



# RUTHERFORD

## TECHNOLOGY HIGH SCHOOL

RESPECT  
RESPONSIBILITY  
COMMITMENT

# NEWSLETTER

28th FEBRUARY 2025

## 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

3rd March	University Showcase
4th March	Open Information Evening
4th-5th March	Year 7 Vaccinations
5th March	Whitecard Course
7th March	School Photo Day Bill Turner (Boys & Girls)
12th March	Year Meetings
12th-24th March	NAPLAN
13th March	Come-and-Try Athletics
26th March	School Photo Catch Up Date

# Congratulations!

Congratulations to Year 11 student, Khalia McWilliams, on receiving a Community Recognition Statement on behalf of the Hon. Jenny Aitchison, the Minister for Regional Transport & Roads.

Khalia has been recognised for her achievement in winning the Creative Industries Award at the 2024 Young Business Minds Awards.

Khalia created an eco-friendly surfboard aimed at reducing waste in our oceans. Khalia's deep love for STEM and both the environment and ocean led her to build a sustainable, fibreglass-free surfboard. Using bamboo from her mother's garden and bio based resin made at school, the prototype was conceived after noticing fibreglass and other waste come off a friend's surfboard in the water after a small break in the board.

Khalia's long-term aim is to take the board to market, creating a business with sustainability at its heart.

Students, staff and the Maitland Community are extremely proud of Khalia's design and achievements.



The Hon. Jenny Aitchison, also extended her thanks and congratulations to staff member, Jade Bassett, who won the Teachers Award with her Women in STEM Industries Initiatives, aiming to build capacity in STEM skills and career pathways and being such an inspirational teacher.



MESSAGE FROM THE DEPUTY PRINCIPAL

As the new school year is underway, I look forward with anticipation as I step into the role of Deputy Principal in 2025 getting to know and work closely with the students, staff, and families who make up the Rutherford Technology High School.



As we begin the year, it's important to keep in mind our school's Positive Behaviour for Learning (PBL) core values, which guide everything we do. These values – Respect, Responsibility and Commitment – are the foundation of our school culture. By showing respect for others, taking responsibility for our actions, and demonstrating a commitment to learning, we create a positive and productive learning environment for everyone.

One key aspect of "Responsibility" is coming to school prepared each day. Bringing the correct equipment is essential for engaging fully in lessons and achieving your best. I encourage all students to take responsibility for organising their school supplies, ensuring they have everything they need to participate actively in class. Being ready to learn not only supports your own progress but also shows respect for your teachers and peers.

Equally important is adhering to the school's mobile phone policy by ensuring phones are securely stored in Yondr pouches. This reduces distractions and supports student engagement in lessons, allowing everyone to stay focused and make the most of their learning time. Students not placing their phones in Yondr pouches will be required to hand them in at the office for the remainder of the day.

Assessment booklets have been distributed to each year group 7-11 and contain information on what students will be studying throughout the year and when each assessment task is due. It is a good idea to write this information down in a diary to ensure that upcoming tasks are identified, enhancing preparation and completion of tasks by their due date.

Congratulations are extended to **Watpa** (blue) House who took out the honours in the school swimming carnival in Week 2. There will be many further opportunities throughout the year for students to engage in extra-curricular activities: academic, sporting, cultural, special interest areas and excursions. With a sustained commitment towards the expectations of our PBL values these opportunities can make 2025 a year of achievement and personal development. I look forward to seeing all the wonderful things we will accomplish together.

Black Dog Institute have a Webinar that is free and open to all parents, caregivers, and anyone interested in supporting the mental health of teens in their care.



**Topic:** Teen Mental Health Matters: For Parents and Carers  
**Date & Time:** 3rd March 2025 @ 6:30pm  
**Description:** Webinar focused on providing strategies and resources to help you in supporting your teen.  
**Co-hosted by:** A Clinical Psychologist facilitator, and Black Dog Institute lived experience presenter

- Areas of exploration:**
- How to make sense of adolescence.
  - Identify signs of mental health struggles
  - Understand how to support your teen
  - Know where you and your teen can get support.

Register: [https://us02web.zoom.us/webinar/register/WN\\_NERrmKCOQe6GIq2hpRd\\_tg#/registration](https://us02web.zoom.us/webinar/register/WN_NERrmKCOQe6GIq2hpRd_tg#/registration)

**Mr David Thomas**  
**Deputy Principal Year 8 & Year 11**



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## Excursion Charter (January 2025)

Rutherford Technology High School has high expectations for all students. The school has proven success in academic, sporting, creative and cultural fields. It is a privilege to represent Rutherford Technology High School and the community, and therefore all students are expected to uphold our core values of Respect, Responsibility and Commitment.

**To attend a non mandatory excursion for Rutherford Technology High School you must be deemed by the school to be consistently meeting the 6 Charters.**

### Charter 1:

Students consistently demonstrate respectful behaviour by being polite, caring for all property and each other, and keeping the school environment clean.

### Charter 2:

Students consistently demonstrate responsible behaviour by following staff instructions, acting in a safe manner, being in the right place at the right time, and using technology appropriately.

### Charter 3:

Students consistently demonstrate commitment by striving for personal best, being ready to learn, and contributing to lessons in a positive manner.

### Charter 4:

Students consistently comply with the Rutherford Technology High School YONDR Policy.

### Charter 5:

Students consistently comply with the Rutherford Technology High School Uniform Policy.

### Charter 6:

Students consistently attend school with an attendance rate at or above 80%.

### Important Documents

- Rutherford Technology High School Uniform Policy
- Rutherford Technology High School YONDR Policy



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## Representation Charter (January 2025)

Rutherford Technology High School has high expectations for all students. The school has proven success in academic, sporting, creative and cultural fields. It is a privilege to represent Rutherford Technology High School and the community, and therefore all students are expected to uphold our core values of Respect, Responsibility and Commitment.

**To represent Rutherford Technology High School you must be deemed by the school to be consistently meeting the 8 Charters.**

**Charter 1:**

Students consistently demonstrate respectful behaviour by being polite, caring for all property and each other, and keeping the school environment clean.

**Charter 2:**

Students consistently demonstrate responsible behaviour by following staff instructions, acting in a safe manner, being in the right place at the right time, and using technology appropriately.

**Charter 3:**

Students consistently demonstrate commitment by striving for personal best, being ready to learn, and contributing to lessons in a positive manner.

**Charter 4:**

Students consistently comply with the Rutherford Technology High School YONDR Policy.

**Charter 5:**

Students consistently comply with the Rutherford Technology High School Uniform Policy.

**Charter 6:**

Students consistently show dedication towards their chosen representative team by being prepared and completing training sessions/rehearsals/practises.

**Charter 7:**

Students consistently demonstrate sportsmanship by contributing to a supportive and inclusive environment that is free from intimidation, harassment or bullying.

**Charter 8:**

Students consistently attend school with an attendance rate at or above 80%.

**Important Documents**

- Rutherford Technology High School Uniform Policy
- Rutherford Technology High School YONDR Policy



# Non Negotiables



**Speak respectfully to all**

**Hats and hoods off inside**

**Follow DoE mobile phone  
policy**

**No eating in class**

**Be prepared to learn**

**Know your timetable**

**Bags off tables**



# Mathematics in Action

## How to predict soccer goals

The expected goals (xG) formula is a soccer statistic that shows how many goals a team or striker is meant to score. If your child is into soccer, ask them to predict who'll win the premiership league and see if they can justify their prediction using this simple mathematical model.

### The challenge

Is your teenager a fan of Messi, Ronaldo, Mo Salah or Harry Kane? If they're getting up early to watch European games, it's time to put that obsession to good use. They can calculate their favourite player's expected goal (xG) value for their next match by using this simple mathematical model.

When all shots are treated equally, the expected number of goals is about 10% of the player's attempted shots at the goal in their previous match. This can be represented using the formula:

$$xG = 0.1 \times \text{shots}$$

So, if a player attempts 10 shots at the goal in their previous match, it is expected that they'll score 1 goal in the next match. This is because:

$$xG = 0.1 \times 10$$

$$xG = 1$$

### The conversation

The xG formula is a simple model that you can use to fuel some good discussion during the game.

- "Did the formula accurately predict the number of goals scored, or who the goal scorers would be?"
- "Could you use the formula to compare the two teams to predict who is more likely to win?"
- "If a player took 15 shots, they'd get  $xG = 1.5$ . This means they'd be expected to get 1 or 2 goals. What would you expect if a player took 5 shots? What about if a team took 25 shots?"
- "The xG model can change when it takes other factors into account. What are some other factors that might help build a more accurate formula?" (Hint: distance and angle to the goal.)
- "Do you think the xG model will always be able to predict the number of goals scored? What are its limitations?"

### The career

While technology and artificial intelligence can calculate statistics faster than humans, there's still a need for humans to interpret it. This is especially true when there are a high number of variables, such as in a football match. Any kind of career in sport - from sports scientists, coaches and talent scouts to sports journalists and the professional athletes themselves - will come with a need to interpret data. In fact, pretty much any business, from running a cafe through to managing a mining facility, requires you to use data effectively to make critical business decisions on a daily basis.



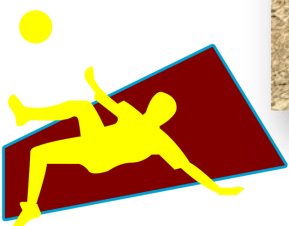
# Congratulations

Rutherford Technology High School students and staff extend a very big congratulations to two staff members from our PDHPE Faculty, Blair Newham and Luke Miller, on their awards from the Department of Education School Sport Unit.

The awards are to identify and acknowledge staff around the state who consistently support students to achieve their best through sport and physical activity.

Blair has been recognised for his development, introduction and continued contribution of our school TSP Football Program. Luke has been recognised for his implementation and significant, plus ongoing, contribution to our school TSP Rugby League Program.

Blair and Luke received a letter, glass trophy and framed citation from the Department of Education that was presented to them at our school assembly on Thursday 27th February 2025.



TSP Football



TSP Rugby League

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**BOOK FOR SCHOOL LEAVERS AVAILABLE NOW**



**UNSERIOUS CAREERS 2025 ROADSHOW**

**1 YEAR. 1 EPIC TALK. 250 HIGH SCHOOLS ACROSS AUSTRALIA.**  
[UNSERIOUSCAREERS.COM](http://UNSERIOUSCAREERS.COM)

On Friday 14th February 2025, the amazing Alana Kilmartin kicked off the Unserious Careers 2025 Roadshow at Rutherford Technology High School, inspiring Year 10 and Year 11 students to approach their career paths with a fresh perspective.

Through this Educational Pathways Program initiative, students gained valuable real-world insights, explored future opportunities, and were introduced to new stress-free ways of thinking about life after school.

Alana's session was engaging, thought-provoking, and truly captured the students' attention.



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## School Photo Day will be held on

**FRIDAY 7th MARCH 2025**



The catch up date is Wednesday 26th March 2025 (approx. one hour - details TBA).

