

# RIVERSIDE CURRENTS

Riverside Girls High School Parent & Community Newsletter

June 2007

## Calendar Dates Term 2

### May

Wednesday 30 Inoculations Yrs 10, 11, 12  
continue

### June

Friday 1 School Athletics Carnival,  
Homebush Arena

Monday 4 Year 9 swap over History and  
Geography on timetable

Friday 8 Year 10 reports issued to  
students

Monday 11 Queen's Birthday Holiday

Wednesday 13 Year 10 & Year 11 Parent  
Teacher interviews, 4.00pm-  
7.30pm, School Hall

P & C meeting, 7.30pm

Thursday 14 Yr 12 Stu Vac before Trial HSC

Friday 15 Year 9 reports issued to students

Friday 15 Yr 12 Stu Vac before Trial HSC  
B.A.T.H. Day (Better Attitudes to  
Health Day)  
all students Years 7 – 11

Monday 18 Trial HSC Exams begin

Friday 22 Year 8 reports issued

Thursday 28 Year 7 reports issued to students

Thursday 28 Last day of Trial HSC

Friday 29 Red Nose Day  
Zone Athletics Carnival  
**Last day of Term 2**

**Term 3 commences for all students on  
Tuesday 17 July 2007**

## Principals Report

### Public Education Day

On Thursday 17 May we celebrated National Public Education Day as part of Education Week. Public schools around Australia invite ex students to address the students on what their education at a public school meant to them.

We were thrilled to hear from Jasmina Ceic (HSC 1998) and her sister Daniela Ceic (HSC 1997). Jasmina is a defence lawyer with a well known legal defence firm in the city and Daniela is a systems solutions engineer with IBM. Daniela always was excellent at Maths and ICT. They were proud of their public school education at Riverside and mentioned the teachers who had contributed to their considerable success. Their parents attended the assembly to see their two daughters speak as guests at their former school. As a migrant family the parents were delighted with the achievements of their daughters.

We also invited Ms Jacqueline Thompson from the TAS faculty to address the assembly. She attended Wavell State High School, a public co-ed high school in Brisbane. She joined us in 2006 in her first teaching appointment after university. Her address on her high school education in the public system was very moving. There were a few tears from some of the teachers including from the writer of this report. We have included Ms Thompson's address in this edition of The Currents on pages 6.

Public schools and public school teachers are often attacked by federal politicians and media outlets. The attacks, including those by the Prime Minister are ill informed as well as relentless. They serve a political agenda. Every time federal ministers attack public schools it is a free kick against 8 state and territory Labor governments which are fully responsible for the management of public education systems across Australia.

Public schools educate 68% of young Australians. Every time the attacks are made it strengthens the resolve of public schools to do their best for their students

with limited resources. We need the full support of 68% of Australian parents to withstand the attacks. The public education assembly was certainly one of the highlights of 2007.

Monica Millward from the 2001 HSC was awarded the university medal in Law from UTS last week. Lucinda Baldwin, former school captain from 2001 gained first class honours in Law at the same UTS graduation. I was attending the same graduation for my daughter (2001 HSC at Newtown High School of the Performing Arts) so you can imagine how proud I was when I saw the 2 Riverside names at the top of the program and one for the university medal. It is a shame Peter Costello and the Prime Minister couldn't share my pride at the ceremony about public education.

### **Riverside Swings Night**

Thanks to all parents who organised the jazz evening on Friday 18<sup>th</sup> May, especially the parents in the P. & C. Music Subcommittee. There is always a great deal of work in organising a performance function, setting up the hall and co-ordinating everything on the evening. Thanks to all families who attended and enjoyed the evening. Funds raised will support the extra curricular music program.

### **Mail out to all parents**

We are mailing out some material on bullying and harassment to all parents very soon. We are including a feedback sheet in the hope that some parents will comment on our anti bullying initiatives and offer some advice.

