

IMPORTANT DATES TO REMEMBER

26 February - Hunter Trials Golf
26 February - Year Meetings
27 February - Hunter Trials Diving
1 March - Hunter Trials Touch Football U16s
1 March - Open Boys & Girls Basketball Cessnock
2 March - Clean Up Australia Day
5 March - Regional Swimming (Maitland Pool)
5 March - Women in Defence Newcastle
7 March - Hunter Trials Boys Basketball
8 March - Hunter Trials Girls Football
9 March - Textiles Seminar Rosehill

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.



The next P&C meeting will be held **20th March** at 6pm in the interview room at the front office. All welcome to attend.

RESPECT
RESPONSIBILITY
COMMITMENT

RUTHERFORD TECHNOLOGY HIGH SCHOOL NEWSLETTER



23rd February 2018
 Email: rutherford-h.school@det.nsw.edu.au
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<http://www.facebook.com/RutherfordTechnologyHighSchool>



SWIMMING CARNIVAL

Rutherford Technology High School swimming carnival was held on Thursday 8 February 2018 at Maitland Pool.

The weather was on our side and a great day was had by all students and staff with full participation in events and various activities held throughout the day. The overall house winner for the day was the Blue Dalwood Dolphins!

Rutherford Technology High School students represented the school with pride and showed great sportsmanship at Zone Swimming on Monday this week (19 February 2018) and we are still awaiting final results for students progressing through to Regional.

	<u>GIRLS</u>	<u>BOYS</u>
12 Years	Katie-Rose Harwood	Tristan Woodhouse
13 Years	Chelsea Bagnall	Matthew Wenham
14 Years	Georgia Mather	Sebastian Sanderson
15 Years	Jessica Cook	Hayden Coyle
16 Years	Dakota Watson	Blayd Duncan
17 Years	Jessica Michael	Lachlan White
18 Years	Rozelle Kleyn	Daniel Torrens

SENIOR EXECUTIVE REPORT

Term 1 is half way over. Our statistics indicate that students are engaging in the classroom better than ever before. Most students begin assessment tasks around week five, with senior students beginning earlier. Students in all years have been issued with a copy of their respective Assessment Schedule. The document contains a wealth of information about Assessment Task Policy, Notification of Assessments, Assessment Calendars, Appealing missed or late tasks and individual Course Schedules. It is a must for every student and a great aid for parents to assist their child in mapping and planning to complete tasks effectively. If your child has not received their copy please send them to their respective deputy principal.

On a recent assembly, it was a pleasure to look over the student body and see student pride in Rutherford Technology High School through the consistent wearing of full school uniform. I would ask that parents be vigilant with uniform as the year progresses.

Whilst the recent swimming carnival was an extremely successful whole school event, I would like to remind parents that carnival days are compulsory school days. Please ensure that you support your child and the school with attendance later this term at the athletic carnival.

At Rutherford Technology High School. We have very high expectations of all our students, whether they relate to uniform, study, attendance or the contributions they can make to our Rutherford Community.

We are determined to consolidate a strong learning culture in which all students reach their potential. This is best achieved when all members of the school community work together with shared values and an understanding of how to create highly effective learners. We ALL have a role to play- teachers, parents, students and the wider community.

Following are a few important points I want to reinforce:

Our core value is RESPECT

The welfare team have spent some time over the past few weeks discussing this core value with students, with a particular focus on peer relationships, and the need for all students to speak and act respectfully with each other, both in person and through social media. I would ask that parents/carers reinforce this message with our students at home. Building positive relationships with peers and teachers are essential for effective learning and for students to feel safe and secure at school. It is important that students take appropriate action and report any incidents where a peer is not treating them with respect, especially if it continues over a period of time.

In all settings in our school environment, respect looks like:

- Being tolerant of others
- Accepting individual differences
- Caring for self, others and the environment
- Using appropriate language

When students leave school at the end of the day, we continue to expect that students will make considered decisions and continue to interact with their peers in a way that is respectful. The online environment and social media provide challenges for young people. There is a range of social media applications (e.g. Facebook, Snapchat, ask.fm, Instagram) where students can upload content, comment on other people's posts, share content, connect with people whom they don't personally know and save content that other people post. There is a range of information on the internet to provide both young people and their parents with tips for living in a social media rich world. The following excerpt was taken from the Cyber Smart website:

Know the basics of safe social networking

Limit your friend list – don't friend random people

Protect your privacy – don't share your password and set your profile to private

Your personal details are valuable – don't share them

Protect your reputation – keep it clean and ask yourself: would you want others to see what you upload?

Be careful who you trust – a person can pretend to be someone they are not

Don't use a webcam with people you do not know

Think before you post, chat, upload or download

This is a fantastic site for both parents and young people and can be found at <http://www.cybersmart.gov.au>

Learning – packing the essentials for school

A key for enhancing learning is ensuring that students are well organised for school. Students should have appropriate resources for each of their subjects and bring these for lessons. A pencil case with writing materials, calculator, ruler, highlighters, sharpener, scissors and glue are needed each day. Students should have an exercise book for each of their subjects, unless otherwise instructed from their teacher (e.g. teacher supplies the learning workbook). Students need several copies of their school timetable – at least one for school and one for home. A diary to organise work requirements is needed, this enables both parents and students to monitor homework and assignment due dates, to reduce the chance of students losing assessment marks because of the late submission of set tasks.

All students should be engaged in some form of homework throughout each school week, to improve their learning and achievement. This can be homework assigned by the teacher or 'self-directed' homework, where a student reviews their understanding of a topic by reading through their schoolbook and making summary or study notes on the particular topic to achieve to their potential and develop skills for lifelong learning. There have been a large number of new enrolments from schools, both government and private. This confirms the well-regarded reputation of Rutherford Technology High School in the community.

Parents, we ask you please make appointments. We can't always see you immediately, so to avoid lengthy waits in the foyer, please phone ahead for a mutually convenient time.

If you have any questions regarding uniform, please do not hesitate to call the school. If your student is temporarily unable to wear appropriate uniform, please provide a note that explains this to be handed to the roll call teacher.

Class changes

Some minor changes will be made to our classes over the next couple of weeks. Students and parents will be notified of these changes as they occur.

Uniform

As we enter the fifth week of the school year, it is very pleasing to observe that the majority of our student population is wearing full school uniform with pride. Our school uniform shop supplies exactly what you need, and has a full range of sizes in bottoms, tops and jumpers. Ensure that footwear purchased for school complies with the school policy. Shoes need to be black leather or leather like covering the foot completely.

The wearing of school uniforms by students assists the Rutherford technology High School community in:

- defining an identity for the school within its community,
- developing students' sense of belonging to the school community,
- providing an opportunity to build school spirit,
- enhancing the health and safety of students when involved in school activities,
- promoting a sense of inclusiveness, non-discrimination and equal opportunity,
- reinforcing the perception of the school as an ordered and safe environment,
- increasing the personal safety of students and staff by allowing easier recognition of visitors and potential intruders in the school,
- Promoting positive community perceptions of public education, and making school clothing more affordable for families by eliminating the risk of peer pressure to wear transiently fashionable and expensive clothes.

