STRONG MINDS COMPASSIONATE HEARTS





From the Principal

John M Freeman

Lent

I offer the following thoughts from Dr Frank Malloy, Marist Schools Australia National Director on Lent, which have been informed by some reflections by our Holy Father, Pope Francis, that I believe provide some simple and practical insights.

On Ash Wednesday, during catechesis with his weekly audience, Pope Francis reflected on the 40 days spent by Jesus in the desert and said that, during the Lenten season, we are called to imitate Jesus and seek places of silence, in order to hear God's word and experience God's call. "In the desert one hears the Word of God, one finds intimacy with God and the love of the Lord," said Pope Francis, noting Jesus' example of seeking God, in silence. He observed that, for many of us, "silence" is elusive, in an environment "polluted by too much verbal violence," with "offensive and harmful words" that are often amplified in social media. Pope Francis implores us this Lent to simple actions, which are readily possible for all members of our school communities.

"Lent is a time in which to turn off the television and open the Bible!" "Lent is a time to disconnect from cell phones and connect to the Gospel!" "Lent is the time to give up useless words, chatter, rumours, gossip, and to speak directly to the Lord."

In a world in which we often struggle to distinguish the voice of the Lord, Jesus calls us into the desert and invites us to listen to what matters, Pope Francis explained. The Pope also noted that the solitude of the desert increases our sensitivity to those who quietly cry out for help.

"Even today, close to us, there are many deserts, many lonely people: they are the lonely and the abandoned. How many poor and old people live near us in silence, marginalized and discarded."

The desert of Lent leads us to them, he continued. It is a journey of charity towards those who are weak and in need. Pope Francis concluded his catechesis reiterating that the path through the Lenten desert is made up of "prayer, fasting, works of mercy", so that it may lead us "from death to life".

"If we enter the desert with Jesus, we will leave it at Easter when the power of God's love renews life."

We are all educators and so may our actions, words and silence bear witness to the meaning of Lent, with our students and one another.

College Review

Today all staff participated in the ongoing process to develop our Strategic Plan for 2021-2024.

The work of today was to examine, analyse and complete data. The data considered today included:

- NAPLAN and VCE Data;
- Insight SRC Surveys undertaken by staff, students and families in 2019;
- A summary of the feedback from consultations by Mrs Margaret McKenna (former principal of two Catholic schools and currently involved in various educational ministries and boards) with staff groups during 2019 and this year; and
- Enhancing Catholic Schools Identity surveys from previous years as well as completing the survey for 2020 (selected students and parents will have an opportunity to respond to this survey before the end of this term)..



PRINCIPAL Cont...

Our work will continue for the rest of term 1 and most of term 2 with focus group consultations relating to the key strategic areas of:

- Enlivening Faith Education & Catholic and Marist Identity-lead by Robyn Rebbechi
- Focus on Improvement & Growth of Students (consisting of the following sub group areas)
 - Learning & Teaching for Expert Teaching and data to inform Expert Teaching- Lead Brett Van Berkel, Michael McKenna, Rod Williams and Chris Denny; and
 - Student Wellbeing to support Holistic Growth- Lead by Doug Doherty
- High Quality Support & Systems- Lead by Jenny Sutton and Rob Tarraran
- Staff Development & Leadership- Lead by Claire Fabris

Commissioning Mass

As you are aware we held our Commissioning Mass on Thursday 27 February. Thank you to Fr Harry Dyer for celebrating and Fr Francis Otobo and Fr James Fernandez for con-celebrating.

It should be noted that this will likely be the last time Fr Harry celebrates Mass for us. He concludes his time as Parish Priest at Moe and Newborough just after Easter. He will do Parish supply work in South Australia and Western Australia and enjoy some time for renewal and reflection for the remainder of the year. In 2021 he will start a new chapter in his life of ministry as Rector at Mazenod College, Mulgrave. On behalf of all at the College I thank Harry for all that he has done for us not only as one of our parish Priests, but also as a member of the College Advisory Council and as an Old Collegian. I wish you the best of success in the future and you will no doubt make a tremendous contribution at Mazenod College when you commence at that school.

Also, well done to Mrs Robyn Rebbechi on her leadership of this significant liturgical celebration. This year our Liturgical Choir was conducted by Shane Lebbe who led the congregation in hymns and sung responses.

