



RUTHERFORD

TECHNOLOGY HIGH SCHOOL

RESPECT
RESPONSIBILITY
COMMITMENT

NEWSLETTER

25th AUGUST 2023

Rutherford Technology High School

Avery Street
Rutherford NSW 2320

Phone:
02 4932 5999

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

Website:
www.rutherford-h.schools.nsw.edu.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

| | |
|----------|--------------------------------|
| 29th Aug | P&C Meeting (6:00pm) |
| 30th Aug | Bid Day In (UoN) |
| 31st Aug | Father's Day Breakfast |
| 31st Aug | Mai Wel Guest Speaker |
| 1st Sept | Hunter Legacy Annual Appeal |
| 5th Sept | Support Inter-School Carnival |
| 6th Sept | Cancer Council Fundraising Day |
| 8th Sept | Support Excursion |

2023 State Champions

Congratulations to our school lawn bowls team who have taken the CHS NSW State Title

James Allerton, Jeremy Bourke and Koby Kattau have played absolutely outstanding for the three day tournament last week held at Glenbrook.

After topping their pool, the boys took on defending champions Dapto High School in the state semi final. The boys came away with a 13-10 win and played against Blaxland High School in the state final. Our boys dominated from the first end winning the state final 20-3.

Congratulations to all three boys who came home with CHS Gold Medals.

Also, a big congratulations to Koby Kattau who has won a second CHS Gold Medal for being named player of the tournament.



BOWLS
NEW SOUTH WALES



MESSAGE FROM THE DEPUTY PRINCIPAL

There has been a lot happening around the school in the last fortnight, including the amazing achievements of our sporting teams who have represented our school with enthusiasm and pride – and made the whole school community proud in doing so. Congratulations to all involved, your hard work has paid off!

We have also begun the process of choosing our 2024 school leaders with students from Year 11 stepping forward to present an impressive candidate group for selection by peers and staff. We thank you for your commitment and contribution to our school.

We had the privilege of an author visit and the very entertaining *Backflips Against Bullying*. I don't think I've heard so many 'wows' from students, a very effective presentation in engaging students on an important message. The positive feedback from presenters was also a credit to our students.

It has been an important few weeks for Year 12 who have worked hard to complete their final school assessments and practical major works as they enter the final stages of their schooling journey. A big congratulations is deserved for Year 12's effort and application in their school-based assessment, which will be submitted to NESA and form half (for those courses with an HSC Examination) or all of their course results. Students sitting HSC Examinations still need to maintain their application in preparing for their exams in early October, the end is near but not here yet. It is important not to lose focus after all the effort put in so far. As part of HSC marking, external NESA markers will also be visiting the school to mark major projects and performances. We wish students the very best with all upcoming HSC Examinations.

Year 10 are also about to embark on a new stage of their schooling journey, currently making their subject selection decisions for 2024 Stage 6 courses. This is a significant time where students establish their goals for the future and decide on the pathway which best supports them in achieving these goals, whether that be aspiring for a Higher School Certificate (HSC), Australian Tertiary Admissions Rank (ATAR), post-school vocation or a non-HSC pathway. Individual meetings will soon be underway with all students and their parents/carers to support them in making the best choices regarding their pathways through senior studies to encourage engagement and motivation in striving for success. For further assistance and advice for students or parents/carers regarding transition into senior pathways, please contact Mr Butler (Head Teacher VET) or Ms Mole (Year 10 Deputy Principal).

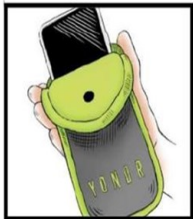
Uniform is an important way of fostering a sense of connection and pride within our school community. Besides the powerful impact wearing a shared emblem and colours can have on a sense of belonging, uniform is also an important element in preparing students for the world outside school and job readiness. The efforts of students and parents/carers in supporting the wearing of uniform and therefore benefits this provides have been greatly appreciated throughout the year. As the weather begins to warm, now is a good time to check to ensure summer uniforms fit and are in good condition for when they are needed. Uniforms can be purchased from our uniform shop on Tuesday mornings or Thursday afternoons, with online ordering and payment available.

Mrs Stephanie Mole
Deputy Principal - Year 7 & Year 10




YONDR

IT'S YOUR RESPONSIBILITY



HAVE YOUR YONDR POUCH READY TO SHOW AT ROLL CALL EACH DAY



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Each Day, Every Day.
Phone Away, No Pods in Sight.

Vale Lidija Nenad – Forever Young



It is with great sadness that we share with our community the loss of our beloved Deputy Principal, Lidija Nenad, who suddenly passed away at age 59 on Thursday 27th July 2023 after a courageous battle with cancer.

Mrs Nenad commenced at Rutherford Technology High School in 2019 as Deputy Principal. A fierce advocate, she believed in equity for all, was passionate about public education, and worked every day to ensure that 'happy kids learn'. She used her voice to bring awareness to important educational issues and cared deeply for every member of our school community.

Mrs Nenad was a leader amongst leaders.

A woman of action, she was charismatic, intelligent, genuine and passionate about everything she did but especially about reading and grammar. A kind and generous colleague who was a devoted wife, a beautiful mumma and a much loved baka to her three grandchildren. We share in their grief.

When we look across our school, we see a united staff who are passionate, cohesive and at the cutting edge of teaching and learning. We see students who are motivated and engaged, who love their school and who share in genuine learning partnerships with their teachers. Mrs Nenad gave voice to our school community and provided every opportunity for them to be part of the learning journey. This is her legacy.

We will sincerely miss you Mrs Nenad, as we attempt to fill the gap you have left at our school.

We will channel your never give up attitudes and put our best foot forward to continue your great work. May your life be lived through the thousands of people you influenced, supported and loved.

In memory of Mrs Nenad, we are collecting books for primary aged school students (K-6).

