

Semper Paratus

Newsletter of
James Sheahan
Catholic High School

Volume 24 Number 26
Thursday 20 August 2009

DATES TO REMEMBER

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

Tuesday 15 September
P&F Meeting, Kenna Hall

Tuesday 22 September
Year 7 Reflection Day

**Wednesday 23
September**
Year 9 Reflection Day

**Thursday 24 September,
Friday 25 September**
Year 10 Trial SC Exams

*In order to study Jesus Christ,
you must render yourself familiar
with His meekness, patience,
forbearance,
charity in word and work,
contempt of all earthly distinction,
sincerity, obedience,
love of prayer,
humility,
conformity.*

The Venerable Catherine McAuley

Draft Strategic Plan

This week, I present the information on the second area of the plan concerning Students. I welcome your feedback on the plan. Responses may be sent in writing to the school office.

STUDENTS

Goal: *To facilitate the development of the necessary qualities and skills in our students so that they are prepared for a changing world.*

Target 1: To provide a welfare policy which promotes consistency and accountability

Action

- Year 1 - Review and re-write the welfare policy and distribute for consultation
- Year 2 - Implement policies
 - Explain to students at Assembly and Year Meetings
- Year 3 - Staff/Parent/Student Feedback

Target 2: Create an ethos of academic and personal excellence

Action

- Year 1 - Review academic/achievement award system eg merit awards, presentation assemblies, presentation evening
 - Review the frequency of recognition
- Year 2 - Refine academic/achievement system
 - Implement Year Coordinator Award/Class of the Month
- Year 3 - Evaluate second year plan reflecting results gleaned from Year 2 investigation

Target 3: Fostering respect for the dignity of people and the stewardship of property

Action

- Year 1 - Create a stewardship program and embed the above into existing programs
eg pastoral care, HSIE, RE
- Student Leadership/SRC
 - House responsibility Home Room
- Year 2 - International Day (invite parents of other cultures to share a dish)
- Year 3 - Evaluate Years 1 and 2

Target 4: To prepare students for life beyond school

Action

- Year 1 - Review careers education program/work placement
- Create mentor program Years 10 – 12 (internal and external contacts)
 - Review and expand VET courses
 - Create Living Skills program for those in need (targeted groups)
- Year 2 - Implement careers program/ work placement
- Implement mentor program (internal and external)
 - Implement Living Skills program
- Year 3 - Evaluate Years 1 and 2

Target 5: Review co-curricular opportunities

Action

- Year 1 - Consult staff re co-curricular interests
- Create booklet to be distributed to students/parents
 - Outsource specialist help
 - Develop incentive for staff to be involved (ie make process of activities easier)
- Year 2 - Co-curricular booklet into enrolment package
- Approach P&F (external resources) to help fund some activities
 - Review insurance for these activities eg horse riding/polocrosse
- Year 3 - Evaluate Years 1 and 2

*Craig Wattam
Principal*

YEAR 11 2010 INFORMATION EVENING - 26 August 2009

An information evening for parents with children commencing Year 11 in 2010 will be held on **Wednesday 26 August at 7.00pm** in the school hall. All parents/carers intending to enrol a child in Year 11 in 2010 are expected to attend the evening. The attendance of all students intending to enrol in Year 11 next year is also expected. The evening will provide valuable information related to the school's expectations of senior students, the HSC Credential, enrolment and course selection processes and Vocational Education opportunities.

Parents of children intending to enrol in Year 11 next year should already have received information on the enrolment process. As indicated in this letter an integral component of the process is the involvement of parents and students in an enrolment interview aiming to outline the school's expectations of

students and to provide advice and recommendations on course selections.

The closing date for interview bookings through the school's Front Office is 21 August.

Attendance at the information evening and enrolment interview provides a tangible demonstration of parental interest and support in their child's academic endeavours and development as they prepare for the Higher School Certificate and life beyond school.

Subject Coordinators and the Careers Adviser will be available at the evening to provide further information on courses and subjects and to answer any questions you may have regarding the final two years of your child's secondary education.

All intending Year 11 2010 students will receive an information booklet on the Preliminary Course and courses offered. This will be distributed at the information evening.

