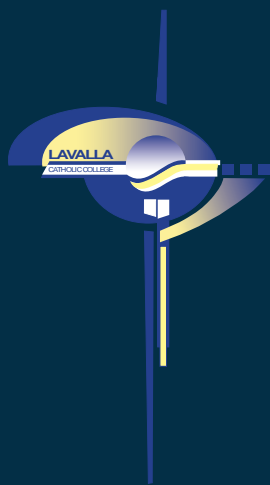


Lavalla Catholic College



ISSUE 15
November 16
2012

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From the Principal

Dear members of the Lavalla community

I am delighted to let you know that our principal, Erica, has come through her surgery very well. She will spend the rest of this year on sick leave but should be returning to the College in the new year. Once again, thank you all for your expressions of concern, well wishes and prayers which have buoyed Erica during this time.

Victorian Registration and Qualification Authority audit

This audit took place across all three campuses and was conducted by a panel of four. I am pleased to report that the preliminary feedback was very positive and found much strength within the College. I am most grateful to Suzanne Farley and Claire Couling who lead our curriculum area, for their management of this audit. I am also grateful to the teaching staff for their on-going work in developing and delivering exciting and challenging curriculum. Like all continual improvement processes the final report will help us move forward in this area.

Strategic Plan

There has been considerable work done on the strategic plan for the next five years with numerous meetings and discussions. We will be using the draft of this to form our plans for the 2013 and will launch the final Strategic plan in 2013. This also forms part of the auditing process that the College has undergone this year.

Remembrance Day

Our understanding of this day has broadened over the years and it is a day we now set aside to remember those who have died in all wars. On the 11th hour, of the 11th day of the 11th month, we pause and offer our thoughts and prayers to those who died in wars or those who returned from war to lives that were forever different because of the horrors they had experienced. We acknowledge a huge debt of gratitude to those Australians who suffered and sacrificed so much. It is always poignant for me to see images of our own students commemorating the day, and realising that in another time or place these fine young people could have been in uniform and fighting for their very lives. Lest we forget.

Head Start

Years 10 and 11 students finish their exams this week, and will launch into the Head Start Program next week. For our dedicated students this is a wonderful opportunity to start preliminary work on subjects so that 2013 can be as productive as possible. I am most grateful to the staff members who schedule and facilitate this program. Year 9 students moving to Year 10 next year will have an opportunity to experience the program in early December.

Year 7 Centre

As mentioned in the previous newsletter we are beginning a refurbishment of this area. Currently two classes have been removed from the eastern end and preliminary work has already started. Hopefully this will be completed for the start of the 2013 school year. The western end will be refurbished during term 2 when rooms will become available elsewhere on the Campus as Year 9 students will be involved in MSP. This will also give all Year 7s adequate time to settle into College life before disrupting their routine.

The changes in this area will reflect the latest educational thinking and research which moves us away from what is known as the Industrial model, where one teacher attends to one class and into a model that enables collaborative learning and teaching. Consequently the walls of the classrooms will literally come down as we develop more flexible spaces for students and teachers to work in.

Prayer of Remembrance

Today we remember
with thanksgiving those
who made the supreme
sacrifice for us in time of
war. We pray that the
offering of their lives
may not have been in
vain. Today we dedicate
ourselves to the cause
of justice, freedom and
peace; and for the wisdom
and strength to build a
better world.

Continued next page...

Mr Doug Doherty

Doug will be taking up the role of Kildare Campus Director in 2013. In anticipation of this and to enable him to learn more about our College and region, he will be visiting from November 26th - 30th. This will enable him to meet staff at the Kildare campus, get to know his team leaders and familiarise himself with the area. There may be opportunities for him to meet families at events like the Christmas concert and I hope you take the opportunity to welcome him warmly to our community.

Congratulations

We congratulate Mrs Kylie Ainsworth and her husband Pete on the safe arrival of their third child Chloe. Kylie is currently on maternity leave from her administration position at St Paul's.

