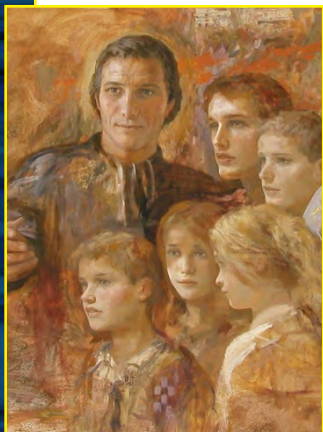




From the Principal

John M Freeman
Principal



Feast of Marcellin Champagnat

On Thursday 6th June we will be celebrating the founder of the Marist Brothers, Saint Marcellin Champagnat, at our annual Champagnat Mass, which will commence at 9.30am. All parents and friends of the College are welcome.

Diocesan Annual Youth Ministry Gathering

Yesterday the College hosted close to 150 students from all the Catholic Secondary Colleges in Diocese. The theme of the gathering was based on the theme of the Plenary Diocesan Gathering 'Sharing our story Celebrating our faith Shaping our Future'.

You may also be aware that yesterday was the Feast of the Ascension, the 40th day after the resurrection where we commemorate Jesus' bodily ascension into Heaven. Therefore, it was great that the day ended with a Mass celebrated by Bishop Patrick O'Regan where during his homily he drew together the theme of the gathering with this feast. Thanks to all our staff involved on the day.

Shared Stories Anthology

Next week the Shared Stories Committee will be hosting a light luncheon in the respective ISCs to launch Shared Stories 2019 and to honour the students who had contributions published in the "Shared Stories" Anthology 2018. This year's theme is: **Gratitude**. I encourage students to consider submitting either written pieces or artwork to be considered for submission.

Work Experience

Congratulations to all involved with our Year 10 Work Experience Program over the last two weeks. There are obviously many people involved, but I would be remiss not to acknowledge the work of Nicole Sizeland and Pru Scholtes for all their leadership and organisation.

Year 10 Retreats

Thank you to Monica Justin for her leadership and organisation of the Year 10 Retreats that took place today and last Friday.

Year 8 Camps

Year 8 camps have successfully concluded. This requires an enormous commitment from all staff involved and I particularly extended my gratitude to Jo Maree Sharman and Stephanie Sola.

MUSARTE

On Monday, 27 May, the GIS MusArtz Exhibition Evening took place at the Latrobe Performing Arts Centre. This event brought together students from Lavalla Catholic College, Marist-Sion College Warragul, Mary Mackillop CRC Leongatha and Chairio Christian College (Traralgon and Drouin Campuses) to form a number of ensembles which performed during the evening. The evening also saw showcase performances from each school. Thanks to all involved and in particular Shane Lebbe for all his organisation.

Health and PE Guidelines

New guidelines have recently come out in respect to Health and Physical activity. Health statistics suggest that we are entering a time associated with an obesity epidemic. The related health-related issues that stem from such an epidemic are significant both for individuals and for society as a whole. The guidelines recommend for 5-17 year olds are as follows:

- accumulating 60 minutes or more of moderate to vigorous physical activity per day;
- limiting sedentary recreational screen time to no more than 2 hours per day;
- 9 to 11 hours of uninterrupted sleep per night for children aged between 5 to 13, 8 to 10 hours per night for those aged between 14 and 17.

How does your child match-up?

A healthy lifestyle is essential to fully develop as an individual, physically, social-emotionally and academically. "Food for thought"!

More Achievement in Mathematics

Congratulations to Nicole Formaran has won a place at the 2019 MAV Maths Camp for Year 10 Students with High Mathematics Potential. There are only 20 places offered each year.

This is a prestigious camp and offers a very exciting program and runs over the first week of the July school holiday.

Plain English Speaking

Congratulations to Jaida Delicato and Jacob Pianta on their efforts in the Regional Finals of the VCAA Plain English Speaking Competition. In collaboration with Shane Reid they have worked really hard in recent weeks to adapt their year 11 English oral presentations to fit the criteria for this competition. Jaida's prepared speech, it was suggested by the judges in the debrief was perhaps the strongest of this section and Jacob was the overall runner up, largely based on his impromptu speech.

Write for Fun

We recently received a certificate from the Write4fun group congratulating us on having 10 or more students successfully pass the initial judging in the 2019 School Writing Competition. We have been given the certificate as less than 10% of the schools that entered, managed to get this level of result. There were over 10000 entries from primary and secondary schools throughout Australia.

