



Riverstone High School



Personal Responsibility In Delivering Excellence

BULLETIN – 3rd August 2020

Tuesday 6th August

Australian Mathematics Competition

Monday 10th August

Subject Selection Information Afternoon

Wednesday 12 August

White Card Training

Monday 17th – Friday 21st August

National Science Week

Friday 21 August

Freeze Dried Ice Cream
preordered by 14th August

“What you do has greater
impact than what you say.”

- Stephen Covey

UNIFORM SHOP

OPENING HOURS –

TUESDAY 12.30 TO 2.30 PM

THURSDAY 8.30 AM TO 10.30 AM

TOP PRIDE POINT EARNERS

YEAR 7	-	Byron S
YEAR 8	-	Carlos K
YEAR 9	-	Teagan L
YEAR 10	-	Katelyn T
SUPPORT	-	Kathleen R

IMPORTANT DATES

Vaccinations – 28th AUGUST

SCHOOL UNIFORM

A reminder to students and their parents that students should be wearing correct school uniform at all times. Now that we are in the middle of winter there seems to be a trend of students wearing hoodies and other non-uniform jackets and jumpers. The school uniform shop stocks school jumpers, sloppy joes and jackets that can be worn at all times. The uniform shop is open Tuesdays 12.30-2.30pm and Thursdays 8.30am-10.30am.

It is a WHS requirement that students wear leather shoes in practical lessons. At RHS students are to wear black leather shoes. Practical subjects include all Science, Art and Technology lessons.

We appreciate the support of parents and carers in ensuring that our uniform policy is adhered to.

SPECIAL RELIGIOUS EDUCATION (SRE)

Special Religious Education (SRE) is starting again this term. Students in years 7 & 8 will have the opportunity to participate in SRE lessons each Wednesday throughout the remainder of 2020.

Students will continue the same arrangement as the previous term, unless a parent/carers has requested a change in writing.

