



From the Principal

Mr John Freeman



This week has been the last week for formal classes for our Year 12 students, although next week they will return for trial exams and revision sessions as many of the Year 12 prepare for their written exams commencing in the last week of October – although performance exams in Music and Drama as well as oral exams for LOTE are already underway.

Other students involved in VCAL will be engaged in work experience and presenting folios for final assessment.

To celebrate the Year 12 Class of 2015 time at Lavalla Catholic College we have had a number of events recently including: Year 12 Cultural Evening; a Whole School Liturgy; Mass for students, staff and families at St Michael's, Traralgon; and our traditional and quite moving farewell ritual today. I have included at the end of this article excerpts of my speech to the Year 12s and their families at the Mass held last night. We wish these fine young people the best of success in all their endeavours.

As mentioned above we held a Year 12 Cultural Evening which was well attended and with families also sharing traditional foods; it made for a pleasant time. Prior to sharing a meal together we heard stories from a number of our students speaking about an aspect of their life. It was a privilege to hear them share their journeys and some of the stories are printed in this newsletter.

Earlier this week we held the last of our in-service sessions for staff on the Marist Characteristics – Presence, Simplicity, Love of Work, Family Spirit, and In the Way of Mary. Once again this was well attended and our presenters, Br John McMahon and Mrs Gail Coates, commented on how involved the staff were and how good it was that they were so willing to share their thoughts and personal stories.

Thank you Matt Harris and the Intermediate concert band for their performances at three of our local Catholic Primary Schools: Lumen Christi, Sacred Heart and St Vincent de Paul.

On Saturday 26 September I attended the commissioning of Brother Peter Carroll as Provincial Superior of the Marist Brothers and as Leader of the Australian Conference of the Marist Association of St Marcellin. This special occasion also allowed us to publicly thank Brother Jeff Crowe for his years of leadership as Provincial. We look forward to Brother Peter visiting our school in the future and wish Brother Jeff well in the work he will undertake after taking a well-deserved sabbatical.

Congratulations to Michael Cleef on his engagement to Christine Buckton. Also congratulations to Rob Tarraran on his marriage to Robyn Moran last weekend.

Good to luck to Jade Melbourne, Riley Evans and Flynn Shield who will be competing next Tuesday, 20th October, at the SSV State Athletics Championships in Melbourne.

I ask that you remember your prayers the families of three staff members who have lost loved ones recently:

Debbie Dennison, whose mother, Mrs Caroline Meers passed away yesterday, your prayers and thoughts will be welcome by her immediate and extended family who are also connected to our College.

From the Principal cont.



Monica Justin's mother-in-law, Mrs Gwen Justin, passed away at the start of this week. Mrs Justin grandchildren, Ben (Year 8) and Natalie (Year 10) as well as Monica's husband Tony, will appreciate your prayers.

Finally we ask that you remember in your prayers Gloria Zahra and her family. Gloria's father-in-law, Neville Beaty, passed away recently.

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.

Farewell Speech to the Class of 2015

The following is an edited version of my speech to our Year 12 Graduands and their families at the Valedictory Mass.

... When I commenced, I spoke to you and one of the key things I wanted for all of you was that your time at Lavalla Catholic College allowed you to be a person who had the capacity and the opportunity to make choices for themselves. Informed choices about the type of future you wanted for yourselves. Choices that took into account not only your talents and desires, but also are respectful of the needs of others. Essentially, my wish, is reflected in our College Motto, we want you to be people with Strong Minds and Compassionate Hearts.

I also shared a poem and I would like to do that again. This poem written by Marianne Williamson, sums up my beliefs for myself and my hope that your time at Lavalla Catholic College, along with the loving support of your families, has become your own hopes for yourselves:

Our Deepest Fear

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness that most frightens us.

We ask ourselves, who am I to be brilliant,
gorgeous, talented and fabulous? Actually
who are you not to be?
You are a child of God.

Your playing small doesn't serve the world.
There is nothing enlightened about shrinking,
so that other people won't feel insecure around you.

We were born to make manifest the glory of God within us.
It's not just in some of us – it's in everyone. And as we let
our own light shine, we unconsciously give other people
permission to do the same.

As we are liberated from our own fear,
our presence automatically liberates others".

Related to the hope expressed in this poem, which we should always strive to do our best as it creates an environment that allows all to succeed, it is aligned with two other views I have.

The first is my belief that we are God's children and part of His creation and as such we are all connected to each other and the world we live in. This connectedness is eloquently expressed in the attributed words of Chief Seattle, a Native American leader, who gave a speech to American Government officials in 1854, in which I share this brief extract:

"Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect."

Regardless of whether this man wrote this or not, it holds true and so as you go through life be aware that you are connected to the world and what you do has impact. Where you move and act in the web, there is the greatest impact, but the reverberations of what you do moves out through the web and whilst at the furthest points it may seem barely detectable, your actions still resonate. So be assured what you do has relevance and will effect yourself and others in ways you may not see or know.

From the Principal cont.



So always endeavour to do good and give thought to the influence you have on the world. You matter! The second is an axiom from Descartes, a French Philosopher, who wrote:

“I think; therefore I am”

I do not intend to provide an existential discussion of this statement, but to simply say that attitude and self-belief is vital, because if you think that you are no good and no one will like you then that is how you will act and that is how you will be. However, if you think you can succeed, be a person who can make a difference, a person who can love and be loved, then you will act that way, see the world that way, will be that WAY!

