

IMPORTANT DATES

3 Sept - P&C Family Fun Night
@ Rutherford McDonalds
4 Sept - Yr 12 Fundraiser
Cake Day
5 Sept - Wollotuka Institute
Visit
12 Sept - RUOK? Day
13 Sept - Yr 7 & Yr 8 Touch
Football Gala Day
17 Sept - P&C Monthly
Meeting

OFFICE OPENING HOURS

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

P & C Meeting

The next P&C meeting will be held 17th September 2019 at 6:00pm in the interview room at the front office.
All welcome to attend.

**RESPECT
RESPONSIBILITY
COMMITMENT**

RUTHERFORD TECHNOLOGY HIGH SCHOOL NEWSLETTER



30th August 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/RutherfordTechnologyHighSchool>



Congratulations to our amazing students who competed in the F1 In Schools Regional STEM Finals at Maitland Federation Centre on 27 August 2019.

The judges awards have been released, with Rutherford Technology High School achieving six of the ten possible awards - absolutely amazing results!

The teams competing consisted of:

Skorost Racing: Leeza Goyal, Beau Medland, Will Gibson, Shianne Gillin, Brayden Taylor

Syphon 5: Josh Houlahan, Bradley Wilder

RPM: Peter Perry, Ryker De Courcy Harris, Michael Rashleigh

A special mention to the team members of Skorost Racing who have been invited by the judges to move forward and compete at the State Finals in November at the Western Sydney University representing the Hunter Valley, competing against all Schools throughout NSW as well as a Wild Card entry to compete at the World Championships!

Please see a detailed report in the Newsletter.



SENIOR EXECUTIVE REPORT

I have been at the school for over a term and want to say that as an outsider I did not realise how great the school truly is. It has a strong sense of community where the students are supported academically, in sport and cultural pursuits as well as emotionally. I feel privileged to be working in such a school.

In Week 5 the most significant event was on Friday, Domestic Violence Awareness Day, which also served as a fundraiser for Carrie's Place in Maitland. SRC members spoke on assembly and provided important information on domestic violence and how it can take many forms.

Year 5 and Year 6 students from our partner primary schools are participating in enrichment programs at our school on Thursday mornings over a four week period. Our teachers provide taster lessons in a number of subjects to give the primary school students a high school experience.

Elections for student leaders 2020 are in process. Speeches and interviews have been completed and elections occurred on Thursday. Good luck to all our Year 11 students who have put up their hands to lead the student body in 2020. We will announce the results in the next couple of weeks.

All Year 9 and Year 10 students attended New Brave Workshops on Monday. The New Brave workshops are for young people aged 11 to 18 and provide practical strategies to build resilience, and develop healthy relationships with the self and others. All attendees receive The New Brave workbook. Topics covered on the day and in the book included:

- Understanding & Talking About Mental Illness.
- An honestly healthy lifestyle defined.
- Social Media: under the microscope – the rise in unrealistic expectations.
- Masculinity vs Vulnerability - and processing emotions in a healthy way.
- Stress & Coping Mechanisms.
- Anti-Bullying & Anti-Harassment.
- Positive Relationships with the self and others.
- The empowerment of Emotional Intelligence

All Year 10 students attended a Careers Quest Expo at school on Wednesday. The students had the opportunity to participate in Youth Express Careers Quest workshops relating to a large number of differing careers and industry areas. Without exception, Year 10 students were engaged and participated outstandingly in the sessions. Thank you to Iain Yule from Youth Express for organising the day in conjunction with our Careers Advisor Mr Hunt.

Special thanks to the organisations and presenters who gave-up their time to be involved, They are:

ADF - Shane Cox; **UoN** - Kate Krajewski, Elizabeth Evans; **TAFE** - Eve Armstrong, Maddie Sain; **Komatsu** - Sean McNamara, Jenni Walsh & Campbell Saunders; **Apprenticeship Support Australia** - Jeff Cooke, Allyson Malone; **Futurepreneurs** - Anoushka Naik; **Tillys Child Care** - Jane Klimpsch & Anna Wrightson; **UAV Air** - Jenny Livingstone; **NRL** - Joey Griffiths; **Bunnings** - Kaylee Barnes & Maddy Gray; **HPOTS** - Bronwyn Musgrave; **LJ Hooker Real Estate** - Kane Bradley.

Year 12 have continued to fundraise with a BBQ held on Wednesday. They started the morning with bacon and egg rolls and at lunch, cooked sausages as well as bacon and egg rolls. The bacon and egg rolls were especially popular with the staff. It was great to see the Year 12 students working together for a common cause.

