

IMPORTANT DATES TO REMEMBER

16th February - Open
Boys Volleyball
Newcastle

19th February - Zone
Swimming Carnival
Maitland Pool

20th February - P&C
Meeting 6pm

22nd February -
Hunter Trials Boys
Volleyball

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 20th February at 6pm in the interview room at the front office. All welcome to attend.

**RESPECT
RESPONSIBILITY
COMMITMENT**

RUTHERFORD TECHNOLOGY HIGH SCHOOL NEWSLETTER



9th February 2018

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

www.rutherfordhs.nsw.edu.au

Telephone: 4932 5999

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[http://www.facebook.com/](http://www.facebook.com/RutherfordTechnologyHighSchool)

RutherfordTechnologyHighSchool



MESSAGE FROM OUR SCHOOL CAPTAINS

We would like to extend a very big warm welcome to everyone coming back to school in 2018, especially our Year 7's as they settle into high school, and to the Year 11's in their new yellow uniform.

We are looking forward to a positive, busy and rewarding year within the SRC and we welcome the new faces that have joined us. Our weekly meetings commenced this week and will be held on a Wednesday with the SRC looking to continue our school spirit as well as reinforce our three PBL Values: Respect, Responsibility and Commitment.

We hope you have all enjoyed the first few weeks and we can't wait to keep you updated throughout the year of what is happening.

Jake Payne and Clare Faustini
School Captains 2018



WELCOME!

PRINCIPAL'S REPORT

WELCOME

Welcome to 2018 at RTHS. A particular welcome to Year 7 and any new students and families joining our school community.

At Rutherford Technology High School we look out for each other. We have high expectations in all areas. We expect students and staff to work hard and to their potential. We expect respect to be extended to every single RTHS community member.

Like every community, there will be problems from time to time. If you have any concerns throughout the school year we encourage you to approach the school, as it is better to sort a problem quickly.

We have enrolled over 230 students in Year 7 this year and we have a student population of just over 1050. As a large school, we have the ability to draw on significant resources to support you and your family.

STRATEGIC PLAN 2018-2020

This year we move into the start of a new planning phase. Significant consultation has taken place across the whole school community to arrive at our three strategic directions:

Quality Teaching and Learning

Wellbeing

Community Partnerships and Leadership

The full document will be released shortly.

PBL

Rutherford Technology High School is a Positive Behaviour for Learning, or PBL, school. There will again, this year, be a strong focus on the recognition of positive behaviours. Our VIVO reward system recognises our students displaying our core values. A big part of PBL is in encouraging students to take responsibility for their own behaviour and learning. This revolves around students demonstrating all aspects of our core values outlined

RUTHERFORD TECHNOLOGY HIGH SCHOOL CORE VALUES



RESPECT	Be polite Care for each other Care for all property Keep it clean
RESPONSIBILITY	Right place right time Be safe Use technology appropriately Follow instructions
COMMITMENT	Strive for personal best Wear school uniform Be ready to learn Show pride

HIGH EXPECTATIONS

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. Most important is the high expectation we have around student learning.

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.

WELLBEING TEAM 2018

Our wellbeing structure at Rutherford Technology High is very strong. Please contact your child's Year Adviser in relation to any immediate concerns.

Deputy Principals

Simone Hughes - Years 8, 10 and 12

Kylie Fabri - Years 7, 9 and 11

Head Teachers Wellbeing

Kris Turner - Years 7, 9 and 11

Louise Smailes - Years 8, 10 and 12

Head Teacher Literacy and Numeracy

Alice Walters

School Counsellors

Sue Peak

Karen Watson

Student Support Officer

Mary-Kate Ferguson

Girls Adviser

Anne Young

	Year Adviser	Assistant Year Adviser
Year 7	Shanelle Heitmeyer	Ashley Rooney
Year 8	Mallori Hedges	Allison Orr
Year 9	Kegan Daly	Kristy Grant
Year 10	Josh Potapczyk	David Connaughton
Year 11	Emma Basedow	
Year 12	Loretta Wells	

WELCOME TO NEW STAFF

We have some new permanent staff members starting this year:

Sarah Bartier (English)

Teliah Buckton (Support)

Karen Upfold (Learning and Support)

Erin Sharp (CAPA)

Joddy Griffiths (PDHPE)

Blair Newham (PDHPE)

John Weber (General Assistant)

Lyn Walkerden returning as Head Teacher Support

We welcome them and know they will enjoy being a part of such a fantastic school.

SOCIAL MEDIA

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 are a range of social media applications (eg. Facebook, Snapchat, Messenger, 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

- Parents should have access to their child's passwords and social media accounts
- Limit your friend list – don't friend random people
- Protect your privacy – don't share your password with anyone; even your best friends
- 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?
- 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 (eg. teacher supplies the learning workbook).

Students need several copies of their school timetable – at least one for school and one for home. It is a good idea to take a photo of it on their phone or use the timetable function on the school APP where students can input their weekly schedule. A diary to organise work requirements is needed, as this enables both parents and students to monitor homework and assignment due dates, and 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 school book and making summary or study notes.

LATE ARRIVALS TO SCHOOL

All students are expected to attend school for roll call at 9am. Late arrivals must have a note from home outlining the reason for lateness. Late arrivals are noted on students reports as partial absences.

