

RIVERSIDE CURRENTS

Riverside Girls High School Parent & Community Newsletter

September 2007

Calendar Dates

Term 3

September

Wednesday 26 Year 12 Farewell Assembly
10.30 am

Thursday 27 Year 12 Graduation Evening,
7.30pm, School Hall

Friday 28 Year 12 Revue 2 pm
RGHS students only

Last Day of Term 4

Term 4

October

Monday 15 Year 10 Yearly Exams begin

Wednesday 17 Year 10 Yearly Exams end

Thursday 18 HSC Exams begin

Tuesday 23 Band Meeting, 7.30pm

Tuesday 30 National Civics & Citizenship
Test, Year 10 Trial school for
federal government

November

Thursday 8 Senior Uniform Day

Monday 12 School Certificate Tests

Tuesday 13 School Certificate Tests

Wednesday 14 School Certificate Tests in
Computing Skills
P & C Meeting & AGM, 7.30pm

Friday 16 Year 7 Swim School Grading

Wednesday 21 Year 11 Presentation Assembly
10.30am

Thursday 22 Year 10 Peer Support

Friday 23 Year 10 Peer Support

Tuesday 27 Year 8 Dept. Education Science
Exam for Year 8

Principal's Report

1. Last few weeks for Year 12

We say a fond farewell to Year 12 on 28 September. They begin the HSC on Thursday 18 October. There are no lessons for Year 12 after the 26 September but there will be several HSC preparation sessions for them in the school holidays. The girls will be notified of the dates and times of the revision sessions. Some of their results have been outstanding and we expect great things from them in the HSC.

Term 3 has been very stressful for Year 12 but they have survived. Term 3 has been consumed with final HSC assessment tasks in all subjects. Drama and Music performances, Major works for D&T, Visual Arts Textiles, Ext 2 English, Ext 1 History, Oral/Aural HSC exams for Italian, Chinese, German, Japanese.

According to Michael Carr-Gregg, a well known psychologist, Year 12 must eat breakfast and get at least 8 hours sleep. He recommends eggs and toast as an ideal breakfast or a banana and some yogurt. We see too many of them feeling overwhelmed and looking pale and tired but the question is – how can we make them do anything, let alone eat breakfast?

We are looking forward to seeing lots of parents at the Year 12 Graduation evening, one of the highlights of the year.

2. Not returning 2008

If any families are moving at the end of the year we'd love to know so we can plan the staffing (always based on enrolment numbers in public schools) for 2008. Any students not returning for 2008 should let Mr Slow know as soon as possible.

3. Cyber Information

About 50 parents attended our recent cyber information evening on 12 September. The 2 presenters were excellent and gave us lots of useful advice about assisting our girls to navigate both the wonders and the dangers of cyber space. We intend to focus on cyber citizenship in 2008 encouraging best practice in Technology and internet usage. Any suggestions or assistance from parents is very welcome. We will hold another such evening in Semester 1, 2008

4. Senior Uniform for Year 11 2008

We hope all Year 10 students returning in 2008 will purchase their senior uniform on Senior Uniform Day to be held on Thursday 8th of November at the School Uniform Shop.

Details will be sent home before then. The uniform prices are listed on page 7 of this edition of the Currents. Any students needing financial assistance regarding the senior uniform should see Ms King before the Wednesday 7th November 2007.

5. Year 10 Mailout

All year 10 parents received a mailout from the school 2 weeks ago. It outlined several activities for Year 10 for Term 4. Year 10 should contact Ms Jenny Evens in the admin office if they did not receive the Year 10 letter to parents in early September and we will send you one.

6. Year 11 Reports

Year 11 will receive their final report at the end of term 3. There are a few students who are not eligible to proceed to Year 12 in all subjects. Year 12 courses for the HSC begin on 15 October. The non eligibility issues will be discussed with the girls and then parents and we will give our best advice about plans for 2008 at scheduled meetings. The overwhelming majority of Year 11 have gained either outstanding or very sound results and this is very promising for the HSC in 2008.

Sport Report

State Cross Country

The all schools State Cross Country was held at Eastern Creek on Friday 20 July. Three Riverside Girls made it through from School, Zone and Region to qualify and run at the State Cross Country. Each was up against more than 80 other runners.

Beth Chilcott ran in the 13 Years Girls event and came in 45th place.

Moya Johannssen came 34th in the 15 Years Girls event.

Rosa Brown in Year 12 came 25th in the Girls 18 years and over. Congratulations to our three representatives who acquitted themselves so well.

Dental Services

Should any students need access to the Dental Health Services Clinic for assessment or treatment; their parents need to call the Northern Sydney Dental Call Centre. It is important that your child has regular dental check-ups from either your private dentist or the local child dental clinic. If you wish to attend a local dental clinic please phone the Call Centre on **1300 789 404**.

You will be required to provide your Medicare number and answer some questions about your child that will enable us to provide them with the most appropriate care.

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!

Keeping in Touch-School Partners

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

On Saturday 20 October there will be an astronomy night as well as art gallery exhibitions, lectures on Modern History and a Global Leadership Program. A parent information evening will be held on 5 December 2007 where speakers will address the issues of the UAI and how to manage stress in the HSC. Each evening will have a different focus thus participants may wish to attend more than one evening in the series. Please visit www.futurestudent.mq.edu.au for more information and to register your attendance. Bookings are essential. Refreshments will be provided at the conclusion of the evening.

