WHAT IS IT LIKE TO START HIGH SCHOOL???

Interview with Year 7 Student

Name: Zac Bate
Class: 7G
House: Holmeville
Primary School: Gillieston Public School

What has been the best part about coming to Rutherford Technology High School?
Making new friends and learning a lot more. Getting to play some different sports has been fun too.

What has been the hardest part about moving from Primary School to High School?
Losing half of my friends that went to different schools. Not being able to help my sister who went to Primary School with me.

Have you made many new friends since starting here?
Yes I’ve made a lot of new friends who are older than me. I’ve met them out in the playground, playing soccer at recess and lunch on the oval.

What is the best lesson you have had this year?
Sport and Science. We have done a lot of cool experiments in Science. We have learnt heaps of new games in sport, my favourite one is Snatchball. I’ve taught it to some of my friends outside of school and we play it in the park.

What are you looking forward to doing now that you are at High School?
I’m looking forward to getting to choose some sports like Laser Tag and Go Karts next year and I’m really looking forward to getting to do more experiments during Science.
SENIOR EXECUTIVE REPORT

Martin Luther King once said: ‘I have a dream that my four little children will one day live in a nation where they will not be judged by the colour of their skin, but by the content of their character.’

Billy Graham is quoted to have said: ‘The greatest legacy one can pass on to one’s children and grandchildren is not money or other material things accumulated in one’s life, but rather a legacy of character and faith.’

Charles Spurgeon wrote: ‘A good character is the best tombstone. Those who loved you and were helped by you will remember you when forget-me-nots have withered. Carve your name on hearts, not on marble.’

All of these quotes highlight character matters.

I encourage students and staff to answer questions such as: What is character? How is it determined? What words would you use to describe your character? Are they the same words that others might use to describe you? Can you grow in character?

Our students and school community are reminded that we are a Positive Behaviour for Learning school. Our school core values are Respect, Responsibility and Commitment. We ask our students to demonstrate these values whilst reflecting on their character.

Minister Visit and School Upgrade Report
Casting your eye over the school you would notice some exciting developments. The new administration building, carpark and new covered areas are only 5 weeks away from completion. On Wednesday 25th February, the minister for Education, Adrian Piccoli, visited the school, for the third occasion over the last 18 months. He inspected progress on the school upgrade and turned a sod of soil for some of the future development. Mr Whiting and the minister were very excited to see the vision for this building become a physical reality. The large spaces are going to provide wonderful learning environments for our students and staff.

We would like to take you all on a tour through the building to date, but as we do not have enough hard hats and fluoro vests for everyone, we are regularly updating our Facebook page with walk through photos so that you can see the progress to date.

April sees the commencement of:
- The new two storey block
- The Science Lab upgrades
- The new commercial Kitchen
- The upgrade of walkways and the installation of a lift
- The roof upgrade to several blocks

Parent/Teacher Evening
Our Term 1 Parent/teacher evening is on Wednesday 2nd April. It is a great opportunity to meet your child’s teachers and see how they are progressing. Electronic booking information will come home soon.

Year 7 2016
Year 7 2016 Orientation evening was held at the school on Tuesday 3rd March. Students and parents experienced some of the opportunities available at our school. Thank you to the student leaders and teachers who gave up their time for the activities to occur. More orientation activities will take place during the year.

Timetable Changes
A new timetable will start operating for students from Monday 9th March. Changes in student numbers mean there will be some adjustments to classes as well, particularly in Year 7.

Uniform
We are a uniformed school and students are expected to wear full school uniform daily. Our uniform shop is open on a Tuesday morning and Thursday afternoon. Families who may need assistance with uniform are encouraged to speak to Mrs Young in the Science Faculty. Black leather shoes are required in all practical subjects including Science.
**Staff Carpark and Drop-off / Pick-up**
The current staff carpark is for staff use only. We have very limited space and parents are not permitted to park in the carpark. Parents/carers must park on the road in designated areas.

During drop-off / pick-up a number of parents/carers have been double parking or parking in the bus bay. This places our students in danger or holds up our buses. Please be aware that regular police patrols of Avery Street have been occurring.

