



Semper Paratus

**Newsletter of
James Sheahan
Catholic High School**

*Volume 24 Number 8
Thursday 19 March 2009*

DATES TO REMEMBER

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

Wednesday 25 March

Athletics Carnival

Monday 30 March to Friday 3 April

Year 9 Outdoor Education
Excursion

Thursday 2 April

Year 12 Exams commence

Closing date for Scholarship
applications

Wednesday 8 April

Year 7
Parent/Teacher/Student
Evening 4.00pm – 7.00pm

Thursday 9 April

Year 7 2010 enrolments due

Easter Liturgy

Last day Term 1

Tuesday 28 April

Student return for Term 2

Monday 4 May

Staff Development (Pupil free)
Day

Saturday 9 May

Scholarship Testing Day

Dear Lord,

You are the greatest of all teachers.

*During this week, we give thanks for the wonderful teaching and learning
that takes place each day in Catholic schools.*

We thank you for

the wisdom and understanding of teachers...

the enthusiasm and energy of students...

the leadership of school Principals and Executive staff...

the support and partnership of parents, carers and local communities.

*We pray that our learning journey be inspired by a search
for your wisdom and truth.*

*We pray that we never take for granted the learning opportunities that
we have been given, and that we use the gifts of learning
wisely and responsibly.*

*We ask that we use what we have learnt to create a better world for all
people, particularly the most vulnerable and disadvantaged.*

*We ask this through our Lord Jesus Christ, your Son,
who lives and reigns*

with you and the Holy Spirit, one God, for ever and ever.

Amen.

Seussical the Musical

I am sure that everyone who took the opportunity to see our school production of Seussical will agree that we just seem to keep getting better and better! I am so incredibly proud of our students who have worked for nearly 6 months in preparing the show. From the students in lead roles, to the band members, back stage crew and students who worked on the set, all have had a vital role to play in ensuring the success of the show.

I offer my warmest congratulations to **Emily Carroll** who directed the show and did such a superb job, **Chris Hanson** as the very talented musical director and a whole host of staff who have worked tirelessly on the production. Thanks also to the parents who have contributed their time, energy and skills to the production. It is an enormous event, and takes the generosity of so many people to bring it to the stage. We have an abundance of willing parents who are always ready to give up their time to help with events such as this. Parents have sewed, brought their enormous truck to load the set, lifted and carried, supervised backstage, plied us with coffee, mended, fixed and fetched and cooked. One parent commented during one of the shows: "It just makes me so proud of our school, I keep fighting back the tears". I think this amply sums up the whole experience.

An enormous thanks also to:

Bridget Flakelar (choreography), Richard Mockler (assistant director), Mrs Rae Peasley (costume design), Mr Les Quick (sets and props), Mrs Liz Sarks, Mr Malcolm Haling, Mrs Michelle Whiteley (backstage manager), Mr Steve Hick, Mr Allan Buckley, Mrs Jacqueline Shields and Mrs Lynelle Maguire.

Catholic Schools Week

Next week is Catholic Schools Week. This is a celebration of Catholic education across all of NSW. We should proudly celebrate the tradition of Catholic schooling and recognize the positive contribution that Catholic schools make to society.

Our school will be participating in the first of two Diocesan Band days on Monday 23 March. This will be held at MacKillop College in Bathurst. Students from across the Diocese will be coming together to form a stage band, concert bands, choirs and string ensembles. This is a wonderful opportunity for musicians to extend their performance skills and to get to know other like-minded young people.

On Thursday 26 March we will open our school to any members of the school community and the general public to have a look at us working on a normal school day. All parents and friends are invited to attend from 11.00am in the school hall. We will offer a simple morning tea, a gathering prayer, and then senior students will accompany you on a tour of the school. You will have the chance to see students working in classrooms. Come and see the great things that we do in RE, Science, English, Maths, HSIE, Design and Technology, Languages and the Creative and Performing Arts. Everyone is invited.

In addition, our Waterwatch team will be demonstrating their skills and explaining their activities to students at St Mary's primary school next Tuesday.

All of Year 8 will be involved in an environmental community activity at Jack Brabham Park, planting grasses and trees for the Orange City Council.

*Craig Wattam
Principal*

CELEBRATING CATHOLIC EDUCATION IN THE 21ST CENTURY

On Thursday 26 March, James Sheahan will open its doors to the public as part of Catholic Schools Week and the celebration of the dynamic, on-going role of Catholic Education in Australia. Parents and interested community members are invited to enjoy a taste of the school "in action" on a typical school day, visiting a variety of classes and experiencing the nature of Catholic education in the 21st Century.

The day will commence at 11.00am in the School Hall. Small groups will be shown around the school by our Year 11 students and are invited to stay for a morning tea. The school will be open for visits between 11.00am and 12.40pm. Anyone intending in being part of the day is asked to notify the School Office on 6362 1422 by Tuesday 24 March for catering purposes.

