

RUTHERFORD TECHNOLOGY HIGH SCHOOL NEWSLETTER



22nd November 2019

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RESPECT

RESPONSIBILITY

COMMITMENT

For Your Calendar

23 Nov	Bunnings BBQ
25-27 Nov	MADD on Tour
27 Nov	Under 14's Boys Cricket
29 Nov	HSC Ancient History CORE Lectures
29 Nov	Attendance Reward Excursion
29 Nov	iBelieve
2 Dec	Year 6 Parent/Carer Information Evening
2 Dec	Year 12 Geography Field Trip
3 Dec	Year 6 Orientation Day
3 Dec	Aviation Excursion
4 Dec	PBL Assembly
6 Dec	Walk a Mile Koori Style
13 Dec	Presentation Day

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.

TERM 4: WEEK 5 ASSEMBLY VET/CAREERS FACULTY PBL AWARDS

Jake Akers	Outstanding Commitment in Construction
Jasmine Beards	Displaying Commitment and Professionalism in her School-Based Traineeship with Hunter New England Health
Trent Bell	Demonstration of Exceptional Coaching Skills
Hayden Darcy	Enthusiasm and Commitment towards Work Experience Opportunities
Chloe Freeman	Outstanding Commitment to TVET Early Childhood Studies
Jessey Goodridge	Demonstration of Impressive Coaching Skills
Ebony Kelly	Enthusiasm and Commitment towards Work Experience Opportunities
Jadine Roets	Commitment to Continuous Improvement in Retail Services
Anastasia Wadwell	Excellent Application in Retail Services
Kayden Waters	Excellent Application in Metals and Engineering
Chelsea Wild	Outstanding Commitment in Construction
Chelsea Wild	Exceptional Progress in Primary Industries



In this Issue

- Senior Executive Report
- Sport Presentation & Yr 12 Formal Photos
- TAS Faculty Report
- Captains Message
- PBL News
- Year 12 Report
- Hunter Schools Sports Association
- Bullying No Way 2020
- TSP Football

- PBL Faculty Awards
- LaST Helpful Hints
- Student News
- Canteen Information
- Uniform Shop Information
- Tuning into Teens
- School & Community News
- RTHS Supporters
- Year 11 2020 Snow Trip EOI

SENIOR EXECUTIVE REPORT

The year is winding down, it is Week 6 already, but lessons continue as normal. There are also a multitude of activities to get through before the end of the year. Presently reports are being written, transition activities are taking place, the PBL assembly and rewards afternoon for Term 4 are still to occur, as well as Year 10 Impressions 10 mock interviews, and our end of year presentation assembly to be organised.

Sports Assembly

The very high achievements of our students in sport were recognised on Tuesday 19 November 2019 at our annual sports assembly. Congratulations to all our award winners, and the staff who give up so much time to organise and coach school sporting activities.

The major sporting award recipients were:

▪School Team Sport Award	Christopher Kokkinelis
▪Outstanding All Round Sporting Achievement	Connor Gallagher
▪Football Player of the Year Award – Junior	Callum Priestley
▪Football Player of the Year Award – Senior	Tanya Jones
▪Rugby League Player of the Year – Female	Morgan Keys
▪Rugby League Player of the Year – Male	Jack Ward
▪Isaac York Memorial Sporting Award	Morgan Keys
▪Junior Sportsperson of the Year	Nicholas Olive
▪Sportsperson of the Year	Morgan Keys
▪Support Sportsperson of the Year	Tyrone Blanch
▪NSW Premiers Sporting Challenge Award	Chelsea Wild

HSC Exams and Year 12 Formal

The HSC exams are over and we wish Year 12 all the best with their results. The results are published on Tuesday 17 December 2019.

The Year 12 Formal was held at Crowne Plaza Pokolbin on Wednesday 13 November 2019. Everyone looked fantastic and it was a great end to their school careers.

Year 6 Aboriginal Student Transition Day

A transition day for Year 6 Aboriginal students from our partner primary schools was held on Tuesday 19 November 2019.

P&C Bunnings BBQ

The P&C are holding a BBQ at Bunnings on Saturday 23 November 2019. Please come and buy a sausage sandwich to support our hard-working P&C.

