

RIVERSIDE CURRENTS

Riverside Girls High School Parent & Community Newsletter

March 2008

Calendar Dates

Term 1

March

Friday 21	Good Friday
Monday 24	Easter Monday
Friday 28	School Cross Country

April

Tuesday 1	School Photography Day
Wednesday 2	U Turn the Wheel, Year 11 Year 7 & 12 Parent Teacher Evening, School Hall 4pm – 7.30pm
Monday 7	Year 11 SLR Camp
Tuesday 8	Year 11 SLR Camp
Wednesday 9	Year 11 SLR Camp
Friday 11	Last day of Term 1

Term 2 resumes Monday 28 April for teaching Staff & Tuesday 29 for all students

Principal's Report

Open Day

We had a very successful Open Day on the 13th March. Student guides showed lots of visitors around the school and we hope to see about 200 in Year 7 in 2009. We were well supported by our P. & C. and Ryde bus depot on the day. The bus depot officer answered questions on bus travel complexities for well over 3 hours non stop. The P. & C. barbecue and gelato table were very well patronised all afternoon and evening.

If any families were not able to visit us on Open Day it is possible to ring the school and organise a tour and interview later in the year. It is always best to ring first.

Staffing Update

We say farewell to Ms Cartwright this week. After Easter she will take up her new position at St Ives H.S. as Head Teacher for HSIE. She started her teaching career at R.G.H.S. in 2002 and she has been relieving H.T. in Social Science, and Teaching and Learning at Riverside. We wish her well at St Ives and we will follow her career with great interest in the public system in the years to come.

Ms Tina Kenny has been appointed to replace Ms Cartwright. She too, like Ms Cartwright is an Arts/Law graduate. She comes to us from the Catholic system where she taught Legal Studies and Modern History. We look forward to working with Ms Kenny in HSIE and are very pleased about her appointment.

Ms Sun Young Yi will join us in TAS in Week 11 to replace Ms Laundry. Ms Yi has worked with us briefly before and we welcome her back 4 days a week. We have had casual teachers replacing Ms Laundry on a temporary basis for the last 4 weeks so we look forward to Ms Yi's arrival in Week 11.

Mailout to all Parents

Immediately after Easter there will be a mail out to all parents on a number of very important matters including

- (i) the expectations of senior students
- (ii) more information on the targetting and harassment of students in cyberspace, especially on www.Bebo.com
- (iii) Year 10 formal
- (iv) the staffing of schools reforms proposed by the Department of Education
- (v) bus passes and bus travel
we urge all parents to read everything in the mailout very carefully because all of the information will be very relevant to the education of your daughters
- (vi) 2007 annual School Report

International Women's Day

We were thrilled when our school captain Nina Blundell was asked to be a student presenter at the I.W.D. 100th anniversary breakfast celebration at Darling Harbour. Nina spoke to 1500 guests at the breakfast. One of the other guest speakers was Ms Noleen Heyzer (Malaysia) deputy secretary of the United Nations. We displayed several photographs from the breakfast on Open Day. Our school supports Unifem, the I.W.D. Breakfast organising body. Unifem is a United Nations Agency which works to protect women and girls all over the world. Unifem projects provide educational opportunities for women and girls and it actively campaigns against poverty, violence, the slavery and trafficking of women and girls, sexual abuse and all forms of discrimination.

Change of contact details by parents

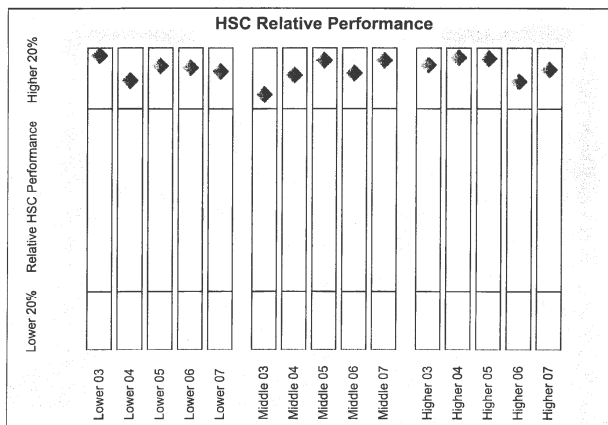
Have you changed any of these lately?

