



From the Principal

John M Freeman



Feast of Marcellin Champagnat

On Wednesday 6 June we will be celebrating the founder of the Marist Brothers, Saint Marcellin Champagnat, at our annual Champagnat Mass, which will commence at 9.30am. All parents and friends of the College are welcome.

Marcellin's Love of Mary

Saint Marcellin, you had a great love for Mary, the Mother of Jesus. You called her the First Superior, Ordinary Resource, and especially, Our Good Mother.

Help us to lead others to Jesus in the way of Mary by the example of our words and actions.

Glory be to the Father...
Mary, our Good Mother,
pray for us.

St. Marcellin Champagnat,
pray for us.

Shared Stories Anthology

Next week the Shared Stories Committee will be hosting a light luncheon in the respective ISCs to launch Shared Stories 2018 and to honour the students who had contributions published in the "Shared Stories" Anthology 2017. This year's theme is: Live Simply, Simply Live. I encourage students to think about submitting either written pieces or artwork to be considered for this publication.

Marist Youth Ministry Connect

Thank you to Alex Rathbone and the students who attended the Marist Youth Ministry Connect evening. Our students joined with peers from Marist Sion College, Warragul and Catholic College Sale. I know the organisers were delighted with the amazing roll-up of students, the largest across Victoria, and were also pleased with the natural way in which the students mixed well with each other and engaged with the 'Hope and Future' program.

Work Experience

Congratulations to all involved with our Year 10 Work Experience Program over the last two weeks. There are obviously many people involved, but I would be remiss not to acknowledge the work of Nicole Sizeland and Pru Scholtes for all their leadership and organisation.

Year 8 Camps

Year 8 camps have successfully concluded. This requires an enormous commitment from all staff involved and I particularly extend my gratitude to Jo Maree Sharman and Stephanie Sola.

Give A Damn, Give A Can

Over the last few weeks we have participated in the annual Give a Damn, Give a Can campaign organised by the Rotary Club of Traralgon Central. The food collected will be distributed by our local Vinnies. Whilst the collection period officially ended this week, the food is not being transferred until next Tuesday, so there is still an opportunity to contribute to the collection.

From the Principal cont...



Music Department

Once again well done to all involved in the Canberra Music Tour. Final results achieved were:

- Our Senior Jazz Ensemble won the competitive Secondary School Jazz Ensemble section
- Our Senior Concert Band placed third in the competitive Secondary School Concert Band section
- Our Senior Jazz Ensemble also was awarded a Silver Shield in the Open Jazz Ensemble section
- Our Senior Concert Band was also awarded a Silver Shield in the Concert Band section
- As it was the Band/Orchestra weekend our choir was granted a special dispensation to perform as part of the Open Choral section out of session. For their performance we received a Gold Shield.

MusArtz Collaborative Rehearsal

Yesterday we hosted approximately 200 students from the six Gippsland Independent Schools participating in the upcoming GIS MusArtz Music Exhibition Evening. The day saw students engaged in separate ensemble rehearsals in various places on the Kildare Campus. Well done to Shane Lebbe on his leadership of this great opportunity for our students to engage with other students from our region.

Dante Alighieri Poetry Years 11 & 12

Thank you to Shane Reid and Jenny Swasbrisk for their organisation in regard to the Dante Alighieri Poetry competition that took place yesterday on behalf of Raffaella Cataldo who is away at the moment. We had thirteen students competing and results will be advised soon.

Coat Collection

Well done to Emma Winton on her initiative to collect winter coats to be donated to the Salvos for redistribution to people experiencing homelessness and sleeping rough this winter.

If you have any old coats in good condition, then Emma is still collecting them until end of the term. If you daughter or son can drop off the coats to the Student Receptions at both campuses.

Faith & Ministry Matters



Chris Roga

On 6 June 2018 we will celebrate the Feast of St Marcellin Champagnat, the French priest who founded the Little Brothers of Mary (Marists) at La Valla, France in 1817. It is fitting that we see Holy Spirit, inspiring, supporting and strengthening Marcellin in his work of educating young people for life.

