



RUTHERFORD TECHNOLOGY HIGH SCHOOL

6th AUGUST 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

6-12 August NSW Lockdown Period
***PLEASE NOTE SCHOOL IS
OPERATIONAL FOR ESSENTIAL
WORKERS CHILD/REN ONLY**

13 August 2022 Leadership
Nominations Close
17 August P&C Monthly Meeting
19 August 2022 Leadership Speeches

NEWSLETTER

2021 Education Week 'Lifelong Learners'

Education Week 2021: 26th-30th July 2021

Education Week is a chance to celebrate the achievements of our school, students and learning community.

This year's theme is 'Lifelong Learners' and celebrates education as a lifelong journey from before a child enters an early childhood setting, progressing to primary and secondary school, and continuing their learning journey into adulthood; learning a trade, entering tertiary education, or the workforce.

Continuous learning is critical for success throughout life and everyone can be a lifelong learner.

Unfortunately due to the current COVID restrictions we were not able to hold our annual Rutherford Learning Community Education Week Awards Ceremony however we celebrated the success of our award recipients at our school assembly on Thursday 29th July 2021 - a big congratulations to:

- Karla Roets
- Ms Tania Abbott
- Barbara Meister
- Student Representative Council (SRC)
- Mrs Evelyn Robinson





2021 Education Week Award Recipients

**Ed.
week**
26-30 July
2021



Karla Roets - Excellence in Student Achievement

Karla is an outstanding and dedicated member of our school student representative council (SRC). Karla always gives 100% to improving school culture. Karla has represented the school at various sporting events and is also an active member of the school debating team. Karla is well respected by both her colleagues and staff.

Ms Tania Abbott - Excellence in Teaching

Tania has consistently demonstrated excellence in teaching practice, organisation of learning experiences and accomplished inclusion of technology in lessons designed to orient new students with online learning platforms. Tania has introduced many new things to our library and it is now an alternative learning space. Tania is always willing to help anyone with anything!



Barbara Meister - Outstanding Contribution by a School Community Member to the School

To everyone she is 'Aunty Barb'! Aunty Barb has a long history with our school. She willingly contributes to the school learning community to improve school culture. Aunty Barb regularly volunteers her time in the school canteen and at many school functions. Aunty Barb is also an active member of the P&C association.

Student Representative Council (SRC) - School Achievement Award

The SRC is led by Mrs Cathryn Weber from the TAS Faculty. The SRC proudly continues representation of Rutherford Technology High School three core school values: Respect, Responsibility & Commitment. The values are displayed by all SRC members in both the school and the out in the broader community.



Mrs Evelyn Robinson - Outstanding Contribution by a Non-Teaching Member of Staff

Evelyn works tirelessly behind the scenes to help all of our support students, especially the seniors. Evelyn attends all extra curricula activities to support our students. She has been instrumental in assisting senior students in obtaining resumes, cover letters, work experience and tax file numbers. Evelyn is a leading force in supporting the teachers and students to ensure all students have a successful transition into post school life.

Kashanti Walmsley - Aboriginal Education Achievement Award for an Aboriginal Student

Kashanti is a dedicated and hard-working student who always demonstrates our school core values of Respect, Responsibility & Commitment. Kashanti is an exceptional role model to other students.



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MESSAGE FROM THE DEPUTY PRINCIPAL

The trial exams are nearly over and the attendance has been excellent, with Year 12 students taking these really seriously. Those students who needed support at the time were able to access it with our front office and teaching staff ready to go as always.

The Year 7 2022 GATs exam ran this week – again, the behaviour of these students was exceptional.

Congratulations to students following the health advice as they get onto buses. Many are carrying their own masks and those without are very polite as they ask for one of our spares to travel safely.

This year we have been setting high expectations around assessment through an increase in Letters of Concern going home to Year 7 to 9 for those students who have not been completing work. Thank you to those families who continue to work with us to ensure we can support their children to complete tasks to the best of their ability. A reminder that there is so much support for students and we recommend getting help in the lead up to a task if needed.

