

# RUTHERFORD TECHNOLOGY HIGH SCHOOL NEWSLETTER



12th November 2019

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RESPECT

RESPONSIBILITY

COMMITMENT

## For Your Calendar

- 13 Nov Google Excursion
- 13 Nov Under 14's Boys Cricket
- 13 Nov Year 12 Formal
- 15 Nov Year Meetings
- 15 Nov Year 7 Life Saving Excursion
- 19 Nov Girls in Trades Excursion
- 19 Nov Sport Presentation Assembly
- 19 Nov P&C Meeting
- 20 Nov League Touch Gala Day
- 23 Nov Bunnings BBQ



The next P&C meeting will be held 19th November 2019 at 6:00pm in the interview room at the front office. All welcome to attend.

## 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.



Rutherford Technology High School 'F1 in Schools' team '**Skorosk Racing**' competed in the State Finals last week (5-7 November 2019) at Western Sydney University.

The team performed extremely well and we are still awaiting the final results so will bring you a full report in our next school newsletter.



## In this Issue ....

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## **SENIOR EXECUTIVE REPORT**

It seems like the year has barely begun and yet we are in Term 4 and smaller for a whole year group. Year 12 will be finishing their HSC exams next week and will eagerly be awaiting their results in December. We are fortunate in the school to have a number of teachers marking the HSC in a variety of subjects and they will be able to provide support to our new Year 12 cohort.

We are currently working on running workshops for the current Year 12 group during the Thursday study time. Sessions will differ to meet the needs of all our students. More information will be out soon.

A few words to our new Year 12 students and their parents and/or carers:

- It is never too early to start studying. This can be easily done by summarising your class notes, Re-reading material and asking your teacher questions.
- Create word banks for each subject. Look up the meaning of new words and find synonyms to use for them. This will be pretty handy when completing formative and summative tasks.
- Work on improving your expression when writing paragraph or extended responses. Find better ways of saying the same thing.
- If you are a visual learner create mindmaps and tables.
- Pace yourself so that you don't only study the night before an assessment task.
- Have your assessment schedules in a place that is visible or mark them on a calendar that the whole family can see.

A big thank you to our Year 10 peer support students who are helping with the Year 7 transition programs. This is a great help to our students who start their high school journey in 2020. They will appreciate some friendly faces in January when school goes back.

***Mrs Lidija Nenad***  
***Deputy Principal***

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## **CAPTAINS MESSAGE**

Three weeks ago, on 22 October 2019, the school new senior leaders began their journey following their Induction.

Since then it has been busy including all the senior leaders attending the GRIP Leadership Conference in Newcastle on 5 November 2019. This conference allowed them to expand their horizons about what being a leader is.

The leaders, along with the SRC, are in the process of arranging and planning one of their major projects of the year - LMG Leadership Day. This day is hosted by our SRC and includes our partner primary schools and is generally held twice a year.

The remainder of Term 4 is going to be busy and we look forward to bringing you updates in future newsletters.

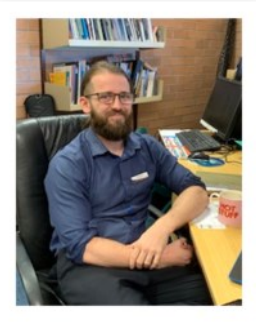
***Trent Bell***  
***School Vice Captain***



## **CAPA FACULTY REPORT**

We have had a very productive semester in Music.

Firstly, may I **officially farewell** CAPA staff member **Mr Avery** who joined us near on ten years ago. Mr Avery worked tirelessly as part of our staff to encourage our budding musicians. He has a vast knowledge of all types of guitar music and helped many students excel on this instrument. Mr Avery assisted in keeping the instrumental band program going; sitting in the back of the band playing brass instruments. He was part of the regime of performing arts staff helping with our musicals, playing in many HSC exams, attending HSC study days, musicals in Sydney and helping in many school assemblies in stage manager roles. Mr Avery had a talent for keeping us entertained in our staff room with many stories. We thank him for his dedication to our Faculty and the school and wish him a happy and healthy retirement.



We are very pleased to welcome **Mr Delforce** into a **permanent CAPA position** as he has been in a temporary position for the past five years.

The **Year 12 students in Drama, Visual Art and Music** completed their HSC projects. We held a performing arts parent night for Emily, Ella, Blake and Cameron and congratulate them on their success. They worked very positively to complete their group work and individual projects. Congratulations to Emily Playford for her consistent effort in completing her Body of Work for the Visual Arts exam. We thank the students for their work in CAPA over the past six years.





The students and staff at the **PBL Assembly** at the end of Term 3 were entertained with the Year 12 Music boys Cameron and Blake playing some of their HSC pieces. They were so inspired they went onto play at their graduation assembly two days later.

Throughout the year we have been promoting two **GATS CAPA Groups – Drama Ensemble and the Rock Band**. Both groups meet after school and have had many performance opportunities. The Drama Ensemble at numerous assemblies and the Rock Band have started performing concerts every second Friday at lunchtime. This has encouraged other music students from Years 7-12 to get up and play.



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**Year 7 CCC groups in Drama and Music** produced some very entertaining performances at the end of course presentation in Term 3. Congratulations to Zeke, Ella-Rose Owen and Alyssa Stevens for performing and presenting their own compositions. The Drama group also performed for all Year 7 in a play that they had written with Ms Leslie.

