



RUTHERFORD TECHNOLOGY HIGH SCHOOL

NEWSLETTER

19th FEBRUARY 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

- 23 Feb Year 6 Information Evening
- 24 Feb 'Smashed' (Wellbeing Performance)
- 1 March HSSA Swimming (Lambton Pool)
- 1 March Black Dog Institute
Presentation
- 3 March Year 9 - Courage to Care
- 4 March Provide First Aid Course
- 4 March University Road Show
(at Kurri Kurri High School)
- 5 March Brainstorm - Yr 7 & Yr 8
- 5 March Newcastle Show Cattle Comp.
- 5 March Clean Up Australia Day (Yr7)
- 9-10 Mar Yr 7 Vaccinations (Round 1)
- 16 Mar P&C AGM & Monthly Meeting
- 26 Mar School Photo Day
- 30 Mar School Photo Catch Up Day



**Head Teacher CAPA Faculty, Ms Loretta Hornery, accepting the
bucket donation from Caity at Bunnings Warehouse-Maitland**

A very big **THANK YOU** to Bunnings Warehouse-Maitland for
their generosity and kindness of donating a class set of 20 litre
buckets for a new practical course 'Drum Bucket'.

Unfortunately, due to COVID and both the current health and
Department guidelines, we are unable to deliver normal practical
curriculum to our CAPA students. Therefore, the CAPA Faculty
investigated alternative education opportunities and have come up
with a practical course 'Drum Bucket' that will be delivered
to our new Year 7 cohort.

MESSAGE FROM THE DEPUTY PRINCIPAL

The beginning of 2021 has seen the school settle into a rhythm fairly quickly as a result, staff have made over 5000 entries on Sentral and 88% of those are positive entries,

Year 7 are becoming very confident in following their timetable – and are willing to ask for help for the times they don't! So many students from other year groups are really supportive and assist these students as needed which is very much appreciated.

Thank you to all those parents who have supported us with our school mobile phone policy. Obviously after the holidays it can take a bit of time for students to get used to not having them in their hand all day and it makes our job so much easier when parents are able to back us up!!

Looking at the line up for the uniform shop so many parents have what they need for their children to be in uniform. Just a reminder that tights (whether short or long) are not part of the girls' school uniform and should not be worn to school.

Assessment Booklets and the School's Assessment Policy have been handed out over the course of the last few weeks to Years 7-11. At the back of all the booklets is a planner so families can look through and check when tasks are due to assist with planning. It is important to note that Year 10 students require more paperwork if they are away and miss an assessment task – such as a doctor's certificate so they don't get zero for a task. All students have been encouraged to seek help prior to a task being due – from their teacher or the Learning and Support Staff.

Mrs Tina Pratt
Deputy Principal



HSIE FACULTY REPORT

We can't believe it's already Week 4!

Term 1 is shaping up to be a very exciting time in the HSIE department.

We would like to welcome Ms Rachel Fowler and Ms Ebony Zerbst who have joined the Rutherford Technology High School HSIE team for 2021. Mr Sasha Lenskyj is also welcomed as he returns from his relieving position as Head Teacher Administration last year. He is keeping busy supporting Year 9 students in his role as Year Advisor, as is Ms Gen Scott who is Year Advisor for Year 12. We also have Miss Karen McLeod, Mr Matthew Hill, Mrs Chrystal Meinhardt, Mr Tristan Chapman, Mr Shaunn Walker and Mrs Belinda Nash in the Faculty. Leading this team of superstars is Ms Kristy Grant in her role of Head Teacher HSIE.

We are looking forward to giving students the opportunity to showcase their HSIE skills in the National History and Geography Competitions over the coming term. Year 9 will participate in the "Courage to Care" incursion which draws on the context of the Holocaust to highlight instances where individuals stood up to injustice and saved others.

Please keep an eye out for upcoming assessment tasks as well as other opportunities within the Faculty.

We encourage parents to contact us if they have any questions about what is happening in the HSIE Faculty this year.

Ms Kristy Grant
Head Teacher HSIE Faculty



Dear Parents/Carers

Schools in NSW have seen an increase in reports that students may be using e-cigarettes (otherwise known as 'vaping') at schools and in the community. We take this issue seriously due to the negative health effects vaping can have on young people, who are often unaware of the risks associated with the practice.

Vaping is the act of inhaling a vapour produced by an e-cigarette or electronic vaporizer. The vapour can contain nicotine and other substances and may expose users to chemicals and toxins which are harmful to health. The devices are small and can be easily hidden in a pocket or bag. The most popular disposable vapes resemble large USB sticks or highlighter pens.



The vapes pictured above contain 5% nicotine, which is the equivalent of a strong pack of cigarettes. Nicotine is addictive and can harm brain development and impact learning, memory, and attention.

The Public Health (Tobacco) Act 2008 was amended in 2015 to define e-cigarettes and e-cigarette accessories to be separate from tobacco products. The Act makes many of the provisions that apply to tobacco products also apply to e-cigarettes and e-cigarette accessories. The Act makes it an offence:

- ▶ to sell e-cigarettes and e-cigarette accessories to persons aged under 18
- ▶ for adults to buy e-cigarettes and e-cigarette accessories on behalf of persons aged under 18

The NSW Department of Education has advised schools that students should not bring e-cigarettes or e-cigarette accessories onto school premises or use them during school-based activities. Consistent with Department of Education and school policy - **vaping, selling or being in the possession of e-cigarettes will result in disciplinary action that may lead to a student being suspended from school.**

We are asking parents to be informed about this ongoing concern and to speak to their children about making positive decisions. Additional information to support parents and students can be found at:

<https://www.health.nsw.gov.au/tobacco/Pages/electronic-cigarettes.aspx>

Yours sincerely

Ms Simone Hughes
Principal

E-Cigarettes

What you need to know as parents.

