

# Lavalla Catholic College

ISSUE 6  
May 3  
2013

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## From the Principal

Dear parents, students and teachers

It was such a privilege to be on pilgrimage with fellow Marists and to explore the wonders of the Holy Land and Marcellin Champagnat's birthplace in France. We walked in the footsteps of Jesus and Mary and we immersed ourselves in scripture that made the Gospels come to life. In France we paid homage to Marcellin and his great work and it was particularly heartening to see that Marcellin's first school in the small village of Lavalla is still operational as a primary school. Pope Francis, who has captured our imagination by his humble presence, gave his usual audience to over 120,000 people from every which nationality. St Peter's square was at capacity and people were openly joyous at seeing him.

While the overall experience of the pilgrimage was wonderful there were times when we felt the sadness that divides Israel. The country where Jesus did much of his great work, is in the modern day, torn by historical disputes and visibly divided by concrete walls, barbed wire and armed soldiers who patrol the parameters of the West Bank. In Jerusalem we Catholics were a minority group and while as tourists we did not feel adversely affected, Christians who live there certainly do. We promised to pray for a day when Jews, Muslims and Christians can live in peaceful coexistence, free from concrete walls that imprison. As a group we were never in danger but it was not too difficult to see that the situation is very vulnerable and complex but the 'hope' in it is that the majority are working for peace.

I feel refreshed and renewed in my mission to make Jesus Known and Loved. Each day, staff at this College look for opportunities to show students that God is alive. They live by Jesus' example in the hope that our students will be captured by God's awe.

### College Events

For the first time our senior jazz students are travelling to Mt Gambier to compete in the Jazz festival this weekend. There has been many hours of preparation and organisation to ensure our students are in good spirits and good form for the travel and the competition. We wished them well on their first Jazz Festival competition as they headed off at 6am today (Friday).

Our girls touch football team came home State Champions this week and our boys were runners-up. Mr Sizeland, finally broke through and was ecstatic over the win. Congratulations to all involved.

Continued next page...

## Mary, Help of Those in Need

Holy Mary,  
help those in need,  
give strength to the weak,  
comfort the sorrowful,  
pray for God's people,  
assist the clergy,  
intercede for religious.  
Mary all who seek your help  
experience your unfailing  
protection.  
Amen.



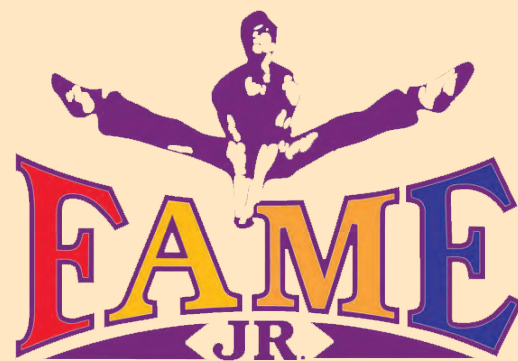
### Year 7 Twilight - Tuesday 7 May - 4.30pm

Hopefully you would have noticed our television commercial inviting families to attend our Year 7 Twilight evening at St Paul's on Tuesday 7th May. Details are elsewhere in this newsletter and I urge you to pass the word to your own family and friends who are thinking about Lavalla for their children in the next couple of years. The school is fully open for the evening and teachers are offering interactive activities to capture the interest of our prospective students. I look forward to seeing you there. May you enjoy the autumn sun.

God Bless

Ms Erica Pegorer

Principal



Tickets to Fame Jnr are now on sale. Seats are allocated so if you would like to come along, the seats at the front will sell first.

Tickets are available from Kildare Students Services.

Performances are Tuesday 28<sup>th</sup> and Wednesday 29<sup>th</sup> May at Kernot Hall at 7.30pm.

Show runs for just over an hour.



## SPIRIT OF CATHOLIC EDUCATION AWARDS 2013

Awards are presented in three categories - Faith, Learning and Growth.

Each year, one or two individuals are chosen to receive an award in each category. Below are extracts from the nominations of the 2013 award recipients:

### Faith

These awards seek to identify individuals who have made a significant contribution to the development of students' faith lives. It may include exemplary work in Religious Education, parish involvement, the school's spiritual life, social justice or day-to-day exemplification of Gospel values.

