



From the Principal

John M Freeman



Welcome back to Term 3

Mid-Year Awards

Next week on Thursday, 2 August, commencing at 10.00am we will hold our Mid-Year Awards recognising Academic Excellence, Diligence and Merit and significant achievements in sport, cultural and community activities. Accordingly, I extend an invitation to all members of our community to attend and celebrate the achievements of our students.

Staff News

This term we welcome the following staff:

- Marcelle Barnes – Payroll Officer

We also welcome back:

- Jade Smith from maternity leave; and
- Jennifer Lovatt from long service leave.

We farewell:

- Shirley Guthrie, our Compliance Manager, who leaves us today to commence a similar role at the Catholic Education Office for the Diocese of Sale.
- Sarah Willhelme, our receptionist in the front office of the Kildare Campus, who will go on maternity leave at the end of next week.

During this term the following staff are taking long service leave:

- Pam Goodall for all of term 3;
- Debbie Dennison for all of term 3.

College Play

I encourage all in our community to consider attending our College Play, *Murder in the Knife Room*, on either Wednesday, 22 August or Thursday, 23 August in the Lourdes Lecture Theatre, St Paul's campus. This is the first time we have staged a play during my time at the College and I thank all involved, in particular Katie Lee, Monica Justin and Adriana Bianconi for all their efforts so far.

LAVALLA
CATHOLIC COLLEGE

Presents

MURDER
IN THE
KNIFE ROOM

by Jonathan Rand

Adults: \$10
Children/Students: \$5
Family: \$20
(2 adults & 2 children)

Tickets available:
Front Reception
St Paul's Campus &
Kildare Campus

22nd August:
7:30pm
23rd August:
2:30pm
& 7:30pm

Lourdes
Lecture Theatre
St Paul's Campus
Grey Street

An Amateur Production By Arrangement with ORIGIN™ Theatrical,
on behalf of Playscripts, Inc.

From the Principal cont...

VTAC Info Evening

Thank you to Pru Scholtes and Nicole Sizeland for their work in relation to the VTAC Information evening that was held last Tuesday at the Kildare campus. The information provided to students and families from schools in our local area will no doubt put them in a good position to make wise choices in regard to the tertiary courses they hope to pursue.

New Administration Building and Library

As advised in our last newsletter we have commenced building our new Administration and Library facility at the St Paul's campus. Completion is scheduled to be 12 July 2019.

Whilst the work so far has been mainly preparatory – establishing the site, demolition of the toilet block, excavation and some initial plumbing and electrical works – you should see over the next month the building emerge from the ground and begin to take shape.

Student News

Last Friday 11 students participated in the Dante Alighieri Society Poetry Recitation Finals. Well done to all students involved in the finals and we congratulate:

- Nathanael Duffy (First prize-Year 10 Italian-Australian category).

We also entered two original poems in the Original Poetry Competition and well done to:

- Rohan Symonds (First prize – Year 11 Italian – Australian category)
- Julien Alesi (Second Prize – Year 11 Italian-Australian category).

