



STRONG MINDS COMPASSIONATE HEARTS

From the Principal

John M Freeman
Principal



Feast of Marcellin Champagnat

On Thursday 6 June we celebrated the founder of the Marist Brothers, Saint Marcellin Champagnat, at our annual Champagnat Mass.



This was a wonderful celebration as always, and was further enhanced by continuing on from last year the alteration of the orientation to the seating of the Mass that we would usually set-up. To increase engagement between those congregated in the hall the seats were turned 90 so that members of our community sitting on each side of the main aisle faced each other. Once again the sense of connectedness was noticeable.

We also continued the celebration following Mass with Kildare LA groups joining with St Paul's students in House groups. The activities that took place were the work and action of the senior student leaders. Feedback from students was very positive. As always there is no party without suitable food and drink being available and this was supplied by the College.

The overall sense was that we celebrated as one school not two campuses. Well done to our Senior Captains – Lily Bond Lincoln Ingravalle and Lori Scholtes.

Other people that need to be acknowledged are: Chris Roga and Sarah Brown regarding the Mass and the arrangement of the food and drink; Shane Reid and the choir, all those who participated with readings, procession of the Message Stick and Heart, Altar Servers who worked under the guidance of Mike Hansen; the staff who controlled audio visual and logistics (particularly Kelly Murray, Tamsin McCormack, Michael Cleef and our Maintenance Team). As always the hospitality shown to our guests was fantastic – thanks Kellyann Armstrong and Bec Henry.

I also need to especially thank our celebrants on the day: Fr Harry Dyer, Fr Francis Otobo and Monsignor John Allman. Fr Harry's homily was insightful and not only highlighted the important contribution of the founder of the Marist Brothers, St Marcellin Champagnat, but also drew to the need to us to source of support to each other.

I also acknowledge our guests, in particular the families of the medal recipients as well as Br Julian Casey (former Principal of Catholic Regional College Traralgon and foundation Principal of Lavalla Catholic College), representing Marist Brothers and Marist Schools Australia, Peter White, MSA Regional Council (Southern Region) Chair – representing Marist Schools Australia and Adrian Crawford, Chair of the Advisory Council who assisted with the presentation of the Champagnat Medals.

FROM THE PRINCIPAL

I know she will be embarrassed, but I must acknowledge Lee McKenzie's Champagnat Address – it was an informative, inspiring and engaging exploration of the Champagnat's life and the inspiration for his work. Finally, thank you to all of our student body and staff for the reverent and prayerful manner in which they participated in our liturgy.

As I mentioned above as part of our celebration we recognised the recipients of the Champagnat Medals. The successful recipients are recognised for their Marist qualities of: family spirit; love of work; simplicity; presence; and service in the way of Mary. All who were nominated and the successful recipients of the medals give witness and example of our motto: **Strong Minds and Compassionate Hearts.** Accordingly, **I congratulate:**

Year 7: Mia Tosin
Daniel McDonagh

Year 8: Alyssa Ford
Joshua Verhagen

Year 9: Abbey Pianta
Max Culliver

Year 10: Coenrad Marx
Emma Van Den Brand

Year 11: Noah Georgeson
Tiannah Goodwin

Year 12: Lincoln Ingravalle
Alysha Somerville

Staff: Mr Bill Antonopolupos
Mr Steven Erdely



2019 Marist Netball National Championship

This year the Marist Netball will be take place in Alice Springs and hosted by Our Lady of the Sacred Heart. The competition will commence on Saturday, 15 June with a Mass and will continue until Tuesday that week.

The 2019 team comprises of:

Chelsea Livingstone (VC)	Yr 12	Madelaine Galea	Yr 10
Madison Rohde	Yr 12	Alyssa Anderson	Yr 10
Emma White	Yr 10	Isla McRae (C)	Yr 12
Isabella Bettridge	Yr 10	Lauryn King-Church	Yr 11
Maddison Knowles	Yr 12	Matilda Van Berkel	Yr 11

Thank you to their coach, Fi Morrow, Team Manager, Nikki Schroeter and Assistant Team Manager Natalie MacPherson for all their work leading up to the tournament.

You can follow their progress throughout the carnival via the facebook page below, created by the host school.