Onto a negative – such a small number of our students are letting our community down as they damage our toilets. Sometimes the decision is made to close these to attempt to protect that resource and ensure we can spend money on important things.

A reviewed uniform policy is currently in draft form and will be communicated to parents when finalised. No major changes to our uniform itself but some procedural clarification to ensure consistency. Our school community looks so great as the vast majority of students continue to wear our uniform with pride.

Mrs Tina Pratt
Deputy Principal



HSIE FACULTY REPORT

HSIE has had a busy and exciting start to Term 3. It has been great to welcome Ms Jemima Williams into the faculty, replacing Ms Zerbst who gained a permanent teaching position in Wagga Wagga at the end of Term 2.

The next semester for staff and students promises to be just as full and productive as the previous. Year 7 and Year 8 have begun their study of History, with Year 7 focusing on the Ancient World and Year 8 exploring Ancient China. Year 9 started their study of World War Two along with investigating the topic of Sustainable Biomes in Geography. In History Year 10 have started to explore Australia’s involvement in the Vietnam War as a new topic the faculty developed and are continuing to examine the importance of Environmental Management for Geography. These topics bring students engaging opportunities to discover the world around them and develop critical thinking skills. Currently all our students in Years 7-10 for History are completing Historical Investigation Assessment Tasks. This requires students to complete a historical inquiry on a chosen topic and present their findings. To support students with these assessment tasks and to develop their writing skills the HSIE staff are offering a new initiative “**HSIE Writing and Hot Chocolates**”. Students in Years 7-12 are encouraged to come to K2 from 8:00am of a Thursday morning to work on assessment tasks and extended writing whilst having a hot chocolate.

Year 12 have also been busy, completing their Trial HSC Exams for HSIE. All students are encouraged to revise their results and practice rewriting extended responses questions to develop their knowledge and understanding further. In the lead up to the HSC it is crucial students are continuing to complete their study of content, developing topic summaries following the course syllabus and answering past examination questions. 2021 Society and Culture students are to be congratulated for their work on their Personal Interest Projects (PIP). Additionally, we received some excellent History Extension Major Works that students should be very proud of. We wish Year 12 the best of luck for their upcoming HSC exams and remind students that we are happy to provide any assistance they may need during this time. We encourage parents to contact us if they have any concerns regarding their child’s experiences in HSIE.

Ms Kristy Grant
Head Teacher HSIE Faculty

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Year 7 Report

Year 7 have been smashing goals moving into their second semester of high school after taking out the PBL champions awards for Years 7, 9, and 11 at the end of Term 2.

It has been fantastic to see a huge improvement in uniform, especially during the winter months. A reminder for a few students to save the non-uniform, coloured jumpers for the weekend.

A big congratulations to our U/13's Rugby League team for their numerous wins throughout Semester 1. We wish you the best of luck for all your upcoming events!

With latest round of CCC projects coming to an end in Week 6, we hope you are looking forward to trying out something new. I am hearing about some exciting projects coming up, but no spoilers, you'll have to wait for the pitches.

Don't forget that with a new rotation of TAS classes and CCC there will be timetable changes, it is important that you always have access to your timetable so that we can always be in the right place at the right time.

Mr Jai Hancock
Year 7 Assistant Year Advisor

Year 10 Report

Greetings Year 10 students and parent/ carers!

Welcome back the beginning of Semester Two and the beginning of Term 3. Miss Rooney and Mr Connaughton would like to acknowledge how impressed we have been with Year 10's efforts throughout Semester One and we hope those efforts will continue on to their final Semester in a blue Rutherford Technology High School uniform.

Congratulations to all Year 10 Students who attended the Football Gala day at Maitland High School on the last day of term in term 2. All Rutherford Technology High School football teams were undefeated on the day which is a true reflection of the hard work students have been doing in their elective classes.

