



From the Principal

Mr John Freeman



I have written about the holistic education offered at Lavalla Catholic College before, but as we move towards the end of the term the previous fortnight provides clear evidence that we offer students multiple opportunities to be their best and experience interchange with many people both locally and internationally.

There is no argument that the key responsibility of any school is to provide rich learning opportunities for the students they serve. However, as we all know through our own experience learning does not take place only within the walls of a classroom.

True enough the main work of this enterprise does see learning taking place through the interaction of teachers and students in formal classes. This happens every day. However, in order fulfil the challenge of our motto, Strong Minds and Compassionate Hearts, and the desire of Marcellin Champagnat, the founder of the Marists, to create good Christians and Citizens, we must provide a broad co-curricular program as well.

Regular readers of my articles in this newsletter will know I often chronicle events of the previous fortnight, usually to highlight successes and to thank participants and organisers and that will be what appears below, but I will also attempt to contextualise the various activities in regard to their contribution to our approach to fully develop each person.

Faith and ministry is a significant part of the activities we undertake to achieve our strategic goals. Over the past two weeks we have seen our students in Year 10 participate in a retreat and a well-being day. The retreats were led by our College Minister, Paul Skippen and the Marist Ministry Team and provide time for students to deepen their connection to their faith and God.

The Well-being day focussed on mental health, building resilience and developing character strengths. This day has seen: input from our counsellor on the Kildare Campus, Belinda Gathercole, present on RU OK Day; Headspace group develop an understanding of mental health and the value of support from friends and family; Jo Alford deepens an appreciation of character strengths; and Jarryd Moss, Latrobe Energy Basketball Captain, discuss his journey and supporting your mates.

RU OK?™

A conversation could change a life.

It's ok to say, 'I'm not ok.'

From the Principal cont.

Last week saw students from Year 11 involved in our CYSMA program venture to St Francis Xavier Catholic College, to gather with other students across the Diocese of Sale for the “Shine” program, a day to hear about the work of other students in youth ministry as well as meet our Bishop, Patrick O’Regan, and end the day with the celebration of Mass.

We are justifiably proud of our music program at Lavalla Catholic College lead by Messrs Shane Reid, Shane Lebbe and Matthew Harris. During the last few weeks our myriad of ensembles and choirs have been competing in various festivals.



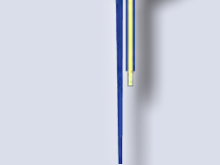
An engagement with the Arts is critical in the development of each person. It not only brings us into contact with our creative capacities, but it also reinforces for us that to achieve success dedication to practice and responding to the support and advice of those with skills, experience and knowledge greater than ours is required. Therefore it is pleasing to report that our Senior Jazz Ensemble, mainly consisting of year nine and ten students, performed at the Victorian School’s Music Festival and were recognised with a Silver Shield for this performance.

You would also be aware that the Latrobe Valley Eisteddfod has been held over the last two weeks. We have performed on many of the days and have experienced a great deal of success in all areas. Added to this our Training Band also spent two days at a camp at Rawson Village.

Next week on Tuesday, 8th September, our musical season culminates with the **Annual Music Concert, held at the Kildare Hall beginning at 7.00pm. All are welcome.**

We can often be caught up with the immediate environment that we engage with. However, we are not just citizens of our local area, state and country, but also members of a global community. Accordingly, this week we welcomed two teachers and 20 students from Italy – Liceo Scientifico, Enrico Fermi, Padova. This is the fourth time they have visited our school.

From the Principal cont.



In the alternate years we travel to Italy to visit them. The students and staff not only enjoyed our hospitality and visit to Phillip Island, the penguins being a highlight, but have they have participated in classes as well. This exchange has not only enhanced their capacity in speaking English, but they have reciprocated by improving our students' written and spoken Italian. Thanks to Raffaella Cataldo for all her hard work in organising the exchange and I am very appreciative of all the families who hosted the students and Jo Alford who shared her home with the visiting teachers.

