



AWAKEN
MARCH 2017

From the Principal



Mr John M Freeman

Lenten Prayer

*God of all peoples and nations,
You accompany us on our
Lenten journey.*

*Through the life and mission of
Your son,*

You give us the gift of mercy.

*May we learn to walk Your
way of mercy and compassion
with all Your people.*

*In a special way, we keep in
mind our neighbours, the men,
women and children around
the world who are most
vulnerable to extreme poverty
and injustice.*

*Bless our prayers, our fasting
and our Lenten gifts to Project
Compassion.*

*Through these actions,
may our hearts be open to
receive Your grace to love our
neighbours and ourselves.*

*We ask this in the name of
Jesus.*

Amen

This year we celebrate Easter a little later than the last few years. Nevertheless, we will gather on each campus next Thursday to pray together and my thanks in advance to Mr Chris Roga and the Ministry Team for what will no doubt be a time when we are reminded as Easter approaches of the significance of this feast in the Christian tradition. We will recall the last week of Jesus' life, culminating in his resurrection from the dead.

During Easter we are invited to grow in our appreciation of God's love for us and the new life to which we are called in Christ. We are challenged to let the life and love of God in us move us to a deeper love for one another and to a richer appreciation and commitment to what is really important in life. I hope that Easter is a time of great peace, joy and safety for each of us.

Farewell Mrs Deb Reynolds, who will initially be enjoying a period of Long Service Leave next term which will lead into her official retirement from teaching at Lavalla Catholic College in July. Deb has served the communities of Catholic Regional College and Lavalla Catholic College for over 17 years. She has not only been an outstanding teacher who has consistently demonstrated genuine care for each of her students, but has taken on leadership roles during this time. Her service includes coordination of the Additional Needs Team as well as implementation of parent volunteer programs and events celebrating the success of students. Thank you Deb for your dedicated service to this community.

We also farewell Vanessa Scalia as she commences Maternity Leave next term. We wish Vanessa and her husband Mario well as they await the birth of their first child.

No doubt you already have the Parent Teacher Interviews to be held on afternoon and early evening of Thursday 30 and the morning of Friday, 31 March marked in your calendars. This is an important time to meet with your children's teachers to discuss their progress and who we all can collaboratively work to ensure they achieve the success they deserve.

Regular readers of this newsletter are no doubt aware that I like to highlight of the involvement of our students in various areas. I never cease to be impressed with the dedication and generosity of students to contribute to the College and wider community and I am very grateful to the staff and families who support them.

Over the last few weeks we have seen our students:

- Participate in Harmony Day at Morwell which involved a number of Year 9 students supported by Mr Mike Hansen;



- Compete in the SSV Gippsland Swimming Carnival, which saw our team as overall winners by 200 points, which means we now are able to compete in the State Finals on April 26;
- Under the direction of Mr Shane Reid our Liturgy Stream students were involved in an Ecumenical Taize service in Sale;
- Compete in a Chess Competition in Pakenham, supported by Mr Dominic de van der Schueren and Ms Adriana Bianconi, and once again enjoying success;
- Engaged in the One Million Stars to End Violence Challenge on both campuses;
- Participating in the CSYMA Lead Conference at Leongatha, which is a conference that seeks to draw leaders into school youth ministry teams throughout the CSYMA network to gather, be equipped in ministry and formed in faith as well as resource Youth Ministry student leaders to return to their school communities ready to share their faith with their peers;
- Enter the South Easter Victorian Championships of Touch Football, with our Boys' team winning the Championship and our Girls' team placing third;
- Rehears at the Intermediate Band camp under the direction of Mr Matt Harris, Mr Shane Lebbe & Ms Adriana Bianconi;
- Involved in the Year 9 Wellbeing Day held at the Presentation Campus. Which was led by our staff and some guest speakers

This Saturday, 25 March, will see the Year 11 Remar group embarking on their week long Solidarity Camp. These students will be attending Santa Teresa, an Arrernte indigenous community located about 85km south east of Alice Springs. While on this immersion the students will be engaging in a variety of cultural activities and practical tasks around the town. We wish all involved – Mr Shane Lebbe, Mr Cristiano Grosso, Mrs Caroline McCabe, Jasmine Binder, Corey Broeren, Selby Fisher, Molly Lewis, Andrew Tops, Kirra Troughton, Grace Ware (Year 12, 2016) and Cassie Wilmot (Marist Youth Ministry – a safe and enjoyable immersion.