Now that the Trial Examinations are well and truly finished, Year 12 need to be focusing on preparing for their HSC Examinations. It is crucial to keep the momentum up by implementing some of the following as part of their study program:

- ◇ practicing timed-responses at home
- ◇ revising all notes and summarising the key points
- ◇ completing any outstanding assessment tasks as it is a great form of revision
- ◇ getting teacher feedback on practice papers they complete
- ◇ exercising, eating well and sleeping are all very crucial
- ◇ cutting back on work hours where possible

Congratulations to the Year 12 students who have already submitted a major work project and good luck to those that are still in the final stages of completing theirs.

I would like to acknowledge the wonderful work of our SASS staff – the cheerful office ladies and all the SLSOs who are always willing and ready to help our students, teachers and families. Nothing is ever too hard for them and everything is done with a smile.

Ms Lidija Nenad
Deputy Principal

MATHEMATICS

University of Newcastle Young Mathematicians Program

During Term 3, a group of 8R GATs students have been participating in the University of Newcastle Young Mathematicians Program, after school on a Tuesday afternoon. This enrichment program involves a series of four workshops where students work with students from other local high schools to explore a range of mathematical topics and problems with guidance from University lecturers and professors. Congratulations to Josie, Ciena, Cody, Cooper, Callum and Tyler for taking on the challenge and representing our school in this program. Thank you and recognition must also go to Miss Rooney for her support and organisation which makes this fantastic opportunity possible for our students.

Australian Mathematics Competition

Fifty of our most talented and enthusiastic Mathematics students from Year 7 to Year 12, recently participated in the 2019 Australian Mathematics Competition. We are eagerly waiting on their results.

Tips for Parents

The most important thing you can do is to have a positive attitude towards mathematics yourself. "Talk it up" and encourage your child to keep trying, not to give up and don't be frightened to ask for help. It's important that your child knows that it's ok to make mistakes. Finding errors and trying again is a crucial part of their learning and will only help them to grow and improve their skills. It's normal to struggle with some concepts but that doesn't mean that they will not get there in the end. Help them to remain positive.

Doing homework regularly (Maths Online is great for this) will see significant progress made at school and on assessment tasks.

Maths Tutoring

Just a quick reminder that the Mathematics faculty runs Maths tutoring every Wednesday and Thursday afternoons in K111 from 3:30pm to 4:30pm. **All students welcome to come along.**

Mr Craig Trotter

Head Teacher Mathematics

CAPTAIN MESSAGE

Continuing on from Connor's message last newsletter, here's a further update at what has been happening at Rutherford Technology High School

Week 5

Half way through the term. This is the last term for our Year 12 students. Students from Year 7 to Year 12 are busy completing work and assessments from all aspects of their schooling. On Friday (23/08/2019) our SRC held their Domestic Violence Awareness Day in memorial of a past student that would have been in Year 11. Year meetings were held and an excursion to AgQuip which was a long but enjoyable day.

Week 6

Another busy week for Rutherford Technology High School with lots of events. Year 9 & Year 10 attended a Wellbeing Seminar, Students competed in the F1 in Schools competition and attended the Junior AEGC Leadership Day, Year 12 held a Fundraising BBQ, Year 10 attended Careers Quest and Year 11 participated in the Roadwhyz/Crossroads program.

Jacinta Mangnall

School Captain

The logo consists of the text "RUOK?" in a bold, black, sans-serif font. The letter "O" is replaced by a black circle with a white dot in the center, resembling an eye.

RUOK? Day
Thursday September 12th



Rutherford Technology High School will be acknowledging R U OK? 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.

TERM 3: WEEK 6 ASSEMBLY – ICT and LOTE FACULTY PBL AWARDS

Year 7

Declan Kelly
Adele Laws
Mikaela Sadaj

Consistent Demonstration of Computer Knowledge
Consistent Demonstration of Computer Knowledge
Exemplary Effort in Catching Up on Missed Work

Year 8

Jayden Aitchison
Shaenika Brown
Bethani Fenwick
Zed Idstein
Bella Kattau
Jack Kerry
Rusty Kropp
Medina Harbas
Emelia McIntyre
Tyler Mangnall
Tyler Mangnall
Cooper Nemeth
Lexi Parkes
Ashan Parsons
Aimee Taylor

