



# Semper Paratus

Newsletter of  
James Sheahan  
Catholic High School

Volume 24 Number 3  
Thursday 12 February 2009

## DATES TO REMEMBER

**Monday 16 February**  
Year 8 Reflection Day

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

**Friday 20 February**  
Swimming Carnival

**Tuesday 24 February**  
P&F Meeting

**Wednesday 25 February**  
Ash Wednesday

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

**Wednesday 4 March**  
Year 12 Information  
Evening

**Thursday 12 March –  
Saturday 14 March**  
School Production  
performances

## 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.

*Compassionate and loving God,  
We thank you for the gift of the life of John Baptiste de La Salle.  
We pray that like him, we may grow more aware of your presence with us in  
our lives.  
May your Spirit be fully alive in us so that we may look upon everything with  
the eyes of faith and place our trust in your loving care.  
Enable us to help others, to discover your kingdom within and to accept the  
salvation you offer in Jesus your son.  
Amen.*

Our school was formed nearly thirty years ago, and was an amalgamation of De La Salle College and Santa Maria College. The De La Salle Brothers and the Sisters of Mercy have had a very proud tradition of educating young men and women in Orange for many years. Our school has retained the charisms of these founding orders and we proudly promote the values and the ethos of St John Baptiste de La Salle and Catherine McAuley.

St John Baptiste was born in France in the mid 1600s. He came from a wealthy background and entered the priesthood. However, he very quickly became concerned for the poor and their education and welfare. He saw many young uneducated boys and set up schools for them, to get them off the streets.

John Baptiste established a number of schools for boys, and in finding teachers for these schools, he found that he was also called to provide training for them so that they were prepared for the task of teaching. The schools were essentially led by 'lay' brothers who were guided by God's presence, one step at a time, in responding to the needs of the poor in France.

### **Further reminder: receive our newsletter by email**

By the end of February, all families will receive their newsletter by email. If you have not subscribed yet, go to the Sheahan website: [www.jschs.nsw.edu.au](http://www.jschs.nsw.edu.au) and click on 'Newsletter', then follow the links to subscribe. We will only print a limited number of hard copies of the newsletter after February. Students requiring a hard copy will need to collect one from the front office each Thursday.

### **New Uniform**

Our Year 7 students look very smart in their new uniform. I have had many parents comment on how pleased they are with the uniform. If students in other junior years wish to wear the new uniform then they may do so, providing they wear *all* items of the new uniform, and not a combination of the old and the new. I thank you for your attention to this. The timeline for the introduction of the new uniform is again printed below for your reference.

2009 – Year 7 students only

2010 – Students in Years 7, 8, 9 and 11 will wear the new uniform

2011 – all students wear the new uniform.

We will shortly finalise the look of the new senior uniform. I will keep all parents informed via the P&F.

### **Maureen Meldrum has retired**

We wish Maureen all the best for her retirement. I know that Maureen is eagerly looking forward to spending lots and lots of time with her grandchildren. I thank Maureen for her generosity and kindness in her time at James Sheahan.



## P&F Meeting – Change of Date

Please note that the first P&F meeting for the year will now be held on Tuesday 24 February at 7.00pm, not Tuesday 17 February as previously advertised.

*Craig Wattam  
Principal*

## HELPING STUDENTS THROUGH THE HSC

### PART 2

Last week we looked at the types of changes that could be made to the physical environment that could help your child to make it through the HSC more smoothly, thereby reducing the stress for families.

