



RUTHERFORD TECHNOLOGY HIGH SCHOOL

NEWSLETTER

29th 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.

Thank you



The students and staff of
Rutherford Technology High School
would like to say a very big thank you to the
Rotary Club of Rutherford/Telarah; Youth Express
and Harvey Norman (Maitland) for their generous
donation of laptops and preloaded dongles for
our students to utilize.

***PLEASE NOTE THE SCHOOL
IS CURRENTLY OPERATIONAL
ON LEVEL 3+ RESTRICTIONS**

MESSAGE FROM THE DEPUTY PRINCIPAL



Dear Parents, Students & Staff

I would like to acknowledge the Wonnarua people as the traditional custodians of this land. I pay my respects to the Elders, past, present and emerging. For they hold the memories, traditions and culture of Aboriginal Torres Strait Islander people across the nation.



Welcome Back

I would like to welcome back students to face to face learning and acknowledge the effort of our wonderful staff. Rutherford Technology High School staff are truly amazing and go above and beyond to care and value each and every student. The leadership of our Principal, Ms Hughes, has been instrumental in guiding our school through this difficult period. Students have come back ready to learn and we continue to work on our PBL values of Respect, Responsibility and Commitment. It is so pleasing to see most of our students engaged in their learning and more importantly reconnecting with each other.

Attendance Matters

Prior to lockdown we have been working really hard to make attendance a focus. With the impact of the COVID it is essential that all students are attending school every day.

Smoking Ceremony at the Yarning Circle

Rutherford Technology High School has a significant percentage of students identifying as Aboriginal and Torres Strait Islander. The Aboriginal Learning and Engagement Team led by Ms Keyes organized a Smoking Ceremony to re-engage students and provide a chance to reconnect with each other after coming back to face to face learning. Students were offered a range of academic, social and emotional support whilst eating a delicious Johnny Cake cooked by Ms Chapman.



RESPECT

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COMMITMENT



Berry Street Education Mode (BSEM)-Professional Learning

Staff participated in the second session of the Berry Street training on the first day back this term. This was the second session for the year and the focus was on Relationships and how to provide strategies for teaching and learning that enables teachers to increase engagement of students' learning needs, wellbeing, growth and academic achievement. It was a fantastic day and great professional learning experience for staff as we look to continue to improve student outcomes through embedding the Berry Street Model.

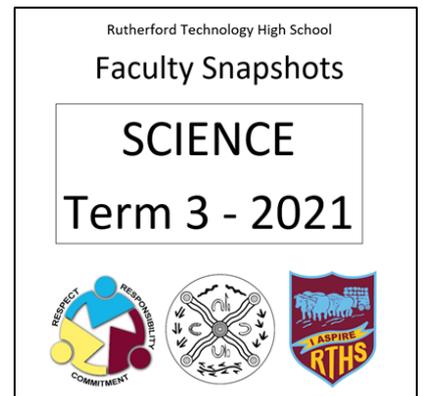
HSC

Year 12 will start the HSC written examinations on the 9th of November 2021 and will finish on the 3rd of December 2021. It has been a long and difficult road, however our Year 12 students have worked really hard to be as prepared as best they can to reach their potential. I would like to acknowledge the work of all Year 12 teachers for their professionalism supporting all students, academically, socially, and emotionally and Ms Scott who is Year 12 Year Advisor. She has worked tirelessly and made countless hours in and out of school time ensuring all our students are known, valued and cared for. I would also like to thank Mr Butler, Mr Hunt, Mr Dunlop and Mr Tran for running the Senior Study Centre which was an invaluable resource for students to learn and access additional support through different programs. I look forward to congratulating Year 12 at their Year 12 Graduation Assembly. HSC results will be released on the 24th of January 2022.

Science Faculty Snapshot

In Term 3 Science were involved in the Science Faculty Snapshot. The Science Faculty, Support Faculty, Head Teacher Teaching and Learning, Deputy Principal and external Science specialist Mr Osterman who is the Deputy Principal from Callaghan College focused in detail on science teaching and learning for Stage 4. Student voice, staff feedback, lesson observations and teaching and learning programs and assessments were all analyzed on what is working well and what we can do better. The lesson observations are normally conducted face to face however we improvised due to the COVID Lockdown and participated in the online lessons which was a highlight as we got to observe the fantastic teaching staff engaging students through CANVAS and teams video conferencing.

