



## *From the* Principal

John M Freeman

### *Mid-Year Awards*

As you would be aware we held our Mid-Year Awards recognising Academic Excellence, Diligence and Merit and significant achievements in sport, cultural and community activities last Thursday.

During the assembly we recognised over 350 young people for their effort, dedication and achievements. Well done.

My thanks to all staff involved in the awards and in particular: Mrs Kelly Murray and Mrs Tamsin McCormack for their overall management and organisation; Ms Rebecca Henry, Kellyann Armstrong, Ms Sarah Brown and Ms Nicole Denovan for all their work collating material, sending letters of invitation, creation and printing of certificates as well as the production and proof of the PowerPoint Presentation; Mr Michael McKenna and Mr Brett Van Berkel for collation of data for award recipients; and our ISC and maintenance teams for the set-up of the audio-visual system and stadium, in particular Mr Michael Cleef. Also at the event we heard from our Senior Wind Ensemble, conducted by Shane Lebbe. The National Anthem was sung by Rose Mirtschin accompanied by the Senior Wind Ensemble and we also listened to the Senior Jazz Ensemble. All performances were excellent and highlights the great work of our Music program.

Our guest speaker was Br Peter Carroll – Provincial of the Marist Brothers, Province of Australia and Leader of the Marist Association. Br Peter spoke to students about the concept of being game changers for the world and to take advantages of the education they are receiving as it is a game changer for them.

Finally thank you to staff, families and friends who attended (close to 400 people) and our students for their respectful and supportive participation.

### *Course and Careers Expo*

Thank you to all involved in our Course and Careers Subject Selection Expo today. During the Expo students had opportunity to speak with staff about the various subject and program offerings we have at the Kildare Campus for students in Years 10 to 12. Also present were a number of representatives from Universities, TAFEs and other post school education providers. Furthermore, we had representatives from the Armed Forces and Police Force. Again the presence and advice provided by these groups enhanced the ability of students to make informed choices. The Expo was extremely well attended and talking to a number of people I know they found the information provided by staff to be very helpful. My thanks to Mr Brett Van Berkel for his leadership of the organisation of this day and all the staff who worked so hard on preparing and presenting at the Expo.

### *Staff News*

We welcome the following staff:

- Ria Meers – Educational Support Officer

## *Student News*

VCE Season of Excellence Board Award winners.

The 2019 VCE Season of Excellence VCAA Board Appreciation Award winners were announced on Wednesday 26 June and we congratulate Lorimer Marshall who was awarded the prize for Top Designs.

Lorimer's unique bushfire warning system Fire, Analytics, Detection and Emergency Response System (FADER) was developed as a potential key to early bushfire detection. The device measures changing weather conditions such as wind speed and direction to notify emergency services of possible bushfire threats.

## *Netball*

The Lavalla Marist Netball Team have been nominated for the Gippstar Team of the Year Award. The Awards Evening is to be held on Thursday 15th August at Premier Function Centre. We are already very proud of their achievements and wish them the best of success at the award ceremony.

## *Junior Choir*

The Junior Choir represented the College really well at the Yarram Eisteddfod on Wednesday this week. In the Secondary School Choir section, they placed third. Also for the first they entered the Open Choir section, and received an Honourable Mention against senior students as well as adults.

## *Marist House Fitzroy*

Br Greg McDonald would like interested people to know that Marist House, 78 Nicholson St Fitzroy ([www.maristyouthministry.com](http://www.maristyouthministry.com)), will be open this Sunday 11th August to coincide with ACU Open Day and next Sunday 18th August to coincide with University of Melbourne Open Day, from 10am - 4pm. Students and families are most welcome to visit Marist House.

Marist House is a residential program for young adults who are studying at one of the many universities in and around Melbourne. Whether from the city or the country, Marist House provides young people with a safe, stable and supportive environment in which to engage with their tertiary studies.