We believe each of these young people whom we acknowledge tonight can be a person:

- *Who will always feel confident to be yourself, to keep your own personality and have others respect you for that;*
- *Who achieves at a level at which you can honestly walk away and say you are proud;*
- *Who makes real friends, the type who will not fail you when truly testing times arrive;*
- *Who is unafraid to stand up for the less fortunate and the highly needy because you see all people as important, not just those to whom much has been given;*
- *Who is spiritually and morally strong; and*
- *Be individuals with genuine empathy and compassion.*

This is the person we believe each of our graduands can be and pray will be.

.... On behalf of the Lavalla Catholic College community I wish you, our 2015 Graduands the best of success and know that we are a better place because of your presence and contribution. I again thank families for their support, and for those with children still at our school your continued support. Success in any endeavour is never the work of any single person and the positive relationship we have experienced between young person, family and school has been essential to see us arrive here today at this celebration.

Go well and thank you.

Class of 2015



St Paul's Campus Update

Ms Lee McKenzie - Campus Director



There have been many highlights in the last fortnight. Year 7 immunisations were completed, thanks to Ms Valentine and Ms Bianconi for their great organisation. Representatives from Year 9 attended the Diocesan gathering in Sale. The campus has hosted the LOTE oral exams in the Lourdes Centre. Perhaps most significantly the campus also hosted the final Year 12 assembly on Thursday. This is always a moving occasion when the whole College gathers to farewell the Year 12 group and to wish them well for the coming exams.

The Atlas students also shone in the last week with Café Nura and the Denim exhibition. Both activities challenged students to work in teams, grapple with design and organisational issues and present their end products to an audience. In both examples students rose to the challenge. Guests at the lunch were delighted with the presentation, the table settings, the food and the demeanour of the wait staff. The audience at the Denim exhibition could not help but be delighted by the creativity shown in 'upcycling' the denim. The students and their teachers: Ms Lisa Williams and Ms Candice Ford are to be congratulated on their amazing work.

Year 7 Well-being Day

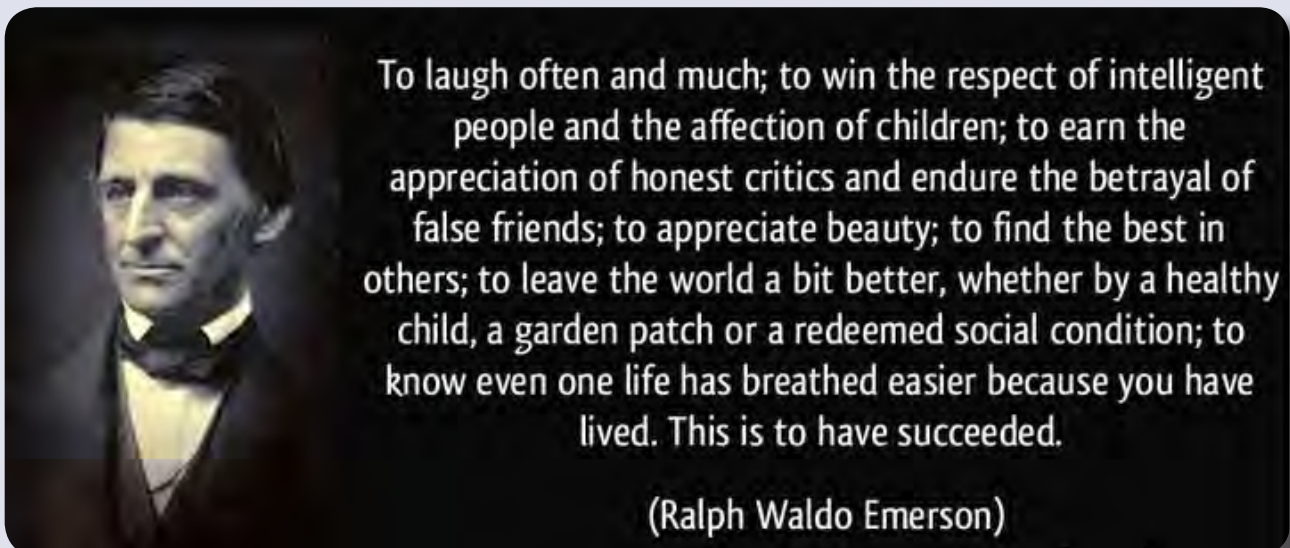
A reminder that this day will be held on Friday 23rd October at the Presentation Campus. The Well-being days are an integral part of campus life and play a large part in the continuing development of Strong Minds and Compassionate Hearts amongst our students. It is important that all students are present and participate on the day.

LA Interviews

Please remember that LA interviews will take place next week and the Learning block 5 reports will be available at 9.00am on Monday 19th October via the portal.

Farewell and best wishes Year 12 2015

The students and staff at the St Paul's campus wish the Year 12 students every success as they enter the closing days of their schooling and prepare to face the next stage of their journeys. It has been a great joy to be part of your story so far.





Kildare Campus Update

Mr Doug Doherty - Campus Director



I alone cannot **CHANGE** the world,
but I can **CAST** a stone across the waters
to **CREATE** many **RIPPLES**.

- MOTHER TERESA

Goodbye to Year 12

The theme for our college this year was Faith and Mission: Just Love. This week the Year 12 students of Lavalla Catholic College are commissioned to leave our school community to do just that. We hope that they will use all they have learned at their time at Lavalla to become citizens of the world, who will show love to all and bear witness to the Good News of Jesus Christ, supported by the Marist principles of Presence, Simplicity, Family Spirit, Love of Work and in the Way of Mary.

It can be very frightening moving into a new life, whether university, apprenticeship or the world of work. However, my advice to our departing students is to always search for JOY. There is a big difference between FUN and JOY.

