

From the Principal

Acting Principal - Mr Doug Doherty
Campus Director - Kildare



Last week we commemorated the sacrifice of so many ANZACs and this week many people arose to the news of the devastation in Nepal and the executions of Andrew Chan and Myuran Sukumaran. It caused me to think of how I would address these issues with students in my Year 11 RE class and even with my staff. How can we say that God is omnibenevolent and omnipotent when such suffering is clearly evident. Where is God?

*"Christ in the heart of every man
who thinks of me, Christ in the mouth
of every man who speaks of me, Christ
in every eye that sees me, Christ in
every ear that hears me."
Deer's Cry - St. Patrick.*

I took some time to pray and whilst reflecting on the poem by St. Patrick – 'The Deer's Cry', I found my answer and it is written in the quote provided. The reactions of our country to commemorating the sacrifice of love by the ANZAC servicemen and servicewomen; the change of hearts from condemnation to forgiveness for the two Bali Nine ring leaders and the demand to help our neighbours in Nepal. These examples all show that Christ is truly present in the hearts, minds and voices of our people.

Last week, Lavalla Catholic College solemnly manifested Christ's love through their commemoration of the ANZAC sacrifices and spirit. At both campuses for the first time in Lavalla Catholic College history, both the Australian and Aboriginal (Koori) flags were used. This was to symbolise the equality and sacrifice of all Australian people in making this country great. We were very blessed to have several members of staff who have served in different areas of the military, as well as students who currently serve as cadets and some even undertaking a career as officers next year.

We finished our services with a round of applause for these people. Although this maybe the 'Lucky Country' it can only be as described through the hardwork, sacrifice and dedication of people like them and those of us who embrace the ANZAC spirit. I have included the speech given at Kildare by Nathan Masiero. This speech touched the hearts of all who heard it and was truly inspirational for all young people. I would like to take this

opportunity to thank all students and staff involved in the services, especially Tobias Duffy who so courageously and expertly played the trumpet for the Last Post and the reveille.

Term two is always a difficult time of the school year for students to motivate themselves; the exams seem far away and the adrenaline of starting in term one is wearing away. I ask that all parents/guardians and students embrace this term with vigour and enthusiasm to succeed.



From the Principal

When we reflect on the stories of dedication in Gallipoli, our tendency to sometimes complain about the work and time needed to achieve our personal success at school seems futile.

Year 12 and units 3/4 students actually have less than five months of education left before their final exams, therefore it is imperative that we all continue to strive to help our young people achieve their best.

The desire of our school community to undertake social justice, again fulfils our motto for this year – Just Love. Next week our students will purchase a prayer flag for \$2-5 and write a prayer on it, dedicated to the people of Nepal and fly them from the highest points of each campus. This is in line with the use of Buddhist prayer flags, in the belief that they allow the prayers to fly around the world to where they are needed. If parents would like to purchase and create one, they can do so from student services.

We look forward to the return of Mr John Freeman from pilgrimage. I would like to take this opportunity to thank all who supported me in my role as Acting Principal.



Anzac Day 2015

By Nathan Masiero



made by thousands of Australians.

This year marks the 100th anniversary of the landing at Gallipoli. Like hundreds of thousands of our fellow citizens, who gather at memorials in cities, suburbs and towns across Australia, we have come here to commemorate one of the most significant events in our national calendar.

As secondary school students, it is sometimes difficult for us to understand the significance of the tradition which we carry on. We live lives of peace, we live lives of safety and we live lives of freedom. These luxuries which we enjoy have come only with the sacrifices

Anzac day is a time where we remember past Australian service men and women, who defended this nation, and our freedom. We remember those who were wounded, or killed fighting for this country, some of whom were younger than us gathered here. And we remember the families. We remember the mothers, fathers, children and siblings, who suffered at the loss of so much during conflict. We also reflect upon the current serving members of the Australian defence force, who are being deployed as we speak, in order to ensure we can continue living lives of peace, uninterrupted by acts of violence, war and terrorism.