*Loving Lord,*

*I often see on the TV news  
examples of inhumanity to others  
- people being tortured, abused, injured or killed.*

*I need to remind myself that the commandment  
"do not kill" also refers to my attitude and what  
I do each day, because it is in smaller ways that  
I can destroy people if I ignore them or cut them  
off or do them down.*

*Loving Lord, inspire me to take care of the  
smaller things of life as well as the bigger  
issues.*

*Amen.*



# MID-YEAR AWARDS 2019

## MERIT

### YEAR 7

Sienna Affleck  
Lachlan Barnes  
Krystal Beaton  
Alyssa Brownley  
Summer Charles  
Brooke Cooper  
Elysia Duncan  
Anne Formaran  
Gabriella Green  
Summer Harding  
Gemma Herbert  
Luke Holloway  
Ryan Johnson  
Cianna Macaraeg  
Amelie Owler  
Brandon Piening  
Malachi Sanders  
Gypsy Smit  
Thomas Spagnolo  
Savannah Theissling  
Elodie Thorley  
Grace Van Tilburg  
Hudson Whateley  
Casey Wright  
Bethany Wright

### YEAR 8

Ruby Adams  
Sophie Allford  
Kaidin Atkins  
Isabella Backman  
Cohen Campbell  
Billie Carusi  
Eldric Chuong  
Angela Crawford  
Ellee Dalziel  
Liam Farley  
Danielle Fenech  
Isobel Georgeson  
Sienna Georgiou  
Hollie Gibson  
Suravi Hemanth  
Kyan Mann  
Chelsea McNamara  
Charlotte Ryan  
Stella Saliba  
Montanna Styles  
Eliza Watts  
Sierra Welch

### YEAR 9

Gracie Beckett  
Kayla Francolino  
Antony Giglio  
Harvey Howe  
Cooper Jeffries  
Isabella Kalan  
Caitlyn McDonagh  
Chiara Pistrin

### YEAR 10

Lana Barnes

Alyssa Anderson  
Christian D'Angelo  
Grace Buhagiar  
Hayley Tharle  
Kade Ruyters  
Keisha Roy  
Lily Campbell  
Madison Matters  
Meg Morris  
Cooper Baldacchino  
Harrison Barnes  
Campbell Sutton  
Tahlia Webb  
Emma Walker  
Jessica Reddick  
Isobel McLennan  
Matilda Lund  
Alanah Shankland  
Beau Morgan  
Emma Hill  
Liam Byrne  
Madeline Russell  
Tahlia Tappe  
Chloe McShane  
Coby Foley  
Digira Konyi  
Jayda Fehlberg  
Lara Norman  
Leah Wilbraham  
Monique Lapenta  
Jarrah Parr  
Lakoda Scopel  
Mitchell Lovison  
Rachael Sbaglia

### YEAR 11

Aidan Renwick  
Hannah Cheetham  
Kasey Brown  
Grayson Barnes  
Elayna Pistrin  
Jacob Pianta  
Maddison Delacy  
Niamh Williams  
Erin Webley  
Jase Rek  
Kiara Burzese  
Alexa Stewart  
Alexia Hall  
Georgia Page  
Noah Georgeson  
Brayden Murray  
Emirson O'Neill  
Julia Harriman  
Jye Tactor  
Sasha Milstein  
Victoria Ludlow  
Wiktor Kurowski  
Lachlan Smith  
Tommy Campbell  
Alana Moon  
Emily Gatti  
Milan Maaka

Nieve Campbell  
Alysha Binder  
Jordan Collison  
**YEAR 12**  
Shaynia Logue  
Thanassi Katiforis  
Todd Elliott  
Will D'Alessandro  
Anneke Ernst  
Madeleine Whiting  
Nathan Harrup  
Xavier Taylor  
Isabella Tatchell  
Chelsey van Rossum  
Morgen Karleusa  
Jack Lynch  
Jayson Musgrove  
Leah Richards

## DILIGENCE

### YEAR 7

Paul Antonopoulos  
Rohini Arun Kumar  
Makayla Brand  
Lovely Cardillo  
Imogen Caulfield  
Sid Cogan  
Tarquin Crosby  
Anastasia Day  
Elaina Domagala  
Violet Estandarte  
Elly Fleming  
Leila Gaunt  
Grace Harding  
Oakley Howe  
Abbey Kerton  
Jorja Landels  
Sally Lloyd-Webb  
Ally McClements  
Robert Nicholls  
Jorja Owler  
Taylah Pavey  
Chantal Potter  
Ava Rundle  
Mia Tosin  
Henry Turnbull  
Jeordie Turner  
Hannah Van Iwaarden

### YEAR 8

Gemma Bezzina  
Quin Boorer  
Faith Farmer  
Darcie Gridley  
Mia Guarascio  
Isabella Herben  
Nellie Kennedy  
Tyler Little  
Jaclyn Little  
Myiah Misiurka  
Ayomide Olayemi  
Ella Pavey

