**Principal's Report**

**Interim Reports and Parent Teacher Interviews**

Interim Reports will be posted home this week. Students will then have the opportunity to make appointments on Monday or parents can telephone the General Office on Tuesday or Wednesday to make appointments. The Parent-Teacher-Student interviews will then be held between 4:00 and 7:30 pm on Wednesday 24th March 2010. We encourage students to attend with their parents. Full details are contained in a letter and booking sheet accompanying the Interim reports.

**PT&CA Dinner Meeting**

The PT&CA will hold a Dinner Meeting at the Eastern Place Chinese restaurant at the Star Hotel on Wednesday 15th April at 7:00 pm. Please mark this date on your calendar and if you can attend, phone to General Office so we can confirm numbers.

The PT&CA is a great way to be involved in the school on a relatively informal basis. We are particularly looking for new members, perhaps from families with students at the school for the first time.

**150th Anniversary of the discovery of GOLD!**

September 2010 will mark the 150th Anniversary of the discovery of gold in Rutherglen. There will be many events and activities and our School for Student leadership students currently at the Gnurad Gundidj campus will be contributing to the events through their Community Learning Project.

Over the weekend, the lead up to this big event was officially launched and as you can see in the photos, many people including Ken Jasper MLA got into the spirit of the event by donning period costume. Look out for the many activities and support the community groups putting together what should be a major event for the town.

**Gnurad Gundidj Team**

I will be visiting the team this weekend to see what they have done in their Community Learning Project (CLP). Their time is drawing to a close but they are having a great time. Check out their latest update inside this newsletter.

**Swine Flu Vaccine**

The Department of Health advises that a free vaccine to protect against the H1N1 Influenza 2009 (Swine flu) is still available. The flu is expected to return to Australia for a second wave and this is likely to occur earlier than the normal flu season. Please consider seeing your doctor and accessing this vaccine.
Career News

_Weekly Career News_, a newsletter detailing all careers correspondence to the school is published and is put up on the Careers Noticeboard and in the Year 12 Centre. It is also made available through the Student Info drive on our network. _Weekly Career News_ provides detailed information about events that are occurring both locally and in other areas. I strongly recommend all senior students to read this regularly. Students and parents/guardians are invited to be added to a distribution list. Email me on leverett.lucinda.r@edumail.vic.gov.au with your request. Below is a portion of the current _Weekly Career News_.

**UPCOMING LOCAL EVENTS**

24 March: **2010 Health Careers Expo** - Students in years 11 and 12 have the opportunity to explore careers such as Nursing, Podiatry, Physiotherapy, Medicine, Fitness, Massage, Speech Pathology, Chinese Medicine and Occupational Therapy from a variety of institutions. The event will be held at La Trobe University/ Wodonga Institute of TAFE. Cost is $5 per student which covers the bus between venues and a BBQ lunch. Register ASAP [www.latrobe.edu.au/healthforum](http://www.latrobe.edu.au/healthforum). See Mrs Leverett for further details.

5 May: **Northeast Victorian Health Careers Forum** – Students in years 9 and 10 are invited to attend this forum which is a hands on approach to informing students about the many diverse career opportunities in rural health. Parents are also encouraged to accompany their students. For further information about this special event please contact Anne Shaw at the Northeast Victorian Division of General Practice on 03 5762 2444, email [annes@nevicdgp.org.au](mailto:annes@nevicdgp.org.au) or see Mrs Leverett.

**VOCATIONAL & HIGHER EDUCATION NEWS**

Charles Sturt University opens dentistry buildings

They are paperless, digital and contain the most advanced dental chairs and equipment on the market. The new pre clinical and clinical dentistry facilities at Charles Sturt University (CSU) in Orange and Wagga Wagga are opening for business; hailing the start of a new era in oral health in regional Australia. Each building houses a 24-chair Dentistry and Oral Health Clinic, including a private practice area with support staff facilities, simulation clinics with practise models for teaching pre-clinical skills, and teaching areas including a specialist science teaching laboratory, lecture theatres, seminar and scenario rooms.

High school students interested in learning more about a career in dentistry or oral health therapy are invited to meet with our lectures. To organise a tour of the facilities in Orange or Wagga Wagga, contact info.csu on 1800 334 733.

