



RUTHERFORD TECHNOLOGY HIGH SCHOOL

NEWSLETTER

15th OCTOBER 2021

Rutherford Technology High School

Avery Street
Rutherford NSW 2320

Phone:
02 4932 5999

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

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

Office Hours:

Monday-Thursday 8:00am-4:00pm
Friday 8:00am-3:30pm
Outside of office hours, a message
may be left on the school answering
machine.

An appointment is necessary before
meeting with a staff member, including
the Principal or Deputy Principal, as
they have class, playground duty and
other commitments during the school
day. Please call our Administration
Office to make an appointment.

DATES FOR YOUR DIARY

18th Oct Year 12 Return
25th Oct Year 7, 8, 9, 10 & 11 Return

*****PLEASE NOTE THE SCHOOL
IS OPERATIONAL FOR ESSENTIAL
WORKERS CHILD/REN ONLY UNTIL
THE STAGED RETURN TO SCHOOL
IS FINALISED ON MONDAY 25th
OCTOBER 2021 AND THEN THE
SCHOOL WILL BE OPERATIONAL
ON LEVEL 3+ RESTRICTIONS****

Congratulations



Rutherford Technology High School would like to Congratulate
Nate Robson and Jayden Aitchison who have been selected in the
2022 Newcastle Jets A League Academy.

Nate will be joining the U13's squad next season to play in the NSW NPL
whilst Jayden will join the U18's squad.

Both boys are hard working members of our school TSP Football Program.

We wish them all the best with their new club.

Well done Nate & Jadyen!



RTHS TSP FOOTBALL

MESSAGE FROM THE DEPUTY PRINCIPAL



We have all survived an interesting Term 3 and are looking forward to Term 4 being in full swing from the 25th of October. It has to be noted that we are happy with the online learning and engagement by most of our students. We do understand that there have been circumstances where some students have not engaged and we will be supporting those students when school returns to ensure that any learning gaps are closed.

I have to commend a large number of our Year 12 students who have been attending the masterclasses in preparation for their HSC. Our Year 12 teachers will continue to provide support for all the Year 12 students right up to and during the HSC exam period. Year 12 have certainly shown their resilience during this period and they should be very proud of themselves.

Year 11 have started their Year 12 courses this week. It is the final chapter of their school life and I hope it is a smoother year for them. Any Year 11 students who still have a N-Award, or two to clear need to do so within the next ten days. Year 11 demonstrated their maturity and commitment to learning during the online exam period at the end of Term 3. An overwhelming number of students completed the exams and overcame not just exam nerves but also any tech issues that came their way.

Year 10 students are in their last term of Stage 5 learning and need to also complete any N-Awards they have from this year. A clean start to the term will bring more success as they move forward.

As a school we could not have gone through this period without the support of the community. We are grateful for all you have done, the kind words to our staff and the understanding shown to all of us. Tough times certainly bring out the best in our community.

Mrs Lidija Nenad
Deputy Principal

PDHPE Faculty Report

Welcome to Term 4 and the return to on-site schooling.

The PDHPE Faculty would like to take this opportunity to acknowledge the tremendous work carried out in our Faculty by Mrs Moy, who has moved to CAPA after accepting a permanent position in Music/Drama. Mrs Moy joined our team from Walgett at the start of the year and immediately brought with her a vibrant and passionate approach towards PDHPE. We wish her all the best on her new appointment and on a positive note, we will still see her around the school, just no longer in the PE staffroom. PDHPE would also like to welcome back to the team Miss Buckley who returns after spending a term living and working in the NSW ski fields. Miss Buckley will take over classes from Mrs Moy and she is looking forward to meeting all her students in person once we return to face to face lessons.

While we have been learning at home, a lot of planning and development has been going on behind the scenes. Our school oval is nearing a return to play and the plans for a purpose built movement space to house our growing dance subject and four PDHPE classrooms is coming to fruition. We expect the commencement of work to begin in the near future, providing an excellent learning space for Rutherford Technology High School students.

We welcome the return to school and are looking forward to seeing our wonderful students back again and engaging in PDHPE lessons. Practical opportunities may look a little different under Level 3+ and Level 3 Restrictions, however, we will ensure that the guidelines are followed, giving our students the best opportunity to re-gain some normality to their days.

Mr David Thomas
Head Teacher PDHPE Faculty



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School Visitor Check-in System

A single School Visitor Check-in system for every school across the state is coming from 18th October!

The Department of Education has partnered with Service NSW to provide a streamlined, digital school sign-in system for visitors and contractors at every NSW government school.

Benefits of the new system include:

- Accelerating your check-ins to as fast as 20 seconds.
- Linked to NSW Health's COVID-19 contact tracing ensuring every school is compliant with the NSW [COVID-19 mandate](#). [External link](#)
- Giving every school greater access to streamlined NSW Government services.

Watch the short [parent video](#) [External link](#) to see how it works for parents or our [contractor video](#) [External link](#).

Who can use School Visitor check-in: Visitors such as parents/carers, contractors, service providers and volunteers.

Students or visitors under the age of 18 are not required to use School Visitor Check-in.

School Visitor Check-in will be ready from 18th October at all NSW Government schools.

For more information visit School Visitor Check-in on the Department Website.

A new **online payment page** is coming to our school website!

Access from a mobile, tablet or PC and in a language of your choice.



Making Parent Online Payments Easier Implementation: 21st October 2021

About the Upgraded Parent Online Payments (POP) Page

The upgraded POP page replaces the old Westpac page. It's accessible from the school's website, and allows parents and carers to make online payments anywhere and anytime.

By using the upgraded page, parents and carers will enjoy:

- a quick and simple user interface;
- mobile-friendly experience – making it easier to pay via phone or tablet (as well as from a desktop computer); and
- multilingual support which enables them to use POP in their preferred language.



Anywhere, anytime from a mobile or tablet (as well as a desktop computer)



In a preferred language



Easy without needing to log on, register or enter a Student Registration Number



Wellbeing & Health In-Reach Nurse Coordinator Program

The Wellbeing & Health In-Reach Nurse Coordinator program is a partnership between NSW Health and the NSW Department of Education



Meet our Wellbeing Nurse, Amy!

Welcome Amy Maccue, our new wellbeing nurse. Amy is a clinical nurse specialist who will be working across our school and closely with our wellbeing team. She is here to help support our students and their families with any health concerns they may have and connect them with health and community services. She will provide assistance in addressing health needs, coordinate appropriate assessments, assist with referrals to medical or social services and help follow up any treatment.

