



Semper Paratus

Newsletter of
James Sheahan
Catholic High School

Volume 24 Number 14
Thursday 14 May 2009

DATES TO REMEMBER

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

**Tuesday 12 May to
Thursday 14 May**
NAPLAN Testing
Years 7 and 9

Wednesday 20 May
Family Mass

School Disco

Friday 22 May
Year 12 Presentation
Assembly

Year 12 Semester 1
Reports issued to students

Thursday 28 May
Year 12 FACTS Day

Monday 1 June
Year 11 Exams
commence

Tuesday 2 June
Staff Development Day
(Pupil free day)
Year 11 students to attend
if they have exams
scheduled

Tuesday 9 June
Years 7 and 9 Exams
commence

Monday 15 June
Years 8 and 10 Exams
commence

“O God, give me strength
to be victorious over myself.
O guide my spirit
and raise me up
from these dark depths
so that I may fearlessly struggle upward
in fiery flight.

For it is you alone, Lord,
who understands me
and can inspire me. Amen.

Ludwig van Beethoven



Beethoven wrote this prayer when he was completely deaf, around the time his famous 9th Symphony was first performed in Vienna in 1824.

When this prayer was offered at Staff Briefing last week, it struck me how lucky most of us are to be well, healthy and free.

There has been a lot of news coverage in the last few days about the lady in the US who has now come forward to tell her story after undergoing a face transplant. As I listened to the prayer with the staff, I couldn't help but think of this woman who has undergone incredible trauma and ongoing pain over a long period of time. After 27 surgeries, she still faces the prospect of many more.

It is a sober reminder of how lucky we are, and how grateful we perhaps can be for the good health we enjoy but also take for granted so easily.

New School 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.

Valuing compassion, courage and hope, our students will be prepared for a changing world.

This week will be the final week I will be writing about the new school mission statement. This time I will focus on the final sentence of the statement.

There are many Gospel values that Jesus calls us to subscribe to. In addition, both De La Salle and McAuley articulate a number of these as the kernels of their life's work and vocations. Whilst we could have listed any number of very important values such as love, forgiveness, truth, justice and the like, we felt that these three are so powerful, that they indeed subsume and fairly represent what the LaSallian and Mercy spirits are really on about.

We were conscious of our role and mandate as good educators. We do not need to teach our students so that they can merely pass exams, or do well whilst they are at school; we need to ensure that they are equipped with the skills to take their place in the world, and to be able to draw on these values

firstly and skills secondly, such that they are *prepared* for the world. This neatly echoes our school motto (semper paratus = always prepared) as well as acknowledges the fact that our world is a dynamic force that is changing, and changing at an ever increasingly rapid rate.

Good education, indeed an excellent education needs to aspire to 'growing' young people who are not only equipped for a changing world, but who make an impact on and a positive contribution to this world. In embedding these core values of compassion, courage and hope, we feel that we are giving our students the best opportunity to be Catholic (in the widest sense) men and women, who will be loving, just, tolerant, forgiving and truthful.

Our mission statement is deliberately concise. Our hope is that in being brief, it will be memorable and the key values we hope to instil in students provide them with a ready reference for their efforts, behaviour and attitudes.

*Craig Wattam
Principal*

Dear Parents,

When Lord Kitchener famously pointed and boomed "Your country needs you", he was asking for volunteers during World War I.



At the moment, our country is fine but James Sheahan canteen is desperate for many volunteers to help run a seriously understaffed facility. The canteen relies on community-spirited people to give up their valuable time to help in this regard.

There are a variety of ways that volunteers can assist. It isn't just about serving the students at the canteen, but there are also jobs behind the scenes, such as preparing drinks, making lunches, stocking the fridges and cleaning.

Unlike Kitchener, the school isn't asking for an 'ultimate sacrifice', not even a particularly large one. Lunch times are the most critical periods when the 'trenches' are unmanned, so the commitment would be only for about an hour. It also doesn't have to be a regular commitment – it could be weekly, monthly or even just once in a while.

