



Semper Paratus

Newsletter of
James Sheahan
Catholic High School

Volume 24 Number 34
Thursday 29 October 2009

DATES TO REMEMBER

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

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

**Monday 9 November and
Tuesday 10 November**
School Certificate Exams

Thursday 12 November
Year 7, 2010 Testing Day
Year 7, 2010 Parent
Information Evening

**Thursday 12 November to
Friday 13 November**
Year 7 Science Excursion

Friday 13 November
Year 12 Graduation Ball

Tuesday 17 November
Grandparents' Day
P&F Meeting

Wednesday 25 November
Year 7 Exams commence

Thursday 26 November
Year 8 Exams commence

Friday 27 November
Year 10 Presentation
Assembly - 11.00am
End of Year Mass

Monday 30 November
Year 9 Exams commence

Tuesday 1 December
Year 10 Formal

Noah's Ark

Everything I need to know about life,
I learned from Noah's Ark ...

One: Don't miss the boat.

Two: Remember that we are all
in the same boat.

Three: Plan ahead. It wasn't
raining when Noah built the
Ark.

Four: Stay fit. When you're 600 years old, someone may ask you to
do something really big.

Five: Don't listen to critics; just get on with the job that needs to be
done.

Six: Build your future on high ground.

Seven: For safety's sake, travel in pairs.

Eight: Speed isn't always an advantage. The snails were on board
with the cheetahs.

Nine: When you're stressed, float a while.

Ten: Remember, the Ark was built by amateurs; the Titanic by
professionals.

Eleven: No matter the storm, when you are with God, there's always a
rainbow waiting.



FAILURE CAN BREED SUCCESS

If we never experience failure how do we know what success looks
and feels like? Failure is essential for young people and when treated
carefully, can provide the impetus and a valuable lesson learned to
turn a failure into a success next time.

As parents, it is difficult to watch your child fail. Sometimes we need to
intervene where safety is at risk, or where to fail would have
catastrophic results, but at other times, letting a child fail will be far
more valuable than the harping that can go on with teenagers, who
have suitably selective hearing!

Increasingly, we try and fail-safe our children, often wrapping them in a
cotton-wool world so that they don't have to experience the hardship of
failure. In the long run, I am suggesting that in doing so we do them no
favours. It's a bit like experiencing the word 'no'. On occasions, this
also can be extremely valuable. If the answer to everything children
ask for is always 'yes', then how do they learn the value of working
hard for something, of saving, or of doing without?

One day, our children will leave the family home. We hope that we
have provided them with the skills and attributes that will carry them

through life as adults living independently. This is the 'real world'! We all know that failure can come at any time and around any corner. Think of the times you have failed as a parent – perhaps a driving test, perhaps at a job interview, perhaps failing to pay a bill on time. All of these things serve to make us either more determined next time, or cause us to plan, learn, study and prepare so that next time we might meet with success.

At school, allowing and expecting that there will be times of failure, or of missing the mark, will also be preparing students for the 'real world'. In so doing, we are saying to students that in order to reap the rewards that come with success, this is most usually accompanied by preparation and hard work. There is nothing like feeling proud of one's self because there was effort and forethought in the process. This is the currency of success.

Many writers consider that failure is about resilience building. Robyn Pearce, an international author and speaker, suggests the following with children:

- From an early age let them feel the consequences of their actions. Let the punishment fit the crime
- Don't give them everything they want. Make them earn and save for their rewards and treats.
- Link pocket money to tasks. It's not a right.
- Read Maggie Mamen's book '*The pampered Child Syndrome – how to recognise it, how to manage it, and how to avoid it. A guide for parents and professionals*' 2004 (Rev. ed. 2006).