It is fitting that we talk about Marcellin in May. He was born on May 20, 1789. He died on 6 June 1840. He had a special devotion to Mary, our Good Mother. He placed the the Marists under her protection. The statue stands outside the chapel at L'Hermitage, where Marcellin's body lies.

Marcellin's story astounds me. He ran away from school on his first day and never attended another day; yet he founded a teaching order. He was not a good student, but he chose the hardest option; to become a priest, he would have to study for 11 years, and in Latin! He was the least likely to become a roaring success. He was sent to this small village, La Valla. The odds were stacked against him. Yet his work continues 200 years later. From tiny beginnings in La Valla, France, Marists are in 79 countries, teaching more than 500,000 young people. Marcellin did a great thing. The Marists continue to do great things. We, too, are called to do great things for others by responding to the Holy Spirit who works in our daily lives through the people around us.

Remar Blue Retreat

On Friday the 4th of May, fresh off their incredible Solidarity experience at the Santa Teresa Indigenous Community in the Northern Territory, our Rowers ventured to Phillip Island for their Blue Retreat.

Filled with energy, excitement and enthusiasm, the Rowers were quick to embrace the spirit of the camp. They met with fellow Blue Caravels from all across Australia for what was a very fun, enjoyable, yet deep and spiritually-moving weekend. As the theme for Blue Crossing this year is "living as Christ's disciples with humility, loyalty and solidarity", the Rowers have really been focusing their energies on how to be the best Christian leaders they can be, by living out these values practically as an expression of "faith in action". This retreat was an opportunity to reflect on and share with others the highlights and special moments of their Solidarity experience, but principally to examine where there are currently at in their own personal lives and in their faith journeys. Through large, small group and caravel-centred activities, the Rowers were able to consider and ponder some important personal faith-based questions.

The Rowers really enjoyed and relished this retreat, particularly the opportunity to reconnect and rekindle friendships with their fellow inter-school caravels. They enjoyed participating in the different experiences of prayer and reflection, praise and worship, games, and the call to continue social outreach in their local communities.



Faith & Ministry Matters

They are very much looking forward to planning and engaging in a variety of group ministries around the College and the La Trobe Valley this year.

Below are some of their thoughts and feelings which they have shared after their Retreat.

"Blue Retreat really made me feel like part of a big family... It's so good to catch up with our Remar friends from other schools and to keep connections with everyone. Such a chilled and open environment. It's always an awesome experience!" - Sarah Van Den Brand, Blue Rower

"It was really emotional and very comforting how everyone comes together and just the feeling of this family spirit" - Lauren Miller, Blue Rower

"It was great! The people were amazing, the experiences indescribable" - Madeleine Whiting, Blue Rower

"I loved being around people and reflecting on everything, because we rarely get time for that. I needed it! The people were exciting." - Rohan Symonds, Blue Rower

Confirmation Retreat



Emma Winton

On Friday the 25th of May, the year 11 Youth Ministry Experience class ran the second Confirmation Retreat for Sacred Heart Primary School and St Vincent's Catholic Primary School. We were very fortunate that Sacred Heart hosted us for the day in their lovely school.

Our students ran a morning liturgy to excite the Confirmation attendees about the Holy Spirit being with us, and to share the story of Pentecost. Songs and dancing were a central part of our liturgy, and it was great to see all listening carefully to the lyrics to find meaning in them.

Over the course of the retreat, our students ran four workshops. Workshop one, run by Tyler Mudita and Archie Grant, helped students to explore the Gifts of the Spirit. Lots of giggles were had as the attendees pulled out all sorts of strange objects from the gift boxes, trying to work out which Gift the object aligned with.

Workshop two was run by Chloe Dicorato and Chloe Balcombe. It was a restful and spiritual meditation activity, which allowed students to emotionally and spiritually connect with the feelings of the Apostles before the Holy Spirit came upon them. Attendees then created personal 'prayer bags', so they may always have a way to pray for the people in their lives and give thanks for their blessings.

Workshop three was run by Lincoln Ingravalle, Ben Grumley and Ewan Williams. Attendees talked about how seeds become trees, linking to their Baptism and Confirmation into the Catholic Church. Students planted their own saplings to take home, as a reminder of what each individual needs to grow as a person of faith in today's world.

