



From the Principal

John M Freeman

An Easter Meditation

There is no question that we are living in a complex and tumultuous time. We all are facing challenges that have been brought about by first the bushfires and now the coronavirus. The impacts are apparent right now and there will be repercussions for us as individuals, families, communities, a nation and worldwide.

During times of challenge we can feel overwhelmed, that is natural, but we can also feel hope. Hope in the goodness of each other. Hope informed by the knowledge we have previously faced hardship as either individuals or a nation and overcome them. Hope firmly based in the knowledge that there is a God who loves us and says "Do not fear, for I have redeemed you; I have called you by name, you are mine."

(Isaiah 43:1)

So with this in mind I offer you [Easter Meditation](#) by Thomas C. Fox reflecting on the events depicted in the Gospel of Mark 16:1-3:

The Jewish Sabbath is over and three women arrive to anoint Jesus on this first day of the week just as the sun is rising. As the women walk toward the tomb they are saying, "Who will roll away the stone?" (Mark 16:3). We still have the same human question: "Who will roll away the stone of our various blockages and our blindness?"

The Risen Jesus is the lasting image and eternal icon of what God is going to do everywhere for everybody in all of time. God's exact job description is this, according to St. Paul: I am the God "who turns death into life and calls into being what does not yet exist" (Romans 4:17). Starting in Genesis, Yahweh is always creating something out of nothing (creatio ex nihilo), which becomes the bedrock meaning of grace. Jesus stands forever as God's promise, guarantee, and lifetime warranty of what God has always been about and will forever do: turn crucifixions into resurrections! What else would give us hope?

For me, that is what it means to "believe in Jesus" (see 1 Corinthians 15:20-23). We, like the women in the Gospel, are still asking, "Who will roll away the stone?" The first thing we need to recognize is that the stone is surely there, but notice also the moment of their arrival. They came "just as the sun was rising" (Mark 16:2). I think the text is telling us that it is divine light that allows us to both see—and then see beyond—the very same stone.

Coronavirus Actions

I have already communicated with you regarding what we are doing as a school. What I present to you now is both an update and also a summary of those communications.

As I indicated in my email, sent to you yesterday, Lavalla Catholic College will continue to be open and running as usual. We will continue to be open until we are advised by the Catholic Education Office to close. This advice will be based on the recommendations handed down by the Government.

Our current focus is to:

- continue to minimise the spread of COVID-19 in our school and community
- reassure and support students, parents, guardians and carers
- minimise the impact of any change to student learning prepare students, staff, parents, guardians and carers for remote schooling, if necessary, where students are unable to attend school.

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Remote schooling will enable students to continue their learning at home. We will provide further details concerning the remote schooling program by Tuesday 24 March 2020. Teachers will continue to be available to assist students during the period of remote schooling.

As part of our controls we have cancelled a number of school events, assemblies, incursions and camps. Where possible, the school will reschedule activities that have been cancelled to later in the school year.

Other controls are:

Frequent reminders of good hygiene

- wash hands frequently with soap and water, before and after eating, and after going to the toilet
- avoid touching your face (eyes, nose and mouth)
- cover your cough and sneeze (preferably into the crook of your elbow) and dispose of any used tissues appropriately
- avoid contact with others (more than 1.5 metres from people).

To prevent any spread of the virus we have disabled the drinking fountains on each campus. Accordingly, if your child does not already bring a drink bottle to school that can filled by taps available, we ask that they do so from now on, until advised otherwise. Please note that if it is not possible to bring a water bottle, disposable drinking cups will be available, if required, from the canteens and reception.

- If your child becomes unwell at school, you will be contacted and requested to take your child home.
- Students should not attend school if they are feeling unwell and should remain at home until symptoms resolve. Appropriate medical assistance should be sought as required.

With regard to overseas travel in my last communication I requested:

- Families who are intending to take their children overseas during the school holidays should reconsider these travel plans, particularly if the travel is non-essential. As directed by the Federal Government, all Australians must self-isolate for 14 days upon their return to Australia.
- If families must travel overseas during the school holiday period, I would appreciate prior notification of any travel plans.