These books will be donated to primary school Mrs Nenad's granddaughters attend. Families who wish to donate can leave the books at the front office until the end of term. Alternatively if you wish to send in cash we will purchase books on your behalf.



MATHEMATICS FACULTY REPORT

Mathematics Tutoring

This is where the cool dudes (and Issy) hang out on a Thursday afternoon

The Mathematics Faculty, for sometime now have been offering their time, every Thursday afternoon in K112 to support students in their quest to improve their mathematical knowledge, skills and achievements.



It has become increasingly popular, with students from Year 7 right through to Year 12 attending on a regular basis. I'm sure it's not just for the snacks either. Students can choose to work on their homework, utilise the school's laptops to access the MathsOnline program, get help with things they didn't quite understand in class or get valuable assistance when preparing for assessment tasks. They tend to help and learn a lot from each other as well, which is always nice to see.

A big thank you goes out to Mr Hutchinson, who passionately and enthusiastically gives up his time every Thursday afternoon to help all those that come through the door.

So come along and give it a try - All welcome!

How good is this?

Two Year 10 boys were overheard having a conversation the other day.

One said "Hey, I've got a girlfriend"

The other one replied "Yeah, well I can do Algebra"

I think the first boy felt a bit deflated and a little jealous.

Australian Mathematics Competition

The Australian Mathematics Competitions was held in Week 3. This year 24 students from Years 7 to 11 competed in the competition. The competition went for 75 minutes, and every student will receive a certificate in the upcoming months of participation to a high distinction. I would like to congratulate every student who participated for their eagerness to do well, but most of all their exemplary behaviour throughout the 75 minutes.

Theme Park Fun – Year 8 Mini Elective

This year students in Year 8 have been given the opportunity to participate in a new elective 'Theme Park Fun'. Below is a picture of students learning how motion with kinetic and potential energy work when creating a roller coaster. Students have also been hard at work using their math skills of circles and shapes in constructing a Ferris wheel. Some of their designs are below.



Mrs Evans - Mathematics Teacher

Yours from the Wonderful World of Mathematics

Mr Craig Trotter

Head Teacher Mathematics Faculty

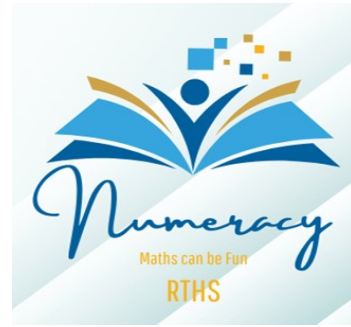
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How to Manage Your Time

High School is a time of new responsibilities - and that includes time management. Work with your child to help them organise their time - you can help them learn how to make sure they can both work and play.



Things you Need

Pen and Paper

The Challenge

Look at your teen's activities throughout the day and evening, including any homework or assignments they might need to do. Help them plan their time so they can get all their jobs done as well as creating time for them to relax, play, catch up with friends and hang out with family.

The Conversation

As they are mapping out their time, you could ask them the following:

- "Do you work best in short chunks or long pieces of time? Would you work better if your homework was broken up by other short tasks or fun things? If so, can you design your schedule like that?"
- "Have you allocated enough time to play, relax and spend time with people?"
- "How will you know if your schedule is helping you?"
- "How could we refine your schedule so it works better for you?"
- "Are you allowing enough time to travel safely and not take unnecessary risks to and from school and other activities?"

Thank you,
RTHS Numeracy Team



Under 14s Buckley Shield Rugby League Semi-Finalist 2023

What a year it has been for this group of boys.

They have played in two gala days, travelled to Orange and Mt Druitt, defeated a very talented Ballina team and on Tuesday of this week almost did enough to make it through to the Buckley shield Grand Final.

We would like to wish Tuggerah Lakes Secondary Collage all the best in their next game but have to say we were very unlucky on Tuesday not to of come away with the win.

A very big congratulations to the 15 players who have given their all not only throughout the tournament, but on Tuesday, in from of their home crowd.

On behalf of the TSP Rugby League Program and the wider community, a big congratulations to all the players who made the Top Four in the state for the second straight year.

A huge congratulations to the team coach, Mr Griffiths, who has put in a lot of time to ensure the boys got to reach to the making the semi final - well done boys, you have done yourself, your families and the school community proud.

Mr Luke Miller
TSP Rugby League Coordinator



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Year 8 students creating miniature display food models in Japanese



Careers Immersion Day

On Wednesday 9th August 2023, an enthusiastic bus load of Year 9 students attended the Careers Immersion Day at Maitland Showground.

The students had the opportunity to learn about different career paths by participating in hands-on activities and talking to employers, training organisations and other organisations at a comprehensive career expo.

Thank you to the Educational Pathways Program for organising and funding the event.



Over the last three weeks an outstanding group of Year 10 and Year 12 students have participated in the Engineering & Manufacturing Apprenticeship Headstart Program at Hunter Valley Training Company. The boys spent two weeks at the training centre completing formal training and units of competency to gain skills and knowledge that can be used across multiple trades. In addition to this, the students spent a week gaining valuable workplace experience with Hyden Engineering, Sandvik Mining and Rock Technology, Androck Engineering and Mining, Newcastle Coal Infrastructure Group and Australian Maintenance and Repairs.

Congratulations to Angus, Bailey, Cooper, Duke, Harrison, Jordan, Justin, Lochie and Trystan for their excellent efforts and dedication to complete the program.

Thank you to HVTC, Educational Pathways Program and the host employers for providing this opportunity to our students. We are sure they'll all be offered apprenticeship opportunities in the near future.





ADFA

AUSTRALIAN DEFENCE FORCE ACADEMY

Students from Year 10 & Year 11 left at 9:00am on Friday 18th August 2023 to travel down to Canberra in readiness for the ADFA Open Day. After arriving mid afternoon, there was a visit to one of the local lookouts and then the Australian War Memorial.