Annalese Russell  
Danae Sawers  
Dylan Storey  
Joshua Verhagen  
Ciara Weston  
Katy Yang

### YEAR 9

Michaela Beveridge  
Layla Blair  
Grace Brown  
Lucy Chilver  
Arka Chowdhury  
Anna Derham  
Ayva Duddington  
Izaak Estandarte  
Hailee Henry  
Charlotte Kanavan  
Athena Kavadias  
Ashleigh Mihaly  
Kadliyah Palaamo  
Emma Spagnolo  
Jonathon Taylor  
Chloe Twite  
Jamie Welbourne  
Billy Whitmore  
Brianna Wilson

### YEAR 10

Coenrad Marx  
James Wirken  
Destiny Mackrell  
Brittney Paulet  
Amelia Cassar  
Connor Saunders  
Claudia Lear  
Darion Duncan  
James Day  
Kelsey Petersen  
Tahlee Sawers  
Logan Archibald  
Madelaine Galea  
Vivienne Kennedy  
Emma Van Den Brand  
Annalise Gafa  
Ella Fothergill  
Sophie Tsebelis  
Jacob Wall  
Tyron Bramwell  
Lara Bamford  
Loren Quail

### YEAR 11

Stephanie Szabo  
Madelin Lighthart  
Sienna Ryan  
Lily Kilmartin  
Sienna Nobile  
Xavier Bell  
Audrey Lambert  
Eliza Whitty  
Kayla Sibly  
Natasha Richards  
Jasmine Mackrell  
Matilda Van Berkel

# MID-YEAR AWARDS 2019

Serenta Donchi  
Jane Dinnie  
Joshua Kennedy  
Luis D'Angelo  
Sarah Little  
Jye Saliba  
Jordan Ross  
Zoe Marshall  
Lingdejun Chen  
Amelia Calla  
Tiannah Goodwin  
Jaida Delicato  
Liam Alesi  
Alyssa Holme  
Georgia Williams

## EXCELLENCE

### YEAR 8

Emma Darling  
Eliza Dunbar  
Chelsea Elliott  
Alyssa Ford  
Miles Verschuur

### YEAR 9

Kylah Anderson  
Caitlin Mayer  
Bethany Michie  
Abbey Pianta  
Shannon Ryan  
Thomas Said  
Teagan Schoolderman  
Despina Wolswinkel  
Lani Zimora

### YEAR 10

Nicole Formaran  
Angela Francolino  
Emma Van Den Brand  
Emma White

### YEAR 11

Liam Jarvis  
Riley Watts  
Colby Kennedy  
Maliat Monir  
Mobarrat Monir  
Jack Beechey-Danvers  
Meg Dunn  
James Chilver  
Alana Walker  
Kiera Johnson  
Lachlan Mayer  
Nathanael Duffy

### YEAR 12

Julien Alesi  
Cohen Ruyters  
Joshua Wong  
Mubasshir Murshed  
Lincoln Ingravalle

## SIGNIFICANT AWARDS

### AFL

**Lily-Rose Williamson** was selected to represent Victoria in the SSV under 15s girls teams at the Schools Sports Australia Australian Football Competition held in Adelaide last year and has again been selected to head to Tasmania this year.

### Archery

**Bella Ellen** received Australian Shooter of the year for 3DAAA Outdoor Archery 2018 Cubs 8-12yrs. She competed throughout last year in 3DAAA outdoor Archery Victoria series & placed second. She came 1st place in the indoor Australian Nationals and Travelled to Nambucca Heads, NSW to compete in the Australian Nationals in November last year & placed 2nd overall in her class.

**Abbey Rhimes** won the silver medal in the Victorian Indoor Archery Championships in 2018 in the Compound Bow Intermediate Girls division. She also placed 8th in Australia in the National Indoor Archery Championships of 2018. She will again compete in the state and national titles later this year.

### Basketball

**William Brent** competed in the Australian Country Junior Basketball Cup. The team was undefeated throughout the competition with teams from around Australia and New Zealand taking part. Wil was consistently one of the top scorers for his team.

**Christian D'Angelo** was selected to represent Victoria Country at the U18 Australian Junior Championships which were held in Townsville.