Like all schools, both public and private, we struggle to address ongoing "mean" behaviour as we have characterised it in our school policies and programs. More and more incidents are internet related. That is why our police liaison officer, Senior Constable Mignon Woods is teaching every Year 7 and 8 class about cyber bullying and harassment. The lessons are currently in progress throughout term 2. There are just so many times that a student can read vile and nasty comments from other students on MySpace.com (individual web diaries) or on Bebo.com, text messages, emails and in chatrooms, especially MSN, before they resort to school phobic behaviours as an escape.

We urge you to read all the material when you receive it in the mail and we welcome

comments from parents in this most difficult and challenging area.

### **HSC and related challenges**

We urge all Year 11 and 12 parents to remember that it is simply not possible for all students to enter university straight from school. 30% of school leavers from across Australia enter university. Naturally some schools have a much higher percentage than others but the **average** is 30%. Our percentage of those eligible for a UAI is around 70% who go to Uni and we are very proud of that. However, it does mean that 30% or so are not eligible to enter university from R.G.H.S. They should apply for TAFE in 2008 or 2009 and perhaps use the TAFE pathway to university after they complete second year TAFE in a related field of study.

It is very distressing for students and for the teachers when parents insist that their daughter simply has to attend university when it is obvious that this is not going to happen straight from school. The girls are not failures and they must not perceive themselves as such. Most parents are very sensible about this and understand that there are many post school pathways available and not just university.

Do contact me or the two Year Advisers (Ms Markey Year 11 and Ms Austin Year 12) or the Careers Adviser (Mr Blundell) if you have any concerns at all regarding post school options and university and TAFE entrance. All the senior girls, no matter what their ability level need our support and encouragement at all times. We need to support their aspirations and their goals and help them to realise them.

J. King  
Principal

### **P & C Report**

Thankyou to the fifteen parents, husbands, two students and a teacher, who attended the recent working bee. Mulch was spread and dangerous tree debris was removed. As a result of the recent working bee, the school is looking to conduct a grounds audit to determine the condition of the trees, and identify any that require removal or lopping. If any parent has horticultural or tree expertise and could assist in this endeavour, would you please contact Cheryl Osborne or the school.

Mr Teece requires assistance with gelato sales on BATH day. If you can help on Thursday 14 June between 12.30 and 2.15pm or at any time on

Friday 15 June between 9.30 and 2 pm, even for an hour or so, please contact Mr Teece through the office.

This year the P&C has agreed to fund the following from P&C contributions.

School diaries	\$5,500
BATH day	\$2,000
Maths texts	\$3,450
Student assistance scheme	\$2,000

Further funds will be allocated at a later date.

At our May meeting, Jenny Haigh, Head Teacher Teaching and Learning, spoke about her role as the learning support teacher and the types of programs that are instigated to assist students with various difficulties.

### **Trivia Night**

Due to an unforeseen clash of dates, the trivia night has been moved to **SATURDAY 8 SEPTEMBER 2007**. Anyone able to assist with collecting donations of goods and services from local businesses, or with organization of the evening, can contact Cheryl Osborne or come to the next P&C meeting.

Thankyou to the parents who have paid their P&C Contribution for the year. If you haven't as yet, and still wish to make a contribution, please do so at the front office.

The next meeting of the P&C will be held on **Wednesday 13 June at 7.30 pm** in the common room. Mr Saad, Head Teacher Maths, will give a short presentation on the maths program.

Cheryl Osborne ph 9878 3028  
President

### **Sport**

**Open Knockout Touch Football – Round 1**  
Riverside lost to Macarthur Girls High 4 – 3

The team consisted of:

Alana Story, Nicola Wines, Ashleigh Sprague, Brittany Spackman, Meegan Parry, Jessica Kutis, Jenny Lee, Shantel Whelan, Rhiannon Davis, Amy Bell, Melissa Brown, Julie Zhang

### **Match Report**

On a very warm February afternoon Riverside Girls High played a tight match of touch football against Macarthur Girls High. The low scoring indicated the intensity and quality of the teams with Riverside Girls leading 2-1 just before half time. We were hopeful of holding on. Unfortunately a late try locked up the half time score. An early try to Macarthur Girls followed by a dubious ref's decision left us 4-2 down. Nicola Wines scored to make it 4-3 and the Riverside Girls pushed hard for an equaliser, camped near

the Macarthur Girls try line. If the game had run for two more minutes we would have made it. Well played Riverside Girls – great effort, talent and determination.

