

RIVERSIDE CURRENTS

Riverside Girls High School Parent & Community Newsletter

May 2006

Calendar Dates Term 1

May

Tuesday 22 Zone Cross Country

June

Wednesday 7 RGHS Athletics Carnival

Monday 12 Queen's Birthday Holiday

Tuesday 13 Zone Athletics

Wednesday 14 P & C Meeting 7.30pm

Thursday 15 Yr 12 Stu Vac

Friday 16 B.A.T.H. Day

Year 12 Stu Vac

Monday 19 Trial HSC Exams all week

Wednesday 21 Band Committee Meeting, 7.00-9.00pm in Common Room

Monday 26 Trial HSC Exams all week

Thursday 29 SRC Training Day

Friday 30 Last Day of Term 2

Term 3 resumes for all students on:

Tuesday 18 July (Week A).

Principals Report

Hawaii Sports Excursion

Ms Pendergast, HT PD.H.PE received several compliments about the excellent behaviour of the girls in Hawaii from hotel and airline staff. The Easter holidays overseas excursion was very successful and all students participating enjoyed their netball and soccer games against teams from other countries. There will be a full report in the June Currents.

Student Leadership

Congratulations to school captain Elham Tahzib and Katherine Tonkin Year 12 for their excellent presentations at Ryde and Hunters Hill Council Meetings last week. The girls were part of the local community campaign to prevent Gladesville Library being closed. Elham's speech was quoted in the Northern District times. Community members attending the meeting were impressed with the passion and the logic of the students' arguments. Let's hope the library can stay open

permanently as it is a vital resource for primary and secondary students and families in several surrounding suburbs.

Back to Public School Day

As part of Education Week we are celebrating 72 years of providing an excellent education for girls all over the inner Western Suburbs of Sydney. Our Back to Public School assembly on Wednesday 17th May featured ex Riverside students who are currently teaching with us. They include Ms Lisa Wark, HT TAS, who joined us this year from Wiley Park Girls High, Ms Jane Piper (English and Drama), Ms Tabitha Dunne (PD.H.PE), Ms Daniella Monardo (Social Science), Kathy Robson and Ms Chris Hanrahan (front office admin).

Ex students often do their practice teaching with us as part of their four year university course. It is very rewarding to see ex students keen to become teachers in the public school system and we hope to nurture more prospective teachers in the next few years as a large number of baby boomer era teachers approach retirement.

Study Skills Years 7-12

Our new Head Teacher-Teaching and Learning, Ms Rose Daniels (who was previously HT English at Hurstville Boys High School) has developed a Study Skills Program for all classes years 7-12. The program is targeting specific study skills including mind mapping (and other graphic organisers), summarising, note taking, and interpreting Board of Studies key words for the HSC (e.g. assess, evaluate, compare, discuss). We intend to extend the program in 2007 with a more structured approach to Study Skills.

We are supplementing the school program with presentations for specific year groups by seminar leaders from outside school. Year 12 gained some valuable insights from a session on motivation and goal setting last week and Year 11 will have similar sessions soon. The outside presenters charge a fee which we cover from the general contributions. If any student has not yet been in a position to pay the general fee for year 11 or 12, they can pay for the Study Skills presenter separately. The separate fee is usually about \$15. The sessions over the last 3 or 4 years have been evaluated very positively by

years 11 and 12 as very relevant, challenging and thought provoking.

B.A.T.H. Day (Better Attitudes to Health Day) on Friday 16th June

We look forward to B.A.T.H. Day each year. Mr Teece and the student leaders have organised an excellent program for the day for all students years 7-11. The sessions include addictive behaviours, eating disorders, Youthsafe, emergency care, healthy relationships, and "life, be in it". We really need all students to attend B.A.T.H. Day and participate actively in all the sessions. Our nation faces serious health issues including obesity, heart disease, diabetes, alcohol abuse and allergies, and we must ensure that school students have a very good understanding of the importance of a healthy lifestyle both now and in the future. If any parents would like to attend any of the B.A.T.H. Day sessions, they are very welcome, but we ask you to let us know in advance.

