

RIVERSIDE CURRENTS

Riverside Girls High School Parent & Community Newsletter

May 2005

Calendar Dates

May

- Tuesday 3 Year 10 Science Fair in the School Hall, 10.30am-3.00pm
- Wednesday 4 Year 10 Science Fair in the School Hall, 9.00am-12.00pm
- Wednesday 11 P. & C. Meeting 7.30 pm
- Friday 13 Riverside Swings
P. & C. Fundraising musical evening
(see separate flyer Page 6)
- Mon 16 - Fri 20 Education Week
- Wed 18 Back to Public School Assembly
ex students invited to address the assembly Public Education Day
10.30 am
- Friday 20 Zone Cross Country
- Wednesday 25 Year 11 Driver Awareness

June

- Wednesday 1 School Athletics Carnival

Principals Report

Open Day

We held a very successful Open Day on Thursday 31 March. We had lots of visitors and enrolment enquiries for Year 7 2006 which is very encouraging. Student guides did a terrific job showing girls and their families around the school. We had great support from the P. & C. throughout the afternoon and evening. We were supported by two of our local members Andrew Tink (Epping) and Anthony Roberts (Lane Cove). Our new School Education Director, Ken Olah, also spoke at the official welcome.

We hope to keep our enrolments at a little over 1000 for 2006 so we can retain all of our teaching and office admin staff positions.

Thank you to all the students who made Open Day such a success by participating in a variety of activities: guides, parking attendants, performers, presenters, providing refreshments, musicians, demonstrators at the displays and dancers.

Riverside's best asset is its students and this was certainly in evidence on Open Day.

Riverside Swings – Friday 13th May School Hall

We'd love to see a big crowd at the jazz evening organized by the P. & C. Some of Sydney's famous jazz performers are on the program. You will find booking details on Page 6.

It was a great evening last year. Contact Val McGarry Ph: 0402 851 711, Convenor of the Music Subcommittee of the P. & C. for details.

P. & C Meeting – Wednesday 11 May 7.30 pm

Alison Henze the new Head Teacher English will address the P. & C. at this meeting. All parents are welcome at the P. & C. meetings which are held on the second Wednesday evening of each month.

Staff Changes

Ms Serita Vari (LOTE) will replace Ms Crocco who will be on maternity leave from 3/5/05 til July 2006. Mr Peter Carroll (TAS) will replace Ms Mihailou who will be on maternity leave from 9/5/05 to the end of 2005.

We are very pleased indeed Ms Angela Turco (English) has returned from sick leave this term. Ms Stephanie Seeto (English) will continue to replace Ms Gina Trimble on extended sick leave for Term 2. We all wish Ms Trimble a very speedy recovery from her illness.

Combined High School Rowing Championships at Taree

Several Riverside girls competed in the CHS Rowing Championships last month at Taree; Elisa Duffy, Fiona Thuy, Rosa Brown, Louisa Andrews, Amber Dawson, Natalie Unwalla, Rachel Felton, from Year 10. Rowing is dominated by elite private schools so we are very proud indeed of the girls and their parents for participating in the Championships.

The girls competed in the Under 17 Quad Scull, Double Scull and Single Scull events at the CHS Championships.

Rosa and Louisa were placed third in the final of the Under 17 Double Scull and were presented with a Bronze medal.

Three girls competed in the Under 17 Single Scull, with Rosa winning the Bronze medal for third place and Louisa in fifth place.

Rosa's time in the Single Scull was 4:53.83 and Louisa's 4:59.23 behind the winner from Maclean

High School at 4:41.00. Maclean H.S. was placed first, second, fourth and sixth so the Riverside girls did exceptionally well against an experienced rowing school.

Maclean H.S. was also first, second and fourth in the Double Scull with Rosa's third place at 4:32.60 not far behind the 4:25.27 winning time.

Rachel, Amber, Natalie, Fiona with Elise as coxon came 4th in their heat in the Coxed Quad Scull and did not proceed to the final.