Jaimon Suey was acknowledged at Rutherford Technology High School's weekly assembly and on Rutherford Technology High School FaceBook for his outstanding design of the newest Rutherford Technology High School rugby league indigenous jersey. Jaimon who is Vice Secretary of our AECG worked with the Aboriginal Education team in designing the jersey (seen in the below photo) that represents the story of different mobs coming together. The 3 groups of circles are each different colours to one another. There is one that is light blue representing salt water, one the dark blue representing fresh water and the third is brown representing Country. Awesome work Jaimon!

Finally, a reminder to all Year 10 students that term three is always a demanding time for homework and assessment tasks. Rutherford Technology High School have acknowledged that this time of the year can be stressful for students completing tasks and have provided their assistance by launching the "RTHS Homework Centre". Every Wednesday from 3:20pm – 4:00pm the homework centre provides students from all year groups the opportunity to seek help from staff members with homework and assessments tasks.

Mr David Connaughton
Year 10 Assistant Year Advisor



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YEAR 7 SCIENCE

Leaning tower of Marshmallows!

7F had an awesome time investigating forces by creating a tower with pasta and marshmallows! They were very committed to their learning and determined to build the tallest tower!

Keep up the great work!
Miss T



Rutherford Technology High School P&C Association is holding one last Thompson Pie Drive Fundraiser for this year so you can fill your freezer for the upcoming school holidays!!

An order form can be found on the last page of this newsletter or alternatively you can order online via Flexischools.

Orders, together with payment, are due by **2:00pm Tuesday 31st August 2021**.
Delivery/Collection date is **Thursday 16th September 2021**.

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Important Year 12 Information

HSC students will be given more time to work on their major projects and to prepare for exams to reduce the impact of the current COVID-19 lockdown.

The NSW Education Standards Authority (NESA) COVID-19 Response Committee has announced additional changes to the 2021 HSC timetable to give students additional time to prepare for upcoming HSC exams.

In recognition of the evolving COVID-19 situation and in line with health advice, NESA will:

- Extend the hand in date for all major projects by two weeks. The hand-in date for Industrial Technology has been extended by four weeks.
- Reschedule Drama performance exams to run from 6th to 17th September.
- Music performance exam continue as scheduled, running from 30th August to 10th September.
- Reschedule the written exams to begin one week later on 19th October and conclude on 12th November with HSC results out on 17th December.

Due to the HSC written exams being moved by one week our school has had to change the date of the Year 12 Formal and the Year 12 Graduation Assembly with the new dates for each event:

Year 12 Formal **Tuesday 16th November 2021 @ Crowne Plaza Hunter Valley**
Year 12 Graduation Assembly **Thursday 18th November 2021 @ RTHS-MPC**

Please ensure you adjust your calendar accordingly and make note of the new dates!



Students, parents and carers may be interested in **Studiosity**, an online tutoring service for students in Years 3 - 12 available through Newcastle Libraries.

- Online tutors are available for one-on-one assistance daily from 3:00pm to midnight.
- For writing feedback, users can submit a draft at any time of the day or night. Studiosity will endeavour to return it with expert feedback within 24 hours.
- Study quizzes are available 24/7. This includes hundreds of Australian Curriculum-based practice tests for Years 3 - 12, including NAPLAN.

For more details see the [Newcastle Libraries](#) website.



ReachOut Parents One-on-One Support

A reminder about **ReachOut Parents One-on-One Support**, a free service for parents of 12 to 18-year-olds that includes up to four sessions over the phone and online with a professional experienced in supporting families.

Parents/carers will be supported to:

- ◆ clarify goals
- ◆ find solutions
- ◆ make a plan to move forward
- ◆ put the plan into practice

The ReachOut Parents One-on-One Support program may be helpful for parents and carers when:

- ◆ their teenager is going through a tough time and they are unsure of how to help them through it
- ◆ they are worried about the relationship they have with their teenager
- ◆ they want to better understand and communicate with their teenager
- ◆ their teenager has stopped confiding in or being open with them
- ◆ their teenager has become moody and irritable
- ◆ their teenager has been having difficulties with school, such as low attendance, study stress or peer pressure
- ◆ their teenager is spending more time online than usual, especially on social media.

