

# RIVERSIDE CURRENTS

Riverside Girls High School Parent & Community Newsletter

August 2005

## **Calendar Dates**

### **August**

- Thursday 4 Area Athletics
- Tuesday 9 Year 10 into Year 11 Information Evening, School Hall, 7.30pm  
All Year 10 students should attend
- Wednesday 17 Student Leadership Elections
- Thursday 18 Year 8 Games Day
- Year 11 into 12 for 2006 Information Session 10.30 am School Hall
- Monday 29 Year 9 & 10 Netball Gala Day
- Study Skills Yr 12 2pm
- Tuesday 30 Year 8 into Year 9 Information Afternoon, School Hall 2.00 pm

### **September**

- Thursday 1 Art & Music Soiree, Inwood Block, 5.00 – 8.00 pm  
HSC Vis. Arts Major Works on display  
HSC Music performances will be part of the program

## **Principals Report**

### **Thankyou to Parents**

Throughout 2005 we have continued to receive excellent support from parents in a number of extracurricular activities.

Thank you to Robyn Simionato who accompanied the school's ski team in the July holidays to the national skiing championships in Thredbo. The students and teachers really appreciated your involvement at the end of this term. Karl Evans will represent parents on the school panel to select the new Head Teacher Administration. Ms Barbara Price has retired and the school will choose her replacement through the merit selection process later this term. Karl Evans has also been involved in the selection of the school canteen proprietors and two Head Teachers in 2004.

Several parents were involved in the fundraising evening Bargain Threads at the end of term 2. Some parents, including P & C president Sue Hobley, modelled the clothes for an appreciative audience.

Our P & C band subcommittee, led with great enthusiasm by Val McGarry has been very active in fundraising and various activities which support the school band development program.

Our recent B.A.T.H. Day (Better Attitudes to Health Day) in term 2 was also well supported by the volunteer parents, especially on the gelato counter where they were very busy all day. The gelato machine has been a very successful fund raising strategy for the school band. Thank you to Val McGarry for introducing the idea to Riverside and for incorporating gelato sales into Open Day and B.A.T.H. Day activities. We hope to include the gelato machine in future school events including the Year 7 2006 Orientation Day in December 2005.

Several parents volunteered to drive our C.H.S. soccer team to Armidale last week for the quarter finals of the State Soccer Championships. Others have been active in supporting the Year 9 Ski Trip in early Term 3. The drivers and supporters included Linda Jones, Wolfgang and Analiese Kraft, Sue Butler-Howell, Peter Vousden, Jude Colechin, Gregory Edkins, Ken MacIntrye, Peter Pelpoe and Jim Jameson. It is very expensive hiring buses for long (and short) distances for school excursions and sporting events. The support from parents in various ways provides wonderful educational and social opportunities for Riverside girls.

The P & C Grounds Committee continues to work on projects which enhance our playground, driveway and entrance, oval and garden areas. Our very large split level site with hundreds of trees is very difficult to maintain. Our general assistant, Robert Bennett, does his best but the recent wet period created some more maintenance problems for us so all work by the P & C Grounds Committee, enhancing our school environment, is very much appreciated by students and teachers.

**Year 10 into 11 Evening  
Tuesday 9<sup>th</sup> August 2005. 7.30 pm School Hall**

We do hope to see all Year 10 students and parents at this important information evening. If it is too difficult for any parents to attend it is vital that students are present. Coming to terms with all aspects of senior schooling, including HSC and UAI requirements, is an essential task for Year 10 girls and their parents and the information evening will begin this process.

The school does spend a lot of time on subject selection and providing sound advice to girls and their families about their future options so we need your full involvement in this important process.

**Year 7 enrolments 2006**

We have had a record number of applications for Year 7 in 2006. We are waiting on enrolment confirmations from the first round offers. After the 3<sup>rd</sup> of August we will go to a waiting list system. We have room for only 7 classes of 30 so we cannot enroll more than 210 in Year 7. This means our school is very crowded with a total enrolment of 1020 for 2006. There are lots of advantages in having over 1000 students but we must ensure that, despite our large numbers, we provided a safe, secure, positive learning environment for all of our students.

This means we must address any behaviours which work against this positive and safe environment. We need the full cooperation of students and parents to do so.

Judy King

**Sport**

**Secondary Schools Basketball  
Championships**

The championship was held at Bankstown Stadium on 8 June 2005

The team members from years 7 to 10 were : Adela Vukovic, Rebekah Frankham, Noelani Daniel, Emma Parry, Rawan Shakhtour, Anet Eliasian, Alannah Frankham, Stephanie Lynam, Katrina Colsell and Jane Wilcox.

The tournament was played in 2 pools with winners being determined by games won as well as points for and against. Riverside's results were:

- Game 1: 17-11 win against Woolwich
- Game 2: 19-28 loss against Menai
- Game 3: 8-52 loss against Westfield Sports
- Game 4: 44-16 win against Marrickville

It was a hard fought game against Westfield Sports High. All other teams in the pool were beaten by more than 80 points. As a result of this effort, Riverside finished second in their pool behind Westfield Sports. It was a great overall effort.

