work I have seen.

#### **Uniform**

We are a uniform school. All uniform items need to be purchased from the uniform shop here at school. Students in Science, Home Economics and Industrial Arts are also expected to wear shoes with a leather upper. This is a Work Health and safety consideration.

It would be great to see everyone wearing the uniform with pride to start next term.

## EXECUTIVE NEWS continued...

**Just a reminder** to all parents for Term 4 - that we will be coming into the hotter weather so it is important for all students to keep hydrated by drinking plenty of water and maintaining a healthy lunchbox.

Deputy Principal(Rel) and Year 12 Slaves. Mrs Fabri put her slaves to work for the day.

*Alexandra Munro, Jessica O'Brien and Hayley Osmond.*



### LIFESAVING PROGRAM

With the weather getting warmer and the summer months fast approaching, it is a timely reminder that our children will soon find themselves in and around water environments. It is a tragedy that in Australia in the past 12 months, 284 drowning deaths were recorded in our waterways. 45 of these involved children aged 5-14 years.

In an attempt to raise awareness and improve the confidence and swimming ability of RTHS students, the PDHPE Department will again be running the Year 7 Lifesaving Awards program. In 2013 we will be offering programs in Learn to Swim, Swim & Survive, and up to Bronze Star. Each student in Year 7 was given an information / permission note regarding this program at the year 7 assembly, on the last Monday of Term 3. For your information, the key points are listed below:

**When:** 25<sup>th</sup>-28<sup>th</sup> November 2013

**Where:** Maitland pool

**Cost:** \$40 (inclusive of bus transport to and from Maitland pool, pool entry, instruction by teachers holding swim and survive instructors qualifications and Royal Lifesaving Certificate for the award completed)



**What needs to be done:** Permission notes completed in full and returned to your child's PE teacher, and payment made to the front office *before the 15<sup>th</sup> November 2013*.

It is strongly recommended that all children attend this program, however, normal school lessons will run for students not attending. If you require any further assistance or information please contact David Thomas – Head Teacher PDHPE on 49325999 or email at [david.r.thomas@det.nsw.edu.au](mailto:david.r.thomas@det.nsw.edu.au)



On the 2<sup>nd</sup> of September 2013, at 8:30 am, 78 year 8 students headed off to Great Aussie Bush Camp. The students spent 2 nights and 3 days there along with their teachers which included Mr Newham, Mr Brannan, Mrs James, Miss Whitbourne & Miss Thompson.

On the first day we arrived we all got settled into our tents, met our instructors, got put into our groups and received a tour of the whole camp. We all did a wide range of activities such as:- high activities, water activities, team activities, individual activities, night activities.

For all of our main meals, all of our 3 groups would head to “The rock” to eat, while we ate there we had numerous other schools joining us.

Everyone always had early mornings, we were awake between 6:00 – 6:30am both mornings and had late nights ending around 10:30 – 11:00pm.

Overall camp was a great experience for all who attended. New friendships were made between all groups and also some new injuries.

We would like to thank the staff of Rutherford High School for giving us that great opportunity.

*By Lilly-Bree Humbles & Bellina Pannowitz.*

On the 2<sup>nd</sup> of September 2013, 78 of the year 8 students went to the Great Aussie Bush Camp at the Tea Gardens.

We had an AWESOME time, our instructors were great, the food was really good and the activities were amazing! The first day we got divided into 3 groups then went off to our first activities. After the activities we had a BBQ on the deck for lunch, done 2 more activities, then shower hour, did commando, then sat around the campfire drinking chocolate milk, then off to bed.

In the mornings for breakfast we had pancakes, scrambled eggs, toast, baked beans and spaghetti. After the first 2 activities we had a break for snow cones, 2 more activities then after that we participated in the mud world, then the survivor challenge. After all the activities were over we had free time on the oval, had chicken and rice for dinner and headed off to the county fair.

The last day was awesome as well, we did 2 activities, had snow cones then headed home. I highly recommend that other people go!!

*By Kamryn*

## YEAR 8 GREAT AUSSIE BUSH CAMP



We had an amazing time our instructors were awesome and good to get along with. The food was great and the first day we got into groups, I was in group 2. We had a BBQ for lunch and hamburgers for dinner. We did the leap of faith and giant swing as well, that was heaps fun. After dinner we sat around the campfire and had chocolate milk and cookies but I didn't like it and then I went to bed.

Day 2 we had breakfast and I had egg on toast and it was ok. After breakfast we did archery, I was really bad at that and lost island and then after that we did survivor challenge. We had snow cones and sandwiches for lunch and for dinner we had chicken and rice. At night time we did county fair.

The last day was awesome as well. We did 2 activities, had snow cones, then headed home. I had the best time. *by Maddison*



## CAPA Capers

Christmas is often the loneliest time of the year for some people. In mid-December last year Ms Hornery took 30 music kids of all ages to perform carols at the Maitland Nursing Home, Rutherford. The residents were delighted and impressed by the performance and the students thoroughly enjoyed the experience.