2008 Youth Week

Students are invited to participate in a website design competition to promote 2008 Youth Week in NSW. The competition provides young designers with the opportunity to win \$500,

promote Youth Week and showcase their talent as a designer. The winning website design will be translated into a fully-functional website by a young multimedia developer to promote 2008 Youth Week in NSW. It will become the main channel of communication to promote events and activities run by Local Councils in NSW for Youth Week each year.

Young people have been redesigning and developing the website each year since 2003 to ensure it remains fresh and vibrant. Young people aged 12-25 living in NSW are invited to submit a design for the 2008 website. Designs may be from an individual or a group. **Entries close on Friday 28 September 2007.** For competition details and entry forms see your Visual arts teacher or go to the Resources page of the Youth Week in NSW website www.youthweek.nsw.gov.au

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

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

TPC is a Work Skills Voucher eligible course. An information evening will be conducted on 19 November at 6.00pm at North Sydney College of TAFE, P Block, Room 323 when teaching staff will be available to answer any questions you may have. **IT'S NEVER TOO LATE!**

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

Carols by Candlelight

Hunters Hill Council will be holding their Carols by Candlelight celebration at Boronia Park Oval on 2 December 2007 from 6.30pm – 8.30pm. This wonderful community event is filled with the joy of Christmas and will be in keeping with the traditions of previous years, with the primary schools to appear early and secondary schools to follow. The finale will once again be a visit from Santa and a fireworks display.

If you miss this opportunity then you might consider attending the Carols Evening to be held at Birkenhead Point the following Friday, 7 December between 6.00pm and 9.00pm at Dunlop Reserve Park near the Birkenhead Point Marina. There will be activities, entertainment and a selection of tantalising food and beverage options for the evening. One of the highlights of the evening will be choir performances by local schools.

Riverside Canteen

Term Three 2007

Sandwiches

Vegemite	\$1.50
Baked beans	\$2.00
Cheese & tomato	\$2.50
Curried egg	\$2.50
Egg & lettuce	\$2.60
Crispy bacon/avocado	\$3.20
Ham and salad	\$3.40
Cottage cheese/salad	\$3.40
Chicken	\$3.00
Chicken/lettuce mayo	\$3.20
Chicken avocado	\$3.70
Chicken salad	\$3.40
Chicken satay lettuce	\$3.40
Salmon lettuce mayo	\$3.70
Salmon salad	\$3.80
Turkey cranberry	\$4.00
Turkey cheese avocado	\$4.20
Salad	\$3.00
Salad with swiss cheese	\$3.40
Tuna lettuce mayo	\$3.40
Tuna salad	\$3.50
Roast beef salad	\$3.20
Extras add	\$0.50
On rolls or bagels	\$0.50
Toasted add	\$0.40

In addition

Healthy fillings in wraps	
And Turkish pide or	\$3.50
Make up your own selection	\$3.90

Salads

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

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 bolognese	\$3.50
Pizza single	\$2.20
Chicken burger	\$3.50
Beef stir-fry with rice	\$3.50
Chicken & veg. Risotto	\$3.50
Chicken & corn rolls	\$1.80
Roast chicken or beef rolls with gravy	\$3.50
Pizza Rounda	\$2.00

Vegetarian selections

Indian samosas	\$2.20
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 (Winter only)	\$3.50

Low fat cakes and slices

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

Ice creams and ices

Selection of light ice	
Creams and water ices	Rrp

Cold beverages

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

The Uniform Shop

Profits from the Uniform Shop go to the school

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)	\$25.00
Junior Blouse (long sleeve)	\$30.00
Junior Skirt Royal Check	\$55.00
V-Neck Wool/blend jumper with logo	\$55.00
V-Neck Wool/blend vest	\$35.00
Trousers navy (2 pocket stretch bootcut)	\$45.00
Trousers navy (non stretch bootcut)	\$45.00
Senior Blouse (blue) (Yrs 11 & 12)	\$25.00
Senior Blouse (long sleeve)	\$30.00
Senior Skirt Navy	\$30.00
Scarf	\$10.00
Beret with school logo	\$25.00

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

Exchanges & returns Please encourage your daughters to try on samples before purchase.
Goods will only be exchanged *if they have not been worn*
If items need to be exchanged, please return them in their original packaging with the docket.

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

2008 Student Leaders

Year 12

Captain

Nina Blundell

Vice Captain

Hannah Vousden

Sports Captain

Katarina Kraft

House Reps

Holly Brown

Sally Johnson

Lauren McGarry

Shadi Tahzib

Student Leaders

Emma Shuttleworth

Kate Wicks

Shyama Williamson

Lauren Tinslay

Junior SRC Coordinator

Dakhshina Quar

Year 11

Student Leaders

- Jessica Bonser
- Natalie Buchanan
- Katherine Lee
- Tarsha Hayden

Year 9

Student Leaders

- Carla Kassab
- Tiffany Paik
- Julia Readett
- Allana Duncan

Year 10

Student Leaders

- Hannah Felton
- Anna Crysell
- Persephanie Jamos
- Carina Mitchell

Year 8

Student Leaders

- Eva Yip
- Emily Bryant
- Lauren Gard
- Bethany Vousden