



AWAKEN
MARISTS 200+

From the Principal



Mr John M Freeman

I would like to congratulate Ms Fran Renehan on her retirement at the end of this term and thank her for 37 years of dedicated service to providing quality Catholic education to the young people of the Latrobe Valley. Fran held many roles at the College during her time spanning wellbeing, learning and teaching, leading reviews, health and safety, staff union representative and enrichment activities, notably debating and golf. Fran also made significant contributions to the wider Catholic Education community as well.

Those who know Fran will understand that her work over the years is driven by her strong sense of justice and a desire to see students, colleagues, the school and the Catholic Education sector achieve their best. Thank you!

We also say thank you to Mrs Jayne Scott who has served here this term whilst Mrs Sue Birt has been on Long Service Leave.



Congratulations to our Netball team who placed fourth out of seventeen teams in the National Marist Netball Competition held at Red Bend Catholic College, Forbes NSW this week. The team left last Saturday and travelled by bus to the event. The carnival commenced on Sunday evening with an Opening Mass and then matches began on Monday morning. The competition took place over three days and concluded with finals on Wednesday. Our team comprised: Darcy Guttridge (Captain), Daisy Hill (Vice-Captain), Maleah Travers, Sarah Mulqueen, Lily Van Berkel, Chelsea Livingstone, Lori Scholtes, Maddison Knowles and Lauryn King-Church. The coach

is Ms Fiona Morrow and the Team Manager is Ms Nikki Schroeter. I know Fiona is very proud of the girls' effort all week, as are all of us. I also acknowledge the success of the following students in the squad for their achievements: Players of the day Sarah Mulqueen (Monday), Maleah Travers (Tuesday), Daisy Hill (Wednesday); and Daisy Hill on her selection into the Highly Recommended Squad.



MUSICAL: Rehearsals for our Musical, Beauty and the Beast Jnr, are progressing well and I encourage you to mark in your diaries either the evening of Wednesday August 9 or Thursday August 10th to see this entertaining production at the Latrobe Performing Arts Centre. The show is being directed, choreographed and produced by Ms Katie Lee, Mrs Monica Justin and Ms Adriana Bianconi and tickets are now on sale from: http://www.latrobe.vic.gov.au/Our_Services/Arts_Recreation_and_Leisure/Latrobe_Performing_Arts/Whats_On

Whilst this is second last week of term and this will be our last Newsletter until we return for Term 3 we still have a busy week ahead.

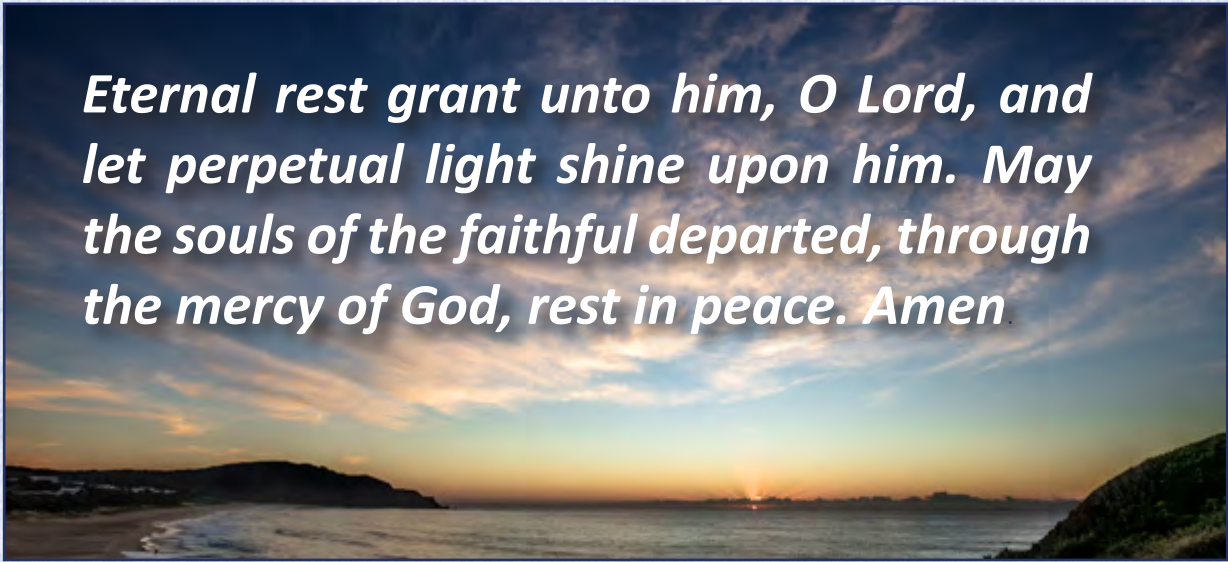
YEAR 12 RETREAT: Next week our Year 12 students will be on retreat at Phillip Island and I extend my thanks in advance to all staff who are journeying with these fine young people through our program. I am particularly grateful to Mrs Monica Justin for her leadership and organisation of the retreats as also Mr Chris Roga, Mrs Tamsin McCormack, Ms Courtney Baker, Ms Sarah Wilhelm and Ms Nicole Denovan for their support of Monica.