If you have any questions regarding uniform, please do not hesitate to call the school. If your student is temporarily unable to wear appropriate uniform, please provide a note that explains this to be handed to the roll call teacher.

Simone Hughes
Deputy Principal

EXECUTIVE REPORT

Welcome back to what is shaping up to a very exciting year in the HSIE department. HSIE teachers continue to take on whole school roles to support all students in our school with Mrs Michele McKenna (Head Teacher HSIE, and Anti-Racism Contact Officer) Mr Kegan Daly (Year 9 Advisor), Miss Kristy Grant (Year 9 Assistant Year Advisor), Mrs Shanelle Heitmeyer (aka Miss Muller) (Year 7 Advisor and Anti-Racism Contact Officer), Mr Sasha Lenskyj (Year 7 2019 Advisor) Miss Karen McLeod, Mr Toby Butler (Head Teacher VET) and Mrs Gillian Anderson (Careers and Transition). We are very pleased to welcome back Mr Mathew Hill (HSIE faculty award coordinator) and Miss Sonya Donohue, with Mr Peter Short and Miss Laura Gaynor also teaching some HSIE classes. Another familiar face will be joining us in Term 2, and we are super excited to welcome back Mrs Belinda Nash (aka Miss Boughton) who will be returning three days a week from maternity leave.

The Geography National Curriculum is currently being introduced to Year 8 and Year 10, and HSIE teachers are thoroughly enjoying teaching the new topics. We are extremely excited to have a Preliminary Geography class once again running in 2018 with the very capable Mr Daly at the helm and are looking forward to senior Geography classes being taken up every year by our students. Other senior subjects being taught under the HSIE umbrella this year include Ancient History and Modern History (which both have a new syllabus starting for the Preliminary classes this year), History Extension, Legal Studies and Business Studies, Society and Culture, Geography, as well as VET Retail and VET Business Services. In the junior school, Year 7 are studying Geography for Semester One and History for Semester Two. Year 8 are studying History for Semester One and Geography for Semester Two. Years 9 and 10 study both History and Geography for the full year. We are excited to have Year 9 Commerce elective running again this year, being taught by Mrs McKenna, and even more excited to have an Elective History class run for the first time in a long time, being taught by Miss McLeod. Year 7 GATs and Year 8 GATs are trialling shared HSIE classes with their extremely capable teachers Mr Daly and Mr Lenskyj team teaching, and these lessons are very successful from feedback received to date.

We encourage parents to contact us if they have any concerns regarding their child's experiences in the HSIE department in 2018 and look forward to meeting you at parent teacher interviews to discuss your child's progress in our subjects, or invite you to pop in and say hello at other school events.

Mrs Michele McKenna
Head Teacher HSIE



Rutherford Technology High School P&C Association is holding a Thompson Pie Drive Fundraiser and just in time for Easter will include Hot Cross Buns!! We are raising money towards purchasing a 24 seater school bus. An order form can be found on the last page of this newsletter or alternatively you can order online via Flexischools. Orders, together with payment, are due by Tuesday 13 March 2018.

INFORMATION FOR PARENTS

Seven new school zone traffic offences

To help schools keep the school zone safer for all pedestrians and drivers there are seven new traffic infringements with new fines.

None of the seven offences attract demerit points when committed elsewhere on the road but in a school zone they each come with two points.

The changes are:

1. Stopping in intersection - Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$439 and 2 demerit points.
2. Stop within 20m of intersection (traffic lights) - Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$439 and 2 demerit points.
3. Stop within 10m of intersection (no traffic lights) - Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$439 and 2 demerit points.
4. Stop near bicycle crossing lights - Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$439 and 2 demerit points.
5. Obstruct access to ramp/path/passageway - Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$330 and 2 demerit points.
6. Not parallel park in the direction of travel - Under the changes if a driver commits this offence in a school zone they will receive a \$330 fine and 2 demerit points.
7. Parallel park close to dividing line - Under the changes if a driver commits this offence in a school zone they will receive a \$330 fine and 2 demerit points.

All updated school zone offences can be located through Roads and Maritime:
<http://www.rms.nsw.gov.au/documents/roads/safety-rules/demerits-school.pdf>

February 2018

MATHSONLINE IS BACK!!

We have once again provided an on-line Mathematics tutorial program for all students at Rutherford Technology High School. MathsOnline is a very valuable resource, which will provide an enormous amount of support and extension for every student.

All students studying Mathematics from Year 7 to Year 12 have been given access to MathsOnline free of charge for at least the next 12 months. If they haven't been given their username and password yet, they need to see their classroom teacher as soon as possible. Students can log in 24 hours a day, 7 days a week.

We will be using it on a regular basis during Mathematics lessons, however, if students get in the habit of spending as little as 15-20 minutes each night using MathsOnline, the improvement seen in their mathematical skills and knowledge should be quite dramatic. Their Mathematics teacher may also decide to use this software as part of their classes' homework routine.

So, if you ask your child "do you have any homework?" and you get the usual response – nah! Perhaps suggest logging on to MathsOnline and choose a lesson to review. There is also a great "times tables" game to improve their skills.

For Year 7 and 9 students, MathsOnline has some very useful NAPLAN practice sections that are definitely worth a look.

TUTORING – THE OLD FASHION WAY

Maths tutoring is being offered each Wednesday and Thursday afternoons from 3:30 to 4:30 pm by members of the Mathematics faculty. This is held in K111 (opposite the maths staffroom).

Of course this is free of charge and **all** students from Yr 7 to 12 are welcome to attend. Please note, parents/carers will be responsible for their child getting home on these afternoons.

MATHS CLUB

This year the Mathematics faculty are running a Maths club. Students will experience a range of activities including: enrichment; opportunities to visit Newcastle University; a chance to talk maths with like-minded students and lots of competitions. This term the math club will run from week 5 to the end of term, every Thursday Lunch time (students will be able to eat their lunch in Math club). If you want to join, come and see Mrs Evans in the Maths staff room.

If you have any questions, please don't hesitate to get in touch.

Regards

Craig Trotter

Head Teacher Mathematics



ASPIRING HSC STUDENTS

Rutherford High School is offering **After School Tuition** for a number of subjects that include English, Mathematics, Multimedia, Software and Design, Ancient History and Biology.

This extra, small group tuition will assist students to gain greater understanding of key concepts and to further develop excellent study skills. Students who do extra work and develop a regular study plan will achieve the Bands 5 and 6 in their subject areas.

Encourage your senior students to participate in this very valuable program. If you require any further information, contact me at the school.

