



From the Principal

Mr John Freeman



Thursday last week was the final day of formal classes for our Year 12 students. To celebrate the Year 12 Class of 2016's time at Lavalla Catholic College we have had a number of events. During Thursday, 20 October, we held a Whole School Assembly and then in the evening a Mass for students, staff and families at St Michael's, Traralgon. The following day we celebrated our traditional and quite moving farewell ritual. I have included at the end of this article excerpts of my speech to the Year 12s and their families at the Mass. We wish these fine young people the best of success in all their endeavours.



Whilst a number of performance exams for our Music and Drama students have already taken place as well as oral exams for Italian language students, written exams commenced this week. Accordingly, we wish the best of success to our VCE students in all their exams. We pray that they will be able to represent their capabilities effectively in their exams and earn the rewards of they deserve. I also ask you to keep in mind our VCAL students who are also completing their program.



Today we took time to promote 'Day for Daniel' by asking students and staff to wear something red. 'Day for Daniel' organised by the Daniel Morcombe Foundation is a National Day of Action to raise awareness about child safety and protection. Teachers, parents, carers and guardians are asked to start a conversation about personal safety in the real world and in an online environment. The objectives of 'Day for Daniel' are: to raise awareness about child safety and protection and to promote a safer community for children; to educate children regarding their personal safety and empower them to RECOGNISE, REACT and REPORT; to provide free safety and educational material; and to honour the memory of Daniel Morcombe.

'Day for Daniel' is an opportunity for Australians to make a statement that crimes against children are not acceptable in modern Australia. It aims to help empower our children to RECOGNISE, REACT and REPORT if they feel something is not right.



What does RECOGNISE, REACT and REPORT mean?

RECOGNISE encourages students to be aware of their surroundings and to recognise body clues in situations where they don't feel safe. REACT helps students to consider choices that may keep them safe or help make them safe again as quickly as possible. REPORT encourages students to report unsafe incidents to an adult.

Thank you to Kelly Murray and Tamsin McCormack for their work in promoting this important day and also providing educational materials to staff and students. If you would like to know more then I encourage you to go to the following websites: <http://www.dayfordaniel.com.au/> and <http://www.danielmorcombe.com.au/>



I would also like to draw to your attention that The Catholic Education Commission of Victoria Ltd (CECV) is committed to ensuring the ongoing safety of children and young people and supporting Catholic school principals, staff and parents in providing a safe and nurturing school environment. As part of this commitment, the CECV is pleased to advise of the launch of the updated anti-bullying website Bullying. No Way!, managed by the Australian Government in partnership with the state, Catholic and independent education sectors.



Reflecting the nine key elements of the National Safe Schools Framework, Bullying. No Way! has a range of classroom resources, interactive storytelling, animations, latest research, fact sheets and information sections for teachers, parents and students.

The new website provides activities associated with the annual National Day of Action against Bullying and Violence (NDA). You can access website from our Student Safety and Wellbeing- A Child-safe School page of our website- <http://www.lavalla.vic.edu.au/Student-Safety-and-Wellbeing-A-Child-safe-School/> .

Well done to all the students who performed their Unit 2 and 4 Drama Solos at a Performance Night, on Tuesday, 18

October. This was a most entertaining evening from; Whitney Morley, Jessica Haylock, Kasinda Dalton, John Eddy, Conor Williams and Natalie Justin. Thank you to their teacher Pru Scholtes on preparing the students so well.

This week the Unit 2 Music students held a soiree on Tuesday evening. Those attending were privileged to hear a variety of performances. The skill and talent of the students is impressive and bodes well for those continuing their studies into Units 3 and 4 Music in 2017.

We wish Claire Couling every happiness for her upcoming wedding to Leigh Fabris this weekend.

Finally, I ask that you remember your prayers staff member Fiona Morrow and her family as they remember William Keenan (Fiona's Grandfather) who passed away recently.

