

Lavalla Catholic College

Issue 17
NOVEMBER 7, 2014



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From the Principal, Mr John Freeman



The weekend just past we celebrated two of the important days in the Church's Calendar – *All Saints Day* and *All Souls Day* – on 1 and 2 November, respectively.

All Saints Day is a day for honouring all those, whether or not officially recognised as "Saints", who share in God's eternal life. This includes both those who have died and the rest of us, living on earth, who are called to be "saints". This is to say that all of us are called to live lives that reflect that we are united in

God's love and reflect that love in the way in which we conduct our lives and reach out to others in love. Even though still living on earth, we have already begun to share in eternal life. Through Baptism, we acknowledge and celebrate this calling to be part of the "communion of saints" and are empowered by the Spirit of God to live out this calling. *All Saints Day* is a day to thank God for the official "Saints" who are great models and examples for us, but also a day to thank God that we, too, are called to be saints and to ask God, through the prayers of the "Saints" to help us respond faithfully to this call.

All Souls Day complements *All Saints Day* and recognises that we come to share fully in God's eternal life in heaven only by virtue of God's gracious mercy. We are all limited by weaknesses and limitations of one sort or another and we can never "earn" eternal life with God by our own merit. We rely on the mercy and forgiveness and love of God to grant us the gift of this fullness of life. On *All Souls Day* we specially remember our need of God and we call on God, in his love, to extend mercy and forgiveness to all those who have died – and especially those near and dear to us – that they be taken into the fullness of God's eternal life. May they rest in peace.

During the last two weeks our Year 12 students whilst in the midst of preparing for exams and completing work experience have also been involved in a number of planned assemblies, masses and rituals that mark the end of their time at Lavalla Catholic College. All that has been planned have been moving and meaningful and have no doubt had an impact on all involved: Year 12 students; their parents and families; staff; and students from Years 7 to 11. My thanks to all involved for preparing and delivering these important events. In particular I want to acknowledge the work of: Doug Doherty, Tamsin McCormack, Suzanne Farley, Sally Sharp, Chris Roga and Paul Skippen. There are many more people who have contributed, but those mentioned have been significant in their own way with ensuring a successful finish. At the end of my article I have attached the words I said to those assembled at the Year 12 Mass, held at St Michael's Traralgon on Thursday, 23 October.

As one era ends another begins. After an extensive and exhaustive process we are proud to announce our College Captains for 2015:

Edan Baccega
Bayley Charalambous
Georgia Robinson
Tanatswa Ruzive- Makura

*Be generous in
prosperity, and thankful in
adversity.*

*Be fair in thy judgment,
and guarded in thy speech.*

*Be a lamp unto those who
walk in darkness, and a
home to the stranger.*

*Be eyes to the blind, and a
guiding light unto the feet
of the erring.*

*Be a breath of life to the
body of humankind, a dew
to the soil of the human
heart, and a fruit upon the
tree of
humility.*

From the Principal (Cont.)

I am sure that these four young people will lead the students well, represent the College with dignity and be the epitome of our motto - Strong Minds & Compassionate Hearts. I would also like to congratulate William Lowe, Michael Buckley and Chloe Catherwood, they were worthy candidates who would have equally represented us all well. My thanks to Tamsin McCormack and Doug Doherty for their work in the process of selecting these fine young people.

We are also particularly mindful of our VCE students who commenced their Unit 3\4 written exams, with English, last Wednesday, which for most will be their first exam. Exams will continue throughout the next three weeks. We pray for them that they will be able to represent their capabilities effectively in their exams and earn the rewards of they deserve.

It is also important to note that on Friday, 31 October there was a graduation for our Remar Gold students: Tod Domotor, Clarissa Duncan, Sarah Duncan, Queenie Fitzpatrick, Emily Henwood, Tessa Jenkins, Sophie Membrey, Michael Price, Ryley Reid, Nicole Somerville, Aaron Wall-Rickwood and Brittany Young. This graduation celebrates the completion of the three-year Remar Marist Leadership programme. Lead by Mr Brett Van Berkel they have committed to Remar by attending meetings, camps, retreats and immersions. Thank you to all and I hope this experience was both affirming and helped in the development of your leadership skills.