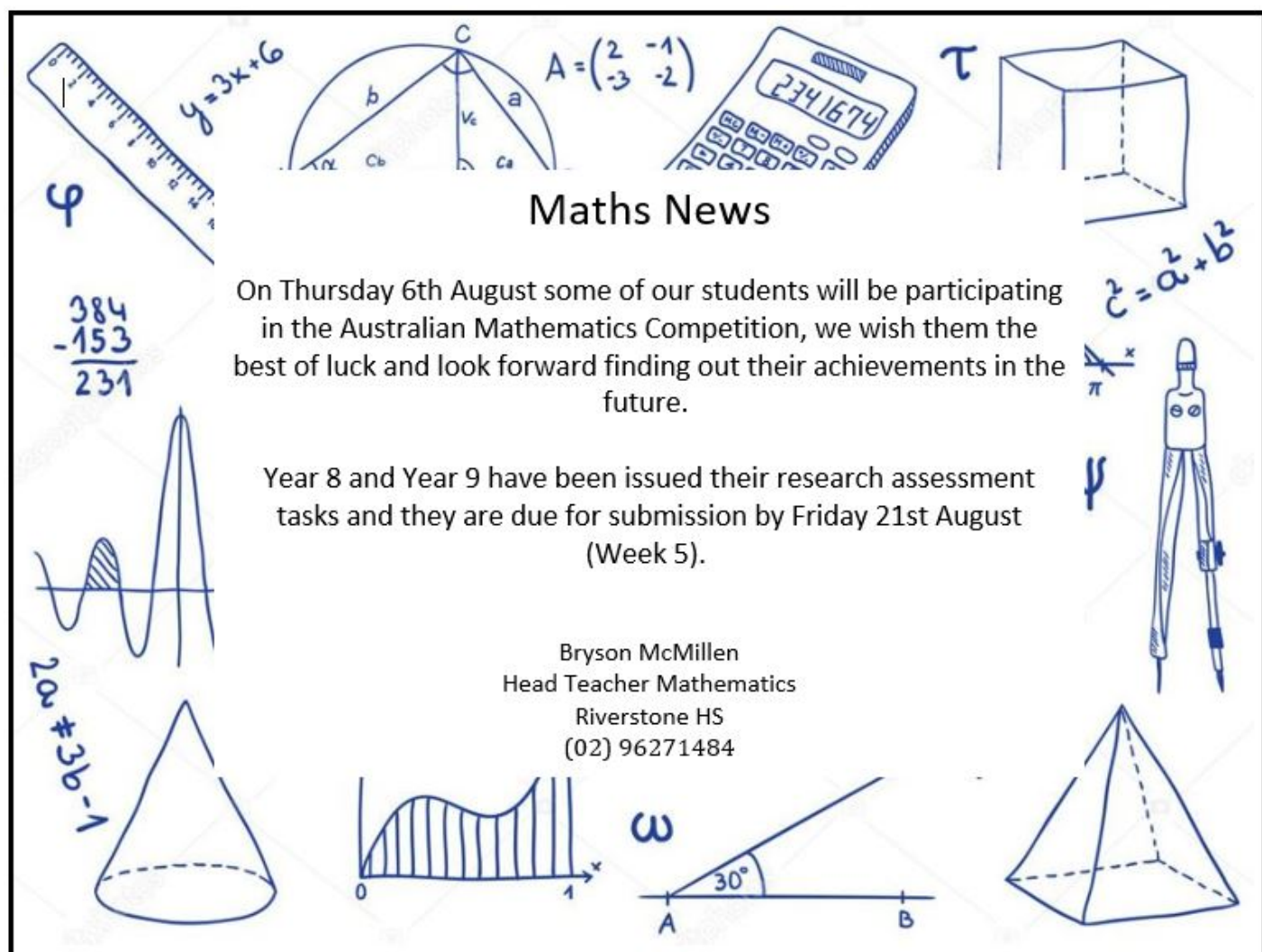
A parent/carers may at any time notify the school in writing that they wish to change their decision.

NEW SCHOOL CANTEEN

Our new canteen has opened this term in our new learning building offering a large range of fresh, healthy meals. The canteen is open from 8am each morning for breakfast as well as recess and lunch each day.




The canteen accepts both cash and eftpos payments and students are encouraged to pre-order hot food in the mornings to ensure they don't miss out.

Please see the attached canteen menu. Further information about the canteen providers can be found at <https://healthycanteens.com.au/>



Download our school app for free!

Why download the app?

-  Receive instant notifications for important news.
-  Easily register absentees and excursions.
-  Keep up to date with events and set reminders.


Download instructions:

1. Go to the App Store and download "School Stream" to your phone.
2. Open the app and type the school's name into the search bar to load the school's profile.
3. Make sure you agree to Push Notifications when prompted.

At Riverstone High School

EVERY DAY COUNTS

because...

