



# RUTHERFORD TECHNOLOGY HIGH SCHOOL

## NEWSLETTER

14th DECEMBER 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.

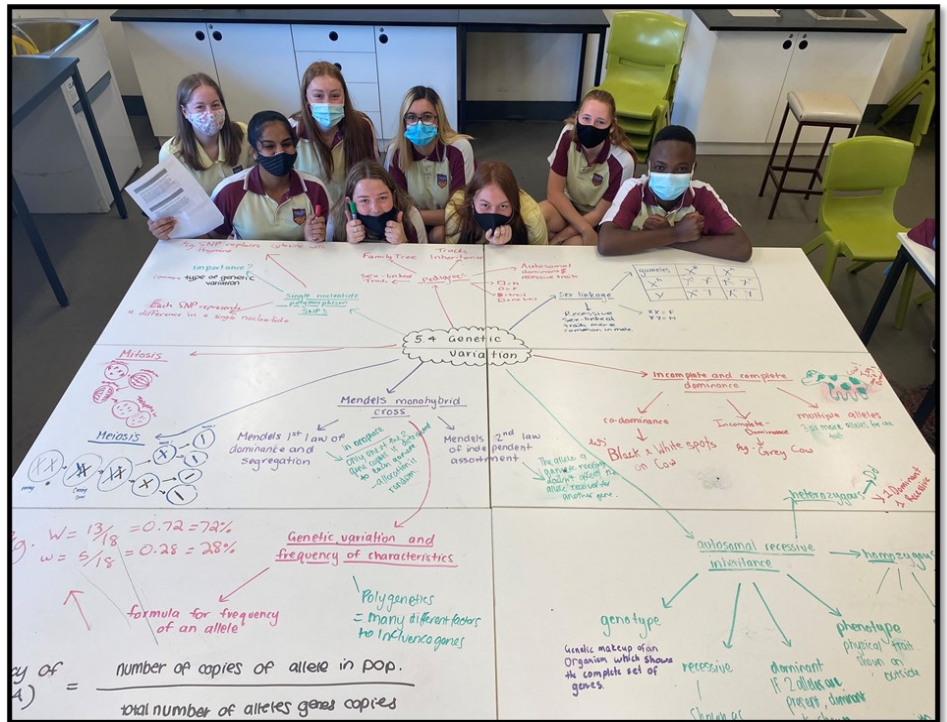
### DATES FOR YOUR DIARY

16 Dec 2021 Last Day Term 4 2021  
17 Dec 2021 Staff Development Day  
28 Jan 2022 Staff Development Day  
31 Jan 2022 Staff Development Day  
1 Feb 2022 Yr 7, Yr 11 & Yr 12 Return  
2 Feb 2022 Yr 8-Yr 10 Return

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

## Year 12 Biology

Mr Hancock's Year 12 Biology Class, that Ms Bassett is covering whilst Mr Hancock is on leave, showing off what they are doing in class - they are working hard to put together a large scale "think board" as a positive way to finish off Module 4 Enquiry Question 4!



RESPECT

RESPONSIBILITY

COMMITMENT

## MESSAGE FROM THE PRINCIPAL

At Rutherford Technology High School we promote a culture of high expectations working closely with our school community, building a supportive and innovative environment where young people are prepared to lead rewarding and productive lives in a complex and dynamic world. Enhancing a strong foundation of literacy and numeracy that strengthens student confidence in their ability to adapt and be valuable citizens. Adopting a culture of communication and cooperation where every student, every teacher and every leader strives to improve each year, working in close collaboration with our school families. Our students develop a strong sense of belonging and the social and emotional skills to adapt to work, higher education and the challenges of life after school.

The core values of the school community are **Respect**, **Responsibility** and **Commitment** are promoted in everything we do. As a comprehensive, co-educational secondary school of approximately 1327 students, the school services diverse and geographically widespread communities. With our partner primary schools we form a very strong and innovative Local Management Group with a strong K-12 focus.

Approximately 20% of our students are Aboriginal, and Aboriginal cultural and educational programs are a strong priority. The school receives significant socio-economic equity funding that is directed towards providing students the opportunity to reach their highest possible outcomes in all aspects of their education – academic, vocational, personal, sporting, cultural and civic. Focus on reading, writing, targeted sport, targeted CAPA and careers and transition are significant programs in the school. Professional learning for staff is a major focus based around classroom observations, future focused learning skills and enhancing literacy and numeracy. Our innovative Learning Support Team runs several highly regarded student wellbeing programs in the school, such as Drumbeat, Peer support, and Peer mediation. And senior students are catered for with mentoring and a fully staffed senior study area.

