



From the Principal

John M Freeman

Welcome back

Although we are now in the third week of term 4, I still would like to welcome you all back and hope that you had an enjoyable, productive and refreshing time together over the break.

Class of 2019

Our Year 12s have been working hard over their 'study vacation' and upon their return completing a number of trial examinations in the first week of term.

This week will see them completing their very last formal classes in secondary education.

They will end their time with our traditional Whole School Assembly, Staff and Student Concert and then Mass in the early evening at St Michael's Church Traralgon on the Thursday. Then on Friday they will return and gather for the very last time as a group during our Celebration Morning on Friday.

Please note that there will not be classes for Year 10 and 11 students on the Friday.

I wish students undertaking exams soon well in their studies. We also have a number of students undertaking VCAL and other pathway options and we wish them every success in their transition into the workplace, apprenticeships, traineeships or further study.

Student Leadership Roles at Kildare Campus for 2020

Congratulations to the following students on being appointed to leadership positions for 2020

- Liturgy Leader – Sarah Little
- Justice Leader – Tiannah Goodwin
- Events Leaders – Emerson Devinie, Hunter Enjees & Lily Kilmartin
- Community Cohesion – Niamh Williams
- Cultural Leader – Daniel Heggarty
- Environmental Leaders – Ava Merton & Matilda Van Berkel
- Cross Age Tutor Leaders – Maliat & Mobarrat Monir
- Mental Health Peer Leaders – Sasha Milstein & Jordan Ross
- Campus Mentor Leader – Alana Walker
- Student House Leaders for 2020.
- Champagnat House: Harriet Williams & Lauren King-Church
- Nagle House: Lauren Grimes & Rahni Styles
- MacKillop House: Archie Grant & Nieve Campbell
- Delany House: Jack Beechy-Danvers & Breeah Turnbull

FROM THE PRINCIPAL

Athletics

Well done to the students listed below who represented Lavalla Catholic College in the 2019 SSV Athletics competition last Friday, 18 October 2019:

Lucy Traill	800m
Taylah Pavey	1500m
Miles Verschuur	1500m, 800m
Elly Fleming	Triple Jump, Long Jump
Gugei Malual	Triple Jump, Long Jump
Faith Farmer	1500m
Monique Lapenta	1500m, 800m
Emily Scholtes	High Jump
Isobel Georgeson	High Jump
Oakley Howe	100m, 200m, Triple Jump, relay
Baxter Kennedy	100m, 200m, relay
Harvey Howe	400m, Relay
Alana Weston	Relay
Savannah Lapenta	Relay
Krystal Beaton	Relay
Vernice Cardillo	Relay
Sam Hallyburton	Relay

State Chess Championships

We wish the following students – Lachie Rickwood (Captain), Angus Pollerd, Corey McInnes, Hayden Stockdale, Robert Nicholls, Matthew Reddick – the best of success in the State Chess Championships today. Throughout the year the team has competed in three regional qualifying tournaments to secure these places and will be competing for a place at the National Tournament. Thanks you n to Dominic De Van Der Scheuren for his coaching throughout the year.

Year 9 Retreat

Thank you to Monica Justin and Mike Hansen on the successful Year 9 Retreat last Friday. Thank you as well to Alexia Hall, Grayson Barnes, Hollie Gooding, Ayva Van der Velden, Emily Liang and Bridie Gleeson for assisting.

Year 9 Camps

Well done to Candice Ford and all the team who supported the students on a successful series of Year 9 camps last week and good luck for this week.

Fiji Immersion

Welcome back to the students – Yr 10 – , Angus Hourigan, Loren Quail, Antony Katiforis, Kasey Pitzner; Yr 11 – Nathan Higginson, Meg Hutchinson, Ella Stasinowsky, Brianna Treadwell, Jye Tactor, Georgia Page, Harriet Williams, Nicola Wells – and staff

– Monica Justin, Rob Tarraran, Jo Maree Sharman and Karina Taylor – from the Fiji Immersion.

New Staff

We welcome this term Terri Archipow, Jane Doherty and Rosemary Drenen as replacement teachers.

