

RIVERSIDE CURRENTS

Riverside Girls High School Parent & Community Newsletter

July 2008

Calendar Dates

Term 3

July

- Monday 28 -Year 11 Exams commence
-Year 9 Ski Camp begins
- Thursday 31 -Australian Maths Competition

August

- Friday 1 -Year 11 Exams finish
-Year 9 Ski Camp ends
- Saturday 9 -Craft Fair
- Tuesday 12 -Year 10 into 11 Evening, 7.30pm
- Wednesday 12 -Year 8 into 9 Afternoon, period 4
-P & C Meeting, 7.30pm
- Monday 18 -HSC Textiles & Design Projects
due by 9.00am
- Tuesday 19 -Year 11 into 12 Meeting, period 2
- Thursday 21 -Year 8 Games Day
-Band RIEP Meeting, 7.30pm
- Friday 22 -HSC English Extension 2
Projects due at 9.00am
- Monday 25 -HSC Drama Projects due 9.00am
- Wednesday 27 -SRC Elections
-ICAS UNSW Computing Test

September

- Monday 1 -HSC Design & Technology
Projects due at 9.00am
-HSC Visual Arts Bodies of Work
due at 9.00am
- Tuesday 2 -Art/Music Soiree Opening 5.00pm
- Wednesday -Art Exhibition in Gym all day
- Thursday -Art Exhibition in Gym until noon

Deputy Principals Report

Blue Day

Friday 25 July heralded a new and highly successful SRC initiative "Blue Day". Blue Day focused on developing inclusiveness and belonging across our school community through a series of activities planned to acknowledge depression in our society and raise awareness of the issues facing people living with depression.

The SRC planned a special assembly for the day which featured Ms Sarah Kate Abercrombie from The Black Dog Institute who spoke about depression e.g. signs and how to help friends and the role of The Black Dog Institute.

The Black Dog Institute is dedicated to improving the understanding,

BLACK DOG INSTITUTE



diagnosis and treatment of mood disorders.

Samantha Fishburn, a year 12 student, addressed the assembly providing personal insights into the issues surrounding depression.

The school counsellor, Ms Maury, spoke to year 7 about the impact of depression on peoples lives at a special Year Meeting.

A special thanks to Lauren McGarry and all students in the SRC who put so much effort into planning and running this great day. Funds raised were donated to both The Black Dog Institute and Beyond Blue.

For further information about depression and anxiety please visit www.beyondblue.org.au www.blackdoginstitute.org.au Both websites are invaluable sources of information and assistance.

Professional Learning Day

Teachers spent the first day of this term attending an "in school" conference presented by Dr Suzy Green, Consultant Clinical & Coaching Psychologist. Dr Green introduced the concept of Positive Psychology demonstrating how it can be used to contribute to the well being of all members of our school community, developing a whole-school culture that enables students and staff to flourish.

The approach introduced by Dr Green builds upon the platform created by the development of the AB Project and "A strengths and solutions focused approach in schools" with Michael Durrant. www.strengths-in-schools.com

Staff will continue to work with Dr Green over coming months to map out a plan to create a more optimistic Riverside community with a focus on strengths and solutions ensuring our students grow into strong, confident and positive women.

For more information on Dr Suzy Green please visit www.drsozy.com.au

Beyond Year 10 Information Evening

All Year 10 students and their parents or caregivers are urged to attend the Information Evening on Tuesday 12th August 2008. We want all students to be fully informed about a number of issues which relate directly to subject selections in Years 11 and 12, combinations of courses or TAFE and TAFE/Work options. We want to ensure that the girls derive the maximum benefit from their years beyond Year 10 at either school of TAFE.

The information evening will address these areas:

1. The relationship of Preliminary courses in Year 11 to the HSC courses in Year 12
2. The relationship of school based assessment in the Preliminary courses (Year 11) and HSC assessment in Year 12 courses
3. Not all students will need a U.A.I.
4. VET (Vocational Education and Training) courses in the senior curriculum
5. Part time study.
6. The process of making subject selections for Year 11 2009 including Open High School, Saturday School and TAFE.
7. Full time TAFE or TAFE and work beyond Year 10

Ryde/Hunters Hill Photographic Competition

Year 8 Riverside girls won outstanding achievement awards in the Ryde/Hunters Hill 2008 Photographic Competition last month. The subject was "Where I Live". Isabella Everitt, Megan Parker and Lauren O'Toole were presented with their awards by mayors Susan Hoopman (Hunters Hill) and Ivan Petch (Ryde).

Peggy O'Neill
Deputy Principal

BATH DAY 2008

Riverside held its 10th Better Attitudes to Health Day on Friday 20th June 2008. All students in Year 7-11 inclusive were exposed to a variety of presentations/seminars and activities aimed at promoting adolescent health and personal well-being.

