



## *From the* Principal

John M Freeman

This week I have been attending a conference with other secondary principal's from the Sale Diocese. One of the days was dedicated to leadership and specifically "Instructional Leadership". At its core, Instructional Leadership as a style of leadership has a responsibility to place the improvement of student outcomes at the centre of a teacher's role. All activities are examined through this lens and in particular, the focus is on the impact of teaching on learning and how this can be maximise, shape, and drive the school's approach to pedagogy. The approach also influences and improves the performance of teachers through coaching, developing and supporting collaborative teaching practices. Finally, it promotes a positive school climate for teachers and students. Improving the learning outcomes of students is one of the fundamental imperatives for all at Lavalla Catholic College.

### *Year 12 Examinations and Valedictory Celebrations*

Our last Year 12 exam will conclude at 5.15pm on Wednesday, 20 November with Italian. Then on Friday, 22 November, we will hold our Graduation Dinner for our Year 12 students. The Graduation Dinner will be the last time the Class of 2019 will gather as an entire group. This is the conclusion of 13 years of primary and secondary education. The young adults we will farewell on this evening we are sure will be the epitome of the 'good Christians and good citizens' that St Marcellin Champagnat, the founder of the Marist Brothers, exhorted his teachers to help the students in their care to become. We wish them all well and pray they achieve every good goal they set for themselves.

Thank you to all involved in organising this event, in particular Tamsin McCormack. Also my thanks to Jeananne Brown for her marvellous work and support of students throughout the examination period.

### *Remembrance Day*

Remembrance Day was commemorated with a service and the observance of a minute's silence. It is a significant event in Australia and world history. At 11 am on 11 November 1918 the guns on the Western Front fell silent after more than four years of continuous warfare. The allied armies had driven the German invaders back, having inflicted heavy defeats upon them over the preceding four months. In November the Germans called for an armistice (suspension of fighting) in order to secure a peace settlement. They accepted allied terms that amounted to unconditional surrender.

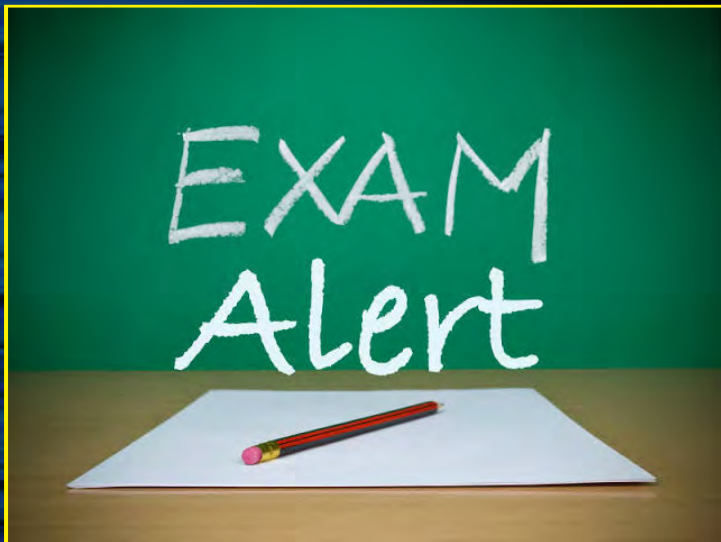
Finally, can I please ask that you remember in your prayers the family and friends of:

**Drew Payne** – husband of Rosa and father of Ben (Yr 8).

**John Murray** – brother to Noel, brother-in-law of Kelly and uncle to Brayden (Yr 11) and Keelan (Yr 8).

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

# CURRICULUM NEWS



**Students from Years 9 to 11 will be completing exams in the coming weeks;**

**Year 10 and 11 – Thursday 21 November to Thursday 28 November**

**Year 9 – Tuesday 19 November to Friday 22 November.**

All students would have received an exam timetable with specific times relating to their individual subjects. Students have been taken through a series of lessons on exam revision techniques and a number of key revision tools have been provided to them. Some of the key points covered were;

## **Why complete exams?**

- Exams have an important role in the process of learning
- Exams and tests are a great way to assess what students have learned with regard to particular subjects.
- Strengths and weaknesses can also be assessed through exams

