**Calendar Dates**

**Term 2**

**May**
- Monday 24  *National Reconciliation Week*
- Friday 28  *Immunisation Years 7-10*
- Monday 31  *Year 9 History/Geography rollover*

**June**
- Wednesday 9  *Year 10 & 11 Parent Teacher Night, 4.00 – 7.30pm*
  *P. & C. Meeting 7.30 p.m.*
  *Zone Athletics Carnival*
- Thursday 10  *ICAS Science Competition*
- Monday 14  *Queen's Birthday Holiday*
- Thursday 17  *Year 12 Study Vacation*
- Friday 18  *B.A.T.H. Day*
  *Year 12 Study Vacation*

**Principal’s Report**

**School Oval and Tennis Courts**

Our school oval is in need of some tender loving restoration work. It has been battered by the drought and water restrictions for years. The Korean Church which hires our school site each Sunday does park cars on the oval and while we value the leasing fees to help fund our educational programs, we do recognise this has contributed to the oval’s gradual demise.

If any parents or family members have a good working knowledge of oval surface restoration work, then we’d love to hear from you. Your advice would assist us to plan a restoration program. If any parent could assist, could they contact the relieving deputy principal, Ms Rose Daniels on 9816 4264 or by email: rose.daniels@det.nsw.edu.au.

We have also been advised that our tennis courts/basketball courts on the lower end of the school site (adjacent to our neighbours’ houses in Huntleys Point Road) are subsiding and crumbling in places.

**NAPLAN Tests**

Parents would now be aware that the deputy P.M. promised to form a “working party” to advise ACARA (the National Curriculum and Assessment Authority) on “the use of student performance
data”.

I have enclosed a copy of the letter to the AEU (dated 6 March) in this newsletter. Teachers hope it is a genuine way forward in the dispute. Media outlets and politicians of all persuasions seem to have difficulty understanding or acknowledging that while teachers and academics oppose the abuse and misuse of student data in league tables, they are not opposed to national tests and the analysis of the test data.

We do not know at this stage who will be members of the “working party” or when it will meet.

I do hope all parents received a copy of my letter on the NAPLAN test dispute (4 May 2010) which was posted to all parents. Only a small number of parents did reply and interestingly, all were opposed to league tables and supported the action taken by Australian public school teachers.

The Senate has announced an enquiry into the use of NAPLAN test results and students data. The enquiry will be carried out by the Education, Employment and Workplace Relations References Committee. The public will be able to make submissions until 25 June. Public hearings will be held in July and the committee will report to the Senate on 13 August.

In the U.K. on 31.1.2010, The Education Committee of the House of Commons published a damning report on league tables. The publication of this report, after 15 years of league tables and naming and shaming schools in poorer socio-economic areas, no doubt influenced the U.K. teacher unions to ban the national tests this year. You will find the report on


Years 10 and 11 Parent and Teacher Night
Wednesday 9 June 4 – 7.30 pm
We hope to see lots of parents from Years 10 and 11 on this evening. Year 10 will have received their Half Yearly report before the 9th June.

Judy King – Principal

P & C Report
Learn more about the P&C on our website – http://www.riverside-parentsandcitizens.org/

Cultural Exchange
Southern Cross Cultural Exchange is seeking volunteer host families to host exchange students for a stay of 5 months. As in past years we would be grateful for your support. You could learn a lot from an international brother or sister and have fun teaching them about Australia.

Carefully selected students will arrive in from Europe, Japan and the USA. They will attend a local secondary school, are fully insured and have their own spending money. If interested please contact:

Ph: 1800 500 501
Email: scceaustr@scce.com.au
Web: www.scce.com.au

Mobile Phone Fundraiser
Over the past two years, a collection box for mobile phones has been placed in the Library for used mobile phones. At last count, there were 40 phones collected.

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 $2 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 Library. With over 1,000 students, and the disposal rate of mobiles, we should have many more than we have collected so far, so get those used mobiles into the recycle box. This will not only help 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

IMPORTANT NOTICE to all Parents/Carers and Students
Could all parents please advise of any change of circumstances or details with address/work phone numbers/contact numbers/ Emergency contact/email address by either:
Phone 9816 4264
Fax 9816 5409 or
Email: riversideg-h.school@det.nsw.edu.au

Students can also obtain a mauve change of details form from the student services counter or the student administration office.

REMINDER: A note is required for any student absences as soon as the student returns to school.
Parenting Courses & Workshops
Northern Sydney Central Coast Area Health Service is offering courses for Term 2, as detailed below. The courses and workshops commence on 19 May 2010. The course deals with ways of communicating with teenagers and provides ways of:
• influencing your teenagers behaviour
• understanding stages of teen development
• dealing with a teenagers highs and lows
• keeping lines of communication open
• coping with anger in a constructive way
• listening to your teenager’s point of view
• getting your point across
• resolving issues to keep the relationship intact
• discovering what works and what does not

The course venue is at Chatswood, and starts at 7.00 pm until 9.30 pm on Wednesday 26 May. It runs for 5 weeks and costs $150 per person. The workshop Dealing with Teen’s Back Chat will also be held at Chatswood on Wednesday 19 May from 7.00 pm until 9.30 pm and costs $ 40 per person. To enrol or make further enquiries Phone 9887 5830

Separation is a difficult time for everyone in the family

A decision to separate is one of the hardest choices you may ever make, and it has consequences for everyone in your family. Both you and your children may feel confused about what is happening, and be unsettled about the impact of such change.

Separation can evoke strong feelings for everyone – you, your partner, your children, and even extended family members like grandparents, aunts and uncles. Your family is undergoing significant change - separation usually means that the family is dividing, and that one parent will be leaving the household.