SSV Tennis

Well done our Intermediate Tennis Team on making the semi-finals at the SSV State Tennis Championships. Whilst the boys did not reach the finals this was an outstanding effort as is very difficult to reach this stage given the level competition. The boys team consisted of: Jacob Collison (10), Will Tripodi (10), Ryan O'Brien (9), Sam McGregor (9) and their coach was Rod Williams.

Year 7 2019

Enrolment applications were due on 31 May 2019. We will be accepting applications after today, but as a matter of justice priority will be given to those who have submitted their applications on time.

CHAMPAGNAT DAY 6TH JUNE

On 6th June we will celebrate the Feast of St

Marcellin Champagnat, the Founder of the Little Brothers of Mary (Marists), who are the founders and governors of our college.

Like many other saints, Marcellin saw his work as part of God's mission to bring love and justice to all people. Marcellin and the Brothers pursue holiness and they express this through their mission action which is education.

Holiness is not the privilege of the few. It is for everyone. Very simply it begins with the encounter that God loves you unconditionally. You don't need to do anything to earn this love; it is given freely. But having received this gift, you are impelled to share it, and build a community where service is the driving principle.

Marcellin was not learned, nor rich, nor powerful. He was an ordinary person who knew God's love and responded faithfully. That response meant training young Brothers to teach, forming them in spirituality and pedagogy, building community, creating structures, getting finances, giving support. And constantly struggling to keep his fledgling organisation afloat and energised. When he died of stomach cancer in 1840 he was only 51, but he was worn out by hardship. He was an ordinary person who did the ordinary things with extraordinary love.

By canonising him in 1999, the Church recognised in him an authentic way of following the Gospel in holiness. Hence he is Saint Marcellin Champagnat, and an inspiration for all of us.

LAVALLA CATHOLIC COLLEGE



Cordially Invites you to celebrate our

2019 Champagnat Day Mass

When: 9.30am
Thursday 6th June 2019

Venue: Champagnat Centre
St Paul's Campus
Grey Street -Traralgon

RSVP: Monday 3rd June 2019
pa@lavalla.vic.edu.au



In Matthew's Gospel, Jesus says to us:

"You are the light of the world. A city set on a mountain cannot be hidden. Neither does a person light a lamp and put it under a tub, but upon the lamp stand, so as to give light to all in the house. In the same way let your light shine before people, in order that they may see your good works and give glory to your Father in heaven" (Matthew 5:14-16)

Just like Jesus' disciples, we are called to be the light of the world. We cannot be hidden, for our very nature is living testimony to the world of the light of Christ; and we are supposed to be a light to ourselves and to others. From whom do we receive this light? God himself gives us the light, the strength, and the courage to fulfil the tasks he requires of us.

Dear Lord,

Help us to be willing bearers of the light of the gospel in both message and action.

Help us to be a light to those who need our assistance and love.

Lead us into ways of service for those in our own families and communities as well as those beyond.

Help us to be your light of joy and salvation that will help our young people come to know you as their Heavenly Father.

In Jesus' name we pray.

Amen.

REMAR

On Friday the 24th May – escaping a chilly lunchtime at school – the Blue Remar Caravel set out for a weekend retreat to be held at Phillip Island's Adventure Resort. Lavalla's Blue caravel was accompanied by two other Blue caravels from Marist-Sion College & Penola Catholic College.

The purpose of bringing all of these young people together in Phillip Island was to not only to help each individual discover more about themselves and delve deeper into their faith and beliefs, but also to allow new friendships and connections to be made within the three school groups. A main focus was on exploring the motto of "Living as Christs Disciples with Humility, Loyalty, and Solidarity" and learning what exactly those traits mean, and how they can be implemented into our lives. The structure of the Retreat was based around a number of sessions and discussions on topics including Individuality, Love and Relationships, and Simplicity and Service. Alongside the many deep conversations and reflections, were lots of light hearted skits, games, and also music throughout the entire weekend.

I arrived at the retreat hoping to create new friendships, and also somehow gain a deeper

understanding of myself. Although at first I was nervous and unsure if I would leave feeling as different as I initially hoped, by the end of the retreat I found that my expectations were well and truly met. Not only did I meet a number of incredible like-minded people that I began to blossom great friendships with, but I also continued to develop relationships within my caravel. Each session that I participated in over the weekend forced me to think about current situations in my life, and reflect on what certain aspects of them mean. The combination of activities and discussions within each session aided me to grow as a person and discover many things about myself whilst sharing thoughts with other students my age. Leaving the Retreat on Sunday, I was filled with overwhelming senses of clarity and purpose.

