STAGE 5 STUDENTS

On 13 August the Stage 5 Support Students ran a full service pop-up restaurant in their classroom. They worked tirelessly to prepare and cook a meal which was enjoyed by 6 teachers. This activity was a component of the class work training program and extended the skills developed by catering take away meals for staff at various times throughout the year.

On the menu was Chicken Curry & Rice followed by Sticky Date Pudding. The Students were responsible for setting the tables, preparing, serving and waiting on the teachers.

Gabrielle did an amazing job as the drink waiter. Jordy and Keira pushed themselves to be wonderful waiters, while Kallie Ann was the friendly host who greeted people at the door and showed them to their table. Caleb was responsible for photography and was always polite when asking permission to take photos. The remainder of the class were busily involved in food preparation, set up and clearing tables.

Our guests thoroughly enjoyed their meal and the students were commended for their excellent efforts. A big thank you to Sandy and Ms Rumel who supported the students with this worthwhile activity.
SENIOR EXECUTIVE REPORT

YEAR 5 GALA DAY

Our school hosted a sporting gala day with Year 5 students from our partner primary schools at Maitland Park on Tuesday 2 September. This was a follow-up from our Year 6 Gala day and it was great to be involved with the future students of our school. Thank you to Mr Miller and all the staff involved in the organisation of the day.

YEAR 8 GREAT AUSSIE BUSH CAMP

Students enjoyed 3 days at the Great Aussie Bush Camp last week. Great time had by all.

YEAR 11 EXAM REMINDER

Year 11 students commence their final Preliminary HSC course examinations on Monday, 8th September. Students have been given their examination timetable and exam rules. If students are absent due to illness, or miss an exam, they must contact the school on the day so that alternative arrangements can be put in place for these essential assessments. Ms Clarke the Year Advisor or Mr Archbold Year 11 Deputy Principal, will be able to assist students. Students will only be required to be at school during their examinations. Normal classes will resume on Monday 15th September. These exams will be supervised by external supervisors to get students comfortable with the HSC format.

YEAR 12

Year 12 are reminded they need to be attending normal classes until they leave. The Year 12 Graduation will be held in the final week of Term 3 on Thursday 18th September 2014. We will start the morning with Year 12, their families and staff invited to breakfast in the Library from 8.00 am till 9.00 am followed by the farewell assembly till 10.30 am. The Higher School Certificate Examinations commence on Monday 13 October 2014 and continue through until Wednesday 5 November 2014. The HSC examinations will be held in the Rutherford Technology High MPC and exams with smaller numbers will take place in dedicated classrooms. Students should ensure that they arrive at the venue for every examination, at least half an hour before the scheduled starting time. We wish students all the best with their exams. The school formal will be held on Tuesday 11th November 2014.

NAPLAN

The 2014 NAPLAN student reports have been delivered to the school and have been mailed out to parents. To assist parents in interpreting the student reports, ACARA has published a Student Reports brochure and a video which can be downloaded from the ACARA webpage.

UNIFORMS

Again, it is great to see the vast majority of students not only wearing the correct school uniform but also wearing it with such pride and this is evident especially when students are representing the school at outside activities. If you are having trouble with the purchase of uniform please contact the school for assistance.

Michael Whiting
Principal
ANIMAL ASSISTED THERAPY IS COMING TO RTHS

The adorable puppy you see here is a Tamaruke Australian Labradoodle. His name is Harry and he’s just 9 weeks old. In just a few weeks he will be going to live with Mrs Walkerden (our Head Teacher of Support) and her family and he will begin his training to be a therapy dog in the support unit at Rutherford Technology High School.

Harry has been especially bred to be hypoallergenic and to have the perfect temperament for being trained as an assistance dog. Already we can see what a calm and placid boy he is.

During term 4 Harry will be paying some short visits to school to help him get used to being in the school environment and around large groups of students. By term 1 next year he will be spending a few days every week in our support classes providing comfort and a calming influence on our students.

Harry will always be handled by an adult and as he learns his job this will be Mrs Walkerden. Students will need to check with the adult handling Harry before they touch him and students will be briefed on how to interact safely and hygienically with him. Harry will always be on a lead at school or in a crate in Mrs Walkerden’s classroom if he is resting.