**Emirson Devenie** represented Victoria Country at the 2019 Australian Under 18 National junior Basketball Championships held in Townsville in April of this Year. Her team came home with a Bronze Medal.

**Michael Gelagotis** is talented in both AFL and basketball and this year was selected for the Victorian Country State Basketball team.

### Community Service

**James Townsend & Simon Lea** - Received the Australian Scout Medallion- the highest award in the Scout Section. It is considered the pinnacle of Scouting at this stage.

### Curriculum

**Nicole Formaran** won the Premier's Spirit of Anzac prize. Nicole created a portrait called A Trail of Remembrance, to honour the valiant soldiers who fought during World War I. Nicole travelled to Singapore and Vietnam during the Easter holidays.

**Angela Francolino** was selected to attend the Mathematical Association of Victoria Maths Camp. Only 24 year 10 students from across the state are selected to attend this camp.

**Lorimer Marshall** designed a unique bushfire warning system 'Fire, Analytics, Detection and Emergency Response System' (FADER) which was selected for 'Top Designs' in the VCAA Season of Excellence, on display for the 5 month exhibition at the Melbourne Museum. Lorimer won the Dean's Art Prize for Original Thought and also won the VCAA Board Appreciation Award for Top Designs. He was presented with a certificate from the VCAA Board and a cheque for \$1000.

### Equestrian

**Grace Perkins** is currently competing in the UK in the World Teams and Individual competitions for horse riding.

### Gymnastics

**Lauren Miller** has completed her level 10 LATS- the highest level for gymnastics. She also went to the Australian Gymnastic Championships national level 10 for Victoria for floor and vault and qualified in the finals for vault.



# MID-YEAR AWARDS 2019

## Music

**Nathanael Duffy** was accepted into two Australian Youth Orchestra programs this year. At National Music Camp, Nathanael was the youngest clarinet player and youngest wind player selected in the whole country from people aged 22 and under. At Young Symphonists, Nathanael was ranked principal clarinet out of 3 clarinetists chosen from across Australia. Nathanael was the only non-tertiary semi-finalist in Melbourne Youth Orchestra's 2019 Virtuosity Concerto Competition out of 8 semi-finalists selected in the state.

**Rose Mirtschin** gained a place in the Manhattan Concert Productions chorus in their performance of Broadway Classics in Concert in Carnegie Hall in New York. Rose worked with Broadway stars and composers during her time in New York.

## Netball

**Grace Van Tilburg** has been selected for the SSV Victorian Netball team.

## Soccer

**Julian Colantuano** – Julian represented Vic Country at the Soccer FFA Championships held in Coffs Harbour in October. This year he has been playing for U15 Kingston City FC in the Victorian NPL. This is the highest junior level.

**Monique Lapenta** has a position with W.N.P.L Woman's National Premier League for the third year standing. Monique proudly calls Bulleen Lions home for the 2019 season. Monique has also qualified for the state championships in cross country running for the 5th year in a row.

**Cianna Macaraeg** was selected to represent the U14 Girls Gippsland Soccer League team at the Country Championships held in Albury NSW from 8-10th June 2019.

## Swimming

**Logan Archibald** competed in the Victorian State Short Course championships and the Victorian State Age Long Course swimming. Logan and peers from the Traralgon Swimming Club relay team created a Gippsland Record which also saw them qualify for the 2019 Hancock Prospecting Australian National Age Swimming Championships.

**Ashleigh Mihaly** competed at the Victorian State Age Long Course swimming championships finishing in the top ten for her age group. She qualified for the 2019 Hancock Prospecting Australian Age Swimming Championships that were held in South Australia and competed in her qualified event of the 400 IM, ending up with an Australian ranking inside the top 40 of her age group out of 70 Australian aged swimming competitors.

**Elayna Pistrin** competed at the Australian Age Championships (Nationals) in Adelaide in April. She competed in the 100m & 200m Breaststroke for the 3rd year in a row as well as a medley relay.

**Eliza Watts** achieved her first National qualifying time for swimming in March 2019, for the girls 13yrs 100m Breaststroke event. This gave her the opportunity to represent the Traralgon Swimming Club and compete at the Age National Championships held in Adelaide, at the SA Aquatic Centre, on 19th April 2019 in an individual event and relay.

