



Rutherglen High School

NEWSLETTER

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Friday 13th December 2019

Principal's Report

Rotary Public Speaking dinner

Congratulations to our Rotary Public Speaking winners this year: Junior, Darcie Gunning of Year 7 who spoke passionately of the need to preserve our environment for future generations; Senior, Riley Welsh of Year 9 who delivered a persuasive speech on lowering the voting age to sixteen. Well done to you both for all the preparation, and eloquent delivery.



Year 9 Presentation Evening

On Wednesday night, the Year 9 cohort celebrated their 2019 achievements in style. Students presented their work for the year and represented themselves and their families beautifully. Congratulations to Brooke Smith, Ryley Shannon and Jordyn Arnold for organising and running the evening. Thank you to all of the Rutherglen High School staff who helped out in some way throughout the year.

Assessment & Reporting

Semester 2 Reports will be available on Compass from Monday 16th December.

BYOD—Laptops

The BYOD Laptop program will continue at all levels in 2020.

If you require a new laptop, we strongly recommend purchasing a Dell 3190 with **4 GB RAM and a minimum 128 GB Solid State Drive** through the school portal:

<https://shop.compnow.com.au/school/rutherglen-hs>

School Shoes

Please note that the uniform policy requires “plain black shoes.” Please do NOT purchase shoes with insignia, stripes or white soles—they are not school uniform shoes.

2020 Our General Office re-opens Tuesday 28th January.

Students commence Term One on Thursday 30th.

Please check our website School Events calendar regularly, where many of our ‘main events’ are published.

I wish all of our school community a safe and enjoyable summer holiday, and look forward to working with you all in 2020.

Regards, Phil Rogers





12th November— The 2020 School captains (Sarah White, Rose Hymus, Jasmine Exton and Jordon Compton) attended the Grip Leadership Conference in Albury. Secondary Schools from around the region attended; the Commercial Club auditorium was almost full. It was an excellent and informative day.

The day began with a session involving all students, later in the day students had the option to choose sessions to attend. All four students enjoyed the informative and enjoyable Loud Noise Boys sessions.

Below are comments from each of the Captains.

Sarah White:

The GRIP leadership day was a very beneficial and successful day. I learned how to set priorities as a leader to meet the needs of my peers, be a role model of anything that you ask of others, build relationships with team members and lead in a positive partnership with teachers. Throughout the day I was able to learn all of these skills whilst enjoying the Loud Noise Boys segment which involves everyone, as a group to work together and have a bit of fun.

Rose Hymus:

I really enjoyed the Grip leadership conference. I felt they had a good balance of fun activities and educational lectures. My favourite part of the day was definitely the 'loud noises' segments. They were funny and got the crowd involved. Overall, it was a worthwhile day.

Jasmine Exton:

The GRIP Leadership Conference was a day where all four of us captains were able to learn and advance in our leadership qualities. The most useful elective for me was the Exciting Events segment, where we were shown different alternative options for creating more enjoyable and interesting activities for our wider school community.

Jordon Compton:

The Grip Leadership day was a great learning experience for school leaders; they encouraged audience participation with "Loud Noise" segments, which consisted of fun interactive games. A highlight for me personally was an optional session on how to make events have a fun twist; it really opened my mind to potential ideas.

Visiting Band

Periods 5 and 6 on Thursday 28/11 were a little different than usual for RHS students as they were treated to a performance by Bairnsdale Secondary College's touring band.

The 35-piece band performed a wide range of interesting and exciting music in styles such as classical, funk, soul and latin. They also included medleys from the movies 'The Greatest Showman', 'Moanna' and 'Greece'. The band were very entertaining and managed to get all of the students and teachers up dancing.



Ashton Brooks conducting the Bairnsdale Secondary College Band

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Year 9 finish off 2019 Science class with a bang...and a fizz...!!



TOPS ARTS ACHIEVEMENT

Congratulations to Jasmine Exton who has been short listed for selection in the 'Top Arts' Exhibition held each year at the National Gallery of Victoria. (See Jasmine's work below.)

Top Arts presents diverse and accomplished works of art from students who have completed Art or Studio Arts as part of the Victorian Certificate of Education (VCE). Hosted at The Ian Potter Centre: NGV Australia, the exhibition showcases young artists' exploration of some of the greatest concerns of contemporary times, and their creative celebration of humanity and the world.

Top Arts also provides an opportunity to view selected developmental materials that give insights into students' ideas and working practices and provide inspiration for audiences of all ages.

In the end, only 30 students will be selected from approximately 6000 Art students throughout metropolitan and regional Victoria. We wish her the best of luck!