The day was divided into 6 timeslots, each one targeting a separate health/well being issue and involved an outside presenter/motivational speaker. The issues canvassed on the day included: emergency care, fun games, safe celebrating, safe sex, drug education (eg ice, cannabis, tobacco, alcohol), eating disorders, road safety, self-protection, depression, preventing brain and spinal cord injury. The P&C organized and ran a gelato stall to help raise funds to help offset the high cost of running BATH Day ((\$8 000 approximately). Students were asked to contribute \$4.00 towards the cost of the day. The P&C and school each contributed substantial monies to help pay for the day.

At the end of the day all students were given the opportunity to evaluate their year's program. Almost without exception the students indicated the day was hugely successful and beneficial. The school is looking forward to another successful BATH Day in 2009.

Craig Teece
Deputy Principal

Sport

Volleyball

The team consisted of:
Cindy Edwards (Captain), Nina Blundell, Larni Daniels, Katarina Kraft, Sally Johnson, Kay Edwards, Jacquij Osborne, Rebecca Spackman, Nicola Wines

Our year got off to a shaky start with Game 1 being played against Galston. We went into the game without Hannah Vousden who has decided to concentrate on her studies more in Year 12 and only play her number one sport, soccer.

The loss of Hannah has left a sizeable hole in our side and one that will be difficult to fill. I'm sure Hannah's dedication will pay dividends when results are announced later in the year. In addition Nina Blundell, Kat Kraft and Sally Johnson got the starting time wrong and arrived at the match to see Riverside down 12-8 in the first set.

Our new team members, Nicola Wines, Rebecca Spackman and Larni Daniels worked well in the early stages with our more experienced team members to keep Riverside in the hunt. Once we had our full squad available the tide began to turn. We won the first set 25-19. The second set saw a more confident Riverside team. Kay Edwards' powerful serves caused Galston many problems and Cindy Edwards led the team very well.

We were supposed to play Asquith next, however they forfeited. So after only one game, and having had a 'bye' in the first round, we were through to the Sydney North quarter finals.

In the quarter final we played Pennant Hills. Having not played many qualifying games, I was a little concerned. But once the girls took to the court, I no longer had any concerns. Kay and Cindy Edwards were in great touch and were well supported by all team members. We won 3-0 (25-11, 25-14, and 25-15).

To qualify for the NSW CHS Final 16 we had to travel to Gorokan High. We had a very close battle with them in 2007 but we had lost Kay Edwards. On top of this, they were the home team and had many supporters cheering them on. Our girls took to the court with confidence and got away to a 2 sets to nil lead. The game went for just over 1½ hours. After our great start we began to make a few unforced errors and in a close game, you just can't get away with this. We unfortunately went down 25-18, 27-25, 20-25, 17-25, 14-16.

The bulk of our team is Year 12 girls and has been together for four years now. These girls should be very proud of the way in which they have represented Riverside Girls High School and I wish them well in the future. Next year we will have some rebuilding to do, but I'm sure there's plenty of talent coming through the ranks.

Merryn McCauley
PDHPE Dept

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. It is important that your child has regular dental check-ups from either your private dentist or the local child dental clinic. If you wish to attend a local dental clinic please phone the Call Centre on **1300 789 404**.

You will be required to provide your Medicare number and answer some questions about your child that will enable them to provide your child with the most appropriate care.

Can You Help?

Would you like to give a bit of your time to brighten up the lives of some people? Gladesville Community Aid's Volunteer Visiting Program is urgently looking for a few volunteers who would be able to help to visit people in their homes and who are isolated and lonely. If you can spare an hour or so a week or a fortnight please call **Magdalene on 9817 0101**.

Training and support will be provided and all information about volunteers and clients are kept private and confidential.

Your volunteering makes a lot of difference to yourself and to others!

Mobile Phone Fundraiser

It is estimated that there are 16 million old mobile phones just lying around in office and home drawers in Australia alone! These phones contain toxins that must not find their way into landfill sites. These phones can be recycled and earn money for our school. Belair Public School, for example, raised over \$2000. Every old mobile phone collected will raise \$5 for the school. Simply bring in your unwanted phone, no matter its age or condition and drop it off in the box in the school office. This not only helps the school but the entire planet and is a great way for children (and parents) to learn about recycling. For further information call Peter on 0410 511695 or go to the website www.envirofone.com.au

Since the collection box, in the form of a giant mobile phone, was placed in the Library at the end of last year, about a dozen phones have been donated. Surely there are more out there!?

Career Change?

Did you want to study at university or TAFE but thought it was too late or too hard? Perhaps you feel the need to build up your skills and confidence and/or gain the necessary year 12 equivalent qualifications to help you succeed in further studies. The Tertiary Preparation Certificate (TPC) may be for you!

Interested? Contact Melissa Knudson (TPC Coordinator) at North Sydney College of TAFE for more information.