FUN is simply based on pleasure and is short lived – whereas JOY is based on LOVE and will help guide you on the path that is respected by both people and God.

FUN is celebrating great results – JOY is in making yourself, your teachers and your family proud when you receive great results that help you on your pathway to success. JOY is also the lasting memory of this event.

Finally, JOY is not always simple to find, it needs commitment and dedication. It needs to be based on excellence.

So as the Kildare Campus would witness to my regular statement – “We are what we repeatedly do. Excellence, therefore, is not an act, but a habit.” Aristotle.

It is important at this time that we recognise the work and efforts of all staff at Lavalla Catholic College. Our staff are consistently dedicated to ensuring that young people are prepared for their pathway to success, like our Yr12 Graduating today.

I personally would like to thank my Campus Development Team for their dedication this year. In particular I would like to highlight the work of Mrs Tamsin McCormack and Mr Brett Van Berkel, in leading the welfare and curriculum needs of our students in particular our Year 12s.





Kildare Campus Update Cont.

I would also like to take this opportunity to thank the College Leaders of 2015; without whom, I and many staff certainly would have found their jobs much more difficult.

They were: Tanstwa Ruzive-Makura, Georgia Robinson, Bayley Charalambous and Eden Baccega.

A special thanks for Year12, who began the journey at the Kildare campus at the same time as I need. They will always hold a special place in my heart and prayers.

Remember you may leave the college but you will always belong to the Lavalla Catholic Community. So Year12, go into the world and show excellence!

Good Luck and God Bless

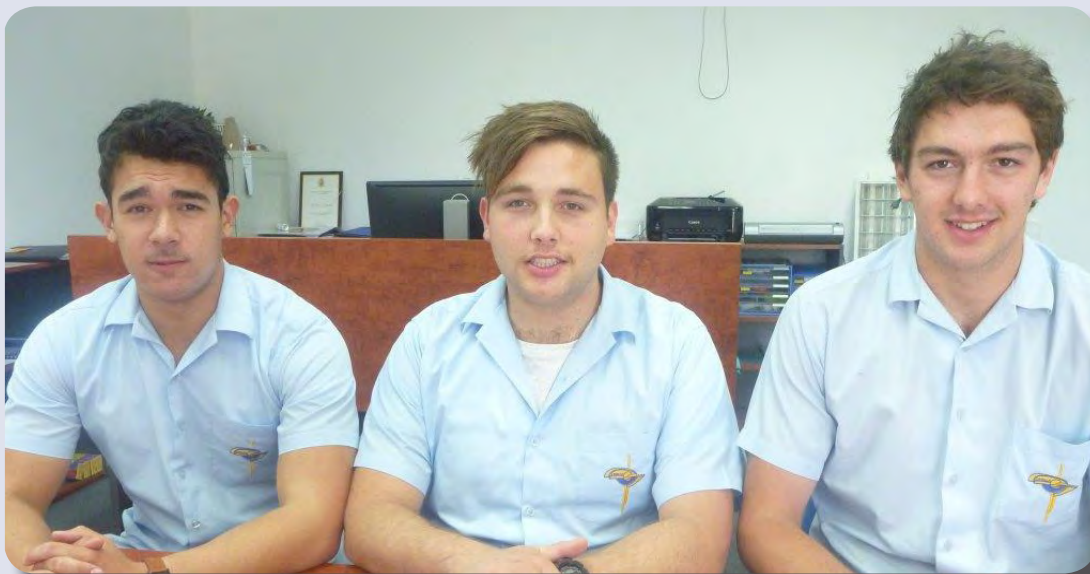
Excellence is celebrated through achievement of Apprenticeships:

This week we received further great news of success, when three of our Lavalla Catholic College students achieved three out of four apprenticeships being offered at the Australian Paper Mill. This is a great success for these students and the Lavalla VCAL programme. The successful candidates are:

Darrell Dean: Electrical Apprenticeship - Australian Paper

Jake Bishop: Electrical Apprenticeship - Australian Paper

Ben Schena: Boilermaker Apprenticeship - Australian Paper



Experiencing Social Justice first hand:

Lavalla Catholic College has continued to support the great relationship with Br Doug in Melbourne, with both staff and students giving up their time to support the Soup Van in helping those less fortunate.

I would like to thank Mr Roga in particular for his organisation of these events and the drive to help organise a similar programme in our local community of Latrobe Valley.

Finally – Good Luck!

Good Luck to all who are sitting VCE examinations. Please remember that staff are available during normal timetabled lessons for Year 12 for exam support, until your VCE exam is completed.



Faith & Ministry Matters

Mr Chris Roga - Director of Faith & Ministry



The church remembers a number of outstanding men and women in this month of October.

October is dedicated to Mary, our Good Mother. The Feast of the Rosary (7th October) commemorates the victory at the Battle of Lepanto (1571) that stopped the Ottoman Turks from expanding into Europe through the Mediterranean. Much of the victory was attributed to the recitation of the Rosary by people all over Europe.

We celebrate some notable saints' feasts;

1 October	Therese of Lisieux	7 October	The Feast of the Rosary
4 October	Francis of Assisi	15 October	Teresa of Avila

They are all inspirational, but I would like to focus on Teresa of Avila here. She can be an inspiration for each of us. Teresa of Avila (1515 – 1582) was a remarkable woman. Living in The Golden Age of Spain, the age of exploration, wealth, political, social and religious upheaval. The Reformation began when she was an infant, she faced the Inquisition as a mature woman and she died almost 20 years after the closing of the Council of Trent.

