



# RUTHERFORD

## TECHNOLOGY HIGH SCHOOL

RESPECT  
RESPONSIBILITY  
COMMITMENT

# NEWSLETTER

19th MAY 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

23rd May	Bill Turner Cup
25th May	Build Me a Future Challenge
27th May- 3rd June	Reconciliation Week
29th May- 2nd June	Year 11 Half Yearly Exams
29th May- 31st May	Year 7 Great Aussie Bush Camp
29th May	Evatt Competition
29th May	First Aid Course
31st May	Year 10 Vaccinations
31st May	White Card Course
31st May	Year Meetings
31st May	U/16 Girls Katrina Fanning Cup
1st June	Big Day In
1st June	U/13 Boys Country Cup S/Final
1st June	U/15 Boys Country Cup S/Final
2nd June	UoN: Law Student for a Day
2nd June	Carpentry Trade Readiness



Year 12 student, and senior leader, Sharee Blackwell, is participating in the 2023 Push-Up Challenge and aims to complete the 3,144 push-ups during the month of June.

Sharee took part in the challenge last year and with her dedication and passion has this year chose to be one of the Nations Student Ambassadors. Besides Sharee, several staff members are forming teams to climb to the top of the leaderboard.

For further information about the challenge  
<https://www.thepushupchallenge.com.au/>

If you would like to make a donation to support our school community you can do so via the below QR Code



#### Get fit

Challenge yourself to complete 3,144 push-ups from 1 to 23 June in 2023. You can aim for **half or the full** push-up target. Other exercise alternatives are welcome. Complete your push-ups any time and any place. Track push-ups using our phone app.



#### Learn about mental health

Each day, you will learn about mental health as the push-up target relates to a vital mental health statistic in Australia. For example, 135 push-ups because one recent analysis of scientific evidence suggests that **three 45-minute exercise sessions per week** (135 minutes total) is enough to provide **anti-depressant** benefits to mental health.



#### Have fun

Take part solo or with a group. Having a bunch of friends involved helps with the motivation and banter. You can sign up as a team or get your entire workplace, gym, sports club, school involved by creating a **Community**. Join hundreds of thousands of people across Australia in the **push for better** mental health.

## MESSAGE FROM THE DEPUTY PRINCIPAL



First of all, I would like to thank all the staff, students and parents at Rutherford Technology High School for such a wonderful warm welcome. It is great to be back, and to see all the positive growth the school has undertaken over the years. The collegiality and support of the staff has been very much appreciated. It has also been great to meet so many open, enthusiastic and engaging students. Thankyou also, to all the parents that made me feel welcome at last weeks P&C meeting.

Wow, how quick the term is going. I would like to congratulate all the students for their hard work and commitment to learning. It is great to see this acknowledged with so many students receiving awards on our weekly student led assemblies. The students certainly demonstrate our school core values of **Respect, Responsibility and Commitment**.

The hard work and dedication of our staff saw the organisation of a memorable Mother's Day Breakfast. The food provided was delicious and seeing so many of our students sharing the morning with their loved ones was a special moment that they will always remember.



Thankyou to all the parents, that took time out of your day, and made your way to the Parent/Teacher interviews on Tuesday 16th May 2023 for Semester 1. It is great to see our community working together, to provide support and encouragement our students require to reach their educational potential.

## Do It For Dolly Day '23

It was great to see our SRC and student leaders support and organise on Friday 12th May 2023, **'Do It For Dolly Day'**. A day which is dedicated to bringing the community together, spreading kindness and uniting in helping break the silence around bullying. This day saw students dressed in blue, raising awareness and valuable funds to support the cause.

A huge thankyou to the staff that provided our support students the opportunity to visit our nation's Capital. Canberra certainly delivered an experience of a lifetime, from Parliament House, The Australian Institute of Sport, The Mint, Questacon, The War Memorial and many more attractions. It is great to see the staff at Rutherford Technology High School going above and beyond.





-2-

Rutherford Technology High School continues its sporting success. Koby Kattau and James Allerton have been selected in CHS Hunter Lawn Bowls Team. Koby's leadership on the green has seen him selected as team captain as they head to Dubbo in June for the CHS State Championships. Rugby league success continues. Congratulations to the Boy's U13's, U14s and U15's for all making their respective Semi Finals to be played in June. Thankyou, to all our coaches and staff that make it possible for our students to compete and represent Rutherford Technology High School .



Finally, with winter just around the corner, please make sure you have appropriate uniform to maintain the high standard of uniform which I have seen this term.

