



Semper Paratus

Newsletter of
James Sheahan
Catholic High School

Volume 24 Number 20
Thursday 25 June 2009

DATES TO REMEMBER

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

*Be ever ready to praise,
to encourage,
to stimulate,
but slow to censure,
and still more slow to condemn.*

The Venerable Catherine McAuley

Trivia Success

Last Friday evening our school hall was bursting with eager trivia contestants as around 500 people from our community gathered for a night of terrific fun. I offer my sincere thanks to the members of the P&F who worked to make the evening a tremendous success.

Mr Michael Croke, as trivia master, ensured there were questions suitable to people of all ages. Michael prepared all the questions and took charge of the evening with his usual aplomb and style. We owe Michael a huge vote of thanks for the enormous effort that goes into preparing and presenting such an evening. Thanks also to the staff and parents who worked during the evening as markers and scorers.

The most enjoyable part of an event such as the trivia night is not how many prizes are offered, but the sense of community that such a night brings. We had babies, lots of children, teenagers, ex-students, staff, mums, dads and grandparents all present: there aren't too many places you'll find this many families gathered for an evening of fun on a Friday night in Orange!

Ordination of the Bishop: Michael McKenna

This Friday at 11.00am our new Bishop will be ordained at St Stanislaus' College in Bathurst. Representatives from our school will be present to share in this wonderful occasion. On behalf of all at James Sheahan, we wish our new Bishop God's bountiful blessings on his ministry in the Bathurst Diocese.

*Craig Wattam
Principal*

COMBINED SCHOOL FEES OFFICE

Would parents/carers please note that the Fees Office will be closed all day, Wednesday July 1. Staff will be away looking at a new computer program for the office.

Thank you for your understanding.

*Annalisa & Cate
School Fees Office staff*

THE NSW TITRATION COMPETITION

The RACI NSW Titration Competition was held at JSCHS last Friday. The competition involved the use of a scientific technique called 'titration' that is used to identify the concentration of a substance such as an acid or a base. The competition involved teams from three schools; Red Bend College, Canowindra High School and Sheahan. The students had trained during lunchtimes and after school for over two months. The day proved challenging for all.



Congratulations goes to; Tahni Whybrow, Nicholas Mullen and Neesa Fadaee who scored first place and to runners up Grace Blackwell, Clare Parmeter and Michael Fogarty.



*Ben Thomson
Science Coordinator*

NSW CCC CROSS COUNTRY

Last Thursday, 18 June, I had the pleasure of accompanying students from Sheahan who had qualified for the Combined Catholic Colleges State Cross Country titles at Eastern Creek. We stayed overnight at the Valentine Sport Centre in Parklea and headed off to the Eastern Creek Raceway early on Friday morning.

The first event of the day was the 18 Years Boys' 8k Run which resulted in Nathan Sutherland coming in second place in a time of 25.10. Great work Nathan.



Daniel Bruton was unbeatable in the 17 Years Boys' 6k Run, coming in first place in a very fast time. Dan finished a whole 47 seconds in front of his nearest competitor and it was thrilling to see him cross the finish line before anyone else even made it onto the final straight.



Both of these boys have now qualified to compete at Eastern Creek again on 31 July for NSW All Schools State Finals. In addition to that, Daniel also competed in Nowra on Saturday at the NSW State Cross Country titles. Daniel came second in this event which automatically sees him qualify to compete as part of the State Team at the Nationals later this year. Congratulations Dan on this outstanding achievement. We are all very proud of you.

Shouma Koko from Year 7 also ran well, coming 7th in the 12 Years Boys' 3k event. Students who gained a top ten finish qualify to compete at the NSW All Schools Cross Country event in July, so congratulations to Shouma on being successful in gaining selection for this event. Other students who competed well but just missed out on selection into the CCC team were Brandon Connolly, Charlotte Jasprizza, Sam Cubbin and Tristan Harrison.



Congratulations must also go to all the other students who represented our school, our Diocese and themselves with pride. Their behaviour, sportsmanship and efforts were exemplary and it was a privilege for me to be part of such a great team.

*Michelle Whiteley
Cross Country Team Manager*

ORANGE INTER-SCHOOL SOCCER COMPETITION

The Open Boys' soccer team played in Round 2 of this competition last week against the Orange Christian School.