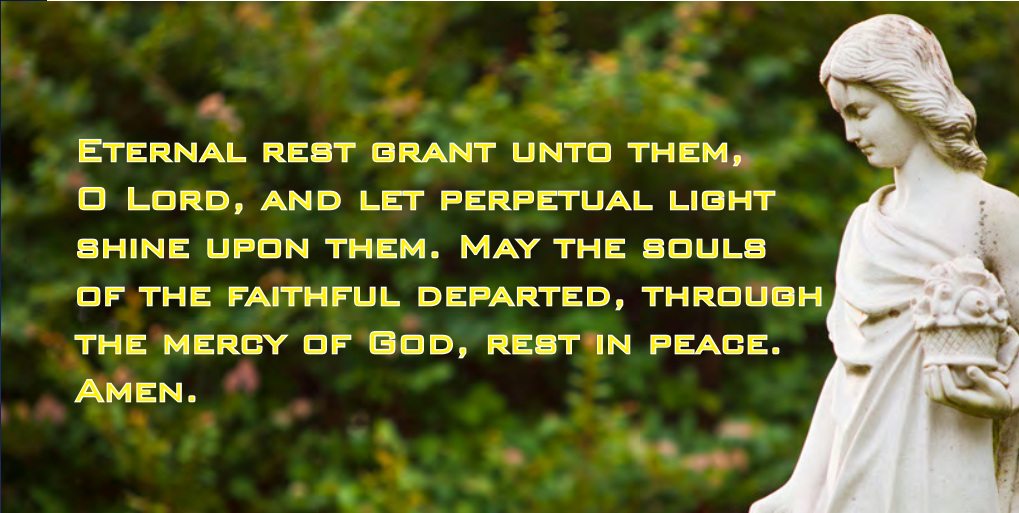
Thank you to Raffaella Cataldo and Stephanie Sola for their work with all students involved.

Condolences

Finally, can I please ask that you keep the following people who have passed away as well as their family and friends in your prayers:

Samira Kach, Year 12 student at St Francis Xavier College, and a former student who left in 2015 during Year 9. Samira died suddenly on 2 July 2017.

Jane McLaughlin (nee Medhurst), former student and daughter of Chris (our choir's accompanist) and Charlie Medhurst.



**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.**

From the Principal cont...

Special Marist Celebrations

Sunday 1st July saw a special gathering at Marcellin College in Bulleen. There was a mass and celebratory lunch in honour of Brothers Bill Dillon, Peter Howes and John Hilet. Br Bill celebrated 70 years as a Marist, Br Peter, 60 years and Br John 25 years. Each of these brothers have worked in Traralgon. Br Peter worked closely with the music department and managed the college bus, Br Bill assisted students with learning difficulties while Br John was Assistant Campus Director at St Paul's. While Brothers Bill and Peter no longer work in schools, Br John is currently Principal of Trinity College in Lismore.



We join with the entire Marist family in congratulating these brothers on their commitment to the institute and the young people it serves.



GOD OF COMPASSION,

HELP US TODAY TO BE KIND TO EVERYONE IN SCHOOL.

TEACH US HOW TO BE THOUGHTFUL OF OTHERS
AND HOW TO BE UNSELFISH IN OUR DECISIONS AND ACTIONS.

WE PRAY SPECIALLY FOR THOSE WHO FEEL ALONE...

WE ASK THIS THROUGH JESUS CHRIST, YOUR SON,
WHO LIVES AND REIGNS WITH YOU AND THE HOLY SPIRIT FOR EVER AND
EVER.

AMEN.

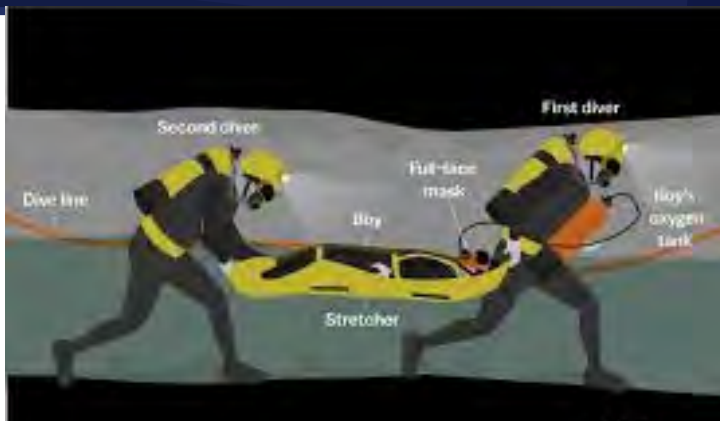
Faith & Ministry Matters



Chris Roga

Thai Cave Rescue

The dramatic rescue of 12 boys and their soccer coach from a cave in Thailand made headlines around the world. They're all out of hospital now and last week they made their very first public appearance to thank the people who helped to bring them home.



