

IMPORTANT DATES TO REMEMBER

9th May - MSC Computer Tutoring
10th May - Plan - It Youth
10th May - Captains visit to Parliament House and Government House
10th May - Years 9 -10 CBA Talk
12th May - Zone Cross Country at Cessnock Race Course
12th May - TSP football at Lochinvar Public School
15th May - Athletics Carnival (Smyth Oval)
16th May - Open Girls Football
16th May - MSC Computer Tutoring
17th May - Love Bites Program Year 10
17th May - Plan - it Youth
19th May - Love Bites Program Year 10
19th May - Hunter Valley Careers Program at Maitland Federation Centre
19th May - CAFS Assessment Excursion to Sydney

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 16th May in the interview room at our Front Office at 6pm. All welcome!

**RESPECT
RESPONSIBILITY
COMMITMENT**

RUTHERFORD TECHNOLOGY HIGH SCHOOL NEWSLETTER

5th May 2017

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

www.rutherfordhs.nsw.edu.au

Telephone: 4932 5999

Fax: 4932 8166



ANZAC SERVICES

Our Vice Captains, Sophie Curry & Zoe Fletcher, did a fantastic job of representing Rutherford Technology High School at the Greta Public School Anzac Day Service on Wednesday 26 April. The girls wrote a thoughtful and relevant commemorative address and delivered it beautifully to their young audience. We thank Greta Public School for inviting us to attend and we were honoured to be a part of your commemoration.

Emma Basedow
Transition Co-ordinator



*"They shall not grow old, as we that are left grow old,
Age shall not weary them nor the years condemn,
At the going down of the sun and in the morning,
We shall remember them"*

RTHS ANZAC DAY

FORMAL ASSEMBLY 2017



SENIOR EXECUTIVE REPORT

It was great to be able to start this term early with the Anzac parade in Maitland and surrounding areas. Seeing students dressed proudly in their uniform, respectfully marching and absorbing the meaningful ceremony was a real highlight. Scanning crowds, seeing many of our family and community members at local ceremonies and proudly sitting on our school stage whilst our SRC conducted the school ceremony.

It was a time to say thank you and remember, not only the Anzacs at Gallipoli, but also every conflict before and since in which Australian men and women have put their lives at risk in the defence of the Australian people and the Australian nation.

It made me wonder what it is that causes a young Australian man or woman to be willing to put their own life 'on the line'? At the Branxton ceremony they read, "No one has greater love than the one who lays down his life for his friends". They reflected also the commitment of Australian soldiers, and that sacrifice is ultimately motivated by love, whether that be love for your country, love for your family or love of the freedom that we enjoy.

While most of us will not be called upon to express our love for our country in such a sacrificial way, Anzac Day does challenge us to consider how we can demonstrate this self-sacrificial love and seek the wellbeing of others.

In other words, we are to focus not just on our own needs and desires, but also on seeking the delight of those around us. This love is kind and patient, humble and persevering, never selfish or rude, and it does not bear a grudge.

My hope is that this term our school community will continue to be one marked by practical and tangible examples as we sacrifice our own needs for the good of others.

WINTER UNIFORM

Please ensure that jumpers are purchased from our school uniform shop. If families require assistance with uniform, please contact the school. Black tights or jeans are not accepted as our uniform.

CHANGE OF DETAILS

If families change details, please contact the front office. This includes medical information, email addresses or court orders. It is essential that we keep our records up to date.

LATENESS TO SCHOOL

Students are expected to be at school before 9am. Arriving late to school may mean that students miss important notices in the morning. Arriving late also means that valuable learning time is lost.

Kylie Fabri

Deputy Principal

PDHPE NEWS

Welcome back to all students to another exciting Term in PE/Sport.

In Week 1, Rutherford Technology High School's annual X-Country was held, incorporating Zone selection and the Colour Run, and was a great success. Participation was excellent and the enjoyment for both students and staff was evident on the day. Congratulations to the Sports Organisers, Mr Newham and Mr Miller for their hard work in running another fun whole school carnival. Further congratulations to all the students who will be RTHS's representatives at Zone X-Country on the 12th May.

On Monday 15th May, the RTHS Athletics Carnival will be held at Smyth Oval, Maitland. Students are expected to attend this day as a regular school day. Further information will be provided to students, however, as with the colour run, these days are only a success with the participation from all students, whether they are competing to qualify for zone representation or simply for fun with their peers. Support of these days help make them a success and an enjoyable day for all. Dalwood are hoping to sweep the field again after winning last years carnival, as well as this years' swimming carnival. Good luck to all houses.

Year 7 have commenced "off-site" sport lessons during Term 2 in their double sport period each fortnight. All students must return signed parental permission forms to leave school grounds and access external venues, as well as the Flip Out Waiver form. The cost is \$7 per student per fortnight, which is to be paid directly to Flip Out upon arrival. Socks from ANY trampolining venue can be worn, and if not owned already, these can be purchased for three dollars from Flip Out. A reminder that in Terms 2 and 4 buses are required to transport students to external venues (Flip Out and Super Strike Ten Pin Bowling) and a \$50 fee must be paid to the front office to ensure these activities can take place.