Outstanding Effort in LOTE
Continued Participation in Class Activities
Outstanding Effort in LOTE
Continued Participation in Class Activities
Outstanding Effort in LOTE
Outstanding Effort in LOTE
Outstanding Effort in Japanese
Outstanding Effort in Japanese
Outstanding Effort in Japanese
Outstanding Effort in our Coding Activities
Outstanding Effort in Japanese
Outstanding Effort in our Coding Activities
Outstanding Effort in LOTE
Consistent Effort in ICT
Consistent Effort in ICT

Year 9

Abbey Mission
Mundarra Talbott

Insight Contributions to Japanese Discussions
Always Completing Classwork on Time

Year 10

Alexander Rooke
Jasper Wilks

Outstanding Work in Animation Assessment
Outstanding Work in Animation Assessment

Year 11

Joessaia Brent
Tahlia Nairne

Insight Contributions to Japanese Discussions
Consistent Approach to Studies in Japanese

Year 12

Lachlan Broad

Outstanding IPT Examination Results





Rutherford Technology High School Year 9 iSTEM students have been learning about aerodynamics and whilst doing so learnt that there was a competition called 'F1 in Schools' which they were eager to enter!

F1 in Schools is an International STEM competition for school children, in which groups of 3-6 students have to design and manufacture a miniature car out of the official F1 Model Block using CAS/CAM design tools. The cars are powered by CO2 cartridges and are attached to a track by a nylon wire. They are timed from the moment they are launched to when they pass the finish line by a computer.

About five weeks ago, our students firstly established their teams and the category in which they wanted to enter from: Cadet, Development & Professional. Each team had to select their logo, branding, marketing *Eg.* social media, and colours and meet specific engineering requirements when making their car. The car must complete the 20 metre track under one second!

Our school three teams and their members are:

♦Skorok Racing	Leeza Goyal, Beau Medland, Will Gibson, Shianne Gillin, Brayden Taylor
♦Syphon 5	Josh Houlihan, Bradley Wilder
♦RPM	Peter Perry, Ryker De Courcy Harris, Michael Rashleigh

The teams competed in the Regional Final Championships at Maitland Federation Centre on Tuesday 27 August 2019 and the judges awards have only just been released with Rutherford Technology High School achieving six of the ten awards possible (see below)! An absolutely amazing result and everyone involved should be extremely proud of the outstanding achievement given it is their first year of competing in the F1 competition.

♦Skorok Racing	1 st Place: Best Engineered Car Design (Shianne) 1 st Place: Best Manufactured Car Design (Will) 1 st Place: Fastest Overall Lap 1 st Place: Best Racing Reaction Team Runner Up: Best Team Enterprise Runner Up: Best Team Portfolio (Leeza) Runner Up: Most Innovative Car Design (Will) Overall 3 rd Place in the Competition (+ Receiving an Invitation to the State Final)
♦Syphon 5	1 st Place: Winner of the Grand Prix Race Runner Up: Best Racing Reaction Team
♦RPM	1 st Place: Best & Fairest Team on the Day

Ms Wells, Ms Taylor & Ms Bassett supervised our teams on the day and were absolutely amazed by their positive attitudes, sportsmanship and devotion to the competition. All students truly demonstrated our school core values and presented themselves with professionalism and engagement as they represented their F1 team and Rutherford Technology High School.

The values and challenges of iSTEM engages student higher order thinking skills and problem solving abilities to derive the best outcome possible. From the comments made by the Judges at the event, as well as Deborah Malloney ("Mrs F1 in Schools"), the operating consultant of REA and the F1 in Schools program, they were amazed by the stamina and quality of students coming from Rutherford Technology High School in our first time participating in the competition.

Staff member, Ms Bassett, will be travelling to Abu Dhabi in December to assist the Australia F1 in Schools team as the International World Competition. Ms Bassett has been a part of the program as a student herself and throughout all of her experiences she has never seen a school claim so many awards!

Adding to the great results, on the day of Regional Finals, Ms Bassett spoke to a few of the mentoring companies and partners, and Boeing Engineering Australia, Defence Australia and BAE Engineering Australia have invited Rutherford Technology High School to attend their prestigious mentoring workshops, as well as, wanting to come to the school and mentor our teams directly in class as to how they can build on their entrepreneur and innovative skills in Engineering/F1 in Schools.

