



From the Principal

John M Freeman

Lenten Prayer

God of goodness and mercy,

Hear my prayer as I begin this Lenten journey with you. Let me be honest with myself as I look into my heart and soul, noticing the times I turn away from you.

Guide me as I humbly seek to repent and return to your love.

May humility guide my efforts to be reconciled with you and live forever in your abundant grace.

Transform me this Lent, heavenly Father. Give me the strength to commit myself to grow closer to you each day.

Amen.

Holy Week

We are now in the period of time the Church recognises as Holy Week, which is the last week of Lent. It commenced yesterday, Palm Sunday, 25 March, and will conclude with the Triduum – which begins at sundown on Holy Thursday with the Mass of the Lord's Supper, continues with Good Friday and concludes with Easter evening prayer at sundown on Easter Sunday:

Its high point is the celebration of the Easter Vigil on Saturday evening. Palm Sunday commemorates Jesus' triumphal entry into Jerusalem to the cheers of the crowd. However, later that week those who cheered would turn and would call for Jesus to be executed.

The next significant day is Maundy or Holy Thursday. This is also the day we recognise as the time when the Last Supper took place. It is the time when Jesus washed the disciples' feet as both a literal and symbolic act of service and the following meal established the sacrament of the Eucharist. The night of Maundy Thursday sees Jesus' betrayal by one of his friends, Judas, in the garden of Gethsemane. The word maundy comes from the command (mandate) given by Christ at the Last Supper, that we should love one another.

Good Friday follows and as we know this is the day we mourn Jesus' crucifixion. During Good Friday services, we meditate on Jesus' suffering and death on the cross, and what this means for our faith. The main service

on Good Friday takes place at 3pm in many Churches and the events of Good Friday are commemorated in the Stations of the Cross, a 14-step devotion. Good Friday is a day of fasting within the Church. Traditionally, there is no Mass and no celebration of the Eucharist on Good Friday. A liturgy may still be performed and communion, if taken, comes from hosts consecrated on Holy Thursday. Church bells are silent. Altars are left bare.

Holy Saturday is the day after Good Friday and is the time when Jesus rested in the tomb. The Easter Vigil Service on this day is the first Easter service. During this time, we wait and watch, hopeful and confident that Christ will return at midnight.

Easter Sunday follows Holy Saturday which is the culmination of Holy Week and key to our faith. During the Triduum we celebrate the core mystery of our Christian faith: we ritualize Jesus' transition from life to death to risen life, and our own participation in that timeless mystery.

This is not an historical commemoration; we are doing for more than recalling historical facts. What Jesus did for us has consequences for all people at all times. His life, death, and resurrection happened to him, but they also happen to all of us who claim to be his followers. These days, then, are a reminder and celebration of who we ourselves are and what our own lives are about.

From the Principal cont...

As we celebrate the mystery of Jesus' passing, we actually celebrate the same passing over in our own lives. Jesus' self-sacrifice opened the way for us to share in new life. But this does require our own cooperation in God's divine plan of salvation. We must pass over our lives into God's hands and imitate the self-giving of God's Son.

Bullying, No way!

On Thursday 15 March we held assemblies at both campuses to recognise and to talk with students about the National Day Against Violence and Bullying. The following day we, along with around two million other students from 4575 Australian schools, participated in activities to show our solidarity to each other and to send a powerful message that bullying and violence are never okay.

During the Thursday assemblies I spoke to students and made a few points. The first is that it is sad that we actually have to have national day to remind us that hurting another through our words and actions cannot be tolerated. The second point was that in my mind the key to overcoming this plight on not just our schools, but work places, clubs and homes is to show respect for others, just as we want respect shown to us. The third and final point is that if you need help speak out, let a teacher, parent or friend know. During the assemblies we took the following pledge:



Lavalla Catholic College Anti-Bullying Pledge

We at Lavalla Catholic College pledge to be respectful of others and stand up against bullying whenever and wherever we see it.

We believe that everybody has the right to live in a community that makes them feel safe, valued, included and accepted regardless of any differences as demonstrated to us by Jesus Christ.

My hope is that we can extend this respect not just for a day, but every day. Thank you to Kelly Murray and Tamsin McCormack for their organisation of the assemblies and activities.

Student Leaders

During the assemblies on Thursday, 15 March, we also acknowledged and presented badges to those student leaders who were yet to be officially presented to the school community. A list of all our student leaders is in this newsletter.

Project Compassion

Over the last few weeks students at the St Paul's campus have run a number of events for our fundraising mission this term for Project Compassion, This includes Lavalla's Project Runway, Lavalla's Got Talent and today the Lavalla games took place at lunchtime. Thank you everyone for entering the competitions in the right spirit and raising money to help those less fortunate than ourselves.

From the Principal cont...

GIS Ecumenical Service

On Friday 16 March we once again participated in the Gippsland Independent Schools Ecumenical Service. This year it took place at the Community Church of Warragul. It was a wonderful celebration of faith and connection and I thank Dakota Alston, Anton Tarraran, Yakub Ogunsina, Christian D'Angelo, Nicole Formaran, Amelia Cassar and Emma Van Den Brand for the way they participated. I also extend my thanks to Shane Lebbe and Jasmine Santamaria who accompanied the students.

