

**RESPECT
RESPONSIBILITY
COMMITMENT**

25 October - MSC
Computer tutoring
26 October - Year 10 Plan
It Youth
27 October - Primary
School Grade sport at
Maitland Park
27 & 28 October - Yr 10
Peer Support Training at
Rutherford Community
Centre
28 October - Motivate Pro-
gram GENESIS GYM
31 October - Grip Leader-
ship Conference at
Newcastle University
1 November - MSC
Computer Tutoring
2 November - Year 10
Plan It Youth
3 November - Primary
School Grade sport at
Maitland Park
4 November - Motivate
Program GENESIS GYM

**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 will be held on the 17th November at 6 pm in the interview room at the Front Office. We welcome any new or existing parents to attend and become involved with the school.

RUTHERFORD TECHNOLOGY HIGH SCHOOL NEWSLETTER



21st October 2016

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

www.rutherfordhs.nsw.edu.au

Telephone: 4932 5999

Fax: 4932 8166

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

ATTENDANCE BARBEQUE

Over eighty students achieved an attendance rate of 100% in Term 3 at Rutherford Technology High School. This fantastic effort was rewarded on Tuesday when the students were invited to a BBQ lunch. An end of year attendance excursion to Treetops Adventure Park has been organised and permission notes will be sent home in the near future. I would like to congratulate all the students on their efforts and look forward to a similar result for Term 4!

Kristine Turner
HT Wellbeing



PDHPE NEWS

Term 4 has seen the school oval re-open after extensive work and re-grassing and it looks great! This is a timely reminder for students to be prepared for the hotter weather with water bottles, hats and sun protection (sunscreen is available at the PE staffroom free of charge to all students). Bringing a change of shirt is also particularly important in the hotter months, and a reminder that aerosol sprays are on the Department's banned items list; instead a roll-on deodorant should be brought for school use.

Year 7 have commenced their Swimming Awareness program, this year at Branxton pool, during double sport lessons. This is a most important program, catering for all levels of swimmers and providing the opportunity for greater water awareness and competency at the beginning of the swimming season. Parents and students are encouraged to support this program as it is an excellent opportunity to prepare for the Summer season, and on hot days, there's not many nicer places to spend a double sport lesson! Bus charge should have already been paid in the annual fees (\$50) and students need to bring \$3 pool entry for each visit.

Congratulations are extended to Kohen Hipwell and Nic Adams, who were selected in the Australian Schools Futsal team. Kohen has accepted the offer to participate in a four week tour of England and Scotland in April 2017.

Similarly, Jake Collins-Doherty is to be commended on his selection in the NSW U/16 Young Achievers Rugby League team. Jake recently toured Papua New Guinea in the last school holidays with this team.

These performances represent excellent achievements and solid proof that the Targeted Sports programs are assisting to develop quality Football and Rugby League players.

Mr D Thomas
Head Teacher PDHPE



HELPFUL HINTS FROM THE LaST (Learning and Support Team)

Reading at home together is a great way to support your child and develop the joy of reading. It is a life-long skill that can be shared by the whole family.

Golden Rules

- ◆ Always be positive.
- ◆ Be patient.
- ◆ Praise your child's efforts.
- ◆ Make it a pleasurable time for both of you.

Before you read

- ◆ Look at the illustrations and talk about them.
- ◆ Look at the front cover. Ask your child what they think the book will be about.
- ◆ Talk about any experiences you and your child may have had in connection with the topic.
- ◆ Discuss any words that may cause difficulty.

When you read

- ◆ Read the story to your child a number of times and encourage them to join in or take over.
- ◆ It's okay to use illustrations as clues to aid understanding.
- ◆ Encourage your child to read at a speaking pace and with expression.
- ◆ Pointing to each word as they read will assist beginner readers.