At Rutherford Technology High School we strive to establish high expectations for all that we do. This year we met, and exceeded, despite COVID-19.

Our No 1. priority is, and will always, be academic success and this year has been no different. The number of HSC students who have been offered early entry to universities has continued to grow and we await our HSC results that are released on the 24th January 2022.

Our extension program continues to challenge our students to push the boundaries of their achievement. Differentiated teaching & learning, experiences that test creativity, and a healthy competitive environment is being delivered and the achievements acknowledged.

Our Aboriginal Learning and Engagement Centre initiative provided wellbeing, academic and cultural support for Aboriginal and Torres Strait Islander students to enhance educational outcomes. Under Mrs Keyes leadership our centre continues to be recognised state-wide as a centre of excellence.

Every week we have recognised academic, sporting and personal success with our PBL awards during our Thursday assemblies. We continue to excel in extra-curricula academic pursuits such as debating, and maths competitions. I could go on, but you get the picture that our students are excelling academically both inside and outside of the classroom.

A good school excels academically, but a great school produces students who are achievers across a range of pursuits. Our creative and performing arts program has not happened in 2021 but hopefully with restrictions being lifted will be back in 2022. Music, Art, Dance and Drama are being strongly supported and the talent being developed by our staff will be highlighted in the future. With work soon to begin on our dance studio.

Our Targeted Sports Program is reaching new heights in terms of quantity and quality of athletes with record numbers of students participating in our Football and Rugby League programs. Our school oval has undergone a major upgrade in 2021 and looks amazing. Thanks to Mr Newham, Mr Connaughton, Mr Miller, Mr Griffiths and Mr Potapczyk.

We have an outstanding team of school leaders, teachers, SLSO's and administration staff. This year we welcomed Mr Jovanovski to the DP chair joining Mrs Nenad and Mrs Pratt. I wish to acknowledge their prodigious contribution to our 2021 success. Our executive team is filled with dedicated and caring leaders who are the true embodiment of the concept of a team, and our teachers and support teachers have brought talent, passion, care and skill to our students. Our administration staff are the best I have ever worked with. They are often the face of the school, the messengers, the marketers and the behind the scenes contributors. I am inspired every day by their love of the school and the quality of what they do.

I would also like to thank my primary principal colleagues. We enjoy close relationships and have strengthened the links between our schools in 2021 to not only improve the transition to high school but to assist with the delivery of programs in your schools. I look forward to these partnerships continuing and strengthening.

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Congratulations to the following staff who have been appointed to our school in 2021:

Ms Buckton	Head Teacher Special Education
Mr Richards	Head Teacher Teaching and Learning
Ms Bartlett	English Faculty
Ms Bassett	Science Faculty
Mr Connaughton	PDHPE Faculty
Ms Moy	CAPA Faculty
Ms Prosser	CAPA Faculty
Mr Short	ICT Faculty
Ms Simpson	TAS Faculty
Ms Todorovski	Science Faculty
Maxine Creek	SASS
Melissa Murray	SASS
Kirsten Williams	SASS

Unfortunately, as is often the case at the end of the school year, we have to say goodbye to some very special people:

Mrs Ferguson in Wellbeing and Mr Edwards in Science, Ms Webb, Mr Dunlop and Mrs Galbraith in CAPA.  
Thank you for giving so much to Rutherford Technology High School.

With our incredible team we deliver an outstanding education environment for our students. Our young people are why we are here, doing what we love. We continue to set the bar high for them and they have responded marvellously. They are proving that if you believe in young people, push them to the boundaries of their capabilities, and support them with the right knowledge, skill and guidance they will achieve great things. I am so proud of our students! Our Year 12 graduation and whole school presentation ceremonies are further proof of our success. I would like to thank our community for making Rutherford Technology High School the special place that it is. Our success is shared by students, staff, parents, partners and friends. We deserve to be incredibly proud of who we are and what we have achieved.

Wishing you a wonderful and safe Christmas.

***Ms Simone Hughes***  
***Principal***



# ICT FACULTY REPORT



The second semester of 2021 has presented both challenges and exciting opportunities for students in the ICT Faculty.

