

**RESPECT
RESPONSIBILITY
COMMITMENT**

CALENDAR DATES

7th Sept - CAFS Excursion
to Lavenders

9th Sept - Vaccinations in
Library

9th Sept - Plan it Youth
Program

10th Sept - R U OK day

10th Sept - GATS Program
Yrs 5 & 6

10th Sept - Yr 6 Transition
Gillieston Heights

11th Sept - Year 7 Gala Day
at Maitland Park

15th Sept - Sports

Presentation Assembly

16th Sept - PBL Celebration
Assemblies

16th Sept - Plan it Youth
Program

17th Sept - Yr 12 Breakfast
& Farewell Assembly

17th Sept - GATS program
Yr 5 & 6

17th Sept - Yr 6 Transition
Gillieston Heights

18th Sept - Last day of
Term 3

OFFICE OPENING HOURS

Please be aware the office is
open 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.



Our next P & C meeting is
on the 15th September at
6pm. All are welcome to
attend, the meeting is
held in the interview
room at the Front Office.

RUTHERFORD TECHNOLOGY HIGH SCHOOL NEWSLETTER



4th September, 2015

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

www.rutherfordhs.nsw.edu.au

Telephone: 4932 5999

Fax: 4932 8166

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

CONGRATULATIONS TO CASSIDY KERNAGHAN.

Cassidy Kernaghan has been selected to attend the University of Newcastle's Girls' Choices Summer School from Sunday, 6th December to Thursday, 10th December, 2015.

Congratulations to Cassidy, as this is a highly sought after event and only ninety students across the whole of NSW are selected to participate. During the four days at the camp, Cassidy will undertake a variety of activities focusing on Maths, Science, Engineering, Health and Careers with the accent on FUN.



girls' choices
summer school



SENIOR EXECUTIVE REPORT

UPGRADE PROGRESS

- ☐ Our new 2 storey block is really taking shape.
- ☐ Currently work is also occurring on:
 - The Performing Arts space
 - The 3 remaining Science labs
 - The main quad
 - Walkways and lift
- ☐ Our new commercial kitchen, bistro area and 3 Science labs look fantastic and are operating.
- ☐ The canopy over the Industrial arts quad area is complete.
- ☐ The BD/ED unit is complete and ready to start operating next term

YEAR 12

Congratulations to all the Year12 students and staff for the hard work that has gone into the HSC practical performances and major works that have been handed in over the last few weeks.

- ☐ Lessons continue for Year 12 until the last week.
- ☐ On Thursday 17 September there is a breakfast for Year 12 students and their parents, followed by the Year 12 Farewell Assembly in the hall.
- ☐ HSC commences
- ☐ Year 12 Formal

UNIFORM

We will continue to push forward with monitoring the wearing of our school uniform. Thank you to all the students and parents supporting the positive image of the school.

YEAR 11 EXAMS

Week 9 (starting Monday 7 September) is Year 11 exam week. Our HSC BOSTES exam supervisors are looking after the exams to put the students through a simulated HSC process.

Mr Michael Whiting
Principal



SCIENCE FACULTY NEWS

Mr Parrey (HT Science Maitland High) recently visited to inspect the Stage 1 Science upgrade works. It was 1995 when Mr Parrey last taught in the school, "How it has changed..." was the comment. "The new Laboratories and Prep Rooms are fantastic", he said.

Work has commenced on Stage 2 which sees the completion of a new Staffroom, Labs 1, 2, and 3 and the adjoining Preparation room. Hopefully the Science staff will move back into our complete and upgraded areas toward the end of 2015 in readiness to start the New Year.

The Agricultural Farm is also due to have some Shade Houses replaced due to being blown over in the recent April storm. The new structures will be repositioned to a better location on the Farm and will be a great upgraded resource for the cropping and propagation sections of the Agriculture courses.



Mr Edwards & Mr Parrey

STUDENT ACHIEVEMENT

Stage 5 Science students (Year 9 and 10) have compulsory BOSTES Student Research projects due currently. Year 9 are working hard to complete the "Pendulum Task" which is an 'in class' research project, whilst Year 10 are completing independent tasks of their choosing, between home and school. Please check with your student and/ or the Assessment Alert app for when their tasks are due.

Many thanks and congratulations to the large number of students who recently competed in the Big Science competition. Stand - outs include: **High Distinction** - Anton Osborne and **Distinction** - Jared Hughes, Whitney Evans, Emily Batcheldor, Mikayla Nisbet-Gore, and Natalie Jones. These students also received, in addition to the certificate of participation, a Science themed gift from the Science Staff as a further recognition of their outstanding achievement. All students who participated were presented with certificates during "Science Week", which was 15-23 August.

