



From the Principal

John M Freeman
Principal



NAPLAN tests

NAPLAN tests were conducted this week. The data that is made available from these tests are a valuable "snapshot" of students' capacities in a variety of numeracy and literacy metrics. Thank you to Mr Michael McKenna for his leadership in this process and thank you to students and staff in the professional manner in which the tests were conducted.

Student News

Cause Worth Week

Last week was Cause Worth Week, our annual fundraising program to raise money to support Gippsland Cancer Care Centre. Thank you again to all involved, particularly our students who generously donated their time, money and their hair to raise awareness and funds.

On Friday 10th May, as part of our fundraising efforts, Trent Richards, Benjamin Bowden, Matthew Scholtes and staff member Alex Rathbone surrendered their hair for the cause. Other activities throughout the week included a cake stall, BBQ, Trivia Competition and Teachers vs Students Dodgeball match.

Year 8 Camps

This week we have commenced our Year 8 Camps in Melbourne. More camps will take place over the next few weeks. My thanks to Ms Jo-Maree Sharman and Ms Stephanie Sola for their organisation and leadership of the camps and I also extend my thanks to all the staff who supported the camps either their participation.

Under the Oak

Well done to all the students involved in the "Under the Oak" public speaking competition for Years 9 and 10 students. Thank you to Lisa Templeton for her work with this great opportunity for our students.

VCAA Plain English Speaking Regional Finals

Next Thursday the 23rd of May Jacob Pianta and Jaida Delicato, both from year 11, will be representing us at the VCAA Plain English Speaking Regional Finals. We wish them the best of success and thank you to Shane Reid for his work in preparing the students.

Publication in a Mathematics Journal

Congratulations to Mub Murshed, in Year 12, who has had a paper accepted for publication by the Australian Senior Mathematics Journal. Thank you to Deb Murrell for her support and encouragement and she advises that once article is published she will include it in the newsletter.

FROM THE PRINCIPAL

Work Experience

Next week we commence the active part of our work experience program, in other words the students undertake their placements. The program runs over two weeks with half the Year 10 students spending one week in a work place and the other half engaged in the My Future Activities. The following week they swap over. However, it would be unfair to just comment that the program operates whilst students are out the various work places and activities. There have been months of preparation by staff and students leading up to the next two weeks and I thank everyone involved for their work, but I particularly want to acknowledge the diligent and professional work of Nicole Sizeland in leading this process.

Music Soiree

Along with other sections of the school our Music Faculty and students have been very busy. This week the Unit 3&4 Music Performance students presented parts of their solo recital examination programme this evening. This was an entertaining event and it was fantastic to see the progress all the students have made so far this year.



Generations in Jazz

Our Senior Jazz Ensemble students returned from Mount Gambier late on last Sunday night after the wonderful learning experience that was the Generations in Jazz Festival. They performed well in their section, and although they didn't place, this is a formative experience for them as a group. The students were treated to world-class performances and workshops by guest musicians and I am sure that they would love to share their stories with you. Thank you to Stella Felten, Shane Lebbe and Shane Reid for their support of the students.

Year 7 2019

I would like to remind families that enrolment applications are due on 31 May 2017. We will accept applications after that date, but as a matter of justice priority will be given to those who have submitted their applications on time.

Condolences

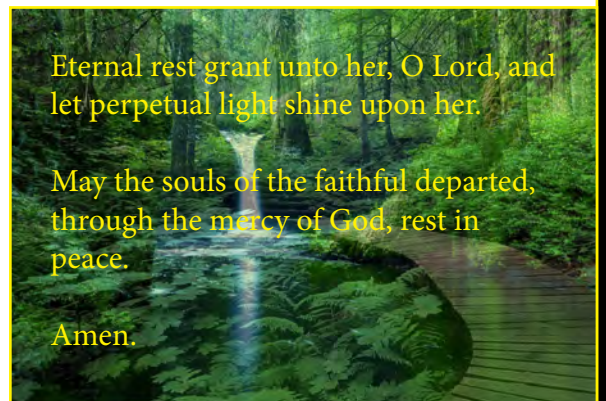
Finally, can I please ask that you remember in your prayers the family of:

Rosa Illipparampil, who is the mother of staff member Jose Illipparampil, mother-in-law to Jeena Illipparampil and they will always remember her as a loving wife, mother and grandmother.