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





Farewell Speech to the Class of 2015

The following is an edited version of my speech to our Year 12 Graduands and their families at the Valedictory Mass.

... Whilst, tonight is an important moment for all the young women and men we are here to celebrate graduating from Lavalla Catholic College, it is also significant for their families, particularly the parents. You, the parents and families, have nurtured and supported your sons and daughters, given them love, support and encouragement to become what they are capable of being. I know that they are grateful for this and we the staff of Lavalla Catholic College are thankful that you have allowed us to be part of their lives and to support you in the process of setting them on their way to reach great heights.

For the students, this is a time to celebrate. You are a success, to start a journey 13 years ago and finish it is great accomplishment in itself and accordingly we are proud of you and I hope you are proud of yourself.

I hope you may remember when I first spoke to all of you at the 2014 Commissioning Mass. One of the key things I wanted for all of you was that your time at Lavalla Catholic College allowed you to be a person who had the capacity and the opportunity to make choices for themselves. Informed choices about the type of future you wanted. Choices that took into account not only your talents and desires, but also are respectful of the needs of others. Essentially, our wish, is reflected in our College Motto, we want you to be people with Strong Minds and Compassionate Hearts.

A key hope of St Marcellin Champagnat, the founder of the Marist Brothers, was that schools in the Marist tradition produced good Christians and good citizens. I think you want to be that as well.

However, to achieve this goal, I believe there are a few really important things to remember and strive to achieve. The first is to believe in yourself. If you don't it makes it hard for others. Success is more about attitude than ability. Descartes, a French Philosopher wrote "I think therefore I am!" In my experience this is true, if you think that you are no good and no one will like me then that is how you will act and that is how you will be. However, if you think you can succeed, be a person who can make a difference, a person who can love and be loved, then you will act that way, see the world that way, will be that WAY!

Second, aim to be lifelong learners. Keep improving, take on opportunities to better yourself, but not just for work or employment. If you play a sport, an instrument, paint, dance, sing, knit, fish ... whatever it is keep it up and strive to improve. If you don't do any of these things, well start. Read as a matter of principle, listen as a matter of self-respect and observe as an enriching staple of life. These activities you engage with will round you out, they not only help us to realise that there are more things in life than only work, but they in fact help us to be overall better people and successful in all facets of life.

Third take risks, learn from your mistakes, you cannot buy experience, you can only earn it. Good judgement comes from experience, and the experiences where you have not succeeded usually provides the best lessons. So go out and be willing to make mistakes. Be patient and trust yourselves, but also trust others in your life who care for you and love you, and know they will support you.

As you graduate and move out into the wider world I urge you to do whatever you do, for no other reason than you love it and believe in its importance. Resist the easy comforts of complacency, the paralysis of instant gratification, be worthy of your advantages and enjoy life to its fullest. See everything you do as a chance to learn and improve. We are at every moment in our lives the accumulation of what we have experienced to that point. Every decision you make, from what you eat to how you spend your time tonight adds to who you are tomorrow and the day after that. So make wise choices to allow yourself the best chance to achieve your potential.



Tonight we say to each of you young people in front of me – thanks for being part of our lives and of our community, we've valued your presence and contribution, we're glad to see you become the fantastic people you are and we wish you every success and blessing as you continue with the rest of your life. We hope that you take fond memories from your time with us here at Lavalla Catholic College and that you'll continue to be sustained by your friendships with and support of each other.

In particular, we hope that you'll know love and peace in your life which comes from being nurtured and loved by God.

Ladies and Gentlemen of the Lavalla Catholic College Year 12 Class of 2016, may you know much happiness and joy in your lives, but also be successful and be a source of uplift and encouragement, strength and support, generosity and hope to many, many others so that they too like you can reach the heights they are capable of attaining.

Thank you Class of 2016.