B.A.T.H. Day is a mufti day and students should dress appropriately for the weather and some outdoor activities relating to health and fitness.

A big thank you to Mr Teece, deputy principal, for co-ordinating such a valuable day for the girls.

Trial HSC

All Year 12 students will have two days study leave on Thursday 15 and Friday 16 June. The Trial HSC exams will be held everyday for the last 2 weeks of Term 2, from Monday 19 June to Friday 30 June inclusive.

This means that term 3 will be a 9 week straight teaching term. Each subject will still have at least one more HSC assessment task sometime in Term 3. Students doing Drama and Music will have their HSC performance exams in term 3 on dates to be determined by the Board of Studies. Students doing Visual Arts, D&T, Textiles, History Extension and English Extension 2 will have to submit major projects mid Term 3. All LOTE students (German, French, Italian, Japanese, Chinese, Korean) will have HSC Speaking and Listening exams mid term 3.

Trial exam results do contribute to the final HSC school based assessment ranking. The ranking for each subject will be finalised after the last assessment task in Term 3. The percentage of the Trail HSC component varies from subject to subject. All students have an assessment hand book which lists all components for each subject.

School Fees

The 2006 fees schedule is on Page 8. Your ongoing financial support is vital to us. We do appreciate support from families when governments at all levels in Australia continue to

underfund public schools and overfund private schools.

We encourage families to pay term by term if paying the full amount is difficult, especially if you have more than one girl at the school. Do contact me if there are any difficulties. We do our best to support all students regarding uniforms, elective fees and excursions for any family in financial difficulties. Girls can simply talk to me or bring a note and it is entirely confidential.

Dux 2005

Our HSC Dux of 2005 has been awarded a full scholarship to study Economics/Law at Sydney University. Chris Xie gained a UAI of 99.65 and received a Premiers Award for achieving band 6 (over 90%) in all HSC subjects (12 units). Congratulations to Chris on being awarded such a prestigious undergraduate entry scholarship.

Sydney University received 1600 scholarship applications but awards only a small number each year.

Judy King
Principal

New Teachers

Mario Favotto

Ciao a tutti! I am very happy to be at beautiful Riverside and the students are a real pleasure to teach! I am from Italian background, and have studied and taught in Italy. I originally come from a technical background and have accumulated experience in various occupations ranging from retail to corporate. About six years ago I made a career break and escaped from my technological prison. As a corporate fugitive I began searching for a new identity - this time with a human interface. So I went back to university to rediscover my passion. I discovered that teaching is a very rewarding profession, and the fruit of my passion has been a growing talent in teaching Italian to our young citizens in an entertaining way. At the moment I love eating fresh fruit with gelato while listening to Andrea Bocelli and yes, I'm off spaghetti and excessive talking with the hands. I like my cappuccino with 3 sugars, grazie! Arrivederci

Kirsten Duncombe

After completing high school in 1991, I commenced a Bachelor of Design degree at the University of Technology, Sydney. I graduated in 1998 and worked in various jobs including graphic design and illustration. From 2001 to 2002 I lived in Japan and taught English as a second language to Japanese adults and children. Upon my return to Australia, I enrolled in a Bachelor of Art Education at COFA, UNSW. Last year I did my

practicum at Riverside and am really fortunate to be working here this year! I have already met most of my classes and look forward to teaching Visual Arts, Graphics Technology and ICT to Riverside girls

Lisa Wark

I am a trained secondary teacher in the Technology and Applied Studies (TAS) Key Learning Area. I have had twenty years teaching experience in the Sydney area gaining expertise in teaching students from Non-English Speaking backgrounds. I have undertaken a number of roles during my teaching career including Head Teacher TAS, Computer Co-ordinator, VET facilitator, Project Manager for Curriculum K-12 Directorate Technology unit. In 2005, I was employed with the Australian Government Quality Teaching Program as Senior Project Officer, Integrating Information and Communication Technologies K-12.

