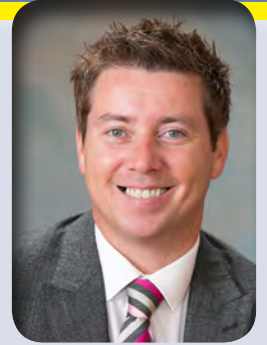




From the Principal

Acting Principal - Mr Doug Doherty
Campus Director - Kildare



This newsletter I will speak to you with two hats – Acting Principal and Deputy Principal.

As you know Mr John Freeman is currently undertaking a pilgrimage to deepen his spirituality and understanding of the Christian faith and Marist characteristics. This pilgrimage will encompass a journey through the lands and footsteps of Jesus Christ and his followers and culminate with walking in the footsteps of St. Marcellin Champagnat. As the quote suggests, this is an extremely important part of the formation of a principal and staff member. Therefore, all staff and students wish Mr Freeman and Mrs Kaylene Mustoe a safe and rewarding pilgrimage. We all look forward to hearing of this spiritual and life forming journey of discovery. Furthermore, we hope to receive even greater spiritual leadership on their return.

Pilgrimage is often described as the journey of life and it could be said that we continue with our pilgrimage at Lavalla Catholic College. Therefore, I would like to take this opportunity to welcome back all our families and staff to term two.

*"Life is a pilgrimage, but sometimes it takes a pilgrimage to discover life."
- Matthew Kelly.*

I hope that you all had a happy, healthy and holy Easter break. It is with great delight that I announce the marriage of Alice Nelson and Mitchell Tatterson. I would like to wish them the very best for the future and the support of our school community.

Further delight comes with the birth of my son Lorcan. I would like to thank all well-wishers, this is truly a caring community that we belong too. On behalf of the College, I would also like to wish the very best to Olivia Barrett who gave birth to a beautiful daughter, Allegra. As you can see, Lavalla Catholic College certainly is a pilgrimage of life in itself.

The Easter break was also a great celebration for our school with the success of the Marist Basketball teams. The Lavalla girls' team won first place! An excellent achievement against such strong competition. This success was followed with the boys' team achieving fourth place, again not an easy achievement in competing against some of the best players throughout Australia for their age group. Dwayne Tibballs has produced a full report for this newsletter, however, I would like to thank all the staff, parents and students involved. You are all a true asset to our College.

The holiday period was also a time for David Hough to celebrate his selection as a member of the School Sport Victoria 18 Years and Under Tennis Team. We wish David the very best of success in the annual School Sport Australia Tennis Championships being held in Hobart in early May.

From the Principal



The holidays was also a time for involvement within our local parishes to celebrate the greatest Christian event – the Resurrection of Jesus Christ. It was great to see some of our students including Anton Tarraran serving at St. Michael's Parish; whilst some of our staff, such as Mike Hansen, being involved in the organisation.

It is always exciting to meet past students and our first week back was no exception with the return of D'Artagnan Simpson, Class of 2014. D'Artagnan came to inform us that he has now successfully achieved a career as a conductor with VLine trains. D'Artagnan is another example of the success of our award winning VCAL program.

It is also with great pleasure that we welcome back Vic Stuart to our school community, after her term 1 break.

We currently have a number of teachers on Leave this term:

- *Kim Widrich who is being replaced by Karen McKay
- *Roma Valentine who will be replaced by Carolyne Boothman
- *Pierina Fenech who will be replaced by Alan Ryan.
- *Olivia Barrett, as mentioned above, will be on Maternity Leave for the next 1 ½ terms. She will be replaced by John Alliotta.

Life is not always one of successes and unfortunately I bring sad news from the holiday period also. Mara Bormanis was involved in a car accident and will not be returning to school immediately. We have replaced Mara with an excellent Psychology teacher – Denise Richardson, who is currently studying for Post Graduate in Psychology. I ask that you keep Mara in your prayer and we wish her a swift recovery and look forward to seeing her back on the Kildare Campus.



As we approach the Centenary of the ANZAC Gallipoli campaign, the whole of Australia prepares to remember with dignity and thanks. Some people prepare through undertaking a pilgrimage to Gallipoli itself, again to live and experience the footsteps of those admirable and courageous fellow countrymen and women.


We are very honoured to have had Cameron Brinsmead, the winner of The Premier's Spirit of ANZAC Prize, undertake a study tour to Gallipoli and other parts of the European conflict zones for our ANZACs. Cameron has included a full report in this newsletter, which I would encourage you to read.

We are also honoured to have Brodie Logue undertake the Gallipoli Pilgrimage as part of the Victorian Government Student Delegation.

Brodie will take with him a small token from the Lavalla Catholic College which will hopefully symbolise the gratitude to the ANZAC servicemen and women. He will take a Lavalla Catholic College medal, the Lavalla Prayer and a Marist Prayer card.

We wish Brodie a safe and inspirational pilgrimage.

