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Rutherglen High School

NEWSLETTER

Friday 15th November 2019

Principal's Report



Remembrance Day

School Captain Rose Hymus and Vice Captains Jordon Compton and Jasmine Exton delivered most eloquent speeches at the Rutherglen Remembrance Day commemoration.

The central theme was that we really do live in a lucky country and their generation and even their parents and grandparents lived in times of peace and freedom. However, we can never forget that this freedom and peace was bought with the sacrifices of earlier generations. Lest we forget.



Year 10 Work Experience

A common complaint is that schools do not prepare students for the 'real world.' We certainly take this very seriously. Our Year 10 students recently completed Mock Job Interviews and are currently on a second round of Work Experience this week. Many of our students gain part-time employment or offers of school-based apprenticeships or traineeships through this experience and all students gain valuable first hand knowledge of the world of work. **We greatly appreciate the local employers who make these opportunities available.**

Cross Country Colour Run

Our annual Cross Country Colour Run was held at Wahgunyah last Friday. Participation and enjoyment was high, and the new venue worked very well.

Suns took out the overall House Competition from Storm and Power.

Age Group champions are:

13 years	Charlotte Allison	Tyler Baxter
14 years	Sophie Jain	Lachlan Lewis
15 years	Tahlia Weir-Smith	Joe Brookes
16 years	Giselle Branella	Cody Hawking
17 years	Amy Arnold	Danyon Baldwin



Year 11—November calendar

Exams commence Thursday 14th. *Head Start* program operates from 19th to 26th. Year 12 Orientation & Study Camp is held 27th to 29th November.

Grade 6

A reminder that your next Transition Days are Tuesday 10th and Wednesday 11th of December. We look forward to seeing you all then.

Regards, Phil Rogers



Entertaining

ABC... of entertaining:

Appetisers to kick off the meal,
Brunch for a morning lunch,
Carrot and hummus to begin the appetite,
A Danish dish for a little difference,

Eggplant parmigiana for a vegetarian way,
French, Finish and Fijian meals for a little bit of fun,
Guacamole to go with nachos,
Holidays where I eat a variety of foods,

Icy poles and ice cream at the sweltering BBQ,
Jam on toast for a simple breakfast,
Kiwi fruit on the fruit platter being passed around,
Lentils for dahl for a family meal,

Mouse! Chocolate and minty,
Nachos to go with our Mexican theme,
Oysters for under sea,
Polenta chips for our vegan meal,

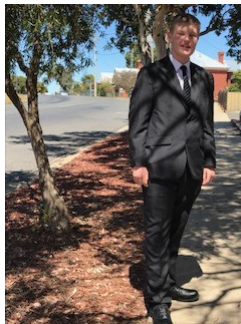
Quiches, nan please don't put sultanas in it,
A roast for the family, pork, lamb, chicken,
A bag of salt and vinegar chips to be passed around the family,
Tortillas stuffed with tomato, sour cream and beans for a messy meal,

Udon noodles to go with the miso,
Expensive vanilla beans, is there cake to make,
Wasabi on sushi, too hot,

Cooked yams with salt and pepper and a little bit of maple syrup,
Zucchini pasta for healthier meal,

Riley Welsh, Year 9

Mock Job Interviews 2019



As part of a subject Industry and Enterprise students were required to complete Mock Interviews. This is an annual event and provides students with the opportunity to be interviewed by employers from Rutherglen and Corowa.

The process involves students selecting a career area of interest and writing a resume and cover letter for this job area. Students then research and role play various interview skill techniques and then complete an interview with an actual employer.

This year students identified career areas including building, livestock agent, photography, childcare, engineering and hospitality. It was a great process with all candidates receiving lengthy feedback on their current strengths as well as how they could improve their interview technique.

The successful candidates for the positions included:

Hospitality – Travis Clapton Stock Agent – Brooklyn O'Toole

Building – Will Shannon Photography – Bayley Whyte

Kindergarten – Chelsea Weller Beauty – Briana Davies

Engineering – Thomas Kilpatrick



We would like to thank the following people and organisations for supporting the program:

Sue Davis Photography, Rutherglen Kindergarten, Paul and Scollard
Smith All Timber, Kate Akrap (Savoy Truffle Co), Mouse Engineering & the Silken Dragonfly.

Rutherglen Agricultural Show



Thank you once again to our BBQ Volunteers.

Congratulations to all student exhibitors. A full list will be published in our 'Warriwillah'



Careers

You're invited INDIGO COMMUNITY WORKSHOP



IMPROVING CHILDREN'S HEALTH: Healthy Eating & Active Living

Do you want to be involved in helping improve the health of children, young people families and the community?

All community members are invited to attend a workshop and be involved in an exciting new way that is looking to community to find ways to improve the health of children in Indigo.

What do we know about children in Indigo?

In 2019, health & wellbeing information was collected from primary school students in years 2, 4 and 6

<p>Some facts:</p> <ul style="list-style-type: none"> 39.9% Girls & 28.2% Boys are overweight or obese 20.6% Girls & 29.6% boys meet physical activity guidelines every day during the previous week 	<ul style="list-style-type: none"> 11.2% Girls & 15.7% Boys meet vegetable consumption guidelines 81.9% Girls & 68.5% Boys meet fruit consumption guidelines
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WORKSHOP DETAILS

Date: THURSDAY 21 NOVEMBER
Venue: Chiltern Memorial Hall
86 Conness St CHILTERN
Time: 5:00pm – 8:00pm
RSVP: Monday 18 November
<https://www.trybooking.com/BFQTM>

DINNER PROVIDED - please RSVP for catering

For more information contact Gabriella Tange at Beechworth Health Service on 03 5728 0200 or 0408730177



RUTHERGLEN BOWLING CLUB

PRESENTS

Social Night Bowls

Every Thursday evening during daylight saving

Starting time 7pm

Following 6.30pm BBQ. Bar Available.