The school dress code for photos is full school uniform with **NO** visible undershirts, shirt sleeves are **NOT** to be rolled up and **ALL** shirt buttons are to be done up (including top button).

Please be advised that staff will be in attendance to ensure all students have the correct dress code and should a student not meet the dress code they will **NOT** be photographed.

This year our school photographer is **MSP Photography** and they have advised that **ALL** school photo ordering will be online via the MSP Online Portal (the school does not handle orders or payments). The portal will be setup by MSP before photo day and open until 9th April 2025 (two weeks from catch up date). MSP have asked parents/carers with multiple children who would like to purchase sibling photos to place their order also by 9th April 2025.

MSP will be sending printed flyers for students to take home as well as providing the school with a digital version. MSP will have a few spare cash envelopes on the day for parents/carers that are unable to order online and any new students.

*Single/shared parent families now have the option when checking out online to tick a box for their order to be held at the school administration office for collection so upon delivery the correct photo order is returned to the correct parent. MSP cannot be held responsible for orders that are not received if they have not been notified.*

If you have any questions relating to our school photo day please contact our school administration office and should you have any questions relating to ordering and/or payment please contact MSP direct on: 4966 8292 or email: [orders.hcc@msp.com.au](mailto:orders.hcc@msp.com.au)

Please mark our school photo date on your Calendar

# TIC-TAC-TOE DICE

**Object of the Game:** To be the first player to cross out four numbers down or three numbers across

**Dice Needed:** Two dice

**Rules:**

Each time you throw the dice, cross out a number or numbers on the score card:

- You may cross out the total you throw. If you throw a 4 and a 3, you may cross out the 7.
- You may cross out two or more numbers that equal the total you throw. If you throw a 5 and a 2, you may cross out 6 and 1; or 5 and 2; or 4 and 3; or 1, 2, and 4—all equaling a total of 7.


Each player throws the dice only once per turn. If a player cannot cross out a number on his or her throw because the number has already been crossed out, the dice are passed to the next player. The player does not cross out any numbers on that turn.

**Winning and Scoring:**

The winner is the player who crosses out three numbers across or four numbers down first.

The player who wins scores zero. The other players score is the total of the numbers not crossed out.

Play five rounds. The player with the lowest total score is the overall winner.



Numeracy Games

TIC-TAC-TOE DICE		
1	5	9
2	6	10
3	7	11
4	8	12

CHECK HERE

[www.mathequalslove.net](http://www.mathequalslove.net)

## Term 1: Week 3 ~ PBL Awards



### Year 8

Kaitlyn.B  
Charley.B  
Max.B

### Year 9

Aymaan.A  
Ella.A  
Maya.B

### Year 10

Saphira.V  
Jessica.S  
Shano.S  
Brydee.P

### Year 12

Harley.H  
Hayley.C  
Zalliah.J  
Heather.T  
Eliot.B  
Mark.L  
Grace.R  
Aditi.B



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## Term 1: Week 4 ~ PBL Awards



### Year 8

Tyler.F  
Emily.S  
Kaidee.G  
Hannah.H  
Jayden.H  
Caitlin.J  
Lucy.K  
Brock.W  
Aden.M  
Isaiah.S  
Mackenzie.M  
Ruby.P

### Year 9

Jakson.H  
Bella-Rose.C  
Thomas.C  
Phoebe.C  
Blake.F  
Daniel.P  
Rahni.F  
Lachlan.G  
Olivia.H  
Jaxon.M

### Year 10

Tahlia.S  
Cobie.W  
Brock.A  
Kyana.G

### Year 12

Cora.H  
Riley.J  
Georgia.M  
Lilly.R  
Izaak.S  
Sara.H  
Cooper.W



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# TSP Football News

Congratulations to the first of our representative TSP football teams on their participation and attitudes in the Open Boys Football Knockout competition on Tuesday 25th February 2025.

The boys started sensationally well with a convincing performance in Round 1 to beat Cessnock High School 8-0.

**Goals to:** J.Priestley x 3; J.Wells x 2; J.Burns x 2 and R.Dixon

The boys were then drawn up against a very strong Belmont High School Round 2 where they showed outstanding sportsmanship and resilience to run out 2-0 winners.

**Goals to:** A.Little and J.Priestley

Congrats to the boys who will now play in the Hunter Region Final Eight on Wednesday 14th May 2025 at Speers Point.

Good luck in the Quarter finals boys!



## CALLING ALL DANCERS!

WORKSHOP WITH THE RENOWNED LA RAMS CHEERLEADERS!

**SYDNEY  
17TH & 18TH MAY**

BLACKTOWN LEISURE CENTRE



AASCF is proud to launch a groundbreaking collaboration with the Los Angeles Rams Cheerleaders, creating an elite dance pathway for Australian dancers to achieve their professional dreams.

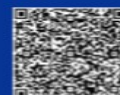
This is a first-class pathway for our Australian athletes to perform with the Los Angeles Rams Cheerleaders one of the most iconic professional sideline teams in the NFL. This is your chance to be part of the very first intake of these extraordinary dance workshops and discover what it takes to become an LA Rams Cheerleader.

Don't miss this unique opportunity to elevate your skills, build your confidence, and gain insights from some of the most talented professionals in the industry!

Led by Keely Fimbres, the Director of Cheerleaders for the Los Angeles Rams, these workshops are expertly designed to inspire and empower dancers aged 16+. You'll receive invaluable guidance, learn professional routines, and develop techniques that are showcased on game day by the world-class Rams Cheerleaders. Keeley's aim from these workshops is to identify Australian dancers with the skills and talent to one day be invited to the LA Rams Cheerleaders auditions to become an LA Rams Game Day Cheerleader.

**REGISTER HERE**

Any enquiries - [rachelle@aascf.com.au](mailto:rachelle@aascf.com.au)



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SWIMMING CARNIVAL - 13th FEBRUARY 2025



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# Congratulations!

Congratulations to our school cleaning team who have been recognised by their employer, for their dedication and efforts, particularly over the Christmas/New Year vacation period, for the work they do in keeping our school clean.

Matthew Cook, the project manager of Ventia, visited the team last week and presented each team member with a gift certificate as a token of their appreciation and thanks.



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North Sydney  
Locked Bag 917  
North Sydney NSW 2059  
Telephone: +61 2 9464 1000  
Facsimile: +61 2 9464 11

21 February 2025

Sonya Ryan

Dear Sonya,

#### RECOGNITION

We were delighted to receive some great feedback from Rutherford Technology High School on the dedication and effort of Ventia's cleaning team, particularly over the vacation period. It was also great to see the positive recognition and thanks from the school in their recent newsletter to the broader school community for the work that you, and your colleagues, have done in keeping the school clean.

"A team of unsung heroes" was used to describe the cleaning team, a term that is richly deserved through the actions, attitude and commitment of each team member. This recognition from the school speaks highly of you as an individual and is consistent with Ventia's value of Integrity.

I would like to personally thank you for your efforts, and the work you do for Ventia and the School community at Rutherford Technology High School. Please accept the enclosed gift voucher as a token of my thanks and appreciation for your effort.

Keep up the great work.

Yours sincerely

**Matthew Cook**  
Project Director  
NSW Whole of Government FM Services (Cleaning) Contract



## Year 7 vaccinations

### Free vaccines for all Year 7 students



Health  
Hunter New England  
Local Health District

Dear Parent/Guardian

Teams of specially trained registered nurses will be visiting your child's school during Year 7 to offer **free** vaccinations against four serious preventable diseases.

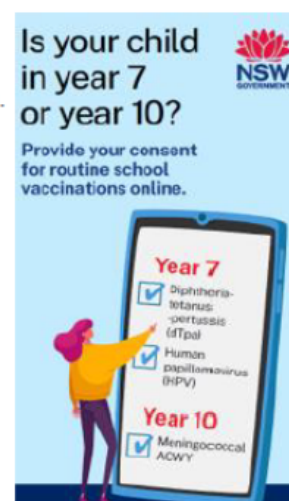
#### Vaccines offered are:

**Gardasil9** - Human Papillomavirus (HPV) vaccine (1 dose)

**Boostrix** - Diphtheria-Tetanus-Pertussis (whooping cough) (dTpa) vaccine (1 dose)

#### What do you need to do?

- ✓ Look for School Immunisation information from your school at the start of 1<sup>st</sup> Term.
- ✓ This information will contain a URL providing access to the Year 7 Parent Information Kit and online consent form.
- ✓ Read ALL the information included in the online Kit.
- ✓ **Ensure ALL fields are completed on the consent form, and consent is selected for each vaccine you would like your child to receive.**
- ✓ If your child does not have a Medicare number, please speak with the school to discuss how to provide consent.



#### On the day of the vaccination clinic:

- ✓ ensure your child has eaten breakfast the morning of the clinic.
- ✓ ensure your child is wearing clothing that enables the upper arm to be exposed.

You will receive an SMS or email once the vaccines have been administered.

#### What if your child misses a vaccine?

You won't need to do anything. Every effort will be made to offer missed vaccines at other clinics at your child's school during the year or the following year when they are in year 8.

**NOTE:** If you have trouble accessing the online consent package, please speak with the vaccination coordinator at your school.

#### More questions?

Please contact Hunter New England Local Health District Immunisation Unit on 49246477 or [hnelhd-pophealthschoolvax@health.nsw.gov.au](mailto:hnelhd-pophealthschoolvax@health.nsw.gov.au)

or visit

<http://www.health.nsw.gov.au/immunisation/Pages/schoolvaccination.aspx>



## NSW SCHOOL VACCINATION PROGRAM

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2025 the following vaccines will be offered:

YEAR	VACCINE	NUMBER OF DOSES	DATE
Year 7 (Round 1)	Human Papillomavirus (HPV9) Vaccine Diphtheria-Tetanus-Pertussis (whooping cough) Vaccine	Single Dose Single Dose	4th & 5th March 2025
Year 10 (Round 2)	Meningococcal ACWY Vaccine	Single Dose	28th May 2025
Year 7 & Year 10 (Round 3)	Catch Up Day		5th November 2025

Schools will distribute a URL and a QR code to all Year 7 and Year 10 parents at the beginning of the 2025 school year which will provide access to an online parent information, privacy statement and consent form.

To consent to the vaccination of their child, parents/guardians are advised to:

- Enter the URL into your browser, select the School Vaccination Program tile and follow instructions.
- Read all the information provided.
- Complete the online consent form and give consent for which vaccine/s they would like their child to receive.
- Ensure that their child eats breakfast on the day of the school vaccination clinic.


To improve vaccination completion, students whose parents/guardians have provided consent while in Year 7 or Year 10 and who miss vaccine doses at any clinic, will be opportunistically offered these vaccines at each clinic visit throughout 2025 (Year 7 or 10) & 2026 (Year 8 or 11).

Parents/guardians who wish to withdraw their consent for any reason may do so by amending their student's online consent.

