

IMPORTANT DATES TO REMEMBER

22 September - Last day of Term 3

9 October - School resumes for Staff and students Term 4

11 October - Yr 7

Vaccination

11 October - Plan It Youth

13 October - Moneytalks Workshop

14 October - P&C

Bunnings BBQ

Fundraiser

17 October - Attendance Reward BBQ

17 October - P&C

Monthly Meeting

18 October - Plan It Youth

OFFICE OPENING HOURS

Please be aware the office is open Monday to Friday between 8:00am and 4:00pm. 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.

P & C Meeting

The next P&C meeting will be held on the 17 October at 6:00pm in the interview room at the Front Office. All welcome to attend.

**RESPECT
RESPONSIBILITY
COMMITMENT**

RUTHERFORD TECHNOLOGY HIGH SCHOOL NEWSLETTER



22nd September 2017

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

www.rutherfordhs.nsw.edu.au

Telephone: 4932 5999

Fax: 4932 8166

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

RutherfordTechnologyHighSchool



MAECG PATHWAYS AWARD

Maitland Aboriginal Education Consultative Group (MAECG) Pathways Awards were held at RTHS on Wednesday 30 August to celebrate the academic, cultural or sporting excellence of Aboriginal and Torres Strait Islander students from schools associated with MAECG. Year 12 students from a number of schools were recognised at the awards, as well as students from Yr 7 - Yr 11 who were nominated by their school for excellence.

Award recipients from RTHS were:

Jake Collins-Doherty from Year 10 who was nominated in all three categories of academic, cultural and sporting achievement.

Phoenix Whitby from Year 10 who was nominated for academic achievement.

Sebastian Baxter from Year 7 who was nominated for academic and sporting achievement.

Congratulations to all award recipients.



WELL DONE!

SENIOR EXECUTIVE REPORT

As Year 12 complete their last week of classes and their final exams, I would like to take the opportunity to thank them for the contribution they have made to Rutherford Technology High School throughout the past six years and wish them luck for their upcoming exams. Year 12 has continued to prepare diligently and to access the many supports in place to help them in their final weeks. The next four weeks leading to the HSC exams and the work each individual does, can be the difference in their final results. Students are currently working together to support each other to achieve their personal best. I am impressed with the level of commitment and determination the majority of students are demonstrating at this time of their learning program. Groups who work together and support each other do better than those who work individually. The better each student does in the HSC examinations the better the cohort will do as their school assessments can be positively moderated. All Year 12 are very aware they still have 50% of their final HSC mark to achieve. Congratulations on your achievements to date and we look forward to sharing in your celebrations and successes at the completion of the HSC early November and when your results are released in December.

Whilst we farewell one talented student group, our years march on and I would like to recognise the insight of families and collaboration with staff in having students select their pattern of study for 2018. Research indicates that a key component in student success is student self-direction and choice in curriculum pattern. Our subject selection evenings and discussions with students illustrate the engagement our students have in navigating a path of study that interests, excites and challenges each learner. We have been working hard with students on their curriculum pattern for 2018.

Our timetable for 2018 is under construction and our timetable staff are working with students discussing the best possible fit for individuals where their priority selections may not be available. I would like to thank families for their interest and involvement in the process and we hope to be able to deliver a challenging and engaging curriculum for all.

Monday 9 October will be the first day of the Higher School Certificate for our Year 11 students. To commence this very important year, all students will be provided with their HSC assessment booklet week 1 of Term 4, the booklet outlines NESA requirements and school expectations.

As Term 3 ends, I would encourage all students to focus on their organisation and time management skills as they prepare for the final examinations scheduled throughout term 4 Years 7-10. Sometime in reflection over the holidays, where students identify their learning strengths and some areas for growth will allow each student to form a plan for success in Term 4. The emphasis we place at Rutherford Technology High on reviewing your performance, engaging with feedback and then seeking to grow is a cycle that builds achievement.

Have a happy and safe holiday. School returns Monday 9 October 2017

Simone Hughes
Deputy Principal



YEAR 8 GREAT AUSSIE BUSH CAMP

Year 8 had the fortunate experience of attending the Great Aussie Bush Camp in August this year!

