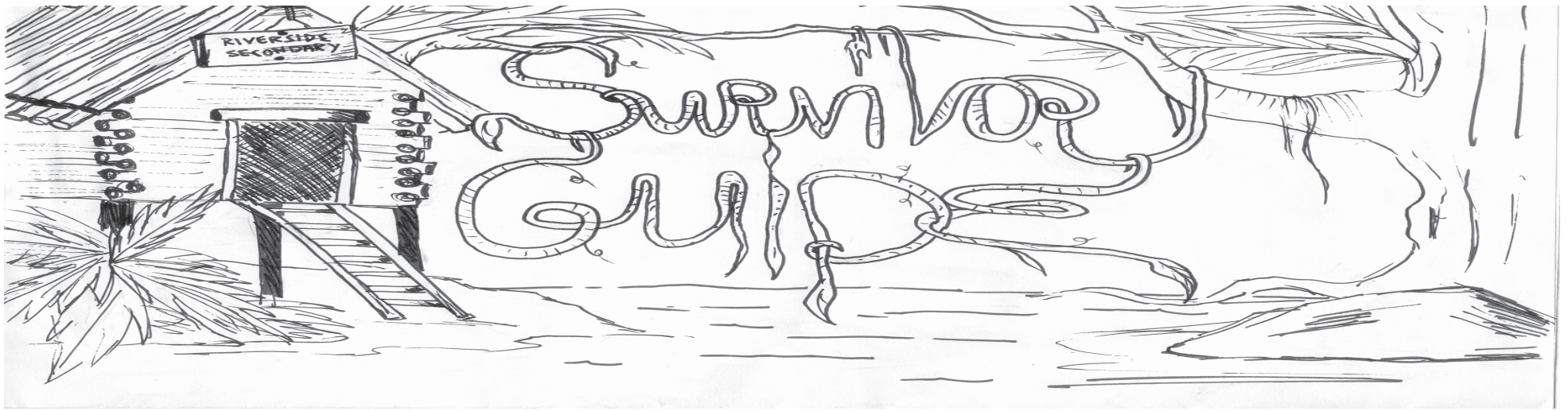


Riverside Secondary

SURVIVAL GUIDE September 2009



How to survive the high school jungle

Welcome to the 2009-10 school year at Riverside Secondary School. For new students, welcome to your second home for the next few years and to our returning students, welcome back!

2010 promises to be an exciting year in British Columbia and especially at Riverside Secondary. Riverside will continue all of its amazing programs and we've also added a few new ones. Our school prides itself on offering 'something for everyone' so whether you are an athlete, an artist, a musician, a computer whiz or a Math genius, we guarantee that if you work at it, you will find your time at Riverside challenging, interesting and exciting.

I've been principal of Riverside Secondary for two years now and I'm excited to be part of such a great school community. Along with your vice-principals, Mr. Clarkson and Ms. Ebenal, and the entire staff, I am excited about the year ahead. For those of you who have been here for at least one year, you know that we are working hard to be a **model school for 21st century learning**. We've continually expanded our use of technology, and now have several digital programs – with participating students having access to a laptop for their classes. This year we are expanding these opportunities to students in the Grade Nine Digital Immersion Program. We know more and more students will be bringing laptops and other wireless devices to school, and we look forward to helping you use them responsibly in a way that benefits your learning.

We are also continuing to work on our school goal of **improving transition and graduation rates**. We see this as everyone's job at Riverside, including teachers, administrators, support staff, parents and students and are very proud of our school's academic success. Our graduates have won well over a million dollars in scholarship monies over the past couple years and we are exceptionally proud of the strong



Riverside administrators - left to right - Todd Clarkson, Laurie Ebenal and Scott Robinson.

reputation we have for academic excellence.

In addition to our academic reputation is our reputation for acceptance, diversity and opportunity. **We want every member of our school community to feel valued and respected and to become connected to the school.** We have a huge range of phenomenal co-curricular and extracurricular programs available to students. From top ranked sports teams, to brilliant fine arts productions to our amazing "green shirt" leadership program, and our brand new Hockey Academy, we have an amazing array of programs to enhance your high school experience, and continue to build the culture at the school we are so proud of. We encourage every student to make the most of their time at Riverside and get involved!

