



From the Principal

John M Freeman
Principal



Welcome back to 2019 and to all our new families welcome to Lavalla Catholic College.

We commenced our year by joining with the staff of the Catholic Primary Schools in the area for a Mass con-celebrated by Parish and Assistant Parish Priests of Traralgon, Morwell and Churchill, and Moe and Newborough at St Michael's Parish, Traralgon. This is the fourth year we have commenced by celebrating the Eucharist.

I have now had a chance to speak to every student at either campus or year level meetings and it was great to see them back and looking forward enthusiastically to what will unfold in 2019.

At these assemblies I had two key messages for students, the same ones I have given to students commencing Year 7 for the past six years. First, we are all part of the Marist family, and therefore like good families we 'look after one another'. This can be done by simply greeting people when we see them to asking someone who might be feeling down if they are okay. My second message was to reiterate that I really only have one rule or expectation and that is 'to do the right thing'. I know our students come from good homes where they have learned good values, they have gone to good primary schools where those values are reinforced and are now at Lavalla Catholic College where we strive to model the 'right thing' every day. I did vary my examples depending on the group, but I am confident that each young person in our care appreciates what it takes to achieve the best for themselves and others. I look forward to being part of helping them be successful in 2019.

Kildare Reunion

Given that there are well over 1300 members of the Kildare College's Diamond Jubilee Reunion Facebook page, there would be few people who are not aware of the upcoming event on Saturday, 16 February. However, there is more information at the end of this Newsletter with all the relevant information in regard to the day and how to book a ticket.

Staff News

We welcome the following staff to the school:

- | | |
|-----------------------|--|
| • Chris Denny | Director of Digital Technology |
| • Ashleigh Dalton | Year 7 Homeroom, RE, Maths, Eng |
| • Andrea Elgueta | Year 7 Homeroom, RE, Eng, Humanities |
| • Natalie MacPherson | Year 7 Homeroom, RE, PE, 8 Humanities |
| • Lynn McAllister | LA Champaganat, Years 9 & 10 Science, Year 12 Personal Development |
| • Mary Mirtschin | Vocal Teacher |
| • Megan Stewart-North | Year 8 Homeroom, English, Humanities |

We also welcomed back the following staff:

- Lee Jarvie – Science and Chemistry (returning from maternity leave)
- Megan Marks – Counsellor (replacing Bec McMahon whilst on maternity leave)
- Claire Fabris – Director of Learning Innovation (returning from maternity leave)
- Renee Eccles – Visual Arts, Year 8 Homeroom (returning from maternity leave)

We also farewelled earlier this year:

- Joy Cahill who has retired after 23 years of service at the College. Joy was part of our cleaning team at Kildare Campus and took great pride in her work. She will be missed.
- Emma Winton resigned late last year to take up a position at another school.
- Laura Zalesiak who has resigned as our Vocal Teacher to focus on her study in a Masters of Performance at the University of Melbourne

Congratulations to:

- Jasmine Santamaria and Alex Rathbone on their engagement;
- Bec and Jason McMahon welcomed their third child into the world on Monday 24 December 2018 at 6.09am. They are the proud parents of Sam Thomas (8 pounds 2 ounces), brother to Charli and Noah;
- Fi Morrow has a new nephew – her brother John and his wife Lorna welcomed James Morrow on 28 December 2018;
- Michelle Medd has a sixth grandchild Tyson David Ross born on 17 January 2019; and
- Alice Nelson who was chosen to receive the DATTA Vic Secondary Educator of the Year 2018 award. Congratulations – it is a wonderful achievement!

Student News

During the break we received information from VTAC that 93% of the students who applied for tertiary positions have received first and second round offers. We already know that a number of students have successfully attained positions directly into courses or have gained employment or apprenticeships.

Congratulations to Lorimer Marshall whose Systems Engineering folio project was accepted for the Top Designs 2019 at Melbourne Museum. The only other student to achieve this feat from our school in this subject was his brother Lachlan, in 2017. Lorimer's project was to design and construct a cheap remote area bushfire sensor for early bushfire detection. The unit was solar powered and included a battery, sensors that detect smoke particles in the atmosphere, light sensor, thermometer and anemometer to measure wind speed. If fire was detected it would send an SMS message to the emergency services.

Georgia Gooding and Andrea Proudfoot (2018 Year 12s) currently have their art on display at the "Beyond the Classroom" Exhibition held at the Latrobe Performing Arts Centre.

Bushfire Season

We are now in bushfire season so you will find included in this newsletter the notice to all families regarding our Bushfire Procedures. This summer season is developing as one where the threat of fire is high and I urge all families to consider both their own personal bushfire plans as well as related issues that might impact on your family if a fire threat occurs during school time.

This information can also be found on our website in the Community and Links section in the Important Procedures and Information tab - <https://www.lavalla.vic.edu.au/students-parents/important-procedures-and-information>

CSEF and Drought Relief

As part of the Victorian Government's drought assistance package, all Lavalla Catholic College students who live within the Wellington or East Gippsland Shires are eligible for a drought assistance payment through the Camps, Sports and Excursions Fund (CSEF).

This includes parents and independent students that do not hold a means-tested concession card, but are experiencing financial hardship as a result of drought conditions. Families who receive the means-tested CSEF payment are also eligible. A 'one off' amount of \$375 per student will be paid to the school to be used towards educational expenses for the direct benefit of your child.

