



Semper Paratus

Newsletter of
James Sheahan
Catholic High School

Volume 24 Number 4
Thursday 19 February 2009

DATES TO REMEMBER

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

Wednesday 18 March
Year 7 2010 Induction Day
for St Joseph's School

Thursday 19 March
Year 7 2010 Induction Day
for St Mary's and other
schools

Year 7, 2010 Parent
Information Evening

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.

*Lord, in your mercy restore your creation and heal our land.
Protect those who fight the fires, and those who care for them.
So guide and bless your people.*

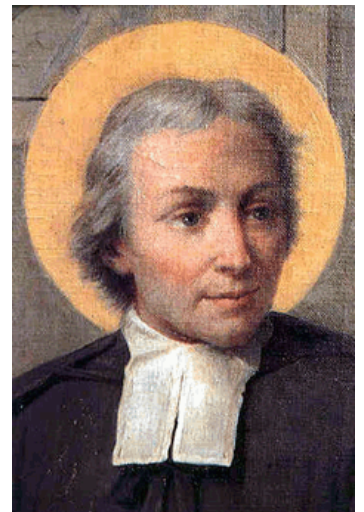
Our thoughts and prayers this week must again go to all of those people affected by the fires in Victoria and NSW. We offer our prayers and support to those who have lost loved ones and who have lost their homes and livelihoods.

The generosity of our students and staff is amazing. I thank everyone for their kind donations, raising over \$5300 on Friday of last week.

Who was John Baptiste de La Salle?

When John Baptiste de La Salle undertook to teach the poor boys of France, he came in for some heavy criticism. He was so convinced that this was what God wanted him to do, that he would not be swayed from his task. Many people called de La Salle stubborn, others even called him a troublemaker.

He certainly was a thinker. De La Salle planned a way of teaching that we still employ today. He taught students in their own language instead of the traditional Latin, students were grouped according to their age and ability, they were taught subjects: and religion was taught both as a separate subject as well as being embedded across all teaching areas. This legacy is what still constitutes the basic look and feel of most classrooms today.



De La Salle was a man who was more concerned with the education of others, than with his own wealth, status or position.

*Craig Wattam
Principal*

WARNING ABOUT HEAD LICE (NITS)

There has been an outbreak of Head Lice in the Junior School this week so we ask that you please keep a close check on your child's hair over the next few weeks.

If you find any evidence of this condition, you should treat the problem promptly using appropriate products and following directions closely. Students should not be sent to school until this treatment is administered. Your local pharmacy will be able to advise on the treatment necessary to eliminate the lice.

*Paul McKie
Student Welfare Coordinator*

CLOTHING POOL

Please note that the clothing pool will be closed for the next 2 weeks – Tuesday 24 February and Tuesday 3 March.

The clothing pool will re-open on Tuesday 10 March.

YEAR 12 2009 INFORMATION EVENING

Parents/Carers and Year 12 students are invited to attend a Year 12 Information Evening in the School Hall on Wednesday 4 March at 7.00pm. The evening will allow parents to learn more about the structure of Year 12 and the features of the Higher School Certificate credential. Parents will also have the opportunity to meet with staff, including the Principal Mr Wattam, the Year 12 Coordinator Mrs Wendy Kent, Careers Advisor Mrs Michelle West, School Executive members and Subject Coordinators.

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

- Expectations of Year 12 students
- Structure of the Higher School Certificate
- Reporting HSC performance
- The moderation process
- The University Admission Index (UAI)
- The role of the Higher School Certificate Examination
- Assessment rules and guidelines
- Key features of the Assessment Booklet
- Year 12 welfare and support programs
- The role of parents/carers in supporting their child's study and progress

Parents of previous Year 12 students will also discuss their personal experiences of the HSC year and Subject Coordinators will be present to discuss any questions parents may have regarding individual Year 12 courses. A light supper will be provided.

*Mr Peter Meers
Acting Assistant Principal*

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*

SCHOOL TELEPHONE POLICY

James Sheahan has a Mobile Phone policy which, from time to time, we all need to be reminded about.

Students may bring a phone to school but it is not to be used during school hours. Phones are to be TURNED OFF from 8:30am to 3:05pm. If you need to send an urgent message to your child, please phone the school office on 63621422 and we will get a message to them as soon as we can. All non urgent messages should be left on the message bank of your child's phone.

Should a student wish to contact home during the day, there is a public phone available outside the corner office. Local calls are 40 cents and calls to mobiles are charged at \$1.00. No phone calls are to be made at the school office.

Students who breach these rules will have their phone confiscated and receive a detention.

Should you wish to discuss this policy please contact the appropriate Year Coordinator or myself.

*Paul McKie
Student Welfare Coordinator*

SRC NEWS

Last Friday our community gave very generously to the school bushfire appeal. It was evident that the students had dug deep to give as much as they could. Comments heard as the donations were collected were:

"I went to the bank and got this \$100 - I hope it helps."

"Mum and Dad wanted you to have this as well as what I can give."

"I have been collecting this money in my piggy bank and I didn't think anything would make me smash it but the bushfires did."

"Do you know, Miss, our Roll Call teacher matched our class donation and she had to give heaps?"

It was incredibly heart warming, and at times overwhelming, to witness the capacity of our whole school community to give. On Friday the donation tally was \$5,380.70 - a total we can all be very proud of. This total will rise as the Valentine's Day profit is calculated along with donations from a busking event initiated by some of our talented musicians.