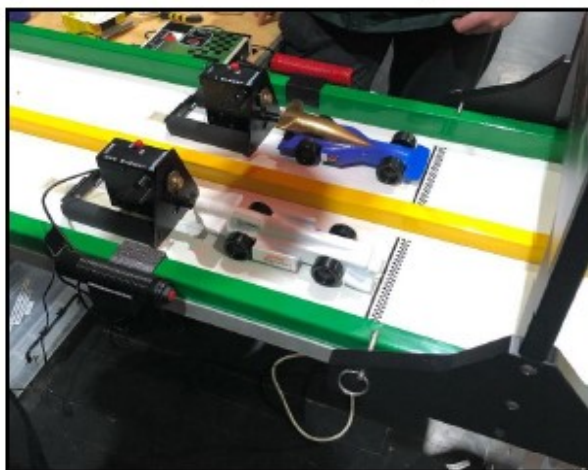
A big congratulations and special mention to the team members of '*Skorosk Racing*' as they have been invited by the Judges to move forward and compete at the State Finals in November at the Western Sydney University representing the Hunter Valley, competing against all schools throughout NSW.

The process for registering and competing:



- Design:** Using 3D CAD (Computer Aided Design) software, design an F1 car of the future to the specifications set by the International Rules Committee just like in Formula 1.
- Analyse:** Aerodynamics are analysed for drag co-efficiency in a virtual wind tunnel using Computational Fluid Dynamics Software (CFD).
- Make:** Using 3D CAM (Computer Aided Manufacture) software, the team evaluates the most efficient machining strategy to make the car.
- Test:** Aerodynamics are tested in wind and smoke tunnels.
- Pit Booth:** Teams put together an informative display showing their work through all stages of the project.
- Scrutineering:** Cars are submitted to Parc Ferme where the judges scrutinize every dimension to check they comply with the Rules and Regulations.
- Engineering Judging:** Judges question teams on how their cars have been manufactured and why particular designs were chosen.
- Verbal Presentation:** Teams prepare a presentation to perform to a panel of judges covering all aspects of the challenge and it is completed within a set time limit.
- Portfolio Judging:** Teams put together two 10 page A3 portfolios, one enterprise portfolio (documenting business strategy) and one engineering portfolio (documenting construction of their car).
- Race:** Race Time – time to track test what the team has worked so hard together on and to hopefully achieve the winning car!





CONGRATULATIONS

STUDENT ACHIEVEMENT

Staff who coordinate our school homework centre would like to congratulate Year 7 student, Natalie, on becoming the first Official Homework Centre Assistant.

Natalie willingly gives up her own time every week, not only to attend each session, but to help run the homework centre including setting up refreshments, answering queries and cleaning up.

Natalie was presented with her own badge to wear whenever she is undertaking the role and was very overwhelmed with the recognition.

Well done Natalie!

YEAR 12 REPORT

Term 3 is rapidly drawing to a close and Year 12 students are excited about finishing their schooling.

There is much to do in preparation for their last week with fundraising events planned and the collation of everything that is required to host the breakfast and farewell assembly.

Students are encouraged to end their schooling in a positive manner and demonstrate that they are good citizens. They can sit back and reflect upon the years of hard work by the teachers and themselves to get them to this point - it has been a team effort.

After the farewell assembly the HSC begins and we encourage students to ensure that they have everything that they need for effective preparation.

Please ensure that all documentation and matters are addressed promptly as this will enable the school to best serve the students and create the positive memories that they desire.

Mr Kevin McMullen
Year 12 Adviser

PBL NEWS

Throughout the term the students and staff at Rutherford Technology High School have been working towards **Following Instructions** and being **Prepared to Learn**.

During our school wide PBL lessons, members of our school have been able to engage in discussions and identify multiple points of view to expand their personal understanding. Our current focus this week is **Striving for Personal Best**, students will be encouraged to identify ways to work towards a current and specific goal.

Looking towards the next two weeks our PBL focus will be **Appropriate use of Devices**.

Students are encouraged and supported to use their devices and ICT resources appropriately within their classroom environments.



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 4932 5999 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 Kris Turner on 4932 5999.

Kristine Turner
Head Teacher Wellbeing

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. The first payment was 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.



ATTENTION:

Parents/Carers

Please be aware when collecting a student at Rutherford Technology High School it is compulsory to show Photo Identification.



Thank you in advance for your assistance in helping protect our students.



Year 7 Students, Natalie & Alexis, wanted to make an ongoing contribution to our school newsletter and have come up with the idea of 'Getting to Know You'.

The girls will randomly do a quick five minute snapshot with a member of staff asking questions, with their permission, that most students would not know about the person and then will bring a couple of them to you each fortnight – hope you enjoy this new and regular newsletter item!