This is a new role and we will be sharing Amy with Rutherford Public School and Telarah Public School. Referrals will be made to Amy through the learning support team. This role is part of the Wellbeing and Health In-reach Nurse Coordinator (WHINC) program and is not a First Aid position. Amy is employed by the Local Health District and is one of around 100 similar roles that are being introduced in schools across NSW in a partnership between NSW Health and the Department of Education. More information on the program can be found at, <https://education.nsw.gov.au/inside-the-department/directory-a-z/wellbeing-and-health-in-reach-nurse-coordinator-program#The0>

News from Amy, our school Wellbeing Nurse

Staying Active

Staying healthy has never been so important. While COVID-19 has changed our daily habits, it doesn't mean we can't make new healthy habits. Here are some tips for making new healthy habits at home:

- Staying active is one of the best things you can do to keep your body and mind healthy. The types of activities you can do during COVID-19 will depend on whether or not you have symptoms, or if there are restrictions on leaving your home.
- Young people aged 5-17 years need at least 1 hour of moderate to vigorous physical activity a day, several hours of a variety of light physical activities and no more than 2 hours a day of screen time a day.
- Set a routine so kids know what to expect throughout the day and week, this will help them feel safe and secure.
- Play! Include different kinds of play such as; outside play, quiet play, reading, craft, and digital play.
- Timers to break up screen time and encourage movement.
- Use what you have at home- board games, puzzles, Lego, cards and books.
- Spend quality time together with your child by sharing activities; this can be done while you're doing everyday things like preparing meals together.

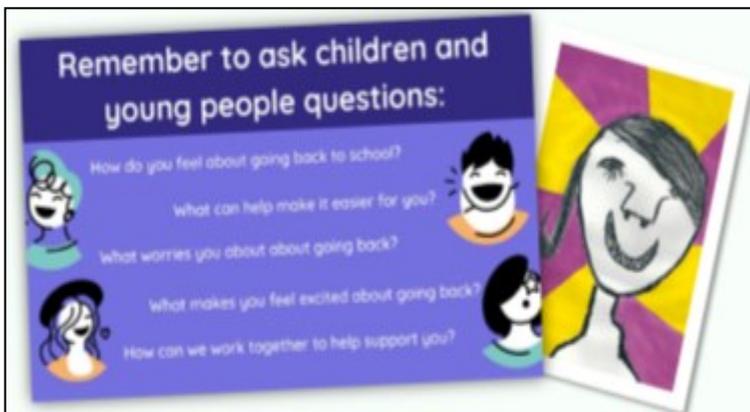
For more ideas go to raisingchildren.net.au

Returning to School after Lockdown and Isolation

You and your child might be worried about heading back to school.

Below is some information and strategies for you and your family to use to get ready for a return to school.

Talking to your child is one of the best ways to work through fears and anxieties. Use language they can understand to discuss returning to school.



High School

- ◆ They may be able to discuss COVID-19 in a more in-depth fashion and can be referred directly to appropriate sources of information.
- ◆ Provide honest, accurate information about the current status of their schooling. Having such knowledge can help them feel a sense of control.
- ◆ Plan together what the return to school will look like.



Plan Ahead: Check uniforms, equipment, bags and other resources



Talk to your child about going back to school and that things may look



Eat well, sleep well and be active



Name the possible support people at school, home or care



If you are concerned that your child is not coping, seek further help



Take care of yourself and acknowledge the difficulties you have been through

If you need further support there are a number of Help Lines & Chat Services, Apps and Resources available or you can contact your GP to talk about receiving a mental health care plan with a psychologist or support from a Psychiatrist.

HELPLINE NUMBERS & CHAT SERVICES

If you need any assistance with your well-being, please contact the school and a member of the well-being team will get back to you as soon as possible.

**Below are helpful National, State and Local Numbers to call if you are needing assistance.
In an emergency always call 000.**

Child Protection Helpline	132 111	
Lifeline	131 114	https://www.lifeline.org.au/
Kids Helpline 24/7	1800 551 800	https://kidshelpline.com.au/
NSW Mental Health Line 24/7	1800 011 511	https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx
Beyond Blue	1300 224 636	https://www.beyondblue.org.au/
Headspace Maitland	4931 1000	https://headspace.org.au/
Suicide Call Back Service	1300 659 467	https://www.suicidecallbackservice.org.au/
Link 2 Home (Youth Accommodation)	1800 152 152	https://headspace.org.au/
Legal Aid Youth Hotline	1800 010 810	https://www.legalaid.nsw.gov.au/what-we-do/criminal-law/youth-hotline
QLife (National LGBTIQ support & advice)	1800 184 257 (3pm-12am)	https://qlife.org.au/
Domestic Violence Line	1800 656 463	
Domestic violence (or any violence happening in your home) and sexual assault phone and online information & counselling -	1800 RESPECT (1800 737 732)	https://www.1800respect.org.au/
Relationships Australia	1300 364 277	https://www.relationshipsnsw.org.au/
NSW Rape Crisis Centre	1800 424 017	
Mensline Australia 24/7	1300 789 978	https://mensline.org.au/
Carers NSW	1800 242 636	https://www.carersnsw.org.au/
Hunter Family Referral Service	1300 006 480	
Hunter Children's Court Assistance	1800 650 073	
Centrelink	136 240	
Maitland Hospital	4939 2000	
Drug Info Centre	4923 2060	
Maitland Police Station	4934 0200	
Family Planning Health Line	1300 372 372	
GP After Hours Line	1300 130 147	

**There are lots of ways to connect if you need help.
Below are services that provide texting/chat counselling and support.**

eHeadspace (12 to 25 year old - 9:00am-1:00am Eastern Standard Time)	https://headspace.org.au/eheadspace/
beyondblue online chat (3:00pm-12:00am Eastern Standard Time)	https://www.beyondblue.org.au/get-support/get-immediate-support
Youth beyondblue online chat (3:00pm-12:00am Eastern Standard Time)	https://www.beyondblue.org.au/help-someone-you-know/what-to-do-in-an-emergency/get-immediate-support
Lifeline Crisis Support Chat (7:00pm-12:00am Eastern Standard Time)	https://lifeline.org.au/get-help/online-services/crisis-chat
QLife-LGBTI Chat (3:00pm to Midnight Everyday)	https://qlife.org.au/resources/chat
Alcohol and Drug Support Service Live Chat (Monday-Friday 7:30am-9:00pm, Saturday 9:00am-7:00pm, Sunday 11:00am-6:00pm Western Australia Time)	https://www.mhc.wa.gov.au/about-us/our-services/alcohol-and-drug-support-service/live-chat-with-an-alcoholdrug-counsellor/
Butterfly Live Chat-Eating Disorders (Monday-Friday 8:00am-9:00pm Eastern Standard Time)	https://thebutterflyfoundation.org.au/our-services/helpline/chat-online/

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APPS to Help Keep You Mentally Well and Calm

headspace

Headspace is a great and simple app for beginning meditators who are looking to learn, as well as more advanced meditators who want to deepen their practice. It offers a meditation series that address various topics, like anxiety, stress, sleep, and physical exercise.