Diocesan Social Justice Day

Thank you to – Nicole Formaran, Angus Hourigan, Maddison Matters, Corey McInnes, Belinda Delaney, Anthony Giglio, Simon Lea, Hamish Zee- Verner, Izaak Estandarte, Tom Gafa. – who represented Lavalla at the Diocesan Social Justice Day at Presentation Campus recently. St Peter's Cranbourne, St Francis Xavier, Marist Sion College , and Nagle College also attended. The Day was facilitated by Gwen Michener from CARITAS Australia. The three sessions focused on Catholic Social Teaching, Our Common Home, and Leadership and Advocacy.

College Liturgical Choir

Thank you to Shane Reid and members of our College Choir who led the hymns and sung responses at the 9.30am Sunday Mass at St Michael's Church, Traralgon.

New Building

The Marian Learning Centre commenced operation on the first day of Term 4. Thank you to Pam Goodall and her team for their work preparing for this day.

The Hermitage Administration Centre is on track to become the centre for the administration functions for the St Paul's campus, the new location for the Marcellin House Finance Staff and to serve as the main offices the Principal and members of the College Leadership Team. Unless there are unforeseen circumstances that impede us, we will open this section of the new building following Melbourne Cup day.

“MISTAKES
are always
forgivable,
if one has the
COURAGE
to admit them.”

~Bruce Lee

BAREFOOT TO BOOTS



My name is **Guguei Malual** and I was born in the Kakuma refugee camp in Kenya. I moved to Australia when I was 4 years old, with my parents and two sisters and I still remember the living conditions in the camp to this day. Being born there, I didn't know what I was missing until I moved to Australia and saw exactly how much I didn't have. Many people in Australia have so many things, that they go unused. Things that could really benefit the less fortunate in refugee camps. With this in mind, I decided to find a way to help the many children still living in Kakuma refugee camp for my Victorian Certificate of Applied Learning (VCAL) community link project. I was fortunate to be able to partner with the Barefoot to Boots organisation. This organisation was founded by brothers Awer Mabil and Awer Bol, both like me, were born in the Kakuma refugee camp.

The brothers started this organisation as they were looking to make a change to the conditions in the camp.

As I started to look into the various issues surrounding this project, I realised the main issue for me was the different groups of people that have been forced to flee their homelands because of war and then face extremely poor living conditions in refugee camps in Kakuma Kenya. All the refugees that made it to Kakuma refugee camp were all running away from their countries, including both my parents. They couldn't live in the war torn South Sudan, so fleeing to Kenya was the only option.

Thousands of refugees living in Kakuma are so poor that finding clothing, let alone shoes is a massive struggle. But they mask their struggle by indulging in activities, with the main one being soccer. You could play soccer all day and forget about everything that is happening around you. You could be the poorest person in the world, but when you are having fun and playing soccer you can feel rich in heart and mind. This is the impact that sport really has on people and more for those that sport is all they have. So by simply giving the right equipment to be able to enjoy the game even more, can be the smallest thing to ask, but the biggest gift to someone else.

Most people that play soccer or footy have soccer boots laying around that are no longer in use for various reasons, though mostly because they may be too small. But those shoes that are laying around could go to a little kid in Kakuma refugee camp and put the biggest smile on their face. This is what I set out to achieve and succeed at doing, with help from Tony Colman and Latrobe Valley Soccer League (LVSL). Tony Colman got all the soccer clubs in the LVSL involved in the foundation and all, were more than happy to get involved and donate not only soccer boots but strips, soccer balls, socks, shin pads and other equipment. Others in the community also helped by donating what they no longer needed, but would benefit others. My original goal was to provide around 200 soccer boots and a few socks and soccer balls. In the end my team and I ended up collecting more than 500 soccer boots, 300 strips, 20 soccer balls, 50 socks and 20 shin guards. All of the gear we collected for donation was astonishing, and will really put the biggest smile on the many kids and adults in the Kakuma refugee camp that love the game of soccer.

I would like to say the biggest thank you to all those that donated and another to Tony Colman, all of LVSL and Barefoot to Boots organisation for their immense support.



PARENTING WEBINAR

Strengthening kids' self-esteem in a digital world

30 October 2019 8:00pm AEDT

As young people spend increasing amounts of time online, their social lives and emotional wellbeing become increasingly entrenched in the digital world. As they journey through adolescence in this permanently public landscape, dealing with the effects on self-esteem, friendship issues, self-worth and wellbeing can be challenging to say the least.

Join Martine Oglethorpe, a technology expert who is an accredited speaker with the Office of the eSafety Commissioner. Martine has a background in secondary education and a Masters in Counselling.