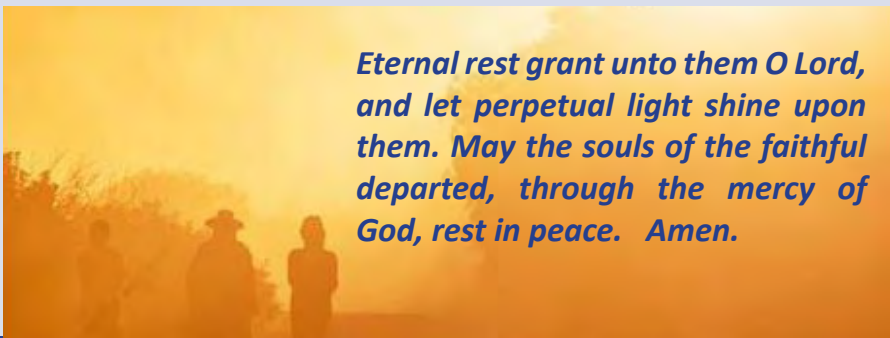
Another important element of our co-curricular program is sport. I have always believed that sport is essential in schools. It is not just that it provides opportunities for students to compete and even to win finals and competitions. If that happens, that is great. However, at its core sport provides opportunity for young people to challenge themselves, make commitments, to set goals, work in collaboration with others and to learn the lessons from competing. The same can be written for our music groups, chess teams and so on as well. Nevertheless, I highlight sport in this case because so many of our students are engaged in representing our school. Well done to all our coaches and competitors for their diligence and dedication.



We also held our Year 7 On Show evening on Wednesday this week. The purpose of this event is to provide an opportunity for parents and other family members to get a sense of the learning taking place in Year 7 program. Those who attended could not be anything other than impressed by the displays of work that demonstrated the talent and inventiveness of our students. Well done to all involved.

Asks that you remember in your prayers Chris Roga and his family. Chris' mother, who lived in India, passed away last Thursday. She lived to the age of 89 and a few years ago visited us when Chris held the role of St Paul's Campus Director, so she was known by our community and well loved by her family.

Also, please remember in your prayers Elizabeth Keenan (aged 92 years) who passed away peacefully in North Ireland in the early hours of Tuesday 25th August. She is survived by husband of over 60 years, 3 children, 7 grandchildren & 6 great grandchildren. Mrs Keenan is Grandmother of Fiona Morrow (current teacher at Lavalla Catholic College), Sarah Cooper (current teacher at St Michael's Primary School) and mother of Susan Morrow (former staff member of St Michael's Primary School from 1992 – 2012).



*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.*



Student Achievements

Scholarship Winner!

Congratulations to **Oscar Grant** (Year 10) who was been awarded a place in the 2015 Melbourne Theatre Company Youth Scholarship program during the coming September school holidays.

As part of the scholarship he receives a week's worth of intensive training from Melbourne Theatre Company staff and it will culminate with an awards and performance.

Dante Alighieri Society Poetry Recitation Competition Results

The finals on Friday 24th July were very intense and our students did very well; 5 out of the 7 finalists received a prize.

This is a Victoria wide competition with over 3,300 participants!

Frank Licciardi

Second prize (Year 11 Italian- Australian section)

Jeremy Wall

Second prize (year 11 Australian section)

Bethany Hourigan and Tanatswa Ruzive-Makura

Second prize (year 12 – Australian section)

Georgia Pollard

Third prize (year 12 Australian section)

They will receive their prizes at the Dante Alighieri Society Awards Ceremony to be held at Melbourne University on Friday 5th September.



Student Achievements

An Aussie in Canada!

As an Australian Army Cadet we get to do a lot of things not many students get to experience. Last month I was one of six in Australia to be awarded a place on the Army Cadet Exchange program for 2015 (ACE) travelling to Canada. During the two and a half week exchange we got to experience what it is like to be a cadet in Canada.

Apart from the scenic part of the trip seeing Niagara Falls, the city of Toronto Ottawa and Quebec we also got to participate in adventure training which involved Assault and obstacle courses, shooting and abseiling.

The contingent strongly bonded as a team and going from knowing none of them to being able sincerely call them some of my greatest friends was amazing and I strongly encourage anyone to join any of the Cadet Tri-Services and apply for ACE, I guarantee you'll have the time of your lives.

– Matthew Makowski Year 11





St Paul's Campus Update

Ms Lee McKenzie - Campus Director



As we move into the final weeks of term three the Year 9 students in the Atlas program are focusing on their projects and camp activities. It is great to see the student rise to the challenges presented by the program, as they work in teams, problem solve and seek to develop their ideas.

Year 7 students will be having a visit from the Marist Vocations team next week. We are delighted to host the team and to give the Year 7 students and opportunity to hear from some of the Brothers about Marist work around the world.

Students involved in the junior band have spent the early part of this week on camp at Rawson. This camp is an important part of their development musically and also as members of the music group. I am most grateful to the staff to give up their time to offer our students this opportunity. This is a particularly busy time of year in the music department with Eisteddfods and Year 12 students trying to complete studies. Student's staff and families are to be commended on their commitment to the music program. For an opportunity to hear the fruits of all this work please remember to come along to the annual Music concert on September 8th in the Kildare hall.