Smiling Mind

Smiling Mind was the brainchild of two mindfulness and meditation enthusiasts in Australia. They set out to make mindfulness and meditation accessible to everyone, whatever their budget, and wherever they might be. All you need is 10 minutes a day. Since 2012, the app has successfully reached 4.1 million young people.



The Mindfulness App

The aim of The Mindfulness App is to make the practice of mindfulness accessible to everyone. Research has shown that many of the benefits of mindfulness and meditation happen with a consistent practice, but many people struggle to remember or make time each day. This app offers gentle reminders throughout the day, guided meditations for both experienced and novice meditators (as well as those in between), and timers for those who prefer silent meditation.



Happify

Designed to help you “overcome stress and negative thoughts,” and “build resilience,” Happify helps you to identify patterns, become conscious of your thoughts and feelings, and begin to steer your mind and behaviours toward happiness.

Based on positive psychology research, mindfulness, and cognitive behavioural therapy, Happify offers fun and interesting exercises, activities, and games that help train your mind and get you practicing patterns that generate positive feelings. A good app for depression.



What's Up?

This app is based on the principles of cognitive behavioural therapy and was created to help people struggling with depression. It can also help those who are dealing with anxiety, stress, anger, and other issues, as it helps to identify thought patterns that lead to negative feelings and offers up alternate ways of thinking during tough times.

It offers features like relaxing breathing techniques, a journal to keep track of thoughts and moods, guided exercises to help you feel grounded, and other inspirational materials.



Breathe2Relax

Breathe2Relax teaches diaphragmatic breathing, a technique that increases oxygen capacity that's been shown to lower the heart rate, lower blood pressure, and help relieve stress. This type of breathing can help people who are experiencing panic, anxiety, PTSD, or anger. The app features videos, reading materials, and ways for users to track their progress.



Virtual Hope Box

The Virtual Hope Box contains simple tools to help people with coping, relaxation, distraction and positive thinking. The app is divided into four main sections.

- Distract Me has four types of short games you can play to distract yourself from negative thoughts and feelings.
- Inspire Me has lots of inspirational quotes or you can add your own quotes.
- Relax Me is an interactive feature with a variety of exercises to help you manage stress such as controlled breathing, meditation and muscle relaxation.
- Coping Tools allows you to create coping cards and plan activities. The coping cards help you identify specific situations or triggers that you struggle with. You can identify the problem, the emotions you feel when that problem comes up, and skills you can use to cope.

The app also allows you to add your own photos, videos and songs that make you feel happy and inspired and allows you to add support contacts who you could call when you're feeling down or having an emergency.

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Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.



Colorfy

Colorfy provides flowing and relaxing shapes and patterns for you to colour, allowing you time out from the hustle and bustle of everyday life.



Gratitude Garden

The Gratitude Garden is an app intended to help you maintain the gratitude practice of noting down three good things that have happened over the past 24 hours. Most of us find our minds naturally gravitate towards the problems and negative events in our lives, and this practice helps redress the balance, making us happier and more appreciative of what has gone right.



ThinkUp - Positive Affirmations, Daily Motivation

ThinkUp is an app that builds a positive mindset and motivation through self-talk and affirmations. ThinkUp offers a combination of simple and effective self-help techniques that can be personalized for any life goal, such as Self-Confidence, Motivation, Career, Stress-Relief, Anxiety, and Mental Health. ThinkUp was named Top Motivation app for 2019 by Healthline.