A few weeks earlier the girls competed in the NSW School Girl Head of the River at Penrith against very well resourced private schools. The five Year 10 girls listed above came 7th in the Year 10 Coxed Quad Scull, beating Sydney Girls High into eighth place.

Louisa Andrews and Rosa Brown came fourth in the Year 10 Double Scull with the very strong time of 4.07.30. Hunter Valley Grammar's winning pair completed the course in 3.58.06 seconds.

A very dedicated group of parents supports the participation of the rowers in regattas and competitions. The girls have been training under the supervision of very organized parent groups which have also transported the girls to and from training sessions

Judy King
Principal

Riverside Girls, International Women's Day

An old public school buzzing with tradition and pride was my impression as I entered Riverside Girls High for International Women's Day on the 8th March 2005.

The informal motto was pasted on one of the principal's filing cabinets: *Practice random kindness and senseless acts of beauty*. On that day, you could add *bounty* because it was also a fund-raising "mufti" day for the Multiple Sclerosis Society.

I shared the platform with a green and purple clad Principal, Judy King, who introduced the assembly with a PowerPoint presentation of photographs of women, past and present whom she admired. Her grandmother occupied a place somewhere between Marilyn Monroe, Catherine Helen Spence and Amelia Earhart.

I spoke about the history of IWD to the eight hundreds plus audience of energetic young woman. I spoke of its early focus on peace, safe working conditions, a right to vote and ridding the

world of war. I mentioned its inspiration from the tragedy of the Triangle Factory Fire in New York City where 140 women died. I mentioned its themes in recent decades and some of the themes of this year's march in Sydney, including stopping attacks on women's reproductive freedoms, support for a woman's right to choose among others.

I also praised the work of two Nobel Prize winners, Jane Addams in 1931 and Wangari Maathai in 2004 who founded the Green Belt movement in Africa and have fought for sustainable development, democracy and peace. I stressed that we take our inspiration from many women, ordinary and extraordinary. We can all make a difference.

The assembly of responsive young women of diverse backgrounds, anticipating the future with open hearts and minds, mobile phones in pockets, highlighted again the importance of the Library as a research base for high schools students.

Jozefa Sobski, Convenor of the Jessie Street Library
Guest Speaker, IWD assembly 2005.

Dental Services

Should any students need access to the Dental Health Services Clinic for assessment or treatment, their parents need to call the Northern Sydney Dental Call Centre on: **887 75288**

Careers

Apprenticeships and Traineeships

For information and vacancies contact, **Hospitality and Travel** apprenticeships visit www.htn.com.au
Health Industry Group Training Company, not just health industry jobs, all types of apprenticeships are offered. www.higtc.com.au
Building Workers Assistance Centre. All types of jobs not just building www.bwacnac.com.au, ph 97499488

University

- The 2006 undergraduate course guides for Sydney Uni and Macquarie Uni have arrived in the careers room
- HECS, university fee information www.goingtouni.gov.au

Information Sessions

- **International College of Tourism and Hotel Management**. Information Evening 30/03/05. This college isn't cheap but its degrees are awarded by Macquarie Uni. Bookings contact Corrine 1800 657 572

- **Marine Careers Information Day at National Maritime Museum**
21/06/05 Just about any career dealing with ocean.
Information and bookings 9298 3655
- **Engineering Careers Information Day**
7/4/05 for students Year 10 to 12
RSVP Email d.bailey@unsw.edu.au
- **Institute of Chartered Accountancy Careers evening.** This evening is specifically for Yr 12 student and parents. It includes information on how to apply and which companies are offering positions. Westin Hotel 1 Martin Place 25th May, 4.30 – 7.00pm Info at www.highflyer.com/cadetships
- **Accounting Cadetships with Moore and Stephens** Information Evenings Sydney 27/4/05 and Parramatta 4/5/05
RSVP recruitment@mswi.com.au or call 82367700
- **University of NSW Year 10 Information Evening** for students and parents. Help with subject selections for year 11 and 12. Scheduled for May. Date TBA, for info email; studentrecruitment@unsw.edu.au
- **Social Work Careers Day- Dept of Social Work Westmead Hospital**
Thursday May 19 or Wednesday 25 May. A must for anyone considering Social Work. Booking essential, see Mr Blundell.
- **Minerals Industry. Professional and Trade Careers**
Unearth your future at a new website with lots of information
www.minerals.org.au/careers
- **Women In Engineering - Hands on Engineering Day Wednesday 18/05/05.**
See Mr Blundell to book. More info at www.eng.uts.edu.au/SchoolandCommunity/wie/
- **ANU Advisory Days in Sydney**
www.anu.edu.au
Novotel Darling Harbour 10am to 3pm , 07/08/05 and 20/12/05
- **Australian Society for Medical Research Careers Seminar**
Thursday 09/06/05.
Details Dr Sheridan Henness
email s.henness@pharmacy.usyd.edu.au
or call 9351 4698