Staff News

Welcome to:

- Siena Schoer who has commenced recently as an Educational support Officer.
- Lisandra Purton who commenced this week as our Work Experience & Work Placement Co-Ordinator.

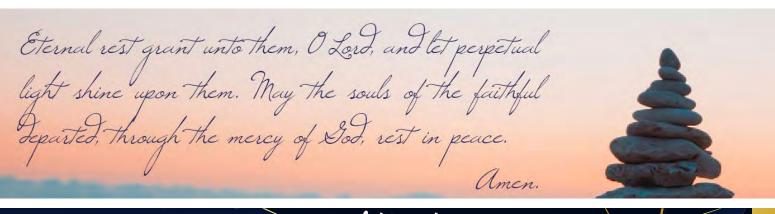
Swimming Sports

These have been successfully undertaken with strong attendance at each event. Thank you to all staff and students and in particular well done to Nikki Schroeter and Dwayne Tibballs on their organisation of these events.

Condolences

Finally, can I please ask that you keep the following people who have passed away as well as their family and friends in your prayers:

• Jean Couling, grandmother to Claire Fabris (staff)



STUDENT ACHIEVEMENTS

Basketball

Thank you to Dwayne Tiballs who brought to my attention the great success that a number of our students achieved in the field of basketball at the recent Basketball Victoria Country Junior Championships.

38 athletes were a part of Traralgon Basketballs' U16 and U18 girls and boys teams that travelled to Bendigo on February 15th and 16th to take on the State's best teams from Regional Victoria (including Geelong, Bendigo, Ballarat, Warrnambool, Pakenham).

Three of the four teams finished in the top three in Country Victoria with the U18 boys team finishing runner-up to Bendigo. The U16 boys team and U18 girls team both finished third in the State while the U16 girls finished sixth.

Collectively this is a mighty achievement to have so many teams finish so high in the rankings. However, what is more impressive is that of the 38 athletes that represented Traralgon, 23 of these athletes attend Lavalla Catholic College.

Two of the athletes, Emirson Devenie and Christian D'Angelo, will both represent Country Victoria at the upcoming Under 18 Australian Junior Basketball Championships in April at Ballarat.

Well done to:

U16 Girls

Emily Scholtes (Year 8), Holly Morris (Year 8), Ainslee McDougall (Year 9), Taylah Murtagh (Year 9), Montanna Styles (Year 9), Sophie Little (Year 9), Amali Adams (Year 9)

U16 Boys

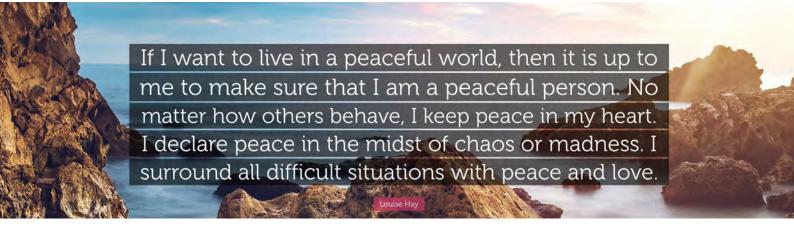
Josh Hamilton (Year 9), Makhai Maaka (Year 9), Nathan Thomson (Year 9), Wil Brent (Year 8), Ben Waller (Year 8), Tyler Anderson (Year 9), Damon Tibballs (Year 9) and Karen Joyce (coach)

U18 Girls

Emma White (Year 11), Emirson Devenie (Year 12), Allyssa Tangi (Year 10), Ellie Beechey-Danvers (Year 10)

U18 Boys

Christian D'Angelo (Year 11), Joel Scholtes (Year 10), Tom Hamilton (Year 11), Callum Bonnor (Year 11), Kody Tibballs (Year 10)





NEW STAFF - Bios



CLAIRE FABRIS
Assistant Principal
Learning & Teaching

Debby Butler

Debby joins us this year in dual roles as both a teacher and the laboratory technician on the Kildare campus. She is highly qualified with both a Bachelor of Science (Hons) and Ph.D from Melbourne University and a Post Graduate Certificate of Education from the University of Manchester. Prior to becoming a teacher, Debby moved to London to work as a Research Scientist, specialising in Rheumatoid Arthritis. She lived in the United Kingdom for 21 years, where she also held positions as a secondary teacher and an apprenticeship trainer. Prior to joining us at Lavalla Catholic College, Debby was a teacher and a lab tech at Catholic College Sale.