BUS TRAVEL

All students must carry their OPAL card and tap on and off the bus. Students without their vCard can be denied travel. Students are not permitted to get off their bus at the Rutherford shops. All students must come straight into school from the bus bay.

GREAT ACHIEVEMENTS

There are so many great things our students are doing, both in school and out of school. If your child has achieved something notable outside of school – please feel free to inform us – it is always great to know what our students are up to!!

UNIFORM & SHOES

Uniform items sold through the Daylight Uniform Shop are the only accepted pieces of uniform. Black leather shoes are the only acceptable shoes (except for sport). It is great to see the vast majority of students wearing the correct school uniform. We will be conducting uniform gate inspections over the course of the year. When you enter a school and see students in the correct uniform it creates a very positive impression of the school.

The school uniform is just like a uniform worn in the workplace. If you are working at McDonalds and you arrive for a shift in 'almost the right uniform' – you will be sent home. It is an important habit to develop.

If you are experiencing financial difficulties, please contact the school so that we can assist. We have no desire to 'punish' students who for genuine reason cannot access a school uniform. If you make contact with the school, we will hopefully be able to sort any issue.

STUDENT ASSISTANCE

Parents experiencing financial difficulty in meeting school expenses including subject specific fees and uniforms are invited to confidentially contact the school to discuss the process. A limited amount of funds is supplied by the Government for needy families to assist with educational expenses. I encourage parents to seek this assistance.



P&C

The P&C at Rutherford Technology do a fantastic job in supporting the school at various events and through their fund-raising efforts. They are an extremely sociable and friendly group. If you are interested in attending meetings they are on the third Tuesday of each month at 6:00 pm in the Administration block at the front of the school.

The next meeting is on the 20th February

Hope to see you there!

CANTEEN

Our Canteen is run by our P&C. They are always looking for volunteers to help during the day. If you can help in any way please contact our office and ask to speak with Jenny Brazier. Parents, Grandparents and other Family Members are always welcome.

COMMUNICATION

To help with communication don't forget we have our Website, Facebook page and our School App. Please utilise these. SMS will continue to be used to notify you of student absences.

PLEASE MAKE AN APPOINTMENT

From time to time parents and caregivers need to speak in person with a Deputy Principal or the Principal. We request that you phone ahead and make a convenient time to avoid having to wait unnecessarily or be told that the person is unavailable.

Michael Whiting
Principal

ENGLISH REPORT

And so a new year begins in 2018. Welcome to all our new students. We also have a new staff member in English – we are lucky to have Ms Bartier join us in a permanent position and Ms Gaynor will step across from her position in HSIE for some English lessons.

As we do each year in English, we have provided students with information for the year so both they and parents/ caregivers can gain an understanding of what they will be doing in their study of English. Students will be bringing home their new Scope and Sequence overviews of topics and tasks for the year, as well as a letter for parents/ caregivers and students to sign informing them of the expectations, requirements and descriptions of the different courses and assessments. These documents provide parents and caregivers with an overview of the purpose and focus of topics to best assist students' learning; if you have any questions, we are always more than happy to help in any way we can. These documents can also be used to make a note on calendars as to when assessments will be due to assist students' organisation and preparation for tasks. Students will be given specific criteria and details about the tasks at least 2 weeks prior to the task due dates, so please keep an eye out for these task notifications and remind students to talk to their teachers if they are unsure of what they need to do. Our door is always open in the English staffroom. We will also maintain communication regarding student progression throughout the year to help assist parents and caregivers in mutual support of students' learning achievements.

After school tutoring for HSC students is also being offered this year on a Thursday afternoon to provide extra support for students who require it and wish to put in that little bit extra to get the results they desire. Remember, early and consistent preparation will be the best help in improving students' HSC results.

We look forward to sharing a positive year of learning with everyone.

The English Faculty line-up for 2018:

Ms Stephanie Mole (**HT**)

Mrs Mallori Hedges (**Year 8 Advisor**)

Mrs Allison Orr (**Assistant Year 8 Advisor**)

Ms Emma Voorbij

Mr Andrew Rutherford

Mr John Lacey

Mrs Samantha Linhart

Ms Sarah Bartier

Miss Erin Bartlett

Ms Laura Gaynor

Stephanie Mole

HT English

HELPFUL HINTS FROM THE LaST (Learning and Support Team)

To ensure that your child is able to reach his/her full potential it is vital that parents check things such as hearing and eyesight. The following guide may be of assistance.

WHAT TO LOOK OUT FOR?

- * Frequent blinking, or rubbing the eyes.
- * Red or watery eyes
- * Complaints of headaches, or sore or tired eyes
- * Complaints of blurry vision
- * Problems concentrating or comprehending what they have been reading, or even avoiding reading or writing
- * Difficulties with reading, such as skipping words, losing their place, confusing words, or even with learning to read
- * Holding things close to read or see
- * Tilting or turning the head when looking at something
- * One eye turning in or out
- * Squinting, or not being able to recognise people or things in the distance



SCHOOL PHOTOS

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 personalized envelope when they receive it.



Rutherford Technology High School student Leeza Goyal (Yr 8) will be performing a dance at the festival on the World Stage at 4:20pm.



WELLBEING REPORT

We have had a few changes to the Wellbeing team this year! All members of the Wellbeing Team are here to support students throughout their journey at Rutherford Technology High School.