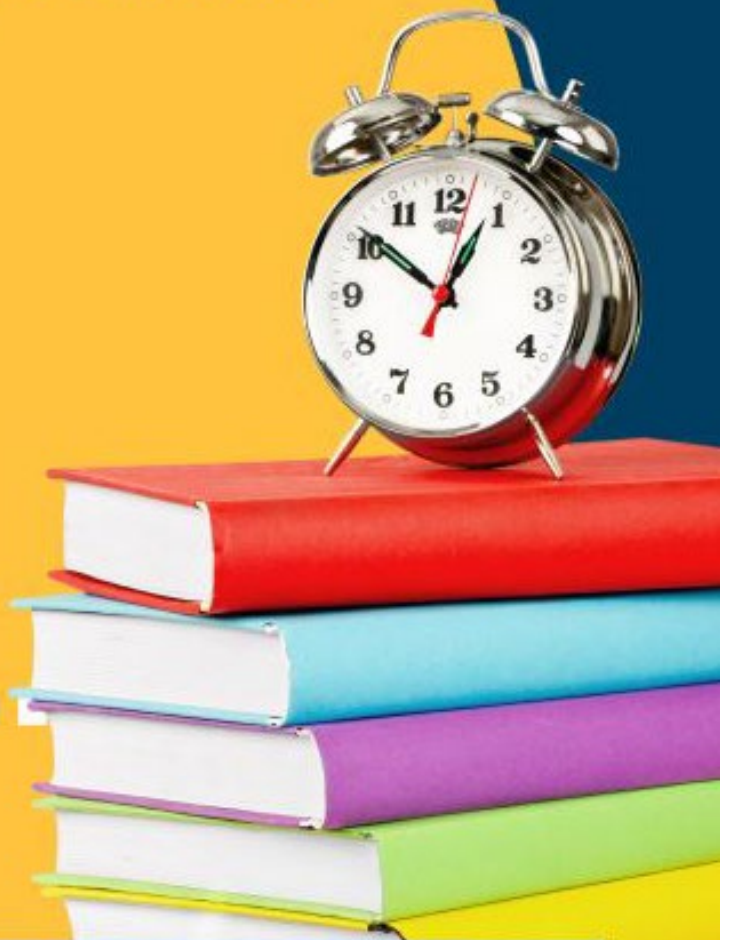


When you miss just...	That equals...	Which is...	and therefore, from Kindy to Yr12 that is equal to...
1 day each fortnight	20 days a year	nearly 1 1/2 years of school	finishing Year 11
1 day a week	40 days a year	nearly 2 1/2 years of school	finishing Year 10
2 days a week	80 days a year	over 5 years of learning	finishing Year 7
3 days a week	120 days a year	nearly 8 years of learning	finishing Year 4

TIME IS PRECIOUS, DON'T WASTE IT.

At Riverstone High School

EVERY MINUTE COUNTS...



When you miss just...

10 minutes a day

that equals...

50 minutes of learning
each week

which is...

