Information Evenings
Throughout this term, Information Evenings will be held for students who will be in the Senior School in 2010. Please watch out for these important sessions and make every attempt to attend the ones that concern you and your child/ren. The following dates have been set for this term:

- Year 11 into Year 12 Information Evening: Wednesday 29th July
- Year 10 into Year 11 Information Evening: Wednesday 12th August
- Year 9 into Year 10 Information Evening: Wednesday 9th September

Further details will of course be circulated via newsletters and letters to parents.

Year 10 Work Experience
Virtually all Year 10 students are currently on two weeks of Work Experience. This is a very valuable opportunity for them and for many it is a highlight of the year. I would like to thank parents for their assistance in gaining placements as well as the many local businesses who have provided placements.

It is also worth reminding Year 9 students that if they want certain very popular placements for 2010, some fill up almost 12 months in advance so it would be worthwhile making your initial contacts with these businesses and organisations very soon.

Building Works
Room 11 and 12 are currently being renovated and remodelled. Painting and carpet laying is booked for next week so they should be completed and back in use by the time the Year 10 students return.

Student Work
Featured in this newsletter is work from Peter Jakober’s Year 11 Design and Technology class.

Nathan Hiskin’s Coffee Table is a beautifully designed and crafted piece featuring red-gum with details in ash and chrome rod. The quality of the finish is very professional and the overall piece is both aesthetically pleasing and highly functional.

Brenen Burns has also completed a well designed and constructed Butcher’s Block. Again the main materials are red-gum and ash with a drawer, chrome handles and wheels to make it portable and highly functional.
VTAC Information for Parents – Tuesday 18 August 2009

There is going to be a Parents Night run by VTAC on Tuesday August 18 at 7.00pm in Wangaratta High School’s new Senior School – still on the Edwards St/Phillipson St campus. Students and parents from your school are very welcome to attend.

Just a reminder - in last week’s newsletter I also advertised a VTAC Information night for parents at the Wodonga Senior Secondary College. Monday 10th August.

Melbourne Aquarium are running two programs that students may be interested in attending. Aquarist for a day is an exciting experience for those interested in becoming an aquarist (school holidays $70) and the Marine Science Careers Day is a fantastic opportunity to discover a range of careers in the field of marine science (22nd June & 17th Sept & 30th Nov). Bookings essential 03 9923 5911 or www.melbourneaquarium.com.au/education.aspx.

Youth Allowance Forum – 5th August
Due to a lack of commitment from guest panel members and student support the above forum has been cancelled.

Work Experience
The Year 10s are currently out on work experience. Many teachers have been out and about visiting our students experiencing the world of work. They have been making great observations and learning some new skills.

RUTHERGLEN SWIMMING CLUB AND RUTHERGLEN HOCKEY CLUB COMBINED MID WINTER SOCIAL FUNCTION.

TRIVIA NIGHT
COME ALONG, SUPPORT YOUR CLUB LOTS OF FUN

WHERE: VIC HOTEL
WHEN: SATURDAY 1ST AUGUST
TIME: 6PM DINNER ($12 Parmas)
7PM TRIVIA START
COST: $5.00 PER HEAD
TABLES OF UP TO 8 PEOPLE.

Raffles and prizes held throughout the night including:
Dressed Lamb, (Tony Jones), Meals and accommodation voucher (Vic Hotel), garden blower/vac, BBQ (RSLSC), Meat Vouchers (Corowa Meats), massage voucher (Silken Dragonfly), gift basket (Passion Flora) and Lots More.

Bookings/tickets call or email:
Prue Quick 0407 579 608 prueq@bigpond.com
Kylie Wheeler 0418260307 kyliewheeler4@yahoo.com.au
Or the Victoria Hotel, info@victoriahotelrutherglen.com.au

MS READATHON

Well done to the following students who are busily reading this month to raise money for Multiple Sclerosis research:

♦ Elizabeth Argent
♦ Jack Buckingham
♦ Kasie Holmes
♦ Kiara Kenny
♦ Brianna Renshaw
♦ Jack Wilson

Please support them by becoming a sponsor or by giving them a donation. Every little bit helps! Thankyou

Pathway & Career News

Beauty therapy is great according to Jess
YOU GET MORE OF EVERYTHING:
Couch gags! Chalkboards! Guest Stars! Stuff You May Have Missed! Homeris-mmms!
All from seasons 9 and 10 of “The Simpsons”! PLUS! An all new salute to the Simpsons mu-
sical moments, and a special tribute to Troy McClure! No true Simpsonologist’s education
will be complete without this splendorous well of Springfieldian knowledge.