The Wellbeing Team for 2018 consists of:

Deputy Principal:

Kylie Fabri: Years 7, 9 and 11

Simone Hughes: Years 8, 10 and 12

Head Teacher Wellbeing - located in Room 7A:

Kris Turner– Years 7, 9 and 11

Louise Smailes – Years 8, 10 and 12

	Year Adviser	Assistant Year Adviser
Year 7	Shanelle Heitmeyer	Ashley Rooney
Year 8	Mallori Hedges	Allison Orr
Year 9	Kegan Daly	Kristy Grant
Year 10	Josh Potapczyk	David Connaughton
Year 11	Emma Basedow	
Year 12	Loretta Wells	

Student Support Officer - located in Room 7A:

Mary Kate Ferguson

School Counsellor:

Sue Peak - Monday/Tuesday/Wednesday

Karen Watson - Thursday/Friday

Throughout the year we hope to promote Wellbeing for students, teachers and parents.



STUDENT HEALTH CARE: A REMINDER TO PARENTS TO NOTIFY THE SCHOOL ABOUT YOUR CHILD'S HEALTH

We welcome information from parents about your child's health, even if you are not requesting specific support from our school. Our school asks for medical information when you enrol your child. It is also important that you let us know if your child's health care needs change or if a new health condition develops.

Information about allergies, medical conditions such as asthma and diabetes and other health care related issues should be provided to the school by parents.

It is also important to notify clerical office staff of any changes to your contact details or the contact details of other people nominated as emergency contacts. Mrs Louise Smailes looks after Health Care within the school and is the best person to contact if your child has additional health needs or concerns.

PEER SUPPORT

The Peer Support Program for Year 7 and 11 students started last week with students and their leaders. The program will be conducted each Monday during period 1.

Each week, groups of 10-13 Year 7 students will meet with their Year 11 Peer Support leaders and work through a range of activities that focus on building connections and addressing a range of behaviours, including the prevention of bullying. Meeting in small groups allows meaningful connections to form, assisting students with the transition to secondary school. Throughout the terms students will acknowledge their strengths and learn skills to build resilience, identify how to develop, maintain and repair friendships, develop understanding of a range of behaviours including bullying, and learn strategies in order to respond appropriately in a variety of situations.

The Peer Support Program:

- is a peer led, skills based, experiential learning program
 - empowers young people to support each other and contribute positively to society
 - provides students with a supportive learning environment in which to develop the skills, understandings, attitudes and strategies to improve their mental, social and emotional wellbeing
 - develops key skills in resilience, assertiveness, decision making, problem solving and leadership
 - utilises a whole school approach to support positive cultural change
- provides authentic leadership opportunities for Peer Leaders

Please do not hesitate to contact either Head Teacher Wellbeing, or any of the Year Advisers if you have concerns with the welfare of your child.

Louise Smailes and Kristine Turner
Head Teacher Student Wellbeing



ATTENDANCE

Rutherford Technology High School supports and implements the NSW Department of Education and Communities School Attendance Policy PD20050259, available at <https://education.nsw.gov.au/policy-library/policies/school-attendance-policy>

Click on this link to access the Attendance Policy which sets out the requirements for the attendance of students in NSW government schools.

Research indicates that:

Regular attendance at school is fundamental to student learning. Students who attend school regularly are more likely to achieve educational success, and increase their career and life options.

Student attendance has been identified as an important aspect of a student's wellbeing and failure to receive an education has been identified as a risk of harm factor.

Poor patterns of attendance place students at risk of not achieving their educational, social and psychological potential and disadvantage them in the quality of choices they are able to make in later life situations.

Communities benefit from students who regularly attend school and are achieving. These benefits include greater student safety, community wellbeing, and a sense of connectedness for all.

Schools, families, and communities can work together to send a strong collective message about the importance of going to school.

Promoting the benefits of regular attendance to students, teachers, early childhood centre staff, parents, and community groups will help create a culture where regular school attendance is the norm.

Rutherford Technology High School is a Positive Behaviour for Learning School (PBL). Consequently this school is committed to the provision and implementation of a broad range of systematic and individualised strategies for improving school attendance, within a framework of student well-being, to enhance important social and learning outcomes for all students.

Rutherford Technology High School takes a positive approach to improving student attendance. Our school's 2018 Attendance Plan identifies and implements core values, practices and processes that support regular attendance and learning.

According to Departmental policy:

Parents are responsible for:

Enrolling their children of compulsory school age in a government or registered non-government school or registering them with the Board of Studies NSW for home schooling

Ensuring that their children attend school regularly

Explaining the absences of their children from school promptly and within seven days to the school

Taking measures to resolve attendance issues involving their children

At Rutherford Technology High School, at the beginning of each day the roll is marked electronically during roll call. This is the official school roll and indicates a student's daily attendance. The roll is also electronically marked each lesson.

After recess each day the school uses a SMS system to notify parents of unexplained late arrivals and unexplained whole day absence. If your child is absent from school, parents are legally required to notify the school, explaining the absence, within 7 days. This can be done in a number of ways:

Phone or email – If you know your child is going to be away from school please contact the school via phone (02 49325999) or email (rutherford-h.school@det.nsw.edu.au) to explain the absence.

