



Issue No 5: 10 March 2017

PENDULUM

RESPECT, RELATIONSHIPS, ACHIEVEMENT, SAFETY AND FAIRNESS

Riverside High School

Key Dates for 2017

MARCH

- Fri 10 MSP Photos (1)
- Mon 13 8 Hour Day Holiday
- Tue 14 MSP Photos (2)
- W-F15-17 Grade 7 Camp Clayton
- Tue 21 Inter-high Diving Carnival
- Fri 24 Interim Reports Home
- Fri 31 Inter-High Swim Carnival

APRIL

- Mon 3 Parent Teacher Evening
- Mon 10 School Assoc Meeting 7:00pm
- Wed 12 Last Day of Term

MAY

- Mon 1 Term 2 Commences



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

From the Principal

Dear Parents and Families,

It has been a hectic week for our school community, with a number of important events on our school calendar. Last Friday we had a very successful swimming and diving carnival. The atmosphere and participation in the spirit of the carnival was excellent and I would like to commend students for their sportsmanship and enthusiasm. It was great to see and hear of students who were participating in events that felt 'outside of their comfort zone', highlighting a Growth Mindset approach. It was wonderful to see so many parents and family members attending the carnival and enjoying these great events. I would like to thank the staff team who were involved in the planning and organisation of the carnival and acknowledge that as this is a whole school event, the support and contribution of all staff ensures that this is a successful and well organised day.

Last weekend a large number of students participated in the Relay for Life. These students were great ambassadors for our school. They consistently showed respect and maturity. I was pleased to be able to join students for the Opening Ceremony and to receive feedback from others about what wonderful role models they were throughout the weekend as they supported this very worthy cause.

They displayed the very important qualities of civic citizenship. A special thankyou to Vicki Eadie for her co-ordination of the team and to all staff who were able to provide support over the weekend.

School Association

On Monday evening we held our first School Association meeting for 2017. The School Association is a very important voice for parents and a way of being informed about the work of the school alongside contributing to some important decision making processes. We value your input and involvement. At the moment we have some vacancies on the Association and we do need some new faces. If you are interested and able to attend a couple of meetings each term, I would strongly encourage you to complete the nomination form which is available on our App. Our School Association AGM is on Monday 10th April at 7.00 pm. We look forward to your continued support so that the Association remains viable and is representative of our school community. Please feel free to contact either myself or Maureen Ollington, who is the outgoing Chair of our Association.

Congratulations

The next issue of 40 Degrees South magazine will feature the work of Sienna Cook. This is an essay that Sienna produced in Creative Writing last year. Sienna's photography will be included and will be the cover image to the next issue. Congratulations to Sienna on this wonderful achievement!

Quality Teaching and Learning

A focus of our work as a school last year was to develop a Quality Teaching and Learning Framework. This process formed the basis of considerable staff professional learning and also included consultation with parents through our School Association. Additionally, the contribution of students was a key part of this process and included input from a representative group from Grade 7 -10. We are very pleased that this framework has now been completed. Essentially, the framework is a shared understanding across our school community about what we believe good teaching and learning is. The Quality Teaching and Learning Framework is displayed around our school, is spoken about frequently to students and is guiding the focus of our work in staff teams and through our professional learning. A copy of the Framework is provided; you may have noticed that the framework is also included in our Student Planner.

The key areas from our Quality Teaching and Learning Framework that are priorities for us this year include developing a Growth Mindset culture, embedding Digital Teaching and Learning and the use of Learning Intentions and Success Criteria. We will also continue our literacy work with a whole school focus on writing. I look forward to sharing more of this work with you as the year progresses.

Natalie Odgers

QUALITY TEACHING & LEARNING FRAMEWORK



A RESPECTFUL
SCHOOL

Relationships

Fostering clear communication with all
A safe, inclusive environment
Mutual respect/respect of self-worth
Trusting and positive relationships
that enhance learning and:
- encourage attendance
- promote healthy risk taking
- build personal resilience

Pedagogy

Explicit Instruction and Gradual Release Model
Learning Intentions and Success Criteria
Restorative Practice/Circles for Learning
Embedded Digital Learning
Task Design
Questioning
Differentiation
Feedback

WHOLE SCHOOL PRACTICES

Growth Mindset
High Expectations
Engagement
Empowered Learning
Collaboration
Lifelong Learning

Learning
Culture

Effort counts twice
Resilient and motivated
Passionate and inspired
Organised and committed
Empathetic and caring

Personal Qualities

Clear scope and sequence
Cross-curricula connections
A variety of assessment strategies
Deep teacher knowledge of curriculum
Transferable, engaging, relevant content

Curriculum

Australian Curriculum/General Capabilities

Respect

Relationships

Achievement

Safety

Fairness

"RIVERSIDE RIPPERS"

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

Our learning culture is underpinned by a Growth Mindset

GRADE 7



Mitchell Edmunds 7B: Mitchell was an absolute asset to the Grade during Friday's swimming carnival. He proved himself an excellent swimmer, but even more impressive was his attitude. He was a humble champion and congratulated and supported his Grade members. Mitchell always has a smile on his face, and is an excellent team member and leader amongst his peers.



