

# Semper Paratus

Newsletter of  
James Sheahan  
Catholic High School

Volume 24 Number 18  
Thursday 11 June 2009

## DATES TO REMEMBER

**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

**Thursday 2 July**  
Senior  
Parent/Teacher/Student  
Evening

**Friday 3 July**  
Year 10 Retreat

**Friday 10 July**  
Years 7 - 10 Reports issued  
to students

Last day Term 2

**Monday 27 July**  
Students return for Term 3

*Father,  
You sent your Word to bring us truth  
and your Spirit to make us holy.  
Through them we come to know the mystery of your life.  
Help us to worship you, one God in three persons,  
You reveal yourself in the depths of our being,  
by proclaiming and living our faith in you.  
Grant 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.*

Last Sunday was Trinity Sunday. As Catholics, when we commence our prayer, we bless ourselves in the name of the Father, the Son and the Holy Spirit. This physical, ritual action reminds us that as we touch our heads; we pray with our minds, as we touch our hearts, we pray with that heart, and as we cross ourselves from one shoulder to the next; we pray for strength, and courage to do what is right and to work for Truth. Next time you make the sign of the cross, let it be with your intellect, your heart and with the strength of conviction!

### **Music and teenagers and social skills**

Ever since Bill Haley and the Comets performed Rock Around the Clock and Shake Rattle and Roll, and Elvis gyrated his hips at the Heartbreak Hotel, teenagers have been listening to rock music.

As a musician and a music educator, I am thrilled that people choose to listen to music of all types. Whether your particular flavour is country music, or serious art music or indeed thrash metal, it is all worthy of our ears. In years gone by, music was a communal event; the only way to hear it (if you weren't actively involved in playing it) was through the radio or on a stereo. Personal listening devices such as iPods and mp3 players are just that: personal. This means that no-one else can listen with you.



The iPod is convenient, and is a neat, portable piece of equipment. My concern with it is the ease with which we can now block out the rest of the world. It is commonplace to see people of all ages, but particularly young people, with the earphones almost permanently stuck in their ears. This means they are essentially deaf to the rest of the world. iPods can be extremely anti-social devices. Students who choose to listen to their iPod during meal breaks, are making a statement to their peers that they do not want to interact with others. At home, iPods can similarly isolate young adolescents from the rest of their family. What are your family rules about when and where the iPod can/should or should not be used?

I would encourage our students to refrain from listening to personal listening devices during meal breaks. This is a time for social skills to be exercised and indeed developed. Students need this time to interact with their peers, not cocoon themselves in their own private world.

I travel on the trains in Sydney quite often. There aren't many people on them who are not doing one of two things: listening to an iPod or talking on a mobile phone. Personally, I like to take in all of my surroundings – both aurally as well as visually, and enjoy the break from the phone and other sounds!

Craig Wattam  
Principal

## **ABSENCE FROM FORMAL EXAMS AND FORMAL ASSESSMENT TASKS**

As students enter the formal examination period it is important that they and their parents/ carers are clear on the James Sheahan policy regarding acceptable absence from formal examinations and formal assessment tasks.

As stated in the assessment booklets distributed to all students at the beginning of the school year the taking of family holidays does not constitute a valid reason for being absent from a formal examination. This also applies to all formal assessment tasks. Likewise, absence from the above due to attendance at a leisure or recreational event, such as a music concert or NRL match, is not considered valid grounds for an extension or rescheduling of an examination or formal assessment task.

Students who miss an examination or formal assessment task due to the above reasons will receive a "0" mark. Variations from the above policy would only be approved under exceptional circumstances and would only be considered if sought in writing before the examination or task. In these cases, students need to submit a written application to their Year Coordinator for special consideration. Approval should not be considered as an automatic result of such applications. Naturally, the school recognises and understands absence due to sickness, family crisis or tragedy, and events beyond the control of a student. In these cases, students need to provide written explanation (including a medical certificate for illness, in the case of Years 10 to 12) and alternative arrangements would be made. School, diocesan, state or national representation is recognised as a valid reason for being absent from an examination or task.