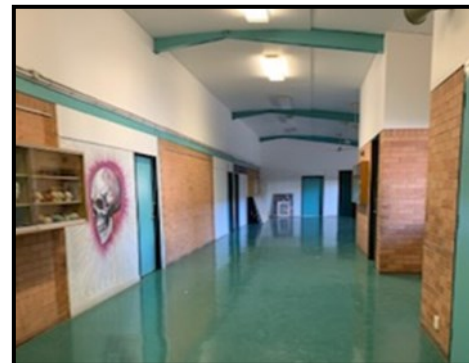
We had the pleasure of having **Belgium exchange student Lola** in the Music class during Term 3. Lola was a delight to teach and made many friends in the class. She was a great asset to lessons and we were very sad to see her go home at the end of term. Lola has promised to try and return to Australia at the end of Year 12 to see her friends graduate.



Lola (in the middle) is being taught some Aussie dance moves by classmates Cieran and Noah

The Music staff continue to add equipment to the block with fifteen **new keyboards** purchased for Music 1. This will now allow all classes to access keyboards for all lessons.

We are preparing the **Art Block to become a gallery** by presenting P&C purchased artworks around the foyer. A big job is ahead for the staff to hang the works of past HSC students.



On 25 September, Targeted CAPA, GATS, The Drama Ensemble and some students from the elective Music classes went to Sydney, to the beautiful Capital Theatre, to see the multi-award winning **Broadway Musical 'Chicago'**. The students got to see Australian artists Natalie Bassingthwaite, Casey Donovan and Tom Burlinson in the lead roles and those who attended came home raving about the show and the fantastic staging.

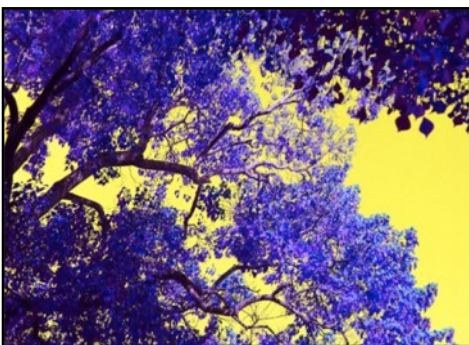


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**Drama** classes in Year 8 Acting for Fun have learnt improvisational and group techniques, Year 9 have been busy filming their group plays and studying Musicals, Year 10 have been learning clowning techniques and have now moved onto Short Film. Year 11 Drama have completed their preliminary studies and are now working on their compulsory HSC plays. On 4 November 2019 Miss Leslie & Mr O'Leary took the class to Sydney to see both plays being performed.



**Photography, Visual Arts and Visual Design** are producing outstanding quality work with the staff. Lots of fine detail instruction has been meticulously given in the development of artistic practise, including the use of technology, to produce the following work samples.



We have been very lucky to work with **National Music Academy** in two areas of Music. For the second year, we have had a Specialist Band working with DJ on a Thursday. This has been for woodwind, brass, percussion, keyboard and string players. Students learn ensemble skills and techniques and play pieces especially arranged for the group.

The second area has been for selected vocalists from Years 7-11 who have had the opportunity to work with the Academy's singing instructor Sophie. We were fortunate in Week 10 of last term to engage Sophie for a masterclass with the students. It was a pleasure to sit and listen to small group recitals of their Term 3 work and then watch the entire group participate in a choral activity. This term we have had two masterclasses already focusing on the 2020 musical *Seussical*.

**Year 8 Music** classes are currently working on a careers based program about the Music Industry. Various tasks have been set whereby classes work in teams to research various parts of the industry from venues, tour costs, how many songs are needed to be played at various performances. As an extension, 8R have been allowed to select friends in the class to put together their own band. They are utilising their devices to complete set activities as part of this band work including designing logo and album covers, writing songs for the group, making contact with people in the Music industry in audio engineering, event management and singer/songwriters to ask questions about their career. The group has to keep a blog of their work as a record and submit it for assessment each Friday. This has been a very popular part of the Stage 4 Music program.

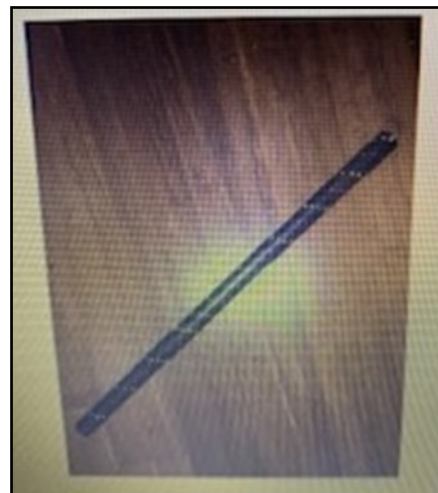
**7R Music** class spent much of Term 3 learning about instruments. They were then given an assessment task where the brief was to research indigenous music from anywhere in the world then design their own instrument from recyclable products found around their house. There were some clever designs presented from different types of drums, to string and wind instruments.



Hand Drum



Panpipes



Didgeridoo

**MADD on Tour** is in Week 7 this term and the CAPA Faculty will be going out to visit all our feeder Primary Schools. Names for interested students who would like to audition for the three days of performances is now up on the Music Staffroom door. This closes next Friday.



We have started on the preparations for our 2020 musical – ***“Seussical – The Musical”***. Auditions for the lead and ensemble parts begin Week 5. Students have been given songs to learn for each of the characters as part of the process. We have also sent out to all the Primary Schools an invitation for Year 6 students attending our school next year to also audition. They can do this via uploading a video of them reading and performing a song from the show. An information pack containing all they need has been sent to Principals, Deputy Principals and the CAPA teacher at their school. Any questions can be directed to the High School to myself or Miss Leslie.