MADD on Tour

CAPA students are taking a tour of our partner primary schools on 25, 26 & 27 November 2019 to present our talents in Music, Art, Drama and Dance.

Year 6 Transition

Our orientation evening for Year 6 students and parent coming into Year 7 in 2020 is on Monday 2 December 2019. The students will attend RTHS for the day on Tuesday 3 December 2019, to partake in orientation activities.

“Seussical the Musical”

Auditions are already underway for some parts in our musical for next year “Seussical the Musical”. Can’t wait to see it.

F1 in Schools

As mentioned in our last newsletter Rutherford Technology High School ‘F1 in Schools’ team **‘Skorosk Racing’** recently competed in the State Finals. Unfortunately, we are still awaiting confirmation of the final results therefore we are not able to provide a full report as advised. As soon as we have the information we will certainly let everyone know.

Year 11 2020 Selwyn Snow Fields Ski Trip

At the end of the newsletter is information and Expression of Interest return slip for the Year 11 2020 Selwyn Snow Fields Ski Trip.

Mr Michael Whiting
Principal

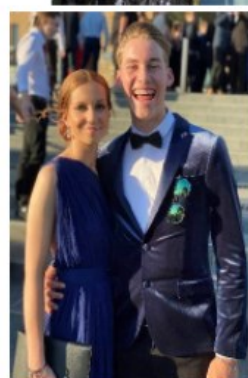


2019 Sport Presentation





Year 12 Formal 13 November 2019



TAS FACULTY REPORT

It has been a busy time in TAS this semester. Teachers and students have worked hard to complete Major Project work, the HSC is over and we have said goodbye to all our wonderful Year 12 students for another year.

We said goodbye to Mrs Smailes last term as she took up a position of Head Teacher Wellbeing at Whitebridge High School. Mrs Smailes has been at our school for the last 10 years and on top of her duties as Head Teacher Wellbeing, she has provided our students in TAS with engaging learning experiences. She has also run the Commercial Cookery VET class and through this has catered for many school events with her students. These experiences have provided our students with real life learning opportunities which reflect the outside world. We would like to take this opportunity to wish Mr Smailes well in her future endeavours.

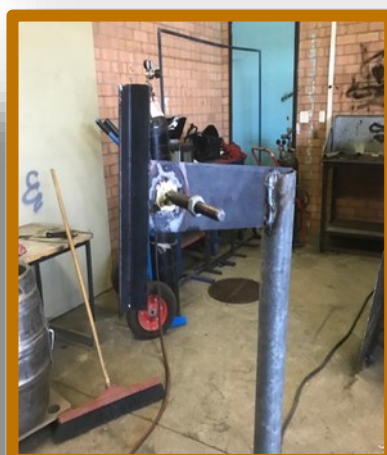
There has been a change in the Technology Mandatory syllabus this year and the implementation of these changes has been delivered to Year 7. The changes in the syllabus have been significant, divided into 4 main focus areas: Food and Agriculture, Engineering Systems, Materials and Digital Technologies. Our TAS staff have needed to upskill in the areas of coding and understanding script, however, this has provided us with new and exciting content to engage our students in the classroom with.

Our Stage 5 students have also been very busy this year, producing excellent results and practical work across a variety of subjects that fall under the TAS banner. It is fantastic to see our students engaged in relevant learning experiences that prepare them for the world they will live in beyond their school years.

I have also had the pleasure of watching my Industrial Technology Metal students design and produce some exciting Major Projects. The most popular are anything to do with a barbeque. The innovation demonstrated on some of these projects has been really exciting.

Finally, our TAS Staff would like to thank all the students, Carers and Parents for their support in regards to subject fee collection and the promotion of appropriate clothing and footwear, which are extremely important when it comes to student outcomes in our TAS area.

Mr Scott Cromarty
Head Teacher TAS



CAPTAINS MESSAGE

Throughout the last couple of weeks, the leadership team actively participated in the GRIP Leadership Conference that took place in Newcastle. This conference included many other school leaders from other schools all around the Hunter Region. The GRIP Leadership Conference exposed our leadership team to many skill building activities on how to better lead and what being a leader genuinely means. Through the use of these activities we were pushed out of our comfort zone through the use of communicating and participating in activities with students we were only acquainted with on the day. The Leadership Conference did not only work on us as individuals, but it also brought us closer as a whole team because we found effective ways to communicate and deal with all the different opinions and perspectives in the group. We would also just like to give a big thank you to Mrs Weber for organising the day and being able to take the leadership team to this enjoyable day.