Condolences

We offer our deepest sympathies at the loss of Joyce Symons. Joyce is the mother of our Works Foreman, Wendell as well as the grandmother of past student Jordan and current Year 10 student Rebekah. We ask that you keep Wendell and his family in your thoughts and prayers through this sad time.

Royal Commission

There has been a great deal in the media regarding the Royal Commission into child abuse, the Catholic Church has been singled out for particular attention. The Australian Catholic Bishops Conference has released a statement supporting this Commission and acknowledging that "This is a serious issue not just for the Catholic Church but for the whole community." While the Commission does its work it is important to remember and support the many good men and women who work in our midst. I think of our local priests who work tirelessly with the dying, marginalised, elderly and mentally ill and I hope that they will not feel unappreciated or even spurned because of the acts of others.

Gratitude

As we move towards final activities it is important that our young people are reminded to express gratitude to those who have helped them throughout the year. To express thankfulness and appreciation for the work of the administration, maintenance and canteen staff and to acknowledge the work and dedication of their teachers has two benefits. It lifts the heart of the person being acknowledged and it reminds the students to count their blessings and appreciate the good people in their lives. Asking your son or daughter to reflect on who has helped and how they can acknowledge this, could make for a very fruitful family discussion.

"If the only prayer you ever say in your entire life is thank you, it will be enough." - Meister Eckhart

May the Lord hold you in the palm of His hand,

Ms Lee McKenzie
Acting Principal

Zookeeper for a Day!

Healesville Sanctuary and Werribee Open Range Zoo are both offering the opportunity for 13 to 18 year old students to participate in a program that will see them become a zookeeper for a day.

Healesville Sanctuary

Get up close to some of our most precious and endangered Australian animals. Be the first to go behind the scenes and meet our amazing keepers looking after threatened species including Mountain Pygmy Possums and Tasmanian Devils. You will also get to work with our beautiful Platypus and see our brand new Platypus show, Tales of Platypus Creek. Dates for the Summer holidays are January 16th, 17th, 22nd, 23rd or 24th.

Werribee Open Range Zoo

Gain an insight about what the role of a Zoo keeper entails by joining us in Keeper for a Day at Werribee Open Range Zoo. Participate in a range of exciting and challenging activities that occur behind the scenes, which might help you to decide if it really is a job you would like to pursue. Keepers will provide an insight into the journey that they have taken to gain a competitive position in the Zoo. Dates for the Summer holidays are January 16th, 18th, 21st, 22nd or 24th.

For information and bookings, visit www.zoo.org.au or call 9285 9406. Cost: \$103.00 (includes morning tea); \$92.70 zoo members.

**TOGETHER WE CAN
FIGHT EXTINCTION**





St Paul's Campus Update

Andy Martin - Campus Director

As the year of schooling draws to a close we have begun the process of implementing the change planned for our curriculum next year. For Year 7, this means a significant renovation and conversion of their traditional space in preparation for a 21st century learning and teaching pedagogy to be more fully implemented at St Paul's.

A learning environment which allows for a variety of learning spaces, richer curriculum and collaborative teaching activities will be a welcome development for 2013. The addition also of a new dedicated Arts Building at St Paul's is something both staff and students are also eager to see completed early next year.

In the meantime, our students are completing their year level studies in preparation for the Headstart Program at Years 8, 9 and 10. Essentially this approach has students complete the last week of a year in their 2013 classroom and elective groups. For our year 9 students who have qualified for enrolment in a VCE subject, the last week will be spent on the Kildare Campus attending Unit 1 and 2 Headstart classes.

In other news, we are able to declare that our St Paul's Campus student leaders for 2013 are Lachlan Spiteri, Nicola Broeren, Messina Geligotis and Leo Ma. I congratulate them for their efforts throughout the nomination period and I look forward to working with them throughout 2013 in support of our Campus activities.

Finally, I would like to honour our cricketers and basketballers, particularly at years 7 and 8, who have made either regional or state finals in the SSV competition this term. We hope to report their ultimate success in the next issue of this newsletter.