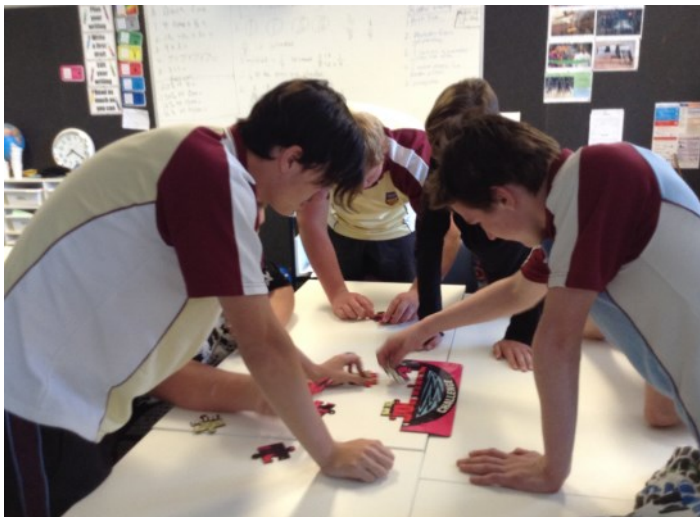


NEWS FROM SUPPORT UNIT

Jared from Mirri Mirri came to the Support Unit and worked with students on decision making and team building. There were many varied activities which encouraged the students to work together to decide the best methods for solving the problem task ahead of them.

A fun activity was having teams of two students working together, one of the team was blindfolded and the other person had to guide them through a maze of plastic cups that had been strategically placed on the floor of the corridor. This activity was designed to instil trust between the team members. The sound of crunching plastic cups made for lots of laughter and an enjoyable day! Thanks to Jared, the students learnt to work together in a fun way to achieve outcomes.