**Mr Andrew Robinson**  
**Deputy Principal - Year 9 & Year 12**





## PDHPE FACULTY REPORT

Congratulations to all students who represented Rutherford Technology High School by competing in the Coalfields Zone Cross Country Event. Students were brilliant in their efforts and achieved some outstanding results. A big thank you to our Year 11 & Year 12 Sports Coaching Students who assisted in the event throughout the day. Congratulations to the following students who have been selected to represent at the Hunter Region Cross Country Carnival on the 9th June 2023:

Connor Smoothy , Jonathon Priestly, Maison Frost, Logan Cunningham, Zavannah Clemesha, Laila Malone, Teigan Knox, Nate Robson, Lucas Fraser, Ceanna Frost, Annabelle Bridge, Ryan Heggs, Matthew Bridge, Archibald Paget, Cooper Holloway Dylan Zambra, Noah Rogers, Eliza Callinan, Sheree Blackwell, Jayden Aitchison, Ruby Van Der Wel



The Rutherford Technology High School Athletics Carnival will be held at Maitland Athletics track on Tuesday 6th June 2023. Students are encouraged to participate in as many events as possible on the day, however for many, this will involve an excellent social opportunity to enjoy a fun day with their peers, while others will set their sights on higher representation. Support of these days help make them a success and an enjoyable day for all. Being a compulsory school day, all students are expected to attend. Once again, the House Championship will be hotly contested, with Dalwood setting the standard in recent years. Attendance and participation is the key to victory! Good luck to all houses.

Year 7 Sport in Term 1 saw students gaining some aquatic familiarisation and water safety skills at Branxton Pool during their fortnightly double sport period. In Term 2 students are walking to the Rutherford Tennis Courts to participate in a tennis clinic run by Ambrose Tennis Academy. A reminder that the Year 7 sport fee of \$25.00 per term which covers all costs of coaching/ equipment and facility hire should be made to the front office. This fee is included in your child's annual fees, so if these have been paid it does not require any further payment.

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Targeted Sports Programs have again been reaping strong results in 2023. Congratulations are extended to the following teams:

## Rugby League:

Country Cup Under 13 Boys – progressed to the Hunter semi final

Buckley Shield Under 14 Boys - progressed to the Hunter semi final

Country Cup Under 15 Boys - progressed to the Hunter semi final

Special mention is extended to Noah McNamara, Ashton Allen and Shatikka Eulo have made their respective Greater Northern Rugby League Representative sides.

## Football:

Bill Turner Girls, Round 2 Defeated by St Bede's 3-2

Bill Turner Boys, Round 3 to play against Maitland Christian school on Tuesday 23<sup>rd</sup> May

Open Boys, Hunter Region Quarter Final to play Great Lakes Forster on 17<sup>th</sup> May.

Open Girls, Hunter Region Semi Final to play Great Lakes Forster on 17<sup>th</sup> May.

## Bowls:

Congratulations to our Rutherford Technology High School Lawn Bowls Triples team who have qualified for NSW State Championships in Penrith in August. They will face the top 16 teams in the state for the State title. Also, congratulations to Koby Kattau and James Allerton who have been selected in the CHS Hunter team who will travel to Dubbo in June.

Term 2 will see many of our students and teams competing in Zone and Regional competitions – we wish them all the best of luck.

Followers of the Rutherford Technology High School Face Book page would have seen regular updates of our TSP and Dance students looking great in their uniforms and wearing the Rutherford Technology High School colours with pride. Keep an eye on this page for regular sporting updates both in the lead up to events and post events for results.

**Mr David Thomas**

**Head Teacher PDHPE Faculty**



Rutherford Technology High School P&C Association is holding a small Thompson Pie Drive Fundraiser with delivery the last week of term so just in time to 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 **5:00pm Tuesday 13th June 2023**.  
Delivery/Collection date is: **WEDNESDAY 28th JUNE 2023**.

# Canberra Support Excursion

In Week 3 some of our support students had the opportunity to attend an overnight excursion to Canberra, the national capital of Australia. Students were given the opportunity to participate in a variety of educational programs that focused on Australia's history, culture, heritage, and democracy.

Students visited the following places: The Australian War Memorial, Parliament House, Australian Electoral Education Centre, Questacon, Geoscience Australia, Royal Australian Mint, Australian Institute of Sport and the Canberra Reptile Zoo.

The Australian Government recognises the importance of students being able to visit the national capital as part of their education. To assist families of students who attended the excursion, the Australian Government contributed \$30.00 per student under the Parliament and Civics Education Rebate program toward the cost of the excursion. This is paid directly to the school at the conclusion of the excursion and had been deducted from the student's overall excursion costing.

Students battled well with the freezing cold conditions at Canberra, and all had a great time, coming home with many souvenirs and memories. Students demonstrated the school core values of Respect, Responsibility and Commitment throughout the whole Canberra journey. A massive thank you to Miss Buckton, Miss Gear, Mrs McLaren, Mr Porter, Mrs Wall and Mr O'Leary for ensuring the students had the best possible time.