This webinar will look at how we can best equip our young people to thrive both online and in real life as they grow up immersed in online spaces.

Key learning outcomes from the webinar will include:

- How young people use social media to socialise
- The effects of social media on self-esteem & wellbeing

- How young people can avoid the pitfalls of social media
- Nurturing self-esteem and digital resilience – learning to thrive online

About the Expert: Martine Oglethorpe

Martine is an accredited speaker with the Office of the eSafety Commissioner, has a background in secondary education, a Masters in Counselling and is a mother to 5 boys. Through her personal and professional work with families she recognises the important role technology plays in the social and emotional wellbeing of young people.

Martine is a keynote speaker for parenting and education conferences, presents to parent groups, works regularly with students and provides professional development to teachers. She has a passionate interest in helping families safely navigate the modern world of parenting in a way that offers understanding as well as practical and realistic strategies to empower parents to teach, guide and support their children.

Voucher can be found at the end of the newsletter.

REMAR



Alex Rathbone
Remar, Youth Ministry & Social Justice
Animator

As their three year journey comes to a close, this year's Gold Remar caravel have celebrated all that they have achieved at their Remar Graduation evening on Wednesday October 8th.

Congratulations to Rohan Symonds, Kellie Wood, Sarah Van Den Brand, Lauren Miller, Madeleine Whiting, Madalynne Lyons and Molly Jeffs on all that you have achieved over the past three years.

Additional thanks to Mr Cristiano Grosso (2017-18), Mr Leigh Winter (2019) and Ms Jenny Sutton (2019) for their ongoing support and commitment to these students.

The group has achieved much as a collective, including their work with the Santa Teresa Community, NT, in 2018 as well as their ongoing involvement with community based ministry and faith formation.

It has been an absolute privilege to work with these seven amazing young adults as they have come to make such a significant impact on those around them.

**"There is no
power for change
greater than a
community
discovering what
it cares about."**

MARGARET J. WHEATLEY

**"MISTAKES
are always
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if one has the
COURAGE
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~Bruce Lee

MARIST CRICKET

With the beginning of Cricket season, our Marist Cricket team is starting to round into form. Our young team has been training regularly over the past few months, and we are hoping that the involved players begin to see some reward for their efforts with their respective cricket clubs.

Another thankyou to our growing list of sponsors, including:

- East State Credit
- Green Valley Grains
- Alan Wilson Insurance Brokers
- John Keighran Plumbing and Gasfitting
- Australian Paper Mill
- First National Real Estate – Latrobe
- Valley Headway International Hairdesign.



CALENDAR

Monday October 21, 2019

- Gippsland Basketball Year 8 Boys and Girls
- Lumen Christi's Italian Day
- Year 9 Business and Economic Sausage Sizzle
- Unit 2 Sport Rec pre-camp pool sessions

Tuesday October 22, 2019

- HLTINFO01 Hygiene Assessments for Year 11 VETAH01 Class
- Latrobe Regional Gallery Visit
- Geography Camp Two Shopping

Wednesday October 23, 2019

- Year 9 Geography Camp
- Year 9 History – Ballarat WWI Study Tour 2
- Water and Rescue Safety Session
- Unit 2 Sport & Rec Pop Up Pizza Shop

Thursday October 24, 2019

- Year 9 Geography Camp
- Year 9 History – Ballarat WWI Study Tour 2
- Year 12 Graduation Mass

Friday October 25, 2019

- Year 9 Geography Camp
- Year 9 History – Ballarat WWI Study Tour 2
- Year 9 Retreat
- Student Free Day – KILDARE CAMPUS ONLY
- Gippsland Basketball Year 7 Boys and Girls

Tuesday October 29, 2019

- Year 11 History – National Vietnam Veterans Museum Excursion
- Unit 2 Sport Rec Pre-camp pool session

Wednesday October 30, 2019

- Year 7 & 8 Middle School Debate
- Surf Camp
- Year 7 Immunisations

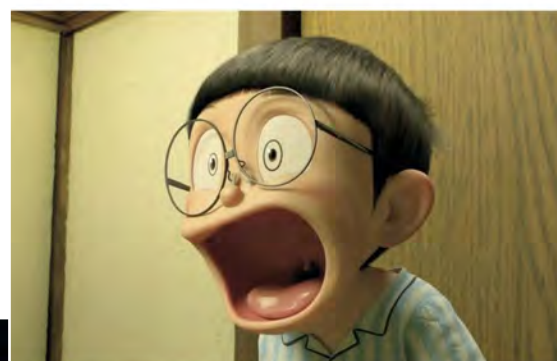
Thursday October 31, 2019

- Surf Camp
- Learning Block 5 Feedback Due
- Immigration Trail Excursion – 7.1, 7.2, 7.3 & 7.4

Friday November 1, 2019

- Surf Camp
- Immigration Trail Excursion – 7.5, 7.6, 7.7 & 7.8

That moment when you



see your friend studying.

