Principal’s Report

Co-Curricular Activities:
Students at Rutherglen have access to a wide range of opportunities beyond the classroom. The following have appeared in the Student Bulletin this week or last week. If you or your child wants to participate in one of the following, please see the listed teachers so they can be involved:

- **Dance Club**: members will have the chance to practice and participate in a number of events. See Ms Collins if you are interested.
- **School Production**: students interested in appearing on stage or assisting backstage are being sought for the August production. See Ms Schmetzer if you are interested.
- **Theatre Workshops**: Workshops in Theatre Sports & Improvisation, Transformation, Script Writing and Dance are available for students over 15. See Ms Collins or Ms Whitehead if you are interested.
- **Sewing Club**: Sewing Club meets each week on Tuesdays at lunchtime. See Ms Schmetzer or Ms Rasmussen if you are interested.
- **Homework Club**: The Homework Club meets each Wednesday afternoon from 3:30 to 4:30 pm in the Library. Light refreshments are provided along with teacher assistance for the homework. See Ms Gillick if you are interested.
- **Study Room**: Room 8 is open and supervised by teachers to assist in finishing work set in class. You can simply turn up or maybe your class teacher will refer you to the program.
- **Instrumental Music**: Students wishing to learn an instrument can enrol in our Instrumental Music program. Lessons are available in guitar, bass guitar, piano/keyboard, woodwind, brass, drums and vocal. See Mr Scott if you are interested.
- **Leadership Programs**: Year 11 students recently had the opportunity to nominate for the UBS Young Women's Leadership Academy. Next week ten Year 9 and ten Year 10 students will attend a leadership program run by Jimmy Stynes’ ‘Reach’ organisation in Melbourne. Meanwhile our six Year 9 students are working hard at the School for Student Leadership at Gnurad Gundidj. Last weekend they saw their parents for the first time in 4 weeks but the photo they have sent this week shows them playing in the mud and relaxing on the beach!

School Council Election
At the close of nominations, I had received three parent nominations from Tony Jones, Debbie Renshaw and Ray Webster. I had also received two staff nominations from Chris Phillpot and Jennie Ward. Given that these nominations equal the number of vacancies, I declare these nominees elected unopposed.

School Photos
School Photos will be taken on Thursday 11th March. Envelopes with the correct money are to be brought to school on the day, not before hand.

School Swimming Carnival
Last week’s Swimming Carnival was very well organised by Claire Megarry and Sarah Rae. Congratulations to everyone who dressed in house colours and especially to all those who competed in the various events. The highlight for me was the diving competition and of course the overall outcome because in a surprise result, Mitta stormed home to a clear victory! Full details are inside this newsletter.
Bright and early Tuesday morning, Feb 16th, eleven yr 12 chemistry students travelled via bus to Seymour and then to Melbourne via train, alongside Mr Nesbitt and Mrs Cole. The intentions for the day were simple; sleep, eat, be quiet, shop a little, behave a lot, turn up on time for the chem workshop and then catch the train home again. And given the little amount of shopping time we had and the ridiculous hour we had to wake up, these rules were easily abided by.

We arrived at the Melbourne University Public Lecture Hall in plenty of time for a 1pm start, where there were also students from Bairnsdale, Bendigo and Hawthorn Secondary Schools. The chemistry lecture and workshops were both part of the Victorian Institute for Chemical Sciences Outreach Program, and together with our instructors, we were safely and accurately shown how to use and understand various chemical analytical instruments that allow chemists to find various concentrations, volumes or impurities within certain products.

There are two types of analysis:

Qualitative – identifies a compound in a sample.
Quantitative – detects the amount of a compound in a sample.

In various groups, we either studied;

A) Chromatography – which involves analysing a sample that consists of a mixture of substances into its individual components so that the identity or amount of each substance can be determined. There are a number of different types of chromatography, these include: Gas liquid chromatography (GLC)
   High performance liquid chromatography (HPLC)
   Paper chromatography
   Ion exchange chromatography

B) Spectroscopy – which involves instruments that monitors the way light interacts with the atoms or molecules in a sample.

The majority of us were able to acquire correct results, although due to human error, some of us weren’t so lucky. But thanks to the patience of our instructors and teachers, we were all able to either, determine the amount of Na+ (sodium ions) in a sample of soy sauce, the amount of caffeine in soft drink, the amount of alcohol in wine or the amount on Fe(III) (Iron) in a tablet by using the correct (and fancy) equipment and instruments. After three hours dressed in safety glasses and lab coats, we thanked our instructors and walked (yet again) to the tram stop, headed for Southern Cross Station - our slow, yet guaranteed way home.

