



From the Principal

Mr John Freeman

Today is our last day of formal classes for the term, but parent teacher interviews will continue tomorrow for the St Paul's campus. Each term has a unique feel and second term is one that is both busy and challenging due to its: length; the change of weather from warm and sunny days to the cold, often wet and short daytime; this is the term when many major assessments take place; and as always there have been numerous co-curricular activities throughout this time. There is not a school I am aware of where everyone at this time is well-deserving of the term break. I wish everyone a safe and restful holiday.

Staff will return from the break on Monday, 11 July and be engaged in a Professional Development Day focussing on Prayer in the morning and matters relating to child safety in the afternoon. Accordingly, the first day of classes for Term 3 will be Tuesday, 12 July, 2016.



I am not sure how many of you were present last Sunday at St Michael's, Traralgon at 9.30am as part of the Parish's Centenary Celebrations, but if you were I have no doubt you would have been extremely proud of our Liturgical Choir led as always by Shane Reid and accompanied by Christine Medhurst. The students participated throughout the Mass in word and song, but the spontaneous applause they received after their leading of Taize chants following Communion highlighted for me how fortunate we are to have this choir as a vital part of our community.

On Monday I was able to go to Sale to watch our students play in Marist Netball Tournament. The team played with great competitiveness and most importantly with great respect for the opposition and each other. Our team ultimately finished sixth in what was a highly talented competition. A detailed report is included in this newsletter. Thank you to Fiona Morrow and Nikki Schroeter for their leadership of the team.



Then on Tuesday and Wednesday I was able to participate in the Year 12 Retreat. I have been on many retreats over my time at a number of schools and I would rate this experience amongst the best. The success of the retreat was due to a number of factors, but at its essence it comes down to the willingness of all involved to engage with each other in an honest, open and faith-filled way. Thank you to Chris Roga and Monica Justin for their leadership and organisation of what was a very affective and transformative three days.



As the federal election approaches, it's important to keep our Catholic education community informed about the basic facts of school funding in Victoria. To this end the Catholic Education Commission of Victoria (CECV) has prepared an information sheet which is attached to this newsletter.

This information sheet highlights the importance of Commonwealth funding to the CECV education system, explaining how the federal government provides for 62 cents out of every dollar we spend.

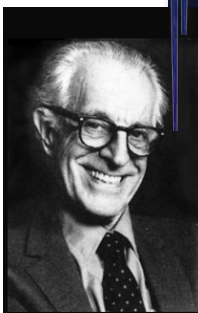
These data are presented in a factual, non-partisan manner that simply suggests that Catholic school families should take this information into account when making their decision how to vote.

Once again I remind all in our community that if they wish for their child in Grade 6 to be considered for enrolment into Year 7 2017 then they need to submit an application as soon as possible. Invitations for interviews have already been sent to those families who have submitted applications and offers will be made after they have been completed. Given the number of applications received there is every likelihood that applications received after offers have been made will be placed on a waiting list even if the families currently have students at the College or attend one of our feeder Catholic Primary Schools.

Finally, I want to draw to your attention that we will hold our Mid-Year 2016 College Awards Assembly on Thursday 21st July 2016 in the Champagnat Centre, St Paul's Campus. It will commence at 9.30am and will conclude at 11am. Families of certificate recipients will be invited in a separate letter, but I extend an invitation to all in community to attend if they wish.

Wishing you a restful Break.





The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology, or the president. You realize that you control your own destiny.

(Albert Ellis)

With semester one at its end, it is interesting to look back on all that has been achieved so far this year. The vast majority of students have had a variety of learning experiences, including classrooms, camps, concerts and competitions. They will have experienced success and some failure in many areas of their lives. All of these things help build the resilient, thinking adults we are helping them to become.

Awards Assembly, 21st July

At the beginning of next term we will acknowledge some of this growth at our Awards Assembly. These awards are designed to recognize student achievement and encourage further endeavour for the rest of the year. It is well worth talking to your child about how they can work towards receiving awards or higher awards than they currently receive.