The enlistment procedures are not onerous either. The school is calling on anyone – parents, grandparents, aunts, uncles, siblings or just friends of the James Sheahan community to contact the school and 'Do their bit'.

So, if you are a volunteer, and would like to help the school's canteen and allow the students to "march on their stomachs" again, please contact the school canteen on 63616120 and register your interest.

Yours faithfully,

Michelle Whiteley & Marcus Richards
(Years 7 & 8 Coordinators)

PEER SUPPORT FUN DAY

On Friday, 8 May 2009, Year 7 visited the Botanic Gardens for a Peer Support Fun Day.

We came to school as normal then we caught the bus to the Botanic Gardens where we got into groups and started activities.

The first activity was a run around a 1.5km track where we collected sets of coloured paddle-pop sticks. The winning group got Freddo Frogs.

Next activity we had to make a row of tyres and walked over the top. Soon after we had a bean bag race then we did an obstacle course with climbing obstacles.



After recess we were sorted into groups where we had to design a flag, a mascot, a name, a dance and a warcry for a mini Olympic Games ceremony.

My team was called Miniopolis and our mascot was Jack Bruton dressed up as a yellow warrior.

Next was lunch, thanks to the Mums and Dads, and we had a sausage sizzle. Then we went around in the groups and attempted games.



These games included Toss the Footy Through the Hole, Over and Under, Quoits, Mini Softball, Mini

Hockey and Mini Soccer.

We then caught the bus back to James Sheahan and went home.

The day was exactly what it was called – FUN. I made some new friends in our groups and enjoyed spending the day with them plus my current friends. The Fun Day was awesome.



Hilary Eddy, 7M

I would like to express special thanks to Brett Matthews, Colin Gillette, Kathy Asimus, Michelle Eyles, Raelene Carman and Vicky Duff for helping out with the BBQ. I would also like to thank all the Year 11 Peer Leaders who put so much energy into the day and were integral to its success, and also all the staff, especially Ms Bongini, for her tireless efforts in organising the day.

*Michelle Whiteley
Year 7 Coordinator*

NEWS FROM THE RE DEPARTMENT Family Mass

Next Wednesday, 20 May, will be our Family and Friends Mass. All parents and carers are warmly invited to attend this celebration of our faith and of the people "whom we cherish". The Mass begins at 11.00am in the school hall and will be followed by a talk from Mr Daniel Keep. Daniel is a past student of James Sheahan and son of Mrs Roz Keep. He will share his experience of school, with his family and friends all of which have helped him in his career in the armed forces. We look forward to seeing many members of our community at this special event.

Yr 11 Academy BJE excursion

Next Tuesday, 19 May, the 2 Unit Studies of Religion class, along with Mrs Sue Humphrys and Mr Michael

Tilston, will be attending the Jewish Academy at Bondi for a series of lectures about Judaism. These discussions are in line with the syllabus content of Studies of Religion II, and they are also a great way for our students to hear people discuss their lived faith. Our common heritage, as found in Jesus as a practising Jew, lets us see the ways in which our faiths are similar, but just as importantly, the ways in which we are different. This experience will hopefully be carried on with our students for many years to come.

*Amber Calleja
Religious Education Coordinator*

SCHOOL FEES

This is a friendly reminder that Term 2 fees are due on 29 May 2009 (unless you are paying by direct debit or other arrangements are in place). Please phone the School Fees Office on 6362 3049 if you need any further information.

*Annalisa Covelli and Kate Sharpe
School Fees Office*

CENTRAL WEST AFL GALA DAY

The James Sheahan Under 14s AFL team competed at the Central West AFL gala day last week. The team consisted of the following boys; Caleb Campbell, Matthew Dalton, Jacob Parton, Nicholas Stewart, Nicholas Moran, Timothy Abraham, James Ryan, Liam Gough, Mitchell Fogarty, Jack Sharpe, James Croke & Thomas Fisher.

Sheahan started well with a comprehensive 59 - 7 win over Orange High School. In their second game Sheahan were again big winners defeating Canowindra High School by 59 - 26. Sheahan played their third game without a break and fatigue showed as they were beaten by Kelso High School by 40 - 30. In their final round match Sheahan played a much bigger Blayney High School and were beaten 29 - 15.