On Monday 11 November 2019, the School Captains and Vice Captains attended the Maitland RSL Sub-branch Remembrance Day Memorial Service at Maitland Park. Our school was selected to have two students do the readings at the service which Trent Bell and myself did. The School Captains and Vice Captains, together with Ms Hughes, payed our respect to all Veterans that put their life on the line for the country that we call home today. Noah Curry, Trent Bell, Liam Donegan and I would like to say thank you to Deputy Principal, Ms Hughes, for her support and taking us to the Ceremony.

The Senior Leadership team is looking forward to representing and participating in many more school activities to come.

Jadine Roets
School Captain

PBL NEWS

Throughout the Term the students and staff at Rutherford Technology High School have been working towards *Timetable awareness* and being *Picking up Rubbish*.

During our school wide PBL lessons members of our school have been able to engage in discussions and identify multiple points of view to expand their personal understanding. Our current focus this week is *picking up rubbish and keep our school environment clean*. Students will be encouraged to identify ways to keep our school clean as well as ways to encourage others to do so. Students will also identify the negative impacts rubbish can have on the school and wider community environment.



The PBL Team at RTHS praise the students and staff for their constant efforts and persistent work ethic towards their own and others learning and environmental goals.

YEAR 12 REPORT

Well Year 12 the journey through school is over!

The examinations are finished and your formal was a huge success. The young men were able to dress according to their style preference and the young princesses melted the hearts of their proud parents - it was their night of nights!

Some of you have been given offers of placement in universities or other institutions of higher learning. We, the various Deputies and Year Advisors who have guided you, are so proud of your final year of schooling. We all await the publication of your results in December. Please inform us of your chosen pathway for next year as we have not lost interest in you and it adds to the memory each of us have of each of you.

This time last year none of us would have predicted how our lives in 2019 would have been impacted upon by circumstances beyond our control. Each of us has had to change our plans for the year and make the best of the situation. Next year your circumstances will necessitate even greater acceptance of change, especially living away from home.

Well done Year 12 - 2019!

Year Advisors: Kevin McMullen & Emma Basedow
Deputy Principals: Lidija Nenad & Tina Pratt

Mr Kevin McMullen

RTHS STAFF SUCCESSFUL AT HUNTER SCHOOLS SPORTS ASSOCIATION AGM

At the recent Hunter Schools Sports Association AGM, three Rutherford Technology High School staff were elected into convening/managing and executive positions:

Mr Newham	Re-elected as Hunter Open Girls Football Convenor/Manager
Mr Connaughton	Re-elected as Hunter Lawn Bowls Convenor/Manager
Mr Edwards	Elected as Hunter Swimming Convenor/Manager



Mr Newham was also successful in being appointed to the Senior Executive in the role of Vice President.

Congratulations to these hard working and dedicated staff providing a strong presence and link to the Hunter School Sports Association teams for students in the Rutherford area.



JOIN US TO TAKE ACTION TOGETHER ON FRIDAY 20 MARCH 2020



On Friday 20 March 2020, our school will stand together against bullying and violence to celebrate the 10th anniversary of the National Day of Action against Bullying and Violence (NDA).

The NDA is Australia's key anti-bullying event for schools. It is a positive day of action which strengthens our everyday message that bullying and violence have no place at Rutherford Technology High School.

As a proud NDA school, we are encouraging all parents and carers to save the date for the NDA, being held on Friday 20 March 2020. More details will be announced in Term 1, 2020 about our events.

The NDA provides an opportunity to put our programs in the spotlight and work together as a community (parents, teachers, staff and students) to talk about bullying and finding workable solutions to address it together.

Parents and carers are encouraged to visit the Bullying. No Way! website (www.bullyingnoway.gov.au) for advice and useful information

The NDA is about bringing community together and to recognise the importance of standing united to say Bullying. No Way!

