



## From the Principal

Principal - Mr John Freeman



Congratulations to everyone involved in the production of our musical – Aladdin Jr. I was able to attend all three of the shows and can say with every confidence that each performance was enjoyed by the performers and the audience alike.

The energy, joy and talent of the performers made for a marvellously entertaining musical production. The benefits of these experiences are many, but to name a few would be that they provide: opportunities for students to learn new skills; increases individual's confidence; everyone involved learns about being part of a team; increased capacity to collaborate; opportunity to exercise self-discipline; and whilst the list could go on, the last benefit I will mention is that these types of co-curricular activities gives a chance for young people to share their talents with others in the community and be appreciated.

I am conscious that when publicly thanking people you may forget someone, so I will limit naming people to the following: Monica Justin – Director; Adriana Bianconi – Choreography; Laura Zalesiak – Music Director (ex-student); Katie Lee – Backstage Manager; and Prudence Scholtes – Producer/Creative Director. However, please know that we are appreciative of everyone who assisted with the show.



# From the Principal



A little over two weeks ago the year 11 CSYMA classes organised and ran a Confirmation Retreat for about 130 students from St Michael's, St Gabriel's and from other primary Schools. This was a great day and every one enjoyed and benefited from the program that was presented. Thank you to our students as well as Chris Roga, Monica Justin and Paul Skippen for their work.

Congratulations once again to our Liturgical Choir and Shane Reid for their participation at the Ecumenical Service with Taize chants at Churchill last Tuesday, 19 May. Thank you also to Mike Hansen for his work in regard to this service.

Also last Wednesday, 20 May we held our Twilight Open Evening. This is an important part of our processes to let the community know what we offer at Lavalla Catholic College. We had a large number of families attend and feedback was very positive. Thank you to Lee McKenzie and the team at St Paul's Campus for all their work. The success of these events is not due to anyone person, but the collaborative efforts of everyone – teachers, administration team, maintenance team, our cleaners and very importantly the students. I have been involved in "Open Days" at a number of schools and when they are successful it is usually due to the students who are escorting and talking with families and simply enjoying themselves whilst being at their school. It was no different last week. Well done everyone.

I would also like to commend to you two books that were launched last week - In My Kingdom and All the Way Home. These books consist of short stories written by South Sudanese parents for their children in Australia. The books include responses from the children, who also provide the illustrations. What is significant about these books is that many of the contributing families attend our College. Furthermore, all proceeds from the sales of this book go to Bor Orphanage & Community Education Project (BOCEP) to support child victims of war in Bor, South Sudan. The students who contributed are: Thiong Alier, Abiar Maluk, Adier Maluk, Abraham Wel, Aliet Wel, Angeth Malual, Guguei Malual and Jacob Garang.

Over the last two weeks we have been involved in a great number of fund raising activities. Our Cause Worth Week is central in our fundraising efforts which includes activities such as: Give a Damn Give a Can collections both within the College and public collections; and Shave for a Cure held last Friday with five students and one member of staff contributing their hair to raise money for cancer research. This week we are selling prayer flags to raise money to assist with the relief work being undertaken in Nepal.

Accompanied by the Kildare Campus Director, Doug Doherty, two of our School Captains, Georgia Robinson and Edan Baccega, met with Bishop O'Regan. Student leaders throughout the Diocese of Sale were present last Friday, 22 May, and had the opportunity to talk about their schools, have a meal and ask our Bishop questions that are important to the young people of Gippsland.

Can I please ask the community to pray for Mr Jeff Leason who was in hospital and suffering from blood clots—he has been in critical care. Many of you would know, he was the head cleaner at the St Paul's campus for many years, and now works part time with us while daughter Rose has taken over his old role.

