

IMPORTANT DATES

8 April - School Photos
9 April - Open Girls & Boys Football
10 April - Parent/Teacher Evening
11 April - U16 Girls Knights Knockout
11 April - PBL Reward Activities
12 April - Catch Up Day School Photos
12 April - Last Day Term 1
25 April - ANZAC Day
29 April - Staff Development Day
30 April - Day 1 Term 2
30 April - RTHS ANZAC Day Service
2 May - Colour Run
3/4/5 May - Total Field Days
6 May - Term 1 Attendance BBQ
7 May - Yr 7 & 8 Brainstorm Productions
8/10 May - Yr 10 Lovebites

OFFICE OPENING HOURS

Please be aware the office is open Monday to Friday between 8:00am and 4:00pm. Outside office hours, a message may be left on the school answering machine. Parents and caregivers are reminded an appointment is necessary before meeting with teachers as they have class, playground duty and other commitments during the school day.



The next P&C meeting and AGM will be held 21st May 2019 at 6pm in the interview room at the front office. All welcome to attend.

RESPECT
RESPONSIBILITY
COMMITMENT

RUTHERFORD TECHNOLOGY HIGH SCHOOL NEWSLETTER



5th April 2019

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

<https://rutherford-h.schools.nsw.gov.au>

Telephone: 4932 5999

Fax: 4932 8166

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

RutherfordTechnologyHighSchool



OLD BOYS FOOTBALL DAY

On Friday 29th March Rutherford Technology High School celebrated the memory of ex-student Kallan Egar in stunning fashion with the annual Old Boys Football Day.

The match itself was viewed by most of the school with spectators being kept on the edge of their seats due to the competitiveness from the players involved in the game.

The Old Boys got off to a great start and at half time were leading 4-2. The Open Boys were wanting to retain the trophy and played some very skilful football to claw their way back to 4-4 at the end of the game. The game was then eventually decided on penalty shoot-out with the Old Boys taking the honours and reclaim the trophy after losing it last year.

After the game, Principal Mr Michael Whiting, together with the Egar Family, presented the Old Boys team with the Kallan Egar Memorial Cup.



SENIOR EXECUTIVE REPORT

Congratulations to all PBL award winners. Our first assemblies this year highlighted what hard working students we have in our school.



The senior executive have been so impressed with the continued focus on learning that has been exhibited across every year group at Rutherford Technology High School this year. When walking through the corridors on a daily basis it is reaffirming to see teachers and students engaged in teaching and learning rather than focusing on the behaviour management of a small group of students. Students across all year groups have had a lot of opportunities already to engage in curricular and extra-curricular events and activities this year and this has contributed to the vibrant tone of the school. The school focuses on students wearing full school uniform, correct shoes and getting to school each day and being on time. Teachers work hard with parents to develop students' attitudes and manners which reflect good behaviour. Our aim is to be the best school in the region producing the best results and we ask all parents for their support in obtaining these aims.

YEAR 12

Year 12 students are almost half way through their HSC courses at this stage of the year and we have just completed the Year 12 Reports. I cannot emphasise enough to students the importance of having a regular and consistent study routine in place, especially at this stage of their Year 12 studies. Students are reminded that if they are unable to attend on the due date of any assessment tasks due to ill health or any other circumstance, they will need to complete the mandatory illness and misadventure forms and submit all documentation including doctor's certificates where applicable. Please note that a letter from a parent stating their child was too ill to complete a task is not sufficient and further documentation will be required.

YEAR 11

Starts the Higher School Certificate and only runs for 3 terms this year. This means final exams are at the end of term 3. This will be stressful and many students will struggle with this course for a variety of reasons. Parents need to be supportive, flexible, patient and adaptive to survive this process. However it is important to realise that students do have time to have a life and study as well. Finding the balance is the problem. Research shows that the earlier the student establishes a study program the better they perform in all aspects and the more relaxed they become. Students need to keep on top of assessment tasks to ensure they are meeting mandatory course requirements. All students were issued with assessment information booklets at the start of the school year. This booklet provides valuable information for students and parents.

ABSENCE FROM SCHOOL

All absences MUST be explained with a note, on the student's return to school. The note must include the student's full name, Roll Class, date of absence and reason for being absent. At formal assemblies, Rutherford Technology High recognises those many students, who have maintained an exemplary attendance record. It is emphasised to all students, that attendance details are printed on the front cover of school reports and become a significant piece of information for future employers to consider when offering jobs to students.

FOCUS ON READING

Regular reading is essential for students of all ages regardless of the child's current level or ability to read. The more a student reads, the better they become at reading and this also has a positive effect on a variety of literacy aspects such as their ability to comprehend what they are reading, their writing, their vocabulary and spelling. The following points can be helpful to engage your child in reading:

- One of the most important things a parent can do is model reading to their child. Children need to see their parents reading.
- Establish a routine where reading is done every night. Just 30 minutes every night can go a long way to improving your child's reading.
- Choose a book that is interesting. If your child is interested in motorbikes, find a book about motorbikes or an autobiography about a famous motorcyclist. The image provided is just a guide and obviously not all of these methods will be appropriate for your child or their current level of reading, however some of these may be helpful particularly if your child is struggling with reading or if they have younger siblings.



USAGE OF MOBILE PHONES

A reminder about the use of mobile phones during class time

Students **should not** be using phones during lesson time **unless directed by the teacher**. If phones are brought to school, they must be turned off and placed in bags during lesson time. If parents need to contact their child during the school day, they should call the School Office and a message will be delivered to the student.