St Paul's On Show 16th November

4:00 pm – 5:30 pm

The campus invites parents, family and friends to this event. There will be displays of Year 7, 8 and 9 work with teachers on hand for informal discussions. We hope that you can join us to share some of the learning which has gone on during 2016. Year 7 work will be on display in the Year 7 centre, the Year 8 Centre will host a music display, Glen Lilac will have a LOTE display, the Le Rozey Centre an art display and Atlas will be displaying work in the Information Service Centre. Please join us to celebrate the achievements of our students during 2016.

Year 9 Retreats

Thanks to Mrs Monica Justin and her team for facilitating the Year 9 retreats held at the Presentation Campus this week. These days contribute to the spiritual and personal development of our students. We understand that young people face many pressures in their lives and days such as this which give them time and space to reflect on their relationship with God and how they can live lives according to the Gospel values. These are vital to the development of well-rounded young people.

Transition

During the last week of school, 5th – 8th December, students will transition into the next year level. Students will also be placed into different class groupings as they enter the next year level. I ask that all parents speak to their children about the need to deal with this change, to develop resilience and to keep focused on their learning.

St Vinnies Hampers

We have a long tradition on this campus of each Homeroom providing a hamper for St Vinnies to distribute at Christmas. It is important to support our community in this way and it is also important for our young people to understand the need for outreach.

Learning block 6

As we begin the final learning block, I thank those parents who have attended recent interviews and remind you all that there are no interviews at the end of the year. The only exception to this is the very small number of students who may be on academic review. Hopefully all students will be working towards a successful completion of the year.

Congratulations

Best wishes to Miss Claire Couling who is to be married this weekend. We wish Claire and Leigh many blessings as they begin their lives together.



Four steps to achievement: Plan purposefully. Prepare prayerfully. Proceed positively. Pursue persistently.

— William Arthur Ward —

Mid Term Break

Please remember that there are no classes on Monday 31st October or Tuesday 1st November.



Reflection on Exams

Across Australia Year 12 Students are doing some kind of exam to complete schooling. Everyone wants to succeed. But what does that mean? Each person has to work out what that means for them.

Luke tells us about Jesus as a student. He was about 12 years old. He had come with Mary and Joseph to Jerusalem and when they left to go home, he for some reason stayed behind. His parents went looking for him. "Three days later, they found him in the Temple, sitting among the teachers, listening to them, and asking them questions; and all those who heard him were astounded at his intelligence and his replies. (Luke 2:46-48).

We pray for all our students doing exams:

Lord, pour out your Spirit of Wisdom on these students:
help them to remain calm,
to attend carefully to the questions asked,
to think clearly, to remember accurately,
and to express themselves well.

Grant that they may reflect on the best of the work they have done
and the best of the teaching they have received.
Accept their best efforts in these examinations
and in the great test of life on earth.
May your love be upon them, O Lord,
as they place all their trust in you.
We ask this through Christ our Lord.
Amen.



Year 12 Celebration Assembly



The Celebration Assembly for Year 12 took place on Thursday 20 October in the Champagnat Centre. It was a fitting recognition of these young adults and their contribution to the college.

As part of the ritual they received a blessing from the whole college and they passed on the Spirit of Lavalla Leadership to the College Captains for 2017. This year the year 12s presented the college with a gift that will be cherished.



Year 12 Mass

The year 12 mass was held on 20 October 2016 at St Michael's Church, Traralgon, and celebrated by Fathers Prasanna Costa and Bernard Buckley. The Mass was a thanksgiving for these young people and formally marked the beginning of a life after school. Parents, staff, family and well-wishers filled the church in an apt ceremony. Each student was given certificates of completion. The choir added to the reverence of the occasion.

Year 12 Celebration Day

The year 12 Celebration Day and Farewell ritual was great fun. Starting with a cooked breakfast, fun awards and videos, opening their Year 7 time Capsules, rose planting, and symbolically passing through the gate out of the school, it was a great way to recognise each of these young people. They had joined as kids in Year 7; they left as adults. It is a great joy to launch them into the world.



