

# RIVERSIDE CURRENTS

Riverside Girls High School Parent & Community Newsletter

March 2007

## **Calendar Dates Term 1**

### **April**

Tuesday 3	School Photos all day
Wednesday 4	Year 7 and 12 Interim Reports to students Year 7 & 12 Parent Teacher Evening, 4.00-7.30 pm in Hall
Thursday 5	Great Debate - Teachers vs students 2 pm <b>Last day of Term 1</b>
Friday 6	Good Friday

**Term 2 commences for all students on Tuesday 24 April**

## **Principals Report**

### **Congratulations to the Swimming Team**

Riverside's Swimming team has won the Zone Swimming Championship for the first time in 15 years, breaking 4 records and winning 3 of the age championships. It was a very close finish and the girls and the teachers from the PD.H.PE faculty were thrilled with the win. We will provide further details in the next edition of the newsletter.

### **Years 7 and 12 Parent and Teacher Night**

We look forward to seeing lots of parents at the Years 7 and 12 Parent and Teacher Night on Wednesday 4<sup>th</sup> April between 4.00pm-7.30pm in the school hall. Girls will be issued with booking and information sheets before the evening. Girls in Years 7 and 12 will receive their Term 1 interim progress reports before the 4<sup>th</sup> April.

### **P. & C. Working Bees**

Thanks so much to the parents and students who were involved in the P. & C. working bee on Saturday 3<sup>rd</sup> March. The group was supporting the schools involvement in Clean Up Australia Day but it was also ensuring the school site looked its best for Open Day on the 15<sup>th</sup> March. It is a very difficult site to maintain. There are always dead tree branches to remove and lots of playground areas to keep tidy and environmentally friendly. There are always gardens and "lawn" areas to mulch or

regenerate. It was a very hot day but that did not deter a very enthusiastic group involving Mr Lovegrove (Science faculty) in his role as leader of the schools Environmental Education Group. Mr Lovegrove invited two representatives from Hunters Hill Council to address a whole school assembly on the significance of Clean Up Australia Day a few days before the working bee. Many students and teachers worked on the site on Friday 2<sup>nd</sup> March as part of the Hunters Hill Council's initiative.

### **Open Day Thursday 15<sup>th</sup> March**

We had lots of visitors on Open Day. It was great to see so many Years 5 and 6 girls with their parents visiting the school. There were several ex students among the mothers and grandmothers so we hope to enrol more third generation Riverside girls in the future. Enrolment applications close on 30<sup>th</sup> March for Year 7 places in 2008. We will be receiving enrolment applications from public primary schools in May 2007. Applications from private schools for Year 7 in 2008 come directly to us. We will be informing all families of enrolment places for 2008 close to the 25<sup>th</sup> May 2007. We are not authorised to confirm any places to public or private school applicants before then. If you know of any families who were unable to visit the school on Open Day, let them know that school visits may be arranged at any time by phoning the school office and organising the visit in advance.

### **Police Liaison Officer**

Our new police liaison officer is Constable Mignon Woods from Hornsby Police. She will be talking to all year 7 and all Year 8 students over the next few weeks about cyberspace dangers and what constitutes ethical behaviours in cyberspace. We have encountered several difficulties in this challenging area in recent times. Some of the girls have been unaware of the dangers lurking in cyberspace. We have encountered some examples of girls loading on to the internet footage of films taken at school with mobile phones or digital cameras. We have also encountered some quite nasty examples of inappropriate emails and chat room comments about fellow students. All schools across the world are dealing with these very difficult areas of inappropriate behaviour in

the 21<sup>st</sup> century cyber age where technology provides lots of creative opportunities for both positive and negative behaviours. We welcome the support of the police liaison officer in educating the girls about what is appropriate or inappropriate as they navigate cyberspace as responsible cyber citizens.

J. King  
Principal

## ***New Staff Members***

**Miss Kuzmanovski** is the new TAS teacher at RGHS. Until now, she has been teaching at a diverse range of schools all around Sydney and enjoying making a difference to young adults' and teenagers' lives. She has a Certificate III in Information Technology (Network Administration).

To stay sane, she participates in many sports such as soccer and is a mad Rugby League fan. She loves music, particularly rock, and going out with family and friends. She was a student at a public school and is now enjoying the benefits of this fantastic education.

**Mr. James** is the new Science teacher and was born and raised in Hervey Bay, Queensland. He also went to school there. He spent a lot of time on Fraser Island camping and driving a 4WD. He moved to Sydney and completed a four year Bachelor of Science and Bachelor of Education Degree at UNSW, Kensington Campus.

Riverside Girls High is his first permanent appointment since graduating in 2006. He has also taught at Hunters Hill High School, but is looking forward to the years ahead teaching science here.