Sara Antunes

Heool, bonjour, hola! Firstly, let me say that I am very pleased and excited to have been appointed as the new French/Spanish teacher at Riverside Girls High School. I am looking forward to teaching and learning from you. My objective as a teacher is to increase students' awareness of the possibilities afforded through languages education and to help students value the diversity of the communities in which they live through learning about and engaging in different cultural experiences. I have recently graduated with distinction from the University of Western Sydney where I undertook a Bachelor of Arts (Languages) and later a Bachelor of Teaching (Secondary). Although this is my first full time teaching position, I was previously employed as a junior Spanish teacher at the Saturday School of Community Languages Ashfield Centre. I am from a Portuguese background and have previously lived in Portugal. I believe that my language and heritage have had a major influence on my love of languages and different cultures which I hope to impart to my students through my teaching. I love to travel, watch foreign films, go to concerts and read novels. I hope to one day soon travel through the beautiful and exciting countries of Spain and Morocco.

Matthew Green

I previously taught at Balgowlah High School as well as the Balmain and Leichhardt Campuses of the Sydney Secondary College. I have been playing guitar professionally and in a tutorial role for sixteen years, both in Sydney and around Australia with this being my fourth year teaching music at a secondary school level. I am very happy to be a part of such a fantastic and well-respected school and it is wonderful to be teaching students who are so involved and dedicated to their music education.

Jacqui Thompson

Having completed my teaching degree in December last year, I was delighted to accept my first teaching appointment here at Riverside Girls High School teaching Food Technology, Design & Technology and Information Communication Technology. Residing in Queensland for 18 years, I crossed the border to New South Wales to study the four-year course for a Bachelor of Education degree. I am now keen to put my creative teaching abilities into action! I am an energetic and creative individual and enjoy being outdoors, especially on the coast. I hope to inspire the girls I teach here at Riverside by incorporating fresh ideas into my teaching

Hayley Hummerston

I am looking forward to my first year of teaching, having made a career change from the corporate world, where I was an in-house lawyer for an insurance firm. I am also an Army Reserve officer on a part-time basis. The Riverside welcome I received from the staff and students is greatly appreciated!

P&C Report

Parents wishing to subscribe to the P&C email can send an email requesting inclusion to keva7127@bigpond.net.au

P&C Meeting Wednesday 14 June
7.30pm, School Common Room
Guest Presenter: Ms Gillian Maury -
School Counsellor
Ms Maury will talk to parents and answer
questions about complex issues and
challenges facing adolescent girls in the
early 21st century.

Sport

Sailing News

Congratulations to Miki Evans who represented Riverside at the CHS Sailing Championships. Miki from Year 9 raced her Laser 4.7 at the Combined High Schools Sailing Championships at Belmont, Lake Macquarie over the recent vacation.

Miki was competing in her first laser Regatta. She had time for one training day to prepare for the CHS Australian Sailing Championships which attracted 188 entries. Miki competed well over the five days of racing in a variety of winds strengths and directions on the choppy Belmont Bay and was rewarded with a Silver medal in the NSW all Schools Laser division. She also competed last summer in the Sabot class of dinghy and

represented NSW at the National Championships in Yeppoon over the 2005/6 new year break.

Knockout Open Basketball Round 2

Riverside lost 35-32 against Killara High School. The team members were Katrina Colsell Yr 11, Jane Wilcox Yr 11, Melissa Bridges Yr 10, Anet Eliasian Yr 10, Alannah Frankham Yr 10, Stephanie Lynam Yr 10, Emma Parry Yr 10, Rebekah Frankham Yr 9, Sophie Tucker Yr 8, Noelani Daniel (Senior Leaders)

Match Report

Killara started the game well with 7 unanswered points scored before Riverside got on the board. The team fought to bridge the gap but the half time score was Riverside 12 – Killara 19. In the second half Riverside closed the gap to 2 points. With one minute to go the scores were 34 to 32. A foul against Riverside enabled Killara to gain a further point to bring the final score to Killara 35 – Riverside 32. Riverside won the second half 20 to 17. It was a great effort by the whole team. Most Valuable Player-Rebecca Frankham, Best Defensive-Alannah Frankham; Most Improved-Noelani Daniel.

