

RUTHERFORD TECHNOLOGY HIGH SCHOOL NEWSLETTER



7th February 2020

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RESPECT

RESPONSIBILITY

COMMITMENT

For Your Calendar

- 18 Feb P&C Meeting
- 20 Feb Provide First Aid Course
- 25 Feb Year Meetings
- 4 March University Roadshow
Year 8 Drum Beat
- 5 March White Card Course
- 10 & 11 March Year 7 Vaccination
- 3 April School Photo Day



The next P&C meeting will be held 18th February 2020 at 6:00pm in the interview room at the front office. All welcome to attend.

OFFICE OPENING HOURS

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

MA & MORLEY SCHOLARSHIP

At Rutherford Technology High School we take great pride in the achievements of our students and past students. One particular student our school community should be aware of is Aleisha Bailey. Aleisha completed her Year 12 with us in 2019 gaining very impressive results in the HSC. Whilst studying with us, Aleisha was granted early entry into the Bachelor of Laws (Honours) Program for Indigenous students at Newcastle University which is outstanding in itself.



Recently, Aleisha and some of our school staff had the opportunity to celebrate another exceptional achievement. Aleisha has been awarded with the **Ma & Morley Scholarship Program** for Indigenous Scholars. This is one of the most prestigious scholarships offered at the University of Newcastle and is valued at up to \$75,000. The scholarship's origins come from the valued relationship between Chinese entrepreneur Jack Ma (Co-Founder of the Alibaba Group) and respected Novocastrian Ken Morley. The program aims to inspire, educate and cultivate the next generation of globally aware and socially conscious Australian leaders and is only made possible by a generous US\$20 million philanthropic commitment by the Jack Ma Foundation.

Aleisha has a strong passion for social justice and is highly motivated to bring about change through this opportunity particularly in regard to issues facing Indigenous Australians. Aleisha will travel to China in June for a cultural immersion experience and will eventually be required to design, plan and execute a project that fits with the Program's values and creates a real and enduring change.

Congratulations again to Aleisha. We are hugely proud of your achievements and look forward to following your progress as you take advantage of this exciting opportunity.



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FROM THE PRINCIPAL

Welcome

Welcome to 2020 at RTHS.

A particular welcome to Year 7 and any new students and families joining our school community.

At Rutherford Technology High School we look out for each other. We have high expectations in all areas. We expect students and staff to work hard and to their potential. We expect respect to be extended to every single RTHS community member.

Like every community, there will be problems from time to time. If you have any concerns throughout the school year we encourage you to approach the school, as it is better to sort a problem quickly.

We have enrolled over 285 students in Year 7 this year and we have a student population of just over 1200. As a large school, we have the ability to draw on significant resources to support you and your family.

Welcome New Staff

We have some new permanent staff members starting this year:

Tania Abbott (Library)
Anthony Bougatas (Maths)
Maree Hendry (Special Education)
Charlotte Hewitt (Maths)
Justine Llewelyn (School Counsellor)
Jayden Saunders (Japanese)
Genevieve Scott (HSIE)
Steve Shute (Science)

We welcome them and know they will enjoy being a part of such a fantastic school.

Strategic Plan 2018-2020

This year we move into the final year of our strategic plan and start planning for the next three years

Our three strategic directions are:

- Quality Teaching and Learning
- Wellbeing
- Community Partnerships and Leadership

PBL

Rutherford Technology High School is a Positive Behaviour for Learning, or PBL, school. There will again, this year, be a strong focus on the recognition of positive behaviours. Our B-Bucks reward system recognises our students displaying our core values. A big part of PBL is in encouraging students to take responsibility for their own behaviour and learning. This revolves around students demonstrating all aspects of our core values outlined:

RESPECT

- Be polite
- Care for each other
- Care for all property
- Keep it clean

RESPONSIBILITY

- Right place right time
- Be safe
- Use technology appropriately
- Follow instructions

COMMITMENT

- Strive for personal best
- Wear school uniform
- Be ready to learn
- Show pride

Rutherford Technology High School Core Values High Expectations

We have very high expectations of all our students, whether they relate to uniform, study, attendance or the contributions they can make to our Rutherford community. Most important is the high expectation we have around student learning.

We are determined to consolidate a strong learning culture in which all students reach their potential. This is best achieved when all members of the school community work together with shared values and an understanding of how to create highly effective learners. We ALL have a role to play - teachers, parents, students and the wider community.

Social Media

When students leave school at the end of the day, we continue to expect that students will make considered decisions and continue to interact with their peers in a way that is respectful. The online environment and social media provide challenges for young people. There are a range of social media applications (*Eg.* Facebook, Snapchat, Messenger, Instagram) where students can upload content, comment on other people's posts, share content, connect with people whom they don't personally know and save content that other people post.

There is a range of information on the internet to provide both young people and their parents with tips for living in a social media rich world. The following excerpt was taken from the Cyber Smart website:

Know the basics of safe social networking:

- Parents should have access to their child's passwords and social media accounts
- Limit your friend list - don't friend random people
- Protect your privacy - don't share your password with anyone; even your best friends
- Your personal details are valuable - don't share them
- Protect your reputation - keep it clean and ask yourself: Would you want others to see what you upload?
- Don't use a Webcam with people you do not know
- Think before you post, chat, upload or download

This is a fantastic site for both parents and young people and can be found at <http://www.cybersmart.gov.au/>

Learning - Packing the Essentials for School

A key for enhancing learning is ensuring that students are well organised for school. Students should have appropriate resources for each of their subjects and bring these for lessons. A pencil case with writing materials, calculator, ruler, highlighters, sharpener, scissors and glue are needed each day. Students should have an exercise book for each of their subjects, unless otherwise instructed from their teacher (*Eg.* teacher supplies the learning workbook).

Students need several copies of their school timetable – at least one for school and one for home. It is a good idea to take a photo of it on their phone or use the timetable function on the school APP where students can input their weekly schedule. A diary to organise work requirements is needed, as this enables both parents and students to monitor homework and assignment due dates, and to reduce the chance of students losing assessment marks because of the late submission of set tasks.

All students should be engaged in some form of homework throughout each school week, to improve their learning and achievement. This can be homework assigned by the teacher or 'self directed' homework, where a student reviews their understanding of a topic by reading through their school book and making summary or study notes.

Late Arrivals to School

All students are expected to attend school for roll call at 9:00am. Late arrivals must have a note from home outlining the reason for lateness. Late arrivals are noted on students reports as partial absences.

