



Rutherglen High School

NEWSLETTER

40 Sheridan's Bridge Road
Rutherglen . Victoria . 3685
www.rutherglenhs.vic.edu.au
Ph: 02 60 32 9 483
rutherglen.hs@edumail.vic.gov.au
Fax: 02 60 329 185

Friday 18th October 2019

Principal's Report



Rutherglen High School Captains

Well done to nominees Sarah White, David Coulthard, Rose Hymus, Eden Creamer, Jordan Compton, Jasmine Exton, Amy Arnold, Emma Ronnfeldt and Douglas George who delivered their speeches at Monday's General Assembly.

They spoke eloquently of why they thought they would make excellent student and school leaders. In particular they spoke of school values including respect and responsibility and interpersonal skills of communication and approachability.

We congratulate **2020 School Captains Rose Hymus and Sarah White**, and **2020 Vice Captains Jordon Compton and Jasmine Exton**, who will officially commence their duties next week.

Thank you to outgoing Captains Shannon Leahy, James White, Crystal Hocking and Shaylee Parker who did such a wonderful job this year representing their peers and their school.



Year 12 Celebration Day & Graduation Evening

The final Year 12 classes will be held on Tuesday 22nd October.

Wednesday 23rd will be their Celebration Day including laying of their graduation pavers. (See below)

Thursday 24th will be their Graduation Dinner.

Year 12 exams start with English on the 30th October.

Good luck to our Year 12s over the next 3 weeks.

Rutherglen Show—RHS BBQ

Thank you to those who have volunteered to be on our fundraising BBQ at this Sunday's Rutherglen Agricultural Show. Students have been busy finalising their various exhibits, and we look forward to competition results.

OCTOBER

Sunday 20th—Rutherglen Show.
Wednesday 23rd – Year 12 Celebration Day.
Tuesday 22nd – Year 10 Mock job interviews.
Thursday 24th – Year 12 Graduation Evening.
Wednesday 30th – VCE Exams commence.
Thursday 31st—GRADE 6 Transition Day

NOVEMBER

Monday 4th—Curriculum Planning; pupil free.
Tuesday 5th—Melbourne Cup holiday.

More at

rutherglenhs.vic.edu.au/
SCHOOL EVENTS

A reminder that Monday 4th of November is our Curriculum Planning day, and will be pupil free.

Regards, Phil Rogers

Dear parents and guardians of Year 12 students,

On Wednesday 23rd of October at **8am**, we will be laying our named pavers to commemorate our completion of high school. We invite you to come along and support us.

This will be held at Rutherglen High School, in front of the VCE study centre. There will also be a breakfast of egg & bacon rolls, provided by Lynn in **The Caf at 8:30am**. If you would like to partake in an egg & bacon roll with the Year 12s, please contact the General Office, for catering purposes.

We hope to see you there to help us **CELEBRATE** our last official day of our secondary education!

Regards, Year 12 class of 2019



Literacy



Entries in the Red Room Poetry Competition: Year 8 students

Killing Earth

The sea tenses, the first layer of oil covering it.

Trees as old as time fall to the power of the red flower,

The wind mindlessly transports the destruction,

Time wilts and dies because of the actions of the people,

The barren land decomposes.

We killed their habitats.

Lachlan Robinson, Bronson Logie and Damien Williams

Homeless

Sad, depressed

Scared, tired, terrified

Cold, disappointed, upset, ravenous,

Adrift

Mackenzie Nash-Webster

Great mammal roaming

The road is where you lie

Help us to help you

Our Earth needs our help

Global warming on the rise

Is our constant doom.

We are killing ourselves

And all the things around us

We will also perish.

Indhi Kotzur

Ode to Polluted Oceans

We're drowning the ocean in

Trash, oils and unnatural chemicals.

What used to be a healthy place for marine animals,

Is now a place to die.