It has not been possible to make contact with the affected Catholic schools in Victoria. As soon as information becomes available as to how we can best assist these schools, our donation will be forwarded.

*Lynelle Maguire
SRC Facilitator*

CAREERS NEWS

Last Monday, the Universities Roadshow visited our school to talk to the senior students about all aspects of attending university. They discussed choosing the right course of study, the right campus, living and course costs, other pathways into uni other than a UAI and closing dates for all courses at all universities. The session was very informative with the students going home to start working on their future! I strongly urge seniors to attend sessions such as these as they just may help shape your future.

The next important date on the calendar is the Defence Technical Scholarships (DTS). These are offered in areas such as electrical and mechanical. Thirty scholarships are offered in total. The scholarships are offered through the Australian Defence Force, and though students are encouraged to apply for entry after the completion of their senior studies, there is no obligation to join up. Applications close on 27 February.

Please come and see me for application forms and more information.

*Michelle West
Careers Advisor*

SEUSSICAL THE MUSICAL

Any interested parents who are willing to help with costume construction are very welcome to come to the school and meet at G6 (under the hall) this Sunday from 1.00pm – 5.00pm. You do not have to have a child in the show to help. All assistance is valued and appreciated.

This year's school production will be a not-to-be-missed event, so make sure you 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*

BACK TO SCHOOL- DON'T FORGET ABOUT YOUR CHILD'S ASTHMA!



Early February, just after school goes back, is the time of year when children are most likely to have a flare-up of their asthma, so it is important that parents keep an eye on their children's asthma, ensure they take their prescribed preventer medication regularly, and that they always carry their reliever medication with them. It is vital that asthma in children is properly managed in order to avoid asthma emergencies. Symptoms in young children may include wheezing, persistent coughing or shortness of breath. If these symptoms do not respond to the child's reliever medication, or if reliever medication is needed every day, we are encouraging parents to take their children immediately to a doctor.

Parents also need to ensure that the school their child attends is fully aware he or she has asthma so the school can support the child's health needs.

Although asthma is mild in most children, it can be serious and even life-threatening if it is not properly managed, so it is important that anyone with asthma sees their doctor regularly and develops an asthma action plan so they know what to do when their symptoms worsen.

There is so much to think about when returning to school. It's often difficult to remember everything. Make sure it's not managing your child's asthma appropriately that you forget! Ensure that you see your GP for an update on your child's asthma and be sure to supply your school with an updated Asthma Action Plan.

If parents have any questions, they should call the Asthma Information Line on 1800 645 130 or speak with their doctor.

ST MARY'S AND ST JOSEPH'S PARISH

We will be commemorating and remembering all those affected by the Victorian Bushfires at the Parish Masses this weekend as we participate in the National Day of Mourning proclaimed by the Prime Minister.

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

All welcome.

Fr Carl Mackander

THE EDUCATION TAX REFUND – GET 50% BACK

Under the new Education Tax Refund, parents and others who are eligible can now claim 50% of their eligible education expenses up to \$750 for primary students and \$1500 for secondary students.

This means you could receive a refund each year of up to \$375 for each primary and \$750 for each secondary school student in your care.

Are you eligible?

To be eligible you must have received Family Tax Benefit Part A for each child whose education expenses you wish to claim. You can also claim the Education Tax Refund if you were stopped from receiving Family Tax Benefit Part A because your child received any of the following:

- Youth Allowance (student) aged 18
- Disability Support Pension
- ABSTUDY
- the Veterans' Children Education Scheme
- the Student Financial Supplement Scheme
- a scheme under s258 of the Military Rehabilitation and Compensation Act 2004
- an Australian Postgraduate Award.

Independent students are also eligible to claim.

What can you claim?

You can claim the purchase, lease, hire or hire-purchase costs, repairs and running costs of:

- laptops, home computers and associated costs — for example, internet and paper
- educational software, printers, USB flash drives, disability aids to assist in the use of computer equipment for students with special needs
- stationery and art supplies
- school textbooks and associated learning materials
- trade tools and safety equipment for secondary school trade courses.

- ! Some of the expenses you cannot claim include school fees or the cost of school

uniforms, school excursions or travel to and from school, musical instruments or sporting equipment, clothing or footwear. For a more comprehensive list visit

www.educationtaxrefund.gov.au

When can you claim?

You can claim your education expenses in your 2009 tax return. If you do not have to lodge a tax return, you will be able to lodge a separate claim with the Tax Office from 1 July 2009.

- ! **Remember, you need to keep all receipts for expenses you claim.**

If your education expenses in one year are more than the claim limit for your children, you can add the excess to your education expenses for the following year.

➤ For more information:

- visit www.educationtaxrefund.gov.au
- phone the Tax Office on **13 28 61**.



BATHURST DIOCESE

EOWW COMMITTEE

TO CELEBRATE INTERNATIONAL WOMEN'S DAY

DATE: Friday 6 March 2009

MASS: 12 noon
 St Joseph's Church, Orange

followed by

LUNCH: Caleula Motel, 60 Summer Street, Orange
 \$20 per person.

Please book through the Catholic Education Office Bathurst on 63323077.

GUEST SPEAKER: Jo-Anne Reid
 Professor of Education and Associate Dean,
 Faculty of Education,
 Charles Sturt University



 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