Rutherglen High School News

Thursday 2nd June 2011

Principal’s Report

Athletics Carnival
On Friday 20th May the school Athletics Carnival was held at the Albury Athletics Track. The conditions were perfect and the participation and enjoyment was high. A large number of records were broken, some of which had stood for many years. After years without winning a trophy, Murray finally prevailed – congratulations to the whole team and the victorious House Captains Kyle Cofield and Laura Seymour.

Special thanks to Claire Megarity and Brooke Rasmussen for their work in organising and running this very successful day. Further details provided later in newsletter.

Equestrian Team
The recently formed Rutherglen High School Equestrian Team competed last weekend in the Scots College Interschool Equestrian Challenge. Despite there being over 600 entries, mainly from much bigger schools, the team came second overall. Maddison Connell took out the Champion Senior Rider. Thanks to Nancy Coppolino for establishing and guiding this very successful team. Further details provided later in this newsletter.

Science and Engineering Challenge
Last Thursday 26th May a group of Year 9 and 10 students attended the Science and Engineering challenge in Wagga-ratta. The program was very hands-on and designed to encourage students to pursue science and engineering in senior school and as a career.

The students participated very well and greatly enjoyed the day. Thanks to Penny Jenkin for organising and running the excursion.

Arts Connect 9
Most Year 9 students travelled to Melbourne last Friday for the annual Arts Connect 9 excursion. They watched the play “The Bridge” at the Arts Centre and a 3D film about the Pharaohs of Egypt at Imax. Despite it being a very long day, the students were engaged and were congratulated by other groups on their good behaviour – well done.

Pupil Free Day –
Friday 17th June
Students are not required at school on this day. Teachers will be working on assessment and reporting tasks leading up to distribution of semester reports at the end of the term.

Photo Gallery...

JUNE
Friday 3rd – Vine Restaurant @ RHS
Monday 6th — Info Evening for French trip 2012, at 5.30pm—RHS Library.
Monday 13th — Queen’s Birthday
Friday 17th — Pupil Free Day

DATES TO REMEMBER.....
The Rutherglen Rebels Equestrian Delight


The Rutherglen Rebels had to overcome some major setbacks such as a late scratching of one of their valuable team members due to an unfortunate injury and the heavy fog they encountered with their 8am start.

There were over 600 entries on the day; with our team being greatly outnumbered by the bigger schools. With good luck and team effort, the Rebels achieved fantastic performances in the Dressage and Jumping arenas.

‘The Rutherglen Rebels’ were the Reserve Champion School Team only being beaten by Trinity College by 4 points! Individual high achievements; Maddison Connell receiving Champion Senior Rider, Caitlyn Hiskins winning both of her Dressage tests, and Kelly Davidson 1st in the 70cm jumping.

Congratulations and thank you to all the students and parents on a great result and a special thank you to Joanne Hiskins for volunteering her time in helping out on the day.

Ms Nancy Coppolino
Equestrian Team Manager

Tintern Interschool Equestrian Championships

Location: Wandin Park Vic
Date: 7-8th May
Kelly Davidson’s results:
- Reserve Champion Senior rider.
- 1st- 85cm Senior Jumping
- 4th- 3C Dressage

Tips for handling Cyber Bullying....

Ignore it! Don’t respond to the bully. If they don’t get a response they may get bored and go away.
Block the person. This will stop you seeing messages or texts from a particular person.
Tell someone. Tell an adult you can trust. You may want to talk to your mum, dad or a brother or sister. Or you can contact the Cybersmart Online Helpline service, call Kids Helpline on 1800 55 1800, visit their website.

Keep the evidence. This can be useful in tracking the bully down. Save texts, emails, online conversations or voicemails as evidence.

Report it to:

- your school—we have policies in place about bullying and cyberbullying.
- your ISP and/or phone provider, or the website administrator—there are actions they can take to help.
- the police—if there is a threat to your safety the police will help. Call Triple Zero (000) or Crime Stoppers on 1800 333 000.
**Year 7 & 8 Football**

Our Year 7 and 8 boys had a great day at Wodonga on Thursday 18th May.

