



## From the Principal

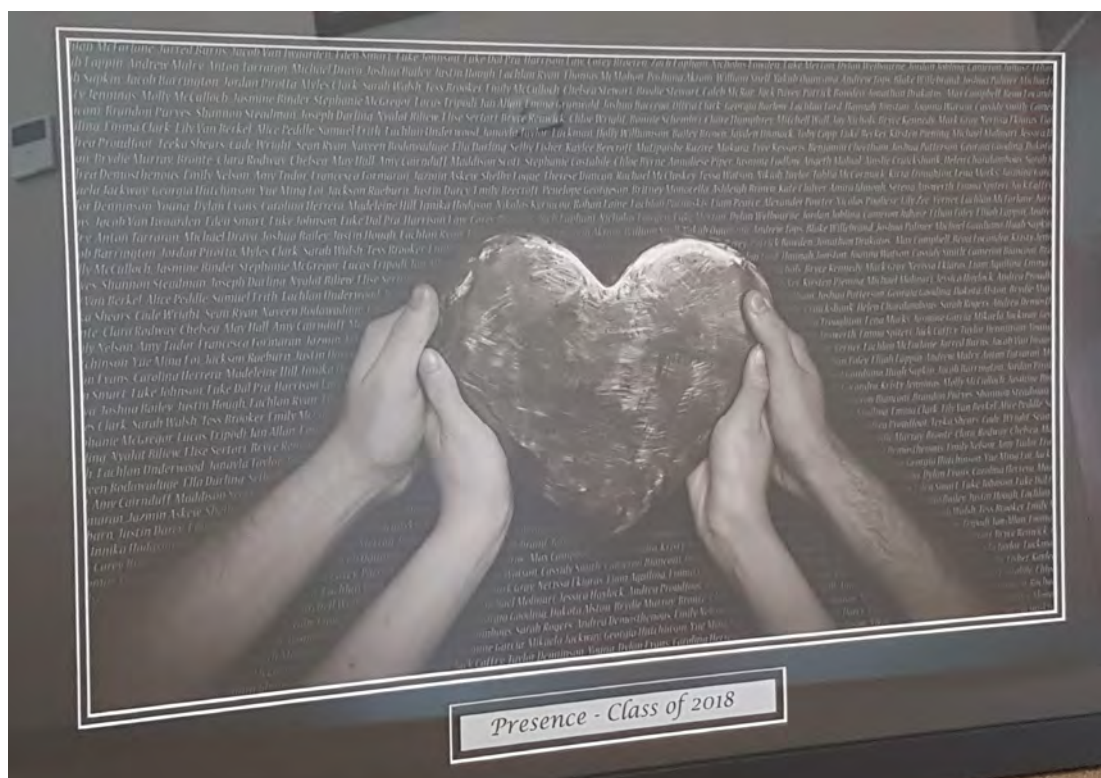
John M Freeman

Principal



## Graduation Mass and Celebration Day

Thursday last week was the final day of formal classes for our Year 12 students. To celebrate the Year 12 Class of 2018's time at Lavalla Catholic College we have had a number of events. During Thursday, we held a Whole School Assembly. This was as always a moving time and I thank all involved, in particular our current school captains for their words of reflection and appreciation as well as the gift they presented on behalf of the Class of 2018 to the College. The gift was a framed copy of the image below, which is a beautiful depiction of "Presence" one of the five Characteristics of Marist Education. This is third time our Year 12s have created such an image and it is very much appreciated and cherished.



Following the assembly, the senior campus gathered in the Kildare Hall to be entertained by staff and student performances. This afternoon was filled with spirit and everyone had a great sense of the camaraderie of this group. During the evening students, staff and families gathered at St Michael's, Traralgon for the Valedictory Mass. Thank you to all involved, particularly Fr Francis Oboho who celebrated Mass, Tamsin McCormack for all her organisation, Nicole Denovan for the photography, Chris Roga for the preparation of the liturgy and Shane Reid who conducted our Liturgical Choir. The following day we celebrated our traditional and quite moving farewell ritual.

I have included at the end of this article excerpts of my speech to the Year 12s and their families at the Mass. We wish these fine young people the best of success in all their endeavours.

## Year 12 Examinations

For three hours on Wednesday morning, Year 12 students in VCE completed their English examination. Over the coming weeks, most will sit another four to six exams, depending on their subjects. Please remember them in your prayers through this important time.

## National Apology to Victims and Survivors of Institutional Sexual Abuse

On Monday, 22 October, Prime Minister Morrison delivered a National Apology to victims of institutional child sexual abuse. All classes stopped on Monday at 10am, and the national apology was explained to students:

“Today, in Canberra, Prime Minister Morrison is giving a formal apology on behalf of Australia to the victims of child sexual abuse within institutions. It is a deeply regrettable part of our history in Australia, that children were failed by some who were meant to care for and protect them. While the vast majority of these tragic events happened many decades ago, the impact of the abuse still affects many of the victims.