Please keep in your prayers Mrs Sue Birt and her family. Sue's father, Frank Haska, passed away on Sunday, 12 March.

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

Finally, as this is the last newsletter before Easter, may the joy and hope Jesus' rising brings richly fill your hearts and minds this Holy season.

Can I please ask you to consider the following invitation:

"During the week in which the Hazelwood Power Station will be closing, Bishops Kay Goldsworthy, Anglican Bishop of Gippsland and Patrick O'Regan, Catholic Bishop of Sale, will gather with members of the Latrobe Valley community for prayer at the Gippsland Immigration Park, Princes Way, Morwell on Tuesday 28th March, commencing at 12 pm. All are welcome.

This short prayer service, which will go no longer than a half-an-hour, is a opportunity to stand in solidarity with the communities which make up the Latrobe Valley and to ask for God's strength and assistance at this difficult and uncertain time. It is also a moment, as we approach Easter, to renew our hope and deepen our commitment to serve our sisters and brothers."



Mission & Ministry News



Mr Chris Roga
Dir. Faith & Ministry

This is the last newsletter before we close for the Easter break. So a few words on this holiest week in the Church calendar are appropriate.

We know the Easter story well. But I want to focus on the Resurrection. The disciples found the empty tomb. Then they encountered the Risen Jesus. The Resurrection encounter becomes the single most powerful lens through which they see Jesus. In that encounter they meet Jesus the human, but also Jesus the risen Lord. They know Jesus in a way that no one could have before. They are witnesses to, and witnesses from the resurrection. They will travel to the ends of the earth to 'make Jesus known and loved.'

We inherit this responsibility from them, 'to make Jesus known and loved' in our time and place.

So "Happy Easter" to all. Enjoy the holidays in joy and peace.



marists 2017
a new beginning



CSYMA Year 11 Leaders' Day

On Friday 17th of March, we went to the Catholic diocese of Sale in Warragul for the Leadership Day. After about ten minutes in the room socialising with other students from Catholic Schools around Gippsland. The purpose of this day was to use our leadership skills to help organise the year nine day in May, this gave us all a chance to use our different skills in leadership to be able to talk maturely and agree on different activities and sessions that we thought were appropriate for the year nine's. This day was a great day to connect with other students that we didn't know and to make new friends that we otherwise wouldn't have made, I personally liked that we were able to share our different leadership skills and learn from the way others lead as well.



CSYMA 'Lead' Conference

Students and Mr Flahavin and Ms Winkel went to Mary MacKillop College, Leongatha, to attend the CSYMA 'Lead' conference. More than 150 students attended the CSYMA Ministry team from Canberra.

Remar: Red and Blue Caravel Events

Red Caravel (Year 10) along with Mr Grosso, Ms Winton and Mr Mauger depart at 6.30 am for Marcellin College, Bulleen, for the Red Caravel Day. A number Remar Reds from other schools will be present for a day of activity, fun, games, laughter, reflection, prayer and music. One of the Marist Ministry team members running the day is Nicola Broeren (Remar Gold 2016).

The Blue Caravel (Year 11) head off to Santa Teresa, 80km outside Alice Springs, to live for a week on an indigenous settlement, to work there in various capacities, to experience life first hand, and to live in solidarity. It is a once-in-a-lifetime experience. Keep Molly Lewis, Selby Fisher, Andrew Tops, Kirra Troughton, Corey Broeren, Jasmine Binder in your prayers. They will be accompanied by Mr Shane Lebbe, Cristiano Grosso, Mrs Carolyn McCabe, Ms Cassie Wilmot and Ms Grace Ware.



Mission & Ministry News

Immersion to Fiji 6th to 15th of October 2017



Purpose of the Immersion:

At Lavalla “we are called to love like Jesus does”.

Marists stand with those who are most in need. That is our larger mission.

The Lavalla Catholic College Immersion is a short experience with a small team of year 10 and 11 students and staff, living in a sister Marist Community in Suva, Fiji, a developing country, to experience life, faith and justice from a new perspective and to then return inspired to live your own sense of Catholic and Marist mission back in the Latrobe Valley.