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## Weekly PBL Awards

### Term 2: Week 3

Aaron	Consistent Engagement and Completing all Class Tasks in Language
Aiden	Taking Responsibility for his own Learning
Andrea	Consistently Working Well in all Aspects of Technology Mandatory
Ava	Consistent Effort and Application in PDHPE
Danae	Outstanding Progress Across a Range of VET Subjects and her School Based Traineeship
Dillon	Commitment and Dedication in English Lessons
Danae	Outstanding Progress Across a Range of VET Subjects and her School Based Traineeship
Eden	Consistent Engagement and Completing all Class Tasks in Language
Emilia	Consistent Commitment and Enthusiasm in Science
Felicity	Working Productively to Assist Others during Study Periods
Georgia	Commitment to her Learning during Study Periods
Lara	Consistent Commitment in Forensics
Lily	Outstanding Progress Across a Range of VET Subjects
Levi	Commitment and Dedication in English Lessons
Madelyn	Commitment in all Areas of Food Technology
Rosalie	Consistent Effort and Application in HSIE
Sam	High Levels of Class Engagement and Consistent Application to ICT Studies
Shane	Excellent Application in Mathematics
Tim	Commitment and Dedication in English Lessons
Weston	Commitment to Learning in HSIE
Zalliah	Consistent Engagement and Completing all Class Tasks in Language



## Weekly PBL Awards

### Term 2: Week 4

Abbey  
Adrian  
Aleera  
Ava  
Ben  
Callum  
Grace  
Hannah  
Jarod  
Jazz  
Levi  
Maddie  
Matilda  
Nyssa  
Sharee  
Tyler  
Tyrone

Commitment to her Learning during Study Periods  
High Levels of Class Engagement and Consistent Application to ICT Studies  
Demonstrating Exceptional Skills in all aspects of Technology Mandatory  
Commitment and Dedication in English Lessons  
Commitment to Learning during Term 2  
Excellent Performance in Half Yearly PDHPE Exam  
Consistent Application in Science  
Commitment to Learning in HSIE  
Consistent Effort and Engagement in ICT Lessons  
Consistent Engagement and Completing all Class Tasks in Language  
Respectful Behaviour while in Study Periods  
Consistent Effort in all TSP Football Lessons  
Consistent Engagement and Completing all Class Tasks in Language  
Commitment and Dedication in English Lessons  
Excellence in Retail Services and Supporting the Careers Faculty  
Outstanding Progress Across a Range of VET Subjects  
Committed Approach to all HSIE Tasks



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# TARGETED SPORTS PROGRAM (TSP) NEWS

## TSP RUGBY LEAGUE

### UNDER 13s COUNTRY CUP RUGBY LEAGUE

On Tuesday the 16th of May, our Under 13 boys participated in the State Country Cup gala day at Raymond Terrace. From the first game it was evident that the boys were going to be a tough opposition throughout the day. They proved that by taking out the quarter final against a strong Mt View team. Congratulations to all the players who now progress to the Hunter Semi Finals on the 1st of June at Cessnock. It should be noted that we now have our 13s, 14s and 15s teams through to Hunter Semi Finals (first time ever for our school) in their respective competitions. Another great achievement for all participants of our league program and a big thanks to the school for all the support we receive.



### UNDER 15s COUNTRY CUP RUGBY LEAGUE

On Thursday 11th of May, our Under 15 boys team represented Rutherford Technology High School at the Country Cup gala day at Windale. The boys played really well in all of their games and as a result have progressed to the Hunter Semi Finals to be played on the 1st of June at Cessnock. This is our second successful League team for the year, with the Under 14's also progressing to the Hunter Semi Finals which will be played on the 6th of June. A big congratulations to the team on their efforts at Windale.

### UPCOMING RUGBY LEAGUE GAMES

Under 16s Girls Katrina Fanning Premiership Gala Day  
Under 13s Country Cup Hunter Semi Final vs TBA  
Under 15s Country Cup Hunter Semi Final vs St Joseph's Lochinvar  
Under 14s Buckley Shield Hunter Semi Final vs TBA

31st May 2023 @ Mt View Park  
1st June 2023 @ Baddeley Park Cessnock  
1st June 2023 @ Baddeley Park Cessnock  
6th June 2023 @ Baddeley Park Cessnock

**Mr Luke Miller**  
TSP Rugby League Coordinator









This years Star Struck is in full swing with rehearsals well underway.  
 Rutherford Technology High School has three groups performing in Cast A - as well as Year 12 student, Josie McIntosh, as a featured tap dancer in all four shows plus Year 11 Student, Tiana McWilliams, who is part of the chore choir. Extra accolades to: Mrs Cooper & Ms Gear for successfully providing choreography for Star Struck performances.  
 Many thanks to Ms Hughes, Staff & Parents for their ongoing support.  
 This years 'IGNITE' show is sure to be amazing.  
 Tickets now available through Ticketek.  
 Good luck to all the students involved; Mrs Cooper; Ms Gear & Miss Crump.

