



## From the Principal

John M Freeman



### Deep Compassion

Father,  
fill our hearts with deep compassion  
for those who suffer,  
and may the day come quickly  
of your kingdom of justice and  
truth.

Amen.

### Welcome Back!

Welcome to Term 2. I trust everyone had a very blessed Easter and hopefully a restful and enjoyable break. Our Easter period is with us until we celebrate Pentecost. Easter is a season to celebrate the Resurrection of Christ, the triumph of life over death and the call to acknowledge our Salvation in God through Christ. For me, the Resurrection brings with it a huge sense of hope, joy and celebration.

## Remar Blue Solidarity Camp

Over the last week a number of our students in our Year 11 Remar Caravel have been immersed in the community at Santa Teresa, an Arrernte indigenous community located about 85km south east of Alice Springs. During the immersion the students and staff have been engaged in a variety of cultural activities and practical tasks around the town. We look forward to seeing the teachers – Alex Rathbone, Pierina Fenech, Jasmine Santamaria and Cristiano Grosso – and the students – Molly Jeffs, Madalynne Lyons, Lauren Miller, Alysha Somerville, Sarah Van Den Brand and Madeleine Whiting – return next week.



## Staffing News

We wish Les McKendry well as he enjoys taking Long Service Leave during Terms 2 and 3.

Welcome back Mark Warnock who has returned from taking Long Service Leave during Term 1.

Farewell to Bronwyn Glasson who finishes with us after over six years of teaching service. Bronwyn is passionate about her areas of expertise – Health, Food Technology and Textiles – and this was evident to all she taught. We wish her well with all her future plans.

We also say goodbye to Shirley Fromberg, who leaves us to take up a role at the Department of Health and Human Services. Thank you for work.

# From the Principal cont...



During the term break Birgit Sim was awarded the Rotary Pride of Workmanship from Rotary Traralgon.

The following is an extract of our submission to Rotary:

Birgit Sim takes pride in a job well done. During her 35 plus year career at Lavalla Catholic College she has long been recognized as a dedicated, innovative teacher. In recent years she has become integral to the efficient running of the College through her work as College Timetabler and Daily Organiser. This work is exacting, requiring attention to detail to ensure that all absences are noted, replacements procured and that the College runs smoothly. Birgit has also been involved in managing major College events such as Colleges masses, which involves layout of seating and organising movement for 1400 people.

Birgit has always been prepared to arrive at work early and leave late to ensure that each day and each event is planned with precision. Currently she is mentoring other staff members as they master the art of planning activities for an organisation of 1200 students and close to 200 staff who effectively change activities every 60 minutes for 6 hours a day. This is complex work which Birgit manages with integrity, calm and precision.

## Student Achievements

We are all very proud of Emily Beecroft for her performances in the pool during the Commonwealth Games. To represent your country is a great achievement and the capacity to produce a personal best time in her final is outstanding. We are all inspired by her ongoing achievements.

We wish the best of success to our Marist Basketball teams who are currently in Canberra competing in the 29th Marist Basketball Championships. As at the time of writing our Girls' Team are playing Assumption College in the finals to determine first place. Our Boys' Team have had a good tournament and are playing for either ninth or tenth place in a highly competitive 22 team competition. We wish both teams and their coaches well and a more detailed report will be in our next Newsletter.

Congratulations to Brooke Webley, Grace Barnes, Sienna Ryan, Ally Balcombe, Audrey Lambert, Mobarrat Monir, William Clare and Milan Maaka on being selected to exhibit their art works at the Zart Art Student Gallery in Box Hill. This is a great opportunity to showcase our students' skills and talents. The exhibition will be on display from 16th March until 12th June, 2018 at Zart Art Student Gallery, 4/41 Lexton Road, Box Hill North, 3129, phone (03) 9890 1867.

## New Information Service Centre Hours – Kildare Campus

During term 1 we reviewed the opening hours of our Information Services Centre at the Kildare campus. After consultation with teachers and students we have determined to extend the opening hours until 6.00pm on Monday to Thursday. We will assess the finishing time during the term and may close earlier if student demand indicates an earlier finish is more appropriate.

## Debutante Balls

During the term break the Lavalla Parents and Friends Debutante Ball Committee once again organised three very successful Debutante Balls on Wednesday 11 April, Thursday 12 April and Friday 13 April. These were marvellous nights with the students being presented looking elegant and happy (both the girls and boys). My sincere thanks to the Committee for all the hard work to give our young people this opportunity. On behalf of the committee I would like to thank the generous support of all the guests of honour who attended Councillor Kellie O'Callaghan (Wednesday, Thursday and Friday) Councillor Sharon Gibson (Wednesday, Thursday and Friday), and Deputy Mayor Counsellor Dan Clancey (Wednesday and Thursday).

# Faith & Ministry Matters



year of youth

OPEN NEW HORIZONS FOR SPREADING JOY

The Resurrection of Jesus is mind breaking. It is not resuscitation, as if God did CPR on the dead Jesus. It is not a break with the past. Resurrection is transformation. Jesus is given a new life that is completely different yet in continuity with the life of Jesus the human who was crucified and who died. In many ways, it is beyond imagination and reason. Symbols are one way of trying to grapple with the resurrection. For example, the white and yellow liquid in the egg becomes a chicken, an acorn becomes a mighty oak-tree; a caterpillar becomes a butterfly. Something unforeseen and utterly beautiful happens. And yet there is continuity. Resurrection currents are all around us; e.g. Year 7s growing into Year 12s and beyond; growth and transformation, new hopes and new life. We need to look afresh.