Coach: Brett Lowe

Knockout Touch Football Round 1

Riverside Girls defeated Marsden High 2-1. The team consisted of Mona Auelua, Amy Bell, Nina Blundell, Noelani Daniel, Alannah Frankham, Rebekah Frankham, Teagan Gardiner, Katarina Kraft, Manty Loupatty, Hayley Miller, Rebekka Boicheska

Match Report

The first half of the game was deadlocked with neither team able to create to break the defensive line. As the game wore on the heat and the physical intensity of the game began to take its toll as cracks began to appear in both teams' defence. Riverside was the first to capitalise scoring two times in the eighth and fifteenth minutes, thanks to Alannah Frankham and Katarina Kraft. Marsden scored a single try in the dying minute.

Coach: Jeremy Dunne

Knockout Water Polo Round 1

Riverside Girls lost to Freshwater High 15-6. The team consisted of Nina Blundell, Holly Browne, Emily Colechin, Lauren Ellis, Rachel Horton, Liz Jamieson, Moya Johannsen, Katarina Kraft, Eva Leone, Alice Palmer, Beatrix Sheldrich

Match Report

A young Riverside team performed very well against older and more experienced players in the Open competition. The team is developing under

the coaching of parent Brad Palmer and should perform strongly in the U/15 K/O at the end of the year.

Coach: L. Markey

Knockout Volleyball Rounds 1-3

The team consisted of Wendy Edwards (Captain), Cindy Edwards, Kay Edwards, Nina Blundell, Hannah Vousden, Katarina Kraft, Sally Johnson, Kate Bulter-Howell, Leah Harrison

Match Report

Our season started with a trip to Carlingford High School (having had a bye in Round 1). We met Carlingford early in the rounds in 2005 and knew we would have to play well to come away with a win. Our squad consisted of six players from last year and three new players. The girls who were new to the squad all had court time. Initially all three were very nervous, but with the encouragement of other squad members, all managed to settle down and play well. Nina Blundell started the game where she left off last year with some good network. The work on the net by all players was sharp. Kay Edwards was our most consistent server of the day. We came away with a 3-0 win. (25-12, 25-20 and 29-27).

On March 27 we journeyed to Freshwater Secondary Campus for Round 3. An unruly group of spectators unsettled our team who found it difficult to concentrate and put all their energies into the game. The highlights of this game were being able to come away with a win although we played below our best and the progress being made by the 3 new team members, Kate Butler-Howell, Sally Johnson and Leah Harrison. The final score line was 3-0 to Riverside G.H.S. (29-19, 25-16, 25-16). Round 4 will be played early in Term 2.

Triathlon All Schools Carnival at Penrith Lakes-16/17th March 2006

This is an All Schools Carnival in which private, public and catholic schools compete. Moya Johansson came second overall in the junior category. She will be competing at the Australian Titles in Victoria from the 3 – 6 April. Congratulations!

Alice Palmer came sixth in the CHS category. Lauren Ellis came twelfth in her first ever triathlon; what a brilliant effort.

Our Year 10 team of Holly Brown (swim) Katarina Kraft (bike) and Sally Johnson (run) competed in their first triathlon and came ninth overall in the State and third in the C.H.S. division. It was a brilliant effort and the girls beat about 40 other teams. Well Done.

