



From the Principal

Mr John Freeman

Whilst we have just started the third term of 2016 we are already commencing our planning for 2017. Work with students at Years 9, 10 and 11 regarding career choices have been in progress for a number of weeks. This work was undertaken to assist students to make wise decisions in regard to subject selections which meant that at Expo on our young people were able to discuss with staff about subject options with purpose and direction. Also present were a number of representatives from Universities, TAFEs and other post school education providers. Furthermore we had representatives from the Armed Forces and Police Force. Again the presence and advice provided by these groups enhanced the ability of students to make informed choices. The Expo was extremely well attended and talking to a number of people I know they found the information provided by staff to be very helpful. My thanks to all the staff who worked so hard on preparing and presenting at the Expo.

This week we are sending out offers of places to families for Year 7 next year. It is imperative that families return their acceptance forms as soon as possible as we are still receiving applications. Consequently, as a matter of justice I do not want to advise a family that they may have to be on a waiting list, if a place is actually available.



Over the weekend of the 29th - 31st July, Lavalla Catholic College competed in the Victorian Volleyball Schools' Cup. The Open Girls Team achieved the Silver Medal in Division 1. I was fortunately able to watch the team play on Friday, Saturday and the final on Sunday. The final, which took three sets to decide, was an extremely competitive and entertaining. The difference in scores between the competing teams for each set was only a few points.

Our students played with great skill, spirit and respect for each other. They were definitely great ambassadors for the College throughout the weekend. Thanks to all the families who supported

their children at this event, but in particular Brian Scott who coached the team, which consisted of: Bronte Scott, Alice Shaw; Anaïs Bond; Tayla Jackson; Madeline Hourigan; Samantha Rossiter and Harriet Williams. I also particularly want to thank Ross Sizeland for his support all weekend of our students. He has done this over a number of years and it is appreciated by students and their families.



The Dante Alighieri Society Poetry Recitation Competition is a very prestigious and long running competition. Over the years we have had great success by our students and this is due not only for their hard work, but also our LOTE teachers, in particular for this year both Adriana Bianconi and Raffaella Cataldo. We had eight finalists in 2016 which included two of our students achieving first prize – Rohan Symonds (Year 9) in the Italian Australian section and Jeremy Wall (Year 12) in the Non-Italian section. Our other finalists were: Julien Alesi (Year 9), Kirsten Piening (Year 10), Holly Williamson (Year 10), Tessa Watson (Year 10), Maggie McCormick (Year 12) and Georgia Pearce (Year 12). Well done to all of you.



Congratulations to Sarah O'Brien (Year 9) and Rebekah Symons (who completed Year 12 in 2014) who competed, on the last weekend of July, in the Australian Teachers of Dance Australasian Scholarships in Brisbane. Sarah placed 2nd in the ATOD Australasian Intermediate Ballet Scholarship and Rebekah danced in the Senior Tap Scholarship section.

Good luck to the three teams from our College who have made the Gippswebs for Business Competition finals on 12 August. This is an outstanding effort as there are only six finalists overall. Well done to John Wilkie on his efforts in supporting his students in this competition. The teams are: The Space Monkey Mafia – Phase II comprised of Aaron Agustin, Josh Smith and Reece Affleck; Use Code Keem comprised of James Berkelmens, Thomas Eagle and Daniel Henry; and Codebusters comprised of Selby Fisher, Zach Grimes, Nick Vella and Jonah Henry.

Congratulations to Hope Bamford and Dwayne Jenkins who have recently announced their engagement.

We also congratulate Daniel and Melissa Scholes on the birth of their daughter Aimee Melissa on Saturday 23rd July. This is Daniel and Melissa's second child and I understand that Luke is very excited to have a sister.

Finally, you will find in this newsletter our invitation to family, friends and past students of Lavalla Catholic College, CRC Traralgon, Presentation, Lourdes, Kildare and St Paul's Colleges to our Mass celebrating 60 Years of Marist Education, in partnership with the Brigidine and Presentation Sisters, in the Latrobe Valley on 9 September 2016, commencing at 11.00am.