May I also commend to your prayers the family of Mrs Kris Sinclair, mother of Sarah Pollock-Sinclair, in Year 10 who passed away last week due to cancer. Also please remember Ms Therese Main's aunt who also 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.*

# St Paul's Campus Update

Ms Lee McKenzie - Campus Director



The campus is always busy with various activities that require students to be off-campus and parents to complete necessary paperwork. It is important that the appropriate medical and permission forms are completed and returned to the College by the due date. **It is not possible to take 'phone /email permission from parents on the day.**

Please ensure that you complete these forms and have your child return them as required or s/he will not be able to attend the activity. With this in mind please ensure that forms are returned for next weeks' **Athletics carnival Friday 5th June.**

## Congratulations

- Best wishes to **Joshua Neilson** who will be participating in the Little League National Championships for baseball, at Lismore. If his team is successful in the 7 day tournament, he has the opportunity to play in the Little League World Championships in the USA in August.
- **Brandon Salter** will return next week from his tour with the City of Traralgon Band, the band have visited WW1 Sites in France and have had the honour of being the first Australian Band to compete in the White Friday Competition.
- To all the students and staff involved in Aladdin Jnr. Your hours of dedication paid off, and the audiences were treated to very entertaining performances.

## Thanks

To all the Year 8 students who worked so well with teachers to make the Melbourne camps so successful.

## Twilight Opening

Our event last week was a great success with a large number of families visiting on the evening. Without fail, the families commented on the students who had volunteered on the evening to act as guides, demonstrators or musicians. These students were all wonderful ambassadors for the College. I thank them for being available and to the families who had to collect them at the end of the event, I appreciate all your efforts.

## Immunizations

This week saw the entire campus immunized. The ISC was flooded with students waiting, receiving injections or recovering. The four nurses did a great job getting through around 500 students. We are assured that next year it will be only Year 7 students who will need to be involved.

## Enrolments Yr 7 2016

**Reminder:** enrolments close Friday 29th May. Enrolments received after this date attract a late fee.

## Plain Clothes Day

Last week's plain clothes day raised over \$700 on this campus. The funds will be combined with those raised at Kildare to be contributed to local cancer care.

*Just love*



# Kildare Campus Update

Mr Doug Doherty - Campus Director



In my previous update I began to examine the meaning of living the Marist Charism and made a bold claim that it was 'a way of life that is blossoming at the Kildare Campus'.

I then began to examine two further 'Characteristics of Marist' as part of our preparation for the celebration of the Feast Day of St. Marcellin Champagnat on 6th June. These characteristics are categorised as Simplicity and Love of Work.

The concept of Love of Work would certainly not be an issue to illustrate as a catalyst within the life of Kildare Campus.

This has clearly been manifested with the purposeful direction of the students and staff of Kildare Campus as we move towards exam time. This has been evidenced with the focus on the GAT for all Unit 3&4 students, The Student Profile Testing for Years 10 & 11, mid-term exams for all students and the wonderful drama production of Aladdin Jr.

The Year 10 and 11 exams next week will also highlight that this love of work needs to be monitored and will hopefully bring rewards. A letter has gone home to explain the arrangements for exam time and scheduling of events such as the celebration of St. Marcellin Champagnat Feast Day.

The Love of Work will again be undoubtedly manifested through the forthcoming Year 11 and 12 VCAL Work Experience, where our students will as usual be outstanding ambassadors for our school community.

Our theme this year is Faith and Learning: #Just Love, which is something that does need work to achieve. The dedication of our students in collecting amongst the community for 'Give a Damn, Give a Can' and their involvement in the campaign to raise money and awareness for Nepal are examples of work to achieve love.

Simplicity is the characteristic I found to be the most difficult to fathom, especially within such a successful College and with my motto of striving for 'Habits of Excellence' through 'Raising Aspirations and Delivering Excellence For All.'

However, I did not need a deep-delve into campus life to understand that this concept of Simplicity is actually the foundation stone of all our successes. This concept of Simplicity also focuses on the quality of showing we believe what we say. This again is evident with the work of the CSYMA and Student Leadership team.

These teams worked tirelessly with Mrs Clarke to arrange and lead 'Cause-Worth Week'. The campus raised its record total this week, exceeding it's target and achieving over \$5,000! A full report and photos are included in the next newsletter. All funds will go to Gippsland Cancer Care Centre. Any further donations would be gratefully accepted and can be given to Mrs Clarke at Kildare Campus.

So in our preparation for the Feast of St. Marcellin Champagnat, the reflection of the past two weeks shows that we are a Catholic School in action not just word.