While Harry is very young and in training we may also have some visits from other trained assistance dogs from Tamaruke Australian Labradoodles. One of these is Chilli who belongs to Mr Gadd, the principal of Telarah PS. Chilli has been working as an assistance dog at Telarah PS this year and the effects on student behaviour have been quite remarkable. Charlotte McGrath of Tamaruke Australian Labradoodles has been amazing in her support of our implementation of this program, financially supplementing the cost of the puppy and allowing us to use two of her trained dogs, Ruby and Ellie, while Harry is still learning his job. Below you can see photos of Chilli, Ruby and Ellie. When you see them at school they will always be on a lead, wearing a red assistant dog vest and will be with an adult handler. The students in the support unit are looking forward to visiting the farm where these amazing dogs are bred at the end of this term. We’ll have more photos and information to share after that visit.

If you have any questions about our therapy dog program please contact Mrs Walkerden at the school.
HVTC TRAILER PROJECT COMES TO A STUNNING CONCLUSION

Friday the 29th of August marked the final day of the Hunter Valley Training Company Trailer Build Project which has been taking place throughout the month of August. Six RTHS Year 10 boys worked with Anne Fisher (HVTC Trainer) at the HVTC site to construct a box trailer from the ground up. Cal Treharne, Jeremy Wilde, Harry Walker, Lachlan Martin, Liam Smith and Brad Elbourn worked tirelessly to have it ready to present to Mr Whiting on behalf of the school.

Throughout this process the boys received training and were able to develop their skills in the areas of safety, hand tools, power tools, cutting and shaping steel, welding, grinding and project planning.

The final week of the project was a hectic and exciting one for the students. They not only had to prepare the trailer to hand over to the school but also had the experience of meeting the NSW Education Minister Adrian Piccoli at the Grand Opening of the HVTC Skills Centre (on Tuesday 26/8/14) during National Skills Week. On the final day of the program RTHS staff and parents were invited to see the finished trailer, congratulate the students and have a BBQ lunch. Everyone in attendance was extremely impressed with the finished product.

Congratulations to all of the boys on their achievement.

Special thanks must go to Michael Murray at HVTC, Anne Fisher, the staff at HVTC and Maryka Gibson at Youth Express for their part in making this opportunity possible for the boys. The students have all massively benefitted from the experience.

Mr Toby Butler
Careers Dept

BUNNINGS SITE TOUR CATCHES THE IMAGINATION OF SENIOR STUDENTS

On Friday the 22nd of August selected Year 11 and 12 students undertook a site tour of Bunnings Maitland. Bunnings section managers Cath and Mark provided a guided tour through the store and discussed their own career pathway with the students and future employment possibilities for young people.

As always, the students were impeccably behaved and acted as great ambassadors for the school. Several students will build on this opportunity by taking part in work experience at the store in the near future.

Thank you to all at Bunnings Maitland and Dylan Thais from the Beacon Foundation for organising this opportunity.

Mr Toby Butler
Careers Dept
RTHS ABORIGINAL DANCE GROUP

Wakakulang have been out and about performing at hospitals, TAFE, University and Community Groups and this is set to continue. The boys work extremely hard and practice every week to ensure that we grow and improve. Feedback from the places we have performed at has been very positive and this is a good reflection of the growth of the boys involved.
WELFARE

**R U OK? DAY** is a national day of action held on the second Thursday in September (11th September 2014), and dedicated to reminding people to regularly check in with family and friends. At Rutherford Technology High School students in Years 7-10 have been participating in activities related to **R U OK? DAY** during their PBL lessons. The information covered during these lessons is designed to encourage and empower all students to ask ‘are you ok?’ regularly and meaningfully to support anyone struggling with life.

**R U OK?** works in partnership with ReachOut.com. The ReachOut.com website has a great range of online fact sheets, tips and forums to help 14-25 year olds manage tough times, including information, stories and online discussions. For more information about **R U OK? DAY** and links to a range of other useful websites go to [https://www.ruok.org.au/](https://www.ruok.org.au/)

In addition to the work being done during PBL lessons, on the 11th September students will be given a yellow wrist band to raise awareness about the importance of **R U OK DAY?**

A ‘Fact Sheet’ titled ‘What makes a good Friend?’ from the ReachOut.com website has been included in this newsletter.

