



## From the Principal Mr John Freeman



**T**erm one in any school is a busy time and that is very much the case at Lavalla Catholic College.

On Wednesday, we celebrated the start of Lent with Ash Wednesday liturgies at both campuses. During the liturgies we also launched Project Compassion for this year and we are grateful to Mrs Susan Grout, Director of Caritas for the Diocese of Sale, who spoke to us about the importance of this fundraising program which supports the those in need both in Australia and around the world. Our students always participate reverently and prayerfully, but I along with many other staff were pleased with the engagement of the students through their responses and in particular the singing of the hymns. My thanks to Paul Skippen and Chris Roga for their work.



As you would be aware, last week we welcomed Dr Michael Carr-Gregg to the College. During his time with us Dr Carr-Gregg spoke to our VCE students, the staff and parents. The general theme was centred on well-being – mentally, physically, emotionally and spiritually. There is no doubt Dr Carr-Gregg is an informed, accomplished and entertaining speaker and accordingly the feedback was very positive. Our welfare and wellbeing team will be referring to and acting on the information and materials provided by Dr Carr-Gregg as the year unfolds and I have no doubt this will be of benefit to all of us. We will throughout the year have other speakers at the College on important topics for students, staff and families. My thanks to Annemarie Clarke, Jo Alford, Tamsin McCormack and Kellyann Armstrong for their work to ensure the success of these seminars. Please note that we have included in this newsletter some links to very helpful information for students and families.

Our Year 7 students returned from their camp at Licola on Wednesday. I had the opportunity to visit them on Monday evening and I know from both talking to our new students and reports back from staff who attended the camp that this was an enjoyable experience and a great way to form new friendships and strengthen current ones. Well done to Adrianna Bianconi and Roma Valentine, along with all the team, for their great work.

**Thinking that God is love does us so much good, because it teaches us to love, to give ourselves to others as Jesus gave himself to us and walks with us.  
– Angelus Address, 26 May 2013**



# From the Principal cont.

**A**lso in regard to camps, we conducted our first Leadership Formation Camp which started on Friday, 6 February and concluded Saturday 7 February. We had student leaders from both campuses in attendance and the feedback was very positive. The focus of the camp was to imbue an understanding of what it is to be a servant leader and undertaking that role with Jesus Christ and Saint Marcellin Champagnat as models. The planning for this formation camp was extensive and I extend my appreciation to Tamsin McCormack, Chris Roga, Paul Skippen, Stephanie Sola and Jo Alford for all that they did to ensure the success of this important program.

I have noted this previously, but I remind our community that next week the Very Reverend Father Patrick Michael O'Regan will be ordained as the ninth Bishop of Sale on Thursday, 26 February, 2015. Our students will be forming a very large nucleus of the choir that will be at the ordination. I know the students, led by Shane Reid, have increased their rehearsal schedule in preparation for this important moment in the life of the Diocese of Sale.

More details of the following students' achievements are also in this newsletter, but well done to: Elise Hanrahan, Mitchell Cameron, Emily Molinari, Michael Price and April Jozsa for being selected to either perform or have their work on display at the Beyond the Classroom exhibition held on Friday 6 February. Also congratulations to Cameron Brimsmead on receiving a Premier's Spirit of ANZAC prize, a wonderful achievement.

Well done to Jenni Lovatt who recently was awarded at the VOTES – ATIP meeting, a 2014 Excellent Documentation Award: Sale Diocese for VET Laboratory Skills.

Congratulations to Vanessa Di Savia on her engagement to Mario Scalia.

## In Memoriam

It is with great sadness that I write to inform you that Simone Annells (2011) died early morning of Friday, 13 February after succumbing to the effects of cystic fibrosis. Her funeral was held on Thursday, 19 February.

I ask that you remember Simone and her family in your prayers.



Eternal rest grant unto her, O Lord, and let perpetual light shine upon her.

May the souls of the faithful departed, through the mercy of God, rest in peace.

Amen.

# St Paul's Campus Update

Ms Lee McKenzie - Campus Director



To begin Lent, a group of students including our Junior Campus Captains went to St Peter's College Cranbourne for the launch of Project Compassion. The students, accompanied by Ms Fran Renahan, represented the College at this annual event.



At our Ash Wednesday Liturgy the campus leaders then presented each LA group with a Project Compassion collection box. Our aim is to create awareness in our students that they live comparatively privileged lives and they have a duty to the poor. The Caritas focus for this year is Food for Life and this dovetails into our College focus for 2015 where students are encouraged to Just Love, i.e. offer justice and love to all.