<https://www.facebook.com/326634408007950/posts/336185360386188?sfns=mo>

We wish them the best of success in the competition!

GAT and Exams

On Wednesday this week we conducted the GAT which forms a very important part of the assessment process for students studying VCE Unit 3 & 4 subjects. Thank you to everybody at both Kildare and St Paul's campus who helped in any way at all with the smooth preparation, running and packup of the GAT. In particular, I want to thank Jeananne Brown who worked so hard to ensure this process took place efficiently and successfully.

We are also in the process of conducting mid-year exams for Year 9 to 12 students. Again this forms an important part of our internal assessments processes as well as prepares students for the rigours of externally set exams. Thanks to Brett Van Berkel for his leadership in this area, assisted by Jeananne Brown and Michael McKenna.

Year 7 2019

Enrolment applications were due on 31 May 2019. However, we are continuing to accept applications, but as a matter of justice priority will be given to those who have submitted their applications on time.

Prayers

You may be aware that the Formaran family were involved in car accident earlier this week. Accordingly, can I please ask for your prayers for all the family but in particular Nicole (Year 10) who sustained breaks to her collar bone and ribs and especially Anne who is currently in a serious condition.

Please know that College is in contact with the family through Chantel (Class of 2018) and they are aware that we are praying for them and offer all support possible that they require.

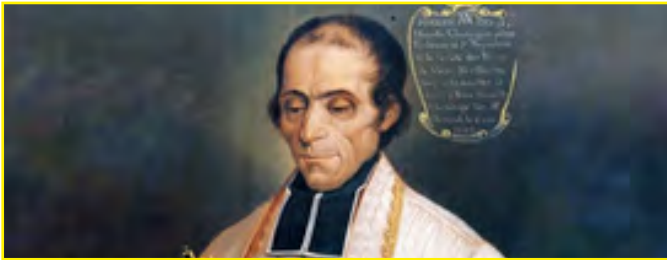
CHAMPAGNAT DAY MASS & ACTIVITIES



The past weeks has thrown a strong focus on the way the college lives its faith and identity. Three events have stood out: The Champagnat Mass, the Diocesan Youth Gathering and the Year 10 Retreats.

Feast of St Marcellin Champagnat, Founder of the Marist Brothers.

The whole college community celebrated the traditional Champagnat Mass in the Champagnat Centre on June 6th. More than 1200 parents, staff and students attended the Mass, celebrated by Father Harry Dyer omi, Parish Priest of Moe and Newborough and con-celebrated by Father Francis Otopo, Parish Priest of St Michael's Parish, Traralgon, and Mgr. Allmann.



St Marcellin Champagnat by Ravery

The Special Guests were, Br Julian Casey fms, Founding Principal of Lavalla Catholic College; Mr Peter White, Marist Schools Australia; Mr Adrian Crawford, Chair of the College Advisory Board; Parents and well wishers.

The commentators, Mrs Gaye Jenkins and Maddi Knowles ably controlled the pace of the ceremony as commentators. The ceremony had three parts. The first part told the story of St Marcellin and the Lavalla heritage. The highlights were the video made by Maddi Knowles and Josh Wong, the modernised enactment of scenes from Marcellin's life under the guidance of Ms Katie Lee, and the Champagnat Address by Mrs Lee McKenzie.

The Mass proper formed the second and central part. Father Harry, Father Francis and Mgr. Allmann conducted it superbly. They connected the whole congregation with the sacred space and sacred moments. Increased student participation was a result. The Liturgical Choir with their exquisite singing enhanced the reverence of the occasion.

The third part was the awarding of the Champagnat Medals to two students from each year level and two staff members, one from each campus.

After the Mass, the students from both Campuses celebrated together in Houses and connected over food and fun activities.

Events do not just happen by accident. The college is grateful to everyone who took part, and to a great many people, staff and students, who worked hard and contributed in various ways to make sure the event was a joyful celebration of the Feast of St Marcellin Champagnat.