This link has been re-established and the CAPA students have returned to Maitland Nursing Home and Ben Home, Maitland. So far three groups of students from years 8, 9, 10 and 11 play, sing, dance and show to the residents art works from the students here at school. They have been accompanied by six different CAPA staff who have also enjoyed the experience.

## National Partnerships- Focus on Reading

As part of our Focus on Reading initiative, teachers at Rutherford Technology High School will be looking at the super six strategies with students throughout Term 4. Copies of these strategies have been placed in each classroom and teaching staff will be working with students to ensure they understand the importance these six strategies.

### The Super Six Metacognitive Strategies

#### **Making connections**

*Text to self; Text to text; Text to world*

*What is it?*

**Connecting prior knowledge with new information while reading.** As readers engage with texts, they make connections to their personal experiences (Text to self); to other texts they have read, seen or heard (Text to text); and to things occurring in the world (Text to world).

*Why is it important?*

When readers link personal background knowledge, understanding or experiences to the text, they are able to construct meaning.

*How is it used?*

**Readers let themselves 'be reminded' of things as the text is being read, viewed or heard.**

**Background knowledge is combined with ideas and actions in the text that readers can relate to.**

#### **Predicting**

*Beware the wild guess, make educated guesses*

*What is it?*

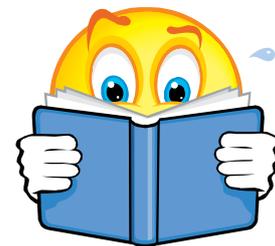
Making an educated guess about something that will come later in the text. Reading detectives find evidence to back up predictions.

*Why is it important?*

When readers make a prediction, they engage with the author's clues about what is important in the text.

*How is it used?*

Readers stop every once in a while and think about what the author has written and provided (such as a picture or chart). They check for clues about what might be important. Readers try to predict what will happen next or the theme or main idea that the author will emphasise.



## **Questioning**

### *I wonder ... What is it?*

Generating queries to guide thinking while reading, viewing or listening. Reading serves to answer the questions created. Readers generate and respond to *why* questions as well as *how* and *what* questions.

### *Why is it important?*

The ability to generate questions underpins not only this strategy, but many interactions with texts (e.g. monitoring). Students need to learn how to generate and respond to questions.

### *How is it used?*

Readers approach a text with questions and develop new questions as they read. Even after they have read a text engaged readers still ask questions.

## **Monitoring**

### *The 'fix up' strategy*

#### *What is it?*

Constantly checking whether their reading is making sense. They stop and think about their reading and know what to do when they don't understand.

#### *Why is it important?*

When readers monitor, they are actively engaged in thinking while reading. Students learn to be aware of what they do understand and identify what they don't understand.

#### *How is it used?*

Readers adjust reading speed to fit text difficulty and 'fix' any comprehension problems. Readers could: identify where the difficulty occurs; identify what the difficulty is; restate the difficult sentence or passage in their own words; look back through the text; look forward in the text.

## **Visualising**

### *The pictures that the author paints using words; the cinema unfolding in the mind*

#### *What is it?*

Creating mental pictures based on what is read or heard. Students can imagine they are inside the scene described or take on the perspective of an historical figure, imagine the same scene from more than one perspective, etc.

#### *Why is it important?*

Students gain a more thorough understanding of the text by consciously using the words to create mental images. Students who visualise as they engage with a text not only have a richer experience but can recall what they have read for longer periods of time.

#### *How is it used?*

Readers stop at key points and create a picture, movie or sound clip. These images are used to draw conclusions, create distinct and unique interpretations of the text, to recall significant details.

## **Summarising**

### *Extracting essential information*

#### *What is it?*

Compiling a shortened version of written or spoken material, stating the main points and leaving out everything that is not essential. It is more than retelling; it involves analysing information, distinguishing important from unimportant elements and translating large chunks of information into a few short, cohesive sentences.

#### *Why is it important?*

Summarising assists comprehension monitoring, helps students understand the organisational structure of texts and is a skill that most adults must be proficient in to be successful. It integrates and reinforces the learning of major points.

#### *How is it used?*

Readers pause periodically and summarise what has happened so far. Summaries might use words, images or pictures to capture key ideas.

## **SMS ALERTS**

Please note that SMS alerts are being sent out for whole day school absences *plus late* to school absences.

### **Delay in the delivery of 2013 NAPLAN Student print reports Australia wide**

The Australian Curriculum, Assessment and Reporting Authority (ACARA) has advised that there will be a delay in the national distribution of NAPLAN Student Reports to schools. ACARA has identified an error in the placement of the national average marker in the Year 5 and 7 NAPLAN Student Reports for Language Conventions. ACARA is devising a strategy to address the issue, which will delay the distribution of Student Reports to schools.

The delay does **not** affect the actual NAPLAN results released in SMART.