The Procedure for Withdrawal of Consent is available on the NSW Health website at [http://www.health.nsw.gov.au/immunisation/Pages/withdraw\\_consent.aspx](http://www.health.nsw.gov.au/immunisation/Pages/withdraw_consent.aspx)

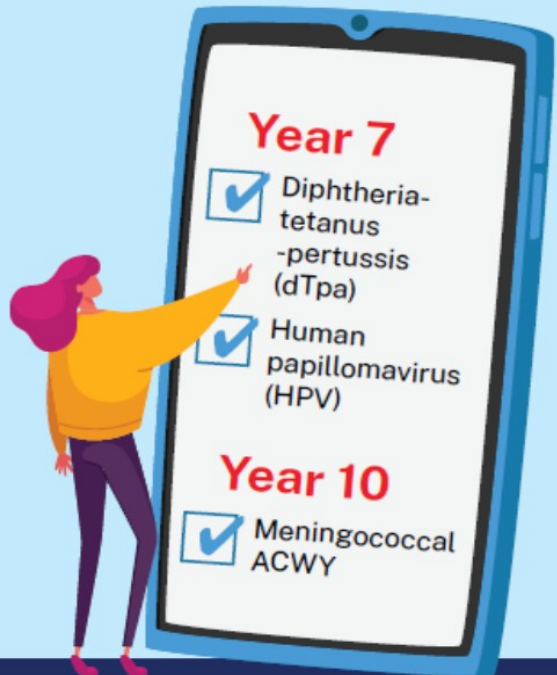
***A Record of Vaccination will be provided to parents by SMS once a student has been vaccinated. Parents/guardians should not assume that their child has been vaccinated if they do not receive this SMS notification.***

**NOTE:** If you experience difficulty with accessing the online consent package, please speak with the School Vaccination Coordinator at your school.



# Is your child in year 7 or year 10?

Provide your consent for routine school vaccinations online




**Year 7**

- Diphtheria-tetanus-pertussis (dTpa)
- Human papillomavirus (HPV)

**Year 10**

- Meningococcal ACWY

Scan the QR code to give your consent now



To provide online consent visit:  
<https://engage.health.nsw.gov.au/engage>

For more information visit:  
[health.nsw.gov.au/schoolvaccination](https://health.nsw.gov.au/schoolvaccination)

November 2023 © NSW Health.  
SHPN (HP NSW) 220990.

NSW Health

To provide consent for routine school vaccinations online, scan the QR code to give consent now or visit:

[https://engage/health.nsw.gov.au/engage](https://engage.health.nsw.gov.au/engage)



## Rutherford Technology High School - Vaccination Dates:

Round 1	Year 7	4th & 5th March 2025
Round 2	Year 10	28th May 2025
Round 3	Year 7 & Year 10 Catch Up	5th November 2025



NSW Health

# Human papillomavirus (HPV)

## Fact sheet

Human papillomavirus (HPV) is a very common virus spread through skin-to-skin contact that can affect different parts of the body. There are different types of HPV. Some types have no visible symptoms or may only cause warts. Some types are 'high-risk' and can sometimes cause serious illness, including certain cancers if left untreated.

The HPV vaccine is highly effective at preventing HPV-related illnesses and is free for all people aged 9 to 25 years through the [National Immunisation Program](#).

### What is human papillomavirus (HPV)?

Human papillomavirus (HPV) is a common virus that can affect different parts of the body. HPV spreads through skin-to-skin contact with someone who has the virus.

There are different types of HPV. Some types have no visible symptoms or may only cause warts. Other types can cause cancer, especially those that are spread during vaginal, oral, or anal sex.

### What are the symptoms of HPV? What diseases does HPV cause?

Not all types of HPV will cause visible symptoms. Many people with HPV infection will not be aware of it. Some HPV types can cause warts on any part of the body. This includes the genital area (vulva, vagina, cervix, penis, scrotum, anus, and perineum). Warts are usually painless, but sometimes cause itching or discomfort. The types of HPV that cause warts are called 'low-risk' because they are not linked to cancer.

Other HPV types are called 'high-risk' because they can cause pre-cancerous cells to grow. These cells may turn into cancer if left untreated.

High-risk HPV is responsible for 5% of all cancers worldwide, including:

- almost all cases of cervical cancer
- 90% of anal cancers
- 78% of vaginal cancers
- 60% of oropharyngeal cancers (cancers of the back of the throat, tongue, and tonsils)
- 25% of vulva cancers
- 50% of penile cancers.

### How is HPV spread?

Most HPV types are spread through skin-to-skin contact with someone who has the virus, even if the person has no symptoms. The types of HPV that cause cancer are commonly spread during vaginal, oral, or anal sex. HPV can also be passed from mother to baby during birth.

### Who is at risk of getting HPV?

HPV is very common and can affect anyone. The types of HPV that cause genital warts, or cancer, affect people who have been sexually active. People can get HPV soon after sexual activity starts.

### How is HPV diagnosed?

A doctor can diagnose HPV infection by doing an examination or specific tests.

High-risk HPV infections of the cervix can be found using a cervical screening test. This test involves a doctor or a nurse taking a swab of the cervix. The sample can also be self-collected. The cervical screening test is strongly recommended as a regular test for people who have a cervix and have ever been sexually active.

Read more information on [cervical screening](#).

### How is HPV treated?

Most HPV infections will be cleared from the body by the immune system within 1 to 2 years.

Warts can be treated using cryotherapy ('freezing off' warts with liquid nitrogen), applying prescription creams, or with laser treatments.

If a high-risk HPV type is detected during a cervical screening test, the cervical cells will need to be tested. If cancer or pre-cancerous cells are found, these can be treated by a specialist doctor.

### How is HPV prevented?

Condoms can prevent some infections. However, because condoms don't cover all genital skin exposed during sexual contact, they cannot prevent all infections.

HPV vaccine protects against the HPV types that cause most genital warts, 90% of cervical cancers, and 95% of other HPV-related cancers.

HPV vaccination is recommended for all people aged 9 to 25 years.

HPV vaccination is free for people aged 12-13 years through the School Vaccination Program. Read more on the [School Vaccination Program](#) and [human papillomavirus \(HPV\) vaccine](#). It is best for young people to be vaccinated because this is when they are least likely to have HPV and have the strongest immune response to the vaccine.

Young people who miss the HPV vaccination at school can get a free vaccine up to the age of 26 years through a doctor or pharmacist. People who are older than 26 years and would like to be vaccinated against HPV should discuss this with their doctor.

In Australia, the HPV vaccine became available to females in 2007 and males in 2013. Since then, rates of genital warts have declined by more than 90% in vaccinated young people. There has also been a significant decrease in the number of people with pre-cancerous growths and cervical cancer.



# Diphtheria, tetanus and pertussis (dTpa) vaccine

## Parent Information Sheet

NSW Health offers the vaccines recommended for adolescents by the National Health and Medical Research Council in a school vaccination program. Signed parental/guardian consent must be provided.

convulsions and lockjaw. Complications include pneumonia, broken bones (from the muscle spasms), respiratory failure and cardiac arrest.

Pertussis (Whooping Cough) is a highly infectious bacterial disease that can cause bouts of coughing. Adolescents and adults can have an annoying cough for up to 3 months. Severe bouts of coughing can cause vomiting, rib fractures, rupture of small blood vessels and hernias. Complications in infants include pneumonia, seizures and brain damage (hypoxic encephalopathy).

### Your next steps

- Carefully read this information sheet.
- If you would like your child to be vaccinated against dTpa, please provide your consent online or request a paper based consent form from your school.
- If you do not wish your child to be vaccinated against diphtheria, tetanus and pertussis, do not provide consent.

### Q. How are diphtheria, tetanus and whooping cough spread?

Diphtheria bacteria can live in the mouth, nose, throat or skin on infected individuals. People can get diphtheria by breathing in the bacteria after an infected person has coughed or sneezed. People can also get diphtheria from close contact with discharges from an infected person's mouth, nose, throat or skin.

Tetanus is caused by bacteria found in soil and infection may occur after major injuries or minor injuries (sometimes unnoticed punctures to the skin that are contaminated with soil, dust or manure).

Whooping cough is spread to other people by droplets from coughing or sneezing. Untreated, a person with whooping cough can spread it to other people for up to 3 weeks after the onset of cough.

### Q. How do vaccines work?

Vaccines work by triggering the immune system to fight certain infections. If a vaccinated person comes into contact with these infections, their immune system is able to respond more effectively, preventing the disease developing or greatly reducing its severity.

### Q. How effective is the vaccine?

The vaccine is very effective in preventing diphtheria and tetanus and about 80% effective in preventing whooping cough.

### Q. How do I provide consent for school vaccination?

To provide online consent you will need:

- your Service NSW log-in details and Medicare card details for you and your child.
- If you or your child do not have a Medicare card, consent can still be provided by requesting a paper-based consent form (available on request from schools).

Parents can withdraw consent at any time before vaccination takes place.

Where consent has been given online, please log-in to the secure NSW Health online consent portal and follow the prompts to withdraw consent.

Where consent has been given on the physical consent form, please write to or call the school to advise the student's name, school grade and those vaccines the withdrawn consent applies to.

### Q. What are diphtheria, tetanus and pertussis?

Diphtheria is a contagious and potentially life-threatening bacterial infection that causes severe breathing difficulties, heart failure and nerve damage.

Tetanus is a severe, often fatal disease of the nervous system. The person suffers severe painful muscle spasms.

### Q. What is anaphylaxis?

Anaphylaxis is a severe allergic reaction that may result in unconsciousness and death if not treated quickly. It occurs very rarely after any vaccination. The school immunisation nurses are fully trained in the treatment of anaphylaxis.

### Q. What if my child had a severe reaction to the old Triple Antigen or DTP vaccine as a baby?

Unless your child had an immediate severe allergic or anaphylactic reaction to the previous vaccine, it is safe for your child to receive the dTpa vaccine.

### Q. What if my child has asthma and takes cortisone or prednisone by a "puffer"?

dTpa vaccine can be safely administered to someone who has asthma regardless of which medications they are taking.

### Q. Who can consent to vaccination and can consent be withdrawn?

Only parents/guardians can consent to vaccination for students less than 18 years of age. Students aged 18 years and over may consent to their own vaccination and should complete and sign the Consent Form where 'Parent/Guardian' is indicated. Consent can be withdrawn at any time by providing the school with written notification of the withdrawal of consent or telephoning the school to withdraw consent.

### Q. Should the vaccine be given to a female student who is or thinks she may be pregnant?

No. Any female student who is, or thinks she may be, pregnant should not be vaccinated. On the day of the clinic the vaccination nurse will ask female students if they are or could be pregnant. If a student answers yes to this question, she will not be vaccinated. The student will be urged to immediately discuss the issue with her parent/ guardian and to seek medical help. She will also be provided with contact details for a health referral service that will provide advice, support and guidance.

### Q. What can I do if my child missed out on the vaccine because of illness or absence on the day of the nurses' visit?