Term 2 is a big term with many winter team sports competitions being held. Good luck to all our students who will represent our school and thank you to the staff who provide these opportunities for our students to participate in extra-curricular activities. .

Mr D Thomas

Head Teacher PD/H/PE

CROSS COUNTRY RESULTS

The winning house on the day was Holmeville. Congratulations! The following students are the age champions.

GIRLS

12 yrs Angela Deall
13 yrs Chloe Crosher
14 yrs Tanya Jones – Overall Girls' Champion
15 yrs Mikayla Ryan
16 yrs Tara Ryan
17 yrs Rozelle Kleyln

BOYS

12 yrs Justin Pacamalan
13 yrs Jordan Smoothy
14 yrs Dylan McCormack - Overall Boys' Champion
15 yrs Aiden Skye
16 yrs Brock Bromich
17 yrs Ethan Fellows



HELPFUL HINTS FROM THE LaST (Learning and Support Team)

Your child's ability to be familiar with, understand and navigate more successfully at school requires them to use **LANGUAGE** appropriate to the subject in order to convey a clearer message. Language functions in a variety of ways and is shaped by **CONTENT** (what to say), **PURPOSE** (the reason for creating the work), and **AUDIENCE** (the 'responder', which refers to the reader, viewer or listener). **LANGUAGE** is central to communication. The "code" or system of signs and symbols forms the basis for this communication.

So how does this relate to your child?

It helps your child to:

- Establish identity (place in the world)
- Participate in social contexts
- Make sense of the world (make meaning individually / collaboratively)
- Build relationships
- Express who they are (be creative)
- Develop thought
- Think, feel and reflect

Today this has translated into **LITERACY ACROSS THE CURRICULUM** which involves speaking, listening, critical thinking in reading and writing over a range of contexts. It is important that our students understand the link between **LANGUAGE** and **THOUGHT**.



RTHS – COLOUR RUN 2017



National Assessment Program – Literacy and Numeracy (NAPLAN) 2017

LETTER TO PARENTS

In May 2017 the National Assessment Program – Literacy and Numeracy (NAPLAN) will be completed by students in Years 3, 5, 7 and 9. NAPLAN has the support of all State and Territory Education Ministers and will assess the literacy and numeracy skills of students across Australian schools.

The results of the tests will provide important information to schools about what each student can do, and will be used to support teaching and learning programs. Parents will receive a report indicating their child's level of achievement. Each student's level of achievement will be reported against the national minimum standard.

Student background information (student name, gender, date of birth, language background and Aboriginality) will be collected as part of the National Assessment Program. This information is treated confidentially and held securely to ensure that every student's right to privacy is maintained.

The NAPLAN tests will be conducted from 9-11 May 2017.

TUESDAY 9 MAY	WEDNESDAY 10 MAY	THURSDAY 11 MAY
Language Conventions (Spelling, Punctuation and Grammar)	Reading test	Numeracy test
Writing test		

In the numeracy tests students do not require any measuring tools such as rulers or protractors. In Years 7 and 9 there will be one numeracy test with two parts: Part A calculator is allowed and Part B where calculators are not to be used. For the calculator test, the student should use the calculator that they currently use at school.

Friday 12 May – A 'catch-up' day is scheduled for students who missed a test or were absent on a test day. Students may be considered for exemption from the tests if they:

- are newly arrived in Australia (less than one year before the test) and with a language background other than English, **or**
- have significant intellectual disability and/or significant co-existing conditions which severely limit their capacity to participate in the tests.

All other students are expected to participate in the tests. Disability adjustments which reflect the student's normal level of support in the classroom may be provided. Large print, braille, coloured paper versions and electronic tests are available to meet the needs of individual students.

Access to disability adjustments or exemption from the tests must be discussed with the school principal and a parent or carer consent form must be signed.

Students may be withdrawn from NAPLAN by their parent or carer. This is a matter for consideration by parents in consultation with the school principal. If you wish to withdraw your child from the tests, a parent or carer consent form must be signed.

Please make an appointment with the principal of the school your child attends if you would like to discuss your child's participation in NAPLAN.

Additional information about NAPLAN can be found at <http://www.nap.edu.au/naplan/parent-carer-support>

HUNTER VALLEY CAREERS EXPO

On Friday 19th May, students in years 10, 11 and 12 are invited to attend the Hunter Valley Careers Expo at the Federation Centre in Maitland. At the expo students will have the opportunity to interact with a wide range of exhibitors to assist them in their planning of their future pathways.

Exhibitors include employers, local and national universities, creative arts academies, private colleges, training organisations, emergency services organisation, Australian Defence Forces, international exchange organisations, volunteering groups, youth organisations and the Australian University Admissions Centre. Students will have an opportunity to speak with and receive information from these exhibitors to enhance their career-related planning and decision-making.

