



# Semper Paratus

Newsletter of  
James Sheahan  
Catholic High School

Volume 24 Number 2  
Thursday 5 February 2009

## DATES TO REMEMBER

**Friday 6 February**  
Opening School Mass –  
10.30am

**Monday 16 February**  
Year 8 Reflection Day

**Tuesday 17 February**  
P&F Meeting

**Wednesday 18 February**  
Year 10 Information  
Evening, 7.00pm

**Friday 20 February**  
Swimming Carnival

**Wednesday 25 February**  
Ash Wednesday

**Friday 27 February**  
P&F Welcome BBQ

## CANTEEN ROSTER

The canteen is seeking  
volunteers for 2009.

Please phone 63616120  
if you are able to assist.

Parents, grandparents  
and members of the  
community are welcome  
to volunteer.

“Attend to one thing at a time –  
you’ve 15 hours.....  
From 6 to 9 .....”

*The Venerable Catherine McAuley*

At the beginning of the term I spoke to both Years 11 and 12 students about the fact that there’s no time like *right now* to commence good study habits and patterns. Procrastination aside, there are lots of hours in the day where, if one is organised, a great deal can be achieved. I suggest to all seniors that a minimum of two hours per evening is not unreasonable for them to be at their desk and studying.

School, for all of our students, is their full time job. In attending to homework and some time for revision each evening, there is still time for sport, chores and relaxation.

The rewards from study are many and varied and include improved results, improved understanding and a greater joy from knowing more! There is nothing like a taste of success to breed success. Although the school year has just begun, we are attempting to continue to build a culture of learning and excellence at our school. In doing so, we encourage all students to work both at school and at home to give themselves the best opportunities to extend their knowledge, skills and understanding.

Happy study!

### **Change of Mass Time for our Opening School Liturgy on Friday**

Please note that our Mass on Friday of this week will now be at 10.30am due to the commitments of our Parish Priest Fr Carl. All parents and families are welcome.

**Please note:** all evening meetings at our school this year will commence at 7.00pm, not 7.30pm.

*Craig Wattam*  
Principal

### **YEAR 10 INFORMATION EVENING 2009**

Parents/carers and Year 10 students are warmly invited to attend a Year 10 Information Evening in the School Hall on Wednesday 18 February at 7.00pm.

The evening will allow parents to learn about the structure of Year 10 and will provide an opportunity for parents to meet with staff, including the Principal Mr Wattam, the Year 10 Coordinator Mrs Mary Russell, Careers Advisor Mrs Michelle West, School Executive and Subject Coordinators.

Information will be provided on a range of important topics, including:

- Expectations of Year 10 students
- Structure of the School Certificate
- Performance descriptors and grades
- The role of the School Certificate Examination



- Assessment rules and guidelines
- Key features of the Assessment Booklet
- Year 10 welfare and support programs
- The Year 10 Retreat
- Work Experience
- The role of parents/carers in supporting their child's study and progress

Parents/Carers will also have the opportunity to meet with Subject Coordinators to discuss any questions they may have regarding individual Year 10 courses. A light supper will be provided.

Parents/Carers are strongly encouraged to attend this information evening as part of preparing their child/ children for success in Year 10.

*Mr Peter Meers  
Acting Assistant Principal*

### **TRAFFIC OUTSIDE JAMES SHEAHAN**

For some time we have had a number of concerns about the safety of students getting out of cars in the morning at the front of the school. Ideally we would like all students to be able to catch a bus to school. The bus bay is supervised in the morning and is much safer for pedestrians. Travel by bus teaches students to be independent and to not have to rely on others to get them to school. It is also less stressful for family members who are trying to get through heavy traffic to get their child here on time. In past years we have asked that parents drop students off in the Norton Park car park at the northern end of the school grounds. We would like this to continue. If you must drop students off in Anson Street, only do so on the school side of the road north of the entrance to the Administration block. The eastern side of Anson Street is a "No Stopping" zone. We suggest that you travel south down Peisley Street, turn right into Sharp Road, then right into Anson Street. This will avoid the problem of vehicles turning in residential streets near the school. The greatest area of concern is at the southern end of the school property. Seventeen buses and around one hundred staff are entering the school in this area.

We have contacted the Orange Police Highway Patrol and they have agreed to come up to assess the situation and take appropriate action where necessary. The school would like all involved to consider their own individual situation and assist in making the area safer for all concerned.

*Paul McKie  
Student Welfare Coordinator*

### **ADMIN MATTERS**

Our classes in Years 7 and 8 are named rather than numbered. So where do the names come from? They are actually names of the first Sisters of Mercy and De La Salle Brothers who came to Orange.