Information Communications and Technology education took a focus as students had to navigate the challenges of Online Learning. Overall, students participated well in activities during lockdown and quickly became experts in the use of Microsoft Teams calls and using CANVAS to complete work. In this age of working remotely, the digital literacy students have developed in this period, while quite an adjustment, has provided them with some essential ICT skills that will be needed in the workforce in the future.

In Stage Four Digital Technologies this semester students have been provided with the opportunity to explore several areas of the field. These have been developed into several project-based units, including the implementation of HTML Website creation, Python and JavaScript coding, Animation using Adobe Animate and Cryptography! These projects give students the opportunity to develop skills that can be directly translated into the modern workforce and develop creative practical projects to implement this knowledge into a usable design project. Outside of the practical domain, students have also studied how computers work, and explored the possibilities and importance of people in the ICT workforce to discover the impact of technology creators on our world.

Robotics has had a large focus this year. Our Year 9 iSTEM class and Robotics Mini-Elective have worked hard coding Lego Mind-Storm robots to complete complex tasks such as robot sumo-wrestling, maze navigation, detecting walls and objects, using loops to repeat functions, and using a plethora of other tools to interact with their environment and complete tasks autonomously. Whilst it was cancelled this year, our Faculty is looking for keen members to compete in next year's Robo-Cup competition, to compete against other schools.

Year 9 and Year 10 Computing Studies classes have participated in units discovering how communications networks work and using programs such as GDevelop to create prototype games as a multimedia project. This has provided students with workplace skills in these areas that are used in the industry to create games and administrate networks.

Our senior courses include Design and Technology Multimedia, VET Information, Digital Media and Technology, and Software Design classes. Our senior students have been hard at work completing practical tasks and beginning the journey to completing Major Design Projects. Our Year 12 Software Development and Design and Technology classes have just completed their final HSC exams and deserve a big congratulations for how they have handled the transition from online learning to examinations.

The ICT staff are currently hard at work planning exciting projects and lessons for 2022. This will provide some amazing opportunities that we cannot wait to explore with our students!

Have a happy holiday! See you back in Term 1, 2022!

**Rutherford Technology High School**  
**ICT Faculty**



# LANGUAGE FACULTY REPORT

Rutherford Technology High School language students have been hard at work post lockdown, working on their final topics of study and learning about cultural practices in Japan during the Christmas and New Year's season. Students are wished a Merry Christmas and an enjoyable summer break and are reminded to carry themselves with the school's core values of Respect, Responsibility and Commitment in everything they do.

Congratulations and best wishes for HSC students who await their final results despite a rollercoaster of a year, they are to be commended for their commitment to senior study amongst trying circumstances.

## Year 8:

Have enjoyed the travel topic and have begun the final topic on Japanese folklore and legends, where they learn about traditional stories and how these are used as teaching experiences for young children.

## Year 9:

Have completed their first year of Stage 5 studies. They have worked with enthusiasm to push themselves to understand and use new and complex Japanese.

## Year 10:

Have been improving their kanji recognition and writing. Whilst many students have chosen not to follow through with Japanese into their senior years, they have always been patient and dedicated to developing their language skills.

## Year 11 (now 12):

Have completed their first HSC assessment task in Japanese. Both classes have had a taste of senior study this year and we hope will choose to continue onto next year. Some students have reimagined their study pathway or gained employment and we wish them the best.

メリー クリスマス

Merii kurisumasu

*Rutherford Technology High School  
Language Faculty*



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**RESPONSIBILITY**

**COMMITMENT**



## What's in a Name?

Well when it comes to Rutherford Technology High School and cricket it seems Izaak (or Izach) is the only name that matters with both Izaak Coyle (Year 9) and Izach Dennis (Year 11) recently gaining selection for Central North Zone. This is a great achievement for both boys with players being selected from within a zone which stretches from Maitland right through to Moree including the Coalfields, Upper Hunter, Namoi (Tamworth, Gunnedah, Narrabri) and Gwydir (Inverell) regions.



For Izach Dennis (pictured with TAS Teacher Mr Schultz umpiring) selection in the U18 Colts comes on the back of strong performances in last season's Central North U17 competition as well as a strong showing in the local 1st Grade Competition with Western Suburbs. Izach further impressed at the Colts trial taking 3 wickets which justifiably earned him Central North selection. The CNZ colts are currently competing each Sunday in The Connolly Cup against senior men's representative sides from Tamworth, Armidale, Narrabri, Quirindi and Namoi. This squad will be trimmed from 17 to 13 to contest Country Colts Championships in Bathurst during the January school holidays.