We played 3 games and had good wins over Corryong and Tallangatta but were beaten by a strong Yarrawonga outfit.

Our boys played impressive team football, sharing the ball and moving it around the flanks. Our back line was solid and gave our forwards plenty of use of the ball. The style of football played by our boys is a credit to the coaching and training they get from the respective local football clubs they are involved in on the weekends.

The best player medal was won by Ethan Boxall who put in three strong performances and kicked 6 goals for the day. Other best players were Robert Phibbs, Chris Stephens, Mitchell Carmody, Aaron Hicks, Banjo Rogers, Matt Lumby, Brandon Turton and Brock Cuzen. Well done boys!!

The team was coached on the day by Jarryd Hatton, Rhys Renshaw and Jake Turton. These boys displayed good judgement in rotating boys on the bench as well as encouraging the guys to play as a team. Dylan Van Berlo got fit by running the boundary.

Thank you to Nathan Thomas who came with the squad to umpire. Nathan gave up a game of golf to volunteer his services.

** Results:**

Rutherglen 6.7.43 d Corryong 1.0.6

Yarrawonga 5.6.36 d Rutherglen 3.1.19

Rutherglen 4.1.25 d Tallangatta 3.3.21

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**House Athletics Carnival**

On Friday May 20th RHS held its annual House Athletics Carnival at Alexandra Park in Albury. The day was a fantastic success with an increase in the number on participants and perfect weather conditions. It was great to see many parents and friends at the carnival cheering on our students. Congratulations to all students who represented their House with great spirit and especially the Murray students who won their first carnival in many years. Good luck to all first place getters who will represent our school at the Ovens and Mitta Carnival in Term 3.

**HOUSE AGGREGATE**

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<thead>
<tr>
<th>Place</th>
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<th>Points</th>
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<tbody>
<tr>
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<td>Murray</td>
<td>1121</td>
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<tr>
<td>2nd</td>
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<td>3rd</td>
<td>Ovens</td>
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<td>4th</td>
<td>King</td>
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**AGE CHAMPIONS**

**BOYS**

13 Y: Banjo Roger
14 Y: Mitchell Carmody
15 Y: Zac Hocking
16 Y: Josh Marx
17 Y: Gary Douglas
20 Y: Ollie Stedman

**GIRLS**

13 Y: Isabella Muir-Kommer
14 Y: Kirsty Deacon
15 Y: Chevelle Dunn
16 Y: Maddy McLeish
17 Y: Sarah Pitcher
20 Y: Kelly McInnes

**NEW RECORDS SET**

- **M 13 Y 100m**: Banjo Rogers - 12.95
- **M 16 Y 100m**: Ethan Hicks - 11.51
- **F 13 Y 800m**: April Burmeister - 2.54.48
- **M 13 Y 200m**: Banjo Rogers - 28.67
- **M 16 200m**: Ethan Hicks - 24.86
- **M 14 Triple Jump**: Mitchell Carmody - 10.36
- **M 13 Triple Jump**: Robert Phibbs - 8.35
- **F 14 Y Long Jump**: Breanna Milthorpe - 4.15

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**Ovens and Mitta Cross Country**

On Wednesday May 25, 35 RHS students travelled to Beechworth for the Ovens and Mitta Cross-country. The conditions were fantastic and all runners performed extremely well. April Burmeister was the standout on the day winning the 13 year girls event comfortably. Kirsty Deacon finished in second place in the 14 year girls and Gary Douglas came third in the 20 year boys event.

The following students all qualified to compete in the Hume Region Championship at Broadford on June 21:- Jason O’Rouke, Banjo Rogers, April Burmeister, Sari Van Klaveran, Mitch Carmody, Kirsty Deacon, Brianna Renshaw, Sarah Arnold, Adrian Oats, Mason Fleming, Benji Taylor, Georgia Stewart, Meredith Quick, Danyon Williams, Bek Mollison, Gary Douglas and Eve Lowrey. We wish them all good luck!
Rutherglen High School
Beefs It Up At Bendigo
From the 17th of May to the 22nd of May a group of Year 9 students, Lisa Robinette, Dani Gay, Rachael Eggleston and Caleb Harris, went to Bendigo for cattle handling at the Bendigo Beef Show, with Webby as the responsible teacher.