Thank you for choosing Riverside. Please feel free to come by and see me if you ever have any questions, or send me an email at srobinson@sd43.bc.ca. I look forward to meeting everybody and know that this will be a great year.



Mr. Todd Clarkson - Vice Principal

Riverside. The best school around? We like to think so! This place is full of amazing students, staff, and countless opportunities for you to make the most of your high school years. One of the things I enjoy most is getting out and watching our incredibly talented students at various events; whether it is watching the sports teams in action or taking in a musical performance or play, I am continually blown away by what Riverside students can do! I feel very fortunate to be working at Riverside. If I had to offer any survival tips for new students, I would say to make your time at Riverside count. Work hard in your classes then time for all of the extra-curricular activities will open up for you. Next, respect the school and everyone in it and everything will be smooth sailing. Finally, take pride in all that is Riverside!!! Have a great year!



Ms. Laurie Ebenal - Vice Principal

Three years have passed since I first arrived at Riverside Secondary. The time has flown, because there is never a dull moment within these hallowed walls. I have found over the last three years I have learned a great deal about what epitomizes a Riverside Student. First and foremost they are accepting and tolerant of everyone in the building. Secondly, they have a great sense of humor which always presents itself in a way I can appreciate; this particular quality endears our kids to me even more. Thirdly, they are grounded in an attitude of social justice meaning they believe in fairness and equality for everyone who walks the halls of Riverside. Lastly, they combine all of these qualities with a hardy wit which means conversations are never dull and the hallways, classrooms and cafeteria are places for thoughtful and delightful learning opportunities.

September Schedule

8th	School Opens
Grade 9/10 RAP 9:50	Grade 11/12 RAP 11:00
10th	Early Dismissal 2:30
	New Student Advisory Interviews 2:35 - 3:30
11th	School Photos
15th	After Grad Meeting 7:00 p.m.
17th	Family Barbeque
22nd	PAC Meeting 7:00 p.m.
23rd	Electronic Newsletter goes out
24th	Terry Fox Run (Extended RAP Sched.)
25th	Professional Day (District)

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Anime Club

The Japanese Anime club is open to anyone who is interested, and meets once a week to watch videos, draw and share information about upcoming events, such as conventions. The club was started by Ms. Catherine Yamamoto who noticed many of her students doodling on their papers in this style of art. She saw much talent in them. "I didn't know there were so many students who liked to do that, so I thought, I might allow them to display and share their talents," said Ms. Yamamoto. There is an annual poster-making contest in this club and the top ones are displayed throughout the hallways and in the Eddy. Afterwards, they get taken to an art show to be viewed by the public. If you are interested in joining this club, contact **Ms. Yamamoto** (214) for more information.

Cafeteria

The cafeteria is a place where staff and students can go get a variety of lunch items to tend to their hunger needs. The lunches change day to day as Riverside students create the meals in our teaching kitchen. Here's a typical weekly menu: On Tuesday there might be BBQ chicken and tomato rice soup, On Wednesday's there may be fish and chips, gruyere, and cucumber salad with chicken noodle soup. On Thursday's there could be bacon wrapped chicken, California rolls and squash chowder. As well as fresh pizza and BLT'S at the **Rapid Stop** in front of the cafeteria. Contact **Mr. Straumford**.

Culinary Arts

Provincial Apprenticeship Program: this program provides an opportunity for students to get a head start on a career in culinary arts. The students take four culinary art courses to get first year college apprenticeship credit. "Absolutely fantastic opportunities to expand on students learning and previously learned knowledge," said Chef Straumford. For more information, contact **Mr. Straumford** in the cafeteria

Drama

Love to act? Love to interact? Love making props? Then the Riverside Drama Department is for you! Riverside's Drama department. is looking for anyone with an eye for acting, singing, or working backstage. The department usually puts on at least 2 performances per year, as well as many student-directed plays. For any information regarding performances, classes, or anything else, contact Riverside Drama teacher **Mr. David Secunda**. Be sure to get information soon, because auditions start early.

The Eddy

The Eddy is an elective course that can be taken in either semester, and there's junior and senior journalism classes. Riverside's independent student newspaper, **The Eddy**, has won multiple International First Place awards and a George H. Gallup award since becoming charter members of the Quill & Scroll Honor Society eight years ago. For more information contact **Ms. Shong** in room 221.