FINAL WEEK of TERM: Also during the last week, we will see: students in Years 10 and 11 undertaking exams; Years 9 will be at the Kildare Campus being introduced to the programs and pathways available to them in the coming years; Parent/Student/Teacher interviews for St Paul's Campus and Year 11 VCAL Work Experience. Please note that Friday, 30 June is a student free day, but interviews will continue that morning and our Year 12s return from their retreat around 12.00pm

TERM BREAK: Each term has a unique feel and second term is one that is both busy and challenging due to its: length; the change of weather from warm and sunny days to the cold, often wet and short daytime; this is the term when many major assessments take place; and as always there have been numerous co-curricular activities throughout this time. There is not a school I am aware of where everyone at this time is not tired and well-deserving of the term break. I wish everyone a safe and restful holiday.

TERM 3: Staff will return from the break on Monday, 17 July and be engaged in a Faith Development Day at our Presentation Campus until 2.00pm and then will return for meetings and preparation. Accordingly, the first day of classes for Term 3 will be Tuesday, 18 July, 2017.

PRAYERS: Finally, can I please ask you to pray for the family of Mr Adrian Desira. Adrian passed away recently and is the nephew of Mr Charles Desira.



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



Mission & Ministry News



Mr Chris Roga
Dir. Faith & Ministry

Mary cradled Jesus as a baby at the start of his life; she cradled him in death. The Pieta (1498-1499) is beautiful and inspiring in real life. If you ever do get to see it, admire it and the look for Michelangelo's name carved on it somewhere.



When Michelangelo first exhibited the Pieta, a cardinal objected that Mary was too young to be the mother of a 33-year old! Michelangelo's replied that the Virgin is ageless!

For us at the Lavalla community, getting away from embellished stories, the challenge is how we practise Mary's gifts of humility, modesty and simplicity among ourselves.

Life

Our students are getting ready for exams, assignments, feedback and the hectic rush before the end of term and two lovely weeks of holiday. These times are extra nervous because time seems to speed up and drag at the same time. Do one thing at a time, very gently. And eat lots of chocolate!

Year 12 Retreat

The Year 12s will go on their Annual retreat to Philip Island next week, in two lots. The Retreat has always been one of the highlights Year 12. Keep the young people in your prayers, and even more keep their teachers and leaders in your prayers.

Religious Education Curriculum Development

Giving some teeth to the idea of strengthening Religious education for the benefit of all in our community, RE teachers will embark upon a project to strengthen curriculum delivery in the classroom. The Catholic Education Office is animating the project and seeking to involve many teachers from the secondary schools to foster learning networks. RE will become a subject students look forward to.

Awaken: Staff Retreat

Staff will have a retreat on 17 July at Presentation Campus. The Awaken programme is engaging and fun and will help the staff in numerous ways, personal as well as communal.





Preparing for Exams



Mr Brett Van Berkel

Below are a list of actions that your child could put in place to help them prepare for upcoming exams.

Performing well in any area of life relies on processes, preparation and effort. Exams/assessment are no different.

