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From the Principal, Mr John Freeman Bishop Emeritus Jeremiah RIP



It is with sadness that I write that the former Bishop of Sale, Jeremiah Coffey, passed away in the early hours of Wednesday 19th November at the age of 81. Bishop Coffey was held in high regard throughout the Diocese. Bishop Coffey was born in Cork, Ireland, and came to Australia as a missionary priest to the Diocese of Sale soon after his ordination in 1958. As Father Coffey, he served in the parishes of Bairnsdale, Sale, Traralgon, Omeo, Iona and Yallourn prior to being appointed the first parish priest of Churchill and Rector of Corpus Christi Seminary, Clayton. Bishop Coffey served as Bishop of the Diocese of Sale from 1989 until his retirement in 2008.

Funeral arrangements are: Rosary will be recited at St Mary's Catholic Church, Bairnsdale at 5pm on Monday 1st December 2014 followed by Vigil Mass at 6pm. The funeral will then process to St Mary's Cathedral, Foster St, Sale for the Rite of Reception arriving at approximately 8.30pm. Prayers will follow until 11pm.

The Solemn Mass of Christian Burial will be celebrated at St. Mary's Cathedral, Foster Street, Sale on Tuesday, 2nd December at 11am.

The burial will take place immediately afterwards in the grounds of the Cathedral.

Also can I ask please ask that you remember Andrew Wald's father in law, Con Efandis, who passed away earlier this month.

Our thoughts and prayers are with Andrew and his family as well as those who were touched by the life of Bishop Emeritus Jeremiah Coffey.

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

Amen

Last week we held our third Cultural Evening, with our largest group so far – well over 100 people in attendance. Held on Wednesday, 18th November, the evening included recognition of students, people sharing stories of their cultural heritage and then everyone gathering to share a meal – food prepared by families and staff. A great initiative and my thanks to Rita Nainie and the large team of people involved for their great work.

Friday evening, 21st November, we celebrated the Graduation of our Year 12s at a Dinner held in the Champagnat Centre. This was a wonderful evening to recognise and celebrate the achievement of our 2014 Graduates. My thanks to all the families who supported their sons and daughters throughout the years. I am particularly grateful to those families for who this is their last year at Lavalla Catholic College. There was a great number of people involved in making the night a success, but I want to recognise in particular the work of Tamsin McCormack, Suzanne Farley, Nicole Denovan, Sally Sharp, Chris Rea, and Siobhan Lawler.

Gracious and awesome God, even though we are often forgetful, we know that you truly deserve all the praise and thanks we can give.

When we have pleaded and begged you to be with us – you have always been there.

When we have not been well – you have come to heal us.

When we cry out to you when you seem far away – you have made yourself known to us.

Today, we need to hold to your promise.

Please be with us, for we need you.

Amen

From the Principal (Cont.)

I commend to you "Destination Christmas" a weekly gathering of prayer & ritual for Advent Monday evenings 1, 8, 15 & 22 December 2014. Each gathering will commence at 7.00pm and will be held at Lavalla Catholic College — Kildare Campus Chapel.

I wish Shane Reid's a restful period of Long Service Leave for the remainder of the year.

Student Scholarships: These scholarships are offered through the Victorian Department of Education and Early Childhood Development (DEECD) are available for students currently in Years 4–12. Applications for student scholarships are now open at <https://www.eduweb.vic.gov.au/scholarships>.

Students will need their 2014 end-of-year results in order to apply, and principals must verify student results in order for the application to be valid. Therefore it is imperative you advise me that you are applying for any relevant scholarship by email – principal@lavalla.vic.edu.au. The online process is open until 30 January, 2015.

Finally, we congratulate Bec McMahon and her husband Jason on the birth of their second child Noah Jack McMahon - born on 5 November 2014.

Faithbook

Mr Paul Skippen, College Minister

In Joyful Expectation

Christmas is a time for coming together. Family members come home. Friends have parties. There is warmth of feelings. People share stories, their thoughts, themselves.

Jesus started it. During Advent we focus on his coming – his coming together with us. He came to be one of us, to share his story with us, and to make our story his. He came to be together with us. He wants to join us around the table and talk.

There is nothing difficult or strange about this. We have his words. He is still speaking them. The mystery is, when we share with one another our thoughts about his words, Jesus speaks through us. When we read his words and reflect on them, Jesus draws us together around the table of his love and shares his heart with us.

*The people walking in darkness have seen a great light;
on those living in the land of deep darkness a light has dawned.*
(Isaiah 9: 2)

There is an advantage to walking in the light, and it's rather simple. When walking in the light, we don't bump into things. We are infinitely less likely to stumble and fall. We can see where we're headed. We can avoid the things that block our way. Simply put, light gives us the winning edge over darkness.