These policy guidelines reinforce to students the importance of their school education, help provide a level playing field for all students, minimise the opportunity for unfair advantage and safeguard the integrity of examination papers and formal assessment tasks.

*Peter Meers  
Acting Assistant Principal*

## **STUDENT WRITERS' SHOWCASE**

The English Faculty would like to announce the establishment of the Student Writers' Showcase. This will be a compilation of our students' best written work in the areas of poetry, short stories, essays and articles.

It is entirely voluntary, but all talented writers should be interested in submitting works for possible inclusion in the Showcase. It will be linked to the James Sheahan website, so that anyone who opens our website will have access to our best work.

Please encourage your talented children to work on items they might like to submit.

Students should only submit work they have drafted, edited, re-drafted and polished up to a high standard.

This should be an exciting and unique way of recognising our best students' work. Submissions are now open. See Mr Hanson for more details.

*Chris Hanson  
English Department*

## **THE SWINE FLU AND THE HSC**

What follows is advice regarding students sitting the HSC, from the Board of Studies, dated 9/6/09.

**"If HSC assessment tasks are disrupted due to swine flu related student or staff absences, schools should apply their existing policies and the Board's usual guidelines for illness and disruptions to school assessments."**

In the case of James Sheahan Catholic High School, this means that students should apply for an extension or misadventure upon hearing of their diagnosis. In the case of examinations and in-class tasks, parents should make contact with the school prior to 9 am on the day of the task to inform the school of their child's absence. A courtesy phone call to the school in the case of hand in tasks would also be appreciated.

**"Depending on each student's circumstances and the nature of the task, the Principal may decide that an extension of time is granted, or award a mark based on a substitute task."**

Students at James Sheahan Catholic High School should address all extension and/or misadventure appeals to the KLA Coordinator of the subject they have missed. The form for these appeals is located in the green-covered Assessment Guidelines and Policy Statement each student has been issued with. These forms can be faxed to the school marked to the attention of the relevant KLA Coordinator.

**"If the Principal is satisfied that suitable supervision is available, it may be possible for students to complete assessment tasks while they are away from school. In exceptional circumstances (eg where undertaking a substitute task is not feasible or reasonable) the Principal may authorise an estimate based on other appropriate evidence."**

In cases where measures such as these become necessary, students will need to provide adequate documentation such as medical certificates to help the school determine the nature of any action needed.

*Wendy Kent  
Year 12 Coordinator*

## CSIRO VISIT SHEAHAN

The CSIRO (Commonwealth Scientific & Industrial Research Organisation) presented a dynamic science show for Year 8 Science and Year 12 Biology students. The Year 8 students viewed the 'Cool Chemistry Show'. This was all about chemical reactions. They saw demonstrations of chemicals producing different coloured light in flames, how a catalyst speeds up a chemical reaction and a chemical called Luminol that forensic scientists use to see blood stains. Year 12 students were involved in a hands-on workshop that looked at gene technology. Here students did an



experiment on separating DNA molecules which included using very delicate equipment, normally found only in research laboratories.

*Ben Thomson  
Science Coordinator*

## COONABARABRAN NORTH WEST EQUESTRIAN EXPO

What a great four days. The following results speak for themselves:

### One Day Event:

- 2<sup>nd</sup> in B Grade – Alex Wolters-Mannix
- 11<sup>th</sup> in B Grade – Craig Hausler
- 18<sup>th</sup> in C Grade – Carly Wright

### Working Horse Challenge

- 2<sup>nd</sup> in 14 years – Eden McDonell
- 4<sup>th</sup> in 16 years – Lauren McDonell

### Team Six Bar

- 9<sup>th</sup> in Six Bar Showjump – Amelia White, Alex Wolters-Mannix, Craig and Jacob Hausler