More information, eligibility and access:

<https://parents.au.reachout.com/common-concerns/mental-health/things-to-try-getting-help/free-parenting-support-from-a-professional>

eSafety - Two Webinars Available for Parents and Carers

eSafety Parent Guide to Online Sexual Harassment and Image-based Abuse

This webinar will help parents and carers to understand online sexual harassment and image-based abuse, (non-consensual sharing of intimate images). It is designed for parents and carers of young people aged 13-18.

The webinar will cover:

- the difference between online sexual harassment and image-based abuse
- how to report online sexual harassment to social media companies
- how to report image-based abuse to eSafety and when to report to police
- where to get support if you feel upset or worried about something that has happened online

Dates available:

Tuesday 10th August	7:30pm to 8:30pm
Tuesday 24th August	12:30pm to 1:30pm
Tuesday 7th September	12:30pm to 1:30pm
Thursday 9th September	12:30pm to 1:30pm

eSafety's Parent Guide to Popular Apps

This webinar is designed for parents and carers of young people aged 8-13 and focuses on how to help young people safely use popular apps including TikTok, Instagram, Snapchat and YouTube.

It will cover:

- an explanation of the popular apps used by young people
- case studies, research, and targeted advice
- ways you can support the young people in your life to have safe, enjoyable online experiences.

Dates available:

Monday 16th August	12:30pm to 1:30pm
Tuesday 31st August	7:30pm to 8:30pm

eSafety also have a very good short recorded video for parents and carers on **cyberbullying and online drama:**

<https://vimeo.com/566359070>

PBL NEWS

“The way we experience the world around us is a direct reflection of the world within us”.

Gabrielle Bernstein

This cycle we have asked our students to reflect on our core school values and their experiences at school. Apart from providing us a chorus of student insights; this process in itself holds an important lesson, that of reflective thinking. As the above quote suggests, we filter the world with our attitude. So, if we are able to look at *how* we are thinking whilst looking back on what we experienced, we learn and hopefully grow.

The PBL team are always reflecting on how to improve the student and staff experience at Rutherford Technology High School. We review our procedures, reward systems and celebrations, and messages we send to students (both explicit and implicit) every term; and the data we receive from students helps shape our decisions for the future. Such an example is our decision to modify the rewards afternoon for this term. Due to COVID and the uncertainty that it brings, this term we have asked students to write their name on the back of their ‘B-Bucks’ in order to go into a raffle for a number of monetary awards – one draw per year group. Hopefully in time we will be able to return to the rewards afternoons, which are relished by students and staff alike.

In talking about the experiences and the effect our outlook can have on our perception (re-read the quote for clarification), I’d like to share a recent teaching moment – the teacher was me, and in reflection *the lesson was for me as well*. I lamented the fact that I had a certain class after a break. They are all great kids, but as class they can sometimes be a challenge. As I made my way to the classroom, I played out every possible negative scenario in my head, letting myself down with every step. In short, I was preparing myself for a shocker! The way I greeted the class was ho-hum, I barked a bit at first and probably sighed in resignation as well. As the lesson progressed, the class was not meeting my expectations! – they were behaving perfectly. Most students completed the tasks I had prepared without any fuss and distractions were at a minimum, disruptions non-existent. I returned to the staffroom wondering what went right? The problem was me. My preconceived ideas set me up for failure, but the kids delivered and proved to me that my attitude was shaping the world I thought I was set to endure. Now as teachers we are taught not to carry baggage from one lesson to the next - to reset. Now, whilst I didn’t transfer particular incidents from one period to another, I did enter with assumptions – which are the mother of all stuff ups.

So, to finish...take time to reflect on your mindset and *then* take a look outside.

