

Lavalla Catholic College

Issue 4
MARCH 21, 2014



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From the Principal, Mr John Freeman



Last week the College gathered as one community for the first time this year to celebrate our Commissioning Mass in the Champagnat Centre. The main celebrant was Fr Harry Dyer omi with concelebrants Mgr Allman and Fr Darius Jablonski. Also present were: National Director of Marist Schools Australia, Br Michael Green; members of my family – my wife Grace, sons James and Anthony and my mother Margaret; Rosemary Copeland from the Catholic Education Office Sale; a great number of Principals from Parish Primary Schools in this area and Catholic Secondary Schools in the Sale Diocese; as well as the families of our school leaders. The Mass included my own commissioning as Principal and the conferring of the leadership badges to our Junior and Senior Captains.

I am very grateful to the hard work by so many to ensure that this was a beautifully prayerful liturgy. Whilst I cannot name everyone here responsible for the success of the day I must acknowledge Mr. Chris Roga and his team for the preparation and logistics of the Liturgy. Also Shane Reid and the Choir, along with accompanist Christine Medhurst must be thanked for the music which added so much to the mass. Others I do need to mention here are Emma Waghorne, Pam Goodall, Gaye Jenkins and Monica Justin for their work. Overall this was a wonderful occasion for which the College and the wider community should be justifiably proud.

Just this week I have begun having what will be a number of morning teas with our current Year 12 students. It is heartening to hear of their experiences not only this year but in years gone by; they have felt both welcomed and cared for over that time. During the gatherings I have asked the students to share what they love about the school, but also what can be improved. I am undertaking these sessions to help me to get to know the Year 12 students but also I am keen to learn about this school from those who know it

best. This includes our Year 12 students who have a great wealth of knowledge as well as ideas which I am very keen to hear and understand. They certainly have varied aspirations in terms of their preferred career paths, but all are focussed on achieving their goals. The Year 12 cohort has begun very positively and is setting a fine example.

This week teachers have conducted a number of Parent and Student interviews both during and after school. I understand that these have been received very well, with many parents being thankful for the valuable feedback at this stage of the year so that we can all work together to achieve the best outcomes for our students. There will be more interviews conducted at the end of term and details are provided in this newsletter.

I also extend welcome to Fr Bernard Buckley who has been appointed as Administrator of St. Michael's parish, Traralgon. I look forward to meeting with Fr. Buckley soon.

Last newsletter I commended to your prayers Mrs Yvonne Platt mother of Sinea McCullagh (Year 11) and Riley McCullagh (Year 9) who was very ill. I now must sadly report that Mrs Platt passed away early last week. So now I ask that you commit to your prayers her family at this time. Also Monsignor Daniel McCartan passed away on Sunday, 16 March.

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Be generous in prosperity, and thankful in adversity.

Be fair in thy judgment, and guarded in thy speech.

Be a lamp unto those who walk in darkness, and a home to the stranger.

Be eyes to the blind, and a guiding light unto the feet of the erring.

Be a breath of life to the body of humankind, a dew to the soil of the human heart, and a fruit upon the tree of humility.

Reporting and Interviews

Term 1 - 2014

Parents will be able to access feedback regarding student academic performance, via our Family Connect portal from the following dates;

- **Year 7-9** feedback will be available from 9am on Monday 17 March.
- **Year 11-12** feedback will be available from 9am on Friday 21 March.
- **Year 10** feedback will only be available through LA meetings. 17-21 March

End of term parent, teacher student interviews 1 and 3 April

Academic Review Years 7-9

Some students in years 7-9, who are deemed to be not reaching their potential, will be placed on Academic Review and attend an interview with their Homeroom teacher and parent. This interview will be an opportunity for parents to work with their child and their teacher to put in place strategies to improve the child's learning. Parents will receive an email from their child's homeroom teacher outlining possible interview times.

Year 10 Learner Adviser interviews

All students in year 10 are required to attend a meeting with their Learner Advisor and parent. The regular LA meetings provide a time to reflect on the feedback provided by the subject teachers and develop strategies to improve academic standards.

Parent-Student-Teacher interviews

All other parents are invited to attend Parent-Student-Teacher interviews on either Tuesday 1 April (St Paul's Campus Only) or Thursday 3 April (at both Campuses) from 4:00pm – 7:30pm.