It is anticipated that the 2013 NAPLAN student reports will be delivered to schools across Australia from 8 -11 October with distribution of the reports to parents to occur in the week **Monday 14 October to Friday 18 October 2013.**

**Plan-it Youth** is a mentoring program for young people in Year 10 which has been running at RTHS for a number of years. The program aims to develop communication skills and gives students a chance to work collaboratively with peers and adults. This is made possible by members of the community volunteering their time to mentor a student on a weekly basis, with 9 of our Year 10 students having just started the program this week. For the next 10 weeks students will meet with their mentor each Wednesday morning during Periods 1 and 2. Throughout the program the students will spend time developing goals and researching career information. On Wednesday 18th September students, mentors and a small number of invited Year 10 guests made a visit to Tighes Hill TAFE for a tour of the campus. As part of this tour students visited the refrigeration, fitness, industrial design and electro technology sections, all of which gave our students valuable insights into a range of post school opportunities.

Many thanks to our wonderful mentors who so generously give up their time to support our students!

Kris Turner  
Plan-it Youth Coordinator

### **Yr12 Uniforms**

Any students who can donate their senior uniform to the clothing pool will be assisting needy students who have difficulty in purchasing school uniforms. These will be greatly appreciated by all.

### **Yr7 & Yr9 Vaccinations**

The third and last vaccination will be on Wednesday 9th October 2013 (the first Wednesday of Term 4). In order to ensure that the full program is completed, attendance on this day is imperative. Contact me if you have any questions Ph: 49325999.

Anne Young  
Student Assistance Co-ordinator

# CANTEEN MENU AND PRICE LIST

## Rutherford Technology High School Menu

Effective from term 2 , 2013

Sandwiches, Rolls,wraps & Salad Boxes	Prices	Drinks	Prices
Salad roll	\$3.80		
Chicken salad roll	\$4.30	500ml Moove milk	\$3.00
Ham salad roll	\$4.30	300ml Moove milk	\$2.00
Corn meat salad roll	\$4.30	juice 300ml \375ml	\$2.00
Chicken salad sandwich	\$3.70	Water 600ml	\$2.00
Salad sandwich	\$3.20	600ml soft drink	\$3.00
Egg & lettuce	\$2.60	390ml soft drink	\$2.50
Curried egg	\$2.60	focus water	\$1.50
Vegemite	\$1.60	Aroona water	\$1.30
Cheese	\$2.40	600ml plain milk	\$2.00
Ham, cheese & tomato	\$2.60	small water	\$1.00
Cheese & tomato	\$2.40	hot chocolate term 2/3	\$1.50
Corn meat & pickles	\$2.20		
Chicken salad wrap	\$4.30	snacks	
Thai chicken salad wrap	\$4.30	Fresh fruit salad term 1\4	\$2.00
Salad wrap	\$3.80	Fresh water melon term 1/4	\$2.00
Meat salad wrap	\$4.30	Deli rock chips	\$1.00
Salad boxes	\$4.70		
Chicken salad box	\$5.70	JJ,s chips	\$1.00
Bread roll extra	90c	Cheese rice sticks	\$1.00
Butter bread	80c	Chicken jumpy's	\$1.00
Toasted sandwiches [ order only]	50c	Eucalyptus drops	50c
extra items	20c		
Hot food		Muffins	\$1.30
chicken wedge/dino/pop corn	\$2.70	Finger buns	\$1.30
Pizza single ham & pineapple	\$2.20	Banana Bread	\$2.30
hot dog	\$2.20		
Pizza slab	\$2.40		
Pizza rounds	\$2.00	Ice creams	
Chicken burger	\$3.30		
Chicken burger salad	\$4.10	Billabongs	\$1.50
Lasagne	\$3.00	Paddle pops	\$1.50
Plain pies	\$2.40	Frosty fruits	\$2.00
Sausage rolls	\$2.30	Frozen yoghurts	\$1.70
Cheese & bacon /potato pies	\$2.70	Vanilla buckets	\$1.00
		Paddle pop thick shake	\$2.20
		Paddle pop lemonade twist	\$1.10
Mamee cup noodles [chicken]	\$2.00	Calippo mini	\$1.10
Chicken gravy rolls	\$3.50	juices	70c
Rissole gravy rolls	\$3.50	Fruit super doopers	70c
Roast beef gravy rolls	\$3.50	Milo cups	\$2.60
Cheese burger	\$3.30	Sauces	
Cheese burger salad	\$4.10	Tomato/ sweet sour BBQ	30c
Chicken chippies [6]	\$2.70		
Chicken nuggets [6]	\$2.70		
Garlic bread	\$2.00		

**ORDERS ARE TAKEN BEFORE SCHOOL OR AT RECESS FOR YOUR LUNCH...  
TO BE GUARENTEED YOUR HOT FOOD AND SANDWICHES.**



## Information sheet for parents and caregivers about the **Essential Secondary Science Assessment**

The Essential Secondary Science Assessment (ESSA) is an assessment program for all students in Year 8. An interactive, multimedia online test called ESSAonline is held in November each year. It is a diagnostic test that will provide information about what your child knows and can do in science. Tasks in the test are framed on Stage 4 outcomes and essential content in the *NSW Science Years 7–10 Syllabus*.

Students will be tested on their:

- knowledge and understanding of science
- understanding and skills in the process of scientific investigation, which includes using a simulated experiment
- ability to evaluate evidence, make judgements and think critically
- ability to access information and communicate scientific ideas using a variety of strategies.