All of us were captured by the global response, the way the whole world waited and prayed for the rescue of these boys. And we all felt happier once they were rescued. This entire event was testimony to the best in humanity, our strength in community and the value we place on young people.

Also very heartening was the simplicity of the boys and their gratitude to their rescuers, as well as the gratitude of the Thai people. This must be one of the best stories of the year.



Staff Retreat Day

The Lavalla Staff joined the staff of Catholic College Sale for the annual Staff Retreat Day at Sale Cinema and Sale Catholic College, on Tuesday 24 July. The keynote speaker was Fr Timothy Radcliffe, OP, previous Master of the Dominicans, writer and theologian from Blackfriars, Oxford.

The two entertaining sessions and the Q & A that followed, opened up the idea of 'Catholic identity' and 'Teaching as an Act of Friendship'. He was illuminating, entertaining, captivating, cogent and challenging. The staff at both schools were engaged in the ideas and the small group discussion. It was a valuable day.

FAITH**FRIENDS****FUN****FOOD**

YOUTH

ST MICHAEL'S CHURCH TRARALGON
YOUTH NIGHT
GUEST SPEAKER: CRISTIANO GROSSO
SECONDARY YOUTH ONLY
CONTACT JEN – 0437 49 23 49

WHEN: FRIDAY AUGUST 3RD
WHERE: MacKillop HALL (NEXT TO THE CHURCH)
TIME: 7PM - 8.30PM
PIZZAS: 8.30PM – 9PM
COST: NOTHING

Operations & Wellbeing



Kelly Murray

Girls Trousers

This term we have welcomed the introduction of girls trousers as a part of the winter uniform range. The trousers are an alternative to the kilt. A number of girls have started wearing them and noted how warm and comfortable they are. Lowes in Midvalley are the suppliers for the trousers and currently have stock available in all sizes.

Year 8 Wellbeing Day

Wellbeing days are an integral part of our program in looking after the whole child. The year 8 wellbeing day will be held on Wednesday August 8 with students being bussed over to the Presentation Campus for the day. This is a chance for students to explore their mental health, strategies for resilience and building self-esteem. This is a part of the year 8 curriculum so any absences need to be notified to the administration team via phone call on 51747355 and followed up with a written note which can be by hand the following day or via email to administration_s@lavalla.vic.edu.au

Parenting Ideas Webinar

Included with today's newsletter is a voucher which allows access a webinar which is being hosted by Parenting Ideas. The webinar is called Win kids' cooperation without fears, tears and cauliflower ears and is presented by Dr Jodi Richardson and Michael Grose. It can be accessed at www.parentingideas.com.au/product/win-kids-cooperation-without-fears-tears-cauliflower-ears/ using the voucher attached to today's newsletter. Please read below for more information and the date and time of the webinar.

Let's face it, many discipline measures of the past just don't cut it anymore. That doesn't mean that raising respectful, well-behaved and cooperative kids isn't important. In this era of digital distraction, shifting society norms and changing attitudes toward authority, discipline has just become a whole lot harder. In this webinar, experienced parenting educator Michael Grose will share the best of his tried and true techniques to help parents get more cooperation and better behaviour from even the most challenging kids.

Listeners will learn:

- the parenting style that's best suited to raising cooperative, well-behaved and successful kids in the 21st Century
- the most important question to ask yourself when kids repeatedly misbehave, that will lead to behavioural improvement
- an easy-to-apply approach to help you get more cooperation from kids without repeating yourself, raising your voice or bringing kids to tears
- a practical definition of misbehaviour that you can use in any situation
- two types of consequences to use to get more responsible behaviour and the secret to making them stick
- when kids need to be listened to and when their behaviour needs managing.