Process and preparation could include:

- Consistently reviewing and revising throughout the year
- Have growth mindsets to lift your efforts to learn new approaches when you face challenges
- Speak to students in your Learner Advisor who studied your subjects last year
- Ask them for feedback on your approaches
- Hindsight is powerful, tap into their observations
- Ask subject teachers what are the best way to prepare
- Including what content the assessment will cover
- The types of questions used such as multiple choice, short answer, essay
- In your room put up key points, formulae, quotes, examples of answers
- Recite them aloud daily
- Put the exam timetable in your bedroom and on the fridge
- Identify areas of weakness and address them
- Work at exam pace; your timing is critical
- Study in time blocks equal to the duration of the exams

Exam/Assessment Day Routines

All elite performers in any field have routines they follow before and during performing
Proven assessment day routines include:

- Positive self – talk, “I’ve prepared well and I’ll do well”
- At least 9 hours sleep the night before
- Family to double check dates/times
- A wholesome breakfast; not too heavy
- 30 minutes exercise to spark the mind and body
- Coffee free; affects concentration
- A bottle of water; assists brain functioning
- Time for unexpected delay; be 15 minutes early
- Your exam equipment is ready
- Self-calming deep breathing in pre-exam time
- Use the reading time effectively
- Underline/highlight key words / phrases in questions
- Do plans address the questions and make sense
- Begin with your selected questions to build confidence
- Don’t panic if you forget something; a positive attitude may prompt it’s return
- Check your work if you finish early

If students look to put in place the points above it will assist them in being prepared for the upcoming exam period.



Wellbeing & Operations



Mrs Kelly Murray

Late Arrival/Early Departure

From time to time, we understand that students will need to attend appointments which fall within school hours. If your child will be arriving late to school, please attend student services with your child to sign them in, or alternatively, send a signed note for your child to hand in to student services when they sign in.

If you are picking your child up early, please ensure that they have a signed note to show the class teacher so that they are aware of the time that your child will need to leave class. Students cannot be called to the office during class time and staff are not always available to collect students who have forgotten an appointment.

Extended Absence From School

If your child will be absent from school for an extended period of time, please inform the appropriate campus as soon as possible. Forms for absences such as family holidays, student exchange programs and medical procedures can be collected from each campus. It is also important that your child notifies their subject teachers before leaving so that they can prepare reports appropriately or modify curriculum as required.

Notification of Unexpected Absences

During times when an absence arises unexpectedly, please contact your child's campus via phone. Please follow all phone notifications with an email to administration on your child's campus, or a written note upon your child's return to school. When no written notification has been received, the College will contact you for information regarding the absence.

Uniform

As the end of term is just around the corner, it is a good time to have a good look at your child's uniform for wear and fit. This might include shoes and socks (grey for boys winter uniform and white with PE for boys and girls- strictly no black socks). As the weather is also getting much colder, it is important that all students wear the winter uniform correctly. The jumper and blazer provide extra warmth on those colder days. The spray jacket is only to be worn with the PE uniform.

eSafety Commision Visit

This week the College was pleased to welcome Mr Greg Gebhard from the Office of the Children's eSafety Commissioner. Greg presented sessions to the students of both campuses and parents were welcomed to the Kildare campus during the evening. For students, Greg spoke about the "Brand" that we project online with the material that we post. Students were also made aware of what can happen when things go wrong and poor choices are made about what we post. For parents, keeping our children safe and supporting them in difficult times were the key messages of the evening. Everyone who saw the presentations left with the knowledge that the eSafety Commission is available at all times to help when Cyberbullying becomes an issue. More information will be attached at the end of this newsletter. If you have any questions, please do not hesitate to contact either campus and speak to one of the Wellbeing staff members.



Music News



Mr Shane Reid

Our thanks to all of the families who so generously supported our recent Krispy Kreme fundraiser. As you read this you may very well be enjoying either one of the 'assorted dozen' assortments or original glazed. These fund raising efforts will go towards the purchase of some much needed Orchestral Wind Chimes. I particularly wanted to acknowledge the work of our Music Support Group who organised this very successful initiative.