In this issue we will begin to look at things that can be done to help support HSC students emotionally. Richard Cracknell begins by suggesting:

- Being supportive of your child's goals. Talking these through with your child at the beginning of, and regularly throughout, the HSC year can be very beneficial as it serves to remind students of why they wanted to achieve a HSC in the first place. It also allows dialogue between parents and children to stay open. This is important as often, as the stress of the HSC takes hold, teenagers can withdraw into themselves and stop talking, becoming moody and irritable.
- Highlighting strengths and successes and looking forward. No-one likes to be reminded of their mistakes too often. Instead, reframe failures as learning opportunities, from which students can do better next time. Talk about strategies that may help them do better in the future.
- Recognising that most students will be under some form of stress. The reasons for this stress are many and varied and may include having put high expectations on themselves or trying to match up to a parent or sibling's successes and/or expectations. Some students, even at the start of the HSC year, are already acutely aware that their time at high school is drawing to a close, and may be feeling anxious about leaving their peers and family in order to find their way in the world. Try to place yourself in your child's shoes in order to determine the sorts of stresses they may be feeling, then talk to your child about this. Again, this is a way of showing support.

I hope this has helped. Look out in future newsletters for more tips from the experts.

*Wendy Kent  
Year 12 Coordinator*

## ENGLISH DEPARTMENT NEWS

There have been several changes to staffing within the department for 2009. With the promotion of Mr Peter Meers to the position of Acting Assistant Principal, Mr Tom Brice has taken on the role of Acting English Coordinator, and Mr Chris Hanson will be Acting Assistant English Coordinator.

We also warmly welcome back Mrs Anne Spencer after a one year absence.

Also, Mr Marcus Richards joins the school on a permanent basis, after having worked here for a year in 2007. Mr Richards will be the Year 8 Coordinator and will also teach English and Religious Education.

The English Department would like to congratulate our 2008 HSC students on their results. In particular, our

Standard English results were the best for some years. Many students received "personal best" results, and many others performed better than they had expected. Our recent graduates carry our best wishes and prayers as they enter the next stage of their lives.

## OPENING SCHOOL LITURGY

The theme for our Opening School Liturgy was 'you are a gift'. It was an opportunity for our entire school



community to acknowledge the gifts that all students bring to our school. It was also a time to welcome the new students, parents and staff who will contribute to and build upon our community with the many unique gifts that they bring. Despite the heat the reverence displayed by all people participating in our liturgy was inspiring and reinforced the atmosphere of faithfulness and prayerfulness for which our school is renowned.

## MANNA FEST

Manna Fest is a three day event held at Lake Burrendong that aims at continuing the youth spirit which was at its peak during World Youth Day 08.

The following information comes from the Manna Fest website [www.wydbathurst.org.au](http://www.wydbathurst.org.au) and all students from Year 10 and older are encouraged to attend.

Manna Fest in 2009 is shaping up to be our best year yet! This year Manna Fest is over three days, and two nights. We get started Friday evening 13 March... yes it is Friday the 13th! Then we celebrate all weekend long 'til Sunday arvo with great artists, workshops and so much more. This year we have chosen the theme of STOP REVIVE LIVE.

Manna Fest is held at Lake Burrendong Sport and Recreation Centre.

Participants must register to attend!

So get your friends together and find out who is the co-coordinator at your Parish and school. Send them your form (see the registration page) and payment and you'll be ready to STOP REVIVE LIVE with the rest of the crowd from across the Diocese. See you there!!

*Amber Calleja  
Religious Education Coordinator*

## P&F NEWS

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 24 February (please note the change of date), 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. All recipes should be handed in to the school office. 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 is included in this newsletter, so please fill this out to assist us with our catering.

*Vicki Duff  
Publicity Officer*

## LIBRARY LOVERS DAY



This Friday, with the help of the SRC leaders, we will be celebrating Library Lovers Day at the James Sheahan Catholic High School Library. Friday lunch will

be dedicated to all the things we most love about the library: great books, great authors, and great conversation.

Library Lovers Day is about promoting reading for pure enjoyment. Students and staff will be participating in activities which will encourage everyone to discuss and make recommendations to others about books and authors they have loved reading. Reluctant readers will benefit from interactive book displays which will help them identify their, 'Reading Personality'. Students who just can't decide or like to spice things up can choose a 'Blind Date with a Book'. These books will be beautifully wrapped with a surprise novel inside. Last but not least, there will be treats and raffle tickets for everyone who borrows on the day.