Liturgical Choir

We all know how wonderful our Liturgical Choir is and what an asset it is to both our school and the community. The generosity of the students in the choir was exemplified in the last few days. First with their significant contribution to the Taize Lenten Prayer service, an ecumenical prayer service held at the Lutheran Church of The Good Shepherd in Traralgon on Friday 23 March. The students then took part in the Palm Sunday Mass at St Michael's Church yesterday.

It is very pleasing to hear the praise they receive, but all credit must go to Shane Reid, assisted by Christine Medhurst. Shane tirelessly works with the young people who commit to this service and it is greatly appreciated. Thank you as well to Stella Felton and Pru Scholtes who attended the Taize Prayer Service and to Jasmine Santamaria, Shane Lebbe and Stella (again) for their support on Sunday.

Marist Basketball

The following students have been selected to attend the Australian Marist Basketball Championships in Canberra this year. The teams are as follows:

BOYS

Joshua Palmer	Year 12
Nick Lowden	Year 12
Cohen Ruyters	Year 11
Luis D'Angelo	Year 10
Colby Kennedy	Year 10
Riley Pollard	Year 10
Zac Bezzina	Year 10
Christian D'Angelo	Year 9
Thomas Hamilton	Year 9
Kody Tibballs	Year 8

GIRLS

Joanna Watson	Year 12
Larni Jackson	Year 11
Maddison Knowles	Year 11
Emirson Devenie	Year 10
Milly Murphy	Year 10
Laurn King-Church	Year 10
Bridie Gleeson	Year 10
Emma White	Year 9
Kaitlyn Thompson	Year 9

Boys' Team Coaches: Chris Watson, Daniel Scholtes

Girls' Team Coaches: Karen Joyce, Dwayne Tibballs

The carnival runs from Sunday 15th April through to Saturday 21st April. The squad has been training on Monday's after school and will continue to do so until they go away next term.

Interschool Chess Tournament

Thank you to Dominic de van der Scheuren and Shane Lebbe for their part in the organisation of the Chess Tournament held in the Le Rozey Art Centre on Wednesday, 21 March involving a number of schools in the Gippsland Region. Well done to all who represented the College and congratulations to both the Senior and Junior Teams who won on the day, thus granting 5 players from each team entry into the State Finals. Should we win one more tournament we are able to take 8 players, with the chance to make the Nationals for the third year running.



Student Leaders

Kildare Campus

College Captains

Justin Darcy
Georgia Hutchinson
Yue Loi
Jackson Raeburn

Justice Leaders

Luke Merton
Lincoln Ingravalle

Liturgy Leaders

Anton Tarraran
Dakota Alston

Cross Age's tutors

Mubasshir Murshed
Joseph Darling

Cultural Leaders

Yakub Orgunsina
Stephanie McGregor

Events Leaders

Sarah Rogers
Serena Answerth
Jessica Haylock
Rachel McCluskey

Environmental Leader

Ella Darling

Community Cohesion Leaders

Chantal Formaran
Holly Williamson

Campus Mentors

Maitipashe Ruzive-
Makura
Lily Bond

House Leaders

Champagnat
Kristy Jennings
Olivia Clark

Delany

Emma Spiteri
Alice Peddle

MacKillop

Joanna Watson
Jarred Burns

Nagle

Lily Van Berkel
Harrison Law

St. Paul's Campus

Campus Captains

Christian D'Angelo YR9
Nicole Formaran YR9
Amelia Cassar YR9
Emma Van Den Brand
YR9

Champagnat House

Captains

Tarra Nixon YR9
Caitlin Harriman YR9

Ambassadors

Isabella Bettridge YR9
Kaitlyn Thompson YR9
Bailey Stell YR8
Giovanna Camilleri YR8
Mia Guarascio YR7
Ava Guarascio YR7

Delany House

Captains

Benjamin Gafa YR9
Annalise Gafa YR9

Ambassadors

Alanah Shankland YR9
Jacob Collison YR9
Kate Lavery YR9
Chloe Lyon YR9
Thonas Gafa YR8
Sam Clark YR8
Miles Verschuur YR7

Mackillop House

Captains

Thomas Tripodi YR9
Monique Lapenta YR9

Ambassadors

Emma White YR9
Will Tripodi YR9
Jaslyne Salerno YR9
Ella Fothergill YR9
Tayah Warne YR8
Sophie Roberts YR7
Simone Duach YR7

Nagle House

Captains

Akisha Wills YR9
Alannah Knowles YR9

Ambassadors

Sarah Rickwood YR9
Ella Pavey YR7
Alyshia Huffer YR7

Special Events Leaders

Daniel Falano YR9
Kade Petersen YR9
Khianna Bullen YR8
Remi Baillie YR8
Sophie Booker YR8
Emily Buxton YR8
Belinda Delaney YR8
Dylan Stoery YR7
Darcie Gridley YR7
Chelsea McNamara YR7
Indiana Thomas YR7
Suravi Hemanth YR7