**Ms Loretta Hornery**  
Head Teacher Creative & Performing Arts



**TERM 4: WEEK 3 ASSEMBLY – CAPA FACULTY PBL AWARDS**

**Year 7**

|                         |  |
|-------------------------|--|
| Jayden Davey            | Commitment to Learning-Music                             |
| Ava Davies              | Commitment in Visual Arts                                |
| Alira Hartog            | Commitment in Visual Arts                                |
| Courtney Hopkins Vernon | Commitment in Visual Arts                                |
| Adele Laws              | Commitment in Visual Arts                                |
| Pippa McIntosh          | Excellent Work with National Music Academy-Band Program  |
| Maddie Nelson           | Commitment in Visual Arts                                |
| Alyssa Pemberton        | Commitment to Learning-Music                             |
| Laura Playford          | Excellent Work with National Music Academy-Vocal Program |
| Heidi Shiels            | Striving for Personal Best-Art                           |
| Caleb Skinner           | Striving for Personal Best-Art                           |
| Tiarnie Smith           | Striving for Personal Best-Art                           |
| Andrew Welland          | Commitment to Learning-Music                             |
| Shae-Lee Worchester     | Striving for Personal Best-Art                           |
| Zeke Zielinski          | Commitment to Learning-Music                             |

**Year 8**

|                  |                              |
|------------------|------------------------------|
| Connor Beards    | Commitment to Learning-Art   |
| Gabby Belcastro  | Commitment in Visual Arts    |
| Ava Buckingham   | Commitment to Learning-Music |
| Rhylee Grigull   | Commitment to Learning-Music |
| Lissa Machimbira | Commitment to Learning-Music |
| Fiona Rivera     | Commitment to Learning-Music |
| Fiona Rivera     | Commitment in Visual Arts    |
| Britney Ryles    | Commitment in Visual Arts    |
| Lily Sarv        | Commitment in Visual Arts    |
| Lucy Smith       | Commitment to Learning-Drama |
| Lily Stafford    | Commitment to Learning-Drama |
| Laura Vallance   | Commitment in Visual Arts    |
| Ruby Van Der Wel | Commitment in Visual Arts    |
| Isabella Visinko | Commitment to Learning-Music |

**Year 9**

|                  |   |
|------------------|---|
| Kiara Erickson   | Commitment to Learning-Art                              |
| Anthony Twaddell | Excellent Work with National Music Academy-Band Program |

**Year 10**

|                  |   |
|------------------|---|
| Rohan Baker-Wade | Excellent Work with National Music Academy-Band Program |
| Loren Forbes     | Striving for Personal Best-Photography                  |
| Ruby Geering     | Striving for Personal Best-Photography                  |

**Year 11**

|                |  |
|----------------|--|
| Cerian Carter  | Commitment to Learning-Excellence in Preliminary Drama |
| Raychael Chand | Commitment in Visual Arts                              |
| Piper Conder   | Commitment to Learning-Visual Design                   |
| Noah Curry     | Commitment to Learning-Music                           |
| Noah Curry     | Performing at the Captains Induction Assembly          |
| Noah Curry     | Commitment to Learning-Excellence in Preliminary Drama |
| Kasey Pryor    | Commitment to Learning-Visual Design                   |
| McKayla Smith  | Commitment in Visual Arts                              |
| Aimee Turner   | Commitment to Learning-Music                           |
| Sarah Vokes    | Commitment in Visual Arts                              |





**TERM 4: WEEK 4 ASSEMBLY – ENGLISH FACULTY PBL AWARDS**

**Year 7:**

|                 |   |
|-----------------|---|
| James Allerton  | Consistent Effort and Application in English      |
| Georgia Kemsley | Consistent Application and Achievement in English |
| Blake Nicholls  | Enthusiasm towards Learning in English            |
| Hannah Tremble  | Consistent Effort and Application in English      |
| Rylee Walsh     | Consistent Effort and Application in English      |
| Jordan Wells    | Consistent Application and Effort in English      |

**Year 8:**

|                |  |
|----------------|--|
| Amelia Collins | Consistent Application in English            |
| Bailey Maier   | Consistent Application and Effort in English |
| Jaimon Suey    | Improved Application in English              |

**Year 9:**

|                  |   |
|------------------|---|
| Chloe Crosher    | Consistent Effort and Excellent Assessment Task for English |
| Hannah Evans     | Consistent Effort and Excellent Assessment Task for English |
| Bailey Harris    | Consistent Application and Achievement in English           |
| Peter Perry      | Excellent Assessment Task for English                       |
| Tianna Sadaj     | Consistent Effort and Excellent Assessment Task for English |
| Kanyarat Somphan | Consistent Effort and Excellent Assessment Task for English |

**Year 10:**

|                 |  |
|-----------------|--|
| Montana Chiodi  | Enthusiasm towards Learning in English       |
| Madisyn Grigull | Excellence in English                        |
| Brodhi Kennedy  | Consistent Effort and Application in English |
| Isabel McFadden | Consistent Application and Effort in English |
| Alexander Rooke | Consistent Effort and Application in English |
| Keegan Sujecki  | Consistent Application and Effort in English |