**Mobile Phones**
Families and students are reminded that mobile phones must be turned off during class time and put away. If a student is unwell or needs to contact a parent they must do so via the school office. Students should not be messaging parents during class time.

**Shops before School**
Students are reminded that when they arrive to school they are required to enter school grounds. Those students who walk to school are reminded that they should not be entering Rutherford shops, they are to walk directly to school.

**P&C Meetings**
Meetings are held at the school on the third Tuesday of every month starting at 6:00pm. The next meeting is on the 17th of March. Our P&C play a significant role in supporting our students and community. They are a very friendly group and always encourage new faces.

*Kylie Fabri  
Deputy Principal*

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**YEAR 8 REPORT**
Hello parents, carers and friends. My name is Joshua Potapczyk and I am a P.E. teacher at the school as well as the Year 8 Assistant Year Advisor for 2015. It is my pleasure to bring to you the first update for Year 8 this year.

Year 8 have made a strong start to the year and Mrs Basedow and myself have been impressed with how smoothly they have transitioned into their second year of high school. This was evident with Year 8 being the best performed, and most well behaved year group during our compulsory evacuation drill this week. Well done Year 8!

In class there have been some interesting activities occurring. In design and technology, students have been making their own website with Mr Mate, exploring their creativity, and in P.E, students are about to begin their preparations for the athletics carnival next term by practicing the different throwing and field events.

A reminder for both students and parents that the first assessment tasks for the year will be getting handed out very shortly if they haven’t come through already. Early preparation and action will give you the best chance of achieving a great result. Keep up the good work everyone!

*Mr Josh Potapczyk  
Year 8 Assistant Advisor*
Plan-it Youth
Last week twelve Year 10 students attended a Plan-it Youth Information Session, giving students an opportunity to meet the volunteer mentors and find out what the program is all about. Plan-it Youth has been running at Rutherford Technology High School for many years and is a mentoring program for young people in Year 10. The program links students with a member of the community who volunteers to act as a mentor. All twelve of the students who participated in the information session have decided that they would like to be part of the program and the first official session was held on Wednesday 4th March.

Hunter Youth Mentoring Collaborative Scholarship
Through the Plan-it Youth program Rutherford Technology High School has developed links with the Hunter Youth Mentoring Collaborative.

This organization supports young people in the region by providing mentoring and youth development opportunities. This year they have awarded 20 Educational Scholarships to students across the region, providing financial assistance to students continuing into Year 11 and 12. Students are able to use their scholarship to assist with educational expenses, including school excursions, internet access, computers, school uniforms, and study materials. Congratulations to Caitlyn O’Brien who is in Year 11 at Rutherford Technology High School and participated in the Plan-it Youth Mentoring program last year, making her eligible to apply for one of these scholarships. Caitlyn attended the scholarship presentation held recently in Newcastle and represented the school proudly. Caitlyn was mentored and nominated by Mrs. Jeanette Massey, who has been a long term supporter of the Plan-It Youth program at our school.

Photos of Caitlyn at the Scholarship Presentation
Attendance – It’s not OK to be Away!

Research has shown very clearly that poor attendance puts students at greater risk. Being at risk includes a higher likelihood to join ‘gangs’, use drugs and alcohol and engage in criminal and violent behaviour.

Poor attendance begins at a low level, such as going to the movies, or shopping with friends and if this is allowed to continue can be a habit that is hard to break at the beginning of a new school term and during the school year.

If your child is absent from school, parents are legally required to notify the school, explaining the absence, within 7 days. This can be done in a number of ways:

**Phone or email** – If you know your child is going to be away from school please contact the school via phone (02-49325999) or e-mail (rutherford-h.school@det.nsw.edu.au) to explain the absence.

**Letter** – On the day your child returns to school after an absence send a note explaining the absence. This note is to be handed in at the school Administration Office.

**Reply to SMS** - The school sends out an SMS message each day to notify parents that their child is absent. Please reply to the SMS stating if your child is sick or on family business.

**Please note** – you can only reply to an SMS on the day it is sent as the SMS number is only active for that day.

Should you require assistance in saying NO to your child with regard to any absences other than genuine illness, please contact either Head Teacher Welfare or your child’s year advisor.

Let’s work together to make a difference to your child’s future.

