



From the Principal

John M Freeman

Lenten Prayer

Almighty and Everlasting God,
You have given the human race
Jesus Christ our Savior as a model
of humility.

He fulfilled Your Will by
becoming Man

And giving His life on the Cross.

Help us to bear witness to You

By following His example of
suffering

And make us worthy to share in
His Resurrection.

We ask this through our Lord
Jesus Christ, Your Son.

Amen.

Lent

Last Wednesday, we celebrated the start of Lent with Ash Wednesday liturgies at both campuses. It is a season of penance, reflection, and fasting preparing us for Christ's Resurrection on Easter Sunday. Three traditional practices of Lent are self-denial, prayer and almsgiving, the purpose of which is to help us to better attune ourselves to God's will in our lives.

During the liturgies we also launched Project Compassion for this year. This is one of our important fundraising programs that we undertake as it supports those in need both in Australia and around the world. My thanks to the Ministry Team lead by Mr Chris Roga for their work in preparing and celebrating the liturgies.

Year 7 Camps

Today the second group of our Year 7 students returned from their camp at Tynong North, with the first group spending three days at the Mill Valley Ranch last week. I had the opportunity to visit both groups and I know from both talking to our new students and reports back from staff who attended the camps that these were enjoyable experiences

and a great way to form new friendships and strengthen current ones. Well done to Ms Roma Valentine and Mrs Tina Weston, along with all the team, for their great work.

VCE Awards Assembly

Last Thursday we had a wonderful assembly at the Kildare Campus to recognise our high achieving students from 2017. Whilst many were unable to attend due to commitments, particularly those beginning university courses, our students were privileged to hear from one of our duces from last year, Tobias Duffy, and another high achieving student, Taylah Foster. Their message was clear. If you wish to achieve success you need to work consistently, follow-

up concerns and maintain a healthy balance between study, sport, work, social life and family. Critically, this year's students were reminded that they are students first and accordingly part time work and other commitments need to be undertaken in moderation and study should be given appropriate priority.



From the Principal cont...

Staff

We farewell Bryanna Mifsud who has accepted a position at St. Gabriel's Primary School as an Educational Support Officer.

Commissioning Mass

Please note that our Commissioning Mass will be celebrated on Thursday, 1 March 2018, at 9.30am, and will be held in the Champagnat Centre on our St Paul's Campus. You are all very welcome to attend.

Royal Commission Concludes

In December, the Royal Commission into Institutional Responses to Child Sexual Abuse handed down its findings. The details are harrowing and clearly identify the tragic betrayal of trust by both the perpetrators and institutions, including the Catholic Church and Catholic schools, of the young victims.

The Commission also found that modern Catholic schools take very effective care of students, and have policies, practices and school cultures which protect their students.

The Final Report can be accessed here: <https://www.childabuseroyalcommission.gov.au/final-report>

It is a fact that the Marist Brothers were identified in the Royal Commission as an institution that failed in its responsibility to protect young people and I am aware that in our history young men in the school's care were victims of abuse. This deeply saddens me and I offer my sincere apologies to any former student who suffered abuse at a Catholic secondary school in the Latrobe Valley. I invite anyone affected by abuse at this school to make contact with me, if they wish.

At Lavalla Catholic College, student safety is a very high priority. We will continue to work hard so that our young people can learn, grow and develop in safety. Accordingly, if you have any concerns regarding the safety and wellbeing of our students, your children, please do not hesitate to contact members of our Child Protection Officers or myself. Details regarding Child Protection and our related policies can be found on our website.

***Eternal rest grant unto
them, O Lord, and let
perpetual light shine
upon them. May the
souls of the faithful
departed, through the
mercy of God, rest in
peace. Amen.***



Condolences

Finally, can I please ask that you remember in your prayers the Mrs Eileen Hindle who passed away recently. Eileen is the aunt of Ms Jenni Lovatt, member of our staff.

Faith & Ministry Matters



year of youth

OPEN NEW HORIZONS FOR SPREADING JOY



Janaki has turned her life around with the help of Caritas and Project Compassion – to which we contribute. Growing up in a world of poverty and disadvantage, in a village in Nepal, she was married at the age of 12. She was in a very vulnerable position, even more so when her husband died just two years into their marriage. She was a widow at 14!

In 2015, Janaki joined a youth club formed by Caritas Australia partners, Caritas Nepal and the Ekata Foundation Surkhet, as part of the Children and Youth Empowerment Program (CYEP). It provided her with job skills. She took a loan from the youth club to purchase her first sewing machine.