Anne Young

Stage 6 Coordinator

Respect, Responsibility & Commitment

Ph.: (02) 49325999 Fax: (02) 49328166

anne.young6@det.nsw.edu.au

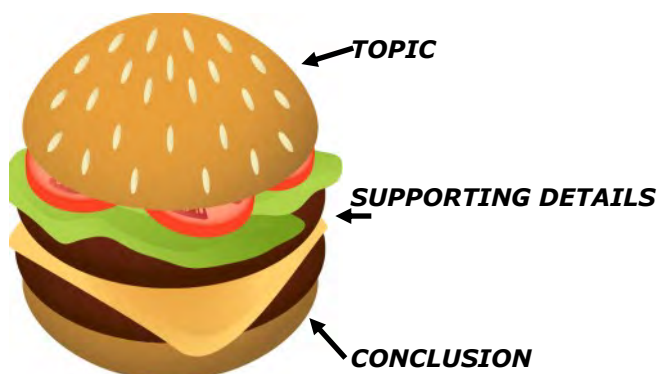
HELPFUL HINTS FROM THE LaST (Learning and Support Team) SUMMARISING TECHNIQUES

This term the LaSTs will suggest a variety of methods to help students gain the most from what they read. Please encourage them to look at these and choose appropriate techniques that will benefit them. We will offer a large selection that can be applied over all subject areas.

To begin, the graphic organiser pictured is a quick and simple way to summarise a story or topic. Encourage junior students to utilise these. They are useful for all students at all levels of study.

- * What have I learnt about the topic/characters
- * What are the important facts/details/ideas?
- * What was the text mostly about?
- * What are the key words from the text?

STORY HAMBURGER

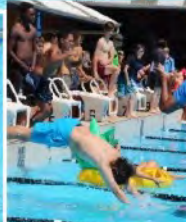
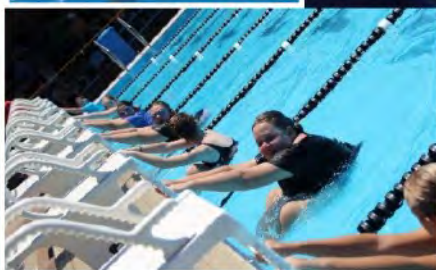
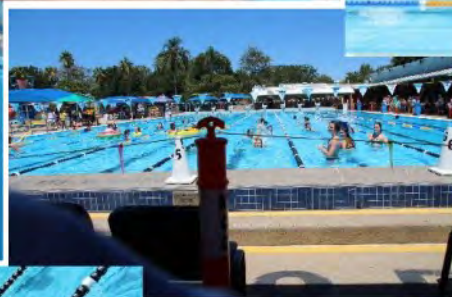
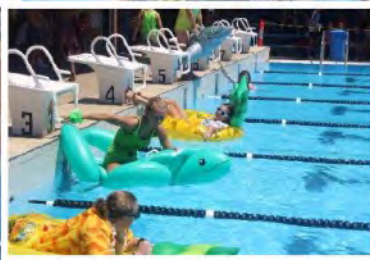


TERM 1: WEEK 3 ASSEMBLY – PDHPE FACULTY PBL AWARDS

Liam Donegan	Participation in PDHPE Class
Phoebe Quilty	Participation in PDHPE Class
Olivia Rachubinski	Participation in PDHPE Class
Joshua Pinnington	Application in PDHPE Theory
Morgan Keys	Enthusiastic Start in PASS
William Regan	Enthusiastic Start in PASS
Cameron Teunissen-Smith	Commitment in PDHPE
Rebecca Condon	Commitment in PDHPE
Sarah Avery	Excellence in TSP Football Program
Tanya Jones	Excellence in TSP Football Program
Riley Hawes	Excellence in TSP Football Program
Aarron Pinnington	Excellence in TSP Football Program
Coen Hodgkinson	Commitment in PDHPE
Destiny Mains	Commitment in PDHPE
Jeremy Gamueda	Consistent Approach in Dance
Samuel Gray	Consistent Approach in Dance
Monique Muddle	Consistent Approach in Dance
Jadine Roets	Consistent Approach in Dance
Phoebe Wrench	Demonstrating Enthusiasm & Diligence in CAFS
Lili Botfield	Demonstrating an Enthusiastic & Diligent Approach in PDHPE
Charli Field	Demonstrating an Enthusiastic & Diligent Approach in PDHPE
Alyssa Forth	Demonstrating an Enthusiastic & Diligent Approach in PDHPE
Will Gibson	Demonstrating an Enthusiastic & Diligent Approach in PDHPE
Monique Jones	Demonstrating an Enthusiastic & Diligent Approach in PDHPE
Braydon Stoessel	Demonstrating an Enthusiastic & Diligent Approach in PDHPE



RTHS - SWIMMING CARNIVAL 2018



RUTHERFORD TECHNOLOGY HIGH SCHOOL 2018 CAPTAIN PROFILES

Introducing your 2018 captains

Clare Faustini – School Captain

Clare has been at Rutherford Technology High School since 2013. Clare came from Branxton Public school, a small primary school of 300 students.

Clare was part of the SRC at Branxton and in Year 6 was SRC President which gave her a love for the SRC. This love continued to High School where Clare was part of the SRC from Year 8 and until today. Throughout the time Clare has spent on the SRC, including primary and high school, she has gained many skills which she feels helped her to make the decision to stand for school captain.

Clare has been involved with many extra-curricular activities representing the school in Science & Engineering Challenge, Women's in Science Day and at Various Leadership Days which has given her the ability to form relationships. This year Clare will complete her HSC and is studying the following subjects: English, Mathematics, Food Technology, Biology, Modern History and Chemistry.

Clare is excited to be the school captain and has many ideas to put forward and wants to encourage all students to understand the value of education whilst also enjoying their time within their learning environment. Clare looks forward to leaving the school at the end of the year with great pride knowing she has contributed to improving the school pride and unity.



Jake Payne – School Captain

Jake's journey at Rutherford Technology High School started on the Transition day in December, 2012.

Like Clare, Jake also came from a small primary school of approximately 300 students, Greta Public School, to our school of more than 1000 students.

Jake is completing Year 12 this year and since Year 7, in 2013, Jake has enjoyed playing in school sporting teams and going on excursions.

In Year 8 Jake was a member of the SRC but then move away until recently as he realized he has many ideas for our school which is also why he decided to stand for school captain. The subjects Jake is studying for his HSC include: English; Mathematics; Business Studies; PDHPE and Society & Culture. Outside of school Jake enjoys playing sport, listening to music, going out with friends, going to the beach, road trips and exploring new places.

Jake is excited about the busy year ahead and the many opportunities so he can leave



Jahleasha Waters – School Vice Captain

Jahleasha came to Rutherford Technology High School in 2013 starting Year 7. Jahleasha transitioned from Year 6 at Telarah Public School.

Jahleasha is a proud aboriginal student who is very sporty with her main sports being rugby league and netball.

Subjects Jahleasha is studying this year for her HSC are: English; Mathematics; Business Services; Retail and Sports Coaching.

Jahleasha has been a member of the Junior AECG for the past few years and this year holds the position of Secretary.

Jahleasha is well respected by peers and teachers and is looking forward to her roll as school vice-captain by assisting students and being involved in many school and community activities. Jahleasha, in particular, is extremely keen to hearing student's ideas and improving our great school.