Chris Roga, Director Catholic Identity and Mission

Diocesan Youth Ministry Gathering 2019

As a YME collective, we travelled to the Presentation Campus, Newborough, for the Annual, Diocesan Youth Ministry Gathering Day, with 5 other Ministry classes including Marist Sion (Warragul), Catholic College Sale (Sale), St Francis Xavier (Beaconsfield), St Peter's (Cranbourne) and Mary Mackillop (Leongatha). As a collection of young Australian Catholics, we celebrated the Feast of Ascension of Jesus and also to praise Catholic Education Week, which represents all of us as young catholic students in catholic schools. Each school ran an activity to share how we portrayed ministry in our classes. We also extended our knowledge on how we can incorporate new learning into our own classroom for YME.

Throughout the day, we participated in many different activities relating to our current learning in school, although everyone incorporated a little fun into the activities. All of the activities were based on Jesus' and God's values and how we could incorporate them into our lives. The 3 activities I participated in were, Lavalla Catholic College's "Empathy" workshop, St Peter's Decorating Jars activity and also the Front Bar, which was ran by Catholic Education professionals. As a collective, we also had lunch together, which was cooked by Lavalla students, and we got to connect with new people from other schools and talk about anything we wanted. After this we celebrated our day and finished it off with a Mass by Bishop Patrick.

Overall, there were both many positives and negatives to come out of the day. New connections were many with different people, and even students from the same school were able to connect at different levels. We also learnt new things that we can incorporate into our classes and lives. I learnt that empathy and sympathy are two very different words. Sympathy is the feeling of sorrow for someone else's misfortune, whereas empathy is the ability to understand and share the feelings of another. Empathy, in my opinion, is a much more important value to show compared to sympathy because being able to relate to the person's emotions, provides a larger connection to the person and shows more compassion. I also believe I received a lot of well-needed information from the Front Bar. The 3 individuals shared their opinions on different questions asked by us. Although, the questions were answered with detail, sometimes we didn't receive the answer we wanted, though, it was a very informative conversation.

In conclusion, this day was a wonderful experience for all young ministry students of all year levels associated. We made many new connections with students and teachers from other schools and also learnt some new messages about faith along the way. I believe, looking at our topic in YME right now, Discipleship, relates to this day tremendously. As a group, we learnt about the values Jesus portrayed in his life and also what he would want us to be showing in our own lives. We learnt how to become followers of Jesus and show discipleship, just from sharing our own knowledge between each other.

Emirson Devenie, YME 11

YEAR 10 RETREAT DAYS

The Year 10 Retreat Days were held on May the 24th and the 31st at Presentation Campus. The day centred on the theme of Justice, and students explored issues of injustice in our world today and how we can respond to them. In particular, they discussed our environment and how we are responsible for the future of God's creation for the next generations.

Students also had a chance to relax and enjoy some time with each other outside the classroom, playing games and participating in team activities.

In their evaluations of the day, many students commented on how enjoyable it was to have a relaxing day spent discussing real issues, as well as spending time with their peers.

Thanks to all the students who attended and contributed to the positive atmospheres on each day.



YEAR 10 DRAMA ENSEMBLE

This week the Year 10 Drama class completed their final Group Ensemble Performance. After rehearsing for a number of weeks, each group performed a ten minute short play to the class. This final performance was the culmination of their learning around character development, script interpretation and performance skills this term. Each group was given the same script to interpret in their own way, and every student had to develop their own character including costume and personal props. The final performances were extremely entertaining, well-crafted, and demonstrated how far the students have grown in confidence over this first semester in Drama.



EXAM INFORMATION

Information for upcoming exams

Why do we do exams?

Students from Years 9–12 have completed or are going to complete exams. Students should be revising and setting up study time to prepare. Unit 3 & 4 students have also just completed the 3 hour General Achievement Test that is a requirement of completing a VCE scored subject. For many students, exams seem a necessary evil. Time-consuming yet inevitable. But are exams really necessary? In 2011, Macquarie University was the first Australian university to debate the abolition of exams. No exams in any subject, at any year level. At the time it was suggested that exams fail to develop “questioning, self-sufficient learners”. Critics also often argue that exams promote a superficial understanding of topics and that they are inauthentic: that is, they fail to represent the kinds of things students will be asked to do “in the real world”.

However, this is taking a narrow view of the benefits of exams. Exams include many of the aspects we want from the assessment.

What do we want from assessment?

Good assessment programs aim to provide a balanced, fair evaluation of each student. They achieve this in two ways. First, they use a variety of strategies and tasks. This gives students multiple opportunities, in varying contexts, to demonstrate what they know and can do. It also enables teachers to be confident in the accuracy of their judgments about each student.