The new PD/H/PE teacher is **Sophie Miller**. She is an ex-Riverside girl, and cannot think of a better place to start her teaching career. She is naturally interested in sport and has a keen interest in soccer, snow skiing, football and fitness generally. Academically, she has completed a Bachelor in Exercise Science and a Gym Instructors certificate.

In her final days as a student at Riverside, she remembers saying how much she didn't want to leave. How ironic it now seems that she is back here as a teacher! She hopes that her time at Riverside will prove as rewarding as her time as a student was.

**Anne Iverach** has been appointed to Riverside as a PD/H/PE teacher and Dance Coordinator. She graduated in 1987 with a Bachelor of Applied Science (Physiotherapy), a Bachelor of Education (PE) and a Master of Education (Health). She has taught at Whalan, Walgett and Bellingen High Schools, as well as teaching stints overseas in the United Kingdom and Asia. Whilst teaching at The Australian International School, Singapore she had a

memorable school excursion walking in the Lantang Himalayas (Nepal) and taking a 'joy flight' around Mount Everest! She has also worked as a physiotherapist at the Prince of Wales Hospital at Randwick. Over the years she has been involved in sporting organisations and has coached many teams at various schools she has taught at.

**Suzie Ager** is the new STLA teacher. She has taught in a number of NSW schools, both in the country and the city. For many years she was a mainstream classroom teacher, but for the last nine years she has been working as a Support Teacher Learning Assistance specialising in the teaching of reading. She is married with two teenage daughters and she enjoys music, playing tennis and of course, reading!

**Mr Estay** was born in Santiago, Chile. After completing a commerce degree, he worked in merchant banking for four years before resigning to do a MBA. In 1988 he moved to Europe, returning to South America for a year to teach Economics at university. In 1999 he won a scholarship to do postgraduate studies at Macquarie University. He worked in the mortgage industry for five years before doing a postgraduate Diploma in Education. After becoming an Australian Citizen in 2003, his qualifications were assessed by the CPA and DET before commencing his teaching career in 2005. He is very happy to have been appointed to Riverside to teach Economics and Geography and is happy to help his students with their hard work. In his spare time, he enjoys reading, gym, movies, dancing and travelling the world.

## ***Sport***

### ***NSW Schools Triathlon Competition***

This year once again the All Schools Triathlon event was held at the Sydney International Regatta Centre in Penrith on Thursday 22<sup>nd</sup> and Friday 23<sup>rd</sup> of February. The event is a NSW combined competition called the NSW All Schools Championships. It includes competitors from all NSW Public (CHS), Independent and Catholic schools.

Riverside entered one individual and four teams in this year's carnival. Moya Johansson was our individual competitor and is now the 2007 NSW All Schools Champion in her age division and was also the CHS champion for 2007. Moya will now go on to represent NSW at Nationals later this year.

The following day we had our one Junior, one Intermediate and two Senior teams competing in extremely hot weather conditions. The girls worked extremely well together and achieved outstanding results.

At their first Triathlon carnival our junior team of Beth Chilcott, Kate Ellis and Loray Oliveria (all year 7 girls) were placed 6<sup>th</sup> in the CHS NSW Public Schools competition and 18<sup>th</sup> in the All Schools competition.

The Intermediate team (14 & 15yrs) consisting of Rachel Horton, Moya Johansson and Lauren Ellis are the 2007 CHS champions and were placed 6<sup>th</sup> in the All Schools competition.

In the senior division Riverside entered two teams. The first team with Holly Browne, Katarina Kraft and Sally Johnson were placed 6<sup>th</sup> in the CHS competition and 11<sup>th</sup> in the All Schools competition, an excellent result for their first year in the senior division. Our other senior team with Shontel Whelan, Ellie Papas and Rosa Brown finished a very respectable 18<sup>th</sup> in CHS. This result is excellent considering that Ellie came off her bike during the race and still managed to finish. I would also like to commend Rosa for her efforts in the run in which she posted the 2<sup>nd</sup> fastest time of any student (boys and girls) in the event.

A special thank you to Beth, Loray, Moya, Katarina and Ellie's parents for assisting Ms Nagle in getting the girls to the carnival on time and with all their equipment (bikes included!), it would not have been possible for them to compete without your assistance.

Congratulations girls on your fantastic results and for representing the school so well. I hope to see you all back next year.

Ms Nagle

### **Open Knockout Basketball - Round 3**

Riverside lost to Narrabeen Sports High 30-17

The team consisted of:

Anna Emsley  
Chelsea Lester  
Adela Vjkovic  
Melissa Brown  
Rhea Cambourn  
Katarina Kraft  
June Wilcox  
Noelani Daniel  
Emma Parry  
Katrina Colsell

### **Match Report**

Riverside played Narrabeen Sports High in Round 3. The game was played strong and fast with the score being 10 to 7 at half time with Narrabeen in the lead. Narrabeen became dominant in the second half scoring some fast breaks, plus Riverside's shots at goal failing to find the hoop. Final score of the hard fought game was 30 to 17 Narrabeen coming out victorious.

