Rutherglen High School 50th Anniversary

Rutherglen High School came into being in February 1961 with Mr M A Phillips as the first Head Master and an enrolment of 157 pupils, 18 of whom were in Intermediate and Leaving.

On Saturday 26th March 2011, the school will celebrate its 50th anniversary.

- 12 noon Council
- 2:00 pm BBQ operated by School Council
- 2:00 pm Unveiling of plaque to commemorate establishment of school
- 2:30 pm Tour of school finishing in Library
- 3:30 pm Display of memorabilia and photographs in Library

Groups meet in ‘decade’ groups

- 5:00 pm School closes

Ex-students and staff can organise evening activities/dinner if they wish.

Are you an ex-student or staff member? Do you know someone who attended Rutherglen High School? We want to hear from anyone connected to the school over the past 50 years and hope they can attend the celebrations. We would also be keen to have your photos and memorabilia, either as a gift or on loan. Please contact the general Office on 02 6032 9483.

School Council Elections

Four parent vacancies existed due to the three members coming to the end of their terms and Ray Webster stepping down due to other commitments. Two vacancies have been filled by Sabine Hewitt and Sue Starkey. They join Debbie Renshaw and Tony Jones as Parent Members. However, that still leaves us with two casual vacancies to be filled. Contact the school if you are willing to be a member of School Council which meets monthly on Thursdays.

Cathie Fulton and Ron Webb were the successful DEECD Employee Member nominees, and join Chris Phillpot and Jennie Ward in this category of membership. At the first meeting of Council next Thursday 17th March, the executive positions and co-opted Community Membership will be determined.

PT&CA

The PT&CA is seeking new members. We are a casual and largely social group of staff, parents and community members rather than a formal or highly structured group. We are hoping potential members will join us for a dinner at the School's Vine Restaurant on Thursday 31st March at 7:00 pm. Even if you are not sure about an ongoing commitment, please give your name and details to the General Office on 02 6032 9483, and at least come along on the night and meet us.

Lions Youth of the Year Awards

Felicity Webster recently competed in the zone section of the Lions Youth of the Year Awards. She won her section and will compete in the next zone level over the long weekend. Congratulations and good luck Felicity!

The Education Department (DEECD) has recently re-issued some specific advice for parents.

1. **Personal Goods Brought to School at Owner's Risk**
   
   Neither the School nor the DEECD holds insurance for personal property brought to school and neither has capacity to pay for any loss or damage to such property. Students are discouraged from bringing unnecessary and valuable items to school.

2. **Student Accident Insurance Arrangements**
   
   Neither the School nor the DEECD provides personal accident insurance for students. Parents and guardians are responsible for paying the cost of medical treatment for injured students, including any transport costs. Student accident insurance is available to parents from some commercial insurers. Parents should also strongly consider taking out ambulance cover or membership to offset potentially expensive transport costs in the case of a medical emergency.

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**All year 7 girls** are being offered the opportunity to have the cervical cancer vaccine free of charge at school. This is the only time the vaccine will be offered for free, as once girls are over the age of 13, they are no longer eligible for the subsidised program and the vaccine will cost a total of $450. The vaccine protects against certain types of the human papilloma virus, which is a very common sexually transmitted infection, linked to almost all cases of cervical cancer and genital warts. This vaccine works best if given before any sexual contact occurs, which is why this age group has been chosen. The vaccine is made of a protein that looks like the outside of the real virus, does not contain any dead or alive virus or viral DNA. When the vaccine is given, your body makes antibodies which it uses to fight the real virus if you are ever exposed to it. This very safe vaccine has the potential to eliminate cervical cancer for future generations. Please visit cervicalncacervaccine.org.au to find out more or call me at school Mon or Thurs.

**Keeping Safe Online**

The internet and technology is an integral part of most young people’s lives and has many fantastic uses. Unfortunately it can also invade our privacy and create cyber security risks. Here are some suggestions for discussing such issues as a family:

- When using social networking sites such as Facebook make sure that your profile is set to private. Don’t rely on the default privacy setting.
- Review password security with your family. Create passwords with at least 8 characters - a combination of letters, numbers and symbols. Don’t use a word in the dictionary as a password.
- Talk about cyber bullying—it’s seriousness, effects and what can be done if it occurs.
- Talk about security risks associated with tempting online offers such as free downloads or ways to make online money.
- Reinforce that any information shared about where you live, your school, your sporting team or age could be used to identify and track you.