If you, or a parent you know, is concerned about the risks of electronic cigarette use in teenagers, the following information provides you with the facts.

WHAT ARE E-CIGARETTES?

Also known as covies, stigs and vapes an e-cigarette is in simple terms a device that heats a flavoured liquid (popular flavours include; strawberry, watermelon, peach and creme brulee) to an aerosol which can be inhaled. The device can be disposable (often allowing for up to 600 inhalations) or it can be reusable by refilling the device with e-liquid or a pod (containing e-liquid). Recent data shows an increase in use of e-cigarettes over the past three years, with one in five students aged 16–17, trying e-cigarettes.

HOW DO THEY WORK?

E-cigarettes produce an aerosol by using a battery to heat a liquid. This liquid is sometimes called "e-juice," "e-liquid," "vape juice," or "vape liquid." The liquid used in e-cigarettes is made up of flavours, chemicals and often contains nicotine.

Users inhale e-cigarette aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales it into the air.

WHAT DO THEY LOOK LIKE?

E-cigarettes come in a variety of shapes and sizes. They can be as small as a USB and even look like one, they can also look like pens, highlighters or cigarettes.



WHY ARE THEY UNSAFE/RISKY/DANGEROUS?

E-cigarette liquid is made up of different chemicals. These chemicals can include:

- Nicotine (although illegal without a prescription in Australia, many disposable devices that youth are using contain nicotine.)
- Flavorings such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead

Studies have also shown that kids who use e-cigarettes are more likely than their peers to go on to smoke cigarettes.

Effects of nicotine on youth:

- Nicotine can harm the developing teenage brain.¹ The brain keeps developing until about age 25.
- Using nicotine as a teenager can harm the parts of the brain that control attention, learning, mood, and impulse control.¹
- Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people's brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.
- Using nicotine as a teenager may also increase risk for future addiction to other drugs.¹

WHAT CAN I DO AS A PARENT?

The KEY is talking about e-cigarettes with your child, preparing yourself with the facts and role modelling with a smoke and e-cigarette free environment. KEY considerations for talking about e-cigarettes:

K: Know the facts or where to find them from a reputable source

E: Engage on the topic in a relaxed and easy way. Use the cues around you, a note home from the school, a person using a device, a story on the news as the way into the conversation and the way to keep talking about it ongoing.

Y: You know your child, communicate with them in ways that work for you and allow you to provide them with the right information to make healthy decisions.

Important note – if you are concerned that your child may be experiencing nicotine withdrawal please speak to your pediatrician or doctor.

For advice on existing evidence based methods to quit call the Quitline on 13 7848 or find online support here: www.cancercouncil.com.au/cancer-prevention/smoking/quitting-smoking/

More information on e-cigarettes can be found here:

www.cancercouncil.com.au/cancer-prevention/smoking/electronic-cigarettes/



THE CRITICS' CHOICE

The health effects of tobacco smoking and e-cigarette use

Effect of tobacco smoking on your health:

- Smoking is the main cause of **preventable** death and disease in Australia!
- Smoking is linked to **40+ diseases**, including lung cancer, liver cancer, emphysema and eye and mouth diseases.
- When you smoke, extremely harmful chemicals enter your body and can reach your heart, brain and go everywhere your blood flows.
- Smoking affects how you look and feel.

Effects of e-cigarette use on your health:

- E-cigarettes contain chemicals that **haven't been tested for safety** when inhaled into the lungs.
- E-cigarette makers don't list all their ingredients and it can be hard to find out what they are. Some e-cigarettes contain nicotine even when they are labelled "nicotine free".
- Nicotine is **highly addictive** and can harm your brain development.
- Studies have shown that young people who use e-cigarettes are **more likely to smoke** and become addicted to cigarettes in adulthood.

Smoking can:

- Stop your lungs growing properly and make you less fit.
- Give you tooth decay and sore or bleeding gums.
- Make you wheeze or trigger an asthma attack.
- Cause addiction to the drug nicotine.

Using e-cigarettes can:

- Make you wheeze or trigger an asthma attack.
- Make you moody, anxious and irritable.
- Expose your lungs, body and brain to harmful chemicals.
- Cause addiction to the drug nicotine.

Smoking and e-cigarettes affect your brain:

Your brain is particularly sensitive to the effects of nicotine. Your brain is still developing until you are about 25 years old, so if you use nicotine your brain may not be able to properly develop. This means that you are more likely to develop anxiety and mood disorders.

What does all this mean for you?

Smoking or using e-cigarettes:

- is bad for the health of your body, lungs and brain
- costs a lot of money and can mean you miss out on doing fun activities
- exposes you to addictive and unknown substances
- gives you yellow teeth and unhealthy gums.

By choosing not to smoke or use e-cigarettes you are setting yourself up for a healthier and happier life!

School Photo Day will be held on

FRIDAY 26th MARCH 2021



We will have a makeup day on Tuesday 30th March 2021 (approximately one hour).

The school dress code for photos is full school uniform with **NO** visible undershirts, shirt sleeves are **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 flyer approximately one week prior to photo day.