Mr Robert Jovanovski
Deputy Principal



CAPA Faculty Report

The CAPA Faculty, consisting of Drama, Music, Photography, Visual Design, Visual Arts, Targeted CAPA, has had a few staff changes during lockdown. We welcome two permanent members to the team Mrs Moy and Miss Prosser who have both been appointed to our school. Sadly, we have lost our lovely Miss Berni who is now working in other areas of the school.

Many thanks to all the Parents, Carers and Students who navigated their way through numerous CAPA lessons. For those who joined all the video conferences, submitted amazing art works, continued to work on drama performances and scripts and researched the many styles of music while utilising virtual performances and music appreciation lessons. Thank you!

Our Year 12 teachers have continued masterclasses and online lessons to support the CAPA HSC students. For this year's cohort they were impacted by COVID restrictions. Drama Group Performances had rules about how social distancing in their compulsory ensembles, so it took a rework from them to stay within the guidelines. Many thanks to Mr Baird for staying on top of these changes. The Music students for the second year were not allowed any bands or ensembles, this again cancelled out some performances so Mr Delforce had to go above and beyond to comply with the COVID rules. Drama Individual and Group Projects, Visual Arts Body Of Work and Music Core Performance and electives, were then marked by their classroom teachers. After hours of online training with NESAs and consultation with Year 12 students in getting this work completed by deadlines, students submitted and performed their work at the end of Term 3. The Year 12 CAPA students are commended on their focus and diligence to all get these projects completed amongst the ever changing COVID rules. Congratulations on your amazing achievements under very trying and stressful times.



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With great excitement, I am delighted to announce that Jordan, a member of the Year 12 Drama class, has gained early Entry to a performance degree at Wollongong University. We are absolutely thrilled for Jordan.

We congratulate the Year 11 CAPA classes for the completion of their Preliminary Year including the Music, Art and Drama classes for their attempts at using CANVAS online monitored exams. There was a lot of behind the scenes training and preparation of this process from across the school. May I congratulate the staff for the monumental time it took on training, preparation and execution of these exams.

During lockdown, we tried to think outside the square with activities to engage students. Mr Doyle and members of the Year 8 Targeted CAPA class put together their version of Let It Be all from their own homes. With his magic wand and excellent Music Industry experience and skills, Mr Doyle put together a fantastic song with a very talented group. Many thanks on brightening up our day. This performance was uploaded to a private YouTube site and was made available to watch on the RTHS Facebook page.

Congratulations to the 7R Music class who completed a project on making their own instrument. There are some very talented musicians, builders and designers amongst this class. They spent Term 3 finding and collecting recycled household products to build their instruments which had to have a detailed portfolio with it explaining their research and the process. I was also pleased to see and watch them building and playing their final products. Students choices ranged from maracas, bamboo flutes, xylophones, ukuleles, rainmakers and some very clever use of cans in making mini drumkits.



During lockdown, Year 7 Visual Arts classes had various activities to complete. This included an Earth sculpture challenge. Here are some examples of the quality of work students managed at home.



Many thanks to all the Year 8 Music classes who presented research tasks on Popular styles of music and musicians. There were some outstanding tasks submitted to staff on a wide range of music.

So, as we return to face to face learning, we do so with some restrictions for CAPA still in place. This is again and sadly continuing to impact the Music and some Drama classes. No ensembles, bands and no singing. With use of rooms also monitored, it means we cannot use the drum room at present. We are hoping with a move to Level 2 restrictions this will all change. We are encouraging our musicians to please continue to practice at home as per lockdown and to reassure students we will be utilising our keyboards and the guitars where possible in outside locations.

Across the Faculty our classes are currently utilising our specialist areas to work on the following:

Visual Arts:

- Year 7:** Popular Culture and Other Worlds – focusing on serialism and Pixel Art
- Year 8:** Elements of Culture represented through art, in particular Aboriginal Art and the Western Desert Art Movement through painting.
- Year 9:** Elements of Design by creating a children’s book and using anthropomorphism for their main characters.
- Year 10:** Studying Public Art and Installations viewing site specific artworks.
- Year 11:** Exploring contemporary art and the ideas behind them.