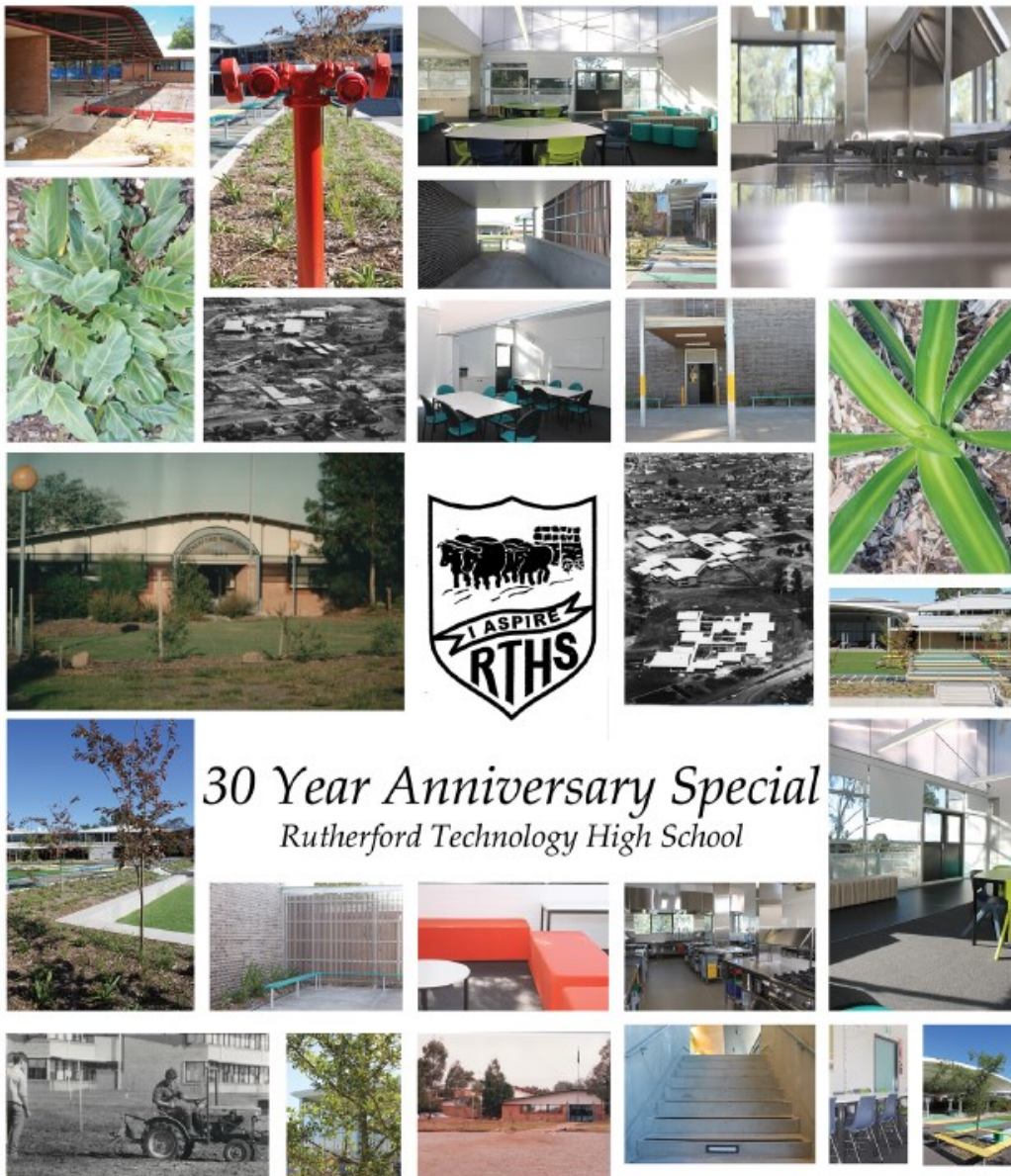
Alice Walters
HT Support



OUR CLOTHING POOL IS IN DESPERATE NEED OF DONATIONS. WE GRATEFULLY ACCEPT ANY SECONDHAND SCHOOL UNIFORMS. PLEASE LEAVE ANY DONATIONS AT THE FRONT OFFICE.

rutherford
TECHNOLOGY HIGH SCHOOL

#2016





Tuning in to Teens

Emotionally Intelligent Parenting

A six-session parenting program
for parents of adolescents aged 12-19

Would you like to learn how to:

- be better at talking with your teen?
- be better at understanding your teen?
- help your teen learn to manage their emotions?
- help to prevent behaviour problems in your teen?
- teach your teen to deal with conflict?

Tuning in to Teens shows you how to help your teen develop *emotional intelligence*. Adolescents with higher emotional intelligence:

- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- have more stable and satisfying relationships as adults
- have greater career success –
- Emotional intelligence may be a better predictor of academic and career success than IQ!



Where: Rutherford Technology High School

When: Every Tuesday starting Oct. 25th (Week 3) for six weeks
12.30pm to 2.22pm (Bell Time)

Contact: Kylie Fabri or Mary-Kate Ferguson - 4932 5999

Mary.ferguson13@det.nsw.edu.au

You do not have to have a student at Rutherford High School to attend this course.
All community members welcome.

TRANSPORT NEWS

Opal cards



Students have been using their Opal cards since the beginning of the year. Recent correspondence from the Regional Operations Manager of one of the bus services we use highlighted a number of key issues.

They include:

- Students are required to tap on and off every day when travelling to and from school on any school bus or train they board during the course of their journey
- Students are asked to have their Opal card out and ready before they board to eliminate delays
- The data collected from this process determines the demand and what level of service and bus allocation will be provided to particular areas.

If you require a replacement Opal card please log on to www.transportnsw.info/school-students to request a new card. When you have printed out the application form please hand it in at the Front office . The form will be endorsed and mailed to the Transport Office.

If you have any further questions please phone the school on 49325999, or Transport NSW on 131500.