Eternal rest grant unto her, O Lord, and let perpetual light shine upon her.

May the souls of the faithful departed, through the mercy of God, rest in peace.

Amen.



How do we live valuable lives? I put forward very briefly two lives as examples. Both these people lived out a Catholic life as best they could in their vastly differing ways.

I also challenge you to share with your friends and colleagues one life you find inspiring.

Jean Vanier (1928-2019), a Swiss-born Canadian, a social activist, theologian, philosopher and humanitarian died of cancer on May 7th in



Paris. From his life experiences, Vanier began the now global L'Arche (The Ark) communities, where people with disability lived in a home environment.

They were heart of the community. They enabled everyone to realize that to be human was to feel deep empathy and serve according to one's gifts, as Jesus taught. Like St Teresa of Calcutta, Jean Vanier taught us that to be truly human is to live in harmony within ourselves first and then serve with commitment. Spirituality comes first; all else follows.

You can hear Jean Vanier on <https://youtu.be/Glc5ZshTkYY>.

Les Murray (1938-2019), the 'Bard of Bunyah' poet died on . Murray was a poet of Australian life and history, but he was also acknowledged as a global literary figure. He loved words using ordinary language with specialist vocabulary and odd rhythms



to help us see the ordinary in a fresh light. His humanity shines in his generosity in sharing his vision of a radiant, original world through his words. You can hear Les Murray on <https://youtu.be/patmwvyZkew>.

Student Prayer

Maddi Knowles led student prayer on Thursday, 9th May in the Kildare Chapel. The theme was 'Mother's Day', recognising and praying for mothers. Prayer was followed by coffee and toast.

I asked Maddi in an email if she would like to comment.

Maddie writes, *"Yeah sure, I don't really know what to say... I just loved that so many people attended the prayer service to recognise a quite significant day, and the importance of being a mother. I feel as if everyone left with more love and respect going into the Mother's day weekend."*

Maddi Knowles - Liturgy Leader

Year 10 Retreats

The first of the year 10 Retreats will be conducted next Friday at Presentation Campus. The second will occur the following Friday. The Aim of these days is to create the space and environment for students to come away from the normal 'work' of daily school life, and reflect on who they are and where they are going. The best retreat experiences bring about an encounter with the Other and with Self in a way that creates deep harmony and purpose. To achieve this, each student has to invest in the retreat and participate in the activities and sessions as best they can. I wish the year 10 students the best for the Retreats.

"We are not called by God to do extraordinary things, but to do ordinary things with extraordinary love."

Jean Vanier

February to May has been an exciting start to the Applied Learning year. We took a big hit to the business leader pool at the beginning of the year due to a number of apprenticeships for Year 11's capping off a very successful 2018. We were left with thirteen business owners who developed their business plans and presentations over eleven weeks. The remainder of the students attended eleven weeks formative and summative assessments in the Essential Skills Program where they engaged in a wide range of work readiness activities.

Foundation students attended a presentation from Rotary and delivered presentations for the Give a Damn, Give a Can collection in order to raise awareness of people experiencing hardship within our community.

Mr Freeman, Mr Doherty and Mr VanBerkel were our guests for the sustained presentations and our business owners did an amazing job exceeding expectations for Intermediate and Senior levels. The following business projects were launched for 2019;

- JMR Farming solutions –Star picket extractors, Molasses feeders, and Welding torch holders.
- Smithy's Chippy's – Internal fit out of the cubby house including furniture and a sensory board.
- Ellis Metal Fabrication – Innovative 'Metal fire pits' and completion of the fabrication of the charging station seating.
- KJF Constructions – External metal and timber cladding of the cubby house.
- Patty's Electrical – Solar powered mobile phone charging station.
- Guguz Electrical – Creative LED lamps using the laser machine
- Williams Designs – Household products, man

cave items, creative designs from recycled materials.

- Winglers Carpentry – Innovative outdoor children's seating.
- The Espresso House – VCAL Pop-Up Shop, cooking, catering, creative products.
- Portelli's Engineering – Arduino micro controlled, self-watering garden.
- A/H Automotive – Small engine repairs
- CS Plumbing – Aquaponics system
- G.P Pipelines – Cubby House roofing and flashing and Hydroponic vertical garden.

Congratulations to all of these students for the conception of the business projects for 2019.

Our magnificent VCAL teaching team devised the most challenging Group Development Day to date and this was another memorable day.