MSP Photography advises the personalized flyer replaced to previous style of personalized envelopes and are encouraging all orders to be made online either prior, or for up to two weeks after, our school photo date. Students will still be required to hand their personalized flyer to the photographer on the day. On the day, MSP will accept cheques made payable to MSP Photography or cash providing it is the correct money as no change is given. **Please note the school does not handle orders or payments.**

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 flyer when they receive it.



Rutherford Technology High School would like to extend an invitation to all Aboriginal parents/carers and community members to attend our Maitland Local Aboriginal Education Consultative Group (MLAECG) meetings in 2021.

The primary role of the AECG is to promote active participation by Aboriginal people in the consultative and decision-making process of education and training related matters. The AECG aims to involve and engage Aboriginal parents/carers and community members in education matters involving Aboriginal students.

The MLAECG meeting times and venues for 2021 are as follows:

TERM 1	
Week 3 9 th Feb @ Mindaribba LALC Time: 9:00am	Week 7 9 th March @ Tenambit Public School Time: 9:00am
TERM 2	
Week 3 4 th May @ Mindaribba LALC Time: 9:00am	Week 7 1 st June @ Hunter Valley Grammar School Time: 9:00am
TERM 3	
Week 3 27 th July @ Mindaribba LALC Time: 9:00am	Week 7 24 th August @ Francis Greenway High School Time: 4:00pm
TERM 4	
Week 3 19 th October @ Mindaribba LALC Time: 9:00am	Week 7 16 th November @ Rutherford Technology High School Time: 4:00pm

If you require any more information, please contact:

Michelle Keyes
Head Teacher Learning & Engagement
Phone: 4932 5999

YEAR ADVISERS

Introducing our 2021 School Year Advisers.

The Year Adviser is one of the main helpers within the school. Any problems that is of a general nature should be referred to the Year Adviser, who will either help personally or seek assistance alternatively the Assistant Year Adviser may also be able to assist.

If Parents are wanting to speak to the Year Adviser they can do so by contacting the school administration office, however, as staff have teaching commitments, meetings and duties they may not be available immediately. If this is the case the Administration Staff will take a message for you and your call will be returned at a time the staff member is available.

Parents who would like to see the Year Adviser are required to ring and make an appointment as it is difficult for staff to see them if they drop in due to their commitments.



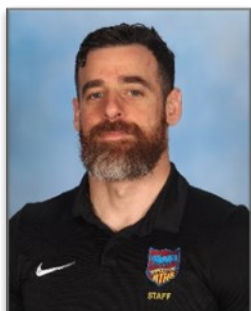
Year 7

Year Adv: Mrs Foster
Assistant: Mr Hancock



Year 8

Year Adv: Ms Bartlett
Assistant: Mr Delforce



Year 9

Year Adv: Mr Lenskyj
Assistant: Ms Hewitt



Year 10

Year Adv: Ms Rooney
Assistant: Mr Connaughton



Year 11

Year Adv: Mrs Hedges



Year 12

Year Adv: Ms Scott

RESPECT

RESPONSIBILITY

COMMITMENT

CAPTAIN MESSAGE

Term 1 is in full swing!

The school swimming carnival took place last week at Maitland pool, I attended supporting the best team '**Holmeville**', sadly they lost to the '**Dalwood Dolphins**', besides the best team losing, the day was a success.

In other news the Year 7's have settled in to the school so well that they are already achieving Faculty awards each assembly and getting to class by themselves.

This term the SRC are trialling fortnightly meetings rather than weekly and we are currently in the process of setting yearly goals we would like to achieve including events and fundraisers.

Thomas Borg
School Captain

YEAR 7 REPORT

Year 7 students have made a cracking start to 2021. They are settling in very nicely to their new classes and routines. It has been a pleasure getting to know so many of you so far and we are looking forward to getting to know you all over the next 6 years.

They are all looking fantastic in their uniforms and it is a pleasure to see them demonstrating our school three core values of **Respect, Responsibility and Commitment**. I have had many excited students show off their new collection of B-Bucks ready for our PBL rewards day coming at the end of Term 1.

With Peer Support finishing up our Year 7 student's CCC projects are just around the corner. They have shown their excitement and anticipation for their upcoming projects and based on the pitches I have heard students are in for an amazing time!

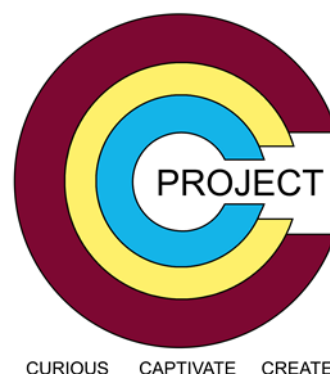
A reminder to parents/carers that Year 7 have their first round of vaccinations coming up in Week 7. All students have been provided with their vaccination form to be handed back to their Science teacher.

Students are reminded that class time is not an appropriate time to use your mobile phones. You use it, you lose it.

Finally, Ms Foster and I want to say a big thank you to all parents/carers, staff members and students involved with making the transition into high school for our new Year 7 cohort so smooth.

Work hard, dream big and never give up.

Mr Jai Hancock
Assistant Year 7 Advisor



RESPECT

RESPONSIBILITY

COMMITMENT

YEAR 8 REPORT

Year 8 2021 have had a positive start to the year, settling back into routine well and are commended for their efforts. The school swimming carnival was held in Week 2 and the Year 8's who attended were the most enthusiastic about getting in the pool and participating.