**30: Discover Deakin** - Deakin University, [www.deakin.edu.au](http://www.deakin.edu.au)

**APRIL EVENTS**

- 7 – 9: Folio Preparation Program in Graphic Design, RMIT, [www.shortcourses.rmit.edu.au](http://www.shortcourses.rmit.edu.au)
- 9: Talk and Tour, La Trobe University, Bundoora Campus, [www.latrobe.edu.au/study/events/schools](http://www.latrobe.edu.au/study/events/schools)
- 14: Postgraduate Information Session: Juris Doctor, RMIT, City Campus, deborah.mcnaughton@rmit.edu.au 03 9925 5761
- 17: Hawthorn in Focus Seminar, Swinburne Uni, Hawthorn Campus, [www.swinburne.edu.au](http://www.swinburne.edu.au)
- Meet Melbourne, Uni of Melbourne- Shepparton (21), Albury/ Wodonga (22), Glen Waverley (27), Caroline Springs (28) [www.futurestudents.unimelb.edu.au/events](http://www.futurestudents.unimelb.edu.au/events)
- Swinburne TAFE forums, Swinburne Uni, Prahran Campus (20) and Wantirra Campus (29), [www.swinburne.edu.au](http://www.swinburne.edu.au)
UPCOMING STATE EVENTS

Interested in learning more about the Australian Defence Force Academy? You have the opportunity to attend an information session in Melbourne on 24 February at Defence Force Recruiting, Level 1, 501 Swanston St, Melbourne. ADFA provides training and education for future leaders in the Navy, Army and Air Force. Combining military and leadership training with an undergraduate degree from the University of NSW, you will be paid to study, get a Uni of NSW degree in Arts, Business, Engineering, Science or Technology, no HECS debt, free health care and a guaranteed career in the Navy, Army or Air Force. For more information, call 13 19 01 or go to www.defencejobs.gov.au/adfa

ADFA Education Award – apply before 28th February. This is presented annually to year 12 students; in recognition of leadership potential, academic and sporting achievements exhibited during year 11. The award comprises of a laptop computer and certificate, and a plaque in recognition of your school. Students currently studying year 11 & 12 can apply. http://www.defencejobs.gov.au/education/adfa/educationawards.aspx or call 131901.

Love Animation? You have the opportunity to enter the Victorian Student Animation Festival. You can send your work of up to 10 minutes in any animation discipline to Holmesglen and you can win great prizes and have your work publicly screened. You must be at least 15 years old. Entries must be in by 10 March. For entry conditions and details, contact jo.quinn@holmesglen.edu.au or phone 03 9564 6396.

Interested in Engineering? Then you should attend the 2010 Engineering Expo at Etihad Stadium, Melbourne on 25 March, 2 – 7pm. You will be able to speak to over 60 exhibitors, attend free seminars, get an insight into the engineering industry, get professional development and career advice, and discover recruitment opportunities. For more information, contact Noel De Santos at Engineers Australia on 03 9321 1726 or go to www.engineeringexpo.org.au

YOUTH DEVELOPMENT PROGRAM

Young Endeavour Youth Scheme: Applications are open for the adventure of a lifetime! A voyage onboard Australia’s national sail training ship Young Endeavour is a unique challenge. It inspires teamwork, communication, leadership, and a strong sense of community responsibility. You will spend 11 days on the ocean learning all about how to maintain and handle a ship and work in partnership with other young people. You must be at least 16 years old and no previous sailing experience is required. To find out more and get an application form, ring 1800 020 444, email yeys@ozemail.com.au or go to www.youngendeavour.gov.au Applications close 28 February.

MARCH EVENTS

3 – 4: Cupcake Decorating Skills Demonstration- William Angliss Institute, marketing@angliss.edu.au 03 9606 2444


Meet Melbourne, Uni of Melbourne- Bendigo (10), Traralgon (11), Ballarat (17), www.futurestudents.unimelb.edu.au/events

12: Victorian Student Animation Festival, Entries due, Holmesglen, jo.quinn@holmesglen.edu.au

18: Annual Schools Cook-off Competition- William Angliss Institute, marketing@angliss.edu.au 03 9606 2444

19: MyDay CSU Dubbo Campus, Charles Sturt Uni, infoevents@csu.edu.au or 02 6338 6010

20: Trial a Trade in Hospitality, William Angliss Institute, marketing@angliss.edu.au 03 9606 2111


29 - 7 April: Folio Preparation in Fashion Drawing & Design (Intensive)- RMIT, www.shortcourses.rmit.edu.au
6/3/10
Hi everyone we have been having a great time here and have been doing a lot of fun stuff like yesterday we did community service all day. For that we cleared a rail trail track through a forest and helped fix up a bridge had been broken. The forest had lots of leeches though and Kieran and Smeds got the two biggest ones of the day. The other Rutherglen kids were like the only ones who didn’t get bitten out of a group of 24 so they were really lucky. Today we did photography with David Tatnall who does landscape photos and has travelled all over the world taking photos. Recently he went to Antarctica to take photos.

10/3/10
Today we did film/animation and CLP. We have made a movie of us mining and Drew being a ghost. Tomorrow we have Expo Prep 2 which is where we get ready for Expo 2 and organise our food, equipment and bikes. We are all really looking forward to going on Expo 2 because Core 1 (1a and 1b) just came back today and they loved it. It feels weird that we only have 17 days left here and we are trying to make the most of it.