Fitness Club

Want to show off your guns? Then you should join the Riverside Fitness Club which is open to boys and girls, grades 9-12. You can find the fitness room across from Gym C. It runs from Monday- Thursday until 5:00pm. This club is supervised by staff and student volunteers. Contact **Mr. Askew** P.E office.

French Immersion

Grade 9 students take Francais, 9, Mathematiques 9, and Sciences Humaines 9. Grade 10 students take Francais 10, Mathematiques 10 (optional), Sciences Humaines 10 and a new course Plannification 10. A new elective is called Arts Dramatique. There's also an elective in Grade 10 called Communications. Students must submit an application for it and go through a process of interviews while they are in Grade 9. The students who are chosen go on a trip to Quebec or France. They create a French play and perform it later. In grade 11, students take Francais 11, Sciences Humaines 11. There is an elective called Etudes des

Aliments. In Grade 12 students take Francais 12. There are two electives: Conversation 12 and Tutoring 11. Contact **Mr. Larrivee** for more info.

Global Issues and Opportunities

The Global Issues and Opportunities club focuses on learning about our world. Past projects have included fundraising to building a school in Kenya and Spread the Net to provide malaria nets to people in infected areas. If you have a passion for helping people and making the world a better place, this club is for you. If you are interested in Global Issues or attending Encounters with Canada, the Model United Nations, Red Cross Youth Symposium and Youth training in Action Program, SFU Gold Key Conference, UBC Commonwealth Conference, UBC Amnesty International Conference or Rotary Club, please contact **Ms. Bancroft** in room 117.

GLOW

G.L.O.W. (Gay, Lesbian Or Whatever) is a club where students, regardless of their sexual orientation, are helped to deal with issues such as stereotypes and homophobia. It also gives confused kids a chance to ask questions and discuss their sexuality freely. G.L.O.W. is a Gay/Straight alliance meaning that gay, lesbian, bisexual, transgendered and straight students can all be a part of G.L.O.W. G.L.O.W. is 100 percent anonymous and students do not have to be permanent members if they do not wish to do so. If you have any concerns, questions or need more information, you can e-mail G.L.O.W. at gaylesbianorwhatever@hotmail.com or contact **Ms. Vitter** in room 115

H2O

H2O is Riverside's Christian community and welcomes students and staff for prayer and praise. We meet on Wednesdays at lunch in room 209 for movies, discussion, music and more. H2O also works outside of class time to meet the needs of the greater community through acts of kindness and service. See **Mrs. Lotter** or **Mrs. Price** for details.

Host

The Riverside Host Club is dedicated to providing opportunities for ESL and international students to socialize with Canadians and to gain an understanding of Canada and Riverside's customs and routines. The club meets at lunch throughout the semester. Join by recommendation. Sponsor is **Ms. Peplow**.

Hovercraft Club

Have fun while learning to hover in the air. Riverside's Hovercraft Club is open for all students to learn about and test a hovercraft. For more information please contact **Mr. Romani** in room 104.

Korean Drumming: Beat the Rhythm

Beat The Rhythm is a group of students from Riverside Secondary who perform modern Korean drum rhythms. They are presently led by **Mr. Sung II Kim**, a professional musician, and **Ms. Karen Peplow**, their sponsor-teacher. Come join us.

MAP

An after school drop-in group facilitated by the Youth Worker and Drug Prevention worker from Share. The group is run weekly: Tuesday's 3:00, room 217. Contact **Ms. Bonnie Angstadt** or **Ms. O'Brien**

Math Challengers

Math is both an art and a science and logical reasoning lies at its heart. Riverside's Math Challengers allows grade 9's to develop deductive reasoning and to explore the boundaries of pure reason. The club meets weekly from November to March and participates in the Math Challengers Regional Competition in early February, with the chance to advance to Provincials in late March. At the meetings students have the chance to tackle problem solving and study enrichment topics. If you are fascinated by math's rigor and enjoy writing contests, then the club is perfect for you! It is a fun, rewarding extracurricular pursuit. Also, if you are interested in being a peer tutor in math see **Ms. McArthur** in Room 218.