Prince Harry Has Done It-Gap Year Information

Knowing you are going to take a year off after completing the HSC can be a great incentive to forgo some pleasure and put in the extra work required for those vital few extra UAI points. It can allow students time to mature and think through where they are, where they want to be and who they want to be. GAP years can develop motivation for further study and open avenues not previously considered.

There quite a few organizations offering GAP year schemes.

- AIFS – Organizes Au Pair in America, Camp America, Ski America .
Info call 1800 553 477
- Antipodeans Abroad – See the world and get involved in community project in places like South America, Africa, Vietnam and the Himalayas.
Call 02 9413 1432, or visit www.antipodeans.com.au
- AFS –organizes exchange and volunteer programs www.afs.org.au
- Working Holiday program to Canada for 18 – 30 year old Australians
www.whpcanada.org.au
- Study and work in Canada –
www.studyincanada.ca/australia/whp.htm
or www.canada.org.au or call Canadian High Commission 02 6270 4051

Metropolitan North Careers & Education Expo Macquarie University 19th May 2005 1.45pm to 2.30pm

The Expo is a one stop opportunity to get information from every university in NSW, some interstate universities, TAFE colleges, private colleges as well as some employer groups. They will all be represented in the one spot. To get the most out of it you must do some preparation before you go.

UMAT Undergraduate Medical Admissions Test

- A prerequisite for entry to many medical and related courses. Usually held around June. If you wish to register for UMAT 2005 please contact the UMAT Office in mid-April .
www.acer.edu.au/umat

Sporting Scholarships to American Universities

Contact Justine Stynes AUSIEC-
educate@ausiec.com.au
or call 02 9386 1414

Lifeline Harbour to Hawkesbury Book Fair

Book donations are urgently needed for the Lifeline Book Fair to be held in July 2005. Books old and new, CD's, DVD,s and Computer Games can be delivered **at any time** to "The Shed" at our Book Depot, rear of Scout hall, cnr Polding and Ignatius Roads, West Lindfield. Unfortunately we cannot pick up donations.

All proceeds from this fundraising will support Lifeline's continuing work with people in crisis in our community. If you would like to know more about Lifeline, log on to
www.lifeline.org.au/hornsbykuringai

Joubert Singers Mothers Day Concert

“Popular works of Love”

Guest Guitarist Phil Moran
Sun 8 May @ 3.00pm
St Joseph's College Chapel,
Ryde Road, Hunters Hill
Tickets \$20/15 con/\$50 family
Ph 9807 3652 or @ door

Email: elaynebecker@hotmail.com
Tel: 9416 4141

Macquarie University Parent Liaison Program 2005

The Parent Liaison Program aims to give parents and families of Yr 12 student's information regarding study at Macquarie University. Information evenings led by the Vice-Chancellor will be held at Macquarie University on Tuesday 28 June and Wednesday 27 July 2005 between 6.00pm-7.30pm. These sessions will provide information on admissions, the UAI, transition to university from high school and HECS-HELP and FEE-HELP university loan schemes.

Bookings are essential. More information and booking forms are available at <http://www.hscandbeyond.mq.edu.au/> or by phoning 02 9850 9446.