Your Parenting Ideas Webinar Voucher

Webinar: Strengthening kids' self-esteem in a digital world

Guest Speaker: Martine Oglethorpe

30 October 2019 - 08:00pm



VOUCHER CODE
DIGITAL

VALID UNTIL 30 NOVEMBER 2019

Attend this webinar at no cost

Valued at
\$37

parenting  ideas
schools

BULLYING

Building a Toolkit to Help Your Child



Do you want to:

- Understand what is bullying?
- Recognise the signs your child is being bullied?
- Know how to support your child?
- Help your child build resilience and learn protective behaviours?

Come along to this **FREE** session to learn strategies, share stories and take some time out for you!

WHEN: Friday 15th November

TIME: 10.30am – 12.30pm

WHERE: Meeting Room 5
Moe Library and Service Centre
George St
MOE

COST: Free. Bookings essential.

Bookings and further information:
Parentzone Gippsland on 5135 9555 or
parentzone.gippsland@anglicarevic.org.au



5135 9555 | anglicarevic.org.au

BETTER
TOMORROWS

CYBER SAFETY IN THE HOME



Do you want to:

- Learn to manage safe technology use in the home?
- Develop rules and agreements around the use of screens and devices?
- Know how to avoid those 'tech tantrums'?

Come along to this **FREE** session to learn strategies, share stories and take some time out for you!

WHEN: Monday 18th November

TIME: 10am – 12pm

WHERE: Anglicare Victoria
190 Commercial Rd
MORWELL

COST: Free. Bookings essential.

Bookings and further information:

Parentzone Gippsland on 5135 9555 or
parentzone.gippsland@anglicarevic.org.au



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BETTER
TOMORROWS

RISKY BUSINESS

Tough Conversations with Teens



Do you want to:

- Communicate better with your teen?
- Develop strategies to listen without judgment?
- Help your teen problem solve and make safe choices?
- Stay connected?

Come along to this **FREE** session to learn strategies, share stories and take some time out for you!

WHEN: Friday 29th November

TIME: 10.30am – 12.30pm

WHERE: Meeting Room 5
Moe Library and Service Centre
George St
MOE

COST: Free. Bookings essential.

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**BETTER
TOMORROWS**

BUILDING SELF ESTEEM



Do you want to:

- Improve your child's confidence and self esteem?
- Help your child deal with anxious feelings?
- Understand your child's behaviours?
- Communicate better with your child?

Come along to this **FREE** session to learn strategies, share stories and take some time out for you!



WHEN: Friday 22nd November

TIME: 10.30am -12.30pm

WHERE: Meeting Room 5
Moe Library and Service Centre
George St
MOE

COST: Free. Bookings essential.

Bookings and further information:
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**BETTER
TOMORROWS**

LET'S TALK ABOUT PARENTING

A Parents Building Solutions Program



Do you want to know how to talk so children will listen?

Understand what is normal children's behaviour?

Communicate better with your child?

Stay connected to your child?

Come along to these 5 sessions to learn strategies, share stories and take some time out for you!

WHEN: Thursdays for 5 weeks
14th November – 12th December

TIME: 10am – 12pm

WHERE: Relationships Australia
59 Breed St
TRARALGON

COST: FREE. Bookings essential.

Bookings and further information:
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BETTER
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WHEN: Fridays for 5 weeks
15th November to 13th December

TIME: 10am – 12pm

WHERE: Community College Gippsland
71 Korumburra-Warragul Rd
WARRAGUL

COST: FREE. Bookings essential.