After the return from our long weekend, Monica Justin is back from long service leave. This means that Karen McKay and Gerard English who have both covered parts of her load have concluded their time with us. Thank you to both of them for the seamless way they have managed Monica's classes in her absence. Thanks also to Doug Doherty who took her Philosophy class.

Finally, could I ask that you remember in your prayers:

Samantha Rossiter's Great Grandmother's, Joyce Cross, who passed away recently at 94 years of age. Mrs Cross was also Brandon, a former student's Great Grandmother.

Stephanie and Chloe McDonald's Grandfather, Ken McDonald also passed away at the age of 83. He was a former teacher of Morwell Park Primary School.

Finally my mother-in-law, Maria Cannata, died on 24 October at the age of 85. Maria's husband Spezio passed away 14 years earlier. She had six children, 12 grandchildren and four great-grandchildren.

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.



Year 12 Farewell Speech 2014

Good evening and a very warm welcome to everyone, but in particular to our Year 12 Graduands. This may have already been pointed out to you on numerous occasions how each time you gather together as a whole year level that it will be one of the few times remaining for that to occur. However, whilst it may have become a cliché, I will remind you again, that you, being together as a whole group, will not happen much more, maybe twice, after this. So this is a special time.

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.

No doubt many of the parents remember back to around six years ago when you would been nearing the final stages of your child's time at primary school and readying them for the next phase of their lives and which this night is part of marking the end that time. This past six years has brought joys, challenges, successes and perhaps even the odd frustration. With those memories in mind I would like to read a poem about raising children by Kyle D. Navarro, these are words better than I can create:

Children are like kites, you spend a lifetime

trying to get them off the ground. You run

with them until you are both breathless.

When they crash you add a longer tail. They

hit a rooftop you pick them up and comfort

them. You watched them get picked up by the

wind. You assure them that they will someday

fly. Finally they are airborne. They need more

string and you keep letting it out, with each

twist of the ball of twine. There is a

sadness that goes with the joy. As the kite

becomes more distant you somehow know that

the lifeline that held you together will

snap, to soar as it was meant to

soar.....free and alone.

From the Principal (Cont.)

BY: Kyle D. Navarro

Source: <http://www.familyfriendpoems.com/poem/flying-a-kite#ixzz3G1FzOpGn>
Family Friend Poems

You, the parents and your families, have nurtured and supported your sons and daughters, given them more string to fly higher and higher to until they are now ready to take flight by themselves and to become whatever they can make of themselves. 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 I hope you may remember when I first spoke to all of you at the start of the year at the 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 type of future you wanted for yourselves. Choices that took into account not only your talents and desires, but also are respectful of the needs of others. Essentially, my wish, is reflected in our College Motto, we want you to be people with Strong Minds and Compassionate Hearts.

Tonight we celebrate and give thanks that our Year 12 Graduands are prepared through the education received from home and at school to be ready to be set free to soar to whatever heights they can attain in life. We are also celebrating as we gather in faith at this Eucharist, that God is with them to continue to support and nurture and nourish them as they navigate the challenges of their journeys.

These young women and men, our Year 12 2014 graduands, have come a long way. We are proud of how they've grown in many dimensions and we see great potential in them and great futures for them. We rejoice in the gift they have been to this community – supporting each other, supporting younger students, supporting their teachers and making their own distinctive contributions, both personally and collectively, to the life and development of our community. Their personalities and gifts have enriched us all. We have all grown because they've been part of our journey and we've been part of theirs.

We believe they have the capacity, each in his or her own way, to make a contribution to life; not just in a functional way by pursuing a career and doing a particular job, but by being good women and men who loves others and can be loved by others; people who serve others, simply because it is the right thing to do; and be honest citizens who are sensitive and responsive to the needs of others.