Coach: P. Jones

### **Open Knockout Softball – Round 1**

Riverside lost to Cherrybrook High School 0-25

The team consisted of:

Nina Blundell, Rhea Cambourn, Katerina Kraft, Jacquelyn Osborne, Louise Robins, Emma Maguire, Madelene Morson-Perry, Tayla Williams, Alyssa Budin, Jessica Dobis

### **Match Report**

The Riverside girls once again drew the formidable Cherrybrook High School in the first round of the knockout and found the quality and pace of their state level pitcher more than a challenge. Despite their hard efforts the girls found it difficult to match the skill of the opposition and were soundly beaten. Congratulations should go to all girls in the team for their good play, team work and sporting spirit.

Coach: Mr Russell

### **Year 9 & 10 Touch Footy Carnival**

On 4<sup>th</sup> May this year we had two teams enter the NSW Touch Football Association Carnival at Parramatta. Our teams were in two different pools. Riverside 1 was coached by Paul Wines and managed by Jessica Kutis. Their first game was against Cerdon College. We started very nervously, but as the game progressed, our nerves disappeared and our will to win came to the fore. After being behind early we had a 2-2 draw.

Although we played well in the next game against Bankstown Girls, we were unable to break through their strong defensive line and went down 3-0.

The next game opened with a great try by Olivia Hunt and we held on for a 1-1 draw.

Team 1 had their final game against the well drilled Model Farms. Our girls never gave up and gave them a good run (5-0). Model Farms went on to compete in the final.

Our second team played Colyton in game 1. Our girls defended well and were unlucky to go down 2-0. Claudia took a smart intercept and was 'away' but was unfortunately called back.

In the next game up we met an exceptional Emmaus College. This squad was full of representative players. They completely out-classed our girls, but the game was played in

great spirit and our girls didn't give up until the final whistle. This team also made the final. The final 2 games were against St. Paul's and Galston. Both were close contests (1-1 and 1-0).

Both Riverside teams represented their school well and at all times played with great sportsmanship and determination.

A big thank you to Paul Wines who coached the teams leading into the carnival. Thank you also to those families who helped out with transport on the day.

#### **Team 1**

Moya Johannson, Mel Brown, Rhea Cambourn, Olivia Hunt, Meegan Parry, Nicola Wines, Julie Zhang

#### **Team 2**

Bree Donato, Claudia Stanger, Jayde McLean, Ashleigh Sprague, Brittany Spackman, Rebecca Spackman, Alana Story, Shontel Whelan

Merryn McCauley      Jessica Kutis  
(PDHPE)                      (Team Manager)

### **Year 10 Information Evenings**

The University of Sydney invites Year 10 students and their parents to attend information evenings which are designed to help them:

- select subjects for Year 11 and Year 12
- learn more about the UAI, scaling and university entrance
- understand commonly used terms
- find out more about career pathways
- gain an insight into University life

To secure your place at one of the evenings you will need to register online at:

[www.usyd.edu.au/year10evening](http://www.usyd.edu.au/year10evening)

Students and parents can choose to attend one of three nights:

Monday 4 June 2007, 6.15pm  
Wednesday 6 June 2007, 6.15pm  
Thursday 12 June 2007, 6.15pm

All sessions will be held in the Footbridge Theatre, the University of Sydney.

For further information call 1300 362 006 or email [futurestudents@usyd.edu.au](mailto:futurestudents@usyd.edu.au)

### **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!**

### **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 us to provide them with the most appropriate care.

### **Communicating With Teens**

The Northern Sydney Central Coast Area Health Service will be conducting evening courses during Term 2 for interested parents. The 5-week courses are designed to assist parents on:

- influencing teenager behaviour
- understanding stages of teenage development
- dealing with teenage highs & lows
- keeping lines of communication open
- coping constructively with teenage anger
- getting across points of view
- resolving "issues"
- what works and what doesn't

Courses will run at the following dates & venues:

- CHATSWOOD, Mondays,  
14 May to 18 June, 7.00 – 9.30 pm
- MONA VALE, Mondays,  
15 May to 12 June, 7.00 – 9.30 pm  
CHATSWOOD, Monday (2.5 hours)  
7 May & 21 June, 7.00 – 9.30 pm.

