



## NEWSLETTER

# Lavalla Catholic College

4 November 2005

Dear Parents and Students

Last weekend I attended the national conference on *Creating Safe and Caring School Communities* which supports the Federal Government's Safe Schools Framework initiative introduced in 2003. It was a well attended forum and you might have read or heard the media reports about it. Well known international academics from England and Canada, as well as our own researchers, presented their findings on the well-being and mental health of our children and adolescents. The strong message delivered was that parents and schools need to be *on the same page* when instilling values about the tolerance of differences, inclusiveness of all groups, resilience and emotional well-being and a non aggressive attitude toward resolving tensions and conflicts in our relationships. It was also affirming to hear that functional, healthy schools work as a community to ensure its members are connected and have a sense of belonging to the group. As a Catholic school we strive each day to be true to these Christian values and already work in partnership with you to provide a solid value base from which our students can build.

In a dynamic environment such as a school where large numbers of people interact each day, there are times when relationships are tested or strike some difficulty. At Lavalla Catholic College, we keep in the forefront of our minds the value of each person's dignity and humanity and try to suggest 'scaffolding' strategies, both to the parents and the students that will allow the relationship to recover and move forward. I am drawing again, on the teachings of Marcellin Champagnat when he says of teachers; *help them to piece together their fragmented lives and to discover the meaning of life...*

Another area that taps into the emotional well-being of our young people is the way they manipulate the technology available to them. Unfortunately, sometimes it is not used in the most appropriate or safe way and there are some potential dangers in the online world. I draw your attention to [www.netalert.net.au](http://www.netalert.net.au) - a Parent's Guide to Internet Safety, a good reference booklet that helps families create their own Internet safety strategies.

I trust you are beginning to enjoy the warmer weather and the sense of hope that comes with spring.

*Erica Pegorer*  
*Principal*

### **Dates for Coming Week**

Wed 9 – Fri 11	Duke of Edinburgh Qualifying Camp, Tali Karng (St Paul's)
Wed 9 – Fri 11	Year 11 Outdoor Ed. Field Trip to Wilson's Prom.
Thursday 10	Enhancement Music Workshop Day
Friday 11	Last Day of Year 11 Classes

### **ST PAUL'S CAMPUS**

#### **Yr 9 Exams**

In the final week of this month Yr 9 students will face exams in a number of subjects. These exams will serve a number of purposes: encourage students to review and consolidate their learning, test student knowledge and give them an experience at 'sitting' exams. It's important then that all students take these exams seriously, prepare well for them and make a disciplined effort to complete them to the best of their ability.

#### **Enrolments**

It is timely to remind families who may be moving from the area that the College requires official notification of student departure. Please collect an Exit Form from the office and ensure that is completed and returned as soon as possible.

#### **Uniform**

Please remember that uniform rules will apply until the last day of school. Students who are in incorrect uniform will receive a lunchtime detention.

#### **Cancer Care Centre**

On Thursday at our campus assembly a representative of the Cancer Care Centre at Latrobe Regional Hospital accepted a cheque for nearly \$800. This money

was raised during our "Footy Colours" day at the end of last term.

#### **Community nurse**

Next week we will be visited by Community nurse, Judy Wood who will be speaking to the Yr 7 students about unsafe piercing practices. It is important for the students to understand that although piercing is currently very popular if not done safely it can cause a range of health problems.

#### **Duke of Edinburgh Hike**

*Our hike to Mount St Gwinear was great, it was a really good experience. It was hard but we got through it together as a team. During the course of the hike we bonded closer. We learnt the harder it got the more we had to help each other out. We were successful in our hike to Mount St Gwinear because of everyone's teamwork, dedication and cooperation. (Jarryd Beddard, Yr 9)*

"Darkness can not drive out darkness only light can do that. Hate cannot drive out hate only love can do that"  
... Martin Luther King, Jr

**Lee McKenzie**  
**Head of St Paul's Campus**

## PRESENTATION CAMPUS

Our year 9's responded in an appropriate, prayerful and restful manner to the Retreat Team-Youth Mission from Melbourne, on Friday last. The day focussed on commitment and living out of personal faith. My congratulations to the students and staff involved in the day. Also, my thanks to Mr. Mike Hansen for the overall organisation of the retreat.

Next week our year 7's and 8's will be involved in Super 8's Cricket at Drouin. They will be able to put into practice the skills that have been fine-tuned doing PE/SARA and lunchtime sessions. My thanks to Mr. Dominic De Van Der Schueren and Mr. Peter Flahavin.