Bus Travel

All students must carry their OPAL card and tap on and off the bus. Students without their Opal card can be denied travel. Students are not permitted to get off their bus at the Rutherford shops. All students must come straight into school from the bus bay.

Great Achievements

There are so many great things our students are doing, both in school and out of school. If your child has achieved something notable outside of school – please feel free to inform us – it is always great to know what our students are up to!!

Uniform & Shoes

Uniform items sold through the Daylight Uniform Shop are the only accepted pieces of uniform. Black leather shoes are the only acceptable shoes (except for sport). It is great to see the vast majority of students wearing the correct school uniform. We will be conducting uniform gate inspections over the course of the year. When you enter a school and see students in the correct uniform it creates a very positive impression of the school.

The school uniform is just like a uniform worn in the workplace. If you are working at McDonalds and you arrive for a shift in 'almost the right uniform' – you will be sent home. It is an important habit to develop.

If you are experiencing financial difficulties, please contact the school so that we can assist. We have no desire to 'punish' students who for genuine reason cannot access a school uniform. If you make contact with the school, we will hopefully be able to sort any issue.

Student Assistance

Parents experiencing financial difficulty in meeting school expenses including subject specific fees and uniforms are invited to confidentially contact the school to discuss the process. A limited amount of funds is supplied by the Government for needy families to assist with educational expenses. I encourage parents to seek this assistance.

P&C

The P&C at Rutherford Technology High School do a fantastic job in supporting the school at various events and through their fund-raising efforts. They are an extremely sociable and friendly group. If you are interested in attending meetings they are on the third Tuesday of each month at 6:00pm in the Administration block at the front of the school. **The next meeting is on the 18th February.** *Hope to see you there!*

Canteen

Our Canteen is run by our P&C. They are always looking for volunteers to help during the day. If you can help in any way please contact our office and ask to speak with Jenny Brazier. Parents, Grandparents and other Family Members are always welcome.

Communication

To help with communication don't forget we have our Website, Facebook page and our parental portal. Please utilise these. SMS will continue to be used to notify you of student absences.

Please Make an Appointment

From time to time parents and caregivers need to speak in person with a Deputy Principal or the Principal. We request that you phone ahead and make a convenient time to avoid having to wait unnecessarily or be told that the person is unavailable.

Ms Simone Hughes
Relieving Principal





ENGLISH FACULTY REPORT

Welcome to a new year at Rutherford Technology High School. The English Faculty are excited to be back and starting a fresh new year.

We have a few changes again in English for 2020 – Ms Lees is now Mrs Ansell, and we welcome back Mr Lacey after some time away, but the rest of the faces will be familiar in the staffroom. We also have a new Librarian, Miss Abbott, who we are very excited to have in the school and as part of our Faculty.

To help familiarise students and parent/caregivers with what to expect in English this year, students will be issued with documents with important information about course content and assessments. These documents are also available on CANVAS for students to access at any point throughout the year. Keep an eye on your emails too – in case these documents don't make it home to you, many English teachers are emailing them home as well. That way parents and caregivers can be aware of what homework and assessment tasks students have and can help them stay on top of their preparation and progression.

It is expected that all students from Years 7-10 are completing the assigned homework activities specified by their teachers, as well as the minimum 20 minutes of reading per day set as regular homework. Students in Year 11 and 12 are reminded that early and consistent preparation will be the best help in improving their HSC results, as will continued practise and development of their writing skills.

Regarding assessment tasks, students will be given specific criteria and details about the tasks at least two (2) weeks prior to the task due dates, so please keep an eye out for these task notifications and remind students to talk to their teachers if they are unsure of what they need to do. Our door is always open in the English staffroom. We will also maintain communication regarding student progression throughout the year to help assist parents and caregivers in mutual support of students' learning achievements.

The English Faculty line-up for 2020:

Ms Stephanie Mole (HT)
Mrs Mallori Hedges (Year 10 Advisor and Part-time Relieving HT Literacy and Numeracy)
Mrs Allison Orr (Assistant Year 10 Advisor)
Mrs Samantha Linhart (Year 8 Advisor)
Miss Erin Bartlett (Year 7 Advisor)
Mr Andrew Rutherford
Mr John Lacey
Ms Sarah Bartier
Ms Samantha McConnell
Mrs Jessica Ansell
Miss Tania Abbott (Librarian)

We look forward to sharing another positive year of learning with everyone.

Ms Stephanie Mole
Head Teacher English



UPDATE ADVICE FOR PARENTS – 2 FEBRUARY 2020

Current advice from the Australian Government Department of Health for parents in regards to the Novel Coronavirus is:

- Any student and staff arriving in Australia *from 1 February 2020* who has been in mainland China or transited through mainland China (not just Hubei province) is excluded from school and child care services for a period of 14 days from the date they left mainland China as the Novel Coronavirus' incubation period can be as long as two weeks.
- Any confirmed case of Novel Coronavirus will be excluded until they are medically cleared to return
- Close contact of a confirmed case of Novel Coronavirus will be excluded for 14 days since last contact with the confirmed case.
- Any student and staff arriving *before 1 February* our previous advice remains that students and staff who were in Hubei province are excluded from school or child care services for 14 days, and those who were in the rest of China are requested not to not attend school or child care services for a period of 14 days after leaving China.

More information can be found at [NSW Health](#).

Students who returned to Australia from mainland China more than 14 days ago and have shown no symptoms are able to return to school.

The Ministry of Health has processes in place to identify any close contacts of cases confirmed in Australia. Advice about not attending school would be provided to these close contacts by the Ministry of Health.

There has been a small number of confirmed cases of novel coronavirus in NSW.

Consistent with current guidelines, staff and students who are unwell with respiratory illness should remain at home until symptoms resolve. In accordance with our current practice if any child becomes unwell we will implement our infection control guidelines and follow the advice provided by the Ministry of Health as appropriate.

The Department of Education will continue to work with the Ministry of Health to monitor and respond to the unfolding international novel coronavirus situation.



YEAR 7 INFORMATION

I want to wish our Year 7 students and their parents/carers a very warm welcome to Rutherford Technology High School.

Week 1 was very successful mainly due to the hard work and organisation that Ms Bartlett, Mrs Turner and Mr Delforce put in place in Term 4 last year. I have seen many beaming faces chatting during the breaks and earnestly listening on Assembly. It is a large Year 7 but first impressions indicate that it will be a successful group of students in so many ways.