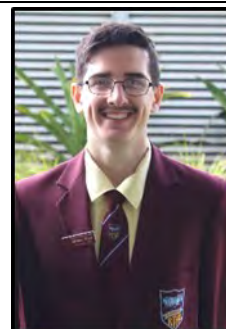
Michael Wilde – School Vice Captain

Michael has been at Rutherford Technology High School since 2013 and like Jake came from Greta Public School. Transitioning from a small school to a big school consisting of over 1000 students is overwhelming but something you become accustomed to very quick.

Michael is excited to be selected as one of the school vice captains and his experience thus far has been thoroughly enjoyable. This year Michael is in Year 12 and will complete his HSC, the subjects he is studying are: English, Mathematics, Business Services, Physics, Sport Leisure Recreation and Software Development Design.

Michael enjoys playing sport such as basketball, football and really anything that involves being physical. Michael believes that moving out of his comfort zone and joining the Year 12 Leadership Group has helped him develop his confidence as well as offering him the opportunity to meet new people and gain new experiences.

Michael is looking forward to what the year has to offer.



School Photo Day will be held on MONDAY 9th APRIL 2018

We will have a makeup day on Friday 13th April 2018 (approximately one hour).

The school dress code for photos is full school uniform with **NO** visible undershirts, shirt sleeves **NOT** to be rolled up, **ALL** shirt buttons to be done up (including top button), **NO** dangly earrings and **NO** facial piercings.

Please be advised that staff will be in attendance to ensure all students have the correct dress code and should a student not meet the dress code they will **NOT** be photographed.

Students will receive a personalized envelope approximately one week prior to photo day.

MSP Photography advises the following:

"Payment for the whole family can be placed into ONE envelope. It is important that each family member hands in their own personalized envelope to the photographer indicating where the payment will be found. The pre-pay envelope must be handed to the photographer before individual portraits will be taken. Please make cheques payable to MSP Photography or enclose correct money as the school does not handle any money and therefore cannot give change. There is 100% money back guarantee if not satisfied with the photos."

MSP Photography has been our photographer for many years now and are part of our school community in so many ways.

Please mark the date on the calendar and remember to ask your child to show you the personalised envelope when they receive it.

National Assessment Program – Literacy and Numeracy (NAPLAN) 2018

LETTER TO PARENTS

In May 2018 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 15-17 May 2018.

TUESDAY 15 MAY	WEDNESDAY 16 MAY	THURSDAY 17 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 18 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>

YEAR 8 SCIENCE

Year 8 Science students have been learning about the healthy microorganisms that make up their body's internal ecosystem. As part of Miss Taber's class, students made yoghurt to understand the importance of probiotic foods for supporting their health. The picture shows students adding delicious fruits and toppings to their yoghurt before enjoying their meal. Yum!

Veronica Taber
Science Teacher



**Entries
by
29th
March
2018.**

Entry forms
available from
VA Staffroom.
1 Entry per
person.

R.T.Bald Portrait Prize 2018

Open to all
students
of Rutherford
Technology
High School 2018.
And year 6
students from
local Primary
Schools.

Years 6,7 and 8: 1st = \$60 2nd= \$30
3rd = Art Prize pack.

Years 9 and 10: 1st = \$100 2nd= \$80
3rd = Art Prize pack.

Years 11 and 12: 1st = \$150 2nd= \$80
3rd = Art Prize pack.

**Rutherford Technology
High School Library.**

RIVERLIGHTS

My name is Leeza Goyal and I'm in Year 8 and I have been doing Indian dancing since I was six years old. I love dancing and, with lots of practice, and hard work I have won Indian dance competitions as well as doing International dancing.

On Saturday 10th February 2018 at Maitland's 2018 River Lights, I was fortunate enough to be given the opportunity to perform a Bollywood dance on Nagada Sang Dhol in a traditional Indian dress called lehenga. The day went much better than I had ever expected. I was lucky enough to meet the President of Indian Association and she was so impressed with my dance that she invited me to join the Newcastle International Dance classes taught by professionals. This will lead me to more opportunities to further my dancing and I am really looking forward to it.

I would like to express my thanks to staff of CAPA Department at Rutherford Technology High School and Miss Maxine Creek who were responsible for this fabulous performance happening as well as share some photos from the day with you.

Leeza Goyal



With the Russian Dancers and the Secretary of Indian Association and the CR of Maitland



Me in my Indian Dress



YEAR 7 REPORT

Welcome Year 7 2018! Year 7 students have made an excellent transition to Rutherford Technology High School and we are excited to hear so much positive feedback from classroom teachers. Students have been engaging in their learning, displaying our core values and already earning plenty of VIVO points for doing the right thing! Every Monday morning students have been participating in Peer Support sessions with our Year 11 Peer Support leaders. They have enjoyed learning about positive friendships, conflict resolution and managing the many new experiences of high school life in a relaxed and fun environment.

Our Year 7 students also experienced their first high school Swimming Carnival. We were very proud to see so many students enthusiastically participating in events and representing their houses. Congratulations to those students who progressed to represent the school at the Zone Swimming Carnival.

Students are reminded that wearing correct uniform and bringing all necessary equipment to every lesson is essential for success at high school. Book packs and uniforms are available for purchase at the front office.

If you have any questions or concerns about your Year 7 student, please do not hesitate to contact us.

Shannelle Heitmeyer and Ashley Rooney
Year 7 Adviser and Assistant Year Adviser

YEAR 8 REPORT

Welcome back to our year 8 students, their parents and guardians.

It's shaping up to be a great year already as our students settle back into school life. This year, as new classes and mini-electives begin, they'll have the opportunity to reunite with old friends as well as the chance to make new friends while they learn. Students will also join in whole-school integrated sport on Thursdays this year, allowing them a fantastic opportunity to develop new skills, friendships and confidence.

We've started the year off with a splash at our annual swimming carnival. Both competitive swimmers and enthusiastic supporters of their house enjoyed the cool water in the summer heat. Congratulations to Dalwood house who were crowned champions of the pool for the second year in a row. A big congratulations also to the 14 years age swimming champion, Georgia Mather.

At RTHS, we're a Positive Behaviour for Learning school, and we are always trying to catch students displaying our core school values: Respect, Responsibility and Commitment. Last year, we were the school Vivo champions, receiving more Vivo points than any other year group for positive behaviour. Let's continue this wonderful achievement throughout 2018, as our year 8 students also become models and guides for our newly arrived year 7 students.

You can help your child meet high expectations and strive for excellence both inside and outside the classroom by reminding them to bring the necessary equipment to school and encouraging them to try their best every day.

Students are looking fantastic in their RTHS uniforms, the maroon and blue colours sparking pride in our school community as well as our wider business community. Our uniform shop is open Tuesdays and Thursdays from 8am to midday if you need to pick up any new items for the year.

If students have any wellbeing concerns throughout the year, we encourage them to come during recess or lunch to talk to their Year Advisor, Mrs Hedges, or their Assistant Year Adviser, Mrs Orr, who can both be found in the English staffroom at the bottom of A-block. We're looking forward to an exciting year together!

