Calendar Dates

Term 1

March
Wednesday 9  Zone Swimming Carnival
Thursday 17  Open Day 2 – 6pm
Tuesday 22  Year 11 Study Skills
Thursday 24  CHS Swimming Carnival
Friday 25  SRC Fundraising Day: Breast Cancer Fairytale Day
Tuesday 29  School Photos
Thursday 31  RGHS Cross Country
Thursday 31  RGHS March Currents Newsletter

April
Wednesday 6  Year 7 & 12 Parent Teacher Evening 4 – 7.30 pm
Friday 8  The Great Debate

End of Term 1

Principal’s Report

Welcome back to the 2011 school year.

We are very pleased that a number of new teachers have joined us at Riverside this year. Ms Katarina Nikoletich is our new Deputy Principal, Graeme Lowe is our new Head Teacher Creative and Performing Arts and Ms Nanthini Ravishanka will be teaching in the Science faculty.

Several other new casual teachers have also joined us, Simona Mastrioanni (LOTE), Ceara Kearney (Visual Arts), Gemma Mason (HSIE), Janet Wills (English/History), Aya Jarvis (English).

While we wait the arrival of our new Principal at the start of term 2, Ms Ruth Ritchie is Relieving Deputy Principal and Jeff Profilio is replacing Ms Ritchie as Relieving Head Teacher HSIE.

Paul Jones is Relieving Head Teacher Teaching and Learning.

Our Student Welfare Team
Please do not hesitate to contact us if you are concerned about any issues relating to the education of your daughter. We do ask that parents and guardians phone before visiting the school to ensure that staff are available when they arrive. Our Student Welfare team:

- Ms Chamaoun  Head Teacher Student Welfare
- Ms Maury  School Counsellor
- Mr Cranson  Year 12 Year Adviser
- Ms Lovett  Year 11 Year Adviser
- Ms Yi  Year 10 Year Adviser
- Ms Moore  Year 9 Year Adviser
- Ms Johnston  Year 8 Year Adviser
- Ms Miller  Year 7 Year Adviser
- Ms Nikic  Learning Support Co-ordinator
- Ms Nikoletich  Deputy Principal Student Attendance
- Ms Ritchie  Deputy Principal Student Welfare & Learning Support (Term 1 and Ms O’Neill for the remainder of the year)

At all times the focus of our student welfare team is on:
- Acknowledging uniqueness
- Communicating acceptance
- Esteeming self and community
- Celebrating diversity
- Emphasizing the positive
- Describing and applying the boundaries
- Prescribing self reflection and evaluation
- Encouraging initiative
- Nurturing independence
- Developing resilience
**P. & C. Meeting 9 March**
The P. & C. is very keen to welcome Year 7 parents and have organised for Ms Wendy Chamaoun the Head Teacher Student Welfare and Ms Sophie Miller the Year 7 Year Advisor to provide an overview of Student Welfare at Riverside to parents prior to the start of the P. & C. meeting on Wednesday 9 March. The presentation commences at 7pm and is followed by a P&C meeting at 7.45pm.

Attending P. & C. meetings is a good way to keep up to date with what is happening in the school and I encourage parents to attend.

**2010 HSC High Achievers**
School medals were awarded to the 23 students who achieved an ATAR over 90 at the HSC High Achievers Assembly on Wednesday 16 February. Tiffany YE was awarded the gold dux medallion.

The results were outstanding and the teachers are very proud of the girls’ significant achievements.

Melissa ARBABI
Natalie CLARK
Anna CRYSELL
Maddison DEANS
Minji JEONG
Moya JOHANSSON
Rebecca KWOK
Riana KING
Abigail LEE
Alice LEE
Kumbelin LEVIN
Amy LIAO
Vicki LOR
Lisa PLAYER
Victoria POSITTI
Louise ROBINS
Zita RUSH
Shelby STANTON
Cee Wing TSUI
Tiffany YE
Kartia ZAPPAVIGNA
Jessica ZIBELLINI
Vicky ZHANG

In 2011 the girls will be studying a wide variety of University courses, including Bachelor of Clinical Science, Animal-bio Science, Pharmacy, Medical Science and Business, Commerce and Arts, Advanced Science, Management in Events and Leisure, Physiotherapy, Law, Business and Commerce.

There were 91 mentions in the merit lists in the press for band 6 (over 90%). Moya Johansson received a Premier’s Award this week for gaining band 6 in every subject (10 units) in her HSC. Riverside was listed 111 in the top 200 schools in NSW.

