Principal’s Report

Welcome back to Term 4. The term will fly by very quickly with Year 12 students finishing classes soon and commencing end of year exams on November 3rd. While there will be other programs such as Head Start for Year 11s, parents and students should note that Year 11 students are required at school until the last Friday in November and Year 10 students are required at school until the first Friday in December. Junior School students will have regular classes until mid-December followed by a number of days of end-of-year activities.

Caitlyn’s Achievement

Caitlyn Hiskins – Our new national Champion!

Caitlyn recently competed in the Australian Inter-School Equestrian competition and took first place in the dressage competition. (More details later in Newsletter.) This is a brilliant achievement and Caitlyn is to be congratulated on the way she has successfully combined her school work with her outside interests in her final year of secondary school. Maintaining a good balance and doing well in both areas is a practical demonstration of her maturity and commitment – well done!

School Production

The School Production will be held next Thursday 20th October at 7:30 pm in the Rutherglen Memorial Hall. The production will feature students performing Poetry, Music, Dance and Acting. This smorgasbord of self-expression by our students is always a highlight of the year and you are strongly encouraged to attend. Tickets are only $7 for adults and $5 for students. Tickets can be purchased at the General Office before the production. Tickets will only be sold at the door on the evening if there are any left. So don’t wait – buy your tickets now!

Steer Handling at Royal Melbourne Show

Ron Webb and a group of students attended and participated in the recent Royal Melbourne Show. While a more detailed report is in this Newsletter, Demi Shale performed particularly well and earned a 4th place in her section. Congratulations to everyone involved.

Rutherglen Show

The PT&CA will again operate a BBQ at the Rutherglen Show on Sunday 16th October. While we have a roster drawn up, we would still like a few more people to assist in the busy lunchtime session. If you can help out, contact the school on 02 6032 9483 or drop in at the BBQ on the day.
On 22nd September Emily Robson, Zoey Quigley and Marley Kenny co-facilitated “Not Stupid Girls” Body Image Day in Wodonga, for all Year 8 students from the Huon Middle Years Campus. This program contributes to the requirements of their VCAL Personal Development course.

The girls are to be commended for their professionalism, attitude and willingness to assist with any task requested. The positive messages that they passed on to the junior students about body image, self-esteem and healthy eating were powerful and well received. Well done girls!

Linda Elkington
Adolescent Health Nurse

On the 5th of October 2011, Caitlyn Hiskins travelled down to Werribee Park Equestrian Centre to represent Rutherglen High School in the 2011 Equestrian Australian Interschool Championships.

Caitlyn completed two Dressage Tests on her beautiful bay horse Findon Park Folly. In her 1st test 3B she received 66.471% and in her 2nd test 3D she received 71.538%.

With these outstanding results Caitlyn was awarded overall Champion Elementary Dressage Secondary School Rider Australia wide.

Caitlyn was presented with a beautiful rosette and an embroidered rug for her horse by the Olympian rider Barry Roycroft.

Caitlyn also led the Victorian Secondary School Dressage Team and they received Reserve Champion team overall.

This is an amazing achievement for Caitlyn and on behalf of Rutherglen High School we would like to congratulate her and her family. All the best for the future Caitlyn

Royal Melbourne Show
A Success

While everyone else at Rutherglen High School was enjoying their school holidays, 15 year nine Farm to Table students and Mr Webb and Ms Edwards were hard at work at the Melbourne Show (well most of the time).

The event was the Carcase Competition at the Royal Melbourne Show where we took our four steers to compete in the competition. We were also part of the Handlers Competition where we had to show how well we could control the animals.

We had an action packed four days down in Melbourne and enjoyed ourselves while we were away. The first part of the show was the Borthwick Trophy were we were judged as a best of three in the breed. Although we did not finish in the placings, we did a good job and represented the breed well.

Next was the Carcase competition. As part of this we had to show each of the animals in the live weight class. We showed the animals and they did well. We then had to wait for the over the hook class(based on the carcase). In the Medium Domestic Class one of our steers finished 28th which Mr Webb said was the best that the school has achieved. Our other steers also did very well in the Heavy Domestic and Export class and we managed to achieve 80.00 points with one of our steers which was very good.

The final part was the Handlers Class. In this we were judged on how well we could handle the animals compared to all the other handlers at the show. We were all very nervous before entering the ring as the stands were packed and the pressure was on. We all did a good job showing what we had practised many times at the High School. Demi Shale did particularly well and managed to pick up a fourth place ribbon, the first time a student from Rutherglen High School has received a ribbon in this Handlers Competition.