If HPV vaccination has been missed at school, catch-up should occur as soon as possible. Some schools will host catch-up clinics, otherwise parents should contact their local GP or pharmacist to arrange vaccination.

### Q. How can I access a record of the vaccinations?

Information about your child's vaccinations will be uploaded to the Australian Immunisation Register (AIR) so it can be linked to your child's existing immunisation history.

### Q. How many doses of vaccine does my child need to be protected?

One dose of dTpa vaccine is needed to provide protection against diphtheria, tetanus and whooping cough into early adulthood.

### Q. Who should be vaccinated?

All adolescents should receive 1 dose of dTpa vaccine to provide protection against diphtheria, tetanus and whooping cough. This booster vaccine is essential for maintaining immunity into adulthood after the previous diphtheria-tetanus-whooping cough vaccines given in childhood. Students who have received a diphtheria-tetanus vaccine (ADT) in the past can receive the dTpa vaccine to also protect them against whooping cough.

### Q. Who should not be vaccinated?

- dTpa vaccine should not be given to people who:
- have had anaphylaxis following a previous dose of vaccine
  - have had anaphylaxis following any of the vaccine additives (listed over the page)

### Q. What if I prefer to wait until my child is older?

The dTpa vaccine can only be provided at school by you returning the signed consent form while your child is in an intensive English Centre or in Year 7. If you choose to wait until your child is older you will need to make arrangements with your GP.

### Q. How safe are vaccines?

Vaccines used in Australia are safe and must pass strict safety testing before being approved by the Therapeutic Goods Administration (TGA). In addition, the TGA monitors the safety of vaccines once they are in use.

### Q. What additives does the vaccine contain?

The vaccine contains aluminium hydroxide and phosphate, traces of formaldehyde, polysorbate 80 and glycine and was exposed to bovine-derived materials during manufacture.

### Q. What are the side effects of vaccination?

Side effects are commonly mild and usually involve redness, pain and swelling at the injection site or fever. Serious side effects are extremely rare. More information about side effects is available in the Consumer Medical Information (CMI) for the vaccine available from [www.health.nsw.gov.au/schoolvaccination](http://www.health.nsw.gov.au/schoolvaccination). Parents concerned about side effects after vaccination should contact their GP who should also make a report to the local public health unit.



# Meningococcal ACWY vaccination

## Parent Information Sheet

NSW Health offers the vaccines recommended for adolescents by the National Health and Medical Research Council in a school vaccination program. Signed parental/guardian consent must be provided.

**Your next steps:**

- Carefully read this information sheet.
- If you would like your child to be vaccinated against meningococcal ACWY please provide your consent online or request a paper based consent form from your school.
- If you do not wish your child to be vaccinated against meningococcal ACWY, do not provide consent.

**Q. How do I provide consent for school vaccination?**

To provide online consent you will need:

- your Service NSW log-in details and Medicare card details for you and your child.
- If you or your child do not have a Medicare card, consent can still be provided by requesting a paper-based consent form (available on request from schools).

Parents can withdraw consent at any time before vaccination takes place.

Where consent has been given online, please log-in to the secure NSW Health online consent portal and follow the prompts to withdraw consent.

Where consent has been given on the physical consent form, please write to or call the school to advise the student's name, school grade and those vaccines the withdrawn consent applies to.

**Q. What is meningococcal disease?**

Meningococcal disease is a rare but serious infection that usually leads to meningitis (inflammation of the lining of the brain and spinal cord) and/or septicæmia (blood poisoning).

Symptoms of meningococcal disease may be non-specific but may include sudden onset of fever, headache, neck stiffness, joint pain, a rash of red-purple spots or bruises, dislike of bright lights, nausea and vomiting.

Up to 10 per cent of meningococcal infections are fatal even with appropriate antibiotic treatment, and survivors may be left with long-term complications.

**Q. How is meningococcal disease spread?**

Meningococcal bacteria are passed between people in the saliva from the back of the nose and throat. This generally requires close and prolonged contact with a person carrying the bacteria who is usually completely well. An example of 'close and prolonged contact' is living in the same household or intimate (deep) kissing. Meningococcal bacteria are not easily spread from person to person and the bacteria do not survive well outside the human body.

**Q. How do vaccines work?**

Vaccines work by triggering the immune system to fight certain infections. If a vaccinated person comes into contact with these infections, their immune system is able to respond more effectively, preventing the disease developing or greatly reducing its severity.

**Q. How effective is the meningococcal ACWY vaccine?**

A single dose of meningococcal ACWY conjugate vaccine is very effective in providing protection against these four types of meningococcal disease. The vaccine does not protect against meningococcal disease caused by type B.

**Q. Who should be vaccinated in this program?**

All students in Year 10 in secondary schools, and those aged 15-19 years attending Intensive English Centres, should be vaccinated to be protected against meningococcal serogroups A, C, W and Y.

**Q. Who should not be vaccinated?**

- Meningococcal ACWY vaccine should not be given to people who have had anaphylaxis:
- following a previous dose of meningococcal vaccine
  - following any of the vaccine additives

People with a known hypersensitivity to diphtheria toxoid should also not be vaccinated with meningococcal ACWY vaccine.

Parents can request a copy of their child's AIR Immunisation History Statement at any time up to their child being 14 years of age, and students aged 14 years and over can request their own immunisation history statement, as follows:

- using the Medicare online account through myGov [my.gov.au/](http://my.gov.au/)
- using the Medicare Express Plus App - [www.humanservices.gov.au/individuals/subjects/express-plus-mobile-apps](http://www.humanservices.gov.au/individuals/subjects/express-plus-mobile-apps)
- calling the AIR General Enquiries Line on 1800 653 809

**Q. Where can I find more information about school vaccination?**

More information is available:

- by visiting the NSW Health website at [www.health.nsw.gov.au/schoolvaccination](http://www.health.nsw.gov.au/schoolvaccination)
- by contacting your local public health unit on 1300 066 055

**Q. What will happen to my child's information?**

The information you provide on the Consent Form is subject to strict confidentiality and privacy protections contained in NSW and Commonwealth legislation (see the enclosed Privacy Statement). The information will be entered into a NSW Health immunisation register and then uploaded to the Australian Immunisation Register (AIR) so it can be linked to your child's existing immunisation history and viewed on MyGov.

**Q. How safe are vaccines?**

Vaccines used in Australia are safe and must pass strict safety testing before being approved by the Therapeutic Goods Administration (TGA). In addition, the TGA monitors the safety of vaccines once they are in use.

**Q. What are the side effects of meningococcal ACWY vaccination?**

Side effects are commonly mild and usually involve fever, headache, dizziness or pain, swelling and redness at the injection site. Injection site reactions generally resolve within 2-3 days. Serious side effects are extremely rare.

More information about side effects is available in the Consumer Medical Information (CMI) for the vaccine available from [www.health.nsw.gov.au/schoolvaccination](http://www.health.nsw.gov.au/schoolvaccination).

Parents concerned about side effects after vaccination should contact their GP who should also make a report to the local public health unit.

**Q. Should the vaccine be given to a female student who is or thinks she may be pregnant?**

No. Any female student who is, or thinks she may be, pregnant should not be vaccinated. On the day of the clinic the vaccination nurse will ask female students if they are or could be pregnant. If a student answers yes to this question, she will not be vaccinated. The student will be urged to immediately discuss the issue with her parent/guardian and to seek medical help. She will also be provided with contact details for a health referral service that will provide advice, support and guidance.

**Q. What if my child has asthma and takes cortisone or prednisone by a "puffer"?**

Meningococcal ACWY vaccine can be safely administered to someone who has asthma regardless of which medications they are taking.

**Q. What do I do if my child missed out on the vaccine because of illness or absence on the day of the nurses' visit?**

If vaccination has been missed at school, catch-up should occur as soon as possible. Parents should contact their local GP or pharmacist to arrange vaccination.

**Q. How can I access a record of the vaccinations?**

Information about your child's vaccination will be uploaded to the Australian Immunisation Register (AIR) so it can be linked to your child's existing immunisation history.

**Q. What is anaphylaxis?**

Anaphylaxis is a severe allergic reaction that may result in unconsciousness and death if not treated quickly. It occurs very rarely after any vaccination. The school immunisation nurses are fully trained in the treatment of anaphylaxis.

**Q. Hasn't my child already received the meningococcal ACWY vaccine?**

The Meningococcal ACWY vaccine has been included on the National Immunisation Program for children aged 12 months of age since July 2018. Your child may have previously received a meningococcal C vaccine which only protects against meningococcal C disease.

A small number of students with certain medical conditions (such as no spleen or immune deficiency) may have previously been given this vaccine. If so, please discuss with your GP or specialist if your child is due for a booster.

**Q. My child has already received a meningococcal C vaccine - is it safe to receive meningococcal ACWY vaccine?**

Most children will have received meningococcal C vaccine as infants.

In some countries an adolescent booster is recommended, and this ACWY vaccine will provide a booster dose against meningococcal C disease as well as protect against types A, W and Y. Some children will have received a dose of meningococcal C vaccine in 2015-2018 as part of the catch-up for No Jab, No Pay. Having a dose of meningococcal ACWY vaccine now is safe. It is preferable to leave at least 4 weeks between doses for optimal protection against all types.

**Q. What are the other indications for this vaccine?**

This vaccine is also recommended for people planning travel involving a greater risk of exposure to meningococcal disease, including the Hajj. The vaccine is also recommended for certain occupations, such as microbiology laboratory staff, and for people with certain medical conditions, such as not having a spleen.

**Q. What additives does the meningococcal ACWY vaccine contain?**

The vaccine may contain trometamol, sucrose and sodium chloride. Additives are included in very small amounts to either assist the vaccine to work or to act as a preservative.

**Q. What will happen to my child's information?**

The information you provide on the Consent Form is subject to strict confidentiality and privacy protections contained in NSW and Commonwealth legislation (see the enclosed Privacy Statement). The information will be entered into a NSW Health immunisation register and then uploaded to the Australian Immunisation Register (AIR) so it can be linked to your child's existing immunisation history and viewed on MyGov.

**Q. Where can I find more information about school vaccination?**

More information is available:

- by visiting the NSW Health website at [www.health.nsw.gov.au/schoolvaccination](http://www.health.nsw.gov.au/schoolvaccination)
- by contacting your local public health unit on **1300 066 055**

Parents can request a copy of their child's AIR Immunisation History Statement at any time up to their child being 14 years of age, and students aged 14 years and over can request their own immunisation history statement, as follows:

- using the Medicare online account through [myGov my.gov.au/](http://myGov.my.gov.au/)
- using the Medicare Express Plus App [www.humanservices.gov.au/individuals/subjects/expressplus-mobile-apps](http://www.humanservices.gov.au/individuals/subjects/expressplus-mobile-apps)
- calling the AIR General Enquiries Line on **1800 653 809**.