ESSAonline takes approximately 80 minutes. It contains video, animations, audio, graphics, text and a variety of test items. It also includes a survey about students' attitudes to the test, science and their learning of science. Each student needs earphones to be able to complete ESSAonline on a computer.

The confidentiality of each student's results is safeguarded by NSW legislation which prohibits the publication of results of particular individuals. The legislation also prevents the results of schools being publicly revealed in a way that ranks or compares the results of particular schools. Additionally, information provided by students about their language base, Aboriginal or Torres Strait Islander background and survey responses are treated confidentially to ensure that all students' right to privacy is maintained.

If your child has a disability that needs special consideration or has been educated in English for less than one year, please contact your child's school to discuss special provisions or possible exemption from ESSAonline. Special provisions will be provided for students with documented learning support. For example, Braille versions of the test are available for students who are registered as visually impaired.

Results of ESSAonline will be available in Term 1 in the year following the test. A personal report prepared for each student will describe the scientific knowledge and skills demonstrated by the student in the test. There will also be information about how the student's results compare with overall performance of all students in the test.

The principal of your child's school will be able to provide you with more information concerning ESSAonline should you require any additional information. If you need an interpreter to assist you to make an appointment, call the Telephone Interpreter Service on 131 450 and they will phone the school for you. The school will arrange to have an on-site interpreter present at the meeting, if requested. These services will be free of charge to you.

Hunter Carer Support Service Invites:  
**CARERS, FAMILIES, HEALTH  
PROFESSIONALS, SERVICE PROVIDERS,  
TEACHERS/ASSISTANTS**

**2013 Expo for Carers**



The Expo will provide a variety of Resources & Information to:

- ⊗ Aid and Support Carers in their caring role
- ⊗ Provide Professionals with a range of Information to assist them in their roles Supporting Carers
- ⊗ Provide an Opportunity to Network & Promote Carers Week Activities

**Guest Speakers Include:**

10.00am – 11.00am: **Janine Slimmon** – Home & Carer Support Services, Wesley Mission  
*"Aged Care Reforms, Changes to the HACC Program & Changing Supports for Carers"*

11.30am – 12.30pm: **Dr Lee Sturgeon** – Consultant Clinical & Developmental Psychologist  
*"Autism Spectrum Disorders - Current Research Trends, Practical Strategies and the Changes to DSM5"*

1.00pm – 2.00pm: **Jodie Calvert** – Director Engagement - disabilitycare Australia  
*"Overview of disabilitycare Australia"*

A Range of Exhibitors including Carers NSW, Hunter Health Services, Children's Services and Aged Care Services will be available to speak to on the day.

**Children's Entertainment:**

**"Hilarious Herman The Pirate"**

Face Painting, Animal Balloons, Magic, Musical Comedy,  
Craft Workshop and his Funny Puppet "LITTLE LUCAS"



Proudly supported by Lake Macquarie City Council

**EXPO DETAILS:**

Date: Thursday 10 October 2013  
Time: 9.30am – 3.00pm  
Venue: Newcastle Panthers, King Street, Newcastle  
Cost: Free - includes Lucky Door Prizes



This is a Collaborative Project between Hunter Carer Support Service and our Carer Reference Group.

For more Information or to Register  
Phone: 4921 4895 or 1300 887 776  
or Email: [Educare-Admin@hnehealth.nsw.gov.au](mailto:Educare-Admin@hnehealth.nsw.gov.au)



**Make a difference  
in suicide prevention**



**Wesley LifeForce Suicide Prevention training**

Educating, empowering and resourcing local Australian communities

**Workshop coming soon**

Date: Friday 25 October 2013

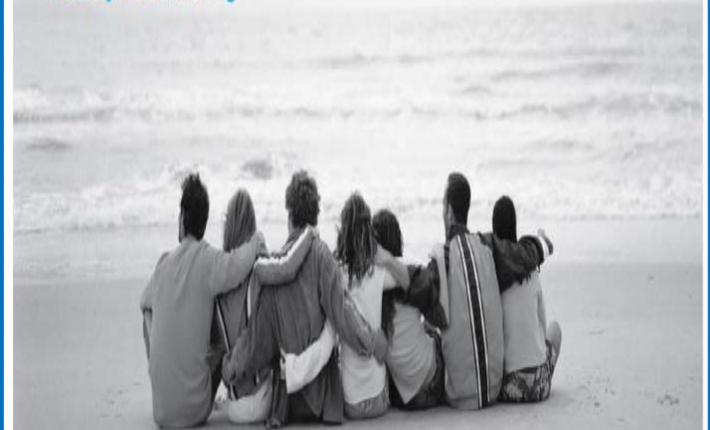
Time: 9-4 pm

Location: Maitland City Council  
285 High Street Maitland

Cost: FREE

Wesley LifeForce is not a counselling service. Workshops may not be suitable for those recently bereaved by suicide. Should you wish to discuss please contact Wesley LifeForce on 1800 100 024.

For more information call 1800 100 024  
or email [liforce@wesleymission.org.au](mailto:liforce@wesleymission.org.au)  
[wesleylifeforce.org](http://wesleylifeforce.org)



Do all the good you can because every life matters

Wesley LifeForce gratefully acknowledges the funding provided by the Australian Government.  
ABN 57 996 984 406 Wesley Mission is a part of the United Church in Australia. © Wesley Mission 2013.

