

RIVERSIDE CURRENTS

Riverside Girls High School Parent & Community Newsletter

June 2005

Calendar Dates

June

- Monday 13 -Queen's Birthday Holiday
- Tuesday 14 -Zone Athletics Carnival
- Wednesday 15 -Year 10 & Year 11 Parent and Teacher Evening, 4.00-7.00 pm
- Thursday 16 -Year 12 Stuvac for Trial HSC
-Area Cross Country
- Friday 17 - B.A.T.H. Day Years 7-11
- P. & C. Fundraiser
Bargain Threads
School Hall 7.30 pm
- Friday 17 - Stu Vac Yr 12 for Trial HSC
- Monday 20 Trial HSC Exams commence

July

- Friday 1 Trial HSC Exam ends
Last day of Term 2

**Term 3 commences for students on Tuesday
19 July 2005**

Principals Report

- Whole-School Mail Out**
Last week we sent out a detailed letter and some additional documents to all families by mail. Our letter to parents was seeking parental support for a range of school policies and procedures. We also included a detailed timeline of school events from June to December 2005. If you are reading this newsletter and your set of materials has not arrived could you ring the school office on 9816 4264 and arrange for a set to be mailed to you.
- Congratulations to the School Choir**
The girls were chosen to perform in the Sydney North Regional Musical festival at the Opera House concert on Monday 30th May. Ms Haylen, our Choir Director, was very pleased indeed with their performance. The choir is fast gaining a reputation for excellence. Ms Haylen has spent many hours with the girls rehearsing and developing their performance skills.
- P. & C. Meetings**
We hope to see lots of parents at the P. & C.

meetings on the second Wednesday of each month at the new starting time of 7 pm. The P. & C. has set up an email communications link with parents and this is working well. We do need the email contact details for all parents. If you haven't yet registered your email address with us, you can do so by completing the form contained in the recent whole school mail out and faxing or emailing it back to us.

4. **Bargain Threads**

There were some stunning designer label clothes for very low prices at this event last year. We need lots of girls and mothers to support the event. You can try on the clothes before you buy them. There is a wide variety of styles and sizes from 8-22. We look forward to seeing you there this Friday 17th June 7.30 pm in the School Hall.

5. **The Trial HSC**

The exams will be held over the last 10 days of term 2. We find this allows a very productive 9 weeks of teaching in term 3 in the lead up to the HSC. It allows girls who have to present their performances in Drama and Music and complete their major works in English Ext 2, Extension History, Visual Arts, D. and T. and Textiles in Weeks 3-6 of Term 2 to do so without coping with Trial HSC exams in all subjects at the same time. Most subjects have final assessment tasks in Term 3 and this means the girls can do their best for their final task, the results of which could possibly alter their final ranking for the school based assessment component of each subject.

6. **B.A.T.H. Day – Friday 17th June**

We expect all students from Years 7-11 to become fully involved in Better Attitudes to Health Day. It has always been a great day, lots of fun but also lots of strategies for staying fit and healthy in a very challenging and difficult world. The speakers, presenters and entertainers are always very well received in the evaluation after each B.A.T.H. Day. Mr Teece and the student leaders have done a great job planning B.A.T.H. Day.

Judy King
Principal

A Big Thanks

to all the parents who have worked with the P. & C. to support the school by helping out at fundraising activities, Open Day and Working Bees.

Elaine Stekhoven	Ingrid Ferreira
John Sheldrick	Jill Mathes
Linda Young	Janet Burstall
Cheryl Osborne	Denise Lee
Ingrid Ferreira	Fiona Loadman
Cio Saul	Sue Hoble
Jacqueline Marks	Karl Evans
Shayne Collier	Jo & Mike Prendagast
Stephanie Pritchard	Jan Giffer
Monica Chapman	Katrina Bard
Filomena Leone	Christine Reece
Sandi Reid	

We apologise to anyone left off the list and a big thanks to the P. & C. members who organise these activities.

Choir Report

Riverside is now proud to have a choir which meets regularly and performs at school and in the community.

The first commitment for the year was in the ArtsNorth Festival of Music. Students were provided with the repertoire which included *O Fortuna* (Carl Orff), *You Raise Me Up* (Graham and Lovland) and *Beyond the White Sails*, a song cycle by Paul Jarman.

A combined rehearsal was held at Chatswood High School on 13 May, followed by rehearsals and the performance in the Sydney Opera House on 30 May. This concert involved students from twenty-two high schools and many primary schools in the region. The music created by the choir of over 800 students, accompanied by the full symphony orchestra, was inspiring and exciting.

Congratulations to all twenty-nine girls who have devoted many lunchtimes at school and hours at home memorizing and practising their repertoire and to Rebecca Stephenson who was selected to play trumpet in the District Stage Band. Riverside is very proud of your musical performance, grooming, attitude and behaviour. Thank you to all the parents and supporters who helped make the evening so special.

The next performance opportunity for singers is the Ryde School Spectacular, to be held in the Opera House on 7 November. Audition forms for singers, groups and bands are available now, closing date 12 June. There is no massed secondary choir in this festival, but small groups of singers are welcome as items in the program.

I am very pleased that the choir's video audition for the Schools Spectacular 2005 (Sydney Entertainment Centre, 25 and 26 November) was successful. Auditions for the sixteen places (8 Altos and 8 Sopranos) allocated to Riverside in the Moving Choir will be held later in the year. Preference will, of course, be given to students who have already shown commitment to choir in 2005.

Mrs L Haylen - Choir Director

Riverside Market

Riverside Market is held on the 2nd Saturday of every month. There are lots of bargains available such as hand-made jewellery, vintage clothes, healthy blooming plants, food and creative crafts. The Girl Guides will also be holding a cake stall on the day so come along and support local traders and the school. Anyone wishing to have a stall to sell quality goods please contact:

Tiang on 0411 783 783 or

Jane on 0414 618 781

Sport

2005 Age Champions – School Cross Country

12 years	Kiki Wu
13 years	Melissa Brown
14 years	Sarah Hardy
15 years	Sally Johnson
16 years	Somine Anderson
17 years	Lauren Butler-Howell
18 years+	Brittany Olsson

Bargain Threads Fundraiser

Bargain Threads is the brainchild of two serious bargain shoppers who have created a fashion warehouse stocked with the very latest and best designer creations from popular independent and mainstream labels. They offer customers genuine designer clothing at unbeatable prices. All their clothing is current and sells for 50% to 70% off retail prices. Bargain Threads offer the ultimate shopping experience for serious fashion fiends and bargain hunters alike. While you shop, you are raising valuable funds for our school. Not only does Bargain Threads offer generous incentives but also a really great night out. They have thousands of garments in current season stock that range in size from 8-22. Why not come along to see their range at **7.30pm on Friday 17 June in the School Hall**. Why not bring your friend too. An entry fee of \$10.00 covers refreshments and "nibbles". Hope to see you there.

Are you an ex-student of **Cringila Public School**? If so you might like to know more about their 50th anniversary next year Contact the school on (02) 42 74 17 68.

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

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. Book your place with:

Katherine Johnston
Ph: 02 9850 9446 Fax: 02 9850 9457
Katherine.johnston@mq.edu.au

Temple Matterson
Ph: 02 9850 7382 Fax: 02 9850 9457
Temple.matterson@mq.edu.au

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

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

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

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 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

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