Second, tasks must be “fit for purpose”. Assuming a subject has a number of goals (knowledge to learn, skills to acquire), each task should be appropriate to the specific goal or goals it is assessing. This means that a task assessing base knowledge will look different to one assessing creativity.

Rather than abolishing exams, we should instead be asking what mix of assessment tasks is most appropriate for each subject. Where might exams fit? And what are their benefits?

Exams focus on breadth

In most disciplines, there are specific bodies of knowledge that students are expected to learn. Physics students might learn about thermodynamics, while history students might learn about the cold war. Exams enable us to accurately test students’ breadth of understanding of these topics.

Critics of exams often instead promote “deep”, “rich”, and “authentic” assessment tasks. These are typically project-based tasks that draw on students’ creativity and interest. For example, history students might be asked to choose and research a historical character in depth. Business studies students might be asked to design the pitch for a new business seeking venture capital.

These tasks develop several important higher-order thinking skills, such as analysis and decision-making. However, they’re not alternatives to exams. They do different things. And this is exactly what we want: multiple, different tasks to maximise students’ opportunities to demonstrate what they know and can do.

We also want a fit-for-purpose. Where the breadth of knowledge is important, we want assessment tasks that target this breadth. We want our future doctors to know of the entire human body. We want our future teachers to know a full repertoire of teaching and learning approaches. Exams can help achieve this.

Exams do enhance learning

Finally, there is evidence that both studying for and sitting exams deepens learning.

Studying is like exercising. When one exercises, the muscles in use grow stronger. Likewise, the process of searching through one’s memory and retrieving the relevant information strengthens that memory pathway for future uses. This means that when newly qualified teachers, doctors, lawyers, or accountants come to retrieve the information they need, it is – as a consequence of having been practiced previously – now easier to access.

So, how can we best make use of this “practice effect” for memory? Research tells us that learning is particularly strong when students self-test. Rather than passively reading and remembering by rote, we want our students to study by forming appropriate questions, searching memory for relevant responses, and knitting this information together into an appropriate answer.

We think this third benefit of exams is the most exciting. Exams don’t just provide a targeted, fit-for-purpose opportunity for students to demonstrate what they know: they also have the power to enhance what students know.

Adapted from

<http://theconversation.com/exams-might-be-stressful-but-they-improve-learning-35614>

The best teacher in the world is that friend...



**who teaches you everything
20 minutes before an exam**

STUDENT WELLBEING MATTERS

Bell Times

The school day for both campuses begins with the first bell at **8.45am**. A full list of bell times is included in today's newsletter. The day concludes at 3.15pm.

Homeroom/LA

Homeroom **commences at 8.50am** and it is essential that all students arrive in time to start the day together. Students begin the day in prayer with their teacher and classmates. Important messages, handing out of permission forms and the pastoral program occur at this time. Students complete activities from the student planner that is a compulsory item each year. These activities are about developing friendships, resilience, organisation and health and wellbeing. Please ensure that your child arrives at school in time to participate in this aspect of College life.

Attendance

Included in today's newsletter is an article called Every Day Counts. This article is about the importance of every child attending school regularly and missing school as little as possible. If your child is going to be absent from school, it is important to notify the school (please see details below).

Student Absences

If your child is going to be absent for the day, please notify the campus as soon as possible. An SMS system is employed to send messages when we have not been informed of a child's absence. Absences can be notified via phone (with a follow-up note) or through PAM (the preferred method of contact). If you have not set up your PAM information yet, please do so ASAP or contact the College for assistance.

If you are planning an extended absence (e.g. family holiday), please contact the appropriate campus to arrange for an interrupted studies form to be completed.

Contact details for each campus are as follows:

St Paul's Campus - Phone: (03) 51747355 or email: administration_s@lavalla.vic.edu.au

Kildare Campus - Phone: (03) 51748111 or email: administration_k@lavalla.vic.edu.au

Calling Students

If you need to speak to your child during the school day, please contact administration (phone numbers above) at your child's campus and a message can be given to your child. We do not encourage the use of mobile phones during the day. These can be a distraction, especially during class time.