Music:

- Year 7:** Exploring Program Music
- Year 8:** A behind the scenes exploration of the careers and processes of the Music Industry including songwriter, tour manager, performer, location scout
- Year 9:** The Music of the 17th Century (Classical Period) – focus on Mozart, Haydn and Beethoven in composing and performing
- Year 10:** Exploring the styles of music in Small Ensembles
- Year 11:** The use of the Concepts of Music used in group performances. This will culminate in a research/interview at the end of term

Photography:

- Year 9:** Manipulation of light using a DSLR
- Year 10:** Exploring Slinkachu - the making of miniature figures and photographing them in places around the school
- Year 11:** Using flash and a pixelstick to produce manipulated light images

Drama:

- Year 9:** Monologues, characterisations, basic film editing and green screens
- Year 10:** Exploring masked theatre focusing on Commedia Dell’arts and its links to modern entertainment and exploring larval masks
- Year 11:** Australian Contemporary Theatre – focusing on two plays Neighbourhood Watch and Stolen

Targeted CAPA students collaborated with Mr Doyle to create a Covid Cover of Let It Be – The Beatles.

It was quite a challenge to coordinate multiple takes, sharing files, solving technical issues with cameras, microphones and headphones across multiple devices, and a crash course in Adobe Premier Pro for Mr Doyle, but our hard work was rewarded with over 200 views on YouTube in just a few days!

Well done to Andrew Santiago on Keyboards, Jessika Beatie, Jordan Oertel, Reagan Law and Eshi Lasquite on Vocals, and Mr Doyle on Guitar.



With seven weeks to go, we are all looking forward to the various creative hands on tasks in our face to face classes and again thank everyone for their ongoing engagement.

Ms Loretta Hornery
Head Teacher CAPA Faculty

Our school has a new look **online payment page!**

We're now accepting payment for Rutherford Technology High School via the school's website. New features allow you to access:



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



In a preferred language



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



Education



Our school has a new look **online payment page!**

We're now accepting payments for Rutherford Technology High School via the school's website. To make a payment simply:



Visit our school website on your mobile, tablet or desktop computer

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



Select 'Make a Payment' from the main page menu



Enter the required student, contact and payment details

Note:

You are **NOT** required to provide the 9-digit Student Registration Number.
You are **NOT** required to provide the Statement or Invoice Number.



Check your email for a copy of the receipt of payment



Education



News from Amy, our school Wellbeing Nurse

Sleep for Children

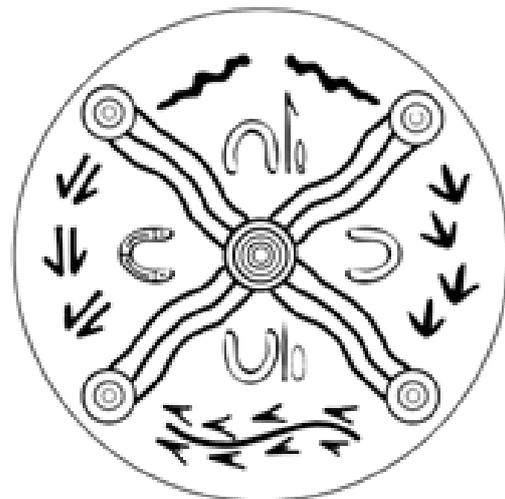
In primary school the average child sleeps 10-11 hours without waking at night, this gradually decreases into later childhood. Night terrors are common from 4-8 years, child appears awake but seems 'not to be with it', frightened and inconsolable. Symptoms that may indicate abnormal sleep include, snoring, sweating, restlessness, morning headaches, daytime sleepiness and bedwetting after 8 years of age or after a 6-week period of dryness. Discuss any concerns with your GP and they can refer you to a Paediatrician or Sleep Physician for further assessment.

Good sleep practices should be encouraged from an early age. A consistent bedtime in a dark, warm room helps children feel safe and secure at night. Avoid the use of electronic media at least 1 hour before bedtime and avoid using them in the bedroom, including; TV, computers, tablets and phones.