Morgan Carter, Jasmine Damm and Georgia Saward



This year **Rutherglen High School** once again competed at the **Royal Melbourne Show**. And while it was always going to be hard to top the results from last year, winning the Grand Champion Carcase, the team worked very hard, and achieved some very good results.

In the Paraders Competition, 9 of the 16 students received ribbons in their age group. This was a good achievement and reflected the time and effort the students put into the competition. The ribbon winners included:

Bree McNamara – 6th place in her age group
 Kayla Horne – 6th place in her age group
 Sidney Kirk – 4th place in her age group
 Emma English – 6th place in her age group
 Maddy Hocking – 3rd place in her age group
 Sarah White – 6th place in her age group
 Jess Oats – 5th place in her age group
 James White – 6th place in his age group
 Jemma Holmes – 5th place in her age group

In the Live Weight competition, two of the cattle received ribbons according to the judge. This included:

Shorthorn steer breed by Spencer Shorthorns – led by Emma English 5th place.
 Angus steer breed by White Family – led by James White 6th place.

In the Carcase Competition we had some creditable results. These included:

Limousin cross Angus heifer bred by Le Martres Limousin Stud – 13th out of 77 animals
 Shorthorn steer breed by White family – 29th out of 98 animals

Overall the team did a great job. Special thanks to Jess Oats, Mackenzie Rolls and Crystal Hocking who were excellent in organising the team during the event. - **Farm to Table**



During the holidays I completed my 4th **MOD Star** day for 2019, as well as attending the Spring Festival for another two days at Jason Coleman's **Ministry of Dance**.



I was able to participate in a variety of classes such as commercial, Broadway jazz, heels, tap, urban, lyrical, contemporary, with a couple styles being my first time learning them. It was a challenging experience that allowed me to learn new skills. One of my highlights was being able to take a Broadway jazz class with Bronson Pfeiler who challenged us to dance outside our comfort zone.

Whilst in Melbourne I received photos from a previous photo shoot I had completed in the July holidays with Diva Dance Photography. I entered a competition outlining why I love to dance and what I'd like to do with dance in the future. I won a voucher to have make-up and hair done, as well as six images. It was a challenging and amazing experience, as I was able to have a taste of modelling for the first time in a professional environment. - Amy Arnold



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



www.rutherglenhs.vic.edu.au



Grass Pollen Season

Grass pollen is high during October to the end of December. People with Asthma and Hayfever may notice an increase in symptoms.

Asthma is an inflammatory disease of the airways in the lungs. These airways are very sensitive and swell up in response to certain triggers. The triggers can be different for each person. The muscles in the airways tighten and the airway lining becomes swollen and inflamed, producing sticky mucous. These changes cause the airways to become narrow, making it difficult to breathe causing asthma symptoms, such as coughing, wheezing, chest tightness and shortness of breath. Good asthma care involves treating conditions that can affect asthma, such as hay fever.

Grass pollen season brings a seasonal increase in asthma and hay fever. It also brings the chance of thunderstorm asthma. If grass pollen is a problem for you then thunderstorms in spring and summer may also affect you.

Thunderstorm asthma can be triggered by a unique combination of high grass pollen levels and a certain type of thunderstorm. Grass pollen grains get swept up in the wind and carried for long distances. Some pollens can burst open and release tiny particles. These particles are small and can be breathed deep into the lungs, rapidly triggering asthma symptoms. Thunderstorm asthma can affect those with asthma or hay fever – especially people who experience wheezing or coughing with their hay fever. It is important for people with asthma or hay fever to know about thunderstorm asthma as well what they can do to help protect themselves during grass pollen season.

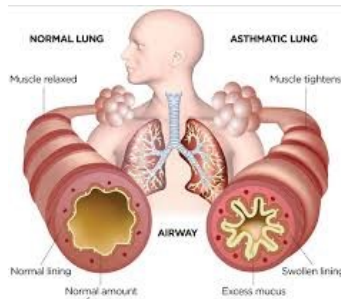
People at risk of asthma flare-ups triggered by a thunderstorm include those with seasonal hay fever, current asthma, a history of asthma or undiagnosed asthma. The risk of thunderstorm asthma is highest in adults who are sensitive to grass pollen and have seasonal hay fever (with or without known asthma). The most affected are those who have poorly controlled asthma.