We believe each of these young people whom we acknowledge tonight can be a person: who you can rely on; who is spiritually and morally strong; and be individuals with genuine empathy

and compassion. We know they will be a person that: you can stake your life on; someone who is faithful and loyal; just yet compassionate. This is the person you can't ignore because they are a person of substance, authenticity and integrity. This is the person, set free as a kite who gives you hope and makes you glad.

This is the person we believe each of our graduands can be and pray will be.

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 airborne and flying and we wish you every success and blessing as you continue to be carried on the wind throughout the life which now lies in front of you. 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 that love and peace in your life that comes from being nurtured and loved by God.

Ladies and Gentlemen of the Lavalla Catholic College Year 12 class of 2014, may you know much peace and joy in your lives, but also be successful in your lives and be a source of uplift and encouragement, strength and support, love and peace to many, many others so that they too like you can fly to the heights they are capable of attaining.

Faithbook

Mr Paul Skippen, College Minister

Holy People & Holy Places

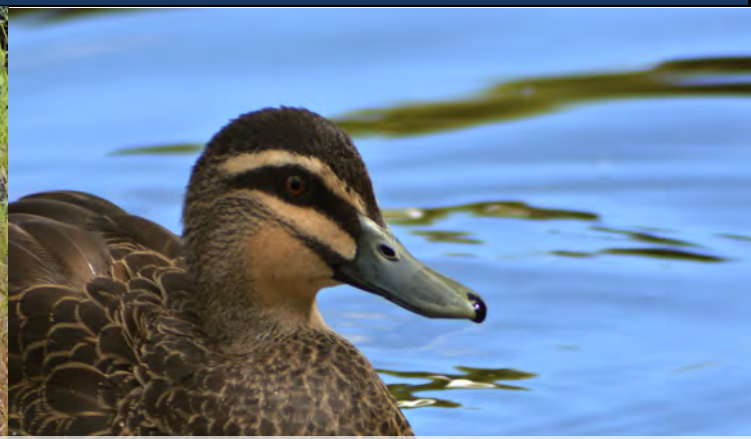
Families today come in all shapes and sizes. Two parents, one parent, divorced parents, stepparents, foster parents, grandparents, kids, adopted kids, foster kids ... even among your friends, you're likely to find a wide variety.

Sometimes we look at our ancestors to understand our own family story. It helps us to understand who we are and to take encouragement from our ancestors. The saints are part of our family, too, and can have that same role for us. These are people who lived out their faith in Christ as we do. They were mostly ordinary people like us who never imagined themselves as becoming extraordinary. During the month of November we honour every person who has lived a holy life, whether they are an official saint or not. We connect with those ancestors in faith who can give us courage and hope in living as a Christian.

Uniform Shop Next Open Days 2014

9th December 2014
12.30pm — 6.00pm

**The Second Hand Uniform Shop is Located
At the St Paul's Campus**



St Paul's Campus Update

Mr Andy Martin, Campus Director

With less than four weeks remaining until the end of student classes for the year, it is a time of intense activity throughout the College as teachers and students focus on completing coursework, while a range of sporting activities, wellbeing assemblies, camps and farewells are also scheduled into the rich mix of school life at Lavalla. The mid-term break over Melbourne Cup weekend gave everyone a chance to draw breath.

Year 12 Farewell:

Last week, we farewellled our Year 12 students with a whole school ceremony that all students visualise themselves being a part of at the end of their journey at the College. This event and the evening Mass were beautifully prepared by the Kildare staff, Year 12 Teachers and RE Team. We wish all of our graduands the best as they strike out in life as world citizens with opportunity and choice of pathway.

Year 9 Camps:

ATLAS Staff took their students to City and Surf Camps last week to complete their investigation of Urban and Coastal Environments. They will demonstrate their understanding of the task through group reports and feedback to parents at their 'Student Lead Conferences' in coming weeks.