Two years on, in 2017, Janaki has 11 sewing machines and is running her own business, teaching others and is considered a community role model and has become an inspirational community leader. She says, "I'm happy that I'm motivating and teaching other people as well. I appreciate all those respected peoples of Australia who are supporting this wise cause; with your help, women who experience domestic violence and who are financially vulnerable are getting new hope in their life which I think is very generous and kind. I thank you from bottom of my heart." – Janaki

This Lent, I urge you to contribute to Project Compassion, to learn more about how it is changing, on our behalf the lives of thousands of people across the globe.

Shrove Tuesday

Both Campuses took part in Pancake making and selling with gusto! The event was joyful, with students flipping pancakes, squeezing toppings, serving and collecting money with a free smile. The students raised nearly \$300.00, which will go to Caritas' Project Compassion 2018 drive.



Ash Wednesday

Ash Wednesday was celebrated with a liturgy at each campus. The highlight was the marking of the forehead with ashes, or a blessing. Both liturgies were ably led by the student and Liturgy Leaders. The choir sang at Kildare, while St Paul's had recorded music.

Remar Solidarity: Parent Information Evening

On Thursday, the Remar Blue caravel held a Parent Evening to present the information on the Solidarity Camp to Alice Springs and Lytente Apurta, an indigenous settlement 80 km away. The camp runs from 14-20 April.

Commissioning Mass

On Thursday 1 March, the college will hold the commissioning Mass at which new students and staff are welcomed into the community. The Student Leader for 2018 will be formally commissioned and will receive their badges at the Mass.



Learning Curve - Planners

This is our second year using the Learning Curve Planners and this year will also see a more widespread implementation of the wellbeing program that it addresses. We are looking at a whole school approach to boosting and maintaining wellbeing for our students and are very excited about the programs that have been built by our Wellbeing and House Leaders. Please take the time to look through your child's planner each week, discuss the wellbeing activities with them and sign the parent section to acknowledge that you have cited your child's planner.

Bullying - National Day of Action Against Bullying and Violence March 16

Each year the school participates in this day to promote safety for all of the students under our care. Included in today's newsletter is a definition of what bullying is. We will also be discussing with our students what it means to be a bystander. Standing up rather than standing by is what we will be expecting from our students as we strive to be a supportive community. On the St Paul's Campus, there will be a week of activities taking place in homeroom to help students identify the risks in our school and discuss how we can improve the daily experience for everyone.

Attendance - SIMON

The College has implemented a new attendance system this year called SIMON. Over the next few weeks we will begin our process of sending SMS notifications for those students who have been reported as absent by their teachers in homeroom/LA and period 1.

If your child is away for any reason, please notify the office as early as possible so that this can be noted in our system. This needs to be followed by a written/emailed notice of the absence with the date of absence and reason for the absence listed (at St Paul's, send your email to administration-StPauls@lavalla.vic.edu.au and for Kildare to administration-kildare@lavalla.vic.edu.au). Extended absences (of more than 5 days) still require a form to be completed which can be collected from Reception at the St Paul's Campus and Student Services at the Kildare Campus. This must be completed in advance of the absence so that it can be recorded in SIMON.

Project Compassion

Each year during Lent, the College participates in fundraising for Caritas' Project Compassion. The school has raised a great deal over the years and we would hope to continue to build on this in 2018. Both campuses raised money on Shrove Tuesday by making and selling pancakes. On the St Paul's Campus, each homeroom will be challenged to raise the most money by involvement in service to others- jobs at home, helping out in the neighbourhood, walking for water and other such activities. We are striving to walk in the footsteps of others so that we can share in their experience and help to create a brighter future for those less fortunate. If you have any jobs at home that you have been avoiding, now is the time to get your children involved while they earn a few dollars for Project Compassion.

Crossing the road - Grey Street

Our teachers on duty at the Grey Street gate of the St Paul's Campus have reported some worrying behaviour in regards to students crossing the road. During the busy times of school drop-off and pick-up, we ask you to consider using Grubb Avenue as a safer option. The entrance at the Champagnat Centre end is open each day and provides easy access for students. Grubb Avenue has much more parking and is much safer for students to cross. On Grey Street, students are often crossing over three lanes of traffic which can result in distress for both the child and drivers on this road.

Learning & Teaching News



Welcome to 2018.

There has been a real 'buzz' with the students in the first few weeks which is pleasing to see. We have implemented a number of curriculum changes in 2018. The 5 period day is underway and students have commented on the frequency of subjects is a real plus.

One of our goals moving forward in 2018 is to have parents more involved/informed in their child's education at the College. This will be done through a number of initiatives that we welcome your feedback on. This being the case we are holding a number of parent coffee mornings that you are welcome to attend. It includes a free coffee and muffin.

Where - Lavalla Pop up Coffee Shop- Kildare Campus

Go to Kildare reception and you will be guided down to the 'Café' for a free coffee and muffin. It is a chance to chat informally with members of Staff and Leadership and let us know how you/we/ your child is going.