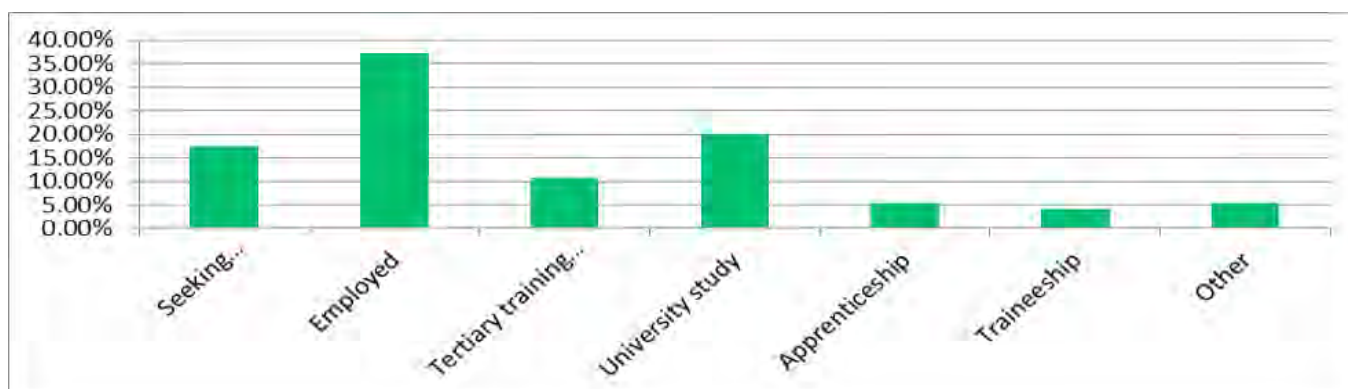
If students wish to contact parents, then this can be achieved through either Deputy Principal or the Front Office

Simone Hughes
Deputy Principal

VET / Careers News **2018 Year 12 Destination Survey**

Over the last month our Careers team have been busy contacting Year 12 students from 2018 to conduct our yearly destination survey. It has been a great experience hearing about the successes of some of our students. Please see our summary below.

2018 Year 12 Post-School Destinations	
What best describes your current situation?	
Answer Choices	Responses
Seeking employment	17.33%
Employed	37.33%
Tertiary training (TAFE or other training)	10.67%
University study	20.00%
Apprenticeship	5.33%
Traineeship	4.00%
Other	5.33%



School Based Traineeships (SBATs)

Currently we have 15 students from Years 10, 11 and 12 undertaking school based traineeships. This is a program where students combine paid employment and vocational training to contribute towards their HSC. Congratulations to the following students who have commenced a SBAT in 2019:

Jasmine Beards (Hunter New England Health)	Nicole Foster (KFC)
McKayla Smith (Hunter New England Health)	Madisyn Grigull (KFC)
Dakota Watson (Hunter New England Health)	Emily Meehan (KFC)
Jaymin Dunn (KFC)	Paisley Sneddon (KFC)
Loren Forbes (KFC)	Ambria Sowter (KFC)

Work Placement

Over the last 3 weeks Year 11 and 12 Retail Services students have been out in retail businesses carrying out their mandatory work placement experience. The feedback from employers about their skills and professionalism has been outstanding. Thank you to all of the businesses who have supported the school with this program. Special congratulations should go to Noah Curry and Tiarna Croft who have been offered employment with Spotlight and McDonalds as the result of their work placement performance.

Work Experience

Students in Years 10-12 are encouraged to take up the opportunity to participate in the school's work experience program. This gives students an insight into the world of work and allows them to get a realistic picture of what particular careers involve.

Emily Marquet and Jordana Woodcroft should be acknowledged for their excellent employer feedback from Rutherford Public School and Tilly's Child Care.

Coming Up in Careers – Term 2

Hunter Valley Careers Expo @ Maitland Federation Centre (Friday 17th of May with a cost of \$10) – an exceptional opportunity to speak to employers, industry groups, educational institutions and other organisations about future career and study options.

HSC Seminar Day @ Singleton High (Friday 31st of May with a cost of \$55) – Year 11 and 12 students can attend workshops with experienced HSC teachers, authors and markers and learn the secrets of HSC exam success.

Responsible Service of Alcohol Training (Thursday 9th May with a cost of \$135)

Responsible Conduct of Gambling Training (Thursday 16th May with a cost of \$80)

Please see Mr Hunt or Mr Butler for more information with any of these opportunities.

Mr Toby Butler

Head Teacher VET

YEAR 12

Year 12 actively participated in the Bullying No Way Day. They stood up and vowed to make a stand against this unpleasant activity. Students cooked 400 sausages on the BBQs and served the students efficiently during lunch. Also, on this day they supported the World's Greatest Shave in support of the fight against leukaemia. Some students including Amelia Norman, Olivia Riches, Chantel Sinclair, Olivia Playford, Emily Caldwell and Jasmine Anderson-Ireland opted to have their hair trimmed but Jake Collins-Doherty opted to lose his curly locks. Many students watched on as the students demonstrated their civic mindedness. With school photos not far away the decisions to participate were brave.

Students have been issued with free Excel HSC Survival Guides and are advised to read through them as they have useful hints to maximising their results. The guides can be used effectively as a diary to note assessment tasks and important events.