The Yr 7 Camp at Licola was a very successful event. I am most grateful to the staff for the management and care of this group of students. The days were filled with initiative and personal development activities cleverly disguised as fun games.

The students were kept very busy even at night with large group games in the gym, night walks and even a disco. Generally all students participated fully in the camp. While there were a couple of anxious students, the care of staff to ensure that they felt secure and included made it a positive experience for everyone. A particular highlight was the ceremony of the Ashes which was held on the Tuesday. Mr Paul Skippen arranged the liturgy and Mr Chris Roga was present for what was a very prayerful and joyous liturgy.

## Welcome Evening

Thanks to those parents who attended the evening. It is always a great start to the year for teachers, parents and students to share important information or simply get to know each other. Thanks also to those parents who have responded to the survey about this event, it will help shape our planning for next years' event.

*"Giving is a joy if we do it in the right spirit. It all depends on whether we think of it as  
"What can I spare?" or as "What can I share?" --Esther Baldwin York*





# Kildare Campus Update

Mr Doug Doherty - Campus Director



***"Young people are only 17% of the Australian population, but 100% of the future." Dr Michael Carr-Gregg.***

This week we had the privilege to welcome and learn from the internationally recognised psychologist, Dr Michael Carr-Gregg. He spoke to Year 11&12 students, staff and parents with one goal in mind – to create resilient teenagers who will be successful members of the local, national and international communities. When one reads his quote mentioned above it is clear that this is a vital task and highlights the importance of the task of schools, especially in partnership with parents.

It was with great excitement that I listened to Dr Carr-Gregg speaking with our staff and students and reaffirming the processes that exist at Lavalla Catholic College in working to achieve this goal. Throughout my newsletters I consistently highlight the success achieved by our school community, again reinforcing the resilience achieved by our students and staff.

It is with great delight that I begin by recognising those members who have recently joined many others from the College in achieving an apprenticeship:

**Jordan Spiteri** – with S Cattanach  
**Tanti Bryson** – with Virtual Homes as a Carpenter  
**Caitlin Gill** – Chef  
**Jye Nelson** – BFN Developments as a Carpenter

Congratulations goes to these students who have shown resilience in stepping into their pathway to success at this stage in their lives.

This week also sees the visit of Carmel Richardson from the University of Melbourne, to lead staff in an analysis of VCE results for 2014. This again outlines just some steps of how our staff will strive to develop practises of success and resilience amongst our students. Therefore, it is very important that students undertake to follow the advice of staff when working towards examinations.

This week also seen the start of Lent, a time of preparation for the most important feast in the Christian Calendar – Easter. The wonderful liturgical service reminded us that we have a duty to fulfil our mission of 'JustLove' through developing our acts of social justice, care of ourselves – physically, mentally and spiritually and also an examination of our faith.

To help with one's physical development and health, I would like to encourage all members of our school community – staff, students and parents to enrol and complete the Traralgon Harriers Fun Run or Walk.

It costs \$30 per adult and \$15 for under 18 years old. Enrolments need to be made on-line and I would ask all participants to enter under the title of Lavalla Catholic College.

Entry Form: <http://www.traralgonharriers.org>.



# Faith & Ministry Matters

Mr Chris Roga - Director of Faith and Ministry



There is so much to tell. There is so much happening.

The first issue concentrated in #justLove, the Marist Theme for 2015. Despite the gloomy news headlines we continue to labour to co-create the Realm of God, moving to  $\Omega$  point. The Realm of God begins within us, each one of us. Imagine the world when each of us truly loves justly!

Ash Wednesday, and the 40 days of Lent, is the opportune time to pause, reflect and challenge ourselves to go beyond the bounds of geography, culture, personal taste and human limitations, to refresh the heart and spirit...to #justLove: hearts without boundaries,

Through fasting and self-discipline, prayer and strengthening right relationships with God and with others, and giving alms and sharing ourselves and our goods with others, we grow and influence others around us to grow. And the fruits of fasting, prayer and almsgiving are joy, hope, peace and love – no small rewards in anyone's reckoning.

The College celebrated Ash Wednesday appropriately. On Tuesday night 236 Year 7 students and the staff joined together to sing, tell stories, engage in ritual and pray - and launch Project Compassion at the Wilderness Camp at Licola with great joy. The disco session that followed wrapped up a good day.