Uniform

Soft shell jacket: At the end of 2018, Mr Freeman wrote to all of our College families regarding the introduction of

the soft shell jacket. This item is replacing the rugby top and spray jacket which are no longer in production. The soft shell jacket is a piece of the PE uniform. It is not to be worn with the summer or winter uniforms except as a wet weather layer. The rugby top and spray jacket can continue to be worn until the end of 2021.

Summer Dresses/Kilts: A reminder that the dress/kilt should be knee length and any alterations made to uniform items should ensure that they are still able to reach the knee.

Socks: Plain socks (white for girls, grey for boys) are to be worn with the summer uniform during terms 1 & 4. Grey socks are to be worn with the boys and girls pants during terms 2 & 3. White socks (which may have a small logo) are to be worn with the PE uniform. Please ensure that your child/ren have the correct colour socks with their uniform.

Parenting Ideas

Throughout the year, articles and vouchers for webinars from Parenting Ideas will be included in the newsletter. These can include useful insights into helping your child navigate through issues with mental health, friendships and school life.

Upcoming Webinar

Managing Your Child's Anxiety

About

Anxiety is one the biggest problems facing children and young people today, impacting on their learning, happiness and their wellbeing. Research shows that when anxiety goes unmanaged in childhood it will reoccur in adulthood. Fortunately, there's a lot parents can do to assist kids when they become anxious.

Join Michael Grose in this webinar where he will help parents better understand the nature of anxiety, equip them to recognise it in children, and provide practical tools to help children and young people manage and minimise their anxious states.

When: Tuesday 25 June 2019 8:00pm AEST.

Price: This webinar is \$37 per person to attend, and is free of charge to families at schools that have a Parenting Ideas membership.

<https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-managing-your-childs-anxiety>

Your exclusive voucher

Your Parenting Ideas Webinar Voucher

Webinar: Managing your child's anxiety

Guest Speaker: Michael Grose

25 June 2019 - 08:00pm



VOUCHER CODE
ANXIETY

VALID UNTIL 25 JULY 2019

DOWNLOAD PDF VERSION

Attend this webinar at no cost.

Valued at
\$37

CALENDAR

Monday 17th June

- Marist Netball – Northern Territory
- Clay Target Shooting Competition
- VCAL Yr 12 Work Experience
- Unit 3 Exams

Tuesday 18th June

- Marist Netball – Northern Territory
- VCAL Yr 12 Work Experience
- Unit 3 Exams

Wednesday 19th June

- Marist Netball – Northern Territory
- VCAL Yr 12 Work Experience
- Unit 3 Exams
- VET Assessment/Training Building & Construction

Thursday 20th June

- VCAL Yr 12 Work Experience
- Dante Alighieri Society Recitation Competition
- Year 10 & Unit 1 Exams

Friday 21st June

- VCAL Yr 12 Work Experience
- Year 10 & Unit 1 Exams

Monday 24th June

- VCAL Yr 11 Work Experience
- Year 12 Retreat #1 – Mon–Wed
- Year 10 & Unit 1 Exams

Tuesday 25th June

- VCAL Yr 11 Work Experience
- Year 10 & Unit 1 Exams

Wednesday 26th June

- VCAL Yr 11 Work Experience
- Year 10 & Unit 1 Exams

Thursday 27th June

- VCAL Yr 11 Work Experience
- Year 10 & Unit 1 Exams
- Dante Alighieri Society Recitation Competition
- St Paul's Campus Parent Teacher Interviews

Friday 28th June

- **END OF TERM 2**
- **STUDENT FREE DAY**
- St Paul's Campus Parent Teacher Interviews



2nd Hand Uniform Shop St Paul's Campus

Opening Times
3.30pm – 6.00pm

DATES

20th June

18th July

1st August

15th August

5th September

Young Carers Scholarship Program

There are more than 71, 600 young carers in Victoria. Young carers are unidentified and have a range of responsibilities to undertake, including the care of parents due to physical and mental health issues, caring for younger siblings as well as the social and emotional support of family members. Many more roles are undertaken all whilst engaging in secondary school studies.

It is through a young carer's scholarship program

supported by Carers Victoria that a Year 12 Lavalla student became successful in her application and received a monetary scholarship. This success will assist the student in the running costs of her final year at the college. The applicants advice for others is 'apply if you fit the category, you just never know what will happen'.