The final workshop was run by Alysha Somerville and Morgen Karleusa, and was an opportunity for attendees to consider the meaning and their own experiences of the Fruits of the Spirit. Students talked about how they already show, and could show in the future, the Fruits given to us at Confirmation. Some beautiful pieces of artwork were created, showcasing these thoughts.

We closed the day with a final blessing and commissioning, and of course some more music. The attendees lit candles to pray for a blessing of each Gift on them, and were reminded to be 'lighthouses' for each other. It was a really wonderful day, and I want to congratulate our YME students for their hard work both before and on the day. They exhibit the Marist characteristics of love of work, simplicity and family spirit in their actions. Thank you to the staff and students of Sacred Heart and St Vincent's for coming to the retreat. Thank you also to Ms Santamaria, Ms Brown and Mr Roga for their roles in the planning and preparation of the day.

Marist Connect



Georgia Hutchinson

On the 24th of May 2018, five Lavalla Catholic College leaders, Jackson Raeburn, Anton Tarraran, Dakota Alston, Yue Ming Loi and Georgia Hutchinson attend a Marist connect night hosted by the Marist Youth Ministry team at Marist-Sion college, Warragul. The night included interactive social games to help us connect with other leaders from Marist schools around the Gippsland/Latrobe community and expand our horizons on how hope can affect everybody's lives in a positive way. Every leader was challenged and pushed out of their comfort zone with questions and activities that helped us to broaden our views on how we can help our school and community to achieve greatness, strive for our dreams and just how lucky we are to live where we do. The night was concluded with pizza, soft drink and a presentation on our school's biggest event of the year, cause worth week. A week where the Lavalla Catholic College comes together to raise money through various exciting activities for the local cancer ward at Latrobe Regional Hospital providing hope to those who need it most. The night left each leader with a new view on the future and how with lots of hard work and a little bit of hope anything is possible.



Yue Ming Loi

Being a leader in the Marist community is one of the best experiences of my years in Lavalla. Not only do we explore a new layer of leadership and our college community each day, but we are also privileged enough to share this with other leaders throughout Gippsland, through events such as the Marist Connect. Through this I have met many new people, stories of friendships that would have otherwise went untold. This year revolved around the themes of "hope" and "future", where we discussed various charities and organizations in our community, which aimed to carry the message of hope for those who are lost. The underlying message within the gathering was to enlighten us, as leaders to embrace our role as a leader completely to act as a leader in our college by immersing ourselves in our college community, thinking as one rather than as individuals. Accentuating that leadership isn't one-dimensional, rather a structure of infinite depths; not a role filled by one, but a community. I would just like to reiterate the priceless experiences I have encountered, thanks to the warm Marist community, and would highly recommend any student to engage in a leadership role in the future.



Systems Engineering



Dan Caffrey

On May 15th, The Systems Engineering class had an excursion to Australian Paper and to the Gippsland Water factory as part of the renewable energy component of the Unit 3 / 4 Coursework. Both plants use a considerable amount of renewable energy to run their plants. In the case of Australian Paper Maryvale Mill, about 60 % of their energy requirement comes from burning the black liquor which is a waste product for the paper manufacturing process.

For the Water Factory, the renewable energy component is about 30%, most of which comes from the capturing of methane which would otherwise be a source of greenhouse gas going into the atmosphere. The remainder comes from a hydro plant from the dam used to provide fresh water to the plant.

The class was impressed at how the use of these forms of renewable energy saved both plants money to the extent that if they did not use them, the process would not be profitable.



Canberra Music Tour



Shane Reid

Thank you to all of our music students who recently participated in our trip to Canberra. This is the second time we have undertaken this trip as a music department to perform at the Australian National Eisteddfod. From a musical perspective, it is wonderful for our students to hear laudable performances from other quality music programs and to come away feeling quite affirmed that their own work can be recognised and fêted at a national level. To sing and play in such an acoustically exquisite environment as the Llewellyn Concert Hall, home of the National Eisteddfod, was a real thrill. We were very warmly welcomed into Parliament House

by our local MP Darren Chester, whose parochial support for us was definitely evident. He seemed more excited than any of the students about our swag of awards and promised that he would proudly wear his own Lavalla Music tour hoodie for his morning jogs around Lake Burley Griffin.