Sleep for Adolescents

While most adolescents sleep an average of 7 hours a night, 9-9.5 hours is recommended. A normal young adult sleep pattern should be in place by 16 years of age. Dream sleep (REM) occurs 80-90 minutes after falling asleep and continues to cycle over 6-8 hours. Going to bed late can lead a disruption in this sleep phase where you wake late and unable to easily fall asleep at night. Sleep deprivation impacts on your mood, behaviour, cognitive ability, academic performance and driving ability.

Tips to help you get enough sleep include maintaining a regular sleep schedule, avoiding oversleeping on the weekends, turning off electronic devices 1 hour before bedtime and avoiding caffeine.





Weekly PBL Faculty Awards
Term 4: Week 3

English Faculty

Allira	Commitment to Online Learning
Chloe	Commitment to Online Learning
Giselle	Commitment to Online Learning
Jake	Commitment to Online Learning
Jasmine	Commitment & Dedication during Online Learning
Kiara	Commitment to Online Learning
Lili	Commitment to Online Learning
Marc	Consistent Effort and Application during Online Learning
Maria	Commitment to Online Learning
Thomas	Consistent Attendance & Attempting each task Online to Best of his ability
Tim	Commitment to Online Learning
Tyson	Commitment to Online Learning
Zakorie	Commitment during Online Learning

HSIE Faculty

Bethany	Commitment to Online Learning
Blake	Responsibility Shown during Online Learning
Brodie	Respect Shown during Online Learning
Chloe	Commitment to Online Learning
Dylan	Commitment to Online Learning
Emmerson	Responsibility Shown during Online Learning
Josie	Respect Shown during Online Learning
Kiara	Commitment to Online Learning
Lexi	Respect Shown during Online Learning
Lucas	Responsibility Shown during Online Learning
Paige	Commitment to Online Learning
Zara	Responsibility Shown during Online Learning

Aariculture Faculty

Alyssa	Commitment & Dedication during Online Learning
Jack	Commitment & Dedication during Online Learning
Jazlyn	Commitment & Dedication during Online Learning
Keilee	Commitment & Dedication during Online Learning
Matthew	Commitment & Dedication during Online Learning
Stella	Commitment & Dedication during Online Learning

Please Note: Our award recipients will receive their certificate when we return to school but we wanted to continue and ensure our students are still being recognized even though they are currently 'learning from home'



Weekly PBL Faculty Awards
Term 4: Week 4
CAPA Music & Drama and CAPA Art

Year 7

Charlie	Commitment to Music Lessons During Online Learning
Maria	Commitment to Music Lessons During Online Learning
Maria	Commitment to Visual Art Lessons During Online Learning
Patrick	Commitment to Music Lessons During Online Learning
Taylah	Commitment to Visual Art Lessons During Online Learning
Tomiko	Commitment to Visual Art Lessons During Online Learning

Year 8

Bailey.E.	Commitment to Music Lessons During Online Learning
Jessika	Commitment to Targeted CAPA Lessons During Online Learning
Jordan	Commitment to Targeted CAPA Lessons During Online Learning
Ryan	Commitment to Visual Art Lessons During Online Learning

Year 9

Ava.D.	Commitment to Music Lessons During Online Learning
Cooper	Commitment to Music Lessons During Online Learning
Kaiya	Commitment to Photography Lessons During Online Learning

Year 10

Ava.B.	Commitment to Music Lessons During Online Learning
Bailey.M.	Commitment to Music Lessons During Online Learning
Bailey.M.	Commitment to Visual Art Lessons During Online Learning
Chloe	Commitment to Photography Lessons During Online Learning
Josie	Commitment to Music Lessons During Online Learning
Ruby	Commitment to Photography Lessons During Online Learning

Year 11

Anthony	Commitment to Music Lessons During Online Learning
Giselle	Commitment to Music Lessons During Online Learning
Natasha	Commitment to Photography Lessons During Online Learning



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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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.



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.

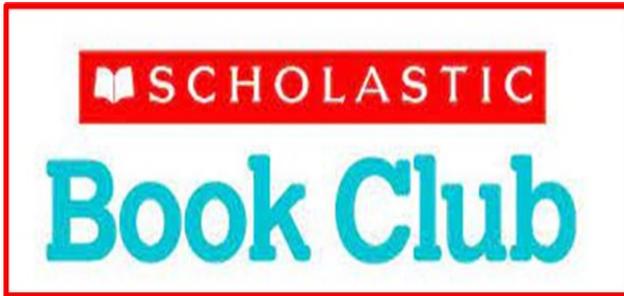
We would request that to bring this to your child/children attention and discuss with them that they are to only use the bike/scooter racks provided and the consequences if they don't comply.

