

RESPECT

RESPONSIBILITY

COMMITMENT

CALENDAR

5 - 7 September

State Athletics

6 September

Hunter Region Drama

Showcase

7 September

Federal Election

9 - 13 September

Y11 Exam Week

19 September

Yr 12 Presentation Day

9am - 12 pm

20 September

Last day Term 3

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



6 September 2013

Email: rutherford-h.school@det.nsw.edu.au

www.rutherfordhs.nsw.edu.au

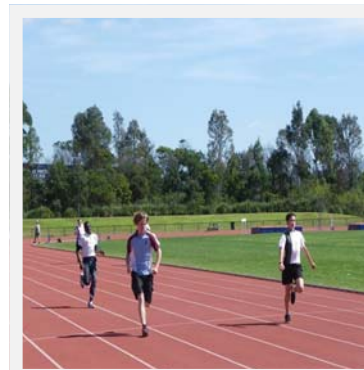
Telephone: 4932 5999

Fax: 4932 8166

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



IOTAS Carnival to Glendale 2/9/2013

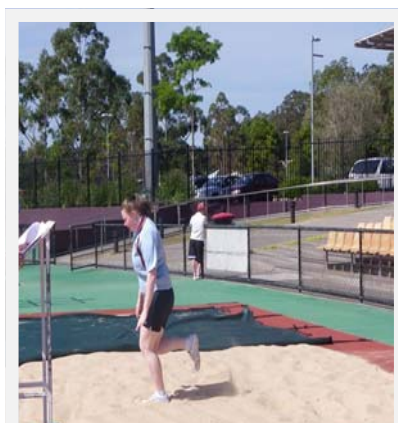


The IO Support class travelled to Glendale Sports Centre on Monday 2nd September 2013 to compete with other schools in the IOTAS Sports Carnival. The students had a great day and competed in various events including 100m, 200m and 400m races, long jump, high jump, javelin, shot- put and discus.

It was a lovely sunny day and many schools from the region attended. All of the students enjoyed themselves and had a great time in the friendly competition.

Emma Casey came third in the 100m sprint, 3rd in the 200m. In the shot-put Emma threw a distance of 6.8 m and 7.8m in the javelin.

Hayden Ayre came first in the 100m sprint, 3rd in the 200m and 2nd in the 400m. He also competed in the shot-put with a distance of 13m 6cm and came 2nd.



Senior Executive Report- Simone Hughes

This term is racing to its conclusion in less than a month's time.

Improving Literacy and Numeracy National Partnership (ILN NP)

'Focus on Reading - Improving our Learning Experiences'

It is with great delight that I share some exciting news! Rutherford Technology High School is very fortunate to have received additional resources for 2013/14, in the form of a tied grant. The Improving Literacy and Numeracy National Partnership (ILN NP)

Team; Belinda Boughton, Corrie Jackson, Loretta Wells, Ashleigh Whitbourne, Rhiannon McCartney, Emma Voorbij, Mallori Morgan and myself will in-service all teaching staff at Rutherford Technology High School to deliver highly effective reading and comprehension strategies.

We received the grant based on the size of our school and the proportion of students in the school in the bottom two bands in NAPLAN (2010 and 2011). ILN NP will enable expert teachers to share their secrets about what good readers know and do. This will have a flow on effect of improved student performance in reading and comprehension.

It is exciting to have the whole school involved. Focus On Reading program and the six super comprehension strategies will form the basis of our professional development for this year.

'WALT' – which stands for; "What Are We Learning Today?" is one strategy teachers will be using in our classrooms on an hourly basis to let students know our learning intention for that lesson.

We will be launching this new initiative to the whole student body at an assembly early next term.

I look forward to sharing with you more effective strategies and tips on how you can support your child to improve their learning experiences at Rutherford Technology High School, in my new role as Deputy Principal National Partnerships (DP NP).

Year 12

Term 3 is always a busy term of the year and a culmination of schooling for Year 12 - itinerant marking of projects and performances, completion of oral/aural tests and final coaching by staff, in preparation of all students for the Higher School Certificate.

