

IMPORTANT DATES

19 Aug - Yr 9 HSIE WW1 Presentation
20 Aug - P&C Monthly Meeting
20 Aug - AgQuip
23 Aug - Domestic Violence Awareness Day & BBQ
26 Aug - Yr 9 & 10 New Brave Workshop
27 Aug - Junior AECG Leadership Day
28 Aug - Yr 12 Fundraising BBQ
30 Aug - Yr 11 Crossroads - Roadwhyz
3 Sept - P&C Family Fun Night @ Rutherford McDonalds

OFFICE OPENING HOURS

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



The next P&C meeting will be held 20th August 2019 at 6:00pm in the interview room at the front office. All welcome to attend.

**RESPECT
RESPONSIBILITY
COMMITMENT**

RUTHERFORD TECHNOLOGY HIGH SCHOOL NEWSLETTER



19th August 2019

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

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

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The Enemy Within

Suicide Prevention & Wellbeing Education

JOE WILLIAMS PRESENTATION

On Wednesday 14 August we were fortunate to have Joe Williams visit our school and deliver a wellbeing presentation to all students in Year 9, 11 and 12.

Joe is a proud Wiradjuri, 1st Nations Aboriginal man born in Cowra, and raised in Wagga Wagga NSW, Australia. He played in the National Rugby League for South Sydney Rabbitohs, Penrith Panthers and Canterbury Bulldogs before switching to professional Boxing in 2009. Joe is a two times WBF World Jnr Welterweight champion and recently won the WBC Asia Continental title.

Although forging a successful professional sporting career, Joe battled the majority of his life with suicidal ideation and Bi Polar Disorder. After a suicide attempt in 2012, Joe felt his purpose was to help people who struggle with mental illness.

In 2017 Joe was named as finalist in the National Indigenous Human Rights Awards for his work with suicide prevention and fighting for equality for Australia's First Nations people and in 2018 Joe was conferred the highest honour of Australia's most eminent Suicide Prevention organisation, Suicide Prevention Australia's LiFE Award for his outstanding work in communities across Australia.

Joe gave a powerful and engaging presentation to our students, talking about his personal battles with suicide, mental illness and addiction. He also shared important information with our students around wellbeing, culture, improving attitude, and the ways we can all help ourselves and others during difficult times.



SENIOR EXECUTIVE REPORT

On Wednesday 7 August we held our Rutherford Learning Community Education Week award evening in the school hall. We recognised the successes of students, staff and community members across all our partner schools. Each school provided outstanding student performances on the evening. Congratulations to all the award winners and performers. Thank you to all the staff and students who enabled the evening to take place, especially Ms Hughes who coordinated the evening.

The award winners for Rutherford Technology High School were:

- Excellence in Student Achievement: **Jacinta Mangnall**
- Excellence in Teaching: **Caryn Rasmus**
- Outstanding contribution by a school community member to the school: **Michelle Sinclair**
- School Achievement Award: **Aboriginal Education Team (Michelle Keyes coordinator)**
- Outstanding contribution by a non-teaching member of staff: **Elaine Tully**
- Aboriginal Education Achievement award for an Aboriginal Student: **Mikayla Nisbet-Gore**

Subject Selection

We are in the middle of our subject selection process for 2020. On Wednesday 14 August we held our subject selection evening for current Year 8 and Year 10 students. As we begin selecting electives for 2020, it's a great time to have conversations around what students can achieve and what skills they have – even if they use those skills for evil!!

Selecting these can be daunting for some students – often they are comfortable going to wherever they are “sent” and suddenly having the freedom to choose is hard. The first priority should always be to select areas they are passionate about – what they will enjoy going to, where they will get to learn and create tasks they are proud of. It's what will drive them to do their best and will make the experience of school better.

For senior students, their skills and strengths around how they learn and organise their time is really important. Subjects such as Visual Arts and Society & Culture have major works to complete in the HSC year. Considering how many of these types of subjects and whether that style of learning suits. Considering this will make later in the year far less stressful.

Over the next few weeks, Year 7 are choosing mini electives for Year 8. Year 8 are selecting two electives for Year 9. Year 10 are making big decisions around their Senior years. Please contact the school if you are having issues with the online process.

Executive Director Visit

On Wednesday 21 August, Tim McCallum the Executive Director for Regional North is visiting the school to look at our wonderful facilities and programs we are running.

Ms Tina Pratt
Deputy Principal



CAPTAIN MESSAGE

Welcome to the first Captain Message for Term 3.

It has been a busy start to the term and here's an overview of what has been happening at Rutherford Technology High School to date:

Week 1

Students returned on Tuesday 23 July 2019. During this week was the start of the well-awaited HSC trial exams for Year 12.

Week 2

The HSC trial exams came to an end for most Year 12 students as Drama and Music students were to do their performances at a later date. TSP Football students had their trials games, the Australian Mathematics Competition was held, regional athletics at Glendale took place, students with good attendance were rewarded with an Attendance BBQ, the Science & Engineering Challenge was at University of Newcastle and we held our Parent/Teacher Evening.

Week 3

Year 11 Student, Trent Bell, represented our school as he was selected for 'Secretary for a Day'. The debating team took on rival school Maitland High, in a jam-packed day of intense debating and came out with 2 wins and 2 losses. We hosted the LMG Education Week Assembly and it was amazing to see all the students, staff and helpers get recognised for the work they do.

Week 4

Year 12 students are finishing their Major Works for submission as well as completing any last assessments due this week. The Drama and Music students performed their HSC trials which finally concluded the trial exams for Year 12. Year 10 had their next round of vaccinations and Year 11 attended Money-Talks. Year 10 and Year 11 attended information sessions and selected their subjects for 2020.