The morning started with an Escape Room themed back in the days of the pirates where only a few teams successfully made it out alive. (Figuratively speaking). On this rotation three teams competed in a rounders and basketball round robin. After a short break all teams participated in the annual VCAL Geocache challenge solving cryptic QR code clues and solving riddles all in short, eight minute rotations.

With big appetites awaiting, pizzas and wraps arrived, students re-hydrated and took a short break.

After lunch the Flat Pack challenge was completed, but this time there was a twist; they had to assemble then disassemble and re-pack so we could return the items to the College.



We ended the day with the Kahoot team quiz and with tired bodies and minds, students answered questions relating to the past eleven weeks of intensive learning. Winners will be announced over the next week!

Community awareness projects have now been confirmed with some students already in contact with their community stakeholders. These initiatives are of course, in line with the outcomes of Personal Development Skills Unit 2. Groups were finalised for these projects on the 14th May and will run parallel to the business projects for the remainder of the year. The following initiatives are planned and whilst some are quite sensitive topics, they are solely driven by students;

- Environmental care, campfire etiquette – Parks Victoria.
- The impact of the recent fires on our flora and fauna – Parks Victoria.
- Plastics and recycling – Latrobe City Council.
- Cancer patient care – Gippsland Care Centre.
- Motor Neurone Disease – Ice Bucket Challenge, MND Foundation.
- Mental Health issues faced by our farmers – Lifeline 'Farmers Friend'.
- Suicide rates amongst young men.
- Respectful behaviours towards women – Quantum Support.
- Looking out for your mates – 'Cowards Punch'.
- Understanding the impact of 'Underage gambling'.

- Promoting physical activity in primary schools – Lumen Christi.
- Cyber Safety for children – Lumen Christi.
- Barefoot to Boots – The plight of refugees.
- Recognising the signs of workplace bullying particularly for young workers.
- Understanding the needs of families experiencing difficulties within our community – Vinnies Toy Drive.
- Environmental care. Rubbish pollution in our campsites – Latrobe City Council.

Our community awareness projects are based around empathy and stewardship and truly develop and challenge thinking of young adolescent minds. It's a credit to the College's 7-12 RE programs and pastoral care for the way our students engage in social justice activities.

With just a few more whole group sessions on project management, risk management and leadership and delegation training, students will be prepared for highly engaging, inquiry based learning. Let's not forget current SBAT's, Structured Workplace Learning, VET, VCE subjects and Work Experience to throw in the mix!

Already we've witnessed maturity and growth within our students and we are all excited about where they will take their groups, and us teachers for the remainder of the year.

2020 Enrolments

Lavalla Catholic College is currently accepting enrolment applications for Year 7 students, for the 2020 academic year.

For an enrolment package or further information, please contact the College Registrar:

Allison Langmaid on 5174 7355 or email: registrar@lavalla.vic.edu.au

Enrolment applications close 31st May 2019.



LAVALLA
CATHOLIC COLLEGE

STRONG MINDS COMPASSIONATE HEARTS

SPEAK OUT UNDER THE OAK

On Thursday 9 May, 14 Year 9 and 10 Lavalla students met at the St Paul's lecture theatre to compete in the impromptu speech competition of Speak Out Under the Oak.

With 4 minutes to prepare, the students each presented a 2 minute speech to a panel of two judges.

First to speak was Corey McInnes, followed by Thomas Gafa, Remi Baillie, Abbey Pianta, Layla Blair, Abbey Rhimes, Drew Ellis, and Lucy Chilver. The Year 10s then stepped up: Benjamin Gafa, Catelin Wachal, Nicole Formaran, Jaslyne Salerno, Joshua Lyons and Conrad Marx.

It was a tough call, but Corey, Lucy, Abbey Pianta and Abbey Rhimes made it through to the final, as did Conrad, Nicole, Catelin and Benjamin.

Following lunch, the 8 finalists prepared to speak again. Corey again volunteered to speak first. The mood in the Green Room as the contestants awaited

their turn was excited but focused. The students supported each other and you could see that it was difficult for them to restrain themselves from discussing the experience before they had all had their turn.

No-one envied the judges in their role, but Ms Widrich, Ms McKenzie, Ms Stewart-North and Mr Rea did not shirk their responsibility. When the time came, they gamely stepped forward and announced the victors.