Noteworthy Achievement

Lachlan Galea of Year 8 will be representing Footskills Australia in an U15 International Soccer Competition to be held at the Singapore Sports School in Singapore from 28 Nov to 10 Dec 2011.

It is a prestigious tournament where we have the opportunity to play against countries like Malaysia, Singapore, Thailand, Brunie, NewZealand, Qatar and China.

Players are selected across Victoria from Metro Melbourne to Gippsland and Bendigo.

Second Hand Uniform Shop

CANCELLED SCHEDULED DAY:

Thursday 6th
December

2013 Year 7s ONLY:

Thursday 11th
December
12.30pm – 8.00pm

Shop located at:

St Paul's Campus

Payment options:

Cash, Cheque or EFTPOS
(Please note Kilts/Skirts
must be tried on. They
are not sized)

Riggalls Uniform Store - Traralgon

Riggalls will be offering
a 10% discount on all
new uniform purchases
on Thursday 11th
December
LAY-BY AVAILABLE



Kildare Update Suzanne Farley - Learning & Teaching Leader

The year seems to move very quickly and at the Kildare Campus 2013 is already very much on our minds.

On Monday, 19th November students in Years 10 and 11 will begin their 2013 studies as part of the Head Start program. The Head Start program is a beginning to the teaching period for VCE Unit 1 and Unit 3 subjects and it is important that all students attend their assigned classes during this time. Details of timetables for Head Start will be given to students during LA sessions on Monday 19th November. Bell times and the starting and finishing times for the school day will also return to normal from this day. Student Choice time will take place as normal during the final weeks of school.

Year 10 and 11 Examinations

The behaviour of students has been excellent during the examination period. Examination results will be available during the course of the next few weeks and provided on final reports.

Subject Allocations and Changes

Students should now all have information on their 2013 subject allocations. Every effort has been made to try to ensure that students receive their preferred subjects but if students have any questions or queries they should make an appointment to discuss this with a member of the Academic Development Team. Appointments are available during Head Start time. Changes to subject allocations will not be possible after Head Start.

Booklists

Year 11 and 12 Booklists for 2013 will be distributed to students during LA sessions from Monday, 19th November. The book lists will also be available on the College website.

Year 12 Graduation

The Year 12 Graduation Dinner is scheduled for Friday 23rd November. Students have already celebrated the end of their final year of study in a variety of ways but this will truly mark the end of their years of schooling. With excitement and pride the staff of Lavalla Catholic College look forward to this evening and this opportunity to wish the year 12 class of 2012 all the best as they move beyond school and begin their next journey.

Presentation Campus Update

Tamsin McCormack - Campus Director



Greetings from Presentation Campus.

A big thank you to the students, staff and parents who represented the Campus over the weekend at the Remembrance Day ceremonies. They represented the College respectfully.

What a great way to end this week. All of Presentation Campus headed to Melbourne today, as part of the celebrations and transition from Newborough to Traralgon for 2013.

Students filled a carriage of the train, relaxing, chatting and generally excited by the prospect of the day to come. Once we arrived in Melbourne, students and staff headed off in three different directions, Ice Skating, Rock Climbing and Laser Tag/ Ten Pin Bowling. The interactions between the staff and students was so positive. Students were behaved beautifully. While a bruise or two may be the outcome for some students and even a staff member or two, the memories are what will remain for a lot longer.

On Wednesday 21st November the Campus will be celebrating with a Mass to commemorate the end of the current era at Presentation Campus. The mass will start at 4pm with a family BBQ at 6pm. All are welcome, but please let the Campus know if you intend on attending.

Good luck to the Year 9s starting their VCE Headstart classes next week.





Music News

Mr Shane Reid - Director of Music

A plethora of performance opportunities have occurred in our music department of late.

Our year 9, 10 and 11 students have all had very successful soiree evenings which saw them present solo performances of pieces they have been refining over the past semester (and further in some cases). It is a wonderful thing to be sitting in the audience of a Lavalla Catholic College music performance. Our students performed exceptionally well.