## **PERSONAL HEALTH & ORGANISATION:**

- Ensure they get plenty of sleep the night before your exam
- Ensure they have a healthy breakfast and/or lunch on the day of your exam
- Arrive at least 20 minutes early to exam – you don't want to be running late and causing unnecessary anxiety and stress
- Bring the appropriate materials – check with your subject teacher about what you can bring
- Check your seating
- Ensure you have a current student ID card
- Be confident – use the exam as an opportunity to showcase your knowledge

## **READING TIME:**

- Use reading time productively – try and read the

whole paper at least once

- Take note of the questions they feel most comfortable with and respond to those first
- Confirm which is the last page of question and answer booklet

## **INTERPRETING QUESTIONS:**

- Read the whole question at least twice to ensure they have interpreted it correctly
- Take note of how many marks are allocated to each question – this is usually an indication of how many pieces of information they are required to give
- Never leave a question unanswered – especially a multiple choice questions
- Decode the question – use a highlighter to identify action words in the question to discern what length of detail your response requires – e.g. explain, discuss, compare, describe, state, define, rank, list, identify, etc.

## **REVISION & PREPARATION:**

- Make a list of the main topics/criteria/key knowledge for the unit of work for each of your subjects
- Prioritise the topics from weakest to strongest in relation to confidence and comprehension – then start from the weakest and work your way through revisiting and refreshing your knowledge of each topic

## **Revision strategies:**

- Re-read over notes or text book
- Create cue cards, mind maps, posters, etc.
- Complete practice Q's – past exam papers, chapter review Q's, workbook Q's, Edrolo topic tests, past assessment Q's, etc.
- Use your teacher/s as a resource in the weeks leading up to exam to query any uncertainties and areas of weakness.



**Human brain is the most outstanding object in world. It functions 24hrs a day, 365days a year.**

**It functions right from the time we are born, and stop only when we enter the examination hall.**

[www.orkutem.tk](http://www.orkutem.tk)



# SPORTS ENRICHMENT

## *Gala Day*

On Friday November 8th our year 7 – 10 Sports Enrichment students had a workshop day with sessions on nutrition, motivation, coping strategies, goal setting and recovery.

The day started with an 8 am Fitness/Pilates session with Andrew Crozier. Students completed a session on Pilates involving rolling for recovery, core strengthening exercises and some showcasing the positions the athletes had mastered throughout the year(s) of Pilates training.

This was followed by a rotation through 3 activities – Nutrition, sport psychology and fitness.

The nutrition session talked about the importance of breakfast and went through some healthy options for a quick breakfast and finished with the athletes making their own yogurt, granola and fruit breakfast cup.

The fitness session had the students reminded about the importance of warm up and what are the correct warm up activities. It also had them moving around to burn off some energy.

Sam Fenton talked with the athletes about finding ways on how to stay motivated and using their motivation to achieve their goals. Sam also spoke about switching the switch to achieve your best through your breathing and meditation, taking yourself to a higher level of performance and thinking.

We then had Chris Anstey give a motivational speech to the students about his achievements and life challenges. He also spoke about the importance of working hard when no one is watching and how the real work starts when you are already mentally and physically fatigued. He was a funny and charismatic speaker and the athletes thoroughly enjoyed his presentation.

"If you are not willing to take a risk then settle for what you have"

We then had a whole group session where we asked the students to remember what their goals were from the start of the year and some athletes shared how they had achieved their goal and what steps they took to ensure the goal was achieved. After lunch we had some photos taken and then we presented our Enrichment Sport award. Which is a development award for a male and female athlete at St Paul's Campus. The award recognises attendance, involvement, commitment and leadership to the Enrichment Sport community.

The criteria includes:

- Participating and achieving at a high level in their particular sport
- Regular attendance at morning training sessions
- Showing leadership on and off the playing field.
- Actively encouraging and supporting other athletes in the program
- Supporting and demonstrating a growth mindset.

The recipients were:

**Female** – Ayva Duddington (year 9), Georgia Noon (year 8)

**Male** – Cohen Campbell (year 8), and Miles Verschuur (year 8)

It was a wonderful day and the athletes left re-energized and motivated to achieve their goals. Athletes are reminded that we still have our fitness training sessions running on Tuesday and Thursday mornings – 12th November, 14th November, 26th November and the 28th of November.