For the record:

- Our Senior Choir won a Gold Shield for their performance
- Our Senior Jazz Ensemble entered two sections winning a Gold and Silver Shield
- Our Senior Concert Band also entered two sections winning a Silver and Bronze Shield

I am greatly indebted to Shane Lebbe, Stella Felten, Christine Medhurst, Meaghan Ambrose, Adriana Bianconi, Sam Mauger and Kim Widrich. They were all delightful travelling companions who offered so much support to our students while we were away.

Canberra Music Tour Student Report

Caitlin Maye Yr 8



Late Monday night the Music Department returned from our successful trip to Canberra where our Senior Choir, Senior Concert Band and Senior Jazz Ensemble competed in the Australian National Eisteddfod. Soon after our arrival in Canberra from a long bus journey, the Jazz Ensemble loaded back on the bus to compete in their sections. Their sections comprised of talented bands but our ensemble won their competitive section and also received a Silver Shield for the other section. The Senior Concert Band and Senior Choir also obtained success in their relevant sections on Friday and Saturday with the concert band placing 3rd and receiving another Silver Shield and our choir receiving a Gold Shield.

We all felt the experience had a positive impact on our growth as musicians.

Our spare time in Canberra was filled with sightseeing around the Australian War Memorial, the NASA Deep Space Centre, Mass at St Christopher's Cathedral, Old Parliament House and laser tag with the easiest target definitely being Mr. Reid!

Not only was it great to perform, but also gave us the chance to hang out socially outside of our early morning practises. For me, being the youngest student on the trip, I found the entire group really inclusive. Before heading home, we met with Darren Chester MP at Parliament House, where he congratulated us and we presented him with his very own Lavalla Music Hoodie. On behalf of all the attending students, a huge thank you to Mr Reid, Mr Lebbe, Ms Felten, Ms Bianconi, Mrs Ambrose, Mrs Widrich, Mr Mauger and Mrs Medhurts who accompanied us. We are all aware a lot of time and effort went into the preparations.



Important Dates

JUNE

| | | |
|----------|---|---|
| Tue 5th | - | SSV Cross Country Yr 7-12 |
| | - | 2018 Music Program Recital |
| Wed 6th | - | Champagnat Feast Day - Mass 9.00am |
| Thu 7th | - | Year 9 Exams |
| Fri 8th | - | STUDENT FREE DAY |
| Mon 11th | - | QUEENS BIRTHDAY - Public Holiday |
| Wed 13th | - | ICAS Spelling - Yr 7 |
| | - | GAT Units 3&4 Students |
| Thu 14th | - | Year 12 Group Photo |
| | - | Unit 3 Exams Begin |
| | - | SSV Cross Country Region Yr 7-12 |
| | - | 2018 Music Program Recital |
| Mon 18th | - | Year 12 VCAL Work Experience (All Week) |
| Wed 20th | - | Kildare Campus Immunisations |
| | - | 2018 Music Program Recital |
| Fri 22nd | - | Unit 1 & Year 10 Exams Begin |
| Fri 29th | - | STUDENT FREE DAY |
| | - | End of Term 2 |

Keep updated at the Lavalla Catholic College website:

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

Second-Hand Uniform Shop

Open 3.30pm -
6.00pm

St Paul's Campus,
Grey Street

7th June

21st June

19th July

2nd August

16th August

6th September

20th September

Ships don't sink because
of the water around them;
ships sink because of the
water that gets in them.
Don't let what's happening
around you get inside you
and weigh you down.



"In every job that
must be done.
There is an element
of fun. You find the
fun and snap, the
job's a game."

~ Mary Poppins

LAVALLA

CATHOLIC COLLEGE



Cordially Invites you to celebrate our

2018 Champagnat Day Mass

When: 9.30am Wednesday
6th June 2018

Venue: Champagnat Centre
St Paul's Campus
Grey Street -Traralgon

RSVP: Friday 1st June 2018
pa@lavalla.vic.edu.au

Refreshments will be available
following the Mass.