On Saturday 19th August 2023, the students were fortunate to experience the ADFA Open Day. The open day is held annually and offers the students the opportunity to visit facilities; speak to first year ADFA Students; watch stimulation drills; explore the various university degrees available and options they have in becoming a serving officer.

Thank you Mr Hunt, RTHS Careers Adviser, for coordinating the excursion and driving the bus.



Term 3: Week 5 ~ PBL Awards



| | |
|------------|--|
| Sam.H | Consistent Effort and Application in Physics |
| Maryanna.B | Commitment to Learning in Drama |
| Zoey.Z | Commitment and Excellence in VET Business Services |
| Nash.P | Always Demonstrating Behaviours in English |
| Cooper.H | Showing Respect in HSIE |
| Thomas.C | Commitment to Technology Lessons |
| Ava.D | Exceptional Application and Effort in Mathematics |
| Tomiko.H | Consistent Effort and Application in PDHPE |
| William.D | Consistent Application in Chemistry |
| Kiara.T | Commitment to and Respect for Learning and Major Work Progression in Visual Arts |
| Skye.A | Outstanding Improvement in her School Based Traineeship |
| Jack.W | Improved Application in English |
| Isabella.M | Commitment to Learning in HSIE |
| Kade.S | Consistently Completing Class Work and Positive Attitude towards Assessment Completion |
| Charlee.H | Enthusiastic Approach to Japanese Studies |
| Liam.O | Commitment to Learning in the Senior Study |
| Alyssa.B | Enthusiasm for Reading |
| Ruby.V | Consistent Effort and Application in PDHPE |
| Allison.B | A Positive Attitude to Learning in HSIE |
| Bethani.F | Consistent Effort in Food Technology |
| Tommy.B | Respectful and Responsible Member of the Classroom |
| Angus.E | Consistently Completing Class Work and Positive Attitude towards Assessment Completion |



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Term 3: Week 6 PBL Awards



| | |
|------------|--|
| Shakayla.P | Commitment to Learning in Drama |
| Lucy.S | Demonstrating Responsibility in HSIE |
| Hannah.K | Continued Application to Coursework in Biology |
| Bohdi.W | Conscientious Approach to all Practical Science Lessons |
| Lilly.L | Enthusiastic Approach to Japanese Studies |
| Mia.P | Outstanding Commitment to her School Based Traineeship |
| Brady.G | Commitment to Learning during Term 3 |
| Isabella.M | Exceptional Application and Effort in Mathematics |
| Mason.J | Dedication to Project Work to Develop Innovative Solutions in IST |
| Lily.F | Outstanding Continued Commitment to Learning in PDHPE |
| Jasmine.G | Demonstrating a Commitment towards Learning in Science |
| Mereaira.W | Commitment to and Respect for Learning in Photographic and Digital Media |
| Emelia.M | Commitment to Completing Work Placement Hours in Retail Services |
| Benjamin.Y | Dedication and Commitment to Learning in English |
| Madelyn.J | Showing Respect in HSIE |
| Zak.A | Dedication to Project Work to Develop Innovative Solutions in IST |
| Kiara.T | Enthusiastic Approach to Japanese Studies |
| Emily.W | Commitment to Learning during Term 3 |
| Maverick.F | Willingness to Participate and Assist with Lunchtime Library Tournaments |
| Grace.R | Exceptional Application and Effort in Mathematics |
| Nate.S | Outstanding Continued Commitment to Learning in TSP Football |
| Zac.J | Demonstrating a Commitment towards Learning in Science |
| Tyrone.B | Consistent Engagement in HSIE Lessons |
| Kara.M | Consistent Effort and Engagement in Engineering Studies |



ATTENTION: PARENTS/CARERS

Please check your email for the following communication that was emailed home via our Sentral portal last week.

Dear Parent/Carer

Your child has been invited to participate in the Communities that Care project conducted by Maitland City Council and the Department of Regional NSW in collaboration with Deakin University.

I have provided consent for our school to take part in this project, however we are also seeking consent from parents/carers and the student themselves. Please find an information letter and consent form attached to this email. There are five pages in this consent form, which includes a parent information letter, a plain language statement, example survey questions and the consent form. Please read through the information. Your child's participation is completely voluntary. If you decide you do not consent to your child's participation, please complete the consent form and return to the school prior to the day of the survey, which is scheduled for the 13th, 14th & 15th of September 2023.

Please contact Ms Simone Hughes on 4932 5999 if you have any questions or concerns. If you have more than one child in Year 6, 8, or 10, please complete a different form for each eligible child. Thank you for your time.

What is the purpose of our students undertaking this survey?

The CTC youth survey is designed to better understand the lives of young people growing up TODAY.

The Communities That Care Youth Survey is taking place across the Maitland LGA. We are trying to better understand the lives of young people growing up TODAY, and we want to hear from YOU. We are asking you to take a survey, in class time at school. The survey is online. Your answers are completely confidential and anonymous.





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TERM 4 SPORT Years 8, 9 & 10

Dear parents and caregivers,

Students can choose an offsite sport from the choices listed below.

Students who do not choose an offsite sport will be split into teams and will rotate around school team sports and participate in a variety of activities.

\$45 BUS FEE FOR TERM 4

12/10/23 – 14/12/23

****Payment to be made by 3pm Monday 9th October 2023****

Steps for paying and selecting sports:

Payments and selection can be made at the office and online via School Bytes.

Please note sport venues are capped and will not be visible for payment or selection when there are no vacancies left.

When selecting a sport online, School Bytes will automatically redirect to the online payment portal. You have 15 minutes to complete payment before preferences are invalidated.

If choosing a paying bus venue sport – weekly fees **MUST** be paid to the venue each week.

At school team sports – these will also be capped and will not require payment to be made before selection. It is advised if your child wishes to be in a particular team sport with their peers that the correct (same) team number be selected.

If students do not select a sport, they will be placed into a school team sport (no cost).

Online permission will be emailed out prior to sport commencement.

