



Issue No 2: 17 February 2017

# PENDULUM

RESPECT, RELATIONSHIPS, ACHIEVEMENT, SAFETY AND FAIRNESS

Riverside High School

Key Dates for 2017

## FEBRUARY

Wed 22 Launceston Cup  
(Student Free Day)

Thu 23 Uniform Sales 8:15-12:15pm

## MARCH

Fri 3 RHS Swimming Carnival

Fri 10 MSP Photos (1)

Tue 14 MSP Photos (2)

Mon 13 8 Hour Day Holiday

W-F15-16 Grade 7 Camp Clayton

Tue 21 Inter-high Diving Carnival

Thur 23 Interim Reports Home

Fri 31 Inter-High Swim Carnival

## APRIL

Mon 3 Parent Teacher Evening

Wed 12 Last Day of Term

<b>PRINCIPAL:</b>	Ms N Odgers	<b>GRADE LEADERS:</b>
<b>ASSISTANT PRINCIPAL:</b>	Mrs S Matkovich	7 Mr T Elliott
<b>ASSISTANT PRINCIPAL:</b>	Mr D Hanson	8 Miss B Hall
<b>ASSISTANT PRINCIPAL (A):</b>	Mrs R Donaldson	9 Mrs D Dave
<b>ASSISTANT PRINCIPAL (A):</b>	Mrs A Claridge	10 Mr T Musovic
<b>PSYCHOLOGIST:</b>	Mrs Claire Pople (Tue & Wed)	
<b>SOCIAL WORKER:</b>	Mrs Laura Fitzgerald (Mon-Wed)	
<b>CHAPLAIN:</b>	Ms Cecily Rosol	
<b>NURSE:</b>	Mr Peter Jacobson (Tue-Wed)	
<b>BUSINESS MANAGER (A):</b>	Mrs Leonie Johnston	

Dear Parents and Families,

### Fostering a Growth Mindset

As you are aware from last week's 'Pendulum' the development of a Growth Mindset is central to our learning culture at Riverside High School. The concept of a Growth Mindset has been uncovered by Carol Dweck, a Professor of Psychology at Stanford University. Carol Dweck is highly regarded as one of the leading researchers in the areas of motivation, personality and psychology. Her work concentrates on why some people succeed whilst others do not and is outlined in her best-selling publication entitled: Mindset: The New Psychology of Success. This text has influenced the worlds of business, sport, education and parenting. It is a very interesting read!

This publication outlines the manner in which a Growth Mindset is characterised by a belief that intelligence, personal qualities and abilities are not fixed and can be grown and developed like muscles. People who demonstrate a Growth Mindset embrace challenges as an opportunity to learn and grow, persist and persevere in the face of setbacks, understand that making mistakes is a key component of learning, welcome feedback as an opportunity to improve their skills and understandings, value effort and hard work and view it as being necessary to achieve success and are supportive of other people's efforts and success.

A key component of our ongoing work will be to encourage all our students to embrace a Growth Mindset. There are many ways in which you can support students to develop a Growth Mindset by, for instance, encouraging them to work hard and give their best effort in all pursuits and urging them to seek challenges and opportunities to learn and grow. If you would like to learn more about the concept of a Growth Mindset we urge you to view the following short clips

<https://www.youtube.com/watch?v=Xv2ar6AKvGc> and <https://www.youtube.com/watch?v=75GFzikhmRY0>.

### **Riverside Rippers**

Today we have once again started publishing our *Riverside Rippers* to reinforce the importance of the Riverside High School values: Respect, Relationships, Achievement, Safety and Fairness and to reinforce the importance of a Growth Mindset. This year we will continue to recognise in our newsletter, 2 students or a group of students in each grade who we feel have reflected our school values in their attitude, behaviour and outlook and who have demonstrated a Growth Mindset. This is a way of us recognising and celebrating a great approach to learning and positive behaviour; we hope it will continue to be something that students and parents will really value. Well done to those students who have been acknowledged this week. I look forward to seeing many students recognised during the year.