From the Principal



At Lavalla Catholic College we will also honour the sacrifice and dedication of ANZAC servicemen and women throughout all periods of conflict and peacetime. This will be undertaken with an identical service on each campus, including new events such as the creation and display of poppies and the reading of different stories of ANZAC spirit. For the first time also, we will be including the Aboriginal (Koori) flag.

I would like to give special mention to Sam Worley, who after attending the Stronger Smarter Program funded by the CEO Sale last year, has campaigned to ensure that Lavalla Catholic College recognises the Aboriginal (Koori) Flag. Therefore, it is with great delight that we announce that another flag pole will be erected for both campuses to fly both flags on a daily basis.



We finished term 1 with a visit from the Marist Brothers, Brother Greg McDonald and Rod Thomson. The Brothers spoke very encouragingly to our senior students about the ways to continue the Marist journey after they leave Lavalla Catholic College. Again reinforcing our college community's pilgrimage to know and love God, others and ourselves.

So during term 2, I hope you are able to enthusiastically embrace your own current pilgrimage.



As I make my slow pilgrimage through the world,
a certain sense of beautiful mystery seems to
gather and grow.

(A. C. Benson)



St Paul's Campus Update

Ms Lee McKenzie - Campus Director



The change of season has been most obvious on the campus through the change of sport, most lunch times there are staff and students having try outs and training for Touch football, while the swimming season draws to a close.

Thanks to all those students who train for these events, even those who don't make the teams, their willingness to participate and to test their skills is a great contribution to the life of the College.

We have returned from our Easter break to what promises to be a very rich term filled with a variety of activities. Part of the Year 9 group have begun their time at Presentation Campus for ATLAS and will at various camps this week. During term 1 these groups prepared for Urban or Environment camps and will be putting their work into action.

These activities, like the Year 8 camps in May are much more than just a visit to a site. They encourage students to learn, explore, test hypotheses and to be more than passers-by. For the Year 9 students the camps constitute a major portion of their curriculum and assessments for the term. The group has settled in well to the Presentation site and are working well with the staff in this different learning environment.

Year 7 2016

This term also sees us welcoming students from our feeder primary schools. These visits encourage the students to become familiar with the College and help them and their parents to make informed decisions about enrolment for 2016.

Of course the best recommendation for the College comes from you, our parents, and your support of the College and your personal recommendations are much appreciated.

Please be aware that the College does not have records of siblings in primary schools, particularly if you have a student at the College with a sibling at a non-Catholic school, you will need to obtain an enrolment package.

Journey to Work

A select number of students have been invited to participate in this program. Mr Mike Hansen, working with Mrs Rita Nainie facilitate the program on this campus.

Just love.



I am always doing that
which I cannot do,
in order that I may
learn how to do it.

~ Pablo Picasso

Faith & Ministry Matters

Mr Chris Roga - Director of Faith & Ministry



At the end of last Term, for the first time, the entire college gathered in the Champagnat Centre at St Paul's to celebrate Holy Week in a way that was appropriate and fitting. The story of Jesus' final walk to Calvary was told through the Stations of the Cross, prayers, responses, songs and actions. Students enacted the story. Matthew Pearce, Liturgy Leader, led a team of students who conducted the ceremony.

As we start Term 2, Happy Easter and may this term with all its multiple challenges be filled with life, joy and peace and challenge.



Don't Miss Out Like Thomas

'I can be a Christian without going to church.' I've heard it many times from young people and adults. And I've always disagreed.

Why? Because of Thomas.

Thomas was gone when Jesus appeared to the Apostles. Then he had trouble believing when the Apostles told him about it. He only believed when he saw Jesus with them.

The message? We need Christian community to really believe in the Resurrection. It's the community that gives us the strength, challenge, and guidance to act as we believe.

Notice that Jesus gave the Apostles peace and a mission while they were gathered. The same is still true today. It is in Christian community – Mass, community service, outreach, youth groups, religion classes, retreats, even phone calls to friends – that we most fully find Christ's peace, remember our mission, and receive strength to act as we believe. If we never worship God, never talk about our faith, or never serve with other Christians, pretty soon we'll find it harder to believe. And our actions might not show that we believe in a Saviour who calls us to live radically different lives because he rose from the dead.

What type of Christian gathering (Mass, youth groups, retreats, service trips, phone conversations,) help me the most to connect with the Christian community, and why?

Mr Paul Skippen - College Chaplain



Year 7 Project Compassion

Year 7's Food for Life Fundraiser raised over \$500.00. Below are Reflections on some of the students who participated in the fundraiser. Well done to all the year 7 students and their sponsors for their support in Food for Life - Caritas in 2015.

On 23rd March year 7's participated in a fundraising activity for Caritas Food for Life. We watched a DVD clip of young children carrying water for two hours to bring fresh water to their homes. We also learnt that these children face many dangers when collecting the water, from being kidnapped to being attacked by wild animals. All the students were with a partner and they shared a bucket of water. We had to walk the basketball courts carrying the water and we tried not to spill any.