Abuse occurred in a range of institutions including the Catholic Church. The Church openly acknowledges these terrible events and apologises for them and the damage that they have caused.

Terrible wrong was inflicted on children by perpetrators. At times, this abuse was able to continue because others who knew something was wrong, didn't take action to protect the children.

As we look back, we can't correct the wrongs of the past. However, the future is within our reach. Everyone has a right to be safe, and a right to feel safe. All of us need to speak up if we think something is not right. Today, let's commit ourselves to protect others from harm – especially children and the vulnerable.”

Each class stood, prayed, and observed a minute's silence, as a gesture of support for the child victims of institutional sexual abuse. This solemn time provided an important reminder to our community of the importance of protecting children and the vulnerable.

## Enrichment Leave – St Oscar Romero

During my enrichment leave I was privileged to travel to El Salvador, and in particular visit the home of Archbishop Oscar Romero and below are a few thoughts and images in relation to St Oscar Romero., who was canonised as a Saint by Pope Francis on 14 October 2018.

**Archbishop Oscar Romero** (August 15, 1917-March 24, 1980)

Óscar Arnulfo Romero y Galdámez was born August 15, 1917. He was ordained a priest in Rome in 1942 and auxiliary bishop for the Archdiocese of San Salvador in 1970, Romero spent his career as a pious and tradition-minded cleric.

On February 23, 1977, Oscar Romero was appointed Archbishop of San Salvador. On March 12, 1977, Rutilio Grande, a Jesuit priest and personal friend of Romero who had organized people in poverty, was assassinated. The death of his friend while trying to give voice to the poor greatly affected Oscar; he would go on to say of his friend: “When I looked at Rutilio lying there dead I thought, ‘If they have killed him for doing what he did, then I too have to walk the same path.’”

Rutilio's death compelled Romero to put his own faith into action, working among the oppressed and voiceless. The Jesuit priest's death was never completely solved and this deepened Oscar's quest for justice and peace.

The Holy Spirit compelled Romero into becoming a spokesperson for justice and







to devote himself to the poor, particularly through his critique of the torture, disappearance, and murder of poor people which had become part of the daily fabric of life in El Salvador. His sermons, demanding social justice for poor people and standing up to politicians and military leaders, reached hundreds of thousands of people via radio broadcasts. This put Romero clearly in opposition to the ruling government of that day and as a consequence his life was at risk.

Romero was assassinated on March 24, 1980 while offering Mass in the chapel of the Hospital of Divine Providence (left).

The Funeral Mass on March 30 was attended by more than 250,000 mourners. At his funeral, the army opened fire, killing dozens of mourners. The 12-year civil war which began around the time of his murder left more than 75,000 people dead and thousands more disappeared.

Romero had become a genuine pastoral leader, outspoken on behalf of people in poverty, those surviving injustice, torture and violence. On Sunday October 14, 2018, Pope Francis named him a saint in the Roman Catholic Church.



## My Story

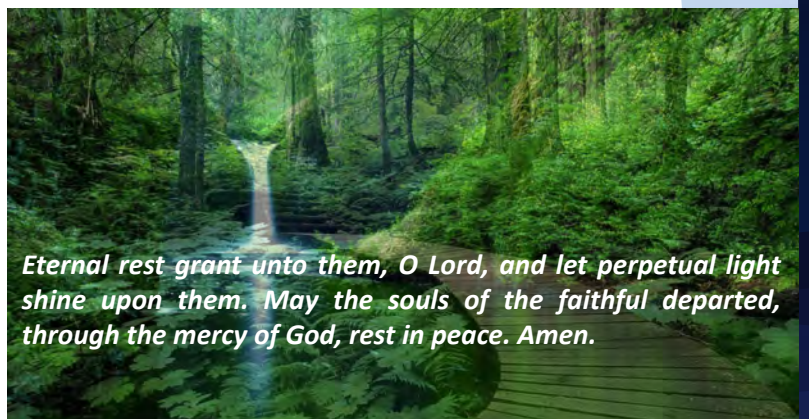
Thank you to Mike Hansen for supporting the Year 7 students who visited St Gabriel's Primary School (Sarah Toms, Emma Monk, Ella Pavey, Kaidan Aitkins and Oscar Chantois, Billy Turner and Anna-Rose Burton) and St Michael's Primary School (Dell Lawrence, Johnny Marcou, Nyagal Ruey, Myiah Misiurka, Isaac Wilson, Hollie Gibson, Brock Hinton, Isobel Georgeson and Josh Scholz) who told their stories at those schools.

## 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:

Stephen Challman, Cheryl Campbell's brother

Alfreda Szkwarek, Jason Szkwarek grandmother.



*Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.*

# Year 12 Farewell Speech

*The following is an edited version of my speech to our Year 12 Graduands and their families at the Valedictory Mass.*

So tonight we celebrate and give thanks that our Year 12 Graduands are prepared through the education received from home and at school to be ready to go forward, to be the best they can be and attain true happiness in life. Whilst, tonight is an important moment for all the young women and men we are here to celebrate graduating from Lavalla Catholic College, it is also significant for their families, particularly the parents. You, the parents and families, have nurtured and supported your sons and daughters, given them love, support and encouragement to become what they are capable of being. I know that they are grateful for this and we the staff of Lavalla Catholic College are thankful that you have allowed us to be part of their lives and to support you in the process of setting them on their way in to the world.

For the students, this is a time to celebrate. You are a success! To start a journey 13 years ago and finish it is a magnificent accomplishment in itself. We are proud of you and I hope you are proud of yourself.

I hope you may remember when I first spoke to all of you at the 2014 Commissioning Mass, and it is a constant theme since then, is that I want for all of you to be a person who has the capacity and the opportunity to make choices for themselves. I hope that you have aspired to this and I hope that we as a community have supported you to achieve that goal.

A goal to make informed choices about the type of future you want for yourselves. We want you to make choices that take account of not only your talents and desires, but also are respectful of the needs of others. Essentially, our wish, is reflected in our College Motto and the hopes of Saint Marcellin Champagnat, we want you to be people with Strong Minds and Compassionate Hearts and grow to be good Christians and good citizens.

To achieve these goals is probably an undertaking that will be achieved over the rest of your life and each will achieve this in your own way. However, one of the privileges of being a Principal and a parent is to from time to time offer what is hopefully helpful advice, and I offer the following for consideration.

The first piece of advice I offer is something I have been saying to students, including my own children, for close to thirty years, and that is: to believe in yourself! If you don't it makes it hard for others to believe in you.

Success is more about attitude than ability. Descartes, a French Philosopher wrote "I think therefore I am!" In my experience this is true, if you think that you are no good and no one will like me then that is how you will act, that is how people will see you and that is how you will be perceived. However, if you think you can succeed, be a person who can make a difference, a person who can love and be loved, then you will act that way, see the world that way, will be that WAY!

My second piece of advice relates to the theme for Marist Schools Australia this year, which is:

"For I know the plans I have for you... to give you Hope and a Future"

Jeremiah 29:11

So specifically my second piece of advice is to be people of hope and trust in God. However, this must not be a passive trust, you need to be actively working to achieve your hopes.

To explain, please allow me to do so by a small story and a brief reflection on a recent experience I had whilst on enrichment leave.





# Year 12 Farewell Speech

The story goes like this...

A man was stuck on his rooftop in a flood. He was praying to God for help.

Soon a man in a rowboat came by and the fellow shouted to the man on the roof, "Jump in, I can save you." The stranded fellow shouted back, "No, it's OK, I'm praying to God and he is going to save me." So the rowboat went on.

Then a motorboat came by. "The fellow in the motorboat shouted, "Jump in, I can save you."

To this the stranded man said, "No thanks, I'm praying to God and he is going to save me. I have faith." So the motorboat went on.

Then a helicopter came by and the pilot shouted down, "Grab this rope and I will lift you to safety." To this the stranded man again replied, "No thanks, I'm praying to God and he is going to save me. I have faith." So the helicopter reluctantly flew away.

Soon the water rose above the rooftop and the man drowned. He went to Heaven. He finally got his chance to discuss this whole situation with God, at which point he exclaimed, "I had faith in you but you didn't save me, you let me drown. I don't understand why!"

To this God replied, "I sent you a rowboat and a motorboat and a helicopter, what more did you expect?"

From <https://truthbook.com/stories/funny-god/the-drowning-man>

The point for me is twofold – You should pray and hope, but do not be passive about achieving what you want, when you see opportunity, Act! Secondly God is present in your life even if you don't recognise it.

To elaborate on those points, I recently participated in a Pilgrimage to Central and South America. During this time, I was privileged to visit an area on the outskirts of Lima, Peru called Canto Grande or Grand Song in English. There are many areas like this, all with similar evocative names that probably don't accord with current reality, but reveals the hope of the people who live there.



Left is an image of an older part of Canto Grande:

As you can see there are sealed roads, power lines, pathways, transportation and whilst you can't see it in this photo there are shops. The houses were built maybe 10 to 15 years ago.

Now, in the background you can see homes literally built on the side of the hills and mountains and the next image is of one of those areas.

