



Semper Paratus

Newsletter of
James Sheahan
Catholic High School

Volume 24 Number 24
Thursday 6 August 2009

DATES TO REMEMBER

Friday 7 August

Years 7 - 10 Presentation
Assemblies

Monday 10 August

Year 12 Trial HSC Exams
commence

Tuesday 18 August

P&F Meeting, Kenna Hall

Wednesday 26 August

Year 11 2010 Information
Evening

**Saturday 29 August,
Tuesday 1 September,
Thursday 3 September**
Year 11 2010 Interviews

**Sunday 30 August,
Monday 31 August**
Leadership Camp

Wednesday 2 September
School Disco

Friday 4 September
Sheahan Day

Monday 7 September
Year 7 Immunisation

Friday 11 September
Year 12 Reports issued to
students

*Lord God,
You are attentive to the voice of our pleading,
let us find in your Son, comfort in our sadness,
certainty in our doubt,
and courage to live through this hour.
Make our faith strong through Christ our Lord.
Amen.*

Our school community has been tremendously saddened by the death of Hannah Taylor in Year 11. Our thoughts and prayers are with Hannah's family in their grief and mourning. We offer them and all of Hannah's friends our love and our support at this very difficult time.

Our absolute focus is to offer the best sense of care that we possibly can to all of our students and staff at this time.

We look to our faith to sustain us, and find some comfort in knowing that God walks with us as we struggle to come to terms with the loss of our dear friend, Hannah.

Grant her eternal rest, O Lord, and let perpetual light shine upon her.

*Craig Wattam
Principal*

Swine Flu

There are a number of confirmed cases of Swine Flu within our student body.

Parents are reminded that their child is to be excluded from school for a minimum of seven (7) days if diagnosed with Swine Flu.

Please refer to the letter that was sent home last week for further information.

YEAR 7-10 PARENT/TEACHER/STUDENT EVENING

Thank you to all parents and carers who attended the Years 7-10 Parent/ Teacher/Student evening held on Wednesday, 5 August. The evening was highly successful, with James Sheahan staff enjoying the opportunity to discuss the academic progress of students with parents and most beneficially, in the presence of many of the students themselves.

We regret that not all parents could be accommodated on the night. Whilst it may not be possible for teachers to contact all parents who missed out on an interview we will certainly endeavour to speak with parents where a teacher feels there are significant concerns or issues with a child's progress. Likewise, parents are invited to contact the school to make an appointment with a class teacher where they may have particular concerns.

*Peter Meers
Assistant Principal*

DUKE OF EDINBURGH

Our group setting off for their Silver trek were well prepared for three days of hiking along the Megalong Valley. Of great value was the experience of joining up with students from two Sydney schools to navigate their way to Carlon Creek from Blackheath, establish new friendships and enjoy the beautiful surroundings of the Blue Mountains. Well done to Shannon Maloy-Armitt for sheer perseverance, Jack Fogarty for keeping spirits high around a log fire, Will Clark for being ready on time! and Bill Dowler for just quietly putting forth his well thought-out, considered opinion. All these attributes make for a good mix when required to work as a team.

Keeping safe whilst out hiking is the main focus when we undertake a Duke of Edinburgh expedition. Carrying the right camping equipment, having first aid knowledge, map reading & navigation skills and staying as a group are all safety features which we employ on expeditions. In the days leading up to our trip a risk assessment and trek details are forwarded to police and National Parks and Wildlife Services and as leaders we also take along an Epirb, Global Positional System and two way radios to communicate between groups.

Thank you to the Fogartys and Clarks for providing our transport home.

The Bronze test hike will now be postponed until 12 - 13 September due to the availability of leaders.

Tania Rusden

ORANGE INTER-SCHOOL SOCCER COMPETITION

The Open Boys' soccer team played Kinross Woleroi in Round 3 of this competition last week. Sheahan dominated possession of the ball and field position in the early part of the match but could not break the deadlock. In the latter part of the first half Sheahan finally took advantage of their dominance. Hillary Dube managed to score twice by utilising his amazing speed to get behind the defence and calmly beat the goalkeeper.