LF2013/000022

## AN INVITATION TO CARERS

*Do you provide care and support to another person?*

You are invited to attend our **FREE Family Carer Information Sessions** that run each Tuesday over 3 weeks.

Carers are usually family members or friends who provide support to children or adults who have a disability, mental illness, chronic condition or who are frail aged.

**Where:** East Maitland Bowling Club  
Cnr New England Highway & Banks Street,  
East Maitland

**Time:** 9.30am — 2.00pm

**Cost:** Free — Morning Tea & Light Lunch Provided

**When:** Wednesday 23 & 30 October & 6 November 2013

**RSVP:** Essential - Wednesday 16 October 2013

### Program:

**Session 1** – The Caring Role, meet with representatives from Community Service Organisations & understand how they can assist you in your caring role.

**Session 2** – The Caring Journey, Building Resilience, Physical Aspects of Caring - effective and practical caring skills.

**Session 3** – Advance Care Planning, Legal Issues and Financial Issues with representatives from Centrelink.

For more information or to register contact  
EDUCARE on: 4921 4895 or 1300 887 776  
or Email: [Educare-Admin@hnehealth.nsw.gov.au](mailto:Educare-Admin@hnehealth.nsw.gov.au)  
(We ask that you RSVP for catering purposes)



**EDUCARE**  
Educational Support for Carers

 **Health**  
Hunter New England  
Local Health District

## Carers Unite for Carers Week!!

Do you provide support to a Child or adult who has a disability, mental illness, Chronic condition or who is frail aged?

Then join us at the Movie:

### “Diana” Starring Naomi Watts



**When:** Thursday 17<sup>th</sup> October 2013  
**Time:** 9.45am in the Foyer for Morning Tea  
Movie commences at 10.30am

**Where:** Event Cinemas  
Stockland Drive, Stockland Super Centre  
Glendale

**Cost:** \$5.00 to be paid on the Day  
(Includes Movie, Morning Tea & Information)

### PLUS:

- Meet other Carers & Enjoy Morning Tea
- Take Time Out just for you and have some Fun!!!
- FREE Carer Information
- Respite available by contacting

Commonwealth Respite & Carelink Centre 1800 052 222

DON'T MISS THIS OPPORTUNITY  
LIMITED PLACES BOOKINGS ARE ESSENTIAL!!

For more Information or to Register  
Phone: 4921 4895 or 1300 887 776  
or Email: [Educare-Admin@hnehealth.nsw.gov.au](mailto:Educare-Admin@hnehealth.nsw.gov.au)

 **Health**  
Hunter New England  
Local Health District

LOWER HUNTER AREA – SPRING 2013

Glenrock State Conservation Area  
Hunter Wetlands National Park/ Ash Island  
Werakata National Park

Awabakal Nature Reserve  
Blue Gum Hills Regional Park



NSW National Parks  
and Wildlife Service

# DISCOVERY WALKS, TALKS AND TOURS

## 'Wilderness Warriors'

Blue Gum Hills Regional Park  
Calling all Wilderness Warriors- join a Discovery Ranger to search for the towering red flowers of the gynea lily or the shy purple flowers of the happy wanderer. Lots of hands on activities for the kids. Visit the Wilderness website today- a great way for families to experience nature.

**When:** Thursday 3<sup>rd</sup> October  
**Time:** 9:30am-11:30am **Grade:** Easy  
**Meet:** Blue Gum RP carpark, off Minmi Rd.  
**Cost:** \$15 child, adults FREE  
Suitable for 5-12 year olds



## 'Wilderness Warriors-Rockpools'

Glenrock State Conservation Area  
Calling all Wilderness Warriors- join an Aboriginal Discovery Ranger to search treasures, scats and tracks along the rocky shores of Burwood Beach. Visit the Wilderness website today.

**When:** Tuesday 1<sup>st</sup> October  
**Time:** 10:30am-12:30pm **Grade:** Easy  
**Meet:** Merewether Baths  
**Cost:** \$15 per child, adults FREE  
Suitable for 5-12 year olds

## Glenrock's Creatures, Stars & Stories



Come in search of our elusive nocturnal Australian animals. Listen to some cultural stories about the night sky along the way. Discover the sights, sounds and smells as we explore Glenrock's Forests

**Pre-payment essential**  
**When:** Friday 27<sup>th</sup> September  
**Time:** 6:30-8:30pm **Grade:** Easy  
**Meet:** Start of Yuelarbah track, Burwood Rd.  
**Cost:** \$8 Child, \$10 adults, \$28 family

## Wildflower Nature Diary

Awabakal Nature Reserve  
Be inspired at Awabakal, record your journey as you go! Discover the diversity of wildflowers at Awabakal- you will be amazed! Start your own Nature Diary to take home

**When:** Friday 4<sup>th</sup> October  
**Time:** 10am-12pm **Grade:** Easy  
**Meet:** End of Ocean Street, Dudley  
**Cost:** \$10 per person

## Island Explorer-Camera Quest

Hunter Wetlands National Park/Ash Island  
Explore Ash Island and bring your camera with you. Discover and learn about the natural wonders of life within the mangroves. Record your adventure on camera

**When:** Tuesday 24<sup>th</sup> September  
**Time:** 10-12pm **Grade:** Easy  
**Meet:** Hunter Wetlands NP- Ash Island  
**Cost:** \$10 per person

## BIODIVERSITY DAY

Blue Gum Hills Regional Park  
Celebrate the biodiversity of the Green Corridor stretching from the Watagan Mountains to Stockton Bight.

