

Semper Paratus

Newsletter of
James Sheahan
Catholic High School

Volume 24 Number 19
Thursday 18 June 2009

DATES TO REMEMBER

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 - 7.00pm

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
4.00pm - 7.00pm

Friday 3 July
Year 10 Retreat
8.43am - 8.30pm

Friday 10 July
Years 7 - 10 Reports
issued to students
Last day Term 2

Monday 27 July
Students return for Term 3

Dear God

Let us prepare for winter. The sun has turned away from us and the nest of summer hangs broken in a tree. Life slips through our fingers and, as darkness gathers, our hands grow cold. It is time to go inside.

It is time for reflection and resonance. It is time for contemplation.

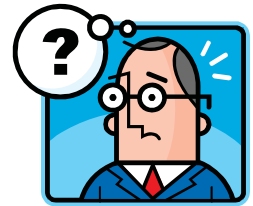
Let us go inside.

Amen.

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Trivia Night

I trust that everyone in our school community has been listening carefully to the news, reading the most recent sport reports, and memorising long lists of trivial facts, details and celebrity gossip in preparation for our Trivia Night, tomorrow evening in the school hall. Mr Michael Croke will be the MC for the evening, and as always, will be not only very entertaining, but will ensure that a really enjoyable evening is had by all.



Please do not miss out on your chance to actively support both the P&F and the school community by coming to the Trivia Night tomorrow evening. The evening is not just about fund-raising!

Your contact details

Have you moved house or changed your phone number, or altered your emergency contact details? Have you informed the school of any changes to these details? Please let us know immediately of any changes to the above. It is vital that we have accurate records on file.

Minerals Bursary Dinner

Last week I had the opportunity to attend this evening where three of our Year 12 students were awarded with a Bursary. These students are: Patrick Allan, Mitchell Davis and Michael Fogarty. During the course of the evening, undergraduate University students as well as newly graduated engineers, geologists and environmental scientists gave presentations on their various roles, interests and careers to date. The thing that impressed me most about all of these young people was their ability to speak well. It just reinforced to me that the most marketable and useful skill our students will need in preparation for the workforce is communication. This skill is portable and is essential for every career I can think of. It is wonderful to see young adults who are confident, enthusiastic and genuinely inspired by the paths they have chosen. Congratulations to our three bursary winners.



Craig Wattam
Principal

ANNUAL FINANCIAL and EDUCATIONAL REPORT 2008

The school's latest Annual Report is now available in hard copy from the school office. It is also available for download from the school's website: www.jschs.nsw.edu.au.

AUSTUDY FOR HIGHER EDUCATION

There has been a lot of debate in the media recently about the changes to Youth Allowance introduced by the Rudd Government as part of the latest budget. The changes are significant and complicated.

I would urge all parents, particularly those of senior students, to follow the link below and to read the information available on these changes. The web address to gain information from is:

<http://www.deewr.gov.au/HigherEducation/Pages/TransformingAustraliasHESystem.aspx>

At the time of writing, three Year 12 students were attending the public forum being held by MP John Cobb on this topic. Their report on what was discussed appears below.

*Wendy Kent
Year 12 Coordinator*

YOUTH ALLOWANCE FORUM

On Wednesday 10 June, Caitlin Dickson, Danielle Sinclair and myself were fortunate enough to be able to attend a public forum at John Cobb's office in Orange, in regard to the proposed changes to the Youth Allowance scheme. These changes include working a minimum of 30 hours per week for 18 months.

Upon hearing that the forum was to take place, the school leaders of Orange High School, Kinross Wolaroi School and James Sheahan Catholic High School got together to start a petition against the changes. In just over 24 hours, the 3 schools were able to acquire just over 1500 signatures of people who disagreed with the changes.