**Open Day – Thursday 17 March 2-6 pm**
We look forward to many visitors to the school on Open Day. This is always an exciting day for us as it gives us the opportunity to show the community our wonderful school and provide an overview of the programs we offer to educate our girls. We have sent fliers to all primary schools asking them to release girls in Year 6 who would like to visit us on Open Day. Many of our students stay at school after normal school hours to assist us to showcase our school.

**School Uniform**
Riverside is a uniform school. We need the full support of parents to ensure that students wear the school uniform at all times as the school and its students are often judged by the community on the appearance of our students in uniform. If you need assistance providing uniform please do not hesitate to contact me. Our uniform shop is open every day. Some girls do wear excessive makeup and large inappropriate jewellery and we ask you to be vigilant about this as they are not part of the school uniform.

**School Contributions**
As always we do rely on financial support from families. Some families prefer to pay the fees each term and this is always appreciated. The elective fees in Years 9, 10, 11 and 12 are used to replace items which must be renewed each year, including paper, paints, chemicals, charcoals, clay etc in Visual Arts, ingredients for cooking in Food Technology and Hospitality and wood and various other materials in Design and Technology. Please do not hesitate to contact me if the family is facing financial difficulty. I do thank you for your ongoing financial support.

P. O’Neill
Acting Principal

**REMEMINDER:** A note is required for any student absences as soon as the student returns to school.

**Did you know?** Australians are the second highest waste producers in the world. We throw away 3.3 million tonnes of food a year – the equivalent of a quarter of the nation’s food supply.

**What can you do?** Shop smartly – avoid unnecessary packaging and buy only what you need. More great tips at [www.livingthing.net.au](http://www.livingthing.net.au)
**Internet safety tip.** Remind your daughters to keep information such as their name, address, pass words, phone number, school and even credit card number to themselves. When signing up to a chat room, they should use a screen name that is a nickname and not easy to work out. The same goes for choosing passwords – don’t make them easy to figure out. If your child is going to put photos on the Internet, ensure they don’t show them wearing their school uniform – this can be enough to identify your child’s school. Also ensure that any photos are not the type that would attract unwanted attention from strangers. More great advice at [www.schools.nsw.edu.au/click](http://www.schools.nsw.edu.au/click)

**Parenting Courses and Workshops**

**Term 1 - 2011**
An exciting courses called ‘Communicating with Teens’ is being run by the North Sydney Local Health Network.
It will cover topics such as:
- Influencing your teenagers behaviour
- Understanding the stages of development
- Understand their high and lows
- Open lines of communication
- Coping with a teenagers anger in a constructive way
- Learn how to get your point across and listen to your teenagers point of view
- Build better relationships

Venue: Chatswood  
Dates: Beginning Wed 9th March (for 5 weeks)  
Time: 7pm-9.30pm  
Cost: $150 p/p  Concession: $125 p/p

Enquiries can be directed to ph: 98875830  or  see The Head Teacher of Welfare at Riverside for a booking form.

**International Women’s Day Art Exhibition**

The City of Ryde is sponsoring an art exhibition at Brush Farm House.
This art exhibition seeks art works in all forms which celebrate the lives of women and celebrate 100 years of International Women.  
There are some great prizes including art vouchers worth $750.  
Section A: (Open) first and second prize includes art vouchers totalling $400  
Section B: (High School and TAFE student) first and second prize includes art vouchers totalling $350.

**Southern Cross Cultural Exchange**

Southern Cross Cultural Exchange is seeking volunteer host families to host international exchange students arriving in July 2011 for a stay of one or two semesters. For further information call 1800 500 501 or visit [www.scce.com.au](http://www.scce.com.au) to be a part of this rewarding experience.
The Uniform Shop

Profits from the Uniform Shop go to the school

Opening Hours
The Uniform Shop is open each day up to 2pm, it is located next to the Staff Common Room.

Contact:
Lesley Ph: 9816 4264  ext 136

Junior School Blouse (White) $28.00
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
V-Neck jumper beare&ley $55.00
V-Neck jumper with crest (HIP HOP) $40.00
Polar fleece jacket with logo $40.00
Trousers navy (2 pocket stretch boot cut) $45.00
Senior Blouse (blue) (Yrs 11 & 12) $28.00
Senior Blouse (long sleeve) $30.00
Senior Skirt Navy $35.00
Scarf $10.00
Backpack with Riverside Logo (Med) $45.00
Chiro backpack (2 sizes available) (Lrg) $65.00
Chiro backpack (Med) $60.00

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.
## RIVERSIDE GIRLS HIGH SCHOOL
### CANTEEN MENU 2011

