



AWAKEN
MARISTS 200+

From the Principal



Mr John M Freeman

Welcome back to term 2. First I hope that you all enjoyed the break.

We are now in the season of Easter. Easter Day actually begins on Saturday evening with the Easter Vigil. The celebration of the Vigil is in keeping with the Jewish tradition of celebrating the day from sundown to sundown. Thus, the Saturday evening Vigil Mass is a Sunday Mass.

Easter is also a season that lasts 50 days and ends on Pentecost Sunday. So now is a time of celebration. This is the time of the risen Jesus. Therefore, we are to be people not destined to be encased in a tomb of sin and hopelessness, but because of the resurrection we are called to be people of hope. Through Christ's sacrifice we can live a full life where we are called to love one another, look for the good, strive to right wrongs, seek justice, in short continue the work of Jesus Christ.

It has been almost five weeks since the last newsletter and even though that time includes the term break much has occurred.

During the last week of term one we saw the Remar Blue Caravel venture to Santa Teresa in the Northern Territory. Thank you to Mr Shane Lebbe, Mr Cristiano Gross and Mrs Carolyn McCabe for accompanying the students on that important immersion experience.

On Tuesday, 28 March, during the final week of operation of the Hazelwood Power Station, Bishops Kay Goldsworthy, Anglican Bishop of Gippsland and Patrick O'Regan, Catholic Bishop of Sale, gathered with members of the Latrobe Valley community for prayer at the Gippsland Immigration Park, Princes Way, Morwell. This short prayer service, was an 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. Please, if you are impacted by the closure of Hazelwood or any other significant change, I invite you to contact me to discuss how we can best support you.

Also during that week, we gathered on each campus to for Easter Liturgies. Whilst each were different to the other both were prayerful and uplifting experiences. Thank you to the members of our Ministry for their work in preparing the Liturgies.

Set Pools of Silence

- James Macauley

Incarnate Word, in whom all
nature lives,

Cast flame upon the earth:

Raise up contemplatives
among us,

Those who walk within the
fire of ceaseless prayer,

Impetuous desire.

Set pools of silence in this
thirsty land.

Amen





At the conclusion of the liturgy at St Paul's Campus we announced and presented leadership badges to the following students:

St Paul's Campus House Captains:

Champagnat: Lauryn King-Church
Harriet Williams

Delany: Jordan Collison
Jade Melbourne

MacKillop: Nieve Campbell
Chloe Bailey

Nagle: Eliza Whitty
Amber Leyshan

House Ambassadors

Champagnat

Milly Murphy
Jake Cranwell
Niamh Williams
Tarra Nixon
Christian D'Angelo
Ryan Massaro
Bailey Stell
Ashleigh Mihaly

Delany

Jack Beechey-Danvers
Kiara Evans
Damien Hough
Paris Tracey
Ben Gafa
Balyn Turra
Isabella Kalan
Tom Gafa

MacKillop

Emirson Devenie
Claudia Said
Sarah De Maria
Benjamin Fleming
Thomas Tripodi
James Wirken
Allyssa Tangi
Piper Loprese

Nagle

Elly Walker
Molly McGrail
Matt Scholtes
Alyssa Holme
Alannah Knowles
Riley Tripodi

Special Events Committee:

Mobarrat Monir
Natasha Bond
Kade Petersen
Daniel Folano
Chelsea Wilson
Kasidy Brown

Courtney Howell
Tyron Bramwell
Myles Pollard
Ryan Marshall
Alyssa Tangi
Michaela Beveridge

Ministry Leaders:

Zoe Marshall
Kate Robinson
James Day
Nicole Formaran
Tayah Warne
Lani Zimora

SRC members:

Billie Mudita
Melody Paulet
Jamie Welbourne
Rieley Henderson
Ashleigh Mihaly
Ruby McClements
Hannah Meyer
Tom Gafa
Myles Pollard

Hugh Dunbar
Jaslyne Salerno
Jacob Wall
Alanah Shankland
Heidi Winter
Riley Tripodi
Emma Van Den Brand
Ben Gafa

Sam Wilson
Lauren Grimes
Amelia Calla
Jack Beechey-Danvers
Riley Watts
Marcus Smith
Kate Hayes
Kieran Georgeson
Jaida Delicato
Breeah Turnbull

To conclude the term, we held our Parent Teacher Interviews. This year we tried something different and conducted them for the whole school in the Champagnat Centre. The feedback from parents and staff was very positive. Parents with students on both campuses appreciated not having to manage the logistics of trying to be in "two places at once". Well done to all in the Operations team led by Mr Doug Doherty for implementing this very good initiative.



During the term break we held our Debutante Balls on Wednesday 5 April, Thursday 6 April and Friday 7 April. These were marvellous nights with the students being presented looking elegant and happy (both the girls and boys). My sincere thanks to the Lavalla Parent and Friends Debutante Ball Committee for all their hard work to give our young people this opportunity (planning for next year is already underway, so please read the notice in this term's Newsletters if you either wish to help out or your daughter or son are interested in participating. On behalf of the committee I would like to thank the generous support of all the guests of honour who attended: Father Francis Otobo, Parish Priest Traralgon and Yarram (Wednesday); Father Harry Dyer, Parish Priest Moe and Newborough (Friday), Mayor Councillor Kellie O'Callaghan (Wednesday, Thursday and Friday) Councillor Sharon Gibson (Thursday and Friday), Deputy Principal Student Wellbeing and Operations Mr Doug Doherty (Friday) and Operations and Wellbeing Leader Kildare Campus Tamsin McCormack (Thursday).