Overall we had a great time and we learnt a lot about beef cattle and what is required in showing cattle. We would like to thank Mark for us about handling the cattle, Mr Webb and Ms Edwards for taking us and the Welsh Black Society for donating the steers that the school showed.

Farm to Table students

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Farm to Table students

Annual School Production
Thursday 20th October
@ Rutherglen Memorial Hall
7.30pm
Features RHS, Student poets, Musicians, Dancers & Actors...
Cost: Adults $7 — Children $5
TICKETS available at RHS General Office (and at the door on the night if any left, but advise ‘get in quick!’)
CHEMISTRY QUIZ

Once again this year, the Year 11 and Year 12 Chemistry students of Rutherglen High School participated in the Australian National Chemistry Quiz. They were part of the 122,814 entries into this quiz from 1567 different schools.

Year 11 students, Michael McKay and Adam Shale, achieved a Distinction in this quiz. This means they were in the top 10% to 25% students in the state!

Year 12 students, Sarah Pitcher and David Robinette achieved a credit, meaning they were in the top 25% to 40% of students in the state!

Congratulations to all those students who entered into this quiz and gave of their best.

Monday 17th October 2011

THE CAF will be OPEN @ recess but there will be a limited menu to select from.

THE CAF will be CLOSED @ lunch time. There will be a BBQ for lunch the money raised will go towards Alpine School.  

Victoria Police Work Experience 2012  
— Expression of Interest due Monday 17th October.

Victoria Police provide a one week Work Experience Placement for successful candidates. Duties are restricted, however, the placement does give students an idea about what is required of a police officer.

Unfortunately we can only put forward one candidate each year, therefore, if there is more than one student interested, the students will be required to write a letter of application to Mr Rogers and attend an interview early next week.

Please note that being put forward does not guarantee selection. See Mrs Leverett for further information.

Year 7 IMMUNISATIONS — TUESDAY 18th OCTOBER 2011

BOYS—Hepatitis B 2nd & final dose.


Date:  
Wednesday  
2nd November  

‘WHATEVER’  
Parenting Adolescents

Changes facing adolescents

Research around brain development and its impacts

The challenges facing adolescents & parents/carers

Connecting & Communicating with your adolescent

Ph - 0437399320

Loretta Bennett

Register:

Booking essential

Childcare not available

Venue:
Oddfellows Hall

Sanger St Corowa

Cost:
No charge

Time:
7pm - 9pm

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**SPORT REPORT**

**JUNIOR HOCKEY**

In wild, wet and windy weather, the Junior Boy’s and Girl’s hockey teams played at the end of last term for their first match in the Inter School competition.

Unfortunately entries were almost nonexistent this year and we knew before we went that we would automatically qualify and go through to the next level. The good part was that Tallangatta, who always like to have a go, still brought along a mixed team so that we could have a practice match. This allowed those of our students who are not experienced hockey players, to get a feel for the synthetic surface, learn about short corners and get a better feel for the game.

Despite the rain, the kids had a good day and as usual played in great spirit. Thanks to Chevelle Dunn and Chloe Jones who came along to help on the day and to Tallangatta Secondary for providing some opposition.

The Intermediate teams also go through, unfortunately without having to play a game.

**INTERMEDIATE GIRLS’ BASKETBALL**

With two teams, the Rutherglen girls may not have won the basketball on the day but we certainly put up some fierce opposition.

The year 10 girls won 3 out of their 5 matches only just missing out on the two that they lost. The year 9 girls looked like they might go on to play the Grand Final but were just pipped at the post in their last game which knocked them out of contention.

Thanks goes to our helpers, Ash Mundy and Susie Gronin. I was most impressed with the effort made by all of the players. Remember though girls, sometimes you don’t need to play harder – just smarter!

**Trivia Night**

28th October at 6:30pm

Money raised on the night goes towards our sister school on Atauro Island.

**Tickets:**
- $8 entry
- $25 for 2 course meal + entry (Meal tickets must be pre-bought)

Tickets available at RHS Office. Phone 02 6032 9483.

- 6 to 8 people to a table, so get your teams ready!
- Raffle to be held on the night—First Prize—a T.V.!!
- Event will be held at RHS in Room 9.
- Soft drinks & coffee available—$2 each.

If you have any queries, contact us on 02 6032 9483

**Miss Megarrity is hoping to organize a week-long (Mon-Fri) trip to the snow early in September 2012.**

To secure reasonably priced accommodation, we would need to know approximate numbers interested in attending.