Cost: \$125 per person Concession: \$105 pp

Enquiries: **8877 5300 AH 8877 5304**

### **Car Boot Sale**

Boronia Park Public School is holding a community Car Boot Sale on Sunday 3 June 2007 between 9.00am and 1.00pm. Do not miss this great morning out! Come along and find bargains galore, treat yourself to a yummy brunch and be entertained by a team of talented buskers from Boronia Park Public School. **Bootloads of fun guaranteed!**

Bookings (\$25 per car); Inquiries PH 9802 2552

### **Soccer players needed**

Balmain Soccer Club is looking for girls to join their junior girl's teams. Games are played on Sundays. If you are interested, please direct your inquiries to: [girls@balmaindsc.com.au](mailto:girls@balmaindsc.com.au)

### **Book Fund Raiser**

Imagine dining at Sydney's finest restaurants, having lunch at the trendiest cafes, spending a relaxing weekend at a luxury hotel or resort, attending the theatre or movies, all at two for the price of one or 25% to 50% off!



For \$60 the book pays for itself in just two visits to a restaurant or one family day out. The Sydney and Sydney North editions are available from NOW until 1 June 2008, with over \$10,000 worth of value in each book. With every Book sold, \$12 is raised towards Riverside Girls High School. To order a copy, please collect an application form from the Student Services Counter and return the completed form with payment in an envelope to the office no later than 30 June as books sell out quickly.

### **Gladesville Guides**

Are you looking for something different for your daughter that is not competitive? How about Guiding?

Guiding is fun and provides memories that will last a lifetime. Our aim is to encourage girls to have a go, to enjoy and challenge themselves. We use a wide variety of activities that prepare girls for the future. At our meetings we assist the girls to choose activities they want to do and plan them so the philosophy and fundamentals of Guiding are met.

The philosophy of Guiding encourages girls to grow into self reliant, organised, cooperative and warm individuals. Please feel free to come and visit the Hall to see the different units in action.

**Brownie Guides** aged 7-9 years meet on Thursdays between 6.30-8.00 pm.

**Guides** aged 10-14 years meet on Tuesdays between 7.00-9.00 pm.

**Ranger Guides** aged 14-18 years meet on Wednesdays between 7.00-9.00 pm.

Gladesville Scout Hall  
Corner of Ryde and Westminster Roads,  
Gladesville

Contact **Belinda Edwards** on **0412 251 802**

### **Keeping in Touch**

Macquarie University's Experience Program gives students from Partner Schools the opportunity to attend a lecture in an area of interest. This program is for students in Years 11 and 12. Bookings are essential. Please visit [www.schoolpartners.mq.edu.au](http://www.schoolpartners.mq.edu.au) and click on the University Experience Program link to view the lectures available and download the booking and evaluation forms.

### **Family Relationship Services**

**Centacare Sydney** offers a range of community services such as family counselling, post-separation services and men's services. A number of workshops are held during the year as a support to parents who are struggling with the impact of separation and divorce on themselves and their children. The sessions vary from one hour to three hours and are held at several venues in the City, Bankstown, Fairfield, Liverpool, Cabramatta West and Sutherland. If you require more information:

Phone (02) 9390 5369  
Fax (02) 9390 5394  
Website [www.familyrelationships.org](http://www.familyrelationships.org)

### **Host Families Needed**

Join the wonderful world of international exchange by hosting an enthusiastic teenager for a few months.

Make a friend and memories that will last a lifetime. **Southern Cross Cultural Exchange** needs warm hearted families NOW for students arriving in July. Students are from Italy, Germany, Scandinavia and Brazil. They become a part of your family including doing chores and joining in the fun! Hosting is voluntary, students bring their own spending money.