Raising Healthy Minds App

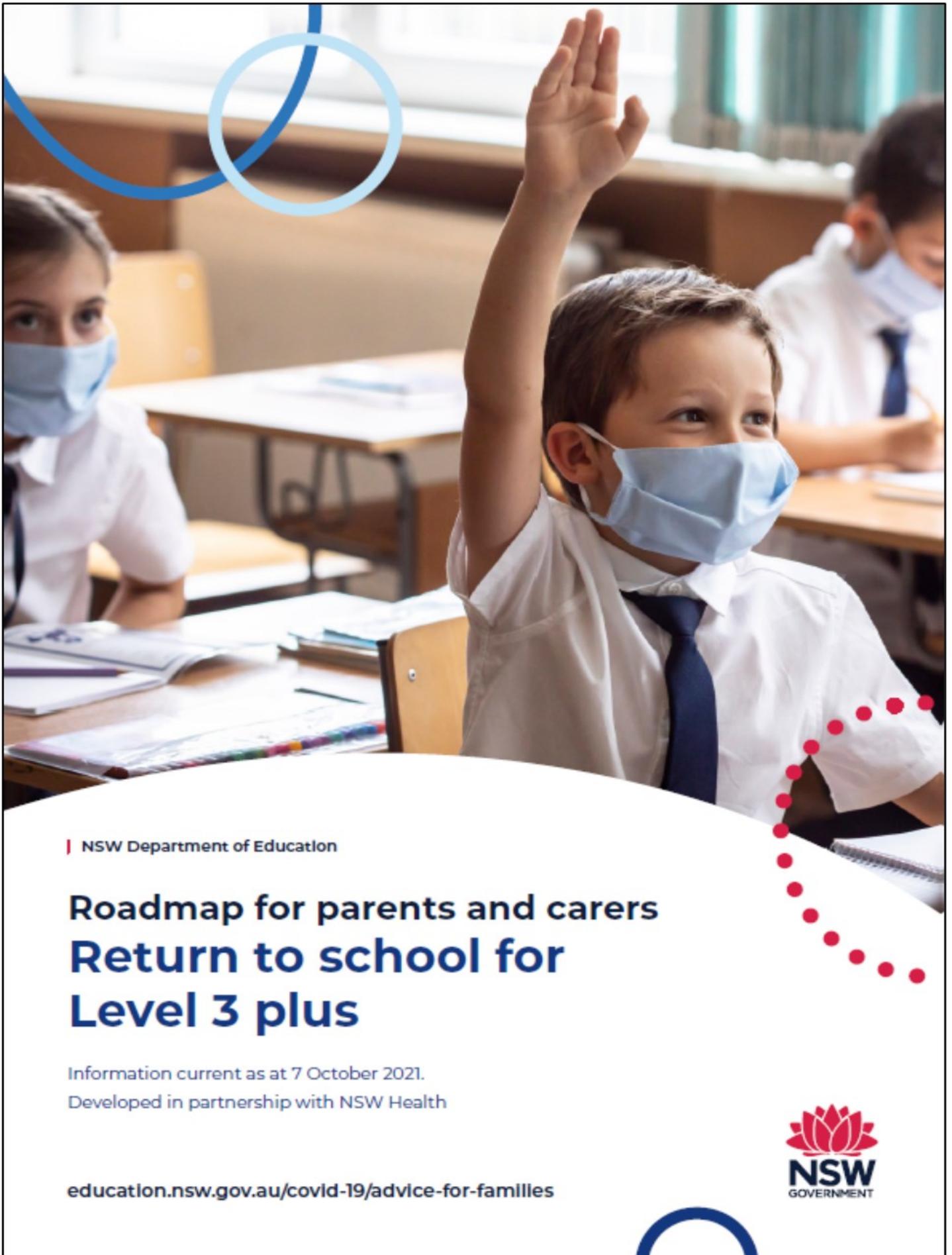


Raising Healthy Minds is a new, free App launched by Minister for Health, Greg Hunt, at the end of last month with information, ideas and guidance for parents.

Covering over 30 topics at launch and with more being added regularly, the App topics include anxiety, stress, work-life balance, bullying, temperament, grief and loss, gender identity, shyness, depression, bonding and exercise. It has been developed with a diverse panel of 85 parents and 21 child health experts, led by co-chair of the National Children's Mental Health and Wellbeing Strategy, Professor Frank Oberklaid, and Director of the Raising Children Network, Derek McCormack.

The App is designed to give clear and concise help tailored to the needs of each child and adult user, including how parents can take care of themselves and where to go for additional support if required.

For more details and to download the app, go to: <https://raisingchildren.net.au/guides/raising-healthy-minds>



| NSW Department of Education

Roadmap for parents and carers Return to school for Level 3 plus

Information current as at 7 October 2021.
Developed in partnership with NSW Health

education.nsw.gov.au/covid-19/advice-for-families



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In Term 4, schools will return to face-to-face learning either through a 'staged return' or 'full return'.

The best learning environment for students is in the classroom and we are looking forward to welcoming back our staff and students in Term 4. We know that while there will be excitement, there will also be some anxiety and uncertainty about being back together at school.

Recent evidence shows that very little COVID transmission happens between children in school settings, and only a very small number of children who contract COVID-19 get seriously ill. However, to support school safety we are requiring all staff on site to be fully vaccinated, and we are strongly encouraging our students and school community to do the same.

We have worked with NSW Health on our COVID-safe plan to return to school sites and have developed effective practices to support this, including staff vaccinations, mask wearing, reduced mingling of staff and student groups, ventilation in classrooms and continued good hygiene and cleaning. We are confident that this, in combination with support from our school community, will minimise risk and help to keep schools open and students learning face-to-face next to their peers.

How the staged return to school will work

Students will return to face-to-face learning at school in the following order:

- from 18 October – department preschool, Kindergarten, Year 1
- from 25 October – all remaining year groups.

To maximise the re-establishment of a consistent routine, students who attend schools for Specific Purposes (SSPs) are recommended to return at the same time as students in mainstream settings. Students with disabilities in mainstream classes or support classes can also return as part of the staggered return at the same time as their year groups.

Students completing their HSC can already return in a limited way and this will continue for the first two weeks of Term 4. From 18 October, these students will have full-time access to school campuses and their teachers.

Some schools may have slightly different return to school plans, particularly if they have stage based classes or are very small schools.



School attendance

All students should be at school on the date indicated for their year group, unless:

- they have a medical certificate which says they can't return to school due to a condition or illness
- they are currently unwell
- they have been asked by NSW Health to self-isolate.



Wellbeing

If you are worried that the Impacts of COVID-19 or going back to face-to-face learning may be affecting your child's wellbeing, please discuss this with your child's teacher.

You can find more Information to help your child's wellbeing through the mental health and wellbeing resources on the department's website.



Break times, drop-offs and pick-ups and canteens

To make sure students reduce the risk of transmission across cohorts, schools will put in place staggered recess and lunch breaks, start and finish times and drop-off and pick-up points.

Students can use the canteen during breaks. This will be different at each school depending on the size of the school, the number of students, traffic flow and other factors.

Creating a safe learning environment



Masks and face coverings

Masks will be mandatory for all staff and all students in Year 7 and above while they are indoors and outdoors on school sites unless eating or exercising. Masks are strongly recommended for primary students both indoors and outdoors unless eating or exercising.

Students should bring their own masks where possible, but schools will have back-up supplies just in case.

Masks are mandatory for all travel on public transport for children 13 years and older.



Physical distancing

All adults must keep 1.5 metres distance from each other, including teachers and support staff, and parents and carers waiting to collect children.

Physical distancing between children in the same class is not required under the latest health guidelines. Mixing between class groups will be minimised and students will be supported to follow strict hygiene practices like:

- regularly washing hands
- not sharing drinks or food
- coughing or sneezing into their elbow, or else using a tissue which should be put in the bin straight away
- filling water bottles from bubblers rather than using the bubbler directly.



Vaccination

All adults at school sites, including employees, contractors, volunteers and essential visitors, must be fully vaccinated against COVID-19 by 8 November 2021. Adults that are required to support the staged return to school in October 2021 will be required to have received two doses of COVID-19 vaccine by that date. For schools under Level 3 settings, adults are strongly encouraged to have had two doses of a COVID-19 vaccine, but are not required to be fully vaccinated until 8 November.

Students aged 12 or above are now eligible for a COVID-19 vaccination. Parents and carers can book in a Pfizer or Moderna vaccine now.