In the second week of the term break both our Boys' and Girls' Basketball squads competed in the 28th Marist Basketball Competition at Marist College, Ashgrove. Our Boys' Team had a fantastic tournament and finished third overall, our equal best finish in the competition. Our Girls' Team which is traditionally very strong were missing two of their State Representative players. Regardless, the depth of basketball talent runs deep at Lavalla Catholic College and our Girls' team was once again successful in the final – our 13th win of the carnival. We can be complacent sometimes when we experience success consistently, but I never cease to be impressed by the level of skill and determination displayed by our students – well done. My thanks for the effort and expertise of Ms Karen Joyce coach of the Girls' Team and their manager Ms Tenielle Talbot as well as Boys' Team coach Mr Chris Watson (one of our parents) and Mr Daniel Scholes, team manager.

Achievements & Acknowledgements

We also had 3 students named in the All Star 5 team at the carnival. Well done Abbey Noblett and Jade Melbourne in Girls' Team and Nathan Catherwood for the Boys' Team.

Whilst on the topic of success I must offer congratulations to the following students:

Emily Beecroft: Well done on being named the 2016 the "My Sport Live" Victorian Young Athlete of the Year. Her achievements in 2016 were outstanding, but it would appear they may well be overshadowed by Emily's achievements in 2017. During the break she competed in the Australian Swimming Championships (open age) in Brisbane. Emily competed in a number of events and in one of her heats broke the World Record for 50m Butterfly in her S9 division. Later that evening in the final she swam even faster again and won the Silver Medal in the

Multi Class event. Due to the winner of the gold medal not being "internationally classified", Emily retains the World Record and has gained selection into the Australian Para World Championship team that competes in Mexico in October later in the year.

Alice Peddle, Eliza Jeffs, Ruby Storm, Isabel Storm, Elayna Pistrin were in Brisbane last week competing in the Georgina Hope Foundation Australian Age Championships. Well done to Ruby, an S14 classified swimmer, who has achieved a number of podium finishes- first 400m freestyle,





first in the 100m butterfly, second in the 50m freestyle and the 50m breaststroke and third in the 100m backstroke.

Alice Shaw has just returned this week after being in Italy competing as part of the Australian U20 Volleyball Team in the Cornacchia World Cup in Pordenone, Italy.

Chelsea D'Angelo and Innika Hodgson were part of the winning Victorian Country U18 Girls Basketball team at the National Championships in Townsville.

Continuing with acknowledging events and achievement I extend my thanks also go firstly to all involved in the ANZAC commemorations held on both campuses on Monday. They were both moving and respectful. I also want to extend my appreciations to the staff and students who attended many of the ANZAC services to be held on Tuesday in our communities.

Well done to all the students who competed in SSV State Swimming Finals on Wednesday, 26 April. We placed second at this competition, our best outcome at the SSV Swimming.

We welcome the following staff:

- Patrick McCann who commences as Deb Reynolds' replacement.
- Jayne Scott, who will replace Sue Birt whilst she is on Long Service Leave this term.
- David Fry joins our maintenance team

Congratulations to:

- Lee Jarvie on her marriage to Dylan during the break.
- Michael Cleef on his marriage to Christine Buckton.

We also wish every blessing on Vanessa Scalia and her husband Mario on the birth of their first child, Luca. Luca is now Anna Di Savio's second grandchild.

Doug Doherty is currently on the Marist Pilgrimage, departing on Easter Sunday. He will return during the fourth week of this term.

Marist Bicentenary Paintings

To mark the Marist Bicentenary, four pieces of art were commissioned to make a national journey of Marist Australia between February and September this year. This journey of the four paintings was launched at Santa Teresa in Central Australia and now continues this journey in two pairs – one starting in Cairns in the far north, and one in Perth in the west.



Emily Beecroft



The paintings will be passed from one Marist community to another, spending four or five days in each, with all four finally arriving in Mittagong. The two paintings we will receive on Sunday 7 May and have with us until 9 May are entitled 'Lavalla' and 'The May Miracle'. To mark this occasion, we are inviting the community to an opportunity to view the paintings on Sunday, 7 May at 4.00pm in the Kildare Chapel. We will both pray at this time and after enjoy a light afternoon tea. Please see details regarding RSVP in this newsletter.

Marist Bicentenary Paintings

Invitation to view and celebrate with a prayer liturgy.

Sunday 7th May 2017 - 4.00 pm *Followed by afternoon tea.*

Kildare Campus Chapel, Kosciuszko Street, Traralgon

RSVP: Ph: 5175 8205 or Email: pa@lavalla.vic.edu.au



Prayers

On behalf of Mrs Theresa Denny and her family I ask for you to prayer for husband Paul who is close to death.

Please pray for the family of Mr Darren McInnes who passed away on Easter Saturday. His wife Katrina and son Corey (Year 7) as well as all his family and friends mourn the loss of good and loving man.



*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.*



Mission & Ministry News



Mr Chris Roga
Dir. Faith & Ministry

The Diocese of Sale celebrates Catholic Education Week from 28th April till 5th May, 2017. The theme is 'Unity in Diversity'. Pope Francis explained it thus: "Unity in diversity... is the joyful recognition and acceptance of the various gifts which the Holy Spirit gives to each one and the placing of these gifts at the service of all the members of the Church."



We at Lavalla are asked to focus particularly how we might work to make Jesus known and loved to all the members of our college community. I invite all who read this to perform one act of service for someone else in the community next week. I would be delighted if you could tell me what service you rendered so we can celebrate together.

Remar: Red Caravel Day

Seventeen Rowers (Year 10), Mr Sam Mauger, Ms Emma Winton and I went to Marcellin College, Bulleen to participate in the Red Caravel day with rowers from six other schools across Victoria, South Australia and Northern Territories.

Red Caravel Day was a great opportunity for the new Rowers to get together with and meet rowers from other Marist schools who, like them, are in Year 10 and also beginning their Remar journeys. We ventured up to Marcellin College in Bulleen for a fun-filled day of networking, team building, faith-based activities, prayer and food! It was exciting to see Rowers step out of their comfort zones and break those initial barriers of awkwardness that often exist

when meeting new people for the first time. I was equally impressed with their openness to Marian prayer and spirituality as well as with the enthusiasm they showed in taking significant leadership roles as they began to experience and practice service to others through the activities that we did. The Rowers absolutely loved this day, so much so that they all said "Yes" to committing to Remar for this year and for the two years to come. I cannot wait to see all great things that these fine young people will do and achieve over the next three years!