As Australians we are extremely fortunate, we live in what many people call the lucky country. Anzac day is also a time where we reflect on how fortunate we are as a nation, and to reflect on how Australia contributes peace to other parts of the world, which are not as lucky or fortunate as we are here. In a perfect world there would be no war, no conflict, no terrorism, no disaster and no destruction. However, this is not a perfect world which we live in. And as such there are times when it is our responsibility as a nation to respond with our defence

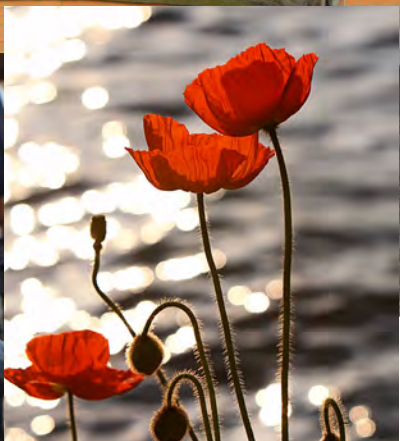
ANZAC Day Tribute

force, to ensure others can enjoy the freedom which was forged in our culture 100 years ago in the conflicts of Gallipoli. Australia has never hesitated to come to the aid of those in need.

What is it that makes Australians so selfless and so loyal? There is no easy way to answer that question. It is something which is imprinted upon our society. It is the Anzac spirit which has carried through generations, which defines us as Australians. The Anzacs fought at Gallipoli with the qualities of mateship, courage, loyalty and sacrifice. It is our responsibility as the future of this great nation to pass down these values, the spirit of the Anzac, which our past diggers died for 100 years ago.

In only a few short years to come, it is us, the younger generations of Australians, who will become those responsible for the future of this nation. We will become the soldiers, the politicians, the tradies and the teachers; we will become the face of Australia. We must learn from the mistakes which history has shown us in the past if we are to continue living lives of freedom. We must carry on the spirit of the Anzac so that Australia remains the great nation, which we have grown to become. We must display the qualities that the Anzacs did before us. We must show mateship, towards all members of society. We must show courage, in times of adversity. We must show loyalty to this country and each other. We too will all make sacrifices, some big, some small.

But again it is at times like this, where we must remember the sacrifices made by previous Australians, we must remember them. It is our duty, and the responsibility of all of us, to ensure that we live by the values others have died to protect.



St Paul's Campus Update

Ms Lee McKenzie - Campus Director



My thanks to those students and families who ensured that all students were present in winter uniform for school photos. Now that the uniform transition is complete, all students are expected to be wearing the full winter uniform including tie. For students who don't know how to tie their ties correctly there are many sites on the internet which will help.

Yr 6 Visits

We have begun the visits from the primary schools, with many Yr 6 students spending time with us to get to know the campus. It is always a delight to meet these young people and talk to them about transitioning to secondary school.

Anzac commemoration

At this campus we commemorated Anzac day on 24th April. The very moving ceremony was led by students Anton Tarraran, Minnie D'Amico, Josh Galea, Zach Mongta, Tobias Duffy, Selby Fisher. The ceremony included vision of soldiers in uniform and students read very moving personal accounts of soldiers' experiences. During the minute silence the entire campus was silent and reverent. My grateful thanks to the students who conducted the ceremony and the staff, particularly Ms Bianconi and Ms Alford who supported them. With our new flagpoles in place in time for the day, we were able to proudly display the Australian and Indigenous flags.

Brandon Salter will be participating in the City of Traralgon Band Tour of Remembrance UK/ France during May. The Band has offered to place poppies on particular soldiers graves. If you would like to remember a family member in this way please contact 0418513060 or <http://cityoftraralgonband.webs.com>.

Ecology study

Yr 7 students had presentation from various reptiles and marsupials as part of their study of ecology. Students were able to see snakes, possums and even an owl in the science lab. While some students were keen to be draped in pythons, others were happy to make tentative contact with the reptiles.

Excursions / camps

This is a simple reminder that it is a legal requirement that we have completed medical forms and permission slips before your child can attend an off campus activity. Verbal consent via the phone on the day is not sufficient. Please ensure that your son or daughter brings home the appropriate paperwork and that it is returned to the College before any activity.

Musical

The pace is picking up for the cast and crew of Alladin, with many hours being given over to rehearsals, prop and costume making. The musical provides another opportunity for students to connect with the College and to show their particular talents. I encourage you to get in early for your tickets.

General

May 8th is a student Free day. Staff will be available for Parent teacher interviews between 9:00 – 12:00, and also for the usual appointment times during the following week.

Twilight Opening

May 20th 4:30 -7:00 - While this event is an opportunity for families new to the College to visit, all families are very welcome to join us on the night to see the Yr 7 Centre and various speciality rooms in action.

