

RIVERSIDE CURRENTS

Riverside Girls High School Parent & Community Newsletter

September 2006

Calendar Dates Term 3

September

Wednesday 6 Student Leadership Election Day

Thursday 7 CHS Athletics Carnival

Friday 8 CHS Athletics Carnival

Wednesday 13 Student Leaders Induction
P & C Meeting 7.30 pm

Wednesday 20 Year 7 Inoculations
Band Committee meeting, 7-9 pm
in Staff Common Room

Wednesday 27 Year 12 Farewell Assembly
10.30am
Year 11 Final Reports issued

Thursday 28 Year 12 Graduation Evening
7.30 pm

Friday 29 Last day for UAC and TAFE
applications for 2007
Year 12 Revue, 2 pm
Last day of Term 3

*School resumes on Monday 16 October for
teachers and students*

Principals Report

Government Policy on school based assessment

We hope to see lots of parents at the P. & C. meeting on 13th September 2006 in the school common room. We would welcome the opportunity to discuss the federal and state government's policies regarding school based assessment and reporting.

Thousands of teachers and principals across NSW have very genuine concerns about the NSW government mandating A to E grades for all subjects Years 7-10 in secondary school and all subjects Years 3-6 in primary school. The federal government has a more flexible approach, allowing a school reporting system which uses the "equivalent" of the 5 grades. The NSW government has rejected the more flexible approach, denying individual schools an

opportunity to develop an assessment and reporting regime which best suits their student population and how the students best learn.

At Riverside we apply the 5 grades A to E for Semester 2 Year 10 when it is appropriate to do so for the School Certificate. We do not use grades for Years 7, 8, 9 and Semester 1 in Year 10 but we do provide detailed profile reports which identify a range of achievements across the outcomes for each course twice a year.

We look forward to seeing a large number of parents at this very important P. & C. meeting where we will focus on the issues relating to Years 7-10 assessment and reporting. The discussion will start at 7.30 pm at the beginning of the P. & C. meeting so if you can't stay for the whole meeting then do consider attending from 7.30pm to 8.30pm only for the discussion.

Year 12 Graduation

We hope all Year 12 parents will attend the Year 12 graduation on Thursday 28th September at 7.30 pm. There will be a supper for Year 12 and their guests in the COLA and quad (under the stars) at 9.15 pm. We have 155 Year 12 students graduating this year and the evening presentation will recognise a host of achievements with the presentation of awards. The Year 12 graduation marks the end of 13 years of formal schooling.

The HSC exams begin on Thursday 19th October, in Week 1 of Term 4. The last HSC exam will be held on Friday 17th November.

Year 7, 2007 and a crowded school

We have enrolled a large number of students for Year 7 in 2007 and we will form 7 classes of 30. This means our total school population will be 1050 students. The school will continue to be crowded and we must ensure that students are committed to keeping the environment clean and tidy. This is an ongoing struggle. We have plenty of bins in the quad and designated recreational areas. If teachers ask girls to pick up papers and place them in the bin then they must do so. We all have a collective responsibility for keeping the entrance, playground areas, class rooms and corridors, free from litter.

Bus Travel : Code of Conduct

Free bus passes are financed by tax payers. School students with free bus passes must stand up for adults on the public buses. Please ensure that your daughters do this. Too many Riverside girls are shouting/shrieking and behaving erratically on the L20 public buses which go to Parramatta. It is very distressing when we receive emails from beleaguered members of the public on the L20 buses, which provide details of loud and unacceptable behaviour, including swearing, and students refusing to stand up for adults.

We fully support the confiscation of bus passes by bus personnel if students do not adhere to the Code of Conduct for bus travel, printed in everyone's school diary.

Only girls who live beyond Top Ryde should catch the L20 buses. Girls who live at Gladesville or Top Ryde or East Ryde must catch other buses. Members of the public deserve to travel to and from work in peace. A few girls are severely damaging our school's reputation by their poor behaviour on the buses. We will write to all parents of girls who travel on the L20 seeking your specific co-operation on this very important matter. As different groups travel at different times to and from school on the L20 it is not so easy to pinpoint exactly who is doing what and when.

Parents can help us by lobbying the U.T.A. and the Minister for Transport, John Watkins, also deputy premier and member for the Ryde electorate for more school special buses. There are never enough buses for the thousands of school students in the inner western suburbs of Sydney. If we had enough school specials then students would not have to rely on the public buses.