Year 12 Graduation Mass

This Mass is always something of a bittersweet occasion for our Senior Choir. It is the culmination of the year for our Liturgical Choir students, the Church offers a natural home for the work that we do and once again our choir were an integral part of this celebration. I am grateful to all members of the choir, particularly our outgoing year twelve members who sang beautifully last Thursday the 20th of October to help celebrate and farewell the class of 2016. Leo Ma deserves special acknowledgement as our psalm cantor for the Graduation Mass.



Ringwood Secondary College

It was lovely to be able to host a visit from the Music Department of Ringwood Secondary College earlier this week. Our year seven students all enjoyed a performance from their touring ensembles. It is a wonderful music program, one of the biggest in the state and it is a program that operates quite similarly to our own.

Year 11 Music Recitals

Our Year Eleven Music class all presented their solo recital programs to an enthusiastic audience of parents, friends and well-wishers earlier this week. It is hard to think of any other assessment task that asks as many questions of a VCE student as this performance recital. As well as being a valuable formative experience it was also a really enjoyable evening with some exquisite music making. Congratulations to the following students:

Kasinda Dalton	Judd Neilson
Tobias Duffy	Tristan Pickard
Zara-Louise Ernst	Jason Prekop
Olivia Holloway	Sienna Reid
Natalie Justin	Maddison Tactor
Abbey Murray	



2017 Re-Enrolments

By now, all of our current instrumental and vocal students should have received a form to reenrol for lessons in 2017. In some instruments we are expecting that lists will fill quite quickly which will see a need for waiting lists in 2017. To ensure that we can have a clear picture of our staffing needs for 2017 we ask that all students return their reenrolment forms as soon as possible. Please feel free to contact our Music Administrator Mrs. Sarah Duncan for any queries that you may have.

Gippsland Tech School Co-Design Conference

On Thursday the 13th of October Shelby Logue, Ming Loi and Tyler Soppe represented our college at the Gippsland Tech Schools Co-Design Conference. These three students showcased solo repertoire they have been preparing throughout the year to a captive audience who responded with applause of excitement and appreciation. We thank these students for their contribution to this event and for the professionalism they brought to these performances.



LAVALLA
CATHOLIC COLLEGE
STRONG MINDS COMPASSIONATE HEARTS

Year 12 Celebration Day





Year 12's Exams and Beyond

It is recognised that while the completion of a young person's school journey is a time for celebration, the VCE examination period and school leaver events may also be a time of anxiety for students and parents.

- Young people attending school leaver or 'schoolies' events are encouraged to show respect for the local communities they visit and to take responsibility for their own safety and look out for their friends.
- To assist young people intending to travel to Victorian coastal resorts to be safe, it is vitally important that they seek information and register at the official government website Good Times, Great Breaks, www.goodtimesgreatbreaks.com.
- A beyondblue fact sheet, Surviving Year 12 (see attached), has advice for students about managing the anxiety and stresses associated with the exam period while maintaining a healthy lifestyle with sufficient sleep and exercise and time spent on social media.

We wish all our year 12's the best for their examinations and as they move into the next phase of their life journey.

Term 4

Date	Campus	Event	Further Information
Mon 31 October	BOTH	STUDENT FREE DAY	
Tue 1 November	BOTH	Melbourne Cup - PUBLIC HOLIDAY	
Wed 16 November	St PAUL's	St Paul's On Show	Open Day for Parents
Fri 18 November	KILDARE	Year 12 Graduation Dinner	
Wed 23 - 30 November	KILDARE	Year 10 & 11 Exams	
Thu 1 - Fri 2 December	KILDARE	Year 11 & 12 2017 Transition	
Mon 5 - Thu 8 December	BOTH	Whole School Transition	
Mon 5 December	BOTH	College Awards Ceremony	
Fri 9 December	BOTH	End of Term 4	

EXAMS UPDATE

All VCAA Exams from
**Friday 11th Nov to Wednesday
16th Nov** will take place in the
KILDARE HALL.