To reduce the risk of thunderstorm asthma where it is a known trigger, the recommendation is to aim for optimum asthma management. Keep in touch with the medical practitioner and keep up to date with asthma information. If using a reliever regularly, a preventer may be required as part of the management plan. This can be determined by discussing with your GP or medical specialist. Controlling hayfever, checking pollen levels and avoiding exposure to pollen on these days where possible will assist. To avoid exposure, stay inside with the windows and doors closed until after the storm has passed, and if you have your air conditioner on, turn it to recirculate. Carry reliever medication/inhalers with you. Check the epidemic thunderstorm asthma forecast during the grass pollen season at [VicEmergency app](#) and create a watch zone. You will receive alerts and warnings. For up-to-date pollen levels in each state, visit the relevant site: VIC, QLD, ACT and NSW AusPollen website or app.

Everyone in the community should also know the signs and symptoms of asthma, and know the four steps of asthma first aid so they know what to do if someone is having an asthma attack.

If you would like any further information you can contact me : - Leanne (School Nurse) at the School via the office or on mobile 0429038317.

For further reading: Better Health Channel and Asthma Australia.



ASTHMA FIRST AID

- 1 **SIT THE PERSON UPRIGHT**
 - Be calm and reassuring
 - Do not leave them alone
- 2 **GIVE 4 SEPARATE PUFFS OF BLUE/GREY RELIEVER PUFFER**
 - Shake puffer
 - Put 1 puff into spacer
 - Take 4 breaths from spacer
 - Repeat until 4 puffs have been taken
 - Remember: Shake, 1 puff, 4 breaths
 - OR give 2 separate doses of a Bricanyl Inhaler (page 6 & over) or a Symbicort Inhaler (over 12)
- 3 **WAIT 4 MINUTES**
 - If there is no improvement, give 4 more separate puffs of blue/grey reliever as above
 - OR give 3 more doses of Bricanyl or Symbicort Inhaler

IF THERE IS STILL NO IMPROVEMENT

- 4 **DIAL TRIPLE ZERO (000)**
 - Say 'ambulance' and that someone is having an asthma attack
 - Keep giving 4 separate puffs every 4 minutes until emergency assistance arrives
 - OR give 3 doses of a Bricanyl or Symbicort every 4 minutes - up to 3 more doses of Symbicort

Translating and Interpreting Service
131 450

ASTHMA AUSTRALIA

Contact Asthma Australia
1800 ASTHMA
(1800 278 462)
asthma.org.au

CALL EMERGENCY ASSISTANCE IMMEDIATELY AND DIAL TRIPLE ZERO (000) IF:

- the person is not breathing
 - the person's asthma suddenly becomes worse or is not improving
 - the person is having an asthma attack and a reliever is not available
 - you are not sure if it's asthma
 - the person is known to have Anaphylaxis - follow their Anaphylaxis Action Plan, then give Asthma First Aid
- Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma.

©Asthma Australia 2019

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.



REACH OUT.COM

Will your online posts pass the Nanna test?

esafety.gov.au

headspace

YOUNG & eSAFE

WHAT'S KAT HOME?
woah.org.au/

Beyond Blue

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



Exams are stressful!

A balance of study, exercise, rest, relaxation and sleep will give students the best chance of doing well in their exams.

Nourish your child's body to help them cope. Protein can help with learning, memory and mood, and retaining information for the long term – just what your child needs. Protein foods include lean meats, nuts, seeds, eggs, dairy (yoghurts and cheese).

The brain also needs energy and nutrients to repair and maintain brain cells. Glucose is the brain's main energy source, and it comes from carbohydrates.