Multicultural Club

The Multicultural Club is for students to learn about and celebrate different cultures at Riverside. Holidays, traditions, and celebrations from the Japanese, Chinese, Persian, European, Indian, and many other cultures are introduced to students at Riverside through special events planned by the Multicultural Club members throughout the year. We have celebrated Thanksgiving in other cultures, various New Years, Diwali, Japanese Children's Day, Cherry Blossom Festival, etc. Members of the Multicultural Club have many opportunities to see how other cultures celebrate their important festivals, and to discover and share commonalities between cultural celebrations with Riverside students. Meetings are Thursday at lunchtime in room 214. Please see **Ms. Yamamoto** if you are interested in joining!

REACH and Recycling Program

Recycling is a joint initiative between the Leadership class and **REACH**. See **Ms. Blaxland** to get involved through leadership, or come to the **REACH** meetings to get involved with local environment stewardship. Bring your enthusiasm and ideas to room 202 Mondays at lunch. See **Ms. Yorke** and **Ms. Riddell** for details.

School Beautification Art Club

During the 2008/2009 school year a group of students began designing artwork for the pillars in the foyer of Riverside. We worked on Wednesdays after school from 3 to 5:30 pm to create the vibrant painted works. During the 2009/2010 school year we will be continuing with this project. Once we have finished a few more pillars, we may work on some other projects to decorate the school as well. If you are an artist who would like to use your talents to help make the school a more beautiful place, and you would enjoy getting to know other creative students here at Riverside, listen for the announcements in September. Please note, you do not need to have a ton of art experience; just a keenness in developing your art skills further. See **Ms. Schmidt** for details.

Ski and Board

Each year the ski/board club makes four day trips to Whistler/Blackcomb. Students are shuttled to and from the mountain by luxury coach. Students are partnered with mountain guides to show them where to find the best snow and give pointers to help polish their technique. The club welcomes snow hounds of all abilities (from never saw snow to freestyle champions). Talk to last year's members. They'll tell you how fantastic it is! For more information contact **Mr. Rothenberger** in room 224.

Student Council

Are you interested in being an advocate for issues important to students at Riverside? Riverside's Student Council is an elected committee of students who represent the student federation of Riverside. Council meets weekly to discuss school and community related issues and take action on those issues. Council elections are held in early October. For more information contact **Mr. Lemieux** or **Mr. Lepore**.

Talent Show

Can you sing, dance, play an instrument, play in a band, juggle, do karaoke, do stand-up, act or have some other special talent? Riverside's 14th annual talent show will be happening on May 5, 2010. Any Riverside students from grades 9-12 are welcome to come out and audition for our Talent Show. The Talent Show is sponsored and produced by the Yearbook classes, and the \$5.00 admission fee goes towards the hundreds of dollars worth of prizes and to help produce the grade 12 DVD. See **Ms. Bates** for details.

Yearbook

Riverside's Yearbook classes put together an amazing full color page yearbook. The yearbook class captures all the memories and fun that we make in a school year with color photos and articles about each special event, classes, drama productions, music concerts, clubs sports and so much more. The book has to be pre-ordered and paid for by September 30, 2009 for the 2009- 2010 school year at a cost of \$55.00. Don't be sorry come June 2010; order before September 30, 2009. See **Ms. Bates** for details.

Riverside Secondary

S U R V I V A L G U I D E September 2009

SERVICES

After-Grad Committee: All parents welcome!

The After-Grad committee is run and driven by parents who make the popular After-Grad event possible, it has been a big success each year for Riverside students. Events such as cookie and pie sales, a Christmas craft sale and a plant sale help to raise funds for entertainment, food, prizes and facilities for those graduating. After-Grad takes place at Hyde Creek Rec Centre immediately following the grad dinner-dance in May. The After-Grad committee starts meeting in September and follows with a meeting on the second Tuesday of every month in the library at 7:00 p.m. The After-Grad Committee solicits donations (such as cash or prizes) from the community so they can provide prizes for every graduating student. The After-Grad Committee tries to get as many parents involved at least a year before their child graduates so the program can be more successful. If you would like to get involved in the program, you may contact **Mrs. Wattamaniuk** in the counseling office for more information. Grade 11 and 12 parents, especially, please consider becoming involved in this worthwhile safe event for our students.