Judith King
Principal

P&C Report

P.&C. MEETING

Wednesday 13 September
7.30pm, School Common Room

Focus:

**Years 7-10 Assessment & Reporting,
Grades A to E and government policy**

Sport

Triathlon News

The 2006 All Schools National Triathlon Championships were held in Port Arlington, Victoria, during April. There were three age divisions competing: Junior (Under.14), Intermediate (Under.16) and Senior. All states sent the first four in each age division to represent their individual state teams. Moya Johansson came second at State level in the Junior Division and qualified for the national championships.

The team met at Sydney Airport on Monday the 3 April, with all their gear (and bikes in boxes), ready for their journey to begin. During the first day, all the state teams unpacked their bikes, assembled them and went straight into training. By the second day, course briefings were given and all the gear was tested to make sure nothing had gone astray. By Tuesday, the team was getting edgy as individual races were to start the next morning.

On Wednesday morning, the team was woken at about 5.30am and, after a light breakfast, headed down to the course, ready to compete. The weather was absolutely terrible; with howling winds and freezing cold temperatures. The water was extremely choppy and the bike course was very hard, because there was no assistance from a tailwind. Surf Lifesaving arrived very late to perform the water safety function, which meant the race was delayed. They decided to start all age divisions together. They also decided, due to the extremely rough waters, to move the swim inshore and make it a multiple lap swim. This meant swimming in a circle and running back to shore, then going again. It was hardly what one could call a swim. The water was so shallow; it meant that half the laps were done by dolphin ducking! It was a very big disadvantage to those whose swim leg was the strongest.

At about 11 o'clock, the starter gun was fired. Moya had great transitions on the day. She came out of the swim in a good position and held her position on the bike. Her best leg, the run, soon followed. Running strongly in her favoured leg, she noticed something wasn't right. She had gone too far and had missed the junior turn around and was going to the intermediate turn around instead! Her team mate from intermediates screamed, 'go back Moya!!'. Noticing her error, she corrected quickly, still finishing in a strong position. She had run an extra km and ended up coming sixteenth, around the middle of the field, but was still very happy with her result.

The Team Relay was held the next day. Each age division had the three fastest girls in each leg to compete and a fourth girl to compete in an All Age

Relay. So everyone had an opportunity to compete on the day. Moya was chosen for the swim (even though this was her weakest leg). Her fellow team mate, Charlotte Wilson was given the run (third best in Australia in Cross Country) and Claire Sharidan was given the cycle. They knew they had a strong team and were determined to give it their best.

When the race started, Moya came out of the water in the leading group of junior girls. Claire had the cycle of her life and when she had finished the cycle leg, the team was in third position. When Charlotte began the third leg, the run, Claire and Moya had to wait impatiently until they eventually saw her running at great speed to the finish line, to finish in second position. Their excitement continued after the race when they proudly accepted their awards at the medal presentation.

Moya, Claire and Charlotte all agree that the All Schools Nationals Triathlon Championships was one of the best weeks of their lives. They met many nice people and had an all round awesome time. The team is back in training, and looking forward to next year when the 2007 All Schools Nationals Triathlon Championships will be held in Canberra.

Moya Johansson

Athletics Report

The School Athletics Carnival was held at Homebush during Term 2. Leading into the carnival, the weather hadn't been good, but on the day, the weather was perfect

The participation at the carnival was great and all competitors are to be congratulated.

At the end of the day points were tallied and the results were:

4 th Place	Mallinson
3 rd Place	O'Harris
2 nd Place	McKenzie
1 st Place	Coen

Our age champions were:

12 Years	Julia Wilks
13 Years	Bronte Black
14 Years	Moya Johansson
15 Years	Nina Blundell and Caitlin Carpenter
16 Years	Sally Johnson
17 Years	Jane Wilcox

We sent a team of about 100 girls to the North West Zone Carnival. Here all girls competed very strongly, achieving our best result in many years. Our 16 years team were zone champions and our

team finished third overall. Sally Johnson was zone 16 years age champion and Katarina Kraft finished one point behind Sally in the points tally to be runner up in the 16 years division.

Many other girls placed in their events. We had 26 girls qualify for Sydney North Regional Carnival.

At the Sydney North Carnival Sally Johnson and Katarina Kraft were again outstanding and both these girls will be competing at the CHS carnival later this term.

Congratulations to all our athletes on their efforts in 2006.

Merryn McCauley
PDHPE

Volleyball Finalists

On 22 May, our Volleyball team had a home game in round 4 against Asquith. The team won convincingly in all three games; 25-15, 25-16, 25-11.