Ministry Leaders

James Day YR9
Keisha Roy YR9
Myles Pollard YR8
Mische Richards YR8
Keely Jones YR7

Student Representative Council

Antony Katiforis YR9
Angus Hourigan YR9
Daniel Falano YR9
Akisha Wills YR9
Alex Politakis YR9
Benjamin Gafa YR9
Jacob Williams YR9
Logan Archibald YR9
Sophie Tsebelis YR9
Jimmy Townsend YR8
Mische Richards YR8
Ayva Duddington YR8
Georgia Robinson YR8
Thomas Gafa YR8
Chloe Twite YR8
Hannah Meyer YR8
Arka Chowdhury YR8
Tayah Warne YR8
Ruby Adams YR7
Myiah Misiurka YR7
Chelsea Elliott YR7
Oscar Chamiotis YR7
Isobel Georgeson YR7
Tyler Little YR7
Ella Prior YR7
Ella Lawn YR7
Sofia Valladares-Crivari
YR7

Faith & Ministry Matters



year of youth

OPEN NEW HORIZONS FOR SPREADING JOY

Easter Reflection

Today, I wish to put before you two ways of looking at the empty tomb.

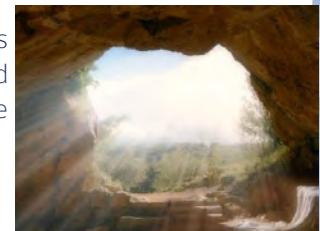


On Good Friday we will ritually remember Jesus' passion, and death. He will be buried in a tomb like the one in the picture on the left. Everything, his preaching, teaching, miracles, ends in the tomb. It is a dark, desolate, forbidding space. It is a dead end. The boulder seals the entrance and shuts out life and the world.

Jesus' story should have ended there. Perhaps his mother and friends would have visited the tomb, prayed for him and remembered him. But, in time they would get on with their lives and he would be a fading memory. This is the first way of looking at the tomb.

On Easter Sunday however, Mary Magdalene, the other women and the disciples find the tomb empty. The empty tomb is precisely just that; the empty tomb. Jesus is no longer there.

The tomb is also a womb for the resurrection. The Jesus who died has risen and, as the image on the right shows, the tomb is now a doorway opening out into light and a limitless and wondrous world. The dead end is now the start of new life. This is the second way of seeing the tomb.



"What are your tombs that darken and imprison? What dead ends do we find ourselves in?" "Do not fear," says the Risen Jesus. There is no point living in empty tombs. They are just messengers of resurrection.

So, I first wish you a very Happy and Blessed Easter, living the resurrection life intentionally, surrounded by your family, friends and loved ones, in joy and peace.

Easter Liturgies

St Paul's will held its Easter Liturgy today. The liturgical action centre on the Washing of the Feet and being servants to a community. The Junior Captains, Liturgy leaders, other students and staff have worked hard to make this an enjoyable and memorable liturgy. Thankyou.

Kildare will hold its Easter Liturgy on Wednesday. The Liturgy focuses on some of the scenes of the Passion of Christ. The year 11 Ministry classes led by the two ministry teachers have been planning and preparing for some time now, with some excitement. We wish them well.

"Come and See" - A Diocesan Youth Ministry Event

On 26 April at Presentation Campus, Newborough, about 200 young people will gather for the diocesan Youth event. The Year 12 YME (Ministry) class has been actively involved in hosting and organizing this event with the CEO, Sale. With speakers, music, workshops, Mass said by the Bishop and an exchange of ideas, it promises to be an exciting day.



Webinar Opportunities

Driven to Distraction: Helping families keep digital devices under control

About

This webinar will discuss how families can incorporate technology and devices into their homes in a way that allows for positive use and engagement, providing balance for the many other elements that we need to fit into our lives.

When

Monday 26 March 2018- 7:30pm-8:30pm (AEDT)

Price

This webinar is \$37 per person to attend, and is free of charge to families at schools that have a Parenting Ideas membership.

Who is talking

This webinar will be hosted by Dr Jodi Richardson with guest presenter Martine Oglethorpe.

Martine Oglethorpe

Parenting Ideas Expert

Technology, education and parenting

Martine is an accredited speaker with the Office of the eSafety Commissioner and has presented to numerous parent groups, schools and teachers. She is a mother to 5 boys with a background in secondary education and a Masters in Counselling.

Through her personal and professional work with families raising children today, she recognises the important role technology plays in the social and emotional wellbeing of young people. Martine has a passionate interest in helping families to safely navigate the modern world of parenting in a way that offers understanding as well as practical and realistic strategies.

Dr Jodi Richardson

Parenting Ideas Expert

Wellbeing and mental health

Jodi is a mental health, wellbeing and happiness science speaker and educator. She is a mother of two primary-school-aged children and is the founder and director of Happier on Purpose, the mental health and wellbeing expert for Parenting Ideas and writer for both print and online publications.

Integral to Jodi's work is helping parents and teachers to nurture resilient, relaxed, playful kids who develop lifelong habits of happiness and flourishing mental health.