Catholic schools enrol more than 20% of all Australian students, with 614 Catholic Primary and Secondary schools across NSW and the ACT, providing quality education in a faith-centred environment. This year some 240,000 students in NSW and the ACT will participate in Catholic Schools Week from 22 to 28 March, showcasing the wonderful things occurring in Catholic Schools every day and recognising the many achievements of our students.

James Sheahan is proud of its Catholic heritage and focus on Gospel values, together with its pursuit of academic excellence, provision of a wide range of cultural, social and sporting opportunities and programs aimed at developing the whole child. Come along on the 26th and personally experience the Catholic education experience.

*Peter Meers
Acting Assistant Principal*

DIOCESAN SWIMMING CARNIVAL

On Tuesday 10 March, 26 members of the Swimming Team went to Dubbo for the Bathurst Diocesan Swimming carnival. In a reasonably successful day James Sheahan won both the 17+ Boys' Competition as well as the 16s Girls.

Individually there were 9 students who will go on to represent the Bathurst Diocese at the NSWCCC Carnival at Homebush on 6 May. They are Billy Braithwaite, Kyle Connolly, Tristan Harrison, Sarah Stedman, Peter Thompson, Angus Niven, Lachlan Peake and Ashleigh van Kemenade.

As with any carnival there are students with a large program as well as others with possibly a single swim. I would like to thank all swimmers whichever category they fall into as they all contribute to a very successful day. Thank you to parents who travelled to supported the team and to Mrs Jordan and Ms Sadler for acting as officials on the day. The Diocesan team was Sarah Stedman, Emily Conlon, Abbey Bertrams, Billy Braithwaite, Cassie Staines, Stephanie Raftery, Isaac Beath, Stephanie Harrison, Angus Niven, Monique Haigh, Charles Foran, Eliza Nagle, Kyle Connolly, Kendall Draper, Lachlan Peake, Jane Thompson, Chris Whelan, Ashleigh van Kemenade, Carly Wright, Kim Thompson, Tristan Harrison, Allie Gillett, Peter Thompson, Tahni Whybrow, James Angus and Jack Aubrey.

*David Hurst
PD/H/PE*

SENIORS' DAY!

Wigs, walking sticks and a wheelchair. What were we thinking?

Seniors' Day was held on the afternoon of Friday the 6th of March in the senior area at James Sheahan Catholic High School. Years 11 and 12

students dressed in their Sunday best and participated in activities ranging from croquet, badminton, chess and bingo, to wheelchair time trials. The runner up for the wheelchair obstacle course was Mitchell Davis. The winner of the wheelchair time trial was Luke Boulton. Luke will receive his prestigious silver walking stick prize at this week's year meeting.

Funds raised from the barbeque and activities will help towards the purchase of the Year 12 gift to the school. A total of \$155 was raised.

The prestigious best dressed awards were highly contested with a number of bowls ladies, floral dresses, suits, cardigans and braces. A decision was made and the male winners were Curtis Bowie and Luke Murphy. The female best dressed prizes were awarded to Holly Madden and Amy Symons who dressed as fanatical fitness grandmothers, and Sarah Randall who brought her knitting along. These students will receive a movie voucher as their prize.

The Leadership Team would like to thank all the students who were involved, the teachers who gave up their own time to help supervise the evening, Astley Mobility for generously supplying the wheelchair and anyone else who offered support and assistance.

Clare Parmeter
On Behalf of the student Leadership Team

GET OUT AND GET ACTIVE

Did you know that if you are between 12 and 18 years old, you need to be doing at least 60 minutes of moderate to vigorous physical activity every day to keep healthy?

(Source Australia's Physical activity Recommendations 2004)

It is also recommended that adults should put together at least 30 minutes of moderate intensity physical activity on most, preferably all, days.

In the upcoming weeks all students Yrs 7-10 will have opportunity to meet their daily physical activity requirements as they will be participating in a cross country run during Physical Education classes. The school course is just over 2km on the school grounds. All students are encouraged to do their best and complete it in the fastest time possible for them. Some students will be able to run the whole course, others may need to jog and power walk for small periods as required. Students should also bring water bottles and asthmatics are reminded to carry their relievers with them. As there is no school cross country carnival the times students run are used to select the school cross country team to compete at the Diocesan Carnival at Lake Canobolas in May. Students will run the course three times in Physical education and the six fastest times for each age division will be selected to compete in the following distances:

Age	Boys	Girls
12yrs	3km	3km
13yrs	3km	3km
14yrs	4km	4km
15yrs	4km	4km
16yrs	6km	4km
17yrs	6km	4km

So remember ***Get Healthy, Get Active.***

Jo Kingham
PD/H/PE coordinator

SRC REPORT

A casual clothes day was held on Tuesday in celebration of St Patricks Day with many students dressing in green for the occasion. However, students also had the opportunity to paint their nails green in support for the Rotary International program "**Lets Nail Polio**" which focuses on ridding the world of Poliomyelitis. As mentioned in our previous newsletter, Polio is a horrific, debilitating disease that mostly affects young children under the age of five, often in countries less fortunate than our own. In places where record keeping is almost impossible, children paint their nails to show that they have been vaccinated. By doing the same, students at James Sheahan showed their support for Rotary's efforts and also for children living in less fortunate circumstances, recognising their own good fortune in having these vaccinations available in Australia.