Mrs Morgan Year Adviser
Mrs Orr Assistant Year Adviser

YEAR 9 REPORT

Year 9 have a very busy year ahead of them filled with plenty of new opportunities. This is a very exciting year as students enter Stage 5 and begin to have different classes for each subject and their elective studies. With the beginning of Stage 5 students will start content that will underpin their knowledge and understanding for their ROSA (Record of Student Achievement). High expectations will continue to be upheld by all members of staff to ensure each pupil achieves to the best of their ability. Regular attendance, positive behaviour, correct uniform and completion of assessment tasks are high on the priority list to ensure our year group represents themselves as best they can.

It has been great to see Year 9 working hard in their literacy and numeracy lessons every day, which will assist them with the completion of the NAPLAN test in May. Parents and caregivers are reminded of the new national standards for literacy and numeracy for students and the importance of developing these skills.

Mr Daly and Ms Grant look forward to a rewarding term ahead with year 9. Remember: Good days give happiness, bad days give experience, worst days give lessons, and best days give memories.

Mr Daly Year Adviser
Miss Grant Assistant Year Adviser



WELLBEING REPORT

On Friday 16th March will be Bullying. No Way! National Day of Action against Bullying and Violence. Our school will be participating in a number of activities based around the theme of "Just imagine a world free of bullying!" The Bullying. No Way! Website provided lots of helpful tips for parents/ carers when supporting your child, a summary of advice is below. Parents and other carers have a key role in preventing and responding to bullying.

You can:

- Learn what bullying is and what it is not. This is the first step in talking about how to prevent or respond to bullying with your child. 'Bullying' is a word that is used for lots of things that are not actually bullying. These other behaviours may be just as serious, but may require different responses.
- Talk about bullying with your child at home to make it easier for them to tell you if something happens. Make sure they know what bullying is and how they can respond. Help prepare your children to prevent online bullying and to know what to do if it happens.
- Start when your child is young to guide them to develop the social and emotional skills they will need to build positive relationships throughout their lives, including problem-solving skills.
- Recognise the warning signs of bullying. Although there may not be an issue, you should talk to your child if you have any concerns. Raise the topic generally if you don't want to ask directly. Be aware that many times children and young people won't ask for help, so it is important to know what to look for.
- Learn about how to respond appropriately if your child tells you about bullying. You can reassure your child by remaining calm and being supportive.
- Find out as much as you can about what has happened by talking calmly with your child. A good understanding about what has happened can also help you in communicating with the school about the situation.
- Read about strategies that can help. Practising strategies at home with your child is a good way to prepare them to use them at school.
- Contact the school if bullying has occurred and the school needs to be involved. Read about how you and the school can work together to support your child, whether your child was bullied, bullied others, or witnessed bullying.
- Get involved in what your school is doing to prevent bullying.
- Learn about relevant state or national laws about bullying.
- Find resources for parents on online safety on the Bullying. No way! Website about supporting your child to be safe online. <https://bullyingnoway.gov.au/RespondingToBullying/Parents>
- Find additional assistance if, after working with your child and your school, you need more information or help to address the situation from outside the school.

If your child is experiencing difficulties at school please contact your relevant Head Teacher Wellbeing

Kris Turner (7, 9, 11)

Louise Smales (8, 10, 12)

If your child talks to you about bullying:

1. **Listen** calmly and get the full story.
2. **Reassure** your child that they are not to blame.
3. **Ask** your child what they want to do about it and how you can help.
4. **Visit** www.bullyingnoway.gov.au to find some strategies.
5. **Contact** the school.
6. **Check in** regularly with your child.

BULLYING. NO WAY!

www.bullyingnoway.gov.au



Preparing
for the Future



Rutherford
Technology
High School

Ph: 4932 5999
Fax: 4932 8166

30 Avery Street
RUTHERFORD

RESPECT

RESPONSIBILITY

COMMITMENT

YEAR 6 OPEN EVENING

We invite all Year 6 Students and their
Parents/Caregivers to attend our Open Evening on
Tuesday 27 February 2018 from 5:30pm to 7:30pm

- ☆ Principal Address
- ☆ Meet Head Teachers & Teaching Staff
- ☆ Tour of the School to see our Excellent Facilities
- ☆ Hands-on Activities
- ☆ Ask all your Questions
- ☆ Free BBQ Provided



The transition from Primary School to High School is an important time in the life of a young person. The staff at Rutherford Technology High School are keen to make that transition as pleasant as possible. This is done by a structured transition process involving visits to the High School and familiarisation with school staff and processes.



If you would like further information about Rutherford Technology High School please contact Principal, Mr Michael Whiting or Deputy Principal, Ms Simone Hughes, at the school on 4932 5999



ROTARY DISTRICT 9670
YOUTH EXCHANGE PROGRAM COMMITTEE INC
PO Box 41 Rylstone. NSW 2849 AUSTRALIA
District Governor: DG Helen Ryan – Rotary Club of Nelson Bay Inc
Chairman: David Roach – Rotary Club of Rylstone/Kandos Inc
Mobile: 0428 338 489 international: +61 428 338 489
email: yezfidar@outlook.com



ROTARY:
MAKING A
DIFFERENCE

9th February 2018

To: Principal, Student Representative Council and Year 9, 10 and 11 Advisors

ROTARY INTERNATIONAL YOUTH EXCHANGE PROGRAM

The Rotary Youth Exchange Program Committee is seeking your assistance in providing information to potential outbound exchange students for 2019 year. **Can you also please place this information in your school newsletter.**

Due to new regulations from the NSW Department of Education, outbound student applicants must be in **Years 9, 10 or 11** in the year they make application to be eligible for the program. All outbound students will be required to return to secondary education in Australia. The preferred age of applicants is between 15 to 17 years.

Applications close **on 1st April 2018** and we ask that your school display this brochure in an area where students have access to the information. If further information is required please direct students to the Rotary Youth Exchange website. An Expression of Interest can be logged at the following website www.ryea.org.au and contact will be made with you upon receipt of this Expression of Interest.

District 9670 operates a 'Lotte Thorkilgaard Award' trust fund, which can be used to assist appropriate families in financial hardship with the costs associated with airfares to an overseas country and return for the purpose of the exchange. The awards from the Trust are confidential to the Trust Board and are subject to a Means Test. Application forms for the award are obtainable from the District Chairman.

The Rotary Youth Exchange Program Committee would appreciate it if a member of our Committee is permitted attendance at your school in February 2018 (at a convenient time to your school schedule) so we may speak to students to inform them of the opportunities available to them through **Rotary International**.

Our current inbound exchange students are also encouraged to assist the Committee and they may accompany us to a presentation at your school. The inbound students would be speaking to potential outbound students who may wish to take up the opportunity to participate in our program.

We will also be holding an **Information Session** for potential outbound students and their parents at **Club Macquarie, Argenton on Wednesday 14th March 2018 starting at 6:30pm. RSVP to Allan Large – Youth Exchange Officer Email: mla82550@bigpond.net.au**

Please consider this worthwhile **community program** by informing your students of the availability.

Yours in Rotary Service
David Roach
Chairman



TAKE A PLANE TO SCHOOL.