How to access the voucher

<https://www.parentingideas.com.au/product/driven-distraction-helping-families-keep-digital-devices-control>

Parents who choose to redeem the voucher will need to register via the link. The college coupon is at the end of the newsletter.

Senior Choir



Our students have finished the term with two special liturgical events.

Friday the 23rd of March saw us travel to the Good Shepherd Lutheran Church in Traralgon. There we participated in an Easter Liturgy, created by our own Mike Hansen and celebrated by Tony Castles, the Lutheran pastor of Gippsland. Mike has worked particularly hard to foster and grow a special ecumenical liturgy in the style of the town of Taize in France. I'm led to believe it is a veritable 24/7 liturgy in Taize itself, where pilgrims, literally in their millions each year gather to sing the simple but beautiful chants. The music is structured in such a way that it invites participation, either through singing along or by being 'gentled' by the effect of their rich texture. This is the tenth such Taize service that Mike has invited us to be a part of. True of all of them, this liturgy found a way of creating a special prayer experience for all who were present – our choristers included.

We also happily accepted a generous invitation from the parish priest of St. Michaels, Fr. Francis Otobo, and the Sacraments and Youth Co-ordinator Jennifer Hanratty, to sing as part of the St. Michael's Parish Palm Sunday Mass. Palm Sunday is one of the most significant dates on the liturgical calendar and heralds the start of Holy Week which culminates in Easter Sunday.

It was a great privilege to be part of both of these special events. I am very proud of the continuous generosity of our choir students, who willingly and cheerily give their time to represent our College so well. Similarly, I'm also grateful for the staff support we received for these events – Pru Scholtes, Stella Felten, Jasmine Santamaria, John Freeman and Shane Lebbe as well as our accompanist Chris Medhurst.

Shane Reid
Director of Music



Year 11 Geography Excursion

On Thursday the 15th March, the year 11 Geography class travelled to Lakes Entrance and surrounding areas of East Gippsland to research the impacts of rising sea-levels on Lakes Entrance and the impacts of bushfires on the east Gippsland district As well how communities are affected and respond to these events.

Our day started off bright and early, getting off the bus at the CFA in Bairnsdale. Here we had a briefing from two firemen Alan and Ben. They spoke to us about a variety of fires and giving us knowledge on the hazards and impacts that bushfires would have on the natural and human environment. We also learnt about how the CFA respond to a fire and how they help communities recover after a bushfire event. A highlight of our visit was the chance to use the high-pressure hose when fighting fire and how firefighters protect themselves in the truck when under attack.

The next stop on our schedule was Bruthen. Here we got the chance to interview some of the locals and businesses about their emergency management plans in the unfortunate event of a bushfire. We were then able to assess how effective their management plan would be given they were located so close to the bush. Next stop was the Stony Creek trestle bridge which was once used as a railway track but has now been deemed unsafe for use.

Finally we arrived in Lakes Entrance, where we grabbed some lunch then jumped straight into surveying some business owners, tourist and visitors to gauge their concerns over the impact of flooding in the township as well as rising coastal sea levels. We then had a tasty dinner at the Waterwheel tavern in Lake Tyers, followed by a movie and night walk to the surf beach.

The following morning, after a hearty breakfast at McDonald's we travelled to the East Gippsland Shire offices and sat in the council board room overlooking the Entrance, whilst listening to an informative presentation from Kate Nelson. The group then had the opportunity to ask lots of questions which will help in the writing of our report over the holidays.

Our final stop was in Paynesville where we were fortunate to be able to go on a charter cruise around the Lakes. We learnt a lot about the physical hydrology and geography of the waterways as well as the human interconnection with this spectacular coastal region of Gippsland.

Thanks to Mr. Erdely, Miss Dixon and Reg for a wonderful 2 days which has helped us better understand the impacts of hazards and disasters in this region of Victoria.

Annie Little (Year 11 Geography student)



Marketing Seminar



On Wednesday the 21st of March, an excited group of year 10 and year 11 Business and Economics and Business Management students piled into the Kildare theatre for a marketing seminar given by three marketing gurus from local telecommunications organisation, Aussie Broadband.

The hour seminar flew by, as Tom, Alex and Kusi from Aussie Broadband talked about the 7 Ps of Marketing and how they are applied at both their own company, as well as well-known brands such as Apple, Uber and McDonald's. It was fantastic to see so many of our students fielding tricky questions, and considering the implications about purchases that they as consumers choose to make.

It was an especially important seminar for the year 10 Business and Economics students, who will soon develop a product and brand in order to present a 'Shark Tank'. I saw many students writing down ideas which will surely be used to enhance and further develop their ideas for product development. We will welcome Aussie Broadband back in April to mentor the students on their Shark Tank projects.

A huge and sincere thank you to the boys from Aussie – it was a really wonderful experience to hear about how marketing works for major organisations. Thank you also to Ms Widrich and Mr Winter for accompanying our business students.



Photo L – R: Lincoln Ingravalle, Thanassi Katiforis, Kien Laurins, Kusi (Aussie Broadband), Tom (Aussie Broadband), Alex (Aussie Broadband), Jack Walton and Flynn Shields.