I have read through the Half Yearly reports. I have found it interesting to see how students I have taught in previous years have progressed. Generally Year 12 have the right attitude and are applying themselves to their studies but there are a few who need to make a greater effort.

This term has been very busy. There is the Colour Run and school photos before the end of term. Students are proudly wearing their Year 12 jerseys. The weather has begun to show signs of cooling and some students have arrived at school out of uniform. Even though they are in Year 12 a note explaining the reason for being out of uniform is still expected.

Some student have started to talk of the all important event at the end of the year- the Year 12 Formal. While planning ahead is commendable I need to remind students that subject fees need to be paid. Fees can be paid in instalments and a small amount each week will make a huge difference throughout the year. Please contact the front office ladies for a plan to suit you.

As in the past, students have been asked to participate in fund raising activities. Some students have embraced the opportunities to participate but there are some who have not yet made the effort. I strongly urge these students to join in and be part of the digital record of 2019.

Kevin McMullen

Year 12 Adviser

TERM 1: WEEK 8 ASSEMBLY – SUPPORT FACULTY PBL AWARDS

Ebony Giles	Commitment in Senior English to Complete all Tasks and Encouraging others to Show Respect
Hayden Darcy	Commitment to Quality Work and learning in English and always Demonstrating Personal Best
Brodie Higgison	Commitment to Improving all aspects of Literacy Skills and being a Courageous Class Member
Jack Price	Always showing Respect and Responsibility in the Classroom to Complete all Book Work (English)
Khadejah Date	Excellence in Mathematics showing Commitment to Further her Independent Learning
Bella Clarke	Excellence in Mathematics demonstrating Commitment and Determination to Learn New Skills
Matthew Houghton	Excellence in Mathematics and being a Committed class member who Supports others Learning
Blake Baxter	Commitment at Excelling in Advanced Mathematics
Jett Habgood	Commitment to Learning in HSIE classes and Working Hard on Independent Extension Activities
Skye Wood	Demonstrating a High Level of Commitment and Responsibility for her own Learning in HSIE
Hayden Darcy	Commitment to Learning in Science and taking Responsibility to Support other Students
Jason Foote	Commitment to Learning in Science and for always taking time to complete all task
Cali Aryton	Commitment to Learning in Science and always encouraging others to show Respect to one another
Tyrone Blanch	Commitment to Development in PDHPE classes and excellence Swimming
Blade Hayes	Commitment in Learning PDHPE Subjects and for Demonstrating Respect to all

CONGRATULATIONS



TERM 1: WEEK 8 ASSEMBLY – HSIE FACULTY PBL AWARDS

Year 7

Corey Boxsell	Ongoing Engagement in HSIE
Samanta Chowdhury	Committed to the Completion of Home tasks
Jazlyn Dennis	Ongoing Effort in HSIE
Abbey Marquet	Consistent and Determined Approach in HSIE
Chevi Osborne	Consistent Effort and Application in HSIE
Heidi Prosser	Consistent Effort and Application in HSIE
Emily Rashleigh	Active Engagement in HSIE

Year 8

Zed Idstein	Mentoring and Supporting other students in HSIE
Letisha O'Brian	Consistent Effort and Application in HSIE
Zayden Richardson	Consistent Effort and Application in HSIE
Nicholas Robinson	Ongoing Engagement in HSIE
Jet Thomas	Consistent Effort and Application in HSIE
Lucas Whelan	Respect and Responsibility shown in all HSIE Lessons
Jarrod White	Outstanding Commitment Displayed to HSIE

Year 9

Zion Jimmy	Consistent Effort and Application in Geography
Madison Watson	Effort and Application in History
Shennai White	Responsibility and Respect Shown always in History

Year 10

Brodie Christiansen	Commitment to Project Development in Elective History
Lucy Geelan	Consistently Effort and Application in HSIE
Jordan Lodo	Effort and Application in Geography
Cheyenne Murray	Commitment to Learning at all times in History
Jessica Roser	Ongoing Effort in Geography

Year 11

Abbi Baxter	Consistent Effort and Application in Legal Studies
Raychael Chand	Commitment to Learning in Ancient History
Tiarna Croft	Consistent Effort and Application in Society and Culture
Dylan Manning	Improvement in his Approach to Learning in Geography
Declan Mullins	Outstanding Application in Modern History
Cody Thomas	Outstanding Application in Modern History

Year 12

Alexis Kik	Hard Work and Dedication in Modern History
Alanna Ogden	Effort and Application in Society and Culture
Lara Reed	Effort and Application in Ancient History

congratulations



YEAR 9

It's almost a wrap for term 1 at RTHS and year 9 have been busy with both work and play. Year 9 have contributed enthusiastically to a variety of community and fund-raising events within the school, starting with our National Day of Action Against Bullying being a major success. Students enjoyed being out-of-uniform and started the day with an interactive drama performance. This was followed by joining together to recite our school's anti bullying promise. The BBQ sausage sizzle, cooked by Year 12, was accompanied by excitement and laughter as many students volunteered to have their hair cut or shaved to raise money for Shave for a Cure. The day ended with our Clean Up Australia Day initiative, where year groups competed to pick up the most rubbish. Year 9 put in a valiant effort, but no one could match the enthusiasm of year 7 this time round.



We hosted the Open Boys vs 'Old Boys' for the Kallan Egar Cup last week, where ex-students of Rutherford High come to play against our current students and staff students. The match is in memory of Kallan Egar, who was a student at RTHS before sadly losing his battle with cancer. Students were invited down to watch the match with their class teachers, cheering on their fellow peers.