Connor Gallagher
School Captain

DOMESTIC VIOLENCE AWARENESS DAY



Helping the
community
since 1979



Rutherford Technology High School Student Representative Council (SRC) have decided to make it their goal to increase awareness of issues related to Domestic Violence and improve knowledge of where people can go to for help.

To achieve this goal, SRC will be conducting survey's to determine student's existing knowledge and well as holding an awareness day here at the school next Friday 23 August, details include:

Out of uniform: with colours purple and white as the theme. Cost of out of uniform will be a gold coin donation which will be collected during Period 1. If a student is not in uniform but not prepared to donate, our usual out of uniform policy will apply. Students are reminded that correct footwear and appropriate clothing is still required.

During roll call: students will be introduced to the Wellbeing & Support Staff and will be given information as to where they can go to for help or advice if they require it for themselves or someone else.

Lunch time activities: include a sausage sizzle and music in the canteen cola. There will also be representatives from Headspace and Carries Place.

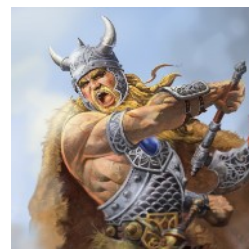
All money raised from the out of uniform and the BBQ will go to Carrie's Place.

About Carrie's Place – Carrie's Place Domestic Violence and Homelessness Service Inc. has been providing services in the Maitland and Lower Hunter area since 1979. Carrie's Place provides a range of culturally appropriate services for people experiencing domestic and family violence and/or homelessness. Carrie's Place provides a range of services to vulnerable people to support recovery and build resilience.

HSIE REPORT

HSIE has had a busy and exciting start to Term 3. The next semester for staff and students promises to be just as full and productive as the previous.

There have been some recent changes in the HSIE Department with Mrs Belinda Nash and Mrs Shanelle Heitmeyer beginning their maternity leave and Miss Sonya Donahue accepting a permanent position at a Sydney School. We welcome some new faces, with Mr Tristan Chapman and Ms Genevieve Scott joining the RTHS HSIE team for the remainder of 2019. Ms Kristy Grant is currently relieving the Head Teacher position and Mr Matthew Hill gained a permanent position within the faculty. HSIE teachers continue to take on whole school roles to support all students in our school with Mr Sasha Lenskyj Year 7 Adviser, Ms Genevieve Scott Year 10 Adviser and Mr Matthew Hill Assistant Year 10 Adviser.



With the new semester underway, Year 7 has begun their study of Geography and Year 8 has started to explore History, looking at exciting topics such as Landscapes and Landforms as well as Vikings. These changes bring students engaging opportunities to discover the world around them and develop critical thinking skills. Year 12 Trial HSC Exams for HSIE have been completed. All students are encouraged to revise their results and practice rewriting extended responses questions to develop their knowledge and understanding further. In the lead up to the HSC it is crucial students are continuing to complete their study of content, developing topic summaries following the course syllabus and answering past examination questions.

2019 Society and Culture students, along with their teacher Mr Matthew Hill are to be congratulated for 100% submission of their Personal Interest Projects (PIP). Additionally, we received some excellent History Extension Major Works that students should be very proud of. We wish Year 12 the best of luck for their upcoming HSC exams and remind students that we are happy to provide any assistance they may need during this time.

We encourage parents to contact us if they have any concerns regarding their child's experiences in HSIE and welcome you to any upcoming school events.

Ms Kristy Grant
Relieving Head Teacher HSIE

YEAR 7 REPORT

We congratulate Year 7 for settling into the second semester nicely. Now onto their second rotation for CCC projects it proves to be an exciting, productive and busy time for Year 7 students. Our students in Year 7 have been given outstanding opportunities with their CCC projects including reading with puppies (everyone loves a little puppy), creating short films (establishing the new Baz Lowman), Makeup lessons (at times can be confused for costume makeup) and most importantly the comeback of one of the greatest fashion statements of all times 'Scrunchie' making.

A big effort to all the Year 7 TSP students who assisted with the Stage 3 Football Gala Day during our biggest week of the year, Education Week. Whilst they did get defeated they demonstrated commitment and resilience for the duration of the match which is commended. They represented the school to the highest standard and their leadership was outstanding.

A few of our year 7 students also participated in the Mathematics competition demonstrating their interest and commitment to all things Mathematics.

Uniform continues to be outstanding amongst our Year 7 students. Consistently being in correct uniform will allow students to represent the school in sporting teams and participate in end-of-year excursions.

A reminder to all Year 7 students that the homework centre is in operation on Wednesday afternoons until 4pm for any student requiring additional support or a quiet place to work. On this note, the Mathematics faculty offer after school maths tuition on Wednesday and Thursday afternoons if any of our students are feeling a little overwhelmed and requiring perhaps a little extra help.

If you have any concerns or questions about your students' progress this year or, any concerns with Wellbeing issues please don't hesitate to contact Mr Lenskyj (Year Adviser) or myself for any assistance in these matters.

We look forward to watching the growth of our Year 7 students both academically and socially. Enjoy the rest of the year.

Ms Charlotte Hewitt
Assistant Year Adviser

YEAR 9 REPORT

Term 3 is already in full swing, and our Year 9 students have been busy demonstrating their talents in both their studies and extracurricular activities. Firstly, Thank you to parents/guardians and students who were able to attend the recent parent teacher conferences and get feedback on their progress throughout semester 2. Hopefully students have had time to reflect on their reports and teacher's comments, and have set themselves new educational goals for this semester.