Since then the Government has given updated directions to all Australians to not travel overseas. These can be found at <https://www.smartraveller.gov.au/crisis/covid-19-and-travel>

Over the last two days senior and middle leaders have visited classes to speak with students. Our messages are to reiterate what I have indicated above. We also wanted to emphasise the need for students to prepare for the possibility of remote teaching by:

- Ensuring they can access SIMON;
- Making sure their Outlook (school email accounts) does not have unnecessary messages, by deleting them (also permanently deleting messages in the deleted folder);
- Ensure they can access Clickview (an educational video streaming service);
- For Year 11 and 12 students make sure they can access Edrolo if they have purchased this product;
- Let their Wellbeing Leaders/Heads of House know in writing (via email) if they have connectivity issues at home. We can prepare information to distributed on USBs
- Only have in their lockers what they need for the day;

Other information included:

- If you are sick, stay at home, but also please remind parents and/or guardians to communicate the absence in the usual way;
- The Symptoms of Coronavirus (from <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/what-you-need-to-know-about-coronavirus-covid-19#symptoms>)- People with coronavirus may experience:
 - o fever
 - o flu-like symptoms such as coughing, sore throat and fatigue
 - o shortness of breath

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Who is most at risk includes: [COVID-19 Information](#)

In Australia, the people most at risk of getting the virus are those who have:

- recently been in in a high risk country or region (mainland China, Iran, Italy or Korea)
- been in close contact with someone who has a confirmed case of COVID-19

Based on what we know about coronaviruses, those most at risk of serious infection are:

- people with compromised immune systems (such as people who have cancer)
- elderly people
- Aboriginal and Torres Strait Islander peoples (as they have higher rates of chronic illness)
- people with chronic medical conditions
- people in group residential settings
- people in detention facilities

Further information is available from the following:

- The Catholic Education Office, Diocese of Sale [website](#)
- Department of Health (Australian Government) [Frequently Asked Questions](#)
- The Department of Health and Human Service (Victoria) [website](#)
- Victorian Curriculum and Assessment Authority [website](#)

Finally attached to the newsletter is some information from Michael Grosse that I think is helpful when you are talking with your children about the Coronavirus.

Staff News

We welcome Donella Miller who has joined us as a replacement for Tara Morgan while she is on Long Service Leave.

Student News

Early this year Nathanael Duffy successfully audition for a program run each year by 3mbs Radio (103.5 FM) called The Talent. This is a live performance program which seeks to highlight the outstanding abilities of up and coming musicians – places are usually reserved for students who are completing or have recently completed their tertiary studies in music, so this is a significant achievement.

You can tune in or stream Nathanael's live performance and a short interview/feedback session from 7pm on Tuesday the 24th of March.

Attached to the newsletter is the official 3mbs poster advertising Nathanael's performance and you can tune in on 103.5 FM or stream it from their [website](#)

Patience is the direct
antithesis of anger.

Allan Lokos



CATHOLIC IDENTITY & MISSION



ROBYN REBBECHI
Assistant Principal
Catholic Identity & Mission

Year of Wonders

As you read this, you might be wondering what on earth such a title has to do with our current circumstances in Australia and globally. 'Year of wonders' indeed. No matter how long you've been on this earth, it could seem to you as if you've never seen such sights, never had such moments of uncertainty as we look at the developing situation with the outbreak of COVID-19. Perhaps these things are 'wonders'; they are certainly not part of our usual daily expectation.

You may however recognise the phrase as the title of a book by Geraldine Brooks; a novel which tells a fictionalised account of a real event: the plague in England and the small community of Eyam, which isolated itself from the rest of the country, to try and save their community. The wonders in the novel are many: the clever strategies devised by the townsfolk to keep the plague out, the way in which people of the community look after each other and the way in which people manage to find beauty and solace, even amidst times of difficulty.

This is where we are today. Lent, a time of reflection, has taken on another layer where people who may normally consider things of a religious nature to be 'foreign' or 'irrelevant' are taking time to reflect, to ponder, about what is important in life and in communities. There is nothing like a threat to safety, of self and families, to make us start to really consider the blessings we have, and the things we may take for granted. Perhaps this growth in community reflection, even prayer, is a wonder.