Letter – on the day your child returns to school after an absence send a note explaining the absence. This note is to be handed in at the school Administration Office.

Reply to SMS - the school sends out an SMS message each day to notify parents that their child is absent. Please reply to the SMS stating if your child is sick or family business.

Please note – you can only reply to an SMS on the day it is sent, as the SMS number is only active for that day. Should you require assistance in saying **NO** to your child with regard to any absences other than genuine illness, please contact either Head Teacher Wellbeing or your child's year adviser. Let's work together to make a difference to your child's future.

Kristine Turner
Head Teacher Wellbeing



Rutherford Technology
High School

Ph: 4932 5999
Fax: 4932 8166

30 Avery Street
RUTHERFORD



YEAR 5 and YEAR 6 INFORMATION SESSION

Rutherford Technology High School Principal, Mr Whiting, Deputy Principal, Ms Hughes and SRC Representatives will be attending our Partner Primary Schools during mid-late February to conduct Information Sessions.

The session will be approximately half hour in duration and parents are not required to attend however more than welcome if they wish to come along. The session will be for Year 5 and Year 6 students and an information brochure will be distributed to the students to take home.

Session date and times are still being finalised so please ensure you continue to check with your relevant school for when the session details have been confirmed.



Year 6 Information Evening for Year 6 Students
and their Parents/Carers will be held at
Rutherford Technology High School
on Tuesday 27th February 2018 commencing at 5:30pm

RESPECT

RESPONSIBILITY

COMMITMENT

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



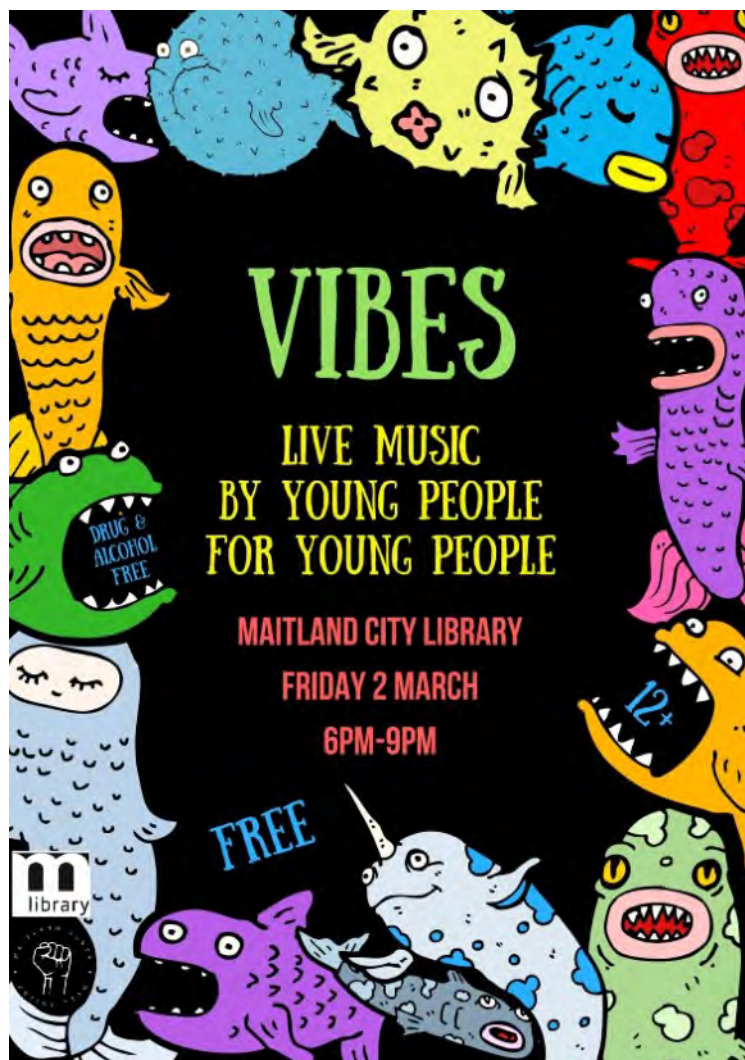
All students in Years 7 to 11 have been invited to join the cast of our upcoming musical Back to the 80s... the totally awesome musical.

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.

Auditions start Monday 12th February at recess in the Performing Arts Centre. Students can still put their names down until Wednesday 14th. Audition times are posted on the Music Staffroom windows.

Ms Hornery
HT CAPA



Sport Dates 2018

Zone Swimming	Date:	19 th February
	Venue:	Maitland Pool
	Cost:	\$3.50 (Others - \$2.50)
Regional Swimming	Date:	5 th March
	Venue:	Maitland Pool
	Cost:	\$3.50 (Others - \$2.50)
State Swimming	Date:	8 th , 9 th & 10 th April
	Venue:	Homebush

Note: The Region would like us to use "Meet Manager" for the Zone Swimming Carnival. Entries for the Zone Carnival will need to be given to MVHS by Wednesday 14th February.

