Principal’s Report

School Athletics Carnival

On Thursday 30th May we were very lucky that we could run our scheduled Athletics Carnival at the Albury Athletics Track on a day of mostly sunshine. It was quite chilly at times but the rain held off and the students really got involved in the day.

As always, special thanks go to Claire Megarrity and her team of helpers who organise and set up the day. Our House Captains also do a terrific job of ensuring that the houses are represented in virtually every event. At the end of the carnival, Power took out the overall result with Storm second and Sun third. Age Group Champions will be announced at a School assembly next week.

A reminder that Monday 10th of June is a public holiday, for the Queen’s birthday. Friday 14th June will be a pupil-free day, for teachers to write student reports.

Regards, Phil Rogers, Principal

TOP ARTS/TOP DESIGNS EXCURSION

Top Arts and Top Designs are exhibitions that showcase the highest scoring works of Year 12 students from the previous year’s VCE in subjects such as Media, Arts, Graphics, Engineering etc.

On Friday, a group of our Year 10, 11 and 12 students travelled by bus to the Melbourne Museum and the National Gallery of Victoria to view two of these exhibitions. The main aim of this excursion was for senior students from Art, VCD and Product Design and Technology to view the folios and finished products created by these students.

To be selected, the works and folios must have scored an A or A+ and demonstrate a consistently high degree of design skill, creativity and technical ability. There was a huge variety of pieces on display including painting, drawing, sculpture, wearables, film, advertising, product design, furniture and photography.

During the day there were also opportunities to visit a student folio presentation, Hossier Lane’s graffiti, the National Gallery of Victoria-International and Melbourne Central.

It was a long day but very useful and a lot of fun. Hopefully everyone was more inspired than intimidated and can use ideas from the day in their own work. We would like to thank Mrs Kotzur, Mr Jakober and Mrs Rasmussen for organising this opportunity for us. A special thanks to Mrs Rasmussen for bringing lollies!
**MASTER CLASS**

Masterclass for 2019 is up and running. Then students involved are from Years 7 - 9 and have volunteered for the program. They will be exploring the various fields of Science and in particular, they will be learning how to design and carryout experiments using good scientific process and laboratory practice.

Mrs Steer and Mrs Cole.

STUDENT ENTRIES.

2019’s Master Class is already under way, with the focus being on science. I applied for masterclass after I thought about how much I enjoyed science and how I wanted to learn more about the structure of a science experiment. What I really like about this master class is; that we are focusing on science and learning about the construction of experiments. From masterclass I hope to gain new skills and to learn how to construct a scientific report and how experiments are formed.

Riley Welsh

This year’s masterclass focuses on science. I applied because I have always had an interest in technology and learning about how things work. I enjoy science and thought this masterclass would be a great opportunity to explore it more. What I like about the science masterclass is the independence we have during experiments and the ability to choose the experiments we do. This masterclass has also provided us with opportunities such as going to Scienceworks and experimenting with new equipment. From this experience, I hope to obtain new knowledge of our world and the way things work.

Tilly Pinn

This year in masterclass, we are focusing on Science. We get to learn about things that we wouldn’t normally do in our normal classes. We can also use things that the older kids can only use in science so that’s fun. I applied because I wanted to learn more about science or learn about things that I wouldn’t do in my normal class and when I learn about that in the future I will know what it is. I like that I can learn and do more experiments so I have a better understanding in science when I do those types of things in the future. I hope to have more of an understanding in science than I did at the start of the year. Hopefully I will do better in my normal class as well.

Chloe Traveskis

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www.rutherglenhs.vic.edu.au

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

SCHOOL EVENTS Calendar  Your STUDENT EMAIL account  WORLD BOOK ONLINE  Your RHS LIBRARY account

eBooks, including eAUDIO books  ONLINE RHS CAREERS website link  the STUDENT DAILY BULLETIN.... & more!
RHS students once again exhibited exemplary behaviour whilst in Melbourne. We have already had plenty of positive feedback from venues, and activity providers.

Some standouts for the supervising teachers were: the hard work shown by students who volunteered at FareShare kitchen, and the mature and respectful behaviour of all RHS students during the ‘talk & tour’ of the Jewish Holocaust Centre. Toby Walliss is to be congratulated for the mature, sensitive and insightful questions he asked of a Jewish Holocaust Survivor. It was clear that Toby had ‘done his homework’! Overall, the 2019 cohort are to be congratulated for continuing to uphold the good name of Rutherglen High School.

“I thought ‘Barnum’ was awesome! It was really interesting, and entertaining…”

“We needed more time at the [National] Art Gallery.”

“‘Barnum’, the live stage show, was the best. I also liked the Jewish Holocaust visit, but it was very sad to hear.”

“The visit to the Zoo went on too long.”

“I think we should have all gone to the same restaurant before ‘Barnum’. That would have worked better.”