Congratulations to Ben Gafa, Nicole Formaran, Abbey Pianta and Abbey Rhimes on winning the competition. The next step for these 4 will be the prepared speech part of this competition which is held against other GIS schools.

Thank-you to the judges for all their work on this day.

Thank-you also to all the contestants. There will be other public speaking opportunities and this group of 14 students are worthy representatives of our college.



SPORTS NEWS

Clay Target Shooting

Rohan Fleming has produced another solid clay target shooting performance at the 2019 Yarra Valley School Championships to claim back-to-back titles in the junior boys age group.

In fact, Lavalla Catholic College took out the top three placings in the junior boys section with Rohan holding out Ben Del Piccolo in a shoot-off for top honours while Nick Alimpic claimed third place.

Congratulations to our 29 students who made the journey to the Melbourne Gun Club in Lilydale.



SPORTS NEWS



Aussie Rules

A number of our Aust. Football teams have participated in the Divisional Championships that have taken place in Sale with three of the six teams that entered winning through to the next stage of competition.

Lavalla proved far too strong in their clash against Sale College in the senior girls while the intermediate girls also produced a comprehensive victory over Sale College.

Lavalla's year 8 boys team prevailed in three round robin games against Maffra SC, CC Sale and Sale College with CC Sale the only opposition to score against a strong Lavalla team.

Cross Country

32 students of the 33 Lavalla students that travelled to the Alberton West Reserve for the SSV Cross Country Divisional Championships have advanced through to the Regional Championships to be held at Lardner Park next month.

Lavalla Catholic College claimed first place in seven of the 11 age group events on offer, which was a fantastic result. A number of athletes also finished in the top three of their age groups events which was an outstanding effort from the Lavalla cross country team.



Equestrian

Year 9 student Charlotte Kanavan and Prince Bobby have once again produced a solid performance when competing in the Boneo Park interschool Show Jumping Autumn series on Sunday, May 12th. Competing against 30 other competitors within her class, Charlotte returned home as Reserve Champion and also a 3rd and 4th place ribbon to complement her efforts on the day.

Congratulations to both Prince Bobby and Charlotte on another outstanding performance.

SPORTS ENRICHMENT

Victorian Institute of Sport Excursion - Wednesday May 8th 2019.

Twenty five Sports Enrichment student athletes from year 9 travelled to the Victorian Institute of Sport at Albert Park to find out what it takes to make it as an elite athlete. They had a tour of the VIS facility, led by Lara Dunkley (Vixen Netballer, originating from Sale) and looked at the recovery pools, the heat tent, the VO2 testing machines, reduced gravity treadmills and the specific resistance equipment athletes use in their trainings. Lara spoke to the students about her nutrition, fitness and recovery regime and the pathways it takes to make an elite athlete.

Our students then had the opportunity to participate in some fitness tests and discussed how the body worked during exercise. They tested their foot speed and wattage output on a bike and compared their results to that of elite athletes currently at the VIS.

Our students then had a Presentation- by Peter Bol. Bol lived in an Egyptian refugee camp for four years before immigrating to Australia. He grew up in Perth and attended St Norbert College. Bol was a

promising basketballer in Perth, Western Australia. When he was 16, a teacher at St Norbert College suggested he try 800 m running after a promising cross-country run. In December 2015, he moved from Perth to Melbourne to train. In 2016, he ran two Olympic qualifying times and was selected on the Australian team for the 2016 Rio Olympics. At the Olympics, he finished sixth in his heat. In 2017, he completed a construction degree at Curtin University. He spoke about the injuries he has had, how he overcame them and what training involved to excel in middle distance running.

The Lavalla students then enjoyed a second presentation by Lindel Hall a 1500m Olympic athlete and a dietician. She spoke about her career and what nutrition it takes to fuel an athlete.

On the bus trip down and back the athletes had an interview with the teacher leaders to revisit their goals, training schedules, recovery practices, academic process and general wellbeing.

It was a great day and all athletes came away with a renewed motivation and a better understanding of what needs to be done to reach their goals.



MODEL UN ASSEMBLY

On Wednesday, May 15th, seven year 11 students attended a Model United Nations (MUN)

assembly hosted by the United Nations Association of Australia – Victorian Division at Monash University Clayton. Ava Merton, Jordan Ross, Elly Walker and Meg Hutchinson represented Yemen while Daniel Hegarty, Jonathan Springett and Michael Connolly represented Singapore.