The Mass will be celebrated by Bishop Patrick O'Regan and we have already received a number of positive responses from members of the orders who served at the College. Because seating space is limited we ask the you RSVP so that we can make appropriate plans to accommodate those attending.



Two weeks ago a team of staff member interviewed all prospective Year 7 2017 students. We feel that this is an important process in getting to know students and their families as well as offering an opportunity, particularly for families new to the College, to ask questions. Families who attended the interviews will receive either a letter of offer or a request for a further interview in the coming week.

At this stage classes at Year 7 for 2017 are full and late enrolments will now need to go on to a waiting list.

Student Free Day

Last Friday's curriculum day offered teacher an opportunity to continue work on the Victorian curriculum mapping. Teachers' days are filled with many things: classes, assessments, preparing lessons, meeting with students and parents and a day such as this allows them time to work in teams on new mandated requirements.

Congratulations

Sarah O'Brien, a current Year 9 student and St Paul's Campus Leader, placed second in the recent Australian Teachers of Dance Australasian Scholarships in Brisbane. Well done Sarah.

Visiting the College

A reminder to all families that the College has an obligation to provide a safe environment for all students in our care. One of the ways we exercise this care is to ensure that all visitors to the College sign in at the front office. It is not appropriate to simply walk onto the property or to hold conversations from the fence. In an era of heightened safety concerns, teachers are asked to challenge these behaviours to ensure that all students can be safe at school. While unfortunately this may not seem warm and welcoming, it is important that parents and visitors follow these protocols.

Eisteddfod Season

Our music teachers and students are entering a busy time of year as they prepare for and compete in both the Traralgon and Yarram Eisteddfods. We wish them well in their performances.





"It's the possibility of having a dream come true that makes life interesting."
— Paulo Coelho, Alchemist

This famous book is a strong favourite of mine and it's messages are still very relevant today.

The book also speaks of how, "when you want something, all the universe conspires in helping you to achieve it." These last few weeks have seen both these quotes successfully come alive at Kildare Campus.

The focus on student pathways to success was undertaken through the completion of the Career Action Plan (CAP) for every student to help inform their subject selection, which will assist each student in achieving their pathways to success. I would like to thank Nicole Sizeland and Mr Brett Van Berkel for leading this process, as well as all the LAs who worked closely with their students.

This process was further supported with another record breaking attendance at our annual careers and subject selection EXPO. I would like to thank all the different career pathways representatives that spent the day giving advice and guidance. These included universities, local TAFEs, local and national employers and of course our excellent staff giving subject advice. Subject and pathway selection continues until Wednesday 10th August, when all students must have their subject selection forms completed.

Therefore, I encourage all students and parents to talk about their subject selection and ensure that they are aware of their pathways before attending their interviews.

I would also like to take this opportunity to welcome the large number of new applicants to Lavalla Catholic College, Kildare Campus since our EXPO. It is refreshing to hear that the local community recognise and appreciate the wonderful and aspirational school community that we have.

A gentle reminder to the very small number of current families that have yet to re-enrol; the closing date is August 18th otherwise the administration fee will increase to \$200.

Success is the foundation of any of my newsletter reports and I am very happy to say that I have some amazing examples for this edition. I will simply list these amazing successes as I have had either staff or students create a report on them.

Firstly, the final results for the Dante Alighieri Society Competitions:

Recitation Competition:

Rohan Symonds : FIRST (year 9)

Jeremy Wall (Year 12)

I am also very proud of all of the recitation finalists.

Julien	Alesi	Tessa	Watson
Kirsten	Piening	Maggie	McCormick
Holly	Williamson	Georgia	Pearce

Secondly, our Netball teams once again showed the Victorian state the power of Lavalla Catholic College. All three teams finished 1st place and qualified through to state finals to be played in September. Well done to the coaches – Shirley Fromberg, Claire Couling and Fiona Morrow. Also, the Senior Boys team also made it through to the State Finals and they were coached by Katie Lee.