In the second half Sheahan continued to create many goal scoring chances. Kyle Connolly crossed the ball into Jacob Smith and he scored with a quality header. Kinross scored a scrappy goal directly from a corner before Hillary Dube went on a scoring spree, netting a further three goals to give Sheahan a comprehensive 6-1 win.

Hillary Dube gets the 3 points for this match due to his remarkable 5 goal haul, 2 points went to Ben Cooper and 1 point to Duncan Mate.

This is the third win in this competition for the Sheahan boys in 2009 which means that they have already qualified for the final. Sheahan will play their last round match against Canobolas High in the next few weeks.

*Greg Pell
PD/H/PE*

NSW ALL SCHOOLS CROSS COUNTRY CARNIVAL

Last week three James Sheahan students represented NSW Combined Catholic Colleges at the NSW All Schools cross country carnival.

Shouma Koko finished 56th in the 12 Year boys event. Daniel Bruton finished 6th in the 17 Year boys event and Nathan Sutherland finished 7th in the 18 Year boys event. This is a fantastic result for all three of these students and is a reflection of their talent and dedication to training. Daniel and Nathan both narrowly missed out on gaining selection in the NSW All Schools team to compete at the National cross country carnival. However, Daniel has qualified to compete at the Nationals later this month as a member of the NSW Athletics team. The school wishes Daniel the best of luck at this event.

*Greg Pell
PD/H/PE*

'CYBERSMART' – LAUNCH OF THE AUSTRALIAN GOVERNMENT NEW CYBERSMART WEBSITE.

The Cybersmart website represents a single access point for cybersafety advice across a range of target audiences—children, parents, libraries and schools. The site includes comprehensive and practical advice for parents, interactive learning activities for children and information about safe social networking for teens. The website also includes a link to the Cybersmart Online Helpline for young people who have had negative experiences online, such as cyberbullying. The Helpline service is operated by Kids Helpline.

Web link <http://www.cybersmart.gov.au/>

*Darron Snare
ICT Coordinator*

SHEAHAN DAY

This week we have seen how well we pull together as a school community, united in the spirit of James Sheahan Catholic High School. It is this school spirit which we celebrate each year on Sheahan Day

Sheahan Day is just over 4 weeks away on Friday, 4 September. Once again we are organising a large number of activities to ensure this remains the best school day of the year. Our guest speaker will be Rachel Chippendale, an ex-student who achieved one of the highest UAs in the school's history. Rachel now works as a jewellery designer and has recently launched a new product which has won many design and invention awards. The SRC is busy planning lunchtime activities and of course organisation for the fancy dress is well under way.

The day will start with a whole school Mass. Parents, carers and other members of the Sheahan community are encouraged to attend and join in this celebration with us. The Mass will commence at 9am.

The Sheahan Gift will also be run on the day – good luck to all those who will be trying out for this prestigious 100 metre event!

The cost of Sheahan Day is covered by subject service fees. Sheahan Day is a compulsory school day, so all students are expected to contribute and participate...and most of all have FUN!

*Michael Tilston
Administration Coordinator*

VOLUNTEER TRADES PEOPLE WANTED

On Wednesday 9 September students from Years 9 and 10 will be participating in the Try a Trade Day being held at Bunnings by the Central West Group Apprentices. The day is sponsored by many groups and businesses, but the organisers would appreciate the assistance of local trades people, current or retired, who could donate time to help on a booth.

The donation of 2 hours of time would be of great value to our students and those from other schools who will be involved in simple "taster" activities in each of the trades. Ex-students, parents and other local supporters of our school would be welcomed in the areas of mechanics, panel beating, carpentry/building, tiling, painting, plumbing, gyp-rocking, electrical, welding and metal working, horticulture, hairdressing, floristry, beauty therapy and child care.

If anyone is keen and able to assist in this very worthwhile day, please **contact Kaye Heron, Careers Adviser at the school on 6362 1422.**