The cost of the event is \$10, payable to the front office. Full school uniform must be worn and students will be attending the event from 9am to 10.30pm. For more information, please contact Mr. Butler or Mrs Anderson.

SAFE WORK NSW WHS WHITE CARD COURSE (GENERAL CONSTRUCTION INDUCTION CARD) 2017

An in-school training opportunity has been organised on Tuesday 16th May for students to complete and obtain their **Safe Work NSW WHS White Card**. This training will enable your students to gain access to construction sites or be legally employed in the construction industry. Students who study VET Construction at school must do this prior to attending work placement. This training qualification is also an advantage to students seeking apprenticeships. The cost of this training is \$80 and needs to be paid to the front office.

Any enquiries please contact Mr Toby Butler on 49325999.

COFFEE CONNECT PROGRAM

Term 2 saw the start of the Coffee Connection Project. This project is in partnership between JobQuest, Living Care Aged Services and our school! It is an opportunity for older people with disabilities, illness and dealing with bereavement in aged care facilities to build positive relationships with the community.

Ella Paton, Emilie Hammer, Abbey McFadden, Shawn Piasenti and Capree Sales were selected to represent our school. As part of the program, they will be required to plan, setup and deliver a pop-up café service and activities for the Living Care Facility at Green Hills. The five students will then gain exposure to the growing Aged Care Industry, which may lead to training or employment opportunities.



Volunteer Opportunities



Where:	Rutherford Technology High School Canteen
When:	As often as you can, part or full day!
Hours:	9:00am till 3:00pm (or any part of the day you can manage)
Experience:	Not necessary – everything you need to know can be learnt within a short space of time
Salary:	Plenty of tea and coffee (or juice) and the best of all friendship
Bonus:	Your child/children are happy to see you in their school. You get to meet new people and make good friends within the school community!
Applications close:	NEVER ☺



WELLBEING

The Wellbeing Team have had a busy start to Term 2 with a range of programs and initiatives already implemented to support the physical, social, emotional and intellectual wellbeing of our students. Since the beginning of Term 2 all students from Years 7 through to Year 12 have participated in a range of targeted wellbeing workshops. Feedback from staff, students, and our guest presenters has been extremely positive, and it has been fantastic to see our students engaging respectfully with each other whilst participating fully in all group activities. Workshops and presentations which have been made available to our students include:

YEAR 7 AND YEAR 8

Cyber Safety session led by John Collins who is the Police School Liaison Officer for our school.

REACH session with the school's Student Support Officer and our school captain who is a trained REACH facilitator. This session had focus on building positive relationships and self-belief.

NRL Respect presentation delivered by NRL representatives.

YEAR 9

Drum Beats program - Drum Beats is a program which uses music and rhythm as a tool of communication and encourages team bonding and team building, assists with stress reduction, and builds focusing, listening and concentration skills. Throughout the session students used drums and drumming to express themselves rhythmically, and were able to share the powerful and fun experience of successfully working together.

YEAR 10

Love Me Mission - The Love Me Mission is an initiative that aims to educate and inspire the youth of today to embrace a healthy lifestyle - both mentally and physically. The Love Me Mission presentation gave students the opportunity to learn simple and practical strategies for building resilience, emotional intelligence, self-worth, and self-esteem, along with raising awareness about the importance of embracing a positive body image.

Study Skills Day – Throughout the day students attended 8 study skills sessions which covered topics including notetaking and summarising, how and when to study, time management and organisation, stress management, career planning, seeking help, and using technology to support study. Staff members who delivered these sessions were very impressed with the behaviour and attitude demonstrated by our Year 10 students throughout the day.

YEAR 11 AND YEAR 12

Breathe Project – the Breathe Project is an independent health promotion initiative, aiming to have one simple breathing technique, embedded into all Australian primary and secondary schools for just 3 minutes each day. This project is empowering students by building stress management skills and is proving to be an effective way for all students and teachers to alleviate stress and anxiety.

In addition to these programs the Year 10 Plan-it Youth mentoring program continues to run with eight students meeting weekly with their volunteer mentors to develop goals, and work on building a range of important lifelong skills.

If you have concerns about your child's wellbeing please contact the school and speak to a member of our Wellbeing Team:

Head Teacher Wellbeing Year 7, 9, 11 – Louise Smailes

Deputy Principal Year 7, 9, 11 – Simone Hughes

Head Teacher Wellbeing Year 8, 10, 12 – Kris Turner

Deputy Principal Year 8, 10, 12 – Kylie Fabri

	Year Adviser	Assistant Year Adviser
Year 7	Mrs Mallori Morgan	Mr Matthew Marselos
Year 8	Mr Kegan Daly	Mrs Kristy Grant
Year 9	Mr Josh Potapczyk	Mrs Amy Stork
Year 10	Mrs Emma Basedow	Mr Matt Robinson
Year 11	Mrs Loretta Wells	
Year 12	Mr Graeme Buckie	

Kris Turner and Louise Smailes
Head Teachers Wellbeing

WELLBEING DAY ACTIVITIES



**WE'RE PROUD OF
GROWING MUSICIANS
IN THE HUNTER**

We offer tailored music lessons
for all ages, all instruments and
all levels

Brass	Vocals
String	Piano
Woodwind	Drums
Guitar	Bass

CONTACT US NOW
to book your lessons!
(02) 49345553
maitland@nationalmusicacademy.com.au

National Music Academy
THE ARTISTS CHOICE

Find us on Facebook

National Music Academy,
416 High Street, Maitland 2320

The Importance of School Attendance

Research has proven that there is a high correlation between school attendance and academic performance and success, while absence from school is often the greatest single cause of poor performance and achievement.

