**RHS SCHOOL CAPTAINS RETURN TO CHILTERN PRIMARY SCHOOL**

On Wednesday this week, School Captains Mitchell Stephenson and Sallie Hanlon returned to Chiltern Primary School to attend the School Assembly. The first thing they noticed was that the building used for the assembly seems to have shrunk (or they have grown) and that some of their teachers were still there!

Sallie and Mitch spoke about what it means to be a leader and role model and urged students to have their say and become involved. They had held leadership positions at Chiltern and so were delighted to be invited to present the badges to the House Captains and the members of the Junior Council. We were all impressed by the way the Chiltern School Captains ran the assembly and the presentations made by the House Captains.

**IMMUNISATIONS**

Students at Years 7 and 10 had the opportunity to receive immunisations this week. While we respect your right to make an informed decision about whether you wish your child to have these immunisations, we do need you to return the forms for administrative purposes even if you are ticking the ‘no’ box. As you can see in the photos, some students were very brave and others looked a little worried but everyone survived the experience.

**INTERIM REPORT DISTRIBUTION**

Interim Reports for all students will be mailed out on Friday. Included in the package will be information about the forthcoming Parent-Teacher-Student Interview arrangements and a booking sheet for these interviews. If you have changed addresses, please contact the office to ensure you receive this very important package.

The Parent-Teacher-Student interviews will be held between 4:00 pm and 8:00 pm on Wednesday 25th March.

Changes last year to departmental regulations mean that the arrangements we used last year are no longer acceptable. Please take this opportunity to meet with teachers to discuss student progress. If you are unable to see some teachers, then you will be able to make arrangements to speak with them in person or by telephone on another occasion.

It is preferable for students to attend these interviews with their parents or guardians.
**FOOD CONNECT – JAMS AND RELISHES !!!**

*Food Connect* is a new subject which is running as part of the *9Alive* program. This subject sees students produce food products which are to be sold as small enterprises which the students are running. The food products we are selling first are jams and preserves. Can you please indicate which of the following you would be interested in purchasing. We need the numbers as this will help us in planning the amount of Jams and Relishes we will produce.

Can you please write next to each the amount of Jam or Relishes you would be interested in purchasing, and return the form to the General Office for our *Food Connect* class. The cost is $4.50 per jam or preserve.

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Please indicate number of jars you would be interested in purchasing from us, and return to RHS Office:

- Cucumber Relish
- Preserved Peaches
- Plum Jam
- Strawberry Jam
- Carrot, Lemon and Passionfruit Jam
- Tomato Relish

Thank you for your support. Year 9 Food Connect class (RW)

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**HOT CROSS BUNS !!!**

As part of our Yr 12 VCAL fundraising we are selling hot cross buns. The buns will be provided by *Rutherglen Bakery* and will be delivered on the 2nd of April. All orders with money must be received by Monday 30th March.

<table>
<thead>
<tr>
<th>Hot Cross Buns</th>
<th>Dozen</th>
<th>½ Dozen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit Buns</td>
<td>$10</td>
<td>$6</td>
</tr>
<tr>
<td>Plain Buns</td>
<td>$9</td>
<td>$5</td>
</tr>
<tr>
<td>Choc Chip Buns</td>
<td>$11</td>
<td>$7</td>
</tr>
</tbody>
</table>

**ORDER FORM**

- Name: ____________________________________________
- Contact: __________________________________________

<table>
<thead>
<tr>
<th>Type</th>
<th>Quantity</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Dozen</td>
<td>½ Dozen</td>
</tr>
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</tr>
<tr>
<td>Choc Chip Buns</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Total: $</td>
<td></td>
</tr>
</tbody>
</table>

How would you like to collect your order? __________________________________________

Please return completed form with payment to the General Office by 30th March
Young Ambassadors Program
On Thursday 5th March Cassie Vilczko, Casey Walsh and Paige Milne attended the Red Cross "Young Ambassadors Program" in Melb. This program aims to promote blood donation in young people, especially targeting those students who are 16 yrs of age and eligible to donate blood. The conference provided information about why blood donation is so important in our community, the many uses of blood products and so ideas about promoting blood donation in school. In the afternoon students mixed with other schools to create a radio advertisement and the talent in the room was outstanding. We are pleased to announce that this year’s donation program will be commencing on Thursday 19th March and I have already more than 20 students indicating that they would like to participate.

Well Done! - Linda Elkington

HEALTH CORNER with Linda Elkington,

Energy Drinks have become very popular for both sporting performance as well as even substituting for some meals. These drinks are very expensive (often up to $4 per can) as well as being very cleverly marketed to our young people. One well known brand is now marketing their drinks as being a requirement for before the game, during the game and after the game energy supplies.