The first Sisters of Mercy came to Orange in August 1878. They were:

Sister Mary Berchmans Flynn	(7 Flynn)
Sister Mary Bernard Sheehy	(7 Sheehy)
Sister Mary Camillus Burke	(7 Burke)
Sister Columba Molloy	(7 Molloy)
Sister Mary Magdalene O'Mera	(7 O'Mera)
Sister Mary Emilian Condon	(7 Emilian)
Sister Mary Ita Brennan	(7 Ita)

The first De La Salle Brothers arrived in Orange 1n 1928. They included:

Brother Edward Jordon	(8 Jordon)
Brother Oswald Doherty	(8 Doherty)
Brother Danatis Slattery	(8 Slattery)
Brother Brendan Carroll	(8 Brendan)
Brother Dositheus O'Day	(8 O'Day)
Brother Patrick Cawley (Provincial)	(8 Cawley)
Brother Dominic Finn	(8 Finn)

These class names link us to our school's founding charisms of the Mercy Sisters and De La Salle Brothers. During the year, there will be opportunity for students to find out more about the person their class is named after in their RE lessons.

*Michael Tilston  
Administration Coordinator*

### **LIBRARY NEWS**

Hello from the James Sheahan Catholic High School Library. Welcome back everyone. My name is Mrs Laura Tilston and I will be filling in for Mrs Helen Anderson this term while she is on long service leave.

#### **Information for New Students and Year 7**

The aim of the Library is to provide a range of resources and services that support the planning and implementation of the school curriculum. The Library provides access to information technology and the opportunity for students to develop the necessary skills to become information literate and to utilise information sources located within the school and beyond the school.

#### **Opening Hours**

- The Library is open from 8.30am until 4.30pm everyday.
- Recess: Open everyday.
- Lunch: Open everyday - second half of lunch.

#### **Upcoming Events**

- Library Lover's Day Celebrations  
13 February
- Year 7 Book Club will meet every Thursday
- Accelerated Reader Program resumes TBA

For more useful information about JSCHS library go to the library section of the school website at

<http://www.jschs.nsw.edu.au/index.htm>

*Laura Tilston  
Acting Teacher Librarian*

## RELIGIOUS EDUCATION DEPARTMENT

I would like to take this opportunity to introduce myself as the new Religious Education Coordinator at James Sheahan Catholic High School for 2009. Having solely taught Religious Education at the school for several years I am excited and enthusiastic to take on this important role. The Religious Education department is made up of many fine teachers who are eager to make this year particularly memorable and spiritually-fulfilling for our students.



We have already made an inspiring start to the year with the first assembly prayer service. It was a time of welcome; welcoming Year 7 students who are on the beginning of their high school journey, new students who have come to us from near and far, as well as returning students who are given the opportunity to continue their schooling at this fine school of ours.

The prayer service also had a focus on symbolism. Our faith has an abundance of symbolism, in our readings, actions and the physical symbols with which we surround ourselves. Many of these symbols are thousands of years old and ground us in the traditions of our faith. The symbols of the prayer service were:



### The Word of God

This provides us with our spiritual direction. When we proclaim the Word we hear of the relationship established between God and ourselves.



### Candles

They are symbols of the risen Lord and the light of God in our midst. They also demonstrate the presence of the gifts of the Holy Spirit. These gifts are love, wisdom, knowledge, courage, reverence, right-judgment, understanding and awe in God's presence. Each person has these gifts to share with one another.



### The Celtic Cross

The vertical and horizontal axis of the cross forms a single whole or human form. The circle is a shape, like God's kingdom, it has no beginning or end.



This term has many opportunities for students and their families to be involved in the faith life of the school. The first such opportunity is the Opening School Liturgy, which takes place in the school hall on Friday the 6<sup>th</sup> of February at 10.30

am. All family, carers and members of our school community are warmly welcome to attend and experience first hand the spirit-filled events for which our school is renowned.

*Amber Calleja*  
Religious Education Coordinator

## YEAR 7 PEER SUPPORT

Year 7 seem to be settling in well to the routine of JSCHS, meeting new friends and learning new things about school life every day.

To assist in this process, we will commence our Peer Support program next Wednesday. Students in Year 7 will be placed in groups of about 10 students and these groups will be led by Year 11 Peer Leaders. Our Peer Leaders have all participated in a training program so they can offer assistance and advice to Year 7, and they are looking forward to getting started and meeting their groups.

The program will deal with issues such as facing the challenges of high school, in particular peer relationships, and resolving conflicts. Students will hopefully build new relationships and strengthen old ones. Peer Support will occur fortnightly throughout Term 1 and there will be a number of other events in Term 2 and Term 3 to promote harmony within the year group.