Kildare - A welcome to the Campus address will be given by Mr Doherty, Mrs McCormack and Miss Farley at 5.30-5.45pm in the Kildare hall. There will be an opportunity to meet the leading staff for your child afterwards.

Parents who intend to see teachers during these times will need to make a booking on the Family Connect portal or to call the campus: Kildare 51745272 or St Paul's 51747355. You will be notified via email when this facility is opened/available for bookings.

Below Left: Principal Mr John Freeman and Ryley Reid at the Trans Tasman Lawn Bowls Championship where Ryley opened the event by singing the National Anthem



Careers Update

Mrs Prudence Scholtes Ms Nicole Sizeland

The last fortnight has been a busy one in the Careers Office. Year 10's attended an introductory session for their Work Experience program. Students should now be contacting employers to find a placement for 21 - 25 July 2014.

Year 12 students attended a session titled "What's ahead – it's a marathon not a sprint" with Mrs Scholtes on Friday 14th March. They began filling out ATAR information release forms, a Pre Careers Interview questionnaire and attempted a Year 12 Vocabulary Quiz. The quiz will be very useful in planning how to address any of the information gaps that students have about all the new terminology they will encounter this year.

Year 12 students were also asked to book in for an initial Careers Interview with Mrs Scholtes. It was great to see so many being proactive, with all available interview times for this term booked out within an hour of the meeting. Those that missed out have gone on the waiting list for scheduling next term once the term 2 timetable is finalised. Students who haven't yet requested an interview can still do so, those that don't request an interview will be scheduled at a later date.

Interviews are being conducted during student spares, LA times and at 8am or 3:30pm.

The last week of term will be busy for the Year 10's. Monday 31 March will see Mackillop and Delany students head to Federation University from 10am until 2:30pm to participate in a range of talks and activities designed to give them an insight into University life. Nagle and Champagnat students will attend on Tuesday 1 April.

During the April holidays we encourage all Year 12 students in particular to spend a good amount of time doing as much research on possible careers and post school opportunities before the year gets too busy. The MyFuture and VTAC websites are a good place to start. Keeping a journal or exercise book of all the information they have found in their research will help them make informed decisions when deadlines loom for course applications in September.

Parents interested in the PowerPoint presentations delivered to Years 10 and 12 this fortnight can find them under Careers Newsletters on the college website. [View presentation here.](#)

Below Right: Year 10 students participating in the VicRoads Learner Driver information session Keys Please





St Paul's Campus Update

Miss Claire Couling and Ms Jo Alford, Acting Campus Directors

Feedback for the first six-weekly learning block has been published for all students at the St Paul's campus. This week the campus has been buzzing with parents and students who are meeting with Homeroom teachers as part of our Academic Review program. These interviews have been an excellent opportunity for parents to work with their child and their teacher to put in place some strategies to improve their child's learning.

If you have not seen a teacher as part of the Academic Review program, then there is an opportunity to see all subject teachers at the upcoming Parent-Student-Teacher interviews, on either Tuesday 1st April or Thursday 3rd April from 4:00pm – 7:30pm. Parents who would like to see teachers during these times will need to make a booking on the Family Connect portal or call the campus on 51747355. This facility will be available for bookings from 9am on Monday 24th March. From this date, there will also be an indicator on the portal to say whether teachers have requested a meeting with any student in particular. It is important that students accompany their parents to each of these meetings in order to encourage them to take responsibility for their own learning.

Our Year 7s have recently been sitting some diagnostic maths tests as part of the implementation of new mathematical software: Maths Pathway. This software will allow staff to target students' work at their individual levels, by identifying any skills that students have difficulties with and consolidating these skills as a priority – even if these skills relate to primary numeracy. Students are then able to move on at a pace suitable to their individual needs.

This ensures that they can always experience success with their maths, but are also challenged. While the software helps organise coursework, students will still be practicing pen-and-paper maths skills.

2015 Year 7 Enrolments

Parents of current Lavalla students who wish to enrol a child in Year 7 in 2015 are asked to contact the Enrolments Registrar, Mrs Beverley O'Brien before Monday March 31, 2014.