Many thanks to Mr Nesbitt and Mrs Cole!
Rutherglen hospitality students are opening a restaurant at school.  
The Vine will be open three times a term with the students’ cooking and waitressing with their teacher Mrs. Rasmussen’s help. It will take the form of an a La Carte menu, kid’s menu, and drinks available at reasonable prices. Our grand opening will be the 18th March from 6 p.m. to 9.30 p.m. Please ring and make a booking at the school office. Bookings are essential as numbers are limited.

PH: (02) 60329483

Health Corner

I received some information this week about vision testing and statistics for Australian Children. According to Government statistics more than 660,000 school age children have some form of undetected vision defect that requires immediate attention or ongoing assessment. Most children are not self-aware of having a vision problem and think how they see things is normal, so problems can easily go undetected. Perhaps the start of the school year is an opportune time to talk to your child about their vision. Some sample questions might be: can they easily see the board in class, is their vision blurry or clear, do they get a headache when reading? According to the information I received a standard eye examination is fully covered by Medicare every two years.

Linda Elkington

Secondary School Nurse
My favourite subject is Food Tech

Food Tech is my favourite subject because it is so hands on, and you're always cooking something different. So far in cooking we have learnt safety in the kitchen like how to handle knives and to point the knives at the ground. We also found out where all the equipment is.

Our cooking teacher is Mrs Rasmussen. We do cooking on a Wednesday and Friday. We also learnt how to dice and chop things.

We have made fruit salad kebabs and we dipped the kebabs in chocolate and vanilla custard. There were different fruits and we had to do an evaluation after we had made it including how the fruits tasted.

The second dish we cooked was submarines. With the submarines we had to chop up some vegies and we put the vegies, mince meat and sauce in and fried it off. Then we put it in the rolls and put cheese on top and then put them in the oven to bake for 5-10 minutes.

I really enjoy cooking and can't wait for the years to come and all the different things we will cook. I think cooking is the best subject in the world.

By Georgie James, Yr 7 2010

Hi everyone,

It's Drew, Kieran, Maddie, Maddy, Jarrod and Sara. We are the group of year nines at Gnurad Gundidj School for leadership. We are working with a school called Taylors Lakes which is from the suburbs of Melbourne. Over the past three weeks we have completed lots of different activities but some of our favourites were Teams day where we did all different activities that were lots of fun that involved teamwork. We also liked bridge building which was lots of fun and we finally completed our bridge in the end and cross our bridge even though it didn't end up how we planned. Some of the other activities we have done are expo skills, swimming at the water hole and we also went to Hopkins falls and on Friday the 19th we left on our first expo we went to Lake Keilambete the water is four times saltier then the sea. It was a 25km bike ride. We had an entertaining night at Lake Keilambete we went swimming in the lake and found a mud pit everyone in the group went in. It was hard to get out of it was deep and smelly. On Saturday we climbed to the summit of mount Noorat. It was a great experience some of the group walked down the crater. We all enjoyed the expo. A highlight for all of us would be climbing to the top of mount Noorat and the mud pit.
THE CIRCUS IS COMING!!

YEAR 9 STUDENTS

TUESDAY 9TH MARCH

1.00 pm ONWARDS

LET'S GET
ACTIVE 2010

National Schools Tour
SWIMMING CARNIVAL

Great to see Mitta and Murray fighting it out for first and second position at this year’s House Swimming Carnival. It was an enjoyable day for all with some fantastic performances. Good to see so many family and friends providing support for all competitors. Congratulations to mighty Mitta House having their first success in a number of years.

TEAM AGGREGATE

MITTA  733
MURRAY  759
OVENS  649
KNIG  629

AGE CHAMPIONS

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<tr>
<th></th>
<th>Girls</th>
<th>Boys</th>
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<tr>
<td>13 Yrs</td>
<td>Kirsty Deacon</td>
<td>Toby Marx</td>
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<td>14 Yrs</td>
<td>Mererith Quick</td>
<td>Josh Cooper</td>
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<td>15 Yrs</td>
<td>Amelia Taylor</td>
<td>Josh Marx</td>
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<tr>
<td>16 Yrs</td>
<td>Georgie Terrill</td>
<td>James Monohan</td>
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<tr>
<td>17 Yrs</td>
<td>Eve Lowrey</td>
<td>Jason Kerr</td>
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<tr>
<td>20 Yrs</td>
<td>Steph Pearce</td>
<td>Chris Oats</td>
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NEW RECORDS

- Boys 15yrs 33m Breaststroke: Josh Marx 27.03 (27.78)
- Boys 16yrs 33m Breaststroke: Jake Turton 21.18 (21.44)
RHS SUCCESS AT STATE ROWING CHAMPIONSHIPS

The Victorian State Rowing Championships were held at Nagambie Lakes on Saturday 13th and Sunday 14th February 2010.