NO CHANGES WILL BE MADE TO SPORTS GROUPS DURING THE TERM. (Changes will only be made if students show unacceptable behaviour at external sport venues).

Please call the office if you need any assistance with sport payment and selection.

| SPORT | COST PER WEEK | ADDITIONAL INFORMATION |
|---------------------------|---------------|--------------------------------------|
| Futsal | \$5 | Futsal tournament with Mr Newham |
| Genesis Gym | \$8 | Students MUST bring gym towel |
| Premier Fitness Gym | \$8 | Students MUST bring gym towel |
| Driving/Chipping Range | \$8 | Equipment provided by venue |
| Ten Pin Bowling/Putt Putt | \$8 | Equipment provided by venue |
| Gravity X | \$12 | \$3 for Grip socks |
| Rock Climbing | \$12 | Equipment provided by venue |
| Lawn Bowls | FREE | No bus fee required – walk |
| | | |



Education

RUTHERFORD TECHNOLOGY HIGH SCHOOL

T 02 4932 5999

E rutherford-h.school@det.nsw.edu.au

30 Avery St, Rutherford NSW 2320


rutherford-h.schools.nsw.gov.au





School Bytes

Online Payment Information



Three clicks and you are done

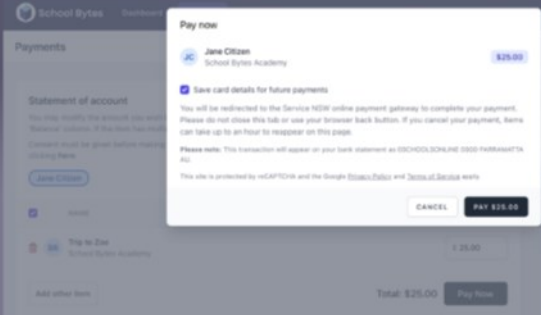
School Bytes now lets you save your card details, allowing you to pay school fees and excursions on the run. Just 3 clicks and you are done!

School Bytes

AVAILABLE NOW!

Parents, you can now save your credit card details in Parent Portal for future payments.

First time making a payment?
Simply select the items you wish to pay, then tick 'save card details for future payments' option and click 'pay.'



You will then be redirected to the payment page where you will need to tick the checkbox to authorise ongoing payments.

Expiry date: 02 / 2024

CVC: 123

Ongoing card payment details

☒ I agree to ongoing payments being charged to this card for SchoolBytes - Due NOW

Max amount of ongoing payments (optional): Amount

You can limit the amount that is charged to this card in single transaction.

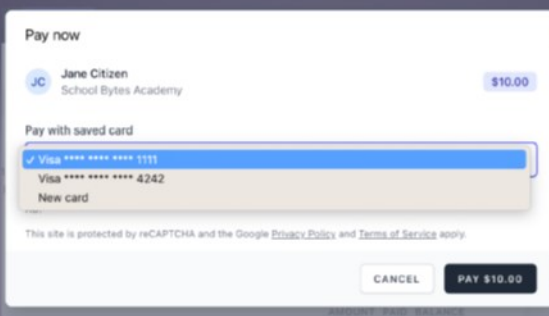
Validate card

School Bytes

AVAILABLE NOW!

Parents, you can now save your credit card details in Parent Portal for future payments.

Using saved card details
Simply select the item you wish to pay, open the 'pay with saved card' drop down and select your saved card.



Your payment outcome will be displayed and a receipt emailed to you.

Payment successful
A receipt will be emailed to you

Father's Day Breakfast



THURSDAY 31st AUGUST 2023

7:30am – 8:30am

Rutherford Technology High School MPC

We would like to extend an invitation to all fathers; grandfathers and male caregivers to join us for a light breakfast (prepared by our Hospitality students) to say thank you for all you do and show how appreciated you really are.

Students will need to accompany their parent/grandparent/caregiver.
For catering purposes, it would be greatly appreciated if you could RSVP to
rutherford-h.school@det.nsw.edu.au



RUTHERFORD
TECHNOLOGY HIGH SCHOOL

SAVE THE DATE

HSC Information Evening

Monday 23rd October 2023

Parent Survey - it would be greatly appreciated if you could scan the below QR Code and complete the survey to assist with the information you would like to know on the evening





**Friday 1st September
to
Friday 22nd September
2023**

**** 20% OFF Sale applies to
IN STOCK ITEMS ONLY & ONLINE STORE**

Items **EXCLUDED** from the sale include
Woolen Jumpers, Blazers, Backpacks

NO Refunds or Exchanges
(Unless garment is faulty)

NO Rainchecks

**20%
OFF**

SHOP NOW 

<https://daylightsportswear.com/rutherford/>



RTHS



Rutherford Technology High School Uniform Shop

Rutherford High School UNIFORM SHOP

Order Sheet

| ITEM | PRICE | SIZE | QUANTITY | TOTAL |
|---------------------------|-------|------|----------|-------|
| Girls | | | | |
| Junior Girls Blouse | 34.00 | | | |
| Senior Girls Blouse | 34.00 | | | |
| Tartan Skirt | 50.00 | | | |
| Boys | | | | |
| Senior Boys Shirt | 34.00 | | | |
| Unisex | | | | |
| Softshell Jacket | 75.00 | | | |
| 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 | | | |
| Accessories | | | | |
| Beanie | 15.00 | | | |
| Scarf | 20.00 | | | |
| White Socks Short-cut x 5 | 20.00 | | | |
| Others | | | | |
| Reusable Tote Bag | 1.00 | | | |
| TOTAL AMOUNT \$ | | | | |

Uniform Shop Hours:

Tuesday 8:00am-12:00noon

Thursday 1:00pm-5:00pm

Purchase Online: <https://daylightsportswear.com/rutherford>

Please ensure all orders are collected from the Uniform Shop

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

**Prices are subject to change without notice*

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 online ordering through Flexischools. Our canteen has EFTPOS available and whilst we encourage cashless payments, 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 28th August 2023 | Volunteer Required |
| Tuesday 29th August 2023 | Donna Nichols |
| Wednesday 30th August 2023 | Volunteer Required |
| Thursday 31st August 2023 | Donna Nichols |
| Friday 1st September 2023 | Donna Nichols |
| Monday 4th September 2023 | Volunteer Required |
| Tuesday 5th September 2023 | Donna Nichols |
| Wednesday 6th September 2023 | Volunteer Required |
| Thursday 7th September 2023 | Donna Nichols |
| Friday 8th September 2023 | Donna Nichols |



RUTHERFORD TECHNOLOGY HIGH SCHOOL

2023 CANTEEN MENU

Everyday Food, Occasional Food

BREAKFAST ITEMS:

- Banana Bread \$1.50
- Pancakes \$3.00
- Cheese Toastie \$2.50
- Ham & Cheese Toastie \$3.00
- Yoghurt \$3.00
- Yoghurt & Fruit Box \$3.00

SANDWICHES, ROLLS & WRAPS:

Sandwiches:
Available to Order \$3.00-\$6.00
Options: Vegemite; Egg & Lettuce; Curried Egg; Salad; Chicken Salad; Cheese & Tomato; Ham, Cheese & Tomato (price dependant on filling)

Rolls:

- Salad Roll \$5.00
- Ham Salad Roll \$5.50
- Chicken Salad Roll \$5.50

Wraps:

- Salad Wrap \$5.50
- Chicken Salad Wrap \$6.00
- Ham Salad Wrap \$6.00
- Caesar Salad Wrap \$5.50

CHIPS / POPCORN:

- Deli Rock Chips: Sea Salt \$1.50
- Deli Rock Chips: Honey Soy \$1.50
- Lightly Sea Salted Popcorn \$2.50

ICE CREAMS:

- Juice Ice Blocks \$1.00
- Vanilla Buckets \$1.50
- Twisted Frozen Yoghurt \$2.00 (Chocolate; Watermelon; Cookie Dough)

SALADS:

Salad Boxes
Available Boxes to Order \$3.50-\$6.50
Options:
Salad; Chicken; Caesar; Chicken Caesar
Size: small, medium, large (price dependant on option and size)

- Zucchini Slice & Salad Box (GF) \$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:

- Tuna Hosomaki Pack \$6.00

SNACKS / OTHER:

- Piece of Fresh Fruit \$0.50
- Freshly Cut Watermelon** \$3.50
- Freshly Made Fruit Salad** \$3.50
- Yoghurt \$3.00
- Yoghurt & Fruit Box \$3.00
- Eucalyptus Drops \$0.75
- Chocolate Cookie \$1.50
- Finger Bun / Muffins \$2.50
- Hummus, Carrot & Celery \$2.00
- Snack Bag \$2.00

**Only Available Term 1 & Term 4

DRINKS:

Water:

- 350mL \$1.00
- 800mL \$2.00

Juice-250mL:

- Orange \$2.50
- Apple \$2.50
- Apple Blackcurrent \$2.50

Chilli-250mL:

- Watermelon \$2.50
- Raspberry \$2.50
- Blackcurrent \$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
- Iced Coffee \$3.50
- Plain Milk-800mL \$2.50
- Frozen Blizzard \$2.50
- Hot Chocolate \$2.00 (Only Available Term 2 & Term 3)

HOT FOOD:

- Chicken Burger \$5.00
- Chicken Burger Salad \$5.50
- Veggie Burger \$5.00
- Vegetarian Nachos (avail. for ORDER ONLY) \$8.50
- Vegetarian Spag. Bolognese (ORDER ONLY) \$8.00
- Chicken Gravy Roll \$5.00
- Rissolo & Gravy Roll \$5.00
- Lasagne (avail. for ORDER ONLY) \$5.50
- Chicken & Corn Soup+Dinner Roll \$4.00
- Pumpkin Soup+Dinner Roll \$4.00
- Cheese Toastie \$2.50
- Ham & Cheese Toastie \$3.00
- Other Assorted Toastie Avail. \$2.50-\$5.00 (price dependant on filling)
- Spinach Ricotta Roll \$3.50
- Zucchini Slice (GF) \$2.50
- Garlic Bread \$2.00
- Plain Pie FIRST BREAK ONLY \$4.00
- Cheese & Bacon Pie FIRST BREAK ONLY \$4.50
- Sausage Roll FIRST BREAK ONLY \$3.00
- Chicken Chippies (6) \$3.50
- Chicken Nuggets (6) \$3.50
- Nachos (ONLY Avail. Mon/Wed/Fri) \$6.50
- Meatball Sub \$5.00
- Pizza \$5.00
- Fried Rice \$4.00
- Available to Order:
- Small & Large Hot Meal Small \$5.00 Large \$6.00

Options Include: Carbonara; Mince Chow Mein; Tuna Mornay & Rice; Butter Chicken & Rice; Satay Chicken & Rice; Beef Stroganoff; Honey Mustard Chicken & Rice; Curry Chicken & Rice; Thai Green Curry Chicken & Pasta; Veggie Stir Fry; Curried Sausages & Mash Potato, Savoury Mince & Mash Potato



Canteen is open before school from 8:00am 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.

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

© 12th May 2023



Trainee Information & Recruitment

If you have a passion for caring for our youngest in the community, then now is the time to come and see what that involves. We invite you to our exciting **Trainee Recruitment Event**, where you can explore the options of becoming a trainee employee or a School Based Apprentice Trainee (SBAT) at one of our amazing Hub services.

There will be experienced educators on hand to answer your questions, presentations from industry professionals, and an opportunity to tour one of The Hub centres.

Join Us!

Date: Tuesday 12th September 2023
Time: 6.30pm
Location: The Hub Waratah
 39 Station Street Waratah 2289
RSVP: Friday 8th September 2023 by:
 QR Code or
 admin@thehubpreschool.com.au



Traineeship or SBAT?