The school is able to support Year 12 with counselling from their Year Advisor, Mentors, Head Teachers and School Counsellors as required. It is vital to keep Year 12 working steadily whilst reinforcing that this is the last term of their schooling. Please ensure that your child has a study program in place for the HSC. If you feel your child needs support in this area please contact the Year Advisor, Mr Miller or Senior Study coordinator Mrs Turner.

Also, please note that Mrs Elliott is our Careers Advisor and she is always available to provide students with information on their future career paths. Please contact the school to make an appointment with Mrs Elliott.

The Higher School Certificate Examinations commence on Monday 14 October 2013 and continue through until Friday 8 November 2013. The HSC examinations will be held in the Rutherford Technology High MPC and exams with smaller numbers will take place in dedicated classrooms.

Students should ensure that they arrive at the venue for every examination, at least half an hour before the scheduled starting time.

Year 12 Graduation will be held in the final week of Term 3 on Thursday 19 September 2013. The actual school formal will be held on Thursday 14th November 2013.

Year 12 University Applications

All HSC students should have a copy of the UAC Guide, and a Newcastle University booklet Shape Your Future. Students should have received their UAC PIN and should now be considering their course options and applying online before the due date Monday, 30 September.

I would like to wish the students the very best for their HSC and beyond. We are proud of the resilience, determination and optimism shown by so many Year 12 students in what is traditionally a challenging year. May they continue to shine!

Uniform

It is great to see the vast majority of students not only wearing the correct school uniform but also wearing it with such pride, this is evident especially when students are representing the school in outside activities. Wearing the correct uniform creates a very positive impression of the school as well as the students. Well done to students and we sincerely thank all parents for their support of uniform in the past and we will strive to work with you to maintain our good appearance into the future.

With that, should students not be able to wear the correct uniform for some reason, a note from home, stating the reason why your student is out of uniform, will always be accepted in the short term and if necessary, a uniform pass will be issued.

Year 11

Year 11 students commence their final Preliminary HSC course examinations on Monday, 9 September. Students have been given their examination timetable and exam rules. If students are absent due to illness, or miss an exam, they must contact the school on the day so that alternative arrangements can be put in place for these essential assessments. Miss McLeod the Year Advisor or Mrs Fabri Year 11 Deputy Principal, will be able to assist students. Students will only be required to be at school during their examinations. Normal classes will resume on Monday 16th September. By Week Four in Term Four, students will be able to reduce their pattern of study from 12 to 10 units if they wish to.

Late arrivals

School commences at 9.00am and all students are expected to be at school by this time. Unfortunately, too many students arrive at school well after this legal starting time. Not only does this generate extra workload for the administration staff but students are missing out on vital learning time and sharing of news and information that can impact on them. Staff will continue to visit Rutherford shops and move students on to ensure that they get to school on time. Parents need to encourage students not to go to the shops but to come directly to school. The school canteen is open from 8.00am to serve students.

Sporting Success

Congratulations to our sporting teams that have been achieving great things on the sporting fields. I would also like to thank the staff and parents for their support of the teams, including the training and the transporting of students to venues. Without this support the task of students representing Rutherford Technology High School at these events may have been much more difficult to organise.

Social Media

Social media is a fun part of everyday life, but it can carry risks. This short guide is intended to help you avoid any pitfalls, while still making the best use of social media for study and research as well as social purposes. For the purposes of this document, 'social media' is defined as media that enable social interaction via the internet and personal mobile devices.

Social Media: A Guide

1. Despite the immense opportunities represented by social media, there are significant risks.
2. Think about your personal safety. Don't reveal data about you that:
 - could be used to impersonate you/steal your identity (date and place of birth, for example)
 - might reveal your actual whereabouts or when you're not somewhere (at home, for example), so, think about with whom you share your location.
 - might cost you money (look out for scams and freebies: anything that looks too good to be true, usually is)