How to apply:

Complete a CSEF drought package application form and return it to the Finance Officer.

Link to student application forms and school template for drought relief:

<https://www.education.vic.gov.au/school/teachers/management/finance/Pages/csefschools.aspx>

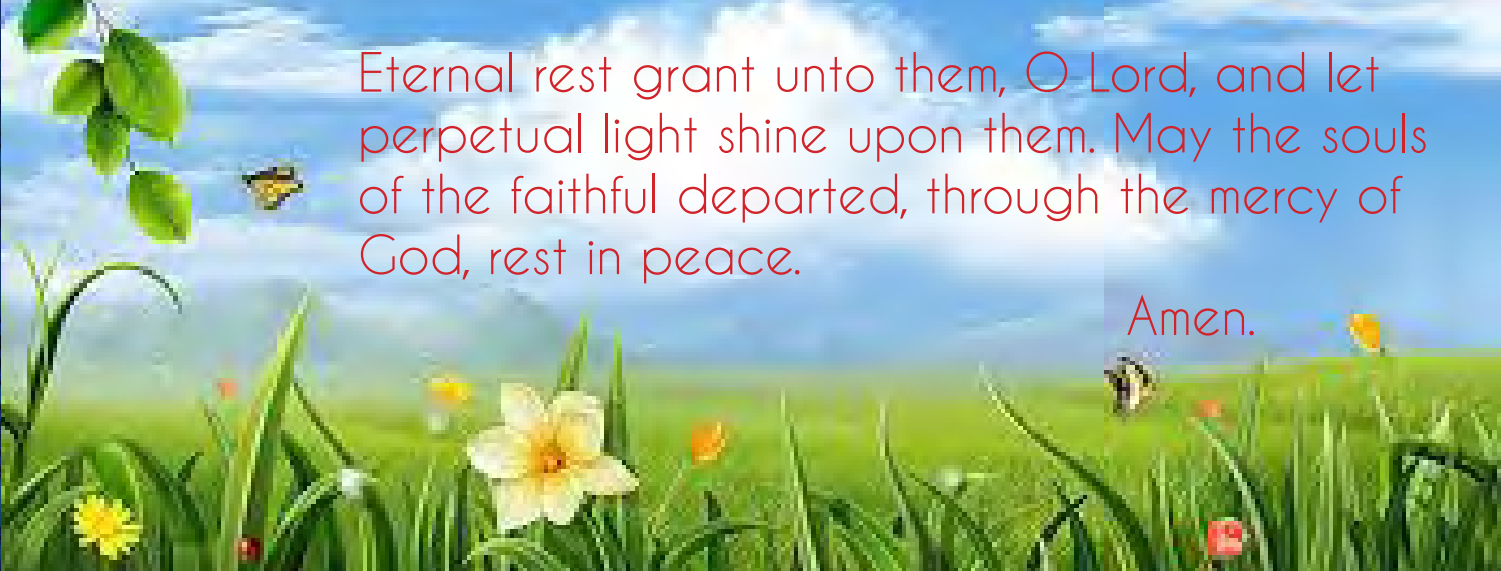
Buildings

It is now impossible to miss the form of the new administration building and library at our St Paul's campus. Accordingly, in our next Newsletter I will provide more details about the various building programs that are currently underway or about to commence.

Condolences

Finally, can I please ask that you keep the following people who have passed away as well as their family and friends in your prayers:

- Jennifer Ann Lindasy, who is the mother of Bec McMahon, mother-in-law to Jason and grandmother of Charli, Noah and Sam
- Bernie Morrow who is Fi Morrow's grandmother.
- Sr. Patricia Carroll, who was Principal at Presentation College during the 1980s. She is known to a number of staff, parents and our wider community.



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.

Beginnings



Silence filled with chatter, hollow buildings filled with movement, bells, learning.... And, so another school year begins. Old friendships renewed, new friendships begun, and the bright hope of a clean slate to write upon. I wish every single person at Lavalla and connected to Lavalla every blessing for 2019.

Remembering

The nation remembers that ten years ago, this day, Victoria suffered the Black Saturday Bushfires. We remember those who lost their lives, and those who survived to remarkably rebuild their lives, though all was changed.

Among others, these are two websites <https://www.nma.gov.au/defining-moments/resources/black-saturday-bushfires> and <https://www.abc.net.au/news/2019-02-04/black-saturday-remembered-10-years-on/10769562> recount the heartbreak, the heroism and the kindness that is truly extraordinary.

They are worth a look to remember, acknowledge, reflect and learn.

Kildare Assembly

The Beginning Year Assembly had some really good things to be said about it. It was led by the Student Leadership Team. They did a brilliant job. The outstanding student performers of 2018 spoke inspiringly to the Year 10-12 students. The student leaders were well organised, inclusive and managed the assembly with purpose and authority. Well done to them.

Holy Today

The Marist theme for 2019 is 'Holy today'. It is taken from Pope Francis' Apostolic Exhortation "Gaudete et Exsultate" (Rejoice and be Glad, 2018) and calls all of us to walk the path of holiness. We can be holy by "living our lives with love and by bearing witness in everything we do, wherever we find ourselves" in whatever circumstances we find ourselves. However, the critical choice to be holy is to pray and to work for the common good and renounce personal gain

and self-promotion. Holiness grows through small daily gestures and acts of kindness. Believe me, this is the hardest thing you will ever do, but its rewards are enormous.