Details:

- The Immersion is from 6th—15th October 2017
 - Experience life just as people of the local community do; eating simple food and attending school whilst living in basic boarding facilities
 - Group development and information sessions before departure to ensure you are well prepared for the experience
 - The cost will be approximately \$2300.00
- Please register your interest by the end of Term 1 to Miss Nelson: Alice.Nelson@lavalla.vic.edu.au

Project Compassion Instagram Challenge



Our students are invited to take on the Project Compassion Instagram challenge. The theme is “Love your Neighbour”. Simply upload a phot that demonstrates the theme in your opinion to Instagram, using #LoveYourNeighbour and #ProjectCompassion hash tags. Be creative, be original and have fun. The challenge ends on 16 April 2017. Tehwinner will receive a Diana F+ Instant Lomography Camera.

Key Challenge rules

Open to high school students only;

You must follow @CaritasAust on Instagram.

You must use both the #LoveYourNeighbour and

#ProjectCompassion hashtags in your entry post.

If there are other people in your photo, please ensure they’ve given you permission to do so.

You must adhere to our full Terms & Conditions of entry



Wellbeing & Operations News



Mr Doug Doherty
Deputy Principal: Student Wellbeing and Operations

I alone cannot change the world, but I can cast a stone across the waters to create many ripples.
Mother Teresa

Well-Being:

The theme for our college this year was Faith and Mission: Awaken. This term the College community were commissioned to do just that. We aim for our community to 'Awaken' to become good citizens of the world, who will show love to all and bear witness to the Good News of Jesus Christ, supported by the Marist principles of Presence, Simplicity, Family Spirit, Love of Work and in the Way of Mary.

Last week our College continued to assist each other to 'Awaken' and create many ripples within our wider communities, by focusing upon the National Day of Action against Bullying and Violence. There have been a number of activities from whole campus assemblies to creation of stars by every College member that will be sent to the Commonwealth Games as part of the 'One Million Stars to End Violence Project.'

As a College with a Zero Tolerance to Bullying and Violence, this was an excellent way to remind our students that actions relating to either of these topics would never be accepted in our College if we are aware. It also gave us the opportunity to remind our students and staff of the amazing vast array of lines of support available to us if we so require it. These can be found in flow chart form within the student planners. As parents/guardians, I would encourage you to discuss these support networks with your children.



Cyber-Safety:

To ensure that we do undertake a zero tolerance line to bullying and violence, we will regularly inform and remind our community members of key consequences relating to these issues. To assist us in being Cyber-Safe, we have worked closely with the E-Safety Commission of Australia and they have kindly offered to send us one of their key trainers on Monday 19th June 2017. Each campus will receive a Cyber-Safety Work-Shop and parents will be invited to an information evening on the same date. I would encourage all parents to attend and we will also invite parents from our feeder primary schools.

I have included a document from the E-Safety Commissioner Website for parents on 7 Ways to Manage Devices. Please read and source further information via the website. An invitation and further information for this E-Safety event will come soon to all our families.

Operational Issues:

I would like to invite ALL families to attend our Parent/Teacher Interviews next Thursday and Friday (30th & 31st March). These opportunities to discuss your child's progress to date, will take place in the Champagnat Centre for all Lavalla Catholic College students. Parents are able to request a booking time via the Parent Portal. An email outlining the process has been sent to all families. There will also be opportunities to purchase some refreshments and the money raised will contribute to our donation to the Rotary House as a result of our annual Cause-Worth Week.

Parent Teacher Interviews

Date & Timings:	Thursday 30th	4:00pm – 7:00pm
	Friday 31st March 2017	9:00am – 12:00pm
Venue:	Champagnat Centre	

I look forward to meeting you all at this event.
God Bless



Learning & Teaching News



Mrs Claire Fabris

At Lavalla Catholic College, we provide regular feedback to parents about the Academic progress of their child/ren. This feedback is available to parents via the Family Connect portal every six weeks (each six week block is known as a Learning Block).

Year 10 Students

Parents of Year 10 students will be required to attend an LA interview to receive feedback. This will be at the Kildare Campus. Your child's LA teacher will be in contact with you to arrange a suitable meeting time.

Year 11 & 12 Students

As in previous years, parents of Year 11 & 12 students are able to view feedback via the portal on a continuous basis throughout the year.

Parent/Student/Teacher Interviews

If you have any concerns on how your child is progressing in any of their subjects, please feel free to contact your child's Homeroom/LA teacher via email or make an appointment to see them at Parent/Student/Teacher Interviews at the end of Term.

- Thursday 30th March 4.00pm to 7.00pm
- Friday 31st March 9.00am to 12.00noon

Bookings for Parent/Student/Teacher interviews can be booked via the parent portal as of Monday 27th March 2017. You will not be able to make bookings until this time. All parents are welcome to attend these interviews, and we strongly encourage that students attend these interviews with their parents.