We also had to try and carry the buckets of water on our heads. When we were done we watered the plants near the boundary of our school fence as the plants are still young and we didn't want to waste the water.

This activity made me realise how hard it was for these kids to do this every day. I feel bad and very upset for them and I wonder how they can do this every day. Mr Hansen explained that these children have no choice if they want to drink fresh water, cook their food or clean themselves. Wictoria Kurowskish on behalf of all year 7's Religious Education Classes

7.1

I am grateful for the clean water, food and shelter my family provides for me.
Lachlan McGrail

I am grateful for my friends and family I have, as they support me through all I do.
Stephanie Pacunskis

It makes me want to help those in need because everyone is the same and should be treated equally, no matter what they look like. **Matilda van Berkel**

7.2

I think walking with the bucket made me feel how much some people have to go through just to drink a glass of water. When we finished walking around the basketball courts we watered the trees so we didn't waste any.

Elayna Pistrin

I've learnt that people do need help and that by donating money no matter how little it is, makes a difference in someone's life. **Julia Harriman**

7.3

Today I walked around the basketball courts with a bucket of water in my hands and on my head. We learnt about how some people face challenges in getting fresh water to their families every day. I found it difficult to do this as my hands and head were getting sore really easy. I feel bad for them because a great portion of their day is to provide water for their family, meaning they remain uneducated. The water is not clean and may contain debris and other harmful items. They also might get attacked by animals in the area. **Lauren Grimes**

I learnt that 4,800 people die every day from lack of water and that some people have to walk over 2 kilometres to get water for their family. The earth provides only 1% of drinkable water. The biggest dangers people face each day is being attacked by wild animals. **Riley Pollard**

7.4

We carried a bucket of water around a basketball court to raise funds for Caritas. We heard a story about a girl who went without an education to walk 2kms every day to collect water for her family. So we tried to put ourselves in her shoes for an hour. May we serve the ones who have less, as we would serve Jesus himself? Love is very strong. **Alana Walker**



Year 7 Project Compassion

We got into pairs and carried buckets of water around the basketball courts so we could have a better understanding of what it feels like when people have to walk a long way just to collect water for their family, as they don't have taps in their homes. **Casey Brown**

7.5

We walked around the basketball courts with buckets of water to get an understanding of what it is like to do this every day. How lucky are we to live in Australia. **Ruot Rout**

We walked with wataer to show what it felt like and to understand what some people do every day. **Liam Little**

7.6

We walked the basketball courts for six laps with buckets of water and 1 lap on our heads. We did this to raise funds for Caritas. I found it tiring after the forth lap. I think I got tired because I'm not used to it. **Jye Tector**

I carried buckets of water around the basketball courts to experience what it would feel like collecting and carrying water every day. **Claudia C**

7.7

We carried water around the basketball courts because we were trying to feel what those kids in poor countries feel when they have to carry the water. It was really hard and easy to spill the water. Kids who do this every day face dangers like being kidnapped or hurt by wild animals. **Ruby Zhang**

We carried buckets of water around the basketball courts to simulate what it would be like to have to walk a long way to collect fresh water. It was difficult to do and my arm was hurting. We are lucky we live in a country with taps. **Annalise Martin**

7.8

I feel really sorry for people that have to walk a dangerous journey just to get water to stay alive. **Kayla Sibly**

I feel sad that they have to do this every day and some have to walk hours to get water. **Alex Pearce**

I think that it is very sad that girls and boys my age have to walk kilometres just to get water and they can only get so much. What I mean by this is that they can get a bucket full which is not that much, and they have to walk for hours. **Zara Spencer**

7.9

When I carried the buckets it made me think about how children do this every day and how tired they would be after doing this. It made me think about how fortunate we are to be able to go to school and have a good future. **Daniel Hegarty**





As our own music students prepare for what promises to be a busy and rewarding term I want to take the opportunity to share some interesting facts. The American Centre for Educational Research recently compiled the following list which collates a wide variety of research which has been completed on the benefits of music education. All of these points are derived from research projects that have been completed. These are the five main benefits as found by this collation process:

1. Children who study music tend to have larger vocabularies and more advanced reading skills than their peers.
2. Children who study a musical instrument are more likely to excel in all of their studies, work better in teams, have enhanced critical thinking skills, stay in school, and pursue further education.
3. Regardless of socioeconomic status or school district, students who participate in music programs score higher on reading and spelling tests.
4. Music engages areas of the brain which are involved with paying attention, making predictions and updating events in our memory.
5. Young children who take music lessons show different brain development and improved memory over the course of a year, compared to children who do not receive musical training.

It is interesting that the main benefits are not related to musical outcomes at all. They are stronger literacy skills, engagement with school life and developing and sustaining higher order thinking abilities. These are skills that will help a student achieve higher results in all of their subjects.