World Youth Day

World Youth Day 2019 was held in Panama from 22-28 January. The theme of WYD2019 was "I am the servant of the Lord. May it done unto me according to thy will," the words of Mary at the Annunciation. Pope Francis asked all of us to say "Yes" to God as Mary did. The answer lies within our hearts. The next WYD2022 will be held in Portugal.

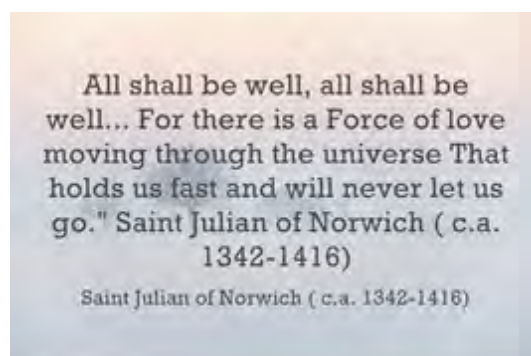


Remar Camps

Remar is perhaps, the best youth leadership programme available. If you – in Years 10, 11 and 12 – are not part of it, you are missing something that is immensely valuable for life. The Remar Embarkation Camp is from 22 February from 3.30 pm (leaving Kildare) till 24 February 1.30 (after lunch). The venue is Allembee.

And Lastly...

Life is a funny mix! The good and the bad, generally arriving unexpectedly to throw our careful planning into disarray! It can be stressful. It is timely to remind ourselves what every wisdom teacher in every tradition has said, "All is well."



REMAR

EMBARKATION CAMP

REMAR IS A YOUTH LEADERSHIP PROGRAM THAT AIMS TO DEVELOP A SELFLESS COMMUNITY IN MARIST SCHOOLS.

A PROGRAM FOR STUDENTS INTERESTED IN:

- MAKING A DIFFERENCE IN THEIR COMMUNITY
- EXPLORING SPIRITUALITY
- DEVELOPING LEADERSHIP SKILLS
- DEVELOPING A CLOSE COMMUNITY



EMBARKATION CAMP DETAILS

WHEN: FEB 22ND (3:30PM)

'TIL 24TH (1:00PM)

COST: FREE

WHERE: ALLAMBEE



PLEASE REPLY TO MR RATHBONE'S EMAIL IF YOU ARE INTERESTED AND WOULD LIKE MORE DETAILS

KEY CONTACTS

COORDINATOR: A. RATHBONE

YEAR 10: T. DIXON AND K. TAYLOR

YEAR 11: J. SANTAMARIA

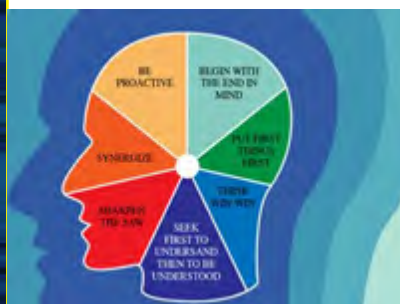
YEAR 12: L. WINTER AND J. SUTTON



Well-Being



This week I addressed most of the students and staff within our College Community, to outline the focus of the Well-Being Team this year, in relation to the culture of our College for 2019. Our focus will be to act as creators and custodians of a culture of excellence, driven by affirmation and Gospel Values.



To achieve this goal, we will begin to bring our words around the Habits of Excellence, into action. Each term we will challenge all students and staff to practice one of the 7 Habits of Highly Effective People by Stephen Covey:

Term One has been launched with 'Begin with the End in Mind', focusing on Goal setting. As a community we will investigate and formulate goals to motivate us to success. We will use tools such as Jack Canfield's Success Principles to help us ascertain what goals we need.

We will also be encouraging our students to engage in applying this Habit of Excellence – Goal Setting to the Habits of Mind.

To discuss your child's progress with these actions

and encourage discussion of any of the three tools above, will not only be an amazing opportunity to have a teenager discuss their talents; but will give you as parents/guardians excellent opportunities to take interest and praise your child.

The greatest well-being is success founded in an environment of love and care. Therefore, I would encourage parents/guardians to discuss this culture in action.

This week also allowed me the opportunity to remind our College community of the high expectations that we have in relation to behaviour and dignity. All students were reminded that we have a zero tolerance to any verbal, digital or physical abuse and where they can seek support if they so require it.

We are a College community who insist that all our community members feel safe, happy and can be successful.

Operations:

There are many key events coming up in the next few weeks. Next week we have the **Year 12 University Camp** on 11th-12th February.

Our **Year 7** students will also be on **camp** next week: 13th-15th February (7.1-7.4); as well as the following week: 20th-22nd February (7.5-7.8).

The **Swimming Carnivals** will take place on 21st February for the Kildare Campus and 25th February for the St. Paul's Campus. Come on Delany House!!

I would like to warmly invite all parents/guardians to our informal **Welcome Evening** on 26th February at the St. Paul's Campus. It will take place between 4:00 and 6:00pm, during which time you can come and go as you please. This is an opportunity for you as a parent/guardian to come and meet your child's teachers within an informal setting.

There will be a free BBQ and we encourage you to come and tell us something about your child that you feel will help us in developing positive relationships. I hope to see you all there, I will probably be behind the BBQ cooking with the rest of Leadership, come and say G'Day.