### **Subject in Focus**

As I continue to visit classrooms and talk to students about their learning, I am continually impressed by the high levels of student motivation and engagement that I see. Our students are keen to discuss their learning; I see this as a great indicator that students are taking responsibility for their own learning journey. Starting with this week's Pendulum, we will be featuring a subject area in each newsletter. This is one way to inform you of the range of learning experiences that students have, to keep you informed of what is happening in our classrooms and to celebrate student learning. This week we are showcasing learning from the Maths area.

### **Student Planner**

At the start of term all students were issued with the Riverside High School Planner. The planner has some very useful information about the school and a number of tools for helping students to be organised. The Planner is used to support students in being well prepared and becoming more independent. It is important for recording homework and for communicating between home and school. Our expectation is that students take their planner to all classes. We encourage parents to check the planner on a regular basis and to be actively involved in monitoring appropriate use of the planner. We strongly encourage Grade 7 parents to sign the planner each week; in

other grades just checking the planner on a regular basis is sufficient.

### **Consent Forms**

At the beginning of the year there are a number of organisational matters that we need to communicate with you about. We are currently sending home the Consent Form for Aquatic Activity, Major Excursions and Medical Information. Could I please ask you to ensure that these are completed and returned to Home Group teachers by Friday 24<sup>th</sup> February. This means that we have appropriate consent and our information is up to date to ensure the safety of all students. Grade 7 students have also received important information this week in preparation for Grade 7 Camp. A reminder also that any outstanding ICT User Agreement's also need to be signed and returned as soon as possible.

### **Use of Panadol**

Please be aware that we will be following Department of Education guidelines regarding the use of Panadol by students. We are unable to issue Panadol to students unless:

- Parents/guardians complete a written request to the school to administer the medication. You can download this form from the department's website at: [www.education.tas.gov.au](http://www.education.tas.gov.au)
- Provide signed authorisation from your medical practitioner/pharmacist or nurse giving specific instructions for the administration of the medication (Panadol)
- Transfer the medication (Panadol) safely to the school
- Provide the medication (Panadol) in the originally prescribed containers only

### **Safety on the way to and from school**

As we begin the new school year it is very timely to remind you of the need for all students to take particular care in managing their personal safety whilst travelling to and from school. This includes ensuring that all students are clear with which buses they need to catch, where parents will be picking them up from and the need to use road crossings. We are concerned that some students are crossing West Tamar Road on the highway, Can I please ask parents to stress the importance of using the underpass and the lights. West Tamar Road is an extremely busy highway especially at peak times, so your support with reinforcing these important safety messages would be appreciated.

### **Grade 7 Barbecue**

We will be holding our annual Grade 7 Barbecue on Tuesday, 21st February between 5:00pm and 6:30pm in the Riverside High School Quadrangle. The barbecue provides a wonderful opportunity for the parents/carers of Grade 7 to meet with a range of teachers from our school including our Grade 7 Team. It enables you to catch up with teachers and have a face-to-face conversation, find out how the year has begun for your child,

celebrate their positive start and share any concerns that you have.

Last week all Grade 7 students were given a notice about this event which included a tear off-slip to assist us with our organisation. Please contact Mr Tim Elliott, our Grade 7 Leader, if you require further information about this event. If you unable to attend the BBQ but would like to speak to a staff member, please do not hesitate to contact us at school. Otherwise we look forward to catching up with you on Tuesday evening.

Next Friday, 24 February is our Leadership Assembly where we acknowledge our 2016 Prefects, Peer Support Leaders and Mentors. This is a special occasion for our senior students and family and friends are invited to share in this important event.

Students in these groups have received invitation letters this week and are asked to bring back a return with numbers wishing to attend. Tickets will be allocated to families, which will enable us to reserve a block of seating for our guests.

**Ms Natalie Odgers**

### **DoE Medication Guidelines**

On checking DoE Medication Guidelines for all Schools we need to amend our practice around issue of Panadol for students.