# Ignite

Star Struck 2023

**Newcastle Entertainment Centre**

**Friday 16 June Saturday 17 June**

**11am & 7pm**

**1pm & 7pm**

**Tickets through Ticketek - [ticketek.com.au](https://www.ticketek.com.au)**



**GLENORE**  
A GLENORE Community Partnership



**HERALD**  
theherald.com.au



**Graphika.**  
The Branding Agency

[www.starstruck.schools.nsw.gov.au](http://www.starstruck.schools.nsw.gov.au)

## About Star Struck:

Star Struck is a NSW Department of Education annual performing arts event for Newcastle, the Hunter and Central Coast. It is a showcase of dance, drama and music performed by students from Kindergarten to Year 12 from a vast network of NSW public schools.

Star Struck provides performance and learning opportunities for students in the arts and fosters an appreciation of the performing arts. The program brings together students from very small primary schools to large comprehensive high schools from diverse backgrounds. Students have the opportunity to participate as part of combined dance, drama or choir, with their school groups, or if successful at audition can participate as featured vocalists or instrumentalists. In addition to these on stage roles students also participate as members of the student stage management, choreographic and props design teams.

Students gain valuable experience across a range of vocational areas in the arts and the opportunity to work with industry experts whilst working towards a nationally accredited qualification in Events. Star Struck is one of the largest performance events presented in the area and, such as, enjoys immense local support from the corporate and business sectors, the media and the community.

# BANNED

## What is Prime drink, is it okay for kids and why have schools in Australia banned it?



Dear Parents/Carers

With the introduction earlier this year of PRIME Drink, this is a reminder that ALL Energy Drinks - including PRIME, are banned at Rutherford Technology High School.

Please see the link below explaining that schools are banning PRIME and also information relating to the drink.

[What is Prime drink, is it okay for kids and why have schools in Australia banned it? - ABC News](#)

Any further queries should be directed to our principal via the school administration office.



## Riverdene Nurseries

Riverdene Nurseries at East Gresford is looking to employ an apprentice to study horticulture production and have shared the information with a few local high schools.

The following info should be considered

- This is a manual labour industry so lots of bending and lifting.
- We deal with the Latin names of plants and although we will teach the applicant pronunciations, good reading skills will be a benefit because there is a need to manually alphabetise information.
- We need some computer work done (database entry of information).
- We do not care if the apprentice does a face to face course or an online course.
- We specified a drivers licence because of the remote location of the nursery (there is no public transport to Gresford whatsoever) and asking a young driver to travel our roads is a bit of a concern for us HOWEVER someone may have a relative that lives nearby that they could stay with.
- We work in the rain, the frost and the blistering heat (we do try to minimise worker discomfort BUT they will get cold and wet occasionally)

Please find a link to the advert with Verto who will be our apprenticeship provider.

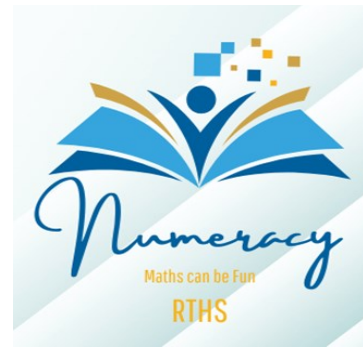
[https://verto.jobreadygateway.com.au/vacancies?object\\_id=3209](https://verto.jobreadygateway.com.au/vacancies?object_id=3209)

If you have any extra questions please feel free to contact Rosemary Wall @ Riverdene Nurseries on 4938 9280 or 0488 139 054 between 10:00am-4:00pm.



# Let's Go Shopping

## ~ Is it really a bargain?



**Things you need:** -Shopping or grocery trip

Many shops and supermarkets express money-off deals in fractions, for example, something might be half-price, or even 75% off.

But wait? Isn't that a percentage?

Yes, but did you know that fractions can be expressed as percentages, decimals and even ratios. They're all 'fractions of a whole'. 75% off is just another way of saving 75-hundredths. This activity is something you can do as part of your weekly shop.

### The Challenge

Next time you go to a shop or supermarket and spot a sale sign, stop.

Ask your child to consider whether this price is good value for money.

Calculate the discount.