We had some very welcome guests at our early morning Senior Jazz Ensemble rehearsal this week. Luke Matthyssen and Nathanael Georgeson, both graduates of our College in 2015, took advantage of the extended university holidays at this time of year and came along and resumed their places in our trombone and trumpet sections. It was great to see them both and hear about their respective studies in Science and Engineering.





College Calendar - Term 2

DATE	CAMPUS	ACTIVITY	NOTES
JUNE			
Mon 19th - Fri 23rd	KILDARE	Year 12 Trial Exams	
Mon 19th - Wed 21st		Marist Netball Carnival	
Mon 26th - Fri 30th	KILDARE	Years 10 & 11 Exams	
Mon 26th - Wed 28th	KILDARE	Year 12 Retreat (Group 1)	
Tue 27th	ST PAUL'S	Year 9 Careers Pathways	
Wed 28th	KILDARE	Year 12 Retreat (Group 2)	
	ST PAUL'S	Year 9 Transition Day	
Thu 29th	ST PAUL'S	Parent Teacher Interviews	4.00-7.00pm
Fri 30th	ST PAUL'S	Parent Teacher Interviews	9.00am - 12.00pm
	BOTH	STUDENT FREE DAY	
		END OF TERM 2	



UNIFORM SHOP

Open 3.30pm- 6.00pm

St Paul's Campus

20th July

3rd Aug

7th Sept

21st Sept

The Latrobe Chorale

presents

Brahms
A German
Requiem

Musical Director

Mary Mirtschin

Featuring

Soprano Mary Mirtschin

Baritone Ian Moore

Piano Brian Chapman

Organ Esther White

Followed by afternoon tea

Enquiries 04 0707 2294

www.latrobechorale.org



1 July 2017

Saturday 2:00 pm

St Andrew's
50 Church Street
Morwell

2 July 2017

Sunday 2:00 pm

St Michael's
33-35 Kay St
Traralgon

Admission

Adult \$20

Concession \$15

Under 16 free

Tickets

www.trybooking.com/latrobechorale

Also available at the door



Anxiety in Secondary School Kids

By Dr Jodi Richardson

Anxiety is common and treatable, but it's also something that can be scary and confusing.

It doesn't have to be. I'm hoping that this article helps you feel more in the know and better equipped to understand what's happening in an anxious mind, recognise it, support your teen and seek help if needed.

First, some stats. In Australia, 1 in 3 women and 1 in 5 men will experience anxiety in their lifetime. That's an average of 25 per cent of the population. I'd be surprised if you didn't know someone who has it. The statistics are more comforting when it comes to secondary school kids where 7 per cent (that's around 1 in 14) are diagnosed with anxiety.

We've all experienced it. It's a completely normal reaction under dangerous or stressful circumstances. Perhaps you've narrowly avoided a car accident. Your heart pounds, your breathing becomes shallow and fast, your body floods with adrenaline to put you on red alert, your blood pressure goes up, you might perspire and glucose dumps from your muscles into your bloodstream. All of this is preparing you to face-up to the 'threat' or run like heck in the other direction. This is 'fight or flight' in action.

This reaction is a survival instinct, dating back to early times when

life-threatening situations were ever present. These days we can experience anxiety when we're under pressure to meet a deadline, talking in front of our colleagues, preparing for a job interview or even just opening our email. Our lives are not in danger but our bodies react as if this were the case. The same can be true for teenagers.

Anxiety is a normal response to a threatening situation. All of these physical changes happen instinctively as a tiny part of our brain called the amygdala tells the sympathetic nervous system to take over and fire us up so we can do what we have to in order to survive.

Do you know the feeling? Perhaps it happens to you now and then. But maybe, if you're one of the two million-plus Australians (including me) who experience an anxiety disorder, your body and brain respond like that more often, more quickly and more intensely than others.

Trust me, it feels awful. I've experienced anxiety since I was a child, still do and always will. My parents didn't even know anxiety existed when I was a kid and it took me until my early twenties to be diagnosed. Now that I know, I can, and do, take action to manage it. And despite having ups and downs like everyone else, on the whole I live

a rich, full and meaningful life. Your teenagers can too.

Our kids are lucky. They have great parents (that's you) who know to look out for their mental health, and who have access to lots of great resources including the family GP.

How do I know what's 'normal'?