Zone X-Country	Date: 18 th May Venue: Mount View Basin
Zone Athletics	Date: 23 rd May Venue: Maitland
Regional X-Country	Date: 1 st June Venue: Cessnock Race Course
State X-Country	Date: 27 th July Venue: Eastern Creek
Regional Athletics	Date: 1 st & 2 nd August Venue: Glendale
State Athletics	Date: 5 th , 6 th & 7 th September Venue: Homebush
Yr 7 Gala Day	7 th September
Yr 7 & Yr 8 Netball/Cricket Gala Day	14 th November



IMPORTANT INFORMATION REGARDING 2018 HUNTER SPORT TRIALS

We have been advised that the procedure to attend Hunter Sport Trials from next year has changed and students wishing to attend **MUST** follow the new online procedure or their nominations will not be accepted - students will **NOT** be able to attend a Hunter Trial with outdated information.

The Hunter Trial Book will **NO** longer be published and all information relating to trials is on the Hunter School Sport Website: <https://app.education.nsw.gov.au/sport/Hunter>

Important information:

Students are required to complete the specific sport requirements on the Hunter School Sport Website to be able to trial for a Hunter Team

When students attend trials they must have the Hunter Consent Form signed by school principal or nominated person and parent/caregiver along with all other completed information. If a student arrives at a trial without the Consent Form they will not be able to trial for the Hunter Team and therefore not be eligible for selection.

Please see below for step-by-step instructions on how to apply to attend a Hunter Region Trial as well as a Calendar of Events.

There is a new School Sport Website and all information regarding Hunter trials has been up loaded. The web address is:

<https://app.education.nsw.gov.au/sport/Hunter>

1. This takes you to the Hunter Sports Website



2. Click on the sport you are interested in trialling for on the right hand side under the Hunter logo **<Find event>**
3. *Type in the event that you are wishing to trial for and click on the event.*
4. Dialogue box with the information comes up, click on the **<more info>** tab on the bottom right



5. Takes you to the specific information, click on the **<+ symbol>** next to Additional information
6. Scroll down to the consent form.
7. Click on **<consent form>**, complete it in full, print and then return it to your School Sport Coordinator/Principal to sign and record.
8. Take it with you on the day of the trial, hand to the Convener/Manager running the trial.



2018 HUNTER SPORT TRIALS

Students who wish to trial for any of the teams listed below **MUST** follow the following procedure:

1. Note the date of the trial and then go to the [website nominated](#) on the information sheet to gain details and other information.
2. Complete the consent form online and then print and return it to your school Principal and sport coordinator to sign.
3. **YOU ARE NOT PERMITTED TO ATTEND ANY TRIAL** unless you have **SCHOOL PERMISSION**. If you turn up at the trial without school permission you will be sent **BACK TO SCHOOL**.
4. Once the Sport Coordinator has your permission note they will seek the advice of both the Convener and School Coaches as to your eligibility to attend Trials. Students that are too young or are not of the standard or calibre of a Hunter team cannot attend Trials.
5. Once the Sport Coordinator signs off on your attendance then you take the completed permission note to the trial.
6. NOTE that no transport or direct supervision is supplied by your High School.

Date	Team	Date	Team
Term 1		Term 2	
February 9	Girls Volleyball	May 25	Lawn Bowls
February 22	Boys Volleyball	June 14	WAG/MAG/RG Gymnastics
February 26	Golf	June 26	Boys Tennis
February 27	Diving	July 3	Girls Tennis
March 1	Boy/Girls Touch U/16s	July 3	Orienteering
March 7	Boys Basketball	July 5	Trampoline Sports
March 8	Girls Football	Term 3	
March 13	Boys AFL U/15s	August 7	Mountain Biking
March 13	Girls Basketball	September 26	Boys Cricket
March 14	Boys Football	Term 4	
March 15	Boys/Girls Water Polo	November 20	Girls Softball
March 16	Netball	November 20	Boys Softball
March 21	Rugby League 15's and Opens	November 29	Girls Cricket
March 26	Squash	December 11	Boys Baseball
March 28	Rugby Union		
March 29	Boy/Girls Touch U/16s Opens		
April 4	Boys/Girls Hockey		
July 3	Orienteering		
July 5	Trampoline Sports		

Trial dates and time printed on this form are subject to change, please refer to the Hunter School Sport website for the most up to date information.