Beyond Blue, Black Dog Institute, and Headspace also have information which can be helpful for young people. See the following websites for further information:


YEAR 10 PEER SUPPORT TRAINING

The Year 10 Adviser, Mr Graeme Buckie is currently talking to Year 10 students about a program called Peer Support which currently runs at Rutherford Technology High School. In Term 4 this year, Year 10 students will be trained as Peer Leaders so they can assist with the Year 6 into Year 7 transition process. Early next term Year 10 students will be preparing for their role as Peer Leaders by undergoing Peer Leadership training which will take place over 2 days. This training provides students with a range of skills and it is recommended that Year 10 students participate in the training for the following reasons:

- Provides opportunities to develop and practice leadership skills
- Develops confidence in students
- Builds positive relationships across the school
- Assists students in gaining skills which are highly regarded by employers
- Provides opportunities to demonstrate initiative
- Develops time management and organisational skills

Trained Year 10 Peer Leaders will then facilitate structured activities with groups of 8-10 Year 6 students on Orientation Day which is held later in Term 4. They will also continue this leadership role into the first part of Term 1 2015 by meeting with their Year 7 Peer Support group weekly for the first 7 weeks of the term.

Students will be given an information note during PBL lessons and are encouraged to return the ‘Expression of Interest’ slip to their Year Adviser if they wish to take part in the training program. Further information about the Peer Support Program has been included in this newsletter.
I would like to welcome Mr Andrew O’Callaghan to the Welfare Team as Relieving Head Teacher Welfare for Years 8, 10 and 12. Mr O’Callaghan will be replacing Mrs Smailes who is currently on maternity leave.

Please do not hesitate to contact your child’s year adviser or Head Teacher Welfare if you have any welfare concerns regarding your child.

Head Teacher Welfare:
Kris Turner – Years 7, 9, 11
Andrew O’Callaghan Years 8, 10, 12

YEAR 12 REPORT

The teaching and learning is almost over. Naturally, the students would like to celebrate and we would like to remind them to do so responsibly. Activities are being planned to engage Year 12 in positive activities in their last days.

Students have chosen the theme for their formal—a Great Gatsby theme, fireworks and a photo booth. Formal tickets will be allocated in the near future, all elective fees must be paid before tickets will be allocated.

There is much to do as the students approach the HSC

- Revise, study and prepare for exams
- Empty lockers in Week 10
- Finalise fees as soon as possible
- Return text books as their exams are completed
- Pay for the Year 12 jersey
- When all exams are finished—sign out properly

Keep going Year 12 time is racing by!

Kevin McMullen
Year 12 Advisor

Maitland Tutorial Centre would like to thank Kiwanis Newcastle and Kiwanis East Maitland for their kind donations. Students and staff at the Tutorial Centre appreciate the generosity shown by these two voluntary community groups. These donations have allowed us to equip our rewards room and will provide funds for the students’ Christmas party.

‘Kiwanis International is a global organisation of volunteers dedicated to improving the world one child and one community at a time.’

To learn more about this organisation: www.aus.kiwanisone.org
Rutherford Technology High School now has a Phone App!

Great News! Our school now has a mobile phone and iPad app. What’s that you may ask, it is a little application that sits on your phone and gives you instant access to our school information when you click on it, 24/7. The app is going to give parents the ability to instantly access newsletters without going to the website, or to send in a sick note while you stand outside the school because you forgot to write a paper note! We will be sharing many of the other features with you over the coming weeks, but for now download it to your Smartphone or iPad by going to either the Apple App Store or Android Google Play Market and search for Rutherford Technology High. Once you have found it press install or download.
What makes a good friend?

Having good friends is really important to your happiness. Figure out the signs of a good friend, and learn tips for how to be there for your own.

Why good friends are so important

A lot of research has been done looking into the benefits of friendship, and the research has found exactly what you might expect. It turns out that the better quality relationships you have; the more likely you are to be happy. Therefore it’s good for your happiness to be a great friend to someone and to have a group of good friends supporting you. But it can be hard to pinpoint exactly what makes a good friend.

Signs of a good friend

Friends will come and go in your life, but more important than how long a friendship lasts, is that a good friend will love you for who you are. The way you can tell the sign of a good friend is by looking at the actions they take – big and small – that show they care.

