



**Issue No 11: 12 May 2017**

# PENDULUM

**RESPECT, RELATIONSHIPS, ACHIEVEMENT, SAFETY AND FAIRNESS**

## Riverside High School

### Key Dates for 2017

#### MAY

Fri 12 - Sun 21 Drama Competitions

Wed 17 Winter Sport Commences

Mon 22 School Association Meeting

#### JUNE

Thurs 1 RHS Cross Country Carnival

Fri 2 Cross Country Reserve Day

Wed 14 UNSW Spelling Competition

Thur 15 UNSW Writing Competition

Tue 20 Inter High Cross Country

Mon 26 LC Orientation Gr 10

Tue 27 Newstead Orientation Gr 10

#### JULY

Tue 4 Reports home

Fri 7 Term 2 finishes

<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:</b>	Ms L Burt	9 Mrs D Dave
<b>ASSISTANT PRINCIPAL (A):</b>	Mrs A Claridge	10 Mr T Musovic
<b>PSYCHOLOGIST:</b>	Mrs Claire Pople (Tue & Thur)	
<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:</b>	Mrs Leonie Johnston	

### From the Principal

Dear Parents and Families,

Our school has been a busy place this week. Grade 7 and 9 students have completed the NAPLAN testing program which will ultimately provide us with valuable information to support their learning. I would like to commend students on their mature attitude and conscientious approach to the testing period. Well done!

### Capital Works

We are now in the early stages of planning and preparing for our upcoming Capital Works Project. Late last term a small group of staff visited schools in both the South and the North-West of the State to look at their redevelopments and to gather ideas. This week we have had all of our staff, along with some members of our School Association and the Prefect Board, visit Launceston high schools who have recently had Capital Works. These visits have been really helpful in exploring possibilities, learning from the experiences of other schools and assisting us to plan for what will best meet the needs of our school. This is an exciting journey for our school community; the visits and planning conversations are generating lots of enthusiasm for this work as we see the wonderful possibilities that are open to us. I look forward to keeping you updated on our progress.

## DoE Awards

The DoE Awards nomination period has now opened and nominations for exceptional staff and volunteers from across the Department of Education are being accepted. Recognising excellence is important, not only in rewarding people for their outstanding work, but also because it provides an opportunity to capture stories of innovation and success and share information about the great work that is happening in schools, ultimately leading to improved learning outcomes for our students. Please consider nominating a staff member or a community member who supports our school. Nominations close on the 13<sup>th</sup> June and further details are available on the website: <http://www.education.tas.gov.au>.

## Grade 9 and 10 Winter Sport

The Winter Sports roster for Grade 9 and 10 students commences next Wednesday afternoon and promises some great competition between schools. A reminder that students who are participating in the Winter Sports Rosters in Term 2 and 3 **must** have paid their \$100 registration to the RHS Admin Team before Wednesday May 17<sup>th</sup>. Students who have not paid the registration in full by this date will be unable to participate in the 9/10 Winter Sport Roster.

## In Closing

There is always a diverse range of opportunities on offer in our school and it is great to see students take these up with such enthusiasm. Students who competed in the Mountain Bike Championships at the Kate Reed Reserve last Friday benefited greatly from this challenge and it was fantastic to see our students experience considerable success. Well done!

In the last two weeks I have also enjoyed seeing the work of our students who are part of the Debating Roster with other Northern Schools. Students compete on Tuesday evenings at Newstead College and it is great to see the large number of teams we have involved. I have been very impressed with the team work, the well thought out ideas being presented and the level of confidence students have in expressing their thinking. Debating helps develop a range of highly valuable skills; I'd encourage you to get along and support our teams.

Our Drama students are very busy preparing and rehearsing for the upcoming Launceston Competitions. Students will be involved in many aspects of the program and benefit from the opportunity to perform in a theatre, work with an audience and receive feedback. I'm looking forward to supporting our students and seeing some of the work and hope others can also get along and enjoy some of the performances

**Ms Natalie Odgers**

## NAPLAN TESTING





## SCHOOL VISITS



## DANCE FEVER! DANCE FEVER!

This month sees the commencement of the Launceston College collaborative Dance Fever show. Dance Fever is a fantastic opportunity to learn many styles of dance as well as important life skills such as teamwork, commitment and tolerance. No previous dance experience is necessary. If you do have dance experience however, you will certainly be catered for!

This program runs every Monday evening from 4:00pm to 6:30pm at Launceston College. The first rehearsal is on May 22<sup>nd</sup> where students from schools around Launceston will meet the choreographers and each other for a wonderful experience. Students from Launceston College will also be involved in the production so it is an opportunity to meet many new faces or reconnect with past students.

Participating in Dance Fever means students will perform in a two hour dance show at the Door of Hope at the end of the year. They perform over two days, during the day and in the evening on Thursday and Friday 30 November and 1 December 2017.