Healthy Lifestyles Class

We are currently completing a unit on nutrition in our healthy lifestyles class and as a part of this unit we had a guest speaker called Gina Symonds, who is a nutritionist from Bourgeois, join us to talk about how to prepare a “healthy plate”. We then discussed in groups what dishes we could create based on the five food groups, which are vegetables, fruits, dairy, protein and grains.

During our class time we choose what recipes that we were interested in cooking and brought in our own ingredients which we began preparing on Wednesday, during lunchtime, in the school kitchens. To prepare this dish as a class us students used a range of different techniques that most of us haven’t used before such as using blenders, food processors, etc. Therefore, we faced many rewarding challenges during this experience.

Zara and I cooked a healthy spaghetti carbonara, which included grains, protein and dairy. We used many skills such as boiling, stirring, whisking, using a frying pan and chopping etc. Once we had finished creating our carbonara dish we were marked on the presentation of how the meal looked, the variety in ingredients and how nutritious it was. We thought that the other students in our class did a great job of creating their healthy and nutritious dishes.

By Katelen Fleming & Zara Spencer



Lavalla get a touch of state

Lavalla Catholic College has produced two State Titles from the recent Touch Football Victoria Schools Championships. For the first time ever, a competition was conducted for the Primary/Year 7 students on Tuesday, March 20th and the inaugural event was claimed by our Year 7 Touch Football team with majority of the students learning the game on the run as the day unfolded.

To capture the State Title in the first ever experience of Touch Football was an outstanding accomplishment considering the boys were up against a couple of well-known Touch Football schools.

Lavalla eclipsed Patterson River Secondary College (2 teams), Luther College (2 teams) and Oakleigh South Primary School. The boys produced their highest score in a 7-3 victory over Luther College Blue before recording an emphatic 5-0 triumph against Oakleigh South PS in the final. Lavalla had earlier endured a 1-4 defeat to Oakleigh South.

Results: Year 7 boys

Game 1	Lavalla Catholic College	1	def.	Patterson River SC 2	0
Game 2	Lavalla Catholic College	5	def.	Luther College Red	1
Game 3	Lavalla Catholic College	4	def.	Patterson River SC 2	3
Game 4	Oakleigh South PS	1	def.	Lavalla Catholic College	4
Game 5	Lavalla Catholic College	7	def.	Luther College Blue	3
Final	Lavalla Catholic College	5	def.	Oakleigh South PS	0



The 15&U boys A team produced their third straight State Title with an undefeated run throughout their competition on Thursday, March 22nd.

The competition was conducted without a final so the pressure was on for the boys to finish at the top of the standings. They did so in stylish fashion by defeating McKinnon (2 teams), Brighton Grammar School (2 teams), Luther College and Chaffey Secondary College. The competition was very challenging for the 15&U boys but they persevered to claim the three-peat.

Results: 15&U boys

Game 1	Lavalla Catholic College	3	def.	McKinnon SC A	1
Game 2	Lavalla Catholic College	3	def.	Brighton GS Blue	2
Game 3	Lavalla Catholic College	4	def.	Brighton GS Red	3
Game 4	Lavalla Catholic College	6	def.	Chaffey SC	2
Game 5	Lavalla Catholic College	6	def.	Luther College	2
Game 6	Lavalla Catholic College	5	def.	McKinnon SC B	1

Other teams to attend were the 18&U boys, 15&U girls, 15&U boys B (who lost their final 1-5 to Aquinas College) and the Year 7 girls but were not able to enjoy the same success. The Year 7 girls did not lose a game but endured four drawn matches that kept them out of the final. Oakleigh South Primary School, who eventually won the State Title, recorded a 2-all draw against our girls.

A great start to the year for our sporting program. Well done to all teams and coaches.

Important Dates

MARCH

28th Mar	-	Year 7 Immunisations
	-	Last Day Term 1
29th Mar	-	Student Free Day
	-	Parent Teacher Interviews

APRIL

16th Apr	-	Term 2 Commences
25th Apr	-	ANZAC Day
	-	Student Free Day
30th Apr	-	Change over to Full Winter Uniform

Keep updated at the Lavalla Catholic College website:

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

Calling for feedback on the Youth Space Latrobe Design Principles

The Youth Space Latrobe project has been underway over the past few months. Young people have discussed what it is like to live in the Valley, what issues are important and what they think is needed in the Valley to help them thrive.

Led by our Youth Core Design Team, young people came together in February 2018 to workshop what activities and services a new youth space could provide, where the youth space should be located, and explore design concepts. Some of the students at Lavalla Catholic College school were involved in this process.

These workshops led to the creation of nine design principles that will inform the creation of a new Youth Space Latrobe.

The Youth Core Design Team would love to know the community's thoughts on these principles. A short, de-identified survey has been created to describe and evaluate the design principles.

Your feedback is being sought. Please follow this link to participate in the survey. youthspacelatrobe.typeform.com/to/oeHLEt

Once the design principles have been refined, they will be presented to the Victorian Government for consideration.