For more information phone:

**1800 500 501**

## **Public Education**

It's the first day of high school, 1997, and there I stood at Wavell State High, a little year 8, with my form class, looking at a map trying to find where my first class could possibly be within this mass of buildings! A daunting feeling of being a small fish in a big pond overcomes me. But then something fabulous happens – I see a familiar face, and another friend or two, and together we find our way through the maze that was our first week of high school in the public system.

From that day forward, I learned more than I could ever possibly explain. My Home Economics teacher, Miss Best, taught me to make a mean toffee. My Health & Physical Education teacher, Miss Manderson, taught me that no matter how fast boys run, I could always run faster if I put my little heart into it. My Maths teacher, Mr Brewer, taught me that no matter how much I thought I loathed maths, I would one day thank him. Now I can do my own tax returns! My English teacher, Ms Linde, taught me to reach for the stars, that I could be anything I want to be. She was right. I'm a teacher. My Legal Studies teachers taught me assertiveness. My Science teachers taught me not to eat mandarins in class, but also to question popular opinion and make my own. My Wood Tech teachers taught me how to make a doorbell – I still have it to this day, and it still works! My Drama teachers taught me that I like to be the centre of attention! My Computing teacher Miss Massey taught me that typing skills would be a thing of the future – she predicted correctly! My Music teacher taught me that you don't have to be the world's best singer to make it! My Geography teacher taught me that I can gain extra marks by colouring in the countries on the map, and how to decipher the weather reports. My History teacher taught me that I could make history.

You see, it is these people who have helped mould me into the person I am today. Each person I have met in my experiences in public education has always provided me with an opportunity to succeed, to improve and to achieve my dreams. Public education is priceless.

I attended Wavell State High School, about the same distance Riverside is from the city, in Brisbane, Queensland. With more than 1000 students from years 8 – 12 maintained throughout my years there, Wavell was a big co-ed, yes, girls AND boys, public high school. I had some of my best times in public education, and here I am doing it all again, but from the other side of the classroom, and I couldn't be happier!

At Wavell I was involved in many activities, aside from classes, which is something I have noticed throughout my time in the public education system. Teachers and parents are always willing to put in time and effort to better the educational

and extra-curricular experiences of students. It is called above and beyond, and I would say that statement applies to all involved in public education.

I was off to a good start in high school after receiving academic awards for my achievements in my junior years. I had the most fun of anyone playing 1<sup>st</sup> Saxophone in the Stage Band and Concert Band. I competed in Volleyball, Netball, and more notably Soccer school sports and was elected House Captain in year 12 – we may not have won that year, but I can safely say that at our swimming carnival, anyone who was wearing our house colour, red, swam in that pool! I can be extremely persuasive when house points are at stake!

I also formed strong bonds between friends who made my high school days just seem that much better!

Wavell now has a new principal, new teachers, new students, and a new "school of excellence" name-tag; however there is still one thing that remains the same. In reflecting on my experiences, I found that I have always been **proud** of being a student at a public high school, always encouraged to maintain the values I had that were nurtured throughout my years there. At school we always had in place the "Wavell Development Program" or WDP as we all knew it. Incorporated were values that we were encouraged to develop throughout our higher education years, to name a few:

- Care and Compassion
- Fair Go
- Freedom
- Honesty and Trustworthiness
- Integrity
- Respect; and
- Responsibility

Since graduating from high school, I have employed each of those values in my daily activities. I now understand that it was the people who surrounded me, with positive attitudes towards learning and development, who reflected these values to me, and all students, so we could then reflect our own, and shine in our future endeavours.

In public education, one word stands out to me - **opportunity**. Some of you are just starting here at Riverside, fresh-faced and wide-eyed as to the high school experience, and have so many opportunities ahead of you to embrace. For others, you are coming to your Riverside finish line, and think you have seen it all, but it is perhaps not until you are out in the big wide world that you will truly appreciate the opportunities presented to you throughout your years in public education. You will, like me, understand that you

matter, and that you can make a big difference in the community and in the world. The world is your oyster, as they say, and it is your experiences in public education that have helped build your character as you are today. Public education is opportunity for everyone, it is acceptance into a team, it is real, and it is a safe, nurturing environment where you can achieve your dreams.