Traineeships

CHC30121 Certificate 111 in Early Childhood Education and Care

Full time traineeship opportunities allow those who are interested in starting a career in Early Education, to work in a centre with a team of Early Childhood professionals whilst completing their study online with ICCO (RTO ID 90081).

The opportunity to complete on-the-job training within a Hub centre provides each trainee with an authentic experience of working in the early childhood education and care sector.

As an employee of the Hub you will be immersed in the full experience of Early Education with children 0-5 years.

SBAT

The SBAT model allows school age students to gain a qualification while completing their HSC. Students leave school at the end of Year 12 with a qualification that can lead directly to employment and have the opportunity to continue the learning pathways with advanced entry into university.

As part of the traineeship, participants will complete the theoretical component of their studies online. This will be complemented by 100 days of paid on-the-job training at one of the Hub centres.

The SBAT program will allow students to attain their Certificate III in Early Childhood Education and Care while completing their HSC.

Testimonial

Being part of The Hub was an absolute game-changer for me. The trainers were beyond supportive throughout my entire study period. They were always there, checking in on my progress and providing guidance whenever I needed it. Thanks to their amazing support, I was able to achieve my goal of obtaining a Certificate III in Early Childhood Education. This certification opened up so many doors for me, including landing a permanent job in the field. Now, I'm continuing my educational journey by pursuing my diploma. I can't express how grateful I am for the opportunities and growth that being part of The Hub has brought into my life. It's been an incredible journey so far! Abbey M

MAI-WEL EMPLOYMENT PATHWAYS *Information Sessions*

CALLING ALL PARENTS AND CARERS!

Do you know a young person in Year 10, 11 or 12, or who is ready to transition out of school, that may need some guidance on their next steps?

We have a range of programs and services available to youth in our community. To fill you in on all that's possible with Mai-Wel, we want your feedback on the best times and locations to host our Employment Pathways Information Sessions.

Follow the QR code or visit our website to have your say and sign up to be notified of our upcoming sessions!



SESSIONS WILL BE HELD:

WEDNESDAY 13 SEPTEMBER (MAITLAND)

WEDNESDAY 20 SEPTEMBER (CESSNOCK)



WWW.MWLFS.COM.AU/INFO-SESSION



EVENTS@MAIWEL.COM.AU

During our Information Sessions, we'll provide you with a general overview of all our services, but we'll especially focus on our Employment Pathways, including:

MAI-WEL ACADEMY

From as early as Year 10, to long after finishing school, Mai-Wel Academy is a unique program to help bridge the gap from school to the next stage of life, whether that be school or study. With a number of local industry partnerships, our own internal simulated work experiences, and experienced mentors, we help people discover what they want to do and create an individualised pathway to get there.

DISABILITY EMPLOYMENT SERVICES

As a registered Disability Employment Services (DES) provider, Mai-Wel works with job seekers with disability, health conditions or mental health barriers to achieve life changing employment outcomes.



WORKFORCE AUSTRALIA - TRANSITION TO WORK

As a registered WorkForce Australia - Transition to Work (TtW) provider, Mai-Wel provides employment support to young people aged 15-25 to address the barriers to employment.





DRESS FOR SUCCESS®
Going Places. Going Strong.

Career Hub

Your career toolkit and inspiration for finding and keeping work.

Whether you're looking for a job and don't know where to start, or looking to progress in your career, we're here to help.

The Dress for Success Career Hub offers an abundance of career support services that can be accessed by women anywhere in Australia, at any time. The Hub and our services are free of charge to individuals who need our support.



Develop your skills.

WHAT'S IN THE HUB



Every month features a full program of job search and personal development workshops, hosted by experts in their field. Participate live online or watch a selection of these in your own time.



Access one-on-one support for services such as resume assistance, interview practice or mentoring. Find a directory of fee-free and low cost training to upskill for your job search, career transition or study goals.



Find job search and career tips and inspiration to help you on your career journey. Explore work possibilities, where to find the jobs and get great tips on how to shine when you're looking for work.

ACCESS THE HUB & BECOME A MEMBER

Scan the QR code on your mobile or visit: <https://dfscareerhub.org.au>
Any questions please call: 1800 773 456



Frequently Asked Questions

When can I apply for an AVCAT Scholarship?

Applications open 18 August, and close at midnight October 31.

Do all applicants receive an AVCAT Scholarship?

The selection process is very competitive and scholarship numbers are limited therefore, not all worthy and eligible applicants will receive a scholarship.

How will my scholarship application be assessed?

Applications are considered by a team of independent assessors and AVCAT's National Selection Committee. The following criteria are used to assess applications: financial need, academic potential and personal circumstances.

What supporting documents do I need for my scholarship application?

It is advisable to start preparing your documents before applications open as this can take a considerable amount of time. You can find more information at avcat.org.au.

When will I be notified of the outcome of my application?

Applicants will be notified of the outcome of their application from late February through to early March. Applicants will be updated on any change to the timing of notification.

Where can I find more information?

You can find more information on the AVCAT website at avcat.org.au or contact the AVCAT office Monday - Thursday on 02 9213 7999 or at info@avcat.org.au. Register your interest in applying at avcat.org.au/scholarships



'I can say with confidence that my AVCAT scholarship has given me the reach I needed to grab hold of my dreams and aspirations.'

— AVCAT Scholar



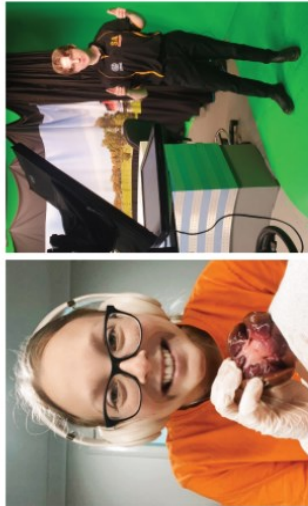
CELEBRATING 20 YEARS

AVCAT SCHOLARSHIPS

Transforming lives through education

Applications open 18 August, and close midnight 31 October 2023.