Thankyou to parents:

Our thanks to all our parents for assisting to make entry and exit from the school a safer experience. Your action in this matter makes our job of securing the safety of everyone in our care an easier task to maintain.

Requests for updated information:

In respect of maintaining good records, we would request that parents update any information relevant to us communicating effectively with you. Addresses, contact phone numbers and emergency contacts are important to everyday functions such as noting absence with you and vital should an issue arise which requires immediate attention. I would especially make note of the fact that the school can only release students into the care

of custodial parents and others nominated specifically by custodial parents.

Important Dates

10—14 Nov

Years 10 & 11 Exams Week
Year 11 VCAL Work Experience

10 Nov

Fibonacci City Excursion
8.6 Geology Excursion

11 Nov

8.3 Geology Excursion

12 Nov

Super 8's Cricket—Year 9/10

13 Nov

SSV 7/8 Girls Super Cricket
Journey to work

14 Nov

ATLAS 9 Community Service
8.2 Geology Excursion

17—28 November

Headstart—Kildare Campus

17—19 Nov

VCAA Exams Commence

17 Nov

SSV State Basketball—Years 7 to 10

17—18 Nov

Training Band Camp

19 Nov

Super 8's Cricket—Year 7/8
School Production Rehearsal
Year 7—12 Multicultural Evening

20 Nov

Student Leader Elections—St Paul's
Primary School Performances
Journey to Work



Kildare Campus Update

Mr Douglas Doherty, Campus Director

"It is the pain of wanting to be made totally worthy of One who is seen as infinitely lovable, the pain of desire for union that is now absolutely assured, but not yet fully tasted" (Leonard Foley, O.F.M., *Believing in Jesus*).

This weekend seen the Catholic Church celebrate the feast of All Saints and All Souls. This is a time when we as a Christian community have an opportunity to focus on our mortal lives and their journey to an eternal life with God. We use this opportunity to pray for those who have passed from this life and to learn from the examples of the Saints. At Lavalla Catholic College this is an act that is encouraged on a regular basis, especially with the promotion of the lives of past Marists.

The aspirational drive for 'pathways to success' is a key contribution to people's desire to make a difference in this life. Like the Saints, our community members wish to achieve their best and during the exam periods we can clearly see this happening. I ask that we all pray for the students who are undertaking VCE examinations along with the year 10 and 11 students who will undertake their final exams for this academic year.

The end of a person's time at Lavalla Catholic College is something which should be celebrated as they undertake a new life within further education, apprenticeship or employment. We at Kildare would like to recognise the wonderful achievement of several of our students who recently achieved apprenticeships with local companies. The successful students are as follows:

Riley Loprese – Loy Yang

Tim Sartori – APM

Joel Phelan - Neilson's Restaurant

I will keep this newsletter report short as I am aware that there is a full detailed report from Mr Freeman.

However, please find attached the latest Habit of Excellence to

strive for within the collection.

God Bless

THINKING AND COMMUNICATING WITH CLARITY AND PRECISION

Language refinement plays a critical role in enhancing a person's cognitive maps, and their ability to think critically which is the knowledge base for efficacious action. Enriching the complexity and specificity of language simultaneously produces effective thinking.

Language and thinking are closely entwined. Like either side of a coin, they are inseparable. When you hear fuzzy language, it is a reflection of fuzzy thinking. Intelligent people strive to communicate accurately in both written and oral form taking care to use precise language, defining terms, using correct names and universal labels and analogies. They strive to avoid overgeneralizations, deletions and distortions. Instead they support their statements with explanations, comparisons, quantification, and evidence.

We sometimes hear students and other adults using vague and imprecise language. They describe objects or events with words like *weird*, *nice*, or *OK*. They call specific objects using such non-descriptive words as *stuff*, *junk* and *things*. They punctuate sentences with meaningless interjections like *ya know*, *er* and *uh*. They use vague or general nouns and pronouns: "*They* told me to do it". "*Everybody* has one." "*Teachers* don't understand me. They use non-specific verbs: "Let's *do* it." and unqualified comparatives: "This soda is *better*; I like it *more*".