Debby has a daughter who is a past student at Lavalla Catholic College and who has recently completed her degree in Communication Design at Monash University. In her spare time, Debby likes renovating houses, gardening and all things Korfball (she coaches, refs and plays but claims to be mostly retired).

Caitlyn Dinsdale



Caitlyn is a new member of our Year 7 team. She has a Bachelor of Primary Education, from Monash University, Foundation Studies (Music Performance)- French Horn, from the Victorian College of Arts and has also studied a Bachelor of Music Performance at the Elder Conservatorium of Music, Adelaide University. She continues on her learning journey and is currently studying both a Bachelor of Biomedical Science and a Masters of Education Studies at Federation University.

Caitlyn started as a music tutor at Kurnai College while beginning her Education degree. She taught music at Eltham North PS, and then travelled parts of UK and Europe while working as a teacher in various schools in London. Since moving back to Australia, she has worked at both Kurnai College and Traralgon College.

Prior to becoming a teacher, Caitlyn worked as an Investigator for the Australian Securities and Investments Commission, Enforcement Directorate in Melbourne. She has also worked for Federation University leading study sessions in Anatomy & Physiology, Chemistry and first year Engineering Mathematics.

Caitlyn has a gorgeous little boy called Liam who is 7 years old, and loves tennis and swimming. They also have two very spoilt guinea pigs. Their favourite things to do as a family are bike riding and going on mini adventures.

SCHOOL CALENDAR

The school Calendar can be viewed HERE to keep up to date with activites happening at the College.

The <u>SECOND-HAND UNIFORM SHOP</u> is now <u>OPEN</u> every second Thursday from 3.30pm til 5.30pm. Please click the link for further details on days open and stock available.

CATHOLIC IDENTITY & MISSION



ROBYN REBBECHI
Assistant Principal
Catholic Identity & Mission

Enhancing Catholic School Identity (ECSI) Survey

Please get involved

Lavalla Catholic College is participating in a survey about Catholic identity over the next few weeks, which has been designed by the Catholic University of Leuven in Belgium. The survey will assist us in better understanding how our Catholic Identity is expressed and where the school community might like to see it in the future. The Lavalla community last completed this survey in 2015, involving more than half of the students and nearly all of the staff. At that time, however, the response from families was not as strong as we would have hoped, so this time, we need your input!

The purpose of the survey is for us to find out people's views on our Catholic identity and the way in which it is expressed within the College. You don't have to be Catholic to participate, you just have to be yourself, so that we can build up an accurate picture of how our identity is perceived and expressed. We know that we have a diverse parent and student community, and we need to know what people think in order to ensure we are moving forward in a way which addresses our community's needs.

Parents will receive an email in the next few days inviting their participation in this online survey. Your responses will be anonymous and the College receives data which does not identify any individuals. It is very important to us that as many parents as possible participate, so please contact us if you have any questions about, or difficulties with, the process. The more responses we get, the more accurate our knowledge of our community will be. This will help us enormously as we undergo our school renewal program and plan for the future.

PRAYER

God of all peoples and nations,
As you accompany us on
our Lenten journey,
May our fasting strengthen our
commitment to live in solidarity,
Our almsgiving be an act of justice,
And our prayers anchor us
in love and compassion.
Awaken our hearts and minds that
we may be one human family
As we all go further together.
We ask this in Jesus' name,
Amen







FAITH FORMATION



CHRIS ROGAFaith Formator

The OED defines 'formation' as "the action of forming something; the process of being formed". Potters, glass blowers, sculptors... form objects, giving them shape, form and life.

When Michelangelo completed the statue of Moses (left), he stepped back, looked at it carefully, and then tapped him on the knee. "Speak, Moses. Speak" he implored, so real was the statue. That is formation; the height of potential realized. When you go to Rome, visit San Pietro in Vincoli and look at Moses.

Human beings are constantly being formed. There is no option; every single moment shapes who you are today and influences who you will be.

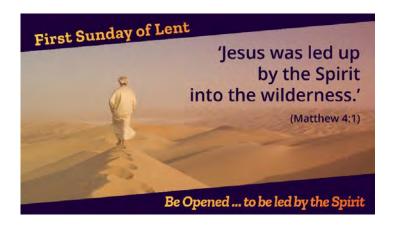
Before you sleep tonight, reflect; what am I thankful for today? No one can form you. Others can provide opportunities, but you must be aware that only God and you are actually involved in the process of formation.