Despite losing two round matches, Sheahan gained a place in the final against Blayney High School due to their superior percentages. However, Blayney again proved to be too big and strong and they won comfortably by 47 - 27.

Congratulations to the Sheahan Under 14s AFL team on finishing second place overall. This is a fantastic achievement considering that many of the members of the team had not played a game of AFL prior to the day.

*Greg Pell
PD/H/PE*

OPEN AFL TEAM

On Wednesday 6 May, the Open Boys AFL team competed at the Central West AFL Gala Day held at Bloomfield Oval in splendid football conditions.

Teams from Bathurst, Parkes, Young, Kelso, Lithgow, Blayney and James Sheahan participated in the event. It was a round-robin based tournament with each team playing 4 games which determined a spot in the grand final.

Each game was played under revised rules which included only 12 per side, smaller playing fields and 2 x 10 minute halves per game. Only designated forwards were permitted to have the ability to score. Players were rotated at the end of a 10 minute half.

The results were Game 1 – Bathurst 39, Sheahan 18; Game 2 – Kelso 39, Sheahan 32; Game 3 – Sheahan 44, Blayney 7; Game 4 – Sheahan 40, Lithgow 22.

JSCHS didn't make the grand final however won 2 out of their 4 games which was a solid effort.

James Sheahan showed that they have quite a bit of depth and certainly have some up and coming players. The Central West will soon pick a team from the Gala Day and there will be a few James Sheahan players that will be in contention for this side.

*Ray Doolan
Coach*

DIOCESAN CROSS COUNTRY

Last Thursday we hosted the Diocesan Cross Country carnival at Lake Canobolas. It was a magnificent Autumn day with perfect conditions for running. The day provided much entertainment and many students from JSCHS achieved great results.



The day began with a win and the setting of a new record in the 18 Years Boys 8km run to Nathan Sutherland.

Nathan completed the course in a fast time of 30m 48s, cutting nearly 3 seconds off the previous record. The 17 Years boys event was another fantastic event and was won by Daniel Bruton once again in the new record time of 21m 42s over 6 kms. This new record for Dan now sees him as the record holder in all Diocesan Cross Country events at the lake ranging from 13 Years to 17 Years boys. Great effort Dan!

Our boys continued to do well in all age groups with Tristan Harrison gaining 3rd in the 17 boys, Tom Satterthwaite 2nd in the 14 boys and Brandon Connolly also gaining 2nd place in a very fast and close 13 year boys event. Other boys to do well and qualify for CCC Cross Country at Eastern Creek next month include Sam Cubbin, Pat Blackwell, Kyle Connolly, Tim Abraham, Cameron Clarence, Kyal Furbank, Zackery Wright, Sam Duffy and Shouma Koko. The boys also cleaned up in the teams' events winning all age groups from 12 through to 17. Congratulations Boys!

The girls also did well with Molly Satterthwaite winning the 12 years and Charlotte Jasprizza winning the 13 years girls. Another notable performance went to Beth Thompson gaining 3rd in the 13 years event. The 12 years and the 13 years girls took out the teams' event. A number of other girls ran well and have qualified to run at Eastern Creek at the CCC Cross Country in June. These girls include Alexandra Gillett, Lauren McDonnell, Kayla Skelly and Kate Oliver.

Thanks for all the help provided on the day by the students of 10-1 who were great marshalls, recorders, time keepers, place givers and did many other jobs. Thanks to Mr Pell for all his organisation and Mrs Jordan for helping out on the day. I look forward to travelling to Sydney next month with our team of great runners and celebrating their successes with them.

*Michelle Whiteley
Cross Country Team Manager*

SHEAHAN SUPREME BEEF EXHIBIT

A team of classy Shorthorn cattle led by Sydney Royal Easter Show champion bull Norton Park Daniel helped local Catholic High School James Sheahan to dominate the ribbon placings at Orange Show.