God knows that. God knows that a world in darkness is just churning, bumbling chaos.

God knows that people walking in darkness stumble and fall. They simply don't know where to go.

But here's something ADVANTAGEOUS. When it is dark, our God creates light.

Do something *ADVENT-ageous*: Light one candle in a very dark room today. Watch how the light grows as it glows. Welcome the light this Advent season.

Important Dates

27 November

Year 9 Final Day - St Paul's Campus

28 November

Student Free Day

SSV State Tennis Final

Years 9 - 11 Marist Cricket

ATLAS 9 Student Led Conferences

1 & 2 December

Year 10, 2015 Transition - Kildare Campus

1 December

SSV 7/8 Girls Cricket

Year 7.5 Digital Mania

Year 8 Village Cinemas Visit

Lavalla Awards Night—6.30pm Champagnat Centre

2 December

Bishop Coffey Funeral

3 December

Final Day—Years 7 & 8

Friday 12 December

Booklists for 2015 due at Seymour Street Newsagency

30 January 2015

Years 7, 10 & 12 Commence

2 February 2015

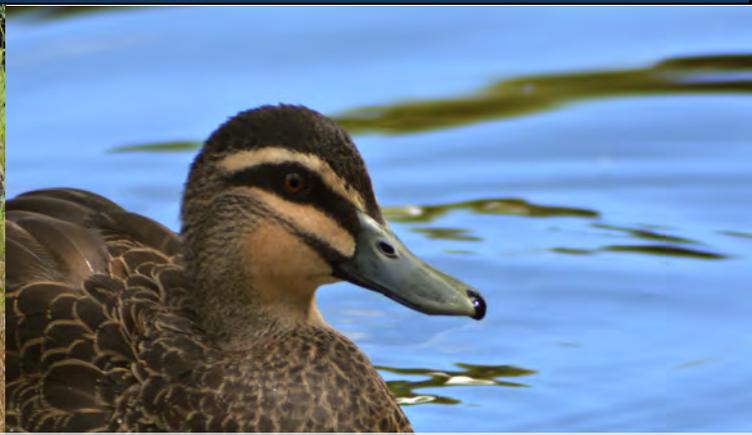
Years 8, 9 & 11 Commence

Uniform Shop Next Open Days 2014

9th December 2014

12.30pm — 6.00pm

**The Second Hand Uniform Shop is Located
At the St Paul's Campus**



St Paul's Campus Update

Mr Andy Martin, Campus Director

Things always get busy at this time of year as we look ahead to the future whilst we race to complete the tasks of the present. Over the past two weeks, students have enjoyed the many opportunities of the present as they have involved themselves in Leadership, Drama, Sport, Music, Excursions and wellbeing initiatives.

World Kindness Day

On Thursday, November 13th, the St Paul's students were encouraged to be mindful of others and to embrace World Kindness Day by performing small acts of kindness in support of others, while staff took an opportunity to make food for a shared Morning Tea. A gesture of goodwill from the College was symbolised by the presentation of icy-poles to each student. We note that it is the small gifts given freely each day which create a caring community at the College and in the world in which we live.

Music

Our music students have been busy over the past two weeks as our Training Band students went to develop their skills on an intensive two-day camp to Rawson. Meanwhile, the students of the College's intermediate Band entertained Year 4 and 5 students at our Catholic Feeder Primary Schools as part of our process of encouraging an ongoing engagement with future students of the College.

Retreats

Year Seven students of the College are 'On Retreat' around the Victory Park area this week where they are consulting with the public in a 'Digital Mania' exercise aimed at utilizing the skills and understandings they have developed around both technology and living in a 'connected' Christian Community.

Student Leadership

Last Week, students and staff of St Paul's viewed video messages created by a number of aspirants in support of their bid for the Campus Leadership in 2015. It was pleasing to note

candidates presentations made a feature of 'service' to others. At the end of the voting period, we can announce that the Student Campus Leadership Team for 2015 comprises, Emma Spiteri, Josh Galea, Anton Tarraran and Minnesota D'Amico. Congratulations to all the team and to those candidates who were unsuccessful on this occasion.

Sport

Sports teams continue to impress as the Year 8, Super 8's results saw Lavalla students reach the final before going down to Avila College. In Tennis, our Year Seven boys worked hard at the SSV State Championships, Beating Galen College 4-2, but losing to Box Hill 5-1 and Parkdale 2-4. Special mention should be made of Ben Grumley's effort, in beating a highly ranked state player on the day.