We woke up at 6:00am every morning and then at 7:00am we went to the show grounds and did our morning jobs of mucking out the cows, stalls, brushing them, plus feeding and watering them. We spent time with the cows so they got used to us and knew our voices. Most days we spent our time at the show grounds, walking around and seeing the different breeds of cattle and grooming our Welsh Black cattle.

We all bonded with certain cows each and they were the ones we usually brushed and talked to. We learnt all different skills to use around cattle and skills we can use around the farm.

We learnt how to properly lead a cow around an arena and how to use a show stick. The show stick was used to make the cattle look longer. You put the end of the stick in between the hooves and they move their feet backward or forward depending on where you place the stick. It is also used to scratch the bottom of the belly to keep them calm.

Some of the jobs we performed were combing, feeding and cleaning. We had to use certain brushes to get the wood shavings (that was their bedding) out of their coats. Feeding and watering involved us feeding the cattle a combination of grain and then hay. We gave them each a bucket of grain, then a bucket of water each. We then cleaned out their bedding/stalls throughout the day. Washing included the application of shampoo and then using washing brushes to rub the shampoo in. After we had shampooed and washed it all off, the cows were taken to be dried. We used hair dryers (3 times bigger than the usual hair dryer) to dry the cow. It took about half an hour for each cow.

Showing involved wearing jeans, a white shirt and a green Welsh Black vest. The cattle had black or brown leather halters (show halters), which had one lead, and then they had a nose ring with another lead. The nose ring was used to control the cow if it didn’t respond to the halter.

Once in the show ring, the judge would tell you what he wanted to do. It was usually to go around the ring twice and then stand them up. There was also a ‘steward’ in the ring as well to help you move the cow if it wasn’t responding to what you wanted it to do.

It was a wonderful experience for all of the students and we would like to thank Brad and Daniel for teaching us the skills needed for cattle handling and showing. It was a great opportunity and will help us in the future with the lessons with the School’s steers.

BY Dani Gay and Lisa Robinette
Australia's national sail training ship Young Endeavour is now accepting applications for youth to join eleven day voyages departing between September and December 2011. Young Australians aged 16 to 23 can apply for the ballot at www.youngendeavour.gov.au until 05 June 2011. No sailing experience is required.

A voyage in Young Endeavour is a challenging adventure at sea, and a unique opportunity for youth to develop teamwork and leadership skills through a world recognised organisation. The current ballot includes voyages departing from Queensland, New South Wales, Victoria and Tasmania, which will be crewed by youth from around the country.

During each voyage youth crew learn the skills to successfully sail a square rigged ship. They climb the 30 metre mast, set and furl sails, and maintain a 24 hour watch on the bridge. They also learn to navigate, take the helm, keep lookout and help the chef in the ship’s galley. Once they have learned these skills each youth crew will take command of Young Endeavour for 24 hours, sailing the ship along the Australian coast. On their last day at sea they will host a local group of youth with special needs, sharing their new found knowledge and experiences.

19 year old Kirsty Reaks, of Rye, was elected youth crew captain on her voyage from Devonport to Geelong in January. “The multi-million dollar ship was absolutely exhilarating. What I wanted was a challenge, and the responsibility and adrenalin I experienced in Young Endeavour were amazing. The problem solving skills, teamwork, the friendships, and working with so many different people in a small space has been a fantastic life experience which I would recommend to every single young Australian.”

Since 1988 the Young Endeavour Youth Scheme, in partnership with the Royal Australian Navy, has provided challenging training voyages for over 11,000 young Australians in the tall ship Young Endeavour. The specially designed program delivered aboard the ship increases the youth crew’s self awareness, develops teamwork and leadership skills, and fosters a strong sense of community spirit.