## Tennis

**Samuel McGregor & Eliza Dunbar** – Sam & Eliza represented Victoria in the 2019 Foundation Cup tennis event that took place at Kooyong in January. They were two of only 4 competitors selected to play for the state. Competing against the other States and Territories over 5 days, Victoria came 3rd overall.

**Chelsea Elliott** has been selected to represent Victoria for the 2nd time in the Australian National Teams event. Four Tennis players are picked from every state to compete in this competition which is held once a year. Last year it was held in December at Melbourne Park and this year it will be in Queensland in July.

**Benjamin Grumley** represented Lavalla Catholic College in the Victorian Team for the Secondary Schools Sports Victoria all Australian Championships in Brisbane in 2018. He was the Gippsland Wildcard in the AGL Loy Yang Traralgon International Championships in January 2019 and the winner of the Men's Open Age Singles Tournament at Melbourne Park in June 2019. His men's Australian Ranking is now inside the top 200 in Australia.

## Volleyball

**Jack Bayley** has been selected to represent Victoria in the u14's boys team at the Australian Junior Volleyball championships in September this year.

# SHAKESPEARE IN LOVE



**Katie Lee**

On Wednesday 7th August, the Year 10 Drama students travelled to the Arts Centre in Melbourne, to watch the highly acclaimed performance of Shakespeare in Love. The two act play focuses on how William Shakespeare wrote the play Romeo

and Juliet, whilst himself, falling in love with Viola De Lesseps, and is adapted from the film 1998 film. The students were treated to an amazing performance, with the opportunity to ask questions of some of the actors after the show in a Q and A session. They learnt about the technical set design, and how difficult it can be working on a doughnut revolver on stage. The

actors also explained how they stay in character, with so many costume changes and transitions they're a part of. There was also a lot of information given around stage craft, fight sequences, and how to look after your body whilst performing.

Whilst seeing this play helps with their Drama studies of Shakespeare, the show also gave the students an added bonus of a different insight into the play they're currently studying in Year 10 English as well.

The feedback from the class was unanimous – the play was brilliant, the actors were fantastic, and dog was hilarious. We'd all recommend you going along to see it if you get the chance.



## TACO TUESDAY

At St Paul's it was Taco Tuesday this week. The campus leaders decided to make tacos to raise funds for the upcoming Fiji Immersion Experience. Students from year 9 made and served tacos to staff and students of the campus.

Thank you to the leaders for their hard work and to everyone who supported the initiative by buying tacos.





# LEARNING & TEACHING



**Brett Van Berkel**  
Dir. Learning & Teaching Yrs 7-12

## *It's not OK to be away Attendance Requirement*

In order to maximise student achievement and outcomes, Lavalla Catholic College requires students to be punctual and attend all classes with appropriate materials and set preparations completed so that teaching and learning can be effective.

The College Attendance Requirement is fully supported by the VCAA and Catholic Education Office and requires at least 90% attendance (face to face) in each Unit/subject to achieve an 'S' for that Unit/subject, regardless of whether or not the student has satisfied the coursework outcomes for that Unit/subject or not.

### **Approved absences are:**

- Those covered by a Medical Certificate or other relevant documentation
- Those caused by the student's participation in another aspect of the College's educational program (such as Elite/Marist sport, music, excursion or camp)

### **Unapproved absences are:**

- Absences not covered by a Medical Certificate or other relevant documentation
- An absence from a whole school activity
- Family holidays taken by students during the school term. Teachers are not responsible for, and may not provide work for students on holidays as this will lead to authentication concerns.

Special Provision and School Based Assessment Students are eligible for Special provision for school-based assessment if they are adversely affected by illness, impairment or traumatic personal and/or family circumstances. The usual provision granted in this category may include allowing the student to undertake the task at a later date, allowing the student extra time to complete the task, substituting or replacing one task with another task or using technology to complete the task.

All these possible provisions will be dependent on the resources of the College.

If a child is away on a family holiday for an exam, assessment or SAC they will receive a zero for that task. This is because family holidays do not meet the requirement outlined above to qualify for Special Provision.

It is important that if you are planning on taking holidays during the school year you have a conversation/email your child's Learner Advisor or Homeroom Teacher, Wellbeing Leader or Senior School Co-ordinator to assess the full impact of the absence.

If the intention is that your child will be away from school longer than 5 days then a 'Leave of Absence' form needs to be completed. These can be collected from Student services at each campus.