## Pentecost

On the weekend of Pentecost (23-24 May), about one hundred and thirty young people made their Confirmation at St Michael's Church. These young people from St Michael's parish had made their Confirmation Retreat with the Year 11 CSYMA students at Presentation Campus. They are an impressive group of young people. We wish them well in their life journey under the guidance of the Spirit, who works in "mysterious ways."

Pentecost Sunday is celebrated as the birthday of the Church, the day the Holy Spirit descended on Mary and the Apostles. The effect on them was dramatic. Fearful, they had locked themselves away in the room. Now they threw the doors and windows open and stepped out fearlessly into the world to speak boldly about Jesus. This event was pivotal in the history of the world. It continues to impact on us.

The Spirit brings courage and freedom. It is good for us to see where we need courage and freedom in our own lives.

### Confirmation Retreat

The Year 11 CSYMA students conducted a Confirmation Retreat Day on 14 May at Presentation Campus for the Confirmation candidates at St Michael's parish. Most of these student were form St Michael's or St Gabriel's Primaries, with the remainder from state schools.

The CSYMA students had prepared 5 rotations of activities with reflection to deepen the Confirmation Experience: Meditation, Fruits of the Spirit Lanterns, Craft Activity with Gifts of the Spirit, Pick-a-Box with Gifts and Tree Planting. In addition they conducted Opening and Closing Prayers under the guidance of Mr Skippen, and they cooked a barbecue.

The whole day was a very rewarding for all involved. The Year 11s were very good and the Confirmation students responded excellently. Congratulate those you meet who did such a good job.

### Give a Damn, Give a Can

The YEAR 10 CSYMA students went Doorknocking on Monday 18th May to collect cans for the Rotary "Give a Damn, Give a Can' Drive. They prepared, practised, formed teams, got maps with their allocated marked, and they enthusiastically knocked on doors, talked with people and collected cans. A veritable mountain of cans! The most cans collected to date.

The young people were quite thrilled and proud with the experience and with their success. And they enjoyed the new experience of asking people to help others. They did very well, and so did their teachers, particularly Mr Buckland and Mr Flahavin. If you see these students or teachers, stop and chat with them about the cans.

### Deepening Characteristics

About thirty teachers participated in a "Deepening Characteristics" Professional Development session on 'Presence', a typical Marist expression of pedagogy, on 18 May. The learning was interesting and pragmatic, and the discussion illuminating and exciting.

This is the first of five sessions, and we hope to benefit and improve our Marist pedagogy. Our Thanks go to Brother John McMahon and Mrs Gail Coates for animating the sessions.



## Trinity Sunday

Go Beyond Your Comfort Zone

by Mr Paul Skippen - College Chaplain

That was a shock to Jesus' first followers. Go to all nations? But they were Jews!

Nonetheless, that was Matthew's message for early Christians. The Gospel was originally written for a community of mostly Jewish followers of Jesus. Go beyond your comfort zone, it tells them. Build relationships with people who are different, with people you never expected to enter your life.

Does that shock you? Look around at your life. Is everyone the same? Same skin colour? Same interests? Same economic level? Same activities and interests? It's easy for us to stay in our comfort zone. But if we do, we miss out.

Jesus grew up in Galilee, which some scholars argue was an ethnically mixed part of Israel. His apostles were also quite a mix. One wanted to start a revolution against the Romans (Simon the Zealot) while another collected taxes for them (Matthew). In this Sunday's Gospel, which is the climax of the Gospel of Matthew, Jesus sends this diverse group from a diverse area to baptise all people.

The message is clear. We find life more full when we meet, serve, learn from, and develop relationships with all types of people. I am a white, middle-class man. I've learned a lot about sacrifice and faith from friends who have worked hard to build a life in this country. I've learned about prejudice from gay and marginalised friends. I've learned about compassion by listening to homeless people worry about their homeless friends.

Here's some ideas for you. When you go to soup kitchens or homeless shelters, take time to talk with the people who eat or sleep there. Eat lunch or mix during parties with others who have different interests. Ask people with different ethnic or religious backgrounds to tell you a little bit about their culture. Get some friends together and go to a local ethnic festival. Or have lunch or coffee in a neighbourhood that's different ethnically or economically from your own. Maybe you'll meet someone new there. Look for programs or retreats that help you get to know others from different countries, races, or religions. Search the Internet for sites that explore different cultures.