If you wish to discuss anything relating to our music program, please feel free to make contact with our Secretary of Music, Mrs Sarah Duncan on 5174 7355 or via email on music@lavalla.vic.edu.au We are still welcoming new enrolments on many instruments.

Our choirs rehearse every Tuesday morning at 7.40am. All are most welcome and no previous experience is necessary. Please use the same contact details above if you have any queries.



Year 12 Law Talks

by Morgan Brinsmead and Bethany Hourigan

On the 19th of March, the year 12 Legal Studies class went on yet another excursion. This time to Gippsland Grammar in Sale, for talks held by the Victorian Law Foundation. There were eight schools in attendance. The talks all went for about 40 minutes and each were about a number of different, fundamental aspects to the course.



The first talk was a detailed insight into the Victorian Law Reform Commission, by the chair of the organisation, Phillip Cummins AM. He informed us of the many different roles this Commission has and how it is a vital part of changing laws in Victoria. Phillip Cummins also took us through a case study about jury empanelment. This involved going through the different aspects of the jury and what issues have been investigated in relation to juries. He also went through the VLRC's recommendations as to how to fix these issues.

The second speaker was Senior Constable Karen MacDonald, who is a prosecutor for the Sale Police. Karen talked to us about the various experiences she has had whilst being a part of the police force. Karen talked about the different rights that the citizens have when dealing with police officers, and she also outlined the rights the police have when dealing with people suspected of a crime and people involved in crime. Whilst engaging us with true stories, Karen also warned us of the dangers of 'hoon' driving, drink driving and crime in general.

The next speaker was Paul Dore who is a Juries Commissioner. Paul organises juries for the Supreme and County Court in both criminal and civil trials. Paul talked to us about how jurors are selected, what happens when you are selected to be a juror, the process of going to court to go through another round of selections and when jurors can be excused from attending court. Paul's information is very relevant to the year 12 course, and it was very interesting. He too, told stories of past experiences which really helped to capture the audience's attention.

Tips on surviving VCE was a talk presented by former legal studies teacher, Jeff Cameron. Jeff gave us a little booklet containing relevant information about surviving VCE legal studies this year, such as sample questions and a check list of things that we should know at the end of the year. He took us through the handout, giving us handy hints along the way. It was an eye opener as to what this year truly entails. The booklet also contained information on study tips and how to prepare for the exam. All students found this talk and the handout extremely useful.

Helen and Ray from the Dispute Settlement Centre of Victoria (DSCV) talked to us about the various different issues that the DSCV deals with, some of which includes cyber bullying, neighbourhood disputes, workplace disputes and many more. Helen and Ray mainly talked to us about the area that they work in, which is the alternative dispute resolution method of mediation. They then talked briefly about the two other main dispute resolution methods which are conciliation and arbitration. Helen and Ray then took two volunteers from the audience to participate in a mediation role play. They needed one boy and one girl. Our very own Edan Baccenga was chosen to participate in the role play. Both participants acted extremely well and this led to a very entertaining role play, which also gave us an insight as to what mediation would be like in a real situation.

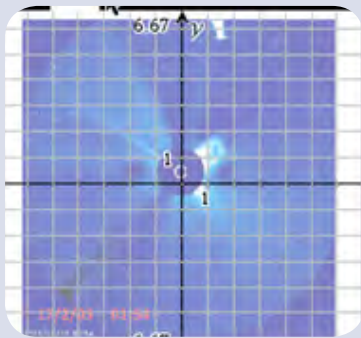
After these talks were finished, we were bussed off to the Sale Magistrates Court for a talk from Judge Clive Alsop, a Magistrate in our local area. He talked to us about how he got to where he was in his career, and about the dangers facing our age group when we go out and become a full part of society in the next year. Some of these dangers included drugs, driving and sexting. Magistrate Alsop spoke extremely well and engaged the crowd immensely. He gave us useful knowledge about what we may see or deal with in the near future.

After talking with Magistrate Alsop, we were on the bus and heading home via Maffra. It was a truly informative day that will be very useful to us .

Extension Maths Group

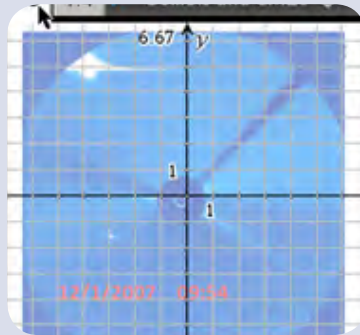
Five year 9 students (Mitchell Wall, Joseph Darling, Justin Hough, Luke Del Pra, Liam Aquilina) with Mub Murshed (from year 8) are investigating the speed of a comet as it approaches the sun. They are comparing the speed of the comet with the speed of the coronal mass ejection from the sun.

They are using images downloaded onto the CAS calculators and applying traditional Mathematics to this. (see below).