For example, let's say a roast chicken costs \$12.00. It's been marked down by one-quarter (or 25%). How much does it cost after the discount? If you bought a chicken at its new price, what could you afford to buy for dessert with the savings?

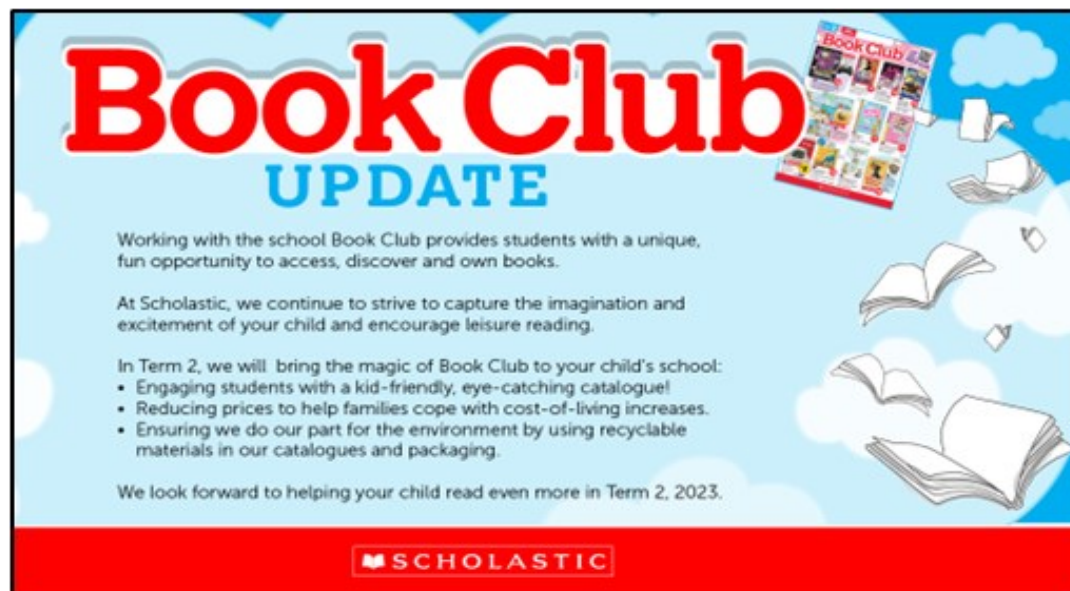
### The Conversation

- "When you hear one-quarter or 25% off, does one sound like a better deal than the other?"
- "If this packet of toilet paper is half-price, do you think we are better off buying two of them, or should we use the money we've saved to buy something else?"
- "This is like that episode of the ABC's Teenage Boss. Let's watch it together and you can help me make the shopping budget and find discounts."

Working with fractions help us work with money, and helps with lots of careers too. Artists, sports coaches, teachers, builders, chefs, nurses and doctors all use knowledge about fractions as part of their day-to-day working lives.

Thank you,  
RTHS Numeracy Team

# LIBRARY NEWS



## Book Club UPDATE

Working with the school Book Club provides students with a unique, fun opportunity to access, discover and own books.

At Scholastic, we continue to strive to capture the imagination and excitement of your child and encourage leisure reading.

In Term 2, we will bring the magic of Book Club to your child's school:

- Engaging students with a kid-friendly, eye-catching catalogue!
- Reducing prices to help families cope with cost-of-living increases.
- Ensuring we do our part for the environment by using recyclable materials in our catalogues and packaging.

We look forward to helping your child read even more in Term 2, 2023.

**SCHOLASTIC**

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.