Mr Andrew Rutherford
Rutherford Technology High School PBL Team



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WELL DONE

TERM 3: WEEK 3 – VET FACULTY & LIBRARY PBL AWARDS

VET

Brodie	Exceptional Commitment to Retail Services
Charlie	Consistent Commitment in Construction
Chole	Exceptional Commitment to Retail Services
Ella	Excellence in Primary Industries
Jhett	Impressive Progress in Manufacturing and Engineering
Kanyarat	Outstanding Progress in Sports Coaching
Kiara	Excellence in Hospitality
Mitchell	Consistent Commitment in Construction
Olivia	Excellence in Hospitality
Ryan	Impressive Progress in Manufacturing and Engineering
Taylah	Excellence in Primary Industries
Zion	Outstanding Progress in Sports Coaching

LIBRARY

Aidan	Doing a Great Job Coordinating Lunch Time Challenges
Anthony	Always being Willing to Assist
Lily	Always being Happy and Smiling and Willingness to Assist in the library
Lily	Excellent Time Management and Working Productively in Study Sessions
Mitchell	Doing a Great Job Coordinating the Minecraft Challenge
Natasha	Excellent Time Management and Working Productively in Study Sessions
Zion	Always being Respectful and Polite



Term 3: Week 3 PBL Award Recipients



TERM 3: WEEK 4 – SUPPORT, ICT & LOTE FACULTY PBL AWARDS

SUPPORT

Angie	Excellent Commitment to Learning in PDHPE
Beau	Always Participating in HSIE Discussions in the Classroom
Cooper	Demonstrating a Committed and Enthusiastic Approach to Mathematics
Ebony	Dedication to English Tasks
Grace	Excellence in Creative Thinking during Art Lessons
Jacob	Excelling in his Efforts Towards Handwriting
Joshua	Excellence in Art and Technology
Marcus	Committed Approach to Improving his Spelling Results
Nash	Excellent Application, Commitment and Increased Effort during English Lessons
Sylis	Consistently Engaging in Classroom Discussions
Tristan	Displaying a Positive Attitude Across all Key Learning Areas
Tyrone	Consistent Application and Completion of English Tasks

ICT

Brooklyn	Consistent Engagement with Classwork
Cooper	Always Engaging with Lessons
Jack	Outstanding Work on Assessment Tasks
Jacob	Consistent Engagement with Classwork
Jordan	Consistent Engagement with Classwork
Kalani	Outstanding Commitment to her Major Project
Lucus	Consistent Engagement with Classwork

LOTE

Bethany	Commitment to Completing all Work to a High Standard
Blayde	Commitment to Completing all Work to a High Standard
Chloe	Enthusiasm and Commitment to Studies
Harley	Enthusiasm and Commitment to Studies
Luktan	Improvement in Japanese Speaking Tasks
Seth	Enthusiasm and Commitment to Studies