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

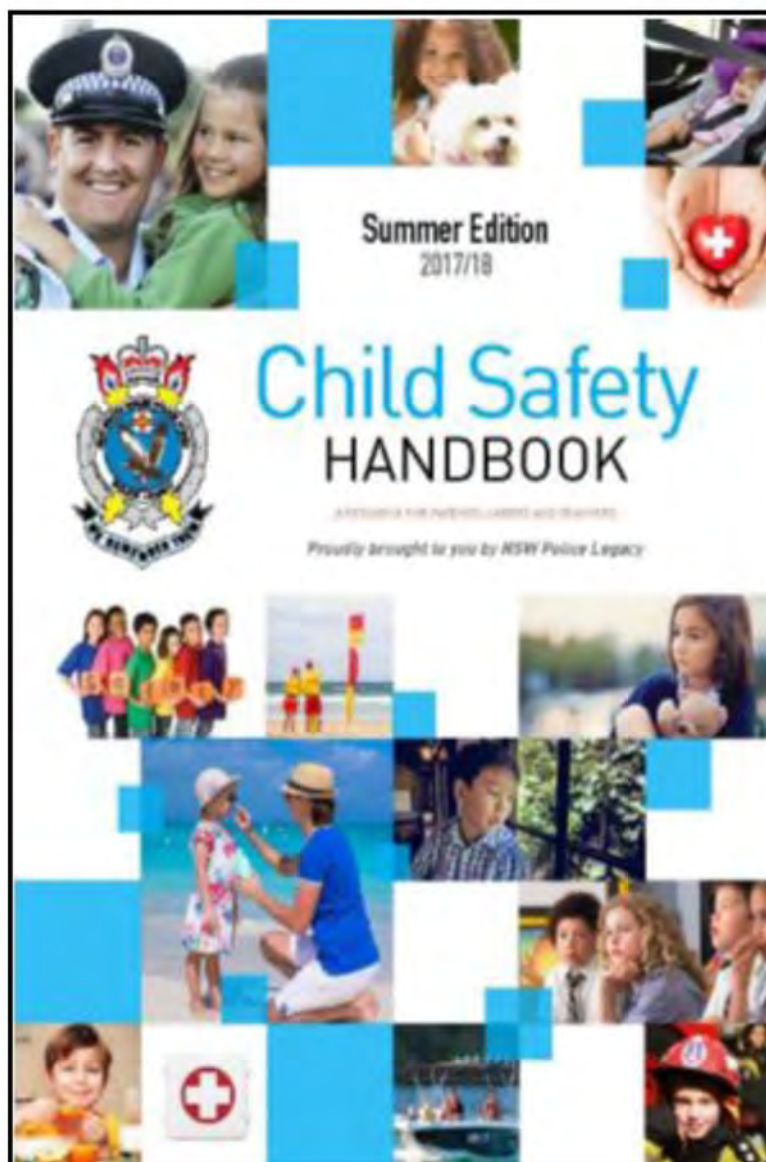
NSW Police Legacy Child Safety Handbook

The NSW Government Education & Communities have advised schools that the OnLine Summer 2017/2018 Edition of the "Child Safety Handbook" produced by the NSW Police Legacy is now available for parents and carers.

The resource provides advice to assist children, parents and teachers on a range of areas related to child safety and is updated every six months.

All parents and carers are encouraged to download the latest edition and discuss the safety content with your child/children.

Further information can be found on the Website: <http://nsw.childsafetyhub.com.au/>



We are pleased to advise that the summer edition of this safety resource is now available online with updated safety content.

[Digital Handbook](#)

[IOS App](#) / [Android App](#)

Website

ABSTUDY

Improving education outcomes
for Indigenous Australians



centrelink



Australian Government
Department of Human Services

humanservices.gov.au

What ABSTUDY is

ABSTUDY is a group of Centrelink payments for Aboriginal and Torres Strait Islander students and Australian Apprentices paid on behalf of the Australian Government.

Why ABSTUDY is paid

ABSTUDY helps Aboriginal and Torres Strait Islander Australians while they're studying or training.

ABSTUDY can help with costs including:

- study
- housing
- living expenses, and
- travel.



Who can get ABSTUDY

To get ABSTUDY you must be all of the following:

- an Aboriginal or Torres Strait Islander Australian
- an Australian citizen who normally lives in Australia
- covered by an ABSTUDY Award (see page 6), and
- studying an approved course or doing an Australian Apprenticeship.

Aboriginal and Torres Strait Islander peoples

Aboriginal and Torres Strait Islander peoples are all of the following:

- of Aboriginal or Torres Strait Islander descent
- identify as an Aboriginal or Torres Strait Islander, and
- accepted as an Aboriginal, Torres Strait Islander or both by the community they live in or have lived in.

Australian citizenship

You need to give us proof of Australian citizenship if you were born outside of Australia.

Approved courses

To get ABSTUDY as a student you must be enrolled in and studying an approved course at an approved institution.

Most courses at schools, colleges, TAFEs and universities are approved.

Courses at private (non-government) education providers are often approved if they lead to a recognised qualification.

To find out if your course is approved you can call the ABSTUDY line on **Freecall™ 1800 132 317**.

Full time Australian Apprentices

To get ABSTUDY as a full time Australian Apprentice you need to:

- be a full time apprentice, trainee, or trainee apprentice in the Australian Apprenticeships scheme, and
- have met the minimum requirements for leaving school in your state or territory, or have an exemption letter from your education authority allowing you to do an apprenticeship.

Which payments are right for you

You don't need to know which payments you can get before you apply. When you apply we'll talk with you about your situation and work out which ones are right for you.

If you'd like to work out which payments you could get yourself, follow these three steps.

1. Find out which ABSTUDY Award you're covered by.

2. Go to page 10 to see which payments you could get based on that Award.

3. Read the specific eligibility criteria for those payments on our website, ask us on social media or call us on **Freecall™ 1800 132 317**.



What the ABSTUDY Awards are

You don't need to know which Award you're covered by unless you want to explore payments yourself. When you apply we'll tell you which payments you can get based on your own situation.

There are seven ABSTUDY Awards that help us work out which payments you can get.

- Schooling A Award
- Schooling B Award
- Tertiary Award
- Part time Award
- Testing and Assessment Award
- Masters and Doctorate Award
- Lawful Custody Award

The Awards help organise ABSTUDY payments based on your study, training and personal circumstances.

Use the following table to work out which Award you're covered by.