Yet, for the Christian the resurrection has a still richer meaning. From the very beginning the Resurrection is the catechetical formula for Christians.

I handed on to you as of first importance what I in turn had received: that Christ died for our sins in accordance with the scriptures and that he was buried, and that he was raised on the third day according to the scriptures (1Corinthians 15:3-4. C. 52 CE).

Human life is good, but it will end. This life is not the end; we too will be transformed in endless life and beauty.

## Diocesan Youth Gathering - Presentation Campus

About 200 young people from years 10-12 from the seven secondary schools will gather at Presentation Campus on 26 April for a day of Ministry, Celebration, Fun and Learning. In conjunction with the CEO, Sale, Lavalla is proud to host the gathering. The Bishop will say Mass for the young people at 3.00 pm.



## St Michael's Youth Mass and Youth Evening

This is for the information of all our students and their families. St Michael's parish have started a youth group to help young people from across the parish meet and build friendships.

On Saturday 21 April at 6.00 pm, there is a Youth Mass in St Michael's Church with the Youth band playing music. All are invited to attend and have a feast of pizza after the Mass. It should be a fun evening. I am going and it would be good to see some of you there.

On Friday 4 May, there is a Social evening. Nicole Broeren will do youth activities followed by fun and food. Just rock up to St Michaels at 6.00 pm.

# Student Well-Being & Operations



Welcome back to term 2 across both Campuses. As a College, we are now steaming full speed ahead in regards to many aspects of our holistic education. Therefore, as the quote from Paulo Coelho suggests, we need to be willing to be resilient, seek support and strive for excellence in all we do.

As the academic pressure increases in all year groups, I have included the flow charts of support for each campus. As a College, we strongly recommend that no one becomes a 'silent-drowner', but in fact seeks support if they need it. This also applies to any aspect of a young person's life, whether it be emotional, social, physical or spiritual.

Lavalla Catholic College continuously strives to promote the Marist Characteristic of Family Spirit. Through the development of such relationships, it is becoming abundantly clear that parents and guardians would also appreciate further support and advice. Therefore, I would also encourage you to follow the support structures (attached to the end of this newsletter) for each campus when seeking advice regarding your child.

Attached to this newsletter you will find some information that you may find relevant to assisting you in helping your child achieve personal excellence. The first flyer advertises an online course for parents in dealing with anxious kids, which as we know today, summarises probably the majority of young people.

Social Media is a major area of concern for many parents as well as young people today. Currently, staff and students are being consulted as to the impact of mobile devices and social media on learning and well-being. The staff will continue this discussion next Thursday at our regular Student Well-being Fourm. In the meantime, I would encourage parents and students to investigate 'Project Rockit'. They were integral to the development of our Cyber Intelligence programme in 2017 and we will be working with them again this year.

You can access their resources on: [www.projectrockit.com.au](http://www.projectrockit.com.au). There is also a wonderful experience being offered by Project Rockit as seen below:

## Free Opportunity Alert!

As Australia's youth-driven movement against (cyber)bullying, we're super pumped to team up with Telstra and Melbourne Victory Football Club to bring an exciting new program called Play Smart to your area...for free!

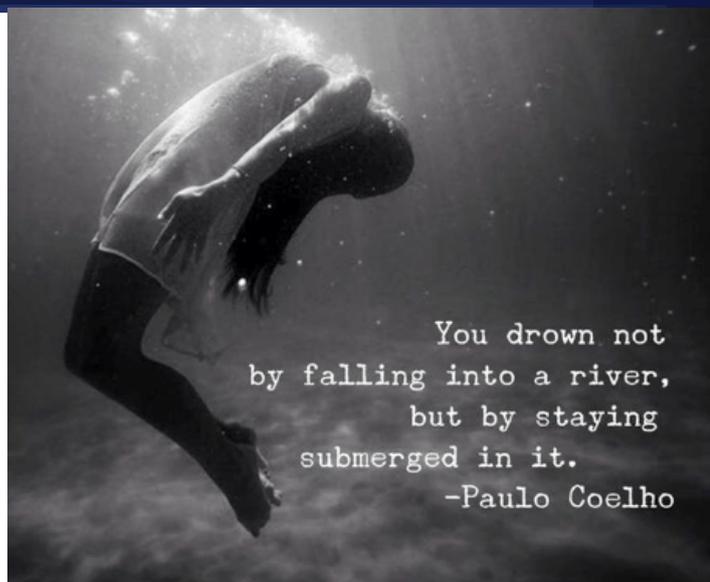
Play Smart is an after school session designed to empower 12-16 year-olds by providing important skills around cyber safety and sport. We're teaming up with Telstra and a bunch of elite Australian athletes to help young people stand against bullying, on the field and online.

This opportunity is free to attend so please extend this invitation to your students and parents.

PROJECT ROCKIT is Australia's youth-driven movement against (cyber)bullying. For over ten years, our workshops have helped young people celebrate technology, combat online hate and stand up to bullying instead of standing by.