Students have received an information sheet and permission note to undertake a long term study by the Black Dog Institute. The information collected by the study focuses on students mental wellbeing and with the 1 in 4 students experiencing heightened levels of mental or emotional stress in the past year it is a great opportunity to help researchers identify strategies and preventative practices for our students.

Uniform has been good so far and moving into the colder months students are reminded to wear the correct school jumper and pants. Our school uniform shop is open Tuesday and Thursday and now have our new school jumpers!

Mr Brad Delforce
Assistant Year 8 Advisor

YEAR 9 REPORT

Year 9 have had a very busy start to our year with school swimming carnival in the second week at school. It was an absolute pleasure to see so many of our students supporting one another and enjoying the day with staff.



Students have selected their sports for the first trimester this year and we strongly encourage all students to be organised for these activities (correct money for bus sports and appropriate footwear). A reminder in regards to school uniform, we are a uniform school and therefore all of our students are required to adhere to our uniform policy. Stepping into Autumn we expect all our students to be in full correct uniform including jumpers. Our uniform shop is fully stocked with our polo shirts, shorts and jumpers. A friendly reminder that leggings and gym tights are not a part of our school uniform so please refrain from sending your children to school in these items.

Students are encouraged to maintain correct classroom behaviours and strive to collect their B-Bucks for the rewards at the end of term (date to come). This is a fun day to be had by all and we all look forward to celebrate positive behaviours within Rutherford Technology High School.

We look forwards to the exciting things to come in Semester One.

Ms Charlotte Hewitt
Assistant Year 9 Advisor

YEAR 7 SCIENCE



On Monday 8th February 2021, students in 7M had to safely perform the instruction of being able to light a Bunsen Burner, in order to be used for experiments in Science.

With great confidence, these smart individuals safely performed the instruction and acquired their Bunsen Burner license and will now proceed to use their license and operate the Bunsen Burner for various experiments in the Laboratory.

Congratulations 7M what an exciting milestone!
Super proud of you all.

Miss Todorovski
Science Teacher



Attention: Year 8 Parents/Carers

Opportunity for Year 8 Students: 'Future Proofing' Study

Recently the following information was Emailed to Year 8 Parents and Carers.

Dear Parents and Carers

We're thrilled to announce that our school is taking part in Australia's largest ever Wellbeing study for high school students – the 'Future Proofing' Study. We'll be working with the Black Dog Institute and UNSW, along with 170+ other schools, to improve the mental health and wellbeing of Australian teenagers.

We all know 2020 was a difficult year and the wellbeing of our students has never been so important. That's why we're encouraging all Year 8 students to participate in this study.

Participating students will try out new mental health apps and complete surveys about their health and wellbeing at school until they are in Year 12. The surveys will ask about a wide range of issues important to young people, including health, emotions, friendships, school, and the impact of the COVID-19 pandemic.

Students need parent permission and a smartphone to participate. Please follow this link to read the study information sheet and complete the consent form: <https://www.fpstudy.org.au/RuthTech>

We hope you consider your child's participation in this study. Even before COVID-19, research was showing that mental health concerns in teenagers are on the rise. Our school is keen to be part of the solution.

If you'd like to learn more, please feel free to watch this short information video from the research team:
<https://youtu.be/Mf2OsMfFKSs>

Ms Kristine Turner & Mrs Emma Basedow
Head Teachers Wellbeing - Year 8



Well done!

TERM 1: WEEK 3 – HSIE & TAS FACULTY PBL AWARDS

HSIE Faculty:

Beau	Showing Responsibility in HSE Lessons
Harley	Having Respect to Students & Staff in HSIE Lessons
Heidi	Showing Responsibility in HSE Lessons
Jack	Commitment to HSIE Lessons
Indyanna	Having Respect to Students & Staff in HSIE Lessons
Jason	Commitment to Modern History Lessons
Kashanti	Showing Responsibility in HSE Lessons
Loren	Commitment to Society & Culture Lessons
Logan	Commitment to HSIE Lessons
Serenity	Commitment to Business Studies Lessons
Tyler	Commitment to HSIE Lessons
Zoe	Having Respect to Students & Staff in HSIE Lessons



TAS Faculty:

Year 7	Jacob Jorja Manaia	Commitment & Engagement in Technology Mandatory Consistent Effort in Technology Mandatory Consistent Effort in Technology Mandatory
Year 9	Christopher Wil	Consistent Effort in Electronics Consistent Effort in iSTEM
Year 10	Carmella Dalton Isabella	Following all School Core Values in Child Studies Consistent Effort in Industrial Technology-Timber Consistent Effort & Application in Food Technology
Year 11	Bianca Lewis Natasha	Excellent Effort in Engineering Consistent Effort in Industrial Technology-Timber Following all School Core Values in Textiles & Design
Year 12	Serenity	Consistent Effort & Application in Food Technology



RESPECT

RESPONSIBILITY

COMMITMENT

Well done!

TERM 1: WEEK 4 – MATHEMATICS FACULTY & LIBRARY PBL AWARDS

Mathematics Faculty:

Displaying a Very Positive Attitude towards Mathematics:

Year 7

Asera
Belle

Year 8

Jeremy
Mikayla
Riccardo

Year 9

Jaidyn
Riley

Year 10

Amy
Kaitlyn

Year 11

Alyssa
Lily

Year 12

Andre
Kiarah



Library:

Year 7

Year 8

Year 10

Harlem
Sanita
Saraha
Jack

Willingness to Assist in the Library
Being an Enthusiastic Reader
Being an Enthusiastic Reader
Always being Respectful while in the Library



RESPECT

RESPONSIBILITY

COMMITMENT



[Why Sleep is so Important | Kids Helpline](#)

Sleep is like food for your brain.