A few notes to parents:

- ▶ If you need to call your child, please do so during the breaks. If important information needs to be passed on, please call the Front Office and our lovely staff will ensure the message gets to the student.
- ▶ Discourage your child from calling you and wanting to be picked up. ALL calls must be made from the school, either from the Front Office staff or a Deputy Principal.
- ▶ Ensure your child is at school on time. Teach them to pack their bags in the evening. This is a valuable skill to have and goes a long way to a positive school day.
- ▶ Communicate with the school regarding any absences. You can notify the school ahead of time if there is a valid reason for an absence. If a student is absent you can reply to the school SMS, call the school or send a note when the student returns. It is crucial to encourage regular attendance. The Department of Education Attendance Policy states that students should be at school 90% of the time.
- ▶ If for any reason your child will be absent for an extended period, then you need to contact the Deputy Principal to gain approval for leave as well as giving the school time to organise schoolwork for the student.
- ▶ Read with your child, discuss what you have read. Sharing learning is great.
- ▶ If you have an iPhone you can download the NextThere App which tells you if buses are running on time.

I will be running an information session on our Literacy Programs and how you can support your child at home. Notes will go out with more information in the next few weeks.

Mrs Lidija Nenad
Deputy Principal Year 7 & Year 10



BEST START YEAR 7

BEST START YEAR 7 ASSESSMENT

Dear Parents and Carers

Year 7 students will participate in the Best Start Year 7 Assessment in Term 1, 2020.

Classes will undertake the assessment between Weeks 3 and 5 (10/02/2020–28/02/2020).

Best Start Year 7 is an online literacy and numeracy assessment available to secondary schools that assesses key literacy and numeracy skills of Year 7 students. It is designed to assist teachers to identify students who may require additional support in developing their literacy and numeracy skills. The assessment is undertaken within the first five weeks of the school year.

The purpose of the Best Start Year 7 Assessment is to provide feedback to teachers to help identify student needs. Feedback will be provided to teachers who may choose to share this with students, parents and carers during teacher interview processes.

Best Start Year 7 is just one of a range of assessments the school uses to assess students.

Please inform the school if your child has special needs requiring support to complete an online assessment.

Students will be asked to bring headphones or earbuds that plug into a computer to enable them to hear audio the assessment. Earbuds used for mobile phones or other portable devices may be suitable for use during the assessment. The type of computer connection needed is a jack or USB.

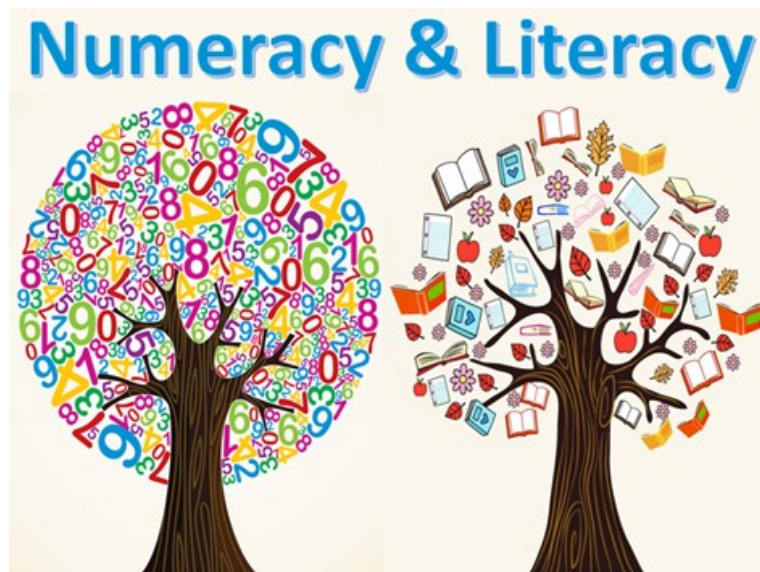
If your child does not have earbuds they will be provided by the school.



Mrs Alice Stutchbury
Head Teacher Literacy and Numeracy

Simone Hughes

Ms Simone Hughes
Principal (Relieving)





Dear Parent or Caregiver

Personal Development, Health and Physical Education (PDHPE) is one of the key learning areas for students in Year 7 to Year 10. Our school's PDHPE program aims to provide opportunities for students to learn about, and practice ways of, adopting and maintaining a healthy, productive and active life. It also involves students learning through movement experiences that are both challenging and enjoyable, and improving their capacity to move with skills and confidence in a variety of contexts. It promotes the value of physical activity in their lives.

Our school's PDHPE program provides the opportunity for students to explore issues that are likely to impact on the health and wellbeing of themselves and others, now and in the future. These issues include: physical activity, mental health, drug use, road safety, sexuality and sexual health, nutrition, respectful relationships, personal safety, diversity gender roles and discrimination.

Some of the content of the program deals with sensitive issues. The school recognises this by teaching about these issues within the context of a developmentally appropriate program by providing information to you about the program.

The PDHPE program aims to encourage students to make informed decisions about their lifestyle taking into account the values of the family, culture and religion to which they belong. The school program will be implemented in a manner that supports the role of parents and caregivers, and reflects the ethos of the school community.

An overview of some of the content of the PDHPE program that may be considered sensitive is provided below:

<u>Stage 4 (Year 7 & Year 8)</u>	<u>Stage 5 (Year 9 & Year 10)</u>
Relationships <ul style="list-style-type: none"> • Adolescence and change • Managing changes during puberty • Recognising abuse • Bullying and harassment 	Relationships <ul style="list-style-type: none"> • Valuing difference and diversity • Recognising and responding to abusive situations including family violence and date violence
Drug Use <ul style="list-style-type: none"> • Effect of drugs on health and wellbeing • Legal and economic consequences of drug use • Effect of other people's drug use 	Drug Use <ul style="list-style-type: none"> • Effect on relationships • Influence of cannabis use and other illicit drugs
Sexual Health <ul style="list-style-type: none"> • Understanding sexual feelings • Gender expectations • Rights and responsibilities in sexual relationships • Sexually transmitted infections and blood borne viruses 	Sexual Health <ul style="list-style-type: none"> • Identifying and evaluating safe sexual health practices, including methods of contraception • Sexual choices and their consequences • Planning and managing sexual and reproductive health

Should you wish to discuss any aspect of the course or would like more information, please contact the PDHPE Faculty at the school.

Yours sincerely

Simone Hughes

Ms Simone Hughes
Principal (Relieving)

WELLBEING FACULTY REPORT

All members of the Wellbeing Team are here to support students throughout their journey at Rutherford Technology High School.