Centacare, Sydney Courses for Term 2, 2005

Crossroads – is an information evening for recently divorced or separated parents. The course is designed to assist and guide parents through a very difficult and emotional time for themselves and their children. The evening will help you negotiate your way through unfamiliar territory including how to support your children in their adjustment. Hear from our guest speaker Justice Jennifer Boland from the Family Court. We will address how to navigate the court, child support and financial mazes; how to work together as separated parents; the benefits of mediation/conciliation.

Details; Tuesday, May 17th from 6pm to 9pm at the Polding Centre, Level 5, 133 Liverpool Street, Sydney. Cost is \$35 (health care card holders are entitled to a reduced fee). Please call 9709 3815 or 9390 5369.

Back on Track – separation is a time when parents can be very isolated. This group is designed to help parents build up their feeling of self worth and hope for the future. The group will help separated parents find their way through separation and re-partnering, including: Accepting the reality of being single: How to work with your children and their issues with the separation; help

with making it all work; setting appropriate boundaries between you and your ex-partner; getting on top of financial and legal issues; how to work out what you need; managing the emotional roller coaster.

Details: Tuesday, May 24 from 6.30 to 9pm and every Tuesday following for a total of 6 weeks. The venue is Centacare, Suite 2, 8 Jacobs Street, Bankstown. Cost is determined by income. For enquiries please call 9390 5366 or 9390 5369.

Milestone – is a series of 8 workshops for fathers who have separated or divorced. The program recognizes that fathers contribute significantly to their children's lives. The workshop covers areas such as valuing fatherhood; How you can strengthen your important role of being a dad; How to let go of being a partner and hold on to being a parent; How you can live successfully as a separated father; Getting on top of financial and legal issues.

Details; Wednesday, May 18th from 6pm to 9pm and every Wednesday following a total of eight weeks. Venue; Centacare, The Polding Centre, Level 13, 133 Liverpool St, Sydney. Cost is determined by income. For enquires please call 9390 5366 or 9390 5369.

EBM Insurance

As parents we like to think our children are going to be safe, whether they are at school or elsewhere. Unfortunately the reality is accidents do happen. At these times parents or guardians can find themselves with monetary concerns as well as worrying about the welfare of their child.

Since 1995 StudentCover (previously known as StudentCare) Student Accident Insurance has been a leader in providing that assistance.

We have designed a simple way for individual parents/guardians to choose to insure their children, at an extremely cost-effective premium, **in fact just \$25.00 per year**, or part thereof.

EBM Insurance Brokers have been in business for almost 30 years and are one of the ten largest insurance brokers in Australia. The insurer is American Home Assurance Company (ABN 67 007 483 267 AFSL 230903) and they are one of the world's leading Insurers with an exceptional claims history.

With potential payments up to \$500,000 and many other benefits of lesser amounts, \$25.00 is in our opinion extremely reasonable. In fact the reaction we often get is one of surprise at the extensive coverage of such a low premium.

The policy is available now from our new StudentCover website www.studentcover.com.au
Full details are provided and you should be sure to read the Product Disclosure Statement before making application.

The School does not make any recommendation in relation to this insurance.

FAQs about Computers @rghs

FAQs	Answer
Can I colour print my assignments, homework or assessment tasks?	Yes – in the library. However, remember that colour printing is not necessary and will not gain additional marks. Many teachers are happy to mark work presented in the submissions directory of the intranet or on a CD if you want us to see it in colour. If we are assessing your use of colour we will do so on screen, we will not ask you to print anything in colour for assessment purposes.
Panic !! You arrive at school and need to print something due that day and the library is closed when it is meant to be open from 8.20am. What do you do?	It is your responsibility to ensure that tasks are handed in on time. Sorry, but if technology failure occurs, the normal penalties for handing in work late will be applied.
Panic 2 !!! You arrive at school with your floppy disk containing an assessment task and it won't open / read your disk / print / prints half your work. What do you do?	You need to make sure this does not happen; if you do not hand the task in on time due to this reason, the normal penalties for handing in work late will be applied. Prevention !! Before you bring files from home you need to: <ul style="list-style-type: none"> <input type="checkbox"/> Make sure your floppy contains the file <input type="checkbox"/> Carry a back up floppy with the same file on it <input type="checkbox"/> Ensure that the school has the correct software / version of software on computers that are accessible to students
My printer does not work the night before the assignment is due. What do I do ?	You can print the file in the library before school, during long recess and lunch if the software you used at home is compatible. It is your responsibility to ensure that tasks are handed in on time. If the file is not compatible with the software at the school or you do not get it printed for some reason normal penalties for handing in work late will be applied.