BCIT Program

Riverside Secondary School and the British Columbia Institute of Technology are pleased to have offered a BCIT program at Riverside Secondary since September 2003. School District 43 and BCIT joined together to offer a unique opportunity for graduating learners who demonstrate a particular interest in computer technology. Students will be able to enroll in a full year post secondary program with no tuition fees in their second semester of grade 12. The Computer Systems Service Technician program is the first year of two year diploma program covering computer hardware, operating systems, networking, and Internet Technology. Upon successful completion of the Computer Systems Service Technician program at Riverside, students may enroll in the second year of the program held at BCIT's Burnaby campus. This program has proven to be very successful for our students, offering them a unique access to BCIT. To date, six classes have completed this program. Contact **Mr. Mietzker**.

Career Resource(s) Centre

The Career Resource(s) Centre is open to all students who want assistance and information relating to post secondary options, admission requirements, scholarship(s), careers and career planning. The Career Centre receives job postings, notices of volunteer opportunities and important admission and deadline information from universities and colleges, scholarship information and news about contests and events of interest to grade 9-12 students every day. Students should get into the habit of checking the 'Career Centre' site on a regular basis to stay informed. **Ms. David** will help you with resumes, the post secondary and scholarship application process, job interview preparation, college, university and private training program/course research and answer related questions. **The Career Centre** is open from 8:30am to 4pm daily in room 213.

Green Shirts

Interested in helping out around the school and in making a difference then join the Green Shirts, sponsored by **Mrs. Blaxland**. Green Shirts are students from grade 9 through 12 who volunteer their time to help out at school and community events and plan activities for Riverside Students. Some examples of Green Shirt events last year were: organizing and welcoming the grade nine students, helping out at the Hyde Creek Salmon Festival and at the Pancake Breakfast at Pitt River. Green Shirts meet about three times a year and go on a retreat at Loon Lake before school starts at the end of summer. Come join the team with over 150 other Green Shirt students.

Library: Check us out

Mrs. Kilpatrick, Mr. Haselhan, Ms. Holmgren
Open: 8:00 – 4:00
every day
What can we do for you?



- Teach you how to find the right information fast
- Help with assignments and homework
- Teach you how to use online resources
- Provide entertaining books and magazines
- Show you how to cite your sources
- "Use the Library! We're here to help."

Peer Tutors

Students needing extra help in any area can take advantage of Riverside's peer tutors. Students should contact their counsellor with their academic requests and arrangements will be made to provide help through our tutoring system. Contact **Ms. Simpson** or your own counsellor.

The Wave

The WAVE is Riverside's school store. It is operated by the students of the Marketing and Entrepreneurship classes and gives these students hands-on experience structuring and running a real business. The products sold through The WAVE are determined by each new class, but generally include clothing (t-shirts, sweat pants, hoodies, toques, etc.) The WAVE is located on the upper concourse, North Side. See **Mr. Rothenberger** (room 224) if you have any questions.

Web Site- Riverside Online

Riverside's school web site contains detailed information about courses, schedules, policies, staff, resources, and history. Riverside's web site has a Public Portal and a Staff/ Student Portal. The developing Staff/Student Portal provides opportunities for curriculum disciplines to explore new and exciting ways to deliver academic content. The Public Portal gives parents and the world information about Riverside and its programs. If you're looking for information about Riverside, it's on our site: www.riverside.sd43.bc.ca **Contact Mr. Pope**.

Youth Worker & Community and School Based Prevention Worker

Ms. Bonnie Angstadt is Riverside's youth worker and Ms. Karen O'Brien is a prevention program resource person who both offer alcohol and drug information/ education/support regarding drugs and alcohol to individual students. They give students the opportunity to talk with someone they can trust about personal problems, or anything that's making it hard for them to concentrate on their school work. They offer programs like 'Kick the Nic' and other support group programs, such as POSSE for students throughout the school year. "Kids can come to me with any kind of problem, and there isn't any form of judgment. Basically, I feel that if people make a mistake, and they learn a lesson from it then it was valuable. I believe kids should have someone they can trust and have faith in," said Bonnie. **Ms. Bonnie Angstadt A266, Ms. Karen O'Brien A264**

SPORTS

Grade 9 Girls basketball

The grade 9 girls basketball program is a fun yet competitive team to be a part of. Open gyms will start in the fall for anyone who knows they want to play this year or for anyone who just likes to shoot around. Try outs will be in late fall. Please see **Ms. Brandsma**

Junior Girls Basketball

This competitive team is made up of the best grade 9 and 10 girls at Riverside. Open Gyms will start in October and try outs will be in November.