“I nearly fell asleep during ‘Barnum’, because I was so tired by Thursday night. It was a good show though…”

“I thought we needed more time at the zoo. Also the Art Gallery. We didn’t get time to see enough there.”

“I needed more money on my MYKI card!!”

“I would recommend that this year’s Year 9 go to this Camp. It was awesome. It is a bit tiring, but we saw and did so much in the 4 days.”
The Spectacular brings together government school communities from across Victoria. Fittingly, this year’s theme, Made of Stars, will feature a galaxy of cut-of-this-world performances showing that these students are made of star stuff.

The three-hour live show – involving music, dance, skateboard and circus acts – will be performed to an audience of around 12,000 people at Melbourne Arena on Saturday 14 September over two shows at 1pm and 6.30pm.

Talented Victorian students will feature on stage, while many other students will work behind the scenes, gaining unique, on-the-job, professional experience.

The Spectacular is a creative vision of industry professionals including Creative Director Neil Gardner, Musical Director Chong Lim AM, Dance Director Dean Nunn (Scooby Doo, Happy Feet, Moulin Rouge) and Associate Dance Director Yvette Leit (Dancing with the Stars, Factor Australia, Australia’s Got Talent and So You Think You Can Dance).

For a fun, family entertainment experience, and to cheer on your students from the audience, be sure to secure tickets when they go on sale at 9am Wednesday 12 June via www.tickethook.com.au/spectacular

Our students are dancing year Sections 9, 9, 10, 32 and 33 as places to purchase tickets in these sections in order to have the best view of your child throughout the show.

Adult: $40
Child Under 15: $20
Concession: $30
Buy 10 tickets and get one adult ticket free (the 11th ticket is free) by calling Group Bookings on 1300 364 001.

See your Library Space staff for access to, and assistance with, online resources.
Junior and Intermediate Sport

Students are now participating in either Badminton, Football, Netball or Soccer as a part of the Junior and Intermediate Sport program for Term 2. The Sport program provides an excellent opportunity for students to develop their leadership skills in a team environment. The weather has been kind to us thus far, however it is very important for students to bring a complete change of clothing and shoes for all Sport and Physical Education classes.

INTERSCHOOL GIRLS FOOTBALL

On a glorious, sunny day last week, RHS had two girl’s teams (Junior and Senior) head off to Wodonga to take on a range of other schools in an Australian Rules Football extravaganza. Unfortunately, neither team will be heading on to the next level, however, I must say how impressed I was with the level of improvement in girl’s football overall, compared to two years ago. The increase in skill level and confidence was remarkable, even from girls who aren’t currently playing competitively. There were a number of girls who were absolute standouts and a few who I would love to see take up this sport on a regular basis.

Thanks heaps to Hannah Grady who coached the Juniors and Brad Nicholson who coached and umpired the Seniors on the day.

- The Braid Brigade

10 tips for parenting preteens

Many parents have difficulty when their kids hit preadolescence, as this is a major period of physical and cognitive change. In particular, a child’s increased independence and need for distance from their parents can be a real struggle to adapt to. This is also a time when children need a good relationship with their parents: (whether they admit it or not), no longer purely as caregivers but also as mentors and guides to adapting to their changing circumstances and building a fulfilling life of their own. It’s a difficult balancing act that this article aims to help parents with.

In large part, the tips relate to giving kids space to work things out for themselves while still letting them know that you’re available and that you value the time you spend together. Communication is another key element of parenting at this age, and the article devotes several points to the challenges of effective communication at this point of transition. From broaching taboo topics to helping preteens develop media literacy skills, many of these types of conversation will be entirely new to both children and parents. The final major piece of advice is on parent’s role modelling the attitudes and behaviours they want to see in their children, as children of this age are still picking up the social skills they’ll need for adult life.

– Juliann Carey, Child Mind Institute

Read the article: 10 Tips for Parenting Preteens

https://childmind.org/article/10-tips-for-parenting-your-pre-teen
The Australian Government has worked with experts to develop guidelines to help you, as parents and educators, support children and young people to build daily routines for better health.

The 24-Hour Movement Guidelines include a picture of what a day for a child or young person should look like, including time for physical activity, limiting sedentary activities, and getting adequate sleep.

Following these guidelines may be challenging at times; however, meeting them will benefit health. Achieving these guidelines is associated with better health and leads to improved body composition, cardiorespiratory and musculoskeletal fitness, cardiovascular and metabolic health, academic achievement and cognition, improved mental health and emotional regulation. For those not currently meeting these guidelines a progressive adjustment towards them is recommended.

FOR MORE INFORMATION, VISIT www.health.gov.au

NOTE: These guidelines are relevant to all apparently healthy children and young people (5-17 years) irrespective of gender, cultural or language background, geographic location or the socio-economic status of the family. These guidelines may be appropriate for children and young people with a disability or medical condition; however, a health professional should be consulted for additional guidance.