Some common signs of a good friend include

- someone who will support you no matter what
- someone you can trust and who won’t judge you
- someone who won’t put you down or deliberately hurt your feelings
- someone who is kind and has respect for you
- someone who will love you because they choose to, not because they feel like they should
- someone whose company you enjoy
- showing loyalty
- being trustworthy and willing to tell you the truth, even when it’s hard
- someone who can laugh when you do
- someone who is willing to stick around when things get tough
- someone who makes you smile
- someone who is there to listen
- someone who will cry when you cry

How to be a good friend

If you want to do all or many of the things listed above for someone you care about, you’re already a good friend. It’s also common though, to not know exactly what to do or say to be there for someone. Some practical things you can do to be there for a friend include:

Listen. Listening is so important not to underestimate, but it can be hard to do. The best way to listen is to try and understand the situation from your friends’ point of view. If you aim to do this, you’ll naturally find yourself beginning to ask the right sort of questions and they will appreciate
having someone who really cares about how they feel and what they’re going through. You don’t have to have all the answers, and you shouldn’t assume your friend wants advice – they might just want to talk so that they can work out what they’re going to do themselves.

**Ask them what they need.** If you’re worried about someone and you want to be there for them, just ask them what they need— that way you know what they find helpful during tough times, and you can be there in a way that’s most useful to them.

**Get physical.** Smiles and hugs are a great way to show friends that they’re not alone, that you’re there for them, and that they are important.

**Keep in touch.** Even if you guys aren’t nearby each other, making an effort to keep in touch through facebook, emails, texts and calls will show your friend you are there for them.

**Tell them how you feel.** You don’t have to make a big deal of it all the time but sometimes there are moments where letting someone know that they’re important to you through something you say, can make a big difference to how someone is feeling.

**Get the facts.** If your friend has a medical condition, or a mental health issue, a good way to offer support is to learn about what they’ve been diagnosed with. Taking an interest in what they’re going through shows that you care, and that you’re planning to stick around no matter what’s going on.

**Be willing to make a tough call.** If you think the safety of your friend is at risk, you might need to act without their consent and get help (see the sidebar for where you can seek help). It can be a hard choice particularly when you’re worried about their reaction, but remember that you are acting because you care and you don’t want them to be hurt.

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**REACHOUT.com**

From everyday troubles through to really tough times, take the first step with ReachOut.com, Australia’s Leading online youth mental health service.
Rutherford Technology High School has launched its 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

SPORT TERM 4

AN APOLOGY FOR TERM 4 SPORT GO KARTS FEE.

THE NOTE STATES A WEEKLY AMOUNT OF $10.00 IS REQUIRED BUT IN FACT IT IS SHOULD READ $15.00 PER WEEK.

WE APOLOGISE FOR THIS ERROR.

VACCINATION DAY

On Wednesday 17th September 2014 (8.45am to 2.00pm) we will be having the last of our school vaccinations for the year.

Y7 (Girls and Boys)
* HPV Dose 3
* Varicella (chickenpox)

Y9 Boys only
* HPV Dose 3

Any students who have missed out on their vaccination schedule at any time this year will have a catch-up. Please contact me if there are any questions in order to arrange completion of your child's vaccination program.

Anne Young
Vaccination Coordinator

SCHOOL UNIFORMS

Donations of school uniforms for Student Assistance Scheme. Any good quality uniforms that you no longer require can be donated to the school to assist fellow students. Your donation will be greatly appreciated.

Anne Young
Student Assistance Scheme Coordinator
INDIGENOUS ALL STARS SHIRT

RTHS students have the opportunity to purchase an Indigenous All Stars Shirt similar to those worn in the touch football match played during NAIDOC week last term. They were designed by our AEW Michael Heitmyer and look fantastic. The shirts can be worn during PE practical or Sport lessons but will not be allowed as part of the normal school uniform. They are a great way to support the Indigenous students at our school. They cost $35 and will need to be paid for by the end of this term at the front office.
Are you in Year 10 and undecided which trade to pursue after school?

Hunter-V-Tec is running 5-day hands-on trade courses in:

- Electrical
- Mechanical
- Fabrication

These are hands-on programs designed to provide a real appreciation of a trade. All participants will make their own practical project to keep at the end of the course.