Junior Girls Basketball continued...

This team has a history of representing Riverside very well at playoffs and try outs in late fall will prove to be a difficult selection. Contact **Ms. Brandsma**.

Senior Girls Basketball

The senior girls had a strong start to the 08/09 season winning the HSBC Classic. This momentum took them to an undefeated season, earning them the number one seed in the province. The girls finished the season with a silver medal. Stay tune for the opportunity to become part of this highly successful team. See **Mr. Colombo**.

Grade Nine Boys Basketball

Grade 9 boys are the introductory team to the Riverside basketball program. If you are in grade 9 and want to play basketball for Riverside, this is the team to join. See **Mr. Askew**

Junior Boys Basketball

Riverside Junior Boys Basketball program is building on the success of our grade 9 team from last year. Under the guidance of David Rehim (community coach), the team is developing the skills and strength to be a strength in the ever tough Coquitlam league. See **Mr. Neufeld** for more information.

Senior Boys Basketball

The senior boys competed hard this year in what proved to be the toughest division in British Columbia. After beating higher ranked teams and taking many teams down to the wire that were ranked in the top 15 provincially, the boys made playoffs. This competitive team is made up of the best basketball players at Riverside, for more information see **Mr. Neufeld**.

Cross Country

The cross country team practices start in September. The district meets begin the following week. The practices will take place on various trails in and around Riverside and on occasion might go up to Mundy Park for the day's workout. Practices are normally no longer than one and a half hours length. The district meets will take place at Mundy Park and will be held on Wednesday afternoons. Athletes must compete in a minimum of two meets in order to qualify for the Coquitlam Championships which take place mad way through October. If you would like more information contact **Mr. Faulks** or **Ms. Riddell**.

Jr. Boys Volleyball

In 2008, our junior boys volleyball won the district championship. Junior volleyball players not only learn the skills of the game but importantly the beginning of understanding the strategies of game. This competitive team starts in early September and finishes its season in mid November. See **Mr. Colombo** for information about the team and when team tryouts occur.

Sr. Girls Volleyball

The senior girl's volleyball team had a strong season last year, and will become even stronger this upcoming season. The seniors will once again host the Coquitlam RCMP Red Serge Classic where some of the best teams in the province will be participating. The team also will be competing in tournaments at SFU, UBC, Handsworth, and traveling to Edmonton. Any girls interested in playing senior (or Jr. Girls) volleyball this year are invited to tryout on Wednesday September 9th @ 3:00. **Contact Mr. Gee**.

Jr. Boys – Contact Mr. Colombo

Jr. Girls – Contact Mr. Gee

Grade 9 Boys – Contact Mr. Askew

Grade 9 Girls – Contact Mr. Gee

Sr. Boys Volleyball

The senior boys volleyball team will be competing in invitational tournaments at Douglas College, Capilano College, UBC's 40 Team Invitational and Trinity Western University's 24 team classic. A road trip to Edmonton may also be included.

Contact Mr. Muro

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Field Hockey

The Riverside senior girls field hockey team will be starting up immediately in September. This team competes in competitions such as the Coquitlam League and hopefully the Fraser Valley Championship. The team is always looking for new players - grade 9 to 12. To join you can contact **Ms. Blaxland** or **Ms. Hudon**.

Field Lacrosse

Want to get outside and meet new people? Riverside's field lacrosse team is back again this season and looking for new players. The team ended last year with improved talent and new strategies. If you are interested in joining the team or have any questions contact returning coach **Mr. Straumford**.

Golf

Are you ready to hit the links with Riverside next year? If golf is your sport, look for **Mr. Jamie Askew** in mid march next year. Riverside's golf team is constantly on the move, golfing at courses all over the Lower Mainland. Guys and girls are welcome on the team. "I thought this year was very successful. There were 12 kids on the team, and we golfed some excellent courses," said **Coach Askew**.

Rugby

Rugby has been offered as boys and girls teams in the past. Season starts in early February. Information for boys rugby and girls rugby contact **Mr. Colombo**.