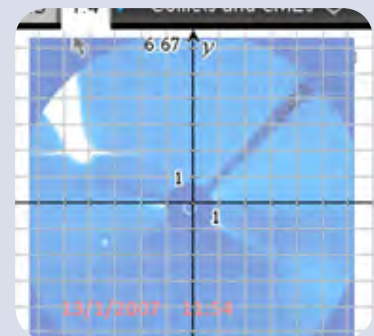


The students were comparing the data captured for the comet with that of the coronal mass ejection.

This is a coronagraph image of Comet McNaught (top left). The Sun is represented by the small white circle in the centre of the image. The diameter of the Sun is 1,400,000 kilometres. A coronagraph is a telescopic attachment used to block out the Sun's glare.



This is the same image, applied to the CAS calculator graphing screen.



The movement of the comet is observed.



Project Nura

Recently students from Project Nura attended excursions to Gippsland Free Range Eggs and The Premiere Function Centre. These excursions extended students' knowledge and skills in preparation for their upcoming pop-up restaurant.

Marnie from Gippsland Free Range Eggs generously gave up her time to show students around her farm and explain the importance of fresh local produce. Students were lucky to finish the excursion with a tasting of local homemade lemonade and ice-cream.

The Premiere Function Centre excursion concentrated on developing service skills. Kayla and Mario were kind enough to educate students on the finer points of table setting, serving multiple dishes and discussed the personal attributes required to work in Hospitality.



The Australian Ballet – Enrichment Excursion

By Kristyl Robertson Year 9

On Tuesday the 17th, 2015 a group of nineteen students and two teachers made a trip down to Melbourne to watch the 'Behind the Scenes' of the classical production 'Giselle'. We saw the tremendous amount of work it takes to make it in a dance company.

The Cor De Ballet has to work just as hard as the Principal dancers because there is no show without the other. It was phenomenal to see the way these professional dances moved and it seemed to be without any effort at all but we saw the slumping after the set exercises and it made them seem more human and the idea all the more real.

After watching the Ballet we went to Elevator Studios to do a dance class with the fantastic Pru Wilson and we even met a former Lavalla student Jayden Hicks. He told us all about what it is like to work in these sorts of companies and said if we kept working to develop all our styles like he did when we would make it big time and we could jump from company to company.

Then we received an awesome stretch class and then we did some Jazz work coming from the back and sides doing things like turns, kicks and jumps. We learnt a Contemporary dance routine that was challenging and a lot of fun at the same time. It was a shame for the day to end but we came away from this experience learning that being mediocre will never be enough to get us where we want to be. We have to push ourselves to be the best we can be then push further to achieve our goals. We were all so happy and thrilled to receive this amazing opportunity and we thank Ms Zahra and Mrs Williams for this awesome experience.



The Premier's Spirit of ANZAC Prize

By Cameron Brinsmead

I have just returned from an overseas study trip where I spent the whole of the school holidays as 1 of the 12 Victorian recipients of The Premier's Spirit of ANZAC Prize.



We visited Lemnos and Athens in Greece; Istanbul, Gallipoli and Canakkale in Turkey; Ieper and Amiens in Belgium and Paris, France.

I would like to thank Mrs Widrich for encouraging me to apply and the Morwell RSL who gave me badges, poppies and Australian flags to place on the war graves overseas. I feel I did this on behalf of all the families in

Australia who could not visit their loved ones' final resting places. On the trip I was not only representing myself, but also my family and our local community of Gippsland, as well as Lavalla Catholic College.

Gallipoli is not only about numbers, it is about personal stories. We remember the sacrifices made by young heroes of Australia's most defining moments, as we are enjoying the freedom and liberties that those men and women gave to us 100 years ago.

If you would like to see more details of my trip, including daily diary entries and photos please have a look at: The Premier's Spirit of ANZAC Prize Facebook page. Here is an extract from one of my entries. Day 3: Goodbye and thank you to Lemnos 31 March 2015. ... we ventured to off to Portianou Military Cemetary, Anzac Street, where we saw the graves of a Canadian nurse and her Matron. ... we placed poppies amongst the graves of the fallen. Multiple epitaphs were extremely moving and heart breaking. Maoinin, Shannan and Sahshira read the confronting dairy entries of nurses in Lemnos. ... I and all the study group would be honoured to say a big 'efharisto' to the accommodating, kind hearted Lemnos locals ...

I felt very honoured to be selected to go overseas and I would encourage all Year 9 and 10 students to consider applying for future opportunities.

Lest we forget.





Marist Basketball Carnival 2015

Lavalla Catholic College's Marist basketball teams ventured to Perth during the last week of term one to compete in the Marist Schools Australia Basketball Championships hosted by Newman College.

15 Marist schools from around Australia attended the Championships with 16 boys teams competing and 11 girls team ready to do battle for the for their respective Marist titles.