As we grow as unique persons,
we learn to respect the uniqueness of others.
- Robert H. Schuller

Faith & Ministry Matters

Mr Chris Roga - Director of Faith & Ministry



The catastrophe in Nepal continues to dominate our attention. And the news channels, papers and online sites will continue to update us. How does the disaster in Nepal affect us?.



I completed my schooling in the Darjeeling area. Though our school was in India, the hill across the valley was in Nepal. Many of my schoolmates were Nepali. Some were of Gurkha (warrior) heritage, some Bhutia (trader) and some Sherpa (mountaineers). All of them were delightful; honest, and loyal, with a strong sense of honour and right. They preferred simplicity to ostentation and they loved their sport, particularly football (soccer) at which they were very good. And they love their mountains, Everest (Sagarmatha) and Kangchen junga ranges especially.

Mainly Buddhist and Hindu by faith and culture, they have learned to face difficulty with stoic fortitude. What do the Nepali people need? Immediately, they require, water, food, medical supplies, tents, blankets etc. It is spring and they live in altitudes over 1000m. It is cold during the day and freezing at night. The rains are due soon and that will make life even more difficult.

How do we respond? Obviously we cannot travel to Nepal to offer our time and services, much as we might like to do so. One option is to support Caritas, who has services operating already in the disaster zones, in whatever capacity we can. The college is sending some funds to Caritas immediately. We would like to give further support, but that needs a wider discussion.

The message from Paul O'Callaghan (CEO Caritas Australia) gives us some guidelines about how we can help. It lies within our power to help. This message can be found at the end of the newsletter.



Let us do what we can as Australians and just good people.



CSYMA

By Isabella Lappin and Maggie McCormick

On Thursday the 16th of April Mrs. Justin and some year 11 and 12 students ventured to Aquinas College in Ringwood for a CSYMA Lead conference day. We were welcomed by the friendly students and their staff and began the day with music and prayer. The day was based on Youth Ministry, evangelisation and leadership, which students enthusiastically enjoyed. Out of the 120 students who attended the day Lavalla students ended up winning all of the games that we played.

We attended workshops on drama and proclamation. These workshops helped us learn skills that we are able to share with our fellow peers back at school. A subway lunch was provided and during the lunch we had the opportunity to explore Aquinas College and mingle with students from other schools. We then completed a scavenger hunt and listened to the leaders of the day share their stories, soon after we all hopped on the bus and ventured home after a really fun day.

T'Riffic REMAR Embark 2015

By Sam Rossiter



Thirty young people, 4 staff + 2 Remar Ministry Team members spent the 17-18 April at the Summit chillin' and having fun. Super food!! (Burgers! Bacon and Eggs! Pasta!), plenty of laughter, music, and some deep stuff. The Red, Blue and Gold Caravels joined together for the welcome, but otherwise held separate sessions. Each session had games, activities, film clips, music, discussion and action. In the process the caravels (Red, Blue and Gold) got to bond and learn about themselves in a positive way.

The Gold worked together to create an impressive end of weekend Liturgy; the Blues took a walk to the lake with a stone in their shoes to learn about the hardships that come with commitment; the Reds went on a Blindfolded Trust Walk. Needless to say, the chatting was infectious.

"We had fun... great time, best ever" were some of the comments. "I was sad I had to leave early", said Oscar. "I liked doing the liturgy," said Stephanie. " We learned about growing in relationships with each other, ourselves and God," said Sam. "Can't wait for the next Remar camp," is the general mood.

The three Helms, Ms McCormack, Mr Roga and Mr Lebbe are quite pleased with camp, as are Mr Skippen, Connor and Cassie (the two Remar Ministry Team members), Ms Kennedy and the Summit staff.





School Life

Year 9 ATLAS Coastal Camp 2015

By Elise Sertori and Emma Spiteri

As part of the ATLAS9 program the students had a choice between Coastal or Urban camps. 22 students including ourselves chose the coastal environment of Paynesville and Cape Conran. Activities on the coastal camp included surfing, hiking, kayaking, walking, Raymond Island koala trail and many other exciting leisure activities. In relation to the independent aspect of camp, groups of three had total responsibility for all meals and snacks as well as looking after their own cabins. It was our own responsibility to get up and ready for the day and be at our meeting point in time to start our activities.