Hockey Academy

Mr. Luongo and **Mr. Straumford** are running the highly anticipated Riverside Hockey Academy. The class will run throughout the first semester with classes being held in X and A blocks. The academy is open to both boys and girls of all grades. Training sessions are held at the Poco Rec center Monday through to Friday. There will be professional coaching given by RPM hockey. The cost is \$200 per month.

Gymnastics

Our gymnastics teams have produced district and provincial champions. Coaches are organized at the district level through the Omega Gymnastics club. This is a winter sport starting in late November. To get involved contact our athletic director **Mr. Colombo**.

Mountain Biking

Mountain Biking starts in March and all male and female cross-country bike racers or novice bikers are invited to join. Listen to the announcements prior to Spring Break. Go to the P.E. office for more details. See **Mr. Faulks**.

Boys Soccer

Riverside has a very competitive senior boys soccer program which in the short history of the school has developed a tradition of excellence and winning. All boys in grades nine through twelve are welcome to tryout. Senior soccer runs in the fall season from September to November. See **Mr. Luongo** for details.

Girls Soccer

Are you a girl interested in playing soccer? Well, make sure you are at tryouts in March. The team is coached by **Mrs. Lazar** and **Mr. Watkins**, who are both hoping to have **Mrs. Cuccione** return. "We had a great bunch of girls this year. It was a lot of fun," said coach **Lazar**.

Swim Team

Riverside's successful swim team carries athletes from grades 9 to 12. The swim team is open to any swimmers who would like to swim competitively. It is also open to Synchronized swimmers who can enter into the high school synchronized swim meet. Riverside's swim team is coached by **Ms. McArthur** and sponsored by **Mrs. S. Lotter**. The practices are at Eagle Ridge on Tues/Thurs afternoons from the second week of September to the first week of October. Thereafter, practices take place at CCAC Monday and Wednesday mornings from 6:30-7:30 am through to mid-

Swim Team cont.

November. We compete in the Coquitlam championships in October. The Fraser Valleys are at the beginning of November. The Provincials are later in November. Please attend the first meeting in room 209 announced during the first week of class to verify specific dates.

Tennis

Riverside's tennis team has been surprisingly successful since it's inception last year, even going so far as to win a tournament. The team is always looking for new players - grades 9 to 12. Listen for announcements in Spring of 2010. To join you can contact **Mrs. Hudon**.

Track & Field

Riverside's track and field teams are very successful every year and many of our best athletes join track. Practices are usually on Tuesdays and Wednesdays after school and the track meets are held Thursdays at the Town Center track. They begin in March and run through June. Contact **Ms. Leonard** in room 113 for further information.

Wrestling

Have you ever wanted to hip toss your friend or anybody else for that matter? Well here's your chance! Wrestling season starts in November so get your gear and see

Wrestling cont.

Mr. Colombo, our athletic director. Community coach - **Darren Kimura**.

Badminton

Riverside's badminton team has rationally been one of the largest in the school, attracting dozens of enthusiastic participants in all levels. Riverside is a perennial force in badminton and each year sends a number of players to the district and Fraser Valley. The senior team's games are every Tuesday and junior team's games are every Thursday. Tryouts begin in December and for more information, contact **Ms. Tang**.



Counsellors



From left to right: **Ms. Simpson** (students A - E), **Mr. Lemire** (students R - Z), **Ms. Wattamaniuk** (students Le - Q), and not pictured - **Mr. Ahmelich** (students F - La).

Counseling at Riverside is designed to help students be successful in school, help them with program and course selections, and provide information regarding post-secondary education and careers, as well as provide information about the school and its function. They help students understand and deal with personal and social problems, provide liaison between students, parents, teachers and administrators, provide support in crisis situations, and make referrals to specialized resources in the school or community.

SURVIVAL TIPS



Brandon McDonald, Grade 12
"Don't give into peer pressure."



Greg Clark, graduate
"Be true to yourself."



Lester Lis, Grade 12
"Don't let people push you around, stick up for yourself!"



Lucy Mah, Grade 12
"Don't touch bug traps, they are very sticky!"



Shane Vail, Grade 12
"If there's grass on the field, play ball!"



Jean Galipeau, Grade 11
"Be afraid, be very afraid."



Mack Pokocky, graduate
"Be outgoing and make lots of friends."



Tyler Stein, graduate
"Make your High School experience enjoyable and don't take it for granted."