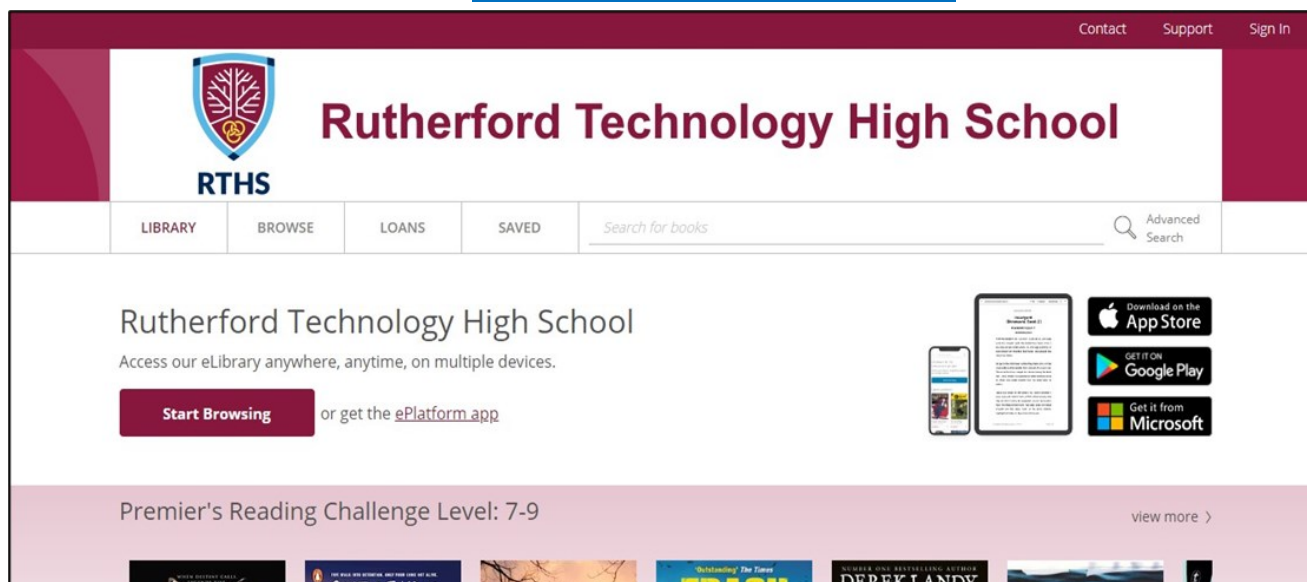
All orders receive reward points towards your selected school.

Reading is an important life skill.

Support your child's growth and mindset today by reading!

## Rutherford Technology High School Ebooks

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



**Rutherford Technology High School**

LIBRARY BROWSE LOANS SAVED Search for books

Rutherford Technology High School  
Access our eLibrary anywhere, anytime, on multiple devices.

**Start Browsing** or get the [ePlatform app](#)

Premier's Reading Challenge Level: 7-9 [view more >](#)

Download on the App Store  
GET IT ON Google Play  
Get it from Microsoft

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 to August.

If you have any questions, please contact library staff or look at the [Ebooks Information Guide](#)

There is over 2000 books to access.

Happy Reading!

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# 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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# BACK-TO-SCHOOL NSW VOUCHERS

Redeemable in-store **ONLY**

*Don't forget to  
use your  
vouchers!!*

find out more on:



[service.nsw.gov.au/back-to-school-vouchers#related-information](https://service.nsw.gov.au/back-to-school-vouchers#related-information)



**EXP**  
**JUN 30 2023**



**Service  
NSW**






# 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 22nd May 2023	Volunteer Required
Tuesday 23rd May 2023	Volunteer Required
Wednesday 24th May 2023	Volunteer Required
Thursday 25th May 2023	Volunteer Required
Friday 26th May 2023	Volunteer Required
Monday 29th MAY 2023	Volunteer Required
Tuesday 30th May 2023	Volunteer Required
Wednesday 31st May 2023	Volunteer Required
Thursday 1st June 2023	Volunteer Required
Friday 2nd June 2023	Volunteer Required



### 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.

© 12th May 2023

RESPECT

RESPONSIBILITY

COMMITMENT



# MAITLAND

## WEEKDAY SHARED SUPPORT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Masterchef Monday</b> <b>\$10</b>	<b>Brave Art</b> <b>\$5</b>	<b>Enviro-Hub</b> <b>FREE</b>	<b>Healthy Choice</b> <b>\$15</b>	<b>FRIDAY FUNDAY</b> <b>\$10 - \$30</b>
Dust off your chef hat as we put our cooking skills to the test here at The Hub and in our local community.	Explore your creativity and artistic talent through a variety of art projects.	Get your green thumb on with Return and earn, composting, and community engagement and gardening.	Thursdays are all about keeping fit and having fun. Today's program includes a homemade healthy lunch.	The week is done - let's celebrate. Friday Funday is always a blast!
				



Our programs are flexible and based around our participants needs, interests and goals. Weekly updates are sent via email to ensure you are always aware of any program changes.

**We will help you to plan the perfect day! Contact us on 1800 482 273**





# IMPORTANT INFORMATION

**Program Times:** 9am – 3pm (Flexible arrangements are ALWAYS possible! Contact your liaison to plan your day)

**Cost** - “Support Time” costs will vary depending on booking numbers, with the per hour cost being based on 1:1, 1:2 or 1:3 ratios.

(These prices are reflected in the NDIS Price Guide.)

- Where a day has an extra cost – e.g. Friday Fun Day, we ask that this cost is paid in cash on arrival.

*Cost of purchasing lunch is not included, except for Monday and Thursday or unless advised otherwise.*

**Transport** - Public transport used where possible.

- If not suitable to use public transport e.g. due to weather or activity location - private staff/business vehicles will be used, with transport cost (92c in a carer vehicle and \$1.40 if a 4u Van is being used), to be split between all participants booked in for the day.