DIOCESE OF SALE CATHOLIC EDUCATION LTD.

PARENT/CARER COMMUNICATION

RE: Nationally Consistent Collection of Data (NCCD) and Students with Disability (SWD)

What is the Nationally Consistent Collection of Data?

Schools must now complete the *Nationally Consistent Collection of Data on School Students with Disability (NCCD)* every year, in August. It counts the number of students who receive additional adjustments or 'help' at school because of a disability. The NCCD helps governments plan for the needs of students with disability.

Previously Catholic schools in Victoria accessed additional funding for their students with disability through the Catholic Education Commission of Victoria (CECV) *Students with Disability (SWD) program*. The NCCD will replace this program and will ensure consistency across the country, from state to state and from sector to sector.

To count a student in the NCCD, schools must consider the following:

1. Does the student require adjustments to be made so that they can access the curriculum on the same basis as their peers?
2. Does the student have a disability according to the Disability Discrimination Act?
3. Have the student's parents or caregivers been consulted with in regard to these adjustments?
4. Is there clear evidence of the above to support the inclusion of the student in the NCCD?

What does this mean for students currently on the CECV SWD program?

It is highly likely that students on the CECV SWD Program have already been, and will continue to be counted in the school's NCCD.

Documentation from specialists along with school based evidence will continue to be used to inform educational programming (i.e. adjustments).

Parental Consent

Changes were made to the law (Australian Education Act 2013 and Australian Education Regulation Act 2013) which mean that schools do not need to ask for parental consent in order to count a student.

Further information

Please contact the school if you have further questions about NCCD.

insights



Four reasons why your child or teen may be anxious

by Michael Grose



Increasingly, Australian children and teenagers are experiencing anxiety at levels that are affecting their mental health, school achievement and happiness. As a loving parent you naturally want to prevent your child or young person from being overwhelmed by anxiety.

There are four main reasons your child may be experiencing anxiety.

1. You are passing your anxiety and stress on to your child

Anxiety is a function of groups – it rarely happens in isolation. Many parents I meet in my work are stressed by their lives and fearful for their children. The contagious nature of anxiety means that parents often pass their stresses, worries and fears on to their children. Legendary psychologist Martin Seligman found through his research that children have a significant propensity to copy their primary parents' explanatory style by eight years of age. If parents see events through the frame of stress, anxiety and fear then they are passing this same frame on to their children.

2. Your child is overloaded

Few would argue that an active child is a healthy child. However it seems that we now have too much of a good thing as Australian kids have a smorgasbord of organised pre-school and after-school activities to keep their minds and bodies active. Many of these activities have a high performance element attached (get that badge, win that game, attain that level) so that kids are always striving or attaining. The pressure to perform is always there. Activity overload is a particular problem for achievement-driven, anxious types of kids – classic first-born child characteristics.



3. Your child doesn't play enough

Play is the release valve for the pressures of a high performance, serious life. It's the way kids have always relaxed and let off steam. The best type of play for relaxing and letting off steam is generally physical play that takes place outside. Your child may play a great deal on a digital device, but this activity stimulates the brain rather than rejuvenates it.

Organised sport doesn't fit the play category if it adds to their anxiety rather than releases it. Kids need to be involved in play that's fun, rejuvenating and enjoyable. They need to look forward to it rather than fear it.

4. Your child focuses too much on the future

Some children are born to worry. They fret about seemingly simple activities such as starting a new school term, going to a birthday party or who's picking them up from school at the end of the day. Worriers are future oriented, anxious about things that haven't happened yet. These type-A anxious types don't know how to stay in the present. Their minds constantly wander ahead to what may happen. They benefit from learning relaxation techniques such as mindfulness and deep breathing that anchor them to the present, temporarily releasing them from their worries and anxieties. When kids learn these techniques from a young age or even during adolescence they are likely to become hard-wired for life.