You can find a list of the software that is available at school by visiting the school website.

Recommendations

If you are working on a task on your computer at home we suggest you print the work at home. If you do not have a sound knowledge of compatibility of software you are taking a risk bringing files to school, especially on the day the work is due. You need to be aware of what version of each software application is available on what computers around the school and be aware that the version can change overnight as we upgrade computers.

If you want to bring files from home to print at school or load into the submission folder on the intranet for assessment we suggest that you:

1. Bring them at least one day prior to the due date
AND
2. Copy the file onto 2 separate floppy disks and check that each copy of the file opens before leaving home. Also carry the floppy disks in a floppy disk case or padded envelope. OR
Burn files onto a CD at home and check that the file on the CD opens before leaving home.
AND
3. As an additional security measure, send a copy of the file to yourself via web mail e.g. hotmail. Add your file as an attachment. If your floppy disk or CD fails you can ask your class teacher to supervise you opening your web email account and download the attachment to your directory. No panic needed!!

Check the size of the files you are producing at home ! Can the file fit on a floppy ? If not do you have a CD / DVD/ burner or a USB flash disk? Plan how you will get the file to school and how you will present it to your teacher before you start adding images, sound, animations, videos etc. You need to negotiate with your teacher if you want to present work on disk, CD or in the submissions folder.

Accessing Encyclopedias at Home

Go to: the school links page on the school website

http://www.riversideghs.nsw.edu.au/school_links/school_links.asp

Scroll down the page and Click the link for the encyclopedia you want to access, you will be taken to the relevant encyclopedia website.

RIVERSIDE SWINGS

Riverside Girls High School Hall, Huntley's Point Rd, Gladesville

7.00 pm FRIDAY 13th May 2005

Come along to an evening of Swing, Jazz & Blues Featuring:

Riverside GHS Concert Band

Dr Don's Double Dose

Paul Robert Burton & The Shuffle

Special Guest's

Jim Conway

&

Monica Trapaga

Tickets:

\$25 Adults

\$10 Children

\$60 Family – pre booked

(2 adults + 2 child)

Limited Tables available

BYO Nibbles

Wine, Beer & Soft Drinks

available for purchase

Bookings: Val McGarry

0402 851 711

***All proceeds go towards the Riverside Girls High School
band program***

RIVERSIDE CANTEEN TERM TWO 2005

SANDWICHES

VEGEMITE	\$1.50
PEANUT BUTTER	\$1.50
BAKED BEANS	\$2.00
CHEESE & TOMATO	\$2.50
CURRIED EGG	\$2.50
EGG & LETTUCE	\$2.60
CRISPYBACON/AVOCADO	\$3.20
HAM AND SALAD	\$3.20
COTTAGE CHEESE/SALAD	\$3.20
CHICKEN	\$2.80
CHICKEN/LETTUCE MAYO	\$3.20
CHICKEN AVOCADO	\$3.70
CHICKEN SALAD	\$3.40
CHICKEN SATAY LETTUCE	\$3.40
SALMON LETTUCE MAYO	\$3.70
SALMON SALAD	\$3.80
TURKEY CRANBERRY	\$4.00
TURKEY CHEESE AVOCADO	\$4.20
SALAD	\$3.00
SALAD WITH SWISS CHEESE	\$3.40
TUNA LETTUCE MAYO	\$3.40
TUNA SALAD	\$3.50
ROAST BEEF SALAD	\$3.20
EXTRAS ADD	\$0.50
ON ROLLS OR BAGELS	\$0.50
TOASTED ADD	\$0.40