#### Mike Hansen - Lavalla Catholic College, Traralgon

Mike has been instrumental in integrating key Marist values within the pastoral care program and general curriculum at the College. He has guided students through their transition period and helped to lay the foundation for their growing Christian identity. Under Mike's direction, Year 7 students are now accustomed to gathering as a faith community several times a cycle. They are part of the ritual of preparing this time and space in their day. The Christ Candle is lit, the Gospel is read and then they pray together. For many, this experience is new. Despite this, all students are engaged and attentive. It is Mike who has been the chief designer of this successful program.

Mike is an important role model. He not only engages students but brings teachers together and encourages them to participate in religious education planning and programming. He is committed to student awareness of social justice and refers to these often as part of the Religious Education program at Year 7. A parent recently informed the school that her son "hated RE at primary school," however he now loved it. Staff noted that this change can be attributed to Mike's work.

Students are transfixed as Mike brings together the strands of everyday lives and the central values of the College's Marist identity. His questioning skills allow for students to uncover truths for themselves and he manages discussion seamlessly and logically. Mike's students often hear him say, "Be of good heart for the Lord is present."

### 25 YEAR SERVICE AWARD 2013

The 25 Year Service Awards provide an opportunity to acknowledge and pay tribute to those who have given service to Catholic education in Australia for 25 years or more. In 2013, we acknowledge the following recipients:

#### Lisa French—27 years

Lisa began her teaching career at Morwell Technical College, before joining Kildare Campus, Lavalla Catholic College in 1981 as Head of Art and Textiles.

Apart from some time devoted to raising her young family of three children, she has continued to teach in the areas of Art, Visual Communications and Technology over the next 31 years at the Kildare and St Paul's campuses of Lavalla Catholic College.

Lisa has mentored and worked collegially with other art and technology teachers to ensure a vibrant and innovative arts program is offered which challenges and inspires students. In 2006 to 2007, she was a member of the Curriculum Team for Years 7 & 8, before becoming a Year Level Coordinator for Year 7 at St Paul's Campus from 2008 to 2010.

# Victorian State School Touch Football Champions

## Under 15 Girls



### St Paul's Campus Update

Andrew Martin - Campus Director

#### Twilight Evening

On Tuesday, May 7th, from 4.30pm the St Paul's Campus will host our annual 'Twilight' evening as part of the College's 2014 enrolment process. This is a wonderful opportunity to take a student guided tour of the campus, observe student work and participate in interactive classes in the Food, Technology, Art and Science disciplines. The evening concludes with an information session from 6.30pm Lourdes lecture theatre for prospective enrollees and their parents.

#### Grade Six visits to St Paul's

Last week the Campus engaged 200 students and staff from our Catholic Primary schools throughout the Valley. A really enjoyable day of active learning and meeting new friends unfolded for the students who attended. Features of the scheduled activities included PE/Icebreaker games, Pancake making, Weird Science and Artistic Creation. Our guests expressed their genuine appreciation of the effort that staff and students of the college made on their behalf.

#### Touch football champions

Once again, the girls of St Paul's demonstrated their superior sporting ability and prowess as they devastated the competition to win the Victorian State School Touch Football Championship. Our congratulations to the girls, their coaches and to the boys team who worked hard to also secure a top three finish at the event. In addition, our B Team played in a 'Plate' competition. Playing as a team for the first time, they finished third in the tournament, being narrowly beaten by the competition winner in the semi final.

#### Winter Uniform

Winter uniform season has commenced with the vast majority of students sporting the correct attire. I would remind parents that any deficiencies in uniform should be noted in writing to homeroom teachers with an outline regarding the timing of a remedy for the problem. This is important if the College is to support student solidarity and a standard of excellence in all we do.



## Second Hand Uniform Shop

### NEXT OPEN:

Thursday 16th May  
3.30pm – 6.00pm

### Shop located at:

St Paul's Campus

### Payment options:

Cash, Cheque or EFTPOS  
(Please note Kilts/Skirts  
must be tried on. They  
are not sized)

## REMINDER

Long sleeve  
shirts are to be  
tucked-in at all  
times.



## Kildare Update

**Doug Doherty** - Campus Director

### What does it mean to live the Marist Charism?

As we fast approach the feast day of St. Marcellin Champagnat on 6<sup>th</sup> June, the Kildare Campus is undertaking an examination of this very question in the activities and achievements of our community members within everyday life.