3. Get the tone right. Never forget that your postings, whether they are on a blog or public Facebook site, can be read by millions. Ensure your tone is right and strike the right balance between informality and formality.
4. Think twice before posting. There is no such thing as privacy on the internet. Word spreads quickly. Search engines can turn up posts years after they are created - even after you think you have deleted them - and comments can be forwarded or copied. Inappropriate or inaccurate comments which are damaging to a person's reputation should be avoided, as they could result in a claim of libel. Do not say anything online that you would not say in public. Think carefully about posting anything which you would not want a future employer to read.
5. What might seem anonymous, usually isn't. Your use can be tracked, even if you think you have an anonymous user account.
6. Make it accurate. If you are making a serious contribution to a debate via social media, make sure you get all your facts right, as you would if writing an essay or report.
7. Be respectful. Content on a social media site could encourage comments or discussion of opposing ideas - the audience is far wider than your peers.
Consider all comments and responses carefully in light of how they would reflect on you. Be aware that any misuse of social media might attract complaints from other students, which may result in disciplinary action.

Tips for parents

Structuring an essay is easy when you know how. There are many different types of essays (or responses) and they can have many purposes, but the basic structure is the same. This fact sheet lets you in on the secret.

Find out more: <https://www.det.nsw.edu.au/eppcontent/glossary/app/resource/factsheet/4116.pdf>

With the very best of intentions, when you're rushing to fit in soccer training, swimming and music lessons, it can be hard to keep hold of the magic stare-into-space, muck-about moments in children's lives.

Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/health/benefits-of-underscheduling-your-child>

You CAN help your child study for their exams (or complete their major works) even if you don't know much about the subject. Here is some practical advice on everything from writing an essay to helping the rest of the family stay supportive (and sane) while your teen works towards their final exams.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/english>

The Parenting Ideas website says resilient families have a language of their own. Read how your words can help a discouraged child cope, learn and persist.

Find out more: <http://www.parentingideas.com.au/Schools-Blog/June-2013/Language-of-resilient-schools--families>

SMS ALERTS

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

Welfare Newsletter Report

R U OK?

R U OK? DAY is a national day of action held on the second Thursday in September (12th September 2013), and dedicated to reminding people to regularly check in with family and friends. At Rutherford Technology High School students in Years 7-10 have been participating in activities related to **RU OK? DAY** during their PBL lessons. The information covered during these lessons is designed to encourage and empower all students to ask 'are you ok?' regularly and meaningfully to support anyone struggling with life.

R U OK? works in partnership with ReachOut.com. The ReachOut.com website has a great range of online fact sheets, tips and forums to help 14-25 year olds manage tough times, including information, stories and online discussions. For more information about **R U OK? DAY** and links to a range of other useful websites go to **www.ruokday.com**

In addition to the work being done during PBL lessons, on the 12th September students will celebrate **RU OK? DAY** by participating in a lunchtime sausage sizzle and activities organised by a representative from Hunter Head Space and our SRC students.

A 'Fact Sheet' titled 'What makes a good Friend?' from the ReachOut.com website has been included in this newsletter.

Year 10 Peer Support Training

The Year 10 Advisor Nella Clarke is currently talking to Year 10 students about a program called Peer Support which will be introduced at Rutherford Technology High School in Term 4 this year. Year 10 students will be trained as Peer Leaders so they can assist with the Year 6 into Year 7 transition process. Early next term Year 10 students will be preparing for their role as Peer Leaders by undergoing Peer Leaders training which will take place over 2 days. This training provides students with a range of skills and it is recommended that Year 10 students participate in the training for the following reasons:

- Provides opportunities to develop and practice leadership skills
- Develops confidence in students
- Builds positive relationships across the school
- Assists students in gaining skills which are highly regarded by employers
- Provides opportunities to demonstrate initiative
- Develops time management and organisational skills

Trained Year 10 Peer Leaders will then facilitate structured activities with groups of 8-10 Year 6 students on Orientation Day which is held later in Term 4. They will also continue this leadership role into the first part of Term 1 2014 by meeting with their Year 7 Peer Support group weekly for the first 8 weeks of the term.

Students will be given an information note during PBL lessons and are encouraged to return the 'Expression of Interest' slip to their Year Advisor if they wish to take part in the training program.