**IMPORTANT INFORMATION**

# Information from the TAS Faculty



**SAFETY FOOTWEAR REQUIRED**

The TAS Faculty would like to remind parents/caregivers, of the correct footwear requirements for students to be able to participate in practical lessons.

**The required footwear is black enclosed shoes, which must be worn as a safety requirement for all practical subjects.**

Safe footwear is a WHS requirement for many school activities. The following is an extract from a Department of Education instruction concerning footwear and safety in practical work.

*“Thongs, open type sandals or shoes, canvas type shoes and/or gym boots, shall not be worn in practical classes where there is a possibility of injury through spillage of hot liquids, metals, or the dropping of heavy or sharp instruments, tools etc.”*

While it is not possible to specify any one standard shoe to meet all situations, fully enclosed shoes with a stout sole, and firm leather uppers with a leather tongue are considered necessary.

The co-operation of parents/caregivers is requested in ensuring that their children wear the correct footwear. For girls, the ballet type slip-on shoe is not acceptable. Students who wear thongs or ugg boots will be sent home.

**ACCEPTABLE STYLES** – The shoes shown below **ARE** suitable and meet WHS requirements because:

- They have leather uppers
- There are NO punched holes or mesh
- They are NOT canvas
- They cover the upper part of the foot



A student is NOT allowed to participate in practical lessons if they are wearing footwear that does not meet WHS guidelines

**UNACCEPTABLE STYLES** – The styles shown below, and styles similar to these, **ARE NOT** acceptable in practical lessons. A practical lesson is any lesson where explicit safety rules apply. For example: Woodwork, Metalwork, Food Technology, Hospitality, Science etc.

**The styles shown below ARE NOT WHS compliant.**





**RUTHERFORD**  
TECHNOLOGY HIGH SCHOOL  
RESPECT  
RESPONSIBILITY  
COMMITMENT

30 Avery Street  
Rutherford NSW 2320  
Phone: 02 4932 5999  
Email: [rutherford-h.school@det.nsw.edu.au](mailto:rutherford-h.school@det.nsw.edu.au)  
Website: <https://rutherford-h.schools.nsw.gov.au>

# YEAR 7 2026

# INFORMATION EVENING

**Tuesday 4th March 2025**

Rutherford Technology  
High School MPC  
4:30pm – 6:00pm

- ☆ Principal Address
- ☆ Meet Head Teachers & Teaching Staff
- ☆ Tour of the School to see our Excellent Facilities
- ☆ Hands-on Activities
- ☆ Ask all your Questions

We invite all Year 6 Students and their Parents/Caregivers to attend our Information Evening on Tuesday 4th March 2025 from 4:30pm to 6:00pm.

The transition from Primary School to High School is an important time in the life of a young person. The staff at Rutherford Technology High School are keen to make that transition as pleasant as possible. This is done by a structured transition process involving visits to the High School and familiarisation with school staff and processes.



If you would like further information about Rutherford Technology High School please contact our school administration office on 4932 5999 or email: [rutherford-h.school@det.nsw.edu.au](mailto:rutherford-h.school@det.nsw.edu.au)

**RESPECT**

**RESPONSIBILITY**

**COMMITMENT**





RUTHERFORD  
TECHNOLOGY HIGH SCHOOL

# SCHOOL PHOTO DAY

## Friday 7th March 2025

The school dress code for photos is full school uniform with NO visible undershirts, shirt sleeves are NOT to be rolled up and ALL shirt buttons are to be done up (including top button).

Please be advised that staff will be in attendance to ensure all students have the correct dress code and should a student not meet the dress code they will NOT be photographed.

This year our school photographer is MSP Photography and they have advised that ALL school photo ordering will be online via the MSP Online Portal (the school does not handle orders or payments). The portal will be setup by MSP before photo day and open until 9th April 2025 (two weeks from catch up date). MSP have asked parents/carers with multiple children who would like to purchase sibling photos to place their order also by 9th April 2025.

MSP will be sending printed flyers for students to take home and will have a few spare cash envelopes on the day for parents/carers that are unable to order online and any new students.

Single/shared parent families now have the option when checking out online to tick a box for their order to be held at the school administration office for collection. MSP cannot be held responsible for orders that are not received if they have not been notified.

Should you have any questions relating to ordering and/or payment please contact MSP direct on: 4966 8292 or email: [orders.hcc@msp.com.au](mailto:orders.hcc@msp.com.au)



Catch Up Date

**WEDNESDAY 26th MARCH 2025**

(approx 1 hr - details TBA)





## INFORMATION FOR ORDERING SCHOOL PHOTOS



RUTHERFORD TECHNOLOGY  
HIGH SCHOOL

# PHOTO DAY IS COMING

  
msp  
photography  
MSP PHOTOGRAPHY  
HUNTER CENTRAL COAST  
02 4966 8292  
admin.nhvcc@msp.com.au  
www.msp.com.au

**Photo day for your school is on  
Friday 7 March 2025**

**Ordering online is quick and easy using the steps below!**

### Step 1

Go to our ordering portal using the below link or scan the QR Code

<https://rutherfordhs-msp.msp.photos/Photos/>



### Step 2

Click 'Sign in with Student Details'

[Sign in with Student Details](#)

Enter your child's surname and date of birth. You will be prompted to create an account.

Once logged in, the dashboard will show your child's name.

Click on "Order 2025 Photographs" to order your photos

### Step 3

To order for another child, click "Order for Another Child" and then click "Add Via Child Details" and enter their surname and date of birth. Family/Sibling Photos are also available.

*Please note - A late/processing fee will apply for orders received 1 week after photo day.*

# NAPLAN 2025

Information for parents and carers



## Why do students do NAPLAN?

The National Assessment Program – Literacy and Numeracy (NAPLAN) is a literacy and numeracy assessment that students in Years 3, 5, 7 and 9 sit each year. It is the only national assessment all Australian students have the opportunity to undertake.

As students progress through their school years, it is important to check how well they are learning the essential skills of reading, writing and numeracy.

NAPLAN assesses the literacy and numeracy skills that students are learning through the school curriculum and allows parents/carers to see how their child is progressing against national proficiency standards.

NAPLAN is just one aspect of a school's assessment and reporting process. It does not replace ongoing assessments made by teachers about student performance, but it can provide teachers with more information about students' educational progress.

NAPLAN also provides schools, education authorities and governments with information about how education programs are working, and whether young Australians are achieving important educational outcomes in literacy and numeracy.

## Your child will do the NAPLAN tests online

Online NAPLAN tests are designed to provide precise results and are engaging for students. The tests are tailored (or adaptive), which means that each test presents questions that may be more or less difficult depending on a student's responses. This helps students remain engaged with the assessment.

Tailored testing allows a wider range of student abilities to be assessed and measures student achievement more precisely. A student's overall NAPLAN result is based on both the number and complexity of questions they answer correctly. Your child should not be concerned if they find questions challenging; they may be taking a more complex test pathway.

All Year 3 students will continue to complete the writing assessment on paper.

## What does NAPLAN assess?

NAPLAN assesses literacy and numeracy skills that students are learning through their regular school curriculum.

Students sit assessments in writing, reading, conventions of language (spelling, grammar and punctuation) and numeracy. The questions assess content linked to the Australian Curriculum: English and Mathematics.

All government and non-government education authorities contribute to the development of NAPLAN test materials.

To find out more about NAPLAN, visit [nap.edu.au](http://nap.edu.au).

## Participation in NAPLAN

NAPLAN is for all Year 3, 5, 7 and 9 students. ACARA supports inclusive testing, so all students have the opportunity to participate in the National Assessment Program.

Information on adjustments available for students with disability who have diverse functional abilities and needs is provided in the [National protocols for test administration](#).

Schools should work with parents/carers and students to identify, on a case-by-case basis, reasonable adjustments required for individual students with disability to access NAPLAN.

To help inform these decisions, you may consult the National protocols for test administration (linked above), [NAPLAN public demonstration site](#), the [Guide for schools to assist students with disability to access NAPLAN](#), and our [series of videos](#) where parents/carers, teachers and students share their experiences in using NAPLAN adjustments.

In exceptional circumstances, a student with a disability that severely limits their capacity to participate in the assessment, or a student who has recently arrived in Australia and has a non-English speaking background, may be granted a formal exemption.

Your school principal and your local test administration authority can give you more information on adjustments for students with disability or the process required to gain a formal exemption.

**acara** AUSTRALIAN CURRICULUM,  
ASSESSMENT AND  
REPORTING AUTHORITY

### What if my child is absent from school on NAPLAN test days?

Where possible, schools may arrange for individual students who are absent at the time of testing to complete missed tests at another time during the school's test schedule.

### What can I do to support my child?

Students are not expected to study for NAPLAN. You can support your child by letting them know that NAPLAN is a part of their school program and reminding them to simply do their best. Some explanation of NAPLAN is useful to help students understand and be comfortable with the format of the tests; however, it is not necessary for parents/carers to do this. Teachers will ensure students are familiar with the types of questions in the tests and will provide appropriate support and guidance.

ACARA does not recommend excessive preparation for NAPLAN or the use of services by coaching providers.

See the types of questions and tools available in the online NAPLAN assessments at [NAP – Public demonstration site](#).

### How is my child's performance reported?

From 2023, NAPLAN results are reported against proficiency standards. There is a standard for each assessment area at each year level. Proficiency standards provide clear information on student achievement. They are set at a challenging but reasonable level expected of the child at the time of NAPLAN testing, based mainly

on what has been taught in previous years of schooling. Student achievement is shown against 4 levels of proficiency: Exceeding, Strong, Developing and Needs additional support.

A NAPLAN individual student report will be provided by your child's school later in the year. If you do not receive a report, you should contact your child's school.

### How are NAPLAN results used?

- Students and parents/carers use individual results to discuss progress with teachers.
- Teachers use results to help identify students who need greater challenges or extra support.
- Schools use results to identify strengths and areas of need to improve teaching programs, and to set goals in literacy and numeracy.
- School systems use results to review the effectiveness of programs and support offered to schools.
- The community can see information about the performance of schools over time at [myschool.edu.au](https://myschool.edu.au).

### Where can I get more information?

For more information about NAPLAN:

- contact your child's school
- contact your local test administration authority at [nap.edu.au/TAA](https://nap.edu.au/TAA)
- visit [nap.edu.au](https://nap.edu.au)

To learn how ACARA manages personal information for NAPLAN, visit [nap.edu.au/naplan/privacy](https://nap.edu.au/naplan/privacy)

### NAPLAN timetable

The NAPLAN test window is 9 days. This is to accommodate schools that may not have the capacity to complete the tests in a shorter time frame. **The NAPLAN test window starts on Wednesday 12 March 2025 and finishes on Monday 24 March 2025.** Schools will schedule the tests as soon as possible within the testing window, prioritising the first week.