**Year 11:**

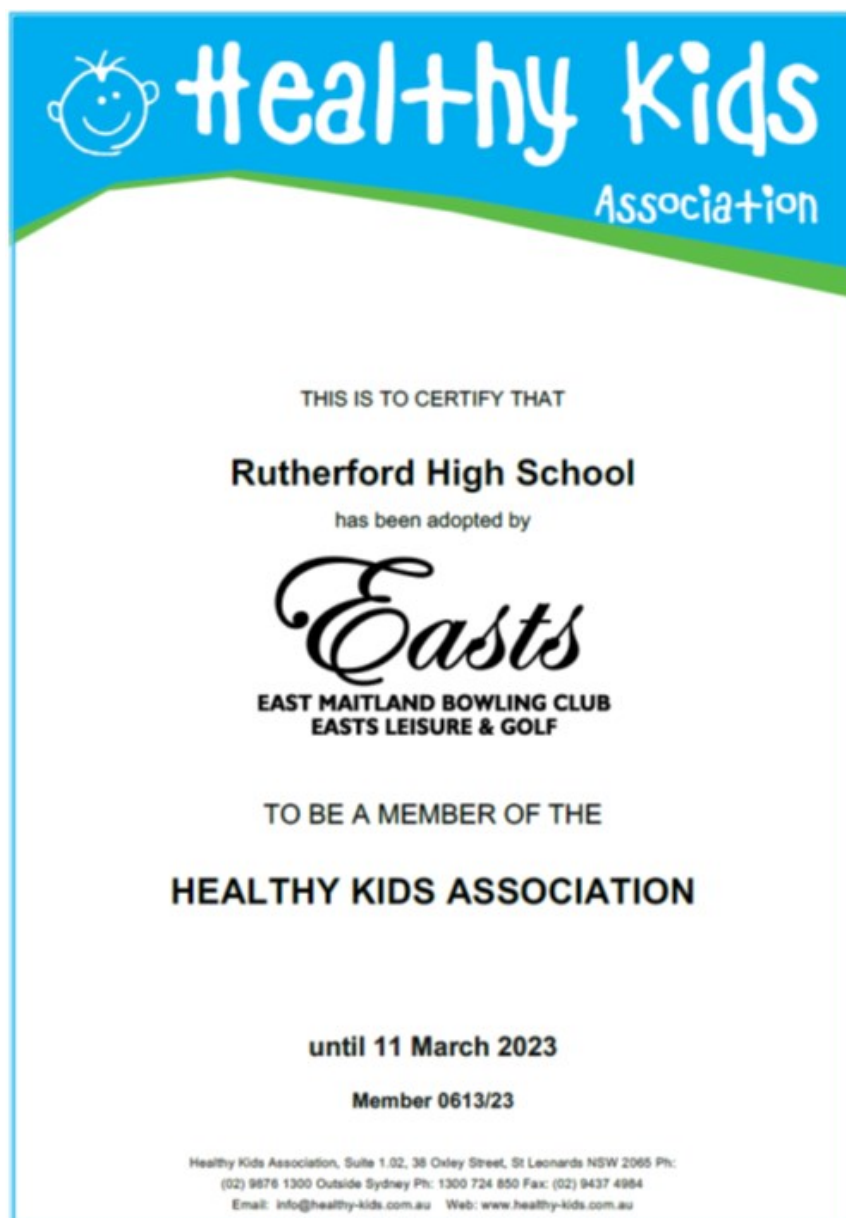
|               |  |
|---------------|--|
| Tahlia Nairne | Excellence in English                        |
| Phoebe Quilty | Consistent Application and Effort in English |





Rutherford Technology High School has been adopted as a Healthy Kids School!!

We'd like to take this opportunity to thank the team at **East Maitland Bowling Club** for funding our school's membership to Healthy Kids Association until 2023. Thanks to their generous support, we'll be able to create an even healthier learning environment for our students.





## Attention Year 12 Students .....

Just a friendly reminder that as you come to the end of your schooling that all Library & Text Books **MUST** be returned to the Library as soon as possible.

If you are unsure of your outstanding loans or have any queries in this regard please see Ms Connolly or Mrs Rowe in the Library.

Thank you for your assistance and cooperation.



Getting  
To Know  
You!

### Mr Butler

|                               |                   |
|-------------------------------|-------------------|
| Favourite food?               | Pizza             |
| Favourite pet?                | Boxer (dog)       |
| Favourite childhood activity? | Billy Cart Racing |
| What car do you drive?        | Kluger            |
| Are you married?              | Yes               |

### Mrs Lasorsa

|                            |              |
|----------------------------|--------------|
| Favourite colour?          | Blue         |
| Favourite food?            | Chips        |
| Are you married?           | Yes          |
| Do you have pets?          | Yes - Shitzu |
| Your childhood activities? | Reading      |

### Mr Carter

|                            |                     |
|----------------------------|---------------------|
| Favourite colour?          | Dark Blue           |
| Favourite food?            | Sushi & Pizza       |
| Are you married?           | No                  |
| Do you have pets?          | No                  |
| Your childhood activities? | Sport & Video Games |

## **LaST HELPFUL HINTS**

### **STRUCTURE OF AN ESSAY**

There is no rigid formula to cover all writing pieces, but almost all writing has a beginning, middle and end. The following are considerations that writers may take into account when organizing their texts.