*Peter Meers
Assistant Principal*

LITERACY AND NUMERACY WEEK

31 August – 4 September

The school will be celebrating Literacy and Numeracy Week with a wide range of activities including:

- Writing Competition for Senior and Junior Students
- Spelling Competition with the Grand Final in the library
- Caption competition
- Annual Trivia Quiz to be held in the Library
- Sudoku competition
- Combined Catholic Colleges debating competition
- National Reading Day

National Literacy and Numeracy Week Creative Writing Competition

Are you a poet and don't know it???

Enter this year's creative writing competition to win great prizes.

Winning entries will be published in the Year Book and on the school web site.

Senior Section

Write a poem which explores one of the following themes. The composition can be any length.

It was love at first sight...

Peace on earth

Who Dunnit?

My hero

Junior section

Write a poem of three stanzas. Your poem must contain these five words:

Glittering

Winter

Silently

Gliding

Before

Please leave your entries at the Library.

Competition closes on Friday 28 August.

All entries will be displayed in the Library and winners will be decided by popular vote.

*Helen Anderson
Teacher Librarian*

YEARS 7 AND 8

NATIONAL LITERACY AND NUMERACY SPELLING COMPETITION

In the lead up to National Literacy and Numeracy Week, Year 7 and 8 students will receive a spelling list made up of challenging words provided by each faculty. This list will

be the basis for a Spelling Competition which will be held in English classes in Week 5. A champion Speller will be crowned in each English class and these students will move on to the Grand Final which will be held in the Library during lunch on Wednesday, September 2nd. All Year 7 and 8 students are encouraged to participate.

The 2009 finalists and Champion spellers are pictured below.



*Tom Brice
Acting English Coordinator*

THE COUNTDOWN TO SHEAHAN DAY...

Sheahan Day is fast approaching – only 2 weeks to go! It is time to start considering your options for the fancy dress competition. You can dress up in any of the categories below. There must be three or more in your group except for the Year 7 fairy. Dressing up is judged from the ankles up. All students should wear shoes. So come along and join the dress up parade and be in with a chance to win great prizes. Prizes will be awarded in each category.

The categories are:

SUPER HEROES

TV – MOVIES

IT'S AUSSIE
SPORT
LET'S CELEBRATE
ANYTHING GOES
NEVER BEEN DONE BEFORE
A.B.C. KIDS
FANTASY
GO ENVIRONMENTAL
and YEAR 7 FAIRY.

Those students who were placegetters in the 100 metres at the Athletics carnival will be trialling for the Sheahan Gift next Wednesday. Time to get back into training!

A reminder that events for the Greg Kennedy Cup will soon be under way. The Year 7 Volleyball competition is being run by Mr Hurst and the Year 11 SLR class during lunchtime next week – a team of 6 from each house is required. The Roll Call Trivia competition will also be on soon. The Greg Kennedy Cup is an annual competition between the houses with points from many events, including the fun run/walk on Sheahan Day, contributing to determine the overall winner. So look out for information in the Daily Notices and get involved!

*Michael Tilston
Administration Coordinator*

SRC NEWS

Disco

Wednesday 2 September is the date for the school disco, which will go on as usual after previous events. The theme is Funhouse/Circus where students have the option of dressing up in characters to do with the theme. Some characters you may choose to dress up for this disco's theme are clowns, circus performers and even acrobats or anything found in a sideshow. There are the usual great prizes for the most creative dress ups.

Sheahan Day

Sheahan Day is coming up very soon, the SRC are going to be running many fun activities and events. We may see the return of slime/jelly wrestling. This day is not a fundraiser but there will be a small fee for most of the activities to cover the expenses. There will also be many competitions and prizes throughout the day which the SRC hopes you will get involved in.

*Jeremy Culas
Year 9 SRC Representative*

NEWS FROM THE RE DEPARTMENT BLAST

Just a reminder that registration for BLAST is open until Monday 24 August! BLAST is an event for the Catholic youth of the Diocese to spend the weekend at Lake Burrendong (12 and 13 September) exploring their faith with their peers. Workshops on the weekend include Drama, Bush Walks, Chocolate, Painting, Music, Social Justice, Meditation, Life Skills and much more. The cost of BLAST is \$100 and registration forms can be downloaded from

www.youth.bathurst.catholic.org.au.

Making a Difference Competition

Charles Sturt University's School of Humanities and Social Sciences has created the Making a Difference (MaD) Competition for 15 to 21 year old entrants. The task is to write a creative and engaging story, poem or script that addresses an issue of social justice. It may be fiction or non-fiction and be no longer than 1000 words. It may be a piece that addresses a global issue (ie The Millennium Goals), a local issue (eg Domestic violence, disability) or it may be responsive to a particular situation (eg A family whose house burned down).