Each student in the school has a small team of staff who work to support their cognitive, social, emotional and physical wellbeing – this includes a Deputy Principal, Head Teacher Wellbeing, Year Adviser and Assistant Year Adviser.

If you have a wellbeing concern in relation to your child please contact the school and depending on the issue, office staff will then direct you to the most relevant member of the wellbeing team.

The Wellbeing Team for 2020 consists of:

Deputy Principal:

Lidija Nenad	Year 7 & Year 10
Ben O'Leary	Year 8 & Year 11
Tina Pratt	Year 9 & Year 12

Head Teacher Wellbeing - located in Room 7A:

Kristine Turner	Year 7, Year 9 & Year 11
Sarah Thornton	Year 8, Year 10 & Year 12

	Year Adviser	Assistant Year Adviser
Year 7	Erin Bartlett	Brad Delforce
Year 8	Samantha Linhart	Charlotte Hewitt
Year 9	Ashley Rooney	David Connaughton
Year 10	Mallori Hedges	Allison Orr
Year 11	Gen Scott	
Year 12	Josh Potapczyk	

Student Support Officer - located in Room 7A:

Mary Kate Ferguson

School Counsellor:

Justine Llewelyn	Monday & Tuesday
Petra Andrews	Wednesday
Sara Donald	Thursday & Friday

Student Health Care: A reminder to parents to notify the school about your child's health

We welcome information from parents about your child's health, even if you are not requesting specific support from our school. Our school asks for medical information when you enroll your child. Information about allergies, medical conditions such as asthma and diabetes and other health care related issues should be provided to the school by parents.

It is also important that you let us know if your child's health care needs change, or if a new health condition develops. It is also important to notify clerical office staff of any changes to your contact details or the contact details of other people nominated as emergency contacts.

Peer Support

The Peer Support Program started last week for all Year 7 students and their Year 11 leaders. Year 7 students will continue to meet with their Year 11 Peer Support leaders over the coming weeks, and work through a range of activities that focus on building connections and addressing a range of behaviours, including the prevention of bullying. Meeting in small groups allows meaningful connections to form, assisting students with the transition to secondary school. During peer support sessions students will acknowledge their strengths and learn skills to build resilience, identify how to develop, maintain and repair friendships, develop understanding of a range of behaviours including bullying, and learn strategies in order to respond appropriately in a variety of situations.

The Peer Support Program:

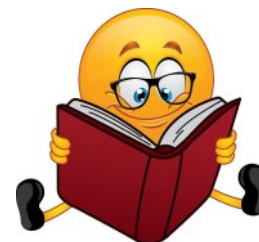
- is a peer led, skills based, experiential learning program
- empowers young people to support each other and contribute positively to society
- provides students with a supportive learning environment in which to develop the skills, understandings, attitudes and strategies to improve their mental, social and emotional wellbeing
- develops key skills in resilience, assertiveness, decision making, problem solving and leadership
- utilises a whole school approach to support positive cultural change provides authentic leadership opportunities for Peer Leaders

Please do not hesitate to contact either Head Teacher Wellbeing, or any of the Wellbeing Team if you have concerns with the welfare of your child.

Ms Kristine Turner & Ms Sarah Thornton
Head Teacher Student Wellbeing

LIBRARY NEWS

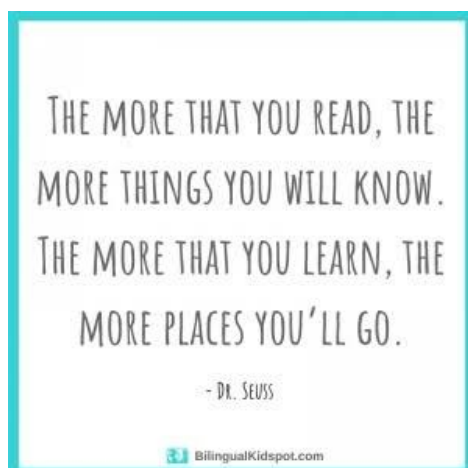
Welcome back to the staff, students and parents. My name is Tania Abbott and I am the new Teacher Librarian. Michelle Rowe and I are looking forward to the year ahead where we will endeavour to get students reading for pleasure. Reading helps us to be better learners as it increases our memory and concentration. It develops our creativity and writing skills through the use of imagination.



We would like to set a challenge for the community of attempting to read one (1) more book than what they would normally read within 2020. This can be of any genre. **We hope you take up this challenge!**

Have fun, take care and keep smiling.

Ms Tania Abbott
Teacher Librarian
Rutherford Technology High School Library



SCHOOL PHOTOS

School Photo Day will be held on FRIDAY 3rd APRIL 2020



We will have a makeup day on Monday 6th April 2020 (approximately one hour).

The school dress code for photos is full school uniform with **NO** visible undershirts, shirt sleeves **NOT** to be rolled up, **ALL** shirt buttons to be done up (including top button), **NO** dangly earrings and **NO** facial piercings.

Please be advised that staff will be in attendance to ensure all students have the correct dress code and should a student not meet the dress code they will **NOT** be photographed.

Students will receive a personalized envelope approximately one week prior to photo day.

MSP Photography advises the following:

"Payment for the whole family can be placed into ONE envelope. It is important that each family member hands in their own personalized envelope to the photographer indicating where the payment will be found. The pre-pay envelope must be handed to the photographer before individual portraits will be taken. Please make cheques payable to MSP Photography or enclose correct money as the school does not handle any money and therefore cannot give change. There is 100% money back guarantee if not satisfied with the photos."

MSP Photography has been our photographer for many years now and are part of our school community in so many ways.

Please mark the date on the calendar and remember to ask your child to show you the personalized envelope when they receive it

YEAR 9 STUDENTS: PHYSICAL ACTIVITY 4 EVERY 1

In 2019 Year 8 students began a 3 year study conducted by Hunter New England Health, aiming to find out whether school changes can help young people become more active.

In February 2020, students who handed in a signed consent form last year, along with all other Year 9 students will be given the opportunity to again assist with this research. It will involve wearing a physical activity monitor or accelerometer for seven days straight, from the time you wake up in the morning, until when you go to bed at night. The accelerometer is a small device worn on your wrist that measures your physical activity.

A survey will ask some questions about you, your physical activity and attitudes about it, and other health behaviours. The survey will take place during class and will take about 30 minutes to complete. Researchers will measure your height, weight and waist circumference. This will occur in privacy in class time, while you are wearing your normal uniform.

No one except the researchers will see the information measured by the accelerometer, or your height, weight and waist information, and your name will not be recorded with the results.