The course aims to provide:

- an insight into your chosen trade
- basic skills and knowledge
- an appreciation of the basic tools and equipment used
- assistance to decide your future career path.

5-DAY COURSE OUTLINE

Designed for Year 10/11 students and are looking for an insight into a trade.

Delivery will be conducted from the HVTC Skills Centre at Rutherford during the 2014 NSW School Holiday periods.

Each day participants will be guided through different aspects of the trade by fully qualified trade trainers. These trainers will ensure students understand the safety aspects of all activities.

Participants will be required to wear long pants, long sleeve shirt and safety boots each day. Hi-visibility vests and safety glasses will be provided.

DATES
Course 1: 30 Jun - 4 Jul
Course 2: 22 Sep - 26 Sep
Course 3: Dec TBA

8.00am to 4.00pm daily

HVTC Skills Centre
30 Spitfire Place,
Rutherford

$495 (includes lunch)

CERTIFICATE OF PARTICIPATION

Students will be awarded with a Certificate of Participation for their resume and be able to showcase their completed practical project to potential employers.

Secure your position now! Call 4932 4184 or email lbailey@hvtc.com.au or kmcphterson@hvtc.com.au
UNIFORM SHOP ANNUAL SALE

ALL STOCK: EXCEPT KNITTED JUMPERS
NO EXCHANGES, NO REFUNDS, NO HOLDS SHOP STOCK ONLY
RUTHERFORD TECHNOLOGY HIGH SCHOOL UNIFORM SHOP

The Uniform Shop is located adjacent to the Library –
PLEASE CHECK IN AT THE FRONT OFFICE ON ARRIVAL AT SCHOOL

Uniform Shop Manager – Aleisha Hudson – Phone: 0429 593 397

NORMAL OPERATING HOURS: TUESDAYS 8.00AM -12.00NOON
THURSDAYS 12.30PM – 4.30PM

PRICE LIST

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EFTPOS, MASTERCARD & VISA ACCEPTED

SALE IN STORE ONLY
Season 2014/2015

Competition night starts on Wednesday 8th October 2014 at Max McMahon Oval
(Corner of Weblands Street and Alexander Avenue Rutherford)
Please come to our Registration days and meet our friendly committee at Max McMahon Oval on:
- Wednesday 10th September 2014 from 4:30pm to 5:30pm
- Saturday 13th September 2014 from 10:00am to 12:00pm
- Wednesday 17th September 2014 from 4:30pm to 5:30pm

Please bring your child’s birth certificate or Blue book to register
Cost of Registration: Under 10’s and Under $70.00. Under 11’s and Up $80.00
Cost of Uniform: Tops and Shorts $15.00 each item

Greta/Branxton United Cricket Club

Registration for Grade, U/10’s, U/12’s, U/14’s, U/16’s and In 2 Cricket (MiloCricket) will be held on the following date:

Saturday 13th September 2014, 11am – 2pm
Miller Park Cricket Ground
With BBQ lunch for sale on the day

Registration cost is:
- $80 per player for seniors,
- $50 per player for juniors &
- In 2 Cricket is $65 per player

Copies of birth certificates must be provided with all new junior registrations. Any enquiries can be made to
Josh Dagg (0402675882) or Roslyn Shearer (0427558416)
The Breakfast Club at RTHS would like to acknowledge the support that Woolworths Rutherford have provided for the early morning breakfast throughout the year.
It's time to meet AFS!

Here at AFS we do things a little differently - we want to make sure you have all the information you need, but don't want to talk and bore you.... That's not AFS! We don't do those "Information Nights" - AFS is all about getting to know you, and you getting to know AFS to see if we're a right fit for you! We're different, and we'd love to show you that.

We hold regular Open Days & Open Nights across the country and online with our local volunteers and staff, so if you want the information, we have a date ready for you to join in!

Who is an AFS Open Day or Night for?

Open Days & Nights are for anyone interested in finding out more on AFS, including:

- New applicants and their families
- New host families
- People interested in volunteering
- Past AFS returnees, host families and volunteers to reconnect
- Local community members interested in finding out more on AFS.