*Kris Turner*  
*Relieving Head Teacher Welfare*
YEAR 10 REPORT

Year 10 are welcomed back with a new Year Advisor, Mr Graham Buckie.

Mr Buckie will be replacing Mr Newham whilst he is relieving Head Teacher Welfare. Mr Buckie and Mrs Fabri are reinforcing Year 10 students to stay on top of assessment tasks in order to avoid N-Awards.

During Week 5 this term, Year 10 will be participating in pre-apprenticeship aptitude tests to prepare students for various employment literacy and numeracy requirements.

Meanwhile in Drama and Music, Miss Hornery is encouraging Year 10 to join the Drama and Music Ensemble. The ensemble provides students with an opportunity to showcase and develop their musical and dramatic skills.

Also this term, 15 Indigenous students from across Years 10 to 12 will be taking part in the Life Fit program through the Aboriginal Resource group. This program prepares students for the workplace by taking them to 'pit to port' from the coal mining industry to electricity, cleaning, gardening, environmental and shipping companies.

Jessica James
Assistant Year Advisor

YEAR 7 MUSIC

Year 7 have begun their new unit on ABORIGINAL MUSIC

7B students Jayden Constable and Kayden Waters decided to share their knowledge of Aboriginal culture by creating a mural on the board. The mural included excellent drawings of a didgeridoo, boomerang and Kangaroo tracks.

Miss Emma Clunies-Ross
CAPA Music Department

YOUUnite YOUTH SUMMIT

On the 25th February, Shaylie Egar and I attended the ‘YOUUnite Youth Summit’ at Maitland Town Hall. The organisation aims to discover the barriers to young people transitioning successfully from school to independent adult life.

On the day, we looked at choosing a career path that you would love to follow and the steps you will have to undertake to get there. We also discussed some of the issues young people face involving the workforce in the Hunter and how we could improve them and additionally focused on the HSC. Is it really the 'be all and end all' of succeeding into the workforce after finishing Year 12?

Adam Daniel, a crew member from the Reach Foundation, Gabby Innes and Jason JH, both young researchers for ‘YOUUnite Youth Summit’ and guest speaker Genevieve Clay-Smith all spoke about their experiences following their dream job. The person who was the highlight from these experienced speakers, for me was definitely Genevieve. Genevieve is a director, film-maker, short play Oscar nominee, winner of Tropfest 2009, social entrepreneur, a co-founder of not-for-profit organisation ‘Bus Stop Films’ and is NSW Young Australian of the Year 2015. Genevieve spoke of how everyone deserves to live a life that makes them happy, failure is not a bad thing as it shapes who we are and who we are going to be. She also spoke about the challenges you are faced with in life and that underestimating yourself won't get you anywhere, you have to believe in yourself and that will lead you to living a life that makes you happy.

What I am taking away from the day is that it’s okay to not know what you want to do in life yet, but when you do eventually find what you want to do, give it everything you have got. Life definitely will give back what you put in, so live a life that makes you happy.

Ashley Fry
Student - Year 10
WH&S INDUCTION COURSE (White Card)

Students in Year 10, 11 and 12 are invited to participate in a Work Cover accredited Work Health and Safety Induction Course at school. There will be two courses on Tuesday 31st March, 2015. If required we will organise a third workshop at a later date.

New workers in the Building and Construction and Metal and Engineering Industry are required by law to undertake this training. It is mandatory for school students accessing a building or engineering site as part of work placement to complete this training. Therefore a student cannot participate in building or metal and engineering related activities while on work experience or work placement without having successfully completed this Induction Course.

The course cost is $75.00 per student. As Tuesday is a short day students will need to arrange to be at school for an 8:30 am start.

Mrs Debby Elliott  
Careers Department

VOLUNTEERING AT MAITLAND SENIOR CITIZENS’ COMPUTER CLASSES

Priyanka Kumar, Zoe Fletcher, Tiffany Burbage and Zoey Taylor have been very welcomed by the members of the Maitland Senior Citizens’ Centre computer classes on a Tuesday morning. A segment in ‘The Star’ newspaper some weeks back prompted an interest in these four year 10 students volunteering their time to be tutors to about thirty senior citizens. The students were fantastic ambassadors of RTHS demonstrating their competence, friendliness and communication skills. Well done – Priyanka, Zoe, Tiffany & Zoey!!