Anya Lokai 7B: Anya was observed at the Swimming Carnival taking every opportunity to challenge herself and do her best. She was not only an excellent team member performing very well in many events including the early morning Diving Carnival, she also went out of her way to help others and support her team mates. Anya was not looking to impress, but her quiet and friendly manner and the way she conducted herself was impressive and was noticed by her peers and staff. Well done Anya.

GRADE 8



Neve Atkins 8E: Neve has been nominated for a Riverside Ripper this week for her capacity to display a Growth Mindset. Neve has taken responsibility for her own learning and showed considerable perseverance and commitment in all subjects and school activities. Her eagerness to embrace challenges and persist while seeking solutions to difficult problems are also extremely impressive. Neve serves as a role model and leader through her strong work ethic and willingness to take on all challenges.



Esther Godfrey 8G: Esther is being nominated as a Ripper because of her help at the Riverside High Swimming Carnival. Although not a participant herself, Esther worked tirelessly all day, assisting in the smooth running of the carnival. She was also a great supporter of her house, being instrumental in encouraging a vocal Forrest supporter group. Along with this, Esther has begun her academic year in a most positive way. Well done.

GRADE 9

At the Swimming and Diving Carnival last week we had many of our students participate on the day with great enthusiasm. We saw our strong swimmers that gave one hundred percent effort as well as students who do not swim regularly but went in every event and gave their best. In the Diving Competition students took advantage of participating in the coaching clinic that was held prior to the Diving Carnival. This commitment paid off as we saw a huge improvement in the number of participants in this event. Everyone faces different challenges in situations such as swimming and diving carnivals, it was great to see many Grade Nine students face their own personal challenges and feel pride in their sense of achievement. A special mention needs to be made to the following students: Greta Brown, Patrick Stancombe, Finn Zehntner, Oliver Reid, Jacob Brennan, Ronnie Riley, Gabi Beament and Daniel Aurik, these students gained great success on the day and presented themselves as excellent role models through striving to achieve personal best.



GRADE 10

The **2017 Prefect Board** has been nominated for a Ripper award this week due to their collaborative teamwork. Prefects were involved in organising and running a BBQ and Free Dress Day to raise funds for Relay for Life. They participated in Relay for Life over the weekend where they were extremely helpful in preparing and packing up the site and organising rosters. At the Swimming Carnival last Friday the Health and Wellbeing Prefects boosted House morale, encouraged competitors and organised finalists and relay participants. Other Prefects were involved in selling doughnuts and drinks as well as assisting staff. Special mention needs to be given to Tom Meyer and Kade Renshaw who provided invaluable assistance to Mrs Eadie.

The **Relay for Life Team** have been nominated for a Ripper award this week due to their positive contribution to this event. Students were supportive of each other and co-operative at all times, whilst enjoying each other's company. During the candlelight ceremony which was held at 8pm on the Saturday evening they were all respectful of the service, many of them purchasing and lighting candles to recognise loved ones who have experienced this illness. During the silent lap after the service they all were reverent of this sombre occasion. These students are a fine example of the wonderful young adolescents who attend Riverside High School.

SWIMMING CARNIVAL REPORT

On Friday, 3 March the Annual Swimming Carnival was held at the Launceston Aquatic Centre. Due to a few subtle tweaks in the way things were done before and during the carnival we were pleased to announce that we had more participants than ever competing in events – a statistic that the Health and Physical Education staff are very proud of.

The day was held tabloid style with students rotating in Grade Teams around our carnival events, novelties and the waterslide. The weather was kind to us for the time we had to rotate outside and also shining brightly on the Grade 10 Council who operated a barbeque at the base of the waterslide.