Italian Visitors

The campus was delighted to host our Italian visitors. Student on this campus had an opportunity to practice their Italian with young native speakers: always a treat.

Staffing News

Ms Therese Main will be away on leave until October 19th. Mr John Aliotta will be replacing her. Mr Jose Illiparimpil will also be on leave until 19th October and will be replaced by Mr Leigh Winter.

#Just Love



Feeling gratitude and not expressing it; is like wrapping a present and not giving it.

-William Arthur Ward

Kildare Campus Update

Mr Doug Doherty - Campus Director

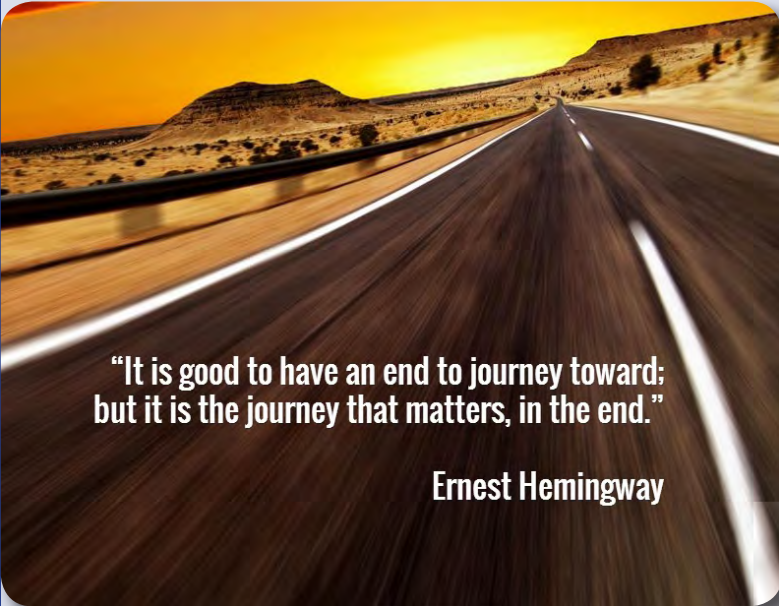


As our Year 12 students approach the end of their journey through Lavalla Catholic College, with only five weeks of lessons remaining; we hope that they feel that this journey has meaning.

When we reflect on the journey that all our students are currently undertaking in choosing their pathways to success, we appreciate the vastness of these choices.

These last two weeks have seen over 580 students receiving a subject selection interview, over 15 new students to Kildare in one week alone and information Master Classes such as the VTAC information session. As it is clear, this is a very busy time and I would like to thank all staff involved for their dedication to our students and their futures.

Supporting our students' journeys, is the whole understanding of social justice and the Catholic ethos that underpins our school community. This is being evidenced on a wide scale, even during this very busy period. During August, we had another two sets of students and staff volunteering at the Soup Kitchen in Melbourne, led by Br Doug Walsh.



**"It is good to have an end to journey toward;
but it is the journey that matters, in the end."**

Ernest Hemingway

The Year 10 students have all also undertaken a wonderful part of their journey at Lavalla Catholic College, when they participated with their retreat on 3rd and 4th September. Again I would like to thank Mr Skippen, Mr Roga and the staff who organised and led these wonderful events. During this time, Belinda Gathercole and Mrs Tamsin McCormick arranged excellent well-being sessions that will culminate with R U OK Day? On Thursday 10th September.

As usual, I love to celebrate the success of our students and staff. Again, this fortnight I have many examples to share, therefore I will list them as there are full reports throughout the newsletter.

I would like to congratulate the senior girl's basketball team who were just 6 points short of qualifying for the Australian Schools Championships, finishing 3rd at the elite 8 McDonalds Cup competition. The girls from Kildare Campus were: Millie Culliver (10), Abbey Noblett (10), Chelsea D'Angelo (10), Sammy Waters (10), Demi Plunkett(10), Casey Sheriff (11) and Jess O'Toole (11).

Our congratulations also go to our wonderful musicians who achieved 1st and equal 1st place at the Eisteddfod last week. Well done to Mr Reid for his preparation of the students.

It was also great to see the work of our staff mentioned at the State Government Hansard from last Wednesday. Harriet Shing addressed the Parliament in regard to the Gippsland Student Placement Portal and Lavalla Catholic College was referred to. Well done to Ms Cheryl Hunter and Mrs Nicole Sizeland for their hardwork and dedication in helping create this innovative tool, along with the Baw Baw LLEN.

It is an opportunity to celebrate success within Lavalla Catholic College, when our students achieve outside of the school community. I have included in this newsletter, a report from Matthew Makowski regarding his selection by the Army Cadets to represent Australia in training with the Canadian cadets. Well done Matthew.