- your address
- email address
- work phone number
- emergency contact
- mobile number

If so, you must let the school know. Send a note with your daughter or email us or fax us on 9816 5409. It really is important.

2007 HSC Graph

Riverside Girls High School - Higher School Certificate, 2007



Groupings Based On Previous SC Performance

Relative Performance	CSG Performance:	Performance without Selective Schools:
◆ - 15 or more students	□ - Over 4y	◆ - 15 or more students
◇ - 10 - 14 students		◇ - 10 - 14 students
Blank - fewer than 10 students		Blank - fewer than 10 students

Notes:

A solid diamond indicates that there were 15 or more students in this category.
 An open diamond indicates that there were between 10 and 14 students in this category.
 A missing diamond indicates there were fewer than 10 students in this category.

P. & C. Meeting Wednesday 14th May 7.30 p.m .

This P. & C. meeting will be devoted to information on the Year 7 curriculum. All 8 Head Teachers who are responsible for the curriculum will address Year 7 parents on the Year 7 curriculum, assessment and reporting. At a recent P. & C. meeting several Year 7 parents requested such an information evening so the May meeting will focus specifically on this aspect of the curriculum. Parents will have the opportunity to ask questions and discuss any issues relating to the Year 7 curriculum. Early in term 2, we will issue some more information about the Year 7 evening.

The P.& C. meeting on the 9th April at 7.30pm will be the usual P.& C. meeting but Sue Andrews, our new H.T. for PD.H.PE and Sport will be the guest teacher at the meeting. Ms Andrews will outline the PD.H.PE and sports program and answer questions from 7.30 – 8.0pm.

J. King – Principal

Riverside Welcomes Trendy New Coat

Do you feel the cold during the winter months?

Are you looking for jacket that is fashionable, practical and affordable? Well look no further because Riverside's latest addition to the uniform shop is a very trendy, very warm winter coat. This new wool blend coat is the perfect answer to those wet and windy winter school days and is the ideal accessory for both the junior and senior school uniform. The coat features an embroidered 'R' on the front left hand side, two deep, exterior pockets, a slimming female design and all this for only \$89.00!

All students who are interested in purchasing a coat should fill out and return the order form (including the \$89 payment) to the office by Thursday 13/3/2008 to ensure all jackets have arrived by week 1 term 2.

Sample sizes are located at the office for students who are unsure about what size is most suitable for them, however it is recommended that the coat is purchased a size bigger than necessary to accommodate the jumper underneath for those extra cold days.

We need to take about 250 orders to make the investment worthwhile so we need your support for this Trendy New Coat.

SRC Uniform Committee

International Women's Day

Kylie Gillies addressed over 1000 students at Riverside Girls High this week to celebrate International Women's Day. Kylie, co host of the channel 7 Morning Show, spoke to the girls about her achievements and how International women's day is an important day for women to celebrate as she put 'by waving the pom poms for each other'. Kylie inspired the Riverside students to encourage and support all the efforts by women to achieve equality, to take opportunities and to do so in a positive way. The assembly also featured the presentation of 8 significant women one of whom was Riverside's Principal of 15 years Judy King, a great advocate for public education.

Kylie Gillies with the student leaders who organized the IWD events

Following the assembly anthem songs by women such as 'nut push city limits' by Tina Turner were played over the school loud speaker system with amazing scenes of hundreds of girls wearing the IWD colours of purple, green and white dancing to the rhythms and entertaining teachers and students alike. On Friday Nina Blundell the Riverside school captain is addressing the IWD breakfast attended by over 1500 people including the Noleen Heyzer the Under Secretary-General of the United Nations at the Sydney Convention Centre.

Parents and Citizens Report

Riverside P&C welcomes all new parents to the school. We hope you will take the opportunity to meet other parents and support the school by attending a P&C meeting at sometime throughout the year. Meetings are held in the common room on the 2nd Wednesday of each month in term time, at 7.30 pm.

At the February meeting the following parents were elected to the executive of the P&C:

Cheryl Osborne	President
Brad Powe	Correspondence
Cheryl Brown	Minutes Secretary
Sharon Weismantel	Treasurer

The position of Grounds co-ordinator, mainly responsible for co-ordinating working bees and liaising with the school regarding grounds issues, remains vacant. If you are interested in this position or would like to help in any other capacity please contact the president.