*Laura Tilston  
Acting Teacher Librarian*

## SWIMMING CARNIVAL



The annual school swimming carnival will be held on Friday, February 20 at the Orange Aquatic Centre. All students are required to attend the carnival.

Students in Years 7-10 must wear school sports uniform. Students in Years 11-12 need to wear a house coloured shirt and navy shorts. It is compulsory for students to wear a hat when they are not competing in an event. Students in Years 7-10 must wear the school hat and students in Years 11-12 can wear any appropriate hat. All students need to ensure that they are applying sunscreen throughout the day.

All buses will drop students off at the pool and pick them up from the pool. Roll call will take place inside the pool at 8:45am and again at 3:00pm.

The carnival will begin with the traditional senior parade. La Salle currently hold the winners shield for this event. Senior students will prepare for the parade at 7.30 am at school and will catch buses directly before the parade begins at 8:50am.

Students do not need to register for swimming events prior to the carnival. Just listen for the event to be called and turn up on the day. Novelty events for non-swimmers will also be held on the day. Interested students should register at house meetings or see their House Patron before the carnival.

At the conclusion of the carnival all students will be required to leave the pool grounds. Students who wish to re-enter the pool after this time are no longer under the supervision & care of the school and should do so only with parental permission.

The school team will be selected from results on the day for the Diocesan Carnival in Dubbo on Tuesday, 10 March.

The current house champions are La Salle and they are looking to retain their title. Good luck to all students, and may the best house win.

*Greg Pell  
PD/H/PE*

## BUSH FIRE APPEAL, LIBRARY LOVERS DAY AND VALENTINES DAY.

The SRC has a very busy day coming up on Friday. At Sheahan we always remember those who are important in our lives on Valentines Day. The students have the opportunity to send a rose, balloon or lollypop bouquet to those they care about. Additionally, we have incorporated Library Lovers Day. Students are encouraged to visit the library this Friday and have a blind date with a book. There will be a huge range of fun activities and giveaways so that students can experience the variety of offerings to be found in our school library.

As we were already having these events when the tragic bushfires struck Victoria we have decided to give any profit made on Valentines Day to the Catholic Schools in Victoria affected by the fires. To supplement these funds we are asking students to give what they can on this day to add to the tally. We hope to develop a sister/ brother relationship with the schools affected by the fires so that the students can directly support other students in our country.

Our Sheahan families are incredibly generous when the need to support others occurs and we are confident our students will rise to the challenge to give as much as they are able.

*Lynelle Maguire  
SRC Facilitator*

## OPEN BOYS CRICKET - ROUND 3

The Open Boys' cricket team played St Stanislaus' College in Round 3 of the Downie Trophy cricket competition last week. Sheahan had comfortable wins over St. Columba's Springwood and La Salle Lithgow in previous rounds but the team knew that Stannies would be a tougher opponent. On a very hot day Stannies won the toss and wisely elected to bowl first in the cooler part of the day.

Sheahan did not start their innings well and lost wickets consistently to be 5/59 after 20 overs. However, a fantastic 106 run 6th wicket partnership between Hamish Finlayson and Sam Dwyer consolidated the innings. After 50 overs Sheahan managed to compile a competitive total of 8-201. Sam Dwyer scored 63 runs and Hamish Finlayson scored 56 not out.

Stannies started their run chase impressively and were 2-115 after only 17 overs at drinks. Stannies continued to bat aggressively after drinks and were given a lot of assistance due to some poor bowling by the Sheahan team. Stannies won the match easily in the 36th over finishing with 5/203. The pick of the Sheahan bowlers were Matthew Morrow 2-30 (8 overs), Daniel Cooper 1-12 (4 overs) and Mitchell Gibson 1-16 (4 overs).