One of the main aspects of camp was to collect data for our inquiry question. Each group had to come up with their own question whether it was about the activities available, the biodiversity of both locations or about teenagers being more involved in recreational activities. To gather information

each group made a survey to do with their question and with that we interviewed people around the two areas to get their opinions on our questions. Most groups finished collecting their data early so they had more time to do other activities like surfing.

Most students on the camp enjoyed surfing the most because it was something that most of us hadn't done before so it was new and exciting. With the help of the awesome instructors it was great to see a lot of the students standing up on the boards. Another highlight of camp was the rock hike to salmon rocks. Throughout this adventure we climbed massive amounts of rocks along the beach. The view along the whole walk was breathtakingly beautiful.

Overall the students on coastal camp had an amazing time thanks to Mrs Ford, Mr McKenna and Miss Barker.

Engineering Excursion



On the 17th April, a group of Year 12 Systems Engineering students visited the Austalian Paper Mill and Mareyval and the Gippsland Water Factory, to study the use of harvested waste Material to produce electricity.

Coming from the material which was recently living, this electricity can be considered to be renewable. The study of renewable energies is part of the Year 12 Systems Engineering curriculum. Students were impressed with the way that nearly all of the waste by-product was recovered to be either re-used in the process or sold for profit.

Sport Report

Mr Dwayne Tibballs - Sports Co-Ordinator



Swimming

Lavalla Catholic College's status as a dominant participant at the SSV Regional Championships remained strong but it may be on the decline after a third place finish at Sale recently.



Wonthaggi Secondary College and Nagle College Bairnsdale both surpassed Lavalla in the medal count with Lavalla missing a number of its top swimmers due to the Swimming Australia Age National Championships falling on the same day as the next round.



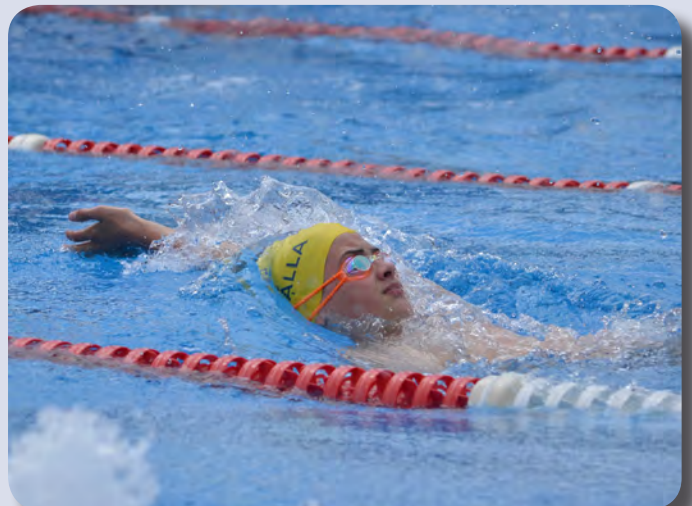
However, it was still a strong swimming team that represented Lavalla with many younger competitors showing their worth with solid performances in the pool. Maggie O'Keefe was the standout performer of the meet claiming four gold medals and a silver medal while Penelope Georgeson (two gold medals) and Eliza Jeffs (two gold medals and one silver medal) also shone brightly on the day.

Eight students in Eliza Jeffs, Georgia Hughes, Maggie O'Keefe, Penelope Georgeson, Lilly Zee Verner,

Lylana Anstee, Elayna Pistrin and Audrey Lee (absent in photo) all qualified through to the SSV State Championships from the meet in Sale.

The small contingent of Lavalla swimmers performed quite well with each member of the team capturing a medal in an individual or team event.

Overall, Lavalla Catholic College came 12th in the points table out of 135 schools that attended on the day.





Touch Football

Lavalla Catholic College were represented by six teams at the recent SSV Touch Football State Championships over two consecutive days and for the first time in a number of years Lavalla were not represented in any finals match.



The teams competed very well and were in each contest but many of the games were either narrow losses or resulted in a draw. These results prevented the respective teams from accumulating the required points in the standings to finish high enough to qualify for finals.

For eight 15&U students they were fortunate to perform well on the day throughout their games and received an invitation to try-out for the Touch Football State Team.

