



Semper Paratus

**Newsletter of
James Sheahan
Catholic High School**

*Volume 24 Number 35
Thursday 5 November 2009*

DATES TO REMEMBER

**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

Sunday 6 December
Trek to the Top

Tuesday 8 December
Years 7 to 9 Presentation
Assemblies

Friday 11 December
Last day for students

Tuesday 15 December
Presentation Evening

God, my Father,
help me to be attuned to the heartbeat of this day:
to be aware of the presence of each of the many people
who play their part in my life;
to be thankful for their reliability
to be grateful for the contribution they make to the proper
function of my life.

Amen

Saints in our lives

At Mass last weekend Fr Carl gave an excellent homily on All Saints Day, and the Saints who are part of God's family in our Church. These amazing men and women did wonderful work in the name of Jesus and in the name of the Catholic Church. We can't all be saints, but we can do saintly things for others. Do you have a personal saint in your life? Perhaps this person is an unsung hero. We need such people for the sake of our children – these

people are role models, they are carers, they love our children unconditionally and they are showing children the way to treat and interact with others in a positive way. "Wholesome" is a word that is often maligned because it can verge on corny, but as far as I am concerned there is nothing wrong with wholesome activity, wholesome movies and wholesome people!



St John Baptiste de La Salle

Ordinary saints are amongst us in our ordinary lives. They give us the opportunity to see Christ in action. As part of our prayer this week, let us give thanks for the saintliness that can be found in our interactions with each other.

James Sheahan Bursary Fund

At the beginning of 2008 we commenced a bursary fund for students who otherwise would not have the opportunity to have a Catholic high school education. The bursary is possible because of the generosity of staff who give from their fortnightly salary and from parishioners and community members who either give one-off donations or regular amounts. I would like to ask any families who can afford to give a little to this fund, to consider making a donation. In the coming years, we hope to pay all school fees for at least one child in each year group of the school. In this way, we are being serious about doing something for others. All donations will be gratefully accepted.

Quiz for the week

At least once during the coming week I challenge all parents to ask their child(ren) five things that they have learnt at school this week. I hope they can provide at least this number without having to stop to think for too long!

*Craig Wattam
Principal*

YEAR 7 2010 DAY/EVENING

On Thursday 12 November James Sheahan will welcome next year's Year 7 cohort when they visit the school. The students will undertake a placement test in the morning to assist our staff in organising Year 7 classes for next year. Following this test the students will enjoy a trivia quiz and games organised by our student leaders.

The visit has already been organised for students from St Joseph's and St Mary's schools, Orange who will travel by bus to and from James Sheahan on the day. The students will need to bring lunch, as well as pens, pencils, a ruler, eraser and pencil sharpener.

Parents of students from other schools enrolled for Year 7 in 2010 at James Sheahan should contact the school to confirm the attendance of their child on the day. These students should arrive at the school between 8.30 and 9.00 and are to be collected from the Front Office at 2.45pm. Students who are unable to attend the placement test on this day should phone the school to arrange attendance on Monday 16 November at 9.00am.

An orientation evening for parents of Year 7 2010 will be held in the school hall from 7.00pm on 12 November. Parents will be given a tour of the school, receive a taste of life at James Sheahan and the opportunities provided for their children and hear from parents about their experience of the transition from primary to secondary education. All parents of students enrolled for Year 7 at James Sheahan next year are strongly encouraged to attend the evening.

*Peter Meers
Assistant Principal*

MASTER CHEF EMILY TAKES THE CAKE

Emily D'Aquino sliced her competitors in the recent final of World Skills Hospitality held at Orange TAFE last week with perfect scores in some sections of the keenly contested competition.

Currently studying Hospitality at James Sheahan Catholic High School, Emily and nine other competitors from the Western Region were given a set menu to plan prepare and plate, with wait service provided by competitors in the Food Service World Skills finals. The three course meal of Caesar salad, crumbed chicken with turned potatoes, tomato

concasse and seasonal vegetables, and poached pear garnished with vanilla sauce anglaise had to be completed for four serves using set ingredients in five hours.

"You couldn't decide to add something else, or more of an ingredient, because what you were given was it," Emily said.

"I have never eaten Caesar salad, and it was a real worry for me so I asked chef Keith Wilson at Highland Heritage restaurant where I work part-time to eat mine and give me feedback," she said.

"Some days in the holidays I just spent practising my Caesar salad, trying to get it right."

Emily must have got it right with TAFE head teacher and one of the judges



John Oliwichz awarding 20/20 for this dish, while the other judge gave a close 19.5.

Preparation was the key to Emily's win, practicing during the holidays at home, at work at Highland Heritage, and also at two practice sessions held at James Sheahan by regional convenor Karen Pickering with assistance from JSCHS head teacher Kerry Kidd.

"I did two timed run throughs using the kitchens at schools, and I was really worried about my time, and I realised just how important work flow really is," Emily said.

"My teacher, Mrs Kidd really emphasised the need to plan workflow, and when I got nervous, I just referred to my workflow chart, and that got me straight back on task".

"I really need to thank Mrs Kidd and Mrs McRae who went out shopping for ingredients on Sunday so I could have fresh ingredients to practise with."

Emily said the fact that Mrs Kidd and the other hospitality staff were so happy for her following her win was a huge reward, giving her confidence to go on and compete at the State finals.

That makes it a Western Region coup for the D'Aquino family with older sister Kate, herself a former Sheahan student and apprentice chef at Highland Heritage, also competing at the State Hospitality World Skills finals having won the regional apprenticeship competition.