For more information please visit www.youngendeavour.gov.au

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**EXCURSION**

As part of our unit based on asking direction, on food as well as on our program to perform a French play in Semester 2, on Friday April 6th, the Year 9 French students and 3 Year 8 students went on a cultural and gastronomic excursion to Melbourne.

After spending about 3 hours travelling on the bus and the train to Southern Cross station, students started their day with a delicious brunch at the Crêperie “Roule Galette” situated on the riverbanks of the Yarra river. Students were very curious about how crêpes were made and cooked using a typical crêpe maker. Crêpes with chocolate, strawberries toppings amongst 30 different other savoury and sweet crêpes were on the menu to taste and to order in French! Miami! (Yummy!!)

The excursion went on with a walk along the Yarra River then through Collins street where students stopped to see a delicious French bakery, Laurent Patisserie, with a variety of French pastries and different types of bread.

In the afternoon, we took a train from Flinders station to Collingwood in order to see two French plays: the Flying Doctor and Barbuillée’s Jealousy written by the French playwright Molière and performed by the French Melbourne Theater company. The plays were written during the 17th century in order to entertain the King Louis 14th and his court during the Golden Age of the French Absolute Monarchy.

We took the train back to Flinders station to have a late afternoon snack before taking our last 3 hour journey back to Rutherglen.

A huge thank you (merci!) to all the students who were fantastic, well behaved during this long day excursion! Thank you also to Pam who accompanied us to Melbourne.

A BIENTÔT !

Mr LE
Animal Nursery
Sunday 12th June
Come and see the many wild and wonderful animals on display, including:
- Stanley the calf
- Stitch the friendly sheep
- Miniature ponies
- Lambs, lambs and more lambs!
- Chickens
- Find out what a Welsh Black is....
- Name one of the school calves

Entry: $2.00 per person
$5.00 per family
Badges: $1.00

Hope to see you all there to support the
Rutherglen Farm-To-Table Program.

Attention Parents/Guardians of Year 10 Students

Is your teenager's life worth 90 minutes of your time?

Good drivers aren't born. They are made. The best way to become a good driver is to get plenty of driving experience.

But sometimes learning how to change gears, or even how to change lanes, can seem a breeze compared with the challenge of getting your parents/guardians to hand over the car keys!

Keys Please can change that—

Keys Please is the first step into the driver's seat. It's an informative and interactive forum for you and your parents/guardians, which introduces you to the different skills you will need when learning to drive, including valuable tips to help you get that all-important licence. Over 300 learner drivers last year did not sit their test due to errors in their log book. This not only means loss of your time but also extra expense.

If you can convince your parents/guardians to come along, they'll hear how important it is for you to practice driving as often as possible, because getting your licence is all about getting enough practice and you can't do that unless they hand over those car keys.

So come along to the ‘Keys Please’ forum on
Tuesday 21st June 2011, at 9.00am
Rutherglen High School Library

Congratulations....!!

...go to Rutherglen High School's Support Staff who once again hosted a Biggest Morning Tea for 2011.

A grand total of $650 was raised for Cancer, a disease which has touched many of our staff and families over the past few years.

Our Trading Table was hugely successful, as was our raffle, a beautiful tea-pot and cosy (made by Gayle Mundy), and of course the magnificent spread which was enjoyed by everyone.
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. Recent research has shown that a young person's brain is still developing until they are 25 and that the earlier they start to consume alcohol the more detrimental the effects will be.

**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 under-age 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 under age youth re 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.

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**It has come to my attention that many students (both boys and girls) may not be eating breakfast.** Below are some ideas that you may be able to discuss as a family about the importance of breakfast and some ideas for healthy breakfasts.

Breakfast provides a significant proportion of the day’s total nutrient intake and offers the opportunity to eat foods fortified with nutrients such as folate, iron, B vitamins and fibre. Essential vitamins, minerals and other nutrients can only be gained from food. So, even though your body can usually find enough energy to make it to the next meal, you still need to top up your vitamin and mineral levels to maintain health and vitality.