Second-Hand Uniform Shop

Open 3.30pm - 6.00pm
St Paul's Campus, Grey Street

19th April
3rd May
17th May
7th June
21st June
19th July
2nd August
16th August



2018

Short Story
Poetry
Childrens Story
Illustrations

writing & poetry competition

The Churchill & District News is our community newspaper and the fundraising aspect of this competition is secondary to the participation of our entrants.

If you have any queries or if we can assist you in any way please do not hesitate to contact Ruth on 5122 1961 or email place@aussiebb.com.au OR Carol on 0409 326 769

Categories

1. Children 7 and Under Short story/poem or picture story
2. Children 8 - 10 years Short Story/Poetry (illustrations welcome)
3. Children 11 - 13 years Short Story (illustrations welcome)
4. Children 11 - 13 years Poetry (illustrations welcome)
5. 14 - 17 years Short Story
6. 14 - 17 years Poetry
7. Adult Short Story
8. Adult Poetry
9. A Children's Story: A story written for children

NOTE: Categories 1 - 4 will include prizes for best illustration and best presentation.

Conditions of Entry

1. All stories must have a separate completed entry form attached to the manuscript with a paper clip (no pins or staples). Please clearly include your name, address and a contact phone number or email address. People must clearly indicate which category they have entered.
- For age groups 14 years and over please also email a copy of your manuscript to cdneditorial@aussiebb.com.au
2. The author's name must only be on the entry form and not on the manuscript.
3. Entries must be original, previously unpublished work.
4. Each entry must include a title.
5. Multiple entries will be accepted.

6. Unless otherwise specified, permission to reproduce entries in the Churchill & District News or for publicity purposes will be assumed. Copyright remains with the author.
7. Writers will be credited whenever their writing is reproduced
8. Entries must be received by July 27, 2018.
9. All pages should be numbered.
10. Adult entrants must give their address.
11. Length of stories is to be:
Adult: 1000 - 2500 words
14-18 years: 500 - 2000 words
Children: up to 500 words
Length of poems is to be:
Poetry, free or rhyming verse to be:

- Adult: min. 8 lines and max. 48 lines.
14-18 years: min. 8 lines and max. 48 lines.
Children: up to 20 lines
12. Entries will not be returned and participants should keep a copy of their work.
13. The Judges decision is final and no correspondence will be entered into.
14. Signing of the entry form for this competition constitutes acceptance of these conditions of entry.

Entries to be mailed to:
Churchill & District News Writing Competition, PO Box 234, Churchill Victoria 3842

Electronic copies of 14 years to Adult also emailed to cdneditorial@aussiebb.com.au
Closing Date: July 27, 2018.

Entry Fees:
\$3.00 Per Short Story/Children's Story -
\$3.00 Per Poem
Children, Under 7, U 12 and U18
Categories - 50c.

PAYMENT OPTIONS:
Cheques or Postal Orders payable to the "Churchill & District News".
No cash please.
Postage stamps accepted.
We hope that you will support the competition.

Churchill & District News Short Story and Poetry Competition 2018 Entry Form

Name: _____ Age: _____

Tick M ☐ F ☐

Address: _____

Telephone: _____

I have entered: _____ Short Story _____ Poem _____

Title of Story(s): _____ Category _____

Title of Poem(s): _____ Category _____

I have read and understood the conditions of entry and agree to abide by them. I certify that this is an original unpublished story or poem, written by myself.

This entry form can be completed on behalf of U12's by a parent, guardian or teacher.

Signature _____

NOTE: Entry Fee to be included with Entry Form.

Please make Cheques or Postal Orders payable to
Churchill & District News.

No cash please. Postage stamps accepted.

Email: cdneditorial@aussiebb.com.au Mail entries to: PO Box 234, Churchill 3842



PO Box 234
CHURCHILL 3842

Tel: (03) 5122 1961

Email: cdneditorial@aussiebb.com.au
www.cdnews.com.au

Churchill & District News Short Story and Poetry Competition 2018

The Churchill & District News invites all interested age groups to take part in our Short Story and Poetry Competition.

Work will be displayed at Co-Operating Church in Churchill. All participants, parents, students and teachers will be invited to attend this celebration to award prizes and certificates. First prize winner's entries will be published in the Churchill and District News.

Teachers are invited to nominate students for special achievement or encouragement awards.

There is no set topic for the competition but teachers are welcome to set one, or submit work from subjects currently being studied. Illustrations will also be appreciated and there is no minimum number of words in the children's categories.

Entry fees are stated on the conditions of entry. They are essential for running the competition. Each piece of work should have an entry form attached with the entrant's name. **NO name should be written on the entry.**

The closing date is July 27, 2018. Entries can be mailed to: Churchill & District News, Writing Competition, PO Box 234, Churchill, 3842

Alternatively, you can call 03 512 21961 and I will be happy to arrange collection.

Notes for achievement and encouragement awards can be placed on the relevant entry.

We hope that you will support the competition. The Churchill & District News is our community newspaper and the fundraising aspect of this competition is secondary to the participation of our entrants.