ABSTUDY Awards	This Award is for...
Tertiary Award	Full time tertiary students <ul style="list-style-type: none"> • studying full time or approved for a concessional study load • meet the ABSTUDY progress and duration of assistance rules, and • meet the minimum requirements for leaving school or have an exemption to these. Apprentices <ul style="list-style-type: none"> • doing a full time Australian Apprenticeship (see page 4).
Part time Award	Part time tertiary students Part time secondary students <ul style="list-style-type: none"> • 18 or older at 1 January in the year of study.
Testing and Assessment Award	Students doing tests or assessments <ul style="list-style-type: none"> • doing tests or assessments for the Indigenous Youth Mobility Program, or travelling away from your home for a tertiary course admission test or interview • can't be assessed on previous study, and • not getting any other financial help for the test or interview.

ABSTUDY Awards	This Award is for...
Schooling A Award	Full time primary school students <ul style="list-style-type: none"> • 14 or older at 1 January in the year of study, and • living at home. Full time secondary school students <ul style="list-style-type: none"> • 15 or younger, and • living at home, or not approved for the living away from home or independent rates of ABSTUDY.
Schooling B Award	Full time secondary students studying at a secondary school <ul style="list-style-type: none"> • 16 or older • 15 and in state care or considered independent for ABSTUDY for certain reasons, or • 15 or younger and approved to live away from home. Full time secondary students studying somewhere other than a secondary school <ul style="list-style-type: none"> • meet the ABSTUDY progress and duration of assistance rules, and • meet the minimum requirements for leaving school or have an exemption to these. Full time primary school students <ul style="list-style-type: none"> • repeating the final year of primary school.

ABSTUDY Awards	This Award is for...
Masters and Doctorate Award	Full time Masters degree or Doctorate students <ul style="list-style-type: none"> • studying full time or approved for a concessional study load, and • not getting other financial help under the Australian Government Research Training Program.
Lawful Custody Award	Students and apprentices in a correctional institution, remand centre or youth training centre <ul style="list-style-type: none"> • studying an approved course or a full time Australian Apprentice (see page 4), and • in lawful custody for more than 2 weeks.



Payment	What it helps with	Schooling A Award	Schooling B Award	Tertiary Award	Part time Award	Testing and Assessment Award	Masters and Doctorate Award	Lawful Custody Award
Regular ABSTUDY payments								
ABSTUDY Living Allowance	Living expenses	✗	✓	✓	✗	✗	✓	✗
Supplementary ABSTUDY payments								
Additional Assistance	Costs in exceptional circumstances	✗	✓	✓	✗	✗	✓	✗
Additional Incidentals Allowance	Essential course costs	✗	✗	✓	✗	✗	✓	✗
Assistance to pay student contributions (formerly HECS) or tuition fees	Tuition fees for Masters or Doctorate students	✗	✗	✗	✗	✗	✓	✗
Away From Base assistance	Approved travel for study at a different location	✓	✓	✓	✓	✓	✓	✓
Fares Allowance	Approved travel between home and place of study	✓	✓	✓	✓	✓	✓	✓
Incidentals Allowance	Study costs	✗	✓	✓	✓	✗	✓	✗
Lawful Custody Allowance	Essential study costs if in lawful custody for more than 2 weeks	✗	✗	✗	✗	✗	✗	✓
Relocation Allowance	Moving to another place for study	✗	✗	✗	✗	✗	✓	✗

Payment	What it helps with	Schooling A Award	Schooling B Award	Tertiary Award	Part time Award	Testing and Assessment Award	Masters and Doctorate Award	Lawful Custody Award
School Fees Allowance	School fees	✓	✓	✗	✗	✗	✗	✗
School Term Allowance	Materials for school	✓	✗	✗	✗	✗	✗	✗
Thesis Allowance	Costs of presenting a thesis	✗	✗	✗	✗	✗	✓	✗
Under 16 Boarding Supplement	Boarding school or hostel costs	✗	✓	✗	✗	✗	✗	✗
Other payments and assistance								
The Energy Supplement	Living expenses	✗	✓	✓	✗	✗	✓	✗
Pensioner Education Supplement	Study costs if getting a certain income support payment (not ABSTUDY)	✗	✓	✓	✗	✗	✓	✗
Pharmaceutical Allowance	Buying prescription medicines	✗	✓	✓	✗	✗	✗	✗
Relocation Scholarship	Costs of living away from home	✗	✗	✓	✗	✗	✓	✗
Remote Area Allowance	Costs of living in a remote area	✗	✓	✓	✗	✗	✗	✗
Rent Assistance	Rent	✗	✓	✓	✗	✗	✗	✗
Student Start-up Loan	Extra costs Note: this is an optional loan and must be paid back	✗	✗	✓	✗	✗	✓	✗

What the payments are

There are:

- **regular ABSTUDY payments**—usually paid every two weeks and help with living expenses
- **supplementary ABSTUDY payments**—usually paid less often for more specific costs, or
- **other payments and assistance**—other payments and assistance ABSTUDY students can get.

Regular ABSTUDY payments

- ABSTUDY Living Allowance

Supplementary ABSTUDY payments

- Additional Assistance
- Additional Incidentals Allowance
- Assistance to pay student contributions (formerly HECS) or tuition fees
- Away From Base assistance
- Fares Allowance
- Incidentals Allowance
- Lawful Custody Allowance
- Relocation Allowance
- School Fees Allowance
- School Term Allowance
- Thesis Allowance
- Under 16 Boarding Supplement

How you get it

To get ABSTUDY, you must submit a claim. Depending on the student's situation, the student, apprentice, their family or place of study can do this. Students, apprentices and families claim by calling us on **Freecall™ 1800 132 317**.

