Principal’s Report

NAPLAN

The National Assessment Program Literacy and Numeracy (NAPLAN) tests at Years 7 and 9 took place last week. The results will be forwarded to families once they are marked and correlated. This will take a number of weeks. While the results have a high degree of reliability, they do only reflect what the student did on that day. If there is a discrepancy between the results and school based assessments and reports, please arrange to meet with the relevant Year level Coordinator to discuss overall student progress.

2011 Defence Technical Scholarship

We were recently informed that seven of our students will receive Defence Technical Scholarships for 2011. The Year 11 students Dale Lumby, Shayne Marsh, Rhys Renshaw, Peter Stephens and Jake Turton will receive $2,000. Year 12 students Sam Bowers and Jason Kerr also received a 2010 scholarship and will receive $3,000 in 2011. In total, seven of the ten students who applied received a scholarship.

Clearly these scholarships are substantial and prestigious. Congratulations to all of the applicants and especially the successful recipients. Once again it is a reminder that there are many opportunities available to students – however they do need to be aware of the opportunities and actually do something to make it happen. Students can find out more about career opportunities within the Australian Defence Force at www.defencejobs.com.au

Debutante Balls

A large number of current and past students were involved in the two debutante balls organised by St Stephens Church over the past two Friday evenings. The students looked very smart in the suits and gowns and completed their promenade and dances with style and grace. Nathaniel Schmidt was cited by many as the best dancer in either group.

Athletics Carnival

– Friday 20th May 2011.

As in recent years, the School Athletics Carnival will be held at the Albury Athletics Track tomorrow, Friday 20th May. All students should attend, dress up in house colours and participate in as many events as possible. The venue is excellent and those who attend and participate have a great day.

Phil Rogers

Photo Gallery...

DATES TO REMEMBER.....

MAY

Tuesday 17th to Sunday 22nd
- Bendigo Cattle Show

Wednesday 18th
– Yr 12 Physics Excursion

Thursday 19th
- OM Junior Football

Friday 20th
– Athletics Sports
AUSTRALIA’S BIGGEST MORNING TEA

When – Thursday, 26th May 2011
Where – Gollings Square, Main Street, Rutherglen
Time – 10.00 am
$5.00 (includes cuppa & plate)
Any donations of baked goodies would be appreciated.

WELFARE NEWS

Year 7

Last week Year 7 students were given an information bag with brochures about cyber safety, drugs, mental health and local contact numbers. If your child did not receive one, please see Mrs Mundy or Mrs Cole.

Second hand uniform available

The days are becoming quite cold, although many students are still in summer uniforms. If you are having difficulty purchasing uniforms please contact the office.

Many thanks to the families who have donated uniforms. Connor Schmetzer Welfare Coordinator

Homecoming Club

If your homework is a hassle and you want a little help,

Just join up to the Homework Club and you won’t have to yelp!!

The Homework Club is operating on Wednesdays from 3.30 to 4.30 pm in the RHS Library. It is open to all year levels.

Light refreshments will be provided and staff will be there to help with any problems. Students wishing to participate need to get a permission form from Mrs. Gillick.

BREKKY CLUB....every Thursday morning from 8.15 to 8.50am in the Community Centre. Toast & Milo.....sometimes pancakes...and more! Meet your friends there for a hot cuppa & a chat! All welcome! All free!

Pangerang Community House

Parenting Courses

Term 2 2011

POSITIVE PARENTING PROGRAM

An informative and fun course for parents of children aged 2 – 10 years that promotes positive, caring relationships between parents and their children. Looks at causes of childhood behaviour, encouraging desirable behaviour, building positive relationships and managing misbehaviour.

Dates: 4 x Tuesdays
7th June – 28th June
Time: 7.00-9.00pm
Cost: $28 / $20 conc

“Whatever!”
- Parenting Young Adolescents

Come along and find out more about; The challenges facing adolescents, challenges for parents of adolescents, research around brain development and building relationships with your adolescent.

Date: Wednesday 1st June
Time: 6.30-8.30pm
Cost: $10 concession

These programs are being offered in conjunction with Gateway Community Health

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Any donations of baked goodies would be appreciated.

Help your kids to make smart choices about who and what they find online. To do so.....:

Spend time online yourself—Talk confidently & effectively with your kids.

Teach children that information on the Internet is not always reliable—Teach them to use other media to double check facts.

Embrace the technology that your kids and their friends are using to communicate—Social networking can be fun if managed well and used positively.

Teach your kids ways of dealing with disturbing material—

Encourage your kids to tell you if they come across something that worries them.