Music Update

By Shane Reid - Director of Music

Senior Jazz Ensemble visit to Caroline Chisholm Catholic College

We traditionally use fourth term to recreate our Senior Jazz Ensemble with an eye to the following year. The departure of our year twelve students always provides some wonderful opportunities for young musicians to join our highly prestigious Senior Jazz Ensemble. This year, only a few weeks after this new ensemble was forged, we had our first major event and performance with a trip to Caroline Chisholm Catholic College in Braybrook.

It was a really wonderful day. We felt an immediate kinship with the CCCC Jazz Ensemble. They welcomed us hospitably and a great musical connection was made. Our hope is that our two ensembles can get together again early next year, this time at Lavalla. We spent the morning workshopping as a combined jazz ensemble (all of our students combining with theirs) before finishing with an informal concert in the afternoon. Our students benefitted from some fresh insights shared by their Jazz Ensemble director Todd MacNeal as well as Frances Wilson, their Director of Music. I am also grateful to Shane Lebbe and Pru Scholtes from our college who gave me a lot of support on the day.

It was also great for staff and students alike to see our former Kildare Campus Director Marco Dicesare who is now the principal of Caroline Chisholm and Christine Blake who is also a former staff member. Both are very fondly remembered by

our college and it was lovely to have some familiar faces (and Marco's familiar sense of humour) supporting us on the day.

I congratulate the following students who all represented us with real panache. Our College's proud jazz tradition is in really safe hands with the following students.

Judd Neilsen (alto saxophone)
Abbey Murray (alto saxophone)
Georgia Quinn (tenor saxophone)
Frank Licciardi (tenor saxophone)
Maddy Tactor (tenor saxophone)
Nathanael Georgeson (trumpet)
Renny Dalton (trumpet)
Tobias Duffy (trumpet)
Luke Matthyssen (trombone)
William Georgeson (trombone)
Oscar Grant (piano)
Sarah Becker (bass)
Liam Aquilina (drums)

I particularly thank Liam, Sarah, Oscar, William, Maddy, Frank, Abbey and Judd all of whom performed the first time as members of our Senior Jazz Ensemble.



Oral Health

Maintaining good oral health is essential to overall health and wellbeing. Teenagers and Young Adults need to protect their mouths and teeth by practising good oral health hygiene.



Although regular brushing and flossing are important, the oral health of this age group is also often associated with risk factors such as diet, smoking and alcohol and mouth and tongue piercings.

The most common oral health disease in teenagers and young adults, is Tooth decay. Tooth decay is a diet related disease. It is caused by the interaction of sugar and plaque to produce acids. Acids dissolve the outer layer of the tooth. These acids are produced by bacteria in plaque which develops after eating sugars commonly found in food and over