#### **No Panadol is to be issued to students unless:**

- Parents/guardians complete a written request to the school to administer the medication. You can download this form from the department's website at: [www.education.tas.gov.au](http://www.education.tas.gov.au)
- Provide signed authorisation from your medical practitioner/pharmacist or nurse giving specific instructions for the administration of the medication (Panadol).
- Transfer the medication (Panadol) safely to the school.
- Provide the medication (Panadol) in the originally prescribed containers only.

### **Outstanding Library Books from 2016**

Final reminder for students to return outstanding library books from 2016. Invoices will be issued for outstanding library books next week. As students return outstanding library books please pass to our Library Team:

Mrs. Collicutt

Mrs. Dent

Mrs. Morrison



### **School Immunisations**

Dear Parents and Guardians,

West Tamar Council will be offering immunisations for Grade 7's this year at your school. As you may already be aware, consent forms have been sent home with all Grade 7 students. All completed consent forms are to be returned to your school's office by no later than 22<sup>nd</sup> February 2017.

Please ensure you check your child's immunisation record and read all of the information provided before completing the consent form. If you have any queries or require more information regarding the immunisations, please contact West Tamar Council's Environmental Health Department on (03) 6323 9300.

### **Library Book Fair**

Friends of the Library, Launceston's Annual Library Book Fair will be held on Saturday 4 March 2017, 9:00am – 1:00pm at St Ailbe's Hall, 46 Margaret Street, Launceston.

This is Launceston's best book sale with a wide range of good quality donated secondhand books – crime, thrillers, science fiction, romance, children's, cooking, health, travel, crafts, gardening, sports, war, DVDs, collectables and Tasmaniana – all at rock bottom prices.

## Subject in Focus

### Mathematics at Riverside High School


This year in Mathematics we are continuing to use the online program IXL to reinforce mathematical concepts and provide timely feedback to students on their learning. IXL allows learners to practice any time, any skill in the Australian Curriculum from Prep to Year 12. Teachers may suggest skills to be practiced at school or at home and students are more than welcome to revise any skill in their own time. All results are immediately available and IXL suggests areas for further improvement. The Year 9 and 10 students have begun to use the program in class and already students are aiming for that elusive 'Smart Score of 100' showing excellence in their understanding.

All students have a username (their school computer log in [lastnamefirstname](#)) and password (their date of birth in the format [12/12/2016](#)). In addition to making practice exciting, IXL is designed to help your child learn at his or her own pace. The program is adaptive and will adjust based on your child's demonstrated understanding of the material. All of your child's results will be saved, so you can monitor his or her progress anytime by clicking on the *Analytics* tab at the top of the page. For on-the-go practice, you can download IXL's free tablet apps for iPad, Android, or Kindle and sign in with your child's username and password.

To access the program, please follow these easy steps:

1. Go to <https://www.IXL.com/signin/riversidehs>
2. Enter your child's username and password in the upper right corner and click the button to sign in.
3. Click on the Mathematics and navigate to your child's year level.
4. Select a specific skill to practice from the list of skills. You can place your mouse over any skill to see a sample question and click on the link to begin.

Please contact your child's Mathematics teacher either by email or phone call, any time if you would like to discuss your child's progress.



# Riverside High School

### Sign in

Username  @riversidehs

Password

☐ Remember


[Forgot username?](#) [Forgot password?](#)

Teachers, have an activation key? [Set up your account](#)

Not from Riverside High School?

[Learn more about IXL >>](#)  
A better way to learn!

[Join today for unlimited practice >>](#)  
Tracking, awards, certificates and much more!