Information Sessions

In conjunction with the Parent/Student/Teacher interviews, we will be running a number of information sessions that you may wish to attend. These sessions will answer any questions that you may have regarding Maths Pathway (7-10 Students) and the Victorian Certificate of Education (VCE) (Year 11 & 12). There will be multiple sessions running throughout both days to accommodate as many parents as possible.

On Track Program (Years 7-9)

We believe that by providing feedback on a regular basis allows parents to be better informed about the progress of their child, which in turn allows early interventions to be put in place wherever necessary. On the St Paul's campus, students may be selected to be part of the On Track program. This program identifies students that could do with some assistance with their learning. Where interventions are identified as being necessary, your child's Homeroom teacher will be in contact with you to schedule an interview, preferably in the week following the release of feedback each Learning Block. These interviews are different to regular Parent-Teacher-Student Interviews held at the end of each term, in that they are conducted by a student's Homeroom teacher (rather than subject teachers) and are aimed at identifying blockers to the students learning and putting the necessary supports in place for each individual student.



Learning & Teaching News cont...

The On Track program replaces the Academic Review system that has been in place for the last few years. Although there are similarities, the reason that we have decided to make the move to On Track, rather than Academic Review, is as follows:

- We want On Track to be about staff, parents and students working together to achieve improved outcomes. Students were beginning to feel that Academic Review was a punitive process.
- On Track focuses on several indicators, rather than just grades. With Academic Review, students were calculating what work they would & wouldn't do to avoid the 30% cut-off.
- On Track involves collaboration with a student's Homeroom teacher and their Wellbeing Leader to get the best outcome for individual students. With Academic Review, it was one or the other depending on what stage the student was up to.

Year 8 HPE Tennis Unit



As the students returned from Christmas holidays the excitement of the Australian open epic finals were a-buzz around the school yard. Upon beginning physical education for 2017 the students found how easy the superstars of tennis make the sport seem.

After several lessons on the basics they found that they had improved their accuracy and power with some cases resulting in rallies with their friends. As the learning block continued students found that their placement and shot selection became vitally important especially if it meant that you could beat your friends.

Some classes were lucky enough to attend the Traralgon Tennis Centre for their final lesson and play a round robin tournament with modified rules. This is a fantastic experience that was presented by Traralgon Tennis Association as the students got to briefly meet Graham 'Woffa' Charlton and Suzie Grumley before play and experience a local venue that is up to an international standard while having fun and experience a little bit of what tennis has to offer. On behalf of the students, Lavalla Catholic College would like to thank Traralgon Tennis Association for their generous donation of court's hire and tennis balls to replace the aging crop of tennis balls.





Geography Field Trip



Ms Kim Widrich

Year 11 VCE Unit 1 Geography students toured East Gippsland on a recent fieldtrip investigating how communities, local government and other agencies cope with bushfire and flooding events. The first stop was the Bairnsdale CFA station where Captain Allan Cracknell described the CFA response to fire events. Students were given the opportunity to view the burn-over safety measures on a fire truck as well as being trained to use a high pressure fire hose. This was followed by a visit to the townships of Bruthen and Nowa Nowa where students used maps to locate Emergency Assembly points and surveyed business owners, local residents and tourists on their community preparedness and awareness of bushfire.



A highlight of this leg of the journey was a visit to the Stoney Creek Trestle Bridge which was built one hundred years ago and formed part of the rail link between Bairnsdale and Orbost before being damaged by bushfire in 1980.



Students then investigated the impact on flooding in Lakes Entrance. They again used surveys to engage with the community in an effort to gauge awareness of rising sea levels and flood mitigation. After spending the night in Lakes Entrance, the group was addressed by Kate Nelson, East Gippsland Shire Council's Town Planner, on how planning and government policy is and will continue to prepare for the effects of rising sea levels on the local area, its residents and its critical industries. The final activity of the fieldtrip included a visit to Paynesville and a waterways cruise in and around the canal system on the Lady Jodie to observe the diversity of land use in this region.



The data collected, collated and analysed, along with observations and specialist information gathered, will feature in a Fieldtrip Report produced by individual students.



Chess Tournament



Mr Dominic de van der Schueren

On Friday 17th March, 19 Lavalla students headed off to battle it out against 11 other secondary schools at the Cardinia Chess Tournament held at Pakenham Secondary School.

