



# Semper Paratus

Newsletter of  
James Sheahan  
Catholic High School

Volume 24 Number 31  
Thursday 24 September 2009

## **DATES TO REMEMBER**

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

**Tuesday 29 September**  
Casual Clothes Day

**Friday 2 October**  
Year 12 Graduation  
Assembly - 10.00am in the  
School Hall  
Year 12 Graduation Mass  
St Joseph's Church 6.30pm  
Last Day Term 3

**Tuesday 20 October**  
Students return for  
Term 4

P&F Meeting in Kenna Hall  
- 7.30pm

**Thursday 22 October**  
HSC Exams commence

**Friday 23 October**  
Year 7 Medieval Day  
Year 11 Reports issued to  
students

**Wednesday 28 October to  
Friday 30 October**  
Senior Retreat

**Wednesday 4 November**  
Years 7 - 11  
Parent/Teacher/Student  
Evening

## **NAIDOC Week Prayer**

Holy Father, God of Love,  
You are the Creator of this land and of all good things.  
We acknowledge the pain and shame of our history  
And the sufferings of our peoples,  
And we ask Your forgiveness.

We thank You for the survival of indigenous cultures.  
Our hope is in You because You gave your Son Jesus  
To reconcile the world to You.

We pray for Your strength and grace to forgive,  
Accept and love one another,  
As You love us and forgive and accept us  
In the sacrifice of Your Son.

Give us the courage to accept the realities of history  
So that we may build a better future for our nation.  
Teach us to care for our land and waters.

Help us to share justly the resources of this land.  
Help us to bring about spiritual and social change  
To improve the quality of life for all groups in our  
Communities, especially the disadvantaged.

Help young people to find true dignity and self-esteem  
By Your Spirit.

May Your power and love be the foundations  
On which we build our families and communities  
And our nation through Jesus Christ our Lord.

This prayer comes from the Federation of Catholic School Parents and Friends from Queensland. This week we celebrate NAIDOC week at our school and in Orange. We are blessed to have an Aboriginal Education Worker at our school who works with both indigenous and non-indigenous students to celebrate our indigenous students' heritage, and to attain the best possible educational outcomes for all students. This week on assembly our prayer centred on NAIDOC week and we celebrated with an aboriginal dance troupe performing for us.

## **Being Adolescent**

Do you ever wonder what it would be like if you had to be a teenager all over again? It's not something I would jump at experiencing a second time! Being an adult brings certain comforts and benefits. As we grow older we get more confident and comfortable about being the person we are, and at ease in our own skin. Most adolescents go through some periods of self-doubt and a period of 'trying on' their adult identity. Some days adolescents feel like adults, and others they feel like little children again.

As an adult, our confidence at meeting new people increases, we learn to cope in new and unusual situations easier and better, because we have more experience and skills to draw on to help us through uncertain times. Lots of things adolescents experience they do so for the first time. Whilst new things can be exciting and exhilarating they can also be daunting and confusing.

I know lots of things now that I didn't even know ten years ago. A decade ago, most adolescents were either in nappies or just out of them. They don't have the benefit of this life experience to draw on. I don't feel the need to gain approval from my peers for my decisions or my interests or opinions any more. Some adolescents at some times aren't sure of what their interests or indeed their opinions are: they are not yet-formed.

Perhaps we need to cut adolescents some slack even when perhaps we feel they don't deserve it. Walk in their shoes for just a minute, and I think you might be as glad as I am, that you're through this part of your life!

### **Chewing Gum**

Chewing gum is not permitted at school. Of late we have had increasing amounts of chewing gum being found on floors, desks, chairs and generally causing a mess for others to clean up. Many classrooms now have new carpet, and sadly there have been a number of instances of chewing gum being trodden into it. I would appreciate parent support in not allowing children to bring chewing gum to school.

*Craig Wattam  
Principal*

### **SHEAHAN GIFT**

Congratulations to all of the finalists for this year's Sheahan Gift. The race was run on Sheahan day as the concluding event.

Placegetters were:

1<sup>st</sup> - Alex Quick

2<sup>nd</sup> - Kyal Furbank

3<sup>rd</sup> - Nicholas Schmich

The winning ticket holder for the Trifecta was Grace Brodie.