Winning both Champion Shorthorn bull and Grand Champion Interbreed bull of show, the stylish young bull followed through from his Sydney success taking out the Supreme beef exhibit of Orange

Show.

The school also exhibited the Interbreed champion female, a 16 month old Charolais heifer Gunyavale Carlotta led by Year 10 student Madeline Ewin on behalf of Gunyavale Charolais stud as part of Carlotta's EKKA preparation.

Described by judge Tania Guaran as "an elegant animal that moves extremely freely with excellent conformation placing her over a field of classy mature females," including the Supreme Shorthorn female Royalla Augusta also shown by James Sheahan.



This four year old cow was shown with twin heifers at foot and is the dam of Norton Park Daniel and the Reserve Champion Shorthorn female Norton Park Bridie proving her productive capacity as a dam of champions following her EKKA Reserve Championship last year.

The team also collected the Junior Champion Shorthorn female with Norton Park Dylan, a half sister to Norton Park Daniel, and Reserve Champion Junior Shorthorn female as well as collecting the Reserve Champion Angus female with Norton Park Bambi.

Year 11 student William Zarnow really extended himself - literally - when leading the Grand Champion bull Squaremeater on behalf of Jacob Kennedy. William, Emily Pankhurst and Min-Tsung Cheng all scored extremely well in the junior judging finals.

The students came through in the judging and parading section of the show with the Champion Junior Parader awarded to Year 9 student Eyrn Coles and the Reserve Champion awarded to Year 10 student Hayden Morrow.

The junior judging championship was won by Year Eight student Jessie Phillips with Reserve Champion going to the winner of the senior division Year 10 student Kristen

Fredrickson. Second place in the junior section was Jacqui Camilleri and second place in the senior section was awarded to Joshua Doulman.

James Sheahan also exhibited the Senior Champion Any Other Breed female, a two year old Droughtmaster female Maruk Collie on behalf of John and Peg Bowler, while local junior and James Sheahan ring-in Miranda Eyb exhibited the Grand Champion Any Other breed female Maruk Doori. This combination also went on to win the Under 12 Paraders Competition, which was a great win for the eight year old who currently attends Nashdale Public School.

Year 11 student Sarah Ewin showed her versatility fresh off a championship win with the school bull Norton Park Daniel in Sydney, she also competed in the meat sheep judging at Orange Show winning first place, while younger sister Madeline was awarded third. The substantial school display shared the prestigious Herdsman's award with Year 10 student Hayden Morrow's "Morrow Shorthorns" exhibit.

SRC NEWS

The next event for the SRC is the disco which will be held on Wednesday 20 May. The theme is Die-hard Disney, which means anything Disney. As always there will be great prizes for the students who express the theme for the night in the best way possible. If it is a Disney character, prince or princess it will be seen at the disco. Don't miss this great chance for a fun night out.

We have also presented a Brother Fredrick Sheridan Award to Katherine Moses for her outstanding achievements with the cello. She has been playing the cello for close to 10 years and has completed her 8th grade exam. This year she will be doing her A.Mus.A exam. Katherine has competed in many eisteddfods and has won scholarships with the Orange Conservatorium. She recently won a concerto competition to play solo with the Orange Youth Orchestra and also plays in many concerts with Orange Symphony Orchestra. Katherine also teaches young students to play the cello within the conservatorium. She is a very worthy recipient of this personal best award.



Holly Fredericksen, Year 8

P&F MEETING

Please note the change of venue for the next meeting of the P&F committee which will be held in the meeting room of Kenna Hall at 7.30pm Tuesday 19 May. The Music Support group will be speaking.

The Family Trivia Night will be held on Friday 19 June in the school hall. Tickets are \$5.00 ea and will be available at the school office from next week. It's sure to be a great fun night for the whole family.

If you can spare some time helping out I'm sure we can find you a small job.

We also welcome donations for prizes and these may be left at the front office for collection.

*Tania Rusden
Publicity Officer*

SJS JUNIOR SOCCER urgently requires more players for their U/14 age group.

For further information contact Pat Moran on 63625265.