It has been a positive and energetic start to the New Year and it is a pleasure to begin another year of service to our wonderful community.

God Bless – Mr Doug Doherty

1. Persisting Stick to it! Persisting in task through to completion; remaining focused. Looking for ways to reach your goal when stuck. Not giving up.	2. Managing impulsivity Take your time! Thinking before acting; remaining calm, thoughtful and deliberative.	3. Listening with understanding and empathy Understand others! Devoting mental energy to another person's thoughts and ideas. Make an effort to perceive another's point of view and emotions.	4. Thinking flexibly Look at it another way! Being able to change perspectives, generate alternatives, consider options.
5. Thinking about your thinking (Metacognition) Know your knowing! Being aware of your own thoughts, strategies, feelings and actions and their effects on others.	6. Striving for accuracy Check it again! Always doing your best. Setting high standards. Checking and finding ways to improve constantly.	7. Questioning and problem posing How do you know? Having a questioning attitude, knowing what data are needed & developing questioning strategies to produce those data. Finding problems to solve.	8. Applying past knowledge to new situations Use what you learn! Accessing prior knowledge; transferring knowledge beyond the situation in which it was learned.
9. Thinking & communicating with clarity and precision Be clear! Strive for accurate communication in both written and oral form; avoiding over-generalizations, distortions, omissions and exaggerations.	10. Gather data through all senses Use your natural pathways! Pay attention to the world around you. Gather data through all the senses: taste, touch, smell, hearing and sight.	11. Creating, imagining, and innovating Try a different way! Generating new and novel ideas, fluency, originality.	12. Responding with wonderment and awe Have fun figuring it out! Finding the world awesome, mysterious and being intrigued with phenomena and beauty.
13. Taking responsible risks Venture out! Being adventurous; living on the edge of one's competence. Try new things constantly.	14. Finding humor Laugh a little! Finding the whimsical, incongruous and unexpected. Being able to laugh at one's self.	15. Thinking interdependently Work together! Being able to work in and learn from others in reciprocal situations. Team work.	16. Remaining open to continuous learning Learn from experiences! Having humility and pride when admitting we don't know; resisting complacency.

A warm welcome to all students and parents to the 2019 year. A particularly warm welcome to our new Year 7 students and parents who are starting at Lavalla Catholic College this year. Our Year 7 team is energised about the year ahead and the chance to work with your child.

There are a number of exciting things occurring across the year in the Learning and Teaching area that we will keep you informed. There have been presentations across the week to students from Years 7-12 welcoming them and setting a number of challenges.

For the students going into Years 10-12 the challenge put to them was 'Be more than average'. What strategies will they put in place to be the best they can be? One was making students mindful of the time and resources made available to them. The ability to create a study plan so as to maximise their learning. They were made aware of the time provided at school and how they should use this time effectively.

I challenged students to consider carefully how they will use:

- **Student Choice time on Thursday 1 (8.50 – 9.28am)**
- **9 LA sessions each morning (8.53 – 9.08am)**
- **7 study periods (58 mins) per fortnight- Year 12 only**
- **Kildare ISC is open after school until 5.30pm Monday – Thursday.**

Students could use the time to meet with teachers, complete set work, create study notes, analyse past exams or complete essay drafts. These are just some of the options open to them.

Use of the time and resources provided in school will assist students in meeting Lavalla Catholic College recommended study times of;

- **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)**

Year 9 The Bridge

This year will be the first year of the new Year 9 program 'The Bridge'. Students will have the opportunity to explore themes around Sustainability and thinking globally and acting locally. A core focus in our teaching will be around having students as 'active' learners and building not only their academic capacity but focusing upon skills such as;

- Thinking
- Resilience
- Reflection
- Communication
- Initiative

The Year 9 team have been planning subjects throughout the 2018 year. We as a College are excited about the opportunities it will offer our Year 9 cohort moving forward.

Feedback 2019

After reviewing our feedback/reporting procedures and content through 2018 one change will be implemented this year. The old Learning Behaviours have been changed to reflect the colleges focus upon students as 'active' learners within the classroom. The new Learning behaviors are;

- **Readiness to learn**
- **Contributing to a positive learning environment**
- **Manages learning tasks**
- **Uses feedback for improvement**

These behaviors will be also supported by an assessment rubric which will allow you as a parent to see how your child is tracking and provide strategies for improvement. Learning behaviors feedback will be the primary feedback provided for Timeblock 1 (week 6 Term 1) and Timeblock 4 (week 6 Term 3).

We as the Learning and Teaching team look forward to the year ahead and assisting your child to be the best they can be.



PERSONAL LEARNING

Over the next couple of weeks, the yr 12's will focus on Wellbeing during their Personal Learning classes. We will be discussing with students the importance of taking care of themselves as they navigate their emotions and stresses throughout the year.

We will be introducing tools to the students that will help them to self-regulate their emotions and teach them how to feel confident enough to recognise when these emotions take over.

The resources that will be used come from the Learning Curve Program that every student has access to through their Student Planner, as well as, the Smiling Minds app that can be downloaded on their mobile phones.

Below is the Parent information flyer from the Learning Curve program that gives you some more detail.