The schools assessment procedures can be found on the college's website:

<http://www.lavalla.vic.edu.au/students-parents/important-procedures-and-information>

**Did we do anything while I was absent?**

**No, we stopped learning to  
mourn your absence.**

**The future  
belongs to  
those who  
believe in  
the beauty  
of their  
own dreams.**

*- Tina Turner -*



# 2019 MAV MATHS CAMP



**Angela Francolino**  
Yr 10

During the first week of the Term 2 holidays, I was fortunate enough to attend a Maths Camp for High Mathematics Potential Rural and Regional Year 10 Students organised by The Mathematical Association of Victoria. Only 24 students were selected and we stayed 5 days in the city Melbourne and travelled by train and tram to various locations.

The whole purpose of the camp is to gather together with like-minded students to have a chance to experience what a career in the STEM industry looks like. I had the opportunity to work in a team and explore a real-world mathematics problem. I was part of the Biological Science group. Our problem was to try and come up with a formula that is inclusive of both the upper and lower outliers of the BMI. We were not able to come up with an accurate formula. However, we found other alternatives such as waist circumference and skinfold calipers that could be more useful alongside the current BMI formula. Some of the other group's projects were related to economics, ICT/coding and engineering.

Throughout the camp we travelled to the Victorian Space Science Education Centre (VSSEC), RMIT University, La Trobe University, Texas Instruments, Ford and to the Reserve Bank of Australia.

I learnt so much throughout this experience and met so many incredible people along the way. I definitely recommend taking these opportunities when they come your way and have a go at something new. I would like to thank Ms. Deborah Murrell for giving me this opportunity to attend and helping me prepare for this camp.



## CALENDAR

### Monday 12 Aug

- Snow Camp
- GIZ Arts Fest Rehearsal

### Tuesday 13 Aug

- Snow Camp
- Champions Basketball Cup 7-8 Girls
- VicSpell Regional Finals
- Science Week

### Wednesday 14 Aug

- Snow Camp
- Gippsland Interschool Chess Tournament

### Thursday 15 Aug

- Snow Camp
- Champions Basketball Cup 7-8 Boys & Girls

### Friday 16 Aug

- SSV Athletics

### Monday 19 Aug

- STUDENT FREE DAY
- Staff Professional Practice Day

### Tuesday 20 Aug

- SSV Gippsland Soccer
- SSV AFL Qtr & Semi Finals
- 2020 Subject Selections

### Wednesday 21 Aug

- 2020 Subject Selections

### Thursday 22 Aug

- Musical - Full Day Rehearsal

### Friday 23 & Saturday 24 Aug

- Musical - Hairspray Jnr



# AUST. GEOGRAPHY COMPETITION



**Stephen Erdley**

Over 60 Geography students from Years 7 to 12 tested their geographical skills and knowledge against students from all around Australia in the 2019 Australian Geography Competition on Wednesday 24th April.

Over 65,000 students from 650 schools entered this year's competition. The event required participants to complete between 30 and 50 multiple choice questions in 30 minutes which focussed on the analysis and interpretation of unseen geographical data.

With results just being released, our students performed exceptionally well with over one third achieving special recognition for their efforts. 12 students received credit certificates whilst 4 received certificates of distinction.

Congratulations to Tarquin Crosby, Troy Frost, Tyler Little and Miles Verschuur who all received a Certificate of High Distinction placing them in the top 10 percentile in Australia!

Special mention needs to be made of Angus Pollerd in Year 8 who was ranked in the top 1 percentile. This is an outstanding achievement Angus!

Congratulations to all participants and all the very best for your studies in Geography over the next few years.



**ALL WELCOME**

**FREE FAMILY EVENT**

# CELEBRATE!

**AUGUST 25**

**4PM—7PM**

**LAVALLA CATHOLIC COLLEGE—KILDARE**

**KOSCIUSZKO ST, TRARALGON**

Contact Jen from St Michael's Parish Traralgon 0437 49 23 49

**4pm Youth Concert**

Would you like to perform, dance, sing, play an instrument?  
Please contact Jen for an application form.

**5pm Youth Mass**

Do you want to read or serve at Mass with other young people?  
Please contact Jen for more details.

**6pm Party**

Do you want to celebrate with pizza, popcorn, slushies, music and more?