A special word of thanks to Ms Emma Winton and to Mr Sam Mauger who accompanied us and helped make our day even more enjoyable.

Mr Cristiano Grosso (Red Helm)

Remar: Blue Retreat

Whilst on Blue Retreat, my role as Helm was to facilitate a number of sessions that we focused on living with the values of humility, loyalty and solidarity. Our Remar Blue team, the Nightingales, also experienced sharings from Gold caravel members and Helmspersons, that



2017 Marist Marian Lecture

Underground Cathedrals
A Spirituality for the 21st Century

You are invited to attend the Inaugural Marian Lecture delivered by Dom Mark Patrick Hederman OSB, preeminent educator, theologian, spiritual writer and Abbot of Glenstal Abbey, Ireland.

Date: Thursday, 1 June 2017

Time: 6.00pm- 7.00pm (Doors open from 5.30pm)

Venue: Marian Theatre, Marist-Sion College, Warragul

Register at www.maristassociation.org.au

Limited seating available / Free Entry



Mission & Ministry News

were centred around types of relationships and their deep involvement in the Remar program. Students and Helms worked collaboratively and individually to reflect on their own practices as well as look at some prospective ways in which they could live as Christ's Disciples and broaden their understanding of mission. Finally, we reflected on a successful journey to Santa

Teresa in Alice Springs, and looked at the learning opportunities and awakenings experienced while working as part of a community that is so diverse to our usual way of life. I am exceptionally proud of the way my caravel interacted and participated in a way that showed a fully-present mind for the entire weekend. They each demonstrate an unwavering commitment to Remar and I look forward to sharing the rest of their Remar journey alongside them.

Jade Smith (Blue Helm)

Our weekend at the Remar Blue Retreat was the best camp ever! We met so many fun and exciting new people whom we have become close with and will stay friends throughout the rest of high school. On this camp we were able to discover what it was to be Christ's Disciples and deepened our faith. We shared emotional experiences that none of us maybe would have otherwise. As always our Remar camp was more rewarding than ever and brought us all closer to god in the best way possible.

Chelsea Hall (Blue Rower)

Immersion to Fiji

(6th October – 15th October, 2015)

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 our own sense of Catholic and Marist mission back in the Latrobe Valley.

At Lavalla "we are called to love like Jesus does" (Vision Statement, 2013). Marists stand with those who are most in need. That is our larger mission.

Parent Information Evening

The Parent Information Evening for the Fiji Immersion 2017 will be held at Kildare on Monday, 1st May from 5.30 pm. Parents of students who have shown an interest in going on the immersion, and parents who are interested in learning more about this exciting Lavalla immersion are welcome to attend.

Please RSVP bakecou1@lavalla.vic.edu.au for administrative purposes. Also let her know if you have any dietary requirements.

Please register your interest with Miss Nelson: Alice.Nelson@lavalla.vic.edu.au





ANZAC Day - Lest We Forget



This year commemorates the 102nd anniversary of the landing of the ANZAC troops at Gallipoli. Under somewhat trying conditions, Latrobe Valley communities gathered to remember and reflect upon the sacrifices made by our armed forces since the First World War. Students from the College laid wreaths at a number of services around the Latrobe Valley and also participated in community groups such as the Cadets and Scouts. Thank you to all members of the community who gathered to be a part of this special day.

Robert Power of Gormandale

During Monday's Anzac Day Commemoration at Kildare Campus, Year 10 World War II students Lincoln Ingravalle and Laura Crilly delivered the address which described the shocking loss of life on the Western Front during 1917. This was the worst year of World War I.

The story of 29 year old farmer Robert Ernest Power of Gormandale (pictured) was shared with those gathered. Robert, along with 44 other Gormandale recruits fought on the Western Front; 11, including Robert, never returned.

Despite receiving a gunshot wound to the head it was not long before he was promoted to Company Sergeant Major. Robert was killed in action during fighting on Broodseinde Ridge on October 4th, the bloodiest month of 1917. His name can be found on panel 25 on the Menin Gate in Ypres, Belgium. This is where the 'Last Post' ceremony occurs every night at 8.00pm as it has done since July 2nd 1928 (except for during the German occupation in World War II).

Lincoln and Laura urged fellow students to attend a community ceremony on Tuesday in order to honour Robert and the many thousands of past and present military personnel who have served, and continue to serve, their country.



Gormandale soldiers in England, 1914-18 War.
Back row left to right: A. Somers, W. Macreadie, S. King, W. Lane.
Front row left to right: T. Lane, R. Martin, R. Power, G. Lane.

Menin Gate, Ypres, Belgium





Wellbeing & Operations News

Mrs Kelly Murray

Project Compassion

It has been a tradition of the College for a number of years now to raise funds for Project Compassion, the Lenten fundraiser for Caritas. Both campuses have contributed to the fundraising this year with the annual Walk for Water, Cents for Caritas, Shrove Tuesday Pancakes and an Egg Drop. To date the College has raised over \$1600 which will go towards funding small business loans, providing clean water and purchasing livestock so that communities can become self-sufficient. Thank you to all students and staff for the time and effort that has gone into organising these events and for your generous contributions.

Winter Uniform Changeover

All students will be required to wear the winter uniform as of Monday May 1st. For those pieces that may have suddenly become too small or have disappeared, uniform items may be purchased from the second hand shop at St Paul's Campus, Riggall's in Traralgon or Lowes in Morwell. The blazer should be worn to and from school each day and the spray jacket remains a part of the sports uniform only.