Bookings and further information:
Parentzone Gippsland on 5135 9555 or
parentzone.gippsland@anglicarevic.org.au

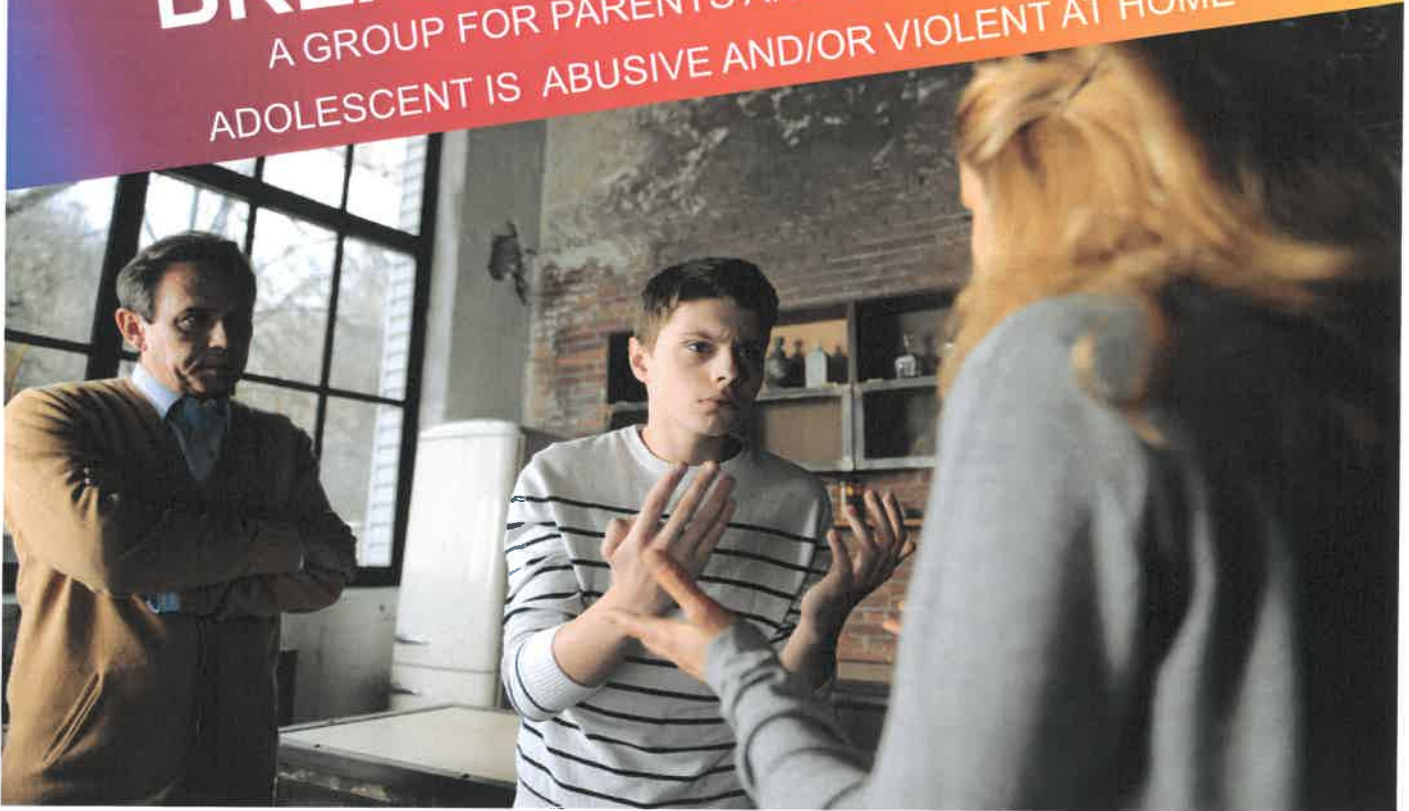


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BETTER
TOMORROWS

BREAKING THE CYCLE

A GROUP FOR PARENTS AND CARERS WHOSE
ADOLESCENT IS ABUSIVE AND/OR VIOLENT AT HOME



- Do you feel threatened, frightened or even controlled by your son or daughter?
- Are family members and younger siblings feeling scared?
- Feeling anxious, isolated, ashamed, resentful?

YES? Then join the 'Breaking the Cycle' group. It gives you an opportunity to discuss all issues and learn new skills to better manage challenging situations.

Come along to these 8 sessions to learn strategies, share stories and take some time out for you!