Ms Kristine Turner
Head Teacher Wellbeing

TSP FOOTBALL

On Monday 18 November 2019, the Year 10 TSP Football class were presented with their graduation photos from 2015 Alumni Jacob Golding. A big thank you to Jacob for donating his time to come along do the presentation. Jacob still holds the male record for youngest first grad NPL debut from a Rutherford Technology High School student at 17 years, as well as, joint record of highest goal scorer in the Kallan Egar 'Old Boys' Cup with 7 goals! It was an absolute pleasure and honour to have Jacob back in the school.

Congratulations to the 2019 TSP Football class on graduating from the TSP Football program. This is a very special group of students, as they were the first group to enrol in the first official Year 7 TSP Football class in 2016. The vast majority of the students have progressed through the program over the entirety of the four years, as well as some additions and 'transfers' from other schools and classes along the way.

There have been some major success stories from all of these students over the years but I would like to highlight some very special achievements from this class over their four year journey.

As a Class:

- 2016: First official timetabled football class at RTHS.
- 2017: Year 8 - Defeated Hunter Sports High School in the City V's Valley Cup.
- Special Guest coaching sessions with, Paul Wade OAM, 118 Socceroos Appearances, Kew Jailens Netherland International and Hyundai A-League Newcastle Jets Captain, Leo Bertos Over 100 A League Caps and World Cup International for New Zealand.

Individual Honours:

- Ben Hackett - Selection in the Barcelona FC Football Academy and most recently, Weston NPL U18's side.
- Nic Adams - Selection in the 2017 U14's Northern NSW Futsal side and most recently Newcastle Olympic U18's side.
- Kohen Hipwell - Selection in Australian Futsal side to tour over-seas in 2016.
- Sarah Avery - Selection in the 2019 Thornton Women's Premier League side.
- Tanya Jones - Breaking the record of Youngest Player at RTHS to make their senior First Grade debut at 15years 11 Months. Record previously held by Jacob Golding at 17years who also presented Tanya with her graduation photo.
- Cameron Hayward - Setting an appearance record for TSP classes at 276 appearances over the four years.

The photo's will now hang on the wall of fame in the TSP Football sheds and this group joins the 2018 graduating class which included superstar names such as Callan Fry and Scott Travis who continue to apply their trades at Senior NPL Clubs in the Newcastle area.

Yours in Football
Blair Newham



2019 TSP Football Class Graduating Students



TERM 4: WEEK 6 ASSEMBLY – MATHEMATICS FACULTY PBL AWARDS

Pleasing results in End of Year Mathematics Assessment Tasks:

Rohan Baker-Wade	Adam Gilbert	Amarina Pedri
Tyson Barnett-Murray	Isabelle Gray	Peter Perry
Blake Baxter	Lily Greedy	Callum Priestley
Connor Beards	Madisyn Grigull	Heidi Prosser
Sharee Blackwell	Cameron Hayward	Libby Radnidge
Corey Boxsell	Logan Henderson	Emily Rashleigh
Sam Brooks	Zed Idstein	Morris Riley
Reece Carter	Georgia Kemsley	Imogen Sanson
Bowen Coddington	Rusty Kropp	Brayden Smith
Emma Cooke	Josie McIntosh	Jeremy Smith
Amelia Collins	Rhys Mayer	Jasmine Smurthwaite
Bethany Corrigan	Rylie Morris	Indyana Snow
Noah Curry	Blake Nichols	Vegas Soper
Jessica Cuthbertson	Gabby Nott	Keegan Sujecki
Abbey Davis	Phoebe Oldham	Bailey Tipping
Kye Delmege	Nunia Palu	Anthony Twaddell
Hayley Farquharson	Vili Palu	Rylee Walsh
Madison Fowler	Kaitlin Parish	Byron Winkler
Chloe Freeman	Madison Parish	Tristan Woodhouse
Brianna Giblin	Aaron Partl	



LaST HELPFUL HINTS

Words to use instead of 'Firstly, Secondly, Thirdly'