For Izaak Coyle the selection has been the easy part it's the actual playing for Central North that until recently had eluded him. Selected in the U14s Kookaburra side in 2020, that was due to play in Albury, Izaak could only watch as bushfires right throughout NSW saw this carnival cancelled and with it his CNZ debut put on hold. Last weekend on the eve of Izaak's Bradman Cup campaign heavy rain and flooding saw the opening rounds in doubt with only a last minute move from Coffs Harbour to Grafton preventing another cancellation at this level for Izaak. On the paddock the left arm opening bowler was at his usual economic best and even though he didn't manage to grab any wickets his bowling was extremely tight across all 3 matches. On top of this Izaak managed to top score in Game Two for Central North in a low scoring T20. Izaak and his teammates will play their final four pool matches of The Bradman Cup against Riverina, ACT, Illawarra and Western during the January school holidays in Lake Macquarie.



Goodluck to both boys as they continue with their Youth Cricket Pathways



# 2022 Regional Gap Year



**Embark on a Regional NSW Gap Year and discover new places, make friends, learn new skills and create memories that will last a lifetime – while getting paid!**

Are you just about to finish school and looking for a job, or not quite sure what to do next? Are you looking to get a job in hospitality, tourism, agriculture or construction? A regional NSW gap year could be your answer!

Earn good money while enjoying a unique work experience, meet new people and learn valuable transferable skills. Incredible hospitality, tourism and agriculture jobs are now available in some of the most beautiful parts of the state. So, if you're thinking about a career in one of these industries, spending some time learning the ropes and filling out your resume in regional NSW, a Gap Year experience will give you a terrific head start.

Not sure what career you'd like to pursue? Many of the skills you'll learn on a Regional Gap Year are useful for all sorts of careers and jobs – like cash handling, communication, project and time management, leadership and customer service.

The NSW Government's Regional Gap Year Program provides a range of resources including information on available jobs, accommodation options, travel itineraries and support services in the regions so you can have the adventure of a lifetime in your own backyard.

Don't think you can commit to a full year in regional NSW? You can still escape the hustle and bustle of a larger city for a three or six month stint and reap the amazing benefits of this program while creating life long memories.

Do you want to continue learning while you're living regionally? NSW Job Trainer is providing people aged 16-24 with fee-free courses in a range of areas including construction, coding, business, mental health and more. This is a fantastic opportunity to upskill as school or the university year comes to an end. These courses can be completed in regional NSW and can be accessed through the [NSW Government Education website](https://www.nsw.gov.au/education/school-leavers).

To find out more about this exciting Office for Regional Youth program, visit [nsw.gov.au/RegionalGapYear](https://nsw.gov.au/RegionalGapYear)





# Rutherford Technology High School

## Uniform Shop



### UNIFORM SHOP SPECIAL OPENING HOURS

#### JANUARY 2022

Wednesday	19th January 2022	8:00am - 4:00pm
Thursday	20th January 2022	10:00am - 5:30pm
Friday	21st January 2022	8:00am - 4:00pm
Monday	24th January 2022	8:00am - 4:00pm
Tuesday	25th January 2022	10:00am - 5:30pm
Wednesday	26th January 2022	<b>CLOSED (Public Holiday)</b>
Thursday	27th January 2022	8:00am - 4:00pm
Friday	28th January 2022	8:00am - 4:00pm

<u>NORMAL HOURS:</u>	TUESDAY	8:00am - 12:00noon
	THURSDAY	1:00pm - 5:00pm

**Normal shop hours resume Tuesday 1st February 2022**

Uniform Shop Contact: Vanessa 0478 920 262 (during shop hours)

Purchase Online: [daylightsportswear.com/rutherford](https://daylightsportswear.com/rutherford)  
(please pick-up all orders at the school uniform shop)

MASTERCARD, VISA EFTPOS NOW AVAILABLE. AMEX, DINERS OR CHEQUES NOT ACCEPTED. NO LAYBY.

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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**COMMITMENT**



*Congratulations!*



Rutherford Technology High School  
Year 12 Graduation Assembly  
Thursday 9th December 2021



**RESPECT**

**RESPONSIBILITY**

**COMMITMENT**





# Year 12 Formal



**Tuesday  
7th December 2021**



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**RESPONSIBILITY**

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# PBL



## List of the students that received PBL Awards for Term 4: 2021

Well done!