Teenagers are growing and developing at a rapid rate, so they need lots of sleep. Getting enough sleep is important for your physical and mental wellbeing. The right amount of sleep will help your teen to cope with the demands of school and life.

Sleep lets your mind recharge and process information. It's the only part of the day that your body gets to rest and repair. Sleep can help you feel better, think more clearly and concentrate better. It gives you energy to complete tasks and can make you more alert.

Without enough sleep you may have problems with thinking, concentrating, memory, reaction times and mood.

Teens need between 9 and 10 hours of sleep each night to function best, although for some, 8 hours is enough.

The Power of Sleep

It may feel like nothing much goes on when you're asleep, but the mind and body are working hard. This hard work means benefits like:

- ◆ Improved memory
- ◆ Sharper attention
- ◆ Lower stress
- ◆ Increased energy
- ◆ Repaired muscles
- ◆ Improved mood
- ◆ Improved creativity
- ◆ Better decision-making
- ◆ Improved physical health
- ◆ Stronger immune system
- ◆ Boost in brain power
- ◆ Better mental health

How can I get more Sleep?

Here are some things that may help you to sleep better:

- ◆ Turn off devices at least 30 minutes before bed
- ◆ Enjoy some exercise during the day
- ◆ Have a regular bedtime and waking up time – and stick with it!
- ◆ Develop a calming bedtime routine (quiet & soothing activities)
- ◆ Try not to nap during the day. If you do, keep it under 20 minutes
- ◆ Create the right sleeping environment (dark, quiet, cool)
- ◆ Avoid stimulants before bed (sugar, coffee, coke, tea)
- ◆ Get any worries off your mind by writing them down before going to sleep
- ◆ Make sleep a priority! Ensure you get at least 9 hours of sleep per night

Thinking of Skipping Sleep to Study?

Sleep actually helps with learning and memory which makes it really important for retaining information!

You can find more information about sleep for teens at [Why Sleep is so Important | Kids Helpline](#)

A reminder that there are lots of great resources for supporting your child's wellbeing on CANVAS.

Ms Sarah Thornton	-	Head Teacher Wellbeing: Year 7, Year 9 & Year 11
Ms Kristine Turner	-	Head Teacher Wellbeing: Year 8, Year 10 & Year 12 (Tues & Wed)
Mrs Emma Basedow	-	Head Teacher Wellbeing: Year 8, Year 10 & Year 12 (Mon, Thurs & Fri)

RTHS - SWIMMING CARNIVAL 2021



RESPECT

RESPONSIBILITY

COMMITMENT



MAITLAND AREA SCHOOL CHALLENGE

Telarah Bowling Club have invited six schools in the Maitland area and Rutherford Technology High School is one of them to participate in a challenge to design their new bowls shirt which will be worn by their bowling fraternity for the next three seasons.



This is a great opportunity for students to showcase their skills in art design and capture the culture of the local area. The club colours are red, green and white and the name of the team is 'Telarah Steamers' and the two themes should be incorporated into your design.

There will be a prize for the winning school!
The Challenge will end 26th February 2021.

For further information and submission of your design please see Maxine Creek in the careers staff room.



Telarah Bowls

The Friendly Club



Rutherford Technology High School Uniform Shop

The wearing of school uniform at Rutherford Technology High School is mandatory.

The school uniform is manufactured and sold by Daylight Sportswear at a dedicated onsite Uniform Shop at the school. This is the ONLY location that the school uniform is available for purchase.

Uniform Shop Hours:

Tuesday 8:00am-12:00noon
Thursday 1:00pm-5:00pm

Limited Stock Still Available

The following items are currently ½ Price

- Junior & Senior Polos-
- Old Style Sport Polos-
- ALL Old Style Jackets-

Purchase Online: daylightsportswear.com/Rutherford

Please ensure all orders are collected from the Uniform Shop

MASTERCARD, VISA & EFTPOS ACCEPTED. CHEQUES NOT ACCEPTED. NO LAYBY.

Uniform Shop: Contact Vanessa - 0478 920 262 during business hours

RESPECT

RESPONSIBILITY

COMMITMENT

Canteen

Rutherford Technology High School canteen is operated by the P&C and offers Flexischools, and as we encourage cashless payments, a friendly reminder that the canteen has EFTPOS - Please note that cash is still accepted. 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'.

Volunteer Opportunities


Where:	Rutherford Technology High School Canteen
When:	As often as you can, part or full day!
Hours:	9:00am till 3:00pm (or any part of the day you can manage)
Experience:	Not necessary Everything you need to know can be learnt within a short space of time
Salary:	Plenty of tea and coffee (or juice) and the best of all friendship
Bonus:	Your child/children are happy to see you in their school. You get to meet new people & make good friends within the school community!
Applications close:	NEVER!