Priyanka Volunteering  
Tiffany Volunteering  
Zoe Volunteering  
Zoey Volunteering
The junior members of the SRC have been busy over the past two weeks organizing our students for the National Schools' Clean Up Australia Day activity on Friday 27th February - Period 6. Lunchtimes and lessons were spent in meetings, painting class labels for garbage bins and arranging equipment for the seven hundred students in thirty-four classes to collect rubbish from five major areas in the school.

At the initial assembly, Braydon Stoessel addressed all the students from 7-10 in the quadrangle. This is part of his speech: "Sunday is the 'Clean Up Australia Day' – so today and Sunday are times to reflect on the amount of rubbish that is carelessly left behind or thrown around which then pollute, damage and spoil our environment. Maybe we can also learn and reflect on how much rubbish is left behind in our playground after recess and lunch and then do something about it."

The SRC decide to make the activity fun and so organized a competition:

"Which class out of each year can collect the most rubbish – plastic bottles, wrappers, chip packets, paper cans from their allocated area?"

The prize – a pizza party for the class and teacher one day next week!!

You might have already seen the promotion for this event in the Maitland Mercury on Wednesday 25th February.

Nathan Merrick and Regan Payne took control of Year 7 with their teachers in cleaning up the area around the demountables. Emily Playford and Clare Faustini were the organisers for Year 8 and their teachers around the Science and PE areas. Tahlia Bell and Lachlan Forbes were in charge of Year 9 and staff collecting rubbish around the Amphitheatre and Front Offices. Jac Gardiner and Kiarra Tilden were the leaders for Year 10 and teachers working in the Quad. Jordy Collister was the ambassador for the Support Unit and Staff.

After 25 minutes of very active collection, with the vast majority of students working hard more than 50 garbage bins of rubbish was gathered – mainly in difficult to access areas. Some staff members carried their garbage bin around, just like the Pied Piper but in this case followed by their hordes of rubbish carrying students. In other cases, some staff were like Mother Hens ‘clucking’ around the rubbish piles while their students ‘pecked’ at it. Yet others, turned the activity into a dance routine. Activities like this cannot function without the enthusiasm of staff. So many students having so much fun, doing so much work and the end result - so much pride in a clean and tidy playground.

The winners of the Pizza parties are:

Year 7: Mrs McKenna’s 7A History Class
Year 8: Mr Avery’s 8T Music Class
Year 9: Mr McMullen’s 9 Science 1 & Miss Kovats 9 English 5
Year 10: Miss McCann’s 10 Drama & Ms Wolff’s 10 Photo Digital Media
As well as: Support Unit Classes

Many thanks also to the Cleaners for assisting us in this endeavor!

Mr Avery with 8T Students

Students from Year 10 Drama
MUSIC EXCURSION

Music students from Year 12, 11 and 10 attended a Music excursion to Newcastle on Friday 20th February. The group of 22 students started their day visiting a state of the art recording studio called “90 degrees” set up as a training academy above Muso’s Corner.

We were privileged to be given a personal tour of this amazing sound production venue. The studio offers TAFE accredited and commercial training courses in sound and music production. Anyone can apply to complete courses in practical sound production through TAFE, attend masterclass series, or school students can apply for studio school, short courses and workshops on software training.

Our students were very interested in the venue and the courses, technology and software being used in the studio and some are keen to return to do training.

We then moved onto The Drumshop, Muso’s Corner and Foley’s Music and we thank Sandra, Mick, Tracey and Paul for their hospitality on the day. Whilst at these venues our students had the opportunity to play various guitars, drums and grand pianos and some students even purchased instrumental books for their personal tuition.

The next activity was held in the beautiful Harold Lobb Concert Hall at The Conservatorium of Music from 11:30-1:00pm. The concert was titled “Reprise” and featured outstanding performances in the Hunter from HSC Music Candidates of 2014. We were blown away by the musically sophisticated performances by these talented musicians from Newcastle, The Bay and the Upper Hunter. It was lovely to hear that out of the fourteen performers three were going on to study a Bachelor of Music at University. There has been much discussion since this concert over the performances and the selection of pieces for the HSC. This was a highly valuable activity for the music students to attend.