This week we also celebrated the wonderful qualities of our students at our PBL assembly, recognising those who consistently display Rutherford High's core values of Respect, Responsibility and Commitment. Congratulations to our PBL Award Winners.

We're pleased to congratulate the recipients of the Year Adviser's Awards as well, which are presented during Year Meetings throughout the year. These students are positive leaders and role models for our school community, well done!

Students are also recognised for displaying our core values on a daily basis through our B-Bucks system. Next Thursday, we will hold our first ever Rewards Afternoon, where students can spend their hard-earned B-Bucks at a variety of fun stalls run by staff, such as Photo Booths, Nerf Target shooting, Cupcake Decorating, Hairspray and Tattoos, just to name a few. If you'd like to earn some more B-Bucks, there's still time to demonstrate those positive behaviours both in the classroom and in the playground.



Parents and guardians can help students earn those extra bucks by reminding them to bring all their equipment to each class, right up until the last day of term. It's important too, to remind students to keep up-to-date with assessment task deadlines and to spend time working on these at home.

Year 9 has looked fantastic in their summer uniform this term, and we really hope to see this continue as the weather cools down for Autumn. All students are expected to wear only RTHS jumpers or jackets from the uniform shop. The school is more than willing to assist anyone who needs support in purchasing a school jumper. If you need assistance in getting a jumper or jacket please call Mr. Cromarty or Mrs Fitzgibbon.

Our Parent teacher night is on the Wednesday 10th April 2019 3.40-6.30pm, and all parents are invited to come and meet classroom teachers. Please make sure you book a time via the Parent Portal, using the previously emailed information to access the portal.

On a sporty note, our talented TSP students hosted Mt View High School in a series of friendly football matches for the Bill Turner Cup. Congratulations to Tyson Barnett-Murray, who was Player of the Match for the Boys' Team!

We hope all of our students have a happy and safe school holidays this Easter break, and return refreshed and ready to learn in Term 2.

Allison Orr
Assistant Year Adviser Year 9



YEAR 10

Term 1 is almost over, and we want to commend the majority of Year 10 for having a wonderful term. With the amount of assessment tasks and additional activities it is nice to see Year 10 students trying their hardest in a busy term.

Don't forget to be keeping your B Bucks for our rewards day in week 11. There will be a variety of fun things for students to participate in by cashing in their B Bucks. If you feel you need more B bucks, remember to display our school's core values both in the classroom and the playground.

A reminder that Year 10 students can now access the Learning Hub at school if they are having difficulty with assessment tasks or resolving N-Awards. So far this term we have had many students access the Learning Hub to ensure they are not falling behind in their academic work in Year 10.

A reminder that as winter is fast approaching, that our school is a uniform school and that not wearing a school jumper we cannot allow students to go on excursions or be part of sporting teams. If you require assistance in getting a uniform jumper, please see either Ms. Grant or Ms. Scott.

Good work Year 10 on having a good start to the year, we look forward to seeing you progress throughout the rest of year 10.

Ms. Grant
Year 10 Adviser

Ms. Scott
Year 10 Assistant Adviser



STUDENTS VOLUNTEERING IN THE COMMUNITY

Rutherford Technology High School Students, James Noble-McLean and Bailey Maier have volunteered their time, again, to support the service activities of Rutherford/Telarah Rotary Club and Girl Guides.

In the pouring rain on Saturday 30 March 2019, James and Bailey worked with the Rotary group at Callemondah, a Girl Guide camp site near Clarencetown.

Over the years lantana has spread throughout the camp area so the Rotary members decided to organize a working bee and picnic opportunity to clear some of the ground from the plants. Everyone had lots of fun getting dirty and wet, enjoying fun and laughter as they worked in teams to pull out then drag the lantana to large piles.

So far this year James and Bailey have volunteered 18 hours of their own time providing service to others – well done James and Bailey!

If any student wishes to become involved in volunteering their time to work with Rutherford/Telarah Rotary Club in a safe, caring and supervised environment then there are many opportunities available – have a talk to James, Bailey or Leteah Zwirek. The next event will be at the Sun Street Music Festival on 17 April 2019. For further information please see Maxine Creek (Careers Staffroom).



Old Boys Football Day – 2019





School Photo Day will be held on **MONDAY 8th APRIL 2019**

We will have a makeup day on Friday 12th April 2019 (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 have received their personalized envelope – if a student did not receive their envelope please see Maxine Creek in the Careers Staffroom.