Again, in awareness of those less fortunate, students are encouraged to give what they can to the Caritas donation boxes which were distributed in roll calls this week. The house that raises the most money will be rewarded with a free BBQ and ice-cream so please give generously towards this special cause.

Ayla Manwaring
Year 10 SRC Representative

OPENS RUGBY LEAGUE

On Wednesday 11 March the Opens' Rugby League team travelled to Dubbo for the Western Region round of the Arrive Alive Cup.

Teams were placed into pools of four and played a round robin format to decide the two top positions for each pool. We were placed in a pool consisting of Cowra High, Mudgee High, and Dubbo Senior College.

Our first match was played against Cowra High School. The boys started very sluggishly and turned the ball over too often. With a shortened first half they went to the break at 0-0. In the second half Cowra had the better of the play and with 10 minutes gone they scored the first try out wide and led the game 4-0. Three minutes later they crossed again for their second unconverted try to lead 8-0. Sheahan then started to gain some momentum and finally crossed the Cowra line through a kick and a

terrific chase from Kirk Phillips for him to score. Duncan Young converted to bring the score back to 8-6 but with not long left, that became the final score.

The second match was played against Mudgee High School. This time the boys definitely came ready to play. Duncan Young crossed the line early and converted the try to lead 6-0 after 4 minutes. Two minutes later Duncan Young crossed again and converted to take Sheahan to a 12-0 lead. The match then flowed evenly and with only minutes remaining in the second half, Mudgee crossed out wide to make the score a little more respectable at 10-4.

Our final pool game was played against one of the potential favourites, Dubbo Senior. This time we were never really ready and after conceding a try in the first set of six, our heads dropped and the game was quickly taken out of reach. By half time we were behind 24-0. In the second half Dubbo scored early to take the lead out to 30-0 before we rallied to keep the score there.

This therefore finished us for the day as we finished only third in our pool. Many thanks to our coach, Wade Judd, for his efforts and to Greg Pell who also assisted.

*David Hurst
PD/H/PE*

CAREERS

Year 12 students who are thinking of taking a year off next year before commencing University studies in 2011, should be starting to put their CV together NOW, before the year gets really busy and you are caught up with exam preparation. If you need help with this task please do not hesitate to come to the careers office and see me.

I would also like to stress to Year 12 that it is their responsibility to come and get information NOW about their options and not to leave it until it is too late. All students should have back up options such as other Uni courses, TAFE or apprenticeships. Please make an appointment to discuss your options with me if you need some help and advice.

Year 10 students will do their Work Experience pre-preparation course over the last two weeks of this term in weeks 10 and 11.

*Michelle West
Careers Advisor*

NATIONAL INTER-SCHOOLS EQUESTRIAN EXPO

Firstly, congratulations must go to the girls who represented their school and the efforts they made to look the part. Thanks also to Ian White and Bardi Mannix who spent so much time assisting the girls at the event. Also, thank you to Mrs Jan Hayes who attended at her own expense to support the girls.



Both girls performed well under the pressures of the competition and results are as follows:

Amelia White

- Placed 3rd in FEI level 2.3 Dressage Test for all Year 12 entered in Competition;
- Entered in the ODE for all Year 12 Students at Preliminary Level
- Competed in 2 rounds of Equitation Show Jump for all Year 12 Students
- Overall came 7th Nationally for her age group.

Alex Wolters-Mannix

- Placed 4th in the ODE for all Year 11 Students at 1 Start Level
- Placed in FEI level Dressage test for all Year 11 entered in Competition
- Competed in 2 rounds of Equitation Show Jump for all Year 11 Students
- Overall came 3rd Nationally for her age group.

Well done to both girls and what a great effort. We are still waiting for placings in the Show jump rounds as the girls left for the long drive home prior to the placings being announced. So watch this space for any updates.

Antje White

ORANGE SPORT

SJS Junior Soccer Club registration deadline is Friday, 27 March. Players in the 13, 14 and 15 years age groups are needed. Please phone Frances Young on 0407952675 if interested.

Orange City Rugby Club requires players in the U13 team. Contact Tony Dalton on 63620182 for further information.

SJS Cricket Club AGM will be held at Kelly's Rugby Hotel on Tuesday 31 March 2009 commencing at 6.30pm. If you wish to attend, please contact Tracey van Schaik on 63631814.

Orange & District Soccer Referee's Association will be holding a Soccer Referee's Course in April. Minimum age is 14 years. Contact Rodney George, course convenor, on 63619862 for further information.