Finally, I have included a list of key dates for the remainder of the Year 12 time at Lavalla Catholic College. This has also been sent by mail and will be calendared on the website. A copy has also been sent as a fridge magnet for your easy access. I wish all students and family the very best as we approach the end of term 3 and the final push towards the VCE/ VET and VCAL examinations and completion of portfolios.

God Bless



Faith & Ministry Matters

Mr Chris Roga - Director of Faith & Ministry



Mick's Kitchen



Many of you will be aware of the meetings our Parish has held to establish a Soup Kitchen.

At the moment, it looks like we'll be going ahead, serving a two course meal, tea and coffee on Thursday evenings from 6:00pm to 7:30pm, on a weekly basis.

Whilst there are still a number of issues to be resolved, we have now reached the stage where we need to call for volunteers who would work in either the food preparation or food serving areas would all need a current Working With Children Check.

There are a number of areas in which people could help. * Food preparation, *Serving tables, *Working Bee for venue preparation (painting, cleaning, etc), *Financial assistance *Fundraising.

If you feel you are able to be of assistance in any way, please complete the form in the Bulletin, and return to the Parish Office, or School Office, as soon as possible and no later than Sunday September 13.

A Spring Blessing

Mr Paul Skippen - College Minister

Blessed are you, spring, bright season of life awakening.

You gladden our hearts with opening buds and returning leaves as you put on your robes of splendour.

Blessed are you, spring.

In you is a life no death can destroy.

As you exchange places with winter you harbor no unforgiving spirit for broken tree limbs and frozen buds.

Blessed are you, spring.

You open the closed buds of our despair as you journey with us to the flowering places.

Blessed are you, spring.

You invite us to sing songs to the frozen regions within and to bless the lessons of winter as we become your partner in a new dance.

Blessed are you, spring.

Like Jesus, standing before the tomb of Lazarus, you call us to remove winter's stone, come out, there is life here you have not yet tasted.

Blessed are you, spring, free gift of the earth.

Without cost we gaze upon your glory.

You are a gospel of good news for the poor and rich alike.

Blessed are you, spring.

season of resurrection, sacrament of promise.

Like Jesus you rise up out of the darkness, leaving around you a wake of new life.

Blessed are you, spring, season of hope and renewal.

Wordless poem about all within us than can never die.

Each year you amaze us with the miracle of returning life.



Atlas9 Urban and Coastal Day Trips

On 20th August, the Atlas9 group visited two locations to help prepare for camp. The students attending the urban camp went to Warragul, and conducted a geographical inquiry, using surveys, interviews and rating guides to collect data in order to answer a GIQ (geographical inquiry question).



They also participated in a scavenger hunt around Warragul that allowed them to practice finding their way around an unfamiliar location using landmarks, maps and asking locals for directions. The students attending the coastal camp went to Bermingham Park to complete research on their geographical inquiry question- What affects would the creation of a housing estate on the Bermingham Park site have on the biodiversity of the area?

Their tasks for the day included completing a transect line, quadrant, and rating guide. At the end of the day, we participated in a race around the site that involved navigating around the site using a map and clues that led to coordinates on the map. Both groups returned to school to analyse their data and compile it into a report. The students had a lot of fun and can't wait for their upcoming camps.

By Tess Brooker and Emily Nelson

Atlas9 Guest Speakers – Tertiary Providers

On Wednesday students in 9.5-9.8 attended various lectures involving pathways to different occupations.

Four guest speakers came to the school including teachers/trainers from Federation University, Federation Training, and Apprenticeship Groups Australia (AGA). The speaker representing Federation University explained the lifestyle that you will experience while going to university. She also gave tips on the ways to make it easier, such as how easy it is to receive scholarships if you apply for them.

Federation Training had two people representing it, they gave us an idea of the amount of jobs you can take up if you go to Tafe and how easy it is to access a course. We also learned that you can switch from Fed Training to Fed Uni if you change your mind.

The AGA speaker gave us an insight into apprenticeships and how to receive one from AGA. He explained how to conduct your interview with teachers and managers when wanting the job. His tip's included dressing up nicely, making yourself presentable, wear deodorant, and introduce yourself with a nice, firm hand shake. I felt that all the guest speakers were experienced and included the audience efficiently so everyone could keep focus. Over all, the period was packed with valuable and interesting information that will be very useful for many Year 9's in the upcoming years.

By Joseph Darling





Model United Nations Assembly

Each year, two Year 11 students from the College are selected to attend the Model United Nations Assembly. Grace Ware and Tahmina Akram attended the camp in May, 2015. They were allocated Malaysia as their country to represent. The weekend assembly was held at Forest Edge camp, Neerim East. Over thirty students participated, from twenty schools across Gippsland and Melbourne.