Over four days of competition the Lavalla's boys and girls conducted themselves in a manner that the Lavalla Catholic College community can be proud. Their endeavour displayed good form, the will to win, equity and fairness and that is generally the four elements of sportsmanship.

Both teams remained undefeated throughout the opening two days of the carnival despite the girls having an enormous fright against Sacred Heart College, Adelaide on the Tuesday.

Adelaide brought with it a "living on the edge" style of game and from the outset had Lavalla almost reeling on its knees during the first quarter as they racked up a 14-1 lead. However, with the girls trailing by 11 points at the end of the first period, the feeling amongst the group was steady and the message was to look after the ball with greater care and stick to the game strategies. It worked with great effect as the margin was reduced to four points by halftime (19-23) but Adelaide would not surrender easily. The result was in the balance until the final minutes when Lavalla skipped out to a 42-37 lead before eventually surviving the contest with a 44-41 triumph.

This was a prelude to the Championship Final which was put to bed during the opening period behind a dominant 20-7 effort, sparked by the early play of Chelsea D'Angelo and Sammy Waters. D'Angelo (12 points) and Waters (9 points) would combine for 21 of Lavalla's 29 first half points and the girls would not let up during the third quarter. The margin had stretched out to 20 points, 43-23, at three quarter time and only for a late barrage of three-pointers by Adelaide prevented this final from being a total blowout with Lavalla winning 59-41.

The boys got their winning momentum going with a gritty victory over Catholic College Sale. It took a little bit to shake our long-time rival but once this win was in the book the boys settled down and played a great band of basketball throughout the first two days.

A top four finish was guaranteed after losing only one game in the Championship round, which was a 32-67 loss to Marcellin College, Bulleen.

Fourth placing was where the boys would end up as the defeats continue to roll in, first, a 44-64 loss to Sacred Heart College, Adelaide and finally succumbing to a 34-52 defeat in the play-off for 3rd and 4th.

Overall, it was a very successful carnival for the Lavalla teams with the girls recapturing the Marist Title after surrendering it at Sale last year and the boys climbing back to their best place finish since Lavalla hosted the carnival in Traralgon in 2010.

Much appreciation to the students for their commitment towards training after school for five months and a great big thank you to Karen Joyce and Chris Watson for giving up their personal time and volunteering to prepare the two teams after school hours. Special mention: Jayde Travers and Chelsea D'Angelo - Allstar 5.

Marist Basketball Carnival





School Matters of Note

Year 7 Enrolments - 2016

Students seeking places in Year 7 for 2016.

Students in Grade 6 at Catholic Primary schools will automatically receive an enrolment package towards the end of April.

Students attending state / other non-Catholic primary schools can obtain an enrolment pack from their current Primary School from Monday 27th April or contact Allison Langmaid at St Paul's Campus (5174 7355)

Twilight Open Evening – St Paul's Campus: Wednesday 20th May 4.30pm - 7.00pm

Enrolment Deadline – Friday 29th May.

Winter Uniform & School Photos

All students should be in **FULL winter uniform by 27th April.**

Please note St Paul's campus photos take place on Tuesday 21st April and all students must be in Full Winter uniform on that day.

Second-hand Uniform Shop

Open **3.30pm-6.00pm**. The second-hand uniform shop is located on the St.Paul's Campus. We accept Cash, Cheque and EFTPOS. Please note, Kilts must be tried as they are altered to fit the original owner.

Next Shop Open Date: 7th May

Lavalla Writers' Group

Who: Years 7 - 12 Most Welcome

When: Monday 27th April- Week 1 - 3.30pm - 4.30pm

Where: ISC

Logistics: Please contact Ms Zahra for further information



School Matters of Note

Aladdin Jr Update

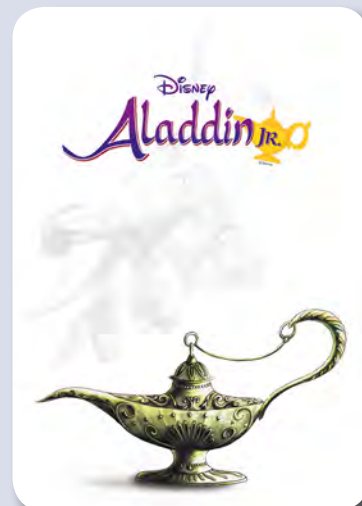
Rehearsals for the biannual school musical, Aladdin Jr are in full swing. Costumes are being finalised and sets are being built. The cast excitement is rising.

TICKETS GO ON SALE 29TH APRIL and can be purchased from Student Services at the Kildare Campus.

Adults: \$25

Concession: \$15

Child (primary school and under) \$10



This is a great Disney show; we encourage all parents to bring along their pre-school children to the matinee. If you would like to organise a whole Kinder or Play Group to attend, please contact Prudence Scholtes via email prudencesch@gmail.com to discuss a group discount.