Approximately 20 parents, predominantly with girls in year 7, enjoyed a light lunch and the opportunity to meet other parents and members of the P&C in a social setting, on Wednesday 5 March.

On Saturday March 8 a working bee was held to tidy up the school grounds prior to Open Day. Thankyou to Brad Powe, Eileen Ho and Jacqueline Law, Jan Gifford, Jill Matthews, Rick Lovegrove, Rod Reed, Sharon Weismantel and Daryl and Cheryl Osborne for your attendance and assistance in removing weeds, tree branches and general garden maintenance. Parents will again be assisting with the BBQ and Gelato cart on Open day.

Students wearing the IWD colours

At last night's meeting, the P&C voted to assist the school by funding the following projects, from your P&C contribution:

New texts for year 9 maths alternate course	\$3,410
Resources to support the introduction of Spanish as a new elective	\$1,600
Six Digital video cameras for use in English years 9 to 12	\$3,000
Thirty new student desks and chairs, 2 rooms	\$5,600
Materials for a lunchtime program to increase student self esteem and a sense of belonging @ \$400 per term	\$1,600

The P&C also contributes to year 12 graduation prizes, BATH day and the Student Assistance Scheme, which provides financial help to disadvantaged students. Further funds will be allocated as more P&C contributions are made. If you have not yet paid your family contribution to

the P&C, please do so as soon as possible so further resources for students can be funded.

Sue Andrews, the new head teacher PDHPE, will give a short presentation at the next meeting of the P&C on **Wednesday 9th April**. She will speak about the PE and sport curriculum and sporting opportunities for girls at Riverside.

The P&C is organising an Information Night for all year 7 parents on **Wednesday 14th May** from 7 pm. Head teachers from each faculty will give a short presentation on the curriculum, topics covered and learning outcomes and what to expect in year 7. This will be a great opportunity to meet other year 7 parents and ask some general questions over a light supper. All parents are invited to attend. Please RSVP for catering purposes.

If you are not receiving P&C information by email and would like to do so, or to check your contact details are correct, please send an email to riversideghs@gmail.com, so we can update our contact list.

Cheryl Osborne ph 9878 3028

Sport

Riverside Basketball Team

Riverside is entering a team in the High School Girls basketball competition held at Auburn Basketball Stadium for girls in years 7 -10 during term 2 & 3 in 2008 .Beginners are welcome and no experience is necessary. There are still a few places left. Details regarding this are as follows:

Venue: Auburn Basketball stadium, Church Street, Auburn (Wyatt Park)

When: Term 2 &3 2008

Costs involved: \$85.00, registration & insurance coverage for 1 year.

Weekly game fee: \$5

Game time: 5.30 pm or 6.15 pm each Friday during the school term.

Please contact me if further information is required.

Brett Lowe TAS Dept
Ph: 98164264

Knockout Open Basketball Round 2

Riverside Girls High defeated St Ives 39-31

The team consisted of:
Silje Anderson-Cook, Rhiannon Davies, Chelsea Lester, Melissa Brown, Rhea Cambourn, Shontel Whelan, Noelani Daniel, Renee Kazarian,

Stephanie Lynam, Rawan Shaktour, Nina Blundell, Rebecca Spackman

Match Report

Riverside played St Ives High in Round 2 of this year's K.O. Basketball. It was a close game throughout the first half with Riverside leading at half time 18 to 15. St Ives lifted their game early in the second half and established an eight point lead. Riverside fought back, with some great offensive moves by Silje, Rhiannon and Rhea. Silje goaled two free throws at near full time to tie the scores at 31 all. An overtime of 5 minutes was needed to break the deadlock. St Ives' main player was fouled out and Riverside dominated the final few minutes of overtime enabling a win for Riverside.

MVP: Silje Anderson- Cook, **Most Improved:** Chelsea Lester, **Best Defensive:** Rhiannon Davies

Coach: Mr B. Lowe

Girls Get Scientific

Everyone knows who Brad Pitt, Angelina Jolie and Beyoncé are; we all know famous movies stars, singers and sports heroes. But who knows any famous scientists? We all know Einstein and Charles Darwin, but who knows of any female scientists? The truth is the majority of people couldn't name one female scientist! But, that all changed on the 12th March 2008, when a group of twenty-nine Riverside Girls went on an excursion to the National Measurement Institute.