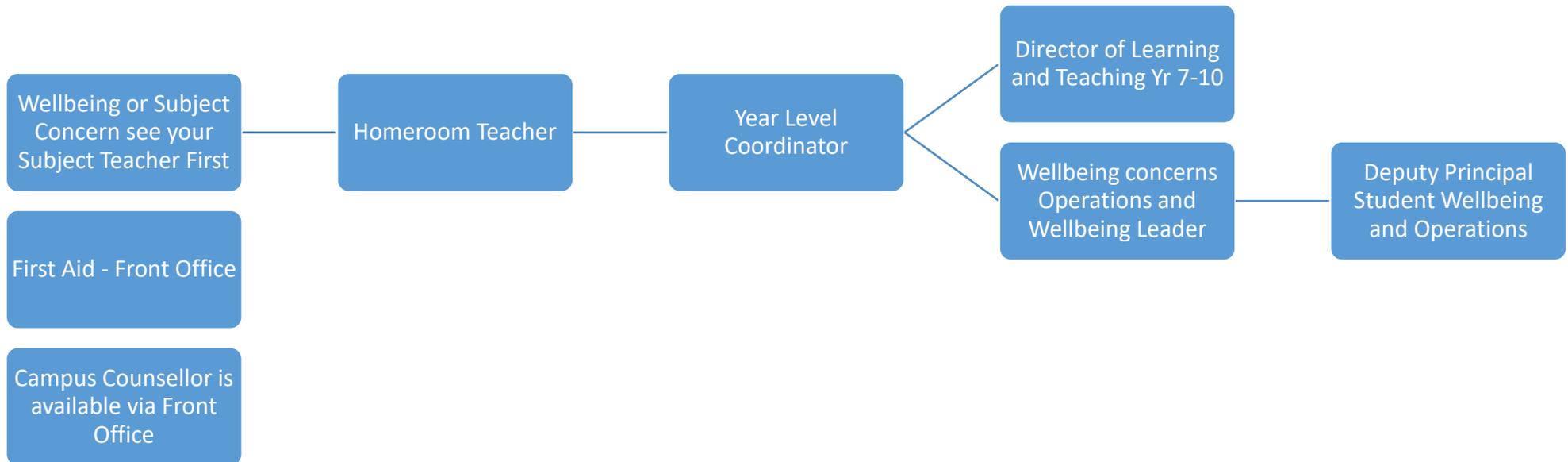
PROJECT ROCKIT are all about creating spaces where young people have access to respect, acceptance, creative expression and real social leadership.

The Latrobe city Trust is also hoping to support members of our community through the 2018 MSE Williams (Youth Support) Fund. Please read the flyer attached to this newsletter to see if it could be applicable to anyone you may know.

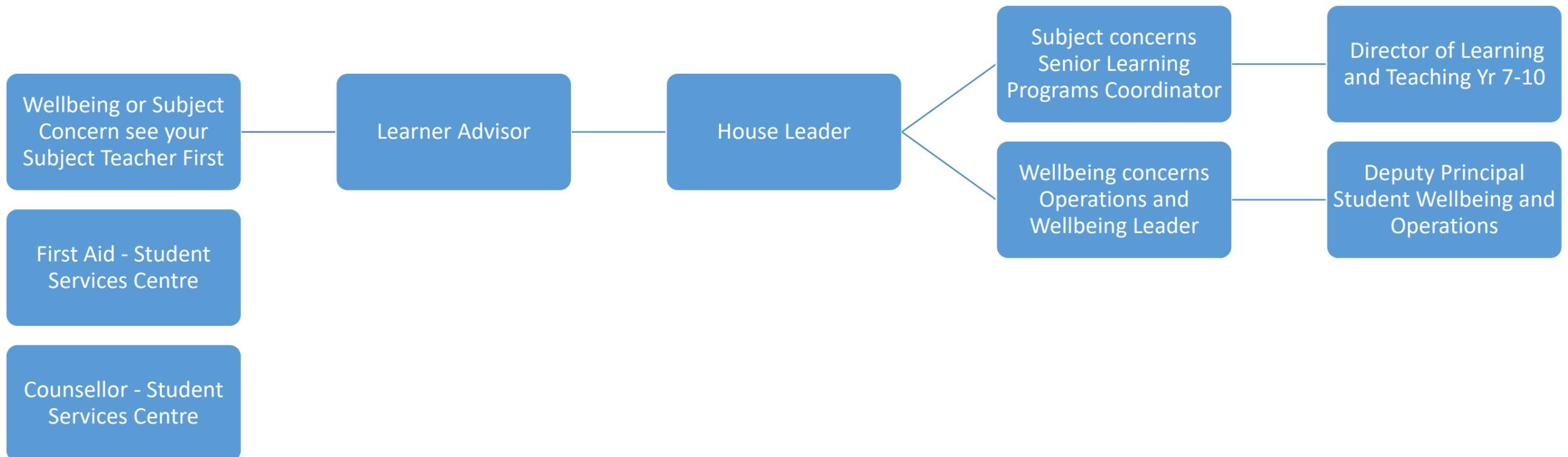


You drown not  
by falling into a river,  
but by staying  
submerged in it.  
-Paulo Coelho

## Where to go for assistance on the St Paul's Campus



## Where to go for assistance on the Kildare Campus



# Student Well-Being & Operations

## Grade 6 Visits:

It is an honour and a delight to welcome the staff and students from our feeder Catholic Primary schools to Lavalla Catholic College. To date we have welcomed both St. Gabriel's and St. Vincent students and staff, all of whom have been a real credit to their school communities. They have engaged in our 'Golden Ticket' to trial some Year 7 lessons, as well as receiving a tour of the junior campus led by our students. We look forward to meeting the remaining five Catholic Primary schools next week.