19th-century London. She is the lovely daughter of renowned Egyptologist Professor
Bowell, he the dashing mummy Imhotep IV, owned by the professor and awake for the
first time in thirty centuries. They stroll through London arm in arm and find their way
into an abiding love, but everything seems to be getting in the way of it.
Murder, adventure, mystery, kidnapping, Queen Victoria tossed in the Thames- what
more could you ask for?

Out of an ancient kingdom... came one of Egypt’s greatest stories.
Osiris is the greatest king and god of the land of the Nile. He is a generous ruler, and the
people love and worship him-along with his wife and queen, the goddess Isis. But Osiris’s
jealous brother Set has a terrible plan to get rid of Osiris forever and take his place on the
Egyptian throne. Will Egypt suffer under an evil tyrant? Or can Isis use her magic and her
love to save Osiris and conquer Set?

And there are heaps more available in the library.
Health Corner

Are your kids fuelled for school?

Extensive research has found:

- Many children who skip breakfast are significantly heavier than those who eat breakfast.
- Skipping breakfast can diminish mental performance. Breakfast helps learning, as you are better able to pay attention and are more interested in learning.
- Eating high fibre breakfast cereals reduces fatigue.
- Children who eat an inadequate breakfast are more likely to make poor food choices for the rest of the day and in the long term.

People who eat breakfast have more nutritious diets than people who skip breakfast, and have better eating habits, as they are less likely to be hungry for snacks during the day.

'Going without' becomes more common with advancing age - approximately 15 per cent of teenagers and one third of adults don't eat breakfast.

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Here is a healthy breakfast idea to try.

Bircher muesli

This is high in fibre, antioxidants and essential fatty acids (EFAs) and is low G.I.

INGREDIENTS

- 2 cups rolled oats
- 1 cup apple juice or orange juice
- 1 cup grated apple
- Half a cup natural yoghurt
- Juice of half a lemon
- 1 tablespoon honey
- 1 cup chopped mixed berries, strawberries, blueberries, raspberries or sultanas
- 1 tablespoon slivered almonds or sunflower seeds

- METHOD: Soak oats, seeds and nuts in apple juice. Leave in fridge overnight.

When ready to serve mix through yoghurt, fresh fruit, lemon juice and honey.

Don't forget breakfast program will continue each Thursday morning before school in the Community Centre. We are currently having toasted cheese sandwiches to warm up the cold mornings.

Cheers,

Linda Elkington (School Nurse)

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Health Box:

Thank you for your letters. I would like to remind you not to put rubbish in the box. It is there for your benefit so use it properly.

Q. I have a lot of pimples and don't know what to do about it?

Did you know that 90% of teens get pimples (acne) at some time of their lives? Girls are most likely to get pimples between 14 – 17 years and 16 – 19 years for boys. Mild acne can be controlled with a daily cleansing but if you have a severe case of acne you should go see your doctor. Mrs Whitehead and Linda have more information and some cleansing lotion sample packs if you would like them.

Q. Why do friends break up?

Friends break up for many different reasons. But if I could narrow it down to one reason it would be because of their differences. As we get older we sometimes find the things that made us close friends when we were younger aren’t the same as our lives change through puberty into adulthood. Being different is a good thing as you need to be able to express your individualism. Hopefully the friends you have had in the past can accept your differences. If not, it is better that you move on, rather than pretend to be someone you are not.

Q. I still don't have my period. Is that bad?

It is not bad as most girls get their periods anywhere between the ages of 10–16. A sign that you're about to get your first period is when you get a white vaginal discharge. This usually appears about six months before you get your first period. Another way is to ask your mum when she got hers because if she got it later than usual you may get it later than other girls. Also your weight can affect when you get your period. If you are very thin it may take a little longer to get your first period. If you are really concerned talk to your family doctor.
Corowa Federation Monthly Market

Craft, produce, and second-hand goods.

Corowa Federation Festival Committee, Billy Hyde Hi Fidelity, and Reconnect Corowa are proud to support a local display of musical talent.

Battle of the Border Schools

Corowa High School verse’s Rutherglen High School music students in a battle to find the best musical school.

Starting at 10am with an hour long performance from Corowa High School.
Followed at 11.30am by Rutherglen High School.

Sunday 2nd August Bangerang Park Corowa
8am-1pm

First Prize: $150 gift voucher from Billy Hyde Hi Fidelity music store, plus a trophy, and the title of best border musical school.
Second Prize: $50 gift voucher from Reconnect Corowa.