Students from Rutherglen High School that competed obtained the following ‘State Championship Medals’.

Olivia Stones – Gold Medal – cox of the Female D Grade Four
Brittany Stones – Bronze Medal – Female D Grade Quad (young quad of 12 – 14 year olds that competed against universities and other more experienced crews)
Rhylee Deas – Silver Medal – Male C Grade Quad and Bronze Medal – Male D Grade Eight
Luke Prescott – Silver Medal – Male C Grade Quad and Bronze Medal – Male D Grade Eight
Red Cross Young Ambassadors Program Melbourne

On Thursday 25th Feb four students from Rutherglen, (Felicity Webster, Lauren Argent, Allyra Vyner and Hannah Seymour) and two students from Tallangatta attended the Ambassadors Program with Linda Elkington (school nurse). The day is aimed at raising awareness and promoting Youth Blood donations in the school community. Our school has been actively involved in the Vampire Youth Donor Shield for the past few years and I am sure will be keen to participate again when information about the fantastic life saving gift of blood donation is promoted by our ambassadors. We will be informing students about the eligibility criteria, procedure and how they can sign up to donate in the near future. Well done to our students who displayed exemplary behaviour and are already fantastic ambassadors for our school.

Linda Elkington

RUTHERGLEN HOCKEY CLUB

Are looking for PLAYERS for all divisions for season 2010. Also if anyone is interested in coaching or managing a team (Junior or Senior) please contact Kay Lumby 02 6035 7235. Season starts week after Easter. Senior training has started at Ball Park, Corowa, on Tuesday and Thursday 6.30 -7.30 for both Men and Women’s Divisions. All intending players encouraged to attend.

KARATE

Are you interested in traditional okinawan goju rye karate or okinawan kobudo (weapons) which include nunchaku, bo, tonfa, and kama?

Fully equipped dojo (training hall), 2 sensei’s (treachers) with licences and police checks.

Juniors and seniors most welcome.

Contact David Edwards A.H. (03) 57261306
Arts2Go Program

Indigo Shire and Chiltern/Rutherglen Continuing Education Group are offering a number of theatre/drama workshops to be held at the Memorial Hall in Chiltern commencing from the 23rd Feb 2010. Each workshop costs $5.00 and participants (15yrs+) are required to register before the events.

Registration forms can be obtained through the High School or as listed below.

To register: Phone Lois Hotson (03) 57261358 OR drop in to Chiltern Post Office OR Gillman Real Estate Rutherglen OR email hotson@westnet.com.au OR online at www.crceg.com.au OR return forms to postal address: Chiltern/Rutherglen Continuing Education Group,

143 Old Cemetery Road,
Chiltern Vic 3683

**Improv & Theatresports™** 23rd Feb  5.30 – 6.30pm

Improvisation is a great way to develop self-confidence and the imagination. It is essential in any Theatresports™ work, and valuable in any rehearsal process. Through Theatresports™ games, creative play, active participation and lots of laughter students are introduced to the principals of spontaneous improvisation, which are teamwork, cooperation, trust, respect for others’ ideas, and dealing light-heartedly with failure.

**Transformation Workshop** 2nd March  5.30 – 7.30pm

From the creators of War Crimes and Children of the Black Skirt comes the perfect workshop for your senior and VCE Drama students. Artists from Real TV lead this critical workshop with a focus on the techniques of transformation and characterisation, from either a writing or performance perspective. This workshop is recommended for the exploration of valuable transformation techniques for students’ assessment tasks.

**Writing for Performance** 9th March  5.30 – 7.30pm

Leticia Caceres and Angela Betzien are the co-founders of nationally acclaimed Real TV, formed in late 2000. They will guide students through the process of writing texts for performance. Students are encouraged to experiment with the theme, issue, structure, character and dialogue.

**Martial Funk** 23rd March  5.30 – 6.30pm

From Kung Fu and Tai Chi to Tae Kwon Dance and unbelievable conjuring Hip-Hop Funk, KITA’s highly skilled dancers present a window into the performing arts of China, Korea, Japan and Indonesia all presented to the fresh sound of the latest Asian music. Martial Funk is a cool, powerful, upbeat and authentic martial arts and dance experience - with audience interaction encouraged, this show is not to be missed.

The Martial Funk session will be followed by an Open Mike Night @ the Chiltern Memorial Hall.

For further information contact Lois Hotson (03) 57261358 or Bev Hoffman 1300 365 003
If you wish to have your Newsletter emailed please contact the school with your details.

www.rutherglen.rhs.vic.edu.au

The school’s website is now operational with interesting information regarding the school, including past and current newsletters. Log on to www.rutherglenhs.vic.edu.au