Nearly 1 1/2 weeks
per year

20 minutes a day

1 hour and 40 minutes
of learning each week

Nearly 2 1/2 weeks
per year

1/2 hour a day

1/2 a day of learning
each week

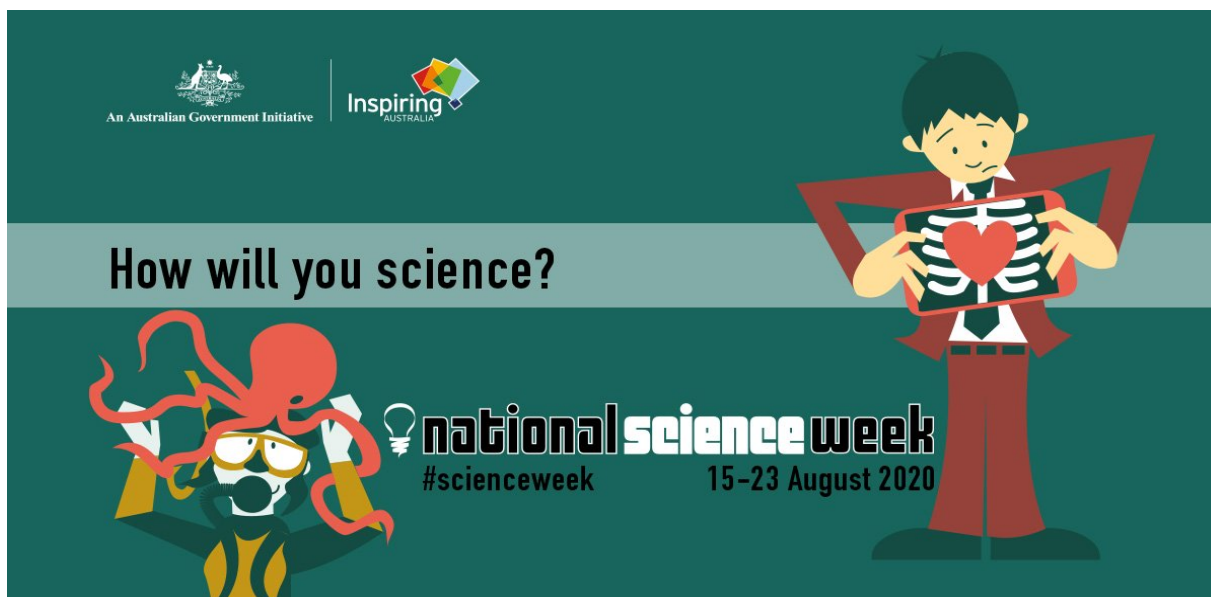
4 weeks a year

1 hour a day

1 whole day of learning
each week

8 weeks a year
(nearly a term!)

BE AT THE RIGHT PLACE AT THE RIGHT TIME



As part of **National Science Week**, Riverstone High School students will be engaged in various science activities.

Monday 17th August Science Equipment BITE in the library

Tuesday 18th August – Chemical Bingo in the library

Wednesday 19th August – Paper Plane State Championship – Longest distance and longest airtime recess and lunch **Thursday 20th August** – The Big Watermelon Explosion

Friday 21st August – Delivery of astronaut ice-cream.

During the week, students will be competing in trivia quizzes to find the Year Group Science Trivia Champion.

POP Parent Online Payment

Did you know you can make payments to your child's school online?

This online payment portal is linked to the school's website to make it easier for you to pay for school related payments. This is a secure payments page hosted by Westpac.

What expenses can be paid online?

- Voluntary school contributions
- Creative & Practical Arts
- Subject contribution
- Sport
- Sales to Students
- Excursions

How? Log onto the school site at www.riverstone-h.schools.nsw.edu.au Click on "Make a payment via Visa or Mastercard



Riverstone High School

71 McCulloch Street Riverstone NSW 2765

Phone: 9627 1484, 9627 1646

Fax: 9838 1138



National Science Week will be held from Monday August 17th- Friday 21st.

There are many activities occurring during this time recognising the achievements of science. On Friday 21st, we have the opportunity to purchase freeze dried ice-cream which was originally invented for the NASA Apollo space mission. Each packet is selling at **\$4.00** and will need to be pre-ordered by August 14th at the front office by filling out the pro forma below.

NAME _____

ROLL CALL _____

NUMBER OF PACKETS _____

COST _____

White Card Training

The White Card Training course has been organised for Wednesday 12th August. This course delivers Workplace Health and Safety (WHS) induction training within the construction industry. It covers awareness of WHS legislative requirements, and the basic principles of risk management and prevention of injury and illness in the construction industry. Each student will receive a Statement of National General Construction Induction Training certificate on the day of training. Students wanting to complete this course must see Ms Hughes for a note.





Riverstone High School



Personal Responsibility In Delivering Excellence

YEAR 9 2021

SUBJECT SELECTION INFORMATION AFTERNOON

MONDAY, 10th of AUGUST 2020

PERIOD 5

JACK LANG AUDITORIUM

Dear Parents/Guardians,

Year 8 students will be attending the Year 9 2021 Subject Selection Information Session on Monday, 10th of August 2020 at 1:55pm in the school hall. The information session will provide students with information about the elective subjects being offered for 2021/2022.

Due to the current guidelines, parents/guardians won't be able to attend. We encourage you to discuss the choices with your child prior to submitting choices online. Parents may wish to contact the Head Teachers of relevant faculties to discuss your child's study options.

During the afternoon, students are to collect their booklet outlining all subjects and fees. Within this booklet there will be further instructions outlining the subject selection online process. Non-attendance at this event may compromise your child's choices for electives subjects.

All subject selections must be completed online no later than Monday, 24th of August 2020.