SECONDARY

Parent Newsletter

The Learning Curve™

Wellbeing Builder:

Middle – DEEP BREATHING

Senior – BREATHING AND CALMNESS

Wellbeing Element:

EXERCISE AND VITALITY

Character Strength:

GRATITUDE

Strengths Booster:

ACTIVITY ONE STRENGTHS

Wellbeing Reflection Activities:

Middle – DEEP BREATHING,
Senior – BREATHING AND CALMNESS (see website)

Parent Wellbeing:

Self Determination Theory (SDT) is made up of three components, competence, autonomy and relatedness, which combine together to determine your level of motivation. Describe what each component could mean for you. *(Acknowledgement: Ryan and Deci)*

At times all students experience tense feelings and anxious thoughts about their progress, their workload, maintaining their study performances and peer group issues, their bodies may respond with distress signals. These include tension in their necks and backs, quickened and shallow breathing, hot facial flushes and disrupted sleep patterns.

Teaching them emotional “off ramps,” self-calming breathing and other coping strategies enables students to reduce the intensity of such negative feelings, which boosts their wellbeing and social-emotional resilience. An effective technique for achieving this is Square breathing, which they can do it anywhere and anytime they have a spare five minutes. Read “Why Self-Calming Strategies?” for more approaches.

Square refers to the fact that there are four parts to it which they repeat over and over again, which are described in the Wellbeing Builder; it is also known as box breathing. Concentrating hard on the four parts distracts students’ amygdalas from their pressing issues and puts their rational minds in charge of their thinking. It also increases their oxygen intake and blood flow to the brain which promote clarity of thought.

Concentrating on breathing deeply will release feel good brain chemicals, clear their minds and lessen tension and anxiety.

SAFER INTERNET DAY

Belinda Gathercole - College Counsellor

Let's all learn the 4Rs of online safety this Safer Internet Day Tuesday, 5 February 2019 is Safer Internet Day and our school is on board!

Safer Internet Day raises awareness about the positive role of digital technology and explores ways we can all contribute to creating a better, safer internet.

Coordinated by the Office of the eSafety Commissioner in Australia and celebrated in over 130 countries, this year's Safer Internet Day theme is 'Together for a better internet'.

Parents are encouraged to get involved and support our young people in developing the critical skills required to successfully navigate the online world.

These skills take time to develop but they can help us in all areas of life - online and off.

RESPECT

I treat myself and others the way I like to be treated;

RESPONSIBILITY

I am accountable for my actions;

REASONING

I question what is real.

Lavalla Catholic College is a supporter Safer Internet Day

Help spread the word about creating a safer, more positive internet — start a conversation with your child about which of the 4Rs of online safety is most important to them and how can they help build a better internet for everyone.

The eSafety iParent site is packed with resources to help you address online safety with your children. Download The Lost Summer video game for a fun way to learn and practice the 4Rs. Or take the Screen Smart Parent Tour to help your child manage online issues should they arise.

To see what others are doing, or to find out how you can get involved, visit: esafety.gov.au/saferinternetday



Kildare College's Diamond Jubilee Reunion

HELP US FIND MORE ALUMNI

CELEBRATING 60 Years 1958-2018 since its official opening in 1958 by the Brigidine Order

Saturday 16th February, 2019
at Kildare Campus, Kosciuszko St, Traralgon Vic

Kildare College will celebrate its 60th reunion on Saturday February 16, 2019 at the Kildare Campus. This is open to all students and educators attending over the years since its opening in 1958 to its closing 1988, when it transformed to the Catholic Regional College.

Registration at:- <https://www.trybooking.com/ZXLX>

due to numbers tickets open to past students & staff only

no ticket sales at the door

For more information contact Chair: **Josie Montano** **phone:** 07 33001543 or 0417771643 **email:** josiemontano@gmail.com

CALENDAR

Monday February 11

- Meet a Scientist Excursion
- Year 12 University Camp

Tuesday February 12

- Year 12 University Camp

Wednesday February 13

- Year 7 Camp 1 – 7.1 to 7.4
- Subject Change Requests Close

Thursday February 14

- Year 7 Camp 1 – 7.1 to 7.4

Friday February 15

- Year 7 Camp 1 – 7.1 to 7.4

Monday February 18

- SSV Wellington Cricket Years 11 – 12 Girls

Wednesday February 20

- Year 7 Camp 2 – 7.5 to 7.8

Thursday February 21

- Year 7 Camp 2 – 7.5 to 7.8
- Kildare Campus Swimming Carnival

Friday February 22

- Year 7 Camp 2 – 7.5 to 7.8



2nd Hand Uniform Shop
St Paul's Campus, Grubb Ave

DATES

3.30pm – 6.00pm

21st February

7th March

21st March

4th April

Prayer FOR THE NEW SCHOOL YEAR

God of wisdom and might, we praise you for the wonder
of our being, for mind, body and spirit.

Be with our children as they begin a new school year.

Bless them and their teachers and staff.

Give them strength and grace as their bodies grow;

Give wisdom and knowledge to
their minds as they search for understanding; and peace and
zeal to their hearts.

We ask this through Jesus Christ our Lord. Amen.



Bushfire Season

Procedures

Fire danger ratings and warnings in Victoria aim to provide clear direction on the safest options for preserving life. Schools and children's services identified as being at high fire risk will be closed on days declared by fire authorities to be Code Red.

Lavalla Catholic College has not been identified as being at high fire risk, so we will **not** be closed on a Code Red day. In reality, the school is a safer place than many of our families' homes, some of which are located in fire-prone areas.