An early morning start saw our team ready to take on over 100 other students: a culmination of hours of training, fierce lunch time chess games in the ISCs at both campuses, games on the internet and pep talks and coaching pointers from the team manager, Mr De Van der Schueren and team captain Mubasshir Murshed, along with kind assistance from many of the teams more seasoned players in helping our newer team members.

For some of our students, this was their first tournament and the sight of 2 large areas filled with chess paraphernalia was somewhat daunting. However, for a number of others, the thrill of seeing all

the chess boards and pieces lined up ready for action made them feel right at home and ready to play.

The competition involved 7 rounds of games against students, only from other schools, with players getting 15 minutes each on their chess clock, pitting strategies and honing skills against their opposition. Students were arranged into two different categories, including Middle School for those in Year 7-9, and Open Age for those in Year 10-12. At the end of the first 6 rounds a new schedule was published, with students moving up the tables if they won, and down the tables if they lost. Points were allocated, one for a win, none for a loss, and a half-point for a draw.

At the end of Round 7, individual and team places were announced and medals and trophies awarded. All those hours of practising and playing chess duly became apparent and our Middle School Team came 2nd by half a point, and as such were selected to go through to the State Championships; and our Open Age Group ended up 3rd overall.

We would like to especially mention the following students for their terrific efforts on the day, including:

- Nathanael Duffy and Daniel Hegarty who both won 6 of their 7 games.
- Mubasshir Murshed and Sam Pugliese who won 5 of their 7 games
- Tolir (Cholil) Nyachial (who was competing in his first chess competition) and Michael Connelly who both won 4.5 games out of 7
- Nathanael Duffy played his last game on the number one table and also saw his rating go up by 69 points and was the performance of the tournament for us.

Overall, it was a great day enjoyed by all. Each and every student competed to the best of their abilities. They remained dignified and showed great sportsmanship in both defeat and victory, and all have been inspired to continue their chess journey and work hard to improve their game in readiness for the next round, to be played in Term 2.





Music News

Mr Shane Reid

Ecumenical Taizé Lenten Service

For the last five years the Lavalla liturgical choir has worked in partnership with the Ecumenical Commission of the Diocese and held Taizé Prayer Services during Lent and Advent in various church communities around Gippsland. These events have become an important anchor and benchmark for our choir. The experience is typically memorable and formative for our students, they come to understand the real power and value of their singing and how much it supports communal prayer.



We were invited first to the Anglican community to hold the Taizé Service in Drouin... from there to the Salvation Army in Traralgon... then to Lumen Christi and the Cooperating Churches in Churchill... Saint Michael's in Traralgon last Lent... and this year to Saint Mary's, the Catholic cathedral church in Sale.

The choir's role is to lead

hymns and prayer response. Gathered under the sanctuary dome, which acted like an amphitheatre, the choir was at its best and relished the opportunity to sing in such a genuinely sacred space. As a choir, we were grateful to our accompanist Mrs. Christine Medhurst as well as Courtney Baker and Pru Scholtes who supported us on the day.

The vast majority of the congregation were primary school students from the local Sale and Rosedale Catholic schools, though some senior students travelled all the way from Nagle College in Bairnsdale for the occasion.

It is our hope that these ecumenical services can continue and we look forward to opportunities that may develop in the future.

Michael Hansen and Shane Reid





Music News cont.

About the Taizé Community

The Taizé Community is an ecumenical Christian monastic order in Taizé, Saône-et-Loire, Burgundy, France. It is composed of about 100 brothers who come from Protestant and Catholic traditions. The brothers come from about 30 countries across the world. The monastic order has a strong devotion to peace and justice through prayer and meditation. It was founded in 1940 by Brother Roger Schutz.



The community has become one of the world's most important sites of Christian pilgrimage. Over 100,000 young people from around the world make pilgrimages to Taizé each year for prayer, Bible study, sharing, and communal work. Through the community's ecumenical outlook, they are encouraged to live in the spirit of kindness, simplicity and reconciliation.

The community, though Western European in origin, has sought to include people and traditions worldwide. They have sought to demonstrate this in the music and prayers where songs are sung in many languages, and have included chants and icons from the Eastern Orthodox tradition. The music emphasizes simple phrases, usually lines from Psalms or other pieces of Scripture, repeated and sometimes also sung in canon. Earlier Taizé community music was conceived and composed by Jacques Berthier. Later, Joseph Gelineau became a major contributor to the music.