The final performance for our music students is the Annual Christmas Concert. This will be held in the Champagnat Centre of the St Paul's Campus on Tuesday, 27th November beginning at 6pm.

Amidst the performances from all of our college ensembles there will be opportunity for carol singing; it is a relaxed way to farewell the year for performers and audience alike.

2012 Music Department CD

We are days away from the delivery of our 2012 Music Department CD. This is the culmination of the year's work for our magnificent Senior Choir, Senior Concert Band and Senior Jazz Ensemble.

There really is something for all tastes and interests and will prove a wonderful Christmas present for anyone.

All involved would appreciate the support of our entire college community with this venture. Our students and staff worked extremely hard giving up their valuable weekend time to produce a CD of real substance. The CD will be available from campus receptions, any of the music staff members and at the College Christmas Concert (Tuesday, 27th November) and Awards Evening (Monday, 3rd December).

On behalf of the broader music department I thank all of our students and their families for their efforts this year. It has been a wonderful year for many, many reasons.



CRICKET

Lavalla's Intermediate boys' cricket team advanced through to the State Finals of the Super 8's competition after winning the Regional Finals played at the Sydney Parageter Reserve in Endeavour Hills on Thursday, November 8th.

The boys' team encountered a bye in the opening round of the Regional Finals but met their opening match against Elizabeth Murdoch College, Langwarrin with great enthusiasm.

Batting first, Lavalla went about their business very aggressively and were in fine form to rack up 178 runs off their eight overs. It was a good score to defend and they bundled out Langwarrin for 89.

The second round match against Beacons Hills College, Pakenham again had Lavalla batting first and while they didn't find the same rhythm as in their opening contest they still rattled on 115 runs. The bowling form and fielding efforts were pleasing as they bowled out Pakenham for 62.

Two wins and a bye placed them in the Final against Minaret College, Springvale and Lavalla continued their form with the bat to give Springvale a total of 120 runs to chase. The boys again performed in the field when needed and defended their total with a consistent bowling effort to restrict their opponents to 95.

They will now travel to the Melbourne Cricket Ground on Thursday, November 29th in their endeavour to claim the Super 8's State Title for 2012.

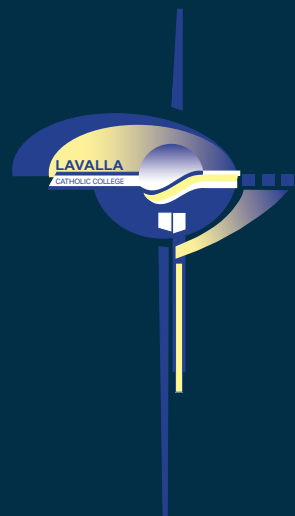
The Intermediate girls' team were not as fortunate as the boys but performed to the standard that almost enabled them to advance to the State Finals as well.

Lavalla scored a narrow 97-94 win over Wonthaggi Secondary College in their opening match and then blasted Lowanna College, Newborough to all parts of the field to record a 128-73 victory.

However, as the day wore on the girls lost their appetite for the contest and could only muster 75 runs in their final round match against Lakeside Lutheran College, Pakenham. Pakenham were a solid fielding outfit and our girls struggled to find runs. Our run-chase fell short by 20 runs as we were defeated 95-75.

The girls eventually succumbed to fourth place overall after being defeated by Alkira Secondary College, Cranbourne North. Wonthaggi Secondary College, whom we defeated in our first game if the day were eventual winners on the day.





Upcoming Events

Monday, November 19

2013 Year 11 & 12 Headstart

Tuesday, November 20

Young Marist Formation retreat

Super 8s cricket (Yrs 7-8)

Wednesday, November 21

Presentation Campus mass and family BBQ

Friday, November 23

Year 12 graduation dinner

Tuesday, November 27

Ecumenical prayer service

Christmas concert

Wednesday, November 28

SSV basketball finals

Thursday, November 29

Super 8s cricket (Yrs 9-10)

Yr 9 transition mass

Friday, November 30

Report writing day

STUDENT FREE DAY

SSV tennis finals

Monday, December 3

2013 Yr 10 Headstart

2013 Yr 8 & 9 Headstart

Awards evening



St Paul's & Presentation Students.