NAPLAN

As you will be aware each year, all students in Years 3, 5, 7 and 9 complete NAPLAN testing. This years' tests will take place at the following times:

Tuesday 9th May

- Period 1 – Language Conventions (45 minutes)
- Period 2 – Writing (40 minutes)

Wednesday 10th May

- HR & Period 1 – Reading (65 minutes)

Thursday 12th May

- HR & Period 1 – Numeracy – Calculator (60 minutes)

Students are completing short practice activities in class over the next week to assist them in being familiar with the format of the tests. I encourage parents to read the strategies in the article below, by Michael Grose, who offers some excellent insight to parents about how they can talk to their child(ren) about NAPLAN.

If you have any queries or questions, please feel free to contact Ms Claire Fabris E: fabrcla1@lavalla.vic.edu.au.

School Photos

A reminder that school photos will occur for the St Paul's Campus on Friday May 5th for years 7 & 8 and homerooms 9.5-9.9. Kildare Campus photos will occur on Tuesday May 9th. ATLAS class photos (9.1-9.4) will take place on the Kildare Campus on Tuesday May 9th with students being transported to and from the campus on this day.

Twilight

All families and friends of the College community are invited to the St Paul's Campus to see our Twilight Opening Evening on Tuesday May 2nd from 4.30-6.30pm. There will be interactive and static displays from all learning areas as well as an open rehearsal by the Intermediate Band. Come along and talk to our staff and students about what has been happening at the College this year and what we have to offer for all families interested in enrolling their children at Lavalla Catholic College in 2018.

Plain Clothes Day

The College will be raising funds for the LRH Cancer Care Unit during Cause Worth Week which runs from May 4-12. On Thursday May 11, both campuses will run a Plain Clothes Day. We are asking students to bring a gold coin donation on this day.



Year 8 Medieval Day



Ella Brent
Year 8

Year 8 Humanities classes attended Presentation Campus in Newborough for an exciting and informative series of presentations about life in Medieval times. Students got to participate in four different workshops about Medieval Armour, Crime and Punishment, Medieval Dance and Battle Techniques.



The medieval armour workshop included information about the sorts of armour used during the different stages of the medieval period. We learnt many things about the development of the armour and the way it progressed through time. We understand the difference between the ways women were treated compared to men during war and privileges that came with fighting in battle.

We learnt about the punishment given due to misbehaviour, false claims, and the misunderstanding of law. We now know how brutal the trials for a simple wrong doing could be during this time. This workshop was

especially interesting for students as they could volunteer to re-enact the punishments of medieval times (without getting hurt.)



The medieval dance workshop was a unique experience for all as it was fun and lively. Every student had the opportunity to participate in interactive dances and learnt the meaning behind a few of them.

In the final workshop, we learnt about fighting techniques, equipment that was used and the process involved in becoming a knight. We now know how knights trained and the strength and physical skills that was needed to take part in battle.

We learnt many things about all aspects of the Medieval Age in a fun and interesting way!





Walk For Water



Amity Blair
Year 7

All year 7 classes decided to fundraise for Caritas by walking around the basketball courts carrying buckets of water.

Four classes participated in this “Love Thy Neighbor” activity, Walk for Water on the 29th of March and the other four classes did their ‘walk’ on Thursday. The activity was to raise awareness of what it would be like to live in a third world country and not have access to clean water.

Children and adults walk many kilometers every day just to have water to survive. We don’t really realise how lucky we are to just get water out of a tap so easily while they go through so much. We each practiced walking with a bucket of water around the outer edge of two courts 3 times and even tried holding it on our heads and walking around the courts. We had a talk/discussion about what trouble these people go through getting the water for their families. After we had finished with the water we poured it on the plants so it didn’t go to waste. It was really tiring after walking just a couple of times around the basketball courts.



Gaelic Football Grand Final

Riley Watts
Year 9



What a Gaelic Football Grand Final!

The two top boys and girls teams from each Atlas9 half battled against each other in an epic final. After the season that was organised and played by the Atlas9 classes, we finally made it to the grand final day.

The event included commentators, media and reporters, performers and food vendors who donated all the proceeds to Project Compassion. The atmosphere on and off the field was enthusiastic and energetic. The crowd was chanting, and refreshments were being sold rapidly, as the whole Atlas9 cohort watched the two terrific matches.

First up was the boy’s final, the Unicorns who topped the ladder in the 9.1-9.2 season played off against the Celtic Blues who were able to finish on top in the 9.3-9.4 league.

The game was played with great enthusiasm while the entire Atlas9 cohort watched on with excitement.

The Celtic Blues started strong scoring two early goals in the first half. The unicorns scored early in the second, but were unable to capitalise on this momentum and went down to Celtic Blues 4-1.

The girls team played second with Charlie’s Angels taking on the Black Angels. Charlie’s Angel’s took control early and took out the match 10-0. Despite the one sided match the improvement in skills, comradery and growth mindset was clear for all to see.





Careers News



Mrs Prudence Scholtes

This week we continue our series of articles to assist any members of our Lavalla Catholic College community seeking employment.

Previous articles have looked at job searching, tips for completing job applications and how to write strong achievement statements. This is the final article in the series of how to write job applications. Next fortnight we will be looking at the interview process.

Please do not hesitate to contact either Ms Nicole Sizeland or myself if you need any assistance with careers related matters.

10 ways to reduce words in job applications

Applicants often face word limits when writing a job application. This means that every word counts, so watch for unnecessary, irrelevant and redundant words.

Here are ten ways to avoid using more words than you need.

1. Use strong verbs

Verbs reflect the action taken. Using vague verbs not only wastes words, it undersells your case. 'I have also done secretariat work for a committee' can be edited to: 'I provided secretariat support for a committee'.

2. Delete 'required to'

Saying 'I am required to' do certain things in your job wastes words. If a task is part of your job you don't need to say you are required to do it. 'As part of my role I am required to take minutes for the committee' can be edited to: 'I take minutes for the committee'.