**Skipping breakfast**

Extensive research in Australia and overseas has found:

- Many children who skip breakfast are significantly heavier than those who eat breakfast. Our body is tricked into thinking we are starving and slows down our metabolic rate.
- 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. They also 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.!!
Why we skip breakfast

Some common reasons for skipping breakfast include: Not enough time, Too tired to bother. Wanting to spend the extra time doing in bed. No readily available breakfast foods in the house. A healthy breakfast may reduce risk of illness

Compared to children who regularly eat breakfast, those who skip breakfast tend to consume fewer kilojoules overall and yet they experience the same rates of overweight and obesity.

Breakfast foods

Research has shown that schoolchildren are more likely to eat breakfast if easy-to-prepare breakfast foods are readily available at home. Some quick suggestions include:

- Whole-wheat or wholegrain breakfast cereals such as wheat biscuits, muesli or bran cereals
- Porridge – use quick oats
- Fresh fruits
- Wholemeal or multigrain bread to toast
- Muffins or crumpets
- Toast toppings, such as baked beans, eggs, cheese or spreads
- Fruit or plain yoghurts Fresh fruit juices Low fat milk.

Linda Elkington Adolescent Health Nurse

Keeping up with others in your class

From when you’re 12 to the time you’re 18 you probably go through more changes than you do in the rest of your life.

You go from primary school to high school. Then there’s Year 11 and 12, the exams, the increased workload at school and the larger social activity after it.

There’s sport. There’s all the other physical activity you do, even if it’s only running for the bus. And throughout these years there are the friendships, relationships and all the ups and downs.

...more from Health Corner...

Most teenagers find that they get less active as they get a bit older. Think about all those games you used to play when you were a kid. Without those, you’re probably not as active as you used to be. And school gets harder too, leaving even less time to get out and do things. Inactivity really kicks in once we hit the teenage years and it usually affects more girls than guys. The solution, of course, is activity and it doesn’t need to be strenuous. A daily walk is enough to make a healthy difference. The benefits of keeping active when you are a teenager are huge.

It helps you relax and sleep better by relieving stress and tension. It builds up stamina and improves concentration. And socially, it’s the perfect way to make new friends or keep in touch with old ones.

Here are lots of ways to get more staying power in your day.

1. Get more play into your day. There are loads of ways to get active and have fun too. Go skateboarding, throw a frisbee or kick a ball around with your mates. Walk the dog, shoot some hoops or play footy with friends, dive on in or dance yourself silly.

2. Get organised. Play football, basketball, netball, tennis, hockey, soccer or any other group sport. You could also enrol in dancing, go rollerblading, bowling or join a swim team.

3. Show up for Phys Ed. Develop and practise basic skills like throwing, catching, hopping, skipping and jumping.

4. Warm up first. Start your program slowly every time and gradually pick up the pace. Do some stretches before a run or strenuous activity.

5. Cool down last. As you complete your activity session cool down your muscles by slowing the pace of your activity before stopping.

6. Prevent injuries. Make sure you always wear the right protective gear for the activities you choose such as helmets, kneepads and mouth-guards.

7. Work out a plan. Figure out the best time to squeeze in your chosen activities, either before or after school, or work. Don’t waste your weekends or holidays vegging out in front of the telly.

8. Take a study break. Study is important. But even if it’s your absolute number one priority, try to work your activity program around it.

9. Get serious. Try to include some vigorous ‘huff and puff’ stuff a few times a week and make it last for 15 minutes or more each time.

10. Lighten up. If spending hours jogging or swimming laps isn’t your thing, try something as easy as dancing around your bedroom to your favourite CD.

11. Break out. If you fancy a bit of a challenge, or something different, take up rock climbing, water polo, volleyball, fencing, discus, javelin or archery. Ask your PE teacher or local community centre about getting started.

12. Walk to school, ride a bike, rollerblade or jog to the shops. If you are going out with mum or dad you could start walking half an hour before they leave and get them to pick you up on the way.