We have been shown some startling examples in the media (and in the shops!) of how not to behave in a community, yet now the examples of supportive, friendly, compassionate acts are beginning to emerge. It is these things which are the real 'wonders' of our world, and which we should try and celebrate, even when times remain challenging.

Jesus said something simple but unbeatable which should be our mantra as we go about our days: "Love one another as I have loved you". This needs to be held close to our hearts: we are loved and cared for and God does not abandon us, ever, and we are commissioned to bring this 'Jesus style' of love, a love of acceptance, constant presence and compassion, to those around us, especially when they are in need of support.

Go gently, my friends:
Feel the good earth
Beneath your feet,
Celebrate the rising of the sun,
Listen to the birds at dawn,
Walk gently under the silent stars,
Knowing you are on holy ground
Held in love-
In the wonder of God's creation.

Peter Millar



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FAITH FORMATION



CHRIS ROGA
Faith Formator

St Joseph

Today is the Feast Day of St Joseph, husband of Mary and foster father of Jesus. Everything we know about him comes from scripture. We know he was a carpenter (Mt 13:55), and he offered a pair of turtle doves as sacrifice ((Lk 2:24), which shows he was not rich, but careful to fulfil the laws.

We know that he was compassionate. He was also a man of action. He took his family to the Temple in Jerusalem as every good Jewish man did.

When his disciples asked Jesus to teach them to pray, Jesus responded with the widely known prayer, "Our Father..." Jesus image of God as "Daddy" speaks volumes of his relationship with Joseph.

There is much that we do not know about Joseph, but that is the point; a father's role is to model fatherhood to his sons; I think Joseph did quite well.



COVID-19 and Disciples, Prophets & Mystics

Prophets are typically people who have learned to read the signs of the times, and see patterns of human behaviour and negotiate paths flourishing in the midst of confusion. who can foretell the future, not as fortune-tellers, but as people. They are aware of themselves, the political, social, economic, military, and religious tendencies of their time.

COVID - 19 dominates our times right now, spreading fear, uncertainty and, in some cases panic. The future is very confused. Wars have been fought over power, land and resources, but it has reached down to a new level when we fight 'wars' over toilet paper, and empty supermarket shelves of food which we then hoard for ourselves.

Jesus' spirituality helped him read the signs of the times. He, too, would have felt the menacing might of Rome, the political compromise of the Sadducees, the militant and headstrong stance of the zealots. These were violent times, and Jesus was familiar with the spiral of violence and the helplessness of the peasants, poor and exploited, who would be caught up in it.

Two thousand years later, in the changed landscape of COVID-19, prophets still raise their voices against the spirals of violence that continue to rob the poor and the oppressed of hope. Are we any more likely to act on their wisdom? Or do we dismiss them and their message? I'm afraid it's the latter, but it is only when choosing the former that we play our part as disciples of Jesus. It is time to get a grip on ourselves practice what we so often spout.

Easter Greetings

Supporting the ban on large gatherings to flatten the rise of COVID-19, the Bishops of Victoria have issued a letter speaking of the likelihood of not being able to have mass gatherings for the Easter services. They have dispensed Catholics from their obligation to attend Sunday mass until further notice. Instead, they have asked individuals and families to actively participate in personal and family prayer, reading the scriptures, or participating in Mass online at www.wordonfire.or/daily-mass.

May all of us stay safe, and enjoy an Easter with a difference this year. Christos anesti.

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TOP SCREEN

On Thursday 12th March, the Year 11 and 12 Media students headed to the Capitol Theatre in Melbourne for the VCE Top Screen Season of Excellence, where they got to watch 15 of the best student Media films made last year. The films ranged from horror, comedy, music video, right through to animation and stop-motion. Top Screen provides the unique opportunity for our students to view the creative work and processes of Victoria's young, emerging filmmakers. This hopefully then inspires their own ideas for what final product they will make in the second half of Year 12 Media. Whether they enjoyed a film, or it just wasn't for them, students were able to reflect on what skills are necessary to make a successful film, and what audiences and judges are looking for in a media narrative.