There is so much we can do to equip children with the tools they need to manage their anxiousness and worries, and to prevent these from accelerating into full blown, debilitating anxiety. We can start by looking at our own lifestyles and make changes that may alleviate the stresses that inevitably trickle down to our kids. We can also take a look at our kid's lifestyles and activities and make sure they contain a healthy balance between high performance and fun. Most importantly, we can provide kids with the tools and skills to recognise, manage and cope with anxiousness so that they have autonomy over their own mental health and wellbeing, both now and into the future.

[You can attend our upcoming webinar, *Understanding Anxiety*, at no cost!](#)

As your school is a Parenting Ideas Schools member, you can attend our upcoming webinar *Understanding Anxiety: How it impacts kids and the important role of parents* at no cost! Use the voucher code below to register for the webinar valued at \$37 per person.

About the webinar

When a child experiences anxiety it can be really hard for parents to understand what's happening and how best to respond. In this webinar, Dr Jodi Richardson helps parents to recognise and understand anxiety, how it affects learning and happiness, and the practical steps to lessen its impact on your child and your family's quality of life. Listeners will also learn:

- the origins of anxiety
- signs and symptoms of anxiety
- practical strategies to help anxious kids
- the importance of validation
- when and where to seek help

When

Tuesday 5 June 2018 7:30pm – 8:30pm AEST.

Catch up available: If you can't make the scheduled webinar time, you don't have to miss out — simply register for it and a recording will be made available for you to catch up anytime. This recording will be available to everyone who registers, which also means those who attend can listen to it more than once.

Price

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


How to use the voucher

1. Go to www.parentingideas.com.au/product/understanding-anxiety-webinar
2. Click 'Add to cart' and proceed to the cart when you are ready.
3. Enter the coupon code and click 'Apply'. Your discount of \$37 will be applied to the order.

**Your Parenting Ideas
Webinar Voucher**

**Webinar: Understanding
Anxiety**

Guest Speaker: Dr Jodi Richardson
05 June 2018 - 07:30pm



**VOUCHER CODE
WELLBEING**

VALID UNTIL 06 JUNE 2018

Valued at
\$37

parenting*ideas
schools



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including Thriving! and the best-selling Why First Borns Rule the World and Last Borns Want to Change It, and his latest release Spoonfed Generation: How to raise independent children.



LAVALLA CATHOLIC COLLEGE

WINTER SALE

**PLEASE VISIT IN STORE OR ONLINE
AND TAKE ADVANTAGE OF
LAVALLA'S WINTER SALE!!**

STARTS 17/05/18 - ENDS 1/07/2018

- **Lavalla Rugby top**
Was \$84.99 Now \$44.00
- **Lavalla Pullover**
Was \$78.99 Now \$ 35.00
- **Lavalla Trackpants**
Was \$49.99 Now \$ 29.95

This is not to be used in conjunction with any other offer or sales

Lavalla Parents & Friends Debutante Ball Committee



email address: lavalladebball@gmail.com

ABN: 92929851133

The 2019 Lavalla Parents and Friends Debutante Balls will be held at Premier Function Centre (PFC)

April 10th, 11th and 12th 2019

The balls are hosted during school holidays

A Deb information session will be held at **St Pauls lecture theatre on Wednesday 10th October starting promptly at 7pm** At this information session you will be told how to register your intention to participate. Both the prospective debutante and a parent or a representative need to attend.

Our registration evening where paper work and full payment are required is **Wednesday October 24th at the Kildare Hall starting at 7pm**

Please note that we require 15 couples per evening to be able to host a ball and evenings will be capped.

To be eligible to register Debutantes need to be enrolled in Year 11 at Lavalla Catholic College in 2019 and be a current student right up to the Deb ball.

Dance Training is held every Wednesday in term 1, at the Kildare Hall from 3.30-5.30pm, with 2 Sunday rehearsals, one held at the Kildare hall and the other held at PFC. The Sunday rehearsals are split rehearsals according to your ball night. These sessions are from 1-2.30, 2.30-4.00, 4.00 to 5.30

We are also looking for people to join the 2019 deb ball committee. All volunteers are required to hold a current WWCC.

If you would like to join this committee please email your intention to

lavalladebball@gmail.com by 5pm Friday June 29th

Our AGM will be hosted on Monday July 16th at 7pm