The assembly debated amendments to a draft resolution on Sustainable Cities and Communities; Goal 11 of the 17 UN Sustainable Development Goals.

Both groups prepared Position Statements which were delivered to the Assembly and formed the basis for negotiations and final votes on elements of the draft resolution. Debating of ideas and specific language took place during Moderated and Unmoderated Caucus'. All students needed to have an in-depth understanding of their respective countries as well as the UN Sustainable Development Goals. Our students proposed

two amendments to the Resolution and actively supported other countries in an effort to pass the Resolution.

The Secretary General position for the day was filled by Dr Vanessa Johnston who, as well as lecturing in Law, has previously been an Expert Observer at a UN Conference. During the day students were able to visit the Moot Court at the University as well as tour the campus briefly. As always, our students represented the College admirably.

'It was a great opportunity to meet new people from all over the region while developing and using our debating skills, following formal UN-based protocol when we argued for policies and amendments that suited the political, cultural and environmental framework of our nation.' [Jordan Ross]

'The research and knowledge everyone brought to the debate guaranteed a really good day that deepened my knowledge of international affairs and problems.' [Ava Merton]



CALENDAR & EXCURSIONS

Monday 20th May

- Year 8 Camp#1 Mon - Wed
- Year 10 Work Experience Week - Mon-Fri

Tuesday 21st May

- SSV Gippsland Aust. Rules Football 9-12 Girls

Friday 24th May

- SSV State Tennis Yr 9-10 Boys & Girls
- Year 10 Retreat #1

Monday 27th May

- Year 8 Camp#2 Mon - Wed
- Year 10 Work Experience Week - Mon-Fri

Wednesday 29th May

- SSV Wellington Soccer Yr 9-12 boys & Girls

Thursday 30th May

- SSV Gippsland Aust. Rules Football Yr 7-8 Boys

Friday 31st May

- Year 10 Retreat #2



Opening Times
3.30pm - 6.00pm

DATES

6th June
20th June
18th July
1st August

"The greatness of a man is not in how much wealth he acquires, but in his integrity and his ability to affect those around him positively."

- Bob Marley



PARENTING FORUM WEBINAR

Upcoming Webinar

Teach girls to build each other up

Through your membership with Parenting Ideas, your entire school community can attend our webinars for parents at no charge. We're pleased to let you know about our upcoming webinar.

About

Friendships can be problematic for many girls. They can be mean and put each other down and, conversely, they can be strong allies and wonderful sources of support.

Join Collett Smart in this webinar that will show parents how to help girls create positive peer relationships and provide practical advice and ideas to navigate tricky situations including toxic friendships, cliques and bullying.

This webinar explores:

- Emotional Intelligence and girls
- How we might equip girls to recognise their own worth, as well as the worth of others
- What girls need from parents and carers when things go wrong in friendships and relationships
- When parents need to hold back and when to step in
- Strategies for developing both assertiveness and kindness in our girls

When

Wednesday 29 May 2019 at 8:00 PM AEST.

Price

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

Your exclusive voucher

Below is your voucher for the webinar. We encourage you to share the voucher with the families in your school community. There's no limit to how many people at your school can use the voucher, just as long as they register by the 'valid to' date on the voucher. It's as easy as that.

How to redeem the voucher

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-teach-girls-to-build-each-other-up>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code FRIENDSHIPS and click 'Apply Coupon'. Your discount of \$37 will be

applied to the order. This voucher is valid until 29 June 2019.

5. Click 'Proceed to checkout'
6. Fill in your account details. These are the details you will use to login to your account and access your parenting material
7. Click 'Place Order'

About the experts

This webinar will be hosted by Dr Jodi Richardson with presenter Collett Smart.

Dr Jodi Richardson

Wellbeing and Mental Health Expert

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.