Why is it so Important to attend every day?

- Learning is a progressive activity; each day's lessons build upon those of the previous day(s).
- Reading the material and completing work independently does not compensate for the loss of insight gained during class discussion or the loss of competency acquired through explanation or supervised drill.
- Many classes use lectures, discussions, demonstrations, experiments and participation as part of the daily learning activities, and these cannot be made up by those who are absent.
- Regular student participation in daily classroom activities plays a significant role in a student's school success.

Are there other benefits to my child?

- Students with good attendance records generally achieve higher grades and enjoy school more.
- Having a good education will help to give your child the best possible start in life.
- Regular school attendance patterns encourage the development of other responsible patterns of behavior.
- Students who develop an "on the job" attitude toward school will be more desirable to future employers.

What are the risks of frequent absences?

- A child who does not attend school regularly will be unlikely to keep up with the work.
- The more students miss school, the lower their grades; the lower their grades, the less they want to stay in school; the less they want to stay in school, the more likely they will drop out of school.
- Students who miss school are more likely to be at-risk for anti-social or criminal behavior.

What can parents do to help?

- Parents must model the value of education, including the importance of regular attendance.
- Make sure that your child goes to school regularly and arrives on time—you will establish a good habit that will carry through life.
- If your child starts missing school, work with the school to put things right. Make sure your child understands that you do not approve of him/her missing school.
- If your child is ill or must miss school for some other reason, contact the school immediately. If you ask for homework, make sure your child completes it.

- Do not expect the school to approve of shopping trips during school hours.
- Whenever possible, arrange family vacations during school holidays so that children miss as little school as possible.
- Take an interest in your child's school work and be involved in the school as much as possible—your child will value school more if you do.

Who else benefits from good school attendance?

- Other students: less classroom time is spent reteaching and reviewing for students who have been absent.
- Teachers: lesson plans are more likely to be completed when all students are present. Teachers must sometimes postpone tests or other important activities until all students are present.
- The office staff: less time is spent calling to verify reasons for absences.
- The school and district: school districts with a low absence rate receive more state funding than those with absence rates higher than 6%.

Remember, regular attendance is necessary for success in school. Help ensure that your child has the best opportunity for success by making sure he/she is in school every day.

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!

INVITATION

RUTHERFORD TECHNOLOGY HIGH SCHOOL

Mother's Day Morning Tea
Friday 12 May 2017 @ 9:45am



**We would like to extend an invitation
to all mothers, grandmothers, aunties
and female caregivers to join us for
morning tea to thank you for all you do
and show how special you really are.**



Tuning in to Teens

Emotionally Intelligent Parenting

A six-session parenting program
for parents of adolescents aged 12-18years

Where: Rutherford Technology High School
Avery St, Rutherford

When: 9.30am - 11.30am Monday mornings
15th May to 19th June, 2017

Call Mary-Kate on 4932 5999 or email Mary.ferguson13@det.nsw.edu.au to register your interest

Assisting you 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
- ☐ 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.



This program will be co-facilitated by Adolescent & Family Counsellor, Catholliccare- Robert Kilkelly.

You must register to attend the course and it is open to any members of the community.



WELCOME TO TERM 2 OF CAPTAIN'S REPORTS!

We hope you had wonderful and safe holidays. Not much to report as yet, although we had the SRC positively represent our school within the community at the Maitland ANZAC March in the holidays and put a great name out into the community for our school. We also had our whole school ANZAC ceremony on Friday where our feeder primary schools came along to see our assembly and it was nice to get to know the little SRC captains from the surrounding primary schools.

We are still having our weekly Tuesday meetings, and are looking forward to having a whole SRC planning day soon.

Hope everyone has a great term, our 2nd last term for Year 12, Woohoo!

Ashley & Anton
School Captains

PUMA FOOTBALL CUP - OPEN BOYS FOOTBALL

On Friday 31 March our school's Open Boys Football Team met Cessnock in Round 2 of the Puma Football Cup. After a late ground change and a relocation to the synthetic field our boys found themselves down 2-1 with only 20 minutes to go. Cessnock suffered a serious injury and following a 40-minute ambulance delay, the game was restarted. There were three minutes to go and Blake Hamer scored his second goal, taking the game into extra time! With two minutes remaining of extra time and the game certain to head to penalties, Luke Ryan popped up far stick and slotted the winner to win the game 3-2. Well done to all the boys involved and thank you to School Staff & Parents for their assistance with ground & time changes and support at the game.