Kieran and the Gnurad Gundidj Team
26TH OF MARCH

LAST DAY OF TERM

- OUT OF UNIFORM DAY Gold coin donation; the money raised will go to the Good Friday Appeal
- THE CAF WILL BE CLOSED, but the Yr 10’s will be selling/cooking a BBQ, drinks, cakes and HOT DOGS. The money raised will go towards their Melbourne camp. Please support them.
- Jam sandwich @ lunch time too. Come along and listen to the music.

Police have been conducting speed checks of the school zones in the morning and afternoons and it is apparent that parents are not obeying the 40km/h speed limit. The majority of vehicles are over the speed limit whether it is by 8, 10 or 20 km/h. The fines are as follows:

- Exceed speed limit by less than 10km/h - $146
- Exceed speed limit by 10km/h or more but less than 25km/h - $234

The school zones are there to protect your children so it is bewildering to think that parents are speeding to the school to drop their kids off.

A number of drivers have been spoken to and warned. The school zones will be targeted and drivers caught speeding will be fined.

Thanks

The JUNIOR RUTHERGLEN GOLF has now resumed from a short break over the Christmas Period and extreme hot period. It will take place at 8:00 am Saturday 27th February and run weekly. The cost is $2.00 per child and this covers a sausage in bread at the end of your game.

New players are more than welcome and we look forward to seeing you there. Just bring your golf sticks and balls (or if you don’t have any sticks then we can make some arrangements). Parents are also encouraged to walk around with their child to assist in scoring (no golf skill is necessary).

LADIES

Get fit, exercise the brain and body and learn to play golf at the same time.

RUTHERGLEN GOLF CLUB is offering tuition with professional golfer Penny Graeber.

Mondays – April 19 to May 24 @ 10.00 a.m.

This six week course will only cost you $85.00 and entitles you to Rutherglen Golf Club membership @ $55 for the first twelve months.

Places are limited so book early!

Phone Heather Eggleston on 60331452
Invitation to all schools

Here is a great fun and fitness event for your students

**Beechworth Gold Easter 2010 Fun Run/Walk**

Saturday 3rd April 2010 9am

For the 4th year running, Beechworth Secondary College will host the Beechworth Fun Run/Walk as our major fundraising event. We have enjoyed significant growth each year and 2010 promises to be even better with 2 excellent routes and hundreds of dollars of prizes for participants.

*This year our run/walk was recognised by ‘Run 4 Your Life’ magazine as the ‘Most Family Friendly’ Run and was listed in their top ‘Must Do’ runs for 2010.*

We have also introduced **online registrations** to streamline things for participants and organizers. You can go to the school website (link below) and complete your registration anytime up to 6pm on Thursday 1st April.


After that time all registrations will be cash on the day up to 8.45am.

Race time is **9am on Saturday 3rd April (Easter Saturday) from the Beechworth Secondary College in Balaclava Road.** Participants will need to collect their race number on the day, so be sure to arrive early. There will be a BBQ breakfast from 7.30am with egg & bacon rolls and sausages available to purchase.

This year there will be a primary and secondary schools team competition. The first five place getters in your team will be recorded and where they finished will be added up. The school with the lowest tally will be the winner of the school’s prize.

For any questions contact
Karen Nankervis
Coordinator
P: 03-57281924
E: bwfunrun@bigpond.net.au

We are four students from the CLC – Community Learning Centre, Wangaratta High School working on community projects this term. Our group has been working with the SALVO’S this term learning about the great community work and projects they do to help others in our community. Can you help us please by advertising an event we are organising and running with them – a **Fabulous Fashion Show**. We are currently advertising this event and would like your students, teachers and community to know about this great event so that they can attend and support an important community organisation.
Brittany Stones competing for Rutherglen High School at the VSSSA (Victorian Secondary Schools Association) Rowing Championship on Thursday 11th March 2010.

Brittany had a great row in her heat to make the A final and then came in second place in the final.
This places Brittany 2nd in the VSSSA Year 10 School Girls Single Sculls.
Brittany was also selected to compete in the Eight where eight girls from across a region were selected from various Schools to compete at a Zone level. They came second in their race.

Rutherglen Auskick 2010 Annual General Meeting

Tuesday 23rd March 2010 6-30 pm Rutherglen Football Clubrooms
Any parents willing to help in 2010 in the role of Coaching, Team Managing, Canteen or General Helper
Please come along and give your support to our Junior “CATS” in 2010

Dates to Note

Rego Night Fri 26th March 5 till 6-30 pm At Clubrooms
Cost for 2010 is $55 per player
First Training Thu 15th April
First Game Sun 2nd May

(Watch School Newsletter for info on these 3 events)
Any Enquiries to Greg Lumby 02 60357235

School Bulletin Notice (From 22/3/2010 to 26/3/2010)

The Wangaratta Aeromodellers Inc is holding a flight day involving aerobatics and static displays. Come and have a try on the club trainer or just sit back and relax and watch the flying displays. Entry by gold coin donation. More info at your school on posters and newsletter.