*Craig Wattam
Principal*

YEARS 7 - 11 PARENT/ TEACHER/ STUDENT EVENING - WEDNESDAY 4 NOVEMBER 2009

4.00pm – 8.00pm

As advertised in the Semper Paratus at the end of last term, a Parent/Teacher/Student Evening for junior students will be held in the school hall next Wednesday, 4 November, between 4.00pm and 8.00pm. Booking forms, distributed last term, needed to be returned to the Front Office by Thursday, 22 October 2009.

The evening provides the ideal opportunity for teachers to recognise and affirm the achievements of your child over the 2009 school year, to discuss with yourself and your child any areas causing concern and to provide information on your child's overall progress. The input of your child in these discussions is actively encouraged and considered a vital part of this process. For this reason, it is a school expectation that your child attends the interviews with you.

The active participation of parents and/or carers in such evenings is considered an integral part of enrolment at James Sheahan Catholic High School and reflects the vital role that parents play in their child's education and development.

We look forward to meeting parents/carers on the evening.

*Peter Meers
Assistant Principal*

SPECIAL PROVISIONS FOR SCHOOL CERTIFICATE AND HIGHER SCHOOL CERTIFICATE EXAMINATIONS IN 2010

Special provisions are granted by the Board of Studies for students who have a 'physical condition, visual impairment, hearing loss, or trouble expressing ideas in writing'. Practical support is available for students with these needs 'by allowing provisions such as special coloured examination papers, extra time to rest, writers or readers'.

Applications are invited from parents and students currently in Years 9 and 11, intending to sit for the Schol Certificate or Higher School Certificate in 2010, who have special examination needs and would like to be considered for Special Provisions. Further information and applications are available by contacting Miss Sarah Orr, Learning Support Department, at the school.

*Carolyn Johnston
Coordinator Learning Support*

WATERWATCH NEWSLETTER REPORT

The James Sheahan Waterwatch group has been conducting water quality tests at Gosling Creek every fortnight. This semester's team comes from 8 Brendan and consists of Jack Johnstone, Lucy Nell, James Ostini, Emma Parsons, Hayden Pilley and John Spratt.



The students conduct both physical and chemical tests of the water. These include levels of dissolved oxygen, levels of available phosphate, water turbidity, levels of dissolved solids (salinity), water pH and water temperature. The data collected is sent electronically to a state-wide database where it allows councils and government departments to act on problems detected in the water quality. High phosphates for example can lead to algal blooms, so if detected early the problems can be minimised.

The water quality testing this semester has been conducted on the inflows to Gosling Creek dam. Our results have indicated very good water quality.

In mid November, the Waterwatch group will share their expertise with students from Anson Street School at Lake Canobolas. The students are looking forward to showing and sharing their skills of water quality testing.

I would like to thank all the students from Year 8 who have participated in Waterwatch this year. The students have participated with enthusiasm and have a greater awareness of the role scientific monitoring has in improving our environment.



*Michael Tilston
Waterwatch Coordinator*

CYMS NETBALL

This Saturday is the last chance for anyone intending to play with CYMS Netball Club in their inaugural season in 2010 to order uniforms. This will be at St Mary's market day at St Mary's School from 9.00am - 2.00pm. For enquiries please see Mrs Jordan at school.

Kylie Jordan

HAVE YOU BOOKED THIS DATE?

The JSCHS Music Support Team will again be hosting a night of musical excellence featuring the musical genius of local musician Louis Ortiz on double bass, supported by JSCHS staff, students and parents.

The date is set for Friday, 4 December at 7.00pm.

The venue is the Assemblies of God church hall at 560 Cecil Road, Orange.

Tickets will be available from next week from the school office. Get your tickets early to avoid disappointment.

Trish Aumuller for the Music Support Team

P&F NEWS

KRISPY KREME DRIVE



Just a reminder to get your order forms filled and returned by Tuesday 10 November.

Don't hold back with your selling campaign - we need to sell over 500 dozen to make it worthwhile! If you think this sounds exciting, come and help us to distribute them on 19 November.

*Louise Baker
for the P&F Committee*