### Welcome to IXL!

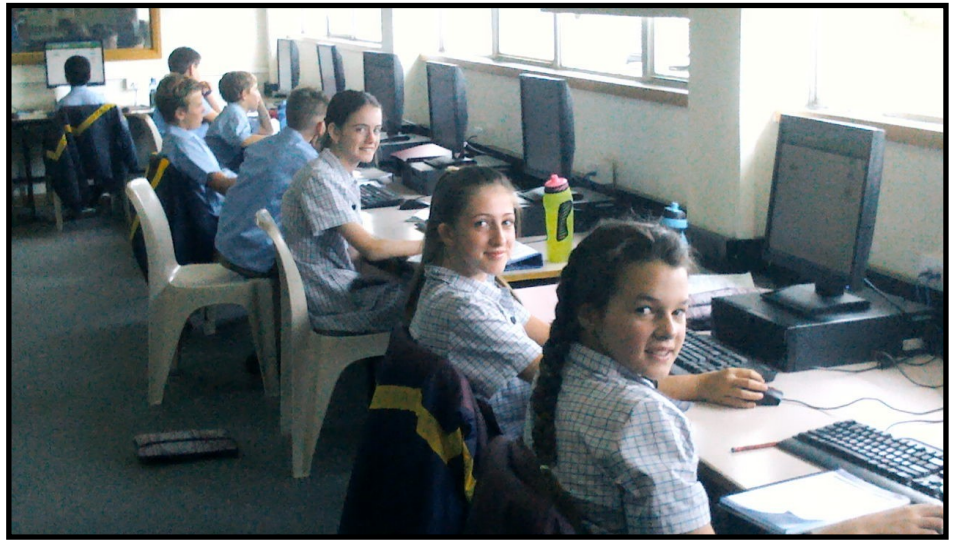
IXL is a comprehensive, curriculum-aligned maths practice program offering unlimited problems in thousands of skills. One of the best things about IXL is that you may use it from school and from home!

Before you start, be sure to sign in to your IXL account! Enter your username and password on this page and click "Sign in." If you do not know your username or password, please ask your teacher. And remember to bookmark this page so that you can return here easily.

After signing in, click on your year to select skills to practise. You may place your mouse over any skill to see a sample question. Or, click the Awards tab to begin conquering challenges and uncovering prizes!



# FOCUS FOR MATHS



## 7D MATHS WITH MRS JENNIFER WISE



## ***"RIVERSIDE RIPPERS"***

**We value: RESPECT, RELATIONSHIPS, ACHIEVEMENT, SAFETY and FAIRNESS**

**Our learning culture is underpinned by a Growth Mindset**

### GRADE 7



#### **Brody Cowling (7A)**

Brody has made an absolutely brilliant start to high school and has impressed others with his willingness to try new things and support others in their learning. Brody has willingly volunteered to assist another student despite himself being new to the school. This willingness to take on a challenge shows us that Brody will continue to have every success at Riverside High School.



#### **Sharli Gillies (7G)**

Sharli has begun to embrace challenges in class, contributing to discussions and making the most of every opportunity. She has shown that she understands the importance of putting effort into her learning and is impressing her teachers through seeking feedback in order to improve her outcomes. Well done Sharli, this sort of Growth Mindset is an example to your peers.

### GRADE 8



#### **Connor Hannes (8D)**

Connor is a motivated student who makes every effort to push himself out of his comfort zone with his studies. He works independently, learns from his mistakes and is always willing to help other students. Connor is willing to give anything a go and he is celebrated this week as a Riverside Ripper to commend the Growth Mindset he has towards his studies and other school related activities. Great work Connor!



#### **Sarah Habel (8G)**

Sarah has been recognised as a Riverside Ripper this week as a result of the quiet determination she applies to her studies. She is organised, independent and willing to persist with her school work until she masters it. Sarah's polite and respectful nature help her to bring a Growth Mindset to all aspects of her school experience; her willingness to take on challenges and her positive attitude to all she does are admirable.

### GRADE 9



#### **Rahni Pascoe (9F)**

Rahni is being commended as a Riverside Ripper this week for her very commendable start to the school. She has exhibited maturity and a sincere commitment to learning in her approach to all subjects and her positive attitude will no doubt pave the way for her ongoing academic growth and success during the course of this year. Rahni interacts with staff in a thoughtful and courteous manner and she willingly seeks feedback to ensure improvement in her work. Congratulations Rahni!



#### **Angus Kitson (9A)**

Angus is being commended as a Riverside Ripper for his co-operative and helpful nature and the settled, productive start he has had to the school year. Angus has been very well organised in being early to Home Room every morning and has the confidence to approach his interactions with members of staff with a sense of humour. Angus has also demonstrated willingness to contribute to the leadership of his community by taking on the role of Chair Monitor. Keep up the excellent work, Angus!