With high participation levels the competition was fierce between the four houses – we had a number of exceptional swimmers but the strength of the school was displayed in the tight battle for position on the Inter-high Team in the relays. Due to the increased participation levels we ran out of time to do the 50m freestyle finals and were forced to run the boys and girls relays for each grade at the same time (as different events of course). It is with great pleasure we announce the following results:

House Points

1 st	Kingsford-Smith	10238
2 nd	Monash	9170
3 rd	Forrest	8194
4 th	Lawson	8102

Records

Kingsford-Smith Grade 9 male 4x50m freestyle relay 2m 17s 73ms
(Patrick Stancombe, Oliver Reid, Finn Zehntner and Cameron Boyden)

Mitchell Edmunds Monash Grade 7 male 100m freestyle 1m 5s 19ms

Mitchell Edmunds Monash Grade 7 male 50m backstroke 0m 35s 10ms

Mitchell Edmunds Monash Grade 7 male 50m butterfly 0m 33s 44ms

Greta Brown Kingsford-Smith Grade 9 female 100m freestyle 1m 5s 24ms

Greta Brown Kingsford-Smith Grade 9 female 50m backstroke 0m 35s 27ms

Emily Lonergan Monash Grade 10 female 50m breaststroke 0m 37s 54ms

William Bonney Lawson Grade 10 male 100m freestyle 0m 56s 52ms

William Bonney Lawson Grade 10 male 50m breaststroke 0m 31s 54ms



GRADE CHAMPIONS/RUNNERS UP			
Grade 7 boys	Mitchell Edmunds	Monash	Champion
Grade 7 boys	Adam Walker	Lawson	Runner Up
Grade 7 girls	Anya Lokai	Monash	Champion
Grade 7 girls	Renya Atkins	Forrest	Runner Up
Grade 8 boys	Blair Millar	Kingsford-Smith	Champion
Grade 8 boys	Daniel De Wit	Forrest	Runner Up
Grade 8 girls	Jessica Shaw	Kingsford-Smith	Champion
Grade 8 girls	Meg Connelly	Monash	Runner Up
Grade 9 boys	Patrick Stancombe	Kingsford-Smith	Champion
Grade 9 boys	Oliver Reid	Kingsford-Smith	Runner Up
Grade 9 girls	Greta Brown	Kingsford-Smith	Champion
Grade 9 girls	Sophie Winter	Monash	Runner Up
Grade 10 boys	William Bonney	Lawson	Champion
Grade 10 boys	Zachary Walker	Lawson	Runner Up
Grade 10 girls	Emily Lonergan	Monash	Champion
Grade 10 girls	Megan Giles	Kingsford-Smith	Runner Up

Tim Elliott
Health and Physical Education Teacher

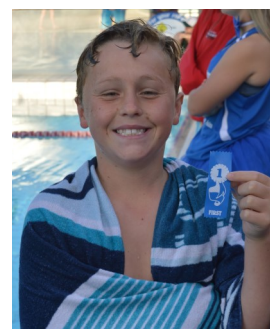


RIVERSIDE HIGH DIVING CARNIVAL

This year we gave students the opportunity to attend a practice session at the Aquatic Centre two days before our Diving Carnival. We had 39 eager students attend this event where they had the chance to try out the boards and fine tune some dives they felt confident in performing. Students were very eager to receive feedback on their dives and what they could do to make them better. As the afternoon progressed, student's confidence grew in leaps and bounds. It was great to see some people step outside their comfort zones and achieve some excellent results.

It all led to much excitement for our early morning Diving Carnival, which was held last Friday at 7am. In total we had 67 students compete, showcasing some excellent dives and making it very difficult for our two judges, Mrs Dave and Alissia Pearson. We are very pleased to announce the following placegetters:

Grade 7 Boys	Name	Points	House
1 st	Jesse Price	20	Kingsford-Smith
2 nd	Angus Purtell	19	Kingsford-Smith
3 rd	Caleb Beament	18	Forrest
3 rd	Declan Beament	18	Kingsford-Smith
Grade 7 Girls			
1 st	Maya Gurudoss	36	Forrest
2 nd	Gabriella Smalldon	35	Forrest
3 rd	Emma Elliott	35	Kingsford-Smith
3 rd	Abby Jones	31	Kingsford-Smith
Grade 8 Boys			
1 st	Thomas Lake	37.5	Monash
2 nd	Thomas Lilly	36.5	Forrest
3 rd	Aaron Danziger	31	Forrest
Grade 8 Girls			
1 st	Aprille Crooks	36	Kingsford-Smith
2 nd	Olivia Moser-Pedley	35	Kingsford-Smith
3 rd	Jessica Shaw	30	Kingsford-Smith
Grade 9 Boys			
1 st	Nick Mostyn	36.5	Monash
2 nd	Harry Jago	34.5	Kingsford-Smith
3 rd	Jake Walkden	34	Kingsford-Smith
Grade 9 Girls			
1 st	Gabi Beament	34	Lawson
2 nd	Emily Taylor	30.5	Lawson
3 rd	Jessica Murphy	30	Forrest
Grade 10 Boys			
1 st	Callum MacFarlane	43.5	Forrest
2 nd	Jonah Stickler	41	Monash
3 rd	Oscar Purtell	34.5	Kingsford-Smith