Jasmine produced a haunting series of photographs, photographic collages and installations based on her experiences of the devastating Black Saturday bushfires. The following is an

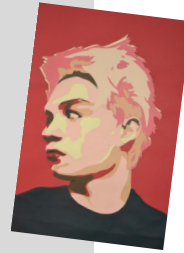
excerpt from her folio.

"The overarching themes of loss and the indelible imprint of memories are explored through the impact of my personal involvement in one of Australia's deadliest bushfires, Black Saturday, 2009. My work explores memories that are ingrained in my consciousness; portraits that are heavily 'burnt' into my memory."



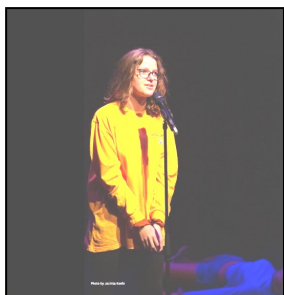
Year 10

Portraiture



Go You Good Things.!!

GYGT



In the second week of the Term 3 school holidays, I went to Melbourne Theatre Company to participate in a course called the Betty Amsden Youth Scholarship Course. I applied in July and I was lucky enough to be selected as one of 25 participants from all over Victoria.

The course consisted of 5 days jam-packed full of different workshops including lighting, voice, body and movement, and learning about the 9 "viewpoints" which make up a stage production.

During the week we were given prompts to create short scenes in groups, and write monologues. We were given situations to improvise with a partner and the day before our showcase performance, we learned where all these ideas were going to fit into our play.

We studied the Greek myth of Cassandra, a woman who was granted the gift of prophecy but cursed so that no one would believe her. We explored this idea in relevance to current events such as the climate change awareness movement, as well as regular day-to-day interactions, for example between two siblings.

I would definitely recommend applying for this course if you are passionate about drama and theatre, and you want to experience a really interesting week and learn more about theatre arts.

- Olive Russell

Ellyse Bridge entered the Insight short story competition earlier this year and was recently shortlisted as one of the top 7 in Year 12!

She writes, "...I've been invited to an awards ceremony in Richmond in mid December, so fingers crossed that I do well."

Thanks again for believing in me and helping me find these competitions!...

Another great effort from one of our talented students.

GYGT

Jasmine Exton has had her Year 12 artwork shortlisted for TOP ARTS at the National Gallery of Victoria.

Shortlisted means that she is one of the top 100 students (chosen from a pool of about 6000) and may be exhibited at the Gallery!

The final stage involves her taking everything she has produced/ written etc this year down to Melbourne for the final cut (down to about 30 students).

Best of luck Jasmine.

Go You Good Things.!!



www.rutherglenhs.vic.edu.au



Use your resources — Keep up-to-date — Stay informed — Access YOUR website regularly!

Student Daily Bulletin—Events Calendar—Student gMail—Library account—eBooks—World Book Online

Clickview Online—RHS Careers FaceBook—RHS Instagram—Contact Us



Balance trust and freedom with your teenager



Working out how to give your teen freedom and trust them with it can be a balancing act. If you rely too much on fear or authority, they are more likely to rebel in order to gain some control. On the other hand, too much freedom can leave them feeling unsupported and like you don't care. How can you give them the freedom they crave with the trust you need to know that they'll be safe?

There are some boundaries that every teenager needs to have. These will help you feel comfortable that your child knows what your expectations are and will give them security and the ability to start self regulating their behaviour.

8 tips for setting boundaries

Your primary job is to keep your child safe and healthy and support them to grow into a responsible and contributing adult. Below are some tips for setting boundaries that can encourage your child to develop independence.

Boundaries should grow with your child

Knowing that your child is probably excited to learn what life is like beyond their family, there are some things that you can do to help them grow within boundaries that don't inhibit them. These boundaries should change and adapt as your child gets older and at a rate that they can handle with maturity.

Outline your expectations

The boundaries you set for your child should be based on reasons that are clearly communicated to them. Make it clear that if they respect these reasons and meet your expectations, you will be happy to extend their boundaries and the freedom they have. You may want to let them know that with freedom comes responsibility and there will be consequences for times when they don't comply with the boundaries you agreed on.

Let them decide their own hobbies

Hobbies create safe areas of independence and self-determination and can help your child to socialise with peers who share their interests. Let them decide how and where they will engage in them. They may have hobbies and interests which involve a level of risk. Learning how to take safe risks is healthy.

Allow them to determine their appearance

This area of their life is essential to finding out who they are. Their taste might test your opinion of good style, but we all have photos of when we were a teenager that make us cringe. This is the time

for individuality to be explored. They will have rules for how they dress for school so you may need to discuss what's appropriate for those times.