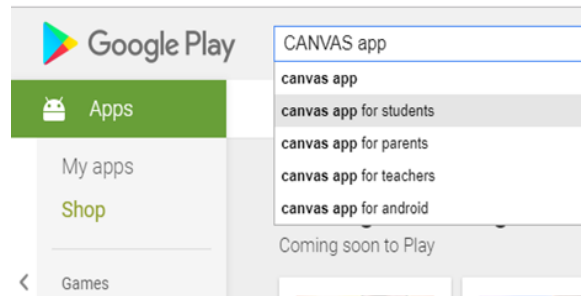


RESPECT

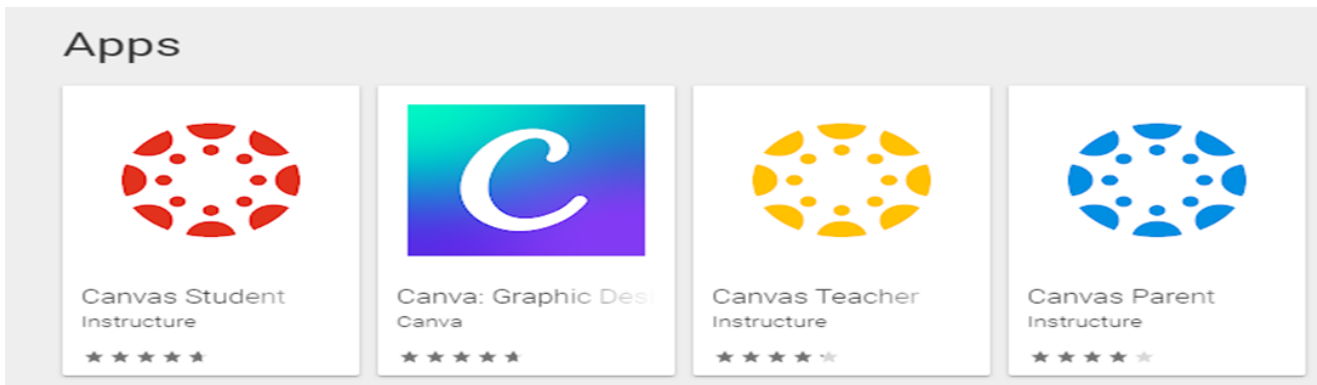
RESPONSIBILITY

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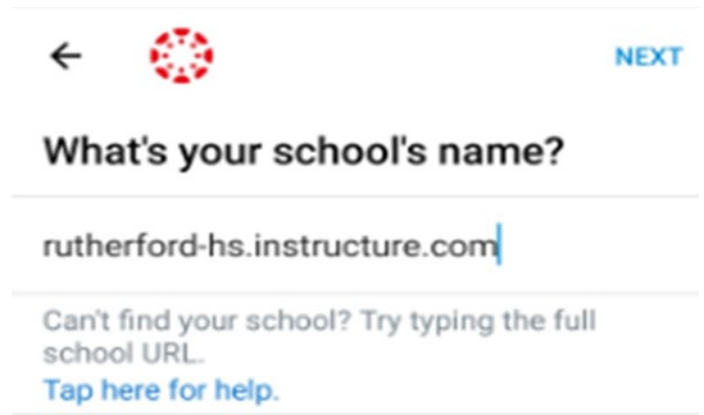
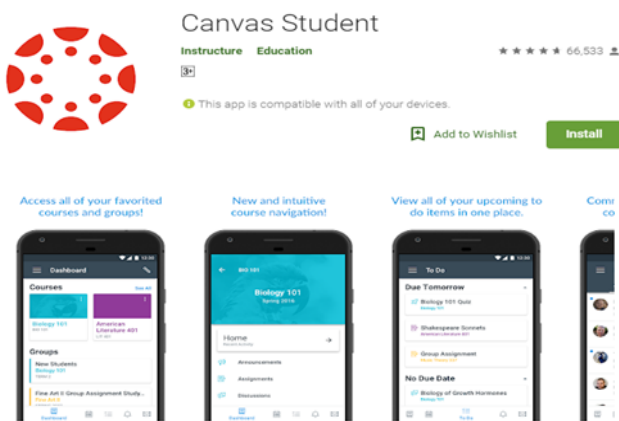
Canvas App



Click phones App store and search for CANVAS App, there is one for students and parents to be able to track and observe progress on Canvas



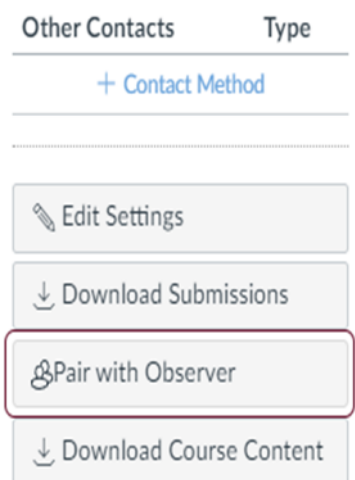
Red: Student **Yellow: Teachers** **Blue: Parent**



Click Install, wait till the App Is downloaded.

Once the App is installed, you will need to log on or sign in.

Then this will deliver you to the department log-in. Sign in as normal with your department email and password. For new users (Parents), have student supply you with observer code from their Canvas profile found in settings.