Mr Edwards
Head Teacher Science

NEW PHONE NUMBER

0478 920262



**DON'T MISS
OUT!**

UNIFORM SHOP
20% OFF SALE

ALL ITEMS IN THE UNIFORM SHOP
EXCEPT BLAZERS AND ANY SPECIAL ORDERS

2 Weeks commencing

Tuesday 8th September to Thursday 17th September

Last 2 weeks of Term 3

Available during normal shop hours ONLY

Tuesday 8am - 12 noon
Thursday 12.30pm – 4.30pm

Shop Stock Only
No Exchanges
No Refunds
No Rain Checks
No Lay-Bys

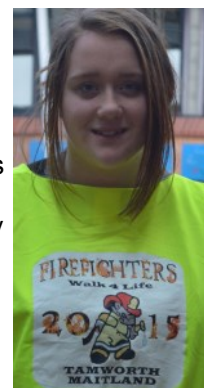
SRC SUPPORTING 'FIRIES WALK FOR LIFE'.

The SRC would like to thank all students and staff who donated their gold coins during the out of uniform day held on Friday 28th August.

The money raised will go to the Cancer Council and is assisting the fundraising of local fire-fighters Mick Gillis and Jeff Jackson (father of RTHS Year 11 student Sarah Jackson) from the Lochinvar Rural Fire Brigade, who plan to undertake a walk from Tamworth to Maitland. Their goal is not only to raise funds for the Cancer Council, but to raise awareness of all forms of cancer and those affected.

We wish Mick and Jeff the best of luck during their walk.

A contribution of \$600 has been donated to *Firies Walk for Life* on behalf of the staff and students of RTHS.



Sarah Jackson

MATHS IN ACTION FIELD DAY

On Thursday 27th August four Year 7 students, Natalie Jones, Phoebe Quilty, Noah Curry and Cooper Clack travelled with Mr Carratt to Lambton High School to take part in the Maths in Action Field Day with twenty four other teams of 4, representing schools from Scone in the north to Wyong in the south, and including schools from the Catholic, Private and Public systems.

Each team rotated through a variety of "hands-on" Mathematical activities throughout the day and were encouraged to work as a team. We were paired up with a team from St Phillips Christian School and worked well as a group of 8 students investigating pendulums, finding Pi in a variety of locations, trying to work out a strategy to win in a game of Greedy Pig and solving some problems which then had to be explained to the rest of the groups. There were prizes awarded for some of these activities, as well as some "Lucky Door prizes". It was a busy day and the teams continued working on the problems even during their lunch break!

The RTHS team worked very well throughout the day and represented our school in exactly the right way through their participation, their thoughtfulness, their humour and their wonderful manners. Mr Carratt was pleased to receive complimentary remarks from other teachers about the excellent way these students performed in these activities.

Mr Carratt
Maths Department

DRAMA NEWS

On August 26th the Year 12 Drama class completed their HSC practical examination at Francis Greenway High School. Here the students encountered talent, tears and tasty treats to successfully perform both an Individual Monologue and a Group Performance. Of the two groups Matthew Pilton, Jared Gregson and Kellie Taylor developed a comedic piece based around pirates and the rights of gay marriage, and Jacob Golding, Benjamin Forbes and Taylor Saetta created a piece that looked at crossing the boundary of society's rules. Both Group and Individual performances were fantastic, and without the support of the markers and Francis Greenway allowing us to use their space on the day, none of it would have been possible. Congratulations to Year 12 on passing this milestone in Drama, you should all be very proud of what you achieved both independently and collaboratively. The class are now in full revision mode preparing for their theory exam in November, for which I wish them the best of luck.

Alysha McCann
Drama Dept



RUTHERFORD TECHNOLOGY HIGH SCHOOL 'INTERACT' CLUB.

The School's INTERACT Club has elected a board of ten members. The number of students from Year 7-12 is overwhelming, so there have been junior and senior board positions elected.

CONGRATULATIONS to:

| | |
|-------------------|-----------------------|
| Priyanka Kumar | Senior President |
| Tahlia Bell | Junior President |
| Tim Hackett | Senior Vice President |
| Stephanie Chapman | Junior Vice President |
| Zoe Fletcher | Senior Secretary |
| Shaylee Bush | Junior Secretary |
| Bella Diaz | Senior Treasurer |
| Samantha Bray | Junior Treasurer |
| Jhon Barrios | Public Relations |
| Jac Gardiner | Public Relations |

A focus area has been decided and fundraising activities have been discussed. A sub-committee has been formed to follow through with these discussions.