Avoid Simple carbohydrates (sugary foods and drinks)- they give a quick hit of energy however is quickly followed by a sluggish feeling. This can effect memory and lower concentration levels.

Go for complex carbohydrates (fruits, vegetables, pasta, breads, wholegrains)- energy is absorbed into the bloodstream slowly. Energy is released and available over a longer period allowing for better concentration for longer.

Caffeine causes the body to release adrenaline. The heart beats faster and there may be a sense of energy or alertness. Once the adrenaline wears off fatigue sets in. A habit of having another caffeine drink may develop. Caffeine can cause irritability and sleeping problems. One caffeine drink a day is plenty (none is better). If students do have caffeinated drinks it should be early in the morning. The best drink for the brain is water and aim for approximately 2 litres a day.

Exercise is good for general health and fitness, but it gives the brain a boost too. Exercise can be energising and refreshing. Encourage your child to exercise regularly, even if they have lots of study to do. A 15-minute walk can be enough to revitalise the mind.

Studying is essential, but sitting at a desk looking at books or a computer for a long time is not good for your child's health. They will function better if they take regular breaks from study. If your child is worried about missing out on study time, they could try to combine exercise with learning.

Putting headphones on and listening to study notes that they have recorded or downloaded is one way. Or they could just listen to their favourite music – research shows music improves concentration and learning.

Rest and relaxation is important for physical and mental health it relaxes the brain and aids concentration. If your child feels like they don't have enough hours in their day, it's easy for them to stay up late studying and cut back on sleep. But, they will have a better chance of doing well in their exams if they get enough sleep. Sleep improves concentration levels and brain power for the next day. It is better for students to be rested and clear-headed than exhausted and foggy. Children need 8-10 hours of sleep each night. Encourage naps on the weekend. As well encourage a bedtime routine and turn off screens an hour before bed.

Study schedules and timetables can be useful make sure to include breaks. Many people find the 45/15 rule works well – study for 45 minutes and break for 15 minutes. Some may choose shorter study blocks, if that works best for them. Encourage students to plan their study. Allocate time for each topic. Also remove distractions so they have the best chance of staying on track and being efficient.

And don't forget to remind your child there is life after exams!

For further reading or tips on relaxation and managing study stress go to [betterhealth](#) channel, [ReachOut](#), [Headspace](#).

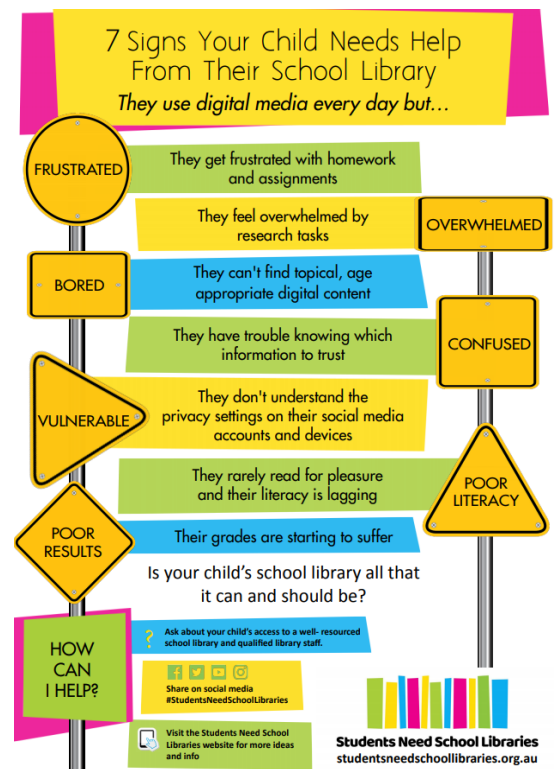
Leanne Mansell - [School Nurse](#)



A reminder that **BREAKFAST** is available in the Food Tech area every **Tuesday & Friday**, before school .