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 -Half Wrap (Assorted) \$3.00		AVAILABLE EVERYDAY SALADS & SUSHI: Salad Box: -Small \$3.50 -Medium \$5.00 Chicken Salad Box: -Small \$4.00 -Medium \$5.50 Caesar Salad Box: -Small \$3.50 -Medium \$5.00 Chicken Caesar Salad Box: -Small \$4.00 -Medium \$5.50 *Large Salad Box Available Upon Request Zucchini Slice & Salad Box \$5.50 Coleslaw Box \$3.50 Curry Pasta Salad Box \$3.50 Rice Salad Box \$3.50	
AVAILABLE EVERYDAY SNACKS: -Freshly Cut Watermelon** \$3.50 -Freshly Made Fruit Salad** \$3.50 -Yoghurt \$3.00 -Yoghurt & Fruit Box \$3.00 -Jelly Cups \$2.00 -Hummus, Carrot & Celery \$2.00 Snack Bag \$2.00 **Only Available Term 1 & Term 4 SAUCE / EXTRAS: -Tomato/BBQ/Sweet & Sour \$0.40 -Extra Fillings \$0.40 -Butter/Mayo/Mustard \$0.20 -Bread Roll \$0.90 -Fork/Spoon \$0.05		AVAILABLE EVERYDAY DRINKS: Water: -350mL \$1.00 -600mL \$2.00 Juice-250mL: -Orange \$2.50 -Apple \$2.50 -Apple Blackcurrent \$2.50 ChilliJ-250mL: -Watermelon \$2.00 -Raspberry \$2.00 -Blackcurrent \$2.00 Glee-250mL: -Tropical \$2.50 -Apple/Raspberry \$2.50 -Blackcurrent \$2.50 -Watermelon \$2.50 Juice Bombs-250mL: -Apple/Cola \$2.50 -Apple/Raspberry \$2.50 -Orange/Passionfruit \$2.50 Milk-300mL: -Chocolate \$2.50 -Strawberry \$2.50 Milk-500mL: -Chocolate \$3.50 -Strawberry \$3.50 Plain Milk-600mL \$2.50 Hot Chocolate \$2.00 (Only Available Term 2 & Term 3)	
AVAILABLE EVERYDAY HOT FOOD: Chicken Burger \$4.50 Chicken Burger Salad \$5.00 Cheese Burger \$4.50 Cheese Burger Salad \$5.00 Chicken Gravy Roll \$4.50 Rissolo & Gravy Roll \$4.50 Lasagne (avail. for ORDER ONLY) \$5.00 Chicken & Corn Soup+Dinner Roll \$4.00 Pumpkin Soup+Dinner Roll \$4.00 Cheese Toastie \$2.50 Ham & Cheese Toastie \$3.00 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. Mon/Wed/Fri) \$5.00 Curried Sausages & Mash \$5.50 Butter Chicken & Rice \$4.00		AVAILABLE EVERYDAY ICE CREAMS: -Juice Ice Blocks \$1.00 -Vanilla Buckets \$1.50 -Paddle Pops \$2.00 (Chocolate, Rainbow, Banana) -Frozen Blizzard \$2.00 -Twisted Frozen Yoghurt \$2.00 (Chocolate, Watermelon, Cookie Dough) -Zoooper Dooper \$1.00 -Gluten Free Ice Block \$2.00 CHIPS: Deli Rock Chips: Sea Salt \$1.50	


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.

Canteen Roster

Monday 22 February 2021	Michelle Sinclair	Monday 1 March 2021	Michelle Sinclair
Tuesday 23 February 2021	Michelle Sinclair	Tuesday 2 March 2021	Michelle Sinclair
Wednesday 24 February 2021	Volunteer Required	Wednesday 3 March 2021	Volunteer Required
Thursday 25 February 2021	Volunteer Required	Thursday 4 March 2021	Volunteer Required
Friday 26 February 2021	Michelle Sinclair	Friday 5 March 2021	Michelle Sinclair



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).

RUTHERFORD TECHNOLOGY HIGH SCHOOL P&C ANNUAL GENERAL MEETING

AGM

ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting (AGM) of the Rutherford Technology High School Parents & Citizens Association will be held on Tuesday 16th March 2021 at 6:00pm in the school front office interview room.

In accordance with the Federation of Parents & Citizens' Association Guidelines the following will apply:

The officer positions determined at the AGM, according to both Standard and Prescribed Constitution are:

President, Vice President, Secretary, Treasurer, Canteen Treasurer, Public Officer and Finance Committee

- No more than one office position can be held by the same person.
- Two people from the same family can hold office-bearer positions at the same time.
- Office-bearers can be elected regardless of their place and type of employment.
- Only financial members are eligible to stand for a position (to be a financial member, a community person must have paid their \$2.00 membership fee no later than the General Meeting prior to the AGM).

Nominations should be forwarded to the Principal via the school email address (rutherford-h.school@det.nsw.edu.au) and include nominating position, nominee name, address and telephone number or alternatively nominations can be taken at the meeting.

The March meeting will follow at the conclusion of the AGM.

RESPECT

RESPONSIBILITY

COMMITMENT

ZONE SWIMMING

Wow - what a fantastic day in the pool on Wednesday 17 February 2020 at Zone for Rutherford Technology High School!

Results have only just been received and there were some great times and PB's even over the school times from our school swimming carnival - below are results for 1st-3rd placing.