The gift of God to Teresa through which she became holy and left her mark on the Church and the world is threefold: She was a woman; she was a contemplative; she was an active reformer.

Beautiful, talented, outgoing, sociable, adaptable, affectionate, courageous, enthusiastic, she was totally human. As a woman, Teresa stood on her own two feet, even in the man's world of her time. She is a person wrapped not so much in silence as in mystery. Like Jesus, she was a mystery of paradoxes: wise, yet practical; intelligent, yet much in tune with her experience; a mystic, yet an energetic reformer. A holy woman, a womanly woman.

Teresa was a woman "for God," a woman of prayer, discipline and compassion. Her heart belonged to God. She was misunderstood, misjudged, opposed in her efforts at reform. Yet she struggled on, courageous and faithful; she struggled with her own mediocrity, her illness, her opposition. And in the midst of all this she clung to God in life and in prayer. Her writings on prayer and contemplation are drawn from her experience: powerful, practical and graceful. A woman of prayer; a woman for God.

Teresa was a woman "for others." Though a contemplative, she spent much of her time and energy seeking to reform herself and the Carmelites, to lead them back to the full observance of the primitive Rule. She founded over a half-dozen new monasteries. She travelled, wrote, fought—always to renew, to reform. In her self, in her prayer, in her life, in her efforts to reform, in all the people she touched, she was a woman for others, a woman who inspired and gave life. Her writings, especially the Way of Perfection and The Interior Castle, have helped generations of believers.

In 1970, the Church gave her the title she had long held in the popular mind: Doctor of the Church. She and St. Catherine of Siena were the first women so honored.

In our times of turmoil, reform, opposition and liberation, we have in Teresa a challenging model.

Year 9 Youth Gathering

Year 9 students from seven schools in the diocese gathered to reflect and discuss how they have been 'Moved by the Spirit' in their lives. About 30 year 9 students and 4 year 11 leaders from Lavalla were involved in games, songs, activities concluding with a ritual in the Cathedral. It was a good day.

Deepening Marist Characteristics

Brother John McMahon and Mrs Gail Coates conducted the last session of Marist Characteristics at Kildare Campus for 24 staff members. The Presentation and the discussion around "In the Way of Mary" and 'Family Spirit' were enlightening, deep and energising.

School Life

Kildare Drama

The final term has started with a buzz of opportunities for our Drama students.



Monday 12th October at 6pm saw our Unit 4 Drama students present their exam performances for their families and friends. An evening of Elizabethan history, Bollywood and even Pantomime entertained all. The students have been working on their exam pieces since July and we wish them well as they embark on their performance exam on Wednesday 21st of July.

Year 10 Drama and the Unit 2 Drama students have been working together on writing scripts for radio with an emphasis on using sound to create tension and mood. This wonderful opportunity to work collaboratively across year levels culminated on Friday 9th of October with a session at "The Channel" at the Arts Centre in Melbourne. During the session the sound tech team from the theatre introduced the students to a computer program to record their stories using a large selection of sound effects. This was a great opportunity for the students

to be taught by practising professionals and see the possibility of what they can do themselves in future performances.

Friday the 9th finished with students attending the opening performance of a new opera "The Rabbits", based on the picture book of the same name by Shaun Tan and John Marsden. The students were mesmerised by what they saw, heard and felt and have come away eager to take tackle the follow up analysis tasks about the play over the coming weeks.

Next Monday evening (19th of October) at 6pm, Unit 2 Drama students will be presenting their first ever devised solo performance in the Kildare Virtual Services Centre. Everyone is welcome to attend.

In November (final date to be confirmed) we look forward to the Year 10 Drama class presenting their ensembles based on the theatre style of Commedia Del 'Arte.

By Ms Prudence Scholtes - Senior Drama Teacher



Cultural Reflections



Here are some student reflections from our recent Cultural Evening.

Culture is the widening of the mind and the spirit, my culture is my identity. It gives me spiritual, intellectual and emotional distinction from others and I am proud of it."

- **M. F. Moonzajer**

I've been trying to educate myself since the age of five. My primary school life at Lumen Christi in Churchill is a blur for me at this point, but I made new friends there, some of whom came to Lavalla along with me. My initial fear at Year 7 was that I would have no friends in any of my classes, another daunting fact was the overwhelming amount of work in comparison to primary school, as well as the number of teachers at each year level. It was a big change from my primary school, but I managed to stay out of too much trouble, mostly just being told over and over to stop talking, that was one thing that transferred over from Primary school without change.

My family has been hugely supportive of my education, my mum has always been busy and hardworking, and my dad always helped me with any school work where he could in my earlier years. Both my brothers have been great role models for me, as they have worked their way up in their careers through sheer determination.

What I have learnt in life so far is that school is simultaneously one of the toughest and best parts of life, with Year 12 obviously being the most stressful. The things I will take with me from school will be the determination I have gained to never give up on something, my friends, and the boost in confidence I have acquired from having to do public speaking or speeches, like the one I am doing right now.

I'd like to end with a quote from Louis C.K. "It's not your life. It's just life, life is bigger than you, life isn't something that you possess, it's something that you take part in and witness."

- **Liam Higgs**

Culture is the widening of the mind and the spirit' - **Jawaharlal Nehru**

Getting on the Aeroplane was exciting. I saw TV. for the very first time on the plane. I had no idea what it was. I couldn't even get remote control out of the holder without some help! When I finally turned the T.V on, I thought it was great! I watched so many movies, like The Simpsons and lots of cartoons. (About arriving in Australia)

I've always been told that I have the potential, whether in football where I was once told by my coaches that there was a strong possibility that I could be the first ever Sudanese player in the AFL. In Soccer as well, my coaches keep telling me how good I can become one day, The other week even my Driving instructor got in on the act and told me I can become an Excellent driver one day. I can't also forget my dear old friend Mr Roga who keeps telling me that I have the ability but I just don't apply myself much.