Year 12 Parent Information

This week all Year 12 students have been given an information booklet which has important information for parents regarding teenagers and alcohol. Further tips on talking to teenagers about alcohol, parties and other social activities can be found at:

www.health.nsw.gov.au/public-health/dpb/publications/parents_talking_teenagers.html

Some key information has been included below:

Teenagers and celebrations

Most young people go through this time of year having fun without any problems. Parents and carers can help to make celebrations and activities safer by talking with their teenagers. There are things you can do to reduce the chance of anything going wrong.

Try to keep up with what is going on in your child's life.

- Get to know their friends. You can be interested in their life yet still respect their need for privacy.
- Talk to your teenager about your concerns such as hosting a party, going to parties or having separate holidays.
- Find out more about your legal responsibilities.

Discussions about parties and celebrations can be made easier if you take time to chat with your son or daughter. Keep trying even if you are met with grunts or silence!

Ask.fm

Ask.fm is a popular site amongst teens, especially girls, with over 40 million users world-wide. The site allows users to ask questions anonymously. These questions can be hurtful, sexually explicit and enable bullying.

One smart tip for students who are going to use this site is to know how to disable anonymous questions, and know how to block a user (a screen shot showing how to do this has been included in the newsletter). These steps won't eliminate bullying however it's a small step towards increasing their safety.

It only takes 1 nasty comment to undo 100 nice ones, so disabling anonymous questions is not only about safety, but about keeping self-esteem intact.

It's also handy to let students know that every single click they make in the cyber world is connected to an IP address and that IP address can be traced back to them.

The below is from <http://ask.fm/about/privacy>

Disclaimer

However, any information collected by ask.fm may be shared if it is necessary to investigate, prevent or prosecute illegal activities, suspected fraud, violations to the Terms and Conditions, or as otherwise required by law or a valid government request (including, but not limited to, search warrants, subpoenas or court orders). Ask.fm may also share information if it is acquired by or merged with another company. In this event, ask.fm will notify you before information is transferred and becomes subject to a different privacy policy. Ask.fm reserves the right to use and disclose any information collected that is not in personally identifiable form.

If you have any welfare concerns please do not hesitate to contact your child's Year Advisor or a Head Teacher Welfare.

Kris Turner and Louse Smailes
Head Teacher Student Welfare



Welfare Report

On the 14th August students from Years 7 to 12 attended the presentation 'I Risk '. I Risk was a presentation that contains powerful images and messages about the value of planning for our lives, avoiding or minimising harm and making good choices in relationships with others. The songs, stories and comments in the presentation focus on the influence that we as individuals have on those around us. Year advisors have been conducting follow up lessons in PBL.

Health Care Plans

Health Care Plans help the school plan for each child's individual health needs. If your child has a current health care plan that needs updating or is in need of a plan please contact the school so we can best support your child's needs.

Louise Smailes & Kris Turner
Head Teacher Student Welfare

Y12 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.

Yr 7 & Yr 9 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

9PBL6

We were making bubble dough and talking about sensory tools to use when we are struggling to cope with things such as family issues, friend issues and school issues. It is like a stress ball but you can manipulate it more.



Tyson Geering



Matt Standing & Brooklyn Widdrington



Bradley Dean & Matt Standing

Yr 9 Visual Design entered in the Upcycling Textiles Exhibition at Maitland Regional Art Gallery, Rhiannon Gore took out first place with her dress made from materials from the art room and op shop, her theme was teenage suicide. Liam Smith received a prize for his 2 bracelets made from recycled computer parts.

English Update

A fantastic opportunity is coming up soon for 3 high achieving Year 11 students to attend a 3 day Enrichment Camp at Toukley.

The students will participate in a range of activities from development and enhancement of study skills, motivational activities to recreation pursuits with other elite students from Hunter Valley High School.

Expression of interest will be called for soon from the English faculty.

Senior Study

Year 12 are currently counting down the last few weeks of their final term at school and many students are feeling relieved that all of their school based assessment tasks are finally finished. Over the last few weeks Drama, Art, DAT and Wood students have all submitted their major projects and Music students will complete their practical HSC performances on Tuesday 10th September.