MVP-Jane Wilcox. Most Improved-Emma Parry

Coach – Mr B. Lowe

**Our Volleyball Results**

Game one this year was supposed to be against Chatswood High but our reputation must have gone before us because we won on a forfeit.

In the next game we played at home against Kuring-gai. Our girls played very well and won 3-0. Cindy and Kay Edwards served extremely well and captain Wendy Edwards organized and motivated the girls well.

Our next game was a lot more competitive against Carlingford. Again, we had a 3-0 win (25-17, 25-18, 25-15). Before the game Wendy gave each of the girls a team headband. This seemed to set the tone for the game – the girls' teamwork and support of each other was terrific. Special mention goes to Wendy, again for her leadership, Kay for her serving and Hannah Vousden for her work on the net. All girls had great games and should be very proud of their efforts on the court and the spirit in which they played the game.

In May, we travelled up to the Central Coast to play Terrigal High. Walking into the hall was a little daunting – there were about 120 students in there ready to encourage the home team. In the warm up, it was stressed that we needed to get off to a good start, which we did. We won the first set 25-9. We then went on to win the second set 25-10 and the third 25-18. This 3-0 win was a terrific team effort. As in all games so far, all players had court time and contributed to our win. Wendy really stepped up to the plate in this game, her leadership and her encouragement of her young team was outstanding. Cindy also led well – she was like a 'traffic cop' guiding our girls around the court. Cindy's blocking on the net was also excellent. Katarina Kraft's serving was terrific and special mention must be made of Hannah's 'header'. Skills like this are normally displayed in a soccer game – this just showed what a talented and multi-skilled team we have.

Our next game, against Wedalba, was our most difficult game to date as the scoreline indicates 25-17, 23-25, 25-22, 21-25, 15-5. This was a real dour struggle. Going into the fifth and deciding set the overall score was 94-89. The scoreline reflected this game could go either way. Again our 'boss' Wendy is to be congratulated. Wendy came into this game unwell. After the fourth set loss our

heads were down – we hadn't been in this close position before. Again Wendy got her players 'up' and they played a fantastic fifth and deciding set. All players are to be congratulated – they knew Wendy wasn't well and their effort and determination to support her was fantastic. This was seen with Nina Blundell's numerous dives to the floor in desperation to keep the ball alive. And one ball, which everyone thought would go dead, was kept alive by Katarina kicking the ball – this is one very talented and multi-skilled team.

This took us to the NSW CHS final 16 play-off. A big thank you must go to Mrs Kraft and Mrs Vousden for their support and to Mr Edwards for his coaching and ability to remain calm, no matter what the score line.

In the final week of term 2 we headed off to Olympic Park, Homebush, for the play-offs. In round 1 we drew Ingleburn. Going into the fifth and final set the overall points were 90 all. We went down 15-12 in a tense and closely fought fifth set. We played 4 games over the 2 days. Our final position in NSW is Number 13, which was an excellent effort.

Congratulations to all team members on the manner in which you represented Riverside.

Team members: Wendy Edwards  
Cindy Edwards  
Nina Blundell  
Hannah Vousden  
Alannah Frankham  
Mona Auelua  
Katarina Kraft  
Rebekah Frankham  
Kay Edwards

Merryn McCauley  
PD.H.PE Dept

### **Knockout Hockey Round 2**

Riverside Girls High was defeated by North Sydney Girls 0-5. The team consisted of:

Nina Blundell, Melanie Frith, Manty Loupatty, Kristen Hansen, Niamh Friel, Delia Liang, Tilly Simpson, Claudia Stanger, Alannah Frankham, Katarina Kraft, Jaspreet Khosa, Mona Auelua, Hannah Vousden, Vivien Khan, Noelani Daniel

#### **Match Report:**

The Riverside Girls High School hockey team had their first game on Tuesday the 17<sup>th</sup> May. We played North Sydney Girls High School who had a very talented team. Our team was new to the game of hockey, but still played a great game. Even though our team was made up of girls with little hockey experience we managed to play

together as a team. The most outstanding player of the game would have to be Nina Blundell our goalie who managed to keep the score to only 0-5. Nina could play for Australia if she wanted. We want to thank Ms Jerrems for all her efforts and to the parents for coming and cheering us on.

Tilly Simpson Yr 7  
Coach: Ms Jerrems

### **Inaugural Staff versus the Year 12 Students Soccer match**

The whole school was present to watch the first soccer match between staff and Year 12 played on Gladesville Reserve opposite the school during period 4 on Thursday 9 June. The match, organised by the Sports Captain Brittany Olson raised \$415 for the Sydney Cochlear Implant Centre at Gladesville.

