



# Semper Paratus

**Newsletter of  
James Sheahan  
Catholic High School**

*Volume 24 Number 5  
Thursday 26 February 2009*

## **DATES TO REMEMBER**

**Friday 27 February**  
P&F Welcome BBQ – 6pm

**Tuesday 3 March**  
School Disco

**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

**Monday 23 March to  
Friday 27 March**  
Catholic Schools Week

**Tuesday 24 March**  
Special P&F Meeting

**Monday 30 March to  
Friday 3 April**  
Year 9 Outdoor Education  
Excursion

**Wednesday 8 April**  
Year 7  
Parent/Teacher/Student  
Evening

*O Jesus, you place on my forehead  
the sign of your saving Cross:  
"Turn from sin and be faithful  
to the Gospel."*

*How can I turn from sin  
unless I turn to you?*

*You speak, you raise your hand,  
you touch my mind and call my name,  
"Turn to the Lord your God again."*

*These days of your favor  
leave a blessing as you pass  
on me and all your people.  
Turn to us, Lord God,  
and we shall turn to you.*

## **The Beginning of Lent**

So often, we think of Lent as a time to "give up" something. This year, I don't intend to give up anything. Rather, I have decided that I would be better served, "taking up" something. Students might be encouraged to do the same: take up a short passage of daily reflection or reading from the Gospel, take up the opportunity to do something for someone else, no matter how small, on a regular basis. Doing this without show or fuss, and even anonymously, is what the Gospel calls us to do. What are you concentrating your energies on during this period of Lent?

## **Mission Statement**

We have begun the process of re-writing our school's mission statement. Last week a team of staff (both teaching and support) spent a day with Mr Michael McDonald to draft our new mission statement. Michael led us through an important discernment process in examining our school's charisms, beliefs, aspirations and what constitutes our core business. In order to provide wide consultation and offer the input of all parents I have printed a copy of the new draft mission statement below and welcome your responses. You can comment on the mission statement in writing by forwarding your written feedback to the front office by Thursday 4 March.

All staff, local Catholic principals, our Parish Priest, and the CEO will also be consulted. We will provide an opportunity for our students to respond through the avenues of our school student leadership team as well as the Student Representative Council. Once this process is finalized, we will move to the next phase in constructing our Strategic Plan.

### *Draft Mission Statement*

*James Sheahan Catholic High School is a learning community inspired by the traditions of our founders Catherine McAuley and John Baptist de La Salle.*

*We provide opportunities for excellence, growth and success in a caring environment.*

*Our students will be people for the world who value compassion, courage and hope.*

*Craig Wattam  
Principal*

## CLOTHING POOL

Please note that the clothing pool will be closed on Tuesday 3 March.

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

## CHANGES TO YOUR PARENTS AND FRIENDS ASSOCIATION (P & F)

Next month the P&F would usually have its Annual General Meeting to elect the Executive for the year. Due to very poor attendance at P&F meetings over the past 12 months, it was suggested at last night's meeting that a change in structure is necessary. A suggestion was made that sub committees be organised to oversee fundraising events and community building activities with representative parents from each Year group taking responsibility for an event. There will no longer be monthly P&F meetings. A special flyer will be sent home next week outlining the details of the proposed model. If you wish to have input into the decisions to be made please ensure you attend the meeting on Tuesday 24 March.

The P&F Welcome BBQ is on this Friday, 27 February, commencing at 6.00pm on the grass area at the rear of the school buildings. Everyone is welcome. BYO drinks and nibbles, but the BBQ will be provided by the P&F.

Please keep the recipes coming in for the Cook Book.

## YEAR 9 OUTDOOR EDUCATION

As the time for our excursion draws closer, Year 9 are getting very excited about the week they will spend in Jindabyne. It is important that all permission notes are returned this week so that students can be put into their teams. Parents can refer to the school website for information relating to the equipment required for the trip, as well as the frequently asked questions section. When 5 students have asked the same question it will be added to the site. The purpose of this is to allay any fears your child may have and make their time away as enjoyable as possible.

*Lynelle Maguire  
Outdoor Education*

## YEAR 8 REFLECTION DAY

On Monday 16 February the Year 8 Reflection Day took place on the Mezzanine level of the school hall. The facilitator was Chris Doyle, someone who is no stranger to the James Sheahan community. With a wonderful mix of song, dance, meditation, humour and team building, he guided the very receptive students through a series of meaningful and interesting activities.