PRESENCE is one of the 5 Pillars of the Marist Charism and the first area of the Marist Charism that we have begun to analyse. It consists of many different facets including; putting other people first, getting involved, caring - making time for others, fostering openness - helping one another grow, etc.

In the past two weeks alone we have seen this Charism alive in many aspects of Campus life.

### Putting other people first

Students have been very active and supportive with the promotion of the 'Give a Damn, Give a Can' programme to help those less fortunate. This began with an examination into the types of poverty within our communities - local, national and international. Students also examined their 'duty' to support their neighbours through biblical teachings and Marist/Christian examples. It will cumulate with a neighbourhood collection and donation from all families.

### Getting Involved

Lavalla students are renowned for their enthusiasm for getting involved. This week alone has seen two coaches of choir students going to Sale to lead the music for the celebration of Catholic Education Week. Even as I write this report we are receiving emails of praise for our choir from staff from a wide range of schools. We have had a large number of students attend the Monash University Master Class, therefore getting involved in raising aspirations.

The production of FAME continues to flourish, with promotion of the event achieving great success when four of the cast were interviewed on Gippsland FM last Thursday. Tickets are selling very fast, so please ensure you book early.

Sporting events have also been prominent as a way in which students could receive enrichment through involvement. Not only has there been success at Touch Football, but Lavalla Catholic College are now officially the Second Best school in the State for Swimming.



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### Caring - Making Time for Others

The ethos of caring is not only evident in the feel of Kildare campus amongst all community members; but it is also evident in many different forms. For example on Friday 3<sup>rd</sup> May the VCAL group will attend the Dalkieth Aged Centre to assist the residents in a number of ways.

### Fostering Openness - helping one another grow

The staff at Kildare campus are passionate in helping our young people grow to become young human beings educated to be both work/university ready and spiritually ready for independence. An example of this was seen when Mr Szkwarek and several cadets, led an ANZAC Preparation Service on Wednesday 24th April. His recount of his time in the military helped bring to life the real meaning of the ANZAC spirit and the importance of helping to promote this amongst each person we meet.

The REMAR camp held at Presentation Campus and organised by Mr Hansen and Mr Roga has also helped to unite young people from throughout Victoria, in sharing their faith and encouraging the promotion of the Marist Charism.

So we can see from some of the few activities at Kildare these last two weeks that the Marist Charism is not something from the past, but a way of life that is blossoming at Kildare Campus.



## Can you open your heart & home to a child today?

Berry Street is looking for families like yours who can provide emergency, respite, short and long term care for vulnerable children.

If you have room in your heart and home for a child then we want to speak with you.

Call today to discuss about becoming a foster carer on 1800 U FOSTER (1800 836 7831) or visit [www.berrystreet.org.au](http://www.berrystreet.org.au)

## LAVALLA TOUCH FOOTBALL STATE CHAMPIONS

It was a glorious sunny day that greeted our U15 touch football teams at the beach front fields of Elwood Park for the Victorian Secondary Schools Touch Championships on Friday, April 26.

Lavalla was represented by four teams with all teams reaching the finals but only two making it all the way to the Grand Final.

The U15 girls Championship team capped off a flawless competition to claim the State Title with an undefeated record while the U15 boys Championship team were outclassed by a superior Westall Warriors outfit in the final.

The U15 girls Plate team managed to get through their Pool matches with an unblemished record and then survived a drop-off to get past Haileybury B in the quarter final before being defeated by the eventual Plate winner, Mt Scopus Memorial College, 1-0 in the semi final.

The U15 boys Plate team also produced perfect record throughout their Pool matches and prevailed against Chaffey SC 2-0 in the quarter finals before being defeated by a slick Luther A team, 6-0 in the final.

Overall, a pleasing performance from many first time touch football competitors at this level.