Year 7 Enrolments 2017

Families who have submitted applications for Year 7 2017 should shortly receive information advising of the interview schedule for July 25th, 26th & 27th.

In line with building resilient young people with Strong Minds and Compassionate hearts, I include the following article from Michael Grose which may be of interest.



Five ways to know you are over-parenting

By Michael Grose

Here's 5 tips to find a more balanced approach to over-parenting or helicopter parenting and encourage children to become independent young people.

It's a quirk of twenty-first century parenting that we need an objective measure to assess our parenting. Past generations were satisfied with more subjective measures such as whether their kids were happy; whether they got good marks at school; whether they were employable; and whether or not if they stayed out of trouble (read goal in extreme cases)! It's safe to say the parenting waters were far clearer in the past than they appear to be now. But the parenting industry has come a long way in a short time so we now have stringent indicators that let us know what parenting track we maybe on. And that, for many people, would appear to be the over-parenting track.

You know you are over-parenting if:

1. You take on all, or nearly all, of a child's problems.

Kids are good at handballing their problems to their parents. They'll bring disputes with siblings for you to sort; expect you to take forgotten school lunches to school and pester you to organise their after-school lives. Mums and dads that over-parent invariably end up sorting out all their children's problems which may make life easier in the short-term, but can mean kids become more dependent on their parents than children in the past.

Point to remember: Leave some problems for kids to solve



2. You regularly do for a child the things he or she can reasonably do for themselves.

It's an irony of modern life that the busier parents get the more we tend to do for kids. In the race to get things done we dress young children; prepare children's snacks and accompany them on trips outside the house even when they are old enough to do these activities themselves. If your child is becoming more rather than less dependent the older he becomes then it's probably time to reassess your parenting.

Point to remember: Never do regularly for a child the things they can do for themselves.

3. You take on too many of your child's responsibilities

Let's see how you go with these questions! "Who's responsible for getting your child up each morning? Who's responsible for packing lunches and bags? Who is responsible for cleaning away children's toys?" If you answered "My children, of course", then congratulations; you shifted responsibility to where it rightfully lay: with kids. If not, then you guessed it. It may be time for a parenting reassessment.

Point to remember: If you want a child to be responsible then give responsibility to him.

4. You know too much about your child's life

Being an attentive parent of a small family invariably means that you know in minute detail every quirk and vagary of your child's life. "He didn't eat all his breakfast this morning. Hmm! That's not good." "She seems a bit grumpy after school. What's wrong?" "They left their jumper at home. I'd better take it to them." Kids benefit from having some emotional and physical space from their parents. It gives them chances to rely on their own resourcefulness and develop the skills needed to get by on their own.

Point to remember: A little bit of benign neglect can benefit children's development.

5. You parent the individual and not the gang

If you are constantly trying to make sure life is smooth for each child then you are probably parenting the individual, rather than for the

good of the whole family! I'm not talking about 'playing favourites', but having an intense focus on meeting each individual's wants can often be at the expense of family life in general. For instance, you allow a child to go on a sleepover rather than attend the birthday of a sibling. Parenting the gang means that children need to fit into the patterns of family life and don't always get what they want.

Point to remember: Raise your small family with a big family mindset.

Most of the research indicates the authoritative approach as 'parenting best practice'. Authoritative parenting is a mix of firmness and warmth; discipline and nurturance; high expectations and relationship building. It's an approach that sits... surprise, surprise... somewhere between over-parenting and under-parenting. Yep, as always a balanced approach to parenting, as to most things in life, seems to be the best way to go. Who would've thought it!

**It is not what you do for
your children,
but what you have taught
them to do for themselves,
that will make them
successful human beings.**

Ann Landers



"I tell you truthfully, if you have faith as small as a mustard seed, you can say to this mountain, Move from here to there, and it will move. Nothing will be impossible for you." Jesus Christ



This last week I have had the privilege to share wonderful faith journeys with our Year 12 students during their three day retreat at Phillip Island. It was very encouraging to witness the gifts of the Holy Spirit at work in bringing to life the range of levels of faith and spirituality.