*Greg Pell  
PD/H/PE*

**SEUSSICAL THE MUSICAL**

This year's school production will be a not to be missed event, so please mark it on your calendar today.

'Seussical' is a musical based around the characters in a variety of Dr Seuss books – The Cat in The Hat, Horton, Mayzie and Sour Kangaroo and many others. The show weaves together his most famous characters in unexpected ways. Many have never met each other before, and as the show unfolds, some will have desperate adventures, some will fall in love and some will save the world.

Dr Seuss was a great believer in the value of friendship, keeping a promise and the importance of the dignity of others, all the while preserving peace within ourselves and among nations. All these virtues are reflected in this wondrous musical 'Seussical'.

Please consider attending this spectacular and be part of the audience that will support our dynamic cast. Give your family the opportunity to allow the power of their imagination to take flight. The show is suitable for all ages.

Tickets for the show are available from the Orange Civic Theatre and Ticketek, phone 63938112. Performance times are:

- Thursday 12 March 8 pm
- Friday 13 March 8 pm
- Saturday 14 March 2 pm and 8 pm.

*Lynelle Maguire  
Producer*

**CAREERS NEWS**

Hi and welcome to Careers for 2009.

There are a number of events and items students can partake in over the year, which will enhance their knowledge and understanding for their future endeavors.

The first event happening at James Sheahan is the "Universities Roadshow". This will take place on **Monday 16 February** in G6 at 3.30pm for approximately an hour. The session will involve information regarding applying for university, courses and study at Southern Cross University, University of New England and Charles Sturt University. If any seniors are interested, would they please put their name down at the Careers office.

The second item is in regards to a Minerals Bursary

funded by The NSW Mineral Council and Newcrest Cadia Valley Operations. The Scheme is aimed at senior students interested in science who may wish to pursue a career in the Minerals Industry. Please advise Mrs West as soon as possible if you are interested.

*Michelle West  
Careers Advisor*

**POSITIONS VACANT**

1. The Combined School Fees Office, located at James Sheahan Catholic High School, is looking for a suitable candidate to work as a clerical assistant in the office. Previous experience in a school office environment is preferred.

Duties include processing fees payments, reconciling monthly accounts, banking; account correspondence, attendance at Fees Committee meetings and overall control of the Fees Office functions. Excellent communication skills and absolute discretion is essential. This position is currently a 3 day per week working week with the possibility of 5 days per week, hours of duty 8.30 am to 4.30pm, award conditions apply.

Applications in writing should be made to:  
The Bursar  
James Sheahan Catholic High School  
PO Box 146  
Orange NSW 2800.  
Applications close 5.00pm Friday, 20 February.

2. James Sheahan is also seeking an energetic person to clean the school administration block and part of the school hall. Hours worked would be from 3.00pm to approximately 5.30pm daily, a total of 25 hours per fortnight. Previous experience would be an advantage but not necessarily essential. Award conditions apply and this position is subject to a 3 month probationary period. Applicants must be fit, in good health and able to work independently. If any parent or member of the Sheahan Community is interested, would they please contact the Bursar, Mr John Churchland, at the school on 6362 1422.

**ST MARY'S AND ST JOSEPH'S PARISH**

We are all stunned and distressed to see and hear the stories of death, injury and destruction associated with the bushfires in Victoria. Each of the Masses this weekend will give a prayer focus to these tragedies. Whenever we celebrate the Eucharist, the death and resurrection of Jesus is in our midst and the tragedies, pain, struggles and deaths of individuals and of all humanity are laid upon the altar and embraced by the risen Christ.

Mass times are:  
St Joseph's - Sunday 8.00am  
St Mary's - Saturday, Vigil Mass – 6.00pm  
- Sunday – 9.30am and 6.00pm

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Please detach this section when completed and return to the school office as soon as possible.

**Welcome BBQ Friday 27 February 2009**

We will be attending the BBQ

Name:.....

Number attending:.....

*RSVP by Tuesday 24 February 2009*