Vaccination appointments are available at more than 3,000 locations across NSW, including GPs and pharmacies. For students and families who have questions or concerns related to getting vaccinated, refer to [NSW Health's Know the facts COVID-19 vaccination fact sheet](#).



education.nsw.gov.au/covid-19/advice-for-families

3



School cleaning and hygiene supplies

Schools will continue to receive additional cleaning in line with advice from NSW Health.

Schools have received extra supplies of soap, hand sanitiser, toilet paper, paper towels, disinfectant wipes and personal protective equipment and can order more as needed.



School activities

Many school-based activities will remain on hold, including large celebrations such as presentation days and graduations, arts and sports events. For a full list of what is permitted and what is on hold, refer to education.nsw.gov.au/covid-19/advice-for-families.



Visitors

Only essential visitors are allowed on school sites at this time. When dropping off or picking up your child, parents and carers need to stay outside school grounds, you will need to wear a mask and physically distance. Some exceptions may exist for:

- schools for specific purposes
- vulnerable students
- students with disability
- preschools.

In these instances, follow the vaccination and mask-wearing requirements and sign in using the Service NSW QR code when entering the school.



Reporting and assessment

You will receive your child's Semester 2 report by the end of the year. This will be a simplified version of the report you normally receive.



Ventilation

Open or well-ventilated spaces reduce the risk of COVID-19. Where possible classroom doors and windows will remain open and fans and air-conditioners will be set to use outside air, where possible.



Rapid antigen testing

We are exploring with NSW Health the use of COVID home testing kits (known as rapid antigen testing) as a further screening measure to reduce the risk of outbreaks in schools, or the length of time students need to isolate after contact with someone with COVID. Further details will be provided in Term 4.



Orientation and transition to school

We have flexible arrangements so that students and parents and carers can still get help with orientation and transition to school in a COVID-safe way. Kindergarten and Year 7 orientation programs will be possible for schools that are no longer under stay-at-home rules. Transition and orientation programs will be virtual for schools still under stay-at-home rules.



Responding to COVID-19 cases

Where there is a case of COVID-19 in the school community, the department has established systems and protocols with NSW Health to manage and respond accordingly to keep our staff and students safe. These protocols include communication with parents or carers if their child has been in contact with someone who has tested positive to COVID-19 while at school or if the school becomes closed.



If your school reverts to learning from home

If schools revert to learning from home due to a Public Health Order or direction from NSW Health or the Department, the school will continue to provide learning activities for your child to do at home and will communicate with you about their learning.

If your child's school needs to revert to remote learning, your school will let families know through the usual channels, which might include email, social media or the school website.



If your school becomes closed due to a COVID-19 case

Parents and students will be notified when a decision is made to make the school closed for onsite attendance due to a confirmed case of COVID-19 or other events that require the school to close. Information about the operational status of the school will be distributed through the school's information channels, including the school website, Schools Safety App, any school social media channels and the department's website. During this period, the school will continue to provide learning activities for your child to do at home and will communicate with you about their learning. Parents and students will be informed by the department when the school is ready to resume onsite learning.



Get in touch with questions or concerns

Your principal has already started planning for a COVID-safe return at your school, taking into account the unique needs of their students and school. To support this planning, and to allow for your teachers to be fully vaccinated by 8 November or earlier, it is important that students return on the date specified for their year group.

Get in contact with your principal directly if you would like more information about your school's COVID-safe return to school plan or if you have concerns or questions about your child being back in their classroom for face-to-face learning in Term 4.

If you need further information, please call your school. If you need an interpreter to assist you with your enquiry, please call the Telephone Interpreter Service on 131 450 and ask for an interpreter in your language. You will not be charged for this service.

Say hello

 @NSWDepartmentofEducation
 @NSWEducation
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education.nsw.gov.au

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 GPO Box 33 Sydney NSW 2001 Australia
 T 1300 679 332



School Travel for 2022



2022 School Travel Applications are Now Open

Students who need a School Opal Card or Travel Pass for 2022 can apply now. A new application will need to be submitted if they are applying for a school travel pass for the first time, or if they are requesting an additional travel entitlement as a result of a new shared parental responsibility situation (Eg. Joint custody).

Students who change address, school, campus location, or who have repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should renew or update their details before **the end of Term 4**. This will ensure that schools can endorse applications and current entitlements are updated and remain valid. School Opal Card holders will have the changes applied to their existing card.

If a student's distance eligibility has changed based on their grade the system will automatically update their entitlement if they meet the new criteria. If they do not meet the new eligibility criteria, they will receive an expiry notification via email.

Students who have an entitlement approved under a medical condition that is due to expire will receive a notification advising them to re-apply.

Term Bus Pass holders will receive a notification to re-apply.

Students in the Opal network applying for an Opal Card (including a Term Bus Pass) for the first time will receive their Student Opal Card at their nominated postal address. Cards will be mailed out from January 2022.

Students living in rural and regional (R&R) areas should receive their travel pass at the start of the new school year from their nominated transport operator. It may come via the school or be sent directly to them at home. **Note:** some R&R operators do not issue travel passes. Students/Parents should confirm with their nominated operator if they do not receive a pass.

School Student Transport Scheme Site Change

On 1st October 2021 the School Student Transport Scheme (SSTS) information and application period was moved to transportnsw.info. This will assist families to find all their travel information in the one place.

Travel from Term 1 2022

We ask that parents plan ahead and make sure their child knows which service/s to use and has a valid ticket to travel; either a School Opal Card or Child/Youth Opal Card (within Greater Sydney) or a School Travel Pass (outside Greater Sydney), from the start of the school year.

Applications for the School Student Transport Scheme (SSTS) open at the start of Term 4 2021 for travel in 2022, so parents/students can apply or update details early and be ready for the start of the new school year.

Most students using the Opal network will not need a new Opal Card and can continue travelling on their existing card each year.

The start of the year is a difficult period for local bus operators, and students travelling without a valid ticket make service planning and operations increasingly difficult.

We recognise that for some families last minute changes to school enrolments mean they may not have a School Opal Card or Travel Pass for the start of the term. In the Opal network, we strongly encourage these families to have their children travel on a Child/Youth Opal Card until they receive their valid School Opal Card. If outside Greater Sydney, parents should contact their local bus operator to discuss their travel needs.

Bus operators are flexible and understanding, particularly at the start of the school year, and will ensure students can travel safely to and from school. But to best support our operators we encourage all students to have a valid ticket, as early as possible, from the start of the school year.