If you have any queries or if we can assist you in any way please do not hesitate to contact Ruth Place on 512 21961, Carol Scott on 0409 326 769 or email on place@aussiebb.com.au

Regards

Churchill & District News Team
Ruth Place

Email: cdneditorial@aussiebb.com.au
Web: cdnews.com.au



Churchill & District News Short Story and Poetry Competition 2018 Categories and Conditions of Entry

THE Churchill & District News invites you to enter our Short Story and Poetry Competition. There are some great prizes, with all entrants under 12 receiving a certificate of participation and a small gift.

If you have any queries or require information, conditions of entry and entry forms please do not hesitate to contact us by email at cdneditorial@aussiebb.com.au or ring Ruth 03 5122 1961 or Carol 0409 326 769.

CATEGORIES

- 1 Children 7 and Under Short story/poem or picture story
- 2 Children 8 - 10 years Short Story/Poetry (illustrations welcome)
- 3 Children 11 – 13 years Short Story (illustrations welcome)
- 4 Children 11 – 13 years Poetry (illustrations welcome)
- 5 14 – 17 years Short Story
6. 14 – 17 years Poetry
- 7 Adult Short Story
- 8 Adult Poetry
- 9 A Children's Story: A story written for children

Categories 1 – 4 will include prizes for best illustration and best presentation.

CONDITIONS OF ENTRY

1. All stories must have a separate completed entry form attached to the manuscript with a paper clip (no pins or staples). Please clearly include your name, address and a contact phone number or email address. People must clearly indicate whether they are in the Open or Local categories. For age groups 14 years and over please also email a copy of your manuscript to cdneditorial@aussiebb.com.au
2. The author's name must only be on the entry form and not on the manuscript
3. Entries must be original, previously unpublished work.
4. Each entry must include a title
5. Multiple entries will be accepted
6. Unless otherwise specified, permission to reproduce entries in the Churchill & District News or for publicity purposes will be assumed. Copyright remains with the author.
7. Writers will be credited whenever their writing is reproduced
8. Entries must be received by July 27, 2018
9. All pages should be numbered.
10. People entering in the Open category must give their address.
11. Length of stories is to be:

Adult: 1000 - 2500 words

14-18years: 500 - 2000 words

Children: up to 500 words

Length of poems is to be:

Poetry, free or rhyming verse to be:

Adult: min. 8 lines and max. 48 lines.

14-18 years: min. 8 lines and max. 48 lines.

Children: up to 20 lines

12. Entries will not be returned and participants should keep a copy of their work.

13. The Judges decision is final and no correspondence will be entered into

14. Signing of the entry form for this competition constitutes acceptance of these conditions of entry

Entries to be mailed to:

Churchill & District News Writing Competition, PO Box 234, Churchill Victoria 3842

Electronic copies of 14 years to Adult also emailed to cdneditorial@aussiebb.com.au

Closing Date: July 27, 2018.

Entry Fees:

\$3.00 Per Short Story/Children's Story –

\$3.00 Per Poem

Children, Under 7, U 12 and U18 Categories - 50c.

PAYMENT OPTIONS:

Cheques or Postal Orders payable to the "Churchill & District News".

No cash please. Postage stamps accepted.

We hope that you will support the competition. The Churchill & District News is our community newspaper and the fundraising aspect of this competition is secondary to the participation of our entrants.

If you have any queries or if we can assist you in any way, please do not hesitate to contact Ruth Place on 5122 1961 or Carol 0409 326 769 or email on place@aussiebb.com.au

CHURCHILL & DISTRICT NEWS
WRITING COMPETITION 2018
ENTRY FORM 8 - 10 YEARS

School: _____

Name: _____

Age: _____

Male or Female (Please Circle)

Class: _____

Title: _____

CHURCHILL & DISTRICT NEWS
WRITING COMPETITION 2018
ENTRY FORM 8 - 10 YEARS

School: _____

Name: _____

Age: _____

Male or Female (Please Circle)

Class: _____

Title: _____

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WRITING COMPETITION 2018
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Name: _____

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Title: _____

CHURCHILL & DISTRICT NEWS
WRITING COMPETITION 2018
ENTRY FORM 8 - 10 YEARS

School: _____

Name: _____

Age: _____

Male or Female (Please Circle)

Class: _____

Title: _____



CHURCHILL & DISTRICT NEWS SHORT STORY AND POETRY 2018 GENERAL ENTRY FORM

Name: _____

Address: _____

Telephone: _____

I have entered: _____ Short Story(s) _____ Poem(s)

Title of Story(s) Category/Poetry

I have read and understood the conditions of entry and agree to abide by them.

I certify that this is an original unpublished story or poem, written by myself.

This entry form can be completed on behalf of U12's by a parent, guardian or teacher.

Signature _____

Entries to be mailed to:
Churchill & District News Writing Competition,
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Churchill Victoria 3842
Electronic copies of 14 years to Adult also emailed to
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District News".
No cash please. Postage stamps accepted.

WE WANT YOU

ARE YOU AN ASPIRING AFLW PLAYER OF THE FUTURE?

HAWTHORN GIPPSLAND AFL SKILLS AND DRILLS

You are invited to participate in the Hawthorn Next Generation Academy and Gippsland Power come and try day.