I would like to take this opportunity to thank all the staff and students for giving up their time and barriers to make this event such a wonderful and memorable experience. Mr Roga will include a full report in this newsletter, so I will simply include some of the life-group quotations and some amazing photos.

"A fun time to connect with new people. A well needed break from school. A real chance to get to know people better."

"Retreat was better than expected and it allowed us to interact with people that we do not generally talk to. Our days were also filled with good activities with hardly any time to spare."

"We were inspired by Sam's story about his journey across the planet on foot."

"The past three days on Retreat were rewarding in more than one way. It was good to spend time with our peers and teachers."

"Gave us a well-needed break."

"A good time to stop and think about life and the future."

"Helps you contemplate who you are."

"Good time with friends and helps you to get to know them better."

"To see how others perceive you and what they think of you."

"Talk to people you have never talked to."

"Keep an open mind and you will get the best out of the retreat."

"The retreat requires courage. Courage to open up, be yourself, learn more about yourself and others on a spiritual journey of reflection and unity."

We were very blessed to have had Sam Clear with us for the duration of the retreat. He brought life to the whole concept of a faith journey, linking it with his trials and tribulations that he faced as well as his joys and wonders, as he walked the world.





Semester Two Approaches

Now it is time to make what sometimes seems to be the impossible, become the possible.

We now have 13 weeks of lessons left for unit 3&4 VCE/VET and VCAL students and 13 weeks of school left for the Year 12 students. It is now time to focus our school journey to finishing one section of the journey and beginning our next. It is also the time when we must place our greatest trust in our faith for the strength and courage to achieve this goal.

To help assist with this goal, next term we have a very dedicated drive towards 'Pathways of Success.' All students will complete their Career Action Plans (CAPs) with the assistance of their LA. I would ask all parents/guardians to instigate conversations around these prospective pathways, especially as we move towards subject selection and EXPO.

Insight SRC Surveys

Next term will also offer opportunities for all Lavalla Catholic College community stakeholders to have an opportunity to voice their opinions on how the college is travelling. During the week 18th-22nd July I will be organising for students and staff to complete Insight SRC Surveys. I would also encourage as many parents to become involved as possible. To help assist me with this, I will offer a coffee morning (8:30-9:30am) and afternoon (3:00-4:00pm) on Wednesday 20th July, in Seminar Room 3 at the ISC, Kildare Campus.

The survey will take around 15-20mins to complete and will also give parents the opportunity to have an informal meeting with myself, if you so wish. I look forward to a positive response and a great turnout. Parents who wish to avail of this opportunity and have young children with them, due to drop off and collection time are welcome to bring their children with them.

Reminders

The first day of term 3 is a student free day – 11th July.

Parent / Teacher interviews will be on 14th July at the Kildare Campus from 4:00 – 7:30pm.
LA Week takes place from Monday 18th to Friday 22nd July.

The Parent Portal is now open to make bookings for both Parent/Teacher interviews and LA meetings.

I wish all staff and students a wonderful and purposeful holiday and I look forward to meeting you all again next semester.

God Bless
Mr Doug Doherty.



I read the news and it is depressing; full of inhumanity. And yet today, I am feeling very good. So are the staff. So are the students. It is not just that the holidays start tomorrow, but we have just spent 3 FANTASTIC DAYS with our Year 12 young people on Retreat at Phillip Island. If you were not there it is very difficult to explain the experience. You had to be there, to be in it. But I advise all parents, staff and students to talk to the Year 12 about their experience. They are an incredible set of young people and we are very proud to be part of their journey.

I also wish all students, staff and all families a happy, safe and restful holiday.

Year 12 Retreat



This week the year 12 ventured to Phillip Island for three days and two nights on retreat. It was a chance for the cohort to come together in support before the final big rush before exams. It gave us the opportunity to affirm our talents and to work on other areas and to grow into the wonderful people that God meant us to be. We were joined by some wonderful people, Sam Clear, Maddie, Cassie and Jack for the 'Marist Youth Ministry' and Sarah from the CEO, Sale. Of all the amazing experiences many of us will want to hold on to forever, Rob Tarraran's jokes are a different matter!