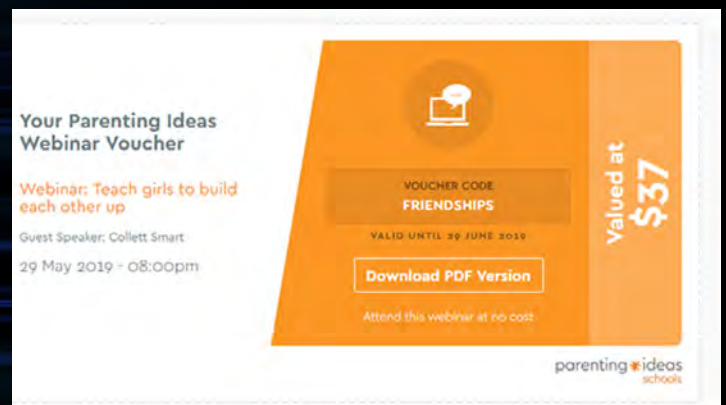
Jodi has developed her expertise over two decades of professional work in teaching, wellbeing, clinical practice and elite sport, including working for beyondblue on the national schools-based initiative for the prevention of depression.

Collett Smart

Psychologist, Educator and Author

Collett Smart is a psychologist, qualified teacher and author of 'They'll be Okay: 15 Conversations To Help Your Child Through Troubled Times'.

Collett has more than 20 years' experience working in private and public schools, as well as in private practice. She appears regularly on national television and radio, as an expert in teen and family issues.



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 12 books for parents including *Spoonfed Generation* and the best-selling *Why First Borns Rule the World and Last Borns Want to Change It*. His latest release *Anxious Kids*, was co-authored with Dr Jodi Richardson.



BlazeAid

Help Needed

Can you spare day or two?

Become a volunteer and make a difference.

**Assist rebuilding fences after the
Yinnar bush Fire**

Food and/or donations for the Yinnar BlazeAid effort most welcome.

Ring 0401 783 034 or 0438 747 566

blazeaid.yinnar@gmail.com

Visit: Yinnar Recreation Reserve.

No fencing experience necessary

www.blazeaid.com.au



START YOUR OWN BUSINESS AND MAKE A DIFFERENCE

Are you between 14 and 18 years old and want to make a difference to your community?

If that's you and you're a Latrobe City resident, register online to secure your place in this program!

- > Create a real business that makes a social or environmental change
- > Get access to the best tools and resources
- > Meet people who can guide and help you grow your business idea

Quality Inn & Suites Traralgon
5601 Princes Highway
Traralgon VIC 3844

18 - 19 JUNE 2019 9am - 3pm
20 JUNE 2019 9am - 1.30pm
Finalists: 25 JULY 2019

- > **40 places available >**
- > **Register here: <https://ycalatrobecc.eventbrite.com.au> >**

See young people like you in action: www.youngchangeagents.com

Questions? Contact Andrew Legge: andrew.legge@latrobe.vic.gov.au or 5128 6516



LAVALLA PARENTS & FRIENDS DEBUTANTE BALL COMMITTEE



email address: lavalladebball@gmail.com

ABN: 92929851133

The 2020 Lavalla Parents and Friends Debutante Balls will be held at Premiere Function Centre (PFC)

April 1st, 2nd and 3rd 2020

The balls are hosted during school holidays

A Deb information session will be held at the **Lourdes performing Arts centre, St. Pauls campus Wednesday 4th September starting promptly at 7pm** At this information session you will be told how to register your intention to participate. Both the prospective debutante and a parent or a representative need to attend. **The dates that registrations open and close and when the packs are emailed out will be given at this information session.**

Our registration evening where paper work and full payment are required is **Wednesday October 23rd at the Kildare Hall starting at 6.30pm**

Please note that we require 15 couples per evening to be able to host a ball and evenings will be capped, due to the size of the venue. Depending on expressions of interest there may be a need to hold a 4th ball evening.

To be eligible to register Debutantes need to be enrolled in Year 11 at Lavalla Catholic College in 2020 and be a current student right up until to the Debutante ball evening.

Dance Training is held every Wednesday in term 1, at the Kildare Hall from 3.30-5.30pm, with 2 Sunday rehearsals, one held at the Kildare hall and the other held at the Premiere Function Centre. The Sunday rehearsals are split rehearsals according to your ball night. These sessions are from 1-2.30, 2.30-4.00, 4.00 to 5.30. Please note if a 4th ball is to be held these session times WILL be altered.

We are also looking for people to join the 2020 deb ball committee. All volunteers are required to hold a current WWCC.

If you would like to join this committee please email your intention to lavalladebball@gmail.com by 5pm Friday June 28th . It doesn't matter what year level your child is in.

If we do not get more people to join the committee future balls will be in jeporady

Our AGM will be hosted on Wednesday July 31st at 7pm in the Kildare Prinipal Conference Room