



Rutherglen High School NEWSLETTER

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02 60 32 9 483

Friday 24th April 2020

Principal's Report

Transition to Remote Learning

We are well into our second week of mainly Remote Learning. There were plenty of 'teething problems' across the state but I think we are now settling into this new mode of teaching and learning. Thank you for your ongoing work in supporting your children during this transition.

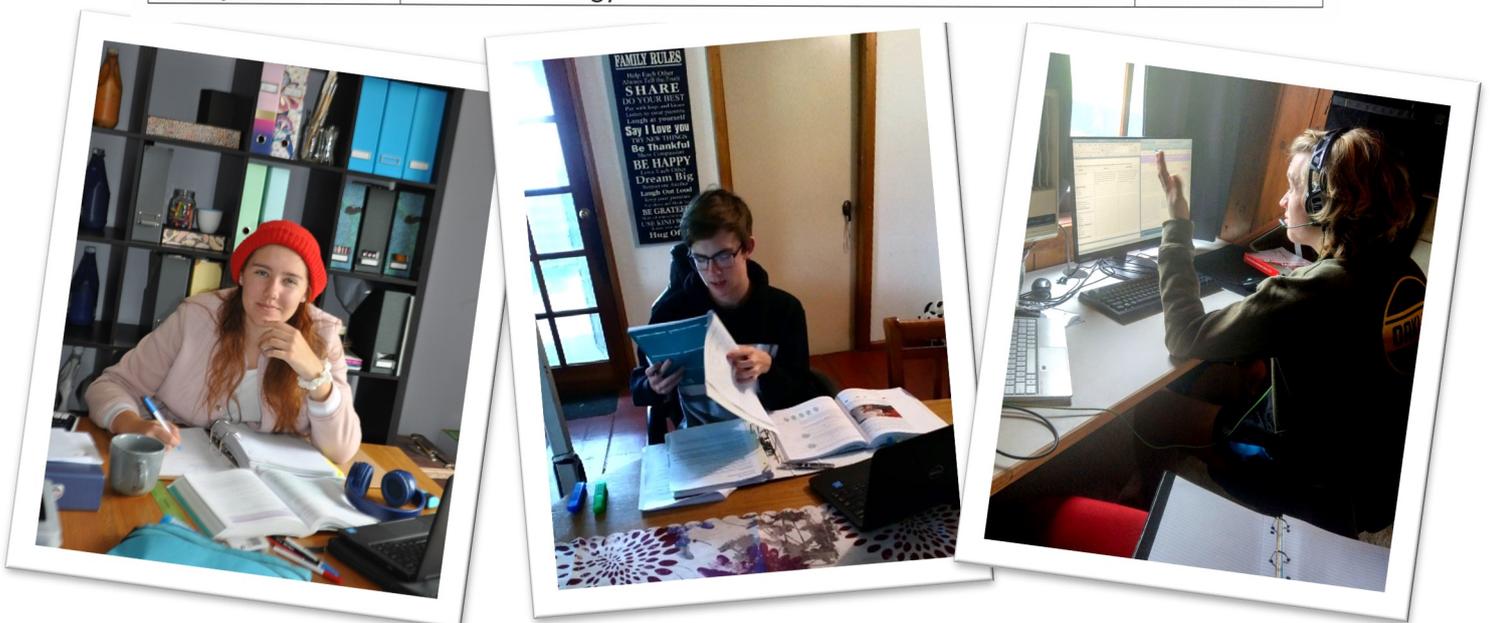
Perhaps the biggest message is that a routine is essential.

Year 7 to 10 students should work on the basis of the Department's recommended structure:

The structural arrangements for Years 7 to 10 are:

Time	Activity/Subject Area	Duration
9:00 - 9:45 a.m.	Literacy/English	45 minutes
9:45 - 10:00 a.m.	Recess	15 minutes
10:00 - 11:30 a.m.	* Additional Curriculum Areas (see below)	90 minutes
11:30 - 12:30 p.m.	Lunch	60 minutes
12:30 - 12:45 p.m.	D.E.A.R. (Drop Everything and Read) i.e. especially novels	15 minutes
12:45 - 1:30 p.m.	Numeracy/Maths	45 minutes
1:30 - 2:00 p.m.	Physical Activities	30 minutes
2:00 - 3:00 p.m.	Complete any unfinished work; contact teachers by email	60 minutes

Day	* Additional Curriculum Areas	Duration
Monday	Science	90 minutes
Tuesday	Humanities	90 minutes
Wednesday	French (Years 7 and 8 only) Future Makers (Year 9 only) Industry & Enterprise (Year 10 only)	90 minutes
Thursday	Art & Technology	90 minutes
Friday	Art & Technology	90 minutes



Clearly Literacy/English and Numeracy/Maths are prioritised along with regular physical activity.

Other subjects are scheduled once per week – I have asked teachers not to overload students by expecting them to complete the same amount of work in these subjects as they would normally do.

It is important to follow the schedule when you can because I expect English teachers to be available online (usually by email) during the Literacy block (9:00 to 9:45 a.m.); Maths teachers to be available online (usually by email) during the Numeracy block (12:45 to 1:30 p.m.); and other subject teachers to be available on the set days and times shown in the schedule.