I don't think many slept the Sunday night before we left, as many couldn't stop thinking or talking about the camp and what they were going to do. After what felt like years, staff and students were finally shipped off to Tea Gardens at 9:15am Monday morning. Everyone eagerly jumped on the bus and Nic Adams talked nonstop all the way!

It appeared that some students had packed for a month as they found out how heavy their bags really were when they got off the bus then to realise that the cabins were a little far away! Upon arrival, students explored their accommodation at Camp Site 6 then began their three days of adventure.

Over the three days, students tested themselves against such challenges as the High Ropes Course, the Rock Climbing Wall, the Abseiling Course, the Leap of Faith, the Giant Swing, the Duel Flying Fox and Trivia.

Everyone found the program to be incredibly enjoyable, exciting as well as tiring. However, the student's favourite activity would have to have been the Team Challenge. Not everyone took the opportunity to attempt this, as a few were terrified of heights, this fear of heights is something most tried hard to overcome. Everyone got to witness something special - Rebecca Ward, Charleigh Oliver, Kiarah Maloney and Isabel McFadden, also known as the "Dream Team", conquering the course in under five minutes. Well done girls!

Mrs Grant, Mrs Woodbridge and Mr Daly were relieved that students sunk into their sleeping bags super quickly each night, despite the 30kgs of lollies students brought with them, all were very tired.

Finally, I would like to thank the students for being well behaved and engaging whole-heartedly in the experience. I would also like to thank Mrs Grant and Mrs Woodbridge for giving up their time to help facilitate Year 8 over the three day camp.

Do it again next year?

Keegan Daly
Year 8 Year Advisor



The Great Aussie Bush Camp



CAREERS AND VET NEWS

Term 3 has been a frantic but exciting time for all of us in the Careers / VET. We have welcomed Mr Brian Hunt (our new Careers Advisor) to the faculty. He is a gentleman with a broad range of experience and some great contacts that our students are already benefitting from.

Year 10 students have completed their Subject Selection process, consisting of faculty information sessions, the Subject Selection Evening and individual interviews to ensure all students are well-informed and satisfied with their senior schooling choices.

We have also been very active in undertaking career development activities with our students. Year 10 students took part in the Youth Express Careers Quest event at which they had the opportunity to discuss a range of different post-school pathways with industry representative. Thank you to the following organisations for taking part:

LJ Hooker Real Estate - Kane Bradley
Australian Defence Force Recruiting - Shane Cox
Master Builders Ass - Ilana Howard & Alisha Howard
Australian Tax Office - Anne Hung
TAFE - Kate Taylor
Futurepreneurs - Sarah Kenyon
Obelisk Systems - Lewis Quill & Levi Weitenberg
ME Program - Rick Evans
Bunnings - Matt Jones
Fisheries NSW - Emma Mitchell

In addition to this, Year 10 students also attended the Skills Roadshow. They were very fortunate to hear the inspiring personal story of Luke O'Hare and explore their own passions and interests via the use of the Skillsroad website. Thanks to the NSW Business Chamber and Mrs Anderson for organising the event and Luke O'Hare for facilitating an outstanding and valuable day.

Year 12 students have been working with us to finalise their planning for their post-school lives. They have been individually interviewed by Mr Hunt or Mr Butler and have been assisted with careers research, job applications and applying for university. To add to this, our Year 12 VET students have been taking the final steps to complete their coursework, work placement experiences and excursions with many of the students set to receive full Certificate II qualifications in their course which is a great achievement. Special thanks goes to the large number of local businesses who provide workplace experience to our students.

Toby Butler

Head Teacher Vocational Education and Training





www.jobjump.com.au

Dear Parent,

Your future Career is here.

We would like you to register on JobJump so you too will receive News on the Careers your son/daughter likes sent to your home email address. It may only take one bit of news to unlock and inspire them towards their future career. Plus you will be able to use all parts of the JobJump website to help them plan and achieve their Career dreams. It is there to help through to an extra year after their Year 12.

To register with JobJump, go to the front screen of the website at www.jobjump.com.au
Click on **I'm New**. On the new screen, enter into the first white box the first letters of your school's name and **when the full name appears just below in blue**, click on your blue school name and it will enter automatically into the first white box.