We have many amazing students to acknowledge this term, starting with congratulations to Aidan Upcroft who has been selected as FACS Youth Consultant for Change. As a Youth Consultant Aidan will have the opportunity to speak to people who make policy decisions at Family and Community Services (FACS). He will give advice and feedback on projects that affect young children and young people in care, help to improve the out-of-home care experience, plan and participate in events, panels and forums, meet other young people who have been in care and develop leadership and teamwork skills. Well done on your prestigious selection Aidan, and best of luck on your journey as Youth Consultant.

We're proud of our Deadly Dancers, who took the stage at the Hunter Dance Festival for their Bapa performance. Well done on your consistent hard work and amazing dance skills girls. In addition, our U15 Boys and Girls squads also competed in the Coalfield regional state qualifiers at Maitland Basketball stadium recently. Congratulations to both teams for outstanding performances on the court. We also had students from Years 9-11 visit Sydney Olympic Park for AgVision this term to learn about careers in Agriculture. They were able to find out more information on career paths including farrier, shearer, bank manager, drone operator, tractor sales representative, research scientist and many more. Of course, we can't forget our many PBL award winners this term, it's so pleasing to see so many Year 9 students selected as consistently working hard and being respectful.

Year 9 joined Year 11 and 12 this week to listen to motivational speaker Joe Williams speak about mental health, wellbeing and resilience. Sharing his own experiences with students, students were given strategies on how to deal with adversity and keep a positive attitude during times of struggle. If students are feeling overwhelmed or are struggling with their wellbeing, we encourage them to talk to their Year Adviser, Mallori Hedges, or myself as Assistant Year Adviser in the English Staffroom so we can ensure they are supported.

With the drop in temperature recently, I'd like to send out a friendly reminder to students, parents and guardians about the important of having the correct school uniform to keep the chill away. Our school looks fantastic in their maroon and blue, but we have had some coloured jumpers and hoodies sneaking back into the mix. All students need to wear only RTHS jumpers or jackets from the uniform shop. The school is very happy 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. This ties in nicely to our whole-school PBL focus for this week: 'Prepared for Learning.' They've been reminded to come to class prepared with all their necessary equipment and especially a positive attitude for learning. Now would be a great time to have a chat with your child about preparing their uniform, equipment and school bag the night before so they can start the day stress-free and prepared to learn.

We're looking forward to a variety of opportunities and events coming up for Year 9, such as the New Brave Workshop in week 6 and activities to support and R U OK Day in week 8, including a whole-school BBQ at lunch time for a gold coin donation. Of course, we have our B-Bucks Rewards Day at the end of week 10 to reward our students who consistently demonstrate our core values of respect, responsibility and commitment. I can't wait to see all their smiling faces as they spend their hard-earned B-Bucks for this term. Keep up the great work Year 9.

Ms Allison Orr
Assistant Year Adviser



YEAR 10 REPORT

Term 3 is well underway, and Year 10 are approaching the downhill slope towards Year 11.

This term students have participated in subject selection information sessions, and students are encouraged to pick subjects they will enjoy during their senior years at RTHS. If you have any questions about what subjects entail, please talk to classroom teachers of that subject, your Year Adviser or Assistant Year Adviser, as well as Mr Butler and Mr Hunt in the careers staffroom.

Year 10 have a lot of upcoming assessment tasks and a lot of outstanding tasks waiting to be resolved. The Learning Hub and the Homework Centre are facilities students can access at school and are encouraged to seek additional support if needed to help complete assessment tasks.

As the temperature has dropped we want to remind students and parents that school uniform must be worn. If students need assistance in getting a school jumper or pants, please see either Ms Scott or Mrs Fitzgibbon for a Student Assistance Form. Also remember that black tights and jeans "are not" school uniform.

Ms Genevieve Scott
Year Adviser

Mr Matthew Hill
Assistant Year Adviser

YEAR 12 REPORT

The trial HSC Examinations have been sat and as I write this newsletter, staff are marking the students' work and giving meaningful feedback. Having sat through two periods of supervision one Thursday morning, I was impressed by the behaviour and engagement of the students. As this is the first year with many new syllabi it will be important for students to work closely with their teachers as the internet will have limited resources.

This term is quickly flying by and students need to complete all assessment tasks, major works and prepare for examinations. It is an expectation that students complete major work projects during their allocated class time or at home, missing other classes is not acceptable. A reminder for all students to focus on preparing for their HSC examination by revising, re-reading, summarising and drafting of HSC-style responses for your teachers to provide you with feedback. It is also crucial to practice timed responses at home to minimise stress come the actual exams.

Fundraising is continuing and I hope that as many students as possible join in and demonstrate positive personal attributes. We will be running a number of fundraising events from Week 5 and students are encouraged to take part in organising such events.

Some preliminary ideas have been put forward for activities in the last week of this term. The students are aware that this is not a time to recognise six years of schooling at RTHS with vandalism, poor behaviour or the causing of upset or distress. As indicated in the letters that have been mailed, this is not a location where students are above the law, it is expected that the students celebrate with dignity and good cheer to all.

Also included in the mail is an invitation to attend the Farewell Breakfast and Assembly. Please reply promptly as this will ensure the smooth organisation of these important events.

A reminder to continue paying off any outstanding fees to the school before the formal.

We hope that this last term will provide students with many fond memories of their time at our school.

Mr Kevin McMullen
Year Adviser



SECRETARY FOR A DAY REPORT

On Sunday 4 August 2019, I travelled down to Sydney to take part in a two day event called 'Secretary for a Day', along with forty-six other students from various high schools across NSW.

As part of the application process I displayed an interest in three portfolio areas of the NSW Department of Education in order of preference. Once the three areas were chosen I had to explain why I would like to participate and also provide my opinions into what I expected of these areas.