Please also remember that students using Opal Cards must tap on and tap off in line with the [Student Code of Conduct](#) and [Opal Terms of Use](#).

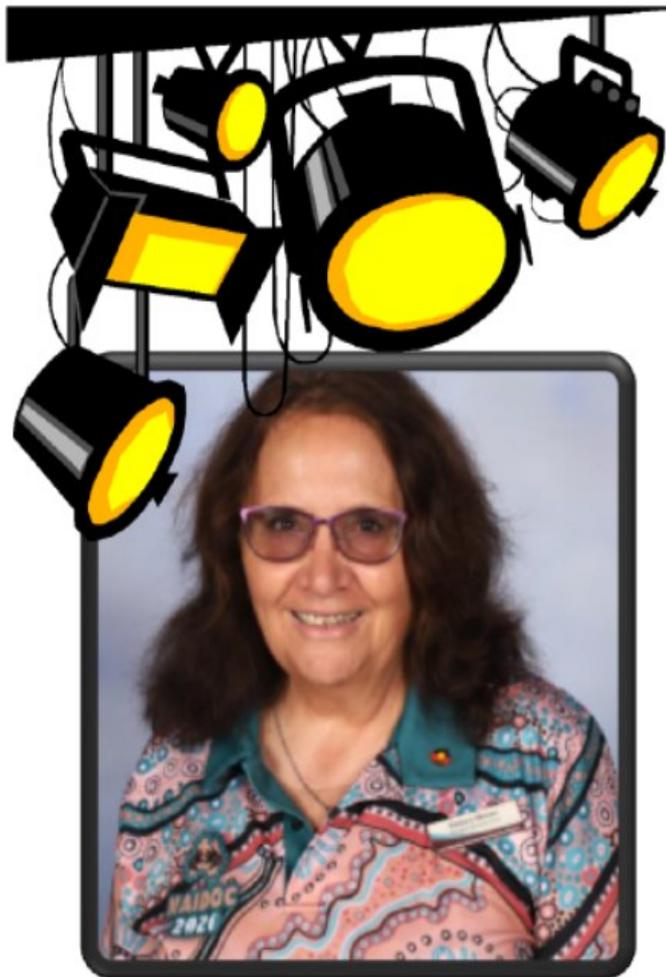


Further information can be found at transportnsw.info/travel-info/using-public-transport/school-travel
Enquiries can be submitted at transportnsw.info/contract-us/feedback/passes-concessions-feedback

RESPECT

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Staff Spotlight

Name:

Aunty Barbara Meister

Where can we find you in the School?

Aboriginal Learning and Engagement Centre

How did you come to be a member of staff at RTHS?

An interest in supporting the school and helping improve the education of our Aboriginal students.

How long have you been at the school, and what has your role looked like in that time?

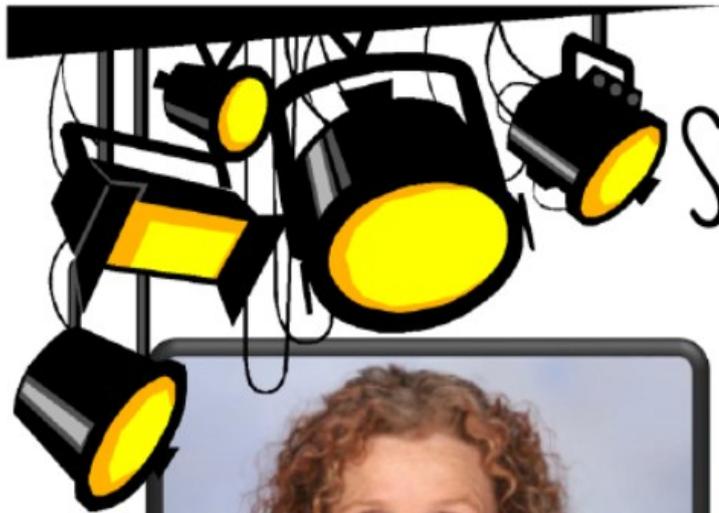
I have been here for 10 years as of next February. My role has ranged from a Norta Norta Tutor to a Aboriginal SLSO.

What is your proudest achievement of your teaching career to date?

Watching the students she has supported graduate Year 12.

When you aren't busy teaching, what is one of your favourite things to do?

Spending time with family.



Staff SPOTlight



Name:

Tania Abbott

Where can we find you in the School?

In the Learning Common

How did you come to be a member of staff at RTHS?

I wanted to return to the area that I was living, and a great opportunity came up at RTHS so I decided to apply and was successful at interview.

How long have you been at the school, and what has your role looked like in that time?

I have been at RTHS for almost 2 years as the schools librarian.

What is your proudest achievement of your teaching career to date?

The consistent ability to developed positive relationships with students and the community.

When you aren't busy teaching, what is one of your favourite things to do?

Zumba dancing, reading and gardening.



During the COVID Lockdown period and recent school holidays the bike and scooter racks (area) has been completed.

There is now a designated area within the school that has plenty of room for students to keep their bike or scooter during the day. The area is just down from the school buses and runs along side of the staff carpark.

Students will no longer be permitted to leave their bike or scooter in the area near the school buses and the below signs have been put up instructing students in this regard.

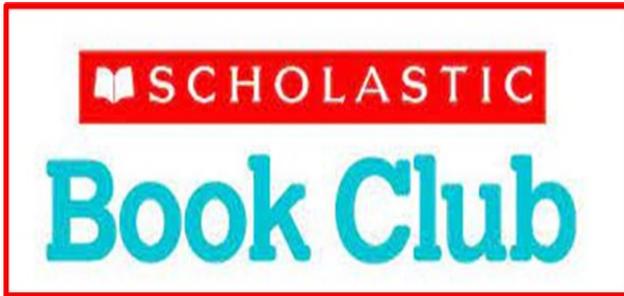
We would request that to bring this to your child/children attention and discuss with them that they are to only use the bike/scooter racks provided and the consequences if they don't comply.