## Twilight Enrolment Evening:

This is our Open Enrolment Evening, where we welcome future students and their families to experience an evening of touring the campus, experiencing our amazing holistic learning; as well as meeting the staff. We are expecting another bumper year of enrolments, and on that evening you will have the opportunity to submit your child's enrolment. We look forward to meeting you on the evening.

Date: Tuesday 4th May

Time: 4:00 – 7:00pm

## Full Winter Uniform:

Just a reminder that Full Winter Uniform must be worn from Monday 30th April. Even though we are entering into the colder days of winter, this also means that our young men must be clean-shaven.

## Calendar:

I would also encourage all families to look at the College calendar found on our website. You will get a glimpse of just some of the amazing events coming up in the next few weeks, such as 'Causeworth Week' (please bring money for donations), Year 8 and 9 Camps, Debating competitions, Year 11 excursion to the Holocaust Museum, Year 12 to Fed University Experience, vast array of sports, to mention but a few. Please make note of which applies to your child and ensure that their permission and medical forms have been returned on time.

## Apprenticeships:

Congratulations to the following students:

- Joel Bishop – Mountain Logging
- Joshua Meyer – Contracting Kings
- Chelsea Harris – Sam & Frank's Hairdressing

Thanks

God Bless

Mr Doug Doherty

# Teaching & Learning News



## Striving to Be Your Best

After watching the Commonwealth Games on and off over the last few weeks I reflected upon the time, sacrifice and commitment the athletes put into reaching the games.

Lavalla Catholic College student Emily Beecroft was one of these athletes. Seeing her line up for the 100m Freestyle Final it was just reward for the time, sacrifice and commitment she and her family had put in. However, she looked so small compared to the other athletes standing on the blocks. Once the gun went off size didn't matter. Emily's determination to do her best was evident in the first 50m when she was at the front of the race. Though she missed a medal by the smallest of margins Emily finished with a Personal Best in a Commonwealth Games final.

The example set by Emily and one we want our students to take from her swim is to strive to 'be your best'.

## Results

Students would have by now received their Time Block 1 results or SAC results. We are asking/challenging students to reflect upon if they are striving to be their best. The challenge set to students in an assembly at the Kildare campus on Thursday was to improve the Time block 1 results by 10%. They were reminded Excellence is a habit.

## Study Plans

Some of the practical way students can strive to improve their results by 10% through the creation and implementation of Study plans.

At Years 10, 11 and 12 all students have completed study plans in their Personal Learning classes. The recommended home study time for Years 10-12 is;

- Year 10 = 14 x 30 min sessions/week(min)
- Year 11 = 16 x 40 mins sessions/week(min)
- Year 12 = 21 x 45 min sessions/week(min)

## Part -Time Work

Lavalla Catholic College recommends no more than 10 hours of part time work per week. Less if a students is participating in sport/after school activities.

## After School Study Opportunities

At Kildare the ISC will be open from Monday to Thursday 3.15-6.00pm for private study for Years 10-12. All students are welcome and encouraged to make use of this. Students will sign in and out as per normal school procedure.

## Year 12 English Workshops

Starting on the 23rd April there will be after school English workshops each Monday from 3.40 - 4.40pm. The Year 12 English teachers will be running workshops in preparation for the exams.

This will be to build on the skills taught in the English classes, giving students an opportunity to practise materials they will face in the exam.

## 20 minutes of Reading Per Day

Students from all year levels are encouraged to read for 20 minutes a day. A students who reads for 1 minute per day only covers 8000 words per year vs 20 minutes per day 1.8 million words per year.



Year 10 RE includes a study of Passover, the Jewish celebration of the story told in the book of Exodus of the Jewish people being liberated from slavery. For most Jews, this includes what is known as a Seder meal.

There is some theological debate about this, but it seems possible that The Last Supper when Jesus met with his disciples for a meal before being crucified was in fact a Seder meal. The Gospels suggest that certain prayer invocations were said which align with the Seder and there are some pointers in the Gospel to this even occurring around the time of Passover.



Historical and contemporary artists have certainly embraced this idea, particularly the famous Da Vinci work. Artwork shows elements of the meal – unleavened bread, lamb, choritz, spices and eggs are all prominent in renderings of this event. It is from this tradition that the Christian Eucharist is derived.

I remember an ideology of the late Bishop Coffey which has stayed with me in my RE teaching, that RE curriculum should be about nine parts experience to one part understanding, and if you only have time for one— give students the experience. I've been in a fortunate position for the last fifteen years to direct the Lavalla Liturgical Choir. This is an extremely potent and successful RE curriculum model that is much envied across many spheres of Catholic education. My involvement in this group has fostered a credo of curriculum writing for RE that is closely modelled on our late Bishop's formula. Educational philosophy today uses the term rich learning experience for this model, curriculum experiences that are designed to linger in the memory beyond the surface level understanding of the event.