So, bring your family and friends down to support this fantastic event and to enjoy the rest of the market with stalls catered for the whole family. As always there is a great variety of food to tantalise the taste buds and a full range of activities for the kids like face painting and train rides. With over 50 stalls booked in, it will be an adventurous day had by all.

Off Road Remote Control Cars

Also joining us at the tractor pull area is a group from Girgarrie Victoria, specialising in off road remote controlled cars. They will be performing demonstrations on a purpose built dirt rally track through out the day showing what these vehicles are capable of. They will also have a selection of cars for public to use inviting the kids and the big kids to participate. They shall be on display from 10am – 1pm.

Stall sites are still available. For more information please feel free to call Krystal or Janet on 04 27COROWA (26 7692).
Follow Your Rainbow
An Enrichment Program for the September School Holidays
Tuesday 29th and Wednesday 30th of September 2009

What?
An Enrichment Program offering amazing extension activities across all learning areas.

Who?
The Program is for any student in years five to year ten.

Where?
The Program will be based at Yarrawonga Secondary College.

How much?
Cost is $110 for the two days. (Including Lunch, Morning and Afternoon tea and a sensational show bag as a keepsake of the event).

How do I get there if I live in the Rutherglen or Cobram area?
A bus will be provided to pick up and drop off at Cobram and Rutherglen on both days free of charge.

I’m going; how do I enrol?
Complete the attached permission form. Be quick there is a strict limit of 120 participants and applications close on Friday 11th of September 2009.

Activities Include:
- Author: Scott Gardiner
- Polynesian Dancing
- Poet: Myron Lysenkow
- Soccer
- Ultra light Experience
- Body Percussion
- Classical Music
- Hip Hop
- Sculpting
- Koori Artist
- Key Note Speaker: Tania DeJong
- Cartoonist: Tony Sowersby
- Storyboard Character
- Computer Game Design

Attention:
Students In Years Five to Ten

Follow Your Rainbow
Enrichment Program 29th and 30th of September 2009

Contact person: Jim Gillies
Yarrawonga Secondary College
0357441751
Rutherglen High School presents

Rutherglen Live

Be part of our studio audience!

Filming on: Friday 28 August
Time: 7:30 – 10:30pm
Location: Rutherglen Memorial Hall
Admission: $10 adults $5 children
(includes finger food and supper supplied by RHS Hospitality students).
Refreshments available.

Tickets available from RHS General Office (02) 60329483
DATES TO REMEMBER

27/7/09 – 7/8/09
Year 10 Work Experience

3/8/09
Grade 5 Day

5/8/09
Grade 6 Afternoon

6/8/09
Westpac Maths Competition

20/8/09
Senior Formal

28/8/09
School Production

BREAKFAST PROGRAM
FOR STUDENTS
WHEN? Thursdays, 8.15am to 8.50am
WHERE? RHS Community Centre
WHAT’S ON? Milo, Tea, Coffee, Toast, Cereal, sometimes pancakes, smoothies and more!
AND... IT'S ALL FREE!!

Thank you so much to Rutherglen Bakery for their weekly donation of fresh bread, a continued support of our breakfast program.

CANTEEN ROSTER

Monday 3rd August——Term 3
Jo Hiskins
Tuesday 4th
Hospitality Student
Wednesday 5th
Volunteer Needed
Thursday 6th
Hospitality Student
Friday 7th
Liz Terrill

EDUCATIONAL MAINTENANCE ALLOWANCE SEMESTER 2

The 2009 EMA application form includes a section for you to nominate whether you would like your EMA payment to be made to your own bank account or to receive your payment as a cheque (which is the current arrangement). The banking details required will include the BSB code and the account number. Parents wishing to change these arrangements will need to complete a new Application Form which are available from the office.

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Payment Amounts

Parents with continuing eligibility, who are paid the first instalment of 2009 through this school will not be required to complete a new application for the second instalment. Parents who transfer children to another school after 27 February 2009 and prior to or on 7 August 2009, must reapply at the new school for the second instalment.

Youth Allowance

Forum Wednesday 5th August

We have received advice that this Forum has been CANCELLED.

RUTHERGLEN HIGH

Principal: Phil Rogers
Assistant Principal: Ellen Rankin

Phone: 02 60 329 483
Absence Line: 02 60 329 818

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Rutherglen Victoria 3685

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Please email NEWS articles to: rutherglen.hs@edumail.vic.gov.au