I expect all teachers to be available to respond to emails etc. between 2:00 and 3:00 p.m. every school day.

Please stress to students that Compass and their student school Gmail should be their first point of contact and source of work.

Students in VCE, VET and VCAL classes operate with a different timetable. They have ‘live’ classes for half a day in each subject on either Tuesday, Wednesday or Thursday.

These classes are either online, school based or a combination of the two. Teachers are in regular contact with students and each week will outline the mode of delivery for that week.

Thank You 1

As a school we have only been able to operate due to the conscientious work of our teaching and non-teaching staff. This work was acknowledged on the “What’s On In Rutherglen” Facebook page by members of the Rutherglen Apex Club. We really appreciate the acknowledgement.



Thank You 2

As a community and society we are dependent upon the front line health workers but also the truck drivers and people running the supermarkets for keeping us supplied with the essentials.

While many of us are working from home or maybe not able to work, we are all dependent on the continuing efforts of these sometimes forgotten essential workers.

Thank You 3

Emergency workers are a critical element of the essential workers group. Yesterday’s tragic incident in Melbourne reminds us that every day emergency workers such as Police carry out vital but risky work.

During this health crisis, spare a thought for those workers carrying out vital but hazardous duties and make sure we give them the respect and support they deserve.



Mental Health

These are unprecedented times. Our normal lives have been ripped apart and everything feels different and uncertain. Millions of people across the country find themselves unemployed and uncertain how they are going to support themselves and their families.

It is vitally important that we consider the issue of Mental Health.

We need to reach out to each other and **Ask R U OK?**



For more information, Google **R U OK** or go to <https://www.ruok.org.au/>
Another great support group is the Black Dog Institute, <https://www.blackdoginstitute.org.au/>

They have set up the “Mental Fitness Challenge” with a six week program full of tips, information and weekly activities.

Remember, the critical issue is *don’t shut yourself away – reach out to people.*

Stay safe and look after each other.

Regards, Phil Rogers

BITE BACK and take control of your life by joining our

Mental Fitness Challenge

Reduce stress. Improve focus. Expand potential.

www.biteback.org.au

The BITE BACK Mental Fitness Challenge helps you take control of your mental fitness. Each week we'll send tips, info and weekly activities to help you on your journey. Track your progress on our website throughout the challenge to see the full impact!

- Week 1 Gratitude
- Week 2 Mindfulness
- Week 3 Social Connections
- Week 4 Strengths
- Week 5 Meaning and Purpose
- Week 6 Mental Fitness Plan

Plus, every entrant has the chance to go into the draw to win a voucher for their favourite brand!

BITE BACK and sign up at: www.biteback.org.au

Facebook: /bitebackau Instagram: @bitebackau

Black Dog Institute Bite Back

Sent: Friday, 17 April 2020 9:48 AM

To: Ms Ware

Subject: TAFE letter — Shaylee Frost

Wodonga TAFE day

Dear Ms Ware,

On Friday the 15th of March I attended a TAFE day in Wodonga. In the morning, we went to school as usual, then once the bell went we waited for Mr Janissen who drove the bus. When we got to the TAFE we went to one of the buildings for an introduction, got our wrist band for what we had first and then we set off to the first activity which was fitness and early childcare. I found it hard to do the fitness bit because I had worn a dress but still managed to join in when I could. Halfway through, we stopped and went to our next activity which was early childcare. We got to play with playdough, and make little wool dolls. We talked about some of the areas we are interested in and even received information on the course for childcare.

The day helped me realise that I want a career in teaching, mainly childcare but maybe also primary school teaching too. At 12.00 it was lunch time so Kehlee, Natasha and I met up with a few of my friends from different schools and had lunch together. I had chips, a mini hamburger, a bit of fried rice with a kebab and a soft drink. Once we finished our lunch we sat down somewhere else and just got to know everyone a bit more. We added each other on social media, and then it was time to go to the afternoon activities: Kehlee and I had Design Technology Media and which was really fun. The teacher we had was the same one as last year and she even remembered me from last year as well! I was also thinking about applying to Wodonga TAFE to do my Certificate 3 in childcare as I think it will give me a good start to achieving my goal.

Over all I had a really good time and think that today benefited me a lot and I would recommend this to next year's Year 11 students .



BELOW IS AN **EXAMPLE** OF AN ONLINE CONVERSATION BETWEEN FRENCH TEACHER, MS FOLINO & HER YEAR 7 CLASS RECENTLY:

Bonjour année 7

Hello year 7

Ça va?

How are you

Moi, ça va bien, merci.

I'm well thank you

Qu'est-ce que tu as fait pendant les vacances?
Tu es resté à la maison? (hahaha)

What did you do during the holidays? Did you stay home? (ha ha ha)

Je suis resté chez moi!

I stayed at home!

Hello Year 7,

Here are the instructions for you today:

Using your Vocabulaires units 1 and 2 or a translator, translate the French above and then answer in French.

Listen to the audio of Vocabulaire unit 2 (attached) spoken by Marine, our French assistant. Repeat after her to practise saying the new vocabulary.