Nervousness, stress and anxiety are normal reactions to logical circumstances. What to look out for is if your teen is reacting anxiously to situations where there's no danger present, their reaction is out of proportion to the circumstances or they can't participate in normal daily activities. Below are some of the other symptoms of anxiety in teenagers:

- Difficulty concentrating
- Poor memory
- Mind racing
- Difficulty sleeping
- Always tired
- Feeling edgy
- Avoidance behaviour
- Stomach pains
- Chest pain
- Shakiness
- Nausea
- Diarrhoea
- Sweating



parenting *ideas

Anxiety in Secondary School Kids

Okay, so how can I help?

1. Maintain open lines of communication with your teen by regularly spending one-on-one time together, having fun together and making yourself available at a regular time each day for an uninterrupted chat.

2. If you think your teenager is experiencing anxiety, talk to him/her and go together to see your GP to have a conversation about what's been happening.

3. Help your teenager understand what's going on in their body and brain when they are experiencing anxiety. Explain that the amygdala is trying to protect them but can 'overreact' sometimes and prepare their body for 'fight or flight' when it's just not warranted. It's the amygdala that causes all of the physical symptoms like a racing heart (pumping more oxygen to the muscles, readying them for battle), light headedness (due to an imbalance between oxygen and carbon dioxide caused by fast, shallow breathing), shakiness (due to the adrenaline being pumped into their bloodstream), and nausea (resulting from the body shunting blood away from the stomach to the arms and legs so they're primed for a fight or a sprint).

4. Because breathing becomes shallow and fast with anxiety, a simple yet incredibly effective way to show the amygdala that everything is okay

is to take deliberate, slower breaths (in for 3, hold for 1, out for 3). After all, no-one can do this when they really are running for their life!

5. Mindfulness is a superpower for the anxious brain (any brain in fact!) and there are lots of great ways to help teenagers learn. The Smiling Mind app is a wonderful way to introduce a regular mindfulness practice or you could take mindfulness classes together. Mindfulness reduces the size of the amygdala as well as fostering other protective changes in the brain.

6. If they are worrying excessively over something – let's say it's presenting a project to their class, a test or an exam – instead of saying, "You'll be fine, you always do so well" or "Don't worry, all the other kids will be nervous too" or similar, try this instead: "I understand how you're feeling, that's so normal, I'd feel the same way". They want to know you 'get' it and that they're not alone. You could also ask, "Is it helpful to keep thinking about it?" When they (inevitably) say "no", suggest focusing attention on something that will help, like practicing more, making cue cards, revising, doing another practice exam or doing something completely different to engage their mind in a fun and positive activity.

7. Help them to discover their values so they can take action in the direction of what really matters to them despite feeling anxious.

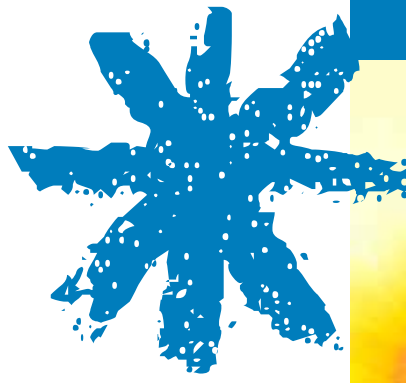


Visit our website for more ideas and information to help you raise confident and resilient young people.

Dr Jodi Richardson Jodi is a happiness and wellbeing speaker and writer, retreat facilitator and mum to two primary school aged kids. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on facebook. [com/DrJodiRichardson](https://www.facebook.com/DrJodiRichardson). Enquiries to jodi@drjodirichardson.com.au



parenting*ideas insights



Building self-esteem away from the screens

By Martine Oglethorpe

As so much of a young person's social world revolves around their online feeds and connections, it is no wonder that 'likes' and comments have become a social currency and a reflection of where young people see themselves amongst their peers.

Whilst social media has the ability to ignite a flourishing self-esteem with glowing comments, hundreds of likes and thousands of followers, it can also have a negative impact. A lack of likes, followers or comments, or even just a small number of nasty or negative comments, can do irreparable damage to a struggling self-esteem.