We thank all those who were involved in the process of making this retreat successful, both those in the limelight and those behind the scenes. You know who you are. We thank you. But we do make a special mention of Father Prasanna (St Michael's Parish, Traralgon) who shared the retreat with us.

Jess Clarke says, *"it was cool"*.

"I will never forget what Sam Clear taught me" - Grace Ware.

Lachlan Day, *"It was amazing to connect with my inner soul."*

"MacKillop should have swimming sports!" - Mr Doherty.

Specially for Rob, *"What vegetable came last in the vegetable race at the Veggie Olympics?"*

Contact Jess for the right answer! " Nick Duncan, Jess O'Toole



Staff Retreat

The Staff Retreat entitled, 'Our Daily Bread' will be held at St Paul's Campus on 11 July. It will be delivered by the Marist formation Team in partnership with twelve staff members. We wish them a fruitful experience.

St Michael's Centenary Mass

St Michael's Parish celebrated its Centenary Mass on Sunday 19 June. The special invitees were Principals and members of Catholic Schools, representatives from the Brigidine and Josephite congregations and the direct of Catholic Education for the diocese. It was a moving recognition of the contribution of the members and community over the past one hundred years, and a challenge to build on their heritage to continue to serve the people of Traralgon. For us, it was special to hear the College Liturgical Choir join the parish choirs in celebrating the occasion.



Atlas9 Project Denim

Atlas9 Project Denim students have worked tirelessly to design, create and set up an exhibition of their upcycled denim pieces in the Le Rozey Centre at the St Paul's Campus. During the six week learning block, students formed teams and were challenged to create clothing, home wares and accessories that incorporate unwanted denim. Each team had to research methods and techniques independently and were required to budget, meet deadlines and create quality products to meet the design brief.

The Denim Expo was launched On Wed 15th June with each collection views by teachers, students and judges who gave feedback and voted on their favourites. Each semester the new students produce more wonderful and original pieces and this expo was no exception.

The 'buzz' during the launch was exciting to experience and I congratulate all students on their hard work and self-management in creating this work.

by Ms Lisa Williams

Photo Credits: Ms Gloria Zahra





Atlas9 Nura Restaurant



Last week at Atlas9 the Nura class presented a Charlie and the Chocolate Factory and Alice in Wonderland themed restaurant for 16 guests. The meal consisted of three courses which featured locally acquired ingredients. The meal was practiced and prepared to be served by our recently trained waiters and waitresses, thanks to the Premier Function Centre Traralgon.

The guests who enjoyed the Charlie and the Chocolate Factory inspired menu were presented with a scrumdiddlyumptious prosciutto wrapped pork medallion with salad for entrée followed by a selection of grilled lamb cutlets with sweet potato mash for main. To end the meal on a sweet note, next came a decadent chocolate fondant with homemade vanilla ice-cream.

The guests who experienced the Alice in Wonderland meal ate a pizza-like flat pastry with a simple salad. For main they were delighted by a homely gnocchi and cherry tomato bowl, followed by a bonkers desert. The desert was a strawberry jelly with a creamy strawberry mousse with vanilla ice-cream in a classy glass.

Everyone should be proud of their efforts for making such a detailed and flawless presentation which we could proudly show to of guests. None of this would have been possible without Sam and Mrs. Ford, who put in so much time to make this work.

Atlas9 Excursion to FareShare

By Lily Bond & Alisha Somerville



FareShare: Australia's largest charity kitchen, cooking over a million free meals to the people who have fallen into food insecurity, being supported strictly by volunteers and donations. Thriving on collecting large amounts of food from supermarkets and the public, this organisation is not only helping those less fortunate, it's also helping our Earth, by stopping food from going to landfill and being wasted. The year 9 Nura crew were lucky enough to visit this amazing organisation on the 21st of June.