**Activities;**  
Free BBQ lunch  
NPWS Discovery Ranger activities  
Wetlands on Wheels live Animal Show  
Tree planting, Guided walks,  
Orienteering

**Information stalls**  
**Time:** 10am-3pm  
**When:** Thursday 26<sup>th</sup> September  
**Where:** Blue Gum Hills regional Park, off Minmi Rd, Minmi

## Walks for Women

Glenrock SCA -11<sup>th</sup> & 21<sup>st</sup> Sept  
Awabakal NR -2<sup>nd</sup> & 12<sup>th</sup> Oct  
Hunter Wetlands NP -23<sup>rd</sup> Oct & 2<sup>nd</sup> Nov &  
Blue Gum Hills RP-13<sup>th</sup> & 23<sup>rd</sup> Nov

## Abernethy Biodiversity Bash

Werakata National Park  
Join the Abernethy Healthy Lifestyle Association & Discover Werakata National Park. Information stalls, displays and activities. Plus BBQ and prizes

**When:** Sunday 20<sup>th</sup> October  
**Time:** 2pm

**Cost:** \$5 per family, \$10 per individual

For details and registration visit:  
<http://abernethy.healthylifestyle.webs.org/biodiversitybash>



**FOR ALL TOURS:**  
Please bring water, snacks and wear fully enclosed footwear.



For bookings and information call:  
NPWS NEWCASTLE on 49464112



# Hunter Region Botanic Gardens Newcastle Herald Spring Fair

Sunday 22 September 2013 — 10am to 3pm

\$3pp over 2yrs old (your \$3 will help Volunteers cover costs & raise much needed funds necessary to maintain these unique Gardens)

Enjoy the sights & scents of spring at  
the Hunter's Best Kept Secret

## Big Family Day of Fun fun for all & all for fun

Outdoor games the whole family can enjoy  
Quits • ball toss • orange race • hoop la & much more

Live Music—Easy Listening with 'Bill, Cam & Greg'

Minmi Magster—winner of the 'National Cowboy Poetry Recital in Utah, USA

Giant Garage Sale Face Painter - shazz

Market Stalls Rico the Clown—balloon artist

•book fair• native & exotic plants•fresh produce•new & like new•arts & crafts•original art & goods•mosaics•cards & stationery•xmas & garden cutouts•scrapbooking•exotic bird display•nougat•Highland Travel•Beekeepers•Port Stephens Council, Weeds, Raymond Terrace Men's Shed & more...

Plus  
Tractor trail rides•guided tours•Devonshire Teas, cakes•Kookaburra Cafe•Community Organisation Displays•Raymond Terrace Lion's Club Hot Food Van•pack a picnic

Wheelchair Access • Loads of Parking

The Hunter Region Botanic Gardens is managed & maintained by Volunteers as a service to the people of the Hunter Region

For more information— 4987 1655

2100 Pacific Highway  
Heatherbrae NSW 2324  
just 5kms north of the Hexham Bridge

HUNTER REGION BOTANIC GARDENS  
Ph 02 49871655 admin@huntergardens.org.au  
www.huntergardens.org.au



## RAISING WOMEN WORKSHOP

Uplifting Australia is a not-for-profit based in Northern NSW that run programs to improve the wellbeing and resilience of children and families. We believe our program could significantly benefit your students and families and contribute to the great work you are already doing.

Raising Women is for girls aged 13 to 15, and their mother or significant female mentor. The program includes a 2-day/2-night bush camp, pre-meeting, follow up sessions and a fathers program. This new structure has moved away from a 6 day camp, allowing the program to become more accessible and affordable for families.

Research clearly indicates Australian teenagers are experiencing significant and unacceptably high levels of issues impacting on their wellbeing. These include: mental health disorders, intoxication, homelessness, victims of violent crimes, youth suicide, teen pregnancy, eating disorders, to name a few. Raising Women is a Rite of Passage program that invites girls and their families to acknowledge their transition into womanhood. This process has the ability to build stronger family relationships, increase self-esteem & motivation and strengthen communication skills.