White Ribbon & Domestic Violence were my top preferences as they related to my deep love for the wellbeing of Australian youth. I, along with five other students, took part in these workshops adding our youth expertise into the mix.

On Monday we visited the NSW Department of Education office for the first time and we were greeted by Uncle Lex. Uncle Lex performed a Welcome to Country Ceremony after being cleansed in the traditional smoking ceremony. We began our launch and listened to Uncle Lex's campfire stories about his native people and also experienced ochre painting and rope making.

Monday was another busy day, starting again at 105 Phillip Street (NSW Department of Education Office) where we were able to ask questions to NSW Secretary, Mr Mark Scott, about the Departments Strategic Plan and Values. Later in the day we were greeted by Will and Olivia, two very talented poets who set the scene and shared their poems before two members of the ABC Reporting Team put us to the test running through some interview practicals.

The two days were such an eye opening experience and I thoroughly enjoyed every minute. I have developed some new and close friendships with students from many schools as well as learnt a great variety of new skills that I am looking forward to put into place for my own learning.

Thank you to the staff at Rutherford Technology High School who made this once in a life time and unforgettable experience possible, I am looking forward to utilizing the skills I have learnt within our school.

Trent Bell
Year 11 Student



DEBATING TEAM

On Friday 9 August, our nervous debating teams ventured to Maitland High School to compete in a mega day of debating. Our two teams took on Maitland High's two teams in a round robin of debates tackling some hard topics on Australian society and the media, walking away with a mixed bag of results! A special thanks must go to Mr Brian Hunt for assisting the teams with travel – the best bus driver around, and English's intern Miss Daynah Elford for her valuable debating insight.



Our day started with Rutherford A, consisting of Tyler Mangnall, Cody Roberts, Lucy Smith and Karla Roets taking on Maitland B, arguing for the topic 'we should ban social media for people under the age of 18.' After some frustration at arguing against their personal views, our team pulled together a strong case and walked away with a win – Karla's use of a Billie Eilish example tipping the scales in our favour.

As Team A took a break, Rutherford B, including Ciena Tipping, Chloe Wyborn, Koby Kattau and Andrew Brown, took on Maitland High, taking the stance that we should ban all violent video games. Though the team presented some strong lines of argument, and related their case to the wider world, Maitland presented a slightly stronger case, winning the debate.

After a short lunch break (and some delicious sausage rolls), Rutherford B again took to the prep room, planning their case in support of the topic "there should be mandatory parenting courses." After 60 minutes in lock up, and a shuffle of the speaker line up, the team took on Maitland B, presenting an interesting and logical case winning them the debate. With their day done and dusted, Team B joined the audience to watch Team A fight for their spot in the zone finals – one more win would see them progress.

In a tight round of debating, flagged by the adjudicator as the closest debate of the day, Rutherford A argued against a ban on elective cosmetic surgery. With an interesting team line "loose the junk to get a hunk" and some anecdotes surrounding Kim Kardashian's butt, Rutherford A presented a strong case as to why elective cosmetic surgery can be beneficial to society. Unfortunately, they were pipped at the post, leaving some of the opposing team's points un rebutted and seeming like the stronger case.

Both teams should be proud of themselves and the effort they exhibited on the day. Both our teams represented the school well, and showed a good sense of sportsmanship towards the opposing team. Fingers crossed we'll progress further next year.

Ms Erin Bartlett
English Teacher
Debating Coordinator



TERM 3: WEEK 3 ASSEMBLY – ENGLISH FACULTY PBL AWARDS

Year 7:

James Allerton	Consistent Effort in English
Ava Davies	Consistent Effort and Achievement
Liam Opulencia	Consistent Effort in English
Tye Rachubinski	Commitment to Learning
Levi Roberts	Consistent Effort and Achievement
Brydee Saxby	Being Respectful
Indyana Snow	Consistent Commitment to Learning
Sebastian Williams	Consistent Effort in English

Year 8:

Gabby Belcastro	Consistent Effort in English
Samuel Cauchi	Sustained Improvement in English
Bodhie Challen	Improvement in English
Marshall Goodridge	Improving Skills in English
Jack Kerry	Improvement in English
Mia Paget	Consistent Effort in English
Callum Priestley	Commitment to Learning
Lucas Whelan	Engagement in Learning

Year 9:

Isabella Faustini	High Achievement in English
Leeza Goyal	High Achievement in English
Blake Hunter	High Achievement in English
Gabriella Smith	High Achievement in English
Gemma Watson	Consistent Effort in English
Patrick Watt	Always being Respectful

Year 10:

Riley Bajoric	Positive Participation in Class
Breanna Kennedy	Consistent Work Ethic
Maggie Milne	Original and Engaging Creative Writing Piece
Keegan Sujecki	Consistent Effort and Showing Respect
Kade Windon	Always being Respectful

Year 11:

Noah Curry	Consistent Effort and Commitment to Learning
Leah Muter	Consistent Effort in English



TERM 3: WEEK 4 ASSEMBLY – MATHEMATICS FACULTY PBL AWARDS

Participation in Australian Mathematics Competition:

<u>Year 7</u>	Andrew Brown Samantha Chowdhury Jayden Davey Christopher Eccles Purav Goyal Layla Hobbs	Koby Kattau Blake Nicholls Liam Opulencia Alyssa Pemberton Sasha Porthouse
<u>Year 8</u>	Wyatt Barry Ava Buckingham Ella.D. Angus Edwards Connor Gibbs Rhylee Grigull Taylah Henderson Kurt Hickey Zed Idstein Lissa Machimbira Isabella Malone Tyler Mangnall Reese O'Donnell	Callum Preistley Samantha Rachubinski Princess Rivera Cody Roberts Lucy Smith Lily Stafford Kiara Timewell-Moss Ciena Tipping Laura Vallance Ruby Van Der Wel Matthew Wenham Emily Whittick Chloe Wyborn
<u>Year 9</u>	Lili Botfield Ella Crockett Thomas Reid	Kanyarat Somphan Alec Stafford
<u>Year 10</u>	Andre Prinsloo Samantha Harrison	Tom Pham Kyle Williams
<u>Year 11</u>	Seth Crockett	Hossain Patwary



WELLBEING

Wellbeing Australia is a not for profit network, bringing together people and organisations committed to developing healthy relationships that lead to individual and community wellbeing – with a particular emphasis on the areas of family, education and the workplace.