Bringing a very large amount of pasta and rice to donate (a whopping 89 kg), we made our way from Traralgon to Melbourne at 6am, and after driving for three hours, we arrived at FareShare tired but enthusiastic, ready to carry this workload and help make meals. After a brief explanation about hygiene, we were sent off to work immediately, and were split off into three groups. We continued to circulate around the room throughout the day, participating in different activities such as packing vegetable rolls, folding pastry, preparing quiches. After a quick morning break and a try of the delicious food that we helped make, we were back to it, grating piles of cheese, pouring hundreds of cans of sauce, and cracking many, many eggs.

Although our arms were half dead by the end of the day, and our eyelids were closing themselves, we could not ignore the great feeling of accomplishment that we all had by contributing to making and distributing to over 1500 meals for children, teenagers and adults all around Victoria, and that is something to be really proud of.



St Michael's Parish 100th Anniversary Mass



Our Senior Choir members can feel a real sense of accomplishment as we finish our second term. They have represented our College with aplomb at a number of significant events including the National Eisteddfod in Canberra, our own 60th Anniversary Concert, the Latrobe City Reconciliation week event as well as our college reconciliation week event. Not to mention our own Champagnat Mass soon after.

Our students closed out what has certainly been a busy but meritorious term by being a part of a special Sunday Mass at St Michael's

Church in Traralgon last weekend. The parish is celebrating its centenary this year and our Choir were invited to be a part of this special mass which celebrated Catholic education in the parish. It was a stirring service; our students led the communion singing and communion reflection with our Taize chants, including one in the reclaimed language of the Gunnai/Kurnai people. A combined choir of students from St. Michael's and St. Gabriel's also had a musical role in the Mass, many of our students are former students of these primary schools and enjoyed the opportunity to sing some of Mrs. Jane Mitchell's songs again.

It was a great way to finish what has been a landmark term for our Senior Choir.

Junior Jazz and Junior Choir St Michael's visit

We have created a program over the past two years for our junior campus musicians and the grade 1/2 students of St. Michael's Primary School. Last year our Junior Jazz Ensemble alone visited the grade 1/2 students and this year we also included our Junior Choir. The idea is that we create a mutually beneficial musical "experience" rather than a "performance".

The hope is that rather than having a typical audience-performer relationship, that the lines between both groups become a little bit more blurred. There was a fantastic energy in the room from all of the students involved in the workshops. Our Junior Jazz Ensemble and Junior Choir are very accomplished groups this year and did a fantastic job in shaping the workshop. Our hope is to keep expanding this program, we plan to visit the 1/2 students at St. Gabriel's early next term.





Good Showing at the Cross Country

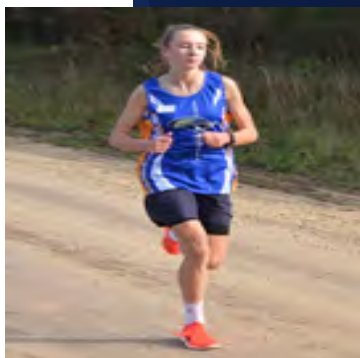
A large field of competitors represented Lavalla Catholic College in the SSV Cross Country Divisional Championships at Alberton West on Wednesday, June 1st across the varied age groups.

Of the 25 competitors that started at the Divisional Championships, 23 progressed through to the Regional Championship.

Hugh Dunbar, Monique Lapenta, Riley Evans and Hudson Walker all captured a 1st place finish in their respective events at with a number of other competitors finishing high in the placings.

The 13 year boys, the 14 year boys, the 13 year girls and the 15 year boys also advanced through as a team despite some strong opposition from the various schools.

Overall, this was another great showing from the Lavalla Catholic College athletes.



Sports Enrichment

Sports Enrichment student Sarah O'Brien (Yr9) has achieved First Place at the ATOD Victorian Intermediate Classical Ballet competition held early last week. This is an incredible achievement and Sarah has an opportunity now to compete in Brisbane at the Australasians over the June/July holidays. Sarah is a committed dancer and we acknowledge her achievement. We wish her well in Brisbane.