Mr Doyle

Are you married?	No
What car do you own?	Nissan
What pet do you have?	Dog
Favourite food?	Shepherds Pie
Favourite colour?	Orange



Miss Webb

Are you married?	No
What car do you own?	Mazda
What pet do you have?	Huntsman Spider
Favourite food?	Stir Fry
Favourite colour?	Rainbow



Mr Forbes

Are you married?	Yes
What car do you own?	MX5
What pet do you have?	2 x Dog
Favourite food?	Chinese
Favourite colour?	Blue



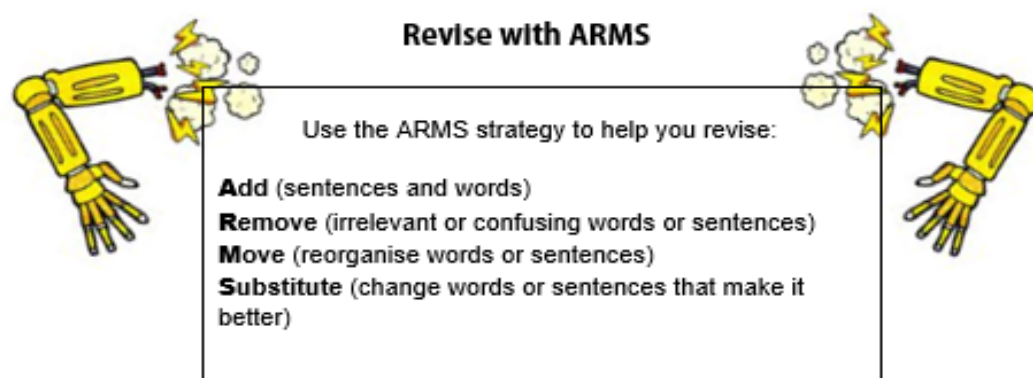
Mrs Woodbridge

Are you married?	Yes
What car do you own?	Nissan Tiida
Favourite food?	Cupcakes
Favourite colour?	Red
Favourite thing to do as a Child?	Horse Riding & Sport
Favourite subject at school?	Art



Helpful Hints from LaSTS

Use the ARMS strategy to help you revise essays



The *Tell Them From Me* parent survey (Term 3, 2019)

This Term, our school will be participating in the *Partners in Learning* parent survey, another part of the *Tell Them From Me* suite of surveys (student, teacher and parent/carer surveys) on student engagement. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online on smartphones, iPads, tablets, laptops or computers. The survey will typically take 15 minutes or less to complete and is completely confidential. The parent survey will be conducted between 26 August and 25 October. Although participating in the survey is entirely voluntary, your responses are very much appreciated.

To access the survey for our school go to: <http://nsw.tellthemfromme.com/kpt5n>

More information about the survey is available at: <http://surveys.cese.nsw.gov.au>.

The survey is available in 23 languages.

Parent FAQ:

https://surveys.cese.nsw.gov.au/images/FAQs/TTFM_Parent_Survey_FAQs_Parent_and_Carers_T3_2019.pdf

REQUEST FOR ALL SCHOOL MAINTENANCE LOCAL TRADES PROVIDERS AND SUPPLIERS

The NSW Government has committed the largest investment in planned maintenance at public schools in the history of NSW. A record \$1.3 billion is being spent on an ambitious delivery program, focused on employing local businesses and contractors across the state.

To assist in addressing regional school maintenance issues and at the same time provide work for local trade's persons and suppliers across the Hunter / Central Coast regions, over \$100 million is being invested to upgrade and maintain our school infrastructure.

Given this record spend by School Infrastructure NSW, you are invited to an Asset Management Unit industry breakfast briefing. This will provide information to existing and new contractors on how you can get involved.

To find out more by attending our Industry breakfast register at:

<https://www.eventbrite.com.au/e/industry-engagement-information-session-tickets-65766578607>

or contact your Asset Management Unit on 4088 3500.



SUBJECT SELECTIONS for 2020

Year 10 into Year 11 2020

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 - 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 on Friday 20th September**,



Scholarships for Future Teachers are Now Open

The NSW Department of Education is offering a range of scholarship opportunities for high achieving students entering teacher education degrees after their HSC. Applications are now open for 2020 scholarships for future teachers.

The scholarship programs for future teachers offer a range of benefits, including financial support whilst studying and a guaranteed permanent teaching position in a NSW public school on successful completion of studies.