AFS Open Days aren't just about information, they're also about deciding on whether exchange is for you, having a bit of fun and meeting other AFSers who can share their experience with you.

We have compiled a big list of the next scheduled Open Days & Open Nights, and of course, if you can't make it to one of our in-person Open Days & Nights, we can organise a one-on-one information session just with you.

We will be holding major Open Days & Open Nights in all parts of the country including Sydney, Central Coast, Newcastle, Melbourne, Brisbane, Adelaide, Canberra, Perth, North Tasmania, South Tasmania and plenty more! There's bound to be one happening near you soon!

Newcastle Date: Sunday 14 September at Wallsend District Library Bunn Street, Wallsend 11.00am—1.00pm

It's really important you register your attendance, then we can remind you about the details and let you know if there's been any time or location changes.

Have any questions? Just give our team a call on 1300 131 736 and we'll be happy to chat.

We can't wait to meet you!
## Rutherford Technology High School
### Canteen Menu 2014

<table>
<thead>
<tr>
<th><strong>Rolls and Wraps</strong></th>
<th><strong>Price</strong></th>
<th><strong>HOT FOOD</strong></th>
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<td>Pizza Single Ham &amp; Pineapple</td>
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<tr>
<td>Ham Salad Roll</td>
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<td>Hot Dog</td>
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<td>Corn Meat Salad Roll</td>
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<td>Cheese &amp; Bacon/Potato Pies</td>
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<td>Corn Meat &amp; Pickles</td>
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<td>Meat Salad Wrap</td>
<td>$4.50</td>
<td>Cheese Burger Salad</td>
<td>$4.20</td>
</tr>
<tr>
<td>Salad Boxes</td>
<td>$4.80</td>
<td>Chicken Chippies (6)</td>
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</tr>
<tr>
<td>Chicken Salad Boxes</td>
<td>$5.80</td>
<td>Chicken Nuggets (6)</td>
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<tr>
<td><strong>Extras</strong></td>
<td></td>
<td><strong>Garlic Bread</strong></td>
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</tr>
<tr>
<td><strong>Snacks</strong></td>
<td></td>
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</tr>
<tr>
<td>Bread Roll (Extra)</td>
<td>$0.90</td>
<td></td>
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<tr>
<td>Butter Bread</td>
<td>$0.80</td>
<td>Fresh Fruit Salad Term 1&amp;4</td>
<td>$2.50</td>
</tr>
<tr>
<td>Toasted Sandwiches (order only)</td>
<td>$0.50</td>
<td>Fresh Water Melon Term 1&amp;4</td>
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</tr>
<tr>
<td>Extra Items</td>
<td>$0.20</td>
<td>Deli Rock Chips</td>
<td>$1.00</td>
</tr>
<tr>
<td>Tomato/BBQ Sauce</td>
<td>$0.40</td>
<td>JJ’s Chips</td>
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<tr>
<td><strong>Drinks</strong></td>
<td></td>
<td>Cheese Rice Sticks</td>
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</tr>
<tr>
<td>Moove Milk 500ml</td>
<td>$3.00</td>
<td>Chicken Jumpy’s</td>
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<tr>
<td>Moove Milk 300ml</td>
<td>$2.00</td>
<td>Eucalyptus Drops</td>
<td>$0.50</td>
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<tr>
<td>Juice 300ml/375ml</td>
<td>$2.00</td>
<td>Muffins</td>
<td>$1.40</td>
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<tr>
<td>Water 600ml</td>
<td>$2.00</td>
<td>Finger Buns</td>
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<tr>
<td>Soft Drink 600ml</td>
<td>$3.00</td>
<td>Banana Bread</td>
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<tr>
<td>Soft Drink 390ml</td>
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<tr>
<td><strong>Ice-Creams</strong></td>
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<td>Billabongs</td>
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<tr>
<td>FOCUS Water</td>
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<td>Paddle Pops</td>
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<tr>
<td>AROONA Water</td>
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<td>Frosty Fruits</td>
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<td>Frozen Yoghurts</td>
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<td>Paddle Pop Thick Shake</td>
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<tr>
<td>Quench</td>
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<td>Calippo Mini</td>
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<td>Juices</td>
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<tr>
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<td>Fruit Super Doopers</td>
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<td>Milo Cups</td>
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