Most subjects have finished the course content and are in the process of completing revision to ensure that students are fully prepared for their HSC exams, which begin on Monday 14th October. I would really like to reinforce with parents and students the importance of putting aside time at home over the coming weeks to revise classwork and complete revision activities. With a study timetable and hard work many students will be able to consolidate their knowledge and put themselves in a position to achieve the 'best results possible'.

A reminder about the following important calendar dates:

- Thursday 19th September – Farewell Breakfast held in the library courtyard 8.00am - 9.00am. For catering purposes it would be appreciated if parents could RSVP numbers attending this function to the school administration office on 49325999.
- Thursday 19th September 9.15am – 10.30am Year 12 Farewell Assembly held in the school Multi Purpose Centre.

For those students who are applying to go to university in 2014 on-line applications through UAC close on Friday 27th September.

Finally I have really enjoyed working with Year 12 students in the Senior Study throughout their HSC year and I would like to wish them all the very best for their exams and for 'life after school'!

Good luck and I look forward to seeing Year 12 students and their families at the School Formal which is being held at Cypress Lakes on Thursday 14th November.

Kris Turner
Senior Study Coordinator

WHAT'S HAPPENING IN SCIENCE?

It looks like the battle of the robotic arms but these Year 9 Science students were learning about control and coordination. It's easy to pick up an object from the table but learning how to manipulate using a robotic arm is much more difficult.

That was too much fun to have in one lesson.

From left - Lara Butler, Grace Quilty, Eula Pacamalan, Kate Butler



FROM THE AGRICULTURE DEPARTMENT.

Mr A. Fohmsbee, father of Jasmine, has donated a Poll Hereford X Red Angus heifer and steer to the Agriculture Department. The RTHS Show Team is in the process of preparing these animals to be exhibited at the Singleton Show on the 19th September. During Primary Industries and Sport the team wash, dry, groom and parade the animals so they become familiar with the close contact and leading techniques in the show ring.

A big THANK YOU to the Fohmsbee family for their generosity.

From left - Brianna Smurthwaite, Ellie Besant, Cloe Whiteman, Sky Fitzsimmon, Shanelle Wenban

YEAR 8 TO THE AUSSIE BUSH CAMP



Monday morning early they are packed and ready to go..... *to be continued in next newsletter*

UNIFORM SHOP ANNUAL



SALE

ALL STOCK : EXCEPT KNITTED JUMPERS
NO EXCHANGES, NO REFUNDS, NO HOLDS SHOP STOCK ONLY
TUE 10th & 17th, Thur 12th & 19th SEPT 2013 2weeks only
RUTHERFORD TECHNOLOGY HIGH SCHOOL UNIFORM SHOP

The Uniform Shop is located adjacent to the Library –
PLEASE CHECK IN AT THE FRONT OFFICE ON ARRIVAL AT SCHOOL

Uniform Shop Manager - Aleisha Hudson - Phone: 0429 593397

NORMAL OPERATING HOURS: TUESDAYS 8.00 am – 12.00 noon
THURSDAYS 12.30 pm – 4.30 pm

PRICE LIST

Item	Normally	20% Off
GIRLS		
Junior Sky Blouse	\$28	\$22.40
Senior Lemon Blouse	\$28	\$22.40
Junior 4 Pleat Tartan Skirt	\$48.50	\$38.80
Senior 4 Pleat Tartan Skirt	\$48.50	\$38.80
Jnr/Snr Black Slacks	\$39	\$31.20
Jnr/Snr Black Shorts	\$35	\$28.00
BOYS		
Jnr/Snr Black Gabardine Shorts	\$35	\$28.00
Jnr/Snr Black Gabardine Trousers	\$39	\$31.20
UNISEX		
Microfibre Jacket	\$65	\$52.00
Senior Lemon Polo Shirt	\$29	\$23.20
Junior Sky Polo Shirt	\$29	\$23.20
80/20 Woollen Jumper	\$72	N/A
Hooded Fleecy Jacket	\$40	\$32.00
Elastic Waist Everyday Black Shorts	\$35	\$28.00
SPORT		
Sport Polo Shirt	\$35	\$28.00
Microfibre Trackpants	\$38	\$30.40
Sports Shorts – Standard	\$25	\$20.00

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I get polished. Do you?