Ms Pendergast – Triathlon coach

Water polo News

Rachel Horton in Yr 9 competed with the Drummoyne U14 girls' water polo team at the Australian National Championships held in Hobart over the Easter break. They won the Australian title undefeated, beating Cronulla in the Grand Final 7-2. This team have also been undefeated in the Sydney Winter and Summer competitions as well as the NSW State Championships. Rachel Horton and Alice Palmer have been selected in the Sydney North training squad for 2006.

Testing Test!

On 31st March 2006, a group of 22 Riverside girls ranging from years 9 to 11, left early in the morning to participate in the Duke of Edinburgh Test Canoe Expedition. We were accompanied by two teachers – Ms Jerrems and Mr Hogan, and two other supervisors Bex and Jason. Arriving at the Colo River to start final organisations before we set off, we all lugged our ridiculously heavy bags to a shelter and those who had to re-pack or waterproof items, did so. Then we split into our two groups, and marked out our route (after struggling to remember how to use co-ordinates) for both days on massive colourful topographic maps. Finally we were ready to go, so we jumped in the mini bus with funny music playing in the background and were driven to our starting point on the Hawkesbury River. For those who don't know the geography of the Hawkesbury and the Colo River, this meant we were to be paddling UP stream for a great part of the journey (until the tide changed

After struggling to get all of the boats from the bus into the water, with our packs and us in them as well, we were all finally off. The trip was running to plan until about 5 metres up the river, when the complaints about being hungry and having sore arms started. It wasn't until the lunch stop that the two groups really separated. Wondering how much further it was until we found camp, it wasn't until group 1 caught up with group, 2 who had been searching for the campground, that everyone could finally heave a tired sound of relief – the days work was almost done. Once we had tied up all of the canoes, everyone started taking all of the stuff up the steep cluttered slope to the campground, and it was then that most people realised we had forgotten to bring a hammer to help pitch the tents. This proved a problem in the middle of the night when there was a big storm and several people lost the covers of their tents and had to go running after them. Others lost track of the time, and when they heard everyone talking, thought it was morning and time to get going. They packed everything up in their tent, only to find out the next morning that it had been 2 00am!

It was a fun-filled evening with one group thinking up plans for the next day, April Fools Day, and the other group sitting about the campfire talking and sharing food. Waking the next morning, eating breakfast, packing everything up, scouting out for rubbish left, and grabbing our paddles and PFD (personal floatation device), we headed down to the canoes. This time group 1 left first, without the April Fool's joke in the boats (e.g. seaweed). Constantly looking out for landmarks that showed us where we were, such as telegraph lines, bridges, etc, we paddled easily to our first stop for morning tea in plenty of time. When group 2 was visible we decided to pack up and leave again. We were having a little difficulty because some of the crew were experimenting with different ways of paddling, and were continually falling out of their boats. Then we hit the shallow bits of the river, when we literally had to step out of our boats and carry them over stretches of sand. It was during one of these episodes, towards the end of the trip, that someone (me) found themselves stuck out of the boat in really deep water...slight problem, but close to the end of the marked route it didn't cause much of a delay.

Arriving at our end point, with a couple of hours left until the bus would be there, we thought we had all the time in the world to have a swim and have fun. How wrong we were! We had to carry all of the PFDs, paddles and 13 very heavy canoes up two steep hills and tip them upside down to dry. Yet, we still weren't ready. We carried all of our packs up to the grass where we were originally deposited by the bus on arrival at the Colo. All of the things borrowed from Somerset (the company who we participated with) had to be returned, and the tents all had to be dried and repacked. We then had to go clean and dry all of the portable stoves we had used for cooking the night before – thoroughly... no black was allowed to be left on them at all!!! Exhausted from the two days of travel and packing up, 22 Riverside girls and two Riverside teachers collapsed onto the bus to take us back to school. Dirty and tired we were collected by our parents asking if we had had fun...all we could say was "it was hard". But it was a fantastic, tough, rewarding experience which I think we all agree was well worth any pain. This trip taught us the importance of conserving energy, eating the right food to give us enough energy to continue paddling, drinking regularly to prevent dehydration, using sunscreen and hats to reduce or prevent sunburn, bringing a hammer or mallet to hammer in tent pegs, working as a partnership (in the canoe) and as a group (co-ordinating the fastest and slowest boats) not as individuals, and finally, when in a partnership, using each others' strengths, not weaknesses. To all of those thinking of participating in the Bronze Duke of Edinburgh Award next time, good luck and enjoy the experience as much as we did.