### BREAKFAST
- Toast - jam or honey (A) | 2.20
- Cereal & milk (G) | 2.50
- Low fat yoghurt (G) | 2.00
- Bacon & egg roll (A) | 3.50
- Up & Go - Chocolate, strawberry & vanilla | 2.50
- Fresh yoghurt & fruit (G) | 3.00

### JAFFLES
- Cheese (G) | 2.80
- Cheese & tomato (G) | 3.00

### SNACKS 'N' THINGS
- Garlic or Herb bread (A) | 2.00
- Jelly & custard (A) | 2.50
- Fresh seasonal fruit (G) | 0.80+
- Fresh fruit salad (G) | 2.50
- Low fat ice-cream & ice-blocks | 1.20+
- Low fat muffins (A) | 3.00
- Low fat banana bread (A) | 3.00
- Hot cookie (A) | 2.00

### SUSHI
- Tuna (G) | 3.00
- Chicken Teriyaki (G) | 3.00
- Vegetarian (G) | 3.00
- Crab, avocado & cucumber sushi (G) | 3.00

### SALAD BOXES
- Garden salad (G) | 3.50
- Roast chicken salad (G) | 4.50
- Tuna salad (G) | 4.50
- Tuna pasta salad (G) | 4.50
- Chicken avocado pasta salad (G) | 4.50
- Caesar salad (G) | 4.00
- Chicken Caesar salad (G) | 5.00
- Potato salad (A) | 3.50
- Greek salad (A) | 4.50
- Pesto pasta salad (A) | 4.00

### SANDWICHES (G)
- White/wholemeal/multigrain
  - Vegemite (G) | 2.00
  - Egg & lettuce (G) | 3.00
  - Curried egg (G) | 2.80
  - Turkey cheese & cranberry (G) | 3.30
  - Tasty cheese & salad (G) | 3.50
  - Tasty cheese (G) | 2.80
  - Tasty cheese & tomato (G) | 3.00
  - Lean roast chicken (G) | 3.20
  - Lean roast chicken, lettuce & mayo (G) | 3.30
  - Tuna or Salmon (G) | 3.00
  - Tuna & salad (G) | 3.90
  - Chicken & salad (G) | 3.80
  - Salad (G) | 3.30
  - Lean lamb, tomato & cheese (G) | 3.30
  - Assorted wraps (G) | 4.00

### EXTRAS
- Rolls (G) | 0.80
- Wraps (G) | 0.80
- Turkish bread (G) | 1.00

### HOT FOODS
- Home-made soup (G) | 3.00
- Soup cups (A) | 2.50
- Low-fat cheesy hotdog (A) | 4.00
- Chicken ome roll (A) | 2.50
- Low fat beef pie (A) | 3.20
- Low fat shepherds pie (A) | 3.50
- Sausage roll (A) | 3.00
- Spinach & ricotta roll (A) | 3.20
- Home-made pizza chicken or vegetarian (A) | 4.00
- Chicken schnitzel with lettuce & mayoc (A) | 4.60
- Gourmet beef burger (A) | 4.50
- Lean chicken burger (A) | 4.00
- Lasagne or Vegetarian Lasagne (G) | 4.90
- Fried Rice (A) | 4.00
- Satay chicken & rice (A) | 4.50
- Curried chicken & rice (A) | 4.00
- Butter chicken & rice (A) | 4.50
- Creamy chicken fettuccine (A) | 4.80
- Creamy pesto pasta (A) | 4.90

### TURKISH BREADS
- Vegetarian – eggplant, sundried tomatoes, capsicum & cheese (A) | 4.90
- Chicken – avocado, chicken, sundried tomatoes & cheese (A) | 4.80
- Mediterranean – pesto, olives, capsicum & feta cheese (A) | 4.90
- Turkey – roast turkey, cranberry sauce & swiss cheese (A) | 4.60
- Chicken schnitzel – chicken schnitzel, roast capsicums, pesto & cheese (A) | 5.00

### DRINKS
- Plain milk 300mL (G) | 1.20
- 600mL | 1.60
- Flavoured milk 300mL (G) | 2.20
- 600mL | 3.00
- Cool Ridge water (G) | 2.00
- Soft drink cans (A) | 1.80
- Milkshakes: chocolate, strawberry, caramel (A) | 3.00
- Slushies: 100% juice (A) | 2.90
- 100% popper (G) | 1.50
- 600mL Low Sugar Soft drink bottles (A) | 3.00
- Ice Tea (A) | 3.20

### HOT DRINKS
- Coffee (A) | 2.60
- Tea (A) | 2.00
- Hot chocolate (G) | 2.00