In years past, our former Director of Mission and Ministry, Michael Hansen would hold a Seder meal for all staff as preparation for Easter. Inspired by this and thanks to Mike, I was able to hunt down some of the elements that he had stored from these celebrations. And to finish first term, create the Seder meal experience for my own year ten class. Our tables were joined in a communal way and our classroom was transformed with menorahs, candles, yarmulkes and all of the food elements. Small groups were responsible for the co-ordination of all aspects and we finished the term together as many have done for thousands of years now.



# Shakespeare Mentorship



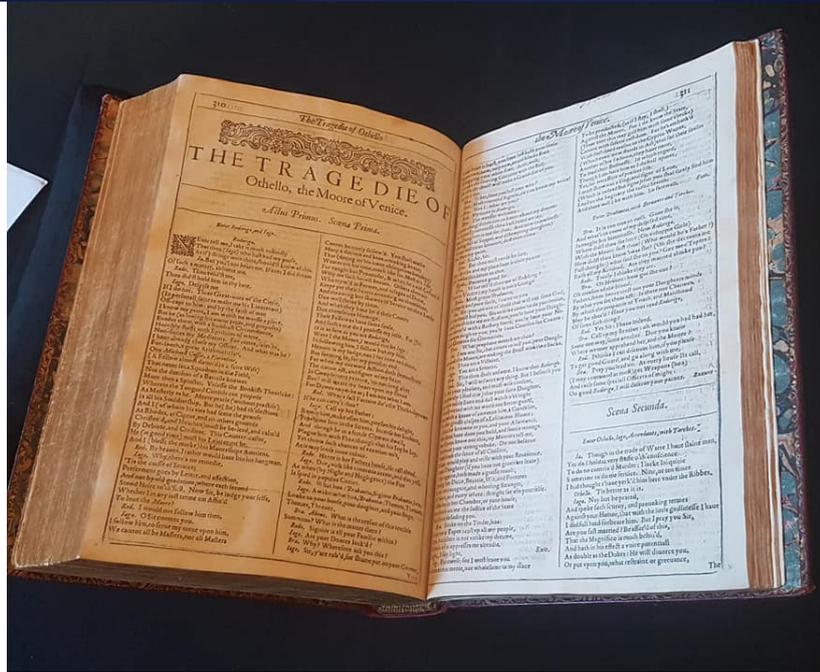
In the first week of March this year, I was lucky enough to travel to Sydney to participate in the Bell Shakespeare Regional Mentorship Program. This year-long Mentorship is offered to a select few regional teachers from around Australia and begins with a six-day intensive workshop in Sydney. Whilst there, the other teachers and I were put back into the role of 'student'; everything we did we had to experience firsthand as a student would in the classroom. The first thing they said to us was basically, "okay, we're going to put you in the student's shoes today so that means getting up, confronting your own nervousness and building your confidence." It was so beneficial for all of us to be reminded of what it's like to be a student in the classroom, being pushed out of our comfort zone with new material and concepts we might be unfamiliar with. So often with Shakespeare, that is the most challenging part; we can't engage with the language and we don't have the confidence in ourselves to tackle something we think might be too hard.

The workshops focussed around making your classroom more physical and engaging, and essentially, making Shakespeare more accessible to all students. We were taught introductory games, ways into the confusing and complicated language of Shakespeare, and even ways to re-enact an entire Shakespeare play in half an hour. The intensive workshops often started with teachers hurling Shakespearean insults at one another or staging the most dramatic death from Macbeth.

What I personally enjoyed most was that everything we were taught there could essentially be applied to any classroom and any area of study. It was all about building connections between ideas and allowing students to explore those connections in different ways than they might previously be used to. It's exciting to think about the new strategies I can now take into any classroom, and the ideas I can workshop with different subject areas. The motto there was that teachers should

be encouraged to get students off the book and onto their feet – because ultimately, language is power.

The Mentorship continues for the rest of the year, where I am able to share resources and ideas with other teachers from around Australia. We also receive ongoing support from Bell Shakespeare artists and staff, as well as access to in-school and in-theatre programs where possible. It was certainly the most challenging and exciting learning experience I've ever been a part of, and it's something I'm really looking forward to trying in the classroom now.



# Caritas Easter Fundraising



In 2017, Nagle 2 LA leaders Colette Dawson and Sophie Du Rose formulated an idea for our homeroom to raise money for Caritas, by having an Easter egg hunt. The day was a success, so this year, Nagle 2 LA leader Cassidy Smith and myself decided to try and make the Easter egg hunt a tradition. When speaking to Mr Erdely, our fantastic homeroom teacher, we decided that we would make this event open to the whole of Nagle House. The money raised was once again to go towards Caritas.



With the go-ahead from Mr Buckland, we organised the event for Wednesday 28th of March, during LA time. Over 120 Easter eggs were placed and found, with Colby Kennedy of Nagle 2 taking out the major prize with a total of 62 eggs. We ended up raising \$100 for Caritas, and hope to raise even more in 2019!

