Acting Principal and Acting Assistant Principal

I am taking three weeks Long Service Leave to celebrate a ‘significant’ birthday. While I am away, Ellen Rankin will be Acting Principal and Richard Dutneall will be Acting Assistant Principal. I am very confident that they will be able to provide you with support and assistance during this time.

Ellen Rankin will resign/retire at the end of the term. I am sure that you will all join with me in thanking her for her outstanding work as an educator in a variety of roles at Rutherglen High School. I will really miss her unwavering commitment to excellence and for always putting students at the centre of any discussion or decision. When you see her over the next three weeks, take the time to thank her and wish her well!

Senior Girls Hockey

The Senior Girls Hockey Team competes in the State Final on Thursday 27th August. For several of the Year 12 girls, this is their last chance to take out the championship so I hope they play up to their own expectations and ambitions.

Sporting Awards

Further to the article last week, I am informed that Josh Marx was runner-up in the Tallangatta and District Football League Best and Fairest Under 14 award. Josh plays for Chiltern Football Club and clearly he has had a great season – congratulations Josh!

As I wrote last week, many clubs and leagues are presenting awards at this time of year – please keep us informed of the success of our students.
Rutherglen High School presents

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
Health corner

Are we supporting a drinking culture?

We may be supporting a culture of alcohol that is detrimental to our children's future. This is certainly news worthy at the moment.

*Start them young and they learn well*

It's easier to learn a second language or play a musical instrument when you are young. *WHY? Because the brain is developing and young people are more susceptible to new ideas*

Busting Myths.

**Myth. Alcohol peps you up**

Alcohol is a depressant, not a stimulant. It slows down the activity in the central nervous system, including the brain. Depressants affect concentration and coordination, and slow the response time to unexpected situations.

**Myth. Binging is a boy thing.**

Today’s girls match boys in careers, sport and also match the boys drink for drink. Beverage manufacturers have come up with "alco pops", sweet, aerated alcoholic beverages. Some key findings in a recent Australian medical study

- Approximately one third of teenage girls aged 14 - 16 have tried alco pops.
- For teenagers that have had alcoholic drinks in the past six months girls drank more than boys in all categories (beer, wine, alco pops and hard liquor)
- Nearly one in six teenage (14-16) girls who have drunk alco pops in the past six months have been sexually active after drinking.
- One in five teenage girls under the legal age who have tried alco pops have thrown up or passed out, from drinking.
- Young people whose last drink was an alco pop reported getting drunk more often than people drinking any other alcoholic beverage. This indicates that alco pops may be a specific risk factor for binge drinking among young people. Young people also report concern for their friends about unsafe level of consumption of these products.

**Myth. Alcohol is a safe drug because it is legal.** The reality is one young Australia aged between 14 and 17 years of age dies every week as a direct result of alcohol.

**Myth. Cracking down on underage drinking will only make teenagers want to drink more.** The reality is even though we tend to think of young people as naturally rebellious, research shows that the great majority of teenagers respond best to clear rules, from both their parents and society at large. That underage youth are significantly less likely to drink alcohol when they'll be caught by the police and when they believe their parents think it would be "very wrong" for them to do so.

The good news is that parents have the capacity to set effective rules and parenting practices, to delay the age our children begin using alcohol. The longer that we delay alcohol use among our children, the better it is for them.

Article taken from the booklet "Myth busting alcohol" by Family Drug Help.

Linda Elkington Secondary School Nurse
PARENT OPINION SURVEY 2009

55 families were the lucky few to receive the Parent Survey for 2009.

I would ask you to take the time to complete the survey as your opinions are important to us and will be reflected in the management and organisation of the school. One example of this has been the change in the way we structure Parent – Teacher interviews. This came about following results from our Parent Opinion Survey.

It is important to us that you complete the survey as honestly as possible, seal your completed survey in the envelope included and write your child’s name and year level on the back of the envelope. Your child’s name will only be used to record the fact that you have returned the survey. The sealed envelope **WILL NOT** be opened at the school.

Please return completed Surveys to the School by **FRIDAY 28TH AUGUST 2009**.