Similarly, the staff and students at St Paul's and Kildare Campuses gathered together on Ash Wednesday. Mrs. Susan Grout, Director of Caritas for the Diocese of Sale, spoke eloquently to the students about the theme for Project Compassion 2015; "Food for Life". She told the story of the Jesus feeding the five thousand; the miracle here, she insisted, was the fact that

the young boy shared his five loaves and two fish. The message for us is clear; when we share with each other we build the realm of God and #justLove translates into action. Especially pleasing about the Ash Wednesday ceremonies is the increased involvement of students.

Project Compassion 2015 focuses on Food for Life. It throws a spotlight on global food issues and how Caritas Australia is empowering the world's poorest people to establish sustainable food sources for life. The Tutu Rural Training Centre in Fiji is the main story for Project Compassion 2015. It has special significance for Marists and Marist schools like ours, for it was begun by a group of Marist Brothers in 1969. Nearly 50 years later, this centre has made a powerful difference in the lives of the local populace. For more information and to watch the DVD, I invite you to please click the link below.

<http://www.caritas.org.au/projectcompassion>







# Faith & Ministry Matters cont.

I am grateful to all the staff and students who organised, participated and got involved in these Ash Wednesday celebrations. However, special mention must be made of Mr Paul Skippen, College Minister, who designed and implemented the ceremonies at all three places, Mrs Susan Grout, the young musicians from Melbourne and a host of students and staff who participated. On 26th February, the Senior Choir, conducted by Mr Shane Reid, will lead the singing at the Episcopal Ordination and Mass of the Bishop of Sale at the Bishop Phelan Stadium in Sale. It is a significant responsibility and honour that has been bestowed on the choir and they have been practicing assiduously for the occasion.

Finally, let us consciously and deliberately make an effort this Lent to fast, pray, give alms and to grow into #justLove. And be joyful at all times

## Liturgy Workshop





# LENT

Mr Paul Skippen - College Chaplain

## RETURN TO THE LORD – Praying & Living Lent 2015

**W**hen you want to be a better athlete, musician, or student, what do you do? Practice, practice, practice. The same is true of being a better Christian. It is hard work! Although we can and should practice our Christian living all year, Lent is a time to more intensely focus our energy on how we can do, and be, better in the world. Think of Lent as training for Christian living!

To help us in our Lenten practice, the Church offers three things to guide us on our way: praying, fasting, and almsgiving (giving money or service to those in need). The extra time we spend praying during Lent leads us closer to God. We focus our prayer on the places in our lives and in our world that need improvement. Our fasting isn't about denying ourselves as a sort of punishment, and it isn't even just about food. We fast from food, television, video games, social-media, computers, and so on, so we can literally hunger for God. Our fasting also puts us in touch with those whose hunger is never filled because they live in poverty. Finally, our praying and fasting lead us to action. Almsgiving is sharing time, talent, and treasure with those in need.

Loving God, you know the depths of our hearts: when we are at our best and when we are at our worst. Time and time again, you open your arms in love to us, calling us home to you. As we begin this journey of praying, fasting, and sharing, let our lives reflect to others the great love you have shown us. Let us be quicker to give than to receive, quicker to love than to judge, quicker to believe the best about those around me than the worst. Open our ears to your holy Word, open our eyes to the face of Christ in each of our sisters and brothers, and open our hearts to your love, poured out in Jesus. Amen.







# Visual & Performing Arts

Ms Prudence Scholtes - Drama



## Lavalla students shine at Beyond the Classroom Exhibition



April Jozsa

Five Lavalla students' dedication and success in the visual and performing arts arenas was celebrated on Friday 6th February at the Beyond the Classroom Exhibition presented by the Latrobe City Council.

April Jozsa, Emily Molinari, Mitchell Cameron and Michael Price were among a group of seven students across the Latrobe Valley chosen to showcase their outstanding work in Units 3 and 4 Visual Arts disciplines.



Sammie Grumley  
& Josie Buckley

Elise Hanrahan was the only Drama student in the region to be asked to present her Unit 4 Drama Solo Performance exam piece, which she did flawlessly, bringing rapturous applause for her interpretation of the character Midge Macpherson in the style of Epic Theatre.

This year the exhibition was opened with speeches from two former Lavalla students, Andrew Roberts and Sammie Grumley. Both spoke with confidence and joy about the supportive experiences they had growing up as trainee artists in the Latrobe Valley and the experience of being selected to showcase their work in the Beyond the Classroom Exhibition. Andrew graduated in 2009 and is now working as a freelance Graphic Designer in Melbourne and Sammie is in her third year of a Music Theatre degree at the Ballarat Performing Arts Academy, Federation University.