### Open Showjumping

- 4<sup>th</sup> in AM7 Showjump – Amelia White – 17 years
- 4<sup>th</sup> in A2 Showjump – Craig Hausler – 16 years
- 6<sup>th</sup> in Power and Speed Showjump – Jacob Hausler

### Team Barrel Race

- 1<sup>st</sup> – Alex Wolters-Mannix, Lauren McDonell and Kelly Durkic (La Salle Lithgow)

### Sporting

- 4<sup>th</sup> in 14 year Keyhole – Eden McDonell
- 4<sup>th</sup> in 16 years Barrel – Lauren McDonell

### Hacking

- 5<sup>th</sup> in 16 years Hack – Alex Wolters-Mannix
- 2<sup>nd</sup> in 16 years bareback – Alex Wolters-Mannix

- 4<sup>th</sup> in 16 years Hack – Lauren McDonell
- 2<sup>nd</sup> in 14 years Hack – Eden McDonell



Our Six Bar Team – Alex Wolters-Mannix, Craig Hausler, Amelia White and Jacob Hausler

Considering our small number of students, with over 540 other competitors, including 100 school groups, this is excellent. The most impressive result was the Barrel race, where, by coming first, the girls have earned themselves a rug and the satisfaction that we beat NEGS by 0.4 second. Not only this, they were one team in about 110 others. With the six bar showjump, the team jumped with over 60 teams and showed great determination in the event. All students should be proud of their achievements as they were great ambassadors for the school, earning compliments on their behaviour and presentation. Congratulations should also go to the parents, Lisa and Wayne McDonell, Kathy and Lee Hausler, Ainslie and Brian Wright, Bardi and Steve Wolters-Mannix and Antje and Ian White, for without their assistance and support, the team would not



Lauren and Eden McDonell getting ready for their hack classes

exist and would certainly not be as successful as they have been this year. Personally, I would like to thank Bardi Wolters-Mannix for preparing the team, Antje White who took over the reins as team manager for Monday and Tuesday and Ian White who took some great photos throughout the event. If you would like to see some additional

photos of the team, go to the photo gallery on the school website.

*Jan Hayes*

## AUSTRALIA'S BIGGEST MORNING TEA

Last Thursday, 4 June, Year 7 students and their families played host for Australia's Biggest Morning Tea at JSCHS. This was a wonderful occasion which allowed our students to do something for others. The school Food Rooms were inundated by wonderfully



yummy treats and by the support of over twenty mothers and grandmothers who gave their time to help and support this very worthwhile cause. As well as the food and support of Year 7 students and their families, this occasion also allowed every student and staff member present in the school on Thursday the opportunity to give, as the stall at



Recess was flat out selling and serving all who came and gave to the cause. Despite the rainy and cold conditions, the day was filled with care, compassion and support for the Cancer Council and the people it tries to support.

The total amount that we raised is \$482.55. So whether you donated pretty marshmallow cupcakes, toffee apples, Mars Bar slice, or you just came along and bought something, thank you very much. A huge thank you to all the mothers and grandmothers who volunteered their time to help cut, display and serve. The generosity of spirit was very refreshing and as the Cancer Council says, "Every cup (or slice of cake) counts in the fight against cancer". Thank you.

*Michelle Whiteley  
Year 7 Coordinator*

### **YEATES SHIELD RUGBY UNION**

The Open boys' rugby union team played in the first round of this competition against St John's Dubbo last week. The wet weather was not very conducive to playing free flowing rugby and the match became a battle between both sets of forwards.

In the first half St John's scored early but were unable to convert leaving the score at 5-0. Sheahan managed to hit back with a barge over try to Duncan Young which he also converted to make the half-time

score 7-5 in favour of Sheahan.