You will need to do this at the beginning of every French lesson this term.

Read and listen to the Tapis Volant 1 Situation (attached) Translate the Situation and complete the Vrai ou Faux? (True or False) in your French exercise book. Try just using your vocabulaire unit 2 for translating, then reverse translator if you get stuck. Don't be afraid to use your zoom (or other toolbox devices) if you cannot clearly see the dialogue in the photos of the situation pages.

Complete the first four pages of your booklet. They are: Qu'est-ce que c'est? Qui est-ce? And LE/LA/L'/LES. Read the instructions first and use your vocabulaire unit 2 to find the answers for all the exercises.

I will put the answers to today's work on Compass next week.

Bonne rentrée et au revoir!

Madame Folino



For my '@Home' Projects I am designing and building an inside wood box, and an outside enclosed dog kennel. - **Jasmine, VCAL PD**

Students beginning new project for **VCAL Literacy - Rutherglen Walking Trail** - research, writing, contacting community identities and eventuating in an app for tourists. More details from the students themselves to follow in subsequent newsletters.



GYGT

WELL DONE to all students who have needed to access the School recently, for your social distancing & hygiene practices. It is wonderful to see our students acting so responsibly in these difficult times. Keep up the good work!

Go You Good Things!!



RHS website – Resources & Information



Rutherglen High School



- ◆ **Compass** Contact General Office for [access](#)
- ◆ **Student DAILY BULLETIN**
- ◆ Student GMail account Contact General Office for [login](#)
- ◆ **Clickview Online** See below for [login instructions](#)
- ◆ **THE AGE online** [World Book link.](#) [Research & Resources.](#) [World newspapers.](#)

The Age newspaper, online:

Login –

webb.lou.k@edumail.vic.gov.au

Password – **rhs2020**

- ◆ **World Book online** Login: **ruther** Password: **library**
- ◆ **eBooks** Username: Your RHS student code Password: Your RHS computer password
- ◆ **RHS Careers** (*also, check out* [FACEBOOK](#) - Search '*Rutherglen High School Careers*')

Clickview Online

1. Go to **Rutherglen High School** website
2. Click on **CLICKVIEW ONLINE** button/link (top right of page)
3. Enter your *Email Address*: **yourRHSstudentCODE@rutherglenhs.vic.edu.au**
(example: and0001@rutherglenhs.vic.edu.au)

IF you are directed to another login page (blue & white),

Login: rhs\your**RHSstudentcode** (example: rhs\and0001)

Password: Your RHS computer password

Access your eBooks, via the RHS website . . .



eBooks

Username: Your RHS student code

Password: Your RHS computer password



Rutherglen High School

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Rutherglen High School

Access our eLibrary anywhere, anytime, on multiple devices.

Start Browsing

or get the [ePlatform app](#)

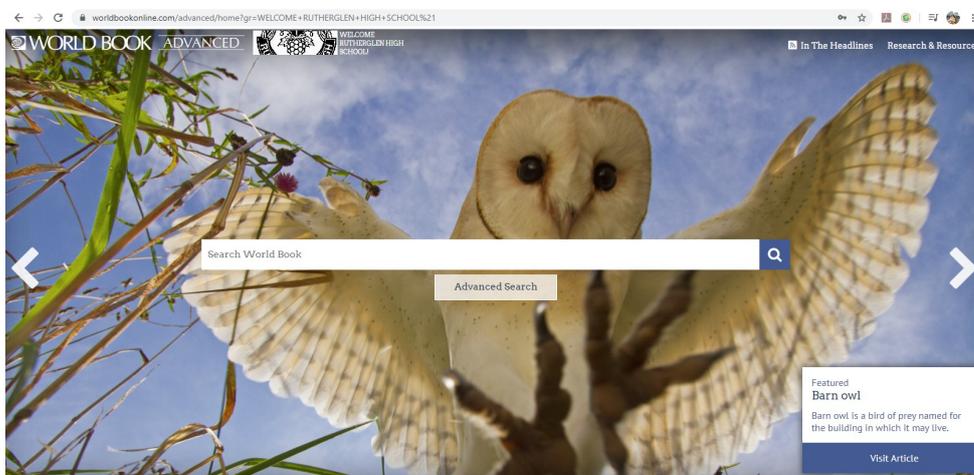


Latest Additions

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PASSWORD: library

www.rutherglenhs.vic.edu.au



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24/7 Mental Health Services

Beyond Blue

Anyone feeling anxious or depressed

 beyondblue.org.au

 1300 22 4636

Kids Helpline

Counselling for young people aged 5 to 25

 kidshelpline.com.au

 1800 55 1800

MensLine Australia

Men with emotional or relationship concerns

 mensline.org.au

 1300 78 99 78

Open Arms

Veterans and families counselling

 openarms.gov.au

 1800 011 046

Lifeline

Anyone having a personal crisis

 lifeline.org.au

 13 11 14

Suicide Call Back Service

Anyone thinking about suicide

 suicidecallbackservice.org.au

 1300 659 467



Is it an emergency?

If you or someone you know is at immediate risk of harm, call **triple zero (000)**