WHEN: Thursdays for 6 weeks
31st Oct - 5th Dec

TIME: 10.30am – 1pm

WHERE: Anglicare Victoria
190 Commercial Road
Morwell

COST: **FREE.** Bookings essential.

Bookings and further information:
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WHEN: Tuesdays for 5 weeks
15th October – 19th November
(excluding 5th November Melbourne Cup Day)

TIME: 10am – 12pm

WHERE: Drouin Library
136 Princess Way
DROUIN

COST: FREE. Bookings essential.

Bookings and further information:
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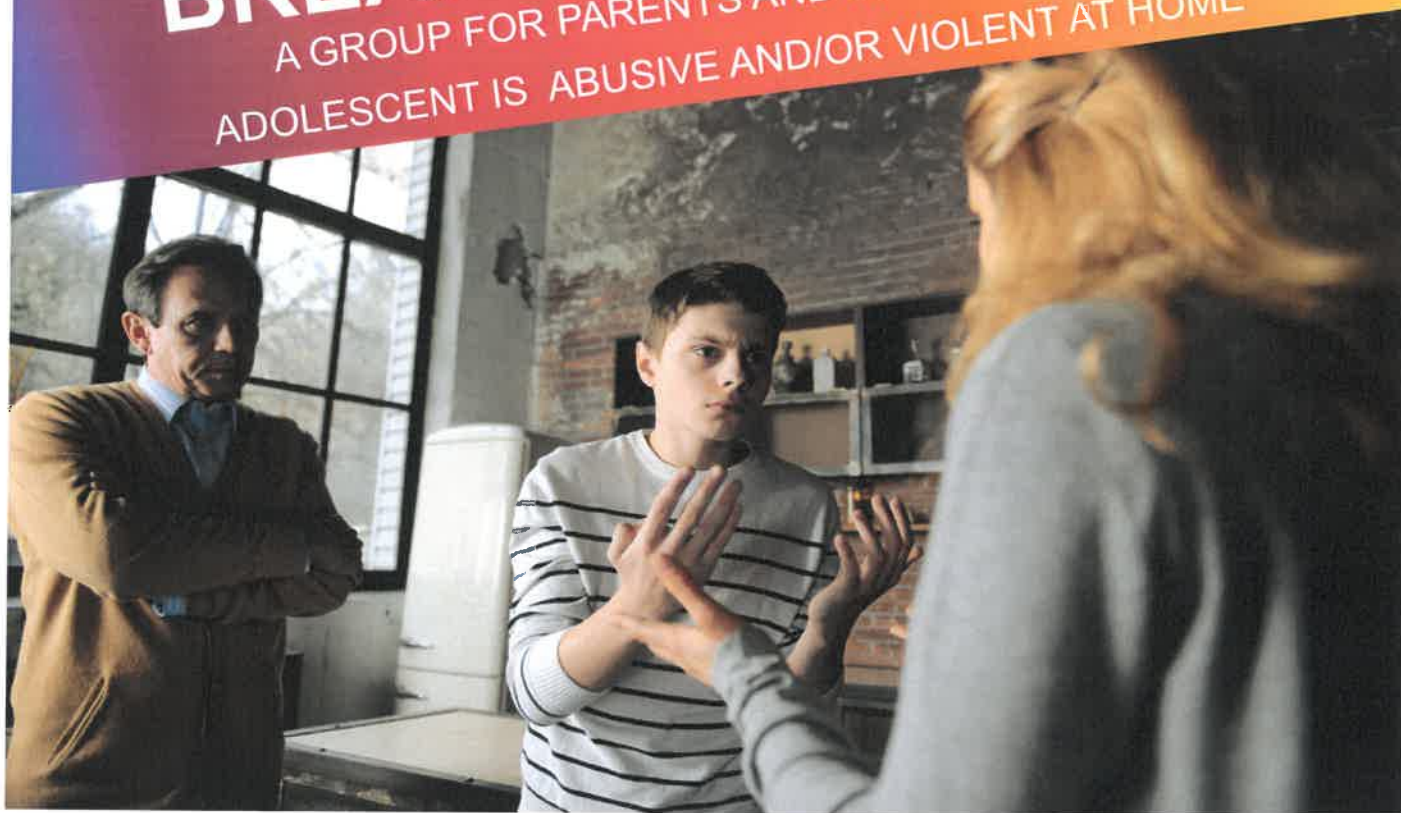
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