Important Dates:

Year 9 Farewell Ceremony and Parent BBQ at St Paul's: From 1.15pm on Thursday, November 27

Student Free Day: Report Writing – Friday, November 28th

College Awards Ceremony: Champagnat Centre, St Paul's Campus: Monday, Dec 1st from 6.30 pm

Year 9 into 10 HeadStart Program at Kildare Campus: Kildare Campus - Dec 1st and 2nd

Year 7 and 8 final Day of classes: Wednesday, Dec 3rd

Year 7, 2015 Orientation Day: Tuesday, Dec 9th

**Uniform Shop
Next Open Days 2014**

9th December 2014
12.30pm —6.00pm

**The Second Hand Uniform Shop is Located
At the St Paul's Campus**



Kildare Campus Update

Mr Douglas Doherty, Campus Director

“It feels good to be lost in the right direction.” This is probably how many of our year 12 students feel right now after their wonderful graduation ceremony on Friday night. Hopefully as they await their results and prepare for their new pathways, they will endeavour to use what they have learned at Lavalla Catholic College wisely and to their benefit.

The graduation was a very professional event in which families, students and teachers celebrated their successes together. There are so many people to thank for their contribution, however, I would like to personally thank my PA – Ms Nicole Denovan and Assistant Campus Director Mrs Tamsin McCormack for their outstanding organisation of the evening and awards.

I would like to take this opportunity to wish the Class of 2014 the very best in their forthcoming results and pathway choices. It is also important to congratulate the transitional Year 12 students for their mature approach to becoming the senior students of the college and the responsibilities that this holds.

The staff of Kildare Campus shared great excitement this week with the announcement of the achievement of two apprenticeships by two brothers within two days of each other. Last week Jessie Stockdale achieved an electrical apprenticeship at Loy Yang B and Jayke Stockdale secured an apprenticeship as a Sign Writer with Young Signs. We know that both young men will be great assets to their employers and we wish them the very best in the future.

Our success story continues to grow with Lavalla Catholic College again been fortunate in being able to congratulate two of our students on receiving the Kwong Lee Dow Young Scholars Award. The recipients of this prestigious award are Bridgette Doepel and Jessica O’Toole. Our other three candidates: Madeleine Kuyken, Erin Roberts and Nadine Frescura, were highly commended. I would to congratulate all these students.

Monday 1st December will see the Lavalla Catholic College community celebrate further success with our Awards evening. I encourage all families involved to attend. Furthermore, the

current work of Mrs Annemarie Clarke in the organisation of this awards evening must be recognised in advance. Thank-you Mrs Clarke for your outstanding drive to date.

Monday 1st and Tuesday 2nd December, will be the induction period for Year 9 to 10 transition. We look forward to welcoming all of our current and new students to the Kildare Campus. The theme of the lessons will be: ‘Who is my neighbour’. I would like to thank all staff for their commitment to ‘HeadStart’ and this transitional period.

During the last two weeks we have seen a large number of students joining us from other local schools. We welcome them and their families to our Catholic school community and we are confident that they too will join us in our success stories.

As we approach the end of this academic year and move towards Christmas, may we remember that the period of preparation for Christmas, known as Advent, is fast approaching. It is an opportunity to ‘look up’ as we journey to a new beginning. If the shepherds had not ‘looked up’, they would not have seen the star that guided them to Christ. During this season, I would encourage all families to ‘look up’ and search for Christ as we journey towards Christmas.

God Bless

Year 9 into 10 Transition Days

1st and 2nd December 2014

Please be advised that the canteen will operate during the Year 9 into 10 transition days on December 1st and 2nd at the Kildare Campus

Music Update

By Shane Reid - Director of Music

Our year eleven music class (pictured below) are to be congratulated for a high quality and very entertaining solo soiree evening last night (Thursday the 7th of November). There are a variety of instrumentalists (trombone, trumpet, piano, percussion and guitar) alongside the biggest group of vocalists that we have ever had enrol in VCE Music Performance. This concert saw each of them perform two solo pieces and is the culmination of their work for the year. The following students are all to be commended for a marvellous job last night and this year, it has been a year of notable improvement by all.



Renny Dalton, Riley Timmers, Mitchell Bourke, Taylah Trew, Lauren Hamilton, Nathanael Georgeson, Georgia Pollard, Gabriella Duffy, Chantal Dorling, Sophia Cassar, Emma Dye, Jordan Walton, Luke Matthyssen, Georgia Quinn (not pictured)

Healthy Hot Chips Recipe



People love hot chips! But did you know that 8 to 12 of commercially bought hot chips have around 3 teaspoons of fat and 1000 kJ. Compare this to a small baked potato with a light spray of oil which has less than 1/2 teaspoon of fat and 400 kJ. Here is a quick, easy and delicious way to make healthier hot chips that the whole family will enjoy.