**Please remember to bring:** Water bottle, packed lunch (or money to buy), enclosed shoes, hat, sunscreen, **opal card**, companion card and positive vibes.

**Changes to program** - Specific program information; including costs, kms etc. is emailed every Friday.

**Any questions - Contact us on 1800 482 273**





Family Support Newcastle and Samaritans invite parents and carers of young people aged 10+ to

**Samaritans**

# Tuning in to Teens



## WHEN

**Tuesdays  
10am - 12pm**

## DATES

**9th May to 13th  
June**

## WHERE

**73 Elgin St,  
Maitland,  
Wonnarua Country**

Discussion include:

- Develop new ways of talking with and understanding your teen
- Support your teen to manage difficult emotions
- Develop your teen's skills in managing conflict
- Being kind and caring to yourself

*Morning Tea will be  
provided*

*Stay  
tuned*

**To register or enquire call 49311000**



The Family Relationships and Skills program is funded by the Australian Government through Family Support Newcastle. Samaritans Youth Engagement Officer is funded by the Department of Communities and Justice under the Targeted Early Intervention Program.

 Find us on  
**Facebook**





FREE COMMUNITY  
EVENT

Equi Energy Youth

Enhancing Community Connections



## Coach 2 Cope: Families and Carers

Are you concerned about your child's mental health and well-being? Would you like to improve the support you provide your child to develop their coping, resilience and positive ways of seeking help? This is your invitation to join many other parents and carers in our community to learn better ways to respond to your child when they are struggling.

### Guest speakers include;

- **Dr Stephen Spencer (PhD)** (Mental health nurse and Co-founder of Equi Energy Youth)
- **Dr Caroline de Vries** (Child & Adolescent Psychiatrist and Founder of The Base Health)
- **Bradley Dunn** (CEO of Lake Macquarie & Newcastle Suicide Prevention Network)
- **Byron Williams** (headspace Community Development)

**13th of June 5.30pm  
to 8pm  
At NEX Newcastle**

**CLICK HERE TO  
REGISTER OR SCAN THE  
QR CODE**



[www.eeyouth.org.au](http://www.eeyouth.org.au)



**BE A  
FOR VOICE  
GENERATIONS**

**HUME**  
Community Housing

**NATIONAL  
RECONCILIATION  
WEEK 2023**  
**27 MAY — 3 JUNE**

## Reconciliation Week BBQ

Everyone is invited to enjoy a  
BBQ lunch and refreshments to  
recognise inclusion for  
Reconciliation Week.



**Friday 2nd June 2023,  
12 noon - 2pm**



**Maitland Park**

Welcome to  
Country by  
local Elders

Yarning  
circle for  
discussion

Kids  
Activities



**1800 004 300**



**[www.humehousing.com.au](http://www.humehousing.com.au)**





***LIVING LIGHT***  
**MAITLAND WESLEYAN**  
**METHODIST CHURCH**  
**34-36 Dunkley Street**  
**RUTHERFORD NSW 2320**

## ***Car boot sale***

*SATURDAY 27TH MAY 8AM-----*

*Bring, You, Trailer, Van, Car*

*Site are \$20 Each Bookings*

**Made by PHONE MICHAEL**

**0429662575**

THERE WILL BE **A BBQ DRINKS**  
**LOTS OF TOYS, KIDS CLOTHES**  
**CAKES ,HOUSEHOLD GOODS**  
**GAMES ,HORSE RIDES FOR KIDS**  
**TEA AND COFFEE AND CAKE IN HALL**