3. Delete 'needed to' and 'able to'

Similar to 'required to' these words are usually redundant. 'In my role I need to manage my daily workload and set priorities' can be edited to: 'I daily manage my workload and set priorities'. 'I was able to arrange a meeting with key stakeholders' can be edited to: 'I arranged a meeting with key stakeholders'.

Similarly, 'have to' and 'would have' can be removed. 'I have to edit my responses and would have to then make changes' can become: 'I edit my responses and make changes'.

4. Use one word for several

When reviewing your writing ask yourself if a sentence can be written with fewer words and still retain the meaning. The sentence 'For the last three years I have been asked to train several groups of staff' can be edited to: 'Recently, I trained several groups of staff'. The sentences 'I realised that joining this team was an opportunity I should get the most out of, so I got seriously focused on building my network. This made every encounter a chance to get to know my team members' can be edited to: 'I realised that joining this team was a chance



Careers News cont...

to maximise my networking, making daily encounters a relationship-building opportunity'. These changes reduce 38 words to 19.

5. Use the active voice

Passive sentences tend to be longer and less effective. The sentence 'The project was managed by the team' becomes, in the active voice: 'The team managed the project'.

6. Turn nouns into verbs

Nouns can often be turned into verbs, thereby reducing words and strengthening your case. Keep an eye out for nouns ending in '-ion'. The sentence 'We made a decision to organise a focus group with stakeholders' can be edited to: 'We decided to facilitate a focus group with stakeholders' or 'We facilitated a focus group with stakeholders'.

7. Reduce modifiers

Modifiers are words that intensify or de-intensify action. The sentence 'I am very eager to take on this really difficult project in this extremely challenging environment' can be edited to: 'I am eager to take on this difficult project in such a challenging environment'. The sentence 'I would rather like to take on this quite difficult project in this somewhat challenging environment' can be edited to: 'I am keen to take on this difficult project in such a challenging environment'.

8. Cut empty phrases

An empty phrase is one that adds little to the sentence. Examples are: 'at the end of the day', 'all things considered' and 'in the final analysis'.

9. Turn negatives into positives

Saying something in the negative may take more words than if the same thing is written in the positive. The sentence 'It was not uncommon for staff meetings to last three hours' can be edited to: 'Meetings lasted three hours' or 'Meetings were long'.

10. Cut redundancies

Pairs of similar words can be a site for editing. For example 'goals and objectives' could become simply 'goals'.

These are not fixed rules. It may sometimes be appropriate to ignore items on the above list. But when you need to write a succinct statement, these suggestions are well worth considering.

About the author - Dr Ann Villiers



Ann is Australia's only Mental Nutritionist®, specialising in helping people to think more flexibly and speak more confidently by mastering mind and language sense making practices. A career coach specialising in public sector jobs, Ann is a Professional Member of the Career Development Association of Australia (CDAA). Winner 2015, National President's for Professional Leadership. Find out more at [Selection Criteria](#).



Sports Enrichment



Ms Karen Joyce



Victorian Institute of Sport Excursion

Thirty year 8 and 9 Sports Enrichment students travelled to the Victorian Institute of Sport at Albert Park to find out what it takes to make it as an elite athlete. They had a tour of the VIS facility, led by Khao Watts a Vixen netballer. Khao spoke about what a VIS scholarship includes and described the training equipment and sports science equipment available at the VIS. She also explained her netball journey, her nutrition and fitness regime and what coaches are looking for in elite athletes.

Our students had the opportunity to participate in some fitness and team work activities and then discussed leadership and how the body works during exercise.



Lavalla students then enjoyed a presentation by Simplicé Ribouem – a weight lifter and currently Australia's strongest man. Simplicé is a Cameroon-born weightlifter who made his Olympic debut at Rio in 2016. Simplicé lifted for his home country at the 2006 Commonwealth games before seeking asylum in Australia. He discussed his journey and explained his training and nutrition regime required for his sport. He also showed off his impressive forearms!

Our students then used some of the sports science equipment and measured their vertical jump and reaction time.

We then had a second presentation by Kate Doughty a Rio Paralympian who has competed in equestrian and is now running triathlons. Kate discussed her sports journey and the change from equestrian to triathlons. Kate is also a Sports Psychologist so she also spoke to the students about mental preparation especially imagery.

It was a wonderful day and hopefully all the students went away energized and motivated to take their sport to the next level.



Marist Basketball Carnival



Mr Dwayne Tibballs

Lavalla Catholic College has once again recorded an excellent result at the Australian Marist basketball carnival hosted by Marist College, Ashgrove in Queensland.

The girls remained undefeated throughout the four days of competition and it was neighbouring rival, Catholic College Sale, who gave the girls their strongest challenge during the preliminary matches where Lavalla prevailed 38-32. This was their closest game of the Championships.

After a strong effort over the first three days, the girls would encounter Newman College, Perth in the Championship Final. Newman College had never made it through to the final ever before in their history so it was a great reward for their persistence.

However, Lavalla were far too strong with their superior talent and took a commanding 44-24 lead into the fourth quarter. The last period was a mere formality as the girls took the heat off the contest to coast home for a 50-35 triumph.

This result was without the two

athletes who were selected to represent Victoria Country in the U18's Australian Junior Championships in Chelsea D'Angelo and Innika Hodgson.

Captain Abbey Noblett and Jade Melbourne were rewarded the night before with Marist All-Star selections to the girl's team to cap off a remarkable championship for the pair of Victoria Country athletes.

The boy's team would produce a record-equalling effort of finishing the carnival in 3rd place. They endured only two defeats throughout the carnival which were to the two teams that played off in the championship final.

The boys have previously finished 3rd on three other occasions and there was an anticipation of hope that the boys would make history in becoming the first boys' team to win through to the championship game. Unfortunately, Sacred Heart College, Adelaide would deny this opportunity by delivering a 38-29 defeat on Lavalla Catholic College.