### GRADE 10



Mia Deans  
10G



Joel Parkinson  
10G



Sienna Cook  
10G

Mia, Joel and Sienna are being nominated as our Grade 10 Riverside Rippers for this week. Their hard work, dedication and positive attitude to the task of creating the DVD for our whole school assembly on the first day, was appreciated by all. Their commitment to the task involved not only arranging students for interviewing and organising times for this to be filmed, but involved many hours working as a team in their own time and during the holidays to get the film ready. Your efforts are appreciated and we thank you for your positive attitude in all that you do!





## **RIVERSIDE REGIONAL & "COME & TRY" SWIM MEET**

*Saturday 25<sup>th</sup> February 2017*

*Riverside Pool*

*Warm Up 9am, Start 10am*

Entries close 7.00pm Monday 20th February

***LIONS CLUB BBQ AVAILABLE!***

**Riverside High School students** this is a great opportunity to get in some race practice before your swimming carnival. Gather a group of friends together and come along for a fun event.

- The opportunity to participate in this event is also available to learn-to-swim participants and school students
- **Entries for Non-Club Swimmers** : Please email your name, date of birth and event numbers you wish to enter to [info@riversideaquatic.com.au](mailto:info@riversideaquatic.com.au). Payment can be made on the day at the registration desk.
- Alternatively, entries will be taken on the day between 8.30am – 9am (An email is the preferable form of entry for non-club swimmers if possible)

### **Conditions of Entry:**

- Any swimmer who has won an *Individual* medal in any of the four strokes at the following Championships during the previous 12 months, is **not eligible** to compete at this Meet in that stroke, irrespective of the distance in which the medal was won:
  - Tasmanian Short Course Championships 2016
  - Tasmanian Age Championships 2016
  - Tasmanian Age Sprint Championships 2017

Medal presented to 1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> place getters.

Event 31 & 32 Prizes presented & donated by Aquatic Management Services.

**ALL ENQUIRIES:-** Email: [info@riversideaquatic.com.au](mailto:info@riversideaquatic.com.au) or Phone: 0417023822 Lee-Anne Edmunds



## How To Install Skoolbag On Your Smartphone

### For iPhone and iPad users:

1. Click the "App Store" icon on your Apple device.
2. Type your school name in the search, using suburb name will help.
3. You will see your school appear, click "Get" then "install".
4. The app is FREE to download.
5. When installed click "Open"
6. Select "OK" to receive push notifications, when asked.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you by tapping the on/off switch.



### For Android users:

You must first have signed up with a Google Account before installing the app.

1. Click the "Play Store" button on your Android Device
2. Click the magnifying glass icon at the top and type in your school name, using suburb name will help.
3. Click the school name when it appears in the search.
4. Click the "Install" button.
5. Click "Accept" for various permissions (please note, we do not modify any of your personal data on your device).
6. Click "Open" when installed.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you by tapping the on/off switch.



Please Note: Some brands of Android phones need the setting in "Notification Manager" changed to "Allow" instead of "Notify" in order for the push notifications to work. The phone must also be running at least version 4 system software to run the app.

### For Windows 81 Phone and Windows 81 or 10 device users:

1. Go to the Windows Store on your 81 Windows Phone or Windows 81/10 Device
2. Search for "Skoolbag" in the keyword app search
3. Install the Skoolbag app
4. Find your school either by using the keyword search or location service.
5. Click the "Pin" icon to pin the school tile to your Windows Phone home screen.
6. Click the "More" button on the bottom right of the App, then "Setup"
7. Toggle the Push Categories that are applicable to you by tapping the on/off switch.

Please Note: The Skoolbag Windows App is for 81 version Windows Phones, or Windows 81 and 10 devices.



Find out more at [www.skoolbag.com.au](http://www.skoolbag.com.au)

Don't forget to like us on Facebook!

**Riverside High School**

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**(03) 6327 6333**

**Email: [riverside.high@education.tas.gov.au](mailto:riverside.high@education.tas.gov.au)**

**Web: <http://riversidehigh.education.tas.edu.au>**