Midway through the second half,



Jacob Kennedy scored but the try was not converted to leave the score at 12-5. Sheahan defended strongly after this but the St John's attacking pressure became too much and they scored in the corner with six minutes remaining. The St John's goalkicker kept his nerve and converted the try to make the score 12-12. Unfortunately, Sheahan could not score again and St John's won the match due to being the first team to score a try.

It was a tough way to lose the match but the Sheahan boys showed good sportsmanship and took the defeat graciously. Thank you to Brett Matthews for coaching the team again this year and to Paul McKie for his role as manager of the team.

*Greg Pell  
PD/H/PE*

### **INTERNET FILTERING AND MONITORING**

At James Sheahan Catholic High School we believe that the Internet provides an invaluable extension to the information resources available at the school. Therefore, students should have the same rights of access to this information resource as they do to other resources in the school, for example, the school library.

At James Sheahan Catholic High School any student accessing the Internet will have the responsibility to:

- Use Internet access for appropriate use only. Appropriate use at James Sheahan Catholic High School is regarded as use for educational purposes in the pursuit of learning and knowledge in accordance with the directions or guidance of a teacher.
- Appropriate use of the Internet at James Sheahan Catholic High School excludes students from downloading software from the Internet unless specifically directed to by a supervising teacher. This also applies to installing executable files (games etc) onto the school server.
- Students must agree to use email for educational purposes only and to accept the guidance of a supervising teacher as to what constitutes educational purposes.

### **Web Filtering**

James Sheahan Catholic High School uses web filtering software to provide our students with a safe browsing environment. The software is used to protect students from being exposed to inappropriate material. The filtering software is also designed to protect against viruses and malicious software invading our network through staff and student downloads. Our filtering works by blocking access to Internet websites and protocols that are deemed inappropriate for educational purposes. The following protocols and categories of websites are blocked:

- Adult/Sexually Explicit Material
- Advertisements & Pop-Ups
- Chat and Instant Messaging
- Gambling
- Hacking
- Illegal Drugs
- Personals and Dating
- Social Network Services
- SPAM, Phishing and Fraud
- Spyware
- Tasteless and Offensive Content
- Violence, Intolerance and Hate.

### **Monitoring student use of the Internet**

No filtering system is 100% accurate owing to the rapidly expanding nature of the Internet, at times some students access inappropriate material either by mistake or intent. We have noticed that some students try to access inappropriate material by going through a number of sites that link inappropriate sites to legitimate sites. The path that students follow to access inappropriate material can now easily be monitored using our filtering software.

**Our technical staff monitor all student use of the internet.** A student who intentionally accesses inappropriate material on the Internet will be referred to the Student Welfare Coordinator for appropriate discipline, this may include limited or no access to the school network.

*Darron Snare  
ICT Coordinator*

### **FACTS 2009**

Year 12 students travelled to CSU Bathurst 2 weeks ago to participate in the FACTS Tertiary Information Day with other senior students from the Central West. Over 50 exhibitors from TAFE, universities, private colleges and other service providers were on hand so that students could gather information about courses, post school training, financial support and many other details relating to their futures. After the market session the students were engaged by Mr Bruce Buchanan from the Orange Business Enterprise Centre who stressed to them the importance of taking action and setting goals now, networking with people who can improve their chances of success, and surrounding themselves with others who will make positive and supportive contributions to their decision making.

I am encouraging Year 12 students to regularly log onto the CareerCentral web site for which they have all registered, as important dates, events (such as Open Days) and employment options are coming through on the site. Information on resumes and interviews is also available on CareerCentral.

Check [www.careercentral.edu.au](http://www.careercentral.edu.au) and follow the prompts. Students from other years are also able to register and I can provide application forms to do so.

*Kaye Heron  
Careers Adviser*

### **GIFTED AND TALENTED**

The following information was made available to our school from the Central West Gifted and Talented Support Group. CENTRAL WEST SUPPORT GROUP is a member driven non-profit organisation committed to supporting parents, educators and others who share a common interest in gifted and talented children

The Central West Support Group's next meeting will be held on the 15 June 2009 at the Orange Public School Library at 7:00pm (doors close at 7:30pm

but late arrivals by arrangement). All welcome to attend.

