



Semper Paratus

**Newsletter of
James Sheahan
Catholic High School**

*Volume 24 Number 9
Thursday 26 March 2009*

DATES TO REMEMBER

**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
Closing date for Scholarship
applications

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

Thursday 9 April
Easter Liturgy
Year 7 2010 enrolments
due
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

**Monday 11 May, Saturday
16 May, Monday 18 May**
Year 7 2010 Interviews

Lord

We pray we will 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 your Son, Jesus Christ
Amen.*

Over 240,000 students from across NSW and the ACT are celebrating 'Youth in Action' during Catholic Schools Week this week. Catholic Schools Week marks 156 years of Catholic education in NSW and the ACT.

Our parish school system is unique to Australia and we represent one of the most successful Catholic schooling systems in the world. Our schools enrol more than 20% of all school children in Australia. We should be justifiably proud of the education that Catholic schools have provided in the last century and a half.

This week we are opening our classrooms so that visitors might take a look at what goes on in our Catholic school. We have participated in a number of community events. Last week, potential Year 7 students for 2010 visited us and we held a parent information evening so that interested parents might learn more about what we have to offer. Current Year 7 students told of their experience of high school thus far.

I am proud of the education we offer here at James Sheahan. When I walk around the school talking to our students, it is obvious to me that the vast majority of them like coming to school and enjoy the opportunities that are on offer here. It is important to have a happy school. It is also important to have a school where learning is valued and where students actually strive to improve. I think that we are achieving these aims thanks to our students, to committed teachers and to parents who so readily support what we do.

We have high expectations of our students and I don't apologise for this. In having these expectations, it encourages students to work hard and to set high, yet realistic goals for themselves.

Thank you for the contribution that you make to your child's Catholic education.
*Craig Wattam
Principal*

Important dates for Year 7 2010

Closing Date for
Academic Scholarship
Applications
Thursday 2 April 2009

Closing Date for
Enrolment Applications
Thursday 9 April 2009

Scholarship Testing Day
Saturday 9 May 2009
9.00am - JSCHS School Hall

Closing Date for 2010 Bursary Applications
Friday 10 July 2009

Year 7 2010 Enrolment Interviews
Commencing Monday 11 May 2009

DEBATING TEAM IN FINAL

Congratulations to Shannon Fadaee, Madelaine Clifford, Amy Foran and Ayla Manwaring, who have gained a place in the final of the North Orange Rotary Club's Dudley Debating Cup. This team narrowly defeated Kinross Wolaroi in the second round and will now meet Molong Central School in the final.



The final round of the competition will be held on Thursday 2nd April, 2009. James Sheahan will argue the negative case for the topic "That rights are more important than responsibilities". The debate will be held in the Kokoda room of the Ex Services Club and guests are welcome as audience members from 7.20pm. The debate will commence at 7.30pm.

Best wishes to these debaters for this event.

Robyn Stevens
Debating Coordinator

YEAR 7 PARENT/ TEACHER/ STUDENT EVENING - Wednesday 8 April 2009 4.00pm – 7.00pm

A Year 7 Parent/Teacher/Student Evening will be held in the School Hall on Wednesday 8 April, between 4.00pm and 7.00pm. The evening provides an important opportunity for Year 7 parents/carers to discuss the progress of their child in the light of the Interim Report that Year 7 students will receive in the week commencing 30 March.

This evening plays a vital role in ensuring that Year 7 students have adjusted positively to the significant differences between primary school and secondary education, that they feel confident and comfortable with their transition to James Sheahan and are displaying an effective approach to their school work. Teachers at James Sheahan also recognise the value and importance of open and constructive communication with parents/ carers and students at this early stage of the school year. The evening also provides an opportunity for parents to become acquainted with their child's teachers.

The evening presents an occasion for teachers to recognise and affirm the achievements of Year 7 students, to discuss with parents/ carers and their Year 7 child any areas causing concern and to provide information on overall progress. Questions regarding the content and structure of courses as well as assessment issues can also

be discussed at this time. The input of the student in these discussions is actively encouraged.