The students, with the barracking firmly behind them, began the game at a tear away pace scoring in the second minute of the match, a well taken goal by striker Miriam Mouahbi. The composure of the staff and excellent mid-field control turned the match. The flying Mr. Lasaitis was dynamic on the wing and the ball control of Mr Profilio, Mr Jones and Mr Lovegrove was pretty to watch. Three well crafted goals scored by Mr Dunn and Ms Palmer in the first half left the students with a mountain of work to get back into the match. The second half saw the students control most of the ball with Sally Macintyre keeping the student defence intact.

As the teachers began to tire - most not having had to run further than the distance from the staff room to class, the defence of Messieurs Moran and Russell and Ms Jerrems and Sandy from the office held out against the desperate Year 12s. Finally with the assistance of the referee - thanks Mr Hunt – the Students were gifted a goal. Score 3-2 to the teachers. Despite several efforts from both sides, saves by keepers Mr 'Rugby' Teidgen, Meredith Thomas and Samantha Bailey, 3-2 remained the final score.

Apart from the fact that they lost, the year 12 team had a fantastic time and would like to thank the teachers for their impressive sportsmanship (with the exception of Mr Profilio who was given a yellow card not far into the match!). The Year 12 students were extremely surprised with the abilities, less talent, of the teachers and so have put out the call for next year's Year 12 to win back the title!

The inaugural game proved popular with staff and students alike, building on recent school spirit initiatives. The event organised by the SRC will hopefully become an annual match as many students expressed their desire to take on the

teachers and support this worthwhile cause.  
Thanks for the Support Riverside.

### **Soccer Club Dinner Dance**

**Saints United Soccer Club** will be holding its annual Dinner Dance on

Saturday 30 July 2005  
at  
Castel D'Oro, Fivedock

The evening will commence at 6.00 pm and will cost \$65.00 per person for a four course meal, drinks (beer, wine, soft drink) and music. Make up a table of 10-12 or we can find one for you. Please contact:

**Meaghan** on 04129 041 111.or  
[meaghans@bigpond.com.au](mailto:meaghans@bigpond.com.au)  
Hurry as tickets are selling fast!

### **Joubert Singers**

The Joubert Singers will be holding their next concert featuring the recorder played in its traditional manner as well as contemporary music with aboriginal themes. The program is designed for all tastes with works by Lassus, Josquin, Palestrina, Byrd & Gibbons. The concert will be directed by Rachelle Elliott and is titled

#### **Reawakening**

with a special feature:

#### **Ayres & Graces – Recorder Consort**

When: **Sunday 14 August 2005 at 3.00 pm**

Where: **St Joseph's College Chapel**

Tickets: **\$20/\$15 concession or \$50 family**

Telephone: **9807 3652** to pre-book or  
Tickets available at the door

### **Are You the Parent of a 4-16 year old?**

Macquarie University is looking for participants to be part of an exciting research project. They are investigating a range of factors that might be linked to childhood and adolescent anxiety disorders. They are looking for children and mothers who have suffered from anxiety as well as those who have never suffered from anxiety.

The research project involves completing a few questionnaires, speech tasks, and interviews. Mother and child will receive a total of \$20.00 for their time and to assist in any travel expenses.

If you are interested in learning more about the project, please contact Natalie Gar on 0404 618-685.

### **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**

### **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](http://www.lifeline.org.au/hornsbykuringai)**

### **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](http://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***

# RIVERSIDE GIRLS HIGH SCHOOL

## **UNIFORM SHOP**

The UNIFORM SHOP is open every  
Wednesday & Thursday of Term at lunchtime  
in the new uniform shop near the staff common room

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

### **PRICE LIST**

<b>Junior School Blouse (White)</b>	<b>\$30.00</b>
<b>Junior Blouse (long sleeve)</b>	<b>\$30.00</b>
<b>Junior Skirt Royal Check</b>	<b>\$50.00</b>
<b>V-Neck Wool/blend jumper with logo</b>	<b>\$55.00</b>
<b>V-Neck Wool/blend vest</b>	<b>\$35.00</b>
<b>Trousers navy (2 pocket stretch boot cut)</b>	<b>\$45.00</b>
<b>Trousers navy (non stretch boot cut)</b>	<b>\$45.00</b>
<b>Senior Blouse (blue) (Yrs 11 &amp; 12)</b>	<b>\$30.00</b>
<b>Senior Blouse (long sleeve)</b>	<b>\$30.00</b>
<b>Senior Skirt Navy</b>	<b>\$35.00</b>
<b>Scarf</b>	<b>\$10.00</b>
<b>SALE ITEMS – Junior Blouse (Table) (size 10 &amp; 20)</b>	<b>\$20.00</b>

#### **Uniform Shop News – Please read this section**

- **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.

- **Scarves** are now available in two colours, navy and sky blue. Sky blue stock is limited.

**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***

**RIVERSIDE CANTEEN TERM THREE 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
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**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
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**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