Many people are not whom they may seem to be in the virtual world.

*Linda Elkington,* 
**Adolescent Health Nurse**

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**Some tips to help improve your mental fitness....**

**Exercise for 30 minutes every day.** Physical exercise delivers oxygen to the brain. This can help to **improve your memory,** reasoning abilities and reaction times.

**Read often and read widely.** Keeping an active interest in the world around you will help to exercise your brain and improve your mental fitness.

**Boost your levels of vitamin B.** Eat plenty of wholegrain cereals, leafy greens and dairy foods. Vitamin B is essential to brain health.

**Take time to relax.** Excess stress hormones like cortisol can be harmful to the brain. Schedule regular periods of relaxation into your week.

**Take up a new hobby.** Learning something new gives the ‘grey matter’ a workout and builds neural pathways in the brain.


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On the 22nd of February, we travelled down to Melbourne to attend an Australian Red Cross Youth Ambassador Day. We learned about what it means to be a Blood Donor, how the blood is used and what happens during a blood donation. We also heard from five guest speakers, two of whom have been recipients of blood transfusions; Jacob Fry, who suffered severe life-threatening injuries in a head on collision with a truck and Anna, who has to receive plasma transfusions every three weeks, which enables her to stay alive.

We are now Youth Ambassadors for the school, and hope to encourage students who are sixteen and over to participate in donating blood. We will be working with Linda to organise blood donations at the Albury Blood Bank in the near future.

- Sarah Anderson & Christine Saunders
SPORTS REPORT

_Senior Boys Cricket_

With the year 12’s on camp it was up to a group of very keen Yr. 11 students to carry the flag for RHS and see if they could get us past the 1st round. The venue was Waite’s Park Albury and it was a round robin tournament with the other teams being Mr. Beauty, Tallangatta, Bright, and Yarrawonga.

Playing Yarrawonga 1st up the boys batted well and posted a score of 100. Matt King and Rhys Renshaw retired with 30 and Dylan Van Berlo chipped in with a handy 20.

Our bowlers struggled to maintain line and length with boundaries being hit regularly by Yarra. Kingy came on and bowled full and straight and with 2 quick wickets the match was in the balance. The game came down to 3 required from the last ball. They hit a 4. NHJ.

The next match was over and done very quickly. We bowled rubbish and batted poorly. We made 71 of our 12 overs and they made 72 off 11.

The 3rd and 4th games saw us playing teams that had won both of their 1st two rounds. Our bowlers fired up and bowled full and straight. And our batsmen paced themselves and put good partnerships to post good scores. We won both matches and bemoaned that 1st round loss.


Highlights. Kingy hitting a huge 6 which hit a brand new Toyota 4 WD and DID NOT do any damage. Jake hit a great straight 6 and got stumped next ball. J-rod’s fielding all day was inspirational.

The boys worked hard all day and with a bit of luck we could’ve gone through to the next round. Hopefully next year we will. Well done boys, it was a good day.— Super coach.

_O & M Swimming Carnival_

RHS did extremely well, coming in second place. There were many outstanding individual performances. Two outstanding swimmers on the day were Kayla Marquison & Toby Marx who both won the Age Championship. Twenty-five students qualified for the Hume Region Carnival, which will be held on Tuesday 22nd March at the Albury Swim Centre. We wish them all the best. Go Rutherglen!!

_VCE Field Trip to Valhalla Wines_

Monday the 7th of March the VCE Agriculture students attended a field trip to Valhalla Wines. Anton the owner of the winery took us on a tour of the winery and gave the students an in-depth explanation during the tour about sustainable farming practices.

The students were first taken into the vineyard where they were shown various method of biological control and got to taste the grapes.

They were then taken over to the wood fire oven where they were shown the process of using a wood fire oven to create different dishes of food.

Next we went over to the composting system and the outdoor kitchen and finally we finished up in the production part of the winery where students were shown the process of wine making and got to taste some grape juice before it became alcoholic.