NO BIKES OR SCOOTERS **PERMITTED IN THIS AREA**

**IF YOUR BIKE OR SCOOTER IS LEFT IN THIS
AREA, IT WILL BE TAKEN AND LOCKED AWAY.
PARENTS WILL BE CONTACTED TO MAKE
ARRANGEMENTS TO COLLECT.**



LIBRARY NEWS



Scholastic Book Club brochures are located in our school library or online at:

<https://www.scholastic.com.au/book-club/book-club-parents/>

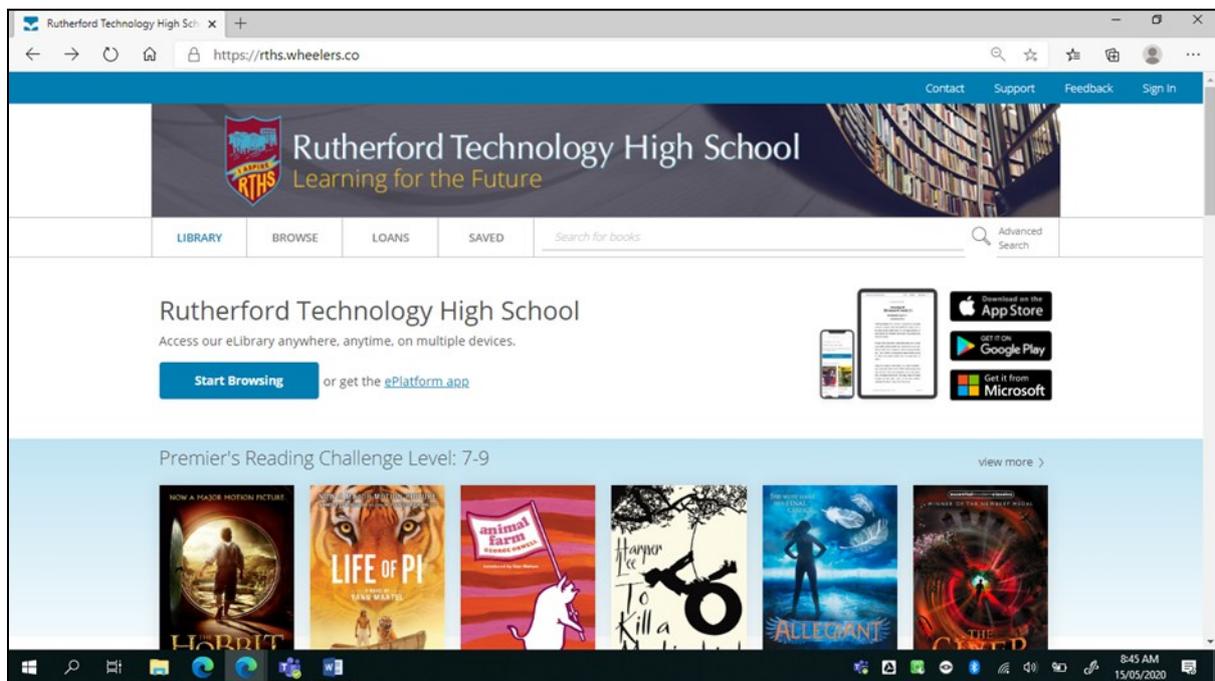
Orders **MUST** be ordered and paid for by the due date and through the Book Club Loop Online.

All orders receive reward points towards your selected school.

Reading is an important life skill.

Support your child's growth and mindset today by reading!

Rutherford Technology High School Ebooks



Students will need to sign in with their usual DET login.

Students can borrow two books at a time with a two-week loan period. When students finish the book before the two weeks, they are able to return the book allowing them to choose another book. Students are also able to reserve books if required.

Premier's Reading Challenge books are listed making it easier for students to access and participate. Twenty (20) books need to be read from September 2020 to August 2021.

If you have any questions, please contact library staff or look at the [Ebooks Information Guide](#)

There is over 2000 books to access.
Happy Reading!

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October is Mental Health Month

*The theme this year is "Tune In".
Tuning In means being present.
It means being aware of what is happening within you, and in the world around you.
Being present by tuning in has been shown to help build self-awareness, help make effective choices, reduce the impact of worry, and build positive connections.*



TUNE INTO YOURSELF

- Tuning in to yourself can start with checking in with yourself and asking a few simple questions:
- "What can I sense right now?" this can be thinking of your five senses: see, touch, taste, smell and listen to the world around you and notice the way it makes you feel.
- "How do I feel right now?" Identifying what you feel can improve awareness of your surroundings, help focus your mind and understand what is going on inside you.
- Tuning in to yourself can help identify things that help or harm your mental health.
- For example, exercise may help improve your mental health and engaging in conflict might negatively impact your mental health (WayAhead, 2021).



How can I Tune in to myself?

- Meditate
- Learn about and practicing Deep Listening
- Find silence
- Connect to Country and Ancestors
- Go for a walk
- Be in nature
- Journal
- Practice self-care
- Do something creative - drawing, painting, knitting
- Create a morning ritual (WayAhead, 2021).



TUNING INTO OTHERS

- Tuning into others can build positive connections.
- Can you imagine what other people might be feeling and why?
- Does someone you love seem a bit down?
- Maybe you can head over and help them out with a chore or task, or just sit and have a casual chat.
- Alternatively, if you're having difficulty connecting with others, it can help to let them know that.
- Sharing with others that things are a bit tough right now could help them understand how you're feeling (WayAhead, 2021).



How can I Tune in to others?

What might people around you be feeling? How can we connect?

- Ask others how they are feeling
- Share a hobby
- Teach them about something you love
- Help with chores
- Play games
- Stay in together
- Chat on the phone
- Connect with friends (WayAhead, 2021).



TUNE IN TO COMMUNITIES

What is happening that you can be part of, or that you can help others be part of?

- You can tune in to communities by considering groups and networks you are part of and the activities that take place within them
- You can think of ways to make activities more welcoming, open or easier to access for those experiencing difficulty with their mental health and wellbeing
- This can be mean something specific, like helping others with transport to community events
- Or this can be more general, thinking about community feelings after a natural disaster
- (WayAhead, 2021).



How can I Tune In to communities?

- Join a local hobby group
- Take part in community rituals, ceremonies, and events
- Review accessibility options for groups you are part of
- Reach out to community members who might be isolated
- Start wellbeing activities at work, home or school
- Create a range of options for people looking to connect
- Encourage others to take part in Mental Health Month (WayAhead, 2021).

October is Mental Health Month



TUNE IN TO STIGMA

How do attitudes and understandings of mental health and wellbeing impact on people's ability to live the lives they want? How can we help?