These houses do not have power, water, sewerage, made roads, if there are even roads. To build the houses the people firstly burn tyres to heat and weaken the rock. Then after a number of day of continuous burning they use hammers and

crowbars to break up the rock and create a flat surface. They build their house on a small 15m x 6m area, that's all they are allowed, and then they live their lives, raise their families and wait for the power, sewer and water to be connected. They do this with a belief that God wants something better for them and supports them in this desire and what I think is an active and unrelenting hope. A hope based on positive action of doing things in a purposeful and constructive way to make their lives better.

# Year 12 Farewell Speech



They do not say there is no flat land, they create it, there is no house, they build it, there is no work, they seek it, there are no utilities, they not only demand it, but if a trench needs to be dug they dig it.

Please know we believe you have the capacity, each in your own way, to be a success and make a contribution to

life; not just in a functional way by pursuing a career and doing a particular job, but by being good women and men who loves others and can be loved by others; people who serve others, simply because it is the right thing to do; and be Good Christians and Good Citizens who are sensitive and responsive to the needs of those around you and to this Earth we call home.

Tonight we say to each of you young people in front of me we hope that you take fond memories from your time with us here at Lavalla Catholic College and that you'll continue to be sustained by your friendships with and support of each other.

Ladies and Gentlemen of the Lavalla Catholic College Year 12 Class of 2018 thanks for being part of our lives and of our community, we've valued your presence and contribution, we're glad to see you become the fantastic people you are and we wish you as you continue with the rest of your life every blessing and the best of success in your lives, a success so eloquently described by Bessie. A Stanley, which is:

To laugh often and much; To win the respect of intelligent people and the affection of children; To earn the appreciation of honest critics and endure the betrayal of false friends; To appreciate beauty, to find the best in others; To leave the world a bit better, whether by a healthy child, a garden patch, or a redeemed social condition; To know even one life has breathed easier because you have lived. This is to have succeeded.

***Thank you and may God bless you Class of 2018.***





# Faith & Ministry Matters



Chris Roga

## Year 12 Farewells

The Year 12 Farewells on 25 and 26 October were a good blend of joy, sadness, energy and hope.

The whole college assembly on the 25th was a fitting way for the entire student body and staff to farewell the Year 12s. Amid speeches, stories, ritual and blessing it was a celebration of the seven years of the Lavalla journey that the Year 12s had undergone.

The Mass in the evening, well attended by families, which featured the whole choir singing for the last time as the 2018 choir, was an appropriate religious closure for the year 12s. The recognition of each Year 12, being individually named and receiving a certificate at the end of the Mass, was a fitting climax.

On Friday 26th, the year 12s returned to have breakfast with the staff at Kildare Campus, a more intimate celebration, where relationships had been built and callow adolescents had grown into strong, independent, competent young men and women, ready to step into the future.

The fun awards in the Kildare hall, the opening and reading of the time capsules that they had written when in year 7, the planting of the Year 12 (2018) rose bush and the departure to a guard of humour formed by 'bubble-wand-waving' staff saw these young people depart in laughter and hope.

We wish them all the very best for their exams and in their futures.

## Fiji Immersion Presentation Evening

Twelve very satisfied young people from Years 10 and 11, and four teachers, gave short and joyful presentations about their experiences of the immersion to Suva, Fiji to their assembled parents, families and staff.

The films and photographs of these young people with their Fijian 'buddies' as work and play and meals were very joyful. The stories were humorous. Everyone experienced the challenge and wonder of coping and thriving in 'difference'.

Students and staff spoke glowingly of the generosity of the Fijian people, their welcoming ways, and how the experience had changed their own perspectives.

It was a truly transformative experience, which is what we hoped for.

## Immersion to Santa Teresa

The college is offering an opportunity for students (primarily in Year 11, or year 12) to go on immersion to Santa Teresa (Lyrente Apurta) from 16-22 March, 2019, prior to the Easter break.

At this stage we are only seeking to identify interested students. If you are interested, please use the link provided (student log on required)

[https://forms.office.com/Pages/ResponsePage.aspx?id=77Xin-Ba4k2qHND\\_gx\\_E-p5pOVGBcBKKl5V8HhQ\\_](https://forms.office.com/Pages/ResponsePage.aspx?id=77Xin-Ba4k2qHND_gx_E-p5pOVGBcBKKl5V8HhQ_)





# Year 10 History



Kim Widrich

Year 10 History students recently attended an excursion to Melbourne to help with their inquiry into Rights and Freedoms.

Students were taken on a tour of the Shrine of Remembrance by Adrian Threlfell, Victorian University

were exercising their right to peacefully protest for better job security and a raise in the minimum wage.

During the afternoon students were taken through the First Peoples exhibit at Melbourne Museum where they were able to view artefacts and information relating to indigenous peoples' culture and life dating back many thousands of years. The Museum's presenter explained the impact of white settlement upon indigenous groups including the devastation of disease and the massacre of people at various locations around Victoria. Of particular interest was the explanation of the importance of the possum cloak in relation to identity and belonging.