Performances will be held at Latrobe Performing Arts Centre Traralgon:

Wednesday May 27th at 7pm - Thursday May 28th at 1pm - Thursday May 28th at 7pm

Come along and have a look at the Art exhibition in the foyer and enjoy some sandwiches and other refreshments that will be on sale 45 minutes before the show, as well as after the show. We look forward to seeing the whole school community at this event.

2016 Debutante Ball

The Lavalla Parents and Friends Debutante Ball Committee will be hosting an information evening at the St. Paul's lecture theatre on Wednesday 12th August beginning at 7pm. It is important that all students who will be attending Lavalla in 2015 in Yr 11 and who wish to make their Deb attend this meeting.

Please note that we need at least 4-6 new volunteers to help support the running of the balls. If we do not get new parent volunteers' there will be NO 2016 DEBUTANTE BALLS

The **2016** Debutante Balls will be held on - **Thursday March 31st - Friday April 1st - Saturday April 2nd**

The Debutante Committee are hoping to run three balls on the above dates in 2016, however this will depend on the number of debutantes that enrol. Each ball is capped per evening. Please note that there needs to be 15 couples per ball for it to be able to be hosted.

The Debutante Balls are now run entirely by the Committee. Under no circumstances should Lavalla be contacted with any Deb Ball issues. Any questions or concerns must be emailed to the committee on the above email address. Our registration evening will be held on **October 14th 2015** at the Kildare hall, doors open at 7pm. At this meeting all the paper work and the registration fee will be due. Please note that registration is non refundable.

The registration evening is where you will be registered once your paper work and fee is collected. You will also find out at this meeting as to whether you have received your 1st choice for your ball preference

Please note that attendance at both meetings is necessary. - 2015 Deb Ball Committee

What is croup?

Croup (medically called *laryngotracheobronchitis*) is a viral infection of the throat, which affects the voice box (*larynx*) and windpipe (*trachea*).

Croup is common in babies and young children during winter. Croup is often a mild illness but can get worse quickly. If your child has laboured or noisy breathing (stridor) or if you are unsure how severe the croup is, seek urgent medical help. A child with severe croup will need urgent medical care so you should call an ambulance (000).

In mild cases of croup your child may have a 'barking' cough, but no trouble breathing. This is best cared for at home, but monitor your child for signs of worsening croup (difficulties breathing).

What causes croup?

Children have small, soft windpipes. A viral infection causes the lining of the windpipe and voice box to swell. This, along with a build-up of sticky fluid (*mucus*), narrows the passageway through which air travels into the lungs. This can make it difficult for your child to breathe.

As children get older, the size and strength of the windpipe improves, which is why croup is less common in older children.

What are the symptoms of croup?

Croup usually starts as a common cold (with a runny nose, red eyes, sore throat and a fever). Then the following symptoms develop:

- a hoarse voice
- a harsh, 'barking' cough (like a seal's bark)
- noisy breathing (a high pitched noise when breathing in, known as *stridor*)
- fast or laboured (hard) breathing.

These symptoms often start at night when the air is cold and dry, and can be worse on the second or third night of the illness. They can become worse when your child is upset.

Symptoms of more severe croup include listlessness, confusion, difficulty drinking/feeding, difficulty talking, drawing in of skin between/under the ribs, laboured breathing and a blue tinge around the mouth. If any of these symptoms are present, seek urgent medical care.

Treatment

- Croup is often a mild illness but can get worse quickly. Do not hesitate to seek medical help if this is the case, especially if there is laboured, hard breathing (stridor) or if you are unsure how severe it is. A child with severe croup will need prompt treatment so call an ambulance (dial 000).
- In the emergency department, your child may receive a medicine called *prednisolone* or *dexamethasone*. This helps reduce the swelling in the airways, making it easier for your child to breathe. It will start to work after about one hour.
- If the croup is severe, another medicine, called *adrenaline*, may be given through a nebuliser (which lets you breathe in the medication) or an injection. This relieves the spasm and swelling until the *prednisolone* starts to work.
- **Antibiotics will not help**, as croup is caused by a virus.
- There is no immunisation for the croup virus (*parainfluenza*).
- There is no proof that anti-allergy medication (*antihistamines*) or cold remedies (*decongestants*) are of benefit in croup.

Home care

- Stay calm. Try to keep your child calm. Croup can be very frightening for a child, but being scared makes it worse. Try watching television or reading a book with your child to help them relax.
- Offer your child plenty to drink. Offer small amounts ('sips') and often, especially if your child has a fever.
- Sit your child up in bed with pillows to make breathing easier.
- Offer paracetamol (such as *Panadol* or *Dymadon*) if your child has a fever and is miserable. Carefully check the label for the correct dose and make sure you are not giving your child any other products containing paracetamol (such as some cough medicines and cold and flu preparations).
- Steam therapy does not help. It is also regarded as dangerous because of accidental burns, so is not advised.