Instead of using 'Firstly'	Instead of using 'Secondly'	Instead of using 'Thirdly'
To start with	For another thing	Finally
For one thin	Additionally	Lastly
	In addition	To summarise
	Further to or furthermore	
	Another	
	Also or as well as	
To give reasons for something	To show a consequence	To make an important point
For	As a result	Undoubtedly
Because	Consequently	Indeed
Since	Therefore	Obviously
As	Hence	In fact
Because of	Thus	In particular
	So	Especially
	Due to	Clearly
To give an example	To show differences	To show similarities
For example	However	Similarly
For instance	Nonetheless	Likewise
That is (i.e)	Although	Also
Such as	Yet	Like
Including	In contrast	Just as
Namely	Whereas	Just like
	On the other hand	Similar to
	On the contrary	Not only but also



STUDENT NEWS

Rutherford Technology High School student helpers assisted in Rutherford Public School 'Little Dragons' Graduation ceremony on Thursday 14 November 2019. As part of their involvement in the Little Dragons program they received a certificate - Well done!!

The students will continue to assist at Rutherford Public School for the next two Thursdays from 9:00am-11:00am for their Kindergarten Orientation and will support our Little Dragons when they visit the Kindergarten classrooms.

*"It has been fantastic having the girls there to help.
Thank you very much for your continuous support."*
Ms Gandhi - CLO Rutherford Public School



Rutherford Technology High School Uniform Shop



Special Opening Hours for Year 7 - 2020

Orientation Night for Year 7 - 2020:	Monday 2 December	4:00pm-8:00pm
Orientation Day for Year 7 - 2020:	Tuesday 3 December	8:00am-12:00noon

Last day to shop for 2019—Thursday 12th December 2019

Our school uniform shop will close at 12:00noon Thursday 12 December 2019 and re-open at 8:00am Thursday 23 January 2020. Please see below for special opening hours during January 2020. Normal trading hours will re-commence from Tuesday 4 February 2020.

THURSDAY	23 JAN	8am – 4pm
FRIDAY	24 JAN	8am – 4pm
MONDAY	27 JAN (Public Holiday)	SHOP CLOSED
TUESDAY	28 JAN	8am – 4pm
WEDNESDAY	29 JAN (Yr 7, 11, 12 Commence)	8am – 4pm
THURSDAY	30 JAN (Yr 8, 9, 10 Commence))	8am – 4pm
FRIDAY	31 JAN	8am – 4pm



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	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			
	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			

Purchase Online: daylightsportswear.com/rutherford
 MASTERCARD, VISA & EFTPOS ACCEPTED. CHEQUES NOT ACCEPTED. NO LAYBY.

Uniform Shop: Contact Kylie 0478 920 262 during business hours

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 25 November 2019	Michelle Sinclair
Tuesday 26 November 2019	Volunteers Required
Wednesday 27 November 2019	Volunteers Required
Thursday 28 November 2019	Volunteers Required
Friday 29 November 2019	Volunteers Required
Monday 2 December 2019	Michelle Sinclair
Tuesday 3 December 2019	Volunteers Required
Wednesday 4 December 2019	Volunteers Required
Thursday 5 December 2019	Volunteers Required
Friday 6 December 2019	Volunteers Required