Congratulations and we wish her every success in your final year. If you know anyone who might require assistance for any wellbeing issue please don't hesitate to make contact with the school counsellors located the St Paul's and Kildare campus of Lavalla.



EVERY DAY COUNTS

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SECONDARY SCHOOL ATTENDANCE

Going to school every day is the single most important part of your teenager's education.

Students learn new things at school every day – missing school puts them behind.

SCHOOL IS BETTER WHEN YOUR TEENAGER IS THERE

Why it's important

We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day.

Students develop good habits by going to school every day – habits that are necessary to succeed after school, whether in the workplace or in further study.

Missing school can have a big impact on students academically and socially. It can affect their test results, including VCE & VCAL, and, just as importantly, it can affect their relationships with other students, and lead to social isolation.

There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes.

Each missed day is associated with falling behind in subject topics and assessment tasks, and lead to fewer subject choices and may impact on achievement in years 11 and 12 and post-school pathways.

Getting in early

It's never too late to improve attendance. Even in the middle years, when school can seem the most challenging for students and when attendance rates can be at their lowest, going to school more often can make a big difference. **Every day counts.**

Schools are there to help – if you're having attendance issues with your child, speak to your school about ways to address those issues.

IN VICTORIA SCHOOL IS COMPULSORY FOR CHILDREN AND YOUNG PEOPLE AGED 6 – 17 YEARS

Student Absences

The main reasons for absence are:

Sickness – There are always times when students need to miss school, such as when they're ill. It's vital that they're only away on the days they are genuinely sick, and setting good sleep patterns, eating well and exercising regularly can make a big difference.

Family holidays - It's vital that holidays are planned during school holidays where possible, and not during the term. If you are planning to go on holiday during term time, make sure that you talk to your school in advance, and work with them to develop an absence learning plan.

"Day off" – Think twice before letting your teenager have a "day off" as they could fall behind their classmates – every day counts.



EVERY DAY COUNTS

Truancy – This is when students choose not to go to school without their parent's permission or skip out of school during the day. There can be many reasons for truancy; the best way to address this is for schools and parents to work together.

While all absences can effect academic performance, DET's statistics show that unexcused absences are a much stronger indicator of lower reading and maths achievement.

School refusal - School refusing children experience significant emotional distress not only when going to school but also at the thought of going to school; they may be absent from school for weeks or even months at a time. School refusal differs from truancy as children generally stay home with the knowledge of the parents and despite their best efforts to encourage their child to go to school. See: [My child or teenager has anxiety](#)

BEING AWAY FROM SCHOOL FOR 1 DAY A FORTNIGHT EQUALS MISSING 1.5 YEARS OVER 13 YEARS OF SCHOOL

If your teenager is away

If for any reason your teenager must miss school, there are things you can do with your school to ensure they don't fall behind:

- Inform the school via your teen's Form/Home Room teacher or Year Level Coordinator
- Find out what work your teenager needs to do to keep up.
- Develop an absence learning plan with your teenager's teacher and ensure they complete the plan.

Remember, every day counts. If your teenager must miss school, speak with your home room teacher or year level coordinator as early as possible.

Openly communicating with your teenager's school about all absences is a good way to prevent attendance issues being escalated to a School Attendance Officer. A School Attendance Officer is a Department of Education and Training Regional Director who has authority to follow up attendance issues. Chronic or ongoing attendance issues that are escalated can lead to an Infringement Notice being issued to parent/s.

If you're having attendance issues with your teenager, please let the year level coordinator, wellbeing coordinator, principal or other relevant staff member know so you can work together to get your teen to school every day.

TOP ATTENDANCE TIPS FOR PARENTS

- Schools want to work in partnership with parents – act early if you have any concerns by contacting your child's school and asking for advice and support
- Remember that every day counts
- There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes and their social connectedness
- Talk positively about school and the importance of attending every day
- Open and prompt communication with your child's school about all absences is a good idea
- Avoid making routine medical and dental appointments during the school day or planning family holidays during the term



EVERY DAY COUNTS

- Seek help from your school if you are concerned about your child's attendance and wellbeing. Schools want to work in partnership with parents to support student attendance and wellbeing.

FURTHER INFORMATION

For more information and resources to help address attendance issues, visit: [Student attendance](#).