#### **The Beginning or Introduction**

- Captures the reader's attention within the first few sentences with a hook or a lead.
- Directs readers' attention to the topic or issue the writing addresses.
- Establishes the importance of the topic.
- Provides background information that the audience may need.
- Introduces the purpose or main claim of writing in order to suggest how the piece will be developed.

#### **The Middle or Body**

- Explains, illustrates, and develops the topic or issue.
- Contains as many paragraphs as are necessary to develop the ideas.
- Contains examples or arguments supported by evidence.
- Often quotes, paraphrases, or summarizes other texts in support of the purpose of the writing.
- Often addresses counterarguments or alternative positions or explanations.
- Uses words, phrases, and clauses to link the sections of the text and to clarify relationships.

#### **The Conclusion**

- Points the reader to the next steps or new questions raised by the writing (call to action).
- Identifies the conclusion the writer has reached and its significance.
- Evaluates or analyses the conclusion drawn.
- Explains the implications of the major point of the writing.

### **TRAITS OF EFFECTIVE WRITING**

|                             |   |
|-----------------------------|---|
| <b>IDEAS AND CONTENT</b>    | Includes a well-focused topic/claim, important ideas, accurate information, and interesting details.                        |
| <b>LOGICAL ORGANIZATION</b> | Includes a strong introduction, effective sequencing of ideas, smooth transitions, and a powerful conclusion.               |
| <b>PERSONAL VOICE</b>       | Includes a clear point of view, an engaging style, and a way of connecting with the audience.                               |
| <b>ORIGINAL WORD CHOICE</b> | Includes precise, descriptive, and accurate words that make meaning clear.  |
| <b>SENTENCE FLUENCY</b>     | Includes a variety of sentence lengths and structure. The sentences are well-crafted and flow smoothly throughout the text. |
| <b>CONVENTIONS</b>          | Includes correct spelling, punctuation, capitalization, and grammar, as well as correct formatting and citations.           |
| <b>PRESENTATION</b>         | Includes neatness, easy to read fonts, and may include images, graphs, or charts that complement the text.                  |





# Canteen





Rutherford Technology High School Canteen is operated by the P&C and offers Flexischools and EFTPOS.

Flexischools ordering **MUST** be in by **9:00am** and in accordance with Healthy School Canteens, pies and sausage rolls are only available at 'Break 1'.


EFTPOS cards accepted: Visa Debit, MasterCard Debit, Credit Card, EFTPOS Chip Card, Apple Pay and Mobile Payments.

## Canteen Roster

|                            |                     |
|----------------------------|---------------------|
| Monday 11 November 2019    | Michelle Sinclair   |
| Tuesday 12 November 2019   | Volunteers Required |
| Wednesday 13 November 2019 | Volunteers Required |
| Thursday 14 November 2019  | Volunteers Required |
| Friday 15 November 2019    | Volunteers Required |
| Monday 18 November 2019    | Michelle Sinclair   |
| Tuesday 19 November 2019   | Volunteers Required |
| Wednesday 20 November 2019 | Volunteers Required |
| Thursday 21 November 2019  | Volunteers Required |
| Friday 22 November 2019    | Volunteers Required |