The student found the day rewarding and are now completing a report on the event. Many thanks to Anton, his knowledge and enthusiasm on our excursion were greatly appreciated. It was a great day had by all.

Regards,
Ms Nancy Coppolino and the VCE Agriculture class

Josh Ellis, ex-RHS student, visited this year’s Year 12 students to give an inspiring talk on his own experiences studying year 12 at RHS, and how to get the most out of this important & exciting year.

Josh spent his GAP year in Vanuatu as a volunteer teacher & highly recommended this most valuable & interesting experience.

In continuing Cricket news, Caleb Barras of Year 7 fame also did very well for the WDCA in the last round, retiring at 23 not out, and top scored with 19 in the final! We wish Caleb and the boys well in the finals.

COMING SPORTING EVENTS

<table>
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<th>Event</th>
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<td>Hume Lawn Bowls</td>
<td>March 11</td>
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<tr>
<td>9/10 Cricket</td>
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<td>7/8 Super 8’s Cricket</td>
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<td>Hume Swimming</td>
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<td>Yr 9 – 12 Sport Day</td>
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<td>Yr 7/8 Sport Day</td>
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After a consultation with SRC meeting, there will be a free dress day and a crepe day organised by the French Year 9 class on Tuesday March 29th at recess and lunchtime.

There will be sweet and savoury crepes
Sweet crepe : Nutella, Sugar, Jam, Ice cream
Savoury: Cheese and bacon

It is fundraising activity for the Yr 9 excursions and the 2012 French Trip.

Should you need more information, please contact Kim Le via the School Office.

Corowa - Rutherglen United Hockey Club
Invites new and existing players to meet the coaches and begin training for the 2011 season.

Under 12 Girls – Wednesday 2 March 4 to 5pm at Ball Park Corowa
Under 14 Girls – Wednesday 2 March 4.30 to 6pm at Ball Park Corowa
Under 12 Boys, Under 14 Boys, Under 16 Boys and Girls – Wednesday 9 March at 5pm at Ball Park – training times will be sorted out after this session

Men – Wednesday 2 March at 6pm at Ball Park

Women – Thursday 3 March at 6pm at Ball Park

All times subject to change – please discuss any difficulties you have with your coach/manager.

Anyone interested in playing this season, come along and chat to the coaches and the players.

Rutherglen Lawn Tennis Club – Tennis break-up
Date – Saturday 19th March from 6pm onwards
BYO picnic tea, fish n chips, pizza, whatever – BBQ available to cook on
Soft drinks and ice-creams provided
Tennis courts open for a social hit

Rutherglen High School
Uniform Policy

Shoes: Black shoes or runners only
- Must be of sturdy construction providing support and protection
- Toes/foot area must be enclosed or covered
- If there are laces, they must be black and tied
- Insignias, stripes, logos etc are not acceptable
- Soft, flimsy soled shoes or slip ons are not acceptable.

For more information see Student Planner or contact the school.

Corowa & District Netball Assoc.
Open Competition Commencing 8th March at 6.30 pm.

Contact Chris Poidevin
60332160
Kate Wilson
0427 032 271

New Science Equipment
The teachers of Science are very excited about the new Science equipment for teaching Physics. The Science department purchased a Van de Graff generator and Singing rods to help demonstrate the laws of Physics.

The new equipment was demonstrated in the Science meeting to the other Science teachers by the Physics teachers Mr Michael Leverett and Miss Penny Jenkin.

Ms Nancy Coppolino
Science Coordinator

Mr Michael Leverett and Miss Penny Jenkin demonstrating the Singing Rods

Science teachers experimenting with the Van de Graff generator

On December 9 2010, year 12 student Laura Seymour travelled to Sydney with her older brother, former student Ryan to be graded in Okinawa Mei Bu Kan Goju Ryu karate. Grand master Kaicho Ikemiyagi travelled from Japan for this grading. Laura along with Ryan Seymour, Patrick Murtagh, Tony Hennessy were all successful in gaining their black belts. Sensei’s David and Zach Edwards from the Chiltern Valley club were also graded.

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BBQ to be held at the Rutherglen Rotary Triathlon.

This is a fundraiser for the Atauro Island as part of the Indigo Atauro Island friendship.