After a forty minute bus trip we arrived in Lindfield at the National Measurement Institute. We weren't really sure what to expect, but we were excited none the less. As soon as we walked inside we were guided to the lecture room. There were two other schools there; North Sydney Girls and Asquith. We took our seats in the middle of the room so that we had a clear view of the podium and the projection screen. There we were introduced to three female Scientists, Dr Kate Jolliffe, Dr Emma Johnston and Dr Vanessa Hayes.

Dr Vanessa Hayes was the first speaker. She specialises in genetics and their relation to cancer. She told us that one of her recent studies involved prostate cancer and she looked at a variety of men's DNA to see if there were any genetic changes. She told us all about the prostate cancer risk factors and how men could decrease their risk of it. We also learnt about cancer progression, cancer initiation, and what would happen to biodiversity if a change occurred. Her research into the cause of facial cancer in Tasmanian Devils was particularly interesting. Dr Hayes also talked about why she became a scientist and how her job helped society. Her main point was that science was a thing of the future

and we, as young women, should be a part of making that future.

By this time the girls were on the edge of their seats in suspense. I for one had never heard a scientist talk so passionately about what they did, and it was only about to get better.

Dr Kate Jolliffe, the second speaker, is an organic chemist. With her team, of mostly females, she uses Molecular Lego Kit to create new molecules and drugs (i.e. painkillers). Dr Kate Jolliffe told us that as a scientist she had travelled to most countries in the world and with her team had created molecules that had never been created before.

The third speaker was Dr Emma Johnston and she studied 'Human Impacts In Marine Environments'. Dr Emma Johnston researched disturbances in the ecosystems. She did this by looking at changes to water quality, modifications of marine habitats and non-indigenous species. She also looks at the problems of run-off, drain water, sewage, oil spills and toxic nuclear wastes. In addition she does work in toxicology and has dived in many parts of the world, including Antarctica and the Great Barrier Reef. She told us in order to succeed we need to suspend disbelief in ourselves.

The talks given were extremely motivational and inspirational. They taught us that just because we're girls doesn't mean we can get left behind and that sometimes brains overcome brawn. Dr Emma Johnston told us a story that supported this statement strongly. One day she saw one of her male students struggling to carry a box and then she saw one of her female students had gone to get a trolley. This proves that even if a job is physical, females can still participate.

After the lectures had finished we were all given three scientific magazines from a variety of companies, such as COSMOS and Pathway. The magazines discussed a variety of subjects from astronomy to the latest and greatest gadgets. While we were eating lunch we watched as a few student volunteers, including Zoe from Riverside, launch a pump rocket. Then Mrs. Nikic launched an air powered rocket. It was fascinating.

After lunch we were all put into tour groups with a guide. Our first stop was the Titanium workshop. There we learn how Titanium was found and how it was produced. We then proceeded to the Coating centre, there we learnt about all types of coatings. Did you know that the National Measurement Institute was the creator and founder of the coating on our Australian mint? (mint is money). Well they did indeed. They have also created coatings on sunglasses, screws and metal. After that we continued to the glass polishing centre where we learned a few nifty tricks about glass and how to polish it to perfection. The

National Measurement Institution is so good at polishing glass to perfection that NASA is one of their major customers. NASA needs highly polished flat glass to go in their space ships to stop fiction from happening during take off. Our last stop was the magnetism centre where we played with magnets and learnt about a few ingenious cars that ran on solar power and magnetism.

Unfortunately, the day came to an end all too quickly, the girls clamoured onto the bus holding their show bags and we made the trip back to school. The girls were disappointed to leave and recounted what had happened throughout the day. They talked about the lessons they had learnt and they all agreed science holds a world full of opportunities to be explored!!!

DID YOU KNOW: 1 in 10 men get prostate cancer?

Written By Jessica Shore

Environmental Education Report

Numerous activities are still occurring within our school. The fruit & vegetable garden is well under way, coordinated by Ms Wark with help from Jimmy Shaw – a retired gentleman who visits weekly. Ms Cartwright has successfully expanded the recycling program to include co-mingled materials (those other than paper). Ms Johnston installed boiling water timers in all staffrooms that turn off after school, and she is continuing Streamwatch & Bugs Survey. 7D & 8E weeded the SE corner of the school at the end of 2007. Mr Russell & Mr Lovegrove felled some dead trees.