Lenten Reflection Group

The first session of the Reflection for Lent was held on Wednesday. The structure of the evening was excellent, the sharing honest and the experience powerful.

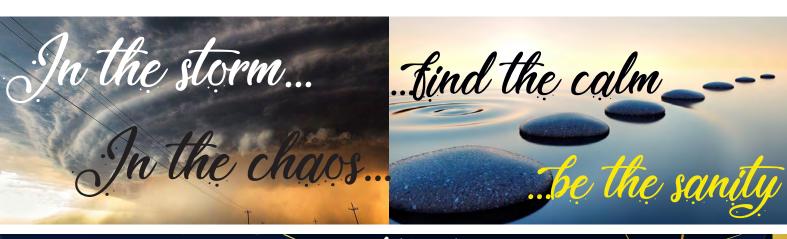
The next session is on Wednesday 11 March in the Kildare Chapel from 3.45 - 4.45.





Awakening the Soul: Spiritual Direction

The first sessions of 'Awakening the Soul' were completed on Tuesday 3rd March. Ten adults from the Lavalla community each received accompaniment from Brothers Robert Aitken (5) and Graham Neist (5). Except for a lunch that went missing (!), all else worked well. The next sessions are in April in Term 2.



THE BRIDGE



CANDICE FORDThe Bridge Leader

Pelvic Pain

All female year 9 students were lucky enough to attend a presentation from The Pelvic Pain Institute. This session gave students

an opportunity to learn more about the impact of pelvic pain associated with the menstrual cycle and how to manage this pain to minimise the impact it has on their schooling and life. We hope that this session has given our students information that will help them for years to come. We thank the Latrobe Health Assembly for organising this event.

Student reflections from the day:

"It was interesting to find out so much more when I thought I knew everything about it. Some of the advice and tips that were given to us are really helpful." - Hunter

"I thought it was very informative and educational." - Alyssa



Duke of Ed Clean-Up Australia Day

In 2020, we are offering a new Outdoor and Environment elective at year 9. Whilst completing this unit students are lucky enough to have the opportunity to complete their Duke of Ed bronze certificate. One element involved in completing the Duke of Ed is the service element. To achieve this part of the award students have set smart goals and are working towards completing 10 hours of community service at a variety of locations. To launch this program we ran a Clean-Up Australia Day event. Students walked along the Rail Trail from Traralgon to Glengarry picking up rubbish long the way. We even had some spare time to complete a sweep of the Glengarry Recreation Reserve. Community Service is a wonderful way to make a positive change and contribute to our community.



Student reflections from the day:

"It was a great experience to get outdoors and help the environment."- Ellee

"It was such a good feeling when we realised how much we did. There was quite a lot of rubbish but just picking up a couple of pieces each can really help the environment." - Ashlea

"It was good to help the communities of Traralgon and Glengarry. It was also a nice to be able to chat to our mates whilst helping the environment." -Clancy

PROJECT COMPASSION



SARAH LITTLE Liturgy Leader

On Tuesday the 25th of February, The Junior College Captains: Joshua Verhagen, Miles Verschuur, Georgia Said, Isobel Georgeson, and Niamh Williams, Community Cohesion Leader and I were privileged enough to be able to travel to St Francis Xavier College in Beaconsfield for the Launch of Project Compassion, generously accompanied by Ms Pickett.

As part of Lent, Lavalla is firmly focussed on Project Compassion. Caritas Australia runs Project Compassion and asks us as a college to fundraise to support disadvantaged people around the world. Caritas provides funding from the money we donate, as well as equipment and skills. The most important step, however, is to get the local community to help itself. Following Catholic Social Teaching, Caritas upholds the dignity of the human being. The theme for 2020 is 'Going Further Together'. We learnt about the struggles that we may not personally experience but others around the world do. It also incorporated the 2020 Marist theme of "One Wild and Precious life".

Project Compassion makes a difference to the lives of some of the most vulnerable people in our country. The least we can do is to show we care by donating to Project Compassion.