Nathan Catherwood earned Marist All-Star selection after a solid effort throughout the carnival.

This year's carnival saw us bid farewell to Jarrod-King-Church, Nathan Catherwood, Logan Van Berkel, Jay Murphy, Millicent Culliver, Abbey Noblett and Demi Plunkett. Thank you to all these athletes for their remarkable contribution to the basketball program.

Once again, thank you to our coaches in Karen Joyce and Chris Watson, who continually offer their family time to prepare the athletes of both teams for the duration of seven months in readiness for a competitive time each year.





College Calendar - Term 2

DATE	CAMPUS	ACTIVITY	NOTES
MAY			
Mon 1st	BOTH	Full Winter Uniform	
Tue 2nd	ST PAUL'S	Twilight Open Campus	4.30 - 7.00pm
Fri 5th	ST PAUL'S	School Photos	Full Winter Uniform to be worn.
Sun 7th - Tue 9th	KILDARE	Marist Icons - Kildare Chapel	
Tue 9th	KILDARE	School Photos	Full Winter Uniform to be worn.
Mon 8th - Wed 10th	ST PAUL'S	Year 8 Camp 1	
Wed 10th - Fri 12th	ST PAUL'S	Year 8 Camp 2	
Mon 15th - Wed 17th	ST PAUL'S	Year 8 Camp 3	
Wed 31st May	ST PAUL'S	2018 Year 7 Enrolments Close	
	ST PAUL'S	Year 7 Immunisations	

Uniform Shop

Open 3.30pm- 6.00pm

St Paul's Campus

4th May

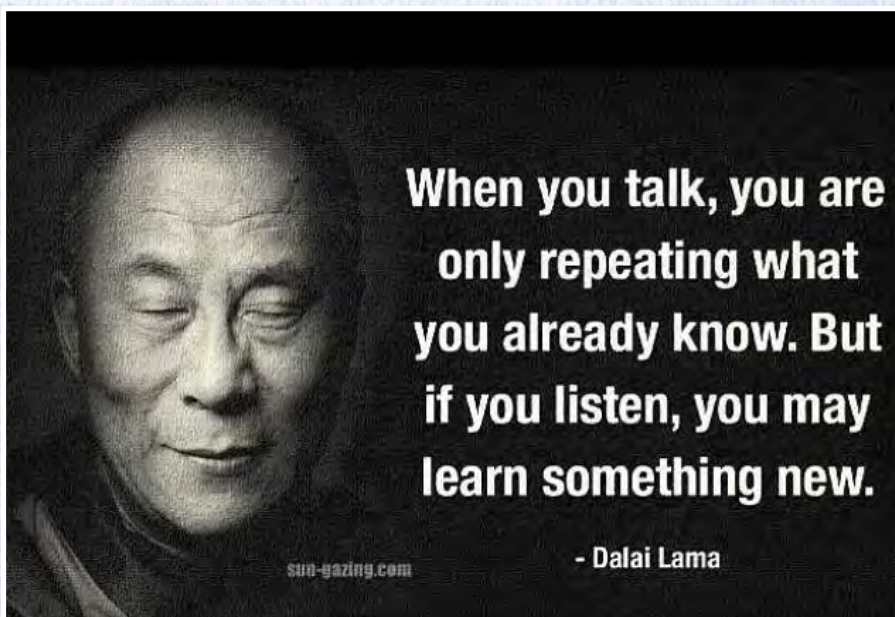
18th May

1st June

15th June

20th July

3rd Aug



What is NAPLAN?

The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual national assessment for all students in Years 3, 5, 7 and 9. All students in these year levels are expected to participate in tests in reading, writing, language conventions (spelling, grammar and punctuation) and numeracy. All government and non-government education authorities have contributed to the development of NAPLAN materials.

Why do students do NAPLAN tests?

NAPLAN is the measure through which governments, education authorities, schools, teachers and parents can determine whether or not young Australians are meeting important educational outcomes in literacy and numeracy. The tests provide parents and schools with an understanding of how individual students are performing at the time of the tests. They also provide schools, states and territories with information about how education programs are working and what areas need to be improved.

NAPLAN tests are one aspect of a school's assessment and reporting process; they do not replace the extensive ongoing assessments made by teachers about each student's performance.

What will be tested and how?

NAPLAN tests the sorts of skills that are essential for every child to progress through school and life, such as reading, writing, spelling, grammar and numeracy. NAPLAN content is aligned with the Australian Curriculum. For more information on this, please see the NAP website:

www.nap.edu.au

Questions are multiple-choice or require a short written response. The writing task requires students to write a text in response to a prompt.

To give you an idea of what the tests look like, sample questions and a sample writing task are available on the NAP website.

Who will run the tests?

NAPLAN tests are conducted at schools and administered by classroom teachers, school deputies or principals. Each state and territory is responsible for marking the tests in accordance with strict guidelines and processes.

How can I help my child prepare for the tests?

NAPLAN assesses literacy and numeracy skills that students have already been learning through the school curriculum. Teachers will ensure students are familiar with the test formats and will provide appropriate support and guidance.

Help your child prepare for NAPLAN by reassuring them that NAPLAN tests are just one part of their school program, and reminding them on the day to simply try their best. The use of services by coaching providers is not recommended.

If you have any questions about your child's preparation for NAPLAN, you should make a time to speak with their teacher.

What additional support can schools provide for students with special needs?

All students are encouraged to participate in NAPLAN tests. Students with disability may qualify for adjustments that reflect the support normally provided in the classroom. Students who have a temporary injury may also be reasonably accommodated.

A formal exemption may be granted for a student with significant intellectual disability and/or significant coexisting conditions, or for a student who has recently arrived in Australia and has a non-English speaking background.

Your school principal and your state testing authority can give you more information on special provisions or the process required to gain a formal exemption.

How is NAPLAN performance measured?