When claiming over the phone you'll need to confirm the information you've given us is true and correct. We'll tell you if you need to return documents to support your claim.

After the phone call, we'll send you a *Customer Declaration Form* with the information you told us. If the information is right, you don't need to return the form. If any of the information is wrong, you'll need to return the form with the right information.



Other payments and assistance

- The Energy Supplement
- Pensioner Education Supplement
- Pharmaceutical Allowance
- Relocation Scholarship
- Remote Area Allowance
- Rent Assistance
- Student Start-up Loan



Who ABSTUDY is paid to

ABSTUDY can be paid to one of the following:

- the student or apprentice
- the student or apprentice's parents or guardians, or
- the student's place of study.

This depends on the specific ABSTUDY payment and the student's situation.

Where to find more information

You can find more information on the following websites.

For ABSTUDY go to **humanservices.gov.au/abstudy**

For Australian Apprenticeships go to **australianapprentices.gov.au**



How to contact us

You can contact us in several ways.

Social media

Connect with us through our Facebook and Twitter accounts for students, Student Update.



Facebook—visit facebook.com/studentupdate



Twitter—tweet @StudentUpdateAU

Social media is not private or secure, don't share personal information on social media. If you need to talk about your personal circumstances call or visit us.



Find out more about our social media at humanservices.gov.au/socialmedia

By phone



You can call our ABSTUDY line Monday to Friday, 8 am to 5 pm on **Freecall™ 1800 132 317**.

In person



You can find our locations at humanservices.gov.au/findus

Disclaimer

The information contained in this publication is intended only as a guide to payments and services. It's your responsibility to decide if you wish to apply for a payment and to make an application with regard to your particular circumstances.

Calls from your home phone to '13' numbers from anywhere in Australia are charged at a fixed rate. That rate may vary from the price of a local call and may also vary between telephone service providers. Calls to '1800' numbers from your home phone are free. Calls from public and mobile phones may be timed and charged at a higher rate.



<http://lochinvafc.com.au/2018-season/2018-registration/>

2018 Player Fees:

5yr – 7yr	\$120
8yr – 11yr	\$140
12yr – 18yr	\$180
Senior	\$300
No Game Fees	

2018 Player Registration

Under 5's to Over 35's for girls, boys, men and women.

Children turning 5 in 2018 are eligible to play

Aiming for all girls teams in every age group!

New players to the Club will receive FREE socks and shorts.

Under 6 and 7 will receive FREE shin pads and a ball.

\$10 discount will apply to each family member after the first full fee paying player.

Information Dates: 10am – 12pm

10th and 24th Feb

Lochinvar Sports Complex

All NEW Players must attend one day to provide Birth Certificate

Bettina Chandler (Registrar) : 0408 411 550

Lisa Duhig (Secretary) : 0418 743 642

Email: lochinvarroversfc@huntervalleyfootball.net.au



New players will receive FREE socks and shorts.
Under 6 and 7 will receive FREE shin pads and a ball.
\$10 discount will apply to each family member after the first full fee paying player.

<http://lochinvafc.com.au/2018-season/2018-registration/>

We are excited to announce we have ALL GIRLS TEAMS again this year who will be playing in ALL GIRLS COMPETITIONS!

Please contact us ASAP if your daughter would like to play!

She will not need to have played before, they will be taught the skills and make some great friends along the way!



2018 Player Fees:

5yr-7yr	\$120
8yr-11yr	\$140
12yr-18yr	\$180
Senior	\$300

Bettina Chandler (Registrar) : 0408 411 550

Lisa Duhig (Secretary) : 0418 743 642

Email: lochinvarroversfc@hintervalleyfootball.net.au



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/LochinvarsRoversFC/>

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

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!





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!

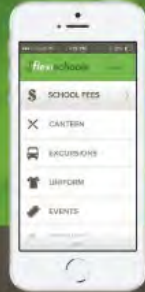
RTHS Canteen is operated by the P&C with one paid Supervisor assisted by Volunteers.
All profits from the canteen are returned to the school to benefit the Students.





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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


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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	12 February	Volunteer Needed
Tuesday	13 February	Volunteer Needed
Wednesday	14 February	Volunteer Needed
Thursday	15 February	Volunteer Needed
Friday	16 February	Volunteer Needed
Monday	19 February	Volunteer Needed
Tuesday	20 February	Volunteer Needed
Wednesday	21 February	Volunteer Needed
Thursday	22 February	Volunteer Needed
Friday	23 February	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



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

Locally Owned and Operated

PREMIER FITNESS
and martial arts centre

Ph 0401 199 913
www.premierfitness.com.au

RUTHERFORD MECHANICAL REPAIRS


ALL MECHANICAL REPAIRS

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

Call **DAVID** on **49325 982**

27 JOHN STREET, RUTHERFORD

*Just Off Hwy Opposite
Telarah Railway Station.*




Evolution Hair
Co.
0458 492 700

A.B.N 19 167 084 237



Quality You Can Trust
Ben Hoffmann
hoffy_06@hotmail.com

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



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!