Booking forms need to be completed and returned to the Front Office by Wednesday, 1 April. Due to the demand for interviews only bookings made by this time can be catered for. Forms can be returned to the school via students, post, fax or email. Confirmed booking times will be returned to parents through their Year 7 child.

Peter Meers
Acting Assistant Principal

STUDENTS LATE TO SCHOOL

The number of students arriving during or after roll call has increased over the last couple of weeks. Arriving on time is an important life skill we would like to instil in our students. The school has the following procedures in place to address lateness:

- If a student reaches their home room after roll call has started, they will need to report to the Corner Office to gain a Late Note.
- If the reason for being late is beyond the control of the student, they will need a note. To make this easy on parents/carers, a signature in the student diary on the day is all that is needed.
- If a student does not have a note or signature in their diary for that day, then it is assumed the student is late because of circumstances within their control. In this case, a lunchtime detention will be issued.
- Cases of a late bus or appointments with teachers are treated separately to the above points.

Students will be reminded of these procedures on the school Assembly this Friday. Please note the bell for the start of roll call is at 8.43am.

In the case of students arriving later than 9am, they must report to the School Office to be recorded as present. A note explaining the reason for being late is required.

Thank you for your support in this matter

Michael Tilston
Administration Coordinator

PHASING IN OF THE NEW SCHOOL UNIFORM

There still appears to be some confusion about the phasing in of the new school uniform. This information was enclosed in a letter which was sent out to all parents with the Semester 2 report last year. It has also been included in the School Newsletter on a number of occasions. In the interests of clarity we provide the information again.

2009	Year 7 Only
2010	Years 7, 8, 9 and 11. (Years 10 and 12 will still be in the old uniform)
2011	All Years in the new uniform.

A reminder that students cannot wear a combination of the old and new uniforms.

Paul McKie
Student Welfare Coordinator

NEWS FROM THE RE DEPARTMENT

Lent is well and truly underway, with all students in the school taking part in Reconciliation Liturgies last week. This was a chance for the students to confess their sins and be absolved by God.

At this time all Christians are preparing themselves for Easter. It is, therefore, a fitting time to think about Lent and its meaning. Our "40 days" for the Lenten period is a round number with symbolic meaning. The Jews spent "40 years" in the desert on their way to the Promised Land. Jesus spent "40 days and 40 nights" fasting in the desert before beginning his ministry.

In the early centuries, the fasting days leading up to Easter varied – in some places two days, in others a week. Gradually this grew longer and longer, and by the mid-fourth century, Lent began six weeks before Easter.

However, fasting was always prohibited on Sunday, which meant that there were only 36 fasting days. To resolve this, the Church added four days of fasting (Ash Wednesday, and the Thursday, Friday and Saturday after Ash Wednesday), thus giving us 40 days of fasting. Lent itself ends on the evening of Holy Thursday (the vigil of Good Friday). We then begin the Triduum, the most sacred three days of the year, lasting through to Easter Sunday evening.



There are many symbolic images associated with Lent. One with a not so obvious meaning is the pretzel. As a reminder that Lent was a time of prayer, pretzels were ancient Christian Lenten bread shaped in the form of arms crossed in

prayer. They were called *bracellae*, which is Latin for "little arms".

Amber Calleja
Religious Education Coordinator

HOCKEY



Congratulations to Amy Symons and Emily D'Aquino on gaining selection into the Opens NSWCCC Hockey team.



This is a fantastic achievement for both girls. Well done.

David Hurst
PD/H/PE

MUSIC NEWS

We have started a number of new ensembles for instrumentals players this year. These groups will have lots of opportunities to perform throughout the year.

Orchestra - for students who play string, woodwind, brass, or percussion instruments. The orchestra rehearses each Monday period 1 in G6.

Stage Band - for saxophones and brass instruments. The stage band rehearses each Friday at 7.45am to 8.35am in G6.

Concert Band - for woodwind, brass and percussion players. The concert band rehearses period 4 each Tuesday in G6.

Choir - the choir has been running for three years and continues to grow in popularity. Choir rehearsals are Wednesday afternoons from 3.15 to 4.30pm in G6.