Just leave the borders behind. Stretch yourself.

What are some of the benefits you could receive from building relationships with people who have different interests, cultures, or economic backgrounds? How might you go about building those relationships?





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## VCE Business Management

Mrs Pierina Fenech



Last week the VCE Business Management class travelled to Melbourne to observe the Operations of Carlton United Breweries and the Port of Melbourne Corporation.

The morning was spent touring the brewing facility at the Abbotsford plant and students got to see the entire process of transforming the raw materials into a final product that is then packaged and distributed across the country.

It was a fantastic way of seeing first-hand how a Large Scale Organisation

operates on a daily basis. The students were absolutely spell bound by the Technology that is used at CUB and how it allows the business to produce such high quantities of beer in such a short amount of time. They learned about reaching quota's, the Just in Time materials management strategy and quality control.

In the afternoon, we travelled to the Port Of Melbourne Education facility and engaged in an interesting and informative presentation on the operations of this world class Government Business Enterprise. Students were also treated



to a tour of the docks, they got to see international tankers come into port; they were able to see up close the movement of containers, the offloading of new vehicles coming in from overseas and how Australian customs scan for any contraband.

It was a fascinating and eye opening day out for all students. They engaged with the presenters, they asked fantastic questions and were genuinely captivated with the extent of operations of these two very different companies.





## Project Denim 2015

by Kirsten Piening

Project Denim is one of the four projects that are offered in Learning Block 2 for the Atlas9 Program. Project Denim was focused on sustainability and upcycling second-hand denim to create new and stylish clothes, art and accessories. To do so we created our own companies and designed our pieces.

Before we could start construction, we had to make a flow chart of each piece and include step by step instructions, sketches and measurements. We also had to take photos of the creation process.

The best part of this project was creating our pieces. It was really exciting to see what we had sketched on paper gradually come to life, and that we had made those items was really cool!

It was also really rewarding to learn some new skills. Quite a few people in the project, including myself, hadn't had much sewing experience so to learn to be able to do that was really great.

The final part of our project was setting up an exhibition in the Le Rozey Centre to display all of the pieces from our project. Exhibition day was very busy and took a lot of hard work to get finished! Once it was done and the classes came through to look at our work, it was worth it. Project Denim was an awesome experience, and I hope everyone else enjoyed it as much as I did.





## Forensic Science Workshop

“A Case Of Identity”



On Monday the 25th of May, students from Year 7 - 10 travelled to the Kildare Campus to participate in a Forensic Science Workshop (“A Case Of Identity”).

I was lucky enough to be chosen to be a part of a Forensic science workshop at the Kildare Campus. We were given a case of Identity to solve using techniques that Forensic scientists use when attempting to solve crimes of the same nature as the one we were given. We were given a sheet that had questions about all the evidence that was around the room.

The clues and evidence, along with the ways and types of techniques we needed to use, helped us solve the crime. Some things that I learnt were that when any two things come in contact with each other they each leave some

evidence of themselves on the other and how vital DNA is and what it can tell us. The workshop also showed me just how much the digital world can impact a crime and help solve the crime. I thought the activity gave us all a huge insight into the way modern-day crimes are solved and just how important the smallest detail is

**By Lincoln Ingravalle**

We first gathered together in the hall and a worksheet was handed out to each of us. Set out on the stage was a large image of the crime scene that would be studied by us students; the scene was of a 17 year old schoolgirl, named Sally, found lying dead on the ground in a disused military bunker. The presenter, Leon, first introduced himself and then began explaining what we would be doing, then he continued on and started to explain the crime scene and several key pieces of evidence.

Numerous stations were set out on tables around the hall, each holding lots of helpful information, a variety of clues and evidence, and the results from the dead schoolgirl’s autopsy, including footprint moulds, fingerprint findings and photos of Sally’s final text messages before she disappeared.



After Leon had finished explaining to us the key pieces of evidence and what was at each station, the students made their way around the room in groups stopping at each station to discuss and write down any information we found out, answering the questions required. It was very interesting and fun, each of us learning many new things. Around the end of the session, we all sat back down and all together we discussed what we had found out and what the real story was behind Sally’s disappearance and death. The students enjoyed this forensic workshop and it was a great experience, something that we can definitely look back on when putting our future goals into place.