Our body is actually very good at regulating our electrolytes, energy and nutritional requirements and unless we are participating in hours of constant activity, a normal diet and extra water will provide the nutrients we need. Contrary to the claims some of these drinks make, they do not give us super human powers or make us more attractive!

While these substances are marketed as “energy” drinks the only energy they tend to give you is a large sugar kick- about 6 teaspoons per can, and a caffeine hit – which will actually leave you low and lethargic once it leaves your system.

The amount of caffeine in these drinks can also cause disturbed sleep patterns and increased anxiety from the caffeine in just one can of energy drink.

Save yourself some money and hydrate by drinking tap water, of which Australia has a very safe and cheap supply.

THE ALPINE SCHOOL
We (Fiona, Adam, Amelia, Tom P, Katherine and Dylan) are currently at the Alpine School. We are all enjoying ourselves heaps and taking every opportunity that we get.

Some activities that we have done so far are going on a two day hike, bike riding, bushwalking and we have had three rest days. On the two day hike we had to navigate and cook for ourselves, which was a bit challenging. On the bike rides that we have done so far are going on a two day hike, bike riding, bushwalking and we have had three rest days. On the two day hike we had to navigate and cook for ourselves, which was a bit challenging. On the bike rides

Rutherglen Football and Netball Club along with arts Rutherglen present the

Tuesday 26th May
Rutherglen Memorial Hall
Bar Open at 7pm. Showtime 8pm.

Tickets: Rutherglen Newsagency 0260329517
General Admission: $30
Members and Students: $25
Please contact the School if you would like RHS NEWS emailed to you:
02 60 329 483, or email webb.lou.k@edumail.vic.gov.au

RHS DATES TO REMEMBER

Monday 23rd MARCH
- O&M Golf

Tuesday 24th
- Year 8 Mediaeval Day

Wednesday 25th
- Parent/Teacher/Student Interviews, 4pm to 8pm
  ...including ‘9Alive’ & Hospitality students’ ‘COFFEE & CAKE’
  (gold coin donation) and
  guided School-tours upon request.

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CANTEEN ROSTER

Principal:    Phil Rogers
Assistant Principal:    Ellen Rankin
Sheridan’s Bridge Road
PO Box 84
Rutherglen Victoria 3685

Phone: 02 60 329 483    Absence Line: 02 60 329 818
Fax: 02 60 329 185
E-mail:    rutherglen.hs@edumail.vic.gov.au
NEWS articles to: webb.lou.k@edumail.vic.gov.au

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Monday 23rd    MARCH
  Snez Keljin
Tuesday 24th
  Christine McPherson
Wednesday 25th
  Glenice Campbell
Thursday 26th
  Sue Johnson

BREAKFAST PROGRAM
FOR STUDENTS

WHEN? Thursdays, 8.15am to 8.50am
WHERE? RHS
  Community Centre
WHAT’S ON? Milo,
  Tea, Coffee, Toast,
  Cereal….sometimes pan-
  cakes, smoothies and more!
AND....IT’S ALL FREE!!

THURSDAY 26th
Toasted Cheese
Sangas for Brekky!!

THURSDAY 2nd April
BREKKY will be held
in Room 5 (the Dining
Room) with Hash
Browns on the menu!

RUTHERGLEN UNITED CRICKET CLUB — BARKLY PARK, RUTHERGLEN
THIS SATURDAY & SUNDAY (21st & 22nd March 2009)

SATURDAY (Day 1)

GRAND FINAL
Under 16s
9am—11.30am
Hargreaves Reserve
Yarrawonga

SEMI FINAL
A Reserve
1.30pm
Barkly Park Rutherglen

SUNDAY (Day 2)

GRAND FINAL
Under 16s
9am—11.30am
Hargreaves Reserve
Yarrawonga

SEMI FINAL
A Reserve
1.30pm
Barkly Park Rutherglen

Followed by a BBQ @
Barkly Park Rutherglen for
all U16s players, family

PRESENTATION EVENING
SUNDAY 22ND MARCH 2009

* 6pm Juniors
* 7pm Dinner
  - Hot Roast Beef Rolls & coleslaw $5.00
  - Sausage in bread $1.00

* 8pm Seniors

Bar opens 1pm—Drinks at Bar prices including
beer, wine, spirits & soft drinks

Thanks so much to
Rutherglen Bakery for
their continued support
of our breakfast pro-
gram.