Phone 9942 0743 or
Email: Melissa.Knudson@tafensw.edu.au

Loozit

A free program will be run at the Summer Hill Community Centre and the Children's Hospital at Westmead in Term 3. The Loozit Study is for healthy, active living young people to let them know about weight management. The study is well underway with 14 groups of young people and the feedback from these participants has been very encouraging. There is now an opportunity for more young people to join Loozit. The program starts the week of 21 July 2008 involving 13-16 year olds.

Obesity in young people causes a range of problems including low self-esteem and medical problems such as asthma, sleep apnoea and diabetes. There are few health services available that are especially targeted to help young people who are overweight or obese.

The loozit program is run by a group of paediatricians, clinical nutritionists and dieticians from Westmead Hospital who have designed a

weight management program for young people. They hold nine weekly meetings in the late afternoon at both venues. Group sessions include fun games and an opportunity to get to know other young people with similar concerns. These group sessions empower young people with skills, knowledge and confidence to get more fun out of life. Together, the young people look at self esteem, setting goals, becoming more active, healthy eating and dealing with stress. Parents are also invited to attend separate sessions with other parents. The first session commences on 21 July 2008.

Further inquiries should be directed to any of the following specialists:

Professor Louise Baur	Tel: 9845 3382
Mrs Janice O'Connor	Tel: 9845 1291
Mrs Vanessa Shrewsbury	Tel: 9845 3015
Ms Anthea Lee	Tel: 9845 1224
Ms Kristy McGregor	Tel: 9845 1224

Parenting Courses & Workshops

The Northern Sydney & Central Coast Area Health Service is offering courses during Term 3 for parents dealing with child and adolescent parenting problems. They can offer advice and ideas on how to influence teenager behaviour, understand stages of teenage development, feel more comfortable with emotional highs and lows, keep lines of communication open and cope with teenager's anger in a constructive way. Learn to get your point across as well as listen to your teenager's point of view. Learn to resolve "issues" and build a more positive relationship. The first in the series of workshops commences on:

Wednesday 20 August 2008, 7.00 – 9.30pm at Chatswood and costs \$40

For information regarding courses on bullying, adjusting to high school, resolving conflict, "backchat" from adolescent children and raising resilient adolescents, please contact Sue Johnson
Phone: 8877 5304
Email: sjohnson@nscchahs.nsw.gov.au

A five week course commences on Wednesday 27 August and runs through to 24 September 2008 costing \$125 per person. For further details phone 9887 5830



THE PIRATES INVITE YOU!

To come along and Register

***Juniors Boys & Girls 7-15yrs Saturday Mornings**
Girls Cricket Program 7-15yrs Wednesday 5pm-6pm
***Seniors 16 and Over Saturday Afternoon**
****Saturday Afternoon & Sunday Cricket available**

Organise a team with your school friends
All games played locally

ONLINE REGISTRATION
WWW.RHYCCPIRATES.COM.AU

***26 July at Gladesville Sporties**
2 August at Gladesville Sporties
9 August at Hunters Hill Club
1.00pm to 3.00pm

Gladesville Sporties – Cnr Halcyon and Ryde Rd, Gladesville
Hunters Hill Club – 14-16 Madeline St, Hunters Hill

Visit our website for more information
Contact: Roy 0418 299 347

Encourage . Coach . Develop

***Early Bird rego \$20 off on or before 26 July 2008**
****Numbers permitting**

The Uniform Shop

Profits from the Uniform Shop go to the school

Opening Hours The Uniform Shop is open every week on Thursday before school (8.30 - 9.00am) 2nd Recess (11.45 – 12.05pm) and at lunch time (1.00pm - 2.00pm) in the Uniform Shop located next to the Staff Common Room.

Contact: Lesley Campbell at the school office Ph: 9816 4264

Junior School Blouse (White)	\$25.00
Junior Blouse (long sleeve)	\$30.00
Junior Skirt Royal Check	\$55.00
V-Neck Wool/blend jumper with logo	\$55.00
V-Neck Wool/blend vest	\$35.00
Polar fleece jacket with logo	\$35.00
Trousers navy (2 pocket stretch bootcut)	\$45.00
Trousers navy (non stretch bootcut)	\$45.00
Senior Blouse (blue) (Yrs 11 & 12)	\$25.00
Senior Blouse (long sleeve)	\$30.00
Senior Skirt Navy	\$30.00
Scarf	\$10.00
Beret with school logo	\$25.00

Payments: Cash, cheque or credit card are accepted
Cheques should be made payable to Riverside Girls High School

Exchanges & 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.

The Uniform Shop News

- Polar fleece jackets with Riverside logo are now available for \$35.00.
- If you would like to order a wool blend Winter coat- cost \$89.00 Order forms are available from the Uniform Shop

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