Rotarians, Michael and Gillian Weatherall have been very impressed with the support and passion of the 'INTERACT'ers.



'DISCOVERY DAY' FOR PRIMARY SCHOOL IN THE SCIENCE AND ENGINEERING CHALLENGE SPONSORED BY THE UNIVERSITY OF NEWCASTLE.

On Monday, 31st August, ten Year 10 students spent the day mentoring primary school students from grades 5 and 6 in an Engineering and Science Challenge called 'Discovery Day'.

Shawnaye Casson and AnneMaree Kimber were responsible for the teams designing a bionic hand made from straws, string and tape, that could pick up and hold a variety of objects. Priyanka Kumar, Zoe Fletcher and Jasmine Fohmsbee were in charge of the power teams where the challenge was to provide power from a variety of sources at the most economical rate. Tim Hackett and Tiffany Burbage monitored the bridge builders who have to design a structure that could carry the most weight. Kianah Redman, Amy Brown and Zoey Taylor judged the catapult builders for the best design to send an object through a hoop.

Congratulations to the students as excellent representatives of our school. Cary Donohue, Education Development Officer from the University of Newcastle, and the Rotarians, who volunteered to oversee the activities and cater for the students, were impressed with the calibre and commitment of these students.



KIANAH REDMAN AND THE 'CONOCOPHILLIPS SCIENCE EXPERIENCE'.

Congratulations to Kianah Redman from Year 10 who has been selected to attend the 'CONOCOPHILLIPS SCIENCE EXPERIENCE' at UTS, Sydney in December. The three day event is designed to inform students of the importance of Science and Technology while stimulating and heightening interest in a wide range of Science disciplines and career opportunities. Students are 'buddied' by a young scientist from UTS and participate in excursions and industry visits.

Opportunities like this are frequently offered and are announced in Science classes, in the newsletter or at roll call.

So well done, Kianah for taking advantage of this opportunity.



Kiannah Redman

**Finding life as a parent or young person hard?
Want to know more about how to talk to each other regarding tough times?**



You are invited to the second Mental Health Information evening focusing specifically on the topics of non-suicidal self injury (self harm). Our presentations and panel discussion will aim to help young people, parents and families learn more about:

- ⇒ mental health & mental illness
- ⇒ how to talk about it
- ⇒ where to access support

16 SEPTEMBER 2015, 6-8PM COST: FREE
HEADSPACE Maitland, 73 ALAN STREET Maitland

Our guests for the evening who will be part of an informal panel discussion include representatives from: Hunter Valley Child & Adolescent Mental Health, Youth Mental Health Project, headspace Maitland staff & Youth Reference Group, and Department of Education.

RSVP/for more information contact Katie Brown at Maitland High School on (02) 4933 7933 or text

0427 032 908 by September 9th, places are limited so get in early!



EVERY DAY COUNTS.....

A day here or there doesn't seem like much, but.....

| If your child misses..... | that equals..... | which is..... | and from Kindy to Year 12 that is..... | Which means the best your child can achieve is..... |
|---------------------------|-------------------|-------------------|--|---|
| 1 day each fortnight | 20 days per year | 4 weeks per year | Nearly 1 ½ years of school | Equal to finishing Year 12 |
| 1 day a week | 40 days per year | 8 weeks per year | Over 2 ½ years of school | Equal to finishing Year 10 |
| 2 days a week | 80 days per year | 16 weeks per year | Over 5 years of learning | Equal to finishing Year 7 |
| 3 days a week | 120 days per year | 24 weeks per year | Nearly 8 years of learning | Equal to finishing Year 4 |

Give your child every chance to succeed....

Every day counts!

WELLBEING NEWSLETTER

R U OK?

R U OK? DAY is a national day of action held on the second Thursday in September (10th September 2015), 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 **R U 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 <http://au.reachout.com/> 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 <https://www.ruok.org.au/>

In addition to the work being done during PBL lessons, on the 10th September students will be given a yellow wrist band to raise awareness about the importance of **R U OK ? DAY**

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

Beyond Blue, Black Dog Institute, and Headspace also have information which can be helpful for young people. See the following websites for further information:

<http://www.beyondblue.org.au/>

<http://www.blackdoginstitute.org.au/>

<http://www.headspace.org.au/>

YEAR 10 PEER SUPPORT TRAINING

The Year 10 Adviser (Mr. Graeme Buckie) is currently talking to Year 10 students about a program called Peer Support which runs 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 Leadership 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 2016 by meeting with their Year 7 Peer Support group weekly for the first 7 weeks of the term.