Let kids know that cyberbullying can be stopped!

Remember...the best protection is parental supervision and guidance.

For more info, check out www.cybersmart.gov.au

The Rutherglen Landcare Group invites you to an information session on

“Termites and Timber in Buildings” with Doug Howick from the Timber Preservers Association of Victoria

7pm Tuesday 24th May 2011
Senior Citizens Rooms, Rutherglen
Supper provided – gold coin donation

Termites have a voracious appetite for wood that can have a devastating effect on our buildings. Are you confident you have them under control?
As a parent you may be a good driver; but being able to teach your Learner is not an easy task.

A recent national survey of more than 1,250 parents of Learner drivers found that almost half (45.5%) were nervous or apprehensive when they began teaching their teen how to drive.

keys2drive is a federally funded program that has been developed by the Australian Automobile Association which aims to take the drama out of learning to drive. It helps parents to prepare for their role as a supervising driver and to ensure that any time spent in the car with their Learner is successful and effective.

keys2drive is a free lesson (involving theory and on-road) delivered by an accredited professional driving instructor to any Learner who is accompanied by their supervising driver – most often a parent.

This program, the single largest Learner driver safety program undertaken in Australia, represents a unique and valuable experience for parents and their Learner drivers.

To register for a free lesson or to learn more, visit www.keys2drive.com.au

The annual Million Paws Walk is coming to Albury and the RSPCA is inviting all pet owners to bring their four-legged companions along for a day of exercise and fun!

With thousands of paws expected to walk state-wide, the event is the biggest of its kind in Australia. All funds raised help the RSPCA provide shelter, care and rehabilitation for over 40,000 sick, injured and abused animals.

Dr Arthur Frauenfelder, President of Albury RSPCA says the Million Paws Walk is a fun and exciting way to help raise funds.

“The Million Paws Walk gives everyone the opportunity to have a great day out with friends and animals combined, while raising much needed dollars for the RSPCA.”

The details for the Albury Million Paws Walk are as follows:

Date: SUNDAY MAY 15
Location: Hovell Tree Reserve, Wodonga Place, Albury
Time: Registration from 9.00 am for 11.00am start of walk
Pet show starts at 12.30 pm.
- Best fancy dressed Dog
- Best Dog and Owner lookalike
- Best Trickster
- Best presented Dog
- Other categories eg tallest, smallest, whitest teeth, longest ears, biggest smile and others

The RSPCA is a charity with objectives to:
- Prevent cruelty to animals
- Amend and develop legislation to protect animals
- Provide education and training about the care, protection and treatment of animals
- Operate veterinary clinics to care for animals.

Note: All dogs attending must be vaccinated, microchipped and on leads (or otherwise restrained).

Contact: Jan Kowarzik Mobile: 0407490024 Email: mpw@alburyrspca.org.au

www.millionpawswalk.com.au
Health Corner

Are your kids fuelled for school?

Extensive research has found:

- 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. Some companies are very clever, tricking us into thinking their product will be a healthy choice, when in fact they could be full of sugar or fat. It is important to read the labels.

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 slithered 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 or pancakes to warm up the cold mornings.

Cheers,
Linda Elkington (School Nurse)
Your Library News

Did you know your Library has:

**TOPIC BOOKS**

If you have a research topic and you need help, you can ask a Librarian to help you find the right resource for you.

We can assist you with on-campus only World Book Online and our Reference (encyclopedic) books.

**FICTION**

We have the most amazing fiction collection for everyone.

We also have true stories, biographies, audio reader collection. As well, we have talking books and graphic novels.

**OLIVER (LIBRARY ENQUIRY)**

Every computer in your school has Oliver networked on your screen.

When you click into Oliver you can search all the resources in the school, including files, subjects, authors, publishers, series, etc. and watch the full resources.

**WORLD BOOK ONLINE**

All students can access World Book Online at your school computers or at home. This is an amazing resource to help with all your topics and assignments.

To access it at home go to www.worldbookonline.com. Username: Library

**TRIPLE R**

High R is Millennium Hall School's recycling bin. If you have any extra books this year you will receive a participation certificate and good grade.

We also have a great fun session with comics (including Manga, superhero, etc), Guinness World Records, April fools jokes & funny books, interesting fact books, etc.

**FUN STUFF & MAGS**

Do you know we have magazines like Daily, Who, National Geographic, plus, activities, food, sports and many more.