Phone: (03) 5174 7355

Email: registrar@lavalla.vic.edu.au

Wellbeing update

On 13 March we celebrated the Commissioning of the new Principal John Freeman, the College student leaders and staff for 2014. This significant occasion was celebrated with a Eucharistic Mass presiding over the mass was Father Dyer. The Mass was made more significant with the award winning Lavalla College Choir performing to quote Father Dyer 'as though they were in a cathedral'. The newly commissioned student leaders have already made their presence felt at St Paul's, having organised a fun St Valentine's day fundraiser with the money raised going to the CFA in response to the recent fires in the region. The Leaders were given an opportunity to expand their knowledge and develop their leadership skills through their attendance at the GRIP Leadership conference held in Melbourne recently. **Meg Ruyters, Nathan Catherwood, Chelsea D'Angelo and Matthew Pearce** are to be congratulated for their efforts so far, and we wish them well for the year that lay ahead.

School camps are a great way for students to develop positive relationships with both staff and each other. The Year 7 camp held recently at Licola as a resounding success. We were blessed with perfect weather conditions, ample food and we even managed a few hours' sleep.

We have been developing our wellbeing program over recent times, continually looking for best practice to help the students in their journey to being positive and engaged students with a sense of purpose and meaning. We do this through a strength based approach. In the forthcoming Year 8 camp students strengths identified through an online survey will be explored and they will be encouraged to recognise the strength of others for the purpose of developing positive relationships. I encourage you to discuss your child's character strengths results and even take the survey yourselves, don't forget to tick the free box when taking the survey. It might be a nice way to start a family discussion at home around family traits and strengths.

www.viacharacter.org.



Kildare Campus Update

Mrs Tamsin McCormack and Miss Suzanne Farley, Acting Campus Directors

With only a fortnight left until the end of our first, busy term, students and staff at the Kildare Campus are reflecting on their progress through these last seven weeks.

Year 10 students and their parents have been attending interviews with Learner Advisors throughout this past week. Feedback from teachers for Year 11 and 12 students is now available via the Parent Portal. This feedback provides information on your child's progress during the first six week learning block. Feedback will continue to be provided via the parent portal for Year 11 and 12 students and through their LA for Year 10 students at 6 weekly intervals.

Regular feedback has been shown to have the greatest positive impact on student learning. Feedback should provide students with information on their progress towards achieving set goals and allow students to set targets to move closer to these goals. Speak with your son or daughters teachers if you need clarity on any of the feedback you receive and don't hesitate to ask how your student can set targets for improvement.

The Portal will soon also have information for booking interviews with teachers of your year 11 and 12 students. This option will be available from 9am on Monday 24 March. All parents are encouraged to take this opportunity to discuss their son or daughters progress so far.

Achieving your goals has been a focus at the Kildare Campus recently. On the 11 and 12 of March Year 11 and 12 students spent time working with Chris Lyons. "The Memory Man", as he sells himself, spent the day with students showing them techniques to aid their memory and skills to increase their reading speed. Students found the days very beneficial and could immediately see how working on techniques such as these, could have significant, positive impacts on their studies. Student quotes

"Very helpful, well-structured and thoughtfully planned to suit our learning styles"

"The workshop was informative and well presented. I would recommend this to any other students, of any age. I appreciate the experience."

"Today was very interesting as well as engaging. It was engaging because Chris, the presenter, was full of energy and knew what he was talking about. Overall I learnt many things I did not know."

With students receiving feedback as to how they are progressing academically, now is also an ideal time for them to

reflect on how balanced their life is.

Staff are often concerned to hear about how regularly students are going out partying or that they are working twenty plus hours a week at a part-time job. Students should be balancing their commitments! Those commitments include social, recreational, educational, paid/ unpaid employment and often the most important family life.

At yesterday's assembly Mr Freeman set the students a challenge to set goals and have a plan. This is essential also for balance. With the lives of students getting busier and busier, they need to have realistic goals and priorities to assist them to attain those goals, they need a support network (family and friends) and they need to be prepared to have a go and tackle problems early rather than leaving them to the last minute. Leaving tasks or problems until the last minute only increases stress and anxiety.

So how do students work towards balance in their life?

They need to manage plan their study, recreational and social time and take into account any employment time. Study time should be when they concentrate best, reducing distractions around them at this time assists their concentration and learning.

Students need to keep fit. Sometimes students feel that they don't have time to fit exercise into their schedule. But exercise is essential; it helps to increase energy, produces endorphins which make you feel positive and helps to clear the head, thus making learning after more productive. Sleep is also essential in keeping fit; it is when energy levels are down that students often become unwell.

Stress during senior schooling can be quite high. Students need to work out how they can manage their stress levels, being organised, prepared and well rested helps. If a student is stressed they can also seek additional assistance from their teachers or see the counsellor for further techniques to manage stress, such as relaxation exercises.