Success is not only focused on our educational and sporting achievements. Our spiritual journey of success will be recognised with the Year 10 Retreat days that happen this week. This will be a wonderful occasion for all year 10 students to take time to examine their journeys of faith and awareness.

In conclusion, it is true that the universe does conspire to help people achieve their dreams – but it is also true that Lavalla Catholic College is supporting the universe in achieving this goal!



LAVALLA
CATHOLIC COLLEGE
STRONG MINDS COMPASSIONATE HEARTS

Careers Expo



2016

*Celebrating 60 Years of Marist Education in
partnership with Brigidine & Presentation Sisters*



**MESSAGE OF HIS HOLINESS
POPE FRANCIS
FOR THE THIRTY FIRST
WORLD YOUTH DAY 2016**

Dear Young People ,

We have come to the last stretch of our pilgrimage to Krakow, the place where we will celebrate the 31st World Youth Day next year in the month of July. We are being guided on this long and challenging path by Jesus' words taken from the Sermon on the Mount. We began this journey in 2014 by meditating together on the first Beatitude: "Blessed are the poor in spirit, for theirs is the kingdom of heaven" (Mt 5:3). The theme for 2015 was: "Blessed are the pure in heart, for they shall see God" (Mt 5:8). During the year ahead, let us allow ourselves to be inspired by the words: "Blessed are the merciful, for they shall obtain mercy" (Mt 5:7).

The Jubilee of Mercy

With this theme, the Krakow 2016 WYD forms part of the Holy Year of Mercy and so becomes a Youth Jubilee at world level...

Jesus Christ came to proclaim and bring about the Lord's everlasting time of grace. He brought good news to the poor, freedom to prisoners, sight to the blind and freedom to the oppressed (cf. Lk 4:18-19). In Jesus, and particularly in his Paschal Mystery, the deeper meaning of the jubilee is fully realized. When the Church proclaims a jubilee in the name of Christ, we are all invited to experience a wonderful time of grace. The Church must offer abundant signs of God's presence and closeness, and reawaken in people's hearts the ability to look to the essentials. In particular, this Holy Year of Mercy is "a time for the Church to rediscover the meaning of the mission entrusted to her by the Lord on the day of Easter: to be a sign and an instrument of the Father's mercy" .

World Youth Day Mass at St Michael's, Church

The parish celebrated the 'World Youth Day Mass' at St Michael's on 31 July at 6.00 pm. A few Lavalla students from volunteered to sing and play guitar with Rod Hayes, Cameron Greenslade, Michael Frescura both ex-students.

The music was lively and joyful, and the congregation was delighted with this effort. If you meet these people, thanks them for their contribution to St Michael's.

Diocese of Sale - Year 10 Justice Camp



Eight year 10 student and Mrs Terry Archipow attended the Justice Camp conducted by the CEO, Sale, and Caritas, at Rawson Village on 2-3 August. An excited band of young adults headed off to learn about. CLIMATE JUSTICE. "Creation is not a property, which we can rule over at will; Creation is a gift, it is a wonderful gift that God has given us, so that we care for it with great respect and gratitude."

Megan Burke from Caritas animated the camp. The students enjoyed mixing with students from other schools as well as learning about the justice. They have plans to educate the Lavalla students about some of their learning.

Confirmation Retreat

The Grade Six students from St Michael's and St Gabriel's who are making their Confirmation later this month, will attend a Confirmation Retreat conducted by the Year 11 CSYMA students at Presentation Campus, Newborough on Tuesday 9 August. They will be joined by some of the students from other primary schools who are also making their Confirmation at St Michael's. Remember to pray for these young students as they make Confirmation.