Prayer in the spirit of the Taizé Community is a meditative form of common prayer. Gathered in the presence of Christ we sing uncomplicated, repetitive songs, uncluttered by too many words, allowing the mystery of God to become tangible through the beauty of simplicity. A few words sung over and over again reinforce the meditative quality of prayer. They express a basic reality of faith that can quickly be grasped by the intellect and that gradually penetrates the whole being.

**“All students
can learn
and succeed,
but not
on the same
day in the
same way.”**



Careers News



Mrs Prudence Scholtes
Careers Teacher

This fortnight in our series to help all of the Lavalla Community – students and parents, the focus is on addressing selection criteria and cover letters. Here are some tips to help you out.

15 Questions to help you write strong achievements

Gillian Kelly is a Certified Master Resume Writer, and a Career Development Coach with Outplacement Australia. Gillian specialises in helping people wanting to make a career change to move forward with confidence. She is an award-winning resume writer, Certified Personal Branding Coach and professional member of the Career Development Association of Australia. She specialises in outplacement, resume writing, career transition coaching and Defence-to-civilian transition. The most effective resumes don't simply list accountabilities; they impress employers with strong achievements that demonstrate the value you bring to the workplace.

Achievements are shining examples of your capability in past roles, but when you first try to list them they can seem difficult to write. Use these tips and questions to help spark your inspiration and add power to your achievement list.

The 'uniquely you' formula

Everyone brings value to the workplace, but often we don't stop to think about it. To write strong achievement statements, start by thinking about your last position. How did you contribute? Did you make anything easier, faster, cheaper, better? Did you lower costs, reduce risk or improve organisation?

When writing your resume, you need to turn a bland statement about duties into an insightful statement about 'you'. An easy formula for writing a well-defined achievement statement is to combine the following three things:

- what you did
- how you did it
- the result.

Here are some examples:

Cut office costs (what you did) by sourcing a new pen supplier (how you did it), reducing stationery expenses by 10 per cent per month (the result)

Won Top Performer Award for new merchandising promotion idea that lifted sales by 18 per cent

The questions below prompt you to think about what you did in past roles (paid and unpaid) and the value you brought to organisations.

Great brain-starter questions

1. Did you create something new?

What did it do and what value did it bring?

2. Did you solve a problem?

What did it resolve and how did this improve things?

3. Did you come up with or improve an idea?

What did it do and what was its benefit?

4. Did you help with something important or contribute to a key project?

What did the team or project achieve and what benefit did that bring to the organisation?

5. Were you selected for something important, or did you win an award or receive recognition?

What did you do that was recognised as valuable?

6. Did you get strong feedback in a performance appraisal?

What did you do that your employer recognised?

7. Did you excel personally in something?

Did you hold a perfect attendance record? Juggle multiple priorities? Fill two positions simultaneously?

Score well on a test? Win rapid promotions? Outpace normal job progression times?



Careers News cont...

Getting down to specifics

8. Costs: Did you save the business costs?

- How did you save costs?: Did you renegotiate contracts? Perform better budget monitoring? Source cheaper suppliers? Reduce costs from overtime?
- How much did you save?: More than 10 per cent? Five hundred dollars a year? Thousands of dollars over the life of the contract?

9. Service: Did you improve service?

- How did you improve service?: Did you create new service training? Perform better follow up? Provide more personalised service? Improve service solutions?
- What was the result?: A 20 per cent increase in revenue? Greater customer loyalty? Improved customer experience?

10. Quality: Did you improve quality?

- How did you improve quality?: Did you increase work checks? Create better training or systems? 'Measure twice, cut once'? Improve planning?
- What was the result?: A 10 per cent reduction in re-work? A 20 per cent reduction in waste? Errors cut by half? A reduction in customer complaints?

11. Safety: Did you make the workplace safer?

- How did you make the workplace safer?: Did you set up better safety systems or training? Set up greater monitoring of procedural compliance? Bring in new safety equipment? Set up more regular toolbox meetings?
- What was the result?: A 10 per cent reduction in LTIs? Nil reported incidents? Fewer compensation cases?

12. Administration: Did you enhance administration?

- How did you enhance administration?: Did you improve records management systems? Did you create new templates? Did you bring in new computing systems?
- What was the result?: Faster administrative processing time? A 20 per cent reduction in errors? More professional communications? Quicker access to records?