There are four major prizes to be won, which involves \$250 cash as well as Charles Sturt making a \$250 donation to the charity of the winners' choice (subject to conditions). Applications open on August 3 and close on October 5.

The judges are looking for issues that matter as well as creative and innovative approaches to and ideas on what could make or has made a difference. More information is available on the Charles Sturt website: www.csu.edu.au/student/mad.

Years 7 and 9 Retreats

As part of the schools commitment to Religious Education we have booked the services of Michael Fitzpatrick to facilitate a Reflection Day for all Year 7 and Year 9 students on 22 and 23 September respectively.

As a school community we have identified a number of goals for the students who participate in the Retreats:-

- ◆ To enhance the self esteem of each individual through their awareness of God's unconditional love and acceptance of them
- ◆ To encourage a positive attitude towards their faith, family, society and the Church.

The Retreats will take place in the school hall, with students attending normal recess and lunch times. Students are able to wear casual clothes and will enjoy a day of connecting with their faith, as well as their friends and peers. Attendance at the Retreat is compulsory and is a condition of enrolment at our school. I know that these days will be fun, exciting and reflective for all participants.

*Amber Calleja
Religious Education Coordinator*

YEARS 7 AND 8 RUGBY UNION TEAM, VINCENT FESTER SHIELD

On Monday 10 August the Year 7 and 8 Vincent Fester Shield rugby team travelled to Dubbo to play Dubbo Junior Campus.

The game started well for the home team, with Dubbo scoring the first 2 tries in the opening 5 minutes of the match. We scored next through a well worked back line move, with Mitch Fogarty scoring in the corner. He also converted his own try to put James Sheahan back into the match. We scored the next 3 tries and looked to have the match sealed up at half time. The score was 28-12. However Dubbo had different ideas and scored the next 2 tries to put them right back in the match. We crossed in the corner through some Liam Gough magic to take the score to 38-31 with very little time left on the clock. Dubbo scored right on the bell and kicked the goal to even the scores. Unfortunately, Dubbo scored first and as a result, won the right to progress through to the final. The boys were extremely disappointed to get knocked out in these circumstances, but that's rugby.

I would like to thank Mr. Hargraves for driving the bus and all of the boys for such dedication to training and playing. Well done.

*Nathan Short
PD/H/PE*

MARIANNE MURPHY NETBALL

Over the past fortnight the annual Marianne Murphy Netball Shield has been contested between the five local Orange High Schools. Since its inception in 2002, Orange High School has dominated, taking out the trophy on all 7 occasions.

Represented in the 14 years, 16 years and Open divisions, James Sheahan was confident of a strong showing in this year's competition.

The 16s made a strong start to the competition with very convincing victories over

Canobolas High School 30-16 in round 1 and Orange High School 36-6 in round 2. Round 3 against Kinross saw a very tough game, both mentally and physically. After Sheahan lead into the second quarter, Kinross dominated the remainder of the game to run out comfortable winners 25-18. After the round games Sheahan sat in second position with a rematch against Kinross awaiting in the final.

The final saw a more positive and determined Sheahan outfit for whom 'losing was not an option'. With a solid start thanks to excellent defence from Kendall Draper, Grace Spicer and Carly Wright, Sheahan led by one at quarter time. In the second and third quarters, sharp attack from Sophie Ryan and Emma Mills resulted in numerous opportunities for shooters Molly Sharp and Laura Kable, who with dominant circle work and accuracy took Sheahan to a four goal advantage at three quarter time. After a mini resurgence from Kinross in the final quarter, Sheahan regained control thanks to the solid play of Melise Coleman to reclaim their four goal lead and run out winners 33-29.



In the open division James Sheahan met favourites Orange High in round 1. After a slow start, they went down 41-23. Round 2 against Kinross saw a much closer encounter with Sheahan pushing their opposition all the way. However, they were defeated by five goals. Rounds 3 and 4 saw a change in fortunes with a hard fought two goal victory over Canobolas and a dominant win over newcomers Christian School. Even though the seniors did not make the finals they contributed valuable points to the final tally.