**By Ava Mifsud**

# Marist Pilgrimage Days 5 - 8

## Day 5 - 16 April

After checking out from our accommodation, and we travelled to another place of special significance for us Marists: Cana (Jn 2:1-11) where Mary introduced to the thirsty wedding guests the transforming power of Jesus – a mission which we continue to share with her. We

celebrated the Eucharist here concluding with singing the Salve Regina (Hail Holy Queen), an important hymn for the Marists.

Following this we headed down to Nazareth. We visited the Basilica of the Annunciation where a traditional cave becomes the focal point of Mary's response "Let it be done to me according to your word" (Luke 1:38) – an example to us all of trust in God.

After lunch we continued southwards along the traditional road to Jerusalem, crossing the Jezreel Valley where we saw Mt Tabor which is key in the Transfiguration texts, although on this trip we will not visit there. Heading into the traditional region of Samaria, we passed a number

places that figure in both the Old and New Testaments, before we come to Jacob's Well, in the present-day West Bank city of Nablus. The well now sits within an Orthodox monastery. It is hewn manually out of rock and over 40 metres deep. The water at the bottom is fed by flowing water, which is why the ancients gave it the name "living water". This site is reliably attested to be the place where Jesus met the Samaritan woman (Jn 4:13-14).

We then went on to the holy city of Jerusalem. Here we began our five night stay at the Convent of the Sisters of Our Lady of Sion, in the Arab Quarter of the Old City. The bus could not drop off us inside the walled city so we entered via the Damascus Gate and walked

through the narrow, ancient and bustling streets of the Arab Quarter - fantastic. After settling in our rooms we gathered on the rooftop of Ecce Homo with the Dome of The Rock directly in our view!

## Day 6 - 17 April

Our first visit this morning was a quite significant one for us Marists: Ein Karem is traditionally regarded as the site of the Visitation – the symbolic place of the Magnificat, something at the heart of our Marist spirituality. We celebrated the Eucharist there and at the end sang Sub Tuum, another significant hymn for the Marists.

We then went on to the Israel Museum where we looked at a scale model (1:50) of the Second Temple and Jerusalem as it was in the time of Jesus. We then proceeded to the Shrine of the Book to view the Dead Sea Scrolls.





# Marist Pilgrimage Days 5 - 8



Our next visit was to Bethlehem. Our first stop was Bethlehem University of the Holy Land, which is conducted by the De La Salle Brothers. We had the

opportunity to meet six of the students and to have lunch there. This was in many ways a highlight of the trip for most of us. Hearing these young people speak about being literally trapped in Palestine surrounded by walls, harassed as they travel to university each day was enlightening and traumatic. These young people's views ranged from angry to insightful. One young woman talked of the need of a conversion of the heart for there to be hope for the wall to come down and peace to happen. Whilst it would appear unlikely, she certainly gives hope to the possibility.



Afterwards we visited the Church of the Nativity. Bending low (we enter the church through the Door of Humility practically the door is low to stop Crusaders of the past entering on their horses, and theologically it forces one to bow as they enter a holy place, the birthplace of a King) and descend into the Grotto of the Holy Manger (after waiting in line for some considerable time).

A silver star in the floor marks the traditional spot of the nativity. The star's inscription reads in Latin: Hic de Virgine Maria Jesus Christus Natus (Jesus Christ was born here of the Virgin Mary). The fervour in this place was intense. Once near the traditional place of Christ's birth people were literally throwing themselves onto the star. This is not the way Christians in Australia usually express their faith, so this experience gave an insight into how intensely people can behave and be swept up in their desire to worship. After that our coach returns us to our accommodation in the Old City. We entered as we left that day through St Stephen's or as it is also known the Lion's gate.



That night, the Sabbath, a few of us walked around to the Western Wall and watched prayers taking place, not planned, but a great experience. We actually could and did go down to the Wall. The intensity of the men their praying was such that we were not even noticed.



## Day 7 - 18 April, a massive day!

After breakfast, we made a visit to the Church of St Anne, the traditional home of Mary's parents where we began our day by singing the Salve Regina, then we saw the nearby Pool of Bethesda. This place is just off the Via Dolorosa (where Ecce Homo is also situated) hidden behind a wall, but it was enormous.