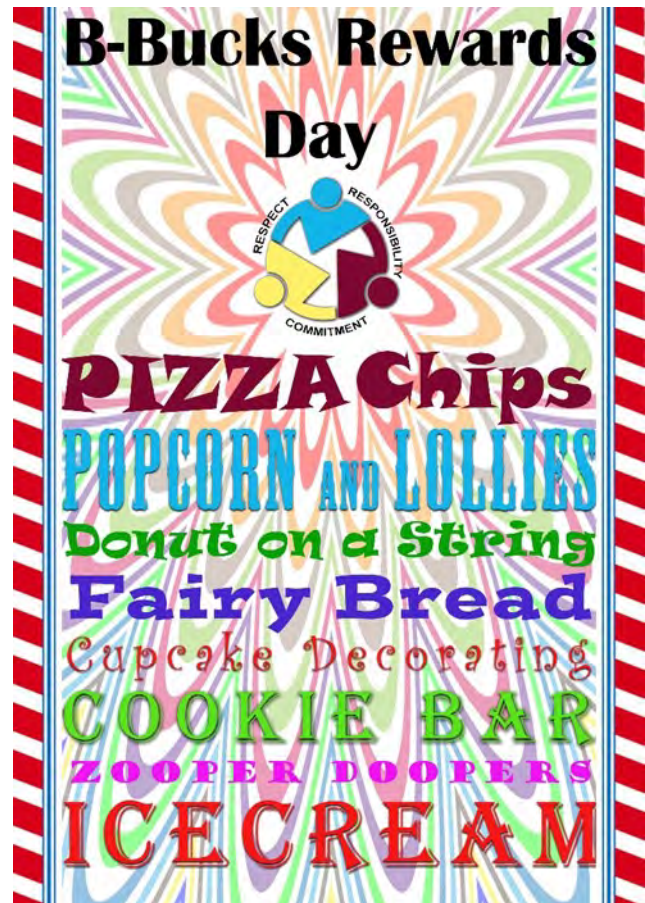
MSP Photography advises the following:

“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 as they have received it.





PBL NEWS

It's finally here! Our first end of term Reward afternoon will be held next Thursday, 11th April 2019. Students who have demonstrated the core values of Respect, Responsibility and Commitment throughout this term have been rewarded with our school **Behaviour Bucks** (B Bucks). The organisation of this exciting day is almost complete with our staff members organising activities and food stalls for students to purchase delicious and fun items from. The reward afternoon includes activities such as; Console Gaming, Face painting, Soccer shoot out, Mindfulness colouring, Juke Box, Putt Putt Golf, crazy hair and so much more! Students that are interested in a fun afternoon filled with snacks and drinks, staff suggest heading towards 'Food Alley' where they will be stunned with the variety of food purchases available. Students will be able to use their B Bucks to purchase ice creams, fairy bread, pizza chips, popcorn, lollies and even a cookie bar! As the reward afternoon gets closer we encourage our students to start counting up their B Bucks whilst continuing to demonstrate the core values of respect, Responsibility and Commitment.





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 enroll 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. Letters have been sent to families with children who have an ASCIA plan. As the plan was updated everyone will need to ensure your child's ASCIA plan is up to date using the new form. A request to carry medication form has also been sent home for those children who need to carry an EpiPen or Asthma puffer. Please ensure these are returned to the school to be kept on file.

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.

Louise Smailes
HT Wellbeing



Helpful Hints from the LaST Team

Stages of Development

Stage 2. Partial Alphabetic and Letter-Alphabetic Stage

This Partial Alphabetic or "initial" reading stage is characterised by children having the ability to read simple texts containing high frequency words and recognise sound patterns (phonology). Children at this stage can also "sound out" and blend new

one-syllable words containing short or long vowels. Attention is paid to beginnings of words and consonants. To summarise children at this stage:

- Learn the concept that letters represent spoken sounds. This is known as the "alphabetic principle."
- By the end of this stage can write words with consonants in all positions. Have a grasp of short vowel sounds.
- Know diphthongs such as sh, ch, th
- Make fewer letter reversals and learn conventions of capitals and lower case and know the difference.

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!

SCOLIOSIS SELF DETECTION PROGRAM

Scoliosis (spinal curvature) is an important health problem for adolescent girls, with twenty-five girls per thousand at risk of developing a significant curve.

The Scoliosis Australia website (www.scoliosis-australia.org) contains comprehensive information about symptoms and treatment of scoliosis. It is recommended that parents of girls who are in Year 7 support the National Self-Detection Program for Scoliosis by downloading the Self-Detection Fact Sheet which provides information on how to self-assess for scoliosis. A copy of the fact sheet has also been included in this newsletter.



ADOLESCENT SCOLIOSIS SPINAL CURVATURE

The National Self-Detection Program for Scoliosis

A HEALTH PROMOTION PROGRAM
RECOMMENDED BY THE SPINE SOCIETY
OF AUSTRALIA. THE PROGRAM IS
ENDORSED BY THE PAEDIATRICS AND
CHILD HEALTH DIVISION OF THE ROYAL
AUSTRALASIAN COLLEGE OF PHYSICIANS.

How to detect Scoliosis.

*Helpful information for
schoolgirls in years 5 and 7
and their parents.*

What is scoliosis?

Scoliosis is a lateral or sideways curve of the spine. The spine also rotates on its long axis as it curves. It usually develops during early adolescence (age 10-13 years) when growth is most rapid.

What is the cause of scoliosis?

The cause is unknown, but 80-90% of cases occur in otherwise healthy adolescents. This is called idiopathic (cause unknown) scoliosis.

We know that scoliosis is NOT contagious and NOT caused by bad posture, a soft mattress, carrying a heavy school bag or eating junk food.

Why is early detection important?

While very small curves are common and of no significance, about 2% of girls have a curve which warrants medical observation during the growth period. Three girls per 1,000 will require treatment during the growth phase.

If treatment is required, the earlier it is undertaken, the better the long-term result. This is the basis for screening since in the early stages scoliosis produces no symptoms. The way to detect scoliosis is to look for it!