At this meeting Leanne Dixon (OPS Assistant Principal and member of GATS Western Region group) and Denise Wood (President of NSWAGTC) will be discussing the role of Central West regions gifted education team and how they work with schools to improve opportunities for gifted and talented children.

*Lynelle Maguire  
Gifted and Talented Coordinator*

### **HUMAN SWINE INFLUENZA UPDATE**

This update is from the Catholic Education Office Bathurst, dated 5 June 2009.

Children who have travelled to the following locations will be required to stay away from school for seven (7) days after their return to NSW: Greater Metropolitan Melbourne, Mexico, Panama, USA, Canada and Japan.

It is important that we take this advice seriously and make sure we follow it in all our schools.

If there are other members of the family who DID NOT travel with the child to the locations, they can continue to go to school.

NSW Health advise that anyone returning from one of the above locations who develops flu-like symptoms should seek medical advice.

### **ADOLESCENTS COPING WITH EMOTIONS**

#### **Small Group Workshop Years 8-9 Term 3**



The Curran Centre Adolescent Unit has approached our school to run a program designed to teach skills to deal with emotional changes that occur during adolescence.

ACE aims to increase an individual's ability to cope effectively with the changes and to increase their resilience. It teaches skills and strategies in problem solving, improving relationships with others, coping with feelings and building self esteem.

How is ACE run?

- in small groups ( 8 students)
- over 8 weeks with one session a week during Term 3 in class time
- facilitated by 2 group leaders - an Adolescent Counsellor from Community Health Service and the School Counsellor
- Free of charge.

We are asking for volunteers to participate.

If you and your child think this may be helpful, please contact myself for more detailed information so that you may come to a decision.

*Ms Bongini  
School Counsellor*

## CLOTHING POOL UPDATE

With only Year 12, 2010 and Year 10, 2010 being in the old school uniforms, all uniforms in the Clothing Pool will no longer be required.

At the end of 2009, it is our intention is to donate all of these uniforms to a Mission school overseas.

If you would like your second hand uniforms returned to you, and not donated, please contact me through the School Office by the end of this term, Friday 10 July.

All uniforms held after this date will be donated.

*Marg Young  
Clothing Pool*

## NETBALL

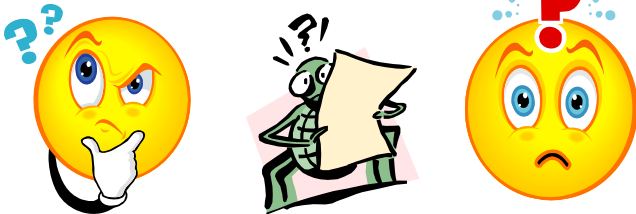


Congratulations to Emma Mills and Carly Wright who represented Blayney last weekend at the State Netball Championships, held at Berkeley.



The girls showed exceptional fitness and endurance to play 23 games of netball over 3 days to receive an encouraging result for the Blayney team.

*Beth Mills*



## 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*

## YEAR 11, 2010 UNIFORM

RAINER DESIGN GROUP  
creating uniforms to make happy & comfy

Dear Parents

It's time to order the **NEW School Uniform for Year 11 2010.**

Orange Clothing Company has made it easy with an **Optional Progressive Payment Plan**

### 5 Simple Steps

1. Call Now and make an appointment
2. We will assist with fittings
3. Place your order (20% deposit required)
4. Pay progressively (This is optional)
5. Final payment & pick-up

To guarantee availability, orders must be placed.

*Summer Uniform delivery into store will be November 2009.*

Fittings will commence 13 July and continue until 24 July 2009 and will be by **Appointment only**

To make an appointment  
Call Bernadette or Teresa  
On 02 6361 1512

Orange Clothing Company  
33-35 Sale Street, Orange NSW 2800