# Marist Pilgrimage Days 5 - 8



We then travelled just outside the city to the Mt of Olives where first we visited the Church of the Pater Noster (Mt 6:7-15). We enjoyed a panoramic view over the city before we commenced our walk down the Palm Sunday Road, wandering past the tombs of the

Prophets Haggai, Malachi and Zechariah before arriving at the Dominus Flevit Church, which commemorates the place where Jesus wept over the city of Jerusalem (Lk 19:41-44). We stopped here to pray as we looked over to the Old City.

We then continued to walk further down to visit the Garden of Gethsemane, where we entered the Church of the Agony. This is a most magnificent Church and place. The outside garden contains olive trees which go back (at least by continual grafting) to the time of Jesus. We then took a short walk to the Tomb of Mary, venerated in Orthodox tradition.



From here we followed the path Jesus was taken along as a prisoner while ascending Mt Zion to the house of the High Priest Caiaphas. Here, at the Church of St Peter in Gallicantu, Jesus was interrogated and imprisoned, while Peter denied Jesus three times. We stood in the cell where Jesus would have been held and briefly prayed there. The place is small and would be isolated and dark even during the day in those times. There is no doubt anyone held here would have a sense of abandonment.

After lunch in the Armenian Quarter we continued on to the Cenacle, room of the Last Supper, this is not a Church and in many ways it is only considered the place by tradition, going back to the Crusaders to be the Upper Room.

Following this we entered and sat for some time at the Church of Dormition, commemorating Mary's Assumption, and we celebrated the Eucharist. That evening, after dinner, we will walked back to the Garden of Gethsemane for an holy hour to contemplate the agony of Our Lord in the darkened basilica.



## Day 8 - 19 April

After breakfast this morning, we travelled slightly west of Jerusalem first to Abu Gosh and then to Emmaus, where we celebrated our Sunday Eucharist. This is not the only place that commemorates the famous post-Resurrection passage of Luke's Gospel. However there is tradition and evidence support its claim.

After lunch whilst driving to our next major stop we had a chance to go out into the "wilderness" of the desert and saw Bedouin and just took in the harshness of area where Jesus spent 40 days and nights fasting. This was not planned, but we had the time. Again a highlight as it certainly gave all of us a greater sense to the challenge of being out in the wilderness for such a time.





# Marist Pilgrimage Days 5 - 8

In the afternoon we went over to Bethany, the home of Jesus' friends Mary, Martha and Lazarus and visited Lazarus' tomb. Although it is just a few kilometres from Jerusalem, because of the new wall, we needed to travel well down into the desert and then double back.

Another unplanned moment happened here. We were able to get off the bus and stand next to this massive 700 km wall. It literally runs through houses and cut off neighbours. This is a troubled place and I am loathe to judge after being here only a few days, but the people in Palestine are friendly, but due to the wall extremely challenged economically.

We got back early this afternoon, so took the opportunity to walk the streets. Soldiers and police are everywhere and heavily armed.

Just following dinner there was a march by Jews who are waiting for the Third Temple. This was tense with the police and army everywhere. Following that moment we went to the Ecce Homo Chapel which is peaceful, prayerful and spectacular, for quiet adoration of the Christ whom the disciples at Emmaus and the woman at the well-recognised in their encounters with him.







# Feast of Marcellin Champagnat

## **Champagnat Day Mass** **Thursday 4 June, 9.30am -11.00am** **Champagnat Centre, St Paul's Campus**

Friends, you are no doubt aware that next Thursday, 4 June, we celebrate the Feast of St. Marcellin Champagnat, the founder of the Marist Brothers. We will be celebrating this important day for us by having a Whole School Eucharist in the Champagnat Centre on our St Paul's campus, commencing at 9.30am. You are all welcome.

In preparation for this feast I would like to share with you the reflections of Br Eugenio Sanz, who works in Bangladesh about the beginnings of the Marists and some their work today.