What to expect

- In many cases croup lasts one to three days. Sometimes it can last up to a week, and may be present during the day as well (it is usually worse at night). The first two days are usually the worst.
- Croup is often a mild illness but can get worse quickly. Do not hesitate to seek medical help if this is the case. A child with severe croup will need prompt treatment in hospital.
- Some children can get croup more than once. Because there is no immunisation it is not possible to prevent croup.

Notes:

Seeking help



In a **medical emergency** go to the nearest hospital emergency department or call an ambulance (dial 000). Do this if your child:

- has trouble breathing
- becomes floppy or hard to wake
- goes pale or blue in colour
- sucks in their breastbone or ribcage when breathing
- looks very sick and is dribbling
- is very distressed
- has *stridor* (noisy breathing) **at rest**.



For other medical problems see your local doctor or health care professional.



For health advice from a Registered Nurse you can call **NURSE-ON-CALL 24 hours a day** on **1300 60 60 24** for the cost of a local call from anywhere in Victoria.*

NURSE-ON-CALL provides access to **interpreting services** for callers not confident with English. Call **1300 60 60 24**.

*Calls from mobile calls may be charged at a higher rate



Want to know more?

- Ask your local doctor or health care professional.
- Visit the **Royal Children's Hospital** website www.rch.org.au/kidsinfo
- Visit the **Better Health Channel** www.betterhealth.vic.gov.au

If you would like to receive this publication in an **accessible format**, please phone 9096 0578 or email edfactsheets@health.vic.gov.au



December 2010. Also available online at www.health.vic.gov.au/edfactsheets

Disclaimer: This health information is for general education purposes only. Please consult with your doctor or other health professional to make sure this information is right for you.

Authorised by the
Victorian Government
Melbourne (1009025)

Citizen Science Training Sessions

SATURDAY 18 APRIL, 2015



PROGRAM FOR THE DAY

1. 9:30am – 12:30 pm

Water monitoring training for new Citizen Scientists. Federation Training, Princes Hwy, Traralgon.

2. 12:30 – 1:30 pm

Lunch (provided). West Gippsland Catchment Management Authority (WGCMA), 16 Hotham St, Traralgon.

3. 1:00 – 4:00 pm

Quality assurance training for water testing at WGCMA.

All EPA Citizen Scientists are encouraged to complete this training. Water Watch members will also be attending this training.

PLEASE NOTE: No costs are associated with any of the training sessions.

For further details, please contact Carlyne Boothman, Citizen Science Coordinator on 0417 176 365 or email citizen.science@epa.vic.gov.au



AUSTRALIAN CATHOLIC BISHOPS CONFERENCE

Bishops Commission for Pastoral Life

Bishop Eugene Hurley (Chairman)
Bishop Justin Bianchini
Bishop Gerard Hanna
Bishop Peter Stasiuk CSSR
Bishop Terrence Brady
Archbishop Anthony Fisher OP
Bishop Michael Kennedy

25 March 2015

Dear Principal,

Re: What is Marriage? e-brochure

I have pleasure in presenting you with the What Is Marriage? e-brochure that has been prepared by the Bishops Commission for Pastoral Life on behalf of the Australian Catholic Bishops Conference. Its intended purpose is to provide in simple and straightforward language the meaning of marriage so that our people will be more knowledgeable and confident when speaking with others about marriage. It is not an explanation of Sacramental Marriage or of Church teachings about marriage.

The e-brochure can be viewed on the Australian Catholic Bishops website at this link: <https://www.catholic.org.au/bishops-commission-for-pastoral-life/what-is-marriage>

Please distribute the e-brochure as widely as possible and as soon as possible to members of your school community: teachers, parents and high school students.

Thank you for your assistance in this matter.

Yours in Christ,
Bishop Michael Kennedy

Tips for distributing the e-brochure

If your school distributes a print newsletter, here is sample text for a newsletter notice:

Finding it hard knowing what to say in conversations about marriage with your family and friends? Take a look at the What Is Marriage? e-brochure that



explains the simple facts about marriage in everyday language.

Visit: <http://tinyurl.com/lkzgxlm>



If your school distributes an e-newsletter, here is sample text for a newsletter notice:
Finding it hard knowing what to say in conversations about marriage with your family and friends? Take a look at the What Is Marriage? e-brochure that explains the simple facts about marriage in everyday language.

Visit the What is marriage? website below:

<https://www.catholic.org.au/bishops-commission-for-pastoral-life/what-is-marriage>



If you would like to embed this document on your school website, you can insert the ISSUU flipbook directly onto your website.

- Go to the link, click on the document link below
- Select the share icon followed by 'embed'
- Follow the instructions, simply copy and paste the code onto your website [as shown here](#)

<https://www.catholic.org.au/bishops-commission-for-pastoral-life/what-is-marriage>

Enquiries: marriage@catholic.org.au