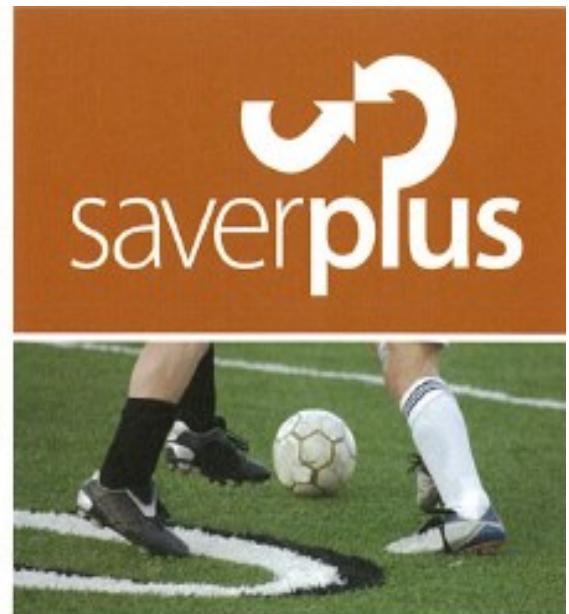
EVERY DAY COUNTS.....

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 11
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!



Can Saver Plus assist you with high school costs?

Join Saver Plus and match your savings, dollar for dollar, up to \$500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

Contact Cynthia Culhane your local Saver Plus Worker:
(02) 4032 4703 / 0418 699 646
or cynthia.culhane@thesmithfamily.com.au

*Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered throughout Newcastle by The Smith Family.
The program is funded by ANZ and the Australian Government.*

Relationships Australia

Me and My Friend

Confidence & Self-Esteem Building for Children

A fun, eight week program enabling children to grow in self esteem and confidence

This is a course for 7-11 year olds to help build confidence and self esteem.

The group will assist children in getting to know themselves better, understand their unique qualities, deal with conflict situations, talk about feelings and practise social skills in a safe and supportive environment

When: Tuesday 18 October – 6 December 2016

Time: 4.00 pm – 6.00 pm

**Venue: Beresfield Primary School
181 Anderson Drive
Beresfield**

Cost: \$0

Parents alone are required to attend an Orientation Session;

On: Tuesday 11th October 2016

Time: 4.00 pm – 5.30 pm.

Parents are also invited into the group for the last half hour of each session to get feedback on progress and to support their child's learning.

Bookings Essential

Phone 4940 1500 or Email: hunterrep@ransw.org.au

www.nsw.relationships.com.au





Rutherford Technology High School UNIFORM SHOP

PRICE LIST



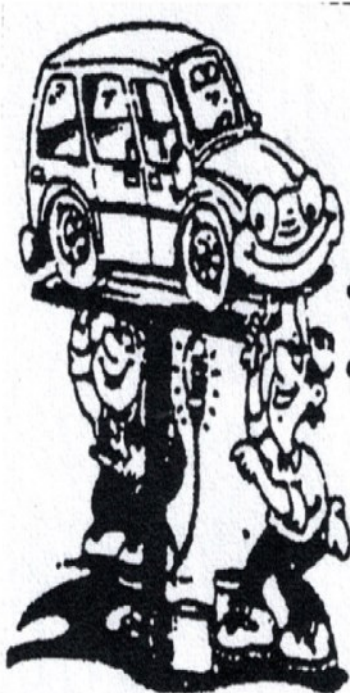
ITEM	PRICE	SIZE	QTY	TOTAL INCL GST
Girls				
Jnr Blouse Sky	28.00			
Snr Blouse Lemon	28.00			
Jnr/Snr Girls Shorts	35.00			
Jnr Skirt	48.50			
Snr Skirt	48.50			
Bootleg slacks	39.00			
Boys				
Jnr/Snr Boys Shorts	35.00			
Jnr/Snr Trousers	39.00			
Unisex				
Fleecy Jacket	40.00			
Jnr Polo	29.00			
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 - 12noon
8:00am - 12noon

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.

A.B.N 19 167 084 237



Quality You Can Trust

Ben Hoffmann

hoffy_06@hotmail.com

Shop 17, 1 North Mall Street,
 Rutherford Shopping Centre
www.hoffsqualitymeats.com.au

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 2016



October	24	Volunteer needed
October	25	J Lintott
October	26	Volunteer needed
October	27	J Lintott
October	28	Volunteer needed
October	31	Volunteer needed
November	1	Volunteer needed
November	2	J Lintott
November	3	K Hobbs
November	4	Volunteer needed

Bakers Delight
 We're for real.