Tips to maintain good oral health

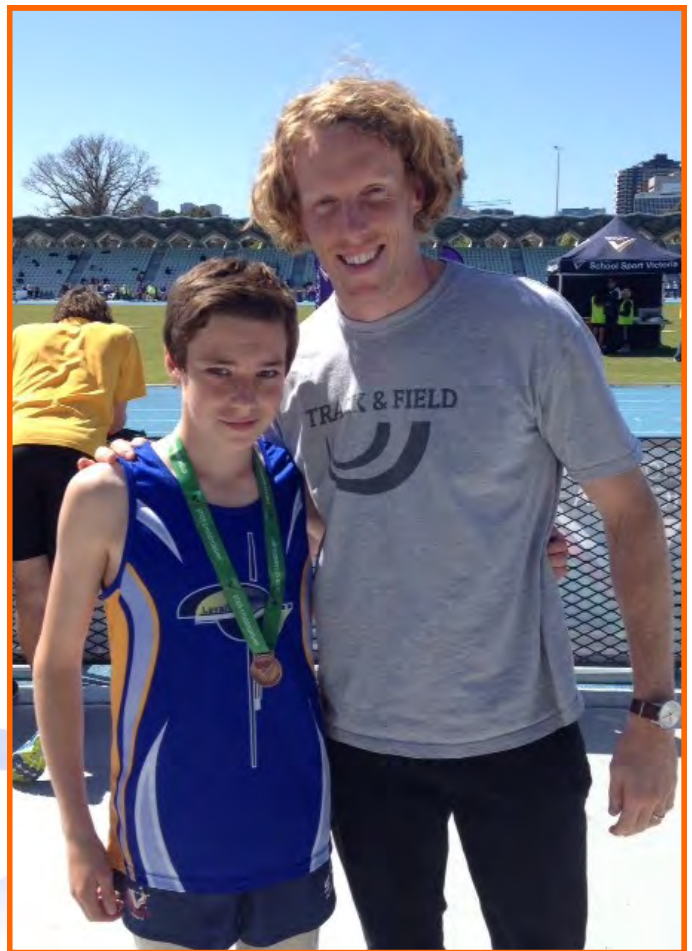
- Brush teeth twice a day with fluoride toothpaste and a toothbrush that has small, compact head and soft bristles. When the bristles appear 'shaggy' it is time to change toothbrushes.
- Flossing once a day is recommended. There may be some bleeding at first but this should subside after a few days if tooth cleaning is thorough
- Limit sugars and processed foods to mealtimes (rather than between meals).
- Choose snacks such as cheese, natural yoghurt, fresh fruit and vegetables, dry biscuits, nuts and wholegrain bread.
- Limit sugars and processed foods to mealtimes (rather than between meals).
- Choose snacks such as cheese, natural yoghurt, fresh fruit and vegetables, dry biscuits, nuts and wholegrain bread.
- Wear a professionally fitted mouthguard when training and playing sport where there is risk of oral injury.
- Have regular oral health checkups – don't wait for a problem.

together we are creating a
healthy school

achievement
program



A jointly funded initiative of the State Government of Victoria and the Australian Government



Year 7 Student Flynn Shields was fortunate enough to meet Olympic Pole Vaulter Steve Hooker at the recent SSV State Track and Field Competition. Flynn took out a bronze medal in this event.

SAFEMinds.
SCHOOLS AND FAMILIES ENHANCING MINDS

"A sense of connectedness to families and schools is the most significant protective factor for young people."

(Bresnick et al., Protecting Adolescents From Harm, 2001)

SAFEMINDS: AT HOME



SAFEMinds combines a range of targeted training and a comprehensive toolkit of resources, to support whole school communities apply the NIP 'In the bud' early intervention approach.

SAFEMinds Online

SAFEMinds: In Practice SAFEMinds: At Home

SAFEMINDS
ONLINE

SAFEMinds Online uses an immersive, video based experience, to tell a series of personal stories of children and young people, their families and teachers. This approach aims to develop the knowledge and understanding of the whole school community – school staff, parents and carers – about the many different forms of emotional distress children and young people may experience, and how these might be prevented. Supporting resources, further background information and the NIP 'In the bud' Toolkit can also be found in SAFEMinds Online. To access SAFEMinds Online go to deed.tech-savvy.com.au, select SAFEMinds and enter the password SAFEMinds-Guest

SAFEMINDS:
AT HOME

SAFEMinds offers parents and carers a series of information forums which will focus on helping parents and carers understand their role in supporting their child's mental health and wellbeing, and connecting them with school and mental health resources within their local community. In addition, parents will have access to a targeted version of SAFEMinds Online and Toolkit resources.

SAFEMinds Comes to Town!

headspace – the National Youth Mental Health Foundation will be presenting a FREE session in Traralgon for parents to learn about early detection and support for young people through the SAFEMinds mental health training currently being introduced for schools and families across Victoria.