The P&C did a great job on 8 March weeding, pruning & mulching the front area of the school. Mr Cranson has organised some native grass seed propagation. Our GA, Mr Bennett continues to monitor & upkeep our various grounds projects. Mr Lovegrove has attended a SEMP (school environmental management plan) seminar where he also obtained 10 free native plants that have now been planted below the school hall. Mr Jones organised SRC Environmental Student Reps (Noelani Daniel, Nina Axelsen, Lucy Goldstein & Tanya Marcinkus) to attend an Environmental Youth Forum towards the end of 2007. The SRC Environmental Committee has had a meeting with Mr Lovegrove, has organised two meetings of the whole school Environmental Committee (with 30 students attending) and has organised two sub-committee meetings (tree planting & native animals).

The two main SRC executive leaders, Nina Axelsen & Lucy Goldstein coordinated with Mr Lovegrove, Alice Prudhoe, Michael Druitt (both Hunters Hill Council) and Cleanup Australia Organisation) to organise this year's Schools Cleanup Australia Day. This was immensely successful with 300 students cleaning up rubbish

from the full school grounds and beyond – Tarban Creek, River Glade Reserve (over the overpass), Gladesville Oval, Wallumattagal Bay, Huntleys Point wharf & Betts Park beach (below school). 34 full bags of metal sheeting, a broken sailing boat mast & a shopping trolley were collected. Thanks again to the following classes & teachers: 8G (Ms Johnston), 7B (Mr Hogan), 8C (Ms Antunes), 7B (Ms Mishra), 7OP2 (Ms Moore), 10VA 7 (Ms Mortimer), 8T (Ms Johnston), 8F (Mr Bragg), 9B (Ms McCauley), 7Y (Ms Blong), 7D (Mr James), 10 HISE (Ms Cartwright), 8E (Mr Lovegrove), 8L (Ms Crocco), 9D (Ms Lovett), 7O (Ms Gregory), 7M (Ms McCauley), 7SY1 (Ms Moore).

The SRC Executive committee has established an Environment Committee notice board & is promoting an Enviro Inspiro Comp). Our second water tank for the girls toilets was installed & became fully operational at the start of the Christmas holidays 2007. For all of January & February, with the continuous rain periods, we operated the toilets from rain water. It takes our 1,000 students to empty the tank in less than a school week. When empty it reverts back to 'town' water. Mr Moran, Ms Johnston, Mr James & Riverside students are participating in a joint Electronic White Board Environmental Biodiversity Wiki Web Site Project collaborating with Gladesville Primary School teachers & students & Field Of Mars Field Study Centre staff. Mr Lovegrove is also applying for further Federal Community Water Grant funding for a third water tank & other projects. Ryde Council is looking to offer an Urban Mural opportunity for some selected Yr 7 & 8 students. Mr Lovegrove also attended the Ryde City Council DVD launch of their Environmental Sustainability in Schools DVD & their REEN teacher's network meeting.

So we continue successfully expanding our environmental awareness & activities living up to our motto of being 'keen to be green'.

Mr Lovegrove, Environmental Education Coordinator.

Swimming Carnival at Drummoyne Pool

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 Email
Melissa.Knudson@tafensw.edu.au

Southern Cross Cultural Exchange

What better way to see in the New Year than to host an international exchange student. Expand your family's horizons and make a friend for life. Unlike a boarder, the student participates as one of the family, including helping with chores, following house rules, and joining in the fun. Southern Cross Cultural Exchange currently has over 100 students from Europe, Canada, USA, Japan, Brazil and Colombia, who will arrive late January 2008 for a few months. SCCE is a non-profit organization with 24 years experience in exchange programs. Hosting is voluntary and students bring their own spending money as well as being covered for medical and educational expenses. Please ring now for student files and more information on:

Toll Free 1800 500 501

Loozit

A free program will be run at the Summer Hill Community Centre and the Children's Hospital at Westmead in Term 2. The Loozit Study is for healthy, active living young people to let them know about weight management. The study is well underway with 12 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 28 April 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.