Mr. M Kurukchi
Year 8 Adviser

Principal Ms Karen Downie
www.riverstone-h.schools.nsw.edu.au
71 McCulloch St Riverstone 2765
Ph 9627 1484

Respect ♦ Responsibility ♦ Recognition

SCHOOL CANTEEN MENU

SANDWICHES

cheese & tomato	\$3.5
ham & cheese	\$3.5
egg & lettuce	\$4.0
curried egg & lettuce	\$4.0
ham, cheese & tomato	\$4.0
sweet chilli chicken	\$4.5
chicken, lettuce & mayo	\$4.5
salad	\$4.5
chicken, cheese & tomato	\$4.5
teriyaki chicken	\$4.5
chicken caesar	\$4.5
ham salad	\$4.5

WRAPS

	SGL	DBL
sweet chilli chicken	\$3.0	\$5.5
salad	\$3.0	\$5.5
chicken, lettuce & mayo	\$3.5	\$6.0
chicken caesar	\$3.5	\$6.5
ham salad	\$3.5	\$6.5
teriyaki chicken	\$3.5	\$6.5
roast beef salad	\$3.5	\$6.5
falafels	\$3.5	\$6.5

SALADS

watermelon	watermelon dunks	\$4.5
fruit	fresh seasonal fruits	\$5.0
garden	lettuce, tomato, cucumber, carrot, beetroot	\$5.0
creamy chicken pasta		\$5.0
potato	creamy potato salad	\$5.0
sundried tomato & pesto pasta		\$5.0
sweet chilli chicken	lettuce, tomato, meat dill	\$6.0
tandoori chicken	cucumber, lettuce, pork salad	\$6.0
caesar	on lettuce, egg, cucumber, cheese	\$6.0
falafel	falafels, lettuce, tomato, cucumber, garlicky salad	\$6.0
greek	falafels, olives, cucumber, cucumber, tomato	\$6.0
sweet chilli noodles	chicken, vegetable	\$6.0
chicken caesar	chicken, egg, cucumber, cheese	\$6.0

RICE PAPER ROLLS x2

teriyaki chicken	\$5.5
sweet chilli chicken	\$5.5
vegetarian	\$5.5

SUSHI ROLLS (EACH)

teriyaki chicken	\$3.5
sweet chilli chicken	\$3.5
tuna	\$3.5

DRINKS

popper juice 250ml	\$2.0
water 250ml	\$2.5
mineral water 250ml	\$3.5
ice tea 250ml	\$4.0
aloe vera 250ml	\$4.0
pump water 250ml	\$4.0
pump flavours 250ml	\$4.5
oak milk 250ml	\$2.5
oak milk 250ml	\$4.5
up n go 250ml	\$3.0
hot chocolate	\$2.5

DRINKS

ice break coffee 250ml	\$4.5
soft drink 250ml average	\$2.5
powerade 250ml average	\$4.5
soft drink 250ml average	\$4.5

WATER BOTTLE SPECIAL : \$1.50
(With Any Everyday Rated Food Item)

BREAKFAST SPECIAL : \$2.00
(Flavoured Milk 300ml Before 9am)

PRE ORDER YOUR FOOD BEFORE 9AM
And You Can Order Anything On The Menu

BREAKFAST SPECIAL : \$4.00
(Flavoured Milk 500ml Before 9am)

RICE - PASTA - NOODLES

CHICKEN & BEEF	REG	LGE
butter chicken	\$4.0	\$6.0
pasta bolognese	\$4.0	\$6.0
fettuccine carbonara	\$4.0	\$6.0
mac & cheese	\$4.0	\$6.0
napolitana chicken pasta	\$4.0	\$6.0
singapore chicken noodles	\$4.0	\$6.0
meatballs	\$4.0	\$6.0
teriyaki chicken stir fry	\$6.0	\$6.0
curry chicken	\$6.0	\$6.0
beef lasagna	\$6.5	\$6.5
VEGETARIAN	REG	LGE
fried rice	\$4.0	\$6.0
roasted vegetables pasta	\$4.0	\$6.0
singapore noodles with vegetables	\$4.0	\$6.0