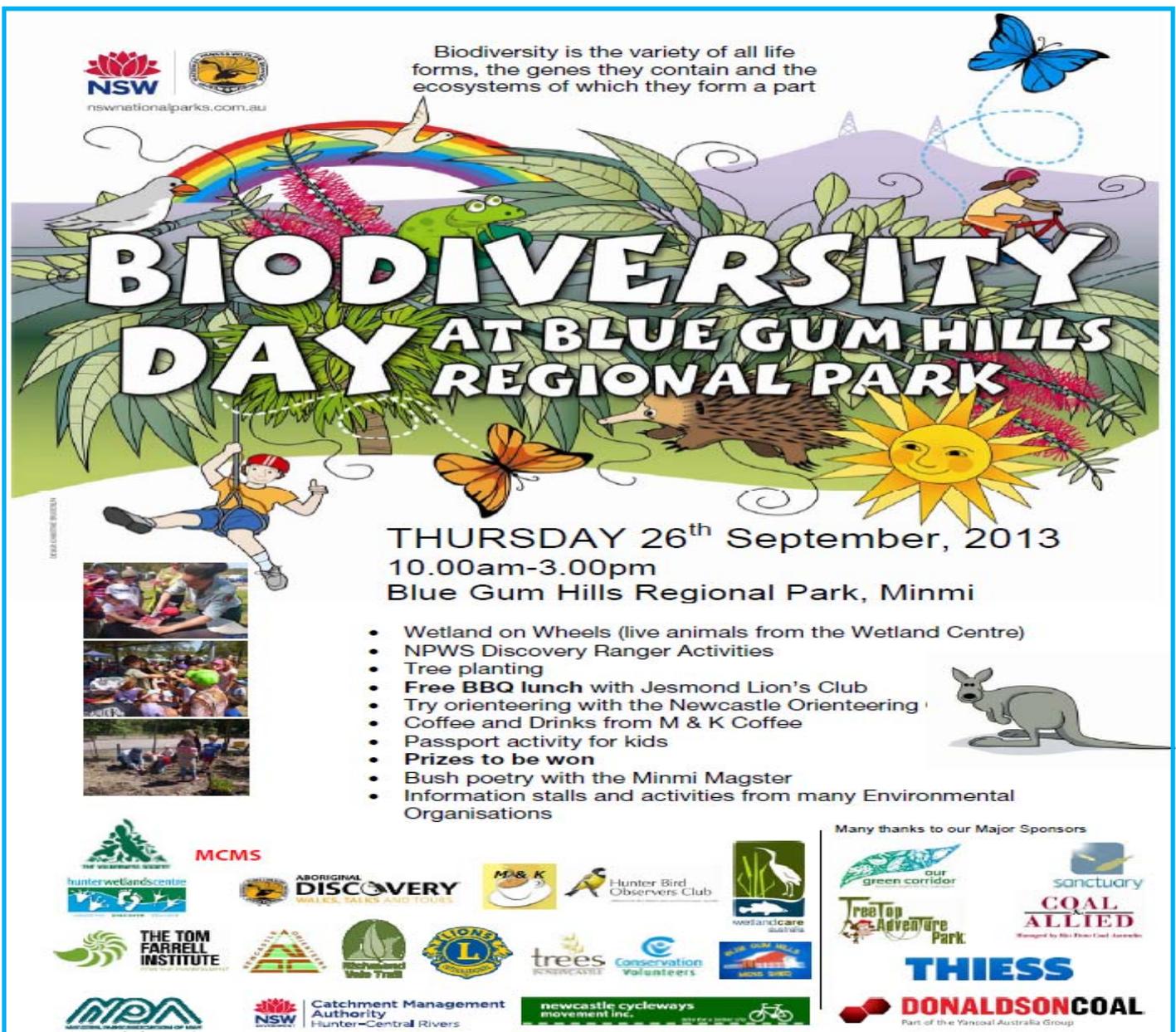
Sarah Binet | Coordinator  
Uplifting Australia

**RAISING WOMEN | 4 – 6 October | BOOK NOW!**

*Support your daughter's journey into womanhood*

2-day/2-night camp & program for girls 13-15 and their mother or female mentor

[info@raisingwomen.com.au](mailto:info@raisingwomen.com.au) | [www.raisingwomen.com.au](http://www.raisingwomen.com.au) | (02) 6684 3892



The poster features a vibrant illustration of a natural landscape with a rainbow, a white swan, a green frog, a brown hedgehog, a yellow sun, and a person riding a bicycle. A blue butterfly is shown flying in the sky, leaving a dotted trail. The text 'BIODIVERSITY DAY AT BLUE GUM HILLS REGIONAL PARK' is prominently displayed in the center. Below the title, the event details are listed: 'THURSDAY 26<sup>th</sup> September, 2013, 10.00am-3.00pm, Blue Gum Hills Regional Park, Minmi'. A list of activities includes 'Wetland on Wheels', 'NPWS Discovery Ranger Activities', 'Tree planting', 'Free BBQ lunch with Jesmond Lion's Club', 'Try orienteering with the Newcastle Orienteering', 'Coffee and Drinks from M & K Coffee', 'Passport activity for kids', 'Prizes to be won', 'Bush poetry with the Minmi Magster', and 'Information stalls and activities from many Environmental Organisations'. A small illustration of a kangaroo is also present. The bottom of the poster is filled with logos of various sponsors, including NSW National Parks, MCMS, Aboriginal Discovery, M&K Coffee, Hunter Bird Observers Club, wetlandcare, Our Green Corridor, Sanctuary, Tree Top Adventure Park, COAL ALLIED, THE TOM FARRELL INSTITUTE, National Landcare, Conservation Volunteers, U.S. Golf World, MPA, Catchment Management Authority, and newcastle cycleways movement inc.