This was probably our best game to date. The girls warmed up well and right from the start, we looked the better team. Wendy Edwards led the team very well and Cindy Edwards' serving was exceptional. The most pleasing aspect of the game, however, was the improvement being made by our three new team members, Kate Butler-Howell, Sally Johnson and Leah Harrison.

Our next game saw us travel up to Gorokan. Our team completely outclassed Gorokan and had a fairly easy 3-0 win. This win meant Riverside was through to the round-of-16 for the second year in succession.

The NSWCHS Finals at Homebush were played in the last week of Term 2. Our best game of the tournament was our first game against Temora. In this game we got away to a great start. Hannah Vousden came into the game covered in bruises and had a swollen forearm from an 'unpleasant' soccer game 5 days earlier. My worries about Hannah's ability to play were forgotten, when, on the seventh point of the match, she dived to the floor to save a point. Unfortunately in the later stages of the set, the girls lost concentration, and we went down 25-22.

Our fight back in the second set was led by our youngest team member, Kay Edwards. Kay's talk and encouragement really lifted the team. We won the second and third sets 25-13 and 25-17.

The fourth set was very tight. Cindy Edwards played her best game of the year. As the set progressed, Cindy grew in confidence – her talk was inspiring the team and she was putting great

balls away. The point of the match was when Cindy and Nina Blundell all but head-butted each other in their desperate dives to save a point. This was closely followed by Katarina Kraft's spectacular save of a point at 23-23 – she calmly 'kicked' the ball over. Our win in this final set, 25-23, saw us into the State quarter finals.

In the Round-of-Eight, we played Eaglevale, West Wyalong and Mackellar Girls. Our team played great volleyball in the finals and we finished sixth in the State.

Team: Wendy Edwards (captain)
Cindy Edwards
Kay Edwards
Nina Blundell
Kate Butler-Howell
Leah Harrison
Sally Johnson
Katarina Kraft
Hannah Vousden

Congratulations to Kay Edwards who was selected in the CHS 'shadow team' and a big thank you to our 'support crew' of Mr Edwards, Mrs Vousden, Mrs Kraft and Mrs Blundell.

Merryn McCauley
PDHPE Dept

Knockout Hockey Round 2

Riverside Girls High was defeated by Davidson High School 2-0

The team consisted of:

Lani Daniel, Manty Loupatty, Ally Dam, Shae Heidke, Freya Noble, Kirsten Shepherd, Tilly Simpson (Capt), Tayla Williams, Fiona Karamolis, Chelsea Lester

Match Report:

The girls trained for a few weeks before the game. Our captain, Tilly Simpson, has played regularly in the side. We had two other veterans from last year but the rest of the team had not played hockey before. Mrs Simpson (Tilly's mother), Ms Watters, a student teacher, and Ms Jerrems all coached the team. The girls worked hard during the match, in particular Tilly who organised everyone on the field and our amazing goalie, Manty who yelled instructions to everyone from the back. Unfortunately, despite a valiant effort we lost 2-0. We had a great time and will be back next year. We would like to thank our coaches, Ms Jerrems and Ms Watters, and especially appreciate the efforts of Mrs Simpson, who umpired on the day.

Coach: Ms Jerrems
Public Education Week

Search On for Girl Cricketer

UTS-BALMAIN Cricket Club is on a recruitment drive for girl and women cricketers to play in the Sydney junior and senior competitions during the 2006-07 season. Following the retirement of several experienced players, the Tigers are in a re-building phase and keen to strengthen their junior ranks.

The Club fields teams in the U/12, U/14 and U/17 junior girls' competitions and four grade sides in the Sydney Women's premiership and provides expert coaching under former Australian wicket-keeper Christina Matthews and former Queensland Colts player Greg Healy.

Balmain internationals Julie Hayes and Leonie Coleman along with NSW Second X1 rep Olivia Thornton coach the Tigers' junior girl squads. It is common to see girl cricketers playing in junior boys' competitions but the pathway to representative honours in the women's ranks is through the junior age and grade competitions.

UTS-Balmain boast a fine array of junior and senior rep players including Australian swing bowler Julie Hayes, pace bowler Emma Liddell and batter Michelle Gozsko; NSW reps in Hayes, Liddell, Gozsko, Thornton, Coleman, Martha Winch and Nicole Goodwin; U/19 star Alison Parkin and U/17 State spearheads Alyssa Healy, Ellyse Perry, Gizelle Van der Merwe and Emma Doutreband.