There was also a Q&A panel, made up of six of the talented filmmakers from 2019, who happily answered student questions and offered advice on the best way to go about making a film in school. We were lucky enough to attend on the day that former student, Joshua Wong, was on the panel and he could share his insights into how he made his horror film, 'Three in the Night'. Josh was the first student from Lavalla Catholic College to have his film selected for Top Screen, so it was extremely beneficial for our current students to hear from him, and see what can be achieved through hard work and determination.

Overall, it was a great day for both students and teachers, who all came away with new ideas and big plans about how to make an exciting and successful Media product.



When this is over,
may we never again
take for granted
A handshake with a stranger
Full shelves at the store
Conversations with neighbors
A crowded theatre
Friday night out
The taste of communion
A routine checkup
The school rush each morning
Coffee with a friend
The stadium roaring
Each deep breath
A boring Tuesday
Life itself.

When this ends,
may we find
that we have become
more like the people
we wanted to be
we were called to be
we hoped to be
and may we stay
that way—better
for each other
because of the worst.

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SPORTS NEWS

Swimming

Lavalla Catholic College has relinquished its recent dominance of the SSV Regional Championships by placing second overall to Marist Sion College, Warragul in the team points score on Thursday, March 12th.

20 students made their way to the Regional swimming meet at the Warragul Leisure Centre with 13 students qualifying for the State Championships next term.

Elayna Pistrin and Joel Baillie were the standout performers on the day with Pistrin claiming five individual gold medals and Baillie capturing four.

Baillie also set three new records that came in the male 16-20 year 200m freestyle, male 12-20 year 400m freestyle and male 16-20 year 200m IM. Pistrin also set a new pair of records in the female 12-20 year 100m backstroke and female 18-20 year 50m breaststroke. Samantha Sbaglia was another to capture a record in the female 15 year 50m freestyle.

It was another solid performance in the pool and Lavalla were leading the schools progressive points tally after 91 events but Lavalla were over taken in the final stretch of events with Marist Sion having more relay teams entered.



Clay Target Shooting



Lavalla Catholic College had 27 students enter the Bairnsdale FGA Riviera Schools Championships on Tuesday, March 11 but our students were up against a strong field of competitors.

Elly Fleming was our best place student claiming equal third in the Junior Girls event. A number of students performed well to shoot 15 of a possible 20 targets including Rohan Fleming, Nicholas Fox, Ben Del Piccolo,

SCHOOL CALENDAR

The school Calendar can be viewed [HERE](#) to keep up to date with activities happening at the College.

The [SECOND-HAND UNIFORM SHOP](#) is now **OPEN** every second Thursday from 3.30pm til 5.30pm. Please click the link for further details on days open and stock available.

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INSIGHTS

Leading the way for children during the Coronavirus pandemic



If you're like me, the news of the Coronavirus (COVID-19) pandemic has your head spinning and your heart pumping. That's only natural as life as we know has taken a seismic shift in recent days.

International travel bans, cancellation of sporting and cultural events, shopping frenzies and talk of school closures continue to dominate the airwaves. Terms such as social distancing, self-isolation and social lockdowns have entered our vocabularies and may soon become part of our daily lives.

Coronavirus is having an unprecedented impact on our daily lives, and will probably do so for some time. While keeping ourselves and children healthy and safe is our main concern, it's also essential to address the anxieties of children and young people during these changing times. Here are some ideas to help inform, reassure and keep children and young people safe.

Build on what your children know

Children and young people have already been exposed to a great deal of information about corona virus through media, digital means and direct social contact. Their understanding will vary depending on their age and also the quality of their information sources so you probably will need to help kids process what they already know.

Casual conversations with teenagers and older children can be useful ways to glean their understanding. You could ask questions like "What are you hearing about Coronavirus? Is there anything you're not sure about?" Younger primary age children may need a more direct approach with parents addressing their specific concerns without giving too much information that can overwhelm them.