We are looking forward to Round 3!

Blair Newham



HUNTER VALLEY BUSES – CHANGE TO BUS ROUTE DISPLAY

CDC Hunter Valley Buses have advised schools within their region that as from the first day of Term 2 (26 April 2017) their bus route display system will change from the current 3-digit display to a 4-digit display. The change will be phased in using a rotating display on the front and sides of their buses. The new 4-digit number will display for 2 seconds and then roll over to the old 3-digit bus number for 2 seconds. Students will be able to easily identify their correct bus as it approaches their stop.

This system will be used for all of Term 2, but only the 4-digit numbers will remain after that time.

For further assistance with choosing the correct bus to and from school please refer to CDC Hunter Valley Buses School Advice Notices on their Website. These school specific advices can be found at:

<http://www.cdcbus.com.au/school/hunter-valley-buses-school-timetable>

RUTHERFORD TECHNOLOGY HIGH SCHOOL



Respect Responsibility Commitment

30 Avery St. Rutherford 2320

Phone: 49325999

Fax: 49328166

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

PARENTS and CARERS PAYMENT CHANGES for RTHS

Dear Parents and Carers

Rutherford Technology High School will transition to the new NSW public schools' finance system and a new bank account on **24 July 2017**.

To ensure a smooth transition, there will be changes to the way we accept parent or carer payments.

1. **Direct deposits:** As of **30 June 2017**, we will no longer accept direct deposits into our current school bank account as we prepare to close this account and transition to the new one. Any payments made using direct deposit after this date cannot be properly allocated to a student's account in a timely manner. Please ensure you have made any outstanding direct deposits before **30 June 2017**.
2. **EFTPOS payments:** Any payments can still be made using this method – however, we will not be able to accept EFTPOS payments between **19 July 2017** and **24 July 2017**. Please ensure that you have made any outstanding EFTPOS payments before **19 July, 2017**.
From **25 July 2017**, EFTPOS payments will be accepted as before.
3. **Cash and cheque payments:** Between **19 July 2017** and **24 July 2017**, we will also not be able to accept payments by cash or cheque as we prepare to close our current bank account and transition to the new one. Please ensure that you have made any outstanding cash or cheque payments before **19 July 2016**. From **25 July 2017**, cash and cheque payments will be accepted as before.
1. **Online payments:** We have now begun to accept online payments using the Department of Education's Parent Online Payment (POP) system. A button to access this online payment system titled '\$ Make a Payment' is visible on the utility bar on the front page of our school's website at **www.rutherford-h.school.nsw.edu.au/** By selecting this link, parents and carers will be taken to a secure Westpac QuickWeb payment page, from which they can make online payments.

Please note: As a Westpac-hosted solution cardholder and account details will be held securely, helping to protect the school and its customers from fraudulent transactions as well as assisting in meeting the Payment Card Industry Data Security Standard (PCIDSS) compliance requirements.

Thank you for your patience and understanding as we transition to our new finance system. We are hopeful the addition of an online payment facility will prove of benefit to families. If you have any questions, please contact Mrs Lexi Fitzgibbon (Administration Manager) on 4932 5999.

Kind Regards

Michael Whiting

PRINCIPAL



FUSED

WORKSHOPS



**A unique opportunity
for young people to
connect, learn, discover
and grow**

Fused Workshops are an opportunity for young people to experience a unique youth-led environment that encourages them to challenge themselves, learn from others and grow their self-awareness and resilience.

Fused is delivered in locations around Vic and NSW. The workshops are held from 6-8pm, four evenings throughout the school term.

Through discussion-based activities young people can explore new strategies and skills for navigating life and discovering a sense of meaning and purpose, whilst encouraging each other to recognise their strengths, passions and potential.

**“I think having a space
to talk about real issues
and problems is great.”**

Tim, 16yrs

WHAT

Fused Workshops

WHY

An opportunity to make connections, discover a sense of meaning and recognise potential

WHO

13-17 year olds

WHEN

A series of four evening workshops (6-8pm) held throughout the school term

WORKSHOP OUTCOMES

Fused offers the opportunity for young people to:

- Build confidence through recognition and exploration of their inherent strengths and potential
- Strengthen self-awareness
- Create meaningful connections with peers
- Improve their sense of meaning and purpose
- Build new skills and learn to apply positive strategies in life

ABOUT REACH

Reach supports young people to get the most out of life. We aim to improve the wellbeing of young people so they can be healthy and resilient to meet life's challenges, and fulfil their potential

Each year, 40,000 young people aged 10-18 experience Reach through our youth-led preventative workshops – designed and delivered by our young crew.

Young people say Reach improves their self-awareness and helps them build more meaningful connections.

For two decades, Reach has improved the wellbeing of tens of thousands of young people.