Test	Scheduling requirements	Duration	Test description
<b>Writing</b>	Year 3 students do the writing test on paper on day 1 only. Years 5, 7 and 9 writing must start on day 1 (schools must prioritise completion of writing on day 1, with day 2 only used where there are technical/logistical limitations).	Year 3: 40 min Year 5: 42 min Year 7: 42 min Year 9: 42 min	Students are provided with an idea or topic called a writing stimulus (or prompt) and asked to write a response in a particular genre (narrative or persuasive writing).
<b>Reading</b>	To be completed after the writing test.	Year 3: 45 min Year 5: 50 min Year 7: 65 min Year 9: 65 min	Students read a range of informative, imaginative and persuasive texts, and then answer related questions.
<b>Conventions of language</b>	To be completed after the reading test.	Year 3: 45 min Year 5: 45 min Year 7: 45 min Year 9: 45 min	Students are assessed on spelling, grammar and punctuation.
<b>Numeracy</b>	To be completed after the conventions of language test.	Year 3: 45 min Year 5: 50 min Year 7: 65 min Year 9: 65 min	Students are assessed on number and algebra, measurement and geometry, and statistics and probability.

# 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 3rd March 2025	<b>Volunteer Required</b>
Tuesday 4th March 2025	<b>Donna Nichols</b>
Wednesday 5th March 2025	<b>Volunteer Required</b>
Thursday 6th March 2025	<b>Donna Nichols</b>
Friday 7th March 2025	<b>Donna Nichols</b>
Monday 10th March 2025	<b>Volunteer Required</b>
Tuesday 11th March 2025	<b>Donna Nichols</b>
Wednesday 12th March 2025	<b>Volunteer Required</b>
Thursday 13th March 2025	<b>Donna Nichols</b>
Friday 14th March 2025	<b>Donna Nichols</b>




## RUTHERFORD TECHNOLOGY HIGH SCHOOL 2024 CANTEEN MENU

Everyday Food, Occasional Food

<p><b>BREAKFAST ITEMS:</b></p> <ul style="list-style-type: none"> <li>-Banana Bread \$1.50</li> <li>-Pancakes \$3.00</li> <li>-Cheese Toastie \$2.50</li> <li>-Ham &amp; Cheese Toastie \$3.00</li> <li>-Yoghurt \$3.00</li> <li>-Yoghurt &amp; Fruit Box \$3.00</li> </ul>	<p><b>SALADS:</b></p> <p><b>Salad Boxes</b> Available Boxes to Order \$3.50-\$6.50 Options: Salad; Chicken; Caesar; Chicken Caesar Size: small, medium, large (price dependant on option and size)</p> <ul style="list-style-type: none"> <li>-Zucchini Slice &amp; Salad Box (GF) \$5.50</li> <li>-Coleslaw Box \$3.50</li> <li>-Curry Pasta Salad Box \$3.50</li> <li>-Rice Salad Box \$3.50</li> </ul> <p><b>SUSHI:</b></p> <p><b>Sushi Rolls:</b></p> <ul style="list-style-type: none"> <li>-Cucumber &amp; Avocado \$4.50</li> <li>-Chicken &amp; Mayo \$4.50</li> <li>-Smoked Salmon &amp; Avocado \$4.50</li> <li>-Teriyaki Chicken &amp; Avocado \$4.50</li> <li>-Tuna &amp; Avocado \$4.50</li> </ul> <p><b>Sushi Packs:</b></p> <ul style="list-style-type: none"> <li>-Tuna Hosomaki Pack \$6.00</li> </ul>	<p><b>DRINKS:</b></p> <p><b>Water:</b></p> <ul style="list-style-type: none"> <li>-350mL \$1.00</li> <li>-600mL \$2.00</li> </ul> <p><b>Juice-250mL:</b></p> <ul style="list-style-type: none"> <li>-Orange \$2.50</li> <li>-Apple \$2.50</li> <li>-Apple Blackcurrent \$2.50</li> </ul> <p><b>Chillij-250mL:</b></p> <ul style="list-style-type: none"> <li>-Watermelon \$2.50</li> <li>-Raspberry \$2.50</li> <li>-Blackcurrent \$2.50</li> </ul> <p><b>Juice Bombs-250mL:</b></p> <ul style="list-style-type: none"> <li>-Apple/Cola \$2.50</li> <li>-Apple/Raspberry \$2.50</li> <li>-Orange/Passionfruit \$2.50</li> </ul> <p><b>Milk-300mL:</b></p> <ul style="list-style-type: none"> <li>-Chocolate \$2.50</li> <li>-Strawberry \$2.50</li> </ul> <p><b>Milk-500mL:</b></p> <ul style="list-style-type: none"> <li>-Chocolate \$3.50</li> <li>-Strawberry \$3.50</li> <li>-Iced Coffee \$3.50</li> <li>-Plain Milk-600mL \$2.50</li> <li>-Frozen Blizzard \$2.50</li> <li>-Hot Chocolate \$2.00</li> </ul> <p><i>(Only Available Term 2 &amp; Term 3)</i></p>	<p><b>HOT FOOD:</b></p> <ul style="list-style-type: none"> <li>-Chicken Burger \$5.00</li> <li>-Chicken Burger Salad \$5.50</li> <li>-Chicken Gravy Roll \$5.00</li> <li>-Rissole &amp; Gravy Roll \$5.00</li> <li>-Lasagne (avail. for ORDER ONLY) \$5.50</li> <li>-Chicken &amp; Corn Soup+Dinner Roll \$4.00</li> <li>-Pumpkin Soup+Dinner Roll \$4.00</li> <li>-Cheese Toastie \$2.50</li> <li>-Ham &amp; Cheese Toastie \$3.00</li> <li>-Other Assorted Toastie Avail. \$2.50-\$5.00 <i>(price dependant on filling)</i></li> <li>-Spinach Ricotta Roll \$3.50</li> <li>-Zucchini Slice (GF) \$2.50</li> <li>-Garlic Bread \$2.00</li> <li>-Plain Pie <b>FIRST BREAK ONLY</b> \$4.00</li> <li>-Cheese &amp; Bacon Pie <b>FIRST BREAK ONLY</b> \$4.50</li> <li>-Sausage Roll <b>FIRST BREAK ONLY</b> \$3.00</li> <li>-Chicken Chippies (6) \$3.50</li> <li>-Chicken Nuggets (6) \$3.50</li> <li>-Nachos (ONLY Avail. Mon/Wed/Fri) \$6.50</li> <li>-Meatball Sub \$5.00</li> <li>-Pizza \$5.00</li> <li>-Fried Rice \$5.00</li> <li>-Available to Order:</li> <li>Small &amp; Large Hot Meal Small \$5.00 Large \$6.00</li> </ul> <p><small>Options Include: Carbonara; Mince Chow Mein; Tuna Mornay &amp; Rice; Butter Chicken &amp; Rice; Satay Chicken &amp; Rice; Beef Stroganoff; Honey Mustard Chicken &amp; Rice; Curry Chicken &amp; Rice; Thai Green Curry Chicken &amp; Pasta; Vegie Stir Fry; Curried Sausages &amp; Mash Potato; Savoury Mince &amp; Mash Potato</small></p>	
<p><b>SANDWICHES, ROLLS &amp; WRAPS:</b></p> <p><b>Sandwiches:</b> Available to Order \$3.00-\$6.00 Options: Vegemite; Egg &amp; Lettuce; Curried Egg; Salad; Chicken Salad; Cheese &amp; Tomato; Ham, Cheese &amp; Tomato <i>(price dependant on filling)</i></p> <p><b>Rolls:</b></p> <ul style="list-style-type: none"> <li>-Salad Roll \$5.00</li> <li>-Ham Salad Roll \$5.50</li> <li>-Chicken Salad Roll \$5.50</li> </ul> <p><b>Wraps:</b></p> <ul style="list-style-type: none"> <li>-Salad Wrap \$5.50</li> <li>-Chicken Salad Wrap \$6.00</li> <li>-Ham Salad Wrap \$6.00</li> <li>-Caesar Salad Wrap \$5.50</li> </ul>	<p><b>CHIPS / POPCORN:</b></p> <ul style="list-style-type: none"> <li>-Deli Rock Chips: Sea Salt \$1.50</li> <li>-Deli Rock Chips: Honey Soy \$1.50</li> <li>-Lightly Sea Salted Popcorn \$2.50</li> </ul>	<p><b>ICE CREAMS:</b></p> <ul style="list-style-type: none"> <li>-Juice Ice Blocks \$1.00</li> <li>-Vanilla Buckets \$1.50</li> <li>-Mango/Choc Malt Cups \$1.50</li> </ul>	<p><b>SNACKS / OTHER:</b></p> <ul style="list-style-type: none"> <li>-Piece of Fresh Fruit \$0.50</li> <li>-Freshly Cut Watermelon** \$3.50</li> <li>-Freshly Made Fruit Salad** \$3.50</li> <li>-Yoghurt \$3.00</li> <li>-Yoghurt &amp; Fruit Box \$3.00</li> <li>-Eucalyptus Drops \$0.75</li> <li>-Chocolate Cookie \$1.50</li> <li>-Finger Bun / Muffins \$2.50</li> <li>-Hommus, Carrot &amp; Celery \$2.00</li> <li>Snack Bag \$2.00</li> </ul> <p><b>**Only Available Term 1 &amp; Term 4</b></p>	<p><b>SAUCE / EXTRAS:</b></p> <ul style="list-style-type: none"> <li>-Tomato/BBQ/Sweet &amp; Sour \$0.40</li> <li>-Extra Fillings \$0.40</li> <li>-Butter/Mayo/Mustard \$0.20</li> <li>-Bread Roll \$0.50</li> <li>-Fork/Spoon \$0.05</li> </ul>






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.

© 13th February 2025



# Our canteen is online with Flexischools

-  Order and pay in seconds
-  See up-to-date menus & items
-  Quickly re-order favourites



Download & start ordering today



Flexischools is provided by InLoop Pty Ltd (ABN 27 114 508 771) (trading as Flexischools) AFSL 471558. Any information provided is general only and does not take into account your objectives, financial situation or needs. Please read and consider the Combined FSG/PDS and TMD at [www.flexischools.com.au/legal](http://www.flexischools.com.au/legal) before acquiring or using the service.



Welcome back to another exciting school year!

Rutherford Technology High School uses **Flexischools** for parents to place lunch orders. Australia's #1 school ordering solution, Flexischools, operates in more than 1700 schools across Australia, enabling parents and students to order and pay for school lunches, uniform shop items, and school community events online or via the Flexischools app.

### Flexischools App

Parents simply download the Flexischools App from the [Apple](#) or [Google](#) store and follow the prompts to create an account. Parents can set daily spend limits and keep an eye on what they're buying via the Flexischools App. Additionally, you can also add access for your child to use the App, enabling them to place online orders themselves.

If you already have a Flexischools account for another family member then just select the Profile icon on the App and +Add New Student.