IN ADDITION	
HEALTHY FILLINGS IN WRAPS	
AND TURKISH PIDE	\$3.50

SALADS

PASTA SALAD	\$2.50
GARDEN SALAD	\$2.50
TUNA OR CHICKEN SALAD	\$4.50
THAI BEEF OR CHICKEN	\$4.50
99% FAT FREE YOGHURTS	RRP
FRESH SUSHI LUNCHBOX	\$2.80

FRESH FRUIT

SEASONAL FRUIT from	\$0.60
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HOT FOOD

LIGHT MEAT PIES	\$2.50
LIGHT SAUSAGE ROLLS	\$2.00
MEAT LASAGNE	\$3.50
PENNE BOLOGNAISE	\$3.50
PIZZA SINGLE	\$2.20
CHICKEN BURGER	\$3.50
BEEF STIR-FRY WITH RICE	\$3.50
CHICKEN & VEG. RISOTTO	\$3.50
CHICKEN & CORN ROLLS	\$1.70
TOASTIES	\$2.50

VEGETARIAN SELECTIONS

INDIAN SAMOSAS	\$2.00
VEGIE BURGERS	\$3.50
VEGETARIAN LASAGNE	\$3.50
VEGETABLE RISOTTO	\$3.50
VEGETABLE ROLL	\$2.50
SPINACH AND CHEESE PUFF	\$2.20

LOW FAT CAKES AND SLICES

DATE AND OAT SLICE	\$2.00
BANANA BREAD	\$2.00
MUESLI SLICE	\$2.00
FRUIT BUN	\$1.20
LOW FAT MUFFINS	\$2.40

ICE CREAMS AND ICES

SELECTION OF LIGHT ICE	
CREAMS AND WATER ICES	RRP

COLD BEVERAGES

PLAIN MILK (300ML)	RRP
FLAVOURED	RRP
SOY DRINKS	RRP
NUDIE JUICES	\$2.80
NUDIE SMOOTHIES	\$3.50
ORANGE,APPLE,PINEAPPLE	
APPLE & BLACKCURRANT JUICES	\$2.00
SPARKLING APPLE CAN	\$2.00
SPRING WATER (500ML)	\$1.80
LIGHT SOFT DRINKS	RRP

RIVERSIDE GIRLS HIGH SCHOOL

UNIFORM SHOP

The UNIFORM SHOP is open every Wednesday of Term
at lunchtime in the School Hall Kitchen

CONTACT: School Office PH: 9816 4264
Jenny Evans: Wednesdays

PRICE LIST

Junior School Blouse (White)	\$27.00
Junior Blouse (long sleeve)	\$30.00
Junior Skirt Royal Check	\$45.00
V-Neck Wool/blend jumper with logo	\$55.00
V-Neck Wool/blend vest	\$35.00
Trousers navy (2 pocket stretch bootcut)	\$45.00
Trousers navy (non stretch bootcut)	\$45.00
Senior Blouse (blue) (Yrs 11 & 12)	\$27.00
Senior Blouse (long sleeve)	\$30.00
Senior Skirt Navy	\$33.00
SALE ITEMS –	
Junior Blouse (“Taleb”) (size 10 & 20)	\$20.00
Parachute jacket (sport only)	\$ 5.00

Uniform Shop News – Please read this section

- V neck vests are now available - \$35.00 each.
- Jumpers and vests can now be ordered for winter. Forms are available in the rolls at roll call and also from the office. Submit order form and payment by placing in a box marked UNIFORM SHOP ORDERS at STUDENT SERVICES counter before 23rd March, 2005 and you can collect your jumper from STUDENT SERVICES counter on Wednesday 28th April, 2005 (1st day of Term 2) at RECESS 2 and LUNCHTIME.
- Exchanges and returns – Please encourage your daughters to try on samples before purchase. Goods will only be exchanged **if they have not been worn**. If items need to be exchanged, please return them in their original packaging with the docket.

PAYMENTS BY CASH, CHEQUE OR CREDIT CARD ARE ACCEPTED
CHEQUES SHOULD BE MADE PAYABLE TO RIVERSIDE GIRLS HIGH SCHOOL
Profits from the Uniform Shop go to the school