The scholarship programs for future teachers include:

- [Teacher Education Scholarships](#)
- [Teacher Education Scholarships - Aboriginal](#)
- [teach Rural Scholarships](#)

teach.MathsNOW Scholarships are Now Open

Parents and carers, this is for you. Do you know an industry professional or current university student in a career area requiring tertiary studies in mathematics - for example, in engineering, accounting, finance or IT - who would make a great secondary mathematics teacher? The [teach.MathsNOW Scholarship](#) offers an opportunity to change career path and retrain as a mathematics teacher in a NSW public school.

teach.MathsNOW scholars will receive up to \$50,000 in equivalent upfront course contribution fees, paid part-time employment during studies and a guaranteed permanent teaching position in a NSW public school on successful completion.

To find out more about these and other great opportunities, please visit the [teach.NSW website](#) and follow the teach.NSW social channels ([Facebook](#), [Instagram](#), [Twitter](#)).

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





Education

Anti-bullying

Parents and carers Online bullying fact sheet



What is online bullying?

Online bullying – or cyber-bullying – is engaging in bullying behaviour using technology such as the internet or mobile devices. Online bullying is different from other forms of bullying several ways:

- It is more likely to happen outside school.
- Material can be shared quickly and long after the first incident.
- It can happen anytime, day or night.
- It is more difficult to defend yourself or get away.

What does online bullying look like?

Online bullying may include sending abusive messages, posting hurtful or threatening material on social media, imitating or excluding others online and making inappropriate comments on posts or pictures.

How do I know if my child is being bullied online?

The following behaviours may indicate your child is upset by something happening online:

- being hesitant about going online
- seeming nervous when an instant message, text message or email appears
- being visibly distressed after using a computer or mobile device
- suddenly avoiding the internet
- closing a laptop or hiding a mobile device when others enter the room.

How can I keep my child safe online?

Be aware of the age restrictions for the sites and applications your child wants to use, and remind them not to share their passwords or personal information with others.

Talk with them about how they use the internet and mobile devices and understand the privacy settings. Make sure they know they can tell you or another trusted adult if they are being bullied online.

What can I do if my child is bullied online?

There are lots of things you can help your child to do if they are being bullied online:

- remind your child not to respond or retaliate
- keep a record of any incidents of online bullying for example take screenshots
- block or delete the user who is bullying
- remind your child to change their privacy settings
- contact the service provider – they can help to block messages and calls
- report the bullying.

How to report online bullying?

Keep records or screenshots of calls or messages that are offensive or hurtful.

If the bullying is related to school, contact the principal to report what has happened and work together to resolve the issue.

Call the police if your child is physically threatened, and report serious online bullying behaviour to the Office of the eSafety Commissioner.

Useful websites:

<https://antibullying.nsw.gov.au>
www.esafety.gov.au
www.bullyingnoway.com.au
www.kidshelpline.com.au

eSafety – Information for Parents and Carers

The Office of the eSafety Commissioner is committed to empowering all Australians to have safer, more positive experiences online.

Help your child deal with the big issues in online safety, such as cyberbullying, online pornography, sending nudes and sexting, time online, gaming and unwanted contact.

The website below provides tips and advice on helping your child have safe and enjoyable experiences online.
<https://www.esafety.gov.au/parents>


Ms Kristine Turner
Head Teacher Wellbeing




eSafetyparents



Screen time for your child – 7 tips

There is a lot of conflicting advice and emerging research around screen time. But, the right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine. It can be easy to focus only on the clock and how long your child is spending in front of the screen, but the quality and nature of what they are doing online, and your involvement are just as important.

Consider your child's screen use in the context of their overall health and wellbeing – for example, is online time getting in the way of their sleep and exercise? Is it impacting on their face-to-face connections with family and friends? The answers to these questions will guide you and help strike the right balance of online and offline activities for your child.



-  **1. Be involved**
Sharing screen time and online activities like gaming with your child helps you gauge the appropriateness of what they are doing and manage potential risks. It's also a great way to start conversations with your child about their online experiences.
-  **2. Work with your child to set boundaries for screen use**
If you decide that setting screen time limits is right for you and your child, discuss these new rules with your child. Older children are more likely to cooperate if they have been part of the decision-making process. Colourful pictures or charts of daily limits and other important activities is a fun way to get younger children on board.
-  **3. Be clear about the consequences of not switching off**
Part of our role as parents is to set clear limitations and boundaries. The same applies to technology limitations so, being clear and consistent about the consequences for your child if they do not stick to these rules is paramount. The [Raising Children Network](#) provides some useful tools and advice.