Time: 7pm to 9pm

Date: Monday 1st December, 2014

Venue: Traralgon ACSO Office
3 / 35 Grey St, Traralgon

Parents interested in attending can register via
www.eventbrite.com.au/safeminds/7552791823



Kildare Students.

2014 TEXTBOOKS.

2014 Textbooks are no longer required for classes after the **14th of November 2014.**

We recommend taking your textbooks home as soon as possible after this date to start listing them for sale on The Sustainable Schools Shop Website.

www.sustainableschoolshop.com.au

Information regarding The Sustainable Schools Shop Textbook Trading System is included with your 2015 booklist and on The College website.



COLLEGE SPORTS REPORT . . . Dwayne Tibbals

LAVALLA BASKETBALL SHOOT THEIR WAY TO NEXT ROUND

Lavalla's year 7 and year 8 basketball teams ventured across to the Traralgon Sports Stadium on Friday, October 10th and returned to the college that afternoon with three successful teams triumphant.

All four teams qualified for the final at the completion of the preliminary round of matches and all teams would meet the arch nemesis, Catholic College Sale.

YEAR 7 GIRLS

While not the most free-flowing style of basketball some may come to expect, Lavalla managed to get out to a 6-0 lead in the first half. In the allotted 10-minute halves that was perhaps a reasonable start to restrict Sale at the offensive end. However, any encounter with Sale is tough and the expected second-half challenge was always going to come. Lavalla did a fantastic job to hold on a win 6-4 in a tight clash.

YEAR 7 BOYS

Lavalla held a slight advantage throughout the first half and led 8-6 before extending that margin during the second half. Lavalla led 17-10 in the closing minutes before Sale made their run and were narrowing the deficit marginally with trips to the free throw line. Lavalla withstood the late rally to preserve a 19-15 victory.

YEAR 8 GIRLS

Lavalla produced an emphatic victory of Sale despite a close first half. With neither team gaining any real advantage, it was Lavalla who attained the lead early and led 6-2 at half time. The second half unfolded with Lavalla gaining complete control with a dominant 14-3 period that handed our girls a comprehensive 20-5 victory.

YEAR 8 BOYS

Lavalla surprised Sale throughout the first half and quickly bolted to a commanding 9-0 cushion that led to a 14-5 half time lead. However, Sale lifted their intensity early in the second half and gained some momentum with three triples from beyond the arc that locked the scores and 21-all and forced extra-time. This was enough to let Sale in and secure the win by icing the game with a procession of free throws with the contest reaching a close.

Well done to the respective coaches and congratulations to students who conducted themselves accordingly.





COLLEGE SPORTS REPORT . . . Dwayne Tibbals

CRICKET TEAMS ADVANCE THROUGH TO REGIONAL FINALS

Lavalla's outstanding achievements on the sporting field in 2014 have continued with the year 8 girls, year 8 boys and year 7 girls all qualifying through to the Regional Finals of Cricket Victoria's Twenty/20 Blast school competition.

A sun-bathed day greeted all present at Stephenson's Park in Sale on Friday, October 17th as teams from Sale College, Catholic College Sale, Yarram Secondary College and our Lavalla teams competed.

The year 8 boys advanced through after dropping an early game to Catholic College Sale in the preliminary round, Lavalla played with greater purpose in the final against CC Sale and recorded a comfortable win.

It was a similar story with the year 8 girls, who dropped their opening contest against Sale College before turning the tables on them with a easy win in the final.

The year 7 girls got through all their preliminary matches unscathed before having to produce a nail-biting win in the final where they prevailed by 1 run.

The year 7 boys were the only team not to enjoy the spoils of success but there was much to like about their effort and intent despite dropping the final to Catholic College Sale.

The successful teams will play in the Regional Finals to be played at Pakenham on Wednesday, November 19th where, if triumphant, they will go on to play at the MCG in the State Final.

Great reward for all the teams who have dedicated some of their own time with training sessions conducted by our committed staff members.

GO LAVALLA !!!