Students also visited the Love and Sorrow exhibit which was centred on World War I and its impact on Victorian families. Photos, letters, documents

and artefacts created a powerful representation of this time. This exhibit concludes as the anniversary of the end of the Great War draws near.

Students were accompanied by Mr Kristiaan Vallak, Ms Kim Widrich and student teacher Samantha Elliston.

Historian and education officer and researcher at the Shrine. He was able to give students insights into the significant events and individuals who shaped Australia's military history as well as several indigenous soldiers who fought in several conflicts.

After the Shrine tour, students made their way into Melbourne's CBD where thousands of Victorian workers





# Italian Excursion to Lygon Street



Emma Van Den Brand

After nearly two and a half years of Arocking up to Italian classes, saying either “si, ciao” or “presente” for the role and learning valuable skills that many of us take for granted, the class of 2018 Semester 2 students got what they’ve always wanted, a day off school (with the purpose of roaming the streets and eating traditional Italian food on Lygon Street of course). On Wednesday the 24th of October, 23 sleepy-eyed kids and two teachers left the St. Paul’s Campus at around 7:45am, in hope for an exciting day on Lygon Street.

After some student pickups at the Morwell Train Station, we were off and on the road again; headed for our first stop at the ‘Museo Italiano.’ We arrived a fraction behind schedule but still got to enjoy and insightful presentation from Maria (one of the museum workers) who informed us of the hardships that Italian migrants endured during the period of the 1850s following the Gold Rush as well as during the period of mass migration during the 1950’s, which followed the Second World War.

Afterwards, we ventured around Lygon Street whilst participating in a restaurant scavenger hunt; exploring the diverse range of Italian cuisine and the absolutely gobsmacking cakes and desserts at Brunetti (which I’m sure we’d all get some sort of sugar high after eating just one slice). Then we made our way to Il Gambero for a

delicious lunch of traditional pizzas and pastas. Our time in Lygon street still wasn’t up, as we excitedly split off in groups and had free time buying mostly foods and souvenirs.

In conclusion, the 2018 Semester 2 Italian students thoroughly enjoyed their time on Lygon Street, and would like to thank Miss Sola for being extremely organised and making this trip happen.





# Italian Cultural Tour



Deborah Murrell

The 2018 Italian Cultural Tour was fabulous from start to finish. The tour presented Italy in a subtle and planned manner, unfolding the history of this remarkable country.

We had local expert guides to show us the sites, and many commented on the genuine interest and engagement of our group of students. We explored the ancient ruins of Pompeii and marvelled at nearby Vesuvius. We continued with Roman Empire exploring the Colosseum, the Parthenon, the Vatican and later the wonders of Renaissance Rome. Our Latrobe Valley students were also delighted to be in one of the world's busiest and most exciting cities, really enjoying the cosmopolitan atmosphere.



Florence offered a more sedate pace and the students were awed by Michelangelo's David and the delights of the Uffizi Gallery and the shopping opportunities on the Ponte Vecchio! We visited Pisa and took compulsory pictures holding up the leaning tower and explored this delightful medieval town.

Living with host families and attending school in Padova gave students the opportunity to learn about everyday life in Italy and practice their Italian in an authentic setting. Most found the differences between the Liceo Scientifico Statale Enrico Fermi and Lavalla Catholic



College to be fascinating and were impressed by the three to four hours a day considered normal by Italian students. The week in Padova allowed for exploration of this historic town and excursions to nearby Venice, Lake Garda and Verona.

The 2018 Italian Cultural Tour offered a life enriching experience to all who had the privilege to attend. Thank you to Xavier Bell, Lily Bond, Tommy Campbell, James Chilver, Luis D'Angelo, Erica Lang, Sarah Little, Jacob Pianta, Ayden Respondino, Natasha Richards, Rohan Symonds, Patrick Walsh, Isabella Tatchell for making this a great trip. Your commitment to the tour was fabulous.

Thanks also to Shane Reid and Anthony Symonds for being wonderful travel companions. The biggest thanks go to Raffaella Cataldo whose careful planning, experience, compassion and cultural sensitivity was





# Write4 Fun Competition



Shane Lebbe

Write4fun encourages young student writers and artists with fantastic competitions, by publishing top quality books and conducting interactive, fun workshops across Australia. Term 3 saw 28 students from our College in years 7 to 12 entering the 2018 Write4Fun Short Story & Poetry Competition. With approximately 10000 entries across Australia, many of our student have had their work selected to contribute to the Write-Along Anthology and we would like to congratulate Phoebe Rich (Year 11) on being one of fifteen finalists selected for her poem 'Where My Mind Wonders'.