We also have a great fun session with comics (including Manga, superhero, etc), Guinness World Records, April fools jokes & funny books, interesting fact books, etc.
“This week is National Career Development Week – 16 to 22 May! The NCDW campaign is a unique initiative of the Career Industry Council of Australia (CICA), which motivates and supports many hundreds of thousands of Australians each year to get the life they love! Research shows that parents and carers probably have the greatest influence on their children’s career decisions. We encourage you to check out the NCDW website at www.ncdw.com.au or www.aussiecareerweek.com, which along with the largest careers event database in Australia, contains career factsheets, exciting educational videos, celebrity interviews, links to career resources and services, and a range of other helpful and inspiring career development content.

Getting the life you love takes more than just luck – it means actively managing your life, always learning, and being ready for change.”

Ordering VTAC Guides: The Victorian Tertiary Admission Centre (VTAC) releases a guide for students and parents each year which lists thousands of courses offered through Victorian Universities, TAFEs and private colleges. For each course listed, the book gives an overview of the course and lists majors, pre requisites, selection criteria and middle banding. It is an essential guide for year 12 students and also a valuable guide for students in years 10 and 11 to browse what could be available to them in the future. Course guides are $15 each and you can purchase them from a newsagent or order them through your career adviser at a discounted rate. If not already done so, place your order with Mrs Leverett.

Interested in media, advertising and public relations? Swinburne University are offering a new Bachelor of Professional Communication starting in 2012. The degree focuses on the key areas of media, advertising and public relations and is designed to equip students with the knowledge and skills to use communication as a strategic tool to help businesses achieve their objectives. The degree offers a business and professional focus, providing students with employment opportunities in industries such as corporate communication and marketing. Please contact Shaun Douglas on (03) 9215 7086 if you have any questions.

Love sport, science and Math? Victoria University offers the only engineering course in Victoria that specialises in sports. Through their three year Bachelor of Engineering Science (Sports Engineering), students gain professional skill and training to: design sports equipment and instrumentation and work on solutions to enhance athlete performance and minimise the risk of sports injury. The course covers human movement, mechanical, electronic and software engineering. For more information, contact Daniel Lai on 9919 4425 or go to www.vu.edu.au

New Optometry program offered by Deakin University: Optometrists work in a wide range of careers in public or private eye care, including practice ownership, research, academia or industry. There are several recognized specialities within optometry including contact lenses, low vision, paediatrics, behavioural optometry and as an associated ophthalmic surgical practice. Deakin University’s new Bachelor of Vision Science/ Master of Optometry aims to produce quality work ready optometrists who can work in either private or public eye care, research, industry or a combination of these. For more information, call 03 9251 7777 or go to www.deakin.edu.au/hmnbs

UPCOMING EVENTS

Interested in Business, Computing, IT, Marketing or Accounting? Charles Sturt University will be holding a My-Day Business, Information Technology and Computing event in Albury on Thursday 2 June 2011. You will have an opportunity to get a taste for the courses offered in these fields and sample the learning environment you will be immersed in. Seven courses will be showcased and the day will also highlight the breadth of opportunities available for those graduates who choose to work in regional areas. They will also be informed of the exciting programs and support that CSU can offer such as international experience and available financial support. Students in years 11 and 12 can contact Judy Walsh at infoevent@csu.edu.au for more information. Places will be offered on a first in first served basis.

Careers in the Maritime Industry: The Australian National Maritime Museum will be hosting a Careers Day on Wednesday 15 June at Darling Harbour Sydney for students in years 10 – 12. You will be able to learn about careers in fields such as marine biology and conservation, working on boats (designing, building, restoring and managing them), tourism and defense. There will be trade stalls, interactive lectures, practical demonstrations and tours. Cost is $10 per student. To book, call 02 9298 3655.

Experience La Trobe: Your chance to check out university life 17th June 2011 (Year 10, 11 & 12). Find out what it’s really like to be at uni. Attend talks on careers, study pathways, and student life at La Trobe, participate in workshops of your choice, and get to know our campus up close. Register online at: latrobe.edu.au/experience (go online or collect a brochure from Mrs Leverett for more information).
**CAREER NEWS**

**Year 10 Melbourne Urban Experience camp**

Excitement is building! It’s getting closer…!

Students have been busily fund-raising for their annual trip to Melbourne, and the planning sessions involving public transport whilst in Melbourne will commence next Thursday.

Students need to be aware of the importance of attending these planning sessions (which will be held the next two Thursdays & Fridays). They will be studying Melways maps & modes of public transport to ensure they have a good understanding of the location of their activities and how to get there. They will also look at some material related to the historical sites that will be visited by all students.