  eSafety Commissioner

[esafety.gov.au/parents](https://www.esafety.gov.au/parents)


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



Maitland Tutorial Centre

Trivia Night

September 13th 2019
Telarah Bowling Club
6.30 for 7pm start

10 per table / \$10 per person

**Awesome
raffle
prizes &
vouchers**

Come along for a fun night of trivia and support our student programs
Bookings through Maitland Tutorial Centre
49 32 8255

Food may be purchased from the bistro
(Nibbles excluding cheese and dips can be brought to the venue)



Available Now

Flexischools ONLINE ORDERING

Available 24/7
Convenient for parents
Personalised orders and cash
FREE transactions

Rutherford Technology High School Canteen has "Flexischools" for Online Ordering!



The cash free way to pay.

Get school meals from Flexischools online or via the app. It's fast and simple to use to order and pay for all school canteen orders.

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

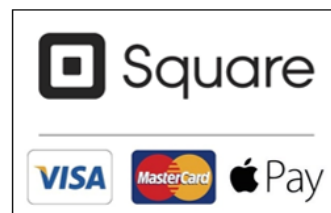
Account Top-ups: Direct Deposit – FREE (2-3 days to become available in your Flexischools account)
 Visa / Mastercard / PayPal – Surcharge of 1.6% + 1% of your top up value (immediately available on your Flexischools account)

Need assistance registering, topping up your account or placing orders, please call the Customer Service Team at Flexischools on 1300 361 789.



CANTEEN ROSTER

Monday 2 September	Volunteers Required
Tuesday 3 September	Michelle Sinclair
Wednesday 4 September	Volunteers Required
Thursday 5 September	Michelle Sinclair
Friday 6 September	Michelle Sinclair
Monday 9 September	Volunteers Required
Tuesday 10 September	Michelle Sinclair
Wednesday 11 September	Volunteers Required
Thursday 12 September	Michelle Sinclair
Friday 13 September	Michelle Sinclair



UNIFORM SHOP

20% OFF SALE*



**DAYLIGHT
SCHOOLWEAR**

MANUFACTURING CO.

**MONDAY 9th SEPTEMBER
TO
FRIDAY 27th SEPTEMBER**

DURING NORMAL SHOP HOURS

* 20% OFF STOCKED ITEMS
(EXCLUDING WOOL JUMPERS, BLAZERS & BACKPACKS)

* NO REFUNDS OR EXCHANGES
(UNLESS GARMENT IS FAULTY)

* NO RAINCHECKS



SALE ON FOR 3 WEEKS ONLY

The School Opal card

The School Opal card gives eligible students free or discounted travel between home and school using metro, train, bus, ferry and light rail services you nominate in your application.

Who can apply?

To be eligible for a School Opal card, students may need to live a minimum distance from their school:

Years K-2 (Infants)

There is no minimum distance.

Years 3-6 (Primary)

More than 1.6km straight line distance or at least 2.3km walking.

Years 7-12 (Secondary)

More than 2.0km straight line distance or at least 2.9km walking.



If you live too close to be eligible for free travel, you may still qualify for a School Term Bus Pass, which offers travel on buses between home and school at a discounted rate for the whole school term.

Who needs to apply

A new application is only required if the student has not had a School Opal card before.

If the student already has a School Opal card and is changing schools, campuses or home address, you will need to update their Opal card for the new school year before mid-December at apps.transport.nsw.gov.au/ssts

How to apply

Applications for next year open at the start of Term 4 this year.

Step 1

Once the new school has confirmed your child's enrolment, complete the application at apps.transport.nsw.gov.au/ssts

Step 2

The school endorses your application.

Step 3

Once Transport for NSW has approved the application, a School Opal card will be sent to the address provided on the application.



A parent or guardian must apply for students 15 years and under. Students 16 years and over can apply for themselves.



Better together

The School Opal card is only for travel to and from school. So it's a good idea to get a Child/Youth Opal card for travel after hours, on weekends or during school holidays.

Child/Youth Opal card benefits

- Concession fares across the Opal network
- Half-price travel after eight paid journeys each week*
- \$1 transfer discount for every transfer between modes (metro/train, ferry, bus or light rail) as part of one journey within 60 minutes from the last tap off†
- Set auto top up and link it to your credit or debit card so there's always enough value on the card to travel.

Find out more at transportnsw.info/opal or pick one up from an Opal retailer. To find a retailer in your area visit transportnsw.info/opal-retailers



Secondary students aged 16 and over can travel with a Child/Youth Opal card when carrying a NSW/ACT Senior Secondary Student Concession Card, available from school offices.