Sentral App



SENTRAL
EDUCATION

Sentral Parent Portal:

Access your Child's Timetables, Attendance Information and School Reports

Our school has undertaken a new initiative, the Student and Parent Portal, to provide both parents and students discreet information about each student's progress in our school. You will be able to view attendance, timetables, student reports and parent interviews.

Please log on to the Internet and register for access to our Parent Portal here:

<https://rutherfordhs.sentral.com.au/portal/register>

Access instructions:

- Go to the [Rutherford Technology High School](#)
- Locate across the top of the page the link [Student and Parent Portal](#)
- Enter the preferred contact email address you provided the school as your username.
- If you don't already have a password, click forgot password and re-enter your email address. You will be sent an email to reset or create your new Sentral Parent Portal password.
- Return to [Student and Parent Portal](#) and enter your email and newly created password.
- Once in the portal you will need to enter a family key, this also links you to your child/ren in our online learning platform, Canvas. Family keys have been issued to you via email, search for subject Sentral Portal Access Key in your emails.

If you can't find your family key or you're experiencing difficulties accessing the portal, please email the school at rutherford-h.school@det.nsw.edu.au . Our Technology Team will be in contact with you to resolve the issue.

Rutherford Technology High School Uniform Shop



UNIFORM SHOP Price List

ITEM	PRICE
Girls	
Junior Sky Blouse	34.00
Senior Lemon Blouse	34.00
Tartan Skirt	50.00
Boys	
Senior Lemon Shirt	34.00
Unisex	
School Softshell Jacket	75.00
Unisex Everyday Shorts	35.00
Maroon Knit Fleece	65.00
Junior Polo	38.00
Senior Polo	38.00
Sports	
Sports Short	30.00
Trackpants	45.00
Sports Polo	37.00
Others	
Beanie	15.00
Scarf	20.00
White Socks Short-cut x 5	20.00

**WE ACCEPT MASTERCARD, VISA, AND EFTPOS
NO CHEQUE PAYMENTS**

** Prices are subject to change without notice*

Uniform Shop Hours:

Tuesday 8:00am-12:00noon

Thursday 1:00pm-5:00pm

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

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.

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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'.



Canteen Roster

Monday 9th August 2021	Michelle Sinclair
Tuesday 10th August 2021	Michelle Sinclair
Wednesday 11th August 2021	Volunteer Required
Thursday 12th August 2021	Volunteer Required
Friday 13th August 2021	Michelle Sinclair
Monday 16th August 2021	Michelle Sinclair
Tuesday 17th August 2021	Michelle Sinclair
Wednesday 18th August 2021	Volunteer Required
Thursday 19th August 2021	Volunteer Required
Friday 20th August 2021	Michelle Sinclair



RUTHERFORD TECHNOLOGY HIGH SCHOOL 2021 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

SNACKS:

- Freshly Cut Watermelon** \$3.50
- Freshly Made Fruit Salad** \$3.50
- Yoghurt \$3.00
- Yoghurt & Fruit Box \$3.00
- Jelly Cups \$2.00
- Hommus, 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

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

SUSHI:

Sushi Rolls:

- Cucumber & Avocado \$4.50
- Chicken & Mayo \$4.50
- Smoked Salmon & Avocado \$4.50
- Teriyaki Chicken & Avocado \$4.50
- Tuna & Avocado \$4.50

Sushi Packs:

- Avocado Pack \$6.00
- Mixed Hosomaki Pack \$6.00
- Tuna Hosomaki Pack \$6.00

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 (unless specified)

HOT FOOD:

- Chicken Burger \$4.50
- Chicken Burger Salad \$5.00
- Cheese Burger \$4.50
- Cheese Burger Salad \$5.00
- Veggie Burger \$4.50
- Chicken Gravy Roll \$4.50
- Rissole & 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
- Spinach Ricotta Roll \$3.50
- Garlic Bread \$1.50
- Plain Pie **LUNCH ONLY** \$3.50
- Cheese & Bacon Pie **LUNCH ONLY** \$3.70
- Sausage Roll **LUNCH ONLY** \$3.00
- Chicken Chippies (6) \$3.50
- Chicken Nuggets (6) \$3.50
- Nachos (avail. Mon/Wed/Fri) \$5.00
- Meatball Sub \$4.50
- Pizza \$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
- Frozen Blizzard \$2.00
- Twisted Frozen Yoghurt \$2.00
- Zoooper Dooper \$1.00

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.