### RESULTS

#### Girls Championship

Round 1: Lavalla 4 def. Chaffey SC 0

Round 2: Lavalla 3 def. Mentone Blue 2

Round 3: Lavalla 5 def. OLSC 0

Round 4: Lavalla 5 def. PEGS White 0

Round 5: Lavalla 2 def. Haileybury A 1

Grand Final: Lavalla 3 def. Mentone Blue 0

#### Girls Plate

Round 1: Lavalla 3 def. Billanook 1

Round 2: Lavalla 1 drew Luther 1

Round 3: Lavalla 8 def. Chaffey SC 0

Quarter Final: Lavalla 1 def. Haileybury B 0

Semi Final: Mount Scopus 1 def. Lavalla 0

#### Boys Championship

Round 1: Lavalla 5 def. Chaffey SC 1

Round 2: Haileybury Bloods 3 def. Lavalla 2

Round 3: Westall Warriors 9 def. Lavalla 5

Round 4: Lavalla 3 def. BGS Blue 2

Grand Final: Westall Warriors 7 def. Lavalla 1

#### Boys Plate

Round 1: Lavalla 2 def. Chaffey SC 1

Round 2: Lavalla 5 def. Luther 1

Round 3: Lavalla 4 def. Billanook 0

Quarter Final: Lavalla 2 def. Chaffey SC 0

Semi Final: Luther A 6 def. Lavalla 0



## OUTSTANDING PERFORMANCE AT STATE CHAMPIONSHIPS

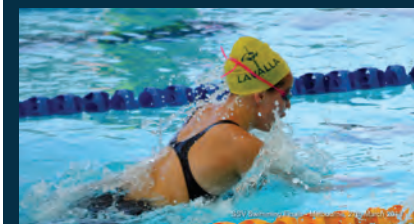
Lavalla Catholic College has again enjoyed great success in the pool at the School Sport Victoria Swimming State Championships held at the Melbourne Sports & Aquatic Centre on Wednesday March 27.

Students who qualified through to represent the College at the State Championships from the recent Region Championships held at Sale excelled even further on the back of last years performance.

The outstanding performance by the swimming team was rewarded with a second place finish overall in the aggregate points tally out of 160 schools from across Victoria.

Taylah Da Ros and Emily Beecroft were the only individual winners to claim a gold medal while the College landed a number of silver medals throughout the meet.

The swimming team finished with 13 medals overall in the medal tally on what was another huge success for the participating students against a quality range of athletes who competed throughout the day.



SSV Swimming Finals - Melbourne, 27th March 2013



SSV Swimming Finals - Melbourne 27th March 2013

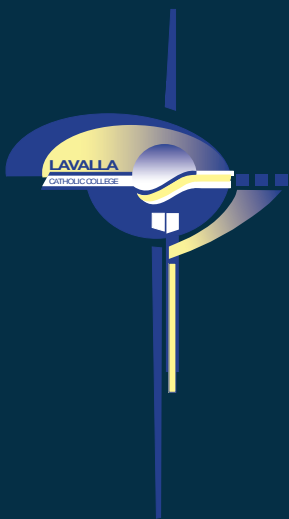


SSV Swimming Finals - Melbourne 27th March 2013



SSV Swimming Finals - Melbourne, 27th March 2013





## Upcoming Events

### Friday, May 3

U18 girls touch football state championships

VCAL Dalkeith excursion

Year 11-12 drama excursion

### Monday, May 6

Year 8.8 Camp

### Tuesday, May 7

TWILIGHT

St Paul's open campus

### Wednesday, May 8

Year 8.9 Camp

SSV football Yrs 7-10

### Thursday, May 9

Kildare photos

Yr 12 Monash visit

### Friday, May 10

Outdoor recreation day-hike

### Monday, May 13

Outdoor and environment

studies units 1 & 2 canoe camp

LA teacher meetings commence

### Tuesday, May 14

NAPLAN commences (Yr 7 & 9)

### Thursday, May 16

Outdoor recreation overnight hike

### Friday, May 17

2014 Enrolments close

St Paul's photos

### Monday, May 20

Yr 7 Camp

SSV Tennis Yrs 11 & 12

Cause Worth Week commences

## 2014 Year 7 Enrolments

Parents are reminded that 2014 Year 7 Enrolments close on Friday May 17. Enrolment Application Packages have been delivered to all the Catholic Primary Schools in the Latrobe Valley.

Students attending non-Catholic Primary Schools may ask at their school office for an Enrolment Package, or contact Bev O'Brien at the St Paul's Campus on 5174 7355 to obtain an Enrolment Package.