Overall, everybody involved had a fantastic time, and enjoyed eating the eggs. Thank you to all the Nagle students who participated.

Shane Reid

## Music News



A belated thanks to our music students and their families for some wonderful work in term one. Particularly our Senior Choir who finished the term with two significant external liturgical events, these were detailed in the last newsletter.

We have close to sixty students in the final stages of preparing for our upcoming trip to Canberra. Our Senior Choir, Senior Concert Band and Senior Jazz Ensemble will all perform at the Australian National Eisteddfod. Please keep us all in your thoughts.

A reminder to families that the final payment for this Canberra trip was due on the 16th of April. We have very little wiggle room here so please make contact with Sarah Duncan with real urgency if there any issues with this.

The souvenir hoodies for Canberra are expected to arrive on the 1st of May. The College has kindly offered our music students the option of wearing this hoodie as an alternative to their blazers on Monday the 7th of May, we will confirm the expectations here closer to the date with the students.

Please keep the following dates in mind:

- Thursday 17th – Monday the 21st of May      Canberra Tour
- Tuesday the 5th of June      Vocal recital night
- Thursday the 14th of June      Brass, percussion and bass solo recital night
- Wednesday the 20th of June      Woodwind recital night

It's never too late to get involved with our ensembles or enrol in music lessons with us. Feel free to call or make contact with us via email [music@lavalla.vic.edu.au](mailto:music@lavalla.vic.edu.au) if you have any queries or questions.

# Spirit of ANZAC Prize 2018



On the 3rd of April, Lincoln and I began our tour to Darwin and Singapore, along with 20 other students across Victoria, as a part of the 2017-18 Premier's Spirit of Anzac Prize winners. The tour started in Darwin, where we retraced and learnt about the significance of Australia's military service, on home soil as well as the lasting impact in today's modern society.

Taking time to participate in a commemorative service at the Darwin Cenotaph War Memorial, touring the Darwin military museum and art gallery, reflecting on the sacrifices made and still made by past and present veterans, as well as civilians.

We were honoured to be invited to spend a morning with the 1st Brigade of the Australian Defence Force at the Robertson Barracks, whilst in Darwin. This was an unforgettable and humbling experience, learning about the defence of Australia from those who defend it. Not only were we able to talk to veterans, we had the opportunity to try and ride in a range of military vehicles and gadgets.



Aside from touring war sites we immersed ourselves in various team bonding activities with 20 new faces, getting to know each individual not as tour members but as new friends.

Overall, this was an unmatched experience, learning about Australia's war history on home soil and across oceans, but also creating unforgettable memories and friendships.



# Spirit of ANZAC Prize 2018



Our journey in Darwin was now over but our adventure continued as we headed to Singapore. A few hours later we landed at Changi International Airport in the east of Singapore, before boarding our bus and making our way through the city to our Hotel in Tanglin. Although we arrived at night I still recall how amazing it was to glare into the distance on our bus journey at the lit up city, skyscraper after skyscraper. The First thing our tour guide, Lynette told us was that Singapore proudly known as the city in a garden, this became very apparent the next morning.

For our first official day in Singapore we had the extreme honour of venturing to Kranji War Cemetery where we presided over our own commemorative service. There we walked through the gates to see row upon row of white polished graves stones, the section of which were Australian. It was here that a great sense of emotion took hold as we walked amongst the final resting place of over 4,000 commonwealth soldiers who fought to defend Singapore in 1942 during the second world war. This was a truly rewarding and at times confronting experience as we read the ages of many men who were buried at the cemetery, the youngest only 16.

Our day continued with lunch at Beaulieu House on the river dividing Singapore and Malaysia, which was quite amazing to see that just a 100m swim away was an entirely different country. We were then reminded that swimming or sailing across these waters from side to side was very illegal and we would be treated as Illegal immigrants were we to do so. There goes that idea. Our day then continued with a drive past the last remains of Changi Prison and the replica chapel that has been erected just down the road. Another truly sombre experience as we further connected with the stories of POW's who were imprisoned there. It is one thing to read a book about their stories, it is another to stand on the same soil as they did and reflect on their harrowing experiences, especially knowing how many Australians never made it home from that place.



The next day included a very insightful and at times confronting experience at the Old Ford Factory where, in 1942, the surrender documents were signed between the British and Japanese following the Japanese offensive that conquered Singapore. Here we stood in the very spot where this event took place, followed by a tour through the Museum detailing the Japanese occupation and the horrors POW's and civilians went through. The day continued with a visit to another local WWII museum at Bukit Chandu and the Battle Box at Fort Canning Hill. This concluded the 'fall of Singapore' part of our journey as we now moved on to explore what the small island nations is like today.

We had the amazing experience of visiting China Town and the Famous Buddah Tooth Temple where we enjoyed an authentic, Chinese Street food lunch. We also were able to explore Little India and take part in some bartering; let's just say some where more successful than others. It was amazing to experience these extremely significant cultural places along with other lane ways and unique shops. Some of that day also featured what was an amazing taste of local cuisine, delving into the most amazing chilli crab you have ever eaten!