The first day of the weekend was basically getting to know everyone, settling into our rooms and discussing our arguments for the topics we would be debating. We also listened to the secretary general and judges of the camp go through the procedures of how the debates would be run. We had the opportunity to participate in a practice debate. The first day was quite intimidating, as expected, however we managed to learn the ropes eventually.

The topics that we chose to argue were against the abolition of the death penalty and in favour of helping improve climate change rates for all nations. Our fellow delegates helped us a lot with our debating skills and arguments and we made close bonds with these few people.

Overall the experience was a good chance for us to meet new people, gain confidence in speaking publicly, learning about other cultures, and gaining more knowledge on what the United Nations is and how it works. We would like to thank the Traralgon Rotary Club for sponsoring us, and would highly recommend students to participate in the future MUNA camps.

We will be attending the Traralgon Rotary Club dinner on Tuesday 18th August, in order to publicly thank them for continuing to sponsor our College at this event.

By Tahmina Akram and Grace Ware

Year 10: Living History



Year 10 History students explored two very different concepts of belonging to culture and the tradition of remembering during a recent visit to the Shrine of Remembrance and the Botanical Gardens.

First, students viewed exhibits of artefacts from conflicts dating back to the Boer War at the Shrine of Remembrance. The innovative representation of the Gallipoli landing in the Galleries of Remembrance showed students how it is possible to present multiple views of an historical event.

It depicted a 'personal perspective of what the soldiers had to go through and how disconnected they were from their families . . . not knowing when or if they'd ever see them again.' (Stephanie Giannini – Rights and Freedoms class)



'It (The Gallipoli exhibit) gave us an inside look at the landing and almost seemed like we were there . . . sound and video worked . . . to give a sense of atmosphere.'
(Mitchell Paulet – World War II class)

The second activity took students from the modern historical era to ancient customs and traditions. An Aboriginal Elder welcomed students to the Botanical Gardens, a significant camping and meeting place for the local custodians of the area – the Boonwurrung and Woiwurrung of the Kulin people.



This welcome took the form of a Tanderrum Ceremony; a traditional Wurundjeri 'welcome to country' ritual. This was a powerful experience which most students had never participated in before.



'I think . . . telling us about how Aboriginals used to light a fire with certain leaves (which had) different meanings and even thinking about the land differently to how we would (usually) was pretty inspiring' (**Daniel Cunico** – Rights and Freedoms class)

'The guide taught us what plants could be used for food and how (Aboriginals) believed that the land was in control of them, not the other way around.' (**William La Grue** – World War II class)

Students will use the ideas gathered on this field trip to plan and create a Depth Study in which they present a Museum Exhibit which will incorporate primary and secondary source evidence as well as their analysis of these sources.

A good year for Numeracy!

Each year, students in years 7 and 9 undertake government NAPLAN(National Assessment Program Literacy and Numeracy) tests. In these tests, students are assessed in their Literacy and Numeracy skills.

Year 9s in 2015 have outperformed students across Victoria (and Australia) in the growth in their Numeracy scores. By comparing the 2013 year 7 Numeracy result with the 2015 Year 9 Numeracy result, Lavalla students have improved their results by a greater margin than the state average.

Students and teachers should be congratulated on their efforts. Well done!

Careers Update

Ms Prudence Scholtes - Careers Development



The Weekly Careers Newsletter is emailed to parents of Years 10 to 12 students every Tuesday. If you are not receiving this email then we either have the wrong email address recorded on the school system for you or your server is rejecting the attachment. This is particularly true for a number of work email addresses that the school has on file. Please take some time to update your email address with the school. You may also read past Careers Newsletters on our new school careers website. The website has links to everything from Centrelink to Universities, resume assistance to workplace learning. I encourage all parents and students to spend some time getting to know what's available on our website.

Years 9 to 11 Update



Term three is always busy as we draw students' attention to planning their future.

The term began with all students from Years 9 to 11 researching possible careers and post school options and subsequently completing a Career Action Plan that was used to assist them in making more informed choices for subject selection in future years.

This led to a highly successful Course and Careers Expo on July 31st, with outside providers in particular, commenting on how much easier it was to provide targeted and useful advice to students because they were able to see what the students intended career pathways were by looking at their Career Action Plans.

Year 9's received further advice with a visit from Federation University, Federation Training and Apprenticeships Group Australia (AGA) on Tuesday 25th of August. Students explored the differences between different work and study options as well as styles of learning required for each.