Player awards - MVP: Jane Wilcox, Most Improved: Katarina Kraft, Best Defensive: Anna Emsley

Coach: B. Lowe

### ***Yr 11 PDHPE / SLR Camp***

In week 4 students in the yr 11 PDHPE and Sport, Leisure and Recreation (SLR) courses participated in an Outdoor Recreation Camp as part of their course work. The girls have been studying Outdoor Recreation in their classes over this term. The camp was designed to give the students an opportunity to experience some of the activities that they had been studying in theory. For many of them it was their first time camping in a National Park.

On the first day we were picked up from school at 7:30am. Our first stop was at Port Stephens for Sand Boarding. Everyone was transported to the sand dunes via 4WD's and were then given a quick safety lesson on how to sand board (i.e. use your hands to slow you down and as balance), had a quick board wax and away we went. We followed the Sand Boarding with a Dolphin Cruise which included lunch and time on the Waterslide and net off the back of the boat. The groups then travelled on to Seal Rocks to set up camp in the National Park for the evening.

The following day we headed to Lighthouse Beach for our first Surfing lesson. The weather was perfect for our first Surfing session and to cap it off we were joined by some friendly dolphins. We continued to surf and be assisted by our surf instructors throughout the day, and finally left the beach around 5pm.

After an afternoon pool session and volleyball game, we headed for a long awaited shower. Following dinner everyone collected around the camp fire to enjoy some roasted marshmallows. To finish the evening we brought their beds outside to watch a movie under the stars.

The next morning (after a slow start) we were back on the beach for our final surfing lesson. It involved a stoic effort from a number of students that were carrying some 'surfer's chafe' from the day before but still managed a solid surfing session. By the end of the camp all students were able to stand-up on their surf boards and surf into the beach.

Some stand-out achievements came from;

- Hannah Vousden who managed to catch every wave that came her way
- Leah Harrison and Katarina Kraft who received the 'gidget' awards for the biggest waves caught
- Nina Blundell received the award for the longest time in the water

- Holly Browne received the award for being able to fix her hair and swimmers whilst surfing
- Lauren Mc Garry for the best stance
- Cassandra Chan for her lessons for Ms Pendergast
- Jade received the quiet achiever's award for being a secret surfer
- Manty for her extra-curricular efforts & lunch time entertainment
- Kate Butler-Howell, Nikki, Lauren Ellis, Nina, Alana, Renee, Ella, Ellen, Ruth, Vhia and Paris for 'working through the pain'

Overall everyone had a fantastic time. The girls learnt a number of lessons about organising and managing outdoor recreation activities. Everyone went home a little tired but with some new skills and plenty of great memories.

Ms Nagle

### **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**

### **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)

### **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.

### **Joubert Singers**

Our community choir is seeking new members for the Joubert Singers. Previous choral experience and/or ability to read music would be an advantage but is not essential. There is no audition, but new members are accepted on a probational basis. Rehearsals are at **Hunters Hill Public School on Tuesday nights.**

The April concert for 2007 will be Handel's "Messiah". For more information, please phone AH or email:

- Tony Kirwan, 9807 3652  
[akirwan10@iprimus.com.au](mailto:akirwan10@iprimus.com.au)

## **SCHOOL PHOTOGRAPHY DAY**

**will be held on**

# **Tuesday 3 April**

**Do not forget to come suitably attired on the day with your order form completed**

- Lind Lyon, 9816 1653  
[llyon@shawstock.com.au](mailto:llyon@shawstock.com.au)

- Ross or Ruth Newman, 9716 6925  
[Ross.Newman@det.nsw.edu.au](mailto:Ross.Newman@det.nsw.edu.au)

or look on our website at  
[www.joubertsingers.org](http://www.joubertsingers.org).

### **Communicating With Teens**

The Northern Sydney Central Coast Area Health Service will be conducting evening courses during Term 1 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**

### **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**

## **Crowle Home Needlecraft & Textile Sale**

**5 May 2007  
From 7.30am till 5.00pm**

**76 Belmore Street, Ryde**

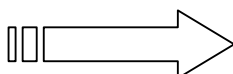
**Phone 02 8878 3300**  
[www.crowlefoundation.org](http://www.crowlefoundation.org)

# General & Elective Subject Contributions 2007



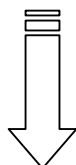
Riverside Girls High School

## 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 One 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.

The Uniform Shop News

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