Below is what one enthusiastic student, Danielle Alexander, had to say about the day.

*Marcus Richards  
Year 8 Coordinator*

*"On Monday 16<sup>th</sup> February we all went to the hall for a year retreat with Chris Doyle. During the day Chris showed us how to be positive human beings and how to make the most of our lives. He told of some personal experiences and helped us to understand that life doesn't*

*'just work out' for us and that we have to work hard and get a good education for a great life after school.*

*Chris got all of us involved and joked around whilst getting his message across. I enjoyed the retreat and had fun with my friends throughout the day. I liked the different activities we were involved in on the day and I got a lot out of the retreat.*

*Chris helped me realize how much I take for granted, and that not everything goes the way you want it to. He showed the importance of working for your living and in appreciating everything you have. When he said that most girls marry a man like their father, I was quite surprised, but it made me think about the role models and people in my life and how they influence me.*

*Overall, I had a great day and I hope everyone else did as well."*



## JAMES SHEAHAN SWIMMING CARNIVAL

The 2009 swimming carnival was blessed with perfect weather conditions. Over 700 students attended the carnival, which is truly a fantastic effort by the students of James Sheahan. Participation was also extremely pleasing with a large number of heats for most events.

As in previous years the swimming carnival began with a blast of tremendous house spirit. The traditional senior parade and house war cries were outstanding. The three anonymous judges of the senior parade/war cry competition found it extremely difficult to determine a winner. However, the winner of the shield for 2009 due to a well choreographed parade and vocal house war cry are **MERCY**.

Students also embraced the range of extra novelty events that were held throughout the day. The winners of the beach volleyball competition for 2009 are **SHERIDAN**.

Five new records were set on the day:

Billy Braithwaite	
13 Years Boys 50m freestyle	30.60
Abbey Bertrams	
13 Years Girls 50m freestyle	32.70
Ashleigh van Kemenade	
16 Years Girls 50m butterfly	34.57
La Salle	
14 Years Boys 4 x 50m freestyle relay	2.21.23
Norton	
16 Years Mixed 4 x 50m freestyle relay	2.06.01

Congratulations to **NORTON** on an impressive victory in the House competition.

Norton	679 pts
Benilde	607 pts
LaSalle	506 pts
Sheridan	406 pts
McAuley	304 pts
Mercy	207 pts

## Age Champions

12 Years Boys	James Angus (Benilde)
13 Years Boys	Billy Braithwaite (Norton)
14 Years Boys	Angus Niven (Norton)
15 Years Boys	Kyle Connolly (McAuley)
16 Years Boys	Chris Whelan (Norton)
17+ Years Boys	Tristan Harrison (La Salle)

12 Years Girls	Sarah Stedman (Sheridan)
13 Years Girls	Abbey Bertrams (Benilde)
14 Years Girls	Stephanie Raftery (Sheridan)
15 Years Girls	Kendall Draper (Benilde)
16 Years Girls	Ashleigh Van Kemenade (Norton)
17+ Years Girls	Taylor Grant (Benilde)

It is not possible to acknowledge all of the individuals who contributed to the preparation and running of the carnival. Therefore, I would like to extend a personal thank you to everybody who was involved in making the 2009 swimming carnival a success.

*Greg Pell  
PD/H/PE*

### CONGRATULATIONS



Congratulations to Amy Symons, Emily D'Aquino (Opens) and Sarah Whiley (U16s) on gaining selection in the



Bathurst Diocesan Hockey Teams. All three girls will trial for the NSWCCC Team later this term.

*David Hurst  
PD/H/PE*

### SRC NEWS

This week the SRC has been organising the annual campaign, started by Caritas Australia, which is held every year within the school, called Project Compassion. This event involves members of the school donating as much money as possible, to those who are much less fortunate than ourselves. As always it is a competition between houses as to who can raise the most money, and the winning house will receive a trophy, as well as an additional prize. Caritas Australia works to alleviate poverty in over 30 countries, by helping communities to help themselves regardless of race, gender or religion. The theme of the program this year is 'An Environment to Grow In'. The donations contributed to Caritas Australia's Project Compassion will assist people in these developing countries to protect their rights, as well as creating a healthier and more sustainable future.