The cost of the BBQ is as follows:
Bacon and Egg Rolls $5.00
Tea/ Coffee $3.00
Indigo/ Atauro Hats $15.00

Serving at 7.00 a.m.

Come and support the Triathlon and the Indigo Atauro Friendship Group!

Thanks, Webby

If anyone has some eggs they are able to donate for Sunday 13th March that would be great.

The event is a fundraiser for the Indigo Atauro Friendship Group for the BBQ on Sunday.

If the eggs could be dropped off to the School on Friday 11th March

Ron Webb
Caitlyn has been horse riding again!

This time we went to Barastoc Horse of the Year last week at Werribee. Caitlyn represented the school in the Schools show jumping gaining a 4th place in her Championship Showjumping Round.

Dates:
Wednesday, 23rd March, 2011
(single session)

Time:
6.30-8.30pm

Venue:
Pangerang Community House
38 Ovens St, Wangaratta

Cost:
$10.00
Childcare not available
Bookings essential

Register:
Pangerang Community House
03 57213813
155 High St, Wodonga
Telephone: 02 60228888
Fax: 02 60245792

The session will cover:
Changes facing adolescents
Research around brain development and its impacts
The challenges facing adolescents & parents/carers
Connecting and communicating with your adolescent

'WHATEVER'
Parenting Adolescents
FOCUS ON CAREERS IN AGRICULTURE

Research shows that there has been a steady decline in the number of school leavers applying for Agricultural related courses in Australia and other countries. Many young people are put off the thought of a career in agriculture due to media influences and the thought that it Isn't a 'glamorous' career.

The media surrounding the ongoing drought, bush fires, farm closures, starving stock and poor prices for farming produce have had an influence on young people's reluctance to study agriculture. Whilst this has been a sad reality for many farmers, there are many other careers besides farming in the agriculture industry.

Agriculture is now focused on “the entire food chain, managing the environment and minimising the impact of human endeavours on natural resources”. About 50% of all jobs in the agriculture industry are in capital cities. These jobs include environmental management, research / development, agribusiness and education.

Agriculture is a major skills shortage area. During the last decade, tens of thousands of workers in the agriculture industry have switched jobs to different career areas due to the drought and other economic factors. This has left an enormous gap in the employment market and over the next decade, the demand for agricultural graduates will be huge.

In Australia, we need around 6000 graduates to fill positions each year and only 800 young people are completing agricultural related degrees. This means that graduates can demand high salaries and have solid employment outcomes, often being offered lucrative jobs before even completing their degrees.

Experts are needed in the areas of sustainable farming practices, land management, land conservation, climate change practices, food security, agricultural research and policy making. Students can specialise in areas such as economics, marketing, animal and plant biotechnology, catchment management, climate change impacts, crop management and production, plant and soil science, nutrition and feed production, sustainable production and consumption, water management and rural business practices etc.


Have you considered the University of Tasmania (UTAS)?
GAP YEAR INFORMATION

Thinking of taking a year off to travel overseas after school? Then check out the following two ideas:

Cultural Care Au Pair: If you are interested in working with children and traveling to the USA, you could work as an Au Pair (live in Nanny). You need to be between 18 – 26yrs old to be able to participate in the program. If you would like to learn more about the program, call Trish Cavenagh, Country Program Manager on 1800 677 373 or visit www.culturalcare.com.au

Latitude Global Volunteering: Would you like to have the opportunity to travel overseas during your Gap Year? You could travel to countries as diverse as Africa, Mexico, Spain, Poland or the UK and undertake activities such as teaching primary school children English, working with homeless young people or working with communities developing sport and rec programs. To learn more about these programs, you can attend a Latitude Gap Information night which will be running in various locations over the upcoming months. For more information, contact Siobhan Marsh, Marketing Officer, Latitude Global Volunteering, 03 9826 6266, www.latitude.org.au

Changes to Youth Allowance Rural and regional zones: The Federal Government has recently announced it will review and implement new eligibility arrangements for Youth Allowance, removing the regional eligibility zones put in place last year. The new eligibility requirements will come into place on 1 January 2012. The eligibility distinctions between inner regional and outer regional, which came into place last year, resulted in an unfair set of circumstances for many students.