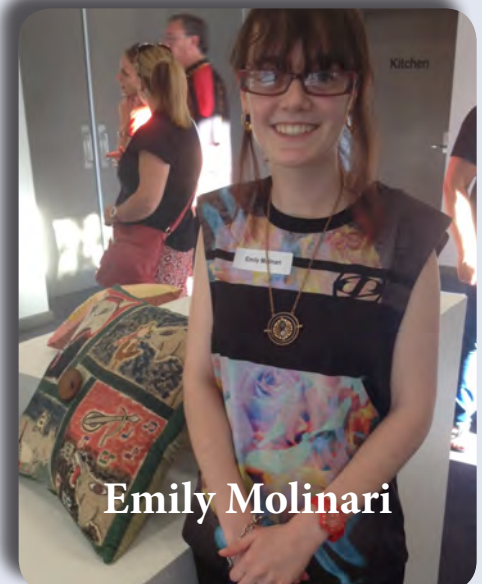


Elise Hanrahan  
& Coby Gregg

Our students were also well supported on the night by the attendance of other past Lavalla students who have been involved in the exhibition as well as some current students who are aspiring to be involved.

It was heartening to hear Latrobe City Council's mayor, Councillor Dale Harriman, speak with passion about the benefits of supporting students of the Arts for the local community and for the future of the country. He recognised that the creativity and problem solving skills students who train in the arts can bring many benefits to innovation for a better future for all. Art is a common language across all cultures and can bring people together and foster stronger relationships, tolerance and understanding amongst individuals and groups.

The Beyond the Classroom Exhibition will be on display in the foyer of the Latrobe Performing Arts until March 10th.



Emily Molinari





# Music 2015

Mr Shane Reid - Musical Director



Mr. Shane Lebbe led an instrument experience day for all of our year seven students last Tuesday the 10th of February ably assisted by two of our instrumental staff Mr. Joel Dickason, Mrs. Amanda Reid and some specially selected year ten students (Abbey Murray, Judd Neilsen, Zara-Louise Ernst, Maddison Tactor and Oscar Grant). It was a chance to make some noise and for many year sevens find innate abilities that they never knew they had.

We are still welcoming enrolments in most instruments for our Training Band this year (please see attached form). It is a great opportunity to have a go at playing the flute, clarinet, saxophone, trumpet, trombone or percussion. It is a real testament to our program that Mr. Lebbe, Mr. Dickason and all of the year ten students presenting on the day were former members of our Training Band themselves once upon a time.

Please feel free to make contact with Mr. Lebbe or our Music Secretary Mrs. Sarah Duncan for any information about beginning lessons or joining our Junior Choir [music@lavalla.vic.edu.au](mailto:music@lavalla.vic.edu.au) or ph 51747355 . An application form attached to this newsletter.





# Student Achievements

## 2014-15 Premier's Spirit of Anzac Prize

By Cameron Brinsmead



**O**n Friday 6 February I spent the day in Melbourne.

I had been selected as 1 of the 12 recipients of the Premier's Spirit of Anzac Prize. I will be going on the overseas study tour visiting Lemnos and Athens in Greece, Istanbul, Gallipoli and Canakkale in Turkey, Paris in France and Ieper in Belgium. The two week tour will be for the whole of the first term school holiday.

The Premier, Honourable Daniel Andrews and former Premier, Ted

Baillieu, formally announced the recipients of the 2014-15 Premier's Spirit of Anzac Prize. In 2014 there were over 650 entries submitted by Victorian Year 9 and 10 students. From these applicants, 28 recipients were selected. Of these 28, 12 students will now participate in an overseas study trip while 16 regional finalists will go to Canberra visiting sites of significance.

All the recipients met the Premier at Queen's Hall, Parliament House for the presentation and announcement. We then got the opportunity to meet the other students, parents, teacher chaperones, veteran representatives and WWI historians.

We travelled to the Shrine of Remembrance and toured the newly opened Galleries of Remembrance. A road show performance entitled 'Anzac Centenary – Victoria's Journey of Remembrance' was held for us. After lunch, I attended a briefing about the overseas study tour.

At the end of the day we were each presented with an Akubra hat, backpack, coat, rugby top and polo shirt.