With change comes emotion. You may feel sad or lonely, angry, guilty, or like you have failed in some way. Many parents have experiences of depression and anxiety. In fact, you may feel all these emotions at different times.

It is important to remember that your child also has strong feelings. They may feel grief, shock, insecurity and worry whether the remaining parent will leave them as well. Some may feel that they are to blame for the situation, while others may feel angry.

As a parent it’s important to understand that your children are also going through a distressing time, and to do what you can to reduce the impact on them. Here are some basic tips to assist with that.

• Prepare children as best as you can. Give them a simple explanation of why you are separating.
• Let your children know that both parents love them very much.
• Remind children that it is not their fault – it is a decision that you as parents are making about your relationship.
• Focus on the positives. Give lots of love and attention. Try to avoid conflict in front of your children, and avoid blame.
• Try to minimise the change to your children’s environment and routine.
• Acknowledge how your children are feeling, and that these feelings are okay.

For more information on separation or any parenting issue, call our professional counsellors for the cost of a local call from a land line, 24 hours a day, 7 days a week on 1300 1300 52 or read our information sheets on separation on www.parentline.org.au

All Australians
NAIDOC Week is a celebration of Aboriginal and Torres Strait Islander cultures and an opportunity to recognise the significant contributions of Indigenous Australians.

NAIDOC Week will be celebrated between 4 and 11 July this year.

Find out more at www.naidoc.org.au

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

Internet safety tip. Remind your child to keep information such as their name, address, 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
Riverside
ORGANIC FOOD
&
farmers markets

We are lining up a delectable selection of our best food stalls to create a super weekly market for Gladesville and the Hunters Hill area.

Every Saturday Morning
9am to 1pm
STARTS JUNE 12
## RIVERSIDE GIRLS HIGH SCHOOL
### CANTEEN MENU 2010

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

### JAFFLES
- Cheese (G) | 2.60
- Cheese & tomato (G) | 2.80

### SNACKS 'N' THINGS
- Garlic or Herb bread (A) | 1.80
- Honey soya Wingettes (A) | 2.60
- Jelly & custard (A) | 2.00
- Fresh seasonal fruit (G) | 0.80+
- Fresh fruit salad (G) | 2.50
- Low fat ice-cream & ice-blocks | 0.80+
- Low fat muffins (A) | 3.00
- Low fat banana bread (A) | 3.00
- Hot cookie | 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) | 4.00
- Tuna salad (G) | 4.00
- Tuna pasta salad (G) | 4.00
- 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) | 4.00

### SANDWICHES (G)
- white/wholemeal/multigrain
  - Vegemite (G) | 2.00
  - Egg & lettuce (G) | 2.50
  - Curried egg (G) | 2.40
  - Turkey & lettuce & cranberry (G) | 3.00
  - Tasty cheese & salad (G) | 3.20
  - Tasty cheese (G) | 2.50
  - Tasty cheese & tomato (G) | 2.60
  - Lean roast chicken (G) | 2.90
  - Lean roast chicken, lettuce & mayo (G) | 2.90
  - Tuna or Salmon (G) | 3.50
  - Tuna & salad (G) | 3.50
  - Chicken & salad (G) | 3.50
  - Salad (G) | 3.00
  - Lean like ham, tomato & cheese (G) | 3.00

### EXTRAS
- Rolls (G) | 0.60
- Wraps (G) | 0.60
- Turkish bread (G) | 1.00

### HOT FOODS
- Home-made soup (G) | 3.00
- Soup cups (A) | 2.50
- Low-fat cheesy hotdog (A) | 3.50
- Chicken corn roll (A) | 2.00
- Low fat beef pie (A) | 3.20
- Low fat shepherds pie (A) | 3.50
- Sausage roll (A) | 2.80
- Low fat steak pie (A) | 3.50
- Spinach & ricotta roll (A) | 3.00
- Home-made pizza; chicken or vegetarian (A) | 3.50
- Chicken snitzel roll with lettuce & mayo (A) | 4.50
- Gourmet beef burger (A) | 4.50
- Lean chicken burger (A) | 4.00
- Lasagna or Vegetarian Lasagna (G) | 4.50
- Fried Rice (A) | 3.50
- Satay chicken & rice (A) | 4.50
- Curried chicken & rice (A) | 4.50
- Creamy chicken fettuccine (A) | 4.50

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

### DRINKS
- Plain milk 300mL (G) | 1.10
- 600mL | 1.50
- Flavoured milk 300mL (G) | 2.00
- 600mL | 3.00
- Mt Franklin water (G) | 2.00
- Soft drink cans (A) | 1.50
- Milkshakes: chocolate, strawberry, caramel (A) | 3.00
- Slushies: 100% juice (A) | 2.00
- 100% popper (G) | 1.50
- 600mL Low Sugar Soft drink bottles (A) | 2.00
- Ice Tea (A) | 3.20

### HOT DRINKS
- Coffee (A) | 2.00
- Tea (A) | 2.00
- Hot chocolate (G) | 1.00
The Uniform Shop

Profits from the Uniform Shop go to the school

Opening Hours

The Uniform Shop is open every week on Tuesday, Wednesday and Thursday before school (8.30 - 9.00am) 2nd Recess (11.45 – 12.05pm) and at lunch time (1.00pm - 2.00pm) in the Uniform Shop located next to the Staff Common Room.

Contact: 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
Polar fleece jacket with logo $40.00
Trousers navy (2 pocket stretch bootcut) $45.00
Senior Blouse (blue) (Yrs 11 & 12) $28.00
Senior Blouse (long sleeve) $30.00
Senior Skirt Navy $35.00
Scarf $10.00

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

Exchanges & returns

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

The Uniform Shop News

- Polar fleece jackets with Riverside logo are now available for $40.00.