About 30 people attended the meeting, including representatives from the 3 schools. We were then encouraged to express our views and how it would affect us. Overall, the points that kept coming up were that the changes were extremely unfair on rural students in particular, as many (most) believed that it is extremely hard for a school leaver to find part time or casual employment that will guarantee them 30 hours work a week, necessary to qualify for Youth Allowance. Not only this, but to work for 18 months means that to qualify, students will most likely have to take 2 years off before going to university – by which time their UAI will have expired, and it is unlikely that any course will let you defer for 2 years.

Youth allowance has played a key role in helping many school leavers attend university away from home, as it helps pay for the very basic needs for living – accommodation and food (not required for many who live in the city, as they can still live at home while studying).

Mr Cobb was delighted and very impressed when the petition was handed over to him. Although it was unclear exactly when a decision will be made, he believed that it would be unlikely that the changes would be passed in the senate, as he (and no-one else) could see any advantages that would come out of the changes.

*Patrick Allan
School Captain*

SENIOR PARENT/TEACHER/STUDENT EVENING

Parents of Year 11 and Year 12 students are reminded that the Senior Parent/Teacher/Student evening will be held on Thursday 2 July in the school hall. All parents of senior students are urged to attend.

This evening will be particularly important for the parents of Year 12 students, as it is one of the last opportunities available to parents and teachers to communicate information relating to student progress before the commencement of the Trial HSC in August.

Booking sheets were distributed to students at last week's Year Meetings. These sheets must be returned by 9.00am Wednesday 24 June if you want an appointment with your child's teachers.

If your child did not bring home a booking sheet, please do not hesitate to contact myself or Mrs Denney and we will endeavour to get a sheet to your child.

*Wendy Kent
Year 12 Coordinator*

EDUCATION TAX REFUND – DON'T FORGET TO CLAIM

How do I claim the Education Tax Refund?

- In your tax return.
- If you don't lodge a tax return, claim on a separate form or over the phone.
- If you use a tax agent, make sure you ask them to claim for you.

The Education Tax Refund lets you claim up to 50% of eligible education expenses for school children. If you are eligible, you can get back up to \$375 for each primary student and up to \$750 for each secondary student. You can claim things like text books, stationery and even internet costs.

If you receive Family Tax Benefit Part A for a child at primary or secondary school, you will be eligible. Some other people are eligible too, to find out more about this and other information such

as what you can and can't claim go to australia.gov.au/educationtaxrefund or call the Tax Office on 13 28 61.

Remember, you need to keep all receipts for expenses you claim.

NEWS FROM THE RE DEPARTMENT

RCIA Program

The school is running a RCIA program for students at our school in conjunction with the parish. RCIA basically offers any interested students the opportunity to become a Catholic. This program has run successfully in the past and we have been offering information sessions at lunchtimes for people who want more information. I encourage interested students to take up this offer if they feel strongly about the Catholic faith that they see in action through our school.

Year 10 Retreat

As a Catholic school we offer many opportunities for students to connect with God in a meaningful way. Year 10 will be involved in such an experience on Friday 3 July with their Retreat/ Reflection Day. The Retreat has activities that run from 8.43am until 8.30pm and will be held in the school hall. Retreats are a **compulsory** part of schooling at James Sheahan Catholic High School and it is expected that all students will attend for the entire program. James Sheahan staff will facilitate the program with the assistance of Mr Chris Doyle from Karis Ministries. Father Carl Mackander will be celebrating the Eucharist on the Retreat.

The Retreat aims to help students grow in their relationship with God and their fellow students. It supports the work done in Religious Education and reflects the Catholic ethos of the school. Sensitive to the needs of the students, the activities have been tailored to be challenging, experiential, enjoyable and build in the students a belief in self and others.

Amber Calleja
Religious Education Coordinator

TEXTILES AND DESIGN NEWS

The students of Year 10 Textiles Technology have recently completed a large and challenging project. They were required to construct a coordinated outfit that showed versatility in the design. Many of the students chose complex pieces to construct, such as fully lined jackets and tailored pants. Slim line skirts, smart vests and structured shirts were also featured in their choices. The outfits were able to be worn as daywear and then dressed up to suit another occasion.