When - 8.30am-9.30am on;

•Thursday 19th April •Thursday 16th August •Thursday 13th September •Thursday 18th October

New in 2018 - Personal Learning

Students in years 10-12 have started a new subject Personal Learning in 2018. This focuses on helping develop the student's skills in the areas of Literacy, Study Skills and Careers. We hope your child has discussed this with you and some of the key areas we are focusing upon in 2018 are;

Study Plan

14 x 30 minute sessions/week - Year 10
16 x 40 minute sessions/week - Year 11
21 x 45 minute sessions/week - Year 12

All students have completed a study plan based around the recommended homework/study/revision times for each year level.

As part of constructing the Study Plan we have also spoken about the recommendation of no more than 10 hours per week of part-time work.

Any more hours than this during the school year can have a detrimental effect on a student's ability to meet the work requirements. A copy of the study plan should be up in your home somewhere visible to be referred to assist student to structure/manage their time throughout the week. You will be asked to sign the plan so we know you are aware of it and can assist you child to implement it.

Literacy

As part of our push to improve literacy across the school one strategy we have spoken to students about is for them to read for 20 minutes/day. If a student only reads for 1 minute per day they only cover 8000 words across the year. If they read for 20 minutes a day they are exposed to 1.8 million words cross the year. As part of this in Personal Learning the first 10 minutes are dedicated to private silent reading. This has been very successful and students have embraced the opportunity. As parents when students state they have 'no homework', firstly refer to the study plan, secondly get them to sit down and read for 20 minutes. This can be any printed content of their choosing.

Careers

Currently Year 10 students are working through their work experience booklets in preparation for work experience from 21-25 May (Champagnat & Delany) and 28 May – 1 June. Students are being assisted in Personal Learning in working through the process in setting up and completing required documentation.

Year 7 Camp – One



In the third week of term one, 7.1, 7.3, 7.5 & 7.7 ventured to charming Mill Valley Camp. At camp, everyone enjoyed many activities including raft building, commando course, horse riding, crate climb and initiatives where they made numerous incredible friends as well as supporting one another to challenge themselves. The weather was great, enabling everyone to enjoy their time.

Homeroom activities on Thursday evening were extremely competitive with 7.7 taking out the honours, Ms Barker did her homeroom proud taking out the teacher race. Students have returned with great memories and lots of photos and selfies!



Meet a Scientist



Representatives across Victoria including five Year 11 students from Lavalla were invited to attend the Meet a Scientist event at Government house to meet with top researchers from the Royal Women's Hospital.

The event was organised to promote some of the Science, technology, engineering and mathematics based career paths available to students.



We were greeted by the governor of Victoria, the Honourable Linda Dessau who explained the importance of having a workforce who have STEM skills in Victoria. 75% of the fastest growing occupations will require these skills!

The speakers at this Meet a Scientist event gave wonderful advice to students about how to follow your passion and not commit yourself to an exact career pathway too early. They shared stories about their career progression and the impacts of their research.

One of the things that stood out for me was the message that failure is just an opportunity for a richer journey. Scientific research takes time and effort and while it rarely results in instant gratification, the impacts it can make are huge.

Student Reflections

Being given this opportunity to attend the Meet a Scientist day was really an eye-opener for me. Attending this event challenged my idea of who stereotypical scientist

was. I assumed it would be someone who sat in a lab all day and was rather nerdy looking, however that was not the case. All these women had lives outside of their work, they had children and husbands and boyfriends. They made me believe that I could one day be just like them, working at the level they are. - Monee Poole year 11

Overall from the day I left with a new-found awareness for the variety of fields available for women in science. It was inspirational to hear about their goals and work and an honour to speak to members of our community who are making such a huge difference. - Megan Stanway Year 11

This excursion was by far one of the most influential days I have had the privilege to be a part of. I took a lot away from this experience, but most notably, the idea of never holding back! If you want to get in contact with someone for help or advice with your career pathway (even if they seem far too important to bother answering) you should always give it a crack. Even if they say no, you are no worse off than if you had never asked in the first place. - Lily Bond Year 11

The Meet a Scientist day has really helped me see that there are many more branches to Science than just those we are exposed to at school. Hearing each speaker tell their story gave us insights into many specialty areas of science that we were previously oblivious to. It was also incredibly helpful to hear how they made their journey through VCE to where they are today. - Grace Thain Year 11

Remar Blue Embarkation



On Friday the 9th of February, our Remar Blue Rowers set out on their first camp of the New Year, their Blue Embarkation Camp.

The theme for the Rowers this year as part of their Blue Crossing is "Being a disciple of Jesus with humility, loyalty and solidarity".

Filled with energy, excitement and enthusiasm for the second year of their journey together as a Caravel, the Rowers were quick to embrace the spirit of the camp.