Netballers Perform Well at Marist



The 2016 Marist Netball carnival came to a close on Wednesday and our Lavalla Catholic College team ended the competition with a sixth place finish.

In what could be considered one of the most even netball carnivals in recent times, Lavalla qualified for the Championship Division after producing six wins and two losses on the opening day of competition.

Day two would prove to be a tough challenge and the girls commenced the day with a 26-11 win against Bunbury. The girls then faltered in a tough match-up against Woolwich to go down by five in the closing moments of the match after many lead changes throughout the course of the match.



The girls would proceed to record a good win over Notre Dame, a heavy loss to eventual title winners Sacred Heart Adelaide and a narrow loss to our neighbouring rivals Catholic College Sale before preserving an unwanted draw against Marist Sion Warragul. The draw eliminated the girls from a top four finish.

Georgia Hutchinson was a solid contributor on the opening day while Chelsea D'Angelo was in outstanding form on day 2 with Maleah Travers starring on the final day. All three players received 'Player of the Day' awards for their respective efforts.

The final day of competition commenced with Lavalla capturing a tight win over Bunbury after trailing by two goals at half time. The girls would meet Woolwich where they again were unable to overcome a strong opponent to finish 6th overall, two placing's better than 12 months ago.

Maleah Travers produced a superb carnival at goal attack over the three days, while Casey Sherriff was magnificent at wing attack and Sarah Mulqueen defended admirably until going down with a knee injury in the final game on day two.

All girls contributed to a great carnival by the team and Kasey Guttridge and Maddi Balcombe gave great leadership over the three days.

Congratulations to Georgia Hutchinson who received selection to the Marist All-Australian team while Sarah Mulqueen and Chelsea D'Angelo gained selection to the Marist 'Highly Recommended' squad.

Well done to Coach Fiona Morrow and team manager Nikki Schroeter and to all the girls on another fabulous effort.



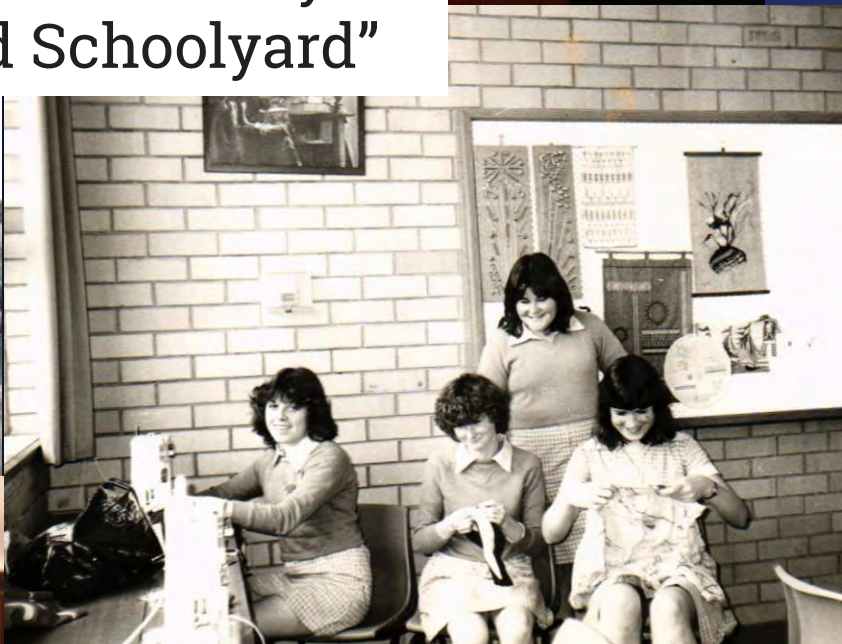


LAVALLA
CATHOLIC COLLEGE
STRONG MINDS COMPASSIONATE HEARTS

60th Anniversary A Look Back



"Remember the days of
the old Schoolyard"