Congratulations to Josh Galea, Liam Willaton, Colby Morley, Ewan Williams and Liam Pearce from the boys team and also to Grace Walker, Amira Idmouh and Emily Haeusler of the girls team.



Volleyball

Lavalla Catholic College were represented by three teams during the recent SSV Divisional Championships at Morwell with two of these teams able to advance through to the next round.



The senior girls were very unfortunate not to get through after succumbing to Maffra in a very tight game that decided who won through. At the completion of the round robin matches, Lavalla and Maffra could not be split in the senior girls and had to playoff against each other to determine the winner. Lavalla got the early advantage and led 12-6 before Maffra stormed back into the contest and eventually overhauled the deficit to capture victory.

The year 8 girls and boys teams both won through to the Regional Championships after not knowing what to expect going into their first ever competition of volleyball.



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.

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

Ability Football

Southside Junior Football Club

EVERY WEDNESDAY FROM 4.30 - 5.30pm

Duncan Cameron Oval, Francis Street, TRARALGON

Footy training for school aged kids with special needs

Parents or Carers must attend and be willing to participate.

For more info phone Greg **0428011877** or Leesa **0434673449**



Calendar

Monday 4th May

- RMIT Client Movement
- Grade 6 Students Visit

Tuesday 5th May

- RE Liturgy Students - CEO Mass
- SSV Wellington AFL Yr 11-12

Wednesday 6th May

- Intermediate Band Camp
- Journey to Work Excursion

Thursday 7th May

- Year 9 ATLAS Immunisations
- Careers Guest Speaker
- Yr 1- Fitness & Training Course
- Journey to Work Excursion

Friday 8th May

- **STUDENT FREE DAY** - LA Interviews
- Diocesan Learning Expo - Warragul

Monday 11th May

- LA Interviews
- Year 8 Camp
- VCE Music Solo Performance

Tuesday 12th May

- LA Interviews
- NAPLAN - 2015

Wednesday 13th May

- NAPLAN - 2015
- Year 10 Fitness & Training Course

Thursday 14th May

- Year 10 Fitness & Training Course
- NAPLAN - 2015
- Unit 1 Outdoor Rec - Bushwalking
- LA Trivia - Cause Week

UpComing Events

Lavalla Catholic College
Production of

Disney Aladdin JR

When:

Wednesday May 27th at 7pm

Thursday May 28th at 1pm

Thursday May 28th at 7pm

Venue:

Latrobe Performing Arts Centre,
Town Hall, Corner of Breed and
Grey Sts, Traralgon.

Prices:

Adults

\$25

Secondary Student
or Concession

\$15

Child Primary and
Under

\$10

Tickets available from:
Lavalla Catholic College,
Student Services
Kildare Campus,
Kosciuszko St,
Traralgon
PH: 5174 8111

Music by
Alan Menken

Lyrics By
Howard Ashman and Tim Rice

Book Adapted and Arranged
by Jim Luigs

Music Adapted and Arranged
by Brian Lousielle

Based on the Screenplay by
Ron Clements and John Musker
Ted Eloit and Terry Rossio

By arrangement with Hal Leon-
ard Australia Pty Ltd, exclusive
agent for Music Theatre Inter-
national, NY

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Help your children make sense of natural disasters

As adults we all want our children to live carefree lives and keep them from the pain and even horror of tragedies such as natural disasters. In reality we can't do this.

Recent natural disasters wreak incredible havoc on so many people's lives and will no doubt leave an indelible imprint on our collective psyches. Graphic images have been brought into our living rooms via the media over the last few weeks, and will continue to do so in the immediate future.

As adults we all want our children to live carefree lives and keep them from the pain and even horror of tragedies such as natural disasters. In reality we can't do this.

So what is a parent, teacher, or other caring adult to do when the natural disasters fill the airwaves and the consciousness of society? Here are some ideas:

1 Reassure children that they are safe

The consistency of the images can be frightening for young children who don't understand the notion of distance and have difficulty distinguishing between reality and fiction. Let them know that while this event is indeed happening it will not affect them directly.

2 Be available

Let kids know that it is okay to talk about the unpleasant events. Listen to what they think and feel. By listening, you can find out if they have misunderstandings, and you can learn more about the support that they need. You

do not need to explain more than they are ready to hear, but be willing to answer their questions.

3 Help children process what they see and hear, particularly through television

Children are good observers but can be poor interpreters of events that are out of their level of understanding.