Cost will be about $700, everything included: bus, accommodation, food, lift tickets, lessons and equipment hire.

You need to borrow, hire or buy (Aldi is cheaper than hire) your own clothing.

All year levels, including year 7 in 2012, may attend. A list of interested parents will be taken and, depending on numbers, will be able to attend with students.

You do not need to know how to ski or snowboard—we will teach you! Lessons are included.

We need names and numbers before the end of November 2011.

Please give your name/s to Miss Megarrity. Please contact her at the School if you require any more information.

**Saturday 22nd October 2011**

10am to 3pm

Valhalla Wines, All Saints Rd, Wahgunyah.

This community event will feature the sustainable practices of 30 local and regional exhibitors (stalls), demonstrating how easy it is to live more sustainably by making changes that not only save us money and improve our health, but also benefit the environment in which we live.

Year 9 Alive are assisting with the organisation for the GLF, and will also be involved on the Saturday.

Don’t forget to bring an old book along for the ‘Swap-a-Book’ stall. Mrs Webb, in your Library, has more info.

Food, drink & free live music on the day.

For more info on information sessions, demonstrations and the free film festival see: www.greenliving.org.au

Ph 02 6033 1438

International Forest Film Festival

Films include internationally acclaimed forest documentaries, presenting the issues and solutions, people and heroes of the forest.

For further information, please don’t hesitate to contact Joanne Diver on 02 6033 2103, 0412 985 501 or info@greenliving.org.au

For further information on the International Year of the Forest, see www.un.org/forests

**MITTAGUNDI**

**LEADERSHIP HIKE/CAMP**

Hannah Kerr has applied to attend this camp, leaving on December 30th 2011.

There are still vacancies if anyone would like to attend. Jump on the website and find out more about this great opportunity.

www.mittagundi.org.au
Canteen Roster

Friday 14th — Lisa Murtagh
Monday 17th — Pauline Sims
Tuesday 18th — VOLUNTEER NEEDED PLEASE
Wednesday 19th — Jane O’Neill
Thursday 20th — Shelley Marx
Friday 21st — Rina Cooper

Monday 24th — Mary-Ann King
Tuesday 25th — VOLUNTEER NEEDED PLEASE
Wednesday 26th — Bernadette Stanton
Thursday 27th — Eida Rogers
Friday 28th — Deb Renshaw

Health Corner

With summer fast approaching I thought it would be timely to provide some information about personal hygiene. This topic can be a sensitive issue, but one that is important to address. Maintaining personal hygiene is important for good health, but also assists us in social situations and with our psychological wellbeing and self confidence. After puberty our sweat become more active, in order to cool our body and unfortunately this occurs for the rest of our life.

Exercise and hot weather also increase the amount of fluid we lose as our body needs to work harder to cool itself. There are many aspects of personal hygiene, but I will focus on just a few that might be good conversation starters in your family.

- Body odour has a deadly enemy - SOAP. Daily showering (more often if necessary) and actually WASHING yourself, especially genitals, underarms and feet, is a great start.
- Drying yourself well so that bacteria do not have a chance to breed will help as well.
- Did you know that there is a difference between deodorants and anti-perspirants. Deodorants are like perfume - they cover up the smell, whereas anti-perspirants stop and dry up the sweat.

Clean underwear and socks every day is a no brainer, but it may also be necessary to change school uniform every day in the warmer weather.

- Drying yourself well so that bacteria do not have a chance to breed will help as well.

Linda Elkington
Adolescent Health Nurse

October...

Events

Thurs 13th — Hume Athletics
Friday 14th — Yr 9 New Skills Camp, Torquay
Sunday 16th — Volunteers on RHS BBQ @ the Show
Mon 17th & Tues 18th — Yr 12 Prac. Exams
Tuesday 18th — Yr 7 Immunisations (boys & girls)
- Intermediate Hume Hockey, Albury
Thursday 20th — Annual School Production

Parent Club... will be running the BBQ stall at the Rutherglen Show on Sunday 16th October.

If you are willing & able to help for an hour or two at the BBQ, please notify the Office on 02 6032 9483.

Rostered times will be: 8am-10am, 10am-12 noon, 12pm-2pm, 2 pm-4pm.

Thanks, Brooke and Lyn Kerr

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Thank you

Rutherglen High School

Contact Us...

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)

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

(Please email articles & photos to us for inclusion in RHS NEWS)