Blue Embarkation was an opportunity to reflect on and evaluate the highlights, achievements and memories of their Red Crossing, to strengthen relationships with each other within the Caravel and to set individual and collective goals for the year ahead.

Below are some of the Rowers thoughts and feelings which they have shared after the Camp:

"It was really rewarding"- Alysha Somerville, Year 11 Blue Rower

"It brought me closer to the people in my Caravel. It was an intimate experience. It made me feel really happy"- Rohan Symonds, Year 11 Blue Rower

The Blue Rowers are very much looking forward to their big Solidarity Camp to Santa Teresa in April and are keen to return to the College Community and begin fundraising and ministry opportunities in their preparation and formation for what will be a very significant personal and spiritual experience.

As their Helm, I really look forward to continuing to journey with these fine young people in their journeys of faith, ministry and leadership this year, and to seeing the great fruits of their work.



Swimming Carnival – Kildare Campus



Important Dates

FEBRUARY

27th Feb - Swimming Carnival - St Paul's Campus

MARCH

1st Mar - Commissioning Mass - Whole School

12th Mar - Labor Day - Student Free Day - Public Holiday

28th Mar - Year 7 Immunisations

- Last Day Term 1

29th Mar - Student Free Day

- Parent Teacher Interviews

Keep updated at the Lavalla Catholic College website:

<https://www.lavalla.vic.edu.au/news/college-calendar>

**IF YOU WAIT LONG ENOUGH TO
MAKE DINNER, EVERYONE WILL
JUST EAT CEREAL.**

IT'S SCIENCE.

Second-Hand
Uniform Shop
Open 3.30pm - 6.00pm

1st March
15th March
19th April
3rd May
17th May
7th June
21st June



Want to learn.....

- Tang Soo Do Martial Arts and become a Black Belt?
- How to defend yourself from grabs, punches, kicks and weapons?
- How to protect yourself from bullies?
- That you can make a difference!

Training days: Mondays and Wednesdays

Juniors (Primary): 4:30pm – 5:30pm

Seniors (Sec. School+) : 6:00pm – 7:00pm

FIRST LESSON FREE

For further enquires inbox Facebook Speak Up. Stand Up. Self Defence Academy or call 0409714687.

Chief Instructor: Carmel Walker

3rd Dan Cheezic Tang Soo Do

Victorian Registered Teacher



LAVALLA

CATHOLIC COLLEGE

STRONG MINDS COMPASSIONATE HEARTS

On behalf of the Lavalla Catholic College Community
we would like to invite you to celebrate our

2018

Commissioning Mass

Date: Thursday, 1st March 2018

Time: 9.15am for a 9.30am start

Venue: Champagnat Centre

St Paul's Campus (Grey Street, Traralgon)

Please join us afterwards for an informal gathering to
enjoy our hospitality.

RSVP 21st February 2018

Ph: 03 5175 8205 or Email: pa@lavalla.vic.edu.au

What is bullying?

Years 5–6, 7–9

Bullying is when one person (or a group of people) with more power than someone else tries to upset or hurt them. This power can come from being more popular, stronger or part of the group. They might repeatedly try to hurt the person physically, socially isolate them, or say and do mean or humiliating things to them.

Bullying can happen in person or online, and it can be obvious or hidden.

If someone behaves in a mean or aggressive way on one occasion it isn't bullying, even though it is not respectful or acceptable. A fight or disagreement between two people of equal power or status isn't bullying.

Bullying is not OK. It feels awful. You feel like you can't stop it. You have the right to feel safe.

FIJI IMMERSION

Lavalla Catholic College

5th - 14th October 2018



To show expression of interest, please email one of the following staff before March 8th

Mr Buckland - Buckmat1@lavalla.vic.edu.au

Mr Winter - Wintlei1@lavalla.vic.edu.au

Mr Rathbone - Rathale1@lavalla.vic.edu.au



FareShare Kitchen

Lavalla Catholic College

Do you want to fight the War on Waste?

Do you want to cook for those without food?

Maybe the FareShare kitchen is the place for you!

Dates: 15/8/18 or 22/8/18

Expression of Interest: Rathale1@lavalla.vic.edu.au





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saverplus

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.



Duncan's Run

Gippsland's
Ultra Marathon

A stunning Gippsland trail event held in
memory of runner Duncan Orr.

Saturday 24 March 2018.
Grand Strzelecki Track, Tarra Bulga,
Gippsland, Victoria.

Come and run
the stunning Grand Strzelecki
Track in Tarra Bulga, part of the
iconic Strzelecki Ranges.

The track is mostly trail and consists
of loops, passing through the
Balook visitor's centre.

Discounts for Traralgon Harriers
and AURA members.

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Events:

Solo 50km,

Solo 21km,

Solo 6km.

For more information go to
www.duncansrun.com.au or
[www.facebook/duncansrun](https://www.facebook.com/duncansrun)