### Year 7

Chelsey Abraham  
Madelyn Jones  
Aiden Quennell  
Paige Gorsch  
Oliver Velt  
Lilly Langlands  
Eliza Davis-Eather  
Paige Gorsch  
Sarah Brazier

Respect  
Respect  
Respect  
Responsibility  
Responsibility  
Responsibility  
Commitment  
Commitment  
Commitment

Paige Gorsch  
James Andrews

Overall  
Deadly

### Year 8

Jonah Watson  
Grace Hosemans  
Saraha Higgison  
Jonah Watson  
Grace Hosemans  
Rohan Bassett  
Josie Dee  
Grace Rutherford  
Roahn Bassett

Respect  
Respect  
Respect  
Responsibility  
Responsibility  
Responsibility  
Commitment  
Commitment  
Commitment

Josie Dee  
Katelin Parker

Overall  
Deadly

### Year 9

Wil Anderson  
Tahnee Barnett-Murray  
Abbey Marquet  
Wil Anderson  
Alissa Peachman  
Isaac Henry  
Wil Anderson  
Tahnee Barnett-Murray  
Ella-Rose Owen

Respect  
Respect  
Respect  
Responsibility  
Responsibility  
Responsibility  
Commitment  
Commitment  
Commitment

Wil Anderson  
Demani Suey

Overall  
Deadly

### Year 10

Lily Davies  
Bodhie Challen  
Charlee Hollis  
Malachi Herbert  
Lily Davies  
Noah Stanbridge  
Lori Twaddell  
Peter Elkovich  
Jarrod White

Respect  
Respect  
Respect  
Responsibility  
Responsibility  
Responsibility  
Commitment  
Commitment  
Commitment

Malachi Herbert  
Jordan Challand

Overall  
Deadly

### Year 11

Anthony Twaddell  
Leeza Goyal  
Lili Botfield  
Izach Dennis  
Leeza Goyal  
Lili Botfield  
Izach Dennis  
Leeza Goyal  
Lili Botfield

Respect  
Respect  
Respect  
Responsibility  
Responsibility  
Responsibility  
Commitment  
Commitment  
Commitment

Leeza Goyal  
Tyson Osborne

Overall  
Deadly



RESPECT

RESPONSIBILITY

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Presentation Day  
10th December 2021



RESPECT

RESPONSIBILITY

COMMITMENT



RESPECT

RESPONSIBILITY

COMMITMENT



Presentation Day  
10th December 2021



RESPECT

RESPONSIBILITY

COMMITMENT



# THANK YOU!

The students and staff of Rutherford Technology High School would like to thank the following businesses and community members for their support of their 2021 School Combined End of Year Presentation; Sport & Induction Assembly

Mayor Loretta Baker  
Jenny Aitchison MP  
Meryl Swanson MP  
Australian Defence Force  
Clements Air Conditioning Refrigeration Electrical  
Daylight Schoolwear  
Hair by Natalie  
Harvey Norman Maitland-Computers  
Hunter Valley Steel  
J&S Engineering Maintenance  
Lifelike Atmospheres  
Lions Club of Maitland  
Maitland District Careers Advisers Association  
Maitland VIEW Club  
Margaret Sivyer  
Rutherford Technology High School P&C Association  
Rotary Club of Maitland Sunrise  
Rotary Club of Rutherford/Telarah  
Sexton Business Services  
Signature Clothing  
Tranter Lawyers  
University of Newcastle  
Wendy White  
Woodbury Family



## Teach your child how to earn, save and spend with FLX New FLX is exclusive to Flexischools users!

**\$5 bonus when you activate your FLX prepaid Mastercard\***

If you're like most Aussie parents, you're probably wondering how to teach your kids about money. And frustrated when the kids pester you for pocket money or extra cash! Your child will love the new FLX Prepaid Mastercard and Savings App

Learning financial responsibility is an important part of every child's growing independence. But in today's cash-free world, it's getting hard to teach kids the power of earning and saving.

FLX is a new and easy way to teach your child how to earn, save and spend their pocket money. It's another way the team here at Flexischools is helping parents.

FLX prepaid Mastercard and Savings App for Kids!