Finally students need to learn to say no. That is they need to turn off their devices so that they are not being interrupted by Facebook or text messages. They need to give themselves permission to say no to attending a party or working an extra shift.

Congratulations must go out to the Campus Leaders and mentors who yesterday received their badges from Mr Freeman. It is always pleasing to be able to recognise student achievement, leadership and contributions to the College.

Help Wanted St Paul's Canteen

Dear Parents

I am putting an urgent call out to you all in the hope you may be able to donate some of your time to assist in our canteen.

Although we have had a great response to previous call outs we still have a number of dates to fill throughout the year.

Tuesdays – 25 March, 20 May, 24 June, 12 August, 16 September and 7 October

Wednesdays – 30 April, 4 June, 27 August, 29 October and 19 November

Thursday 24 July

If you are able to help on any of these dates it would be greatly appreciated I can be contacted during school hours on 51747355 or 0488748131

Regards Allison Farley



Students utilising the refurbished
Kildare Quadrangle





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Winter Uniform

One Day Sale - 10% Off

Riggall's Traralgon
Tuesday 25 March

Lay by is available
Late blazer orders will be taken

The Big Red Kidney Bus is about to start its journey

and everyone is invited to celebrate the Latrobe Valley launch in Traralgon.

Saturday 22nd March 2014

Lions Club Farmers Market | Kay Street Gardens

Between 8am-1pm

This is a celebration of the efforts of our community and an opportunity to see this mobile dialysis unit in its completion.

Visit us at our stall within the market and board the bus which will be parked outside the St Michael's Primary School Hall. (church St Traralgon)

A formal launch will take place at the bus site at 10.30am and everyone is welcome.





MonashHealth

LATROBE VALLEY
RURAL/REMS

Let's Celebrate - High Tea Sian Pratt - Year 10

The year 10, 2014's food class "Let's Celebrate!" led by Ms. Glasson, was proud to present their very own "High Tea" for guest staff and students of Lavalla's Kildare campus on 20 March.

The class began their preparations for the High Tea by first practicing the cooking methods. They spent the couple of weeks before hand, with the guidance of Ms. Glasson, making some of the foods that were going to be included on the day.

Both savoury and sweets were served. The savory foods were open sandwiches, ribbon sandwiches, pinwheel sandwiches, and frittatas. The delicate and sugary treats that were served were cream and jam filled butterfly cupcakes, cream and jam filled pastry horns, and brownies topped with chocolate and sour cream frosting. All of which was all served with a refreshing chilled beverage prepared by Ms. Glasson.

"The food was delicious," said Mrs. Bormanis, one of the guest teachers, "and beautifully presented. Thank you and congratulations to all concerned."



Important Dates

Monday 24 March

- VET Hairdressing excursion - Exhibition and Convention Centre
- *Science of Character Strength* film to be shown to all St Paul's students

Tuesday 25 March

- Year 10 Photo media students excursion - Tarra Bulga National Park
- Unit 3&4 Outdoor Recreation Students Canoeing Excursion Lake Narracan

Wednesday 26 March

- Australian Geography Competition Incursion Selected Year 10 & 11 students
- Year 8 Camp - To 28 March - Licola
- School Sports Victoria Touch Football State Championships 15 and under boys & girls

Thursday 27 March

- School Sports Victoria Touch Football State Championships 18 and under girls
- Year 9 Lardner Park Excursion geography

Friday 28 March

- School Sports Victoria Tennis - Wellington Division

Monday 31 March

- To Friday 4 April Murray River Canoeing Trip Units 3 & 4 Outdoor Education Students
- Year 10 University Experience Excursion— Federation University - Churchill
- Unit 1 Geography Excursion to Wilsons Prom

Tuesday 1 April

- Year 10 University Experience Excursion— Federation University - Churchill
- Parent Teacher Interviews - St Paul's Campus, 4.00pm - 7.30pm

Wednesday 2 April

- Year 10, 11 and 12 Drama Students Excursion - Southbank Theatre
- Year 10 and 12 Art and Music Students Excursion - Melbourne
- School Sports Victoria Touch Football Boys 18 and under State Championships
- First Aid Training - Unit 1 & 2 Outdoor Recreation Students

Thursday 3 April

- Parent Teacher interviews Kildare and St Paul's 4.00pm - 7.30pm

Friday 4 April

- Last Day of Term 1