ALL WELCOME & ENCOURAGED

Pop in and share a **HEALTHY START TO YOUR DAY!**



Newsletter

SRC

EARN & LEARN REWARDS

Thank you to all our families, and the wider community for collecting so many stickers last term as part of the Earn & Learn Campaign. Our chosen items have arrived and we are very excited to receive a huge number of new items including sporting equipment for students to use at lunchtime and recess, seeds for the farm, a range of textiles equipment and some art and craft equipment for the students to use on the restaurant deck at lunchtime and recess. Also, a big thank you to the VCAL boys for helping to pump up the sporting equipment.

Over terms one, two and three the SRC have been selling icy poles and hot chocolate on a Thursday and will continue to do so in term four. The money that we have raised will be going to Albury Wodonga Food Share to support them in the fundraiser (see below) they are currently running.

Buy a Brick Fundraiser

FoodShare's warehouse space has been provided by Wodonga TAFE for the past six years but it's now needed due to an increase in demand for trade courses. We need to find a new home!

The FoodShare, Buy a Brick fundraiser will help us raise funds for a warehouse. Everyone that buys a brick in the lead up to the opening of the new warehouse will have their name included on a plaque in the new building.

Bricks are \$100 each and all donations are tax deductible

We are aiming to rise \$200 so we can have two bricks with the schools name on them, but we can NOT do this without your support. Food Share provides the school with all of the Breakfast club food, this runs on Tuesdays and Fridays. It also provides bowls of fruit and muesli bars to students to access thought out the day in different rooms around the school at no charge.

If you yourself would like to help this get cause please head to their website:

www.foodshare.org.au



Sustainably Powered Indigo North & Indigo Shire Council present a

FREE COMMUNITY MOVIE EVENT

"A compelling vision... let yourself be inspired"

CHRISTIANNA FIGUEROA, LEAD NEGOTIATOR, PARIS CLIMATE AGREEMENT



Join the REGENERATION

Award-winning director Damon Gameau (That Sugar Film) embarks on a journey to explore what the future could look like by the year 2040 if we simply embraced the best solutions already available to us to improve our planet and shifted them rapidly into the mainstream.



FREE

Saturday 19 October 2019

Entry from 6.30pm, Movie from 7pm
Rutherglen Memorial Hall, Rutherglen

Bookings essential via <http://2040screening.eventbrite.com>

Contact Helen Jones for more information on helen.jones@indigoshire.vic.gov.au



Toss it? No way!



Saturday 26th October – 9:30am-11:30am

The new Mens Shed off High Street behind the Kinder

Join us every 4th Saturday for a cuppa & a chat & repair broken things together, subject to volunteer availability. If we can't repair it on the day we will seek someone with the skills!
CLOTHES • FURNITURE • TOYS • BICYCLES • SKILL-SWAPPING
*Please note that electrical items are not able to be repaired.

Jeanette McIntosh : 0409 328 053 : mcintosh@netspace.net.au

2020 Anglican Parish of Rutherglen Chiltern Debutante Ball

Names are being taken for the 2020 Debutante Balls

Please contact

Carol Fursdon on
0429 607 082

Information Night will be on Sunday 9th February at St. Stephen's Church Hall, High Street, Rutherglen at 5.00pm.

THE VICTORIAN STATE SCHOOLS

SPECTACULAR

BE PART OF SOMETHING SPECTACULAR AND LEARN FROM SOME OF THE BEST IN THE INDUSTRY!



Are you interested in the performing arts, working in creative industries, or simply love to dance, sing or play an instrument?

We are seeking talented Victorian government school students to join the cast and crew of one of Australia's biggest professionally staged arena shows – the 2020 Victorian State Schools Spectacular.

Students perform on stage or gain hands-on experience behind the scenes in technical roles like audio, lighting, film, photography or stage management under the guidance of industry professionals.

Are you in a rock band or hip-hop dance group? Are you a puppeteer, roller skater, acrobat, cheerleader, beat boxer, BMX or scooter trickster?