The quality of construction in the clothing was excellent and the students showed a very good knowledge of design and style coordination in their projects. Congratulations to these students on their efforts throughout this semester.

The Australian Wool Fashion Awards hold an annual competition that showcases the apparel of Australian designers. This year, our school had two students who entered this prestigious competition.

They were Year 11 students, Caitlin West and Emily D'Aquino. Both students entered in the school section of the competition and received 2.5 metres of wool fabric that had to be made into a military inspired outfit. Their designs were selected from a large group of applicants to be modelled at this year's Royal Easter Show. Caitlin West took out an award for excellence in design and construction.



This was an outstanding effort from both students who have applied themselves in their own time, to this national project.

Kerry Kidd
TAS Coordinator

UAI CHANGES TO ATAR

You may have heard recently on various news reports that students who are sitting the HSC this year will no longer receive an UAI. The University Admissions Centre (UAC) has changed the name of the UAI to the Australian Tertiary Admission Rank (ATAR). The reason for the change is primarily to allow for a common name and scaling procedure to be applied to all entrance ranks across Australia.

There are two changes associated with the name change.

1. The highest entrance rank will now be 99.95 instead of 100. This brings NSW into line with the majority of states in Australia.
2. The ATAR will indicate a student's position "in relation to the Year 7 cohort they began high school with" instead of the Year 10 cohort the UAI has previously used.

The University Admissions Centre stresses that, "there will be no practical consequences for students". This is because:

- the rules for the ATAR are exactly the same as for the UAI
- marks will be scaled in exactly the same way so the rank order of students will be the same
- the same applicants will be selected for the same courses, as any change in an ATAR compared to a UAI will see an equivalent change in course cut offs.

Further information is available at www.uac.edu.au and UAC will be sending information home in the mail to Year 12 students.

Wendy Kent
Year 12 Coordinator

AMBULANCE ACCOUNTS SENT TO PARENTS/CARERS

It has come to our notice that when our students require transport to hospital from school, or as a result of an accident away from school on sporting activities or excursions, the NSW Ambulance Service is billing parents/carers direct. If your health fund does not have ambulance cover, it is important that you do not ignore the account. Please bring it to school so that we may claim the account from our Ambulance membership. If we do not receive the account, the NSW Ambulance Service will proceed to collect the amount from you via their collection agency. Please remember to forward the account to us for any incidents that happen at school or at a school sporting or excursion activity.

John Churchland
Bursar

SCIENCE NEWS

GOOD LUCK to our senior chemistry students who will be competing in the NSW Schools Titration Competition on Friday. James Sheahan Science Department will play hosts for schools across the Central Western region.

Over past weeks our nine competitors, Grace Blackwell, Nicholas Mullen, Michael Fogarty, Clare Parmeter, Vincent Tang, Alfred Chan, Matthew Van Schyndel, Neesa Fadaee and Tahni Whybrow, under the guidance of Mr Thomson, have busied themselves in the prep rooms to refine their titration skills and calculations.

Students will compete in teams of three, and in ninety minutes will complete a set of acid based titrations to determine the unknown concentration of a weak acid. Over nine hundred students across the state will be hoping to win the trophy and an invitation to the National Competition held later in the year.

Tania Rusden

ORANGE INTER-SCHOOL SOCCER COMPETITION

The Open Girls' soccer team played Orange Christian School in the second round of this competition on Monday. The team put in a much improved performance compared to their Round 1 match.

In the first half the Sheahan girls found it difficult to hit the back of the net despite creating many goal scoring opportunities. However, Tegan Kerr and Beth Thompson both scored to give Sheahan a 2-0 lead.

In the second half Alex Quick scored two goals, Sarah Ewin scored one goal and a Christian School defender scored an own goal to make the final result a comprehensive 6-0 win to Sheahan.

Congratulations to all the girls for their strong performance and a big thanks to Kira Churchland for coaching and to all the parents and spectators who braved the cold conditions to support the team.