RUTHERFORD TECHNOLOGY HIGH SCHOOL 2019 CANTEEN MENU			
		Everyday Food, Occasional Food	
<div> <div> <p>AVAILABLE EVERYDAY</p> <p>SANDWICHES & WRAPS:</p> <p>Sandwiches:</p> <ul style="list-style-type: none"> -Vegemite \$3.00 -Egg & Lettuce \$4.00 -Curried Egg \$3.60 -Cheese & Tomato \$3.00 -Ham, Cheese & Tomato \$3.60 -Salad \$4.00 -Chicken Salad \$4.50 <p>Rolls:</p> <ul style="list-style-type: none"> -Salad Roll \$5.00 -Ham Salad Roll \$5.50 -Chicken Salad Roll \$5.50 <p>Wraps:</p> <ul style="list-style-type: none"> -Salad Wrap \$5.00 -Chicken Salad Wrap \$5.50 -Ham Salad Wrap \$5.50 -Caesar Salad Wrap \$5.00 -Chicken Caesar Wrap \$5.50 </div> <div> <p>AVAILABLE EVERYDAY</p> <p>ICE CREAMS:</p> <ul style="list-style-type: none"> -Juice Ice Blocks \$1.00 -Vanilla Buckets \$1.50 -Paddle Pops \$2.00 (Chocolate; Rainbow; Choc/Caramel) -Frozen Blizzard \$2.00 -Frozen Yoghurt \$2.00 <p>CHIPS:</p> <p>Deli Rock Chips:</p> <ul style="list-style-type: none"> -Sea Salt \$1.50 </div> </div>			
<div> <div> <p>AVAILABLE EVERYDAY</p> <p>SALADS & SUSHI:</p> <p>Salad Box:</p> <ul style="list-style-type: none"> -Small \$3.50 -Medium \$5.00 -Large \$6.50 <p>Chicken Salad Box:</p> <ul style="list-style-type: none"> -Small \$4.00 -Medium \$5.50 -Large \$6.50 <p>Caesar Salad Box:</p> <ul style="list-style-type: none"> -Small \$3.50 -Medium \$5.00 -Large \$6.50 <p>Chicken Caesar Salad Box:</p> <ul style="list-style-type: none"> -Small \$4.00 -Medium \$5.50 -Large \$6.50 <p>Medium Zucchini Box \$5.50</p> </div> <div> <p>SUSHI:</p> <p>Sushi Rolls:</p> <ul style="list-style-type: none"> -Avocado & Chicken \$4.00 -Chicken & Mayo \$4.00 -Smoked Salmon & Avocado \$4.00 -Teriyaki Chicken & Avocado \$4.00 -Tuna & Avocado \$4.00 <p>Sushi Packs:</p> <ul style="list-style-type: none"> -Avocado Pack \$5.00 -Mixed Hosomaki Pack \$5.00 -Tuna Hosomaki Pack \$5.00 </div> </div>			
<div> <div> <p>AVAILABLE EVERYDAY</p> <p>DRINKS:</p> <p>Water:</p> <ul style="list-style-type: none"> -350mL \$1.00 -600mL \$2.00 <p>Juice-250mL:</p> <ul style="list-style-type: none"> -Orange \$2.50 -Apple \$2.50 -Apple Blackcurrent \$2.50 <p>ChilliJ-250mL:</p> <ul style="list-style-type: none"> -Watermelon \$2.00 -Raspberry \$2.00 -Blackcurrent \$2.00 <p>Glee-250mL:</p> <ul style="list-style-type: none"> -Tropical \$2.50 -Apple/Raspberry \$2.50 -Blackcurrent \$2.50 -Bubblegum \$2.50 <p>Juice Bombs-250mL:</p> <ul style="list-style-type: none"> -Apple/Cola \$2.50 -Apple/Raspberry \$2.50 -Blackcurrent \$2.50 <p>Milk-300mL:</p> <ul style="list-style-type: none"> -Chocolate \$2.50 -Strawberry \$2.50 <p>Milk-500mL:</p> <ul style="list-style-type: none"> -Chocolate \$3.50 -Strawberry \$3.50 <p>Plain Milk-600mL \$2.50</p> </div> <div> <p>AVAILABLE EVERYDAY (unless specified)</p> <p>HOT FOOD:</p> <ul style="list-style-type: none"> Chicken Burger \$4.50 Chicken Burger Salad \$5.00 Cheese Burger \$4.50 Cheese Burger Salad \$5.00 Chicken Gravy Roll \$4.50 Rissole & Gravy Roll \$4.50 Lasagne (avail. Tuesday & Thursday) \$5.00 Garlic Bread \$1.30 Plain Pie LUNCH ONLY \$3.30 Cheese & Bacon Pie LUNCH ONLY \$3.60 Sausage Roll LUNCH ONLY \$3.00 Chicken Chippies (6) \$3.50 Chicken Nuggets (6) \$3.50 Nachos (avail. Monday, Wednesday & Friday) \$5.00 </div> </div>			
<div> <div> <p>AVAILABLE EVERYDAY</p> <p>SNACKS:</p> <ul style="list-style-type: none"> -Freshly Cut Watermelon** \$3.00 -Freshly Made Fruit Salad** \$3.00 -Yoghurt \$3.00 -Fresh Fruit & Yoghurt \$3.00 -Hommus \$2.00 (with Celery & Carrot Sticks) -Jelly Cups \$1.50 -Jelly & Custard \$3.00 <p>**Only Available Term 1 & Term 4</p> </div> <div> <p>EXTRAS:</p> <ul style="list-style-type: none"> -Extra Fillings \$0.40 -Butter/Mayo/Mustard \$0.20 -Bread Roll \$0.90 -Toasting \$0.50 </div> </div>			
<div> <div> <p>SAUCES:</p> <ul style="list-style-type: none"> -Tomato/BBQ/Sweet & Sour \$0.40 </div> </div>			

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 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.