AVCAT Scholarships, including the Long Tan Bursary, are for the children and grandchildren of Australian ex-serving veterans. Scholarships provide \$4000–\$6000 per year, for three years, to full-time students at university, TAFE or a registered training organisation.



Scholarship Eligibility

Eligibility criteria includes Australian residency, child or grandchild of Australian ex-serving veteran, full-time tertiary student in 2024 at uni, TAFE or a RTO for minimum one-year course, in receipt of or eligible to receive means-tested Commonwealth educational benefit — Youth Allowance, ABSTUDY, Austudy or Veterans' Children Education Scheme (VCEs).

'My AVCAT Scholarship gave me confidence that I still draw on. It's something that cannot be taken away.'

— AVCAT Scholar

Apply online at avcat.org.au



Circle of Security® PARENTING SERIES

At times ALL parents feel lost or without a clue about what our child might need from us.

Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Learning Objectives of the Training:

- Understand your child's emotional world by learning to read the emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honour your innate wisdom and desire for your child to be secure

Presented by: Alison Fardell (Samaritans) & Jo Geering (Maitland Region Community Support)

Who should attend: Parents with children aged 0-6 yrs.

Location: Woodberry Place of Friends, within Woodberry Public School - Lawson Ave, Woodberry

Dates: Mondays 21st & 28th August, 4th, 11th & 18th September (5 weeks)

Time: 12:30pm– 2:30pm

Cost: FREE - Child minding available

To Register scan the QR code or text 0467726165

Circle of Security Term 3 2023





Want \$500 to help you with school costs?



Saver Plus is a financial education program for families and individuals on a tight budget to develop life-long savings habits.

To join Saver Plus, you must:

- ✓ Have a current Health Care or Pensioner Concession Card AND an eligible Centrelink payment*
- ✓ Be studying yourself OR have a child in school (can be starting school next year)
- ✓ Have regular income from work (either yourself or your partner)*
- ✓ Be 18+ years old

*Many types of income and Centrelink payments are eligible

Here are some of the school costs the \$500 can be used for:



laptops & tablets



uniforms & shoes



books & supplies



sports fees & gear



lessons & activities



camps & excursion

For more information, please contact your local Saver Plus coordinator:



NSW/Act - Saver Plus Team



SaverPlusNSWACT@thesmithfamily.com.au



1300 610 355

DELIVERED BY



The Smith Family

Learn today, change tomorrow.

Find out more at saverplus.org.au

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ and the Australian Government Department of Social Services.



GU

1st of September 2023
6:30-9:30pm



register here!



GIVEAWAYS
LIVE MUSIC,
DJ, DINNER
AND MUCH
MUCH MORE!!

13/1a Ken Tubman Dr, Maitland NSW 2320



COME TRY CROSSFIT!

Get Fitter and Stronger with us at CrossFit Indulge

[READ MORE](#)

Come join us in Rutherford, our CrossFit teens class is a great way to build more strength and fitness. Perfect to supplement your sporting commitments and make you better at them or if you don't play any sports to get overall healthier. Our classes run on Tuesday and Thursday @3:45pm

find the link to register on our website or our Instagram page @crossfitindulge



Email [@info@crossfitindulge.com.au](mailto:info@crossfitindulge.com.au)

RESPECT

RESPONSIBILITY

COMMITMENT



City United District Cricket Club LOOKING TO PLAY CRICKET? CRICKET SEASON 2022-23



SCAN ME



- ✓ All abilities welcome!
- ✓ Boys/Girls 5-16 yrs old welcome
- ✓ All girls teams

For further information, contact us at paul.brownlee1@outlook.com

COME AND JOIN THE FUN!

COALFIELDS CROSS COUNTRY

RUNNING CLUB



**Are you looking to get fitter during the warmer months?
Do you enjoy exploring our local bushland?**

- Wednesday afternoons, Sep-Mar
- All ages
- All levels of fitness (walkers too!)
- 3, 5 and 10km options
- Fun, relaxed, community atmosphere



Season kick-off!

6 SEP 2023, 5PM

JEFFERY PARK, KEARSLEY

For more information and to register visit
coalfieldscrosscountry.com or Ph 0405554339



School Formal Transport

We offer discounted Formal transport in our Limousine Fleet.

We have x 2 Chrysler Stretch Limousines and a Dodge Nitro Limousine.

All 3 vehicles seat 10 in the back.

We can offer:

Pickup from Home and drop off to Venue

- Up to 1 hour hire
- If time allows your driver will take you for a short drive before dropping off to the venue

Cost: \$395

Pickup from Home, photo stop and drop off to Venue

- Up to 2 hours hire
- Picking up from home
- Meeting the rest of your year for photos at a designated location for photos
- If time allows your driver will take you or a short drive before dropping off to the venue

Cost: \$485

Pickup from your Photo location and drop off to venue

- Up to 1 hour hire
- The driver will meet you at your location where your having group photos
- If time allows your driver will take you for a short drive before dropping off to the venue

Cost: \$395

Chrysler Limousine



Chrysler Limousine



Dodge Nitro



To check our availability / to book You can email us on bookings@royalmelimosine.com.au or call us on 0493 114 660

To secure a booking we require a 20% non refundable deposit with the balance due 7 days prior to the School Formal date.