2nd Hand Uniform Shop

@ St Paul's Campus Open 3.30 - 6.00pm

3rd November

17th November - 1st December

6th December (Orientation Day 2.00pm - 6.00pm)



Surviving Year 12

Year 12 can be both challenging and exciting. During your final year of school, there are lots of strategies you can use to keep things in perspective and to manage any stresses that come along.

PUT THE YEAR IN PERSPECTIVE

The final year of secondary school is an important year, but it will not be the most important year of your life. Your future will not be determined by what happens at the end of it.

DON'T BELIEVE THE HYPE!

The media and those around us can spread a lot of doom and gloom about Year 12, adding a heap of pressure to an already huge year.

It's important to keep things in perspective, and remember that you are NOT your ATAR score.

Your performance in Year 12 is only a measure of your ability in an exam at a specific point in time, not your future success.

ARE YOU READY?

The final year adventure doesn't suit all of us, and not everyone will embark on it at the same time. If you feel that the time isn't right for Year 12, or that you have a burning passion to do something other than study, then talk to your school careers counsellor and find out what your options are (such as TAFE, working, travel, part-time study, apprenticeship).

MANAGING STUDY AND STAYING ON TRACK

MOTIVATION

Write down your goals – University, TAFE, other study options or an apprenticeship – and put them somewhere where you will be reminded frequently (your mouse pad, your diary, a note in your phone).

STUDY SMART NOT HARD

Manage your time in advance, and enlist a support person such as a friend or relative to assist you. Keep a timetable – write a 'to-do' list every day, remembering to balance your study time with rest and recreation. Weaning yourself from TV and minimising time spent on social media will also help!

WATCH OUT FOR THINGS THAT COULD DERAIL YOU

Research shows that you can combine school and part-time work with minimal impact on your study if the hours are modest (10–15 hours a week). However, students working part-time have a stronger focus on work than study.

Other things that could derail you might be problems at school or home, mental health issues such as anxiety or depression, binge drinking and drug-taking or even social media.

Research shows students who use social media sites while studying (even if only in the background) get 20 per cent lower marks than students who don't. Non-users of Facebook were also found to study a whopping 88 per cent longer outside class.

LOOKING AFTER YOURSELF

During Year 12 you may feel that you don't have time to look after yourself physically and things like exercise and eating well might not be on the top of your 'to-do' list. However, eating healthy food, exercising regularly and trying to get as much sleep as you need can increase your productivity and actually help you get more done in a day.

It's also important to ensure you learn to manage stress levels and reduce the amount of time you spend in the stress 'critical zone' where performance dramatically declines.

If you would like more information and resources to help you tackle any of these subjects visit youthbeyondblue.com

Strategies for better study

Use these tips and tricks below to beat study's number one enemy: procrastination.



Get in the zone
Create a study space free from distracting noise and technology.

Break it down
Break down tasks into manageable units with time deadlines for each.

Chill out
Make sure you schedule yourself regular short breaks.

Get together
Start a study group or find a study buddy to help keep you on track.

Treat yourself
Reward yourself for completing small tasks.

BEAT THE WEAPONS OF MASS DISTRACTION!

For more practical tools and advice on beating procrastination visit www.thedesk.org.au
Your free toolbox for success and wellbeing while you study

For help with how you're feeling

Youthbeyondblue

www.youthbeyondblue.com

Learn more about anxiety and depression and how to talk about it with your friends, or talk it through with our Support Service.

☎ 1300 22 4636

✉ Email or 💬 chat to us online at www.beyondblue.org.au/getsupport

Kids Help Line

www.kidshelp.com.au

☎ 1800 55 1800

headspace

www.headspace.org.au

www.eheadspace.org.au

☎ 1800 650 890

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