If you would like more information about the study you please contact Mr Thomas – Head Teacher PDHPE (02) 49325 999. You can also call Rachel Sutherland, Program Manager at Hunter New England Population Health on: (02) 4924 6433.

Thank you for thinking about joining the study, the information you provide will help shape future physical activity projects for adolescents at school.





ATTENDANCE

Rutherford Technology High School supports and implements the NSW Department of Education and Communities School Attendance Policy PD20050259, available at

<https://education.nsw.gov.au/policy-library/policies/school-attendance-policy>

The above link gives access to the Attendance Policy which sets out the requirements for the attendance of students in NSW government schools.

Research indicates that:

- ▶ Regular attendance at school is fundamental to student learning. Students who attend school regularly are more likely to achieve educational success, and increase their career and life options.
- ▶ Student attendance has been identified as an important aspect of a student's wellbeing and failure to receive an education has been identified as a risk of harm factor.
- ▶ Poor patterns of attendance place students at risk of not achieving their educational, social and psychological potential and disadvantage them in the quality of choices they are able to make in later life situations.
- ▶ Communities benefit from students who regularly attend school and are achieving. These benefits include greater student safety, community wellbeing, and a sense of connectedness for all.
- ▶ Schools, families, and communities can work together to send a strong collective message about the importance of going to school.
- ▶ Promoting the benefits of regular attendance to students, teachers, early childhood centre staff, parents, and community groups will help create a culture where regular school attendance is the norm.

Rutherford Technology High School is a Positive Behaviour for Learning School (PBL). Consequently our school is committed to the provision and implementation of a broad range of systematic and individualised strategies for improving school attendance, within a framework of student well-being, to enhance important social and learning outcomes for all students.

Rutherford Technology High School takes a positive approach to improving student attendance. Our school's 2020 Attendance Plan identifies and implements core values, practices and processes that support regular attendance and learning.

According to Departmental Policy:

Parents are responsible for:

- Enrolling their children of compulsory school age in a government or registered non-government school or registering them with the Board of Studies NSW for home schooling
- Ensuring that their children attend school regularly
- Explaining the absences of their children from school promptly and within seven days to the school
- Taking measures to resolve attendance issues involving their children

Students are responsible for:

- Attending school regularly
- Attending all scheduled lessons
- Informing classroom teachers when they are involved in the activities in that teachers lesson time
- Handing in all notes provided by parents/caregivers relating to absences

At Rutherford Technology High School, at the beginning of each day the roll is marked electronically during roll call. This is the official school roll and indicates a student's daily attendance. The roll is also electronically marked each lesson.

After recess each day the school uses a SMS system to notify parents of unexplained late arrivals and unexplained whole day absence. If your child is absent from school, parents are legally required to notify the school, explaining the absence, within 7 days. This can be done in a number of ways:

- **Phone or email** - If you know your child is going to be away from school please contact the school via phone (02 49325999) or email (rutherford-h.school@det.nsw.edu.au) to explain the absence.
- **Letter** - on the day your child returns to school after an absence send a note explaining the absence. This note is to be handed in at the school Administration Office.
- **Reply to SMS** - the school sends out an SMS message each day to notify parents that their child is absent. Please reply to the SMS stating if your child is sick or family business.
Please note - you can only reply to an SMS on the day it is sent, as the SMS number is only active for that day.

Should you require assistance in saying **NO** to your child with regard to any absences other than genuine illness, please contact either Head Teacher Wellbeing or your child's year adviser.

Let's work together to make a difference to your child's future.

Ms Kristine Turner
Head Teacher Wellbeing

PBL NEWS



Welcome back to Rutherford Technology High School!

Our PBL team hopes everyone had an exciting, relaxing and safe holiday.

Behaviour Bucks (B-Bucks) continue to be our school-based reward system for all students in 2020. For our Year 7 students and other new members to our school, B-Bucks are our whole school reward for displaying the core values of **Respect, Responsibility and Commitment**. The colour of our B-Bucks changes each term, this term they are purple.

This positive behaviour for learning allows teachers to verbalise a student's achievement in or out of the classroom whilst following through with a physical praise, handing the student their B-Buck reward to be held on to. Each individual B-Buck is worth one school dollar and can be used throughout the year for our school reward activities and days. Students are encouraged to hold on to their multiple B-Bucks as at the end of each term we will be having a reward afternoon where students will be able to spend their B-Bucks on food and activities such as Photo booths, Water balloon passing, Cupcakes and Popcorn to name a few.

Year 7

Welcome to Rutherford Technology High School Year 7. Our first PBL expectation we are focusing on as a school is 'New Beginnings'. Year 7 are focusing on Positive Behaviours for learning in and out of the classroom. Year 7 students are doing a wonderful job settling in to our school and we commend them for their positive behaviours. Well done Year 7!

RTHS PBL Team



STUDENT NEWS

Leeza Goyal, Year 10 Student, spent three days during the holidays at UNE (University of New England) attending the ConocoPhillips Science Experience.

The ConocoPhillips Science Experience is a national program that gives students interested in science an opportunity to engage in a range of scientific activities across a variety of disciplines.

In this year's program at UNE, held on 14-16 January 2020, students from as far south as Sydney and Condobolin, north to Brisbane and from Coonabarabran in the west, got to work with scientists in industry and academia. From lab based-diagnostic testing to field-based insect sampling; pure science exploration to industry-based applications, students were given the chance to explore possibilities for careers in science that they may never have considered.

In addition to diving into the world of science, students were also able to experience university life, staying in Mary White Residential College for camp. Students had a the full on-campus experience, dining at The 'Stro and Booloominbah', rock climbing at SportUNE, and exploring some of Armidale's local natural beauty in the eucalypt woodlands at Dumaresq Dam. There was a fiercely contested trivia night, table tennis and soccer tournaments, and a high-stakes app game (Eggit!).

UNI Discovery program leader, Dr Kirsti Abbott, highlighted the significance of students coming together from around NSW to engage in science, technology, engineering and maths related fields.

'Students can't be what they can't see', and programs like the ConocoPhillips Science Experience open up the wider world of science research and collaborations beyond a typical science classroom. The three-day camp at UNE encourages students to immerse themselves in campus life and tertiary science, and with the encouragement and support from experts in the field, build networks and inspire confidence to pursue their scientific interests into the future.

Leeza was very fortunate to of been sponsored by Rutherford Telarah Rotary Club for the event.

We would like to say a big thank you to Rotary member, Marilyn Porter, who transported Leeza to Armidale and back.