All four students won a total of \$500 in vouchers kindly donated by the Orange City Centre. Their support of the event is very much appreciated.

*David Hurst  
PD/H/PE*

### **CELEBRATING SAFELY – INFORMATION FOR PARENTS OF YEAR 12 STUDENTS**

As Year 12 draws to a close it will be tempting for students in Year 12 to become a little too excited by the prospect of leaving school and celebrating the various 18<sup>th</sup> birthdays that fall at this time of year. While parties are fun, there are legal issues surrounding the celebration of such events.

Distributed to your child this week was a publication put together by the Department of Education and Training entitled "Alcohol: Celebrations and Supply – Information for Parents". This publication is designed to hang on the fridge and be a handy port of call for parents who may have questions regarding their responsibility in the event of hosting a party, allowing their child to go to a party, alcohol, drugs and driving as well as proof of age and the law.

Please ensure you ask your child for this publication.

*Wendy Kent  
Year 12 Coordinator*

### **INSURANCE COVER AT SCHOOL**

Parents please remember that all enrolled students at James Sheahan are covered by our 24 hour, 7 days a week world wide accident insurance. If your child is involved in a sporting, school or outside incident that results in any kind of dislocation, fracture to bones, damage to teeth etc, please contact the school office to obtain a claim form. There are obvious exclusions relating to some events and reimbursements, which are made under the Medicare scheme, however, we urge all parents to contact the school, if in doubt, to discuss the matter. Please note that Catholic Church Insurances must be notified within 35 days of the incident to enable the claim to proceed.

This policy has been put in place to try and alleviate some of the financial burden placed on parents when any unfortunate accident occurs, and we would urge all parents to take advantage of this accident policy.

*John Churchland  
Bursar*

### **FEAST OF OUR LADY OF MERCY**

Today, 24 September, is the feast of Our Lady of Mercy. To quote the Parish newsletter:

"It was on 24th September 1828 that the first residence of the Sisters of Mercy in Dublin was officially named 'House of Mercy', and this date has continued to be celebrated by Sisters of Mercy throughout the world. A beautiful painting of Mary Mother of Mercy hangs in the Church of St Pudenzia in Rome. Pope Leo XIII sent a copy of this to the Dublin Sisters, and it was adopted as their universal emblem. The first Sisters arrived in Australia in Perth in 1866. The Bathurst Foundation of Sisters was formed in 1868 from Charleville, Ireland; the first Sisters came to Orange in 1878."

Have you seen our copy of Mary, Mother of Mercy? If not, have a look in the corridor opposite Mr Tilston's office.

*Margaret Bastick*

### **ORANGE INTER-SCHOOL SOCCER COMPETITION**

The Open girls' and Open boys' soccer teams played in the final of this competition on Monday night at Waratahs' Sportsground. The girls played Orange High School (OHS) and the boys played Orange Christian School (OCS).

The Sheahan girls were underdogs playing against an OHS team that were undefeated in the round matches. The girls defended well in the first half and thwarted many attacking raids by the OHS strikers. Alex Quick created a couple of scoring opportunities for Sheahan which the goalkeeper saved. Unfortunately, OHS scored from a goalmouth scramble just before the end of the first half. In the second half Sheahan pinned OHS in their defensive half but could not score an equaliser.

With Sheahan pressing forward OHS scored two breakaway goals late in the game to seal a 3-0 win. The result was a bit heartbreaking for the girls as they have now lost the past four finals. However, the girls gave their best as they have done in previous years and should be proud of their efforts. Runners-up is still a very good result and hopefully they can go one better in 2010.

The Sheahan boys were undefeated in the round matches and were favourites to take out their fifth straight title. Sheahan started very well in the first 20 minutes of the match and their dominance was rewarded when Hillary Dube scored the opening goal. However, this sparked OCS into action and they scored an equaliser almost immediately. OCS were awarded a penalty minutes later which was calmly converted. OCS scored again just before the half time break to make the score 3-1. In the second half Sheahan pushed hard for a goal and created a number of chances but the OCS goalkeeper made some exceptional saves to deny them. The final score remained 3-1 to give OCS their first win in this competition. The best performers for the boys in this match were Ryan Masotti (3 points), Ben Cooper (2 points) and Grant Koch (1 point). The boys can also be proud of their efforts throughout this competition and hopefully they can regain the title in 2010.