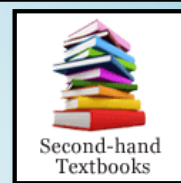
2012 TEXTBOOKS.

2012 Textbooks are no longer required for classes after the **29th November 2012.**

We recommend taking your textbooks home as soon as possible after this date to start listing them for sale on The Sustainable Schools Shop Website.

www.sustainableschoolshop.com.au

Information regarding The Sustainable Schools Shop Textbook Trading System is included with your 2013 booklist and on The College website.



Kildare Students.

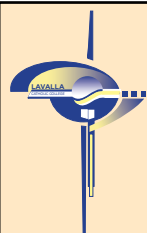
2012 TEXTBOOKS.

2012 Textbooks are no longer required for classes after the **16th of November 2012.**

We recommend taking your textbooks home as soon as possible after this date to start listing them for sale on The Sustainable Schools Shop Website.

www.sustainableschoolshop.com.au

Information regarding The Sustainable Schools Shop Textbook Trading System is included with your 2013 booklist and on The College website.



MARCELLIN HOUSE

(ADMINISTRATION)

Coster Circle TRARALGON

Ph. (03) 5174 5272

Fax. (03) 5174 9235

KILDARE CAMPUS

Kosciuszko Street TRARALGON

Ph. (03) 5174 8111

Fax. (03) 5174 0783

ST PAUL'S CAMPUS

Grey Street TRARALGON

Ph. (03) 5174 7355

Fax. (03) 5174 1827

PRESENTATION CAMPUS

John Field Drive NEWBOROUGH

Ph. (03) 5127 1311

Fax. (03) 5127 7110

www.lavalla.vic.edu.au



Pilgrimage to the shrine of Our Lady of Perpetual Help

2012 DIOCESAN YOUTH GATHERING

1 PM SUNDAY NOVEMBER 18, 2012

ST MARY'S CATHEDRAL, SALE

Special points of interest:

- What is pilgrimage?
- Some prayers for the journey
- Beads & mantras
- Praying with icons
- The Luminous Mysteries of the Rosary

What is pilgrimage?

A pilgrimage is a personal spiritual experience. World Youth Days have instigated a renewal of the practice of going on pilgrimage, especially for young people. This is often an experience of joyful discovery not only of wonderful places but also of the universal church in great beauty, particularly when shared with others.

In ancient times pilgrims travelled by sailing ships, horses and even on foot. They risked getting diseases or being robbed or enslaved. They sometimes faced the possibility of never returning. They travelled in 'faith'.

Today, pilgrims do not face the same perils as in ancient times. Planes and fast trains, modern law and order have made traversing long distances far more comfortable and speedy. Yet, one element remains,

namely that a pilgrimage is a spiritual journey. The elements of generosity, adaptability, flexibility and a positive attitude are all primary requisites for the joyful conclusion to all travel. To be recollected in thought is vital.

Leave your problems at home. Centre on what you are seeing, hearing, and reading while on pilgrimage. Prayer is essential. It is the human means of communication with the Lord. Talk to Him. Ask Him to help you to be open to receive whatever He may wish to give you on your pilgrimage.

A pilgrimage should be an experience, not just a list of places and things to see and do.

Much of what you will receive from your pilgrimage will depend on you and how well you have prepared yourself for this special journey within and without.

**Blessed are they who find their strength
in You, whose hearts are set on
pilgrimage.**

Psalm 84:5

Some prayers for the journey

Loving God,

You are with me through the hopes & fears, the joys & sorrows of my life.

Empower me to connect with the message of Jesus & with the communities that share his vision.

Help me to grow in my faith & understanding of your Word, your love & your call.