FLX comes with a prepaid Mastercard and a savings App specifically designed to help parents teach kids how to earn, save and spend their pocket money. FLX can help you teach your child to save and nurture their savings, instilling helpful financial habits while they are rewarded with the satisfaction of buying things they really want.

Just imagine – your child's fun FLX App will link with your existing Flexischools Account and App so you can easily keep track of your child's spending and top up straight from your Flexischools Account.

- > You can see all your child's transactions
- > Blocks inappropriate store types for kids' safety
- > Set regular pocket money contributions



**CONVENIENCE**  
Transfer funds to your child's FLX account straight from your Flexischools Parent Wallet - anywhere/ anytime



**VISIBILITY**  
Help your child to make responsible decisions with a complete view of the FLX transaction history through your Flexischools App



**CONTROL**  
Support your child's growing independence by providing freedom within boundaries (including no cash out)

### Free street art & mural workshops



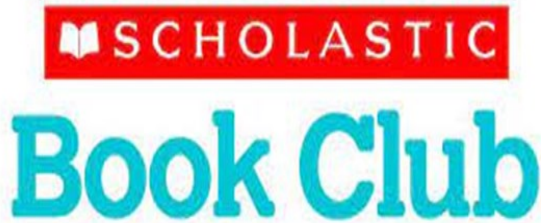
**13 jan 11am-1pm**  
**27 jan 3pm - 5pm**

Join us and UP & UP for two 2-hour workshops on learning the skills and techniques to create a mural that will be displayed on the front of headspace Maitland.

Scan the QR code to register!




# LIBRARY NEWS

The logo for the Scholastic Book Club. It features a red rectangular box with a white book icon and the word "SCHOLASTIC" in white capital letters. Below this, the words "Book Club" are written in a large, blue, rounded font.

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

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

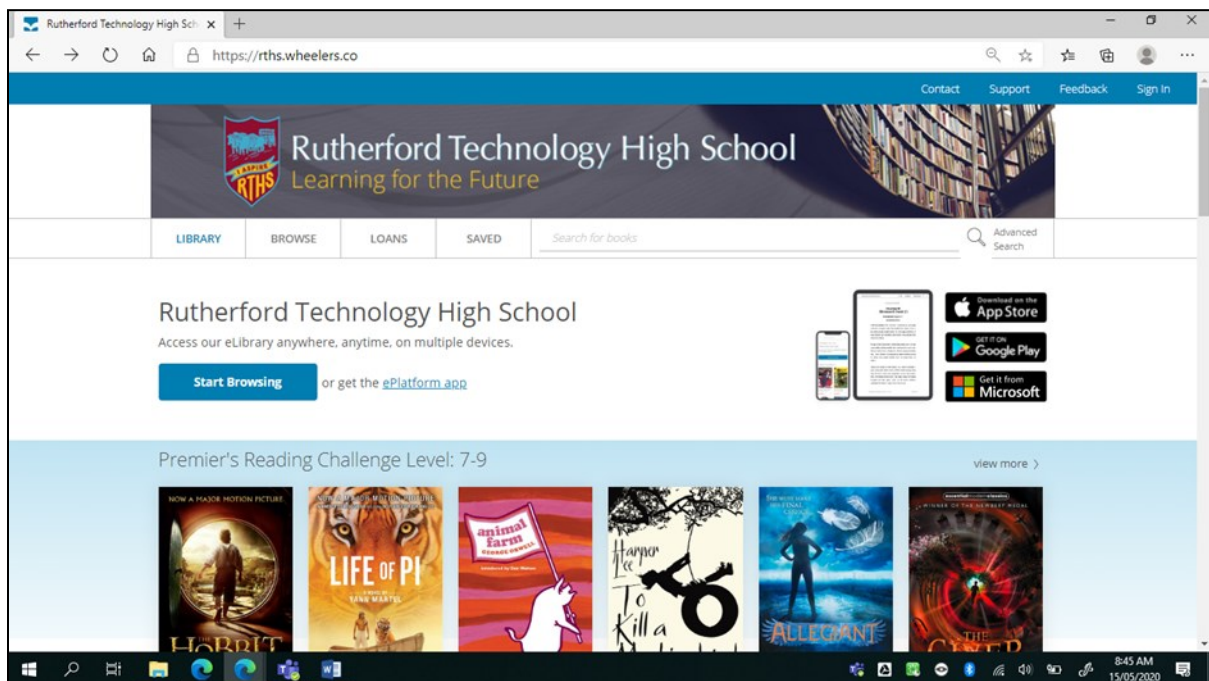
Orders **MUST** be ordered and paid for by the due date and through the Book Club Loop Online.