In the second white box, enter your school password, which is:

Rutherford

and click Continue. You then need to enter a few details and set your Personal Password. (Min 6 characters). Therefore, whenever you then come back to Login to JobJump, all you will then need is your email address and Personal Password.

Two things to remember:

1. If you cannot find the career from the list offered that suits your son/daughter, select a career, which is in the field they like. For example, they may like the field of Tourism and the idea of having a career in the Tourism industry is not a bad idea. In the listing, select 'Travel Agent' because all Tourism careers news will come to you.
2. When you register, remember you can select as many careers as you like from the listing. If your son/daughter changes their mind, you can alter the choices at any time by going to the black head at the top right hand side after you are logged in.

**Watch the tour of JobJump in the brief video entitled 'Learn JobJump fully in minutes'.
Go the bottom middle part of the Home page.**

Once you have registered, you can also use all parts of the website to enjoy all of the following:

Year 10 subject selection advice across 100 careers.

Writing letters, resumes, what to say to an employer, where to find your future employer.

A comprehensive digital ATAR and University Course sorter that works hand in hand with the UAC Handbook making life now a breeze for you to search for your chosen courses.

Job vacancies for over 100 options based on your school location.

Bonus points,

Overseas Exchange,

Accommodation across all Universities in NSW and their direct links.

Earnings across 300 careers.

EAS information.

Find my Career quizzes.

Hobby projects across 100 careers to inspire and engage students in their career.

Interactive yearly calendar across all news items which can be personalised to your careers of interest.

Undergraduate scholarship sorter across all NSW Universities.

Universities Open Days listing and links.

Videos across 100 careers.

Gap Year and Volunteering opportunities.

Alternative entry to University sorter and links across all NSW Universities.

Interstate and overseas University admissions centres' links.

Work Experience documentation.... and much more.

We trust you will enjoy using www.jobjump.com.au

RURAL FIRE SERVICE

On Sunday the 27 August 2017, the Lower Hunter Zone held its second field day at Maitland Showground. Four students from Rutherford Technology High school were involved in the event.

There were thirteen Lower Hunter Crews and four out of area crews, one from Tuncurry (Mid-Coast District), Seahampton (Central Coast District) Wallarah (Central Coast District) and North Rocks (The Hills District). There was also a Heritage Team who had a go at the Tanker/Hand Tool Event which seen them up against one of the newest tankers in the RFS Fleet & Heritage Crew.

The four students from Rutherford Technology High School were:

Jessey Goodridge – Lower Hunter Juniors
Anne-Maree Kimber – Lower Hunter Juniors
Joshua Skinner – Lower Hunter Juniors
Nicholas Marquet – Lochinvar Brigade

Jessey, Anne-Maree & Josh participated in events such as MVA/Car Fire Event, Ladder Event, First Aid and lots more – well done Lower Hunter Juniors!

Nick assisted the Lochinvar Brigade in running the MVA/Car Fire Event.

Overall the winning teams on the day were:

Visitors:	Lower Hunter:
Tuncurry Walarah Seahampton	Bolwarra Benwerrin Thornton



TERM 3: WEEK 8 ASSEMBLY – SUPPORT FACULTY PBL AWARDS

Corey Wilson
Karisma Robinson
Gabriel Cerquiera
Ebony Giles
Abby Algie
Gina Bower
Matthew Houghton
Jordan Braneley
Samuel Madge
Khadejah Date
Hayden Darcy
Skye Woods

Commitment to Completing Classwork in all KLA's
Commitment to Completing Classwork in all KLA's
Interest and Consistent Effort Across all KLA's
Outstanding Effort in Numeracy & Literacy
Outstanding Effort in Numeracy & Literacy
Outstanding Effort in Numeracy & Literacy
Outstanding Effort in Numeracy & Literacy
Outstanding Effort in Numeracy & Literacy
Improved Commitment & Responsibility
Outstanding Achievements in Mathematics
Consistently Demonstrating Respect & Commitment
Providing Support & Encouragement to her Fellow Peers



TERM 3: WEEK 9 ASSEMBLY – HSIE FACULTY PBL AWARDS

YEAR 7

Brayden Lucas	Consistent Effort and Application in Geography
Destiny Mains	Consistent Effort and Application in Geography
Amy-Rose Squires	Consistent Effort and Application in Geography
Gemma Watson	Consistent Effort and Application in Geography