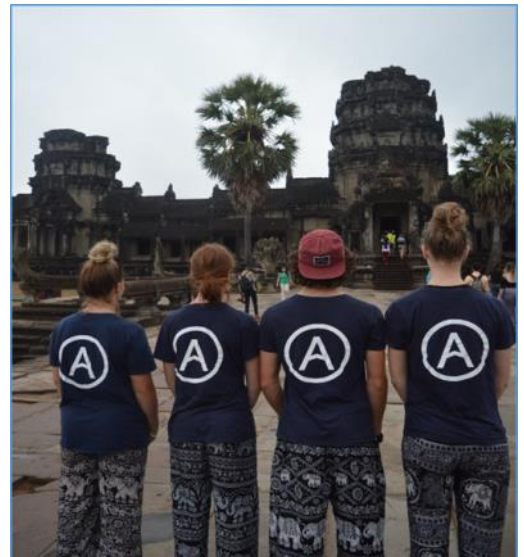
If you are a Year 9 or 10 student and would like to participate in the Dance Fever 2017 via Riverside High School, there will be a meeting in B59 on Friday 12<sup>th</sup> May at 1:00pm to sign up with Ms Fiona Reilly.

## ENTERTAINMENT FUNDRAISER!

For all families of students in Grade 7, an Entertainment Book will be sent home for your perusal. There is absolutely no obligation to purchase, just send the book back to school. There are some amazing savings on offer and the school gets to keep \$11 per book purchased – a great way for us to fundraise.

## ANTIPODEANS 2017 - PART I

Hi, it's Amber Jones and Jack Foley and we are two of nineteen very lucky students that had the trip of a lifetime from 25<sup>th</sup> March to 22<sup>nd</sup> April earlier this year. After some long days of travel we landed in-country on the morning of March 26<sup>th</sup> in Siem Reap. We were all very excited to finally be in Cambodia but also keen for a rest, which is exactly what we did once we were booked into our hotel. That night included some exploring of the city to find a place for dinner and some shopping at the amazing night markets. The next morning was an extremely early start in order to see the sunrise at the famous Angkor Wat temples. With many of us in our new happy pants we arrived at the temples just in time for sunrise but unfortunately it was pretty cloudy. We spent the rest of the day exploring these amazing temples that had many stories to tell. We finished this long day off with some more shopping at the night markets.





## ANTIPODEANS 2017 - PART I



The next day after an early morning breakfast we met one of our guides, Mr Key, who would be accompanying us to our community project. We were all very excited to be starting our project which would be helping a family in need. We jumped on the bus for a four hour ride to our homestays which would be our new homes for the next five days. When we arrived we were supplied with a delicious lunch before settling into our homestays. Later in the afternoon we met our second guide for the project, Teng. Teng then took us on a tour of some more rural temples that were close by.

After breakfast the next morning we headed about two hundred metres down the road to meet the family we were going to be helping. We arrived at the house and were greeted by community and village chiefs along with the family we were going to be helping. After some brief conversations we got stuck right into work. We were divided into three groups. One would be working on the garden, another on the house and another on the well. We worked up until lunchtime helping out wherever we could. In the afternoon we all pulled together to haul the framework of the house up. It looked great and we were proud of what we had achieved in just one day. Later that evening Teng took us to his house where he volunteers to teach students English after school. There, we were greeted by many smiling faces. The kids showed us some of their English skills before we got to know them. Lots of the kids loved to play soccer and we were happy to join in. We went to see the children every afternoon we stayed which resulted in some intense soccer matches and lots of laughs. The next day we did much the same and progressed heaps. The garden was looking great and was actually almost finished. The house also now had a floor and the well was getting deeper and deeper. By the end of the third day the garden was finished so the garden group got to work on fixing the fence. The well was almost finished so everyone was helping with the house.



## ANTIPODEANS 2017 - PART I

We decided with time to spare we would build a small kitchen off the side of the house which was a great addition. On our second last afternoon we went to see the children for the last time, there we donated the gifts we had bought them and they were all very grateful. On the last day of work, finishing touches were made and we looked at the things we had built for this family in need and were so proud of ourselves. The next morning we officially gave the house to the family and we were blessed by monks. This was followed by some teary goodbyes to the guides we had come to love. The project was an amazing experience which really showed us how lucky we are. The whole experience was extremely rewarding and for some the best part of the trip.



Stay tuned.....Part 2 coming next week!



## ALL SCHOOLS MOUNTAIN BIKE CHAMPIONSHIPS

The annual All Schools Mountain Bike Competition was held at Kate Reed Reserve on Friday, 5<sup>th</sup> May. Riverside High was represented by 17 students. The event attracted schools from all over the state, approximately 300 students competed in three categories, Under 15, Under 17 and the senior section Under 19.