If you aren't already involved in one of these groups and you would like to be, please see Mrs Shields for instrumental ensembles, or Miss Carroll for choir.

Learn the Trombone

We haven't got enough students playing the trombone at our school so we are looking for people who may be interested in taking it up. Mr Gerry Ramage will be teaching trombone in small group lessons, once a week. Mr Ramage is an excellent teacher and an ex member of many professional orchestras including the Sydney Symphony Orchestra.

The school has trombones to hire, so you don't need to buy one. If you are interested in learning the trombone, please see Mrs Shields.

Diocesan Band and Vocal Day

On Monday 23 March, twenty seven students travelled to Bathurst to participate in the first of two Diocesan band and vocal days. Nearly 300 students from schools around the Diocese rehearsed together in a number of different groups, including a stage band, two concert bands, two string ensembles, and a choir.

The second and final Band Day for 2009 is at St Stanislaus' College on 15 May. There will be a concert for parents, family and friends at 2.15pm on 15 May in the St Stanislaus' College Performing Arts Centre.

*Jacquie Shields
Band Coordinator*

PARENTS AND FRIENDS ASSOCIATION

At the Annual General Meeting held last week a new committee was elected and we welcome:

President: Rob Turnbull
Vice President: Vicki Duff
Secretary: Anne Worrad
Treasurer: Margaret Young
Publicity Officer: Tania Rusden

An inaugural Diocesan Gathering has been organised by the Bathurst Catholic Education Office to discuss the role of parents in Catholic schools. Presentations on the day will be made by Mr Peter Hill, Mrs Gene Smith (Bathurst CEO) and Danielle Cronin from Catholic Education Networks.

At the end of the day's discussions it is hoped that a parent body will be formed with a representative from each school within the diocese. All parents are welcome to attend.

Venue: Ambassador Motel, Orange
Date: 4 April 2009

It is free of charge and lunch will be provided. Interested? Please book by emailing amfergus@bigpond.co.au by 29 March 2009.

Also, coming up next term we will again be holding the Family Trivia Night, more details will be advertised in the school newsletter in the coming weeks.

*Tania Rusden
Publicity Officer*

CATHOLIC SCHOOLS WEEK

Approximately 9,000 students and 34 schools in the Diocese of Bathurst will join more than 600 Catholic Schools and the 11 Dioceses of NSW and the ACT in celebrating Catholic Schools Week from 22-28 March 2009.

The theme for this year's celebration is "Youth in Action".

This week will be a marvellous opportunity to acknowledge the contribution Catholic schools make in educating young people. The 2009 Catholic Schools Week theme "Youth in Action" allows schools to showcase the learning and teaching, innovation, faith and excellence that are part of their schools. Schools will share with the community what is done every day in our schools by inviting the community in to experience learning and teaching at its best.

Catholic Schools Week provides an opportunity to recognise the dedicated and committed teachers and support staff who do so much to assist students with their learning. It is also a time to celebrate the critical relationship between school and parish and acknowledge the support and contribution of Priests to Parishes and Catholic schools.

Catholic Schools will celebrate Catholic Schools Week in their own way in their own community. Some of the activities that schools will showcase include open days, guided school tours, gala sports days, musical performances, parents and grandparents days, and liturgical celebrations.

Catholic schools in the Diocese of Bathurst are welcoming and inclusive to all people who are willing to share our values. Please join us as we celebrate "Youth in Action" during Catholic Schools Week 2009 and get in touch with the Catholic school in your community.

*Peter Hill
Executive Director of Schools
Diocese of Bathurst*

SJS JUNIOR SOCCER

If anyone has not yet returned their SJS Soccer forms, would they please do so this week as teams have nearly been finalised. Players are still required for the U12 division.

*Suzanne Duff
Registrar, SJS Soccer*

SOCCER REFEREES COURSE

The Orange and District Soccer Referees' Association is running a course for male and female referees. The course will be held in the library at Canobolas High School on Wednesday 1 April, Thursday 2 April and Wednesday 8 April from 6.00pm - 8.30pm. The cost of the course will be \$60. The minimum age for course participants is 14 years.

For further information contact Rodney George on 63619862.