Students will be given an information note during PBL lessons and are encouraged to notify their Year Adviser if they wish to take part in the training program.

Please do not hesitate to contact your child's year adviser or Head Teacher Wellbeing if you have any welfare concerns regarding your child.

Head Teacher Wellbeing:

Louise Smales and Brooke McCallum – Years 7, 9, 11

Kristine Turner - Years 8, 10, 12



What makes a good friend?

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 own.

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.

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

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

Take action...

- › Compare you and your friends to the above list of traits
- › Write down what type of friend you'd want and like to be
- › Read real-life stories of friendship on ReachOut.com

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.

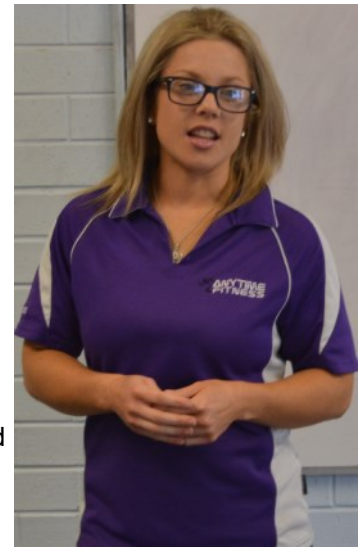
Get the facts. If your friend has a medical condition, or a mental health issue, a good way to offer support is to learn about what they've been diagnosed with. Taking an interest in what they're going through shows that you care, and that you're planning to stick around no matter what's going on.

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.

SHINE

Last week Year 9 girls in this term's girls group had the pleasure of a visit from Samantha Hull, a personal trainer from Anytime Fitness. Samantha is an ex-Rutherford High School student herself and spoke to the girls about her personal journey to health and fitness. The students were taught key exercise and healthy eating tips which could assist them in achieving their personal goals. The students were so inspired that they were eager to go and visit Anytime Fitness, which offers a variety of personalised programs and group training sessions. In addition, earlier this week Helen Stuckings and Alex Hanks from Inspirations Hair Design came and pampered the girls with luxurious hair styles and beauty packs. Healthy eating and proper hair care was emphasised as important patterns that need to be established in order to maintain strong and healthy hair. From curling hair to straightening, the girls left the workshop feeling proud of their new styles. Inspirations Hair Design is a strong advocate for the Variety Foundation and Princess Charlotte Alopecia. Unused hair from clippings is used to provide new and beautiful hair for girls that are suffering severe hair loss from this condition. What a wonderful cause to support.

Jessica James
Girls Group Co-ordinator



Samantha Hull



YEAR 10 PARENTS/CARERS

By now all parents/carers of Year 10 students should have received in the mail the date and time of interview of their son/daughter for the 'IMPRESSIONS 10' – Mock Interview. The letter indicated that Year 10 students do not attend school for the three days - Mon, 16th to Wed, 18th November except for the allocated interview time. All Year 10 students will be involved in this process.

For the interview, students are required to submit a **Resume** and **Cover Letter** (which was the assessment task for Careers completed earlier in the year) as part of the Impressions 10 process as well as their latest **school report** and at least two **samples of work** from their subjects. The grade received for the Interview will be included in the Year 10 Yearly Report.

The Maths Faculty will be guiding the students through the interview process during term 4. A question sheet and marking criteria will be provided to the students and time should be spent examining the questions and style of answers required.

Further information and interview details can be obtained by ringing the school or emailing:

marilyn.porter1@det.nsw.edu.au

Marilyn Porter

Science Dept

TSP PROGRAM

On Wednesday 19th August, students from the school's rugby league Targeted Sports Programs (TSP) spent the day down at the Newcastle Knights getting a first-hand experience of the life of a professional footballer. The day started with a greeting from former Rutherford Technology High student Matt Lantry, who is now the knights community and development manager, as well as the NSW Cup coach, and his assistant Laurie Clifton. The squad was then split into 3 groups, with each group taking a tour through the Knights gym and given an insight about how important it is for players to prepare themselves adequately by training correctly, and maintaining a healthy diet all through the week. There were some excellent questions from the students on training tips and nutritional advice.

Students also observed the end of the Knights 1st grade squads training session and were then treated to a short talk from Knights and Australian representative Sione Mata'utia, on the importance of school and gaining an education, and some of the challenges he faced growing up. 1st grade coach and club legend Danny Buderus then spoke to the students on being resilient, being grateful for what you have, and developing good habits in everyday life.