YEAR 8

Courtney Edwards	Consistent Effort and Application in History
Alex Rooke	Consistent Effort and Application in History
Annalise Stoessel	Consistent Effort and Application in History
Zac Thompson	Consistent Effort and Application in History

YEAR 9

Tahlia Nairne	Consistent Effort and Application in Geography
Kasey Pryor	Consistent Effort and Application in History
Cody Thomas	Consistent Effort and Application in Geography
Brayden Wallbridge	Consistent Effort and Application in Geography
Machala Widdrington	Consistent Effort and Application in Geography

YEAR 10

Timoth Makina	Consistent Effort and Application in History
Jada Osborne	Consistent Effort and Application in History
Ella Paton	Consistent Effort and Application in Geography
Olivia Riches	Consistent Effort and Application in History

YEAR 11

Rebecca Condon	Consistent Effort and Application in Society & Culture
Chloe Kociszewski	Consistent Effort and Application in Modern History





Phone: 0458 492 700
Email: evolutionhairco@hotmail.com
Location: 2 Hunter Street, Maitland
(off street parking available)

Evolution Hair Co. 2017 Formal Package

Formal Package Consists of:

- 1 x Formal Hair Upstyle
- 1 x Spray Tan

Cost: \$100.00

Booking is Required
Phone: 0458 492 700

Make-up is also available on request through our salon by an Independent Make-up Artist at a cost of \$80.00.



MAI WEL GRADUATION

Today students attended the Mai Wel Get Started Program graduation. The students throughout the year have learnt many new skills, including:

- Creative Arts including music. Jake and Jordy Collister performed at the Graduation ceremony.
- Resume writing
- Social activities
- Skills for independent living
- Self Esteem and Work experience

Many students will continue on with programs within the Mai Wel group through their final years of schooling but also as a post school option to gain continued skills and support for independent living for their future.

Sandy Zwirek
SLSO



RUOK? DAY

RUOK? Day is our national day of action dedicated to reminding everyone that we've all got what it takes to ask, "Are you Ok?" and support those struggling with life.

Several activities were organised for the day including a performance for Year 9 and 10 by Brainstorm productions called "Cheap Thrills", a performance by the drama ensemble about how to start the conversation RUOK?, a sausage sizzle and music at lunchtime as well as Headspace coming to talk to students during the break.

Mrs Louise Smailes
Head Teacher Wellbeing



YEAR 7 GALA DAY

Photos from the Year 7 Gala Day held on Friday 8 September 2017 at Maitland Park. All our teams were good sports and thoroughly enjoyed the day!



INFORMATION FOR PARENTS

During Term Four, Year 7 and Year 10 will complete the Junior Life Saving Program with Lane 4 Swimming at Lambton Pool. Year 7 students will complete this unit as part of their mandatory PDHPE practical program on the 3 November and Year 10 will complete this program to satisfy their First Aid assessment requirements for their Term Four PDHPE studies on the 17 November. Cost of the program will be \$20 and will include bus travel to and from Lambton Pool, Pool entry, qualified Lane 4 Swimming instructors delivering the program at a ratio of 1:10, and will also include access to the slide at the completion of the program. With the weather heating up and swimming survival skills paramount for summer enjoyment, all students in these year groups are encouraged to participate. Permission notes will be handed out in Week one of Term four detailing payment options.

Blair Newham
PDHPE Dept

NSW SCHOOL VACCINATION PROGRAM 2017

Year 7 School Vaccination Clinic will be on Wednesday 11th October 2017.

The form that was completed earlier covers this vaccination for Year 7 students.

Any students who have not completed their vaccination forms need to collect a form from Mrs Young in Science.

WHAT IF MY CHILD HAS MISSED A VACCINE?

If your child has missed any vaccinations, they will be offered any missed doses at the next clinic at their school.

WHAT IF MY CHILD HAS NOT RECEIVED ALL HPV VACCINES BEFORE THE END OF 2017?

Any Year 7 student with missed doses of HPV vaccine can be caught up in 2018.

ADDITIONALLY:

Any 2017 Year 8 student who commenced HPV vaccination while in Year 7 and are yet to finish the course of HPV (and who has not received any from their local doctor) can still receive this at the next clinic at their school.