## *Where My Mind Wonders*

*By Phoebe Rich*

I guess you play and then you die so life is just a game,  
But for the life of me, I can't figure out the purpose or the aim.  
To fall in love, be rich or live it up the most?  
To live the longest, travel places? Or is that not even close?

The first of us, we didn't have jobs or money or clothes.  
And how we got from there to here, not even god could know.  
When we were born, each one of us, we didn't have a clue,  
So, fancy city blokes or country folks are the same as I or you.

People get so caught up, that they forget we all will die,  
And I'm afraid to say, your money Sir, can't be transferred to the sky.  
Experiences however, no one can ever take away.  
Not even death can steal who you are, not tomorrow nor today.

Let your impact on the earth reflect all the wonders that you find,  
May the memory of you be something you are proud to leave behind.  
Embrace the journeys that you take and find happiness of every kind,  
Because perhaps we play this game just to leave something beautiful behind.

# Philosophers Visit The Zoo



Monica Justin

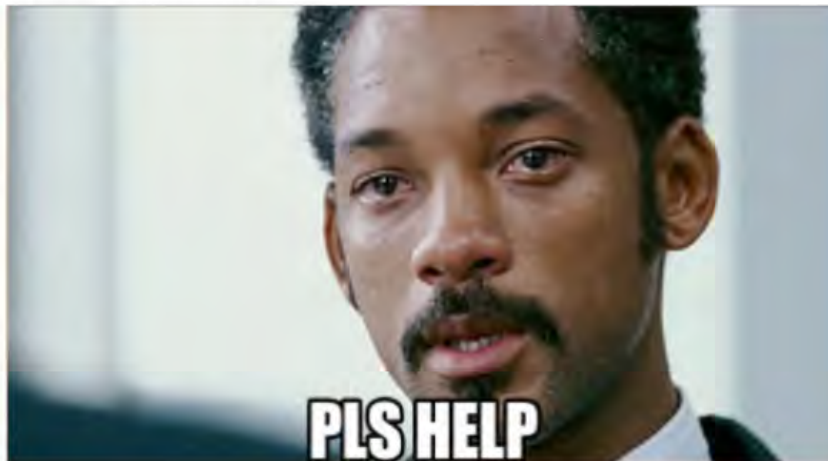
On Tuesday October 30th, the Yr 11 Philosophy class attended the Melbourne Zoo to participate in a program called "A Moral Zoo?" This brand new program offered by the zoo is a direct link into our Unit 2 Study of Ethics, addressing the issue of Animal Rights and whether modern zoos can accommodate the welfare of animals and conservation alongside of providing entertainment for visitors.

The sessions enabled the students to discuss a real scenario of how to address the preservation of the Helmeted Honeyeater, Victoria's official bird emblem, which is experiencing potential extinction. They also discussed the development of zoos since their early days, and if enough is being done to look after the welfare of the animals.

We also had time to enjoy the Zoo and learn more about some of our favourite animals!



Me: I'll revise when I get home  
Me: Actually I'll just do a bit before bed  
Me: Okay I'll deffo do some in the morning  
Me: I guess I could just do some on the way to school  
Me: Okay I should have time to do some at lunch  
Me: If I revise outside the exam I should be fine  
Me in the exam:



**Second-Hand  
Uniform Shop**  
Open 3.30pm - 6.00pm  
St Paul's Campus,  
Grey Street

15th November  
6th December

We will be open 3.30pm - 6.00pm  
on Orientation day in December for  
2019 Year 7's.



# Important Dates

## NOVEMBER

### Monday, 5

- Student Free Day- Mid Term Break

### Tuesday, 6

- Student Free Day- Public Holiday
- Melbourne Cup Day

### Wednesday, 7

- Atlas Student Teacher Conferences
- Unit 2 Sport & Rec Camp

### Thursday, 8

- AIME Excursion

### Friday, 9

- Atlas Community Service
- Sports Enrichment Gala Day
- TIIMS STUDY 2018
- Rockclimbing Skills Day