All abilities welcome. Learn a new activity

Casual dress and flat soled shoes or barefoot

Lawn Bowls provided

Names in by 6pm

Leave Name on the board list outside the clubhouse

OR

Ph: 6032 9252 & leave name

Further information from Match Committee Chair: Glenice Campbell 0408 420 508

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



Year 10 Urban Studies 2019



On the 6th November 10 students from Year 10 Geography visited Melbourne to examine living conditions as part of an Urban Studies fieldwork assignment.

The students created 10 criteria before the fieldwork visit on what makes an area a 'liveable suburb'. This included aspects such as access to education, access to transport, parks/ gardens, affordability and road and noise conditions.

The day involved firstly a visit to Craigieburn where the focus was on new housing developments. The students found the housing estate living interesting although different to what most of them are used to. Next the students visited Deer Park to look at housing built between the 1950's and 1970's.

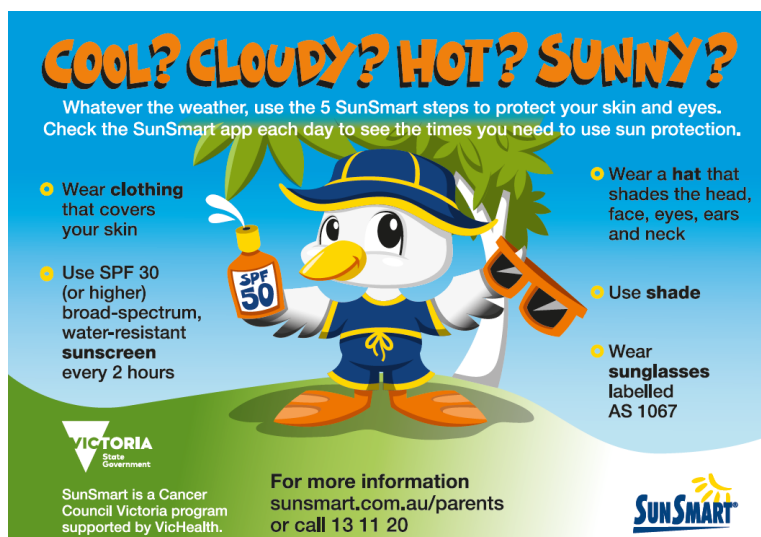
Again the students found the suburb to be different to what they were used to for a range of reasons.

Thirdly, students visited the suburb of Toorak. The students were amazed at the size of the housing and the general appearance of the place. The number of prestige cars was also noticed by many of the students. Finally, the day ended with a visit to Carlton to look at terrace-style housing and an inner city suburb. The students found the number of parks and gardens nice, as well as the many options of food available to them appealing.

Overall the day was very good and the Year 10 Geography class would like to thank Mr Jakober for driving the bus in heavy traffic as well as Emma English for doing a great job navigating around Melbourne.



HUMANITIES - Geography



Take a balanced approach to sun exposure!

A balanced approach is required to ensure some sun exposure for vitamin D while minimising the risk of skin cancer. UV radiation from the sun is the best natural source of vitamin D, but too much sun exposure can increase your risk of skin cancer.

What is vitamin D and why is it important?

Vitamin D forms in the skin when it is exposed to UVB radiation from the sun. We need vitamin D to maintain good health, in particular to keep bones and muscles strong and healthy.

The body can only absorb a limited amount of vitamin D at a time. Spending extra time in the sun won't increase vitamin D levels, but will increase your risk of skin cancer.

Small amounts of vitamin D can be sourced from foods like eggs, liver and fatty fish (mackerel, herring and salmon). There are small amounts added to margarine and low fat milk. This is not enough though to meet the body's needs.

If you are concerned about your vitamin D levels or any changes in skin see your GP.

Use the [free SunSmart app](#) to help remind you when you do and don't need sun protection each day.

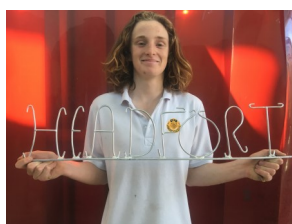
When the UV index is above 3 practice sunsmart measures:

- Slip** - on sun-protective clothing (make sure it covers as much skin as possible).
 - Slop** - on SPF (sun protection factor) 30 or higher broad-spectrum, water-resistant sunscreen. Apply 20 minutes before going outdoors and reapply every two hours.
 - Slap** - on a broad-brimmed hat that protects your face, head, neck and ears.
 - Seek** - shade.
 - Slide** - on wrap-around sunglasses (make sure they meet Australian Standard AS/NZS 1067).
- For further information go to Better Health Channel and Sunsmart websites or download the Sunsmart app.

ART - YEAR 10, PORTRAITS



METAL CRAFT



FOOD TECH - YEAR 9, CAKES



TEXTILES



FOOD



SPORT



2020 BOOKLISTS

Please order at OfficeMaxSchools.com.au

2020 Requirements List for Year 7
Your Access Key: 5TV6Y

2020 Requirements List for Year 8
Your Access Key: 5TV6Y

2020 Requirements List for Year 9
Your Access Key: 5TV6Y

2020 Requirements List for Year 10
Your Access Key: 5TV6Y

2020 Requirements List for Year 11
Your Access Key: 5TV6Y

2020 Requirements List for Year 12
Your Access Key: 5TV6Y



Material is off to the magazine creators! We expect delivery by the end of Term 4.

Please contact the General Office to have a charge of \$20 per copy put on your account.



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
Smart. Safe. Responsible.



Will your online posts pass the Nanna test?

esafety.gov.au



YOUNG & eSAFE



woah.org.au/



kidshelpline
Anytime Any Reason
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