I challenge you to get involved, to grab onto every opportunity that public education brings you, and you will see the benefits of this when you reach graduation and see all the open doors that are ahead of you.

It's the first day of high school, 2006, and here I stood at Riverside Girls High, a little first year teacher, looking at a map trying to find where my staff room could possibly be within this mass of buildings! A daunting feeling of being a small fish in a big pond overcomes me and while I see no familiar faces, I know that everyone I do see will become my family, and so something fabulous happens – together we find our way through the adventure that is high school in the public system.

Thanks ☺  
(Speech by Jacqui Thompson, TAS faculty)



**The NSW Department of Community Services urgently need foster carers in your area.**

**On any given day, more than 3700 children and young people need foster care in NSW because their parents can't look after them due to abuse, neglect or other circumstances.**

**This can be for a few days, a number of weeks or years depending on the child's situation. Carers can be single, married, with or without children and be from any cultural background.**

**If you want to make a difference, love children, want to enrich your life and the lives of children then please call us to find out more about becoming a foster carer.**

**All carers receive training, support and financial assistance.**

 **Phone: (02) 8303 7644 for more information**

 **Operation Foster Care**  
NSW Department of Community Services

## **P&C CONTRIBUTIONS –REMINDER**

Each year the P&C requests payment of the following levies to assist in providing our girls with additional educational resources and to assist with maintaining and improving the school facilities.

The P&C levy is made up of:

\$50 Library Levy	-per student. Used to purchase/update books and magazines, maintain hardware, book covering and repairs etc
\$40 Special Projects Levy	-per family. This supplements funds for BATH day, text books, Student Assistance Scheme, student diaries, equipment etc
\$20 Grounds Levy	-per family. This levy assists with costs associated with the maintenance and revitalization of the school grounds

To maintain and improve Riverside Girls High, the school needs your P&C Contribution.

**If you haven't as yet paid your contribution for 2007, then we encourage you to do so, so that all students can benefit from a well equipped and maintained school.**

Thanking you in anticipation

Cheryl Osborne  
P&C President

### **Upcoming P. & C. Working Bee**

**When: 23/6/07 at school from 1 pm – 4 pm.**

We need and would greatly appreciate your energy and enthusiasm

- Goals: 1. Spread 2 mulch mounds  
2. Spray suitable herbicide onto asparagus fern and asthma weed

If you can bring gloves, wheel barrows, strong rakes and herbicide spreading pump containers that would be very helpful.

Mr R. Lovegrove

Ms J. Matthews

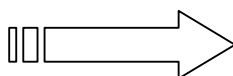
Ms P. O'Neill

# General & Elective Subject Contributions 2007



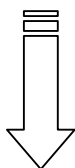
Riverside Girls High School

## General Contributions



Year 7	\$285
Year 8	\$260
Year 9	\$150
Year 10	\$150
Year 11	\$195
Year 12	\$195

## Electives



	Year 9	Year 10	Year 11	Year 12
Ceramics 1U			\$50	\$45
Computing Applications			\$35	\$35
Computing Studies (CSTW) (IST)	\$40	\$40		
Design & Technology	\$40	\$40	\$35	\$30
Drama	\$15	\$15	\$35	\$35
Food Technology	\$70	\$70	\$35	\$35
Hospitality (VET)			\$100	\$100
Hospitality uniform (to be purchased by Wk 6 Term 1 in Year 11)			\$80-\$100	
Information Processing & Technology			\$50	\$50
Information Technology (VET)			\$60	\$60
All Languages	\$30	\$25	\$35	\$35
Languages - HSC Extension courses				\$30
Music (Course 1 or 2)	\$35	\$35	\$55	\$55
Music Extension HSC				\$45
Open High School - each language			\$74 per year	
Photography 1U			\$75	\$80
Software Design & Development			\$50	\$50
Physical Activities & Sport Studies	\$210 or \$52.50/term	\$210 or \$52.50/term		
Technical Drawing (Graphic Techn)	\$35	\$35		
Textiles & Design	\$30	\$30	\$35	\$40
Visual Arts	\$45	\$50	\$60	\$65
Visual Design 1U			\$45	\$45
Wood Technics	\$55	\$30 + materials for major work		