They were introduced to some of the terminology used in job seeking, course and study options from VCAL, VET, VCE through TAFE to University.

Subject selections for next year have now closed and students will be advised of the outcome of their preferences once the 2016 timetable has been built and staffing for 2016 finalised.



Work Experience

Year 10's completed a week's worth of work experience in week 2 this term. This was a great opportunity for students to observe both a particular type of career as well as gain some understanding of the demands of working full-time and what expectations regarding behaviour, attendance, dress, social skills, initiative etc. that employers require for their businesses. One student has already been successful in obtaining an Apprenticeship through her work experience placement.

Students studying VETiS Business and Allied Health have also been busy organising their required Structured Workplace Learning placements for their courses. Feedback has been positive from employers about students who have already completed their VETiS Allied Health placements.

School Holiday Work Experience

Applications for Work Experience in the September school holidays (first week only) closed on Monday 24th August.

Late submissions will not be accepted.

If you would like to undertake Work Experience and have not submitted an application for the September school holidays, you will now have to wait until the Term 1 school holidays in 2016.

Lavalla Catholic College is legally unable to have students on work experience during the Christmas holidays.

Year 12

Year 12's have been busy applying for courses for 2016 on VTAC following successful Parent Information Nights in Sale and Warragul and student sessions at school during student choice time. There appears to be a high level of confidence amongst our students that they are happy with their intended pathways of TAFE, University or plans to head directly into the workforce.

A reminder that after September 30th the cost of VTAC applications rises from \$29 to nearly \$100 and that students requiring assistance should do so before school holidays. SEAS applications (including supporting documentation) close on October 6th and scholarship applications through VTAC close on October 16th.

For any Careers assistance please do not hesitate to contact the Careers team at the Kildare campus. Ms Nicole Sizeland is available full time or Mrs Prudence Scholtes who is available at various times from Tuesday to Friday.

Prudence Scholtes and Nicole Sizeland
<http://lavallacatholiccollegecareers.com/>

Music

Mr Shane Reid - Director of Music



On the 25th of August the Senior Choir participated in the 60th Anniversary of the Latrobe Valley Eisteddfod.

With esteemed choral director Mr Shane Reid, the Choir represented the school marvellously taking out 1st and equal 1st in their two sections. Having taken part in many performances and excursions throughout the year, the choir enjoyed presenting their contemporary pieces to the local community including the African chant 'Ipharadisi', Coldplay's 'The Scientist' (also performed on popular TV show Glee), and the spiritual piece 'David's Lamentation'.



Talented Year 12 vocalists also had the opportunity to solo in each piece. The Choir are very excited to be able to workshop new pieces and welcome in any new members in anticipation of their exciting trip to Canberra in the upcoming year.

- Georgia Pollard (Year 12)

On Monday the 31st of August our College's Training Band embarked on a two day camp to Rawson Village.

Accompanied by Mrs Valentine, Mr Harris and Mr Lebbe the 23 excited year 7 students who make up the ensemble engaged in two days of intense rehearsal and tutorial sessions honing their skills on their instruments. The camp offered a fantastic opportunity for the students to get to know one another as this is the group of students they will be progressing through our band program with and one day leading the Senior Ensembles.

The ensemble worked exceptionally well together as a group to prepare music for their performance at the Latrobe Valley Eisteddfod and the Annual Music Concert and had a very enjoyable two days of music making.

Congratulations to the Training Band for their hard work and their continued improvement on their instruments.





Lavalla Soccer Teams reach State Finals

Lavalla Catholic College has had four soccer teams eventually qualify through to the State Championships of the SSV competition.

In the recent Regional Championships at Sale last month, the senior boys, senior girls, intermediate boys, intermediate girls, year 8 boys and year 7 girls all advanced through with only the year 8 girls unfortunate not to sustain their winning form.

In Sale, the senior girls only had to meet Drouin, which they got past with relative ease, and the year 8 girls had only Nagle Catholic College to contend with but were unable to get the job done. The year 7 girls and intermediate girls produced three good wins over Bairnsdale SC, Wonthaggi SC and Trafalgar HS to win through their respective year levels of competition.

The senior and intermediate boys took care of business against Wonthaggi SC, Bairnsdale SC and Lowanna SC in a solid showing at the Regional Championships while the year 8 boys defeated Nagle CC, Leongatha SC and Lowanna SC.

The teams will travel to the Darebin International Sports Centre in the coming week to take on the best in the state!



Junior Boys Denied State Championship

Lavalla Catholic College had its three boy's netball teams advance through to the SSV State Championships and it was the junior boys fell agonisingly close once again in the state final.