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/>

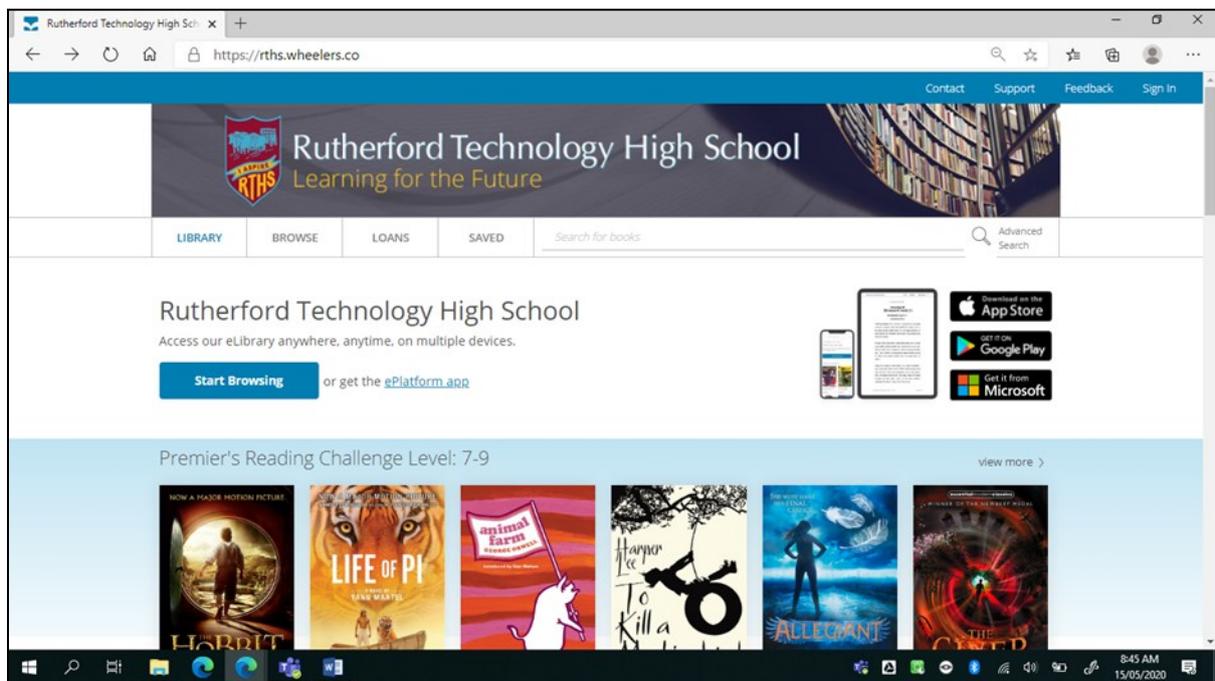
Orders **MUST** be ordered and paid for by the due date and through the Book Club Loop Online.

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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Free

Samaritans

Tuning in to Teens

Emotionally Intelligent Parenting

This is a great program for parents who are transitioning their children to high school



Thursdays
5:30pm - 7:30pm
Where: Online - via Zoom: A link will be sent to you after booking.
When: Starting Thursday Nov 4 for six sessions.
Bookings Essential
 Please contact Mary-Kate on 02 4932 5999 or email mary.ferguson13@det.nsw.edu.au

Supported by:



Communities & Justice

For more information visit www.samaritans.org.au

Samaritans

Tuning in to Teens

Emotionally Intelligent Parenting

Would you like to learn how to:

- Communicate with your teen more effectively?
- Be better at understanding your teen?
- Help your teen manage difficult emotions?
- Help to prevent behaviour problems in your teen?
- Teach your teen how to make friends and deal with conflict?

Tuning in to Teens shows you how to help your adolescent develop emotional intelligence.

Research has shown that adolescents with higher emotional intelligence:

- Have greater success with making and keeping friends
- Have better concentration at school
- Are more able to cope when upset or angry
- Have fewer mental health and substance abuse difficulties
- Have more stable and satisfying relationships as adults.