MY TIME WITH ABORIGINAL HEALTH
JASMINE BEARDS - SCHOOL BASED TRAINEESHIP

My first day working with the Greater Newcastle Aboriginal Health Unit seen myself and my co-worker Christa going to Charlestown to cook nutritional meals for mental health awareness day. The day was fantastic as I learnt how to cook several meals, interact with the Lake Macquarie community and team members. The amount of effort put in to support the community from the health system is amazing. When we arrived back to the office we organized packs for the Aboriginal Health Forum the following week.

I attended the Aboriginal Health Forum and meet the rest of the team from across the local health district. While attending the forum I learnt about the programs made by the Aboriginal Health Unit which are delivered to the communities across the HNELHD. It was the most amazing experience and I enjoyed every part of the day. We also discussed the amazing progression the programs have accomplished throughout the year, the results were incredible. It made me feel very connected to my community and it gave me insight to how amazing our healthcare really is in supporting our people.

I also had the opportunity to work with the ICCAPP Team who discussed and demonstrated to me about how they work and what they do to help the Aboriginal community.

From my understanding the majority of ICCAPP staff are trained in nursing and utilise Doctors and Specialist across their teams. The clinical work they do is really and truly commendable. Some of the team drive out to rural areas just to help the Aboriginal community with their health, the administrative staff are also such an incredible bunch of people. I also saw how efficiently they worked, they're such a loving and supportive team.

My time with Aboriginal Health Unit was such an amazing experience in my traineeship with Hunter New England Health. The amount of support and encouragement makes me want to strive for more involvement in my community.

In the future I would like to come work with the Aboriginal Health Unit again.

Jasmine Beards
Aboriginal Trainee - Hunter New England Health

"The Aboriginal Health Unit wishes to thank Jasmine for spending time with us, we hope that she has taken away some good learnings and will come back again in the future."

Director Aboriginal Health Newsletter - December 2019



Jasmine Beards & Leonie Garvey

FOOTBALL NEWS

Record number of Rutherford Technology High School (RTHS) Students Sign 2020 National Premier League and Womens Premier League contracts.

A record number of 15 RTHS Students will play in the premier divisions of the Northern NSW Football 2020 Premier competitions. This talented and hard working group of students are members of the TSP Football program which aims to provide students with development opportunities in the classroom as well as representative pathways for students to progress their football careers to an elite level. These students will continue to work through the Targeted Sports Program to improve their skills to support their NPL/WPL journeys, as well as mentoring their peers with the aim to provide opportunities for further development at this level.

Along with as a host of students playing in the NEWFM League (2nd division) as well as, community football competitions, this school based program aims to create community links and partnerships with local clubs and organisations and must make special mention to Newcastle Olympic FC for their ongoing community partnership with the school which continues to identify and develop elite Rutherford Technology High School football talent. You can follow the career of these talented individuals at the following clubs:

National Premier League:

Newcastle Olympic FC
Weston Bears FC

Callum Priestley (U15), Nic Adams (U18) & Callan Fry (U18)
Riley Hall (U13), Charlie Aitchison (U13), Jordan Matejczuk (U15),
Tyson Barnett-Murray (U15), Jaiden Aitchison (U15) & Ben Hackett (U18)
Jackson Carrol (U13), Kobe Groves (U13), Harrison Swan (U13) & Tyler Hagan (U14)

Maitland FC

Womens Premier League:

Thornton Redbacks FC
Adamstown Rosebuds FC

Felicity Person (U14)
Tanya Jones (Reserve Grade)

Yours in Football

Blair Newham
RTHS - TSP Football Coordinator
Newcastle United Jets FC U17 Head Coach



Front Row L-R: Riley Hall (Yr 8), Kobe Groves (Yr 8), Jackson Carroll (Yr 8), Harrison Swan (Yr 7), Jordan Matejczuk (Yr 9), Charlie Aitchison (Yr 8), Felicity Perdon (Yr 8), Tyler Hagan, (Yr 8)

Back Row L-R: Tyson Barnett-Murray (Yr 10), Ben Hackett (Yr 11), Nic Adams (Yr 11), Callan Fry (Yr 12), Callum Priestley (Yr 9), Jaiden Aitchison (Yr 9), Tanya Jones (Yr 11)



LaST HELPFUL HINTS

Adjust Your Reading Rate

Follow the read speed signs and read at the right rate!



SPEED LIMIT

SLOW

Read **slowly** when:

- You don't know much about the topic.
- The text is hard to understand.
- You are rereading a part to help you understand better.
- There are hard tables and charts etc.. that you need to think about.

SPEED LIMIT

MEDIUM

Read at a **medium** pace when:

- You know something about the topic.
- The text is hard to understand.
- You are rereading a part to help you understand better.
- There are lots of tables and charts.



SPEED LIMIT

FAST

Read **fast** when:

- You know a lot about the topic.
- The text is easy to understand.
- You are skimming or scanning.
- There are no tables and charts etc..

Tuning in to Teens

Emotionally Intelligent Parenting

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

Where: Rutherford Technology High School
Avery St, Rutherford

When: 5.30PM - 7.30pm Thursday evenings
Beginning 20th Feb. to 26th March

This program will be facilitated by Mary-Kate Ferguson, Student Support Officer, RTHS and
Taipu Moana, Therapeutic Family Caseworker, headspace.



Assisting you to learn how to:

- be better at talking with your teen
- be better at understanding your teen
- help your teen learn to manage their emotions
- help to prevent behaviour problems in your teen
- teach your teen to deal with conflict



Tuning in to Teens shows you how to help your teen develop *emotional intelligence*. Adolescents with higher emotional intelligence:

- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- have more stable and satisfying relationships
- have greater career success
- Emotional intelligence may be a better predictor of academic and career than IQ.