Any Year 11 or 12 student who returned a signed consent card for Meningococcal ACWY vaccine and did not receive this in Term 2 (and who has not received it from their local doctor) can still receive this at the next clinic at their school.

Please note:

As of July 2017, any student who has missed school program vaccines or any childhood vaccines can now receive these vaccines from their local doctor. *For more information please refer to www.immunise.health.gov.au and click on "National immunisation program – expansion".*

IMPORTANT INFORMATION

Do not forget a Record of Vaccination is given to each student for each vaccination. 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.

Any questions, visit the NSW Ministry of Health website at:

<http://www.health.nsw.gov.au/immunisation/Pages/schoolvaccination.aspx>



Rego Days

At

Maitland City Bowling Club: Emerald Room 2

Friday 22 September @ 6pm – 7:30pm

Saturday 23rd September @ 2pm – 5pm

&

Max McMahon Oval

Cnr of Weblands St & Alexander Ave

Wednesday 4th October @ 6pm – 7:30pm

or

Online:

[//memberdesq.sportstg.com/index.cfm?fuseaction=main&OrgID=914](http://memberdesq.sportstg.com/index.cfm?fuseaction=main&OrgID=914)

2017/2018 Season Starts 6pm Wed 11th Oct 2017

New member?

Please bring either a Birth Certificate or Blue Book to registration.

Rego Costs:

Under 10's: \$80 per child

Under 11's and older: \$90 per child

Uniforms Costs:

Tops: \$20

Shorts or Tights: \$15

Uniforms available to try on for sizing



Rutherford Little Athletics

To go to our online registration page, scan here →



Tell Them From Me: Parent survey



You're invited to participate in the *Tell Them From Me (TTFM)* Partners in Learning survey, designed for parents and carers. This survey complements the TTFM student and teacher surveys, which focus on student engagement, wellbeing and effective teaching practices. All Department of Education schools have the opportunity to participate if they choose.

Why should I participate?

Parents and carers are an important and valued part of the school community. Schools will be able to use the survey feedback to make practical improvements and inform their school plan.

What does it involve?

This is an online survey that takes about 15 minutes to complete. It is anonymous, and voluntary. If you have more than one child at this school, and feel that your children's experiences differ, you can complete the survey more than once.

How can I participate?

You can access the survey in your own time, between 21 August and 13 October 2017. Follow the link below on your computer, tablet or smartphone:

<https://nsw.tellthemfromme.com/rths2017>

The survey is available in English, Arabic and Chinese (Traditional). After clicking on the link above, parents will have the option to choose their language.

More information on the Partners in Learning survey can be found on the NSW Department of Education's TTFM website:

<http://surveys.cese.nsw.gov.au/>



If you have any questions please contact Simone Hughes Deputy Principal

HELPFUL HINTS FROM THE LaST(Learning & Support Team)

COMMONLY CONFUSED WORDS

than then	used in comparison tells when	My Dad is taller than my Mum First I objected, then I agreed to go.
there their they're	a place possessive pronoun contraction for they are	My house is there on the right. Their car was stolen. They're attending the graduation.
through threw	a passage from start to finish the past tense of the verb throw	The doctors worked through the night. Ed threw the ball to Max.



Relationships Australia NSW and headspace Newcastle present . . .

Surviving Adolescence

These seminars aim to support parents to assist their teenagers in meeting the challenges of the adolescent years.
Parents can attend one, or both, seminars.

Thursday 12th of October, 5-7:30pm:

- Helpful communication skills for parents
- Negotiating stages of change
- Parents' role in supporting adolescents

Thursday 19th of October, 5-7:30pm:

- Ways to minimise family conflict
- Fair fighting strategies
- Navigating agreements

Time: 5pm – 7.30pm

Venue: headspace Newcastle
(582 Hunter Street Newcastle)

Cost: **FREE** (no childcare available)