13. Cut down screen time. Count how many hours you spend in front of the telly and try to cut down. The same goes for the computer. Surfing the net and sending emails can be totally absorbing, but limit the time you spend staring at the screen.

14. Get involved locally. Look for social involvement such as joining sporting clubs or taking part in community or school events.

15. Keep motivated. Involve other people – friends, family, work mates and neighbours – to help maintain interest in your physical activities.
16. Get some coaching. If you show promise in a particular sport or you want to improve your skills, think about getting a coach, trainer or mentor. Don’t be shy; ask your PE teacher or local community centre.

17. Stay focused. Sometimes other commitments get in the way of your activity plans. Don’t get put off because of a missed activity, just pick up from where you left off.

18. Slip, slop, slap. Even on cooler days, make sure you’re protected against UV rays.

19. Drink plenty of water. Drink water before, during and after each activity.

20. Tell someone who cares. If an activity takes you away from home, always tell someone where you’re going and for how long.

If you’d like any more information, tips or advice on increasing physical activity throughout your day call the ‘Go for your life’ Information Line on 1300 739 899.

Linda Elkington
Adolescent Health Nurse

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Rutherglen Wine Experience and Visitor Information Centre

The Information Centre is currently looking for volunteers to work on Sundays. There are two shifts; 9am to 1pm and 1pm to 5pm.

If you have the following qualities we would love to hear from you:
- Computer confident
- Have great communication skills
- Enjoy interacting with others
- Are well presented
- Have an excellent phone manner

If you are interested or know of someone who might be please call

Nadine on 02 6033 6306 Email nadine@rutherglenvic.com or come in to 57 Main Street Rutherglen.

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Adolescent Health Rural Linkage Program

Do you work with young people?
Want to build your knowledge in this area?
Struggle to get to professional development?

The Centre for Adolescent Health is offering eight fully funded places in the Adolescent Health Rural Linkage Program for women working with young people in the rural sector. Successful applicants come together in Melbourne for a 4-day program to upgrade their skills and knowledge around adolescent health and wellbeing.

The program includes lectures, workshops, discussions and field visits, during which you will meet leaders in the field of adolescent health and hear about the latest in research and clinical practice. This program has arisen out of recognition that rural professionals who work with young people are disadvantaged by limited access to continuing education.

Who is eligible to apply?
Women from rural Victoria who work with young people; secondary school teachers, nurses, student welfare coordinators, youth workers, police and social workers.

When will the 5 day workshop be held?
From Monday 19th September to Friday 23rd September.

What is included?
Full accommodation (four nights, Monday to Thursday) and some meals.

How do I apply?
Applications (see template) must be postmarked on or before Friday 24th June outlining:
- Regional location, where you work, your position and a brief description of your role
- Professional interests and achievements in advancing adolescent health
- Why you would like to participate in the program
- Difficulties experienced in accessing professional development

Please include a statement of support from your employer (template attached) and ensure before applying that you will be able to attend the full program.

The Centre for Adolescent Health gratefully acknowledges the generous support of the Invergowrie Foundation without which this program would not be possible.

FOR FURTHER INFORMATION
CONTACT: Rebecca Gomo or Louise Scaffidi (Tues-Wed.)
T: 03 9345 6671 OR T: 03 9345 6683
Email: Rebecca.gomo@rch.org.au louise.scaffidi@rch.org.au
Year 10 Vocational Program Work Placements

Our Year 10 Vocational students go out into the work force for placements every Wednesday to gain valuable insight into career paths. The photos indicate just a taste of where our students have been fortunate to take on their placements. We would like to take this opportunity to thank the employers for having them on board.

If you have a business that is able to give our students a taste of your industry, please don’t hesitate in contacting the school on 02 6032 9483.

Patsy Skate
Work Placement Coordinator.

Go You Good Things...!!
A huge thanks to Toby, Joel, Georgie & Gabby for assisting Mrs Webb with the Year 10 handbooks. Excellent Community Spirit guys!

Go you good things.......!!!!