I feel very honoured to have been selected to go overseas and I would encourage all Year 9 and 10 students to consider creating an entry for the Premier's Anzac Spirit Prize in 2015.

Click here for more information: <http://www.dpc.vic.gov.au>

Cameron is the fifth Lavalla Catholic College student to become a Premier's Spirit of Anzac Prize finalist. His entry was comprised of a historical narrative which endeavoured to recreate the hardships and emotions of Australians, both at Gallipoli and on the home front. Cameron will be fortunate enough to visit significant historical sites in Europe during this Centenary year of the Gallipoli campaign. This activity has been offered as an extra-curricular task for both Year 9 and 10 students.





# School Matters of Note

## 7 Steps to Writing Success

In years 7-9, English classes have been working through the 7 steps program to help improve the writing skills of our students. With these new-found skills, students can enjoy greater success in their class work and also in other areas such as NAPLAN testing.

Over the next 7 newsletters there will be a hints sheet attached that will focus on each of the 7 steps. Please take the time to read through the information and discuss it with your children. The activities are fun and only take a few minutes a day. Good luck!

## Dr Michael Carr-Gregg Further Information

As a follow up to the information sessions conducted by Dr Michael Carr-Gregg, particularly in relation to surviving year 12.

Please click the hyperlinks for information relating to students and also for their parents.

### Surviving Year 12 parent information sheet

Click Here: <http://das.bluestargroup.com.au/api/bb/document?token=BL/1292>

### Surviving Year 12 student information sheet.

Click Here: <https://www.bspg.com.au/dam/bsg/product?client=BEYONDBLUE&prodid=BL/1331&type=file>

## After School Pick Up at St Paul's

Parents are encouraged to park along Grubb Ave and collect their children from the Grubb Ave gate at the end of the day.

There are concerns about congestion in the Sevice Rd with Students weaving through cars. Even more Alarmingly, parents are parking on the western side of Grey St. meaning children have to negotiate both the Service Rd and the always busy Grey St.

For the safety of all the students are that College please arrange to collect you child from the safer option of Grubb Ave. Also please remember to keep driveways clear at all times and that the usual parking regulations apply even during pick up times.

## Uniform Shop

The second-hand uniform shop is located on the St.Paul's Campus. We accept Cash, Cheque and EFTPOS.

Shop will be open on the **5th March.**





# Calendar

## **Tuesday 24th February**

Legal Studies Excursion

Yr 10 & 11 Outdoor Education - Off Campus

## **Wednesday 25th February**

Choir Rehearsal - Sale

Yr 8 "Free to be Me" Day

## **Thursday 26th February**

Episcopal Ordination - Sale

Allied Health Uniform Fittings

## **Friday 27th February**

SSV Swimming Sports

Kildare Campus Assembly

Yr 10&11 Outdoor Education - Off Campus

## **Tuesday 3rd March**

Year 12 Physics - Luna Park

Gippsland Touch Football

## **Wednesday 4th March**

Year 10 History - Shine

## **Thursday 5th March**

Commissioning Mass - St Pauls Campus

## **Friday 6th March**

Year 8 Medieval Day

## **Monday 9th March**

Labor Day - PUBLIC HOLIDAY

## **Tuesday 10th March**

Year 9 Summit Excursion



### **Thursday 12th March**

Unit 1 Outdoor Ed - Venus Bay  
Year 9 Environment Day Trip  
Unit 1 & 3 Drama - Melbourne Theatre  
SSV Gippsland Swimming Carnival  
Student Election Speeches

### **Friday 13th March**

VCAL - Coonawarra Farm  
Diocesan Sharing Day - English  
Kildare Campus Assembly

## Community Noticeboard

### WEP Student Exchange

#### Memories and Skills for Life

WEP Australia is a not-for-profit student exchange organisation registered with the VIC Education Department. Every year, WEP facilitates secondary exchange programs for motivated students, wishing to learn about different cultures and ways of living. Student exchange allows secondary students to live with a carefully selected, volunteer host family and attend their local high school. It's an exciting adventure from which students return with memories and skills for life!

Information Session in Sale - 24 February 2015 / 7-8:30pm

Come along to WEP's student exchange information session in Sale this month.

24 February 2015 - 7-8:30pm

Wellington Entertainment Centre

100 Foster Street, Sale

Contact WEP for a FREE information pack:

Phone: 1300 884 733

Email: [info@wep.org.au](mailto:info@wep.org.au)

Online: <http://www.wep.org.au>