Bookings Essential - please phone 49 294 201

headspace.org.au/newcastle

www.nsw.relationships.com.au



Relationships Australia
NEW SOUTH WALES

 **headspace**
Newcastle

Hunter Primary Care is the lead agency for headspace Newcastle

Hunter
PRIMARYCARE



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			

Uniform Shop Special Opening Hours

2018



ORIENTATION NIGHT FOR YR 7 2018 4TH DECEMBER 2017 3.30PM -6.30PM

FRIDAY	19 JAN	9-2
MONDAY	22 JAN	9-2
TUESDAY	23 JAN	9-2
WEDNESDAY	24 JAN	9-2
THURSDAY	25 JAN	9-2
FRIDAY	26 JAN(PUBLIC HOLIDAY)	SHOP CLOSED
MONDAY	29 JAN (STAFF RETURN)	8-3
TUESDAY	30 JAN (Yrs. 7,11,12 RETURN)	8-2
WEDNESDAY	31 JAN (Yrs. 8,9,10 RETURN)	8-2

NORMAL TRADING HOURS RECOMMENCE ON 1ST FEBRUARY 2018


TUESDAY 8.00 – 12.00

THURSDAY 8.00 – 12.00

PRICE LIST / ORDER FORM ON THE BACK

MASTERCARD, VISA & EFTPOS ACCEPTED


Uniform Shop; Contact Kylie 0478 920 262 during business hours

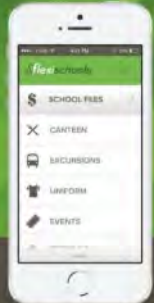


flexischools
ONLINE ORDERING

Available 24/7
Convenient for parents
Removes paper orders and cash
FREE Registration

Rutherford Technology
High School Canteen
now has 'Flexischools'
for Online Ordering!





1,000+ SCHOOLS
throughout Australia

600,000+
active customers

18+ MILLION
orders processed

The cash free way to pay.
Our school now has Flexischools online ordering.
It's the fast and secure way to order and pay for all
school services.

flexischools.com.au

Take advantage of this convenient new
service. Go to www.flexischools.com.au and
click register.

Save time.
Order online.

Processing orders since
2008

Flexischools allows parents, students and staff to place and pay for orders from home, work or school at any time via their mobile, tablet or computer.

As well as being convenient for parents, the online orders are much faster and easier for the school canteen to process – so it makes everyone's life a little easier!

Flexischools is well established, operating in over 1,000 schools across Australia and having processed over 25 million orders.

How to Register:

1. Register for Flexischools by visiting www.flexischools.com.au Add your student, their school and class/year to get started.
2. Top-up your account via Visa, Mastercard, PayPal or Direct Deposit.
3. Make an order by selecting from the range of options available and proceed to make payment for the order listed in your order pad.


What Does it Cost?

Online Ordering Fees: \$0.29 per canteen order

Account Top-ups: **Direct Deposit – FREE**
(2-3 days to become available in your Flexischools account)

Visa / Mastercard / PayPal – Surcharge of 15c + 1% of your top up value
(immediately available on your Flexischools account)

Need assistance registering, topping up your account or placing orders, please call the Customer Service Team at Flexischools on **1300 361 769**.



CANTEEN ROSTER

Monday 9 October	Volunteer Needed
Tuesday 10 October	Volunteer Needed
Wednesday 11 October	Volunteer Needed
Thursday 12 October	Volunteer Needed
Friday 13 October	Volunteer Needed
Monday 16 October	Volunteer Needed
Tuesday 17 October	Volunteer Needed
Wednesday 18 October	Volunteer Needed
Thursday 19 October	Volunteer Needed
Friday 20 October	Volunteer Needed



Volunteer
Opportunities

Where:

When:

Hours:

Experience:

Salary:

Bonus:

Applications close:

Rutherford Technology High School Canteen

As often as you can, part or full day!

9:00am till 3:00pm
(or any part of the day you can manage)

Not necessary – everything you need to know can be learnt within a short space of time

Plenty of tea and coffee (or juice) and the best of all friendship

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!