Contact us to find out more or register today!

Supported by:



Communities & Justice

Samaritans

Mental Health Month Competition

October is Mental Health Month!

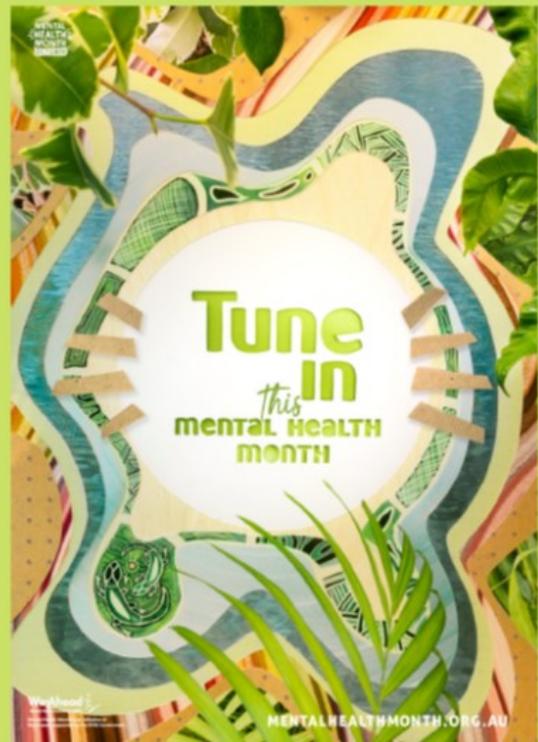
All month long we have been posting lots of information on our facebook page about what it means to Tune in to yourself, to others and into your community.

Below is a link to a quiz to test you knowledge about Mental Health Month. All the information you need to complete the quiz can be found in the facebook posts or on the mental health website:

<https://mentalhealthmonth.wayahead.org.au/>
Survey closes October 31st. Winners will be announced the first week of November.

Quiz link: copy and paste into your browser

<https://www.surveymonkey.com/r/T8BGY5W>



Prizes

1st Prize: A Pizza dinner for you and your family from Dominos

2nd Prize: A \$50.00 voucher for

Stockland Greenhills

3rd Prize: a \$25.00 voucher for

Stockland Greenhills

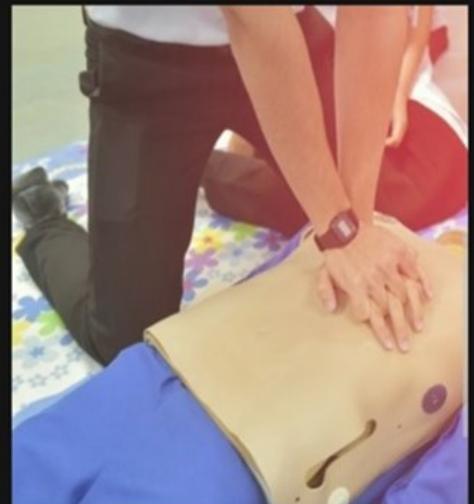


ST JOHN MAITLAND CADET DIVISION

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



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.

0412 555 437

secretary@plover.com.au

www.facebook.com/theploversmaitland

@theplovers



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
FOOTBALL CLUB**



TRIAL DATES 2022 SEASON

Junior Development League JDL & Northern League 1 NL1

SINGLETON STRIKERS ARE LOOKING FOR FUTURE TALENT
AND WANT TO SEE WHAT YOU'VE GOT!

Day	Time	Age Group
Monday 15th November 2021	5:00 - 6:00pm	JDL 9 - 12
	6:15 - 7:15pm	NL1 13 & 14
Wednesday 17th November 2021	5:00 - 6:15pm	NL1 15, 16 & 18
Monday 22nd November 2021	5:00 - 6:00pm	JDL 9 - 12
	6:15 - 7:15pm	NL1 13 & 14
Thursday 25th November 2021	5:00 - 6:15pm	NL1 15, 16 & 18

at Alroy Oval, Singleton Heights

Players must register online
www.singletonstrikers.com.au/play-football/trials/

Players 16 and over must be fully vaccinated .
 Players under 16 years of age who are not fully vaccinated must be
 accompanied by a fully vaccinated member of their household.

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>

RESPECT

RESPONSIBILITY

COMMITMENT