The junior boys suffered a first up lost Lilydale HS (12-21) before finishing second in their pool with wins against Bendigo SE SC (14-13) and Williamstown HS (22-12).

The boys then produced their best win of the day against Sacred Heart C, Yarrawonga in the cross-over semi-final to set up a rematch with Lilydale.

The boys came out with great intensity and held the lead during the first half before the two teams produced numerous lead changes throughout the third quarter. Lilydale eventually gained a slight advantage and then held their nerve to prevail down the stretch with a narrow 20-14 victory over our boys.

This was the second straight year our boys have been runners up after a one goal loss the previous year.



The senior boys and intermediate boys also produced some good patches of play throughout their games but they could both only produce one win each from the preliminary matches and didn't qualify for the semi-finals.

Aust. Football Girls Ousted In Semi Finals

Lavalla Catholic College's senior girls Aust. Football team were eliminated in the semi-finals of the State Championships after Maribyrnong handed Lavalla a 7.2 (44) to 2.6 (18) defeat.

A sluggish start to the match had Lavalla trailing by a goal but by halftime the girls had seized some momentum and surged ahead to lead by four points.

However, Maribyrnong gained the ascendancy during the third term to lead by eight points before a dominant last quarter effort by Maribyrnong put the result beyond doubt with Lavalla being defeated by 26 points.



Lavalla Girls Basketball 3rd In The State

Lavalla Catholic College has produced a very pleasing result at the McDonalds Cup Champions School of Victoria Tournament by finishing third overall.

At the recent Elite 8 finals day, Lavalla recorded a 32-all draw against Templestowe in their first clash of the day. Templestowe were coached by former NBL coach and two-time NBL coach of the year, Ian Stacker. The girls then responded with an outstanding triumph over Rowville with a 31-22 triumph before finishing top of their pool by percentage with a comprehensive 57-25 victory against the Maribyrnong Jets.



This pitted the girls against Box Hill SC and the girls were in a tight battle with their opponents up until the final three minutes where Box Hill managed to produce the goods down the stretch and finish with a 38-31 win.

This was a very pleasing result for our girls considering there were no year 12 girls in the team and only two year 11 students. Predominantly, the team mainly consisted of year 10 students going up against more senior students from the other schools.



Student Health & Wellbeing

Helpful Hints for Keeping Stress at Bay

It is important that at this time of year we encourage our students to stay healthy and manage their stress levels by exercising and getting plenty of sleep.



Participating in enjoyable activities, as well as using **relaxation techniques, like deep breathing exercises, going for walks and listening to music**, will release tension and distract them.

Even the **simple act of laughing** can make them feel better. It can lighten their mood and cause positive physical changes in their bodies, including an increased heart rate and lower blood pressure, which cools down the stress response.



2015 Exams Information



Please find below information relating to the upcoming Year 11 & 12 Revision and Trial Examinations.

Unit 3/4 Exam Revision Arrangements: 12 – 15 October

(Compulsory)

This is the time that that students will utilize their normal timetable to revise for the Trial Examinations.

Unit 3/4 Trial Examination Arrangements: 19 – 23 October

(Compulsory)

- Year 12 (Unit 3/4) trial exams are being held in the week commencing Monday, 19th October.
- They form an important part of the Year 12 program and are, therefore compulsory.

General Examination Information

- The examination timetable is provided on the back of this letter.
- Examination rules will be distributed to students through their LA.
- Examinations must be undertaken on the scheduled day at the scheduled time. Only students who have exam clashes will be rescheduled.
- Any student who finds that they have an exam clash must notify Ms Sharp as soon as possible.
- Students need only attend for their exams
- Students must bring photo ID with them to each of their exams.
- All examinations will be held at the College, in the Kildare Hall.
- Students must be punctual for their exams and bring the necessary pens and other equipment.
- Students must wear full summer school uniform to all of their exams.
- Students are required to remain in the exam room for the duration of each exam.
- Students who are unable to attend an exam due to illness or other circumstances must provide a medical certificate or similar (e.g. statutory declaration). This should be given to Ms Sharp.

Unit 3/4 English Revision Day: 26 October

(Students highly recommended to attend)

- English Revision will take place from 9 am to 1pm. English Staff will manage this time with a focus on exam skills and Technique.
- Psychology revision time will take place from 1.45 pm to 3.20 pm.
- Math Teachers will be available in the SSC to provide individual feedback.

Unit 3/4 Math Revision Day: 26 October

(Students highly recommended to attend)

- Math Revision will take place from 9 am to 1pm. Math Staff will manage this time with a focus on exam skills and Technique.
- Biology revision time will take place from 1.45 pm to 3.20 pm.
- English Teachers will be available in the SSC to provide individual feedback.