Lavalla's Blue Remar caravel has plans to participate in a number of Ministry activities throughout the rest of the year. The caravel will be attending a Solidarity Camp at the end of the year which involves a week in Melbourne, immersing ourselves in a new community and living out the value of Solidarity.

by Natasha Richards



STUDENT ACHIEVEMENT

Nicole Formaran has won a place at the highly prestigious MAV Maths camp for year 10 students with high Mathematics potential. The mathematics camp brings together high potential students

to experience what a career in some of the most exciting organisations in the STEM industry look like.

24 Year 10 students were selected via an application process to participate in the camp in metropolitan Melbourne. The 2019 Mathematics Camp will be held during the first week of the Term

2 school holidays. The aim of the program is to provide a chance for students to gather with like-



minded peers and work in small groups to explore hands-on, industry problems. Students will work in a team to complete a real-world mathematics project.

The MAV has partnered with four mathematical industries (Victorian Space Science, Ford, Reserve Bank and Texas Instruments). Each industry will provide students with a project investigation. Students will be expected to develop their project presentation and solution as a team, developing 21st century skills including communication, problem solving and creative and critical thinking.

The open-ended projects stretch the application of mathematics past students' usual experience and challenge them to come up with innovative solutions.

The week will culminate in students presenting their project findings in the presence of the industry

VCE COURT VISITS

Year 11 and 12 Legal Study students set off from Traralgon at 6.30 am on Friday 17th May to visit the Supreme and County Courts in Melbourne. We arrived by 9am and after a strict security search were let into Supreme Court 1, where we had the privilege of being spoken to by a Supreme Court judge and his Associates.

From there we were taken to a murder case in Supreme Court 4. The students found the first part to be boring, but when some questioning occurred it became more interesting. They were also impressed with the ornate construction of the

hundred and thirty year old room. We were then taken to the magnificent domed library, where we were told a little of the history of this institution.

After a break for lunch, we went to the County Court where we were given the chance of seeing how the court was run by the empanelling of a jury for a mock trial. We left before 3pm and had an interesting battle with the peak hour traffic before returning to Traralgon by 5.45pm. This visit helped give students a deeper understanding of the running of our courts system which is an important element of their studies.



AFTER SCHOOL STUDY ASSISTANCE

Decoding questions after school program

This week Mr Winter and Mr Weaver started a new program of assisting students to decode questions for assessments across a range of different subject areas.

The program is open to all VCE students at Kildare Campus. The sessions run from 3:30pm – 4:30pm on Monday's for 3&4 students and Tuesday's for 1&2 students in the Student Services Centre.

During these weekly sessions students will learn:

- To understand particular action words within questions
- Implement plans to help answer questions
- To pinpoint common mistakes within assessments

- Break down mark allocations
- Identify what examiners are looking for through deconstructing past VCAA exams and examiners reports

During our first session we introduced the importance of understanding the criteria within questions and assisted students with making plans when formulating answers. Students will be provided with theory behind decoding questions and also have the opportunity to put this into practice during the one hour program.

Our first sessions started this week with a number of students taking up the opportunity. The positive feedback from students and staff has been overwhelming and we look forward to assisting more students who are wanting some assistance. For more information please contact Mr Winter or Mr



SCIENCE

The Science Experience at FedUni Gippsland will be held 23-25 September (during the school holidays).

Keen Year 9 and 10 science and/or maths and IT students are invited to invest three days into their future!

Limited number of places available, so interested students should register as soon as possible through the Science Experience website at <http://www.scienceexperience.com.au/>

Please note that many Rotary Clubs sponsor students to attend The Science Experience and we suggested that interested students contact their local Rotary Clubs as soon as possible to secure a sponsorship.

Sometimes I question
my sanity,
but the unicorn
and gummy bears
told me
I'm fine!



CALENDAR

Monday 3rd June

- Year 9 Exams

Tuesday 4th June

- Year 9 Exams

Wednesday 5th June

- Year 9 Exams
- 2019 Music Program Recital

Thursday 6th June

- Champagnat Mass
- 2019 Music Program Recital

Friday 7th June

- Year 9 Exams

Monday 10th June

- STUDENT FREE DAY
- Queens Birthday Public Holiday

Tuesday 11th June

- STUDENT FREE DAY

Wednesday 12th June

- SSV Wellington Netball Year 7 – 8
- SSV Wellington Soccer Year 7 – 8
- GAT

Thursday 13th June

- Unit 3 Exams
- SSV Gippsland Cros Country Year 7 – 12
- Year 12 Photo

Friday 14th June

- Unit 3 Exams



2nd Hand Uniform Shop
St Paul's Campus

Opening Times
3.30pm – 6.00pm

DATES

6th June

20th June

18th July

1st August

15th August

REMEMBER THAT SOMETIMES
NOT GETTING WHAT YOU WANT
IS A WONDERFUL STROKE OF LUCK.