ALYSSA HEALY of Epping is an outstanding 16 year old wicket keeper batter who is earmarked for big things. The niece of legendary Test keeper Ian Healy was bled in first grade by the Tigers last summer and held her own against seasoned campaigners from rival clubs. She was also vice captain of the all conquering NSW U/17 team that clinched the National title in Adelaide and later named Player of the Championships after scoring 307 runs @ 76.75 with a highest score of 146 not out against Queensland. The gifted Alyssa also collected the Fielding Award for most dismissals (10); batting strike rate award (128) and earned selection in the Australian U/17 Merit team.

UTS-Balmain will conduct their first training session on Saturday September 2 at Drummoyne Oval and each Wednesday thereafter from 4pm. Girls interested in playing are encouraged to come along and even bring a team. Competitions start in October. Inquiries Sandra Healy 0412 482 727 or 9617 0234.

A View of Public Education

For me, public education week is about celebrating 24 years' worth of positive memories, as a student and teacher. My parents, both of whom are the successful products of a public education, proudly sent me to public schools, and here I am, once again teaching in a public school.

My memories of a public education begin at the age of five. I was fortunate enough to go to a primary school which had enormous, rambling grounds, with 4 playing fields, several asphalt areas and numerous park like gardens throughout which we had the freedom to play. We had a huge array of play equipment and even a 'hill' with a cave inside. There was so much scope for our imaginations.

I remember a well-balanced curriculum. We certainly had to learn how to running-write and add up, but I remember arts, craft, music and fantastic sporting experiences. None of this would have been possible without our teachers; each and every one was so dedicated and really enjoyed coming to teach us each day. Some of my most vivid memories though are of my principal. Mr Stephenson was a unique principal. He was so involved with each and every student and every class. He would regularly take our class for gym lessons and bushwalks, to the delight of all of us. He ensured our exercise was supplemented by a healthy diet. At his direction, our canteen only sold healthy, mostly home-cooked food. But his most interesting and controversial impact was his firm belief that uniforms and homework were not essential to learning. Unlike most other children in NSW, I didn't receive any homework until high school. I'm not sure that I agree with his philosophy (and of course you'd all say that I have to say that, because I'm a teacher) but regardless of the correctness of his educational philosophies, he had a remarkably positive impact on my enjoyment of primary school. Because of Mr Stephenson and my other teachers, throughout primary school I was determined that one day; I too, would be a teacher.

Needless to say, high school was very different from primary school. I had to wear a uniform. I had to do homework. And there were no more impromptu gym lessons or bushwalks. But high school was a new world in other ways too. I was being challenged and stimulated by my peers and teachers to question the world in which we live and it was in this context that I began to consider, in more detail, my life beyond school and how I could make a meaningful contribution to the wider community. The combination of Legal Studies, Ancient History and, the now defunct, General Studies provided insight into the impact that each and every one of us has on the environment, our families and our communities. I decided very early on that I was committed to the principles of fairness and equality. I finally understood that I'd led a very privileged life and not everyone in the world was enjoying the same privileges that I had. This made me value my education even more. I took advantage of all the educational opportunities on offer and upon entering university I was proud to say that to my new friends that I'd been to a public school.

I arrived at university determined to make a difference through my future career. As many of you know, I first studied law at uni and was very much interested in working for HREOC or the Anti-Discrimination Board or

in the area of native title. But I eventually realised that what I most loved about being at university was learning. Through my law degree, I was learning even more about the world around me and I soon had visions of re-entering the corridors of high schools to impart my new found insight to the next generation of students.

And here I am. I love teaching at Riverside. I proudly tell other adults I meet about the high quality education you are all receiving here at Riverside. In every lesson you attend, you are presented with the opportunity to learn more and more about the world around you. The best part of working in a public school is that, like you, I, too, am able to interact with students from diverse backgrounds. And with your help, I am in the privileged situation to continue doing what I love; not only sharing my personal insights, but learning from yours. Thank you.

Claire Cartwright
Head Teacher Social Science

Young People's Art Award

The Centrehouse Community Art and Leisure Centre, with the support of Lane Cove Council and Eckersley's Art, will be holding the Eve Vonwiller Art Award 2006 this September. Artists aged from 5-17 years can enter the competition for which entries close on 13 September 2006. This year's theme is *Alive in Lane Cove*. The conditions of entry and application forms are available from the Visual Arts Department or by contacting the centre on 9428 4898.

SCHOOL TO TAFE 2007

AN INFORMATION EVENING at Meadowbank College for Year 10, 11 and 12 students, parents and friends. Find out more about your career and study pathway options. Hear and speak with representatives from a range of career areas.