### **ST MARCELLIN CHAMPAGNAT - PASSION AND COMPASSION** **JUNE 7, 2014**

The story of the Marist Brothers is a story of passion and compassion. Marcellin Champagnat perceived us in the eyes of Jean-Baptiste Montagne, a dying youth who was leaving this world without knowing how much God loved him. From this was born the Marist Brothers.

The life of Champagnat is a history of passion for God and compassion for the most neglected children and young people. He said: "I cannot see a child without feeling the desire to tell him how much Jesus Christ loves him".



When Marcellin felt that God was calling him to be something greater than himself, he was without doubt like the boy in the photo. A country lad, who had dropped out of school and spent his days looking after the family livestock. It is astonishing how in a rural environment cut off from the world geographically and



# Feast of Marcellin Champagnat

culturally, God could place in his heart such a breadth of vision. So much so that many considered he was not in his right mind when he said that "all the dioceses in the world enter into our considerations". And yet, today, almost 3,500 Marist Brothers, his sons, are in 80 countries of the world.

In my own situation, living in a corner of the world as rural and lacking in horizons as the one in which Champagnat lived, I tell myself often that one of my missions consists in convincing these youngsters that they have something great to do in the world, to open their minds, eyes and hearts. Who knows how many Champagnats there are hidden in the boys who pasture their buffalos, harvest the rice, pick tea leaves or drive a rickshaw...

When Fr Champagnat was on his deathbed, a Brother came to his bedside, took him by the hand and begged him: "Father, don't forget us when you go to heaven". Marcellin replied simply: "Forget you? It is impossible". How could a father forget his sons; it is impossible. Today, at vespers of the feast of Saint Marcellin Champagnat, from this remote corner of the Institute where I live and work, I also dare to beg him not to forget us, even though knowing that is impossible.

Father Champagnat, do not forget your Brothers struggling for the defence of human rights in Syria, nor the Brothers suffering enormous difficulties in Pakistan, Haiti, Cuba, Central Africa or Lebanon, the Brothers who live hidden and unknown in other countries I must not mention here, the Brothers who give up their lives each day in classrooms or offices, in the marginal districts of cities, in prestigious middle class schools or in remote country areas, the Brothers who teach in universities or in little primary schools, the Brothers who attempt to sow our charism in America, Europe, Africa, Asia and Oceania. Do not forget our leaders, your successors, who try to be your living image.

And do not forget the legion of lay people, as Marist as the Brothers, who work, live and pray with us, who hold fixed in their souls and bodies the Marist spirit, and who do not cease growing daily as a sign of the times. "Father, do not forget us..." Good Mother, do not forget us.

I feel proud to belong to this tradition of passion and compassion, I feel proud and grateful to feel within me too this urgency to let the children and young people know how much God loves them, to make them feel that God is good, that he is Father.





# Calendar

## **Monday 1st June**

- Year 11 VCAL Work Experience
- Yr 10 & 11 Exams
- X-Country Year 7-12
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## **Wednesday 3rd June**

- Year 7 & 8 Boys Australian Football

## **Thursday 4th June**

- Champagnat Mass - St Paul's Campus
- Year 10 Fitness & Training Course

## **Friday 5th June**

- Year 12 Exams
- St Paul's Campus Athletics

## **Monday 8th June**

- **QUEENS BIRTHDAY HOLIDAY**

## **Tuesday 9th June**

- Year 12 Exams
- Year 10 Fitness & Training Course

## **Wednesday 10th June**

- GAT

## **Friday 11th June**

- **STUDENT FREE DAY**

**Click the link below to go to the Calendar on our website for any updates:**

<http://www.lavalla.vic.edu.au/News/Lavalla-Calendar/?viewmode=monthgrid&markDate=05-14-2015>



# ★ ABC ★ of LOOKING AFTER YOURSELF



NOTICE HOW YOU FEEL. IF YOU OR SOMEONE YOU KNOW ARE FEELING LOW OR STRESSED TAKE ACTION. ASK FOR HELP. DON'T GO IT ALONE. TALKING THINGS OVER CAN HELP.

WHEN YOU'RE FEELING LOW OR STRESSED IT CAN ALSO HELP TO LOOK AFTER YOURSELF. FEELINGS COME IN WAVES, LEARNING TO NOTICE AND LET THEM PASS USING BREATHING TECHNIQUES CAN HELP.