While our school has not been identified as being at high fire risk, offsite activities such as excursions, camps and field trips, are planned to occur during the fire season. If such activities are considered to be at risk from fire, they will be rescheduled or cancelled.

Our school is well positioned to respond to emergencies, including an unpredicted breakout of a fire or a known fire unexpectedly changing course. If this occurs, our school's emergency management plan will ensure that we respond to the threat in a timely and appropriate manner.

As part of preparing for the fire season, we have completed the Catholic Education Commission of Victoria's (CECV) self-assessment of our emergency preparedness. We have also reviewed our emergency management plan and conducted maintenance works aimed at helping reduce the threat of fire.

In the unlikely event that fire threatens the school, the staff and students will be evacuated from classrooms to a safe refuge, consistent with our emergency management plan. The College's SMS messaging service will be the primary media used to inform families of critical incidents such as fire threats should they occur. We will also send emails and place information on the main page of our website, but this will only be done after sending an SMS. Accordingly, if you have changed your mobile number and have not updated the College you are asked to do so by sending an email to registrar@lavalla.vic.edu.au.

If, at the end of a school day, fire activity prevents parents/guardians from being available for their children, parents/guardians should make alternative arrangements for the supervision of their children, e.g. to go stay with a family member or friend. In the event that such alternatives cannot be arranged, volunteer staff will supervise students for a time at school in the St Paul's Campus ISC. Students at Kildare campus will be transported by the College to the St Paul's Campus by 4.30pm. By evening, if it appears that the children will need to be accommodated overnight, they will be taken to an emergency relief centre by the school staff, as directed by the **Latrobe Council Management Response Team**. The Incident Controller and Municipal Emergency Response Co-ordinator (Victoria Police) are the only **authorised personnel** that can authorise an evacuation. They will advise of an emergency relief centre when it is deemed safe to do so. Details of the centre will be notified via SMS, email and placed on the website when it is released. These centres are normally setup in either Traralgon, Morwell or Moe depending on circumstances ***as part of the Latrobe City's emergency management processes***. These will be staffed by people with responsibility for supervision and care of children without parents or guardians.



Parents are reminded that if students are to be collected prior to the normal end of day time that the children are to be signed out in the usual manner. If another person is required to pick up your son(s) and daughter(s) we require that they be registered with us as an emergency contact person or if an alternative person is required we be contacted by telephone or preferably email of this arrangement.

What can parents do?

Make sure the College has your current contact details, including your mobile phone numbers. These should be sent to the College Registrar by email - registrar@lavalla.vic.edu.au .

Keep in touch with us by reading *our Newsletter*, by checking our website: www.lavalla.vic.edu.au and by talking to your child's Learning Adviser or other members of the staff.

We suggest that you talk with your children about bushfires and your family's bushfire survival plan, particularly if you live in or are planning trips to fire-prone areas.

On days of high fire risk, children should never be left at home unattended or in the care of older children.

You can access more information about bushfires and schools on the Catholic Education Commission of Victoria's (CECV) website www.cecv.catholic.edu.au .

For up-to-date information on this year's fire season, visit the Victorian Government Emergency website at emergency.vic.gov.au or call the **24-hour VicEmergency Hotline** on **1800 226 226**.

John M Freeman
Principal

FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

MORE INFORMATION

For more information about the CSEF visit
www.education.vic.gov.au/csef

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef

If you applied for the CSEF at your child's school in 2018, you do not need to complete an application form in 2019 unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments;** your child has started or changed schools in 2019 or you did not apply in 2018.
- **changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing at the school in 2019.

Check with the school office if you are unsure.



CAMPS, SPORTS AND EXCURSIONS FUND (CSEF) - DROUGHT ASSISTANCE

Program Background	As part of the Victorian Government’s drought response package the Camps, Sports and Excursions Fund (CSEF) is being extended to all primary and secondary students attending a Victorian government or non-government school or residing within two designated drought-affected Local Government Areas in East and Central Gippsland (see below). This includes parents and independent students that do not hold a means-tested concession card, but are experiencing financial hardship as a result of drought conditions.	
	Families who receive the means tested CSEF payment are also eligible for this ‘one-off’ drought assistance payment.	
Which Local Government Areas are eligible for this assistance?	Schools located within the following Local Government Areas:	
	Wellington	East Gippsland
Who is eligible?	Students attending a registered Victorian government and non-government school within these areas will be eligible for funding through the drought assistance package.	
	The funding will be paid to the school at which the student is enrolled and attending on the first day of term one, 2019 (30 January, 2019).	
How much is the drought assistance payment?	A one-off amount of \$375 per student will be paid to schools within the affected areas.	
Do parent’s need to apply for this assistance?	Yes. Parents and independent secondary students will need to apply for this assistance via the Drought Assistance Application Form.	
What are schools required to do?	Government & Non-Government schools: <ol style="list-style-type: none">1. Parents and independent students are required to complete a Drought Assistance application form and lodge the form at the school. Application forms are to be retained by the school.2. The school then completes and emails the endorsed spreadsheet with details of students on applications received to csef@edumail.vic.gov.au.3. Based on the spreadsheet details, DET will make a bulk payment into the school’s bank account.4. The school will be required to allocate the funding directly to benefit the eligible student. The school should communicate with their school community about how the funding will be allocated. The school will need to ensure that system records are maintained demonstrating how the funding has been allocated for each individual student.	