Biodiversity is the variety of all life forms, the genes they contain and the ecosystems of which they form a part

# BIODIVERSITY DAY AT BLUE GUM HILLS REGIONAL PARK

**THURSDAY 26<sup>th</sup> September, 2013**  
10.00am-3.00pm  
Blue Gum Hills Regional Park, Minmi

- Wetland on Wheels (live animals from the Wetland Centre)
- NPWS Discovery Ranger Activities
- Tree planting
- **Free BBQ lunch** with Jesmond Lion's Club
- Try orienteering with the Newcastle Orienteering
- Coffee and Drinks from M & K Coffee
- Passport activity for kids
- **Prizes to be won**
- Bush poetry with the Minmi Magster
- Information stalls and activities from many Environmental Organisations

Many thanks to our Major Sponsors

NSW National Parks  
MCMS  
hunterwetlandcentre  
ABORIGINAL DISCOVERY  
M&K  
Hunter Bird Observers Club  
wetlandcare  
our green corridor  
sanctuary  
Tree Top Adventure Park  
COAL ALLIED  
THE TOM FARRELL INSTITUTE  
National Landcare  
Conservation Volunteers  
U.S. Golf World  
MPA  
Catchment Management Authority  
newcastle cycleways movement inc.  
THIESS  
DONALDSON COAL

## RUTHERFORD TECHNOLOGY HIGH SCHOOL NEWSLETTER - EMAIL DETAILS

The Rutherford Technology High School newsletter is issued fortnightly via email. The newsletter contains important information for parents/families. To ensure that you receive your copy please advise your email address on the form below. If you prefer to have the newsletter mailed home to you, please let us know.

The newsletter is also sent out to all student email accounts and is available via the school website at [www.rutherford-h.schools.nsw.edu.au](http://www.rutherford-h.schools.nsw.edu.au).

I would like to receive my copy of the school newsletter by:  Email  Normal Mail

Student Name/s: .....

Parents/Carers Names: .....

Please send my email copy of the school newsletter to the following email address:

.....  
.....

(print email address clearly)

Please return completed form to the Front office.

**SKATEBOARDS & SCOOTERS  
ARE NOT TO BE BROUGHT TO SCHOOL,  
EXCEPT ON THURSDAYS IF DOING  
SCOOTERING.**



**STOP  
PRESS!**

**WE NOW HAVE A  
FACEBOOK PAGE**

Rutherford Technology High School has launched its Official Facebook Page – just go to Facebook and look for “Rutherford Technology High School NSW Official Site” and click on “Like”.

We will be using the Facebook page to keep everyone informed about events at the school, important dates for your diary, and general information about the school.

Link: <http://www.facebook.com/RutherfordTechnologyHighSchool>

**Back to School**

School Reward Program - \$3 for each pair of school shoes. Ask in store for details.

The Athlete's Foot.

Our exclusive range of formal school shoes is built with sports shoe technology for extra comfort and support. We are the one-stop shop for your kids' sport and school shoe needs.

The Athlete's Foot Charlestown - Greenhills - Glendale

Students are asked to have mobile phones switched OFF during class time, and out of sight. Students phones **will be confiscated by the teacher if found out during class time.**

Parents are asked NOT to contact students on their mobile phone during school hours. In case of emergency, please contact the school directly on 4932 5999.

Students are asked to follow correct procedures if sick or needing to go home. They must notify class teacher / obtain note / report to sick bay. The front office staff will phone parent / caregiver.

### **STUDENTS ARE NOT TO CONTACT THEIR PARENTS USING MOBILE PHONES**

If a student needs to leave school early, we ask that a note from parent / caregiver be taken to the Admin office to collect an Early Leavers Card. Unscheduled collection of students can be disruptive to classes. Parents will be asked to wait until the end of a lesson for a student to be called to the Front Office.

The school does not accept nor take responsibility for the loss, damage or theft of any device at school or school associated event.



### **CANTEEN ROSTER—Term 3**

**8 October to 18 October 2013**



- 8 October** - *Volunteer required*
- 9 October** - *Volunteer required*
- 10 October** - *Volunteer required*
- 11 October** - **S Clark**
- 14 October** - **K Cresswell**
- 15 October** - *Volunteer required*
- 16 October** - **A Hudson**
- 17 October** - *Volunteer required*
- 18 October** - *Volunteer required*

**If you have a few hours a week free and would like to volunteer for the canteen, please contact Jenny on 49325 999**

**TELARAH  
POST  
OFFICE IS  
NOW OPEN  
6 DAYS**

**MON - FRI 7AM - 5.30PM SAT 8AM - 12PM**

**NOW SELLING GIFTS, PIES & COFFEES  
NEXT DAY DRY CLEANING AVAILABLE**



**NEWSAGENCY OPEN  
MON - FRI 5AM - 5.30PM  
SAT 5:30-12 SUN 5:30-11AM**

**49 TELARAH ST,  
TELARAH 2320  
PHONE 4932 8562**