Morgan Snow

Volunteer Literacy & English Tutors

Meadowbank College of TAFE is seeking volunteers to participate in a free program as Literacy and English Tutors. The free training sessions are due to start at Meadowbank College of TAFE to prepare adults to become volunteer reading/writing and English tutors to other adults from both English and non-English speaking backgrounds. The next session will begin early April or shortly after the Easter school holidays. **For more information or to register your interest, please ring Sue or Deborah on: 9942 3572**

DR. YVONNE POON

BDS(Lond.), MDSoc(Syd.), FDSRCS(Irel.)

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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**.

YOU COULD BE JUST THE KIND OF FAMILY WE'RE LOOKING FOR

Are you open-hearted and interested in meeting new people? Hosting an exchange student really is a great way to expand your family's horizons and make a friend for life. Unlike having a boarder, the student participates as one of the family, including helping with household chores, following house rules, and joining in the fun.

Southern Cross Cultural Exchange currently has over 100 students from countries including Germany, Italy, Scandinavia and Brazil who are waiting to hear about their Australian family. They will arrive in July for a few months and go to High School. We are looking for open hearted families to host these enthusiastic teenagers.

Southern Cross Cultural Exchange is a non-profit organisation with 22 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

For more information please ring:

Toll Free 1800 500 501



SAINTS UNITED SOCCER CLUB RYDE

If you enjoy playing football, Saints Football Club Ryde is seeking players to join their club. They need players for both boys and girls teams of all age groups. Please contact:

Mary 0422 900 725

or

Marty 0400 414 001

MARKET DAY

Marist College Eastwood is holding their annual Market Day on **Sunday 21 May 2006**. The market will include food stalls, second hand books, a chocolate wheel, a money tree, gift baskets, white elephant, preloved clothing, helium balloons, tombala, plants, face painting, sideshow alley, gelato and much more! When you have finished, relax at the Schibello Café cart with a well deserved cappuccino or Devonshire Tea.

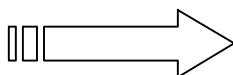
The venue is **44 Hillview Road, Eastwood** and the events will take place between **9.00am and 3.30pm**

General & Elective Subject Contributions 2006



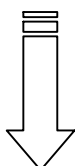
Riverside Girls High School

General Contributions



Year 7	\$280
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			\$45	\$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)			\$95	\$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	\$75
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	\$45	\$55	\$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

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 decided to upload “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.

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 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 2006

Sandwiches

Vegemite	\$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	\$3.40
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	\$3.50

Salads

Fruit salad	\$3.00
Pasta salad	\$2.80
Garden salad	\$2.80
Three bean salad	\$3.00
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	\$1.70
Roast chicken or beef rolls with gravy	\$3.50

Vegetarian selections

Indian samosas	\$2.20
Vegie 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	\$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	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

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) 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)	\$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 bootcut)	\$45.00
Trousers navy (non stretch bootcut)	\$45.00
Senior Blouse (blue) (Yrs 11 & 12)	\$30.00
Senior Blouse (long sleeve)	\$30.00
Senior Skirt Navy	\$35.00
Scarf	\$10.00
Beret with school logo	\$25.00

Sale Items: Junior Blouse ("Taleb") (size 10 & 20) \$20.00

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

- V neck vests are now available - \$25.00 each.
- Berets with logo (one size fits all) are now available - \$25.00 each
- Scarves are available in navy blue and sky blue - \$10.00 each