DALAI LAMA



CALL FOR DONATIONS

SECOND-HAND SOCCER BOOTS
SECOND-HAND SOCCER STRIPS
SECOND-HAND SOCCER SHORTS
SECOND-HAND SOCCER SOCKS
SECOND-HAND SOCCER BALLS

*and/or if possible, a \$50.00 Donation towards the cost of shipping
donated gear to Kenya.*



**IF YOUR CLUB IS ABLE TO DONATE PLEASE CALL GUGUEI MALUAL ON 0431 081 252 or
LVSL ADMINISTRATOR TONY COLTMAN ON 0473 054 104**



The LVSL is proudly supporting local Traralgon Olympians SC Senior Player Guguei Malual who is currently pursuing his Certificate of Applied Learning (VCAL) at Lavalla Catholic College in Traralgon, with his project supporting and creating awareness of Barefoot to Boots.

Guguei wishes to raise a sporting community awareness of his project by creating an understanding of the plight of Refugees in Kenya, as we all know Soccer (football) is the World Game which we all look forward to playing or supporting each weekend.

Barefoot to Boots is an Australian based organisation founded by brothers Awer Mabil and Awer Bul, who were both born at the Kakuma Refugee Camp in Kenya, what makes his VCAL Project a personal matter is that Guguei was also born in the same Kakuma Refugee Camp in Kenya prior to being resettled in Australia.

Guguei fully understands the reasons why refugees have no choice in fleeing the violence occurring in the homelands and then the hardships that they endure whilst living in a refugee Camp and how small items and things we all take for granted each day, can completely change a refugees life for the better.

Barefoot to Boots Cofounder Awer Mabil is an Australian Professional Association Football Player of South Sudanese descent who was born in Kenya in 1995, since arriving in Australia he has has played for Campbelltown City in South Australia, as well as Adelaide United in the A-League in 2013, before moving to Denmark to play for FC Midtjylland, Mabil has represented Australia at U19 Level in the COTIF Tournament in Spain before debuting as a Senior Socceroo against Kuwait in 2018

Barefoot to Boots helps thousands of refugees gain self-respect and a better chance in life, the organisation travels to Kenya a couple of times a year with donations of second-hand soccer boots, soccer strips, training equipment, school supplies and medical supplies as their received donations will allow.

As well as the Co-founders of Barefoot to Boots, Guguei felt firsthand the hardship of living everyday life in these tough refugee camps, this knowledge has motivated him to try and ease the living conditions for those left behind in the Kakuma Refugee Camp in Kenya.

The LVSL Administration Office at 50 Buckley Street in Morwell would be very happy to receive any second-hand boots, strips, shorts, socks, balls or training equipment as well as any monitory donations that your club may be able to donate to this very worthy cause.

All donated items or funds will with the help and support of Guguei then be forwarded to the Barefoot to Boots Organisation for shipment to the Kakuma Refugee Camp in Kenya.

Please look in your Club Storerooms at the boxes of old strips, boots or balls that you no longer use and wont use into the future and instead of letting them rot or be thrown away, give them a new lease of life for young refugee children in Kenya that have nothing and would mean the world to them and their friends in the camp.

I have also included some picture of the young refugee children the Kakuma Refugee Camp in Kenya, with big smiles on their faces as the play the world game each day when able.

PLEASE REMEMBER SOMETHING THAT WE MAY THROW OUT COULD MEAN THE WORLD TO A YOUNG REFUGEE WHO LOVES PLAYING SOCCER



insights

Encouraging healthy attitudes towards women

by Dr Rosina McAlpine



Recent events and current statistics highlight that as a nation we have a serious problem when it comes to domestic violence. While there's no easy solution, together, we can do our part to stop violence against women. If you're a parent or guardian, you can play an important role. Disrespect towards girls can begin in childhood, and we can break the cycle when we teach our children to be respectful and caring right from the start.