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

Professor Louise Baur	Tel: 9843 382
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

DRUG & ALCOHOL FORUM

North Shore Rotary, in collaboration with Northern Sydney Central Coast Area Drug and Alcohol Service will be holding a forum at the

ZENITH THEATRE, CHATSWOOD

At 7 pm on 8 APRIL 2008

Dr Glenys Dore will be the keynote speaker. Dr Dore is a Consultant Psychiatrist with the Service and her main clinical, teaching and research interest is in the area of those who have both mental health and substance use disorders. She is also a Clinical Lecturer with the Department of Psychological Medicine, University of Sydney. She will speak about risk factors for drug use in adolescents, and how parents and young people can work together with the right knowledge to keep safe.

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: 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
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.
- Don't forget a new winter coat is available if you pre-order and pre-pay. Girls can collect an order form from the Student Services Counter in the front office and they can try on samples from the Uniform Shop every Thursday. They cost \$89.00, they are a wool blend coat for both junior and seniors and have been introduced by the SRC as an optional item to the Riverside school uniform.

RIVERSIDE CANTEEN TERM ONE 2008

SANDWICHES

VEGEMITE	\$2.50
BAKED BEANS	\$2.50
CHEESE & TOMATO	\$2.80
CURRIED EGG	\$2.80
EGG & LETTUCE	\$2.80
CRISPYBACON/AVOCADO	\$3.50
HAM AND SALAD	\$3.50
COTTAGE CHEESE/SALAD	\$3.50
CHICKEN	\$3.00
CHICKEN/LETTUCE MAYO	\$3.50
CHICKEN AVOCADO	\$3.70
CHICKEN SALAD	\$3.50
CHICKEN SATAY LETTUCE	\$3.50
SALMON LETTUCE MAYO	\$3.70
SALMON SALAD	\$3.90
TURKEY CRANBERRY	\$4.20
TURKEY CHEESE AVOCADO	\$4.40
SALAD	\$3.20
SALAD WITH SWISS CHEESE	\$3.50
TUNA LETTUCE MAYO	\$3.50
TUNA SALAD	\$3.50
ROAST BEEF SALAD	\$3.50

EXTRAS ADD	\$0.50
ON ROLLS OR BAGELS	\$0.50
TOASTED ADD	\$0.40

IN ADDITION	
HEALTHY FILLINGS IN WRAPS	
AND TURKISH PIDE	\$4.00

SALADS

FRUIT SALAD	\$3.50
PASTA SALAD	\$3.20
GARDEN SALAD	\$3.00
TUNA OR CHICKEN SALAD	\$4.50
THAI BEEF OR CHICKEN	\$4.50
99% FAT FREE YOGHURTS	RRP
FRESH SUSHI LUNCHBOX	\$3.00

FRESH FRUIT

SEASONAL FRUIT from	\$0.80
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HOT FOOD

HOT DOG	\$2.80
LIGHT MEAT PIES	\$3.00
LIGHT SAUSAGE ROLLS	\$2.20
MEAT LASAGNE	\$4.00
PENNE BOLOGNAISE	\$4.00
PIZZA SINGLE	\$2.50
CHICKEN BURGER	\$4.00
BEEF STIR-FRY WITH RICE	\$4.00
LEAN BEEF BURGER	\$4.00
CHICKEN & VEG. RISOTTO	\$4.00
CHICKEN & CORN ROLLS	\$2.00
CHICKEN DODSTARS	\$2.00
ROAST CHICKEN or BEEF ROLLS	
WITH GRAVY	\$3.80

VEGETARIAN SELECTIONS

INDIAN SAMOSAS	\$2.50
VEGIE BURGERS	\$4.00
VEGETARIAN LASAGNE	\$4.00
VEGETABLE RISOTTO	\$4.00
VEGETABLE ROLL	\$3.00
SPINACH AND CHEESE PUFF	\$2.50
FRESH SOUP WITH ROLL	\$3.80

LOW FAT CAKES AND SLICES

DATE AND OAT SLICE	\$2.50
BANANA BREAD	\$2.50
MUESLI SLICE	\$2.50
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	RRP
SOY DRINKS	RRP
NUDIE JUICES	RRP
NUDIE SMOOTHIES	RRP
ORANGE,APPLE,PINEAPPLE	
APPLE & BLACKCURRANT JUICES	RRP
SPARKLING APPLE CAN	RRP
SPRING WATER (500ML)	RRP
LIGHT SOFT DRINKS	RRP