Thanks to Sexton Bus Company for transporting us and to Kevin who was our lovely chauffeur on the day. Thanks also to the well-mannered and fun students who came along on the day as they were all excellent ambassadors for the school.

The Year 10, 11 and 12 Music students are all invited to attend the HSC Music day at the Conservatorium on 8th May. Please speak with your Music Teacher for further information.

Ms Loretta Hornery & Mr Mark Avery
Music Department
PHOTOS FROM THE MUSIC EXCURSION

90 Degrees

Muso’s Corner

The DrumShop

The stage at the Harold Lobb Concert Hall

Our lovely students in prime seating at the Concert Hall
YR 8 SCIENCE AND ENGINEERING ELECTIVE

Year 8 students in the Science and Engineering Elective have been building bridges. They have used their imaginations to build various styles of bridges – suspension, truss etc… During the construction, the students have to identify areas of weakness and devise solutions to lessen the weakness. They had to suggest how the bridge could be built stage by stage in real life as well as which components were important structurally and others which were more for ornamentation.

Josh Olive, Blake Saxby, Thomas Harwood and Samuel Own

YR 10 SCIENCE 7 STUDYING ‘MOTION’

Year 10 Science students are currently studying the topic of ‘Motion’. 10S7 students were given the challenge to build a sail car that would travel the furthest distance with one breath of air. Different styles and shapes of sails, ranging from traditional to comical, were used. The students built, tested, modified, retested and developed their manipulative and thinking skills. Congratulations to Kane Grainger!!

Cameron Geering with his Sail Car

Cameron Geering, Kai Chander and Kane Grainger Ready for Action
NEW ARRANGEMENTS FOR THE TFN APPLICATION PROCESS FOR SECONDARY SCHOOL STUDENTS

The Australian Taxation Office (ATO) have advised of the termination of the Secondary Schools Tax File Number (TFN) Program between the ATO and schools from 31st December 2014.

The ATO have provided information in relation to the termination as well as details for the new arrangements for TFN application process for secondary school students.

Why Was the Program Terminated?
The Australian Government is strengthening proof of identity (POI) processes through a standardised national approach for government agencies. The Secondary Schools TFN program does not comply with these guidelines which require sighting and verification of original proof of identity documents.

How can Students Apply for a TFN?
Applying online and presenting POI documents at a participating Australia Post Office is the fastest and most convenient way for students to get a TFN. More information on applying online can be found at ato.gov.au by searching for ‘QC27248’. Students who are unable to visit a participating Australia Post office will need to complete the application form Tax File Number - Application or Enquiry for Individuals Form (NAT 1432). More information about lodging this form can be found at ato.gov.au by searching for ‘QC22604’.

Ongoing Assistance for Schools with Tax Related Matters
The ATO will continue working with teachers to educate students about tax and superannuation through our Schools Education Unit. The curriculum resource Tax, Super & You is a free, easy to use, online educational resource aligned to the school curriculum of each state and territory. This resource can be accessed at taxsuperandyou.gov.au. ATO staff can also deliver free interactive Webinars (via the Internet) or in-school presentations to students and staff. These cover TFNs, Tax Super & You and understanding the tax system.

For further information please contact our school Careers Department.

Toby Butler
Careers
YEAR 6 - 2016 INFORMATION EVENING HOSTED BY THE SRC

About 170 parents and students in Year 6 from our feeder public schools of Rutherford, Telarah, Lochinvar, Gillieston, Greta and Branxton attended the Year 6 Information Evening.

The event was compered by Lara Butler and Jack Williams who are Year 11 members of the School’s Student Representative Council. Clare Faustini gave the Acknowledgement to Country. Mr Whiting’s address and PowerPoint presentation highlighted the many achievements already in place at the school as well as our future directions.

Information about the format of the school after construction is completed was well received. After that parents and students were escorted around the school to all the different faculties where staff then presented a short summary of their subject areas.