Year 10 Retreats

The year 10 students will have their Annual Retreat and Reflection day at Presentation Campus on 10 and 11 August. Over one hundred students will attend each day. Remember to pray for the Retreat to make a difference to these young people.



Uniform

Thank you to everyone who completed the recent uniform survey. Mrs Tamsin McCormack and I are working on plans for a forum for those who would like to be a part of uniform discussions. Information regarding this will be sent out at a later date.

Some interesting information that came out of the survey was the desire to see students wearing their uniforms with pride. We are very lucky to have the majority of students wearing the uniform correctly most of the time. Some areas where we sometimes need to be careful are:

- the length of dresses and kilts (which should be to the knees).
- the blazer is worn to and from school.
- PE to be worn only on scheduled PE days according to the timetable (St Paul's Campus).
- socks are to be white (no writing/branding) with the girls summer dresses, grey all year round for boys and white with PE (boys and girls).
- the spray jacket is part of the PE uniform.
- excessive make-up should not be worn, nail polish should be natural.
- no facial piercings.

Should you have any queries in regards to the uniform, please do not hesitate to contact myself (St Paul's Campus) or Tamsin McCormack (Kildare Campus).

Class Lists for 2017

It may seem like a long time away but Learning Leaders at St Paul's will soon begin the process of creating the homeroom groupings for 2017. This is a time-consuming activity and requires consideration of a number of factors. Who do they work well with? Who do they not work well with? Whilst it is not our aim to break up friendship groups, where groups have developed poor learning dynamics in the classroom, the learning needs of all students must be considered first.

For students moving from year 7 into year 8, this is an opportunity for the children to widen their circle of friends and get to know more students in their year level and to build resilience. Considerations will be based on academic progress as well as friendships or problematic groupings.

For students moving from year 8 into year 9, subject selections will, in the first instance, decide which half of the year 9 program students will be placed in. Year 9 is the beginning of our students being able to have a say in how they shape their futures. We encourage them to choose subjects they like and are good at rather than because their friends are doing them. This allows our students continue their journey of growing friendships as they move into groups where they are working with like minds and shared interests. While some students fret if they don't have a close friend in class, friendships can be maintained outside the classroom at recess and lunch time. We also need to be mindful of encouraging students to become self reliant and develop skills which will see them flourish in new environments (Please see our website or the Parenting Ideas website for hints on promoting resilience in young people). Electives will be made up of students from many classes (not just their homeroom). We see a lot of growth in this year as they edge closer to being senior secondary students.

Please talk to your children about what the year ahead may bring, the opportunities that are coming their way and encourage them to be resilient and to make the most of the opportunity to make more friends and to do their best academically.

Ms Kelly Murray - Welfare & Wellbeing Leader - St Paul's Campus



'Musicians in the classroom' at St Gabriel's Primary School

Following on from a visit to St. Michael's Primary School in semester one, our 'Musicians in the Classroom' program, which involves our Junior Choir and Junior Jazz Ensemble, continued last Friday the 29th of July with a visit to the Grade 1/2 students of St. Gabriel's Primary School. The program aims to a mutually beneficial musical "experience" rather than a "performance". It has been wonderful to see how much this program is growing and having an impact on our own students as well as their younger peers in grades 1 and 2. We are grateful to all of the Grade 1/2 staff at St. Gabriel's who were welcoming hosts for us, particularly Mrs. Rose Pearson who co-ordinated our visit for us.