Participation is free!

The Spectacular will be staged at Melbourne Arena on Saturday 12 September 2020 and broadcast on TV.

To register for an audition, visit WWW.EVENT.COM/D/JYQHMY

For more information, visit www.education.vic.gov.au/spectacular or contact the Department's Performing Arts Unit on (03) 9415 1700.

Facebook: [facebook.com/performingartsunit](https://www.facebook.com/performingartsunit) | [vicschoolsspec](https://www.facebook.com/vicschoolsspec)



BRIGHT RED FOOTBALL IN THE COMMUNITY

MUFC 2019 BRIGHT RED SAP PROGRAM

Monday and Wednesday's from October 14th 2019

The Murray United Bright Red SAP Program for 7 to 12 year old boys and girls is designed to prepare players for NPL junior competition.

Held two nights per week for 9 weeks (18 sessions) during each school term, the program is for players wanting to further develop technique and skills. Selected players will also have the opportunity to play in tournaments (at extra cost) in the second half of 2019.

Training sessions are based on the Skill Acquisition phase of FFA Curriculum and are carefully structured to achieve the correct balance between the technical, tactical, physical and educational components according to age and stage of development.

The program is delivered by MUFC Senior player and accredited coach Tom Youngs, assisted by experienced MUFC coaching staff. Players registered in the program are required to adhere to acceptable behavioural standards.

Places are limited with coaching ratios of 1 coach to 12 players. Players can opt in and out each term and are allocated to groups in the first week of each term based on current ability level (not age) so all players reap full benefit from the program. Players may move between groups at the discretion of our head coach.

PROGRAM DETAILS:

Venue: LaTrobe Fields, Wodonga

Duration: 9 weeks

Term 1: Mon 14 Oct to Wed 11 Dec

Sessions: 2 x 1 hr session per week
Monday and Wednesday nights
4:30pm - 5:30pm (1st Group) fbc
5:30pm - 6:30pm (2nd Group) fbc

Cost: \$200 per term
(payment is upfront for the term)

Extra: Compulsory Training Uniform
additional cost

BOOKINGS: <https://form.jotform.co/92720443659866>

ENQUIRIES: Deanne Sweetland - 0468 772 848 or info@murrayunitedfc.com.au

Learn new skills, techniques and develop as a player with MUFC Bright Red SAP Program!



STOP 10: NORTH EAST SKATE PARK SERIES 2019

SUPERVISION
FOOD AND DRINK AVAILABLE
MUSIC
FUN

ALL ABOARD
SKATEBOARDING SESSIONS

LEARN TO SKATEBOARD
FREE

COROWA SKATE PARK
SATURDAY 26 OCTOBER 2019
LEARN TO SKATEBOARD: 12PM – 1.30PM
SKATEBOARD, SCOOT & BMX
COMPETITION: 1.30PM – 4PM
SKATE PARK EVENT FOR ALL AGES AND SKILL LEVELS.
COMPETITION HEATS ARE UNDER 12, UNDER 16 AND OPEN, IN BOTH MALE AND FEMALE DIVISIONS.

ADDRESS: JOHN ST, COROWA

REGISTER AT OWNLIFE.COM.AU | EVENTS > [SELECT LOCATION] OR ON THE DAY: ADULT SIGNATURE REQUIRED FOR MINORS.
FOR WEATHER UPDATES SEE OWNLIFE'S SOCIAL MEDIA.
SKATEBOARDS AND SAFETY GEAR AVAILABLE IF NEEDED.
ALL SESSIONS ARE ALCOHOL-FREE AND DRUG-FREE.

FEDERATION COUNCIL

OWNLIFE

@ownlifebeint
/ownlifebeint
ownlife.com.au

Wahgunyah Rowing Club Open day

come down for a free BBQ and see what Wahgunyah rowing club has to offer.

Sunday 20th of October 10am

Boat christening ceremony 11:30am

Hope to see you all there!