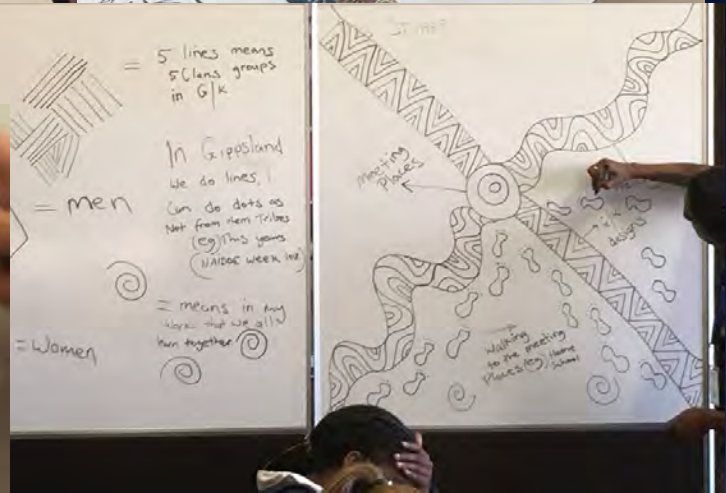
When: Tuesday 14 August 2018 7:30 PM - 8:30 PM AEST

Art Class with Local Artist



John De Souza

Twenty-eight Year 7 students took part in an active session of drawing and art with Ronald Edwards, a local Gunnai-Kurnai artist. While engaged creatively, the students also learned about indigenous dreamtime stories and artistic symbols. While they created their artwork, they also listened to and learned about history through the music of Yothu Yindi. We are grateful to Ronald Edwards for sharing his time and expertise with us.



Courses & Careers EXPO



Brett Van Berkel

On Friday August 10 Lavalla Catholic College, Kildare Campus, will host its annual careers and pathways Expo.

The Expo will assist students to make informed choices about their future pathways.

At the Expo students have the opportunity to speak with staff about the subjects that are available at Lavalla Catholic College from Year 10, 11 and 12. There will also be course advisors available to discuss career options and appropriate subject choices. Additionally, tertiary institutions (both University's and TAFE's) are present at the Expo in the ISC as well as vocational representatives.

Subject selection resources are available on the Lavalla Catholic College website;

<http://www.lavalla.vic.edu.au/learning/2019-subject-selection>

 **LAVALLA**
CATHOLIC COLLEGE
STRONG MINDS COMPASSIONATE HEARTS

Course & Careers Expo

Friday 10th August

Kildare Campus
Kosciuszko Street

12:00pm to 5:00pm

VCE, VET and VCAL are part of our holistic education program at Lavalla Catholic College.

Families already connected to the College and those considering enrolment, will have an opportunity to see 2018 subject offerings.

Meet Universities, Further Education Providers and possible future employers while you explore career pathways.

For all enrolment enquiries, please contact College Registrar on 5174 7355 or email registrar@lavalla.vic.edu.au

www.lavalla.vic.edu.au

Expo is a compulsory day for current students in Year 9, 10 and 11. They will need to bring their Career Investigator Plan and Draft Subject Selection form to the Expo. This will assist teachers and course advisors providing relevant advice based around their career options.

More information in relation to maps and specific Expo advice will be emailed the week of 30 July.

The Dante Alighieri Society Poetry



Raffaella Cataldo

At the end of last term 53 Lavalla students participated in the Dante Alighieri Society Poetry Recitation Competition. The students worked very hard to prepare for their recitation and all did very well. The following 11 students made it to the finals: Nicole Formaran, Mark Lucas, Keisha Roy, Jacob Wall and Stefan Giglio (Year 9); James Chilver and Nathanael Duffy (Year 10); Chelsea Hall, Kirsten Piening, Holly Williamson and Tessa Watson (Year 12). 3200 students participated in the competition and to be a finalist you must receive a score of 99-100%. On Friday 20th July they competed in the Finals. After the first round, three of them (Nicole Formaran, Tessa Watson and Nathanael Duffy) were called back for a second recitation. The atmosphere was very intense. The results have just arrived and we have one winner: First Prize to Nathanael Duffy (Year 10 Italian-Australian category). Bravissimo!!