NAPLAN is not a pass-or-fail type test. Individual student performance is shown on a national achievement scale for each test. Each test scale has 10 bands and all year levels are reported on the same scale. Six bands are reported for each year level for each test. One of these bands represents the national minimum standard for students at each year level. A result at the national minimum standard indicates that the student demonstrated the basic literacy and numeracy skills needed to participate fully in that year level. The performance of individual students can be compared to the average performance of all students in Australia.

What happens if my child is absent from school on test days?

Where possible, schools will organise for individual students who are absent at the time of testing to complete missed tests at another time during the testing week. Individual students are not permitted to sit tests after Friday 12 May 2017.

Will I receive a report on my child's performance?

A NAPLAN report will be issued by your school later in the year. The same report format is used for every student in Australia. The school will notify you when the reports are being sent to you. If you do not receive a report, you should contact the school. Individual student results are strictly confidential.

How are NAPLAN test results used?

- Schools use results to identify strengths and weaknesses in teaching programs and to set goals in literacy and numeracy.
- School systems use results to review programs and support offered to schools.
- Students and parents may use individual results to discuss progress with teachers.
- Teachers use results to help them better identify students who require greater challenges or additional support.
- The community can see average school NAPLAN results on the My School website: www.myschool.edu.au

Where can I get more information?

For more information about NAPLAN:

- visit the NAP website www.nap.edu.au
- contact your child's school
- contact your state or territory's education authority (details available on the NAP website).

For ACARA's privacy policy, go to:

www.acara.edu.au/contact-us/privacy

NAPLAN 2017 tests timetable

	Tuesday 9 May	Wednesday 10 May	Thursday 11 May
Year 3	language conventions 40 minutes writing 40 minutes	reading 45 minutes	numeracy 45 minutes
Year 5	language conventions 40 minutes writing 40 minutes	reading 50 minutes	numeracy 50 minutes
Year 7	language conventions 45 minutes writing 40 minutes	reading 65 minutes	numeracy 60 minutes
Year 9	language conventions 45 minutes writing 40 minutes	reading 65 minutes	numeracy 60 minutes

- Language conventions test includes spelling, grammar and punctuation.
- Numeracy test includes number and algebra; measurement and geometry; and statistics and probability.
- Calculators are **not** permitted in the numeracy test in Years 3 and 5. In Years 7 and 9, each student will sit one numeracy test. This test will have two parts: one where calculator use is permitted and one where it is not.

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Helping students get ready for the NAPLAN tests

The most resilient children and young people are those who rise to meet rather than retreat from the challenges presented to them. Perhaps it's best to view the NAPLAN tests as good learning experiences rather than dreaded pressure tests.

During the second week of May Australian children in Years 3, 5, 7 and 9 will take part in the National Assessment Program – Literacy and Numeracy (NAPLAN). The stated purpose of this testing program is to gain an overall picture of educational attainment levels to assist education policy and decision-making.

The program first implemented in 2008 has drawn some criticism from a number of different quarters, particularly in regard to the use of the information gained through the NAPLAN tests. You've probably heard a number of different viewpoints expressed in the media over the last few weeks.

One view commonly put forward is that the NAPLAN tests put undue pressure on children to perform in test situations. If so, then perhaps the best approach for parents and teachers is to help them handle the pressure rather than avoid it. The most resilient children and young people are those who rise to meet rather than retreat from the challenges presented to them. Perhaps it's best to view the NAPLAN tests as good learning experiences rather than dreaded pressure tests.

Children and young people take their cues from their parents about how to handle many situations. American psychologist Martin Seligman discovered more than a decade ago, through his research into children's thinking styles, how closely a child's explanatory style

mimics that of the parent they spend most time around. Optimistic parents beget optimistic kids, just as anxious parents can beget anxious kids. The impact of a parent's explanatory style seems to be magnified somehow in small families where there are fewer voices to be heard.

As a parent it helps your child, if you take a positive view of the NAPLAN tests. It's better to see them as learning opportunities for kids as well as opportunities to overcome any anxieties or nerves that these tests may bring on. It's also worth remembering that many children don't stress over these tests. The vast majority take them in their stride, wondering what all the fuss is about.

Whether your child stresses or takes them in his stride here are some tips to help prepare for the NAPLAN tests:

1 Take your cues from your child:

If your child doesn't worry about them then neither should you. Be careful not to create a problem that doesn't exist by incessantly talking about, or worse, worrying about the test.

2 Focus on doing their best and trying hard:

Choose your words carefully when you speak with your kids. As with all their learning activities place your focus squarely on effort rather than results. The only pressure on kids should be to try hard rather than to do well.

3 Listen to any concerns they have:

If your child confesses to some nerves then validate their feelings, rather than shut them down with a 'get over it' response. "Yes, sometimes tests can be a little scary, but they get easier every time you take them." Use this as an opportunity to develop some emotional smarts, which starts with recognising how kids feel.

4 Give them some relaxation ideas:

Anxious or nervous kids will benefit from some simple relaxation strategies. Taking some deep breaths, changing their thinking and exercising the morning of the test are some simple ways to help kids get some feeling of control.

5 Help them retain their perspective:

One way to help children who become excessively anxious about an event is to ask what's the worst thing that could happen? Okay, they may not do as well as they would like but the sun will still rise tomorrow, regardless of how well they do. Keeping perspective is a life skill that we all need to practise.

A positive, caring parent attitude is one of the best gifts you can give a child when they are apprehensive or nervous about approaching any different situation whether it's going on school camp, joining a new club or sitting a NAPLAN test.

Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at parentingideasclub.com.au. You'll be so glad you did.



parentingideas.com.au

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THE 2017 *Marian* LECTURE



UNDERGROUND CATHEDRALS

A SPIRITUALITY FOR THE 21ST CENTURY

BRISBANE

23 MAY

Australian Catholic University
Leadership Centre

SYDNEY

25 MAY

Australian Catholic University
Ryan Auditorium, North Sydney

MELBOURNE

30 MAY

Australian Catholic University
Christ Lecture Theatre

WARRAGUL

1 JUNE

Marist-Sion College
Marian Theatre

ADELAIDE

9 JUNE

Sacred Heart College
Br Joseph McAteer Centre

PERTH

13 JUNE

Newman College, Churchlands
Champagnat Chapel

At this time the Holy Spirit is unearthing 'underground cathedrals' in unlikely places and people. In the lives of ordinary people the Spirit is calling us to the 'edges' to open us out through the 'cracks'.



You are invited to enter this conversation in search of 'underground cathedrals' with the wisdom of noted educator and spiritual guide Mark Patrick Hederman OSB of Glenstal Abbey, Ireland.

Whether we are educators or simply 'seekers' trying to discover the way forward – our mission is to allow the energy of divine love to stretch us.

Hederman is an educator, headmaster, poet, philosopher and public intellectual. He has been a monk of Glenstal Abbey in Limerick for over 40 years. Formerly headmaster of the school, he has just completed eight years as Abbot. Hederman has a doctorate in the philosophy of education and studied in Paris under the famous Jewish philosopher Emmanuel Levinas. He has lectured in philosophy and literature in America, Nigeria and Ireland.

6.00pm - 7.00pm (Doors open from 5.30pm)

Limited seating available / Free Entry
Register at www.maristassociation.org.au

SUPPORTED BY AUSTRALIAN CATHOLIC UNIVERSITY

An initiative of the

**MARIST ASSOCIATION
OF ST MARCELLIN CHAMPAGNAT**



2017 Student Residential Address Collection

This notice is from the Australian Government Department of Education and Training (the department), to advise you that the department has requested your child's school provide a *statement of addresses*, in accordance with section 21 of the *Australian Education Regulation 2013* (the Regulation).

A *statement of addresses* contains the following three pieces of information about students at the school:

- Students' residential address (**not student names or other identifying information**)
- Students' level of education (i.e. whether the student is receiving primary or secondary education)
- Students' boarding school status (boarders or day students)

Authority for and Purpose of Collection

Consistent with previous practice, and following the *2016 Australian Bureau of Statistics National Census of Population and Housing (Census)*, it is timely that information held by the department is updated in order to ensure that Australian Government funding calculations for your child's school are accurate.

Under section 21 of the Regulation, a *statement of addresses* **must not explicitly identify an individual student**. Accordingly, all information in the *statement of addresses* provided by your child's school to the department is de-identified.

Use and Disclosure of Information

It is important to ensure the *statements of addresses* are accurate, and the department may from time to time carry out audits of *statements of addresses* to verify their accuracy. In the event of an audit, the department's contracted auditors may seek to compare a school's *statement of addresses* with student enrolment information held by the school for the purpose of verifying the information. The department's contractors will not use the information for any other purpose.

Any further use and disclosure of information relating to the *statement of addresses* will occur in accordance with section 65 of the Regulation.

Contact

If you have any questions regarding this notice, you can contact the department by:

- Email: seshelpdesk@education.gov.au
- Phone (free call): SES helpdesk on 1800 677 027 (Option 4)

For further information about the department, including the department's privacy policy, please go to: <https://education.gov.au>.

Opportunity through learning

YOUTH AND GAMING FORUM

FREE EVENT, LIGHT SUPPER PROVIDED



DO YOU WANT TO KNOW MORE ABOUT THE IMPACTS GAMING IS HAVING ON YOUNG PEOPLE?

Parents, teachers and youth professionals are invited to attend this forum presented by gaming expert Steven Dupon, Director of the Institute of Games.

Tuesday, 13 June from 6pm-8pm
Morwell Central Primary School Auditorium
47 McDonald Street, Morwell

Institute of Games

Steven Dupon, Founder and Director of the Institute of Games has over 20 years' experience working with young people and specialises in the impact of technology, in particular the impacts of gaming.

Gaming is the most popular form of entertainment of today and is having a big impact on young people, both in positive and negative ways. Gaming or video games can often be a source of stress and conflict, this forum aims to support parents, teachers and youth professionals to ensure that gaming stays fun, positive and safe!

This forum will explore;

- Impacts of excessive gaming
- Managing gaming behaviours and issues
- Gambling and games - similarities and differences
- Violence in video games

To register click on the link <https://www.eventbrite.com.au/o/gamblers-help-gippsland-12907596097>
or contact Ashlea King Gamblers Help Community Education Officer, call 5136 5246
or ashlea.king@lchs.com.au

Call **1800 242 696**
or visit lchs.com.au



Lavalla Parents & Friends Debutante Ball Committee



email address: lavalladebball@gmail.com

ABN: 92929851133

2018 Debutante Balls will be 11th, 12th & 13th April

Deb Information session will be held

Wednesday 11th October 7pm

At St Pauls Lecture Theatre

All interested students and their parent or representative must attend

This is the **1st stage** for all interested 2018 Yr 11 Lavalla students in the process to registering for the Deb and obtaining your preferred night. If you are unable to attend please send a relative or representative. Please bring a pen to fill out our registration of interest form.

Debutantes will be allocated a place on their preferred night, where possible, on a first in basis upon receiving all of paperwork from the Deb couple and their parent.

The number of Debutantes per ball will be capped and once this limit is reached no more registrations will be accepted for that Ball.

It is IMPORTANT that all those intending to participate in the 2018 Deb Balls attend this Info Session with their parents.

After completing the above 1st stage and being allocated a Ball night, our 2nd stage is attending a **Registration Evening where the final paper work and full payment is required**

Wednesday October 25th at 7pm at the Kildare Hall

The committee are also seeking volunteers to become part of the Executive Committee for the next 3 years. If you are interested please register your intention at our email address by June 30th email:
lavalladebball@gmail.com

Our AGM will be held Wednesday July 13th 2017.