In addition, because many of the social networks kids are using centre around the sharing of visuals, this can lead to an over representation of aesthetics as the yardstick of popularity. Instagram, Snapchat and musical.ly are some of the popular networks right now and all are based on photos, video and performance. Which is all well and good if you have a good sense of who you are and are not relying on the feedback from these networks to decide your worth. But for many, putting themselves out there can mean they open themselves up to judgement and even ridicule.

And even if they get hundreds of likes or lots of lovely comments, it is often the one nasty one they remember the most.

We need kids to know they are worth more than their likes and followers. We need them to know their sense of self is not based on what others, and even strangers, may think of them.

But how do we do that in a world that sees kids so attached to their screens and their online social connections?

Well, like all things in parenting today, there is no one simple solution. However there are certainly ways we can help ensure that a sense of self-worth is based on the achievements, the values and the qualities that make each and every child unique.

Build their independence and resilience early

From a very early age, provide them with opportunities to build their independence, have responsibilities, learn to fail, make mistakes and problem solve when things don't go to plan. These skills will become invaluable in a world that sees constant comparison and the inevitable negative interactions of the online world.



Building self-esteem away from the screens

Stay relevant

Don't resort to the "in my day we...". We may well reminisce about the more carefree days where we got to switch off and hangout with mates in the neighbourhood oblivious to what the rest of the world thought of our latest picture. But that's not particularly relevant to our kids today. And shutting down their account, turning off their computer and walking away from social media altogether is really not an option for most. Be sure your kids know that you understand the role the technology plays and the challenges they face. That way you put yourself in the best position to have the right conversations and put in place the right boundaries.

Provide other role models and community

Getting involved in outside pursuits and interests away from the screens can help them form connections with other parts of the community. Coaches, youth leaders and other role models can all play a part in mentoring a child about the importance of balance whilst reminding them that there is a life beyond the screens.

Give them opportunities to help

There is no better way to feel better about oneself than to feel useful.

Helping at home, helping in the community and volunteering can be great ways for kids to build self-worth away from the screens. It may be helping coach some kids at the local sports club or getting involved in a cause or issue that matters to them. This will give them a sense of purpose that revolves around their actions and their input and not just what others perceive about them.

Family rituals

Regular meals and time where no devices are present can be crucial to providing the stability and security young people need. Mealtimes have been proven to be an effective way of letting kids know they always have a place that is familiar, secure and unconditional. This may not be a reality for every family every night, but trying to incorporate any sense of ritual into a family, especially one where screens are not involved, will certainly provide a positive impact.

We know that the technology and the devices are going to continue to play a huge role in the social and emotional lives of our children. Therefore we need to ensure that we are doing all we can to give them a balanced, true and positive view of themselves that continues to flourish both in real life and online.



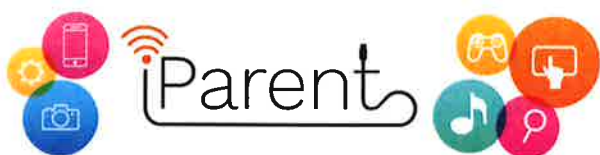
Martine Oglethorpe is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Devices and the online world will continue to play an increasing role in the lives of our families for much of their information, education, entertainment and socialisation. It is imperative therefore, we have the skills, understanding and strategies to help them navigate the challenges and make the most of the opportunities that the technology has to offer. 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. If you would like to book Martine for a presentation or to get more ideas on dealing with the digital world then head to her website themodernparent.net. Contact details: info@martineoglethorpe.com.au [facebook.com/themodernparent](https://www.facebook.com/themodernparent)

Visit our website for more ideas and information to help you raise confident and resilient young people.





Resources for parents



Highlights include:

Multimedia reviews — tips about entertainment choices available to young people—including games, movies and television.

Online safeguards — advice and information about parental controls for devices, streaming services, web browsers and gaming consoles and a range of content about safe search and filtering software.

Staying safe — information about key internet safety topics.

Online risks — guidance for parents to help deal with cyberbullying, sexting, inappropriate content and grooming.

Getting help — a listing of professional support services for children and parents/carers. Each state in Australia has a dedicated [parent helpline](#).

Ordering free resources

Call 1800 880 176 – downloadable from esafety.gov.au.