The information below regarding the impact of sleep on wellbeing can be found on the Wellbeing Australia website. The link for the website is below and provides access to a range of useful information regarding wellbeing.
<http://www.wellbeingaustralia.com.au/the-impact-of-sleep-on-our-wellbeing/>

THE IMPACT OF SLEEP ON OUR WELLBEING

(This article was written for Wellbeing Australia by Lisa Maltman from The Sleep Connection)

How widespread do you think sleep deprivation is with our children and teens?

“Unfortunately, approximately 30% of primary school children and 70% of teenager’s experience insufficient sleep.”

What are the key impacts of this lack of sleep on their learning, physical health as well as their mental health and resilience?

“Schools, parents and students themselves are increasingly noticing the impact on all areas of students’ lives including:

Learning and academic performance: sleep helps concentration and motivation along with consolidation and strengthening of new information and memories.

Students tell me in my workshops that they want to improve their sleep to be able to concentrate better at school and improve their academic performance.

Emotional and mental health: studies show children who are sleep deprived may be more likely to suffer from depression, anxiety, negative body image and low self-esteem.

Students also comment to me about the negative impact on motivation and stress levels.

Behaviour and decision making: sleep deprivation has a negative effect on behaviour and relationships. It also affects decision making capacity and increases risk of accidents. Of key importance is the students I am aware of, who have been diagnosed with ADHD, when in fact they have been chronically sleep deprived.

Body systems: sleep deprivation affects children’s physical growth, brain development, immune system and plays a key role in weight gain.”

What are the key reasons for this high percentage of sleep deprivation in our children?

“I believe that as a society, we have a lack of awareness of the impact sleep has on every aspect of our lives and therefore we don’t prioritise sleep enough. If parents aren’t educated and don’t prioritise their sleep then this flows on to our children.

From a student perspective, the top 4 reasons they give me for their lack of sleep are:

- Technology/FOMO (social media, gaming, Netflix, YouTube)
- Homework/study
- Busy lifestyle combined with poor time management and procrastination
- Stress

The other reason we must not forget is that most teenagers have a late body clock. This is the normal tendency for many teenagers to fall asleep later than children and adults, due to the delay in onset of their sleep hormone melatonin. The above four reason contribute further to a late body clock.”

How does technology impact on our sleep?

"Electronic device use is normally the top reason students give me for causing their insufficient sleep. Below are 4 reasons why they negatively impact our sleep:

- The blue light emitted by screens on mobile phones, computers and televisions etc suppresses the production of melatonin, which is the hormone that controls your sleep/wake cycle or circadian rhythm. Reducing melatonin makes it harder to fall asleep and stay asleep.
- Time: the ever increasing distraction and FOMO eats into sleep time.
- Brain alerting: Using devices at night keeps your brain stimulated making it harder to wind down and fall asleep.
- They may wake you up: with noises, notifications etc if kept in your bedroom. Even just their presence with no incoming distraction may make it challenging for some people to switch off."

How much sleep are we supposed to be getting across various stages of life?

Dr Chris Seton from the SleepShack says the best way to judge how much sleep a child needs is to assess whether it's "enough for them to wake spontaneously" – meaning without an alarm clock – on most mornings and avoid tiredness during the day at least until the last hour before bedtime".

The National Sleep Foundation recommends:

Pre-schoolers (3-5 years old): 10-13hrs

Primary School Aged Children (6-12years old): 9-11hrs

Teens (13-17 years old): 8-10hrs

Adults: 7-9hrs

What signs should parent or teachers look for?

- Tired body language and low motivation
- Difficulties concentrating, poor short term memory, declining grades
- Moody and stressed
- Late for school
- Impact on relationships
- Younger children may exhibit symptoms of attention deficit hyperactivity disorder (ADHD), becoming excitable, hyperactive, disagreeable and engaging in extreme behaviours like tantrums or aggression."

Further Assistance:

For more information on healthy sleep tips; professional help and school programs visit:

<https://thesleepconnection.com.au>

Ms Kristine Turner
Head Teacher Wellbeing



Next week we will be conducting student interviews with all students whose attendance is currently of concern. Members of our Wellbeing Team and our Home School Liaison Officer, who is employed by the DEC to work with students in improving attendance, will be conducting these interviews. Interviews will be of a supportive nature, with the view to identifying reasons why students are absent, and ways in which the school can support students to improve their current rates of attendance.

If your child is absent from school, please notify the school via phone on 4932 5999, email Rutherford-h.school@det.nsw.edu.au or by responding to the SMS text message on the day of the absence.

If you would like to discuss your child's attendance, please do not hesitate to contact Ms Kris Turner on 4932 5999.

Ms Kristine Turner
Head Teacher Wellbeing

RUOK?

RUOK? Day
Thursday September 12th



Rutherford Technology High School will be acknowledging RUOK day with a range of staff and student activities.

R U OK? Day is our national day of action dedicated to reminding everyone to ask, "Are you OK?" and to remember every day of the year to support people who may be struggling with life's ups and downs.