13. Productivity: Did you improve workplace productivity?

- How did you improve productivity?: Did you set up new training or systems? Provide clearer KPIs? Reorganise duties?
- What was the result?: A 10 per cent reduction in processing times? A 3 hour per week reduction? A 30 minute reduction in waiting time during peak periods?

14. Money: Did you increase profit?

- How did you increase profit?: Did you revise pricing to improve margins? Perform tighter budget monitoring to reduce costs? Increase revenues through new sales strategies?
- What was the result?: An increase of 10 per cent in profit? Doubled profit? Improvement from loss to profit?

15. Students: How did you perform in the school/academic environment?

- How did you excel?: Did you lead a team or project? Get exceptional results on an assignment? Take on extracurricular activities? Complete an industry-based assignment? Win an award? Get selected for something? Undertake additional studies? Mentor other students?
- What was the result?: Recognition from a lecturer? Strong results on the assignment/subject? Additional skills? Improved marks?

The questions above are only a few ideas for writing your achievement statements. A good tip is to find someone you trust and who knows what you do in the workplace and ask for their help to brainstorm on areas where you have brought value. Often others are quicker to recognise the many great things we do each day. Adding some strong achievements will make a big difference to your resume and will help you prepare yourself for talking about your contributions in an interview. Good luck!

About the author

Gillian Kelly is a Certified Master Resume Writer, and a Career Development Coach with Outplacement Australia. Gillian specialises in helping people wanting to make a career change to move forward with confidence. She is an award-winning resume writer, Certified Personal Branding Coach and professional member of the Career Development Association of Australia. She specialises in outplacement, resume writing, career transition coaching and Defence-to-civilian transition.



Sports News

Mr Dwayne Tibballs

Lavalla Reclaim Gippsland Championship Title

37 Lavalla Catholic College student athletes attended the SSV Regional Championships last Friday and the athletes produced their best result at a Regional swim meet for a couple of years the title as the best swimming school in Gippsland.

The Championships were held at the Lex Glover Regional Aquatics Complex in Sale and throughout the meet it was a close tussle between Lavalla, Catholic College Sale and Nagle College, Bairnsdale for the overall lead on points.



Lavalla were well represented with a strong contingent of swimming athletes which showed in the final results. Lavalla claimed 29 gold medals, 12 more than its closest rival and won by more the 120 points in the School Standings.

Eliza Jeffs and Alice Peddle produced some outstanding results to be the standout performers for the College. A number of the students have now qualified for the SSV State Championships event at MSAC in term 2 on April 26th.

Top 5 School Results:

Medal Tally:

Lavalla Catholic College:	50
Catholic College Sale:	35
Nagle College Bairnsdale:	29
Wonthaggi SC	27
Marist Sion Wrragul	27

Aggregate Points:

Lavalla Catholic College:	572
Catholic College Sale:	443
Nagle College Bairnsdale:	404
Marist Sion Warragul:	372
Mary MacKillop Leongatha:	372

Student Individual Results

Eliza Jeffs

1st - 16-20 Yr Female 50 LC Metre Freestyle, 1st - 12-20 Yr Female 100 LC Metre Backstroke
1st - 16 Yr Female 50 LC Metre Backstroke, 2nd - 16-20 Yr Female 200 LC Metre Freestyle

Alice Peddle

1st - 16-20 Yr Female 100 LC Metre Freestyle, 1st - 17 Yr Female 50 LC Metre Freestyle
1st - 17 Yr Female 50 LC Metre Backstroke

Elayna Pistrin

1st - 15 Yr Female 50 LC Metre Butterfly, 1st - 15 Yr Female 50 LC Metre Freestyle
2nd - 12-20 Yr Female 100 LC Metre Breaststroke, 2nd - 15 Yr Female 50 LC Metre Breaststroke

Ruby Storm

1st - 12-15 Yr Female 50 LC Metre Freestyle Multi-Class, 1st - 12-15 Yr Female 50 LC Metre Backstroke Multi-Class, 3rd - 14 Yr Female 50 LC Metre Butterfly



Sports News cont....