<p>How will schools be required to allocate the funding?</p>	<p>The Drought Assistance funding is paid to the school that the student attends to be used towards camps, sports, excursion and/or other education expenses for the benefit of the eligible student. Some examples of programs for which the funding may be used include:</p> <ul style="list-style-type: none"> • School camps/trips • Swimming and other school-organised sporting programs • Outdoor education programs • Excursions/incursions • If there are no camps, sports or excursion related expenses, the payment may be allocated towards other school-based education expenses incurred by the family*. <p>* These guidelines only apply to the Drought Assistance funding (not the CSEF payment which is paid separately and is subject to CSEF policy).</p> <p>The Drought Assistance funding cannot be used towards voluntary school charges.</p>
<p>What records are schools required to keep?</p>	<p>Government schools – will need to allocate funding to eligible student’s charges in CASES21. For assistance with CASES21 receipting of the Drought Assistance funding, schools should contact the DET service desk on 1800 641 943.</p> <p>Non-government schools – will need to maintain records indicating how the funding has been allocated for each eligible student.</p> <p>For audit purposes, schools may be asked to provide DET with written confirmation of how the funding has been allocated. Schools need to retain the Drought Assistance application forms for 7 years.</p>
<p>When will schools receive the funding?</p>	<p>The one-off payment to schools will be made from February 2019 onwards. The program ceases on 28 June 2019 (end of term two).</p>
<p>Students changing schools</p>	<p>If the student transfers to another Victorian school, the default position is that the value of any unspent portion of the funding should follow to the student’s new school, so that the student has access to the full value of the payment.</p>
<p>Students leaving the Victorian school system</p>	<p>If the student leaves the Victorian school system, the value of any unspent portion of the funding will remain with the school and may be used towards expenses for other family siblings, or school-incurred costs associated with operating camps, sports or excursion activities for students.</p>

TRARALGON COUNTRY BUS NETWORK (School Bus Management System - SBMS)



Families who live in the towns surrounding Traralgon may be eligible to travel on the Traralgon Country Bus Network. To be eligible for travel on a country network school bus at no cost, government students must attend their nearest school while non-government students must attend their nearest appropriate school, which is determined by the denomination of the school. Students not attending their closest school may be accommodated on a bus service as long as they pay a fare and seating capacity exists. Students must reside 4.8 km or more from the school. The distance is measured by the shortest practicable route from the student's front gate to the school's main entrance.

Existing Travellers can renew your 2019 travel: please go to schoolbusapplication.ptv.vic.gov.au and complete your renewal by logging in using your username and password. Once you have submitted your renewed application, the School Bus Management System will assess your application and send you a travel offer. Please log back into the School Bus Management System and manage your offers. This will ensure your child/ren are approved to travel and continue to have access to a bus.

For people who would like to register for travel on the Country Bus Network, assess eligibility by completing a pre-application check, register a new account or add a new traveller, follow the links on the School Bus Management System www.schoolbusapplication.ptv.vic.gov.au. The SBMS will assess your application overnight and make you an offer which you will need to accept or decline and SBMS will send you a bus pass. Country Bus Travellers will only be allowed access with a Bus Pass issued by the School Bus Management System.

Services included in the Traralgon Country Bus Network:

CAIRNBROOK – CALLIGNEE – COWWARR – COWWARR WEIR – FLYNN'S CREEK – GLENGARRY – GLENGARRY WEST — KOORNALLA – MERRIMAN'S CREEK – TOONGABBIE – TYERS FLATS – TYERS HILLS – WILLUNG SOUTH

For further information, please contact Public Transport Victoria

Email SBMS-Admin@ptv.vic.gov.au



For more information call 1800 800 007 (6am – midnight)

insights



Top five strategies to improve your parenting this year

by Michael Grose

The start of the year is a great time for making changes and improvements to the way you raise kids. But it's difficult to know where to begin.

To assist with the change process we've carefully selected five practical strategies that will have a positive impact if acted upon. We've organised webinars in the first half of the year to assist you to implement each strategy.

1. Switch on your child's strengths

Most of us have been conditioned to focus on what kids can't do. There is a better way. The Positive Psychology movement lead by US-based psychologist Dr. Martin Seligman showed that when we can unearth kids' strengths we are, in effect, unlocking their true potential for success and happiness. Three elements come together to make a strength and parents need to be mindful of all three: performance (being good at something); energy (feeling good doing it); and high use (choosing to do it).

[Professor Lea Waters](#), author of the wonderful new book *The Strength Switch* and current President of the [International Positive Psychology Association](#) will show you how to focus on kids' strengths in her webinar '[Switching on your child's strengths](#)'.

2. Balance kids' extra-curriculum activities

Alongside social media and news events, being busy is now recognised as a major stressor for many children and young people. The choice of activities to keep kids busy after school hours is mind-boggling.

Having so many options is wonderful but it does place a new set of pressures on parents and kids. The cost of loading kids up with scheduled activities is that many don't get the chance for free play, or simply 'vegging out' on the couch.

Parenting Ideas expert [Dr. Jodi Richardson](#) will help you find the right balance of activity for your family in her webinar '[Balancing extra-curricular activities](#)'.