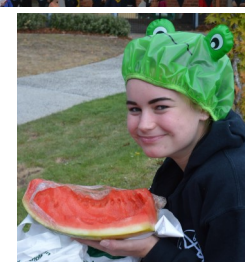
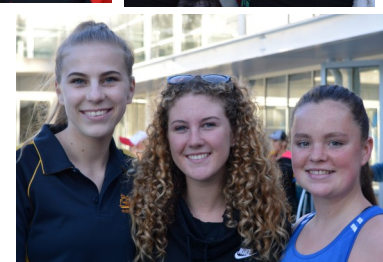
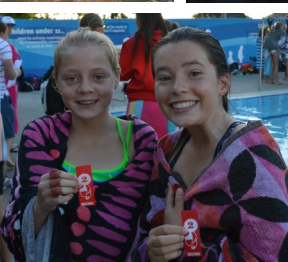
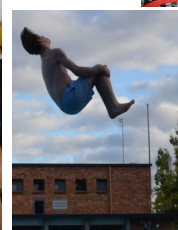
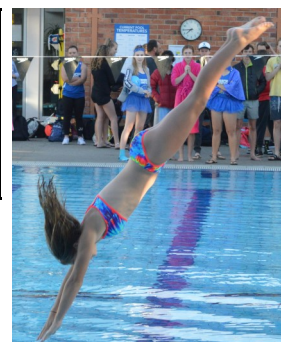


Grade 10 Girls			
1 st	Paige Crooks	35.5	Kingsford Smith
2 nd	Isabella Hay	35	Lawson
3 rd	Georgina Howe	33	Monash

The first two placegetters in each division have been selected to represent the school at the Inter-high Diving Carnival which will be held at the Launceston Aquatic Centre on 21st March.

Overall House Points for the Diving Carnival were:

1 st	Kingsford Smith	364
2 nd	Monash	251
3 rd	Lawson	236
4 th	Forrest	198



Relay For Life 2017

Every year the Cancer Council of Australia do a fantastic job of running Relay for Life, a fundraiser to support cancer patients, survivors and their families. The relay runs for a total of 20 hours and teams must have at least one member walking the track at any one time.

Last Saturday, 1st March a group of 54 students and 9 teachers arrived raring and ready to go for this year's Relay for Life. Decked out in the customary polo's – this year purple and yellow – we began what would be an exhausting but fun-filled experience.

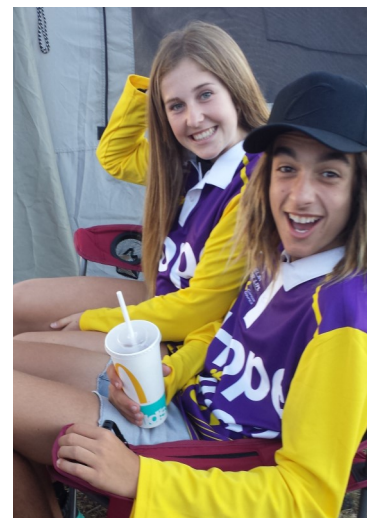
We started out the day by attending the Opening Ceremony at 2 o'clock. The Survivors and Carer's were then recognised and completed a symbolic lap of the track, this year on the UTAS campus. After this, our team began to walk, proudly carrying the RHS mascot around the track. We were entertained by the Royal Australian Navy Band, the Launceston Male Choir, St Andrews Caledonian Pipe Band and many other talented performers. There were also activities to participate in like yoga, tennis and massages.

That evening the Luminary Ceremony was held to remember and celebrate the lives of those who have lost their battle against cancer. Messages were written and candles were lit in a moving display of love and remembrance for those who have passed. A solemn minute of silence was conducted as well as a silent lap of the track by all in attendance.