Note that your comments in the final, open-ended question will be scanned and provided back to the school.

In order to encourage parents to return their surveys before the due date, we will be drawing three prizes from the names of the returned surveys.

Thank you for your support with this. Parents with questions or queries are welcome to contact Philip Rogers at school.

CAREERS NEWS

SEPTEMBER EVENTS

**Monash Parent Information Evenings**, Catholic College Wodonga (1) and Monash Uni, Caulfield Campus (8), [www.monash.edu.au/study/events/parents](http://www.monash.edu.au/study/events/parents)

**Swinburne Parent and Student Information Evenings**: Swinburne Uni Hawthorne Campus (2) and Swinburne Uni Lilydale campus (16), [www.swinburne.edu.au/openday/parents-information-evening](http://www.swinburne.edu.au/openday/parents-information-evening)

**Interior Design Workshops**, Whitehouse Institute of Design, 5 and 12, Melbourne Campus, 03 9600 3625

**Careers at the Zoo**, Melbourne Zoo, 4, 11 and 18, [www.zoo.org.au](http://www.zoo.org.au)

5 – **Public Relations Careers Day**, RMIT, Jenny Tserkezidis, 03 9925 5658

8 - **Monash Uni Faculty of Pharmacy and Pharmaceutical Sciences**, Bundoora, [info@pharm.monash.edu.au](mailto:info@pharm.monash.edu.au)

17 – **Marine Science Careers Day**, Melbourne Aquarium, 03 9620 0999

21 – 26 – **Design for Sustainability Workshop**, Whitehouse Institute of Design, Melbourne Campus, 03 9600 3625


24 – **Talk and Tour**, La Trobe Uni, Bundoora Campus, 1300 135 045

26 – **Qantm College**, ‘Study with Qantm for a Day’, Melbourne, 1300 136 933


28 – 2 Oct, **Career Week**, International College of Hotel Management, SA, [admissions@ichm.edu.au](mailto:admissions@ichm.edu.au)

28 – 2 Oct, **Styling for the Studio and Runway**, Whitehouse Institute of Design, Melbourne Campus, 03 9600 3625


For more detailed Careers News students can read the bulletins on the Careers Noticeboard which is located opposite the General Office window. For parents who would like to receive the same news on a more regular basis please provide your name and an email address to: [Leverett.lucinda.r@edumail.vic.gov.au](mailto:Leverett.lucinda.r@edumail.vic.gov.au).
CROSS COUNTRY 21ST AUGUST 2009

Cross Country was held last Friday on the 21st of August. The whole day was reasonably successful except for the weather and the changing of times. The students were not out at the start of period 3 because of the horrible weather. It was to be decided that students should run at the start of period 5. The track was the usual 3km Lake Moodemere trail. Thanks to the rain we received lots of puddles and mud throughout the day. All the students that participated all ran very well and we are proud of them to have showed up in such wet conditions.

The winners were:

- U13’s: Joel Reid and Brianna Renshaw
- U14’s: Josh Marx and Christine Saunders
- U15’s: Sam Quick and Fiona Campbell
- U16’s: Jesse Bain and Shae Talbot
- U17’s: Chris Oats and Ellen Johnson

Overall the day was very successful except for the weather but everyone had fun and they all went home a little bit wet and dirty.

YEAR 9ALIVE RUN THE CAFÉ.

On Monday the 24th the Year 9Alive students Ashlea Frost, Kelly Davidson, Alice O’Reilly, Jessie Newbound, Katherine Murtagh and Fiona Campbell ran the Café for the day. This involved cooking and selling foods and drinks at the café that were donated to us, we learnt a lot about running a small business and we enjoyed learning about running the café.

The $820 dollars that we raised will go towards supporting our sister school in Atauro Island. The money will train two teachers for the year and the skills they gain will help improve the education of Primary School and Secondary School aged students.

We would like to thank everyone who got dressed up and bought our foods and drinks on the day. The day was enjoyable, fun and very busy.

Also a big thanks to Mr. Webb and Lyn for helping us get this day up and running.

