



Semper Paratus

Newsletter of
James Sheahan
Catholic High School

Volume 24 Number 7
Thursday 12 March 2009

DATES TO REMEMBER

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

Tuesday 17 March
P&F AGM Meeting

Wednesday 18 March
Year 7 2010 Induction Day
for St Joseph's Schools
Orange, Manildra, Molong,
Blayney

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

Year 7, 2010 Parent
Information Evening 7.00pm

**Monday 23 March to Friday
27 March**
Catholic Schools Week
Open Day Thursday 26
March 11.00am – 12.40pm

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

Thursday 2 April
Year 12 Exams commence
Year 7 2010 enrolments due

Wednesday 8 April
Year 7
Parent/Teacher/Student
Evening 4.00pm – 7.00pm

Thursday 9 April
Easter Liturgy
Last day Term 1

May God bless and animate you with his own divine spirit,
that you may prove it is Jesus Christ you love
and serve with your whole heart.

The Venerable Catherine McAuley

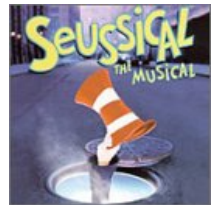
Sisters of Mercy

The Sisters of Mercy have been in Australia since 1846. They first went to Perth, and soon after: Goulburn, Geelong, Brisbane, Adelaide, North Sydney and Bathurst.

Catherine McAuley encouraged the sisters to recognise the goodness of God in all aspects of their lives. Catherine was a woman of action: she sought not only to talk about God and Jesus in the lives of the sisters but also to *do good* for others. This is her expression of love for her neighbour. Educating poor servant girls was her first mission. This soon branched out into other social services for poor women and children.

Seussical the Musical

Have you got your tickets for the show yet? Do not miss out. Tickets can be purchased from the Civic Theatre. Please come along and support our talented students.



Year 12 Parent Information Evening

Last Wednesday evening we had an information evening for parents of Year 12. Information was provided on the HSC exams, assessment and how the UAI is calculated. In addition, Wendy Kent, Year 12 Coordinator, offered some tips and details on key dates, study and commitments for Year 12 students. Mr Greg Cooper, Mr Phillip Bryden-Brown and Mrs Megan Flakelar are all parents of 2008 HSC students who spoke candidly and sensitively about their year with a Year 12 child. I am grateful to these three parents for their wonderful insights into raising, living with and supporting their HSC children. 50% of 2009 Year 12 parents attended the evening.

*Craig Wattam
Principal*



POSITION VACANT SCHOOL CANTEEN ASSISTANT

James Sheahan is looking for a motivated, energetic, organised and hardworking assistant to assist in our school canteen. Previous experience in school canteens would be an advantage. This position is for 5 days per week, 4.5 hours per day. Initial appointment will be for 3 months on a trial basis with the possibility to progress to permanent part-time employment.

Interested applicants should forward their applications to reach the school no later than 5.00pm, Friday 20 March, addressed to:

The Bursar
James Sheahan Catholic High School
PO Box 146
Orange NSW 2800.

HELPING STUDENTS THROUGH THE HSC PART 3

Here are some more pearls of wisdom from Richard Cracknell to help you cope with having a child studying for the HSC.

- It is important to understand that HSC students are under a great deal of pressure. Most will have at least two assessments to prepare for at all times. That is not to mention the need to study for upcoming examinations such as the Half Yearly's, Trials and the HSC itself. It is therefore normal that your child may become "supersensitive and explosive from time to time". The best thing to do here is to not overreact.
- Avoid confrontations and nagging, especially over minor matters. Sometimes students do not have the head space to be able to cope with having to clean their rooms!
- Students will often underestimate their abilities, especially in the lead up to exams. If they present to you in a panic declaring they "know nothing", stay clam and reassure them that they do, and that you will be happy if they "do their best". If you yourself have doubts about their knowledge retention, Cracknell suggests keeping them to yourself.
- Lastly for this issue, Cracknell suggests parents remain realistic about where the HSC can lead your child. There are often other ways for your child to reach their goals.

Again, I hope this helps in the lead up to the HSC. More tips from the experts will appear in future issues.

Wendy Kent
Year 12 Coordinator

P&F NEWS

Please note that the AGM will go ahead next Tuesday, 17 March, at 7.00pm. This meeting will be held in the school staff room which can be accessed via the staff car park. Please attend to discuss the future of the P&F. A note regarding this meeting will be sent home with your child on Thursday 12 March.

Vicki Duff
Publicity Officer

NSW ALL SCHOOLS TRIATHLON

Six James Sheahan students competed at the NSW All Schools Triathlon event at Penrith last week. In the Senior Boys individual event Tristan Harrison excelled placing 10th in the All Schools section and 2nd in the Combined Catholic Colleges section.

Over 750 teams in total competed in the 3 age divisions of the teams' event. Cassandra Skaines, Holly Tobin and Stephanie Harrison represented Sheahan in the Junior Girls Teams event. They finished 15th in the All Schools section and 6th in the Combined Catholic Colleges section. Tristan Harrison, Joshua Fitzgerald and Daniel Bruton represented Sheahan in the Senior Boys Teams event. They finished 3rd in the All Schools section and 1st in the Combined Catholic Colleges section.