Our other adventures also included a trip to the UNESCO Heritage Listed Botanic Gardens filled with native Singapore Orchids and an abundance of flowers and plants from all over the world! This was then topped off by visiting the countries world renowned Gardens By The Bay! Here we explored the cloud dome, a glass shell filled with flora from around the globe and its own waterfall and sky bridge. This was followed by a walk amongst the gigantic steel trees that have been erected at the gardens with a hanging bridge with some of the most amazing views of Singapore's CBD.

Our trip concluded with a fun filled day at Universal studios where we got to enjoy many rides and attractions together with a group of people who were only a few month's prior strangers, but now very close friends.

# Important Dates

## APRIL

- Mon 23rd Apr - SSV AFL Division
- Tue 24th Apr - Top Arts Top Design Excursion - Kildare Campus
- SSV Soccer Yr 7/8 Boys & Girls
- SSV Netball Yr 7/8 Boys & Girls
- Rock CLimbing Skills Day - Kildare Campus
- Wed 25th Apr - **ANZAC DAY** - Student Free Day
- Thu 26th Apr - VCAT Excursion - Kildare Campus
- VIS Excursion - St Paul's Campus
- Fri 27th Apr - SSV Tennis Regional - St Paul's Campus
- Mon 30th Apr - Speak Out Under the Oak
- Unit 3 Outdoor Rec - Rock Climbing - Kildare Campus
- Ecology Aminal Visit - St Paul's Campus

## MAY

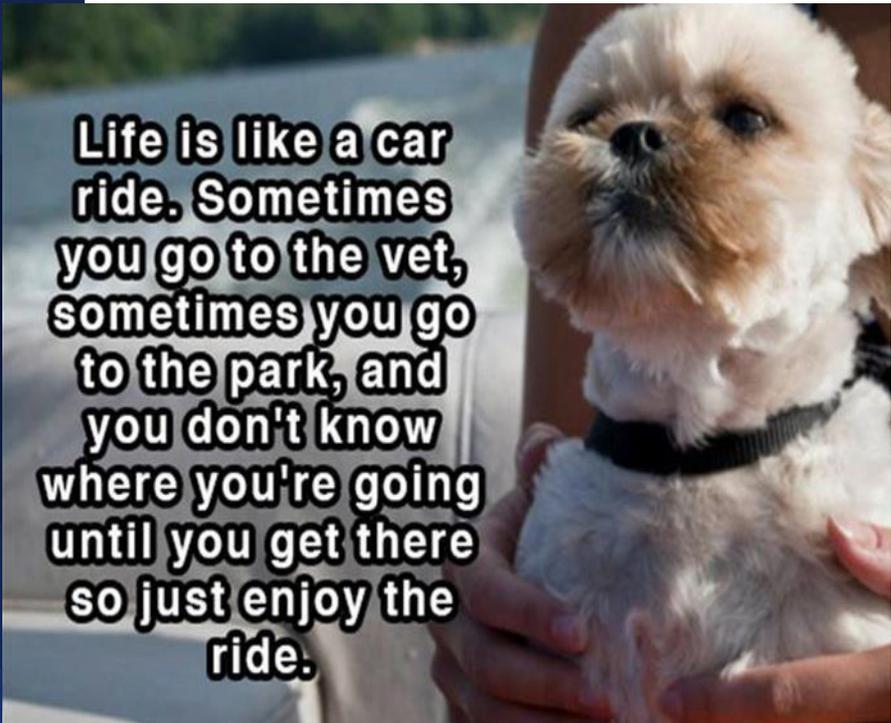
- Tue 1st May - Twilight OPEN Evening - St Paul's Campus

Keep updated at the [Lavalla Catholic College website](https://www.lavalla.vic.edu.au/news/college-calendar):

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

Second-Hand  
Uniform Shop  
Open 3.30pm - 6.00pm  
St Paul's Campus,  
Grey Street

3rd May  
17th May  
7th June  
21st June  
19th July  
2nd August  
16th August  
6th September  
20th September  
18th October  
1st November  
15th November  
6th December



**Life is like a car ride. Sometimes you go to the vet, sometimes you go to the park, and you don't know where you're going until you get there so just enjoy the ride.**

# Meet the teachers, the coffees on us!

We invite you to come along to our morning tea's hosted by the College.

You will have a chance to talk one on one with teachers and College Leadership in an informal setting.

**Venue:** Virtual Service Centre  
Kildare Campus

**Dates:** Thursday 19th April  
Thursday 16th August  
Thursday 13th September  
Thursday 18th October

**Time:** 8:30am to 9:30am

For more information, please contact the College on 5174 8111.



**LAVALLA**  
CATHOLIC COLLEGE

STRONG MINDS COMPASSIONATE HEARTS



parenting

anxious  
kids



**New** Parenting Ideas online  
course for parents and teachers

## Make anxiety 'like, whatever'

Today, more and more children are affected by anxiety to the point of it impacting on their happiness and quality of life. Although anxiety can be a major problem, it doesn't have to be a lifelong struggle.

*Parenting Anxious Kids* is the new online course from Parenting Ideas, created to help the parents and teachers of children with anxiety. Designed by author and award-winning parenting speaker Michael Grose and wellbeing expert Dr Jodi Richardson, the course provides parents and teachers with a detailed understanding of what anxiety is and ongoing ways to respond and adapt.