3. Focus on friendships

Friendships are an important part of the road to adulthood for a child or young person. Friendships can also be

problematic. Not every child is naturally outgoing and makes friends easily. If your child has difficulty forming friendships and is worried by that, then there are many ways to approach this including: encouraging kids to spend one-on-one time with others, making extra-curricular activities fit their interests, and coaching kids to develop friendly behaviours.

The wonderful [Sharon Witt](#) will conduct a webinar '[Teach girls to build each other up](#)', focusing on friendship skills especially for parents of girls.

4. Give kids tools to manage anxious moments

Currently we have a childhood anxiety problem. A big one! And it's mostly undetected as community understanding of anxiety is low. It's our experience at Parenting Ideas that many parents are anxious and they don't know it, and many children routinely experience anxiety, which goes unrecognised.

Parenting Ideas founder Michael Grose is conducting a webinar '[Managing your child's anxiety](#)' to help parents on this challenging but important topic.

5. Develop rights of passage

Community changes have largely eradicated many traditional rights of passage, making it harder for a young person to know when they've become an adult.

Fortunately, many families are now creating their own to mark events such as the end of primary school, the move into the teenage years, and mark different stages of adolescence. These traditions are now becoming legitimate rights of passage for young people.

Internationally recognised expert on rites of passage Arne Rubenstein will outline practical ways you can recognise a young person's important life markers in his webinar '[Creating 21st century rites of passage](#)'.

Will anything be different this year?

Change and improvement in anything worthwhile generally comes incrementally rather than in one giant leap. We've pointed you in the right parenting to take this year. With our webinars we've made it easy to take that vital first step. Have a great parenting year.



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*.

Year 10

Work Exploration Program

	Work Experience Week	My Future (Week Long Program)
Week A Monday 20th May to Friday 24th May 2019	Champagnat, Delany, Year 10 VCAL and Year 10 Allied Health Students	Mackillop, Nagle Students and Year 10 VET Salon Assistant Students
Week B Monday 27th May to Friday 31st May 2019	Mackillop, Nagle Students and Year 10 VET Salon Assistant Students	Champagnat, Delany, Year 10 VCAL and Year 10 Allied Health Students

Work Experience Information:

To build job seeking skills, students are required to source a workplace. There are a limited number of placements available through the Careers Office (see point a. below).
Students will undertake work experience preparation lessons during Persona Learning Class.

- Apply for placements sourced by the Careers Office and advertised in Term 1 2019 at:
www.lavallacatholiccollegecareers.com -> Workplace Learning -> Current Opportunities
- Students enrolled in a VET subject may undertake placement in an industry matching their VET course listed on
<http://www.workplacements.education.vic.gov.au>
- Contact a business directly.
- Need help? Book a meeting with Ms Sizeland in the Careers Office.
www.lavallacatholiccollegecareers.com -> For Students -> Book an Interview



STEP 1:
Finalised By
1 March 19

STEP 2

Due:
13 March 19

Complete the forms below. Hand them in to Student Services by
4pm Wednesday 13th March 2019 The employer, parent/guardian and student must
all sign these BEFORE they are submitted:

- Work Experience Arrangement Form
- Work Experience Travel & Accommodation Form



Are you going to **work on a Construction or Renovation Site?**

If so, you need to complete a White Card Course.

Course Dates: To Be Confirmed. Likely the end of Term 1 2019.

* This may be at a cost of approx. \$80 as the training is with external provider.

A sign up sheet is next to the Careers Office door.



White Card
Course
Sign up by:
13 March 19

STEP 3

Due:
27 March 19

Lastly, complete **Safe@Work E-Learning Module** Online.

Submit the completed certificates:

- General Safe@work Certificate
- 1 Industry Safe@work Certificate matching the occupation you will be experiencing.



Do Not Contact – Apply Through School

The Careers Office submits applications to the following organisations on behalf of students. Careers will email details to all Year 10 students:

- Transfield (Loy Yang)
- AGL (Loy Yang)
- Latrobe City (including childcare)
- The Latrobe Regional Hospital – Including Radiology (Gippsland Regional Imaging). *Priority will be given to students studying VET Allied Health.*

The following opportunities were advertised to students in Term 3, 2018 and have now closed:

- Victoria Police
- Zoos Victoria

Students Under the Age of 15

Lavalla Catholic College does not offer work experience to students under 15 years of age at the time of work experience due to the amount of additional requirements for the employer and school, and complicated supervision arrangements needed under 'Amended Ministerial Order 382: Work Experience Arrangements'.

Work Experience Locations

Students can undertake work experience in most locations in Victoria providing it is not on the 'Prohibited Industry' list, or in a location which the School Principal believes would put the student at substantial risk.

Work Experience in New South Wales or South Australia MAY be possible, but will need additional school approval. Work Experience is not available in any other states.

Sample Telephone Script for Students to call employers:

The majority of Employers prefer for students to contact them to request work experience.

Students can use the following script when asking a business if they will take you for work experience.

Practice this script or one you have written yourself a few times with a friend.

Sample Script:

Hello my name is _____. I am a student at Lavalla Catholic College. I am very interested in _____ (occupation) and would like to know if I could complete a week of work experience with you?

.....

If they say no: Thank you very much for your time.

If they say yes, make sure you tell them:

The dates for work experience are _____.

.....

If they say no: Thank you very much for your time.

If they say yes: Thank you very much. When would be an appropriate time to bring in my work experience forms to be signed?

Date: _____ Time: _____