Our Basketball sessions are also still running – 13th November and 27th of November.





# ITALIAN NEWS

## *Immigration Trail*

On Thursday and Friday, year 7 students attended the Immigration Trail in Morwell. They investigated the Plaque Wall of the migrants who had settled into Gippsland and participated in games such as tombola (bingo), tunnel ball (using their knowledge of animals, colours and family members in Italian), Simon Says and Italian whispers to name a few. Upon our return, we had pizza waiting for lunch to get a true Italian feel to the day. Fun was had by all! Thanks to all the teachers who volunteered their time to join us!

## *Museo Italiano*



Antony Giglio  
Yr 9

The Year 9 Italian class recently attended an excursion to Melbourne to Museo Italiano and Lygon Street.

On Friday the 8th of November, we went to Melbourne for the day to visit the Italian Museum (Museo Italiano) and learn about the Italian migrants and the hardships they faced after World War 2. We learnt that after World War 2, there wasn't much left in Italy, so the Italians migrated to Australia during the 1950's seeking job opportunities and a new start. They brought along their culture such as food, beverages, agricultural skills and industrial skills with them, but through this they faced discrimination due to Italians and Australians fighting each other in World War 2. This would change to what some of us call tradition these days as Italian families would usually meet up and play cards and make food and wine together. After the museum, we went to Lygon Street and enjoyed some Italian food such as pasta and pizza of course and then after that, we finished our day and went back home.



## 2<sup>nd</sup> Hand Uniform Shop

There is an extra Uniform Shop open day in December on Orientation Day. **Open from 3.30pm till 6.00pm.**

- 7<sup>th</sup> November
- 21<sup>st</sup> November
- 5<sup>th</sup> December
- 10<sup>th</sup> December (2020 Year 7's only)



# REMEMBRANCE DAY

On Monday November 11, the 101st anniversary of the end of World War I was commemorated in services across the Latrobe Valley.

The current junior campus leaders along with Ms Kim Widrich, represented the school at the service in Traralgon.

On the St Paul's Campus, the recently elected 2020 junior campus leaders, led a service for all staff and students on the campus.

*“They shall grow not old, as we that are left grow old.  
Age shall not weary them, nor the years condemn.  
At the going down of the sun and in the morning  
We will remember them.”*



# PARENTING WEBINAR

## *Brave parenting in a culture riddled with worry*

Making it easy to share with parents

We recently reached out to let you know about an upcoming webinar that all parents and staff in your school community can attend at no cost.

To make it easy to spread the word, we've prepared some information that you can copy and share via your school newsletter, social media pages, school app or other communications to help support your parent community. All of the information is provided in the below section.

Attend a webinar for parents at no cost  
Our school has a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. Great news – through this membership, you can attend all of their webinars for parents in 2019 at no cost! Here is the information about the next upcoming webinar:

Balancing extra-curricular activities  
Join Lenore Skenazy, President of Let Grow, in this webinar that explores;

- Why treating our kids as physically and emotionally fragile is bad for their future
- That your kids are not in constant danger
- How independence impacts children
- How to raise nimble problem solvers
- Ideas to know how safe, smart and capable your kids can be

### When

Wednesday 27 November 2019 8:00pm AEDT. If you are unable to make the scheduled time you can simply register and access the recording later.

We're always here to help

If you have any questions or would like some extra assistance regarding this webinar, please feel free to call us on (03) 5983 1798 or email us at [schools@parentingideas.com.au](mailto:schools@parentingideas.com.au)

**Voucher attached to this Newsletter**

# CALENDAR

## Monday November 18, 2019

- SSV State Basketball Year 7 – 8 Boys
- Year 8 Retreat Day
- Year 10 Amazing Race

## Tuesday November 19, 2019

- SSV State Basketball Year 7 – 8 Girls
- Year 9 English & Maths Exams – Kildare Campus

## Wednesday November 20, 2019

- Year 9 Humanities Exam – St Paul's Campus
- VET Orientation Day

## Thursday November 21, 2019

- Year 10 & 11 Exams
- VCAL Practical Day
- SSV State Tennis Year 8 Girls
- Cricket Victoria T20 Blast 9 – 10 Boys and Girls
- Year 9 Health and PE Exam – St Paul's Campus
- Year 9 Economics & Business Elective Sausage Sizzle