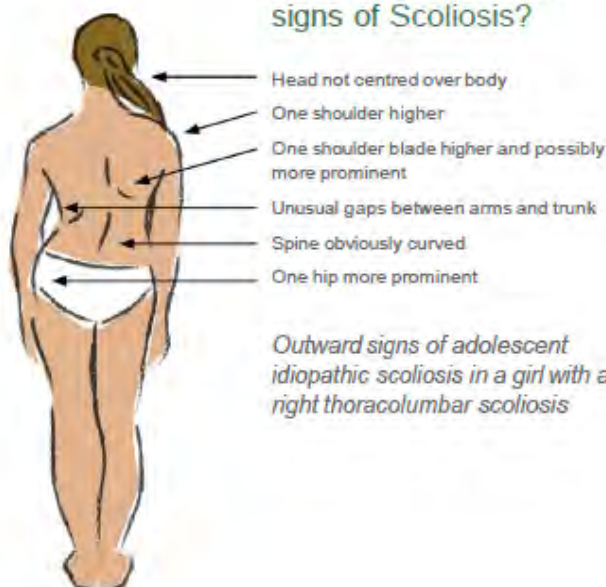
The National Self-Detection Program for Scoliosis

This information is designed to make parents of schoolgirls aware of the outward signs of scoliosis.

Each year, all government and non-government girls' schools will be asked and by a direct approach to school principals, to download the Self-Detection Fact Sheet from www.scoliosis-australia.org and distribute it to girls in Years 5 and 7 (10 and 12 years of age in most states and territories).

This is the age range when scoliosis first appears. If after reading the Fact Sheet you or your parents think you may have this condition, please consult your family doctor.

What are the outward signs of Scoliosis?



Outward signs of adolescent idiopathic scoliosis in a girl with a right thoracolumbar scoliosis



How Scoliosis is detected.

Apart from the outward signs with a teenager standing as illustrated, the reliable Forward Bend Test is used in the diagnosis of scoliosis.

This simple visual examination requires the teenager to stand with the feet together and parallel and bending forward as far as she can go with the hands, palms facing each other, pointed between the two big toes.

In scoliosis, one side of the upper chest (thoracic) region or the lower back (lumbar) region will be more than 1cm higher than the other. The prominence is most often on the right side in the thoracic region.

If the difference between the two sides is less than 1cm, it is highly unlikely that a significant curvature is present and the difference is simply due to asymmetrical growth of the two sides of the body.

This is called torso asymmetry and is of no significance.

What about brothers and sisters?

Scoliosis tends to run in families. When a curve is detected in one member of the family, other children should also be examined by the family doctor. If there is a history of a blood relative, especially a female cousin, having been treated for scoliosis by brace wearing or surgery, then this strengthens the case for spinal examination as a regular health check between 10 and 13 years of age.

Scoliosis which requires treatment is far less common in boys than in girls. The ratio of boys to girls requiring treatment is about 1 to 10.

Is treatment successful?

Yes, modern methods produce excellent results when a curve is detected early. In most cases an inconspicuous spinal brace is worn. Surgery is needed in only one out of three cases which require treatment.

There is no scientific evidence that physical therapy (exercise programs) and spinal manipulation (chiropractic adjustments) will either correct a scoliosis or halt its progression.

What will happen if Scoliosis is not treated?

The curve may increase unnoticed during the growing years. Moderate and severe curves may also increase in adult life.

Some curves may increase with pregnancy. Severe pain, physical deformity and wear and tear arthritis may occur during middle life. Early detection is important for a healthy future.

How do you detect Scoliosis?

Simply look for it! It only takes 30 seconds.



Scoliosis
Australia

Scoliosis Australia is a project of
the Spine Society of Australia



The Scoliosis Australia website
is supported by a donation
from Evolution Surgical



Visit our website www.scoliosis-australia.org

BULLYING

Our last few newsletters have included helpful for parents and carers about how to respond if a young person is being bullied.

The information below provides useful tips for how parents/carers can respond if your child is bullying others and has been sourced from The Bullying No Way! Website. (<https://bullyingnoway.gov.au/RespondingToBullying>)

If your child is bullying others:

It can be upsetting to find out that your child has bullied others. Stay calm and learn more about your child's behaviour so you can respond appropriately.

Children who bully others need help and support to learn better ways of relating to others.

Focus on positive solutions

Ask your child why they are behaving this way

Explain why bullying is unacceptable

Apply your family rules and consequences for their behaviour

Consider what's going on at home

Teach conflict resolution skills

Discuss the behaviours with the school

Get more help for your child

Focus on positive solutions

Children who bully others need help to:

- understand the effect of their behaviour on others and to be supported while learning to repair the harm they have caused

take responsibility for their behaviour and the harm they have caused

develop their social and emotional skills (especially conflict resolution) and to treat others with respect.

Ask your child why they are behaving this way

Try to understand why your child may be behaving in this way. Ask them about what they think is going on, and why they are bullying someone else.

Ask them what they think might help them to stop bullying.

Sometimes a student who bullies other children in one situation may themselves be bullied in another. Bullying is complex and changing.

Think about any issues or problems your child might be experiencing at school that may be impacting on their behaviour.

Explain why bullying is unacceptable

Explain what bullying is and why it is not acceptable.

Talk about the other person's feelings and help your child to understand what it is like for the person being bullied.

Ask them how they would feel if they were being bullied.

Apply your family rules and consequences for their behaviour

If the bullying has been happening at school, decide if there should be consequences at home too.

If you have already discussed the family rules for behaviour and consequences for inappropriate behaviour, these could be applied once you fully understand the situation including your child's perspective.