We gathered alongside representatives from Catholic College Sale, St Peter's College Cranbourne and St Brigid's Catholic Primary School. The day culminated in a liturgical service created by the students which incorporated music, drama, prayer and reflection.



SHROVE TUESDAY





KATY YANGSpecial Events Leader

Last Tuesday 25th of February, also known as Shrove Tuesday, the St Paul's Campus held 'The Great Pancake Race' at lunch. The aim was to raise money for Caritas and highlight the feasting and celebration, which traditionally preceded the observance of the Lenten fast. We had one person from each homeroom participate and represent their class on the oval. They had to run about 40 metres while constantly flipping a pancake in a frying pan. The Special Events Coordinators helped with this fundraising by walking around and asking for donations and making sure that everyone knew what to do, as well as getting the pans and pancakes ready for each year level. Overall

it was a great success as we had so many people wanting to participate. Also, many other students came to watch to give support to their homeroom and their friends. Maybe next year if we decide to have another pancake race we could get the teachers to run.





MUSIC NEWS

On Tuesday the 3rd of March we in the Music Department had the opportunity to introduce ourselves to each year 7 student as every class participated in trials of the instruments we offer here at Lavalla. Students were divided into small groups and under the guidance of our music teachers and year 9 helpers shown how to produce a sound on the flute, clarinet, saxophone, trumpet and trombone. It was a great day which offered students a small insight into the fun and valuable lessons waiting for them if they get involved with our co-curriculum program.

We have some wonderful music making opportunities planned for 2020 and are excited to welcome all newcomers. If you would like further information about how to enrol in instrumental lessons and become parts of our ensemble program, don't hesitate to contact us at music@lavalla.vic.edu.au.



one wild and life

SWIMMING CARNIVALS

DWAYNE TIBBALLS

Sports Co-Ordinator

The 2020 Lavalla Catholic College swimming carnivals have once again been dominated by the Champagnat (senior campus) and MacKillop (junior campus) houses.

Champagnat again proved to be so very dominant in the pool at the Kildare swimming carnival by eclipsing the opposing houses to claim the Swimming Carnival Shield. This time the points difference wasn't as clear cut with Champagnat only winning by 350 points. Nagle, for the second year running came in second.

It is the sixth carnival triumph for Champagnat in the past 11 years. MacKillop finished third in the points tally while Delany placed fourth.

In the age group champions, Champagnat almost made it a clean sweep by capturing five of the six age group medals.

At the St. Paul's swimming carnival, Mackillop once again took the honours despite close competition from Nagle.

MacKillop claimed the Carnival shield by 391 points from Nagle. Delaney were a further 516 points in arrears while Champagnat was fourth.

Four of the age group champions were claimed by Nagle while MacKillop and Delany captured the remaining medals on offer.

Both carnivals were soured by some constant rain and drizzle throughout the early mornings before sunshine burst through to finish off the respective days. All students are to be commended on what they were able to make of the day with a highlight being the biggest bomb events as well as the synchronised diving.

CARNIVAL PLACINGS

Kildare carnival results

1st Champagnat 2,696 pts 2nd Nagle 2,346 pts 3rd MacKillop 2,256 pts 4th Delany 1,521 pts

St. Paul's carnival results

1st MacKillop 2,715 pts 2nd Nagle 2,326 pts 3rd Delany 1,810 pts 4th Champagnat 1,747 pts

AGE GROUP CHAMPIONS

Male

Rylan Bullen (Nagle)
Oscar Storm (Nagle)
Sam Hallyburton (Nagle)
Joel Baillie (Champagnat)
Logan Archibald (Champagnat)
Kieran Georgeson (Champagnat)

Female

Olivia Baillie (MacKillop) Sienna Affleck (Nagle) Eliza Watts (Delany) Ashleigh Mihaly (Champagnat) Rachael Sbaglia (Champagnat) Elayna Pistrin (MacKillop)









one wild and life

INSIGHTS

Respectfully breaking the masculinity strait jacket



There's nothing so mindless as a mob, which was abundantly clear last year when a group of boys from a Melbourne school were filmed making a misogynist chant on a crowded tram.

While it's easy to blame the mob for such behaviour it shows that out dated ideas about masculinity persist. There's still a lot of work to be done to teach boys to respect women and treat them as equals.