**RUTHERFORD TECHNOLOGY HIGH SCHOOL**  
**2019 CANTEEN MENU**  

 Everyday Food, Occasional Food
 


| AVAILABLE EVERYDAY  | AVAILABLE EVERYDAY  | AVAILABLE EVERYDAY   | AVAILABLE EVERYDAY   |
|---|---|--|--|
| <b>WRAPS:</b><br>Sandwiches:<br>-Vegemite (V) \$3.00<br>-Egg & Lettuce (V) \$4.00<br>-Curried Egg (V) \$3.60<br>-Cheese & Tomato (V) \$3.00<br>-Ham, Cheese & Tomato \$3.60<br>-Salad (V) \$4.00<br>-Chicken Salad \$4.50<br>Rolls:<br>-Salad Roll (V) \$5.00<br>-Ham Salad Roll \$5.50<br>-Chicken Salad Roll \$5.50<br>Wraps:<br>-Salad Wrap (V) \$5.00<br>-Chicken Salad Wrap \$5.50<br>-Ham Salad Wrap \$5.50<br>-Caesar Salad Wrap \$5.00<br>-Chicken Caesar Wrap \$5.50 | <b>SALADS:</b><br>Salad Box:<br>-Small (V) \$3.50<br>-Medium (V) \$5.00<br>-Large (V) \$6.50<br>Chicken Salad Box:<br>-Small \$4.00<br>-Medium \$5.50<br>-Large \$6.50<br>Caesar Salad Box:<br>-Small \$3.50<br>-Medium \$5.00<br>-Large \$6.50<br>Chicken Caesar Salad Box:<br>-Small \$4.00<br>-Medium \$5.50<br>-Large \$6.50<br>Medium Zucchini Box (V) | <b>DRINKS:</b><br>Water:<br>-350mL \$1.00<br>-600mL \$2.00<br>Juice-250mL:<br>-Orange \$2.50<br>-Apple \$2.50<br>-Apple Blackcurrent \$2.50<br>Chilli/J Drinks-250mL:<br>-Watermelon \$2.00<br>-Raspberry \$2.00<br>-Blackcurrent \$2.00<br>Milk-300mL:<br>-Chocolate \$2.50<br>-Strawberry \$2.50<br>Milk-500mL:<br>-Chocolate \$3.50<br>-Strawberry \$3.50<br>-Iced Coffee \$3.50<br>Plain Milk-600mL \$2.50 | <b>HOT FOOD:</b><br>Chicken Burger \$4.50<br>Chicken Burger Salad \$5.00<br>Cheese Burger \$4.50<br>Cheese Burger Salad \$5.00<br>Chicken Gravy Roll \$4.50<br>Rissole & Gravy Roll \$4.50<br>Garlic Bread (V) \$1.30<br>Plain Pie <b>LUNCH ONLY</b> \$3.30<br>Cheese & Bacon Pie <b>LUNCH ONLY</b> \$3.60<br>Sausage Roll <b>LUNCH ONLY</b> \$3.00<br>Chicken Chippies (6) \$3.50<br>Chicken Nuggets (6) \$3.50<br><br><b>Items available on specified days ONLY</b><br><b>AVAILABLE MONDAY</b><br>Nachos \$5.00<br><b>AVAILABLE TUESDAY</b><br>Lasagne \$5.00<br>Veggie Stir Fry (V) \$5.00<br><b>AVAILABLE WEDNESDAY &amp; FRIDAY</b><br>Nachos \$5.00<br>Butter Chicken & Rice \$5.00<br><b>AVAILABLE THURSDAY</b><br>Lasagne \$5.00<br><br><b>Please check daily notice board for special items available on the day!</b> |
| <b>AVAILABLE EVERYDAY</b><br><b>SUSHI:</b><br>Sushi Rolls (with soy sauce)<br>-Avocado & Cucumber (V) \$4.00<br>-Chicken & Mayo (V) \$4.00<br>-Smoked Salmon & Avocado(V) \$4.00<br>-Teriyaki Chicken & Avocado(V) \$4.00<br>-Tuna & Avocado (V) \$4.00<br>Sushi Box<br>-Avocado Pack (V) \$5.00<br>-Mixed Pack (V) \$5.00<br>-Tuna Hosomaki Pack (V) \$5.00  | <b>AVAILABLE EVERYDAY</b><br><b>ICE CREAMS:</b><br>-Juice Ice Blocks \$1.00<br>-Vanilla Buckets \$1.50<br>-Frozen Blizzard \$2.00<br>-Frozen Yoghurt \$2.00<br><b>CHIPS:</b><br>Deli Rock Chips:<br>-Sea Salt \$1.50<br>-Honey Soy Chicken \$1.50   | <b>AVAILABLE EVERYDAY</b><br><b>SNACKS:</b><br>-Freshly Cut Watermelon** (V) \$3.00<br>-Freshly Made Fruit Salad** (V) \$3.00<br>-Yoghurt (V) \$3.00<br>-Fresh Fruit & Yoghurt (V) \$3.00<br>**Only Available Term 1 & Term 4<br><br><b>SAUCES:</b><br>-Tomato/BBQ/Sweet & Sour \$0.40   | <b>EXTRAS:</b><br>-Extra Fillings \$0.40<br>-Butter/Mayo/Mustard \$0.20<br>-Bread Roll \$0.90<br>-Toasting \$0.50  |



Canteen is open before school from 8:15am and at Recess & Lunch  
 Volunteers are always needed-please contact the school 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.

# Tuning in to Teens

## Emotionally Intelligent Parenting

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

Where: Rutherford Technology High School  
Avery St, Rutherford

When: 5.30PM - 7.30pm Thursday evenings  
Beginning 7th November to 12th December

Call Mary-Kate on 4932 5999 or email [Mary.ferguson13@det.nsw.edu.au](mailto:Mary.ferguson13@det.nsw.edu.au) to register your interest. This program will be co-facilitated by CatholicCare Caseworker, Edwina Morgan.



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 spaces are limited. This program is provided free to any parents residing in the Maitland community.





## **SCHOOL ZONES**

Get caught queuing across an intersection in a school zone and you'll now be hit with a \$457.00 fine. Stopping/ Parking in the Bus Bay will cost you \$344.00 plus 2 demerit points. Recent changes by the NSW Government will see seven parking-based offences with harsher punishments when committed in a school zone, with fines increasing by up to 200 per cent.

The offences include obstructing access to a ramp/path/passageway, stop on or too closely to children's crossings or general pedestrian crossings and stopping within 10 metres of an intersection without traffic lights.

The biggest change is for stopping over a pedestrian crossing or otherwise obstructing access to a ramp, path or passageway. Which normally incur a \$110.00 fine but in a school zone it will sting motorists \$344.00.

On top of this, not parking your car in the direction of travel or parking too closely, the dividing line in the middle of the road will also see you lose \$344.00.

The heftiest fines of the seven changes are for stopping within 20m of an intersection with traffic lights, stopping within 10m of one without lights or stopping near bicycle lights – each attracting a \$457.00 fine.

The changes:

1. Stopping in intersection - Under the recent changes, if a driver commits this offence in a school zone they will receive a penalty of \$457.00 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 \$457.00 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 \$457.00 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 \$457.00 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 \$344.00 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 \$344 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 \$344.00 fine and 2 demerit points.