### Tips for a smooth start:

- **Update Your Child's Details:** Take a moment to update your child's Flexischools profile with their new year for 2025. This will ensure that any orders or payments are processed correctly, and orders go to the right place.
- **Order in Advance:** Plan ahead and use Flexischools to order lunch in advance, saving you time and hassle during the busy school mornings.
- **Explore our Features:** Flexischools offers plenty of great features designed to save you time. From automatic topping up of your parent wallet, to placing multiple orders in one go, make sure you take full advantage of everything Flexischools has to offer.

# IMPORTANT MESSAGE



## Flexischools Order Process

The procedure for Flexischools orders for canteen staff is:

- 9:00am cut off and orders printed.
- After first break any orders not collected, the item/s will be returned to stock.
- After first break canteen staff will provide our school administration office with a list of orders for second break to allow staff to check system for attendance. If a student is absent at this time the order will not be filled.
- Each day, all orders either not collected or able to be filled due to a student being absent will be destroyed.

### **PLEASE NOTE THIS MEANS THAT NO ORDERS WILL BE HELD OVER**

The above is to avoid food wastage which affect operational costs for orders placed through Flexischools and then the student either being absent, arriving late or leaving early.

We request that if a student has an order through Flexischools and they will be absent that you login in Flexischools before 9:00am to cancel the order. Cancelled orders must be done prior to the cut off time in order for a refund to be processed.

Thank you for your understanding in this regard.

## **RUTHERFORD TECHNOLOGY HIGH SCHOOL P&C ANNUAL GENERAL MEETING**

# AGM

## ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting (AGM) of the Rutherford Technology High School Parents & Citizens Association will be held on Tuesday 13th May 2025 at 6:00pm in the school administration office.

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

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

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

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

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

The Term 2: Week 3 meeting will follow at the conclusion of the AGM.



**RESPECT**

**RESPONSIBILITY**

**COMMITMENT**



# Rutherford Technology High School Uniform Shop

## Price List

ITEM	PRICE
<b>GIRLS</b>	
Junior Girls Blouse	\$36.00
Senior Girls Blouse	\$36.00
Tartan Skirt	\$50.00
<b>BOYS</b>	
Junior Boys Shirt	\$36.00
Senior Boys Shirt	\$36.00
<b>UNISEX</b>	
Softshell Jacket	\$75.00
Everyday Shorts	\$35.00
Maroon Knit Fleece	\$65.00
Junior Polo	\$40.00
Senior Polo	\$40.00
<b>SPORTS</b>	
Sports Short	\$33.00
Trackpants	\$50.00
Sports Polo	\$40.00
<b>ACCESSORIES</b>	
Beanie	\$15.00
Scarf	\$20.00
White Socks Short-cut – 3 pack	\$20.00
<b>OTHER</b>	
Reusable Tote Bag	\$1.00

### Uniform Shop Hours:

Tuesday 8:00am-12:00 noon

Thursday 1:00pm-5:00pm

Purchase Online: <https://daylightschoolwear.au/rutherford>

Please ensure all orders are collected from the Uniform Shop

MASTERCARD, VISA & EFTPOS ACCEPTED & CASH ACCEPTED - NO CHEQUE PAYMENTS. NO LAYBY.

*\*Prices are subject to change without notice*

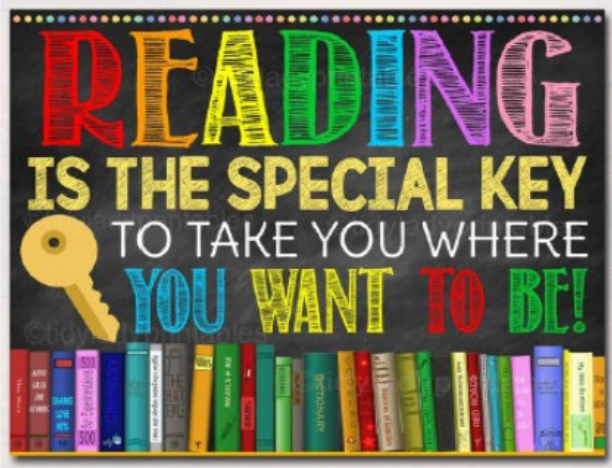
The wearing of school uniform at Rutherford Technology High School is mandatory. The school uniform is manufactured and sold by Daylight Sportswear at a dedicated onsite Uniform Shop at the school. This is the ONLY location that the school uniform is available for purchase.

**RESPECT**

**RESPONSIBILITY**

**COMMITMENT**





**RTHS students can easily loan books, eBooks & Audiobooks.**

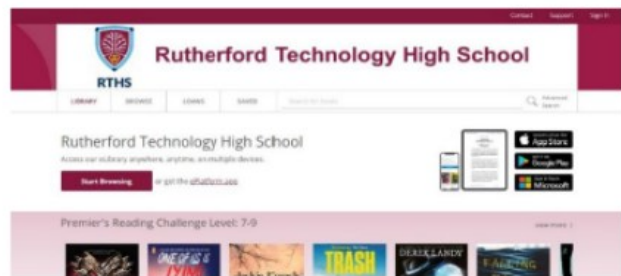
- Students can browse and borrow a wide range of Picture books, Fiction and Non-Fiction books in paperback & hardcopy from the RTHS school library.
  - Students can borrow up to 3 books at one time with a 1 month borrowing period.
- Students can access and borrow eBooks & Audiobooks in the Wheelers collection.
  - Sign In (using student DET login) to <http://rths.wheelers.co/>

**Rutherford Technology High School eBooks**

Access our eLibrary anywhere, anytime, on multiple devices.  
<https://rths.wheelers.co/>



Apps to access Audio & eBooks.



Home screen once accessed.

- Students can borrow up to 2 books (either Audio or eBooks) at one time with a 2-week loan period.
- Books return automatically after 14 days. If students are still reading, they need to renew the loan.
- Students can reserve books and will receive an email when the loan is ready to borrow.
- Check out the accessibility features to provide a more enjoyable experience when reading.
- There is over 2000 books to select from with new titles being added each month.
- Audiobooks are perfect for students who are hesitant to read.

At RTHS We encourage students to participate in the NSW Premier’s Reading Challenge.



If you are experiencing problems or have any further questions with accessing reading material, please contact library staff.

Happy Reading Everybody!



Australian Government



**What is a Unique Student Identifier (USI)?**

A USI is your individual education number for life. It also gives you an online record of your vocational education and training (VET) undertaken in Australia.

If you're at TAFE or doing other nationally recognised training, you need a USI. Without one, you can't get Commonwealth financial assistance or your qualification or statement of attainment.

**To Create a USI**

Please make sure you have one form of ID from the list below ready before creating the USI.

Examples of acceptable forms of ID are:

- Australian Drivers Licence
- Medicare Card
- Australian Passport
- Non-Australian Passport (with Australian Visa)
- Australian Birth Certificate
- Citizenship Certificate

As well as others. The easiest forms of evidence to use are Drivers Licence or Medicare Card.

1. Open a webpage and search **USI**.  
<https://portal.usi.gov.au/student>
2. Read the instructions on the screen and click Create USI.
3. Make sure your information exactly matches your identification.
4. Your USI number will be either emailed or texted to you.
5. Create a password and log into the USI portal to activate your USI account.

On this page you can:

1. Create a USI account (if you don't already have one)
2. View your application status
3. Login to your USI account
4. Retrieve your USI
5. Reset your password
6. Activate your USI account.

**CREATE USI**

If you do not have a USI account, you can create one now.

You only need to fill in a few details and have one form of ID to verify who you are. It should only take you about 5 minutes. Please select Create USI.

**Create USI**

You can create your USI using your Digital Identity. Digital Identity is a safe, secure and convenient way to prove who you are online. [myGovID](#) is the Australian Government's Digital Identity app.

**Continue with Digital Identity**

**Visual Support to access and create a USI.**

There is a short video clip available to provide information of why it is useful to get a USI, how to find your USI number if you have forgotten it as well as where and how to create a USI. For further information please contact Careers or Library staff.

**REMEMBER:**

- We suggest keeping a copy of the email as this number stays with you for life.

School will also be requesting the student's USI number, to keep it easily accessible for any external courses students participate in at school.

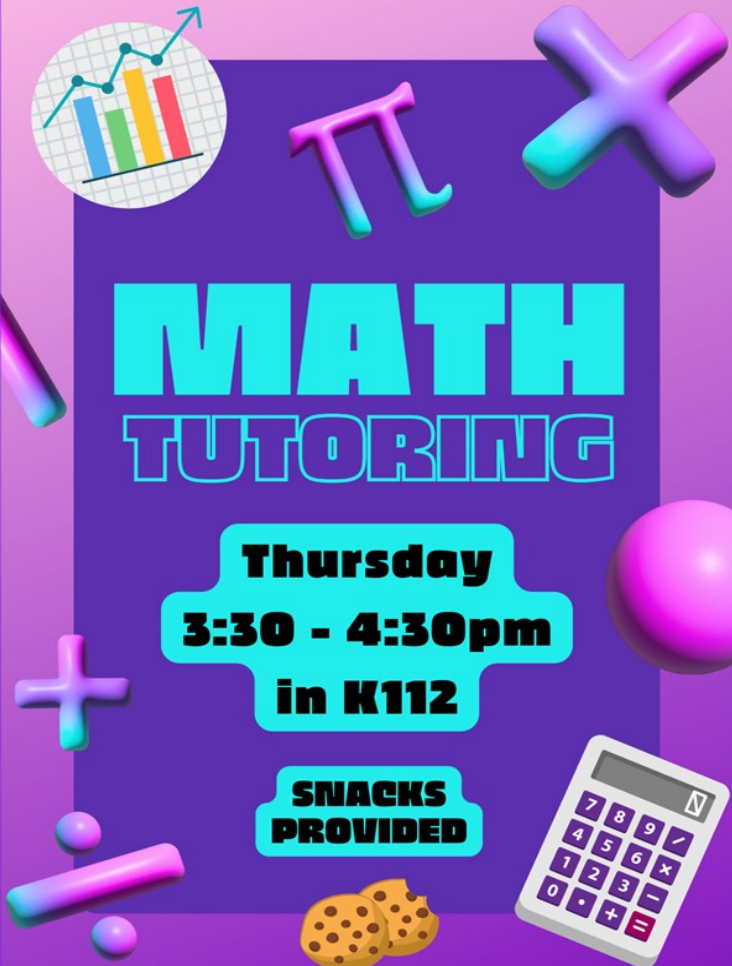
# HSIE WRITING



**WILL RUN EVERY THURSDAY**

## AND HOT CHOCOLATES

WHEN: 8AM-9AM  
WHERE: K24  
BRING: HSIE BOOK, PEN, ASSESSMENTS



# MATH TUTORING

**Thursday**  
**3:30 - 4:30pm**  
**in K112**

**SNACKS PROVIDED**



# RTHS

## HOMework CENTRE

OUR TRAINED STAFF ARE HERE TO HELP YOU!!