If you haven't established these rules for behaviour yet, you will need to discuss your expectations with your child. Explain these to your child and that the consequences are linked to their behaviour.

Keep a balanced approach. Acknowledge appropriate behaviour and be consistent when dealing with inappropriate behaviour.

Consider what's going on at home

Have any major events taken place recently to upset your child (parents separated, death in the family, significant illness in the family, siblings bullying your child)? Is the bullying happening because your child is feeling sad or stressed? Do other issues need to be resolved?

Watching the way parents interact with other people helps children learn how to get on with others. Does your child see good examples of how to deal with issues and resolve differences with others at home?

Increase supervision of your child when they are with other children. Praise your child when they interact cooperatively with others.

Take opportunities at home in sibling interactions to help children learn the social and emotional skills they need to get on with others. For example, teach them how to join in with other children in a friendly way:

- first observe a game and the other children
- look for a natural break in the game for joining in

choose a person with a friendly face and ask them if you can join in.

Parents can use fights between siblings to help the children learn to manage their strong emotions and to learn more effective conflict resolution skills.

Teach conflict resolution skills

A critical part of growing up is learning how to get on with others and what to do when there is conflict. Learning conflict resolutions skills begins at home.

It is possible for a child to learn how to sort out problems in a way that makes everybody happy.

Children may see many examples of people dealing with conflict aggressively, and trying to convince other people that their way is the best by force or argument. Such conflict can occur in the family home, on television, in the school yard, on the news.

However, there are excellent ways of dealing with conflict that lead to a peaceful solution, without 'giving in' to others.

The following steps are useful in helping children find peaceful ways of solving problems with other people.

You can change the way you ask the questions depending on the age of the child, but the general steps are the same for all ages.

- Begin by letting children know that it is **possible to find a good solution**. Parents could say something like: "I'm sure if we all think about this we might find a way of everyone getting what they want".
- Help children **identify how they are feeling**, and help them to label and express their emotions. (e.g. 'You're looking cross – I'm wondering if you're maybe feeling cross, but also a bit sad and hurt that you can't join in their game. How do you feel about it?').
- Help children to **work out what they really want** by asking them what they would like to have happen. Help them to work out what the underlying need is, (e.g. 'You say you wish your friend would go away. I'm wondering if you are also wishing that you could help everyone else build the cubby').
- Help your child to **understand the other person's point of view** and to learn how to take their perspective. Ask them what they think the other person might be feeling, or how they might feel if they were in the same situation. You could get them to ask the other person to say how they are feeling and what they would like to have happen.
- Encourage all the children involved in the potential conflict to brainstorm **different ways that they could solve the problem**. Encourage them to come up with several different and interesting ways that they could go about it.

Help the children to **choose the option(s) that they think work best for everyone**, and get them to have a go at putting them into practice. Stay around to see how they get on, and help them fine-tune the solution if needed.

Discuss the behaviours with the school

A consistent and co-operative approach by both the home and school is important.

Ensure your child does not hear criticism from you about the school's management of the issue. Take any issues you have about what the school is doing directly to the school staff you have been working with.

Get more help for your child

If necessary, consider enrolling your child in a group program that helps children to manage their behaviour, learn appropriate social skills and relate in more positive ways with other people.

Your school will be able to suggest local organisations and agencies that provide suitable programs.

Seek professional help and support if you feel that your child's bullying behaviour is part of a bigger behavioural or health problem.

Louise Smailes Year 7, 9, 11
Kristine Turner Year 8, 10, 12
Head Teacher Wellbeing



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Rutherford Technology High School P & C Association

For more information or to arrange collection of your Entertainment Membership please contact: Lexi Fitzgibbon **Phone:** 0249325999 **Email:** rutherford-h.school@det.nsw.edu.au

Alternatively, please complete your details below

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RUTHERFORD TECHNOLOGY HIGH SCHOOL 2019 CANTEEN MENU



Everyday Food, Occasional Food

WRAPS:

Sandwiches:	
-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
Rolls:	
-Salad Roll	\$5.00
-Ham Salad Roll	\$5.50
-Chicken Salad Roll	\$5.50
Wraps:	
-Salad Wrap	\$5.00
-Chicken Salad Wrap	\$5.50
-Ham Salad Wrap	\$5.50
-Caesar Salad Wrap	\$5.00
-Chicken Caesar Wrap	\$5.50
-Vegemite Scroll	\$3.00
-Cheese & Bacon Roll	\$3.00

SALADS:

Salad Box:	
-Small	\$3.50
-Medium	\$5.00
-Large	\$6.50
Chicken Salad Box:	
-Small	\$4.00
-Medium	\$5.50
-Large	\$6.50
Caesar Salad Box:	
-Small	\$3.50
-Medium	\$5.00
-Large	\$6.50
Chicken Caesar Salad Box:	
-Small	\$4.00
-Medium	\$5.50
-Large	\$6.50
Medium Zucchini Box	\$5.50
Medium Frittata Box	\$5.50

DRINKS:

Water:	
-350mL	\$1.00
-600mL	\$2.00
Juice-250mL	
-Orange	\$2.50
-Apple	\$2.50
-Apple Blackcurrent	\$2.50
Chilled Drinks-250mL	
-Watermelon	\$2.00
-Raspberry	\$2.00
-Blackcurrent	\$2.00
Chill Sparkling Water-500mL	
-Lemonade	\$3.50
-Black Raspberry	\$3.50
-Raspberry Lemonade	\$3.50
-Orange/Mango	\$3.50
-Lemon/Lime	\$3.50
Milk-300mL	
-Chocolate	\$2.50
-Strawberry	\$2.50
-Iced Coffee	\$2.50
Milk-500mL	
-Chocolate	\$3.50
-Strawberry	\$3.50
-Iced Coffee	\$3.50
Plain Milk-600mL	\$2.50