**TUESDAY 5 SEPT 2006 : 3 SESSIONS
EITHER ; 5.00, 6.00 OR 7.00 PM**

Information about courses available, entry requirements and employment prospects in:

Accounting: Business Studies: Child Studies:
Communication & Media: Electrotechnology:
Engineering: Fine Arts: Hair & Beauty: Hospitality:
Information Technology: Languages: Marketing &
Advertising: Massage Therapy: Nursing & Welfare:
Office Administration & Technology: Real Estate: Sport
& Fitness: Tertiary Preparation: Trades &
Apprenticeships: VET

...and more!

RSVP by Friday, 25 August advising session time, your school name and numbers attending. Limited seats, so book early!

PHONE 9942 3511 FAX 9942 3517
EMAIL edda.moore@tafensw.edu.au

BLOCK P, GROUND FLOOR, SEE STREET,
MEADOWBANK.

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**.

Barista Course

As soon as we entered the door the warm coffee aroma was strong enough to cure anyone's late night hangover. We were introduced, through our daytime instructor, to our 'intellectual' friend Benny, who entertained us with the first taste of our coffee-making journey. The impetus of our expedition was spent acquainting ourselves with the workings of our caffeine creating machines. Our completely hands on course provided plenty of caffeine fixes throughout the day, provided you made them. The copious amount of coffee that we produced meant it was reluctantly parted with and fed to the sink. We, on the other hand, parted only with our cappuccinos that were kindly donated to Ms Moore.

The easiest coffees to make were a short and long black. Although a lot of dares went around drinking these, not many could stand the extreme caffeine hit!

Coffee art was our next lesson. We were introduced to the methods via pretty pictures (in a glossy book). Competitions were run on who could successfully create a smiley face; not many could do it. Next we learnt the free pour, with which everyone got frustrated and only three could complete successfully.

We all gained our two certificates in the end, which we held close to our hearts as we walked out. A competition on who could make the fastest cappuccino and mocha meant that one talented pair also walked out with a packet of lollies. Everyone had a great time and are preparing for life in the business, so look out for us in your local café!

Laura Croft & Vivienne Moxham-Hall

Fireworks Night, Food & Fun

Eastwood Heights Public School will be holding their annual Fireworks night on:

Saturday 16 September 2006
From 3.00 pm
at
Lincoln Street, Eastwood

The school is off Balaclava Road west of Curzon Hall. The gates open at 3.00pm and the fireworks display commences at 7.00pm. Children under 15 years enjoy free admission and there is a charge of \$5.00 for those over 15 years. It will be a great day out for all the families in the community, with a variety of international food stalls, rides, displays, games, entertainment and novelty sales, with the fireworks as the finale for the day. The formal entertainment will start at 4.00pm and the evening is expected to close after the fireworks around 8.30pm. For further inquiries, please contact Kathleen Goris on 0410 117 242

Operation Foster Care

We urgently need foster carers in your area. On any given day, more than 3,700 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 situations. 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

Confident, Worry-Free Teenagers

In order to understand anxiety and depression and how to help those who suffer from it, we are looking for **adolescents** to participate in research about confident, worry-free teenagers. To participate, adolescents must:

- be confident, relaxed & worry-free
- aged 12-16 years
- never have sought help from a mental health professional

The study involves completing some questionnaires and a number of short tasks. Participants will be paid **\$50** for their time and effort. If you are interested, please contact **Robyn Warburton** at Macquarie University on **9850 8041** or by emailing

robyn.warburton@psy.mq.edu.au

Host Families Needed

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:

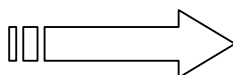
NSW Inbound Manager, Mandy Galbraith on (02) 4757 4822
Or
The National Office on
Toll Free 1800 500 501

General & Elective Subject Contributions 2006



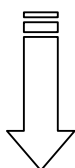
Riverside Girls High School

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 Three 2006

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	\$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
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	\$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), 2nd 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)	\$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

Payments: Cash, cheque or credit card are accepted
Cheques should be made payable to Riverside Girls High School

Payment Procedures: Girls are now required to pay at the student services counter for their uniform. They take their receipt to the uniform shop to collect their items. If they are unsure of what items they will buy until they have tried them on, they will have to go to the uniform shop first, pay at the office, and then go back to the shop to collect their items.

PAYMENTS CAN BE MADE AT THE OFFICE ON ANY DAY, HOWEVER ITEMS CAN ONLY BE COLLECTED FROM THE SHOP ON THURSDAYS WHEN IT IS OPEN (Credit card payments should be made before 9.00am on Thursdays).

Please give me some feedback on this new procedure!

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

- Special price \$25.00 for a school beret and a scarf! SAVE \$10.00 while stocks last