TO IMPROVE WELLBEING STAY CONNECTED. STAY INVOLVED WITH THINGS THAT ARE MEANINGFUL FOR YOU; FAMILY, FRIENDS, SCHOOL, SPORT AND OTHER ACTIVITIES.

# STRATEGIES *for* STUDENTS

Follow these strategies to support your mental health and wellbeing

## ★ EXERCISE YOUR MOOD

Physical exercise is good for our mental health and for our brains. When you're feeling down the last thing you might feel like doing is exercising but studies have suggested that any activity, from walking around the block to yoga to cycling, could contribute to improving the symptoms of depression and anxiety and can help you feel less stressed.

## ★ POSITIVE SELF TALK

The way that we talk to ourselves, that voice inside of our head, has a huge impact on our outlook, our motivation and dedication to ourselves and our lives. It might not feel like it, but with practice you can change your self-talk. Positive self-talk is any thought you think, or any speech you say to yourself that uplifts your social, moral, spiritual wellbeing and results in improvement. Positive self-talk can be used for greater confidence, adopting a healthier lifestyle and reducing stress, and can be a very effective way to prepare yourself for a big test or exam.

## ★ USE RELAXATION TECHNIQUES TO MANAGE STRESS

There are many different relaxation techniques you can use to overcome stress. When you feel like everything is getting too much, remember to breathe deeply. Breathe through your nose for 5 seconds in, 5 seconds out and you will find your body calms down and relaxes. This can be very helpful to calm your nerves before an exam. Check out the web and app based program Smiling Mind for help with breathing and other relaxation techniques: [smilingmind.com.au](http://smilingmind.com.au)

## ★ EATING

Some studies suggest that what you eat affects your mood. A good balanced diet will make sure you have all the essential nutrients needed for your brain to function well, helping to keep you both physically and mentally healthy. You might have noticed that your mood can affect your appetite and food intake. Maintaining a healthy diet and regular food intake can be a way to look after yourself even at times you don't feel like it. It's easy to get tired when you're studying a lot, but eating junk and drinking caffeine will actually make it harder to concentrate and more difficult to get good sleep.

## ★ CONNECT WITH OTHERS

We are social creatures, and our social relationships are really important to our general wellbeing. It is okay to take time out for yourself, but don't stay shut in. Keep your social relations strong when you are feeling stressed out, overwhelmed or depressed, as your friends and family might really be able to help you through these times.

## ★ GET SOME SLEEP

A good night's sleep is vital for our mental and emotional wellbeing. Sleep disruptions can increase negative thinking and heighten our stress levels. Try to maintain a regular sleep-and-wake schedule, use the bedroom for its core purposes and avoid using distracting devices such as a television or a computer when you are in bed.

## ★ HELP SEEKING

A problem can sometimes be too hard to solve alone – or with friends and family – so it's important to seek professional help. You can see your family doctor, psychiatrist, nurse, occupational therapist, psychologist, social worker or counsellor. At school you could also talk to a trusted teacher, the Student Wellbeing Coordinator or school counsellor who can provide advice or direct you to the right person if you need further help. Be honest to yourself about when you may need support and don't be afraid to find someone to talk to – it might feel scary at the start but it gets easier over time.

## ★ TAKE TIME TO STUDY

The exam period can be a particularly stressful time, but setting time aside to make sure you fit your study in can help reduce your stress and anxiety. To reduce exam pressure, think about doing things like: plan to have a good balance between social life and study time; plan rewards for after exams; study actively and do past exam papers; develop and stick to a study routine at home.

## ★ AVOID ALCOHOL & DRUGS

Some people make the mistake of thinking that taking drugs can help them cope in tough times. Drugs, including alcohol, can contribute to, or trigger, mental health problems in people. Mental illnesses linked to drug use include anxiety, depression, paranoia, panic attacks, and psychosis. And if you're drinking a lot or taking drugs when you're trying to study, you'll be more tired and less focussed which could lead to an increase in stress when it comes to exam time.



Department of Education and  
Early Childhood Development

If you are in need of help, visit [headspace.org.au](http://headspace.org.au)

Log on to [eheadspace.org.au](http://eheadspace.org.au) for online support and counselling