Check your own thoughts and feelings

Check your own frame of mind and emotions about COVID-19 before talking to kids. Most children are astute mood detectives and they'll gauge their safety by the way you communicate with them. If you tell a child, "You've got to wash your hands or you'll get infected," you are communicating your own anxieties, making it difficult for them to maintain a healthy state of mind. Have a think about how you can frame your instructions and their importance in a way that doesn't heighten your child's anxieties.

Stay informed

It's difficult to work out fact from fiction, correct from incorrect, information from exaggeration when the news is changing so fast. However you need to educate yourself about the virus itself, including how it's transmitted and how to stay safe. Get information from trustworthy sources such as The Australian Government Health Department website and the current federal government corona virus information media campaign.

Answer questions truthfully

It's important that parents and teachers answer children's questions honestly in age-appropriate ways and within context of what is happening at the given time. If their sport or hobby has been temporarily cancelled empathise with their concerns, while helping them maintain a sense of perspective.

Initiate positive action

One way to reduce anxiety and allay children's fears is to involve them in planning and preparation for their personal and group safety. Positive activities such as maintenance of personal hygiene, greeting people with an elbow tap and getting plenty of sleep can help restore a sense of control, that is so important for their wellbeing.

Find refuge in rituals

Regular rituals such as mealtimes, bedtime stories and regular one-on-one time provide both an anchor to normality and a sense of connection for kids at times of change. Consider reconstituting favoured family rituals at this time if they have lapsed due to lack of time, or lifestyle frenzy.

Look outwards

In difficult times there is a tendency to look inwards, which is a natural protective strategy. The alternative is to establish a sense of connection and community spirit by focusing on generosity and togetherness. Help children see past their own needs and look for ways to assist others whether it's shopping for an elderly neighbour, helping a younger sibling occupy themselves, or planning an indoor movie night for the whole family.

The Coronavirus presents many practical challenges to parents and other important adults in the lives of kids. Staying calm, keeping informed, and adjusting our own habits are just some of the challenges we face. However a significant challenge is one of personal leadership. That is, during these difficult times we need to be civil to each other, look out for each other and be mindful of the common good in everything we do. In this, we can all take a significant lead.



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

Going beyond the fishbowl



It's a quirk of nature that the extent of our growth is determined by our immediate environment. For instance, a fearsome shark will only grow five centimetres long if it spends all its life in a fish bowl. Put that shark in the sea and will grow to five metres or more. A shark's genes may provide the blueprint, but its growth will be restricted by the size of its immediate environment.

The same principle applies to children. Restrict them to a safe, insular environment and their capacity for reaching their full potential will be limited. Getting kids to go beyond the fishbowl and be part of the wider world is how we prepare them for the career-fluid future that awaits them.

Recently, I wrote a forward for a soon to be released parenting book written by South African authors Nikki Bush and Graeme Codrington titled "*Future proof your child for the 2020s and beyond*". The authors described the future that our children are entering as full of exponential and disruptive change led by technology and shifting social mores. They reasoned that in the world of work and enterprise that awaits today's generation of children and young people, creativity, problem-solving, design, big picture thinking and risk-taking will be richly rewarded. According to Bush and Codrington, the future will belong to the kids who are going beyond the fishbowl, willing to expand their physical and mental horizons.

American parenting icon Lenore Skenazy, founder of the free-range parenting movement is a long-time advocate for parents giving kids the freedom they need to explore their neighbourhoods and take safe risks.

Dubbed "America's Worst Mom" for allowing her nine-year old son to ride the New York subway on his own in 2008, Skenazy has been an outspoken advocate for allowing kids more freedom and unsupervised time. She maintains that kids are "safer and smarter than our culture believes." Like Bush and Codrington, Skenazy encourages parents to allow kids to jump out the fishbowl of school, family and their immediate neighbourhood and encourage them to explore their capabilities in the wider world. She acknowledges that allowing kids the same type of freedoms that previous generations enjoyed takes significant parental courage.

If kids are to be truly resilient and make the most of the exciting but uncertain future that awaits them, it's more important than ever to loosen the reins so that both generations – children and parents- experience more freedom.



Michael Grose

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THE TALENT

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7:00PM