SOUR CREAM 50C

* THREE DIFFERENT OPTIONS AVAILABLE DAILY

HOT BITES

hot & spicy chicken wings	\$1.5 ea or 4 for	\$5.0
chicken tenders	sweet chili chicken	\$2.0
garlic bread loaf		\$2.5
cup of noodles	beef, chicken	\$3.5
chicken breast nuggets		\$4.0
hot dog	with sauce	\$3.5
potato wedges	with sauce	\$4.0

NACHOS

beef	beef sauce with cheese	\$5.5
vegetarian	onion, lettuce, cheese	\$5.5
the lot	beef, onion, lettuce, tomato, cheese, sour cream	\$6.0

BURRITOS TOASTED MEXICAN WRAPS

spicy chicken	chicken, rice, spicy cream sauce	\$5.5
mexican beef	beef, beef sauce, rice, cheese	\$5.5

PASTRIES WITH SAUCE

sausage roll	\$3.8
meat pie	\$4.5
chilli beef & cheese pie	\$4.8
potato pie	\$4.8

WE USE NATURAL,
FRESH BREAST
CHICKEN FILLETS
ON ALL OF OUR
MENU ITEMS THAT
CONTAIN CHICKEN

FOOD CODING

e - EVERYDAY RATED
o - OCCASIONAL RATED

ALL ITEMS ARE HALAL
(EXCEPT PORK
BASED PRODUCTS)

BURGERS

CHICKEN	
chicken burger	\$5.0
chicken & cheese burger	\$5.5
hot n spicy chicken burger	\$5.5
schnitzel burger	\$6.0
BEEF	
cheese burger	\$5.5
auso burger	\$5.5
vege burger	\$5.5
VEGETARIAN	
premium vegetable patty & salad	\$5.5

TOASTED WRAPS

sweet chilli chicken	with cheese	\$5.5
bbq chicken & cheese	with bbq sauce	\$5.5
mexican	spicy chicken with cheese	\$5.5

HOMEMADE PIZZA

cheese	\$4.5
ham & cheese	\$5.0
pepperoni	\$5.0
bbq chicken	\$5.0
vegetarian	\$5.0

BREAKFAST BEFORE 9:30AM

COLD & FRESH	
seasonal bowl	\$1.0
watermelon fruit	\$4.0
fruit salad	\$5.0
yoghurt	\$3.5
muffins	\$3.5
HOT FOOD	
hash brown	\$1.5
cheese wrap	\$3.0
ham & cheese wrap	\$3.5
ham, cheese & tomato wrap	\$3.5
bacon & egg roll	\$4.5
toasted sandwiches	\$3.5

CRUNCHY BREAD ROLLS

salad	\$5.0
sweet chilli chicken	\$6.0
hot chicken & gravy	\$6.0
chicken, lettuce & mayo	\$6.0
hot roast beef & gravy	\$6.0
ham salad	\$6.0
hot & spicy chicken schnitzel	\$6.0

GLUTEN FREE OPTIONS

PASTA & RICE	REG	LGE
BUTTER CHICKEN	\$4.0	\$6.0
PASTA BOLOGNESE	\$4.0	\$6.0
ROASTED VEGETABLE PASTA	\$4.0	\$6.0
LASAGNA	\$5.0	\$6.0

WRAPS-SANDWICH-SALAD-BURGERS

ANY WRAP	gluten free wrap + fillings	\$6.0
ANY SANDWICH	gluten free bread - add \$1c to regular price	\$3.5 (from)
ANY SALAD	gluten free dressings + toppings	\$6.0
CHICKEN BURGER	chicken breast on GF roll	\$6.0



healthycanteens
.com.au