I'm not going to lie to anyone here, I've always coasted throughout my schooling life, I've always been happy to settle for a 60% or just a pass without putting much effort in. For most of my English essays, I've usually resorted to writing essays about myself, because I don't need to do any more extra studying since I know the topic so well. Some of us have more talent than others in different aspects of life, such as Mr Reid with his music, Mr Doherty as a natural leader.

All of us have different talents and what I've started to realize is that if we apply ourselves and put in the hard work, not only will we start to see results but we'll be much happier of for it. I've always been happy to put in the hard work for my sporting. Well, the trophies speak for themselves so I know I'm doing something right. However, when it came to school I didn't want to work hard, I didn't care about getting A's or being the best person that I could be academically.

Now that my perspective has changed a bit, I've truly realised how lucky I am to have this opportunity to learn and become a better person. You really can live the life you want, you can be the person you are destined to be. You will realize one day just as I have that if you take the first step, anything is possible; I may have started a bit late but now with exams coming up, I'm ready to put in all the work necessary to achieve the best score possible and I'm ready to live the life that I've always wanted.

- **Paul Kuol**

Cultural Reflections



The real voyage of discovery consists not in seeking new landscapes but in having new eyes.

- **Marcel Proust**

My schooling was okay but I struggled with all the moving from Zimbabwe to England (Nottinghamshire) to Alice Springs to Victoria. I will still keep moving, it be Perth next. Learning about the new expectations of each place was daunting and set me back each time. But I kept going.

I went to 3 different High Schools, Lavalla included – I made lots of friends along the way and formed great bonds, which have helped to shape me into the person I am now. I dream about achieving many goals, and my art keeps me relaxed and content with life. My favourite quote is: “Keep moving forward.” -Monty Oum

- **Desire Moyo**

Fall down seven times, stand up eight. - **Japanese proverb**

I would like to think that my story is no different to any other young person’s story. As a primary school student, I always enjoyed going to school, admittedly to spend time with my friends at recess and lunchtime. Coming to Lavalla was daunting as I had come from a small primary school, yet I soon found my place in the college.

Throughout my time at Lavalla, I have been able to grow as a person whilst doing the things I love, such as representing our school as College Captain, and representing the wider community of Gippsland on an overseas study tour to Europe. I would love for my future to include having a successful political career, and hopefully a second trip to Europe! And hopefully one of my favourite quotes will help me to reach my goals: “Don’t wait for the perfect moment, take the moment and make it perfect.” - Zoey Sayward.

- **Bayley Charalambous**

It does not matter how slowly you go as long as you do not stop.-Confucius

I am of Gunai/Kurnai heritage, and an Indigenous student in Year Twelve at Lavalla Catholic College, Kildare Campus. This year is a special year for me as I consider myself to be “breaking the stereotype” of Aboriginal Youth finishing school and furthering our education.

My family history is wide spread including Scottish, English and Aboriginal genes. However, my Indigenous culture is the one that is strongest, giving me a sense of identity and belonging. Growing up I knew very little about my Gunai/Kurnai and Pitjantjatjara culture.

In 2007 at the start of year 4 I moved schools from Churchill North Primary to Lumen Christi. At St.Pauls campus I enjoyed my electives including Ceramics and Inside Out as well as the opportunity to go to Central Australia. On this camp we saw some beautiful tourist attractions and my favourite overall, Uluru.

At Kildare campus I enjoyed it much more, I was able to do my TAFE course (Cert IV and III in Harness Racing) over two years, which I now am going to continue after year 12. I made new friends over time and lost the ones who I thought would stay throughout the year, I think I have matured a lot more because of this. Art has been my favourite class this year, and I have achieved a great painting, everyday in my spares, recess, lunchtime, before and after school I would spend my time adding dots to it, hoping to finish before October, which I did and I am proud of.

In the future I hope to continue on and build up my career in the harness industry, working through my Trainer (Cert IV) and Driver (Cert IV) courses also to develop my skills with my Aboriginal painting, selling my work to the community.

“My mama always used to tell me: If you can’t find somethin’ to live for, you best find somethin’ to die for.” - Tupac Shakur

- **Montana McStay**

Culture is the way you think, act and interact.

Primary school was my time to shine, at least until I had to move to Australia during my last year when life had finally become prefect. Being prefect was the ultimate achievement and the move disoriented me because I never got an opportunity

Cultural Reflections



to act in my role, however I happen to love and thrive in unfamiliar situations. The opportunity to learn Italian I very gladly took a hold of and am still enjoying it today. I have also had opportunities to participate in theatre productions and they have enhanced my schooling in exponential ways; I have gained lots of friends, lots of speaking skills and also abilities to connect with others.

Having the opportunities I have had in leadership are experiences that I could never exchange for anything because of how much I have gained and hopefully contributed. High school has been a really enjoyable and sometimes challenging experience that has absolutely made me grow as a person. "You can't leave footprints in the sands of time if you're sitting on your butt. And who wants to leave butt prints in the sands of time." - **Tanatswa Ruzive-Makura**

My culture is my strength, my place within it gives me my sense of purpose and belonging.

I was born in Auckland New Zealand and am 17 years old. I have moved around several times in my childhood, living in New Zealand, the Cook Islands as well as in Adelaide, Sydney and Melbourne. I attended three primary schools, skipping grade 5. I have also attended three different high schools. I moved out to Traralgon four years ago and started at Lavalla in year 10.