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. We express our appreciation and hope our school community can reciprocate.



THANK YOU TO McDONALDS RUTHERFORD.

McDonalds Rutherford continues to support our school in many ways.

RUTHERFORD TECHNOLOGY HS - EXPECTED BEHAVIOURS			
	Respect	Responsibility	Commitment
Everyone Everywhere	<ul style="list-style-type: none"> * Be polite * Care for each other * Care for all property * Keep it clean 	<ul style="list-style-type: none"> * Right place right time * Be safe * Use technology appropriately * Follow instructions 	<ul style="list-style-type: none"> * Strive for personal best * Wear school uniform * Be ready to learn
Classroom	<ul style="list-style-type: none"> * Help others to learn * Speak at appropriate times 	<ul style="list-style-type: none"> * Bring the correct equipment * Phones and music off and away * Focus on the task 	<ul style="list-style-type: none"> * Make positive and productive contributions to class * Be willing to work with others
Play Ground	<ul style="list-style-type: none"> * Share the space 	<ul style="list-style-type: none"> * Report issues to the teacher on duty 	<ul style="list-style-type: none"> * Use areas correctly
On the Bell	<ul style="list-style-type: none"> * Respect personal space 	<ul style="list-style-type: none"> * Keep left * Know your timetable * Line up quietly 	<ul style="list-style-type: none"> * Move straight to class * Arrive at class on time
Assembly & Roll call	<ul style="list-style-type: none"> * Active listening 	<ul style="list-style-type: none"> * Sit in assigned place * Phones away 	
Sport	<ul style="list-style-type: none"> * Play by the rules 		<ul style="list-style-type: none"> * Actively participate
Canteen	<ul style="list-style-type: none"> * Use your manners * Wait your turn 	<ul style="list-style-type: none"> * Stay behind the yellow line * Buy for yourself only 	<ul style="list-style-type: none"> * Eat and drink before the bell
Toilets	<ul style="list-style-type: none"> * Respect other's privacy 	<ul style="list-style-type: none"> * Smoke free zone * Out of class, need a pass * Use toilets at the correct time 	
Buses	<ul style="list-style-type: none"> * Take your rubbish with you * Wait your turn 	<ul style="list-style-type: none"> * Travel safely 	<ul style="list-style-type: none"> * Move straight into school

Behaviour Code for Students

NSW public schools are committed to providing safe, supportive and responsive learning environments for everyone. We teach and model the behaviours we value in our students.

In NSW public schools students are expected to:

- Respect other students, their teachers and school staff and community members
- Follow school and class rules and follow the directions of their teachers
- Strive for the highest standards in learning
- Respect all members of the school community and show courtesy to all students, teachers and community members
- Resolve conflict respectfully, calmly and fairly
- Comply with the school's uniform policy or dress code
- Attend school every day (unless legally excused)
- Respect all property
- Not be violent or bring weapons, illegal drugs, alcohol or tobacco into our schools
- Not bully, harass, intimidate or discriminate against anyone in our schools

Schools take strong action in response to behaviour that is detrimental to self or others or to the achievement of high quality teaching and learning.

Behaviour Code for Students: Actions

Promoting the learning, wellbeing and safety of all students in NSW Public Schools is a high priority for the Department of Education.

We implement teaching and learning approaches to support the development of skills needed by students to meet our high standards for respectful, safe and engaged behaviour.