You must register to attend the course as spaces are limited. This program is provided free to any parents residing in the Maitland community. To register call: Mary-Kate Ferguson on 4932 5999 or email mary.ferguson13@det.nsw.edu.au or Taipu Moana at Maitland headspace on 4931 1000



Canteen


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

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

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



Canteen Roster

Monday 10 February 2020	Michelle Sinclair
Tuesday 11 February 2020	Michelle Sinclair
Wednesday 12 February 2020	Volunteer Required
Thursday 13 February 2020	Michelle Sinclair
Friday 14 February 2020	Michelle Sinclair
Monday 17 February 2020	Michelle Sinclair
Tuesday 18 February 2020	Michelle Sinclair
Wednesday 19 February 2020	Volunteer Required
Thursday 20 February 2020	Michelle Sinclair
Friday 21 February 2020	Michelle Sinclair



RUTHERFORD TECHNOLOGY HIGH SCHOOL 2020 CANTEEN MENU

Everyday Food, Occasional Food

AVAILABLE EVERYDAY

SANDWICHES & 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

ICE CREAMS:

- Juice Ice Blocks \$1.00
- Vanilla Buckets \$1.50
- Paddle Pops (Chocolate; Rainbow; Choc/Caramel) \$2.00
- Frozen Blizzard \$2.00
- Frozen Yoghurt \$2.00

CHIPS:

Deli Rock Chips:

- Sea Salt \$1.50

AVAILABLE EVERYDAY

SALADS & SUSHI:

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

SUSHI:

Sushi Rolls:

- Cucumber & Avocado \$4.00
- Avocado & Chicken \$4.00
- Chicken & Mayo \$4.00
- Smoked Salmon & Avocado \$4.00
- Teriyaki Chicken & Avocado \$4.00
- Tuna & Avocado \$4.00

Sushi Packs:

- Avocado Pack \$5.00
- Mixed Hosomaki Pack \$5.00
- Tuna Hosomaki Pack \$5.00

AVAILABLE EVERYDAY

DRINKS:

Water:

- 350mL \$1.00
- 600mL \$2.00

Juice-250mL:

- Orange \$2.50
- Apple \$2.50
- Apple Blackcurrent \$2.50

Chilli-250mL:

- Watermelon \$2.00
- Raspberry \$2.00
- Blackcurrent \$2.00

Glee-250mL:

- Tropical \$2.50
- Apple/Raspberry \$2.50
- Blackcurrent \$2.50
- Bubblegum \$2.50

Juice Bombs-250mL:

- Apple/Cola \$2.50
- Apple/Raspberry \$2.50
- Blackcurrent \$2.50

Milk-300mL:

- Chocolate \$2.50
- Strawberry \$2.50

Milk-500mL:

- Chocolate \$3.50
- Strawberry \$3.50

Plain Milk-600mL \$2.50

AVAILABLE EVERYDAY (unless specified)

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
- Lasagne (avail. Tuesday & Thursday) \$5.00
- Garlic Bread \$1.30
- Plain Pie LUNCH ONLY \$3.30
- Cheese & Bacon Pie LUNCH ONLY \$3.50
- Sausage Roll LUNCH ONLY \$3.00
- Chicken Chippies (6) \$3.50
- Chicken Nuggets (6) \$3.50
- Nachos (avail. Monday, Wednesday & Friday) \$5.00

AVAILABLE EVERYDAY

SNACKS:

- Freshly Cut Watermelon** \$3.50
- Freshly Made Fruit Salad** \$3.50
- Yoghurt \$3.00
- Fresh Fruit & Yoghurt \$3.00
- Hummus (with Celery & Carrot Sticks) \$2.00
- **Only Available Term 1 & Term 4


EXTRAS:

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

SAUCES:

- Tomato/BBQ/Sweet & Sour \$0.40

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.



© 30th January 2020

Rutherford Technology High School Uniform Shop



Daylight Sportswear Pty Ltd
 ABN 76 069 733 455
 6 - 8 Lone Pine Pl, Smeaton Grange NSW 2567
 Tel: (02) 4648 1066 Fax: (02) 4647 0143
 Email: daylight@daylightcorp.com

Rutherford High School UNIFORM SHOP Price List

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

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

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

Uniform Shop: Contact Kylie 0478 920 262 during business hours



Rutherford Technology High School P&C Association



Rutherford Technology High School P&C Association is seeking new members – everyone welcome!

Meetings are held on the third Tuesday of each month during school terms from February to November inclusive in the school administration office commencing at 6:00pm.

The Annual General Meeting is held annually in March, also on the third Tuesday, and voting members must be financial for a month prior - membership is \$2.00.

As part of the P&C you will be able to know more about the school and the things that are happening as well as be involved in what is going on.

Our school canteen is operated by the P&C with one paid supervisor assisted by volunteers and we **URGENTLY** need more help - without your help the canteen may be at risk of not operating five days a week. All profits from the canteen are returned to the school to benefit the students.

For further information please contact P&C President, Mrs Lexi Fitzgibbon, during school hours via the school administration office (4935 2999).



FUNDRAISING WITH **entertainment**

The early bird catches more savings!

Get your new Entertainment Membership today to support Rutherford Technology High School P&C Association and receive these early bird bonus offers.

Up to 4 months EXTRA MEMBERSHIP + SPEND & SAVE + \$20 BONUS WISH eGift Card when you purchase our NEW Multi City or Multi Plus Membership.

Hurry offers end 29th February!

Entertainment Memberships can start anytime and are packed with thousands of substantial savings on dining, travel and fun family activities. The digital membership is easy to download to start using instantly. New offers are added weekly for ongoing value all year round.

Single City
\$69⁹⁹
1 Year

Discover all the best savings in your city

\$14 to your fundraiser

Multi City
\$119⁹⁹
1 Year **MOST POPULAR**

Enjoy savings across all of Australia, New Zealand and Bali

\$24 to your fundraiser

Multi Plus
\$229⁹⁹
2 Years **BEST VALUE**

2 years of savings across Australia, New Zealand and Bali

\$46 to your fundraiser

★ Spend and save on bonus offers*

THE ICONIC
save \$20 when you spend \$99

endota
save \$25 when you spend \$100 on skincare products

rebel
bonus \$20 eGift Card when you buy a \$100 eGift Card

Be quick bonus offers end 29th February 2020

Multi City & Multi Plus Memberships get a \$20 WISH eGift Card†

Use Promo Code **BUYMULTI**

THANK YOU
Your support makes a big difference

* Up to 4 months extra Membership applies to Single City and Multi City purchases only and depends on the date you activate and start using the Membership App. Up to 4 months extra promotion is only available to Memberships purchased between the 8th February and 29th February 2020.

^ Spend & Save offer is available with the purchase of either a Single City, Multi City & Multi Plus Membership between the 8th-29th February 2020. Each offer will have until the 15th March to be redeemed. Promo codes for each offer will be sent with your purchase confirmation email. View full Terms and Conditions for The Iconic, Endota & Rebel [here](#).