### Monday, 12

- Year 7/8 Boys Gipps Cricket Final

### Tuesday, 13

- Recital Group 1 Program

### Wednesday, 14

- Recital Group 2 Program

### Thursday, 15

- Year 9 Retreat

### Friday, 16

- Atlas Community Service

### Monday, 19

- Outdoor REC Surf Camp (Mon- Wed)
- SSV Basketball Yrs 7/8 Boys

### Tuesday, 20

- SSV Basketball Yrs 7/8 Girls

### Thursday, 22

- SSV Tennis
- Year 9 Exams

### Friday, 23

- Year 10 & 11 Exams begin

### Tuesday, 27

- SSV 7/8 Girls State Cricket Final

### Wednesday, 28

- Atlas Project Presentations

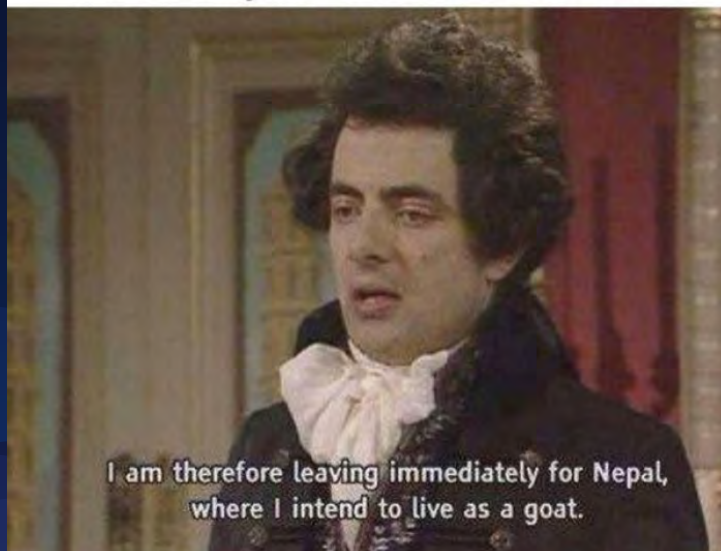
### Friday, 30

- 2019 Transition Yr 11-12 2019
- Last Day Yr 9 Students @ St Paul's Campus

Keep updated at the Lavalla Catholic College website:

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

When everyone is arguing whether the answer on the exam was 15 or 15.5 but you wrote Harambe...



# Sport News



Dwayne Tibballs

## Basketball

Three of the College's four basketball teams that participated at the recent Regional Championships have advanced through to the SSV State Championships.

On Tuesday, October 23rd, the intermediate girls' team progressed through to the State Championships by defeating Wonthaggi Secondary College, Lowanna Secondary College and Lakes Entrance Secondary College with reasonable ease.



The intermediate boys dropped their opening game of the day against Wonthaggi Secondary College before claiming the remaining two games against Lowanna Secondary College and Bairnsdale Secondary College. On Friday, October 26th, our Year 7 boys and girls teams joined our intermediate girls' team in advancing on to the State Championships.

The Year 7 boys produced an easy win over Wonthaggi SC (33-10) before capturing a hard fought victory against Marist Sion College, Warragul (25-22). The boys then finished off the day with a comprehensive 68-16 win against Nagle College, Bairnsdale to book a State Championship appointment on Monday, November 19th.

The Year 7 girls followed suit with a determined performance against Leongatha Secondary College by winning 27-22. The girls rounded out their day with a 35-16 triumph over Lowanna Secondary College and a strong 56-16 win over Bairnsdale Secondary College. Both girls' teams will compete at the SSV State Championships on Tuesday, November 20th at the Melbourne Sports & Aquatic Centre in Albert Park.



## Athletics

Lavalla Catholic College student athletes travelled to Lakeside Stadium for the SSV Track and Field State Championships on Monday October 22nd to compete in a number of individual events along with two team events.

While their efforts were not rewarded with many placings it was pleasing to have so many athletes qualify through to the State Championships. In previous years, our College has only had a handful of students' progress through to the state level but to have such a good number this year was encouraging.

Flynn Shields achieved our best effort with a silver medal in the boys 17 year old long jump. Jack Walton finished 4th in both the 110 metre hurdles and the discus events for the boys 17 year olds. Colby Morley claimed 5th place in the boys 17 year old 800 metre event.

Congratulations to all our athlete competitors for doing so well throughout each of the Championships.



# EXPRESSION OF INTEREST: SANTA TERESA IMMERSION 2019 16-22 MARCH 2019

SANTA TERESA IS AN INDIGENOUS COMMUNITY, LOCATED ABOUT AN HOUR SOUTH EAST OF ALICE SPRINGS. THE COMMUNITY FACES MANY PROBLEMS INCLUDING: LOW SCHOOL ATTENDANCE, DRUG AND ALCOHOL ABUSE, AND DOMESTIC VIOLENCE. STUDENTS WILL TRAVEL TO ASSIST IN THE RUNNING OF THE LOCAL MINISTRIES.

## ELIGIBLE STUDENTS INCLUDE:

- IN YEAR 11 OR YEAR 12 IN 2019
- PREPARED TO BE INVOLVED IN FORMATION
- OPEN TO LEARNING AND ACCEPTING SANTA TERESA CUSTOMS

EXPRESSIONS OF INTEREST PLEASE EMAIL  
MR. RATHBONE BY THURSDAY NOVEMBER 8TH  
RATHALE1@LAVALLA.VIC.EDU.AU





# insights



## 6 nightmare habits that are ruining teenagers' sleep

by Michael Grose



Many teenagers today are sleep deprived. They should be getting between nine and 10 hours sleep each night, yet most get only seven or eight hours. Some get less.