One of our school core values is **RESPECT**.

Our staff are working hard at embedding safe and respectful mobile phone use among our students.



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

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.

www.teachkidslearn.com





COME AND PLAY NETBALL



Girls 5 years to Seniors
Boys 5 years to 12 years

**REGISTRATIONS OPEN
1ST - 31ST
JANUARY 2020**

Train at Branxton & Play Saturday's at Maitland. 18 Gipps Street

  branxtonnetball@gmail.com

**"Play Well, Feel Good,
Be Confident, BE YOU!"**



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 for more information.

RUGBY SINCE 1877

JUNIORS SINCE 1967

SAT 30 NOV 2.00PM - 6.00PM

CELEBRATE

**SUN STREET STUDIOS
246 HIGH STREET MAITLAND**



FREE YOUTH EVENT

**TWO STAGES · LIVE LOCAL MUSIC
PERFORMERS · ARTISTS
CREATIVE WORKSHOPS
AND ACTIVITIES · FOOD**

DRUG AND ALCOHOL FREE EVENT
ALL AGES. EVERYONE WELCOME!
REACH US ON 024924 9835, 0428 217 061 OR
COMMUNITYTEAM@MAITLAND.NSW.GOV.AU
FOR GENERAL INFO OR PERFORMER APPLICATIONS
PERFORMER APPLICATIONS CLOSE
WEDNESDAY 20 NOVEMBER

AN INITIATIVE OF
THE YEP GROUP AND 

SUPPORTED BY THE NSW DEPARTMENT OF COMMUNITIES AND JUSTICE

FREE BURRITO DAY



TUESDAY 28TH NOVEMBER 12PM - 7PM

GYG RUTHERFORD, SHOP 2, 319 NEW ENGLAND HIGHWAY, RUTHERFORD, NSW, 2320

FOR MORE DETAILS WWW.GYG.COM.AU



ONE BURRITO OR BURRITO BOWL PER PERSON. NO OTHER FOOD ITEMS AVAILABLE ON FREE BURRITO DAY.

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>



RUTHERFORD TECHNOLOGY HIGH SCHOOL

Respect Responsibility Commitment

30 Avery St. Rutherford NSW 2320

Phone: 02 4932 5999

Fax: 02 4932 8166

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

Selwyn Snow Fields Ski Trip 2020 – Yr 11

This note is to inform students/parents/caregivers of the planned excursion to Selwyn Ski Resort. The intention is to enable bookings to be made early so as to ensure venue availability and minimize costs. The price listed below is an estimate only and represents excellent all-inclusive value.

Dates: August 2020 (date to be confirmed)

Approximate Cost: \$1,200 (price to be confirmed, depending on final numbers)

Your 5 day Ski program includes:

- Return coach transport from RTHS
- 5 nights single sex dormitory style accommodation at Cool Mountain Resort, Providence Portal
- 5 day lift and lesson pass with Selwyn Snowfields
- Professional graded lessons each day
- Ski/Snowboard equipment and clothing hire including helmets and additional safety gear
- Transport to and from Ski Fields including Kosciusko National Park entry
- Meals: 5 two-course dinners & 5 cooked breakfasts

Once numbers can confirm the excursion will run, a direct debit payment plan can be arranged to enable families to gradually cover the cost.

Students wishing to attend are required to ensure that **ALL SCHOOL FEES ARE PAID**.

Please register your interest in attending this excursion by signing and returning the slip below.

Mr David Thomas – HT PDHPE

Mr Michael Whiting – Principal



Expression of Interest: Selwyn Snow Fields Ski Trip 2020

Please return this section to Mr David Thomas HT-PDHPE to express your interest in attending the Selwyn Ski excursion.

Student Name: _____ Parent/Carers Signature: _____