Give them some areas in their lives where they are completely in control

Think about the issues you feel confident they are ready to take on. When you do give them control, make it explicit. Commit to accepting their decisions, even if you don't agree with them. This could be from getting to and from school on their own, taking public transport, getting a part time job or even being in control of their bedrooms. That's right, it could be their private and personal space. How they choose to keep it is up to them. They will soon learn that not doing the laundry means no clean clothes.

Curfews should grow with your teenager

Having rules around when your teenager can go out with friends and requiring them to keep you informed shows you care. By adapting and giving them more freedom as they age shows you trust them more. Talk about the reasons for this rule, and decide together what should happen if they know they will be late.

Include your child in big decisions that affect their lives

This includes things like school and the subjects they take, further study, staying out late, and rules for using devices etc. If they help make these decisions they are more likely to honour them and it will give them a sense of control over their lives.

Give them opportunities to develop experience

Reducing restrictions over time gives your child room to demonstrate they can be trusted and make good decisions. Reward them with increased freedom. Knowing your child will be able to look after themselves is a great reward for both of you.

When to let go

Teenagers with too much freedom can be at just as much risk as those who haven't had enough. There is a balance that you need to strike. Here are some ways in which you could do that:

Give them safe outlets for thrill seeking. If they are looking for thrills, support them to take on hobbies or engage in activities like rock-climbing, sports, outdoor activities, or even creative arts.

Let life be the teacher. You can't protect your child from failing, feeling disappointed, hurt or sad. They have to find this out on their own. Life is about taking risks, both negative and positive ones, that's how we learn to make the right decisions for ourselves. Pre-



Last night we had our Year 9 band (Lilly, Tilly, Brialeigh, Olive and Cody), as well as Sophie and Giselle perform their first 'gig' for the **Corowa Public School Grade 6 Graduation**.

They did a fantastic job and were very well received by the Grade 6 kids. We all congratulate them on a fantastic effort.

A big thank you to Mr Scott for setting everything up yesterday. It looked fantastic and our new lighting equipment (bought using the donation from the **Murray Brass Band**) was a big hit!!

Overall, a huge success!! The performers are all keen to do more gigs, so *watch this space!!*



Just a reminder...

According to the Department's duty of care obligations to students, schools are required to ensure all students feel safe and supported at school. This includes supporting and responding to the health care needs of all students.

The school requires up to date medical information about students. This information helps to determine how best to care for students in the event of an incident that requires management specific to the condition and or the student's specific health needs. The information is also helpful in planning staff education to meet the specific student health needs not covered under the basic first aid training.

Specific Medical information should be updated every year preferably at the beginning or if there has been a change in medications or management. Students with medical conditions such as asthma, diabetes, epilepsy and allergies/anaphylaxis require a medical advice form/ action plan attended in consultation with a medical practitioner.

If you have any queries please do not hesitate to contact the school .

With good health management, you can lead a normal, active life.

Year 8 STREET ART faces



Merry Christmas



SCHOOL TRAVEL ENTITLEMENT

If your child is starting school, going into year 3 or year 7 or your details have changed – please login to:
<https://apps/transport.nsw.gov.au/ssts/>
And either start a new application or update relevant details.

You will receive a confirmation email with the outcome of your application.

PLEASE DO THIS PRIOR TO THE END OF TERM 4 to ensure your school has time to endorse your application.

Note: this is for NSW residents and eligible students only.

If you need assistance with the online application, please call Cann's on 6033-2249 and we will assist you.

Corowa Depot

30-32 Poseidon Rd, Corowa NSW 2646
T: 02 6033 2249 M: 0458 275 657
admin@cannsbustlines.com.au

Albury Depot

600 Aitkin St, Albury NSW 2640



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UNIFORM

REMINDER



SHOES

NO BALLET FLATS ALLOWED.

SHOE MUST BE ALL BLACK—NO INSIGNIAS OR WHITE SOLES.

HATS

BUCKET OR BROAD BRIMMED ONLY. PLAIN COLOUR- NO PATTERNS

Target Wodonga have dark green broad brimmed and bucket hats for \$10

NO PEAK CAPS



Talk to staff at the school if you have any concerns about your child's wellbeing. There are also many online resources families can access 24 hours a day.

eSmart
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esafety.gov.au



YOUNG & eSAFE



woah.org.au/



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1800 55 1800



parentline.vic.gov.au 13 22 89 (cost of local call) 8am to midnight, 7 days

parentline.org.au 1300 1300 52 (cost of local call) 24 hours a day, 7 days