This year in the build-up to R U OK? Day we're encouraging everyone to **Trust the Signs, Trust your Gut & Ask R U OK?**

We want everyone to feel confident they know the signs someone might need support by listening to what they're saying, seeing what they're doing or knowing what's going on in their life. Whenever you notice a change, no matter how small, we want you to trust your gut and start an R U OK? conversation.

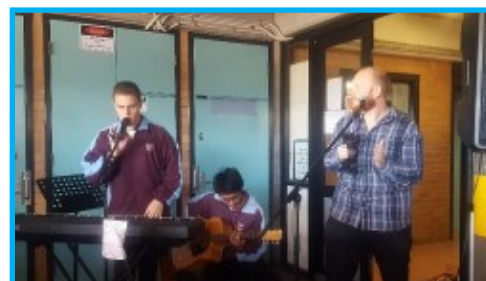
BUSKING FOR B-BUCKS

Mr Doyle and members of our Targeted CAPA School Rock Band (Noah Curry and Jeremy Gamueda) kicked off a new and fun incentive on Friday 9 August 2019 during second break.

Students were entertained in the quad outside of the music rooms and at this stage every second Friday throughout the term all students will have the opportunity to perform – hence the name 'Busking for B-Bucks'.

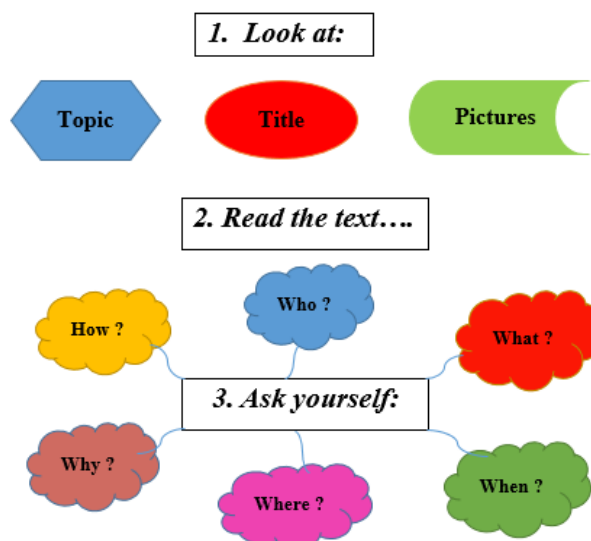
The set-up is simple with a casual acoustic sort of vibe (not a full band) and the PA in front of the music rooms facing out into the quad area.

We look forward to seeing our many talented students perform during the term.



Helpful Hints from LaSTS

Comprehension Graphic
Track down the main idea





Well done and congratulations to Year 9 student, Aidan Upcroft, who has been selected as a FACS Youth Consultant for Change.

FACS Youth Consultant for Charge are a group of young people who give advice and feedback to Family and Community Services (FACS). Everyday FACS make decisions and develop projects that affect children and young people/in care. It is important that FACS ask young people what they think so they can hear what works for children and young people, what doesn't work and how they could do things better.

Young people aged 15-17 years old in NSW who are in out-of-home care are eligible to apply and only twenty five are chosen to join the group. The group will meet every six to eight weeks on a Saturday morning in Sydney commencing mid-September.

As a Youth Consultant Aidan will speak with people who make policy decisions at FACS, give advice and feedback on projects that affect children and young people in care, use own experiences to improve the out-of-home care system, plan and participate in events, panels or forum, meet other young people who have been in care as well as develop leadership and teamwork skills.

Aidan's selection is very prestigious and we trust he will embrace and enjoy the experience and continue on well into the future.

Year 12 Formal

Traditionally the graduating students and their parents of Rutherford Technology High School have formally celebrated the end of 13 years of primary/secondary schooling by hosting a dinner-dance. The organisation for this event has commenced.

Rutherford Technology High School extends an invitation to all graduating Year 12 - 2019 and their parents/guardians as well as school staff, to join together to celebrate this milestone in the lives of the students.

Venue: Crowne Plaza Hunter Valley

Date: Wednesday 13th November 2019

Time: 5:30pm Foyer Photos, Doors open 6:30pm for 7:00pm start (sharp)

Cost: \$110- per ticket

Payment for Tickets can be made anytime now with first payment due by 2nd August. Final payment for tickets is due by 27th September 2019 - **ALL TICKETS TO BE PAID IN FULL.**

NO ALCOHOL Permitted: As this is a school event. NO ALCOHOL is permitted to be consumed or purchased at the event. Staff at the venue will be advised not to serve any member from the event with any alcoholic beverage. This rule will be strictly adhered to. It is requested that the parents/guardians cooperate in this matter as there are heavy penalties for under-age drinking and these fines will be the sole responsibility of the parent/guardian.

DRESS CODE: Although the function has the tag of "formal" the attire is not required to be formal wear. The school has stipulated that the minimum standard of dress be collar and tie (NO JEANS) or semiformal/cocktail dress.

TICKET COLLECTION: Tickets can be collected from the school office at the end of HSC exams and ONLY when all fees have been paid and text books returned.

Please note:

- ♦ All elective fees **MUST BE PAID** before tickets can be purchased.
- ♦ Tickets are non-refundable and all guests **MUST** be approved by the principal.
- ♦ Tickets cannot be exchanged.

Please see Mrs Fitzgibbon in the front office if you have any concerns.



SHOW TEAM

On Thursday 8 August 2019, the Rutherford Technology High School Show Team, and Mrs Foster, gave Kindergarten students from Rutherford Public School a tour of our school as part of their farm unit they are studying in class.

Our show team members gave the Kindergarten students informative talks on sheep, cattle and chickens where the 'kindy' students were given the chance to ask questions, touch the animals and see some basic animal husbandry activities.