The school wishes to congratulate all of these students for achieving such fantastic results. It is a fitting reward for your hard work and dedication to training.

Greg Pell
PD/H/PE

NEWS FROM THE RE DEPARTMENT

Next week all students in the school will be given the opportunity to attend a Reconciliation Liturgy. This sacrament gives all members of the school the opportunity to show their contrition for any wrong-doings they are responsible for, confess their sins and receive absolution. During this time of Lent, Reconciliation is essential in preparing ourselves as a Catholic community for Easter. This sacrament is not about blame, but instead a reminder of God's mercy and forgiveness. It is a perfect time to reflect and unburden ourselves of anything that we may have done that is not authentic to ourselves and to our beliefs.



The theme of this year's Reconciliation Liturgies is 'diamonds'. Students will be shown how we are like diamonds. Despite any flaws we may have, like diamonds we are all precious and unique.

I invite all parents and carers to discuss the meaning and significance of this time with their child prior to the Liturgies to compliment what is being taught to them in their RE classes.

Amber Calleja
Religious Education Coordinator

SCIENCE AND ENGINEERING CHALLENGE

Last Thursday, 5 March, 31 students from Years 9 and 10 went to the Mid-Lachlan Science and Engineering Challenge at Red Bend Catholic College in Forbes.

The day was filled with many different activities such as supplying electricity to a town, designing and building a bridge, and making an air cannon. Everyone had fun and enjoyed the trip.

Shae Draper, Year 9

The students who participated at the University of Newcastle's Science and Engineering Challenge competed against six schools in the region and completed a range of activities based on science, technology and engineering.

The aim of the day was to encourage students to choose science subjects for their Higher School Certificate, and to encourage the students to pursue a science career.

The students displayed fantastic team work and were great ambassadors for the school. They were successful in receiving a



participation certificate. Thank you to Mrs Denney who organised a fantastic day out for the students.

*Gemma Headon
Science Department*

JAMES SHEAHAN & ST PATRICK'S DAY

This year St Patrick's Day will have an additional theme. Along with celebrating our Irish Tradition, with green clothes and attire we will be having our nails painted green. The senior students will do this during recess and lunchtime, for all who want to participate. The purpose of this is to show our support for the Rotary program to rid the world of Poliomyelitis.

The program run by Rotary International, **Lets Nail Polio**, is to rid the world of this disease (Polio). Older members of the community will recall the impact of polio on the lives of many children in the 1950s before routine

immunisation became effective in Australia. At its best it was a debilitating and at its worst, a deadly disease.

Poliomyelitis (polio) remains a crippling and potentially fatal disease that still threatens children in parts of Africa, Asia and the Middle East. The poliovirus invades the nervous system, and can cause total paralysis in a matter of hours. It can strike at any age, but mainly affects children under five years of age

The disease affect children and stops the growth of their muscle and in severe cases will kill children. Even if they recover they are left crippled for the rest of their lives and little can be done to reverse the effects of this terrible disease. They can lose the use of their arms or legs and have to get around in a wheelchair. (See copies of the Facts Sheet on Polio around the school)

Rotary International has been involved in a program of vaccination across the world to completely eliminate the curse of this disease. We have the vaccines to do this; they just have to be delivered to the children who need vaccination. When children are vaccinated they have their fingernails painted to show that they have been vaccinated. The vaccine is administered on a spoon and, in countries where record keeping is not well established; they have to have some way to determine who has been vaccinated. Hence we would like students from Sheahan to have their nails painted to show their support for the children in other countries.

We would like as many students as possible to have their nails painted to show their support for this cause.

Michael Horth



ARE YOU SUPERVISING A LEARNER DRIVER?

FREE workshops are being held for parents and supervising drivers to help you with practical advice about:

- Understanding of the new laws for L and P licence holders.
- Supervising learner drivers.
- Completing the Learner Driver Log Book.

- Understanding the benefits of supervised on-road driving experience.

The RTA, together with Orange and Cabonne Councils, has set up free two hour workshops for parents and supervisors of learner drivers.

The next free workshop in your area will be held on Thursday 19 March at 7.00pm at the Community Services & Information Centre 79 - 81 Kite St, Orange.

To book please contact:

Orange and Cabonne Road Safety Officer
Andrea Hamilton-Vaughan, phone 6393 8600.

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.

SJS JUNIOR SOCCER

SJS Soccer registration forms will be available this week from Sportspower. Anyone who has not yet registered is required to do so this week to allow teams to be organised. Player fees are \$90.00 payable upon registration.

Suzanne Duff
Registrar, SJS Soccer

James Sheahan Catholic High School

Presents.....



The Musical

12th – 14th March
Orange Civic Theatre

Thursday 12th – 8pm

Friday 13th - 8pm

Saturday 14th – 2pm & 8pm

Tickets from Ticketek on 63938111

Adults - \$26.00

Concession - \$19.00

Family - \$70.00

SEUSSICAL™

Music by
STEPHEN FLANHERTY

Lyrics by
LYNN AHRENS

Book by LYNN AHRENS and STEPHEN FLAHERTY
Co-Conceived by LYNN AHRENS, STEPHEN FLANHERTY
and ERIC IDLE

Based on the Works of DR. SEUSS