We also entered two original poems in the Original Poetry Competition and we won! Bravissimi!

- Rohan Symonds (First prize – Year 11 Italian Australian category)
- Julien Alesi (Second Prize – Year 11 Italian-Australian category).

As first prize winners, Nathanael and Rohan will recite their poems at the Awards Ceremony at Melbourne University on Friday 14th September.



Sports News



Dwayne Tibballs

Lavalla Basketball Makes A Good Start

Lavalla Catholic College has advanced through to the Regional Championships of SSV Basketball after overcoming Catholic College Sale in both the Intermediate Boys and Intermediate Girls at Traralgon on Monday, July 23rd.



Despite the intermediate boys having a drawn game against Kurnai College in their pool match, Lavalla advanced through to the Divisional Championship final and took care of business against CC Sale with a 44-28 triumph.

The Intermediate Girls were untroubled and swept by Traralgon Secondary College and Kurnai College before waltzing past Catholic College Sale 56-24 in the final.

Both the intermediate teams will now compete at the Regional Championships in Newborough on Tuesday, October 23rd.

Mitchell Edwards On Target

The Lavalla Catholic College Clay Target Shooting squad ventured to the Morwell Gun Clun recently for the annual Alpine Country Gippsland School Championship.



22 Lavalla student athletes attend the event and once again there were some pleasing results.

Mitchell Edwards captured first place in the junior boys section while Ben Fleming placed second behind Mitchell.

This success has followed on from the Howard & Schuback Championships in Longford in June where Rohan Fleming claimed first place in the junior boys while older brother Lachlan Fleming captured second place after a shoot-off in the senior boys.



Lavalla Serve It Up

Lavalla Catholic College entered its first table tennis team into the SSV Divisional Championships for the first time in a number of years and they managed to record some very impressive results that enabled the mixed year 8 team to proceed on to the next round of competition.

Declan Boyd, Ella Lawn, Tom Gafa, Kody Tibballs and Alyssa Ford were the team of five who travelled to Yarram recently and returned home with victories against Maffra Secondary College and Traralgon Secondary College.

The team will now venture to the SSV Regional Championships in November, to be played locally.

Lavalla Netball Reach Finals

Lavalla Catholic College sent three girls' netball teams to travel to the State Netball and Hockey Centre to compete in the Netball Victoria School Championships and our intermediate girls' team maintained an unbeaten record throughout the day to advance through to the finals day. Our senior girls dropped one game but lacked percentage to advance through while our junior girls grasped four wins from their seven matches to improve on last year's results.

This was a great result for our intermediate girls as numerous teams over the past few years have always missed qualifying for the finals day by a narrow margin so to finally have a team qualify through to the finals is a mighty achievement.



Important Dates

AUGUST

Thu 2nd	-	Lavalla Mid Year Awards Ceremony - 10am
Wed 8th	-	Year 8 Wellbeing Day
Thu 9th	-	Australian Maths Competition
Fri 10th	-	Kildare Campus- Careers & Course Expo
	-	Student Free Day Years 9- 12 only
Thu 16th	-	Parent Coffee / Muffin Morning- Kildare Campus
Fri 17th	-	STUDENT FREE DAY (Staff Correction)
Tue 21st	-	Cross Campus 2019 Subject Selection
Wed 22nd	-	Cross Campus 2019 Subject Selection
	-	Lavalla School Play "Murder in the Knife Room" 7.30pm
Thu 23rd	-	Lavalla School Play "Murder in the Knife Room" 2.30 & 7.30pm

Keep updated at the Lavalla Catholic College website:

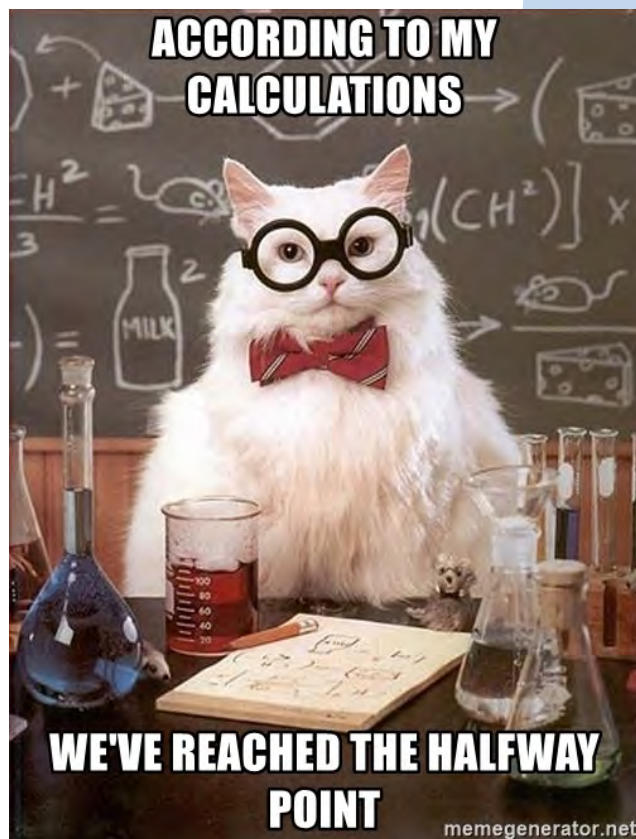
<https://www.lavalla.vic.edu.au/news/college-calendar>

Second-Hand Uniform Shop

Open 3.30pm - 6.00pm

St Paul's Campus,
Grey Street

2nd August
16th August
6th September
20th September
18th October
1st November
15th November
6th December





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Lourdes
Lecture Theatre
St Paul's Campus
Grey Street



ACU Year 12 revision workshops **Sale**

Want to improve your VCE results? Need help revising? Looking for study tips?

Students from ACU partner schools and community organisations are invited to ACU's Year 12 revision workshops in the September school holidays. These workshops will focus on revising content delivered in Unit 4.

WHAT SUBJECTS ARE ON OFFER?

- **Further Maths**
- **Maths Methods**
- **English**

LOCATION

Catholic College Sale
St Patrick's Campus
51-53 Desailly Street, Sale VIC

TIME

Further Maths

10am – 12pm, Tuesday Sept 25, 2018

Maths Methods

10am – 12pm, Tuesday Sept 25, 2018

English

1 – 3pm, Tuesday Sept 25, 2018

WHAT IS INCLUDED?

- Two hour workshops.
- Workshops are delivered by highly experienced teachers with an in-depth knowledge of the curriculum.
- Participants will be guided through a revision of the content delivered in Unit 4 and receive study tips and advice in preparation for exams.
- Each participant will receive a set of study notes
- Lunch is provided on location.

All this is offered at no cost to participants.

How to register:

Students from ACU partner schools and community organisations can register online at www.acu.edu.au/Y12workshops

Registrations are essential and spaces are limited. More information is available by contacting **EquityPathways**.
Melbourne@acu.edu.au

CRICOS registered provider: 00004G

Disclaimer (May 2018): Information correct at time of printing. The University reserves the right to amend, cancel or otherwise modify the content without notice.

Your Parenting Ideas Webinar Voucher

**Webinar: Win kids' cooperation
without fears, tears and
cauliflower ears**

Guest Speaker: Michael Grose

14 August 2018 - 07:30pm



VOUCHER CODE
GREATKIDS

VALID UNTIL 14 SEPTEMBER 2018

Attend this webinar at no cost

Valued at
\$37

parenting  ideas
schools

insights

Five forgotten skill sets that contribute to student success

by Michael Grose



At a time when we hear a great deal about growth mindsets, good mental health habits and creating digitally savvy students, we can easily overlook the skill sets that form the building blocks of long-term school success. These are skill sets that are also easily forgotten when we narrow our focus onto numeracy, literacy, performing arts, STEM and other academic areas.