We hope the Kindergarten students enjoyed their visit and thank you to our show team members and Mrs Foster!



TSP FOOTBALL NEWS

To celebrate the beginning of Education Week, TSP Football classes competed in their Football Showcase Games.

Students have been training very hard for these games in their timetabled lessons and the quality and commitment on show was outstanding. Whilst the score line in the Year 7 v Year 8 Boys game blew out in the end, all games were extremely competitive with some outstanding performances.

A big thank you to our community partner *Hamilton Olympic FC* for the loan of the alternate playing strip.

Special mention to Dylan McCormack, Sam Hamilton and Mia Soper who were all nominated "Player of the Match" for their performances.

Year 7 & Year 8 Girls



Year 7 & Year 8 Boys



Year 9 & Year 10



TSP FOOTBALL SHOWCASE GAMES

5 AUGUST 2019

MATCH REPORTS

TSP Football Showcase Game
Year 8 V's Year 7

Year 8 Year 7

5' Soper
25' Soper

HALF TIME: 2-0

41' Perdon

FULL TIME: 2-1
YEAR 8 WIN

TSP Football Showcase Game
Year 8 V's Year 7

Year 8 Year 7

8' Hawes
25' Hawes
32' Hamilton
33' Matejczuk

HALF TIME: 4-0

42' Lang
50' Matejczuk
51' Hawes (Hatrick)
53' Aitchinson
61' Gibbs 64' Henderson
66' Hamilton **FULL TIME: 12-1**
70' Roberts **YEAR 8 WIN**
78' Hamilton (Hatrick)

TSP Football Showcase Game
Year 10 V's Year 9

Year 10 Year 9

8' McCormack
20' Trotter
27' Trotter

HALF TIME: 3-0

41' Stafford
55' Trotter (Hatrick)
57' Harris
60' Stafford
66' Hipwell

FULL TIME: 5-3
YEAR 10 WIN



**NEED TO TALK TO THE
PRINCIPAL, DEPUTY PRINCIPAL or TEACHER**

Phone the school and
leave a message 4932 5999



Email the school with your message:

Rutherford-h.school@det.nsw.edu.au



Visit the front office and
leave a message



Teachers will arrange a time
to meet with you



Please be mindful that teachers are
unable to talk/meet with you during:

Preparation Time



Teaching Time



Assembly Time



Playground Duty





RIDE IN 2BMX
YOUR CHANCE TO TRY BMX!
MAITLAND TENAMBIT BMX CLUB
INVITES YOU....

**DATE: SATURDAY 24TH AUGUST 2019**
TIME: 1:00PM TO 3:00PM
WHERE: METFORD RD,
EAST MAITLAND NSW 2323



SUBJECT SELECTIONS for 2020

Year 10 into Year 11 2020

Term 3 Week 1 - Monday 22nd July

Careers Faculty to survey all Year 10 students to obtain information Re: 2020 Eg. staying, leaving, interest in SBAT, TAFE etc...

Term 3 - Monday 12th August

Periods 1 to 5 - Subject presentations by Faculty Head Teachers plus SBAT, TVET, VET and Alternative Learning Pathways to be held in Library and various other rooms.

Year 10 in core classes will rotate through presentations.

Students will be given their subject selection booklet at the commencement of these presentations.

Term 3 - Wednesday 14th August

Subject Selection Information Evening for parents and students of Year 10 from 6:00pm-7:00pm

Term 3 - Thursday 15th August

Online subject selections open.

Subjects **MUST** be entered by **3:30pm Thursday 29th August**

Term 3 - Monday 16th September

Individual subject selection interviews commence to advise and support students.

Term 3 - Monday 23rd September

Any amendments to subject selections as a result of interviews with Careers team will occur.

Year 8 into Year 9 2020

Term 3 - Wednesday 14th August

Periods 1 and 2 – Subject presentations by Faculty Head Teachers

Students will be given their subject selection booklet at the commencement of these presentations.

Term 3 - Wednesday 14th August

Subject Selection Information Evening for parents and students of Year 8 from 5:00pm-5:45pm.

Term 3 - Thursday 15th August

Online subject selections open.

Subjects **MUST** be entered by **3:30pm Thursday 29th August**

Term 3 - Monday 23rd September

Any amendments to subject selections will occur

Year 7 into Year 8 2020

Term 3 - Monday 9th September

Period 1 - Subject presentations by Faculty Head Teachers

Term 3 - Tuesday 10th September

Online subject selections open.

Subjects **MUST** be entered by **3:30pm Friday 20th September**

Don't suffer from FOMO...
There's so many great Entertainment offers waiting for you!

F₄ear
O₁f
M₃issing
O₁offers

FO•MO
 /'fomo/'
noun informal
 anxiety that friends and acquaintances have benefited from hundred's of exciting 2 for 1 and 25% off offers at great local restaurants and activities and you haven't yet purchased your membership.
"I know I will have FOMO if I don't buy a membership."





With so many great offers to the best local dining, attractions and retail you don't want to miss out!
 Support Rutherford Technology High School P & C Association by purchasing your Entertainment Membership today. Memberships are \$65 with \$13 from each membership sold going towards our fundraising.

CLICK HERE TO BUY.



Get your 19/20 Membership today for a chance to WIN!

2 tickets to
The 2019 Toyota
AFL Grand Final*



FUNDRAISING WITH


AFL Authorised GF Promotion. GAFL 19/143.

**Purchase now and go in the draw to win the ultimate Father's Day gift. When you purchase a Membership online during August you will go into the draw to win 2 tickets to the AFL Grand Final, along with accommodation at Melbourne Shortstay Apartments, flights from Jetstar and dinner for 2 at Red Spice Road.