PARENTS/
GUARDIANS
ARE WELCOME
TO ATTEND



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10:00am – 12:30pm
U13 Hawks Academy (Born 2005/2006)

1:30pm – 4:00pm
U15 Gippsland Power Vline Cup
(Born 2003/2004)



Girls aged 11-15 years



Gippsland Power Centre of Excellence
Travers st, Morwell, VIC, 3840



Appropriate clothing/football training
gear for indoor and outdoor sessions
Runners compulsory (football boots optional)

REGISTER NOW – SPOTS ARE LIMITED

Click on the link to register
www.surveymonkey.com/r/X65MPRS

This invite is open for all to try, except for girls currently
in the Gippsland Power Talent Pathway.



For more information please contact
Chelsea at chelsea.cagle@afl.com.au

GET YOUR DESIGN ON

WE WANT

YOU TO

**design a logo
for Gippsland
FM**

Get the design brief from
www.gippslandfm.org.au/logo

CLOSES APRIL 30

\$300 PRIZE



insights



Strategies to deal with cyberbullying

by Martine Oglethorpe



Cyberbullying is certainly one of the downsides of the digital world and something that evokes great fear amongst parents and educators. While the extent of the harm and the effects of cyberbullying can vary greatly, it is important that young people know there are things that can be done to minimise that harm, and to help put an end to bullying behaviour.

Cyberbullying can be described as any bullying that occurs via a technological medium, either via texting, email, social media interactions, gaming comments or the unwanted sharing of images and videos. It tends to have three characteristics: it usually involves a power imbalance, it is behaviour intended to cause harm or embarrassment, and it doesn't cease when the target asks for it to stop.

We should make a distinction between behaviour that is bullying – and thus reportable – versus that which is simply 'mean and nasty'. Some behaviours are hurtful and unkind, but not necessarily bullying. An action may be thoughtless, bold, mean, rude or ill mannered, but it doesn't necessarily have the characteristics of bullying. Such one-off behaviours would rarely be reportable or require follow up in line with anti-bullying laws. Nevertheless, for such behaviours we can still use the strategies below, as well as a healthy dose of resilience. We just wouldn't be reporting the behaviour to police or looking to the law for help.

When bullying behaviours do occur, we now have some good data to support a number of potential strategies that can work for young people. Some of these are more appropriate for certain people and certain situations, but the most important thing for young people is to know that they do have options.

Block

Every social network, app or gaming device has the ability to block or mute someone who is abusing you in any way. It is important to familiarise yourself with the 'settings' button on any network or game as this is where you will find the ways to block those people who are no longer serving you well.

Report

If the behaviour is particularly malicious or threatening and appears to be breaking any codes of behaviour set out by the service or network, the perpetrator can be reported to that service or network. Their account can be looked at and taken down if they are deemed to be breaking those codes of conduct. Again, look to the settings in the particular app or game to find reporting instructions.

Ignore

For those who are able, simply ignoring the behaviour has also been found to be most effective. When there is no one there to respond, the offender often gets tired of the lack of interaction. The refusal 'to take the bait' often sees the behaviour subside. Of course if ignoring it doesn't stop the behaviour, then other steps need to be taken.

Be an upstander

The power of numbers can be both a good and a bad thing online. If one person takes a stand and sticks up for someone there is usually a ripple effect and others will join in to admonish the behaviour. Encouraging young people to have the courage to stand up for others who are unable to stand up for themselves goes a long way to stopping these behaviours.

Seek help from the Office of the eSafety Commissioner

If you have not had any success in getting comments, photos or videos taken down by a social network, the next step is to take your issue to the [eSafety Commissioner](#). The Commissioner's office has the power to deal with cyberbullying and take down any content thought to be threatening or abusive. Take screenshots if needed as evidence of offending behaviour. Find more information at www.esafety.gov.au.

Get others involved

'A problem shared is a problem halved' they say, and this can certainly be true for those experiencing bullying. This can be difficult for some kids who fear retribution to themselves, embarrassment or having their tech taken away. However it is important for them to know that these do not have to be concerns for them. Ask your young person who they feel they could turn to should something go wrong online. This will preferably be a parent or teacher, but even if it is another friend both kids can discuss how they could help someone else in the same situation. What are the steps they could take to help someone being bullied online?

Every young person has the right to safe access to the internet and to be able to engage in positive interactions with others. When this right is denied, it is imperative that young people know they have options at their disposal to put an end to the bullying behaviour and get back to their fundamental right of safe access to the online world.



Martine Oglethorpe

Martine Oglethorpe is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Martine is available for student workshops focused on positive online behaviours, for teacher professional development on how the digital world affects what happens in the classroom and for corporate and parent information sessions. For more information head to her website themodernparent.net. Contact details: info@martineoglethorpe.com.au, themodernparent.net, facebook.com/themodernparent

Your Parenting Ideas Webinar Voucher

**Driven To Distraction: Helping
families keep digital devices
under control**

Guest Speaker: Martine Oglethorpe

26 March 2018 - 07:30pm



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