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!



# Supporting your young person during the holidays



## Holidays can take students away from friends and their usual school supports.

Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time.

Below is some information to help you support young people to stay in a healthy headspace in school holidays. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

There are a number of ways you can support your young person's mental health and wellbeing in the holidays:

### 1. Encourage them to stay connected

Social relationships are important to your young person's general wellbeing.

It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

### 2. Encourage them to stay involved

Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can.

Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it).

Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

### 3. Encourage physical activity

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

### 4. Encourage a regular routine

Getting a good night's sleep helps young people to feel energised, focused and motivated.

Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to

wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night.

Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down electronic devices before bed can also help them to get a good night's sleep.

### 5. Encourage healthy eating habits

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.

A good balanced diet with less junk food/ lots of sugars and more vegies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

### 6. Encourage play!

Devoting time to just having fun can help to recharge your young person's battery, revitalise their social networks and reduce stress and anxiety.

Version 1 – June 2015

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



## Supporting your young person during the holidays

[headspace.org.au](https://headspace.org.au)

**headspace**  
School Support

### Tips to help you support your young person

- 1 **Recognise** their distress or concerning behaviour
- 2 **Ask** them about it (e.g. "I've noticed you seem to be sad a lot at the moment.")
- 3 **Acknowledge** their feelings (e.g. "That seems like a really hard place to be in/I can understand why you are upset about that.")
- 4 **Get appropriate support** and encourage healthy coping strategies (e.g. "Do you need some help to handle this?")
- 5 **Check in** a short time afterwards to see how they are going



### Signs that may suggest that your young person is struggling

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns which persist for more than a couple of weeks may indicate that your young person needs extra support.

Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

Changes in activity include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

Changes in thinking include:

- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves and the world (e.g. everything seeming bad and pointless).

If you believe that your young person is at risk of harm you should seek professional support from your GP, mental health service or emergency department.

### Support service options

- **headspace** centres provide support, information and advice to young people aged 12 to 25 – [headspace.org.au](https://headspace.org.au)
- **eheadspace** provides online counselling and telephone support to young people aged 12 to 25 – [ehheadspace.org.au](https://ehheadspace.org.au) 1800 650 890
- **Kids Helpline** is a 24-hour telephone and online counselling service for young people aged 5 to 25 – [kidshelpline.com.au](https://kidshelpline.com.au) 1800 55 1800
- **Lifeline** is a 24-hour telephone counselling service – [lifeline.org.au](https://lifeline.org.au) 13 11 14
- **Parentline** 1300 301 300
- **ReachOut.com** for information about well-being.

For more information on suicide or support and assistance visit [headspace.org.au/schoolsupport](https://headspace.org.au/schoolsupport) or [headspace.org.au](https://headspace.org.au)

Please refer to the **headspace School Support Suicide Postvention Toolkit – A Guide for Secondary Schools** for further guidance.

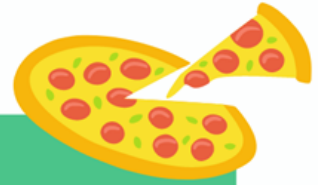
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# WESLEY WEEK

January 17th-21st 2022

For young people aged 12-18 years old



## JANUARY 17TH-21ST 2022

Newcastle Child, Youth & Family Services will be hosting a week of fun, free activities for you and your family to enjoy! All activities run from 10am - 1pm with lunch provided



### MONDAY - DECKED OUT

Design your own skateboard deck at The Hive in Hamilton with help from a Mitch Rev professional Artist

### TUESDAY - ROCK CLIMBING

Indoor rock climbing at Pulse Adamstown for all experience levels



### WEDNESDAY - LAZER TAG

An action-packed laser tag game you won't forget at Strike Charlestown. Pew pew pew!



### EMILY'S DANCE WORKSHOP

2 hours of stretching, & moving your bodies. Make your own dance & learn new moves



### EVENT REGISTRATIONS ESSENTIAL

Scan the QR code for registrations:  
Questions? Contact: 4915 3680





RTHS SUPPORTERS

**Harvey Norman**

Maitland



Maitland



*Bakers Delight*  
We're for real.

*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