4 Support children's concerns for others

They may have genuine concerns for the suffering that will occur and they may need an outlet for those concerns. It is heartwarming to see this empathy in children for the concerns of others.

5 Let them explore feelings beyond fear

Many children may feel sad or even angry with these events so let them express the full range of emotions. They may feel sadder for the loss of wildlife, than for loss of human life, which is impersonal for them.

6 Help children and young people find a legitimate course of action if they wish

Action is a great antidote to stress and anxiety so finding simple ways to help, including donating some pocket money can assist kids to cope and teaches them to contribute.

7 Avoid keeping the television on all the time

The visual nature of the media means that images are repeated over and over, which can be both distressing to some and desensitizing to others.

8 Be aware of your own actions

Children will take their cues from you and if they see you focusing on it in an unhealthy way then they will focus on it too. Let them know that it is happening but it should not dominate their lives.

9 Take action yourself

Children who know their parents, teachers, or other significant caregivers are working to make a difference feel hope. They feel safer and more positive about the future. So do something. It will make you feel more hopeful, too. And hope is one of the most valuable gifts we can give children and ourselves.

Children's worlds can be affected in ways that we can't even conceive of so adults need to be both sensitive to children's needs and mindful of what they say and how they act in front of children.

In difficult times, it is worth remembering what adults and children need most are each other.



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at parentingideasclub.com.au. You'll be so glad you did.



parentingideas.com.au



Nepal Earthquake Appeal



Dear Supporter

By now you will have heard about the devastating 7.9 magnitude earthquake that has rocked Nepal, leaving more than 2500 dead and thousands more without shelter, food or water.

Caritas Australia has launched the Nepal Earthquake Appeal to help our response alongside Caritas Nepal and the international Caritas network. Immediate relief activities will focus on providing families with temporary shelter, water and hygiene kits.

But we urgently need your support to continue the relief efforts.

Eleanor Trinchera, Caritas Australia Programs Coordinator for Nepal, is in Kathmandu and said, "we witnessed terrible scenes of destruction – hospitals were evacuated with patients being treated on the ground outside".

- **\$105** could provide food supplies for 3 families for 1 week.
- **\$180** could provide 60kg of rice, enough for 8 families for 1 month.
- **\$225** could provide water for 15 families for 1 week.

Donate Now on our website

Click here: <http://www.caritas.org.au/>

You can also donate by calling 1800 024 413

As part of the second largest humanitarian network in the world, Caritas Australia has worked in Nepal for decades. While rescue and emergency relief are the current priorities, Caritas Australia is committed to supporting the people of Nepal in the long term – before, during and after the headlines.

Please, donate now to help those affected by this devastating earthquake.

In times of crisis like this, I am reassured by the compassion shown by supporters like you. As we stand in solidarity with the families who have lost loved ones, homes and livelihoods, I know our prayers offer hope to those in need in Nepal.

Thank you

Paul O'Callaghan
Chief Executive Officer

Caritas Australia, 24-32 O'Riordan St, Alexandria NSW 2015
P: + 61 2 8306 3400 | 1800 024 413 (Toll Free) E: caritas@caritas.org.au



Lavalla Catholic College has a new Careers Website

Applying for Tertiary Study

Sign up for tertiary event reminders

Latest Careers News and Events

Work Experience

Interests, Values, and Skills & Abilities Tests

Looking for Work

Choosing a University

Practice Online Job Applications

Create a Resume

Defence Careers

Financing Tertiary Studies

www.lavallacatholiccollegecareers.com

It's a 'One Stop Shop'
for everything you need
for Career Planning



Students need to create an account to access additional features.

During Term 2 a new Careers Education Program will be delivered via LA classes to prepare students for choosing their 2016 subjects and their future pathways.

Kildare Campus, Term 2 LA Activities to be completed each Monday:

Activity 1: **Careers Website Introduction**

Activity 2: **Interests Test:** Which occupations match your interests?

Activity 3: **My Future website:** Search for occupation specific information and training requirements.

Activity 4: **What Employers Are Looking For:** Explore employability skills

Activity 5: **Developing Your Career Pathways Plan**

Activity 6: **My Career Action Plan:** What do you need to do to get to your chosen occupation?

Activity 7: **Budget Planner:** Create a sample budget plan for a fully qualified person in your chosen occupation.

The best way to predict the future is to create it!