**If you're ready to spread your wings we can take you to new heights.
Rotary Youth Exchange offers you the opportunity to spend one year abroad.
You could meet a great Dane, eat with a Pole, check out a Czeck, mix it with Mexicans,
have a party in Boston or even swim with a Fin.**

**Take up the challenge with Rotary Youth Exchange and take a plane to school
- the world awaits.**



For further information:

www.ryea.org.au



**For further information
please contact :**

Rotary
District 9670



Youth Exchange
Program Long Term

WE NEED YOU!



The Committee urgently needs your support to ensure this great programs continues to develop in this District

You can help by

- Your club hosting an inbound for the 2018/19 Rotary Year
- Acting as a host family or sourcing other host families
- Finding students to become exchange students



Please Contact:
Please contact David Roach,
Chair of the YEP Committee,
NOW on-
Mobile: 0428338489
Email: yezfidar@outlook.com

Rotary



**ROTARY:
MAKING A
DIFFERENCE**

WHAT DOES AN EXCHANGE COST?

Actual costs will vary depending on the country of exchange, and the student's personal spending habits.

Student and family provide:

- o An administration fee.
- o Return overseas airfare, as arranged by Rotary to the country of exchange.
- o Insurance under the Australian Rotary Youth Exchange policy.
- o Internal travel in overseas country, including Rotary organised student tours.
- o Day-to-day personal expenses, postage, phone calls, internet, clothing, footwear etc.
- o A small emergency fund (redeemable at the end of the exchange, if unused).

Host Rotary Club provides:

- o Board and lodging with host families.
- o Some schooling expenses.
- o A modest monthly allowance.
- o A Club Counsellor to monitor the student's personal welfare.
- o Training and briefing sessions.

Sponsor Rotary Club provides:

- o Student Rotary Blazer
- o Some Rotary Clubs provide banners for exchanging

WHAT TO DO NOW?

If you are interested in making an application, you must do this on the appropriate application form. The initial application form is available on the District website.

www.ryea.org.au

The Youth Exchange Chairman must receive your completed application form, a copy of your latest school report, a recent ID colour photograph (5cms square) and an **application fee of \$50**. The application form should reach The Chairman by **1st April**.



For more information:
www.youthexchange.net.au



ROTARY INTERNATIONAL YOUTH EXCHANGE PROGRAM

Information for Students and Parents
District 9670 Australia

ROTARY INTERNATIONAL YOUTH EXCHANGE PROGRAM

WHAT IS IT?

The Rotary International Youth Exchange Program is arranged by Rotary Clubs for young people to experience a year of education overseas, in a wide choice of countries. It also offers many other opportunities, both during and after the exchange is completed.

The Rotary program is highly respected internationally by schools, parents and students themselves because of its sound infrastructure.

Students stay with host families who are arranged by the hosting Club. In the majority of exchanges there is more than one host family, the preferred number being three or four. Host families may or may not be members of Rotary, but are all Rotary approved.

WHAT ARE THE BENEFITS?

The benefits of the exchange are many and varied. Students gain considerable self-confidence, tolerance and self-reliance through having to accept greater responsibility for themselves and their actions.

Students have to adapt to unfamiliar and different surroundings and ways of life which are different from that of Australia. For some, it will be the first extended period of separation from their own family. The experience provides the opportunity to develop many useful social survival skills.

The exchange provides a unique opportunity for young Australians to experience at first hand the many cultural aspects of a different country, a new way of life, and in many instances, another language. The friendship students make will be life long and important in achieving the aims of the exchange - **the building of goodwill and understanding between countries.**

WHO CAN APPLY?

Any male or female secondary school student. The children of Rotarians are welcome, but of course gain no preference in selection.

Applicants must be in year 10 or year 11 in the year they make application to be eligible for the program. The preferred age of applicants is between 15-17 years.

Applicants should be making sound progress at school and have a general interest in people and places. They should possess a good general knowledge of Australia - its political system, socio-economic policies and its involvement in international affairs.

Applicants must have displayed high standards of personal conduct and attitudes which are widely accepted in our community. They should have an outgoing personality and be interested in cultural and outdoor pursuits.

Rotary is looking for young people who can act as personal ambassadors.

HOW ARE STUDENTS SELECTED?

Students are selected by Rotary Clubs on the basis of their application and a personal interview.

Applications close with the District Youth Exchange Chairman on **1st April**. Clubs will receive their allocated application form by mid-April and will interview students by late April.

The successful applicant from the Rotary Club is then nominated to the District Youth Exchange Program Committee. This Committee then interview nominated applicants in May before arranging exchanges with overseas Districts. Students have the opportunity to nominate any preferred countries of exchange from those available. However, there are limited places available in any one country, and a preparedness to accept an exchange in any of the available countries is necessary.

ROTARY PROVIDES TRAINING

Rotary Clubs have an important role in the exchange. Both the hosting and sponsor Clubs will provide one of their members to act as a Counsellor. The Counsellor's role is to maintain close contact with the student. This is expected to continue throughout the exchange period, not only with the student but also with the student's family, keeping everyone informed on the progress of the exchange.

The District Committee provides a briefing program for a wide range of subjects including personal development and public speaking. This aims to prepare the student for the exchange. Parents of students are also required to be involved in the briefing program.

HOSTING AN INBOUND STUDENT

While it is not obligatory, parents will be encouraged to host or organise hosting for an Inbound Exchange student for a period of three months. This hosting is to be approved by the Host Rotary Club of the inbound student.

ARE THERE OTHER OBLIGATIONS?

Students are required to adhere to the rules of the program, as applied in the country of exchange. These relate to personal behaviour and the expectations of being an ambassador for themselves, their family, their country and Rotary. During the exchange year away, students are required to attend and complete a year of secondary level schooling.

EDUCATION CONSIDERATIONS

All outbound students will be required to return to secondary education in Australia; there may be credits available for study undertaken whilst away, however, this needs to be checked with The Board of Studies before departure. The question of breaking school before the HSC year is a matter of personal choice between the student and their families. The real bonus for education is the cultural experience that students gain from the exchange itself.





CLEAN UP AUSTRALIA DAY

Members of the SRC have again taken on board the organization behind the 'Clean Up Australia 2018' campaign here at Rutherford Technology High School and so far over 3,500 sites have been registered with the organisers.

Friday 2nd March in Period 5 is when students in Years 7-10 will be participating in this activity (classes as normal for Year 11 & Year 12). We will only receive a limited number of bags and gloves within our school kit and therefore we would encourage students to bring along their own garbage bag and gloves! We will be focusing on the outer boundaries and gullies surrounding the school along with areas that don't always get a lot of attention when we participate in these activities. Collection will be done in classes with years being assigned specific areas.

There will be a central collection point which will be monitored so get ready to 'get collecting'!

\$500 GRANTS FOR YOUNG SPORTS MEN AND WOMEN

MERYL SWANSON
MEMBER FOR PATERSON

**\$500 SPORTING GRANTS AVAILABLE -
YOUNG ATHLETES APPLY NOW!**

Are you aged between 12 and 18? Live in the electorate of Paterson?
Need help to take part in a representative sporting event?
Contact my office now to see if I can help.