NEVER ☺



RUTHERFORD TECHNOLOGY HIGH SCHOOL

2017 CANTEEN MENU

SANDWICHES, ROLLS & WRAPS + SALADS:

Sandwiches:

- Chicken Salad	\$4.30
- Salad	\$3.70
- Egg & Lettuce	\$3.70
- Curried Egg	\$2.90
- Vegemite	\$2.90
- Cheese	\$2.90
- Meat	\$2.90
- Ham, Cheese & Tomato	\$3.00
- Cheese & Tomato	\$2.90
- Corn Meat & Pickles	\$3.00

Rolls:

- Salad Roll	\$4.30
- Chicken Salad Roll	\$4.80
- Ham Salad Roll	\$4.80
- Corn Meat Salad Roll	\$4.80

Wraps:

- Salad Wrap	\$4.30
- Meat Salad Wrap	\$4.80
- Caesar Salad Wrap	\$4.30
- Chicken Caesar Wrap	\$4.80

*Chicken Tender Salad Wrap (order only) \$5.00

Salad Box:

- Salad Box:	Small	\$3.00
	Medium	\$4.50
	Large	\$4.90
- Chicken Salad Box (Large)		\$5.90
- Chicken Caesar Salad Box:	Small	\$3.00
	Medium	\$4.50
	Large	\$6.00

ICE-CREAMS:

Paddle Pops	\$2.00
Paddle Pop Lemonade Twist	\$1.20
Frozen Yoghurt	\$2.00
Vanilla Buckets	\$1.20
Juice Ice Block	\$1.00
Milo Cups	\$2.90
Moosies	\$1.00

EXTRAS:

Bread Roll (extra) / Buttered Bread	\$0.90
Toast Sandwich (extra)	\$0.50
Extra Fillings	\$0.40
Butter / Mayo / Mustard	\$0.20

HOT FOOD MENU:

Garlic Bread	\$1.10
Plain Pie	\$2.70
Potato Pie	\$3.00
Cheese & Bacon Pie	\$3.00
Sausage Roll	\$2.60
Hot Dog	\$2.50
Chicken Chippies (6)	\$3.00
Chicken Nuggets (6)	\$3.00
Chicken Burger	\$3.60
Chicken Burger Salad	\$4.30
Chicken Gravy Roll	\$3.60
Cheese Burger	\$3.60
Cheese Burger Salad	\$4.30
Roast Beet & Gravy Roll	\$3.60
Lasagne	\$3.50
Nachos	\$3.50
Pizza Slab	\$2.80
Cheese & Bacon Roll	\$2.00

SNACKS:

Deli Rock Chips	
JJ's Chips	\$1.00
Banana Bread	\$1.00
Finger Buns	\$2.60
Muffins	\$1.60
Fresh Fruit Salad (Term 1 & 4)	\$1.60
Fresh Water Melon (Term 1 & 4)	\$2.50
Eucalyptus Drops	\$2.50
	\$0.50

DRINKS:

Plain Milk - 600ml	\$2.00
Moove Milk: 300ml	\$2.20
500ml	\$3.00
Juice: 300ml / 375ml	\$2.30
Quench	\$2.00
Small Water	\$1.00
Water - 600ml	\$2.00
FOCUS Water	\$2.00
Soft Drink - 600ml	\$3.50
Hot Chocolate	\$2.00
Frozen Blizzards	\$2.00

SAUCE:

Tomato / BBQ / Sweet & Sour	\$0.40
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Canteen is open before school from 8:30am and at Recess & Lunch

Volunteers are always Needed—Please contact the School on 4932 5999 to find out more!

RTHS Canteen is operated by the P&C with one paid Supervisor assisted by Volunteers.
All profits from the canteen are returned to the school to benefit the Students.

RUTHERFORD TECHNOLOGY HIGH SCHOOL SUPPORTERS



FITNESS CENTRE OPEN 7 DAYS

LES MILLS
Group Fitness Classes:

KICKBOXING
Fitness Classes & Boxing Gym

MARTIAL ARTS
Kids & Adults Classes

FULL GYM
Pin Load, Plate Load, Free Weight

CYCLE
Air Conditioned Cycle Room

New Large Facility
59 Mustang Drive Rutherford

Fully Serviced Fitness Centre

- Largest group fitness floor in the Midland area with Les Mills
- Split level Martial Arts studio, classes for adults and children
- Fully equipped boxing area
- Air conditioned cycle studio
- Fully equipped gym - pin loaded, plate loaded & free weight
- Personal training and massage
- Canteen supervised by qualified child carers
- Shower and toilet facilities
- We accept Fitness Passport

Locally Owned and Operated

PREMIER FITNESS
and martial arts centre

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*Just Off Hwy Opposite
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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.

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>




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