Did you know... You can download the
 Entertainment Book App for **FREE...**
 Preview what's on offer... Like it? Buy It!

Download the app from your device's app store for FREE to see what is inside and the great benefits on offer.

Enjoy great 2 for 1 and 25% off offers to great local businesses such as:

Subway	Hong Kong Chef	Rashay's
TGI Fridays	Customs House	Timezone
Yogurtland	Hunter Valley Gardens	Hunter Valley Zoo
The Windsor Castle Hotel	The Rutherford Hotel	The George Tavern

The best part is that we keep \$13 from each membership sold!! So far we have raised over \$280 - Thank You!
 Newcastle memberships are \$65.

Purchasing is easy - Just visit the Rutherford Technology High School order page below:

www.entbook.com.au/3k4872

There is also a limited supply of hard copy Books available at the office

CANTEEN ROSTER

Monday 19 th August	Volunteers Required
Tuesday 20 th August	Michelle Sinclair
Wednesday 21 st August	Volunteers Required
Thursday 22 nd August	Michelle Sinclair
Friday 23 rd August	Michelle Sinclair
Monday 26 th August	Volunteers Required
Tuesday 27 th August	Michelle Sinclair
Wednesday 28 th August	Volunteers Required
Thursday 29 th August	Michelle Sinclair
Friday 30 th August	Michelle Sinclair
Monday 2 nd September	Volunteers Required
Tuesday 3 rd September	Michelle Sinclair
Wednesday 4 th September	Volunteers Required
Thursday 5 th September	Michelle Sinclair
Friday 6 th September	Michelle Sinclair



Available Now

Flexischools ONLINE ORDERING
Available 24/7
Convenient for parents
flexible order times and cash
FREE registration

Rutherford Technology High School Canteen has **Flexischools** for online ordering!



1,000+ SCHOOLS
across Australia

\$10,000+
per school

10+ MILLION
per year

The cash free way to pay.
Our school now has Flexischools online ordering
it's the best and easiest way to order and pay for all
school canteens.

**Save time.
Order online.**

Take advantage of this convenient new
service. Go to www.flexischools.com.au and
click register.

Flexischools allows parents, students and staff to place and pay for orders from home, work or school at
any time via their mobile, tablet or computer.

As well as being convenient for parents, the online orders are much faster and easier for the school
canteen to process – so it makes everyone's life a little easier!

Flexischools is well established, operating in over 1,000 schools across Australia and having processed
over 25 million orders.

How to Register:

1. Register for Flexischools by visiting www.flexischools.com.au. Add your student, their school and
class/year to get started.
2. Top-up your account via Visa, Mastercard, PayPal or Direct Deposit.
3. Make an order by selecting from the range of options available and proceed to make payment for
the order listed in your order post.

What Does it Cost?

Online Ordering Fees: \$0.20 per canteen order
Account Top-ups: Direct Deposit = FREE
(2-3 days to become available in your Flexischools account)
Visa / Mastercard / PayPal = Surcharge of 1.5% + 1% of your top up value
(immediately available on your Flexischools account)

Need assistance registering, topping up your account or placing orders, please call the Customer Service
Team at Flexischools on **1300 361 100**.



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!

FAMILY FUN NIGHT

Rutherford High P&C, 3rd Sept, 19
6-7pm at McDonald's Rutherford

10% of Sales from Front Counter, McCafe & Drive
Thru will be donated to Rutherford High P&C

FUN
FOR THE WHOLE
FAMILY



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



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> 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

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



RUTHERFORD TECHNOLOGY HIGH SCHOOL 2019 CANTEN MENU

sflexischools

Everyday Food, Occasional Food



AVAILABLE EVERYDAY	
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

AVAILABLE EVERYDAY	
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

AVAILABLE EVERYDAY	
DRINKS:	
Water:	
-350mL	\$1.00
-600mL	\$2.00
Juice-250mL:	
-Orange	\$2.50
-Apple	\$2.50
-Apple Blackcurrent	\$2.50
ChilliJ Drinks-250mL:	
-Watermelon	\$2.00
-Raspberry	\$2.00
-Blackcurrent	\$2.00
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

AVAILABLE EVERYDAY	
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
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

AVAILABLE EVERYDAY	
ICE CREAMS:	
-Juice Ice Blocks	\$1.00
-Vanilla Buckets	\$1.50
-Frozen Blizzard	\$2.00
-Frozen Yoghurt	\$2.00
CHIPS:	
Deli Rock Chips:	
-Sea Salt	\$1.50
-Honey Soy Chicken	\$1.50

AVAILABLE EVERYDAY	
SNACKS:	
-Freshly Cut Watermelon**	\$3.00
-Freshly Made Fruit Salad**	\$3.00
-Yoghurt	\$3.00
-Fresh Fruit & Yoghurt	\$3.00
**Only Available Term 1 & Term 4	

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

AVAILABLE EVERYDAY	
SAUCES:	
-Tomato/BBQ/Sweet & Sour	\$0.40

Items available on specified days ONLY	
AVAILABLE MONDAY	
Nachos	\$5.00
Pumpkin Soup with Dinner Roll	\$4.50
AVAILABLE TUESDAY	
Lasagne	\$5.00
Veggie Stir Fry	\$5.00

AVAILABLE WEDNESDAY & FRIDAY	
Nachos	\$5.00
Butter Chicken & Rice	\$5.00
Pumpkin Soup with Dinner Roll	\$4.50
AVAILABLE THURSDAY	
Lasagne	\$5.00
Mince Chop Suey	\$5.00

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.



Please check daily notice board for special items available on the 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>