† WISH eGift Card will be sent by email within 30 days of purchase. \$20 WISH eGift Cards issued when a Multi City or Multi Plus Membership is purchased with promo code BUYMULTI applied at checkout between 12:00am Saturday 8th February and 11:59pm Saturday 29th February 2020 AEDT. One eGift Card per order. Offer excludes Single City Membership, Entertainment Waitstaff and Corporate Partner offers. View WISH eGift Cards FAQs [here](#). WISH eGift Cards do not expire. Lost or stolen cards cannot be replaced. WISH eGift Cards can be used at a wide range of participating Woolworths Group brands, both in store and online including Woolworths, BIG W, BWS, Caltex Woolworths, Dan Murphy's or Cellarmasters. Please note not all Caltex Woolworths outlets accept eGift Cards, please refer to the list of participating stores at giftcards.woolworths.com.au for further information.



WEP

WEP STUDENT EXCHANGE

TXT 'EXCHANGE' TO 0428 246 633 FOR A FREE INFO PACK!


SCHOLARSHIPS NOW AVAILABLE!

AT A GLANCE:

- Choose from over 25 countries
- Attend school overseas
- Live with a local host family
- Learn about yourself and the world around you
- Make international friendships
- Learn a language
- Make memories to last a lifetime!

"THIS HAS BEEN THE MOST AMAZING ADVENTURE, THERE ARE NO WORDS!" CAITLIN, CANADA

WEP.ORG.AU INFO@WEP.ORG.AU 1300 884 733



85TH ANNIVERSARY

JOIN NOW

Australian Air League

NSW Group

NSW GROUP IS NOW ENROLLING

Since 1934 the Australian Air League has been teaching young boys and girls nationwide all about aviation, while helping them develop important life skills like leadership, discipline, self confidence and teamwork. When you join the league you will make new friends and take part in fun and exciting activities, on the ground and in the air.

Each week you will attend your local squadron where you will learn valuable skills and take part in fun and interesting activities and classes. Some of our classes include Meteorology, Navigation, Photography and Community Service. Squadrons also attend training camps, sport and recreational days, flying experiences and ceremonial drill.

We welcome boys and girls the age of 8 years old from all different cultures and backgrounds. Parents and families are welcome to support or even join their local squadron as a volunteer. All adult members and volunteers are Working with Childrens Checked.

The Australian Air League is running both a fun and educational programme that is making fine citizens out of our young Australians.

FOR MORE INFORMATION ON THE AUSTRALIAN AIR LEAGUE AND YOUR CLOSEST SQUADRON PLEASE CONTACT

ACTIVE KIDS

CREATIVE KIDS

www.airleague.com.au Email: info@airleague.com.au Free Call: 1800 502 175

How are you making the internet a safer place?



Date: Tuesday 11 Feb
Time: 7:00pm - 8:00pm

Event:
Free internet safety presentations delivered at your local PCYC club



Safer Internet Day 2020 | Tuesday 11 February

 eSafetyCommissioner esafety.gov.au

Top tips for online safety
- for community champions



- 1 Be an upstander** If you see abuse online, report and delete it
- 2 Protect your personal information online** by using a different password for each account and turning on privacy settings on devices, apps, and social accounts
- 3 Tame the tech** Explore how to set access and parental controls on home wifi networks, gaming consoles, mobile devices and smart TVs
- 4 Be conscious of your online profile** Don't post anything that may put you in danger, affect your reputation or be used against you
- 5 Stay on the lookout for scams and phishing contacts** - don't click links, give out personal information or send money in response to an unexpected request
- 6 Help others to be safe online** - especially family and friends who aren't tech-savvy



Safer Internet Day 2020 | Tuesday 11 February
Together for a better internet

 eSafetyCommissioner esafety.gov.au

Registrations are OPEN

GIRLS ONLY TEAMS AVAILABLE



Lochinvar Rovers Football Club
4 to 7 year olds (includes free shin pads and ball) - \$40*
8 to 11 year olds - \$60*
12 to 18 year olds - \$100*
*price after using \$100 active kids voucher
Adults - \$320
Zone League - \$250

www.lochinvarfc.com.au registrar@lochinvarfc.com.au



Maitland Junior Football Club Inc

2020 REGISTRATIONS

Maitland Junior Football welcomes and invites you to play football with our club in the 2020 season.

Players turning 5 this year are eligible to play this year.

Active Kids vouchers on the Service NSW Website are available to download to use when registering to play football. Please download the voucher before registering as the number of the voucher is required during the online registration.

Our club offers you coaching with appropriately accredited coaches. The coaches are usually mums or dad of the team who have played football (soccer) and our club facilitates appropriate coaching training for them.

We also have physiotherapy coverage from Terrace Physio Plus each Friday, Saturday and Sunday at Fieldsend Oval (home ground). The physiotherapist is available to assess and or treat all members of our club whether it be a sport or personal injury.

Maitland Junior have mixed and all girl teams in Community Football, Development Football and Inter-district Football which means we have great pathways for all players to play football. All registration costs are the total for the season and includes registration fees, season fees and drink bottle. Shorts and socks are \$45 a set and are available at the ground. The full break down of our costs are on our website www.maitlandjuniorfc.com.au under Registration and Fees Explanation.

All players in the 5-7years age groups will also receive a pair of shin pads and a ball.

Registrations are online via a link on our website. To complete the registration attend Fieldsend Oval on one of the below dates.

All players not previously registered with Maitland Junior Football must submit a copy of a birth certificate, passport, licence or proof of age card either at Fieldsend Oval or via email to Evelyn at secreg@maitlandjuniorfc.com.au

Registration dates at Fieldsend Oval are:

Sunday 9th February	9:00am – 2:00pm
Thursday 13th February	4:00pm – 8:00pm
Sunday 16th February	9:00am – 2:00pm
Thursday 20th February	4:00pm – 8:00pm

For further information, please contact Evelyn on 0432 945 237.

Welcome to Maitland Junior Football Club!



FREE men's health checks!



**At Bunnings carpark - Maitland
Tues. 11th & Wed. 12th of February 9am-4pm**

Out in rural Australia many blokes don't take time to look after number one! High blood pressure and diabetes can sneak up with no symptoms. Too many of us drop dead suddenly, because nobody saw it coming!

Do your family and your mates a favour...

Get checked ... see mherv ... its FREE!



Free health checks at the Men's Health Education Rural Van include:

- Blood pressure just to check the heart isn't too stressed.
- Blood sugar levels ... just a pin-prick in the finger, to make sure there's no type two diabetes ... which is manageable even if there is.
- Cholesterol ... just another pin-prick to see if levels are high and need attention.

Sponsored by:



Royal Freemasons'
Benevolent Institution



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>