High school has always had its challenges, but for the most part it has been enjoyable thanks to great family, friends and teachers. Art and music have probably been the two things that have kept me going throughout my high school life. Art created that positive environment for me that allowed me to be optimistic and actually want to endure high school well. I've learnt so much about life, about inside and outside the art room. I've enjoyed making art and I've enjoyed learning academically as well as learning life lessons. So thanks heaps to the art crew. When I didn't want to focus on school, or studying, and after long days of art I would go home and play the piano for hours. Without these two things, I probably would not have been able to survive anything.

Next year I wish to complete a double degree in Arts/Law at ACU. My ultimate career goals are to become a Barrister and or Art Curator. Although they are very different, I have a very eclectic taste, in everything. I love to be doing a little bit of everything. I love trying new things, and am looking forward greatly to the future and the potential I have that will become a reality. My favourite quote is "God does not begin by asking our capability, but rather our availability. And if we prove our dependability, He will increase our capability." – Neal A. Maxwell

- **Jaziah Hokulani Mikasha Scott**

The more that you read, the more thing you will know. The more that you learn, the more places you'll go. – Dr. Seuss

I lived in Bali until I was 5 and started school there. We moved to Traralgon then I started prep in the 3rd term. I started school as a younger student and the reason mum sent me to school early was due to the education I received while I was in Bali.

Starting Year 7 at Lavalla was the best thing for me; I made so many new friends while still keeping in touch with my old ones. My mum taught at the school and my thirteen year old self thought that I was so uncool because of it but I have a really good relationship with my mum so it was never an issue. In year 9 my father passed away, and the school was very supportive; they made that time for myself and my family so much more bearable.

The environment at Kildare really helped me focus on my schoolwork. The staff members treat you like young adults and it encourages you to take your studies seriously.

I'd just like to acknowledge the teachers and staff for always being friendly, caring and for making my time at Lavalla memorable.

I plan to hopefully get accepted into an Occupational Therapy course next year. Being an occupational therapist is my main goal and maybe even opening my own practice.

'Be a person who makes everybody feel like a somebody.'

- **Tiana Sharman-Dedo**

Atlas9 Project Nura

On Tuesday 13th October Atlas9 students from Project Nura held a pop-up restaurant at Presentation Campus for a range of guests including representatives of a number of local community organisations. Planning and preparation for this event took several weeks and required high levels of teamwork, communication and creativity. This is Tessa Watson and Tess Brooker's account of the group's journey.



"This semester Project Nura have worked very hard to create an elegant restaurant experience. To achieve an elegant feel we set ourselves the goal to create beautifully tasting food from locally sourced ingredients.

During learning block one, in preparation for Projects, we were introduced to mindset theory and how to apply a growth mindset to everything we do. We faced many challenges during Nura but did our best to maintain a growth mindset and never give up.

A very important and large part of Nura is working together as a team to achieve success. We progressed through the Tuckman's model of group development while we worked on our mystery box challenges. After our groups were formed we collated our ideas and stormed with our group members. We continued through the process to reach the norming stages. During this stage everyone in the group received roles and we began to work towards the success of the team.

Early in the learning block we visited Gippsland Free Range Eggs near Glengarry to learn about local organic ingredients. We learnt about the importance of supporting local farmers without the need of 'the middle man'. Locally grown food is generally fresher, tastier and buying local food is investing in the future.

At the Premier Function Centre in Traralgon we had an exciting opportunity to learn how to efficiently wait tables and serve guests. The short experience was jam packed with information that was very useful and we thank Kayla from the Premier Function Centre for giving up her time for us.

Mystery box challenges were the highlight of every week and they never failed to get our brains thinking. Each week we were creating bigger and better things and improving on our skills – not just our cooking but teamwork too.

On the day of the restaurant we were feeling nervous and full of excitement thinking of all the jobs that had to be done. Using the skills we've learned and following our plan we set about transforming a small patch of lawn into our restaurant. While some students set up the marque and created the setting for our guests others fired up the ovens and set about preparing the meals we had so carefully practiced cooking. As the time approached our guests started to arrive and they were greeted by our entertainers and head waiter.

Much to our relief the restaurant went off without a hitch and we receive lots of positive feedback from our guests. It was wonderful to see all our hard work over the past six weeks all come together on the day and we are very proud of what we have been able to achieve by working together. Thanks to all our guests for attending, this is an experience that we will remember for a long time."



Music

Mr Shane Reid - Director of Music



Our year twelve VCE Music Performance class are currently in the midst of their performance recital exams. Each of our students are required to present a twenty five minute solo recital on their chosen instrument to a panel of specialist examiners.

The majority of our VCE music students in 2015 are vocalists.

To help prepare our students for their upcoming external recitals we held a mock exam recital evening at the very end of third term. Our musicians, accompanied by Stella Felten, all presented their programs in conditions as closely aligned to the actual exam as we could manufacture. It was an enjoyable and apposite evening for our students. All finished their mock exams with a real sense of clarity about the demands of this important assessment.

We have so much to proud of with our music students this year. I congratulate the year twelves on their efforts in their studies and their leadership of a grateful music department, we wish them well with their performance exams over the coming weeks.





2015 Exams Information

Please find below information relating to the upcoming Year 11 & 12 Revision and Trial Examinations.

Unit 3/4 Trial Examination Arrangements: 19 – 23 October (Compulsory)

- Year 12 (Unit 3/4) trial exams are being held in the week commencing Monday, 19th October.
- They form an important part of the Year 12 program and are, therefore compulsory.