## Friday November 8, 2019

- Year 10 & 11 Exams
- Year 9 Science Exam – St Paul's Campus
- Year 12 Graduation

## Monday November 25, 2019

- Marist Student Leader Gathering
- Year 10 & 11 Exams
- Economics & Business – Concert Business
- Marist Cricket – Warm Up Match with Catholic College Sale

## Tuesday November 26, 2019

- Marist Student Leader Gathering
- Year 10 & 11 Exams
- SSV State Final Cricket 7– 8 Girls
- Economics & Business Christmas Pop Up Shop

## Wednesday November 27, 2019

- Year 10 & 11 Exams
- Marist Cricket – Warm Up Match V's Marist Sion College

## Thursday November 28, 2019

- Year 10 & 11 Exams
- Year 9 Final Day @ St Paul's Campus

## Friday November 15, 2019

- 2020 Year 10 to 12 Transition



# insights



## Why validation is the best parenting skill of all

by Michael Grose



At a time when the mental health and wellbeing of children and teenagers is firmly in the spotlight, validation is an essential parenting skill.

When a child or teen comes to you when they are struggling emotionally, they want you to understand their dilemma. They don't want to be dismissed or told to 'get over it'. They generally want someone to acknowledge that their concern is real with comments such as:

*"I see you're worried about going to camp. I can understand that. "*

*"Thanks for telling about the scary monsters in your bedroom. Let's see what we can do about them."*

*"I'd be afraid too if I was left alone on my own for that long."*

### Validation of a child's struggles helps them

Validating a child's struggles helps in a number of ways. It works to:

#### Build deep connection

Relationships built at the time of vulnerability go deep and are hard to break.

#### Promote a child's wellbeing

Validation helps kids feel safe, which is what 'worry warts' and anxious kids want. Lack of understanding rather than fear itself often impacts negatively on a child's happiness.

#### Overcome disappointment and build resilience

Validation encourages kids to give voice to their concern or disappointment and either takes steps to rectify it or move on.

#### Develop emotional intelligence

Parental validation models emotional intelligence for children and teens. It requires you to identify the emotions that may be behind their language or behaviour.

## Encourage empathy

Validation requires you to stop, listen and get on the same wavelength as your child.

## Four steps to validating your child's emotions

Follow these steps when your child comes to you with their worries or concerns to make sure they feel understood.

### Attend

Stop what you are doing and give your child full attention.

### Observe

Listen with your eyes as well as your ears.

### Reflect back their worries

Get down to their eye level if necessary, saying something like, "I see you're really concerned about this."

### Touch

If appropriate, gently touch their shoulder or give them a hug when you speak to them. This will help them feel safe and comforted.

There's no better feeling for a child or teen who is struggling than knowing someone they value truly understands them.



### 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.



## Your Parenting Ideas Webinar Voucher

Webinar: Brave parenting in a culture  
riddled with worry

Guest Speaker: Lenore Skenazy

**27 November 2019 - 08:00pm**



VOUCHER CODE  
**BRAVE**

**VALID UNTIL 27 DECEMBER 2019**

Attend this webinar at no cost

Valued at  
**\$37**

parenting  ideas  
schools

# BRAIN SURGERY FOR GRACIE!



**A FUNDRAISING EVENT WILL BE HELD AT 'THE GLEN PUB'  
TO RAISE MONEY FOR GRACIE'S SURGERY WITH  
DR CHARLIE TEO!**

**WHEN: SATURDAY 23RD NOVEMBER 2019**

**TIMES: 11.30AM TO 11PM**

**ENTERTAINMENT BY:**

**11.30AM - COURTNEY MCBRIDE**

**1.30PM - RYAN SHORE**

**6PM - THE JETSONS**

**WE WILL BE HOLDING AN  
AUCTION & RAFFLE FROM  
3.00PM - 5.30PM  
FOR PAYMENT OF AUCTION  
ITEMS/RAFFLE WILL BE  
CASH ONLY OR PAID TO THE  
'GO FUND ME' PAGE!**