@ 26th April 2021

HSIE WRITING AND HOT CHOCOLATES



Want to improve your HSIE writing?



Want to be a confident writer during assessments?

Want some quality tips and tricks from HSC HSIE teachers?

HSIE and Hot chocolates will run every Thursday:
WHEN: 8am-9am
WHERE: K2
BRING: HSIE Book, pen, assessments



Let's work towards improving our skills!

RTHS



HOMEWORK CENTRE

OUR TRAINED STAFF ARE HERE TO HELP YOU!!

WE CAN HELP YOU WITH:

- Homework
- Assessment Tasks
- N-Awards
- Catching up on missed work



WEDNESDAYS

3:25-4:00 PM

LIBRARY



Refreshments provided



DYMOCKS

READING CHALLENGE

<input type="checkbox"/> A book with a blue cover	<input type="checkbox"/> A book of short stories	<input type="checkbox"/> A book that makes you laugh	<input type="checkbox"/> A book by a First Nations author
<input type="checkbox"/> A book with nature on the cover	<input type="checkbox"/> A book adapted for screen	<input type="checkbox"/> Ask a friend for a recommendation	<input type="checkbox"/> An award-winning book
<input type="checkbox"/> An armchair travel book	<input type="checkbox"/> A book by a celebrity	<input type="checkbox"/> Ask a Dymocks bookseller	<input type="checkbox"/> A book from our Top 101
<input type="checkbox"/> A book with a mystery	<input type="checkbox"/> A book published this year	<input type="checkbox"/> A book with 'girl' in the title	<input type="checkbox"/> A book from our Kids' Top 51
<input type="checkbox"/> A book based on truth	<input type="checkbox"/> A book you've always meant to read	<input type="checkbox"/> A book with 5+ words in the title	<input type="checkbox"/> A Dymocks 'Book of the Month'
<input type="checkbox"/> A classic novel	<input type="checkbox"/> A book that makes you nostalgic	<input type="checkbox"/> A book with more than 400 pages	
<input type="checkbox"/> A book in translation	<input type="checkbox"/> A book that helps you relax	<input type="checkbox"/> A book by an Australian author	

For anyone who loves books Dymocks has a reading challenge you may be interested in.

They encourage people to share what they are reading through Instagram and twitter.

For further information visit dymocks.com.au/reading-challenge

Rutherford Technology High School Ebooks

Access our eLibrary anywhere, anytime, on multiple devices.

<https://rths.wheelers.co/>



Relationships Australia NSW and headspace Newcastle present . . .

Engaging Adolescents

formerly known as Surviving Adolescence

This seminar aims to support parents to assist their teenagers in meeting the challenges of the adolescent years.



Wednesday 8th September
5pm - 7.30pm:

- Understanding adolescence as a stage of development
- Understanding one another
- Communication strategies

Wednesday 15th September
5pm - 7.30pm:

- Developmental expectations
- Parenting styles
- Ways to minimise family conflict

Participants can attend either or both seminars as stand-alone sessions

Online via StarLeaf online platform (Free app downloadable from Google Play, Apple store or free download at starleaf.com)

Cost: FREE

Bookings Essential - please phone 49 294 201

headspace.org.au/newcastle
relationshipsnsw.org.au/

Relationships Australia
NEW SOUTH WALES

Hunter
PRIMARYCARE |  **headspace**
Newcastle



APPLY FOR TERM 4 NOW!

Wednesday +
Thursday
3:45-4:30
Ages 11-16

Adult classes
available for
those 17+



Scan the QR code to
direct you to our teens
page!



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