Many thanks go to Mrs Blackwell, Mr Fean, Mrs Rasmus, Mrs Weber, Mr Cromarty, Mr Robinson, Mr Thomas, Mr Potapcyzk, Miss Thompson, Mr Buckie, Mr Mate, Mr Marks, Mr Wirth, Miss Hornery, Mrs Basedow, Mr Morgan, Mrs Fabri, Mrs Turner, Miss Boughton, Mrs Hughes, Ms Campbell, MrTrotter, Mrs Fitzgibbon, Mrs Tilden and members of the P&C and Mr O’Leary with assistance from Ag students, Jasmine Fohmsbee, Emma Woodbridge, Connor Stevens, Meri Barbie, Kimberley Sutcliffe

The biggest thanks goes to our School leaders. Their appearance, professionalism and capabilities showcase RTHS. Brooke Sweetman, Declan Payne, Alana Mayo, Brittany Jones, Daniel Gibson, Jhon Barrios, Regan Payne, Liam Faustini, Emily Playford, Braydon Stoessel, Lachlan Forbes and already mentioned Lara, Jack and Clare.
TERM 2 SPORT CHOICES

Term 2 sees some exciting new opportunities for students to choose some different sports as part of our Thursday sport program. Due to the ongoing construction work taking place on the grounds of RTHS there will again be limited spaces available so we are hoping that many students take the chance try out something different from past terms.

The new sports include:

**Crossfit $5 per week** – In a group setting teens will participate in fun and engaging workouts that can be scaled to any participant. Movements include squatting, pressing, kettlebells, handstands, rope climb and sled pushing just to name a few. Both guys and girls welcome, come have fun and possibly learn some new skills.

![Crossfit Image](image1)

**T1 Golf $8 per week** – T1 Golf is an indoor golf centre where students can play a range of golfing games indoors using real clubs and balls. T1 use golfing simulators to analyse distance and swing for each shot to help you learn and practice golf skills. As well as this they can play any of the 93 of the world’s most famous courses in air conditioned comfort.

![T1 Golf Image](image2)

**Flipout Trampolining Cost TBC** – Flipout Trampoline Arena Thornton is a fantastically fun and entertaining place for people of all ages. Our location boasts a brilliant main arena and adult foam pit as well as a junior arena and foam pit. Trampolining has known benefits of improving balance, coordination and motor skills.

![Flipout Image](image3)
Maitland Aboriginal Education Consultative Group

The NSW Aboriginal Education Consultative Group Inc. is a non-profit Aboriginal organisation that provides advice on all matters relevant to education and training.

The primary role of the NSW AECG Inc. is to promote active participation by Aboriginal people in the consultative and decision making process of education and training related matters.

The AECG is the principal source of advice on behalf of Aboriginal communities on issues relating to Education and Training.

COME AND GET INVOLVED
The Next Maitland Meeting will be held at:

Woodberry Learning Centre
11 Lawson Ave Woodberry

on:
Tuesday 10th March at 4pm

For more details contact:
Phillip.Cliff2@det.nsw.edu.au
2014-2015 Family Energy Rebate

Apply before Midnight 16 June 2015

2 MINUTES TO FILL IN A FORM
* eligibility criteria apply

WHAT IS THE FAMILY ENERGY REBATE?
The Family Energy Rebate helps to cover the cost of energy bills for NSW households with dependent children. In 2014-2015 the rebate gives:

• Up to $150 credit on electricity bills for eligible applicants who hold an account with an electricity retailer
• Up to $165 direct payment to nominated bank accounts for eligible applicants who live in a residential community (caravan or mobile home park) and receive electricity from the park operator.

WHAT DO I NEED TO DO BEFORE I APPLY?
Before you apply, here’s a quick checklist. Have you:

• Lodged your tax return for 2013-2014 with the Australian Taxation Office or informed the Department of Human Services (DHS) if you are not required to lodge a tax return?
• Received confirmation from DHS as to your eligibility for Family Tax Benefit A or B for 2013-2014?

HOW TO APPLY

• ONLINE – it takes just two minutes to submit an application. Processing starts immediately.
• PAPER – download a form from the website, complete and submit by email, fax or post. Use this form if you receive your electricity from the operator of the residential community where you live.

AM I ELIGIBLE FOR THE REBATE?
To be eligible you MUST:

• Be a NSW resident; and
• Have been assessed by the Federal Department of Human Services (DHS) as being eligible for the Family Tax Benefit (FTB) A or B at any time during the 2013-2014 financial year, and have received an FTB payment in respect of that eligibility; and
• Be an account holder of an electricity retailer, or a long-term resident of a residential community (caravan or mobile home park), whose name appears on the electricity account for supply to her or his principal place of residence.