* Excluding Sydney Airport station access fee.

† The Opal Transfer Discount doesn't apply when transferring between light rail and Sydney Ferries.

Privacy

For information on how we handle personal information please refer to the Opal Privacy Policy at transportnsw.info/tickets-opal/opal/opal-privacy-policy and the School Pass Terms at apps.transport.nsw.gov.au/ssts/#/termsAndConditions



WESTERN SUBURBS JUNIOR CRICKET CLUB

Registration dates for players aged 8 to 15 years for Western Suburbs Junior Cricket Club will be taken on the following dates:

WHEN: Tuesday 27th August, Tuesday 3rd September, Tuesday 10th of September 2019

WHERE: Bradford Hotel, New England Highway, Rutherford

TIME: 4:30 to 6:00pm

COST: \$125 per player (Cost includes weekly wicket fees. Family discounts apply)

NEW REGISTRATIONS: Will need to bring along their birth certificate.



Cricket Blast – Junior Blaster (old Milo)

Registrations will also be taken by Western Suburbs Junior Cricket Club for children aged 5 to 9 who are interested in participating in the Cricket Blast – Junior Blaster (old Milo) program.

COST: \$99.00 per child (child receives a bat, ball, T-shirt and more)

Registrations can be completed online at playcricket.com (Internet access and assistance available at rego nights)

For more information please contact

Tony Williams 0423230888, Andrew Adamson 0425253704

Website: www.plovers.com.au

Facebook: www.facebook.com/Western-Suburbs-Cricket-Club-Maitland



City United CC Registrations



Come and play cricket at beautiful Maitland park. We have programs for 5 to 16 year olds.

- Junior Blaster 5-7 years
- Master Blaster 7-10
- Junior competitions from 9yrs to 16yrs
- Senior competition registrations can also be taken

All registrations can be completed via

- www.playcricket.com.au or
- Saturday 31/8 and 7/9 10-11am at The Imperial Hotel, High St Maitland

For further information contact Matt Trappel on 0422699873 or

matthew_trappel@bigpond.com

<http://cucc.nsw.cricket.com.au/>

Follow us on Facebook or Instagram

Country Women's Association of NSW

The Hunter River Group of the Country Women's Association has available ***The Hunter River Group Education Grant*** valued at \$500-00, for a student entering Tertiary Education, whether it be University, TAFE or College.

To be eligible to apply the student must meet certain criteria and mature students may also apply.

Every application will be reviewed by a panel of CWA Hunter River Group Executive, and remain confidential.

Applications must be completed and returned to CWA East Maitland Branch with Applications closing 1 December 2019 – **NO** late applications will be accepted.

For further information or an application form please see Maxine Creek in the Careers Staffroom.





Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.



laptops & tablets



lessons & activities



uniforms & shoes



books & supplies



sports fees & gear



camps & excursions

To join Saver Plus, you must be at least 18 years or over, have a child at school or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment*



everyone's family

* many Centrelink payments are eligible, please contact your local Coordinator for more information.

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

Contact

your local Saver Plus Coordinator

Phone or SMS


your name and postcode to 1300 610 355

Email

NewcastleSP@
thesmithfamily.com.au

Online

saverplus.org.au

Find us on Facebook 





Daylight Sportswear Pty Ltd

ABN 76 069 733 455

6 - 8 Lone Pine Pl, Smeaton Grange NSW 2567

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

Email: daylight@daylightcorp.com

Rutherford High School UNIFORM SHOP
Price List

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

ITEM		PRICE	SIZE	QTY	TOTAL INCL GST
Girls	JNR Blouse Sky	28.00			
	SNR Blouse Lemon	28.00			
	JNR/SNR Girls Shorts	35.00			
	JNR Skirt	48.50			
	SNR Skirt	48.50			
	Bootleg Slacks	39.00			
Boys	JNR/SNR Boys Shorts	35.00			
	Unisex Everyday Shorts	35.00			
	JNR/SNR Trousers	39.00			
	Black Trousers Elastic Waist	39.00			
Unisex	Fleecy Jacket	40.00			
	JNR Polo	29.00			
	SNR Polo	29.00			
Knitwear	Jumper	72.00			
Sports	Jacket	65.00			
	Sports Shorts Std	25.00			
	Trackpant	38.00			
	Sports Polo	35.00			
Accessory	Scarf	20.00			
	White Sock Short Cut x 5	20.00			

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

flexischools

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>