**SEE YOU THERE!!!!**



**SCHOOL UNIFORMS**

# LAVALLA ON CAMPUS UNIFORM SHOP

Trading hours - Tuesday 8am - 11am and Thursday 1pm - 4.30pm

**Please visit **Lowes Morwell Mid Valley** store outside of these hours.**

Hours: Mon -Wed 9am - 5.30pm, Thurs 9am - 6pm, Fri 9am - 7pm,  
Sat 9am - 5pm, Sun 10am - 4pm.

Call our team at Morwell for any enquiries on (03) 5134 3011



# insights



## Refining your parenting style

by Michael Grose



Kids benefit from a mixture of two parenting approaches. On the one hand, they benefit from an approach that provides nurturance, builds strong relationships and offers strong emotional support. They also need a style that sets behavioural boundaries, challenges them to face their fears and promotes independence from an early age.

This combination of nurturance and firmness is known as an authoritative style according to the work of researcher Diane Baumrind who studied parenting styles in Western countries. A purely nurturant style is known as a permissive style, while a singularly firm style is known as authoritarian.

When discussing the authoritative approach, it's easiest to use a dog and cat metaphor. If you have a dog, you'll know it's usually friendly and wants to show love, affection and attention. The 'dog' style of parenting is relational, empathetic and warm. Cats, on the other hand, are different. They are usually self-sufficient and generally able to live quite happily without you. To develop the metaphor, a 'cat' style of parent is more able to set limits, more likely to challenge kids and encourage them to become self-sufficient. They can separate themselves from their kids, step back and not allow emotions to rule decision-making.

### Warm cat, firm dog

Which of these two styles do you identify with? If you defer to one, then you may have to work a little harder on more consciously to bring the other to the table. In reality, many parents working in a partnership with each other will share the dog-cat loads, just as they sometimes play good cop, bad cop when they are less than perfect. Sole parents need to be firm cat and nurturant dog all in one package, which is challenging as we tend to default to one style over the other.

### Don't mix the two approaches up

Get your cat and dog wrong and you'll be ineffective. If your first approach when a child is anxious is to be distant and unapproachable, then you're not meeting your child's emotional needs. If you meet poor behaviour with a friendly smile or an indecisive manner, then you will not be providing your child with the guidance they require. Get your response right – meet anxiety with dog-like warmth and poor behaviour with cat-like firmness – and you are giving your kids what's required in each situation.

### Keep the approaches separate

A common mistake is the failure of adults to separate the two approaches. Imagine your son coming home from school very upset. You are not sure what's wrong, but you keep an eye out just the same. The next minute he hurls an insult at his younger sister, causing her to come to you for support. You remonstrate with your son, then

sympathetically ask what's troubling him. Most likely you'll get a confused response from your son, as you've mixed management – a cat-like behaviour – with counselling – a dog-like trait. It's best to keep the two approaches separate.

In this example, it would be better for you to remonstrate with your son about his behaviour and perhaps send him to his room. Then, when things have calmed down, speak to him quietly about any problems or worries that he may have. This separation will ensure that the firmness of the cat is effective and then gives some time and a different space for the more dog-like approach to work its magic.

The cat-dog framework is a practical way to ensure that your child receives the type of parenting they need to suit different situations.



## 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.





## 426 SQUADRON

LATROBE AIRPORT  
TRARALGON

75 Airfield Road,  
Traralgon Vic 3844

Monday nights

18.30 to 21.30

during school term

Mobile: 0419 999 075

**ACTIVITIES  
INCLUDE:**

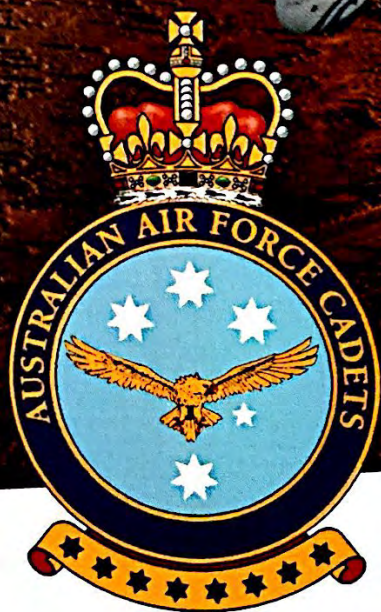
- **FIELD CRAFT  
TRAINING  
EXERCISES**
- **ANNUAL PARADE  
AND MANY MORE**



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