Riverside High were successful in the Under 15 Girls event with Ella Matson achieving second place in this group. Izzy Flint powered home in first place in the Under 17 girls event. Both girls have been offered a place in the Tasmanian squad to compete in the Australian Schools event on the Gold Coast. The rest of the students all overcome their nerves to tackle a gruelling course over a rough and challenging terrain.

Competitors not only had to overcome personal challenges, but needed to be aware of the elite riders who needed space on the narrow tracks.

It was wonderful to see so many parents and even several grandparents supporting our school. During the day, I had the pleasure to talk to several parents who stayed on all day, offering encouragement and assistance to competitors.

Oscar Purcell's parents contributed greatly to the running of this fantastic event by volunteering during the day.

The day saw some great examples of empathy and self-sacrifice. This was summed up by two boys - Ethan Brown and Keegan Crothers both in the Under 15 event, stopping to assist a fellow competitor following a nasty accident. These boys were both embarrassed and humbled by the organising Marshalls, who rewarded them with some gifts as a token of appreciation. I was so proud of these young men and how they represented our school with such distinction - these events definitely bring out the best in our students.

I was introduced to a grandparent of Kyle Love who was 82 years old still rides every day, some 10 to 20 km and also competes on a regular basis. Talk about a Growth Mindset. It was such a delight to be introduced to this man who was an inspiration.

In closing, I would like to encourage students to get on their bikes and explore the many well-constructed tracks that are available in and around our city and to have a think about being involved in this event next year.

**Matthew Hughes**



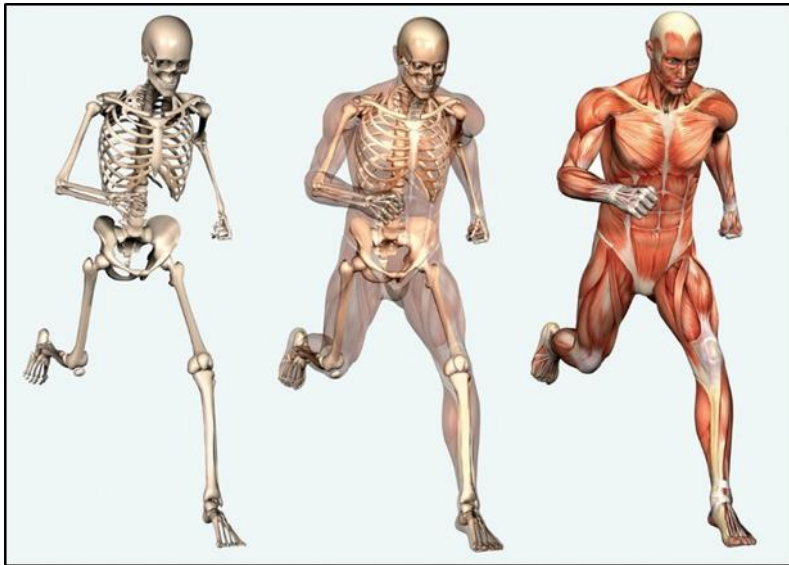






## SUBJECT IN FOCUS - SPORT SCIENCE

Sports Science is the study of how the healthy human body works during exercise and how sport and physical activity promote health, physically, mentally and socially. The study of sport science incorporates many other academic studies and areas, like physiology, psychology, anatomy, engineering and chemistry.



Mrs West's Grade 9 Sport Science classes have spent Term 1 looking at the components of the Skeletal and Muscular Body Systems. They have identified and learned the anatomical names of different body parts and how the muscles and bones work together to produce various movements. They have been engaged in practical activities to identify the bones, muscles and movements that make up skills.



## SUBJECT IN FOCUS - SPORT SCIENCE



Mr Elliott's Grade 10 Sport Science class have been working at Data Analysis and using sports statistics to form our view on players and patterns of play.

As a part of this we watched the movie **Moneyball** which was the story of the Oakland Athletics Baseball team in America and how they learnt to compete with teams that had a larger salary cap than them.

Students have been trying to use ideas from this movie to find some different forms of statistics and data gathering within their own sport. They have been using tools such as the Sports Performance Tracking GPS units and Video Tagger Pro on the iPads to help us build a profile about the different methods in which we can collect data.

Mrs Greatbatch's Grade 10 class spent Term 1 studying "Coaching".

Our Learning Intentions were:

- Students will **know** the role and responsibilities that come with being a coach;
- Students will **understand** why children play sport and the importance of being a good coach;
- Students will **do** this by participating in some icebreaker games; various learning tasks and plan and run lesson plans for Primary School Children.

Students looked at the qualities required to become a good coach, the coaching code of ethics and had the opportunity to study a coach of our choice.

The highlight of the Term was the practical coaching sessions where we were able to use our knowledge and skills to create lessons plans and then use these plans to run coaching sessions with younger students from the Primary School.