2015 Exams Information



Unit 3 & 4 Trial Exam Timetable 2015

<u>Date</u>	<u>Time</u>	<u>Exam</u>
Monday October 19	8:45am- 12:00pm	English
	1:00pm - 2:45pm	Further Maths Exam 1
	3:00pm - 4:15pm	Math Methods (CAS) Exam 1
Tuesday October 20	8:45am - 11:30am	Biology Physics
	11:45am – 2.00pm	Literature English Language
	2:15pm - 4:00 pm	Drama Systems Engineering VET Business (Office Administration)
Wednesday October 21	8:45am - 11:30am	Chemistry
	11:45am – 2.00pm	Health and Human Development IT Applications
	2.15pm – 4.00pm	Food Technology Music Visual Communication Product and Design
Thursday October 22	8:45am - 11:00am	Further Maths Exam 2
	11:00am – 1:15pm	VET Interactive Digital Media
	11:15am - 1:30pm	Business Management Specialist Mathematics Exam 1 History Revolutions
	1:45pm – 3.30pm	VET Sport & Recreation Studio Arts
Friday October 23	8:45am - 11:00am	Physical Education Legal Studies Philosophy Specialist Mathematics Exam 2
	11:15am - 1:30pm	Psychology Math Methods (CAS) Exam 2
	1:45pm - 4:00pm	Environmental Science Italian Geography



Community Noticeboard

Local Sporting Champions Grant

Russell Broadbent wrote to the College recently to bring to our attention a grant program available for young people - Local Sporting Champions.

The Local Sporting Champions program is an Australian Government initiative designed to provide financial assistance for young people aged 12-18 towards the cost of travel, accommodation, uniforms or equipment when competing, coaching or officiating at an official national sporting organisation (NSO) endorsed state, national or international sporting championships or a School Sport Australia state or national championships. There are specific criteria and applications must be submitted online.

Details can be found at: http://www.ausport.gov.au/participating/local_sporting_champions

Latrobe Valley 'All-Ability' Cricket

'All-ability' sports are about fun and participation for EVERYONE! The local All-ability groups are parent-run and driven, so cater directly to the

needs of kids with special needs in the local area. During the sessions a variety of games and activities are played to learn and develop new skills, activities are modified so that everyone can 'have a go!' Participants can also benefit socially by making new friends and feeling part of a team.

We now run three sporting programs locally, Term 1 – Tennis at Pax Hill Tennis Club, Term 2 & 3 – Footy at Southside Football Club and Term 4 – Cricket at Traralgon West Cricket Club.

All school aged children with special needs are invited to join us for 'ALL Ability' Cricket, the sessions will run weekly during Term 4, 2015.

Sessions will be held at: Traralgon West Cricket Club 'West-end' – Jack Canavan Oval, Douglas Pde, Traralgon on TUESDAYS from 5pm – 6pm, starting October 6th, then every Tuesday till end of Term 4

A parent/carer must attend and be willing to participate with the child.

Cost is \$10 for the Season – siblings welcome to join in too!

Each participant will receive a Traralgon West shirt and hat to be worn to each session.

For more information phone Sam (coach) or Louise Varsaci on 51750877 or 0414540296 or find us on Facebook - All-ability Sports, Latrobe Valley



Calendar

Monday 7th September

- SSV State Soccer Year 7 Girls
- State Finals Clay Target Shooting
- Atlas9 - Coastal Shopping

Tuesday 8th September

- SSV State Soccer Final - Years 9 - 10
- Victorian All State Schools Netball
- VIS Excursion
- Fiji Immersion Parent Information Evening
- Annual Music Concert

Wednesday 9th September

- Atlas 9 Coastal Camp
- Atlas 9 Urban Camp
- SSV State Soccer Year 7 - 8 Boys
- Year 12 Physics - Synchrotron
- Victorian Spell Competition

Thursday 10th September

- Chess Tournament
- SSV Wellington Basketball - Years 7 - 8
- R U Ok Day - Kildare
- Years 8.6 & 8.1 Humanities Excursion

Friday 11th September

- Kildare Campus Assembly

Monday 14th September

- Year 11 Business Admin Work Experience
- Year 11 Allied Health Work Experience



Calendar

Tuesday 15th September

- Legal Studies Debate
- Atlas 9 - Gippsland Free Range Eggs

Wednesday 16th September

- Atlas 9 Presentation

Thursday 17th September

- SSV Gippsland Athletics
- Parent Teacher Interviews

Friday 18th September

- **STUDENT FREE DAY - St Pauls Campus**
- Parent Teacher Interviews - St Pauls Campus
- **END OF TERM THREE**

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>