HOT FOOD:

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
Hot Cheese Roll	\$3.50
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

SNACKS:

-Freshly Cut Watermelon	\$3.00
-Freshly Made Fruit Salad	\$3.00
-Yoghurt	\$3.00
-Fresh Fruit & Yoghurt	\$3.00
-Hummus with Carrot & Celery Sticks	\$2.00
Deli Rock Chips:	
-Sea Salt	\$1.00
-Honey Soy Chicken	\$1.00

EXTRAS:

-Extra Fillings	\$0.40
-Butter/Mayo/Mustard	\$0.20
-Bread Roll	\$0.90
-Toasting	\$0.50

ICE CREAMS:

-Juice Ice Blocks	\$1.00
-Vanilla Buckets	\$1.50
-Frozen Blizzard	\$2.00
-Frozen Yoghurt	\$2.00

SAUCES:

-Tomato/BBQ/Sweet & Sour	\$0.40
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DAILY SPECIAL:

Monday, Wednesday & Friday:	
Nachos	\$4.50
Tuesday & Thursday:	
Lasagne	\$4.50

Canteen is open before school from 8:15am and at Recess & Lunch

Volunteers are always needed—please contact the school on 4932 5999 to find out more!

RTHS Canteen is operated by the P&C with one paid supervisor assisted by volunteers. All profits from the canteen are returned to the school to benefit the students.



flexischools

CANTEEN UPDATE

As previously advised, Rutherford Technology High School Canteen now has EFTPOS but we were limited to what cards we could accept.



We are pleased to now inform our school community that the software provider has released earlier than anticipated an update which will now allow us to accept EFTPOS Chip Cards.

Therefore the cards we can accept now are:

- Visa Debit
- MasterCard Debit
- Credit Card
- EFTPOS Chip Card
- Apple Pay
- Mobile Payments

Our canteen still has Flexischools and a reminder if you are ordering via Flexischools your order MUST be in by 9:00am. *Don't forget, if you are ordering pies or sausage rolls, they can only be ordered for 'Break 1'.*

In accordance with Healthy School Canteens, pies and sausages rolls can only be sold at what they deem to be 'lunch time'. Due to the time of our school recess and lunch breaks we have reversed the names of the breaks but also renamed them. Our breaks are now: **'Break 1'** (which is lunch) and **'Break 2'** (which is recess).

CANTEEN ROSTER

Monday 8 April	Volunteers Required
Tuesday 9 April	Michelle Sinclair
Wednesday 10 April	Volunteers Required
Thursday 11 April	Michelle Sinclair
Friday 12 April	Michelle Sinclair
Monday 29 April	Staff Development Day
Tuesday 30 April	Michelle Sinclair
Wednesday 1 May	Volunteers Required
Thursday 2 May	Michelle Sinclair
Friday 3 May	Michelle Sinclair
Monday 6 May	Volunteers Required
Tuesday 7 May	Michelle Sinclair
Wednesday 8 May	Volunteers Required
Thursday 9 May	Michelle Sinclair
Friday 10 May	Michelle Sinclair


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Rutherford High School UNIFORM SHOP
Price List

NAME: _____ YEAR: _____ DATE: _____ REC# _____

ITEM		<u>PRICE</u>	<u>SIZE</u>	<u>QTY</u>	<u>TOTAL</u> 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

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Holiday Fun

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Providing early childhood intervention

maitland
city council

NSW YOUTH WEEK
10-18 APRIL 2019

GET GROOVIN'

5-7pm

FREE of charge!

Thursday 11th April
Tuesday 16th April

Who: Children ages 12-25years
Where: Early Links Inclusion Support Service - 19 Galway Bay Drive, Ashtonfield NSW 2323
What: Wear appropriate clothing, bring a drink bottle and snacks will be provided

PosterMyWall.com

Holiday Fun



FREE YOUTH EVENT • ALL WELCOME

Sun Street FESTIVAL

17TH APRIL 2019 4PM-9PM

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all ages

drug+alcohol free event

2 STAGES • LIVE LOCAL MUSIC
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face painting

PHOTO BOOTH

Remus Youth Theatre
Shakespeare
Sommel Project

Sausage Sizzle
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BODY BEYOND BOOT CAMP

MORE INFO CONTACT:

PERFORMANCE APPLICATIONS -
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Liz

GENERAL ENQUIRIES: 49311000
OR MAITLAND YOUTH ACTION TEAM FB

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maitland
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NSW
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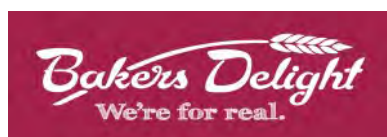
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The staff and students who are involved in the Breakfast Club would like to acknowledge the generosity of 'Bakers Delight' at Rutherford who now provide us with bread. There are many local businesses who donate their time, service or products to our school. We express our appreciation and hope our school community can reciprocate.

Rutherford Technology High School has an Official Facebook Page – just go to Facebook and look for "Rutherford Technology High School NSW Official Site" and click on "Like".



We will be using the Facebook page to keep everyone informed about events at the school, important dates for your diary, and general information about the school.

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