Tiffany Roweth and Megan McFarland
Year 11

NETBALL

As part of the Orange State Age 14s squad, students Georgia Duffy, Elise Lawry, Shannon Kavanagh, Sarah Roberts, Rebecca Smith and Tayla Wasson travelled to Parkes for the Netball Carnival on Sunday.

Playing 9 games the girls achieved the runners up for the day, edged out by Griffith in a very exciting 13-12 game. Other towns playing included Bathurst, West Wyalong, Young, Cowra, Parkes, Forbes and Mudgee, with Orange having convincing wins over all these teams. Orange played some brilliant netball and the girls were a credit to their school and their town.

Chris Roberts
Manager Orange 14s

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

Canteen Price List

Effective 18 July 2009

SANDWICHES

Vegemite	2.00
Cheese	2.00
Tomato	2.00
Salad	3.50
Salmon	3.50
Salmon Salad	4.00
Tuna	3.50
Tuna Salad	4.00
Ham	3.50
Ham Salad	4.00
Roast Beef (Pickles)	3.50
Roast Beef Salad	4.00
Chicken	3.50
Chicken Salad	4.00
Egg	3.50
Egg Salad	4.00
Toasted Sandwiches	20c extra
Bread Rolls	60c extra
Buttered Buns	80c
Hot Cheese & Bacon Rolls	2.00
Hot Cheese Rolls (sauce 20c extra; sauce & mustard 30c extra)	2.00
Apple Pies - hot or cold	2.00

Gluten Free Foods (Coeliac)

Pie (Meat)	5.00
Sausage Roll & Chips	5.00
Chicken Nuggets & Chips	5.00
Chips (hot)	3.00
Gravy	1.00
Ham & Cheese Toasted Sandwich	4.50

HOT FOOD

Mini Chicken Wraps	3.00
Pies (low fat)	3.20
Little Pies	2.00
Sausage Rolls	2.50
Pizza Rounda	2.20
Pizza Singles	2.20
Wedges – Small	2.20
Wedges – Large	3.00
Hamburger & Salad	4.00
Hamburger Plain	3.20
Cheese Burger	3.20
Chicken Burger	3.20
Hot Dog	2.50
Chicken Tenders	1.50
Hot Roast Beef Rolls	3.50
Noodles	2.20
Fish & Chips	Sm - 3.50 Lge - 4.50
Pluto Pup	2.00
Hot Chicken, Cheese & Mayo Rolls	3.50
Sour Cream, Chilli, Tartare, Tomato Sauce, French Dressing, Italian Dressing	30c

Homemade Foods

Lasagne	3.80
Tuna Mornay	3.80
Shepherd's Pie	3.80

Soups - Terms 2 & 3 only

Pumpkin, Chicken & Corn, Minestrone	Sm - 3.00 Lge - 3.50
Bread Roll	50c

DRINKS

1 Litre Plain Milk	2.30
600ml Plain Milk	1.60
300ml Plain Milk	1.20
600ml Flavoured Milk	3.20
300ml Flavoured Milk	2.20
Fruit Juice – Small	1.50
Fruit Juice – Large	2.00
Fruit Popper	1.20
Spring Water – 600ml	1.50
Thorpedo	1.80
Sparkling Flavoured Water - Sm	1.50
Sparkling Flavoured Water - Lge	2.20
Milo	1.50

FRUIT & SALADS

Piece of Fruit	60c
Fruit Salad Bowl - Terms 1 & 4 only (depending on availability)	Sm - 2.50 Lge - 3.50
Salad Bowl	4.00
Salad + Meat, Fish or Egg	4.50
Chicken Caesar Salad	4.50
Caesar Salad	3.80
Chicken Wraps (Chicken/Lettuce/Mayo)	3.00
Sushi Roll (Californian & Tuna)	2.80

Specials Available - Listen to the Morning Notices
Fried Rice & Spring Rolls; Hokkien Noodles; Nachos