In the first half, Sheahan did not play to their usual high standards. The Christian school dominated the early exchanges and they created a few goal scoring chances. Sheahan settled midway through this half and Hillary Dube managed to score after a rebound landed at his feet and he calmly slotted the ball past the keeper. The Christian School continued to pressure the Sheahan defence which resulted in a Sheahan own goal to leave the score at 1-1 at the break.

In the second half the Sheahan boys lifted and dominated both field position and possession of the ball. However, they could not break the deadlock due to some outstanding defending by the Christian

School and some outstanding saves by the Christian School goalkeeper. With only three minutes remaining in the match, Sheahan received a free kick outside the box. Anthony Huysmans floated the ball into the penalty area and Duncan Mate flicked a header past the oncoming Christian School keeper to secure a gritty 2-1 victory.

The best performers for Sheahan in this match were Duncan Mate (3 points), Grant Koch (2 points) and Duncan Young (1 point).

*Greg Pell
PD/H/PE*

P&F NEWS

Tickets sales for the Family Trivia night last Friday reached a record level with fifty five tables being sold! Convenors, Vicki Duff, Margaret Young, Pauline Heffernan, Kathy DeRooy and Louise

Baker worked hard to put together a fantastic night and it was great to see so many families coming



together, putting their thinking caps on and supporting this annual P&F event. To date \$5677.00 was raised so hopefully we will be hearing our budding percussionists

performing on stage soon with a new set of timpani drums.

A big thank you to the many "behind the scene workers" who included parents, administration staff, teachers, maintenance staff, the business houses who donated prizes, markers & scorers, raffle ticket sellers, those who stayed behind to put away tables and Michael Croke, our compere for the evening. The raffle was won by Frances Win of Melbourne. Please see the last page of this newsletter for the names of the business houses that donated prizes.



This Friday night the newly formed Music Support Group will be holding the Music Manifesto at Kenna Hall. This night will feature our music students performing on stage. This too seems to be a well supported event with more tables needing to be arranged and I'm sure it will be a lovely evening out.

And for parents of Sheahan Year 12 students, you are invited to a social evening at the Blackwell's on Friday July 3 at 58 Casey St Orange, 7.30pm. It's a very simple affair, just bring along your drinks,

nibbles and a picture of yourself upon leaving school! Don't be shy, don't wait for a personal invitation, just come along.

*Tania Rusden
Publicity Officer*

NEWS FROM THE ENGLISH FACULTY

Check out the new Student Writers' Showcase on the Sheahan website. The first item in the Showcase is a piece of creative writing by Maria Nazir: an imaginary interview with the character Atticus Finch, based on the events in Harper Lee's great novel *To Kill a Mockingbird*. The second item is a collection of four poems by Hillary Dube. These are, at times, dark, introspective and inspiring. Look at Hillary's wonderful use of visual imagery in *Miraculous*. Congratulations to Hillary and Maria for kicking off our Showcase.

On Tuesday June 23, about 45 students sat for the University of NSW Writing Competition. Early in Term 3, students in A-streamed and Advanced English classes will sit for the English Competition. These examinations serve several purposes: they measure a student's performance against a nationwide cohort; they are good practice in exam techniques and time management; and they provide students with clear, analytical feedback on their skills. Such competitions are open to anyone in the school, but please bear in mind that entries for the English Competition will close very soon.

All students in the junior years have recently completed their Half Yearly Exams. As usual, the results are mixed, but with some responses that stand out for their ingenuity, creativity, style and focus. We find, time and again, that good writers are usually keen readers. Writers absorb the things that they read, and make them part of their own style. If you struggle a little (or a lot) with English, get into the habit of reading every day, preferably a book or novel that you have chosen yourself. The school library has a stack of good books. You might even enjoy it.

*Chris Hanson
Assistant Coordinator*

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*

NEWS: ENVIRONMENT GROUP

We would like to congratulate Ayla Manwaring who was presented with an award from Nick King representing the ECCO group of Orange. A competition was held for students to submit various forms of work with an environmental theme. Ayla presented a poem she had written based on the geographical issue of 'Salinity'. Her poem was chosen for an award and a \$50 gift voucher. Nick encouraged our group to join the local environmental group ECCO and to continue with our efforts at James Sheahan.