After a short recess break, the students were then taken into the club's lecture room for a session on player performance and review. This showed how elite players are graded after every match and showed some of the physical efforts that they go through in every game. This session also gave the students an opportunity to hear of the high standards of discipline that all players have to maintain and some of the consequences of not meeting these standards. Things like being on time to training and games, always being in the correct uniform and following correct injury rehabilitation procedures all had direct consequences, with a link being shown to how this is applicable at school.

After another short break, our students then got to participate in a training session of their own under the guidance of Matt, Laurie, Mr Potapczyk and Mr Miller. The core skills of catch/pass, line running and some wrestle techniques were covered. Lastly, those who chose to, got to experience a recovery session that the knights players go through after every training session. This consisted of time in ice baths, hot plunge pools and a sauna, and was a huge privilege for our students.

A massive thank you goes out to Matt Lantry who helped organise this day and make all these incredible learning experiences possible, as well as all the staff at the Knights, and Balance Mayfield who provided input into the day. I know our students gained a wealth of knowledge that has already started inspiring some of them to make positive changes in their lives. We appreciate the continuing support the Knights give to the TSP program. Our students are also to be commended over the exceptional behaviour and attitude they displayed throughout the day, always demonstrating the schools core values of respect, responsibility and commitment. Well done boys and girls!

Mr Josh Potapczyk
PE Department



Calling all Telarah Public School Ex-Students, Parents & Community members!



TELARAH PUBLIC SCHOOL 1890-2015 125TH ANNIVERSARY

You are invited to join in the 125th Anniversary celebrations at Telarah Public School this October. Please come and visit the school, meet old friends, tour the school, visit some classrooms, see how the school looks now and what's changed and what has stayed the same. Spread the word to your school friends and help to celebrate our special anniversary!

| | |
|--|---|
| Tuesday 13th October 2015 | 10am Student Assembly to mark the date the first students enrolled at Homeville/Telarah Public School, ringing of the restored school bell, time capsule, guest speakers, 125 th Birthday cake. Visitors welcome. |
| Friday 16th October 2015 | 10am-12.30pm School Open Day including special Assembly, presentation of commemorative badges, old photo displays, burial of time capsule. Open classrooms/ demonstrations. Picnic lunch in grounds. All welcome. |
| Saturday 17th October 2015 | 125th Celebration Dinner 7pm at Telarah Bowling Club. Bookings essential- Tickets \$50 (Available at Telarah Public School Office Ph: 49328477) |
| Sunday 18th October 2015 | 10.30am-2.00pm Community Open Day: Tours of the school, photo displays, souvenirs, morning teas, BBQ lunch. ALL WELCOME! |

125th Anniversary souvenirs and an updated Telarah Public School History Book will be available to purchase from the school. Please tell your families and school friends- everyone is invited and welcome! For more information and any inquiries please phone the school on 49328477. Facebook group: "Telarah Public School Past Students"

Proceeds support



Major Sponsor



Media Supporter



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Something for everyone. Don't miss your chance to grab a bargain!

YOUNG ADULTS | KIDS | FICTION | CD/DVD's | SCIENCE BIOGRAPHIES | FOREIGN LANGUAGE | COOKING LARGE PRINT | NON-FICTION | TREASURES & MORE!

NEWCASTLE BASKETBALL STADIUM
Cnr Young And Curley Roads, Broadmeadow

12th & 13th SEP 2015
9am-3pm



KIDS CAMPS

SPRING HOLIDAY CAMPS DON'T MISS OUT

- ✓ New friendships
- ✓ Great value
- ✓ Fun
- ✓ Safe

Our popular Spring Kids' and Family Holiday Camps are filling fast. Find out what's on including our popular Cooking 4 Kids, Adventurer, Kids' Club and Duke of Edinburgh camps plus lots more.

Led by qualified instructors, you can rest easy knowing your kids are in safe hands. Our Kids' Camps are suitable for kids aged 7 and over and range from 1 to 5 days.

Residential Kids' Camps include:

- 24 hour supervision
- Instructor led activities
- Accommodation
- Meals
- Supervised transport

Family Camps include:

- Instructor led activities
- Meals
- Accommodation
- Use of all facilities i.e. BBQ area, pool, tennis courts etc.



sportandrecreation.nsw.gov.au/familycamps
sportandrecreation.nsw.gov.au/kidscamps
fb.com/nswsportandrecreation 13 13 02



Office of Sport
Sport & Recreation



Koori Netball Tournament

How to enrol

Team managers

Go to sportandrecreation.nsw.gov.au/koorinetball or call 13 13 02.

Players

Players can only register after the team registration has been processed. Team managers will send you an email with instructions on how to register including your booking number.