*Michelle Whiteley*  
Year 7 Coordinator

## ASSESSMENT BOOKLETS DISTRIBUTED

Subject and Assessment Outline booklets were distributed to all Years 7 to 11 students last week at their Year Meetings. This follows the distribution of the Year 12 booklet in Term 4 of 2008.

The booklets are an invaluable source of information for students and parents.

The Year 7 to 9 booklets provide extensive information on all aspects of study and assessment including:

- Subjects studied and the number of periods
- Topics studied in each course
- Formal Assessment Task description, weighting and timing
- The NSW Board of Studies Common Grading Scale
- The Bookwork and Homework policies
- Assessment and Examination policies
- School guidelines on malpractice and plagiarism

Years 10 to 12 booklets cover the above information where relevant, as well as providing important information on the School Certificate, Preliminary and Higher School Certificate courses. The 10 to 12 booklets also outline the rules governing the formal submission of work and the Board of Studies guidelines for the satisfactory completion of the three courses.

In addition to this source of information, parents can access current information on assessment tasks due by visiting the James Sheahan Catholic High School website at [www.jschs.nsw.edu.au](http://www.jschs.nsw.edu.au). This site is continually updated, with all Formal Assessment Tasks being placed on this site at the time of task distribution to students (a minimum of two weeks before the due date of the task). Study guides for all subjects in all years can also be found at the website prior to all formal examinations.

*Peter Meers  
Acting Assistant Principal*

## **SPORTS SHOES**

Students are required to wear an appropriate sports shoe or jogger on the days when they have Physical Education and Sport. 'Fashion' sports or 'leisure' shoes have become very popular, however, they have very thin soles and do not provide adequate support and grip for students when they are participating in physical activity. Dunlop Volley shoes also fall into this category and are not acceptable.

The sports shoe needs to be laced up (so they do not come off during physical activity) and should be predominantly white in colour. Students will receive uniform infringements if they do not comply with this requirement.

Also a reminder that it is compulsory for students to wear their school hat during practical lessons

*Jo Kingham  
Sports Coordinator*

## **INTERNATIONAL DAY OF PEOPLE WITH DISABILITIES**

On Wednesday 3 December, we were fortunate enough to attend the Western Area Health Service's International Day of People with a Disability. This was an event held to raise awareness of people living with a disability, and coping with everyday tasks that we take for granted.

It was held in the Metro Plaza in Orange. Mayor Reg Kidd kicked off official proceedings, and then people were invited to take part in a number of activities that simulate what it would be like to live with a disability. These included wheelchairs, scooters, crutches and being blindfolded and walking with a cane.



We both found that using the canes was quite a challenge and not simple at all, especially walking in a straight line and judging where we were. It really was an experience that increased our awareness and gave us a greater sense of respect for all those living with a disability.

*Patrick Allan and Gabrielle Miller  
School Captains*

## **YEAR 9 OUTDOOR EDUCATION PROGRAM**

In the next few weeks students will begin to receive information about the program and what they can hope to gain from this exciting program. Parents who have kindly offered to assist with the program will be contacted next week. Parents are reminded that the second payment for the Outdoor Education program was due at the end of last term. If you have not made this payment please try to attend to this in the next week.

*Lynelle Maguire  
for Outdoor Education Team*

## **SEUSSICAL THE MUSICAL**

There are only 5 weeks to go before our musical extravaganza for this year hits the stage. The 120 members of the cast and crew are all working very hard to make sure the show follows in the footsteps of previous Sheahan successes. Vital to the show's success is the audience. Tickets are now available from the Orange Civic Theatre and Ticketek – phone 63938112. Get in early so you don't miss your chance to be part of this school event.

Performance times are:

Thursday 12 March – 8.00pm,

Friday 13 March – 8.00pm

Saturday 14 March – 2.00pm and 8.00pm.

Tickets prices are: \$26 adults  
\$19 school students  
\$70 family (2 adults/ 2 children or 1 adult/3 children)

*Lynelle Maguire  
Producer*

## **P&F NEWS**

Welcome to 2009. The P&F meetings are held on the 3rd Tuesday of each month so please consider joining in. The first meeting of the year will be held on Tuesday 17 February, with the AGM on Tuesday 17 March. We meet in the school staff room at 7.00pm, and the meeting will only take up about an hour of your time.

The James Sheahan Cook Book is still a work in progress. We hope to have it completed later this term or early in Term 2. A note was sent home with all Year 7 students on Wednesday so that we can get more recipes.

If any other families wish to send in a recipe, or more recipes, please do so by Friday 27 February. Any enquiries can be directed to Vicki Duff on 63628633.

The P&F Welcome BBQ will be held on Friday 27 February. This BBQ is a great way to meet other families. Everyone is welcome. A tear-off slip will be included in next week's newsletter, so please fill this out to assist us with our catering.

*Vicki Duff  
Publicity Officer*