General Examination Information

- The examination timetable is provided on the back of this letter.
- Examination rules will be distributed to students through their LA.
- Examinations must be undertaken on the scheduled day at the scheduled time. Only students who have exam clashes will be rescheduled.
- Any student who finds that they have an exam clash must notify Ms Sharp as soon as possible.
- Students need only attend for their exams
- Students must bring photo ID with them to each of their exams.
- All examinations will be held at the College, in the Kildare Hall.
- Students must be punctual for their exams and bring the necessary pens and other equipment.
- Students must wear full summer school uniform to all of their exams.
- Students are required to remain in the exam room for the duration of each exam.
- Students who are unable to attend an exam due to illness or other circumstances must provide a medical certificate or similar (e.g. statutory declaration). This should be given to Ms Sharp.

Unit 3/4 English Revision Day: 26 October (Students highly recommended to attend)

- English Revision will take place from 9 am to 1pm. English Staff will manage this time with a focus on exam skills and Technique.
- Psychology revision time will take place from 1.45 pm to 3.20 pm.
- Math Teachers will be available in the SSC to provide individual feedback.

Unit 3/4 Math Revision Day: 26 October (Students highly recommended to attend)

- Math Revision will take place from 9 am to 1pm. Math Staff will manage this time with a focus on exam skills and Technique.
- Biology revision time will take place from 1.45 pm to 3.20 pm.
- English Teachers will be available in the SSC to provide individual feedback.



2015 Exams Information

Unit 3 & 4 Trial Exam Timetable 2015

<u>Date</u>	<u>Time</u>	<u>Exam</u>
Monday October 19	8:45am- 12:00pm	English
	1:00pm - 2:45pm	Further Maths Exam 1
	3:00pm - 4:15pm	Math Methods (CAS) Exam 1
Tuesday October 20	8:45am - 11:30am	Biology Physics
	11:45am – 2.00pm	Literature English Language
	2:15pm - 4:00 pm	Drama Systems Engineering VET Business (Office Administration)
Wednesday October 21	8:45am - 11:30am	Chemistry
	11:45am – 2.00pm	Health and Human Development IT Applications
	2.15pm – 4.00pm	Food Technology Music Visual Communication Product and Design
Thursday October 22	8:45am - 11:00am	Further Maths Exam 2
	11:00am – 1:15pm	VET Interactive Digital Media
	11:15am - 1:30pm	Business Management Specialist Mathematics Exam 1 History Revolutions
Friday October 23	1:45pm – 3.30pm	VET Sport & Recreation Studio Arts
	8:45am - 11:00am	Physical Education Legal Studies Philosophy Specialist Mathematics Exam 2
	11:15am - 1:30pm	Psychology Math Methods (CAS) Exam 2
Friday October 23	1:45pm - 4:00pm	Environmental Science Italian Geography

Exams & Stress



Year 12 exams are approaching at a hasty pace. As parents you may be seeing your child experience stress, anxiety or lack of motivation.

The following information is from Reachout.com and provides you with some great tip sheets for helping your child manage themselves and their stress during this time. If you feel you require further information please consult www.reachout.com or email Kildare school counsellors Belinda Gathercole or Rebecca Lindsay for further advice and support.



Everyone experiences stress at some point, but there are heaps of simple ways to minimise its impact on your

life. Right now is a great time of the year to work on stress management skills and be ready for when the stress deluge comes (exams).

Stress can be mild or intense, and it can make people feel frustrated, anxious and even hostile. Ever been grumpy because of stress? There you go. Stress can get in the way of sleep, cause headaches and change your appetite. It can also reduce your ability to concentrate and make it harder to remember course content.

ReachOut has lots of fact sheets and practical tools for beating stress. Here are a few:

All work and no play? Bad idea. Make time every week to completely forget about study and do something you enjoy, like playing sport, hanging out with friends or watching TV. Taking regular breaks and 'me-time' to clear your head will also help you study more productively: au.reachout.com/takingregular-me-time.

Feel like you're not achieving what you're capable of? Sit down and set goals at the beginning of each term. Define your goal, set sub-goals and make a plan of action. Then you'll know what you're aiming for and it'll be easier to stay focused:

au.reachout.com/how-to-set-goals

When you're feeling stressed, it helps to have a proven strategy lined up to help you deal with it. It could be something like reducing the number of commitments you have, telling a close friend you're stressed and talking through it, or even using positive self-talk strategies:

au.reachout.com/building-better-coping-skills

Sometimes it might feel like stress is unbeatable, but it's definitely manageable. For more info on keeping it in control, check out these fact sheets on ReachOut.com:

Tips on managing stress: au.reachout.com/managing-stress

Helping someone with stress: au.reachout.com/helping-someone-with-stress

Ways to relax: au.reachout.com/ways-to-relax

Tips for problem solving: au.reachout.com/all-about-problem-solving

Information on anxiety: au.reachout.com/how-to-manage-anxiety

Secondhand Uniform Shop



Yes We Are Open!

3.30pm - 6.00pm

**Every 1st & 3rd Thursday
of the month**

The Second-hand Uniform Shop is open from 3.30pm to 6.00pm every 1st and 3rd Thursday of the month except during school holidays.

We accept Cash, Cheque and EFTPOS.

If you have never been to the Second-hand Uniform Shop please come in and have a browse. We recommend bringing your child in to try clothing on, this is especially necessary with Kilts and Blazers. Changing rooms are provided.

The Shop is currently very well stocked on most clothing items but smaller sizes are limited. A full list of our quantities and prices can be found under the Uniform section on the College website in the "Quantities and Dates" PDF. This listing is updated after each open day.