Our major project for this year is to raise money to plant a wetland surrounding the creek flowing through James Sheahan. The Agriculture

department has fenced off an area to start this project and we hope to conduct a fund raising venture through Landcare to raise money for our plants.

Our next meeting will be at lunch in T6 this Thursday. All students are welcome to attend.

Sue Humphrys

Salinity

Mother earth was rich and fruitful,
Life abundant across her plains.
The quiet bushland was her heart
And the rivers were her veins.

Her land existed in peace and harmony
Though delicate in stability
Until white man landed on the shores
To upset all tranquillity.

We were selfish in our motives
As we tore the bushland from her earth
And drenched the land in water
To exploit for all it's worth.

When the earth could last no longer,
We packed our things and left
Leaving her abandoned
And the plains truly bereft.

Her lips turned parched and thirsty
Her skin, cracked and sore
And salt was added to her wounds
By water rising from her core

Now the Red gums stand like tombstones
Their bones jutting from the soil,
Monuments to our ignorance
And the land we came to spoil.

By Ayla Manwaring
James Sheahan Catholic High
School

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.

YEAR 11, 2010 UNIFORM

RAINER DESIGN GROUP
Creating uniforms to make schools & staff

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

THANK YOU TO THE MANY BUSINESSES WHO GENEROUSLY MADE DONATIONS FOR THE 2009 JSCHS TRIVIA NIGHT

Central Western Daily
Fitness Perfection
Ultra Tune
Hogan's Pharmacy
Hayes' Petroleum
Mitre 10
Retravisioin
Kelly's Rugby Hotel
Corner Cut
M & J's Butchery
Anything Grows
Whispers Restaurant
The Mill's Café
Temptations Restaurant
Food in a Flash
Bel-Air Carpet Choice
Greengate Butchers
Greengate Breadshop
Greengate Take-away
Fishers' Greengate
Newsagency
Kent's Building Supplies
Peter Crump Pools &
Spas
Woodward Street Quality
Meats
Coffee Club
Prouds Jewellers
Subway
Wallace Bishop
Payless Shoes
Elegant Shed
Metro Jewellers
Liquorland Orange
Coles
Wendy's
ISPA Kebabs
Beautytalk
Kmart
Mr Shoemaker
Peters Meats
Blooms Chemist
Hangloose Clothing

Central West Workwear
Supré
Kliff's Dry Cleaning
Madeline Salon
Central West Trophies
Bizzi Scissors
Glamour Togs
Your Place or Mine Hair
Embroidery and Gifts
Athletes Foot
Fletcher Jones
Loot Homewares
Baldwins Pharmacy
Dick Smith Electronics
Hobby and Baby
Kingdom
Royal Hotel
Telstra Shop
Blue Illusion
Australia Post
Danielle Louise
Westpac
Australia Cinemas
Commonwealth Bank
Aftershock records
Splash of Orange Hair
Design
Curves Gym
Scotty's
Iglou
Fine Feathers Boutique
Pamela Browns
Kim's Images
House
Williams
Boomers Bookshop
NewsXpress Newsagent
Donut King
Gloria Jeans
Cinnabar
Irish Patch
Anson Tea House &
Eatery

Angus & Coote
City Centre Pharmacy
Bensons Café
Repco
Village Coffee Shop
Celena
Myer
Jewellery Brokers
Tea House in Lords
Place
Andy's Coffee Lounge
Greater Building Society
Bill's Beans
Pizza Hut
McDonalds Family
Restaurant
Orange Ten Pin Bowl
KFC
Westoil Petroleum
D'Aquino's Liquor
Harvey Norman
Autobarn
The Victoria Hotel
Sportscene
Johns Pharmacy
Hartford Menswear
Peter Smith Chemmart
Quinns Jewellers
Angus & Robertson
Kinks Hairdressers
Orange City
Newsagency
Rhondas Hair Salon
Impressions
Delish
Manners & Borg
Beyond Blonde
At Home Country Store
Julie's Coffee Shop
Integra Gym
Easy Living Shoes
Coronet Milk Bar