The final tally for the Marianne Murphy shield was as follows:

Christian School – 8
Canobolas High - 17
Orange High – 26
Kinross – 32
James Sheahan – 33

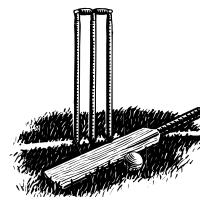
Congratulations to all 3 teams who contributed valuable points to the overall tally, enabling James Sheahan to take out the shield for the first time.

Thank you to Monica Davis (open coach), Beth Mills, Rachel Jarman and Gabby Miller (umpires) and to all parents and supporters for their encouragement throughout the competition.

*Kylie Jordan
PD/H/PE*

CRICKET

Orange Waratahs Cricket Club will be holding Junior sign on days at the Waratah Sports club on both 23 August and 13 September for the 2009/10 season, between 11.00am and 1.00pm. Should parents have any questions, please don't hesitate to contact the Junior Coordinator, Anthony Daintith on either 63604309 or 0408249700, or register on our new website at www.orangewaratahs.nsw.cricket.com.au.

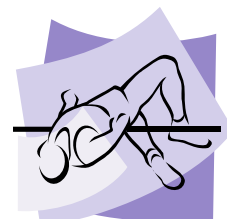


Cavaliers Cricket Club will be holding their junior sign on day, starting Sunday 23 August at Riawena Oval from 10.00am. All interested players from U10 to U17 are welcome to attend. Sign on for all junior players will be held every Sunday until 27 September with training sessions to follow once teams have been organised. Sign on and training for all aspiring senior players will also begin on Sunday 23 August and continue every Sunday until the season begins on 10 October at Riawena Oval. For more information, please do not hesitate to contact Brad Wright on 0407047309, Mark Johnson on 0428639438 or Trent Colley on 0402700478, or visit the Cavaliers Cricket Club's website www.cavaliersccorange.nsw.cricket.com.au.

ORANGE LITTLE ATHLETICS

Little Athletics fosters fun, family, fitness whilst encouraging the development of athletic skills. Orange Little Athletics 2009/2010 season commences on Friday 23rd October, 2009 and runs until mid March 2010. Competition nights are held on Friday nights commencing at 5.45pm. There are 4 events each week on a rotating 4 week program. Competition nights usually last approximately 2 hours. Training is also offered on Monday afternoons. Competition takes place at Waratah Sports grounds, Telopea Way, Orange.

Registration days will be held on Sunday, 13 September, 2009 at McDonalds Orange between 2pm and 4pm and Sunday, 20 September, 2009 Waratah Sports Club, Telopea Way, Orange between 2pm and 4pm. You can save time by registering and paying online at www.laansw.com.au. New registrations must bring a birth certificate or equivalent to register.



Athletes who register on either of these dates will receive an early bird rate for their registrations fees. The cost is \$70 (tiny tots), \$70 (under 6s), and \$75 (under 7s to Under 17s). We also have a seniors group where athletes affiliated with Orange Runners Club are able to join. Registration fees cover insurance and training fees. In addition uniforms may be ordered at the registration days ready for the start of the season. If you do not register on these days then all fees are increased by \$10 per athlete.

For further information please come to the registration days or contact one of the following Orange Little Athletics Committee members:

Michael Gray 63663975 or 0418456495, Kath Marshall 0429813481, Kate Foran 63626913 or 0417690680, Jacki Jasprizza 63621318 or 0427621318, Astrid Lepelaar: 63663975 or 0415412152.

SOFTBALL

Bletchington Softball Club is holding Registration days on 22,23,29 & 30 August 2009, 10 am to 2pm at Jack Brabham Oval, payment is required on these days, for further information or if you are not available on these days please contact Jacquie on 0407 934 471. All new Teeball and Modball registrations (haven't played before) will receive a free glove.



Lunchtime @ the Library



Come in out of the cold at lunchtime! This term we are introducing a **Knitters Club** on Thursday lunchtime, and board games and card games on Wednesday.

Computer games in the iCentre on Mondays and Fridays only in Lunch 2.

Here is the program for this term.

<i>Monday</i>	Computer games from Lunch 2
<i>Tuesday</i>	Chess and Chess Club from Lunch 1
<i>Wednesday</i>	Board games and cards from Lunch 1
<i>Thursday</i>	Knitters Club from Lunch 1. Learn to knit and make a scarf or come along and teach someone to knit.
<i>Friday</i>	Computer games from Lunch 2