FOR MORE INFORMATION & ASSISTANCE
PHONE Service NSW 13 77 88
EMAIL fer.program@trade.nsw.gov.au
AN INVITATION TO CARERS

Do you provide care and support to another person? You are invited to Carer Connections Take the Opportunity to Connect with other Carers and listen to our Guest Speaker!

Carers are usually family members or friends who provide support to children or adults who have a disability, mental illness, chronic condition or who are frail aged.

GUEST SPEAKER:

Kathie Nickerson, Clinical Nurse Specialist
Hunter Integrated Pain Service (Hunter New England Health)

TOPIC: “The Meaning of Chronic Pain: and Hunter Integrated Pain Service’s approach to Improving Life”

VENUE: East Maitland Bowling Club, Bank Street, East Maitland

TIME: 10.00am – 12.00pm

COST: Free - includes Morning Tea

WHEN: Monday 23 March 2015

RSVP: Wednesday 18 March 2015

For more information or to Register Contact:
HNE Carer Education & Support Program – Hunter on: 4921 4895 or 1300 887 776
or Email: Educare-Admin@hnehealth.nsw.gov.au
(We ask that you RSVP for catering purposes)
## Rutherford Technology High School
### UNIFORM SHOP

## PRICE LIST

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<tr>
<td>Sports Shorts Std</td>
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<tr>
<td>Trackpant</td>
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<td>Sports Polo</td>
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</tr>
<tr>
<td>Others</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Scarf</td>
<td>20.00</td>
<td></td>
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<tr>
<td>Socks 5pr</td>
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</tbody>
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### OPENING HOURS:
- **TUESDAY**: 8:00am - 12:00noon
- **THURSDAY**: 12:30pm - 4:30pm
# Canteen Price List