CONTACT

Bron Dyason

T. 0417 679 397

E. bron.dyason@reach.org.au

WORKSHOP DETAILS

Fused is a safe and supportive space where teenagers can connect with their peers and share their stories honestly. This is important for teenagers – adolescence is a time when people often try to make sense of who they are, what's important to them and where they fit into the world.

Although each workshop is designed to meet the specific needs of teenage participants, generally workshops encourage young people to explore what it is to be a young person – by providing opportunities for participation in interactive youth-led discussions and activities, that encompass the kind of issues that all young people face.

All Fused workshops are designed and delivered by the Reach crew – this is what makes them so effective. Young people say they can relate to the crew because they speak honestly and openly about their own journey and challenges, and create safe environments where others can do the same. This means Fused workshops are always relevant and meaningful for young people.

Each Fused workshop includes:

- Three to four Reach crew who design, facilitate, lead and guide all the experiences for young people
- 5-10 crew members who provide peer support to young people participating, as well as support to the lead crew to ensure that activities run smoothly
- At least one wellbeing professional (social worker or psychologist) who provides additional wellbeing support to young people as required
- An adult supporter is present at all times. They are trained in first aid and have general oversight for everyone involved and participating in the workshop

We recommend choosing a Fused Workshop closest to your home as it will give young people an opportunity to meet others in their local community.

WELLBEING SUPPORT FRAMEWORK

Reach's youth-led workshops create safe and non-judgemental spaces where young people can express themselves and connect with peers and positive role models. In this way, Reach workshops and activities promote positive wellbeing in young people.

Underpinning the design and delivery of all workshops is a framework of professional wellbeing support, to ensure emotional safety and positive youth connections. Young people are supported by trained crew and wellbeing professionals (psychologist, social worker or counsellor) in all Reach workshops. Due to the nature of workshops, this involves reviewing all enrolments of young people. This may include a direct call to the young person or guardian.

Reach wellbeing staff assist young people and caregivers to determine appropriate follow-up and referral support post workshop if necessary.

OTHER WORKSHOPS

Reach offers a range of school and community-based workshops for anyone aged 13-18 in Vic and NSW. These workshops are 100% youth-led which means they're always relevant for young people.

For further Reach opportunities:

● Grounded

A series of two day-time workshops held during the school term.

Grounded is for young people who push the boundaries and challenge the status quo

● Weekends Away

Weekends Away are a chance to shake things up – for young people to step out of their ordinary world and into a Reach adventure

Please visit our website to find out more.

DATES

HUNTER VALLEY HOTEL ACADEMY-
KURRI KURRI TAFE CAMPUS
Heddon St & McLeod Rd, Loxford NSW 2327

Workshop One

Tuesday 9 May // 6:00pm - 8:00pm

Workshop Two

Tuesday 16 May // 6:00pm - 8:00pm

Workshop Three

Tuesday 23 May // 6:00pm - 8:00pm

Workshop Four

Tuesday 30 May // 6:00pm - 8:00pm

COST \$100

For all four workshops

BOOK NOW! You don't want to miss this.



**SUPPORTING YOUNG PEOPLE
TO GET THE MOST OUT OF LIFE**

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We think all students should have the chance to be healthier and happier, so we've created an awesome deal just for you. We know students already work hard, but we want you to work even harder.

Join us now to push yourself to be the best you can be. You can achieve greatness! Ask in - club today about our student offer. MINIMUM AGE 16.



Maitland Includes You! The Mai-Wel Group's Creative Arts unit invite you to a...

Song Writing and Sound Production Masterclass with

MATT McLAREN

Pianist, vocalist, songwriter, arranger, collaborator, performer & producer
Australia's Got Talent 2016 Semi Finalist and vision impaired Novocastrian

Tuesday 16 May, 2017 · 6:30pm - 8:00pm

Maitland Regional Art Gallery · Tix: \$10 each



LIMITED TICKETS AVAILABLE!

For more info and to book your place, contact Steve on (02) 4934 1867.

Tickets also available online at www.maiwel.com.au/tickets



Engineering Girl's Talk 2017



**Not sure what career path to take?
Do you enjoy maths and science and solving problems?
You'd make a great engineer!**

Female engineers work on an endless array of projects - NASA space suits, cutting edge electronics, structures, aeroplanes, machinery, space and literally anything you can think of.

Come to our 'Girls Talk' evening where you'll hear from female engineers from various specialty areas including Aerospace, Software Development, Systems Administration and Civil Engineering. They'll share information on what their day to day engineering life entails, where their career has taken them and what inspired them to choose engineering as a profession.

This presentation is just for the girls. It's open to female students from years 8-12 who are interested in a career in engineering, maths or science.

Bring along your parents or your Maths & Science teachers. You'll have the chance to talk to representatives from the University of Newcastle and the Hunter Institute of TAFE about course information and the best subjects to select.