Aboriginal communities are invited to take part in the 2015 netball tournament to be held at Charlestown Netball Courts

The tournament is aimed at increasing participation of Aboriginal women in sport and recreation in a fun competitive environment

There are 5 divisions:

- Open Womens A, Program number 0073293
- Open Womens B, Program number 0073294
- Junior Girls, 12- 15 years Program number 0073292
- Junior 12 years and below Program number 0072643 (boys can play in this division)
- Mixed women and men's teams Program number 0073295

Maximum of fourteen players registered per team.

Maximum of three non Aboriginal players per team.

Each team must provide at least one non player umpire.

Drug and alcohol free event.

Details

Dates Friday 23 and Saturday 24 October, 2015

Times Friday 5pm and Saturday 8.00am

Venue Charlestown Netball Complex, Bula Street, Charlestown

Cost \$250 (incl. GST) per team

Team registrations close Wednesday 9th October, 2015

Note Number of teams is limited, early payment will ensure your team's placement in the tournament. Team Managers are required to attend a briefing at 5:00pm on Friday 23 October in the Charlestown Netball Clubhouse, when the draw will be made available

For more information

call (02) 4926 1633 or visit

www.sportandrecreation.nsw.gov.au/koorinetball



Maitland Tutorial Centre
TRIVIA NIGHT

11th September 2015
 Telarah Bowling Club
 6:00pm for 6.30 start

Maximum 10 per table
 \$10 per head
 Food may be purchased from the Bistro

Great Prizes
100 Club
Lucky Door Prize
Raffle

Come along for a fun night of trivia and help raise funds to support our student programs.

To book call Maitland Tutorial Centre
 (02) 4932 8255

AN INVITATION TO CARERS

Do you provide care and support to another person?

You are invited to Carer Connections
 Take the Opportunity to Connect with other Carers
 and listen to our Guest Speaker!

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.

Guest Speaker:

Fiona Hodson - Clinical Nurse Consultant Pain Management
 Hunter Integrated Pain Service

Topic:

"Chronic Pain: Hunter Integrated Pain Service's approach to Improving Life"

WHERE: Soldier Point Bowling Club, 118 Soldiers Point Road, Soldiers Point

TIME: 10.00am - 12.00pm

COST: FREE - includes Morning Tea

WHEN: Thursday 17 September 2015

RSVP: Thursday 10 September 2015



For more information or to Register Contact
 HNE Carer Education & Support Program - Hunter

on: 4924 6146 or 1300 887 776
 or Email: Educare-Admin@hnehealth.nsw.gov.au
 (We ask that you RSVP for catering purposes)



Health
 Hunter New England
 Local Health District



City United DCC Registration Days 2015-16

"Come play cricket at The Park in 2015-16"

City United is looking for players in the following age groups

- 5-7 yrs - Milo in2cricket program
- Under 12, 13 and 15's

If you are interested contact any of the people below for further information

Andrew - 0427 385460 amcpherson@bigpond.com

Gary - 0410 629 056 gmowbray@iprimus.com.au

Paul - 0419 294 033 kritpaul@bigpond.net.au

Website: <http://cucc.nsw.cricket.com.au/>

Find us on Facebook



Assessment Alert

Do these comments sound familiar?

"Oh no, I have an assignment due today?"

"I forgot to finish my essay - can you write me a note?"

"I have a test today and forgot to study!"

The Solution

Assessment Alert: The new smartphone app now available for our school.

Reminds parents/students of upcoming due dates/events

Get it from the appstore or google play.

Regular due date reminders.

We Give Life-Changing
Scholarships

2016 Harding Miller Foundation Scholarships

Eligibility

Female student in a
NSW Public School,
entering Grade 9 in 2016

Experiencing personal
or socioeconomic
disadvantage

Evidence or testimony
from the School
Principal of high
academic potential

Demonstrated
motivation to achieve
academically and
professionally, including
an intention to carry on to
tertiary education

Australian citizen or
permanent resident

Up to 100
scholarships

Applications
close
27 Nov 2015



Apply at <http://www.publiceducationfoundation.org.au/scholarships/>



SCHOLARSHIPS

FOR THE CHILDREN & GRANDCHILDREN OF AUSTRALIAN VETERANS



The Australian Veterans' Children Assistance Trust (AVCAT) is a not-for-profit organisation. AVCAT administers bursaries and scholarships to help children, and in some cases grandchildren, of Australian veterans with the costs of full-time education. The most deserving candidates are provided with financial assistance to facilitate their tertiary studies.

The *Long Tan Bursary* is specifically available for the children of Vietnam veterans. Other sponsored scholarships available include those made available due to the generosity of various ex-service organisations and private donors.