Mr Shane Reid
Director of Music





Term 3

Date	Campus	Event	Further Information
Sun 7 - Fri 12 August	KILDARE	Outdoor REC Snow Camp	
Mon 8th August	KILDARE	VTAC Parent & Student Information Session	6.00 - 8.00pm
Wed 10 - Thu 11 Aug	KILDARE	Year 10 Retreat	Compulsory College Event
Wed 10 - Thu 11 Aug	KILDARE	Subject Selections	Year 11 & 12 Students 2017
Fri 12 - Sun 14 Aug	KILDARE	REMAR Gold Retreat	
Wed 17th Aug	KILDARE	Subject Selections	Year 10 Students 2017
Mon 22 - Fri 26 Aug	KILDARE	LA/AR Interview Week	
Wed 31 Aug - Thu 1 Sep	KILDARE	Year 11 Retreat	Compulsory College Event
Wed 31st Aug	KILDARE	REMAR Gold Graduation	
Tue 6th Sep	KILDARE	Annual Music Concert	
Thu 8 - 29th Sep	KILDARE	Italian Study Tour	
Fri 9th Sep	KILDARE	60th Anniversary Mass	Compulsory College Event
Thu 15 - Fri 16 Sep	KILDARE	Parent Teacher Interviews	4.00 - 7.00 pm Thurs 15th 8.00am - 12pm Fri 16th
Thu 15th Sep	BOTH	END OF TERM 3	
Fri 16th Sep	BOTH	STUDENT FREE DAY	

2nd Hand Uniform Shop

@ St Paul's Campus
Open 3.30 - 6.00pm

18 August
1 September
15th September
6th October
20th October
3rd November
17th November
1st December

2017 Lavalla Parents & Friends Debutante Ball Committee AGM

The AGM of the Lavalla Parents & Friends Debutante Ball Committee will take place Will beheld at the Traralgon Bowls Club Wednesday 24th August 2016 from 6pm. Nominations for the Committee will be taken on the night.

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60th Anniversary Mass

Family, friends and past students of Lavalla Catholic College, CRC Traralgon, Presentation, Lourdes, Kildare and St Paul's Colleges, are cordially invited to help us celebrate 60 Years of Marist Education, in partnership with the Brigidine and Presentation Sisters, in the Latrobe Valley.

WHEN: Friday 9th September 2016

WHERE: Champagnat Centre
St Paul's Campus
Grey Street
Traralgon

TIME: 11.00am

As seating is limited please RSVP by
MONDAY 15th August 2016.

Email: pa@lavalla.vic.edu.au

Phone: (03) 5175 8205

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

When things go wrong at school

Your approach as a parent when your child has difficulty at school makes a huge difference to their resilience, and their future relationships with teachers and peers.

Every parent wants the best for their children, and that includes having great experiences at school. By and large, schools deliver on these expectations. They are generally safe places for kids, staffed by hard-working teachers who have the best interests of their students at heart. Achievement, discipline and student well-being are high on the list of priorities for most teachers.

Despite best teaching practice things do go wrong at school. Most kids experience learning difficulties from time to time. Conflict and peer rejection are a normal part of school-life. The developmental nature of childhood means that there will always be some turbulence, particularly around key transition ages, such as the start of adolescence. During these times young people frequently experience a dip in their learning as well as significant relationship difficulties. Kids will often come home from school with grievances, and call on their parents for assistance.

Your approach as a parent when your child has difficulty at school makes a huge difference to their resilience, and

their future relationships with teachers and peers. Anecdotal evidence suggests that there's been a significant increase in aggressive incidents at schools involving parents reacting to their children's grievances. This not only presents a danger to teachers but harms the all-important teacher-parent relationship.

Here's a six point checklist to help you stay focused and be effective if your child experiences difficulty at school.

1 Stay calm and rational

It's natural as a parent to protect, or defend your children, particularly when you think that they've come in for some unfair or poor treatment. But acting when you are full of emotion is not always smart. Rather than getting on the phone straight away to organise a meeting at school, take your time to think through how you might assist your child.

2 Get all the facts

Once you've calmed down, then get the facts about the situation. Kids are faulty observers and often only see one

side of a story when there's a problem with a teacher or a fellow student. They sometimes can't see that perhaps they may have contributed inadvertently to a dispute at school, or perhaps said something that may have upset a teacher. It's the job of parents to help kids process what happens in an incident, so that all the facts emerge and understand their place in any problem. Ask good questions to help the full story emerge.

