



Semper Paratus

Newsletter of
James Sheahan
Catholic High School

Volume 24 Number 17
Thursday 4 June 2009

DATES TO REMEMBER

Friday 5 June

Elective Music Evening

Monday 8 June

Public Holiday

Tuesday 9 June

Years 7 and 9 Exams
commence

Monday 15 June

Years 8 and 10 Exams
commence

Friday 19 June

P&F Trivia Night

Thursday 25 June

Casual Clothes Day

Friday 26 June

Year 11 Reports issued to
students

Music Concert

Kenna Hall

Tuesday 30 June

Year 11 Presentation
Assembly

Year 12 Studies of Religion
Excursion - day 1

Wednesday 1 July

Year 12 Studies of Religion
Excursion - day 2

Senior

Parent/Teacher/Student
Evening

Friday 3 July

Year 10 Retreat

*Breathe in me, O Holy Spirit, that my thoughts may all be holy.
Act in me, O Holy Spirit, that my work, too, may be holy.
Draw my heart, O Holy Spirit, that I love but what is holy.
Strengthen me, O Holy Spirit, to defend all that is holy.
Guard me, then, O Holy Spirit, that I always may be holy.
Amen.*

The Holy Spirit

Last weekend was Pentecost Sunday, where we were gifted with the Holy Spirit. This aspect of the Trinity is sometimes difficult to understand. It is perhaps easier to come to an appreciation of the working of the Holy Spirit in our everyday lives by looking at the presence of the Spirit in *others*, rather than attempting to feel the Spirit's work in *ourselves*.

When we connect in positive ways with our family and friends, when we are appreciative of their kindnesses and good deeds, done unconditionally, we become aware that this connection is bound by more than obligation, friendship, or history. It is almost beyond our human understanding at times that other people would behave in such loving ways toward us. This, I think, is the Holy Spirit at work in our lives. The Holy Spirit is our guide, our comforter and our moral compass; steering us in the direction we know we should be travelling even when we resist!



The Holy Spirit is a living thing: the Creed suggests that the Spirit is the "Lord, the giver of life". It is also active: the Holy Spirit gifts us with attributes that we can use for the benefit of others.

The children in our Parish who last weekend received the Holy Spirit in their Confirmation, are encouraged, as are all people of faith, to use these gifts wisely. When we are really touched by the behaviour of one to another, our humanity is blessed by the workings of the Holy Spirit.

This week we were fortunate to have spent a day with Fr Richard Leonard. Fr Richard provided us with an inspiring day, where we were challenged to align our faith and culture; to be aware of the world in which our children live, and to make healthy connections to our faith to help us in this world. We were certainly offered countless examples of how our faith (and the Holy Spirit) works in our lives to help us through both the tough times as well as the great celebrations. Staff of the Orange Catholic schools thoroughly enjoyed the opportunity to spend the day listening to Fr Richard.

New Uniform - Girls

It has come to my attention that some girls are refusing to wear the winter shirt. I would like to remind families and girls that the winter shirt is a compulsory item in the winter uniform. The summer shirt is **not** to be worn during Terms 2 and 3. I would ask parents to ensure that their daughters are wearing the correct items of uniform, please.

Craig Wattam
Principal

RUGBY LEAGUE

Congratulations to Duncan Young on his efforts on 22 and 23 May in the NSWCCC Rugby League Carnival in Tamworth. His team had some mixed successes over the two days and by all reports Duncan played very well.



Results:

Day One

Versus Northern Country lost 32 - 16

Versus Metropolitan Colleges lost 34 - 8

Day Two

Versus Sydney Independent Schools won 16 - 10

Unfortunately this was the first time for a while that a Country Catholic Colleges team was not formed, which was very unfortunate for Duncan.

BILL TURNER CUP SOCCER

On Thursday 28 May our Junior Boys' Soccer Team travelled to Cowra to play their Round 2 match of the Bill Turner Cup.

It was a miserable day and the surface was slippery, making it difficult for our midfielders to pass the ball around and play the type of soccer they excel at. Still, the skill levels were high and Sheahan played some attractive football.

After just one minute a Brad Fuda strike hit the woodwork and Jacob Mustac was on hand to knock in the rebound for a 1-nil lead. Later in the half Jacob Kopp also struck the post and the ball deflected off a Cowra defender for an own goal and a 2-nil lead.

In the second half Kyle Connelly showed some clinical finishing to give Sheahan its third and final score. I am sure we would have scored even more goals had conditions been more favourable. Captain Grant Koch had a strong game in central midfield, and defenders Brandon Connelly and Alex Fowler were outstanding.



In the coming weeks we play Kelso High in Round 3, the winner of which will go on to play in the regional final.

Nick Hyndes

P&F NEWS

Year 12 Parent Social Evening

After our very successful get together last year, we are again inviting all parents of Year 12 students to a social evening at the Blackwell's. So we can make this an easy night for our hosts, you'll need to bring finger food, drinks and a photo of yourself on leaving school!

When: Friday 3 July

Where: 58 Casey St Orange Ph 6362 8015

Time: 7.30pm

No need to RSVP, just turn up and have a good time.

Also keep in mind the forthcoming events - the Family Trivia Night and the Music Evening.

Donated prizes for the Trivia Night may be left at the Front Office.

*Tania Rusden
Publicity Officer*



P&F Family Trivia Night

Date: Friday 19 June 2009

Time: 7.30pm

Cost: \$5.00ea (sitting at tables of eight)

Where: James Sheahan School Hall

Tickets available now from the School Office.
Get your friends together for a great night out.

Lots of Prizes to be WON

Raffle Drawn on the Night for a
\$1000 Coles Myer Gift Card

MUSIC SUPPORT TEAM

Dear Parents, have you thought about coming to the JSCHS Music Department's "**Music Manifesto**" on Friday 26 June 7.00pm in Kenna Hall?

This promises to be a fantastic night of entertainment and a great opportunity to socialise and connect with other families in our school community. You'll be amazed at the calibre of the performances. Tickets for the night are \$15 for adults and \$10 for students. It's a BYO nibbles, drinks and glassware with tea, coffee and slices provided. You can purchase tables of 8 (or any part there-of) with tickets available from the school office or Angus and Robertson, Summer Street.

Hope you can join us.

*Trish Aumuller
Music Support Team*