"It means the world to me that someone I don't know cares about my education and believes I have potential."

2014 Recipient

If you would like to find out more then please contact us:

P: 02 9213 7999

E: avcat@dva.gov.au

W: www.avcat.org.au

APPLICATIONS OPEN 18th AUGUST

ARE YOU ELIGIBLE FOR A
Long Tan Bursary
or perhaps another one administered by
AVCAT?
DO THE ELIGIBILITY TEST NOW!

ARE **YOU ELIGIBLE** TO APPLY FOR A SCHOLARSHIP OR BURSARY THROUGH AVCAT?

TEST YOUR ELIGIBILITY NOW!

1. Are you a child or a grandchild of an Australian veteran?

YES Go to Question 2.

NO → You are NOT eligible!

2. Are you an Australian permanent resident?

YES Go to Question 3.

NO → You are NOT eligible!

3. Are you enrolled or planning to enrol in tertiary studies for a minimum of one year?

YES Go to Question 4.

NO → You are NOT eligible!

4. Will you be studying full-time next year?

YES Go to Question 5.

NO → You are NOT eligible!

5. Are you or will you be eligible for Centrelink's Youth Allowance?

YES Go to Question 6.

NO → See Note 1 below.

6. Are you under 25 yrs of age?

NO → See Note 2 below.

YES

Please contact AVCAT for more information.

NOTES:

- Scholarships are awarded to those students in disadvantaged circumstances as determined by the means test eligibility for Youth Allowance. You need to be eligible for Youth Allowance even if not receiving it.
- If you are older than 25 years you will need to explain the reasons for your delay in tertiary studies.



To find out more please feel free to contact AVCAT:

P: 02 9213 7999 or E: avcat@dva.gov.au or go our website: www.avcat.org.au

RUTHERFORD TECHNOLOGY HIGH SCHOOL CANTEEN MENU


| ITEM | PRICE | | DRINKS | PRICE |
|-----------------------------------|----------|--|---------------------------------|--------|
| Salad Roll | \$4.20 | | Moove Milk 500ml | \$3.00 |
| Chicken Salad Roll | \$4.70 | | Moove Milk 300ml | \$2.20 |
| Ham Salad Roll | \$4.70 | | Juice 300ml/375ml | \$2.20 |
| Corn Meat Salad Roll | \$4.70 | | Water 600ml | \$2.00 |
| Chicken Salad Sandwich | \$4.20 | | Small Water | \$1.00 |
| Salad Sandwich | \$3.60 | | Soft Drink 600ml | \$3.20 |
| Egg & Lettuce Sandwich | \$3.60 | | Quench | \$1.80 |
| Curried Egg Sandwich | \$2.80 | | Plain Milk 600ml | \$2.00 |
| Vegemite Sandwich | \$2.80 | | Focus Water | \$1.80 |
| Cheese Sandwich | \$2.80 | | Hot Chocolate (term 2 & 3) | \$1.50 |
| Ham, Cheese & Tomato | \$2.90 | | | |
| Cheese & Tomato | \$2.60 | | | |
| Corn Meat & Pickles | \$2.90 | | | |
| | | | SNACKS | |
| Meat Sandwich | \$2.80 | | Fresh Fruit Salad (Term 1 & 4) | \$2.50 |
| Chicken Salad Wrap | \$4.70 | | Fresh Water Melon (Term 1 & 4) | \$2.50 |
| Thai Chicken Salad Wrap | \$4.70 | | Deli Rock Chips | \$1.00 |
| Salad Wrap | \$4.20 | | JJ's Chips | \$1.00 |
| Meat Salad Wrap | \$4.70 | | Eucalyptus Drops | .50c |
| Salad Box | \$4.80 | | Muffins | \$1.50 |
| Chicken Salad Box | \$5.80 | | Finger Buns | \$1.50 |
| Bread Roll (extra) | .90 | | Banana Bread | \$2.40 |
| Butter Bread | .90 | | | |
| Toasted Sandwich (order) | .50 | | | |
| Extra Fillings | .40 each | | | |
| Butter/Mayo or Mustard | .20 each | | | |
| | | | ICE CREAMS | |
| HOT FOOD | | | Billabong | \$1.50 |
| Cheese and Bacon Roll | \$2.00 | | Paddle Pops | \$1.50 |
| Hot Dog | \$2.40 | | Frosty Fruits | \$2.00 |
| Pizza Rounds | \$2.30 | | Frozen Yoghurt | \$1.70 |
| Chicken Burger | \$3.50 | | Vanilla Buckets | \$1.20 |
| Chicken Burger w Salad | \$4.20 | | Paddle Pop Lemonade Twist | \$1.20 |
| Plain Pies | \$2.60 | | Juice Ice Block | \$1.00 |
| Sausage Rolls | \$2.50 | | Milo Cups | \$2.80 |
| Cheese & Bacon Pie | \$2.90 | | Moosies | \$1.00 |
| Potato Pie | \$2.90 | | | |
| | | | SAUCES | |
| Mamee Cup Noodles | \$2.00 | | Tomato | .40c |
| Chicken Gravy Roll | \$3.60 | | BBQ | .40c |
| Cheese Burger | \$3.50 | | Sweet & Sour | .40c |
| Chicken Chippies (6) | \$2.80 | | | |
| Chicken Nuggets (6) | \$2.80 | | | |
| Garlic Bread | \$2.00 | | | |
| | | | NEW | |
| Meat Ball Subs **NEW** | \$3.60 | | Watch our noticeboard | |
| | | | for daily \$3 hot dishes | |
| | | | | |
| No \$50 notes before lunch | | | | |