Phone 9816 4264

Fax 9816 5409

[www.riversideghs.nsw.edu.au](http://www.riversideghs.nsw.edu.au)

# Riverside Currents goes online

## On-line School Newsletter



Riverside Girls' High School

“Riverside Currents” our monthly newsletter contains valuable information for all parents and students including:

- Principals Report
- Faculty and Subject reports and news
- Samples of student work
- P&C News
- Careers News
- Dates to Remember

As a result of parental surveys the P&C and school community has uploaded “Riverside Currents” to the school website instead of producing a printed copy for each family. This initiative has many advantages including the positive environmental impact and ensuring parents receive a copy of Currents. Printed copies of “Riverside Currents” will be available, so ask your daughter to collect a copy from the front office if you prefer a printed copy. The printed edition has a photographic supplement.

If you would like the school to inform you each time a new version is uploaded please complete and return this sheet to the front office or visit our website at [www.riversideghs.nsw.edu.au](http://www.riversideghs.nsw.edu.au) and follow the links to register your email address with us.



Please inform me when Currents is uploaded by sending an email to the email address shown below.

I am happy to have this email address added to the P&C data base of email addresses which will enable the P&C to keep me informed of P&C news and events.

Yes  No  (please tick one)

Parent Name \_\_\_\_\_

Student Name and Year \_\_\_\_\_

Email address \_\_\_\_\_

Date \_\_\_\_\_

Parent Signature \_\_\_\_\_

# Riverside Canteen

## Term Two 2007

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### **Sandwiches**

Vegemite	\$1.50
Baked beans	\$2.00
Cheese & tomato	\$2.50
Curried egg	\$2.50
Egg & lettuce	\$2.60
Crispy bacon/avocado	\$3.20
Ham and salad	\$3.40
Cottage cheese/salad	\$3.40
Chicken	\$3.00
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 or	\$3.50
Make up your own selection	\$3.90

### **Salads**

Fruit salad	\$3.00
Pasta salad	\$2.80
Garden salad	\$2.80
Tuna or chicken salad	\$4.50
Thai beef or chicken	\$4.50
99% fat free yoghurts	Rrp
Fresh sushi lunchbox (wed/thurs)	\$3.00

### **Fresh fruit**

Seasonal fruit from	\$0.60
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### **Hot food**

Hot dog	\$2.50
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	\$1.80
Roast chicken or beef rolls with gravy	\$3.50
Pizza Rounda	\$2.00

### **Vegetarian selections**

Indian samosas	\$2.20
Veggie burgers	\$3.50
Vegetarian lasagne	\$3.50
Vegetable risotto	\$3.50
Vegetable roll	\$2.50
Spinach and cheese puff	\$2.20
Fresh soup with roll (Winter only)	\$3.50

### **Low fat cakes and slices**

Date and oat slice	\$2.20
Banana bread	\$2.20
Muesli slice	\$2.00
Fruit bun	\$1.20
Low fat muffins	\$2.50

### **Ice creams and ices**

Selection of light ice	
Creams and water ices	Rrp

### **Cold beverages**

Plain milk (300ml)	Rrp
Flavoured Milk	Rrp
Soy drinks	Rrp
Nudie juices	Rrp
Nudie smoothies	Rrp
Orange, apple, pineapple	
Apple & blackcurrant juices	Rrp
Spring water (500ml)	Rrp
Light soft drinks	Rrp

# The Uniform Shop

Profits from the Uniform Shop go to the school

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

**Contact:** Jenny Evans 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
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.

**Please remember to pay at the office before you collect your item/s from the shop.**