As parents, we have three main jobs:

- First, to love our children and build a strong lifetime bond
- Second, to keep them safe from harm until they can do that for themselves
- Third, to teach them all the skills they need to thrive in life and to make a positive difference in the world

Life skills approach to raising children

So what life skills do children need to learn when it comes to the issue of preventing violence against girls and women? As parents, we can talk with our kids about:

- Behaving respectfully towards others
- Communicating their needs using words and without the need to hit, snatch or shout
- Managing their emotions and their behaviours so as not to 'fly off the handle'

Start the conversation about respect early

Start by responding to your child calmly when they are disrespectful to others. The following three-step communication approach can be used from early childhood through to teen years. Let's put it into practice.

If a boy is making fun of his sister or a female friend:

1. STOP: Respond calmly rather than react asking him to stop the teasing.
2. EMPATHISE: Invite your son to see the behaviour through the eyes of his sister. 'How do you think your sister/friend feels right now?'

3. EDUCATE: Provide options such as ignoring his sister or friend if she's annoying him or providing an appropriate social script he can use to communicate his thoughts such as, "I find it annoying when you don't share the computer"

It's a marathon, not a sprint

When it comes to gaining academic knowledge and learning skills, parents know it takes years of consistent effort from childhood through to adolescence. In the same way, parents can take a long-term approach to teaching life skills beginning right from toddler to teen.

Parents lead the way

Parents are powerful teachers and role models for the next generation. We can teach our children how to be respectful and kind to each other. By stopping disrespect and violence at the start we can play a crucial role in putting an end to violence against girls and women.

Resources you can use

The Stop it at the Start campaign provides parents, family members and others with information and practical resources to self-reflect, and talk to boys and girls aged 10-17 about being respectful and caring. You can find videos, guides and other resources to help you have conversations with your children at www.respect.gov.au/resources/talking-about-respect.

There is so much we can do in families to develop healthy attitudes toward women. Through modelling and teaching we can change entrenched attitudes and behaviours that will put an end to the cycle of violence against women.



Dr Rosina McAlpine

Dr Rosina McAlpine is an author, parenting expert, mother and CEO of Win Win Parenting. Win Win Parenting supports busy working parents to effectively navigate work and family for success at home and at work. Parents learn practical strategies to manage day-to-day parenting challenges like struggles with technology, emotional outbursts and keeping calm even in the most volatile situations. Connect Dr Rosina at WinWinParenting.com or DrRosina.com.

insights



Helping teenagers manage friendship issues

by Michael Grose

Having a supportive group of friends plays an important role in the life of young people. They can help your young person negotiate the journey from childhood, where they are reliant on parents, to adulthood, where they need to stand on their own two feet.

The importance of peers

To a parent a teenager's friendships may seem all-consuming, taking precedence over family, school and even healthy leisure time. While peers may now begin to take a more prominent place in your young person's life, family is still an important source of belonging and safety for them. It helps if you get to know their friends and discuss any concerns you have about their choice of friends.

Managing peer pressure

We all experience some degree of pressure to conform to the behaviours and norms of our social groups, yet this pressure is heightened in adolescence, when the need to fit in with peers becomes paramount. Ostracism is unthinkable, which makes some teenagers susceptible to negative influence of some peers. You can help by talking to your young person about peer pressure; helping them resist peer pressure while maintaining status and encouraging them to speak out rather than be reliant on the approval of others.

Encouraging more than one set of friends

It's helpful to think of friendships as a series of concentric circles. Most young people will have a few close friends in their inner circle but are surrounded by many friends in the outer circles. Encourage your young person to maintain friendship groups outside of school to help insulate against any teasing or unfriendly behaviour that may occur at school.

When you disapprove

Sometimes parents disapprove of their young person's choice of friends, because of behaviour, poor reputation or the adverse influence they may have on a young person. Young people take criticism of their friends personally so be careful how you handle these issues. If you have worries about your child's choice of friends: Check that your concerns are real. Encourage diversity of friendships. Be available to take your young person and their friends to outings, sports practice, parties and school formals, to familiarise yourself with their social groups. Many parents have found that, when they get to know their children's friends, many of their concerns were unfounded.

Differentiate between online and offline friends

In all likelihood, your young person will communicate with their friends in real time or through digital technology. Help your young person understand the difference between the two, discussing how behaviours and norms vary between the real world and online. Discuss the ethics and behaviours appropriate to each format so they can enjoy healthy friendships in both the online and offline worlds.

Friendships can be a source of angst and also a source of joy for your young person. Your role as a parent is to promote healthy friendships and encourage your young person to empathise with others, show they are worthy of trust and treat others with respect – all foundations of mature adult relationships.

As your school has a membership with Parenting Ideas, you can attend the upcoming webinar -Teach girls to build each other up – at no cost!

About the webinar

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

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. Use the voucher code below to register.

How parents can 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'



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.

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