2016

*Celebrating 60 Years of Marist Education
in partnership with Brigidine &
Presentation Sisters*

The Victorian Association for Gifted and Talented Children presents:

IDENTIFY SUPPORT EDUCATE

GIFTED EDUCATION SEMINAR SERIES
REGIONAL VICTORIA 2016



Mildura
THURSDAY MAY 26

Traralgon
TUESDAY JULY 19

Warrnambool
THURSDAY AUGUST 18

Horsham
WEDNESDAY OCTOBER 5

Shepparton
MONDAY NOVEMBER 14

For EDUCATORS, PARENTS and CAREGIVERS

The Victorian Association for Gifted and Talented Children (VAGTC) is conducting a series of Department of Education and Training (DET) funded, specialized seminars across regional Victoria for 2016. The seminars will suit K-12 teachers, educational leaders, early childhood professionals, parents and carers, and are presented by educators and experts in the field of gifted education.

Parent seminar (7-9pm): Support your gifted and talented child with resources and tools that include strategies to foster positive relationships with your child's school and community.

Teacher seminar (1-4pm): Identification and supporting gifted students in the classroom. Note: Victorian Institute of Teaching (VIT) accreditation applies. Teacher participants are required to complete an online pre-evaluation survey prior to the seminar.

Cost: FREE

For more information and registration please visit www.VAGTC.info
or scan the QR code:



Education
and Training

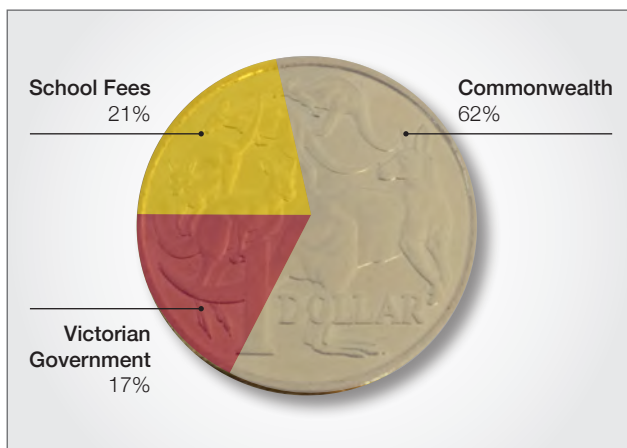
Victorian Association for Gifted & Talented Children
ABN 93 904 346 898

THE 2016 FEDERAL ELECTION:

A Few Funding Facts

Catholic schools are a major partner in Victoria's education system. One in four children are taught in one of the 493 Catholic primary, secondary and special schools throughout the state.

At this federal election, it's important to remember that funding from the Australian Government constitutes a huge part of your school's budget. On average, 62 cents in every dollar spent in Victorian Catholic schools comes from the Australian Government. After state government contributions (about 17 cents in the dollar), Catholic school families on average pay the remaining 21 cents.



Government funding ensures that Catholic schools can provide an enriching curriculum that develops the whole child, preparing your child to thrive in the 21st-century global economy. Our student achievement scores demonstrate that these dollars are being put to very good use.

The average ATAR score achieved by Victorian Catholic school students is six points higher than

similar government school students, and our system's average NAPLAN scores in literacy are on average three per cent higher.

Government funding is also essential to our mission of keeping parent fees affordable so that Catholic schools are accessible to as many Catholic families as possible.

Any move to cut or freeze Catholic school funding would have a devastating impact on the quality of your child's education and the school fees you pay.

At this election, both the Liberal-Nationals Coalition and the ALP have recognised the continued social and economic value of Catholic schools by committing to continued funding for our system.

Unfortunately, Catholic schools don't have the same commitment from the Greens. Some of their policies seek to undermine your choice of a faith-based education for your child, not only by attacking our values, but also by taking money from Catholic and other non-government schools. This would lead to a poorer education system for all children around the country.

This Election Day, please take this information into consideration. The future of your child's education may depend on it. †