Before these changes, all students could take a year off between secondary school and tertiary education to work to declare independence and qualify for Youth Allowance. However, the regional eligibility zones meant inner regional students would have to earn more over a longer period of time to qualify – whereas outer regional students still fell under the old arrangements. This brought up questions and arguments as to how inner and outer regional zones were decided – particularly when towns located hundreds of kilometres away from the closest university were declared inner regional.

The Government will now eliminate the zones, with the review and report released by July 2011. Keep up to date with the latest on Youth Allowance by visiting the Department of Education, Employment and Workplace Relations website at www.deewr.gov.au (copied from the Swinburne University Career Advisers Newsletter)

MARCH EVENTS

16: Information Evening, Australian International Hotel School and Blue Mountains Hotel Management School, Melbourne, 1800 257 360, enquiry@hotelschool.com.au
27: Veterinary Science Open Day, Uni of Melbourne, Werribee

APRIL EVENTS

‘Meet Melbourne’, University of Melbourne, Ballarat (6) and Mildura (28), www.futurestudents.unimelb.edu.au/meetmelbourne
7: My Day events at Charles Sturt University- Allied Health at Albury-Wodonga and Exercise Science at Bathurst.
15: Access all Areas (Year 12 Students only), University of Melbourne, Parkville Campus, http://futurestudents.unimelb.edu.au

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Physics Excursion

On the 1st of March, the senior Physics class travelled to Melbourne to go to the Luna Park physics day and visit the synchrotron. The day started early, leaving the school at 6am. After a long journey, and a few stops we arrived at Luna Park, where we picked up our accelerometer and started to enjoy the rides. Our accelerometer recorded data for us to analyse later, back at school. We also timed and filmed the rides. After lunchtime, we had to hand back the very attractive vest which came with the accelerometer and we went on a few extra rides to experience the motion and changes in kinetic and potential energy (yes, actually just for the fun of it!)

At 2pm we met with another school group, who drove us to the Australian Synchrotron. There we had a guided tour of the facility and discussed Einstein's energy equation and the dual nature of electrons. Our guide gave us a very interesting insight into electron spectroscopy which Miss Jenkin and Mr Leverett wished they could put as eloquently. The Australian Synchrotron has invited the senior physics class back later in the year to perform experiments with its apparatus which accelerates electrons to close to the speed of light.

A very kind thank you to Mr Leverett, who organised the day. It was a wonderful learning experience for the students and a fun day too! Also thanks to the students who represented Rutherford High School so well.
**BECOME A WEP HOST FAMILY**

Open your door to an international exchange student and expand your knowledge of other countries, cultures, languages and cuisines!

**A place to call home**

World Education Program (WEP) is inviting you to experience another culture in your own home by becoming a volunteer host family to one of our international students arriving in July 2011. Our students from Italy, France, Belgium, The Netherlands, Sweden, Finland, Norway, Japan, Brazil and Chile are looking forward to experiencing life in Australia, making new friends and becoming a member of an Australian family soon.

**Messages from Overseas**

"I've always wanted to visit this country and I want to improve my English and I want to know a new way of living in another country." ~ Georgio, Italy

"Australia is a beautiful country and I have always wanted to go there." ~ Jana, Switzerland

"Because of everything that's told me, the people are so nice and open." ~ Roxan, Netherlands

**Find out more!**

Getting to know your student before he or she arrives brings fun and joy to everyone involved.

Take the next step and contact WEP today to receive a full information pack for your family.

Nikki Medwell  
Inbound Exchange Administrator  
Phone: 1300 884 733  
Email: wep@wep.org.au  
Online: www.wep.org.au

*It's easier than you think and a fantastic experience for all!*  

**Firearms Licence Testing….**

**Will be held at 7.00pm on Tuesday 15th March at the Rutherglen Fire Station.**  
For further information or bookings please contact Ron Eggelston on 02 6033 1452  

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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  
**Email:** rutherglen.hs@edumail.vic.gov.au

**Contact Us:**  
Sheridan's Bridge Road  
(PO Box 84)  
Rutherglen Victoria 3685  
(Please email articles & photos to us for inclusion in RHS NEWS)