FREE to attend

**Light refreshments will be served,
registration essential for catering purposes.**

Event details

Tuesday 23 May 2017

5.15pm arrival for 5.30pm start

Engineers Australia Auditorium

Suite 3, Tonella Commercial Centre,
125 Bull St, Newcastle West. (Entry
via Dick St)

Enquiries please contact
02 4911 7310

REGISTER NOW

engineersaustralia.org.au/newcastle-division

Make Mum feel special all year round!



Rutherford Technology High School P & C Association is raising funds....

Support our School by buying the NEW 2017 | 2018 Entertainment Membership for your Mum, other family members, or even spoil yourself this Mother's Day. Entertainment Memberships are filled with hundreds of valuable offers for everything you love to do, and you'll be helping our fundraising at the same time!

Over \$20,000 worth of offers Mum will love!

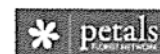
DAVID JONES

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MAGSHOP

REVIEW



and much, much more...

Rutherford Technology High School P & C Association

Contact: Lexi Fitzgibbon Phone: 0249325999 Email: lexi.fitzgibbon@det.nsw.edu.au

To order your Book or your Digital Membership securely online visit:

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Newcastle, Central Coast and the Hunter Edition \$65 including GST: # _____ Book(s) # _____ Digital Membership(s) \$ _____ TOTAL ENCLOSED \$ _____

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20% from every Membership sold contributes to supporting our School.

IMPORTANT INFORMATION FOR Y11 & 12 STUDENTS.

NSW SCHOOL VACCINATION PROGRAM

Vaccine	Who is eligible?	How many doses?
meningococcal ACWY vaccine (4vMenCV)	All year 11 & 12 students	1

The meningococcal ACWY vaccine (4vMenCV) is a new program just announced in January 2017.

**Consent forms will be handed out to all Y11 and 12 students for the meningococcal vaccination on Tuesday 16th May 2017.
Signed consent forms must be returned promptly.**

Vaccination Day will be Wednesday 31st May 2017 in the Staff Common Room.

Parent Information Kits that include an information sheet, consent form and privacy statement will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to:

- read all the information provided
- complete the consent form in blue or black ink only.
- return the completed consent form to their roll call teacher, YA or Mrs Young at the morning assembly.

IMPORTANT ADVICE TO STUDENTS:

- ❖ Having breakfast on vaccination day
- ❖ Wear comfortable, loose clothing if possible to allow access to the upper arm (such as sports uniform)
- ❖ If nervous, talk to the teacher about going first! - See Mrs Young
- ❖ The nurse will give you a record of vaccination. It is very important this be taken home to parents, as it will be needed at different times in life, for example prior to starting work/work experience or for travel.

IMPORTANT INFORMATION FOR Y7 STUDENTS.

NSW SCHOOL VACCINATION PROGRAM

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2017, the following vaccines will be offered:

YEARS	VACCINE	NUMBER OF DOSES
Year 7	Human papillomavirus (HPV) vaccine	2-doses in 2017 at least 6 months apart*
	Diphtheria-Tetanus-Pertussis (whooping cough) vaccine	Single dose
	Varicella vaccine (chickenpox) – catch-up	Single dose
Years 11-12	Meningococcal ACWY vaccine	Single dose

** The second dose of HPV vaccine is being delayed to later in the year (at least 6 months after the first dose) to allow the recently-announced Meningococcal ACWY Vaccination Program to be offered to students in Years 11 and 12 from Term 2 when the second dose of HPV vaccine is usually given. There is no harm for Year 7 students in delaying the second dose of HPV vaccine and further advice for parents will be provided later in the year regarding HPV course completion.*

Most Y7 students who have had their first dose will now receive their second dose as per program above on Wednesday 11th October 2017. No consent forms are required.

Any Y7 student who has not returned consent form and not received any vaccination can still obtain a form and participate in the Y7 Vaccination Program 2017.

Please note that students who commence HPV vaccination in school clinics in Year 7 but do not complete the course during the school year may be offered catch-up doses at school in Year 8.

Students who have any HPV doses at their GP will be advised to complete the course with their GP.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at www.health.nsw.gov.au/immunisation.

A Record of Vaccination will be provided to each student vaccinated at each clinic as a physical card. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

IMPORTANT ADVICE TO STUDENTS:

- ❖ Having breakfast on vaccination day
- ❖ Wear comfortable, loose clothing if possible to allow access to the upper arm (such as sports uniform)
- ❖ If nervous, talk to the teacher about going first! - See Mrs Young
- ❖ You will be given a record of vaccination by the nurse. It is very important this be taken home to parents as it will be needed at different times in life, for example prior to starting work/work experience or for travel.

Mothers Day Family Night

& Heating Expo

Bunnings Maitland

Thursday 11th May 2017

6pm – 8pm

|Come along and enjoy a

JAM PACKED EVENING OF FREE FAMILY FUN

including Big Baller inflatable, Minnie and Mickey

Castle, Photo Booth, Puppet Show, Roaming

Musician, Ventriloquist, Pamper Station, Mothers

Day Craft, Face Painting and

AN AMAZING DISPLAY OF HEATING PRODUCTS TO

GET YOU READY FOR WINTER!