**Daylight Sportswear Pty Ltd**

ABN 76 069 733 455

6 - 8 Lone Pine Pl, Smeaton Grange NSW 2567

**Tel: (02) 4648 1066 Fax: (02) 4647 0143**

Email: daylight@daylightcorp.com

**Rutherford High School UNIFORM SHOP**  
**Price List**

NAME: \_\_\_\_\_ YEAR: \_\_\_\_\_ DATE: \_\_\_\_\_ REC# \_\_\_\_\_

| ITEM      |                              | <u>PRICE</u> | <u>SIZE</u> | <u>QTY</u> | <u>TOTAL</u><br>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        |             |            |                          |
|           | Unisex Everyday Shorts       | 35.00        |             |            |                          |
|           | JNR/SNR Trousers             | 39.00        |             |            |                          |
|           | Black Trousers Elastic Waist | 39.00        |             |            |                          |
| Unisex    | Fleecy Jacket                | 40.00        |             |            |                          |
|           | JNR Polo                     | 29.00        |             |            |                          |
|           | SNR Polo                     | 29.00        |             |            |                          |
| Knitwear  | Jumper                       | 72.00        |             |            |                          |
| Sports    | Jacket                       | 65.00        |             |            |                          |
|           | Sports Shorts Std            | 25.00        |             |            |                          |
|           | Trackpant                    | 38.00        |             |            |                          |
|           | Sports Polo                  | 35.00        |             |            |                          |
| Accessory | Scarf                        | 20.00        |             |            |                          |
|           | White Sock Short Cut x 5     | 20.00        |             |            |                          |

SHOP CLOSED 28th Jan 2019. Normal shop hours resume Thursday 31st January 2019  
Uniform shop contact: Kylie 0478920262 during shop hours

**Purchase Online: [daylightsportswear.com/rutherford](http://daylightsportswear.com/rutherford)**

MASTERCARD VISA EFTPOS NOW AVAILABLE, CHEQUES NOT ACCEPTED. NO LAYBY.

**Rotary**  The Rotary Club of Rutherford Telarah Inc.

# TROLLEY DASH

**YOUR CHANCE  
WIN!**

**GRAB ALL U  
CAN IN 3 MIN!**

**coles**  
Rutherford


**Tickets  
\$2.00**

**\*\*Conditions Apply**



Tickets available from  
Rutherford Technology High School  
Administration Office






## IPROWD (Kurri Kurri)

### TAFE NSW Full time delivery

2<sup>nd</sup> March – 12<sup>th</sup> June

Certificate III in Vocational and Study Pathways



|          |   |
|----------|---|
| Code     | 10586NAT                                    |
| Duration | 15 weeks                                    |
| Cost     | Fee Exemption for Eligible candidates apply |
| Location | Kurri Kurri                                 |

### WHAT YOU CAN BE

The Indigenous Police Recruitment Our way Delivery Program (IPROWD) supports Aboriginal and/or Torres Strait Islander people to join the NSW Police Force or other Justice and Emergency Service Agencies.

### Course outcomes include:

- Communication
- Information Technology
- Writing and Presenting Information
- Ethics and Workplace Responsibilities
- Aboriginal Studies
- An excursion to the NSW Police Academy, Goulburn, NSW.
- Support to reach the fitness levels required to meet the NSW Police Force Recruitment standards.
- Support with applications for Charles Sturt University, NSW Police Force or other Justice and Emergency Service Agencies.

### Eligibility Criteria

- Be of Aboriginal and /or Torres Strait Islander descent, and to self-identify and be accepted or known by your community. *(Proof of Aboriginality/Torres Strait Islander may be requested)*
- Have no serious prior criminal history or serious driving offences. (All applicants must give approval for a basic Police screening to be conducted)
- Be a minimum age of 17 years 10 months at commencement of the course.
- Have or be able to obtain a NSW Driver's Licence.

### READY TO BE BOLD?

Join our information session.






|           |   |
|-----------|---|
| Date      | 9 <sup>th</sup> December 2019   |
| Contact   | Lisa Morris- 02 4936 0217<br><a href="mailto:lisa.morris6@tafensw.edu.au">lisa.morris6@tafensw.edu.au</a> |
| Location  | TAFENSW Kurri Kurri Campus  |
| Time/room | 9:30am / AA Conference room   |
| Address   | McLeod Road, Kurri Kurri NSW 2327   |



**TAFENSW.EDU.AU/IPROWD**

## OR APPLY TODAY AT

## TAFENSW.EDU.AU/IPROWD

RTO 90003. Terms and conditions may apply.  
Information is correct at time of printing: November 2018


[tafensw.edu.au](http://tafensw.edu.au)

131 601

# COME AND TRY RUGBY



## Maitland Blacks Junior Rugby

Interested in the 2020 rugby season but want to give it a try first?

**Come along to our free Try Rugby day!**

**Who** All kids - boys and girls - turning 5 or older in 2020

**Where** Marcellin Park, Lorn

**When** Sunday 24th November  
9.30am registration  
10am - 12pm activities  
BBQ afterwards!

Email [info@maitlandblacks.com.au](mailto:info@maitlandblacks.com.au)  
for more information.