Applications close
28 February 2018

For full details
visit my website

35 Sturgeon St | PO Box 156
Raymond Terrace NSW 2334
P: 4983 2409 | F: 4983 2408

meryl.swanson.mps@aph.gov.au
www.merylswanson.com.au

f i t

A great opportunity for Rutherford Technology High School students who participate in activities outside of school. Paterson MP Meryl Swanson is inviting young sportsmen and women aged between 12 and 18 years to apply for grants of up to \$500 to help them continue to achieve at the highest level. Applications are now being sought in Round Three of the Australian Institute of Sport's Local Sporting Champions program. This Australian Government initiative offers successful young athletes, coaches and officials money that can be used towards the cost of travel, accommodation or equipment.

To be considered, young people must meet a number of criteria, including:

- the event must be an official national sporting organisation endorsed state, national or international championship, or a School Sport Australia state, national or international championship;
- applicants must live more than 125km from the championship;
- the grant application must be received before the nominated championship begins
- participants must be Australian citizens or permanent residents.

For full details of the eligibility criteria, and terms and condition, visit:

https://www.ausport.gov.au/ais/grants_and_funding/local_sporting_champions/terms_conditions

To lodge your application, visit:

<https://online.ausport.gov.au/lsc/apply/individual.aspx>

Round Three applications close on 28 February 2018

RTHS SCHOOL BAND



Any student from years 7-12 is invited to join the RTHS Concert band. This is predominately a woodwind, brass, keyboard and acoustic guitar group. Rehearsals will be each Thursday at lunchtime and half of period 5. Anyone interested needs to see the Music staff for a note and to check for instrument availability. Lessons will be in conjunction with National Music Academy staff.

RTHS MUSICAL



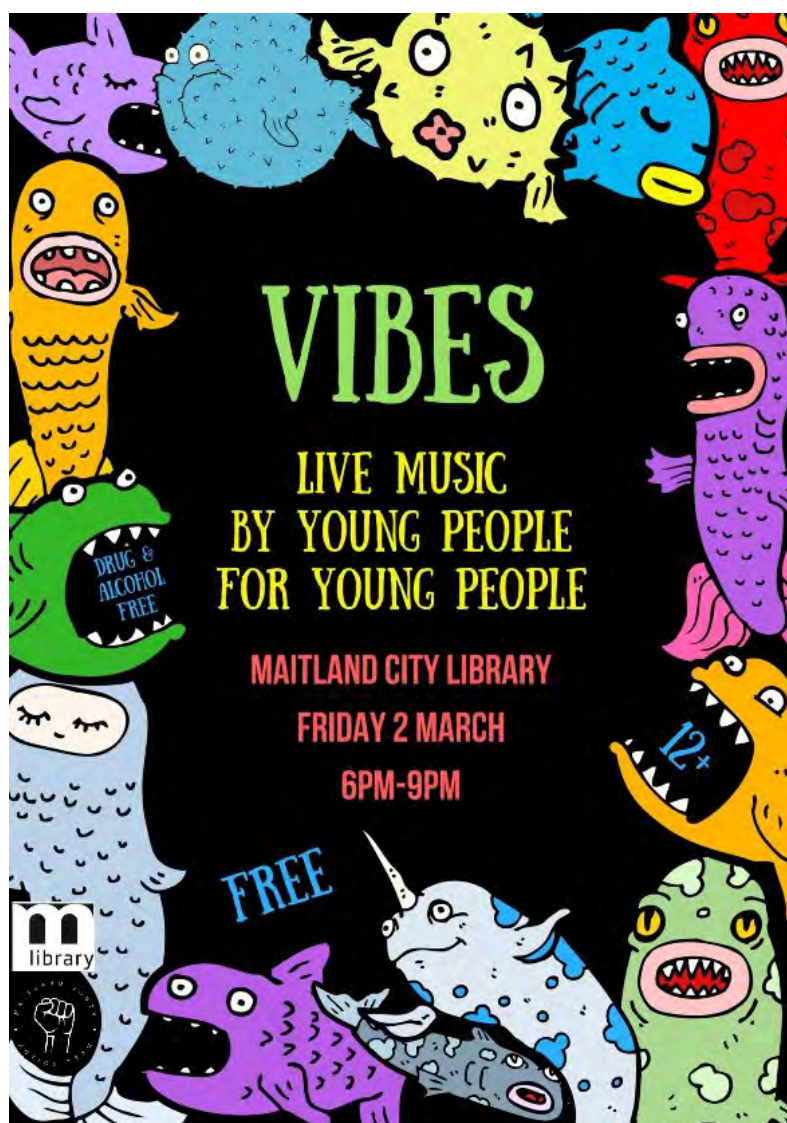
All students in Years 7 to 11 have been invited to join the cast of our upcoming musical Back to the 80s... the totally awesome musical.

The show is set in fictitious high school and follows Corey, an insecure and love struck teenager who would like to be elected Captain and get a girlfriend. Unfortunately he is up against a chick magnet and a geek who has predicted mobile phones.

The story is supported by the music of Bon Jovi, Kenny Loggins, The B52s, Madonna, The Proclaimers, Michael Jackson and Cyndi Lauper to name a few.

Ms Hornery

HT CAPA





CHALLENGING BEHAVIOUR IN YOUNG CHILDREN

A workshop for Parents and Carers

“Challenging Behaviour in Young Children” looks at typical development in Children 2-8 years, the things that affect children’s behaviour and strategies to support challenging behaviour.

How behaviour is affected by:

- Communication
- Special Needs
- Anxiety
- Sensory processing
- Trauma
- Social / emotional competence will be explored.

Where—Woodberry Family Centre, 11 Lawson Ave, Woodberry

When— Wednesday 28th March 2018

Time— 10.00am-12.30pm

Cost-Free

Register online @www.stickytickets.com.au

For more information please contact Sharyn Ferguson on 49374549

There is no childcare available for this workshop



Are you 16 to 23 years old?
Looking for a challenge?

Don't miss the adventure of a lifetime sailing *Young Endeavour*.
Cast off, set the sails, and join the crew for an amazing voyage
along the Australian coast and beyond.

www.youngendeavour.gov.au

1800 020 444
mail@youngendeavour.gov.au

YOUNG ENDEAVOUR YOUTH SCHEME
EXPAND YOUR HORIZONS

COLES SPORTS FOR SCHOOLS 2018

Coles Sports for Schools program is back for 2018 and Rutherford Technology High School has registered!

The program gives schools the opportunity to earn sports equipment just by collecting vouchers from Coles.

HOW DOES IT WORK?

For every \$10.00 spent at Coles (**excluding Coles Insurance products, gift cards, liquor, fuel, tobacco and related products, mobile phone recharge, calling cards, AdBlue and trailer hire**), customers will receive one Sports for Schools Voucher. Vouchers can then be brought into the school and every voucher received goes towards our school tally. When the program ends we can exchange our voucher tally towards sporting equipment to encourage students to get healthy and active at school.

Rutherford Technology High School collection box is at the school in the front office and all vouchers must be returned by **Friday 11th May 2018**.

The more vouchers we collect, the more equipment we can receive!



Come and Try Day

Sunday 4th March 2018

Bring your child down for a run with their friends and team mates!