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

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

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

### GRADE 7



**Ethan Brown 7B and Keegan Crothers 7B** are being nominated for a Ripper this week due to their excellent display of sportsmanship at the recent All Schools Mountain Bike event held at Kate Reed last Friday. During their event as they were entering a tough section of the course they saw a fellow competitor crash at a sharp bend, resulting in the rider landing in a blackberry bush. Keegan stopped racing and assisted this young rider out of the bushes and walked him with the help of Ethan Brown, to the nearest Marshall. This act of unselfish behaviour was recognised by the organising committee with a small gift and highlighted the wonderful display of pride that our team demonstrated on this day, with each student willing to do their best. Well done boys, we were extremely pleased with how you displayed the Riverside High Schools values of Safety, Fairness and personal Achievement.



### GRADE 8



**Ebony Tatnell 8C:** Ebony is nominated as a Ripper this week due to her positive behaviour in Health class and conscientious attitude in PE. She demonstrates a Growth Mindset by persisting in challenges, tasks and activities to improve her performance and increase her skill, knowledge and ability. Ebony has shown the qualities of an excellent learner and should persist in her efforts to continually improve and to act as a role model to others. Well done Ebony!



**Alexandra Champ 8G:** Alexandra is being recognised as a Riverside Ripper this week for the way in which she shows care and guidance towards her peers. Alexandra will take it upon herself to assist others (both staff and students) without being asked or making a big fuss. Her kindness and consideration towards others demonstrates our school values of Respect, Fairness and Relationships. Thank you Alexandra, for your efforts.

### GRADE 9



The team for the 2018 Cambodia Experience Expedition, were involved in fundraising at AGFEST last week. This involved the 'pleasant' task of ensuring that the public toilets were clean and well supplied with all of those toilet kind of supplies. Wow, at short notice kids and their parents stepped up with an amazing "can do" attitude, filled all the shifts and carried out their work with positivity and persistence. The work was confronting at times as well as long, cold, wet and muddy. It was encouraging to hear positive comments from the public about how well the students carried out their tasks. The money raised will make a significant difference in the Cambodian community that students will visit at the end of Term 3 next year. A special Riverside Ripper goes out to the parents who supported their students so well and got in alongside their kids to do the work as well. Thank you so much!

### GRADE 10



The annual All Schools Mountain Bike Competition was held at Kate Reed Reserve on Friday 5<sup>th</sup> May. As this week's Rippers we wish to recognise our three Year 10 students who represented Riverside High with distinction, showing amazing determination under difficult and challenging conditions. Matthew Wilkie (10F), Daniel Shaw (10F) and Oscar Purtell (10A) competed in the Under 17 race of 5 laps of a steep and rough mountain bike course. Each one of these students showed respectful interactions with all the organisers of this event and were willing to offer advice and assistance to the junior competitors.





**Brendan Manion's Coaches Pty Ltd**

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8/5/2017

This note/letter is to notify students, parents, guardians and schools that the Devil bus will **NOT** be servicing Jetty, Beach or Freshwater Point Roads for passengers of an afternoon starting Monday 15<sup>th</sup> May 2017.

For the children at St Anthony's this will require your students to travel on the Devil bus to Riverside Primary where they will need to transfer to the Possum bus if required

This has been brought about because of overcrowding on the Devil bus and our concerns for the safety of the students, driver and the travelling public.

These roads will have the Possum bus from the Primary School and the Koala bus from the High School. St Anthony's may need to transfer from the Devil bus at Riverside Primary where the Possum bus will be waiting.

**Therefore the bus will stop its afternoon service at the end of St Clair Road.**

At this stage there will be no change to the morning service.

Thank you for helping with a smooth transition.

Bernard Manion

Managing Director



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.

**RUMPUS AT LEGANA YOUTH CENTRE RE-OPENS**

The Rumpus Youth Centre at Legana will re-open on Tuesday 16<sup>th</sup> May for Term 2. The centre is open 3.30pm – 5.30pm throughout Term 2 with fun and exciting activities each week. The centre is open to all young Legana residents aged 10-16. For more information please contact Stewart Bell on 63239206 or email: [stewart.bell@wtc.tas.gov.au](mailto:stewart.bell@wtc.tas.gov.au)

WEEK 3	EXCURSIONS
Monday 15 May	Launceston Drama Competitions (Princess Theatre)
Tuesday 16 May	Launceston Drama Competitions (Princess Theatre)
Wednesday 17 May	Launceston Drama Competitions (Princess Theatre), Winter Sport Commences
Thursday 18 May	Launceston Drama Competitions (Princess Theatre)
Friday 19 May	Launceston Drama Competitions (Princess Theatre)
Saturday 20 May	Launceston Drama Competitions (Princess Theatre)
Sunday 21 May	Launceston Drama Competitions (Princess Theatre)

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