Labels and guidelines for selling your items are also available on the website.

The new Second-hand Uniform Shop is located on the St Paul's Campus near the canteen.

A map showing its new location can be found at the end of the "Quantities and Dates" PDF on the College website.



Calendar

Monday 19th October

- LA Interviews
- Year 12 Trial Exams
- ATLAS 9 - Zoo Trip
- Unit 2 Performance Exam

Tuesday 20th October

- SSV State Athletics
- Year 12 Trial Exams

Wednesday 21st October

- Year 12 Trial Exams
- ATLAS 9 - Zoo Trip
- Unit 4 Drama Exam Performance
- Year 10 - Snap Fitness

Thursday 22nd October

- Year 12 Trial Exams
- Year 10 Snap Fitness

Friday 23rd October

- Year 12 Trial Exams
- ATLAS 9 - Community Service
- Year 7 Wellbeing Day

Monday 26th October

- Year 12 VCAL - Work Experience
- Exam Revision Focus Days
- Unit 2 Outdoor Rec Camp - Class 1
- 9/10 Cricket Victoria

Tuesday 27th October

- Year 12 VCAL - Work Experience
- Exam Revision Focus Days
- State Schess Tournament
- SSV Gippsland Basketball

Wednesday 28th October

- Year 12 VCAL - Work Experience
- VCE Written Exams
- Unit 2 Outdoor Rec Camp - Class 2

Thursday 29th October

- Year 12 VCAL - Work Experience
- VCE Written Exams
- Year 10 Snap Fitness

Friday 30th October

- Year 12 VCAL - Work Experience
- VCE Written Exams
- ATLAS 9 - Community Service
- Year 9 Retreat - 9.1 & 9.4

Click the link below to go to the Calendar on our website for any updates:

<http://www.lavalla.vic.edu.au/News/Lavalla-Calendar/?viewmode=monthgrid&markDate=05-14-2015>

Enjoy a fire safe summer



In the summer months there's no better place to be than down the coast or in some of our stunning bush or grassland areas. Wind down and enjoy a fun and relaxing summer break knowing you've taken a few simple steps to stay fire safe.



Away from home checklist

Five things to do every time you're out and about.

1. Save the Victorian Bushfire Information Line (1800 240 667) into your mobile.
2. Know the most up-to-date Fire Danger Rating for the area you are travelling to.
3. Find out if a Total Fire Ban has been declared.
4. Listen to ABC local radio (or other emergency broadcaster).
5. Check or download the FireReady app on your smartphone.

FireReady App

Get the latest fire information and warnings direct to your smartphone or iPad. Set the app to notify you when an incident occurs in a chosen area and use it to stay up-to-date with local Fire Danger Ratings and Total Fire Bans.

Download the app free from cfa.vic.gov.au.



Monitor Fire Danger Ratings to stay safe

On days where the Fire Danger Rating is Severe, Extreme or Code Red, it's better to stay in town centres. Visitors to parks and forests should expect them to be closed on Code Red days.

Bans and Ratings: what's the difference?

Total Fire Bans are legal restrictions on open fires, equipment and BBQs that prevent fires from starting.

Fire Danger Ratings help you to know when the local conditions are dangerous enough to enact your bushfire plan.

That might mean leaving the area early, well before there are any signs of fire – once a fire has started, the chances are it will be too late to leave.

Did you know?

Code Red days are rare – when forecast they are extremely serious.



Total Fire Bans and your BBQ

Which types of BBQ are banned on a Total Fire Ban?

- Solid fuel BBQs (e.g. wood, charcoal and briquettes).
- Liquid fuel BBQs.
- You also can't use camp ovens, wood-fired pizza ovens or kettle-type appliances.

Campfires, bonfires or any kind of outdoor fires are strictly banned on a Total Fire Ban day.

Which BBQs are OK?

- Fixed gas or electric BBQs built into a permanent structure of brick, stone or concrete.
- Portable gas or electric BBQs are OK if they are designed exclusively for meal preparation.

For any kind of gas or electric barbecue, you must have:

- A 3-metre area around the BBQ cleared of flammable material.
- A hose connected to a water supply or vessel with at least 10 litres of water.
- An adult present at all times who has the means and capacity to extinguish the fire.

Find out more about Total Fire Bans on the CFA website.

Have you checked your gas BBQ?



Don't let a faulty Gas BBQ ruin your holiday. Especially if it's been a while between uses, check the LP gas cylinder, hose and connections carefully. Spray the hose and regulator connections with soapy water – if bubbles start forming, you'll know that gas is escaping and it's time to contact a licensed gasfitter.

To find out more, visit cfa.vic.gov.au or call 1800 240 667.

A cartoon illustration of a young boy with curly blonde hair, wearing a blue striped shirt and blue pants, holding a large white sign with a blue border. The sign has the text 'FREE ASTHMA EDUCATION FOR PARENTS' written on it in bold, black, sans-serif capital letters.

FREE ASTHMA EDUCATION FOR PARENTS

The [Asthma Foundation of Victoria](#) Staff can come to your school or children's service and speak directly to Parents & Carers of children with asthma about:

- **What is asthma?**
- **How to recognise asthma symptoms**
- **Asthma medications and how to take them**
- **What to do in an asthma emergency**
- **Asthma Action Plans**

Please contact The Asthma Foundation of Victoria on **9326 7088** for more information about holding an education session at your school or Service.

(Please note: we require a minimum of 5 attendees per session.)

This initiative is conducted as part of the Asthma Child and Adolescent Program and supported by the Australian Government Department of Health.