RUGBY SINCE 1877



JUNIORS SINCE 1967



# Stall Holders Wanted

## Young Entrepreneurs and Artisans Marketplace Christmas Twilight Market

An opportunity for young people aged 12-24yrs old to showcase and sell handmade, handcrafted, up cycled and entertainment skills

When: Saturday 30th November 3pm-7pm

Where: Hunter Multicultural Community Hall, 2a Platt St Waratah

Cost: \$10 per stall

Contact us via our email [young.artisan.marketplace@outlook.com](mailto:young.artisan.marketplace@outlook.com)  
or Facebook & Instagram pages  
Young Entrepreneurs and Artisans Marketplace

### WHAT ARE THE BENEFITS OF PE AND SPORT IN SCHOOL

@BelievePHQ



GREATER BONE STRENGTH



REDUCED ANXIETY AND DEPRESSION



STRENGTHENS PEER RELATIONSHIPS



IMPROVES PHYSICAL FITNESS



DEVELOPS PHYSICAL SKILLS



REDUCES STRESS



Improves brain functioning



Improves classroom behaviour



Improves concentration



Increased cognitive functioning



Reduces obesity rates



Improves memory



Teaches important life skills to students



Makes children feel valued



Increases confidence

### School Matters!



Attend Today, Achieve Tomorrow

## EVERY DAY COUNTS.....

A day here or there doesn't seem like much, but.....

| If your child misses..... | That equals.....  | Which is.....     | And from Kindy to Year 12 that is..... | Which means the best your child can achieve is..... |
|---------------------------|-------------------|-------------------|--|---|
| 1 day each fortnight      | 20 days per year  | 4 weeks per year  | Nearly 1 ½ years of school             | Equal to finishing Year 11                          |
| 1 day a week              | 40 days per year  | 8 weeks per year  | Over 2 ½ years of school               | Equal to finishing Year 10                          |
| 2 days a week             | 80 days per year  | 16 weeks per year | Over 5 years of learning               | Equal to finishing Year 7                           |
| 3 days a week             | 120 days per year | 24 weeks per year | Nearly 8 years of learning             | Equal to finishing Year 4                           |

Give your child every chance to succeed....

**Every day counts!**



# RTHS HOMEWORK CENTRE

OUR TRAINED STAFF ARE HERE TO HELP YOU!!

**WE CAN HELP YOU WITH:**

- Homework
- Assessment Tasks
- N-Awards
- Catching up on missed work



**WEDNESDAYS**  
3:25-4:00 PM  
LIBRARY

 Refreshments provided


ACCELERATE YOUR LEARNING WITH

## LEARNING WITH LEEZA

Tutoring for Math, Science and English  
For kids in Year 9 and under in just \$30/H

**AVAILABLE EVERY DAY FROM 5 PM TO 9 PM BY APPOINTMENT**  
CALL 0470383791


Achieve academic excellence with our one-on-one tutoring that prioritizes deep understanding of concepts.



## BE AMBITIOUS

### ARE YOU INTERESTED IN WORKING IN AGED CARE?

### THIS INTRODUCTION COURSE IS AN IDEAL FIRST STEP



This 7 WEEK TAFE course will introduce you to **key concepts in Aged Care**, build some **practical skills** and give you a **foundation for work and study** in the sector.

|   |   |  |
|---|---|--|
| <p><b>COURSE DESCRIPTION:</b></p> <p>In this course you will develop skills and knowledge in Aged Care in a relaxed, supportive environment.</p> <p>You will learn about:</p> <ul style="list-style-type: none"> <li>• The important role of the elderly in our community</li> <li>• The body as it ages</li> <li>• The role of the carer</li> <li>• Work Health &amp; Safety, including manual handling and hygiene</li> <li>• Communication</li> <li>• Personal care including feeding</li> <li>• Issues in dementia</li> <li>• Options for work and study in Aged Care and related fields</li> </ul> | <p><b>COURSE DETAILS:</b></p> <p>START DATE: 31 OCTOBER 2019<br/>END DATE: 12 DECEMBER 2019<br/>DURATION: 7 WEEKS<br/>DAY: THURSDAYS<br/>9:00AM -1:00PM</p> <p><b>ENROLMENT SESSION:</b></p> <p>THURSDAY 17 OCTOBER @ 1:30PM<br/>WHERE: METFORD PUBLIC SCHOOL</p> | <p><b>COURSE SNAPSHOT</b></p> <p>Location:<br/>METFORD PUBLIC SCHOOL<br/>MELALEUCA DR METFORD NSW 2323</p> <p>Course:<br/>CS05555-V01 TAFE Statement in Education and Employment Pathways</p> <p>Cost:<br/>Fully Government Subsidised Student training program*</p> |
|---|---|--|

**CONTACT US TODAY!**

**REGISTER YOUR INTEREST**










JO BARDEN (Mettford Public School)  
PHONE: 02 4933 2655  
OR  
JOHANNA O'CONNOR (Maitland TAFE)  
PHONE: 02 4930 2924

**TAFE NSW**

RTO 90003. This document is correct at the time of printing: September 2019. \*Terms and conditions may apply

## Developing Effective "STUDY HABITS"

Successful students have learned how to study smarter, not harder. Effective approaches to share with student include:

-  **Choose specific times to study**  
a routine helps mental preparation to study.
-  **Set specific goals for each study period**  
this helps to stay focused so it is easy to evaluate progress
-  **Stick to the plan**  
delaying a study session because of a difficult assignment is only procrastinating and can mean sloppy and rushed work later.
-  **Tackle the difficult assignments first**  
when mental energies are highest.
-  **Review class notes**  
before beginning an assignment to be sure all instructions are understood.
-  **Ask for help**  
when it is needed sometimes a task related call to a classmate is all that is needed.
-  **Take short breaks**  
during studying to refresh energy
-  **Plan on reviewing**  
what has been covered in class to identify what subject matter is most important
-  **Maintain a positive attitude**  
even if a subject seems difficult; shift priorities and spend a little more time in these areas.

**TKL**  
www.teachkidslearn.com



## RUTHERFORD TECHNOLOGY HIGH SCHOOL SUPPORTERS

### 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.*



**Harvey Norman**  
Maitland



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>