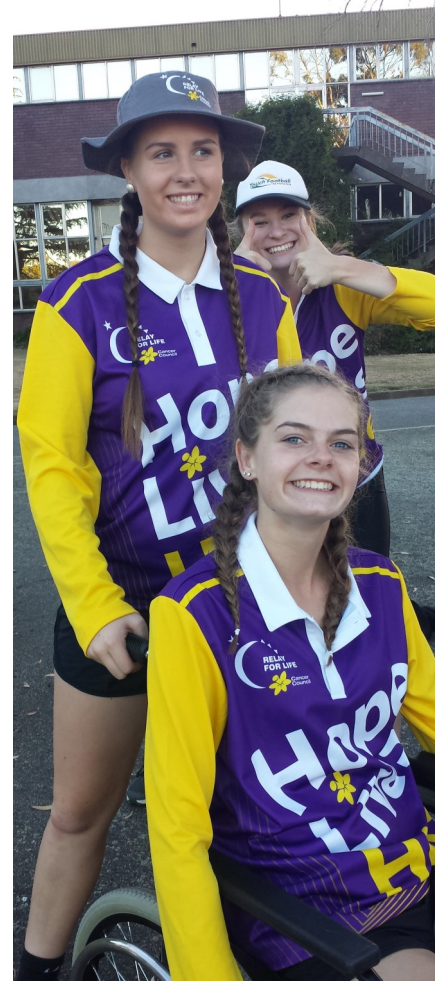
Teams then continued to walk as it grew later. It was a long night with students and teachers getting what sleep they could in tents, chairs and sleeping bags on the ground. The next morning we grudgingly rose from our not so warm beds and dug deep to complete the relay on a high as awards were given to the top fundraising groups and the pledge for change was read.

This was the 17th year Relay for Life has been run (or walked) in Launceston and was a great success for Riverside High School due to a great number of student participants and the hardworking group of teachers who organised and supervised students. Thank you to Mrs Eadie, Mr Hughes, Mrs Bodell, Mr Musovic, Mrs Dalzell, Mr Hindrum, Mr Gregory, Ms Odgers, Mrs Greatbatch and the Prefect Board of 2017 for making this event possible.

Charlotte Scurr-Nicholls, 10B



RELAY FOR LIFE



Health and Wellbeing 2017

Riverside High School HPE Philosophy

At Riverside High our aim is for students to develop the skills, knowledge and understanding which will enable them to become confident and competent lifelong participants in the areas of physical activity, sport and/or recreation. We take a holistic approach to students' wellbeing and foster their development as safe and active citizens. Students are supported to acquire resilience, confidence and empathy and to challenge existing assumptions and stereotypes. An emphasis is placed upon providing a safe and supportive learning environment in which all students are encouraged to accept challenges and step outside their comfort zone in order to achieve personal fulfilment and success.

Grade 7 Term 1 **PE** Learning Intentions

"Engaged in Games"

Students will **know** how to apply personal and social skills to establish and maintain respectful relationships.

They will **understand** the concept of fair and inclusive play.

Students will **do** this by participating in a variety of modified and traditional games

GRADE 8 Term 1 **Health** Learning Intentions

"There is no 'I' in team"

Students will **know** what it means to be part of a team.

They will **understand** the characteristics of an effective team.

Students will **do** this through experiencing a variety of strategies to improve team cohesion.

Grade 9 **Health** Term 1 Learning Intentions

"Stress Busters"

Students will **know** what stress is and what causes stressful situations.

They will **understand** indicators that promote stress and strategies to manage symptoms.

Students will **do** this through theoretical and practical activities which support understanding and knowledge on stress.

Grade 10 Term 1 **PE** Learning Intentions

"Challenge and Adventure"

Students will **know** how to challenge themselves in recreational activities and work outside their comfort zone.

They will **understand** that they need to evaluate the risks and safety aspects associated with risk taking activities.

Students will **do** this by participating in different recreational activities.



To keep up to date with all the sport, carnivals and HPE related information at Riverside High School, "like" and follow us on Facebook. Look for the Riverside HS Sport and PE page.



SCHOOL PHOTOS 2017

CATCH UP DAY

Please be aware that representatives from MSP Photography will be returning to Riverside High next Tuesday, 14th March. Those students who were absent on our recent photo day will have their photos taken on this day. A reminder that all students must be in full school uniform for their photos. We greatly appreciate your co-operation with this matter.



WANTED

YOUR HELP IN OUR SCHOOL CANTEEN

Mums, Dads & Grandparents all welcome.

ONCE A MONTH - 10AM to 1:30PM

Lunch provided

Volunteers require Working with Vulnerable People Registration - We can assist with this registration



Please phone Gail Wade on 0407 811 828

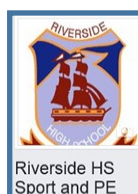
TERM 1 HOLIDAY DATES: ADJUSTMENT TO TERM 1 HOLIDAY DATES

There is an error in the School Student Planner regarding our Term 1 school holiday break. It should read:

February 8 - April 12 2017

Term 2 resumes Monday May 1, 2017

WEEK 6	EXCURSIONS
Wed 15 - Fri 17 March	Camp Clayton - Grade 7



Riverside HS Sport and PE



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Riverside High School

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