Also, the school disco will be held next Tuesday, 3 March, from 7.00pm to 10.00pm. The theme is *Secret Agents, Spies and Villains* and tickets will be on sale from Thursday 26 February at the Art room windows for \$6 each.

*Makayla Agland  
SRC Year 11 House Captain*

### SEUSSICAL THE MUSICAL

There are only two weeks until this amazing production hits the stage. 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.

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 1pm - 5pm. You do not have to have a child in the show to help. All assistance is valued and very much appreciated.

*Lynelle Maguire  
Producer*

### TAX FILE NUMBERS

The Tax Office, with the cooperation of schools, offers secondary students the opportunity to participate in a program which educates students about important tax issues relevant to living in Australian society. One of these important issues is the central role the tax file number (TFN) plays in their tax affairs.

Secondary students may need a TFN to apply for Youth Allowance or for part-time and holiday employment. To make it easier for students to get a TFN, students can choose to fill out a TFN application form through their school. Applying for a TFN through the school means that students do not need to attend the Tax Office with original documents or send those documents to the Tax Office.

Students will need to provide the following information on the application form, but will not need to bring their birth certificates or other documents to school:

Students born in Australia: birth certificate number, state of issue and year of registration.

Students born overseas: overseas passport number and country of issue or their Australian citizenship certificate number and date of issue.

This is a voluntary program and is being offered as a service to make it easier for students to obtain a TFN. Students may obtain a TFN application form from Mr Mealings.

### ST MARY'S AND ST JOSEPH'S PARISH, ORANGE

Youth Room  
THE 'OASIS LOUNGE'  
in Kenna Hall at the rear of the stage  
will be 'officially' opened on Sunday 1 March  
All are welcome to attend.

There will be a BBQ lunch available from 1.00pm and the Youth Band playing in the hall during the afternoon until 5.00pm. Young and older families with children, all age groups, are welcome to drop in and support the youth of the parish by your presence.

### INTERNATIONAL WOMEN'S DAY LUNCH

RSVPs are required by noon on Monday 2 March for the lunch in Orange to celebrate International Women's Day. Please contact the Catholic Education Office in Bathurst on 63323077 if you are going to attend. Details of the lunch can be found in last week's newsletter.



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[www.jschs.nsw.edu.au](http://www.jschs.nsw.edu.au)



25 February 2009

## School Disco

Dear Parent/Carer,

The SRC is organising a school disco in the hall on Tuesday 3 March commencing at 7.00pm and concluding at 10.00pm.

The theme of the disco is "**Secret Agents, Spies & Villains**" and students are encouraged to dress up. Outfits need to be considered carefully though, as brief, skimpy or distasteful outfits are not acceptable.

Entertainment will be provided by a DJ and refreshments available to buy. Tickets cost \$6.00 and can be purchased at lunchtime in the Quad from Thursday 26 February to Tuesday 3 March. Parents/carers may purchase tickets at the front office. Please note that tickets are unavailable from the door. **Students must have the permission note section of the ticket signed by a parent or carer.** An example of the disco ticket is shown above. The ticket will be checked and collected by a supervising teacher on the night of the disco.

Students arriving late or having to leave early will need to have a note given to Mr. Tilston BEFORE the night of the disco. At the conclusion of the disco, parents and carers can wait outside the hall. The doors to the foyer will not be opened until the students leave. The disco will be supervised by volunteer teachers and security guards will patrol the perimeter and car park.

Smoking and alcohol are strictly forbidden. Any evidence of drinking alcohol at the disco will result in suspension and a ban on attending future discos. Any student who consumes alcohol before the disco will be treated equally as severely. Students will be required to give a breath test if staff suspect alcohol use. The purchase of disco tickets is voluntary and students who purchase a ticket do so under the condition that they will willingly submit to a breath test if requested by staff.

Parents or carers will be called to collect a student early if:

- The students are dressed inappropriately,
- The permission note on the ticket is unsigned,
- The student is suspected of alcohol or drug use,
- The student is found smoking,
- The student is behaving inappropriately or violently.

Thank you to all the students, staff and parents who have made our past school discos such a success. With your continued support, we look forward to a great evening next week.

Mr Michael Tilston  
Administration Coordinator