Sausage sizzle available for a gold coin donation

Bookings essential by Monday 8th May on 49391400 or email

maitlandao@bunnings.com.au



Rutherford Technology High School UNIFORM SHOP

OPENING HOURS:

**TUESDAY
THURSDAY**

**8:00am - 12noon
8:00am - 12noon**

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			

Aboriginal Chronic Disease Clinic

Would you or any family members like to receive a **FREE** Health Screening Check?

Staff from the Hunter New England Health, Integrated Chronic Care team and Aboriginal Health Unit are providing a **free** clinic to all Aboriginal community members over the age of 15.

*Come along and get your free screening
Or testing for:*

Diabetes
Kidney disease
Liver function

Cholesterol
Lung disease
Blood Pressure

Where: Mindaribba Local Aboriginal Land Council
1a Chelmsford Drive, Metford

When: 1st Monday of the Month

Time: 9.30am – 3.30pm

1st May

5th June

7th August

4th September

6th November

4th December

Appointments: Drop in



For further information please contact:

Michelle Campbell – AHW on mobile: 0437 300 586
Donna Clucas – CNC on mobile: 0418 664 081



GYMNASTICS CLASSES

BOOK INTO GYMNASTICS TODAY

GYMNASTICS 21 IS A MOBILE GYMNASTICS SERVICE THAT OFFERS PROGRAMS DURING AND AFTER SCHOOL HOURS FOR AGES 5 – 50 YEARS. G21 OFFERS A WIDE RANGE OF OPPORTUNITIES TO EXPLORE YOUR GYMNASTICS ABILITIES WHETHER YOU'RE A YOUNG CHILD OR YOUNG AT HEART. DEDICATED TO BUILDING YOUR CONFIDENCE, BALANCE, STRENGTH AND COORDINATION. TO FIND OUT MORE HEAD TO OUR WEBSITE WWW.GYMNASTICS21.COM.AU OR CALL US TODAY! ->



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RUTHERFORD TECHNOLOGY HIGH SCHOOL

CANTEEN MENU

Effective from Term 1 2017



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		
Meat Sandwich	\$2.90	SNACKS	
Chicken Salad Wrap	\$4.80	Fresh Fruit Salad (Term 1 & 4)	\$2.50
Thai Chicken Salad Wrap	\$4.80	Fresh Water Melon (Term 1 & 4)	\$2.50
Salad Wrap	\$4.30	Deli Rock Chips	\$1.00
Meat Salad Wrap	\$4.80	JJ's Chips	\$1.00
Salad Box	\$4.90	Eucalyptus Drops	.50c
Salad Box (small)	\$3.60	Muffins	\$1.60
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		
HOT FOOD		ICE CREAMS	
Cheese and Bacon Roll	\$2.20	Billabong	\$1.60
Hot Dog	\$2.50	Paddle Pops	\$1.60
Pizza Rounds	\$2.30	Frosty Fruits	\$2.00
Chicken Burger	\$3.60	Frozen Yoghurt	\$1.80
Chicken Burger w Salad	\$4.30	Vanilla Buckets	\$1.20
Plain Pies	\$2.70	Paddle Pop Lemonade Twist	\$1.20
Sausage Rolls	\$2.60	Juice Ice Block	\$1.00
Cheese & Bacon Pie	\$3.00	Milo Cups	\$2.90
Potato Pie	\$3.00	Moosies	\$1.00
Mamee Cup Noodles	\$2.20	SAUCES	
Chicken Gravy Roll	\$3.60	Tomato	.40c
Cheese Burger	\$3.60	BBQ	.40c
Chicken Chippies (6)	\$3.00	Sweet & Sour	.40c
Chicken Nuggets (6)	\$3.00		
Garlic Bread	\$1.10		
Meat Ball Subs **NEW**	\$3.60	NEW	
Pizza Rounds	\$2.50	Watch our noticeboard	
		for daily \$3 hot dishes	

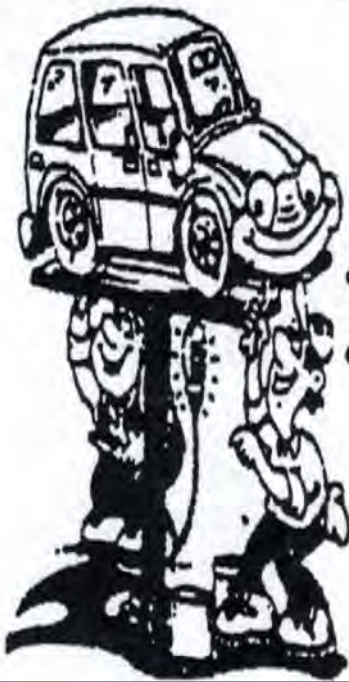
PLEASE NOTE-

NO \$50 notes will be accepted before lunch.

RUTHERFORD MECHANICAL REPAIRS

ALL MECHANICAL REPAIRS

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



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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>



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.