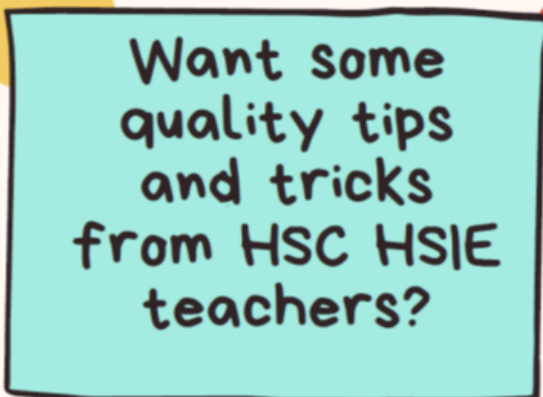
# HSIE WRITING AND HOT CHOCOLATES



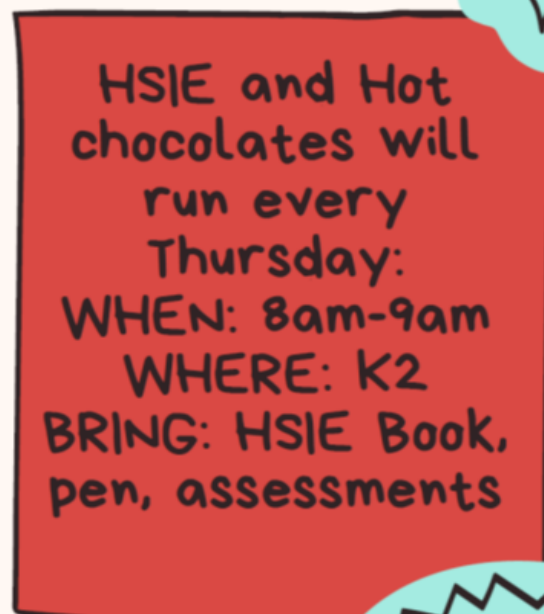
Want to  
improve  
your  
HSIE  
writing?



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



# 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**

# THE LEARNING COMMON

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

## **Before school**

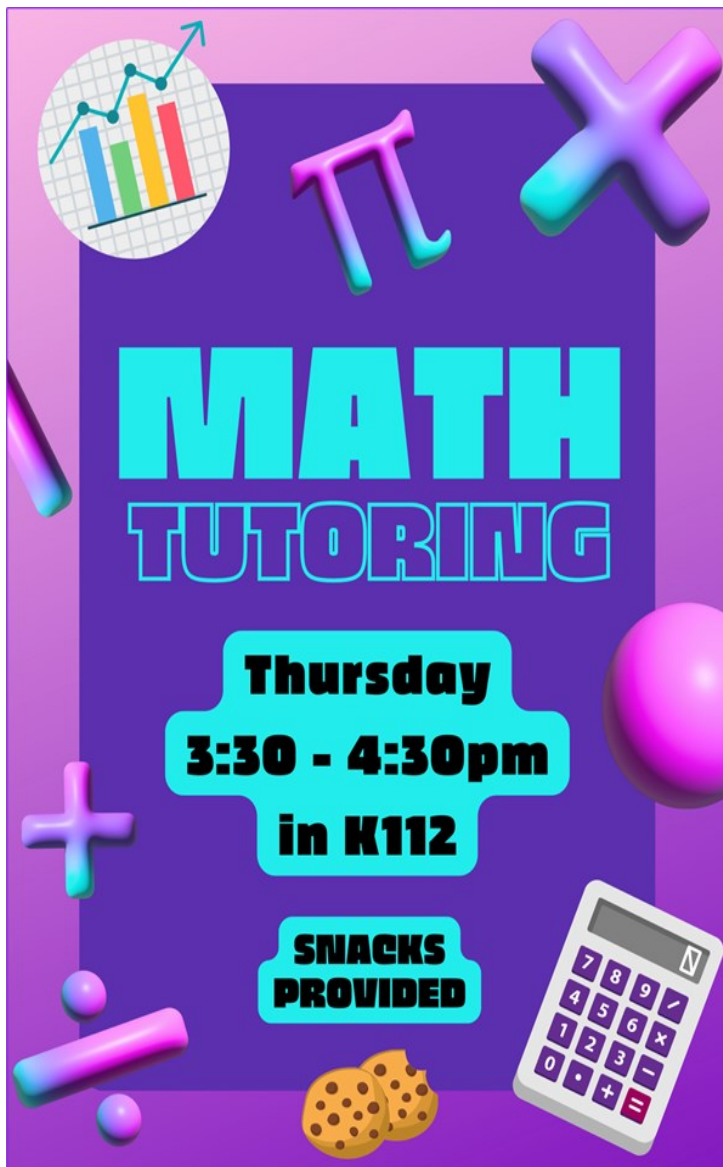
- Schoolwork access is from 8:20am each morning.
- General access is from 8:45am.

## **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.











# YONDR IT'S YOUR RESPONSIBILITY



RUTHERFORD  
TECHNOLOGY HIGH SCHOOL



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



RUTHERFORD  
TECHNOLOGY HIGH SCHOOL  
RESPECT • RESPONSIBILITY • COMMITMENT

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

RESPECT

RESPONSIBILITY

COMMITMENT

RTHS SUPPORTERS

**Harvey Norman**  
Maitland



**Maitland**



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**



# FUNDRAISING ORDER FORM

**For: Rutherford Technology High School P&C Association**

[illegible]

Total: \$ -

Name:

**ORDER FORM TOGETHER WITH PAYMENT TO BE RETURNED BY:**

**Names:**

5:00pm TUESDAY 13th JUNE 2023  
 \*\*\*NO LATE ORDERS WILL BE ACCEPTED\*\*\*

File Drive Collection Date:

WEDNESDAY 28th JUNE 2023

Collected From: **RUTHERFORD TECHNOLOGY HIGH SCHOOL**