**WE CAN HELP YOU WITH:**

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



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


Refreshments Provided



## THE LEARNING COMMON

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

<p><b>Before school</b></p> <ul style="list-style-type: none"> <li>- Schoolwork access is from 8:20am each morning.</li> <li>- General access is from 8:45am.</li> </ul>	<p><b>Recess &amp; Lunch</b></p> <ul style="list-style-type: none"> <li>- Schoolwork access is available during the first 10 minutes of the break onwards.</li> <li>- 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.</li> </ul>
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**[ SOCIAL  
FUTURES**

**The Bridge ]**

**Connecting you to alcohol and other drug support services**

Are you concerned about your young person's drug and alcohol use?  
Would you like them to learn how to reduce the harm of alcohol or other drug use?

Our free Youth Health Promotion Program is designed to enlighten, engage and empower young people by raising awareness about the impact of alcohol and other drugs (AOD) on their developing brains, physical and mental wellbeing, and relationships.

## Drug Safe Program

### Program Details & Information

- ✓ 1 hour session delivered 1x a week for 8 - 10 weeks
- ✓ Small groups of 6 - 20 young people
- ✓ Ideal way to deliver key information, while building rapport and trust. Allows students to reflect on learnings, explore and implement strategies and discuss effectiveness with facilitators each week
- ✓ Work on a large engagement project to build commitment and implementation

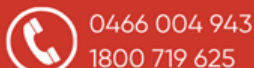
#### PROGRAM TOPICS:

- 1 AOD: the facts, the dangers, the impact
- 2 AOD: the brain, the body, the law
- 3 Vaping
- 4 Alcohol
- 5 Harm minimisation
- 6 Getting help

Key messages: facts & risks of AOD, harm minimisation and help-seeking pathways  
Key learnings: assess risky situations, engage in scenarios and use decision making skills to develop strategies to keep from harm.

If you would like more information or to enrol your young person in this Drug Safe Program, please see Wellbeing Teachers.

#### CONTACT US:



**RESPECT**

**RESPONSIBILITY**

**COMMITMENT**

🕒 THU 6 MAR | 6:30PM-8PM  
📍 CLUB MAITLAND CITY  
14 ARTHUR STREET,  
RUTHERFORD NSW 2320

# BECOMING A CARER FOR KIDS INFORMATION SESSION

**MAKE A DIFFERENCE.  
BECOME A CARER.**

Contact My Forever Family NSW to find out more.

**CONTACT US**

📞 **1300 782 975**

✉️ [recruitment@myforeverfamily.org.au](mailto:recruitment@myforeverfamily.org.au)



Scan the QR code to find out more

Right now, there are children and young people in our community who cannot live safely at home. If you've ever thought about becoming a kinship or foster carer, guardian or adoptive parent and opening your home and your heart to a child or young person in need, join us at this informative event to learn more.

Hosted by My Forever Family NSW and featuring a representative from the Department of Communities and Justice NSW, plus a carer sharing their experience.

Register your attendance for the session on our website [www.myforeverfamily.org.au/events](http://www.myforeverfamily.org.au/events)



# CARING FOR THOSE WHO CARE FOR KIDS



My Forever Family NSW | [www.myforeverfamily.org.au](http://www.myforeverfamily.org.au)

**My Forever Family NSW**

**RESPECT**

**RESPONSIBILITY**

**COMMITMENT**

# Parents of Year 7-9 High School Girls



## We want their opinions!

Help us create a new wellbeing program to support teenage girls.



Register & provide consent for your daughter to complete a 5-minute online survey & online group discussion (60-75mins) about:

- ✓ Wellbeing
- ✓ Sport & physical activity
- ✓ Communication & connection with family
- ✓ Their experiences of being a young adult



As a thank you for taking part, your daughter will receive a:  
**\$35 gift voucher**

\*applies to high school aged girls completing the online survey & online discussion group

<https://redcap.link/TeensFG>

The project has been approved by the University of Newcastle Human Research Ethics Committee. Approval No. H-2023-0123.

ARE YOU AN  
ARTIST AGED  
12 - 30 YEARS?

9TH APRIL



Youth  
Express



2025 YOUTH WEEK  
ART EXHIBITION

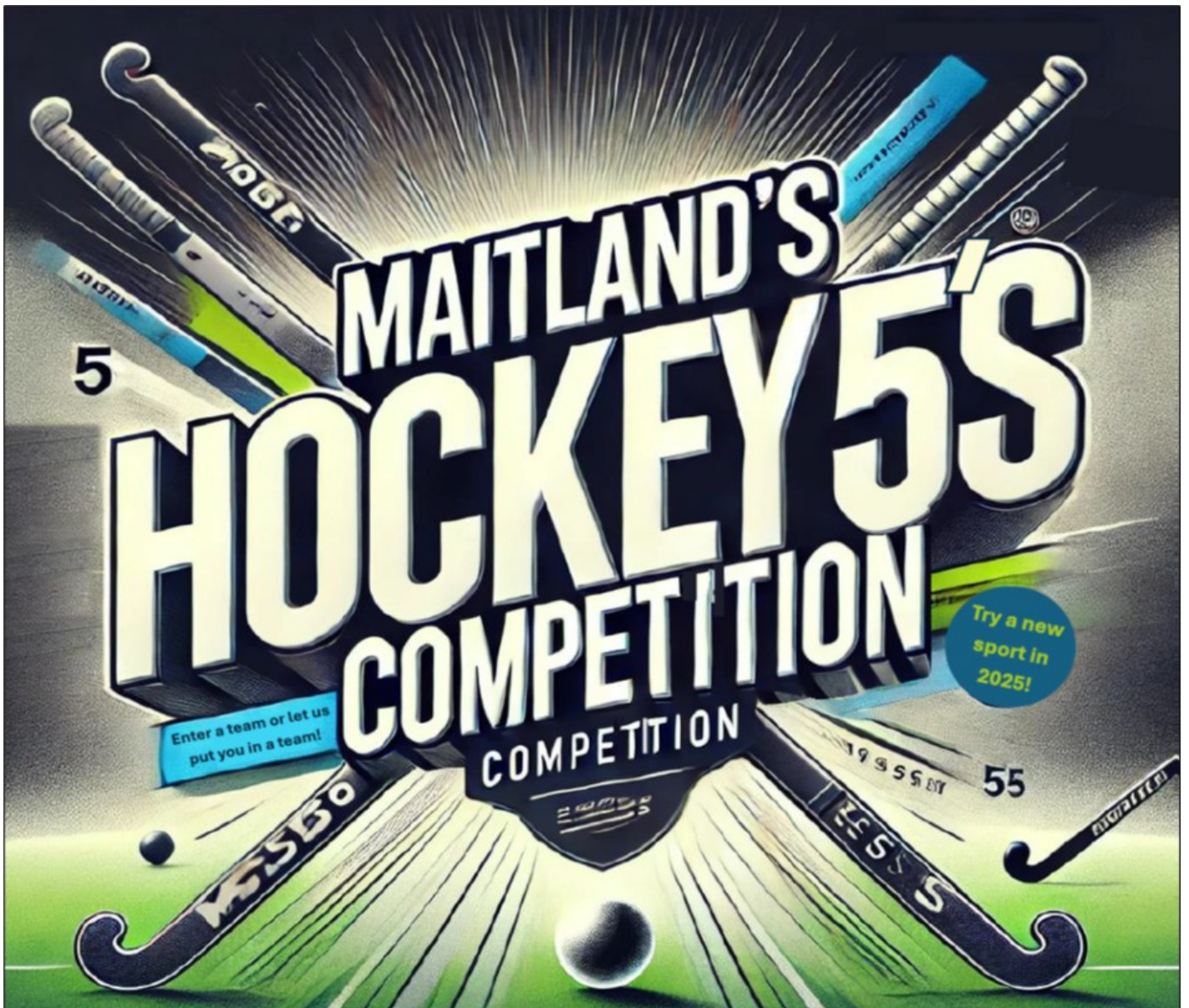


WOULD YOU  
LIKE TO BE A  
FEATURED ARTIST?

REGISTER NOW



painting - drawing - sculpture -  
digital - photography - ceramics & more



*Proudly Sponsored By* **GLENCORE**



**FREE COME & TRY!**  
**March 8<sup>th</sup> & 9<sup>th</sup>**  
**AGE GROUPS FROM**  
**U6s to U18s**

For more event information,  
scan the QR code





# WE WANT YOU

## To Join Our Team!

### MAITLAND SAINTS AFL CLUB NOW RECRUITING

- MALE & FEMALE PLAYERS
- MEET NEW FRIENDS
- JUNIOR PLAYERS
- ALL AGES 4 - 17 YEARS
- NO EXPERIENCE NECESSARY!



#### TRAINING DATES

U9s + U11s

WEDNESDAYS FROM 5TH MARCH

U13s - U17s

TUESDAYS AND THURSDAYS FROM 4TH FEBRUARY



*Register  
Now*

**COME AND TRY AFL  
WEDNESDAY 26th  
FEBRUARY  
4.30pm to 6pm**



MaitlandSaintsAFC

Contact Matt 0401 323 780  
[www.maitlandsaints.com.au](http://www.maitlandsaints.com.au)



## Maitland Junior Football Club Inc 2025 REGISTRATIONS

Maitland Junior Football welcomes and invites you to play football with our club in the 2025 season.

Players turning 5 this year are eligible to play this year with players in the 5-7 years receiving a pair of shin pads and a ball.

Active Kids vouchers on the Service NSW Website are available to download to use when registering to play football. Please download the voucher before registering as the number of the voucher is required during the online registration.

Maitland Junior have mixed and all girl teams in Community Football, Development Football and Interdistrict Football which means we have great pathways for all players to play football.

All registration costs are the total for the season and includes registration fees, season fees and a drink bottle. Shorts and socks are \$45.00 a set and are available at our home ground Fieldsend Oval. The full break down of our costs are on our website [www.maitlandjuniorfc.com.au](http://www.maitlandjuniorfc.com.au)

Registrations are online via a link on our Website and to complete the registration attend Fieldsend Oval on one of the days listed on our website [www.maitlandjuniorfc.com.au](http://www.maitlandjuniorfc.com.au)

All players not previously registered with Maitland Junior Football must submit a copy of a birth certificate, passport, licence or proof of age card either at Fieldsend Oval or via Email to Evelyn at [secreg@maitlandjuniorfc.com.au](mailto:secreg@maitlandjuniorfc.com.au)

For further information, please contact Evelyn on 0432 945 237.

Welcome to Maitland Junior Football Club!



# Anyone can save a life

**Vanessa | St John Volunteer**  
Management Consultant



**Volunteer with  
St John Ambulance NSW**  
[stjohnnsw.com.au](http://stjohnnsw.com.au)



**[ BE THE  
DIFFERENCE ]**

RTHS SUPPORTERS

**Harvey Norman**

Maitland



Maitland



**Bakers Delight** *Rutherford*  
We're for real.


The staff and students who are involved in the Wellbeing programs would like to acknowledge the generosity of 'Bakers Delight' at Rutherford who provide us with bread.

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