3 Assess whether to go to school or not

Kids, like adults, like to vent and will benefit from having told their side of a story to a trusted source. Often problems can be dealt with at home, simply by talking through an issue, and giving kids some common sense tips to help them cope.

If your child has a recurring problem that he can't solve himself, or you think adult intervention maybe needed to sort out a relationship issue with a teacher or peer, then consider meeting with your child's teacher or year level coordinator.

more on page 2 >>



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... When things go wrong at school ...

4 Go through the right channels

Approach the school calmly, going through the school office, or directly to your child's teacher if that is the usual protocol. If you have already established a relationship with the teacher concerned, then it's often easier to approach them directly.

5 Look for solutions rather than blame

Parent-teacher meetings usually get nowhere when either party blames the other. State the problem as you see it and view your child's teacher as an ally, not a foe. "I'm really worried about Jeremy. He's been acting strangely lately and I need some help" is the type of approach that will elicit a helpful response. Talk about your concerns and keep the discussion focused firmly on what's best for your child. Listen to your teacher's viewpoint, valuing a different perspective.

6 Stay in touch

Be realistic with your expectations, remembering that some problems can't be solved to your satisfaction, nor will they be resolved straight away. Be prepared to work alongside your child's teacher over the long-term, which means you need to keep communicating with each other. Parenting is easy when things are going well, but testing when your children struggle or experience difficulty. Stepping back and taking a long-term, reflective view is often the best approach when your child experiences difficulty at school.

Michael Grose



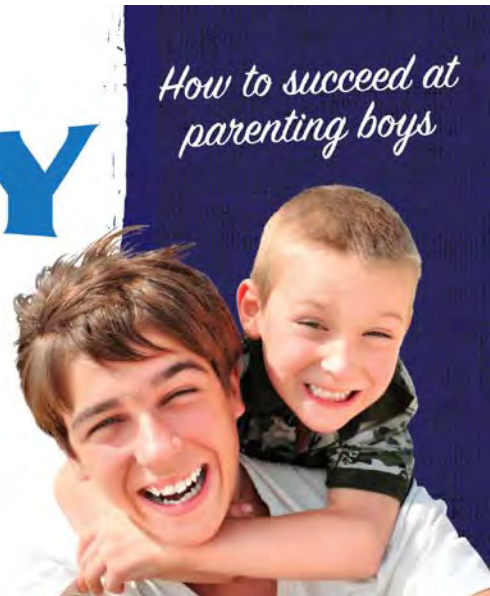
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RAISING MIGHTY BOYS

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STARTS 19TH AUGUST 2016



Join **Michael Grose** for this NEW online course, **Raising Mighty Boys**, starts 19th August.

In this 3 week course Michael shares what he's learned about boys in 40 years as a teacher and parenting educator, including:

- ✓ Understanding the **psychology** of boys
- ✓ How **strong mothering** make boys strong and how to be a strong mum
- ✓ The keys to **communicating** with boys including how to get behind the mask many of them wear
- ✓ Practical ways to manage boys' **anger and aggression** (which are on the rise)
- ✓ Fabulous strategies to help boys **learn**
- ✓ Why boys need **space and silence** to help them think and process
- ✓ Helping boys successfully traverse the worlds in which they live – the real world and **the digital world**
- ✓ What you need to teach your boys to encourage **respectful relationships**
- ✓ How to **frame up** praise and encouragement so boys will listen.

What parents say about Michael's courses

'It has helped me reflect on how I react to my child's behaviour and re-calibrate my expectations more in line with his developmental level.'

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'Really loved it. The great thing is I now have the course material which I can go back to anytime.'

Learn how to help boys:

- | | |
|----------------------|--|
| ✓ Be better learners | ✓ Manage extreme emotions such as anger and aggression |
| ✓ Be better behaved | ✓ Take more educational and social risks |
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