We will run an Introductory Skills Session followed by a game.

2pm—U5, U6 and U7
2:30pm—U8 and U9
3pm—U10 and U11
3:30pm—Under 12 and Above



We will be using this day to allocate players to teams and nominate Coaches and Managers.

All Children welcome to come and have a kick, insurance is limited to registered players,
registration can be completed on the day!

Please indicate your attendance by email, facebook, teamapp or sms!

GO to <https://www.playfootball.com.au/player/player-registration> to register

For latest Club information: <http://lochinvafc.com.au/>

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

<https://lochinvarrovers.teamapp.com/dashboard>



How To Install Skoolbag On Your Smartphone

For iPhone and iPad users:

1. Click the "App Store" icon on your Apple device.
2. Type your school name in the search, using suburb name will help.
3. You will see your school appear, click "Get" then "install".
4. The app is FREE to download.
5. When installed click "Open"
6. Select "OK" to receive push notifications, when asked.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you by tapping the on/off switch.



For Android users:

You must first have signed up with a Google Account before installing the app.

1. Click the "Play Store" button on your Android Device
2. Click the magnifying glass icon at the top and type in your school name, using suburb name will help.
3. Click the school name when it appears in the search.
4. Click the "Install" button.
5. Click "Accept" for various permissions (please note, we do not modify any of your personal data on your device).
6. Click "Open" when installed.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you by tapping the on/off switch.



Please Note: Some brands of Android phones need the setting in "Notification Manager" changed to "Allow" instead of "Notify" in order for the push notifications to work. The phone must also be running at least version 4 system software to run the app.

For Windows 8.1 Phone and Windows 8.1 or 10 device users:

1. Go to the Windows Store on your 8.1 Windows Phone or Windows 8.1/10 Device
2. Search for "Skoolbag" in the keyword app search
3. Install the Skoolbag app
4. Find your school either by using the keyword search or location service.
5. Click the "Pin" icon to pin the school tile to your Windows Phone home screen.
6. Click the "More" button on the bottom right of the App, then "Setup"
7. Toggle the Push Categories that are applicable to you by tapping the on/off switch.

Please Note: The Skoolbag Windows App is for 8.1 version Windows Phones, or Windows 8.1 and 10 devices.



Tuning in to Teens

Emotionally Intelligent Parenting

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

Where: Rutherford Technology High School
Avery St, Rutherford

When: 5.30pm - 7.30pm Monday evenings
Beginning 19th February

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.

You must register to attend the course as places are strictly limited. Open to any member of the community.





RUTHERFORD TECHNOLOGY HIGH SCHOOL

2018 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	\$2.70
- 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	\$5.00
- Chicken Caesar Wrap	\$4.80

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

Salad Box:

- Salad Box:	Small	\$3.00
	Medium	\$4.50
	Large	\$5.90
- 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
Frozen Yoghurt	\$2.00
Vanilla Buckets	\$1.20
Juice Ice Block	\$1.00
Moosies	\$1.00

EXTRAS:

Bread Roll (extra) / Buttered Bread	\$0.90
Toasted 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
Spaghetti Twist Pasta	\$3.50
Nachos	\$3.50
Cheese & Bacon Roll	\$2.00

SNACKS:

Deli Rock Chips	\$1.00
JJ's Chips	\$1.00
Finger Buns	\$1.60
Muffins	\$1.60
Eucalyptus Drops	\$0.50

DRINKS:

Plain Milk - 600ml	\$2.00
Moove Milk: 300ml	\$2.20
500ml	\$3.00
Juice: 300ml / 375ml	\$2.30
Small Water	\$1.00
Water - 600ml	\$2.00
Sparkling Water	\$3.00
Chilli Drinks	\$1.50
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 8:15am and at Recess & Lunch


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

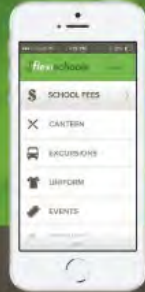
RTHS Canteen is operated by the P&C with one paid Supervisor assisted by Volunteers.
All profits from the canteen are returned to the school to benefit the Students.





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


Rutherford Technology
 High School Canteen 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.

Processed 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	26 February	Volunteer Needed
Tuesday	27 February	Volunteer Needed
Wednesday	28 February	Volunteer Needed
Thursday	1 March	Volunteer Needed
Friday	2 March	Volunteer Needed
Monday	5 March	Volunteer Needed
Tuesday	6 March	Volunteer Needed
Wednesday	7 March	Volunteer Needed
Thursday	8 March	Volunteer Needed
Friday	9 March	Volunteer Needed



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 😊



We've packed everything you need into our new website!

healthylunchbox.com.au

Visit healthylunchbox.com.au for recipes & information you can trust.



CANCER COUNCIL NSW LAUNCHES INTERACTIVE HEALTHY LUNCH BOX WEBSITE FOR FAMILIES

The task of packing healthy school lunch your kids will love is now easier with Cancer Council NSW's new Healthy Lunch Box website (healthylunchbox.com.au).

We know that 93% of children don't eat enough vegetables and 22% are overweight.

The website includes recipes and tips on how to include more fruit and veg in the family's diet and is complete with an interactive lunch box builder to involve the kids, at home, or on the move with a smartphone or tablet.

The website has been launched as part of Cancer Council NSW's *Eat It To Beat It* program which runs free sessions and workshops for parents of primary aged school children, helping them to understand why fruit and vegetables are so important.

Visit healthylunchbox.com.au to pack a quick and healthy lunch box today!



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			

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
- Cricche supervised by qualified child carers
- Shower and toilet facilities
- We accept Fitness Passport

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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.

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>




Gibson
Wealth Management Pty Ltd
Open the door to your financial future!



For: Rutherford Technology High School P&C Association

Name		ORDER FROM TOGETHER WITH PAYMENT TO BE RETURNED BY: TUESDAY 13 th MARCH 2018															Total: \$ _____		
Contact Number:		_____																	
	Plain Pie (Pkt 6) \$10.50																		
	Beef & Potato Pie (Pkt 4) \$8.50																		
	Bacon & Cheese Pie (Pkt 6) \$11.50																		
	Quiche (Pkt 6) \$11.50																		
	Chicken & Veg Pie (Pkt 4) \$11.00																		
	Family Meat Pie (Pkt 1) \$6.50																		
	Caramel Slice (Pkt 6) \$10.00																		
	Party Apple Pie (Pkt 6) \$6.50																		
	Vanilla Slice (Pkt 6) \$6.50																		
	Cream Lamington (Pkt 12) \$11.50																		
	Plain Lamington (Pkt 12) \$10.50																		
	Hot Cross Buns - Fruit (Pkt 6) \$4.00																		
	Hot Cross Buns - Fruitless (Pkt 6) \$4.00																		
	Hot Cross Buns - Mocha (Pkt 6) \$4.00																		
	Hot X-Buns - Choc Chip (Pkt 6) \$4.00																		
	Total																		

Pie Drive Collection Date: TUESDAY 27th MARCH 2018

Collect From: RUTHERFORD TECHNOLOGY HIGH SCHOOL