Assist me to choose the right path, one which bears witness to you.

Be with me as I go out & live your example in all I do.

Fill me with the power of the Holy Spirit & help me experience your love in my life.

I ask this through Jesus Christ our Lord.

Amen.

Creator God,

You formed me & know me, you know my heart & my thoughts. I thank you for I am wonderfully made.

Be with me on this pilgrimage & guide me to fulfil my life's mission.

I ask this through Jesus our brother.

Amen.

Source: Spirited Prayers for Young People, Archdiocese of Brisbane, 2007

WHAT'S HAPPENING

- Liturgy begins in the Cathedral at 1pm
- Pilgrimage walk around the Port of Sale
- Conclusion of liturgy at the Shrine of Our Lady of Perpetual Help
- Compliments of Gus & refreshments



Beads & mantras

Throughout the world's many religions, including Catholicism, mantras have an important place in prayer & meditation. A mantra is a word or phrase that one repeats while meditating. The repetition occupies the body allowing the mind & spirit to pray more completely. When praying the rosary, the Hail Marys become a mantra.

Beads are also used in other world religions besides Catholicism. For example, Muslims use a set of 99 beads. Each bead

represents a name for God in the Islamic faith. These beads become a kind of mantra for the hands.

In praying the rosary, the beads help one keep count of the Our Fathers & Hail Marys. But the beads also help the person engage the entire body in prayer. Through the repetition of the mantra and the handling of the beads, a person's body, mind & spirit are active & can enter more deeply into the mysteries of Jesus' life.

Source: The Catholic Youth Prayer Book, St Mary's Press 2007

Praying with icons

As beings with five senses, we must use those senses to appreciate things fully. Focusing on icons is an ancient form of prayer that encourages our sense of sight. Icons have been part of the Christian tradition for centuries.

An icon is a religious image, usually of Christ, but also of Mary, or the saints painted primarily on wood. Icons are not simply religious art; they are a way into contemplative prayer and are therefore one way to let God speak to us. Icons are carefully painted by an iconographer according to exact and ancient rules about colour and design. The piece of wood

itself is not sacred; rather the one portrayed in the image (who dwells in heaven) is sacred.

Icons serve as a window into heaven, connecting us with God, as well as a window from heaven to earth, allowing us an intimate connection with God.

The way to pray with an icon is by gazing. As we gaze, the icon begins to speak and to reveal its sacred meaning. Praying with icons is another way to present ourselves to Christ or the saints. It is a tool of prayer, helping us to focus on the holy.

Source: The Catholic Youth Prayer Book, St Mary's Press 2007

The Luminous Mysteries

Twenty mysteries are reflected in the rosary; including the five luminous mysteries:

- The baptism of the Lord: John the Baptist baptises Jesus
- The Wedding at Cana: At Mary's request, Jesus turn water into wine
- The proclamation of the Gospel: Jesus announces that he was sent to bring Good News—liberty & favour from the Lord.
- The Transfiguration: Peter, James & John see Jesus transfigured. His face becomes as dazzlingly bright as the sun.
- The Institution of the Eucharist: Jesus shared with his Apostles the meal that perpetuates his earthly presence.

Praying the rosary:

1. Make the sign of the cross & pray the Apostles' Creed.
2. Pray the Lord's Prayer.
3. Pray 3 Hail Marys.
4. Pray the Glory Be.
5. Announce the 1st mystery, then pray the Lord's Prayer.
6. Pray 10 Hail Marys while meditating on the mystery.
7. Pray the Glory Be.
8. Announce the 2nd mystery, then repeat the prayers of the 1st mystery. Continue with the 3rd, 4th, & 5th mysteries in the same manner.
9. After the 5th mystery, pray the Hail Holy Queen.

May Mary, Mother of Wisdom, support you along the way, enlighten your decisions & teach you to love what is true, good & beautiful. May she lead you all to her Son, who alone can satisfy the innermost yearnings of the human mind & heart.

Pope John Paul II