- Stigma is a feeling that mental health is something we should be ashamed of, or something that should be hidden
- Stigma occurs from the myths, misunderstandings and assumptions regarding mental health
- You can help increase understanding by making sure mental health and wellbeing are not taboo topics in your community, to reduce stigma
- You can let others know if they are engaging in stigma-promoting behaviour

(WayAhead, 2021).



How can I Tune In to stigma?

- You can tune in to stigma by considering the misunderstandings, judgements or barriers that you or others face regarding mental health and wellbeing
- You can challenge negative ideas around mental health
- You can normalise talking about mental health and wellbeing
- You can avoid terms which stigmatise mental health
- You can engage with people with lived experience of mental health
- You can speak about stigma when you notice it

(WayAhead, 2021).



Understanding different mental health concepts

The next few information sheets will provide some definitions of the language we use to speak about mental health and wellbeing. This helps us work together with shared understanding and meaning.

Mental health:

- Mental health is the general state of a person's mental wellbeing. Like physical health, we all have a current state of mental health, which can change over time, and in response to the world.
- It's also sometimes called "mental wellbeing".
- Just like there are things we can do to improve our overall physical health, there are things we can do to improve our overall mental health in a way that works for us as individuals (WayAhead, 2021)



Understanding different mental health concepts

Social and Emotional Wellbeing:

- This term originated with Aboriginal and Torres Strait Islander people and is often preferred to "mental health".
- It describes the social, emotional, cultural, and spiritual wellbeing of a person, and acknowledges the ways these can interact to impact a person's wellbeing.
- The term also recognises the importance of connection to Country, and that policies (past and present), past and current events, social attitudes (such as racism), and intergenerational trauma can all impact an individual's social and emotional wellbeing

(WayAhead, 2021).



Understanding different mental health concepts

Mental distress:

- A term used to describe a negative experience a person may be having, rather than a diagnostic term.
- It can present at any point of the "wellness" to "illness" spectrum. Everyone will experience mental distress, not just people who have been given a mental health related diagnosis.

Mental ill-health:

- A state where our mental health negatively impacts on our ability to think, feel and respond to others. This may occur in response to life events and stressors and may resolve over time or when stress is reduced.
- However, if it is ongoing or worsening, it's important to seek help in a way that is safe for you (WayAhead, 2021).



Understanding different mental health concepts

Mental illness:

- This term is generally best to avoid. Many people with lived experiences of mental ill-health don't apply this term to themselves, it's important to check with people what terms they prefer.
- The term "mental illness" can add to social stigma surrounding mental health.
- The preferred term is "person/people with a lived experience of mental illness/ mental ill-health" though if referring to an individual, check how they would like to be referred to.
- It's important to use person-first language, that is "person with a lived experience of mental ill health" rather than "mentally ill person" (WayAhead, 2021).

We will continue to update you with Mental Health information all month long. Watch our facebook page for more updates!



Drug and Alcohol Information
Get informed, stay smart, stay safe
POSITIVECHOICES.ORG.AU

Share Tweet Forward

FREE WEBINAR

Risk taking and teens:
what can parents do
to keep them safe?

19th October 2021 | 1 pm AEDT



This webinar is for parents and guardians who are looking for information about teens and risk taking.

It will cover:

- Information on risk taking and teenage rebellion.
- Research around why teens are more likely to take risks.
- Practical parenting tips around risk taking and alcohol and other drugs.

**This one hour live webinar will take place via Zoon
on Tuesday 19th October 2021 @ 1:00pm AEDT**

To register:

https://uni-sydney.zoom.us/webinar/register/7016320963234/WN_sGfZbToQoee7sx53NhOmg

After registering, you will receive a confirmation email containing information about joining the webinar. Please note capacity is set to 1,000 live attendees. Live participation will be on a first in, first serviced basis. All those who register will receive a link to the recording after the webinar.

Prizes to be won!

Online Bingo
18 - 22 October
Wesley Youth Service & headspace Maitland

Wesley mission

headspace Maitland

Game rules

- The bingo card will be released Monday October 18 at 9am
- Work your way through the bingo card taking pics/videos of you completing each self-care tip
- Entries can be in any format as long as there is evidence you completed the self-care tip
- Send entries to: <https://forms.gle/MZyoxT6NoLURfP9>
- Entries will go in the draw to win a bunch of awesome prizes!

Top Tips

- Enter as many times as you would like! One completed bingo card = 1 entry
- Entries must be sent by Friday Oct 22 at 4pm
- Winners announced 5pm Friday Oct 22 at 5pm
- Make sure your file sizes aren't too large - you may have trouble sharing them!

Entries close Friday Oct 22 @ 4pm

Questions? Call/text Laura on 0428 044 883

Wesley mission

headspace Maitland



ST JOHN MAITLAND CADET DIVISION

Opportunities for children aged 8-18 to make new friends and learn skills for life

Would you know what to do, if you came across an emergency? This is why it's important that every person knows the basics of what to do in an emergency. St John will provide you with important first aid skills that may help save a life.

Contact Superintendent Therese Bawden for more info:
Therese.Bawden@stjohnnsw.com.au
0402 501 937



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WESTERN SUBURBS CRICKET CLUB JUNIOR CRICKET



0412 555 437



secretary@plover.com.au



www.facebook.com/theploversmaitland



@theplovers



FREE REGO & GAME

FEES WITH YOUR

ACTIVE KIDS

VOUCHER, FREE

UNIFORM, ALL

GAMES PLAYED

LOCALLY DURING THE

WEEK OR ON

SATURDAYS.

5 YEARS TO 16 YEARS

FOR BOYS & GIRLS.

QUALIFIED COACHES.



City United Cricket Club Registrations



City United is taking registrations for the 2021-22 season for the following:

- Junior Blaster 5-8 years
- Master Blaster 8-10
- Junior competitions from 8yrs to 16yrs and Senior competitions

All registrations can be completed via

- www.playcricket.com.au or

For further information contact

Paul 0419294033 or

paul.brownlee1@outlook.com

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

Follow us on [Facebook](#) or [Instagram](#)



**SINGLETON STRIKERS
ARE LOOKING FOR FUTURE TALENT**

EOI for 2022 SEASON TRIALS

**Junior Development League (9-12) &
Northern League 1 Premier Youth (13-18)**



Register online

www.singletonstrikers.com.au

Check Singleton Strikers Football Club Group Facebook Page for updates

RTHS SUPPORTERS

Harvey Norman

Maitland



Maitland



Rutherford

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.

hopeUC
HOPE UNLIMITED CHURCH

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>

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