*Parenting Anxious Kids* is conducted over six online sessions ranging from 30 to 40 minutes. It features

interviews and information from world-leading experts in child anxiety and mental health, as well as practical exercises that parents can run through with their kids. From mindfulness to breathing techniques, there are exercises designed for when kids are experiencing a moment of anxiety and to foster long-term change.

*Parenting Anxious Kids* is designed to be completed at any pace and can be revisited as often as needed. The end goal of the course is to reassure parents and teachers that they can respond to anxiety in a safe and meaningful way.

The cost of the course is \$197 including GST, with the option to pay 4 x instalments of \$49.25 inc GST.



Visit [parentingideas.com.au](https://parentingideas.com.au)  
and sign up for our online  
course today.



parenting \* ideas



## Latrobe City Trust 2018 MSE Williams (Youth Support) Fund

Grants of up to \$500 are available to support any young person to advance themselves, in any field of endeavour including (but not limited to) education and training; visual or performing arts; sport; trade skills; music.

**For more information and eligibility for each fund, visit**  
**[www.latrobe.vic.gov.au/latrobecitytrust](http://www.latrobe.vic.gov.au/latrobecitytrust)**  
**Applications close: 5pm, Sunday 29 April 2018**



**LATROBE  
CITY  
TRUST**

SUPPORTED BY:



# MSE Williams (Youth Support) Fund

## Youth Support Grant Application Guidelines

### Background:

The Trust was established in May 1998 by the Council for the purpose of providing an independent charitable trust that provides for the future of the Latrobe community. The Trust manages various funds, one of which is the new M.S.E Williams (Youth Support) Fund.

The **M.S.E Williams (Youth Support) Fund** was settled by the Trust on 12 July 2011 in honour of the late Mrs Margaret Sarah Elizabeth Williams, as it is principally funded by the M.S.E Williams Bequest. Upon her death in 1995, Mrs Williams left \$20,000 to the Council for children and youth welfare programs in the Latrobe Valley.

The Trust Fund incorporates the education scholarship fund previously devoted to independent secondary school students and gives effect to the merger of the former *M.S.E Williams Trust Fund* and *Independent Scholarship Fund* into a perpetual Trust Fund dedicated to the advancement of all young people within our community.

The aim of the M.S.E Williams (Youth Support) Fund is to support those young people who show the potential and desire to further their talents, but who without assistance may lack the resources to achieve their full potential.

The Trustees believe that all young people deserve the chance to achieve their best. Accordingly, Youth Support Grants are not restricted to a specific study or training path. This will ensure that all grant recipients are given every possible opportunity to pursue their personal goals.

Grants of up to \$500 are available to support any young person with determination to advance themselves, in any field of endeavour including (but not limited to) education and training; visual or performing arts; sport; trade skills; music; in order to pay for or subsidise associated expenses e.g. compulsory fees, equipment, textbooks, etc.

### Nomination Criteria:

- The Nominee (young person) must be aged 25 years or under on the date of application.
- The Nominee must reside in Latrobe City.
- The Nominator may be an adult on behalf of a young person (e.g. a parent, guardian, teacher, school welfare officer, coach, instructor, club leader, mentor) or the young person themselves.
- The Nominator is to specify the amount of grant monies requested and qualify the amount so requested (up to \$500).
- There is no restriction on the fields of endeavour or pursuits to which grant monies can be applied. (see Funding Examples below)
- All applications will be judged on merit by the M.S.E Williams (Youth Support) Fund Assessment Panel.
- The Nominee must have a clear need for financial assistance and therefore an explanation of the Nominee's personal circumstances and why financial assistance is required must be provided in support of their nomination.
- While no means test applies and the young person does not necessarily need to be in receipt of a Centrelink benefit, Nominators are required to outline truthfully any financial assistance provided to the Nominee by government or non-government agencies i.e. unemployment or disability benefits, rental or study allowances, scholarships, bursaries, etc.
- All nominations must include at least one reliable, independent referee letter, confirming the personal circumstances and talent or skill and/or determination of the young person nominated.
- The number of grants allocated per annum will be determined by the Trustees at their sole discretion. The decision of the Trust is final and no correspondence will be entered into.

## How do I nominate?

**Making a nomination for a Youth Support Grant Program is easy!**

- Answers the questions in as much detail as possible. The Assessment Panel will want to see that there is a clear idea for use of funds, as well as a genuine need for assistance.
- Ensure that you have read and understand the Nomination Criteria.

## How to lodge your Nomination

All applications are to be completed through the SmartyGrants website  
[www.smartygrants.com.au](http://www.smartygrants.com.au)

### Enquiries

For all enquiries, please contact the Governance Officer- Trust on 1300367 700 or  
[egovernance@latrobe.vic.gov.au](mailto:egovernance@latrobe.vic.gov.au)

### Latrobe City Trust

PO Box 264, Morwell 3840

Telephone: 1300 367 700 Fax: (03) 5128 5672

Email address: [latrobe@latrobe.vic.gov.au](mailto:latrobe@latrobe.vic.gov.au)

Internet: [www.latrobe.vic.gov.au/LatrobeCityTrust](http://www.latrobe.vic.gov.au/LatrobeCityTrust)