*Sarah Eyb
Promotions Officer*

2010 HSC INFORMATION EVENING

Parents/carers and Year 12, 2010 students are invited to attend a 2010 HSC Information Evening in the school hall on Tuesday 17 November at 7.00pm. The evening will allow parents to learn more about the structure of Year 12 and the features of the Higher School Certificate credential. Parents will also have the opportunity to meet with staff, including the Principal Mr Wattam, the Year 12, 2010 Coordinator Mrs Kerry Denney, Careers Advisor Mrs Kaye Heron and members of the School Executive.

Information will be provided on a range of important topics, including:

- Expectations of Year 12 students
- Structure of the Higher School Certificate
- Reporting HSC performance
- The moderation process
- The Australian Tertiary Admittance Rank (ATAR)
- The role of the Higher School Certificate Examination
- Assessment rules and guidelines
- Key features of the Assessment Booklet
- Year 12 welfare and support programs
- The role of parents/carers in supporting their child's study and progress.

Parents of previous Year 12 students will also discuss their personal experiences of the HSC year.

Peter Meers
Assistant Principal

BERG SHIELD CRICKET MATCH V RED BEND COLLEGE

On Tuesday 3 November, James Sheahan played against Red Bend Catholic College in a 30 over cricket match at Sir Jack Brabham Park. We lost the toss and were put into bat. After a reasonable start by openers Pat Madden and Ben Wright we lost some very quick wickets due to poor shot selection. Tom Satterthwaite steadied the ship and had us in a solid position at drinks to be 5/92. Soon after drinks Tom was out, caught for a well compiled 40. Hugh Davis batted beautifully and with a lot of patience with Angus Niven for a much needed partnership of 35 very valuable runs. Hugh continued to bat with great concentration and formed another excellent partnership with Charles Foran that added another 25 runs. At

the conclusion of our 30 overs we scored 9/176.

The boys knew that we would have to bowl good line and length to be able to keep Red Bend under our total. Our bowling was pretty well on target from the start of the innings which paid dividends as wickets began to fall regularly. Charles Foran and Tom Satterthwaite claimed early wickets to have Red Bend in trouble at 2/10. However they still had in their best batsman who was keeping the score board ticking over. At drinks the game was in the balance at 4/86. Shortly after drinks captain Jake Kopp threw the ball to the man of the moment, Hugh Davis. He rewarded his captain with the wicket of their dangerous batsman who was well caught by Ben Wright. We stayed motivated in the field and continued to apply pressure. Jake Kopp bowled very well and picked up 2 wickets of his own. Edward Wright claimed the last 3 wickets and finished with the great match figures of 3/9. Red Bend were bowled out for 117. However, they should be commended on not giving up and trying to maintain their run rate.

Well done boys on a fine performance. Also thank you to the parents who came and watched and assisted with scoring.

Nathan Short
PD/H/PE

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

P&F NEWS

The Krispy Kreme drive is well underway. This time we are saving for a laptop to go with the new sound system in the hall. To help us reach our target, we are offering a reward to the year that sells the most donuts. Nothing like competitive rivalry. I can assure you Year 7 are well under way to winning.



Remember orders need to be in by Tuesday 10 November for delivery on 19 November. Thanks to all those who have offered support - we'll begin at 10.00am on the 19th in the hall to start sorting the orders.

We've decided not to have an end of year BBQ this year. However, if you would like the opportunity of being part of the school community prior to year end, there is a chance to get together at the "Celebration in Music" on 4 December. Contact Trish Aumuller.

The P&F of James Sheahan would also like to acknowledge Marg Young for her contributions to the school community. Marg has volunteered her time and efforts every Tuesday in running the clothing pool and also spent countless hours working to support the P&F. For this we say sincerely - Thanks! and all the very best.

*Louise Baker
for the P&F Committee*



SRC SHEAHAN CUP

The SRC Sheahan Cup was run and won at lunchtime last Tuesday. The Cup happens to coincide with that other well known horse race, The Melbourne Cup, which is run on the same day. Sheahan students, representing their House, comprise the jockeys and horses for the race. Each House has two horses running in the event. The horse, usually a strong Year 11 student wearing a cardboard head, carries a silk-wearing jockey, who is usually a willing Year 7 student. All horse heads and jockeys wear house colours. To complicate the race, the horses and jockeys have to swap heads and silks at the half way point, with a new set of horses and jockeys to run to the finish line.

The names of the Horses and Jockeys for this year appear below. They are to be congratulated for their display of house spirit.

We also ran a Fashions of the Field and Hat/Fascinators Competition. The race and activities were well supported and made Cup Day a memorable event for all.

*Lynelle Maguire
SRC Facilitator*



Horse	Jockey
La Salle - Red Rocket: Daniel Cooper, Jack Derwin French Ticker: Jack Huang, Elijah Beath	Jay Moses, Matthew Eyles Dylan Wright, Emily Conlon
McAuley - Blue Lagoon: Aidan McLean, Josh Doulman She's The Fastest: Pat Blackwell, Sam Cubbin	Brandon Connolly, Jacob Boys William Bennett, Mitchell Atkinson
Mercy - Maroon Madness: Joe Throup, Nick Schmich Tightey Whitey: James Hayes, Will Zarnow	Georgina Williams, James Turnbull Tristan Hillier Fred Palmer
Benilde - Kermit: Matt Eagan, Jarrod Hyde Shamrock: Cameron Jones, Daniel Kelly	Abbey Bell, Sam Duff Courtney Hayes Aaron Kissell
Norton - Phantom: Nick Niven, Dylan Dean Golden Thunder: Jacob Smith, David Wood	Adam Snare, Clayton Cox Beth Thompson, Jarmin Thornberry
Sheridan - Deathly Darkness: James Prestwidge, Aaron Langby Thriller: Ben Cooper, Jesse McKenna	Polly McCrae, Cameron Hopkins Angela Camilleri, Hamish Gully