Isis Aulsebrook	12yrs Girls	2nd	50m Freestyle
Paige Grieve	14yrs Girls	3rd	100m Freestyle
	12-14yrs Girls	3rd	200m IM
Eva Turner	14yrs Girls	1st	100m Butterfly
		1st	100m Breaststroke
		1st	100m Freestyle
		1st	50m Freestyle
	12-14yrs Girls	1st	200m IM
Jake Guest	12yrs Boys	2nd	50m Freestyle
Kobi Randle	12yrs Boys	3rd	50m Freestyle
Cain White	13yrs Boys	3rd	100m Backstroke
Tahj Wood	13yrs Boys	1st	100m Breaststroke
		1st	50m Freestyle
	12-14yrs Boys	2nd	200m IM
Blake Burton	14yrs Boys	1st	100m Butterfly
		1st	100m Breaststroke
		1st	100m Freestyle
		1st	100m Backstroke
		1st	50m Freestyle
	12-14yrs Boys	1st	200m IM
Adrian Wenham	15yrs Boys	2nd	100m Breaststroke
Shay White	16yrs Boys	1st	100m Butterfly
		2nd	100m Freestyle
		2nd	50m Freestyle
Matthew Wenham	16yrs Boys	1st	100m Backstroke
		1st	100m Freestyle
	15-16yrs Boys	2nd	200m IM
Thomas Reid	17-19yrs Boys	1st	100m Freestyle
	17-19yrs Boys	3rd	50m Freestyle
Hayden Coyle	17-19yrs Boys	1st	100m Breaststroke
Sebastian Sanderson	17-19yrs Boys	2nd	50m Freestyle
RTHS Relay Teams:	1st 14yrs Girls		200m Freestyle
	1st 14yrs Boys		200m Freestyle
	1st 15yrs Boys		200m Freestyle
	1st 16yrs Boys		200m Freestyle
	1st 17-19yrs Boys		200m Freestyle
	1st Open Boys		200m Medley
	1st 12-19yrs Boys		300m Freestyle
	1st Mixed 12-19yrs		600m Freestyle
	2nd 13yrs Boys		200m Freestyle
	2nd 15yrs Girls		200m Freestyle
	2nd 17-19yrs Girls		200m Freestyle
	2nd Open Girls		200m Medley
	3rd 12-19yrs Girls		300m Freestyle



These results are now 'advanced' to HSSA swimming trials, where the convener will select swimmers in individual events + relay teams to compete at the HSSA swim trials on 1st March 2021 at Lambton Pool (this carnival will be selection for HSSA Swim Team that will represent the Hunter Region at CHS at the end of April).

Our school will be notified early next week of the successful swimmers + relay teams from Rutherford Technology High School that will progress to HSSA trials.

It was wonderful to see so many of our parents at the pool supporting our students and we would like to thank you all for coming along.

Mr Steve Edwards
School Swimming Coordinator

RESPECT

RESPONSIBILITY

COMMITMENT

RTHS Mobile Phone Policy



RUTHERFORD TECHNOLOGY HIGH SCHOOL

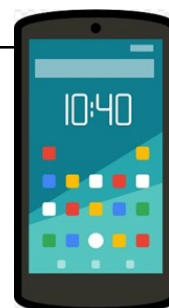
Respect Responsibility Commitment

30 Avery St. Rutherford 2320

Phone: 49325999

Fax: 49328166

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



Mobile Phones

(Effective April 2020)

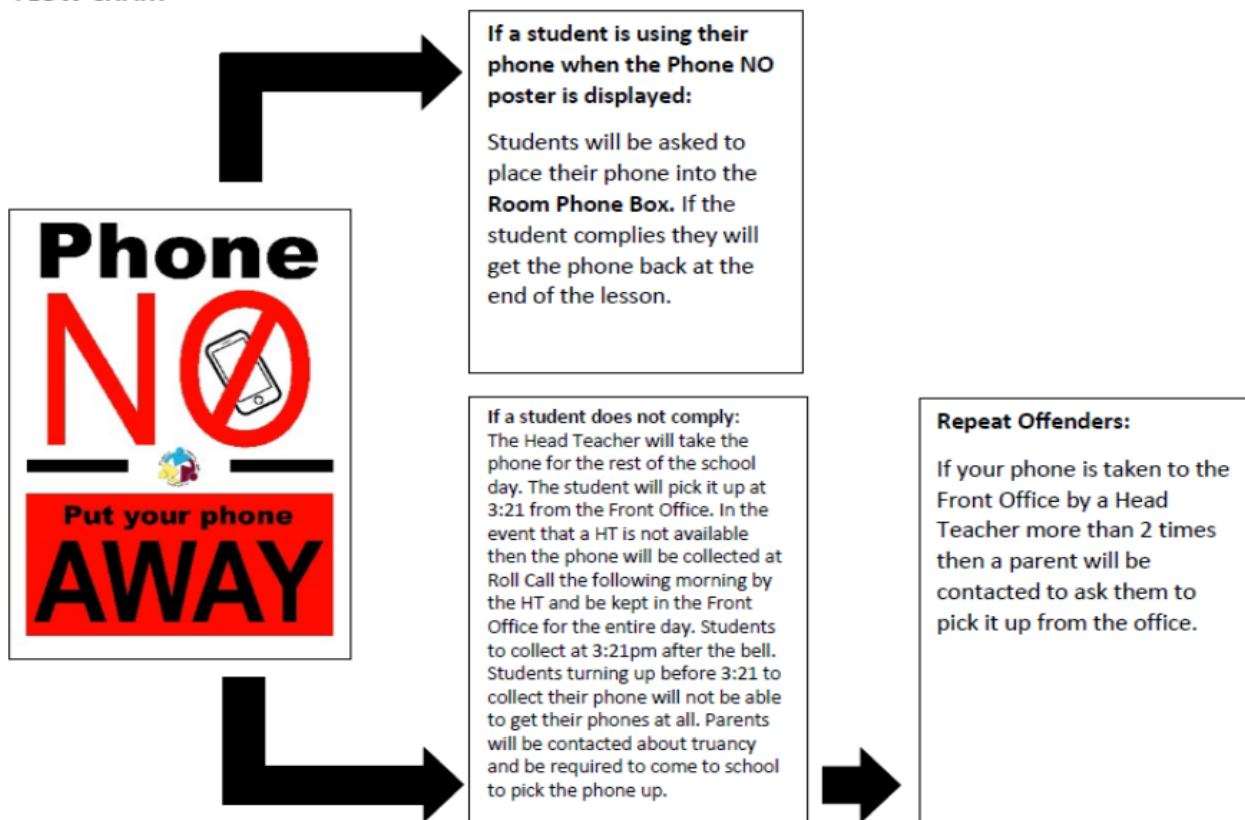
Procedures surrounding – Room Phone Box – Phone GO Phone NO posters