Respect

- Treat one another with dignity
- Speak and behave courteously
- Cooperate with others
- Develop positive and respectful relationships and think about the effect on relationships before acting
- Value the interests, ability and culture of others
- Dress appropriately by complying with the school uniform or dress code
- Take care with property

Safety

- Model and follow departmental, school and/or class codes of behaviour and conduct
- Negotiate and resolve conflict with empathy
- Take personal responsibility for behaviour and actions
- Care for self and others
- Avoid dangerous behaviour and encourage others to avoid dangerous behavior

Engagement

- Attend school every day (unless legally excused)
- Arrive at school and class on time
- Be prepared for every lesson
- Actively participate in learning
- Aspire and strive to achieve the highest standards of learning

The principal and school staff, using their professional judgment, are best placed to maintain discipline and provide safe, supportive and responsive learning environments. The department provides a policy framework and resources such as Legal Issues Bulletins, access to specialist advice, and professional learning to guide principals and their staff in exercising their professional judgment. In this context the NSW Government and the Department of Education back the authority and judgment of principals and school staff at the local level.



RUTHERFORD TECHNOLOGY HIGH SCHOOL

CANTEEN MENU

Effective from Term 2 2016



ITEM	PRICE		DRINKS	PRICE
Salad Roll	\$4.30		Moove Milk 500ml	\$3.00
Chicken Salad Roll	\$4.80		Moove Milk 300ml	\$2.20
Ham Salad Roll	\$4.80		Juice 300ml/375ml	\$2.30
Corn Meat Salad Roll	\$4.80		Water 600ml	\$2.00
Chicken Salad Sandwich	\$4.30		Small Water	\$1.00
Salad Sandwich	\$3.70		Soft Drink 600ml	\$3.50
Egg & Lettuce Sandwich	\$3.70		Quench	\$2.00
Curried Egg Sandwich	\$2.90		Plain Milk 600ml	\$2.00
Vegemite Sandwich	\$2.90		Focus Water	\$2.00
Cheese Sandwich	\$2.90		Hot Chocolate (term 2 & 3)	\$1.50
Ham, Cheese & Tomato	\$3.00			
Cheese & Tomato	\$2.70			
Corn Meat & Pickles	\$3.00		SNACKS	
Meat Sandwich	\$2.90		Fresh Fruit Salad (Term 1 & 4)	\$2.50
Chicken Salad Wrap	\$4.80		Fresh Water Melon (Term 1 & 4)	\$2.50
Thai Chicken Salad Wrap	\$4.80		Deli Rock Chips	\$1.00
Salad Wrap	\$4.30		JJ's Chips	\$1.00
Meat Salad Wrap	\$4.80		Eucalyptus Drops	.50c
Salad Box	\$4.90		Muffins	\$1.60
Salad Box (small)	\$3.60			
Chicken Salad Box	\$5.90		Finger Buns	\$1.60
Chicken Caesar Salad Box	\$6.00			
Caesar Salad Wrap	\$5.00			
Chicken Tender Salad Wrap	\$5.00			
EXTRAS				
Bread Roll (extra)	.90		Banana Bread	\$2.60
Butter Bread	.90			
Toasted Sandwich (order)	.50			
Extra Fillings	.40			
Butter/Mayo or Mustard	.20		ICE CREAMS	
HOT FOOD			Billabong	\$1.60
Cheese and Bacon Roll	\$2.20		Paddle Pops	\$1.60
Hot Dog	\$2.50		Frosty Fruits	\$2.00
Pizza Rounds	\$2.30		Frozen Yoghurt	\$1.80
Chicken Burger	\$3.60		Vanilla Buckets	\$1.20
Chicken Burger w Salad	\$4.30		Paddle Pop Lemonade Twist	\$1.20
Plain Pies	\$2.70		Juice Ice Block	\$1.00
Sausage Rolls	\$2.60		Milo Cups	\$2.90
Cheese & Bacon Pie	\$3.00		Moosies	\$1.00
Potato Pie	\$3.00		SAUCES	
Mamee Cup Noodles	\$2.20		Tomato	.40c
Chicken Gravy Roll	\$3.60		BBQ	.40c
Cheese Burger	\$3.60		Sweet & Sour	.40c
Chicken Chippies (6)	\$3.00			
Chicken Nuggets (6)	\$3.00			
Garlic Bread	\$1.10		NEW	
Meat Ball Subs **NEW**	\$3.60		Watch our noticeboard	
Pizza Rounds	\$2.50		for daily \$3 hot dishes	