### **“Inverloch” invade the beaches again...**

The last day of October saw 31 eager Year 8's escape the grey drizzling skies of Newborough for the windswept, open sands and curling breakers of Inverloch. The annual migration had begun once more. Black rubberised legs kicked the sands as bodies warmed up. Arms and legs lifting into the wind in preparation for the cooler waters of 'the Strait'. With red boards beating against the winds and ankles strapped to a lead rope the 31 brave Year 8's jumped through the waves to the curling breakers intent on riding their boards high and fast towards shore. Karina stood high on her board as did 'Millsy', Justin, 'Affro' and Daniel. Ethan had his 'own personal trainer' and triumphed over the waves. The rest jumped and danced and gripped the board with their toes as the breakers rolled in.

On the white sands the remaining 10 scampered and ran into the distance, or walked in small groups, appearing hours later with sand in their toes and

hair askew, excitedly holding up a two foot long gummy shark cast adrift on the rocks below the cliff face, and other prizes. Hands excitedly opened burgeoning pockets of treasures thrown up by the seas; periwinkles, muscle shells and strange bits of flotsam. 'Winnie' was declared 'lost'. She was last seen running through the water in bare feet. Coat outstretched she flew free in the wind as one with a flock of seagulls scampering and lifting with the moving tide.

As the bus drew in at Newborough to disgorge its passengers into the dreary skies of Newborough each one knew that nature had blessed them this day and they, like Winnie, had experienced a freedom and understanding which could not be found within the four walls of the classroom.

*Janet Winfield (Winnie)*

The day was a great one. Students participated in an excellent surf program offered by Offshore Surf School, Inverloch. The quality of instruction, the empathic approach of the instructors and the encouragement provided in skill acquisition was pleasing to see. All students who participated gained enjoyment and valuable surfing experience from the day.

*Mr Peter Flahavin*

We have reached the half way point of the term. Warm weather is upon us, students are encouraged to be sun smart and wear the appropriate hat gear and sunscreen while outdoors. **Blue hats are acceptable** and can be worn at recess and lunchtime. Water bottles are allowed in the classroom, however students will not be allowed to refill bottles during class time.

*Yours in the spirit of strong minds and compassionate minds*

*Chris O'Brien, Head of Campus*

## KILDARE CAMPUS

### **Uniform:**

Although all Year 12 classes have come to an end and Year 10's and 11's prepare for their examinations, I would like to stress that it is business as usual on campus. For example, I have been a little concerned about some students who are not attending school in their correct school uniform.

### For the girls:

Short white socks are worn with the summer uniform and t-shirts are not visible at the sleeve or neckline. P. E uniform is worn on Thursdays or whenever a student has practical P. E. classes.

### For the boys:

Shorts are permitted as long as they are the grey tab-style drill shorts by Midford, and are worn with grey school socks. **Board shorts are not acceptable.** The summer uniform shirt is a short sleeved, open necked shirt, not the long sleeved winter shirt with the sleeves flapping at the wrist. As is the case for the girls, P. E uniform for the boys is worn on Thursdays or whenever a student has practical P. E. classes.

### Footwear:

Thongs are beginning to appear on campus now that the warmer weather is upon us. **Thongs are not permitted.** They pose a health and safety risk and are not part of the uniform. All students who are out of uniform will be asked to return home to change, or will be asked to contact parents to bring the uniform in or will be given an after school detention.

Presentation at school and in public, e.g. coming to school and going home, is most important as it gives students a sense of belonging to the College and is an expression of a student's pride in him or herself. Where it is not possible to wear the uniform, a note, dated, written and signed by a parent or guardian must be presented on the day.

I would ask that parents, who go to the expense of buying the uniform in the first place, ensure that the uniform and its various parts are correct for the season and that students are sent off to school each morning in the correct attire. I am grateful to the majority of parents and students who are already doing this.

*Peter Schneider*  
*Head of Kildare Campus*

### **CANTEEN ROSTER:**

	<b>St Paul's</b>	<b>Kildare</b>
Mon. 7 Nov	G Hastie, T Roberts	J Rowe, S Mills
Tue 8 Nov	A Zaghet, V Sammut	B Boothman, M Northover
Wed 9 Nov	C Hinds (help wanted)	M Fievez, A Fletcher
Thu 10 Nov	A Scully (help wanted)	N Ellis, C Shippen
Fri 11 Nov	D Buckley, P Brown, L Mills	P Atkinson, C Barry

### **CATHOLIC DEVELOPMENT FUND**

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