Overview:



- Students are only to use their phone when the teacher has identified with the poster in the room that it is a **Phone GO** time.
- During this time students are to only use phones for educational purposes.
- If the **Phone NO** poster is on display then students are not to have their phone anywhere in sight of the teacher or students for any reason.

FLOW CHART



SCHOOL CLEAN UP DAY



FRIDAY 5th MARCH 2021
(Period 5)

Year 7 ONLY

Reward for the class that
collects the most garbage!

Entertainment

Fundraising with Entertainment

20% of every Membership we sell, goes directly to our fundraising



More ways to enjoy every day

From dining to shopping, to travel, get more of what you love & give back to our cause.

Share in the good, with up to 50% off & 2 for 1 deals in your city and across Australia and New Zealand.



Support us. Buy your Entertainment Membership today!

Rutherford Technology High School P & C Association

Order your Memberships online today!

www.entbook.com.au/3k4872

T3AU_0374



SCAN HERE

*Member offers are subject T&Cs. Check individual offers on the Entertainment Membership App or www.entertainment.com.au



supporting young people impacted by suicide

headspace National is hosting free mental health education sessions for parents and carers of young people.

Information presented can:

- Strengthen your understanding of mental health and mental health literacy
- Build your understanding of risk and the warning signs to look out for in your young person
- Strengthen understanding and skills in how to cope and where to find help
- Build awareness of local services and various support and referral services available
- Build relationships between local area mental health services, department of education, local schools, headspace centres and other community organisations.

Event details and registration

Tuesday 23 February 2021

6.30 – 7.45pm AEDT

Click [here](#) to register, or

Thursday 25 February 2021

6.30 – 7.45pm AEDT

Click [here](#) to register

Or type the URL below into your web browser: <https://bit.ly/2Nm5cRh>

After you have registered, you will receive an email confirmation from Eventbrite which will include the Zoom meeting link to access the webinar on the evening.

Contact

For more information please email: headspaceSchools@headspace.org.au

Proudly funded by



headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

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

Free

Samaritans

Tuning in to Teens

Emotionally Intelligent Parenting

A free parenting program for parents of teens aged 10-17.



Thursdays
10am - 12pm

Where: Samaritans Early Learning Centre
11 Lawson St, Woodberry

When: Starting Thursday Feb 18, 2021, six sessions
Please call 4931 1000 to book.

Supported by:



Communities
& Justice

For more information visit www.samaritans.org.au

COMMUNITY NEWS



Greta Family Disco

Family friendly event
Sponsored by Council's \$ for \$ Community Grants

No Passouts **Drug and Alcohol Free**

Free Rides and Face Painting

When: 06th March, 2021
Time - 4pm to 8pm

Cost: Gold coin donation per person

Where: Greta Community Hall.
1 Water St Greta.

Contact Will Doran 0438 636 009

Logos at the bottom: cyccs, THE CENTRE @ KURRI KURRI, CESSNOCK CITY COUNCIL, Father Chris Riley's youth off the streets®, and a rainbow logo.



Maitland Junior Football Club are seeking players for Under 16's. If you are interested, or know someone that is, please contact Evelyn on 0432 945 237.

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.

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 costs available on the club website www.maitlandjuniorfc.com.au under Registration and Fees Explanation.

Registrations are online via a link on our website. All players not previously registered with Maitland Junior Football Club must submit a copy of a birth certificate, passport, licence or proof of age card via email to Evelyn at secreg@maitlandjuniorfc.com.au

WALLAROOOS
REGISTER FOR 2021



**BOYS AND GIRLS
5 TO 18 YEARS OF AGE**

REGISTER ONLINE AT
www.playrugbyleague.com
West Maitland
secretary@westmaitland.com.au
president@westmaitland.com.au



Club Maitland City
club sponsor
#WESTISBEST



WALLAROOOS
**"Come and Try"
CLINICS 2021**



**COME AND TRY
DETAILS BELOW**

Thursdays Feb 25th, March 4th and 11th
Hartcher Field, Telarah

U/6 to U/12's 4 to 5pm
Girls U/13 to U/17 5 to 6pm

www.playrugbyleague.com
West Maitland
president@westmaitland.com.au





Club Maitland City
club sponsor
#WESTISBEST



**GIRLS
COME AND TRY
CLINIC**

Ages 5 – 17 years
Somerset Park Sporting Fields
Sunday the 7th March
10.00am - 12.00pm

For more details and to register go to:
<https://www.playrugbyleague.com/play/>
type in postcode 2322 to locate the clinic.



RTHS SUPPORTERS

Harvey Norman

Maitland



hopeUC
HOPE UNLIMITED CHURCH



Maitland



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