Sleep deprivation is akin to jet lag. It causes young people not to function at their optimum. It can be the cause of poor behaviour, mental health problems and low functioning in the classroom.

Sleep maximises the brain growth that occurs during adolescence. It also consolidates learning. Sleep research has shown that when a young person is asleep, the brain practises what it has learned during the day. So sufficient sleep consolidates past learning as well as keeping a young person fresh to maximise their future learning.

Sleep experts stress that while adults may not have control over biology we can assist young people to establish good sleep patterns. The first step is to eradicate some of their bad habits, starting with the following:

### 1. Being glued to a digital screen

The digital devices a young person uses to roam through cyberspace are as addictive as cocaine, with similar arousal effects as well. The blue light emitted by mobile devices stimulates the brain into keeping kids awake well into the night. Tip: Get your kids away from digital devices at least 90 minutes before bedtime.

### 2. Doing homework in bed

The brain associates activity with location. When young people are at their desks in school it's easy to get into study mode. They associate learning and productive activity with their classroom and its furnishings. The same principle applies at home. If they fire up their laptops and work while on their beds, it is hard for them to mentally switch off from their schoolwork when the light finally goes out. Tip: Keep homework out of bedrooms. If they must work in their rooms, confine study to a desk.

### 3. Spending all day indoors

Moping around the house is a huge part of the adolescent experience. However, spending all day away from natural light is shown to lead to anxiety and depression, which are both causes and symptoms of lack of sleep. Put a cap on moping about and encourage them to go outside – take a walk, meet a mate, do an errand. Tip: A minimum of hour outside a day helps keep insomnia at bay.



## 4. Sleeping in late on weekends

The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they get sleepy later and wake later than when they were children. In most teens, melatonin – which makes them sleepy – is secreted around 11 pm. Cortisol, the chemical that wakes them up, is secreted at 8.15 am for many. So the adolescent brain wants to be asleep just when most of them need to be waking up to go to school. Many teenagers catch up on this lost sleep on the weekend. However, if your teen is sleeping in until midday on weekends then his whole sleep cycle is being thrown out of whack. Tip: Keep sleep-ins to no more than an hour longer than normal to keep the sleep clock operating on a regular basis.

## 5. Talking on their mobile phones

A mobile is an extension of the person for most teens. Unfortunately, there's no getting away from the fact that mobile phones may be harming our health. One study (<https://www.emf-portal.org/en/article/15274>) found that radiation thrown off by mobile phones can seriously throw off sleep in heavy phone users. The study found that regular mobile phone users reported more headaches, took longer to fall asleep and had difficulty experiencing a deep sleep. Tip: Encourage young people to limit the length of their calls and place a moratorium on mobile use 90 minutes before bedtime.

## 6. Consuming caffeine and other stimulants

It's a familiar story. It's seven o'clock in the evening and your teenager hasn't started a big assignment that's due the next day. Needing to stay awake for the big job ahead, she drinks a coffee or a caffeinated soft drink or two to keep her adrenaline high. Consuming caffeine in any form after dinner is like throwing a wrecking ball through regular sleep patterns. The brain needs to calm down rather than be artificially stimulated if sleep is to occur. Tip: Confine caffeinated drinks to mornings to minimise their impact on sleep.

According to beyondblue, one in seven teenagers experiences a mental health disorder. Many experts agree that if they were to choose only one strategy to improve young people's wellbeing it would be to increase the quality and quantity of sleep that teenagers have. That's how important sleep is to a young person's wellbeing.



### 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*.



## Years 9 - 11 Students.

### 2018 TEXTBOOKS.

2018 Textbooks for Years 9 - 11 are no longer required for classes after the **30th of November 2018.**

*(Excluding textbooks carried over into 2019. These may be needed during Transition. Please check your 2019 booklist)*

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

[www.sustainableschoolshop.com.au](http://www.sustainableschoolshop.com.au)

Information regarding The Sustainable Schools Shop Textbook Trading System is included with your 2019 booklist and on The College website.





## Years 7-8 Students.

### 2018 TEXTBOOKS.

2018 Textbooks are no longer required for classes after the 6<sup>th</sup> December 2018.

*(Excluding textbooks carried over into 2019. These may be needed during Transition. Please check your 2019 booklist)*

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

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our light shine before others, that they see your good  
eds and glorify your Father in Heaven. Mathew 5:16

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## THE MORWELL CENTENARY OF ANZAC & ARMISTICE CONCERT

2.00 pm Sunday Matinee 4 November 2018

Kernot Hall, Morwell

Hosted by 3TR's Andy Johns

Tickets \$ 7.00 each

Available from: RSL Clubs in Moe, Morwell & Traralgon

L V Express Office, Morwell: Phone 03 51354444

Concert Coordinator, Thomas Quinn: mobile 0417567291

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