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Rutherford Shopping Centre
Arthur Street
Rutherford, NSW 2320

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info@getpolishednails.com
www.getpolishednails.com
 / igetpolishednails

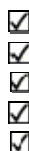
We specialise in acrylic nails, manicures, pedicures and nail art.

Come in and try our friendly service in a clean and hygienic environment 7 days a week !

Players Wanted

Maitland Meteors Softball Club

Are you sick of travelling all over the countryside to get to weekend sport?
Do you wish you played at the same ground every weekend?
Want to have some fun?
Want to make new friends?
Don't mind getting a little dirty?



Why not come and give **Softball** a try

Competitions for All - Both Male and Female 5yrs to Open Age

Training held Wednesday afternoons at Maitland Park, Maitland

All games are played at the same time and same location every week!
Stevenson Park, Industrial Drive, Mayfield West

Registrations will be held at Maitland Park
(outside entrance to Maitland Park Bowling Club)

From **11am til 2pm** on the following dates:

Saturday 31 August

Saturday 7 September

Saturday 14th September

For more details contact our Registrar:

Di Barrymore on 0409 125 250

Email us at softball@meteors.ndsa.org.au or

**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**

Maitland Senior & Little Athletics Club Inc.

Registrations

Friday 30th August and Friday 6th September 5:30-6:30pm

Where

Smythe Field, Maitland

Costs

\$30 Tiny Tots, \$60 per child +

\$10 per family (\$70 for 1, \$130 for 2...)

\$120 for senior athletes (17+)



Ages

3 years up to any age

Competition

Begins 6:30pm 13th September at Smythe Field

Contact:

Matthew Harris 0432353161

maitland.athletics.club@gmail.com

Website

<https://sites.google.com/site/maitlandathletics/home>

FaceBook

<https://www.facebook.com/MaitlandAthleticsClub>

Rutherford Tennis Complex

Sept/Oct SCHOOL HOLIDAY TENNIS CLINIC

Rutherford Tennis Complex, Fairfax St Rutherford

Pro-Shop: 49345016 Mobile: 0421882055 Post: PO Box 2411 Greenhills 2323

Web site: www.maitlandtenniscentre.com.au

When: 30th Sept, 1st, 2nd October

(Monday, Tuesday, Wednesday)

Time: 9.00am to 10.30am per day

Price: \$50.00 for 3 days per child (Family Discounts Available)

Age: 4 years to 16 years

Standard: Beginner to intermediate

Name (1)..... D.O.B.....

Name (2)..... D.O.B.....

Name (3)..... D.O.B.....

Address.....

Phone (Home)..... (Mobile).....

Email.....

BOOK NOW: PH 49345016, 0421882055 or

On line @ www.maitlandtenniscentre.com.au

DON'T MISS OUT

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.

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.

Rutherford Little Athletics Needs You

Last season was the first year Rutherford Little Athletics has not run in the last 30 odd years. This was due to lack of helpers needed to assist in running the club. We are aiming to rectify that this Season and are trying to build a brighter active future for our local Little Athletes.

We are looking for some parents, grandparents, older siblings or anyone that is willing to assist with the running of the Club.

Athletics is run on a Wednesday Night for a couple of hours and the more helpers the quicker the events can be run.

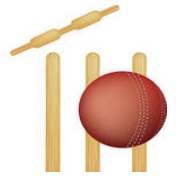
We promote fun, fitness and skill development, so if your child loves to run, jump, throw or simply wants to have FUN come and join us at Rutherford Little Athletics.

For more information and to Register your interest please contact

Cara on 4932 1397 or
Wendy on 4932 9992



Greta/Branxton United Cricket Club



Registration for Grade, U/10's, U/12's,

U/14's, U/16's and In 2 Cricket
(MiloCricket) will be held on the following dates:

- Sunday 8th September 1pm – 3pm
(Miller Park Cricket Ground)
- Saturday 14th September, 1pm – 3pm
(Miller Park Cricket Ground) with BBQ lunch for sale on the day

Registration cost is \$90 per player for seniors, In 2 Cricket is \$55 per player and No registration fee for juniors this year.