*Greg Pell  
PD/H/PE*

### **DUKE OF EDINBURGH AWARDS**

The Wolgan Valley provides plenty of different and varied opportunities for students as they get out of their comfort zones and start navigating their way around the bush to meet the requirements for the Bronze test hike.



Firstly it was off with the boots to cross the river on the way up to the Glow Worm Tunnel, where the darker it becomes the more the worms glow, imitating sparkling Christmas lights. Our 'dukes' really enjoyed discovering caves and climbing to the top of the pagodas to take in the extensive views of the Wollom National Park.

Emily Palmer was voted Group Leader and did a great job of maintaining a steady pace and ensuring that route plans were completed at all the designated check points. Reaching the campsite at 4.30pm, and with 18 kilometres trekked, there was still work to be done. With little daylight left, the students were required to take out journals, draw in maps and complete field notes prior to cooking dinner and relaxing around the camp fire.

Zac Sullivan, Min-Tsung Cheng, Hannah Fletcher, Thomas Martens and Michael Rusden can tell you all about Devils Pinch on Day 2, and we all felt it!

Mrs Moran, on her very first hike, seemed to be loving the whole experience! We hope she joins us again next year.

Students have until Friday 2 October to hand in their completed logs for signing off - failure to do so will see you doing another test hike.

A Silver Test hike is planned for the October holidays, details will be advertised soon.

*Tania Rusden*

## P&F NEWS

The P&F met last Tuesday evening and have confirmed that our next fundraising event will be a Krispy Kreme drive - I know you're excited! Start saving and get ready for your order form which will come out the first week back at school in Term 4.

Helpers are still required in the school canteen. If you would like to help and have a great day with Cathy and Deb, please give them a call on 6361 6120. Even if you only have half a day (11 - 1), or you would prefer not to serve, there are plenty of lunch orders to get ready! The canteen has about 8 regular helpers per year. It would be great to fill up the calendar leading up to the Christmas holidays, so don't hesitate to call.

Thanks and take care.

*Louise Baker  
on behalf of the P&F Committee*

## SOCIAL EVENING FOR YEAR 12 PARENTS AND TEACHERS

An evening for the teachers and parents of Year 12 will be held on Friday 25 September at the home of George and Fran Blackwell, 58 Casey Street, commencing at 7pm.



The evening provides the opportunity for parents of Year 12 students to acknowledge and thank the teachers for their efforts with their children over the past two years.

Year 12 teachers and their partners are warmly invited to attend.

*Tania Rusden*

## STRESS RELEASE FOR YEAR 12

Many thanks to Orange Central Fitness who have made the generous offer of a free monthly membership for Year 12 students from James Sheahan during the HSC.

Students are welcome to use the weights studio, cardio equipment or join in on a class between 10.00am and 3.00pm.

I am sure many of our students will take the opportunity to use physical activity as a stress release and study break. Added benefits of physical activity in relation to study include better focus, concentration and improved sleep.

Thanks again to James Grant and Orange Central Fitness.

*Jo Kingham  
PD/H/PE Coordinator*

## SOCIAL TENNIS

Warm weather has seen our tennis courts booked out again at lunchtimes. Many of our Year 7 boys in particular, are loving the opportunity to pick up a racquet and have a hit with their mates, so it was not surprising that the Round Robin draws filled quickly for the Tuesday afternoon competition.



What gets students excited about this competition? Not only will the champion receive a small prize, more importantly, we acknowledge the wooden spooner who will at assembly sign the "PLATE" which hangs proudly in the tennis shed.

Good luck to Eliza and Hannah who are hoping to do well against the boys. Take heart, girls, three years ago Anthea Basha was Year Champion for 2007.

*Tania Rusden*

## CLOTHING POOL

As the clothing pool will be closing at the end of this year (2009), the old uniform for Year 10 2010 and Year 12 2010 is available at reduced prices for anyone who requires extra pieces.

Would Year 12 students please hand in their uniforms by the end of the year if they don't want to keep them.

All second-hand uniforms left in the clothing pool at the end of Term 4 will be sent to a mission school. If you would like your uniform back, and not sent to a mission school, please collect it from the school on Tuesdays between 10.30am and 1.30pm.

*Marg Young*