Calling out the bro' code

The tendency for boys to bond tightly is dual-edged sword. On the one hand, a tight set of mates provides a boy with a sense of safety, security and belonging. On the other hand, the bonds between young males can propel a boy to act in ways that are reckless, amoral and just plain stupid.

It takes a brave boy to go against the crowd and call out this bro' code. Doubly so when he has to stand up and call out the sexist behaviour of his friends. Calling out your mates' sexist comments, like calling out violent acts, is the quickest road to ostracism and being branded a loser, loner or loathsome by the mob.

Respectful attitudes take courage

It takes courage and real leadership to swim on your own against the tide, particularly when the mob is swimming the other way. Courage, leadership and respectful behaviour are part of the ongoing conversations about respectful behaviours that adults need to have with boys from the early primary school years.

Respectful attitudes requires eldership

Men have major role to play in helping boys develop healthy values and attitudes that they can take into their adult lives. Men's lifestyles and beliefs become touchstones for adolescent boys who are searching for legitimate pathways to adulthood.

Boys need to see genuine reactions of outrage and disgust by the men in their lives to sleazy, inappropriate behaviours toward women displayed by some current high profile celebrities so they see that misogyny and disrespect plays no part in decent masculinity. Similarly, they need to see men calling out inappropriate remarks made toward women in the workplace, in the community and at home.

Respectful attitudes are forged through rites of passage

One of the great opportunities we have as a culture is the reintroduction of healthy rites of passage from boyhood (and girlhood) into manhood (and womanhood). It is through adult-initiated rites of passage that boys leave behind the vestiges of boyhood, taking on the mantle of manhood and the responsibilities that go with being a man.

Respectful behaviours between boys and girls are now part of school curricula in all schools. They also need to be reinforced, and indeed lived, by parents and other community members for lasting change to occur.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

INSIGHTS

Parenting in the age of disruption



We live in the age of disruption. The future your children will inherit will be very different than the world we live in now. A university degree, once a guarantee of a well-paid job, no longer ensures your child a career, let alone a steady income.

So how can we prepare children to thrive in a world where it's estimated that over 20 per cent of today's jobs won't exist in just five year's time? How do we prepare them for a work-life of multiple careers and job changes?

South African educator and author Nikki Bush believes that the future will belong to those who develop a broad range of personal capabilities rather than a narrow number of academic abilities. Bush has outlined five key personal factors that will help kids succeed in the future world of work. These are:

Creativity and innovation

With information being only a digital search away, knowledge is relatively easy to obtain in the digital age. The ability to think outside of the square and find new solutions to old problems will be one of the most highly valued skills in the new world of work.

Love of learning

In a world where people working into their seventies and beyond will become common place, a degree of qualification obtained in the early twenties won't guarantee continued success. The future will require people to be in charge of their own learning and be willing to continually upskill. Continuous learners rather than those who close themselves off to new ideas and concepts will thrive in the future.

Resilience

Life doesn't unfold in a straight line. It never has, but the future of work will have more twists and curves than ever before. Kids will need to be resilient and flexible enough to cope with rapid workplace change and lack of security, as well as be able to manage risk to earning a living.

Self knowledge

Personal knowledge of strengths, capabilities and talents has long been a skill, that we've neglected to develop in kids. When the future is fluid and work continually changing, self-knowledge will become a passport to happiness and success.

Teamwork

The ability for your child to work as part of a team both virtually and in the real world will be more important than ever in the future world of work. Even jobs that have an individual skill focus will require people to work cooperatively alongside each other.

Reassuringly, there is a great deal you can do as a parent to prepare your child to capitalise on the changing career and jobs landscape. Use Bush's five personal factors for future success as a starting point as you ponder how to prepare your child to prosper in the age of disruptive change.

Related webinar

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the below webinar 'Future-proofing your child' at no cost.

About

In this webinar Nikki Bush teaches parents what to expect and how to support their kids to thrive in a future world of work.

When

18 March 2020 8:00pm AEDT

To redeem

- 1. Click this link: https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-future-proofing-your-child
- 2. Click 'Add to cart'
- 3. Click 'View cart'
- 4. Enter the voucher code FUTURE and click 'Apply Coupon' Your discount of \$37 will be applied.
- 5. Click 'Proceed to checkout'
- 6. Fill in your account details. These details are used to login to your account and access your parenting material
- 7. Click 'Place Order'

The voucher is valid until 18 June 2020.



Michael Grose

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