RUTHERFORD MECHANICAL REPAIRS

ALL MECHANICAL REPAIRS

- Fuel Injection · LPG Servicing
- Pink & Blue Slips
- Manufactures Handbook Services
- MVR License Number 23961

Call **DAVID** on **49325 982**
27 JOHN STREET, RUTHERFORD
Just Off Hwy Opposite
Telarah Railway Station.



PREMIER FITNESS

and martial arts centre

Join us at Rutherford's Premier Fitness and Martial Arts Centre

- Les Mills fitness classes
- Zanshin Jujitsu
- Childcare
- Kids chill zone
- Kickboxing classes
- Kids martial arts
- Personal training



ZANSHIN JUJITSU
残心柔術

LES MILLS

Ask about our great rates TODAY!
No lock in contracts

0401 199 913
 11 Bradmill Ave, Rutherford

The staff and students who are involved in the Breakfast Club would like to acknowledge the generosity of 'Bakers Delight' at Rutherford who now provide us with bread. There are many local businesses who donate their time, service or products to our school. In return we express our appreciation and hope our school community can reciprocate.



UNIFORM POOL

We are in need of clean, second hand school uniforms for our clothing pool. If you have any items that you think would be suitable, please drop them into the Front Office.

Rutherford Technology High School has an 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>



CANTEEN ROSTER 2015



| | |
|---------|--------------------|
| Sept 6 | K Cresswell |
| Sept 7 | Volunteer Required |
| Sept 8 | Volunteer Required |
| Sept 9 | Volunteer Required |
| Sept 10 | Volunteer Required |
| Sept 13 | K.Cresswell |
| Sept 14 | Volunteer Required |
| Sept 15 | K Hobbs |
| Sept 16 | Volunteer Required |
| Sept 17 | Volunteer Required |



THANK YOU TO McDONALDS RUTHERFORD.
 McDonalds Rutherford continues to support our school in many ways.



Rutherford Technology High School UNIFORM SHOP

PRICE LIST



| ITEM | PRICE | SIZE | QTY | TOTAL INCL GST |
|---|-------|------|-----|----------------------|
| Girls | | | | |
| Jnr Blouse Sky | 28.00 | | | |
| Snr Blouse Lemon | 28.00 | | | |
| Jnr/Snr Girls Shorts | 35.00 | | | |
| Jnr Skirt | 48.50 | | | |
| Snr Skirt | 48.50 | | | |
| Bootleg slacks | 39.00 | | | |
| Boys | | | | |
| Jnr/Snr Boys Shorts | 35.00 | | | |
| Jnr/Snr Trousers | 39.00 | | | |
| Unisex | | | | |
| Fleecy Jacket | 40.00 | | | |
| Jnr Polo | 29.00 | | | |
| Snr Polo | 29.00 | | | |
| Elastic Waist Everyday Black Shorts | 35.00 | | | |
| Elastic Waist Everyday Black Long Pants | 39.00 | | | |
| Jumpers | | | | |
| Jumper | 72.00 | | | |
| Sports | | | | |
| Jacket | 65.00 | | | |
| Sports Shorts Std | 25.00 | | | |
| Trackpant | 38.00 | | | |
| Sports Polo | 35.00 | | | |
| Others | | | | |
| Scarf | 20.00 | | | |
| Socks 5pr | 20.00 | | | |
| | | | | |

OPENING HOURS:

TUESDAY
THURSDAY

8:00am - 12:00noon
12:30pm - 4:30pm