LAVALLA CATHOLIC COLLEGE WELCOMES INTERESTED FAMILIES TO THE

# Year 7 2014 Twilight Opening

St Paul's Campus Grey Street Traralgon

**4:30-7:00 Year 7 Centre Open**  
**6:30 Information session**

Enrolments packages and further information available from the Registrar Mrs Bev O'Brien 51747355



Strong Minds:  
Compassionate Hearts

MARCELLIN HOUSE

(ADMINISTRATION)

Coster Circle TRARALGON

Ph. (03) 5174 5272

Fax. (03) 5174 9235

KILDARE CAMPUS

Kosciuszko Street TRARALGON

Ph. (03) 5174 8111

Fax. (03) 5174 0783

ST PAUL'S CAMPUS

Grey Street TRARALGON

Ph. (03) 5174 7355

Fax. (03) 5174 1827

[www.lavalla.vic.edu.au](http://www.lavalla.vic.edu.au)



ANNE HANDELSMANN-BRAUN *The Embrace* 2007. Ink on paper. The Cunningham Dax Collection

## LIVING WITH A YOUNG PERSON WHO SELF-HARMS?

FREE FAMILY & FRIENDS FORUM

6.00pm-8.00pm Tuesday 7 May

RSVP: Friday 3 May

## STUDENTS AND SELF HARM

FREE TEACHER & PROFESSIONALS FORUM

5.00pm-6.30pm Tuesday 14 May

RSVP: Friday 10 May

Latrobe Regional Gallery is presenting a series of programs to complement the Dax Centres touring exhibition *Hide and Seek: Self Portraits From the Cunningham Dax Collection*. These two forums are designed to educate and encourage discussion about recognising and responding to self-harm.

## LIVING WITH A YOUNG PERSON WHO SELF-HARMS?

### FREE FAMILY & FRIENDS FORUM

6.00pm-8.00pm Tuesday 7 May

RSVP: Friday 3 May

This forum is designed for family and friends of youth who may be at risk of self-harming behaviour. It is presented by Dr.Soumya Basu, who is a Child and Adolescent Psychiatrist working with the Latrobe Regional Hospital as a consultant Psychiatrist for the last 9 years. He has recently started his Private Practice one day a fortnight with the Central Clinic, Warragul aiming to cater to the mental health issues in the youth and adolescent population in the Gippsland area.

Dr.Basu who has trained both in India and Australia, has more than 16 years of experience in Psychiatry. After doing a Diploma in Psychological Medicine(DPM) and MD in Psychiatry from the prestigious Central Institute of Psychiatry, Ranchi, India he came to Australia and gained his Fellowship with the Royal Australian and New Zealand College of Psychiatrists and has also trained to become a Faculty Member of the Child and Adolescent branch of the same college. Dr Basu is also a Senior Lecturer of the Department of Psychological Medicine at Monash University and has keen research interests in Youth Mental Health, Early Intervention, Developmental Trauma, Developmental Disabilities including Autism and Early Psychosis. Several of his research papers have been presented in National and International conferences. He is well acknowledged in Gippsland for his expertise in Youth and Adolescent Psychiatry and has been invited to various symposiums, seminars and lectures.

The general theme of the talk will cover:

- Overview about self harm in youth. Including various forms of self harm.
- Broad based understanding of self-harm behaviour
- Challenges and pressure on the family.
- How to respond to self harm.
- Self-care of family and friends.
- Share my experience of working with self-harm in the region.

## STUDENTS AND SELF HARM

### FREE TEACHER & PROFESSIONALS FORUM

5.00pm-6.30pm Tuesday 14 May

RSVP: Friday 10 May

This forum is for teachers and other professionals who work with youth who may be at risk of self-harming behaviour, and is presented by Madeline Wishart who is a PhD candidate at Victoria University currently investigating the biopsychosocial aspects of self-harm.

Madeline has a special interest in working with adolescents who engage in self-harming behaviours. She co-developed and facilitated the *From Harm To Calm* therapeutic group program and produced several resources. Madeline has presented numerous workshops nationally on managing self-harm in adolescents. She also has an interest in the ethics of conducting psychological research online and has published a number of papers. Madeline has worked as a Youth Counsellor in Community Health, a School Counsellor; a Provisional Psychologist working with victims of trauma; and currently as a sessional lecturer and tutor at Victoria University.

The presentation will cover the following points:

- differentiating self-harm from suicide
- what is self-harm: definition, methods, implements, triggers, risk factors, co-occurrence
- prevalence rates in Australia
- why do young people self-harm
- myths about self-harm
- how to recognise if a young person might be self-harming
- What to do & what NOT to do
- Managing & preventing contagion effects in the school
- crisis intervention & harm minimisation