DATE Saturday March 27th TIME 1.00pm onwards WHERE 100 Shanley St (Opposite sale yards)

FRENCH TRIP RAFFLE

Congratulations to two Rutherglen residents who took off 1st and 2nd prizes in the recent French Trip Raffle. The first prize of two dozen of the best district wines was won by Deb Hogg while the second prize, a Quick-silver Sports Watch was won by Mrs. Anne Anderson. The raffle made $1281.00 and was drawn by the School Principal, Mr. Phil Rogers at the Rutherglen Triathlon.

Many thanks to Mr. Kim Le for his great support and the Rutherglen High School students who helped to sell the tickets.
AUSKICK FOOTBALL and NET-SET-GO NETBALL

REGISTRATION NIGHT

Auskick

Cost: $55.00 per player and maximum of $110 per family

If you are going to register online do not pay any money online and print form off and bring the form and money to the registration day.

For online rego go to www.aflauskick.com.au then go to AFL AUSKICK Player Registration. Remember to choose Rutherglen as your AUSKICK Centre. If you are from St Mary’s, when asked for the school, type in St Mary’s and look for Rutherglen. For all other public schools type in town name and look for your school.

If you register online prior to March 26 you will receive AFL tickets to watch your favourite club. You don’t have to pay until Rego night Auskick Football is for boys or girls from Prep to Level 7.

If you have a jumper still from last season please also bring it along to the Registration Night.

NET–SET-GO Netball

As a part of the San Remo Net Set Go Program the Rutherglen Cats Football Netball Club invite all children from the age of 8 to 12 to participate in 2010. The program has been developed to provide the children with a positive introduction to netball, ensuring enjoyment and participation in the sport.

Cost: $55 (Including $30 VNA Membership and a Net Set Go Pack)

When: Friday 26th March 2010

Time: 5.00 pm – 6.30 pm

Where: Rutherglen Football Ground, Barkly Park

Reid Street, Rutherglen

For Further information contact:

Auskick Greg Lumby – 0260357235/ 0427357235

Net-Set-Go Nicole Griffin – 0428261624
This Friday is Tobacco free Day so I thought it would be timely to look at Raising non-smokers

Eighty per cent of adult smokers started before they turned 18. It's not surprising in some ways. As kids enter their teens, they want to experiment. They're curious as well as susceptible to peer pressure. They are keen to express their independence, they're influenced by role models and they are also under stress. The best insurance against developing an addiction to nicotine is not starting in the first place. So how do you discourage your child from taking it up?

While you can't prevent your child from smoking (that decision is up to them), you can adopt some strategies to reduce the likelihood that your child will want to smoke.

Be a good role model
Children are less likely to smoke if their parents are non-smokers. If you've tried to quit and you still smoke, it might help if you explain to your child how demoralising it is to be hooked when you don't want to be. If they can see how difficult quitting can be, they may want to avoid starting in the first place.

Long-term effects don't work
There's little point emphasising the long-term effects of cigarette smoking with a teenager; the distant future is almost unimaginable to them. Try emphasising the immediate risks to their health and wellbeing, including:
- reduced fitness
- bad breath, stained teeth and fingers
- unattractiveness to non-smoking peers
- the money that could be used for clothes or CDs instead of cigarettes
- the difficulty of controlling the habit once addiction to nicotine takes hold.

If your child is already smoking
Avoid angry confrontations, threats or bullying. Instead, aim to have an adult conversation with your child. Help them understand their reasons for starting and continuing to smoke. If it's because of peer pressure, explore other ways they could feel part of the group or, alternatively, encourage them to question the value of always following the crowd. Encourage your child to act and think independently.

Reinforcing the non-smoking message
To reinforce the non-smoking message, try to:
- make your home a smokefree zone
- discuss the issue of smoking with your child when you see other people smoke.

If you want more information, help or advice please phone me at school on Monday or Thursday.

Cheers, Linda Elkington (School Nurse)
Dates to Remember

Saturday 20th March
French Trip leaves

Wednesday 24th March
Yr 9 Ned Kelly Excursion

Wednesday 24th March
Parent-Teacher Interviews

Friday 26th March
Last day of Term — finish 2.30pm

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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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**SCHOOL HOLIDAYS**

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

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RUTHERGLEN HIGH SCHOOL

**Principal:**
Phil Rogers

**Assistant Principal:**
Jennie Ward

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

**Sheridan’s Bridge Road**
**PO Box 84**
**Rutherglen Victoria 3685**

**email:** rutherglen.hs@edumail.vic.gov.au
**website:** www.rutherglenhs.vic.edu.au

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