Other useful resources:

- * [How to set parental controls on gaming consoles.](#)
- * [Parental controls for computers, tablets and smartphones.](#)
- * [Quick guide to popular social media sites and apps.](#)

Infographics

- * [Is there an age limit for kids on social media?](#)
- * [Should my child be on social media?](#)
- * [Keeping an eye on screen time.](#)
- * [8 tips to keep on top of your child's screen time.](#)

Video resources

The Office of the Children's eSafety Commissioner offers over 350 video resources for children, parents and teachers on our [Vimeo](#) channel.

- * [Chatterbox video series for parents covering cyberbullying, unwanted contact and sexting.](#)
- * [Online grooming - Detective Senior Sergeant Wayne Newman – Child Exploitation Taskforces, Victoria.](#)
- * [Balancing time online - Dr Michael Carr-Gregg, Child and Adolescent Psychologist.](#)
- * [Managing cyberbullying incidents - Dr Michael Carr-Gregg, Child and Adolescent Psychologist.](#)

Parents and carers



The Office's functions include:

1. A national leadership role– to promote and coordinate online safety for children.
2. Complaint handling for the reporting of serious cyberbullying for Australians under the age of 18.
3. An education role - research, resources for schools and the community.

What is cyberbullying?

Cyberbullying is a distinct form of aggression. It differs from traditional bullying in the lack of verbal cues, the permanence of digital data, the 24/7 accessibility and the anonymity.

Research indicates that approximately 1 in 5 children (8-17 years old) have been cyberbullied.¹

How the office can help you

- * We work with social media services to remove serious cyberbullying material. This includes material that is seriously threatening, intimidating, harassing or humiliating.
- * We provide advice and resources to parents, schools and the police to assist in addressing cyberbullying incidents.

- * We refer and encourage young people to free confidential counselling and support such as **Kids Helpline** – 1800 55 1800 and **eheadspace** – 1800 650 890

Cyberbullying and over 18s

Serious cyberbullying and online harassment or threats involving over 18 year olds may be reported to the Australian Cybercrime Online Reporting Network (**ACORN**).

Office of the Children's eSafety Commissioner

HOW TO REPORT CYBERBULLYING MATERIAL

- 1 Report the cyberbullying material to the social media service
- 2 Collect evidence – copy URLs or take screenshots of the material
- 3 Report it to esafety.gov.au/reportcyberbullying
- 4 Block the person and talk to someone you trust

If the content is not removed within 48 hours

If you are in immediate danger, call 000 (triple zero)
If you need to talk to someone, visit kidsline.com.au or call them on 1800 55 1800, 24 hours a day 7 days a week

1. Source: UNSW Youth exposure to, and management of, cyberbullying incidents in Australia June 2014

VTAC Traralgon Information Evening



6pm, Tuesday 18 July 2017

School Hall

Lavalla Catholic College

Kosciusko St, Traralgon

The Victorian Tertiary Admissions Centre (VTAC) will be holding an open community information session. The session will cover information about applying to Universities, TAFEs and Independent Tertiary Colleges within Victoria; as well as information about the ATAR, scaling, special consideration, scholarships and offers.

This event will be of particular relevance to students currently completing VCE who are considering their post-Year 12 study options and their parents, as well as anyone in the community considering further study as a mature age applicant. Students in Years 9-11 and their parents may also find the session helpful when choosing subjects for VCE.

**Come along to find out everything you need to know
about tertiary study in 2018!**

Lavalla Parents & Friends Debutante Ball Committee



email address: lavalladebball@gmail.com

ABN: 92929851133

2018 Debutante Balls will be 11th, 12th & 13th April

Deb Information session will be held

Wednesday 11th October 7pm

At St Pauls Lecture Theatre

All interested students and their parent or representative must attend

**Registration Evening where the final paper work and full payment is
required**

Wednesday October 25th at 7pm at the Kildare Hall

**The committee are also seeking volunteers to become part
of the Executive Committee for the next 3 years. If you**

**are interested please register your
intention at our email address by**

June 30th email:

lavalladebball@gmail.com

Our AGM will be held Wednesday July 12th 2017.