Home Made Chunky Chips

Ingredients

- 2 large potatoes cut into chips or wedges with the skin on (use Red Rascal variety or other variety that is good for baking)
- 1 teaspoon of olive oil

Method

- Place a large tray or baking dish into the oven and pre-heat oven to 200°C.
- Place all ingredients into a small bowl and mix
- Take hot tray or baking dish from oven using an oven mitt, and empty potatoes onto the hot tray.
- Return to the oven to cook for about 15 minutes or until the potato is golden brown and cooked, then serve.

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achievement program



A jointly funded initiative of the State Government of Victoria and the Australian Government

Oral Health

Maintaining good oral health is essential to overall health and wellbeing. Teenagers and Young Adults need to protect their mouths and teeth by practising good oral health hygiene.

Although regular brushing and flossing are important, the oral health of this age group is also often associated with risk factors such as diet, smoking and alcohol and mouth and tongue piercings.

The most common oral health disease in teenagers and young adults, is Tooth decay. Tooth decay is a diet related disease. It is caused by the interaction of sugar and plaque to produce acids. Acids dissolve the outer layer of the tooth. These acids are produced by bacteria in plaque which develops after eating sugars commonly found in food and over



Tips to maintain good oral health

- Brush teeth twice a day with fluoride toothpaste and a toothbrush that has small, compact head and soft bristles. When the bristles appear 'shaggy' it is time to change toothbrushes.
- Flossing once a day is recommended. There may be some bleeding at first but this should subside after a few days if tooth cleaning is thorough
- Limit sugars and processed foods to mealtimes (rather than between meals).
- Choose snacks such as cheese, natural yoghurt, fresh fruit and vegetables, dry biscuits, nuts and wholegrain bread.
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- Choose snacks such as cheese, natural yoghurt, fresh fruit and vegetables, dry biscuits, nuts and wholegrain bread.
- Wear a professionally fitted mouthguard when training and playing sport where there is risk of oral injury.
- Have regular oral health checkups - don't wait for a problem.

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St Paul's Students.

2014 TEXTBOOKS.

2014 Textbooks are no longer required for classes after the **27th November 2014.**

We recommend taking your textbooks home as soon as possible after this date to start listing them for sale on The Sustainable Schools Shop Website.

www.sustainableschoolshop.com.au

Information regarding The Sustainable Schools Shop Textbook Trading System is included with your 2015 booklist and on The College website.

Employment Coaching

Need help with your resume, job applications and interview approach but not sure where to go?

GBS Recruitment is Gippsland's premier Commercial & Industrial Recruitment firm and we have a strong track record in the successful delivery of a broad range of recruitment assignments. We are now offering a specifically designed, half day training session with one of our experienced Recruitment Professionals focussing on:

- Resume Development** - Bring along your resume to one of our sessions and let us assist you with your wording, layout and general presentation. We will send you away with the suggestions for content improvement and we will help you achieve a polished and professional resume.
- Interview Training** - this is designed to help you overcome nerves, build your confidence and increase your success rate at job interviews. Our staff are experts in this field and they have a wealth of experience in helping job seekers perform more effectively at interviews to give you the skills and techniques to stand out from other applicants.
- Recruitment Documentation** - all participants will leave our session with four professionally produced documents: "Resume Writing Guide", "Addressing Key Selection Criteria", "From Interview to appointment"

All sessions will be run as a group session with a maximum of 6 people per group. You must be prepared to share your resume, career history and current situation throughout this small group session. Morning or afternoon tea will be provided.

Hurry and book your place now as sessions are limited.

\$250
Per Person



gbs Recruitment Pty Ltd

Please contact us for further information and available session times:

phone: (03) 5174 2665
email: info@gbsrecruitment.com.au
web: www.gbsrecruitment.com.au



DESTINATION CHRISTMAS

**A weekly gathering of prayer & ritual for Advent
Monday evenings 1, 8, 15 & 22 December 2014**

7.00pm

**Lavalla Catholic College — Kildare Campus Chapel
Kosciusko Street, Traralgon**

To have an advent is to have an arrival.

*In the Church calendar, the four-week Advent season
is a time of observing the ultimate arrival,
the coming of Christ into the world.*

*During Advent we celebrate Jesus' birth,
and we also look forward to his future arrival,
the restoration of all things.*

*We remember together that in him,
light and love have come.*

**PREPARING FOR CHRISTMAS?
NO ROOM AT THE INN? NO ROOM IN OUR DIARIES?**