<table>
<thead>
<tr>
<th>Sandwiches, Roll &amp; Wraps</th>
<th>Prices</th>
<th>Drinks</th>
<th>Prices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad Roll</td>
<td>$4.00</td>
<td>500ml Moove Milk</td>
<td>$3.00</td>
</tr>
<tr>
<td>Chicken Salad Roll</td>
<td>$4.50</td>
<td>300ml Moove Milk</td>
<td>$2.00</td>
</tr>
<tr>
<td>Ham Salad Roll</td>
<td>$4.50</td>
<td>Juice 300ml / 375ml</td>
<td>$2.00</td>
</tr>
<tr>
<td>Corn Meat Salad Roll</td>
<td>$4.50</td>
<td>Water – 600 ml</td>
<td>$2.00</td>
</tr>
<tr>
<td>Chicken Salad Sandwich</td>
<td>$3.80</td>
<td>600ml Soft Drink</td>
<td>$3.00</td>
</tr>
<tr>
<td>Salad Sandwich</td>
<td>$3.40</td>
<td>390ml Soft Drink</td>
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</tr>
<tr>
<td>Bread Roll Extra</td>
<td>90c</td>
<td>Focus Water</td>
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</tr>
<tr>
<td>Butter Bread</td>
<td>80c</td>
<td>Quench</td>
<td>$1.50</td>
</tr>
<tr>
<td>Toast Sandwiches [Order Only]</td>
<td>50c</td>
<td>600ml Plain Milk</td>
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</tr>
<tr>
<td>Extra Items</td>
<td>20c</td>
<td>Small Water</td>
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<table>
<thead>
<tr>
<th>Hot Food</th>
<th></th>
<th>Snacks</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Wedge/Dino/Pop Corn</td>
<td>$2.80</td>
<td>Deli Rock Chips</td>
<td>$1.00</td>
</tr>
<tr>
<td>Pizza Single – Ham &amp; Pineapple</td>
<td>$2.20</td>
<td>JJ’s Chips</td>
<td>$1.00</td>
</tr>
<tr>
<td>Hot Dog</td>
<td>$2.20</td>
<td>Cheese Rice Sticks</td>
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</tr>
<tr>
<td>Pizza Rounds</td>
<td>$2.20</td>
<td>Chicken Jumpys</td>
<td>$1.00</td>
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<tr>
<td>Chicken Burger</td>
<td>$3.50</td>
<td>Eucalyptus Drops</td>
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<tr>
<td>Chicken Burger Salad</td>
<td>$4.20</td>
<td>Muffins</td>
<td>$1.40</td>
</tr>
<tr>
<td>Plain Pies</td>
<td>$2.60</td>
<td>Finger Buns</td>
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</tr>
<tr>
<td>Sausage Rolls</td>
<td>$2.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheese &amp; Bacon / Potato Pies</td>
<td>$2.90</td>
<td></td>
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<tr>
<td>Mamee Cup Noodles (Chicken)</td>
<td>$2.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheese Burger</td>
<td>$3.50</td>
<td></td>
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</tr>
<tr>
<td>Cheese Burger Salad</td>
<td>$4.20</td>
<td></td>
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</tr>
<tr>
<td>Chicken Chippies [6]</td>
<td>$2.80</td>
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<tr>
<td>Chicken Nuggets [6]</td>
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</tr>
<tr>
<td>Garlic Bread</td>
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<table>
<thead>
<tr>
<th>Sauces</th>
<th></th>
<th>Ice Creams</th>
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</thead>
<tbody>
<tr>
<td>Tomato / Sweet Sour BBQ</td>
<td>40c</td>
<td>Billabongs</td>
<td>$1.50</td>
</tr>
<tr>
<td>Cheese</td>
<td>$3.50</td>
<td>Paddle Pops</td>
<td>$1.50</td>
</tr>
<tr>
<td>Cheese Burger Salad</td>
<td>$4.20</td>
<td>Frosty Fruits</td>
<td>$2.00</td>
</tr>
<tr>
<td>Cheese Burger</td>
<td>$3.50</td>
<td>Frozen Yoghurts</td>
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<tr>
<td>Chicken Chippies [6]</td>
<td>$2.80</td>
<td>Vanilla Buckets</td>
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</tr>
<tr>
<td>Chicken Nuggets [6]</td>
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<td>Paddle Pop Lemonade Twist</td>
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<tr>
<td>Garlic Bread</td>
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<td>Snappies</td>
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<tr>
<td></td>
<td></td>
<td>Milo Cups</td>
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</tbody>
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**PLEASE NOTE – NO $50.00 NOTES WILL BE ACCEPTED BEFORE LUNCH**

**EFFECTIVE WHILST TEMPORARY CANTEEN ARRANGEMENTS ARE IN PLACE**
Are you worried about someone?
9.30am Wednesday 25th March
Maitland Baptist Church
81-85 Weebolds St
Rutherford

safeTALK
Suicide Prevention Awareness Program

This 3 hour programme is designed to help you recognise the signs that someone may be thinking about suicide, talk about it with them and connect them with help.

NMJHA
Modified Hockey Competition
2015 Information Day

Saturday 21st March
8.30 – 9.30am

Come along and join us for an hour of fun at the Hockey Centre.

You will be able to meet other players and club officials.

All players in the Modified Competition and any new players wishing to "have a go" are welcome to come along for an hour session on the field with some great coaches.

During the fun, parents and club officials will be receiving some important information about the upcoming 2015 season.
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

CANTEEN ROSTER 2015

<table>
<thead>
<tr>
<th>Date</th>
<th>Person</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 March</td>
<td>K.Creswell</td>
</tr>
<tr>
<td>10 March</td>
<td>Volunteer Required</td>
</tr>
<tr>
<td>11 March</td>
<td>K.Hobbs</td>
</tr>
<tr>
<td>12 March</td>
<td>Volunteer Required</td>
</tr>
<tr>
<td>13 March</td>
<td>Volunteer Required</td>
</tr>
<tr>
<td>16 March</td>
<td>K.Creswell</td>
</tr>
<tr>
<td>17 March</td>
<td>Volunteer Required</td>
</tr>
<tr>
<td>18 March</td>
<td>Volunteer Required</td>
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<tr>
<td>19 March</td>
<td>Volunteer Required</td>
</tr>
<tr>
<td>20 March</td>
<td>Volunteer Required</td>
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</tbody>
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