While all these other mental skills and academic areas are important, the skills I want to focus on here are ones that can be taught, or at the very least drawn out, alongside every other skill when we as parents and teachers know what to look for.

Following are five skill sets that contribute massively to overall student success and contentedness at school.

1. Friendship skills

The ability to get along with others is hugely important for children and teenagers. Those students with a strong set of friendship skills are easy to like, easy to relate to and easy to play with. The skills they possess include knowing how to win and lose well, how to approach others to join in a group and how to lead rather than boss.



2. Organisational skills

The ability to organise your time, your space, your items and other aspects of your life is a massive plus for any student. The best way to help children who are organisationally challenged is to introduce them to systems and processes to help them organise themselves. These processes include the use of visual reminders, anchoring (i.e. linking new behaviours to habitual behaviours) and the mapping out of activities.

3. Optimism skills

It may seem strange to see optimism as skill set, but as leading psychologist Professor Martin Seligman discovered through his research, optimism can be taught. Seligman found that while some children are more inclined by nature to see a glass as half empty than half full, all children are capable of developing an optimistic explanatory style through exposure and direct teaching. The skills of optimism include being aware of self-talk, reframing negative events into positive events and the practice of perspective-taking.

4. Coping skills

Kids will generally face a number of challenges during the course of their school lives including overcoming the disappointment of not being picked on a team, working their way through difficult learning situations and dealing with rejection. The impact of these challenges will depend on each kid's own spirit, the support they receive and their coping skills. The good news is that coping skills can be taught or, at the very least, encouraged if adults know what to focus on. Coping strategies include parking problems for a while, normalising difficult situations and accepting and moving on. Some kids will use coping strategies quite naturally, while others need parental and teacher input to help them cope with even seemingly minor challenges.

5. Relaxation skills

The ability to relax and get away from it all is vital for the maintenance of mental health, which in turn affects a student's ability to perform. Many of today's kids live with pressure. That pressure needs to be released through relaxation and play, otherwise it can lead to anxiety and other mental illnesses. The ability to relax and unwind is paramount to your child's school success. Relaxation techniques include mindfulness and meditation, participating in hobbies and enjoying creative pursuits.

These skills are part developmental and part environmental. That is, kids will naturally develop many of them as they mature but the skills also need to be nurtured environmentally. They need to be recognised, encouraged, taught and modelled by adults who children and teenagers respect and admire. That makes parents and teachers 'Very Important People' in the process of acquiring them.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*.

LAVALLA PARENTS & FRIENDS DEBUTANTE BALL COMMITTEE



email address: lavalladebball@gmail.com

ABN: 92929851133

The 2019 Lavalla Parents and Friends Debutante Balls will be held at Premier Function Centre (PFC)

April 10th, 11th and 12th 2019

The balls are hosted during school holidays

A Deb information session will be held at **St Pauls lecture theatre on Wednesday 10th October starting promptly at 7pm** At this information session you will be told how to register your intention to participate. Both the prospective debutante and a parent or a representative need to attend.

Our registration evening where paper work and full payment are required is **Wednesday October 24th at the Kildare Hall from 6.30 until 7.30pm**

Please note that we require 15 couples per evening to be able to host a ball and evenings will be capped.

To be eligible to register Debutantes need to be enrolled in Year 11 at Lavalla Catholic College in 2019 and be a current student right up to the Deb ball.

Dance Training is held every Wednesday in term 1, at the Kildare Hall from 3.30-5.30pm, with 2 Sunday rehearsals, one held at the Kildare hall and the other held at PFC. The Sunday rehearsals are split rehearsals according to your ball night. These sessions are from 1-2.30, 2.30-4.00, 4.00 to 5.30