Copies of birth certificates must be provided with all new junior registrations.

Any enquiries can be made to
Josh Dagg (0402675882) or Roslyn Shearer
(0427558416)

Hope to see you there!

RUTHERFORD MECHANICAL REPAIRS
4932 5982
Proprietor: David
27 John Street, RUTHERFORD 2320

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 - \$5 for each pair of school shoes. Ask in store for details.
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

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

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

9 September to 20 September 2013



**9 Sep—K Creswell
10 Sep—Volunteer Required
11 Sep—Volunteer Required
12 Sep—Volunteer Required
13 Sep—S Clark
16 Sep—K Creswell
17 Sep—Volunteer Required
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Friendships

What makes a good friend?

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Having good friends is **really important** to your happiness. Figure out the **signs of a good friend**, and learn tips for **how to be there for your friend** when they need it.

This can help if...

- you're not sure about a friendship
- you don't know what to do or say to a friend
- you want to figure out what a good friend is



Why good friends are so important

A lot of research has been done looking into the benefits of friendship, and the research has found exactly what you might expect. It turns out that the better quality relationships you have; the more likely you are to be happy. Therefore it's good for your happiness to be a great friend to someone and to have a group of good friends supporting you. But it can be hard to pinpoint exactly what makes a good friend.

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Signs of a good friend

Friends will come and go in your life, but more important than how long a friendship lasts, is that a good friend will love you for who you are. The way you can tell the sign of a good friend is by looking at the actions they take –big and small – that show they care.

Some common signs of a good friend include

- someone who will support you no matter what
- someone you can trust and who won't judge you
- someone who won't put you down or deliberately hurt your feelings
- someone who is kind and has respect for you
- someone who will love you because they choose to, not because they feel like they should
- someone whose company you enjoy
- showing loyalty
- being trustworthy and willing to tell you the truth, even when it's hard
- someone who can laugh when you do
- someone who is willing to stick around when things get tough
- someone who makes you smile
- someone who is there to listen
- someone who will cry when you cry.

How to be a good friend

If you want to do all or many of the things listed above for someone you care about, you're already a good friend. It's also common though, to not know exactly what to do or say to be there for someone. Some practical things you can do to be there for a friend include:

Listen. Listening is so important not to underestimate, but it can be hard to do. The best way to listen is to try and understand the situation from your friends' point of view. If you aim to do this, you'll naturally find yourself beginning to ask the right sort of questions and they will appreciate having someone who really cares about how they feel and what they're going through. You don't have to have all the answers, and you shouldn't assume your friend wants advice – they might just want to talk so that they can work out what they're going to do themselves.

Ask them what they need. If you're worried about someone and you want to be there for them, just ask them what they need- that way you know what they find helpful during tough times, and you can be there in a way that's most useful to them.

Get physical. Smiles and hugs are a great way to show friends that they're not alone, that you're there for them, and that they are important.

Keep in touch. Even if you guys aren't nearby each other, making an effort to keep in touch through facebook, emails, texts and calls will show your friend you are there for them.

Tell them how you feel. You don't have to make a big deal of it all the time but sometimes there are moments where letting someone know that they're important to you through something you say, can make a big difference to how someone is feeling.

Get the facts. If your friend has a medical condition, or a mental health issue, a good way to offer support is to learn about what they've been diagnosed with. Taking an interest in what they're going through shows that you care, and that you're planning to stick around no matter what's going on.

Be willing to make a tough call. If you think the safety of your friend is at risk, you might need to act without their consent and get help (see the sidebar for where you can seek help). It can be a hard choice particularly when you're worried about their reaction, but remember that you are acting because you care and you don't want them to be hurt.

What can I do now?

- Get tips on [being a good listener](#)
- Ask your friends what you can do to help them
- Find out what to do if you're [having a hard time with friends](#)

Last reviewed: 12 August, 2013

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