Students not attending the Melbourne camp are to be at School, or to organize Work Placement. See Mrs Skate if organizing Work Placement. Mrs Nancarrow has organized work for those students staying at School.

The Final Information Pack for the camp will be mailed out tomorrow. (Please contact the General Office if you do not receive this in the next few days.) The pack includes the final Agreement Form, to be signed by the student as well as a parent/guardian; and a reminder that full payment for the camp is to be made by Wednesday 1st June. Please contact Cathie Fulton, Business Manager, on 02 6032 9483 if any queries re. payment.

Contact Gail Nancarrow or Mark Nesbitt at the School with any queries relating to the camp.

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**SCHOLARSHIPS**

**Accounting Coop Scholarships, University of Technology Sydney:** The Bachelor Accounting Coop Scholarship first round applications will be closing on Friday 10 June 2011, with short listed applicants attending interviews in July. The Bachelor of Accounting program provides students with a multi-skilled accounting degree and offers students a tax-free $43,000 scholarship, 12 months full-time on-the-job training and a 95% employment record. Please visit www.bachelorofaccounting.com for all info about application criteria, forms and important dates.

**Information Technology Coop Scholarships, University of Technology Sydney:** The Bachelor of Information Technology Coop Scholarship first round applications will be closing on Friday 24 June 2011, with short listed applicants attending interviews in July. The Bachelor of Information Technology offers students an innovative IT course with a business management focus, an approximate $43,500 scholarship and 12 months worth of full-time industry placements. Please visit www.it.uts.edu.au/courses/scholarships/bit/apply.html for application criteria, forms and more information.

**The Nursing and Allied Health Scholarship and Support Scheme (NAHSS):** This Scholarship is available to students enrolled in an approved undergraduate nursing or allied health degree. You will receive up to $10,000 per year during your full time degree or $5000 per year for part time. Applications for the 2012 funding round will open in September 2011. Confirmation of opening dates will be posted on the SARRAH website during August at www.sarrah.org.au

**COMPETITION**

**SwinGame Games Design Competition:** Swinburne University would like to invite students to enter the annual SwinGame competition. This is an exciting opportunity for students to win great prizes, gain real-world experience in software and games development and work on a fun, creative project with friends creating your own computer game. Entries can be for an individual or in teams of up to three members from the same school. Prizes: 1st prize- $2500, 2nd $1000 and 3rd $500.

To register- www.swinburne.edu.au/swingame or contact Bianca van Meeuwen on (03) 9214 8768.

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**Brush up or extend your computer skills**

5 x 2hr sessions with Michael Leverett to be held at Rutherglen High School.

Thursday nights commencing 2nd June, 7.30pm – 9.30pm. Cost: $90 / $80 conc.

Includes Word, Excel, Email, Moviemaker and any other suggestions from the group.

Bookings & Enquiries : Lois Hotson (03) 57 261 358

or Gillman Real Estate, Rutherglen or at Chiltern Post office
A Program of the Chiltern Rutherglen Continuing Education Group

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**Interested in the Aviation Industry?** Swinburne University are hosting an Aviation Careers Expo on **Monday 20 June** at their Advanced Technologies Centre, Hawthorn Campus, starting at 6.45pm. The Expo will provide an insight into the exciting careers in the aviation and airline management industry. You and your parents will be able to meet representatives from key aviation organisations, including Thales and the Civil Aviation Safety Authority (CASA), plus major airlines and airports. You will also be able to attend information sessions of your choice, enabling you to tailor the evening to your interests and preferred speakers. For more information and to register, go to www.swinburne.edu.au/aviation-career-expo

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Selena shares her story on SCI....

On Friday 6th May all Year 11 students attended a session on spinal cord injuries. The session was run by Independence Australia in conjunction with RACV Spin Chat and was lead by guest speaker Selena Nightingale. The overall goal of the talk was to get students to consider the consequences that may follow risky behaviour. Selena told a very engaging story about her life and how she ended up in a wheelchair and where she is today. The presentation pointed out that those at highest risk of suffering a spinal cord injury (SCI) are young people aged 15-34yrs old. More than one SCI happens everyday in Australia and presently there is no cure for SCI, only prevention.

Australian National University Visit

On the 4th of May a physics professor and the student university manager from the Australian National University of Canberra visited our school to speak to the year 10,11 and 12 students about Science courses offered at University. They also engaged the students in a physics demonstration using plasma. The students were shown Physics experiments that are conducted at University and they also spoke about life as a University student. The students found the presentation interesting and asked many valuable question.

Many thanks to the students and teachers involved.

Ms Nancy Coppolino
Science Coordinator