ART
Squad

EVERY
WEDNESDAY
LUNCH
IN H5

Art hacks,
tips and
tricks

Resolve your
art projects

Get feedback
from Art teachers

Zone out and
listen to music

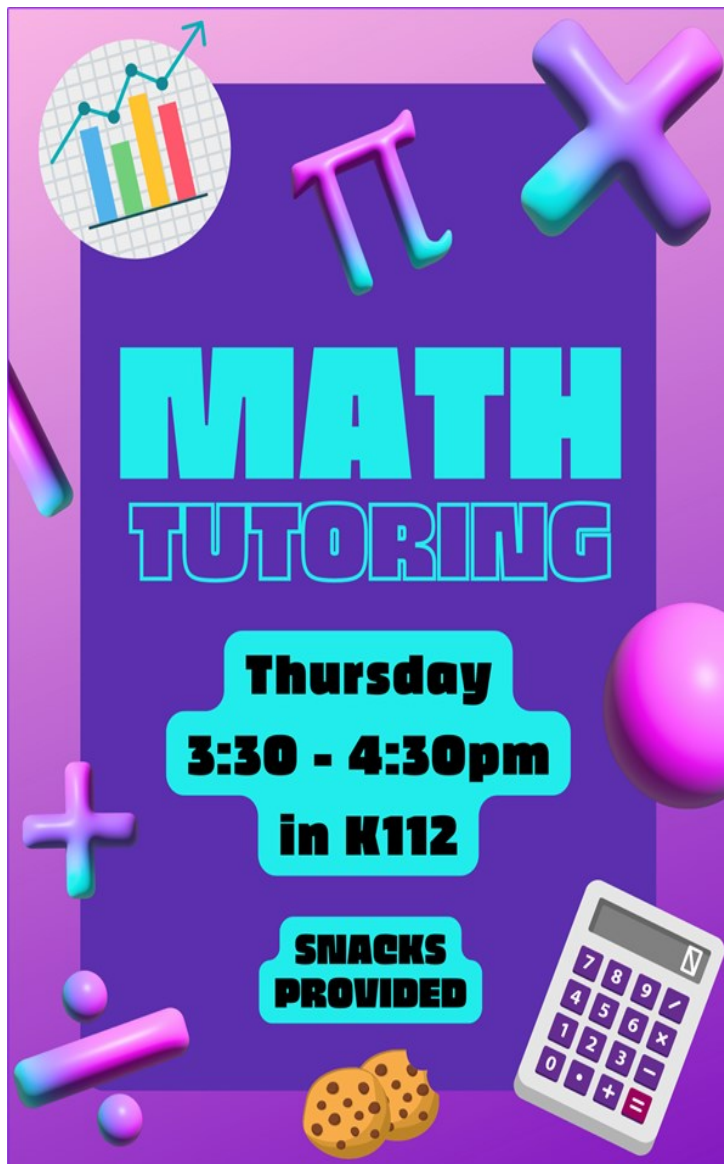
Colouring
and
painting
activities

Make
new
friends

Master artistic skills

All students and staff welcome!

The poster features a central illustration of a brown artist's palette with a hole in the center. Surrounding the palette are various art supplies: a black marker, a paintbrush, a tube of red paint, a blue pencil, a paintbrush, a red marker, and a tube of green paint. The palette has several colored blobs of paint, each containing text. The text on the palette includes: 'Art hacks, tips and tricks' (red blob), 'Resolve your art projects' (yellow blob), 'Get feedback from Art teachers' (white blob), 'Zone out and listen to music' (black blob), 'Colouring and painting activities' (teal blob), 'Make new friends' (green blob), and 'Master artistic skills' (light blue blob). The background is white with a thin black border.



THE LEARNING COMMON

**open for both schoolwork
access and general access.**

Before school

- Schoolwork access is from 8:20am each morning.

- General access is from 8:45am.

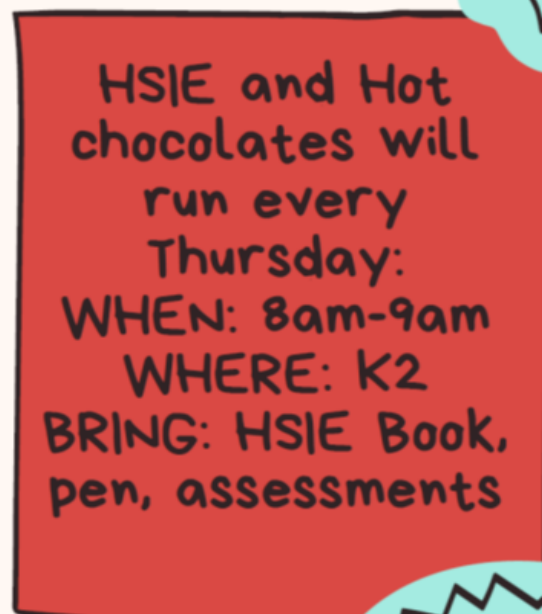
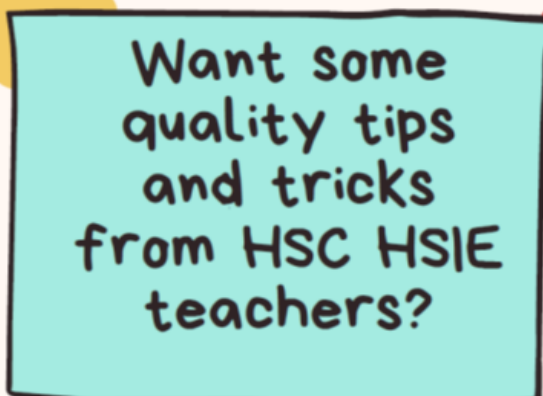
Recess & Lunch

- Schoolwork access is available during the first 10 minutes of the break onwards.

- General access is approximately 10 minutes after the initial bell to allow students time to eat and drink outside. As well as allowing quiet time for the students working in the library.



HSIE WRITING AND HOT CHOCOLATES



RTHS



HOMESCHOOL 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
3:25pm-4:00pm
Library**



Refreshments Provided

RTHS SUPPORTERS

Harvey Norman
Maitland



Maitland



Bakers Delight
We're for real.

Rutherford

The staff and students would like to acknowledge the generosity of 'Bakers Delight' at Rutherford who now provide our Wellbeing Faculty 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.

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