By Ashlea Frost and Kelly Davidson.
I made crepes for the French picnic. Everyone brought something to eat and a lot! Most of us felt sick after the picnic because we ate so quickly.

C’est délicieux!!
Connor Johnstone
8G

The picnic was great. Everyone contributed and brought difference foods. It tasted good and I brought chocolate mousse. It was Yum!! Delicious!! Scrumptious!!

Phoebe Keir
8G

For our French exercise for food we had a picnic. Our whole class brought some French food and for a whole period we sat outside and had a picnic. The class loved it and preferred it to written work!! The food was great!!

Michaela Wallis
8G

Last Wednesday the 19th August our class had a French picnic. We are studying French food and decided to either have a breakfast or lunch to see what French people eat. Our class chose the lunch. Everyone brought something to contribute and all up we had a lot of food and a lot of variety, from bread dips and quiche to profiteroles and cupcakes. We sat out on the grass for the whole period trying all the different foods. It was very enjoyable and interesting to try all the new foods.

Bon appétit!

Emma Krautz
Ever wondered what volunteers do in your community?

Thought about volunteering but unsure whether there’s anything that interests you?

Community Skillsbank

Presents

Opening Doors to Volunteering

Bus Tours

Come and join the buses as volunteer involving organisations

‘Open their Doors’ to invite you to learn about their activities and the roles of their volunteers.

Join a tour and discover diverse and varied volunteer opportunities.

Tours Depart:-

Wangaratta Tuesday 1 September, 2009

Beechworth & Yackandandah Wednesday 2 September, 2009

Myrtleford & Bright Thursday 3 September, 2009

Time: Pick up 9:00-9.30am

Opening Door visits commence 9.30 am

Drop off 2.30-3:00pm

Morning tea and lunch provided

To attend this **free bus trip & find out details for pickup points** please contact Community Skillsbank:

Benalla
Wendy Legg
Telephone 03 57 624311
www.nevictoria.skillsbank.com.au
Email: csb@thecentre.vic.edu.au

Wangaratta
Cherie Gottschling
Telephone 03 57 231376

**Note**: Book Early, Places are Limited

*As part of the day we ask you to bring two cans of food for a fun activity and donation*
COROWA FEDERATION
MONTHLY MARKET

Craft, produce, and second-hand goods.

Spring plant and father's day market

Sunday 6th September

8am – 1pm

Bangerang Park

With a large variety of plant and garden maintenance stalls there is something for everyone to be inspired by to get out in the garden. Also there is a load of creative stalls to search through to find that unique gift for dad on his special day. So, bring your father down for a great day out with food and drinks like pancakes, cappuccinos, and wood fire oven pizzas available throughout the morning.

Corowa Federation Monthly Markets is also on the look out for some helpful volunteers. We are working hard every month to bring new and exciting events to the township by it is a hands on process. So, if you are able to donate your time one Sunday morning a month please give Krystal or Janet a call on 04 2726 7692.

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
# DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>28/8/09</td>
<td>School Production</td>
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<tr>
<td>2/9/09</td>
<td>Jeff Raglus—Visiting Author</td>
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## 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!!**

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## Rutherglen United Cricket Club—Barkly Park

### Training All Grades

- **Sunday 30th August**
  - Juniors 11 o’clock
  - Seniors 12 o’clock

- **6th September 2009**
  - 12 o’clock to be followed by a family BBQ

### Registration Evening

- **Friday 18th September 2009 5 o’clock**

**2009/2010 Subs:**

- U12/U14—$50
- U16—$90

Player Subs help cover the cost of Umpires, Balls, Insurance, maintenance of ground/pitch/practice nets and Administration Costs. This is the only payment required for the season.

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## School Magazine ‘Warriwillah’

As in previous years, the school magazine will be ordered on a pre-paid basis. Student’s wishing to order a Magazine, which will be posted home with Student Reports at the end of the year, must pay before the last day of Term 3, 18th September 2009.

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## Contact Us...

**Principal:**
Phil Rogers

**Assistant Principal:**
Ellen Rankin

**Phone:** 02 60 329 483
**Absence Line:** 02 60 329 818
**Fax:** 02 60 329 185

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