Lily Zee Verner

1st - 17 Yr Female 50 LC Metre Breaststroke, 1st - 17 Yr Female 50 LC Metre Butterfly
4th - 16-20 Yr Female 200 LC Metre Individual Medley

Emily Beecroft

1st - 18-20 Yr Female 50 LC Metre Breaststroke, 1st - 18-20 Yr Female 50 LC Metre Freestyle

Kaylee Beecroft

1st - 18-20 Yr Female 50 LC Metre Butterfly, 1st - 18-20 Yr Female 50 LC Metre Backstroke

Kieren Georgeson

1st - 16 Yr Male 50 LC Metre Freestyle, 2nd - 16 Yr Male 50 LC Metre Butterfly
2nd - 16-20 Yr Male 100 LC Metre Freestyle, 3rd - 16 Yr Male 50 LC Metre Breaststroke

Ashleigh Mihaly

1st - 12-13 Yr Female 50 LC Metre Backstroke, 3rd - 12-13 Yr Female 50 LC Metre Butterfly, 3rd - 12-13 Yr Female 50 LC Metre Freestyle

Chiara Pistrin

1st - 12-13 Yr Female 50 LC Metre Breaststroke, 3rd - 12-15 Yr Female 100 LC Metre Freestyle

Thomas Hamilton

1st - Men 12-13 50 LC Metre Breaststroke, 4th - Men 12-20 100 LC Metre Breaststroke

Rachel Sbaglia

2nd - 14 Yr Female 50 LC Metre Breaststroke, 2nd - 12-13 Yr Female 50 LC Metre Backstroke, 2nd - 12-15 Yr Female 200 LC Metre Individual Medley

Mark Pistrin

3rd - 12-13 Yr Male 50 LC Metre Backstroke, 4th - 12-13 Yr Male 50 LC Metre Freestyle, 6th - 16-20 Yr Male 100 LC Metre Freestyle

Harrison Law

5th - 17 Yr Male 50 LC Metre Butterfly, 5th - 17 Yr Male 50 LC Metre Freestyle, 5th - 17 Yr Male 50 LC Metre Backstroke

Audrey Lee

2nd - 16 Yr Female 50 LC Metre Breaststroke

Logan Archibald

2nd - 14 Yr Male 50 LC Metre Freestyle

Isabel Storm

3rd - 15 Yr Female 50 LC Metre Backstroke

Jesse Lee

5th - 14 Yr Male 50 LC Metre Butterfly





Sports Enrichment



Ms Karen Joyce

U16 State Country Basketball Team

Congratulations to Jayde Melbourne, Luis D'Angelo and Emerson Devenie who were selected as members of the U16 State Country basketball team. They will not start an intense training program in the lead up to Nationals in July.



Guest Speakers

Last week in Sports Enrichment, we had 2 guest speakers talk to us.

We had Renae Mokrzycki, a college basketball player who played for the University of Idaho, speaking to us about the importance of our mental, physical and psychological health throughout our sporting careers. She also told us about what American colleges could offer for us and the process involved in getting a scholarship to a college. She was realistic with what difficulties we may have with playing in a different country, with new players and coaches etc. Renae also spoke about the fitness requirements, and the amount of training needed at this level. (This scared a few of us). She left us with an information pamphlet, and her contact details. We were very inspired by her achievements.



Also last week, we had a sports psychology talk, focusing on goal setting and growth mindset. We looked at our body language, talk, training ethic, lifestyle, fitness, environment and people who will help us achieve our goals in sport. From the session, I came

away with goals involving where I could be in 10 years, and the steps needed to get there. I also learnt strategies for dealing with setbacks and negative people that I may face in our sporting careers.

Morning Sessions

The sports enrichment students train two mornings a week with Pilates on a Tuesday morning and strength and conditioning on a Thursday morning. The year 7 students have recently been included in these sessions and it has been great to have such a large number of motivated, energetic athletes added to the team. The morning sessions help with our core strength, reduce the change of injuries as well as oxygenate our brains ready for learning.

By Emerson Devenie – Yr 9 Sports Enrichment.



College Calendar - Term 1

DATE	CAMPUS	ACTIVITY	NOTES
30th March	BOTH	Parent Teacher Interviews	
	BOTH	Easter Liturgies	
31st March	BOTH	Parent Teacher Interviews	
31st March	BOTH	STUDENT FREE DAY	School Holidays

Uniform Shop

Open 3.30pm- 6.00pm

St Paul's Campus

20th April

4th May

18th May

1st June

15th June

Community Noticeboard

Positions Vacant

Lavalla Catholic College seeks expressions of interest from suitable candidates for the following casual positions:

Chief Examination Supervisor

Responsibilities include:

- Receiving, accounting for and returning examination papers
- Liaising with College staff
- Liaising with VCAA
- Managing / rostering exam supervisors

Assistant Examination Supervisors

For more information on these positions, please visit www.lavalla.vic.edu.au/Job-Vacancies/